

**Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014**

Gender and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>																			
2 - 5.....	337	1571	(35.2)	55.8	(2.36)	217	(5.2)	104	(3.1)	12.4	(0.48)	55.7	(1.27)	20.1	(0.57)	18.3	(0.40)	12.0	(0.38)
6 - 11.....	537	2036	(46.2)	72.9	(2.13)	270	(4.7)	126	(2.8)	15.0	(0.70)	76.2	(2.54)	28.5	(1.29)	25.1	(0.83)	15.4	(0.59)
12 - 19.....	646	2376	(38.2)	95.5	(3.51)	298	(7.9)	139	(4.8)	16.4	(0.43)	90.5	(1.59)	30.5	(0.82)	30.9	(0.83)	20.1	(0.79)
20 - 29.....	424	2704	(62.5)	110.8	(3.32)	310	(10.3)	141	(7.5)	17.7	(0.80)	103.9	(2.86)	34.3	(1.16)	35.8	(1.01)	23.8	(0.90)
30 - 39.....	429	2622	(68.0)	102.0	(2.03)	310	(9.8)	138	(6.6)	19.1	(0.53)	97.7	(2.18)	31.3	(0.91)	34.2	(0.70)	22.4	(0.73)
40 - 49.....	410	2520	(45.3)	101.9	(2.65)	294	(9.1)	129	(6.7)	19.0	(0.70)	94.1	(2.60)	30.8	(1.19)	32.5	(0.92)	21.5	(0.74)
50 - 59.....	398	2493	(77.7)	96.7	(1.98)	286	(8.1)	119	(4.5)	19.5	(0.91)	96.3	(3.67)	31.1	(1.06)	34.6	(1.46)	21.6	(1.07)
60 - 69.....	395	2253	(51.7)	86.9	(2.11)	258	(8.0)	106	(4.3)	18.9	(0.91)	89.4	(2.83)	28.7	(1.15)	31.3	(0.97)	21.5	(1.07)
70 and over.....	358	2022	(63.3)	80.8	(2.00)	237	(9.3)	102	(5.3)	18.9	(1.09)	80.9	(2.95)	26.6	(1.10)	28.2	(1.05)	18.8	(0.94)
2 - 19.....	1520	2101	(26.4)	79.9	(1.96)	273	(3.8)	128	(2.7)	15.1	(0.28)	78.8	(1.54)	27.8	(0.65)	26.4	(0.64)	16.9	(0.54)
20 and over...	2414	2477	(26.1)	98.3	(1.25)	287	(3.2)	125	(2.5)	18.8	(0.40)	95.0	(1.31)	30.9	(0.47)	33.2	(0.43)	21.9	(0.45)
2 and over...	3934	2382	(21.0)	93.6	(1.18)	283	(2.8)	126	(2.3)	17.9	(0.26)	90.9	(1.02)	30.1	(0.36)	31.5	(0.39)	20.6	(0.35)
<b>Females:</b>																			
2 - 5.....	339	1395	(36.9)	50.3	(1.67)	186	(4.7)	90	(3.2)	10.8	(0.42)	51.9	(1.87)	18.8	(0.78)	16.9	(0.64)	11.3	(0.46)
6 - 11.....	510	1786	(30.4)	61.2	(1.14)	239	(5.9)	107	(3.1)	13.9	(0.51)	67.7	(1.22)	23.6	(0.52)	22.4	(0.42)	15.4	(0.32)
12 - 19.....	650	1689	(48.0)	61.9	(2.16)	220	(5.1)	99	(2.5)	12.5	(0.61)	64.2	(2.68)	21.3	(0.92)	21.3	(0.98)	15.5	(0.83)
20 - 29.....	430	1933	(61.9)	70.2	(1.95)	237	(7.8)	111	(4.3)	14.3	(0.40)	73.7	(2.85)	24.3	(1.07)	24.9	(1.07)	17.4	(0.66)
30 - 39.....	463	1986	(33.0)	76.5	(2.25)	243	(4.9)	111	(3.0)	16.5	(0.48)	76.5	(1.89)	24.6	(0.68)	26.4	(0.71)	18.2	(0.68)
40 - 49.....	487	1873	(36.3)	72.3	(1.25)	224	(5.3)	99	(3.8)	15.9	(0.36)	73.7	(1.66)	23.6	(0.66)	25.6	(0.70)	17.6	(0.40)
50 - 59.....	439	1779	(38.2)	69.7	(0.88)	210	(6.9)	93	(4.2)	15.3	(0.74)	70.6	(1.91)	22.1	(0.64)	24.3	(0.78)	17.4	(0.66)
60 - 69.....	433	1712	(55.5)	67.6	(2.26)	201	(6.7)	85	(3.7)	15.2	(0.56)	69.1	(2.73)	21.7	(0.76)	24.3	(1.20)	16.9	(0.76)
70 and over.....	381	1604	(37.9)	60.0	(1.50)	201	(5.8)	92	(3.0)	15.2	(0.45)	62.9	(1.64)	20.3	(0.75)	21.6	(0.59)	15.3	(0.35)
2 - 19.....	1499	1657	(22.7)	59.2	(1.13)	219	(2.9)	100	(1.8)	12.6	(0.28)	62.7	(1.25)	21.5	(0.43)	20.7	(0.50)	14.6	(0.41)
20 and over...	2633	1825	(18.1)	69.8	(0.79)	220	(3.0)	99	(1.7)	15.4	(0.28)	71.5	(0.70)	22.9	(0.24)	24.7	(0.30)	17.2	(0.23)
2 and over...	4132	1786	(16.4)	67.4	(0.74)	220	(2.6)	99	(1.5)	14.8	(0.25)	69.4	(0.66)	22.6	(0.23)	23.7	(0.27)	16.6	(0.18)
<b>Males and females:</b>																			
2 - 19.....	3019	1885	(21.1)	69.8	(1.16)	246	(2.8)	114	(1.7)	13.9	(0.19)	70.9	(1.19)	24.7	(0.43)	23.6	(0.48)	15.8	(0.41)
20 and over...	5047	2141	(18.7)	83.6	(0.73)	253	(2.1)	111	(1.4)	17.1	(0.27)	82.9	(0.89)	26.7	(0.27)	28.8	(0.31)	19.5	(0.31)
2 and over...	8066	2079	(17.2)	80.3	(0.74)	251	(2.1)	112	(1.3)	16.3	(0.21)	80.0	(0.79)	26.3	(0.24)	27.6	(0.30)	18.6	(0.26)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Males:</b>																		
2 - 5.....	180	(10.1)	443	(18.6)	566	(32.5)	332*	(108.2)	1279	(236.4)	71	(8.0)	3370	(528.2)	592	(42.9)	1.33	(0.040)
6 - 11.....	234	(10.6)	576	(27.1)	711	(33.8)	302	(48.8)	1443	(172.2)	76	(7.7)	4197	(369.4)	872	(154.7)	1.68	(0.051)
12 - 19.....	315	(14.7)	529	(23.7)	648	(25.1)	293	(58.1)	1253	(132.7)	73	(7.6)	5392	(408.2)	937	(72.7)	1.99	(0.085)
20 - 29.....	377	(15.4)	551	(41.1)	739	(50.2)	300	(39.0)	2082	(337.2)	68	(7.6)	5551	(367.7)	1616	(304.8)	2.00	(0.068)
30 - 39.....	353	(13.5)	460	(31.6)	678	(33.2)	461	(48.2)	2355	(188.9)	70	(5.0)	5888	(624.7)	1506	(228.1)	1.92	(0.054)
40 - 49.....	362	(16.0)	452	(18.4)	655	(26.6)	451	(86.8)	2188	(259.7)	64	(5.8)	5705	(595.7)	1500	(168.8)	1.86	(0.058)
50 - 59.....	352	(16.1)	475	(21.9)	672	(27.2)	376	(53.7)	2148	(219.3)	88	(12.0)	5407	(602.1)	1706	(195.3)	1.85	(0.031)
60 - 69.....	304	(13.6)	453	(16.9)	660	(35.8)	375	(56.0)	2257	(290.2)	92	(12.7)	6931	(869.7)	1492	(226.2)	1.78	(0.065)
70 and over.....	313	(18.7)	544	(53.1)	759	(49.6)	426	(48.2)	2344	(239.9)	79	(8.1)	5606	(281.2)	1614	(189.5)	1.72	(0.066)
2 - 19.....	260	(7.6)	529	(14.2)	654	(18.9)	304	(40.2)	1325	(105.7)	73	(5.5)	4581	(254.6)	848	(77.5)	1.75	(0.040)
20 and over...	348	(7.7)	488	(11.9)	691	(15.3)	394	(26.5)	2216	(90.0)	76	(3.2)	5817	(304.6)	1575	(108.0)	1.87	(0.025)
2 and over...	325	(6.5)	498	(9.5)	682	(12.6)	371	(20.3)	1991	(70.3)	76	(2.9)	5505	(236.4)	1391	(80.0)	1.84	(0.021)
<b>Females:</b>																		
2 - 5.....	167	(11.3)	438	(22.2)	532	(25.2)	213	(35.6)	1008	(80.4)	56	(9.5)	2627	(298.8)	589	(51.7)	1.17	(0.032)
6 - 11.....	195	(7.5)	478	(22.1)	586	(26.9)	240	(32.4)	1143	(122.8)	74	(9.0)	3965	(543.5)	957	(163.4)	1.51	(0.052)
12 - 19.....	188	(8.1)	367	(17.3)	507	(36.1)	306*	(94.3)	1501	(288.1)	62	(9.1)	3894	(257.2)	981	(168.5)	1.35	(0.037)
20 - 29.....	251	(10.6)	377	(19.4)	536	(33.5)	310	(65.1)	1735	(246.1)	66	(8.7)	3913	(296.2)	1329	(143.3)	1.40	(0.043)
30 - 39.....	260	(12.4)	346	(13.1)	570	(42.5)	303	(64.4)	2514	(473.6)	74	(8.4)	4674	(456.8)	2097	(497.0)	1.50	(0.047)
40 - 49.....	242	(9.0)	342	(9.8)	570	(31.5)	506	(89.1)	2441	(290.5)	102	(18.6)	4685	(373.0)	1760	(134.3)	1.38	(0.036)
50 - 59.....	246	(10.2)	377	(20.3)	597	(20.7)	465	(53.1)	2388	(225.2)	78	(11.8)	4079	(334.8)	2133	(365.3)	1.39	(0.074)
60 - 69.....	233	(10.0)	372	(17.2)	607	(25.6)	401	(62.8)	2573	(278.4)	120	(32.1)	4241	(584.8)	1681	(163.2)	1.34	(0.035)
70 and over.....	210	(9.4)	437	(33.2)	654	(42.3)	420	(62.5)	2355	(295.1)	100	(11.8)	4010	(433.7)	1485	(112.9)	1.31	(0.035)
2 - 19.....	186	(5.3)	418	(12.9)	538	(19.7)	265	(46.3)	1280	(139.0)	64	(4.3)	3645	(265.0)	889	(92.1)	1.36	(0.021)
20 and over...	242	(3.1)	372	(8.2)	586	(17.6)	402	(34.7)	2324	(155.8)	89	(5.7)	4271	(171.3)	1762	(110.8)	1.39	(0.021)
2 and over...	229	(2.6)	383	(7.5)	575	(16.0)	370	(31.1)	2083	(139.3)	83	(4.5)	4126	(160.9)	1561	(96.9)	1.38	(0.019)
<b>Males and females:</b>																		
2 - 19.....	224	(5.3)	475	(10.3)	598	(14.6)	285	(37.1)	1303	(97.0)	69	(4.1)	4126	(210.2)	868	(50.8)	1.56	(0.027)
20 and over...	293	(4.2)	428	(8.1)	637	(12.2)	398	(25.9)	2271	(89.2)	83	(3.1)	5021	(136.4)	1671	(74.3)	1.62	(0.018)
2 and over...	276	(3.7)	440	(6.8)	627	(11.5)	371	(22.8)	2037	(80.3)	79	(2.8)	4805	(121.3)	1477	(57.3)	1.61	(0.018)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	1.74	(0.062)	16.4	(0.56)	1.43	(0.056)	175	(9.7)	139	(8.2)	436	(20.1)	217	(9.5)	3.93	(0.230)	0.90	(0.078)
6 - 11.....	2.14	(0.057)	22.0	(0.71)	1.84	(0.052)	222	(12.0)	162	(6.1)	538	(23.1)	267	(6.5)	5.11	(0.160)	1.17	(0.061)
12 - 19.....	2.53	(0.101)	31.5	(1.22)	2.53	(0.116)	250	(19.5)	195	(4.4)	620	(34.8)	347	(10.2)	6.50	(0.308)	2.00	(0.289)
20 - 29.....	2.81	(0.153)	35.8	(1.43)	2.91	(0.172)	232	(17.3)	262	(11.2)	656	(31.7)	426	(11.9)	7.28	(0.520)	1.92	(0.352)
30 - 39.....	2.58	(0.103)	36.0	(1.58)	3.24	(0.257)	215	(9.8)	255	(10.0)	620	(19.6)	402	(9.3)	6.77	(0.484)	2.14	(0.401)
40 - 49.....	2.53	(0.056)	32.0	(0.90)	2.61	(0.090)	182	(12.9)	254	(7.2)	563	(20.9)	423	(15.3)	5.69	(0.227)	0.99	(0.192)
50 - 59.....	2.54	(0.070)	30.1	(0.56)	2.49	(0.064)	212	(11.2)	254	(11.9)	615	(19.4)	416	(15.4)	5.58	(0.292)	1.18	(0.203)
60 - 69.....	2.32	(0.067)	27.9	(0.53)	2.21	(0.068)	185	(11.3)	230	(7.2)	545	(21.7)	359	(8.8)	4.70	(0.257)	0.94	(0.105)
70 and over....	2.29	(0.088)	25.4	(0.56)	2.27	(0.083)	205	(17.3)	227	(14.8)	576	(36.4)	358	(14.5)	5.40	(0.333)	1.35	(0.217)
2 - 19.....	2.24	(0.053)	25.2	(0.66)	2.07	(0.056)	225	(10.1)	173	(3.5)	555	(18.2)	294	(5.7)	5.51	(0.185)	1.50	(0.159)
20 and over...	2.54	(0.041)	31.8	(0.42)	2.66	(0.047)	207	(5.4)	249	(4.0)	601	(10.6)	402	(6.1)	6.01	(0.142)	1.45	(0.089)
2 and over...	2.47	(0.040)	30.2	(0.41)	2.51	(0.044)	211	(4.9)	230	(3.2)	589	(8.9)	375	(5.6)	5.88	(0.128)	1.46	(0.097)
<b>Females:</b>																		
2 - 5.....	1.68	(0.067)	14.8	(0.45)	1.32	(0.063)	170	(11.1)	119	(4.3)	409	(17.1)	201	(8.7)	3.82	(0.177)	0.93	(0.099)
6 - 11.....	1.83	(0.045)	20.0	(0.46)	1.59	(0.047)	203	(12.8)	148	(4.5)	493	(24.0)	224	(5.6)	4.29	(0.157)	1.25	(0.099)
12 - 19.....	1.70	(0.088)	20.5	(0.78)	1.60	(0.071)	187	(12.8)	149	(6.5)	467	(22.7)	216	(6.4)	3.90	(0.139)	1.06	(0.124)
20 - 29.....	1.73	(0.058)	22.3	(0.54)	1.91	(0.078)	170	(14.0)	181	(4.2)	471	(24.5)	275	(10.2)	4.23	(0.150)	1.07	(0.086)
30 - 39.....	1.92	(0.073)	23.2	(0.76)	1.84	(0.064)	154	(4.3)	223	(9.6)	485	(10.5)	296	(11.6)	4.02	(0.210)	0.62	(0.083)
40 - 49.....	1.85	(0.052)	21.6	(0.56)	1.71	(0.062)	141	(7.7)	210	(4.7)	449	(15.7)	281	(9.0)	3.83	(0.241)	0.56	(0.077)
50 - 59.....	1.89	(0.063)	21.6	(0.59)	1.80	(0.059)	152	(13.6)	198	(9.5)	456	(25.5)	281	(7.2)	3.73	(0.183)	0.82	(0.128)
60 - 69.....	1.80	(0.059)	20.4	(0.80)	1.61	(0.049)	144	(6.9)	195	(8.2)	440	(15.3)	277	(10.1)	4.12	(0.286)	0.63	(0.084)
70 and over....	1.79	(0.058)	18.4	(0.53)	1.66	(0.043)	156	(8.0)	186	(6.2)	451	(16.4)	256	(7.3)	3.81	(0.203)	0.93	(0.111)
2 - 19.....	1.74	(0.051)	19.1	(0.38)	1.54	(0.044)	188	(8.4)	142	(3.2)	463	(14.0)	216	(4.2)	4.01	(0.108)	1.09	(0.063)
20 and over...	1.83	(0.024)	21.4	(0.24)	1.76	(0.016)	153	(4.1)	199	(4.2)	459	(8.3)	278	(3.4)	3.96	(0.089)	0.77	(0.036)
2 and over...	1.81	(0.023)	20.9	(0.20)	1.71	(0.015)	161	(3.7)	186	(3.8)	460	(7.1)	264	(2.9)	3.97	(0.076)	0.84	(0.031)
<b>Males and females:</b>																		
2 - 19.....	2.00	(0.040)	22.2	(0.45)	1.81	(0.039)	207	(7.2)	158	(2.1)	510	(12.7)	256	(3.8)	4.78	(0.104)	1.30	(0.097)
20 and over...	2.18	(0.028)	26.5	(0.24)	2.20	(0.030)	179	(4.3)	224	(3.1)	528	(8.7)	339	(3.9)	4.95	(0.075)	1.10	(0.050)
2 and over...	2.13	(0.029)	25.4	(0.24)	2.11	(0.028)	186	(4.1)	208	(2.8)	524	(8.0)	319	(3.5)	4.91	(0.067)	1.15	(0.056)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males:</b>																
2 - 5.....	81.4	(3.56)	6.1	(0.52)	5.9	(0.30)	0.6	(0.17)	48.9	(3.69)	940	(33.6)	1097	(37.1)	207	(8.4)
6 - 11.....	77.4	(4.01)	6.1	(0.25)	7.2	(0.30)	0.5	(0.11)	71.8	(7.71)	1175	(41.5)	1388	(35.9)	246	(7.7)
12 - 19.....	75.9	(5.39)	6.0	(0.30)	9.3	(1.01)	1.1*	(0.53)	80.5	(4.12)	1186	(35.4)	1604	(29.4)	296	(6.4)
20 - 29.....	87.3	(8.19)	6.1	(0.68)	11.6	(0.93)	1.6	(0.45)	124.3	(13.98)	1284	(65.0)	1825	(53.0)	350	(13.5)
30 - 39.....	82.4	(4.73)	4.6	(0.21)	10.7	(0.49)	0.9	(0.23)	118.4	(10.54)	1094	(30.1)	1681	(32.4)	350	(6.5)
40 - 49.....	75.1	(3.97)	6.3	(0.82)	10.0	(0.36)	0.6*	(0.20)	114.5	(8.79)	1092	(40.8)	1675	(44.5)	351	(9.2)
50 - 59.....	83.4	(6.01)	5.2	(0.47)	10.4	(0.53)	0.9	(0.15)	130.5	(12.61)	1013	(36.7)	1589	(37.5)	360	(13.1)
60 - 69.....	78.3	(5.12)	5.1	(0.50)	9.9	(0.66)	0.7*	(0.25)	118.4	(9.76)	997	(41.1)	1450	(26.4)	329	(14.6)
70 and over.....	97.5	(5.49)	5.7	(0.36)	9.4	(0.50)	1.3*	(0.48)	116.0	(9.23)	940	(40.5)	1377	(44.0)	313	(12.3)
2 - 19.....	77.5	(3.40)	6.1	(0.19)	7.9	(0.50)	0.8*	(0.26)	71.4	(4.36)	1135	(25.8)	1430	(24.6)	261	(5.0)
20 and over...	83.3	(2.39)	5.5	(0.29)	10.4	(0.26)	1.0	(0.08)	120.9	(5.32)	1086	(18.2)	1625	(17.9)	345	(4.6)
2 and over...	81.9	(1.51)	5.7	(0.22)	9.8	(0.22)	0.9	(0.07)	108.4	(4.08)	1098	(13.8)	1576	(14.3)	324	(3.8)
<b>Females:</b>																
2 - 5.....	74.2	(5.87)	5.6	(0.35)	5.3	(0.17)	0.5	(0.10)	50.1	(2.97)	926	(45.1)	1016	(34.9)	184	(5.3)
6 - 11.....	71.6	(4.03)	4.7	(0.10)	7.1	(0.23)	0.8	(0.20)	75.0	(7.72)	960	(28.1)	1180	(19.4)	218	(3.7)
12 - 19.....	62.7	(3.92)	3.7	(0.15)	6.7	(0.31)	0.4	(0.09)	82.5	(11.19)	842	(33.3)	1095	(37.4)	210	(6.3)
20 - 29.....	71.6	(2.34)	4.0	(0.28)	8.0	(0.33)	0.8	(0.17)	100.9	(7.33)	872	(32.8)	1191	(31.6)	248	(7.1)
30 - 39.....	76.3	(4.58)	3.8	(0.26)	9.3	(0.37)	1.0	(0.28)	139.0	(20.12)	912	(27.9)	1286	(29.9)	285	(8.1)
40 - 49.....	72.8	(5.60)	3.6	(0.23)	8.5	(0.34)	0.6	(0.11)	130.9	(7.77)	865	(23.6)	1217	(22.8)	277	(4.9)
50 - 59.....	74.1	(4.27)	4.1	(0.15)	8.6	(0.55)	0.9	(0.23)	141.6	(16.74)	828	(30.0)	1177	(23.1)	278	(9.8)
60 - 69.....	71.2	(4.79)	4.2	(0.37)	8.3	(0.50)	0.9	(0.21)	122.3	(8.21)	814	(30.4)	1154	(36.4)	267	(10.5)
70 and over.....	87.4	(4.46)	4.4	(0.19)	7.7	(0.22)	1.0	(0.21)	110.7	(4.50)	809	(28.6)	1069	(25.1)	249	(5.5)
2 - 19.....	68.0	(2.11)	4.4	(0.13)	6.5	(0.17)	0.6	(0.09)	73.2	(5.73)	898	(22.8)	1105	(19.3)	207	(3.3)
20 and over...	75.1	(2.15)	4.0	(0.11)	8.4	(0.17)	0.9	(0.09)	125.0	(5.02)	852	(10.9)	1187	(12.2)	268	(3.7)
2 and over...	73.4	(1.84)	4.1	(0.08)	8.0	(0.15)	0.8	(0.08)	113.0	(4.88)	863	(10.3)	1168	(11.9)	254	(3.3)
<b>Males and females:</b>																
2 - 19.....	72.9	(1.78)	5.3	(0.10)	7.2	(0.29)	0.7	(0.15)	72.2	(3.02)	1020	(19.2)	1272	(15.9)	235	(3.1)
20 and over...	79.1	(1.67)	4.7	(0.16)	9.4	(0.18)	0.9	(0.05)	123.0	(3.16)	965	(11.8)	1399	(11.9)	305	(3.4)
2 and over...	77.6	(1.25)	4.9	(0.12)	8.9	(0.16)	0.9	(0.05)	110.7	(2.76)	978	(11.2)	1369	(11.0)	288	(3.1)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Males:</b>																		
2 - 5.....	12.0	(0.50)	7.9	(0.25)	0.8	(0.03)	78.0	(2.99)	2019	(76.8)	2396	(62.5)	4.7	(0.48)	41.1	(6.00)	--	--
6 - 11.....	14.7	(0.34)	10.5	(0.27)	1.0	(0.03)	102.2	(3.65)	2332	(53.1)	3185	(94.5)	16.3	(2.10)	60.2	(6.29)	--	--
12 - 19.....	17.4	(0.77)	13.7	(0.67)	1.1	(0.03)	131.1	(3.51)	2665	(41.8)	3960	(91.8)	53.0	(5.69)	48.0	(3.93)	--	--
20 - 29.....	17.6	(0.79)	14.7	(0.32)	1.4	(0.05)	148.6	(3.79)	3010	(96.6)	4466	(106.3)	122.1	(18.19)	37.3	(6.28)	--	--
30 - 39.....	16.7	(0.54)	13.9	(0.41)	1.4	(0.03)	138.5	(4.08)	2991	(53.9)	4274	(112.5)	178.2	(17.54)	33.6	(5.65)	--	--
40 - 49.....	16.0	(0.61)	12.9	(0.45)	1.4	(0.04)	144.9	(3.11)	3101	(74.4)	4254	(115.6)	204.7	(11.35)	50.1	(5.62)	--	--
50 - 59.....	17.0	(0.59)	12.9	(0.45)	1.5	(0.06)	140.5	(5.30)	3110	(74.6)	4074	(119.9)	229.3	(11.62)	41.5	(5.61)	--	--
60 - 69.....	15.6	(0.53)	11.4	(0.39)	1.3	(0.05)	125.5	(2.52)	2908	(55.2)	3687	(94.7)	194.3	(9.64)	50.7	(12.40)	--	--
70 and over.....	16.5	(0.92)	12.3	(0.66)	1.3	(0.07)	112.8	(2.63)	2912	(89.5)	3424	(86.6)	157.6	(10.48)	37.2	(3.40)	--	--
2 - 19.....	15.4	(0.39)	11.5	(0.31)	1.0	(0.02)	110.7	(2.13)	2423	(37.0)	3385	(62.6)	30.8	(2.29)	51.0	(3.60)	--	--
20 and over...	16.6	(0.22)	13.2	(0.14)	1.4	(0.01)	137.4	(1.69)	3016	(36.0)	4094	(53.3)	181.4	(7.26)	41.7	(2.69)	15.5	(1.27)
2 and over...	16.3	(0.18)	12.7	(0.11)	1.3	(0.01)	130.6	(1.60)	2866	(31.7)	3915	(46.2)	143.3	(6.77)	44.0	(2.12)	--	--
<b>Females:</b>																		
2 - 5.....	10.8	(0.40)	8.1	(0.28)	0.7	(0.02)	68.2	(2.13)	1811	(80.3)	2110	(65.8)	5.6	(1.32)	37.2	(3.91)	--	--
6 - 11.....	13.8	(0.52)	9.1	(0.36)	0.9	(0.03)	88.2	(1.87)	1962	(49.3)	2767	(56.0)	12.1	(1.48)	47.7	(4.96)	--	--
12 - 19.....	12.1	(0.50)	8.6	(0.36)	0.9	(0.03)	88.3	(2.27)	1873	(63.2)	2844	(89.6)	44.4	(7.05)	33.7	(5.28)	--	--
20 - 29.....	12.3	(0.39)	9.4	(0.41)	1.0	(0.04)	98.2	(2.81)	2158	(55.0)	3210	(72.6)	90.6	(5.49)	34.2	(5.67)	--	--
30 - 39.....	13.1	(0.24)	10.1	(0.34)	1.2	(0.03)	106.2	(2.79)	2364	(63.9)	3269	(64.0)	131.0	(11.31)	35.7	(4.50)	--	--
40 - 49.....	12.4	(0.43)	9.3	(0.28)	1.1	(0.03)	102.4	(2.79)	2405	(40.7)	3068	(59.9)	168.4	(20.79)	40.8	(3.55)	--	--
50 - 59.....	13.1	(0.78)	9.1	(0.39)	1.1	(0.04)	97.1	(1.76)	2390	(62.0)	2894	(70.7)	201.3	(11.06)	40.6	(3.55)	--	--
60 - 69.....	12.0	(0.35)	9.0	(0.34)	1.1	(0.05)	96.1	(2.88)	2301	(86.4)	2837	(87.4)	167.4	(11.44)	34.9	(3.81)	--	--
70 and over.....	12.4	(0.50)	8.8	(0.30)	1.0	(0.03)	83.5	(2.18)	2290	(56.9)	2597	(66.0)	132.2	(12.31)	29.6	(4.82)	--	--
2 - 19.....	12.3	(0.22)	8.7	(0.28)	0.8	(0.02)	84.0	(1.19)	1888	(37.1)	2662	(38.6)	25.7	(3.85)	38.9	(3.48)	--	--
20 and over...	12.6	(0.16)	9.3	(0.10)	1.1	(0.02)	97.8	(1.07)	2320	(35.0)	2997	(22.1)	149.7	(6.30)	36.4	(1.11)	6.8	(0.65)
2 and over...	12.5	(0.14)	9.2	(0.11)	1.0	(0.02)	94.6	(0.94)	2220	(32.2)	2920	(20.5)	121.0	(6.06)	37.0	(1.32)	--	--
<b>Males and females:</b>																		
2 - 19.....	13.9	(0.23)	10.1	(0.16)	0.9	(0.01)	97.7	(1.25)	2163	(28.0)	3034	(39.7)	28.3	(2.35)	45.1	(2.54)	--	--
20 and over...	14.5	(0.14)	11.2	(0.09)	1.2	(0.01)	117.0	(1.03)	2658	(30.9)	3529	(30.1)	165.0	(6.40)	38.9	(1.61)	11.0	(0.84)
2 and over...	14.4	(0.14)	10.9	(0.09)	1.2	(0.01)	112.3	(0.99)	2538	(28.7)	3409	(27.7)	132.0	(6.00)	40.4	(1.36)	--	--

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Males:</b>								
2 - 5.....	0.48 (0.024)	0.32 (0.019)	0.29 (0.027)	0.48 (0.028)	0.74 (0.064)	1.89 (0.082)	10.42 (0.318)	4.60 (0.112)
6 - 11.....	0.65 (0.051)	0.41 (0.033)	0.35 (0.033)	0.64 (0.051)	1.20 (0.224)	2.68 (0.188)	14.84 (0.482)	6.69 (0.303)
12 - 19.....	0.59 (0.038)	0.37 (0.022)	0.29 (0.014)	0.57 (0.033)	0.93 (0.083)	2.58 (0.141)	16.62 (0.379)	7.37 (0.210)
20 - 29.....	0.63 (0.045)	0.40 (0.027)	0.32 (0.026)	0.64 (0.036)	0.96 (0.063)	2.95 (0.154)	18.68 (0.576)	8.27 (0.250)
30 - 39.....	0.55 (0.032)	0.34 (0.017)	0.29 (0.016)	0.57 (0.027)	1.00 (0.087)	2.61 (0.112)	17.01 (0.445)	7.59 (0.222)
40 - 49.....	0.60 (0.038)	0.36 (0.020)	0.30 (0.017)	0.59 (0.033)	0.93 (0.080)	2.64 (0.146)	16.68 (0.540)	7.51 (0.318)
50 - 59.....	0.57 (0.037)	0.36 (0.026)	0.31 (0.018)	0.59 (0.044)	1.00 (0.072)	2.51 (0.127)	16.91 (0.562)	7.63 (0.227)
60 - 69.....	0.57 (0.061)	0.35 (0.030)	0.28 (0.019)	0.56 (0.043)	0.89 (0.091)	2.37 (0.189)	15.61 (0.490)	6.88 (0.228)
70 and over.....	0.53 (0.038)	0.34 (0.023)	0.27 (0.018)	0.53 (0.033)	0.87 (0.077)	2.24 (0.136)	14.31 (0.577)	6.48 (0.285)
2 - 19.....	0.59 (0.029)	0.37 (0.016)	0.31 (0.012)	0.58 (0.025)	0.99 (0.073)	2.49 (0.098)	14.80 (0.285)	6.60 (0.161)
20 and over...	0.58 (0.023)	0.36 (0.013)	0.30 (0.011)	0.59 (0.018)	0.95 (0.036)	2.59 (0.070)	16.77 (0.209)	7.50 (0.113)
2 and over...	0.58 (0.016)	0.36 (0.009)	0.30 (0.009)	0.59 (0.013)	0.96 (0.039)	2.57 (0.052)	16.27 (0.162)	7.27 (0.086)
<b>Females:</b>								
2 - 5.....	0.47 (0.031)	0.30 (0.019)	0.26 (0.017)	0.46 (0.022)	0.68 (0.039)	1.80 (0.099)	9.79 (0.398)	4.32 (0.190)
6 - 11.....	0.50 (0.020)	0.33 (0.013)	0.27 (0.011)	0.51 (0.020)	0.85 (0.058)	2.12 (0.067)	12.53 (0.291)	5.53 (0.126)
12 - 19.....	0.43 (0.030)	0.27 (0.020)	0.22 (0.013)	0.44 (0.028)	0.71 (0.044)	1.86 (0.114)	11.52 (0.478)	5.01 (0.219)
20 - 29.....	0.50 (0.032)	0.30 (0.016)	0.25 (0.013)	0.50 (0.023)	0.80 (0.047)	2.14 (0.108)	13.13 (0.551)	5.79 (0.268)
30 - 39.....	0.47 (0.025)	0.30 (0.014)	0.27 (0.020)	0.50 (0.024)	0.96 (0.117)	2.11 (0.092)	13.14 (0.353)	5.94 (0.163)
40 - 49.....	0.46 (0.021)	0.29 (0.013)	0.23 (0.010)	0.46 (0.019)	0.71 (0.039)	1.99 (0.083)	12.84 (0.364)	5.71 (0.163)
50 - 59.....	0.42 (0.020)	0.27 (0.012)	0.22 (0.011)	0.44 (0.020)	0.71 (0.069)	1.82 (0.073)	12.02 (0.335)	5.35 (0.167)
60 - 69.....	0.41 (0.026)	0.26 (0.014)	0.21 (0.012)	0.42 (0.024)	0.68 (0.046)	1.75 (0.097)	11.82 (0.429)	5.15 (0.177)
70 and over.....	0.43 (0.026)	0.27 (0.016)	0.22 (0.015)	0.43 (0.024)	0.67 (0.053)	1.74 (0.084)	10.84 (0.356)	4.94 (0.229)
2 - 19.....	0.46 (0.019)	0.30 (0.012)	0.24 (0.006)	0.46 (0.015)	0.75 (0.024)	1.93 (0.062)	11.47 (0.217)	5.03 (0.117)
20 and over...	0.45 (0.008)	0.28 (0.005)	0.24 (0.004)	0.46 (0.007)	0.76 (0.022)	1.94 (0.030)	12.37 (0.125)	5.51 (0.062)
2 and over...	0.45 (0.007)	0.29 (0.004)	0.24 (0.004)	0.46 (0.007)	0.76 (0.018)	1.93 (0.025)	12.16 (0.119)	5.40 (0.065)
<b>Males and females:</b>								
2 - 19.....	0.53 (0.019)	0.34 (0.012)	0.28 (0.007)	0.52 (0.017)	0.87 (0.042)	2.22 (0.066)	13.18 (0.197)	5.84 (0.114)
20 and over...	0.51 (0.011)	0.32 (0.006)	0.27 (0.005)	0.52 (0.010)	0.85 (0.018)	2.25 (0.034)	14.50 (0.143)	6.47 (0.064)
2 and over...	0.52 (0.009)	0.32 (0.006)	0.27 (0.005)	0.52 (0.009)	0.86 (0.021)	2.24 (0.030)	14.18 (0.124)	6.32 (0.063)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)												
<b>Males:</b>														
2 - 5.....	0.64	(0.016)	16.86	(0.381)	0.21	(0.014)	0.01	(0.001)	10.67	(0.332)	1.07	(0.050)	0.01	(0.001)
6 - 11.....	0.99	(0.063)	22.57	(0.834)	0.25	(0.010)	0.02	(0.001)	13.78	(0.542)	1.36	(0.043)	0.01	(0.002)
12 - 19.....	1.23	(0.058)	27.69	(0.845)	0.32	(0.013)	0.02	(0.003)	17.99	(0.733)	1.73	(0.059)	0.01	(0.001)
20 - 29.....	1.47	(0.065)	31.75	(0.899)	0.42	(0.020)	0.04	(0.004)	21.16	(0.842)	2.14	(0.075)	0.01	(0.002)
30 - 39.....	1.34	(0.046)	30.54	(0.603)	0.39	(0.018)	0.04	(0.004)	19.93	(0.681)	1.98	(0.062)	0.01	(0.002)
40 - 49.....	1.29	(0.043)	29.50	(0.877)	0.39	(0.032)	0.03	(0.004)	19.02	(0.661)	1.93	(0.082)	0.02*	(0.005)
50 - 59.....	1.29	(0.031)	31.26	(1.444)	0.39	(0.015)	0.03	(0.004)	19.06	(0.958)	1.92	(0.126)	0.01	(0.002)
60 - 69.....	1.08	(0.067)	28.40	(0.987)	0.38	(0.022)	0.04	(0.005)	18.93	(0.951)	2.05	(0.129)	0.01	(0.003)
70 and over.....	1.04	(0.053)	25.25	(0.937)	0.34	(0.024)	0.05*	(0.018)	16.32	(0.769)	1.98	(0.199)	0.01*	(0.003)
2 - 19.....	1.03	(0.037)	23.80	(0.639)	0.28	(0.009)	0.02	(0.001)	15.09	(0.495)	1.47	(0.044)	0.01	(0.001)
20 and over...	1.28	(0.020)	29.85	(0.408)	0.39	(0.010)	0.04	(0.002)	19.32	(0.396)	2.00	(0.051)	0.01	(0.001)
2 and over...	1.22	(0.019)	28.32	(0.385)	0.36	(0.009)	0.03	(0.002)	18.25	(0.308)	1.87	(0.043)	0.01	(0.001)
<b>Females:</b>														
2 - 5.....	0.63	(0.036)	15.45	(0.576)	0.17	(0.011)	0.01	(0.001)	10.08	(0.424)	1.03	(0.045)	#	
6 - 11.....	0.81	(0.030)	20.35	(0.376)	0.23	(0.005)	0.02	(0.001)	13.78	(0.297)	1.38	(0.028)	0.01	(0.001)
12 - 19.....	0.76	(0.034)	19.49	(0.926)	0.24	(0.016)	0.02	(0.002)	13.85	(0.737)	1.37	(0.090)	0.01	(0.001)
20 - 29.....	0.95	(0.040)	22.52	(0.966)	0.27	(0.013)	0.02	(0.003)	15.32	(0.601)	1.64	(0.057)	0.01	(0.001)
30 - 39.....	0.95	(0.037)	23.92	(0.630)	0.30	(0.011)	0.02	(0.002)	16.10	(0.616)	1.71	(0.069)	0.01	(0.003)
40 - 49.....	0.94	(0.069)	23.24	(0.606)	0.28	(0.012)	0.03	(0.003)	15.56	(0.368)	1.68	(0.048)	0.01	(0.001)
50 - 59.....	0.85	(0.023)	22.24	(0.704)	0.25	(0.015)	0.02	(0.003)	15.34	(0.555)	1.68	(0.109)	0.01	(0.002)
60 - 69.....	0.78	(0.038)	22.19	(1.083)	0.31	(0.034)	0.03	(0.003)	14.85	(0.688)	1.57	(0.110)	0.01	(0.003)
70 and over.....	0.71	(0.025)	19.71	(0.551)	0.22	(0.008)	0.02	(0.003)	13.46	(0.306)	1.53	(0.048)	#	
2 - 19.....	0.75	(0.019)	18.90	(0.458)	0.22	(0.007)	0.02	(0.001)	13.02	(0.373)	1.30	(0.042)	0.01	(0.001)
20 and over...	0.87	(0.018)	22.41	(0.277)	0.27	(0.009)	0.02	(0.001)	15.18	(0.209)	1.64	(0.030)	0.01	(0.001)
2 and over...	0.84	(0.015)	21.60	(0.249)	0.26	(0.007)	0.02	(0.001)	14.68	(0.159)	1.56	(0.026)	0.01	(0.001)
<b>Males and females:</b>														
2 - 19.....	0.89	(0.024)	21.42	(0.466)	0.25	(0.008)	0.02	(0.001)	14.09	(0.374)	1.39	(0.036)	0.01	(#)
20 and over...	1.07	(0.014)	26.02	(0.304)	0.33	(0.007)	0.03	(0.001)	17.19	(0.280)	1.82	(0.035)	0.01	(0.001)
2 and over...	1.03	(0.014)	24.91	(0.297)	0.31	(0.006)	0.03	(0.001)	16.44	(0.226)	1.71	(0.031)	0.01	(0.001)

**Table 1. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Males:</b>				
2 - 5.....	0.09 (0.006)	0.02* (0.007)	0.01 (0.002)	0.04* (0.015)
6 - 11.....	0.12 (0.006)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.17 (0.010)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
20 - 29.....	0.21 (0.009)	0.03 (0.005)	0.03 (0.003)	0.06 (0.010)
30 - 39.....	0.19 (0.007)	0.03 (0.004)	0.03 (0.002)	0.06 (0.007)
40 - 49.....	0.19 (0.007)	0.05 (0.012)	0.03 (0.003)	0.10 (0.022)
50 - 59.....	0.19 (0.011)	0.03 (0.006)	0.03 (0.004)	0.08 (0.016)
60 - 69.....	0.16 (0.010)	0.03 (0.006)	0.02 (0.002)	0.06 (0.011)
70 and over.....	0.16 (0.012)	0.04 (0.005)	0.02 (0.002)	0.08 (0.011)
2 - 19.....	0.14 (0.006)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.19 (0.005)	0.03 (0.002)	0.03 (0.002)	0.07 (0.006)
2 and over...	0.18 (0.004)	0.03 (0.002)	0.03 (0.001)	0.06 (0.005)
<b>Females:</b>				
2 - 5.....	0.08 (0.006)	0.01 (0.002)	0.01 (0.001)	0.02 (0.004)
6 - 11.....	0.10 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.004)
12 - 19.....	0.10 (0.006)	0.02 (0.004)	0.02 (0.001)	0.03 (0.005)
20 - 29.....	0.13 (0.005)	0.02 (0.004)	0.02 (0.001)	0.05 (0.008)
30 - 39.....	0.14 (0.006)	0.03 (0.004)	0.02 (0.001)	0.06 (0.006)
40 - 49.....	0.13 (0.006)	0.03 (0.005)	0.02 (0.002)	0.07 (0.009)
50 - 59.....	0.14 (0.009)	0.03 (0.006)	0.02 (0.003)	0.06 (0.012)
60 - 69.....	0.12 (0.006)	0.04 (0.008)	0.02 (0.002)	0.07 (0.014)
70 and over.....	0.11 (0.006)	0.02 (0.003)	0.02 (0.002)	0.05 (0.008)
2 - 19.....	0.10 (0.004)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
20 and over...	0.13 (0.002)	0.03 (0.003)	0.02 (0.001)	0.06 (0.005)
2 and over...	0.12 (0.002)	0.02 (0.002)	0.02 (0.001)	0.05 (0.004)
<b>Males and females:</b>				
2 - 19.....	0.12 (0.004)	0.01 (0.001)	0.02 (0.001)	0.03 (0.003)
20 and over...	0.16 (0.002)	0.03 (0.002)	0.02 (0.001)	0.07 (0.004)
2 and over...	0.15 (0.002)	0.03 (0.002)	0.02 (0.001)	0.06 (0.003)

**Symbol Legend**

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

**Abbreviations**

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

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

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

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

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

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

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

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**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																			
2 - 5.....	184	1420	(33.7)	50.7	(1.96)	195	(5.6)	97	(3.5)	11.4	(0.59)	50.9	(1.28)	18.7	(0.70)	16.6	(0.55)	10.9	(0.33)
6 - 11.....	290	1951	(54.3)	67.4	(2.18)	258	(7.9)	120	(4.0)	14.1	(0.67)	74.8	(2.27)	28.3	(0.90)	24.5	(0.83)	15.3	(0.58)
12 - 19.....	337	2034	(47.9)	81.0	(3.50)	259	(8.6)	126	(4.9)	13.8	(0.51)	76.5	(1.90)	26.1	(0.95)	25.6	(0.77)	17.1	(0.87)
20 and over...	2233	2129	(22.9)	82.7	(0.77)	248	(3.1)	110	(1.7)	16.6	(0.32)	83.4	(1.09)	27.2	(0.36)	28.9	(0.38)	19.4	(0.35)
2 and over...	3044	2080	(20.5)	80.3	(0.96)	248	(2.9)	112	(1.7)	16.0	(0.25)	80.9	(1.00)	26.9	(0.34)	27.8	(0.39)	18.6	(0.29)
<b>Non-Hispanic Black:</b>																			
2 - 5.....	161	1559	(72.5)	53.3	(3.38)	207	(8.1)	99	(3.9)	10.9	(0.68)	59.5	(3.76)	19.6	(1.53)	20.1	(1.13)	14.1	(0.96)
6 - 11.....	285	1837	(60.9)	63.6	(1.97)	249	(9.8)	113	(4.7)	13.5	(0.49)	67.6	(2.94)	22.6	(1.10)	22.9	(0.91)	15.8	(0.80)
12 - 19.....	307	2056	(73.3)	72.0	(2.42)	264	(7.2)	117	(4.4)	13.5	(0.72)	80.8	(4.51)	26.0	(1.38)	27.3	(1.52)	19.7	(1.35)
20 and over...	1009	2230	(54.8)	82.5	(1.91)	266	(6.5)	124	(4.0)	15.4	(0.52)	86.5	(2.52)	26.9	(0.66)	30.6	(1.05)	20.8	(0.89)
2 and over...	1762	2133	(43.8)	77.7	(1.52)	261	(5.1)	120	(3.2)	14.7	(0.37)	82.5	(2.15)	26.0	(0.55)	28.9	(0.90)	19.8	(0.71)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																			
2 - 5.....	58	1528*	(140.7)	59.8*	(6.67)	203*	(20.3)	93*	(11.2)	10.4*	(0.85)	54.7*	(4.98)	20.9*	(1.98)	17.5*	(1.73)	11.0*	(0.98)
6 - 11.....	70	1874	(115.4)	72.0	(6.60)	258	(11.3)	105	(6.6)	15.3	(0.82)	63.6	(5.69)	21.8	(2.04)	21.3	(2.19)	14.0	(1.16)
12 - 19.....	136	2040	(113.2)	85.5	(6.15)	263	(15.0)	99	(7.9)	16.6	(2.04)	72.7	(4.76)	22.6	(1.51)	24.8	(1.80)	18.5	(1.32)
20 and over...	525	1844	(41.7)	80.9	(2.29)	227	(5.4)	81	(3.1)	18.7	(0.74)	65.7	(2.10)	19.1	(0.74)	23.8	(0.76)	16.7	(0.62)
2 and over...	789	1853	(37.9)	79.8	(2.27)	233	(4.5)	85	(2.9)	17.8	(0.64)	65.8	(1.95)	19.8	(0.63)	23.5	(0.76)	16.4	(0.60)
<b>Hispanic:</b>																			
2 - 5.....	221	1554	(52.3)	57.3	(2.04)	207	(6.2)	99	(4.3)	12.5	(0.33)	57.4	(2.71)	21.3	(1.03)	18.2	(0.84)	12.4	(0.73)
6 - 11.....	330	1896	(69.8)	69.0	(2.38)	252	(8.6)	114	(4.5)	15.7	(0.78)	70.4	(3.45)	24.7	(1.54)	23.3	(1.14)	15.4	(0.60)
12 - 19.....	446	2092	(92.2)	80.3	(4.39)	265	(9.9)	115	(4.4)	16.6	(0.91)	80.8	(4.27)	26.9	(1.51)	27.5	(1.48)	18.8	(1.03)
20 and over...	1125	2204	(38.0)	89.2	(1.90)	267	(3.9)	114	(2.5)	19.7	(0.67)	83.2	(1.99)	26.8	(0.69)	28.6	(0.76)	19.5	(0.64)
2 and over...	2122	2104	(38.3)	83.2	(1.90)	261	(4.1)	113	(2.2)	18.2	(0.61)	79.4	(1.78)	26.1	(0.63)	27.0	(0.64)	18.4	(0.53)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	150	(9.3)	441	(18.4)	583	(25.8)	373*	(124.9)	1498	(214.5)	52	(8.7)	2647	(472.0)	574	(42.6)	1.20	(0.044)
6 - 11.....	215	(15.5)	566	(26.8)	698	(32.1)	287	(63.2)	1413	(179.4)	69	(10.0)	3918	(339.1)	1006	(225.4)	1.61	(0.057)
12 - 19.....	249	(12.7)	481	(22.4)	620	(34.3)	337*	(106.4)	1484	(287.8)	64	(9.5)	4324	(397.3)	997	(144.5)	1.70	(0.081)
20 and over...	282	(4.3)	459	(7.7)	666	(12.7)	409	(35.3)	2256	(120.5)	74	(4.6)	5149	(154.6)	1670	(111.8)	1.64	(0.020)
2 and over...	269	(3.9)	468	(6.5)	661	(11.9)	392	(29.6)	2095	(109.3)	72	(4.3)	4888	(124.9)	1517	(89.0)	1.63	(0.019)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	182	(23.1)	390	(20.4)	460	(19.9)	159*	(47.8)	720	(140.2)	75	(11.6)	2783	(345.8)	692	(125.5)	1.26	(0.035)
6 - 11.....	208	(16.0)	441	(27.8)	549	(24.7)	202	(41.4)	1166	(141.6)	70	(13.5)	3685	(594.7)	856	(132.9)	1.53	(0.066)
12 - 19.....	251	(14.8)	382	(24.1)	474	(28.2)	148	(35.3)	1002	(138.3)	60	(11.7)	4879	(589.6)	1012	(125.1)	1.58	(0.062)
20 and over...	320	(9.0)	357	(11.8)	564	(26.7)	285	(53.9)	2307	(225.5)	75	(5.5)	4214	(443.5)	1630	(91.6)	1.52	(0.030)
2 and over...	293	(7.8)	370	(9.1)	545	(20.1)	252	(39.5)	1939	(179.5)	72	(4.9)	4173	(373.8)	1424	(83.6)	1.51	(0.020)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 5.....	206*	(21.9)	463*	(40.3)	563*	(47.8)	255*	(91.8)	1059*	(261.4)	36*	(8.6)	2447*	(1089.4)	664*	(90.0)	1.28*	(0.125)
6 - 11.....	227	(45.2)	476	(40.4)	664	(51.1)	560	(140.0)	1912	(426.6)	130	(26.3)	4145	(760.4)	1031	(221.0)	1.57	(0.069)
12 - 19.....	261	(22.3)	415	(75.5)	662	(107.6)	662	(192.5)	2603	(511.2)	84	(19.3)	5631	(1639.1)	1474	(356.0)	1.77	(0.159)
20 and over...	268	(12.5)	265	(14.5)	609	(32.7)	654	(62.3)	3735	(285.6)	148	(22.3)	3742	(386.4)	2544	(293.5)	1.56	(0.033)
2 and over...	261	(13.0)	306	(16.6)	617	(27.6)	630	(46.8)	3356	(213.8)	135	(16.9)	3917	(376.2)	2230	(231.2)	1.57	(0.032)
<b>Hispanic:</b>																		
2 - 5.....	207	(12.0)	487	(24.1)	568	(23.6)	180	(33.4)	865	(68.6)	86	(12.8)	4339	(556.8)	589	(30.6)	1.33	(0.054)
6 - 11.....	216	(11.9)	514	(32.7)	611	(33.9)	211	(51.2)	1037	(141.5)	73	(9.4)	4988	(482.2)	736	(118.0)	1.61	(0.040)
12 - 19.....	271	(14.9)	427	(20.4)	537	(28.8)	249	(45.4)	1172	(140.4)	75	(5.5)	5169	(405.9)	748	(32.3)	1.68	(0.065)
20 and over...	327	(11.6)	406	(21.2)	587	(28.6)	374	(50.7)	1942	(184.0)	109	(7.6)	5492	(332.4)	1478	(133.3)	1.64	(0.035)
2 and over...	297	(8.9)	428	(16.9)	581	(24.2)	323	(35.7)	1644	(130.6)	98	(4.9)	5301	(289.9)	1219	(91.6)	1.62	(0.034)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	1.71	(0.066)	14.8	(0.41)	1.31	(0.036)	166	(9.0)	125	(7.9)	407	(17.6)	197	(5.8)	3.81	(0.131)	0.86	(0.095)
6 - 11.....	2.09	(0.051)	20.9	(0.82)	1.68	(0.046)	216	(14.0)	152	(6.4)	519	(25.9)	247	(8.0)	4.56	(0.155)	1.07	(0.126)
12 - 19.....	2.32	(0.094)	27.7	(1.11)	2.26	(0.105)	211	(17.1)	167	(5.2)	526	(30.7)	286	(9.7)	5.76	(0.209)	1.95	(0.245)
20 and over...	2.28	(0.029)	26.4	(0.33)	2.20	(0.038)	185	(5.7)	219	(3.2)	533	(10.4)	334	(4.9)	5.04	(0.082)	1.17	(0.059)
2 and over...	2.25	(0.027)	25.7	(0.35)	2.14	(0.037)	189	(5.6)	206	(3.0)	526	(9.9)	318	(4.1)	5.03	(0.079)	1.23	(0.073)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	1.59	(0.067)	16.6	(0.43)	1.40	(0.052)	184	(19.0)	114	(7.6)	427	(30.1)	205	(15.2)	3.47	(0.150)	0.79	(0.140)
6 - 11.....	1.77	(0.071)	21.2	(0.88)	1.68	(0.107)	205	(9.6)	149	(4.3)	498	(19.2)	227	(12.0)	4.51	(0.281)	1.35	(0.200)
12 - 19.....	1.74	(0.066)	23.1	(0.78)	1.70	(0.044)	248	(23.8)	160	(6.9)	581	(41.5)	257	(7.6)	4.07	(0.120)	0.85	(0.120)
20 and over...	1.79	(0.034)	26.0	(0.54)	2.03	(0.053)	163	(3.7)	201	(5.3)	478	(10.9)	343	(9.5)	4.73	(0.204)	0.75	(0.050)
2 and over...	1.77	(0.023)	24.6	(0.42)	1.92	(0.043)	179	(3.7)	186	(3.5)	490	(7.8)	313	(7.7)	4.55	(0.149)	0.82	(0.040)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 5.....	1.76*	(0.146)	16.4*	(1.98)	1.58*	(0.200)	197*	(23.1)	126*	(14.1)	460*	(49.3)	238*	(25.0)	5.11*	(0.700)	1.11*	(0.164)
6 - 11.....	1.93	(0.092)	20.1	(1.00)	1.67	(0.102)	201	(23.4)	174	(18.6)	516	(41.8)	291	(42.2)	5.03	(0.363)	1.07*	(0.352)
12 - 19.....	2.06	(0.214)	26.3	(2.86)	2.15	(0.231)	226	(23.6)	200	(20.8)	585	(48.9)	310	(24.0)	4.52	(0.719)	0.89*	(0.392)
20 and over...	1.77	(0.048)	24.5	(0.61)	2.05	(0.058)	160	(5.7)	251	(9.8)	523	(13.0)	329	(9.2)	4.02	(0.180)	0.59	(0.109)
2 and over...	1.81	(0.055)	24.0	(0.65)	2.01	(0.058)	172	(6.6)	234	(9.5)	526	(14.2)	320	(11.0)	4.20	(0.149)	0.68	(0.117)
<b>Hispanic:</b>																		
2 - 5.....	1.82	(0.064)	16.4	(0.76)	1.49	(0.082)	179	(13.0)	144	(4.0)	449	(22.8)	231	(8.9)	4.25	(0.192)	1.14	(0.113)
6 - 11.....	1.94	(0.075)	21.5	(0.63)	1.85	(0.073)	211	(10.1)	162	(7.3)	520	(21.1)	252	(9.6)	5.05	(0.257)	1.44	(0.126)
12 - 19.....	1.93	(0.079)	24.9	(1.15)	1.94	(0.085)	215	(12.5)	194	(9.5)	559	(29.4)	295	(15.7)	4.89	(0.158)	1.11	(0.118)
20 and over...	2.14	(0.090)	27.5	(0.99)	2.36	(0.150)	172	(7.6)	249	(8.4)	541	(19.0)	360	(7.6)	4.87	(0.244)	1.17	(0.232)
2 and over...	2.06	(0.074)	25.6	(0.80)	2.17	(0.111)	183	(6.9)	223	(7.2)	534	(17.9)	328	(7.5)	4.85	(0.164)	1.19	(0.146)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 5.....	70.6	(5.44)	5.8	(0.35)	5.5	(0.34)	0.7	(0.17)	49.2	(3.47)	913	(38.6)	1035	(39.0)	194	(7.4)
6 - 11.....	69.3	(2.94)	5.7	(0.15)	7.4	(0.32)	0.8	(0.19)	77.1	(11.06)	1162	(36.8)	1322	(34.4)	234	(8.5)
12 - 19.....	63.2	(3.87)	5.0	(0.23)	8.0	(0.94)	1.0*	(0.51)	83.3	(7.35)	1051	(42.4)	1378	(38.9)	256	(6.5)
20 and over...	76.1	(1.66)	5.0	(0.20)	9.7	(0.19)	1.1	(0.08)	123.7	(4.51)	997	(16.1)	1410	(12.7)	307	(4.2)
2 and over...	74.2	(1.17)	5.1	(0.17)	9.2	(0.16)	1.0	(0.06)	113.7	(3.87)	1010	(14.5)	1386	(12.4)	293	(4.1)
<b>Non-Hispanic Black:</b>																
2 - 5.....	83.3	(6.55)	4.8	(0.32)	6.3	(0.29)	0.6*	(0.31)	56.0	(7.33)	788	(44.4)	984	(55.5)	187	(10.0)
6 - 11.....	77.8	(5.74)	4.5	(0.39)	6.7	(0.22)	0.3	(0.08)	70.8	(9.58)	886	(29.4)	1161	(37.0)	210	(5.4)
12 - 19.....	77.4	(4.69)	3.7	(0.22)	8.2	(0.41)	0.3	(0.07)	79.6	(6.25)	902	(45.7)	1246	(50.5)	237	(8.6)
20 and over...	82.2	(3.75)	4.0	(0.15)	9.1	(0.43)	0.7	(0.13)	124.8	(6.26)	821	(19.3)	1306	(27.9)	278	(5.5)
2 and over...	81.2	(3.07)	4.1	(0.10)	8.6	(0.34)	0.6	(0.10)	109.9	(5.64)	836	(17.8)	1267	(21.3)	261	(3.9)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																
2 - 5.....	52.3*	(10.96)	8.4*	(1.75)	6.0*	(0.85)	0.5*	(0.25)	52.5*	(4.88)	934*	(90.0)	1122*	(101.7)	199*	(19.3)
6 - 11.....	73.0	(9.94)	6.7	(0.65)	6.7	(0.34)	0.7*	(0.25)	74.5	(11.88)	1015	(72.9)	1268	(87.1)	247	(17.6)
12 - 19.....	92.7	(20.81)	5.4	(0.97)	8.9	(1.08)	0.8*	(0.45)	116.0	(18.55)	972	(97.4)	1332	(101.5)	294	(24.5)
20 and over...	88.1	(4.97)	4.5	(0.27)	8.3	(0.31)	0.6	(0.18)	163.8	(16.13)	729	(26.1)	1228	(30.1)	308	(8.1)
2 and over...	85.9	(4.66)	5.0	(0.27)	8.1	(0.31)	0.6	(0.16)	146.9	(12.74)	786	(27.1)	1237	(30.3)	297	(8.4)
<b>Hispanic:</b>																
2 - 5.....	88.1	(7.33)	6.4	(0.43)	5.3	(0.21)	0.3	(0.08)	51.3	(4.28)	1074	(46.4)	1158	(40.4)	205	(5.4)
6 - 11.....	80.9	(5.73)	5.3	(0.29)	7.1	(0.37)	0.5	(0.14)	63.4	(5.44)	1016	(42.0)	1302	(47.9)	239	(9.0)
12 - 19.....	77.6	(3.62)	5.1	(0.28)	7.9	(0.56)	0.6*	(0.30)	74.4	(6.95)	1031	(37.4)	1396	(58.2)	257	(10.6)
20 and over...	88.6	(5.73)	4.5	(0.20)	8.6	(0.36)	0.5	(0.12)	109.9	(8.08)	1020	(25.3)	1482	(33.5)	318	(7.5)
2 and over...	86.0	(4.46)	4.8	(0.16)	8.1	(0.27)	0.5	(0.10)	95.0	(5.98)	1025	(21.4)	1425	(31.4)	291	(7.0)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	10.8	(0.51)	7.7	(0.17)	0.7	(0.03)	67.1	(2.51)	1876	(83.5)	2119	(56.4)	5.0	(0.66)	41.4	(7.12)	--	--
6 - 11.....	14.1	(0.43)	9.8	(0.26)	0.9	(0.04)	95.9	(3.17)	2147	(58.6)	2995	(87.4)	16.5	(3.13)	59.4	(5.49)	--	--
12 - 19.....	14.8	(0.49)	11.7	(0.47)	1.0	(0.03)	109.6	(4.10)	2311	(53.0)	3408	(105.6)	65.4	(6.62)	39.3	(3.83)	--	--
20 and over...	14.5	(0.18)	11.3	(0.11)	1.2	(0.02)	115.3	(0.66)	2697	(33.8)	3505	(31.2)	195.1	(8.17)	43.6	(2.32)	12.1	(1.19)
2 and over...	14.4	(0.18)	11.1	(0.12)	1.2	(0.02)	111.5	(0.91)	2590	(34.3)	3407	(30.3)	163.0	(8.80)	44.1	(1.86)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 5.....	11.6	(0.55)	8.0	(0.48)	0.7	(0.04)	75.6	(5.52)	1842	(88.9)	2401	(131.0)	5.4	(0.75)	34.8	(8.16)	--	--
6 - 11.....	14.6	(0.63)	9.2	(0.30)	0.8	(0.03)	94.1	(3.64)	1933	(71.4)	3020	(123.1)	12.5	(1.82)	47.9	(9.68)	--	--
12 - 19.....	14.1	(0.43)	10.2	(0.26)	0.9	(0.04)	104.8	(5.58)	2069	(72.1)	3332	(162.3)	24.0	(3.50)	27.6	(3.16)	--	--
20 and over...	14.1	(0.23)	10.5	(0.28)	1.1	(0.03)	119.1	(2.79)	2449	(43.6)	3513	(77.4)	79.3	(5.63)	34.1	(2.48)	11.6	(1.25)
2 and over...	14.0	(0.17)	10.2	(0.18)	1.1	(0.02)	112.5	(2.35)	2317	(35.1)	3381	(67.0)	61.6	(4.03)	34.6	(1.09)	--	--
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
2 - 5.....	11.6*	(0.74)	9.3*	(1.40)	0.8*	(0.06)	88.9*(10.03)		1965*(283.1)		2286*(170.1)		4.2*	(1.33)	64.0*(28.23)		--	--
6 - 11.....	13.6	(0.63)	11.5	(1.19)	1.2	(0.10)	106.0	(10.79)	2325	(178.2)	3075	(191.9)	6.1	(1.22)	59.9	(9.38)	--	--
12 - 19.....	14.4	(1.52)	10.6	(0.88)	1.2	(0.10)	131.1	(14.14)	2543	(183.9)	3617	(198.8)	30.4	(5.12)	38.9	(11.32)	--	--
20 and over...	13.4	(0.27)	10.2	(0.26)	1.4	(0.04)	117.7	(2.88)	2574	(56.4)	3645	(125.4)	107.7	(8.73)	25.6	(1.41)	6.0	(1.27)
2 and over...	13.5	(0.34)	10.3	(0.33)	1.3	(0.04)	117.0	(3.58)	2525	(53.2)	3538	(106.9)	87.1	(6.70)	31.4	(2.99)	--	--
<b>Hispanic:</b>																		
2 - 5.....	12.1	(0.60)	8.5	(0.30)	0.8	(0.02)	79.5	(2.74)	2084	(69.6)	2400	(93.7)	6.5	(1.46)	39.2	(6.27)	--	--
6 - 11.....	14.5	(0.54)	10.0	(0.49)	1.0	(0.03)	94.9	(2.82)	2267	(73.8)	2964	(112.3)	12.3	(1.55)	42.6	(5.63)	--	--
12 - 19.....	15.2	(0.77)	11.0	(0.66)	1.0	(0.05)	113.2	(5.57)	2357	(90.0)	3494	(141.3)	30.3	(3.96)	56.7	(13.06)	--	--
20 and over...	15.1	(0.32)	11.6	(0.27)	1.2	(0.03)	121.3	(2.55)	2695	(70.2)	3603	(70.3)	121.0	(5.96)	28.2	(2.08)	8.0	(1.07)
2 and over...	14.8	(0.27)	11.1	(0.25)	1.1	(0.03)	114.0	(2.49)	2551	(59.5)	3424	(59.7)	86.6	(4.31)	34.9	(1.81)	--	--

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	0.49 (0.040)	0.31 (0.025)	0.24 (0.022)	0.46 (0.033)	0.65 (0.067)	1.83 (0.124)	9.49 (0.256)	4.31 (0.170)
6 - 11.....	0.66 (0.040)	0.43 (0.025)	0.35 (0.020)	0.66 (0.033)	1.25 (0.194)	2.72 (0.120)	14.51 (0.459)	6.60 (0.235)
12 - 19.....	0.55 (0.051)	0.34 (0.029)	0.26 (0.017)	0.53 (0.041)	0.81 (0.066)	2.32 (0.168)	14.05 (0.466)	6.24 (0.213)
20 and over...	0.56 (0.015)	0.35 (0.008)	0.28 (0.007)	0.56 (0.014)	0.88 (0.027)	2.36 (0.047)	14.61 (0.187)	6.57 (0.078)
2 and over...	0.56 (0.013)	0.35 (0.008)	0.28 (0.007)	0.56 (0.012)	0.89 (0.030)	2.36 (0.046)	14.35 (0.161)	6.45 (0.077)
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.39 (0.047)	0.26 (0.033)	0.34 (0.059)	0.46 (0.040)	0.72 (0.087)	1.64 (0.178)	10.67 (0.833)	4.47 (0.406)
6 - 11.....	0.42 (0.029)	0.26 (0.017)	0.21 (0.015)	0.42 (0.028)	0.65 (0.064)	1.87 (0.121)	12.48 (0.574)	5.40 (0.255)
12 - 19.....	0.44 (0.041)	0.28 (0.021)	0.24 (0.011)	0.46 (0.027)	0.91 (0.075)	2.09 (0.117)	14.47 (0.834)	6.13 (0.330)
20 and over...	0.41 (0.021)	0.26 (0.013)	0.24 (0.012)	0.44 (0.021)	0.90 (0.065)	2.02 (0.083)	14.96 (0.335)	6.63 (0.177)
2 and over...	0.41 (0.019)	0.26 (0.011)	0.24 (0.008)	0.44 (0.016)	0.87 (0.051)	1.99 (0.066)	14.42 (0.294)	6.33 (0.144)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
2 - 5.....	0.54* (0.064)	0.36* (0.052)	0.34* (0.046)	0.54* (0.054)	1.22* (0.470)	2.10* (0.229)	10.70* (0.873)	4.61* (0.497)
6 - 11.....	0.46 (0.051)	0.28 (0.030)	0.24 (0.023)	0.42 (0.040)	0.67 (0.102)	1.85 (0.174)	11.83 (1.083)	5.31 (0.636)
12 - 19.....	0.47 (0.050)	0.29 (0.033)	0.23 (0.026)	0.44 (0.049)	0.71 (0.094)	1.83 (0.173)	12.62 (0.791)	5.21 (0.339)
20 and over...	0.25 (0.015)	0.17 (0.010)	0.16 (0.007)	0.30 (0.013)	0.63 (0.054)	1.32 (0.055)	10.91 (0.440)	4.66 (0.198)
2 and over...	0.30 (0.016)	0.20 (0.010)	0.18 (0.008)	0.33 (0.015)	0.66 (0.060)	1.45 (0.057)	11.16 (0.373)	4.77 (0.174)
<b>Hispanic:</b>								
2 - 5.....	0.52 (0.025)	0.35 (0.021)	0.30 (0.033)	0.52 (0.037)	0.78 (0.073)	2.04 (0.124)	11.27 (0.545)	4.83 (0.220)
6 - 11.....	0.52 (0.042)	0.33 (0.031)	0.29 (0.032)	0.53 (0.047)	0.91 (0.132)	2.23 (0.168)	13.21 (0.819)	5.78 (0.353)
12 - 19.....	0.49 (0.027)	0.31 (0.022)	0.26 (0.018)	0.50 (0.034)	0.80 (0.089)	2.22 (0.136)	14.75 (0.779)	6.56 (0.393)
20 and over...	0.49 (0.019)	0.30 (0.015)	0.25 (0.011)	0.50 (0.020)	0.76 (0.044)	2.24 (0.079)	14.75 (0.402)	6.47 (0.158)
2 and over...	0.49 (0.016)	0.31 (0.013)	0.26 (0.009)	0.50 (0.018)	0.79 (0.043)	2.22 (0.060)	14.32 (0.363)	6.28 (0.144)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)												
<b>Non-Hispanic White:</b>														
2 - 5.....	0.59	(0.026)	15.26	(0.493)	0.18	(0.011)	0.01	(0.001)	9.72	(0.320)	0.97	(0.023)	#	
6 - 11.....	0.91	(0.052)	22.15	(0.879)	0.25	(0.012)	0.02	(0.001)	13.66	(0.542)	1.36	(0.040)	0.01	(0.002)
12 - 19.....	1.01	(0.051)	23.06	(0.849)	0.27	(0.021)	0.02	(0.002)	15.25	(0.784)	1.51	(0.073)	0.01	(0.001)
20 and over...	1.05	(0.018)	26.03	(0.367)	0.33	(0.011)	0.03	(0.002)	17.17	(0.309)	1.81	(0.043)	0.01	(0.001)
2 and over...	1.02	(0.019)	25.06	(0.377)	0.31	(0.009)	0.03	(0.002)	16.45	(0.253)	1.72	(0.039)	0.01	(0.001)
<b>Non-Hispanic Black:</b>														
2 - 5.....	0.72	(0.059)	18.47	(1.021)	0.22	(0.015)	0.02	(0.003)	12.60	(0.858)	1.18	(0.083)	0.01	(0.002)
6 - 11.....	0.90	(0.039)	20.66	(0.937)	0.26	(0.016)	0.02	(0.002)	14.16	(0.708)	1.30	(0.079)	0.01	(0.002)
12 - 19.....	1.05	(0.063)	24.78	(1.380)	0.32	(0.021)	0.02	(0.002)	17.78	(1.229)	1.58	(0.117)	0.01	(0.001)
20 and over...	1.21	(0.037)	27.83	(0.998)	0.37	(0.011)	0.04	(0.003)	18.39	(0.795)	1.85	(0.086)	0.01	(0.001)
2 and over...	1.13	(0.032)	26.23	(0.841)	0.35	(0.010)	0.03	(0.002)	17.59	(0.635)	1.73	(0.071)	0.01	(0.001)
<b>Non-Hispanic Asian<sup>1</sup>:</b>														
2 - 5.....	0.55*	(0.041)	16.42*	(1.693)	0.17*	(0.042)	0.01*	(0.004)	9.58*	(0.874)	1.08*	(0.094)	0.01*	(0.005)
6 - 11.....	0.84	(0.139)	19.73	(2.014)	0.22	(0.023)	0.01*	(0.004)	12.19	(0.977)	1.42	(0.151)	0.01*	(0.006)
12 - 19.....	0.82	(0.054)	23.06	(1.749)	0.27	(0.019)	0.02	(0.003)	16.41	(1.205)	1.70	(0.119)	0.01*	(0.003)
20 and over...	0.85	(0.049)	22.15	(0.739)	0.29	(0.013)	0.03	(0.007)	14.53	(0.550)	1.65	(0.075)	0.01	(0.003)
2 and over...	0.83	(0.045)	21.81	(0.741)	0.28	(0.010)	0.03	(0.005)	14.33	(0.529)	1.61	(0.070)	0.01	(0.002)
<b>Hispanic:</b>														
2 - 5.....	0.69	(0.033)	16.69	(0.769)	0.20	(0.026)	0.01	(0.002)	10.98	(0.631)	1.20	(0.108)	#	
6 - 11.....	0.91	(0.070)	20.93	(0.970)	0.23	(0.012)	0.01	(0.001)	13.76	(0.535)	1.39	(0.060)	0.01	(0.001)
12 - 19.....	1.00	(0.053)	24.94	(1.368)	0.30	(0.019)	0.02	(0.002)	16.73	(0.912)	1.67	(0.115)	0.01	(0.001)
20 and over...	1.14	(0.041)	25.68	(0.680)	0.31	(0.012)	0.02	(0.001)	17.19	(0.564)	1.87	(0.070)	0.01	(0.001)
2 and over...	1.06	(0.031)	24.35	(0.590)	0.29	(0.009)	0.02	(0.001)	16.26	(0.466)	1.73	(0.062)	0.01	(0.001)

**Table 2. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>Non-Hispanic White:</b>				
2 - 5.....	0.07 (0.004)	0.02* (0.006)	0.01 (0.002)	0.03* (0.013)
6 - 11.....	0.10 (0.008)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.13 (0.011)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)
20 and over...	0.15 (0.003)	0.03 (0.003)	0.02 (0.001)	0.06 (0.005)
2 and over...	0.14 (0.003)	0.03 (0.002)	0.02 (0.001)	0.05 (0.005)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.10 (0.012)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.12 (0.011)	0.01 (0.003)	0.02 (0.002)	0.03 (0.005)
12 - 19.....	0.15 (0.010)	0.02 (0.005)	0.02 (0.001)	0.03 (0.005)
20 and over...	0.19 (0.006)	0.04 (0.004)	0.03 (0.002)	0.08 (0.007)
2 and over...	0.17 (0.006)	0.03 (0.003)	0.03 (0.001)	0.07 (0.006)
<b>Non-Hispanic Asian<sup>1</sup>:</b>				
2 - 5.....	0.09* (0.012)	0.04* (0.015)	0.02* (0.007)	0.09* (0.034)
6 - 11.....	0.10 (0.021)	0.02* (0.008)	0.02 (0.004)	0.05* (0.021)
12 - 19.....	0.14 (0.012)	0.02 (0.005)	0.02 (0.002)	0.05* (0.020)
20 and over...	0.15 (0.009)	0.06 (0.008)	0.03 (0.001)	0.11 (0.012)
2 and over...	0.14 (0.008)	0.05 (0.007)	0.03 (0.001)	0.10 (0.010)
<b>Hispanic:</b>				
2 - 5.....	0.10 (0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.003)
6 - 11.....	0.11 (0.006)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
12 - 19.....	0.15 (0.009)	0.02* (0.007)	0.02 (0.003)	0.05 (0.010)
20 and over...	0.18 (0.006)	0.02 (0.003)	0.03 (0.001)	0.06 (0.005)
2 and over...	0.16 (0.005)	0.02 (0.003)	0.02 (0.001)	0.05 (0.005)

**Symbol Legend**

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

**Footnotes**

<sup>1</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

**Abbreviations**

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

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

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

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

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

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

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

**Suggested Citation**

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

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Sample size	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																			
2 - 5.....	241	1500	(46.6)	53.3	(2.32)	200	(4.1)	96	(2.5)	11.3	(0.38)	56.2	(2.64)	20.0	(1.16)	18.5	(0.84)	12.3	(0.68)
6 - 11.....	330	1819	(36.1)	66.4	(2.43)	245	(5.2)	112	(4.3)	14.6	(0.58)	66.3	(1.81)	23.4	(0.88)	22.3	(0.56)	14.3	(0.45)
12 - 19.....	398	2074	(78.9)	79.1	(6.22)	266	(9.9)	122	(6.8)	14.9	(1.13)	79.1	(4.18)	25.7	(1.27)	27.1	(1.61)	18.4	(1.10)
20 and over...	1550	2129	(33.6)	79.2	(1.26)	261	(4.7)	123	(3.1)	15.8	(0.53)	80.5	(1.19)	26.0	(0.40)	28.0	(0.43)	18.9	(0.48)
2 and over...	2519	2061	(26.1)	76.6	(0.96)	257	(4.0)	121	(2.6)	15.3	(0.48)	77.8	(0.94)	25.4	(0.34)	26.9	(0.32)	18.1	(0.41)
<b>\$25,000 - \$74,999:</b>																			
2 - 5.....	255	1435	(58.6)	52.1	(3.40)	197	(9.0)	91	(5.9)	11.6	(0.52)	51.1	(1.87)	18.4	(0.61)	16.8	(0.59)	11.0	(0.68)
6 - 11.....	400	1920	(59.1)	66.6	(1.74)	253	(8.4)	115	(4.5)	13.9	(0.79)	73.8	(2.97)	26.7	(1.62)	24.1	(0.89)	16.1	(0.66)
12 - 19.....	478	1973	(51.7)	77.0	(2.18)	250	(9.0)	116	(6.6)	14.2	(0.62)	75.5	(2.28)	25.2	(1.01)	25.6	(1.07)	17.4	(0.51)
20 and over...	1882	2151	(29.7)	83.4	(1.00)	254	(3.7)	114	(2.9)	16.5	(0.29)	83.3	(1.37)	27.1	(0.46)	28.8	(0.53)	19.4	(0.44)
2 and over...	3015	2081	(29.6)	79.9	(1.08)	251	(3.5)	113	(2.5)	15.9	(0.23)	80.2	(1.37)	26.5	(0.48)	27.5	(0.55)	18.5	(0.36)
<b>\$75,000 and higher:</b>																			
2 - 5.....	153	1515	(33.8)	54.0	(1.90)	207	(5.9)	100	(4.4)	12.2	(0.63)	54.9	(1.58)	20.1	(0.76)	17.7	(0.58)	11.9	(0.59)
6 - 11.....	270	2017	(68.7)	69.3	(2.44)	272	(10.5)	128	(6.0)	15.2	(0.51)	75.5	(3.18)	28.1	(0.97)	24.6	(1.14)	15.8	(1.13)
12 - 19.....	334	2075	(80.0)	79.9	(4.53)	267	(11.2)	124	(4.6)	14.6	(0.62)	78.1	(3.43)	26.5	(0.93)	26.0	(1.37)	17.9	(1.43)
20 and over...	1303	2144	(33.8)	86.8	(1.27)	246	(4.1)	100	(2.0)	18.6	(0.38)	84.2	(1.83)	26.8	(0.63)	29.4	(0.65)	20.0	(0.52)
2 and over...	2060	2096	(25.7)	83.0	(1.08)	249	(3.0)	106	(1.6)	17.5	(0.30)	81.4	(1.56)	26.6	(0.55)	28.1	(0.57)	19.1	(0.41)
<b>All Individuals<sup>1</sup>:</b>																			
2 - 5.....	676	1481	(30.6)	53.0	(1.73)	201	(4.2)	97	(2.6)	11.6	(0.40)	53.8	(1.23)	19.4	(0.55)	17.6	(0.41)	11.7	(0.32)
6 - 11.....	1047	1921	(35.4)	67.5	(1.30)	256	(4.8)	117	(2.4)	14.5	(0.51)	72.3	(1.72)	26.3	(0.84)	23.8	(0.56)	15.4	(0.38)
12 - 19.....	1296	2038	(31.1)	79.0	(2.14)	260	(4.8)	120	(2.6)	14.5	(0.38)	77.6	(1.61)	26.0	(0.49)	26.2	(0.66)	17.9	(0.68)
20 and over...	5047	2141	(18.7)	83.6	(0.73)	253	(2.1)	111	(1.4)	17.1	(0.27)	82.9	(0.89)	26.7	(0.27)	28.8	(0.31)	19.5	(0.31)
2 and over...	8066	2079	(17.2)	80.3	(0.74)	251	(2.1)	112	(1.3)	16.3	(0.21)	80.0	(0.79)	26.3	(0.24)	27.6	(0.30)	18.6	(0.26)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	195	(14.8)	418	(23.3)	506	(23.9)	216	(54.7)	932	(129.8)	65	(9.0)	3243	(495.1)	616	(66.7)	1.23	(0.039)
6 - 11.....	196	(6.6)	494	(30.8)	611	(36.0)	244	(46.2)	1247	(173.2)	68	(12.9)	4192	(427.6)	925	(149.6)	1.57	(0.064)
12 - 19.....	270	(27.1)	374	(14.4)	485	(18.1)	240	(43.4)	1186	(135.6)	70	(6.2)	4737	(577.2)	932	(102.6)	1.53	(0.072)
20 and over...	282	(6.0)	436	(18.9)	614	(23.8)	324	(28.2)	1949	(86.4)	68	(4.5)	4355	(306.9)	1448	(152.1)	1.58	(0.039)
2 and over...	269	(4.8)	433	(13.9)	593	(18.6)	301	(25.0)	1748	(81.6)	68	(3.7)	4318	(266.2)	1299	(115.3)	1.55	(0.026)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	168	(11.8)	416	(23.3)	540	(30.2)	319*	(97.7)	1299	(178.9)	62	(9.1)	2277	(234.5)	606	(45.9)	1.19	(0.067)
6 - 11.....	220	(14.1)	533	(42.7)	632	(41.1)	220	(30.7)	1053	(123.0)	72	(8.2)	4058	(299.9)	677	(59.4)	1.56	(0.047)
12 - 19.....	248	(9.0)	465	(25.9)	579	(41.2)	264*(139.4)		1221*(398.6)		63	(9.8)	4535	(408.6)	898	(176.6)	1.69	(0.083)
20 and over...	302	(8.1)	424	(19.5)	612	(19.7)	347	(19.7)	2047	(85.6)	89	(6.9)	5016	(220.3)	1569	(118.2)	1.64	(0.029)
2 and over...	283	(7.0)	437	(16.2)	607	(17.6)	327	(25.8)	1847	(93.0)	84	(5.7)	4762	(191.3)	1383	(95.4)	1.62	(0.027)
<b>\$75,000 and higher:</b>																		
2 - 5.....	161	(14.2)	479	(19.4)	595	(34.8)	283*	(92.3)	1231	(232.7)	66	(15.5)	3695	(722.2)	577	(50.9)	1.33	(0.048)
6 - 11.....	223	(15.5)	545	(13.3)	687	(18.1)	327	(76.9)	1513	(216.0)	86	(10.4)	4138	(516.0)	1117	(249.2)	1.64	(0.071)
12 - 19.....	239	(12.2)	485	(30.6)	644	(38.5)	397	(86.4)	1684	(208.0)	70	(11.9)	4701	(541.2)	1030	(178.6)	1.76	(0.111)
20 and over...	291	(7.9)	429	(10.2)	676	(20.1)	491	(57.7)	2688	(186.6)	86	(4.7)	5663	(277.5)	1937	(111.0)	1.65	(0.027)
2 and over...	273	(5.4)	448	(9.0)	670	(16.5)	457	(46.8)	2403	(155.1)	83	(5.4)	5329	(209.0)	1698	(87.6)	1.64	(0.022)
<b>All Individuals<sup>1</sup>:</b>																		
2 - 5.....	173	(9.1)	440	(11.7)	548	(14.5)	271	(65.2)	1140	(117.8)	63	(6.4)	2989	(313.9)	590	(29.7)	1.25	(0.031)
6 - 11.....	216	(8.1)	531	(21.4)	653	(25.9)	274	(35.9)	1304	(113.1)	75	(5.5)	4090	(267.1)	911	(118.9)	1.60	(0.037)
12 - 19.....	253	(8.7)	450	(12.0)	579	(18.8)	299	(63.2)	1375	(171.9)	67	(5.8)	4656	(256.4)	959	(80.5)	1.67	(0.043)
20 and over...	293	(4.2)	428	(8.1)	637	(12.2)	398	(25.9)	2271	(89.2)	83	(3.1)	5021	(136.4)	1671	(74.3)	1.62	(0.018)
2 and over...	276	(3.7)	440	(6.8)	627	(11.5)	371	(22.8)	2037	(80.3)	79	(2.8)	4805	(121.3)	1477	(57.3)	1.61	(0.018)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	1.66	(0.070)	15.9	(0.45)	1.38	(0.036)	165	(8.5)	124	(8.3)	405	(19.5)	220	(8.9)	3.82	(0.186)	0.91	(0.102)
6 - 11.....	1.93	(0.085)	20.9	(0.86)	1.79	(0.104)	210	(9.9)	153	(7.1)	510	(19.3)	235	(8.3)	5.04	(0.343)	1.56	(0.202)
12 - 19.....	1.83	(0.088)	25.2	(2.03)	1.95	(0.184)	205	(18.1)	177	(11.2)	526	(38.3)	284	(20.0)	4.31	(0.210)	1.00	(0.195)
20 and over...	2.07	(0.066)	25.2	(0.76)	2.08	(0.082)	180	(8.7)	209	(4.8)	515	(18.8)	326	(6.0)	4.74	(0.125)	1.07	(0.099)
2 and over...	2.01	(0.047)	24.3	(0.56)	2.00	(0.065)	185	(7.3)	196	(4.2)	510	(15.7)	308	(4.6)	4.66	(0.096)	1.09	(0.081)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	1.63	(0.076)	15.0	(0.84)	1.35	(0.090)	161	(16.3)	132	(9.1)	405	(32.0)	204	(12.0)	3.77	(0.279)	0.88	(0.094)
6 - 11.....	1.98	(0.064)	21.0	(0.56)	1.71	(0.052)	202	(11.6)	152	(6.3)	495	(23.8)	251	(8.9)	4.67	(0.203)	1.08	(0.161)
12 - 19.....	2.22	(0.175)	25.9	(1.49)	2.05	(0.158)	224	(23.4)	170	(6.0)	550	(41.4)	279	(8.1)	5.45	(0.421)	1.68	(0.428)
20 and over...	2.17	(0.038)	27.0	(0.47)	2.24	(0.062)	180	(7.8)	220	(4.3)	525	(14.5)	340	(6.8)	5.01	(0.159)	1.18	(0.119)
2 and over...	2.13	(0.045)	25.9	(0.50)	2.14	(0.062)	185	(7.6)	205	(3.9)	520	(13.9)	320	(6.5)	4.97	(0.145)	1.21	(0.119)
<b>\$75,000 and higher:</b>																		
2 - 5.....	1.81	(0.073)	15.9	(0.62)	1.40	(0.046)	188	(18.1)	132	(8.4)	450	(31.5)	203	(5.7)	3.93	(0.207)	0.96	(0.159)
6 - 11.....	2.04	(0.039)	21.0	(1.14)	1.67	(0.066)	210	(12.8)	163	(5.0)	520	(23.5)	254	(9.8)	4.50	(0.136)	1.04	(0.150)
12 - 19.....	2.25	(0.104)	26.6	(1.88)	2.18	(0.139)	217	(27.9)	171	(4.4)	541	(47.6)	286	(13.7)	5.64	(0.358)	1.78	(0.295)
20 and over...	2.27	(0.050)	26.7	(0.28)	2.24	(0.034)	178	(4.7)	239	(5.9)	541	(10.2)	346	(8.2)	5.04	(0.144)	1.05	(0.058)
2 and over...	2.23	(0.037)	25.7	(0.37)	2.14	(0.029)	186	(4.2)	219	(4.6)	535	(7.0)	325	(5.3)	5.01	(0.094)	1.13	(0.072)
<b>All Individuals<sup>1</sup>:</b>																		
2 - 5.....	1.71	(0.045)	15.5	(0.37)	1.37	(0.042)	172	(6.6)	129	(5.6)	422	(11.9)	209	(6.6)	3.87	(0.114)	0.92	(0.058)
6 - 11.....	2.00	(0.037)	21.1	(0.45)	1.72	(0.037)	213	(8.7)	155	(4.1)	517	(16.6)	248	(4.9)	4.73	(0.113)	1.21	(0.060)
12 - 19.....	2.12	(0.071)	26.1	(0.76)	2.07	(0.069)	219	(11.8)	173	(4.1)	545	(20.8)	283	(6.8)	5.22	(0.156)	1.54	(0.160)
20 and over...	2.18	(0.028)	26.5	(0.24)	2.20	(0.030)	179	(4.3)	224	(3.1)	528	(8.7)	339	(3.9)	4.95	(0.075)	1.10	(0.050)
2 and over...	2.13	(0.029)	25.4	(0.24)	2.11	(0.028)	186	(4.1)	208	(2.8)	524	(8.0)	319	(3.5)	4.91	(0.067)	1.15	(0.056)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																
2 - 5.....	81.5	(6.97)	5.7	(0.35)	5.4	(0.21)	0.2	(0.06)	51.3	(5.59)	908	(67.0)	1031	(50.6)	188	(4.4)
6 - 11.....	74.7	(5.19)	5.5	(0.42)	6.8	(0.25)	0.5	(0.13)	73.8	(8.13)	1026	(51.1)	1258	(49.1)	233	(8.0)
12 - 19.....	72.7	(5.21)	4.2	(0.21)	8.1	(0.62)	0.4*	(0.16)	79.0	(5.30)	940	(27.5)	1313	(61.6)	253	(13.9)
20 and over...	76.4	(3.30)	4.5	(0.11)	8.7	(0.29)	1.0	(0.18)	109.8	(4.99)	939	(22.3)	1335	(20.9)	286	(6.5)
2 and over...	76.1	(2.47)	4.6	(0.10)	8.3	(0.24)	0.8	(0.13)	100.0	(3.84)	944	(16.8)	1308	(14.9)	272	(5.7)
<b>\$25,000 - \$74,999:</b>																
2 - 5.....	79.9	(6.61)	5.8	(0.53)	5.6	(0.32)	0.7	(0.18)	48.0	(3.93)	885	(39.9)	1011	(50.2)	196	(11.5)
6 - 11.....	67.1	(3.24)	5.4	(0.33)	7.0	(0.35)	0.6	(0.14)	63.2	(3.55)	1022	(42.0)	1264	(23.5)	220	(7.3)
12 - 19.....	66.3	(5.17)	5.2	(0.30)	8.7	(1.44)	1.4*	(0.77)	81.7	(12.52)	1008	(43.9)	1336	(42.0)	247	(10.4)
20 and over...	79.1	(2.36)	4.5	(0.15)	9.2	(0.27)	1.0	(0.11)	116.9	(5.40)	962	(12.0)	1395	(17.6)	298	(5.0)
2 and over...	76.9	(1.87)	4.7	(0.12)	8.8	(0.28)	1.0	(0.14)	105.7	(4.49)	968	(10.6)	1360	(15.1)	282	(4.8)
<b>\$75,000 and higher:</b>																
2 - 5.....	70.2	(8.41)	5.6	(0.31)	5.9	(0.42)	0.7	(0.19)	51.0	(2.91)	991	(55.3)	1124	(46.4)	202	(7.7)
6 - 11.....	81.4	(2.86)	5.5	(0.23)	7.7	(0.45)	0.6	(0.14)	82.7	(11.57)	1172	(46.6)	1357	(34.9)	246	(6.0)
12 - 19.....	69.8	(5.44)	5.2	(0.39)	7.5	(0.44)	0.4	(0.13)	82.2	(7.30)	1079	(36.2)	1397	(52.1)	263	(10.8)
20 and over...	80.7	(3.45)	5.2	(0.35)	10.2	(0.21)	0.9	(0.09)	139.6	(4.70)	987	(25.3)	1455	(22.1)	327	(6.2)
2 and over...	79.0	(2.93)	5.2	(0.25)	9.4	(0.14)	0.8	(0.08)	123.9	(4.27)	1014	(19.8)	1424	(15.6)	307	(4.6)
<b>All Individuals<sup>1</sup>:</b>																
2 - 5.....	77.7	(4.46)	5.8	(0.30)	5.6	(0.18)	0.5	(0.10)	49.5	(2.10)	933	(33.6)	1055	(31.7)	196	(5.4)
6 - 11.....	74.7	(1.95)	5.5	(0.16)	7.2	(0.20)	0.6	(0.12)	73.3	(5.51)	1076	(29.3)	1292	(21.2)	233	(5.3)
12 - 19.....	69.4	(3.12)	4.9	(0.17)	8.0	(0.56)	0.8*	(0.30)	81.5	(5.55)	1017	(23.9)	1354	(24.9)	254	(4.7)
20 and over...	79.1	(1.67)	4.7	(0.16)	9.4	(0.18)	0.9	(0.05)	123.0	(3.16)	965	(11.8)	1399	(11.9)	305	(3.4)
2 and over...	77.6	(1.25)	4.9	(0.12)	8.9	(0.16)	0.9	(0.05)	110.7	(2.76)	978	(11.2)	1369	(11.0)	288	(3.1)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	11.1	(0.42)	8.0	(0.39)	0.7	(0.02)	74.6	(3.25)	1881	(66.4)	2321	(112.3)	6.4	(1.13)	37.1	(5.87)	--	--
6 - 11.....	14.3	(0.61)	10.1	(0.43)	0.9	(0.03)	92.2	(2.52)	2143	(90.3)	2870	(80.4)	13.4	(2.63)	49.1	(5.55)	--	--
12 - 19.....	14.1	(0.74)	10.2	(0.54)	1.0	(0.06)	112.7	(6.65)	2263	(112.7)	3450	(168.5)	48.1	(7.23)	51.6	(13.42)	--	--
20 and over...	14.0	(0.36)	10.7	(0.24)	1.2	(0.03)	110.9	(1.74)	2488	(45.3)	3345	(36.4)	157.6	(19.06)	39.5	(5.54)	9.8	(1.30)
2 and over...	13.9	(0.32)	10.4	(0.19)	1.1	(0.03)	107.5	(1.19)	2399	(37.4)	3258	(29.2)	125.0	(16.01)	41.5	(4.29)	--	--
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	11.3	(0.67)	7.6	(0.31)	0.8	(0.04)	71.5	(4.17)	1879	(116.2)	2157	(93.0)	4.7	(0.68)	39.4	(8.55)	--	--
6 - 11.....	13.8	(0.43)	9.6	(0.30)	0.9	(0.05)	96.0	(3.13)	2122	(52.9)	3009	(56.3)	15.3	(4.32)	52.0	(5.17)	--	--
12 - 19.....	14.8	(1.12)	11.7	(1.00)	0.9	(0.03)	108.6	(2.52)	2198	(57.7)	3295	(62.6)	47.6	(7.32)	30.8	(3.86)	--	--
20 and over...	14.7	(0.30)	11.2	(0.16)	1.2	(0.02)	115.9	(1.92)	2629	(29.4)	3579	(47.4)	163.6	(8.29)	35.0	(2.39)	11.1	(1.24)
2 and over...	14.5	(0.30)	11.0	(0.20)	1.1	(0.02)	111.5	(1.89)	2509	(31.1)	3438	(39.4)	132.2	(7.79)	36.1	(2.17)	--	--
<b>\$75,000 and higher:</b>																		
2 - 5.....	12.0	(0.74)	8.3	(0.43)	0.8	(0.03)	74.7	(2.78)	1950	(65.7)	2331	(69.2)	4.1	(0.86)	41.5	(4.92)	--	--
6 - 11.....	14.5	(0.59)	9.8	(0.29)	1.0	(0.02)	97.6	(2.88)	2259	(66.6)	3096	(110.5)	15.6	(2.72)	63.5	(7.96)	--	--
12 - 19.....	14.9	(0.96)	11.3	(0.55)	1.1	(0.05)	109.1	(5.22)	2372	(95.6)	3479	(136.3)	48.4	(7.39)	43.8	(5.21)	--	--
20 and over...	14.6	(0.17)	11.5	(0.20)	1.3	(0.03)	122.2	(2.01)	2806	(54.6)	3624	(55.2)	172.1	(5.23)	41.0	(3.01)	12.1	(0.90)
2 and over...	14.5	(0.13)	11.2	(0.14)	1.3	(0.02)	116.4	(1.46)	2669	(46.0)	3503	(51.7)	136.5	(6.29)	43.3	(2.12)	--	--
<b>All Individuals<sup>1</sup>:</b>																		
2 - 5.....	11.4	(0.33)	8.0	(0.14)	0.8	(0.02)	73.0	(2.21)	1912	(68.1)	2250	(56.1)	5.1	(0.55)	39.1	(3.61)	--	--
6 - 11.....	14.3	(0.29)	9.9	(0.23)	0.9	(0.03)	95.7	(1.84)	2161	(39.3)	2992	(53.2)	14.4	(1.58)	54.4	(4.02)	--	--
12 - 19.....	14.8	(0.29)	11.2	(0.30)	1.0	(0.02)	110.1	(2.21)	2276	(45.2)	3411	(68.8)	48.8	(4.39)	41.0	(3.53)	--	--
20 and over...	14.5	(0.14)	11.2	(0.09)	1.2	(0.01)	117.0	(1.03)	2658	(30.9)	3529	(30.1)	165.0	(6.40)	38.9	(1.61)	11.0	(0.84)
2 and over...	14.4	(0.14)	10.9	(0.09)	1.2	(0.01)	112.3	(0.99)	2538	(28.7)	3409	(27.7)	132.0	(6.00)	40.4	(1.36)	--	--

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	0.46 (0.044)	0.30 (0.028)	0.27 (0.032)	0.46 (0.045)	0.71 (0.068)	1.83 (0.167)	10.72 (0.582)	4.58 (0.233)
6 - 11.....	0.51 (0.037)	0.31 (0.018)	0.27 (0.021)	0.50 (0.029)	0.85 (0.105)	2.17 (0.136)	12.33 (0.406)	5.51 (0.201)
12 - 19.....	0.44 (0.032)	0.29 (0.019)	0.26 (0.013)	0.48 (0.028)	0.90 (0.052)	2.11 (0.124)	14.13 (0.740)	6.15 (0.309)
20 and over...	0.49 (0.018)	0.31 (0.011)	0.26 (0.008)	0.50 (0.016)	0.81 (0.032)	2.16 (0.055)	14.16 (0.198)	6.36 (0.107)
2 and over...	0.48 (0.016)	0.31 (0.009)	0.26 (0.007)	0.49 (0.013)	0.82 (0.026)	2.13 (0.049)	13.81 (0.177)	6.16 (0.084)
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	0.44 (0.026)	0.29 (0.019)	0.27 (0.021)	0.45 (0.014)	0.64 (0.047)	1.72 (0.074)	9.50 (0.378)	4.22 (0.163)
6 - 11.....	0.57 (0.076)	0.38 (0.048)	0.30 (0.037)	0.58 (0.072)	0.95 (0.143)	2.40 (0.248)	14.36 (0.700)	6.22 (0.346)
12 - 19.....	0.49 (0.028)	0.31 (0.014)	0.24 (0.010)	0.48 (0.021)	0.77 (0.062)	2.11 (0.090)	13.93 (0.555)	5.99 (0.255)
20 and over...	0.51 (0.016)	0.32 (0.010)	0.27 (0.006)	0.52 (0.013)	0.86 (0.026)	2.27 (0.054)	14.67 (0.265)	6.61 (0.121)
2 and over...	0.51 (0.013)	0.32 (0.008)	0.27 (0.006)	0.51 (0.011)	0.85 (0.026)	2.24 (0.046)	14.32 (0.269)	6.40 (0.122)
<b>\$75,000 and higher:</b>								
2 - 5.....	0.51 (0.034)	0.34 (0.024)	0.28 (0.025)	0.51 (0.031)	0.78 (0.100)	1.99 (0.115)	10.23 (0.248)	4.60 (0.216)
6 - 11.....	0.64 (0.029)	0.41 (0.019)	0.35 (0.027)	0.64 (0.029)	1.29 (0.299)	2.66 (0.096)	14.36 (0.425)	6.58 (0.318)
12 - 19.....	0.58 (0.069)	0.36 (0.036)	0.27 (0.019)	0.54 (0.051)	0.82 (0.075)	2.37 (0.197)	14.12 (0.514)	6.36 (0.218)
20 and over...	0.53 (0.022)	0.33 (0.015)	0.27 (0.014)	0.55 (0.023)	0.85 (0.050)	2.29 (0.076)	14.51 (0.314)	6.40 (0.138)
2 and over...	0.55 (0.019)	0.34 (0.013)	0.28 (0.012)	0.55 (0.019)	0.88 (0.059)	2.32 (0.067)	14.26 (0.264)	6.33 (0.122)
<b>All Individuals<sup>1</sup>:</b>								
2 - 5.....	0.47 (0.024)	0.31 (0.017)	0.27 (0.017)	0.47 (0.020)	0.71 (0.041)	1.85 (0.082)	10.10 (0.294)	4.46 (0.120)
6 - 11.....	0.58 (0.032)	0.37 (0.021)	0.31 (0.019)	0.58 (0.032)	1.04 (0.122)	2.43 (0.120)	13.77 (0.347)	6.16 (0.203)
12 - 19.....	0.51 (0.025)	0.32 (0.015)	0.26 (0.008)	0.51 (0.020)	0.82 (0.041)	2.23 (0.080)	14.11 (0.255)	6.21 (0.134)
20 and over...	0.51 (0.011)	0.32 (0.006)	0.27 (0.005)	0.52 (0.010)	0.85 (0.018)	2.25 (0.034)	14.50 (0.143)	6.47 (0.064)
2 and over...	0.52 (0.009)	0.32 (0.006)	0.27 (0.005)	0.52 (0.009)	0.86 (0.021)	2.24 (0.030)	14.18 (0.124)	6.32 (0.063)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)												
<b>\$0 - \$24,999:</b>														
2 - 5.....	0.70	(0.052)	16.94	(0.738)	0.22	(0.025)	0.02	(0.002)	10.94	(0.620)	1.08	(0.065)	0.01	(0.002)
6 - 11.....	0.89	(0.055)	19.84	(0.528)	0.23	(0.008)	0.01	(0.001)	12.72	(0.394)	1.28	(0.067)	0.01	(0.002)
12 - 19.....	1.04	(0.104)	24.60	(1.522)	0.28	(0.018)	0.02	(0.003)	16.45	(1.001)	1.60	(0.097)	0.01	(0.001)
20 and over...	1.04	(0.024)	25.33	(0.413)	0.31	(0.007)	0.03	(0.001)	16.61	(0.432)	1.79	(0.064)	0.01	(0.002)
2 and over...	1.01	(0.021)	24.32	(0.330)	0.29	(0.006)	0.02	(0.001)	15.95	(0.368)	1.68	(0.052)	0.01	(0.001)
<b>\$25,000 - \$74,999:</b>														
2 - 5.....	0.60	(0.021)	15.52	(0.565)	0.17	(0.011)	0.01	(0.001)	9.83	(0.614)	0.95	(0.077)	0.01	(0.002)
6 - 11.....	0.89	(0.062)	21.83	(0.954)	0.25	(0.013)	0.02	(0.001)	14.32	(0.610)	1.45	(0.051)	0.01	(0.002)
12 - 19.....	0.95	(0.036)	23.11	(1.029)	0.27	(0.012)	0.02	(0.003)	15.59	(0.479)	1.50	(0.059)	0.01	(0.001)
20 and over...	1.09	(0.016)	25.97	(0.516)	0.32	(0.011)	0.03	(0.003)	17.15	(0.396)	1.80	(0.040)	0.01	(0.001)
2 and over...	1.04	(0.017)	24.86	(0.527)	0.31	(0.010)	0.03	(0.002)	16.42	(0.328)	1.70	(0.031)	0.01	(0.001)
<b>\$75,000 and higher:</b>														
2 - 5.....	0.62	(0.025)	16.22	(0.530)	0.19	(0.008)	0.01	(0.001)	10.56	(0.527)	1.14	(0.084)	#	
6 - 11.....	0.93	(0.059)	22.52	(1.122)	0.25	(0.013)	0.01	(0.002)	14.16	(1.040)	1.35	(0.084)	0.01	(0.001)
12 - 19.....	0.99	(0.043)	23.62	(1.467)	0.29	(0.033)	0.02	(0.002)	16.03	(1.283)	1.55	(0.116)	0.01	(0.002)
20 and over...	1.05	(0.030)	26.63	(0.619)	0.35	(0.014)	0.03	(0.003)	17.67	(0.443)	1.86	(0.073)	0.01	(0.002)
2 and over...	1.01	(0.031)	25.45	(0.525)	0.33	(0.011)	0.03	(0.002)	16.85	(0.348)	1.75	(0.065)	0.01	(0.001)
<b>All Individuals<sup>1</sup>:</b>														
2 - 5.....	0.63	(0.020)	16.14	(0.366)	0.19	(0.009)	0.01	(0.001)	10.37	(0.291)	1.05	(0.037)	#	
6 - 11.....	0.91	(0.043)	21.55	(0.557)	0.24	(0.006)	0.02	(0.001)	13.78	(0.350)	1.37	(0.028)	0.01	(0.001)
12 - 19.....	1.00	(0.030)	23.66	(0.688)	0.28	(0.013)	0.02	(0.002)	15.95	(0.618)	1.55	(0.063)	0.01	(0.001)
20 and over...	1.07	(0.014)	26.02	(0.304)	0.33	(0.007)	0.03	(0.001)	17.19	(0.280)	1.82	(0.035)	0.01	(0.001)
2 and over...	1.03	(0.014)	24.91	(0.297)	0.31	(0.006)	0.03	(0.001)	16.44	(0.226)	1.71	(0.031)	0.01	(0.001)

**Table 3. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	PFA 20:4 g (SE)	PFA 20:5 g (SE)	PFA 22:5 g (SE)	PFA 22:6 g (SE)
<b>\$0 - \$24,999:</b>				
2 - 5.....	0.10 (0.007)	0.01* (0.004)	0.01 (0.001)	0.03 (0.008)
6 - 11.....	0.10 (0.004)	0.01 (0.002)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.15 (0.018)	0.02* (0.006)	0.02 (0.003)	0.04 (0.008)
20 and over...	0.15 (0.004)	0.02 (0.003)	0.02 (0.001)	0.05 (0.004)
2 and over...	0.15 (0.003)	0.02 (0.002)	0.02 (0.001)	0.05 (0.004)
<b>\$25,000 - \$74,999:</b>				
2 - 5.....	0.08 (0.006)	0.02* (0.009)	0.01 (0.003)	0.04* (0.019)
6 - 11.....	0.11 (0.008)	0.01 (0.001)	0.02 (0.001)	0.02 (0.003)
12 - 19.....	0.14 (0.006)	0.01 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.16 (0.004)	0.03 (0.002)	0.02 (0.001)	0.06 (0.005)
2 and over...	0.15 (0.004)	0.02 (0.002)	0.02 (0.001)	0.05 (0.004)
<b>\$75,000 and higher:</b>				
2 - 5.....	0.07 (0.007)	0.01* (0.003)	0.01 (0.001)	0.02* (0.006)
6 - 11.....	0.11 (0.009)	0.01 (0.002)	0.01 (0.001)	0.02 (0.003)
12 - 19.....	0.13 (0.013)	0.01 (0.002)	0.02 (0.002)	0.03 (0.005)
20 and over...	0.15 (0.003)	0.04 (0.004)	0.03 (0.001)	0.08 (0.008)
2 and over...	0.14 (0.003)	0.03 (0.003)	0.02 (0.001)	0.07 (0.006)
<b>All Individuals<sup>1</sup>:</b>				
2 - 5.....	0.08 (0.004)	0.01* (0.004)	0.01 (0.001)	0.03 (0.008)
6 - 11.....	0.11 (0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)
12 - 19.....	0.14 (0.007)	0.02 (0.002)	0.02 (0.001)	0.03 (0.004)
20 and over...	0.16 (0.002)	0.03 (0.002)	0.02 (0.001)	0.07 (0.004)
2 and over...	0.15 (0.002)	0.03 (0.002)	0.02 (0.001)	0.06 (0.003)

**Symbol Legend**

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

**Footnotes**

<sup>1</sup> Includes persons of all income levels or with unknown family income.

**Abbreviations**

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

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

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

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

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

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

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

**Suggested Citation**

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

Family income as % of Federal poverty threshold and age (years)	Sample size	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																			
2 - 5.....	329	1486	(41.3)	52.7	(2.19)	199	(4.6)	93	(2.6)	11.4	(0.30)	55.3	(2.11)	19.6	(0.98)	18.2	(0.66)	12.2	(0.52)
6 - 11.....	494	1845	(43.6)	66.4	(1.90)	244	(5.1)	110	(2.6)	14.6	(0.63)	69.4	(2.17)	24.8	(1.29)	23.1	(0.61)	14.9	(0.38)
12 - 19.....	555	2016	(69.0)	76.6	(4.85)	259	(7.2)	118	(4.5)	14.6	(0.88)	76.6	(3.70)	24.9	(1.09)	26.0	(1.32)	18.1	(1.08)
20 and over...	1596	2157	(21.0)	80.5	(1.50)	267	(3.5)	126	(2.7)	15.6	(0.42)	80.6	(1.01)	26.3	(0.49)	27.9	(0.34)	18.7	(0.46)
2 and over...	2974	2053	(17.1)	76.4	(1.19)	258	(2.9)	121	(2.5)	15.0	(0.37)	76.9	(0.84)	25.4	(0.43)	26.3	(0.28)	17.7	(0.36)
<b>131-350% poverty:</b>																			
2 - 5.....	200	1465	(57.2)	54.0	(3.76)	198	(9.3)	93	(6.3)	11.8	(0.66)	52.9	(1.87)	19.0	(0.63)	17.3	(0.62)	11.5	(0.70)
6 - 11.....	302	1983	(58.8)	67.0	(2.28)	267	(8.7)	124	(5.2)	14.1	(0.72)	74.5	(2.56)	26.9	(1.12)	24.5	(0.81)	16.4	(0.62)
12 - 19.....	402	2085	(70.5)	82.2	(3.11)	263	(10.9)	122	(7.3)	14.5	(0.47)	79.6	(2.49)	26.7	(1.44)	27.1	(0.99)	18.2	(0.67)
20 and over...	1622	2146	(33.9)	84.3	(1.40)	253	(3.9)	114	(3.0)	16.8	(0.39)	84.2	(1.54)	27.2	(0.46)	29.2	(0.64)	19.7	(0.49)
2 and over...	2526	2094	(32.7)	81.3	(1.47)	253	(3.4)	115	(2.3)	16.0	(0.29)	81.4	(1.50)	26.7	(0.46)	28.0	(0.62)	18.9	(0.39)
<b>Over 350% poverty:</b>																			
2 - 5.....	109	1491	(30.2)	52.6	(2.59)	207	(5.9)	102	(3.8)	12.0	(0.75)	52.9	(1.19)	19.6	(0.78)	17.1	(0.54)	11.1	(0.54)
6 - 11.....	194	1976	(35.0)	69.7	(2.66)	263	(4.7)	122	(3.7)	15.1	(0.58)	74.3	(2.44)	27.8	(1.32)	24.2	(0.95)	15.4	(0.99)
12 - 19.....	239	2015	(111.6)	77.1	(4.13)	261	(14.9)	123	(6.0)	14.7	(0.70)	75.9	(4.87)	25.9	(1.17)	25.3	(1.90)	17.2	(1.58)
20 and over...	1468	2136	(26.6)	84.9	(1.28)	245	(3.1)	101	(1.7)	18.2	(0.37)	83.4	(1.62)	26.7	(0.55)	29.1	(0.59)	19.8	(0.48)
2 and over...	2010	2095	(20.8)	82.2	(1.10)	246	(2.6)	104	(1.6)	17.5	(0.30)	81.2	(1.50)	26.4	(0.50)	28.1	(0.55)	19.0	(0.44)
<b>All Individuals<sup>2</sup>:</b>																			
2 - 5.....	676	1481	(30.6)	53.0	(1.73)	201	(4.2)	97	(2.6)	11.6	(0.40)	53.8	(1.23)	19.4	(0.55)	17.6	(0.41)	11.7	(0.32)
6 - 11.....	1047	1921	(35.4)	67.5	(1.30)	256	(4.8)	117	(2.4)	14.5	(0.51)	72.3	(1.72)	26.3	(0.84)	23.8	(0.56)	15.4	(0.38)
12 - 19.....	1296	2038	(31.1)	79.0	(2.14)	260	(4.8)	120	(2.6)	14.5	(0.38)	77.6	(1.61)	26.0	(0.49)	26.2	(0.66)	17.9	(0.68)
20 and over...	5047	2141	(18.7)	83.6	(0.73)	253	(2.1)	111	(1.4)	17.1	(0.27)	82.9	(0.89)	26.7	(0.27)	28.8	(0.31)	19.5	(0.31)
2 and over...	8066	2079	(17.2)	80.3	(0.74)	251	(2.1)	112	(1.3)	16.3	(0.21)	80.0	(0.79)	26.3	(0.24)	27.6	(0.30)	18.6	(0.26)

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

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

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

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

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

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

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

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

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

Family income as % of Federal poverty threshold and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	0.45 (0.035)	0.30 (0.024)	0.27 (0.028)	0.45 (0.038)	0.71 (0.061)	1.80 (0.136)	10.47 (0.484)	4.46 (0.200)
6 - 11.....	0.54 (0.061)	0.34 (0.039)	0.29 (0.033)	0.54 (0.061)	0.92 (0.119)	2.30 (0.214)	13.16 (0.545)	5.75 (0.230)
12 - 19.....	0.43 (0.027)	0.28 (0.017)	0.25 (0.009)	0.46 (0.024)	0.82 (0.039)	2.04 (0.103)	13.77 (0.641)	5.98 (0.247)
20 and over...	0.48 (0.022)	0.30 (0.014)	0.25 (0.009)	0.49 (0.019)	0.82 (0.042)	2.19 (0.076)	14.32 (0.236)	6.44 (0.114)
2 and over...	0.48 (0.022)	0.30 (0.013)	0.26 (0.008)	0.49 (0.018)	0.82 (0.033)	2.15 (0.070)	13.83 (0.203)	6.15 (0.090)
<b>131-350% poverty:</b>								
2 - 5.....	0.45 (0.031)	0.31 (0.022)	0.28 (0.023)	0.46 (0.020)	0.65 (0.059)	1.78 (0.095)	9.74 (0.395)	4.48 (0.149)
6 - 11.....	0.59 (0.037)	0.38 (0.024)	0.30 (0.020)	0.58 (0.034)	0.93 (0.089)	2.41 (0.137)	14.29 (0.613)	6.35 (0.285)
12 - 19.....	0.55 (0.056)	0.34 (0.031)	0.25 (0.020)	0.52 (0.044)	0.80 (0.074)	2.29 (0.184)	14.56 (0.710)	6.38 (0.342)
20 and over...	0.51 (0.018)	0.32 (0.011)	0.27 (0.006)	0.52 (0.014)	0.85 (0.019)	2.27 (0.057)	14.74 (0.259)	6.62 (0.132)
2 and over...	0.52 (0.012)	0.33 (0.009)	0.27 (0.005)	0.52 (0.012)	0.84 (0.016)	2.26 (0.047)	14.45 (0.264)	6.47 (0.126)
<b>Over 350% poverty:</b>								
2 - 5.....	0.51 (0.040)	0.34 (0.026)	0.27 (0.022)	0.50 (0.034)	0.76 (0.100)	1.98 (0.126)	9.98 (0.264)	4.43 (0.220)
6 - 11.....	0.62 (0.052)	0.40 (0.033)	0.35 (0.043)	0.64 (0.053)	1.38* (0.423)	2.65 (0.190)	14.19 (0.326)	6.51 (0.396)
12 - 19.....	0.56 (0.044)	0.35 (0.023)	0.27 (0.013)	0.53 (0.034)	0.83 (0.081)	2.31 (0.112)	13.83 (0.686)	6.18 (0.366)
20 and over...	0.53 (0.019)	0.33 (0.012)	0.27 (0.012)	0.54 (0.021)	0.85 (0.052)	2.27 (0.068)	14.41 (0.259)	6.39 (0.120)
2 and over...	0.54 (0.016)	0.34 (0.011)	0.28 (0.012)	0.55 (0.018)	0.88 (0.060)	2.29 (0.059)	14.20 (0.228)	6.31 (0.116)
<b>All Individuals<sup>2</sup>:</b>								
2 - 5.....	0.47 (0.024)	0.31 (0.017)	0.27 (0.017)	0.47 (0.020)	0.71 (0.041)	1.85 (0.082)	10.10 (0.294)	4.46 (0.120)
6 - 11.....	0.58 (0.032)	0.37 (0.021)	0.31 (0.019)	0.58 (0.032)	1.04 (0.122)	2.43 (0.120)	13.77 (0.347)	6.16 (0.203)
12 - 19.....	0.51 (0.025)	0.32 (0.015)	0.26 (0.008)	0.51 (0.020)	0.82 (0.041)	2.23 (0.080)	14.11 (0.255)	6.21 (0.134)
20 and over...	0.51 (0.011)	0.32 (0.006)	0.27 (0.005)	0.52 (0.010)	0.85 (0.018)	2.25 (0.034)	14.50 (0.143)	6.47 (0.064)
2 and over...	0.52 (0.009)	0.32 (0.006)	0.27 (0.005)	0.52 (0.009)	0.86 (0.021)	2.24 (0.030)	14.18 (0.124)	6.32 (0.063)

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

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

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

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

**Symbol Legend**

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

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

**Footnotes**

<sup>1</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

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

**Abbreviations**

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

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

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

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

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

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

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

**Suggested Citation**

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**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Males:</b>																	
2 - 5.....	337	1571	(35.2)	14	(0.4)	55	(0.4)	32	(0.4)	11	(0.2)	10	(0.1)	7	(0.1)	--	--
6 - 11.....	537	2036	(46.2)	14	(0.2)	54	(0.3)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	646	2376	(38.2)	16	(0.4)	51	(0.8)	34	(0.5)	11	(0.3)	11	(0.2)	8	(0.2)	--	--
20 - 29.....	424	2704	(62.5)	17	(0.5)	46	(0.8)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
30 - 39.....	429	2622	(68.0)	16	(0.5)	47	(0.5)	33	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	--	--
40 - 49.....	410	2520	(45.3)	16	(0.3)	47	(1.0)	33	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	398	2493	(77.7)	16	(0.5)	47	(0.8)	34	(0.8)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
60 - 69.....	395	2253	(51.7)	16	(0.5)	46	(1.1)	35	(0.4)	11	(0.3)	12	(0.3)	8	(0.2)	--	--
70 and over.....	358	2022	(63.3)	16	(0.3)	47	(0.9)	35	(0.7)	12	(0.3)	12	(0.3)	8	(0.3)	--	--
2 - 19.....	1520	2101	(26.4)	15	(0.2)	53	(0.4)	33	(0.4)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
20 and over...	2414	2477	(26.1)	16	(0.3)	47	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3934	2382	(21.0)	16	(0.2)	48	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Females:</b>																	
2 - 5.....	339	1395	(36.9)	15	(0.3)	54	(0.6)	33	(0.6)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	510	1786	(30.4)	14	(0.3)	54	(0.6)	33	(0.4)	12	(0.2)	11	(0.1)	8	(0.2)	--	--
12 - 19.....	650	1689	(48.0)	15	(0.4)	53	(0.7)	33	(0.6)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 - 29.....	430	1933	(61.9)	15	(0.5)	49	(0.6)	34	(0.6)	11	(0.3)	11	(0.2)	8	(0.2)	--	--
30 - 39.....	463	1986	(33.0)	16	(0.4)	50	(0.6)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
40 - 49.....	487	1873	(36.3)	16	(0.3)	49	(0.5)	34	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	439	1779	(38.2)	16	(0.4)	48	(0.9)	35	(0.6)	11	(0.2)	12	(0.3)	9	(0.3)	--	--
60 - 69.....	433	1712	(55.5)	16	(0.4)	48	(0.5)	35	(0.4)	11	(0.2)	12	(0.2)	9	(0.2)	--	--
70 and over.....	381	1604	(37.9)	16	(0.3)	50	(0.5)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.1)	--	--
2 - 19.....	1499	1657	(22.7)	15	(0.3)	53	(0.4)	33	(0.3)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	2633	1825	(18.1)	16	(0.2)	49	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	2	(0.2)
2 and over...	4132	1786	(16.4)	16	(0.2)	50	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Males and females:</b>																	
2 - 19.....	3019	1885	(21.1)	15	(0.2)	53	(0.3)	33	(0.3)	12	(0.1)	11	(0.1)	7	(0.1)	--	--
20 and over...	5047	2141	(18.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	8066	2079	(17.2)	16	(0.2)	49	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

**Footnotes**

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

**Abbreviations**

SE = standard error.

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

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

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

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

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

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

**Suggested Citation**

U.S. Department of Agriculture, Agricultural Research Service. 2016. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 6. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 5.....	184	1420	(33.7)	14	(0.4)	55	(0.5)	32	(0.4)	12	(0.3)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	290	1951	(54.3)	14	(0.3)	53	(0.5)	34	(0.3)	13	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	337	2034	(47.9)	16	(0.5)	52	(0.9)	33	(0.6)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 and over...	2233	2129	(22.9)	16	(0.3)	47	(0.4)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3044	2080	(20.5)	16	(0.2)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Non-Hispanic Black:</b>																	
2 - 5.....	161	1559	(72.5)	14	(0.4)	55	(1.0)	33	(0.8)	11	(0.5)	11	(0.3)	8*	(0.3)	--	--
6 - 11.....	285	1837	(60.9)	14	(0.2)	55	(1.0)	32	(1.0)	11	(0.5)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	307	2056	(73.3)	14	(0.2)	52	(1.0)	34	(1.0)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
20 and over...	1009	2230	(54.8)	15	(0.2)	49	(0.5)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	3	(0.3)
2 and over...	1762	2133	(43.8)	15	(0.2)	50	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
<b>Non-Hispanic Asian<sup>2</sup>:</b>																	
2 - 5.....	58	1528*	(140.7)	16*	(1.1)	53*	(1.1)	32*	(1.2)	12*	(0.7)	10*	(0.3)	6*	(0.5)	--	--
6 - 11.....	70	1874	(115.4)	15*	(0.7)	56	(1.2)	30	(1.0)	10*	(0.5)	10*	(0.5)	7*	(0.3)	--	--
12 - 19.....	136	2040	(113.2)	17	(0.6)	52	(1.4)	31	(1.1)	10*	(0.6)	11*	(0.4)	8*	(0.4)	--	--
20 and over...	525	1844	(41.7)	18	(0.3)	50	(0.9)	32	(0.5)	9	(0.2)	11	(0.3)	8	(0.2)	2*	(0.3)
2 and over...	789	1853	(37.9)	17	(0.3)	51	(0.8)	31	(0.4)	9	(0.2)	11	(0.3)	8	(0.2)	--	--
<b>Hispanic:</b>																	
2 - 5.....	221	1554	(52.3)	15	(0.2)	54	(0.7)	32	(0.6)	12	(0.3)	10	(0.2)	7*	(0.3)	--	--
6 - 11.....	330	1896	(69.8)	15	(0.2)	54	(0.5)	33	(0.4)	11	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	446	2092	(92.2)	15	(0.2)	52	(0.6)	34	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	1125	2204	(38.0)	17	(0.2)	49	(0.4)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.2)	2	(0.2)
2 and over...	2122	2104	(38.3)	16	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	11	(0.1)	8	(0.1)	--	--

### 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 based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

**Percent:** 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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

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

### Abbreviations

SE = standard error.

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

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

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 7. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 5.....	241	1500	(46.6)	14	(0.3)	54	(0.7)	33	(0.5)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	330	1819	(36.1)	15	(0.4)	54	(0.8)	32	(0.6)	11	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	398	2074	(78.9)	15	(0.5)	53	(1.3)	33	(1.0)	11	(0.4)	11	(0.4)	8	(0.2)	--	--
20 and over...	1550	2129	(33.6)	15	(0.3)	50	(0.3)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.2)	3	(0.2)
2 and over...	2519	2061	(26.1)	15	(0.2)	51	(0.3)	33	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	--	--
<b>\$25,000 - \$74,999:</b>																	
2 - 5.....	255	1435	(58.6)	15	(0.5)	55	(0.6)	32	(0.8)	12	(0.3)	10	(0.3)	7	(0.3)	--	--
6 - 11.....	400	1920	(59.1)	14	(0.4)	53	(0.5)	34	(0.5)	12	(0.4)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	478	1973	(51.7)	16	(0.3)	52	(0.8)	34	(0.6)	11	(0.2)	11	(0.3)	8	(0.3)	--	--
20 and over...	1882	2151	(29.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.3)
2 and over...	3015	2081	(29.6)	16	(0.2)	49	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>\$75,000 and higher:</b>																	
2 - 5.....	153	1515	(33.8)	14	(0.6)	55	(0.7)	32	(0.6)	12	(0.3)	10	(0.3)	7*	(0.3)	--	--
6 - 11.....	270	2017	(68.7)	14	(0.5)	54	(0.6)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.3)	--	--
12 - 19.....	334	2075	(80.0)	16	(0.5)	52	(0.7)	33	(0.7)	11	(0.4)	11	(0.3)	8	(0.4)	--	--
20 and over...	1303	2144	(33.8)	17	(0.3)	46	(0.4)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.2)
2 and over...	2060	2096	(25.7)	16	(0.2)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>All Individuals<sup>2</sup>:</b>																	
2 - 5.....	676	1481	(30.6)	14	(0.3)	55	(0.3)	32	(0.3)	12	(0.2)	11	(0.1)	7	(0.2)	--	--
6 - 11.....	1047	1921	(35.4)	14	(0.2)	54	(0.3)	33	(0.3)	12	(0.2)	11	(0.1)	7	(0.1)	--	--
12 - 19.....	1296	2038	(31.1)	15	(0.3)	52	(0.6)	33	(0.4)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	5047	2141	(18.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	8066	2079	(17.2)	16	(0.2)	49	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

### 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 based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

**Percent:** 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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

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

### Abbreviations

SE = standard error.

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

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

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age. *What We Eat in America*, NHANES 2013-2014.

**Table 8. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 5.....	329	1486	(41.3)	14	(0.3)	54	(0.7)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	494	1845	(43.6)	15	(0.3)	54	(0.5)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	555	2016	(69.0)	15	(0.4)	53	(1.0)	33	(0.7)	11	(0.3)	11	(0.3)	8	(0.2)	--	--
20 and over...	1596	2157	(21.0)	16	(0.3)	50	(0.4)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.2)	3	(0.2)
2 and over...	2974	2053	(17.1)	15	(0.2)	51	(0.3)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.1)	--	--
<b>131-350% poverty:</b>																	
2 - 5.....	200	1465	(57.2)	15	(0.5)	55	(0.9)	32	(1.1)	12	(0.4)	10	(0.4)	7*	(0.4)	--	--
6 - 11.....	302	1983	(58.8)	14	(0.3)	54	(0.6)	33	(0.6)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	402	2085	(70.5)	16	(0.4)	51	(0.7)	34	(0.4)	11	(0.2)	11	(0.3)	8	(0.4)	--	--
20 and over...	1622	2146	(33.9)	16	(0.1)	48	(0.3)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.3)
2 and over...	2526	2094	(32.7)	16	(0.1)	49	(0.2)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Over 350% poverty:</b>																	
2 - 5.....	109	1491	(30.2)	14*	(0.7)	56	(0.8)	32	(0.4)	12*	(0.3)	10*	(0.2)	7*	(0.3)	--	--
6 - 11.....	194	1976	(35.0)	14	(0.5)	54	(0.7)	33	(0.5)	12	(0.5)	11	(0.2)	7*	(0.3)	--	--
12 - 19.....	239	2015	(111.6)	16	(0.5)	52	(0.8)	33	(0.9)	11	(0.3)	11	(0.4)	8	(0.4)	--	--
20 and over...	1468	2136	(26.6)	16	(0.3)	47	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	2010	2095	(20.8)	16	(0.3)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>All Individuals<sup>3</sup>:</b>																	
2 - 5.....	676	1481	(30.6)	14	(0.3)	55	(0.3)	32	(0.3)	12	(0.2)	11	(0.1)	7	(0.2)	--	--
6 - 11.....	1047	1921	(35.4)	14	(0.2)	54	(0.3)	33	(0.3)	12	(0.2)	11	(0.1)	7	(0.1)	--	--
12 - 19.....	1296	2038	(31.1)	15	(0.3)	52	(0.6)	33	(0.4)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	5047	2141	(18.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	8066	2079	(17.2)	16	(0.2)	49	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

### 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 based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.98.

**Percent:** 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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

<sup>2</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

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

### Abbreviations

SE = standard error.

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

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

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	61 (3.0)	28 (1.9)	28 (3.1)	28 (2.0)	26 (2.0)	27 (1.9)	27 (1.8)	25 (1.9)	28 (1.7)	30 (2.4)
6 - 11.....	82 (2.3)	37 (2.3)	36 (2.1)	39 (2.4)	41 (2.8)	38 (2.9)	36 (2.3)	35 (3.1)	36 (2.1)	38 (2.4)
12 - 19.....	67 (2.2)	33 (1.4)	31 (1.7)	33 (1.6)	33 (1.9)	31 (1.7)	34 (1.8)	33 (1.7)	34 (1.9)	37 (2.2)
20 - 29.....	74 (2.1)	39 (2.1)	36 (2.0)	40 (2.0)	42 (2.1)	38 (2.7)	38 (2.8)	36 (3.1)	38 (2.9)	39 (2.5)
30 - 39.....	82 (1.9)	42 (1.8)	42 (2.1)	41 (1.6)	43 (2.2)	39 (2.1)	43 (2.0)	42 (1.7)	43 (2.1)	45 (2.7)
40 - 49.....	76 (4.1)	40 (2.7)	40 (2.4)	40 (2.9)	41 (3.3)	36 (2.7)	41 (2.9)	40 (3.0)	41 (2.9)	43 (3.0)
50 - 59.....	64 (3.9)	31 (1.8)	31 (1.9)	30 (1.9)	26 (2.5)	30 (1.8)	33 (1.8)	30 (1.8)	34 (2.2)	35 (1.8)
60 - 69.....	65 (3.0)	30 (2.2)	29 (2.4)	29 (2.2)	29 (2.1)	24 (2.0)	32 (2.3)	30 (2.5)	32 (2.1)	33 (2.9)
70 and over.....	45 (3.9)	19 (2.3)	20 (2.6)	17 (1.9)	15 (1.6)	15 (2.1)	21 (2.9)	20 (2.9)	21 (2.7)	23 (3.2)
2 - 19.....	71 (1.4)	34 (1.2)	32 (1.5)	34 (1.1)	35 (1.2)	33 (1.6)	34 (1.4)	33 (1.7)	34 (1.5)	36 (1.6)
20 and over...	69 (1.4)	35 (1.1)	34 (1.1)	35 (1.1)	35 (1.4)	32 (1.1)	36 (1.2)	34 (1.2)	36 (1.2)	37 (1.3)
2 and over...	70 (1.3)	35 (0.9)	34 (0.9)	35 (0.9)	35 (1.2)	32 (1.1)	36 (1.1)	34 (1.1)	36 (1.1)	37 (1.1)
<b>Females:</b>										
2 - 5.....	63 (4.7)	28 (1.8)	26 (1.3)	29 (2.2)	27 (1.4)	27 (1.5)	28 (1.7)	27 (1.7)	28 (1.8)	29 (2.2)
6 - 11.....	79 (2.9)	39 (1.7)	38 (2.1)	40 (1.6)	43 (2.0)	37 (2.1)	39 (1.7)	38 (1.8)	39 (1.9)	40 (2.1)
12 - 19.....	70 (3.1)	35 (1.2)	34 (1.5)	33 (1.4)	35 (1.9)	31 (1.7)	37 (1.7)	36 (1.9)	36 (2.0)	39 (1.6)
20 - 29.....	76 (2.4)	41 (2.5)	40 (2.2)	40 (2.6)	40 (3.2)	38 (2.6)	41 (2.3)	39 (2.2)	41 (2.0)	43 (2.8)
30 - 39.....	68 (2.7)	38 (2.4)	39 (2.7)	36 (2.4)	36 (2.8)	34 (2.5)	40 (2.6)	38 (3.0)	39 (2.8)	42 (2.4)
40 - 49.....	65 (3.1)	31 (1.7)	31 (1.5)	31 (2.1)	31 (2.8)	29 (2.0)	32 (2.0)	31 (2.1)	31 (2.1)	33 (2.3)
50 - 59.....	63 (3.8)	30 (2.0)	28 (2.0)	29 (2.1)	27 (2.7)	28 (1.5)	32 (2.2)	32 (2.8)	31 (2.1)	31 (2.0)
60 - 69.....	55 (2.9)	26 (1.5)	25 (1.7)	24 (1.3)	22 (1.3)	23 (1.8)	27 (1.9)	25 (1.6)	27 (2.1)	30 (2.5)
70 and over.....	42 (2.8)	19 (1.4)	19 (1.8)	17 (1.1)	16 (1.2)	15 (1.6)	21 (1.8)	19 (2.3)	20 (1.7)	24 (1.5)
2 - 19.....	71 (2.2)	35 (1.0)	34 (1.2)	35 (1.1)	36 (1.2)	32 (1.3)	36 (1.3)	35 (1.4)	36 (1.5)	38 (1.3)
20 and over...	63 (1.3)	32 (0.7)	31 (0.6)	31 (0.8)	30 (0.9)	29 (0.7)	33 (0.8)	32 (1.0)	32 (0.7)	34 (0.8)
2 and over...	65 (1.3)	33 (0.6)	32 (0.5)	32 (0.7)	32 (0.8)	29 (0.7)	33 (0.7)	33 (0.9)	33 (0.7)	35 (0.6)
<b>Males and females:</b>										
2 - 19.....	71 (1.2)	34 (0.9)	33 (1.0)	35 (0.9)	35 (0.9)	32 (1.2)	35 (1.1)	34 (1.4)	35 (1.1)	37 (1.0)
20 and over...	66 (1.2)	34 (0.7)	33 (0.6)	33 (0.8)	33 (1.0)	30 (0.8)	35 (0.8)	33 (0.8)	35 (0.8)	36 (0.8)
2 and over...	67 (1.1)	34 (0.6)	33 (0.5)	33 (0.7)	33 (0.9)	31 (0.7)	35 (0.7)	33 (0.8)	35 (0.7)	36 (0.7)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	26 (3.9)	27 (2.1)	38 (11.1)	33 (7.7)	28 (2.9)	26 (2.7)	27 (2.4)	24 (1.6)	25 (3.1)
6 - 11.....	32 (3.0)	33 (2.5)	37 (6.6)	36 (4.8)	34 (2.2)	35 (2.3)	34 (2.1)	32 (3.2)	28 (2.3)
12 - 19.....	28 (2.2)	25 (1.8)	37 (6.7)	29 (3.8)	31 (1.9)	29 (2.4)	35 (2.3)	32 (3.1)	25 (1.8)
20 - 29.....	34 (2.2)	32 (3.8)	47 (8.3)	34 (3.1)	34 (2.2)	37 (2.4)	41 (2.2)	42 (2.4)	31 (2.5)
30 - 39.....	40 (2.4)	38 (3.3)	46 (8.3)	39 (4.2)	39 (1.6)	40 (2.0)	44 (2.5)	42 (3.3)	35 (1.9)
40 - 49.....	39 (3.0)	33 (2.9)	36 (3.9)	31 (4.4)	37 (2.9)	37 (2.5)	40 (2.4)	38 (2.0)	35 (2.5)
50 - 59.....	29 (2.1)	23 (2.4)	23 (2.8)	25 (4.6)	29 (2.1)	29 (2.2)	32 (2.3)	30 (2.2)	26 (1.8)
60 - 69.....	33 (3.5)	23 (2.6)	25 (4.8)	26 (6.4)	26 (2.7)	25 (2.4)	29 (2.5)	26 (2.7)	24 (2.7)
70 and over.....	22 (2.9)	18 (2.9)	23 (5.3)	12* (4.3)	17 (2.4)	16 (2.0)	18 (2.3)	15 (2.2)	14 (2.2)
2 - 19.....	29 (1.9)	29 (1.4)	37 (3.7)	32 (2.2)	32 (1.1)	31 (1.6)	34 (1.4)	31 (1.9)	26 (1.3)
20 and over...	34 (1.1)	29 (1.3)	34 (2.3)	29 (2.1)	32 (1.1)	32 (1.0)	36 (1.1)	35 (1.3)	29 (1.0)
2 and over...	33 (1.1)	29 (1.2)	35 (2.0)	30 (1.6)	32 (1.0)	32 (0.9)	36 (0.9)	34 (1.1)	28 (1.0)
<b>Females:</b>									
2 - 5.....	23 (2.2)	24 (1.6)	31 (4.2)	26 (5.3)	26 (2.0)	25 (1.8)	26 (1.9)	22 (1.4)	23 (2.5)
6 - 11.....	37 (2.3)	36 (2.0)	35 (4.2)	28 (3.3)	34 (1.9)	37 (2.0)	35 (2.0)	34 (2.0)	30 (2.0)
12 - 19.....	33 (2.2)	29 (2.0)	24 (5.8)	33 (4.7)	31 (1.2)	33 (1.6)	34 (1.5)	31 (1.8)	26 (1.7)
20 - 29.....	37 (2.4)	33 (2.1)	43 (5.1)	41 (3.9)	36 (2.2)	36 (2.5)	43 (2.6)	42 (3.3)	35 (2.8)
30 - 39.....	36 (2.8)	34 (3.6)	35 (5.5)	37 (4.3)	35 (2.4)	36 (3.4)	39 (2.1)	39 (2.3)	33 (2.3)
40 - 49.....	32 (2.6)	28 (2.7)	31 (4.0)	28 (5.2)	29 (1.7)	27 (2.0)	32 (1.8)	30 (2.1)	28 (1.9)
50 - 59.....	30 (2.7)	22 (1.3)	20 (2.7)	34 (6.1)	25 (1.8)	24 (1.6)	26 (2.0)	25 (1.6)	24 (1.7)
60 - 69.....	27 (2.0)	19 (2.1)	20 (3.1)	23 (4.6)	24 (1.6)	22 (1.5)	25 (1.9)	24 (1.7)	22 (1.9)
70 and over.....	22 (2.4)	17 (2.3)	18 (4.3)	14 (2.5)	17 (1.4)	14 (1.1)	18 (1.4)	16 (1.5)	15 (1.6)
2 - 19.....	33 (1.7)	30 (1.0)	29 (3.3)	30 (3.1)	31 (1.0)	33 (0.7)	33 (1.1)	31 (1.2)	27 (1.4)
20 and over...	31 (1.1)	26 (1.0)	28 (2.1)	30 (2.8)	28 (0.6)	27 (0.8)	32 (0.7)	30 (0.8)	27 (0.6)
2 and over...	32 (0.9)	27 (0.8)	28 (1.8)	30 (2.4)	29 (0.7)	29 (0.7)	32 (0.6)	30 (0.7)	27 (0.6)
<b>Males and females:</b>									
2 - 19.....	31 (1.3)	29 (1.0)	33 (2.4)	31 (1.7)	31 (0.8)	32 (1.0)	33 (0.9)	31 (1.1)	26 (1.0)
20 and over...	33 (0.8)	27 (0.7)	31 (1.6)	30 (2.1)	30 (0.6)	30 (0.6)	34 (0.7)	33 (0.9)	28 (0.6)
2 and over...	32 (0.8)	28 (0.7)	31 (1.3)	30 (1.7)	30 (0.6)	31 (0.6)	34 (0.6)	32 (0.8)	28 (0.6)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	27	(3.0)	28	(3.8)	23	(2.4)	26	(3.8)	30	(2.5)	32	(5.1)	25	(2.6)	27	(2.4)	27	(2.2)
6 - 11.....	35	(2.7)	33	(2.8)	38	(4.1)	35	(3.1)	36	(3.0)	33	(4.1)	37	(2.3)	37	(2.2)	37	(2.4)
12 - 19.....	28	(1.9)	30	(2.8)	27	(2.8)	20	(1.9)	29	(3.7)	29	(2.6)	29	(1.3)	31	(1.5)	29	(1.6)
20 - 29.....	35	(2.0)	39	(3.0)	36	(4.2)	23	(3.2)	40	(4.0)	39	(5.5)	32	(3.2)	35	(2.4)	36	(2.2)
30 - 39.....	41	(2.2)	41	(3.5)	36	(3.1)	29	(2.9)	43	(3.5)	50	(3.5)	38	(1.6)	41	(1.8)	40	(1.8)
40 - 49.....	37	(2.4)	36	(2.9)	35	(3.4)	29	(5.0)	41	(3.7)	41	(3.2)	37	(3.0)	38	(2.4)	36	(2.4)
50 - 59.....	31	(2.1)	28	(2.5)	25	(1.7)	21	(3.0)	33	(3.0)	29	(2.5)	27	(2.0)	30	(1.6)	30	(2.1)
60 - 69.....	29	(2.5)	24	(2.6)	24	(3.6)	19	(3.7)	30	(2.7)	26	(2.9)	25	(2.6)	28	(2.3)	25	(2.0)
70 and over.....	20	(2.4)	19	(3.3)	12	(2.3)	13	(2.6)	16	(2.4)	18	(3.2)	14	(2.2)	17	(2.2)	15	(2.2)
2 - 19.....	30	(1.7)	31	(1.6)	30	(1.7)	27	(1.9)	32	(2.6)	31	(2.3)	31	(1.3)	33	(1.3)	32	(1.4)
20 and over...	34	(0.8)	33	(1.4)	29	(1.4)	23	(1.8)	35	(1.7)	35	(2.1)	30	(1.2)	33	(1.0)	32	(0.9)
2 and over...	33	(0.8)	33	(1.4)	29	(1.3)	24	(1.6)	35	(1.5)	34	(1.7)	31	(1.1)	33	(0.9)	32	(0.8)
<b>Females:</b>																		
2 - 5.....	24	(1.3)	23	(1.5)	23	(2.4)	22	(1.6)	28	(1.5)	25	(2.0)	24	(1.4)	26	(1.1)	26	(1.3)
6 - 11.....	38	(2.3)	35	(2.3)	39	(2.6)	38	(2.9)	35	(2.9)	32	(3.5)	39	(1.9)	39	(1.8)	37	(2.1)
12 - 19.....	33	(1.5)	34	(2.3)	30	(2.1)	29	(2.8)	33	(2.0)	34	(2.0)	34	(2.0)	35	(1.6)	32	(1.4)
20 - 29.....	38	(2.6)	34	(3.1)	38	(3.5)	26	(4.2)	36	(2.9)	45	(3.7)	35	(2.2)	38	(2.4)	39	(2.4)
30 - 39.....	36	(2.7)	40	(3.9)	35	(2.7)	35	(4.0)	38	(3.6)	45	(6.5)	34	(2.8)	37	(2.7)	36	(2.5)
40 - 49.....	30	(2.3)	33	(3.2)	30	(2.5)	28	(3.4)	30	(2.2)	27	(4.2)	29	(2.1)	30	(1.8)	29	(1.7)
50 - 59.....	28	(1.9)	23	(1.9)	27	(2.8)	19	(2.3)	30	(1.3)	25	(3.6)	27	(2.2)	28	(1.7)	26	(1.7)
60 - 69.....	23	(2.0)	23	(3.0)	19	(2.1)	13	(2.5)	24	(2.1)	23	(2.7)	21	(1.6)	25	(1.7)	22	(1.8)
70 and over.....	19	(1.7)	17	(1.7)	13	(2.3)	9	(1.6)	17	(1.7)	21	(2.6)	13	(1.4)	17	(1.5)	15	(1.3)
2 - 19.....	33	(1.1)	32	(1.2)	31	(1.1)	30	(1.5)	33	(1.5)	32	(1.4)	34	(1.1)	34	(1.0)	33	(1.2)
20 and over...	30	(0.8)	29	(1.3)	28	(1.0)	22	(1.3)	30	(0.9)	31	(1.6)	28	(0.7)	30	(0.7)	28	(0.5)
2 and over...	30	(0.6)	30	(1.1)	28	(0.7)	24	(1.2)	31	(0.8)	31	(1.4)	29	(0.6)	31	(0.6)	29	(0.5)
<b>Males and females:</b>																		
2 - 19.....	31	(1.1)	31	(1.1)	31	(1.1)	28	(1.2)	32	(1.6)	31	(1.4)	33	(1.0)	33	(0.9)	32	(0.9)
20 and over...	32	(0.6)	32	(1.0)	28	(0.8)	23	(1.1)	33	(1.1)	33	(1.6)	29	(0.7)	32	(0.6)	31	(0.6)
2 and over...	32	(0.5)	31	(0.9)	29	(0.7)	24	(0.9)	33	(0.9)	33	(1.3)	30	(0.7)	32	(0.6)	31	(0.5)

**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	27 (3.1)	26 (2.7)	27 (2.6)	27 (2.5)	27 (2.2)	30 (2.3)	33 (5.5)	-- --
6 - 11.....	32 (2.0)	33 (2.4)	38 (2.6)	34 (2.2)	38 (2.4)	37 (1.9)	40 (3.9)	-- --
12 - 19.....	27 (1.6)	27 (1.9)	30 (1.7)	31 (1.5)	31 (1.6)	34 (1.2)	37 (3.5)	-- --
20 - 29.....	33 (2.2)	34 (2.4)	37 (2.8)	35 (2.2)	36 (2.2)	38 (2.4)	46 (7.9)	-- --
30 - 39.....	38 (1.6)	42 (2.1)	41 (2.0)	42 (1.9)	41 (1.9)	43 (1.8)	43 (3.1)	-- --
40 - 49.....	35 (2.8)	37 (2.5)	38 (3.0)	39 (2.7)	38 (2.3)	40 (2.7)	44 (4.6)	-- --
50 - 59.....	27 (1.9)	30 (2.1)	31 (2.1)	30 (2.2)	30 (1.6)	33 (2.1)	26 (3.3)	-- --
60 - 69.....	25 (2.3)	25 (1.9)	25 (1.9)	30 (3.0)	27 (2.0)	30 (2.3)	33 (3.4)	-- --
70 and over.....	15 (2.1)	17 (2.7)	18 (2.3)	20 (2.8)	17 (2.1)	20 (2.7)	19 (4.2)	-- --
2 - 19.....	29 (1.4)	29 (1.6)	32 (1.4)	32 (1.3)	33 (1.5)	34 (1.2)	37 (2.7)	-- --
20 and over...	30 (1.0)	32 (1.1)	33 (0.9)	34 (1.1)	33 (0.8)	36 (1.1)	36 (1.1)	40 (3.4)
2 and over...	30 (1.0)	32 (1.1)	33 (0.9)	34 (1.0)	33 (0.8)	35 (1.0)	36 (1.1)	-- --
<b>Females:</b>								
2 - 5.....	25 (2.0)	25 (1.8)	29 (1.7)	26 (1.8)	26 (1.5)	28 (1.9)	28 (6.1)	-- --
6 - 11.....	31 (1.9)	35 (2.4)	36 (1.9)	35 (1.8)	40 (2.0)	39 (1.8)	43 (3.5)	-- --
12 - 19.....	30 (1.6)	31 (1.7)	32 (1.7)	33 (1.4)	32 (1.3)	34 (1.3)	41 (5.7)	-- --
20 - 29.....	34 (2.1)	36 (2.3)	38 (2.6)	40 (1.9)	39 (2.5)	41 (2.4)	49 (7.4)	-- --
30 - 39.....	33 (2.5)	37 (3.0)	36 (2.8)	39 (2.4)	37 (2.5)	37 (2.2)	36 (3.9)	-- --
40 - 49.....	29 (2.1)	30 (2.3)	29 (2.2)	31 (1.6)	30 (2.2)	31 (1.9)	23 (4.3)	-- --
50 - 59.....	23 (1.3)	27 (1.8)	26 (1.8)	30 (2.2)	27 (1.6)	31 (2.2)	24 (3.6)	-- --
60 - 69.....	23 (1.7)	23 (1.4)	24 (2.4)	25 (1.9)	24 (1.8)	27 (1.8)	23 (2.7)	-- --
70 and over.....	15 (1.1)	15 (1.6)	16 (1.3)	19 (1.7)	16 (1.4)	20 (1.6)	15 (1.6)	-- --
2 - 19.....	29 (1.2)	31 (1.3)	33 (1.1)	32 (1.2)	34 (0.9)	35 (1.1)	41 (4.5)	-- --
20 and over...	27 (0.8)	29 (0.9)	29 (0.7)	32 (0.8)	29 (0.6)	32 (0.8)	27 (0.9)	42 (3.9)
2 and over...	27 (0.7)	29 (0.8)	30 (0.6)	32 (0.7)	30 (0.5)	33 (0.7)	28 (0.9)	-- --
<b>Males and females:</b>								
2 - 19.....	29 (0.9)	30 (0.9)	32 (1.0)	32 (1.0)	33 (0.9)	35 (0.8)	39 (2.5)	-- --
20 and over...	29 (0.7)	31 (0.8)	31 (0.6)	33 (0.7)	31 (0.6)	34 (0.7)	32 (0.8)	41 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.6)	33 (0.6)	32 (0.5)	34 (0.7)	32 (0.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item away from home.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	67 (3.9)	31 (1.9)	32 (3.3)	31 (1.9)	31 (1.8)	30 (1.7)	32 (1.9)	30 (2.4)	32 (1.9)	34 (2.4)
6 - 11.....	82 (3.6)	40 (2.3)	38 (2.3)	41 (2.4)	44 (2.8)	39 (3.3)	39 (2.6)	39 (3.6)	39 (2.2)	41 (2.9)
12 - 19.....	70 (2.7)	35 (1.7)	34 (2.0)	33 (1.9)	33 (2.2)	31 (2.6)	37 (2.1)	35 (2.2)	37 (2.2)	40 (2.6)
20 and over...	66 (1.7)	34 (0.8)	33 (0.8)	33 (0.9)	32 (1.3)	30 (1.0)	35 (1.0)	33 (1.0)	35 (1.1)	36 (1.0)
2 and over...	68 (1.5)	34 (0.7)	33 (0.7)	33 (0.8)	33 (1.2)	31 (1.0)	35 (0.8)	34 (0.9)	35 (0.9)	37 (0.8)
<b>Non-Hispanic Black:</b>										
2 - 5.....	61 (4.7)	29 (2.4)	27 (2.0)	29 (2.9)	30 (3.6)	28 (2.7)	29 (2.2)	29 (2.2)	29 (2.2)	29 (2.9)
6 - 11.....	75 (3.2)	36 (2.3)	37 (2.9)	37 (2.3)	39 (3.2)	39 (2.9)	35 (2.6)	35 (2.9)	35 (2.7)	36 (2.7)
12 - 19.....	63 (3.4)	31 (2.7)	30 (2.4)	30 (2.6)	30 (3.0)	29 (2.4)	32 (3.1)	31 (3.3)	31 (3.2)	34 (3.4)
20 and over...	61 (1.6)	31 (1.0)	31 (1.3)	31 (0.8)	32 (0.6)	30 (1.5)	33 (1.0)	32 (0.9)	33 (1.1)	34 (1.4)
2 and over...	63 (1.3)	32 (0.7)	31 (0.9)	31 (0.7)	32 (0.7)	30 (1.1)	33 (0.6)	32 (0.7)	33 (0.7)	34 (0.9)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
2 - 5.....	46* (8.8)	20* (4.2)	18* (4.3)	20* (3.9)	18* (3.7)	17* (4.4)	21* (4.8)	18* (4.1)	22* (5.5)	24* (6.4)
6 - 11.....	77 (5.7)	31 (5.6)	28 (6.1)	35 (6.2)	36 (7.3)	33 (6.6)	26 (4.5)	23 (5.3)	25 (4.1)	32 (5.4)
12 - 19.....	68 (9.3)	34 (7.4)	33 (8.6)	33 (7.0)	37 (8.0)	29 (6.1)	35 (7.3)	34 (7.4)	33 (6.8)	38 (8.0)
20 and over...	64 (1.6)	33 (2.0)	34 (2.0)	32 (2.1)	34 (2.5)	30 (2.3)	35 (2.0)	33 (1.8)	35 (2.0)	36 (2.5)
2 and over...	64 (1.7)	33 (2.0)	33 (2.2)	32 (2.1)	34 (2.6)	29 (2.1)	34 (1.9)	32 (1.9)	33 (1.8)	35 (2.4)
<b>Hispanic:</b>										
2 - 5.....	59 (3.1)	24 (2.0)	22 (2.1)	25 (2.2)	23 (2.3)	25 (2.5)	24 (1.8)	22 (1.9)	24 (1.8)	26 (1.9)
6 - 11.....	80 (2.7)	35 (2.1)	33 (1.6)	36 (2.2)	38 (2.8)	34 (2.3)	34 (2.4)	32 (2.6)	34 (2.4)	38 (2.5)
12 - 19.....	71 (2.8)	36 (2.4)	32 (2.1)	36 (2.6)	39 (3.1)	33 (2.4)	36 (2.6)	35 (2.6)	35 (2.4)	38 (2.9)
20 and over...	69 (2.0)	35 (1.3)	35 (1.5)	35 (1.3)	37 (1.5)	31 (1.3)	35 (1.4)	34 (1.3)	35 (1.4)	36 (1.9)
2 and over...	70 (1.5)	35 (1.3)	33 (1.2)	34 (1.3)	36 (1.4)	31 (1.3)	34 (1.4)	33 (1.3)	34 (1.3)	36 (1.8)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	33 (4.3)	30 (2.3)	42 (7.0)	32* (9.9)	30 (2.8)	29 (2.8)	29 (2.2)	27 (1.9)	27 (3.5)
6 - 11.....	35 (3.8)	34 (2.7)	37 (6.7)	36 (6.2)	35 (2.4)	37 (2.4)	35 (2.4)	33 (3.0)	29 (2.7)
12 - 19.....	32 (2.5)	27 (2.2)	29 (6.9)	24 (3.7)	33 (2.2)	32 (2.4)	36 (2.1)	34 (3.0)	26 (1.9)
20 and over...	33 (1.2)	27 (1.0)	29 (1.6)	29 (2.5)	30 (0.8)	30 (0.6)	34 (0.7)	32 (1.1)	28 (0.9)
2 and over...	33 (1.2)	28 (0.9)	30 (1.4)	29 (2.3)	31 (0.8)	30 (0.6)	34 (0.6)	32 (0.8)	28 (0.9)
<b>Non-Hispanic Black:</b>									
2 - 5.....	24 (2.9)	27 (2.8)	20 (4.8)	32 (8.5)	27 (3.0)	27 (2.8)	26 (3.4)	26 (3.8)	23 (3.8)
6 - 11.....	34 (3.0)	42 (4.4)	42 (8.8)	28 (3.6)	35 (2.5)	41 (3.3)	35 (3.0)	39 (5.0)	33 (1.8)
12 - 19.....	27 (3.0)	25 (2.9)	24 (3.9)	25 (6.9)	27 (2.4)	28 (3.0)	30 (3.0)	27 (3.0)	21 (2.8)
20 and over...	31 (1.1)	28 (1.6)	29 (3.9)	33 (4.2)	29 (1.3)	28 (1.0)	30 (1.1)	29 (1.0)	28 (1.5)
2 and over...	30 (0.8)	29 (1.3)	30 (3.1)	32 (3.7)	29 (1.1)	29 (0.9)	30 (0.9)	30 (0.8)	27 (1.3)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
2 - 5.....	16* (4.8)	13* (4.7)	8* (3.2)	27*(11.6)	17* (4.1)	17* (4.9)	18* (4.7)	15* (4.4)	15* (4.0)
6 - 11.....	25* (7.8)	23* (4.5)	13* (2.4)	45*(10.1)	27 (5.0)	28 (6.4)	29 (5.1)	27 (4.9)	21* (4.2)
12 - 19.....	38 (9.8)	27 (7.1)	34*(11.1)	37*(19.4)	27 (6.2)	26 (6.3)	33 (8.8)	32 (7.5)	25 (7.0)
20 and over...	34 (2.0)	34 (2.9)	39 (5.4)	24 (5.6)	30 (1.9)	31 (1.6)	34 (2.3)	32 (1.9)	29 (2.2)
2 and over...	33 (2.2)	31 (2.4)	37 (4.5)	28 (5.6)	29 (1.7)	29 (1.7)	33 (2.3)	31 (2.0)	27 (1.9)
<b>Hispanic:</b>									
2 - 5.....	19 (2.5)	20 (2.7)	27 (6.5)	27 (6.1)	23 (2.7)	21 (2.6)	24 (2.7)	21 (2.7)	23 (3.4)
6 - 11.....	29 (2.6)	31 (2.3)	34 (6.9)	24 (3.4)	31 (1.4)	33 (2.1)	33 (1.4)	30 (1.5)	26 (1.4)
12 - 19.....	29 (2.5)	29 (2.0)	35 (4.2)	48 (8.4)	31 (2.0)	31 (1.7)	33 (2.0)	28 (2.0)	29 (2.2)
20 and over...	31 (1.6)	28 (1.7)	36 (4.3)	34 (2.4)	32 (1.4)	33 (2.1)	38 (2.0)	38 (2.5)	29 (1.1)
2 and over...	30 (1.3)	28 (1.1)	35 (3.2)	34 (2.4)	31 (1.3)	32 (1.7)	36 (1.8)	35 (2.2)	29 (1.0)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	32	(3.3)	30	(3.5)	28	(2.7)	30	(4.0)	33	(2.7)	32	(4.7)	28	(2.8)	31	(2.5)	30	(2.4)
6 - 11.....	38	(3.3)	34	(3.2)	40	(4.9)	36	(3.9)	36	(3.2)	30	(5.5)	38	(2.5)	39	(2.3)	39	(2.7)
12 - 19.....	30	(1.9)	33	(2.9)	26	(3.0)	24	(2.4)	30	(4.4)	31	(2.6)	32	(2.0)	33	(1.8)	31	(2.1)
20 and over...	32	(0.7)	31	(1.3)	28	(0.9)	21	(1.4)	33	(1.5)	34	(2.1)	29	(1.0)	32	(0.8)	30	(0.7)
2 and over...	32	(0.7)	31	(1.2)	28	(0.8)	23	(1.2)	33	(1.3)	33	(1.9)	30	(0.9)	32	(0.7)	31	(0.7)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	26	(2.1)	30	(3.1)	29	(3.8)	30	(3.4)	29	(2.8)	26	(5.0)	29	(2.4)	29	(1.9)	28	(2.4)
6 - 11.....	38	(3.1)	43	(3.9)	39	(4.6)	48	(4.6)	36	(2.6)	32	(5.8)	43	(3.1)	40	(2.7)	38	(2.7)
12 - 19.....	28	(2.3)	29	(3.2)	28	(4.1)	26	(4.5)	31	(2.9)	27	(3.0)	30	(3.3)	31	(2.7)	28	(2.8)
20 and over...	30	(1.2)	30	(2.4)	31	(2.0)	25	(2.7)	32	(1.5)	29	(3.0)	30	(1.4)	31	(1.2)	30	(1.3)
2 and over...	30	(0.9)	31	(1.8)	31	(2.0)	28	(2.1)	32	(1.1)	29	(2.4)	31	(1.1)	32	(0.8)	30	(1.1)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
2 - 5.....	17*	(5.0)	18*	(8.1)	10*	(3.6)	14*	(5.1)	20*	(4.9)	20*	(6.2)	17*	(4.6)	18*	(4.7)	19*	(4.9)
6 - 11.....	27	(7.0)	25	(6.1)	24*	(7.5)	24*	(8.0)	29	(3.7)	26	(5.0)	28	(7.5)	30	(6.6)	30	(5.6)
12 - 19.....	33	(8.6)	25	(6.5)	35*	(11.9)	17	(3.6)	33	(8.1)	34*	(10.6)	27	(5.0)	31	(7.2)	30	(6.1)
20 and over...	32	(2.0)	31	(2.7)	31	(3.0)	28	(3.6)	33	(2.2)	30	(3.4)	30	(1.4)	32	(1.6)	30	(1.9)
2 and over...	32	(2.1)	29	(2.2)	31	(2.6)	25	(2.8)	32	(2.0)	30	(2.9)	28	(1.6)	31	(1.8)	30	(1.9)
<b>Hispanic:</b>																		
2 - 5.....	20	(1.8)	19	(3.2)	20	(4.1)	16	(2.6)	26	(2.1)	26	(3.6)	20	(2.2)	22	(2.1)	22	(2.3)
6 - 11.....	33	(2.0)	29	(2.1)	33	(2.9)	31	(2.8)	34	(3.3)	39	(4.4)	35	(2.8)	35	(2.1)	33	(2.1)
12 - 19.....	30	(2.3)	29	(2.1)	32	(1.6)	24	(2.2)	33	(3.1)	38	(3.9)	33	(1.3)	33	(1.8)	32	(1.7)
20 and over...	32	(1.5)	36	(2.3)	29	(3.0)	27	(1.3)	34	(1.8)	36	(3.2)	30	(1.3)	33	(1.4)	32	(1.2)
2 and over...	31	(1.3)	33	(1.8)	29	(2.0)	26	(1.1)	34	(1.6)	36	(2.5)	31	(1.0)	32	(1.2)	32	(1.1)

**Table 10. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	28 (3.1)	28 (2.7)	33 (2.5)	31 (2.8)	30 (2.4)	33 (2.4)	37 (4.8)	-- --
6 - 11.....	33 (2.5)	36 (2.7)	40 (2.4)	37 (2.5)	41 (2.6)	40 (2.0)	44 (3.3)	-- --
12 - 19.....	28 (1.8)	29 (1.9)	32 (2.5)	33 (1.8)	31 (1.8)	36 (1.7)	38 (4.4)	-- --
20 and over...	28 (0.9)	31 (1.1)	31 (0.7)	33 (0.9)	31 (0.6)	35 (1.0)	30 (1.0)	43 (3.7)
2 and over...	29 (0.9)	31 (1.0)	32 (0.7)	33 (0.9)	31 (0.6)	35 (0.9)	30 (1.0)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	26 (3.4)	26 (3.1)	26 (2.9)	26 (2.0)	30 (2.7)	27 (1.9)	26*(11.8)	-- --
6 - 11.....	34 (3.0)	39 (3.4)	37 (2.7)	34 (2.3)	41 (3.0)	34 (2.6)	39 (7.9)	-- --
12 - 19.....	27 (2.9)	25 (2.8)	28 (1.9)	29 (2.0)	31 (2.6)	30 (2.2)	44 (8.9)	-- --
20 and over...	27 (1.4)	29 (1.5)	30 (1.7)	30 (1.5)	30 (1.0)	32 (1.0)	33 (2.8)	26 (5.4)
2 and over...	28 (1.2)	30 (1.2)	31 (1.4)	30 (1.1)	31 (0.9)	31 (0.7)	34 (2.7)	-- --
<b>Non-Hispanic Asian<sup>4</sup>:</b>								
2 - 5.....	17* (4.1)	30*(13.2)	26* (8.2)	19* (4.4)	18* (5.0)	21* (4.9)	22* (5.7)	-- --
6 - 11.....	26 (5.0)	31 (6.3)	31 (5.4)	29 (5.7)	31 (6.8)	30 (5.7)	37*(11.9)	-- --
12 - 19.....	27 (6.5)	30 (7.2)	30 (6.3)	29* (9.0)	33 (7.2)	32 (7.6)	53*(17.7)	-- --
20 and over...	29 (2.1)	31 (2.0)	29 (2.5)	34 (2.5)	31 (1.9)	32 (2.3)	44 (4.4)	41 (10.7)
2 and over...	28 (1.8)	31 (1.8)	29 (2.2)	33 (2.6)	31 (2.1)	31 (2.4)	45 (4.3)	-- --
<b>Hispanic:</b>								
2 - 5.....	23 (2.9)	22 (2.5)	22 (2.4)	23 (2.2)	22 (2.6)	25 (2.3)	23* (7.3)	-- --
6 - 11.....	28 (1.4)	29 (2.0)	31 (1.9)	32 (1.8)	35 (2.0)	35 (1.9)	35 (4.2)	-- --
12 - 19.....	31 (2.3)	30 (2.7)	33 (2.4)	33 (2.1)	32 (2.1)	34 (2.0)	41 (5.5)	-- --
20 and over...	31 (1.2)	33 (1.5)	32 (1.3)	35 (1.3)	33 (1.1)	35 (1.6)	40 (1.9)	43 (6.2)
2 and over...	30 (1.2)	32 (1.3)	32 (1.3)	34 (1.1)	32 (1.1)	35 (1.4)	40 (1.9)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014.
- <sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.
- <sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	55 (3.2)	24 (1.8)	24 (2.2)	24 (1.9)	23 (1.8)	24 (2.4)	23 (2.1)	22 (2.0)	22 (2.0)	23 (2.8)
6 - 11.....	78 (4.4)	38 (2.4)	38 (2.5)	38 (2.4)	41 (3.0)	37 (2.8)	37 (2.7)	37 (2.9)	38 (2.8)	37 (2.8)
12 - 19.....	62 (4.0)	33 (1.8)	36 (3.0)	32 (1.9)	33 (2.7)	30 (2.3)	34 (2.1)	35 (2.4)	33 (2.2)	34 (2.4)
20 and over...	55 (1.6)	27 (0.6)	26 (0.9)	26 (0.6)	26 (0.8)	25 (1.0)	28 (0.7)	27 (0.7)	29 (0.9)	30 (1.0)
2 and over...	58 (1.4)	28 (0.6)	28 (0.8)	28 (0.7)	28 (0.9)	26 (1.0)	29 (0.6)	29 (0.7)	29 (0.7)	31 (0.9)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	63 (6.0)	27 (3.5)	27 (3.5)	28 (4.8)	25 (3.0)	27 (2.7)	27 (2.1)	25 (2.1)	27 (2.0)	30 (3.0)
6 - 11.....	81 (2.8)	37 (2.6)	36 (2.4)	38 (2.6)	41 (2.6)	38 (3.2)	36 (3.0)	34 (4.3)	36 (2.6)	40 (1.7)
12 - 19.....	66 (3.5)	34 (2.4)	30 (2.0)	35 (2.6)	36 (2.6)	29 (2.5)	34 (2.6)	34 (2.4)	34 (3.1)	36 (2.8)
20 and over...	67 (1.5)	35 (1.1)	34 (0.9)	35 (1.3)	35 (1.9)	31 (1.0)	35 (1.2)	34 (1.2)	36 (1.2)	37 (1.5)
2 and over...	68 (1.1)	35 (0.9)	34 (0.8)	35 (0.9)	35 (1.4)	31 (0.9)	35 (1.0)	33 (1.0)	35 (1.0)	37 (1.2)
<b>\$75,000 and higher:</b>										
2 - 5.....	70 (3.6)	35 (2.0)	31 (2.1)	35 (1.9)	35 (1.6)	31 (2.5)	36 (2.6)	34 (3.0)	36 (3.2)	38 (2.5)
6 - 11.....	84 (3.7)	41 (2.6)	38 (3.0)	42 (2.5)	45 (2.9)	38 (2.9)	41 (2.8)	40 (3.4)	40 (2.5)	43 (3.6)
12 - 19.....	77 (2.3)	34 (2.6)	33 (2.9)	33 (2.6)	33 (2.7)	33 (3.1)	38 (3.0)	35 (3.1)	38 (2.8)	41 (3.6)
20 and over...	73 (1.3)	38 (0.8)	37 (0.9)	37 (0.9)	36 (1.0)	34 (1.0)	39 (0.9)	38 (0.9)	38 (0.9)	40 (1.4)
2 and over...	75 (1.0)	38 (0.7)	36 (0.7)	37 (0.8)	37 (1.0)	34 (1.0)	39 (0.7)	37 (0.8)	38 (0.6)	40 (1.1)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	62 (2.8)	28 (1.4)	27 (1.7)	28 (1.8)	27 (1.2)	27 (1.2)	28 (1.1)	26 (1.3)	28 (1.1)	30 (1.4)
6 - 11.....	81 (2.0)	38 (1.5)	36 (1.5)	39 (1.5)	42 (1.9)	37 (1.8)	37 (1.6)	36 (2.3)	37 (1.4)	39 (1.4)
12 - 19.....	69 (2.1)	34 (1.2)	32 (1.2)	33 (1.3)	34 (1.5)	31 (1.4)	35 (1.4)	34 (1.5)	35 (1.5)	38 (1.5)
20 and over...	66 (1.2)	34 (0.7)	33 (0.6)	33 (0.8)	33 (1.0)	30 (0.8)	35 (0.8)	33 (0.8)	35 (0.8)	36 (0.8)
2 and over...	67 (1.1)	34 (0.6)	33 (0.5)	33 (0.7)	33 (0.9)	31 (0.7)	35 (0.7)	33 (0.8)	35 (0.7)	36 (0.7)

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	20 (2.9)	24 (3.3)	39 (9.8)	31 (6.4)	23 (2.4)	23 (2.1)	24 (2.5)	22 (2.5)	22 (2.8)
6 - 11.....	37 (2.7)	37 (2.8)	29 (6.2)	31 (4.2)	36 (1.9)	40 (2.1)	35 (2.6)	35 (3.2)	31 (1.8)
12 - 19.....	33 (3.1)	31 (2.4)	34 (5.4)	34 (5.7)	31 (1.6)	35 (1.8)	37 (3.0)	35 (3.4)	26 (1.6)
20 and over...	26 (1.3)	22 (2.1)	28 (4.1)	19 (2.1)	24 (0.7)	24 (0.7)	27 (0.8)	26 (1.1)	22 (0.9)
2 and over...	27 (1.2)	24 (1.7)	29 (3.7)	23 (2.1)	26 (0.5)	26 (0.7)	29 (0.7)	27 (1.1)	23 (0.7)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	24 (4.5)	26 (2.3)	49 (4.0)	28 (4.4)	27 (4.2)	23 (2.5)	27 (3.7)	21 (2.2)	23 (2.6)
6 - 11.....	32 (4.1)	38 (3.8)	47 (7.6)	34 (4.4)	34 (2.5)	38 (3.0)	35 (2.3)	34 (2.6)	31 (3.0)
12 - 19.....	27 (2.4)	25 (2.4)	20 (5.4)	32 (7.3)	28 (3.2)	29 (3.5)	32 (3.3)	30 (3.9)	25 (3.2)
20 and over...	34 (1.5)	28 (1.4)	33 (2.4)	31 (2.9)	32 (0.8)	32 (1.0)	36 (1.1)	35 (1.6)	29 (0.8)
2 and over...	33 (1.4)	29 (1.1)	33 (1.9)	31 (2.7)	31 (0.7)	32 (0.9)	35 (0.9)	34 (1.3)	28 (0.9)
<b>\$75,000 and higher:</b>									
2 - 5.....	32 (2.7)	27 (2.5)	17 (4.7)	31*(12.2)	33 (2.5)	33 (3.1)	30 (2.9)	28 (2.6)	30 (4.4)
6 - 11.....	37 (4.2)	32 (3.3)	36 (8.3)	31 (6.8)	35 (2.8)	35 (2.3)	37 (3.2)	33 (2.6)	29 (2.9)
12 - 19.....	31 (3.1)	27 (3.0)	35 (7.0)	25 (4.3)	34 (3.5)	30 (2.6)	36 (2.8)	33 (3.5)	26 (3.2)
20 and over...	36 (1.3)	31 (1.2)	32 (2.7)	35 (2.9)	33 (1.0)	33 (1.1)	38 (0.9)	36 (1.3)	31 (1.1)
2 and over...	36 (1.2)	30 (1.1)	32 (2.0)	34 (2.6)	34 (0.9)	33 (1.1)	37 (0.8)	35 (1.2)	30 (1.0)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	25 (2.1)	25 (1.3)	35 (5.5)	30 (5.1)	27 (2.2)	26 (1.6)	27 (1.9)	23 (1.2)	24 (2.1)
6 - 11.....	34 (2.4)	34 (1.8)	36 (4.5)	32 (3.3)	34 (1.3)	36 (1.5)	34 (1.3)	33 (1.7)	29 (1.6)
12 - 19.....	30 (1.6)	27 (1.1)	30 (3.8)	31 (3.7)	31 (1.2)	31 (1.4)	34 (1.4)	32 (1.9)	25 (1.2)
20 and over...	33 (0.8)	27 (0.7)	31 (1.6)	30 (2.1)	30 (0.6)	30 (0.6)	34 (0.7)	33 (0.9)	28 (0.6)
2 and over...	32 (0.8)	28 (0.7)	31 (1.3)	30 (1.7)	30 (0.6)	31 (0.6)	34 (0.6)	32 (0.8)	28 (0.6)

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	22	(2.4)	25	(3.5)	18	(2.3)	25	(4.7)	25	(2.6)	21	(3.0)	23	(2.1)	24	(2.1)	23	(2.0)
6 - 11.....	40	(2.3)	39	(2.7)	39	(3.4)	43	(2.2)	35	(2.2)	34	(5.5)	42	(2.3)	40	(2.2)	38	(2.0)
12 - 19.....	33	(2.1)	34	(2.5)	34	(3.9)	29	(2.1)	29	(3.0)	31	(2.8)	35	(1.9)	35	(2.1)	31	(2.1)
20 and over...	25	(1.2)	26	(1.4)	22	(1.8)	18	(1.6)	26	(1.4)	27	(2.4)	23	(0.6)	25	(0.8)	25	(0.8)
2 and over...	27	(1.1)	28	(1.2)	25	(1.6)	22	(1.5)	27	(1.2)	28	(2.1)	26	(0.5)	28	(0.7)	26	(0.7)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	25	(3.0)	22	(3.4)	26	(3.5)	22	(3.6)	29	(2.9)	35	(5.8)	21	(1.8)	25	(2.3)	26	(2.4)
6 - 11.....	37	(2.9)	34	(2.5)	36	(3.6)	42	(3.5)	38	(2.4)	38	(2.3)	41	(3.3)	39	(2.6)	38	(2.6)
12 - 19.....	28	(2.1)	30	(4.3)	27	(3.0)	24	(3.4)	26	(5.0)	29	(1.8)	31	(2.0)	31	(2.2)	29	(2.1)
20 and over...	33	(1.1)	33	(1.8)	30	(1.6)	24	(2.0)	34	(1.4)	36	(2.2)	30	(0.9)	33	(0.9)	32	(0.8)
2 and over...	33	(1.0)	33	(1.6)	30	(1.2)	26	(1.6)	33	(1.2)	35	(1.9)	30	(0.8)	33	(0.8)	31	(0.7)
<b>\$75,000 and higher:</b>																		
2 - 5.....	32	(1.9)	31	(3.1)	27	(2.3)	28	(4.0)	34	(3.9)	30	(3.0)	31	(2.3)	32	(1.8)	31	(2.0)
6 - 11.....	36	(3.7)	32	(3.1)	41	(4.4)	29	(2.8)	37	(3.4)	30	(5.1)	35	(2.4)	38	(2.5)	38	(2.6)
12 - 19.....	30	(2.6)	33	(2.9)	26	(4.0)	20	(2.4)	37	(2.0)	32	(3.9)	30	(3.0)	32	(2.6)	33	(2.3)
20 and over...	36	(0.9)	34	(1.9)	31	(1.0)	23	(2.8)	37	(1.4)	36	(2.4)	33	(1.0)	35	(0.9)	34	(0.8)
2 and over...	35	(0.9)	33	(1.6)	31	(0.8)	24	(2.2)	37	(1.0)	35	(2.2)	33	(1.0)	35	(0.8)	34	(0.6)
<b>All Individuals<sup>4</sup>:</b>																		
2 - 5.....	26	(1.6)	25	(2.0)	23	(1.5)	24	(1.9)	29	(1.5)	28	(2.5)	25	(1.3)	27	(1.3)	26	(1.4)
6 - 11.....	36	(2.1)	34	(1.8)	38	(2.7)	36	(2.4)	35	(1.8)	32	(3.1)	38	(1.7)	38	(1.5)	37	(1.5)
12 - 19.....	30	(1.2)	31	(1.8)	29	(1.7)	23	(1.4)	31	(2.6)	32	(1.5)	31	(1.1)	32	(1.1)	31	(1.2)
20 and over...	32	(0.6)	32	(1.0)	28	(0.8)	23	(1.1)	33	(1.1)	33	(1.6)	29	(0.7)	32	(0.6)	31	(0.6)
2 and over...	32	(0.5)	31	(0.9)	29	(0.7)	24	(0.9)	33	(0.9)	33	(1.3)	30	(0.7)	32	(0.6)	31	(0.5)

**Table 11. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	22 (2.8)	22 (2.0)	21 (1.8)	25 (2.1)	24 (1.9)	24 (1.8)	23* (8.2)	-- --
6 - 11.....	34 (1.8)	36 (2.6)	36 (2.2)	37 (2.4)	41 (2.1)	37 (2.3)	34 (7.6)	-- --
12 - 19.....	29 (1.9)	31 (1.6)	29 (2.3)	34 (2.7)	33 (2.2)	34 (2.1)	38 (7.4)	-- --
20 and over...	23 (0.8)	24 (0.9)	25 (1.1)	26 (0.9)	25 (0.8)	27 (0.7)	24 (2.4)	34 (4.4)
2 and over...	25 (0.7)	25 (0.8)	26 (0.9)	28 (0.6)	27 (0.8)	28 (0.6)	24 (2.5)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	26 (4.3)	24 (2.4)	28 (3.0)	25 (3.2)	25 (2.3)	29 (3.4)	36 (7.0)	-- --
6 - 11.....	33 (2.4)	36 (2.6)	37 (3.1)	33 (2.8)	41 (2.5)	38 (2.5)	37 (5.0)	-- --
12 - 19.....	29 (3.1)	25 (2.9)	29 (2.3)	30 (2.3)	31 (2.0)	34 (2.4)	39 (5.1)	-- --
20 and over...	29 (0.8)	32 (0.9)	33 (0.9)	34 (0.9)	32 (0.8)	36 (0.9)	32 (1.4)	41 (4.7)
2 and over...	29 (0.8)	31 (0.9)	32 (0.7)	34 (0.9)	32 (0.7)	35 (0.8)	32 (1.3)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	30 (3.6)	32 (3.4)	34 (2.4)	32 (2.5)	32 (2.2)	35 (2.1)	40 (7.6)	-- --
6 - 11.....	31 (2.5)	34 (2.8)	39 (2.2)	38 (3.1)	38 (2.6)	40 (2.8)	51 (6.4)	-- --
12 - 19.....	28 (2.8)	30 (3.4)	34 (2.8)	32 (2.8)	30 (2.8)	35 (2.8)	41 (6.1)	-- --
20 and over...	32 (0.9)	35 (1.1)	34 (0.9)	37 (1.1)	35 (0.8)	38 (1.0)	38 (2.6)	47 (5.7)
2 and over...	32 (0.7)	34 (1.0)	34 (0.8)	36 (1.0)	34 (0.8)	38 (0.9)	38 (2.4)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	26 (2.3)	26 (1.7)	28 (1.8)	27 (1.5)	26 (1.3)	29 (1.5)	30 (5.4)	-- --
6 - 11.....	32 (1.2)	34 (1.5)	37 (1.6)	35 (1.6)	39 (1.6)	38 (1.3)	41 (2.2)	-- --
12 - 19.....	28 (1.2)	28 (1.2)	31 (1.5)	32 (1.3)	31 (1.1)	34 (1.0)	39 (3.4)	-- --
20 and over...	29 (0.7)	31 (0.8)	31 (0.6)	33 (0.7)	31 (0.6)	34 (0.7)	32 (0.8)	41 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.6)	33 (0.6)	32 (0.5)	34 (0.7)	32 (0.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014.
- <sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>4</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	56 (2.8)	23 (1.4)	23 (1.8)	24 (1.5)	23 (1.9)	24 (1.9)	22 (1.6)	21 (1.6)	23 (1.6)	23 (2.0)
6 - 11.....	77 (3.1)	35 (2.0)	34 (2.0)	36 (2.1)	39 (2.3)	35 (2.7)	34 (2.1)	33 (2.4)	34 (2.1)	36 (2.2)
12 - 19.....	61 (3.6)	31 (1.8)	32 (2.7)	30 (1.8)	30 (2.2)	27 (2.6)	32 (2.1)	31 (2.1)	31 (2.2)	33 (2.4)
20 and over...	56 (1.7)	28 (1.2)	27 (1.3)	27 (1.3)	27 (1.6)	25 (1.6)	28 (1.2)	27 (1.1)	28 (1.1)	30 (1.6)
2 and over...	59 (1.7)	29 (1.1)	28 (1.2)	28 (1.2)	29 (1.5)	26 (1.4)	29 (1.0)	28 (0.9)	29 (0.9)	31 (1.4)
<b>131-350% poverty:</b>										
2 - 5.....	63 (6.6)	28 (3.5)	28 (4.3)	28 (4.8)	26 (2.7)	26 (2.8)	28 (2.4)	25 (2.6)	28 (1.9)	31 (3.4)
6 - 11.....	82 (2.5)	38 (2.7)	38 (2.8)	38 (2.6)	40 (2.9)	38 (3.3)	37 (3.2)	36 (4.4)	38 (2.8)	40 (2.3)
12 - 19.....	70 (4.3)	35 (2.5)	32 (1.9)	36 (3.1)	36 (3.2)	32 (2.6)	35 (2.3)	34 (2.4)	35 (2.6)	37 (3.0)
20 and over...	67 (1.2)	35 (0.9)	35 (1.3)	34 (0.9)	35 (1.5)	31 (1.4)	36 (1.3)	34 (1.2)	36 (1.3)	38 (1.6)
2 and over...	69 (0.7)	35 (0.8)	34 (1.2)	35 (0.7)	35 (1.1)	32 (1.2)	36 (1.0)	34 (1.0)	36 (1.0)	38 (1.4)
<b>Over 350% poverty:</b>										
2 - 5.....	74 (4.0)	38 (2.3)	35 (2.9)	38 (2.2)	37 (1.9)	34 (3.3)	39 (2.9)	38 (3.2)	39 (3.6)	42 (2.3)
6 - 11.....	86 (4.7)	44 (2.7)	39 (3.1)	46 (2.6)	49 (2.9)	42 (3.4)	43 (2.9)	43 (2.9)	42 (3.0)	47 (4.4)
12 - 19.....	78 (2.1)	37 (3.6)	34 (3.3)	35 (4.0)	35 (4.2)	34 (3.7)	40 (3.3)	37 (4.2)	41 (3.0)	43 (2.7)
20 and over...	72 (1.7)	37 (1.1)	36 (1.1)	36 (1.2)	35 (1.3)	33 (1.3)	38 (1.3)	37 (1.3)	38 (1.3)	39 (1.5)
2 and over...	73 (1.3)	38 (1.0)	36 (0.9)	37 (1.1)	36 (1.1)	33 (1.3)	38 (1.1)	37 (1.2)	38 (1.1)	40 (1.3)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	62 (2.8)	28 (1.4)	27 (1.7)	28 (1.8)	27 (1.2)	27 (1.2)	28 (1.1)	26 (1.3)	28 (1.1)	30 (1.4)
6 - 11.....	81 (2.0)	38 (1.5)	36 (1.5)	39 (1.5)	42 (1.9)	37 (1.8)	37 (1.6)	36 (2.3)	37 (1.4)	39 (1.4)
12 - 19.....	69 (2.1)	34 (1.2)	32 (1.2)	33 (1.3)	34 (1.5)	31 (1.4)	35 (1.4)	34 (1.5)	35 (1.5)	38 (1.5)
20 and over...	66 (1.2)	34 (0.7)	33 (0.6)	33 (0.8)	33 (1.0)	30 (0.8)	35 (0.8)	33 (0.8)	35 (0.8)	36 (0.8)
2 and over...	67 (1.1)	34 (0.6)	33 (0.5)	33 (0.7)	33 (0.9)	31 (0.7)	35 (0.7)	33 (0.8)	35 (0.7)	36 (0.7)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	20 (2.5)	25 (3.1)	44 (9.3)	30 (6.3)	23 (1.8)	22 (1.8)	24 (1.9)	22 (1.9)	22 (2.1)
6 - 11.....	33 (1.7)	36 (2.7)	36 (5.1)	28 (3.5)	33 (1.8)	38 (2.1)	31 (1.8)	32 (2.1)	29 (2.4)
12 - 19.....	29 (2.8)	27 (2.3)	29 (4.0)	35 (4.2)	28 (1.8)	32 (2.1)	34 (2.7)	32 (2.9)	23 (1.9)
20 and over...	25 (1.6)	22 (1.5)	25 (2.9)	20 (2.0)	25 (1.2)	25 (1.4)	28 (1.7)	28 (2.0)	22 (1.2)
2 and over...	26 (1.4)	24 (1.4)	28 (2.8)	24 (1.8)	26 (1.0)	27 (1.2)	29 (1.4)	28 (1.7)	23 (1.0)
<b>131-350% poverty:</b>									
2 - 5.....	24 (5.2)	24 (1.9)	40 (5.1)	23 (5.3)	27 (4.5)	24 (2.7)	27 (4.1)	20 (2.0)	21 (2.8)
6 - 11.....	34 (4.5)	35 (4.0)	39 (8.7)	33 (6.0)	34 (2.4)	38 (3.6)	36 (2.2)	35 (3.5)	30 (2.8)
12 - 19.....	28 (2.1)	28 (2.8)	33*(10.6)	28 (5.8)	31 (3.5)	29 (3.6)	33 (3.6)	30 (4.4)	25 (3.4)
20 and over...	35 (1.7)	29 (1.9)	34 (3.3)	32 (3.6)	32 (1.4)	31 (1.4)	36 (1.4)	34 (1.5)	29 (1.3)
2 and over...	34 (1.6)	29 (1.6)	34 (2.9)	31 (2.9)	32 (1.3)	31 (1.3)	35 (1.3)	33 (1.5)	28 (1.3)
<b>Over 350% poverty:</b>									
2 - 5.....	36 (4.1)	29 (3.2)	18 (4.2)	39*(13.6)	36 (3.1)	35 (4.0)	34 (3.7)	31 (3.4)	33 (5.5)
6 - 11.....	38 (4.5)	34 (3.7)	38 (9.3)	37 (8.0)	37 (3.5)	35 (2.7)	39 (3.6)	35 (3.0)	32 (4.1)
12 - 19.....	33 (3.5)	26 (4.0)	26 (5.5)	29 (4.1)	36 (5.3)	32 (4.5)	38 (3.8)	35 (5.6)	30 (4.4)
20 and over...	36 (1.5)	30 (1.3)	33 (2.5)	33 (3.1)	32 (1.2)	32 (1.1)	37 (1.1)	35 (1.3)	30 (1.3)
2 and over...	36 (1.4)	30 (1.3)	32 (2.3)	33 (2.9)	33 (1.2)	33 (1.1)	37 (0.9)	35 (1.1)	30 (1.2)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	25 (2.1)	25 (1.3)	35 (5.5)	30 (5.1)	27 (2.2)	26 (1.6)	27 (1.9)	23 (1.2)	24 (2.1)
6 - 11.....	34 (2.4)	34 (1.8)	36 (4.5)	32 (3.3)	34 (1.3)	36 (1.5)	34 (1.3)	33 (1.7)	29 (1.6)
12 - 19.....	30 (1.6)	27 (1.1)	30 (3.8)	31 (3.7)	31 (1.2)	31 (1.4)	34 (1.4)	32 (1.9)	25 (1.2)
20 and over...	33 (0.8)	27 (0.7)	31 (1.6)	30 (2.1)	30 (0.6)	30 (0.6)	34 (0.7)	33 (0.9)	28 (0.6)
2 and over...	32 (0.8)	28 (0.7)	31 (1.3)	30 (1.7)	30 (0.6)	31 (0.6)	34 (0.6)	32 (0.8)	28 (0.6)

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	21 (1.9)	22 (3.1)	19 (2.8)	23 (3.9)	25 (2.2)	23 (2.5)	22 (1.9)	23 (1.8)	23 (1.6)	
6 - 11.....	36 (1.7)	35 (2.6)	37 (2.3)	41 (2.3)	33 (1.7)	36 (4.7)	40 (2.4)	38 (2.1)	35 (2.1)	
12 - 19.....	30 (2.2)	32 (2.5)	30 (3.5)	26 (2.1)	28 (3.1)	30 (2.4)	31 (1.9)	32 (2.0)	28 (2.2)	
20 and over...	25 (1.4)	28 (1.9)	23 (1.8)	21 (1.9)	27 (1.5)	28 (2.0)	24 (0.9)	26 (1.2)	25 (1.1)	
2 and over...	26 (1.3)	29 (1.5)	25 (1.7)	24 (1.6)	27 (1.4)	29 (1.7)	27 (0.7)	28 (1.0)	26 (1.0)	
<b>131-350% poverty:</b>										
2 - 5.....	25 (3.7)	23 (4.8)	25 (3.7)	22 (5.0)	29 (3.0)	33 (6.4)	22 (2.1)	26 (2.7)	26 (2.8)	
6 - 11.....	37 (3.7)	34 (3.4)	38 (4.3)	39 (4.0)	38 (2.9)	35 (3.1)	41 (3.4)	40 (2.9)	39 (2.8)	
12 - 19.....	29 (2.2)	30 (4.2)	27 (3.9)	24 (3.4)	27 (5.3)	29 (1.9)	31 (2.7)	32 (2.3)	30 (2.2)	
20 and over...	33 (1.5)	33 (1.9)	30 (2.1)	22 (1.8)	35 (1.7)	35 (2.3)	30 (1.2)	33 (1.1)	32 (1.1)	
2 and over...	33 (1.4)	32 (1.8)	30 (1.9)	24 (1.7)	34 (1.7)	34 (2.0)	30 (1.0)	33 (1.0)	32 (1.0)	
<b>Over 350% poverty:</b>										
2 - 5.....	35 (2.8)	34 (3.5)	29 (2.9)	30 (4.2)	36 (4.1)	32 (2.9)	34 (2.8)	35 (2.4)	34 (2.6)	
6 - 11.....	38 (4.2)	34 (3.1)	43 (5.5)	29 (3.7)	40 (4.3)	30 (6.3)	36 (2.8)	39 (2.7)	41 (2.7)	
12 - 19.....	31 (3.0)	35 (4.2)	27 (5.8)	20 (3.2)	39 (2.8)	34 (3.3)	32 (4.9)	33 (3.8)	34 (3.2)	
20 and over...	35 (0.9)	32 (1.5)	30 (1.5)	24 (1.9)	35 (1.6)	36 (2.2)	32 (1.4)	35 (1.1)	33 (1.0)	
2 and over...	35 (0.8)	33 (1.3)	31 (1.2)	24 (1.6)	36 (1.4)	36 (2.0)	32 (1.3)	35 (1.0)	33 (0.9)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	26 (1.6)	25 (2.0)	23 (1.5)	24 (1.9)	29 (1.5)	28 (2.5)	25 (1.3)	27 (1.3)	26 (1.4)	
6 - 11.....	36 (2.1)	34 (1.8)	38 (2.7)	36 (2.4)	35 (1.8)	32 (3.1)	38 (1.7)	38 (1.5)	37 (1.5)	
12 - 19.....	30 (1.2)	31 (1.8)	29 (1.7)	23 (1.4)	31 (2.6)	32 (1.5)	31 (1.1)	32 (1.1)	31 (1.2)	
20 and over...	32 (0.6)	32 (1.0)	28 (0.8)	23 (1.1)	33 (1.1)	33 (1.6)	29 (0.7)	32 (0.6)	31 (0.6)	
2 and over...	32 (0.5)	31 (0.9)	29 (0.7)	24 (0.9)	33 (0.9)	33 (1.3)	30 (0.7)	32 (0.6)	31 (0.5)	

**Table 12. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	22 (2.1)	22 (1.7)	22 (1.6)	23 (2.0)	23 (1.7)	24 (1.4)	24 (7.0)	-- --
6 - 11.....	33 (2.1)	33 (2.3)	33 (2.2)	32 (1.8)	38 (1.9)	34 (2.0)	36 (5.1)	-- --
12 - 19.....	27 (2.2)	27 (1.8)	27 (2.5)	31 (2.6)	30 (2.3)	31 (2.0)	34 (5.9)	-- --
20 and over...	23 (1.2)	25 (1.2)	25 (1.2)	26 (1.3)	25 (1.2)	27 (1.3)	25 (3.2)	32 (4.0)
2 and over...	25 (1.1)	26 (1.1)	26 (1.2)	27 (1.1)	27 (1.2)	28 (1.2)	26 (3.2)	-- --
<b>131-350% poverty:</b>								
2 - 5.....	27 (4.5)	25 (2.8)	28 (3.4)	25 (3.8)	26 (2.5)	29 (3.8)	39 (8.1)	-- --
6 - 11.....	32 (2.3)	37 (2.9)	39 (3.1)	35 (2.7)	41 (3.0)	39 (2.5)	37 (6.7)	-- --
12 - 19.....	29 (3.3)	28 (2.6)	31 (2.7)	31 (2.2)	32 (2.4)	36 (2.6)	39 (4.9)	-- --
20 and over...	30 (1.1)	32 (1.0)	33 (1.2)	35 (1.3)	32 (1.1)	36 (1.2)	32 (2.5)	34 (4.1)
2 and over...	30 (1.1)	32 (1.0)	33 (1.1)	34 (1.2)	33 (1.0)	36 (1.1)	33 (2.4)	-- --
<b>Over 350% poverty:</b>								
2 - 5.....	33 (4.3)	35 (3.9)	38 (3.0)	36 (3.3)	34 (2.9)	38 (2.3)	42 (6.6)	-- --
6 - 11.....	34 (3.0)	37 (2.9)	41 (2.1)	40 (3.1)	40 (3.0)	43 (3.2)	54 (8.2)	-- --
12 - 19.....	30 (3.5)	30 (3.7)	35 (3.4)	33 (3.3)	31 (3.7)	37 (3.5)	47 (8.8)	-- --
20 and over...	31 (1.2)	34 (1.4)	33 (1.1)	36 (1.2)	34 (1.0)	38 (1.4)	36 (2.1)	49 (5.0)
2 and over...	31 (1.0)	34 (1.3)	34 (1.0)	36 (1.1)	34 (0.9)	38 (1.3)	36 (2.0)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	26 (2.3)	26 (1.7)	28 (1.8)	27 (1.5)	26 (1.3)	29 (1.5)	30 (5.4)	-- --
6 - 11.....	32 (1.2)	34 (1.5)	37 (1.6)	35 (1.6)	39 (1.6)	38 (1.3)	41 (2.2)	-- --
12 - 19.....	28 (1.2)	28 (1.2)	31 (1.5)	32 (1.3)	31 (1.1)	34 (1.0)	39 (3.4)	-- --
20 and over...	29 (0.7)	31 (0.8)	31 (0.6)	33 (0.7)	31 (0.6)	34 (0.7)	32 (0.8)	41 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.6)	33 (0.6)	32 (0.5)	34 (0.7)	32 (0.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2013-2014.
- <sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	97* (0.9)	19 (0.8)	20 (0.7)	21 (1.0)	23 (1.1)	21 (1.6)	18 (1.2)	20 (1.2)	17 (1.4)	15 (1.3)
6 - 11.....	90 (1.6)	18 (1.1)	17 (1.0)	20 (1.0)	21 (1.3)	18 (1.2)	17 (1.4)	18 (1.9)	17 (1.4)	15 (1.1)
12 - 19.....	77 (2.4)	17 (0.9)	16 (1.3)	19 (1.1)	21 (1.3)	18 (1.3)	15 (0.9)	17 (1.1)	16 (1.1)	13 (0.7)
20 - 29.....	72 (3.0)	15 (0.7)	14 (0.8)	17 (0.8)	19 (1.0)	16 (1.1)	14 (0.9)	15 (0.9)	14 (1.1)	12 (1.1)
30 - 39.....	83 (2.1)	15 (1.0)	15 (1.1)	17 (1.0)	19 (1.3)	17 (1.4)	15 (1.3)	15 (1.2)	15 (1.4)	14 (1.6)
40 - 49.....	85 (2.1)	17 (0.8)	16 (0.9)	18 (0.9)	20 (1.4)	17 (1.1)	17 (1.0)	18 (1.0)	17 (1.0)	15 (1.3)
50 - 59.....	89 (1.9)	18 (1.0)	16 (1.0)	20 (1.3)	21 (1.6)	19 (1.0)	17 (1.1)	18 (1.3)	17 (1.3)	18 (1.1)
60 - 69.....	89 (2.0)	17 (0.6)	17 (0.7)	19 (0.7)	20 (1.1)	19 (0.9)	17 (1.0)	18 (0.9)	17 (1.1)	14 (1.2)
70 and over.....	95 (1.3)	22 (0.9)	20 (1.0)	26 (1.1)	27 (1.5)	28 (1.4)	19 (1.2)	18 (1.3)	19 (1.1)	21 (1.7)
2 - 19.....	85 (1.5)	18 (0.6)	17 (0.9)	20 (0.6)	21 (0.7)	19 (0.8)	16 (0.6)	18 (0.8)	16 (0.8)	14 (0.5)
20 and over...	84 (1.0)	17 (0.3)	16 (0.3)	19 (0.5)	20 (0.6)	19 (0.5)	16 (0.4)	17 (0.5)	16 (0.4)	15 (0.6)
2 and over...	84 (0.8)	17 (0.3)	16 (0.3)	19 (0.4)	21 (0.5)	19 (0.4)	16 (0.3)	17 (0.4)	16 (0.4)	15 (0.5)
<b>Females:</b>										
2 - 5.....	95 (1.7)	19 (0.9)	20 (1.3)	19 (0.8)	22 (0.7)	17 (1.0)	17 (1.3)	19 (1.5)	17 (1.4)	14 (1.0)
6 - 11.....	90 (1.8)	19 (0.7)	19 (0.7)	20 (0.8)	22 (0.9)	18 (1.0)	18 (0.8)	20 (0.9)	18 (1.0)	16 (1.1)
12 - 19.....	74 (3.2)	15 (0.9)	14 (1.0)	17 (0.9)	18 (1.2)	15 (0.8)	14 (1.1)	15 (1.2)	14 (1.3)	12 (0.9)
20 - 29.....	78 (2.2)	16 (1.0)	16 (1.0)	18 (1.2)	19 (1.3)	16 (1.4)	15 (0.9)	16 (1.0)	15 (0.9)	13 (1.0)
30 - 39.....	85 (2.6)	18 (0.9)	18 (1.0)	19 (1.0)	20 (1.4)	20 (1.4)	17 (1.3)	18 (1.6)	17 (1.2)	17 (1.6)
40 - 49.....	87 (1.5)	16 (0.7)	15 (0.8)	18 (0.7)	20 (0.9)	17 (1.0)	15 (0.7)	16 (0.9)	15 (0.7)	14 (1.0)
50 - 59.....	89 (1.7)	17 (0.7)	16 (1.0)	20 (0.7)	23 (1.3)	20 (0.8)	16 (0.9)	17 (1.3)	17 (1.2)	15 (0.9)
60 - 69.....	92 (1.4)	18 (0.9)	17 (0.9)	20 (0.9)	21 (1.2)	20 (1.7)	16 (1.2)	17 (1.0)	16 (1.6)	16 (1.9)
70 and over.....	95 (0.9)	19 (0.7)	17 (0.9)	23 (1.0)	23 (1.0)	23 (2.1)	16 (0.7)	17 (0.9)	16 (0.7)	13 (1.0)
2 - 19.....	84 (1.9)	17 (0.5)	17 (0.6)	19 (0.5)	20 (0.7)	16 (0.5)	16 (0.7)	17 (0.8)	16 (0.8)	14 (0.6)
20 and over...	87 (0.8)	17 (0.4)	17 (0.3)	20 (0.4)	21 (0.6)	19 (0.5)	16 (0.5)	17 (0.5)	16 (0.6)	15 (0.6)
2 and over...	87 (0.8)	17 (0.3)	17 (0.3)	19 (0.4)	21 (0.5)	19 (0.4)	16 (0.5)	17 (0.5)	16 (0.5)	15 (0.5)
<b>Males and females:</b>										
2 - 19.....	84 (1.5)	18 (0.4)	17 (0.5)	19 (0.5)	21 (0.5)	18 (0.5)	16 (0.4)	17 (0.5)	16 (0.4)	14 (0.3)
20 and over...	86 (0.7)	17 (0.3)	16 (0.2)	19 (0.4)	21 (0.5)	19 (0.4)	16 (0.3)	17 (0.3)	16 (0.4)	15 (0.5)
2 and over...	86 (0.6)	17 (0.2)	16 (0.2)	19 (0.3)	21 (0.4)	19 (0.3)	16 (0.3)	17 (0.2)	16 (0.3)	15 (0.4)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	30 (2.4)	34 (1.4)	4* (1.2)	4* (1.7)	28 (1.1)	33 (0.7)	25 (1.0)	32 (1.5)	36 (2.0)
6 - 11.....	28 (3.0)	34 (1.9)	14* (7.4)	6 (1.4)	27 (1.1)	31 (1.2)	23 (1.1)	30 (1.7)	36 (1.8)
12 - 19.....	27 (2.4)	33 (2.3)	5 (1.2)	4 (0.6)	27 (2.4)	30 (2.1)	20 (2.4)	25 (3.2)	32 (3.4)
20 - 29.....	27 (3.9)	26 (2.1)	8* (2.6)	10* (3.2)	20 (1.1)	25 (1.3)	16 (1.6)	21 (2.2)	24 (2.5)
30 - 39.....	26 (1.7)	28 (2.8)	4 (0.8)	5* (1.7)	21 (1.3)	26 (1.4)	19 (1.7)	24 (2.9)	25 (2.5)
40 - 49.....	27 (2.0)	27 (2.0)	5 (1.3)	6* (2.0)	22 (1.2)	27 (0.9)	16 (1.0)	17 (1.4)	24 (1.6)
50 - 59.....	29 (2.8)	28 (2.1)	4 (1.1)	4* (1.8)	24 (1.3)	29 (1.5)	19 (1.2)	24 (2.2)	32 (2.9)
60 - 69.....	30 (2.9)	29 (2.5)	8* (3.2)	8* (3.8)	25 (1.2)	30 (1.3)	19 (0.8)	22 (1.3)	29 (1.8)
70 and over.....	29 (3.2)	36 (2.8)	10 (2.3)	17 (4.1)	34 (2.0)	37 (2.0)	27 (1.9)	34 (2.2)	44 (2.8)
2 - 19.....	28 (2.0)	34 (1.4)	8* (3.2)	5 (0.5)	27 (1.3)	31 (0.9)	21 (1.4)	27 (1.8)	34 (1.9)
20 and over...	28 (0.9)	29 (0.8)	6 (0.7)	8 (1.2)	24 (0.6)	28 (0.5)	18 (0.5)	23 (0.9)	28 (0.8)
2 and over...	28 (0.7)	30 (0.6)	7 (0.6)	7 (0.9)	24 (0.5)	29 (0.4)	19 (0.5)	24 (0.7)	30 (0.8)
<b>Females:</b>									
2 - 5.....	32 (3.0)	34 (1.3)	6* (1.9)	4* (2.3)	28 (1.3)	32 (1.6)	24 (1.6)	31 (1.6)	39 (2.9)
6 - 11.....	30 (2.0)	35 (1.8)	4 (0.7)	6* (1.9)	28 (1.2)	31 (1.3)	24 (1.2)	30 (1.8)	32 (2.1)
12 - 19.....	21 (2.3)	28 (1.9)	5 (1.4)	5* (2.6)	23 (1.3)	26 (1.7)	18 (1.3)	23 (1.5)	30 (2.7)
20 - 29.....	26 (2.5)	28 (1.9)	7 (1.6)	5 (1.3)	23 (1.6)	29 (1.5)	20 (1.5)	24 (2.2)	29 (2.5)
30 - 39.....	28 (2.6)	29 (2.7)	21* (6.3)	9 (2.8)	24 (1.7)	29 (1.5)	18 (1.0)	20 (1.3)	27 (2.0)
40 - 49.....	25 (2.3)	23 (1.3)	9 (2.6)	5 (1.5)	21 (0.9)	28 (1.1)	17 (0.8)	19 (0.9)	22 (1.0)
50 - 59.....	25 (2.9)	28 (2.0)	8* (2.5)	2* (0.6)	24 (1.4)	32 (1.4)	19 (1.1)	23 (1.5)	27 (2.0)
60 - 69.....	26 (1.7)	26 (1.8)	6 (1.6)	9* (5.4)	25 (1.3)	31 (1.0)	19 (1.1)	23 (1.6)	27 (1.9)
70 and over.....	24 (3.0)	25 (1.3)	5 (1.1)	7* (2.3)	28 (1.4)	33 (1.2)	23 (1.3)	27 (1.6)	33 (1.7)
2 - 19.....	26 (1.3)	32 (1.2)	5 (0.9)	5 (1.4)	26 (0.9)	29 (1.1)	21 (0.9)	27 (1.2)	32 (1.7)
20 and over...	26 (1.2)	26 (0.7)	10 (1.7)	6 (1.1)	24 (0.7)	30 (0.5)	19 (0.4)	23 (0.5)	27 (0.6)
2 and over...	26 (1.0)	28 (0.6)	9 (1.5)	6 (1.1)	24 (0.6)	30 (0.4)	19 (0.4)	24 (0.5)	29 (0.6)
<b>Males and females:</b>									
2 - 19.....	27 (1.3)	33 (0.9)	7 (1.7)	5 (0.7)	26 (0.8)	30 (0.7)	21 (1.0)	27 (1.0)	33 (1.0)
20 and over...	27 (0.8)	28 (0.6)	8 (1.0)	7 (0.9)	24 (0.5)	29 (0.4)	19 (0.4)	23 (0.6)	28 (0.5)
2 and over...	27 (0.6)	29 (0.5)	8 (0.8)	7 (0.8)	24 (0.4)	29 (0.3)	19 (0.4)	24 (0.5)	29 (0.5)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	28	(1.5)	38	(1.6)	22	(2.2)	38	(2.3)	16	(1.7)	10	(1.1)	28	(1.2)	24	(0.7)	23	(0.8)
6 - 11.....	26	(2.0)	35	(1.6)	27	(3.2)	40	(1.9)	18	(1.9)	22*	(9.7)	26	(1.4)	22	(1.1)	20	(1.0)
12 - 19.....	25	(1.5)	30	(3.5)	31	(3.1)	40	(2.4)	19	(3.6)	9	(0.8)	23	(1.2)	21	(1.0)	19	(0.8)
20 - 29.....	23	(2.3)	24	(2.4)	23	(2.8)	32	(2.9)	16	(2.1)	10*	(3.2)	19	(0.9)	17	(1.0)	16	(0.9)
30 - 39.....	21	(1.3)	27	(2.5)	20	(3.0)	35	(2.0)	16	(1.3)	8	(1.1)	21	(1.1)	18	(1.2)	18	(1.1)
40 - 49.....	21	(1.6)	23	(2.1)	18	(3.4)	30	(4.9)	17	(1.5)	10	(1.6)	22	(0.9)	19	(0.9)	18	(1.0)
50 - 59.....	24	(1.7)	30	(2.7)	23	(2.4)	39	(3.0)	20	(1.3)	8	(0.9)	24	(2.0)	20	(1.3)	19	(1.1)
60 - 69.....	25	(1.7)	27	(2.4)	27	(2.5)	33	(4.1)	19	(2.2)	7	(1.0)	24	(1.4)	21	(0.8)	21	(0.8)
70 and over.....	28	(1.8)	37	(3.1)	39	(2.0)	41	(2.7)	31	(3.6)	15	(4.0)	30	(1.2)	26	(1.1)	29	(1.4)
2 - 19.....	25	(1.3)	33	(1.8)	28	(2.2)	39	(1.4)	18	(1.9)	14	(3.6)	25	(0.9)	22	(0.7)	20	(0.6)
20 and over...	23	(0.4)	27	(1.1)	24	(0.8)	34	(2.0)	19	(0.7)	9	(0.8)	22	(0.6)	19	(0.4)	19	(0.4)
2 and over...	24	(0.4)	28	(0.9)	25	(0.9)	36	(1.6)	18	(0.7)	10	(0.8)	23	(0.6)	20	(0.3)	19	(0.3)
<b>Females:</b>																		
2 - 5.....	29	(1.7)	37	(2.0)	18	(2.0)	40	(2.0)	16	(1.7)	11	(1.6)	27	(1.6)	24	(1.3)	21	(1.1)
6 - 11.....	27	(1.4)	37	(2.9)	22	(2.0)	42	(2.5)	16	(1.3)	9	(0.9)	26	(1.2)	23	(0.8)	20	(0.9)
12 - 19.....	21	(1.6)	28	(1.4)	22	(2.6)	39	(1.3)	14	(1.6)	7	(0.9)	21	(1.2)	18	(1.2)	17	(0.9)
20 - 29.....	23	(1.6)	28	(2.0)	22	(2.2)	36	(2.4)	18	(1.5)	9	(0.9)	23	(1.5)	19	(1.0)	19	(1.1)
30 - 39.....	25	(1.6)	23	(2.2)	27	(2.8)	39	(2.6)	20	(1.4)	21*	(7.2)	24	(1.6)	21	(1.1)	22	(1.2)
40 - 49.....	23	(1.3)	23	(1.0)	19	(2.2)	32	(1.5)	17	(0.6)	12	(2.5)	21	(0.9)	18	(0.8)	18	(1.0)
50 - 59.....	24	(1.9)	29	(2.9)	22	(3.1)	39	(3.1)	19	(1.3)	11	(3.1)	25	(1.6)	21	(1.1)	22	(0.9)
60 - 69.....	24	(1.4)	25	(1.6)	24	(3.4)	33	(3.2)	19	(2.1)	8	(1.0)	26	(1.0)	22	(1.0)	22	(1.6)
70 and over.....	24	(1.8)	30	(1.9)	28	(1.9)	36	(2.7)	21	(2.1)	6	(0.6)	27	(1.4)	23	(1.0)	24	(1.2)
2 - 19.....	24	(0.9)	33	(1.6)	21	(1.5)	40	(1.2)	15	(0.7)	8	(0.7)	24	(0.8)	21	(0.7)	19	(0.5)
20 and over...	24	(0.8)	26	(0.9)	23	(1.0)	36	(1.3)	19	(0.6)	12	(1.7)	24	(0.4)	21	(0.3)	21	(0.3)
2 and over...	24	(0.6)	28	(0.9)	23	(0.9)	37	(1.0)	18	(0.5)	11	(1.4)	24	(0.4)	21	(0.3)	21	(0.3)
<b>Males and females:</b>																		
2 - 19.....	25	(0.9)	33	(1.1)	25	(1.5)	40	(1.0)	17	(1.3)	11	(2.0)	25	(0.6)	21	(0.4)	19	(0.3)
20 and over...	24	(0.4)	27	(0.9)	24	(0.7)	35	(1.2)	19	(0.5)	11	(1.0)	23	(0.4)	20	(0.3)	20	(0.3)
2 and over...	24	(0.3)	28	(0.7)	24	(0.7)	36	(1.0)	18	(0.5)	11	(0.8)	24	(0.4)	20	(0.2)	20	(0.2)

**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	35 (1.7)	29 (1.2)	20 (0.9)	20 (0.8)	22 (0.8)	17 (0.9)	11 (2.8)	-- --
6 - 11.....	32 (1.3)	25 (1.2)	17 (0.7)	18 (1.1)	20 (1.2)	16 (0.9)	9* (2.8)	-- --
12 - 19.....	31 (3.1)	24 (3.4)	17 (0.9)	18 (1.3)	20 (1.0)	15 (0.8)	17 (5.1)	-- --
20 - 29.....	23 (1.8)	18 (1.3)	16 (1.7)	15 (1.0)	17 (1.0)	13 (0.8)	30 (4.3)	-- --
30 - 39.....	23 (1.4)	17 (1.1)	15 (0.9)	16 (1.1)	18 (1.0)	15 (1.2)	44 (4.4)	-- --
40 - 49.....	25 (2.0)	20 (1.4)	17 (0.9)	18 (1.1)	18 (0.9)	15 (1.1)	38 (4.1)	-- --
50 - 59.....	30 (2.3)	21 (1.2)	19 (1.1)	18 (1.1)	21 (0.9)	16 (1.0)	40 (4.5)	-- --
60 - 69.....	30 (2.1)	23 (1.2)	17 (1.0)	18 (0.7)	21 (0.7)	15 (0.7)	43 (4.2)	-- --
70 and over.....	42 (2.4)	33 (2.9)	25 (1.2)	22 (1.2)	27 (1.0)	17 (1.0)	51 (3.8)	-- --
2 - 19.....	32 (1.7)	25 (1.8)	17 (0.6)	18 (0.9)	20 (0.7)	16 (0.5)	15 (4.0)	-- --
20 and over...	27 (0.8)	21 (0.5)	18 (0.4)	17 (0.3)	19 (0.3)	15 (0.5)	40 (1.9)	#
2 and over...	28 (0.7)	22 (0.6)	18 (0.3)	18 (0.3)	20 (0.2)	15 (0.3)	39 (1.8)	-- --
<b>Females:</b>								
2 - 5.....	34 (1.7)	30 (1.8)	18 (1.3)	20 (1.4)	21 (0.9)	17 (1.1)	11* (3.5)	-- --
6 - 11.....	32 (1.6)	25 (1.7)	18 (0.9)	21 (1.1)	20 (0.8)	18 (1.0)	16 (4.5)	-- --
12 - 19.....	28 (1.7)	21 (1.3)	15 (0.9)	14 (1.0)	17 (1.0)	13 (0.8)	23* (8.2)	-- --
20 - 29.....	27 (2.1)	21 (1.4)	17 (1.5)	18 (1.0)	18 (0.9)	14 (0.7)	38 (5.5)	-- --
30 - 39.....	26 (1.8)	19 (1.3)	18 (1.2)	19 (1.2)	22 (1.0)	16 (1.0)	45 (2.7)	-- --
40 - 49.....	22 (1.2)	17 (0.7)	16 (0.9)	17 (1.0)	19 (1.1)	14 (0.9)	47 (2.5)	-- --
50 - 59.....	28 (1.7)	21 (1.5)	18 (0.9)	17 (1.0)	22 (0.8)	14 (0.9)	44 (6.1)	-- --
60 - 69.....	29 (1.4)	23 (1.6)	18 (1.3)	19 (0.7)	21 (1.3)	15 (0.8)	46 (3.4)	-- --
70 and over.....	33 (2.1)	25 (1.8)	20 (1.0)	19 (1.2)	24 (0.9)	14 (0.7)	55 (2.3)	-- --
2 - 19.....	30 (1.0)	24 (1.1)	16 (0.6)	18 (0.5)	19 (0.6)	15 (0.6)	22* (6.8)	-- --
20 and over...	27 (0.7)	21 (0.4)	18 (0.5)	18 (0.4)	21 (0.3)	14 (0.4)	46 (1.9)	#
2 and over...	28 (0.6)	22 (0.5)	18 (0.4)	18 (0.3)	21 (0.3)	15 (0.3)	45 (1.8)	-- --
<b>Males and females:</b>								
2 - 19.....	31 (1.0)	25 (1.0)	17 (0.3)	18 (0.6)	20 (0.5)	15 (0.4)	18 (4.5)	-- --
20 and over...	27 (0.6)	21 (0.4)	18 (0.3)	18 (0.2)	20 (0.3)	15 (0.3)	43 (1.6)	#
2 and over...	28 (0.5)	22 (0.4)	18 (0.2)	18 (0.2)	20 (0.2)	15 (0.2)	42 (1.5)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.9)	19 (0.7)	18 (1.1)	21 (0.8)	23 (0.7)	20 (1.6)	16 (1.0)	18 (1.2)	15 (1.2)	13 (0.9)
6 - 11.....	92 (1.6)	17 (0.9)	17 (0.8)	19 (0.9)	20 (1.4)	17 (0.9)	16 (1.4)	17 (1.8)	16 (1.3)	15 (1.3)
12 - 19.....	76 (3.8)	16 (1.1)	14 (1.2)	19 (1.5)	20 (1.8)	17 (1.7)	14 (0.8)	15 (1.1)	14 (0.9)	12 (0.7)
20 and over...	88 (0.6)	16 (0.3)	15 (0.2)	19 (0.5)	21 (0.6)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.4)	14 (0.5)
2 and over...	88 (0.6)	16 (0.3)	15 (0.2)	19 (0.4)	21 (0.6)	18 (0.3)	15 (0.3)	16 (0.3)	15 (0.3)	14 (0.4)
<b>Non-Hispanic Black:</b>										
2 - 5.....	89 (3.5)	18 (1.2)	20 (1.6)	19 (1.4)	21 (1.9)	16 (1.3)	16 (1.4)	20 (1.7)	16 (1.5)	12 (1.0)
6 - 11.....	83 (3.2)	18 (1.3)	17 (1.3)	19 (1.3)	21 (1.2)	16 (1.1)	17 (1.5)	18 (1.6)	18 (1.6)	15 (1.6)
12 - 19.....	61 (3.3)	13 (1.0)	13 (1.8)	14 (0.9)	16 (1.2)	13 (1.2)	12 (1.3)	13 (1.4)	12 (1.4)	10 (1.1)
20 and over...	75 (1.0)	16 (0.6)	15 (0.6)	17 (0.6)	18 (0.7)	16 (0.7)	16 (0.8)	18 (0.9)	16 (0.9)	13 (0.6)
2 and over...	75 (0.8)	16 (0.6)	15 (0.7)	17 (0.5)	18 (0.6)	16 (0.6)	15 (0.8)	17 (0.8)	16 (0.8)	13 (0.6)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
2 - 5.....	95* (1.5)	19* (1.7)	21* (1.7)	18* (2.0)	20* (3.2)	20* (3.3)	20* (2.4)	22* (4.0)	20* (1.6)	18* (1.6)
6 - 11.....	95* (3.0)	16* (0.7)	17* (1.3)	16* (1.0)	19* (1.8)	15* (2.2)	17* (1.4)	19* (1.4)	16* (2.4)	15* (2.4)
12 - 19.....	75 (7.6)	15 (2.0)	14 (2.0)	17 (2.1)	20 (3.7)	17 (2.7)	13 (2.1)	16 (2.4)	14 (2.3)	11* (2.2)
20 and over...	83 (2.7)	17 (0.8)	16 (0.8)	19 (0.8)	21 (1.4)	18 (0.9)	17 (1.0)	19 (1.2)	16 (1.0)	16 (1.4)
2 and over...	84 (2.3)	17 (0.7)	16 (0.8)	18 (0.7)	21 (1.0)	18 (0.9)	16 (0.9)	19 (1.0)	16 (0.9)	15 (1.3)
<b>Hispanic:</b>										
2 - 5.....	94* (1.4)	21 (1.6)	23 (1.8)	21 (1.5)	23 (1.4)	20 (1.4)	21 (1.9)	21 (2.0)	21 (1.9)	19 (1.8)
6 - 11.....	87 (3.3)	22 (2.1)	21 (2.5)	24 (2.3)	25 (2.2)	21 (2.5)	20 (1.7)	22 (2.0)	20 (1.6)	18 (1.6)
12 - 19.....	80 (2.6)	20 (1.4)	21 (2.7)	19 (1.1)	20 (1.3)	18 (1.2)	19 (1.5)	20 (1.7)	20 (1.8)	17 (1.1)
20 and over...	87 (2.0)	22 (0.7)	23 (0.7)	24 (0.9)	24 (1.1)	24 (0.9)	22 (0.8)	23 (0.8)	22 (0.9)	21 (1.0)
2 and over...	86 (1.6)	22 (0.6)	22 (0.8)	23 (0.6)	23 (0.8)	23 (0.8)	21 (0.7)	22 (0.6)	22 (0.8)	20 (0.8)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	24 (2.6)	31 (1.3)	2* (0.5)	1* (0.3)	29 (1.2)	32 (1.5)	25 (1.2)	32 (1.6)	39 (2.6)
6 - 11.....	28 (3.9)	32 (1.9)	12* (7.2)	3* (0.9)	25 (1.0)	29 (0.8)	22 (1.2)	28 (1.6)	34 (2.0)
12 - 19.....	21 (2.8)	29 (2.5)	3* (1.3)	2* (1.1)	26 (2.7)	28 (2.8)	18 (2.6)	24 (3.1)	33 (3.2)
20 and over...	25 (1.2)	27 (0.9)	7 (1.4)	6 (0.9)	23 (0.6)	29 (0.5)	19 (0.5)	23 (0.7)	29 (0.5)
2 and over...	24 (1.1)	28 (0.8)	7 (1.2)	5 (0.8)	24 (0.6)	29 (0.4)	19 (0.5)	24 (0.6)	30 (0.7)
<b>Non-Hispanic Black:</b>									
2 - 5.....	32 (4.6)	40 (2.1)	7* (2.1)	3* (1.9)	28 (2.1)	35 (2.0)	23 (2.1)	31 (2.9)	38 (5.1)
6 - 11.....	27 (3.8)	35 (2.6)	4* (1.2)	6* (2.7)	28 (1.8)	32 (2.0)	24 (2.0)	30 (2.9)	30 (2.3)
12 - 19.....	24 (2.7)	30 (2.4)	6* (2.5)	2* (0.8)	21 (1.1)	26 (2.0)	16 (1.1)	22 (1.4)	26 (2.5)
20 and over...	26 (1.5)	26 (1.3)	4 (0.9)	4 (1.0)	23 (0.8)	26 (0.9)	17 (0.5)	20 (0.6)	24 (1.4)
2 and over...	26 (1.5)	28 (1.3)	4 (0.9)	4 (0.7)	23 (0.6)	27 (0.8)	17 (0.5)	21 (0.6)	25 (1.0)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
2 - 5.....	25* (5.7)	35* (3.1)	17* (9.7)	11* (6.9)	26* (1.2)	30* (1.1)	23* (1.6)	30* (1.9)	29* (3.0)
6 - 11.....	25 (5.3)	29 (4.4)	2* (0.8)	11* (8.8)	23 (2.4)	30 (2.8)	19* (2.3)	23 (3.5)	26 (4.5)
12 - 19.....	15 (4.1)	23 (4.0)	4* (2.3)	19*(15.6)	22 (2.3)	25 (2.8)	16 (1.9)	19 (3.1)	25 (3.5)
20 and over...	25 (2.1)	21 (1.1)	8 (1.6)	5 (1.6)	20 (0.6)	27 (0.7)	15 (0.6)	16 (0.6)	20 (1.1)
2 and over...	24 (1.7)	23 (1.2)	7 (1.5)	8* (3.0)	21 (0.5)	27 (0.7)	16 (0.7)	17 (0.6)	22 (1.1)
<b>Hispanic:</b>									
2 - 5.....	37 (4.3)	37 (1.9)	13 (2.6)	9* (4.6)	28 (1.9)	31 (1.6)	26 (1.7)	31 (1.9)	33 (2.0)
6 - 11.....	30 (2.5)	39 (2.5)	13* (4.8)	10* (3.5)	31 (2.7)	35 (2.3)	27 (2.4)	33 (2.2)	37 (2.6)
12 - 19.....	34 (3.5)	36 (2.0)	12* (3.7)	8 (1.7)	27 (1.5)	33 (1.8)	23 (2.1)	28 (2.2)	30 (1.8)
20 and over...	37 (1.6)	33 (1.6)	16 (1.8)	14 (2.3)	28 (1.4)	32 (1.6)	23 (1.1)	25 (1.7)	30 (1.9)
2 and over...	36 (1.1)	34 (0.9)	15 (1.5)	12 (1.7)	28 (1.0)	32 (1.2)	23 (1.1)	27 (1.4)	31 (1.3)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	24	(1.2)	38	(1.7)	21	(3.2)	38	(1.8)	15	(2.3)	9	(1.2)	27	(1.2)	23	(1.0)	22	(1.1)
6 - 11.....	26	(2.6)	35	(1.3)	25	(3.1)	37	(1.5)	17	(1.9)	20*	(8.4)	24	(1.2)	21	(0.7)	18	(0.7)
12 - 19.....	20	(1.7)	28	(3.8)	30	(4.1)	39	(3.2)	19	(4.6)	6	(1.0)	22	(1.8)	19	(1.3)	18	(1.2)
20 and over...	22	(0.6)	28	(1.0)	25	(1.0)	34	(1.7)	19	(0.7)	10	(1.4)	22	(0.6)	19	(0.3)	20	(0.3)
2 and over...	22	(0.6)	28	(0.8)	25	(1.0)	35	(1.5)	19	(0.7)	10	(1.2)	23	(0.6)	19	(0.3)	20	(0.3)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	30	(2.8)	39	(2.9)	19	(2.8)	44	(1.9)	13	(1.0)	8*	(1.4)	30	(1.9)	25	(1.6)	21	(1.3)
6 - 11.....	24	(2.6)	36	(3.3)	24	(1.9)	43	(2.7)	13	(1.6)	8	(1.5)	25	(1.9)	21	(1.3)	18	(1.1)
12 - 19.....	22	(2.5)	27	(3.0)	23	(3.3)	38	(3.1)	11	(1.4)	9*	(3.0)	20	(2.0)	17	(2.2)	15	(1.5)
20 and over...	21	(1.2)	21	(0.9)	23	(1.4)	33	(1.3)	16	(0.8)	7	(1.2)	23	(1.1)	18	(0.7)	17	(0.6)
2 and over...	22	(1.2)	24	(1.2)	23	(1.2)	35	(1.1)	15	(0.6)	8	(1.1)	23	(0.9)	19	(0.8)	17	(0.6)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
2 - 5.....	25*	(3.0)	32*	(2.6)	18*	(5.5)	33*	(3.9)	21*	(3.3)	14*	(3.6)	29*	(4.6)	24*	(2.9)	21*	(1.9)
6 - 11.....	23	(2.7)	33	(4.0)	17*	(3.5)	38	(4.8)	20*	(3.5)	7*	(0.9)	30	(2.6)	21*	(1.4)	19*	(1.6)
12 - 19.....	16	(3.1)	28	(4.3)	20*	(8.0)	33	(5.5)	13	(3.9)	5*	(1.8)	22	(3.1)	17	(2.5)	15	(2.4)
20 and over...	22	(1.3)	22	(1.3)	14	(1.3)	33	(2.6)	14	(1.1)	10	(2.2)	26	(1.1)	20	(0.9)	19	(0.9)
2 and over...	21	(1.1)	24	(1.1)	15	(0.9)	34	(2.3)	15	(1.1)	10	(2.0)	26	(1.1)	20	(0.9)	19	(0.9)
<b>Hispanic:</b>																		
2 - 5.....	33	(2.3)	37	(2.0)	21	(2.1)	39	(1.7)	20	(2.0)	14	(2.1)	27	(2.0)	25	(1.6)	23	(1.3)
6 - 11.....	29	(2.3)	40	(3.1)	24	(3.1)	46	(2.4)	19	(2.5)	14	(2.5)	30	(2.8)	26	(2.5)	24	(2.2)
12 - 19.....	31	(2.8)	33	(2.3)	26	(3.1)	43	(2.0)	19	(1.9)	14	(2.4)	26	(1.7)	24	(1.9)	22	(1.6)
20 and over...	31	(1.2)	30	(2.5)	25	(1.8)	41	(2.3)	22	(1.0)	15	(1.9)	27	(1.3)	26	(0.9)	24	(0.8)
2 and over...	31	(0.9)	32	(2.0)	24	(1.3)	41	(1.6)	21	(0.9)	15	(1.5)	27	(0.9)	25	(0.8)	24	(0.7)

**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	36 (1.3)	30 (1.8)	19 (1.2)	18 (1.0)	21 (0.8)	15 (0.6)	12* (1.3)	-- --
6 - 11.....	31 (1.3)	24 (0.9)	15 (0.6)	18 (1.0)	19 (1.0)	15 (0.8)	12* (3.9)	-- --
12 - 19.....	31 (3.3)	23 (3.5)	15 (1.2)	15 (1.3)	18 (1.3)	13 (1.0)	21* (7.4)	-- --
20 and over...	28 (0.6)	21 (0.5)	17 (0.3)	16 (0.3)	20 (0.3)	13 (0.3)	43 (1.6)	#
2 and over...	29 (0.7)	21 (0.6)	17 (0.2)	16 (0.3)	20 (0.2)	13 (0.2)	41 (1.6)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	32 (2.4)	28 (2.3)	17 (1.7)	20 (2.1)	21 (1.4)	17 (1.6)	16* (8.3)	-- --
6 - 11.....	31 (2.5)	24 (1.5)	15 (1.0)	18 (2.0)	20 (1.1)	17 (1.3)	8* (1.8)	-- --
12 - 19.....	23 (1.4)	20 (2.1)	13 (1.6)	14 (1.1)	15 (1.5)	12 (1.1)	11 (3.1)	-- --
20 and over...	25 (1.0)	18 (0.9)	16 (0.6)	17 (0.7)	17 (0.7)	16 (0.6)	43 (2.8)	#
2 and over...	25 (0.8)	19 (0.9)	16 (0.6)	16 (0.7)	17 (0.7)	15 (0.6)	40 (2.5)	-- --
<b>Non-Hispanic Asian<sup>4</sup>:</b>								
2 - 5.....	33* (3.0)	23* (6.1)	16* (2.7)	20* (2.5)	21* (1.5)	19* (2.3)	14*(10.6)	-- --
6 - 11.....	24 (3.0)	22* (4.3)	16* (1.2)	18* (2.2)	19* (1.5)	15* (1.2)	12* (7.4)	-- --
12 - 19.....	26 (3.2)	18 (3.4)	14 (2.7)	15 (3.2)	16 (2.8)	14 (2.0)	3* (1.5)	-- --
20 and over...	22 (0.9)	17 (0.7)	17 (0.9)	17 (0.8)	19 (0.7)	14 (1.0)	44 (2.5)	#
2 and over...	23 (0.9)	18 (0.9)	16 (1.0)	17 (0.9)	19 (0.7)	14 (0.9)	42 (2.4)	-- --
<b>Hispanic:</b>								
2 - 5.....	33 (1.7)	30 (1.6)	22 (1.4)	24 (2.1)	23 (1.3)	20 (2.1)	9* (1.3)	-- --
6 - 11.....	35 (2.9)	28 (2.4)	21 (2.1)	23 (2.8)	24 (2.0)	20 (2.3)	10 (3.0)	-- --
12 - 19.....	29 (1.1)	27 (3.3)	20 (1.4)	22 (2.7)	22 (1.5)	19 (1.3)	19 (2.6)	-- --
20 and over...	30 (1.3)	24 (1.1)	24 (1.1)	25 (0.9)	25 (0.7)	22 (1.0)	48 (2.6)	1* (0.6)
2 and over...	31 (0.9)	25 (1.0)	23 (0.9)	25 (0.9)	24 (0.7)	21 (0.7)	45 (2.6)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	95* (1.9)	22 (1.6)	23 (1.6)	22 (1.8)	24 (1.8)	19 (1.8)	20 (1.8)	23 (1.7)	20 (1.9)	18 (2.0)
6 - 11.....	88 (2.3)	20 (1.4)	20 (1.7)	22 (1.4)	24 (1.5)	20 (1.8)	18 (1.5)	19 (1.4)	18 (1.8)	16 (1.7)
12 - 19.....	68 (4.3)	15 (1.3)	15 (1.6)	15 (1.4)	15 (1.7)	15 (1.2)	16 (1.4)	17 (1.5)	17 (1.6)	13 (1.3)
20 and over...	80 (1.5)	17 (0.5)	17 (0.5)	18 (0.6)	19 (0.6)	19 (0.9)	16 (0.8)	16 (0.6)	17 (0.9)	16 (0.9)
2 and over...	80 (1.0)	17 (0.4)	17 (0.5)	19 (0.5)	19 (0.4)	19 (0.7)	17 (0.7)	17 (0.6)	17 (0.8)	16 (0.8)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	94 (1.9)	17 (0.9)	18 (0.8)	18 (1.3)	21 (1.2)	19 (2.4)	16 (1.3)	18 (1.2)	16 (1.6)	14 (1.2)
6 - 11.....	85 (3.1)	20 (1.3)	19 (1.1)	21 (1.4)	23 (1.9)	17 (1.4)	19 (1.8)	21 (2.5)	19 (1.6)	18 (1.8)
12 - 19.....	74 (4.5)	18 (1.1)	17 (2.0)	19 (1.1)	21 (1.4)	18 (1.6)	16 (1.3)	18 (1.4)	16 (1.5)	13 (1.1)
20 and over...	86 (1.0)	18 (0.5)	17 (0.4)	20 (0.5)	21 (0.6)	20 (0.6)	17 (0.7)	18 (0.6)	18 (0.9)	16 (0.8)
2 and over...	85 (0.9)	18 (0.4)	17 (0.4)	20 (0.4)	21 (0.6)	19 (0.6)	17 (0.7)	18 (0.7)	17 (0.8)	15 (0.7)
<b>\$75,000 and higher:</b>										
2 - 5.....	99* (1.0)	18 (0.7)	18 (1.3)	20 (0.8)	22 (1.1)	19 (1.0)	15 (1.1)	17 (1.5)	15 (1.3)	12 (0.9)
6 - 11.....	95* (1.2)	17 (0.7)	16 (1.0)	18 (0.7)	18 (1.0)	17 (1.4)	15 (1.0)	16 (1.3)	16 (1.3)	13 (0.8)
12 - 19.....	81 (5.0)	17 (1.2)	15 (1.0)	20 (1.6)	22 (2.2)	18 (1.3)	13 (0.9)	14 (1.1)	14 (0.9)	13 (1.1)
20 and over...	91 (0.9)	16 (0.4)	15 (0.4)	19 (0.5)	22 (0.5)	18 (0.4)	15 (0.5)	16 (0.4)	15 (0.6)	14 (0.7)
2 and over...	90 (1.0)	16 (0.4)	15 (0.4)	19 (0.5)	22 (0.5)	18 (0.4)	15 (0.4)	16 (0.4)	15 (0.5)	14 (0.6)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	96 (1.0)	19 (0.7)	20 (0.8)	20 (0.7)	22 (0.7)	19 (1.1)	17 (0.9)	19 (1.0)	17 (1.0)	15 (0.7)
6 - 11.....	90 (1.6)	19 (0.7)	18 (0.7)	20 (0.7)	22 (0.8)	18 (0.8)	17 (0.8)	18 (1.1)	17 (0.9)	15 (0.7)
12 - 19.....	75 (2.4)	16 (0.7)	15 (0.9)	18 (0.9)	20 (1.1)	17 (0.8)	15 (0.6)	16 (0.7)	15 (0.6)	13 (0.4)
20 and over...	86 (0.7)	17 (0.3)	16 (0.2)	19 (0.4)	21 (0.5)	19 (0.4)	16 (0.3)	17 (0.3)	16 (0.4)	15 (0.5)
2 and over...	86 (0.6)	17 (0.2)	16 (0.2)	19 (0.3)	21 (0.4)	19 (0.3)	16 (0.3)	17 (0.2)	16 (0.3)	15 (0.4)

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	39 (3.3)	38 (2.1)	5* (1.4)	8* (4.6)	30 (1.6)	34 (1.4)	26 (1.5)	32 (1.9)	38 (1.7)
6 - 11.....	28 (2.7)	38 (2.2)	7 (2.0)	10* (3.1)	30 (2.2)	34 (2.0)	26 (2.2)	32 (2.7)	36 (2.7)
12 - 19.....	26 (3.1)	29 (1.8)	10 (2.7)	6* (2.5)	22 (1.4)	26 (1.7)	16 (1.6)	20 (2.3)	27 (2.1)
20 and over...	26 (1.6)	25 (1.1)	7 (1.1)	8 (1.7)	23 (0.8)	27 (0.6)	20 (0.9)	24 (1.5)	27 (1.5)
2 and over...	27 (1.5)	27 (0.9)	7 (0.9)	8 (1.3)	24 (0.6)	28 (0.5)	20 (0.7)	24 (1.1)	28 (1.0)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	31 (4.0)	32 (2.2)	5* (1.9)	5* (1.9)	27 (1.6)	31 (1.2)	23 (1.6)	31 (1.7)	35 (1.9)
6 - 11.....	30 (2.9)	33 (2.2)	5 (0.7)	6* (1.9)	28 (1.4)	31 (1.3)	23 (1.9)	28 (2.2)	32 (1.9)
12 - 19.....	27 (3.1)	32 (3.4)	5 (1.1)	6* (3.5)	27 (4.0)	30 (3.5)	22 (3.6)	27 (4.5)	34 (4.7)
20 and over...	30 (1.4)	31 (1.2)	10 (2.2)	8 (1.4)	25 (0.7)	29 (0.7)	19 (0.6)	22 (1.0)	29 (0.8)
2 and over...	30 (1.1)	31 (0.9)	10 (1.8)	8 (1.3)	25 (0.6)	30 (0.5)	20 (0.5)	23 (0.8)	30 (0.8)
<b>\$75,000 and higher:</b>									
2 - 5.....	21 (2.1)	32 (2.2)	5* (2.4)	1* (0.5)	27 (1.7)	31 (2.2)	24 (1.6)	31 (2.1)	36 (4.1)
6 - 11.....	28 (3.6)	34 (2.8)	15* (9.9)	4* (1.1)	26 (1.4)	29 (0.8)	23 (1.3)	30 (1.9)	33 (1.7)
12 - 19.....	22 (2.2)	30 (2.8)	3* (1.1)	2* (0.5)	26 (1.3)	28 (1.9)	18 (2.1)	25 (3.0)	32 (3.1)
20 and over...	24 (1.1)	26 (0.8)	7 (1.3)	6 (1.4)	23 (0.6)	29 (0.6)	17 (0.6)	22 (0.9)	28 (0.8)
2 and over...	24 (0.9)	27 (0.7)	7 (1.2)	5 (1.1)	24 (0.5)	29 (0.5)	18 (0.6)	23 (0.8)	29 (1.0)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	31 (2.3)	34 (1.2)	5 (1.2)	4* (1.8)	28 (0.9)	32 (1.0)	24 (0.9)	32 (1.1)	37 (1.6)
6 - 11.....	29 (2.4)	34 (1.0)	10* (4.5)	6 (1.1)	27 (0.9)	31 (0.9)	24 (0.9)	30 (1.0)	34 (1.4)
12 - 19.....	25 (1.5)	31 (1.6)	5 (0.8)	4 (1.1)	25 (1.6)	28 (1.8)	19 (1.6)	24 (2.1)	31 (2.1)
20 and over...	27 (0.8)	28 (0.6)	8 (1.0)	7 (0.9)	24 (0.5)	29 (0.4)	19 (0.4)	23 (0.6)	28 (0.5)
2 and over...	27 (0.6)	29 (0.5)	8 (0.8)	7 (0.8)	24 (0.4)	29 (0.3)	19 (0.4)	24 (0.5)	29 (0.5)

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	34	(2.2)	38	(1.9)	18	(2.4)	41	(2.5)	16	(1.8)	13	(2.2)	27	(1.8)	26	(1.6)	23	(1.4)
6 - 11.....	27	(2.1)	39	(2.4)	27	(2.5)	44	(3.3)	18	(2.1)	9	(2.0)	28	(1.6)	25	(1.4)	22	(1.5)
12 - 19.....	23	(2.2)	26	(2.4)	23	(3.5)	37	(1.8)	15	(2.1)	8	(1.0)	20	(1.5)	18	(1.5)	16	(1.2)
20 and over...	23	(0.9)	26	(1.4)	23	(1.2)	33	(1.3)	19	(1.3)	11	(1.1)	21	(0.6)	20	(0.5)	20	(0.7)
2 and over...	24	(0.9)	28	(1.1)	23	(1.2)	35	(1.0)	18	(1.2)	11	(0.9)	22	(0.5)	20	(0.5)	20	(0.6)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	27	(1.9)	36	(2.4)	19	(2.2)	37	(2.1)	17	(2.4)	9	(1.1)	29	(1.4)	23	(0.8)	21	(1.3)
6 - 11.....	26	(1.7)	35	(2.5)	23	(2.1)	43	(1.6)	19	(2.0)	12	(1.0)	28	(1.3)	23	(1.1)	20	(1.1)
12 - 19.....	25	(2.4)	31	(5.1)	30	(4.4)	38	(3.3)	22	(5.2)	9	(1.4)	22	(1.6)	21	(1.4)	19	(1.2)
20 and over...	25	(0.9)	27	(1.3)	24	(1.2)	39	(1.7)	20	(0.8)	13	(2.5)	24	(0.7)	21	(0.4)	20	(0.6)
2 and over...	25	(0.7)	29	(1.2)	24	(1.0)	39	(1.3)	20	(0.8)	12	(2.1)	25	(0.6)	21	(0.4)	20	(0.5)
<b>\$75,000 and higher:</b>																		
2 - 5.....	24	(1.4)	37	(2.0)	26	(3.8)	39	(2.4)	15	(2.6)	10*	(1.7)	27	(1.8)	22	(1.5)	21	(1.3)
6 - 11.....	26	(2.5)	37	(1.5)	26	(4.2)	36	(1.4)	16	(1.6)	23*	(11.9)	23	(1.1)	21	(1.0)	18	(1.1)
12 - 19.....	21	(1.6)	28	(3.4)	28	(3.6)	41	(3.4)	13	(1.6)	7	(1.2)	24	(2.1)	20	(1.4)	18	(1.1)
20 and over...	22	(0.7)	27	(1.1)	24	(1.6)	32	(2.1)	18	(0.7)	8	(0.9)	23	(0.4)	19	(0.4)	20	(0.3)
2 and over...	22	(0.6)	28	(0.9)	25	(1.7)	34	(1.7)	17	(0.6)	9	(0.9)	23	(0.4)	19	(0.3)	19	(0.2)
<b>All Individuals<sup>4</sup>:</b>																		
2 - 5.....	28	(1.3)	37	(1.3)	20	(1.8)	39	(1.6)	16	(1.2)	10	(0.9)	28	(1.1)	24	(0.7)	22	(0.7)
6 - 11.....	26	(1.7)	36	(1.3)	25	(1.9)	40	(1.5)	17	(1.3)	16*	(5.4)	26	(1.0)	23	(0.7)	20	(0.7)
12 - 19.....	23	(1.1)	29	(2.3)	27	(2.3)	39	(1.8)	17	(2.7)	8	(0.5)	22	(1.0)	20	(0.8)	18	(0.6)
20 and over...	24	(0.4)	27	(0.9)	24	(0.7)	35	(1.2)	19	(0.5)	11	(1.0)	23	(0.4)	20	(0.3)	20	(0.3)
2 and over...	24	(0.3)	28	(0.7)	24	(0.7)	36	(1.0)	18	(0.5)	11	(0.8)	24	(0.4)	20	(0.2)	20	(0.2)

**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	36 (1.8)	31 (1.3)	20 (1.8)	24 (1.7)	22 (1.5)	21 (1.7)	8* (3.1)	-- --
6 - 11.....	33 (2.2)	29 (1.4)	20 (1.4)	21 (1.9)	23 (1.6)	19 (1.6)	15 (3.5)	-- --
12 - 19.....	24 (2.0)	20 (1.8)	15 (1.3)	16 (1.5)	17 (1.4)	15 (1.3)	14 (2.1)	-- --
20 and over...	27 (1.1)	21 (0.8)	19 (0.7)	18 (0.6)	20 (0.5)	16 (0.6)	40 (1.5)	#
2 and over...	28 (0.8)	22 (0.6)	18 (0.6)	18 (0.5)	20 (0.5)	16 (0.5)	39 (1.4)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	34 (2.5)	28 (1.6)	17 (1.1)	18 (1.1)	21 (0.7)	15 (0.8)	11* (3.6)	-- --
6 - 11.....	30 (2.2)	24 (1.4)	16 (1.1)	20 (1.3)	20 (1.0)	18 (1.4)	8* (2.4)	-- --
12 - 19.....	32 (4.6)	28 (5.7)	18 (1.2)	18 (2.1)	19 (1.4)	15 (1.2)	19 (5.2)	-- --
20 and over...	29 (0.8)	21 (0.5)	18 (0.4)	19 (0.4)	21 (0.4)	16 (0.6)	42 (2.6)	#
2 and over...	29 (0.8)	22 (0.7)	18 (0.4)	19 (0.5)	21 (0.4)	16 (0.5)	41 (2.5)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	33 (2.2)	29 (2.7)	18 (1.2)	18 (1.2)	21 (1.2)	14 (1.1)	16* (2.8)	-- --
6 - 11.....	32 (1.9)	24 (0.9)	16 (1.0)	17 (0.9)	19 (1.5)	15 (0.6)	13* (5.2)	-- --
12 - 19.....	32 (2.9)	21 (1.7)	16 (1.0)	15 (0.9)	19 (1.3)	13 (1.0)	20*(10.9)	-- --
20 and over...	26 (0.5)	20 (0.6)	17 (0.4)	16 (0.4)	20 (0.4)	13 (0.6)	46 (2.1)	0* (0.0)
2 and over...	27 (0.6)	21 (0.5)	17 (0.3)	16 (0.4)	20 (0.4)	13 (0.5)	45 (2.1)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	34 (1.0)	29 (1.1)	19 (0.9)	20 (1.0)	22 (0.5)	17 (0.8)	11 (1.3)	-- --
6 - 11.....	32 (1.2)	25 (0.9)	17 (0.6)	19 (0.9)	20 (0.8)	17 (0.8)	11 (2.6)	-- --
12 - 19.....	30 (2.0)	23 (2.3)	16 (0.6)	16 (0.9)	19 (0.8)	14 (0.6)	20 (5.5)	-- --
20 and over...	27 (0.6)	21 (0.4)	18 (0.3)	18 (0.2)	20 (0.3)	15 (0.3)	43 (1.6)	#
2 and over...	28 (0.5)	22 (0.4)	18 (0.2)	18 (0.2)	20 (0.2)	15 (0.2)	42 (1.5)	-- --

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

### 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	95 (1.5)	20 (1.3)	22 (1.3)	21 (1.5)	23 (1.6)	19 (1.5)	19 (1.5)	21 (1.5)	19 (1.6)	17 (1.6)
6 - 11.....	86 (2.2)	19 (1.1)	19 (1.3)	21 (1.1)	23 (1.0)	18 (1.2)	17 (1.4)	18 (1.6)	17 (1.5)	15 (1.5)
12 - 19.....	70 (4.1)	16 (1.2)	15 (1.4)	16 (1.3)	17 (1.6)	15 (1.0)	16 (1.3)	17 (1.6)	16 (1.4)	13 (1.1)
20 and over...	77 (1.5)	18 (0.6)	17 (0.8)	19 (0.7)	19 (0.6)	19 (1.0)	17 (0.9)	18 (0.8)	18 (1.0)	17 (1.2)
2 and over...	79 (1.1)	18 (0.6)	17 (0.6)	19 (0.5)	19 (0.5)	19 (0.8)	17 (0.8)	18 (0.8)	17 (0.9)	16 (1.0)
<b>131-350% poverty:</b>										
2 - 5.....	95* (2.0)	17 (1.0)	17 (0.7)	18 (1.5)	21 (1.2)	19 (2.6)	16 (1.4)	18 (1.4)	16 (1.7)	14 (1.1)
6 - 11.....	89 (2.8)	19 (1.7)	18 (1.4)	20 (1.7)	22 (1.9)	17 (1.8)	19 (2.3)	20 (2.8)	19 (2.2)	18 (2.3)
12 - 19.....	73 (4.1)	17 (1.0)	17 (2.0)	19 (1.2)	20 (1.7)	17 (1.8)	15 (1.1)	17 (1.4)	15 (1.4)	13 (0.9)
20 and over...	86 (1.1)	17 (0.5)	16 (0.6)	20 (0.6)	21 (0.7)	19 (0.8)	16 (0.7)	17 (0.7)	16 (0.9)	14 (0.9)
2 and over...	85 (0.9)	17 (0.5)	16 (0.6)	19 (0.5)	21 (0.7)	19 (0.7)	16 (0.6)	17 (0.6)	16 (0.8)	14 (0.7)
<b>Over 350% poverty:</b>										
2 - 5.....	98* (1.3)	18 (0.8)	19 (1.4)	20 (0.8)	22 (1.3)	20 (0.9)	15 (1.3)	17 (1.7)	15 (1.5)	13* (1.3)
6 - 11.....	95* (1.0)	17 (1.0)	17 (1.1)	18 (0.9)	19 (1.4)	19 (1.6)	16 (1.4)	17 (1.8)	17 (1.6)	13 (1.3)
12 - 19.....	84 (5.1)	17 (1.3)	15 (1.4)	21 (1.8)	23 (2.4)	19 (1.6)	14 (0.8)	15 (1.1)	13 (0.8)	13 (0.9)
20 and over...	91 (1.0)	16 (0.4)	16 (0.5)	19 (0.4)	22 (0.6)	19 (0.5)	15 (0.5)	17 (0.5)	15 (0.6)	14 (0.7)
2 and over...	91 (0.9)	16 (0.4)	16 (0.4)	19 (0.4)	21 (0.5)	19 (0.4)	15 (0.5)	16 (0.5)	15 (0.5)	14 (0.6)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	96 (1.0)	19 (0.7)	20 (0.8)	20 (0.7)	22 (0.7)	19 (1.1)	17 (0.9)	19 (1.0)	17 (1.0)	15 (0.7)
6 - 11.....	90 (1.6)	19 (0.7)	18 (0.7)	20 (0.7)	22 (0.8)	18 (0.8)	17 (0.8)	18 (1.1)	17 (0.9)	15 (0.7)
12 - 19.....	75 (2.4)	16 (0.7)	15 (0.9)	18 (0.9)	20 (1.1)	17 (0.8)	15 (0.6)	16 (0.7)	15 (0.6)	13 (0.4)
20 and over...	86 (0.7)	17 (0.3)	16 (0.2)	19 (0.4)	21 (0.5)	19 (0.4)	16 (0.3)	17 (0.3)	16 (0.4)	15 (0.5)
2 and over...	86 (0.6)	17 (0.2)	16 (0.2)	19 (0.3)	21 (0.4)	19 (0.3)	16 (0.3)	17 (0.2)	16 (0.3)	15 (0.4)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	37 (3.0)	37 (1.7)	6* (2.0)	7* (3.9)	29 (1.5)	34 (1.2)	26 (1.2)	33 (1.6)	37 (1.5)
6 - 11.....	25 (2.7)	35 (1.7)	6 (1.4)	8* (2.5)	29 (1.7)	34 (1.4)	25 (1.7)	32 (2.2)	35 (2.3)
12 - 19.....	28 (2.7)	32 (1.6)	9 (2.4)	7 (1.7)	22 (1.2)	27 (1.4)	16 (1.4)	21 (1.9)	27 (1.7)
20 and over...	29 (1.4)	27 (1.2)	7 (1.1)	10 (2.1)	24 (0.9)	28 (0.7)	20 (1.0)	23 (1.7)	27 (1.6)
2 and over...	29 (1.3)	29 (0.8)	7 (0.9)	9 (1.7)	25 (0.6)	29 (0.5)	20 (0.7)	24 (1.2)	29 (1.1)
<b>131-350% poverty:</b>									
2 - 5.....	29 (3.9)	30 (1.7)	3* (0.8)	4* (1.8)	25 (1.4)	29 (0.9)	21 (1.6)	29 (2.0)	35 (1.9)
6 - 11.....	32 (3.9)	36 (2.2)	4* (0.8)	4* (1.6)	28 (1.7)	30 (1.6)	24 (2.0)	29 (2.1)	33 (2.5)
12 - 19.....	25 (3.8)	31 (3.7)	5 (1.3)	5* (3.0)	28 (4.0)	31 (3.6)	22 (3.8)	28 (5.2)	35 (5.0)
20 and over...	27 (1.2)	28 (1.4)	11 (3.0)	7 (1.0)	24 (0.8)	28 (0.9)	19 (1.0)	22 (1.4)	28 (1.2)
2 and over...	27 (1.0)	29 (1.1)	10 (2.5)	7 (0.9)	25 (0.7)	29 (0.7)	19 (0.7)	23 (1.1)	30 (1.1)
<b>Over 350% poverty:</b>									
2 - 5.....	20 (2.7)	32 (2.6)	6* (3.1)	1* (0.7)	28 (2.1)	32 (2.6)	25 (2.2)	32 (2.5)	36 (5.2)
6 - 11.....	29 (4.5)	33 (3.4)	18*(12.0)	6* (1.4)	25 (1.3)	29 (1.2)	22 (1.4)	29 (2.3)	32 (2.4)
12 - 19.....	20 (2.7)	29 (3.4)	3* (0.8)	2* (0.7)	25 (2.0)	27 (2.7)	18 (2.2)	23 (3.1)	30 (3.1)
20 and over...	26 (1.5)	27 (0.9)	6 (0.8)	6 (1.3)	23 (0.6)	30 (0.6)	18 (0.6)	23 (1.0)	29 (0.8)
2 and over...	26 (1.3)	28 (0.8)	6 (0.9)	5 (1.2)	24 (0.5)	30 (0.5)	19 (0.6)	23 (0.9)	29 (0.8)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	31 (2.3)	34 (1.2)	5 (1.2)	4* (1.8)	28 (0.9)	32 (1.0)	24 (0.9)	32 (1.1)	37 (1.6)
6 - 11.....	29 (2.4)	34 (1.0)	10* (4.5)	6 (1.1)	27 (0.9)	31 (0.9)	24 (0.9)	30 (1.0)	34 (1.4)
12 - 19.....	25 (1.5)	31 (1.6)	5 (0.8)	4 (1.1)	25 (1.6)	28 (1.8)	19 (1.6)	24 (2.1)	31 (2.1)
20 and over...	27 (0.8)	28 (0.6)	8 (1.0)	7 (0.9)	24 (0.5)	29 (0.4)	19 (0.4)	23 (0.6)	28 (0.5)
2 and over...	27 (0.6)	29 (0.5)	8 (0.8)	7 (0.8)	24 (0.4)	29 (0.3)	19 (0.4)	24 (0.5)	29 (0.5)

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	32 (1.9)	39 (1.9)	17 (2.3)	41 (1.9)	16 (1.6)	12 (1.9)	27 (1.6)	25 (1.3)	22 (1.1)	
6 - 11.....	25 (1.8)	37 (2.0)	25 (2.3)	44 (2.0)	18 (1.7)	9 (1.8)	28 (1.6)	23 (1.2)	21 (1.1)	
12 - 19.....	24 (2.0)	27 (1.9)	24 (2.3)	39 (2.2)	16 (1.9)	8 (0.7)	22 (1.4)	19 (1.4)	17 (1.1)	
20 and over...	25 (0.9)	26 (1.5)	22 (1.6)	34 (1.5)	19 (1.1)	11 (1.2)	22 (0.8)	20 (0.7)	20 (0.8)	
2 and over...	25 (0.8)	28 (1.2)	22 (1.3)	36 (0.9)	18 (0.9)	11 (1.0)	23 (0.6)	21 (0.6)	20 (0.6)	
<b>131-350% poverty:</b>										
2 - 5.....	27 (2.0)	34 (2.1)	21 (2.6)	36 (2.3)	16 (2.6)	8 (0.6)	29 (1.8)	23 (0.8)	21 (1.4)	
6 - 11.....	27 (2.2)	38 (2.2)	20 (1.7)	42 (1.7)	17 (2.4)	12 (1.3)	27 (1.8)	23 (1.5)	19 (1.5)	
12 - 19.....	24 (2.7)	33 (5.1)	31 (5.8)	39 (3.8)	21 (5.1)	9 (1.1)	22 (1.7)	20 (1.4)	19 (1.1)	
20 and over...	23 (1.0)	26 (1.6)	25 (1.5)	37 (2.6)	19 (0.9)	13 (2.9)	23 (0.7)	20 (0.7)	20 (0.8)	
2 and over...	24 (0.9)	28 (1.3)	25 (1.1)	38 (2.0)	19 (0.7)	12 (2.5)	24 (0.7)	20 (0.6)	20 (0.7)	
<b>Over 350% poverty:</b>										
2 - 5.....	23 (1.6)	37 (2.3)	26 (4.3)	39 (2.8)	16 (3.1)	10* (2.2)	27 (2.0)	23 (1.5)	22 (1.3)	
6 - 11.....	27 (3.2)	36 (2.0)	29 (6.2)	34 (1.4)	17 (1.7)	27*(14.0)	25 (1.1)	22 (1.1)	19 (1.1)	
12 - 19.....	21 (2.0)	25 (3.4)	28 (4.7)	39 (3.5)	13 (2.2)	8 (1.3)	24 (2.5)	20 (1.8)	19 (1.4)	
20 and over...	23 (0.9)	28 (1.3)	24 (1.5)	34 (2.1)	18 (0.7)	8 (0.8)	23 (0.5)	20 (0.4)	20 (0.3)	
2 and over...	23 (0.8)	28 (1.1)	24 (1.7)	35 (1.7)	18 (0.6)	9 (0.9)	24 (0.5)	20 (0.3)	20 (0.3)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	28 (1.3)	37 (1.3)	20 (1.8)	39 (1.6)	16 (1.2)	10 (0.9)	28 (1.1)	24 (0.7)	22 (0.7)	
6 - 11.....	26 (1.7)	36 (1.3)	25 (1.9)	40 (1.5)	17 (1.3)	16* (5.4)	26 (1.0)	23 (0.7)	20 (0.7)	
12 - 19.....	23 (1.1)	29 (2.3)	27 (2.3)	39 (1.8)	17 (2.7)	8 (0.5)	22 (1.0)	20 (0.8)	18 (0.6)	
20 and over...	24 (0.4)	27 (0.9)	24 (0.7)	35 (1.2)	19 (0.5)	11 (1.0)	23 (0.4)	20 (0.3)	20 (0.3)	
2 and over...	24 (0.3)	28 (0.7)	24 (0.7)	36 (1.0)	18 (0.5)	11 (0.8)	24 (0.4)	20 (0.2)	20 (0.2)	

**Table 16. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	36 (1.5)	30 (1.2)	20 (1.4)	23 (1.5)	22 (1.3)	20 (1.5)	9* (2.6)	-- --
6 - 11.....	32 (1.8)	28 (1.2)	18 (0.8)	19 (1.7)	22 (1.2)	17 (1.3)	12 (2.9)	-- --
12 - 19.....	25 (1.6)	21 (1.3)	16 (1.3)	17 (1.4)	18 (1.2)	15 (1.2)	14 (2.5)	-- --
20 and over...	27 (1.2)	21 (0.9)	18 (0.7)	19 (0.7)	20 (0.7)	16 (0.8)	40 (1.5)	#
2 and over...	28 (0.9)	22 (0.8)	18 (0.5)	19 (0.6)	20 (0.6)	17 (0.6)	38 (1.4)	-- --
<b>131-350% poverty:</b>								
2 - 5.....	32 (2.4)	27 (1.4)	17 (1.2)	17 (1.1)	21 (1.0)	15 (0.9)	13* (5.6)	-- --
6 - 11.....	32 (2.2)	23 (1.8)	15 (1.3)	20 (1.9)	19 (1.1)	17 (1.7)	10 (3.0)	-- --
12 - 19.....	34 (4.6)	27 (5.4)	16 (1.1)	17 (1.9)	19 (1.6)	15 (1.0)	15* (4.7)	-- --
20 and over...	27 (1.2)	20 (0.7)	18 (0.8)	18 (0.6)	20 (0.7)	15 (0.6)	41 (2.2)	#
2 and over...	29 (1.0)	22 (0.9)	18 (0.7)	18 (0.6)	20 (0.6)	15 (0.5)	39 (2.0)	-- --
<b>Over 350% poverty:</b>								
2 - 5.....	33 (2.5)	29 (3.5)	18 (1.1)	18 (1.1)	22 (1.2)	15 (1.2)	14* (6.2)	-- --
6 - 11.....	32 (1.8)	24 (1.7)	18 (1.0)	18 (1.1)	20 (1.5)	16 (0.7)	12* (6.2)	-- --
12 - 19.....	30 (2.6)	20 (2.1)	16 (1.1)	16 (1.3)	19 (1.3)	14 (1.5)	26*(14.3)	-- --
20 and over...	27 (0.7)	21 (0.6)	17 (0.5)	17 (0.7)	20 (0.4)	14 (0.5)	47 (2.2)	#
2 and over...	28 (0.5)	22 (0.6)	17 (0.4)	17 (0.6)	20 (0.4)	14 (0.5)	46 (2.2)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	34 (1.0)	29 (1.1)	19 (0.9)	20 (1.0)	22 (0.5)	17 (0.8)	11 (1.3)	-- --
6 - 11.....	32 (1.2)	25 (0.9)	17 (0.6)	19 (0.9)	20 (0.8)	17 (0.8)	11 (2.6)	-- --
12 - 19.....	30 (2.0)	23 (2.3)	16 (0.6)	16 (0.9)	19 (0.8)	14 (0.6)	20 (5.5)	-- --
20 and over...	27 (0.6)	21 (0.4)	18 (0.3)	18 (0.2)	20 (0.3)	15 (0.3)	43 (1.6)	#
2 and over...	28 (0.5)	22 (0.4)	18 (0.2)	18 (0.2)	20 (0.2)	15 (0.2)	42 (1.5)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

# Indicates a non-zero value too small to report.

## Footnotes

- <sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2013-2014.
- <sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	93 (1.7)	23 (0.8)	26 (1.2)	21 (0.8)	17 (1.0)	25 (1.1)	26 (1.2)	24 (1.4)	27 (1.2)	28 (1.8)
6 - 11.....	90 (1.2)	25 (0.8)	29 (1.0)	24 (0.9)	21 (1.0)	30 (1.4)	25 (1.0)	22 (1.1)	26 (1.3)	28 (1.3)
12 - 19.....	86 (1.7)	28 (1.0)	30 (1.2)	26 (1.1)	23 (1.2)	28 (1.4)	29 (1.1)	28 (1.4)	30 (1.2)	29 (1.0)
20 - 29.....	79 (2.5)	25 (1.7)	29 (1.9)	24 (1.7)	20 (1.3)	28 (2.4)	27 (2.1)	27 (2.4)	26 (2.2)	26 (1.8)
30 - 39.....	82 (2.3)	25 (1.5)	30 (1.7)	24 (1.4)	21 (1.5)	26 (1.9)	27 (1.6)	27 (1.6)	27 (1.6)	27 (1.8)
40 - 49.....	80 (2.3)	24 (0.6)	27 (1.1)	23 (0.7)	19 (1.4)	26 (1.9)	25 (1.0)	23 (1.3)	25 (1.1)	27 (1.3)
50 - 59.....	76 (2.5)	21 (1.0)	25 (1.3)	19 (0.9)	17 (0.9)	22 (1.2)	23 (1.2)	22 (1.3)	24 (1.4)	24 (1.3)
60 - 69.....	74 (2.6)	22 (1.6)	27 (1.8)	21 (1.4)	17 (1.6)	22 (1.6)	23 (2.1)	22 (2.0)	23 (1.8)	26 (3.3)
70 and over.....	76 (2.3)	21 (0.8)	24 (1.3)	19 (0.8)	16 (1.0)	19 (1.2)	23 (1.0)	23 (1.1)	23 (1.2)	24 (1.3)
2 - 19.....	88 (0.8)	26 (0.6)	29 (0.6)	25 (0.7)	21 (0.8)	28 (1.0)	27 (0.6)	26 (0.7)	28 (0.9)	29 (0.7)
20 and over...	78 (1.0)	23 (0.6)	27 (0.7)	22 (0.5)	19 (0.4)	24 (0.9)	25 (0.8)	24 (0.8)	25 (0.8)	26 (1.0)
2 and over...	81 (0.9)	24 (0.5)	28 (0.5)	23 (0.4)	19 (0.4)	25 (0.7)	26 (0.6)	24 (0.7)	26 (0.6)	27 (0.8)
<b>Females:</b>										
2 - 5.....	90 (2.2)	23 (0.8)	26 (1.3)	22 (0.8)	18 (0.9)	28 (1.1)	24 (0.9)	22 (1.2)	25 (1.0)	26 (0.9)
6 - 11.....	90 (2.1)	25 (1.0)	29 (1.1)	24 (1.0)	22 (1.3)	27 (1.1)	26 (1.1)	25 (1.0)	27 (1.2)	27 (1.2)
12 - 19.....	82 (2.0)	26 (1.0)	29 (1.2)	24 (1.0)	22 (1.7)	27 (1.5)	27 (1.2)	26 (1.4)	27 (1.3)	29 (1.4)
20 - 29.....	80 (2.1)	23 (0.9)	28 (1.0)	22 (1.0)	18 (1.4)	25 (0.8)	25 (1.2)	23 (1.4)	24 (1.1)	28 (1.7)
30 - 39.....	80 (1.6)	24 (1.0)	29 (0.9)	23 (1.1)	17 (0.9)	25 (1.4)	26 (1.1)	25 (1.3)	25 (1.0)	27 (1.2)
40 - 49.....	84 (2.6)	23 (1.2)	28 (1.4)	21 (1.0)	16 (0.8)	25 (1.2)	25 (1.6)	23 (1.5)	25 (2.0)	26 (1.7)
50 - 59.....	81 (2.4)	24 (1.3)	28 (1.7)	22 (1.2)	16 (0.9)	24 (1.4)	26 (1.6)	25 (1.4)	25 (1.4)	27 (2.1)
60 - 69.....	82 (1.7)	24 (1.9)	29 (1.7)	21 (1.4)	17 (1.5)	24 (2.1)	27 (2.7)	23 (2.0)	28 (3.5)	30 (3.0)
70 and over.....	80 (2.4)	24 (0.8)	28 (1.2)	23 (0.7)	20 (0.7)	25 (1.0)	25 (0.9)	24 (1.2)	25 (1.0)	27 (1.2)
2 - 19.....	86 (1.5)	25 (0.7)	28 (0.8)	24 (0.7)	21 (1.1)	27 (0.8)	26 (0.8)	25 (0.9)	26 (0.8)	28 (0.9)
20 and over...	81 (0.6)	24 (0.6)	28 (0.6)	22 (0.5)	17 (0.5)	25 (0.5)	25 (0.7)	24 (0.6)	25 (0.8)	28 (0.8)
2 and over...	82 (0.6)	24 (0.4)	28 (0.4)	22 (0.4)	18 (0.5)	25 (0.5)	26 (0.5)	24 (0.5)	25 (0.6)	28 (0.7)
<b>Males and females:</b>										
2 - 19.....	87 (1.1)	26 (0.4)	29 (0.4)	24 (0.4)	21 (0.6)	28 (0.8)	27 (0.5)	25 (0.6)	27 (0.5)	28 (0.7)
20 and over...	80 (0.7)	23 (0.4)	28 (0.5)	22 (0.4)	18 (0.4)	24 (0.5)	25 (0.6)	24 (0.6)	25 (0.6)	27 (0.7)
2 and over...	82 (0.7)	24 (0.4)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.5)	24 (0.5)	26 (0.5)	27 (0.6)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	24 (2.5)	21 (1.7)	42 (7.0)	34 (6.4)	22 (1.9)	18 (1.1)	25 (1.3)	19 (0.9)	18 (1.5)
6 - 11.....	22 (1.6)	22 (2.1)	32 (6.6)	34 (6.2)	25 (1.1)	24 (1.1)	27 (1.1)	25 (1.8)	19 (0.9)
12 - 19.....	25 (1.4)	21 (1.6)	27 (5.4)	40 (6.4)	27 (1.9)	25 (1.7)	29 (1.7)	24 (2.2)	23 (1.7)
20 - 29.....	26 (2.5)	26 (3.6)	43 (8.8)	33 (7.0)	26 (1.8)	21 (1.7)	27 (1.2)	24 (1.6)	25 (1.1)
30 - 39.....	28 (2.0)	20 (2.4)	25 (4.7)	31 (3.6)	26 (1.7)	20 (1.2)	27 (1.9)	24 (3.0)	24 (1.9)
40 - 49.....	24 (1.7)	19 (1.8)	27 (4.6)	29 (4.0)	24 (1.1)	18 (0.9)	26 (1.6)	24 (1.1)	23 (0.9)
50 - 59.....	23 (1.7)	17 (1.8)	18 (2.2)	21 (5.2)	21 (1.3)	18 (1.0)	23 (1.5)	19 (1.3)	18 (1.2)
60 - 69.....	23 (2.4)	20 (2.7)	25 (4.4)	22 (2.9)	24 (2.1)	18 (1.7)	24 (1.6)	22 (1.5)	20 (2.2)
70 and over.....	20 (1.9)	19 (3.3)	26 (5.0)	16 (3.6)	20 (1.2)	17 (0.7)	21 (1.2)	18 (1.4)	15 (1.3)
2 - 19.....	24 (1.0)	21 (1.1)	32 (4.0)	37 (4.8)	25 (1.0)	24 (1.0)	28 (1.1)	24 (1.3)	21 (1.0)
20 and over...	24 (0.6)	20 (1.6)	28 (3.1)	26 (1.8)	24 (0.7)	19 (0.6)	25 (0.6)	22 (0.8)	21 (0.7)
2 and over...	24 (0.4)	21 (1.2)	28 (2.6)	29 (1.5)	24 (0.6)	20 (0.5)	26 (0.5)	23 (0.7)	21 (0.7)
<b>Females:</b>									
2 - 5.....	21 (2.2)	21 (1.7)	42 (7.0)	34 (8.2)	23 (0.9)	19 (0.8)	26 (1.1)	22 (1.2)	19 (1.8)
6 - 11.....	25 (1.5)	22 (1.6)	36 (6.1)	27 (3.2)	23 (1.0)	23 (1.4)	25 (0.9)	22 (1.3)	20 (1.4)
12 - 19.....	26 (1.8)	24 (2.1)	31 (7.5)	31 (3.9)	25 (1.3)	23 (1.7)	26 (1.4)	22 (1.6)	22 (1.9)
20 - 29.....	24 (1.7)	21 (1.5)	31 (4.0)	31 (4.6)	26 (1.4)	21 (1.0)	26 (1.1)	24 (1.2)	24 (1.3)
30 - 39.....	28 (1.5)	21 (1.5)	25 (3.2)	30 (3.7)	27 (2.1)	21 (1.0)	29 (1.3)	27 (1.3)	25 (1.7)
40 - 49.....	27 (2.4)	24 (2.5)	33 (3.7)	26 (4.6)	25 (1.4)	20 (1.4)	28 (1.4)	26 (1.3)	24 (1.0)
50 - 59.....	25 (2.4)	24 (3.0)	34 (4.2)	35 (6.7)	24 (1.8)	19 (1.2)	26 (1.7)	23 (1.7)	23 (1.6)
60 - 69.....	27 (1.8)	21 (2.4)	26 (4.8)	21 (5.0)	24 (1.5)	21 (1.1)	29 (2.2)	27 (1.6)	22 (2.1)
70 and over.....	26 (1.6)	24 (2.9)	28 (3.3)	34 (4.4)	25 (1.0)	22 (0.8)	25 (0.9)	23 (1.2)	23 (0.6)
2 - 19.....	25 (1.2)	23 (1.1)	34 (4.5)	30 (2.3)	24 (0.6)	22 (0.8)	26 (0.8)	22 (1.1)	21 (1.1)
20 and over...	26 (0.8)	23 (1.1)	30 (1.7)	29 (2.2)	25 (0.6)	20 (0.5)	27 (0.6)	25 (0.7)	23 (0.6)
2 and over...	26 (0.6)	23 (0.8)	30 (1.6)	30 (1.9)	25 (0.5)	21 (0.3)	27 (0.4)	24 (0.5)	23 (0.6)
<b>Males and females:</b>									
2 - 19.....	24 (0.8)	22 (0.9)	33 (3.4)	34 (3.0)	25 (0.6)	23 (0.6)	27 (0.6)	23 (0.8)	21 (0.7)
20 and over...	25 (0.6)	22 (1.0)	29 (1.9)	28 (1.3)	25 (0.5)	20 (0.4)	26 (0.5)	23 (0.6)	22 (0.6)
2 and over...	25 (0.4)	22 (0.7)	29 (1.6)	29 (1.2)	25 (0.4)	20 (0.4)	26 (0.4)	23 (0.5)	22 (0.5)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	23	(1.8)	17	(1.5)	17	(1.6)	15	(1.7)	29	(2.1)	25	(2.6)	21	(0.9)	23	(0.9)	23	(0.7)
6 - 11.....	27	(1.5)	21	(1.5)	26	(2.5)	24	(2.4)	26	(1.5)	25	(3.4)	26	(1.2)	27	(0.9)	28	(0.9)
12 - 19.....	25	(1.0)	26	(2.1)	19	(1.9)	20	(1.6)	24	(3.0)	26	(2.1)	28	(1.1)	28	(1.0)	25	(1.2)
20 - 29.....	24	(2.0)	20	(1.8)	26	(3.2)	18	(3.4)	22	(2.1)	33	(3.4)	24	(2.2)	26	(1.9)	23	(1.7)
30 - 39.....	25	(1.9)	24	(2.7)	20	(2.9)	17	(1.8)	23	(2.0)	35	(5.2)	24	(1.5)	27	(1.6)	23	(1.5)
40 - 49.....	22	(0.9)	21	(2.1)	23	(2.8)	14	(2.6)	25	(1.7)	30	(2.9)	22	(1.5)	24	(0.8)	22	(1.0)
50 - 59.....	20	(1.7)	19	(1.7)	19	(2.1)	15	(1.7)	22	(1.2)	20	(1.9)	21	(1.2)	22	(1.0)	19	(1.0)
60 - 69.....	23	(1.7)	20	(2.3)	20	(2.1)	18	(4.1)	22	(2.9)	25	(2.5)	21	(2.0)	24	(1.6)	20	(1.4)
70 and over.....	19	(1.3)	20	(3.6)	17	(1.5)	15	(1.4)	19	(1.5)	23	(3.6)	20	(0.9)	22	(0.7)	18	(0.9)
2 - 19.....	26	(0.7)	23	(1.3)	21	(1.4)	21	(1.0)	25	(1.9)	26	(1.9)	26	(0.7)	27	(0.6)	26	(0.6)
20 and over...	23	(0.6)	21	(0.9)	21	(1.1)	16	(1.2)	22	(1.0)	28	(2.2)	22	(0.8)	25	(0.7)	21	(0.7)
2 and over...	23	(0.5)	21	(0.8)	21	(1.0)	17	(1.0)	23	(0.8)	28	(1.8)	23	(0.6)	25	(0.5)	22	(0.6)
<b>Females:</b>																		
2 - 5.....	21	(1.2)	18	(1.3)	22	(2.2)	16	(1.4)	26	(2.0)	24	(2.5)	20	(1.4)	23	(1.1)	23	(0.6)
6 - 11.....	27	(1.5)	21	(1.6)	25	(1.8)	26	(2.2)	23	(1.4)	27	(4.0)	28	(1.4)	28	(1.1)	26	(1.1)
12 - 19.....	26	(1.2)	22	(1.9)	24	(3.2)	19	(1.7)	25	(1.6)	31	(4.0)	26	(1.6)	28	(1.3)	26	(1.1)
20 - 29.....	24	(1.2)	21	(1.5)	21	(1.8)	17	(1.6)	23	(1.1)	36	(3.5)	22	(1.3)	25	(0.8)	22	(0.8)
30 - 39.....	25	(1.3)	23	(2.2)	21	(2.7)	19	(1.9)	23	(1.4)	29	(3.6)	23	(1.1)	26	(0.9)	22	(0.9)
40 - 49.....	24	(1.6)	21	(1.5)	26	(2.1)	18	(2.7)	24	(1.2)	31	(2.3)	22	(1.3)	25	(1.2)	21	(1.1)
50 - 59.....	23	(1.9)	20	(2.0)	25	(3.0)	22	(4.3)	25	(1.5)	34	(3.4)	23	(1.2)	25	(1.4)	21	(1.3)
60 - 69.....	26	(2.0)	26	(3.0)	21	(3.3)	24	(4.4)	28	(3.6)	31	(4.1)	20	(1.1)	26	(1.7)	23	(2.2)
70 and over.....	25	(1.5)	26	(1.9)	24	(2.4)	22	(2.4)	25	(1.6)	31	(2.5)	24	(1.1)	26	(1.1)	23	(1.0)
2 - 19.....	25	(0.9)	21	(1.1)	24	(1.9)	21	(1.0)	24	(1.1)	29	(2.2)	26	(0.8)	27	(0.7)	25	(0.7)
20 and over...	25	(0.8)	23	(0.9)	23	(1.0)	20	(1.6)	25	(0.8)	32	(1.3)	22	(0.5)	25	(0.5)	22	(0.5)
2 and over...	25	(0.6)	22	(0.8)	23	(0.8)	20	(1.2)	25	(0.6)	32	(1.2)	23	(0.4)	26	(0.4)	22	(0.3)
<b>Males and females:</b>																		
2 - 19.....	25	(0.6)	22	(0.8)	22	(1.1)	21	(0.8)	25	(1.2)	27	(1.3)	26	(0.4)	27	(0.4)	25	(0.5)
20 and over...	23	(0.6)	22	(0.7)	22	(0.8)	18	(1.1)	23	(0.7)	30	(1.5)	22	(0.5)	25	(0.5)	21	(0.4)
2 and over...	24	(0.4)	22	(0.6)	22	(0.7)	19	(0.8)	24	(0.6)	30	(1.3)	23	(0.4)	25	(0.4)	22	(0.4)

**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	18 (1.0)	21 (1.0)	22 (0.9)	28 (1.5)	23 (1.0)	30 (1.4)	14* (5.7)	-- --
6 - 11.....	23 (0.8)	25 (1.2)	28 (1.3)	28 (0.8)	29 (1.3)	29 (1.2)	15 (4.4)	-- --
12 - 19.....	25 (1.6)	26 (1.4)	25 (1.5)	30 (1.4)	27 (1.0)	31 (1.2)	21 (3.5)	-- --
20 - 29.....	25 (1.2)	27 (2.1)	24 (2.1)	29 (1.9)	27 (1.6)	31 (2.1)	11 (1.9)	-- --
30 - 39.....	25 (1.9)	28 (2.8)	24 (2.2)	31 (1.8)	25 (1.7)	31 (1.5)	11 (1.6)	-- --
40 - 49.....	23 (1.2)	24 (1.2)	22 (1.0)	26 (1.1)	24 (1.3)	29 (1.2)	12 (2.1)	-- --
50 - 59.....	19 (1.3)	23 (1.4)	20 (1.1)	26 (1.4)	21 (1.0)	25 (1.2)	7 (1.1)	-- --
60 - 69.....	21 (1.8)	24 (1.8)	21 (1.2)	27 (2.1)	22 (1.2)	28 (2.2)	10 (1.1)	-- --
70 and over.....	17 (1.3)	20 (1.9)	22 (3.0)	24 (1.4)	19 (0.8)	27 (1.1)	10 (1.0)	-- --
2 - 19.....	23 (0.8)	25 (0.9)	25 (0.8)	29 (0.8)	27 (0.7)	30 (0.7)	20 (3.3)	-- --
20 and over...	22 (0.7)	25 (0.8)	22 (0.9)	28 (0.6)	23 (0.6)	29 (0.8)	10 (0.7)	4 (1.0)
2 and over...	22 (0.6)	25 (0.6)	23 (0.7)	28 (0.5)	24 (0.5)	29 (0.6)	11 (0.6)	-- --
<b>Females:</b>								
2 - 5.....	20 (1.4)	22 (1.6)	24 (1.2)	28 (1.5)	24 (0.8)	28 (1.4)	14 (3.4)	-- --
6 - 11.....	20 (0.9)	24 (1.3)	25 (1.1)	28 (1.1)	28 (1.2)	30 (1.3)	15 (2.6)	-- --
12 - 19.....	22 (1.3)	24 (1.4)	24 (1.4)	30 (1.1)	27 (1.2)	29 (1.2)	15 (3.8)	-- --
20 - 29.....	23 (1.1)	24 (1.3)	22 (0.9)	28 (1.0)	25 (1.0)	29 (1.2)	14 (2.0)	-- --
30 - 39.....	24 (1.5)	26 (1.2)	22 (1.0)	30 (1.3)	24 (1.0)	30 (1.0)	11 (0.8)	-- --
40 - 49.....	23 (1.1)	25 (1.1)	21 (1.1)	28 (1.7)	23 (1.4)	30 (1.4)	8 (1.2)	-- --
50 - 59.....	21 (1.5)	23 (1.6)	21 (1.2)	30 (1.9)	23 (1.4)	31 (1.7)	7 (1.3)	-- --
60 - 69.....	21 (1.6)	24 (1.9)	23 (2.3)	28 (1.8)	24 (1.5)	29 (1.7)	11 (1.2)	-- --
70 and over.....	23 (1.0)	24 (1.4)	23 (1.0)	28 (1.0)	24 (1.3)	30 (1.2)	11 (1.9)	-- --
2 - 19.....	21 (0.9)	24 (0.8)	24 (0.8)	29 (0.7)	27 (0.7)	29 (0.9)	15 (3.1)	-- --
20 and over...	23 (0.6)	24 (0.6)	22 (0.5)	29 (0.7)	24 (0.6)	30 (0.5)	10 (0.4)	3* (0.9)
2 and over...	22 (0.4)	24 (0.5)	22 (0.4)	29 (0.5)	24 (0.5)	30 (0.4)	10 (0.4)	-- --
<b>Males and females:</b>								
2 - 19.....	22 (0.6)	24 (0.5)	25 (0.5)	29 (0.6)	27 (0.4)	30 (0.4)	18 (2.5)	-- --
20 and over...	22 (0.5)	25 (0.5)	22 (0.6)	28 (0.5)	24 (0.5)	29 (0.6)	10 (0.5)	4 (0.7)
2 and over...	22 (0.4)	25 (0.5)	23 (0.5)	28 (0.4)	24 (0.4)	29 (0.4)	10 (0.5)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as lunch.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	95* (2.1)	24 (1.2)	27 (1.7)	22 (1.3)	19 (1.3)	28 (1.8)	26 (1.0)	23 (1.7)	26 (0.9)	30 (2.0)
6 - 11.....	92 (2.5)	25 (0.8)	29 (1.2)	24 (0.9)	22 (0.8)	29 (1.8)	25 (1.0)	23 (1.0)	26 (1.3)	27 (1.3)
12 - 19.....	88 (2.4)	28 (1.3)	30 (1.3)	26 (1.4)	23 (1.9)	27 (1.9)	30 (1.4)	30 (1.8)	31 (1.5)	29 (1.3)
20 and over...	82 (0.8)	24 (0.6)	28 (0.7)	22 (0.6)	18 (0.5)	24 (0.7)	26 (0.8)	25 (0.8)	26 (0.9)	27 (1.0)
2 and over...	84 (0.8)	24 (0.5)	28 (0.6)	22 (0.5)	19 (0.5)	25 (0.6)	26 (0.7)	25 (0.7)	26 (0.7)	27 (0.9)
<b>Non-Hispanic Black:</b>										
2 - 5.....	91* (2.4)	26 (1.4)	27 (1.3)	25 (1.3)	21 (0.7)	29 (1.2)	26 (1.8)	26 (2.3)	27 (1.7)	25 (1.9)
6 - 11.....	86 (3.1)	26 (1.5)	29 (1.7)	25 (1.6)	22 (1.8)	31 (2.0)	26 (1.8)	26 (1.8)	26 (1.9)	27 (2.4)
12 - 19.....	78 (3.3)	25 (1.6)	29 (3.2)	24 (1.1)	21 (1.5)	26 (2.7)	24 (1.8)	23 (2.0)	24 (1.9)	26 (1.7)
20 and over...	72 (1.7)	22 (0.8)	26 (1.1)	21 (0.6)	18 (0.6)	23 (1.0)	23 (1.0)	22 (1.0)	23 (1.0)	26 (0.9)
2 and over...	75 (1.7)	23 (0.8)	27 (1.2)	22 (0.6)	19 (0.6)	24 (1.1)	24 (0.9)	22 (1.0)	24 (0.9)	26 (1.0)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
2 - 5.....	94* (3.9)	24* (1.7)	26* (3.2)	23* (1.7)	18* (1.6)	25* (2.4)	25* (1.5)	21* (2.1)	28* (1.8)	29* (2.6)
6 - 11.....	98* (1.6)	29 (1.9)	32 (2.8)	29 (2.5)	23 (3.4)	34 (2.7)	27 (2.0)	22* (3.4)	27 (2.3)	36 (2.6)
12 - 19.....	91* (3.4)	29 (1.8)	32 (3.7)	27 (2.2)	22 (1.7)	32 (2.6)	30 (1.6)	27 (2.5)	29 (1.6)	35 (1.4)
20 and over...	91 (1.6)	28 (1.1)	31 (1.4)	27 (1.1)	19 (1.0)	29 (1.1)	28 (1.3)	26 (1.4)	28 (1.5)	29 (1.4)
2 and over...	92 (1.5)	28 (0.9)	31 (1.2)	27 (1.0)	20 (0.9)	30 (1.0)	28 (1.0)	26 (1.0)	28 (1.1)	30 (1.1)
<b>Hispanic:</b>										
2 - 5.....	83 (3.3)	21 (1.1)	24 (1.7)	19 (1.1)	14 (1.2)	24 (1.5)	22 (1.2)	21 (1.3)	23 (1.2)	23 (1.1)
6 - 11.....	85 (2.9)	24 (1.0)	29 (1.0)	22 (1.1)	20 (1.6)	26 (1.4)	25 (1.3)	23 (1.3)	26 (1.6)	28 (1.5)
12 - 19.....	76 (3.7)	26 (1.5)	27 (2.1)	24 (1.5)	20 (1.5)	27 (2.0)	27 (1.5)	26 (1.8)	27 (1.5)	30 (1.6)
20 and over...	71 (1.5)	24 (0.9)	27 (1.2)	23 (0.9)	19 (1.0)	26 (1.3)	24 (0.9)	23 (0.9)	24 (1.0)	26 (1.0)
2 and over...	75 (1.2)	24 (0.8)	27 (1.0)	23 (0.8)	19 (0.9)	26 (1.2)	25 (0.8)	23 (0.9)	25 (0.9)	27 (0.9)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	24 (4.1)	24 (1.2)	48 (6.2)	34 (7.7)	23 (1.7)	19 (1.0)	27 (1.2)	22 (1.2)	19 (1.6)
6 - 11.....	21 (1.9)	22 (2.6)	33 (8.1)	34 (6.2)	25 (1.3)	24 (1.7)	27 (1.1)	25 (2.0)	20 (1.4)
12 - 19.....	26 (1.8)	22 (2.1)	27 (6.9)	36 (8.9)	27 (2.1)	24 (1.8)	27 (1.3)	22 (1.8)	22 (1.6)
20 and over...	26 (0.8)	22 (1.2)	29 (2.4)	26 (1.5)	25 (0.7)	20 (0.6)	26 (0.7)	23 (0.9)	22 (0.7)
2 and over...	25 (0.6)	22 (1.0)	29 (2.1)	28 (1.7)	25 (0.7)	20 (0.6)	26 (0.6)	23 (0.9)	22 (0.7)
<b>Non-Hispanic Black:</b>									
2 - 5.....	21 (1.6)	22 (1.4)	38 (9.7)	38 (8.2)	26 (2.1)	23 (1.7)	27 (2.2)	22 (1.6)	22 (2.2)
6 - 11.....	25 (2.7)	26 (3.0)	39 (8.0)	28 (3.2)	23 (1.4)	27 (1.7)	24 (1.2)	22 (1.5)	22 (1.1)
12 - 19.....	23 (3.2)	20 (2.2)	32 (5.2)	38 (5.1)	25 (1.6)	23 (2.0)	29 (1.7)	25 (2.2)	21 (2.7)
20 and over...	24 (1.2)	20 (1.7)	24 (3.1)	31 (3.4)	22 (1.1)	19 (0.8)	24 (0.9)	22 (0.9)	21 (1.1)
2 and over...	24 (1.3)	20 (1.4)	26 (2.8)	32 (2.6)	23 (1.0)	21 (0.8)	25 (0.9)	22 (0.9)	21 (1.0)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
2 - 5.....	34* (6.7)	24* (3.4)	47*(11.5)	15* (6.2)	25* (2.3)	22* (2.2)	26* (5.2)	22* (3.3)	24* (2.5)
6 - 11.....	33 (3.3)	24 (3.2)	32*(10.8)	32*(12.0)	28 (2.6)	24 (2.8)	31 (2.9)	27 (2.3)	25 (2.7)
12 - 19.....	34 (4.9)	27 (3.6)	40 (7.6)	26*(10.4)	28 (4.0)	25 (3.7)	31 (3.4)	28 (3.5)	28 (4.2)
20 and over...	29 (1.1)	29 (3.6)	38 (6.3)	25 (3.0)	30 (1.1)	22 (0.8)	31 (1.5)	31 (1.5)	30 (1.1)
2 and over...	30 (1.3)	28 (2.6)	38 (5.3)	26 (3.1)	29 (1.2)	23 (1.0)	31 (1.4)	30 (1.4)	29 (1.2)
<b>Hispanic:</b>									
2 - 5.....	20 (2.7)	14 (1.0)	28 (3.8)	37 (8.5)	21 (1.2)	16 (1.2)	23 (1.6)	17 (1.6)	18 (1.0)
6 - 11.....	26 (1.2)	18 (1.2)	25 (3.7)	26 (4.6)	21 (1.0)	22 (1.2)	25 (1.3)	22 (1.4)	17 (1.2)
12 - 19.....	23 (2.2)	22 (1.9)	29 (6.2)	37 (4.2)	25 (1.5)	23 (1.6)	27 (1.7)	23 (1.6)	24 (1.5)
20 and over...	24 (1.6)	20 (1.0)	28 (2.6)	32 (2.4)	24 (0.9)	19 (0.9)	25 (1.0)	23 (1.4)	23 (1.2)
2 and over...	24 (1.2)	20 (0.8)	28 (2.2)	32 (2.3)	23 (0.7)	19 (0.8)	25 (0.8)	23 (0.9)	22 (0.9)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	23	(2.1)	17	(1.2)	20	(2.6)	16	(1.4)	31	(3.6)	24	(2.6)	23	(1.7)	24	(1.2)	24	(0.9)
6 - 11.....	26	(1.9)	21	(1.5)	25	(2.3)	26	(3.0)	24	(1.4)	24	(2.3)	27	(1.6)	28	(1.1)	27	(1.1)
12 - 19.....	26	(1.2)	24	(2.0)	21	(3.4)	19	(1.3)	23	(3.2)	28	(3.5)	28	(1.5)	28	(1.2)	25	(1.3)
20 and over...	23	(0.7)	21	(1.0)	22	(1.1)	18	(1.4)	24	(0.9)	30	(1.8)	23	(0.6)	25	(0.6)	21	(0.6)
2 and over...	24	(0.6)	22	(0.9)	22	(1.0)	18	(1.1)	24	(0.7)	30	(1.5)	24	(0.5)	26	(0.5)	22	(0.5)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	23	(1.0)	22	(2.5)	24	(1.8)	19	(2.0)	25	(1.7)	24	(3.7)	26	(1.7)	26	(1.6)	26	(1.0)
6 - 11.....	28	(2.4)	23	(2.0)	24	(2.6)	29	(3.2)	28	(2.1)	26	(4.6)	30	(1.4)	30	(1.4)	28	(1.4)
12 - 19.....	25	(2.5)	24	(3.4)	19	(1.4)	20	(2.3)	23	(1.9)	24	(4.3)	24	(2.5)	27	(2.9)	25	(2.1)
20 and over...	23	(1.0)	22	(1.3)	19	(1.5)	17	(1.5)	22	(1.3)	28	(2.8)	20	(0.9)	23	(0.8)	21	(0.9)
2 and over...	23	(1.1)	22	(1.3)	20	(1.1)	19	(1.3)	23	(1.2)	28	(2.6)	22	(0.9)	25	(1.0)	22	(1.0)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
2 - 5.....	32*	(4.2)	25*	(3.9)	16*	(3.2)	26*	(5.5)	27*	(2.5)	29*	(2.7)	18*	(2.5)	24*	(2.2)	24*	(1.6)
6 - 11.....	34	(2.1)	23	(4.6)	31	(4.2)	18*	(4.1)	29	(2.7)	29	(5.0)	22*	(3.4)	29	(2.5)	27	(1.6)
12 - 19.....	31	(3.6)	27	(5.0)	23	(5.1)	25	(4.8)	27	(2.1)	44	(6.7)	27	(3.1)	30	(3.1)	28	(2.8)
20 and over...	29	(1.3)	28	(2.0)	27	(2.7)	27	(4.2)	26	(1.6)	36	(3.3)	22	(1.0)	29	(1.2)	26	(1.1)
2 and over...	30	(1.4)	27	(1.8)	27	(2.3)	26	(3.6)	26	(1.3)	36	(2.7)	22	(1.1)	29	(1.1)	26	(1.1)
<b>Hispanic:</b>																		
2 - 5.....	19	(1.7)	13	(1.7)	16	(1.3)	9	(1.5)	22	(1.2)	25	(3.0)	17	(1.1)	20	(1.2)	20	(1.4)
6 - 11.....	27	(1.0)	18	(1.9)	25	(3.2)	23	(2.6)	26	(2.4)	31	(2.9)	24	(1.4)	27	(1.0)	26	(1.0)
12 - 19.....	24	(1.8)	26	(2.1)	23	(2.1)	20	(2.4)	25	(2.4)	31	(3.4)	26	(1.9)	26	(1.8)	25	(2.0)
20 and over...	23	(1.3)	20	(1.2)	23	(1.7)	17	(1.7)	23	(1.5)	29	(2.2)	21	(0.9)	25	(1.0)	21	(1.0)
2 and over...	23	(0.9)	20	(1.0)	23	(1.2)	18	(1.4)	24	(1.3)	29	(1.8)	22	(0.8)	25	(0.9)	22	(0.9)

**Table 18. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	19 (1.5)	21 (1.3)	24 (1.2)	29 (2.2)	24 (0.8)	29 (1.7)	15* (7.7)	-- --
6 - 11.....	22 (1.0)	25 (1.1)	27 (1.3)	28 (1.1)	29 (1.5)	30 (1.3)	16 (4.2)	-- --
12 - 19.....	24 (1.7)	25 (1.9)	24 (1.7)	30 (1.5)	27 (1.3)	32 (1.4)	19 (3.7)	-- --
20 and over...	22 (0.7)	24 (0.7)	22 (0.8)	29 (0.7)	23 (0.6)	30 (0.7)	10 (0.5)	3 (1.0)
2 and over...	22 (0.5)	24 (0.6)	22 (0.7)	29 (0.6)	24 (0.5)	30 (0.6)	10 (0.5)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	22 (1.7)	24 (1.6)	25 (1.1)	29 (2.0)	27 (1.2)	29 (1.6)	10* (4.6)	-- --
6 - 11.....	22 (1.3)	26 (1.6)	28 (1.6)	28 (1.4)	30 (1.5)	28 (1.7)	14 (2.9)	-- --
12 - 19.....	23 (1.9)	24 (2.9)	26 (2.8)	30 (2.4)	28 (2.1)	29 (2.3)	19* (6.5)	-- --
20 and over...	20 (1.0)	23 (1.0)	21 (1.4)	26 (1.0)	23 (1.0)	26 (1.0)	12 (1.8)	4* (1.3)
2 and over...	21 (0.9)	24 (1.1)	22 (1.3)	27 (1.0)	24 (1.0)	27 (1.0)	12 (1.4)	-- --
<b>Non-Hispanic Asian<sup>4</sup>:</b>								
2 - 5.....	21* (1.9)	33* (8.5)	32* (4.6)	30* (4.2)	24* (1.6)	27* (3.0)	15* (5.0)	-- --
6 - 11.....	29 (3.2)	33 (6.3)	32 (2.4)	32 (2.5)	30 (2.1)	32 (2.8)	15* (7.1)	-- --
12 - 19.....	28 (2.9)	29 (3.9)	29 (3.1)	36 (3.9)	30 (3.2)	32 (3.2)	12* (5.3)	-- --
20 and over...	29 (1.1)	30 (1.3)	25 (0.9)	31 (1.3)	28 (1.2)	34 (1.5)	13 (1.4)	5* (2.1)
2 and over...	28 (1.1)	30 (1.4)	26 (1.0)	32 (1.2)	28 (1.0)	34 (1.3)	13 (1.3)	-- --
<b>Hispanic:</b>								
2 - 5.....	18 (1.1)	19 (1.2)	20 (1.3)	27 (1.5)	19 (1.4)	28 (1.3)	15 (3.6)	-- --
6 - 11.....	18 (0.9)	23 (1.1)	23 (1.6)	28 (1.3)	27 (1.0)	28 (1.0)	14 (3.0)	-- --
12 - 19.....	23 (1.2)	25 (1.8)	23 (1.6)	28 (2.1)	25 (1.9)	29 (1.6)	16 (3.5)	-- --
20 and over...	23 (0.9)	25 (1.2)	22 (1.1)	26 (1.0)	24 (0.9)	28 (1.1)	10 (0.8)	7* (2.7)
2 and over...	22 (0.7)	25 (0.9)	22 (0.9)	27 (0.9)	24 (0.8)	28 (1.0)	10 (0.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as lunch.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	86 (3.9)	21 (1.0)	24 (1.3)	20 (1.2)	16 (1.3)	25 (1.8)	21 (1.2)	19 (1.8)	22 (1.1)	22 (1.0)
6 - 11.....	83 (3.8)	25 (1.3)	28 (1.6)	24 (1.3)	21 (1.3)	30 (2.3)	26 (1.4)	25 (1.5)	27 (1.7)	27 (1.8)
12 - 19.....	78 (2.1)	24 (1.7)	27 (2.4)	23 (1.6)	19 (1.0)	25 (3.4)	25 (2.0)	24 (2.0)	25 (2.2)	28 (2.5)
20 and over...	73 (1.3)	22 (0.6)	26 (0.7)	20 (0.6)	16 (0.5)	24 (0.8)	24 (0.7)	22 (0.7)	24 (0.8)	26 (0.9)
2 and over...	75 (1.1)	22 (0.4)	26 (0.6)	21 (0.4)	17 (0.4)	24 (0.8)	24 (0.5)	23 (0.5)	24 (0.5)	26 (0.7)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	91 (2.9)	24 (0.8)	25 (1.1)	21 (1.2)	17 (1.5)	25 (1.4)	27 (0.9)	24 (1.5)	28 (1.1)	29 (1.4)
6 - 11.....	87 (2.2)	24 (0.6)	29 (1.2)	22 (0.7)	20 (1.3)	27 (0.9)	24 (0.8)	22 (0.7)	25 (0.7)	27 (1.4)
12 - 19.....	82 (2.4)	27 (1.6)	29 (1.9)	26 (1.4)	23 (1.3)	29 (1.9)	28 (1.9)	27 (1.8)	28 (2.2)	30 (2.2)
20 and over...	78 (0.9)	23 (0.6)	28 (0.6)	22 (0.6)	18 (0.6)	24 (0.8)	25 (0.9)	24 (1.0)	25 (1.0)	27 (0.9)
2 and over...	79 (0.9)	24 (0.6)	28 (0.6)	22 (0.5)	19 (0.5)	25 (0.7)	26 (0.8)	24 (0.9)	26 (1.0)	27 (0.8)
<b>\$75,000 and higher:</b>										
2 - 5.....	97* (1.5)	25 (1.6)	30 (1.6)	23 (1.5)	19 (2.0)	29 (1.6)	28 (1.8)	26 (2.4)	28 (1.7)	30 (3.4)
6 - 11.....	97* (1.1)	26 (1.0)	30 (1.3)	26 (1.1)	23 (1.4)	29 (1.8)	25 (1.1)	23 (1.2)	26 (1.6)	28 (1.2)
12 - 19.....	91 (2.1)	28 (1.3)	31 (2.3)	26 (1.4)	24 (2.1)	28 (2.0)	30 (1.4)	29 (1.6)	31 (1.5)	30 (1.7)
20 and over...	87 (1.6)	25 (0.7)	29 (0.9)	24 (0.8)	19 (0.9)	25 (0.7)	26 (0.6)	25 (0.7)	26 (0.5)	27 (1.1)
2 and over...	89 (1.3)	25 (0.6)	29 (0.7)	24 (0.6)	20 (0.9)	26 (0.7)	26 (0.5)	25 (0.5)	26 (0.3)	27 (0.9)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	91 (1.7)	23 (0.7)	26 (1.1)	21 (0.7)	18 (0.8)	27 (0.9)	25 (0.8)	23 (1.0)	26 (0.7)	27 (1.1)
6 - 11.....	90 (1.3)	25 (0.4)	29 (0.7)	24 (0.5)	22 (0.7)	29 (1.0)	25 (0.5)	23 (0.5)	26 (0.7)	27 (0.8)
12 - 19.....	84 (1.7)	27 (0.8)	29 (0.9)	25 (0.8)	22 (1.0)	27 (1.3)	28 (0.9)	28 (1.1)	28 (0.9)	29 (0.9)
20 and over...	80 (0.7)	23 (0.4)	28 (0.5)	22 (0.4)	18 (0.4)	24 (0.5)	25 (0.6)	24 (0.6)	25 (0.6)	27 (0.7)
2 and over...	82 (0.7)	24 (0.4)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.5)	24 (0.5)	26 (0.5)	27 (0.6)

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	17 (2.6)	16 (1.7)	29 (6.8)	36 (7.5)	22 (1.5)	18 (1.7)	25 (1.3)	19 (1.3)	18 (1.3)
6 - 11.....	23 (1.4)	24 (2.2)	36 (6.9)	31 (2.8)	24 (1.8)	25 (1.5)	23 (1.5)	21 (1.8)	20 (2.1)
12 - 19.....	23 (2.1)	21 (1.9)	27 (5.0)	30 (5.0)	26 (2.2)	23 (2.1)	26 (2.3)	23 (2.7)	23 (3.0)
20 and over...	24 (1.0)	21 (1.7)	29 (4.0)	24 (2.7)	23 (0.7)	18 (0.4)	24 (0.7)	23 (1.0)	20 (0.9)
2 and over...	24 (0.8)	21 (1.3)	29 (3.4)	26 (2.1)	23 (0.5)	19 (0.3)	24 (0.6)	23 (0.9)	21 (0.7)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	22 (1.6)	23 (1.6)	53 (5.0)	34 (4.2)	20 (1.3)	17 (0.8)	24 (1.9)	20 (0.9)	17 (1.1)
6 - 11.....	25 (1.7)	23 (2.9)	39 (6.6)	36 (5.6)	22 (0.8)	24 (1.5)	25 (1.0)	26 (2.5)	19 (1.0)
12 - 19.....	27 (2.0)	23 (2.3)	25* (8.2)	35 (6.2)	26 (2.6)	24 (2.6)	29 (2.9)	26 (3.5)	23 (2.7)
20 and over...	25 (1.2)	22 (1.1)	30 (2.9)	29 (1.8)	24 (0.8)	20 (0.6)	25 (0.7)	23 (0.7)	22 (0.7)
2 and over...	25 (0.9)	22 (0.9)	31 (2.5)	31 (1.6)	24 (0.7)	20 (0.7)	26 (0.8)	23 (0.8)	22 (0.7)
<b>\$75,000 and higher:</b>									
2 - 5.....	31 (3.3)	23 (2.0)	39 (9.7)	31 (7.5)	26 (1.7)	21 (1.2)	28 (0.7)	24 (1.2)	22 (2.0)
6 - 11.....	23 (1.9)	21 (2.5)	30 (8.5)	24 (5.4)	26 (1.7)	23 (1.5)	29 (1.6)	24 (1.4)	21 (1.6)
12 - 19.....	26 (2.5)	22 (2.6)	33 (7.8)	38*(12.6)	26 (2.3)	24 (1.6)	28 (2.5)	22 (2.6)	22 (2.2)
20 and over...	26 (0.7)	22 (1.3)	28 (2.2)	27 (2.7)	26 (0.7)	21 (0.8)	28 (0.9)	24 (1.0)	23 (0.9)
2 and over...	26 (0.7)	22 (0.9)	29 (1.7)	28 (2.9)	26 (0.6)	21 (0.7)	28 (0.8)	24 (0.9)	23 (0.7)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	23 (2.1)	21 (0.8)	42 (4.0)	34 (4.5)	23 (1.1)	19 (0.7)	26 (0.8)	21 (0.7)	19 (0.9)
6 - 11.....	24 (1.2)	22 (1.7)	33 (5.6)	31 (4.1)	24 (0.8)	24 (1.1)	26 (0.6)	24 (1.2)	20 (1.0)
12 - 19.....	25 (1.1)	22 (1.4)	29 (5.4)	36 (3.9)	26 (1.3)	24 (1.1)	28 (1.0)	23 (1.3)	23 (1.3)
20 and over...	25 (0.6)	22 (1.0)	29 (1.9)	28 (1.3)	25 (0.5)	20 (0.4)	26 (0.5)	23 (0.6)	22 (0.6)
2 and over...	25 (0.4)	22 (0.7)	29 (1.6)	29 (1.2)	25 (0.4)	20 (0.4)	26 (0.4)	23 (0.5)	22 (0.5)

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	18	(1.8)	15	(2.4)	19	(2.1)	13	(2.3)	23	(1.2)	21	(3.0)	19	(1.8)	22	(1.6)	22	(1.3)
6 - 11.....	25	(1.5)	20	(1.3)	24	(2.8)	25	(1.8)	25	(1.8)	26	(4.0)	27	(1.6)	28	(1.4)	27	(1.5)
12 - 19.....	24	(2.1)	25	(2.2)	19	(2.0)	23	(1.6)	22	(2.5)	27	(3.2)	26	(2.0)	26	(2.1)	23	(2.2)
20 and over...	22	(0.8)	21	(1.2)	20	(1.3)	16	(1.1)	22	(0.9)	26	(2.6)	20	(0.7)	23	(0.7)	20	(0.6)
2 and over...	23	(0.6)	21	(0.9)	20	(1.2)	17	(0.9)	23	(0.7)	26	(2.3)	21	(0.5)	24	(0.5)	21	(0.4)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	22	(0.8)	17	(1.7)	20	(1.9)	15	(1.9)	26	(1.2)	25	(2.0)	19	(0.8)	22	(0.7)	21	(0.5)
6 - 11.....	29	(1.7)	22	(1.9)	24	(2.4)	27	(3.5)	26	(1.3)	32	(3.3)	26	(1.8)	28	(1.2)	26	(1.2)
12 - 19.....	26	(1.2)	25	(3.3)	21	(2.6)	20	(1.8)	23	(4.2)	30	(3.6)	26	(1.9)	27	(1.8)	25	(1.9)
20 and over...	24	(0.9)	23	(1.0)	21	(1.1)	19	(1.3)	23	(1.1)	31	(2.1)	23	(0.7)	25	(0.6)	21	(0.7)
2 and over...	24	(0.7)	23	(1.1)	21	(0.9)	20	(1.0)	23	(1.0)	31	(1.8)	23	(0.6)	25	(0.6)	22	(0.6)
<b>\$75,000 and higher:</b>																		
2 - 5.....	28	(2.0)	21	(1.4)	21	(3.0)	18	(1.9)	32	(5.4)	28	(3.7)	25	(2.3)	26	(1.4)	26	(1.2)
6 - 11.....	25	(1.6)	20	(1.4)	27	(2.6)	24	(2.8)	24	(1.8)	17	(2.5)	26	(1.6)	28	(1.1)	28	(1.4)
12 - 19.....	27	(1.8)	23	(2.2)	23	(3.9)	19	(1.8)	28	(1.7)	28	(3.6)	27	(1.5)	29	(1.4)	27	(1.6)
20 and over...	24	(0.8)	21	(1.4)	24	(1.1)	17	(2.2)	25	(1.0)	32	(1.8)	23	(0.6)	26	(0.8)	22	(0.7)
2 and over...	24	(0.8)	21	(1.1)	24	(1.1)	18	(1.5)	25	(0.8)	31	(1.4)	24	(0.5)	26	(0.6)	23	(0.6)
<b>All Individuals<sup>4</sup>:</b>																		
2 - 5.....	22	(1.3)	17	(1.1)	19	(1.2)	15	(1.1)	27	(1.9)	24	(1.6)	21	(1.0)	23	(0.8)	23	(0.6)
6 - 11.....	27	(1.2)	21	(0.9)	25	(1.2)	25	(2.0)	25	(1.1)	26	(1.7)	27	(1.0)	28	(0.6)	27	(0.7)
12 - 19.....	26	(0.8)	24	(1.3)	21	(2.0)	20	(1.1)	24	(2.0)	29	(2.4)	27	(1.0)	28	(0.9)	25	(1.0)
20 and over...	23	(0.6)	22	(0.7)	22	(0.8)	18	(1.1)	23	(0.7)	30	(1.5)	22	(0.5)	25	(0.5)	21	(0.4)
2 and over...	24	(0.4)	22	(0.6)	22	(0.7)	19	(0.8)	24	(0.6)	30	(1.3)	23	(0.4)	25	(0.4)	22	(0.4)

**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	19 (1.2)	19 (1.3)	21 (1.2)	25 (1.6)	22 (1.3)	27 (1.4)	8* (2.0)	-- --
6 - 11.....	22 (1.8)	24 (1.6)	26 (1.5)	27 (1.5)	29 (1.4)	29 (1.5)	12 (2.9)	-- --
12 - 19.....	23 (2.1)	25 (2.4)	23 (2.5)	29 (2.6)	25 (2.5)	28 (2.6)	17 (3.4)	-- --
20 and over...	21 (0.6)	23 (0.7)	21 (0.8)	26 (0.7)	22 (0.6)	27 (0.7)	8 (0.7)	5* (1.7)
2 and over...	21 (0.5)	23 (0.5)	22 (0.7)	27 (0.5)	23 (0.4)	27 (0.6)	9 (0.7)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	17 (1.2)	20 (1.0)	21 (1.2)	27 (1.8)	23 (1.1)	28 (1.1)	19 (5.2)	-- --
6 - 11.....	21 (0.9)	25 (1.5)	26 (1.9)	27 (1.2)	30 (1.7)	28 (0.9)	13 (3.4)	-- --
12 - 19.....	24 (2.4)	24 (2.6)	25 (1.8)	30 (2.0)	28 (1.5)	30 (1.9)	20 (4.4)	-- --
20 and over...	22 (0.7)	26 (0.8)	22 (0.8)	28 (0.7)	24 (0.5)	29 (0.6)	10 (0.6)	3* (0.7)
2 and over...	22 (0.7)	25 (0.8)	22 (0.6)	28 (0.6)	24 (0.5)	29 (0.6)	10 (0.5)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	21 (1.2)	25 (2.5)	26 (1.9)	32 (1.9)	25 (1.5)	32 (1.8)	20* (6.5)	-- --
6 - 11.....	22 (1.1)	26 (1.1)	26 (1.0)	30 (1.5)	28 (1.4)	30 (1.6)	20 (5.7)	-- --
12 - 19.....	24 (2.4)	26 (2.9)	25 (2.1)	32 (2.3)	28 (1.9)	32 (1.9)	21 (5.1)	-- --
20 and over...	23 (0.7)	25 (0.9)	22 (0.8)	29 (0.9)	24 (0.8)	30 (1.0)	11 (0.9)	3* (1.1)
2 and over...	23 (0.5)	25 (0.6)	23 (0.7)	30 (0.8)	25 (0.7)	30 (0.7)	11 (0.9)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	19 (0.9)	22 (1.1)	23 (0.9)	28 (1.3)	23 (0.7)	29 (0.9)	14 (3.7)	-- --
6 - 11.....	21 (0.6)	25 (0.7)	26 (0.9)	28 (0.7)	29 (0.9)	29 (0.7)	15 (2.5)	-- --
12 - 19.....	24 (1.1)	25 (1.2)	24 (1.2)	30 (1.0)	27 (0.9)	30 (0.9)	18 (2.8)	-- --
20 and over...	22 (0.5)	25 (0.5)	22 (0.6)	28 (0.5)	24 (0.5)	29 (0.6)	10 (0.5)	4 (0.7)
2 and over...	22 (0.4)	25 (0.5)	23 (0.5)	28 (0.4)	24 (0.4)	29 (0.4)	10 (0.5)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	88 (3.4)	22 (1.0)	25 (1.4)	21 (1.1)	16 (1.3)	25 (1.2)	23 (1.1)	22 (1.6)	24 (1.0)	23 (0.9)
6 - 11.....	85 (2.7)	25 (1.0)	28 (1.3)	23 (1.0)	21 (1.1)	28 (1.7)	25 (1.0)	24 (1.0)	26 (1.3)	27 (1.3)
12 - 19.....	79 (1.7)	26 (1.5)	29 (2.1)	24 (1.3)	21 (0.9)	26 (2.5)	27 (1.8)	25 (1.9)	26 (1.9)	30 (2.1)
20 and over...	71 (1.3)	21 (0.6)	25 (0.7)	20 (0.7)	16 (0.6)	24 (0.7)	23 (0.6)	22 (0.6)	23 (0.6)	25 (0.8)
2 and over...	75 (1.1)	22 (0.4)	26 (0.5)	21 (0.5)	18 (0.5)	25 (0.6)	24 (0.5)	23 (0.6)	24 (0.4)	26 (0.6)
<b>131-350% poverty:</b>										
2 - 5.....	92 (1.8)	23 (1.1)	26 (1.6)	20 (1.4)	17 (1.3)	24 (1.6)	25 (1.6)	21 (2.0)	26 (1.5)	28 (2.1)
6 - 11.....	90 (2.6)	26 (1.0)	31 (1.1)	24 (1.1)	22 (1.3)	29 (1.1)	26 (1.2)	24 (1.3)	27 (1.5)	28 (1.5)
12 - 19.....	84 (3.0)	27 (1.4)	29 (2.0)	26 (1.5)	22 (1.8)	29 (2.0)	28 (1.5)	27 (1.5)	28 (1.8)	29 (2.1)
20 and over...	79 (1.3)	24 (0.7)	28 (0.7)	22 (0.7)	18 (0.8)	24 (1.0)	26 (1.0)	25 (1.1)	26 (1.1)	28 (0.9)
2 and over...	81 (1.1)	25 (0.6)	29 (0.6)	23 (0.6)	19 (0.6)	25 (0.9)	26 (0.8)	25 (0.9)	26 (1.0)	28 (0.8)
<b>Over 350% poverty:</b>										
2 - 5.....	97* (1.7)	26 (1.7)	29 (1.7)	24 (1.6)	20 (2.3)	31 (1.8)	30 (2.0)	29 (2.7)	29 (1.8)	32 (3.8)
6 - 11.....	97* (1.6)	25 (1.1)	28 (1.5)	26 (1.3)	23 (1.6)	29 (2.4)	24 (1.2)	22 (1.4)	24 (1.2)	27 (1.7)
12 - 19.....	92 (2.8)	28 (1.7)	29 (2.1)	27 (1.9)	25 (2.6)	27 (2.4)	30 (1.7)	29 (2.1)	31 (1.9)	29 (1.7)
20 and over...	85 (1.3)	24 (0.8)	29 (1.0)	23 (0.8)	19 (1.0)	25 (0.7)	26 (0.8)	24 (1.0)	25 (0.6)	27 (1.1)
2 and over...	87 (1.1)	24 (0.7)	29 (0.8)	24 (0.7)	20 (1.0)	25 (0.7)	26 (0.8)	25 (0.9)	26 (0.6)	27 (1.0)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	91 (1.7)	23 (0.7)	26 (1.1)	21 (0.7)	18 (0.8)	27 (0.9)	25 (0.8)	23 (1.0)	26 (0.7)	27 (1.1)
6 - 11.....	90 (1.3)	25 (0.4)	29 (0.7)	24 (0.5)	22 (0.7)	29 (1.0)	25 (0.5)	23 (0.5)	26 (0.7)	27 (0.8)
12 - 19.....	84 (1.7)	27 (0.8)	29 (0.9)	25 (0.8)	22 (1.0)	27 (1.3)	28 (0.9)	28 (1.1)	28 (0.9)	29 (0.9)
20 and over...	80 (0.7)	23 (0.4)	28 (0.5)	22 (0.4)	18 (0.4)	24 (0.5)	25 (0.6)	24 (0.6)	25 (0.6)	27 (0.7)
2 and over...	82 (0.7)	24 (0.4)	28 (0.4)	23 (0.3)	19 (0.3)	25 (0.5)	26 (0.5)	24 (0.5)	26 (0.5)	27 (0.6)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	19 (2.4)	18 (1.1)	35 (5.0)	35 (6.2)	22 (1.7)	18 (1.6)	24 (1.3)	19 (1.3)	18 (1.5)
6 - 11.....	25 (1.7)	24 (1.9)	42 (6.8)	30 (3.4)	23 (1.2)	24 (1.1)	23 (1.1)	21 (1.4)	18 (1.5)
12 - 19.....	24 (2.2)	22 (1.7)	31 (4.2)	33 (4.1)	26 (2.0)	23 (1.8)	28 (2.2)	24 (2.5)	23 (2.2)
20 and over...	23 (0.9)	19 (1.1)	26 (2.3)	23 (2.5)	22 (0.8)	18 (0.5)	24 (0.8)	23 (1.0)	21 (1.1)
2 and over...	23 (0.7)	20 (0.6)	28 (1.5)	26 (2.2)	23 (0.6)	19 (0.4)	24 (0.7)	23 (0.9)	21 (0.6)
<b>131-350% poverty:</b>									
2 - 5.....	22 (2.2)	23 (1.7)	56 (7.9)	33 (5.4)	20 (1.6)	18 (1.0)	27 (1.9)	21 (1.4)	17 (1.1)
6 - 11.....	24 (1.6)	20 (2.6)	33 (5.3)	33 (7.3)	23 (1.2)	24 (1.2)	27 (1.6)	27 (2.7)	19 (1.0)
12 - 19.....	26 (2.3)	20 (2.2)	19* (6.4)	33 (4.5)	28 (2.7)	24 (2.2)	29 (2.3)	25 (2.8)	23 (2.5)
20 and over...	27 (1.0)	23 (1.7)	32 (3.1)	29 (1.8)	25 (1.1)	20 (0.8)	26 (0.9)	23 (1.0)	22 (0.8)
2 and over...	26 (0.9)	23 (1.3)	31 (2.7)	30 (1.3)	25 (1.0)	21 (0.8)	26 (0.9)	23 (0.9)	22 (0.8)
<b>Over 350% poverty:</b>									
2 - 5.....	32 (4.0)	24 (2.5)	33*(11.7)	32*(12.1)	27 (1.6)	21 (1.1)	27 (0.6)	24 (1.6)	24 (2.4)
6 - 11.....	21 (2.0)	22 (3.7)	30*(10.1)	25 (4.0)	26 (2.2)	24 (1.7)	29 (1.4)	24 (1.4)	22 (2.2)
12 - 19.....	26 (2.0)	25 (2.8)	41 (7.7)	43*(14.1)	25 (2.0)	24 (2.3)	26 (2.9)	20 (2.8)	23 (2.9)
20 and over...	25 (1.2)	22 (1.4)	29 (2.1)	28 (2.5)	26 (0.5)	20 (0.8)	27 (0.8)	24 (0.9)	23 (0.9)
2 and over...	25 (1.1)	22 (1.1)	30 (1.9)	29 (2.6)	26 (0.5)	21 (0.8)	27 (0.7)	24 (0.9)	23 (0.8)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	23 (2.1)	21 (0.8)	42 (4.0)	34 (4.5)	23 (1.1)	19 (0.7)	26 (0.8)	21 (0.7)	19 (0.9)
6 - 11.....	24 (1.2)	22 (1.7)	33 (5.6)	31 (4.1)	24 (0.8)	24 (1.1)	26 (0.6)	24 (1.2)	20 (1.0)
12 - 19.....	25 (1.1)	22 (1.4)	29 (5.4)	36 (3.9)	26 (1.3)	24 (1.1)	28 (1.0)	23 (1.3)	23 (1.3)
20 and over...	25 (0.6)	22 (1.0)	29 (1.9)	28 (1.3)	25 (0.5)	20 (0.4)	26 (0.5)	23 (0.6)	22 (0.6)
2 and over...	25 (0.4)	22 (0.7)	29 (1.6)	29 (1.2)	25 (0.4)	20 (0.4)	26 (0.4)	23 (0.5)	22 (0.5)

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	19 (1.6)	16 (2.4)	18 (2.0)	13 (2.0)	24 (1.3)	22 (2.4)	20 (1.5)	22 (1.5)	23 (1.2)	
6 - 11.....	27 (1.6)	21 (1.4)	23 (2.4)	26 (1.7)	25 (1.5)	29 (3.1)	27 (1.1)	28 (1.0)	26 (1.1)	
12 - 19.....	25 (1.8)	25 (1.9)	21 (1.9)	22 (1.3)	23 (2.4)	29 (2.9)	26 (1.8)	27 (1.9)	25 (1.8)	
20 and over...	22 (0.8)	20 (0.6)	21 (1.4)	17 (1.1)	22 (0.8)	27 (2.1)	20 (0.6)	23 (0.6)	20 (0.6)	
2 and over...	23 (0.5)	20 (0.6)	21 (1.1)	18 (0.9)	22 (0.6)	27 (1.7)	22 (0.4)	24 (0.4)	21 (0.4)	
<b>131-350% poverty:</b>										
2 - 5.....	23 (1.3)	17 (1.7)	20 (1.9)	16 (2.2)	25 (1.3)	22 (2.3)	18 (1.0)	22 (1.1)	21 (0.8)	
6 - 11.....	29 (1.5)	20 (1.4)	28 (2.4)	26 (2.8)	25 (1.7)	31 (2.1)	27 (1.7)	28 (1.1)	28 (0.9)	
12 - 19.....	26 (1.6)	25 (2.7)	19 (2.5)	19 (2.0)	23 (4.0)	28 (4.0)	26 (1.6)	27 (1.6)	25 (1.6)	
20 and over...	25 (0.8)	24 (1.4)	21 (1.4)	18 (1.7)	23 (1.4)	31 (2.0)	23 (1.0)	25 (0.8)	22 (0.9)	
2 and over...	25 (0.6)	23 (1.2)	21 (1.1)	19 (1.3)	23 (1.2)	30 (1.7)	23 (0.8)	26 (0.7)	22 (0.7)	
<b>Over 350% poverty:</b>										
2 - 5.....	28 (2.4)	22 (1.2)	22 (3.4)	18 (2.0)	34 (6.4)	31 (4.0)	26 (2.1)	27 (1.4)	26 (1.1)	
6 - 11.....	23 (1.8)	21 (1.8)	26 (4.1)	23 (3.3)	25 (2.3)	14 (2.1)	26 (2.0)	27 (1.2)	27 (1.4)	
12 - 19.....	26 (2.1)	23 (2.6)	25 (4.9)	20 (2.2)	28 (1.8)	28 (3.2)	27 (1.9)	28 (1.8)	26 (2.0)	
20 and over...	23 (1.1)	21 (1.3)	23 (1.2)	19 (2.2)	25 (0.9)	32 (2.1)	23 (0.8)	26 (0.9)	22 (0.8)	
2 and over...	23 (1.0)	21 (1.1)	23 (1.3)	19 (1.7)	25 (0.8)	31 (1.7)	24 (0.7)	26 (0.8)	22 (0.7)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	22 (1.3)	17 (1.1)	19 (1.2)	15 (1.1)	27 (1.9)	24 (1.6)	21 (1.0)	23 (0.8)	23 (0.6)	
6 - 11.....	27 (1.2)	21 (0.9)	25 (1.2)	25 (2.0)	25 (1.1)	26 (1.7)	27 (1.0)	28 (0.6)	27 (0.7)	
12 - 19.....	26 (0.8)	24 (1.3)	21 (2.0)	20 (1.1)	24 (2.0)	29 (2.4)	27 (1.0)	28 (0.9)	25 (1.0)	
20 and over...	23 (0.6)	22 (0.7)	22 (0.8)	18 (1.1)	23 (0.7)	30 (1.5)	22 (0.5)	25 (0.5)	21 (0.4)	
2 and over...	24 (0.4)	22 (0.6)	22 (0.7)	19 (0.8)	24 (0.6)	30 (1.3)	23 (0.4)	25 (0.4)	22 (0.4)	

**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	19 (1.3)	20 (1.4)	22 (1.2)	26 (1.7)	22 (1.3)	27 (1.3)	11 (2.5)	-- --
6 - 11.....	21 (1.1)	23 (1.2)	25 (1.6)	27 (1.1)	28 (1.2)	28 (1.1)	12 (2.4)	-- --
12 - 19.....	23 (1.7)	26 (2.0)	24 (2.0)	30 (2.3)	26 (2.0)	29 (2.3)	16 (2.7)	-- --
20 and over...	21 (0.8)	23 (0.7)	21 (0.7)	26 (0.8)	22 (0.7)	27 (0.7)	9 (1.0)	5* (1.5)
2 and over...	21 (0.5)	23 (0.5)	22 (0.5)	26 (0.6)	23 (0.5)	27 (0.6)	9 (0.9)	-- --
<b>131-350% poverty:</b>								
2 - 5.....	17 (1.3)	20 (1.1)	20 (1.3)	27 (2.0)	23 (1.3)	29 (1.4)	13* (4.6)	-- --
6 - 11.....	21 (1.0)	26 (1.4)	28 (1.4)	28 (1.3)	31 (1.2)	30 (0.7)	13 (3.0)	-- --
12 - 19.....	24 (1.9)	24 (2.0)	24 (1.8)	31 (2.1)	27 (1.3)	31 (1.7)	21 (4.4)	-- --
20 and over...	23 (0.8)	26 (0.9)	23 (1.3)	29 (0.7)	24 (0.7)	29 (0.7)	10 (0.8)	5 (1.5)
2 and over...	22 (0.7)	25 (0.8)	23 (1.0)	29 (0.6)	25 (0.6)	30 (0.6)	10 (0.8)	-- --
<b>Over 350% poverty:</b>								
2 - 5.....	22 (1.4)	26 (3.0)	27 (2.0)	33 (2.0)	25 (1.6)	32 (2.0)	26*(11.1)	-- --
6 - 11.....	22 (1.3)	25 (1.3)	26 (1.3)	28 (1.7)	27 (1.6)	30 (1.8)	22* (6.5)	-- --
12 - 19.....	24 (3.1)	25 (3.3)	25 (2.7)	31 (2.2)	28 (2.3)	30 (1.8)	21 (5.8)	-- --
20 and over...	23 (0.8)	25 (1.0)	22 (0.8)	29 (1.0)	24 (0.8)	30 (1.0)	11 (0.8)	3* (0.7)
2 and over...	23 (0.6)	25 (0.8)	22 (0.7)	29 (0.8)	25 (0.8)	30 (0.8)	11 (0.8)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	19 (0.9)	22 (1.1)	23 (0.9)	28 (1.3)	23 (0.7)	29 (0.9)	14 (3.7)	-- --
6 - 11.....	21 (0.6)	25 (0.7)	26 (0.9)	28 (0.7)	29 (0.9)	29 (0.7)	15 (2.5)	-- --
12 - 19.....	24 (1.1)	25 (1.2)	24 (1.2)	30 (1.0)	27 (0.9)	30 (0.9)	18 (2.8)	-- --
20 and over...	22 (0.5)	25 (0.5)	22 (0.6)	28 (0.5)	24 (0.5)	29 (0.6)	10 (0.5)	4 (0.7)
2 and over...	22 (0.4)	25 (0.5)	23 (0.5)	28 (0.4)	24 (0.4)	29 (0.4)	10 (0.5)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

- <sup>1</sup> Lunch includes eating occasions designated by the respondent as "brunch", "lunch" or the Spanish equivalent "comida." Please note these eating occasions include consumption of beverages including water.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2013-2014.
- <sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	95 (1.3)	27 (0.8)	35 (1.6)	24 (0.9)	18 (0.9)	28 (1.2)	29 (1.0)	28 (1.1)	30 (1.1)	29 (1.2)
6 - 11.....	96 (1.1)	33 (1.3)	40 (1.6)	28 (1.5)	22 (1.7)	31 (1.9)	36 (1.3)	36 (1.8)	36 (1.3)	34 (1.7)
12 - 19.....	91 (0.9)	33 (1.3)	42 (1.5)	28 (1.4)	22 (1.1)	34 (2.1)	34 (1.2)	32 (1.5)	35 (1.1)	36 (1.9)
20 - 29.....	93 (1.4)	36 (1.8)	43 (2.1)	31 (1.7)	22 (1.4)	35 (1.6)	39 (2.1)	38 (2.6)	39 (2.0)	39 (2.2)
30 - 39.....	90 (2.4)	34 (1.3)	42 (1.3)	30 (1.2)	21 (1.3)	35 (1.7)	36 (1.2)	36 (1.5)	36 (1.3)	37 (1.5)
40 - 49.....	91 (1.4)	36 (1.1)	45 (1.9)	31 (1.5)	22 (1.8)	39 (1.8)	38 (1.2)	37 (1.5)	39 (1.3)	39 (1.7)
50 - 59.....	94 (1.6)	37 (1.3)	45 (1.6)	34 (1.4)	26 (1.4)	41 (1.9)	39 (1.5)	39 (2.0)	38 (1.5)	40 (1.5)
60 - 69.....	92 (2.0)	34 (1.5)	40 (1.6)	32 (1.7)	25 (1.9)	38 (2.6)	34 (1.4)	33 (1.3)	33 (1.4)	35 (2.3)
70 and over.....	93 (1.6)	37 (1.3)	45 (1.3)	32 (1.4)	26 (2.7)	37 (1.3)	39 (1.4)	38 (1.4)	38 (1.6)	40 (1.7)
2 - 19.....	93 (0.7)	32 (1.0)	40 (1.2)	28 (1.1)	21 (1.0)	32 (1.5)	34 (1.0)	33 (1.2)	34 (1.0)	34 (1.4)
20 and over...	92 (0.5)	36 (0.7)	43 (0.9)	32 (0.8)	23 (0.9)	37 (0.8)	38 (0.8)	37 (0.8)	37 (0.7)	38 (1.0)
2 and over...	93 (0.4)	35 (0.5)	43 (0.7)	31 (0.6)	23 (0.7)	36 (0.7)	37 (0.6)	36 (0.7)	37 (0.6)	38 (0.7)
<b>Females:</b>										
2 - 5.....	96* (1.3)	26 (1.2)	32 (1.6)	23 (1.3)	17 (1.5)	28 (1.6)	29 (1.5)	28 (1.7)	30 (1.4)	29 (1.9)
6 - 11.....	94 (1.0)	30 (0.8)	37 (0.9)	28 (0.7)	21 (0.7)	32 (1.5)	32 (1.2)	31 (1.6)	32 (1.2)	32 (1.3)
12 - 19.....	90 (2.5)	34 (0.8)	43 (1.4)	29 (0.9)	21 (1.3)	36 (1.6)	37 (1.0)	35 (1.1)	37 (1.1)	38 (1.2)
20 - 29.....	94 (1.4)	35 (0.9)	44 (1.0)	30 (0.6)	22 (1.0)	37 (1.4)	39 (1.3)	39 (1.5)	39 (1.3)	38 (1.9)
30 - 39.....	93 (1.0)	34 (0.9)	39 (1.1)	30 (1.0)	24 (1.2)	35 (1.4)	36 (1.2)	35 (1.7)	36 (1.4)	36 (1.1)
40 - 49.....	94 (0.9)	35 (1.0)	42 (1.1)	31 (1.2)	22 (1.4)	36 (1.0)	36 (1.5)	36 (1.9)	35 (1.5)	37 (1.6)
50 - 59.....	94 (1.3)	35 (1.2)	42 (1.3)	30 (1.3)	22 (1.5)	37 (1.3)	36 (1.4)	34 (1.5)	37 (1.4)	39 (1.9)
60 - 69.....	93 (1.4)	35 (1.5)	41 (1.3)	31 (1.6)	24 (1.5)	35 (2.1)	35 (1.6)	36 (1.6)	35 (1.7)	35 (2.4)
70 and over.....	95 (1.0)	37 (0.8)	45 (1.0)	32 (0.5)	25 (0.8)	35 (1.5)	41 (1.2)	39 (1.3)	40 (1.2)	42 (1.4)
2 - 19.....	92 (1.3)	31 (0.5)	39 (0.6)	27 (0.5)	20 (0.8)	33 (1.0)	34 (0.6)	32 (0.9)	34 (0.6)	34 (0.8)
20 and over...	94 (0.5)	35 (0.4)	42 (0.4)	31 (0.4)	23 (0.6)	36 (0.6)	37 (0.5)	36 (0.5)	37 (0.6)	38 (0.8)
2 and over...	93 (0.5)	34 (0.4)	41 (0.3)	30 (0.4)	22 (0.6)	35 (0.5)	36 (0.4)	35 (0.4)	36 (0.5)	37 (0.7)
<b>Males and females:</b>										
2 - 19.....	93 (0.8)	32 (0.7)	40 (0.7)	28 (0.7)	21 (0.7)	33 (1.1)	34 (0.7)	33 (0.9)	34 (0.7)	34 (0.9)
20 and over...	93 (0.4)	35 (0.5)	43 (0.6)	31 (0.5)	23 (0.6)	37 (0.7)	37 (0.6)	37 (0.6)	37 (0.6)	38 (0.7)
2 and over...	93 (0.3)	35 (0.4)	42 (0.4)	30 (0.4)	23 (0.5)	36 (0.6)	37 (0.4)	36 (0.5)	36 (0.5)	37 (0.6)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	32 (3.2)	20 (0.9)	30 (2.6)	49 (8.2)	28 (1.5)	23 (0.9)	32 (1.4)	28 (1.0)	26 (1.7)
6 - 11.....	38 (2.5)	28 (1.9)	37 (6.3)	54 (6.2)	33 (2.0)	26 (1.4)	36 (1.5)	31 (1.4)	30 (1.9)
12 - 19.....	39 (1.8)	26 (1.7)	47 (6.1)	51 (6.5)	30 (1.7)	26 (1.1)	37 (2.0)	33 (2.2)	29 (2.1)
20 - 29.....	37 (2.3)	29 (3.0)	38 (5.7)	47 (4.4)	37 (2.4)	30 (2.3)	39 (2.2)	35 (2.4)	35 (2.3)
30 - 39.....	37 (1.6)	34 (2.0)	51 (4.9)	53 (6.9)	37 (1.5)	29 (1.7)	36 (2.0)	31 (2.5)	35 (1.9)
40 - 49.....	40 (1.5)	32 (2.5)	47 (6.1)	59 (4.7)	39 (1.7)	30 (1.9)	42 (2.4)	40 (2.8)	36 (1.4)
50 - 59.....	39 (2.4)	39 (2.4)	69 (3.6)	68 (5.1)	39 (1.7)	29 (1.5)	41 (1.1)	37 (1.5)	34 (2.1)
60 - 69.....	35 (2.1)	34 (2.1)	57 (4.7)	62 (6.8)	35 (1.6)	28 (1.6)	39 (1.7)	38 (1.7)	34 (2.1)
70 and over.....	42 (2.7)	32 (2.9)	56 (5.6)	63 (3.1)	34 (1.3)	29 (1.3)	41 (1.4)	38 (1.7)	30 (1.4)
2 - 19.....	38 (1.7)	26 (1.2)	40 (2.5)	52 (4.6)	31 (1.3)	26 (0.9)	36 (1.4)	32 (1.6)	29 (1.3)
20 and over...	38 (0.9)	33 (1.2)	52 (2.9)	58 (2.5)	37 (0.9)	29 (1.1)	39 (0.9)	36 (0.9)	34 (0.7)
2 and over...	38 (0.7)	32 (1.0)	50 (2.6)	57 (1.7)	36 (0.7)	28 (0.8)	39 (0.7)	35 (0.7)	33 (0.7)
<b>Females:</b>									
2 - 5.....	31 (2.0)	21 (1.5)	36 (6.3)	51 (6.4)	25 (1.3)	21 (0.9)	30 (1.5)	26 (1.6)	22 (1.7)
6 - 11.....	32 (1.5)	25 (1.3)	45 (4.8)	57 (4.7)	31 (1.4)	24 (0.8)	34 (1.4)	30 (1.4)	30 (1.3)
12 - 19.....	42 (2.3)	27 (1.9)	45 (5.3)	55 (5.9)	34 (0.9)	27 (1.1)	39 (1.1)	35 (1.4)	31 (1.7)
20 - 29.....	41 (2.3)	35 (3.0)	53 (5.5)	54 (5.6)	36 (1.0)	30 (1.1)	39 (1.6)	34 (2.7)	31 (1.0)
30 - 39.....	36 (1.9)	35 (2.0)	45 (5.2)	50 (3.7)	34 (1.4)	30 (2.2)	38 (1.1)	35 (1.5)	35 (1.3)
40 - 49.....	38 (1.9)	33 (2.2)	45 (3.9)	60 (3.8)	37 (1.0)	27 (0.9)	40 (1.2)	39 (0.9)	37 (1.3)
50 - 59.....	40 (2.4)	34 (2.4)	50 (4.2)	57 (6.4)	34 (2.1)	27 (1.5)	41 (1.8)	40 (1.9)	34 (1.9)
60 - 69.....	36 (1.4)	37 (3.0)	56 (5.8)	53 (5.1)	36 (1.4)	27 (1.0)	38 (1.3)	35 (1.4)	35 (1.7)
70 and over.....	42 (2.1)	36 (2.0)	57 (3.2)	46 (5.2)	34 (0.9)	29 (0.9)	41 (1.0)	39 (1.4)	32 (1.0)
2 - 19.....	36 (1.1)	25 (0.7)	44 (2.7)	55 (3.7)	31 (0.8)	25 (0.6)	36 (0.6)	32 (0.9)	29 (1.1)
20 and over...	39 (1.0)	35 (1.0)	50 (2.1)	54 (2.0)	35 (0.5)	28 (0.6)	39 (0.5)	37 (0.7)	34 (0.6)
2 and over...	38 (0.8)	33 (0.8)	50 (1.7)	54 (2.2)	34 (0.5)	27 (0.5)	39 (0.5)	36 (0.6)	33 (0.6)
<b>Males and females:</b>									
2 - 19.....	37 (1.2)	26 (0.9)	42 (1.7)	53 (3.6)	31 (0.9)	25 (0.7)	36 (1.0)	32 (1.1)	29 (0.9)
20 and over...	38 (0.8)	34 (0.9)	51 (1.8)	56 (2.0)	36 (0.6)	29 (0.7)	39 (0.6)	36 (0.7)	34 (0.5)
2 and over...	38 (0.6)	32 (0.8)	50 (1.6)	56 (1.8)	35 (0.5)	28 (0.5)	39 (0.5)	35 (0.6)	33 (0.5)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	30	(1.9)	24	(2.1)	24	(3.4)	22	(2.8)	26	(1.0)	40	(2.9)	22	(1.4)	29	(1.2)	27	(1.0)
6 - 11.....	33	(2.0)	30	(1.7)	22	(1.8)	22	(1.8)	31	(1.6)	35	(5.1)	29	(1.8)	33	(1.4)	30	(1.5)
12 - 19.....	37	(1.5)	26	(1.7)	25	(2.7)	19	(2.3)	34	(1.4)	49	(2.7)	26	(1.4)	34	(1.4)	32	(1.4)
20 - 29.....	36	(1.9)	36	(3.3)	27	(3.0)	28	(4.7)	32	(2.6)	46	(3.1)	31	(2.9)	37	(2.3)	33	(1.7)
30 - 39.....	37	(1.6)	32	(2.7)	29	(2.9)	31	(2.0)	31	(1.4)	44	(3.8)	30	(1.3)	35	(1.4)	31	(1.3)
40 - 49.....	40	(1.3)	39	(3.6)	36	(2.8)	38	(8.1)	36	(2.3)	50	(2.3)	31	(2.0)	38	(1.4)	34	(1.2)
50 - 59.....	38	(1.9)	37	(3.0)	37	(2.7)	33	(4.1)	36	(1.5)	62	(2.6)	32	(2.2)	39	(1.6)	34	(1.5)
60 - 69.....	35	(1.3)	35	(2.6)	32	(3.3)	30	(4.4)	33	(2.9)	56	(4.0)	28	(2.1)	34	(1.6)	31	(1.8)
70 and over.....	41	(1.4)	33	(3.5)	29	(2.3)	32	(3.6)	35	(1.9)	55	(2.8)	28	(1.6)	37	(1.2)	33	(1.2)
2 - 19.....	34	(1.4)	27	(1.2)	24	(1.4)	21	(1.5)	32	(1.2)	43	(2.2)	26	(1.0)	33	(1.1)	31	(1.1)
20 and over...	38	(0.8)	35	(1.5)	31	(1.1)	32	(1.9)	34	(1.1)	52	(1.8)	30	(1.2)	37	(0.9)	33	(0.7)
2 and over...	37	(0.5)	33	(1.0)	30	(0.9)	29	(1.3)	33	(0.9)	51	(1.6)	29	(0.9)	36	(0.6)	32	(0.5)
<b>Females:</b>																		
2 - 5.....	28	(1.2)	22	(1.4)	20	(2.5)	15	(1.1)	28	(2.1)	41	(4.0)	20	(1.3)	26	(1.3)	25	(1.3)
6 - 11.....	31	(1.1)	27	(1.7)	24	(2.2)	17	(1.4)	31	(1.6)	46	(5.8)	24	(1.1)	30	(0.9)	29	(0.8)
12 - 19.....	39	(1.5)	29	(2.0)	27	(3.0)	22	(2.2)	34	(1.1)	49	(3.7)	28	(1.4)	36	(1.2)	32	(1.1)
20 - 29.....	38	(1.7)	36	(2.4)	28	(1.7)	30	(2.7)	33	(1.3)	45	(3.2)	31	(1.3)	38	(1.0)	32	(0.9)
30 - 39.....	35	(1.7)	39	(3.1)	30	(2.8)	27	(3.3)	34	(1.7)	41	(4.1)	29	(1.4)	35	(0.9)	29	(0.7)
40 - 49.....	37	(0.8)	39	(2.3)	33	(3.6)	32	(4.3)	33	(1.6)	45	(2.1)	29	(1.4)	37	(1.1)	31	(0.7)
50 - 59.....	38	(1.6)	37	(3.9)	34	(1.7)	26	(4.0)	37	(1.7)	46	(2.5)	27	(1.5)	35	(1.4)	30	(1.2)
60 - 69.....	36	(1.4)	39	(2.7)	30	(2.5)	30	(4.4)	33	(1.8)	53	(4.4)	29	(1.3)	35	(1.2)	30	(1.3)
70 and over.....	40	(1.3)	34	(1.9)	26	(1.7)	27	(1.9)	37	(1.1)	54	(2.9)	30	(0.8)	37	(0.8)	32	(0.8)
2 - 19.....	34	(0.7)	27	(1.4)	24	(1.6)	18	(1.2)	32	(0.8)	47	(3.0)	25	(0.8)	32	(0.6)	30	(0.6)
20 and over...	37	(0.7)	38	(1.2)	30	(1.1)	29	(1.5)	34	(0.8)	47	(1.3)	29	(0.4)	36	(0.4)	31	(0.4)
2 and over...	37	(0.6)	35	(1.0)	29	(1.0)	26	(1.1)	34	(0.7)	47	(1.2)	28	(0.4)	35	(0.4)	30	(0.4)
<b>Males and females:</b>																		
2 - 19.....	34	(0.9)	27	(1.0)	24	(1.3)	20	(1.3)	32	(1.0)	45	(2.1)	26	(0.8)	32	(0.7)	30	(0.8)
20 and over...	38	(0.6)	36	(1.2)	31	(1.0)	31	(1.5)	34	(0.9)	49	(1.3)	30	(0.7)	37	(0.6)	32	(0.5)
2 and over...	37	(0.4)	34	(0.9)	29	(0.9)	28	(1.0)	34	(0.7)	49	(1.2)	29	(0.6)	36	(0.5)	31	(0.4)

**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	25 (1.4)	29 (1.5)	29 (1.5)	36 (1.6)	27 (1.0)	34 (1.2)	16 (2.9)	-- --
6 - 11.....	29 (1.6)	35 (1.6)	31 (1.8)	41 (1.8)	31 (1.7)	40 (1.4)	29 (4.5)	-- --
12 - 19.....	29 (2.0)	35 (2.1)	33 (1.3)	42 (1.2)	34 (1.6)	39 (1.4)	22 (3.4)	-- --
20 - 29.....	35 (1.8)	39 (2.4)	31 (1.3)	43 (2.2)	35 (1.8)	42 (2.0)	11 (2.5)	-- --
30 - 39.....	36 (1.8)	40 (1.9)	32 (1.6)	42 (1.5)	36 (1.3)	40 (1.5)	9 (2.6)	-- --
40 - 49.....	37 (1.1)	42 (1.7)	36 (1.5)	46 (1.8)	37 (1.5)	44 (1.7)	6 (0.9)	-- --
50 - 59.....	35 (2.1)	40 (1.8)	34 (1.7)	45 (2.0)	38 (1.2)	47 (1.5)	8 (1.2)	-- --
60 - 69.....	32 (1.8)	36 (1.9)	33 (1.8)	42 (1.9)	35 (1.4)	41 (1.6)	9 (1.7)	-- --
70 and over.....	29 (1.1)	36 (1.6)	35 (1.9)	46 (1.4)	37 (1.4)	46 (1.2)	8 (1.4)	-- --
2 - 19.....	28 (1.3)	34 (1.3)	32 (1.2)	41 (1.2)	32 (1.3)	38 (1.1)	23 (2.9)	-- --
20 and over...	35 (0.8)	39 (1.0)	33 (0.8)	44 (1.0)	36 (0.7)	43 (0.8)	8 (0.8)	32 (2.9)
2 and over...	33 (0.6)	38 (0.7)	33 (0.7)	43 (0.8)	35 (0.5)	42 (0.7)	9 (0.8)	-- --
<b>Females:</b>								
2 - 5.....	23 (1.1)	26 (1.1)	26 (1.5)	35 (1.7)	26 (1.4)	35 (1.6)	28 (6.5)	-- --
6 - 11.....	27 (1.0)	32 (0.8)	30 (1.3)	38 (1.4)	30 (0.8)	36 (1.1)	26 (4.9)	-- --
12 - 19.....	31 (0.8)	37 (1.4)	34 (0.9)	44 (1.3)	36 (1.1)	42 (1.1)	19 (3.3)	-- --
20 - 29.....	34 (1.0)	40 (1.1)	33 (1.1)	44 (1.2)	36 (1.1)	43 (1.1)	11 (2.1)	-- --
30 - 39.....	33 (1.0)	38 (1.1)	31 (1.5)	40 (1.4)	34 (1.1)	41 (0.9)	12 (2.0)	-- --
40 - 49.....	36 (0.9)	40 (0.9)	32 (0.7)	45 (1.6)	35 (0.5)	43 (1.1)	8 (1.7)	-- --
50 - 59.....	33 (1.8)	39 (2.1)	30 (1.3)	43 (1.4)	34 (1.0)	41 (1.1)	7 (1.1)	-- --
60 - 69.....	33 (1.4)	37 (1.5)	32 (1.8)	43 (1.3)	33 (1.4)	42 (1.6)	7 (1.0)	-- --
70 and over.....	32 (1.2)	38 (1.1)	32 (0.7)	46 (1.2)	35 (1.0)	46 (1.1)	11 (1.8)	-- --
2 - 19.....	28 (0.6)	33 (0.8)	31 (0.6)	40 (0.7)	32 (0.6)	39 (0.6)	21 (2.8)	-- --
20 and over...	33 (0.4)	39 (0.6)	32 (0.6)	43 (0.5)	35 (0.4)	43 (0.4)	9 (0.8)	32 (4.0)
2 and over...	32 (0.3)	38 (0.4)	32 (0.5)	43 (0.4)	34 (0.3)	42 (0.3)	9 (0.8)	-- --
<b>Males and females:</b>								
2 - 19.....	28 (0.9)	34 (0.9)	32 (0.8)	41 (0.8)	32 (0.9)	39 (0.7)	22 (1.8)	-- --
20 and over...	34 (0.5)	39 (0.6)	32 (0.6)	44 (0.6)	36 (0.5)	43 (0.6)	9 (0.7)	32 (2.9)
2 and over...	33 (0.4)	38 (0.4)	32 (0.5)	43 (0.5)	35 (0.3)	42 (0.4)	9 (0.7)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as dinner.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (1.2)	28 (0.9)	36 (1.8)	24 (1.2)	18 (1.4)	28 (1.3)	31 (1.0)	31 (1.2)	32 (1.1)	27 (1.4)
6 - 11.....	97* (0.8)	33 (1.2)	40 (1.7)	28 (1.2)	22 (1.4)	31 (2.0)	36 (1.5)	36 (2.1)	35 (1.6)	35 (2.1)
12 - 19.....	93 (2.5)	34 (1.0)	44 (0.9)	28 (1.2)	21 (1.0)	36 (2.6)	37 (1.1)	34 (1.2)	37 (1.2)	40 (2.1)
20 and over...	95 (0.4)	36 (0.6)	44 (0.8)	32 (0.6)	23 (0.7)	38 (0.9)	38 (0.7)	37 (0.8)	38 (0.8)	39 (0.9)
2 and over...	95 (0.4)	35 (0.5)	43 (0.7)	31 (0.5)	23 (0.6)	37 (0.8)	38 (0.6)	37 (0.7)	37 (0.6)	39 (0.8)
<b>Non-Hispanic Black:</b>										
2 - 5.....	96* (1.8)	30 (2.8)	38 (3.4)	27 (2.3)	22 (2.5)	31 (2.1)	31 (3.8)	28 (3.8)	32 (3.9)	34 (4.0)
6 - 11.....	93 (1.9)	33 (1.5)	39 (1.8)	30 (1.5)	25 (1.5)	35 (2.2)	34 (1.8)	34 (1.8)	35 (1.8)	33 (2.0)
12 - 19.....	86 (2.2)	34 (2.5)	42 (2.3)	30 (2.4)	23 (2.3)	35 (3.2)	36 (2.7)	36 (3.5)	37 (2.6)	35 (2.2)
20 and over...	88 (1.5)	35 (1.4)	44 (1.4)	31 (1.3)	24 (1.0)	37 (1.2)	36 (1.2)	36 (1.3)	36 (1.3)	36 (1.2)
2 and over...	89 (1.1)	34 (1.2)	43 (1.2)	30 (1.1)	24 (0.9)	37 (1.3)	36 (1.1)	35 (1.4)	36 (1.0)	36 (1.0)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
2 - 5.....	98* (1.4)	26* (3.2)	33* (3.1)	24* (3.0)	14* (2.8)	25* (3.7)	23* (3.5)	21* (3.9)	24* (3.3)	25* (3.6)
6 - 11.....	99* (0.8)	29 (1.2)	35 (1.8)	27 (1.7)	17* (2.2)	27 (2.4)	28 (3.2)	26 (3.7)	30 (3.9)	27 (4.3)
12 - 19.....	85 (6.9)	32 (2.6)	39 (3.2)	30 (2.9)	22 (5.1)	31 (3.1)	31 (2.7)	28 (3.2)	32 (2.8)	32 (2.5)
20 and over...	98* (0.7)	37 (1.0)	43 (1.3)	33 (1.1)	25 (1.5)	36 (1.0)	38 (1.4)	36 (1.4)	37 (1.5)	40 (1.5)
2 and over...	96 (0.8)	35 (1.0)	42 (1.3)	32 (0.9)	23 (1.5)	35 (0.8)	36 (1.3)	33 (1.4)	36 (1.4)	37 (1.3)
<b>Hispanic:</b>										
2 - 5.....	89 (3.1)	23 (1.6)	28 (2.1)	21 (1.6)	15 (1.3)	25 (2.8)	25 (1.8)	22 (1.8)	25 (1.8)	27 (2.4)
6 - 11.....	90 (1.1)	29 (2.4)	35 (3.0)	26 (2.1)	20 (1.7)	31 (3.0)	31 (2.7)	31 (3.0)	31 (2.6)	30 (2.5)
12 - 19.....	88 (2.0)	32 (1.4)	38 (1.8)	30 (1.5)	23 (1.7)	34 (2.1)	32 (1.5)	31 (1.8)	31 (1.8)	31 (1.4)
20 and over...	86 (1.4)	32 (0.6)	38 (1.1)	29 (0.6)	24 (0.9)	33 (0.8)	34 (0.7)	34 (0.8)	34 (0.6)	34 (1.1)
2 and over...	87 (1.1)	31 (0.6)	37 (0.9)	29 (0.5)	22 (0.7)	32 (0.7)	33 (0.7)	33 (0.8)	33 (0.8)	33 (0.8)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	37 (3.5)	21 (1.6)	31 (5.1)	61 (7.8)	28 (1.6)	23 (1.2)	31 (1.2)	27 (0.8)	24 (1.7)
6 - 11.....	38 (3.8)	28 (2.2)	37 (7.7)	57 (6.9)	33 (1.9)	26 (1.4)	37 (2.0)	31 (2.1)	29 (1.7)
12 - 19.....	43 (2.0)	27 (1.7)	45 (6.0)	57 (9.7)	30 (2.0)	26 (1.5)	38 (2.2)	34 (2.3)	30 (2.2)
20 and over...	40 (1.0)	34 (0.9)	53 (1.9)	60 (2.4)	37 (0.8)	29 (0.8)	40 (0.7)	37 (0.8)	34 (0.6)
2 and over...	40 (1.0)	33 (0.8)	51 (1.6)	59 (2.2)	35 (0.7)	28 (0.6)	40 (0.6)	36 (0.7)	33 (0.6)
<b>Non-Hispanic Black:</b>									
2 - 5.....	36 (5.1)	20 (2.3)	48 (9.2)	57 (7.6)	28 (2.4)	22 (2.4)	34 (2.2)	29 (1.9)	24 (2.9)
6 - 11.....	36 (3.1)	25 (2.7)	45 (9.7)	57 (6.2)	31 (1.6)	25 (1.4)	35 (1.5)	30 (2.0)	31 (2.1)
12 - 19.....	41 (2.8)	27 (2.7)	46 (5.6)	47 (7.3)	33 (2.3)	28 (2.3)	36 (2.1)	32 (2.4)	28 (3.6)
20 and over...	39 (1.5)	39 (2.3)	59 (3.9)	54 (3.8)	37 (1.7)	32 (1.2)	40 (1.5)	39 (1.5)	37 (2.0)
2 and over...	39 (1.3)	35 (2.1)	57 (3.6)	53 (3.4)	36 (1.4)	30 (1.1)	39 (1.2)	37 (1.3)	34 (1.5)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
2 - 5.....	27* (4.2)	20* (2.2)	27* (7.4)	73*(11.3)	28* (1.9)	21* (2.3)	33* (2.8)	27* (3.0)	29* (3.3)
6 - 11.....	29 (4.9)	26 (4.0)	50 (8.8)	40*(12.5)	33 (3.0)	24 (3.4)	38 (2.0)	34 (2.6)	36 (3.2)
12 - 19.....	40 (5.5)	29 (3.4)	50 (7.5)	47 (12.2)	33 (3.2)	25 (2.8)	38 (2.9)	37 (3.5)	30 (2.3)
20 and over...	39 (1.7)	35 (3.3)	44 (5.4)	53 (6.1)	37 (1.2)	30 (0.9)	42 (1.5)	40 (1.5)	38 (1.1)
2 and over...	38 (1.7)	33 (2.7)	44 (4.7)	51 (5.2)	36 (1.1)	29 (0.8)	41 (1.3)	39 (1.5)	36 (0.9)
<b>Hispanic:</b>									
2 - 5.....	26 (4.5)	18 (1.3)	33 (5.2)	30 (6.4)	24 (2.3)	19 (1.5)	29 (2.2)	26 (2.4)	24 (2.1)
6 - 11.....	32 (2.7)	26 (2.3)	44 (5.4)	55 (5.6)	31 (3.0)	24 (2.1)	33 (2.5)	29 (2.1)	29 (2.8)
12 - 19.....	33 (2.5)	25 (2.2)	47 (4.9)	48 (4.4)	32 (1.3)	26 (1.5)	36 (1.4)	33 (1.6)	31 (1.4)
20 and over...	31 (1.2)	30 (2.0)	43 (3.8)	44 (2.6)	33 (1.2)	27 (1.6)	34 (1.1)	32 (1.4)	32 (0.8)
2 and over...	31 (0.9)	28 (1.1)	43 (3.1)	45 (2.3)	32 (1.0)	26 (0.9)	34 (0.9)	31 (1.0)	31 (0.6)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	32	(1.8)	26	(2.3)	22	(4.2)	22	(3.3)	27	(1.4)	40	(2.4)	24	(1.5)	29	(1.2)	27	(1.1)
6 - 11.....	34	(2.6)	29	(1.7)	23	(3.1)	21	(2.0)	31	(1.7)	41	(8.8)	28	(1.7)	33	(1.3)	30	(1.3)
12 - 19.....	40	(1.6)	27	(2.5)	26	(3.9)	21	(3.1)	38	(1.6)	56	(3.7)	27	(1.7)	36	(1.2)	34	(1.4)
20 and over...	39	(0.8)	36	(1.3)	31	(1.2)	32	(2.0)	34	(1.2)	51	(1.3)	30	(1.0)	37	(0.8)	32	(0.6)
2 and over...	38	(0.6)	34	(1.0)	30	(1.3)	30	(1.5)	34	(1.0)	50	(1.3)	30	(0.8)	36	(0.6)	32	(0.4)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	33	(3.7)	24	(3.0)	30	(3.0)	15	(3.0)	32	(3.3)	52	(6.3)	21	(3.1)	29	(3.0)	29	(2.6)
6 - 11.....	34	(2.2)	28	(0.8)	26	(3.4)	16	(2.6)	34	(2.7)	50	(4.8)	26	(1.6)	32	(1.5)	33	(1.3)
12 - 19.....	38	(2.3)	31	(2.9)	23	(1.7)	21	(2.9)	31	(2.2)	47	(3.6)	31	(2.7)	35	(2.4)	32	(2.1)
20 and over...	39	(1.5)	43	(1.8)	31	(1.7)	33	(2.9)	34	(1.4)	49	(3.8)	31	(1.6)	38	(1.3)	33	(1.1)
2 and over...	38	(1.3)	39	(1.3)	29	(1.5)	29	(2.1)	34	(1.3)	49	(3.4)	30	(1.5)	37	(1.1)	33	(0.9)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
2 - 5.....	24*	(2.9)	22*	(3.4)	23*	(5.0)	19*	(3.2)	22*	(5.3)	32*	(4.5)	22*	(4.0)	27*	(3.1)	27*	(3.0)
6 - 11.....	28	(2.5)	26	(3.7)	23	(2.8)	25	(6.6)	26	(2.2)	35	(5.3)	20*	(2.6)	27	(1.8)	28	(1.4)
12 - 19.....	38	(3.5)	24	(4.0)	32	(5.2)	17	(3.9)	33	(2.5)	38	(4.0)	20	(3.0)	32	(2.8)	31	(2.3)
20 and over...	39	(1.5)	38	(1.3)	33	(1.6)	26	(2.6)	36	(1.5)	49	(2.2)	28	(0.7)	37	(1.0)	34	(1.0)
2 and over...	37	(1.5)	35	(1.4)	32	(1.5)	24	(2.4)	35	(1.4)	47	(2.0)	26	(0.5)	35	(0.9)	33	(0.8)
<b>Hispanic:</b>																		
2 - 5.....	25	(2.9)	19	(1.8)	19	(3.2)	14	(1.8)	24	(2.6)	36	(5.5)	16	(1.1)	23	(1.7)	23	(1.9)
6 - 11.....	30	(2.4)	30	(3.4)	22	(2.5)	17	(1.8)	28	(2.5)	34	(3.1)	25	(2.6)	29	(2.6)	28	(2.4)
12 - 19.....	32	(2.0)	26	(1.3)	25	(1.8)	19	(2.3)	29	(2.4)	36	(2.3)	25	(2.0)	32	(1.6)	30	(1.6)
20 and over...	31	(1.1)	32	(2.1)	28	(2.0)	25	(1.0)	31	(0.8)	45	(3.2)	27	(0.8)	33	(0.9)	29	(0.9)
2 and over...	31	(0.8)	30	(1.4)	26	(1.4)	22	(0.7)	30	(1.0)	42	(2.4)	26	(0.5)	32	(0.6)	29	(0.7)

**Table 22. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	25 (1.3)	29 (1.6)	29 (1.4)	38 (1.7)	28 (0.8)	37 (1.6)	25 (5.7)	-- --
6 - 11.....	28 (1.4)	35 (1.5)	30 (1.9)	43 (1.8)	32 (1.8)	40 (1.7)	25 (4.1)	-- --
12 - 19.....	29 (2.0)	37 (2.7)	35 (1.5)	45 (1.0)	37 (1.5)	41 (1.1)	19 (3.1)	-- --
20 and over...	34 (0.7)	39 (0.8)	32 (0.7)	45 (0.7)	36 (0.6)	44 (0.7)	8 (0.8)	35 (4.0)
2 and over...	33 (0.5)	38 (0.6)	32 (0.6)	45 (0.6)	36 (0.5)	44 (0.7)	8 (0.7)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	25 (1.9)	31 (2.2)	32 (3.0)	39 (4.2)	30 (2.9)	36 (3.2)	32*(11.5)	-- --
6 - 11.....	28 (1.5)	34 (0.9)	35 (1.8)	39 (2.3)	32 (1.7)	38 (1.1)	30 (7.9)	-- --
12 - 19.....	30 (2.6)	36 (2.8)	33 (2.3)	42 (2.0)	34 (2.1)	41 (2.7)	27 (5.8)	-- --
20 and over...	36 (1.3)	43 (1.1)	34 (1.1)	45 (1.5)	37 (1.0)	42 (1.5)	13 (1.2)	23 (5.4)
2 and over...	34 (1.2)	41 (0.9)	34 (0.9)	44 (1.1)	36 (0.9)	41 (1.3)	14 (1.2)	-- --
<b>Non-Hispanic Asian<sup>4</sup>:</b>								
2 - 5.....	25* (3.1)	26* (4.4)	26* (2.6)	36* (4.2)	24* (2.8)	36* (3.5)	15* (7.9)	-- --
6 - 11.....	30 (2.1)	29 (4.0)	26 (2.2)	35 (2.1)	28 (2.1)	38 (1.4)	10* (5.8)	-- --
12 - 19.....	30 (1.6)	36 (2.5)	32 (2.3)	38 (3.1)	33 (2.3)	38 (3.6)	5* (1.7)	-- --
20 and over...	37 (1.0)	40 (1.1)	35 (0.7)	43 (1.7)	36 (0.9)	43 (1.4)	11 (2.7)	43 (5.6)
2 and over...	35 (0.8)	38 (1.1)	33 (0.8)	41 (1.6)	35 (0.9)	42 (1.3)	11 (2.6)	-- --
<b>Hispanic:</b>								
2 - 5.....	24 (2.1)	23 (1.1)	24 (2.6)	29 (2.1)	22 (2.3)	28 (2.1)	16 (3.4)	-- --
6 - 11.....	28 (2.8)	33 (3.0)	32 (3.3)	36 (3.3)	29 (2.1)	35 (3.1)	33 (7.9)	-- --
12 - 19.....	30 (1.6)	34 (2.2)	31 (1.4)	38 (1.7)	32 (1.6)	37 (1.6)	28 (3.7)	-- --
20 and over...	31 (0.8)	36 (0.7)	29 (0.6)	37 (0.9)	32 (0.8)	37 (1.0)	12 (1.3)	19 (3.0)
2 and over...	30 (0.6)	34 (0.7)	29 (0.7)	37 (0.9)	31 (0.6)	37 (0.8)	13 (1.2)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	94* (1.9)	27 (1.5)	33 (1.8)	24 (1.4)	19 (1.3)	27 (1.8)	30 (2.0)	28 (2.1)	30 (2.1)	31 (2.9)
6 - 11.....	91 (2.6)	29 (1.1)	36 (1.8)	27 (1.2)	21 (1.4)	30 (2.2)	30 (1.0)	30 (1.6)	30 (1.0)	30 (1.6)
12 - 19.....	86 (4.0)	34 (1.8)	45 (2.7)	29 (2.0)	21 (1.1)	38 (4.4)	35 (1.5)	33 (1.4)	35 (1.5)	35 (2.2)
20 and over...	90 (1.2)	35 (1.0)	44 (1.0)	30 (0.9)	22 (0.7)	37 (1.5)	37 (1.2)	38 (1.5)	37 (1.2)	37 (1.0)
2 and over...	90 (0.8)	34 (0.7)	43 (0.8)	30 (0.6)	22 (0.6)	36 (1.2)	36 (0.9)	36 (1.1)	36 (0.9)	36 (0.8)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	93 (2.6)	25 (1.4)	33 (2.5)	21 (1.4)	15 (1.7)	28 (1.8)	27 (1.8)	26 (2.1)	28 (1.8)	27 (2.3)
6 - 11.....	96 (1.5)	32 (1.2)	39 (1.7)	28 (1.3)	20 (1.4)	35 (1.5)	35 (1.4)	35 (2.0)	35 (1.4)	34 (1.7)
12 - 19.....	89 (2.0)	33 (1.2)	41 (1.8)	29 (1.4)	24 (1.3)	33 (1.6)	35 (1.3)	33 (1.4)	36 (1.4)	37 (1.4)
20 and over...	92 (0.6)	34 (0.6)	42 (0.7)	31 (0.7)	23 (1.0)	36 (0.6)	36 (0.7)	36 (0.8)	36 (0.8)	38 (0.9)
2 and over...	92 (0.5)	34 (0.5)	41 (0.6)	30 (0.6)	23 (0.8)	35 (0.5)	36 (0.6)	35 (0.7)	36 (0.6)	37 (0.7)
<b>\$75,000 and higher:</b>										
2 - 5.....	100* (0.3)	28 (1.1)	35 (1.8)	24 (1.3)	18 (1.7)	29 (2.1)	30 (1.2)	30 (1.8)	31 (1.1)	28 (1.4)
6 - 11.....	99* (0.9)	32 (1.2)	40 (1.6)	28 (1.2)	23 (1.4)	31 (1.9)	35 (1.5)	34 (2.1)	35 (1.7)	37 (1.3)
12 - 19.....	94 (1.7)	33 (1.3)	42 (1.9)	28 (1.4)	20 (1.5)	34 (1.8)	35 (1.1)	34 (1.6)	35 (1.1)	37 (2.3)
20 and over...	96 (0.7)	37 (0.8)	43 (0.8)	33 (0.9)	24 (0.7)	37 (1.1)	38 (0.8)	37 (0.8)	38 (0.8)	39 (1.2)
2 and over...	96 (0.6)	36 (0.6)	43 (0.5)	31 (0.7)	23 (0.5)	36 (0.9)	38 (0.7)	37 (0.7)	37 (0.7)	38 (1.0)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	95 (1.0)	27 (0.8)	34 (1.1)	23 (0.9)	18 (1.0)	28 (1.1)	29 (1.0)	28 (1.1)	30 (1.0)	29 (1.3)
6 - 11.....	95 (0.5)	32 (0.9)	39 (1.2)	28 (0.9)	22 (0.9)	32 (1.3)	34 (1.1)	34 (1.5)	34 (1.1)	33 (1.4)
12 - 19.....	90 (1.5)	33 (0.8)	42 (0.8)	29 (1.0)	22 (0.9)	35 (1.8)	35 (0.8)	33 (0.9)	36 (0.8)	37 (1.2)
20 and over...	93 (0.4)	35 (0.5)	43 (0.6)	31 (0.5)	23 (0.6)	37 (0.7)	37 (0.6)	37 (0.6)	37 (0.6)	38 (0.7)
2 and over...	93 (0.3)	35 (0.4)	42 (0.4)	30 (0.4)	23 (0.5)	36 (0.6)	37 (0.4)	36 (0.5)	36 (0.5)	37 (0.6)

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	30 (3.4)	23 (3.0)	43 (8.6)	35 (7.9)	26 (2.0)	22 (1.1)	31 (2.2)	28 (2.2)	25 (2.0)
6 - 11.....	35 (1.7)	21 (2.3)	41 (7.9)	51 (5.2)	28 (2.1)	22 (1.4)	33 (1.8)	29 (2.0)	28 (2.0)
12 - 19.....	41 (2.8)	30 (2.6)	51 (7.1)	53 (8.1)	35 (2.4)	29 (1.6)	41 (2.4)	39 (2.7)	33 (2.7)
20 and over...	39 (1.5)	33 (1.7)	48 (4.4)	57 (3.8)	37 (1.3)	30 (1.3)	38 (0.9)	35 (1.3)	35 (1.3)
2 and over...	38 (1.3)	32 (1.3)	48 (3.9)	55 (3.5)	35 (0.9)	29 (1.0)	38 (0.9)	35 (1.1)	34 (0.8)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	32 (4.4)	20 (1.7)	28 (2.9)	51 (3.9)	27 (1.4)	21 (1.8)	29 (1.4)	26 (2.4)	24 (2.0)
6 - 11.....	34 (1.8)	25 (2.0)	28 (4.8)	51 (5.7)	33 (1.9)	25 (1.5)	37 (2.3)	31 (2.6)	31 (1.7)
12 - 19.....	37 (2.1)	25 (1.6)	43 (3.5)	54 (6.8)	31 (2.5)	25 (1.4)	36 (1.8)	32 (2.3)	28 (2.8)
20 and over...	36 (0.9)	32 (1.0)	49 (2.4)	52 (2.2)	36 (0.8)	28 (0.9)	38 (0.9)	36 (1.1)	33 (1.0)
2 and over...	36 (0.8)	30 (0.8)	47 (2.2)	52 (1.7)	35 (0.7)	27 (0.8)	38 (0.8)	35 (1.1)	32 (0.9)
<b>\$75,000 and higher:</b>									
2 - 5.....	32 (2.8)	21 (1.8)	33 (4.8)	63 (7.2)	26 (1.6)	23 (1.5)	32 (1.5)	27 (1.2)	24 (1.7)
6 - 11.....	37 (4.1)	30 (2.1)	47 (8.0)	67 (5.3)	34 (2.5)	28 (1.8)	35 (1.7)	32 (1.8)	31 (2.5)
12 - 19.....	41 (2.3)	27 (2.6)	44 (7.7)	54 (13.4)	30 (2.1)	26 (1.8)	37 (3.0)	33 (3.4)	29 (2.3)
20 and over...	41 (1.1)	36 (1.6)	54 (2.9)	60 (3.2)	37 (0.7)	29 (1.1)	41 (0.8)	38 (0.9)	34 (1.0)
2 and over...	41 (0.8)	34 (1.4)	52 (2.5)	60 (2.8)	35 (0.7)	28 (0.8)	40 (0.7)	36 (0.9)	33 (1.0)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	31 (1.8)	21 (1.0)	33 (3.5)	50 (4.7)	26 (1.1)	22 (0.7)	31 (1.2)	27 (1.0)	24 (1.3)
6 - 11.....	35 (2.0)	26 (1.3)	40 (5.1)	56 (4.3)	32 (1.4)	25 (1.0)	35 (1.3)	31 (1.2)	30 (1.3)
12 - 19.....	40 (1.3)	27 (1.2)	46 (3.3)	53 (4.9)	31 (1.3)	26 (0.9)	37 (1.3)	34 (1.5)	30 (1.6)
20 and over...	38 (0.8)	34 (0.9)	51 (1.8)	56 (2.0)	36 (0.6)	29 (0.7)	39 (0.6)	36 (0.7)	34 (0.5)
2 and over...	38 (0.6)	32 (0.8)	50 (1.6)	56 (1.8)	35 (0.5)	28 (0.5)	39 (0.5)	35 (0.6)	33 (0.5)

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	29	(2.1)	25	(2.4)	23	(2.7)	20	(4.3)	30	(3.3)	45	(5.7)	21	(2.1)	27	(1.6)	25	(1.3)
6 - 11.....	31	(1.4)	26	(1.8)	22	(2.1)	14	(2.4)	30	(2.0)	39	(5.0)	22	(1.9)	28	(1.6)	27	(1.4)
12 - 19.....	40	(2.4)	30	(1.8)	28	(2.5)	24	(2.2)	35	(2.4)	46	(3.8)	29	(1.9)	37	(2.0)	35	(2.4)
20 and over...	37	(1.0)	36	(1.9)	27	(2.0)	30	(2.2)	34	(1.3)	49	(2.9)	32	(1.6)	38	(1.2)	32	(1.1)
2 and over...	37	(1.0)	34	(1.4)	26	(1.5)	27	(1.7)	34	(1.0)	48	(2.4)	30	(1.2)	36	(0.9)	32	(0.8)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	29	(2.7)	23	(3.6)	21	(3.0)	19	(4.0)	25	(2.4)	42	(2.5)	20	(1.9)	26	(2.2)	26	(1.9)
6 - 11.....	31	(1.9)	29	(2.6)	25	(3.0)	16	(2.0)	31	(1.5)	38	(2.6)	25	(1.3)	32	(1.1)	31	(1.0)
12 - 19.....	35	(1.7)	26	(2.6)	24	(3.2)	19	(2.3)	32	(1.6)	49	(5.1)	27	(1.7)	34	(1.4)	32	(1.6)
20 and over...	36	(0.7)	33	(1.4)	31	(1.5)	27	(1.9)	33	(1.3)	47	(2.2)	28	(0.8)	35	(0.6)	31	(0.5)
2 and over...	35	(0.6)	32	(1.2)	30	(1.3)	24	(1.4)	32	(1.1)	46	(1.8)	28	(0.6)	34	(0.5)	31	(0.5)
<b>\$75,000 and higher:</b>																		
2 - 5.....	29	(1.6)	22	(1.6)	20	(3.4)	17	(2.1)	27	(2.8)	36	(3.0)	23	(2.1)	29	(1.5)	28	(1.3)
6 - 11.....	34	(2.6)	30	(2.2)	21	(3.1)	26	(2.4)	32	(1.9)	46	(10.0)	30	(1.9)	33	(1.4)	30	(1.2)
12 - 19.....	37	(2.1)	27	(2.2)	25	(3.3)	20	(3.4)	35	(2.1)	52	(3.4)	26	(2.2)	34	(1.4)	31	(1.3)
20 and over...	40	(1.0)	39	(1.9)	33	(1.7)	35	(2.8)	35	(1.3)	51	(1.5)	30	(1.0)	37	(0.8)	33	(0.8)
2 and over...	39	(0.7)	36	(1.4)	31	(1.7)	32	(2.1)	35	(1.0)	51	(1.4)	29	(0.9)	36	(0.6)	32	(0.6)
<b>All Individuals<sup>4</sup>:</b>																		
2 - 5.....	29	(1.0)	23	(1.3)	22	(2.5)	18	(1.8)	27	(1.3)	41	(2.0)	21	(1.1)	27	(0.9)	26	(1.0)
6 - 11.....	32	(1.4)	29	(1.1)	23	(1.8)	20	(1.4)	31	(1.3)	40	(4.8)	27	(1.3)	32	(1.0)	30	(1.0)
12 - 19.....	38	(1.1)	27	(1.4)	26	(2.3)	20	(2.0)	34	(1.1)	49	(2.6)	27	(1.2)	35	(0.9)	32	(1.1)
20 and over...	38	(0.6)	36	(1.2)	31	(1.0)	31	(1.5)	34	(0.9)	49	(1.3)	30	(0.7)	37	(0.6)	32	(0.5)
2 and over...	37	(0.4)	34	(0.9)	29	(0.9)	28	(1.0)	34	(0.7)	49	(1.2)	29	(0.6)	36	(0.5)	31	(0.4)

**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	25 (1.7)	28 (1.6)	27 (1.8)	34 (2.1)	26 (1.8)	33 (1.9)	22 (5.4)	-- --
6 - 11.....	27 (1.6)	31 (1.8)	30 (1.6)	37 (2.0)	27 (1.2)	35 (1.1)	29 (5.4)	-- --
12 - 19.....	33 (2.7)	38 (1.9)	34 (2.7)	43 (2.8)	38 (2.8)	41 (2.3)	19 (3.2)	-- --
20 and over...	34 (1.3)	39 (1.4)	32 (1.0)	44 (1.1)	35 (1.0)	42 (0.9)	9 (1.3)	26 (2.2)
2 and over...	33 (0.9)	38 (1.1)	32 (0.8)	43 (0.8)	34 (0.9)	41 (0.8)	10 (1.3)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	24 (1.5)	27 (1.9)	29 (2.7)	35 (1.9)	25 (1.6)	33 (1.9)	15* (4.9)	-- --
6 - 11.....	29 (1.5)	34 (2.1)	34 (2.4)	40 (1.8)	31 (1.5)	39 (1.6)	28 (4.9)	-- --
12 - 19.....	28 (2.3)	34 (2.8)	33 (1.4)	42 (1.7)	34 (1.6)	39 (1.5)	23 (4.1)	-- --
20 and over...	33 (0.7)	38 (0.9)	31 (0.7)	42 (0.7)	35 (0.6)	42 (0.7)	10 (0.8)	28 (3.9)
2 and over...	32 (0.6)	37 (0.7)	32 (0.6)	42 (0.6)	35 (0.6)	41 (0.6)	11 (0.8)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	24 (1.5)	28 (2.3)	28 (1.5)	36 (1.8)	28 (1.0)	36 (1.7)	24 (5.4)	-- --
6 - 11.....	28 (1.9)	35 (1.5)	29 (1.9)	42 (1.9)	32 (1.4)	40 (1.7)	26 (5.3)	-- --
12 - 19.....	28 (1.7)	37 (1.9)	33 (1.3)	44 (2.0)	34 (2.1)	41 (1.6)	21 (3.6)	-- --
20 and over...	35 (0.8)	39 (1.0)	34 (1.1)	45 (0.9)	36 (0.8)	45 (0.9)	7 (0.7)	39 (5.5)
2 and over...	33 (0.7)	38 (0.7)	33 (0.8)	44 (0.6)	35 (0.6)	44 (0.8)	8 (0.6)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	24 (0.9)	27 (0.9)	28 (1.3)	35 (1.2)	26 (0.8)	34 (0.9)	23 (4.2)	-- --
6 - 11.....	28 (1.1)	34 (1.0)	31 (1.1)	40 (1.4)	31 (1.1)	39 (1.1)	28 (3.3)	-- --
12 - 19.....	30 (1.4)	36 (1.7)	33 (0.9)	43 (0.8)	35 (1.2)	40 (0.9)	21 (2.5)	-- --
20 and over...	34 (0.5)	39 (0.6)	32 (0.6)	44 (0.6)	36 (0.5)	43 (0.6)	9 (0.7)	32 (2.9)
2 and over...	33 (0.4)	38 (0.4)	32 (0.5)	43 (0.5)	35 (0.3)	42 (0.4)	9 (0.7)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	93 (2.0)	26 (1.3)	32 (1.5)	24 (1.3)	18 (1.1)	27 (1.5)	28 (1.8)	27 (1.6)	29 (1.9)	29 (2.7)
6 - 11.....	94 (0.9)	32 (1.2)	38 (1.5)	28 (0.9)	22 (0.9)	33 (1.8)	33 (1.8)	34 (2.7)	33 (1.4)	31 (1.9)
12 - 19.....	86 (3.0)	33 (1.1)	43 (1.9)	29 (1.2)	22 (1.3)	36 (2.8)	35 (1.0)	34 (0.9)	35 (1.1)	34 (1.7)
20 and over...	90 (1.0)	34 (0.9)	44 (1.1)	30 (0.8)	22 (0.6)	37 (1.5)	37 (1.1)	38 (1.4)	37 (1.1)	37 (1.0)
2 and over...	90 (0.5)	33 (0.8)	42 (1.0)	29 (0.6)	22 (0.4)	36 (1.1)	36 (1.0)	36 (1.2)	36 (1.0)	35 (0.9)
<b>131-350% poverty:</b>										
2 - 5.....	95* (2.5)	27 (1.5)	36 (2.5)	22 (1.4)	16 (2.1)	30 (2.2)	30 (2.3)	30 (3.3)	30 (2.0)	29 (2.1)
6 - 11.....	96* (1.6)	31 (2.1)	37 (1.9)	28 (2.2)	21 (2.3)	34 (2.3)	34 (2.3)	33 (2.7)	35 (2.3)	34 (2.4)
12 - 19.....	90 (2.4)	33 (2.3)	42 (2.8)	29 (2.4)	23 (2.5)	34 (2.7)	36 (2.0)	33 (2.1)	36 (1.6)	37 (2.9)
20 and over...	93 (0.8)	35 (0.8)	43 (1.1)	31 (0.8)	23 (1.0)	36 (1.0)	37 (0.9)	36 (0.9)	36 (0.9)	38 (1.2)
2 and over...	93 (0.6)	34 (0.6)	42 (0.9)	30 (0.8)	23 (1.0)	36 (0.9)	36 (0.6)	35 (0.6)	36 (0.6)	37 (0.8)
<b>Over 350% poverty:</b>										
2 - 5.....	100* (0.2)	26 (1.3)	34 (2.1)	23 (1.6)	17 (2.4)	27 (2.2)	28 (1.3)	27 (1.4)	30 (1.3)	27 (1.6)
6 - 11.....	100* (0.2)	32 (1.1)	41 (1.6)	28 (1.2)	23 (0.9)	29 (2.4)	35 (1.6)	34 (2.3)	35 (1.4)	38 (1.6)
12 - 19.....	94* (2.3)	32 (1.5)	42 (2.4)	27 (1.4)	19 (1.3)	34 (1.6)	36 (1.9)	34 (2.1)	35 (2.0)	38 (1.9)
20 and over...	96 (0.8)	36 (0.8)	42 (0.8)	33 (0.8)	24 (0.8)	37 (1.1)	38 (0.7)	37 (0.7)	38 (0.7)	39 (1.0)
2 and over...	96 (0.7)	36 (0.7)	42 (0.8)	31 (0.7)	23 (0.7)	36 (0.9)	37 (0.6)	36 (0.7)	37 (0.6)	39 (1.0)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	95 (1.0)	27 (0.8)	34 (1.1)	23 (0.9)	18 (1.0)	28 (1.1)	29 (1.0)	28 (1.1)	30 (1.0)	29 (1.3)
6 - 11.....	95 (0.5)	32 (0.9)	39 (1.2)	28 (0.9)	22 (0.9)	32 (1.3)	34 (1.1)	34 (1.5)	34 (1.1)	33 (1.4)
12 - 19.....	90 (1.5)	33 (0.8)	42 (0.8)	29 (1.0)	22 (0.9)	35 (1.8)	35 (0.8)	33 (0.9)	36 (0.8)	37 (1.2)
20 and over...	93 (0.4)	35 (0.5)	43 (0.6)	31 (0.5)	23 (0.6)	37 (0.7)	37 (0.6)	37 (0.6)	37 (0.6)	38 (0.7)
2 and over...	93 (0.3)	35 (0.4)	42 (0.4)	30 (0.4)	23 (0.5)	36 (0.6)	37 (0.4)	36 (0.5)	36 (0.5)	37 (0.6)

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	29 (2.8)	21 (2.0)	40 (6.1)	39 (7.2)	26 (1.7)	21 (0.8)	30 (2.0)	27 (1.8)	24 (1.8)
6 - 11.....	37 (1.7)	25 (1.9)	38 (6.3)	55 (4.6)	31 (1.5)	24 (1.0)	36 (1.5)	31 (1.8)	29 (1.5)
12 - 19.....	38 (1.8)	27 (1.8)	46 (5.6)	50 (6.1)	34 (1.4)	28 (0.8)	39 (1.7)	36 (2.0)	32 (1.5)
20 and over...	38 (1.5)	34 (1.4)	51 (3.3)	55 (4.0)	37 (1.2)	29 (1.0)	38 (1.1)	35 (1.4)	35 (1.4)
2 and over...	38 (1.2)	31 (1.0)	49 (2.8)	53 (3.6)	35 (0.9)	28 (0.8)	38 (1.0)	34 (1.2)	33 (1.0)
<b>131-350% poverty:</b>									
2 - 5.....	35 (4.7)	23 (1.8)	27 (4.8)	56 (5.7)	28 (1.2)	23 (1.6)	31 (1.4)	28 (1.9)	26 (1.8)
6 - 11.....	32 (3.3)	24 (1.9)	36 (5.1)	56 (8.5)	33 (2.4)	25 (1.9)	36 (2.0)	29 (2.1)	32 (2.5)
12 - 19.....	39 (3.6)	26 (1.9)	42 (6.0)	59 (5.9)	31 (3.0)	26 (2.0)	36 (3.3)	32 (3.7)	28 (3.4)
20 and over...	37 (0.8)	32 (1.0)	47 (2.5)	53 (1.9)	36 (0.9)	30 (1.1)	39 (1.4)	37 (1.4)	33 (1.0)
2 and over...	37 (0.5)	30 (0.9)	46 (2.2)	54 (1.6)	35 (0.7)	29 (0.9)	38 (1.1)	35 (1.2)	32 (0.8)
<b>Over 350% poverty:</b>									
2 - 5.....	31 (4.8)	19 (1.5)	33 (6.3)	61 (11.5)	25 (2.0)	23 (1.8)	31 (2.0)	26 (1.5)	23 (1.9)
6 - 11.....	37 (4.8)	30 (1.6)	44 (9.5)	62 (3.7)	33 (2.8)	28 (1.5)	35 (1.8)	33 (2.1)	30 (2.8)
12 - 19.....	43 (3.6)	28 (3.6)	49 (8.6)	46*(14.8)	29 (2.3)	25 (1.9)	37 (2.3)	33 (2.7)	29 (3.0)
20 and over...	40 (1.1)	35 (1.5)	53 (2.9)	59 (3.4)	36 (1.0)	28 (1.0)	40 (0.9)	37 (1.1)	34 (1.1)
2 and over...	40 (1.0)	33 (1.4)	52 (2.5)	58 (3.0)	35 (0.9)	28 (0.9)	39 (0.8)	36 (1.0)	33 (1.1)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	31 (1.8)	21 (1.0)	33 (3.5)	50 (4.7)	26 (1.1)	22 (0.7)	31 (1.2)	27 (1.0)	24 (1.3)
6 - 11.....	35 (2.0)	26 (1.3)	40 (5.1)	56 (4.3)	32 (1.4)	25 (1.0)	35 (1.3)	31 (1.2)	30 (1.3)
12 - 19.....	40 (1.3)	27 (1.2)	46 (3.3)	53 (4.9)	31 (1.3)	26 (0.9)	37 (1.3)	34 (1.5)	30 (1.6)
20 and over...	38 (0.8)	34 (0.9)	51 (1.8)	56 (2.0)	36 (0.6)	29 (0.7)	39 (0.6)	36 (0.7)	34 (0.5)
2 and over...	38 (0.6)	32 (0.8)	50 (1.6)	56 (1.8)	35 (0.5)	28 (0.5)	39 (0.5)	35 (0.6)	33 (0.5)

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	28 (1.7)	23 (1.8)	24 (2.7)	18 (3.4)	28 (2.7)	43 (5.0)	20 (1.4)	25 (1.3)	24 (1.2)	
6 - 11.....	33 (1.3)	29 (2.5)	25 (2.0)	15 (1.5)	31 (1.4)	41 (3.4)	24 (1.9)	31 (1.3)	30 (1.2)	
12 - 19.....	37 (1.4)	28 (1.1)	26 (2.6)	22 (2.0)	33 (2.0)	45 (3.1)	28 (1.1)	36 (1.3)	34 (1.6)	
20 and over...	37 (1.0)	36 (1.6)	27 (1.9)	29 (2.2)	34 (1.2)	47 (2.9)	31 (1.3)	37 (1.0)	32 (0.9)	
2 and over...	36 (0.8)	33 (1.1)	26 (1.3)	26 (1.5)	34 (1.1)	46 (2.4)	29 (1.0)	36 (0.8)	31 (0.8)	
<b>131-350% poverty:</b>										
2 - 5.....	31 (2.8)	26 (3.7)	19 (2.6)	23 (4.3)	28 (2.4)	42 (2.2)	23 (2.2)	29 (2.0)	28 (2.0)	
6 - 11.....	30 (2.2)	28 (2.2)	24 (2.6)	17 (2.0)	31 (2.8)	39 (2.3)	26 (1.5)	32 (1.7)	30 (1.6)	
12 - 19.....	37 (3.3)	26 (2.5)	24 (3.9)	21 (2.8)	34 (2.2)	51 (5.0)	28 (2.0)	35 (2.4)	33 (2.4)	
20 and over...	37 (0.9)	36 (2.2)	30 (1.2)	31 (4.0)	33 (1.5)	47 (2.3)	30 (0.9)	37 (0.9)	32 (0.7)	
2 and over...	36 (0.7)	34 (1.6)	29 (0.9)	28 (3.0)	33 (1.2)	47 (1.8)	29 (0.7)	36 (0.6)	32 (0.6)	
<b>Over 350% poverty:</b>										
2 - 5.....	28 (2.4)	22 (1.8)	19 (3.9)	16 (1.8)	24 (3.0)	37 (3.4)	22 (1.9)	28 (1.4)	26 (1.3)	
6 - 11.....	34 (2.6)	30 (1.6)	20 (3.5)	27 (1.9)	31 (1.7)	46 (12.4)	30 (2.1)	33 (1.3)	30 (1.4)	
12 - 19.....	38 (2.9)	28 (2.9)	26 (3.0)	18 (3.2)	34 (1.7)	52 (3.3)	25 (2.1)	33 (2.2)	30 (1.3)	
20 and over...	39 (1.2)	36 (1.7)	33 (1.6)	31 (2.9)	35 (1.0)	51 (1.8)	29 (0.8)	36 (0.8)	32 (0.7)	
2 and over...	38 (1.1)	35 (1.4)	31 (1.6)	29 (2.2)	35 (0.8)	51 (1.8)	29 (0.8)	35 (0.8)	31 (0.6)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	29 (1.0)	23 (1.3)	22 (2.5)	18 (1.8)	27 (1.3)	41 (2.0)	21 (1.1)	27 (0.9)	26 (1.0)	
6 - 11.....	32 (1.4)	29 (1.1)	23 (1.8)	20 (1.4)	31 (1.3)	40 (4.8)	27 (1.3)	32 (1.0)	30 (1.0)	
12 - 19.....	38 (1.1)	27 (1.4)	26 (2.3)	20 (2.0)	34 (1.1)	49 (2.6)	27 (1.2)	35 (0.9)	32 (1.1)	
20 and over...	38 (0.6)	36 (1.2)	31 (1.0)	31 (1.5)	34 (0.9)	49 (1.3)	30 (0.7)	37 (0.6)	32 (0.5)	
2 and over...	37 (0.4)	34 (0.9)	29 (0.9)	28 (1.0)	34 (0.7)	49 (1.2)	29 (0.6)	36 (0.5)	31 (0.4)	

**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	24 (1.5)	26 (1.0)	27 (1.6)	34 (1.8)	25 (1.6)	32 (1.7)	20 (4.4)	-- --
6 - 11.....	28 (1.4)	33 (1.5)	34 (2.0)	40 (1.8)	30 (1.2)	37 (1.1)	30 (5.6)	-- --
12 - 19.....	32 (1.4)	37 (0.9)	33 (1.5)	42 (1.8)	36 (1.8)	40 (1.6)	22 (3.1)	-- --
20 and over...	35 (1.5)	40 (1.3)	33 (0.9)	44 (1.3)	35 (1.0)	42 (1.1)	9 (1.3)	22 (4.5)
2 and over...	33 (1.0)	38 (1.0)	33 (0.7)	43 (1.0)	34 (0.8)	41 (0.9)	10 (1.3)	-- --
<b>131-350% poverty:</b>								
2 - 5.....	26 (1.3)	29 (1.7)	31 (2.6)	38 (1.8)	27 (1.5)	35 (1.6)	21* (6.7)	-- --
6 - 11.....	29 (2.1)	34 (2.3)	31 (2.3)	39 (2.7)	31 (1.8)	39 (2.1)	32 (4.6)	-- --
12 - 19.....	28 (3.1)	34 (3.3)	34 (2.0)	43 (2.5)	34 (2.5)	40 (1.9)	21 (4.9)	-- --
20 and over...	33 (0.9)	38 (1.0)	31 (1.0)	43 (1.0)	36 (0.8)	43 (1.0)	11 (1.2)	31 (4.3)
2 and over...	32 (0.7)	37 (0.6)	32 (0.9)	42 (0.8)	35 (0.7)	42 (0.7)	12 (1.2)	-- --
<b>Over 350% poverty:</b>								
2 - 5.....	23 (1.7)	27 (2.9)	27 (1.6)	34 (2.2)	27 (1.1)	35 (1.9)	18* (6.0)	-- --
6 - 11.....	27 (2.0)	35 (1.1)	29 (2.0)	42 (2.2)	32 (1.3)	40 (1.7)	21 (5.2)	-- --
12 - 19.....	29 (1.6)	38 (2.3)	33 (1.7)	43 (2.8)	34 (1.8)	41 (1.7)	19* (5.9)	-- --
20 and over...	35 (0.9)	38 (1.0)	33 (0.9)	44 (0.8)	36 (0.7)	44 (0.9)	6 (0.5)	36 (5.0)
2 and over...	33 (0.8)	38 (0.9)	33 (0.8)	44 (0.8)	35 (0.7)	43 (0.8)	7 (0.5)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	24 (0.9)	27 (0.9)	28 (1.3)	35 (1.2)	26 (0.8)	34 (0.9)	23 (4.2)	-- --
6 - 11.....	28 (1.1)	34 (1.0)	31 (1.1)	40 (1.4)	31 (1.1)	39 (1.1)	28 (3.3)	-- --
12 - 19.....	30 (1.4)	36 (1.7)	33 (0.9)	43 (0.8)	35 (1.2)	40 (0.9)	21 (2.5)	-- --
20 and over...	34 (0.5)	39 (0.6)	32 (0.6)	44 (0.6)	36 (0.5)	43 (0.6)	9 (0.7)	32 (2.9)
2 and over...	33 (0.4)	38 (0.4)	32 (0.5)	43 (0.5)	35 (0.3)	42 (0.4)	9 (0.7)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

- <sup>1</sup> Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2013-2014.
- <sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	98* (0.4)	30 (0.9)	19 (1.2)	35 (1.0)	42 (1.4)	25 (1.2)	27 (1.4)	29 (1.6)	26 (1.3)	28 (2.0)
6 - 11.....	97 (0.9)	24 (1.3)	14 (1.2)	28 (1.2)	35 (1.8)	21 (1.1)	23 (1.7)	25 (2.8)	22 (1.6)	23 (1.0)
12 - 19.....	92 (1.6)	23 (1.5)	13 (1.0)	26 (1.6)	35 (1.8)	20 (1.2)	21 (1.4)	22 (1.4)	20 (1.4)	21 (2.4)
20 - 29.....	94 (1.5)	25 (1.1)	14 (1.4)	28 (1.1)	39 (1.6)	21 (1.6)	21 (1.6)	20 (1.2)	20 (2.0)	22 (2.5)
30 - 39.....	95 (1.2)	25 (1.3)	13 (1.0)	28 (1.3)	39 (1.8)	22 (1.2)	21 (1.4)	22 (1.5)	22 (1.5)	21 (1.7)
40 - 49.....	95 (1.8)	24 (1.1)	12 (1.0)	27 (1.2)	39 (1.8)	18 (1.4)	20 (1.3)	22 (1.6)	19 (1.4)	18 (1.9)
50 - 59.....	96 (1.0)	24 (1.9)	13 (1.1)	26 (2.1)	36 (2.4)	18 (1.6)	20 (1.9)	21 (2.1)	21 (2.2)	18 (1.7)
60 - 69.....	94 (1.9)	26 (2.2)	16 (2.2)	28 (1.8)	38 (2.0)	21 (2.6)	26 (2.8)	27 (2.2)	26 (3.0)	24 (4.2)
70 and over.....	92 (2.0)	20 (1.4)	11 (0.9)	22 (1.9)	32 (3.3)	16 (1.1)	19 (1.4)	22 (1.7)	20 (1.6)	15 (1.3)
2 - 19.....	95 (0.7)	24 (0.8)	14 (0.6)	28 (0.9)	36 (0.9)	21 (0.8)	23 (0.9)	24 (0.9)	21 (1.0)	23 (1.5)
20 and over...	94 (0.8)	24 (0.8)	13 (0.7)	27 (0.8)	38 (1.1)	19 (0.8)	21 (1.0)	22 (1.0)	21 (1.0)	20 (1.3)
2 and over...	94 (0.6)	24 (0.6)	13 (0.5)	27 (0.6)	37 (0.9)	20 (0.6)	21 (0.8)	22 (0.9)	21 (0.7)	21 (0.9)
<b>Females:</b>										
2 - 5.....	98* (0.8)	32 (1.0)	21 (1.1)	36 (1.1)	43 (1.7)	28 (1.3)	30 (1.4)	31 (1.4)	29 (1.4)	31 (1.9)
6 - 11.....	97* (0.6)	25 (1.4)	15 (1.2)	29 (1.4)	35 (1.6)	23 (1.7)	24 (1.7)	25 (1.7)	24 (1.8)	25 (1.9)
12 - 19.....	91 (1.2)	25 (0.9)	14 (0.8)	29 (1.4)	39 (2.8)	21 (1.2)	23 (1.2)	24 (1.3)	22 (1.6)	21 (1.2)
20 - 29.....	95 (0.8)	26 (1.6)	13 (1.0)	30 (1.4)	41 (1.9)	21 (1.7)	22 (1.5)	23 (1.7)	22 (1.5)	20 (1.5)
30 - 39.....	96 (1.1)	24 (1.2)	13 (0.7)	28 (1.4)	39 (1.8)	20 (1.4)	21 (1.3)	22 (1.7)	22 (1.4)	19 (1.3)
40 - 49.....	97* (0.4)	26 (1.4)	14 (0.9)	29 (1.4)	41 (2.1)	22 (1.3)	25 (1.7)	25 (1.8)	25 (1.9)	23 (1.9)
50 - 59.....	96 (1.5)	24 (1.5)	13 (1.1)	28 (1.5)	38 (1.9)	20 (1.4)	21 (1.5)	24 (1.7)	22 (1.5)	19 (1.6)
60 - 69.....	97* (0.9)	24 (1.1)	13 (0.8)	28 (1.2)	38 (2.0)	20 (0.9)	21 (1.4)	23 (1.7)	21 (1.7)	19 (1.6)
70 and over.....	94 (1.2)	19 (0.9)	10 (0.5)	23 (1.1)	31 (1.5)	17 (1.1)	19 (1.2)	19 (1.6)	19 (1.2)	17 (1.0)
2 - 19.....	95 (0.6)	26 (0.7)	16 (0.4)	30 (0.9)	39 (1.7)	23 (0.9)	24 (1.0)	25 (1.0)	24 (1.0)	24 (1.2)
20 and over...	96 (0.5)	24 (0.7)	13 (0.4)	28 (0.7)	39 (1.1)	20 (0.6)	22 (0.7)	23 (0.8)	22 (0.8)	20 (0.8)
2 and over...	96 (0.5)	25 (0.6)	13 (0.4)	28 (0.6)	39 (1.1)	21 (0.6)	22 (0.7)	23 (0.8)	22 (0.7)	21 (0.7)
<b>Males and females:</b>										
2 - 19.....	95 (0.5)	25 (0.6)	15 (0.5)	29 (0.7)	37 (1.0)	22 (0.7)	23 (0.7)	25 (0.8)	22 (0.7)	23 (1.1)
20 and over...	95 (0.6)	24 (0.6)	13 (0.5)	27 (0.6)	38 (0.9)	20 (0.6)	21 (0.7)	22 (0.8)	22 (0.8)	20 (0.9)
2 and over...	95 (0.5)	24 (0.5)	13 (0.4)	28 (0.5)	38 (0.8)	20 (0.5)	22 (0.6)	23 (0.7)	22 (0.6)	21 (0.7)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Males:</b>									
2 - 5.....	14 (1.3)	24 (2.0)	24* (8.8)	12* (6.7)	22 (1.4)	26 (1.4)	18 (1.6)	20 (1.2)	19 (1.6)
6 - 11.....	12 (1.2)	17 (1.4)	17* (5.2)	6 (1.4)	15 (1.0)	18 (1.4)	14 (0.9)	15 (1.1)	15 (1.0)
12 - 19.....	10 (0.9)	20 (1.9)	21* (9.3)	5 (1.4)	16 (2.3)	19 (1.5)	15 (1.7)	18 (3.0)	16 (2.4)
20 - 29.....	10 (1.0)	19 (2.7)	11* (3.8)	10 (2.8)	17 (1.4)	24 (2.3)	18 (2.2)	20 (2.5)	17 (1.5)
30 - 39.....	9 (1.0)	18 (2.0)	20 (4.7)	11* (5.4)	16 (1.0)	25 (2.4)	19 (2.5)	22 (2.9)	17 (1.0)
40 - 49.....	9 (1.1)	21 (3.7)	21* (8.0)	6* (2.2)	15 (1.1)	25 (1.7)	17 (1.3)	19 (1.9)	16 (1.3)
50 - 59.....	9 (0.9)	16 (1.8)	9 (2.2)	7* (2.4)	16 (1.0)	24 (1.5)	18 (2.0)	19 (2.1)	16 (1.1)
60 - 69.....	12 (2.0)	16 (1.8)	10 (1.5)	9* (3.5)	16 (1.5)	24 (2.6)	17 (1.9)	18 (1.8)	17 (1.7)
70 and over.....	9 (1.2)	13 (1.5)	8 (2.1)	4* (1.5)	12 (1.0)	17 (1.7)	11 (0.9)	11 (1.1)	12 (1.6)
2 - 19.....	11 (0.5)	20 (1.0)	20 (4.5)	6 (1.1)	17 (1.3)	20 (0.9)	15 (1.1)	17 (1.8)	16 (1.3)
20 and over...	10 (0.6)	18 (1.2)	14 (2.1)	8 (1.3)	15 (0.7)	24 (1.0)	17 (0.9)	19 (1.0)	16 (0.7)
2 and over...	10 (0.4)	18 (1.0)	15 (2.1)	8 (1.1)	16 (0.5)	23 (0.7)	17 (0.6)	19 (0.7)	16 (0.5)
<b>Females:</b>									
2 - 5.....	16 (1.6)	24 (1.3)	15 (2.7)	11* (4.0)	24 (1.3)	29 (1.2)	19 (1.5)	21 (1.6)	20 (1.7)
6 - 11.....	13 (0.9)	19 (2.5)	15 (3.4)	10 (1.8)	18 (1.7)	22 (2.4)	16 (1.7)	17 (2.0)	19 (1.5)
12 - 19.....	11 (0.9)	21 (2.5)	18* (8.5)	9 (2.5)	18 (0.8)	25 (2.0)	17 (1.4)	19 (1.6)	17 (1.4)
20 - 29.....	9 (0.8)	16 (2.2)	9 (2.1)	11 (2.0)	15 (1.4)	20 (1.6)	15 (1.7)	18 (2.5)	16 (1.9)
30 - 39.....	8 (0.9)	15 (2.2)	8* (2.5)	11 (2.9)	15 (0.9)	20 (1.6)	15 (1.3)	19 (2.2)	14 (0.8)
40 - 49.....	11 (1.2)	20 (2.4)	13 (3.8)	9 (1.9)	17 (1.0)	24 (1.0)	15 (1.0)	16 (1.2)	18 (1.0)
50 - 59.....	10 (1.2)	14 (1.4)	9 (2.1)	6* (2.4)	19 (3.5)	22 (1.9)	14 (1.4)	14 (1.4)	16 (2.3)
60 - 69.....	10 (1.0)	15 (1.9)	12 (3.5)	17 (4.7)	16 (0.9)	21 (1.2)	13 (1.0)	14 (0.9)	16 (1.3)
70 and over.....	8 (0.7)	14 (1.7)	9 (1.3)	13* (4.6)	13 (0.9)	16 (0.9)	11 (0.7)	11 (0.8)	12 (1.2)
2 - 19.....	13 (0.7)	21 (1.3)	17 (4.9)	10 (1.6)	19 (0.7)	24 (1.3)	17 (0.7)	19 (1.0)	18 (1.0)
20 and over...	9 (0.5)	16 (1.0)	10 (1.2)	11 (1.1)	16 (0.8)	21 (0.7)	14 (0.6)	16 (0.7)	15 (0.6)
2 and over...	10 (0.5)	17 (0.9)	11 (1.1)	10 (0.9)	17 (0.7)	22 (0.6)	15 (0.5)	16 (0.6)	16 (0.6)
<b>Males and females:</b>									
2 - 19.....	12 (0.4)	20 (0.6)	18 (3.3)	8 (1.0)	18 (0.9)	22 (0.8)	16 (0.7)	18 (1.0)	17 (0.9)
20 and over...	9 (0.5)	17 (0.9)	12 (1.3)	9 (0.9)	16 (0.5)	23 (0.7)	16 (0.5)	18 (0.8)	16 (0.5)
2 and over...	10 (0.4)	18 (0.7)	13 (1.2)	9 (0.8)	16 (0.5)	22 (0.5)	16 (0.4)	18 (0.5)	16 (0.4)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																		
2 - 5.....	19	(1.6)	21	(1.9)	37	(3.4)	26	(3.3)	29	(1.9)	25	(2.3)	28	(2.4)	24	(1.6)	27	(1.2)
6 - 11.....	14	(1.3)	14	(1.7)	25	(1.8)	15	(1.9)	25	(1.3)	18	(2.7)	20	(1.6)	17	(1.3)	23	(1.2)
12 - 19.....	13	(1.1)	18	(2.5)	25	(3.4)	20	(1.8)	23	(1.8)	16	(1.5)	23	(0.8)	18	(1.0)	24	(1.3)
20 - 29.....	17	(1.3)	20	(2.7)	25	(3.4)	22	(5.8)	30	(3.8)	11	(1.3)	25	(2.1)	20	(1.7)	29	(1.6)
30 - 39.....	16	(1.3)	17	(2.8)	32	(4.2)	17	(2.0)	30	(2.6)	13	(2.9)	26	(1.3)	20	(1.3)	28	(1.5)
40 - 49.....	17	(1.1)	18	(2.4)	24	(3.2)	18	(4.2)	22	(2.4)	10	(1.1)	25	(1.9)	19	(1.3)	26	(1.3)
50 - 59.....	18	(2.2)	13	(1.6)	21	(1.5)	12	(2.1)	22	(2.1)	11	(1.7)	23	(1.6)	19	(1.3)	28	(2.0)
60 - 69.....	17	(2.1)	18	(2.7)	21	(3.1)	18	(2.6)	26	(4.2)	11	(2.3)	27	(2.7)	21	(2.4)	28	(2.8)
70 and over.....	12	(1.2)	10	(1.5)	15	(1.5)	13	(2.1)	16	(1.5)	7	(1.2)	22	(1.8)	16	(1.3)	20	(1.3)
2 - 19.....	14	(0.7)	17	(1.4)	28	(1.9)	19	(1.4)	25	(1.2)	18	(1.2)	22	(0.9)	19	(0.7)	24	(0.8)
20 and over...	16	(0.8)	17	(1.1)	24	(1.2)	17	(1.5)	25	(1.9)	11	(0.9)	25	(1.1)	19	(1.0)	27	(0.9)
2 and over...	16	(0.6)	17	(0.9)	25	(1.1)	18	(1.2)	25	(1.5)	12	(0.8)	24	(0.9)	19	(0.7)	26	(0.7)
<b>Females:</b>																		
2 - 5.....	22	(1.1)	23	(1.5)	40	(2.8)	29	(1.7)	30	(2.2)	24	(2.1)	32	(1.5)	27	(1.2)	31	(1.1)
6 - 11.....	15	(0.8)	15	(2.6)	30	(2.1)	16	(2.8)	30	(2.6)	18	(2.6)	21	(1.6)	19	(1.3)	25	(1.6)
12 - 19.....	14	(0.6)	21	(2.2)	26	(2.6)	20	(2.2)	27	(2.3)	12	(1.5)	25	(1.2)	19	(0.9)	25	(1.0)
20 - 29.....	15	(1.5)	15	(1.9)	29	(2.7)	17	(2.2)	26	(2.0)	10	(1.1)	24	(1.6)	18	(1.3)	27	(1.6)
30 - 39.....	14	(0.9)	15	(1.6)	23	(2.7)	16	(2.1)	23	(2.1)	9	(1.7)	24	(1.4)	18	(0.9)	26	(1.1)
40 - 49.....	15	(0.9)	16	(1.2)	23	(2.2)	19	(2.1)	27	(1.9)	11	(1.9)	28	(1.5)	20	(1.1)	30	(1.3)
50 - 59.....	14	(1.1)	13	(1.7)	20	(1.6)	13	(1.9)	19	(1.9)	9	(1.3)	26	(1.5)	19	(1.7)	28	(2.3)
60 - 69.....	14	(1.3)	11	(1.4)	25	(2.3)	12	(1.9)	20	(1.3)	9	(1.1)	25	(1.2)	18	(1.1)	25	(1.0)
70 and over.....	12	(0.7)	10	(1.2)	22	(1.7)	14	(2.1)	16	(2.0)	8	(1.3)	19	(1.1)	14	(0.6)	22	(0.7)
2 - 19.....	16	(0.5)	19	(1.1)	31	(1.8)	21	(1.1)	28	(1.7)	16	(1.4)	25	(0.7)	20	(0.6)	26	(0.9)
20 and over...	14	(0.6)	14	(0.6)	24	(0.6)	15	(0.8)	22	(0.9)	9	(0.6)	25	(0.7)	18	(0.6)	27	(0.6)
2 and over...	14	(0.5)	15	(0.5)	25	(0.7)	17	(0.7)	24	(0.9)	10	(0.6)	25	(0.5)	18	(0.5)	27	(0.6)
<b>Males and females:</b>																		
2 - 19.....	15	(0.5)	18	(0.8)	29	(1.6)	20	(1.0)	26	(1.2)	17	(0.8)	24	(0.7)	19	(0.6)	25	(0.7)
20 and over...	15	(0.6)	15	(0.7)	24	(0.7)	16	(1.1)	24	(1.2)	10	(0.6)	25	(0.8)	19	(0.7)	27	(0.7)
2 and over...	15	(0.5)	16	(0.6)	25	(0.7)	17	(0.9)	24	(1.0)	11	(0.5)	25	(0.6)	19	(0.5)	27	(0.5)

**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2013-2014 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Males:</b>								
2 - 5.....	22 (1.5)	21 (1.1)	29 (1.6)	16 (1.0)	28 (1.2)	20 (1.6)	58 (7.3)	-- --
6 - 11.....	17 (1.1)	15 (1.0)	24 (1.4)	12 (1.0)	19 (1.4)	15 (0.8)	47 (7.3)	-- --
12 - 19.....	16 (1.5)	15 (1.3)	26 (1.6)	10 (1.1)	19 (0.8)	15 (1.0)	40 (3.4)	-- --
20 - 29.....	17 (1.5)	17 (1.4)	29 (1.7)	12 (1.2)	22 (1.6)	14 (1.1)	47 (7.3)	-- --
30 - 39.....	16 (1.1)	16 (1.3)	29 (1.5)	11 (1.0)	22 (1.5)	14 (0.9)	35 (4.6)	-- --
40 - 49.....	15 (1.3)	14 (1.2)	25 (1.5)	10 (1.1)	21 (1.3)	11 (0.9)	44 (4.5)	-- --
50 - 59.....	16 (1.2)	16 (1.6)	27 (1.9)	11 (1.6)	21 (1.2)	12 (1.0)	46 (5.0)	-- --
60 - 69.....	17 (2.2)	18 (1.9)	29 (2.8)	13 (1.8)	22 (1.9)	16 (1.8)	39 (3.7)	-- --
70 and over.....	11 (1.0)	11 (1.0)	19 (1.4)	8 (0.7)	17 (1.3)	10 (0.7)	31 (4.4)	-- --
2 - 19.....	17 (0.9)	16 (0.7)	26 (1.0)	12 (0.6)	21 (0.7)	16 (0.6)	42 (3.6)	-- --
20 and over...	16 (0.8)	15 (0.9)	27 (1.0)	11 (0.8)	21 (0.8)	13 (0.5)	41 (2.3)	64 (2.6)
2 and over...	16 (0.5)	16 (0.6)	27 (0.9)	11 (0.5)	21 (0.6)	14 (0.3)	41 (2.2)	-- --
<b>Females:</b>								
2 - 5.....	23 (1.2)	23 (1.8)	32 (1.1)	18 (1.1)	30 (1.3)	21 (1.1)	46 (7.4)	-- --
6 - 11.....	21 (2.0)	18 (0.9)	28 (1.8)	13 (1.2)	21 (1.1)	16 (1.2)	43 (6.3)	-- --
12 - 19.....	19 (1.0)	17 (0.9)	27 (1.1)	12 (0.6)	20 (1.0)	16 (0.7)	42 (6.3)	-- --
20 - 29.....	16 (1.6)	16 (1.3)	28 (1.7)	10 (0.9)	21 (1.3)	13 (0.9)	36 (5.6)	-- --
30 - 39.....	16 (1.0)	17 (1.2)	29 (1.4)	11 (0.7)	20 (1.3)	14 (0.9)	32 (2.8)	-- --
40 - 49.....	19 (1.2)	18 (0.9)	31 (1.5)	11 (0.8)	23 (1.1)	14 (1.1)	37 (2.5)	-- --
50 - 59.....	18 (2.5)	16 (1.7)	31 (2.0)	10 (1.0)	21 (1.3)	13 (1.1)	42 (6.3)	-- --
60 - 69.....	17 (1.2)	15 (0.8)	27 (1.1)	10 (0.8)	21 (1.1)	13 (0.9)	36 (3.2)	-- --
70 and over.....	13 (1.1)	13 (0.8)	26 (0.9)	7 (0.6)	17 (0.6)	9 (0.6)	23 (1.7)	-- --
2 - 19.....	20 (0.8)	19 (0.7)	28 (0.9)	13 (0.5)	22 (0.7)	17 (0.5)	43 (5.2)	-- --
20 and over...	17 (0.6)	16 (0.5)	29 (0.8)	10 (0.4)	21 (0.6)	13 (0.4)	36 (2.2)	65 (3.8)
2 and over...	18 (0.6)	17 (0.5)	29 (0.7)	11 (0.3)	21 (0.5)	14 (0.3)	36 (2.1)	-- --
<b>Males and females:</b>								
2 - 19.....	18 (0.8)	17 (0.5)	27 (0.8)	12 (0.5)	21 (0.6)	16 (0.4)	42 (3.0)	-- --
20 and over...	16 (0.5)	16 (0.6)	28 (0.7)	11 (0.5)	21 (0.6)	13 (0.4)	39 (1.9)	64 (2.4)
2 and over...	17 (0.4)	16 (0.4)	28 (0.6)	11 (0.3)	21 (0.5)	14 (0.3)	39 (1.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as snack.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	99* (0.5)	29 (1.1)	19 (1.2)	34 (1.4)	40 (1.7)	24 (2.0)	28 (1.1)	28 (1.4)	27 (1.1)	30 (2.5)
6 - 11.....	99* (0.4)	25 (1.3)	14 (1.5)	29 (1.2)	36 (1.4)	23 (1.7)	24 (1.7)	25 (2.3)	23 (2.0)	23 (1.9)
12 - 19.....	93 (1.8)	22 (1.3)	12 (0.9)	27 (1.9)	36 (2.7)	19 (1.4)	20 (1.3)	21 (1.2)	19 (1.4)	19 (2.5)
20 and over...	96 (0.6)	24 (0.7)	13 (0.7)	28 (0.7)	39 (1.1)	20 (0.8)	21 (0.9)	23 (0.9)	22 (0.9)	20 (1.2)
2 and over...	96 (0.5)	24 (0.5)	13 (0.5)	28 (0.5)	38 (0.9)	20 (0.7)	21 (0.8)	23 (0.9)	21 (0.7)	20 (0.9)
<b>Non-Hispanic Black:</b>										
2 - 5.....	93* (3.3)	26 (2.1)	15 (1.9)	30 (1.8)	36 (2.5)	25 (1.7)	26 (3.1)	25 (3.0)	25 (2.7)	28 (4.1)
6 - 11.....	90 (1.7)	23 (2.3)	15 (2.1)	27 (2.4)	32 (2.2)	18 (1.7)	22 (2.6)	22 (2.5)	21 (2.4)	25 (3.3)
12 - 19.....	89 (1.5)	29 (1.9)	16 (1.1)	33 (2.4)	41 (3.1)	26 (2.1)	28 (1.7)	28 (2.2)	27 (1.5)	29 (1.6)
20 and over...	92 (0.8)	28 (1.6)	15 (1.0)	32 (1.6)	40 (1.5)	24 (1.3)	25 (1.4)	25 (1.4)	24 (1.5)	25 (1.5)
2 and over...	91 (0.7)	28 (1.4)	15 (0.9)	31 (1.4)	40 (1.5)	24 (1.2)	25 (1.4)	25 (1.5)	24 (1.4)	25 (1.5)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
2 - 5.....	97* (2.1)	31* (3.8)	19* (3.0)	35* (4.1)	48* (5.6)	30* (3.3)	32* (4.2)	36* (5.2)	28* (2.8)	28* (3.9)
6 - 11.....	97* (2.7)	26 (2.0)	16* (1.8)	28 (2.1)	41 (3.6)	24 (2.6)	28 (3.0)	33 (4.5)	26 (2.7)	22* (3.0)
12 - 19.....	93* (2.7)	24 (2.4)	14 (2.8)	26 (2.8)	36 (5.1)	21 (1.1)	26 (3.3)	29 (3.5)	25 (3.8)	22 (3.5)
20 and over...	94 (1.3)	19 (1.0)	10 (0.8)	21 (1.1)	35 (1.5)	17 (0.9)	18 (1.2)	19 (1.4)	19 (1.6)	16 (1.1)
2 and over...	94 (1.2)	20 (0.8)	11 (0.8)	23 (0.9)	36 (1.4)	18 (0.9)	20 (1.0)	22 (1.0)	21 (1.3)	17 (1.1)
<b>Hispanic:</b>										
2 - 5.....	99* (0.5)	34 (1.3)	25 (1.4)	39 (1.6)	49 (1.8)	30 (1.5)	33 (1.4)	35 (1.6)	31 (1.4)	31 (2.0)
6 - 11.....	95* (1.1)	24 (1.7)	15 (1.7)	28 (1.4)	34 (1.5)	22 (1.6)	24 (2.2)	24 (2.4)	23 (2.1)	25 (2.1)
12 - 19.....	91 (1.4)	23 (1.0)	13 (0.7)	27 (1.3)	37 (2.4)	20 (1.2)	22 (1.1)	23 (1.2)	22 (1.3)	22 (1.7)
20 and over...	94 (1.3)	22 (0.6)	12 (0.5)	24 (0.9)	34 (1.3)	18 (0.8)	20 (1.0)	20 (1.1)	20 (1.2)	18 (0.8)
2 and over...	94 (1.0)	23 (0.6)	13 (0.4)	26 (0.7)	35 (0.9)	19 (0.7)	21 (0.9)	22 (1.0)	21 (1.1)	20 (0.9)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	16 (1.7)	24 (2.0)	20* (7.4)	5* (2.1)	20 (1.5)	25 (1.2)	17 (1.6)	19 (1.4)	18 (2.2)
6 - 11.....	12 (1.5)	18 (1.9)	17 (5.2)	6* (1.7)	17 (1.5)	21 (2.7)	14 (1.9)	16 (2.2)	17 (1.6)
12 - 19.....	10 (1.0)	22 (2.1)	25* (8.6)	5* (2.3)	17 (2.6)	22 (1.5)	16 (1.7)	19 (2.9)	15 (2.0)
20 and over...	10 (0.6)	17 (1.2)	11 (1.9)	8 (1.5)	15 (0.6)	23 (0.9)	15 (0.6)	17 (1.0)	15 (0.6)
2 and over...	10 (0.5)	18 (1.0)	13 (1.7)	7 (1.2)	16 (0.7)	23 (0.7)	15 (0.5)	17 (0.8)	16 (0.5)
<b>Non-Hispanic Black:</b>									
2 - 5.....	11 (1.9)	18 (1.9)	7* (1.6)	2* (0.5)	19 (1.5)	21 (1.6)	16 (1.4)	18 (1.7)	17 (2.0)
6 - 11.....	12 (1.8)	14 (1.8)	12 (3.1)	8* (4.0)	18 (3.1)	17 (2.1)	17 (3.4)	18 (4.2)	18 (3.2)
12 - 19.....	12 (1.1)	22 (2.6)	16 (4.4)	12* (5.5)	21 (2.2)	23 (2.2)	19 (1.7)	21 (2.6)	25 (4.7)
20 and over...	11 (0.9)	16 (1.0)	13 (2.2)	11 (2.4)	18 (1.1)	22 (0.9)	18 (1.0)	19 (1.1)	19 (1.4)
2 and over...	11 (0.8)	17 (1.0)	13 (2.1)	11 (2.2)	18 (1.1)	22 (0.9)	18 (0.9)	19 (1.0)	19 (1.6)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
2 - 5.....	15* (1.9)	22* (2.3)	9* (3.6)	1* (1.1)	22* (2.3)	28* (2.5)	18* (3.4)	21* (3.8)	17* (3.3)
6 - 11.....	13* (1.2)	21* (2.8)	15* (4.2)	17* (7.2)	16* (1.4)	22* (1.9)	12* (1.4)	15* (2.1)	12* (1.1)
12 - 19.....	11* (2.4)	21 (2.9)	6* (2.5)	8* (4.7)	17 (2.6)	24 (3.2)	15 (3.4)	16 (2.9)	17 (2.6)
20 and over...	7 (0.9)	15 (2.3)	11 (3.1)	17 (4.6)	13 (0.8)	21 (1.4)	11 (0.9)	13 (1.0)	12 (1.0)
2 and over...	8 (0.9)	16 (1.9)	11 (2.7)	15 (3.6)	14 (0.6)	21 (1.2)	12 (0.8)	14 (0.9)	13 (0.9)
<b>Hispanic:</b>									
2 - 5.....	18 (1.3)	31 (1.6)	26 (3.9)	25* (9.9)	27 (1.4)	34 (1.7)	22 (1.5)	26 (2.1)	25 (2.0)
6 - 11.....	12 (1.5)	17 (1.4)	18 (4.0)	9 (0.9)	17 (1.1)	18 (1.3)	16 (0.9)	16 (1.0)	17 (1.2)
12 - 19.....	10 (0.8)	17 (1.0)	12 (1.7)	7 (1.4)	15 (0.9)	18 (0.9)	14 (0.9)	15 (1.1)	16 (1.2)
20 and over...	9 (0.6)	17 (1.1)	13 (2.5)	11 (1.8)	15 (0.5)	23 (1.0)	18 (1.1)	20 (1.4)	16 (0.7)
2 and over...	10 (0.5)	18 (0.6)	14 (2.1)	11 (1.1)	16 (0.4)	22 (0.6)	17 (0.8)	19 (1.0)	17 (0.5)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	21	(1.8)	20	(1.5)	37	(3.1)	24	(2.1)	28	(2.6)	27	(2.6)	27	(1.8)	24	(1.5)	27	(1.4)
6 - 11.....	15	(1.4)	15	(2.2)	27	(2.3)	16	(2.4)	28	(2.3)	15	(2.2)	20	(1.9)	18	(1.5)	25	(1.7)
12 - 19.....	14	(1.2)	21	(2.9)	23	(4.3)	20	(2.9)	21	(2.1)	11	(1.7)	23	(1.1)	17	(1.0)	24	(1.4)
20 and over...	16	(0.8)	15	(0.7)	22	(1.1)	16	(1.4)	24	(1.7)	9	(0.8)	24	(1.0)	19	(0.9)	27	(0.9)
2 and over...	16	(0.6)	16	(0.8)	23	(1.1)	17	(1.2)	24	(1.4)	10	(0.7)	24	(0.8)	19	(0.7)	27	(0.7)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	15	(1.5)	15	(1.5)	27	(2.6)	22	(3.0)	30	(2.8)	16	(2.4)	23	(2.0)	19	(1.8)	25	(2.2)
6 - 11.....	14	(1.5)	13	(2.3)	27	(4.5)	13	(2.3)	25	(2.5)	16	(1.8)	18	(2.4)	17	(2.1)	21	(1.9)
12 - 19.....	16	(1.1)	19	(3.3)	34	(4.1)	22	(3.9)	35	(2.5)	20	(1.9)	25	(2.0)	21	(1.5)	29	(1.7)
20 and over...	17	(1.5)	14	(1.0)	27	(1.4)	16	(2.2)	27	(1.6)	15	(2.9)	26	(1.1)	20	(1.3)	29	(1.2)
2 and over...	17	(1.2)	15	(0.8)	28	(1.3)	17	(1.8)	28	(1.5)	16	(2.5)	25	(1.2)	20	(1.1)	28	(1.1)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
2 - 5.....	19*	(1.9)	21*	(3.0)	44*	(7.6)	22*	(3.8)	30*	(4.0)	25*	(6.8)	31*	(3.3)	25*	(2.9)	28*	(2.8)
6 - 11.....	15*	(2.1)	18*	(1.8)	29	(4.2)	19*	(4.6)	26	(2.7)	29	(7.2)	28	(2.6)	23	(2.2)	26	(2.1)
12 - 19.....	15	(1.9)	21	(4.6)	25*	(8.5)	25	(3.6)	27	(5.8)	13*	(4.1)	31	(3.2)	20	(2.9)	26	(2.3)
20 and over...	10	(0.8)	12	(1.4)	26	(1.9)	14	(2.6)	23	(1.9)	5	(0.8)	25	(1.9)	14	(1.0)	22	(1.2)
2 and over...	12	(0.9)	14	(1.5)	26	(1.9)	16	(2.4)	24	(2.0)	7	(1.1)	26	(1.6)	16	(1.1)	23	(1.1)
<b>Hispanic:</b>																		
2 - 5.....	24	(1.3)	30	(1.9)	44	(4.0)	38	(2.2)	33	(1.7)	25	(2.3)	39	(2.0)	31	(1.6)	34	(1.5)
6 - 11.....	14	(1.5)	13	(1.1)	29	(2.7)	14	(1.6)	27	(2.0)	22	(2.8)	21	(2.2)	18	(1.8)	22	(1.3)
12 - 19.....	13	(0.8)	15	(1.1)	26	(2.4)	18	(1.5)	28	(3.2)	19	(2.6)	23	(1.4)	17	(0.9)	24	(1.0)
20 and over...	14	(0.6)	18	(1.5)	25	(1.0)	18	(1.0)	23	(1.2)	11	(1.0)	25	(1.0)	17	(0.5)	25	(0.8)
2 and over...	15	(0.5)	18	(0.9)	27	(1.0)	19	(0.8)	24	(1.2)	14	(1.0)	25	(0.9)	18	(0.5)	25	(0.7)

**Table 26. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2013-2014 (continued)

Race/ethnicity and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	20 (1.4)	20 (1.5)	29 (1.4)	15 (1.1)	27 (1.0)	19 (1.6)	49 (4.5)	-- --
6 - 11.....	19 (1.9)	17 (1.8)	28 (2.1)	11 (1.1)	20 (1.7)	14 (1.2)	47 (7.8)	-- --
12 - 19.....	15 (1.6)	15 (1.2)	26 (1.6)	10 (0.9)	18 (0.9)	15 (1.0)	40 (4.4)	-- --
20 and over...	16 (0.7)	16 (0.8)	29 (1.0)	10 (0.6)	21 (0.8)	13 (0.4)	40 (2.1)	62 (3.4)
2 and over...	16 (0.6)	16 (0.7)	28 (0.9)	10 (0.5)	21 (0.6)	13 (0.4)	40 (2.0)	-- --
<b>Non-Hispanic Black:</b>								
2 - 5.....	21 (1.6)	18 (1.6)	27 (2.9)	13 (1.8)	22 (2.5)	17 (2.0)	42*(12.7)	-- --
6 - 11.....	18 (3.0)	16 (1.8)	22 (1.8)	15 (2.9)	18 (1.4)	17 (2.3)	48 (7.5)	-- --
12 - 19.....	24 (3.3)	20 (2.5)	28 (1.6)	15 (1.6)	23 (1.2)	19 (1.4)	43 (7.4)	-- --
20 and over...	19 (1.1)	16 (0.8)	28 (1.1)	12 (1.0)	23 (0.9)	16 (1.2)	32 (3.3)	72 (4.6)
2 and over...	20 (1.2)	17 (0.8)	28 (0.9)	13 (0.9)	23 (0.7)	17 (1.0)	33 (3.2)	-- --
<b>Non-Hispanic Asian<sup>4</sup>:</b>								
2 - 5.....	20* (3.7)	19* (2.6)	26* (3.9)	14* (2.5)	31* (2.3)	19* (3.1)	56*(14.3)	-- --
6 - 11.....	17* (1.5)	16* (1.7)	26 (2.5)	15* (2.8)	24 (2.3)	16* (1.9)	63*(11.0)	-- --
12 - 19.....	16 (2.8)	18 (3.3)	25 (2.9)	11* (2.3)	21 (3.0)	16 (2.7)	80 (5.5)	-- --
20 and over...	13 (1.0)	13 (1.1)	24 (1.4)	9 (0.9)	17 (0.9)	8 (1.0)	32 (3.1)	52 (6.1)
2 and over...	14 (0.8)	14 (1.0)	24 (1.4)	10 (0.6)	19 (0.9)	10 (0.9)	34 (3.1)	-- --
<b>Hispanic:</b>								
2 - 5.....	25 (2.0)	28 (1.7)	35 (1.5)	21 (1.2)	36 (1.4)	24 (1.3)	60 (6.0)	-- --
6 - 11.....	18 (1.1)	16 (1.5)	23 (1.6)	13 (1.6)	20 (1.7)	16 (1.8)	43 (5.1)	-- --
12 - 19.....	18 (1.5)	15 (1.1)	26 (1.1)	11 (0.7)	20 (1.2)	15 (0.8)	37 (3.9)	-- --
20 and over...	15 (0.6)	14 (0.5)	26 (0.7)	11 (0.5)	19 (0.5)	13 (0.5)	30 (1.8)	74 (4.9)
2 and over...	17 (0.5)	15 (0.5)	26 (0.7)	12 (0.5)	20 (0.5)	14 (0.4)	31 (1.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	98* (0.8)	30 (1.4)	20 (1.6)	34 (1.5)	42 (1.9)	28 (1.6)	29 (1.7)	30 (1.8)	27 (1.4)	29 (2.5)
6 - 11.....	96* (1.4)	25 (1.8)	17 (1.9)	27 (1.8)	34 (2.3)	21 (1.7)	26 (2.1)	26 (2.5)	25 (2.0)	28 (2.7)
12 - 19.....	90 (2.2)	27 (1.3)	13 (0.8)	32 (1.6)	44 (2.2)	22 (1.6)	24 (1.9)	26 (2.1)	23 (2.2)	23 (2.0)
20 and over...	94 (0.8)	27 (0.7)	14 (0.6)	31 (1.0)	43 (1.1)	20 (1.1)	22 (1.1)	23 (1.3)	22 (1.1)	21 (1.1)
2 and over...	94 (0.8)	27 (0.6)	14 (0.5)	31 (0.8)	42 (1.0)	21 (0.8)	23 (1.0)	24 (1.2)	23 (1.0)	22 (1.1)
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	98* (0.9)	34 (1.6)	23 (1.7)	39 (1.8)	47 (2.9)	29 (2.1)	30 (2.4)	32 (2.9)	29 (2.5)	30 (2.1)
6 - 11.....	97* (0.9)	24 (1.2)	14 (1.1)	28 (1.4)	36 (2.3)	21 (1.2)	22 (1.4)	23 (1.5)	21 (1.6)	22 (1.5)
12 - 19.....	91 (1.6)	22 (0.9)	13 (1.0)	25 (0.9)	32 (1.4)	20 (1.1)	20 (1.3)	22 (1.5)	20 (1.7)	20 (1.5)
20 and over...	96 (0.6)	24 (0.9)	14 (0.7)	28 (0.9)	38 (1.1)	20 (1.1)	21 (1.0)	22 (1.0)	21 (1.1)	20 (1.4)
2 and over...	95 (0.5)	24 (0.7)	14 (0.5)	28 (0.8)	38 (1.0)	20 (0.9)	21 (0.8)	22 (0.8)	21 (1.0)	20 (1.2)
<b>\$75,000 and higher:</b>										
2 - 5.....	100* (0.3)	29 (1.3)	17 (1.2)	33 (2.0)	40 (2.2)	22 (2.1)	27 (1.2)	27 (1.5)	27 (1.4)	30 (3.0)
6 - 11.....	98* (0.9)	25 (1.1)	14 (0.9)	28 (1.2)	35 (1.5)	23 (1.5)	24 (1.3)	27 (2.4)	23 (1.4)	22 (1.1)
12 - 19.....	93 (2.4)	23 (1.8)	12 (0.8)	26 (2.3)	34 (3.3)	20 (1.2)	21 (1.7)	23 (1.7)	20 (1.6)	21 (3.3)
20 and over...	96 (0.7)	23 (0.9)	12 (0.7)	25 (1.0)	35 (1.3)	19 (0.7)	21 (0.8)	22 (0.8)	22 (0.8)	20 (1.0)
2 and over...	96 (0.6)	23 (0.7)	13 (0.6)	26 (0.7)	35 (1.1)	20 (0.6)	21 (0.6)	23 (0.8)	22 (0.6)	20 (0.7)
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	98* (0.5)	31 (0.7)	20 (1.0)	35 (0.9)	42 (1.4)	26 (1.0)	29 (1.1)	30 (1.1)	27 (1.1)	30 (1.6)
6 - 11.....	97 (0.6)	25 (0.8)	15 (0.8)	28 (0.7)	35 (1.1)	22 (0.8)	24 (1.1)	25 (1.6)	23 (1.1)	24 (1.2)
12 - 19.....	92 (1.0)	23 (0.9)	13 (0.7)	28 (1.2)	37 (1.8)	21 (0.9)	22 (0.9)	23 (0.9)	21 (1.0)	21 (1.5)
20 and over...	95 (0.6)	24 (0.6)	13 (0.5)	27 (0.6)	38 (0.9)	20 (0.6)	21 (0.7)	22 (0.8)	22 (0.8)	20 (0.9)
2 and over...	95 (0.5)	24 (0.5)	13 (0.4)	28 (0.5)	38 (0.8)	20 (0.5)	22 (0.6)	23 (0.7)	22 (0.6)	21 (0.7)

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	14 (1.3)	24 (2.4)	23* (7.1)	21*(10.9)	22 (1.2)	26 (2.1)	18 (1.2)	21 (1.6)	18 (1.4)
6 - 11.....	15 (2.0)	17 (2.0)	16 (3.1)	8* (2.8)	18 (1.7)	19 (2.2)	18 (1.5)	18 (1.9)	17 (1.6)
12 - 19.....	10 (1.0)	20 (1.5)	13 (3.1)	11* (3.7)	17 (0.6)	22 (2.2)	17 (1.8)	18 (2.5)	17 (1.4)
20 and over...	11 (0.9)	21 (1.6)	16 (3.7)	11 (3.2)	18 (0.9)	24 (0.9)	18 (0.8)	18 (1.0)	18 (0.8)
2 and over...	11 (0.8)	20 (1.4)	16 (3.2)	11 (2.6)	18 (0.6)	24 (0.8)	18 (0.7)	18 (1.0)	18 (0.6)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	16 (2.6)	25 (2.2)	15 (3.7)	10* (3.0)	27 (2.9)	31 (1.9)	23 (3.2)	23 (2.7)	23 (2.6)
6 - 11.....	12 (1.0)	19 (2.1)	28 (7.7)	8 (1.7)	17 (1.3)	20 (2.5)	14 (1.1)	15 (1.6)	18 (1.6)
12 - 19.....	9 (0.9)	21 (3.2)	27*(11.1)	4 (1.1)	15 (1.3)	21 (1.9)	14 (1.3)	16 (1.7)	15 (2.1)
20 and over...	9 (0.6)	16 (1.1)	11 (1.0)	11 (1.2)	16 (1.0)	23 (1.1)	17 (1.1)	19 (1.4)	16 (0.9)
2 and over...	10 (0.5)	17 (0.9)	13 (1.6)	10 (0.9)	16 (0.9)	23 (0.9)	17 (0.9)	19 (1.1)	16 (0.8)
<b>\$75,000 and higher:</b>									
2 - 5.....	16 (2.2)	24 (3.0)	23*(13.0)	5* (3.4)	20 (1.9)	25 (1.6)	16 (1.4)	18 (1.9)	18 (2.7)
6 - 11.....	13 (1.3)	16 (1.8)	8 (2.2)	6* (1.7)	15 (1.5)	20 (1.9)	13 (1.0)	14 (1.0)	14 (1.8)
12 - 19.....	11 (1.1)	21 (2.3)	19*(10.2)	6* (2.9)	18 (3.1)	21 (2.1)	16 (2.3)	20 (4.4)	16 (2.2)
20 and over...	9 (0.7)	16 (1.1)	11 (1.8)	7 (1.2)	14 (0.6)	21 (1.0)	14 (0.7)	16 (1.0)	14 (0.8)
2 and over...	10 (0.5)	17 (0.9)	12 (1.9)	7 (1.1)	15 (0.5)	21 (0.8)	14 (0.6)	17 (0.9)	15 (0.5)
<b>All Individuals<sup>4</sup>:</b>									
2 - 5.....	15 (1.2)	24 (1.4)	20 (5.3)	12* (4.1)	23 (1.1)	27 (1.1)	19 (1.2)	21 (1.1)	20 (1.3)
6 - 11.....	12 (0.9)	17 (1.2)	16 (3.3)	8 (1.0)	17 (0.8)	20 (1.5)	15 (0.9)	16 (1.1)	17 (0.9)
12 - 19.....	10 (0.6)	20 (1.3)	19 (5.6)	7 (1.7)	17 (1.5)	21 (1.1)	16 (1.0)	18 (1.7)	17 (1.3)
20 and over...	9 (0.5)	17 (0.9)	12 (1.3)	9 (0.9)	16 (0.5)	23 (0.7)	16 (0.5)	18 (0.8)	16 (0.5)
2 and over...	10 (0.4)	18 (0.7)	13 (1.2)	9 (0.8)	16 (0.5)	22 (0.5)	16 (0.4)	18 (0.5)	16 (0.4)

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>\$0 - \$24,999:</b>										
2 - 5.....	19 (1.1)	21 (2.7)	40 (3.9)	27 (3.7)	31 (2.5)	21 (2.9)	33 (2.9)	26 (1.9)	30 (1.4)	
6 - 11.....	16 (1.8)	15 (2.1)	28 (2.2)	17 (3.1)	27 (1.7)	27 (3.6)	22 (2.4)	19 (2.0)	24 (1.6)	
12 - 19.....	13 (0.8)	19 (3.7)	29 (4.5)	16 (2.5)	28 (3.6)	19 (3.3)	25 (1.4)	18 (1.1)	26 (1.5)	
20 and over...	17 (0.8)	17 (1.2)	29 (1.9)	21 (1.4)	25 (1.3)	13 (1.3)	26 (1.2)	20 (0.8)	28 (0.6)	
2 and over...	17 (0.7)	17 (1.2)	30 (1.5)	20 (1.3)	25 (1.3)	15 (1.1)	26 (1.0)	20 (0.6)	28 (0.5)	
<b>\$25,000 - \$74,999:</b>										
2 - 5.....	22 (1.8)	24 (2.8)	40 (4.0)	29 (4.2)	32 (2.8)	25 (2.2)	33 (2.7)	28 (2.1)	31 (2.2)	
6 - 11.....	14 (1.2)	14 (2.3)	28 (2.9)	14 (3.0)	25 (1.3)	18 (2.3)	20 (2.4)	17 (1.6)	23 (2.1)	
12 - 19.....	13 (0.7)	17 (2.3)	25 (2.9)	23 (2.8)	23 (1.5)	12 (1.9)	24 (1.5)	18 (1.0)	24 (1.0)	
20 and over...	16 (0.8)	16 (1.1)	23 (1.0)	15 (1.5)	25 (2.2)	10 (0.8)	25 (1.2)	19 (1.0)	28 (1.2)	
2 and over...	15 (0.7)	16 (0.9)	24 (1.0)	17 (1.2)	25 (1.7)	11 (0.7)	25 (0.9)	19 (0.8)	27 (1.1)	
<b>\$75,000 and higher:</b>										
2 - 5.....	20 (2.3)	20 (2.1)	34 (4.7)	26 (2.7)	27 (3.5)	27 (4.3)	25 (1.6)	22 (1.3)	25 (1.1)	
6 - 11.....	15 (1.1)	13 (1.4)	27 (2.4)	15 (2.2)	28 (1.9)	13 (2.0)	20 (1.3)	18 (0.8)	24 (1.2)	
12 - 19.....	15 (1.7)	21 (3.6)	23 (4.3)	20 (2.8)	24 (2.9)	13 (2.6)	23 (1.5)	18 (1.2)	24 (1.7)	
20 and over...	14 (1.0)	14 (1.0)	19 (1.1)	15 (1.5)	22 (1.1)	9 (0.7)	24 (0.8)	18 (0.8)	26 (0.9)	
2 and over...	15 (0.8)	15 (1.0)	21 (0.9)	16 (1.3)	23 (0.9)	9 (0.6)	23 (0.7)	18 (0.6)	25 (0.7)	
<b>All Individuals<sup>4</sup>:</b>										
2 - 5.....	21 (1.1)	22 (1.5)	39 (2.5)	27 (2.1)	30 (1.7)	24 (1.4)	30 (1.7)	25 (1.2)	29 (0.9)	
6 - 11.....	15 (0.8)	14 (1.2)	27 (1.1)	15 (1.5)	27 (1.2)	18 (1.8)	20 (1.1)	18 (0.9)	24 (1.0)	
12 - 19.....	14 (0.7)	19 (1.7)	26 (2.6)	20 (1.6)	25 (1.8)	14 (1.2)	24 (0.6)	18 (0.7)	25 (1.0)	
20 and over...	15 (0.6)	15 (0.7)	24 (0.7)	16 (1.1)	24 (1.2)	10 (0.6)	25 (0.8)	19 (0.7)	27 (0.7)	
2 and over...	15 (0.5)	16 (0.6)	25 (0.7)	17 (0.9)	24 (1.0)	11 (0.5)	25 (0.6)	19 (0.5)	27 (0.5)	

**Table 27. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2013-2014 (continued)

Family income in dollars and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	20 (1.1)	22 (1.7)	31 (1.3)	16 (1.5)	30 (1.7)	20 (1.5)	63 (5.2)	-- --
6 - 11.....	18 (1.7)	16 (1.6)	24 (1.5)	15 (2.0)	21 (1.8)	18 (1.8)	43 (7.6)	-- --
12 - 19.....	20 (1.6)	17 (1.2)	28 (2.1)	12 (1.0)	20 (1.2)	16 (0.8)	51 (5.3)	-- --
20 and over...	18 (0.8)	17 (0.7)	28 (0.8)	12 (0.7)	23 (0.8)	15 (0.8)	42 (2.6)	69 (2.8)
2 and over...	18 (0.5)	17 (0.6)	28 (0.7)	12 (0.5)	23 (0.7)	15 (0.6)	43 (2.6)	-- --
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	26 (3.1)	25 (2.7)	33 (2.9)	20 (1.6)	31 (2.1)	23 (2.6)	55 (10.0)	-- --
6 - 11.....	20 (1.7)	17 (2.1)	25 (2.2)	13 (1.2)	19 (2.0)	15 (0.9)	51 (7.8)	-- --
12 - 19.....	16 (1.5)	14 (1.4)	25 (1.1)	10 (0.9)	19 (0.8)	16 (1.0)	39 (3.5)	-- --
20 and over...	16 (0.8)	16 (0.7)	28 (1.2)	11 (0.6)	20 (0.7)	13 (0.5)	38 (2.4)	69 (3.7)
2 and over...	17 (0.8)	16 (0.6)	28 (1.1)	11 (0.4)	21 (0.7)	14 (0.4)	38 (2.3)	-- --
<b>\$75,000 and higher:</b>								
2 - 5.....	21 (2.4)	19 (1.1)	28 (1.0)	14 (0.9)	26 (1.1)	18 (1.4)	40 (5.8)	-- --
6 - 11.....	18 (1.9)	15 (1.0)	28 (1.6)	11 (1.0)	21 (1.0)	14 (1.1)	41 (7.2)	-- --
12 - 19.....	15 (1.3)	16 (1.3)	26 (2.0)	9 (1.0)	19 (1.4)	14 (0.7)	38 (6.5)	-- --
20 and over...	15 (0.7)	16 (0.7)	28 (0.8)	10 (0.8)	20 (0.9)	12 (0.5)	36 (2.5)	58 (4.9)
2 and over...	16 (0.6)	16 (0.6)	28 (0.6)	10 (0.6)	20 (0.7)	13 (0.4)	36 (2.4)	-- --
<b>All Individuals<sup>4</sup>:</b>								
2 - 5.....	22 (1.1)	22 (1.2)	30 (1.0)	17 (0.8)	29 (1.1)	20 (1.0)	52 (3.8)	-- --
6 - 11.....	19 (1.2)	16 (0.8)	26 (1.1)	12 (0.7)	20 (1.0)	15 (0.6)	45 (4.8)	-- --
12 - 19.....	17 (1.0)	16 (0.8)	26 (1.0)	11 (0.7)	20 (0.7)	15 (0.6)	41 (3.4)	-- --
20 and over...	16 (0.5)	16 (0.6)	28 (0.7)	11 (0.5)	21 (0.6)	13 (0.4)	39 (1.9)	64 (2.4)
2 and over...	17 (0.4)	16 (0.4)	28 (0.6)	11 (0.3)	21 (0.5)	14 (0.3)	39 (1.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014.

<sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>4</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	98* (0.7)	31 (1.6)	21 (1.7)	35 (1.7)	43 (2.0)	29 (1.3)	30 (1.7)	30 (1.9)	28 (1.6)	31 (2.4)
6 - 11.....	96 (0.9)	25 (1.3)	15 (1.1)	28 (1.2)	34 (1.5)	21 (1.0)	25 (1.9)	24 (2.0)	24 (1.6)	27 (2.3)
12 - 19.....	89 (2.1)	25 (1.2)	13 (0.8)	30 (1.7)	40 (2.7)	22 (1.7)	23 (1.6)	24 (1.7)	22 (1.7)	22 (1.8)
20 and over...	93 (0.9)	27 (0.9)	14 (0.6)	31 (1.0)	43 (1.2)	20 (0.9)	22 (1.1)	23 (1.3)	22 (1.1)	21 (1.2)
2 and over...	93 (0.8)	27 (0.8)	14 (0.5)	31 (0.9)	42 (1.0)	21 (0.7)	23 (1.1)	23 (1.2)	22 (1.1)	22 (1.2)
<b>131-350% poverty:</b>										
2 - 5.....	98* (1.0)	33 (1.4)	21 (1.5)	39 (1.9)	45 (3.1)	27 (2.0)	29 (2.4)	31 (3.5)	27 (2.5)	30 (2.3)
6 - 11.....	96* (1.3)	24 (1.1)	14 (1.2)	28 (1.4)	36 (2.1)	21 (1.7)	21 (1.2)	23 (1.5)	20 (1.4)	21 (1.6)
12 - 19.....	91 (2.4)	22 (1.9)	12 (1.1)	26 (1.8)	35 (2.6)	20 (1.7)	21 (2.1)	22 (1.9)	20 (1.9)	21 (3.6)
20 and over...	95 (0.6)	24 (1.0)	13 (0.8)	27 (1.1)	37 (1.3)	20 (1.1)	21 (1.2)	22 (1.2)	21 (1.3)	20 (1.5)
2 and over...	95 (0.6)	24 (0.7)	13 (0.6)	27 (0.7)	37 (1.1)	21 (0.9)	22 (0.9)	23 (0.9)	21 (1.0)	20 (1.1)
<b>Over 350% poverty:</b>										
2 - 5.....	99* (0.4)	29 (1.6)	18 (1.2)	33 (2.4)	40 (3.6)	22 (2.4)	27 (1.3)	27 (1.7)	27 (1.4)	28 (2.9)
6 - 11.....	99* (0.6)	25 (1.5)	14 (1.1)	29 (1.4)	36 (1.9)	23 (1.8)	25 (2.1)	28 (3.7)	24 (1.8)	22 (1.5)
12 - 19.....	96* (1.4)	22 (1.6)	14 (1.3)	26 (1.9)	33 (2.4)	20 (1.4)	21 (1.9)	23 (2.2)	21 (2.0)	19 (2.2)
20 and over...	97 (0.7)	23 (1.0)	13 (0.8)	25 (0.9)	36 (1.4)	19 (0.6)	21 (0.8)	22 (0.8)	22 (0.8)	19 (1.1)
2 and over...	97 (0.6)	23 (0.9)	13 (0.7)	26 (0.8)	36 (1.1)	20 (0.6)	21 (0.7)	23 (0.9)	22 (0.7)	20 (0.9)
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	98* (0.5)	31 (0.7)	20 (1.0)	35 (0.9)	42 (1.4)	26 (1.0)	29 (1.1)	30 (1.1)	27 (1.1)	30 (1.6)
6 - 11.....	97 (0.6)	25 (0.8)	15 (0.8)	28 (0.7)	35 (1.1)	22 (0.8)	24 (1.1)	25 (1.6)	23 (1.1)	24 (1.2)
12 - 19.....	92 (1.0)	23 (0.9)	13 (0.7)	28 (1.2)	37 (1.8)	21 (0.9)	22 (0.9)	23 (0.9)	21 (1.0)	21 (1.5)
20 and over...	95 (0.6)	24 (0.6)	13 (0.5)	27 (0.6)	38 (0.9)	20 (0.6)	21 (0.7)	22 (0.8)	22 (0.8)	20 (0.9)
2 and over...	95 (0.5)	24 (0.5)	13 (0.4)	28 (0.5)	38 (0.8)	20 (0.5)	22 (0.6)	23 (0.7)	22 (0.6)	21 (0.7)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	15 (1.5)	24 (1.8)	19 (4.7)	20* (8.7)	23 (1.4)	28 (1.9)	19 (1.3)	22 (1.2)	20 (1.5)
6 - 11.....	13 (1.1)	16 (1.8)	14 (3.4)	7 (2.0)	17 (1.2)	18 (1.2)	16 (0.8)	16 (0.6)	17 (1.2)
12 - 19.....	9 (0.8)	19 (1.2)	13 (2.4)	11 (2.8)	17 (1.0)	22 (1.4)	17 (1.4)	19 (1.8)	17 (1.4)
20 and over...	10 (0.7)	20 (1.3)	15 (2.2)	13 (2.7)	17 (0.7)	25 (1.0)	18 (1.0)	20 (1.2)	17 (0.8)
2 and over...	11 (0.6)	20 (0.9)	15 (1.8)	12 (1.9)	17 (0.5)	24 (0.7)	18 (0.8)	19 (0.9)	17 (0.5)
<b>131-350% poverty:</b>									
2 - 5.....	13 (2.3)	24 (3.0)	14* (4.5)	7* (2.2)	26 (2.8)	30 (1.6)	21 (3.3)	21 (2.5)	22 (2.0)
6 - 11.....	12 (1.0)	20 (2.5)	27* (8.0)	7 (1.6)	16 (1.3)	21 (2.7)	13 (1.2)	16 (1.8)	16 (1.2)
12 - 19.....	10 (1.1)	23 (3.7)	35 (10.2)	3* (0.9)	13 (1.2)	19 (1.9)	12 (1.6)	14 (2.1)	14 (2.1)
20 and over...	9 (0.6)	16 (1.5)	11 (2.2)	10 (1.4)	15 (0.9)	22 (1.2)	16 (1.1)	18 (1.4)	16 (1.1)
2 and over...	10 (0.5)	18 (1.2)	14 (2.4)	9 (1.0)	15 (0.7)	22 (0.8)	16 (0.8)	18 (0.9)	16 (0.9)
<b>Over 350% poverty:</b>									
2 - 5.....	17 (1.7)	25 (3.7)	29*(15.3)	6* (4.8)	20 (1.8)	24 (1.4)	16 (1.6)	19 (2.4)	17 (2.6)
6 - 11.....	13 (1.2)	15 (2.1)	8* (2.9)	7* (2.2)	16 (1.7)	19 (1.4)	14 (1.3)	14 (1.4)	16 (2.2)
12 - 19.....	12 (1.6)	18 (2.1)	8* (2.8)	9* (4.1)	21 (4.3)	23 (2.2)	19 (3.0)	23 (5.5)	18 (2.7)
20 and over...	9 (0.6)	16 (1.2)	12 (1.7)	7 (1.4)	15 (0.9)	22 (1.0)	15 (0.7)	16 (1.0)	15 (0.6)
2 and over...	10 (0.6)	16 (1.2)	12 (1.7)	7 (1.3)	16 (0.9)	22 (0.9)	15 (0.7)	17 (1.0)	15 (0.6)
<b>All Individuals<sup>5</sup>:</b>									
2 - 5.....	15 (1.2)	24 (1.4)	20 (5.3)	12* (4.1)	23 (1.1)	27 (1.1)	19 (1.2)	21 (1.1)	20 (1.3)
6 - 11.....	12 (0.9)	17 (1.2)	16 (3.3)	8 (1.0)	17 (0.8)	20 (1.5)	15 (0.9)	16 (1.1)	17 (0.9)
12 - 19.....	10 (0.6)	20 (1.3)	19 (5.6)	7 (1.7)	17 (1.5)	21 (1.1)	16 (1.0)	18 (1.7)	17 (1.3)
20 and over...	9 (0.5)	17 (0.9)	12 (1.3)	9 (0.9)	16 (0.5)	23 (0.7)	16 (0.5)	18 (0.8)	16 (0.5)
2 and over...	10 (0.4)	18 (0.7)	13 (1.2)	9 (0.8)	16 (0.5)	22 (0.5)	16 (0.4)	18 (0.5)	16 (0.4)

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Choline % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha- tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)	
<b>Under 131% poverty:</b>										
2 - 5.....	21 (1.2)	22 (2.1)	41 (3.5)	29 (3.0)	32 (2.3)	22 (2.7)	33 (2.6)	27 (2.0)	31 (1.4)	
6 - 11.....	14 (0.9)	13 (1.1)	28 (2.0)	15 (1.7)	26 (1.8)	21 (2.1)	21 (1.7)	18 (1.3)	23 (0.9)	
12 - 19.....	13 (0.6)	19 (2.3)	29 (3.8)	17 (1.7)	28 (3.1)	18 (2.8)	24 (1.2)	18 (1.0)	25 (1.3)	
20 and over...	17 (0.9)	18 (1.2)	30 (1.5)	20 (1.2)	26 (1.2)	14 (1.4)	26 (1.0)	19 (0.7)	28 (0.8)	
2 and over...	16 (0.7)	18 (0.9)	30 (1.2)	20 (1.0)	26 (1.3)	16 (1.0)	26 (0.8)	20 (0.6)	28 (0.6)	
<b>131-350% poverty:</b>										
2 - 5.....	20 (1.7)	23 (3.1)	40 (4.6)	25 (4.7)	30 (2.9)	28 (3.0)	30 (2.8)	26 (1.9)	30 (2.3)	
6 - 11.....	14 (1.1)	14 (1.9)	28 (3.3)	14 (2.7)	26 (2.1)	18 (2.1)	20 (2.4)	17 (1.8)	23 (1.8)	
12 - 19.....	14 (1.6)	16 (2.1)	26 (4.3)	21 (2.8)	22 (2.3)	12 (2.1)	23 (1.3)	18 (1.4)	24 (1.7)	
20 and over...	15 (0.8)	15 (1.1)	23 (1.0)	14 (1.2)	25 (2.6)	10 (1.1)	24 (1.2)	19 (1.1)	27 (1.3)	
2 and over...	15 (0.6)	15 (0.8)	25 (1.0)	16 (1.1)	25 (2.0)	11 (1.0)	24 (0.9)	19 (0.7)	26 (1.1)	
<b>Over 350% poverty:</b>										
2 - 5.....	21 (2.3)	20 (2.2)	34 (5.2)	27 (2.4)	26 (4.3)	23 (2.6)	25 (1.5)	22 (1.3)	26 (1.4)	
6 - 11.....	15 (1.2)	14 (1.6)	26 (3.6)	16 (3.1)	27 (2.2)	12 (2.3)	19 (2.0)	18 (1.2)	24 (1.3)	
12 - 19.....	15 (1.3)	24 (3.9)	21 (3.9)	23 (3.0)	25 (2.7)	12 (2.6)	24 (1.4)	18 (1.4)	25 (1.4)	
20 and over...	15 (1.1)	15 (1.2)	20 (1.1)	16 (2.2)	22 (1.1)	8 (0.6)	24 (0.9)	19 (1.0)	26 (0.8)	
2 and over...	15 (1.0)	15 (1.2)	21 (0.9)	17 (1.9)	22 (1.0)	9 (0.6)	24 (0.8)	19 (0.9)	26 (0.7)	
<b>All Individuals<sup>5</sup>:</b>										
2 - 5.....	21 (1.1)	22 (1.5)	39 (2.5)	27 (2.1)	30 (1.7)	24 (1.4)	30 (1.7)	25 (1.2)	29 (0.9)	
6 - 11.....	15 (0.8)	14 (1.2)	27 (1.1)	15 (1.5)	27 (1.2)	18 (1.8)	20 (1.1)	18 (0.9)	24 (1.0)	
12 - 19.....	14 (0.7)	19 (1.7)	26 (2.6)	20 (1.6)	25 (1.8)	14 (1.2)	24 (0.6)	18 (0.7)	25 (1.0)	
20 and over...	15 (0.6)	15 (0.7)	24 (0.7)	16 (1.1)	24 (1.2)	10 (0.6)	25 (0.8)	19 (0.7)	27 (0.7)	
2 and over...	15 (0.5)	16 (0.6)	25 (0.7)	17 (0.9)	24 (1.0)	11 (0.5)	25 (0.6)	19 (0.5)	27 (0.5)	

**Table 28. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014 (continued)

Family income as % of Federal poverty threshold and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
<b>Under 131% poverty:</b>								
2 - 5.....	21 (1.2)	23 (1.4)	31 (1.4)	17 (1.6)	31 (1.7)	22 (1.8)	59 (3.6)	-- --
6 - 11.....	19 (1.3)	16 (0.9)	23 (1.1)	13 (1.1)	20 (1.0)	17 (1.2)	47 (8.6)	-- --
12 - 19.....	20 (1.4)	17 (1.0)	27 (1.7)	12 (1.0)	20 (1.2)	16 (0.9)	47 (5.3)	-- --
20 and over...	17 (0.7)	16 (0.6)	28 (0.6)	12 (0.6)	23 (0.7)	15 (0.7)	42 (2.7)	73 (4.6)
2 and over...	18 (0.5)	17 (0.4)	28 (0.5)	12 (0.4)	23 (0.6)	16 (0.6)	43 (2.7)	-- --
<b>131-350% poverty:</b>								
2 - 5.....	25 (3.2)	23 (2.3)	31 (3.1)	18 (1.7)	29 (2.2)	21 (2.2)	54 (10.7)	-- --
6 - 11.....	18 (1.5)	17 (1.9)	26 (2.3)	12 (1.6)	20 (1.7)	14 (1.1)	45 (5.3)	-- --
12 - 19.....	14 (1.2)	14 (1.6)	25 (1.6)	9 (1.0)	20 (1.5)	14 (1.4)	43 (3.9)	-- --
20 and over...	17 (1.2)	16 (1.0)	28 (1.5)	11 (0.8)	20 (0.8)	13 (0.7)	38 (2.5)	63 (3.9)
2 and over...	17 (0.9)	16 (0.7)	28 (1.2)	11 (0.6)	20 (0.6)	13 (0.5)	39 (2.4)	-- --
<b>Over 350% poverty:</b>								
2 - 5.....	21 (2.5)	19 (1.3)	28 (1.3)	15 (1.1)	26 (1.4)	18 (1.6)	42 (7.4)	-- --
6 - 11.....	19 (1.8)	16 (1.1)	28 (1.7)	11 (1.2)	21 (1.3)	14 (1.4)	45 (9.4)	-- --
12 - 19.....	17 (1.4)	17 (1.8)	26 (1.9)	11 (1.5)	19 (1.4)	16 (1.2)	35 (8.1)	-- --
20 and over...	15 (0.6)	16 (0.8)	28 (0.8)	10 (0.7)	20 (0.9)	12 (0.5)	36 (2.4)	61 (4.8)
2 and over...	16 (0.6)	16 (0.7)	28 (0.7)	10 (0.7)	20 (0.8)	13 (0.5)	36 (2.3)	-- --
<b>All Individuals<sup>5</sup>:</b>								
2 - 5.....	22 (1.1)	22 (1.2)	30 (1.0)	17 (0.8)	29 (1.1)	20 (1.0)	52 (3.8)	-- --
6 - 11.....	19 (1.2)	16 (0.8)	26 (1.1)	12 (0.7)	20 (1.0)	15 (0.6)	45 (4.8)	-- --
12 - 19.....	17 (1.0)	16 (0.8)	26 (1.0)	11 (0.7)	20 (0.7)	15 (0.6)	41 (3.4)	-- --
20 and over...	16 (0.5)	16 (0.6)	28 (0.7)	11 (0.5)	21 (0.6)	13 (0.4)	39 (1.9)	64 (2.4)
2 and over...	17 (0.4)	16 (0.4)	28 (0.6)	11 (0.3)	21 (0.5)	14 (0.3)	39 (1.8)	-- --

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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. 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. The VIF used in this table is 1.98.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Federal Poverty Threshold) and Age, in the United States, 2013-2014.

<sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

<sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as snack.

<sup>5</sup> Includes persons of all income levels or with unknown family income.

## 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 29. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
<b>Males:</b>									
2 - 5.....	337	2* (0.4)	10 (2.3)	24 (3.2)	28 (4.7)	18 (2.5)	9 (1.6)	7 (1.8)	3* (0.9)
6 - 11.....	537	3 (0.9)	22 (4.5)	25 (2.6)	23 (3.5)	16 (2.1)	7 (1.5)	2* (0.5)	2* (0.5)
12 - 19.....	646	8 (1.6)	19 (2.5)	28 (1.7)	24 (2.4)	10 (1.6)	5 (1.1)	4 (1.4)	2* (1.0)
20 - 29.....	424	6 (1.5)	21 (3.0)	23 (1.8)	23 (2.7)	14 (2.0)	7 (2.1)	3* (1.4)	5 (1.3)
30 - 39.....	429	5 (1.2)	15 (1.8)	19 (2.1)	25 (3.0)	17 (2.1)	6 (1.3)	8 (1.9)	4 (1.4)
40 - 49.....	410	5 (1.8)	14 (1.9)	20 (2.6)	26 (3.5)	17 (2.9)	8 (1.7)	5 (1.6)	4 (1.2)
50 - 59.....	398	4 (1.0)	21 (2.2)	21 (3.7)	20 (3.4)	15 (2.5)	9 (3.1)	5 (1.6)	4 (1.7)
60 - 69.....	395	6 (1.9)	16 (3.0)	17 (2.3)	23 (2.3)	15 (2.6)	14 (3.2)	2* (0.9)	7 (2.6)
70 and over.....	358	8 (2.0)	17 (2.5)	23 (2.8)	20 (3.4)	16 (3.4)	9 (1.9)	3* (1.1)	3* (1.1)
2 - 19.....	1520	5 (0.7)	18 (2.1)	26 (1.4)	24 (2.0)	13 (0.9)	6 (0.6)	4 (0.7)	2 (0.7)
20 and over...	2414	6 (0.8)	18 (1.2)	20 (1.0)	23 (1.7)	16 (1.4)	9 (0.8)	4 (0.8)	5 (0.7)
2 and over...	3934	6 (0.6)	18 (1.2)	22 (0.9)	23 (1.3)	15 (1.1)	8 (0.6)	4 (0.6)	4 (0.5)
<b>Females:</b>									
2 - 5.....	339	2* (0.8)	9 (1.9)	20 (3.3)	25 (3.0)	22 (2.9)	10 (2.2)	7 (1.1)	5 (1.8)
6 - 11.....	510	3* (0.6)	17 (2.9)	24 (2.2)	30 (3.0)	12 (1.4)	7 (1.4)	5 (1.7)	1* (0.5)
12 - 19.....	650	9 (1.2)	21 (1.9)	30 (3.4)	21 (2.9)	11 (1.5)	5 (1.4)	2* (0.9)	2* (0.9)
20 - 29.....	430	5 (0.8)	19 (2.7)	24 (3.7)	23 (2.9)	14 (2.0)	8 (1.5)	5 (1.7)	3* (1.2)
30 - 39.....	463	4 (1.1)	13 (2.0)	21 (2.6)	24 (2.9)	20 (2.6)	10 (1.9)	4 (0.9)	4 (1.2)
40 - 49.....	487	3* (0.4)	14 (1.8)	20 (2.0)	23 (2.8)	18 (2.8)	11 (2.2)	6 (1.8)	6 (1.3)
50 - 59.....	439	4 (1.5)	12 (1.5)	21 (2.6)	21 (2.0)	17 (2.8)	14 (3.2)	5 (2.2)	6 (1.7)
60 - 69.....	433	3* (0.9)	14 (2.1)	19 (2.6)	20 (1.8)	18 (2.4)	15 (2.7)	5 (1.3)	6 (1.8)
70 and over.....	381	6 (1.2)	17 (3.1)	27 (2.1)	21 (2.4)	17 (2.1)	7 (1.6)	3* (0.6)	2* (0.4)
2 - 19.....	1499	5 (0.6)	17 (1.3)	26 (2.4)	25 (1.8)	14 (1.2)	7 (1.0)	4 (0.7)	2 (0.6)
20 and over...	2633	4 (0.5)	15 (1.3)	22 (0.8)	22 (1.4)	17 (0.9)	11 (1.3)	5 (0.6)	4 (0.6)
2 and over...	4132	4 (0.5)	15 (1.1)	23 (0.9)	23 (1.3)	16 (0.8)	10 (1.0)	5 (0.5)	4 (0.5)
<b>Males and females:</b>									
2 - 19.....	3019	5 (0.5)	18 (1.0)	26 (1.6)	25 (1.5)	14 (0.7)	7 (0.6)	4 (0.5)	2 (0.6)
20 and over...	5047	5 (0.6)	16 (1.1)	21 (0.7)	22 (1.4)	17 (0.8)	10 (0.8)	5 (0.5)	4 (0.5)
2 and over...	8066	5 (0.5)	17 (1.0)	22 (0.7)	23 (1.2)	16 (0.7)	9 (0.6)	5 (0.4)	4 (0.4)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

### Abbreviations

SE = standard error.

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

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

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 30. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
<b>Non-Hispanic White:</b>									
2 - 5.....	184	1* (0.5)	7* (2.1)	20 (3.8)	29 (5.6)	24 (2.0)	7* (2.0)	8* (1.6)	5* (2.2)
6 - 11.....	290	1* (0.4)	18 (4.8)	21 (2.3)	33 (4.8)	14 (1.6)	7 (1.5)	4* (1.2)	1* (0.5)
12 - 19.....	337	7 (1.8)	20 (1.9)	28 (2.9)	24 (3.6)	10 (1.8)	6 (1.1)	2* (1.0)	2* (1.3)
20 and over...	2233	4 (0.6)	15 (1.3)	20 (0.8)	23 (1.7)	17 (1.1)	11 (1.0)	5 (0.7)	5 (0.7)
2 and over...	3044	4 (0.5)	16 (1.2)	21 (0.7)	24 (1.5)	16 (0.9)	10 (0.8)	5 (0.6)	4 (0.6)
<b>Non-Hispanic Black:</b>									
2 - 5.....	161	7* (3.3)	20 (3.8)	28 (3.7)	21 (4.5)	11 (2.2)	7* (1.3)	3* (0.8)	2* (1.3)
6 - 11.....	285	10 (1.7)	25 (3.5)	25 (3.1)	20 (2.1)	13 (2.6)	3* (0.9)	3* (1.6)	#
12 - 19.....	307	11 (1.5)	24 (3.0)	29 (3.0)	20 (3.1)	10 (1.2)	3* (0.9)	2* (0.9)	2* (0.9)
20 and over...	1009	8 (0.8)	20 (1.1)	23 (1.9)	20 (1.5)	15 (1.4)	8 (1.0)	4 (0.9)	3 (1.0)
2 and over...	1762	9 (0.7)	21 (0.8)	24 (1.7)	20 (1.2)	14 (1.0)	7 (0.7)	3 (0.6)	3 (0.7)
<b>Non-Hispanic Asian<sup>2</sup>:</b>									
2 - 5.....	58	3* (2.1)	15* (7.7)	20* (9.6)	20* (6.8)	20* (8.4)	16* (9.9)	3* (2.6)	3* (2.1)
6 - 11.....	70	3* (2.7)	13* (4.2)	40 (10.6)	9* (3.8)	15* (6.4)	10* (4.8)	4* (2.9)	6* (5.1)
12 - 19.....	136	7* (2.7)	14 (4.6)	37 (5.6)	11* (2.5)	14 (5.7)	12* (4.5)	4* (3.4)	1* (0.6)
20 and over...	525	6 (1.3)	17 (2.3)	28 (2.5)	19 (2.6)	14 (2.3)	8 (1.0)	3 (1.0)	4 (1.2)
2 and over...	789	6 (1.2)	16 (2.3)	29 (2.4)	18 (1.9)	15 (2.3)	9 (1.0)	3 (0.9)	4 (0.9)
<b>Hispanic:</b>									
2 - 5.....	221	1* (0.5)	11 (2.3)	18 (3.1)	25 (3.7)	20 (3.1)	13 (2.2)	8 (1.2)	4* (1.5)
6 - 11.....	330	5* (1.1)	21 (3.5)	29 (3.5)	22 (2.4)	15 (2.1)	6 (1.1)	1* (0.4)	2* (1.0)
12 - 19.....	446	9 (1.4)	20 (4.3)	29 (4.4)	22 (2.3)	11 (1.2)	5 (1.3)	3* (0.9)	1* (1.0)
20 and over...	1125	6 (1.3)	17 (1.8)	23 (2.2)	23 (1.6)	15 (0.9)	8 (1.1)	5 (1.1)	3 (0.7)
2 and over...	2122	6 (1.0)	17 (1.6)	25 (1.8)	23 (1.3)	15 (0.7)	8 (0.7)	4 (0.7)	3 (0.4)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

## Abbreviations

SE = standard error.

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 31. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
<b>\$0 - \$24,999:</b>									
2 - 5.....	241	2* (0.8)	15 (3.9)	24 (4.5)	22 (4.6)	17 (3.5)	10 (2.5)	5* (1.4)	5* (1.7)
6 - 11.....	330	4* (1.4)	23 (3.6)	28 (3.5)	19 (2.5)	16 (3.2)	5 (2.0)	3* (0.9)	2* (1.0)
12 - 19.....	398	10 (2.2)	20 (2.2)	32 (2.4)	21 (1.9)	11 (2.0)	3* (0.7)	2* (1.2)	2* (1.1)
20 and over...	1550	6 (0.8)	19 (1.5)	23 (1.5)	22 (1.4)	16 (1.3)	6 (0.7)	4 (0.8)	4 (0.7)
2 and over...	2519	6 (0.8)	19 (1.0)	24 (1.2)	22 (1.1)	16 (1.0)	6 (0.7)	4 (0.6)	4 (0.6)
<b>\$25,000 - \$74,999:</b>									
2 - 5.....	255	2* (0.9)	10 (2.2)	24 (4.5)	23 (3.9)	21 (3.0)	8 (3.0)	7 (2.6)	5* (2.0)
6 - 11.....	400	3* (0.9)	27 (4.4)	25 (2.6)	21 (2.3)	12 (2.0)	9 (2.3)	2* (1.0)	1* (0.5)
12 - 19.....	478	9 (1.6)	24 (3.6)	29 (2.7)	23 (3.0)	9 (1.5)	3 (1.1)	2* (1.2)	#
20 and over...	1882	4 (0.6)	17 (1.5)	20 (1.2)	24 (1.7)	16 (0.9)	11 (1.5)	4 (0.6)	4 (0.8)
2 and over...	3015	5 (0.5)	18 (1.1)	22 (1.1)	23 (1.3)	15 (0.7)	10 (1.1)	4 (0.6)	3 (0.7)
<b>\$75,000 and higher:</b>									
2 - 5.....	153	#	4* (2.1)	18 (4.3)	34 (7.2)	22 (4.0)	9* (2.2)	9* (3.2)	3* (1.1)
6 - 11.....	270	2* (0.9)	10 (1.7)	24 (4.0)	36 (4.7)	15 (1.5)	6 (1.7)	5* (1.8)	2* (0.7)
12 - 19.....	334	7 (2.4)	18 (2.2)	25 (3.6)	23 (4.8)	11 (2.6)	9 (1.8)	3* (1.8)	3* (1.8)
20 and over...	1303	4 (0.7)	14 (1.5)	22 (1.5)	21 (2.1)	18 (1.8)	10 (1.2)	6 (0.9)	6 (0.7)
2 and over...	2060	4 (0.6)	13 (1.3)	22 (1.5)	23 (1.9)	17 (1.4)	10 (0.9)	6 (0.7)	5 (0.6)
<b>All Individuals<sup>2</sup>:</b>									
2 - 5.....	676	2* (0.5)	9 (1.6)	22 (3.0)	26 (3.3)	20 (1.6)	9 (1.5)	7 (1.0)	4 (1.3)
6 - 11.....	1047	3 (0.6)	20 (2.8)	25 (2.0)	26 (2.8)	14 (1.4)	7 (1.0)	3 (0.8)	2 (0.4)
12 - 19.....	1296	8 (1.0)	20 (1.3)	29 (2.1)	22 (2.1)	10 (1.2)	5 (0.7)	3 (0.8)	2 (0.8)
20 and over...	5047	5 (0.6)	16 (1.1)	21 (0.7)	22 (1.4)	17 (0.8)	10 (0.8)	5 (0.5)	4 (0.5)
2 and over...	8066	5 (0.5)	17 (1.0)	22 (0.7)	23 (1.2)	16 (0.7)	9 (0.6)	5 (0.4)	4 (0.4)

### Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

### Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

### Abbreviations

SE = standard error.

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

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

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

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 32. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
by Family Income (as % of Federal Poverty Threshold<sup>2</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Sample size	Number of snack occasions							
		Zero % (SE)	One % (SE)	Two % (SE)	Three % (SE)	Four % (SE)	Five % (SE)	Six % (SE)	Seven or more % (SE)
<b>Under 131% poverty:</b>									
2 - 5.....	329	2* (0.7)	14 (2.7)	24 (3.6)	23 (4.2)	16 (3.1)	9 (1.8)	7 (1.8)	5 (2.2)
6 - 11.....	494	4 (0.9)	25 (3.4)	28 (2.5)	19 (2.4)	15 (2.4)	5 (1.1)	3* (0.9)	2* (0.8)
12 - 19.....	555	11 (2.1)	21 (1.7)	30 (2.8)	21 (2.1)	11 (2.1)	2* (0.6)	2* (1.0)	1* (0.8)
20 and over...	1596	7 (0.9)	20 (1.6)	22 (1.1)	23 (1.5)	16 (1.0)	6 (0.7)	4 (0.9)	3 (0.4)
2 and over...	2974	7 (0.8)	20 (1.3)	24 (1.0)	22 (1.0)	15 (0.8)	5 (0.6)	4 (0.8)	3 (0.3)
<b>131-350% poverty:</b>									
2 - 5.....	200	2* (1.0)	10 (2.4)	20 (5.2)	24 (4.0)	26 (5.5)	10 (4.1)	4* (1.3)	4* (1.9)
6 - 11.....	302	4* (1.3)	23 (3.8)	21 (3.5)	24 (3.5)	13 (2.6)	9 (2.4)	5* (2.4)	1* (0.6)
12 - 19.....	402	9 (2.4)	23 (4.1)	27 (3.9)	22 (2.4)	8 (1.4)	5 (1.4)	4* (1.4)	1* (1.0)
20 and over...	1622	5 (0.6)	16 (1.3)	21 (1.2)	24 (1.5)	15 (0.9)	10 (1.1)	4 (0.7)	4 (0.7)
2 and over...	2526	5 (0.6)	17 (1.1)	22 (1.2)	24 (1.2)	15 (0.8)	9 (0.9)	4 (0.7)	4 (0.5)
<b>Over 350% poverty:</b>									
2 - 5.....	109	1* (0.4)	3* (1.0)	20 (5.2)	36 (9.6)	19 (5.6)	8* (2.4)	10* (4.4)	3* (1.3)
6 - 11.....	194	1* (0.6)	8* (1.5)	28 (5.9)	38 (4.5)	14 (2.6)	7* (2.2)	2* (0.9)	2* (1.3)
12 - 19.....	239	4* (1.4)	17 (2.1)	26 (4.1)	25 (5.6)	13 (3.6)	10 (2.6)	2* (1.0)	3* (1.9)
20 and over...	1468	3 (0.7)	14 (1.5)	21 (1.3)	21 (2.0)	19 (1.8)	11 (1.2)	6 (0.9)	5 (0.7)
2 and over...	2010	3 (0.6)	13 (1.4)	22 (1.4)	23 (1.9)	18 (1.6)	11 (1.0)	5 (0.8)	5 (0.6)
<b>All Individuals<sup>3</sup>:</b>									
2 - 5.....	676	2* (0.5)	9 (1.6)	22 (3.0)	26 (3.3)	20 (1.6)	9 (1.5)	7 (1.0)	4 (1.3)
6 - 11.....	1047	3 (0.6)	20 (2.8)	25 (2.0)	26 (2.8)	14 (1.4)	7 (1.0)	3 (0.8)	2 (0.4)
12 - 19.....	1296	8 (1.0)	20 (1.3)	29 (2.1)	22 (2.1)	10 (1.2)	5 (0.7)	3 (0.8)	2 (0.8)
20 and over...	5047	5 (0.6)	16 (1.1)	21 (0.7)	22 (1.4)	17 (0.8)	10 (0.8)	5 (0.5)	4 (0.5)
2 and over...	8066	5 (0.5)	17 (1.0)	22 (0.7)	23 (1.2)	16 (0.7)	9 (0.6)	5 (0.4)	4 (0.4)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

## Footnotes

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>2</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

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

## Abbreviations

SE = standard error.

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Snacks: Distribution of Snack Occasions, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 33. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>Males:</b>												
2 - 5.....	85 (2.5)	10 (2.0)	47 (4.4)	29 (4.1)	13 (2.2)	2*(0.8)	4*(0.9)	7 (2.0)	1*(0.6)	0*(0.0)	1*(0.3)	1*(0.4)
6 - 11.....	78 (1.8)	21 (3.9)	39 (3.5)	18 (2.3)	20 (1.7)	4 (1.5)	9 (1.2)	7 (1.8)	3*(0.8)	1*(0.3)	1*(0.7)	1*(0.1)
12 - 19.....	61 (3.5)	17 (2.6)	34 (2.4)	9 (2.1)	31 (3.5)	9 (1.4)	14 (1.9)	8 (1.3)	8 (1.2)	1*(0.4)	3 (1.0)	3 (0.8)
20 - 29.....	55 (3.3)	17 (2.9)	23 (2.3)	16 (1.4)	34 (3.5)	7 (1.8)	18 (2.6)	8 (1.5)	11 (1.6)	3*(1.0)	4 (0.7)	4 (1.1)
30 - 39.....	61 (2.4)	14 (2.2)	24 (3.0)	22 (2.7)	34 (2.7)	6 (0.8)	17 (2.6)	11 (2.3)	6 (1.4)	1*(0.3)	2*(1.0)	2*(0.9)
40 - 49.....	63 (3.5)	13 (2.6)	25 (2.5)	25 (4.1)	32 (3.2)	6 (1.1)	18 (2.6)	8 (1.6)	5 (1.6)	1*(0.5)	3*(1.3)	2*(0.7)
50 - 59.....	65 (4.1)	17 (2.0)	26 (4.2)	22 (3.0)	29 (3.8)	7 (1.6)	13 (2.1)	9 (2.8)	6 (1.2)	1*(0.3)	3*(0.6)	2*(1.2)
60 - 69.....	64 (3.9)	14 (1.9)	25 (2.8)	25 (4.1)	28 (3.9)	7 (2.4)	12 (2.2)	10 (1.4)	7 (1.7)	1*(0.2)	4*(1.1)	3*(1.1)
70 and over.....	68 (2.8)	20 (3.0)	28 (2.6)	20 (3.4)	28 (2.8)	6 (1.4)	12 (2.0)	10 (1.9)	4*(1.4)	#	2*(0.9)	1*(0.7)
2 - 19.....	71 (1.9)	17 (1.6)	38 (2.2)	16 (1.6)	24 (1.8)	6 (1.0)	10 (1.1)	7 (0.8)	5 (0.6)	1*(0.2)	2 (0.4)	2 (0.3)
20 and over...	62 (1.3)	16 (1.2)	25 (1.1)	21 (1.6)	31 (1.4)	6 (0.8)	15 (1.2)	9 (1.0)	7 (0.5)	1 (0.3)	3 (0.2)	3 (0.5)
2 and over...	64 (1.1)	16 (1.1)	28 (1.0)	20 (1.4)	29 (1.1)	6 (0.7)	14 (0.8)	9 (0.8)	6 (0.5)	1 (0.2)	3 (0.2)	2 (0.4)
<b>Females:</b>												
2 - 5.....	81 (2.3)	8 (2.1)	39 (4.5)	34 (4.3)	19 (2.3)	2*(1.0)	7 (1.4)	10 (1.7)	#	0*(0.0)	#	#
6 - 11.....	76 (2.0)	15 (2.5)	44 (3.1)	17 (1.9)	22 (2.2)	5 (1.5)	9 (1.5)	7 (1.7)	2*(0.9)	#	1*(0.8)	1*(0.5)
12 - 19.....	55 (3.4)	17 (1.9)	28 (2.5)	9 (2.5)	37 (2.7)	11 (1.0)	18 (2.3)	7 (1.4)	8 (2.0)	1*(0.6)	4 (2.0)	2 (0.7)
20 - 29.....	60 (2.3)	15 (2.7)	27 (3.1)	18 (2.2)	32 (2.1)	7 (1.6)	14 (2.1)	10 (1.6)	8 (1.6)	1*(0.4)	6 (1.3)	2*(0.4)
30 - 39.....	62 (2.6)	11 (1.5)	29 (3.1)	23 (1.9)	33 (2.3)	6 (1.3)	14 (1.1)	13 (2.0)	5 (1.2)	#	3*(0.8)	2*(0.7)
40 - 49.....	70 (2.2)	13 (2.2)	31 (2.7)	26 (4.1)	25 (2.5)	3*(1.0)	11 (1.5)	11 (1.5)	5 (0.8)	#	1*(0.4)	3*(0.7)
50 - 59.....	69 (2.7)	12 (2.4)	31 (2.5)	27 (3.6)	26 (2.5)	3*(0.9)	10 (1.7)	13 (2.0)	5 (1.3)	2*(0.9)	1*(0.5)	2*(0.6)
60 - 69.....	72 (2.3)	11 (2.1)	29 (2.2)	32 (3.0)	24 (2.2)	4 (0.9)	9 (1.6)	11 (1.9)	4 (1.1)	2*(0.8)	1*(0.5)	1*(0.4)
70 and over.....	74 (2.7)	17 (2.6)	36 (3.4)	21 (2.4)	23 (2.8)	6 (1.2)	10 (1.5)	7 (1.5)	3*(0.9)	1*(0.4)	1*(0.6)	1*(0.4)
2 - 19.....	67 (2.5)	14 (1.2)	36 (2.1)	17 (2.1)	28 (2.1)	7 (0.8)	13 (1.6)	8 (0.9)	5 (0.9)	1*(0.3)	2 (0.8)	1 (0.4)
20 and over...	68 (1.0)	13 (1.1)	30 (1.4)	24 (1.7)	27 (0.8)	5 (0.6)	11 (0.4)	11 (0.7)	5 (0.5)	1 (0.2)	2 (0.4)	2 (0.3)
2 and over...	68 (1.1)	13 (1.0)	31 (1.0)	23 (1.4)	27 (0.9)	5 (0.5)	12 (0.5)	10 (0.6)	5 (0.5)	1 (0.2)	2 (0.3)	2 (0.3)
<b>Males and females:</b>												
2 - 19.....	69 (2.0)	16 (0.8)	37 (1.6)	17 (1.5)	26 (1.7)	7 (0.9)	12 (1.1)	8 (0.6)	5 (0.6)	1 (0.2)	2 (0.4)	2 (0.3)
20 and over...	65 (0.8)	14 (1.0)	28 (0.8)	23 (1.4)	29 (0.7)	6 (0.6)	13 (0.6)	10 (0.6)	6 (0.4)	1 (0.2)	3 (0.2)	2 (0.3)
2 and over...	66 (0.9)	15 (0.8)	30 (0.6)	21 (1.2)	28 (0.7)	6 (0.6)	13 (0.5)	10 (0.5)	6 (0.4)	1 (0.2)	3 (0.1)	2 (0.3)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

## Abbreviations

SE standard error.

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 34. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more	
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>Non-Hispanic White:</b>												
2 - 5.....	90 (2.1)	6*(1.6)	46 (4.2)	38 (2.6)	10 (2.1)	1*(0.9)	3*(1.3)	5*(2.0)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
6 - 11.....	83 (2.3)	16 (4.2)	48 (4.5)	19 (2.2)	16 (2.3)	3*(1.2)	5*(1.6)	7 (2.4)	1*(0.7)	#	1*(0.7)	#
12 - 19.....	65 (4.6)	18 (2.6)	38 (2.5)	10 (3.2)	27 (4.0)	9 (1.6)	11 (1.8)	7 (1.3)	7 (2.4)	1*(0.4)	4*(2.0)	3*(0.8)
20 and over...	70 (1.0)	14 (1.2)	29 (1.1)	27 (1.9)	25 (1.1)	4 (0.6)	12 (0.9)	10 (0.7)	5 (0.5)	1 (0.3)	2 (0.2)	2 (0.4)
2 and over...	72 (1.2)	14 (1.0)	32 (0.8)	25 (1.6)	24 (1.1)	4 (0.6)	11 (0.8)	9 (0.6)	4 (0.5)	1 (0.2)	2 (0.2)	2 (0.3)
<b>Non-Hispanic Black:</b>												
2 - 5.....	79 (3.7)	22 (3.5)	39 (4.6)	18 (3.4)	18 (4.0)	5*(1.6)	9*(2.3)	4*(1.8)	3*(1.5)	0*(0.0)	1*(0.8)	2*(1.2)
6 - 11.....	68 (4.0)	22 (3.4)	34 (3.2)	11 (2.7)	27 (3.3)	10 (2.7)	9 (2.1)	8 (1.9)	5*(1.6)	3*(1.2)	1*(0.8)	1*(1.0)
12 - 19.....	38 (3.6)	14 (3.1)	20 (1.4)	4*(1.1)	49 (4.3)	17 (3.6)	22 (1.6)	10 (2.0)	13 (2.3)	4*(1.5)	7 (1.5)	2*(1.1)
20 and over...	49 (1.2)	15 (0.8)	20 (0.9)	14 (0.7)	37 (1.4)	10 (1.1)	16 (1.1)	11 (1.5)	14 (1.3)	2 (0.4)	7 (0.6)	4 (0.7)
2 and over...	51 (1.3)	16 (0.6)	23 (0.9)	13 (0.5)	37 (1.3)	11 (1.1)	16 (0.8)	10 (1.1)	12 (1.0)	2 (0.4)	6 (0.5)	4 (0.6)
<b>Non-Hispanic Asian<sup>3</sup>:</b>												
2 - 5.....	90*(3.6)	14*(5.8)	37*(10.3)	39*(8.3)	8*(3.5)	4*(3.1)	3*(2.0)	1*(0.8)	2*(1.8)	0*(0.0)	0*(0.0)	2*(1.8)
6 - 11.....	92*(3.2)	16*(5.8)	42 (9.1)	34(10.2)	8*(3.2)	#	7*(2.7)	1*(0.8)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
12 - 19.....	54 (8.9)	12 (4.0)	26 (5.3)	16 (7.0)	43 (8.6)	9*(3.3)	21 (6.1)	14 (4.7)	3*(1.0)	#	1*(0.6)	1*(0.8)
20 and over...	74 (3.7)	17 (2.8)	34 (3.0)	23 (2.6)	23 (3.6)	6 (2.1)	10 (2.1)	7 (1.5)	3*(1.0)	#	2*(1.0)	1*(0.4)
2 and over...	74 (2.8)	16 (2.5)	34 (3.0)	24 (2.6)	23 (2.7)	5 (1.8)	11 (1.5)	7 (1.1)	3 (0.8)	#	2*(0.7)	1*(0.3)
<b>Hispanic:</b>												
2 - 5.....	68 (3.6)	9 (2.3)	33 (2.8)	27 (4.0)	31 (3.5)	3*(0.8)	9 (1.7)	18 (3.0)	1*(0.8)	0*(0.0)	1*(0.5)	1*(0.4)
6 - 11.....	66 (1.9)	20 (2.0)	31 (2.6)	15 (1.9)	31 (2.0)	6 (2.2)	17 (1.7)	8 (1.6)	4*(1.5)	0*(0.0)	2*(1.0)	1*(0.9)
12 - 19.....	53 (3.7)	19 (3.3)	24 (3.3)	10 (2.1)	38 (4.2)	8 (2.0)	23 (4.8)	6 (1.1)	9 (1.8)	2*(0.9)	4 (1.0)	3*(1.1)
20 and over...	51 (2.2)	13 (1.7)	24 (2.6)	14 (1.7)	42 (1.8)	9 (0.7)	20 (1.8)	13 (1.2)	7 (1.2)	1*(0.4)	3 (1.1)	3 (0.7)
2 and over...	54 (1.4)	14 (1.0)	25 (1.9)	15 (1.3)	39 (1.2)	8 (0.7)	19 (1.3)	12 (0.9)	6 (0.7)	1 (0.2)	3 (0.6)	3 (0.5)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

<sup>3</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

SE standard error.

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 35. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (in Dollars) and Age, in the United States, 2013-2014

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)
<b>\$0 - \$24,999:</b>												
2 - 5.....	77 (4.6)	13 (3.0)	39 (6.0)	24 (4.9)	22 (4.7)	4*(1.5)	6*(1.3)	12 (3.5)	1*(0.7)	0*(0.0)	1*(0.5)	#
6 - 11.....	66 (4.0)	21 (3.6)	30 (3.3)	15 (2.6)	30 (3.9)	5 (1.6)	16 (2.1)	10 (2.7)	3*(1.0)	1*(0.5)	2*(0.8)	1*(0.6)
12 - 19.....	47 (4.5)	16 (3.1)	25 (2.3)	6 (1.5)	39 (4.1)	12 (2.1)	20 (2.4)	8 (2.3)	14 (3.4)	3*(1.1)	8 (3.3)	3*(0.7)
20 and over...	55 (1.7)	15 (0.8)	23 (1.3)	16 (1.7)	35 (1.3)	7 (0.9)	16 (1.0)	12 (0.9)	11 (1.1)	2 (0.6)	5 (0.7)	3 (0.5)
2 and over...	56 (1.1)	16 (0.7)	25 (1.2)	15 (1.3)	34 (1.1)	7 (0.8)	16 (0.7)	11 (0.8)	10 (0.8)	2 (0.5)	5 (0.5)	3 (0.4)
<b>\$25,000 - \$74,999:</b>												
2 - 5.....	78 (4.5)	9 (1.7)	39 (6.2)	30 (4.3)	21 (4.2)	3*(1.2)	8 (2.7)	10 (3.4)	1*(0.5)	0*(0.0)	#	#
6 - 11.....	72 (2.6)	23 (3.5)	34 (2.6)	15 (2.2)	25 (2.5)	7 (2.0)	10 (2.4)	8 (3.3)	3*(1.2)	1*(0.4)	1*(0.7)	1*(0.6)
12 - 19.....	53 (3.9)	18 (3.1)	29 (3.9)	6 (1.3)	38 (4.6)	13 (2.0)	19 (3.2)	6 (1.6)	8 (1.7)	2*(0.6)	4 (0.9)	3*(1.0)
20 and over...	62 (1.2)	13 (1.2)	28 (1.2)	21 (1.4)	33 (1.4)	7 (0.9)	14 (1.1)	12 (0.9)	6 (0.5)	1*(0.2)	3 (0.3)	2 (0.4)
2 and over...	62 (1.2)	14 (1.0)	29 (0.8)	19 (1.1)	32 (1.5)	8 (0.8)	14 (1.1)	11 (0.8)	6 (0.5)	1 (0.1)	3 (0.3)	2 (0.4)
<b>\$75,000 and higher:</b>												
2 - 5.....	95*(2.2)	5*(2.0)	50 (7.1)	41 (6.0)	4*(2.2)	#	2*(1.0)	3*(1.3)	#	0*(0.0)	0*(0.0)	#
6 - 11.....	91 (2.0)	10 (2.5)	56 (3.2)	25 (1.8)	9 (2.0)	2*(0.9)	4*(1.1)	4*(1.0)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
12 - 19.....	71 (5.9)	18 (2.0)	38 (5.0)	15 (3.9)	25 (5.2)	7 (2.2)	9 (2.0)	9 (1.6)	4*(2.3)	#	1*(1.0)	3*(1.4)
20 and over...	76 (1.6)	14 (1.7)	30 (2.0)	31 (2.7)	21 (1.6)	2 (0.5)	11 (1.1)	8 (0.8)	3 (0.6)	#	1*(0.2)	1 (0.5)
2 and over...	77 (1.6)	14 (1.4)	34 (1.6)	29 (2.3)	20 (1.5)	3 (0.6)	10 (0.9)	8 (0.6)	3 (0.6)	#	1 (0.2)	1 (0.5)
<b>All Individuals<sup>3</sup>:</b>												
2 - 5.....	83 (1.9)	9 (1.5)	43 (3.5)	31 (2.5)	16 (1.8)	2*(0.6)	5 (0.9)	8 (1.6)	1*(0.3)	0*(0.0)	#	#
6 - 11.....	77 (1.6)	18 (2.5)	41 (2.6)	18 (1.5)	21 (1.6)	5 (1.1)	9 (1.1)	7 (1.6)	2 (0.5)	#	1*(0.5)	1*(0.2)
12 - 19.....	58 (3.1)	17 (1.7)	31 (1.8)	9 (2.0)	34 (2.7)	10 (1.0)	16 (1.9)	8 (0.7)	8 (1.4)	1 (0.4)	4 (1.0)	3 (0.6)
20 and over...	65 (0.8)	14 (1.0)	28 (0.8)	23 (1.4)	29 (0.7)	6 (0.6)	13 (0.6)	10 (0.6)	6 (0.4)	1 (0.2)	3 (0.2)	2 (0.3)
2 and over...	66 (0.9)	15 (0.8)	30 (0.6)	21 (1.2)	28 (0.7)	6 (0.6)	13 (0.5)	10 (0.5)	6 (0.4)	1 (0.2)	3 (0.1)	2 (0.3)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

**Any one meal or less:** the respondent reported one of the three meals, or no meal.

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 25 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

## Abbreviations

SE standard error.

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

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

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

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014.

**Table 36. Meals and Snacks:** Distribution of Meal Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (as % of Federal Poverty Threshold<sup>3</sup>) and Age, in the United States, 2013-2014

Family income as % of Federal poverty threshold and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
	Number of snack occasions				Number of snack occasions				Number of snack occasions			
	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)	% (SE)	1 or less % (SE)	2 or 3 % (SE)	4 or more % (SE)
<b>Under 131% poverty:</b>												
2 - 5.....	77 (3.8)	12 (2.1)	40 (5.1)	25 (4.5)	23 (3.9)	3*(1.3)	7 (1.0)	13 (3.1)	1*(0.5)	0*(0.0)	1*(0.4)	#
6 - 11.....	68 (2.3)	21 (2.7)	32 (2.3)	15 (2.2)	28 (2.0)	7 (1.9)	14 (1.5)	8 (1.8)	4 (0.9)	1*(0.3)	2*(0.6)	1*(0.4)
12 - 19.....	49 (3.9)	17 (2.8)	26 (1.8)	6 (1.0)	39 (3.8)	12 (1.6)	19 (2.7)	8 (2.5)	13 (2.6)	3 (1.0)	6 (2.4)	4 (0.8)
20 and over...	50 (1.4)	16 (1.3)	21 (1.3)	13 (1.6)	39 (1.6)	8 (1.0)	19 (1.1)	12 (1.1)	11 (1.1)	3 (0.6)	5 (0.7)	3 (0.6)
2 and over...	54 (1.2)	17 (1.0)	24 (1.1)	13 (1.2)	36 (1.3)	8 (1.0)	17 (0.9)	11 (0.9)	10 (0.9)	2 (0.4)	5 (0.6)	3 (0.4)
<b>131-350% poverty:</b>												
2 - 5.....	83 (4.2)	9 (2.1)	37 (6.7)	37 (6.3)	17 (4.0)	3*(1.2)	6*(2.7)	8*(2.4)	1*(0.6)	0*(0.0)	#	#
6 - 11.....	78 (3.1)	22 (3.4)	36 (4.8)	19 (2.6)	21 (3.1)	4*(1.4)	8 (2.2)	8 (3.4)	2*(0.8)	1*(0.5)	1*(0.6)	#
12 - 19.....	55 (3.4)	19 (3.7)	29 (4.4)	7 (1.5)	37 (4.1)	12 (2.2)	16 (2.6)	9 (1.7)	8 (2.1)	1*(0.3)	5 (1.5)	2*(1.0)
20 and over...	64 (2.0)	13 (1.3)	30 (1.6)	21 (1.3)	31 (2.0)	7 (0.9)	13 (1.6)	11 (0.9)	6 (0.7)	1*(0.3)	3 (0.4)	2 (0.4)
2 and over...	65 (1.7)	15 (0.8)	30 (1.1)	20 (1.2)	30 (1.8)	7 (0.9)	13 (1.3)	10 (0.7)	5 (0.7)	1 (0.2)	3 (0.4)	2 (0.4)
<b>Over 350% poverty:</b>												
2 - 5.....	95*(2.8)	3*(0.8)	55 (9.3)	37 (7.5)	5*(2.7)	#	2*(1.4)	3*(1.5)	#	0*(0.0)	0*(0.0)	#
6 - 11.....	92 (2.2)	7*(1.8)	62 (3.0)	23 (2.9)	8 (2.2)	1*(0.8)	4*(1.6)	3*(1.0)	0*(0.0)	0*(0.0)	0*(0.0)	0*(0.0)
12 - 19.....	74 (6.4)	15 (2.7)	42 (6.5)	18 (5.3)	22 (5.5)	6*(2.3)	9 (2.3)	7 (2.1)	3*(2.1)	0*(0.0)	#	3*(2.0)
20 and over...	75 (1.6)	14 (1.6)	30 (1.8)	31 (2.2)	22 (1.5)	3 (0.7)	11 (1.0)	9 (0.8)	3 (0.6)	#	1 (0.3)	2 (0.4)
2 and over...	76 (1.4)	13 (1.5)	34 (1.7)	29 (2.0)	21 (1.3)	3 (0.6)	10 (0.8)	8 (0.5)	3 (0.5)	#	1 (0.3)	2 (0.4)
<b>All Individuals<sup>4</sup>:</b>												
2 - 5.....	83 (1.9)	9 (1.5)	43 (3.5)	31 (2.5)	16 (1.8)	2*(0.6)	5 (0.9)	8 (1.6)	1*(0.3)	0*(0.0)	#	#
6 - 11.....	77 (1.6)	18 (2.5)	41 (2.6)	18 (1.5)	21 (1.6)	5 (1.1)	9 (1.1)	7 (1.6)	2 (0.5)	#	1*(0.5)	1*(0.2)
12 - 19.....	58 (3.1)	17 (1.7)	31 (1.8)	9 (2.0)	34 (2.7)	10 (1.0)	16 (1.9)	8 (0.7)	8 (1.4)	1 (0.4)	4 (1.0)	3 (0.6)
20 and over...	65 (0.8)	14 (1.0)	28 (0.8)	23 (1.4)	29 (0.7)	6 (0.6)	13 (0.6)	10 (0.6)	6 (0.4)	1 (0.2)	3 (0.2)	2 (0.3)
2 and over...	66 (0.9)	15 (0.8)	30 (0.6)	21 (1.2)	28 (0.7)	6 (0.6)	13 (0.5)	10 (0.5)	6 (0.4)	1 (0.2)	3 (0.1)	2 (0.3)

## Symbol Legend

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

**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 percent or greater than or equal to 75 percent 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.

# Indicates a non-zero value too small to report.

## Footnotes

<sup>1</sup> Meals Patterns are categorized into the following:

**Breakfast, lunch, and dinner:** the respondent reported each of the three meals as follows: breakfast includes all eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo"; lunch includes all eating occasions designated as "brunch", "lunch" or the Spanish equivalent "comida"; and dinner includes all eating occasions designated as "dinner", "supper", or the Spanish equivalent "cena".

**Any two meals:** the respondent reported any combination of two of the three meals -- breakfast, lunch or dinner.

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<sup>3</sup> Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, [www.fns.usda.gov](http://www.fns.usda.gov).

<sup>4</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE standard error.

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

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

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

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

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

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

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