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 kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Males:																			
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)
Females:																			
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)
Males and females:																			
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Males:																
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)
Females:																
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)
Males and females:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Males:																		
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)	--	--
Females:																		
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)	--	--
Males and females:																		
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Males:																
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)
Females:																
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)
Males and females:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Males:														
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)
Females:														
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)
Males and females:														
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Males:								
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)
Females:								
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)
Males and females:								
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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.

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 Gender and Age, *What We Eat in America*, NHANES 2013-2014.

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 kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Non-Hispanic White:																			
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)
Non-Hispanic Black:																			
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)
Non-Hispanic Asian[1]:																			
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)
Hispanic:																			
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[1]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[1]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Non-Hispanic White:																
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)
Non-Hispanic Black:																
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)
Non-Hispanic Asian[1]:																
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)
Hispanic:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Non-Hispanic White:																		
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)	--	--
Non-Hispanic Black:																		
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)	--	--
Non-Hispanic Asian[1]:																		
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)	--	--
Hispanic:																		
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Non-Hispanic White:																
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)
Non-Hispanic Black:																
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)
Non-Hispanic Asian[1]:																
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)
Hispanic:																
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)

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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 *(continued)*

Race/ethnicity and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Non-Hispanic White:														
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)
Non-Hispanic Black:														
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)
Non-Hispanic Asian[1]:														
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)
Hispanic:														
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
Non-Hispanic White:								
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)
Non-Hispanic Black:								
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)
Non-Hispanic Asian[1]:								
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)
Hispanic:								
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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 kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
$0 - $24,999:																			
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)
$25,000 - $74,999:																			
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)
$75,000 and higher:																			
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)
All Individuals[1]:																			
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[1]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[1]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
$0 - $24,999:																
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)
$25,000 - $74,999:																
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)
$75,000 and higher:																
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)
All Individuals[1]:																
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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 mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
$0 - $24,999:																		
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)	--	--
$25,000 - $74,999:																		
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)	--	--
$75,000 and higher:																		
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)	--	--
All Individuals[1]:																		
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
$0 - $24,999:																
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)
$25,000 - $74,999:																
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)
$75,000 and higher:																
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)
All Individuals[1]:																
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)

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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 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
$0 - $24,999:														
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)
$25,000 - $74,999:														
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)
$75,000 and higher:														
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)
All Individuals[1]:														
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)
$0 - $24,999:								
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)
$25,000 - $74,999:								
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)
$75,000 and higher:								
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)
All Individuals[1]:								
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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 Poverty Level[1]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Under 131% poverty:																			
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)
131-350% poverty:																			
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)
Over 350% poverty:																			
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)
All Individuals[2]:																			
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[2]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[2]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
Under 131% poverty:																
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)
131-350% poverty:																
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)
Over 350% poverty:																
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)
All Individuals[2]:																
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)

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

Family income as % of poverty level and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Under 131% poverty:																		
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)	--	--
131-350% poverty:																		
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)	--	--
Over 350% poverty:																		
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)	--	--
All Individuals[2]:																		
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)	--	--

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

Family income as % of poverty level 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)
Under 131% poverty:																
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)
131-350% poverty:																
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)
Over 350% poverty:																
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)
All Individuals[2]:																
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)

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

Family income as % of poverty level and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Under 131% poverty:														
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)
131-350% poverty:														
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)
Over 350% poverty:														
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)
All Individuals[2]:														
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)

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

Family income as % of poverty level and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Under 131% poverty:								
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)
131-350% poverty:								
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)
Over 350% poverty:								
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)
All Individuals[2]:								
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[2] 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.

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

Table 5. Energy Intakes: Percentages[1] 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 kcal	Energy (SE)	Protein % kcal	Protein (SE)	Carbohydrate % kcal	Carbohydrate (SE)	Total fat % kcal	Total fat (SE)	Saturated fat % kcal	Saturated fat (SE)	Mono-unsaturated fat % kcal	Mono-unsaturated fat (SE)	Poly-unsaturated fat % kcal	Poly-unsaturated fat (SE)	Alcohol % kcal	Alcohol (SE)
Males:																	
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)	--	--
Females:																	
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)	--	--
Males and females:																	
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Footnotes

[1] 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.

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[1] 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 kcal	Energy (SE)	Protein % kcal	Protein (SE)	Carbohydrate % kcal	Carbohydrate (SE)	Total fat % kcal	Total fat (SE)	Saturated fat % kcal	Saturated fat (SE)	Mono-unsaturated fat % kcal	Mono-unsaturated fat (SE)	Poly-unsaturated fat % kcal	Poly-unsaturated fat (SE)	Alcohol % kcal	Alcohol (SE)
Non-Hispanic White:																	
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)	--	--
Non-Hispanic Black:																	
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)	--	--
Non-Hispanic Asian[2]:																	
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)	--	--
Hispanic:																	
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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.

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[1] 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)
$0 - $24,999:																	
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)	--	--
$25,000 - $74,999:																	
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)	--	--
$75,000 and higher:																	
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)	--	--
All Individuals[2]:																	
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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.

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[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level[2]) and Age, in the United States, 2013-2014

Family income as % of poverty level 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)
Under 131% poverty:																	
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)	--	--
131-350% poverty:																	
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)	--	--
Over 350% poverty:																	
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)	--	--
All Individuals[3]:																	
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] 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.

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 Poverty Level) and Age, *What We Eat in America,* NHANES 2013-2014.

Table 9. Away from Home[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
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)
Females:																				
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)
Males and females:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] 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)	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)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] 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 %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
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)	--	--
Females:																
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)	--	--
Males and females:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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

[3] 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.

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[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																				
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)
Non-Hispanic Black:																				
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)
Non-Hispanic Asian[4]:																				
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)
Hispanic:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] 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)	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)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] 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 % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Non-Hispanic White:									
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)
Non-Hispanic Black:									
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)
Non-Hispanic Asian[4]:									
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)
Hispanic:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] 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)
Non-Hispanic White:																
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)	--	--
Non-Hispanic Black:																
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)	--	--
Non-Hispanic Asian[4]:																
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)	--	--
Hispanic:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.

[4] 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.

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[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
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)
$25,000 - $74,999:																				
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)
$75,000 and higher:																				
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)
All Individuals[4]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] 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 %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
$0 - $24,999:																
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)	--	--
$25,000 - $74,999:																
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)	--	--
$75,000 and higher:																
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)	--	--
All Individuals[4]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

[3] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[4] 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.

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[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
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)
131-350% poverty:																				
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)
Over 350% poverty:																				
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)
All Individuals[5]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
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)	--	--
131-350% poverty:																
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)	--	--
Over 350% poverty:																
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)	--	--
All Individuals[5]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2013-2014.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[5] 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.

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

Table 13. Breakfast[1]: Percentages[2] 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[3] %	(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)
Males:																				
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)
Females:																				
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)
Males and females:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] 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)	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)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] 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 %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
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)	--	--
Females:																
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)	--	--
Males and females:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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

[3] 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.

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[1]: Percentages[2] 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[3] %	(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)
Non-Hispanic White:																				
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)
Non-Hispanic Black:																				
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)
Non-Hispanic Asian[4]:																				
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)
Hispanic:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] 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)	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)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] 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 % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Non-Hispanic White:									
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)
Non-Hispanic Black:									
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)
Non-Hispanic Asian[4]:									
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)
Hispanic:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] 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)
Non-Hispanic White:																
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)	--	--
Non-Hispanic Black:																
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)	--	--
Non-Hispanic Asian[4]:																
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)	--	--
Hispanic:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
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)
$25,000 - $74,999:																				
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)
$75,000 and higher:																				
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)
All Individuals[4]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] 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)
$0 - $24,999:																
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)	--	--
$25,000 - $74,999:																
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)	--	--
$75,000 and higher:																
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)	--	--
All Individuals[4]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting[4] %	(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)
Under 131% poverty:																				
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)
131-350% poverty:																				
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)
Over 350% poverty:																				
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)
All Individuals[5]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Under 131% poverty:																
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)	--	--
131-350% poverty:																
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)	--	--
Over 350% poverty:																
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)	--	--
All Individuals[5]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2013-2014.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as breakfast.

[5] 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.

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 17. Lunch[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
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)
Females:																				
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)
Males and females:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] 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)	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)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] 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 %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
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)	--	--
Females:																
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)	--	--
Males and females:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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

[3] 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.

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[1]: Percentages[2] 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[3] %	(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)
Non-Hispanic White:																				
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)
Non-Hispanic Black:																				
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)
Non-Hispanic Asian[4]:																				
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)
Hispanic:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] 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)	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)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] 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)
Non-Hispanic White:																
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)	--	--
Non-Hispanic Black:																
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)	--	--
Non-Hispanic Asian[4]:																
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)	--	--
Hispanic:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
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)
$25,000 - $74,999:																				
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)
$75,000 and higher:																				
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)
All Individuals[4]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] 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)
$0 - $24,999:																
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)	--	--
$25,000 - $74,999:																
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)	--	--
$75,000 and higher:																
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)	--	--
All Individuals[4]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting[4] %	(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)
Under 131% poverty:																				
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)
131-350% poverty:																				
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)
Over 350% poverty:																				
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)
All Individuals[5]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Under 131% poverty:																
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)	--	--
131-350% poverty:																
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)	--	--
Over 350% poverty:																
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)	--	--
All Individuals[5]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2013-2014.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as lunch.

[5] 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.

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 Poverty Level) and Age, *What We Eat in America*, NHANES 2013-2014.

Table 21. Dinner[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
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)
Females:																				
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)
Males and females:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] 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)	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)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] 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 %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Males:																
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)	--	--
Females:																
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)	--	--
Males and females:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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

[3] 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.

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[1]: Percentages[2] 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[3] %	(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)
Non-Hispanic White:																				
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)
Non-Hispanic Black:																				
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)
Non-Hispanic Asian[4]:																				
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)
Hispanic:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] 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)	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)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] 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 % (SE)	Vitamin B12 % (SE)	Vitamin C % (SE)	Vitamin D % (SE)	Vitamin E (alpha-tocopherol) % (SE)	Vitamin K % (SE)	Calcium % (SE)	Phosphorus % (SE)	Magnesium % (SE)
Non-Hispanic White:									
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)
Non-Hispanic Black:									
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)
Non-Hispanic Asian[4]:									
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)
Hispanic:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] 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)
Non-Hispanic White:																
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)	--	--
Non-Hispanic Black:																
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)	--	--
Non-Hispanic Asian[4]:																
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)	--	--
Hispanic:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
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)
$25,000 - $74,999:																				
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)
$75,000 and higher:																				
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)
All Individuals[4]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] 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		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
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)	--	--
$25,000 - $74,999:																
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)	--	--
$75,000 and higher:																
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)	--	--
All Individuals[4]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
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)
131-350% poverty:																				
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)
Over 350% poverty:																				
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)
All Individuals[5]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Under 131% poverty:																
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)	--	--
131-350% poverty:																
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)	--	--
Over 350% poverty:																
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)	--	--
All Individuals[5]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2013-2014.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

[5] 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.

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 Poverty Level) and Age, *What We Eat in America*, NHANES 2013-2014.

Table 25. Snacks[1]: Percentages[2] 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[3] %	(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)
Males:																				
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)
Females:																				
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)
Males and females:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] 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)	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)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
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)
Females:																		
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)
Males and females:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] 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		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
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)	--	--
Females:																
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)	--	--
Males and females:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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".

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

[3] 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.

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[1]: Percentages[2] 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[3] %	(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)
Non-Hispanic White:																				
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)
Non-Hispanic Black:																				
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)
Non-Hispanic Asian[4]:																				
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)
Hispanic:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] 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)	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)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] 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 %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Non-Hispanic White:																		
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)
Non-Hispanic Black:																		
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)
Non-Hispanic Asian[4]:																		
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)
Hispanic:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] 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)
Non-Hispanic White:																
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)	--	--
Non-Hispanic Black:																
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)	--	--
Non-Hispanic Asian[4]:																
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)	--	--
Hispanic:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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".

[2] 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. 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.

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

[4] 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.

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 27. Snacks[1]: Percentages[2] 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[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
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)
$25,000 - $74,999:																				
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)
$75,000 and higher:																				
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)
All Individuals[4]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] 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)
$0 - $24,999:																		
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)
$25,000 - $74,999:																		
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)
$75,000 and higher:																		
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)
All Individuals[4]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] 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		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
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)	--	--
$25,000 - $74,999:																
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)	--	--
$75,000 and higher:																
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)	--	--
All Individuals[4]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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".

[2] 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. 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.

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

[4] 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.

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[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level and age (years)	Percent reporting[4] %	(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)
Under 131% poverty:																				
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)
131-350% poverty:																				
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)
Over 350% poverty:																				
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)
All Individuals[5]:																				
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level 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)
Under 131% poverty:																		
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)
131-350% poverty:																		
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)
Over 350% poverty:																		
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)
All Individuals[5]:																		
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
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)	--	--
131-350% poverty:																
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)	--	--
Over 350% poverty:																
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)	--	--
All Individuals[5]:																
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)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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".

[2] 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. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2013-2014.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[5] 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.

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 Poverty Level) and Age, *What We Eat in America*, NHANES 2013-2014.

Table 29. Snacks: Distribution of Snack Occasions[1], 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)
Males:									
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)
Females:									
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)
Males and females:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

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[1], 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)
Non-Hispanic White:									
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)
Non-Hispanic Black:									
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)
Non-Hispanic Asian[2]:									
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)
Hispanic:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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".

[2] 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.

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[1], 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)
$0 - $24,999:									
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)
$25,000 - $74,999:									
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)
$75,000 and higher:									
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)
All Individuals[2]:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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:

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

Footnotes

[1] 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".

[2] 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.

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[1], by Family Income (as % of Poverty Level[2]) and Age, in the United States, 2013-2014

Family income as % of poverty level 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)
Under 131% poverty:									
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)
131-350% poverty:									
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)
Over 350% poverty:									
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)
All Individuals[3]:									
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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Footnotes

[1] 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".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] 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.

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 Poverty Level) and Age, *What We Eat in America,* NHANES 2013-2014.

Table 33. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], 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		
		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)
Males:												
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)
Females:												
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)
Males and females:												
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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.

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[1] and Snack Occasions[2], 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)
Non-Hispanic White:												
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)
Non-Hispanic Black:												
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)
Non-Hispanic Asian[3]:												
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)
Hispanic:												
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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".

[3] 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.

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[1] and Snack Occasions[2], 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*		
		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)
$0 - $24,999:												
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)
$25,000 - $74,999:												
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)
$75,000 and higher:												
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)
All Individuals[3]:												
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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".

[3] 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.

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[1] and Snack Occasions[2], by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2013-2014

Family income as % of poverty level 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)
Under 131% poverty:												
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)
131-350% poverty:												
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)
Over 350% poverty:												
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)
All Individuals[4]:												
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)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] 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.

[2] 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".

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] 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.

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014

T h i a m i n

Gender and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	9	(1.9)	664	1.25	(0.031)	0.11	(0.029)	1.36	(0.047)		--		--		--		1.24	(0.032)
6 - 11.....	5	(1.0)	1039	1.60	(0.036)	0.13*	(0.067)	1.74	(0.089)		--		--		--		1.59	(0.035)
12 - 19.....	7	(0.9)	1271	1.68	(0.043)	0.75*	(0.267)	2.43	(0.258)	68	2.46	(0.412)	11.00*	(3.653)	13.46	(3.801)	1.62	(0.055)
Males:																		
20 - 39.....	13	(1.7)	846	1.96	(0.042)	1.95	(0.576)	3.91	(0.565)	92	2.17	(0.129)	14.50	(3.141)	16.67	(3.169)	1.93	(0.048)
40 - 59.....	25	(2.8)	791	1.86	(0.037)	3.55	(0.796)	5.41	(0.784)	159	1.98	(0.075)	14.10	(3.191)	16.08	(3.200)	1.82	(0.038)
60 and over.....	36	(1.7)	723	1.76	(0.057)	12.99*	(7.407)	14.74*	(7.428)	206	1.74	(0.077)	36.02*	(19.633)	37.76*	(19.684)	1.77	(0.072)
20 and over...	23	(1.6)	2360	1.87	(0.025)	5.29*	(1.957)	7.16	(1.964)	457	1.93	(0.041)	22.61*	(7.390)	24.54*	(7.392)	1.85	(0.031)
Females:																		
20 - 39.....	16	(1.9)	791	1.41	(0.034)	0.89	(0.233)	2.30	(0.224)	110	1.38	(0.058)	5.66	(1.189)	7.03	(1.187)	1.42	(0.043)
40 - 59.....	23	(1.7)	899	1.38	(0.041)	3.05	(0.711)	4.44	(0.719)	172	1.42	(0.136)	13.33	(2.894)	14.75	(2.940)	1.37	(0.037)
60 and over.....	37	(2.3)	780	1.32	(0.028)	10.21*	(3.964)	11.53*	(3.951)	252	1.46	(0.053)	27.27*	(10.621)	28.73*	(10.602)	1.25	(0.026)
20 and over...	25	(1.4)	2470	1.38	(0.020)	4.40	(1.133)	5.78	(1.127)	534	1.43	(0.048)	17.81	(4.764)	19.23	(4.745)	1.36	(0.023)
All Individuals:																		
2 and over...	20	(0.9)	7804	1.61	(0.018)	3.75	(0.842)	5.36	(0.850)	1168	1.70	(0.039)	18.97	(3.958)	20.66	(3.975)	1.59	(0.021)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Gender and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	9	(1.9)	664	1.71	(0.047)	0.13	(0.032)	1.84	(0.062)		--		--		--		1.72	(0.049)
6 - 11.....	5	(1.0)	1039	1.99	(0.037)	0.17*	(0.099)	2.16	(0.115)		--		--		--		1.99	(0.040)
12 - 19.....	7	(0.9)	1271	2.13	(0.071)	0.60*	(0.193)	2.73	(0.201)	68	3.59	(0.770)	8.82*	(2.831)	12.41	(3.251)	2.02	(0.076)
Males:																		
20 - 39.....	13	(1.7)	846	2.70	(0.098)	1.46	(0.386)	4.16	(0.401)	92	3.11	(0.201)	10.87	(2.134)	13.97	(2.139)	2.63	(0.108)
40 - 59.....	25	(2.8)	791	2.54	(0.041)	2.77	(0.622)	5.31	(0.623)	161	2.84	(0.116)	10.94	(2.071)	13.79	(2.097)	2.43	(0.057)
60 and over.....	36	(1.7)	723	2.32	(0.053)	2.60	(0.664)	4.92	(0.686)	204	2.35	(0.078)	7.29	(1.666)	9.64	(1.710)	2.30	(0.078)
20 and over...	23	(1.5)	2360	2.54	(0.040)	2.23	(0.357)	4.77	(0.369)	457	2.72	(0.059)	9.53	(1.246)	12.25	(1.263)	2.49	(0.052)
Females:																		
20 - 39.....	16	(2.1)	791	1.80	(0.044)	0.94	(0.254)	2.73	(0.253)	111	1.93	(0.134)	5.85	(1.309)	7.78	(1.299)	1.77	(0.056)
40 - 59.....	23	(1.7)	899	1.87	(0.037)	1.96	(0.469)	3.83	(0.480)	172	1.91	(0.100)	8.55	(1.854)	10.47	(1.919)	1.85	(0.036)
60 and over.....	37	(2.3)	780	1.81	(0.043)	3.54	(0.359)	5.34	(0.363)	252	2.02	(0.076)	9.45	(1.072)	11.47	(1.107)	1.68	(0.039)
20 and over...	25	(1.5)	2470	1.83	(0.025)	2.08	(0.273)	3.90	(0.280)	535	1.96	(0.045)	8.37	(0.981)	10.33	(1.004)	1.78	(0.030)
All Individuals:																		
2 and over...	20	(0.9)	7804	2.14	(0.029)	1.71	(0.177)	3.85	(0.190)	1168	2.35	(0.068)	8.64	(0.797)	10.99	(0.819)	2.08	(0.032)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Gender and age	Percent reporting supplement niacin [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	9	(1.9)	664	15.5	(0.39)	1.2	(0.29)	16.7	(0.53)		--		--		--		15.6	(0.40)
6 - 11.....	5	(1.0)	1039	21.1	(0.43)	0.9	(0.19)	22.0	(0.50)	61	20.9	(1.35)	16.4	(2.08)	37.3	(2.09)	21.1	(0.45)
12 - 19.....	8	(1.2)	1271	26.1	(0.74)	2.0	(0.41)	28.0	(0.91)	79	39.3	(7.35)	23.9	(3.95)	63.2	(9.46)	24.9	(0.92)
Males:																		
20 - 39.....	15	(1.8)	846	35.9	(1.03)	4.7	(0.87)	40.6	(1.12)	103	39.0	(2.53)	32.2	(4.57)	71.2	(4.81)	35.4	(1.07)
40 - 59.....	26	(2.6)	791	31.1	(0.61)	7.7	(1.00)	38.8	(1.13)	164	32.8	(1.49)	29.7	(2.32)	62.5	(3.32)	30.5	(0.71)
60 and over.....	39	(2.2)	723	26.8	(0.46)	21.8	(4.66)	48.6	(4.52)	220	26.9	(0.99)	55.2	(10.51)	82.1	(10.55)	26.7	(0.69)
20 and over...	25	(1.7)	2360	31.9	(0.41)	10.0	(1.32)	41.9	(1.32)	487	31.9	(0.61)	40.3	(4.63)	72.2	(4.66)	31.9	(0.50)
Females:																		
20 - 39.....	18	(2.0)	791	22.5	(0.61)	3.5	(0.48)	26.0	(0.86)	127	23.8	(1.40)	19.8	(1.53)	43.5	(2.26)	22.2	(0.69)
40 - 59.....	24	(1.8)	899	21.5	(0.37)	9.6	(2.61)	31.1	(2.79)	181	22.1	(0.81)	39.6	(8.77)	61.6	(8.72)	21.3	(0.46)
60 and over.....	40	(2.3)	780	19.6	(0.56)	14.7	(1.03)	34.3	(1.21)	264	20.7	(0.73)	37.0	(3.19)	57.7	(3.25)	18.9	(0.62)
20 and over...	27	(1.5)	2470	21.3	(0.24)	9.1	(0.98)	30.4	(1.02)	572	21.9	(0.31)	34.1	(2.89)	56.0	(2.87)	21.1	(0.31)
All Individuals:																		
2 and over...	21	(1.0)	7804	25.5	(0.23)	7.6	(0.68)	33.0	(0.73)	1249	26.9	(0.63)	35.6	(2.23)	62.4	(2.37)	25.1	(0.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Vitamin B6

Gender and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	30	(4.2)	664	1.37	(0.043)	0.33	(0.047)	1.71	(0.054)	173	1.31	(0.077)	1.11	(0.127)	2.42	(0.164)	1.40	(0.038)
6 - 11.....	18	(1.9)	1039	1.72	(0.035)	0.36	(0.100)	2.08	(0.111)	171	1.63	(0.075)	1.98	(0.526)	3.60	(0.540)	1.74	(0.034)
12 - 19.....	12	(1.4)	1271	2.08	(0.068)	0.76	(0.185)	2.83	(0.216)	108	2.97	(0.533)	6.19	(1.701)	9.16	(2.146)	1.95	(0.085)
Males:																		
20 - 39.....	15	(1.9)	846	3.06	(0.141)	1.75	(0.370)	4.81	(0.400)	104	3.42	(0.396)	11.49	(1.912)	14.91	(1.750)	3.00	(0.155)
40 - 59.....	27	(2.7)	791	2.54	(0.059)	3.43	(0.717)	5.97	(0.700)	171	2.78	(0.156)	12.61	(2.233)	15.39	(2.282)	2.45	(0.077)
60 and over.....	38	(2.1)	723	2.23	(0.053)	2.97	(0.591)	5.20	(0.590)	216	2.30	(0.117)	7.78	(1.406)	10.08	(1.439)	2.19	(0.071)
20 and over...	25	(1.7)	2360	2.66	(0.046)	2.67	(0.394)	5.33	(0.394)	491	2.75	(0.075)	10.54	(1.335)	13.28	(1.304)	2.64	(0.058)
Females:																		
20 - 39.....	20	(2.1)	791	1.86	(0.064)	1.11	(0.257)	2.97	(0.267)	139	1.95	(0.103)	5.56	(0.916)	7.51	(0.937)	1.84	(0.081)
40 - 59.....	25	(1.9)	899	1.75	(0.044)	8.03*	(5.412)	9.78*	(5.416)	197	1.86	(0.081)	31.54*	(20.526)	33.39*	(20.529)	1.71	(0.047)
60 and over.....	42	(2.4)	780	1.64	(0.034)	5.63	(1.085)	7.27	(1.095)	280	1.74	(0.063)	13.34	(2.469)	15.08	(2.457)	1.56	(0.042)
20 and over...	28	(1.5)	2470	1.75	(0.019)	5.07*	(2.093)	6.82*	(2.098)	616	1.83	(0.043)	17.81*	(7.223)	19.64*	(7.225)	1.73	(0.023)
All Individuals:																		
2 and over...	25	(1.1)	7804	2.11	(0.027)	3.05	(0.826)	5.16	(0.820)	1559	2.20	(0.065)	12.37	(3.261)	14.57	(3.264)	2.08	(0.029)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Folic acid

Gender and age (years)	Percent reporting supplement folic acid[8] %	(SE)	*All Individuals*[5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users*[6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users*[7] Food µg	(SE)
Males and females:																		
2 - 5.....	29	(4.3)	664	170	(6.6)	54	(7.3)	224	(6.7)	168	148	(12.2)	186	(13.4)	334	(18.4)	179	(7.1)
6 - 11.....	18	(2.0)	1039	214	(8.7)	35	(3.9)	249	(9.7)	168	199	(10.9)	198	(12.7)	397	(20.2)	217	(10.5)
12 - 19.....	12	(1.4)	1271	220	(11.9)	38	(5.2)	258	(11.2)	107	313	(64.6)	319	(17.2)	633	(68.6)	207	(13.0)
Males:																		
20 - 39.....	15	(1.9)	846	224	(10.1)	61	(8.2)	285	(15.7)	106	274	(25.9)	403	(17.6)	677	(31.5)	215	(13.0)
40 - 59.....	26	(2.6)	791	198	(10.5)	115	(12.3)	313	(9.7)	167	192	(20.6)	443	(17.3)	635	(23.8)	200	(11.8)
60 and over.....	37	(1.9)	723	196	(10.5)	190	(22.4)	386	(29.6)	205	216	(25.4)	513	(53.9)	728	(63.4)	185	(10.3)
20 and over...	25	(1.7)	2360	208	(5.3)	113	(9.0)	321	(11.9)	478	220	(11.5)	460	(21.8)	680	(30.4)	203	(6.1)
Females:																		
20 - 39.....	20	(1.9)	791	159	(8.1)	90	(9.1)	249	(12.8)	144	151	(12.1)	440	(21.6)	591	(22.0)	162	(11.1)
40 - 59.....	26	(2.1)	899	146	(8.3)	111	(9.2)	257	(14.5)	193	146	(16.8)	432	(13.4)	578	(20.6)	146	(8.2)
60 and over.....	41	(2.3)	780	148	(4.4)	200	(13.2)	349	(14.0)	271	171	(10.1)	493	(13.7)	664	(17.1)	133	(5.0)
20 and over...	28	(1.4)	2470	151	(3.8)	130	(6.2)	281	(7.8)	608	157	(7.9)	459	(7.6)	616	(10.1)	149	(4.1)
All Individuals:																		
2 and over...	24	(1.1)	7804	186	(4.2)	101	(4.2)	288	(6.2)	1529	192	(7.1)	419	(11.4)	611	(14.2)	184	(4.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

			Folate (DFE)																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Gender and age	Percent reporting supplement folate (DFE) [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	29	(4.3)	664	417	(12.8)	93	(12.3)	509	(13.3)	168	390	(24.0)	315	(22.8)	706	(36.6)	428	(12.9)
6 - 11.....	18	(2.0)	1039	519	(16.4)	60	(6.7)	579	(18.1)	168	495	(19.2)	337	(21.6)	832	(35.7)	524	(19.6)
12 - 19.....	12	(1.4)	1271	547	(20.9)	64	(8.9)	611	(20.1)	107	737	(117.5)	543	(29.2)	1279	(125.4)	521	(24.3)
Males:																		
20 - 39.....	15	(1.9)	846	640	(18.4)	104	(13.9)	744	(26.8)	106	715	(49.7)	684	(30.0)	1400	(58.4)	627	(24.1)
40 - 59.....	26	(2.6)	791	589	(16.4)	196	(20.9)	785	(16.2)	167	607	(32.6)	753	(29.4)	1360	(37.1)	583	(19.1)
60 and over.....	37	(1.9)	723	560	(19.7)	323	(38.0)	883	(53.4)	205	594	(42.4)	872	(91.7)	1466	(109.9)	540	(23.4)
20 and over...	25	(1.7)	2360	602	(10.2)	192	(15.3)	794	(21.6)	478	628	(21.4)	781	(37.1)	1409	(52.8)	593	(11.7)
Females:																		
20 - 39.....	20	(1.9)	791	470	(14.0)	153	(15.5)	622	(20.1)	144	481	(17.9)	748	(36.8)	1228	(31.4)	467	(19.5)
40 - 59.....	26	(2.1)	899	449	(16.0)	188	(15.6)	637	(27.4)	193	489	(33.5)	735	(22.8)	1223	(40.1)	435	(13.7)
60 and over.....	41	(2.3)	780	445	(9.5)	340	(22.4)	785	(24.6)	271	502	(21.2)	838	(23.2)	1340	(30.4)	407	(10.8)
20 and over...	28	(1.4)	2470	455	(7.3)	220	(10.6)	675	(13.6)	608	492	(13.9)	781	(13.0)	1273	(16.8)	440	(8.0)
All Individuals:																		
2 and over...	24	(1.1)	7804	524	(8.1)	172	(7.2)	696	(11.7)	1529	551	(14.6)	712	(19.3)	1263	(26.7)	515	(9.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Gender and age	Percent reporting supplement choline [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	11	(2.7)	664	209	(6.7)	1*	(0.3)	210	(6.6)	68	214	(7.9)	10	(2.1)	224	(7.7)	208	(8.0)
6 - 11.....	8	(0.8)	1039	247	(4.6)	1*	(0.3)	248	(4.6)	77	244	(10.6)	10*	(3.3)	253	(10.3)	247	(4.7)
12 - 19.....	6	(1.0)	1271	282	(6.3)	1*	(0.4)	283	(6.1)		--		--		--		271	(7.4)
Males:																		
20 - 39.....	3	(0.6)	846	414	(8.6)	#		415	(8.6)		--		--		--		413	(8.3)
40 - 59.....	4	(0.9)	791	420	(11.2)	1*	(0.6)	421	(11.3)		--		--		--		423	(10.7)
60 and over.....	5	(1.7)	723	357	(7.3)	2*	(0.9)	359	(6.8)		--		--		--		356	(8.6)
20 and over...	4	(0.7)	2360	402	(6.4)	1	(0.3)	403	(6.4)	77	388	(22.9)	31	(7.3)	419	(27.9)	402	(6.3)
Females:																		
20 - 39.....	4	(1.1)	791	280	(5.1)	1*	(0.4)	281	(5.1)		--		--		--		280	(4.9)
40 - 59.....	6	(1.4)	899	280	(5.9)	1*	(0.4)	281	(5.8)		--		--		--		277	(6.2)
60 and over.....	7	(1.2)	780	269	(7.6)	2	(0.4)	271	(7.7)		--		--		--		267	(8.0)
20 and over...	6	(0.8)	2470	277	(3.8)	1	(0.3)	278	(3.8)	115	304	(18.4)	21	(3.4)	325	(19.6)	275	(4.0)
All Individuals:																		
2 and over...	5	(0.5)	7804	318	(3.4)	1	(0.2)	319	(3.4)	379	332	(14.3)	20	(2.4)	352	(14.4)	318	(3.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Vitamin B12

Gender and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	30	(4.3)	664	3.88	(0.119)	1.1	(0.15)	5.0	(0.16)	170	3.70	(0.222)	3.7	(0.33)	7.4	(0.39)	3.95	(0.114)
6 - 11.....	18	(2.0)	1039	4.73	(0.113)	0.8	(0.08)	5.5	(0.15)	170	4.58	(0.147)	4.3	(0.18)	8.9	(0.24)	4.76	(0.144)
12 - 19.....	12	(1.4)	1271	5.25	(0.157)	7.9*	(4.62)	13.1*	(4.69)	106	6.94	(1.294)	65.9*	(38.09)	72.8*	(38.38)	5.02	(0.206)
Males:																		
20 - 39.....	16	(1.8)	846	7.05	(0.412)	8.5*	(2.79)	15.5	(2.76)	106	7.82	(0.396)	54.7*	(17.44)	62.5	(17.33)	6.91	(0.451)
40 - 59.....	28	(2.3)	791	5.57	(0.211)	82.7*	(33.63)	88.3*	(33.59)	178	6.34	(0.562)	297.8*	(118.72)	304.1*	(118.70)	5.27	(0.242)
60 and over.....	39	(2.1)	723	5.03	(0.220)	93.6*	(35.03)	98.6*	(35.07)	223	5.13	(0.235)	241.9*	(86.28)	247.0*	(86.34)	4.97	(0.386)
20 and over...	26	(1.5)	2360	6.00	(0.153)	56.9	(13.98)	62.9	(13.93)	507	6.23	(0.317)	220.7	(52.58)	226.9	(52.50)	5.93	(0.165)
Females:																		
20 - 39.....	21	(2.0)	791	4.08	(0.133)	29.1*	(10.85)	33.2*	(10.84)	146	4.09	(0.363)	138.5*	(48.89)	142.6*	(48.97)	4.07	(0.169)
40 - 59.....	28	(1.9)	899	3.80	(0.122)	93.5	(27.27)	97.3	(27.23)	208	3.53	(0.159)	338.5	(100.76)	342.0	(100.69)	3.90	(0.185)
60 and over.....	43	(2.3)	780	4.01	(0.171)	97.8	(15.41)	101.8	(15.44)	291	4.09	(0.232)	225.7	(36.43)	229.8	(36.39)	3.95	(0.277)
20 and over...	30	(1.5)	2470	3.95	(0.106)	73.6	(9.77)	77.6	(9.78)	645	3.89	(0.150)	245.6	(34.56)	249.5	(34.53)	3.98	(0.142)
All Individuals:																		
2 and over...	25	(1.0)	7804	4.93	(0.073)	50.2	(6.41)	55.1	(6.42)	1598	4.98	(0.202)	198.1	(28.75)	203.1	(28.73)	4.91	(0.070)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Vitamin C

Gender and age (years)	Percent reporting supplement vitamin C [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	32	(4.4)	664	78.0	(4.51)	22.9*	(12.08)	100.9	(10.54)	184	75.0	(7.73)	72.1*	(34.41)	147.0	(32.26)	79.4	(4.50)
6 - 11.....	20	(2.3)	1039	74.5	(1.70)	15.3	(3.98)	89.9	(4.99)	184	79.4	(5.01)	75.5	(18.86)	154.9	(19.68)	73.3	(2.32)
12 - 19.....	13	(1.5)	1271	70.0	(3.18)	24.4	(5.08)	94.4	(5.90)	120	99.8	(11.31)	193.7	(34.68)	293.5	(38.33)	65.6	(3.24)
Males:																		
20 - 39.....	17	(2.0)	846	84.6	(4.40)	50.1	(13.84)	134.7	(15.18)	119	81.0	(7.41)	288.9	(56.48)	369.8	(53.80)	85.4	(5.33)
40 - 59.....	29	(2.3)	791	79.2	(3.20)	81.0	(16.13)	160.2	(16.82)	190	105.7	(11.16)	283.6	(58.00)	389.3	(58.99)	68.6	(3.01)
60 and over.....	42	(2.2)	723	86.3	(4.84)	116.0	(21.40)	202.2	(20.09)	245	91.6	(6.08)	274.7	(44.28)	366.3	(44.01)	82.4	(5.63)
20 and over...	28	(1.7)	2360	83.1	(2.33)	77.8	(10.03)	160.9	(11.46)	554	94.4	(3.28)	281.5	(31.12)	375.9	(30.44)	78.7	(3.27)
Females:																		
20 - 39.....	21	(1.9)	791	72.2	(2.90)	27.8	(5.02)	100.0	(5.69)	148	87.5	(10.15)	134.9	(20.63)	222.3	(24.15)	68.2	(3.09)
40 - 59.....	28	(1.7)	899	73.4	(3.78)	67.3	(8.40)	140.6	(8.69)	214	84.5	(8.88)	242.7	(23.72)	327.2	(27.43)	69.1	(4.33)
60 and over.....	46	(2.5)	780	78.3	(3.68)	138.6	(25.81)	216.9	(25.33)	309	87.8	(6.51)	304.1	(56.31)	391.9	(55.37)	70.3	(3.23)
20 and over...	31	(1.4)	2470	74.4	(2.27)	74.8	(9.49)	149.2	(9.91)	671	86.6	(4.86)	245.2	(27.32)	331.8	(27.73)	69.0	(2.77)
All Individuals:																		
2 and over...	27	(1.1)	7804	77.3	(1.27)	62.7	(6.58)	140.0	(7.30)	1713	89.2	(2.34)	235.4	(21.67)	324.6	(22.28)	73.0	(1.71)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Vitamin D

Gender and age	Percent reporting supplement vitamin D [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	31	(4.2)	664	5.9	(0.30)	3.1	(0.43)	9.0	(0.56)	183	5.9	(0.46)	9.9	(0.88)	15.8	(1.15)	5.9	(0.35)
6 - 11.....	19	(2.2)	1039	5.5	(0.17)	2.0	(0.29)	7.4	(0.30)	179	6.0	(0.40)	10.6	(0.52)	16.5	(0.66)	5.3	(0.21)
12 - 19.....	12	(1.4)	1271	4.9	(0.18)	3.0	(0.77)	7.9	(0.79)	110	6.7	(0.73)	24.5	(5.53)	31.2	(5.70)	4.7	(0.21)
Males:																		
20 - 39.....	16	(1.5)	846	5.4	(0.38)	3.7	(0.49)	9.1	(0.76)	111	7.7	(1.40)	23.3	(1.72)	30.9	(2.46)	5.0	(0.30)
40 - 59.....	28	(2.8)	791	5.8	(0.51)	6.1	(0.80)	11.8	(1.04)	186	7.7	(1.53)	22.0	(1.81)	29.7	(2.41)	5.0	(0.34)
60 and over.....	45	(2.1)	723	5.3	(0.31)	16.9	(2.63)	22.2	(2.61)	270	5.4	(0.40)	37.5	(5.04)	42.9	(5.05)	5.2	(0.44)
20 and over...	27	(1.7)	2360	5.5	(0.29)	7.9	(0.75)	13.4	(0.80)	567	6.8	(0.89)	28.6	(2.10)	35.4	(1.93)	5.0	(0.16)
Females:																		
20 - 39.....	21	(1.8)	791	3.9	(0.22)	8.7	(1.53)	12.6	(1.57)	151	4.4	(0.66)	41.3	(7.00)	45.7	(6.83)	3.8	(0.23)
40 - 59.....	34	(2.3)	899	3.9	(0.13)	14.2	(2.27)	18.1	(2.24)	259	4.2	(0.35)	41.3	(7.03)	45.5	(6.96)	3.7	(0.25)
60 and over.....	58	(1.9)	780	4.4	(0.25)	26.2	(2.05)	30.5	(2.03)	394	4.7	(0.34)	45.3	(2.74)	50.0	(2.74)	3.9	(0.32)
20 and over...	37	(1.3)	2470	4.0	(0.13)	15.9	(1.21)	19.9	(1.20)	804	4.4	(0.26)	43.1	(2.90)	47.6	(2.95)	3.8	(0.18)
All Individuals:																		
2 and over...	29	(1.1)	7804	4.9	(0.12)	9.6	(0.62)	14.5	(0.62)	1843	5.5	(0.32)	33.4	(1.74)	39.0	(1.70)	4.6	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Vitamin K

Gender and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	1*	(1.0)	664	49.7	(2.19)	0.4*	(0.28)	50.1	(2.07)		--		--		--		49.7	(2.23)
6 - 11.....	#		1039	73.4	(5.59)	0.1*	(0.04)	73.5	(5.58)		--		--		--		73.5	(5.61)
12 - 19.....	5	(0.7)	1271	81.2	(5.63)	1.5	(0.25)	82.8	(5.66)		--		--		--		81.3	(5.56)
Males:																		
20 - 39.....	11	(1.3)	846	121.5	(8.59)	4.5	(0.67)	126.0	(8.63)	81	145.7	(29.20)	38.9	(3.14)	184.6	(30.47)	118.4	(7.31)
40 - 59.....	23	(2.8)	791	123.4	(8.62)	7.9	(1.03)	131.3	(8.94)	144	166.8	(19.89)	34.9	(2.65)	201.7	(20.98)	110.7	(6.52)
60 and over.....	33	(1.7)	723	116.4	(7.97)	11.4	(1.75)	127.9	(8.02)	180	113.8	(10.04)	34.7	(4.28)	148.5	(11.23)	117.7	(10.29)
20 and over...	21	(1.5)	2360	120.9	(5.31)	7.5	(0.74)	128.4	(5.25)	405	141.6	(9.83)	35.6	(1.62)	177.2	(9.71)	115.5	(5.25)
Females:																		
20 - 39.....	12	(1.6)	791	118.8	(10.99)	5.9	(1.56)	124.6	(11.38)	81	193.8*	(73.08)	47.7	(9.42)	241.5*	(76.04)	108.2	(7.64)
40 - 59.....	18	(1.5)	899	131.5	(9.82)	27.6*	(20.91)	159.1	(24.43)	128	162.4	(20.33)	152.0*	(106.39)	314.4*	(119.91)	124.7	(11.15)
60 and over.....	32	(2.4)	780	119.7	(5.04)	13.2	(1.57)	132.9	(4.79)	216	131.5	(12.40)	41.0	(5.08)	172.5	(12.58)	114.2	(6.69)
20 and over...	20	(1.2)	2470	124.0	(5.24)	16.3*	(7.96)	140.3	(10.05)	425	154.6	(17.83)	80.5*	(37.66)	235.1	(45.87)	116.2	(5.64)
All Individuals:																		
2 and over...	16	(0.9)	7804	110.0	(2.83)	9.2*	(3.22)	119.2	(3.91)	884	145.2	(8.72)	56.9*	(17.94)	202.0	(20.23)	103.3	(3.43)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e

Gender and age (years)	Percent reporting supplement lycopene [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	#		664	3002	(324.7)	1*	(0.9)	3003	(325.0)		--		--		--		3005	(324.6)
6 - 11.....	#		1039	4082	(269.2)	#		4082	(269.2)		--		--		--		4079	(269.7)
12 - 19.....	2	(0.5)	1271	4678	(265.1)	9*	(3.2)	4687	(265.3)		--		--		--		4687	(273.1)
Males:																		
20 - 39.....	8	(1.3)	846	5702	(306.4)	40	(8.0)	5742	(305.1)		--		--		--		5741	(339.3)
40 - 59.....	17	(2.5)	791	5452	(470.0)	100	(15.2)	5553	(474.1)	109	4138	(767.9)	578	(102.8)	4716	(777.6)	5728	(535.6)
60 and over.....	25	(2.3)	723	6349	(530.1)	149	(38.0)	6498	(525.7)	136	6171	(1028.7)	607	(148.2)	6778	(1026.0)	6407	(719.1)
20 and over...	15	(1.4)	2360	5772	(293.1)	89	(10.5)	5861	(295.3)	297	5151	(399.0)	581	(72.8)	5732	(385.6)	5885	(339.2)
Females:																		
20 - 39.....	1*	(0.5)	791	4335	(294.2)	18*	(6.9)	4353	(293.1)		--		--		--		4338	(299.1)
40 - 59.....	4	(1.1)	899	4323	(142.6)	22*	(7.2)	4345	(142.2)		--		--		--		4219	(154.0)
60 and over.....	13	(1.3)	780	4077	(395.4)	53	(6.1)	4130	(394.3)	88	4340	(919.2)	400	(48.6)	4740	(937.2)	4036	(420.6)
20 and over...	6	(0.7)	2470	4256	(174.8)	30	(2.7)	4286	(174.8)	128	4975	(658.9)	516	(46.2)	5490	(657.9)	4212	(188.2)
All Individuals:																		
2 and over...	8	(0.7)	7804	4794	(117.6)	46	(4.4)	4840	(118.3)	444	5076	(328.3)	559	(52.2)	5636	(334.5)	4769	(134.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Gender and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		664	594	(30.2)	2*	(1.7)	596	(29.4)		--		--		--		594	(30.1)
6 - 11.....	#		1039	914	(119.7)	1*	(0.4)	915	(119.7)		--		--		--		914	(120.0)
12 - 19.....	2	(0.5)	1271	956	(81.4)	8*	(3.8)	964	(83.5)		--		--		--		950	(83.5)
Males:																		
20 - 39.....	3	(1.0)	846	1567	(183.8)	44*	(19.1)	1611	(188.4)		--		--		--		1559	(187.7)
40 - 59.....	12	(1.4)	791	1613	(149.8)	76	(22.4)	1689	(162.5)	75	3318	(789.3)	653	(177.7)	3970	(911.2)	1390	(100.2)
60 and over.....	21	(2.3)	723	1505	(163.4)	221	(49.9)	1725	(174.7)	120	1728	(377.3)	1050	(207.4)	2778	(490.3)	1445	(174.6)
20 and over...	11	(1.0)	2360	1568	(106.7)	100	(16.8)	1668	(108.3)	225	2361	(166.9)	925	(115.3)	3286	(218.0)	1473	(111.8)
Females:																		
20 - 39.....	3	(0.9)	791	1711	(273.4)	27*	(13.7)	1739	(272.0)		--		--		--		1687	(280.0)
40 - 59.....	7	(1.4)	899	1870	(199.9)	86*	(30.1)	1956	(194.9)		--		--		--		1845	(214.6)
60 and over.....	23	(1.6)	780	1627	(87.1)	186	(24.4)	1813	(92.1)	147	1556	(224.4)	825	(98.0)	2382	(245.5)	1648	(94.5)
20 and over...	10	(1.0)	2470	1748	(115.6)	95	(12.9)	1844	(108.6)	218	1822	(179.3)	951	(139.6)	2774	(232.1)	1740	(131.2)
All Individuals:																		
2 and over...	8	(0.6)	7804	1464	(57.3)	75	(8.1)	1538	(56.5)	462	2076	(115.3)	925	(79.2)	3002	(141.6)	1410	(65.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Gender and age	Percent reporting supplement calcium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	9	(1.8)	664	931	(33.0)	12	(3.0)	943	(33.5)		--		--		--		931	(35.3)
6 - 11.....	6	(1.0)	1039	1074	(29.8)	8	(1.8)	1082	(30.7)	73	1070	(58.6)	125	(21.0)	1194	(63.3)	1074	(31.3)
12 - 19.....	9	(1.2)	1271	1021	(23.8)	24	(3.9)	1045	(22.7)	85	1274	(94.5)	279	(28.2)	1553	(80.7)	997	(27.2)
Males:																		
20 - 39.....	17	(2.0)	846	1193	(39.2)	49	(7.3)	1241	(41.8)	117	1495	(80.0)	286	(21.1)	1781	(90.1)	1131	(41.4)
40 - 59.....	28	(2.9)	791	1053	(25.6)	90	(12.0)	1142	(25.8)	180	1178	(54.7)	316	(30.1)	1494	(50.0)	1003	(22.5)
60 and over.....	46	(3.1)	723	977	(28.4)	174	(17.1)	1150	(31.7)	262	1034	(47.8)	378	(17.2)	1412	(48.1)	928	(35.0)
20 and over...	28	(2.1)	2360	1088	(18.4)	95	(8.0)	1182	(22.8)	559	1193	(32.8)	334	(13.9)	1527	(32.9)	1046	(17.1)
Females:																		
20 - 39.....	20	(2.3)	791	876	(21.4)	79	(11.2)	955	(22.7)	139	896	(31.6)	398	(29.5)	1294	(48.8)	871	(28.9)
40 - 59.....	34	(2.4)	899	846	(19.9)	216	(23.9)	1062	(28.5)	252	880	(41.4)	632	(36.7)	1512	(47.4)	828	(23.6)
60 and over.....	53	(2.5)	780	818	(29.5)	358	(24.8)	1175	(44.0)	368	888	(37.3)	680	(25.1)	1568	(46.1)	739	(26.0)
20 and over...	35	(1.6)	2470	847	(12.8)	212	(14.2)	1059	(20.6)	759	886	(16.8)	609	(24.4)	1495	(25.0)	827	(16.5)
All Individuals:																		
2 and over...	26	(1.0)	7804	980	(11.9)	120	(6.3)	1100	(15.7)	1526	1032	(19.0)	465	(12.7)	1497	(24.5)	962	(12.7)

See page 23 for footnotes.

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Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Gender and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	2*	(0.8)	664	1053	(32.3)	1*	(0.6)	1054	(32.3)		--		--		--		1054	(34.5)
6 - 11.....	1*	(0.5)	1039	1289	(21.2)	1*	(0.5)	1291	(21.5)		--		--		--		1289	(21.8)
12 - 19.....	3	(0.8)	1271	1356	(23.2)	3*	(1.3)	1359	(22.6)		--		--		--		1348	(26.4)
Males:																		
20 - 39.....	4	(0.8)	846	1754	(37.5)	2	(0.5)	1755	(37.6)		--		--		--		1747	(38.7)
40 - 59.....	14	(2.0)	791	1633	(34.5)	6	(0.8)	1639	(34.1)	91	1878	(149.2)	40	(4.8)	1918	(147.1)	1592	(32.3)
60 and over.....	27	(1.8)	723	1416	(22.1)	15	(2.7)	1431	(23.5)	146	1510	(59.9)	54	(8.7)	1563	(67.2)	1381	(30.5)
20 and over...	14	(1.1)	2360	1625	(18.6)	6	(0.9)	1632	(18.8)	271	1697	(56.6)	47	(5.1)	1744	(56.3)	1614	(21.0)
Females:																		
20 - 39.....	4	(1.1)	791	1215	(20.9)	1	(0.3)	1216	(21.0)		--		--		--		1204	(22.4)
40 - 59.....	11	(1.1)	899	1191	(16.5)	6	(1.3)	1197	(17.0)	77	1228	(74.8)	53	(9.1)	1281	(78.4)	1187	(14.2)
60 and over.....	24	(2.2)	780	1125	(29.3)	12	(1.6)	1137	(29.7)	171	1225	(59.3)	52	(5.3)	1277	(62.4)	1094	(26.8)
20 and over...	12	(0.9)	2470	1180	(13.8)	6	(0.6)	1186	(13.9)	282	1251	(44.7)	49	(4.0)	1301	(45.8)	1170	(13.2)
All Individuals:																		
2 and over...	10	(0.7)	7804	1369	(10.9)	5	(0.4)	1375	(10.9)	612	1482	(36.2)	51	(3.0)	1533	(36.2)	1356	(12.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Gender and age	Percent reporting supplement magnesium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	8	(2.6)	664	195	(5.7)	1*	(0.7)	196	(5.5)		--		--		--		194	(5.3)
6 - 11.....	3	(0.9)	1039	233	(5.0)	#		233	(5.1)		--		--		--		233	(5.0)
12 - 19.....	6	(0.9)	1271	254	(4.7)	6	(1.3)	260	(4.6)		--		--		--		244	(6.2)
Males:																		
20 - 39.....	13	(1.5)	846	350	(7.3)	13	(2.1)	363	(8.9)	89	401	(23.7)	102	(15.1)	504	(33.7)	342	(8.0)
40 - 59.....	27	(3.5)	791	356	(8.7)	26	(4.6)	383	(11.0)	162	396	(18.8)	97	(8.8)	493	(22.0)	342	(7.4)
60 and over.....	37	(1.8)	723	321	(9.3)	40	(6.9)	361	(11.6)	211	330	(14.3)	108	(16.4)	438	(23.9)	316	(11.3)
20 and over...	24	(1.7)	2360	345	(4.6)	25	(2.8)	370	(5.7)	462	371	(10.6)	102	(9.8)	474	(14.5)	337	(4.7)
Females:																		
20 - 39.....	14	(1.9)	791	261	(4.9)	11	(2.0)	272	(4.6)	95	281	(21.6)	75	(9.6)	357	(25.4)	258	(6.5)
40 - 59.....	23	(1.6)	899	276	(4.4)	23	(3.0)	299	(5.9)	171	308	(11.1)	101	(14.4)	409	(20.8)	266	(5.2)
60 and over.....	40	(2.3)	780	260	(7.6)	50	(4.6)	310	(9.7)	268	285	(9.2)	127	(9.6)	412	(15.0)	243	(8.7)
20 and over...	25	(1.5)	2470	266	(3.8)	27	(2.5)	293	(4.2)	534	293	(6.2)	108	(8.5)	401	(10.5)	258	(4.8)
All Individuals:																		
2 and over...	20	(1.0)	7804	288	(3.0)	20	(1.5)	308	(3.3)	1125	330	(7.5)	102	(6.6)	431	(9.6)	278	(3.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

I r o n

Gender and age	Percent reporting supplement iron [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(0.8)	664	11.4	(0.35)	0.9	(0.22)	12.3	(0.40)		--		--		--		11.4	(0.38)
6 - 11.....	4	(0.8)	1039	14.3	(0.28)	0.6	(0.12)	14.8	(0.33)		--		--		--		14.3	(0.30)
12 - 19.....	5	(0.6)	1271	14.8	(0.29)	1.1	(0.30)	15.9	(0.41)		--		--		--		14.5	(0.32)
Males:																		
20 - 39.....	5	(1.0)	846	17.2	(0.36)	0.7	(0.15)	17.9	(0.44)		--		--		--		17.1	(0.39)
40 - 59.....	12	(1.5)	791	16.5	(0.43)	2.2	(0.46)	18.7	(0.46)	66	17.8	(1.19)	18.8	(3.31)	36.6	(3.75)	16.4	(0.49)
60 and over.....	16	(2.1)	723	16.0	(0.54)	4.4	(0.70)	20.3	(0.82)	97	19.0	(2.56)	27.2	(3.60)	46.2	(3.86)	15.4	(0.55)
20 and over...	10	(1.1)	2360	16.7	(0.22)	2.2	(0.31)	18.8	(0.33)	202	18.6	(0.95)	20.8	(2.20)	39.4	(2.21)	16.4	(0.22)
Females:																		
20 - 39.....	16	(2.0)	791	12.4	(0.26)	3.8	(0.62)	16.3	(0.67)	113	12.9	(0.76)	24.3	(2.74)	37.2	(2.45)	12.4	(0.32)
40 - 59.....	18	(1.6)	899	12.7	(0.43)	3.6	(0.47)	16.3	(0.63)	131	12.2	(0.91)	19.9	(2.21)	32.2	(2.39)	12.8	(0.53)
60 and over.....	24	(2.5)	780	12.2	(0.28)	5.9	(0.90)	18.1	(0.84)	161	12.8	(0.43)	25.0	(2.84)	37.8	(2.87)	12.0	(0.33)
20 and over...	19	(1.1)	2470	12.5	(0.17)	4.3	(0.36)	16.8	(0.41)	405	12.6	(0.34)	22.9	(1.47)	35.6	(1.44)	12.5	(0.19)
All Individuals:																		
2 and over...	12	(0.7)	7804	14.4	(0.15)	2.7	(0.19)	17.1	(0.22)	749	14.8	(0.41)	21.9	(0.90)	36.8	(0.85)	14.3	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Gender and age	Percent reporting supplement zinc [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	28	(3.7)	664	8.0	(0.15)	1.0	(0.13)	9.0	(0.18)	163	7.6	(0.22)	3.6	(0.52)	11.2	(0.54)	8.1	(0.16)
6 - 11.....	16	(2.1)	1039	9.9	(0.23)	0.6	(0.10)	10.5	(0.27)	161	9.8	(0.23)	4.0	(0.41)	13.8	(0.54)	9.9	(0.25)
12 - 19.....	10	(1.2)	1271	11.2	(0.28)	1.0	(0.18)	12.2	(0.39)	88	17.4	(3.53)	10.1	(1.06)	27.5	(4.21)	10.5	(0.33)
Males:																		
20 - 39.....	14	(1.7)	846	14.3	(0.29)	1.9	(0.24)	16.2	(0.42)	93	15.7	(0.76)	14.1	(0.54)	29.8	(1.11)	14.1	(0.34)
40 - 59.....	28	(3.1)	791	12.9	(0.31)	4.8	(0.72)	17.7	(0.64)	168	13.1	(0.63)	17.4	(1.57)	30.5	(1.61)	12.8	(0.28)
60 and over.....	38	(2.2)	723	11.8	(0.27)	6.8	(0.80)	18.7	(0.92)	213	12.2	(0.64)	18.2	(1.63)	30.4	(1.92)	11.6	(0.35)
20 and over...	25	(1.8)	2360	13.2	(0.15)	4.2	(0.39)	17.4	(0.40)	474	13.3	(0.39)	17.0	(0.89)	30.3	(1.05)	13.1	(0.13)
Females:																		
20 - 39.....	17	(2.0)	791	9.5	(0.24)	2.4	(0.32)	11.9	(0.37)	121	9.4	(0.50)	13.8	(0.72)	23.3	(0.62)	9.5	(0.29)
40 - 59.....	22	(1.7)	899	9.2	(0.18)	3.1	(0.23)	12.3	(0.36)	172	9.1	(0.34)	14.4	(0.93)	23.6	(1.00)	9.2	(0.21)
60 and over.....	41	(2.6)	780	9.0	(0.27)	7.2	(0.47)	16.1	(0.55)	273	9.5	(0.42)	17.6	(0.72)	27.1	(0.80)	8.5	(0.29)
20 and over...	26	(1.4)	2470	9.2	(0.12)	4.0	(0.23)	13.3	(0.29)	566	9.4	(0.24)	15.7	(0.52)	25.1	(0.55)	9.2	(0.15)
All Individuals:																		
2 and over...	23	(1.1)	7804	10.9	(0.10)	3.3	(0.17)	14.2	(0.21)	1452	11.3	(0.31)	14.5	(0.50)	25.8	(0.63)	10.8	(0.12)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Gender and age	Percent reporting supplement copper [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.2)	664	0.8	(0.02)	0.1	(0.02)	0.9	(0.04)		--		--		--		0.7	(0.02)
6 - 11.....	4	(0.8)	1039	0.9	(0.03)	0.1	(0.01)	1.0	(0.03)		--		--		--		0.9	(0.02)
12 - 19.....	6	(0.8)	1271	1.0	(0.02)	0.1	(0.03)	1.1	(0.04)		--		--		--		1.0	(0.03)
Males:																		
20 - 39.....	13	(1.6)	846	1.4	(0.03)	0.2	(0.03)	1.6	(0.04)	86	1.5	(0.07)	1.6	(0.08)	3.1	(0.13)	1.4	(0.04)
40 - 59.....	25	(3.0)	791	1.4	(0.04)	0.3	(0.05)	1.8	(0.07)	155	1.6	(0.08)	1.3	(0.08)	2.9	(0.14)	1.4	(0.04)
60 and over.....	36	(2.1)	723	1.3	(0.02)	0.4	(0.04)	1.7	(0.05)	201	1.4	(0.09)	1.1	(0.07)	2.5	(0.12)	1.3	(0.05)
20 and over...	23	(1.6)	2360	1.4	(0.02)	0.3	(0.03)	1.7	(0.03)	442	1.5	(0.06)	1.3	(0.05)	2.8	(0.09)	1.4	(0.02)
Females:																		
20 - 39.....	13	(1.7)	791	1.1	(0.02)	0.2	(0.03)	1.3	(0.03)	88	1.1	(0.09)	1.6	(0.10)	2.7	(0.14)	1.1	(0.03)
40 - 59.....	19	(1.7)	899	1.1	(0.03)	0.3	(0.02)	1.4	(0.04)	147	1.2	(0.06)	1.4	(0.10)	2.6	(0.11)	1.1	(0.02)
60 and over.....	38	(2.6)	780	1.1	(0.04)	0.4	(0.04)	1.5	(0.06)	255	1.2	(0.06)	1.2	(0.05)	2.3	(0.08)	1.1	(0.04)
20 and over...	23	(1.4)	2470	1.1	(0.02)	0.3	(0.02)	1.4	(0.03)	490	1.2	(0.04)	1.3	(0.04)	2.5	(0.05)	1.1	(0.02)
All Individuals:																		
2 and over...	18	(1.0)	7804	1.2	(0.01)	0.2	(0.01)	1.4	(0.02)	1069	1.3	(0.04)	1.3	(0.03)	2.7	(0.06)	1.1	(0.01)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Gender and age	Percent reporting supplement sodium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	11	(2.0)	664	2238	(57.1)	1	(0.2)	2238	(57.1)	62	2260	(99.3)	9	(0.8)	2269	(99.0)	2235	(64.5)
6 - 11.....	5	(1.0)	1039	2991	(53.5)	1	(0.1)	2992	(53.6)	68	2739	(187.1)	11	(1.0)	2750	(187.0)	3005	(56.7)
12 - 19.....	2	(0.6)	1271	3419	(65.2)	1*	(0.2)	3419	(65.2)		--		--		--		3408	(61.0)
Males:																		
20 - 39.....	4	(0.7)	846	4372	(75.5)	2*	(0.5)	4373	(75.5)		--		--		--		4343	(81.2)
40 - 59.....	5	(1.3)	791	4167	(94.8)	2*	(1.1)	4169	(94.4)		--		--		--		4171	(98.5)
60 and over.....	10	(2.5)	723	3580	(75.9)	4	(1.0)	3584	(76.1)		--		--		--		3628	(107.6)
20 and over...	6	(0.9)	2360	4099	(55.8)	2	(0.6)	4101	(55.8)	106	3936	(207.3)	40	(5.3)	3976	(204.6)	4109	(63.2)
Females:																		
20 - 39.....	3	(1.0)	791	3184	(47.9)	1*	(0.2)	3184	(47.9)		--		--		--		3192	(47.4)
40 - 59.....	10	(1.2)	899	2962	(44.1)	2	(0.5)	2964	(44.3)		--		--		--		2946	(36.7)
60 and over.....	10	(1.2)	780	2753	(64.1)	3	(0.8)	2757	(64.1)	69	2968	(162.7)	34	(6.4)	3003	(164.3)	2729	(60.6)
20 and over...	8	(0.7)	2470	2975	(22.7)	2	(0.3)	2977	(22.7)	148	3031	(114.8)	28	(2.8)	3059	(113.9)	2970	(25.9)
All Individuals:																		
2 and over...	6	(0.5)	7804	3411	(28.0)	2	(0.3)	3412	(28.0)	410	3290	(80.3)	29	(3.3)	3319	(79.3)	3419	(29.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Gender and age	Percent reporting supplement potassium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	1*	(0.9)	664	1908	(70.7)	#		1908	(70.7)		--		--		--		1891	(64.5)
6 - 11.....	1*	(0.7)	1039	2157	(36.8)	#		2157	(36.8)		--		--		--		2152	(36.1)
12 - 19.....	2	(0.6)	1271	2276	(44.3)	2	(0.5)	2278	(44.2)		--		--		--		2247	(53.9)
Males:																		
20 - 39.....	7	(1.2)	846	2997	(51.5)	6	(1.1)	3003	(51.7)		--		--		--		2971	(59.4)
40 - 59.....	19	(2.4)	791	3111	(60.6)	17	(3.0)	3128	(60.5)	116	3565	(207.1)	89	(10.2)	3654	(207.2)	3003	(51.2)
60 and over.....	28	(2.0)	723	2892	(50.2)	26	(2.7)	2918	(51.8)	159	3061	(78.5)	92	(6.5)	3152	(82.9)	2826	(60.4)
20 and over...	17	(1.3)	2360	3012	(35.4)	15	(1.8)	3027	(36.4)	324	3315	(111.1)	90	(6.2)	3404	(111.7)	2952	(41.2)
Females:																		
20 - 39.....	6	(1.3)	791	2223	(53.1)	4	(0.9)	2227	(52.9)		--		--		--		2200	(56.1)
40 - 59.....	13	(1.4)	899	2389	(42.3)	10	(1.0)	2399	(42.2)	79	2741	(169.6)	75	(6.1)	2816	(171.7)	2338	(32.9)
60 and over.....	26	(1.8)	780	2310	(58.5)	25	(2.2)	2335	(57.9)	185	2618	(115.3)	96	(8.3)	2714	(114.2)	2202	(51.9)
20 and over...	14	(1.2)	2470	2312	(36.4)	12	(1.0)	2324	(36.2)	306	2652	(105.7)	85	(5.7)	2737	(105.3)	2255	(34.4)
All Individuals:																		
2 and over...	12	(0.8)	7804	2537	(27.5)	11	(0.9)	2547	(27.9)	667	3015	(86.3)	87	(5.6)	3102	(87.1)	2471	(27.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Gender and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Gender and age	Percent reporting supplement selenium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		664	73.0	(2.17)	#		73.0	(2.18)		--		--		--		73.0	(2.18)
6 - 11.....	#		1039	95.8	(1.78)	#		95.8	(1.78)		--		--		--		95.8	(1.78)
12 - 19.....	5	(0.8)	1271	110.0	(1.97)	4.1	(0.92)	114.1	(1.95)		--		--		--		107.0	(2.64)
Males:																		
20 - 39.....	12	(1.5)	846	143.8	(3.45)	12.6	(1.68)	156.4	(3.85)	86	164.9	(6.52)	101.2	(3.47)	266.1	(7.46)	140.7	(3.34)
40 - 59.....	24	(3.0)	791	142.6	(3.36)	20.8	(2.91)	163.4	(4.75)	150	139.2	(7.93)	87.2	(5.34)	226.3	(12.43)	143.7	(4.01)
60 and over.....	35	(2.0)	723	119.2	(1.60)	26.3	(2.38)	145.5	(2.91)	194	113.1	(4.28)	76.0	(3.27)	189.1	(7.05)	122.5	(3.24)
20 and over...	22	(1.6)	2360	137.2	(1.67)	19.0	(1.69)	156.2	(2.34)	430	134.6	(4.62)	85.8	(3.32)	220.4	(7.56)	138.0	(2.37)
Females:																		
20 - 39.....	13	(1.5)	791	100.3	(1.97)	6.5	(1.10)	106.8	(2.11)	86	99.4	(5.76)	51.4	(6.48)	150.9	(8.23)	100.4	(2.06)
40 - 59.....	19	(1.8)	899	99.3	(1.64)	10.6	(1.44)	109.9	(2.46)	140	100.0	(3.52)	56.6	(6.75)	156.5	(7.94)	99.1	(1.72)
60 and over.....	35	(2.5)	780	90.6	(2.32)	20.0	(1.47)	110.6	(2.56)	231	93.7	(3.77)	57.4	(2.35)	151.1	(3.95)	89.0	(2.11)
20 and over...	21	(1.4)	2470	97.1	(1.19)	12.0	(0.84)	109.1	(1.40)	457	96.9	(2.29)	56.0	(2.30)	152.9	(3.15)	97.2	(1.20)
All Individuals:																		
2 and over...	17	(1.0)	7804	112.3	(0.96)	12.1	(0.86)	124.4	(1.12)	937	117.6	(3.08)	71.2	(2.71)	188.8	(5.24)	111.2	(1.23)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

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

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

Percent reporting a supplement intake: 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.

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

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_h) of NHANES 2013-2014. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014

T h i a m i n

Race/ethnicity and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	8	(0.8)	799	1.58	(0.042)	0.48*	(0.185)	2.06	(0.185)	62	2.18	(0.393)	6.31*	(2.636)	8.48*	(2.917)	1.53	(0.048)
20 and over.....	29	(1.6)	2146	1.64	(0.020)	6.12	(1.435)	7.76	(1.439)	570	1.69	(0.038)	21.31	(4.749)	23.00	(4.754)	1.62	(0.030)
2 and over...	24	(1.2)	2945	1.63	(0.020)	4.95	(1.131)	6.57	(1.137)	632	1.72	(0.045)	20.33	(4.476)	22.05	(4.495)	1.60	(0.025)
Non-Hispanic Black:																		
2 - 19.....	5	(1.2)	745	1.50	(0.038)	0.07	(0.019)	1.57	(0.042)		--		--		--		1.49	(0.041)
20 and over.....	16	(0.9)	970	1.52	(0.030)	3.44*	(1.185)	4.96	(1.192)	161	1.61	(0.054)	21.41*	(7.942)	23.02*	(7.934)	1.51	(0.032)
2 and over...	13	(0.7)	1715	1.52	(0.020)	2.47*	(0.865)	3.98	(0.874)	200	1.61	(0.052)	19.32*	(7.104)	20.93*	(7.093)	1.50	(0.022)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(1.7)	259	1.61	(0.083)	0.79*	(0.503)	2.41	(0.531)		--		--		--		1.55	(0.086)
20 and over.....	21	(2.0)	492	1.57	(0.034)	2.82*	(1.127)	4.39	(1.122)	99	1.70	(0.100)	13.38*	(4.705)	15.08*	(4.709)	1.54	(0.030)
2 and over...	19	(1.4)	751	1.58	(0.032)	2.34*	(0.913)	3.92	(0.914)	121	1.76	(0.091)	12.60*	(4.462)	14.36*	(4.457)	1.54	(0.032)
Hispanic:																		
2 - 19.....	5	(0.9)	981	1.57	(0.038)	0.45*	(0.409)	2.02	(0.428)		--		--		--		1.57	(0.038)
20 and over.....	13	(1.3)	1076	1.64	(0.032)	1.63	(0.284)	3.26	(0.289)	145	1.49	(0.079)	12.67	(1.731)	14.16	(1.704)	1.66	(0.034)
2 and over...	10	(0.9)	2057	1.62	(0.031)	1.22	(0.264)	2.84	(0.278)	188	1.50	(0.071)	11.92	(2.160)	13.42	(2.161)	1.63	(0.034)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	8	(0.8)	799	2.13	(0.042)	0.52*	(0.192)	2.65	(0.180)	62	3.09	(0.712)	6.76*	(2.696)	9.85*	(3.195)	2.05	(0.063)
20 and over.....	29	(1.5)	2146	2.29	(0.028)	2.58	(0.376)	4.87	(0.382)	572	2.41	(0.059)	8.97	(1.104)	11.39	(1.138)	2.24	(0.040)
2 and over...	24	(1.1)	2945	2.26	(0.028)	2.15	(0.269)	4.41	(0.278)	634	2.46	(0.082)	8.83	(0.942)	11.29	(0.967)	2.19	(0.033)
Non-Hispanic Black:																		
2 - 19.....	5	(1.2)	745	1.72	(0.036)	0.09	(0.023)	1.80	(0.050)		--		--		--		1.70	(0.033)
20 and over.....	16	(0.9)	970	1.80	(0.035)	1.50	(0.342)	3.30	(0.364)	161	1.94	(0.070)	9.37	(2.177)	11.30	(2.215)	1.77	(0.040)
2 and over...	13	(0.7)	1715	1.77	(0.023)	1.09	(0.238)	2.87	(0.250)	200	1.95	(0.055)	8.58	(1.984)	10.52	(1.998)	1.75	(0.027)
Non-Hispanic Asian [9]:																		
2 - 19.....	10	(1.3)	259	1.97	(0.083)	0.62*	(0.415)	2.59	(0.382)		--		--		--		1.92	(0.079)
20 and over.....	21	(2.0)	492	1.78	(0.050)	1.83*	(0.653)	3.61	(0.674)	98	2.03	(0.106)	8.76*	(2.827)	10.79	(2.892)	1.72	(0.048)
2 and over...	18	(1.4)	751	1.83	(0.055)	1.54*	(0.519)	3.37	(0.534)	119	2.08	(0.118)	8.46*	(2.614)	10.54	(2.647)	1.77	(0.051)
Hispanic:																		
2 - 19.....	5	(0.9)	981	1.90	(0.050)	0.17*	(0.099)	2.08	(0.125)		--		--		--		1.91	(0.051)
20 and over.....	13	(1.3)	1076	2.13	(0.088)	1.17	(0.251)	3.31	(0.267)	145	1.95	(0.162)	9.04	(1.378)	10.99	(1.421)	2.16	(0.087)
2 and over...	10	(0.9)	2057	2.05	(0.072)	0.83	(0.176)	2.89	(0.205)	188	1.92	(0.145)	8.03	(1.176)	9.95	(1.217)	2.07	(0.069)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Percent reporting supplement niacin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.0)	799	23.1	(0.73)	1.8	(0.35)	24.8	(0.88)	75	32.3	(6.82)	19.8	(3.80)	52.1	(9.35)	22.1	(0.72)
20 and over.....	31	(1.7)	2146	26.4	(0.31)	11.9	(1.34)	38.3	(1.33)	617	26.6	(0.47)	38.5	(3.03)	65.1	(3.08)	26.4	(0.36)
2 and over...	26	(1.3)	2945	25.7	(0.35)	9.8	(1.03)	35.5	(1.14)	692	27.0	(0.82)	37.1	(2.70)	64.1	(3.00)	25.3	(0.36)
Non-Hispanic Black:																		
2 - 19.....	5	(1.2)	745	21.2	(0.41)	0.7	(0.18)	21.9	(0.46)		--		--		--		21.1	(0.41)
20 and over.....	17	(1.1)	970	26.1	(0.50)	4.8	(0.71)	30.9	(0.68)	166	26.0	(1.19)	28.9	(3.02)	54.9	(2.66)	26.1	(0.51)
2 and over...	13	(0.8)	1715	24.7	(0.39)	3.6	(0.51)	28.3	(0.48)	205	25.8	(1.09)	27.5	(2.64)	53.3	(2.27)	24.5	(0.40)
Non-Hispanic Asian [9]:																		
2 - 19.....	10	(1.7)	259	22.2	(1.74)	2.2	(0.36)	24.4	(2.01)		--		--		--		21.6	(1.82)
20 and over.....	23	(2.0)	492	24.7	(0.64)	6.2	(0.85)	31.0	(1.08)	108	26.1	(1.25)	26.9	(2.26)	52.9	(3.09)	24.3	(0.68)
2 and over...	20	(1.4)	751	24.2	(0.64)	5.3	(0.65)	29.4	(0.88)	130	26.2	(1.10)	26.1	(2.07)	52.4	(2.74)	23.6	(0.72)
Hispanic:																		
2 - 19.....	5	(0.9)	981	21.7	(0.58)	1.1	(0.30)	22.7	(0.79)		--		--		--		21.8	(0.64)
20 and over.....	14	(1.2)	1076	27.5	(0.91)	5.5*	(1.79)	33.1	(2.10)	150	26.3	(2.04)	40.0	(11.86)	66.2	(12.68)	27.7	(0.95)
2 and over...	11	(0.8)	2057	25.5	(0.74)	4.0	(1.20)	29.5	(1.54)	193	25.2	(1.77)	36.6	(9.77)	61.8	(10.59)	25.6	(0.80)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	22	(2.2)	799	1.89	(0.062)	0.80	(0.197)	2.69	(0.227)	167	2.06	(0.294)	3.65*	(1.108)	5.71	(1.360)	1.84	(0.077)
20 and over.....	32	(1.6)	2146	2.21	(0.038)	3.29	(0.583)	5.50	(0.571)	636	2.28	(0.054)	10.29	(1.570)	12.58	(1.549)	2.17	(0.035)
2 and over...	30	(1.4)	2945	2.14	(0.037)	2.77	(0.438)	4.91	(0.427)	803	2.25	(0.085)	9.28	(1.255)	11.53	(1.236)	2.10	(0.029)
Non-Hispanic Black:																		
2 - 19.....	10	(2.2)	745	1.63	(0.047)	0.14	(0.034)	1.77	(0.059)	90	1.89	(0.097)	1.38	(0.088)	3.27	(0.171)	1.60	(0.050)
20 and over.....	18	(1.1)	970	2.02	(0.049)	10.78*	(8.737)	12.81*	(8.750)	179	2.02	(0.101)	58.93*	(47.440)	60.94*	(47.441)	2.03	(0.061)
2 and over...	16	(0.8)	1715	1.91	(0.040)	7.71*	(6.159)	9.62*	(6.159)	269	1.99	(0.082)	48.33*	(38.571)	50.32*	(38.570)	1.90	(0.050)
Non-Hispanic Asian [9]:																		
2 - 19.....	28	(3.2)	259	1.88	(0.119)	0.85*	(0.354)	2.72	(0.359)		--		--		--		1.88	(0.166)
20 and over.....	24	(2.1)	492	2.07	(0.059)	2.22*	(0.690)	4.29	(0.725)	113	2.27	(0.142)	9.33	(2.434)	11.60	(2.546)	2.00	(0.054)
2 and over...	25	(1.8)	751	2.02	(0.058)	1.90	(0.532)	3.92	(0.548)	168	2.17	(0.109)	7.68	(1.849)	9.85	(1.923)	1.98	(0.066)
Hispanic:																		
2 - 19.....	11	(1.9)	981	1.79	(0.055)	0.18	(0.034)	1.97	(0.075)	104	1.67	(0.107)	1.68	(0.131)	3.35	(0.182)	1.80	(0.060)
20 and over.....	14	(1.1)	1076	2.36	(0.147)	2.31	(0.638)	4.67	(0.631)	158	2.14	(0.194)	16.38	(3.562)	18.53	(3.524)	2.40	(0.156)
2 and over...	13	(0.9)	2057	2.17	(0.108)	1.58	(0.415)	3.75	(0.427)	262	2.01	(0.148)	12.23	(2.756)	14.24	(2.713)	2.19	(0.114)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			F o l i c a c i d																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement folic acid [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.4)	799	203	(11.5)	47	(4.7)	251	(12.9)	164	225	(36.0)	221	(12.5)	446	(42.6)	198	(14.2)
20 and over.....	31	(1.6)	2146	185	(5.6)	142	(7.1)	327	(8.8)	623	191	(7.9)	451	(13.6)	642	(16.8)	183	(7.0)
2 and over...	29	(1.4)	2945	189	(5.7)	122	(5.8)	311	(7.5)	787	196	(8.4)	416	(13.8)	612	(18.2)	186	(7.4)
Non-Hispanic Black:																		
2 - 19.....	10	(2.3)	745	222	(13.4)	24	(6.4)	246	(11.9)	90	226	(34.8)	248	(13.7)	474	(40.6)	221	(13.4)
20 and over.....	18	(1.1)	970	163	(3.7)	99	(14.6)	261	(15.1)	174	173	(8.5)	554	(70.4)	727	(74.5)	160	(4.6)
2 and over...	15	(0.8)	1715	180	(3.8)	77	(9.9)	257	(10.2)	264	183	(10.9)	498	(55.7)	681	(60.5)	179	(4.4)
Non-Hispanic Asian [9]:																		
2 - 19.....	26	(4.0)	259	210	(18.1)	56	(13.6)	266	(18.4)		--		--		--		212	(22.9)
20 and over.....	23	(1.9)	492	160	(6.4)	106	(11.0)	266	(12.5)	111	153	(18.0)	457	(19.8)	611	(24.4)	162	(7.6)
2 and over...	24	(1.6)	751	172	(7.6)	94	(8.8)	266	(10.3)	163	166	(12.3)	396	(15.0)	562	(13.9)	173	(9.6)
Hispanic:																		
2 - 19.....	10	(2.0)	981	208	(9.0)	29	(4.6)	237	(11.9)	101	213	(22.5)	280	(27.5)	493	(36.1)	207	(9.1)
20 and over.....	14	(1.2)	1076	169	(7.1)	66	(4.9)	234	(8.6)	158	171	(19.4)	453	(23.6)	624	(24.9)	168	(8.0)
2 and over...	13	(1.1)	2057	182	(6.8)	53	(3.8)	235	(8.3)	259	182	(16.9)	406	(20.0)	588	(20.8)	182	(7.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			Folate (DFE)																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement folate (DFE) [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.4)	799	501	(20.9)	81	(7.9)	581	(23.3)	164	551	(67.3)	376	(21.3)	927	(79.5)	487	(26.5)
20 and over.....	31	(1.6)	2146	534	(10.2)	241	(12.1)	774	(16.4)	623	562	(13.5)	766	(23.2)	1328	(30.4)	521	(13.6)
2 and over...	29	(1.4)	2945	527	(10.0)	207	(9.8)	734	(13.8)	787	561	(16.7)	707	(23.5)	1267	(34.5)	513	(13.4)
Non-Hispanic Black:																		
2 - 19.....	10	(2.3)	745	524	(23.1)	41	(10.8)	566	(20.4)	90	527	(59.8)	421	(23.4)	948	(70.4)	524	(22.8)
20 and over.....	18	(1.1)	970	478	(10.5)	168	(24.8)	646	(26.7)	174	501	(15.6)	941	(119.7)	1443	(124.8)	473	(13.0)
2 and over...	15	(0.8)	1715	492	(7.6)	131	(16.8)	623	(16.9)	264	506	(15.9)	846	(94.7)	1352	(100.3)	489	(9.0)
Non-Hispanic Asian [9]:																		
2 - 19.....	26	(4.0)	259	533	(34.3)	96	(23.1)	628	(36.8)		--		--		--		538	(42.5)
20 and over.....	23	(1.9)	492	526	(13.9)	180	(18.8)	705	(26.0)	111	540	(33.5)	778	(33.6)	1317	(51.7)	521	(18.9)
2 and over...	24	(1.6)	751	527	(15.6)	160	(14.9)	687	(22.2)	163	534	(20.5)	673	(25.5)	1207	(30.4)	525	(21.0)
Hispanic:																		
2 - 19.....	10	(2.0)	981	524	(19.9)	49	(7.8)	573	(24.8)	101	526	(50.5)	476	(46.8)	1003	(71.3)	524	(19.9)
20 and over.....	14	(1.2)	1076	537	(18.0)	111	(8.3)	649	(20.2)	158	534	(45.5)	770	(40.1)	1304	(58.3)	538	(19.0)
2 and over...	13	(1.1)	2057	533	(17.3)	90	(6.5)	623	(20.1)	259	532	(38.1)	690	(34.0)	1223	(42.6)	533	(17.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Percent reporting supplement choline [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	10	(1.6)	799	257	(5.3)	1*	(0.4)	258	(5.4)	76	343	(49.5)	11*	(3.9)	355	(50.4)	247	(6.6)
20 and over.....	6	(0.9)	2146	334	(4.9)	1	(0.3)	336	(4.8)	115	324	(14.9)	25	(4.0)	349	(17.3)	335	(5.0)
2 and over...	7	(0.6)	2945	318	(4.1)	1	(0.2)	319	(4.0)	191	330	(17.2)	21	(2.6)	351	(16.7)	317	(3.8)
Non-Hispanic Black:																		
2 - 19.....	2	(0.7)	745	237	(5.9)	#		237	(5.9)		--		--		--		234	(5.9)
20 and over.....	3	(0.8)	970	346	(8.8)	#		346	(8.8)		--		--		--		345	(8.2)
2 and over...	3	(0.5)	1715	314	(7.2)	#		314	(7.3)		--		--		--		313	(6.9)
Non-Hispanic Asian [9]:																		
2 - 19.....	15	(2.3)	259	290	(20.8)	2*	(1.2)	292	(20.8)		--		--		--		297	(23.1)
20 and over.....	4	(0.8)	492	331	(8.8)	1*	(0.4)	332	(8.8)		--		--		--		329	(9.3)
2 and over...	7	(1.0)	751	322	(10.8)	1*	(0.4)	323	(10.9)		--		--		--		322	(11.4)
Hispanic:																		
2 - 19.....	4	(1.4)	981	262	(6.7)	1*	(0.3)	263	(6.8)		--		--		--		262	(7.0)
20 and over.....	3	(0.6)	1076	361	(7.6)	1*	(0.4)	362	(7.5)		--		--		--		359	(7.5)
2 and over...	3	(0.6)	2057	327	(7.3)	1*	(0.3)	328	(7.2)	75	354	(19.7)	26	(6.1)	380	(21.3)	326	(7.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.4)	799	5.02	(0.142)	2.6*	(0.82)	7.6	(0.88)	164	5.44	(0.703)	12.2*	(4.55)	17.7	(5.17)	4.90	(0.183)
20 and over.....	33	(1.4)	2146	5.07	(0.098)	85.1	(11.58)	90.2	(11.59)	662	5.08	(0.209)	256.0	(41.02)	261.1	(40.93)	5.07	(0.111)
2 and over...	31	(1.3)	2945	5.06	(0.092)	67.9	(9.37)	73.0	(9.38)	826	5.13	(0.241)	220.7	(35.64)	225.8	(35.58)	5.03	(0.088)
Non-Hispanic Black:																		
2 - 19.....	10	(2.2)	745	4.09	(0.111)	1.3*	(0.86)	5.4	(0.89)	90	4.34	(0.417)	12.5*	(8.63)	16.8*	(8.80)	4.06	(0.101)
20 and over.....	19	(1.0)	970	4.76	(0.205)	31.4	(4.63)	36.2	(4.71)	187	4.65	(0.480)	166.3	(24.61)	171.0	(25.00)	4.78	(0.209)
2 and over...	16	(0.8)	1715	4.56	(0.150)	22.7	(3.12)	27.3	(3.16)	277	4.60	(0.388)	138.7	(21.10)	143.3	(21.38)	4.56	(0.162)
Non-Hispanic Asian [9]:																		
2 - 19.....	27	(3.9)	259	4.86	(0.324)	1.7	(0.20)	6.5	(0.38)		--		--		--		4.84	(0.455)
20 and over.....	25	(1.9)	492	4.07	(0.189)	42.7*	(13.63)	46.7	(13.74)	118	4.22	(0.252)	170.8*	(53.50)	175.0*	(53.54)	4.02	(0.214)
2 and over...	25	(1.6)	751	4.26	(0.154)	33.0*	(10.78)	37.3	(10.84)	171	4.40	(0.195)	130.0*	(42.19)	134.4*	(42.18)	4.21	(0.181)
Hispanic:																		
2 - 19.....	10	(2.0)	981	4.77	(0.106)	10.1*	(9.89)	14.9*	(9.85)	103	4.31	(0.200)	96.1*	(86.99)	100.4*	(86.93)	4.83	(0.112)
20 and over.....	14	(1.1)	1076	4.83	(0.222)	17.7*	(6.07)	22.6	(6.24)	164	4.63	(0.518)	122.5*	(45.34)	127.2*	(45.53)	4.86	(0.222)
2 and over...	13	(0.9)	2057	4.81	(0.143)	15.1*	(6.97)	19.9*	(7.07)	267	4.54	(0.383)	115.3*	(53.47)	119.8*	(53.56)	4.85	(0.148)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			Vitamin C																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement vitamin C [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	23	(2.2)	799	67.1	(2.23)	27.6	(5.68)	94.8	(6.81)	177	82.7	(5.85)	119.9	(29.95)	202.6	(30.43)	62.5	(3.07)
20 and over.....	35	(1.5)	2146	75.7	(1.74)	92.4	(12.22)	168.1	(13.05)	699	88.4	(3.11)	267.2	(32.48)	355.7	(32.74)	68.9	(2.60)
2 and over...	32	(1.2)	2945	73.9	(1.18)	78.9	(9.15)	152.8	(9.50)	876	87.6	(3.22)	245.3	(27.69)	332.8	(27.65)	67.4	(1.82)
Non-Hispanic Black:																		
2 - 19.....	11	(2.4)	745	78.6	(4.03)	10.3*	(4.18)	88.9	(6.59)	97	97.0	(6.27)	95.3	(25.27)	192.3	(27.52)	76.4	(4.21)
20 and over.....	20	(0.9)	970	80.9	(3.44)	50.3	(4.59)	131.2	(6.15)	193	84.9	(4.78)	257.5	(24.10)	342.4	(26.60)	79.9	(3.91)
2 and over...	17	(1.1)	1715	80.2	(2.79)	38.8	(3.92)	119.0	(5.77)	290	87.1	(4.17)	227.6	(21.24)	314.7	(23.75)	78.8	(2.97)
Non-Hispanic Asian [9]:																		
2 - 19.....	31	(3.7)	259	79.3	(8.16)	38.0*	(23.44)	117.3	(26.68)	62	84.8	(12.65)	123.8*	(69.51)	208.6*	(69.08)	76.8	(9.61)
20 and over.....	27	(2.5)	492	87.2	(4.72)	62.8	(16.83)	150.0	(19.26)	135	102.3	(11.96)	233.5	(47.26)	335.8	(54.46)	81.6	(4.67)
2 and over...	28	(2.2)	751	85.3	(4.39)	57.0	(14.68)	142.3	(16.91)	197	97.8	(9.95)	205.0	(42.45)	302.8	(46.57)	80.5	(4.51)
Hispanic:																		
2 - 19.....	12	(2.0)	981	80.7	(3.31)	10.9	(3.26)	91.5	(5.98)	115	78.4	(12.54)	89.7	(22.05)	168.1	(28.26)	81.0	(3.13)
20 and over.....	16	(1.1)	1076	89.4	(6.25)	34.9	(4.13)	124.3	(6.27)	177	103.5	(12.27)	221.2	(21.84)	324.7	(27.81)	86.8	(5.93)
2 and over...	15	(0.9)	2057	86.4	(4.75)	26.7	(2.52)	113.1	(5.15)	292	96.3	(10.89)	183.8	(14.71)	280.1	(19.13)	84.7	(4.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Vitamin D																			
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement vitamin D [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	22	(2.3)	799	5.4	(0.12)	3.6	(0.45)	9.0	(0.45)	171	6.6	(0.45)	16.4	(2.54)	23.0	(2.60)	5.1	(0.14)
20 and over.....	38	(1.6)	2146	5.0	(0.21)	13.5	(0.83)	18.5	(0.84)	781	5.8	(0.43)	35.4	(1.76)	41.1	(1.59)	4.5	(0.19)
2 and over...	35	(1.4)	2945	5.1	(0.17)	11.4	(0.61)	16.5	(0.62)	952	5.9	(0.39)	32.9	(1.49)	38.7	(1.42)	4.7	(0.15)
Non-Hispanic Black:																		
2 - 19.....	10	(2.2)	745	4.2	(0.21)	1.2	(0.28)	5.4	(0.41)	92	5.1	(0.36)	11.9	(0.62)	17.0	(0.87)	4.1	(0.20)
20 and over.....	22	(1.1)	970	4.1	(0.17)	9.6*	(2.90)	13.6	(3.00)	222	4.2	(0.21)	44.0	(11.71)	48.2	(11.86)	4.0	(0.17)
2 and over...	18	(0.9)	1715	4.1	(0.11)	7.2	(2.02)	11.3	(2.08)	314	4.4	(0.16)	38.8	(10.16)	43.2	(10.25)	4.0	(0.11)
Non-Hispanic Asian [9]:																		
2 - 19.....	34	(4.3)	259	6.5	(0.56)	4.6	(0.78)	11.0	(0.97)	63	6.4	(0.98)	13.4	(1.91)	19.8	(1.53)	6.5	(0.88)
20 and over.....	33	(2.3)	492	4.6	(0.29)	12.9	(3.85)	17.5	(3.85)	155	3.9	(0.32)	39.1	(11.20)	43.0	(11.21)	4.9	(0.43)
2 and over...	33	(2.4)	751	5.0	(0.29)	11.0	(2.99)	16.0	(2.98)	218	4.5	(0.36)	32.9	(8.59)	37.4	(8.59)	5.3	(0.44)
Hispanic:																		
2 - 19.....	11	(1.6)	981	5.5	(0.14)	1.2	(0.17)	6.6	(0.21)	109	5.4	(0.18)	10.7	(0.66)	16.2	(0.72)	5.5	(0.16)
20 and over.....	16	(1.2)	1076	4.5	(0.19)	7.5*	(3.06)	12.0	(3.01)	186	4.7	(0.58)	46.7*	(17.74)	51.5*	(17.61)	4.4	(0.20)
2 and over...	14	(1.0)	2057	4.8	(0.15)	5.4*	(2.02)	10.2	(1.99)	295	4.9	(0.44)	37.4*	(13.17)	42.3*	(13.08)	4.8	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			Vitamin K																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.5)	799	75.2	(4.75)	1.1	(0.27)	76.4	(4.65)		--		--		--		75.7	(4.77)
20 and over.....	25	(1.5)	2146	122.7	(4.84)	9.3	(0.74)	132.0	(4.99)	490	151.3	(10.79)	36.9	(2.28)	188.2	(11.52)	113.2	(5.76)
2 and over...	21	(1.3)	2945	112.8	(4.02)	7.6	(0.61)	120.4	(4.18)	514	148.3	(10.80)	36.8	(2.25)	185.0	(11.51)	103.7	(4.58)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.5)	745	72.2	(6.03)	0.3*	(0.14)	72.5	(6.09)		--		--		--		72.2	(6.07)
20 and over.....	13	(0.8)	970	124.4	(7.03)	6.4	(1.60)	130.8	(7.55)	133	144.6	(19.18)	48.8	(12.05)	193.4	(25.52)	121.4	(8.32)
2 and over...	10	(0.5)	1715	109.3	(6.20)	4.6	(1.16)	113.9	(6.53)	140	142.5	(19.14)	48.3	(11.74)	190.7	(25.36)	105.8	(7.03)
Non-Hispanic Asian [9]:																		
2 - 19.....	6*	(0.8)	259	85.2	(9.87)	1.7	(0.36)	86.9	(9.83)		--		--		--		82.9	(9.81)
20 and over.....	16	(1.7)	492	166.6	(16.49)	5.6	(0.81)	172.3	(16.66)	80	169.3	(22.83)	34.3	(2.63)	203.6	(23.71)	166.1	(19.52)
2 and over...	14	(1.3)	751	147.5	(13.03)	4.7	(0.62)	152.2	(13.14)	89	164.8	(20.70)	33.8	(2.71)	198.6	(21.41)	144.7	(14.70)
Hispanic:																		
2 - 19.....	1*	(0.5)	981	64.9	(3.02)	0.3*	(0.13)	65.2	(3.09)		--		--		--		64.2	(2.68)
20 and over.....	10	(1.0)	1076	111.2	(8.57)	32.1*	(28.07)	143.3	(30.08)	116	114.8	(11.10)	316.1*	(280.88)	430.9*	(284.84)	110.8	(9.79)
2 and over...	7	(0.7)	2057	95.4	(6.17)	21.2*	(18.51)	116.6	(20.33)	126	115.2	(10.90)	299.0*	(264.16)	414.2*	(268.12)	93.9	(6.61)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Percent reporting supplement lycopene [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.4)	799	3861	(306.0)	6*	(2.6)	3867	(307.3)		--		--		--		3894	(311.9)
20 and over.....	13	(1.1)	2146	5114	(156.6)	68	(7.9)	5182	(158.3)	250	5281	(441.1)	520	(71.7)	5801	(443.9)	5089	(192.2)
2 and over...	11	(0.9)	2945	4853	(136.6)	55	(6.2)	4908	(137.4)	258	5181	(429.2)	518	(68.3)	5700	(433.0)	4814	(155.8)
Non-Hispanic Black:																		
2 - 19.....	#		745	4073	(392.9)	1*	(0.5)	4074	(392.7)		--		--		--		4077	(392.0)
20 and over.....	6	(0.7)	970	4300	(457.5)	53*	(17.3)	4354	(464.7)	60	2542*	(872.1)	879	(258.8)	3421	(960.6)	4414	(474.0)
2 and over...	4	(0.5)	1715	4235	(379.8)	38*	(12.4)	4273	(385.1)	61	2526*	(867.0)	877	(257.1)	3404	(954.7)	4312	(390.4)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(0.5)	259	4617	(989.7)	14	(3.5)	4631	(990.9)		--		--		--		4288	(897.5)
20 and over.....	9	(1.5)	492	3743	(405.2)	43	(10.9)	3786	(404.1)		--		--		--		3634	(473.7)
2 and over...	8	(1.1)	751	3949	(387.6)	36	(8.3)	3985	(387.9)		--		--		--		3795	(414.3)
Hispanic:																		
2 - 19.....	1*	(0.2)	981	4954	(327.1)	2*	(1.1)	4956	(327.2)		--		--		--		4939	(330.8)
20 and over.....	5	(0.7)	1076	5467	(371.4)	43	(8.1)	5510	(370.7)		--		--		--		5470	(380.6)
2 and over...	3	(0.5)	2057	5292	(318.4)	29	(5.4)	5321	(317.4)	65	5534	(1055.8)	879	(134.6)	6414	(1117.1)	5284	(327.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.5)	799	928	(81.9)	6*	(3.3)	934	(82.3)		--		--		--		924	(83.6)
20 and over.....	13	(0.9)	2146	1655	(114.8)	106	(13.1)	1761	(111.7)	263	2085	(136.2)	841	(85.8)	2927	(160.5)	1593	(133.7)
2 and over...	10	(0.7)	2945	1504	(89.3)	85	(10.1)	1589	(86.9)	274	2064	(126.8)	832	(82.8)	2895	(148.7)	1439	(102.6)
Non-Hispanic Black:																		
2 - 19.....	0*	(0.0)	745	898	(105.4)	0*	(0.0)	898	(105.4)		--		--		--		898	(105.4)
20 and over.....	6	(1.2)	970	1626	(100.7)	62*	(19.2)	1688	(100.6)	61	1715	(465.6)	1022	(243.2)	2736	(485.5)	1620	(87.5)
2 and over...	4	(0.8)	1715	1415	(90.5)	44*	(14.1)	1460	(93.0)	61	1715	(465.6)	1022	(243.2)	2736	(485.5)	1402	(81.9)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(0.4)	259	1085	(165.3)	14*	(5.7)	1100	(162.3)		--		--		--		1073	(164.1)
20 and over.....	11	(1.4)	492	2553	(324.6)	244*	(98.2)	2797	(356.5)		--		--		--		2447	(371.5)
2 and over...	9	(1.1)	751	2208	(254.4)	190*	(79.6)	2398	(290.7)		--		--		--		2104	(280.7)
Hispanic:																		
2 - 19.....	#		981	706	(44.4)	2*	(1.7)	708	(45.2)		--		--		--		706	(44.6)
20 and over.....	5	(0.6)	1076	1500	(142.9)	48	(14.3)	1548	(141.7)		--		--		--		1483	(153.5)
2 and over...	3	(0.4)	2057	1229	(96.3)	32	(9.4)	1261	(95.6)	61	1824	(258.7)	995	(271.0)	2818	(365.0)	1209	(100.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Percent reporting supplement calcium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	10	(1.0)	799	1064	(28.9)	18	(3.7)	1083	(28.4)	82	1197	(99.0)	186	(25.7)	1383	(93.5)	1050	(35.5)
20 and over.....	38	(1.6)	2146	999	(18.5)	189	(10.7)	1188	(25.0)	765	1053	(22.0)	497	(15.6)	1550	(29.8)	966	(23.7)
2 and over...	32	(1.2)	2945	1013	(16.9)	153	(8.4)	1166	(21.6)	847	1063	(23.6)	477	(14.6)	1539	(32.0)	989	(20.8)
Non-Hispanic Black:																		
2 - 19.....	4	(1.3)	745	873	(26.4)	10*	(3.2)	883	(26.4)		--		--		--		863	(29.3)
20 and over.....	19	(1.1)	970	825	(20.5)	85	(8.6)	909	(22.5)	194	888	(38.2)	437	(32.4)	1325	(41.7)	809	(21.6)
2 and over...	15	(0.7)	1715	839	(18.8)	63	(5.9)	902	(20.0)	236	904	(38.5)	421	(29.6)	1325	(42.3)	827	(19.7)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(1.5)	259	985	(47.4)	31	(6.8)	1016	(46.8)		--		--		--		957	(46.6)
20 and over.....	29	(2.1)	492	733	(26.8)	134	(14.7)	867	(26.9)	143	779	(36.1)	457	(37.7)	1237	(53.7)	714	(35.5)
2 and over...	26	(1.8)	751	792	(27.6)	110	(12.1)	902	(26.2)	167	827	(35.0)	429	(30.4)	1256	(45.8)	780	(33.7)
Hispanic:																		
2 - 19.....	4	(0.9)	981	1035	(25.6)	10	(2.3)	1045	(25.9)		--		--		--		1037	(25.3)
20 and over.....	16	(1.1)	1076	1017	(26.2)	60	(7.4)	1077	(28.4)	190	1007	(75.5)	371	(31.8)	1378	(55.3)	1019	(27.1)
2 and over...	12	(0.9)	2057	1023	(22.2)	43	(5.3)	1066	(23.1)	233	1005	(71.6)	354	(25.8)	1359	(53.9)	1025	(21.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Percent reporting supplement phosphorus [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.8)	799	1296	(25.7)	3*	(1.2)	1299	(25.4)		--		--		--		1294	(27.2)
20 and over.....	16	(1.0)	2146	1411	(14.5)	8	(0.8)	1419	(14.9)	333	1515	(41.9)	48	(4.3)	1563	(42.5)	1391	(16.6)
2 and over...	13	(0.9)	2945	1387	(13.5)	7	(0.6)	1394	(13.7)	361	1510	(40.3)	50	(3.7)	1560	(40.1)	1369	(15.0)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	745	1165	(21.9)	#		1166	(21.9)		--		--		--		1158	(22.0)
20 and over.....	7	(1.0)	970	1311	(26.4)	3	(0.5)	1314	(26.2)	76	1389	(102.8)	38	(3.2)	1427	(104.3)	1305	(31.0)
2 and over...	5	(0.8)	1715	1269	(20.3)	2	(0.4)	1271	(20.2)	81	1420	(104.0)	39	(2.9)	1458	(105.7)	1261	(24.3)
Non-Hispanic Asian [9]:																		
2 - 19.....	5*	(2.3)	259	1273	(49.0)	4*	(2.1)	1278	(49.1)		--		--		--		1261	(51.0)
20 and over.....	12	(1.0)	492	1238	(31.1)	5	(0.8)	1243	(31.1)		--		--		--		1239	(36.0)
2 and over...	10	(0.8)	751	1246	(30.8)	5	(0.9)	1251	(31.0)	69	1260	(59.5)	46	(7.1)	1306	(58.9)	1245	(34.1)
Hispanic:																		
2 - 19.....	1*	(0.4)	981	1303	(29.1)	1*	(0.4)	1304	(29.0)		--		--		--		1303	(29.9)
20 and over.....	6	(0.6)	1076	1483	(33.5)	3	(0.7)	1486	(33.4)	76	1354	(100.6)	52	(10.6)	1406	(93.6)	1492	(32.4)
2 and over...	4	(0.3)	2057	1422	(30.4)	2	(0.4)	1424	(30.3)	86	1354	(90.9)	54	(9.7)	1408	(83.6)	1425	(29.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			M a g n e s i u m																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement magnesium [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(1.1)	799	238	(4.3)	4	(1.0)	241	(4.3)	61	337	(61.0)	51	(12.7)	388	(64.4)	230	(5.2)
20 and over.....	30	(1.4)	2146	307	(4.3)	32	(2.8)	339	(5.2)	588	331	(7.3)	108	(9.0)	439	(11.5)	297	(4.6)
2 and over...	25	(1.2)	2945	293	(4.0)	26	(2.5)	319	(5.0)	649	332	(8.0)	104	(8.7)	436	(11.3)	280	(4.2)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.5)	745	218	(3.9)	4*	(2.3)	222	(4.6)		--		--		--		216	(4.0)
20 and over.....	15	(0.7)	970	279	(5.2)	14	(1.0)	294	(5.3)	150	309	(15.6)	98	(6.1)	407	(14.6)	274	(6.5)
2 and over...	11	(0.5)	1715	261	(3.7)	11	(1.0)	273	(3.6)	163	311	(13.2)	102	(9.3)	413	(11.9)	255	(4.2)
Non-Hispanic Asian [9]:																		
2 - 19.....	7	(0.8)	259	259	(12.6)	4	(0.9)	263	(12.9)		--		--		--		256	(12.7)
20 and over.....	20	(1.9)	492	310	(8.7)	19	(2.5)	328	(9.7)	99	352	(24.7)	94	(8.1)	446	(28.8)	299	(8.6)
2 and over...	17	(1.5)	751	298	(8.8)	15	(2.1)	313	(9.7)	113	348	(24.3)	90	(8.0)	438	(29.0)	287	(8.4)
Hispanic:																		
2 - 19.....	3	(0.7)	981	238	(5.8)	1*	(0.4)	239	(5.9)		--		--		--		237	(5.8)
20 and over.....	12	(1.0)	1076	318	(7.1)	11	(1.9)	330	(7.8)	143	318	(20.6)	93	(16.4)	411	(24.2)	318	(7.0)
2 and over...	9	(0.7)	2057	291	(6.6)	8	(1.4)	299	(7.1)	172	313	(20.6)	88	(13.7)	401	(22.5)	289	(6.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

			Iron																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Race/ethnicity and age	Percent reporting supplement iron [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	5	(0.9)	799	13.9	(0.35)	0.9*	(0.31)	14.8	(0.44)		--		--		--		13.7	(0.39)
20 and over.....	17	(1.3)	2146	14.6	(0.20)	3.7	(0.34)	18.3	(0.36)	346	14.7	(0.52)	21.7	(1.21)	36.4	(1.26)	14.6	(0.24)
2 and over...	15	(1.0)	2945	14.4	(0.19)	3.2	(0.28)	17.6	(0.30)	390	14.8	(0.51)	21.5	(1.27)	36.4	(1.29)	14.4	(0.22)
Non-Hispanic Black:																		
2 - 19.....	5	(1.4)	745	13.7	(0.23)	0.8*	(0.27)	14.6	(0.38)		--		--		--		13.6	(0.20)
20 and over.....	10	(1.1)	970	14.2	(0.24)	3.2	(0.36)	17.3	(0.43)	103	15.2	(0.87)	30.8	(3.23)	46.0	(3.47)	14.0	(0.21)
2 and over...	9	(0.7)	1715	14.0	(0.18)	2.5	(0.28)	16.5	(0.33)	144	15.5	(0.81)	28.8	(2.72)	44.3	(2.75)	13.9	(0.16)
Non-Hispanic Asian [9]:																		
2 - 19.....	9	(1.1)	259	13.6	(0.72)	1.8	(0.20)	15.5	(0.78)		--		--		--		13.1	(0.70)
20 and over.....	12	(1.2)	492	13.5	(0.28)	2.1	(0.35)	15.6	(0.48)		--		--		--		13.5	(0.34)
2 and over...	11	(0.9)	751	13.5	(0.34)	2.0	(0.29)	15.6	(0.50)	68	14.6	(1.19)	18.2	(1.76)	32.8	(2.42)	13.4	(0.38)
Hispanic:																		
2 - 19.....	4	(0.5)	981	14.3	(0.40)	0.7	(0.11)	15.0	(0.40)		--		--		--		14.3	(0.41)
20 and over.....	8	(0.8)	1076	15.1	(0.29)	1.7	(0.28)	16.8	(0.48)	96	13.6	(0.84)	21.2	(2.48)	34.8	(2.35)	15.2	(0.32)
2 and over...	7	(0.6)	2057	14.8	(0.25)	1.4	(0.21)	16.2	(0.36)	130	13.4	(0.71)	21.0	(1.96)	34.5	(1.77)	14.9	(0.27)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Race/ethnicity and age (years)	Percent reporting supplement zinc [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	19	(2.2)	799	10.3	(0.23)	1.0	(0.15)	11.3	(0.27)	146	12.2	(1.78)	5.4	(0.71)	17.6	(2.29)	9.9	(0.34)
20 and over.....	30	(1.5)	2146	11.3	(0.13)	5.0	(0.25)	16.3	(0.31)	605	11.4	(0.30)	16.5	(0.65)	27.9	(0.79)	11.3	(0.13)
2 and over...	28	(1.1)	2945	11.1	(0.14)	4.2	(0.19)	15.3	(0.26)	751	11.5	(0.38)	15.0	(0.64)	26.5	(0.80)	10.9	(0.17)
Non-Hispanic Black:																		
2 - 19.....	9	(2.2)	745	9.4	(0.17)	0.6	(0.18)	10.1	(0.23)	87	10.6	(1.08)	6.7	(0.67)	17.3	(1.58)	9.3	(0.17)
20 and over.....	17	(0.9)	970	10.5	(0.26)	2.7	(0.12)	13.3	(0.33)	165	10.9	(0.42)	16.3	(0.70)	27.2	(0.90)	10.5	(0.29)
2 and over...	15	(0.6)	1715	10.2	(0.17)	2.1	(0.11)	12.3	(0.23)	252	10.9	(0.27)	14.5	(0.32)	25.4	(0.46)	10.1	(0.19)
Non-Hispanic Asian [9]:																		
2 - 19.....	26	(3.9)	259	10.7	(0.80)	1.3	(0.35)	12.0	(0.91)		--		--		--		10.9	(0.97)
20 and over.....	22	(2.1)	492	10.2	(0.25)	3.8	(0.63)	14.0	(0.59)	108	11.0	(0.57)	17.4	(1.77)	28.4	(1.89)	10.0	(0.30)
2 and over...	23	(1.9)	751	10.3	(0.33)	3.2	(0.48)	13.6	(0.53)	157	10.8	(0.54)	14.1	(1.38)	24.9	(1.48)	10.2	(0.34)
Hispanic:																		
2 - 19.....	10	(1.6)	981	10.0	(0.27)	0.6	(0.11)	10.7	(0.35)	96	9.3	(0.42)	6.8	(1.06)	16.0	(1.15)	10.1	(0.28)
20 and over.....	13	(1.0)	1076	11.6	(0.25)	1.7	(0.18)	13.3	(0.37)	142	11.0	(0.96)	13.9	(0.87)	24.9	(1.23)	11.7	(0.30)
2 and over...	12	(0.8)	2057	11.0	(0.23)	1.4	(0.14)	12.4	(0.32)	238	10.5	(0.70)	11.9	(0.90)	22.4	(0.92)	11.1	(0.25)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Percent reporting supplement copper [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(0.8)	799	0.9	(0.02)	0.1	(0.02)	1.0	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	28	(1.6)	2146	1.2	(0.02)	0.4	(0.02)	1.6	(0.03)	550	1.3	(0.04)	1.3	(0.02)	2.6	(0.05)	1.2	(0.02)
2 and over...	23	(1.2)	2945	1.2	(0.02)	0.3	(0.02)	1.5	(0.03)	601	1.3	(0.04)	1.3	(0.03)	2.6	(0.05)	1.1	(0.01)
Non-Hispanic Black:																		
2 - 19.....	4	(1.1)	745	0.9	(0.02)	0.2*	(0.10)	1.0	(0.09)		--		--		--		0.8	(0.02)
20 and over.....	14	(0.7)	970	1.1	(0.03)	0.2	(0.02)	1.3	(0.03)	141	1.3	(0.06)	1.4	(0.11)	2.7	(0.10)	1.1	(0.03)
2 and over...	11	(0.6)	1715	1.1	(0.02)	0.2	(0.04)	1.2	(0.03)	175	1.3	(0.05)	1.7	(0.29)	3.0	(0.28)	1.0	(0.02)
Non-Hispanic Asian [9]:																		
2 - 19.....	8	(1.8)	259	1.1	(0.07)	0.1	(0.03)	1.2	(0.09)		--		--		--		1.1	(0.07)
20 and over.....	20	(1.8)	492	1.4	(0.04)	0.3	(0.04)	1.7	(0.07)	97	1.6	(0.13)	1.4	(0.08)	2.9	(0.17)	1.4	(0.04)
2 and over...	17	(1.5)	751	1.3	(0.04)	0.2	(0.03)	1.6	(0.06)	111	1.6	(0.12)	1.4	(0.08)	2.9	(0.16)	1.3	(0.04)
Hispanic:																		
2 - 19.....	3	(0.6)	981	0.9	(0.03)	0.1	(0.01)	1.0	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	11	(1.1)	1076	1.3	(0.03)	0.2	(0.02)	1.4	(0.04)	129	1.2	(0.07)	1.4	(0.12)	2.6	(0.10)	1.3	(0.04)
2 and over...	9	(0.8)	2057	1.1	(0.03)	0.1	(0.02)	1.3	(0.03)	159	1.2	(0.08)	1.5	(0.13)	2.6	(0.09)	1.1	(0.03)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Percent reporting supplement sodium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.0)	799	3033	(63.3)	1	(0.2)	3033	(63.4)		--		--		--		3052	(66.4)
20 and over.....	8	(0.8)	2146	3506	(33.2)	3	(0.5)	3509	(33.2)	150	3387	(109.5)	34	(4.3)	3421	(107.8)	3517	(38.0)
2 and over...	8	(0.6)	2945	3408	(32.3)	2	(0.4)	3410	(32.2)	208	3285	(107.7)	30	(3.8)	3315	(106.7)	3418	(34.7)
Non-Hispanic Black:																		
2 - 19.....	4	(1.2)	745	3040	(61.0)	#		3040	(61.0)		--		--		--		3033	(59.5)
20 and over.....	3	(0.7)	970	3532	(73.6)	1*	(0.4)	3533	(73.8)		--		--		--		3531	(71.1)
2 and over...	4	(0.6)	1715	3389	(64.0)	1*	(0.3)	3390	(64.1)	72	3427	(285.9)	24	(7.0)	3451	(289.9)	3388	(62.3)
Non-Hispanic Asian [9]:																		
2 - 19.....	8	(3.6)	259	3152	(158.5)	1*	(0.4)	3153	(158.5)		--		--		--		3205	(172.4)
20 and over.....	4	(1.5)	492	3673	(135.8)	1*	(0.6)	3675	(135.7)		--		--		--		3688	(145.4)
2 and over...	5	(0.8)	751	3551	(111.3)	1*	(0.4)	3552	(111.3)		--		--		--		3578	(122.3)
Hispanic:																		
2 - 19.....	2	(0.8)	981	3060	(76.9)	#		3060	(76.9)		--		--		--		3068	(78.0)
20 and over.....	4	(0.5)	1076	3604	(66.3)	1	(0.3)	3605	(66.4)		--		--		--		3593	(68.1)
2 and over...	3	(0.4)	2057	3418	(56.0)	1	(0.2)	3419	(56.1)	73	3586	(143.8)	28	(5.4)	3614	(142.8)	3412	(55.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	2	(0.7)	799	2177	(33.1)	1*	(0.4)	2178	(33.0)		--		--		--		2145	(39.0)
20 and over.....	19	(1.0)	2146	2702	(34.0)	17	(1.5)	2719	(34.5)	383	3030	(106.1)	88	(6.9)	3118	(107.2)	2624	(28.6)
2 and over...	16	(0.9)	2945	2593	(33.4)	14	(1.2)	2606	(33.8)	401	3046	(100.3)	86	(6.9)	3132	(101.5)	2508	(29.6)
Non-Hispanic Black:																		
2 - 19.....	#		745	1976	(39.2)	#		1977	(39.2)		--		--		--		1969	(39.6)
20 and over.....	9	(1.1)	970	2449	(41.5)	9	(1.1)	2458	(41.5)	97	2872	(153.9)	93	(7.9)	2965	(151.7)	2406	(40.8)
2 and over...	7	(0.8)	1715	2313	(32.6)	6	(0.8)	2319	(32.7)	100	2885	(146.7)	92	(8.0)	2977	(144.5)	2271	(30.1)
Non-Hispanic Asian [9]:																		
2 - 19.....	3*	(1.6)	259	2359	(94.7)	2*	(1.6)	2361	(94.6)		--		--		--		2343	(99.1)
20 and over.....	13	(1.1)	492	2585	(57.2)	11	(1.8)	2596	(56.8)	60	2988	(280.8)	90	(9.2)	3078	(278.7)	2526	(69.5)
2 and over...	10	(1.0)	751	2532	(54.4)	9	(1.6)	2541	(54.1)	66	2981	(261.9)	88	(8.7)	3069	(259.7)	2479	(64.9)
Hispanic:																		
2 - 19.....	1*	(0.3)	981	2246	(47.3)	#		2247	(47.2)		--		--		--		2249	(47.3)
20 and over.....	7	(0.8)	1076	2697	(65.7)	5	(0.6)	2702	(66.0)	82	2869	(256.0)	78	(4.7)	2947	(256.9)	2685	(64.2)
2 and over...	5	(0.6)	2057	2543	(55.5)	3	(0.4)	2546	(55.7)	90	2819	(239.8)	77	(4.3)	2896	(240.1)	2530	(52.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Percent reporting supplement selenium [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.6)	799	97.3	(2.04)	2.7	(0.66)	100.0	(2.07)		--		--		--		94.4	(2.30)
20 and over.....	26	(1.5)	2146	115.1	(0.69)	19.0	(1.51)	134.0	(1.72)	522	115.3	(3.40)	71.7	(3.03)	187.0	(5.73)	115.0	(1.29)
2 and over...	22	(1.3)	2945	111.4	(0.88)	15.6	(1.18)	127.0	(1.42)	546	117.5	(3.73)	71.9	(3.21)	189.4	(6.13)	109.7	(1.44)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	745	95.6	(2.16)	0.7*	(0.31)	96.3	(2.15)		--		--		--		95.3	(2.16)
20 and over.....	13	(0.7)	970	119.9	(2.70)	10.5	(0.51)	130.4	(2.95)	138	122.8	(5.09)	78.4	(4.67)	201.2	(9.04)	119.5	(2.85)
2 and over...	10	(0.5)	1715	112.9	(2.24)	7.6	(0.33)	120.5	(2.37)	146	122.6	(4.97)	77.3	(4.32)	199.9	(8.37)	111.8	(2.24)
Non-Hispanic Asian [9]:																		
2 - 19.....	5*	(0.6)	259	114.5	(9.63)	3.0	(0.73)	117.5	(9.94)		--		--		--		113.6	(9.58)
20 and over.....	19	(1.8)	492	118.7	(2.89)	12.4	(1.53)	131.0	(2.86)	89	118.1	(6.72)	65.2	(3.21)	183.4	(6.80)	118.8	(2.86)
2 and over...	16	(1.4)	751	117.7	(3.52)	10.2	(1.20)	127.9	(3.58)	95	119.2	(6.33)	65.3	(3.18)	184.5	(6.65)	117.4	(3.67)
Hispanic:																		
2 - 19.....	1*	(0.5)	981	98.3	(2.52)	0.8*	(0.28)	99.0	(2.62)		--		--		--		98.4	(2.65)
20 and over.....	11	(1.0)	1076	121.6	(2.50)	7.1	(0.79)	128.7	(2.90)	125	110.0	(8.44)	66.1	(4.92)	176.2	(12.67)	122.9	(2.60)
2 and over...	8	(0.8)	2057	113.6	(2.26)	5.0	(0.60)	118.6	(2.66)	135	109.1	(7.83)	65.9	(4.40)	175.0	(11.37)	114.0	(2.26)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

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

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

Percent reporting a supplement intake: 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.

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

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_h) of NHANES 2013-2014. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the race/ethnicity/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[9] 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; DFE = dietary folate equivalents.

Suggested Citation

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014

T h i a m i n

Family income in dollars and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.5)	951	1.47	(0.040)	0.75*	(0.403)	2.22	(0.392)		--		--		--		1.45	(0.048)
20 and over.....	19	(1.7)	1482	1.58	(0.041)	5.05*	(2.204)	6.63*	(2.198)	271	1.57	(0.058)	25.97*	(10.446)	27.54*	(10.419)	1.58	(0.047)
2 and over...	16	(1.4)	2433	1.55	(0.026)	3.95*	(1.654)	5.50*	(1.654)	317	1.60	(0.056)	24.36*	(9.461)	25.95*	(9.441)	1.54	(0.029)
$25,000 - $74,999:																		
2 - 19.....	6	(1.3)	1119	1.54	(0.044)	0.28*	(0.134)	1.82	(0.160)	73	2.30	(0.635)	4.47*	(1.730)	6.77*	(2.307)	1.49	(0.035)
20 and over.....	24	(1.5)	1799	1.64	(0.026)	6.22*	(2.408)	7.85*	(2.412)	366	1.66	(0.064)	25.60*	(9.463)	27.26*	(9.462)	1.63	(0.025)
2 and over...	20	(1.4)	2918	1.61	(0.024)	4.81*	(1.883)	6.42	(1.891)	439	1.71	(0.068)	24.06*	(8.923)	25.76*	(8.962)	1.59	(0.024)
$75,000 and higher:																		
2 - 19.....	7	(1.7)	747	1.65	(0.049)	0.22*	(0.084)	1.86	(0.104)		--		--		--		1.64	(0.050)
20 and over.....	28	(2.2)	1253	1.65	(0.029)	3.66	(0.602)	5.31	(0.612)	300	1.75	(0.071)	13.16	(2.440)	14.91	(2.444)	1.61	(0.029)
2 and over...	23	(1.6)	2000	1.65	(0.024)	2.79	(0.431)	4.44	(0.438)	352	1.75	(0.068)	12.32	(2.053)	14.07	(2.057)	1.62	(0.026)
All Individuals [9]:																		
2 - 19.....	7	(0.5)	2974	1.57	(0.027)	0.41*	(0.127)	1.98	(0.124)	177	1.99	(0.223)	6.17*	(2.035)	8.16	(2.155)	1.54	(0.028)
20 and over.....	24	(1.2)	4830	1.62	(0.018)	4.84	(1.097)	6.47	(1.103)	991	1.67	(0.037)	20.13	(4.247)	21.80	(4.253)	1.61	(0.022)
2 and over...	20	(0.9)	7804	1.61	(0.018)	3.75	(0.842)	5.36	(0.850)	1168	1.70	(0.039)	18.97	(3.958)	20.66	(3.975)	1.59	(0.021)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.5)	951	1.82	(0.048)	0.50*	(0.228)	2.32	(0.207)		--		--		--		1.78	(0.067)
20 and over.....	20	(1.7)	1482	2.08	(0.066)	1.59	(0.295)	3.67	(0.280)	272	2.13	(0.089)	8.14	(1.336)	10.28	(1.321)	2.06	(0.080)
2 and over...	16	(1.4)	2433	2.01	(0.046)	1.31	(0.178)	3.32	(0.182)	318	2.15	(0.091)	8.06	(1.016)	10.21	(1.002)	1.98	(0.052)
$25,000 - $74,999:																		
2 - 19.....	6	(1.3)	1119	2.02	(0.092)	0.27*	(0.131)	2.29	(0.193)	73	3.22*	(1.201)	4.33*	(1.707)	7.55*	(2.825)	1.94	(0.076)
20 and over.....	24	(1.5)	1799	2.18	(0.042)	2.51	(0.453)	4.68	(0.468)	369	2.29	(0.088)	10.26	(1.662)	12.56	(1.700)	2.14	(0.043)
2 and over...	20	(1.4)	2918	2.14	(0.048)	1.98	(0.350)	4.12	(0.373)	442	2.36	(0.141)	9.83	(1.567)	12.19	(1.627)	2.08	(0.042)
$75,000 and higher:																		
2 - 19.....	7	(1.7)	747	2.10	(0.058)	0.26*	(0.114)	2.36	(0.133)		--		--		--		2.09	(0.057)
20 and over.....	28	(2.1)	1253	2.27	(0.051)	2.27	(0.305)	4.54	(0.321)	297	2.49	(0.106)	8.19	(1.166)	10.68	(1.187)	2.19	(0.042)
2 and over...	23	(1.5)	2000	2.23	(0.037)	1.76	(0.210)	3.99	(0.224)	348	2.47	(0.092)	7.81	(0.959)	10.28	(0.969)	2.16	(0.036)
All Individuals [9]:																		
2 - 19.....	7	(0.5)	2974	2.00	(0.040)	0.36	(0.098)	2.36	(0.099)	176	2.64	(0.411)	5.43	(1.596)	8.07	(1.857)	1.95	(0.044)
20 and over.....	24	(1.1)	4830	2.18	(0.028)	2.15	(0.264)	4.34	(0.273)	992	2.33	(0.051)	8.93	(0.961)	11.26	(0.990)	2.14	(0.034)
2 and over...	20	(0.9)	7804	2.14	(0.029)	1.71	(0.177)	3.85	(0.190)	1168	2.35	(0.068)	8.64	(0.797)	10.99	(0.819)	2.08	(0.032)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income in dollars and age (years)	Percent reporting supplement niacin [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.5)	951	21.6	(0.83)	1.9*	(0.65)	23.6	(0.81)		--		--		--		20.6	(0.74)
20 and over.....	20	(1.7)	1482	25.2	(0.76)	8.0	(0.59)	33.2	(0.94)	281	25.7	(1.40)	39.5	(2.43)	65.3	(2.86)	25.1	(0.68)
2 and over...	17	(1.4)	2433	24.3	(0.56)	6.4	(0.47)	30.8	(0.82)	328	26.8	(1.71)	38.2	(2.37)	65.0	(3.39)	23.8	(0.47)
$25,000 - $74,999:																		
2 - 19.....	7	(1.2)	1119	22.0	(0.85)	1.1	(0.23)	23.1	(0.92)	80	31.2	(8.99)	16.4	(0.92)	47.6	(9.62)	21.3	(0.75)
20 and over.....	26	(1.6)	1799	27.2	(0.48)	10.8	(1.61)	38.0	(1.70)	394	26.3	(1.05)	41.4	(5.10)	67.7	(5.00)	27.5	(0.53)
2 and over...	21	(1.4)	2918	26.0	(0.50)	8.5	(1.20)	34.4	(1.29)	474	26.6	(1.28)	39.5	(4.75)	66.2	(4.70)	25.8	(0.50)
$75,000 and higher:																		
2 - 19.....	9	(1.8)	747	22.8	(1.14)	1.4	(0.28)	24.2	(1.16)		--		--		--		23.0	(1.14)
20 and over.....	30	(2.3)	1253	26.7	(0.30)	9.8	(1.51)	36.5	(1.58)	328	27.9	(0.87)	32.3	(3.90)	60.2	(4.44)	26.2	(0.48)
2 and over...	25	(1.5)	2000	25.7	(0.41)	7.7	(1.10)	33.4	(1.06)	385	27.2	(0.84)	30.9	(3.63)	58.2	(4.11)	25.2	(0.56)
All Individuals [9]:																		
2 - 19.....	7	(0.6)	2974	22.3	(0.44)	1.4	(0.18)	23.7	(0.53)	190	28.8	(4.20)	19.6	(2.49)	48.4	(5.91)	21.7	(0.46)
20 and over.....	26	(1.3)	4830	26.5	(0.21)	9.6	(0.95)	36.1	(0.96)	1059	26.7	(0.38)	37.1	(2.59)	63.8	(2.55)	26.5	(0.28)
2 and over...	21	(1.0)	7804	25.5	(0.23)	7.6	(0.68)	33.0	(0.73)	1249	26.9	(0.63)	35.6	(2.23)	62.4	(2.37)	25.1	(0.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Vitamin B6

Family income in dollars and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	All Individuals [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Supplement Users [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Non-users [7] Food mg	(SE)
$0 - $24,999:																		
2 - 19.....	13	(2.6)	951	1.76	(0.079)	0.53*	(0.212)	2.29	(0.235)	104	2.34	(0.539)	3.95*	(1.656)	6.29*	(2.152)	1.67	(0.080)
20 and over.....	22	(1.8)	1482	2.08	(0.084)	2.94	(0.687)	5.02	(0.683)	299	2.27	(0.200)	13.65	(2.921)	15.92	(2.867)	2.03	(0.062)
2 and over...	19	(1.6)	2433	2.00	(0.065)	2.32	(0.469)	4.32	(0.468)	403	2.28	(0.187)	11.93	(2.255)	14.21	(2.162)	1.93	(0.050)
$25,000 - $74,999:																		
2 - 19.....	17	(1.7)	1119	1.79	(0.085)	0.42	(0.123)	2.21	(0.175)	185	1.86	(0.376)	2.46	(0.611)	4.32	(0.969)	1.77	(0.079)
20 and over.....	27	(1.5)	1799	2.26	(0.066)	5.65*	(2.803)	7.91*	(2.793)	406	2.17	(0.094)	20.87*	(10.242)	23.04*	(10.250)	2.29	(0.073)
2 and over...	25	(1.3)	2918	2.15	(0.065)	4.41*	(2.136)	6.56*	(2.125)	591	2.12	(0.113)	17.83*	(8.516)	19.96*	(8.523)	2.16	(0.059)
$75,000 and higher:																		
2 - 19.....	23	(3.9)	747	1.86	(0.085)	0.59	(0.117)	2.45	(0.154)	150	1.75	(0.096)	2.56	(0.606)	4.32	(0.666)	1.90	(0.104)
20 and over.....	32	(2.4)	1253	2.23	(0.039)	2.87	(0.411)	5.10	(0.420)	346	2.35	(0.100)	9.10	(1.216)	11.45	(1.232)	2.18	(0.042)
2 and over...	29	(2.2)	2000	2.14	(0.034)	2.29	(0.292)	4.43	(0.288)	496	2.23	(0.096)	7.81	(0.855)	10.05	(0.873)	2.10	(0.046)
All Individuals [9]:																		
2 - 19.....	18	(1.5)	2974	1.81	(0.039)	0.54	(0.093)	2.35	(0.116)	452	1.94	(0.181)	3.01	(0.679)	4.95	(0.838)	1.79	(0.047)
20 and over.....	27	(1.2)	4830	2.21	(0.030)	3.88	(1.107)	6.08	(1.099)	1107	2.26	(0.045)	14.40	(3.987)	16.66	(3.988)	2.19	(0.032)
2 and over...	25	(1.1)	7804	2.11	(0.027)	3.05	(0.826)	5.16	(0.820)	1559	2.20	(0.065)	12.37	(3.261)	14.57	(3.264)	2.08	(0.029)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

F o l i c a c i d

Family income in dollars and age	Percent reporting supplement folic acid [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	13	(2.6)	951	199	(9.4)	39	(6.1)	238	(6.2)	104	209	(25.1)	287	(32.3)	496	(46.6)	197	(10.3)
20 and over.....	21	(1.7)	1482	181	(9.1)	95	(8.7)	276	(13.7)	289	191	(12.4)	459	(13.0)	650	(13.4)	178	(8.5)
2 and over...	19	(1.5)	2433	185	(7.5)	81	(6.7)	266	(11.1)	393	194	(13.1)	427	(16.7)	622	(17.8)	183	(7.0)
$25,000 - $74,999:																		
2 - 19.....	17	(1.8)	1119	205	(13.0)	37	(4.0)	241	(15.0)	181	229	(62.4)	221	(16.7)	450	(71.0)	200	(11.1)
20 and over.....	26	(1.6)	1799	179	(7.7)	132	(8.4)	311	(11.4)	399	183	(10.9)	499	(26.9)	682	(31.6)	177	(9.0)
2 and over...	24	(1.4)	2918	185	(7.5)	109	(6.4)	294	(9.0)	580	191	(14.0)	454	(22.9)	644	(26.1)	183	(9.0)
$75,000 and higher:																		
2 - 19.....	22	(4.1)	747	208	(11.5)	48	(8.9)	256	(15.3)	145	200	(18.1)	216	(12.0)	415	(21.4)	210	(13.0)
20 and over.....	31	(2.3)	1253	179	(4.4)	133	(10.2)	312	(12.9)	342	189	(10.0)	424	(7.3)	613	(13.5)	174	(4.1)
2 and over...	29	(2.1)	2000	186	(4.2)	111	(7.8)	298	(9.6)	487	191	(10.1)	384	(12.4)	575	(16.4)	184	(4.5)
All Individuals [9]:																		
2 - 19.....	17	(1.6)	2974	208	(7.4)	40	(3.2)	248	(7.8)	443	217	(22.7)	232	(11.2)	449	(29.9)	206	(8.4)
20 and over.....	26	(1.2)	4830	179	(4.3)	121	(5.2)	300	(7.4)	1086	186	(7.0)	459	(12.0)	646	(14.9)	177	(4.6)
2 and over...	24	(1.1)	7804	186	(4.2)	101	(4.2)	288	(6.2)	1529	192	(7.1)	419	(11.4)	611	(14.2)	184	(4.7)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

			Folate (DFE)																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement folate (DFE) [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	13	(2.6)	951	495	(19.0)	66	(10.4)	561	(13.3)	104	536	(48.6)	488	(55.0)	1024	(87.3)	489	(21.6)
20 and over.....	21	(1.7)	1482	514	(19.0)	162	(14.8)	675	(26.5)	289	530	(24.8)	780	(22.0)	1310	(26.3)	509	(18.6)
2 and over...	19	(1.5)	2433	509	(15.8)	137	(11.4)	646	(21.9)	393	531	(25.6)	727	(28.4)	1258	(35.1)	504	(15.0)
$25,000 - $74,999:																		
2 - 19.....	17	(1.8)	1119	504	(24.3)	62	(6.8)	566	(27.6)	181	541	(114.1)	375	(28.4)	916	(127.8)	497	(22.1)
20 and over.....	26	(1.6)	1799	525	(14.4)	225	(14.3)	750	(20.6)	399	540	(20.7)	848	(45.7)	1388	(56.1)	520	(15.7)
2 and over...	24	(1.4)	2918	520	(13.8)	186	(10.9)	706	(16.4)	580	540	(25.2)	771	(39.0)	1311	(45.0)	514	(15.7)
$75,000 and higher:																		
2 - 19.....	22	(4.1)	747	515	(19.4)	81	(15.1)	597	(24.7)	145	511	(32.3)	367	(20.4)	878	(40.8)	516	(22.3)
20 and over.....	31	(2.3)	1253	542	(9.5)	226	(17.3)	768	(23.2)	342	585	(21.7)	721	(12.4)	1306	(27.1)	522	(10.4)
2 and over...	29	(2.1)	2000	535	(6.9)	189	(13.3)	724	(16.2)	487	571	(19.7)	653	(21.0)	1223	(32.5)	520	(9.7)
All Individuals [9]:																		
2 - 19.....	17	(1.6)	2974	511	(13.2)	69	(5.5)	580	(13.9)	443	535	(42.7)	394	(19.1)	929	(55.1)	506	(15.3)
20 and over.....	26	(1.2)	4830	528	(8.5)	206	(8.8)	734	(13.9)	1086	555	(13.4)	781	(20.3)	1336	(26.4)	518	(9.5)
2 and over...	24	(1.1)	7804	524	(8.1)	172	(7.2)	696	(11.7)	1529	551	(14.6)	712	(19.3)	1263	(26.7)	515	(9.1)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income in dollars and age	Percent reporting supplement choline [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	6	(1.8)	951	253	(7.2)	1*	(0.7)	255	(6.9)		--		--		--		241	(7.4)
20 and over.....	3	(0.5)	1482	325	(5.8)	1*	(0.4)	326	(6.0)		--		--		--		324	(5.8)
2 and over...	4	(0.6)	2433	307	(4.3)	1*	(0.4)	308	(4.5)	79	398	(74.1)	35	(10.2)	433	(76.0)	303	(4.8)
$25,000 - $74,999:																		
2 - 19.....	7	(1.3)	1119	252	(4.9)	1*	(0.2)	253	(4.9)	67	273	(58.8)	9	(2.0)	282	(60.1)	251	(6.1)
20 and over.....	5	(0.8)	1799	343	(6.9)	1*	(0.5)	344	(6.8)	71	336	(22.6)	29	(7.6)	364	(26.7)	343	(6.5)
2 and over...	5	(0.8)	2918	321	(6.6)	1	(0.4)	323	(6.5)	138	317	(22.4)	23	(5.4)	340	(23.8)	322	(6.0)
$75,000 and higher:																		
2 - 19.....	10	(1.7)	747	260	(10.2)	1*	(0.3)	261	(10.2)	79	281	(18.6)	7*	(2.5)	288	(17.2)	258	(11.0)
20 and over.....	6	(1.2)	1253	345	(8.4)	1	(0.3)	346	(8.4)	70	342	(20.7)	18	(4.4)	360	(23.1)	345	(8.3)
2 and over...	7	(1.1)	2000	324	(5.5)	1	(0.2)	325	(5.5)	149	321	(13.7)	14	(2.5)	335	(15.1)	324	(5.2)
All Individuals [9]:																		
2 - 19.....	7	(0.9)	2974	256	(3.5)	1	(0.2)	256	(3.5)	187	317	(34.0)	11	(3.0)	328	(34.9)	251	(4.1)
20 and over.....	5	(0.7)	4830	339	(4.0)	1	(0.3)	340	(3.9)	192	339	(15.5)	25	(3.6)	364	(17.5)	339	(3.7)
2 and over...	5	(0.5)	7804	318	(3.4)	1	(0.2)	319	(3.4)	379	332	(14.3)	20	(2.4)	352	(14.4)	318	(3.2)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Vitamin B12

Family income in dollars and age	Percent reporting supplement vitamin B12 [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	13	(2.6)	951	4.42	(0.169)	9.3*	(8.36)	13.8*	(8.27)	103	4.44	(0.444)	69.6*	(61.88)	74.1*	(62.09)	4.42	(0.236)
20 and over.....	23	(1.6)	1482	4.75	(0.116)	56.9	(12.65)	61.6	(12.63)	319	4.66	(0.243)	252.5	(56.80)	257.1	(56.74)	4.78	(0.121)
2 and over...	20	(1.5)	2433	4.67	(0.091)	44.7	(10.34)	49.4	(10.34)	422	4.62	(0.239)	221.4	(51.86)	226.0	(51.86)	4.68	(0.114)
$25,000 - $74,999:																		
2 - 19.....	17	(1.8)	1119	4.84	(0.251)	2.7*	(1.19)	7.5	(1.37)	183	5.08	(1.070)	16.0*	(6.95)	21.1*	(7.90)	4.79	(0.231)
20 and over.....	28	(1.6)	1799	5.06	(0.166)	81.5	(19.11)	86.5	(19.11)	421	4.78	(0.340)	291.6	(69.83)	296.4	(69.89)	5.17	(0.164)
2 and over...	25	(1.4)	2918	5.01	(0.152)	62.8	(14.65)	67.8	(14.67)	604	4.83	(0.358)	248.2	(60.46)	253.0	(60.50)	5.07	(0.134)
$75,000 and higher:																		
2 - 19.....	22	(4.1)	747	4.97	(0.204)	1.9*	(0.73)	6.9	(0.80)	147	4.97	(0.313)	8.7*	(3.76)	13.6	(4.01)	4.96	(0.273)
20 and over.....	33	(2.2)	1253	5.03	(0.158)	50.9*	(15.36)	55.9	(15.37)	352	5.42	(0.379)	156.3*	(47.51)	161.7	(47.41)	4.84	(0.147)
2 and over...	30	(2.0)	2000	5.01	(0.103)	38.5	(11.31)	43.6	(11.31)	499	5.34	(0.306)	128.5*	(38.62)	133.8	(38.56)	4.88	(0.110)
All Individuals [9]:																		
2 - 19.....	18	(1.6)	2974	4.79	(0.106)	4.1*	(2.12)	8.9	(2.16)	446	5.02	(0.428)	23.3*	(12.45)	28.3*	(12.60)	4.75	(0.129)
20 and over.....	28	(1.1)	4830	4.97	(0.083)	65.3	(8.07)	70.3	(8.08)	1152	4.97	(0.189)	234.1	(33.12)	239.1	(33.08)	4.97	(0.088)
2 and over...	25	(1.0)	7804	4.93	(0.073)	50.2	(6.41)	55.1	(6.42)	1598	4.98	(0.202)	198.1	(28.75)	203.1	(28.73)	4.91	(0.070)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

			Vitamin C																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement vitamin C [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	15	(3.0)	951	75.3	(3.34)	26.0*	(10.58)	101.3	(9.19)	111	91.9	(8.77)	173.1*	(55.44)	265.0	(54.01)	72.3	(3.73)
20 and over.....	24	(1.8)	1482	75.3	(3.62)	59.5	(8.49)	134.8	(9.26)	324	82.9	(5.94)	251.2	(25.06)	334.1	(26.15)	73.0	(4.32)
2 and over...	21	(1.8)	2433	75.3	(2.66)	50.9	(8.52)	126.2	(8.36)	435	84.5	(5.13)	237.2	(27.87)	321.7	(28.90)	72.8	(3.24)
$25,000 - $74,999:																		
2 - 19.....	18	(1.8)	1119	69.6	(2.58)	17.1	(4.19)	86.7	(5.41)	200	78.9	(8.13)	94.9	(21.40)	173.8	(26.39)	67.5	(2.48)
20 and over.....	30	(1.6)	1799	79.3	(2.33)	91.9	(18.30)	171.1	(19.99)	464	87.1	(5.40)	306.6	(56.03)	393.8	(55.94)	75.9	(3.29)
2 and over...	27	(1.4)	2918	77.0	(1.88)	74.2	(13.65)	151.1	(14.84)	664	85.8	(5.14)	273.2	(47.54)	359.1	(47.50)	73.6	(2.39)
$75,000 and higher:																		
2 - 19.....	24	(4.0)	747	74.5	(2.85)	20.4*	(7.01)	94.9	(7.86)	162	85.0	(7.36)	84.4*	(31.48)	169.4	(32.64)	71.2	(3.41)
20 and over.....	33	(2.3)	1253	80.1	(3.41)	74.3	(8.00)	154.4	(9.92)	376	97.0	(4.70)	224.4	(26.05)	321.4	(28.71)	71.7	(4.50)
2 and over...	31	(2.1)	2000	78.7	(2.87)	60.7	(6.40)	139.4	(8.10)	538	94.6	(4.61)	196.8	(23.06)	291.4	(25.22)	71.6	(3.80)
All Individuals [9]:																		
2 - 19.....	19	(1.5)	2974	73.1	(1.75)	21.0	(3.70)	94.1	(4.18)	488	84.1	(4.01)	110.2	(21.12)	194.3	(21.85)	70.5	(2.14)
20 and over.....	29	(1.2)	4830	78.7	(1.72)	76.3	(8.55)	155.0	(9.73)	1225	90.3	(2.56)	262.3	(25.70)	352.6	(26.30)	74.0	(2.40)
2 and over...	27	(1.1)	7804	77.3	(1.27)	62.7	(6.58)	140.0	(7.30)	1713	89.2	(2.34)	235.4	(21.67)	324.6	(22.28)	73.0	(1.71)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n D

Family income in dollars and age	Percent reporting supplement vitamin D [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	14	(2.8)	951	5.0	(0.18)	2.3	(0.61)	7.3	(0.64)	110	5.8	(0.70)	16.5	(2.11)	22.3	(2.01)	4.8	(0.22)
20 and over.....	26	(1.6)	1482	4.4	(0.11)	8.5	(1.24)	12.9	(1.24)	374	5.2	(0.33)	32.8	(3.99)	38.0	(3.95)	4.2	(0.13)
2 and over...	23	(1.5)	2433	4.6	(0.10)	6.9	(0.91)	11.5	(0.89)	484	5.3	(0.32)	30.2	(3.48)	35.6	(3.44)	4.4	(0.13)
$25,000 - $74,999:																		
2 - 19.....	18	(1.8)	1119	5.4	(0.21)	3.0	(0.70)	8.4	(0.87)	192	5.9	(0.56)	17.3	(4.19)	23.1	(4.45)	5.3	(0.23)
20 and over.....	32	(1.3)	1799	4.6	(0.17)	11.9	(0.86)	16.4	(0.86)	500	4.8	(0.34)	37.3	(2.27)	42.1	(2.15)	4.4	(0.17)
2 and over...	28	(1.2)	2918	4.8	(0.14)	9.8	(0.65)	14.5	(0.64)	692	5.0	(0.32)	34.3	(1.81)	39.3	(1.71)	4.7	(0.14)
$75,000 and higher:																		
2 - 19.....	23	(4.1)	747	5.4	(0.23)	2.8	(0.51)	8.2	(0.62)	155	6.3	(0.35)	12.3	(1.26)	18.6	(1.42)	5.1	(0.25)
20 and over.....	38	(2.6)	1253	5.2	(0.36)	13.2	(1.27)	18.5	(1.36)	423	6.3	(0.79)	35.0	(2.71)	41.3	(2.75)	4.6	(0.30)
2 and over...	34	(2.2)	2000	5.3	(0.25)	10.6	(0.93)	15.9	(0.96)	578	6.3	(0.64)	31.1	(2.07)	37.4	(2.19)	4.7	(0.23)
All Individuals [9]:																		
2 - 19.....	18	(1.5)	2974	5.3	(0.10)	2.7	(0.36)	8.0	(0.39)	472	6.2	(0.26)	14.6	(1.69)	20.8	(1.74)	5.1	(0.12)
20 and over.....	32	(1.3)	4830	4.8	(0.16)	11.9	(0.79)	16.6	(0.79)	1371	5.4	(0.37)	36.9	(1.89)	42.4	(1.77)	4.5	(0.14)
2 and over...	29	(1.1)	7804	4.9	(0.12)	9.6	(0.62)	14.5	(0.62)	1843	5.5	(0.32)	33.4	(1.74)	39.0	(1.70)	4.6	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n K

Family income in dollars and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	All Individuals [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Supplement Users [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Non-users [7] Food µg	(SE)
$0 - $24,999:																		
2 - 19.....	2	(0.7)	951	70.5	(4.14)	0.6*	(0.26)	71.2	(4.10)		--		--		--		69.8	(4.11)
20 and over.....	16	(1.3)	1482	107.5	(6.14)	6.7	(1.21)	114.2	(6.73)	223	133.1	(16.29)	40.5	(6.38)	173.6	(16.18)	102.4	(6.17)
2 and over...	13	(1.1)	2433	98.0	(4.70)	5.1	(0.95)	103.1	(5.15)	237	131.9	(15.66)	39.9	(6.14)	171.8	(15.63)	93.0	(4.57)
$25,000 - $74,999:																		
2 - 19.....	2	(0.7)	1119	68.8	(5.97)	0.5*	(0.17)	69.3	(5.93)		--		--		--		68.9	(6.12)
20 and over.....	20	(1.3)	1799	118.2	(5.70)	7.4	(0.55)	125.6	(5.46)	307	141.4	(23.97)	36.2	(2.28)	177.6	(24.12)	112.3	(5.86)
2 and over...	16	(1.2)	2918	106.5	(4.65)	5.8	(0.44)	112.3	(4.40)	324	139.0	(23.86)	35.9	(2.22)	174.9	(24.09)	100.3	(4.96)
$75,000 and higher:																		
2 - 19.....	3	(0.7)	747	77.3	(5.10)	1.1	(0.26)	78.4	(5.04)		--		--		--		77.3	(5.12)
20 and over.....	24	(2.3)	1253	137.7	(4.93)	21.7*	(12.19)	159.4	(15.01)	256	164.0	(11.93)	89.1*	(45.60)	253.2	(53.98)	129.2	(6.19)
2 and over...	19	(1.7)	2000	122.4	(4.28)	16.5*	(9.09)	138.9	(11.79)	275	160.6	(11.59)	87.0*	(44.02)	247.5	(52.40)	113.5	(5.08)
All Individuals [9]:																		
2 - 19.....	3	(0.2)	2974	72.2	(3.12)	0.8	(0.12)	73.0	(3.12)		--		--		--		72.1	(3.05)
20 and over.....	21	(1.1)	4830	122.5	(3.42)	11.9*	(4.24)	134.4	(4.63)	830	148.0	(8.76)	57.9*	(18.60)	205.9	(20.72)	115.8	(4.31)
2 and over...	16	(0.9)	7804	110.0	(2.83)	9.2*	(3.22)	119.2	(3.91)	884	145.2	(8.72)	56.9*	(17.94)	202.0	(20.23)	103.3	(3.43)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e

Family income in dollars and age	Percent reporting supplement lycopene [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	#		951	4228	(304.8)	2*	(0.8)	4230	(304.9)		--		--		--		4236	(306.4)
20 and over.....	6	(0.9)	1482	4461	(336.9)	35	(6.0)	4496	(337.3)	92	6421	(1317.1)	557	(104.9)	6978	(1278.9)	4330	(316.0)
2 and over...	5	(0.7)	2433	4402	(287.3)	26	(4.6)	4428	(287.9)	98	6332	(1285.6)	554	(102.6)	6886	(1247.4)	4305	(265.8)
$25,000 - $74,999:																		
2 - 19.....	2	(0.8)	1119	3947	(308.3)	9*	(4.7)	3956	(308.4)		--		--		--		3936	(331.2)
20 and over.....	11	(1.5)	1799	4986	(232.9)	64	(12.4)	5050	(227.7)	162	5221	(487.6)	582	(112.7)	5803	(489.2)	4957	(243.5)
2 and over...	9	(1.3)	2918	4739	(199.3)	51	(9.6)	4791	(193.0)	169	5191	(489.5)	578	(106.2)	5769	(498.2)	4696	(212.0)
$75,000 and higher:																		
2 - 19.....	1*	(0.5)	747	4300	(336.8)	2*	(1.3)	4303	(337.0)		--		--		--		4301	(339.2)
20 and over.....	14	(1.2)	1253	5603	(275.3)	77	(13.1)	5681	(280.1)	151	4469	(791.7)	559	(72.6)	5028	(804.2)	5786	(332.4)
2 and over...	11	(1.0)	2000	5274	(226.3)	58	(9.9)	5333	(229.1)	157	4464	(780.2)	554	(72.5)	5017	(794.2)	5370	(255.6)
All Individuals [9]:																		
2 - 19.....	1	(0.2)	2974	4138	(213.7)	4*	(1.5)	4142	(214.1)		--		--		--		4137	(216.7)
20 and over.....	11	(0.9)	4830	5009	(125.7)	59	(5.8)	5069	(127.8)	425	5102	(343.8)	563	(54.9)	5665	(347.3)	4998	(149.9)
2 and over...	8	(0.7)	7804	4794	(117.6)	46	(4.4)	4840	(118.3)	444	5076	(328.3)	559	(52.2)	5636	(334.5)	4769	(134.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement lutein + zeaxanthin [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	#		951	856	(75.3)	1*	(0.7)	857	(75.4)		--		--		--		856	(75.3)
20 and over.....	7	(0.8)	1482	1427	(165.7)	68	(10.7)	1494	(167.2)	99	1507	(295.2)	1019	(153.7)	2526	(353.7)	1421	(176.4)
2 and over...	5	(0.6)	2433	1281	(125.0)	50	(7.8)	1331	(125.1)	103	1496	(289.7)	1006	(149.8)	2502	(346.6)	1269	(131.1)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.5)	1119	769	(82.8)	8*	(5.3)	776	(81.5)		--		--		--		765	(84.1)
20 and over.....	11	(1.1)	1799	1590	(124.5)	90	(17.2)	1680	(122.0)	167	1575	(138.5)	845	(142.3)	2419	(211.6)	1592	(137.6)
2 and over...	8	(0.9)	2918	1395	(98.7)	71	(13.3)	1466	(95.6)	173	1565	(136.5)	846	(138.6)	2410	(207.0)	1379	(107.8)
$75,000 and higher:																		
2 - 19.....	1*	(0.8)	747	988	(102.4)	4*	(2.2)	991	(101.6)		--		--		--		982	(105.3)
20 and over.....	13	(1.2)	1253	1885	(110.1)	139	(26.3)	2024	(120.4)	157	2861	(233.5)	1034	(180.8)	3895	(355.0)	1734	(115.9)
2 and over...	10	(0.9)	2000	1659	(85.1)	105	(20.4)	1763	(93.5)	166	2808	(219.1)	1006	(174.2)	3814	(335.8)	1525	(88.7)
All Individuals [9]:																		
2 - 19.....	1	(0.3)	2974	869	(52.3)	4*	(1.9)	873	(52.7)		--		--		--		866	(52.8)
20 and over.....	10	(0.8)	4830	1659	(76.8)	98	(10.6)	1756	(74.9)	443	2100	(123.3)	938	(81.8)	3037	(150.8)	1608	(87.7)
2 and over...	8	(0.6)	7804	1464	(57.3)	75	(8.1)	1538	(56.5)	462	2076	(115.3)	925	(79.2)	3002	(141.6)	1410	(65.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income in dollars and age	Percent reporting supplement calcium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	7	(1.7)	951	957	(27.5)	17	(4.7)	975	(26.2)		--		--		--		946	(30.6)
20 and over.....	26	(1.5)	1482	940	(21.2)	129	(10.8)	1069	(28.9)	363	1008	(41.6)	494	(24.2)	1502	(49.5)	916	(23.4)
2 and over...	21	(1.4)	2433	944	(16.6)	100	(8.9)	1045	(22.6)	413	1016	(39.9)	475	(24.4)	1492	(49.5)	925	(21.1)
$25,000 - $74,999:																		
2 - 19.....	9	(1.4)	1119	989	(25.9)	14	(2.9)	1003	(25.6)	86	1157	(106.1)	158	(18.0)	1314	(95.7)	973	(27.6)
20 and over.....	32	(1.7)	1799	964	(11.2)	157	(10.7)	1120	(16.0)	498	972	(28.7)	488	(24.2)	1460	(35.0)	960	(10.6)
2 and over...	27	(1.4)	2918	970	(10.4)	123	(8.9)	1093	(13.0)	584	986	(33.3)	462	(24.0)	1449	(36.0)	964	(6.8)
$75,000 and higher:																		
2 - 19.....	8	(1.0)	747	1099	(29.7)	18	(3.6)	1117	(30.8)	64	1039	(68.8)	217	(28.5)	1255	(75.2)	1104	(30.5)
20 and over.....	36	(2.4)	1253	989	(26.8)	168	(12.9)	1156	(33.5)	386	1075	(48.9)	470	(16.4)	1545	(49.5)	941	(28.0)
2 and over...	29	(1.8)	2000	1017	(20.9)	130	(9.7)	1146	(23.5)	450	1072	(46.4)	451	(16.5)	1524	(46.0)	994	(22.1)
All Individuals [9]:																		
2 - 19.....	8	(0.7)	2974	1021	(18.7)	16	(2.2)	1037	(18.5)	208	1141	(50.3)	204	(18.8)	1345	(44.8)	1011	(20.5)
20 and over.....	32	(1.3)	4830	967	(12.7)	154	(8.5)	1121	(18.2)	1318	1023	(19.1)	486	(13.7)	1509	(24.4)	941	(13.8)
2 and over...	26	(1.0)	7804	980	(11.9)	120	(6.3)	1100	(15.7)	1526	1032	(19.0)	465	(12.7)	1497	(24.5)	962	(12.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income in dollars and age	Percent reporting supplement phosphorus [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	2	(1.0)	951	1227	(28.4)	3*	(1.5)	1230	(27.5)		--		--		--		1217	(33.6)
20 and over.....	11	(0.7)	1482	1335	(20.8)	6	(0.8)	1340	(21.2)	158	1340	(42.3)	53	(6.4)	1393	(45.5)	1334	(24.1)
2 and over...	9	(0.7)	2433	1307	(15.2)	5	(0.6)	1312	(15.4)	173	1360	(34.8)	57	(5.5)	1418	(37.0)	1302	(16.7)
$25,000 - $74,999:																		
2 - 19.....	2	(0.4)	1119	1243	(21.9)	2*	(0.7)	1245	(21.8)		--		--		--		1239	(23.4)
20 and over.....	13	(1.4)	1799	1400	(18.3)	5	(1.1)	1406	(18.2)	195	1442	(38.8)	43	(7.2)	1485	(41.1)	1394	(20.6)
2 and over...	10	(1.1)	2918	1363	(15.1)	5	(0.8)	1367	(15.1)	216	1445	(39.7)	46	(6.7)	1490	(42.5)	1354	(17.6)
$75,000 and higher:																		
2 - 19.....	2	(0.7)	747	1336	(37.3)	3*	(0.9)	1339	(37.4)		--		--		--		1338	(37.4)
20 and over.....	16	(1.7)	1253	1453	(22.3)	8	(1.1)	1461	(22.8)	176	1600	(76.0)	49	(5.8)	1649	(74.2)	1425	(22.4)
2 and over...	13	(1.3)	2000	1423	(15.3)	7	(0.8)	1430	(15.5)	196	1583	(74.4)	52	(5.3)	1635	(72.4)	1400	(19.0)
All Individuals [9]:																		
2 - 19.....	2	(0.5)	2974	1272	(15.3)	2*	(0.6)	1274	(15.2)		--		--		--		1269	(16.3)
20 and over.....	13	(0.8)	4830	1401	(12.3)	6	(0.6)	1407	(12.4)	553	1484	(37.5)	48	(3.7)	1532	(38.1)	1389	(14.3)
2 and over...	10	(0.7)	7804	1369	(10.9)	5	(0.4)	1375	(10.9)	612	1482	(36.2)	51	(3.0)	1533	(36.2)	1356	(12.4)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

			Magnesium																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement magnesium [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	5	(1.2)	951	231	(5.9)	4*	(1.7)	235	(5.3)		--		--		--		225	(7.3)
20 and over.....	20	(1.4)	1482	286	(6.0)	22	(2.3)	308	(7.3)	273	300	(12.1)	109	(11.0)	409	(19.2)	283	(7.2)
2 and over...	16	(1.3)	2433	272	(5.3)	17	(2.0)	289	(6.3)	307	303	(10.2)	107	(10.4)	410	(17.6)	266	(5.8)
$25,000 - $74,999:																		
2 - 19.....	6	(1.6)	1119	228	(6.3)	2*	(0.9)	230	(6.4)		--		--		--		221	(5.0)
20 and over.....	25	(1.6)	1799	299	(5.3)	28	(3.0)	326	(6.1)	379	315	(11.5)	111	(11.4)	426	(17.1)	293	(6.4)
2 and over...	21	(1.5)	2918	282	(4.9)	22	(2.3)	304	(5.4)	429	316	(13.2)	106	(10.7)	421	(17.5)	273	(5.4)
$75,000 and higher:																		
2 - 19.....	5	(1.3)	747	247	(6.8)	2*	(0.9)	249	(6.9)		--		--		--		245	(7.0)
20 and over.....	28	(2.2)	1253	326	(6.4)	28	(3.0)	354	(7.3)	292	365	(14.0)	99	(7.4)	463	(14.4)	311	(4.9)
2 and over...	22	(1.7)	2000	306	(4.6)	21	(2.5)	327	(5.8)	330	359	(13.3)	96	(7.2)	455	(13.6)	291	(4.2)
All Individuals [9]:																		
2 - 19.....	6	(0.7)	2974	235	(3.0)	3	(0.6)	238	(3.1)	129	313	(40.5)	53	(13.0)	366	(45.7)	230	(3.3)
20 and over.....	24	(1.2)	4830	305	(3.3)	26	(1.9)	331	(3.7)	996	331	(6.9)	105	(6.7)	436	(9.3)	297	(3.8)
2 and over...	20	(1.0)	7804	288	(3.0)	20	(1.5)	308	(3.3)	1125	330	(7.5)	102	(6.6)	431	(9.6)	278	(3.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

I r o n

Family income in dollars and age	Percent reporting supplement iron [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	4	(1.4)	951	13.5	(0.36)	0.9*	(0.27)	14.4	(0.30)		--		--		--		13.4	(0.38)
20 and over.....	12	(1.5)	1482	14.0	(0.38)	2.7	(0.34)	16.7	(0.51)	178	14.3	(1.13)	21.9	(1.41)	36.2	(1.49)	14.0	(0.33)
2 and over...	10	(1.2)	2433	13.9	(0.34)	2.3	(0.27)	16.1	(0.42)	211	14.5	(0.98)	21.8	(1.33)	36.2	(1.35)	13.8	(0.30)
$25,000 - $74,999:																		
2 - 19.....	4	(0.9)	1119	13.7	(0.59)	0.8	(0.21)	14.6	(0.55)	63	14.5	(1.34)	21.3	(2.40)	35.8	(2.07)	13.7	(0.60)
20 and over.....	15	(1.3)	1799	14.8	(0.30)	3.5	(0.49)	18.3	(0.47)	227	15.0	(0.84)	24.3	(2.14)	39.3	(2.06)	14.8	(0.33)
2 and over...	12	(1.1)	2918	14.5	(0.30)	2.9	(0.41)	17.4	(0.38)	290	14.9	(0.79)	24.1	(1.98)	39.0	(1.91)	14.5	(0.32)
$75,000 and higher:																		
2 - 19.....	5	(1.2)	747	14.3	(0.34)	1.0*	(0.39)	15.3	(0.52)		--		--		--		14.3	(0.35)
20 and over.....	16	(1.6)	1253	14.6	(0.17)	3.4	(0.46)	18.0	(0.47)	163	14.8	(0.52)	20.9	(1.39)	35.7	(1.45)	14.6	(0.16)
2 and over...	13	(1.1)	2000	14.6	(0.13)	2.8	(0.35)	17.4	(0.31)	202	14.8	(0.51)	20.7	(1.40)	35.5	(1.47)	14.5	(0.15)
All Individuals [9]:																		
2 - 19.....	5	(0.5)	2974	13.9	(0.24)	0.9	(0.15)	14.8	(0.25)	142	16.2	(0.88)	19.5	(2.61)	35.6	(2.33)	13.8	(0.25)
20 and over.....	15	(0.9)	4830	14.6	(0.15)	3.2	(0.24)	17.8	(0.26)	607	14.7	(0.44)	22.2	(0.87)	36.9	(0.85)	14.5	(0.16)
2 and over...	12	(0.7)	7804	14.4	(0.15)	2.7	(0.19)	17.1	(0.22)	749	14.8	(0.41)	21.9	(0.90)	36.8	(0.85)	14.3	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Family income in dollars and age	Percent reporting supplement zinc [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	12	(2.4)	951	9.7	(0.25)	0.9	(0.20)	10.6	(0.16)	96	10.7	(1.10)	7.4	(1.48)	18.1	(2.18)	9.5	(0.30)
20 and over.....	21	(1.7)	1482	10.7	(0.24)	3.7	(0.39)	14.4	(0.53)	291	10.8	(0.39)	17.9	(1.08)	28.7	(1.06)	10.7	(0.27)
2 and over...	19	(1.6)	2433	10.4	(0.20)	3.0	(0.31)	13.4	(0.42)	387	10.8	(0.43)	16.1	(1.04)	26.9	(1.05)	10.4	(0.21)
$25,000 - $74,999:																		
2 - 19.....	16	(2.0)	1119	10.1	(0.49)	0.9	(0.19)	11.1	(0.62)	171	11.6	(2.92)	5.9	(1.00)	17.5	(3.72)	9.9	(0.35)
20 and over.....	26	(1.6)	1799	11.3	(0.17)	4.3	(0.36)	15.5	(0.44)	385	11.0	(0.51)	16.7	(1.05)	27.6	(1.34)	11.4	(0.17)
2 and over...	23	(1.4)	2918	11.0	(0.21)	3.5	(0.29)	14.5	(0.40)	556	11.1	(0.62)	14.9	(0.84)	26.0	(1.13)	11.0	(0.18)
$75,000 and higher:																		
2 - 19.....	19	(4.0)	747	10.3	(0.32)	0.9	(0.19)	11.2	(0.41)	133	10.7	(0.58)	4.7	(0.29)	15.4	(0.66)	10.2	(0.36)
20 and over.....	29	(2.2)	1253	11.5	(0.22)	4.4	(0.26)	15.9	(0.33)	309	12.0	(0.47)	15.2	(0.68)	27.2	(0.77)	11.3	(0.23)
2 and over...	26	(1.9)	2000	11.2	(0.16)	3.5	(0.22)	14.7	(0.22)	442	11.7	(0.43)	13.3	(0.83)	25.0	(0.94)	11.0	(0.20)
All Individuals [9]:																		
2 - 19.....	16	(1.5)	2974	10.1	(0.16)	0.9	(0.10)	11.0	(0.21)	412	11.2	(1.10)	5.6	(0.54)	16.9	(1.49)	9.9	(0.21)
20 and over.....	25	(1.3)	4830	11.2	(0.10)	4.1	(0.22)	15.3	(0.25)	1040	11.3	(0.27)	16.3	(0.51)	27.7	(0.63)	11.1	(0.11)
2 and over...	23	(1.1)	7804	10.9	(0.10)	3.3	(0.17)	14.2	(0.21)	1452	11.3	(0.31)	14.5	(0.50)	25.8	(0.63)	10.8	(0.12)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Family income in dollars and age	Percent reporting supplement copper [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	5	(1.4)	951	0.9	(0.03)	0.1	(0.02)	1.0	(0.03)		--		--		--		0.9	(0.03)
20 and over.....	19	(1.7)	1482	1.2	(0.03)	0.3	(0.02)	1.4	(0.04)	256	1.2	(0.04)	1.3	(0.04)	2.5	(0.04)	1.2	(0.04)
2 and over...	15	(1.4)	2433	1.1	(0.03)	0.2	(0.02)	1.3	(0.04)	289	1.2	(0.04)	1.4	(0.05)	2.6	(0.05)	1.1	(0.03)
$25,000 - $74,999:																		
2 - 19.....	5	(1.2)	1119	0.9	(0.03)	0.1*	(0.04)	1.0	(0.05)		--		--		--		0.9	(0.02)
20 and over.....	23	(1.4)	1799	1.2	(0.02)	0.3	(0.03)	1.5	(0.03)	348	1.2	(0.06)	1.3	(0.09)	2.6	(0.11)	1.2	(0.03)
2 and over...	19	(1.3)	2918	1.1	(0.02)	0.3	(0.03)	1.4	(0.03)	407	1.2	(0.05)	1.4	(0.10)	2.6	(0.13)	1.1	(0.02)
$75,000 and higher:																		
2 - 19.....	6	(1.2)	747	1.0	(0.02)	0.1	(0.02)	1.1	(0.03)		--		--		--		1.0	(0.02)
20 and over.....	26	(2.1)	1253	1.3	(0.03)	0.3	(0.03)	1.7	(0.04)	279	1.5	(0.06)	1.3	(0.07)	2.7	(0.06)	1.3	(0.03)
2 and over...	21	(1.6)	2000	1.2	(0.02)	0.3	(0.02)	1.5	(0.02)	319	1.5	(0.05)	1.3	(0.07)	2.7	(0.06)	1.2	(0.01)
All Individuals [9]:																		
2 - 19.....	5	(0.5)	2974	0.9	(0.01)	0.1	(0.02)	1.0	(0.02)	137	1.3	(0.15)	1.8	(0.32)	3.1	(0.37)	0.9	(0.01)
20 and over.....	23	(1.2)	4830	1.2	(0.02)	0.3	(0.02)	1.5	(0.03)	932	1.3	(0.04)	1.3	(0.03)	2.6	(0.05)	1.2	(0.02)
2 and over...	18	(1.0)	7804	1.2	(0.01)	0.2	(0.01)	1.4	(0.02)	1069	1.3	(0.04)	1.3	(0.03)	2.7	(0.06)	1.1	(0.01)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income in dollars and age	Percent reporting supplement sodium [8]		All Individuals [5]							Supplement Users [6]							Non-users [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	4	(1.1)	951	2995	(73.6)	#		2996	(73.6)		--		--		--		3006	(72.0)
20 and over.....	4	(0.7)	1482	3342	(41.1)	2	(0.5)	3344	(41.2)		--		--		--		3340	(45.3)
2 and over...	4	(0.6)	2433	3253	(35.3)	1	(0.4)	3254	(35.3)	90	3228	(266.4)	33	(6.0)	3261	(265.0)	3254	(40.6)
$25,000 - $74,999:																		
2 - 19.....	6	(1.3)	1119	2967	(34.5)	1*	(0.3)	2968	(34.3)	74	2870	(172.2)	15	(4.1)	2885	(172.4)	2973	(33.8)
20 and over.....	6	(1.2)	1799	3594	(44.2)	2	(0.5)	3595	(44.3)	95	3547	(185.5)	32	(7.8)	3579	(181.6)	3596	(48.3)
2 and over...	6	(1.0)	2918	3445	(36.8)	2	(0.4)	3447	(36.8)	169	3385	(158.9)	28	(6.4)	3413	(155.6)	3449	(39.9)
$75,000 and higher:																		
2 - 19.....	5	(1.1)	747	3148	(112.8)	1	(0.1)	3148	(112.9)		--		--		--		3174	(109.4)
20 and over.....	10	(1.1)	1253	3620	(56.4)	3	(0.5)	3624	(56.5)	93	3391	(189.5)	31	(4.0)	3422	(191.8)	3646	(55.6)
2 and over...	9	(0.8)	2000	3501	(53.3)	2	(0.4)	3504	(53.2)	136	3283	(158.4)	28	(2.7)	3311	(159.8)	3522	(52.6)
All Individuals [9]:																		
2 - 19.....	5	(0.7)	2974	3036	(40.1)	1	(0.1)	3036	(40.1)	156	2754	(125.9)	13	(1.9)	2767	(126.0)	3051	(39.6)
20 and over.....	7	(0.6)	4830	3534	(30.2)	2	(0.4)	3536	(30.2)	254	3419	(92.1)	33	(3.7)	3452	(90.6)	3542	(32.9)
2 and over...	6	(0.5)	7804	3411	(28.0)	2	(0.3)	3412	(28.0)	410	3290	(80.3)	29	(3.3)	3319	(79.3)	3419	(29.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income in dollars and age	Percent reporting supplement potassium [8]		*All Individuals* [5]							*Supplement Users* [6]							*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	2	(0.8)	951	2126	(45.7)	1*	(0.6)	2127	(45.5)		--		--		--		2083	(56.5)
20 and over.....	13	(1.2)	1482	2483	(43.4)	11	(1.0)	2494	(44.0)	175	2725	(102.6)	86	(5.1)	2811	(106.1)	2447	(47.2)
2 and over...	10	(1.1)	2433	2392	(34.9)	9	(0.8)	2400	(35.5)	184	2803	(91.1)	85	(5.1)	2888	(94.7)	2345	(34.4)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.5)	1119	2105	(41.3)	1*	(0.4)	2106	(41.2)		--		--		--		2093	(42.8)
20 and over.....	15	(1.3)	1799	2645	(33.6)	14	(2.8)	2659	(34.6)	228	2920	(67.7)	96	(13.4)	3016	(64.2)	2596	(38.0)
2 and over...	12	(1.0)	2918	2517	(32.9)	11	(2.1)	2528	(33.5)	242	2924	(67.5)	95	(13.2)	3019	(63.7)	2463	(37.1)
$75,000 and higher:																		
2 - 19.....	2*	(0.7)	747	2259	(66.9)	1*	(0.4)	2261	(66.8)		--		--		--		2253	(65.1)
20 and over.....	19	(1.5)	1253	2798	(55.3)	16	(1.1)	2814	(55.5)	198	3230	(174.3)	83	(3.9)	3313	(175.7)	2696	(42.9)
2 and over...	15	(1.3)	2000	2662	(45.3)	12	(1.0)	2675	(45.4)	210	3207	(169.0)	82	(3.8)	3289	(170.7)	2567	(39.7)
All Individuals [9]:																		
2 - 19.....	2	(0.3)	2974	2161	(27.1)	1	(0.2)	2162	(27.0)		--		--		--		2143	(31.3)
20 and over.....	16	(0.9)	4830	2660	(30.4)	14	(1.2)	2674	(30.9)	630	3007	(94.1)	87	(5.7)	3094	(94.8)	2596	(29.3)
2 and over...	12	(0.8)	7804	2537	(27.5)	11	(0.9)	2547	(27.9)	667	3015	(86.3)	87	(5.6)	3102	(87.1)	2471	(27.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

			Selenium																
			All Individuals [5]							*Supplement Users* [6]							*Non-users* [7]	
Family income in dollars and age	Percent reporting supplement selenium [8]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	3	(0.9)	951	97.3	(2.51)	1.9*	(0.80)	99.2	(2.70)		--		--		--		93.5	(2.66)
20 and over.....	18	(1.5)	1482	111.1	(1.76)	11.4	(1.13)	122.4	(2.18)	242	108.6	(3.40)	64.5	(2.85)	173.1	(4.71)	111.6	(2.13)
2 and over...	14	(1.2)	2433	107.5	(1.16)	9.0	(0.91)	116.5	(1.62)	258	115.0	(6.41)	65.0	(2.71)	180.0	(7.26)	106.3	(1.29)
$25,000 - $74,999:																		
2 - 19.....	2	(0.8)	1119	96.3	(1.85)	2.5*	(1.12)	98.8	(2.09)		--		--		--		95.3	(1.84)
20 and over.....	21	(1.4)	1799	116.5	(1.97)	15.5	(1.55)	132.0	(1.91)	328	111.5	(3.40)	72.8	(4.61)	184.3	(6.85)	117.9	(2.21)
2 and over...	17	(1.3)	2918	111.7	(1.83)	12.4	(1.43)	124.2	(1.91)	344	112.4	(3.76)	73.8	(4.92)	186.2	(7.60)	111.6	(2.07)
$75,000 and higher:																		
2 - 19.....	2	(0.6)	747	99.4	(3.29)	1.4*	(0.45)	100.7	(3.39)		--		--		--		99.1	(3.34)
20 and over.....	26	(2.1)	1253	121.6	(2.06)	18.7	(1.65)	140.3	(2.97)	268	125.1	(5.22)	72.6	(2.37)	197.6	(6.23)	120.4	(2.64)
2 and over...	20	(1.7)	2000	116.0	(1.52)	14.4	(1.24)	130.3	(1.87)	283	124.5	(5.09)	72.0	(2.26)	196.6	(6.04)	113.9	(2.39)
All Individuals [9]:																		
2 - 19.....	3	(0.4)	2974	97.7	(1.12)	1.9	(0.41)	99.6	(1.07)		--		--		--		96.1	(1.36)
20 and over.....	22	(1.2)	4830	117.0	(1.03)	15.5	(1.10)	132.5	(1.44)	887	116.0	(2.87)	71.1	(2.57)	187.1	(4.98)	117.3	(1.30)
2 and over...	17	(1.0)	7804	112.3	(0.96)	12.1	(0.86)	124.4	(1.12)	937	117.6	(3.08)	71.2	(2.71)	188.8	(5.24)	111.2	(1.23)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

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

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

Percent reporting a supplement intake: 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.

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

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_h) of NHANES 2013-2014. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[9] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2017. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014

T h i a m i n

Family income as % of poverty level and age	Percent reporting supplement thiamin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.3)	1354	1.47	(0.033)	0.59*	(0.296)	2.06	(0.288)	66	1.75	(0.117)	9.81*	(4.882)	11.56*	(4.961)	1.46	(0.038)
20 and over.....	18	(1.6)	1517	1.59	(0.030)	4.22*	(2.266)	5.81*	(2.268)	245	1.57	(0.072)	23.93*	(12.404)	25.50*	(12.402)	1.59	(0.032)
2 and over...	14	(1.1)	2871	1.55	(0.024)	3.02*	(1.546)	4.57*	(1.550)	311	1.60	(0.068)	21.90*	(10.738)	23.50*	(10.738)	1.54	(0.026)
131-350% poverty:																		
2 - 19.....	6	(1.2)	896	1.63	(0.045)	0.26*	(0.125)	1.88	(0.162)	61	2.35	(0.663)	4.31*	(1.787)	6.66*	(2.407)	1.58	(0.038)
20 and over.....	22	(1.4)	1558	1.63	(0.032)	5.33*	(2.792)	6.96*	(2.801)	307	1.57	(0.048)	23.89*	(12.027)	25.46*	(12.038)	1.65	(0.040)
2 and over...	18	(1.3)	2454	1.63	(0.031)	4.04*	(2.121)	5.67*	(2.134)	368	1.64	(0.074)	22.25*	(11.148)	23.88*	(11.212)	1.63	(0.034)
Over 350% poverty:																		
2 - 19.....	9	(2.1)	532	1.60	(0.058)	0.27*	(0.112)	1.88	(0.137)		--		--		--		1.58	(0.056)
20 and over.....	30	(1.6)	1411	1.65	(0.019)	5.33	(0.984)	6.97	(0.990)	380	1.78	(0.063)	17.59	(3.508)	19.37	(3.513)	1.59	(0.022)
2 and over...	27	(1.2)	1943	1.64	(0.020)	4.43	(0.832)	6.07	(0.837)	421	1.78	(0.062)	16.71	(3.164)	18.49	(3.168)	1.59	(0.024)
All Individuals [10]:																		
2 - 19.....	7	(0.5)	2974	1.57	(0.027)	0.41*	(0.127)	1.98	(0.124)	177	1.99	(0.223)	6.17*	(2.035)	8.16	(2.155)	1.54	(0.028)
20 and over.....	24	(1.2)	4830	1.62	(0.018)	4.84	(1.097)	6.47	(1.103)	991	1.67	(0.037)	20.13	(4.247)	21.80	(4.253)	1.61	(0.022)
2 and over...	20	(0.9)	7804	1.61	(0.018)	3.75	(0.842)	5.36	(0.850)	1168	1.70	(0.039)	18.97	(3.958)	20.66	(3.975)	1.59	(0.021)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age	Percent reporting supplement riboflavin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.3)	1354	1.82	(0.037)	0.39*	(0.167)	2.21	(0.152)	66	2.23	(0.265)	6.41*	(2.754)	8.64*	(3.003)	1.80	(0.051)
20 and over.....	18	(1.5)	1517	2.07	(0.056)	1.30	(0.265)	3.37	(0.258)	245	2.15	(0.112)	7.33	(1.284)	9.49	(1.254)	2.05	(0.060)
2 and over...	14	(1.1)	2871	1.99	(0.041)	1.00	(0.169)	2.99	(0.176)	311	2.16	(0.115)	7.20	(1.161)	9.37	(1.164)	1.96	(0.043)
131-350% poverty:																		
2 - 19.....	6	(1.2)	896	2.12	(0.076)	0.27*	(0.125)	2.40	(0.180)	61	3.41*	(1.244)	4.60*	(1.755)	8.01*	(2.910)	2.04	(0.072)
20 and over.....	23	(1.4)	1558	2.19	(0.050)	2.03	(0.342)	4.22	(0.348)	312	2.23	(0.077)	8.95	(1.419)	11.18	(1.441)	2.18	(0.056)
2 and over...	18	(1.3)	2454	2.17	(0.052)	1.59	(0.265)	3.76	(0.280)	373	2.33	(0.133)	8.59	(1.321)	10.92	(1.375)	2.14	(0.049)
Over 350% poverty:																		
2 - 19.....	9	(2.1)	532	2.06	(0.067)	0.33*	(0.153)	2.39	(0.170)		--		--		--		2.05	(0.063)
20 and over.....	30	(1.6)	1411	2.25	(0.044)	2.89	(0.458)	5.15	(0.473)	375	2.48	(0.108)	9.65	(1.596)	12.13	(1.623)	2.16	(0.033)
2 and over...	26	(1.2)	1943	2.22	(0.036)	2.44	(0.359)	4.66	(0.375)	415	2.46	(0.096)	9.29	(1.381)	11.75	(1.397)	2.14	(0.030)
All Individuals [10]:																		
2 - 19.....	7	(0.5)	2974	2.00	(0.040)	0.36	(0.098)	2.36	(0.099)	176	2.64	(0.411)	5.43	(1.596)	8.07	(1.857)	1.95	(0.044)
20 and over.....	24	(1.1)	4830	2.18	(0.028)	2.15	(0.264)	4.34	(0.273)	992	2.33	(0.051)	8.93	(0.961)	11.26	(0.990)	2.14	(0.034)
2 and over...	20	(0.9)	7804	2.14	(0.029)	1.71	(0.177)	3.85	(0.190)	1168	2.35	(0.068)	8.64	(0.797)	10.99	(0.819)	2.08	(0.032)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income as % of poverty level and age	Percent reporting supplement niacin [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.3)	1354	21.5	(0.65)	1.6*	(0.49)	23.1	(0.64)	70	32.8	(9.45)	24.5	(5.03)	57.3	(12.23)	20.8	(0.65)
20 and over.....	19	(1.6)	1517	26.0	(0.48)	5.3	(0.91)	31.3	(0.98)	259	26.5	(1.73)	28.6	(4.34)	55.1	(4.35)	25.8	(0.40)
2 and over...	15	(1.1)	2871	24.5	(0.39)	4.1	(0.53)	28.6	(0.69)	329	27.4	(2.15)	28.0	(3.67)	55.4	(4.44)	24.0	(0.38)
131-350% poverty:																		
2 - 19.....	6	(1.1)	896	23.2	(0.78)	1.2	(0.22)	24.3	(0.84)	65	31.6*	(9.74)	18.0	(1.05)	49.6	(10.14)	22.6	(0.74)
20 and over.....	24	(1.6)	1558	27.3	(0.71)	10.3	(1.48)	37.5	(1.68)	327	26.4	(1.38)	42.8	(4.60)	69.2	(4.44)	27.5	(0.75)
2 and over...	20	(1.4)	2454	26.2	(0.70)	8.0	(1.09)	34.2	(1.36)	392	26.8	(1.91)	40.8	(4.25)	67.6	(4.17)	26.1	(0.64)
Over 350% poverty:																		
2 - 19.....	11	(2.3)	532	22.0	(1.20)	1.6	(0.35)	23.6	(1.24)		--		--		--		22.0	(1.20)
20 and over.....	33	(2.0)	1411	26.3	(0.32)	12.1	(1.49)	38.3	(1.50)	412	27.2	(0.58)	37.1	(4.05)	64.3	(4.19)	25.8	(0.44)
2 and over...	29	(1.4)	1943	25.5	(0.37)	10.2	(1.19)	35.7	(1.12)	458	26.8	(0.60)	35.6	(3.68)	62.4	(3.69)	25.0	(0.51)
All Individuals [10]:																		
2 - 19.....	7	(0.6)	2974	22.3	(0.44)	1.4	(0.18)	23.7	(0.53)	190	28.8	(4.20)	19.6	(2.49)	48.4	(5.91)	21.7	(0.46)
20 and over.....	26	(1.3)	4830	26.5	(0.21)	9.6	(0.95)	36.1	(0.96)	1059	26.7	(0.38)	37.1	(2.59)	63.8	(2.55)	26.5	(0.28)
2 and over...	21	(1.0)	7804	25.5	(0.23)	7.6	(0.68)	33.0	(0.73)	1249	26.9	(0.63)	35.6	(2.23)	62.4	(2.37)	25.1	(0.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Vitamin B6																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement vitamin B6 [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	13	(2.0)	1354	1.73	(0.063)	0.44*	(0.156)	2.17	(0.173)	157	2.11	(0.374)	3.30*	(1.151)	5.41	(1.494)	1.68	(0.071)
20 and over.....	20	(1.5)	1517	2.13	(0.079)	2.15	(0.467)	4.28	(0.455)	274	2.33	(0.257)	11.00	(2.158)	13.33	(2.099)	2.08	(0.065)
2 and over...	17	(1.3)	2871	2.00	(0.061)	1.59	(0.292)	3.58	(0.299)	431	2.28	(0.218)	9.08	(1.640)	11.35	(1.601)	1.94	(0.054)
131-350% poverty:																		
2 - 19.....	18	(2.0)	896	1.88	(0.083)	0.48	(0.120)	2.36	(0.171)	161	1.95	(0.385)	2.65	(0.643)	4.60	(0.994)	1.87	(0.079)
20 and over.....	26	(1.4)	1558	2.27	(0.084)	3.19	(0.594)	5.46	(0.602)	345	2.21	(0.123)	12.50	(2.245)	14.71	(2.254)	2.28	(0.087)
2 and over...	24	(1.2)	2454	2.17	(0.078)	2.50	(0.445)	4.67	(0.464)	506	2.16	(0.164)	10.58	(1.869)	12.74	(1.904)	2.17	(0.066)
Over 350% poverty:																		
2 - 19.....	26	(4.3)	532	1.83	(0.109)	0.67	(0.152)	2.50	(0.191)	118	1.72	(0.126)	2.60	(0.644)	4.32	(0.677)	1.87	(0.119)
20 and over.....	34	(2.1)	1411	2.20	(0.037)	5.82*	(2.738)	8.02*	(2.735)	427	2.28	(0.067)	17.31*	(8.060)	19.58*	(8.061)	2.15	(0.042)
2 and over...	32	(2.0)	1943	2.13	(0.034)	4.91*	(2.252)	7.04*	(2.249)	545	2.20	(0.064)	15.22*	(6.918)	17.41*	(6.919)	2.10	(0.045)
All Individuals [10]:																		
2 - 19.....	18	(1.5)	2974	1.81	(0.039)	0.54	(0.093)	2.35	(0.116)	452	1.94	(0.181)	3.01	(0.679)	4.95	(0.838)	1.79	(0.047)
20 and over.....	27	(1.2)	4830	2.21	(0.030)	3.88	(1.107)	6.08	(1.099)	1107	2.26	(0.045)	14.40	(3.987)	16.66	(3.988)	2.19	(0.032)
2 and over...	25	(1.1)	7804	2.11	(0.027)	3.05	(0.826)	5.16	(0.820)	1559	2.20	(0.065)	12.37	(3.261)	14.57	(3.264)	2.08	(0.029)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			F o l i c a c i d																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement folic acid [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	13	(2.0)	1354	202	(8.0)	35	(5.0)	238	(8.2)	156	198	(18.4)	269	(24.1)	467	(35.2)	203	(9.5)
20 and over.....	19	(1.5)	1517	187	(10.5)	85	(8.1)	272	(15.4)	263	186	(15.0)	453	(11.6)	639	(20.5)	187	(10.8)
2 and over...	17	(1.3)	2871	192	(8.9)	69	(5.7)	261	(12.1)	419	189	(14.5)	406	(15.1)	595	(21.9)	192	(9.4)
131-350% poverty:																		
2 - 19.....	17	(2.0)	896	213	(16.7)	37	(4.1)	250	(19.0)	156	253	(62.4)	212	(18.1)	465	(69.4)	205	(14.1)
20 and over.....	25	(1.4)	1558	176	(8.1)	113	(7.4)	289	(12.1)	338	172	(9.9)	455	(13.2)	627	(15.6)	177	(9.0)
2 and over...	23	(1.2)	2454	185	(8.6)	94	(6.2)	279	(12.2)	494	188	(13.4)	408	(14.7)	596	(23.5)	185	(9.3)
Over 350% poverty:																		
2 - 19.....	25	(4.5)	532	196	(8.5)	57	(10.6)	252	(15.5)	115	184	(16.9)	223	(13.2)	407	(26.5)	200	(10.3)
20 and over.....	33	(2.1)	1411	178	(3.5)	156	(10.8)	334	(11.4)	424	196	(9.9)	467	(24.7)	663	(25.1)	169	(3.6)
2 and over...	32	(1.9)	1943	181	(3.6)	138	(9.7)	320	(10.5)	539	195	(9.9)	432	(24.6)	627	(24.8)	175	(3.3)
All Individuals [10]:																		
2 - 19.....	17	(1.6)	2974	208	(7.4)	40	(3.2)	248	(7.8)	443	217	(22.7)	232	(11.2)	449	(29.9)	206	(8.4)
20 and over.....	26	(1.2)	4830	179	(4.3)	121	(5.2)	300	(7.4)	1086	186	(7.0)	459	(12.0)	646	(14.9)	177	(4.6)
2 and over...	24	(1.1)	7804	186	(4.2)	101	(4.2)	288	(6.2)	1529	192	(7.1)	419	(11.4)	611	(14.2)	184	(4.7)

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Folate (DFE)																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement folate (DFE) [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	13	(2.0)	1354	498	(16.2)	60	(8.4)	558	(15.9)	156	499	(34.8)	457	(41.0)	957	(64.2)	498	(19.6)
20 and over.....	19	(1.5)	1517	525	(20.8)	145	(13.7)	670	(29.3)	263	521	(31.0)	771	(19.7)	1292	(39.7)	526	(20.8)
2 and over...	17	(1.3)	2871	516	(17.5)	117	(9.7)	633	(23.1)	419	516	(28.6)	690	(25.7)	1206	(41.7)	516	(18.0)
131-350% poverty:																		
2 - 19.....	17	(2.0)	896	523	(30.6)	62	(7.0)	585	(34.3)	156	588	(113.1)	361	(30.7)	948	(123.7)	509	(27.6)
20 and over.....	25	(1.4)	1558	521	(16.6)	192	(12.6)	714	(21.3)	338	519	(20.6)	773	(22.4)	1293	(29.2)	522	(18.2)
2 and over...	23	(1.2)	2454	522	(16.8)	159	(10.6)	681	(21.6)	494	533	(23.9)	694	(25.0)	1227	(39.2)	519	(18.4)
Over 350% poverty:																		
2 - 19.....	25	(4.5)	532	494	(14.5)	96	(18.0)	590	(26.2)	115	489	(37.9)	379	(22.5)	868	(54.3)	496	(16.2)
20 and over.....	33	(2.1)	1411	536	(7.8)	265	(18.4)	801	(18.5)	424	592	(22.7)	793	(42.0)	1385	(41.7)	509	(9.7)
2 and over...	32	(1.9)	1943	529	(6.5)	235	(16.5)	764	(17.0)	539	577	(22.1)	735	(41.7)	1313	(44.0)	506	(8.6)
All Individuals [10]:																		
2 - 19.....	17	(1.6)	2974	511	(13.2)	69	(5.5)	580	(13.9)	443	535	(42.7)	394	(19.1)	929	(55.1)	506	(15.3)
20 and over.....	26	(1.2)	4830	528	(8.5)	206	(8.8)	734	(13.9)	1086	555	(13.4)	781	(20.3)	1336	(26.4)	518	(9.5)
2 and over...	24	(1.1)	7804	524	(8.1)	172	(7.2)	696	(11.7)	1529	551	(14.6)	712	(19.3)	1263	(26.7)	515	(9.1)

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income as % of poverty level and age	Percent reporting supplement choline [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.6)	1354	248	(5.5)	1*	(0.5)	249	(5.4)	62	367	(86.3)	21*	(7.1)	388	(88.1)	240	(6.1)
20 and over.....	2	(0.4)	1517	327	(6.3)	1*	(0.4)	328	(6.4)		--		--		--		326	(6.4)
2 and over...	4	(0.6)	2871	301	(4.6)	1*	(0.4)	302	(4.8)	102	367	(50.8)	29*	(9.5)	396	(53.0)	298	(5.3)
131-350% poverty:																		
2 - 19.....	7	(1.2)	896	268	(6.7)	#		268	(6.7)	61	306	(58.6)	6*	(2.4)	313	(60.4)	265	(9.0)
20 and over.....	5	(0.7)	1558	345	(7.4)	1*	(0.4)	347	(7.2)		--		--		--		346	(7.0)
2 and over...	5	(0.6)	2454	326	(7.0)	1	(0.3)	327	(6.9)	120	329	(30.2)	21	(4.6)	349	(31.2)	325	(6.6)
Over 350% poverty:																		
2 - 19.....	11	(2.5)	532	252	(10.0)	1*	(0.4)	252	(10.1)	61	277	(26.3)	8*	(3.0)	285	(24.7)	248	(10.3)
20 and over.....	6	(1.4)	1411	342	(6.7)	1	(0.4)	343	(6.6)	82	340	(16.1)	22	(3.8)	363	(17.4)	342	(6.4)
2 and over...	7	(1.3)	1943	326	(5.2)	1	(0.3)	327	(5.1)	143	323	(16.4)	18	(2.7)	341	(17.1)	326	(5.0)
All Individuals [10]:																		
2 - 19.....	7	(0.9)	2974	256	(3.5)	1	(0.2)	256	(3.5)	187	317	(34.0)	11	(3.0)	328	(34.9)	251	(4.1)
20 and over.....	5	(0.7)	4830	339	(4.0)	1	(0.3)	340	(3.9)	192	339	(15.5)	25	(3.6)	364	(17.5)	339	(3.7)
2 and over...	5	(0.5)	7804	318	(3.4)	1	(0.2)	319	(3.4)	379	332	(14.3)	20	(2.4)	352	(14.4)	318	(3.2)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Vitamin B12																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement vitamin B12 [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	13	(2.0)	1354	4.48	(0.132)	7.0*	(6.07)	11.4*	(6.01)	157	4.33	(0.285)	52.7*	(45.90)	57.0*	(46.03)	4.50	(0.183)
20 and over.....	21	(1.5)	1517	4.82	(0.152)	55.4	(12.77)	60.2	(12.78)	291	4.78	(0.321)	266.6	(62.72)	271.3	(62.73)	4.83	(0.173)
2 and over...	18	(1.4)	2871	4.71	(0.113)	39.4	(9.61)	44.1	(9.62)	448	4.67	(0.277)	215.5	(52.71)	220.2	(52.77)	4.72	(0.146)
131-350% poverty:																		
2 - 19.....	18	(2.0)	896	4.99	(0.277)	2.8*	(1.17)	7.8	(1.32)	158	5.51	(1.227)	16.2*	(6.80)	21.7*	(7.74)	4.87	(0.225)
20 and over.....	26	(1.5)	1558	5.17	(0.231)	75.7	(17.75)	80.9	(17.76)	360	4.91	(0.413)	286.6	(72.00)	291.5	(72.09)	5.26	(0.246)
2 and over...	24	(1.3)	2454	5.12	(0.227)	57.2	(13.30)	62.3	(13.34)	518	5.02	(0.519)	236.6	(60.06)	241.7	(60.17)	5.15	(0.207)
Over 350% poverty:																		
2 - 19.....	26	(4.4)	532	4.93	(0.335)	2.4*	(1.02)	7.3	(1.12)	116	4.76	(0.445)	9.3*	(4.53)	14.0*	(4.72)	4.98	(0.348)
20 and over.....	34	(1.8)	1411	4.88	(0.126)	61.2	(12.58)	66.1	(12.57)	435	5.18	(0.259)	177.4	(39.70)	182.6	(39.63)	4.72	(0.108)
2 and over...	33	(1.7)	1943	4.88	(0.110)	50.8	(10.32)	55.7	(10.30)	551	5.12	(0.228)	154.3	(34.18)	159.4	(34.10)	4.77	(0.101)
All Individuals [10]:																		
2 - 19.....	18	(1.6)	2974	4.79	(0.106)	4.1*	(2.12)	8.9	(2.16)	446	5.02	(0.428)	23.3*	(12.45)	28.3*	(12.60)	4.75	(0.129)
20 and over.....	28	(1.1)	4830	4.97	(0.083)	65.3	(8.07)	70.3	(8.08)	1152	4.97	(0.189)	234.1	(33.12)	239.1	(33.08)	4.97	(0.088)
2 and over...	25	(1.0)	7804	4.93	(0.073)	50.2	(6.41)	55.1	(6.42)	1598	4.98	(0.202)	198.1	(28.75)	203.1	(28.73)	4.91	(0.070)

See page 23 for footnotes.

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			Vitamin C																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement vitamin C [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	15	(2.2)	1354	72.9	(2.95)	20.9*	(7.96)	93.8	(7.13)	167	85.3	(6.04)	143.6*	(43.86)	228.8	(43.68)	70.7	(3.22)
20 and over.....	21	(1.5)	1517	74.9	(4.15)	54.3	(6.49)	129.2	(8.48)	295	78.4	(6.13)	254.6	(22.22)	333.0	(22.44)	74.0	(4.57)
2 and over...	19	(1.4)	2871	74.2	(2.79)	43.3	(6.30)	117.5	(6.65)	462	80.1	(4.73)	226.6	(25.73)	306.7	(25.74)	72.8	(3.00)
131-350% poverty:																		
2 - 19.....	19	(1.9)	896	69.9	(3.34)	25.0	(7.37)	94.9	(7.42)	178	80.5	(9.78)	128.9	(36.37)	209.4	(34.38)	67.4	(3.16)
20 and over.....	29	(1.4)	1558	80.5	(2.44)	78.0	(8.16)	158.5	(9.49)	394	94.9	(6.91)	272.4	(29.71)	367.3	(31.10)	74.8	(2.63)
2 and over...	26	(1.1)	2454	77.8	(2.26)	64.5	(6.48)	142.3	(7.49)	572	92.2	(6.07)	245.4	(24.81)	337.6	(25.21)	72.7	(2.24)
Over 350% poverty:																		
2 - 19.....	27	(4.4)	532	76.5	(3.85)	15.2	(2.76)	91.7	(6.17)	125	87.2	(5.52)	56.6	(9.99)	143.8	(13.13)	72.6	(4.53)
20 and over.....	35	(2.2)	1411	79.0	(2.38)	92.0	(17.06)	171.0	(16.95)	466	91.2	(3.28)	259.9	(45.18)	351.1	(45.20)	72.3	(3.81)
2 and over...	34	(2.0)	1943	78.6	(2.43)	78.4	(14.45)	156.9	(14.54)	591	90.7	(2.62)	231.4	(39.02)	322.0	(39.25)	72.4	(3.72)
All Individuals [10]:																		
2 - 19.....	19	(1.5)	2974	73.1	(1.75)	21.0	(3.70)	94.1	(4.18)	488	84.1	(4.01)	110.2	(21.12)	194.3	(21.85)	70.5	(2.14)
20 and over.....	29	(1.2)	4830	78.7	(1.72)	76.3	(8.55)	155.0	(9.73)	1225	90.3	(2.56)	262.3	(25.70)	352.6	(26.30)	74.0	(2.40)
2 and over...	27	(1.1)	7804	77.3	(1.27)	62.7	(6.58)	140.0	(7.30)	1713	89.2	(2.34)	235.4	(21.67)	324.6	(22.28)	73.0	(1.71)

See page 23 for footnotes.

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			Vitamin D																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement vitamin D [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	14	(2.2)	1354	5.0	(0.13)	2.0	(0.49)	7.0	(0.55)	164	5.6	(0.47)	14.7	(1.62)	20.3	(1.59)	4.9	(0.15)
20 and over.....	23	(1.6)	1517	4.4	(0.15)	7.1	(1.11)	11.5	(1.14)	337	5.2	(0.34)	31.5	(4.25)	36.7	(4.19)	4.1	(0.16)
2 and over...	20	(1.5)	2871	4.6	(0.10)	5.4	(0.72)	10.0	(0.74)	501	5.3	(0.30)	27.7	(3.31)	33.0	(3.27)	4.4	(0.13)
131-350% poverty:																		
2 - 19.....	18	(1.8)	896	5.5	(0.28)	3.4	(0.66)	9.0	(0.79)	168	6.2	(0.79)	18.6	(3.91)	24.8	(4.14)	5.4	(0.29)
20 and over.....	31	(1.2)	1558	4.7	(0.31)	12.0	(1.26)	16.8	(1.32)	426	5.4	(0.74)	39.4	(3.89)	44.8	(3.82)	4.4	(0.18)
2 and over...	27	(1.1)	2454	4.9	(0.25)	9.8	(0.93)	14.8	(0.99)	594	5.5	(0.71)	35.8	(3.44)	41.3	(3.45)	4.7	(0.14)
Over 350% poverty:																		
2 - 19.....	26	(4.6)	532	5.3	(0.30)	3.0	(0.61)	8.4	(0.86)	122	6.3	(0.56)	11.4	(0.95)	17.7	(1.33)	5.0	(0.24)
20 and over.....	40	(2.3)	1411	5.0	(0.24)	13.7	(0.97)	18.7	(0.99)	524	5.7	(0.43)	34.1	(1.51)	39.8	(1.47)	4.6	(0.29)
2 and over...	38	(2.1)	1943	5.1	(0.20)	11.8	(0.76)	16.9	(0.76)	646	5.8	(0.37)	31.3	(1.41)	37.1	(1.39)	4.7	(0.24)
All Individuals [10]:																		
2 - 19.....	18	(1.5)	2974	5.3	(0.10)	2.7	(0.36)	8.0	(0.39)	472	6.2	(0.26)	14.6	(1.69)	20.8	(1.74)	5.1	(0.12)
20 and over.....	32	(1.3)	4830	4.8	(0.16)	11.9	(0.79)	16.6	(0.79)	1371	5.4	(0.37)	36.9	(1.89)	42.4	(1.77)	4.5	(0.14)
2 and over...	29	(1.1)	7804	4.9	(0.12)	9.6	(0.62)	14.5	(0.62)	1843	5.5	(0.32)	33.4	(1.74)	39.0	(1.70)	4.6	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n K

Family income as % of poverty level and age	Percent reporting supplement vitamin K [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.5)	1354	66.2	(3.25)	0.5	(0.16)	66.7	(3.25)		--		--		--		65.7	(3.21)
20 and over.....	14	(1.2)	1517	102.3	(6.06)	5.2	(0.61)	107.6	(6.25)	197	123.9	(13.32)	36.5	(2.68)	160.4	(12.41)	98.8	(6.46)
2 and over...	10	(0.8)	2871	90.4	(4.29)	3.7	(0.42)	94.1	(4.41)	216	122.1	(12.42)	36.1	(2.66)	158.2	(11.54)	86.8	(4.35)
131-350% poverty:																		
2 - 19.....	2	(0.7)	896	72.6	(5.85)	0.7*	(0.20)	73.3	(5.81)		--		--		--		72.8	(6.01)
20 and over.....	19	(1.3)	1558	120.9	(7.38)	7.5	(0.76)	128.4	(7.41)	265	144.8	(28.48)	38.5	(4.01)	183.4	(29.14)	115.2	(5.85)
2 and over...	15	(1.1)	2454	108.6	(5.62)	5.7	(0.52)	114.4	(5.65)	279	141.9	(28.08)	38.3	(3.91)	180.2	(28.84)	102.8	(4.84)
Over 350% poverty:																		
2 - 19.....	4	(0.9)	532	80.2	(6.89)	1.3	(0.29)	81.5	(6.83)		--		--		--		80.2	(6.92)
20 and over.....	26	(1.9)	1411	135.1	(4.55)	20.7*	(10.55)	155.8	(13.02)	320	160.5	(12.41)	79.2*	(37.94)	239.7	(47.17)	126.1	(6.04)
2 and over...	22	(1.6)	1943	125.4	(4.30)	17.3*	(8.65)	142.7	(11.27)	337	158.1	(12.26)	77.8*	(36.92)	235.8	(46.10)	116.1	(5.25)
All Individuals [10]:																		
2 - 19.....	3	(0.2)	2974	72.2	(3.12)	0.8	(0.12)	73.0	(3.12)		--		--		--		72.1	(3.05)
20 and over.....	21	(1.1)	4830	122.5	(3.42)	11.9*	(4.24)	134.4	(4.63)	830	148.0	(8.76)	57.9*	(18.60)	205.9	(20.72)	115.8	(4.31)
2 and over...	16	(0.9)	7804	110.0	(2.83)	9.2*	(3.22)	119.2	(3.91)	884	145.2	(8.72)	56.9*	(17.94)	202.0	(20.23)	103.3	(3.43)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
				Lycopene														
Family income as % of poverty level and age	Percent reporting supplement lycopene [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1354	4013	(269.8)	2*	(0.8)	4015	(270.1)		--		--		--		4021	(268.8)
20 and over.....	6	(0.9)	1517	4642	(307.8)	32*	(10.4)	4674	(310.4)	84	6506	(1000.5)	578	(146.8)	7083	(938.8)	4533	(322.2)
2 and over...	4	(0.6)	2871	4434	(252.2)	22*	(6.9)	4456	(253.2)	92	6359	(964.4)	575	(141.4)	6934	(900.9)	4358	(256.8)
131-350% poverty:																		
2 - 19.....	2	(0.8)	896	4403	(395.5)	9*	(4.5)	4412	(397.2)		--		--		--		4404	(429.6)
20 and over.....	9	(1.5)	1558	4831	(236.4)	56	(13.6)	4887	(237.8)	122	4074	(672.8)	631	(170.7)	4704	(698.0)	4905	(262.1)
2 and over...	7	(1.3)	2454	4722	(223.3)	44	(10.5)	4766	(223.1)	128	4092	(601.0)	620	(156.6)	4712	(642.1)	4770	(246.9)
Over 350% poverty:																		
2 - 19.....	1*	(0.4)	532	3833	(377.3)	2*	(1.2)	3835	(377.7)		--		--		--		3821	(375.6)
20 and over.....	16	(1.1)	1411	5561	(211.7)	85	(11.0)	5646	(215.6)	196	5249	(547.6)	537	(53.5)	5786	(557.3)	5620	(243.9)
2 and over...	13	(1.0)	1943	5255	(208.8)	70	(9.3)	5326	(212.5)	201	5250	(542.3)	534	(53.3)	5784	(552.8)	5256	(218.3)
All Individuals [10]:																		
2 - 19.....	1	(0.2)	2974	4138	(213.7)	4*	(1.5)	4142	(214.1)		--		--		--		4137	(216.7)
20 and over.....	11	(0.9)	4830	5009	(125.7)	59	(5.8)	5069	(127.8)	425	5102	(343.8)	563	(54.9)	5665	(347.3)	4998	(149.9)
2 and over...	8	(0.7)	7804	4794	(117.6)	46	(4.4)	4840	(118.3)	444	5076	(328.3)	559	(52.2)	5636	(334.5)	4769	(134.2)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Lutein + zeaxanthin																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement lutein + zeaxanthin [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1354	782	(59.9)	2*	(1.2)	784	(60.1)		--		--		--		782	(60.0)
20 and over.....	6	(0.7)	1517	1353	(147.3)	48	(13.4)	1401	(150.7)	84	1829	(367.2)	828	(167.7)	2657	(444.2)	1324	(153.6)
2 and over...	4	(0.5)	2871	1164	(101.2)	33	(8.8)	1197	(102.5)	90	1801	(359.4)	820	(163.2)	2621	(434.5)	1138	(103.7)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	896	846	(71.8)	7*	(5.1)	853	(70.3)		--		--		--		843	(73.1)
20 and over.....	9	(1.0)	1558	1629	(173.3)	76	(18.8)	1706	(172.0)	133	1542	(151.4)	873	(195.3)	2415	(229.4)	1638	(187.4)
2 and over...	7	(0.7)	2454	1430	(133.5)	59	(14.0)	1489	(131.9)	137	1525	(148.6)	868	(189.5)	2393	(227.0)	1423	(142.5)
Over 350% poverty:																		
2 - 19.....	2*	(1.0)	532	1035	(137.4)	5*	(2.7)	1040	(136.4)		--		--		--		1027	(141.8)
20 and over.....	15	(1.5)	1411	1845	(106.9)	157	(21.2)	2002	(113.6)	202	2511	(185.4)	1031	(103.3)	3542	(233.1)	1726	(115.6)
2 and over...	13	(1.3)	1943	1702	(90.2)	130	(18.6)	1832	(97.9)	210	2487	(176.5)	1013	(101.0)	3500	(221.0)	1587	(96.9)
All Individuals [10]:																		
2 - 19.....	1	(0.3)	2974	869	(52.3)	4*	(1.9)	873	(52.7)		--		--		--		866	(52.8)
20 and over.....	10	(0.8)	4830	1659	(76.8)	98	(10.6)	1756	(74.9)	443	2100	(123.3)	938	(81.8)	3037	(150.8)	1608	(87.7)
2 and over...	8	(0.6)	7804	1464	(57.3)	75	(8.1)	1538	(56.5)	462	2076	(115.3)	925	(79.2)	3002	(141.6)	1410	(65.0)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income as % of poverty level and age	Percent reporting supplement calcium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	6	(1.5)	1354	953	(24.3)	14	(3.5)	968	(24.1)	75	1032	(60.0)	232	(29.4)	1264	(78.4)	948	(26.4)
20 and over.....	23	(1.4)	1517	939	(22.4)	108	(11.0)	1047	(31.4)	330	1022	(45.0)	460	(25.7)	1481	(52.4)	914	(23.8)
2 and over...	18	(1.2)	2871	944	(19.4)	77	(7.7)	1021	(24.5)	405	1023	(40.8)	433	(22.0)	1456	(47.0)	927	(22.8)
131-350% poverty:																		
2 - 19.....	9	(1.0)	896	1029	(33.7)	17	(2.7)	1046	(35.1)	73	1194	(105.4)	193	(18.7)	1387	(96.9)	1014	(36.1)
20 and over.....	31	(1.4)	1558	968	(16.1)	156	(10.1)	1124	(11.9)	429	950	(22.1)	505	(26.9)	1455	(20.0)	976	(19.3)
2 and over...	25	(1.1)	2454	984	(15.7)	120	(8.3)	1104	(11.6)	502	972	(25.2)	478	(26.8)	1449	(19.1)	988	(17.1)
Over 350% poverty:																		
2 - 19.....	10	(1.2)	532	1103	(42.6)	18	(4.3)	1121	(44.9)		--		--		--		1108	(43.5)
20 and over.....	38	(2.1)	1411	984	(25.2)	180	(11.3)	1164	(29.3)	479	1068	(50.4)	473	(16.9)	1542	(53.3)	933	(23.6)
2 and over...	33	(1.8)	1943	1005	(24.4)	152	(9.1)	1157	(25.6)	528	1068	(47.8)	458	(16.4)	1526	(49.5)	974	(23.8)
All Individuals [10]:																		
2 - 19.....	8	(0.7)	2974	1021	(18.7)	16	(2.2)	1037	(18.5)	208	1141	(50.3)	204	(18.8)	1345	(44.8)	1011	(20.5)
20 and over.....	32	(1.3)	4830	967	(12.7)	154	(8.5)	1121	(18.2)	1318	1023	(19.1)	486	(13.7)	1509	(24.4)	941	(13.8)
2 and over...	26	(1.0)	7804	980	(11.9)	120	(6.3)	1100	(15.7)	1526	1032	(19.0)	465	(12.7)	1497	(24.5)	962	(12.7)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

				Phosphorus														
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement phosphorus [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.8)	1354	1215	(20.0)	2*	(1.1)	1218	(19.5)		--		--		--		1209	(23.5)
20 and over.....	9	(0.9)	1517	1340	(22.3)	4	(0.7)	1344	(22.6)	131	1342	(66.3)	46	(5.9)	1388	(63.3)	1340	(24.3)
2 and over...	7	(0.7)	2871	1299	(17.4)	3	(0.5)	1302	(17.4)	153	1360	(60.0)	53	(5.9)	1413	(57.4)	1295	(19.1)
131-350% poverty:																		
2 - 19.....	2	(0.5)	896	1301	(29.7)	3*	(0.8)	1303	(30.1)		--		--		--		1297	(31.4)
20 and over.....	12	(1.0)	1558	1417	(25.2)	5	(0.8)	1422	(25.4)	167	1472	(64.9)	44	(7.2)	1515	(63.3)	1410	(30.0)
2 and over...	9	(0.9)	2454	1388	(21.6)	4	(0.6)	1392	(21.8)	187	1473	(63.8)	48	(6.7)	1521	(62.0)	1379	(25.8)
Over 350% poverty:																		
2 - 19.....	3*	(0.8)	532	1319	(47.1)	2*	(0.7)	1321	(47.2)		--		--		--		1319	(46.7)
20 and over.....	18	(1.5)	1411	1430	(21.1)	9	(1.1)	1439	(21.3)	227	1542	(46.8)	51	(5.0)	1593	(45.1)	1406	(25.6)
2 and over...	15	(1.4)	1943	1410	(18.4)	8	(0.9)	1418	(18.5)	241	1535	(45.5)	52	(4.8)	1587	(43.9)	1388	(23.7)
All Individuals [10]:																		
2 - 19.....	2	(0.5)	2974	1272	(15.3)	2*	(0.6)	1274	(15.2)		--		--		--		1269	(16.3)
20 and over.....	13	(0.8)	4830	1401	(12.3)	6	(0.6)	1407	(12.4)	553	1484	(37.5)	48	(3.7)	1532	(38.1)	1389	(14.3)
2 and over...	10	(0.7)	7804	1369	(10.9)	5	(0.4)	1375	(10.9)	612	1482	(36.2)	51	(3.0)	1533	(36.2)	1356	(12.4)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Magnesium																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement magnesium [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(0.9)	1354	225	(4.5)	3*	(1.3)	229	(4.1)		--		--		--		222	(5.9)
20 and over.....	17	(1.3)	1517	282	(5.0)	17	(2.3)	299	(6.2)	238	294	(13.8)	102	(11.8)	396	(22.9)	279	(5.2)
2 and over...	13	(1.1)	2871	263	(4.4)	12	(1.7)	276	(5.1)	288	295	(13.5)	99	(10.7)	394	(21.5)	258	(4.6)
131-350% poverty:																		
2 - 19.....	7	(1.5)	896	239	(6.4)	3*	(0.9)	242	(6.4)		--		--		--		233	(6.0)
20 and over.....	24	(1.2)	1558	303	(6.1)	28	(2.8)	331	(6.4)	325	313	(9.6)	118	(12.5)	431	(16.8)	300	(7.9)
2 and over...	19	(1.1)	2454	287	(5.6)	21	(2.1)	308	(6.1)	365	315	(12.5)	111	(11.6)	426	(17.8)	280	(6.5)
Over 350% poverty:																		
2 - 19.....	6	(1.4)	532	244	(7.7)	2*	(1.0)	247	(8.0)		--		--		--		241	(7.8)
20 and over.....	31	(1.9)	1411	322	(5.1)	31	(2.8)	353	(5.5)	374	356	(11.8)	99	(7.2)	455	(12.8)	307	(5.4)
2 and over...	26	(1.6)	1943	308	(3.7)	26	(2.5)	334	(4.6)	406	353	(11.0)	97	(7.0)	450	(11.9)	292	(4.7)
All Individuals [10]:																		
2 - 19.....	6	(0.7)	2974	235	(3.0)	3	(0.6)	238	(3.1)	129	313	(40.5)	53	(13.0)	366	(45.7)	230	(3.3)
20 and over.....	24	(1.2)	4830	305	(3.3)	26	(1.9)	331	(3.7)	996	331	(6.9)	105	(6.7)	436	(9.3)	297	(3.8)
2 and over...	20	(1.0)	7804	288	(3.0)	20	(1.5)	308	(3.3)	1125	330	(7.5)	102	(6.6)	431	(9.6)	278	(3.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Iron																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement iron [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(1.0)	1354	13.6	(0.32)	0.9	(0.23)	14.4	(0.33)		--		--		--		13.5	(0.34)
20 and over.....	11	(1.2)	1517	14.4	(0.37)	2.6	(0.28)	17.0	(0.47)	163	13.6	(0.83)	23.2	(2.06)	36.8	(2.02)	14.5	(0.38)
2 and over...	9	(0.9)	2871	14.1	(0.33)	2.0	(0.21)	16.1	(0.37)	213	13.8	(0.67)	22.8	(1.63)	36.7	(1.64)	14.1	(0.33)
131-350% poverty:																		
2 - 19.....	4	(0.8)	896	14.3	(0.63)	0.7	(0.21)	15.0	(0.62)		--		--		--		14.3	(0.64)
20 and over.....	15	(1.5)	1558	14.8	(0.37)	3.3	(0.40)	18.1	(0.46)	200	15.0	(0.59)	22.1	(1.79)	37.1	(1.72)	14.8	(0.42)
2 and over...	12	(1.1)	2454	14.7	(0.37)	2.6	(0.33)	17.3	(0.42)	249	15.0	(0.54)	22.0	(1.77)	37.0	(1.72)	14.6	(0.42)
Over 350% poverty:																		
2 - 19.....	6	(1.5)	532	13.8	(0.44)	1.2*	(0.51)	15.0	(0.73)		--		--		--		13.7	(0.42)
20 and over.....	16	(1.3)	1411	14.5	(0.16)	3.7	(0.43)	18.2	(0.43)	202	15.0	(0.60)	22.4	(1.34)	37.5	(1.43)	14.3	(0.19)
2 and over...	15	(1.1)	1943	14.3	(0.13)	3.3	(0.36)	17.6	(0.31)	234	15.0	(0.57)	22.1	(1.29)	37.2	(1.40)	14.2	(0.17)
All Individuals [10]:																		
2 - 19.....	5	(0.5)	2974	13.9	(0.24)	0.9	(0.15)	14.8	(0.25)	142	16.2	(0.88)	19.5	(2.61)	35.6	(2.33)	13.8	(0.25)
20 and over.....	15	(0.9)	4830	14.6	(0.15)	3.2	(0.24)	17.8	(0.26)	607	14.7	(0.44)	22.2	(0.87)	36.9	(0.85)	14.5	(0.16)
2 and over...	12	(0.7)	7804	14.4	(0.15)	2.7	(0.19)	17.1	(0.22)	749	14.8	(0.41)	21.9	(0.90)	36.8	(0.85)	14.3	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

			Z i n c																
			All Individuals [6]							*Supplement Users* [7]							*Non-users* [8]	
Family income as % of poverty level and age	Percent reporting supplement zinc [9]		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	12	(1.9)	1354	9.7	(0.23)	0.8	(0.15)	10.5	(0.23)	146	10.0	(0.65)	6.7	(1.01)	16.7	(1.35)	9.7	(0.29)
20 and over.....	18	(1.5)	1517	10.8	(0.30)	3.2	(0.29)	13.9	(0.52)	256	10.5	(0.47)	17.3	(0.53)	27.8	(0.84)	10.8	(0.32)
2 and over...	16	(1.4)	2871	10.4	(0.25)	2.4	(0.21)	12.8	(0.39)	402	10.4	(0.40)	14.7	(0.71)	25.1	(0.90)	10.4	(0.28)
131-350% poverty:																		
2 - 19.....	17	(2.1)	896	10.4	(0.46)	0.9	(0.18)	11.3	(0.57)	147	12.3	(2.89)	5.7	(1.06)	18.0	(3.65)	10.0	(0.35)
20 and over.....	24	(1.4)	1558	11.5	(0.19)	4.1	(0.39)	15.6	(0.43)	333	11.1	(0.49)	16.8	(1.14)	27.8	(1.38)	11.6	(0.29)
2 and over...	22	(1.2)	2454	11.2	(0.23)	3.3	(0.29)	14.5	(0.40)	480	11.3	(0.64)	14.7	(1.00)	26.0	(1.22)	11.2	(0.27)
Over 350% poverty:																		
2 - 19.....	21	(4.5)	532	10.2	(0.38)	1.1	(0.23)	11.2	(0.56)	105	10.5	(0.78)	4.9	(0.39)	15.4	(0.89)	10.1	(0.36)
20 and over.....	31	(1.9)	1411	11.2	(0.19)	4.9	(0.22)	16.1	(0.25)	388	11.8	(0.42)	15.7	(0.62)	27.5	(0.79)	11.0	(0.21)
2 and over...	29	(1.7)	1943	11.0	(0.13)	4.2	(0.22)	15.3	(0.21)	493	11.6	(0.39)	14.3	(0.78)	25.9	(0.89)	10.8	(0.19)
All Individuals [10]:																		
2 - 19.....	16	(1.5)	2974	10.1	(0.16)	0.9	(0.10)	11.0	(0.21)	412	11.2	(1.10)	5.6	(0.54)	16.9	(1.49)	9.9	(0.21)
20 and over.....	25	(1.3)	4830	11.2	(0.10)	4.1	(0.22)	15.3	(0.25)	1040	11.3	(0.27)	16.3	(0.51)	27.7	(0.63)	11.1	(0.11)
2 and over...	23	(1.1)	7804	10.9	(0.10)	3.3	(0.17)	14.2	(0.21)	1452	11.3	(0.31)	14.5	(0.50)	25.8	(0.63)	10.8	(0.12)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Family income as % of poverty level and age	Percent reporting supplement copper [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	5	(1.2)	1354	0.9	(0.02)	0.1	(0.02)	1.0	(0.02)		--		--		--		0.9	(0.02)
20 and over.....	17	(1.5)	1517	1.1	(0.02)	0.2	(0.02)	1.4	(0.04)	227	1.1	(0.03)	1.4	(0.08)	2.6	(0.07)	1.1	(0.03)
2 and over...	13	(1.1)	2871	1.0	(0.02)	0.2	(0.02)	1.2	(0.03)	279	1.1	(0.03)	1.5	(0.09)	2.6	(0.08)	1.0	(0.02)
131-350% poverty:																		
2 - 19.....	5	(1.1)	896	0.9	(0.03)	0.1*	(0.04)	1.1	(0.05)		--		--		--		0.9	(0.03)
20 and over.....	22	(1.4)	1558	1.2	(0.03)	0.3	(0.03)	1.5	(0.03)	298	1.3	(0.06)	1.4	(0.06)	2.6	(0.09)	1.2	(0.04)
2 and over...	17	(1.2)	2454	1.2	(0.03)	0.2	(0.02)	1.4	(0.03)	345	1.3	(0.05)	1.4	(0.09)	2.7	(0.12)	1.1	(0.03)
Over 350% poverty:																		
2 - 19.....	7	(1.5)	532	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)		--		--		--		1.0	(0.03)
20 and over.....	29	(1.7)	1411	1.3	(0.03)	0.3	(0.02)	1.7	(0.03)	351	1.4	(0.06)	1.2	(0.03)	2.6	(0.06)	1.3	(0.02)
2 and over...	25	(1.5)	1943	1.3	(0.02)	0.3	(0.02)	1.6	(0.02)	382	1.4	(0.06)	1.2	(0.03)	2.6	(0.06)	1.2	(0.02)
All Individuals [10]:																		
2 - 19.....	5	(0.5)	2974	0.9	(0.01)	0.1	(0.02)	1.0	(0.02)	137	1.3	(0.15)	1.8	(0.32)	3.1	(0.37)	0.9	(0.01)
20 and over.....	23	(1.2)	4830	1.2	(0.02)	0.3	(0.02)	1.5	(0.03)	932	1.3	(0.04)	1.3	(0.03)	2.6	(0.05)	1.2	(0.02)
2 and over...	18	(1.0)	7804	1.2	(0.01)	0.2	(0.01)	1.4	(0.02)	1069	1.3	(0.04)	1.3	(0.03)	2.7	(0.06)	1.1	(0.01)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income as % of poverty level and age	Percent reporting supplement sodium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(1.0)	1354	2974	(47.4)	#		2974	(47.4)		--		--		--		2988	(47.9)
20 and over.....	3	(0.7)	1517	3464	(45.7)	1	(0.2)	3464	(45.7)		--		--		--		3470	(49.0)
2 and over...	3	(0.5)	2871	3302	(36.1)	1	(0.1)	3302	(36.1)	99	3007	(147.7)	19	(3.1)	3027	(146.4)	3312	(38.4)
131-350% poverty:																		
2 - 19.....	5	(1.2)	896	3120	(49.2)	1*	(0.3)	3121	(49.2)	60	2912	(173.3)	17	(4.6)	2929	(174.2)	3132	(54.5)
20 and over.....	7	(1.2)	1558	3550	(52.2)	2	(0.6)	3552	(52.1)	96	3433	(182.3)	30	(6.8)	3463	(181.3)	3559	(50.0)
2 and over...	6	(1.0)	2454	3441	(46.5)	2	(0.4)	3443	(46.5)	156	3317	(147.9)	27	(5.8)	3344	(147.4)	3449	(45.9)
Over 350% poverty:																		
2 - 19.....	7	(1.6)	532	3042	(117.6)	1	(0.1)	3042	(117.7)		--		--		--		3062	(113.2)
20 and over.....	10	(1.0)	1411	3588	(51.5)	3	(0.6)	3591	(51.6)	102	3481	(157.1)	36	(5.0)	3517	(157.9)	3599	(51.2)
2 and over...	9	(0.8)	1943	3491	(53.2)	3	(0.5)	3494	(53.2)	136	3386	(135.7)	33	(4.1)	3418	(136.0)	3502	(52.8)
All Individuals [10]:																		
2 - 19.....	5	(0.7)	2974	3036	(40.1)	1	(0.1)	3036	(40.1)	156	2754	(125.9)	13	(1.9)	2767	(126.0)	3051	(39.6)
20 and over.....	7	(0.6)	4830	3534	(30.2)	2	(0.4)	3536	(30.2)	254	3419	(92.1)	33	(3.7)	3452	(90.6)	3542	(32.9)
2 and over...	6	(0.5)	7804	3411	(28.0)	2	(0.3)	3412	(28.0)	410	3290	(80.3)	29	(3.3)	3319	(79.3)	3419	(29.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Percent reporting supplement potassium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.6)	1354	2080	(35.1)	1*	(0.4)	2081	(34.9)		--		--		--		2050	(44.6)
20 and over.....	10	(1.1)	1517	2460	(38.1)	8	(0.8)	2468	(38.6)	142	2553	(107.5)	79	(4.9)	2632	(108.9)	2449	(38.2)
2 and over...	7	(0.9)	2871	2334	(31.8)	6	(0.6)	2340	(32.2)	154	2648	(130.3)	78	(4.7)	2726	(131.8)	2309	(33.2)
131-350% poverty:																		
2 - 19.....	1*	(0.6)	896	2207	(53.8)	1*	(0.6)	2208	(53.6)		--		--		--		2192	(51.8)
20 and over.....	14	(1.1)	1558	2664	(37.1)	12	(0.8)	2676	(37.5)	202	3093	(102.3)	84	(2.6)	3178	(102.0)	2592	(43.5)
2 and over...	11	(0.8)	2454	2547	(36.7)	9	(0.6)	2557	(37.0)	214	3102	(97.8)	84	(2.9)	3186	(97.5)	2479	(42.8)
Over 350% poverty:																		
2 - 19.....	3*	(0.8)	532	2237	(73.2)	1*	(0.5)	2238	(73.2)		--		--		--		2228	(70.9)
20 and over.....	21	(1.7)	1411	2778	(46.0)	20	(2.7)	2797	(45.6)	251	3106	(127.8)	94	(10.2)	3199	(127.6)	2691	(42.7)
2 and over...	18	(1.7)	1943	2682	(39.0)	16	(2.4)	2698	(38.9)	262	3092	(124.8)	93	(10.0)	3184	(125.0)	2595	(38.9)
All Individuals [10]:																		
2 - 19.....	2	(0.3)	2974	2161	(27.1)	1	(0.2)	2162	(27.0)		--		--		--		2143	(31.3)
20 and over.....	16	(0.9)	4830	2660	(30.4)	14	(1.2)	2674	(30.9)	630	3007	(94.1)	87	(5.7)	3094	(94.8)	2596	(29.3)
2 and over...	12	(0.8)	7804	2537	(27.5)	11	(0.9)	2547	(27.9)	667	3015	(86.3)	87	(5.6)	3102	(87.1)	2471	(27.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Family income as % of poverty level and age	Percent reporting supplement selenium [9]		*All Individuals* [6]							*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.6)	1354	95.9	(1.63)	1.6*	(0.55)	97.4	(1.78)		--		--		--		93.1	(1.85)
20 and over.....	15	(1.5)	1517	113.5	(1.68)	9.9	(1.21)	123.3	(2.25)	212	109.2	(5.86)	65.7	(3.68)	174.9	(7.51)	114.2	(1.95)
2 and over...	11	(1.0)	2871	107.7	(1.07)	7.1	(0.83)	114.8	(1.46)	232	116.8	(8.06)	66.1	(3.94)	182.9	(10.46)	106.6	(1.42)
131-350% poverty:																		
2 - 19.....	2	(0.8)	896	101.3	(2.06)	2.9*	(1.09)	104.2	(2.11)		--		--		--		100.3	(2.22)
20 and over.....	20	(1.4)	1558	117.5	(2.37)	14.4	(1.49)	131.8	(2.51)	282	113.3	(5.81)	70.4	(3.91)	183.7	(8.87)	118.5	(2.60)
2 and over...	16	(1.2)	2454	113.3	(2.24)	11.5	(1.35)	124.8	(2.44)	294	114.3	(6.20)	72.3	(4.44)	186.6	(9.81)	113.2	(2.54)
Over 350% poverty:																		
2 - 19.....	3	(0.8)	532	95.6	(3.02)	1.3	(0.33)	96.8	(3.11)		--		--		--		95.2	(2.99)
20 and over.....	28	(1.7)	1411	118.9	(1.74)	20.3	(1.24)	139.2	(2.41)	338	121.2	(4.09)	73.2	(3.49)	194.4	(6.03)	118.0	(2.40)
2 and over...	23	(1.6)	1943	114.8	(1.55)	16.9	(1.04)	131.7	(1.95)	353	120.9	(4.01)	72.4	(3.37)	193.3	(5.94)	112.9	(2.33)
All Individuals [10]:																		
2 - 19.....	3	(0.4)	2974	97.7	(1.12)	1.9	(0.41)	99.6	(1.07)		--		--		--		96.1	(1.36)
20 and over.....	22	(1.2)	4830	117.0	(1.03)	15.5	(1.10)	132.5	(1.44)	887	116.0	(2.87)	71.1	(2.57)	187.1	(4.98)	117.3	(1.30)
2 and over...	17	(1.0)	7804	112.3	(0.96)	12.1	(0.86)	124.4	(1.12)	937	117.6	(3.08)	71.2	(2.71)	188.8	(5.24)	111.2	(1.23)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

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

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

Percent reporting a supplement intake: 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.

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

Footnotes

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

[2] Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.
Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.
Folate (DFE): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **Food and beverage intake** was 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_h) of NHANES 2013-2014. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm.

[5] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[6] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[7] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[8] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[9] The weighted percentage of respondents in the income/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

[10] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2017. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2013-2014. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Sample size [1]	Energy kcal	(SE)	Nutrient per 1000 kcal: Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Males:																			
2 - 5	337	1571	(35.2)	35.5	(1.00)	139	(1.1)	66	(1.2)	8.1	(0.28)	35.2	(0.46)	12.6	(0.25)	11.6	(0.15)	7.7	(0.15)
6 - 11	537	2036	(46.2)	36.1	(0.57)	134	(0.7)	63	(1.1)	7.6	(0.24)	36.7	(0.46)	13.5	(0.32)	12.1	(0.20)	7.5	(0.19)
12 - 19	646	2376	(38.2)	40.0	(1.06)	128	(2.0)	60	(1.5)	7.1	(0.20)	37.5	(0.53)	12.7	(0.28)	12.7	(0.27)	8.4	(0.27)
20 - 29	424	2704	(62.5)	42.0	(1.33)	115	(2.1)	52	(2.1)	6.6	(0.23)	37.8	(0.53)	12.4	(0.28)	13.0	(0.20)	8.7	(0.25)
30 - 39	429	2622	(68.0)	41.2	(1.25)	118	(1.3)	52	(1.3)	7.6	(0.20)	36.8	(0.42)	11.7	(0.21)	12.9	(0.17)	8.4	(0.22)
40 - 49	410	2520	(45.3)	41.2	(0.85)	117	(2.6)	50	(1.8)	7.9	(0.27)	36.8	(0.59)	11.9	(0.36)	12.8	(0.25)	8.5	(0.23)
50 - 59	398	2493	(77.7)	40.4	(1.35)	117	(2.0)	49	(1.7)	8.2	(0.34)	38.1	(0.85)	12.3	(0.25)	13.7	(0.38)	8.4	(0.24)
60 - 69	395	2253	(51.7)	39.3	(1.18)	116	(2.7)	48	(2.1)	8.6	(0.25)	38.7	(0.42)	12.4	(0.29)	13.6	(0.33)	9.2	(0.27)
70 and over	358	2022	(63.3)	41.2	(0.64)	118	(2.4)	49	(1.4)	9.5	(0.46)	39.2	(0.74)	12.9	(0.33)	13.7	(0.33)	9.1	(0.31)
2 - 19	1520	2101	(26.4)	37.7	(0.54)	132	(1.1)	62	(0.9)	7.5	(0.16)	36.8	(0.39)	13.0	(0.19)	12.3	(0.17)	8.0	(0.18)
20 and over	2414	2477	(26.1)	40.9	(0.66)	117	(1.0)	50	(0.8)	7.9	(0.17)	37.8	(0.21)	12.2	(0.12)	13.2	(0.09)	8.7	(0.10)
2 and over	3934	2382	(21.0)	40.1	(0.55)	121	(0.8)	53	(0.8)	7.8	(0.12)	37.5	(0.20)	12.4	(0.12)	13.0	(0.09)	8.5	(0.09)
Females:																			
2 - 5	339	1395	(36.9)	36.7	(0.82)	135	(1.5)	66	(1.3)	7.9	(0.25)	36.3	(0.63)	13.3	(0.26)	11.8	(0.23)	7.8	(0.27)
6 - 11	510	1786	(30.4)	35.0	(0.79)	135	(1.5)	61	(1.4)	8.0	(0.22)	37.1	(0.47)	12.8	(0.26)	12.2	(0.15)	8.6	(0.17)
12 - 19	650	1689	(48.0)	37.3	(0.93)	132	(1.7)	61	(1.9)	7.6	(0.32)	36.8	(0.68)	12.1	(0.31)	12.1	(0.29)	9.0	(0.38)
20 - 29	430	1933	(61.9)	37.8	(1.23)	123	(1.6)	57	(1.1)	7.9	(0.21)	37.9	(0.65)	12.5	(0.32)	12.8	(0.24)	9.0	(0.22)
30 - 39	463	1986	(33.0)	39.7	(0.98)	124	(1.4)	56	(1.3)	8.7	(0.28)	37.5	(0.53)	12.1	(0.29)	12.8	(0.26)	8.9	(0.25)
40 - 49	487	1873	(36.3)	39.7	(0.81)	121	(1.2)	54	(1.6)	8.9	(0.24)	38.2	(0.48)	12.2	(0.20)	13.3	(0.23)	9.2	(0.20)
50 - 59	439	1779	(38.2)	40.0	(1.08)	120	(2.3)	53	(1.9)	8.9	(0.40)	38.7	(0.67)	11.9	(0.22)	13.3	(0.31)	9.7	(0.35)
60 - 69	433	1712	(55.5)	41.0	(0.94)	119	(1.3)	50	(1.5)	9.2	(0.21)	38.9	(0.46)	12.2	(0.17)	13.6	(0.25)	9.5	(0.23)
70 and over	381	1604	(37.9)	38.8	(0.79)	126	(1.3)	57	(1.0)	9.8	(0.20)	38.2	(0.51)	12.4	(0.37)	13.1	(0.20)	9.2	(0.15)
2 - 19	1499	1657	(22.7)	36.4	(0.68)	134	(1.1)	62	(0.8)	7.8	(0.15)	36.8	(0.39)	12.6	(0.23)	12.1	(0.17)	8.6	(0.21)
20 and over	2633	1825	(18.1)	39.5	(0.44)	122	(0.9)	54	(0.7)	8.8	(0.14)	38.2	(0.29)	12.2	(0.14)	13.1	(0.11)	9.3	(0.13)
2 and over	4132	1786	(16.4)	38.8	(0.39)	125	(0.8)	56	(0.6)	8.6	(0.13)	37.9	(0.26)	12.3	(0.13)	12.9	(0.09)	9.1	(0.10)
Males and females:																			
2 - 19	3019	1885	(21.1)	37.1	(0.51)	133	(0.8)	62	(0.7)	7.6	(0.10)	36.8	(0.29)	12.8	(0.15)	12.2	(0.13)	8.3	(0.15)
20 and over	5047	2141	(18.7)	40.2	(0.48)	119	(0.6)	52	(0.5)	8.4	(0.13)	38.0	(0.21)	12.2	(0.09)	13.2	(0.07)	9.0	(0.09)
2 and over	8066	2079	(17.2)	39.4	(0.43)	123	(0.5)	55	(0.4)	8.2	(0.11)	37.7	(0.18)	12.3	(0.10)	12.9	(0.06)	8.8	(0.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	Cholesterol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-cryptoxanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	115	(5.0)	285	(8.7)	366	(18.1)	220*	(66.9)	853	(149.2)	46	(4.7)	2095	(289.5)	386	(22.2)	0.86	(0.019)
6 - 11	112	(4.0)	288	(13.0)	362	(20.4)	184	(48.2)	783	(122.2)	38	(3.5)	2107	(209.7)	420	(66.1)	0.85	(0.020)
12 - 19	132	(4.2)	229	(7.8)	284	(9.7)	135	(25.2)	587	(59.6)	35	(4.3)	2409	(174.5)	445	(37.5)	0.86	(0.040)
20 - 29	144	(6.6)	198	(13.4)	269	(15.3)	129	(15.1)	778	(95.0)	28	(2.6)	1975	(106.6)	593	(79.4)	0.74	(0.015)
30 - 39	143	(5.9)	176	(9.8)	271	(10.8)	199	(24.8)	1023	(103.1)	28	(2.3)	2281	(231.9)	694	(136.2)	0.75	(0.023)
40 - 49	142	(7.0)	179	(8.6)	270	(13.9)	210	(46.0)	969	(126.6)	26	(2.3)	2311	(284.9)	641	(76.9)	0.75	(0.019)
50 - 59	141	(6.0)	189	(8.5)	280	(11.9)	168	(24.3)	992	(102.0)	40	(5.7)	2311	(240.3)	788	(69.3)	0.77	(0.018)
60 - 69	139	(7.6)	201	(8.2)	300	(14.9)	169	(21.4)	1094	(124.4)	44	(6.5)	2954	(360.3)	748	(108.4)	0.80	(0.021)
70 and over	162	(7.3)	274	(27.2)	395	(27.3)	247	(28.2)	1309	(143.8)	43	(4.7)	2775	(192.8)	855	(98.4)	0.87	(0.028)
2 - 19	121	(2.3)	260	(4.9)	327	(9.7)	169	(26.9)	708	(62.6)	38	(3.3)	2242	(126.9)	425	(36.3)	0.86	(0.020)
20 and over	144	(2.8)	198	(4.9)	290	(7.6)	182	(13.5)	1000	(51.2)	34	(1.5)	2382	(138.7)	708	(44.9)	0.77	(0.009)
2 and over	138	(2.2)	214	(4.0)	299	(6.5)	179	(11.1)	926	(40.2)	35	(1.6)	2346	(112.9)	636	(34.4)	0.79	(0.008)
Females:																		
2 - 5	123	(6.2)	328	(15.6)	404	(20.1)	163	(27.2)	817	(89.8)	44	(8.1)	2024	(230.0)	444	(34.9)	0.85	(0.019)
6 - 11	111	(4.3)	270	(11.8)	334	(14.9)	142	(19.2)	681	(88.5)	43	(5.5)	2209	(262.1)	614	(145.2)	0.86	(0.022)
12 - 19	112	(5.2)	223	(12.3)	336	(40.0)	278*	(133.4)	1202	(353.8)	40	(5.0)	2371	(222.4)	637	(127.1)	0.82	(0.019)
20 - 29	134	(8.5)	198	(8.1)	297	(19.9)	193	(42.2)	1072	(159.5)	41	(8.6)	2192	(184.4)	838	(99.9)	0.76	(0.016)
30 - 39	134	(6.6)	178	(8.3)	295	(24.0)	163	(34.3)	1311	(242.1)	38	(4.6)	2256	(221.0)	1193	(343.1)	0.78	(0.026)
40 - 49	130	(5.1)	181	(5.9)	316	(23.8)	311	(73.9)	1436	(222.3)	57	(10.2)	2281	(152.9)	996	(65.6)	0.77	(0.015)
50 - 59	138	(6.8)	216	(9.4)	358	(15.1)	305	(29.8)	1537	(176.7)	47	(7.7)	2326	(184.6)	1250	(231.7)	0.80	(0.036)
60 - 69	140	(4.7)	228	(11.9)	371	(16.7)	254	(34.2)	1558	(137.5)	71	(16.9)	2486	(293.9)	1072	(107.5)	0.82	(0.016)
70 and over	133	(5.9)	268	(15.8)	417	(22.6)	278	(39.6)	1614	(190.7)	72	(9.1)	2670	(296.4)	1062	(87.4)	0.84	(0.014)
2 - 19	114	(3.4)	260	(9.7)	350	(21.1)	210*	(63.2)	952	(167.2)	42	(2.8)	2245	(166.8)	588	(71.1)	0.84	(0.013)
20 and over	135	(2.3)	209	(5.2)	339	(11.8)	251	(23.9)	1411	(100.4)	53	(3.6)	2351	(95.7)	1069	(79.1)	0.79	(0.010)
2 and over	130	(2.0)	221	(5.5)	341	(11.9)	241	(24.9)	1305	(97.1)	51	(2.9)	2326	(83.0)	958	(67.8)	0.80	(0.009)
Males and females:																		
2 - 19	118	(2.4)	260	(5.9)	338	(12.4)	189	(37.5)	826	(91.7)	40	(2.6)	2243	(120.6)	504	(32.6)	0.85	(0.014)
20 and over	139	(1.6)	204	(3.7)	315	(7.7)	217	(16.8)	1211	(63.0)	44	(2.1)	2366	(51.3)	894	(47.7)	0.78	(0.006)
2 and over	134	(1.4)	217	(3.8)	321	(8.0)	211	(16.0)	1118	(58.6)	43	(1.8)	2336	(53.5)	800	(37.2)	0.80	(0.007)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	1.12	(0.026)	10.6	(0.19)	0.93	(0.024)	114	(5.3)	90	(4.5)	284	(8.8)	139	(4.2)	2.51	(0.102)	0.61	(0.052)
6 - 11	1.08	(0.031)	11.1	(0.22)	0.94	(0.020)	115	(6.2)	80	(1.9)	276	(10.6)	132	(2.5)	2.58	(0.102)	0.63	(0.042)
12 - 19	1.09	(0.033)	13.4	(0.37)	1.10	(0.051)	108	(7.9)	84	(2.2)	267	(14.3)	147	(2.8)	2.79	(0.101)	0.86	(0.087)
20 - 29	1.03	(0.046)	13.7	(0.45)	1.10	(0.061)	85	(5.2)	97	(2.5)	242	(7.7)	160	(5.4)	2.70	(0.178)	0.70	(0.137)
30 - 39	1.04	(0.045)	14.5	(0.55)	1.30	(0.089)	82	(4.2)	102	(3.6)	242	(8.1)	162	(4.7)	2.63	(0.152)	0.85	(0.159)
40 - 49	1.02	(0.020)	12.9	(0.27)	1.06	(0.029)	74	(4.6)	103	(2.6)	229	(7.1)	170	(6.1)	2.25	(0.086)	0.37	(0.055)
50 - 59	1.05	(0.021)	12.6	(0.35)	1.05	(0.038)	90	(5.8)	106	(4.1)	258	(10.3)	169	(2.9)	2.36	(0.167)	0.50	(0.086)
60 - 69	1.05	(0.028)	12.7	(0.26)	1.01	(0.031)	82	(4.7)	109	(3.3)	248	(7.6)	166	(5.7)	2.10	(0.120)	0.41	(0.044)
70 and over	1.15	(0.033)	13.0	(0.31)	1.16	(0.038)	99	(7.4)	116	(5.5)	284	(14.8)	184	(4.0)	2.71	(0.180)	0.65	(0.099)
2 - 19	1.09	(0.021)	12.0	(0.21)	1.01	(0.023)	112	(5.0)	84	(2.1)	273	(9.0)	140	(1.8)	2.66	(0.071)	0.73	(0.056)
20 and over	1.05	(0.014)	13.3	(0.12)	1.11	(0.014)	85	(2.1)	104	(1.4)	248	(4.2)	167	(1.9)	2.46	(0.048)	0.58	(0.036)
2 and over	1.06	(0.013)	12.9	(0.11)	1.08	(0.013)	91	(2.2)	99	(1.1)	254	(4.0)	160	(1.6)	2.51	(0.041)	0.62	(0.039)
Females:																		
2 - 5	1.25	(0.038)	10.8	(0.31)	0.99	(0.045)	125	(9.1)	87	(3.0)	300	(14.5)	151	(4.8)	2.89	(0.135)	0.71	(0.079)
6 - 11	1.05	(0.034)	11.4	(0.19)	0.92	(0.021)	116	(7.8)	85	(2.2)	282	(13.2)	130	(3.6)	2.44	(0.088)	0.71	(0.045)
12 - 19	1.05	(0.067)	12.4	(0.40)	0.99	(0.050)	113	(8.6)	90	(3.5)	283	(15.9)	131	(4.0)	2.46	(0.123)	0.69	(0.099)
20 - 29	0.95	(0.026)	12.0	(0.25)	1.04	(0.044)	89	(6.1)	101	(3.3)	253	(8.6)	148	(7.1)	2.22	(0.085)	0.55	(0.062)
30 - 39	1.00	(0.037)	12.0	(0.31)	0.96	(0.028)	80	(1.9)	118	(6.4)	254	(7.4)	154	(6.1)	2.12	(0.110)	0.36	(0.038)
40 - 49	1.05	(0.034)	12.0	(0.26)	0.96	(0.037)	76	(4.0)	117	(2.8)	247	(7.9)	154	(3.9)	2.01	(0.115)	0.31	(0.041)
50 - 59	1.10	(0.036)	12.7	(0.49)	1.07	(0.048)	87	(7.3)	116	(6.8)	263	(14.2)	163	(5.4)	2.12	(0.094)	0.50	(0.078)
60 - 69	1.12	(0.026)	12.4	(0.32)	0.99	(0.027)	87	(3.4)	123	(5.7)	271	(6.2)	169	(3.9)	2.60	(0.187)	0.39	(0.056)
70 and over	1.17	(0.031)	12.0	(0.20)	1.09	(0.022)	99	(5.1)	122	(3.4)	290	(8.6)	165	(4.1)	2.43	(0.101)	0.62	(0.082)
2 - 19	1.09	(0.042)	11.8	(0.24)	0.97	(0.030)	117	(6.3)	88	(1.8)	286	(11.0)	135	(2.8)	2.54	(0.084)	0.70	(0.046)
20 and over	1.06	(0.011)	12.2	(0.13)	1.01	(0.012)	86	(2.2)	116	(2.9)	262	(4.5)	158	(1.8)	2.23	(0.060)	0.45	(0.027)
2 and over	1.07	(0.014)	12.1	(0.10)	1.00	(0.010)	93	(2.3)	109	(2.6)	267	(4.6)	153	(1.7)	2.30	(0.054)	0.51	(0.021)
Males and females:																		
2 - 19	1.09	(0.027)	11.9	(0.19)	0.99	(0.020)	114	(4.9)	86	(1.2)	280	(8.7)	137	(1.8)	2.61	(0.048)	0.71	(0.042)
20 and over	1.05	(0.009)	12.7	(0.08)	1.06	(0.009)	85	(1.8)	110	(1.8)	255	(3.5)	163	(1.2)	2.34	(0.036)	0.51	(0.021)
2 and over	1.06	(0.011)	12.5	(0.06)	1.04	(0.008)	92	(2.0)	104	(1.6)	261	(3.9)	157	(1.2)	2.41	(0.030)	0.56	(0.023)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	Vitamin C mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
	Nutrient per 1000 kcal															
Males:																
2 - 5	52.8	(1.59)	3.8	(0.26)	3.7	(0.16)	0.4	(0.11)	31.5	(2.12)	596	(15.7)	695	(16.4)	134	(3.7)
6 - 11	39.2	(1.66)	3.2	(0.14)	3.6	(0.09)	0.3	(0.06)	34.7	(3.35)	591	(20.7)	690	(12.2)	123	(2.0)
12 - 19	33.8	(2.82)	2.7	(0.11)	3.7	(0.25)	0.4*	(0.14)	36.7	(2.40)	520	(13.2)	678	(10.5)	127	(1.8)
20 - 29	35.3	(3.28)	2.2	(0.24)	4.2	(0.28)	0.6	(0.15)	46.2	(3.58)	478	(13.8)	676	(11.5)	132	(4.0)
30 - 39	33.7	(2.27)	1.9	(0.11)	4.1	(0.21)	0.3	(0.10)	49.9	(6.07)	436	(16.0)	665	(16.3)	141	(3.7)
40 - 49	31.0	(1.73)	2.6	(0.28)	4.1	(0.15)	0.3*	(0.09)	47.5	(3.66)	438	(18.5)	672	(11.2)	144	(3.2)
50 - 59	36.8	(3.04)	2.2	(0.24)	4.2	(0.13)	0.4	(0.06)	57.6	(4.86)	421	(11.8)	658	(17.4)	150	(4.5)
60 - 69	37.6	(2.71)	2.3	(0.24)	4.3	(0.19)	0.3*	(0.11)	56.4	(4.48)	448	(15.7)	651	(13.3)	149	(4.2)
70 and over	51.1	(3.34)	2.8	(0.16)	4.7	(0.22)	0.6*	(0.22)	59.3	(4.56)	465	(11.9)	691	(9.9)	159	(4.6)
2 - 19	39.4	(1.66)	3.1	(0.06)	3.7	(0.13)	0.3	(0.08)	35.0	(2.20)	560	(9.9)	686	(7.4)	127	(1.6)
20 and over	36.6	(1.08)	2.3	(0.10)	4.2	(0.08)	0.4	(0.04)	52.1	(2.25)	447	(6.7)	668	(6.4)	144	(1.9)
2 and over	37.3	(0.77)	2.5	(0.07)	4.1	(0.06)	0.4	(0.03)	47.8	(1.77)	475	(6.2)	672	(5.7)	140	(1.5)
Females:																
2 - 5	56.1	(4.62)	4.4	(0.27)	3.7	(0.14)	0.4	(0.08)	36.4	(2.43)	684	(25.8)	743	(17.6)	136	(2.8)
6 - 11	42.0	(2.31)	2.7	(0.08)	4.0	(0.15)	0.5	(0.13)	45.0	(6.63)	544	(15.8)	670	(10.3)	125	(2.1)
12 - 19	39.9	(2.36)	2.3	(0.14)	3.9	(0.17)	0.2	(0.05)	50.6	(7.51)	515	(22.5)	658	(18.4)	130	(3.5)
20 - 29	40.3	(1.59)	2.1	(0.14)	4.3	(0.13)	0.6	(0.10)	60.8	(5.03)	482	(14.4)	635	(13.5)	137	(3.0)
30 - 39	40.6	(2.60)	2.0	(0.13)	4.6	(0.16)	0.5	(0.14)	73.0	(10.91)	479	(15.3)	662	(12.6)	150	(5.5)
40 - 49	42.7	(3.82)	2.0	(0.11)	4.5	(0.14)	0.3	(0.06)	72.4	(3.99)	479	(16.4)	663	(13.1)	156	(3.8)
50 - 59	43.6	(2.60)	2.4	(0.12)	4.9	(0.31)	0.6	(0.14)	83.7	(11.56)	477	(9.8)	673	(9.5)	163	(5.3)
60 - 69	45.4	(3.22)	2.6	(0.26)	4.8	(0.18)	0.6	(0.13)	76.1	(5.78)	499	(11.8)	699	(11.9)	162	(4.3)
70 and over	60.4	(4.04)	2.8	(0.13)	4.8	(0.16)	0.6	(0.12)	75.3	(3.81)	529	(17.7)	683	(13.7)	162	(2.3)
2 - 19	44.0	(1.44)	2.9	(0.11)	3.9	(0.07)	0.3	(0.05)	45.7	(4.00)	561	(16.3)	680	(13.2)	130	(2.2)
20 and over	44.8	(1.22)	2.3	(0.08)	4.6	(0.09)	0.5	(0.05)	73.5	(3.34)	489	(6.0)	668	(6.7)	155	(1.6)
2 and over	44.6	(1.01)	2.4	(0.06)	4.5	(0.08)	0.5	(0.04)	67.1	(3.11)	505	(6.2)	671	(7.3)	149	(1.5)
Males and females:																
2 - 19	41.6	(1.02)	3.0	(0.05)	3.8	(0.08)	0.3	(0.05)	40.2	(1.75)	560	(11.3)	683	(8.5)	128	(1.5)
20 and over	40.8	(0.87)	2.3	(0.06)	4.4	(0.06)	0.5	(0.03)	63.2	(1.98)	468	(4.9)	668	(6.1)	150	(1.5)
2 and over	41.0	(0.68)	2.5	(0.04)	4.3	(0.05)	0.4	(0.03)	57.6	(1.66)	491	(5.5)	672	(6.0)	145	(1.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
	Nutrient per 1000 kcal																	
Males:																		
2 - 5	7.8	(0.25)	5.1	(0.11)	0.5	(0.01)	49.8	(1.15)	1296	(34.5)	1537	(26.9)	3.0	(0.40)	24.7	(3.21)	--	--
6 - 11	7.4	(0.14)	5.3	(0.11)	0.5	(0.01)	50.1	(1.25)	1172	(19.0)	1580	(36.3)	8.1	(1.20)	28.0	(2.37)	--	--
12 - 19	7.4	(0.23)	5.8	(0.20)	0.5	(0.01)	55.4	(0.93)	1149	(17.9)	1686	(27.4)	22.5	(2.86)	19.8	(1.65)	--	--
20 - 29	6.5	(0.20)	5.5	(0.12)	0.5	(0.01)	56.7	(1.66)	1128	(28.0)	1698	(35.8)	45.6	(4.46)	12.0	(1.51)	--	--
30 - 39	6.5	(0.12)	5.6	(0.19)	0.6	(0.02)	55.7	(2.21)	1198	(24.1)	1673	(29.7)	75.0	(6.72)	11.5	(1.42)	--	--
40 - 49	6.5	(0.19)	5.2	(0.15)	0.6	(0.02)	58.7	(0.78)	1270	(24.7)	1719	(32.1)	83.5	(5.39)	18.8	(2.20)	--	--
50 - 59	7.2	(0.30)	5.4	(0.26)	0.6	(0.03)	58.4	(2.15)	1315	(29.0)	1704	(30.6)	102.4	(5.45)	16.9	(2.30)	--	--
60 - 69	7.0	(0.15)	5.2	(0.15)	0.6	(0.02)	56.4	(1.47)	1346	(28.8)	1680	(35.1)	99.1	(7.55)	18.6	(3.53)	--	--
70 and over	8.2	(0.34)	6.1	(0.25)	0.7	(0.04)	58.1	(1.05)	1491	(34.9)	1749	(37.1)	86.4	(7.66)	17.7	(1.62)	--	--
2 - 19	7.5	(0.14)	5.5	(0.09)	0.5	(0.01)	52.4	(0.77)	1185	(12.5)	1620	(22.3)	13.6	(1.20)	23.6	(1.40)	--	--
20 and over	6.9	(0.10)	5.5	(0.08)	0.6	(0.01)	57.3	(0.77)	1272	(14.8)	1701	(13.0)	80.6	(2.72)	15.7	(0.96)	5.8	(0.38)
2 and over	7.0	(0.09)	5.5	(0.07)	0.6	(0.01)	56.1	(0.69)	1250	(12.3)	1681	(14.0)	63.6	(2.66)	17.7	(0.77)	--	--
Females:																		
2 - 5	7.8	(0.24)	6.0	(0.21)	0.5	(0.01)	49.7	(0.92)	1357	(49.4)	1532	(25.3)	4.2	(0.98)	26.0	(2.77)	--	--
6 - 11	7.9	(0.25)	5.2	(0.24)	0.5	(0.02)	50.0	(1.17)	1133	(24.5)	1567	(17.1)	7.1	(0.88)	25.6	(2.30)	--	--
12 - 19	7.3	(0.25)	5.2	(0.21)	0.5	(0.01)	53.2	(1.03)	1153	(33.5)	1727	(29.2)	29.3	(6.18)	17.6	(1.87)	--	--
20 - 29	6.6	(0.15)	5.0	(0.15)	0.6	(0.02)	52.7	(1.89)	1182	(35.1)	1734	(39.8)	54.2	(4.96)	15.1	(2.31)	--	--
30 - 39	6.8	(0.14)	5.2	(0.17)	0.6	(0.02)	55.0	(1.36)	1236	(30.2)	1758	(83.1)	70.2	(5.90)	16.9	(1.79)	--	--
40 - 49	6.7	(0.21)	5.0	(0.13)	0.6	(0.02)	56.0	(1.55)	1350	(26.6)	1654	(38.5)	109.8	(21.64)	21.2	(2.44)	--	--
50 - 59	7.6	(0.42)	5.3	(0.20)	0.7	(0.02)	55.5	(1.65)	1401	(42.6)	1646	(35.4)	123.2	(6.45)	21.3	(2.54)	--	--
60 - 69	7.3	(0.09)	5.4	(0.12)	0.7	(0.02)	59.2	(1.32)	1434	(35.2)	1749	(41.4)	114.6	(7.54)	19.5	(1.93)	--	--
70 and over	7.9	(0.19)	5.7	(0.14)	0.7	(0.02)	53.8	(1.29)	1504	(26.8)	1666	(19.3)	94.7	(8.62)	17.8	(2.45)	--	--
2 - 19	7.6	(0.14)	5.4	(0.19)	0.5	(0.01)	51.5	(0.73)	1190	(22.8)	1634	(16.0)	16.8	(3.20)	22.0	(1.40)	--	--
20 and over	7.1	(0.07)	5.2	(0.05)	0.6	(0.01)	55.3	(0.61)	1343	(16.6)	1700	(20.6)	94.5	(5.06)	18.7	(0.63)	3.5	(0.30)
2 and over	7.2	(0.07)	5.3	(0.07)	0.6	(0.01)	54.4	(0.52)	1308	(16.1)	1685	(16.6)	76.6	(4.69)	19.5	(0.63)	--	--
Males and females:																		
2 - 19	7.5	(0.11)	5.4	(0.09)	0.5	(0.01)	52.0	(0.65)	1188	(13.2)	1627	(14.5)	15.2	(1.69)	22.8	(1.00)	--	--
20 and over	7.0	(0.07)	5.3	(0.06)	0.6	(0.01)	56.3	(0.58)	1309	(14.0)	1701	(12.6)	87.8	(3.54)	17.2	(0.63)	4.6	(0.30)
2 and over	7.1	(0.06)	5.4	(0.06)	0.6	(0.01)	55.3	(0.51)	1279	(12.9)	1683	(11.5)	70.2	(3.47)	18.6	(0.54)	--	--

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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)
	Nutrient per 1000 kcal															
Males:																
2 - 5	0.29	(0.012)	0.20	(0.009)	0.18	(0.020)	0.30	(0.017)	0.46	(0.034)	1.17	(0.041)	6.57	(0.114)	2.89	(0.060)
6 - 11	0.30	(0.018)	0.19	(0.012)	0.16	(0.013)	0.30	(0.017)	0.54	(0.086)	1.25	(0.058)	7.07	(0.095)	3.18	(0.083)
12 - 19	0.25	(0.014)	0.16	(0.008)	0.12	(0.005)	0.24	(0.012)	0.38	(0.027)	1.09	(0.050)	6.93	(0.124)	3.07	(0.071)
20 - 29	0.22	(0.012)	0.14	(0.008)	0.12	(0.009)	0.23	(0.010)	0.34	(0.021)	1.06	(0.038)	6.78	(0.132)	2.99	(0.067)
30 - 39	0.20	(0.009)	0.13	(0.005)	0.11	(0.005)	0.22	(0.007)	0.39	(0.032)	0.98	(0.031)	6.38	(0.107)	2.85	(0.057)
40 - 49	0.23	(0.016)	0.14	(0.009)	0.11	(0.006)	0.23	(0.013)	0.35	(0.027)	1.01	(0.056)	6.45	(0.154)	2.89	(0.094)
50 - 59	0.22	(0.013)	0.14	(0.008)	0.12	(0.006)	0.23	(0.013)	0.38	(0.023)	0.99	(0.040)	6.71	(0.137)	3.04	(0.053)
60 - 69	0.24	(0.018)	0.15	(0.009)	0.12	(0.007)	0.24	(0.013)	0.38	(0.037)	1.01	(0.059)	6.76	(0.106)	2.98	(0.069)
70 and over	0.25	(0.014)	0.16	(0.008)	0.13	(0.007)	0.25	(0.012)	0.42	(0.036)	1.07	(0.051)	6.98	(0.176)	3.13	(0.098)
2 - 19	0.28	(0.010)	0.18	(0.006)	0.15	(0.006)	0.28	(0.009)	0.45	(0.028)	1.16	(0.031)	6.91	(0.069)	3.07	(0.053)
20 and over	0.23	(0.008)	0.14	(0.005)	0.12	(0.004)	0.23	(0.007)	0.37	(0.014)	1.02	(0.025)	6.66	(0.044)	2.97	(0.027)
2 and over	0.24	(0.006)	0.15	(0.004)	0.12	(0.003)	0.24	(0.006)	0.39	(0.016)	1.05	(0.021)	6.72	(0.045)	3.00	(0.027)
Females:																
2 - 5	0.34	(0.015)	0.22	(0.009)	0.18	(0.009)	0.33	(0.010)	0.49	(0.022)	1.29	(0.045)	6.89	(0.131)	3.03	(0.068)
6 - 11	0.27	(0.014)	0.18	(0.009)	0.14	(0.006)	0.28	(0.012)	0.45	(0.028)	1.15	(0.043)	6.83	(0.129)	3.00	(0.052)
12 - 19	0.25	(0.015)	0.16	(0.011)	0.13	(0.007)	0.25	(0.014)	0.40	(0.022)	1.07	(0.054)	6.57	(0.140)	2.86	(0.078)
20 - 29	0.26	(0.013)	0.16	(0.007)	0.13	(0.005)	0.26	(0.010)	0.41	(0.022)	1.10	(0.044)	6.74	(0.141)	2.94	(0.082)
30 - 39	0.23	(0.010)	0.14	(0.007)	0.14	(0.013)	0.25	(0.015)	0.51	(0.083)	1.04	(0.048)	6.44	(0.123)	2.90	(0.058)
40 - 49	0.24	(0.011)	0.15	(0.005)	0.12	(0.005)	0.24	(0.008)	0.37	(0.020)	1.03	(0.035)	6.63	(0.093)	2.94	(0.051)
50 - 59	0.22	(0.009)	0.14	(0.005)	0.12	(0.005)	0.24	(0.008)	0.38	(0.032)	0.96	(0.028)	6.52	(0.116)	2.88	(0.068)
60 - 69	0.24	(0.013)	0.15	(0.006)	0.12	(0.005)	0.24	(0.010)	0.40	(0.027)	0.99	(0.035)	6.65	(0.138)	2.93	(0.043)
70 and over	0.27	(0.019)	0.17	(0.011)	0.14	(0.009)	0.26	(0.016)	0.44	(0.034)	1.08	(0.053)	6.62	(0.167)	2.99	(0.099)
2 - 19	0.28	(0.012)	0.18	(0.008)	0.15	(0.005)	0.28	(0.010)	0.44	(0.016)	1.14	(0.040)	6.72	(0.098)	2.94	(0.056)
20 and over	0.24	(0.006)	0.15	(0.003)	0.13	(0.003)	0.25	(0.005)	0.42	(0.015)	1.03	(0.019)	6.60	(0.067)	2.93	(0.036)
2 and over	0.25	(0.006)	0.16	(0.003)	0.13	(0.003)	0.25	(0.005)	0.42	(0.012)	1.06	(0.017)	6.63	(0.062)	2.93	(0.035)
Males and females:																
2 - 19	0.28	(0.009)	0.18	(0.006)	0.15	(0.004)	0.28	(0.008)	0.45	(0.018)	1.15	(0.029)	6.82	(0.055)	3.01	(0.038)
20 and over	0.23	(0.005)	0.15	(0.003)	0.12	(0.002)	0.24	(0.004)	0.40	(0.009)	1.02	(0.013)	6.63	(0.038)	2.95	(0.023)
2 and over	0.24	(0.005)	0.15	(0.003)	0.13	(0.002)	0.25	(0.004)	0.41	(0.010)	1.05	(0.014)	6.67	(0.039)	2.96	(0.024)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
	Nutrient per 1000 kcal													
Males:														
2 - 5	0.41	(0.012)	10.67	(0.144)	0.13	(0.009)	0.01	(0.001)	6.81	(0.136)	0.68	(0.025)	#	
6 - 11	0.47	(0.015)	10.86	(0.231)	0.12	(0.003)	0.01	(0.001)	6.74	(0.178)	0.66	(0.014)	#	
12 - 19	0.51	(0.021)	11.33	(0.277)	0.13	(0.005)	0.01	(0.001)	7.51	(0.254)	0.73	(0.022)	#	
20 - 29	0.55	(0.020)	11.49	(0.179)	0.16	(0.006)	0.02	(0.002)	7.69	(0.229)	0.80	(0.029)	#	
30 - 39	0.51	(0.015)	11.54	(0.179)	0.15	(0.006)	0.01	(0.002)	7.44	(0.209)	0.75	(0.016)	#	
40 - 49	0.52	(0.017)	11.60	(0.223)	0.15	(0.012)	0.01	(0.001)	7.53	(0.210)	0.75	(0.025)	0.01	(0.002)
50 - 59	0.52	(0.013)	12.31	(0.351)	0.15	(0.007)	0.01	(0.002)	7.43	(0.222)	0.74	(0.031)	0.01	(0.001)
60 - 69	0.48	(0.031)	12.25	(0.287)	0.17	(0.011)	0.02	(0.002)	8.14	(0.241)	0.88	(0.032)	#	
70 and over	0.52	(0.023)	12.22	(0.303)	0.16	(0.010)	0.02	(0.007)	7.89	(0.244)	0.96	(0.083)	#	
2 - 19	0.48	(0.011)	11.04	(0.181)	0.13	(0.003)	0.01	(0.001)	7.10	(0.168)	0.69	(0.017)	#	
20 and over	0.52	(0.010)	11.86	(0.076)	0.16	(0.004)	0.02	(0.001)	7.65	(0.092)	0.80	(0.017)	#	
2 and over	0.51	(0.008)	11.65	(0.082)	0.15	(0.003)	0.01	(0.001)	7.51	(0.075)	0.77	(0.015)	#	
Females:														
2 - 5	0.44	(0.014)	10.80	(0.201)	0.12	(0.007)	0.01	(0.001)	6.94	(0.252)	0.70	(0.019)	#	
6 - 11	0.45	(0.013)	11.14	(0.139)	0.13	(0.003)	0.01	(0.001)	7.64	(0.150)	0.77	(0.017)	#	
12 - 19	0.44	(0.016)	11.02	(0.278)	0.13	(0.006)	0.01	(0.001)	8.01	(0.329)	0.79	(0.052)	#	
20 - 29	0.50	(0.016)	11.56	(0.233)	0.14	(0.005)	0.01	(0.001)	7.93	(0.201)	0.86	(0.025)	#	
30 - 39	0.47	(0.019)	11.61	(0.233)	0.14	(0.004)	0.01	(0.001)	7.88	(0.234)	0.84	(0.024)	#	
40 - 49	0.49	(0.027)	12.06	(0.205)	0.14	(0.005)	0.01	(0.002)	8.11	(0.196)	0.88	(0.023)	0.01	(0.001)
50 - 59	0.46	(0.013)	12.17	(0.282)	0.14	(0.009)	0.01	(0.002)	8.54	(0.294)	0.93	(0.052)	#	
60 - 69	0.45	(0.013)	12.39	(0.244)	0.17	(0.009)	0.02	(0.002)	8.37	(0.223)	0.90	(0.042)	0.01	(0.002)
70 and over	0.44	(0.014)	11.99	(0.210)	0.13	(0.005)	0.01	(0.001)	8.06	(0.134)	0.92	(0.022)	#	
2 - 19	0.44	(0.012)	11.01	(0.152)	0.13	(0.003)	0.01	(0.001)	7.66	(0.183)	0.76	(0.025)	#	
20 and over	0.47	(0.007)	11.96	(0.104)	0.14	(0.003)	0.01	(0.001)	8.16	(0.116)	0.89	(0.015)	#	
2 and over	0.46	(0.006)	11.74	(0.083)	0.14	(0.002)	0.01	(0.001)	8.04	(0.088)	0.86	(0.013)	#	
Males and females:														
2 - 19	0.46	(0.009)	11.02	(0.134)	0.13	(0.003)	0.01	(0.001)	7.37	(0.136)	0.73	(0.016)	#	
20 and over	0.49	(0.007)	11.91	(0.061)	0.15	(0.002)	0.01	(0.001)	7.91	(0.084)	0.84	(0.012)	#	
2 and over	0.49	(0.006)	11.70	(0.063)	0.15	(0.002)	0.01	(#)	7.78	(0.063)	0.82	(0.012)	#	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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)
	Nutrient per 1000 kcal							
Males:								
2 - 5	0.06	(0.003)	0.01*	(0.004)	0.01	(0.001)	0.02*	(0.007)
6 - 11	0.06	(0.002)	0.01	(#)	0.01	(#)	0.01	(0.001)
12 - 19	0.07	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 - 29	0.08	(0.004)	0.01	(0.003)	0.01	(0.001)	0.03	(0.006)
30 - 39	0.08	(0.004)	0.01	(0.003)	0.01	(0.001)	0.03	(0.006)
40 - 49	0.08	(0.003)	0.02	(0.004)	0.01	(0.001)	0.05	(0.007)
50 - 59	0.08	(0.005)	0.01	(0.003)	0.01	(0.002)	0.04	(0.007)
60 - 69	0.08	(0.005)	0.01	(0.003)	0.01	(0.001)	0.03	(0.006)
70 and over	0.08	(0.005)	0.02	(0.003)	0.01	(0.001)	0.04	(0.007)
2 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over	0.08	(0.002)	0.02	(0.001)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.001)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
Females:								
2 - 5	0.06	(0.003)	0.01*	(0.002)	0.01	(0.001)	0.02	(0.004)
6 - 11	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19	0.06	(0.003)	0.01	(0.003)	0.01	(0.001)	0.02	(0.004)
20 - 29	0.07	(0.005)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
30 - 39	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
40 - 49	0.07	(0.003)	0.02	(0.002)	0.01	(0.001)	0.03	(0.005)
50 - 59	0.08	(0.006)	0.02	(0.004)	0.01	(0.002)	0.04	(0.008)
60 - 69	0.07	(0.004)	0.03	(0.006)	0.01	(0.002)	0.05	(0.011)
70 and over	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.03	(0.005)
2 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 and over	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.003)
Males and females:								
2 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over	0.08	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
2 and over	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] Sample size and mean energy includes individuals (n = 0) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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.

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

				Nutrient per 1000 kcal															
Race/ethnicity and age (years)	Sample size [1]	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Non-Hispanic White:																			
2 - 5.....	184	1420	(33.7)	36.1	(1.03)	137	(1.2)	69	(1.6)	8.1	(0.27)	35.9	(0.50)	13.2	(0.33)	11.7	(0.22)	7.6	(0.27)
6 - 11.....	290	1951	(54.3)	35.0	(0.87)	133	(1.3)	62	(1.1)	7.5	(0.27)	37.6	(0.34)	14.0	(0.17)	12.3	(0.20)	7.9	(0.16)
12 - 19.....	337	2034	(47.9)	39.4	(1.19)	130	(2.1)	63	(2.0)	7.1	(0.35)	36.9	(0.64)	12.6	(0.37)	12.1	(0.32)	8.4	(0.38)
20 and over...	2233	2129	(22.9)	40.0	(0.65)	118	(0.9)	52	(0.6)	8.2	(0.18)	38.5	(0.31)	12.5	(0.12)	13.3	(0.12)	9.0	(0.11)
2 and over...	3044	2080	(20.5)	39.4	(0.62)	121	(0.9)	55	(0.6)	8.1	(0.15)	38.2	(0.28)	12.7	(0.14)	13.1	(0.11)	8.8	(0.09)
Non-Hispanic Black:																			
2 - 5.....	161	1559	(72.5)	34.1	(0.99)	137	(2.4)	66	(2.2)	7.3	(0.32)	36.3	(0.92)	11.9	(0.53)	12.3	(0.31)	8.6	(0.35)
6 - 11.....	285	1837	(60.9)	35.0	(0.47)	137	(2.6)	63	(1.3)	7.6	(0.21)	36.0	(1.09)	12.0	(0.51)	12.2	(0.34)	8.4	(0.28)
12 - 19.....	307	2056	(73.3)	35.9	(0.47)	131	(2.4)	59	(3.2)	6.8	(0.25)	37.9	(1.06)	12.1	(0.34)	12.8	(0.36)	9.4	(0.36)
20 and over...	1009	2230	(54.8)	38.2	(0.62)	121	(1.2)	56	(0.9)	7.3	(0.17)	38.0	(0.60)	11.8	(0.26)	13.4	(0.25)	9.1	(0.22)
2 and over...	1762	2133	(43.8)	37.4	(0.45)	125	(1.0)	57	(0.8)	7.3	(0.12)	37.7	(0.58)	11.9	(0.25)	13.2	(0.23)	9.1	(0.18)
Non-Hispanic Asian[2]:																			
2 - 5.....	58	1528*	(140.7)	41.2*	(2.83)	132*	(2.8)	61*	(3.2)	7.1*	(0.34)	35.3*	(1.31)	13.5*	(0.76)	11.2*	(0.37)	7.2*	(0.53)
6 - 11.....	70	1874	(115.4)	38.1	(1.79)	140	(3.1)	57	(2.6)	8.5	(0.54)	32.9	(1.08)	11.1	(0.51)	10.9	(0.54)	7.4	(0.33)
12 - 19.....	136	2040	(113.2)	43.6	(1.43)	130	(3.4)	52	(2.9)	7.9	(0.68)	34.5	(1.20)	11.2	(0.68)	11.7	(0.48)	8.3	(0.41)
20 and over...	525	1844	(41.7)	44.2	(0.83)	125	(2.3)	44	(1.3)	10.6	(0.40)	35.1	(0.61)	10.2	(0.22)	12.7	(0.29)	8.9	(0.26)
2 and over...	789	1853	(37.9)	43.5	(0.77)	127	(2.0)	47	(1.6)	10.0	(0.34)	34.9	(0.49)	10.5	(0.17)	12.4	(0.28)	8.7	(0.25)
Hispanic:																			
2 - 5.....	221	1554	(52.3)	37.1	(0.44)	135	(1.7)	66	(2.0)	8.3	(0.31)	35.9	(0.71)	13.2	(0.29)	11.5	(0.22)	7.8	(0.29)
6 - 11.....	330	1896	(69.8)	37.0	(0.60)	134	(1.3)	61	(1.0)	8.4	(0.29)	36.5	(0.50)	12.6	(0.32)	12.1	(0.23)	8.1	(0.19)
12 - 19.....	446	2092	(92.2)	38.2	(0.55)	129	(1.4)	56	(2.1)	8.2	(0.17)	37.8	(0.55)	12.5	(0.26)	12.7	(0.18)	9.0	(0.27)
20 and over...	1125	2204	(38.0)	41.7	(0.57)	123	(1.0)	52	(0.8)	9.3	(0.28)	37.1	(0.36)	11.8	(0.18)	12.7	(0.15)	8.8	(0.18)
2 and over...	2122	2104	(38.3)	40.3	(0.37)	126	(0.7)	55	(0.7)	8.9	(0.22)	37.0	(0.27)	12.1	(0.13)	12.6	(0.10)	8.7	(0.14)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Race/ethnicity and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
	Nutrient per 1000 kcal													
Non-Hispanic White:														
2 - 5.....	0.42	(0.009)	10.71	(0.189)	0.13	(0.007)	0.01	(0.001)	6.80	(0.261)	0.67	(0.016)	#	
6 - 11.....	0.46	(0.016)	11.09	(0.210)	0.13	(0.004)	0.01	(0.001)	7.01	(0.150)	0.70	(0.014)	#	
12 - 19.....	0.48	(0.018)	10.90	(0.351)	0.13	(0.008)	0.01	(0.001)	7.50	(0.338)	0.75	(0.038)	#	
20 and over...	0.49	(0.009)	11.98	(0.106)	0.15	(0.003)	0.01	(0.001)	7.97	(0.100)	0.85	(0.017)	#	
2 and over...	0.48	(0.009)	11.77	(0.102)	0.15	(0.003)	0.01	(0.001)	7.81	(0.074)	0.82	(0.016)	#	
Non-Hispanic Black:														
2 - 5.....	0.43	(0.017)	11.31	(0.281)	0.14	(0.007)	0.01	(0.002)	7.75	(0.317)	0.73	(0.030)	#	
6 - 11.....	0.49	(0.022)	11.00	(0.328)	0.13	(0.007)	0.01	(0.001)	7.56	(0.248)	0.69	(0.031)	#	
12 - 19.....	0.50	(0.016)	11.56	(0.328)	0.15	(0.006)	0.01	(0.001)	8.45	(0.332)	0.75	(0.041)	#	
20 and over...	0.54	(0.010)	12.21	(0.237)	0.16	(0.004)	0.02	(0.001)	8.04	(0.197)	0.82	(0.025)	0.01	(#)
2 and over...	0.52	(0.009)	11.96	(0.217)	0.16	(0.003)	0.01	(0.001)	8.03	(0.155)	0.79	(0.021)	#	
Non-Hispanic Asian[2]:														
2 - 5.....	0.39*	(0.030)	10.51*	(0.396)	0.10*	(0.013)	0.01*	(0.001)	6.23*	(0.462)	0.70*	(0.039)	0.01*	(0.004)
6 - 11.....	0.42	(0.052)	10.10	(0.488)	0.11	(0.011)	0.01*	(0.004)	6.45	(0.290)	0.74	(0.045)	0.01*	(0.003)
12 - 19.....	0.41	(0.024)	10.85	(0.459)	0.12	(0.007)	0.01	(0.001)	7.39	(0.370)	0.77	(0.044)	#	
20 and over...	0.45	(0.021)	11.79	(0.274)	0.15	(0.007)	0.02	(0.004)	7.77	(0.232)	0.89	(0.031)	0.01	(0.001)
2 and over...	0.44	(0.019)	11.50	(0.269)	0.15	(0.006)	0.02	(0.003)	7.56	(0.220)	0.86	(0.029)	0.01	(0.001)
Hispanic:														
2 - 5.....	0.44	(0.015)	10.50	(0.199)	0.13	(0.018)	0.01	(0.001)	6.86	(0.254)	0.74	(0.052)	#	
6 - 11.....	0.48	(0.027)	10.92	(0.206)	0.12	(0.003)	0.01	(#)	7.26	(0.180)	0.73	(0.018)	#	
12 - 19.....	0.46	(0.011)	11.55	(0.162)	0.14	(0.005)	0.01	(0.001)	7.99	(0.236)	0.79	(0.038)	#	
20 and over...	0.51	(0.014)	11.47	(0.140)	0.14	(0.006)	0.01	(0.001)	7.71	(0.161)	0.84	(0.020)	#	
2 and over...	0.50	(0.012)	11.35	(0.090)	0.14	(0.005)	0.01	(#)	7.63	(0.122)	0.82	(0.018)	#	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

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)
	Nutrient per 1000 kcal							
Non-Hispanic White:								
2 - 5.....	0.05	(0.003)	0.01*	(0.004)	0.01	(0.001)	0.02*	(0.007)
6 - 11.....	0.05	(0.004)	#		0.01	(#)	0.01	(0.001)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
Non-Hispanic Black:								
2 - 5.....	0.06	(0.005)	#		0.01	(0.001)	0.01	(0.002)
6 - 11.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.07	(0.004)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
20 and over...	0.08	(0.002)	0.02	(0.001)	0.01	(0.001)	0.04	(0.004)
2 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.003)
Non-Hispanic Asian[2]:								
2 - 5.....	0.06*	(0.005)	0.03*	(0.014)	0.02*	(0.006)	0.08*	(0.037)
6 - 11.....	0.05	(0.008)	0.01*	(0.005)	0.01	(0.002)	0.03*	(0.010)
12 - 19.....	0.07	(0.006)	0.01	(0.002)	0.01	(0.001)	0.03*	(0.010)
20 and over...	0.08	(0.004)	0.03	(0.005)	0.01	(0.001)	0.06	(0.007)
2 and over...	0.08	(0.003)	0.03	(0.004)	0.01	(0.001)	0.05	(0.006)
Hispanic:								
2 - 5.....	0.07	(0.003)	#		0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.07	(0.004)	0.01*	(0.005)	0.01	(0.001)	0.02	(0.007)
20 and over...	0.08	(0.002)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.08	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.003)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] Sample size and mean energy includes individuals (n = 0) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[2] 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.

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

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

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

Suggested Citation

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

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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 [1]	Energy kcal	(SE)	Nutrient per 1000 kcal: Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
$0 - $24,999:																			
2 - 5.....	241	1500	(46.6)	35.5	(0.80)	135	(1.8)	65	(1.4)	7.7	(0.29)	36.6	(0.59)	12.9	(0.34)	12.1	(0.25)	8.1	(0.27)
6 - 11.....	330	1819	(36.1)	36.6	(1.03)	136	(2.1)	62	(2.2)	8.1	(0.30)	35.8	(0.64)	12.5	(0.31)	12.0	(0.23)	7.8	(0.24)
12 - 19.....	398	2074	(78.9)	36.9	(1.22)	132	(3.4)	62	(4.1)	7.3	(0.31)	36.9	(1.12)	12.0	(0.49)	12.6	(0.45)	8.6	(0.26)
20 and over...	1550	2129	(33.6)	38.5	(0.68)	124	(0.7)	58	(1.0)	7.9	(0.25)	37.3	(0.33)	12.0	(0.15)	12.9	(0.09)	8.8	(0.19)
2 and over...	2519	2061	(26.1)	38.0	(0.57)	126	(0.7)	59	(1.0)	7.8	(0.21)	37.1	(0.33)	12.1	(0.17)	12.8	(0.11)	8.6	(0.15)
$25,000 - $74,999:																			
2 - 5.....	255	1435	(58.6)	36.5	(1.25)	138	(1.5)	66	(2.3)	8.2	(0.22)	35.2	(0.91)	12.8	(0.34)	11.6	(0.36)	7.5	(0.35)
6 - 11.....	400	1920	(59.1)	34.9	(0.91)	133	(1.3)	61	(1.4)	7.4	(0.29)	37.6	(0.53)	13.5	(0.50)	12.3	(0.16)	8.3	(0.22)
12 - 19.....	478	1973	(51.7)	38.8	(0.63)	129	(2.0)	60	(1.9)	7.5	(0.29)	37.3	(0.65)	12.5	(0.21)	12.3	(0.29)	8.9	(0.38)
20 and over...	1882	2151	(29.7)	40.0	(0.49)	120	(0.6)	53	(0.8)	8.1	(0.16)	38.1	(0.26)	12.4	(0.12)	13.1	(0.10)	8.9	(0.13)
2 and over...	3015	2081	(29.6)	39.3	(0.47)	123	(0.6)	55	(0.7)	8.0	(0.13)	37.8	(0.25)	12.5	(0.15)	12.9	(0.10)	8.8	(0.09)
$75,000 and higher:																			
2 - 5.....	153	1515	(33.8)	36.2	(1.38)	137	(1.7)	66	(2.0)	8.2	(0.47)	36.0	(0.63)	13.1	(0.30)	11.6	(0.29)	7.8	(0.34)
6 - 11.....	270	2017	(68.7)	35.0	(1.29)	136	(1.6)	64	(1.6)	7.9	(0.27)	36.7	(0.41)	13.4	(0.31)	12.0	(0.22)	7.8	(0.30)
12 - 19.....	334	2075	(80.0)	39.1	(1.24)	130	(1.7)	61	(1.7)	7.4	(0.27)	37.1	(0.83)	12.6	(0.44)	12.3	(0.33)	8.5	(0.40)
20 and over...	1303	2144	(33.8)	41.4	(0.69)	116	(1.0)	48	(0.7)	9.0	(0.15)	38.4	(0.37)	12.1	(0.15)	13.4	(0.15)	9.2	(0.13)
2 and over...	2060	2096	(25.7)	40.3	(0.61)	120	(0.9)	51	(0.6)	8.7	(0.12)	38.0	(0.34)	12.3	(0.15)	13.1	(0.14)	8.9	(0.10)
All Individuals[2]:																			
2 - 5.....	676	1481	(30.6)	36.1	(0.75)	137	(0.8)	66	(1.0)	8.0	(0.20)	35.8	(0.38)	13.0	(0.18)	11.7	(0.14)	7.7	(0.19)
6 - 11.....	1047	1921	(35.4)	35.6	(0.52)	134	(0.7)	62	(0.9)	7.8	(0.18)	36.9	(0.28)	13.2	(0.23)	12.2	(0.12)	8.0	(0.13)
12 - 19.....	1296	2038	(31.1)	38.7	(0.70)	130	(1.4)	60	(1.4)	7.4	(0.19)	37.2	(0.47)	12.4	(0.20)	12.4	(0.21)	8.7	(0.26)
20 and over...	5047	2141	(18.7)	40.2	(0.48)	119	(0.6)	52	(0.5)	8.4	(0.13)	38.0	(0.21)	12.2	(0.09)	13.2	(0.07)	9.0	(0.09)
2 and over...	8066	2079	(17.2)	39.4	(0.43)	123	(0.5)	55	(0.4)	8.2	(0.11)	37.7	(0.18)	12.3	(0.10)	12.9	(0.06)	8.8	(0.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal: Choles-terol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-crypto-xanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
$0 - $24,999:																		
2 - 5.....	131	(8.0)	281	(12.4)	344	(14.3)	157	(42.3)	659	(99.2)	46	(5.9)	2128	(282.4)	423	(38.5)	0.84	(0.016)
6 - 11.....	108	(3.9)	276	(16.2)	340	(18.9)	141	(26.2)	686	(92.8)	36	(6.2)	2306	(262.5)	475	(62.3)	0.88	(0.029)
12 - 19.....	124	(7.4)	191	(10.8)	256	(16.5)	132	(23.5)	695	(114.9)	39	(4.0)	2398	(304.9)	513	(79.6)	0.76	(0.034)
20 and over...	137	(3.9)	212	(8.1)	309	(11.5)	185	(20.3)	1053	(67.6)	38	(2.7)	2115	(126.7)	753	(67.1)	0.77	(0.010)
2 and over...	133	(3.5)	219	(6.2)	307	(9.7)	174	(16.7)	961	(61.6)	38	(2.3)	2163	(120.0)	685	(55.3)	0.78	(0.008)
$25,000 - $74,999:																		
2 - 5.....	119	(5.9)	305	(11.0)	400	(14.3)	220	(56.0)	1005	(140.2)	48	(8.4)	1837	(280.9)	442	(26.5)	0.84	(0.023)
6 - 11.....	112	(4.5)	281	(20.7)	334	(21.3)	121	(16.1)	564	(49.8)	40	(5.0)	2186	(188.9)	390	(50.5)	0.83	(0.025)
12 - 19.....	123	(4.1)	239	(10.9)	332	(53.8)	272*	(198.5)	963*	(514.7)	34	(6.1)	2335	(212.4)	499	(114.8)	0.86	(0.024)
20 and over...	143	(2.6)	202	(7.2)	300	(7.5)	189	(10.7)	1065	(52.5)	46	(3.6)	2324	(118.4)	821	(61.6)	0.79	(0.014)
2 and over...	137	(2.1)	217	(7.7)	311	(11.8)	194	(26.7)	1012	(81.6)	44	(3.2)	2292	(98.0)	735	(51.4)	0.80	(0.012)
$75,000 and higher:																		
2 - 5.....	109	(9.0)	323	(12.7)	404	(23.9)	201*	(69.4)	868	(171.6)	42	(10.1)	2373	(385.1)	396	(40.5)	0.90	(0.029)
6 - 11.....	109	(8.3)	271	(11.4)	355	(20.7)	210*	(78.6)	885	(202.5)	45	(5.3)	2005	(211.1)	632*	(191.0)	0.83	(0.028)
12 - 19.....	115	(3.7)	238	(15.7)	328	(21.3)	207	(37.4)	961	(149.5)	40	(7.6)	2399	(347.9)	592	(151.1)	0.87	(0.054)
20 and over...	136	(3.5)	200	(3.7)	333	(12.6)	265	(37.9)	1449	(119.2)	46	(3.3)	2645	(155.8)	1074	(77.1)	0.79	(0.009)
2 and over...	130	(2.6)	216	(5.5)	338	(9.8)	251	(29.4)	1317	(96.0)	45	(3.5)	2549	(128.2)	949	(60.9)	0.81	(0.011)
All Individuals[2]:																		
2 - 5.....	119	(4.5)	307	(7.6)	386	(8.5)	191	(42.4)	835	(74.1)	45	(4.8)	2059	(188.6)	415	(18.2)	0.86	(0.015)
6 - 11.....	111	(3.8)	279	(10.9)	349	(15.8)	164	(30.7)	736	(84.8)	41	(3.0)	2154	(140.1)	510	(78.9)	0.85	(0.013)
12 - 19.....	122	(3.6)	226	(6.8)	310	(19.9)	206*	(72.2)	889	(186.7)	37	(3.4)	2390	(155.3)	539	(57.4)	0.84	(0.024)
20 and over...	139	(1.6)	204	(3.7)	315	(7.7)	217	(16.8)	1211	(63.0)	44	(2.1)	2366	(51.3)	894	(47.7)	0.78	(0.006)
2 and over...	134	(1.4)	217	(3.8)	321	(8.0)	211	(16.0)	1118	(58.6)	43	(1.8)	2336	(53.5)	800	(37.2)	0.80	(0.007)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal: Riboflavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
$0 - $24,999:																		
2 - 5.....	1.12	(0.029)	10.8	(0.22)	0.95	(0.026)	117	(7.2)	84	(5.7)	283	(13.1)	150	(4.9)	2.60	(0.102)	0.65	(0.062)
6 - 11.....	1.07	(0.042)	11.7	(0.48)	1.01	(0.059)	117	(6.1)	83	(3.6)	283	(11.0)	131	(4.2)	2.80	(0.170)	0.89	(0.112)
12 - 19.....	0.92	(0.054)	12.0	(0.59)	0.94	(0.064)	109	(12.0)	85	(3.6)	269	(22.6)	136	(5.9)	2.20	(0.149)	0.54	(0.102)
20 and over...	1.03	(0.023)	12.2	(0.22)	1.01	(0.022)	87	(3.3)	104	(2.7)	252	(7.6)	159	(2.6)	2.27	(0.056)	0.50	(0.043)
2 and over...	1.03	(0.016)	12.1	(0.19)	1.00	(0.021)	94	(3.7)	99	(2.4)	258	(7.8)	154	(2.5)	2.32	(0.052)	0.54	(0.036)
$25,000 - $74,999:																		
2 - 5.....	1.18	(0.020)	10.5	(0.29)	0.96	(0.037)	112	(8.7)	93	(3.4)	284	(14.1)	147	(5.1)	2.73	(0.102)	0.63	(0.059)
6 - 11.....	1.06	(0.045)	11.2	(0.37)	0.92	(0.040)	108	(5.5)	80	(2.2)	264	(10.5)	131	(3.2)	2.49	(0.148)	0.61	(0.089)
12 - 19.....	1.13	(0.091)	13.2	(0.71)	1.05	(0.077)	114	(9.7)	88	(3.3)	282	(18.1)	140	(3.2)	2.75	(0.182)	0.84	(0.176)
20 and over...	1.04	(0.012)	12.9	(0.16)	1.07	(0.024)	86	(3.4)	107	(2.1)	254	(5.3)	162	(2.1)	2.34	(0.064)	0.55	(0.056)
2 and over...	1.06	(0.021)	12.7	(0.18)	1.05	(0.024)	92	(3.4)	102	(1.9)	259	(5.6)	157	(2.0)	2.42	(0.068)	0.59	(0.053)
$75,000 and higher:																		
2 - 5.....	1.21	(0.051)	10.8	(0.36)	0.95	(0.026)	126	(11.1)	89	(5.9)	303	(20.3)	137	(3.8)	2.66	(0.155)	0.69	(0.104)
6 - 11.....	1.05	(0.053)	10.8	(0.33)	0.86	(0.020)	112	(8.3)	83	(2.8)	274	(14.9)	128	(6.3)	2.27	(0.089)	0.52	(0.069)
12 - 19.....	1.12	(0.056)	13.1	(0.61)	1.12	(0.066)	106	(14.1)	87	(3.6)	267	(23.6)	139	(3.6)	2.81	(0.111)	0.89	(0.113)
20 and over...	1.09	(0.016)	12.8	(0.24)	1.08	(0.021)	83	(2.4)	118	(2.8)	259	(3.6)	166	(2.5)	2.37	(0.050)	0.50	(0.025)
2 and over...	1.10	(0.016)	12.6	(0.22)	1.06	(0.018)	90	(2.8)	110	(2.3)	263	(4.3)	158	(1.8)	2.43	(0.043)	0.55	(0.032)
All Individuals[2]:																		
2 - 5.....	1.18	(0.019)	10.7	(0.16)	0.96	(0.023)	120	(5.3)	89	(3.0)	292	(8.0)	145	(3.1)	2.71	(0.055)	0.66	(0.045)
6 - 11.....	1.07	(0.026)	11.3	(0.16)	0.93	(0.016)	115	(5.2)	82	(1.6)	279	(8.9)	131	(2.4)	2.52	(0.071)	0.67	(0.029)
12 - 19.....	1.07	(0.042)	12.9	(0.32)	1.05	(0.036)	111	(7.5)	87	(2.1)	275	(13.9)	139	(2.8)	2.63	(0.074)	0.78	(0.072)
20 and over...	1.05	(0.009)	12.7	(0.08)	1.06	(0.009)	85	(1.8)	110	(1.8)	255	(3.5)	163	(1.2)	2.34	(0.036)	0.51	(0.021)
2 and over...	1.06	(0.011)	12.5	(0.06)	1.04	(0.008)	92	(2.0)	104	(1.6)	261	(3.9)	157	(1.2)	2.41	(0.030)	0.56	(0.023)

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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 mg	(SE)	Vitamin D µg	(SE)	Vitamin E (alpha-tocopherol) mg	(SE)	Added Vitamin E mg	(SE)	Vitamin K µg	(SE)	Calcium mg	(SE)	Phosphorus mg	(SE)	Magnesium mg	(SE)
	Nutrient per 1000 kcal															
$0 - $24,999:																
2 - 5.....	57.4	(4.10)	4.0	(0.29)	3.6	(0.10)	0.2	(0.03)	35.1	(3.97)	596	(33.3)	684	(21.2)	128	(1.9)
6 - 11.....	41.2	(2.72)	3.1	(0.21)	3.7	(0.13)	0.2	(0.07)	38.9	(3.79)	566	(19.3)	693	(18.8)	129	(3.5)
12 - 19.....	37.7	(2.79)	2.2	(0.14)	3.8	(0.23)	0.2*	(0.09)	41.1	(3.99)	474	(16.3)	629	(19.4)	124	(3.9)
20 and over...	39.8	(1.69)	2.2	(0.07)	4.1	(0.11)	0.4	(0.09)	55.4	(2.49)	464	(10.1)	646	(10.3)	143	(2.6)
2 and over...	40.7	(1.44)	2.4	(0.06)	4.0	(0.09)	0.4	(0.06)	51.3	(2.06)	481	(9.1)	650	(9.4)	139	(2.3)
$25,000 - $74,999:																
2 - 5.....	57.7	(4.51)	4.2	(0.20)	3.8	(0.11)	0.5	(0.13)	34.3	(2.05)	647	(15.8)	720	(13.0)	138	(3.6)
6 - 11.....	37.2	(1.97)	3.0	(0.24)	3.7	(0.13)	0.3	(0.07)	34.2	(2.47)	545	(28.7)	667	(16.1)	117	(2.0)
12 - 19.....	35.4	(2.80)	2.7	(0.14)	4.0	(0.35)	0.5*	(0.19)	43.9	(8.45)	526	(16.0)	678	(8.1)	127	(3.2)
20 and over...	41.2	(1.49)	2.2	(0.08)	4.3	(0.10)	0.5	(0.07)	59.0	(2.93)	467	(6.0)	662	(6.1)	146	(2.0)
2 and over...	41.0	(1.20)	2.4	(0.08)	4.2	(0.09)	0.5	(0.06)	54.3	(2.63)	488	(7.5)	667	(5.9)	141	(1.7)
$75,000 and higher:																
2 - 5.....	47.0	(5.01)	3.8	(0.22)	3.9	(0.28)	0.6	(0.13)	33.7	(2.40)	662	(37.3)	748	(33.9)	136	(5.9)
6 - 11.....	41.6	(1.63)	2.8	(0.16)	3.9	(0.10)	0.3	(0.09)	43.9	(8.68)	595	(36.7)	685	(28.0)	127	(3.6)
12 - 19.....	38.0	(3.26)	2.6	(0.20)	3.7	(0.12)	0.2	(0.06)	43.7	(6.84)	545	(24.2)	687	(16.3)	133	(3.3)
20 and over...	41.0	(1.81)	2.5	(0.13)	4.8	(0.07)	0.5	(0.06)	73.2	(2.83)	471	(5.9)	690	(6.8)	159	(1.3)
2 and over...	41.0	(1.53)	2.6	(0.10)	4.6	(0.05)	0.4	(0.05)	65.5	(2.39)	499	(9.3)	692	(9.1)	152	(1.2)
All Individuals[2]:																
2 - 5.....	54.4	(2.74)	4.1	(0.15)	3.7	(0.12)	0.4	(0.07)	34.0	(1.55)	641	(15.9)	720	(13.7)	135	(2.0)
6 - 11.....	40.5	(1.11)	2.9	(0.10)	3.8	(0.09)	0.4	(0.07)	39.4	(3.60)	569	(16.1)	681	(8.4)	124	(1.7)
12 - 19.....	36.8	(1.84)	2.5	(0.08)	3.8	(0.18)	0.3	(0.08)	43.5	(3.48)	518	(12.8)	668	(11.0)	128	(2.2)
20 and over...	40.8	(0.87)	2.3	(0.06)	4.4	(0.06)	0.5	(0.03)	63.2	(1.98)	468	(4.9)	668	(6.1)	150	(1.5)
2 and over...	41.0	(0.68)	2.5	(0.04)	4.3	(0.05)	0.4	(0.03)	57.6	(1.66)	491	(5.5)	672	(6.0)	145	(1.3)

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal																	
	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)
$0 - $24,999:																		
2 - 5.....	7.6	(0.31)	5.4	(0.17)	0.5	(0.01)	49.8	(1.19)	1292	(36.8)	1564	(41.8)	4.6	(0.75)	24.1	(4.39)	--	--
6 - 11.....	8.0	(0.34)	5.6	(0.19)	0.5	(0.01)	50.5	(1.14)	1191	(39.5)	1590	(35.3)	8.0	(2.11)	25.8	(2.34)	--	--
12 - 19.....	7.0	(0.29)	5.0	(0.22)	0.5	(0.01)	53.2	(1.63)	1100	(29.0)	1661	(37.2)	24.9	(4.85)	19.5	(3.28)	--	--
20 and over...	6.9	(0.15)	5.2	(0.12)	0.6	(0.01)	54.2	(0.78)	1251	(15.5)	1643	(16.8)	91.3	(10.86)	17.2	(1.92)	3.8	(0.33)
2 and over...	7.0	(0.15)	5.2	(0.11)	0.6	(0.01)	53.5	(0.64)	1232	(15.1)	1636	(14.8)	72.2	(9.28)	18.6	(1.55)	--	--
$25,000 - $74,999:																		
2 - 5.....	7.8	(0.22)	5.5	(0.12)	0.5	(0.02)	50.1	(1.83)	1358	(44.7)	1513	(31.1)	3.5	(0.60)	26.2	(4.75)	--	--
6 - 11.....	7.4	(0.22)	5.1	(0.18)	0.5	(0.02)	49.8	(1.39)	1133	(32.4)	1583	(24.0)	7.9	(1.86)	26.0	(2.15)	--	--
12 - 19.....	7.4	(0.32)	5.7	(0.26)	0.5	(0.01)	55.8	(1.13)	1145	(26.8)	1706	(36.1)	23.8	(3.71)	15.5	(1.39)	--	--
20 and over...	7.1	(0.10)	5.3	(0.08)	0.6	(0.01)	55.8	(0.88)	1286	(16.4)	1715	(18.9)	85.1	(4.30)	16.0	(0.96)	4.5	(0.44)
2 and over...	7.2	(0.10)	5.4	(0.08)	0.6	(0.01)	55.0	(0.84)	1262	(16.2)	1694	(18.6)	68.7	(4.15)	17.2	(0.86)	--	--
$75,000 and higher:																		
2 - 5.....	8.1	(0.44)	5.7	(0.36)	0.5	(0.02)	50.2	(1.72)	1304	(46.1)	1558	(39.1)	2.6	(0.53)	26.4	(3.47)	--	--
6 - 11.....	7.4	(0.24)	5.1	(0.29)	0.5	(0.02)	49.1	(1.43)	1154	(38.0)	1554	(38.9)	7.8	(1.44)	29.5	(3.05)	--	--
12 - 19.....	7.4	(0.47)	5.6	(0.23)	0.5	(0.02)	53.0	(1.62)	1200	(34.8)	1728	(34.0)	27.3	(7.09)	21.3	(2.60)	--	--
20 and over...	7.0	(0.11)	5.5	(0.10)	0.7	(0.01)	58.1	(1.06)	1371	(20.4)	1731	(20.3)	89.3	(3.15)	18.2	(1.24)	5.5	(0.35)
2 and over...	7.1	(0.10)	5.5	(0.10)	0.6	(0.01)	56.3	(0.91)	1329	(16.1)	1707	(16.8)	71.1	(3.46)	19.9	(0.89)	--	--
All Individuals[2]:																		
2 - 5.....	7.8	(0.18)	5.5	(0.12)	0.5	(0.01)	49.8	(0.88)	1327	(30.4)	1535	(23.4)	3.6	(0.39)	25.4	(2.26)	--	--
6 - 11.....	7.6	(0.11)	5.3	(0.13)	0.5	(0.01)	50.0	(0.75)	1154	(12.4)	1574	(17.7)	7.6	(0.90)	26.9	(1.55)	--	--
12 - 19.....	7.3	(0.17)	5.5	(0.13)	0.5	(0.01)	54.3	(0.87)	1151	(19.4)	1706	(19.9)	25.8	(3.25)	18.7	(1.31)	--	--
20 and over...	7.0	(0.07)	5.3	(0.06)	0.6	(0.01)	56.3	(0.58)	1309	(14.0)	1701	(12.6)	87.8	(3.54)	17.2	(0.63)	4.6	(0.30)
2 and over...	7.1	(0.06)	5.4	(0.06)	0.6	(0.01)	55.3	(0.51)	1279	(12.9)	1683	(11.5)	70.2	(3.47)	18.6	(0.54)	--	--

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Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal 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)
	Nutrient per 1000 kcal															
$0 - $24,999:																
2 - 5.....	0.30	(0.023)	0.19	(0.014)	0.17	(0.016)	0.29	(0.020)	0.47	(0.026)	1.17	(0.073)	6.94	(0.155)	2.96	(0.071)
6 - 11.....	0.27	(0.015)	0.17	(0.007)	0.14	(0.008)	0.26	(0.010)	0.45	(0.048)	1.14	(0.046)	6.66	(0.173)	2.94	(0.070)
12 - 19.....	0.22	(0.018)	0.14	(0.010)	0.13	(0.011)	0.23	(0.016)	0.41	(0.028)	1.01	(0.062)	6.59	(0.237)	2.87	(0.116)
20 and over...	0.23	(0.008)	0.14	(0.005)	0.12	(0.003)	0.23	(0.007)	0.38	(0.014)	0.99	(0.025)	6.55	(0.073)	2.92	(0.039)
2 and over...	0.23	(0.008)	0.15	(0.005)	0.13	(0.003)	0.24	(0.007)	0.39	(0.011)	1.02	(0.027)	6.58	(0.087)	2.92	(0.041)
$25,000 - $74,999:																
2 - 5.....	0.31	(0.013)	0.21	(0.008)	0.20	(0.020)	0.32	(0.012)	0.45	(0.030)	1.21	(0.046)	6.61	(0.187)	2.93	(0.093)
6 - 11.....	0.29	(0.029)	0.19	(0.018)	0.15	(0.012)	0.29	(0.026)	0.46	(0.048)	1.20	(0.089)	7.24	(0.188)	3.16	(0.112)
12 - 19.....	0.25	(0.008)	0.16	(0.005)	0.12	(0.004)	0.24	(0.006)	0.39	(0.026)	1.06	(0.022)	6.85	(0.119)	2.94	(0.054)
20 and over...	0.23	(0.007)	0.15	(0.004)	0.12	(0.003)	0.24	(0.006)	0.40	(0.014)	1.04	(0.019)	6.70	(0.058)	3.01	(0.033)
2 and over...	0.24	(0.007)	0.15	(0.004)	0.13	(0.003)	0.25	(0.006)	0.41	(0.014)	1.06	(0.021)	6.75	(0.064)	3.01	(0.037)
$75,000 and higher:																
2 - 5.....	0.33	(0.019)	0.22	(0.011)	0.18	(0.011)	0.33	(0.016)	0.49	(0.049)	1.30	(0.054)	6.72	(0.104)	2.99	(0.090)
6 - 11.....	0.30	(0.023)	0.19	(0.017)	0.16	(0.013)	0.31	(0.021)	0.60	(0.117)	1.27	(0.074)	6.90	(0.107)	3.13	(0.092)
12 - 19.....	0.28	(0.032)	0.17	(0.018)	0.13	(0.010)	0.26	(0.025)	0.40	(0.040)	1.14	(0.094)	6.70	(0.190)	3.02	(0.083)
20 and over...	0.24	(0.007)	0.15	(0.005)	0.12	(0.005)	0.24	(0.007)	0.39	(0.026)	1.03	(0.023)	6.59	(0.072)	2.89	(0.032)
2 and over...	0.25	(0.007)	0.16	(0.005)	0.13	(0.005)	0.26	(0.007)	0.41	(0.028)	1.07	(0.023)	6.63	(0.060)	2.93	(0.031)
All Individuals[2]:																
2 - 5.....	0.32	(0.011)	0.21	(0.008)	0.18	(0.011)	0.32	(0.010)	0.48	(0.022)	1.23	(0.037)	6.73	(0.089)	2.96	(0.043)
6 - 11.....	0.29	(0.014)	0.18	(0.009)	0.15	(0.008)	0.29	(0.013)	0.50	(0.045)	1.21	(0.045)	6.96	(0.087)	3.10	(0.054)
12 - 19.....	0.25	(0.011)	0.16	(0.007)	0.13	(0.004)	0.25	(0.009)	0.39	(0.018)	1.08	(0.036)	6.75	(0.088)	2.97	(0.047)
20 and over...	0.23	(0.005)	0.15	(0.003)	0.12	(0.002)	0.24	(0.004)	0.40	(0.009)	1.02	(0.013)	6.63	(0.038)	2.95	(0.023)
2 and over...	0.24	(0.005)	0.15	(0.003)	0.13	(0.002)	0.25	(0.004)	0.41	(0.010)	1.05	(0.014)	6.67	(0.039)	2.96	(0.024)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal													
	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
$0 - $24,999:														
2 - 5.....	0.46	(0.023)	11.06	(0.227)	0.15	(0.017)	0.01	(0.002)	7.17	(0.250)	0.70	(0.025)	#	
6 - 11.....	0.48	(0.024)	10.71	(0.248)	0.12	(0.003)	0.01	(0.001)	6.96	(0.212)	0.69	(0.034)	#	
12 - 19.....	0.48	(0.030)	11.35	(0.415)	0.13	(0.005)	0.01	(0.001)	7.66	(0.238)	0.74	(0.027)	#	
20 and over...	0.49	(0.012)	11.72	(0.094)	0.14	(0.004)	0.01	(0.001)	7.71	(0.172)	0.84	(0.025)	#	
2 and over...	0.49	(0.013)	11.56	(0.103)	0.14	(0.004)	0.01	(0.001)	7.62	(0.134)	0.81	(0.019)	#	
$25,000 - $74,999:														
2 - 5.....	0.42	(0.017)	10.66	(0.320)	0.12	(0.008)	0.01	(0.001)	6.67	(0.331)	0.65	(0.033)	#	
6 - 11.....	0.46	(0.019)	11.08	(0.195)	0.13	(0.006)	0.01	(0.001)	7.40	(0.207)	0.75	(0.019)	#	
12 - 19.....	0.46	(0.013)	11.12	(0.280)	0.13	(0.005)	0.01	(0.002)	7.96	(0.334)	0.78	(0.053)	#	
20 and over...	0.50	(0.006)	11.83	(0.106)	0.15	(0.004)	0.01	(0.001)	7.85	(0.117)	0.84	(0.015)	#	
2 and over...	0.49	(0.005)	11.64	(0.112)	0.14	(0.003)	0.01	(0.001)	7.77	(0.084)	0.81	(0.013)	#	
$75,000 and higher:														
2 - 5.....	0.41	(0.014)	10.65	(0.262)	0.12	(0.006)	0.01	(0.001)	6.95	(0.307)	0.74	(0.046)	#	
6 - 11.....	0.45	(0.022)	10.95	(0.236)	0.13	(0.003)	0.01	(0.001)	7.00	(0.282)	0.66	(0.024)	#	
12 - 19.....	0.47	(0.017)	11.15	(0.372)	0.13	(0.011)	0.01	(0.002)	7.61	(0.357)	0.73	(0.039)	#	
20 and over...	0.48	(0.013)	12.16	(0.140)	0.16	(0.006)	0.02	(0.002)	8.12	(0.112)	0.86	(0.019)	0.01	(0.001)
2 and over...	0.47	(0.012)	11.87	(0.125)	0.15	(0.005)	0.01	(0.001)	7.91	(0.084)	0.82	(0.019)	0.01	(0.001)
All Individuals[2]:														
2 - 5.....	0.42	(0.008)	10.74	(0.118)	0.13	(0.006)	0.01	(0.001)	6.88	(0.178)	0.69	(0.018)	#	
6 - 11.....	0.46	(0.013)	10.99	(0.144)	0.13	(0.002)	0.01	(#)	7.15	(0.117)	0.71	(0.010)	#	
12 - 19.....	0.47	(0.011)	11.18	(0.228)	0.13	(0.005)	0.01	(0.001)	7.76	(0.228)	0.76	(0.029)	#	
20 and over...	0.49	(0.007)	11.91	(0.061)	0.15	(0.002)	0.01	(0.001)	7.91	(0.084)	0.84	(0.012)	#	
2 and over...	0.49	(0.006)	11.70	(0.063)	0.15	(0.002)	0.01	(#)	7.78	(0.063)	0.82	(0.012)	#	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
$0 - $24,999:								
2 - 5.....	0.07	(0.004)	0.01*	(0.004)	0.01	(0.001)	0.02*	(0.008)
6 - 11.....	0.05	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.07	(0.004)	0.01*	(0.005)	0.01	(0.001)	0.02*	(0.006)
20 and over...	0.08	(0.002)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
$25,000 - $74,999:								
2 - 5.....	0.06	(0.003)	0.01*	(0.004)	0.01	(0.001)	0.02*	(0.009)
6 - 11.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
20 and over...	0.08	(0.001)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(0.001)	0.03	(0.003)
$75,000 and higher:								
2 - 5.....	0.05	(0.005)	0.01	(0.002)	0.01	(#)	0.01	(0.004)
6 - 11.....	0.05	(0.005)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
20 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.04	(0.003)
2 and over...	0.07	(0.001)	0.02	(0.001)	0.01	(0.001)	0.04	(0.003)
All Individuals[2]:								
2 - 5.....	0.06	(0.002)	0.01	(0.002)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.06	(0.002)	0.01	(#)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 and over...	0.08	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] Sample size and mean energy includes individuals (n = 0) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[2] 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.

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

Family income as % of poverty level and age (years)	Sample size [2]	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
				Nutrient per 1000 kcal															
Under 131% poverty:																			
2 - 5.....	329	1486	(41.3)	35.6	(0.80)	135	(1.7)	65	(1.5)	7.8	(0.19)	36.5	(0.48)	12.9	(0.29)	12.0	(0.20)	8.1	(0.23)
6 - 11.....	494	1845	(43.6)	36.4	(0.69)	134	(1.2)	61	(1.1)	8.1	(0.27)	36.6	(0.42)	12.9	(0.33)	12.2	(0.17)	8.0	(0.20)
12 - 19.....	555	2016	(69.0)	37.3	(0.96)	132	(2.4)	62	(3.1)	7.4	(0.27)	36.9	(0.83)	12.1	(0.37)	12.4	(0.30)	8.7	(0.27)
20 and over...	1596	2157	(21.0)	38.9	(0.65)	125	(0.9)	58	(1.2)	7.7	(0.20)	36.7	(0.30)	12.0	(0.20)	12.7	(0.09)	8.5	(0.18)
2 and over...	2974	2053	(17.1)	38.2	(0.55)	128	(0.8)	60	(1.1)	7.7	(0.18)	36.7	(0.30)	12.2	(0.20)	12.5	(0.10)	8.4	(0.13)
131-350% poverty:																			
2 - 5.....	200	1465	(57.2)	37.1	(1.30)	136	(2.3)	65	(2.3)	8.2	(0.25)	35.6	(1.27)	13.0	(0.47)	11.6	(0.47)	7.7	(0.43)
6 - 11.....	302	1983	(58.8)	34.0	(0.66)	135	(1.5)	63	(2.2)	7.2	(0.25)	37.2	(0.64)	13.3	(0.36)	12.2	(0.22)	8.3	(0.21)
12 - 19.....	402	2085	(70.5)	39.2	(1.09)	128	(1.8)	59	(1.8)	7.3	(0.33)	37.5	(0.49)	12.6	(0.27)	12.5	(0.29)	8.8	(0.40)
20 and over...	1622	2146	(33.9)	40.2	(0.35)	119	(0.6)	53	(0.9)	8.2	(0.17)	38.7	(0.35)	12.5	(0.10)	13.4	(0.17)	9.1	(0.15)
2 and over...	2526	2094	(32.7)	39.4	(0.36)	122	(0.6)	55	(0.7)	8.0	(0.14)	38.3	(0.30)	12.6	(0.11)	13.1	(0.14)	8.9	(0.10)
Over 350% poverty:																			
2 - 5.....	109	1491	(30.2)	35.9	(1.67)	139	(2.0)	68	(1.7)	8.2	(0.50)	35.2	(0.50)	13.0	(0.34)	11.4	(0.27)	7.5	(0.35)
6 - 11.....	194	1976	(35.0)	35.8	(1.22)	135	(1.7)	62	(2.2)	8.0	(0.29)	36.6	(0.60)	13.4	(0.53)	11.9	(0.27)	7.8	(0.38)
12 - 19.....	239	2015	(111.6)	38.9	(1.25)	131	(2.1)	63	(2.2)	7.6	(0.28)	36.8	(1.00)	12.6	(0.32)	12.2	(0.44)	8.4	(0.47)
20 and over...	1468	2136	(26.6)	40.8	(0.73)	116	(1.0)	48	(0.8)	8.9	(0.21)	38.2	(0.38)	12.1	(0.15)	13.3	(0.16)	9.1	(0.13)
2 and over...	2010	2095	(20.8)	40.2	(0.63)	119	(1.1)	51	(0.8)	8.7	(0.16)	37.9	(0.38)	12.2	(0.14)	13.1	(0.16)	8.9	(0.13)
All Individuals[3]:																			
2 - 5.....	676	1481	(30.6)	36.1	(0.75)	137	(0.8)	66	(1.0)	8.0	(0.20)	35.8	(0.38)	13.0	(0.18)	11.7	(0.14)	7.7	(0.19)
6 - 11.....	1047	1921	(35.4)	35.6	(0.52)	134	(0.7)	62	(0.9)	7.8	(0.18)	36.9	(0.28)	13.2	(0.23)	12.2	(0.12)	8.0	(0.13)
12 - 19.....	1296	2038	(31.1)	38.7	(0.70)	130	(1.4)	60	(1.4)	7.4	(0.19)	37.2	(0.47)	12.4	(0.20)	12.4	(0.21)	8.7	(0.26)
20 and over...	5047	2141	(18.7)	40.2	(0.48)	119	(0.6)	52	(0.5)	8.4	(0.13)	38.0	(0.21)	12.2	(0.09)	13.2	(0.07)	9.0	(0.09)
2 and over...	8066	2079	(17.2)	39.4	(0.43)	123	(0.5)	55	(0.4)	8.2	(0.11)	37.7	(0.18)	12.3	(0.10)	12.9	(0.06)	8.8	(0.07)

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

Family income as % of poverty level and age (years)	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	126	(8.8)	292	(9.6)	363	(10.7)	196	(46.3)	733	(101.7)	51	(8.3)	1974	(251.9)	413	(30.8)	0.85	(0.018)
6 - 11.....	109	(3.8)	275	(15.8)	335	(17.8)	135	(18.5)	637	(62.2)	34	(4.4)	2227	(195.8)	432	(45.2)	0.86	(0.020)
12 - 19.....	126	(6.5)	206	(9.8)	262	(13.3)	108	(19.8)	601	(92.4)	38	(4.7)	2209	(188.3)	473	(66.7)	0.79	(0.024)
20 and over...	142	(3.7)	199	(8.4)	283	(12.6)	154	(15.0)	926	(65.5)	38	(2.4)	2190	(128.1)	683	(58.7)	0.77	(0.012)
2 and over...	135	(3.1)	215	(6.9)	292	(10.3)	148	(12.0)	835	(55.2)	38	(1.9)	2180	(111.1)	606	(45.7)	0.79	(0.011)
131-350% poverty:																		
2 - 5.....	123	(4.3)	292	(9.5)	383	(17.1)	171	(49.8)	1000	(171.0)	41	(6.2)	2177	(344.5)	437	(36.9)	0.81	(0.022)
6 - 11.....	109	(5.6)	279	(14.3)	333	(13.4)	118	(16.7)	569	(60.2)	46	(5.4)	2576	(320.5)	400	(49.9)	0.84	(0.020)
12 - 19.....	122	(3.8)	241	(11.2)	345	(50.0)	316*	(197.8)	1080*	(500.0)	31	(5.1)	2298	(243.5)	548	(92.7)	0.87	(0.028)
20 and over...	143	(3.1)	208	(7.9)	316	(10.8)	203	(14.1)	1183	(70.7)	42	(3.1)	2221	(126.1)	876	(106.3)	0.78	(0.011)
2 and over...	137	(2.6)	222	(7.0)	324	(13.4)	209	(29.6)	1112	(89.3)	41	(2.6)	2257	(120.4)	778	(83.2)	0.80	(0.009)
Over 350% poverty:																		
2 - 5.....	106	(10.3)	337	(16.1)	421	(31.1)	223*	(82.9)	882	(234.6)	42	(10.5)	2190	(392.2)	421	(47.3)	0.92	(0.032)
6 - 11.....	112	(10.6)	271	(14.5)	368	(28.3)	247*	(112.5)	1016	(276.9)	43	(7.2)	1507	(137.5)	727*	(255.6)	0.83	(0.038)
12 - 19.....	111	(4.3)	234	(16.7)	329	(21.8)	208	(42.7)	1027	(216.0)	47	(11.1)	2436	(512.9)	612*	(211.1)	0.87	(0.067)
20 and over...	135	(3.3)	202	(4.2)	329	(10.9)	261	(35.9)	1372	(100.9)	49	(4.4)	2657	(117.1)	1024	(59.8)	0.79	(0.006)
2 and over...	130	(3.0)	214	(5.7)	335	(8.2)	255	(30.3)	1306	(78.7)	48	(4.2)	2554	(123.5)	952	(48.3)	0.80	(0.009)
All Individuals[3]:																		
2 - 5.....	119	(4.5)	307	(7.6)	386	(8.5)	191	(42.4)	835	(74.1)	45	(4.8)	2059	(188.6)	415	(18.2)	0.86	(0.015)
6 - 11.....	111	(3.8)	279	(10.9)	349	(15.8)	164	(30.7)	736	(84.8)	41	(3.0)	2154	(140.1)	510	(78.9)	0.85	(0.013)
12 - 19.....	122	(3.6)	226	(6.8)	310	(19.9)	206*	(72.2)	889	(186.7)	37	(3.4)	2390	(155.3)	539	(57.4)	0.84	(0.024)
20 and over...	139	(1.6)	204	(3.7)	315	(7.7)	217	(16.8)	1211	(63.0)	44	(2.1)	2366	(51.3)	894	(47.7)	0.78	(0.006)
2 and over...	134	(1.4)	217	(3.8)	321	(8.0)	211	(16.0)	1118	(58.6)	43	(1.8)	2336	(53.5)	800	(37.2)	0.80	(0.007)

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

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 5.....	1.13	(0.024)	10.9	(0.27)	0.96	(0.024)	120	(6.4)	86	(3.7)	290	(10.5)	147	(4.9)	2.67	(0.076)	0.70	(0.053)
6 - 11.....	1.05	(0.030)	11.5	(0.33)	0.96	(0.035)	117	(7.0)	84	(3.1)	283	(12.9)	131	(3.3)	2.64	(0.126)	0.74	(0.071)
12 - 19.....	0.96	(0.043)	12.4	(0.49)	0.97	(0.052)	110	(8.5)	86	(3.0)	273	(16.5)	137	(5.2)	2.42	(0.128)	0.67	(0.085)
20 and over...	1.02	(0.025)	12.4	(0.18)	1.01	(0.024)	89	(4.2)	101	(2.8)	253	(8.9)	159	(3.1)	2.26	(0.067)	0.51	(0.048)
2 and over...	1.02	(0.018)	12.2	(0.16)	1.00	(0.020)	98	(4.3)	96	(2.3)	262	(8.5)	152	(2.6)	2.35	(0.057)	0.57	(0.035)
131-350% poverty:																		
2 - 5.....	1.18	(0.026)	10.5	(0.26)	0.95	(0.043)	107	(7.8)	91	(4.7)	274	(13.1)	150	(4.9)	2.53	(0.115)	0.51	(0.045)
6 - 11.....	1.09	(0.048)	11.2	(0.31)	0.92	(0.027)	112	(7.0)	77	(1.8)	268	(12.5)	129	(3.8)	2.53	(0.136)	0.70	(0.072)
12 - 19.....	1.13	(0.077)	13.2	(0.68)	1.05	(0.074)	114	(12.5)	87	(3.8)	282	(23.0)	142	(2.9)	2.67	(0.189)	0.77	(0.164)
20 and over...	1.05	(0.014)	12.8	(0.23)	1.07	(0.029)	85	(3.7)	109	(2.7)	253	(7.1)	163	(1.6)	2.40	(0.091)	0.54	(0.054)
2 and over...	1.07	(0.019)	12.6	(0.22)	1.05	(0.026)	92	(3.9)	103	(2.2)	259	(7.6)	157	(1.5)	2.45	(0.092)	0.58	(0.057)
Over 350% poverty:																		
2 - 5.....	1.23	(0.054)	10.6	(0.47)	0.96	(0.038)	129	(14.2)	91	(6.5)	310	(24.4)	136	(4.6)	2.84	(0.188)	0.76	(0.138)
6 - 11.....	1.03	(0.028)	10.7	(0.42)	0.86	(0.024)	105	(10.8)	86	(3.0)	266	(18.2)	130	(7.2)	2.22	(0.137)	0.46	(0.089)
12 - 19.....	1.14	(0.072)	13.1	(0.66)	1.15	(0.104)	102	(13.2)	88	(4.6)	261	(20.8)	136	(4.8)	2.87	(0.171)	0.96	(0.188)
20 and over...	1.09	(0.015)	12.7	(0.24)	1.07	(0.022)	83	(1.7)	116	(2.7)	258	(3.0)	164	(1.9)	2.32	(0.051)	0.49	(0.027)
2 and over...	1.09	(0.014)	12.5	(0.23)	1.06	(0.022)	88	(1.9)	111	(2.3)	260	(2.6)	159	(1.7)	2.38	(0.053)	0.54	(0.039)
All Individuals[3]:																		
2 - 5.....	1.18	(0.019)	10.7	(0.16)	0.96	(0.023)	120	(5.3)	89	(3.0)	292	(8.0)	145	(3.1)	2.71	(0.055)	0.66	(0.045)
6 - 11.....	1.07	(0.026)	11.3	(0.16)	0.93	(0.016)	115	(5.2)	82	(1.6)	279	(8.9)	131	(2.4)	2.52	(0.071)	0.67	(0.029)
12 - 19.....	1.07	(0.042)	12.9	(0.32)	1.05	(0.036)	111	(7.5)	87	(2.1)	275	(13.9)	139	(2.8)	2.63	(0.074)	0.78	(0.072)
20 and over...	1.05	(0.009)	12.7	(0.08)	1.06	(0.009)	85	(1.8)	110	(1.8)	255	(3.5)	163	(1.2)	2.34	(0.036)	0.51	(0.021)
2 and over...	1.06	(0.011)	12.5	(0.06)	1.04	(0.008)	92	(2.0)	104	(1.6)	261	(3.9)	157	(1.2)	2.41	(0.030)	0.56	(0.023)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age	Nutrient per 1000 kcal															
	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
(years)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																
2 - 5.....	57.2	(3.42)	4.0	(0.23)	3.6	(0.09)	0.2	(0.05)	33.4	(3.14)	614	(23.5)	695	(15.8)	129	(1.6)
6 - 11.....	38.8	(2.13)	3.0	(0.15)	3.7	(0.09)	0.3	(0.07)	36.1	(2.73)	546	(20.3)	682	(13.3)	126	(3.2)
12 - 19.....	38.6	(2.57)	2.4	(0.13)	3.8	(0.22)	0.3*	(0.13)	38.8	(3.30)	490	(16.4)	640	(16.9)	123	(3.1)
20 and over...	38.8	(1.86)	2.2	(0.07)	3.9	(0.11)	0.4	(0.08)	50.1	(2.42)	461	(9.3)	643	(9.8)	139	(2.1)
2 and over...	40.1	(1.41)	2.4	(0.05)	3.8	(0.08)	0.3	(0.06)	45.8	(1.96)	486	(9.7)	651	(9.2)	135	(1.9)
131-350% poverty:																
2 - 5.....	54.2	(5.86)	4.1	(0.28)	3.8	(0.11)	0.4	(0.11)	36.3	(2.24)	629	(15.2)	717	(14.0)	139	(4.5)
6 - 11.....	39.7	(2.49)	2.9	(0.19)	3.6	(0.10)	0.2*	(0.07)	33.4	(2.69)	556	(17.9)	659	(12.0)	116	(2.4)
12 - 19.....	32.4	(2.70)	2.7	(0.14)	3.9	(0.32)	0.3*	(0.15)	45.8	(7.51)	524	(16.5)	681	(8.5)	129	(2.5)
20 and over...	41.5	(1.31)	2.2	(0.11)	4.5	(0.13)	0.6	(0.06)	61.2	(3.80)	467	(9.2)	668	(5.5)	148	(2.4)
2 and over...	40.8	(1.20)	2.4	(0.10)	4.3	(0.10)	0.5	(0.05)	55.9	(3.05)	489	(9.9)	671	(5.1)	143	(2.0)
Over 350% poverty:																
2 - 5.....	49.3	(5.09)	3.9	(0.28)	4.0	(0.36)	0.7	(0.17)	33.8	(3.04)	680	(42.8)	757	(41.8)	137	(6.6)
6 - 11.....	41.1	(3.30)	2.9	(0.20)	3.9	(0.15)	0.4	(0.12)	49.6	(10.97)	616	(40.9)	703	(28.4)	129	(3.0)
12 - 19.....	41.7	(3.99)	2.5	(0.22)	3.8	(0.17)	0.3	(0.07)	45.1	(9.69)	551	(26.4)	688	(23.1)	134	(4.1)
20 and over...	41.1	(1.70)	2.5	(0.11)	4.8	(0.05)	0.5	(0.05)	71.4	(2.58)	472	(7.9)	683	(8.1)	157	(1.7)
2 and over...	41.5	(1.64)	2.6	(0.10)	4.6	(0.04)	0.5	(0.05)	66.7	(2.33)	494	(10.6)	688	(9.5)	153	(1.2)
All Individuals[3]:																
2 - 5.....	54.4	(2.74)	4.1	(0.15)	3.7	(0.12)	0.4	(0.07)	34.0	(1.55)	641	(15.9)	720	(13.7)	135	(2.0)
6 - 11.....	40.5	(1.11)	2.9	(0.10)	3.8	(0.09)	0.4	(0.07)	39.4	(3.60)	569	(16.1)	681	(8.4)	124	(1.7)
12 - 19.....	36.8	(1.84)	2.5	(0.08)	3.8	(0.18)	0.3	(0.08)	43.5	(3.48)	518	(12.8)	668	(11.0)	128	(2.2)
20 and over...	40.8	(0.87)	2.3	(0.06)	4.4	(0.06)	0.5	(0.03)	63.2	(1.98)	468	(4.9)	668	(6.1)	150	(1.5)
2 and over...	41.0	(0.68)	2.5	(0.04)	4.3	(0.05)	0.4	(0.03)	57.6	(1.66)	491	(5.5)	672	(6.0)	145	(1.3)

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

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Under 131% poverty:																		
2 - 5.....	7.8	(0.24)	5.4	(0.15)	0.5	(0.01)	50.0	(1.22)	1283	(30.7)	1548	(35.5)	4.2	(0.72)	21.4	(3.29)	--	--
6 - 11.....	7.9	(0.25)	5.6	(0.18)	0.5	(0.01)	50.5	(0.85)	1170	(25.4)	1587	(27.2)	8.2	(1.84)	26.7	(2.13)	--	--
12 - 19.....	7.2	(0.21)	5.2	(0.20)	0.5	(0.01)	53.8	(1.46)	1108	(25.3)	1678	(20.9)	23.1	(4.19)	18.4	(2.57)	--	--
20 and over...	6.9	(0.15)	5.2	(0.13)	0.6	(0.01)	54.8	(0.79)	1220	(15.9)	1680	(10.7)	89.6	(11.79)	14.8	(1.30)	3.6	(0.31)
2 and over...	7.1	(0.15)	5.2	(0.12)	0.5	(0.01)	53.8	(0.66)	1203	(13.2)	1659	(10.3)	65.1	(9.28)	17.1	(0.96)	--	--
131-350% poverty:																		
2 - 5.....	7.6	(0.24)	5.4	(0.11)	0.5	(0.02)	50.5	(1.26)	1353	(60.1)	1519	(32.1)	3.8	(0.71)	30.4	(4.56)	--	--
6 - 11.....	7.5	(0.20)	4.9	(0.13)	0.5	(0.02)	49.2	(0.86)	1142	(21.7)	1582	(29.4)	7.4	(1.00)	26.6	(3.01)	--	--
12 - 19.....	7.3	(0.37)	5.6	(0.24)	0.5	(0.01)	56.0	(1.38)	1149	(26.0)	1734	(45.6)	24.2	(3.48)	16.7	(2.50)	--	--
20 and over...	7.1	(0.14)	5.4	(0.08)	0.6	(0.01)	56.0	(0.80)	1295	(14.8)	1713	(34.1)	82.0	(5.29)	17.9	(1.54)	4.0	(0.42)
2 and over...	7.2	(0.14)	5.4	(0.08)	0.6	(0.01)	55.2	(0.73)	1268	(14.0)	1696	(25.8)	65.4	(4.87)	19.0	(1.28)	--	--
Over 350% poverty:																		
2 - 5.....	8.2	(0.49)	5.8	(0.39)	0.5	(0.02)	49.8	(1.68)	1339	(45.6)	1566	(49.9)	2.4	(0.33)	26.7	(4.94)	--	--
6 - 11.....	7.2	(0.31)	5.1	(0.28)	0.5	(0.02)	49.5	(1.71)	1154	(40.3)	1554	(54.6)	8.1	(1.70)	29.0	(2.30)	--	--
12 - 19.....	7.4	(0.44)	5.7	(0.28)	0.6	(0.02)	51.3	(2.03)	1222	(40.3)	1691	(37.2)	30.0*	(9.89)	21.9	(2.87)	--	--
20 and over...	7.0	(0.10)	5.4	(0.08)	0.6	(0.01)	57.3	(0.91)	1369	(24.3)	1710	(22.2)	92.3	(3.64)	17.9	(1.14)	5.9	(0.40)
2 and over...	7.1	(0.07)	5.4	(0.08)	0.6	(0.01)	56.1	(0.83)	1343	(19.6)	1694	(19.6)	79.1	(4.05)	19.2	(0.89)	--	--
All Individuals[3]:																		
2 - 5.....	7.8	(0.18)	5.5	(0.12)	0.5	(0.01)	49.8	(0.88)	1327	(30.4)	1535	(23.4)	3.6	(0.39)	25.4	(2.26)	--	--
6 - 11.....	7.6	(0.11)	5.3	(0.13)	0.5	(0.01)	50.0	(0.75)	1154	(12.4)	1574	(17.7)	7.6	(0.90)	26.9	(1.55)	--	--
12 - 19.....	7.3	(0.17)	5.5	(0.13)	0.5	(0.01)	54.3	(0.87)	1151	(19.4)	1706	(19.9)	25.8	(3.25)	18.7	(1.31)	--	--
20 and over...	7.0	(0.07)	5.3	(0.06)	0.6	(0.01)	56.3	(0.58)	1309	(14.0)	1701	(12.6)	87.8	(3.54)	17.2	(0.63)	4.6	(0.30)
2 and over...	7.1	(0.06)	5.4	(0.06)	0.6	(0.01)	55.3	(0.51)	1279	(12.9)	1683	(11.5)	70.2	(3.47)	18.6	(0.54)	--	--

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

Family income as % of poverty level 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)
	Nutrient per 1000 kcal															
Under 131% poverty:																
2 - 5.....	0.30	(0.018)	0.20	(0.011)	0.18	(0.014)	0.30	(0.016)	0.48	(0.022)	1.18	(0.054)	6.89	(0.139)	2.93	(0.069)
6 - 11.....	0.28	(0.021)	0.18	(0.013)	0.14	(0.010)	0.27	(0.020)	0.46	(0.038)	1.17	(0.067)	6.91	(0.145)	3.01	(0.056)
12 - 19.....	0.22	(0.015)	0.14	(0.009)	0.12	(0.008)	0.23	(0.013)	0.39	(0.018)	1.01	(0.052)	6.63	(0.183)	2.88	(0.081)
20 and over...	0.22	(0.010)	0.14	(0.006)	0.12	(0.004)	0.23	(0.009)	0.38	(0.020)	1.00	(0.034)	6.53	(0.084)	2.91	(0.049)
2 and over...	0.23	(0.011)	0.15	(0.006)	0.13	(0.004)	0.24	(0.009)	0.40	(0.016)	1.03	(0.034)	6.61	(0.089)	2.92	(0.043)
131-350% poverty:																
2 - 5.....	0.31	(0.015)	0.21	(0.011)	0.19	(0.022)	0.32	(0.017)	0.44	(0.030)	1.22	(0.064)	6.63	(0.245)	3.04	(0.114)
6 - 11.....	0.29	(0.016)	0.19	(0.011)	0.15	(0.007)	0.29	(0.014)	0.45	(0.036)	1.19	(0.052)	7.09	(0.166)	3.15	(0.105)
12 - 19.....	0.26	(0.016)	0.16	(0.009)	0.12	(0.006)	0.25	(0.013)	0.39	(0.028)	1.09	(0.049)	6.83	(0.106)	2.99	(0.065)
20 and over...	0.24	(0.008)	0.15	(0.004)	0.13	(0.003)	0.24	(0.006)	0.40	(0.015)	1.04	(0.022)	6.76	(0.055)	3.02	(0.035)
2 and over...	0.25	(0.007)	0.16	(0.004)	0.13	(0.003)	0.25	(0.005)	0.41	(0.012)	1.07	(0.018)	6.79	(0.055)	3.03	(0.034)
Over 350% poverty:																
2 - 5.....	0.34	(0.022)	0.22	(0.012)	0.18	(0.011)	0.33	(0.018)	0.49	(0.052)	1.30	(0.059)	6.65	(0.129)	2.91	(0.100)
6 - 11.....	0.30	(0.027)	0.19	(0.018)	0.17	(0.018)	0.31	(0.027)	0.64	(0.169)	1.27	(0.098)	6.89	(0.129)	3.13	(0.146)
12 - 19.....	0.27	(0.026)	0.17	(0.015)	0.13	(0.009)	0.26	(0.022)	0.40	(0.044)	1.14	(0.077)	6.71	(0.166)	2.99	(0.075)
20 and over...	0.24	(0.006)	0.15	(0.004)	0.12	(0.005)	0.24	(0.007)	0.40	(0.025)	1.02	(0.021)	6.56	(0.070)	2.90	(0.031)
2 and over...	0.25	(0.005)	0.16	(0.004)	0.13	(0.005)	0.25	(0.007)	0.41	(0.027)	1.06	(0.019)	6.59	(0.058)	2.92	(0.031)
All Individuals[3]:																
2 - 5.....	0.32	(0.011)	0.21	(0.008)	0.18	(0.011)	0.32	(0.010)	0.48	(0.022)	1.23	(0.037)	6.73	(0.089)	2.96	(0.043)
6 - 11.....	0.29	(0.014)	0.18	(0.009)	0.15	(0.008)	0.29	(0.013)	0.50	(0.045)	1.21	(0.045)	6.96	(0.087)	3.10	(0.054)
12 - 19.....	0.25	(0.011)	0.16	(0.007)	0.13	(0.004)	0.25	(0.009)	0.39	(0.018)	1.08	(0.036)	6.75	(0.088)	2.97	(0.047)
20 and over...	0.23	(0.005)	0.15	(0.003)	0.12	(0.002)	0.24	(0.004)	0.40	(0.009)	1.02	(0.013)	6.63	(0.038)	2.95	(0.023)
2 and over...	0.24	(0.005)	0.15	(0.003)	0.13	(0.002)	0.25	(0.004)	0.41	(0.010)	1.05	(0.014)	6.67	(0.039)	2.96	(0.024)

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

Family income as % of poverty level and age (years)	Nutrient per 1000 kcal													
	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:														
2 - 5.....	0.45	(0.018)	11.04	(0.168)	0.14	(0.013)	0.01	(0.001)	7.19	(0.216)	0.69	(0.018)	#	
6 - 11.....	0.47	(0.014)	10.90	(0.199)	0.13	(0.005)	0.01	(0.001)	7.11	(0.183)	0.70	(0.023)	#	
12 - 19.....	0.48	(0.019)	11.15	(0.278)	0.14	(0.004)	0.01	(0.001)	7.78	(0.247)	0.74	(0.026)	#	
20 and over...	0.50	(0.013)	11.40	(0.071)	0.14	(0.005)	0.01	(0.001)	7.49	(0.168)	0.79	(0.017)	#	
2 and over...	0.49	(0.011)	11.28	(0.081)	0.14	(0.004)	0.01	(0.001)	7.47	(0.119)	0.77	(0.011)	#	
131-350% poverty:														
2 - 5.....	0.42	(0.020)	10.72	(0.410)	0.12	(0.008)	0.01	(0.001)	6.78	(0.400)	0.71	(0.046)	#	
6 - 11.....	0.46	(0.025)	11.01	(0.197)	0.13	(0.005)	0.01	(0.001)	7.37	(0.196)	0.73	(0.023)	#	
12 - 19.....	0.48	(0.017)	11.26	(0.307)	0.13	(0.006)	0.01	(0.001)	7.89	(0.358)	0.77	(0.051)	#	
20 and over...	0.51	(0.007)	12.09	(0.161)	0.15	(0.003)	0.01	(0.001)	8.03	(0.145)	0.87	(0.017)	#	
2 and over...	0.50	(0.005)	11.84	(0.144)	0.14	(0.003)	0.01	(0.001)	7.90	(0.098)	0.84	(0.016)	#	
Over 350% poverty:														
2 - 5.....	0.41	(0.017)	10.42	(0.237)	0.12	(0.008)	0.01	(0.001)	6.66	(0.329)	0.69	(0.034)	#	
6 - 11.....	0.44	(0.024)	10.94	(0.294)	0.13	(0.005)	0.01	(0.001)	6.94	(0.349)	0.67	(0.028)	#	
12 - 19.....	0.46	(0.013)	11.09	(0.442)	0.13	(0.012)	0.01	(0.002)	7.53	(0.423)	0.72	(0.048)	#	
20 and over...	0.47	(0.011)	12.09	(0.145)	0.16	(0.005)	0.02	(0.001)	8.06	(0.122)	0.85	(0.017)	0.01	(0.001)
2 and over...	0.47	(0.011)	11.88	(0.144)	0.15	(0.004)	0.01	(0.001)	7.90	(0.114)	0.82	(0.019)	#	
All Individuals[3]:														
2 - 5.....	0.42	(0.008)	10.74	(0.118)	0.13	(0.006)	0.01	(0.001)	6.88	(0.178)	0.69	(0.018)	#	
6 - 11.....	0.46	(0.013)	10.99	(0.144)	0.13	(0.002)	0.01	(#)	7.15	(0.117)	0.71	(0.010)	#	
12 - 19.....	0.47	(0.011)	11.18	(0.228)	0.13	(0.005)	0.01	(0.001)	7.76	(0.228)	0.76	(0.029)	#	
20 and over...	0.49	(0.007)	11.91	(0.061)	0.15	(0.002)	0.01	(0.001)	7.91	(0.084)	0.84	(0.012)	#	
2 and over...	0.49	(0.006)	11.70	(0.063)	0.15	(0.002)	0.01	(#)	7.78	(0.063)	0.82	(0.012)	#	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

Family income as % of poverty level and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Under 131% poverty:								
2 - 5.....	0.06	(0.005)	0.01*	(0.003)	0.01	(0.001)	0.02*	(0.007)
6 - 11.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.07	(0.004)	0.01*	(0.003)	0.01	(0.001)	0.02	(0.005)
20 and over...	0.08	(0.003)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
131-350% poverty:								
2 - 5.....	0.06	(0.003)	0.01*	(0.005)	0.01	(0.002)	0.02*	(0.011)
6 - 11.....	0.06	(0.003)	#		0.01	(0.001)	0.01	(0.001)
12 - 19.....	0.07	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
Over 350% poverty:								
2 - 5.....	0.05	(0.006)	0.01*	(0.002)	0.01	(#)	0.01*	(0.004)
6 - 11.....	0.05	(0.005)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
20 and over...	0.07	(0.002)	0.02	(0.003)	0.01	(0.001)	0.04	(0.005)
2 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.04	(0.004)
All Individuals[3]:								
2 - 5.....	0.06	(0.002)	0.01	(0.002)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.06	(0.002)	0.01	(#)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 and over...	0.08	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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

[1] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[2] Sample size and mean energy includes individuals (n = 0) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

[3] 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.

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 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014

F o o d e n e r g y

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1571	(35.2)	45	(11.0)	3*	(0.7)	--		--		--		1562	(38.3)
6 - 11.....	537	10	(2.1)	2036	(46.2)	70	(17.6)	3	(0.9)	2138	(210.4)	708	(80.1)	33	(2.6)	2024	(52.8)
12 - 19.....	646	11	(1.4)	2376	(38.2)	111	(25.0)	5	(1.0)	2703	(153.8)	1022	(121.0)	38	(3.7)	2336	(40.9)
20 - 39.....	853	25	(2.1)	2666	(38.9)	285	(30.6)	11	(1.1)	2715	(68.8)	1133	(58.2)	42	(2.6)	2649	(45.6)
40 - 59.....	808	26	(2.4)	2506	(52.6)	276	(28.3)	11	(1.1)	2656	(90.6)	1070	(53.5)	40	(2.1)	2454	(44.2)
60 and over.....	753	26	(1.7)	2154	(38.2)	227	(18.9)	11	(0.8)	2134	(65.4)	858	(52.7)	40	(2.1)	2161	(58.7)
2 - 19.....	1520	10	(1.4)	2101	(26.4)	84	(15.9)	4	(0.8)	2329	(129.7)	822	(69.8)	35	(1.9)	2075	(32.2)
20 and over...	2414	26	(1.4)	2477	(26.1)	267	(18.6)	11	(0.7)	2541	(41.4)	1038	(39.9)	41	(1.7)	2455	(28.4)
2 and over...	3934	22	(1.2)	2382	(21.0)	221	(15.5)	9	(0.6)	2516	(44.4)	1012	(33.2)	40	(1.4)	2345	(20.3)
Females:																	
2 - 5.....	339	9	(2.0)	1395	(36.9)	36*	(11.2)	3*	(0.8)	--		--		--		1386	(35.5)
6 - 11.....	510	13	(1.9)	1786	(30.4)	78	(10.8)	4	(0.6)	1952	(113.6)	589	(59.0)	30	(2.8)	1761	(36.1)
12 - 19.....	650	16	(1.9)	1689	(48.0)	113	(12.0)	7	(0.7)	1774	(101.9)	723	(77.2)	41	(3.1)	1673	(51.2)
20 - 39.....	893	27	(1.7)	1959	(31.5)	223	(22.9)	11	(1.1)	2002	(86.8)	833	(65.1)	42	(2.3)	1943	(38.7)
40 - 59.....	926	21	(2.6)	1824	(28.9)	164	(22.1)	9	(1.2)	1901	(109.3)	780	(51.6)	41	(1.6)	1803	(23.6)
60 and over.....	814	20	(2.3)	1663	(35.8)	157	(16.8)	9	(1.0)	1765	(63.9)	774	(47.8)	44	(2.2)	1637	(36.0)
2 - 19.....	1499	13	(1.0)	1657	(22.7)	85	(6.3)	5	(0.4)	1788	(40.6)	633	(41.3)	35	(2.0)	1637	(23.9)
20 and over...	2633	23	(1.8)	1825	(18.1)	182	(13.0)	10	(0.7)	1908	(48.6)	800	(31.4)	42	(1.3)	1801	(18.3)
2 and over...	4132	21	(1.5)	1786	(16.4)	160	(10.0)	9	(0.5)	1890	(38.1)	775	(26.0)	41	(1.1)	1759	(17.0)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	1885	(21.1)	85	(9.4)	4	(0.5)	2029	(74.7)	717	(45.8)	35	(1.5)	1866	(25.1)
20 and over...	5047	24	(1.4)	2141	(18.7)	223	(12.9)	10	(0.6)	2234	(47.5)	922	(25.7)	41	(1.2)	2112	(19.4)
2 and over...	8066	21	(1.1)	2079	(17.2)	190	(9.8)	9	(0.5)	2207	(41.6)	895	(19.8)	41	(0.9)	2045	(17.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	55.8	(2.36)	1.4*	(0.42)	3*	(0.8)	--		--		--		56.0	(2.57)
6 - 11.....	537	10	(2.1)	72.9	(2.13)	3.0	(0.80)	4	(1.1)	75.4	(8.57)	29.8	(3.62)	39	(3.3)	72.6	(2.66)
12 - 19.....	646	11	(1.4)	95.5	(3.51)	6.2*	(2.12)	6*	(2.1)	120.8	(23.12)	57.0	(14.68)	47	(4.0)	92.5	(3.14)
20 - 39.....	853	25	(2.1)	106.7	(2.57)	12.2	(1.83)	11	(1.6)	109.5	(4.45)	48.7	(4.91)	44	(3.3)	105.8	(2.46)
40 - 59.....	808	26	(2.4)	99.2	(2.10)	12.7	(1.33)	13	(1.2)	106.1	(3.05)	49.1	(2.34)	46	(1.9)	96.8	(2.20)
60 and over.....	753	26	(1.7)	84.3	(1.21)	10.1	(0.88)	12	(1.0)	85.1	(3.09)	38.0	(2.38)	45	(3.2)	84.0	(1.61)
2 - 19.....	1520	10	(1.4)	79.9	(1.96)	4.1	(1.17)	5	(1.4)	93.6	(13.91)	40.5	(8.12)	43	(3.0)	78.3	(2.11)
20 and over...	2414	26	(1.4)	98.3	(1.25)	11.8	(1.00)	12	(1.0)	101.9	(2.54)	46.0	(2.57)	45	(2.0)	97.0	(1.30)
2 and over...	3934	22	(1.2)	93.6	(1.18)	9.9	(0.85)	11	(0.9)	100.9	(3.07)	45.4	(2.37)	45	(1.7)	91.6	(1.04)
Females:																	
2 - 5.....	339	9	(2.0)	50.3	(1.67)	1.4*	(0.43)	3*	(0.9)	--		--		--		50.3	(1.72)
6 - 11.....	510	13	(1.9)	61.2	(1.14)	3.0	(0.47)	5	(0.7)	65.3	(4.35)	22.6	(2.42)	35	(3.4)	60.6	(1.13)
12 - 19.....	650	16	(1.9)	61.9	(2.16)	4.4	(0.52)	7	(0.8)	64.3	(4.23)	28.3	(3.72)	44	(4.1)	61.4	(2.44)
20 - 39.....	893	27	(1.7)	73.2	(1.53)	9.4	(0.77)	13	(1.0)	75.2	(2.75)	35.3	(1.88)	47	(1.3)	72.5	(1.74)
40 - 59.....	926	21	(2.6)	71.0	(0.92)	7.4	(1.03)	10	(1.4)	77.9	(2.69)	35.1	(2.29)	45	(2.3)	69.1	(1.14)
60 and over.....	814	20	(2.3)	64.1	(1.61)	6.9	(0.69)	11	(1.0)	71.4	(3.47)	34.1	(2.63)	48	(3.0)	62.3	(1.66)
2 - 19.....	1499	13	(1.0)	59.2	(1.13)	3.3	(0.30)	6	(0.5)	62.5	(1.69)	24.6	(1.91)	39	(2.4)	58.6	(1.21)
20 and over...	2633	23	(1.8)	69.8	(0.79)	8.0	(0.61)	11	(0.8)	75.2	(1.56)	34.9	(1.37)	46	(1.3)	68.2	(1.07)
2 and over...	4132	21	(1.5)	67.4	(0.74)	6.9	(0.46)	10	(0.6)	73.3	(1.25)	33.4	(1.20)	46	(1.2)	65.8	(0.91)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	69.8	(1.16)	3.7	(0.66)	5	(0.9)	76.4	(6.90)	31.7	(4.10)	41	(2.1)	69.0	(1.39)
20 and over...	5047	24	(1.4)	83.6	(0.73)	9.8	(0.59)	12	(0.7)	88.9	(1.60)	40.7	(1.24)	46	(1.1)	81.9	(0.92)
2 and over...	8066	21	(1.1)	80.3	(0.74)	8.4	(0.46)	10	(0.6)	87.2	(1.98)	39.4	(1.24)	45	(1.0)	78.4	(0.86)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	217	(5.2)	6	(1.3)	3*	(0.6)	--		--		--		216	(5.5)
6 - 11.....	537	10	(2.1)	270	(4.7)	8	(1.9)	3	(0.7)	287	(32.0)	83	(10.4)	29	(2.9)	268	(5.6)
12 - 19.....	646	11	(1.4)	298	(7.9)	11	(2.8)	4	(0.9)	329	(18.6)	104	(17.5)	32	(4.7)	295	(7.8)
20 - 39.....	853	25	(2.1)	310	(5.9)	28	(3.0)	9	(1.0)	302	(16.4)	112	(6.3)	37	(2.4)	312	(6.7)
40 - 59.....	808	26	(2.4)	290	(7.7)	27	(2.3)	9	(0.8)	287	(10.2)	105	(6.0)	37	(1.9)	291	(7.5)
60 and over.....	753	26	(1.7)	249	(6.6)	21	(1.9)	8	(0.7)	233	(10.6)	80	(6.4)	34	(1.8)	255	(8.8)
2 - 19.....	1520	10	(1.4)	273	(3.8)	9	(1.6)	3	(0.6)	296	(12.7)	89	(7.5)	30	(2.0)	270	(4.4)
20 and over...	2414	26	(1.4)	287	(3.2)	26	(1.7)	9	(0.6)	279	(7.0)	101	(4.5)	36	(1.5)	290	(3.8)
2 and over...	3934	22	(1.2)	283	(2.8)	22	(1.5)	8	(0.5)	281	(6.5)	100	(3.9)	36	(1.2)	284	(3.2)
Females:																	
2 - 5.....	339	9	(2.0)	186	(4.7)	4*	(1.4)	2*	(0.8)	--		--		--		185	(4.7)
6 - 11.....	510	13	(1.9)	239	(5.9)	9	(1.2)	4	(0.6)	259	(14.5)	71	(8.1)	27	(2.8)	236	(6.6)
12 - 19.....	650	16	(1.9)	220	(5.1)	13	(1.4)	6	(0.7)	226	(10.7)	82	(7.0)	36	(2.8)	219	(5.9)
20 - 39.....	893	27	(1.7)	240	(4.5)	22	(2.5)	9	(1.0)	233	(7.8)	82	(6.5)	35	(2.3)	242	(5.6)
40 - 59.....	926	21	(2.6)	217	(5.0)	15	(2.1)	7	(1.0)	205	(16.3)	73	(6.4)	35	(2.0)	220	(4.0)
60 and over.....	814	20	(2.3)	201	(4.1)	16	(1.9)	8	(1.0)	205	(7.5)	78	(5.8)	38	(2.6)	200	(4.3)
2 - 19.....	1499	13	(1.0)	219	(2.9)	10	(0.7)	5	(0.3)	232	(5.4)	73	(4.4)	32	(1.8)	217	(3.3)
20 and over...	2633	23	(1.8)	220	(3.0)	18	(1.4)	8	(0.6)	217	(6.5)	78	(3.2)	36	(1.2)	222	(2.7)
2 and over...	4132	21	(1.5)	220	(2.6)	16	(1.1)	7	(0.5)	219	(5.5)	77	(2.6)	35	(0.9)	220	(2.5)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	246	(2.8)	10	(1.0)	4	(0.4)	260	(8.6)	81	(5.2)	31	(1.6)	245	(3.1)
20 and over...	5047	24	(1.4)	253	(2.1)	22	(1.2)	9	(0.5)	249	(4.5)	90	(2.6)	36	(1.0)	254	(2.5)
2 and over...	8066	21	(1.1)	251	(2.1)	19	(1.0)	7	(0.4)	250	(4.0)	89	(2.0)	35	(0.7)	252	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	104	(3.1)	2	(0.5)	2*	(0.5)	--		--		--		103	(3.1)
6 - 11.....	537	10	(2.1)	126	(2.8)	3	(0.9)	2*	(0.7)	135	(17.4)	31	(5.4)	23*	(4.0)	125	(3.1)
12 - 19.....	646	11	(1.4)	139	(4.8)	5*	(1.6)	3*	(1.1)	159	(11.4)	45	(11.2)	28	(5.8)	137	(4.8)
20 - 39.....	853	25	(2.1)	140	(4.7)	9	(1.3)	7	(0.9)	132	(11.2)	38	(3.9)	28	(2.1)	142	(5.3)
40 - 59.....	808	26	(2.4)	124	(4.5)	8	(1.1)	7	(0.9)	115	(6.8)	32	(3.0)	28	(2.3)	127	(4.8)
60 and over.....	753	26	(1.7)	104	(3.7)	5	(0.6)	5	(0.5)	94	(7.1)	21	(2.5)	22	(1.7)	108	(3.9)
2 - 19.....	1520	10	(1.4)	128	(2.7)	4	(0.8)	3	(0.6)	142	(7.5)	36	(4.8)	26	(2.8)	126	(2.9)
20 and over...	2414	26	(1.4)	125	(2.5)	8	(0.9)	6	(0.7)	116	(5.7)	31	(2.6)	27	(1.6)	128	(2.7)
2 and over...	3934	22	(1.2)	126	(2.3)	7	(0.7)	6	(0.6)	119	(5.2)	32	(2.4)	27	(1.3)	128	(2.5)
Females:																	
2 - 5.....	339	9	(2.0)	90	(3.2)	2*	(0.6)	2*	(0.7)	--		--		--		90	(3.2)
6 - 11.....	510	13	(1.9)	107	(3.1)	4	(0.6)	3	(0.5)	120	(6.8)	28	(3.1)	23	(2.1)	105	(3.3)
12 - 19.....	650	16	(1.9)	99	(2.5)	4	(0.6)	4	(0.7)	96	(6.3)	28	(3.6)	29	(3.7)	100	(3.4)
20 - 39.....	893	27	(1.7)	111	(2.4)	8	(1.1)	7	(1.1)	104	(3.1)	31	(3.6)	29	(3.1)	113	(3.2)
40 - 59.....	926	21	(2.6)	96	(3.4)	5	(0.7)	5	(0.7)	86	(8.6)	22	(2.5)	26	(2.4)	98	(3.2)
60 and over.....	814	20	(2.3)	88	(2.4)	5	(0.7)	5	(0.7)	84	(5.8)	22	(2.1)	27	(1.6)	90	(2.3)
2 - 19.....	1499	13	(1.0)	100	(1.8)	4	(0.3)	4	(0.3)	103	(3.7)	26	(2.1)	26	(1.9)	99	(2.2)
20 and over...	2633	23	(1.8)	99	(1.7)	6	(0.5)	6	(0.5)	93	(3.5)	26	(1.9)	28	(1.6)	101	(1.7)
2 and over...	4132	21	(1.5)	99	(1.5)	5	(0.4)	5	(0.4)	94	(2.8)	26	(1.6)	27	(1.3)	100	(1.6)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	114	(1.7)	4	(0.5)	3	(0.4)	121	(5.1)	31	(3.0)	26	(2.0)	113	(1.9)
20 and over...	5047	24	(1.4)	111	(1.4)	7	(0.6)	6	(0.5)	105	(3.3)	29	(1.7)	27	(1.2)	114	(1.6)
2 and over...	8066	21	(1.1)	112	(1.3)	6	(0.5)	5	(0.4)	107	(3.0)	29	(1.6)	27	(1.0)	114	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	12.4	(0.48)	0.3	(0.08)	3*	(0.7)	--		--		--		12.4	(0.51)
6 - 11.....	537	10	(2.1)	15.0	(0.70)	0.4	(0.11)	3*	(0.7)	15.6	(1.51)	4.4	(0.57)	28	(3.1)	15.0	(0.79)
12 - 19.....	646	11	(1.4)	16.4	(0.43)	0.6	(0.13)	4	(0.8)	16.4	(1.56)	5.3	(0.87)	32	(4.1)	16.4	(0.49)
20 - 39.....	853	25	(2.1)	18.4	(0.48)	1.8	(0.21)	10	(1.1)	18.2	(0.79)	7.1	(0.72)	39	(3.3)	18.4	(0.59)
40 - 59.....	808	26	(2.4)	19.3	(0.52)	2.2	(0.22)	11	(1.1)	20.4	(1.09)	8.3	(0.59)	41	(2.3)	18.9	(0.50)
60 and over.....	753	26	(1.7)	18.9	(0.83)	1.7	(0.19)	9	(0.9)	17.6	(1.00)	6.5	(0.66)	37	(2.7)	19.3	(1.10)
2 - 19.....	1520	10	(1.4)	15.1	(0.28)	0.5	(0.09)	3	(0.6)	15.4	(0.87)	4.7	(0.48)	30	(2.0)	15.1	(0.32)
20 and over...	2414	26	(1.4)	18.8	(0.40)	1.9	(0.13)	10	(0.7)	18.9	(0.39)	7.4	(0.40)	39	(2.1)	18.8	(0.51)
2 and over...	3934	22	(1.2)	17.9	(0.26)	1.5	(0.10)	9	(0.6)	18.5	(0.37)	7.1	(0.35)	38	(1.9)	17.8	(0.31)
Females:																	
2 - 5.....	339	9	(2.0)	10.8	(0.42)	0.3*	(0.09)	3*	(0.9)	--		--		--		10.8	(0.47)
6 - 11.....	510	13	(1.9)	13.9	(0.51)	0.6	(0.12)	5	(0.8)	14.8	(1.28)	4.8	(0.89)	32	(4.4)	13.8	(0.53)
12 - 19.....	650	16	(1.9)	12.5	(0.61)	0.8	(0.10)	6	(0.7)	13.0	(0.92)	4.9	(0.47)	38	(2.8)	12.5	(0.64)
20 - 39.....	893	27	(1.7)	15.3	(0.37)	1.5	(0.18)	10	(1.1)	14.7	(0.58)	5.5	(0.46)	37	(2.8)	15.6	(0.43)
40 - 59.....	926	21	(2.6)	15.6	(0.44)	1.1	(0.16)	7	(0.9)	15.0	(0.85)	5.4	(0.51)	36	(2.5)	15.7	(0.44)
60 and over.....	814	20	(2.3)	15.2	(0.35)	1.2	(0.15)	8	(0.9)	15.9	(0.59)	6.1	(0.44)	38	(2.2)	15.0	(0.35)
2 - 19.....	1499	13	(1.0)	12.6	(0.28)	0.6	(0.05)	5	(0.3)	13.4	(0.46)	4.6	(0.34)	35	(2.3)	12.5	(0.30)
20 and over...	2633	23	(1.8)	15.4	(0.28)	1.3	(0.12)	8	(0.7)	15.1	(0.28)	5.6	(0.21)	37	(1.2)	15.5	(0.31)
2 and over...	4132	21	(1.5)	14.8	(0.25)	1.1	(0.09)	8	(0.5)	14.9	(0.29)	5.5	(0.19)	37	(1.0)	14.7	(0.26)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.19)	0.5	(0.05)	4	(0.4)	14.3	(0.48)	4.7	(0.31)	33	(1.6)	13.9	(0.19)
20 and over...	5047	24	(1.4)	17.1	(0.27)	1.6	(0.11)	9	(0.6)	17.1	(0.17)	6.5	(0.26)	38	(1.5)	17.1	(0.34)
2 and over...	8066	21	(1.1)	16.3	(0.21)	1.3	(0.08)	8	(0.5)	16.7	(0.18)	6.3	(0.23)	38	(1.3)	16.2	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	55.7	(1.27)	1.8	(0.47)	3*	(0.8)	--		--		--		54.9	(1.39)
6 - 11.....	537	10	(2.1)	76.2	(2.54)	2.9	(0.79)	4	(1.1)	79.2	(6.73)	28.9	(3.57)	36	(3.0)	75.9	(2.78)
12 - 19.....	646	11	(1.4)	90.5	(1.59)	4.6	(0.90)	5	(1.0)	102.4	(6.58)	42.1	(4.25)	41	(4.2)	89.0	(1.75)
20 - 39.....	853	25	(2.1)	101.0	(1.67)	10.8	(1.31)	11	(1.3)	100.2	(2.95)	42.9	(2.85)	43	(3.2)	101.2	(1.87)
40 - 59.....	808	26	(2.4)	95.2	(2.14)	11.1	(1.32)	12	(1.3)	103.3	(4.73)	43.2	(2.51)	42	(1.7)	92.4	(1.56)
60 and over.....	753	26	(1.7)	85.8	(1.46)	10.1	(1.11)	12	(1.3)	86.5	(3.74)	38.0	(3.06)	44	(2.7)	85.5	(2.74)
2 - 19.....	1520	10	(1.4)	78.8	(1.54)	3.4	(0.63)	4	(0.8)	87.9	(5.00)	33.7	(2.66)	38	(2.2)	77.7	(1.66)
20 and over...	2414	26	(1.4)	95.0	(1.31)	10.7	(0.75)	11	(0.8)	97.8	(2.02)	41.7	(1.54)	43	(1.7)	94.0	(1.49)
2 and over...	3934	22	(1.2)	90.9	(1.02)	8.9	(0.63)	10	(0.7)	96.6	(2.01)	40.8	(1.33)	42	(1.5)	89.3	(1.01)
Females:																	
2 - 5.....	339	9	(2.0)	51.9	(1.87)	1.5*	(0.46)	3*	(0.9)	--		--		--		51.3	(1.71)
6 - 11.....	510	13	(1.9)	67.7	(1.22)	3.2	(0.54)	5	(0.8)	75.4	(6.31)	24.1	(2.90)	32	(3.2)	66.5	(1.66)
12 - 19.....	650	16	(1.9)	64.2	(2.68)	5.0	(0.62)	8	(0.9)	69.6	(5.59)	31.7	(4.48)	45	(3.8)	63.2	(2.76)
20 - 39.....	893	27	(1.7)	75.0	(1.51)	9.0	(0.84)	12	(1.0)	75.2	(4.38)	33.8	(2.43)	45	(2.0)	75.0	(1.41)
40 - 59.....	926	21	(2.6)	72.1	(1.31)	7.0	(0.98)	10	(1.4)	78.2	(4.35)	33.4	(2.68)	43	(2.1)	70.4	(1.23)
60 and over.....	814	20	(2.3)	66.3	(1.76)	6.9	(0.80)	10	(1.1)	70.0	(2.69)	34.0	(2.33)	49	(2.1)	65.3	(1.89)
2 - 19.....	1499	13	(1.0)	62.7	(1.25)	3.6	(0.35)	6	(0.5)	69.7	(2.81)	27.1	(2.43)	39	(2.7)	61.6	(1.31)
20 and over...	2633	23	(1.8)	71.5	(0.70)	7.7	(0.64)	11	(0.8)	74.9	(2.26)	33.7	(1.60)	45	(1.3)	70.4	(0.73)
2 and over...	4132	21	(1.5)	69.4	(0.66)	6.7	(0.48)	10	(0.7)	74.1	(1.72)	32.7	(1.32)	44	(1.2)	68.2	(0.77)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	70.9	(1.19)	3.5	(0.39)	5	(0.6)	77.8	(3.15)	30.0	(2.09)	39	(1.9)	70.0	(1.34)
20 and over...	5047	24	(1.4)	82.9	(0.89)	9.2	(0.53)	11	(0.6)	86.7	(2.16)	37.8	(1.09)	44	(1.1)	81.7	(0.94)
2 and over...	8066	21	(1.1)	80.0	(0.79)	7.8	(0.41)	10	(0.5)	85.5	(1.89)	36.8	(0.89)	43	(0.9)	78.5	(0.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	20.1	(0.57)	0.5	(0.14)	3*	(0.7)	--		--		--		19.9	(0.63)
6 - 11.....	537	10	(2.1)	28.5	(1.29)	1.0*	(0.30)	3*	(1.1)	28.1	(3.02)	9.9	(1.45)	35	(3.5)	28.6	(1.40)
12 - 19.....	646	11	(1.4)	30.5	(0.82)	1.4	(0.30)	5	(1.0)	32.8	(2.32)	13.0	(1.65)	39	(4.8)	30.2	(0.86)
20 - 39.....	853	25	(2.1)	32.9	(0.77)	3.3	(0.38)	10	(1.1)	32.0	(1.59)	13.1	(0.82)	41	(3.3)	33.1	(0.78)
40 - 59.....	808	26	(2.4)	30.9	(0.71)	3.1	(0.38)	10	(1.2)	31.4	(1.69)	11.9	(0.78)	38	(2.2)	30.7	(0.75)
60 and over.....	753	26	(1.7)	27.8	(0.58)	2.9	(0.34)	10	(1.3)	27.1	(1.41)	10.8	(1.03)	40	(2.8)	28.0	(1.08)
2 - 19.....	1520	10	(1.4)	27.8	(0.65)	1.1	(0.21)	4	(0.8)	29.2	(1.76)	10.6	(0.93)	36	(2.4)	27.6	(0.72)
20 and over...	2414	26	(1.4)	30.9	(0.47)	3.1	(0.23)	10	(0.7)	30.5	(0.77)	12.1	(0.51)	40	(1.9)	31.0	(0.58)
2 and over...	3934	22	(1.2)	30.1	(0.36)	2.6	(0.20)	9	(0.7)	30.4	(0.78)	11.9	(0.47)	39	(1.7)	30.0	(0.39)
Females:																	
2 - 5.....	339	9	(2.0)	18.8	(0.78)	0.6*	(0.18)	3*	(1.0)	--		--		--		18.6	(0.74)
6 - 11.....	510	13	(1.9)	23.6	(0.52)	0.9	(0.20)	4	(0.9)	25.3	(2.53)	7.1	(1.13)	28	(3.6)	23.3	(0.77)
12 - 19.....	650	16	(1.9)	21.3	(0.92)	1.6	(0.22)	7	(1.0)	23.9	(2.11)	10.0	(1.45)	42	(3.6)	20.7	(0.95)
20 - 39.....	893	27	(1.7)	24.5	(0.59)	2.7	(0.24)	11	(1.0)	23.7	(1.68)	10.0	(0.77)	42	(2.2)	24.7	(0.57)
40 - 59.....	926	21	(2.6)	22.8	(0.39)	2.0	(0.30)	9	(1.4)	24.0	(1.56)	9.6	(0.93)	40	(2.5)	22.5	(0.44)
60 and over.....	814	20	(2.3)	21.1	(0.64)	2.0	(0.26)	9	(1.2)	21.4	(0.76)	9.8	(0.71)	46	(2.6)	21.0	(0.73)
2 - 19.....	1499	13	(1.0)	21.5	(0.43)	1.2	(0.12)	5	(0.5)	23.9	(1.12)	8.5	(0.81)	36	(2.7)	21.1	(0.50)
20 and over...	2633	23	(1.8)	22.9	(0.24)	2.2	(0.21)	10	(0.9)	23.2	(0.85)	9.8	(0.63)	42	(1.7)	22.8	(0.33)
2 and over...	4132	21	(1.5)	22.6	(0.23)	2.0	(0.16)	9	(0.7)	23.3	(0.65)	9.6	(0.50)	41	(1.5)	22.4	(0.30)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	24.7	(0.43)	1.1	(0.15)	5	(0.6)	26.3	(1.07)	9.5	(0.74)	36	(2.1)	24.5	(0.56)
20 and over...	5047	24	(1.4)	26.7	(0.27)	2.7	(0.16)	10	(0.6)	27.0	(0.78)	11.0	(0.36)	41	(1.2)	26.7	(0.33)
2 and over...	8066	21	(1.1)	26.3	(0.24)	2.3	(0.13)	9	(0.5)	26.9	(0.69)	10.8	(0.31)	40	(1.0)	26.1	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	18.3	(0.40)	0.6	(0.16)	3*	(0.9)	--		--		--		18.0	(0.46)
6 - 11.....	537	10	(2.1)	25.1	(0.83)	0.9	(0.26)	4	(1.1)	26.3	(2.21)	9.3	(1.23)	35	(3.2)	24.9	(0.91)
12 - 19.....	646	11	(1.4)	30.9	(0.83)	1.5	(0.30)	5	(1.0)	34.9	(2.35)	13.8	(1.52)	40	(4.5)	30.4	(0.91)
20 - 39.....	853	25	(2.1)	35.1	(0.58)	3.7	(0.46)	10	(1.3)	34.1	(0.97)	14.6	(1.06)	43	(3.3)	35.4	(0.69)
40 - 59.....	808	26	(2.4)	33.6	(0.75)	3.9	(0.49)	12	(1.3)	36.1	(1.43)	15.2	(1.01)	42	(2.1)	32.8	(0.58)
60 and over.....	753	26	(1.7)	29.9	(0.42)	3.5	(0.37)	12	(1.3)	30.4	(1.30)	13.3	(1.01)	44	(2.7)	29.8	(0.83)
2 - 19.....	1520	10	(1.4)	26.4	(0.64)	1.1	(0.21)	4	(0.8)	29.7	(1.77)	11.0	(0.99)	37	(2.7)	26.0	(0.68)
20 and over...	2414	26	(1.4)	33.2	(0.43)	3.7	(0.27)	11	(0.8)	33.9	(0.67)	14.5	(0.55)	43	(1.6)	33.0	(0.48)
2 and over...	3934	22	(1.2)	31.5	(0.39)	3.1	(0.23)	10	(0.7)	33.4	(0.64)	14.1	(0.47)	42	(1.4)	31.0	(0.39)
Females:																	
2 - 5.....	339	9	(2.0)	16.9	(0.64)	0.5*	(0.14)	3*	(0.9)	--		--		--		16.7	(0.58)
6 - 11.....	510	13	(1.9)	22.4	(0.42)	1.0	(0.19)	5	(0.8)	25.3	(2.29)	7.9	(1.10)	31	(3.9)	21.9	(0.50)
12 - 19.....	650	16	(1.9)	21.3	(0.98)	1.5	(0.18)	7	(0.8)	21.6	(1.65)	9.8	(1.30)	45	(3.7)	21.2	(1.09)
20 - 39.....	893	27	(1.7)	25.6	(0.60)	2.9	(0.26)	11	(0.9)	25.0	(1.45)	11.0	(0.72)	44	(1.9)	25.9	(0.59)
40 - 59.....	926	21	(2.6)	25.0	(0.49)	2.4	(0.34)	10	(1.3)	27.5	(1.89)	11.4	(1.03)	41	(1.7)	24.3	(0.47)
60 and over.....	814	20	(2.3)	23.1	(0.74)	2.3	(0.26)	10	(1.1)	23.9	(0.89)	11.4	(0.76)	48	(2.2)	22.9	(0.86)
2 - 19.....	1499	13	(1.0)	20.7	(0.50)	1.2	(0.10)	6	(0.4)	22.4	(0.88)	8.5	(0.72)	38	(2.7)	20.4	(0.52)
20 and over...	2633	23	(1.8)	24.7	(0.30)	2.6	(0.22)	10	(0.8)	25.6	(0.81)	11.2	(0.52)	44	(1.2)	24.4	(0.31)
2 and over...	4132	21	(1.5)	23.7	(0.27)	2.2	(0.16)	9	(0.7)	25.1	(0.64)	10.8	(0.45)	43	(1.1)	23.4	(0.31)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	23.6	(0.48)	1.1	(0.13)	5	(0.5)	25.6	(1.08)	9.7	(0.70)	38	(2.1)	23.4	(0.52)
20 and over...	5047	24	(1.4)	28.8	(0.31)	3.1	(0.19)	11	(0.6)	29.9	(0.71)	12.9	(0.39)	43	(1.0)	28.5	(0.31)
2 and over...	8066	21	(1.1)	27.6	(0.30)	2.6	(0.14)	10	(0.5)	29.3	(0.62)	12.5	(0.33)	43	(0.9)	27.1	(0.31)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	12.0	(0.38)	0.5	(0.14)	5*	(1.2)	--		--		--		11.6	(0.45)
6 - 11.....	537	10	(2.1)	15.4	(0.59)	0.7	(0.17)	4	(1.2)	17.4	(1.34)	6.9	(0.96)	40	(3.5)	15.2	(0.63)
12 - 19.....	646	11	(1.4)	20.1	(0.79)	1.1	(0.22)	6	(1.0)	24.2	(1.72)	10.4	(1.09)	43	(3.9)	19.6	(0.84)
20 - 39.....	853	25	(2.1)	23.2	(0.53)	2.7	(0.36)	11	(1.5)	23.5	(0.72)	10.6	(0.84)	45	(3.1)	23.1	(0.68)
40 - 59.....	808	26	(2.4)	21.6	(0.74)	3.1	(0.37)	14	(1.4)	26.2	(1.75)	11.9	(0.81)	45	(2.1)	20.0	(0.42)
60 and over.....	753	26	(1.7)	20.3	(0.76)	2.8	(0.37)	14	(1.5)	21.3	(1.16)	10.6	(1.07)	50	(3.4)	20.0	(0.93)
2 - 19.....	1520	10	(1.4)	16.9	(0.54)	0.9	(0.14)	5	(0.8)	20.4	(1.14)	8.4	(0.68)	41	(2.4)	16.5	(0.55)
20 and over...	2414	26	(1.4)	21.9	(0.45)	2.8	(0.20)	13	(0.9)	23.9	(0.61)	11.1	(0.43)	46	(1.8)	21.2	(0.48)
2 and over...	3934	22	(1.2)	20.6	(0.35)	2.3	(0.16)	11	(0.8)	23.5	(0.58)	10.8	(0.36)	46	(1.6)	19.8	(0.34)
Females:																	
2 - 5.....	339	9	(2.0)	11.3	(0.46)	0.3*	(0.10)	3*	(0.9)	--		--		--		11.2	(0.42)
6 - 11.....	510	13	(1.9)	15.4	(0.32)	0.9	(0.14)	6	(0.9)	18.3	(1.28)	7.0	(0.74)	38	(3.3)	15.0	(0.40)
12 - 19.....	650	16	(1.9)	15.5	(0.83)	1.4	(0.22)	9	(1.2)	17.7	(1.78)	9.0	(1.61)	51	(5.3)	15.1	(0.79)
20 - 39.....	893	27	(1.7)	17.8	(0.45)	2.5	(0.31)	14	(1.5)	19.3	(1.15)	9.5	(0.96)	49	(2.8)	17.2	(0.42)
40 - 59.....	926	21	(2.6)	17.5	(0.48)	2.0	(0.26)	11	(1.5)	19.5	(0.82)	9.3	(0.60)	48	(2.6)	17.0	(0.55)
60 and over.....	814	20	(2.3)	16.2	(0.44)	2.0	(0.25)	12	(1.4)	18.3	(1.14)	9.8	(0.92)	53	(2.4)	15.6	(0.44)
2 - 19.....	1499	13	(1.0)	14.6	(0.41)	1.0	(0.13)	7	(0.8)	17.1	(0.95)	7.5	(0.93)	44	(3.6)	14.2	(0.40)
20 and over...	2633	23	(1.8)	17.2	(0.23)	2.2	(0.17)	13	(0.9)	19.1	(0.55)	9.5	(0.41)	50	(1.4)	16.7	(0.23)
2 and over...	4132	21	(1.5)	16.6	(0.18)	1.9	(0.13)	11	(0.7)	18.8	(0.41)	9.2	(0.34)	49	(1.4)	16.0	(0.20)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	15.8	(0.41)	0.9	(0.09)	6	(0.5)	18.6	(0.87)	7.9	(0.65)	43	(2.2)	15.4	(0.39)
20 and over...	5047	24	(1.4)	19.5	(0.31)	2.5	(0.16)	13	(0.7)	21.6	(0.55)	10.3	(0.33)	48	(1.4)	18.8	(0.32)
2 and over...	8066	21	(1.1)	18.6	(0.26)	2.1	(0.12)	11	(0.6)	21.2	(0.47)	10.0	(0.26)	47	(1.2)	17.9	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				C h o l e s t e r o l													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	180	(10.1)	4	(1.0)	2*	(0.6)	--		--		--		180	(10.5)
6 - 11.....	537	10	(2.1)	234	(10.6)	13*	(4.7)	6*	(2.0)	309	(59.3)	133	(29.2)	43	(4.8)	225	(14.0)
12 - 19.....	646	11	(1.4)	315	(14.7)	22*	(7.6)	7*	(2.2)	421	(95.5)	205	(51.6)	49	(2.6)	302	(9.6)
20 - 39.....	853	25	(2.1)	366	(11.2)	47	(6.5)	13	(1.6)	377	(13.9)	187	(14.0)	50	(3.3)	362	(11.1)
40 - 59.....	808	26	(2.4)	356	(13.2)	50	(5.8)	14	(1.3)	393	(24.0)	195	(14.3)	50	(3.2)	344	(15.5)
60 and over.....	753	26	(1.7)	307	(10.7)	50	(8.6)	16	(2.4)	333	(41.6)	188	(29.5)	56	(3.5)	298	(7.9)
2 - 19.....	1520	10	(1.4)	260	(7.6)	16*	(4.8)	6	(1.8)	341	(64.4)	152	(34.5)	45	(2.7)	251	(6.0)
20 and over...	2414	26	(1.4)	348	(7.7)	49	(4.3)	14	(1.0)	371	(14.9)	190	(11.0)	51	(1.4)	339	(9.3)
2 and over...	3934	22	(1.2)	325	(6.5)	40	(3.7)	12	(1.0)	368	(14.9)	186	(11.0)	50	(1.3)	314	(6.1)
Females:																	
2 - 5.....	339	9	(2.0)	167	(11.3)	4	(1.2)	3*	(0.8)	--		--		--		166	(11.4)
6 - 11.....	510	13	(1.9)	195	(7.5)	9	(1.8)	5	(0.9)	217	(26.0)	71	(9.7)	33	(4.7)	191	(8.4)
12 - 19.....	650	16	(1.9)	188	(8.1)	15	(2.1)	8	(1.1)	198	(25.0)	97	(14.3)	49	(5.9)	186	(9.9)
20 - 39.....	893	27	(1.7)	255	(5.5)	34	(2.6)	13	(1.1)	271	(13.5)	128	(9.0)	47	(2.7)	250	(6.1)
40 - 59.....	926	21	(2.6)	244	(7.3)	33	(6.1)	13	(2.4)	317	(24.9)	156	(21.1)	49	(5.0)	225	(6.8)
60 and over.....	814	20	(2.3)	222	(8.1)	30	(3.4)	14	(1.3)	254	(17.1)	150	(16.0)	59	(3.3)	214	(8.2)
2 - 19.....	1499	13	(1.0)	186	(5.3)	11	(1.1)	6	(0.5)	200	(16.2)	82	(7.9)	41	(3.8)	183	(5.8)
20 and over...	2633	23	(1.8)	242	(3.1)	33	(3.3)	14	(1.3)	283	(11.4)	143	(9.6)	51	(2.6)	230	(4.4)
2 and over...	4132	21	(1.5)	229	(2.6)	28	(2.5)	12	(1.1)	270	(10.1)	134	(8.5)	50	(2.4)	218	(3.3)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	224	(5.3)	13	(2.6)	6	(1.1)	262	(37.2)	113	(17.1)	43	(1.8)	219	(5.1)
20 and over...	5047	24	(1.4)	293	(4.2)	41	(2.3)	14	(0.8)	328	(10.2)	167	(6.6)	51	(1.1)	282	(5.3)
2 and over...	8066	21	(1.1)	276	(3.7)	34	(1.9)	12	(0.6)	319	(10.9)	160	(6.8)	50	(1.0)	265	(3.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	337	9	(1.9)	566	(32.5)	9*	(2.8)	2*	(0.6)	--		--		--		569	(33.4)
6 - 11	537	10	(2.1)	711	(33.8)	16*	(5.3)	2*	(0.8)	663	(71.3)	164	(30.7)	25*	(3.7)	717	(37.9)
12 - 19	646	11	(1.4)	648	(25.1)	21	(5.2)	3	(0.8)	673	(54.4)	193	(33.8)	29	(3.8)	645	(28.0)
20 - 39	853	25	(2.1)	710	(24.3)	76	(15.1)	11	(2.1)	782	(53.2)	302	(41.9)	39	(3.1)	686	(33.9)
40 - 59	808	26	(2.4)	664	(20.1)	53	(7.2)	8	(1.1)	630	(38.9)	204	(18.0)	32	(2.5)	676	(24.5)
60 and over	753	26	(1.7)	702	(25.7)	72	(12.9)	10	(1.8)	684	(44.9)	273	(45.6)	40	(5.0)	709	(35.4)
2 - 19	1520	10	(1.4)	654	(18.9)	17	(3.3)	3	(0.5)	646	(37.3)	166	(14.5)	26	(2.0)	655	(21.7)
20 and over	2414	26	(1.4)	691	(15.3)	66	(6.5)	10	(0.9)	701	(30.6)	258	(22.0)	37	(2.3)	688	(19.3)
2 and over	3934	22	(1.2)	682	(12.6)	54	(5.2)	8	(0.8)	694	(26.9)	247	(19.1)	36	(1.9)	679	(16.0)
Females:																	
2 - 5	339	9	(2.0)	532	(25.2)	11*	(3.5)	2*	(0.7)	--		--		--		532	(27.8)
6 - 11	510	13	(1.9)	586	(26.9)	20	(4.5)	3	(0.8)	566	(35.1)	151	(24.8)	27	(4.0)	589	(32.1)
12 - 19	650	16	(1.9)	507	(36.1)	30	(5.4)	6	(1.0)	574	(56.1)	192	(26.5)	33	(3.0)	495	(41.4)
20 - 39	893	27	(1.7)	552	(29.1)	49	(3.9)	9	(0.8)	528	(38.2)	183	(15.4)	35	(3.7)	561	(34.3)
40 - 59	926	21	(2.6)	584	(18.0)	42	(6.4)	7	(1.0)	548	(32.8)	201	(23.9)	37	(3.2)	594	(22.8)
60 and over	814	20	(2.3)	628	(23.6)	59	(9.1)	9	(1.3)	669	(76.5)	293	(52.7)	44	(5.2)	618	(23.2)
2 - 19	1499	13	(1.0)	538	(19.7)	23	(2.8)	4	(0.5)	566	(26.9)	168	(16.8)	30	(2.4)	533	(23.5)
20 and over	2633	23	(1.8)	586	(17.6)	49	(3.9)	8	(0.6)	570	(26.0)	216	(13.4)	38	(1.6)	590	(19.9)
2 and over	4132	21	(1.5)	575	(16.0)	43	(3.1)	8	(0.4)	569	(23.3)	209	(12.2)	37	(1.5)	576	(18.3)
Males and Females:																	
2 - 19	3019	12	(1.0)	598	(14.6)	20	(2.1)	3	(0.4)	601	(22.1)	167	(11.3)	28	(1.7)	597	(17.5)
20 and over	5047	24	(1.4)	637	(12.2)	58	(3.3)	9	(0.5)	637	(22.6)	238	(15.2)	37	(1.5)	637	(14.2)
2 and over	8066	21	(1.1)	627	(11.5)	48	(2.6)	8	(0.4)	633	(20.2)	229	(13.1)	36	(1.2)	626	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene										
				All Individuals [2]					*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1279	(236.4)	21*	(6.4)	2*	(0.6)	--		--		--		1353	(246.9)
6 - 11.....	537	10	(2.1)	1443	(172.2)	30*	(15.5)	2*	(1.1)	1493	(355.7)	306*	(113.5)	20*	(7.5)	1437	(185.9)
12 - 19.....	646	11	(1.4)	1253	(132.7)	84*	(27.8)	7*	(2.3)	1260	(215.3)	770	(221.6)	61	(9.6)	1252	(143.6)
20 - 39.....	853	25	(2.1)	2210	(193.3)	295	(83.8)	13	(3.5)	2605	(252.9)	1172	(290.7)	45	(10.5)	2077	(238.4)
40 - 59.....	808	26	(2.4)	2167	(144.6)	246	(50.1)	11	(2.0)	1823	(256.6)	954	(157.7)	52	(5.2)	2287	(155.0)
60 and over.....	753	26	(1.7)	2294	(232.8)	232	(68.3)	10	(2.7)	2133	(377.9)	875	(243.8)	41	(7.6)	2352	(240.3)
2 - 19.....	1520	10	(1.4)	1325	(105.7)	53	(15.5)	4*	(1.2)	1216	(155.5)	518	(113.8)	43	(7.5)	1337	(113.2)
20 and over...	2414	26	(1.4)	2216	(90.0)	261	(44.6)	12	(1.8)	2194	(192.5)	1014	(161.9)	46	(5.6)	2223	(94.6)
2 and over...	3934	22	(1.2)	1991	(70.3)	208	(34.3)	10	(1.6)	2078	(170.6)	955	(144.8)	46	(5.4)	1966	(82.0)
Females:																	
2 - 5.....	339	9	(2.0)	1008	(80.4)	22*	(9.3)	2*	(1.0)	--		--		--		1000	(76.1)
6 - 11.....	510	13	(1.9)	1143	(122.8)	93*	(36.3)	8*	(3.0)	1272	(277.9)	705*	(260.7)	55*	(14.0)	1123	(144.6)
12 - 19.....	650	16	(1.9)	1501	(288.1)	136*	(51.1)	9*	(3.6)	1960*	(648.6)	870*	(281.6)	44	(8.1)	1415	(332.1)
20 - 39.....	893	27	(1.7)	2106	(258.1)	231	(26.2)	11	(1.5)	1834	(191.0)	866	(100.1)	47	(6.0)	2206	(318.4)
40 - 59.....	926	21	(2.6)	2413	(217.8)	171	(36.6)	7	(1.4)	1993	(199.3)	810	(160.9)	41	(7.3)	2526	(266.8)
60 and over.....	814	20	(2.3)	2473	(193.2)	265	(50.3)	11	(1.7)	3046	(445.4)	1312	(178.1)	43	(7.4)	2328	(179.8)
2 - 19.....	1499	13	(1.0)	1280	(139.0)	98	(26.6)	8	(2.1)	1617	(371.9)	727	(186.0)	45	(7.7)	1228	(152.1)
20 and over...	2633	23	(1.8)	2324	(155.8)	218	(28.4)	9	(1.2)	2191	(171.2)	958	(89.5)	44	(4.3)	2363	(180.8)
2 and over...	4132	21	(1.5)	2083	(139.3)	191	(22.4)	9	(1.0)	2105	(161.6)	923	(85.9)	44	(3.7)	2077	(157.2)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	1303	(97.0)	75	(12.7)	6	(1.1)	1438	(221.6)	634	(112.5)	44	(5.3)	1285	(105.2)
20 and over...	5047	24	(1.4)	2271	(89.2)	239	(30.1)	11	(1.3)	2192	(112.2)	987	(108.0)	45	(4.2)	2296	(102.3)
2 and over...	8066	21	(1.1)	2037	(80.3)	199	(21.6)	10	(1.1)	2091	(102.0)	939	(91.7)	45	(3.9)	2023	(92.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

Lycopene

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	3370	(528.2)	211*	(83.9)	6*	(2.5)	--		--		--		3248	(550.5)
6 - 11.....	537	10	(2.1)	4197	(369.4)	157*	(55.9)	4*	(1.3)	3411	(636.1)	1581	(310.4)	--		4284	(410.2)
12 - 19.....	646	11	(1.4)	5392	(408.2)	304*	(147.1)	6*	(2.6)	5628	(946.4)	2801*	(1188.0)	50	(13.8)	5363	(442.3)
20 - 39.....	853	25	(2.1)	5709	(309.1)	866	(152.3)	15	(2.6)	6869	(449.5)	3440	(532.3)	50	(7.7)	5319	(375.6)
40 - 59.....	808	26	(2.4)	5550	(506.6)	748	(159.5)	13	(2.5)	5558	(670.1)	2902	(563.3)	52	(6.8)	5548	(584.1)
60 and over.....	753	26	(1.7)	6364	(502.3)	846	(180.2)	13	(2.9)	6876	(1160.4)	3196	(753.2)	46	(8.7)	6180	(629.6)
2 - 19.....	1520	10	(1.4)	4581	(254.6)	234*	(82.6)	5*	(1.7)	4684	(489.1)	2297	(658.7)	49	(9.8)	4569	(267.1)
20 and over...	2414	26	(1.4)	5817	(304.6)	817	(110.9)	14	(1.8)	6388	(458.3)	3178	(433.7)	50	(5.2)	5619	(338.1)
2 and over...	3934	22	(1.2)	5505	(236.4)	670	(92.8)	12	(1.5)	6186	(400.0)	3074	(401.5)	50	(5.0)	5315	(239.3)
Females:																	
2 - 5.....	339	9	(2.0)	2627	(298.8)	162*	(79.2)	6*	(3.2)	--		--		--		2401	(397.0)
6 - 11.....	510	13	(1.9)	3965	(543.5)	283	(70.5)	7	(1.9)	4700	(681.7)	2141	(437.7)	46	(10.7)	3853	(573.2)
12 - 19.....	650	16	(1.9)	3894	(257.2)	329	(67.7)	8	(1.9)	3977	(487.1)	2100	(502.8)	53	(13.5)	3879	(327.1)
20 - 39.....	893	27	(1.7)	4276	(264.4)	741	(125.3)	17	(3.0)	4522	(638.6)	2770	(416.9)	61	(5.4)	4187	(359.5)
40 - 59.....	926	21	(2.6)	4369	(152.8)	428	(128.1)	10*	(3.0)	4857	(558.9)	2031	(555.1)	42	(11.1)	4239	(220.0)
60 and over.....	814	20	(2.3)	4135	(411.3)	450	(103.9)	11	(2.1)	5665	(732.3)	2224	(327.3)	39	(7.2)	3747	(430.8)
2 - 19.....	1499	13	(1.0)	3645	(265.0)	278	(40.0)	8	(1.3)	4336	(393.6)	2066	(295.5)	48	(8.2)	3538	(319.9)
20 and over...	2633	23	(1.8)	4271	(171.3)	543	(79.7)	13	(1.7)	4922	(333.8)	2380	(262.7)	48	(4.3)	4078	(228.9)
2 and over...	4132	21	(1.5)	4126	(160.9)	482	(60.6)	12	(1.4)	4834	(289.6)	2333	(224.6)	48	(3.8)	3942	(194.0)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	4126	(210.2)	256	(47.1)	6	(1.1)	4491	(341.4)	2169	(364.3)	48	(6.6)	4078	(226.0)
20 and over...	5047	24	(1.4)	5021	(136.4)	676	(55.6)	13	(1.1)	5677	(262.9)	2791	(252.3)	49	(3.8)	4811	(166.3)
2 and over...	8066	21	(1.1)	4805	(121.3)	574	(44.1)	12	(0.9)	5518	(235.8)	2707	(229.7)	49	(3.5)	4612	(143.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1.33	(0.040)	0.03	(0.008)	2*	(0.6)	--		--		--		1.34	(0.046)
6 - 11.....	537	10	(2.1)	1.68	(0.051)	0.05	(0.012)	3*	(0.7)	1.66	(0.220)	0.48	(0.068)	29	(1.9)	1.69	(0.052)
12 - 19.....	646	11	(1.4)	1.99	(0.085)	0.07	(0.019)	4	(1.0)	1.94	(0.134)	0.66	(0.107)	34	(3.9)	1.99	(0.098)
20 - 39.....	853	25	(2.1)	1.96	(0.042)	0.17	(0.020)	9	(1.1)	1.88	(0.069)	0.68	(0.043)	36	(2.6)	1.99	(0.054)
40 - 59.....	808	26	(2.4)	1.85	(0.036)	0.19	(0.019)	10	(1.1)	1.87	(0.048)	0.72	(0.039)	38	(2.1)	1.85	(0.041)
60 and over.....	753	26	(1.7)	1.75	(0.059)	0.17	(0.023)	10	(1.2)	1.69	(0.076)	0.65	(0.065)	38	(2.7)	1.78	(0.084)
2 - 19.....	1520	10	(1.4)	1.75	(0.040)	0.05	(0.011)	3	(0.7)	1.73	(0.113)	0.53	(0.058)	31	(2.0)	1.76	(0.047)
20 and over...	2414	26	(1.4)	1.87	(0.025)	0.18	(0.013)	9	(0.7)	1.83	(0.032)	0.69	(0.032)	38	(1.8)	1.88	(0.036)
2 and over...	3934	22	(1.2)	1.84	(0.021)	0.15	(0.011)	8	(0.6)	1.82	(0.032)	0.67	(0.031)	37	(1.7)	1.85	(0.028)
Females:																	
2 - 5.....	339	9	(2.0)	1.17	(0.032)	0.02*	(0.008)	2*	(0.7)	--		--		--		1.17	(0.031)
6 - 11.....	510	13	(1.9)	1.51	(0.052)	0.05	(0.007)	3	(0.5)	1.48	(0.091)	0.38	(0.044)	26	(2.7)	1.51	(0.058)
12 - 19.....	650	16	(1.9)	1.35	(0.037)	0.07	(0.007)	6	(0.5)	1.44	(0.129)	0.47	(0.050)	33	(3.0)	1.33	(0.040)
20 - 39.....	893	27	(1.7)	1.45	(0.034)	0.14	(0.015)	10	(0.9)	1.39	(0.068)	0.52	(0.042)	38	(2.0)	1.47	(0.038)
40 - 59.....	926	21	(2.6)	1.38	(0.039)	0.11	(0.016)	8	(1.2)	1.29	(0.088)	0.50	(0.039)	39	(2.4)	1.41	(0.047)
60 and over.....	814	20	(2.3)	1.32	(0.026)	0.11	(0.012)	9	(0.9)	1.40	(0.065)	0.56	(0.052)	40	(3.0)	1.30	(0.031)
2 - 19.....	1499	13	(1.0)	1.36	(0.021)	0.06	(0.004)	4	(0.3)	1.42	(0.068)	0.42	(0.026)	29	(2.0)	1.35	(0.025)
20 and over...	2633	23	(1.8)	1.39	(0.021)	0.12	(0.009)	9	(0.7)	1.36	(0.031)	0.52	(0.017)	39	(1.0)	1.40	(0.024)
2 and over...	4132	21	(1.5)	1.38	(0.019)	0.10	(0.007)	8	(0.5)	1.37	(0.025)	0.51	(0.014)	37	(1.0)	1.39	(0.022)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	1.56	(0.027)	0.06	(0.007)	4	(0.5)	1.56	(0.077)	0.47	(0.035)	30	(1.6)	1.56	(0.033)
20 and over...	5047	24	(1.4)	1.62	(0.018)	0.15	(0.008)	9	(0.5)	1.60	(0.017)	0.61	(0.016)	38	(1.0)	1.63	(0.025)
2 and over...	8066	21	(1.1)	1.61	(0.018)	0.12	(0.007)	8	(0.4)	1.60	(0.017)	0.59	(0.014)	37	(0.9)	1.61	(0.023)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1.74	(0.062)	0.04*	(0.014)	2*	(0.8)	--		--		--		1.74	(0.076)
6 - 11.....	537	10	(2.1)	2.14	(0.057)	0.05	(0.014)	2*	(0.7)	2.00	(0.210)	0.53	(0.092)	27	(2.9)	2.15	(0.069)
12 - 19.....	646	11	(1.4)	2.53	(0.101)	0.08	(0.021)	3	(0.9)	2.56	(0.230)	0.76	(0.111)	30	(2.4)	2.53	(0.117)
20 - 39.....	853	25	(2.1)	2.70	(0.096)	0.21	(0.027)	8	(1.0)	2.86	(0.156)	0.84	(0.058)	29	(2.8)	2.65	(0.116)
40 - 59.....	808	26	(2.4)	2.54	(0.046)	0.21	(0.026)	8	(1.0)	2.54	(0.090)	0.82	(0.045)	32	(1.7)	2.53	(0.057)
60 and over.....	753	26	(1.7)	2.31	(0.057)	0.21	(0.018)	9	(0.7)	2.31	(0.069)	0.80	(0.052)	35	(1.9)	2.31	(0.080)
2 - 19.....	1520	10	(1.4)	2.24	(0.053)	0.06	(0.014)	3	(0.7)	2.24	(0.177)	0.62	(0.077)	28	(1.7)	2.24	(0.064)
20 and over...	2414	26	(1.4)	2.54	(0.041)	0.21	(0.016)	8	(0.6)	2.60	(0.083)	0.82	(0.033)	32	(1.6)	2.52	(0.054)
2 and over...	3934	22	(1.2)	2.47	(0.040)	0.17	(0.013)	7	(0.5)	2.55	(0.075)	0.80	(0.030)	31	(1.4)	2.44	(0.048)
Females:																	
2 - 5.....	339	9	(2.0)	1.68	(0.067)	0.03*	(0.010)	2*	(0.7)	--		--		--		1.68	(0.069)
6 - 11.....	510	13	(1.9)	1.83	(0.045)	0.05	(0.010)	3*	(0.6)	1.93	(0.171)	0.42	(0.047)	22	(3.0)	1.82	(0.061)
12 - 19.....	650	16	(1.9)	1.70	(0.088)	0.08	(0.008)	5	(0.4)	1.69	(0.120)	0.50	(0.059)	30	(2.8)	1.70	(0.102)
20 - 39.....	893	27	(1.7)	1.82	(0.041)	0.15	(0.014)	8	(0.8)	1.83	(0.076)	0.58	(0.035)	32	(1.7)	1.82	(0.054)
40 - 59.....	926	21	(2.6)	1.87	(0.039)	0.13	(0.018)	7	(1.0)	1.92	(0.102)	0.64	(0.047)	33	(2.2)	1.86	(0.039)
60 and over.....	814	20	(2.3)	1.79	(0.041)	0.13	(0.012)	7	(0.6)	1.88	(0.083)	0.64	(0.066)	34	(2.8)	1.77	(0.042)
2 - 19.....	1499	13	(1.0)	1.74	(0.051)	0.06	(0.005)	4	(0.3)	1.77	(0.071)	0.46	(0.031)	26	(2.0)	1.73	(0.064)
20 and over...	2633	23	(1.8)	1.83	(0.024)	0.14	(0.011)	8	(0.6)	1.87	(0.035)	0.61	(0.027)	33	(1.3)	1.82	(0.028)
2 and over...	4132	21	(1.5)	1.81	(0.023)	0.12	(0.008)	7	(0.4)	1.86	(0.030)	0.59	(0.022)	32	(1.1)	1.80	(0.028)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	2.00	(0.040)	0.06	(0.008)	3	(0.5)	1.98	(0.109)	0.53	(0.046)	27	(1.5)	2.00	(0.053)
20 and over...	5047	24	(1.4)	2.18	(0.028)	0.17	(0.010)	8	(0.4)	2.25	(0.053)	0.72	(0.020)	32	(0.9)	2.16	(0.035)
2 and over...	8066	21	(1.1)	2.13	(0.029)	0.15	(0.008)	7	(0.4)	2.21	(0.047)	0.70	(0.019)	31	(0.8)	2.11	(0.035)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	16.4	(0.56)	0.4	(0.12)	3*	(0.8)	--		--		--		16.4	(0.60)
6 - 11.....	537	10	(2.1)	22.0	(0.71)	0.8	(0.22)	4	(1.0)	22.8	(2.45)	8.2	(1.02)	36	(2.6)	21.9	(0.82)
12 - 19.....	646	11	(1.4)	31.5	(1.22)	1.8*	(0.64)	6*	(1.9)	36.0	(6.73)	16.7	(4.46)	46	(4.3)	30.9	(1.15)
20 - 39.....	853	25	(2.1)	35.9	(1.04)	3.6	(0.55)	10	(1.5)	38.3	(1.49)	14.4	(1.44)	38	(3.7)	35.1	(1.39)
40 - 59.....	808	26	(2.4)	31.0	(0.63)	3.6	(0.36)	12	(1.1)	32.0	(1.14)	14.0	(0.74)	44	(1.7)	30.7	(0.71)
60 and over.....	753	26	(1.7)	26.8	(0.41)	3.0	(0.24)	11	(0.9)	26.4	(0.75)	11.2	(0.71)	42	(3.2)	27.0	(0.64)
2 - 19.....	1520	10	(1.4)	25.2	(0.66)	1.2	(0.35)	5	(1.4)	28.1	(4.00)	11.7	(2.44)	42	(3.2)	24.9	(0.66)
20 and over...	2414	26	(1.4)	31.8	(0.42)	3.4	(0.26)	11	(0.8)	32.9	(0.64)	13.4	(0.64)	41	(1.7)	31.4	(0.55)
2 and over...	3934	22	(1.2)	30.2	(0.41)	2.9	(0.23)	10	(0.7)	32.3	(0.83)	13.2	(0.64)	41	(1.6)	29.5	(0.47)
Females:																	
2 - 5.....	339	9	(2.0)	14.8	(0.45)	0.3*	(0.10)	2*	(0.7)	--		--		--		14.7	(0.50)
6 - 11.....	510	13	(1.9)	20.0	(0.46)	0.8	(0.11)	4	(0.6)	20.4	(0.94)	6.4	(0.52)	32	(2.3)	19.9	(0.51)
12 - 19.....	650	16	(1.9)	20.5	(0.78)	1.2	(0.11)	6	(0.5)	19.4	(1.66)	7.7	(1.00)	40	(3.2)	20.7	(0.91)
20 - 39.....	893	27	(1.7)	22.8	(0.57)	2.7	(0.26)	12	(1.1)	23.4	(1.15)	10.1	(0.60)	43	(1.4)	22.5	(0.59)
40 - 59.....	926	21	(2.6)	21.6	(0.32)	2.1	(0.28)	10	(1.2)	23.3	(0.78)	10.0	(0.54)	43	(2.0)	21.1	(0.38)
60 and over.....	814	20	(2.3)	19.5	(0.49)	1.8	(0.16)	9	(0.9)	20.8	(0.97)	9.0	(0.80)	43	(3.0)	19.2	(0.58)
2 - 19.....	1499	13	(1.0)	19.1	(0.38)	0.9	(0.07)	5	(0.3)	19.1	(0.90)	6.6	(0.45)	35	(1.9)	19.1	(0.43)
20 and over...	2633	23	(1.8)	21.4	(0.24)	2.2	(0.17)	10	(0.8)	22.7	(0.54)	9.8	(0.30)	43	(1.0)	21.0	(0.27)
2 and over...	4132	21	(1.5)	20.9	(0.20)	1.9	(0.13)	9	(0.6)	22.2	(0.37)	9.3	(0.25)	42	(0.9)	20.5	(0.23)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	22.2	(0.45)	1.1	(0.19)	5	(0.9)	23.1	(2.11)	8.9	(1.24)	39	(2.3)	22.1	(0.48)
20 and over...	5047	24	(1.4)	26.5	(0.24)	2.8	(0.16)	11	(0.6)	27.9	(0.52)	11.7	(0.36)	42	(1.0)	26.0	(0.28)
2 and over...	8066	21	(1.1)	25.4	(0.24)	2.4	(0.13)	9	(0.5)	27.3	(0.60)	11.3	(0.37)	41	(0.9)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1.43	(0.056)	0.03	(0.008)	2*	(0.6)	--		--		--		1.43	(0.056)
6 - 11.....	537	10	(2.1)	1.84	(0.052)	0.05	(0.013)	3*	(0.7)	1.66	(0.193)	0.52	(0.078)	31	(2.0)	1.86	(0.061)
12 - 19.....	646	11	(1.4)	2.53	(0.116)	0.13*	(0.053)	5*	(2.0)	2.92	(0.564)	1.21*	(0.398)	42	(5.9)	2.48	(0.119)
20 - 39.....	853	25	(2.1)	3.06	(0.140)	0.29	(0.045)	9	(1.6)	3.19	(0.174)	1.15	(0.121)	36	(3.5)	3.02	(0.197)
40 - 59.....	808	26	(2.4)	2.55	(0.061)	0.29	(0.029)	12	(1.2)	2.64	(0.103)	1.14	(0.063)	43	(2.0)	2.51	(0.084)
60 and over.....	753	26	(1.7)	2.24	(0.058)	0.23	(0.021)	10	(0.8)	2.24	(0.097)	0.88	(0.065)	39	(3.3)	2.23	(0.079)
2 - 19.....	1520	10	(1.4)	2.07	(0.056)	0.08*	(0.028)	4*	(1.3)	2.24	(0.336)	0.83	(0.213)	37	(4.2)	2.06	(0.054)
20 and over...	2414	26	(1.4)	2.66	(0.047)	0.28	(0.021)	10	(0.8)	2.74	(0.087)	1.08	(0.051)	39	(1.7)	2.64	(0.073)
2 and over...	3934	22	(1.2)	2.51	(0.044)	0.23	(0.018)	9	(0.7)	2.68	(0.093)	1.05	(0.049)	39	(1.6)	2.47	(0.059)
Females:																	
2 - 5.....	339	9	(2.0)	1.32	(0.063)	0.03*	(0.009)	2*	(0.7)	--		--		--		1.33	(0.070)
6 - 11.....	510	13	(1.9)	1.59	(0.047)	0.06	(0.010)	4	(0.6)	1.58	(0.083)	0.45	(0.047)	28	(2.5)	1.59	(0.051)
12 - 19.....	650	16	(1.9)	1.60	(0.071)	0.09	(0.011)	5	(0.6)	1.53	(0.145)	0.55	(0.082)	36	(4.1)	1.62	(0.091)
20 - 39.....	893	27	(1.7)	1.88	(0.059)	0.21	(0.021)	11	(1.2)	1.91	(0.098)	0.78	(0.050)	41	(2.1)	1.86	(0.073)
40 - 59.....	926	21	(2.6)	1.76	(0.037)	0.17	(0.022)	10	(1.1)	1.89	(0.072)	0.80	(0.043)	42	(1.7)	1.72	(0.040)
60 and over.....	814	20	(2.3)	1.63	(0.031)	0.15	(0.015)	9	(1.0)	1.74	(0.082)	0.72	(0.065)	41	(3.1)	1.60	(0.038)
2 - 19.....	1499	13	(1.0)	1.54	(0.044)	0.06	(0.007)	4	(0.4)	1.51	(0.080)	0.48	(0.045)	32	(2.4)	1.54	(0.052)
20 and over...	2633	23	(1.8)	1.76	(0.016)	0.18	(0.014)	10	(0.8)	1.86	(0.045)	0.77	(0.026)	41	(1.1)	1.74	(0.024)
2 and over...	4132	21	(1.5)	1.71	(0.015)	0.15	(0.010)	9	(0.6)	1.81	(0.037)	0.73	(0.023)	40	(1.0)	1.69	(0.022)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	1.81	(0.039)	0.08	(0.015)	4	(0.8)	1.83	(0.185)	0.64	(0.104)	35	(2.4)	1.81	(0.043)
20 and over...	5047	24	(1.4)	2.20	(0.030)	0.23	(0.014)	10	(0.7)	2.31	(0.051)	0.93	(0.029)	40	(1.0)	2.16	(0.042)
2 and over...	8066	21	(1.1)	2.11	(0.028)	0.19	(0.010)	9	(0.5)	2.25	(0.058)	0.89	(0.031)	40	(0.9)	2.07	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

F o l a t e (D F E)

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	436	(20.1)	8	(2.1)	2*	(0.5)	--		--		--		440	(21.5)
6 - 11.....	537	10	(2.1)	538	(23.1)	15	(3.6)	3*	(0.7)	535	(64.1)	149	(16.6)	28	(3.1)	539	(25.8)
12 - 19.....	646	11	(1.4)	620	(34.8)	20	(4.2)	3	(0.7)	621	(55.3)	188	(22.6)	30	(2.9)	620	(39.5)
20 - 39.....	853	25	(2.1)	639	(17.9)	52	(6.2)	8	(1.1)	610	(27.0)	205	(15.8)	34	(2.4)	649	(26.7)
40 - 59.....	808	26	(2.4)	590	(16.4)	54	(4.9)	9	(1.0)	587	(35.4)	211	(12.4)	36	(1.6)	591	(15.7)
60 and over.....	753	26	(1.7)	558	(22.2)	49	(6.4)	9	(1.1)	537	(33.6)	185	(20.3)	35	(2.7)	566	(32.5)
2 - 19.....	1520	10	(1.4)	555	(18.2)	16	(2.8)	3	(0.6)	551	(33.0)	157	(11.3)	28	(1.7)	556	(20.7)
20 and over...	2414	26	(1.4)	601	(10.6)	52	(3.9)	9	(0.6)	582	(20.8)	202	(11.2)	35	(1.5)	607	(14.5)
2 and over...	3934	22	(1.2)	589	(8.9)	43	(3.2)	7	(0.6)	579	(18.7)	197	(10.3)	34	(1.4)	592	(12.6)
Females:																	
2 - 5.....	339	9	(2.0)	409	(17.1)	8	(2.3)	2*	(0.6)	--		--		--		409	(20.4)
6 - 11.....	510	13	(1.9)	493	(24.0)	18	(2.3)	4	(0.5)	469	(29.9)	134	(14.3)	29	(2.8)	497	(26.0)
12 - 19.....	650	16	(1.9)	467	(22.7)	28	(3.9)	6	(0.8)	488	(39.6)	180	(19.7)	37	(3.7)	463	(27.9)
20 - 39.....	893	27	(1.7)	477	(13.8)	40	(2.7)	8	(0.7)	442	(18.4)	150	(6.2)	34	(2.1)	491	(17.1)
40 - 59.....	926	21	(2.6)	453	(16.9)	33	(5.4)	7	(1.1)	423	(39.0)	157	(15.9)	37	(2.2)	461	(17.5)
60 and over.....	814	20	(2.3)	445	(9.4)	37	(3.5)	8	(0.8)	456	(31.3)	182	(15.0)	40	(3.4)	442	(13.9)
2 - 19.....	1499	13	(1.0)	463	(14.0)	20	(1.9)	4	(0.4)	470	(20.8)	152	(12.3)	32	(2.6)	462	(17.4)
20 and over...	2633	23	(1.8)	459	(8.3)	37	(2.9)	8	(0.6)	439	(8.7)	160	(3.5)	37	(0.8)	465	(10.3)
2 and over...	4132	21	(1.5)	460	(7.1)	33	(2.3)	7	(0.5)	443	(8.5)	159	(3.6)	36	(0.7)	464	(8.9)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	510	(12.7)	18	(1.9)	4	(0.4)	506	(23.8)	154	(9.2)	30	(1.9)	511	(14.9)
20 and over...	5047	24	(1.4)	528	(8.7)	44	(2.7)	8	(0.5)	513	(10.1)	182	(6.2)	35	(1.0)	533	(11.8)
2 and over...	8066	21	(1.1)	524	(8.0)	38	(2.1)	7	(0.4)	512	(9.6)	178	(5.6)	35	(0.9)	527	(10.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	217	(9.5)	5	(1.3)	2*	(0.6)	--		--		--		215	(10.2)
6 - 11.....	537	10	(2.1)	267	(6.5)	11*	(3.2)	4*	(1.2)	301	(45.5)	106	(19.0)	35	(3.6)	264	(9.2)
12 - 19.....	646	11	(1.4)	347	(10.2)	18	(5.4)	5	(1.5)	419	(70.4)	167	(35.9)	40	(3.0)	339	(8.5)
20 - 39.....	853	25	(2.1)	415	(8.3)	51	(6.4)	12	(1.5)	442	(12.7)	204	(15.7)	46	(3.2)	406	(8.3)
40 - 59.....	808	26	(2.4)	420	(11.4)	57	(5.4)	13	(1.2)	469	(14.7)	219	(10.7)	47	(2.5)	402	(14.3)
60 and over.....	753	26	(1.7)	358	(7.8)	49	(5.1)	14	(1.2)	382	(22.0)	184	(16.6)	48	(2.8)	350	(7.6)
2 - 19.....	1520	10	(1.4)	294	(5.7)	13	(3.4)	4	(1.1)	345	(48.5)	126	(23.4)	37	(2.4)	288	(5.5)
20 and over...	2414	26	(1.4)	402	(6.1)	53	(3.9)	13	(0.9)	436	(10.0)	205	(9.1)	47	(1.7)	391	(6.9)
2 and over...	3934	22	(1.2)	375	(5.6)	43	(3.1)	11	(0.8)	425	(10.1)	195	(7.3)	46	(1.4)	361	(5.3)
Females:																	
2 - 5.....	339	9	(2.0)	201	(8.7)	4*	(1.4)	2*	(0.7)	--		--		--		202	(9.4)
6 - 11.....	510	13	(1.9)	224	(5.6)	10	(1.6)	4	(0.7)	250	(18.2)	75	(8.3)	30	(3.7)	221	(6.5)
12 - 19.....	650	16	(1.9)	216	(6.4)	14	(1.9)	7	(0.8)	215	(18.9)	91	(12.5)	42	(4.8)	216	(7.6)
20 - 39.....	893	27	(1.7)	285	(4.5)	35	(2.9)	12	(1.0)	298	(10.7)	131	(7.9)	44	(2.1)	280	(5.6)
40 - 59.....	926	21	(2.6)	281	(6.2)	32	(5.0)	12	(1.6)	337	(19.9)	154	(16.2)	46	(3.5)	266	(4.3)
60 and over.....	814	20	(2.3)	267	(7.3)	28	(2.9)	11	(1.0)	291	(17.4)	139	(12.4)	48	(3.3)	261	(6.5)
2 - 19.....	1499	13	(1.0)	216	(4.2)	11	(1.0)	5	(0.4)	223	(11.3)	80	(6.6)	36	(2.9)	214	(5.0)
20 and over...	2633	23	(1.8)	278	(3.4)	32	(2.8)	12	(1.0)	310	(8.3)	141	(6.6)	46	(2.1)	269	(3.7)
2 and over...	4132	21	(1.5)	264	(2.9)	27	(2.2)	10	(0.8)	297	(6.7)	132	(5.9)	44	(2.0)	255	(3.1)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	256	(3.8)	12	(1.8)	5	(0.7)	278	(27.8)	100	(11.2)	36	(1.5)	253	(4.4)
20 and over...	5047	24	(1.4)	339	(3.9)	42	(2.3)	12	(0.7)	375	(7.8)	174	(4.6)	46	(1.2)	327	(4.4)
2 and over...	8066	21	(1.1)	319	(3.5)	35	(1.7)	11	(0.5)	362	(7.5)	164	(3.9)	45	(1.1)	307	(3.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	3.93	(0.230)	0.05*	(0.016)	1*	(0.4)	--		--		--		3.95	(0.248)
6 - 11.....	537	10	(2.1)	5.11	(0.160)	0.10	(0.029)	2*	(0.6)	4.04	(0.425)	1.05	(0.141)	26	(4.0)	5.23	(0.186)
12 - 19.....	646	11	(1.4)	6.50	(0.308)	0.18	(0.038)	3	(0.6)	5.77	(0.675)	1.64	(0.210)	28	(2.5)	6.59	(0.329)
20 - 39.....	853	25	(2.1)	7.04	(0.402)	0.70	(0.120)	10	(1.7)	8.30	(0.589)	2.79	(0.329)	34	(2.9)	6.62	(0.504)
40 - 59.....	808	26	(2.4)	5.63	(0.195)	0.58	(0.092)	10	(1.7)	5.69	(0.262)	2.26	(0.249)	40	(3.2)	5.61	(0.263)
60 and over.....	753	26	(1.7)	5.00	(0.214)	0.59	(0.109)	12	(1.9)	5.26	(0.430)	2.24	(0.413)	43	(6.0)	4.91	(0.217)
2 - 19.....	1520	10	(1.4)	5.51	(0.185)	0.13	(0.024)	2	(0.5)	4.82	(0.466)	1.25	(0.128)	26	(1.9)	5.59	(0.193)
20 and over...	2414	26	(1.4)	6.01	(0.142)	0.63	(0.064)	11	(1.0)	6.54	(0.251)	2.45	(0.202)	37	(2.5)	5.82	(0.208)
2 and over...	3934	22	(1.2)	5.88	(0.128)	0.50	(0.054)	9	(0.9)	6.34	(0.234)	2.31	(0.177)	36	(2.2)	5.75	(0.181)
Females:																	
2 - 5.....	339	9	(2.0)	3.82	(0.177)	0.07*	(0.024)	2*	(0.7)	--		--		--		3.83	(0.191)
6 - 11.....	510	13	(1.9)	4.29	(0.157)	0.14*	(0.049)	3*	(1.1)	4.13	(0.488)	1.08*	(0.347)	26	(6.6)	4.31	(0.167)
12 - 19.....	650	16	(1.9)	3.90	(0.139)	0.21	(0.031)	5	(0.8)	3.86	(0.300)	1.31	(0.170)	34	(4.5)	3.91	(0.162)
20 - 39.....	893	27	(1.7)	4.13	(0.115)	0.52	(0.081)	13	(1.9)	4.33	(0.408)	1.94	(0.300)	45	(4.2)	4.06	(0.137)
40 - 59.....	926	21	(2.6)	3.78	(0.112)	0.36	(0.046)	9	(1.2)	4.20	(0.346)	1.69	(0.134)	40	(3.2)	3.66	(0.133)
60 and over.....	814	20	(2.3)	3.98	(0.163)	0.43	(0.058)	11	(1.2)	4.52	(0.412)	2.11	(0.271)	47	(4.4)	3.84	(0.165)
2 - 19.....	1499	13	(1.0)	4.01	(0.108)	0.16	(0.020)	4	(0.5)	3.94	(0.217)	1.16	(0.137)	29	(3.1)	4.02	(0.127)
20 and over...	2633	23	(1.8)	3.96	(0.089)	0.43	(0.044)	11	(1.0)	4.33	(0.191)	1.89	(0.152)	44	(2.4)	3.84	(0.103)
2 and over...	4132	21	(1.5)	3.97	(0.076)	0.37	(0.036)	9	(0.8)	4.27	(0.173)	1.78	(0.145)	42	(2.3)	3.89	(0.085)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	4.78	(0.104)	0.14	(0.017)	3	(0.4)	4.33	(0.286)	1.20	(0.094)	28	(1.9)	4.84	(0.124)
20 and over...	5047	24	(1.4)	4.95	(0.075)	0.53	(0.031)	11	(0.6)	5.47	(0.147)	2.18	(0.129)	40	(1.6)	4.78	(0.110)
2 and over...	8066	21	(1.1)	4.91	(0.067)	0.43	(0.026)	9	(0.5)	5.32	(0.145)	2.05	(0.113)	39	(1.4)	4.80	(0.098)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	81.4	(3.56)	1.4*	(0.72)	2*	(0.9)	--		--		--		82.3	(3.86)
6 - 11.....	537	10	(2.1)	77.4	(4.01)	1.0*	(0.31)	1*	(0.4)	78.4	(15.81)	10.4	(2.43)	13*	(3.8)	77.2	(4.77)
12 - 19.....	646	11	(1.4)	75.9	(5.39)	1.7	(0.45)	2*	(0.5)	95.1	(17.48)	15.8	(2.87)	17*	(2.8)	73.5	(5.27)
20 - 39.....	853	25	(2.1)	85.0	(4.32)	6.9	(1.09)	8	(1.1)	91.7	(11.67)	27.3	(4.43)	30	(2.9)	82.7	(4.09)
40 - 59.....	808	26	(2.4)	79.4	(3.01)	9.0	(1.39)	11	(1.8)	83.8	(9.64)	35.0	(4.49)	42	(3.7)	77.9	(5.03)
60 and over.....	753	26	(1.7)	86.6	(4.89)	6.0	(0.54)	7	(0.7)	81.8	(7.63)	22.7	(2.59)	28	(3.2)	88.3	(4.61)
2 - 19.....	1520	10	(1.4)	77.5	(3.40)	1.4	(0.32)	2	(0.4)	85.5	(9.80)	13.9	(2.35)	16	(2.1)	76.5	(3.51)
20 and over...	2414	26	(1.4)	83.3	(2.39)	7.4	(0.67)	9	(0.7)	86.2	(7.28)	28.9	(2.56)	34	(1.9)	82.3	(2.11)
2 and over...	3934	22	(1.2)	81.9	(1.51)	5.9	(0.55)	7	(0.6)	86.1	(6.69)	27.1	(2.40)	31	(1.6)	80.7	(1.59)
Females:																	
2 - 5.....	339	9	(2.0)	74.2	(5.87)	1.0*	(0.42)	1*	(0.6)	--		--		--		74.1	(5.73)
6 - 11.....	510	13	(1.9)	71.6	(4.03)	2.3	(0.63)	3	(0.9)	73.9	(9.41)	17.1	(3.37)	23	(5.5)	71.2	(3.66)
12 - 19.....	650	16	(1.9)	62.7	(3.92)	3.6*	(1.08)	6	(1.6)	73.5	(11.51)	22.8	(6.00)	31	(8.0)	60.7	(4.30)
20 - 39.....	893	27	(1.7)	73.9	(2.70)	5.6	(0.70)	8	(0.9)	73.2	(5.82)	21.0	(2.17)	29	(2.9)	74.1	(3.11)
40 - 59.....	926	21	(2.6)	73.5	(3.80)	5.3	(0.85)	7	(1.0)	66.5	(6.44)	25.2	(2.49)	38	(2.7)	75.4	(4.39)
60 and over.....	814	20	(2.3)	78.6	(3.69)	4.4	(0.77)	6	(0.9)	84.9	(11.40)	21.5	(2.39)	25	(4.5)	77.0	(3.61)
2 - 19.....	1499	13	(1.0)	68.0	(2.11)	2.6	(0.55)	4	(0.8)	73.8	(6.68)	19.3	(3.92)	26	(5.6)	67.1	(2.35)
20 and over...	2633	23	(1.8)	75.1	(2.15)	5.2	(0.58)	7	(0.7)	73.8	(3.93)	22.6	(1.40)	31	(1.5)	75.4	(2.18)
2 and over...	4132	21	(1.5)	73.4	(1.84)	4.6	(0.48)	6	(0.6)	73.8	(3.32)	22.1	(1.47)	30	(1.5)	73.3	(1.85)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	72.9	(1.78)	2.0	(0.31)	3	(0.4)	79.0	(4.67)	16.9	(2.52)	21	(3.3)	72.1	(1.73)
20 and over...	5047	24	(1.4)	79.1	(1.67)	6.3	(0.42)	8	(0.5)	80.2	(3.87)	25.8	(1.24)	32	(1.5)	78.7	(1.72)
2 and over...	8066	21	(1.1)	77.6	(1.25)	5.2	(0.33)	7	(0.4)	80.0	(3.19)	24.6	(1.35)	31	(1.3)	76.9	(1.39)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	6.1	(0.52)	0.1*	(0.04)	1*	(0.7)	--		--		--		6.0	(0.58)
6 - 11.....	537	10	(2.1)	6.1	(0.25)	0.1*	(0.03)	2*	(0.6)	5.3	(0.65)	1.0*	(0.31)	18*	(5.0)	6.2	(0.27)
12 - 19.....	646	11	(1.4)	6.0	(0.30)	0.1	(0.02)	2*	(0.4)	6.6	(0.92)	0.9	(0.22)	14*	(3.4)	6.0	(0.32)
20 - 39.....	853	25	(2.1)	5.4	(0.37)	0.4	(0.11)	7	(1.9)	5.5	(0.64)	1.6	(0.37)	28	(5.5)	5.4	(0.55)
40 - 59.....	808	26	(2.4)	5.7	(0.50)	0.4	(0.10)	7	(1.7)	5.4	(0.47)	1.6	(0.35)	30	(5.7)	5.9	(0.62)
60 and over.....	753	26	(1.7)	5.4	(0.33)	0.4	(0.07)	7	(1.1)	5.3	(0.57)	1.4	(0.25)	26	(4.0)	5.4	(0.33)
2 - 19.....	1520	10	(1.4)	6.1	(0.19)	0.1	(0.02)	2	(0.3)	6.2	(0.61)	0.9	(0.16)	15	(2.4)	6.1	(0.21)
20 and over...	2414	26	(1.4)	5.5	(0.29)	0.4	(0.06)	7	(1.1)	5.4	(0.37)	1.5	(0.20)	28	(2.7)	5.6	(0.40)
2 and over...	3934	22	(1.2)	5.7	(0.22)	0.3	(0.05)	6	(0.9)	5.5	(0.35)	1.5	(0.18)	27	(2.4)	5.7	(0.30)
Females:																	
2 - 5.....	339	9	(2.0)	5.6	(0.35)	0.1*	(0.03)	1*	(0.6)	--		--		--		5.6	(0.35)
6 - 11.....	510	13	(1.9)	4.7	(0.10)	0.1*	(0.03)	2*	(0.7)	4.5	(0.59)	0.6*	(0.20)	13*	(3.8)	4.8	(0.18)
12 - 19.....	650	16	(1.9)	3.7	(0.15)	0.2	(0.04)	4	(1.1)	3.8	(0.48)	1.0	(0.27)	26	(5.8)	3.7	(0.16)
20 - 39.....	893	27	(1.7)	3.9	(0.19)	0.3	(0.06)	8	(1.5)	3.7	(0.25)	1.2	(0.21)	34	(4.2)	4.0	(0.24)
40 - 59.....	926	21	(2.6)	3.9	(0.12)	0.5	(0.10)	12	(2.6)	4.4	(0.51)	2.1	(0.49)	49	(6.4)	3.8	(0.20)
60 and over.....	814	20	(2.3)	4.3	(0.22)	0.2	(0.06)	5	(1.4)	4.5	(0.82)	1.2*	(0.39)	26	(7.4)	4.3	(0.21)
2 - 19.....	1499	13	(1.0)	4.4	(0.13)	0.1	(0.02)	3	(0.5)	4.2	(0.35)	0.8	(0.16)	20	(3.1)	4.5	(0.16)
20 and over...	2633	23	(1.8)	4.0	(0.11)	0.3	(0.05)	9	(1.2)	4.1	(0.31)	1.5	(0.23)	37	(3.6)	4.0	(0.15)
2 and over...	4132	21	(1.5)	4.1	(0.08)	0.3	(0.04)	7	(0.9)	4.1	(0.27)	1.4	(0.20)	35	(3.2)	4.1	(0.12)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	5.3	(0.10)	0.1	(0.02)	2	(0.3)	5.1	(0.42)	0.9	(0.13)	17	(2.2)	5.3	(0.13)
20 and over...	5047	24	(1.4)	4.7	(0.16)	0.4	(0.04)	8	(0.7)	4.8	(0.23)	1.5	(0.15)	32	(2.1)	4.7	(0.20)
2 and over...	8066	21	(1.1)	4.9	(0.12)	0.3	(0.03)	6	(0.5)	4.8	(0.21)	1.4	(0.13)	30	(1.9)	4.9	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	5.9	(0.30)	0.2	(0.04)	3*	(0.8)	--		--		--		5.8	(0.31)
6 - 11.....	537	10	(2.1)	7.2	(0.30)	0.3	(0.07)	4	(1.0)	7.7	(0.61)	2.7	(0.32)	35	(2.7)	7.2	(0.34)
12 - 19.....	646	11	(1.4)	9.3	(1.01)	0.4	(0.09)	5	(1.1)	10.2	(0.67)	4.0	(0.43)	39	(4.0)	9.1	(1.14)
20 - 39.....	853	25	(2.1)	11.1	(0.56)	1.0	(0.16)	9	(1.4)	12.3	(0.98)	4.2	(0.47)	34	(2.9)	10.8	(0.64)
40 - 59.....	808	26	(2.4)	10.2	(0.33)	1.2	(0.18)	12	(1.6)	11.7	(0.57)	4.8	(0.48)	41	(4.1)	9.7	(0.33)
60 and over.....	753	26	(1.7)	9.7	(0.36)	1.0	(0.12)	10	(1.1)	9.6	(0.55)	3.8	(0.36)	40	(2.9)	9.7	(0.44)
2 - 19.....	1520	10	(1.4)	7.9	(0.50)	0.3	(0.06)	4	(0.8)	8.8	(0.48)	3.2	(0.29)	36	(2.6)	7.8	(0.55)
20 and over...	2414	26	(1.4)	10.4	(0.26)	1.1	(0.07)	11	(0.8)	11.4	(0.37)	4.3	(0.19)	38	(2.1)	10.1	(0.33)
2 and over...	3934	22	(1.2)	9.8	(0.22)	0.9	(0.06)	9	(0.7)	11.0	(0.36)	4.2	(0.17)	38	(1.9)	9.4	(0.29)
Females:																	
2 - 5.....	339	9	(2.0)	5.3	(0.17)	0.2*	(0.05)	3*	(1.0)	--		--		--		5.1	(0.18)
6 - 11.....	510	13	(1.9)	7.1	(0.23)	0.3	(0.05)	5	(0.6)	8.5	(0.75)	2.6	(0.24)	31	(3.3)	6.9	(0.25)
12 - 19.....	650	16	(1.9)	6.7	(0.31)	0.5	(0.06)	7	(0.8)	7.0	(0.44)	3.1	(0.41)	44	(4.5)	6.7	(0.34)
20 - 39.....	893	27	(1.7)	8.6	(0.19)	0.9	(0.09)	11	(1.1)	9.1	(0.63)	3.4	(0.23)	38	(3.6)	8.5	(0.29)
40 - 59.....	926	21	(2.6)	8.6	(0.31)	0.7	(0.10)	8	(1.0)	8.8	(0.44)	3.4	(0.26)	39	(2.5)	8.5	(0.35)
60 and over.....	814	20	(2.3)	8.0	(0.30)	0.7	(0.09)	9	(1.0)	8.5	(0.40)	3.4	(0.24)	41	(2.8)	7.9	(0.38)
2 - 19.....	1499	13	(1.0)	6.5	(0.17)	0.4	(0.04)	6	(0.5)	7.4	(0.49)	2.7	(0.23)	37	(2.4)	6.4	(0.17)
20 and over...	2633	23	(1.8)	8.4	(0.17)	0.8	(0.07)	9	(0.7)	8.8	(0.21)	3.4	(0.13)	39	(1.8)	8.3	(0.23)
2 and over...	4132	21	(1.5)	8.0	(0.15)	0.7	(0.05)	9	(0.5)	8.6	(0.19)	3.3	(0.11)	39	(1.5)	7.8	(0.18)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	7.2	(0.29)	0.3	(0.04)	5	(0.5)	8.0	(0.40)	2.9	(0.20)	37	(2.0)	7.1	(0.32)
20 and over...	5047	24	(1.4)	9.4	(0.18)	0.9	(0.05)	10	(0.5)	10.1	(0.21)	3.9	(0.13)	38	(1.4)	9.2	(0.21)
2 and over...	8066	21	(1.1)	8.9	(0.16)	0.8	(0.04)	9	(0.4)	9.9	(0.22)	3.7	(0.11)	38	(1.2)	8.6	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	48.9	(3.69)	1.8	(0.50)	4*	(1.1)	--		--		--		48.2	(3.71)
6 - 11.....	537	10	(2.1)	71.8	(7.71)	2.5	(0.69)	4	(1.0)	62.9	(7.51)	25.3	(4.47)	40	(4.3)	72.8	(9.04)
12 - 19.....	646	11	(1.4)	80.5	(4.12)	5.9	(1.13)	7	(1.4)	100.1	(9.75)	54.3	(8.81)	54	(6.4)	78.1	(4.56)
20 - 39.....	853	25	(2.1)	121.5	(8.55)	21.7	(6.35)	18	(4.3)	151.0	(25.07)	86.4	(22.02)	57	(5.4)	111.7	(6.34)
40 - 59.....	808	26	(2.4)	122.8	(8.23)	20.8	(3.76)	17	(2.4)	139.5	(17.09)	80.6	(11.47)	58	(4.2)	117.0	(7.45)
60 and over.....	753	26	(1.7)	117.4	(8.16)	14.3	(1.93)	12	(1.3)	129.7	(22.03)	54.1	(6.53)	42	(4.4)	113.0	(8.52)
2 - 19.....	1520	10	(1.4)	71.4	(4.36)	3.9	(0.64)	6	(1.0)	79.7	(5.71)	38.4	(4.61)	48	(4.0)	70.4	(4.98)
20 and over...	2414	26	(1.4)	120.9	(5.32)	19.5	(2.99)	16	(2.0)	141.2	(13.32)	75.8	(10.08)	54	(3.1)	113.9	(3.99)
2 and over...	3934	22	(1.2)	108.4	(4.08)	15.6	(2.27)	14	(1.7)	133.9	(11.74)	71.4	(8.91)	53	(2.9)	101.3	(3.10)
Females:																	
2 - 5.....	339	9	(2.0)	50.1	(2.97)	1.1*	(0.40)	2*	(0.8)	--		--		--		50.2	(2.78)
6 - 11.....	510	13	(1.9)	75.0	(7.72)	4.5	(1.18)	6	(1.6)	75.0	(7.76)	33.7	(7.39)	45	(7.3)	75.0	(9.10)
12 - 19.....	650	16	(1.9)	82.5	(11.19)	9.5	(2.51)	11	(2.9)	118.5	(24.92)	60.4	(14.56)	51	(8.7)	75.8	(11.93)
20 - 39.....	893	27	(1.7)	119.1	(9.53)	17.6	(1.49)	15	(1.6)	128.5	(7.18)	65.6	(4.77)	51	(4.1)	115.7	(12.40)
40 - 59.....	926	21	(2.6)	136.5	(10.63)	15.2	(2.23)	11	(1.5)	143.2	(14.96)	72.0	(8.08)	50	(5.8)	134.6	(10.91)
60 and over.....	814	20	(2.3)	117.0	(4.50)	14.7	(2.21)	13	(1.7)	134.3	(10.12)	72.9	(5.97)	54	(4.1)	112.6	(4.39)
2 - 19.....	1499	13	(1.0)	73.2	(5.73)	6.1	(1.47)	8	(1.9)	94.8	(15.35)	45.0	(10.26)	47	(7.0)	69.8	(5.95)
20 and over...	2633	23	(1.8)	125.0	(5.02)	15.9	(1.64)	13	(1.3)	135.0	(5.84)	69.6	(3.57)	52	(2.7)	122.0	(5.67)
2 and over...	4132	21	(1.5)	113.0	(4.88)	13.6	(1.30)	12	(1.1)	128.9	(5.93)	65.9	(4.02)	51	(2.6)	108.8	(5.18)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	72.2	(3.02)	5.0	(0.65)	7	(0.8)	88.1	(9.43)	42.1	(6.40)	48	(4.4)	70.1	(3.27)
20 and over...	5047	24	(1.4)	123.0	(3.16)	17.6	(1.96)	14	(1.5)	138.2	(8.02)	72.8	(6.18)	53	(2.6)	118.2	(3.50)
2 and over...	8066	21	(1.1)	110.7	(2.76)	14.6	(1.42)	13	(1.2)	131.5	(6.81)	68.7	(5.38)	52	(2.4)	105.2	(3.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	9	(1.9)	940	(33.6)	19*	(7.6)	2*	(0.8)	--		--		--		936	(37.0)
6 - 11	537	10	(2.1)	1175	(41.5)	29	(7.4)	3*	(0.7)	1036	(77.2)	296	(37.0)	29	(3.3)	1191	(46.0)
12 - 19	646	11	(1.4)	1186	(35.4)	36	(8.0)	3	(0.7)	1291	(119.0)	335	(47.2)	26	(2.9)	1173	(40.1)
20 - 39	853	25	(2.1)	1195	(37.5)	84	(9.5)	7	(0.8)	1138	(51.2)	334	(23.2)	29	(1.8)	1214	(47.7)
40 - 59	808	26	(2.4)	1051	(26.1)	76	(10.2)	7	(1.0)	1074	(36.4)	293	(21.8)	27	(2.0)	1043	(29.8)
60 and over	753	26	(1.7)	972	(26.8)	69	(8.3)	7	(0.8)	928	(43.4)	260	(26.3)	28	(2.2)	988	(37.2)
2 - 19	1520	10	(1.4)	1135	(25.8)	31	(5.3)	3	(0.5)	1150	(67.1)	299	(18.3)	26	(1.5)	1133	(30.8)
20 and over	2414	26	(1.4)	1086	(18.2)	77	(6.0)	7	(0.5)	1060	(22.8)	300	(13.9)	28	(1.4)	1095	(24.7)
2 and over	3934	22	(1.2)	1098	(13.8)	65	(5.1)	6	(0.5)	1070	(23.1)	300	(13.4)	28	(1.2)	1106	(18.0)
Females:																	
2 - 5	339	9	(2.0)	926	(45.1)	22*	(7.7)	2*	(0.9)	--		--		--		915	(44.0)
6 - 11	510	13	(1.9)	960	(28.1)	27	(5.8)	3*	(0.6)	944	(106.1)	202	(32.2)	21*	(3.0)	963	(38.3)
12 - 19	650	16	(1.9)	842	(33.3)	48	(8.9)	6	(1.0)	933	(71.6)	308	(50.2)	33	(4.4)	826	(30.2)
20 - 39	893	27	(1.7)	891	(21.9)	78	(6.4)	9	(0.7)	884	(40.7)	291	(21.3)	33	(1.4)	894	(27.6)
40 - 59	926	21	(2.6)	846	(19.1)	49	(6.2)	6	(0.8)	811	(21.2)	233	(10.6)	29	(1.1)	855	(23.2)
60 and over	814	20	(2.3)	812	(27.9)	50	(6.4)	6	(0.7)	801	(40.8)	248	(19.5)	31	(1.9)	814	(32.4)
2 - 19	1499	13	(1.0)	898	(22.8)	36	(4.6)	4	(0.5)	951	(39.2)	266	(29.3)	28	(2.9)	890	(25.4)
20 and over	2633	23	(1.8)	852	(10.9)	59	(4.3)	7	(0.5)	838	(19.9)	260	(9.5)	31	(0.7)	856	(16.5)
2 and over	4132	21	(1.5)	863	(10.3)	54	(3.5)	6	(0.4)	855	(17.9)	261	(8.6)	31	(0.7)	864	(15.5)
Males and Females:																	
2 - 19	3019	12	(1.0)	1020	(19.2)	33	(4.3)	3	(0.4)	1040	(44.4)	280	(21.2)	27	(1.7)	1017	(23.6)
20 and over	5047	24	(1.4)	965	(11.8)	68	(3.9)	7	(0.4)	952	(15.7)	281	(7.0)	29	(0.7)	969	(15.4)
2 and over	8066	21	(1.1)	978	(11.2)	60	(3.2)	6	(0.3)	964	(15.0)	281	(6.6)	29	(0.6)	982	(14.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	1097	(37.1)	29*	(9.0)	3*	(0.8)	--		--		--		1089	(41.0)
6 - 11.....	537	10	(2.1)	1388	(35.9)	47	(11.5)	3	(0.9)	1366	(116.1)	475	(47.8)	35	(3.0)	1390	(44.8)
12 - 19.....	646	11	(1.4)	1604	(29.4)	79	(19.6)	5	(1.2)	1884	(180.6)	723	(111.3)	38	(3.2)	1570	(38.3)
20 - 39.....	853	25	(2.1)	1758	(35.9)	175	(21.0)	10	(1.2)	1794	(59.1)	697	(46.7)	39	(2.5)	1746	(41.3)
40 - 59.....	808	26	(2.4)	1630	(35.8)	176	(19.6)	11	(1.1)	1732	(54.9)	682	(34.7)	39	(1.7)	1595	(33.3)
60 and over.....	753	26	(1.7)	1419	(24.0)	147	(13.4)	10	(0.9)	1422	(48.5)	557	(34.5)	39	(2.6)	1417	(35.4)
2 - 19.....	1520	10	(1.4)	1430	(24.6)	58	(12.5)	4	(0.9)	1584	(126.4)	568	(67.4)	36	(2.1)	1412	(32.8)
20 and over...	2414	26	(1.4)	1625	(17.9)	168	(12.3)	10	(0.7)	1674	(31.4)	655	(24.9)	39	(1.6)	1608	(23.3)
2 and over...	3934	22	(1.2)	1576	(14.3)	141	(10.5)	9	(0.7)	1663	(37.3)	645	(22.7)	39	(1.4)	1551	(16.6)
Females:																	
2 - 5.....	339	9	(2.0)	1016	(34.9)	27*	(8.7)	3*	(0.9)	--		--		--		1008	(35.1)
6 - 11.....	510	13	(1.9)	1180	(19.4)	48	(7.9)	4	(0.7)	1246	(84.7)	364	(42.9)	29	(3.2)	1170	(25.9)
12 - 19.....	650	16	(1.9)	1095	(37.4)	74	(9.9)	7	(0.8)	1163	(77.0)	470	(61.9)	40	(3.9)	1082	(39.2)
20 - 39.....	893	27	(1.7)	1236	(21.5)	138	(11.2)	11	(0.9)	1242	(48.1)	516	(26.7)	42	(1.2)	1234	(26.0)
40 - 59.....	926	21	(2.6)	1196	(16.9)	108	(13.8)	9	(1.1)	1255	(39.7)	510	(27.0)	41	(1.8)	1180	(18.5)
60 and over.....	814	20	(2.3)	1115	(27.9)	102	(11.3)	9	(0.9)	1197	(53.0)	505	(34.6)	42	(2.5)	1095	(28.5)
2 - 19.....	1499	13	(1.0)	1105	(19.3)	55	(5.5)	5	(0.5)	1179	(27.7)	412	(33.7)	35	(2.5)	1094	(21.2)
20 and over...	2633	23	(1.8)	1187	(12.2)	117	(8.8)	10	(0.7)	1235	(20.1)	511	(15.9)	41	(1.0)	1173	(16.3)
2 and over...	4132	21	(1.5)	1168	(11.9)	102	(6.8)	9	(0.5)	1227	(15.6)	496	(14.5)	40	(1.0)	1153	(15.2)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	1272	(15.9)	57	(7.7)	4	(0.6)	1360	(69.7)	481	(39.1)	35	(1.6)	1261	(22.0)
20 and over...	5047	24	(1.4)	1399	(11.9)	142	(7.8)	10	(0.5)	1461	(25.3)	585	(11.8)	40	(0.9)	1380	(16.9)
2 and over...	8066	21	(1.1)	1369	(11.0)	121	(6.2)	9	(0.4)	1447	(26.3)	571	(11.4)	39	(0.7)	1348	(14.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Magnesium													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	337	9	(1.9)	207	(8.4)	5	(1.4)	3*	(0.7)	--		--		--		206	(8.6)
6 - 11	537	10	(2.1)	246	(7.7)	7	(1.9)	3*	(0.8)	250	(19.0)	70	(11.8)	28	(3.3)	245	(9.3)
12 - 19	646	11	(1.4)	296	(6.4)	12	(3.0)	4	(1.0)	328	(27.3)	108	(16.8)	33	(3.6)	292	(8.0)
20 - 39	853	25	(2.1)	350	(7.2)	31	(4.2)	9	(1.2)	362	(18.2)	125	(12.6)	35	(2.3)	346	(8.4)
40 - 59	808	26	(2.4)	356	(8.6)	36	(4.5)	10	(1.2)	383	(15.9)	138	(9.1)	36	(1.6)	346	(7.7)
60 and over	753	26	(1.7)	322	(9.6)	27	(1.9)	8	(0.5)	308	(10.2)	103	(5.6)	33	(2.1)	327	(11.9)
2 - 19	1520	10	(1.4)	261	(5.0)	9	(2.0)	3	(0.8)	282	(19.0)	86	(11.3)	31	(2.5)	259	(6.2)
20 and over	2414	26	(1.4)	345	(4.6)	32	(2.3)	9	(0.7)	356	(6.0)	124	(4.3)	35	(1.3)	341	(5.5)
2 and over	3934	22	(1.2)	324	(3.8)	26	(1.8)	8	(0.6)	347	(5.3)	120	(3.3)	34	(1.1)	317	(4.3)
Females:																	
2 - 5	339	9	(2.0)	184	(5.3)	4*	(1.3)	2*	(0.7)	--		--		--		183	(6.0)
6 - 11	510	13	(1.9)	218	(3.7)	9	(1.4)	4	(0.6)	247	(19.2)	70	(9.2)	28	(3.6)	214	(3.5)
12 - 19	650	16	(1.9)	210	(6.3)	12	(1.5)	6	(0.7)	217	(12.6)	75	(8.2)	35	(3.0)	209	(7.6)
20 - 39	893	27	(1.7)	265	(4.9)	24	(2.5)	9	(0.9)	272	(10.3)	90	(5.8)	33	(1.9)	263	(5.8)
40 - 59	926	21	(2.6)	278	(4.4)	19	(2.4)	7	(0.8)	276	(9.1)	89	(4.6)	32	(1.5)	278	(5.5)
60 and over	814	20	(2.3)	259	(7.0)	19	(2.1)	7	(0.7)	272	(11.6)	93	(6.2)	34	(1.8)	255	(7.9)
2 - 19	1499	13	(1.0)	207	(3.3)	9	(0.7)	5	(0.3)	224	(6.6)	69	(4.2)	31	(2.0)	205	(3.8)
20 and over	2633	23	(1.8)	268	(3.7)	21	(1.7)	8	(0.6)	273	(4.5)	90	(2.7)	33	(1.1)	267	(4.7)
2 and over	4132	21	(1.5)	254	(3.3)	18	(1.3)	7	(0.5)	266	(4.1)	87	(2.5)	33	(1.1)	251	(3.9)
Males and Females:																	
2 - 19	3019	12	(1.0)	235	(3.1)	9	(1.1)	4	(0.5)	250	(9.4)	77	(5.6)	31	(1.5)	233	(3.8)
20 and over	5047	24	(1.4)	305	(3.4)	26	(1.6)	9	(0.5)	316	(4.0)	108	(2.4)	34	(0.8)	302	(4.2)
2 and over	8066	21	(1.1)	288	(3.1)	22	(1.2)	8	(0.4)	307	(3.7)	104	(1.8)	34	(0.7)	283	(3.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

I r o n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	12.0	(0.50)	0.2	(0.06)	2*	(0.5)	--		--		--		12.1	(0.50)
6 - 11.....	537	10	(2.1)	14.7	(0.34)	0.4	(0.10)	3*	(0.7)	14.4	(1.33)	4.0	(0.41)	28	(1.9)	14.7	(0.41)
12 - 19.....	646	11	(1.4)	17.4	(0.77)	0.6	(0.13)	3	(0.8)	17.7	(0.88)	5.4	(0.64)	31	(3.6)	17.4	(0.90)
20 - 39.....	853	25	(2.1)	17.2	(0.35)	1.7	(0.22)	10	(1.4)	17.3	(0.96)	6.7	(0.44)	39	(2.3)	17.1	(0.59)
40 - 59.....	808	26	(2.4)	16.5	(0.42)	1.6	(0.16)	10	(1.1)	16.4	(0.63)	6.2	(0.25)	38	(1.8)	16.6	(0.46)
60 and over.....	753	26	(1.7)	15.9	(0.56)	1.4	(0.14)	9	(0.8)	14.7	(0.79)	5.4	(0.37)	36	(1.9)	16.4	(0.80)
2 - 19.....	1520	10	(1.4)	15.4	(0.39)	0.4	(0.08)	3	(0.6)	15.4	(0.76)	4.4	(0.40)	28	(2.1)	15.4	(0.44)
20 and over...	2414	26	(1.4)	16.6	(0.22)	1.6	(0.12)	10	(0.7)	16.3	(0.56)	6.2	(0.30)	38	(1.5)	16.7	(0.35)
2 and over...	3934	22	(1.2)	16.3	(0.18)	1.3	(0.10)	8	(0.6)	16.2	(0.51)	6.0	(0.26)	37	(1.3)	16.3	(0.31)
Females:																	
2 - 5.....	339	9	(2.0)	10.8	(0.40)	0.2*	(0.08)	2*	(0.7)	--		--		--		10.7	(0.43)
6 - 11.....	510	13	(1.9)	13.8	(0.52)	0.4	(0.06)	3	(0.5)	13.5	(0.86)	3.3	(0.43)	25	(2.9)	13.8	(0.55)
12 - 19.....	650	16	(1.9)	12.1	(0.50)	0.6	(0.07)	5	(0.6)	12.1	(0.92)	3.9	(0.39)	32	(2.5)	12.0	(0.58)
20 - 39.....	893	27	(1.7)	12.7	(0.25)	1.2	(0.11)	9	(0.9)	12.0	(0.55)	4.4	(0.27)	36	(2.0)	12.9	(0.29)
40 - 59.....	926	21	(2.6)	12.7	(0.40)	1.0	(0.14)	8	(1.0)	12.2	(0.92)	4.6	(0.31)	37	(2.1)	12.9	(0.45)
60 and over.....	814	20	(2.3)	12.2	(0.27)	1.0	(0.09)	8	(0.8)	12.4	(0.58)	4.7	(0.33)	38	(3.1)	12.1	(0.36)
2 - 19.....	1499	13	(1.0)	12.3	(0.22)	0.5	(0.03)	4	(0.3)	12.5	(0.47)	3.5	(0.28)	28	(2.3)	12.3	(0.26)
20 and over...	2633	23	(1.8)	12.6	(0.16)	1.0	(0.08)	8	(0.7)	12.2	(0.26)	4.5	(0.11)	37	(0.9)	12.7	(0.21)
2 and over...	4132	21	(1.5)	12.5	(0.14)	0.9	(0.06)	7	(0.5)	12.2	(0.22)	4.4	(0.10)	36	(0.8)	12.6	(0.17)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.23)	0.5	(0.05)	3	(0.4)	13.8	(0.52)	3.9	(0.28)	28	(1.8)	13.9	(0.28)
20 and over...	5047	24	(1.4)	14.5	(0.14)	1.3	(0.08)	9	(0.6)	14.3	(0.25)	5.4	(0.16)	38	(0.8)	14.6	(0.22)
2 and over...	8066	21	(1.1)	14.4	(0.14)	1.1	(0.06)	8	(0.4)	14.2	(0.24)	5.2	(0.13)	36	(0.7)	14.4	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	7.9	(0.25)	0.2*	(0.05)	2*	(0.7)	--		--		--		7.9	(0.27)
6 - 11.....	537	10	(2.1)	10.5	(0.27)	0.3	(0.09)	3	(0.9)	10.3	(1.10)	3.2	(0.37)	31	(3.2)	10.6	(0.33)
12 - 19.....	646	11	(1.4)	13.7	(0.67)	0.6	(0.13)	4	(1.0)	13.7	(0.99)	5.1	(0.64)	37	(3.0)	13.7	(0.78)
20 - 39.....	853	25	(2.1)	14.3	(0.28)	1.6	(0.24)	11	(1.6)	14.5	(0.65)	6.3	(0.68)	43	(3.4)	14.2	(0.36)
40 - 59.....	808	26	(2.4)	12.9	(0.30)	1.5	(0.17)	12	(1.4)	13.6	(0.39)	5.8	(0.38)	43	(2.5)	12.7	(0.31)
60 and over.....	753	26	(1.7)	11.8	(0.27)	1.2	(0.10)	10	(0.8)	11.4	(0.62)	4.7	(0.28)	41	(2.3)	11.9	(0.36)
2 - 19.....	1520	10	(1.4)	11.5	(0.31)	0.4	(0.08)	3	(0.8)	11.5	(0.86)	3.9	(0.40)	34	(1.9)	11.5	(0.37)
20 and over...	2414	26	(1.4)	13.2	(0.14)	1.5	(0.13)	11	(1.0)	13.4	(0.40)	5.7	(0.38)	43	(2.2)	13.1	(0.18)
2 and over...	3934	22	(1.2)	12.7	(0.11)	1.2	(0.11)	9	(0.9)	13.1	(0.36)	5.5	(0.32)	42	(2.0)	12.6	(0.18)
Females:																	
2 - 5.....	339	9	(2.0)	8.1	(0.28)	0.2*	(0.06)	2*	(0.8)	--		--		--		8.0	(0.32)
6 - 11.....	510	13	(1.9)	9.1	(0.36)	0.3	(0.05)	4	(0.5)	9.2	(0.73)	2.4	(0.27)	26	(3.4)	9.1	(0.41)
12 - 19.....	650	16	(1.9)	8.6	(0.36)	0.5	(0.05)	6	(0.7)	8.0	(0.45)	3.0	(0.33)	38	(3.9)	8.7	(0.43)
20 - 39.....	893	27	(1.7)	9.7	(0.25)	1.1	(0.10)	11	(1.0)	9.9	(0.48)	4.1	(0.27)	42	(2.2)	9.7	(0.26)
40 - 59.....	926	21	(2.6)	9.2	(0.17)	0.8	(0.11)	9	(1.2)	9.5	(0.35)	3.7	(0.21)	39	(2.1)	9.1	(0.18)
60 and over.....	814	20	(2.3)	8.9	(0.24)	0.8	(0.08)	9	(0.9)	9.3	(0.40)	3.8	(0.23)	41	(3.1)	8.8	(0.29)
2 - 19.....	1499	13	(1.0)	8.7	(0.28)	0.4	(0.03)	4	(0.3)	8.4	(0.30)	2.7	(0.21)	32	(2.8)	8.7	(0.33)
20 and over...	2633	23	(1.8)	9.3	(0.10)	0.9	(0.08)	10	(0.8)	9.6	(0.18)	3.9	(0.15)	41	(1.2)	9.2	(0.14)
2 and over...	4132	21	(1.5)	9.2	(0.11)	0.8	(0.06)	8	(0.6)	9.4	(0.14)	3.7	(0.13)	40	(1.2)	9.1	(0.13)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	10.1	(0.16)	0.4	(0.05)	4	(0.5)	9.8	(0.48)	3.2	(0.25)	33	(1.8)	10.1	(0.22)
20 and over...	5047	24	(1.4)	11.2	(0.09)	1.2	(0.08)	10	(0.7)	11.5	(0.18)	4.8	(0.18)	42	(1.2)	11.1	(0.12)
2 and over...	8066	21	(1.1)	10.9	(0.09)	1.0	(0.06)	9	(0.6)	11.3	(0.17)	4.6	(0.15)	41	(1.0)	10.8	(0.13)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	0.8	(0.03)	#		2*	(0.5)	--		--		--		0.8	(0.03)
6 - 11.....	537	10	(2.1)	1.0	(0.03)	#		3*	(0.7)	1.0	(0.07)	0.3	(0.04)	28	(2.9)	1.0	(0.04)
12 - 19.....	646	11	(1.4)	1.1	(0.03)	#		4	(0.9)	1.2	(0.08)	0.4	(0.05)	33	(3.6)	1.1	(0.04)
20 - 39.....	853	25	(2.1)	1.4	(0.03)	0.1	(0.02)	9	(1.4)	1.4	(0.06)	0.5	(0.06)	37	(3.1)	1.4	(0.04)
40 - 59.....	808	26	(2.4)	1.4	(0.04)	0.1	(0.02)	10	(1.2)	1.6	(0.08)	0.6	(0.04)	36	(1.7)	1.4	(0.03)
60 and over.....	753	26	(1.7)	1.3	(0.03)	0.1	(0.02)	10	(1.4)	1.3	(0.07)	0.5	(0.07)	39	(3.8)	1.3	(0.04)
2 - 19.....	1520	10	(1.4)	1.0	(0.02)	#		3	(0.6)	1.1	(0.06)	0.3	(0.03)	30	(2.1)	1.0	(0.02)
20 and over...	2414	26	(1.4)	1.4	(0.01)	0.1	(0.01)	10	(0.8)	1.4	(0.03)	0.5	(0.03)	37	(1.8)	1.4	(0.02)
2 and over...	3934	22	(1.2)	1.3	(0.01)	0.1	(0.01)	8	(0.7)	1.4	(0.03)	0.5	(0.02)	36	(1.5)	1.3	(0.02)
Females:																	
2 - 5.....	339	9	(2.0)	0.7	(0.02)	#		2*	(0.8)	--		--		--		0.7	(0.03)
6 - 11.....	510	13	(1.9)	0.9	(0.03)	#		4	(0.6)	1.0	(0.09)	0.3	(0.03)	25	(3.8)	0.9	(0.02)
12 - 19.....	650	16	(1.9)	0.9	(0.03)	0.1	(0.01)	6	(1.3)	0.9	(0.06)	0.3	(0.06)	36	(5.1)	0.8	(0.03)
20 - 39.....	893	27	(1.7)	1.1	(0.03)	0.1	(0.01)	9	(0.9)	1.1	(0.05)	0.4	(0.03)	35	(2.4)	1.1	(0.03)
40 - 59.....	926	21	(2.6)	1.1	(0.02)	0.1	(0.01)	6	(0.9)	1.1	(0.05)	0.3	(0.02)	31	(1.5)	1.1	(0.02)
60 and over.....	814	20	(2.3)	1.1	(0.03)	0.1	(0.01)	8	(0.9)	1.2	(0.06)	0.5	(0.03)	38	(2.0)	1.1	(0.04)
2 - 19.....	1499	13	(1.0)	0.8	(0.02)	#		5	(0.6)	0.9	(0.03)	0.3	(0.03)	31	(3.3)	0.8	(0.02)
20 and over...	2633	23	(1.8)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.1	(0.02)	0.4	(0.01)	34	(1.1)	1.1	(0.02)
2 and over...	4132	21	(1.5)	1.0	(0.02)	0.1	(0.01)	7	(0.4)	1.1	(0.02)	0.4	(0.01)	34	(1.1)	1.0	(0.02)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	0.9	(0.01)	#		4	(0.4)	1.0	(0.03)	0.3	(0.02)	31	(2.1)	0.9	(0.01)
20 and over...	5047	24	(1.4)	1.2	(0.01)	0.1	(0.01)	9	(0.5)	1.3	(0.01)	0.5	(0.02)	36	(1.2)	1.2	(0.02)
2 and over...	8066	21	(1.1)	1.2	(0.01)	0.1	(#)	8	(0.4)	1.2	(0.01)	0.4	(0.01)	35	(1.0)	1.1	(0.01)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	78.0	(2.99)	2.1*	(0.68)	3*	(0.9)	--		--		--		78.2	(3.31)
6 - 11.....	537	10	(2.1)	102.2	(3.65)	4.2	(1.07)	4	(1.1)	108.0	(13.71)	41.9	(4.95)	39	(3.5)	101.6	(4.48)
12 - 19.....	646	11	(1.4)	131.1	(3.51)	8.1*	(2.50)	6	(1.8)	158.9	(25.17)	74.7	(15.75)	47	(3.9)	127.7	(3.15)
20 - 39.....	853	25	(2.1)	143.9	(3.40)	17.0	(2.40)	12	(1.5)	147.5	(4.93)	67.7	(6.04)	46	(3.4)	142.7	(3.38)
40 - 59.....	808	26	(2.4)	142.6	(3.61)	18.0	(1.95)	13	(1.3)	149.0	(4.31)	69.7	(3.31)	47	(2.0)	140.4	(4.01)
60 and over.....	753	26	(1.7)	120.1	(1.69)	14.4	(1.46)	12	(1.1)	119.8	(6.85)	54.4	(4.35)	45	(3.2)	120.2	(2.79)
2 - 19.....	1520	10	(1.4)	110.7	(2.13)	5.6	(1.41)	5	(1.3)	127.0	(16.25)	54.5	(8.82)	43	(2.6)	108.8	(2.57)
20 and over...	2414	26	(1.4)	137.4	(1.69)	16.7	(1.39)	12	(0.9)	140.8	(3.51)	64.9	(3.53)	46	(1.9)	136.2	(1.65)
2 and over...	3934	22	(1.2)	130.6	(1.60)	13.9	(1.20)	11	(0.8)	139.2	(4.05)	63.7	(3.25)	46	(1.7)	128.2	(1.30)
Females:																	
2 - 5.....	339	9	(2.0)	68.2	(2.13)	2.1*	(0.63)	3*	(1.0)	--		--		--		67.9	(2.02)
6 - 11.....	510	13	(1.9)	88.2	(1.87)	4.4	(0.65)	5	(0.7)	92.8	(6.18)	33.1	(3.11)	36	(3.4)	87.5	(1.96)
12 - 19.....	650	16	(1.9)	88.3	(2.27)	6.5	(0.67)	7	(0.7)	93.0	(7.37)	41.5	(4.88)	45	(4.1)	87.5	(2.51)
20 - 39.....	893	27	(1.7)	102.0	(1.85)	13.6	(1.03)	13	(1.0)	105.5	(4.25)	50.9	(2.71)	48	(1.4)	100.7	(2.34)
40 - 59.....	926	21	(2.6)	99.6	(1.64)	10.9	(1.56)	11	(1.6)	112.9	(6.44)	51.7	(3.63)	46	(2.2)	96.0	(1.92)
60 and over.....	814	20	(2.3)	90.3	(2.29)	10.1	(0.99)	11	(1.0)	101.8	(5.49)	49.9	(3.93)	49	(3.1)	87.4	(2.10)
2 - 19.....	1499	13	(1.0)	84.0	(1.19)	4.9	(0.41)	6	(0.4)	89.7	(3.83)	36.2	(2.68)	40	(2.6)	83.1	(1.19)
20 and over...	2633	23	(1.8)	97.8	(1.07)	11.6	(0.88)	12	(0.9)	107.1	(2.54)	50.9	(1.64)	48	(1.4)	95.1	(1.12)
2 and over...	4132	21	(1.5)	94.6	(0.94)	10.1	(0.68)	11	(0.7)	104.5	(2.12)	48.7	(1.52)	47	(1.2)	92.0	(0.88)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	97.7	(1.25)	5.2	(0.80)	5	(0.8)	106.3	(8.13)	44.3	(4.45)	42	(2.1)	96.6	(1.55)
20 and over...	5047	24	(1.4)	117.0	(1.03)	14.1	(0.81)	12	(0.7)	124.5	(2.44)	58.1	(1.70)	47	(1.2)	114.6	(0.98)
2 and over...	8066	21	(1.1)	112.3	(0.99)	11.9	(0.65)	11	(0.6)	122.0	(2.72)	56.3	(1.67)	46	(1.1)	109.7	(0.89)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	2019	(76.8)	52	(14.0)	3*	(0.7)	--		--		--		1999	(81.6)
6 - 11.....	537	10	(2.1)	2332	(53.1)	64	(16.1)	3*	(0.7)	2218	(221.0)	646	(86.5)	29	(2.6)	2345	(67.2)
12 - 19.....	646	11	(1.4)	2665	(41.8)	116	(30.6)	4	(1.1)	3103	(297.3)	1068	(181.3)	34	(3.8)	2612	(53.5)
20 - 39.....	853	25	(2.1)	3001	(50.4)	304	(42.3)	10	(1.4)	3072	(114.0)	1207	(120.6)	39	(2.9)	2977	(68.2)
40 - 59.....	808	26	(2.4)	3106	(58.3)	344	(36.6)	11	(1.1)	3328	(90.0)	1335	(60.7)	40	(1.5)	3028	(66.9)
60 and over.....	753	26	(1.7)	2909	(55.4)	282	(18.3)	10	(0.6)	2933	(78.4)	1066	(53.8)	36	(2.0)	2901	(70.2)
2 - 19.....	1520	10	(1.4)	2423	(37.0)	86	(19.2)	4	(0.8)	2647	(210.4)	838	(110.5)	32	(2.3)	2398	(48.1)
20 and over...	2414	26	(1.4)	3016	(36.0)	313	(23.6)	10	(0.7)	3130	(49.7)	1217	(54.1)	39	(1.5)	2977	(45.0)
2 and over...	3934	22	(1.2)	2866	(31.7)	256	(19.1)	9	(0.7)	3073	(46.6)	1172	(44.0)	38	(1.3)	2809	(37.9)
Females:																	
2 - 5.....	339	9	(2.0)	1811	(80.3)	41*	(13.6)	2*	(0.8)	--		--		--		1813	(85.8)
6 - 11.....	510	13	(1.9)	1962	(49.3)	84	(13.9)	4	(0.7)	2109	(150.6)	635	(65.7)	30	(2.7)	1939	(44.2)
12 - 19.....	650	16	(1.9)	1873	(63.2)	113	(13.2)	6	(0.7)	1906	(136.9)	718	(75.4)	38	(3.5)	1867	(74.2)
20 - 39.....	893	27	(1.7)	2257	(49.9)	239	(20.7)	11	(0.9)	2297	(65.9)	895	(41.6)	39	(1.5)	2242	(60.8)
40 - 59.....	926	21	(2.6)	2398	(41.3)	195	(26.2)	8	(1.0)	2468	(87.1)	925	(48.7)	37	(1.6)	2379	(46.9)
60 and over.....	814	20	(2.3)	2296	(56.7)	185	(18.6)	8	(0.7)	2456	(113.5)	914	(59.7)	37	(2.3)	2255	(54.1)
2 - 19.....	1499	13	(1.0)	1888	(37.1)	88	(7.2)	5	(0.4)	1952	(56.4)	654	(37.8)	33	(2.0)	1878	(41.8)
20 and over...	2633	23	(1.8)	2320	(35.0)	208	(16.9)	9	(0.7)	2395	(55.3)	910	(21.0)	38	(0.9)	2298	(36.3)
2 and over...	4132	21	(1.5)	2220	(32.2)	180	(12.7)	8	(0.5)	2329	(51.1)	872	(18.0)	37	(0.9)	2192	(33.3)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	2163	(28.0)	87	(11.0)	4	(0.5)	2261	(117.6)	736	(58.6)	33	(1.4)	2150	(33.8)
20 and over...	5047	24	(1.4)	2658	(30.9)	259	(15.9)	10	(0.6)	2774	(32.4)	1068	(24.2)	39	(1.0)	2620	(37.0)
2 and over...	8066	21	(1.1)	2538	(28.7)	217	(11.8)	9	(0.5)	2705	(31.6)	1024	(19.6)	38	(0.8)	2493	(32.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	9	(1.9)	2396	(62.5)	78	(22.0)	3*	(0.9)	--		--		--		2390	(67.9)
6 - 11	537	10	(2.1)	3185	(94.5)	130	(30.2)	4	(1.0)	3287	(407.5)	1311	(116.6)	40	(2.8)	3174	(106.6)
12 - 19	646	11	(1.4)	3960	(91.8)	233	(54.9)	6	(1.3)	4668	(407.7)	2141	(301.4)	46	(3.7)	3874	(75.1)
20 - 39	853	25	(2.1)	4376	(76.5)	536	(74.5)	12	(1.6)	4705	(96.2)	2132	(175.7)	45	(4.2)	4266	(79.9)
40 - 59	808	26	(2.4)	4161	(94.9)	568	(59.0)	14	(1.4)	4456	(145.3)	2204	(97.2)	49	(1.7)	4058	(108.2)
60 and over	753	26	(1.7)	3575	(66.8)	444	(45.3)	12	(1.2)	3576	(134.6)	1677	(138.0)	47	(3.4)	3574	(102.3)
2 - 19	1520	10	(1.4)	3385	(62.6)	167	(34.8)	5	(1.0)	3812	(313.5)	1633	(181.3)	43	(2.3)	3337	(60.9)
20 and over	2414	26	(1.4)	4094	(53.3)	525	(42.6)	13	(1.0)	4318	(67.4)	2040	(96.9)	47	(1.9)	4016	(59.2)
2 and over	3934	22	(1.2)	3915	(46.2)	434	(34.7)	11	(0.8)	4258	(78.9)	1992	(82.9)	47	(1.7)	3819	(40.3)
Females:																	
2 - 5	339	9	(2.0)	2110	(65.8)	68*	(22.6)	3*	(1.1)	--		--		--		2094	(65.4)
6 - 11	510	13	(1.9)	2767	(56.0)	138	(21.2)	5	(0.8)	2990	(194.7)	1042	(110.5)	35	(3.1)	2733	(74.2)
12 - 19	650	16	(1.9)	2844	(89.6)	224	(26.7)	8	(0.9)	3077	(218.6)	1428	(181.9)	46	(4.2)	2801	(89.6)
20 - 39	893	27	(1.7)	3238	(50.5)	438	(40.6)	14	(1.2)	3347	(143.2)	1640	(99.7)	49	(1.8)	3199	(53.9)
40 - 59	926	21	(2.6)	2977	(34.6)	325	(43.4)	11	(1.5)	3215	(126.3)	1544	(105.9)	48	(2.4)	2914	(55.3)
60 and over	814	20	(2.3)	2727	(62.5)	314	(36.2)	12	(1.2)	3005	(98.4)	1551	(113.7)	52	(2.7)	2657	(64.3)
2 - 19	1499	13	(1.0)	2662	(38.6)	163	(14.8)	6	(0.5)	2933	(93.0)	1208	(90.7)	41	(2.6)	2620	(41.7)
20 and over	2633	23	(1.8)	2997	(22.1)	361	(27.8)	12	(0.9)	3216	(64.1)	1585	(45.2)	49	(1.2)	2933	(28.6)
2 and over	4132	21	(1.5)	2920	(20.5)	315	(21.1)	11	(0.7)	3174	(52.8)	1528	(39.7)	48	(1.1)	2854	(25.5)
Males and Females:																	
2 - 19	3019	12	(1.0)	3034	(39.7)	165	(21.3)	5	(0.7)	3324	(176.2)	1397	(110.1)	42	(1.8)	2995	(38.5)
20 and over	5047	24	(1.4)	3529	(30.1)	441	(28.5)	12	(0.8)	3784	(50.6)	1819	(46.4)	48	(1.3)	3447	(31.4)
2 and over	8066	21	(1.1)	3409	(27.7)	374	(21.8)	11	(0.6)	3722	(55.9)	1762	(41.9)	47	(1.1)	3325	(25.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Caffeine											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	9	(1.9)	4.7	(0.48)	0.1*	(0.06)	3*	(1.3)	--		--		--		4.2	(0.47)
6 - 11.....	537	10	(2.1)	16.3	(2.10)	0.6*	(0.25)	3*	(1.3)	14.6	(2.28)	5.6*	(2.35)	--		16.5	(2.23)
12 - 19.....	646	11	(1.4)	53.0	(5.69)	2.1	(0.58)	4	(1.1)	49.0	(8.37)	18.9	(4.35)	--		53.5	(5.91)
20 - 39.....	853	25	(2.1)	148.3	(13.69)	8.6	(1.79)	6	(1.0)	167.6	(29.54)	34.0	(6.77)	20	(2.3)	141.8	(12.76)
40 - 59.....	808	26	(2.4)	217.4	(8.26)	11.8	(2.56)	5	(1.2)	214.7	(10.38)	45.9	(7.87)	21	(3.5)	218.4	(9.50)
60 and over.....	753	26	(1.7)	178.6	(6.42)	16.3	(2.09)	9	(1.1)	224.4	(16.09)	61.5	(6.22)	27	(2.5)	162.1	(7.84)
2 - 19.....	1520	10	(1.4)	30.8	(2.29)	1.2	(0.27)	4	(0.9)	30.4	(4.25)	11.3	(2.20)	37	(7.3)	30.8	(2.34)
20 and over...	2414	26	(1.4)	181.4	(7.26)	11.7	(1.64)	6	(0.9)	199.8	(15.43)	45.6	(4.56)	23	(1.6)	175.0	(6.89)
2 and over...	3934	22	(1.2)	143.3	(6.77)	9.1	(1.25)	6	(0.8)	179.7	(14.94)	41.5	(4.13)	23	(1.6)	133.2	(6.63)
Females:																	
2 - 5.....	339	9	(2.0)	5.6	(1.32)	0.2*	(0.12)	3*	(2.1)	--		--		--		5.3	(1.35)
6 - 11.....	510	13	(1.9)	12.1	(1.48)	0.7*	(0.39)	6*	(2.9)	13.9	(3.80)	5.6*	(2.84)	--		11.8	(1.35)
12 - 19.....	650	16	(1.9)	44.4	(7.05)	2.6*	(0.88)	6*	(1.9)	65.0*	(32.98)	16.7*	(5.45)	26*	(11.3)	40.6	(5.15)
20 - 39.....	893	27	(1.7)	109.9	(6.48)	6.7	(1.18)	6	(1.0)	122.9	(9.74)	25.2	(4.44)	20	(4.0)	105.1	(6.98)
40 - 59.....	926	21	(2.6)	185.6	(13.08)	6.6	(1.52)	4	(1.0)	185.2	(20.62)	31.1	(7.29)	17	(4.6)	185.7	(15.51)
60 and over.....	814	20	(2.3)	151.3	(8.15)	8.3	(1.27)	5	(0.8)	167.1	(9.40)	40.9	(6.95)	24	(3.6)	147.3	(9.28)
2 - 19.....	1499	13	(1.0)	25.7	(3.85)	1.5*	(0.48)	6	(1.7)	40.7*	(18.65)	11.1	(3.21)	27*	(10.5)	23.4	(2.92)
20 and over...	2633	23	(1.8)	149.7	(6.30)	7.1	(1.06)	5	(0.7)	155.3	(9.12)	31.1	(5.08)	20	(3.5)	148.0	(8.23)
2 and over...	4132	21	(1.5)	121.0	(6.06)	5.8	(0.89)	5	(0.8)	138.1	(9.11)	28.1	(4.64)	20	(3.5)	116.6	(7.34)
Males and Females:																	
2 - 19.....	3019	12	(1.0)	28.3	(2.35)	1.3	(0.27)	5	(0.9)	36.1	(10.67)	11.2	(2.07)	31	(7.7)	27.3	(2.06)
20 and over...	5047	24	(1.4)	165.0	(6.40)	9.3	(1.13)	6	(0.7)	178.2	(9.60)	38.6	(4.07)	22	(2.2)	160.8	(6.93)
2 and over...	8066	21	(1.1)	132.0	(6.00)	7.4	(0.91)	6	(0.7)	159.1	(9.90)	34.9	(3.77)	22	(2.2)	124.7	(6.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	337	9	(1.9)	--		--		--		--		--		--		--	
6 - 11	537	10	(2.1)	--		--		--		--		--		--		--	
12 - 19	646	11	(1.4)	--		--		--		--		--		--		--	
20 - 39	853	25	(2.1)	16.8	(1.70)	3.9	(0.82)	23	(4.1)	27.5	(4.18)	15.6	(3.29)	57	(5.6)	13.1	(1.72)
40 - 59	808	26	(2.4)	17.4	(2.37)	2.6	(0.76)	15	(4.5)	26.7	(4.52)	10.1	(2.63)	38	(9.9)	14.1	(1.96)
60 and over	753	26	(1.7)	10.9	(0.93)	1.8	(0.37)	17	(3.3)	14.8	(2.09)	6.9	(1.56)	--		9.5	(1.01)
2 - 19	1520	10	(1.4)	--		--		--		--		--		--		--	
20 and over	2414	26	(1.4)	15.5	(1.27)	2.9	(0.54)	19	(3.3)	23.9	(2.70)	11.3	(1.92)	47	(5.1)	12.6	(1.20)
2 and over	3934	22	(1.2)	--		--		--		--		--		--		--	
Females:																	
2 - 5	339	9	(2.0)	--		--		--		--		--		--		--	
6 - 11	510	13	(1.9)	--		--		--		--		--		--		--	
12 - 19	650	16	(1.9)	--		--		--		--		--		--		--	
20 - 39	893	27	(1.7)	8.0	(1.47)	2.5*	(0.99)	31*	(9.9)	16.3	(4.68)	9.3*	(3.67)	57*	(14.7)	4.9	(0.89)
40 - 59	926	21	(2.6)	7.2	(0.85)	1.5*	(0.48)	21	(4.8)	12.5	(2.34)	7.2	(1.94)	--		5.7	(0.67)
60 and over	814	20	(2.3)	4.7	(0.55)	0.7	(0.17)	15	(3.2)	7.6	(1.38)	3.5	(0.85)	--		4.0	(0.66)
2 - 19	1499	13	(1.0)	--		--		--		--		--		--		--	
20 and over	2633	23	(1.8)	6.8	(0.65)	1.6	(0.37)	24	(4.8)	12.8	(2.29)	7.1	(1.77)	56	(8.5)	5.0	(0.54)
2 and over	4132	21	(1.5)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	3019	12	(1.0)	--		--		--		--		--		--		--	
20 and over	5047	24	(1.4)	11.0	(0.84)	2.2	(0.38)	20	(2.8)	18.5	(2.39)	9.3	(1.46)	50	(4.0)	8.6	(0.63)
2 and over	8066	21	(1.1)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the gender/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

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

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

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

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

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

Although alchohol 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 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1889	(30.9)	92	(15.6)	5	(0.8)	1932	(118.3)	714	(52.9)	37	(1.9)	1882	(35.6)
20 and over.....	2233	27	(1.9)	2129	(22.9)	251	(18.0)	12	(0.9)	2236	(68.1)	934	(34.9)	42	(1.6)	2090	(24.4)
2 and over...	3044	24	(1.6)	2080	(20.5)	219	(14.9)	11	(0.8)	2203	(61.2)	911	(28.6)	41	(1.4)	2041	(21.2)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1885	(33.1)	53	(10.8)	3	(0.5)	--		--		--		1853	(31.5)
20 and over.....	1009	14	(1.6)	2230	(54.8)	137	(21.9)	6	(0.9)	2515	(208.0)	977	(96.6)	39	(2.6)	2184	(57.9)
2 and over...	1762	12	(1.3)	2133	(43.8)	114	(17.0)	5	(0.7)	2468	(179.9)	924	(92.0)	37	(2.3)	2086	(43.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1885	(66.3)	110	(17.5)	6*	(0.9)	--		--		--		1836	(74.2)
20 and over.....	525	25	(3.1)	1844	(41.7)	192	(29.9)	10	(1.4)	1911	(66.7)	765	(50.1)	40	(1.9)	1822	(40.6)
2 and over...	789	23	(2.5)	1853	(37.9)	173	(24.5)	9	(1.2)	1946	(59.0)	745	(44.0)	38	(1.8)	1825	(39.2)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1906	(55.6)	82	(20.7)	4	(1.1)	2172	(104.4)	740	(77.6)	34	(3.9)	1873	(53.9)
20 and over.....	1125	20	(3.0)	2204	(38.0)	180	(33.7)	8	(1.4)	2270	(90.2)	891	(59.3)	39	(1.6)	2188	(37.9)
2 and over...	2122	17	(2.6)	2104	(38.3)	147	(28.9)	7	(1.3)	2249	(70.6)	858	(55.9)	38	(1.6)	2074	(38.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	70.7	(1.97)	4.2	(1.11)	6	(1.5)	73.6	(10.91)	32.7	(6.30)	44	(2.5)	70.2	(2.17)
20 and over.....	2233	27	(1.9)	82.7	(0.77)	10.8	(0.85)	13	(1.0)	88.3	(2.33)	40.0	(1.76)	45	(1.7)	80.7	(1.16)
2 and over...	3044	24	(1.6)	80.3	(0.96)	9.4	(0.73)	12	(0.8)	86.7	(2.92)	39.2	(1.88)	45	(1.5)	78.2	(1.17)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	65.5	(1.01)	2.2	(0.55)	3	(0.8)	--		--		--		64.5	(1.14)
20 and over.....	1009	14	(1.6)	82.5	(1.91)	6.3	(0.99)	8	(1.1)	96.9	(6.88)	45.0	(4.66)	46	(3.3)	80.1	(1.86)
2 and over...	1762	12	(1.3)	77.7	(1.52)	5.2	(0.77)	7	(0.9)	93.4	(6.26)	42.0	(4.40)	45	(3.2)	75.5	(1.46)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	75.9	(4.66)	5.3	(0.90)	7	(1.0)	--		--		--		74.4	(4.76)
20 and over.....	525	25	(3.1)	80.9	(2.29)	10.3	(1.57)	13	(1.7)	84.9	(4.74)	41.0	(2.92)	48	(2.1)	79.6	(2.23)
2 and over...	789	23	(2.5)	79.8	(2.27)	9.2	(1.33)	11	(1.5)	84.7	(4.14)	39.3	(2.76)	46	(2.0)	78.3	(2.19)
Hispanic:																	
2 - 19.....	997	11	(1.9)	71.4	(2.31)	3.3	(0.82)	5	(1.1)	81.1	(5.49)	29.7	(3.18)	37	(3.8)	70.1	(2.09)
20 and over.....	1125	20	(3.0)	89.2	(1.90)	8.4	(1.34)	9	(1.5)	92.3	(3.14)	41.4	(2.16)	45	(2.1)	88.5	(2.01)
2 and over...	2122	17	(2.6)	83.2	(1.90)	6.6	(1.13)	8	(1.3)	89.8	(3.14)	38.9	(1.87)	43	(1.9)	81.8	(1.88)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	246	(4.9)	10	(1.6)	4	(0.6)	246	(13.9)	78	(5.6)	32	(2.1)	246	(5.0)
20 and over.....	2233	27	(1.9)	248	(3.1)	24	(1.7)	10	(0.7)	245	(6.5)	90	(3.3)	37	(1.4)	249	(3.7)
2 and over...	3044	24	(1.6)	248	(2.9)	21	(1.4)	9	(0.6)	245	(5.5)	89	(2.7)	36	(1.1)	248	(3.5)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	248	(5.3)	6	(0.9)	2	(0.3)	--		--		--		245	(5.5)
20 and over.....	1009	14	(1.6)	266	(6.5)	13	(2.0)	5	(0.7)	276	(25.1)	92	(6.7)	33	(2.2)	265	(7.2)
2 and over...	1762	12	(1.3)	261	(5.1)	11	(1.5)	4	(0.6)	276	(20.4)	89	(6.6)	32	(1.8)	259	(5.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	250	(6.9)	13	(2.9)	5*	(1.1)	--		--		--		244	(9.2)
20 and over.....	525	25	(3.1)	227	(5.4)	20	(3.6)	9	(1.5)	231	(9.9)	81	(8.4)	35	(2.9)	226	(4.9)
2 and over...	789	23	(2.5)	233	(4.5)	19	(2.9)	8	(1.1)	239	(9.0)	80	(7.0)	34	(2.4)	231	(4.3)
Hispanic:																	
2 - 19.....	997	11	(1.9)	248	(6.4)	10	(2.6)	4	(1.1)	287	(12.9)	89	(11.4)	31	(4.4)	243	(6.1)
20 and over.....	1125	20	(3.0)	267	(3.9)	18	(3.5)	7	(1.3)	265	(11.7)	91	(5.9)	34	(1.5)	268	(3.9)
2 and over...	2122	17	(2.6)	261	(4.1)	16	(3.2)	6	(1.2)	270	(9.5)	91	(6.5)	34	(1.8)	259	(4.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	119	(3.1)	4	(0.8)	3	(0.7)	117	(8.1)	31	(3.1)	26	(2.2)	119	(3.2)
20 and over.....	2233	27	(1.9)	110	(1.7)	8	(0.7)	7	(0.7)	102	(4.4)	28	(2.2)	28	(1.5)	113	(2.0)
2 and over...	3044	24	(1.6)	112	(1.7)	7	(0.6)	6	(0.6)	104	(4.1)	28	(1.9)	27	(1.2)	115	(2.0)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	112	(4.0)	2	(0.2)	2*	(0.2)	--		--		--		111	(4.1)
20 and over.....	1009	14	(1.6)	124	(4.0)	5	(0.7)	4	(0.5)	129	(15.6)	33	(3.0)	26	(2.6)	123	(3.9)
2 and over...	1762	12	(1.3)	120	(3.2)	4	(0.5)	3	(0.4)	129	(12.2)	31	(2.9)	24	(2.0)	119	(3.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	100	(4.2)	4*	(1.2)	4*	(1.3)	--		--		--		98	(5.6)
20 and over.....	525	25	(3.1)	81	(3.1)	6	(1.2)	7	(1.3)	91	(5.7)	23	(3.8)	25	(3.5)	78	(2.9)
2 and over...	789	23	(2.5)	85	(2.9)	5	(0.9)	6	(1.0)	94	(5.5)	22	(3.1)	24	(2.6)	83	(3.1)
Hispanic:																	
2 - 19.....	997	11	(1.9)	111	(3.0)	4*	(1.4)	4*	(1.2)	132	(7.4)	35	(8.7)	27	(6.2)	108	(2.8)
20 and over.....	1125	20	(3.0)	114	(2.5)	6	(1.3)	5	(1.1)	110	(5.9)	31	(2.8)	28	(2.1)	115	(2.6)
2 and over...	2122	17	(2.6)	113	(2.2)	5	(1.3)	5	(1.2)	115	(5.3)	32	(3.9)	28	(2.8)	113	(2.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	13.5	(0.28)	0.6	(0.08)	4	(0.6)	13.5	(0.86)	4.5	(0.50)	33	(2.8)	13.5	(0.27)
20 and over.....	2233	27	(1.9)	16.6	(0.32)	1.8	(0.15)	11	(0.8)	16.9	(0.29)	6.5	(0.32)	38	(1.8)	16.5	(0.43)
2 and over...	3044	24	(1.6)	16.0	(0.25)	1.5	(0.13)	9	(0.7)	16.5	(0.27)	6.3	(0.30)	38	(1.6)	15.8	(0.31)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	13.0	(0.30)	0.3	(0.06)	2	(0.4)	--		--		--		13.0	(0.32)
20 and over.....	1009	14	(1.6)	15.4	(0.52)	0.8	(0.12)	5	(0.9)	16.4	(1.43)	5.8	(0.52)	35	(3.1)	15.2	(0.61)
2 and over...	1762	12	(1.3)	14.7	(0.37)	0.7	(0.09)	5	(0.7)	15.8	(1.22)	5.4	(0.48)	34	(2.8)	14.6	(0.44)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	15.0	(0.75)	0.7	(0.12)	5*	(0.8)	--		--		--		14.8	(0.99)
20 and over.....	525	25	(3.1)	18.7	(0.74)	1.6	(0.30)	9	(1.5)	17.3	(0.71)	6.4	(0.68)	37	(2.8)	19.1	(0.94)
2 and over...	789	23	(2.5)	17.8	(0.64)	1.4	(0.24)	8	(1.2)	17.1	(0.52)	6.0	(0.59)	35	(2.8)	18.1	(0.79)
Hispanic:																	
2 - 19.....	997	11	(1.9)	15.4	(0.55)	0.6	(0.15)	4	(0.9)	16.5	(1.00)	5.3	(0.54)	32	(3.5)	15.3	(0.55)
20 and over.....	1125	20	(3.0)	19.7	(0.67)	1.4	(0.29)	7	(1.5)	18.9	(0.97)	7.0	(0.58)	37	(1.9)	19.9	(0.81)
2 and over...	2122	17	(2.6)	18.2	(0.61)	1.1	(0.23)	6	(1.2)	18.4	(0.66)	6.6	(0.49)	36	(1.8)	18.2	(0.70)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	71.1	(1.45)	3.9	(0.68)	5	(0.9)	74.5	(5.05)	30.5	(2.44)	41	(2.6)	70.6	(1.64)
20 and over.....	2233	27	(1.9)	83.4	(1.09)	10.3	(0.73)	12	(0.9)	86.9	(2.90)	38.3	(1.37)	44	(1.6)	82.0	(1.29)
2 and over...	3044	24	(1.6)	80.9	(1.00)	9.0	(0.61)	11	(0.8)	85.6	(2.71)	37.4	(1.19)	44	(1.4)	79.4	(1.09)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	72.2	(1.97)	2.4	(0.58)	3	(0.7)	--		--		--		70.3	(1.71)
20 and over.....	1009	14	(1.6)	86.5	(2.52)	6.0	(1.03)	7	(1.1)	102.4	(8.64)	42.4	(5.58)	41	(3.4)	83.9	(2.78)
2 and over...	1762	12	(1.3)	82.5	(2.15)	5.0	(0.80)	6	(0.9)	101.0	(7.82)	40.4	(5.18)	40	(3.0)	79.9	(2.17)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	66.1	(2.78)	4.1	(0.55)	6	(0.8)	--		--		--		63.9	(3.23)
20 and over.....	525	25	(3.1)	65.7	(2.10)	7.1	(1.15)	11	(1.5)	68.1	(3.50)	28.4	(2.29)	42	(1.7)	64.9	(2.41)
2 and over...	789	23	(2.5)	65.8	(1.95)	6.4	(0.95)	10	(1.3)	69.6	(3.22)	27.7	(2.06)	40	(1.9)	64.7	(2.16)
Hispanic:																	
2 - 19.....	997	11	(1.9)	72.1	(2.61)	3.3	(0.83)	5	(1.1)	80.5	(4.08)	29.9	(3.41)	37	(4.1)	71.0	(2.69)
20 and over.....	1125	20	(3.0)	83.2	(1.99)	7.4	(1.46)	9	(1.6)	88.7	(3.96)	36.5	(2.96)	41	(2.3)	81.8	(1.69)
2 and over...	2122	17	(2.6)	79.4	(1.78)	6.0	(1.21)	8	(1.4)	86.9	(2.84)	35.0	(2.51)	40	(2.0)	77.9	(1.71)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat															
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	25.4	(0.68)	1.2	(0.24)	5	(0.9)	25.2	(2.00)	9.4	(0.90)	37	(2.4)	25.5	(0.83)
20 and over.....	2233	27	(1.9)	27.2	(0.36)	3.0	(0.23)	11	(0.8)	27.2	(1.06)	11.1	(0.45)	41	(1.6)	27.3	(0.47)
2 and over...	3044	24	(1.6)	26.9	(0.34)	2.6	(0.20)	10	(0.7)	27.0	(1.02)	10.9	(0.43)	41	(1.5)	26.8	(0.41)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	23.6	(0.62)	0.8	(0.18)	3	(0.7)	--		--		--		23.0	(0.57)
20 and over.....	1009	14	(1.6)	26.9	(0.66)	1.7	(0.30)	7	(1.1)	30.8	(2.60)	12.5	(1.50)	40	(3.2)	26.3	(0.87)
2 and over...	1762	12	(1.3)	26.0	(0.55)	1.5	(0.24)	6	(0.9)	30.8	(2.24)	12.0	(1.43)	39	(2.9)	25.3	(0.63)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	22.0	(0.91)	1.2	(0.21)	5*	(0.8)	--		--		--		21.2	(0.96)
20 and over.....	525	25	(3.1)	19.1	(0.74)	1.8	(0.26)	9	(1.2)	19.5	(0.98)	7.0	(0.51)	36	(1.7)	19.0	(0.89)
2 and over...	789	23	(2.5)	19.8	(0.63)	1.6	(0.22)	8	(1.0)	20.5	(1.02)	7.0	(0.48)	34	(1.8)	19.5	(0.68)
Hispanic:																	
2 - 19.....	997	11	(1.9)	24.9	(1.06)	1.1	(0.30)	5	(1.2)	27.7	(1.46)	10.2	(1.44)	37	(4.8)	24.5	(1.11)
20 and over.....	1125	20	(3.0)	26.8	(0.69)	2.2	(0.40)	8	(1.4)	28.2	(1.31)	11.0	(0.86)	39	(1.9)	26.4	(0.74)
2 and over...	2122	17	(2.6)	26.1	(0.63)	1.8	(0.35)	7	(1.2)	28.1	(1.04)	10.8	(0.76)	38	(1.6)	25.7	(0.63)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	23.5	(0.61)	1.2	(0.21)	5	(0.9)	24.1	(1.60)	9.6	(0.81)	40	(2.9)	23.4	(0.69)
20 and over.....	2233	27	(1.9)	28.9	(0.38)	3.5	(0.24)	12	(0.9)	29.8	(0.97)	13.0	(0.50)	44	(1.5)	28.6	(0.44)
2 and over...	3044	24	(1.6)	27.8	(0.39)	3.0	(0.20)	11	(0.8)	29.2	(0.90)	12.6	(0.43)	43	(1.3)	27.4	(0.43)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	24.4	(0.65)	0.8	(0.20)	3	(0.8)	--		--		--		23.8	(0.56)
20 and over.....	1009	14	(1.6)	30.6	(1.05)	2.1	(0.40)	7	(1.2)	37.2	(3.92)	15.2	(2.28)	41	(3.4)	29.5	(1.04)
2 and over...	1762	12	(1.3)	28.9	(0.90)	1.8	(0.31)	6	(0.9)	36.2	(3.55)	14.3	(2.08)	39	(3.1)	27.8	(0.82)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	22.2	(1.14)	1.4	(0.20)	6	(0.8)	--		--		--		21.5	(1.34)
20 and over.....	525	25	(3.1)	23.8	(0.76)	2.6	(0.42)	11	(1.6)	24.4	(1.21)	10.4	(0.88)	42	(2.0)	23.6	(0.93)
2 and over...	789	23	(2.5)	23.5	(0.76)	2.3	(0.34)	10	(1.3)	24.6	(1.08)	10.0	(0.78)	41	(2.0)	23.1	(0.92)
Hispanic:																	
2 - 19.....	997	11	(1.9)	24.0	(0.87)	1.1	(0.26)	4	(1.1)	27.1	(1.39)	9.6	(1.04)	36	(3.8)	23.6	(0.90)
20 and over.....	1125	20	(3.0)	28.6	(0.76)	2.5	(0.50)	9	(1.6)	30.0	(1.35)	12.4	(1.01)	41	(2.4)	28.2	(0.69)
2 and over...	2122	17	(2.6)	27.0	(0.64)	2.0	(0.41)	7	(1.4)	29.4	(0.98)	11.8	(0.85)	40	(2.1)	26.6	(0.64)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Polyunsaturated fat																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	15.3	(0.53)	1.1	(0.18)	7	(1.1)	18.2	(1.08)	8.4	(0.87)	46	(3.8)	14.9	(0.53)
20 and over.....	2233	27	(1.9)	19.4	(0.35)	2.8	(0.22)	14	(1.1)	21.6	(0.68)	10.5	(0.42)	48	(1.9)	18.6	(0.38)
2 and over...	3044	24	(1.6)	18.6	(0.29)	2.5	(0.18)	13	(0.9)	21.3	(0.59)	10.2	(0.35)	48	(1.7)	17.8	(0.29)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	17.3	(0.59)	0.6	(0.16)	4	(0.8)	--		--		--		16.8	(0.47)
20 and over.....	1009	14	(1.6)	20.8	(0.89)	1.5	(0.26)	7	(1.1)	25.0	(1.91)	10.8	(1.48)	43	(3.5)	20.1	(0.90)
2 and over...	1762	12	(1.3)	19.8	(0.71)	1.3	(0.20)	6	(0.9)	24.8	(1.83)	10.4	(1.37)	42	(3.1)	19.1	(0.70)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	15.5	(0.84)	1.1	(0.13)	7	(0.9)	--		--		--		15.0	(1.00)
20 and over.....	525	25	(3.1)	16.7	(0.62)	2.1	(0.40)	13	(2.1)	18.0	(1.30)	8.4	(0.90)	47	(2.5)	16.3	(0.65)
2 and over...	789	23	(2.5)	16.4	(0.60)	1.9	(0.32)	11	(1.7)	17.9	(1.11)	8.1	(0.78)	45	(2.5)	16.0	(0.65)
Hispanic:																	
2 - 19.....	997	11	(1.9)	16.2	(0.57)	0.8	(0.19)	5	(1.1)	18.0	(0.95)	7.1	(0.67)	40	(3.8)	16.0	(0.58)
20 and over.....	1125	20	(3.0)	19.5	(0.64)	1.9	(0.43)	10	(2.0)	21.6	(1.12)	9.4	(0.94)	44	(3.1)	19.0	(0.64)
2 and over...	2122	17	(2.6)	18.4	(0.53)	1.5	(0.34)	8	(1.7)	20.8	(0.74)	8.9	(0.78)	43	(2.8)	17.9	(0.55)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Cholesterol													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	219	(7.8)	14	(4.0)	6	(1.7)	244	(53.0)	111	(23.1)	45	(2.1)	215	(6.9)
20 and over.....	2233	27	(1.9)	282	(4.3)	44	(3.2)	16	(1.2)	321	(14.0)	165	(9.3)	51	(1.5)	268	(6.5)
2 and over...	3044	24	(1.6)	269	(3.9)	38	(2.9)	14	(1.0)	313	(15.3)	159	(9.7)	51	(1.4)	256	(4.5)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	223	(9.7)	8	(1.9)	4	(0.8)	--		--		--		217	(10.2)
20 and over.....	1009	14	(1.6)	320	(9.0)	29	(4.7)	9	(1.3)	400	(35.3)	207	(22.0)	52	(2.1)	307	(8.5)
2 and over...	1762	12	(1.3)	293	(7.8)	23	(3.6)	8	(1.1)	382	(30.6)	188	(20.8)	49	(2.2)	280	(7.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	239	(22.5)	20	(3.8)	8	(1.5)	--		--		--		229	(25.5)
20 and over.....	525	25	(3.1)	268	(12.5)	39	(6.6)	15	(2.2)	307	(27.3)	157	(15.0)	51	(3.3)	254	(15.0)
2 and over...	789	23	(2.5)	261	(13.0)	35	(5.5)	13	(1.8)	303	(23.0)	150	(13.7)	50	(2.9)	248	(13.7)
Hispanic:																	
2 - 19.....	997	11	(1.9)	238	(8.8)	12	(3.4)	5	(1.4)	280	(22.2)	107	(16.7)	38	(5.6)	232	(8.5)
20 and over.....	1125	20	(3.0)	327	(11.6)	34	(6.6)	10	(1.7)	352	(16.3)	170	(13.4)	48	(3.0)	320	(12.0)
2 and over...	2122	17	(2.6)	297	(8.9)	27	(5.5)	9	(1.6)	336	(15.5)	156	(12.4)	46	(2.9)	288	(7.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	639	(17.7)	23	(3.9)	4	(0.6)	592	(34.6)	177	(18.8)	30	(2.5)	646	(20.9)
20 and over.....	2233	27	(1.9)	666	(12.7)	65	(5.5)	10	(0.8)	646	(31.7)	241	(22.0)	37	(2.0)	674	(16.3)
2 and over...	3044	24	(1.6)	661	(11.9)	56	(4.6)	9	(0.7)	640	(29.5)	234	(19.2)	37	(1.7)	667	(15.5)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	496	(15.7)	12	(2.9)	2	(0.6)	--		--		--		491	(15.4)
20 and over.....	1009	14	(1.6)	564	(26.7)	38	(5.9)	7	(1.1)	633	(66.1)	268	(34.9)	42	(3.0)	553	(31.6)
2 and over...	1762	12	(1.3)	545	(20.1)	30	(4.5)	6	(0.8)	618	(54.2)	247	(30.3)	40	(2.8)	535	(22.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	644	(50.7)	23	(3.8)	4*	(0.5)	--		--		--		636	(50.0)
20 and over.....	525	25	(3.1)	609	(32.7)	57	(9.7)	9	(1.4)	690	(69.0)	226	(47.6)	33	(5.2)	582	(36.2)
2 and over...	789	23	(2.5)	617	(27.6)	49	(8.0)	8	(1.2)	688	(59.0)	211	(40.5)	31	(4.5)	596	(29.7)
Hispanic:																	
2 - 19.....	997	11	(1.9)	570	(20.5)	16	(4.7)	3	(0.8)	629	(24.3)	148	(24.3)	24	(3.8)	563	(22.2)
20 and over.....	1125	20	(3.0)	587	(28.6)	45	(7.0)	8	(1.1)	595	(39.9)	224	(18.4)	38	(3.1)	585	(31.5)
2 and over...	2122	17	(2.6)	581	(24.2)	35	(6.0)	6	(1.0)	602	(32.4)	207	(15.3)	34	(2.1)	577	(26.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Beta carotene															
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1463	(161.3)	97	(25.0)	7	(1.9)	1449	(362.6)	756	(198.4)	52	(8.7)	1465	(186.7)
20 and over.....	2233	27	(1.9)	2256	(120.5)	252	(43.1)	11	(1.7)	2076	(132.0)	935	(139.9)	45	(5.9)	2323	(144.1)
2 and over...	3044	24	(1.6)	2095	(109.3)	220	(32.5)	11	(1.4)	2008	(110.2)	915	(116.5)	46	(5.6)	2122	(134.3)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1000	(82.4)	35*	(14.1)	3*	(1.3)	--		--		--		989	(82.7)
20 and over.....	1009	14	(1.6)	2307	(225.5)	200	(45.7)	9	(2.3)	2594	(477.4)	1424	(325.1)	55	(8.7)	2260	(266.3)
2 and over...	1762	12	(1.3)	1939	(179.5)	154	(33.1)	8	(1.9)	2332	(388.7)	1249	(274.5)	54	(8.0)	1884	(204.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	2070	(328.5)	99	(18.5)	5*	(0.9)	--		--		--		1996	(347.9)
20 and over.....	525	25	(3.1)	3735	(285.6)	337	(54.6)	9	(1.6)	3708	(429.8)	1340	(192.8)	36	(5.9)	3744	(370.5)
2 and over...	789	23	(2.5)	3356	(213.8)	283	(45.1)	8	(1.3)	3494	(375.5)	1213	(173.7)	35	(5.2)	3313	(275.0)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1058	(65.5)	45*	(13.8)	4*	(1.4)	1298	(266.1)	407	(74.0)	31	(9.1)	1028	(59.0)
20 and over.....	1125	20	(3.0)	1942	(184.0)	189	(31.1)	10	(1.7)	2056	(329.0)	939	(129.6)	46	(7.3)	1913	(183.1)
2 and over...	2122	17	(2.6)	1644	(130.6)	141	(24.1)	9	(1.6)	1891	(304.1)	823	(105.1)	44	(7.1)	1593	(121.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	3868	(297.9)	234	(56.4)	6	(1.7)	3817	(411.1)	1827	(381.0)	48	(10.6)	3875	(346.4)
20 and over.....	2233	27	(1.9)	5149	(154.6)	768	(98.0)	15	(1.9)	5777	(407.1)	2852	(379.1)	49	(5.1)	4917	(185.6)
2 and over...	3044	24	(1.6)	4888	(124.9)	659	(80.8)	13	(1.6)	5564	(361.9)	2741	(346.6)	49	(4.8)	4674	(149.4)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	4066	(394.1)	107*	(43.5)	3*	(1.0)	--		--		--		4049	(375.9)
20 and over.....	1009	14	(1.6)	4214	(443.5)	273	(76.0)	6	(1.9)	5553	(1475.8)	1945	(525.0)	35*	(12.0)	3996	(403.4)
2 and over...	1762	12	(1.3)	4173	(373.8)	226	(47.4)	5	(1.2)	5321	(1163.7)	1842	(367.3)	35	(9.7)	4011	(365.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	4511	(1005.1)	437*	(181.2)	10*	(4.9)	--		--		--		3987	(1107.5)
20 and over.....	525	25	(3.1)	3742	(386.4)	488*	(250.0)	13*	(5.9)	4826	(1128.8)	1944*	(969.3)	40*	(14.3)	3379	(229.8)
2 and over...	789	23	(2.5)	3917	(376.2)	477*	(209.2)	12*	(4.8)	5197	(1052.3)	2046*	(867.2)	39*	(12.8)	3529	(300.6)
Hispanic:																	
2 - 19.....	997	11	(1.9)	4925	(316.5)	376*	(159.5)	8*	(3.1)	5689	(691.1)	3399*	(1061.0)	60*	(16.4)	4830	(301.2)
20 and over.....	1125	20	(3.0)	5492	(332.4)	588	(140.8)	11	(2.7)	5632	(542.5)	2915	(394.8)	52	(4.7)	5456	(421.8)
2 and over...	2122	17	(2.6)	5301	(289.9)	517	(142.8)	10	(2.7)	5645	(450.5)	3020	(451.1)	54	(5.5)	5230	(325.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Thiamin															
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1.57	(0.043)	0.06	(0.010)	4	(0.7)	1.49	(0.107)	0.47	(0.041)	31	(2.5)	1.59	(0.051)
20 and over.....	2233	27	(1.9)	1.64	(0.020)	0.17	(0.012)	10	(0.8)	1.62	(0.034)	0.62	(0.024)	38	(1.4)	1.65	(0.032)
2 and over...	3044	24	(1.6)	1.63	(0.019)	0.15	(0.011)	9	(0.7)	1.60	(0.032)	0.60	(0.021)	38	(1.2)	1.64	(0.029)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1.50	(0.037)	0.03	(0.008)	2	(0.5)	--		--		--		1.50	(0.039)
20 and over.....	1009	14	(1.6)	1.52	(0.030)	0.09	(0.016)	6	(1.0)	1.69	(0.146)	0.62	(0.075)	36	(3.7)	1.49	(0.031)
2 and over...	1762	12	(1.3)	1.51	(0.020)	0.07	(0.012)	5	(0.8)	1.66	(0.120)	0.58	(0.066)	35	(3.1)	1.49	(0.019)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1.61	(0.082)	0.08	(0.016)	5*	(0.9)	--		--		--		1.60	(0.092)
20 and over.....	525	25	(3.1)	1.56	(0.033)	0.14	(0.022)	9	(1.2)	1.48	(0.072)	0.56	(0.049)	38	(2.7)	1.59	(0.031)
2 and over...	789	23	(2.5)	1.57	(0.032)	0.13	(0.018)	8	(1.0)	1.51	(0.062)	0.54	(0.044)	36	(2.3)	1.59	(0.032)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1.58	(0.041)	0.05	(0.014)	3	(0.8)	1.71	(0.061)	0.49	(0.051)	29	(2.9)	1.56	(0.041)
20 and over.....	1125	20	(3.0)	1.64	(0.035)	0.11	(0.020)	7	(1.1)	1.59	(0.082)	0.56	(0.027)	35	(1.3)	1.65	(0.037)
2 and over...	2122	17	(2.6)	1.62	(0.034)	0.09	(0.017)	6	(1.0)	1.61	(0.065)	0.55	(0.028)	34	(0.9)	1.62	(0.034)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	2.13	(0.042)	0.07	(0.013)	3	(0.7)	1.94	(0.160)	0.54	(0.058)	28	(1.4)	2.16	(0.060)
20 and over.....	2233	27	(1.9)	2.28	(0.029)	0.20	(0.013)	9	(0.6)	2.30	(0.068)	0.74	(0.029)	32	(1.2)	2.28	(0.040)
2 and over...	3044	24	(1.6)	2.25	(0.027)	0.17	(0.011)	8	(0.5)	2.26	(0.065)	0.72	(0.028)	32	(1.1)	2.25	(0.038)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1.72	(0.036)	0.04	(0.008)	2	(0.5)	--		--		--		1.70	(0.037)
20 and over.....	1009	14	(1.6)	1.79	(0.034)	0.10	(0.017)	6	(0.9)	2.00	(0.155)	0.72	(0.073)	36	(2.2)	1.76	(0.041)
2 and over...	1762	12	(1.3)	1.77	(0.023)	0.08	(0.013)	5	(0.7)	1.99	(0.124)	0.68	(0.066)	34	(2.0)	1.74	(0.026)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1.96	(0.093)	0.08	(0.012)	4*	(0.5)	--		--		--		1.95	(0.108)
20 and over.....	525	25	(3.1)	1.77	(0.048)	0.15	(0.021)	9	(1.0)	1.95	(0.134)	0.60	(0.039)	31	(1.8)	1.71	(0.039)
2 and over...	789	23	(2.5)	1.81	(0.055)	0.13	(0.018)	7	(0.8)	1.96	(0.118)	0.57	(0.037)	29	(1.4)	1.77	(0.046)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1.91	(0.056)	0.06	(0.015)	3	(0.8)	2.12	(0.108)	0.51	(0.069)	24	(3.3)	1.88	(0.056)
20 and over.....	1125	20	(3.0)	2.14	(0.090)	0.14	(0.025)	7	(1.1)	2.21	(0.123)	0.69	(0.037)	31	(2.3)	2.12	(0.097)
2 and over...	2122	17	(2.6)	2.06	(0.074)	0.11	(0.022)	5	(1.0)	2.19	(0.101)	0.65	(0.040)	30	(1.8)	2.03	(0.076)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	22.9	(0.73)	1.2	(0.33)	5	(1.4)	22.5	(3.35)	9.3	(1.94)	41	(3.3)	23.0	(0.71)
20 and over.....	2233	27	(1.9)	26.4	(0.33)	3.1	(0.22)	12	(0.9)	28.0	(0.84)	11.6	(0.51)	42	(1.5)	25.8	(0.39)
2 and over...	3044	24	(1.6)	25.7	(0.35)	2.7	(0.20)	11	(0.8)	27.4	(0.95)	11.4	(0.56)	42	(1.3)	25.1	(0.41)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	21.2	(0.41)	0.6	(0.12)	3	(0.6)	--		--		--		21.0	(0.40)
20 and over.....	1009	14	(1.6)	26.0	(0.54)	1.7	(0.28)	7	(1.0)	28.7	(2.08)	12.3	(1.38)	43	(3.2)	25.5	(0.51)
2 and over...	1762	12	(1.3)	24.6	(0.42)	1.4	(0.21)	6	(0.8)	27.7	(1.86)	11.4	(1.20)	41	(2.8)	24.2	(0.37)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	22.3	(1.68)	1.6	(0.28)	7	(1.0)	--		--		--		21.9	(1.83)
20 and over.....	525	25	(3.1)	24.5	(0.61)	2.9	(0.46)	12	(1.7)	24.9	(1.37)	11.7	(1.06)	47	(2.8)	24.4	(0.65)
2 and over...	789	23	(2.5)	24.0	(0.65)	2.6	(0.39)	11	(1.5)	24.8	(1.07)	11.3	(0.97)	45	(2.6)	23.7	(0.73)
Hispanic:																	
2 - 19.....	997	11	(1.9)	21.8	(0.69)	1.0	(0.23)	4	(1.0)	24.4	(1.37)	8.7	(0.78)	36	(3.2)	21.5	(0.67)
20 and over.....	1125	20	(3.0)	27.5	(0.99)	2.3	(0.38)	8	(1.2)	29.1	(1.81)	11.5	(0.64)	40	(2.6)	27.1	(1.00)
2 and over...	2122	17	(2.6)	25.6	(0.80)	1.9	(0.32)	7	(1.1)	28.1	(1.58)	10.9	(0.56)	39	(2.1)	25.1	(0.75)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1.88	(0.061)	0.09	(0.026)	5	(1.3)	1.76	(0.290)	0.68	(0.164)	38	(3.3)	1.90	(0.062)
20 and over.....	2233	27	(1.9)	2.20	(0.038)	0.25	(0.019)	11	(1.0)	2.32	(0.072)	0.94	(0.042)	40	(1.4)	2.16	(0.055)
2 and over...	3044	24	(1.6)	2.14	(0.037)	0.22	(0.016)	10	(0.9)	2.25	(0.085)	0.91	(0.047)	40	(1.2)	2.10	(0.049)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1.63	(0.048)	0.03	(0.008)	2	(0.5)	--		--		--		1.63	(0.053)
20 and over.....	1009	14	(1.6)	2.03	(0.053)	0.14	(0.021)	7	(1.0)	2.33	(0.167)	0.99	(0.107)	42	(2.8)	1.98	(0.053)
2 and over...	1762	12	(1.3)	1.92	(0.043)	0.11	(0.016)	6	(0.8)	2.23	(0.143)	0.89	(0.094)	40	(2.7)	1.87	(0.042)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1.88	(0.118)	0.12	(0.018)	6	(0.9)	--		--		--		1.86	(0.129)
20 and over.....	525	25	(3.1)	2.05	(0.058)	0.24	(0.037)	12	(1.7)	2.17	(0.117)	0.95	(0.083)	44	(2.3)	2.01	(0.067)
2 and over...	789	23	(2.5)	2.01	(0.058)	0.21	(0.031)	11	(1.4)	2.13	(0.088)	0.91	(0.072)	42	(2.2)	1.97	(0.066)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1.81	(0.062)	0.07	(0.015)	4	(0.8)	2.03	(0.087)	0.59	(0.045)	29	(2.1)	1.78	(0.061)
20 and over.....	1125	20	(3.0)	2.36	(0.150)	0.18	(0.028)	7	(1.1)	2.39	(0.209)	0.87	(0.044)	36	(3.7)	2.35	(0.152)
2 and over...	2122	17	(2.6)	2.17	(0.111)	0.14	(0.023)	6	(1.0)	2.31	(0.164)	0.81	(0.037)	35	(2.8)	2.14	(0.108)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	501	(20.6)	20	(3.1)	4	(0.7)	469	(31.2)	155	(14.0)	33	(3.2)	506	(23.6)
20 and over.....	2233	27	(1.9)	533	(10.4)	49	(3.9)	9	(0.8)	514	(14.3)	181	(7.8)	35	(1.2)	540	(15.3)
2 and over...	3044	24	(1.6)	526	(9.9)	43	(3.3)	8	(0.7)	509	(13.2)	178	(7.3)	35	(1.1)	532	(14.3)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	523	(23.1)	10	(2.0)	2*	(0.4)	--		--		--		525	(26.6)
20 and over.....	1009	14	(1.6)	478	(10.9)	26	(4.8)	5	(1.0)	528	(43.7)	185	(20.7)	35	(2.7)	470	(12.7)
2 and over...	1762	12	(1.3)	490	(7.8)	22	(3.6)	4	(0.8)	523	(39.3)	175	(18.6)	34	(2.2)	486	(11.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	537	(31.4)	25	(5.2)	5*	(0.9)	--		--		--		535	(33.4)
20 and over.....	525	25	(3.1)	523	(13.0)	46	(7.9)	9	(1.4)	496	(25.5)	184	(15.0)	37	(2.8)	532	(15.4)
2 and over...	789	23	(2.5)	526	(14.2)	41	(6.4)	8	(1.1)	504	(21.1)	178	(13.8)	35	(2.4)	533	(16.7)
Hispanic:																	
2 - 19.....	997	11	(1.9)	521	(20.0)	18	(4.4)	3	(0.8)	598	(21.8)	161	(15.8)	27	(2.7)	512	(20.8)
20 and over.....	1125	20	(3.0)	541	(19.0)	37	(6.5)	7	(1.1)	519	(29.1)	183	(10.3)	35	(1.9)	547	(21.3)
2 and over...	2122	17	(2.6)	534	(17.9)	31	(5.7)	6	(1.0)	536	(23.3)	178	(10.2)	33	(1.3)	534	(19.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	256	(5.3)	13	(2.9)	5	(1.1)	261	(39.6)	98	(15.2)	37	(1.8)	255	(5.9)
20 and over.....	2233	27	(1.9)	334	(4.9)	46	(3.2)	14	(1.0)	374	(10.4)	173	(6.2)	46	(1.6)	319	(5.6)
2 and over...	3044	24	(1.6)	318	(4.1)	40	(2.6)	12	(0.8)	361	(10.2)	164	(5.4)	46	(1.5)	304	(4.5)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	237	(6.1)	7	(1.6)	3	(0.7)	--		--		--		233	(6.4)
20 and over.....	1009	14	(1.6)	343	(9.5)	27	(4.2)	8	(1.1)	415	(36.1)	192	(17.9)	46	(2.4)	332	(9.1)
2 and over...	1762	12	(1.3)	313	(7.7)	21	(3.1)	7	(0.9)	391	(31.3)	173	(17.1)	44	(2.2)	303	(7.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	290	(20.5)	19	(2.9)	7	(0.9)	--		--		--		283	(22.2)
20 and over.....	525	25	(3.1)	329	(9.2)	43	(6.6)	13	(1.8)	361	(22.7)	169	(11.7)	47	(1.6)	318	(8.3)
2 and over...	789	23	(2.5)	320	(11.0)	37	(5.3)	12	(1.4)	354	(19.6)	160	(10.8)	45	(1.4)	310	(10.1)
Hispanic:																	
2 - 19.....	997	11	(1.9)	266	(8.5)	11	(3.1)	4	(1.2)	303	(19.0)	99	(14.6)	33	(4.6)	262	(8.0)
20 and over.....	1125	20	(3.0)	360	(7.6)	35	(6.0)	10	(1.6)	380	(13.6)	173	(9.3)	46	(2.3)	355	(8.9)
2 and over...	2122	17	(2.6)	328	(7.5)	27	(5.0)	8	(1.4)	363	(12.8)	157	(8.9)	43	(2.3)	321	(7.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	4.98	(0.139)	0.13	(0.023)	3	(0.5)	3.82	(0.339)	1.03	(0.072)	27	(1.9)	5.16	(0.165)
20 and over.....	2233	27	(1.9)	5.04	(0.082)	0.58	(0.049)	11	(1.0)	5.44	(0.225)	2.14	(0.157)	39	(1.8)	4.90	(0.136)
2 and over...	3044	24	(1.6)	5.03	(0.079)	0.49	(0.044)	10	(0.9)	5.27	(0.223)	2.02	(0.139)	38	(1.6)	4.96	(0.131)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	4.10	(0.115)	0.11*	(0.043)	3*	(1.1)	--		--		--		4.06	(0.139)
20 and over.....	1009	14	(1.6)	4.73	(0.204)	0.30	(0.050)	6	(1.0)	5.60	(0.641)	2.12	(0.205)	38	(4.1)	4.58	(0.218)
2 and over...	1762	12	(1.3)	4.55	(0.149)	0.24	(0.035)	5	(0.7)	5.40	(0.557)	1.99	(0.192)	37	(3.3)	4.43	(0.151)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	4.81	(0.341)	0.20	(0.040)	4*	(0.8)	--		--		--		4.85	(0.432)
20 and over.....	525	25	(3.1)	4.02	(0.180)	0.49	(0.085)	12	(1.8)	4.60	(0.594)	1.94	(0.441)	42	(5.1)	3.82	(0.175)
2 and over...	789	23	(2.5)	4.20	(0.149)	0.42	(0.072)	10	(1.5)	4.60	(0.494)	1.80	(0.372)	39	(4.6)	4.08	(0.150)
Hispanic:																	
2 - 19.....	997	11	(1.9)	4.80	(0.110)	0.13*	(0.040)	3	(0.8)	5.28	(0.492)	1.19	(0.224)	23	(3.6)	4.74	(0.103)
20 and over.....	1125	20	(3.0)	4.87	(0.244)	0.44	(0.069)	9	(1.3)	5.60	(0.516)	2.19	(0.249)	39	(4.1)	4.69	(0.249)
2 and over...	2122	17	(2.6)	4.85	(0.164)	0.34	(0.056)	7	(1.0)	5.53	(0.411)	1.97	(0.211)	36	(2.9)	4.71	(0.161)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	66.6	(2.21)	2.3	(0.59)	3	(0.9)	76.2	(5.86)	17.6	(3.71)	23	(5.3)	65.2	(2.19)
20 and over.....	2233	27	(1.9)	76.1	(1.66)	6.8	(0.60)	9	(0.7)	77.1	(4.95)	25.2	(1.71)	33	(2.0)	75.7	(1.88)
2 and over...	3044	24	(1.6)	74.2	(1.17)	5.9	(0.52)	8	(0.7)	77.0	(4.22)	24.4	(1.68)	32	(1.8)	73.3	(1.55)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	78.7	(3.92)	1.3	(0.37)	2*	(0.5)	--		--		--		77.7	(4.30)
20 and over.....	1009	14	(1.6)	82.2	(3.75)	4.4	(0.83)	5	(1.0)	97.9	(9.87)	31.2	(4.60)	32	(3.2)	79.7	(4.10)
2 and over...	1762	12	(1.3)	81.2	(3.07)	3.5	(0.61)	4	(0.7)	96.7	(8.09)	28.5	(3.97)	29	(3.0)	79.1	(3.48)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	78.2	(8.13)	2.3	(0.49)	3*	(0.7)	--		--		--		80.1	(9.69)
20 and over.....	525	25	(3.1)	88.1	(4.97)	7.1	(1.29)	8	(1.2)	98.5	(6.83)	28.3	(4.89)	29	(3.6)	84.6	(5.12)
2 and over...	789	23	(2.5)	85.9	(4.66)	6.0	(1.02)	7	(1.0)	93.6	(5.01)	25.8	(3.93)	28	(3.3)	83.5	(5.22)
Hispanic:																	
2 - 19.....	997	11	(1.9)	81.0	(3.52)	1.6*	(0.57)	2*	(0.7)	81.5	(10.19)	14.6	(3.78)	18	(4.7)	81.0	(3.39)
20 and over.....	1125	20	(3.0)	88.6	(5.73)	4.6	(0.80)	5	(0.9)	81.0	(6.94)	22.6	(2.33)	28	(3.7)	90.5	(5.91)
2 and over...	2122	17	(2.6)	86.0	(4.46)	3.6	(0.65)	4	(0.7)	81.1	(5.96)	20.9	(2.12)	26	(2.3)	87.1	(4.38)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	5.4	(0.12)	0.1	(0.02)	2*	(0.4)	4.5	(0.51)	0.8	(0.15)	17	(3.0)	5.5	(0.18)
20 and over.....	2233	27	(1.9)	5.0	(0.20)	0.4	(0.05)	8	(0.9)	4.8	(0.26)	1.5	(0.17)	31	(2.9)	5.1	(0.27)
2 and over...	3044	24	(1.6)	5.1	(0.17)	0.3	(0.04)	7	(0.7)	4.7	(0.24)	1.4	(0.15)	30	(2.6)	5.2	(0.22)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	4.2	(0.21)	0.1*	(0.02)	1*	(0.5)	--		--		--		4.1	(0.22)
20 and over.....	1009	14	(1.6)	4.0	(0.15)	0.2	(0.06)	5	(1.5)	4.8	(0.60)	1.5	(0.32)	32	(3.7)	3.9	(0.20)
2 and over...	1762	12	(1.3)	4.1	(0.10)	0.2	(0.04)	4	(1.1)	4.8	(0.53)	1.4	(0.30)	29	(3.6)	4.0	(0.12)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	6.4	(0.55)	0.2	(0.04)	3*	(0.6)	--		--		--		6.6	(0.68)
20 and over.....	525	25	(3.1)	4.5	(0.27)	0.4	(0.07)	8	(1.4)	4.7	(0.58)	1.5	(0.25)	31	(4.4)	4.5	(0.35)
2 and over...	789	23	(2.5)	5.0	(0.27)	0.3	(0.06)	7	(1.1)	4.9	(0.53)	1.4	(0.20)	29	(3.7)	5.0	(0.33)
Hispanic:																	
2 - 19.....	997	11	(1.9)	5.5	(0.16)	0.1*	(0.03)	2*	(0.6)	6.4	(0.81)	0.8*	(0.25)	13*	(4.2)	5.4	(0.16)
20 and over.....	1125	20	(3.0)	4.5	(0.20)	0.4	(0.08)	9	(1.6)	5.1	(0.39)	2.0	(0.37)	39	(4.8)	4.3	(0.20)
2 and over...	2122	17	(2.6)	4.8	(0.16)	0.3	(0.06)	6	(1.1)	5.4	(0.38)	1.7	(0.30)	32	(4.0)	4.7	(0.16)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	7.3	(0.50)	0.4	(0.06)	5	(0.9)	7.5	(0.45)	3.0	(0.26)	40	(3.2)	7.3	(0.58)
20 and over.....	2233	27	(1.9)	9.7	(0.19)	1.0	(0.06)	11	(0.6)	10.2	(0.23)	3.9	(0.14)	38	(1.6)	9.5	(0.24)
2 and over...	3044	24	(1.6)	9.2	(0.16)	0.9	(0.05)	10	(0.6)	9.9	(0.24)	3.8	(0.12)	38	(1.5)	9.0	(0.22)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	7.3	(0.18)	0.2	(0.06)	3	(0.7)	--		--		--		7.1	(0.14)
20 and over.....	1009	14	(1.6)	9.1	(0.43)	0.6	(0.09)	6	(0.9)	11.8	(1.11)	4.1	(0.52)	35	(3.5)	8.7	(0.40)
2 and over...	1762	12	(1.3)	8.6	(0.34)	0.5	(0.07)	6	(0.7)	11.5	(0.93)	3.9	(0.47)	34	(3.0)	8.2	(0.30)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	7.5	(0.44)	0.4	(0.05)	6*	(0.7)	--		--		--		7.2	(0.59)
20 and over.....	525	25	(3.1)	8.3	(0.31)	0.8	(0.11)	10	(1.3)	9.3	(0.75)	3.2	(0.13)	34	(2.8)	7.9	(0.32)
2 and over...	789	23	(2.5)	8.1	(0.31)	0.7	(0.10)	9	(1.1)	9.2	(0.64)	3.1	(0.14)	33	(2.3)	7.8	(0.32)
Hispanic:																	
2 - 19.....	997	11	(1.9)	7.1	(0.31)	0.3	(0.08)	5	(1.2)	8.2	(0.49)	2.9	(0.27)	36	(4.2)	6.9	(0.31)
20 and over.....	1125	20	(3.0)	8.6	(0.36)	0.8	(0.17)	9	(1.9)	9.5	(0.63)	3.9	(0.37)	41	(3.1)	8.3	(0.35)
2 and over...	2122	17	(2.6)	8.1	(0.27)	0.6	(0.14)	8	(1.7)	9.2	(0.47)	3.7	(0.32)	40	(2.8)	7.8	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	74.7	(4.55)	6.3	(1.27)	8	(1.7)	93.0	(13.37)	49.5	(9.79)	53	(7.0)	72.0	(5.55)
20 and over.....	2233	27	(1.9)	123.7	(4.51)	19.2	(2.62)	16	(1.9)	136.8	(10.56)	71.5	(7.92)	52	(3.4)	118.9	(4.69)
2 and over...	3044	24	(1.6)	113.7	(3.87)	16.6	(2.02)	15	(1.6)	132.1	(8.94)	69.1	(6.78)	52	(3.1)	107.9	(3.94)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	72.0	(5.94)	3.2*	(1.14)	4*	(1.4)	--		--		--		68.2	(6.08)
20 and over.....	1009	14	(1.6)	124.8	(6.26)	14.7	(4.38)	12*	(3.7)	189.3	(33.96)	104.9	(28.71)	55	(9.4)	114.2	(8.28)
2 and over...	1762	12	(1.3)	109.9	(5.64)	11.5	(3.19)	10	(3.0)	176.1	(28.25)	93.4	(24.91)	53	(8.2)	100.6	(6.69)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	89.5	(10.72)	5.5	(0.93)	6	(1.1)	--		--		--		91.1	(12.02)
20 and over.....	525	25	(3.1)	163.8	(16.13)	17.6	(2.65)	11	(1.4)	137.7	(9.66)	70.0	(4.80)	51	(2.3)	172.6	(22.79)
2 and over...	789	23	(2.5)	146.9	(12.74)	14.8	(2.24)	10	(1.3)	128.4	(9.62)	63.7	(5.21)	50	(2.0)	152.5	(17.14)
Hispanic:																	
2 - 19.....	997	11	(1.9)	65.6	(3.30)	3.2	(0.80)	5	(1.2)	71.2	(8.16)	28.8	(3.59)	40	(5.8)	64.9	(3.24)
20 and over.....	1125	20	(3.0)	109.9	(8.08)	13.4	(2.65)	12	(2.3)	126.4	(9.94)	66.7	(8.73)	53	(3.7)	105.7	(9.77)
2 and over...	2122	17	(2.6)	95.0	(5.98)	10.0	(1.95)	11	(2.0)	114.3	(8.15)	58.4	(7.27)	51	(3.3)	91.0	(6.90)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1062	(29.5)	36	(7.0)	3	(0.6)	1015	(61.5)	279	(27.5)	28	(2.0)	1069	(36.8)
20 and over.....	2233	27	(1.9)	997	(16.1)	76	(5.4)	8	(0.5)	964	(22.5)	282	(8.5)	29	(1.0)	1009	(23.6)
2 and over...	3044	24	(1.6)	1010	(14.5)	68	(4.6)	7	(0.4)	970	(21.2)	282	(8.2)	29	(0.9)	1023	(21.9)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	874	(26.4)	24	(6.7)	3	(0.7)	--		--		--		863	(24.1)
20 and over.....	1009	14	(1.6)	821	(19.3)	40	(6.9)	5	(0.8)	924	(72.8)	281	(35.7)	30	(2.6)	805	(22.6)
2 and over...	1762	12	(1.3)	836	(17.8)	35	(5.9)	4	(0.7)	939	(65.2)	285	(36.7)	30	(2.6)	822	(17.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	979	(47.2)	33	(6.3)	3*	(0.7)	--		--		--		991	(56.6)
20 and over.....	525	25	(3.1)	729	(26.1)	46	(6.2)	6	(0.7)	764	(54.3)	185	(8.4)	24	(2.2)	717	(23.1)
2 and over...	789	23	(2.5)	786	(27.1)	43	(5.2)	6	(0.6)	791	(48.7)	186	(8.1)	24	(1.6)	785	(25.7)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1035	(26.3)	31	(8.3)	3	(0.8)	1151	(84.3)	284	(40.3)	25	(3.8)	1021	(26.5)
20 and over.....	1125	20	(3.0)	1020	(25.3)	61	(11.4)	6	(1.1)	1006	(26.6)	301	(18.7)	30	(1.5)	1023	(31.8)
2 and over...	2122	17	(2.6)	1025	(21.4)	51	(9.9)	5	(1.0)	1038	(31.2)	297	(19.1)	29	(1.6)	1022	(25.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	1294	(26.1)	62	(12.4)	5	(0.9)	1296	(103.5)	482	(51.1)	37	(1.7)	1293	(34.4)
20 and over.....	2233	27	(1.9)	1410	(12.7)	157	(10.9)	11	(0.7)	1473	(37.4)	584	(16.2)	40	(1.3)	1387	(22.7)
2 and over...	3044	24	(1.6)	1386	(12.4)	138	(9.5)	10	(0.6)	1454	(38.7)	573	(16.6)	39	(1.1)	1365	(20.8)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1166	(21.1)	38	(8.6)	3	(0.7)	--		--		--		1145	(23.0)
20 and over.....	1009	14	(1.6)	1306	(27.9)	87	(13.9)	7	(1.0)	1517	(107.8)	623	(62.8)	41	(2.6)	1271	(30.9)
2 and over...	1762	12	(1.3)	1267	(21.3)	73	(10.9)	6	(0.8)	1498	(98.6)	597	(62.3)	40	(2.6)	1234	(21.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1270	(49.4)	68	(10.6)	5*	(0.8)	--		--		--		1247	(54.7)
20 and over.....	525	25	(3.1)	1228	(30.1)	130	(18.5)	11	(1.3)	1273	(63.9)	516	(27.6)	41	(1.8)	1212	(26.7)
2 and over...	789	23	(2.5)	1237	(30.3)	116	(15.7)	9	(1.1)	1291	(58.2)	497	(27.3)	38	(1.6)	1221	(27.8)
Hispanic:																	
2 - 19.....	997	11	(1.9)	1311	(33.3)	53	(13.4)	4	(1.0)	1493	(72.6)	475	(53.1)	32	(3.5)	1289	(31.4)
20 and over.....	1125	20	(3.0)	1482	(33.5)	119	(20.9)	8	(1.4)	1482	(40.3)	592	(32.9)	40	(1.7)	1482	(37.5)
2 and over...	2122	17	(2.6)	1425	(31.4)	97	(17.7)	7	(1.2)	1484	(39.1)	566	(28.8)	38	(1.6)	1412	(33.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Magnesium																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	237	(4.3)	10	(1.6)	4	(0.7)	241	(12.6)	78	(6.7)	32	(1.8)	236	(5.5)
20 and over.....	2233	27	(1.9)	307	(4.2)	29	(2.2)	9	(0.7)	317	(5.5)	108	(3.1)	34	(1.1)	303	(5.6)
2 and over...	3044	24	(1.6)	293	(4.1)	25	(1.8)	9	(0.6)	309	(5.0)	105	(2.4)	34	(0.9)	288	(5.0)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	218	(3.8)	5	(1.1)	2	(0.5)	--		--		--		216	(4.1)
20 and over.....	1009	14	(1.6)	278	(5.5)	14	(2.1)	5	(0.7)	321	(19.1)	103	(7.6)	32	(1.8)	271	(7.0)
2 and over...	1762	12	(1.3)	261	(3.9)	12	(1.6)	5	(0.6)	307	(18.0)	96	(7.4)	31	(1.9)	255	(4.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	260	(12.3)	13	(2.0)	5*	(0.8)	--		--		--		259	(14.0)
20 and over.....	525	25	(3.1)	308	(8.1)	27	(4.2)	9	(1.2)	311	(16.0)	108	(7.8)	35	(1.7)	306	(7.8)
2 and over...	789	23	(2.5)	297	(8.4)	24	(3.3)	8	(1.0)	303	(13.1)	102	(6.6)	34	(1.5)	295	(8.7)
Hispanic:																	
2 - 19.....	997	11	(1.9)	239	(6.4)	8	(2.1)	3	(0.9)	273	(12.7)	75	(7.0)	28	(3.0)	235	(6.1)
20 and over.....	1125	20	(3.0)	318	(7.5)	22	(3.9)	7	(1.2)	315	(9.3)	108	(6.0)	34	(1.5)	319	(9.8)
2 and over...	2122	17	(2.6)	291	(7.0)	17	(3.2)	6	(1.1)	306	(7.0)	101	(5.4)	33	(1.4)	288	(8.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Iron													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	13.8	(0.35)	0.5	(0.07)	4	(0.6)	13.0	(0.71)	3.8	(0.31)	29	(2.5)	13.9	(0.43)
20 and over.....	2233	27	(1.9)	14.5	(0.18)	1.4	(0.11)	10	(0.8)	14.3	(0.37)	5.4	(0.20)	37	(1.1)	14.6	(0.33)
2 and over...	3044	24	(1.6)	14.4	(0.18)	1.2	(0.09)	9	(0.7)	14.2	(0.35)	5.2	(0.17)	37	(0.9)	14.5	(0.32)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	13.8	(0.23)	0.3	(0.05)	2*	(0.4)	--		--		--		13.7	(0.22)
20 and over.....	1009	14	(1.6)	14.1	(0.23)	0.7	(0.13)	5	(0.9)	15.3	(1.20)	5.3	(0.51)	34	(2.1)	14.0	(0.21)
2 and over...	1762	12	(1.3)	14.0	(0.17)	0.6	(0.10)	4	(0.7)	15.1	(1.06)	4.9	(0.48)	33	(1.8)	13.9	(0.16)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	13.6	(0.72)	0.6	(0.11)	5*	(0.7)	--		--		--		13.6	(0.82)
20 and over.....	525	25	(3.1)	13.4	(0.27)	1.3	(0.21)	9	(1.4)	13.3	(0.86)	5.0	(0.35)	38	(2.6)	13.5	(0.29)
2 and over...	789	23	(2.5)	13.5	(0.34)	1.1	(0.17)	8	(1.2)	13.3	(0.77)	4.8	(0.36)	36	(2.3)	13.5	(0.36)
Hispanic:																	
2 - 19.....	997	11	(1.9)	14.3	(0.42)	0.5	(0.12)	3	(0.8)	16.0	(0.87)	4.2	(0.50)	26	(3.6)	14.1	(0.41)
20 and over.....	1125	20	(3.0)	15.1	(0.32)	1.1	(0.21)	8	(1.3)	14.7	(0.86)	5.6	(0.36)	38	(1.4)	15.2	(0.37)
2 and over...	2122	17	(2.6)	14.8	(0.27)	0.9	(0.18)	6	(1.1)	15.0	(0.58)	5.3	(0.34)	36	(1.2)	14.8	(0.32)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

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Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	10.3	(0.22)	0.4	(0.07)	4	(0.7)	9.1	(0.59)	3.1	(0.29)	34	(2.4)	10.5	(0.31)
20 and over.....	2233	27	(1.9)	11.3	(0.11)	1.3	(0.12)	12	(1.0)	11.6	(0.27)	4.8	(0.25)	42	(1.7)	11.2	(0.17)
2 and over...	3044	24	(1.6)	11.1	(0.12)	1.1	(0.10)	10	(0.8)	11.3	(0.27)	4.6	(0.22)	41	(1.4)	11.0	(0.18)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	9.4	(0.17)	0.2	(0.06)	2	(0.6)	--		--		--		9.4	(0.20)
20 and over.....	1009	14	(1.6)	10.5	(0.28)	0.7	(0.11)	7	(1.0)	12.3	(0.91)	4.9	(0.49)	40	(3.2)	10.2	(0.27)
2 and over...	1762	12	(1.3)	10.2	(0.18)	0.6	(0.09)	5	(0.8)	11.9	(0.82)	4.5	(0.47)	38	(2.9)	10.0	(0.19)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	10.7	(0.79)	0.6	(0.09)	5*	(0.8)	--		--		--		10.6	(0.96)
20 and over.....	525	25	(3.1)	10.2	(0.26)	1.1	(0.17)	11	(1.5)	10.5	(0.54)	4.5	(0.23)	43	(1.6)	10.1	(0.26)
2 and over...	789	23	(2.5)	10.3	(0.33)	1.0	(0.14)	10	(1.2)	10.5	(0.49)	4.3	(0.23)	41	(1.3)	10.2	(0.34)
Hispanic:																	
2 - 19.....	997	11	(1.9)	10.1	(0.35)	0.4	(0.10)	4	(0.9)	11.1	(0.53)	3.4	(0.40)	30	(3.8)	10.0	(0.34)
20 and over.....	1125	20	(3.0)	11.6	(0.27)	1.0	(0.17)	8	(1.4)	11.5	(0.37)	4.9	(0.26)	42	(2.1)	11.6	(0.31)
2 and over...	2122	17	(2.6)	11.1	(0.25)	0.8	(0.14)	7	(1.2)	11.4	(0.32)	4.5	(0.23)	40	(1.8)	11.0	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Copper													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	0.9	(0.02)	#		4	(0.6)	1.0	(0.04)	0.3	(0.03)	31	(3.0)	0.9	(0.02)
20 and over.....	2233	27	(1.9)	1.2	(0.02)	0.1	(0.01)	10	(0.7)	1.3	(0.02)	0.4	(0.02)	35	(1.5)	1.2	(0.03)
2 and over...	3044	24	(1.6)	1.2	(0.02)	0.1	(0.01)	9	(0.6)	1.2	(0.02)	0.4	(0.02)	35	(1.3)	1.2	(0.02)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	0.8	(0.02)	#		2	(0.4)	--		--		--		0.8	(0.02)
20 and over.....	1009	14	(1.6)	1.1	(0.03)	0.1	(0.01)	5	(0.8)	1.3	(0.10)	0.4	(0.04)	32	(1.8)	1.1	(0.03)
2 and over...	1762	12	(1.3)	1.1	(0.02)	#		5	(0.6)	1.3	(0.10)	0.4	(0.04)	31	(1.8)	1.0	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	1.1	(0.07)	0.1	(0.01)	5*	(0.7)	--		--		--		1.1	(0.08)
20 and over.....	525	25	(3.1)	1.4	(0.04)	0.1	(0.02)	10	(1.0)	1.4	(0.09)	0.5	(0.05)	37	(2.5)	1.4	(0.04)
2 and over...	789	23	(2.5)	1.3	(0.04)	0.1	(0.01)	9	(0.9)	1.4	(0.07)	0.5	(0.04)	36	(2.4)	1.3	(0.05)
Hispanic:																	
2 - 19.....	997	11	(1.9)	0.9	(0.03)	#		4	(0.9)	1.1	(0.06)	0.3	(0.04)	29	(4.2)	0.9	(0.03)
20 and over.....	1125	20	(3.0)	1.2	(0.03)	0.1	(0.02)	7	(1.3)	1.2	(0.04)	0.4	(0.03)	36	(1.7)	1.3	(0.04)
2 and over...	2122	17	(2.6)	1.1	(0.03)	0.1	(0.01)	6	(1.2)	1.2	(0.03)	0.4	(0.02)	35	(1.5)	1.1	(0.03)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Selenium																			
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	96.9	(2.07)	5.7	(1.30)	6	(1.3)	99.6	(12.36)	44.8	(6.52)	45	(2.1)	96.5	(2.27)
20 and over.....	2233	27	(1.9)	115.3	(0.66)	15.2	(1.18)	13	(1.0)	121.6	(2.90)	56.6	(2.30)	47	(1.7)	113.0	(1.07)
2 and over...	3044	24	(1.6)	111.5	(0.91)	13.3	(1.02)	12	(0.9)	119.2	(3.49)	55.3	(2.37)	46	(1.6)	109.1	(1.03)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	95.5	(2.14)	3.0	(0.62)	3	(0.6)	--		--		--		94.5	(2.31)
20 and over.....	1009	14	(1.6)	119.1	(2.79)	8.9	(1.48)	7	(1.2)	145.9	(13.06)	63.1	(6.17)	43	(3.4)	114.7	(2.61)
2 and over...	1762	12	(1.3)	112.5	(2.35)	7.2	(1.15)	6	(1.0)	138.9	(11.80)	58.6	(5.97)	42	(3.2)	108.7	(2.24)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	114.4	(9.53)	8.2	(1.46)	7	(1.2)	--		--		--		111.0	(10.03)
20 and over.....	525	25	(3.1)	117.7	(2.88)	15.8	(2.50)	13	(1.9)	124.6	(7.66)	62.9	(5.13)	50	(2.7)	115.4	(3.24)
2 and over...	789	23	(2.5)	117.0	(3.58)	14.1	(2.13)	12	(1.6)	125.7	(6.27)	60.3	(5.01)	48	(2.9)	114.3	(3.86)
Hispanic:																	
2 - 19.....	997	11	(1.9)	99.5	(3.13)	4.8	(1.23)	5	(1.2)	115.2	(8.24)	43.4	(5.05)	38	(4.3)	97.5	(2.91)
20 and over.....	1125	20	(3.0)	121.3	(2.55)	12.2	(1.95)	10	(1.5)	131.6	(4.47)	60.4	(3.36)	46	(1.8)	118.7	(2.52)
2 and over...	2122	17	(2.6)	114.0	(2.49)	9.7	(1.68)	9	(1.4)	128.0	(4.66)	56.7	(3.14)	44	(1.6)	111.1	(2.30)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Potassium																	
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	2173	(32.6)	96	(18.4)	4	(0.8)	2146	(164.4)	753	(83.7)	35	(2.0)	2177	(45.8)
20 and over.....	2233	27	(1.9)	2697	(33.8)	291	(22.5)	11	(0.8)	2817	(45.4)	1081	(34.1)	38	(1.3)	2653	(41.2)
2 and over...	3044	24	(1.6)	2590	(34.3)	251	(18.9)	10	(0.7)	2744	(45.3)	1045	(30.4)	38	(1.2)	2542	(39.4)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	1979	(39.1)	49	(11.3)	2	(0.6)	--		--		--		1954	(34.9)
20 and over.....	1009	14	(1.6)	2449	(43.6)	143	(21.3)	6	(0.8)	2741	(219.8)	1020	(87.0)	37	(2.5)	2401	(45.3)
2 and over...	1762	12	(1.3)	2317	(35.1)	117	(15.9)	5	(0.6)	2657	(187.9)	949	(83.8)	36	(2.4)	2269	(34.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	2357	(92.5)	118	(15.5)	5*	(0.6)	--		--		--		2329	(105.1)
20 and over.....	525	25	(3.1)	2574	(56.4)	248	(37.0)	10	(1.3)	2616	(105.5)	988	(78.0)	38	(2.2)	2560	(59.7)
2 and over...	789	23	(2.5)	2525	(53.2)	219	(29.6)	9	(1.1)	2596	(81.8)	939	(62.9)	36	(2.0)	2503	(61.0)
Hispanic:																	
2 - 19.....	997	11	(1.9)	2266	(55.7)	78	(19.5)	3	(0.9)	2482	(119.0)	705	(70.5)	28	(3.5)	2239	(53.6)
20 and over.....	1125	20	(3.0)	2695	(70.2)	210	(36.5)	8	(1.3)	2702	(58.5)	1042	(64.7)	39	(2.1)	2693	(89.2)
2 and over...	2122	17	(2.6)	2551	(59.5)	166	(30.2)	6	(1.2)	2654	(43.4)	969	(58.9)	36	(1.9)	2529	(70.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	3024	(63.1)	180	(33.5)	6	(1.1)	3177	(261.3)	1407	(143.5)	44	(2.5)	3001	(57.9)
20 and over.....	2233	27	(1.9)	3505	(31.2)	488	(40.3)	14	(1.2)	3766	(75.3)	1815	(60.6)	48	(1.8)	3409	(37.2)
2 and over...	3044	24	(1.6)	3407	(30.3)	426	(33.0)	12	(1.0)	3702	(81.4)	1771	(55.5)	48	(1.6)	3314	(26.5)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	3043	(58.9)	106	(21.4)	3	(0.7)	--		--		--		3002	(67.1)
20 and over.....	1009	14	(1.6)	3513	(77.4)	249	(41.5)	7	(1.1)	4077	(290.0)	1775	(182.9)	44	(3.7)	3421	(71.3)
2 and over...	1762	12	(1.3)	3381	(67.0)	209	(32.7)	6	(0.9)	3978	(263.0)	1698	(178.8)	43	(3.3)	3297	(62.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	3176	(148.0)	222	(38.5)	7	(1.1)	--		--		--		3084	(154.8)
20 and over.....	525	25	(3.1)	3645	(125.4)	474	(82.6)	13	(2.0)	3843	(270.1)	1885	(224.9)	49	(4.2)	3578	(86.3)
2 and over...	789	23	(2.5)	3538	(106.9)	416	(69.4)	12	(1.7)	3806	(229.6)	1787	(196.8)	47	(3.7)	3456	(83.3)
Hispanic:																	
2 - 19.....	997	11	(1.9)	3071	(80.3)	157	(40.1)	5	(1.2)	3580	(211.8)	1421	(149.4)	40	(3.9)	3007	(76.5)
20 and over.....	1125	20	(3.0)	3603	(70.3)	362	(63.6)	10	(1.6)	3834	(126.4)	1796	(81.0)	47	(1.3)	3545	(66.4)
2 and over...	2122	17	(2.6)	3424	(59.7)	293	(54.7)	9	(1.5)	3779	(108.6)	1714	(84.5)	45	(1.4)	3351	(50.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Caffeine													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	37.5	(4.02)	1.7	(0.43)	5	(1.1)	45.5*	(17.84)	13.3	(3.17)	29*	(9.8)	36.4	(3.80)
20 and over.....	2233	27	(1.9)	195.1	(8.17)	11.6	(1.51)	6	(0.8)	201.8	(10.71)	43.2	(5.16)	21	(2.5)	192.6	(9.45)
2 and over...	3044	24	(1.6)	163.0	(8.80)	9.6	(1.27)	6	(0.8)	184.8	(11.02)	40.0	(4.86)	22	(2.5)	156.1	(10.31)
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	16.5	(1.83)	0.3*	(0.17)	2*	(1.0)	--		--		--		16.6	(2.05)
20 and over.....	1009	14	(1.6)	79.3	(5.63)	3.2*	(0.96)	4*	(1.3)	82.0	(9.55)	22.4	(6.42)	27	(6.9)	78.9	(6.40)
2 and over...	1762	12	(1.3)	61.6	(4.03)	2.3*	(0.74)	4*	(1.2)	70.0	(8.92)	19.1*	(5.84)	27	(6.9)	60.5	(4.45)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	17.0	(2.53)	1.3*	(1.08)	8*	(5.7)	--		--		--		13.4	(3.60)
20 and over.....	525	25	(3.1)	107.7	(8.73)	6.0	(1.61)	6	(1.5)	126.8	(11.06)	23.8	(6.21)	19	(4.6)	101.3	(10.33)
2 and over...	789	23	(2.5)	87.1	(6.70)	4.9	(1.10)	6	(1.3)	111.4	(9.13)	21.2	(4.62)	19	(4.3)	79.7	(7.72)
Hispanic:																	
2 - 19.....	997	11	(1.9)	18.8	(1.61)	1.0*	(0.31)	5	(1.4)	23.8	(5.38)	9.1*	(3.22)	38	(8.0)	18.2	(1.49)
20 and over.....	1125	20	(3.0)	121.0	(5.96)	6.6	(1.62)	5	(1.3)	128.6	(8.80)	32.5	(5.04)	25	(4.6)	119.1	(6.84)
2 and over...	2122	17	(2.6)	86.6	(4.31)	4.7	(1.13)	5	(1.2)	105.7	(7.54)	27.4	(4.44)	26	(4.7)	82.6	(4.40)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	13	(1.8)	--		--		--		--		--		--		--	
20 and over.....	2233	27	(1.9)	12.1	(1.19)	2.9	(0.53)	24	(3.6)	20.8	(3.12)	10.7	(1.89)	52	(4.7)	8.9	(0.84)
2 and over...	3044	24	(1.6)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	753	8	(1.1)	--		--		--		--		--		--		--	
20 and over.....	1009	14	(1.6)	11.6	(1.25)	1.0*	(0.32)	9*	(2.9)	18.3	(3.41)	7.2	(1.98)	--		10.5	(1.48)
2 and over...	1762	12	(1.3)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	264	17	(2.7)	--		--		--		--		--		--		--	
20 and over.....	525	25	(3.1)	6.0	(1.27)	0.8*	(0.29)	14*	(4.7)	8.3	(2.20)	3.3	(0.98)	--		5.2*	(1.58)
2 and over...	789	23	(2.5)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	997	11	(1.9)	--		--		--		--		--		--		--	
20 and over.....	1125	20	(3.0)	8.0	(1.07)	1.1	(0.30)	14	(3.9)	9.6	(1.66)	5.4	(1.03)	56	(8.8)	7.6	(1.32)
2 and over...	2122	17	(2.6)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1857	(33.9)	71	(16.8)	4	(0.9)	2395	(200.3)	852	(115.1)	36	(3.0)	1808	(28.8)
20 and over.....	1550	14	(1.5)	2129	(33.6)	125	(14.2)	6	(0.7)	2218	(79.9)	900	(43.7)	41	(2.1)	2115	(37.7)
2 and over...	2519	13	(1.1)	2061	(26.1)	112	(10.0)	5	(0.5)	2247	(67.8)	892	(44.2)	40	(1.8)	2034	(30.6)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	1846	(42.1)	70	(14.7)	4	(0.8)	2017	(135.9)	734	(83.9)	36	(2.1)	1828	(40.5)
20 and over.....	1882	25	(1.5)	2151	(29.7)	222	(18.7)	10	(0.9)	2228	(78.2)	900	(43.3)	40	(2.0)	2126	(23.4)
2 and over...	3015	21	(1.5)	2081	(29.6)	187	(17.2)	9	(0.8)	2206	(70.3)	882	(39.1)	40	(1.8)	2047	(25.9)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1953	(55.8)	109	(20.2)	6	(1.0)	1920	(99.8)	654	(62.7)	34	(2.2)	1959	(55.5)
20 and over.....	1303	32	(1.6)	2144	(33.8)	305	(14.7)	14	(0.6)	2237	(45.2)	953	(38.9)	43	(1.5)	2100	(46.8)
2 and over...	2060	28	(1.5)	2096	(25.7)	257	(12.4)	12	(0.6)	2190	(41.5)	909	(33.5)	42	(1.3)	2059	(29.7)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1885	(21.1)	85	(9.4)	4	(0.5)	2029	(74.7)	717	(45.8)	35	(1.5)	1866	(25.1)
20 and over.....	5047	24	(1.4)	2141	(18.7)	223	(12.9)	10	(0.6)	2234	(47.5)	922	(25.7)	41	(1.2)	2112	(19.4)
2 and over...	8066	21	(1.1)	2079	(17.2)	190	(9.8)	9	(0.5)	2207	(41.6)	895	(19.8)	41	(0.9)	2045	(17.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	68.9	(2.32)	4.2*	(1.89)	6*	(2.6)	109.0	(29.68)	50.1*	(19.61)	46	(6.2)	65.3	(1.90)
20 and over.....	1550	14	(1.5)	79.2	(1.26)	5.7	(0.62)	7	(0.8)	85.5	(3.60)	40.7	(2.50)	48	(2.1)	78.2	(1.47)
2 and over...	2519	13	(1.1)	76.6	(0.96)	5.3	(0.47)	7	(0.6)	89.4	(6.99)	42.2	(4.07)	47	(1.7)	74.8	(1.07)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	68.5	(1.51)	2.8	(0.56)	4	(0.8)	73.0	(4.83)	29.6	(2.31)	41	(1.8)	68.0	(1.69)
20 and over.....	1882	25	(1.5)	83.4	(1.00)	9.3	(0.63)	11	(0.8)	86.4	(2.77)	37.5	(1.22)	43	(1.6)	82.4	(1.04)
2 and over...	3015	21	(1.5)	79.9	(1.08)	7.8	(0.56)	10	(0.7)	85.0	(2.75)	36.7	(1.16)	43	(1.5)	78.6	(1.18)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	71.5	(2.95)	4.4	(0.83)	6	(1.2)	67.7	(3.65)	26.2	(2.77)	39	(2.6)	72.2	(3.10)
20 and over.....	1303	32	(1.6)	86.8	(1.27)	13.8	(0.74)	16	(0.7)	91.4	(1.79)	43.0	(1.46)	47	(1.6)	84.7	(1.75)
2 and over...	2060	28	(1.5)	83.0	(1.08)	11.4	(0.60)	14	(0.7)	87.9	(1.61)	40.5	(1.28)	46	(1.4)	81.1	(1.26)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	69.8	(1.16)	3.7	(0.66)	5	(0.9)	76.4	(6.90)	31.7	(4.10)	41	(2.1)	69.0	(1.39)
20 and over.....	5047	24	(1.4)	83.6	(0.73)	9.8	(0.59)	12	(0.7)	88.9	(1.60)	40.7	(1.24)	46	(1.1)	81.9	(0.92)
2 and over...	8066	21	(1.1)	80.3	(0.74)	8.4	(0.46)	10	(0.6)	87.2	(1.98)	39.4	(1.24)	45	(1.0)	78.4	(0.86)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Carbohydrate: All Individuals [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	243	(5.2)	7	(1.3)	3	(0.5)	284	(17.1)	84	(6.2)	30	(2.7)	240	(4.9)
20 and over.....	1550	14	(1.5)	261	(4.7)	12	(1.6)	5	(0.6)	255	(10.1)	88	(5.7)	34	(2.5)	262	(5.0)
2 and over...	2519	13	(1.1)	257	(4.0)	11	(1.2)	4	(0.5)	260	(8.2)	87	(4.9)	34	(2.2)	256	(4.4)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	240	(6.5)	8	(2.0)	4	(0.8)	264	(24.7)	88	(13.8)	33	(2.6)	238	(5.4)
20 and over.....	1882	25	(1.5)	254	(3.7)	22	(2.1)	9	(0.8)	250	(10.1)	89	(5.5)	36	(1.8)	256	(3.1)
2 and over...	3015	21	(1.5)	251	(3.5)	19	(1.9)	7	(0.7)	251	(9.3)	89	(5.0)	35	(1.5)	251	(3.3)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	257	(6.6)	12	(2.3)	5	(0.9)	253	(13.5)	75	(6.7)	30	(2.2)	258	(6.7)
20 and over.....	1303	32	(1.6)	246	(4.1)	29	(1.7)	12	(0.6)	244	(4.3)	92	(4.8)	38	(1.6)	246	(6.3)
2 and over...	2060	28	(1.5)	249	(3.0)	25	(1.4)	10	(0.5)	245	(3.9)	89	(4.0)	36	(1.2)	250	(4.3)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	246	(2.8)	10	(1.0)	4	(0.4)	260	(8.6)	81	(5.2)	31	(1.6)	245	(3.1)
20 and over.....	5047	24	(1.4)	253	(2.1)	22	(1.2)	9	(0.5)	249	(4.5)	90	(2.6)	36	(1.0)	254	(2.5)
2 and over...	8066	21	(1.1)	251	(2.1)	19	(1.0)	7	(0.4)	250	(4.0)	89	(2.0)	35	(0.7)	252	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	113	(3.9)	3	(0.4)	2	(0.4)	129	(9.2)	31	(4.0)	24	(3.7)	111	(4.0)
20 and over.....	1550	14	(1.5)	123	(3.1)	4	(0.6)	3	(0.5)	117	(7.0)	29	(2.9)	25	(2.6)	124	(3.2)
2 and over...	2519	13	(1.1)	121	(2.6)	4	(0.5)	3	(0.4)	119	(5.8)	29	(2.6)	25	(2.4)	121	(2.8)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	111	(4.1)	4*	(1.1)	3	(0.9)	127	(14.6)	37	(9.3)	29	(4.6)	109	(3.5)
20 and over.....	1882	25	(1.5)	114	(2.9)	8	(1.1)	7	(0.9)	111	(7.9)	31	(3.8)	28	(2.4)	115	(2.4)
2 and over...	3015	21	(1.5)	113	(2.5)	7	(1.0)	6	(0.8)	113	(7.4)	32	(3.5)	28	(2.0)	113	(2.1)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	121	(3.6)	5	(1.0)	4	(0.8)	116	(7.3)	28	(3.3)	24	(2.4)	122	(3.8)
20 and over.....	1303	32	(1.6)	100	(2.0)	8	(0.7)	8	(0.6)	95	(2.8)	26	(2.1)	28	(1.6)	103	(3.5)
2 and over...	2060	28	(1.5)	106	(1.6)	7	(0.6)	7	(0.5)	98	(2.8)	26	(1.8)	27	(1.2)	109	(2.6)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	114	(1.7)	4	(0.5)	3	(0.4)	121	(5.1)	31	(3.0)	26	(2.0)	113	(1.9)
20 and over.....	5047	24	(1.4)	111	(1.4)	7	(0.6)	6	(0.5)	105	(3.3)	29	(1.7)	27	(1.2)	114	(1.6)
2 and over...	8066	21	(1.1)	112	(1.3)	6	(0.5)	5	(0.4)	107	(3.0)	29	(1.6)	27	(1.0)	114	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	13.9	(0.46)	0.5	(0.12)	3	(0.8)	16.3	(1.27)	5.7	(0.80)	35	(3.7)	13.7	(0.43)
20 and over.....	1550	14	(1.5)	15.8	(0.53)	0.9	(0.12)	5	(0.8)	15.6	(0.61)	6.2	(0.48)	40	(2.5)	15.8	(0.61)
2 and over...	2519	13	(1.1)	15.3	(0.48)	0.8	(0.09)	5	(0.6)	15.7	(0.50)	6.1	(0.39)	39	(2.0)	15.3	(0.54)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	13.6	(0.43)	0.5	(0.08)	3	(0.6)	13.6	(1.36)	4.8	(0.53)	35	(1.5)	13.6	(0.40)
20 and over.....	1882	25	(1.5)	16.5	(0.29)	1.5	(0.12)	9	(0.7)	16.5	(0.50)	6.0	(0.41)	36	(2.0)	16.6	(0.27)
2 and over...	3015	21	(1.5)	15.9	(0.23)	1.2	(0.11)	8	(0.7)	16.2	(0.50)	5.9	(0.39)	36	(1.8)	15.8	(0.20)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	14.4	(0.31)	0.7	(0.11)	5	(0.7)	14.2	(0.61)	4.3	(0.36)	30	(2.0)	14.4	(0.33)
20 and over.....	1303	32	(1.6)	18.6	(0.38)	2.3	(0.15)	12	(0.8)	18.0	(0.37)	7.2	(0.40)	40	(2.2)	18.9	(0.55)
2 and over...	2060	28	(1.5)	17.5	(0.30)	1.9	(0.12)	11	(0.6)	17.4	(0.33)	6.8	(0.36)	39	(2.0)	17.6	(0.38)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.19)	0.5	(0.05)	4	(0.4)	14.3	(0.48)	4.7	(0.31)	33	(1.6)	13.9	(0.19)
20 and over.....	5047	24	(1.4)	17.1	(0.27)	1.6	(0.11)	9	(0.6)	17.1	(0.17)	6.5	(0.26)	38	(1.5)	17.1	(0.34)
2 and over...	8066	21	(1.1)	16.3	(0.21)	1.3	(0.08)	8	(0.5)	16.7	(0.18)	6.3	(0.23)	38	(1.3)	16.2	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	69.6	(1.75)	2.9	(0.67)	4	(0.9)	92.9	(7.48)	34.8	(4.21)	37	(3.2)	67.5	(1.70)
20 and over.....	1550	14	(1.5)	80.5	(1.19)	5.5	(0.63)	7	(0.8)	88.1	(3.74)	39.5	(1.86)	45	(2.0)	79.3	(1.27)
2 and over...	2519	13	(1.1)	77.8	(0.94)	4.8	(0.44)	6	(0.6)	88.9	(3.11)	38.7	(1.72)	44	(1.7)	76.2	(1.06)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	70.0	(1.95)	2.8	(0.54)	4	(0.8)	76.6	(3.19)	29.6	(2.67)	39	(2.5)	69.3	(2.09)
20 and over.....	1882	25	(1.5)	83.3	(1.37)	8.9	(0.72)	11	(0.9)	85.4	(3.82)	36.0	(1.99)	42	(2.0)	82.6	(1.26)
2 and over...	3015	21	(1.5)	80.2	(1.37)	7.5	(0.63)	9	(0.8)	84.5	(3.30)	35.3	(1.77)	42	(1.9)	79.0	(1.37)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	72.9	(2.74)	4.7	(0.89)	6	(1.2)	73.3	(4.42)	28.2	(3.11)	38	(2.4)	72.9	(2.77)
20 and over.....	1303	32	(1.6)	84.2	(1.83)	12.5	(0.70)	15	(0.7)	87.0	(2.43)	39.0	(1.39)	45	(1.2)	82.9	(1.92)
2 and over...	2060	28	(1.5)	81.4	(1.56)	10.6	(0.56)	13	(0.6)	85.0	(2.26)	37.4	(1.18)	44	(0.9)	80.0	(1.44)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	70.9	(1.19)	3.5	(0.39)	5	(0.6)	77.8	(3.15)	30.0	(2.09)	39	(1.9)	70.0	(1.34)
20 and over.....	5047	24	(1.4)	82.9	(0.89)	9.2	(0.53)	11	(0.6)	86.7	(2.16)	37.8	(1.09)	44	(1.1)	81.7	(0.94)
2 and over...	8066	21	(1.1)	80.0	(0.79)	7.8	(0.41)	10	(0.5)	85.5	(1.89)	36.8	(0.89)	43	(0.9)	78.5	(0.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Saturated fat: All Individuals [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	23.6	(0.59)	0.9	(0.24)	4	(1.0)	30.1	(2.12)	11.3	(1.57)	37	(4.2)	23.0	(0.66)
20 and over.....	1550	14	(1.5)	26.0	(0.40)	1.5	(0.19)	6	(0.7)	26.5	(1.35)	10.8	(0.66)	41	(2.3)	25.9	(0.45)
2 and over...	2519	13	(1.1)	25.4	(0.34)	1.4	(0.13)	5	(0.5)	27.1	(1.11)	10.9	(0.58)	40	(1.9)	25.2	(0.39)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	24.3	(0.92)	1.0	(0.21)	4	(0.9)	27.0	(1.21)	9.9	(1.18)	37	(3.4)	24.1	(1.03)
20 and over.....	1882	25	(1.5)	27.1	(0.46)	2.6	(0.19)	10	(0.7)	26.9	(1.27)	10.5	(0.59)	39	(2.2)	27.2	(0.45)
2 and over...	3015	21	(1.5)	26.5	(0.48)	2.2	(0.18)	8	(0.7)	26.9	(1.11)	10.5	(0.57)	39	(2.1)	26.3	(0.48)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	25.9	(0.69)	1.4	(0.31)	6	(1.2)	24.6	(1.73)	8.5	(1.07)	35	(2.5)	26.1	(0.74)
20 and over.....	1303	32	(1.6)	26.8	(0.63)	3.7	(0.21)	14	(0.6)	26.9	(0.94)	11.4	(0.55)	42	(1.3)	26.7	(0.75)
2 and over...	2060	28	(1.5)	26.6	(0.55)	3.1	(0.18)	12	(0.6)	26.5	(0.89)	11.0	(0.46)	41	(0.9)	26.6	(0.57)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	24.7	(0.43)	1.1	(0.15)	5	(0.6)	26.3	(1.07)	9.5	(0.74)	36	(2.1)	24.5	(0.56)
20 and over.....	5047	24	(1.4)	26.7	(0.27)	2.7	(0.16)	10	(0.6)	27.0	(0.78)	11.0	(0.36)	41	(1.2)	26.7	(0.33)
2 and over...	8066	21	(1.1)	26.3	(0.24)	2.3	(0.13)	9	(0.5)	26.9	(0.69)	10.8	(0.31)	40	(1.0)	26.1	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Monounsaturated fat																	
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	23.6	(0.70)	0.9	(0.21)	4	(0.9)	31.5	(2.74)	11.2	(1.28)	36	(3.3)	22.8	(0.65)
20 and over.....	1550	14	(1.5)	28.0	(0.43)	1.9	(0.23)	7	(0.8)	30.6	(1.30)	13.5	(0.67)	44	(1.6)	27.6	(0.43)
2 and over...	2519	13	(1.1)	26.9	(0.32)	1.6	(0.16)	6	(0.6)	30.7	(1.01)	13.1	(0.59)	43	(1.5)	26.3	(0.36)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	23.3	(0.75)	0.9	(0.16)	4	(0.7)	25.2	(1.14)	9.6	(0.79)	38	(2.4)	23.1	(0.81)
20 and over.....	1882	25	(1.5)	28.8	(0.53)	3.0	(0.24)	11	(0.9)	29.1	(1.28)	12.3	(0.71)	42	(2.0)	28.7	(0.54)
2 and over...	3015	21	(1.5)	27.5	(0.55)	2.5	(0.21)	9	(0.8)	28.7	(1.11)	12.0	(0.62)	42	(1.8)	27.2	(0.57)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	24.0	(1.03)	1.5	(0.29)	6	(1.2)	23.9	(1.37)	9.1	(1.01)	38	(2.5)	24.0	(1.07)
20 and over.....	1303	32	(1.6)	29.4	(0.65)	4.3	(0.27)	14	(0.7)	30.2	(0.92)	13.3	(0.56)	44	(1.2)	29.1	(0.64)
2 and over...	2060	28	(1.5)	28.1	(0.57)	3.6	(0.21)	13	(0.6)	29.3	(0.84)	12.7	(0.49)	43	(1.0)	27.6	(0.51)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	23.6	(0.48)	1.1	(0.13)	5	(0.5)	25.6	(1.08)	9.7	(0.70)	38	(2.1)	23.4	(0.52)
20 and over.....	5047	24	(1.4)	28.8	(0.31)	3.1	(0.19)	11	(0.6)	29.9	(0.71)	12.9	(0.39)	43	(1.0)	28.5	(0.31)
2 and over...	8066	21	(1.1)	27.6	(0.30)	2.6	(0.14)	10	(0.5)	29.3	(0.62)	12.5	(0.33)	43	(0.9)	27.1	(0.31)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Polyunsaturated fat																	
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	15.7	(0.47)	0.7	(0.14)	4	(0.9)	21.6	(1.74)	8.2	(0.97)	38	(2.9)	15.1	(0.43)
20 and over.....	1550	14	(1.5)	18.9	(0.48)	1.6	(0.17)	8	(0.9)	22.9	(1.10)	11.5	(0.62)	50	(2.9)	18.2	(0.53)
2 and over...	2519	13	(1.1)	18.1	(0.41)	1.4	(0.13)	8	(0.7)	22.6	(0.94)	11.0	(0.58)	48	(2.5)	17.4	(0.45)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	15.7	(0.45)	0.7	(0.12)	4	(0.7)	17.1	(1.02)	7.1	(0.74)	42	(3.0)	15.5	(0.47)
20 and over.....	1882	25	(1.5)	19.4	(0.44)	2.4	(0.25)	12	(1.2)	21.0	(1.09)	9.6	(0.68)	46	(2.6)	18.9	(0.40)
2 and over...	3015	21	(1.5)	18.5	(0.36)	2.0	(0.20)	11	(1.0)	20.6	(0.91)	9.4	(0.57)	45	(2.3)	18.0	(0.33)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	16.1	(1.03)	1.3	(0.24)	8	(1.3)	18.1	(1.37)	8.0	(1.05)	44	(3.2)	15.7	(1.05)
20 and over.....	1303	32	(1.6)	20.0	(0.52)	3.4	(0.25)	17	(1.1)	21.6	(0.64)	10.5	(0.51)	49	(1.8)	19.3	(0.49)
2 and over...	2060	28	(1.5)	19.1	(0.41)	2.9	(0.19)	15	(0.9)	21.1	(0.59)	10.1	(0.47)	48	(1.7)	18.2	(0.39)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	15.8	(0.41)	0.9	(0.09)	6	(0.5)	18.6	(0.87)	7.9	(0.65)	43	(2.2)	15.4	(0.39)
20 and over.....	5047	24	(1.4)	19.5	(0.31)	2.5	(0.16)	13	(0.7)	21.6	(0.55)	10.3	(0.33)	48	(1.4)	18.8	(0.32)
2 and over...	8066	21	(1.1)	18.6	(0.26)	2.1	(0.12)	11	(0.6)	21.2	(0.47)	10.0	(0.26)	47	(1.2)	17.9	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Cholesterol																			
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	229	(9.7)	13*	(6.3)	6*	(2.6)	377*	(130.0)	161*	(66.9)	43	(4.5)	216	(7.7)
20 and over.....	1550	14	(1.5)	282	(6.0)	24	(3.3)	9	(1.1)	331	(17.5)	174	(13.2)	53	(3.3)	274	(6.1)
2 and over...	2519	13	(1.1)	269	(4.8)	22	(2.1)	8	(0.8)	339	(27.4)	172	(14.8)	51	(2.8)	259	(5.4)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	222	(6.2)	11	(2.6)	5	(1.2)	251	(24.5)	118	(14.8)	47	(3.3)	220	(7.7)
20 and over.....	1882	25	(1.5)	302	(8.1)	42	(4.2)	14	(1.2)	341	(20.3)	170	(13.7)	50	(2.2)	289	(8.2)
2 and over...	3015	21	(1.5)	283	(7.0)	35	(3.8)	12	(1.1)	331	(18.8)	165	(12.9)	50	(2.1)	270	(6.9)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	219	(9.4)	15	(3.4)	7	(1.5)	231	(22.6)	92	(12.5)	40	(3.2)	217	(9.0)
20 and over.....	1303	32	(1.6)	291	(7.9)	53	(4.9)	18	(1.5)	318	(15.3)	165	(9.9)	52	(1.6)	278	(8.9)
2 and over...	2060	28	(1.5)	273	(5.4)	43	(3.9)	16	(1.3)	305	(12.6)	154	(8.7)	50	(1.5)	260	(5.7)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	224	(5.3)	13	(2.6)	6	(1.1)	262	(37.2)	113	(17.1)	43	(1.8)	219	(5.1)
20 and over.....	5047	24	(1.4)	293	(4.2)	41	(2.3)	14	(0.8)	328	(10.2)	167	(6.6)	51	(1.1)	282	(5.3)
2 and over...	8066	21	(1.1)	276	(3.7)	34	(1.9)	12	(0.6)	319	(10.9)	160	(6.8)	50	(1.0)	265	(3.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	530	(14.0)	15	(3.7)	3	(0.7)	556	(34.4)	184	(24.9)	33	(3.4)	528	(14.1)
20 and over.....	1550	14	(1.5)	614	(23.8)	38	(5.4)	6	(0.9)	650	(65.3)	274	(42.3)	42	(4.1)	608	(25.8)
2 and over...	2519	13	(1.1)	593	(18.6)	32	(4.0)	5	(0.7)	635	(52.8)	259	(36.1)	41	(3.7)	587	(20.4)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	589	(27.6)	16	(3.7)	3	(0.7)	601	(59.3)	168	(21.0)	28	(3.0)	588	(29.7)
20 and over.....	1882	25	(1.5)	612	(19.7)	60	(9.3)	10	(1.3)	639	(42.8)	244	(32.5)	38	(3.3)	603	(16.1)
2 and over...	3015	21	(1.5)	607	(17.6)	50	(7.6)	8	(1.2)	635	(37.4)	236	(29.3)	37	(3.0)	599	(15.6)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	650	(18.0)	28	(5.8)	4	(0.9)	631	(45.1)	165	(24.3)	26	(2.6)	654	(23.5)
20 and over.....	1303	32	(1.6)	676	(20.1)	71	(6.3)	10	(0.8)	619	(23.5)	220	(13.1)	36	(2.0)	703	(26.5)
2 and over...	2060	28	(1.5)	670	(16.5)	60	(4.9)	9	(0.7)	621	(21.1)	212	(11.8)	34	(1.8)	689	(19.5)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	598	(14.6)	20	(2.1)	3	(0.4)	601	(22.1)	167	(11.3)	28	(1.7)	597	(17.5)
20 and over.....	5047	24	(1.4)	637	(12.2)	58	(3.3)	9	(0.5)	637	(22.6)	238	(15.2)	37	(1.5)	637	(14.2)
2 and over...	8066	21	(1.1)	627	(11.5)	48	(2.6)	8	(0.4)	633	(20.2)	229	(13.1)	36	(1.2)	626	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene											
				All Individuals [2]						*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1145	(80.0)	57*	(20.8)	5*	(1.9)	1267	(259.6)	686	(187.0)	54	(10.9)	1134	(82.0)
20 and over.....	1550	14	(1.5)	1949	(86.4)	154	(32.4)	8	(1.6)	2104	(289.5)	1107	(185.8)	53	(7.4)	1924	(91.5)
2 and over...	2519	13	(1.1)	1748	(81.6)	130	(24.1)	7	(1.4)	1965	(255.7)	1037	(156.9)	53	(6.8)	1716	(84.8)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	1181	(194.1)	44	(8.9)	4	(1.1)	1281	(229.9)	463	(64.4)	36	(5.0)	1170	(203.9)
20 and over.....	1882	25	(1.5)	2047	(85.6)	230	(37.0)	11	(1.6)	2232	(151.3)	935	(152.8)	42	(5.9)	1987	(107.2)
2 and over...	3015	21	(1.5)	1847	(93.0)	187	(29.5)	10	(1.5)	2133	(153.5)	886	(143.4)	42	(5.6)	1770	(104.2)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1542	(131.8)	125	(36.8)	8	(2.1)	1617	(432.7)	746*	(225.8)	46	(7.8)	1527	(156.1)
20 and over.....	1303	32	(1.6)	2688	(186.6)	315	(45.9)	12	(1.7)	2130	(136.3)	984	(124.6)	46	(6.3)	2951	(253.2)
2 and over...	2060	28	(1.5)	2403	(155.1)	268	(33.4)	11	(1.4)	2054	(126.1)	949	(108.5)	46	(5.6)	2540	(207.6)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1303	(97.0)	75	(12.7)	6	(1.1)	1438	(221.6)	634	(112.5)	44	(5.3)	1285	(105.2)
20 and over.....	5047	24	(1.4)	2271	(89.2)	239	(30.1)	11	(1.3)	2192	(112.2)	987	(108.0)	45	(4.2)	2296	(102.3)
2 and over...	8066	21	(1.1)	2037	(80.3)	199	(21.6)	10	(1.1)	2091	(102.0)	939	(91.7)	45	(3.9)	2023	(92.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]				*Non-consumers* [4]		
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	4208	(296.6)	231	(47.6)	5	(1.1)	4579	(732.3)	2785	(438.4)	61	(7.0)	4175	(323.4)
20 and over.....	1550	14	(1.5)	4355	(306.9)	352	(73.8)	8	(2.0)	5172	(818.4)	2524	(561.2)	49	(10.5)	4222	(329.7)
2 and over...	2519	13	(1.1)	4318	(266.2)	322	(55.2)	7	(1.5)	5074	(669.9)	2568	(477.3)	51	(9.2)	4210	(289.8)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	3917	(304.2)	271*	(95.9)	7*	(2.2)	5273	(1141.3)	2832*	(925.2)	54	(8.5)	3774	(312.6)
20 and over.....	1882	25	(1.5)	5016	(220.3)	698	(87.0)	14	(1.7)	5610	(432.3)	2831	(377.0)	50	(5.2)	4822	(259.5)
2 and over...	3015	21	(1.5)	4762	(191.3)	599	(78.9)	13	(1.6)	5575	(457.4)	2831	(368.8)	51	(4.9)	4544	(207.4)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	4321	(337.3)	285	(67.1)	7	(1.8)	4239	(366.5)	1704	(361.7)	40	(9.7)	4338	(377.9)
20 and over.....	1303	32	(1.6)	5663	(277.5)	947	(130.8)	17	(2.1)	6116	(517.4)	2954	(446.3)	48	(5.8)	5449	(380.3)
2 and over...	2060	28	(1.5)	5329	(209.0)	782	(95.1)	15	(1.5)	5840	(435.6)	2770	(386.7)	47	(5.2)	5128	(233.6)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	4126	(210.2)	256	(47.1)	6	(1.1)	4491	(341.4)	2169	(364.3)	48	(6.6)	4078	(226.0)
20 and over.....	5047	24	(1.4)	5021	(136.4)	676	(55.6)	13	(1.1)	5677	(262.9)	2791	(252.3)	49	(3.8)	4811	(166.3)
2 and over...	8066	21	(1.1)	4805	(121.3)	574	(44.1)	12	(0.9)	5518	(235.8)	2707	(229.7)	49	(3.5)	4612	(143.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1.47	(0.040)	0.05	(0.012)	3	(0.8)	1.74	(0.110)	0.57	(0.078)	33	(3.4)	1.45	(0.042)
20 and over.....	1550	14	(1.5)	1.58	(0.039)	0.08	(0.010)	5	(0.7)	1.53	(0.055)	0.55	(0.037)	36	(2.2)	1.58	(0.044)
2 and over...	2519	13	(1.1)	1.55	(0.026)	0.07	(0.006)	4	(0.4)	1.56	(0.052)	0.55	(0.032)	35	(1.8)	1.55	(0.029)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	1.54	(0.043)	0.05	(0.011)	3	(0.7)	1.49	(0.117)	0.48	(0.049)	32	(1.5)	1.55	(0.047)
20 and over.....	1882	25	(1.5)	1.64	(0.029)	0.15	(0.010)	9	(0.6)	1.60	(0.036)	0.60	(0.023)	37	(1.6)	1.65	(0.037)
2 and over...	3015	21	(1.5)	1.62	(0.027)	0.12	(0.010)	8	(0.7)	1.59	(0.032)	0.59	(0.020)	37	(1.5)	1.62	(0.032)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1.64	(0.047)	0.07	(0.013)	4	(0.8)	1.54	(0.119)	0.42	(0.051)	27	(2.8)	1.66	(0.055)
20 and over.....	1303	32	(1.6)	1.65	(0.027)	0.21	(0.011)	12	(0.7)	1.62	(0.037)	0.64	(0.030)	40	(1.7)	1.66	(0.046)
2 and over...	2060	28	(1.5)	1.64	(0.022)	0.17	(0.010)	10	(0.7)	1.61	(0.034)	0.61	(0.025)	38	(1.5)	1.66	(0.033)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1.56	(0.027)	0.06	(0.007)	4	(0.5)	1.56	(0.077)	0.47	(0.035)	30	(1.6)	1.56	(0.033)
20 and over.....	5047	24	(1.4)	1.62	(0.018)	0.15	(0.008)	9	(0.5)	1.60	(0.017)	0.61	(0.016)	38	(1.0)	1.63	(0.025)
2 and over...	8066	21	(1.1)	1.61	(0.018)	0.12	(0.007)	8	(0.4)	1.60	(0.017)	0.59	(0.014)	37	(0.9)	1.61	(0.023)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Riboflavin																	
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1.82	(0.048)	0.06	(0.017)	3*	(1.0)	2.14	(0.207)	0.70	(0.142)	33	(4.1)	1.79	(0.057)
20 and over.....	1550	14	(1.5)	2.07	(0.066)	0.10	(0.011)	5	(0.6)	2.17	(0.105)	0.73	(0.042)	34	(1.8)	2.05	(0.076)
2 and over...	2519	13	(1.1)	2.01	(0.047)	0.09	(0.007)	5	(0.4)	2.16	(0.093)	0.72	(0.044)	33	(1.6)	1.98	(0.052)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	2.02	(0.089)	0.05	(0.012)	3	(0.6)	2.00	(0.150)	0.55	(0.059)	28	(2.3)	2.02	(0.103)
20 and over.....	1882	25	(1.5)	2.17	(0.038)	0.17	(0.012)	8	(0.6)	2.24	(0.072)	0.70	(0.030)	31	(1.5)	2.14	(0.046)
2 and over...	3015	21	(1.5)	2.13	(0.045)	0.15	(0.012)	7	(0.6)	2.21	(0.061)	0.69	(0.029)	31	(1.4)	2.11	(0.050)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	2.10	(0.060)	0.08	(0.014)	4	(0.7)	1.94	(0.116)	0.46	(0.043)	24	(1.6)	2.13	(0.074)
20 and over.....	1303	32	(1.6)	2.27	(0.050)	0.24	(0.014)	10	(0.5)	2.26	(0.063)	0.74	(0.026)	33	(1.1)	2.28	(0.066)
2 and over...	2060	28	(1.5)	2.23	(0.037)	0.20	(0.012)	9	(0.5)	2.21	(0.061)	0.70	(0.023)	32	(0.9)	2.24	(0.041)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	2.00	(0.040)	0.06	(0.008)	3	(0.5)	1.98	(0.109)	0.53	(0.046)	27	(1.5)	2.00	(0.053)
20 and over.....	5047	24	(1.4)	2.18	(0.028)	0.17	(0.010)	8	(0.4)	2.25	(0.053)	0.72	(0.020)	32	(0.9)	2.16	(0.035)
2 and over...	8066	21	(1.1)	2.13	(0.029)	0.15	(0.008)	7	(0.4)	2.21	(0.047)	0.70	(0.019)	31	(0.8)	2.11	(0.035)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	21.6	(0.82)	1.2*	(0.55)	6*	(2.4)	33.2	(8.56)	14.6*	(5.86)	44	(6.7)	20.6	(0.76)
20 and over.....	1550	14	(1.5)	25.2	(0.76)	1.6	(0.17)	6	(0.8)	27.0	(1.50)	11.5	(0.75)	42	(2.0)	24.8	(0.81)
2 and over...	2519	13	(1.1)	24.3	(0.56)	1.5	(0.14)	6	(0.6)	28.1	(2.16)	12.0	(1.23)	43	(1.8)	23.7	(0.59)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	22.0	(0.84)	0.8	(0.16)	3	(0.8)	20.6	(1.46)	7.8	(0.90)	38	(2.3)	22.2	(0.89)
20 and over.....	1882	25	(1.5)	27.0	(0.47)	2.7	(0.21)	10	(0.8)	28.1	(0.71)	10.9	(0.40)	39	(1.6)	26.7	(0.50)
2 and over...	3015	21	(1.5)	25.9	(0.50)	2.2	(0.19)	9	(0.8)	27.3	(0.71)	10.6	(0.35)	39	(1.5)	25.5	(0.53)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	22.7	(1.11)	1.3	(0.24)	6	(1.0)	21.0	(1.43)	7.5	(0.89)	36	(3.1)	23.1	(1.12)
20 and over.....	1303	32	(1.6)	26.7	(0.28)	4.0	(0.21)	15	(0.8)	28.0	(0.60)	12.3	(0.58)	44	(1.8)	26.2	(0.45)
2 and over...	2060	28	(1.5)	25.7	(0.37)	3.3	(0.19)	13	(0.7)	26.9	(0.59)	11.6	(0.55)	43	(1.6)	25.3	(0.40)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	22.2	(0.45)	1.1	(0.19)	5	(0.9)	23.1	(2.11)	8.9	(1.24)	39	(2.3)	22.1	(0.48)
20 and over.....	5047	24	(1.4)	26.5	(0.24)	2.8	(0.16)	11	(0.6)	27.9	(0.52)	11.7	(0.36)	42	(1.0)	26.0	(0.28)
2 and over...	8066	21	(1.1)	25.4	(0.24)	2.4	(0.13)	9	(0.5)	27.3	(0.60)	11.3	(0.37)	41	(0.9)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1.76	(0.080)	0.09*	(0.047)	5*	(2.5)	2.61	(0.746)	1.11*	(0.512)	43	(7.8)	1.69	(0.070)
20 and over.....	1550	14	(1.5)	2.08	(0.082)	0.12	(0.013)	6	(0.7)	2.16	(0.132)	0.89	(0.057)	41	(2.0)	2.07	(0.093)
2 and over...	2519	13	(1.1)	2.00	(0.065)	0.12	(0.011)	6	(0.6)	2.24	(0.187)	0.93	(0.106)	41	(2.1)	1.97	(0.071)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	1.79	(0.083)	0.05	(0.010)	3	(0.6)	1.62	(0.140)	0.55	(0.054)	34	(1.6)	1.81	(0.088)
20 and over.....	1882	25	(1.5)	2.24	(0.062)	0.22	(0.018)	10	(0.9)	2.38	(0.083)	0.88	(0.037)	37	(1.6)	2.19	(0.081)
2 and over...	3015	21	(1.5)	2.14	(0.062)	0.18	(0.015)	8	(0.8)	2.30	(0.074)	0.85	(0.032)	37	(1.5)	2.09	(0.076)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1.86	(0.083)	0.09	(0.015)	5	(0.8)	1.67	(0.108)	0.52	(0.056)	31	(2.3)	1.90	(0.085)
20 and over.....	1303	32	(1.6)	2.24	(0.034)	0.32	(0.021)	14	(0.9)	2.30	(0.057)	0.99	(0.044)	43	(2.1)	2.21	(0.045)
2 and over...	2060	28	(1.5)	2.14	(0.029)	0.26	(0.017)	12	(0.8)	2.20	(0.054)	0.92	(0.044)	42	(1.9)	2.12	(0.030)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1.81	(0.039)	0.08	(0.015)	4	(0.8)	1.83	(0.185)	0.64	(0.104)	35	(2.4)	1.81	(0.043)
20 and over.....	5047	24	(1.4)	2.20	(0.030)	0.23	(0.014)	10	(0.7)	2.31	(0.051)	0.93	(0.029)	40	(1.0)	2.16	(0.042)
2 and over...	8066	21	(1.1)	2.11	(0.028)	0.19	(0.010)	9	(0.5)	2.25	(0.058)	0.89	(0.031)	40	(0.9)	2.07	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

F o l a t e (D F E)

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	492	(18.7)	14	(3.1)	3	(0.6)	553	(34.8)	174	(19.5)	31	(3.4)	487	(20.0)
20 and over.....	1550	14	(1.5)	515	(18.8)	24	(2.8)	5	(0.6)	487	(25.0)	172	(10.5)	35	(1.9)	520	(21.3)
2 and over...	2519	13	(1.1)	510	(15.7)	22	(2.0)	4	(0.4)	498	(22.9)	172	(9.8)	35	(1.6)	511	(17.8)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	502	(23.7)	14	(3.7)	3	(0.7)	469	(54.8)	149	(21.2)	32	(2.3)	506	(25.3)
20 and over.....	1882	25	(1.5)	525	(14.5)	41	(2.8)	8	(0.6)	500	(19.2)	168	(7.1)	34	(1.3)	533	(16.2)
2 and over...	3015	21	(1.5)	520	(13.9)	35	(3.0)	7	(0.7)	497	(17.2)	166	(7.3)	33	(1.3)	526	(16.2)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	517	(19.5)	24	(4.6)	5	(0.9)	508	(40.0)	144	(15.0)	28	(3.1)	519	(25.8)
20 and over.....	1303	32	(1.6)	541	(10.2)	63	(3.9)	12	(0.7)	528	(13.1)	198	(11.2)	37	(1.8)	547	(17.8)
2 and over...	2060	28	(1.5)	535	(7.0)	54	(3.0)	10	(0.6)	525	(12.5)	190	(9.7)	36	(1.7)	539	(11.3)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	510	(12.7)	18	(1.9)	4	(0.4)	506	(23.8)	154	(9.2)	30	(1.9)	511	(14.9)
20 and over.....	5047	24	(1.4)	528	(8.7)	44	(2.7)	8	(0.5)	513	(10.1)	182	(6.2)	35	(1.0)	533	(11.8)
2 and over...	8066	21	(1.1)	524	(8.0)	38	(2.1)	7	(0.4)	512	(9.6)	178	(5.6)	35	(0.9)	527	(10.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	253	(7.4)	11*	(4.7)	4*	(1.7)	367	(97.4)	134*	(48.3)	37	(4.4)	243	(5.8)
20 and over.....	1550	14	(1.5)	326	(6.0)	24	(2.8)	7	(0.9)	358	(15.4)	174	(9.9)	49	(3.0)	321	(7.2)
2 and over...	2519	13	(1.1)	308	(4.6)	21	(1.8)	7	(0.7)	359	(19.8)	168	(12.2)	47	(2.5)	300	(5.9)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	254	(5.1)	10	(1.8)	4	(0.7)	270	(22.6)	104	(9.0)	38	(2.2)	252	(6.4)
20 and over.....	1882	25	(1.5)	340	(6.8)	42	(3.3)	12	(0.9)	379	(17.4)	171	(9.3)	45	(1.4)	328	(7.0)
2 and over...	3015	21	(1.5)	320	(6.5)	35	(2.9)	11	(0.8)	368	(15.9)	164	(8.2)	45	(1.4)	308	(6.4)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	259	(9.8)	14	(2.7)	6	(1.0)	254	(16.7)	86	(9.2)	34	(2.5)	260	(10.4)
20 and over.....	1303	32	(1.6)	346	(8.2)	57	(4.2)	16	(1.1)	378	(9.6)	178	(6.0)	47	(1.6)	331	(8.9)
2 and over...	2060	28	(1.5)	325	(5.3)	46	(3.5)	14	(1.0)	360	(8.5)	164	(6.1)	46	(1.5)	311	(4.9)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	256	(3.8)	12	(1.8)	5	(0.7)	278	(27.8)	100	(11.2)	36	(1.5)	253	(4.4)
20 and over.....	5047	24	(1.4)	339	(3.9)	42	(2.3)	12	(0.7)	375	(7.8)	174	(4.6)	46	(1.2)	327	(4.4)
2 and over...	8066	21	(1.1)	319	(3.5)	35	(1.7)	11	(0.5)	362	(7.5)	164	(3.9)	45	(1.1)	307	(3.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Full Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	4.43	(0.169)	0.11	(0.025)	2	(0.6)	4.59	(0.344)	1.33	(0.172)	29	(3.6)	4.41	(0.190)
20 and over.....	1550	14	(1.5)	4.74	(0.125)	0.34	(0.060)	7	(1.2)	5.84	(0.668)	2.43	(0.492)	42	(5.0)	4.56	(0.093)
2 and over...	2519	13	(1.1)	4.66	(0.096)	0.28	(0.046)	6	(0.9)	5.63	(0.570)	2.25	(0.420)	40	(4.5)	4.52	(0.076)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	4.85	(0.243)	0.12	(0.020)	2	(0.5)	4.44	(0.449)	1.25	(0.089)	28	(3.0)	4.89	(0.273)
20 and over.....	1882	25	(1.5)	5.01	(0.159)	0.49	(0.058)	10	(1.1)	5.41	(0.291)	2.00	(0.179)	37	(2.3)	4.88	(0.160)
2 and over...	3015	21	(1.5)	4.97	(0.145)	0.41	(0.047)	8	(1.0)	5.30	(0.273)	1.92	(0.163)	36	(2.0)	4.88	(0.156)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	4.93	(0.198)	0.19	(0.036)	4	(0.8)	4.23	(0.363)	1.16	(0.149)	28	(3.0)	5.07	(0.186)
20 and over.....	1303	32	(1.6)	5.04	(0.144)	0.71	(0.072)	14	(1.4)	5.38	(0.184)	2.23	(0.192)	41	(2.9)	4.87	(0.186)
2 and over...	2060	28	(1.5)	5.01	(0.094)	0.59	(0.060)	12	(1.2)	5.21	(0.163)	2.07	(0.173)	40	(2.7)	4.93	(0.111)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	4.78	(0.104)	0.14	(0.017)	3	(0.4)	4.33	(0.286)	1.20	(0.094)	28	(1.9)	4.84	(0.124)
20 and over.....	5047	24	(1.4)	4.95	(0.075)	0.53	(0.031)	11	(0.6)	5.47	(0.147)	2.18	(0.129)	40	(1.6)	4.78	(0.110)
2 and over...	8066	21	(1.1)	4.91	(0.067)	0.43	(0.026)	9	(0.5)	5.32	(0.145)	2.05	(0.113)	39	(1.4)	4.80	(0.098)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	75.5	(3.44)	1.4	(0.40)	2	(0.5)	84.3	(10.77)	16.9	(3.57)	20	(5.0)	74.7	(3.15)
20 and over.....	1550	14	(1.5)	76.4	(3.30)	3.1	(0.51)	4	(0.7)	84.5	(8.82)	22.6	(2.99)	27	(4.8)	75.0	(3.24)
2 and over...	2519	13	(1.1)	76.1	(2.47)	2.7	(0.38)	4	(0.5)	84.4	(7.56)	21.7	(2.57)	26	(4.2)	74.9	(2.44)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	69.3	(2.50)	1.5	(0.30)	2	(0.4)	62.0	(7.35)	15.5	(2.85)	25	(4.9)	70.1	(2.71)
20 and over.....	1882	25	(1.5)	79.1	(2.36)	6.1	(0.55)	8	(0.6)	81.3	(7.49)	24.6	(1.95)	30	(2.2)	78.4	(2.28)
2 and over...	3015	21	(1.5)	76.9	(1.87)	5.0	(0.48)	7	(0.6)	79.3	(7.06)	23.7	(1.87)	30	(1.8)	76.2	(2.01)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	73.9	(2.82)	2.9*	(0.87)	4	(1.2)	89.2	(8.41)	17.2	(3.96)	19	(4.3)	70.8	(2.78)
20 and over.....	1303	32	(1.6)	80.7	(3.45)	8.9	(0.99)	11	(1.1)	77.6	(4.48)	27.7	(2.36)	36	(3.1)	82.1	(4.09)
2 and over...	2060	28	(1.5)	79.0	(2.93)	7.4	(0.89)	9	(1.0)	79.4	(3.55)	26.2	(2.34)	33	(2.8)	78.9	(3.49)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	72.9	(1.78)	2.0	(0.31)	3	(0.4)	79.0	(4.67)	16.9	(2.52)	21	(3.3)	72.1	(1.73)
20 and over.....	5047	24	(1.4)	79.1	(1.67)	6.3	(0.42)	8	(0.5)	80.2	(3.87)	25.8	(1.24)	32	(1.5)	78.7	(1.72)
2 and over...	8066	21	(1.1)	77.6	(1.25)	5.2	(0.33)	7	(0.4)	80.0	(3.19)	24.6	(1.35)	31	(1.3)	76.9	(1.39)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	5.0	(0.19)	#		1*	(0.2)	4.7	(0.67)	0.5	(0.09)	10*	(2.4)	5.0	(0.19)
20 and over.....	1550	14	(1.5)	4.5	(0.11)	0.2	(0.05)	5	(1.1)	4.9	(0.54)	1.6	(0.37)	32	(5.8)	4.4	(0.10)
2 and over...	2519	13	(1.1)	4.6	(0.10)	0.2	(0.04)	4	(0.8)	4.9	(0.48)	1.4	(0.32)	29	(5.3)	4.5	(0.08)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	5.4	(0.21)	0.1	(0.02)	2	(0.4)	5.3	(0.64)	1.0	(0.13)	18	(2.8)	5.4	(0.27)
20 and over.....	1882	25	(1.5)	4.5	(0.15)	0.3	(0.03)	6	(0.8)	4.1	(0.24)	1.1	(0.14)	27	(3.3)	4.6	(0.19)
2 and over...	3015	21	(1.5)	4.7	(0.12)	0.2	(0.03)	5	(0.6)	4.3	(0.25)	1.1	(0.12)	26	(2.9)	4.8	(0.16)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	5.3	(0.22)	0.2	(0.04)	3	(0.7)	5.3	(0.45)	1.0	(0.23)	20	(3.7)	5.4	(0.25)
20 and over.....	1303	32	(1.6)	5.2	(0.35)	0.6	(0.08)	11	(1.5)	5.2	(0.41)	1.8	(0.24)	34	(2.9)	5.2	(0.50)
2 and over...	2060	28	(1.5)	5.2	(0.25)	0.5	(0.06)	9	(1.1)	5.2	(0.36)	1.7	(0.19)	32	(2.4)	5.2	(0.33)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	5.3	(0.10)	0.1	(0.02)	2	(0.3)	5.1	(0.42)	0.9	(0.13)	17	(2.2)	5.3	(0.13)
20 and over.....	5047	24	(1.4)	4.7	(0.16)	0.4	(0.04)	8	(0.7)	4.8	(0.23)	1.5	(0.15)	32	(2.1)	4.7	(0.20)
2 and over...	8066	21	(1.1)	4.9	(0.12)	0.3	(0.03)	6	(0.5)	4.8	(0.21)	1.4	(0.13)	30	(1.9)	4.9	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	7.0	(0.27)	0.3	(0.07)	4	(0.9)	9.1	(0.92)	3.4	(0.47)	37	(3.5)	6.8	(0.25)
20 and over.....	1550	14	(1.5)	8.7	(0.29)	0.6	(0.07)	7	(0.9)	9.8	(1.04)	4.1	(0.26)	42	(3.6)	8.5	(0.34)
2 and over...	2519	13	(1.1)	8.3	(0.24)	0.5	(0.05)	6	(0.7)	9.7	(0.88)	4.0	(0.24)	41	(3.2)	8.1	(0.29)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	7.5	(0.69)	0.3	(0.04)	4	(0.6)	7.8	(0.56)	2.8	(0.28)	36	(2.7)	7.4	(0.76)
20 and over.....	1882	25	(1.5)	9.2	(0.27)	0.9	(0.07)	9	(0.8)	9.8	(0.34)	3.5	(0.20)	35	(2.3)	9.1	(0.30)
2 and over...	3015	21	(1.5)	8.8	(0.28)	0.7	(0.06)	8	(0.8)	9.6	(0.33)	3.4	(0.18)	36	(2.1)	8.6	(0.31)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	7.2	(0.26)	0.5	(0.08)	7	(1.1)	7.7	(0.60)	2.8	(0.32)	37	(3.5)	7.1	(0.24)
20 and over.....	1303	32	(1.6)	10.2	(0.21)	1.3	(0.09)	13	(0.9)	10.5	(0.31)	4.2	(0.25)	40	(2.5)	10.0	(0.24)
2 and over...	2060	28	(1.5)	9.4	(0.14)	1.1	(0.07)	12	(0.7)	10.1	(0.33)	4.0	(0.22)	39	(2.2)	9.2	(0.15)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	7.2	(0.29)	0.3	(0.04)	5	(0.5)	8.0	(0.40)	2.9	(0.20)	37	(2.0)	7.1	(0.32)
20 and over.....	5047	24	(1.4)	9.4	(0.18)	0.9	(0.05)	10	(0.5)	10.1	(0.21)	3.9	(0.13)	38	(1.4)	9.2	(0.21)
2 and over...	8066	21	(1.1)	8.9	(0.16)	0.8	(0.04)	9	(0.4)	9.9	(0.22)	3.7	(0.11)	38	(1.2)	8.6	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	70.8	(4.13)	3.2	(0.87)	5	(1.3)	86.4	(9.53)	39.2	(7.32)	45	(5.6)	69.4	(4.32)
20 and over.....	1550	14	(1.5)	109.8	(4.99)	11.3	(2.13)	10	(1.9)	139.0	(15.26)	80.8	(12.90)	58	(3.9)	105.0	(5.14)
2 and over...	2519	13	(1.1)	100.0	(3.84)	9.3	(1.55)	9	(1.6)	130.3	(12.93)	73.9	(11.17)	57	(3.7)	95.7	(4.09)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	68.6	(5.75)	3.1	(0.51)	4	(0.9)	72.7	(6.51)	32.1	(3.99)	44	(3.3)	68.2	(6.13)
20 and over.....	1882	25	(1.5)	116.9	(5.40)	16.1	(2.33)	14	(1.9)	127.6	(11.46)	65.3	(8.46)	51	(3.3)	113.4	(7.60)
2 and over...	3015	21	(1.5)	105.7	(4.49)	13.1	(1.81)	12	(1.7)	121.8	(10.23)	61.8	(7.60)	51	(3.1)	101.4	(5.96)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	76.7	(4.93)	7.8	(1.90)	10	(2.4)	94.2	(17.25)	46.5	(10.20)	49	(6.5)	73.1	(6.09)
20 and over.....	1303	32	(1.6)	139.6	(4.70)	25.0	(2.98)	18	(2.0)	142.1	(8.37)	77.9	(7.35)	55	(4.1)	138.4	(5.87)
2 and over...	2060	28	(1.5)	123.9	(4.27)	20.7	(2.23)	17	(1.6)	135.0	(7.74)	73.3	(6.57)	54	(3.6)	119.5	(4.64)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	72.2	(3.02)	5.0	(0.65)	7	(0.8)	88.1	(9.43)	42.1	(6.40)	48	(4.4)	70.1	(3.27)
20 and over.....	5047	24	(1.4)	123.0	(3.16)	17.6	(1.96)	14	(1.5)	138.2	(8.02)	72.8	(6.18)	53	(2.6)	118.2	(3.50)
2 and over...	8066	21	(1.1)	110.7	(2.76)	14.6	(1.42)	13	(1.2)	131.5	(6.81)	68.7	(5.38)	52	(2.4)	105.2	(3.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	959	(26.8)	28	(7.3)	3	(0.8)	1096	(63.8)	334	(52.0)	30	(4.4)	947	(30.9)
20 and over.....	1550	14	(1.5)	939	(22.3)	38	(4.4)	4	(0.5)	949	(41.0)	274	(20.9)	29	(1.6)	937	(26.1)
2 and over...	2519	13	(1.1)	944	(16.8)	36	(3.1)	4	(0.3)	973	(38.7)	284	(19.3)	29	(1.6)	940	(20.0)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	988	(26.1)	30	(5.9)	3	(0.6)	1056	(80.8)	313	(24.5)	30	(1.9)	980	(29.2)
20 and over.....	1882	25	(1.5)	962	(12.0)	65	(4.4)	7	(0.5)	927	(29.0)	265	(10.5)	29	(1.3)	973	(16.7)
2 and over...	3015	21	(1.5)	968	(10.6)	57	(4.4)	6	(0.5)	941	(23.0)	270	(10.9)	29	(1.2)	975	(12.6)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1095	(30.8)	42	(9.0)	4	(0.9)	1039	(60.7)	251	(29.4)	24	(2.3)	1107	(36.2)
20 and over.....	1303	32	(1.6)	987	(25.3)	95	(5.8)	10	(0.6)	964	(23.0)	297	(18.0)	31	(1.8)	998	(35.4)
2 and over...	2060	28	(1.5)	1014	(19.8)	82	(3.7)	8	(0.4)	975	(21.4)	290	(13.6)	30	(1.3)	1030	(26.7)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1020	(19.2)	33	(4.3)	3	(0.4)	1040	(44.4)	280	(21.2)	27	(1.7)	1017	(23.6)
20 and over.....	5047	24	(1.4)	965	(11.8)	68	(3.9)	7	(0.4)	952	(15.7)	281	(7.0)	29	(0.7)	969	(15.4)
2 and over...	8066	21	(1.1)	978	(11.2)	60	(3.2)	6	(0.3)	964	(15.0)	281	(6.6)	29	(0.6)	982	(14.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	1229	(27.4)	54*	(17.8)	4*	(1.4)	1655	(219.2)	650	(159.7)	39	(5.1)	1190	(32.4)
20 and over.....	1550	14	(1.5)	1335	(20.9)	81	(9.2)	6	(0.7)	1411	(48.3)	583	(28.7)	41	(1.4)	1322	(26.7)
2 and over...	2519	13	(1.1)	1308	(14.9)	74	(5.8)	6	(0.5)	1451	(57.3)	594	(35.2)	41	(1.3)	1288	(19.7)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	1246	(22.2)	47	(8.8)	4	(0.7)	1370	(97.9)	494	(30.6)	36	(1.6)	1233	(25.2)
20 and over.....	1882	25	(1.5)	1395	(17.6)	136	(9.4)	10	(0.7)	1436	(46.5)	552	(14.0)	38	(1.4)	1381	(18.1)
2 and over...	3015	21	(1.5)	1360	(15.1)	116	(8.8)	8	(0.7)	1429	(43.1)	546	(13.4)	38	(1.3)	1342	(16.6)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1333	(36.3)	69	(13.2)	5	(1.0)	1277	(61.0)	415	(38.9)	33	(2.1)	1344	(38.4)
20 and over.....	1303	32	(1.6)	1455	(22.1)	196	(9.3)	13	(0.6)	1492	(28.2)	613	(19.5)	41	(1.5)	1437	(31.5)
2 and over...	2060	28	(1.5)	1424	(15.6)	165	(7.7)	12	(0.5)	1461	(25.0)	584	(16.9)	40	(1.2)	1410	(20.2)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	1272	(15.9)	57	(7.7)	4	(0.6)	1360	(69.7)	481	(39.1)	35	(1.6)	1261	(22.0)
20 and over.....	5047	24	(1.4)	1399	(11.9)	142	(7.8)	10	(0.5)	1461	(25.3)	585	(11.8)	40	(0.9)	1380	(16.9)
2 and over...	8066	21	(1.1)	1369	(11.0)	121	(6.2)	9	(0.4)	1447	(26.3)	571	(11.4)	39	(0.7)	1348	(14.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Magnesium																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	231	(5.9)	8*	(2.6)	3*	(1.1)	290	(35.7)	97	(23.4)	34	(4.7)	226	(6.0)
20 and over.....	1550	14	(1.5)	286	(6.5)	14	(1.5)	5	(0.6)	296	(11.7)	102	(5.8)	35	(1.6)	284	(7.7)
2 and over...	2519	13	(1.1)	272	(5.7)	13	(1.0)	5	(0.4)	295	(10.7)	102	(6.8)	34	(1.7)	269	(6.7)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	228	(6.2)	8	(1.2)	3	(0.5)	247	(18.5)	79	(6.4)	32	(2.0)	225	(6.2)
20 and over.....	1882	25	(1.5)	298	(5.0)	24	(1.9)	8	(0.7)	301	(7.5)	99	(4.2)	33	(1.3)	297	(5.8)
2 and over...	3015	21	(1.5)	282	(4.8)	20	(1.7)	7	(0.6)	296	(7.3)	97	(4.1)	33	(1.2)	278	(5.5)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	246	(6.5)	12	(1.9)	5	(0.8)	242	(9.3)	69	(5.2)	29	(1.6)	247	(7.1)
20 and over.....	1303	32	(1.6)	327	(6.2)	38	(2.3)	12	(0.6)	333	(8.1)	118	(5.2)	36	(1.5)	324	(7.8)
2 and over...	2060	28	(1.5)	307	(4.6)	31	(1.8)	10	(0.6)	319	(7.7)	111	(4.8)	35	(1.3)	302	(5.1)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	235	(3.1)	9	(1.1)	4	(0.5)	250	(9.4)	77	(5.6)	31	(1.5)	233	(3.8)
20 and over.....	5047	24	(1.4)	305	(3.4)	26	(1.6)	9	(0.5)	316	(4.0)	108	(2.4)	34	(0.8)	302	(4.2)
2 and over...	8066	21	(1.1)	288	(3.1)	22	(1.2)	8	(0.4)	307	(3.7)	104	(1.8)	34	(0.7)	283	(3.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

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Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	13.5	(0.36)	0.4	(0.10)	3	(0.7)	16.5	(1.20)	5.0	(0.66)	31	(3.6)	13.2	(0.36)
20 and over.....	1550	14	(1.5)	14.0	(0.36)	0.7	(0.09)	5	(0.7)	13.5	(0.64)	5.3	(0.34)	39	(2.2)	14.1	(0.40)
2 and over...	2519	13	(1.1)	13.9	(0.32)	0.7	(0.06)	5	(0.5)	14.0	(0.61)	5.2	(0.32)	37	(2.1)	13.9	(0.35)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	13.7	(0.58)	0.4	(0.08)	3	(0.6)	12.8	(1.11)	3.8	(0.44)	30	(1.3)	13.8	(0.62)
20 and over.....	1882	25	(1.5)	14.7	(0.30)	1.3	(0.10)	9	(0.7)	14.4	(0.49)	5.2	(0.23)	36	(0.9)	14.9	(0.38)
2 and over...	3015	21	(1.5)	14.5	(0.30)	1.1	(0.09)	7	(0.7)	14.2	(0.40)	5.1	(0.20)	36	(0.8)	14.6	(0.38)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	14.2	(0.32)	0.6	(0.10)	4	(0.7)	13.3	(0.92)	3.5	(0.35)	26	(2.8)	14.4	(0.37)
20 and over.....	1303	32	(1.6)	14.6	(0.17)	1.8	(0.11)	12	(0.7)	14.4	(0.29)	5.6	(0.23)	39	(1.5)	14.7	(0.31)
2 and over...	2060	28	(1.5)	14.5	(0.13)	1.5	(0.08)	10	(0.6)	14.2	(0.27)	5.3	(0.19)	37	(1.3)	14.6	(0.21)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.23)	0.5	(0.05)	3	(0.4)	13.8	(0.52)	3.9	(0.28)	28	(1.8)	13.9	(0.28)
20 and over.....	5047	24	(1.4)	14.5	(0.14)	1.3	(0.08)	9	(0.6)	14.3	(0.25)	5.4	(0.16)	38	(0.8)	14.6	(0.22)
2 and over...	8066	21	(1.1)	14.4	(0.14)	1.1	(0.06)	8	(0.4)	14.2	(0.24)	5.2	(0.13)	36	(0.7)	14.4	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

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Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	9.6	(0.25)	0.4	(0.10)	4	(1.0)	11.9	(1.29)	4.4	(0.81)	37	(3.8)	9.4	(0.27)
20 and over.....	1550	14	(1.5)	10.7	(0.24)	0.6	(0.07)	6	(0.7)	10.6	(0.52)	4.6	(0.36)	43	(2.3)	10.7	(0.25)
2 and over...	2519	13	(1.1)	10.4	(0.19)	0.6	(0.05)	5	(0.5)	10.8	(0.55)	4.5	(0.35)	42	(1.9)	10.4	(0.20)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	10.2	(0.49)	0.3	(0.07)	3	(0.7)	9.7	(0.87)	3.3	(0.36)	35	(1.8)	10.2	(0.53)
20 and over.....	1882	25	(1.5)	11.2	(0.16)	1.2	(0.10)	10	(0.9)	11.5	(0.32)	4.7	(0.24)	41	(1.8)	11.1	(0.20)
2 and over...	3015	21	(1.5)	11.0	(0.20)	1.0	(0.09)	9	(0.8)	11.3	(0.30)	4.6	(0.22)	40	(1.6)	10.9	(0.28)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	10.2	(0.32)	0.5	(0.09)	4	(0.9)	9.4	(0.49)	2.7	(0.30)	29	(2.9)	10.4	(0.38)
20 and over.....	1303	32	(1.6)	11.5	(0.20)	1.6	(0.11)	14	(0.8)	11.9	(0.22)	5.0	(0.20)	42	(1.5)	11.3	(0.26)
2 and over...	2060	28	(1.5)	11.2	(0.14)	1.3	(0.08)	12	(0.7)	11.5	(0.19)	4.7	(0.16)	41	(1.2)	11.1	(0.17)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	10.1	(0.16)	0.4	(0.05)	4	(0.5)	9.8	(0.48)	3.2	(0.25)	33	(1.8)	10.1	(0.22)
20 and over.....	5047	24	(1.4)	11.2	(0.09)	1.2	(0.08)	10	(0.7)	11.5	(0.18)	4.8	(0.18)	42	(1.2)	11.1	(0.12)
2 and over...	8066	21	(1.1)	10.9	(0.09)	1.0	(0.06)	9	(0.6)	11.3	(0.17)	4.6	(0.15)	41	(1.0)	10.8	(0.13)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Copper																	
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [6] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	0.9	(0.02)	#		3	(0.8)	1.1	(0.09)	0.3	(0.05)	31	(3.6)	0.9	(0.02)
20 and over.....	1550	14	(1.5)	1.2	(0.03)	0.1	(0.01)	6	(0.8)	1.2	(0.07)	0.5	(0.07)	39	(4.0)	1.2	(0.03)
2 and over...	2519	13	(1.1)	1.1	(0.03)	0.1	(0.01)	5	(0.6)	1.2	(0.06)	0.5	(0.06)	38	(3.6)	1.1	(0.03)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	0.9	(0.03)	#		3	(0.6)	1.0	(0.10)	0.3	(0.03)	31	(2.3)	0.9	(0.03)
20 and over.....	1882	25	(1.5)	1.2	(0.02)	0.1	(0.01)	9	(0.9)	1.2	(0.03)	0.4	(0.02)	35	(1.7)	1.2	(0.03)
2 and over...	3015	21	(1.5)	1.1	(0.02)	0.1	(0.01)	8	(0.8)	1.2	(0.03)	0.4	(0.02)	35	(1.5)	1.1	(0.02)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	1.0	(0.02)	#		5	(1.0)	1.0	(0.03)	0.3	(0.04)	30	(3.2)	1.0	(0.03)
20 and over.....	1303	32	(1.6)	1.3	(0.03)	0.2	(0.01)	11	(0.6)	1.3	(0.02)	0.5	(0.02)	36	(1.4)	1.3	(0.04)
2 and over...	2060	28	(1.5)	1.3	(0.02)	0.1	(0.01)	10	(0.5)	1.3	(0.02)	0.4	(0.02)	35	(1.1)	1.2	(0.02)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	0.9	(0.01)	#		4	(0.4)	1.0	(0.03)	0.3	(0.02)	31	(2.1)	0.9	(0.01)
20 and over.....	5047	24	(1.4)	1.2	(0.01)	0.1	(0.01)	9	(0.5)	1.3	(0.01)	0.5	(0.02)	36	(1.2)	1.2	(0.02)
2 and over...	8066	21	(1.1)	1.2	(0.01)	0.1	(#)	8	(0.4)	1.2	(0.01)	0.4	(0.01)	35	(1.0)	1.1	(0.01)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	97.1	(2.52)	5.3*	(2.10)	5*	(2.1)	145.0	(32.59)	64.0*	(20.84)	44	(5.7)	92.8	(2.67)
20 and over.....	1550	14	(1.5)	110.9	(1.74)	7.9	(0.80)	7	(0.8)	117.0	(5.93)	56.8	(3.45)	49	(2.2)	109.9	(1.62)
2 and over...	2519	13	(1.1)	107.5	(1.19)	7.3	(0.58)	7	(0.5)	121.6	(8.91)	58.0	(4.93)	48	(1.9)	105.4	(1.09)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	96.8	(2.09)	4.1	(0.96)	4	(1.0)	103.4	(8.36)	42.6	(4.70)	41	(2.7)	96.1	(2.28)
20 and over.....	1882	25	(1.5)	115.9	(1.92)	13.3	(0.85)	11	(0.8)	118.6	(3.91)	53.8	(1.29)	45	(1.7)	115.1	(1.92)
2 and over...	3015	21	(1.5)	111.5	(1.89)	11.1	(0.85)	10	(0.8)	117.0	(3.83)	52.6	(1.37)	45	(1.6)	110.0	(1.91)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	98.8	(3.20)	6.3	(1.18)	6	(1.2)	95.4	(5.55)	37.9	(4.05)	40	(2.9)	99.5	(3.41)
20 and over.....	1303	32	(1.6)	122.2	(2.01)	19.7	(1.22)	16	(0.9)	129.2	(2.47)	61.5	(2.49)	48	(1.8)	118.9	(2.60)
2 and over...	2060	28	(1.5)	116.4	(1.46)	16.4	(1.01)	14	(0.8)	124.2	(2.15)	58.1	(2.23)	47	(1.7)	113.3	(1.74)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	97.7	(1.25)	5.2	(0.80)	5	(0.8)	106.3	(8.13)	44.3	(4.45)	42	(2.1)	96.6	(1.55)
20 and over.....	5047	24	(1.4)	117.0	(1.03)	14.1	(0.81)	12	(0.7)	124.5	(2.44)	58.1	(1.70)	47	(1.2)	114.6	(0.98)
2 and over...	8066	21	(1.1)	112.3	(0.99)	11.9	(0.65)	11	(0.6)	122.0	(2.72)	56.3	(1.67)	46	(1.1)	109.7	(0.89)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Potassium																	
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	2134	(45.8)	81*	(26.7)	4*	(1.2)	2741	(348.8)	979	(244.8)	36	(5.2)	2079	(46.0)
20 and over.....	1550	14	(1.5)	2488	(45.3)	147	(16.4)	6	(0.7)	2632	(86.7)	1056	(52.9)	40	(1.9)	2465	(50.3)
2 and over...	2519	13	(1.1)	2399	(37.4)	131	(10.6)	5	(0.5)	2650	(82.0)	1043	(60.4)	39	(1.9)	2363	(42.1)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	2108	(40.9)	70	(11.8)	3	(0.6)	2219	(144.2)	730	(53.0)	33	(1.4)	2096	(42.4)
20 and over.....	1882	25	(1.5)	2629	(29.4)	251	(16.7)	10	(0.7)	2729	(46.6)	1020	(32.5)	37	(1.2)	2597	(35.8)
2 and over...	3015	21	(1.5)	2509	(31.1)	209	(15.4)	8	(0.6)	2676	(49.7)	990	(30.4)	37	(1.0)	2464	(35.8)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	2256	(64.7)	111	(17.9)	5	(0.8)	2159	(100.0)	664	(53.2)	31	(1.7)	2275	(70.7)
20 and over.....	1303	32	(1.6)	2806	(54.6)	356	(20.8)	13	(0.7)	2838	(65.5)	1111	(33.1)	39	(1.6)	2791	(63.5)
2 and over...	2060	28	(1.5)	2669	(46.0)	295	(18.0)	11	(0.6)	2738	(59.2)	1045	(34.3)	38	(1.4)	2642	(48.0)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	2163	(28.0)	87	(11.0)	4	(0.5)	2261	(117.6)	736	(58.6)	33	(1.4)	2150	(33.8)
20 and over.....	5047	24	(1.4)	2658	(30.9)	259	(15.9)	10	(0.6)	2774	(32.4)	1068	(24.2)	39	(1.0)	2620	(37.0)
2 and over...	8066	21	(1.1)	2538	(28.7)	217	(11.8)	9	(0.5)	2705	(31.6)	1024	(19.6)	38	(0.8)	2493	(32.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	2998	(69.7)	155*	(47.8)	5	(1.6)	4168	(587.9)	1873	(415.0)	45	(4.4)	2892	(76.3)
20 and over.....	1550	14	(1.5)	3345	(36.4)	249	(26.4)	7	(0.8)	3701	(135.4)	1783	(75.6)	48	(1.9)	3287	(35.6)
2 and over...	2519	13	(1.1)	3258	(29.2)	225	(18.4)	7	(0.6)	3778	(180.8)	1798	(107.1)	48	(1.7)	3184	(28.8)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	2968	(35.5)	128	(25.0)	4	(0.8)	3183	(216.0)	1332	(116.4)	42	(1.8)	2945	(35.7)
20 and over.....	1882	25	(1.5)	3579	(47.4)	425	(32.5)	12	(0.9)	3761	(79.3)	1726	(68.3)	46	(2.0)	3519	(47.2)
2 and over...	3015	21	(1.5)	3438	(39.4)	357	(29.9)	10	(0.8)	3700	(75.4)	1685	(65.0)	46	(1.8)	3367	(34.0)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	3136	(107.1)	209	(36.6)	7	(1.2)	3137	(164.0)	1253	(115.0)	40	(2.7)	3136	(112.1)
20 and over.....	1303	32	(1.6)	3624	(55.2)	612	(34.5)	17	(0.9)	3824	(63.8)	1911	(64.3)	50	(1.6)	3530	(76.1)
2 and over...	2060	28	(1.5)	3503	(51.7)	512	(29.1)	15	(0.8)	3723	(63.1)	1814	(59.5)	49	(1.4)	3416	(62.2)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	3034	(39.7)	165	(21.3)	5	(0.7)	3324	(176.2)	1397	(110.1)	42	(1.8)	2995	(38.5)
20 and over.....	5047	24	(1.4)	3529	(30.1)	441	(28.5)	12	(0.8)	3784	(50.6)	1819	(46.4)	48	(1.3)	3447	(31.4)
2 and over...	8066	21	(1.1)	3409	(27.7)	374	(21.8)	11	(0.6)	3722	(55.9)	1762	(41.9)	47	(1.1)	3325	(25.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Caffeine																		
				All Individuals [2]						*Full Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	27.2	(3.97)	1.1*	(0.35)	4*	(1.3)	37.6*	(11.35)	13.3*	(4.83)	--		26.3	(3.84)
20 and over.....	1550	14	(1.5)	157.6	(19.06)	5.8	(1.63)	4*	(1.2)	147.8	(16.12)	41.7	(9.40)	28	(5.2)	159.2	(22.25)
2 and over...	2519	13	(1.1)	125.0	(16.01)	4.6	(1.22)	4	(1.1)	129.5	(16.10)	37.0	(8.09)	29	(5.0)	124.3	(18.19)
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	28.1	(3.76)	1.2*	(0.42)	4*	(1.4)	30.7	(5.10)	12.5	(3.64)	41	(8.5)	27.8	(4.10)
20 and over.....	1882	25	(1.5)	163.6	(8.29)	9.6	(1.43)	6	(0.8)	191.7	(17.58)	39.1	(5.53)	20	(2.8)	154.4	(6.81)
2 and over...	3015	21	(1.5)	132.2	(7.79)	7.7	(1.19)	6	(0.8)	174.8	(16.23)	36.3	(4.93)	21	(2.7)	120.8	(6.38)
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	28.9	(3.85)	1.7*	(0.62)	6	(1.7)	40.5*	(21.51)	10.1*	(3.32)	25*	(10.4)	26.6	(3.06)
20 and over.....	1303	32	(1.6)	172.1	(5.23)	12.5	(1.97)	7	(1.1)	179.3	(7.15)	38.9	(6.14)	22	(3.5)	168.7	(5.85)
2 and over...	2060	28	(1.5)	136.5	(6.29)	9.8	(1.62)	7	(1.1)	158.9	(8.00)	34.6	(5.44)	22	(3.4)	127.7	(6.15)
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	28.3	(2.35)	1.3	(0.27)	5	(0.9)	36.1	(10.67)	11.2	(2.07)	31	(7.7)	27.3	(2.06)
20 and over.....	5047	24	(1.4)	165.0	(6.40)	9.3	(1.13)	6	(0.7)	178.2	(9.60)	38.6	(4.07)	22	(2.2)	160.8	(6.93)
2 and over...	8066	21	(1.1)	132.0	(6.00)	7.4	(0.91)	6	(0.7)	159.1	(9.90)	34.9	(3.77)	22	(2.2)	124.7	(6.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	8	(1.3)	--		--		--		--		--		--		--	
20 and over.....	1550	14	(1.5)	9.8	(1.30)	0.7	(0.19)	7*	(2.3)	12.2	(1.58)	4.9	(1.45)	40	(10.5)	9.4	(1.47)
2 and over...	2519	13	(1.1)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1133	10	(1.7)	--		--		--		--		--		--		--	
20 and over.....	1882	25	(1.5)	11.1	(1.24)	2.6*	(0.79)	24	(5.7)	20.2	(3.88)	10.7	(2.99)	53	(9.0)	8.1	(0.95)
2 and over...	3015	21	(1.5)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	757	17	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1303	32	(1.6)	12.1	(0.90)	3.2	(0.54)	26	(4.2)	19.7	(2.98)	9.8	(1.89)	50	(6.8)	8.6	(0.82)
2 and over...	2060	28	(1.5)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3019	12	(1.0)	--		--		--		--		--		--		--	
20 and over.....	5047	24	(1.4)	11.0	(0.84)	2.2	(0.38)	20	(2.8)	18.5	(2.39)	9.3	(1.46)	50	(4.0)	8.6	(0.63)
2 and over...	8066	21	(1.1)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014

Food energy																	
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1835	(23.7)	54	(10.9)	3	(0.6)	2332	(182.0)	807	(95.9)	35	(2.4)	1800	(19.6)
20 and over.....	1596	14	(1.7)	2157	(21.0)	131	(18.0)	6	(0.8)	2359	(85.6)	937	(48.1)	40	(2.4)	2125	(22.9)
2 and over...	2974	12	(1.2)	2053	(17.1)	107	(13.4)	5	(0.6)	2353	(67.7)	913	(51.4)	39	(2.1)	2014	(19.0)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1938	(46.6)	89	(17.9)	5	(0.9)	2109	(123.0)	744	(58.3)	35	(1.8)	1914	(51.4)
20 and over.....	1622	24	(1.5)	2146	(33.9)	213	(14.0)	10	(0.7)	2215	(77.8)	897	(25.7)	40	(1.2)	2125	(35.9)
2 and over...	2526	21	(1.6)	2094	(32.7)	182	(14.5)	9	(0.7)	2200	(67.9)	875	(25.3)	40	(1.1)	2067	(36.2)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1899	(60.4)	121	(22.8)	6	(1.2)	1835	(93.6)	646	(71.5)	35	(2.6)	1913	(58.4)
20 and over.....	1468	32	(1.7)	2136	(26.6)	299	(19.8)	14	(0.9)	2201	(67.4)	939	(45.5)	43	(1.7)	2106	(47.6)
2 and over...	2010	30	(1.5)	2095	(20.8)	268	(14.1)	13	(0.7)	2161	(58.7)	907	(36.6)	42	(1.4)	2067	(34.3)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1885	(21.1)	85	(9.4)	4	(0.5)	2029	(74.7)	717	(45.8)	35	(1.5)	1866	(25.1)
20 and over.....	5047	24	(1.4)	2141	(18.7)	223	(12.9)	10	(0.6)	2234	(47.5)	922	(25.7)	41	(1.2)	2112	(19.4)
2 and over...	8066	21	(1.1)	2079	(17.2)	190	(9.8)	9	(0.5)	2207	(41.6)	895	(19.8)	41	(0.9)	2045	(17.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	67.7	(1.68)	3.1*	(1.29)	5*	(1.8)	103.4	(26.51)	46.7*	(17.17)	45	(5.6)	65.1	(1.35)
20 and over.....	1596	14	(1.7)	80.5	(1.50)	5.7	(0.59)	7	(0.8)	90.1	(3.56)	40.9	(2.31)	45	(2.0)	79.0	(1.60)
2 and over...	2974	12	(1.2)	76.4	(1.19)	4.9	(0.68)	6	(0.9)	92.6	(5.07)	42.0	(3.54)	45	(2.0)	74.2	(1.28)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	72.1	(2.15)	3.6	(0.73)	5	(1.0)	76.2	(3.96)	30.3	(1.82)	40	(1.7)	71.5	(2.41)
20 and over.....	1622	24	(1.5)	84.3	(1.40)	9.7	(0.76)	11	(0.9)	88.2	(3.12)	40.8	(2.03)	46	(1.5)	83.1	(1.49)
2 and over...	2526	21	(1.6)	81.3	(1.47)	8.2	(0.73)	10	(0.9)	86.5	(2.96)	39.3	(1.82)	45	(1.4)	79.9	(1.51)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	69.7	(2.59)	4.8	(0.95)	7	(1.4)	64.7	(4.12)	25.6	(3.33)	40	(3.3)	70.9	(2.64)
20 and over.....	1468	32	(1.7)	84.9	(1.28)	12.8	(0.95)	15	(1.0)	88.3	(1.51)	40.2	(1.35)	46	(1.7)	83.3	(2.00)
2 and over...	2010	30	(1.5)	82.2	(1.10)	11.4	(0.72)	14	(0.8)	85.7	(1.51)	38.6	(1.13)	45	(1.5)	80.8	(1.56)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	69.8	(1.16)	3.7	(0.66)	5	(0.9)	76.4	(6.90)	31.7	(4.10)	41	(2.1)	69.0	(1.39)
20 and over.....	5047	24	(1.4)	83.6	(0.73)	9.8	(0.59)	12	(0.7)	88.9	(1.60)	40.7	(1.24)	46	(1.1)	81.9	(0.92)
2 and over...	8066	21	(1.1)	80.3	(0.74)	8.4	(0.46)	10	(0.6)	87.2	(1.98)	39.4	(1.24)	45	(1.0)	78.4	(0.86)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Carbohydrate																		
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	240	(3.1)	5	(0.8)	2	(0.3)	279	(14.2)	81	(5.6)	29	(2.2)	237	(2.8)
20 and over.....	1596	14	(1.7)	267	(3.5)	14	(2.4)	5	(0.9)	280	(10.6)	98	(8.1)	35	(2.9)	265	(3.7)
2 and over...	2974	12	(1.2)	258	(2.9)	11	(1.6)	4	(0.6)	280	(8.2)	95	(6.5)	34	(2.4)	256	(3.2)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	252	(6.6)	11	(2.4)	4	(0.9)	279	(21.8)	89	(9.7)	32	(2.3)	249	(6.8)
20 and over.....	1622	24	(1.5)	253	(3.9)	20	(1.3)	8	(0.6)	246	(10.9)	84	(3.4)	34	(1.2)	255	(4.6)
2 and over...	2526	21	(1.6)	253	(3.4)	18	(1.5)	7	(0.6)	251	(9.7)	85	(3.6)	34	(1.0)	253	(4.3)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	251	(7.9)	14	(2.6)	5	(1.1)	239	(9.9)	74	(7.7)	31	(2.6)	254	(7.7)
20 and over.....	1468	32	(1.7)	245	(3.1)	29	(1.9)	12	(0.7)	239	(6.1)	92	(4.8)	38	(1.5)	247	(5.6)
2 and over...	2010	30	(1.5)	246	(2.6)	27	(1.5)	11	(0.6)	239	(5.2)	90	(3.9)	38	(1.2)	249	(4.5)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	246	(2.8)	10	(1.0)	4	(0.4)	260	(8.6)	81	(5.2)	31	(1.6)	245	(3.1)
20 and over.....	5047	24	(1.4)	253	(2.1)	22	(1.2)	9	(0.5)	249	(4.5)	90	(2.6)	36	(1.0)	254	(2.5)
2 and over...	8066	21	(1.1)	251	(2.1)	19	(1.0)	7	(0.4)	250	(4.0)	89	(2.0)	35	(0.7)	252	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total sugars: All Individuals [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	110	(2.4)	2	(0.3)	2	(0.3)	130	(7.7)	31	(3.6)	23	(3.0)	108	(2.5)
20 and over.....	1596	14	(1.7)	126	(2.7)	5	(1.0)	4	(0.8)	131	(8.4)	34	(4.7)	26	(3.4)	125	(2.8)
2 and over...	2974	12	(1.2)	121	(2.5)	4	(0.7)	3	(0.6)	131	(6.7)	33	(4.0)	26	(2.8)	119	(2.6)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	118	(4.1)	4	(1.2)	4	(1.0)	132	(13.8)	35	(7.3)	26	(4.0)	116	(4.5)
20 and over.....	1622	24	(1.5)	114	(3.0)	7	(0.7)	6	(0.6)	111	(9.2)	28	(3.0)	25	(1.4)	115	(2.9)
2 and over...	2526	21	(1.6)	115	(2.3)	6	(0.7)	5	(0.6)	114	(8.1)	29	(3.0)	25	(1.4)	115	(2.4)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	119	(4.1)	5	(1.2)	5	(1.1)	110	(5.2)	29	(3.5)	26	(2.6)	121	(4.1)
20 and over.....	1468	32	(1.7)	101	(1.7)	9	(0.7)	9	(0.6)	93	(2.4)	27	(2.0)	30	(1.7)	104	(3.0)
2 and over...	2010	30	(1.5)	104	(1.6)	8	(0.5)	8	(0.4)	95	(2.3)	28	(1.6)	29	(1.3)	108	(2.7)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	114	(1.7)	4	(0.5)	3	(0.4)	121	(5.1)	31	(3.0)	26	(2.0)	113	(1.9)
20 and over.....	5047	24	(1.4)	111	(1.4)	7	(0.6)	6	(0.5)	105	(3.3)	29	(1.7)	27	(1.2)	114	(1.6)
2 and over...	8066	21	(1.1)	112	(1.3)	6	(0.5)	5	(0.4)	107	(3.0)	29	(1.6)	27	(1.0)	114	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	13.8	(0.42)	0.3	(0.08)	2	(0.6)	15.1	(1.22)	5.0	(0.77)	33	(3.6)	13.7	(0.39)
20 and over.....	1596	14	(1.7)	15.6	(0.42)	0.9	(0.13)	6	(0.8)	16.4	(0.58)	6.4	(0.56)	39	(2.7)	15.5	(0.49)
2 and over...	2974	12	(1.2)	15.0	(0.37)	0.7	(0.08)	5	(0.5)	16.2	(0.55)	6.1	(0.46)	38	(2.3)	14.9	(0.40)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	13.9	(0.33)	0.6	(0.11)	4	(0.8)	14.9	(1.01)	5.0	(0.30)	34	(1.9)	13.7	(0.33)
20 and over.....	1622	24	(1.5)	16.8	(0.39)	1.4	(0.13)	9	(0.8)	16.2	(0.50)	6.1	(0.33)	37	(1.8)	16.9	(0.46)
2 and over...	2526	21	(1.6)	16.0	(0.29)	1.2	(0.12)	8	(0.8)	16.0	(0.45)	5.9	(0.30)	37	(1.5)	16.0	(0.33)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	14.3	(0.44)	0.8	(0.13)	6	(0.9)	13.7	(0.51)	4.2	(0.44)	31	(2.4)	14.4	(0.46)
20 and over.....	1468	32	(1.7)	18.2	(0.37)	2.2	(0.18)	12	(1.0)	17.7	(0.31)	7.0	(0.39)	39	(2.2)	18.5	(0.56)
2 and over...	2010	30	(1.5)	17.5	(0.30)	2.0	(0.14)	11	(0.8)	17.3	(0.27)	6.7	(0.34)	39	(2.0)	17.7	(0.42)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.19)	0.5	(0.05)	4	(0.4)	14.3	(0.48)	4.7	(0.31)	33	(1.6)	13.9	(0.19)
20 and over.....	5047	24	(1.4)	17.1	(0.27)	1.6	(0.11)	9	(0.6)	17.1	(0.17)	6.5	(0.26)	38	(1.5)	17.1	(0.34)
2 and over...	8066	21	(1.1)	16.3	(0.21)	1.3	(0.08)	8	(0.5)	16.7	(0.18)	6.3	(0.23)	38	(1.3)	16.2	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Full Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [4] Total Intake g	(SE)	Full Service Restaurant Consumers [4] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Total fat																	
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	69.2	(1.47)	2.2	(0.45)	3	(0.6)	90.6	(6.87)	33.0	(3.77)	36	(3.1)	67.7	(1.43)
20 and over.....	1596	14	(1.7)	80.6	(1.01)	5.6	(0.72)	7	(0.9)	91.6	(3.95)	39.8	(1.98)	43	(2.6)	78.8	(1.13)
2 and over...	2974	12	(1.2)	76.9	(0.84)	4.5	(0.50)	6	(0.6)	91.4	(2.72)	38.6	(1.83)	42	(2.1)	75.0	(0.96)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	73.0	(1.89)	3.6	(0.65)	5	(0.9)	78.9	(3.44)	30.2	(1.92)	38	(1.8)	72.2	(2.14)
20 and over.....	1622	24	(1.5)	84.2	(1.54)	9.1	(0.71)	11	(0.8)	88.2	(3.42)	38.3	(2.29)	43	(2.1)	83.0	(1.71)
2 and over...	2526	21	(1.6)	81.4	(1.50)	7.7	(0.65)	9	(0.8)	86.9	(2.73)	37.2	(1.94)	43	(2.0)	80.0	(1.71)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	70.8	(2.71)	5.2	(1.00)	7	(1.4)	71.0	(5.01)	27.9	(3.50)	39	(2.7)	70.8	(2.76)
20 and over.....	1468	32	(1.7)	83.4	(1.62)	11.8	(0.73)	14	(0.9)	84.0	(2.40)	37.1	(1.20)	44	(1.4)	83.1	(2.22)
2 and over...	2010	30	(1.5)	81.2	(1.50)	10.7	(0.53)	13	(0.6)	82.6	(2.28)	36.0	(0.97)	44	(1.2)	80.6	(1.77)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	70.9	(1.19)	3.5	(0.39)	5	(0.6)	77.8	(3.15)	30.0	(2.09)	39	(1.9)	70.0	(1.34)
20 and over.....	5047	24	(1.4)	82.9	(0.89)	9.2	(0.53)	11	(0.6)	86.7	(2.16)	37.8	(1.09)	44	(1.1)	81.7	(0.94)
2 and over...	8066	21	(1.1)	80.0	(0.79)	7.8	(0.41)	10	(0.5)	85.5	(1.89)	36.8	(0.89)	43	(0.9)	78.5	(0.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat															
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	23.6	(0.53)	0.7	(0.16)	3	(0.7)	29.7	(1.87)	10.7	(1.37)	36	(4.1)	23.2	(0.58)
20 and over.....	1596	14	(1.7)	26.3	(0.49)	1.6	(0.21)	6	(0.7)	28.1	(1.36)	11.4	(0.74)	41	(2.9)	26.0	(0.58)
2 and over...	2974	12	(1.2)	25.4	(0.43)	1.3	(0.14)	5	(0.5)	28.4	(0.99)	11.3	(0.60)	40	(2.3)	25.1	(0.49)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	25.3	(0.94)	1.2	(0.24)	5	(1.0)	27.4	(1.45)	9.8	(0.97)	36	(2.6)	25.1	(1.07)
20 and over.....	1622	24	(1.5)	27.2	(0.46)	2.6	(0.19)	10	(0.7)	27.8	(1.27)	11.1	(0.67)	40	(2.2)	27.0	(0.45)
2 and over...	2526	21	(1.6)	26.7	(0.46)	2.3	(0.18)	8	(0.7)	27.8	(1.05)	10.9	(0.61)	39	(2.0)	26.5	(0.47)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	25.3	(0.68)	1.6	(0.37)	6	(1.5)	23.8	(1.79)	8.6	(1.23)	36	(3.0)	25.7	(0.80)
20 and over.....	1468	32	(1.7)	26.7	(0.55)	3.4	(0.22)	13	(0.8)	25.9	(0.90)	10.8	(0.40)	42	(1.6)	27.0	(0.81)
2 and over...	2010	30	(1.5)	26.4	(0.50)	3.1	(0.16)	12	(0.6)	25.7	(0.84)	10.5	(0.34)	41	(1.2)	26.7	(0.68)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	24.7	(0.43)	1.1	(0.15)	5	(0.6)	26.3	(1.07)	9.5	(0.74)	36	(2.1)	24.5	(0.56)
20 and over.....	5047	24	(1.4)	26.7	(0.27)	2.7	(0.16)	10	(0.6)	27.0	(0.78)	11.0	(0.36)	41	(1.2)	26.7	(0.33)
2 and over...	8066	21	(1.1)	26.3	(0.24)	2.3	(0.13)	9	(0.5)	26.9	(0.69)	10.8	(0.31)	40	(1.0)	26.1	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat															
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	23.2	(0.54)	0.7	(0.14)	3	(0.6)	30.7	(2.53)	10.7	(1.18)	35	(3.2)	22.6	(0.50)
20 and over.....	1596	14	(1.7)	27.9	(0.34)	1.9	(0.23)	7	(0.8)	31.5	(1.70)	13.5	(0.66)	43	(2.3)	27.3	(0.37)
2 and over...	2974	12	(1.2)	26.3	(0.28)	1.5	(0.15)	6	(0.6)	31.3	(1.11)	13.0	(0.57)	41	(1.9)	25.7	(0.32)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	24.4	(0.75)	1.2	(0.20)	5	(0.8)	26.1	(1.17)	9.9	(0.62)	38	(2.0)	24.2	(0.84)
20 and over.....	1622	24	(1.5)	29.2	(0.64)	3.1	(0.25)	11	(0.9)	30.1	(1.07)	13.1	(0.81)	43	(2.3)	29.0	(0.77)
2 and over...	2526	21	(1.6)	28.0	(0.62)	2.6	(0.23)	9	(0.8)	29.6	(0.87)	12.6	(0.70)	43	(2.1)	27.6	(0.72)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	23.3	(1.08)	1.7	(0.32)	7	(1.4)	23.0	(1.62)	8.9	(1.15)	39	(3.0)	23.4	(1.15)
20 and over.....	1468	32	(1.7)	29.1	(0.59)	4.0	(0.26)	14	(0.8)	29.2	(0.87)	12.7	(0.49)	43	(1.5)	29.1	(0.75)
2 and over...	2010	30	(1.5)	28.1	(0.55)	3.6	(0.19)	13	(0.6)	28.5	(0.82)	12.2	(0.41)	43	(1.2)	28.0	(0.61)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	23.6	(0.48)	1.1	(0.13)	5	(0.5)	25.6	(1.08)	9.7	(0.70)	38	(2.1)	23.4	(0.52)
20 and over.....	5047	24	(1.4)	28.8	(0.31)	3.1	(0.19)	11	(0.6)	29.9	(0.71)	12.9	(0.39)	43	(1.0)	28.5	(0.31)
2 and over...	8066	21	(1.1)	27.6	(0.30)	2.6	(0.14)	10	(0.5)	29.3	(0.62)	12.5	(0.33)	43	(0.9)	27.1	(0.31)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Full Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [4] Total Intake g	(SE)	Full Service Restaurant Consumers [4] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Polyunsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	15.7	(0.45)	0.5	(0.10)	3	(0.6)	20.8	(1.70)	7.8	(0.94)	37	(2.8)	15.3	(0.43)
20 and over.....	1596	14	(1.7)	18.7	(0.46)	1.6	(0.23)	8	(1.2)	23.3	(1.12)	11.2	(0.76)	48	(3.4)	17.9	(0.45)
2 and over...	2974	12	(1.2)	17.7	(0.36)	1.2	(0.16)	7	(0.9)	22.9	(0.90)	10.6	(0.72)	46	(2.9)	17.0	(0.36)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	16.4	(0.47)	0.9	(0.15)	6	(0.9)	18.0	(0.94)	7.6	(0.41)	42	(2.0)	16.2	(0.55)
20 and over.....	1622	24	(1.5)	19.7	(0.49)	2.5	(0.23)	12	(1.2)	21.8	(1.01)	10.4	(0.74)	48	(2.8)	19.1	(0.56)
2 and over...	2526	21	(1.6)	18.9	(0.39)	2.1	(0.19)	11	(1.1)	21.3	(0.77)	10.0	(0.60)	47	(2.4)	18.3	(0.45)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	15.4	(1.01)	1.5	(0.27)	10	(1.5)	17.8	(1.56)	7.9	(1.15)	45	(3.6)	14.8	(1.00)
20 and over.....	1468	32	(1.7)	19.8	(0.48)	3.2	(0.25)	16	(1.2)	20.9	(0.59)	10.0	(0.50)	48	(2.0)	19.3	(0.60)
2 and over...	2010	30	(1.5)	19.0	(0.44)	2.9	(0.19)	15	(1.0)	20.6	(0.55)	9.8	(0.45)	48	(1.9)	18.4	(0.51)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	15.8	(0.41)	0.9	(0.09)	6	(0.5)	18.6	(0.87)	7.9	(0.65)	43	(2.2)	15.4	(0.39)
20 and over.....	5047	24	(1.4)	19.5	(0.31)	2.5	(0.16)	13	(0.7)	21.6	(0.55)	10.3	(0.33)	48	(1.4)	18.8	(0.32)
2 and over...	8066	21	(1.1)	18.6	(0.26)	2.1	(0.12)	11	(0.6)	21.2	(0.47)	10.0	(0.26)	47	(1.2)	17.9	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		All Individuals [3]						Full Service Restaurant Consumers [4]						Non-consumers [5]	
				Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	224	(7.6)	10*	(4.4)	5*	(1.9)	361*	(110.9)	153*	(59.8)	42	(4.4)	214	(6.8)
20 and over.....	1596	14	(1.7)	292	(6.7)	24	(3.0)	8	(1.1)	338	(16.5)	169	(13.6)	50	(3.4)	285	(7.2)
2 and over...	2974	12	(1.2)	270	(4.7)	19	(2.5)	7	(1.0)	342	(18.0)	166	(12.7)	48	(2.7)	260	(6.3)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	233	(8.5)	14	(3.2)	6	(1.4)	259	(26.2)	118	(14.9)	45	(2.7)	229	(9.8)
20 and over.....	1622	24	(1.5)	303	(8.0)	44	(4.3)	14	(1.2)	361	(21.4)	184	(15.5)	51	(2.3)	284	(7.3)
2 and over...	2526	21	(1.6)	285	(7.6)	36	(3.9)	13	(1.1)	346	(19.2)	174	(14.0)	50	(2.2)	269	(6.7)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	211	(9.1)	17	(4.0)	8	(1.8)	222	(27.8)	89	(15.1)	40	(4.4)	209	(9.5)
20 and over.....	1468	32	(1.7)	285	(8.1)	50	(4.4)	18	(1.4)	306	(12.1)	159	(7.9)	52	(1.4)	276	(10.8)
2 and over...	2010	30	(1.5)	272	(6.8)	45	(3.6)	16	(1.2)	297	(10.6)	151	(7.3)	51	(1.3)	262	(8.5)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	224	(5.3)	13	(2.6)	6	(1.1)	262	(37.2)	113	(17.1)	43	(1.8)	219	(5.1)
20 and over.....	5047	24	(1.4)	293	(4.2)	41	(2.3)	14	(0.8)	328	(10.2)	167	(6.6)	51	(1.1)	282	(5.3)
2 and over...	8066	21	(1.1)	276	(3.7)	34	(1.9)	12	(0.6)	319	(10.9)	160	(6.8)	50	(1.0)	265	(3.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	537	(18.5)	12	(2.5)	2	(0.5)	534	(32.8)	171	(21.7)	32	(3.2)	537	(19.0)
20 and over.....	1596	14	(1.7)	573	(23.7)	37	(6.8)	7	(1.1)	666	(63.5)	267	(36.0)	40	(4.2)	558	(25.3)
2 and over...	2974	12	(1.2)	561	(19.0)	29	(4.6)	5	(0.8)	641	(51.2)	249	(29.2)	39	(3.5)	551	(20.6)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	625	(22.6)	20	(4.0)	3	(0.7)	689	(33.0)	170	(17.7)	25	(2.3)	616	(26.2)
20 and over.....	1622	24	(1.5)	648	(26.2)	60	(7.9)	9	(1.1)	656	(42.0)	252	(32.5)	38	(3.3)	646	(27.1)
2 and over...	2526	21	(1.6)	642	(22.7)	50	(6.8)	8	(1.0)	661	(37.0)	241	(27.9)	36	(2.8)	638	(23.4)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	640	(20.2)	32	(7.0)	5	(1.1)	580	(44.4)	169	(27.8)	29	(3.1)	654	(29.8)
20 and over.....	1468	32	(1.7)	661	(17.1)	70	(5.4)	11	(0.8)	608	(16.7)	221	(9.4)	36	(1.7)	686	(23.5)
2 and over...	2010	30	(1.5)	657	(13.3)	64	(4.4)	10	(0.6)	605	(15.0)	215	(8.5)	36	(1.5)	679	(17.0)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	598	(14.6)	20	(2.1)	3	(0.4)	601	(22.1)	167	(11.3)	28	(1.7)	597	(17.5)
20 and over.....	5047	24	(1.4)	637	(12.2)	58	(3.3)	9	(0.5)	637	(22.6)	238	(15.2)	37	(1.5)	637	(14.2)
2 and over...	8066	21	(1.1)	627	(11.5)	48	(2.6)	8	(0.4)	633	(20.2)	229	(13.1)	36	(1.2)	626	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Beta carotene															
				All Individuals [3]						*Full Service Restaurant Consumers* [4]				*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1071	(79.3)	41*	(14.4)	4*	(1.4)	1167	(227.3)	613	(164.7)	53	(10.4)	1064	(84.4)
20 and over.....	1596	14	(1.7)	1727	(100.9)	124	(23.8)	7	(1.4)	1944	(377.1)	881	(210.0)	45	(7.3)	1691	(119.5)
2 and over...	2974	12	(1.2)	1515	(84.7)	97	(16.2)	6	(1.1)	1799	(320.3)	831	(170.3)	46	(6.7)	1477	(95.4)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1341	(222.4)	68	(16.8)	5	(1.4)	1437	(199.5)	570	(131.7)	40	(8.3)	1328	(238.8)
20 and over.....	1622	24	(1.5)	2316	(158.2)	236	(38.8)	10	(1.6)	2333	(152.6)	996	(141.8)	43	(6.1)	2311	(198.3)
2 and over...	2526	21	(1.6)	2074	(140.1)	195	(31.0)	9	(1.4)	2206	(150.6)	936	(129.9)	42	(5.8)	2040	(163.0)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1592	(169.0)	139*	(44.1)	9	(2.6)	1622*	(519.7)	742*	(248.2)	46	(7.7)	1585	(207.2)
20 and over.....	1468	32	(1.7)	2507	(145.7)	320	(39.8)	13	(1.6)	2129	(144.9)	1004	(99.6)	47	(5.1)	2684	(177.7)
2 and over...	2010	30	(1.5)	2347	(122.2)	288	(32.7)	12	(1.3)	2072	(127.8)	975	(92.4)	47	(4.8)	2462	(155.4)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1303	(97.0)	75	(12.7)	6	(1.1)	1438	(221.6)	634	(112.5)	44	(5.3)	1285	(105.2)
20 and over.....	5047	24	(1.4)	2271	(89.2)	239	(30.1)	11	(1.3)	2192	(112.2)	987	(108.0)	45	(4.2)	2296	(102.3)
2 and over...	8066	21	(1.1)	2037	(80.3)	199	(21.6)	10	(1.1)	2091	(102.0)	939	(91.7)	45	(3.9)	2023	(92.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	3997	(264.1)	184	(35.2)	5	(0.7)	4541	(627.0)	2723	(422.4)	60	(6.1)	3958	(277.4)
20 and over.....	1596	14	(1.7)	4533	(289.5)	355	(70.9)	8	(1.6)	5428	(817.9)	2534	(573.9)	47	(10.4)	4387	(297.9)
2 and over...	2974	12	(1.2)	4360	(244.0)	300	(46.8)	7	(1.1)	5263	(691.3)	2569	(488.6)	49	(9.1)	4241	(250.7)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	4372	(392.5)	318*	(124.2)	7*	(2.6)	5234	(962.2)	2660*	(872.1)	51	(9.2)	4255	(413.2)
20 and over.....	1622	24	(1.5)	4893	(255.7)	680	(102.3)	14	(2.2)	5309	(389.6)	2867	(414.1)	54	(7.4)	4764	(332.0)
2 and over...	2526	21	(1.6)	4764	(232.7)	590	(92.7)	12	(2.0)	5298	(427.8)	2838	(387.5)	54	(6.4)	4624	(292.8)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	3874	(361.2)	310	(70.7)	8	(2.2)	4145	(438.2)	1660	(393.4)	40	(10.9)	3812	(375.7)
20 and over.....	1468	32	(1.7)	5598	(209.4)	930	(105.0)	17	(1.9)	6182	(502.6)	2919	(319.4)	47	(5.2)	5326	(260.8)
2 and over...	2010	30	(1.5)	5296	(194.1)	821	(81.7)	16	(1.5)	5956	(453.5)	2780	(288.8)	47	(4.8)	5020	(216.7)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	4126	(210.2)	256	(47.1)	6	(1.1)	4491	(341.4)	2169	(364.3)	48	(6.6)	4078	(226.0)
20 and over.....	5047	24	(1.4)	5021	(136.4)	676	(55.6)	13	(1.1)	5677	(262.9)	2791	(252.3)	49	(3.8)	4811	(166.3)
2 and over...	8066	21	(1.1)	4805	(121.3)	574	(44.1)	12	(0.9)	5518	(235.8)	2707	(229.7)	49	(3.5)	4612	(143.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1.47	(0.032)	0.04	(0.008)	2	(0.5)	1.63	(0.113)	0.53	(0.064)	33	(2.7)	1.46	(0.033)
20 and over.....	1596	14	(1.7)	1.59	(0.028)	0.08	(0.012)	5	(0.8)	1.65	(0.047)	0.61	(0.037)	37	(2.7)	1.58	(0.031)
2 and over...	2974	12	(1.2)	1.55	(0.022)	0.07	(0.009)	4	(0.6)	1.64	(0.042)	0.59	(0.035)	36	(2.2)	1.54	(0.025)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1.63	(0.046)	0.06	(0.014)	4	(0.9)	1.67	(0.106)	0.50	(0.042)	30	(1.7)	1.62	(0.052)
20 and over.....	1622	24	(1.5)	1.63	(0.033)	0.15	(0.011)	9	(0.7)	1.61	(0.042)	0.61	(0.032)	38	(1.9)	1.64	(0.044)
2 and over...	2526	21	(1.6)	1.63	(0.031)	0.12	(0.011)	8	(0.7)	1.62	(0.043)	0.60	(0.029)	37	(1.7)	1.63	(0.039)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1.59	(0.056)	0.08	(0.015)	5	(1.0)	1.44	(0.120)	0.41	(0.061)	29	(3.7)	1.63	(0.059)
20 and over.....	1468	32	(1.7)	1.65	(0.018)	0.19	(0.013)	12	(0.7)	1.58	(0.035)	0.61	(0.025)	39	(1.5)	1.68	(0.037)
2 and over...	2010	30	(1.5)	1.64	(0.019)	0.17	(0.011)	11	(0.6)	1.56	(0.030)	0.59	(0.021)	38	(1.4)	1.67	(0.032)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1.56	(0.027)	0.06	(0.007)	4	(0.5)	1.56	(0.077)	0.47	(0.035)	30	(1.6)	1.56	(0.033)
20 and over.....	5047	24	(1.4)	1.62	(0.018)	0.15	(0.008)	9	(0.5)	1.60	(0.017)	0.61	(0.016)	38	(1.0)	1.63	(0.025)
2 and over...	8066	21	(1.1)	1.61	(0.018)	0.12	(0.007)	8	(0.4)	1.60	(0.017)	0.59	(0.014)	37	(0.9)	1.61	(0.023)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1.82	(0.036)	0.04	(0.011)	2	(0.6)	2.05	(0.194)	0.65	(0.125)	32	(3.8)	1.81	(0.042)
20 and over.....	1596	14	(1.7)	2.06	(0.055)	0.11	(0.014)	5	(0.7)	2.27	(0.112)	0.77	(0.041)	34	(1.8)	2.03	(0.065)
2 and over...	2974	12	(1.2)	1.99	(0.040)	0.09	(0.011)	4	(0.5)	2.23	(0.087)	0.74	(0.042)	33	(1.7)	1.95	(0.044)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	2.13	(0.073)	0.06	(0.015)	3	(0.8)	2.12	(0.122)	0.53	(0.055)	25	(2.4)	2.13	(0.088)
20 and over.....	1622	24	(1.5)	2.18	(0.047)	0.17	(0.014)	8	(0.6)	2.29	(0.093)	0.71	(0.043)	31	(2.2)	2.14	(0.058)
2 and over...	2526	21	(1.6)	2.17	(0.049)	0.14	(0.014)	7	(0.7)	2.26	(0.080)	0.69	(0.041)	30	(1.9)	2.14	(0.055)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	2.06	(0.072)	0.09	(0.016)	4	(0.9)	1.87	(0.134)	0.48	(0.050)	26	(2.1)	2.11	(0.087)
20 and over.....	1468	32	(1.7)	2.25	(0.043)	0.23	(0.015)	10	(0.6)	2.19	(0.057)	0.72	(0.021)	33	(1.1)	2.28	(0.066)
2 and over...	2010	30	(1.5)	2.22	(0.035)	0.20	(0.012)	9	(0.5)	2.15	(0.053)	0.69	(0.017)	32	(0.9)	2.25	(0.050)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	2.00	(0.040)	0.06	(0.008)	3	(0.5)	1.98	(0.109)	0.53	(0.046)	27	(1.5)	2.00	(0.053)
20 and over.....	5047	24	(1.4)	2.18	(0.028)	0.17	(0.010)	8	(0.4)	2.25	(0.053)	0.72	(0.020)	32	(0.9)	2.16	(0.035)
2 and over...	8066	21	(1.1)	2.13	(0.029)	0.15	(0.008)	7	(0.4)	2.21	(0.047)	0.70	(0.019)	31	(0.8)	2.11	(0.035)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	21.5	(0.64)	0.9*	(0.38)	4*	(1.7)	31.4	(7.79)	13.7*	(5.19)	44	(6.0)	20.7	(0.63)
20 and over.....	1596	14	(1.7)	25.9	(0.54)	1.6	(0.21)	6	(0.8)	28.2	(1.54)	11.7	(0.71)	42	(2.3)	25.6	(0.61)
2 and over...	2974	12	(1.2)	24.5	(0.43)	1.4	(0.24)	6	(1.0)	28.8	(1.83)	12.1	(1.37)	42	(2.7)	23.9	(0.44)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	23.3	(0.78)	1.0	(0.21)	4	(1.0)	22.7	(1.18)	8.4	(0.62)	37	(1.5)	23.4	(0.87)
20 and over.....	1622	24	(1.5)	27.0	(0.71)	2.7	(0.23)	10	(0.9)	28.5	(1.18)	11.6	(0.63)	41	(2.4)	26.6	(0.81)
2 and over...	2526	21	(1.6)	26.1	(0.70)	2.3	(0.22)	9	(0.9)	27.7	(1.10)	11.1	(0.56)	40	(2.1)	25.7	(0.78)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	21.8	(1.16)	1.3	(0.26)	6	(1.2)	19.5	(1.52)	7.1	(1.02)	36	(3.9)	22.3	(1.15)
20 and over.....	1468	32	(1.7)	26.3	(0.28)	3.7	(0.26)	14	(1.0)	27.3	(0.67)	11.7	(0.46)	43	(1.7)	25.8	(0.41)
2 and over...	2010	30	(1.5)	25.5	(0.33)	3.3	(0.21)	13	(0.8)	26.5	(0.61)	11.2	(0.43)	42	(1.5)	25.1	(0.38)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	22.2	(0.45)	1.1	(0.19)	5	(0.9)	23.1	(2.11)	8.9	(1.24)	39	(2.3)	22.1	(0.48)
20 and over.....	5047	24	(1.4)	26.5	(0.24)	2.8	(0.16)	11	(0.6)	27.9	(0.52)	11.7	(0.36)	42	(1.0)	26.0	(0.28)
2 and over...	8066	21	(1.1)	25.4	(0.24)	2.4	(0.13)	9	(0.5)	27.3	(0.60)	11.3	(0.37)	41	(0.9)	24.9	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [3]					*Full Service Restaurant Consumers* [4]					*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1.73	(0.063)	0.07*	(0.032)	4*	(1.8)	2.45	(0.670)	1.02*	(0.449)	42	(7.1)	1.68	(0.059)
20 and over.....	1596	14	(1.7)	2.13	(0.080)	0.13	(0.015)	6	(0.8)	2.27	(0.129)	0.91	(0.050)	40	(1.9)	2.10	(0.094)
2 and over...	2974	12	(1.2)	2.00	(0.062)	0.11	(0.019)	5	(1.0)	2.31	(0.176)	0.93	(0.111)	41	(2.5)	1.96	(0.068)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1.89	(0.081)	0.07	(0.014)	4	(0.8)	1.82	(0.105)	0.58	(0.040)	32	(1.5)	1.90	(0.088)
20 and over.....	1622	24	(1.5)	2.25	(0.079)	0.22	(0.018)	10	(1.0)	2.39	(0.132)	0.91	(0.052)	38	(2.7)	2.20	(0.104)
2 and over...	2526	21	(1.6)	2.16	(0.074)	0.18	(0.017)	8	(1.0)	2.31	(0.116)	0.86	(0.046)	37	(2.3)	2.12	(0.091)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1.82	(0.105)	0.09	(0.017)	5	(1.0)	1.54	(0.119)	0.49	(0.065)	32	(3.0)	1.89	(0.113)
20 and over.....	1468	32	(1.7)	2.20	(0.032)	0.30	(0.024)	14	(1.1)	2.26	(0.070)	0.95	(0.040)	42	(2.1)	2.17	(0.032)
2 and over...	2010	30	(1.5)	2.13	(0.029)	0.27	(0.020)	12	(0.9)	2.18	(0.059)	0.90	(0.040)	41	(2.0)	2.11	(0.028)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1.81	(0.039)	0.08	(0.015)	4	(0.8)	1.83	(0.185)	0.64	(0.104)	35	(2.4)	1.81	(0.043)
20 and over.....	5047	24	(1.4)	2.20	(0.030)	0.23	(0.014)	10	(0.7)	2.31	(0.051)	0.93	(0.029)	40	(1.0)	2.16	(0.042)
2 and over...	8066	21	(1.1)	2.11	(0.028)	0.19	(0.010)	9	(0.5)	2.25	(0.058)	0.89	(0.031)	40	(0.9)	2.07	(0.036)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Folate (DFE)																	
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	496	(16.1)	11	(2.0)	2	(0.4)	524	(33.5)	162	(16.6)	31	(3.0)	494	(16.4)
20 and over.....	1596	14	(1.7)	526	(19.4)	25	(2.8)	5	(0.6)	526	(28.3)	176	(10.9)	33	(1.8)	526	(21.7)
2 and over...	2974	12	(1.2)	517	(16.5)	20	(1.9)	4	(0.4)	526	(24.6)	173	(9.9)	33	(1.6)	515	(18.1)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	521	(30.2)	19	(4.4)	4	(0.9)	553	(49.1)	156	(15.3)	28	(2.0)	517	(32.8)
20 and over.....	1622	24	(1.5)	522	(16.9)	41	(3.0)	8	(0.7)	503	(11.3)	174	(7.5)	35	(1.1)	528	(22.0)
2 and over...	2526	21	(1.6)	522	(16.8)	36	(3.3)	7	(0.7)	510	(12.3)	171	(7.5)	34	(1.0)	525	(21.5)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	497	(14.9)	27	(5.5)	5	(1.2)	456	(38.3)	142	(18.3)	31	(4.3)	506	(21.7)
20 and over.....	1468	32	(1.7)	536	(8.2)	60	(4.4)	11	(0.8)	512	(13.8)	189	(9.6)	37	(1.6)	546	(15.0)
2 and over...	2010	30	(1.5)	529	(6.6)	54	(3.3)	10	(0.7)	506	(12.4)	184	(8.5)	36	(1.4)	538	(10.8)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	510	(12.7)	18	(1.9)	4	(0.4)	506	(23.8)	154	(9.2)	30	(1.9)	511	(14.9)
20 and over.....	5047	24	(1.4)	528	(8.7)	44	(2.7)	8	(0.5)	513	(10.1)	182	(6.2)	35	(1.0)	533	(11.8)
2 and over...	8066	21	(1.1)	524	(8.0)	38	(2.1)	7	(0.4)	512	(9.6)	178	(5.6)	35	(0.9)	527	(10.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	248	(5.9)	9*	(3.2)	3*	(1.3)	349	(83.6)	127*	(42.5)	36	(4.1)	240	(5.5)
20 and over.....	1596	14	(1.7)	327	(6.4)	23	(2.6)	7	(0.9)	362	(14.1)	166	(8.7)	46	(2.8)	321	(7.6)
2 and over...	2974	12	(1.2)	301	(4.9)	18	(2.2)	6	(0.8)	359	(14.1)	158	(8.3)	44	(2.1)	294	(6.5)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	269	(7.2)	13	(2.4)	5	(0.9)	281	(21.1)	105	(9.5)	37	(2.1)	268	(8.0)
20 and over.....	1622	24	(1.5)	343	(7.1)	43	(3.9)	12	(1.1)	388	(16.4)	180	(10.8)	46	(2.0)	330	(7.2)
2 and over...	2526	21	(1.6)	325	(6.9)	35	(3.5)	11	(1.0)	373	(15.0)	169	(9.6)	45	(1.8)	313	(6.6)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	251	(9.9)	16	(3.2)	6	(1.3)	246	(20.9)	83	(11.3)	34	(3.4)	252	(11.5)
20 and over.....	1468	32	(1.7)	343	(6.5)	55	(4.2)	16	(1.2)	371	(10.2)	173	(5.7)	47	(1.6)	330	(8.4)
2 and over...	2010	30	(1.5)	327	(4.9)	48	(3.4)	15	(1.0)	357	(9.1)	163	(5.4)	46	(1.5)	314	(6.2)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	256	(3.8)	12	(1.8)	5	(0.7)	278	(27.8)	100	(11.2)	36	(1.5)	253	(4.4)
20 and over.....	5047	24	(1.4)	339	(3.9)	42	(2.3)	12	(0.7)	375	(7.8)	174	(4.6)	46	(1.2)	327	(4.4)
2 and over...	8066	21	(1.1)	319	(3.5)	35	(1.7)	11	(0.5)	362	(7.5)	164	(3.9)	45	(1.1)	307	(3.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [3]					*Full Service Restaurant Consumers* [4]					*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	4.48	(0.127)	0.09	(0.018)	2	(0.4)	4.43	(0.328)	1.30	(0.166)	29	(3.7)	4.48	(0.142)
20 and over.....	1596	14	(1.7)	4.82	(0.141)	0.32	(0.055)	7	(1.1)	6.09	(0.498)	2.26	(0.286)	37	(4.3)	4.61	(0.142)
2 and over...	2974	12	(1.2)	4.71	(0.105)	0.24	(0.040)	5	(0.9)	5.78	(0.414)	2.08	(0.248)	36	(3.9)	4.57	(0.105)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	5.00	(0.271)	0.16	(0.035)	3	(0.8)	5.16	(0.371)	1.36	(0.206)	26	(3.5)	4.98	(0.293)
20 and over.....	1622	24	(1.5)	5.11	(0.221)	0.58	(0.092)	11	(1.7)	5.78	(0.379)	2.43	(0.351)	42	(5.0)	4.90	(0.232)
2 and over...	2526	21	(1.6)	5.08	(0.217)	0.47	(0.076)	9	(1.5)	5.69	(0.350)	2.27	(0.308)	40	(4.3)	4.92	(0.230)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	4.88	(0.327)	0.20	(0.038)	4	(0.9)	3.66	(0.323)	1.07	(0.144)	29	(3.2)	5.16	(0.328)
20 and over.....	1468	32	(1.7)	4.88	(0.117)	0.63	(0.062)	13	(1.2)	5.08	(0.175)	1.99	(0.117)	39	(2.3)	4.79	(0.134)
2 and over...	2010	30	(1.5)	4.88	(0.107)	0.56	(0.051)	11	(1.0)	4.92	(0.154)	1.88	(0.108)	38	(2.0)	4.86	(0.111)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	4.78	(0.104)	0.14	(0.017)	3	(0.4)	4.33	(0.286)	1.20	(0.094)	28	(1.9)	4.84	(0.124)
20 and over.....	5047	24	(1.4)	4.95	(0.075)	0.53	(0.031)	11	(0.6)	5.47	(0.147)	2.18	(0.129)	40	(1.6)	4.78	(0.110)
2 and over...	8066	21	(1.1)	4.91	(0.067)	0.43	(0.026)	9	(0.5)	5.32	(0.145)	2.05	(0.113)	39	(1.4)	4.80	(0.098)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	73.0	(3.05)	1.0	(0.29)	1	(0.4)	80.4	(9.08)	15.3	(3.25)	19	(4.5)	72.4	(2.95)
20 and over.....	1596	14	(1.7)	75.5	(3.81)	3.0	(0.50)	4	(0.7)	81.2	(12.53)	21.4	(3.76)	26	(5.1)	74.6	(3.89)
2 and over...	2974	12	(1.2)	74.7	(2.60)	2.4	(0.33)	3	(0.4)	81.0	(10.09)	20.3	(3.24)	25	(4.4)	73.9	(2.63)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	69.7	(3.29)	2.0	(0.42)	3	(0.6)	71.2	(9.02)	16.6	(2.61)	23	(4.2)	69.5	(3.70)
20 and over.....	1622	24	(1.5)	80.8	(2.31)	6.4	(0.82)	8	(1.0)	85.5	(8.66)	26.8	(3.17)	31	(3.4)	79.3	(2.66)
2 and over...	2526	21	(1.6)	78.0	(2.13)	5.3	(0.73)	7	(0.9)	83.5	(7.59)	25.4	(2.85)	30	(2.9)	76.6	(2.57)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	75.7	(3.82)	3.2*	(1.14)	4*	(1.5)	86.8	(6.84)	17.2	(4.43)	20	(5.2)	73.1	(4.51)
20 and over.....	1468	32	(1.7)	79.3	(2.40)	8.4	(1.02)	11	(1.2)	76.4	(4.08)	26.2	(2.22)	34	(2.7)	80.7	(2.58)
2 and over...	2010	30	(1.5)	78.7	(2.49)	7.5	(0.93)	9	(1.1)	77.6	(3.39)	25.2	(2.17)	33	(2.6)	79.2	(2.79)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	72.9	(1.78)	2.0	(0.31)	3	(0.4)	79.0	(4.67)	16.9	(2.52)	21	(3.3)	72.1	(1.73)
20 and over.....	5047	24	(1.4)	79.1	(1.67)	6.3	(0.42)	8	(0.5)	80.2	(3.87)	25.8	(1.24)	32	(1.5)	78.7	(1.72)
2 and over...	8066	21	(1.1)	77.6	(1.25)	5.2	(0.33)	7	(0.4)	80.0	(3.19)	24.6	(1.35)	31	(1.3)	76.9	(1.39)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	5.0	(0.13)	#		1*	(0.1)	4.6	(0.64)	0.5	(0.10)	12*	(2.7)	5.0	(0.13)
20 and over.....	1596	14	(1.7)	4.4	(0.13)	0.2	(0.05)	6	(1.2)	5.4	(0.55)	1.8	(0.37)	33	(5.8)	4.3	(0.16)
2 and over...	2974	12	(1.2)	4.6	(0.10)	0.2	(0.04)	4	(0.8)	5.3	(0.47)	1.5	(0.31)	29	(5.2)	4.5	(0.11)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	5.5	(0.28)	0.1	(0.03)	2	(0.6)	6.0	(0.48)	1.0	(0.20)	16	(3.1)	5.5	(0.33)
20 and over.....	1622	24	(1.5)	4.7	(0.30)	0.3	(0.04)	6	(1.0)	4.0	(0.17)	1.1	(0.15)	27	(3.3)	4.9	(0.41)
2 and over...	2526	21	(1.6)	4.9	(0.24)	0.2	(0.03)	5	(0.7)	4.3	(0.14)	1.1	(0.14)	25	(2.6)	5.0	(0.30)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	5.3	(0.30)	0.2	(0.04)	4	(0.9)	4.7	(0.45)	1.0	(0.23)	22	(3.9)	5.4	(0.35)
20 and over.....	1468	32	(1.7)	5.0	(0.23)	0.5	(0.07)	11	(1.3)	5.1	(0.37)	1.7	(0.22)	33	(3.6)	5.0	(0.25)
2 and over...	2010	30	(1.5)	5.1	(0.19)	0.5	(0.06)	9	(1.1)	5.0	(0.33)	1.6	(0.19)	32	(3.2)	5.1	(0.21)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	5.3	(0.10)	0.1	(0.02)	2	(0.3)	5.1	(0.42)	0.9	(0.13)	17	(2.2)	5.3	(0.13)
20 and over.....	5047	24	(1.4)	4.7	(0.16)	0.4	(0.04)	8	(0.7)	4.8	(0.23)	1.5	(0.15)	32	(2.1)	4.7	(0.20)
2 and over...	8066	21	(1.1)	4.9	(0.12)	0.3	(0.03)	6	(0.5)	4.8	(0.21)	1.4	(0.13)	30	(1.9)	4.9	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	7.0	(0.26)	0.2	(0.05)	3	(0.6)	8.8	(0.79)	3.2	(0.41)	36	(2.8)	6.8	(0.26)
20 and over.....	1596	14	(1.7)	8.4	(0.28)	0.5	(0.07)	6	(0.8)	9.7	(1.28)	3.8	(0.26)	39	(4.0)	8.2	(0.32)
2 and over...	2974	12	(1.2)	7.9	(0.21)	0.4	(0.05)	5	(0.6)	9.5	(1.02)	3.7	(0.22)	38	(3.5)	7.7	(0.25)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	7.6	(0.69)	0.4	(0.06)	5	(0.9)	8.0	(0.46)	3.0	(0.16)	38	(1.9)	7.6	(0.79)
20 and over.....	1622	24	(1.5)	9.6	(0.37)	0.9	(0.08)	9	(1.0)	10.2	(0.56)	3.8	(0.24)	37	(3.2)	9.4	(0.44)
2 and over...	2526	21	(1.6)	9.1	(0.32)	0.8	(0.07)	8	(1.0)	9.9	(0.49)	3.7	(0.20)	37	(2.9)	8.9	(0.36)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	7.2	(0.32)	0.5	(0.09)	7	(1.2)	7.6	(0.71)	2.7	(0.36)	36	(4.1)	7.2	(0.32)
20 and over.....	1468	32	(1.7)	9.9	(0.16)	1.3	(0.09)	13	(0.8)	10.2	(0.19)	4.0	(0.21)	39	(2.4)	9.8	(0.24)
2 and over...	2010	30	(1.5)	9.5	(0.13)	1.1	(0.07)	12	(0.7)	9.9	(0.23)	3.8	(0.19)	39	(2.1)	9.3	(0.18)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	7.2	(0.29)	0.3	(0.04)	5	(0.5)	8.0	(0.40)	2.9	(0.20)	37	(2.0)	7.1	(0.32)
20 and over.....	5047	24	(1.4)	9.4	(0.18)	0.9	(0.05)	10	(0.5)	10.1	(0.21)	3.9	(0.13)	38	(1.4)	9.2	(0.21)
2 and over...	8066	21	(1.1)	8.9	(0.16)	0.8	(0.04)	9	(0.4)	9.9	(0.22)	3.7	(0.11)	38	(1.2)	8.6	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [3]						*Full Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	66.2	(3.29)	2.4	(0.62)	4	(0.9)	82.0	(8.28)	36.0	(6.84)	44	(5.5)	65.1	(3.32)
20 and over.....	1596	14	(1.7)	102.3	(5.53)	10.7	(1.91)	10	(1.8)	140.7	(21.75)	76.0	(17.02)	54	(4.4)	96.1	(5.92)
2 and over...	2974	12	(1.2)	90.7	(3.97)	8.0	(1.27)	9	(1.4)	129.8	(17.38)	68.5	(13.80)	53	(4.2)	85.5	(4.15)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	72.7	(5.64)	4.3	(0.72)	6	(1.2)	75.9	(5.91)	35.8	(4.93)	47	(4.6)	72.2	(6.17)
20 and over.....	1622	24	(1.5)	120.0	(7.04)	15.9	(2.06)	13	(1.6)	125.5	(8.74)	67.1	(7.74)	53	(3.4)	118.4	(8.70)
2 and over...	2526	21	(1.6)	108.3	(5.47)	13.0	(1.61)	12	(1.4)	118.4	(7.01)	62.6	(6.50)	53	(3.1)	105.6	(6.38)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	79.2	(6.63)	8.9	(2.34)	11	(2.8)	97.7	(20.42)	47.6	(11.03)	49	(6.6)	75.0	(8.23)
20 and over.....	1468	32	(1.7)	136.4	(4.26)	24.4	(2.85)	18	(2.1)	141.3	(9.38)	76.6	(6.55)	54	(3.7)	134.2	(5.61)
2 and over...	2010	30	(1.5)	126.4	(4.15)	21.7	(2.26)	17	(1.8)	136.5	(8.44)	73.4	(5.86)	54	(3.4)	122.2	(5.20)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	72.2	(3.02)	5.0	(0.65)	7	(0.8)	88.1	(9.43)	42.1	(6.40)	48	(4.4)	70.1	(3.27)
20 and over.....	5047	24	(1.4)	123.0	(3.16)	17.6	(1.96)	14	(1.5)	138.2	(8.02)	72.8	(6.18)	53	(2.6)	118.2	(3.50)
2 and over...	8066	21	(1.1)	110.7	(2.76)	14.6	(1.42)	13	(1.2)	131.5	(6.81)	68.7	(5.38)	52	(2.4)	105.2	(3.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	954	(23.8)	21	(5.1)	2	(0.5)	1040	(56.0)	310	(50.1)	30	(4.6)	947	(25.8)
20 and over.....	1596	14	(1.7)	937	(21.0)	42	(4.9)	5	(0.5)	1021	(47.4)	301	(24.9)	29	(1.8)	923	(24.5)
2 and over...	2974	12	(1.2)	942	(18.6)	35	(3.1)	4	(0.3)	1025	(41.1)	303	(21.1)	30	(1.7)	932	(21.3)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1029	(34.1)	35	(7.1)	3	(0.7)	1139	(65.2)	292	(21.8)	26	(1.9)	1014	(38.8)
20 and over.....	1622	24	(1.5)	968	(16.4)	63	(4.1)	7	(0.4)	915	(31.8)	267	(13.0)	29	(1.4)	985	(18.5)
2 and over...	2526	21	(1.6)	983	(15.4)	56	(4.3)	6	(0.5)	947	(24.6)	271	(13.5)	29	(1.3)	993	(17.9)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1099	(45.6)	50	(11.3)	5	(1.1)	990	(57.9)	268	(34.3)	27	(2.8)	1124	(51.5)
20 and over.....	1468	32	(1.7)	983	(23.6)	91	(6.3)	9	(0.6)	948	(23.6)	284	(13.5)	30	(1.3)	999	(37.9)
2 and over...	2010	30	(1.5)	1003	(23.3)	83	(4.2)	8	(0.4)	953	(22.7)	283	(10.2)	30	(1.0)	1024	(35.1)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1020	(19.2)	33	(4.3)	3	(0.4)	1040	(44.4)	280	(21.2)	27	(1.7)	1017	(23.6)
20 and over.....	5047	24	(1.4)	965	(11.8)	68	(3.9)	7	(0.4)	952	(15.7)	281	(7.0)	29	(0.7)	969	(15.4)
2 and over...	8066	21	(1.1)	978	(11.2)	60	(3.2)	6	(0.3)	964	(15.0)	281	(6.6)	29	(0.6)	982	(14.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Full Service Restaurants		*All Individuals* Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* Intake from Full Service Restaurants		*Full Service Restaurant Consumers* Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	1215	(20.1)	41	(11.7)	3	(1.0)	1581	(191.7)	610	(135.0)	39	(4.4)	1189	(23.7)
20 and over.....	1596	14	(1.7)	1339	(20.1)	83	(9.6)	6	(0.7)	1495	(46.6)	593	(24.2)	40	(1.6)	1314	(22.1)
2 and over...	2974	12	(1.2)	1299	(16.3)	70	(8.3)	5	(0.6)	1511	(43.4)	596	(32.0)	39	(1.6)	1271	(18.2)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	1305	(30.7)	59	(11.3)	5	(0.9)	1447	(80.2)	496	(26.9)	34	(1.8)	1285	(35.6)
20 and over.....	1622	24	(1.5)	1413	(25.2)	139	(10.5)	10	(0.8)	1449	(48.0)	585	(22.8)	40	(1.4)	1401	(24.8)
2 and over...	2526	21	(1.6)	1386	(21.7)	119	(10.4)	9	(0.8)	1449	(44.1)	573	(21.1)	40	(1.2)	1369	(21.7)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1315	(48.1)	77	(15.0)	6	(1.2)	1214	(66.8)	410	(46.1)	34	(2.6)	1338	(51.3)
20 and over.....	1468	32	(1.7)	1432	(20.6)	186	(12.0)	13	(0.8)	1454	(31.6)	583	(16.6)	40	(1.4)	1421	(36.6)
2 and over...	2010	30	(1.5)	1411	(18.5)	166	(9.0)	12	(0.6)	1428	(28.2)	563	(13.3)	39	(1.2)	1404	(30.1)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	1272	(15.9)	57	(7.7)	4	(0.6)	1360	(69.7)	481	(39.1)	35	(1.6)	1261	(22.0)
20 and over.....	5047	24	(1.4)	1399	(11.9)	142	(7.8)	10	(0.5)	1461	(25.3)	585	(11.8)	40	(0.9)	1380	(16.9)
2 and over...	8066	21	(1.1)	1369	(11.0)	121	(6.2)	9	(0.4)	1447	(26.3)	571	(11.4)	39	(0.7)	1348	(14.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	226	(4.5)	6	(1.7)	3	(0.7)	277	(30.3)	91	(19.2)	33	(4.0)	222	(4.8)
20 and over.....	1596	14	(1.7)	281	(4.8)	14	(1.5)	5	(0.6)	306	(13.9)	102	(4.9)	33	(1.5)	276	(5.5)
2 and over...	2974	12	(1.2)	263	(4.3)	12	(1.2)	4	(0.5)	300	(9.9)	100	(4.4)	33	(1.5)	258	(4.9)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	239	(6.4)	10	(1.7)	4	(0.7)	264	(14.6)	81	(4.3)	31	(2.0)	236	(6.7)
20 and over.....	1622	24	(1.5)	303	(6.0)	24	(2.2)	8	(0.8)	298	(7.2)	102	(4.4)	34	(1.6)	305	(7.8)
2 and over...	2526	21	(1.6)	288	(5.6)	21	(2.0)	7	(0.7)	293	(6.5)	99	(4.0)	34	(1.3)	286	(6.9)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	243	(7.6)	13	(2.0)	5	(0.9)	232	(10.4)	67	(5.8)	29	(1.8)	246	(8.1)
20 and over.....	1468	32	(1.7)	323	(5.1)	36	(2.5)	11	(0.7)	328	(7.9)	114	(4.5)	35	(1.4)	320	(8.1)
2 and over...	2010	30	(1.5)	309	(3.8)	32	(2.0)	10	(0.6)	317	(7.1)	109	(4.0)	34	(1.2)	305	(5.8)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	235	(3.1)	9	(1.1)	4	(0.5)	250	(9.4)	77	(5.6)	31	(1.5)	233	(3.8)
20 and over.....	5047	24	(1.4)	305	(3.4)	26	(1.6)	9	(0.5)	316	(4.0)	108	(2.4)	34	(0.8)	302	(4.2)
2 and over...	8066	21	(1.1)	288	(3.1)	22	(1.2)	8	(0.4)	307	(3.7)	104	(1.8)	34	(0.7)	283	(3.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	13.6	(0.31)	0.3	(0.06)	2	(0.4)	15.8	(1.10)	4.7	(0.55)	30	(2.9)	13.4	(0.30)
20 and over.....	1596	14	(1.7)	14.4	(0.33)	0.8	(0.13)	6	(0.9)	15.5	(0.84)	5.8	(0.46)	37	(2.1)	14.2	(0.39)
2 and over...	2974	12	(1.2)	14.1	(0.30)	0.7	(0.09)	5	(0.7)	15.6	(0.80)	5.6	(0.43)	36	(2.0)	13.9	(0.35)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	14.3	(0.62)	0.5	(0.10)	3	(0.7)	14.5	(0.92)	3.9	(0.35)	27	(1.8)	14.3	(0.68)
20 and over.....	1622	24	(1.5)	14.8	(0.37)	1.2	(0.09)	8	(0.7)	14.1	(0.28)	5.2	(0.22)	37	(1.3)	15.0	(0.50)
2 and over...	2526	21	(1.6)	14.6	(0.37)	1.0	(0.09)	7	(0.7)	14.1	(0.30)	5.0	(0.20)	36	(1.2)	14.8	(0.48)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	13.8	(0.43)	0.6	(0.12)	5	(0.9)	12.1	(0.82)	3.4	(0.42)	28	(3.5)	14.1	(0.44)
20 and over.....	1468	32	(1.7)	14.4	(0.15)	1.7	(0.13)	12	(0.8)	14.1	(0.29)	5.4	(0.21)	38	(1.6)	14.6	(0.28)
2 and over...	2010	30	(1.5)	14.3	(0.12)	1.5	(0.10)	11	(0.7)	13.9	(0.27)	5.2	(0.17)	37	(1.3)	14.5	(0.18)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	13.9	(0.23)	0.5	(0.05)	3	(0.4)	13.8	(0.52)	3.9	(0.28)	28	(1.8)	13.9	(0.28)
20 and over.....	5047	24	(1.4)	14.5	(0.14)	1.3	(0.08)	9	(0.6)	14.3	(0.25)	5.4	(0.16)	38	(0.8)	14.6	(0.22)
2 and over...	8066	21	(1.1)	14.4	(0.14)	1.1	(0.06)	8	(0.4)	14.2	(0.24)	5.2	(0.13)	36	(0.7)	14.4	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	9.7	(0.24)	0.3	(0.07)	3	(0.7)	11.3	(1.16)	4.1	(0.72)	36	(3.5)	9.6	(0.25)
20 and over.....	1596	14	(1.7)	10.8	(0.28)	0.7	(0.08)	6	(0.7)	11.4	(0.41)	4.8	(0.33)	42	(2.1)	10.7	(0.31)
2 and over...	2974	12	(1.2)	10.4	(0.23)	0.5	(0.06)	5	(0.6)	11.4	(0.39)	4.6	(0.29)	41	(1.8)	10.3	(0.26)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	10.4	(0.46)	0.4	(0.08)	4	(0.8)	10.4	(0.74)	3.2	(0.34)	31	(2.2)	10.5	(0.52)
20 and over.....	1622	24	(1.5)	11.4	(0.19)	1.2	(0.11)	10	(0.9)	11.8	(0.36)	5.0	(0.33)	43	(2.5)	11.3	(0.28)
2 and over...	2526	21	(1.6)	11.2	(0.23)	1.0	(0.10)	9	(0.9)	11.6	(0.33)	4.8	(0.28)	41	(2.1)	11.1	(0.31)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	10.2	(0.39)	0.5	(0.11)	5	(1.1)	8.9	(0.54)	2.8	(0.37)	31	(3.7)	10.5	(0.47)
20 and over.....	1468	32	(1.7)	11.3	(0.18)	1.5	(0.13)	13	(1.1)	11.4	(0.22)	4.7	(0.22)	42	(1.8)	11.2	(0.26)
2 and over...	2010	30	(1.5)	11.1	(0.13)	1.3	(0.10)	12	(0.8)	11.1	(0.19)	4.5	(0.18)	41	(1.5)	11.0	(0.18)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	10.1	(0.16)	0.4	(0.05)	4	(0.5)	9.8	(0.48)	3.2	(0.25)	33	(1.8)	10.1	(0.22)
20 and over.....	5047	24	(1.4)	11.2	(0.09)	1.2	(0.08)	10	(0.7)	11.5	(0.18)	4.8	(0.18)	42	(1.2)	11.1	(0.12)
2 and over...	8066	21	(1.1)	10.9	(0.09)	1.0	(0.06)	9	(0.6)	11.3	(0.17)	4.6	(0.15)	41	(1.0)	10.8	(0.13)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake mg	(SE)	All Individuals [3] Intake from Full Service Restaurants mg	(SE)	All Individuals [3] Percentages from [7] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [4] Total Intake mg	(SE)	Full Service Restaurant Consumers [4] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants %	(SE)	Non-consumers [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	0.9	(0.02)	#		2	(0.5)	1.0	(0.07)	0.3	(0.04)	30	(2.9)	0.9	(0.02)
20 and over.....	1596	14	(1.7)	1.1	(0.02)	0.1	(0.01)	5	(0.7)	1.2	(0.05)	0.4	(0.02)	35	(1.8)	1.1	(0.03)
2 and over...	2974	12	(1.2)	1.0	(0.02)	#		5	(0.5)	1.2	(0.04)	0.4	(0.02)	35	(1.7)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	0.9	(0.03)	#		4	(0.7)	1.1	(0.08)	0.3	(0.03)	30	(2.4)	0.9	(0.03)
20 and over.....	1622	24	(1.5)	1.2	(0.03)	0.1	(0.01)	9	(1.1)	1.3	(0.05)	0.5	(0.04)	38	(2.8)	1.2	(0.04)
2 and over...	2526	21	(1.6)	1.2	(0.03)	0.1	(0.01)	8	(1.0)	1.2	(0.04)	0.5	(0.03)	37	(2.3)	1.1	(0.03)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	1.0	(0.03)	0.1	(0.01)	5	(1.1)	1.0	(0.04)	0.3	(0.04)	30	(3.5)	1.0	(0.04)
20 and over.....	1468	32	(1.7)	1.3	(0.03)	0.1	(0.01)	11	(0.7)	1.3	(0.02)	0.5	(0.02)	35	(1.3)	1.3	(0.04)
2 and over...	2010	30	(1.5)	1.3	(0.02)	0.1	(0.01)	10	(0.6)	1.3	(0.02)	0.4	(0.01)	35	(1.0)	1.3	(0.02)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	0.9	(0.01)	#		4	(0.4)	1.0	(0.03)	0.3	(0.02)	31	(2.1)	0.9	(0.01)
20 and over.....	5047	24	(1.4)	1.2	(0.01)	0.1	(0.01)	9	(0.5)	1.3	(0.01)	0.5	(0.02)	36	(1.2)	1.2	(0.02)
2 and over...	8066	21	(1.1)	1.2	(0.01)	0.1	(#)	8	(0.4)	1.2	(0.01)	0.4	(0.01)	35	(1.0)	1.1	(0.01)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	95.6	(1.73)	4.1*	(1.44)	4*	(1.5)	138.0	(29.03)	60.6*	(18.40)	44	(5.1)	92.6	(1.75)
20 and over.....	1596	14	(1.7)	113.3	(1.63)	8.0	(0.87)	7	(0.8)	122.8	(5.69)	56.8	(3.15)	46	(2.4)	111.8	(1.60)
2 and over...	2974	12	(1.2)	107.6	(1.08)	6.7	(0.89)	6	(0.8)	125.7	(6.03)	57.5	(4.34)	46	(2.2)	105.2	(1.17)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	101.9	(2.35)	5.2	(1.16)	5	(1.1)	109.7	(7.50)	43.1	(3.73)	39	(2.5)	100.9	(2.50)
20 and over.....	1622	24	(1.5)	116.8	(2.49)	13.9	(1.06)	12	(0.9)	122.2	(4.66)	58.4	(2.69)	48	(1.5)	115.1	(2.50)
2 and over...	2526	21	(1.6)	113.1	(2.39)	11.7	(1.08)	10	(0.9)	120.4	(4.56)	56.2	(2.52)	47	(1.5)	111.2	(2.33)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	95.0	(2.99)	7.0	(1.35)	7	(1.4)	89.7	(5.91)	37.3	(4.88)	42	(3.7)	96.2	(3.34)
20 and over.....	1468	32	(1.7)	119.6	(1.61)	18.4	(1.35)	15	(1.0)	124.1	(2.24)	57.8	(1.92)	47	(1.7)	117.5	(2.30)
2 and over...	2010	30	(1.5)	115.3	(1.44)	16.4	(1.09)	14	(0.9)	120.3	(2.01)	55.5	(1.68)	46	(1.6)	113.2	(1.79)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	97.7	(1.25)	5.2	(0.80)	5	(0.8)	106.3	(8.13)	44.3	(4.45)	42	(2.1)	96.6	(1.55)
20 and over.....	5047	24	(1.4)	117.0	(1.03)	14.1	(0.81)	12	(0.7)	124.5	(2.44)	58.1	(1.70)	47	(1.2)	114.6	(0.98)
2 and over...	8066	21	(1.1)	112.3	(0.99)	11.9	(0.65)	11	(0.6)	122.0	(2.72)	56.3	(1.67)	46	(1.1)	109.7	(0.89)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	2084	(36.5)	61	(17.4)	3	(0.8)	2618	(307.9)	899	(203.7)	34	(4.3)	2046	(36.9)
20 and over.....	1596	14	(1.7)	2456	(40.0)	148	(15.7)	6	(0.7)	2723	(104.8)	1052	(44.7)	39	(1.7)	2413	(42.4)
2 and over...	2974	12	(1.2)	2336	(34.2)	119	(12.2)	5	(0.5)	2704	(73.0)	1024	(35.2)	38	(1.6)	2288	(36.5)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	2211	(54.9)	91	(16.4)	4	(0.7)	2335	(118.1)	757	(39.9)	32	(1.5)	2194	(63.0)
20 and over.....	1622	24	(1.5)	2654	(36.1)	251	(19.1)	9	(0.8)	2759	(60.7)	1059	(40.2)	38	(1.6)	2622	(44.9)
2 and over...	2526	21	(1.6)	2544	(36.2)	211	(18.3)	8	(0.7)	2698	(58.9)	1016	(34.6)	38	(1.4)	2504	(42.8)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	2232	(72.1)	122	(20.2)	5	(1.0)	2077	(107.7)	652	(61.0)	31	(1.9)	2268	(81.3)
20 and over.....	1468	32	(1.7)	2784	(45.4)	343	(24.3)	12	(0.8)	2778	(52.5)	1077	(33.5)	39	(1.6)	2786	(62.0)
2 and over...	2010	30	(1.5)	2687	(39.5)	304	(19.6)	11	(0.7)	2700	(50.6)	1030	(32.8)	38	(1.4)	2681	(50.5)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	2163	(28.0)	87	(11.0)	4	(0.5)	2261	(117.6)	736	(58.6)	33	(1.4)	2150	(33.8)
20 and over.....	5047	24	(1.4)	2658	(30.9)	259	(15.9)	10	(0.6)	2774	(32.4)	1068	(24.2)	39	(1.0)	2620	(37.0)
2 and over...	8066	21	(1.1)	2538	(28.7)	217	(11.8)	9	(0.5)	2705	(31.6)	1024	(19.6)	38	(0.8)	2493	(32.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	2971	(46.2)	118	(31.3)	4	(1.0)	4000	(515.7)	1751	(346.5)	44	(3.7)	2897	(47.1)
20 and over.....	1596	14	(1.7)	3465	(45.3)	254	(28.8)	7	(0.8)	3908	(142.8)	1813	(61.7)	46	(1.9)	3393	(42.3)
2 and over...	2974	12	(1.2)	3306	(34.4)	210	(24.0)	6	(0.7)	3925	(126.3)	1801	(83.6)	46	(1.8)	3224	(31.4)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	3124	(51.5)	167	(33.6)	5	(1.1)	3353	(218.8)	1395	(94.8)	42	(1.6)	3093	(62.0)
20 and over.....	1622	24	(1.5)	3534	(54.4)	415	(30.4)	12	(0.8)	3739	(121.1)	1752	(73.2)	47	(1.6)	3471	(48.1)
2 and over...	2526	21	(1.6)	3433	(48.6)	354	(30.8)	10	(0.8)	3684	(110.7)	1701	(66.8)	46	(1.5)	3367	(44.2)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	3029	(112.9)	228	(39.5)	8	(1.3)	3017	(152.4)	1219	(132.6)	40	(3.2)	3031	(119.8)
20 and over.....	1468	32	(1.7)	3593	(49.0)	594	(43.7)	17	(1.2)	3775	(64.0)	1866	(64.8)	49	(1.7)	3508	(73.0)
2 and over...	2010	30	(1.5)	3494	(50.6)	530	(34.1)	15	(1.0)	3692	(63.3)	1794	(56.9)	49	(1.5)	3412	(63.1)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	3034	(39.7)	165	(21.3)	5	(0.7)	3324	(176.2)	1397	(110.1)	42	(1.8)	2995	(38.5)
20 and over.....	5047	24	(1.4)	3529	(30.1)	441	(28.5)	12	(0.8)	3784	(50.6)	1819	(46.4)	48	(1.3)	3447	(31.4)
2 and over...	8066	21	(1.1)	3409	(27.7)	374	(21.8)	11	(0.6)	3722	(55.9)	1762	(41.9)	47	(1.1)	3325	(25.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C a f f e i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	25.7	(3.50)	0.8*	(0.26)	3*	(0.9)	38.6	(10.48)	11.4*	(4.18)	30*	(9.8)	24.8	(3.41)
20 and over.....	1596	14	(1.7)	158.5	(19.83)	6.6	(1.89)	4*	(1.3)	155.4	(23.71)	47.1	(10.74)	30	(4.0)	159.0	(22.75)
2 and over...	2974	12	(1.2)	115.6	(15.50)	4.7	(1.28)	4	(1.2)	133.6	(21.38)	40.4	(9.07)	30	(3.9)	113.2	(17.10)
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	30.4	(3.25)	1.6*	(0.50)	5*	(1.8)	27.1	(3.50)	13.6	(3.11)	50	(8.6)	30.8	(3.68)
20 and over.....	1622	24	(1.5)	155.6	(8.99)	8.0	(0.88)	5	(0.5)	186.9	(15.54)	33.6	(3.67)	18	(2.3)	145.9	(8.25)
2 and over...	2526	21	(1.6)	124.6	(8.26)	6.4	(0.74)	5	(0.5)	164.1	(15.07)	30.7	(2.92)	19	(2.3)	114.2	(7.56)
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	28.7	(4.48)	1.8*	(0.81)	6*	(2.5)	45.1*	(26.18)	9.5*	(3.98)	21*	(9.1)	24.9	(3.01)
20 and over.....	1468	32	(1.7)	177.4	(6.31)	13.1	(1.80)	7	(1.0)	181.8	(8.05)	41.1	(5.97)	23	(3.3)	175.3	(7.65)
2 and over...	2010	30	(1.5)	151.3	(7.15)	11.1	(1.64)	7	(1.0)	166.7	(7.57)	37.6	(5.63)	23	(3.2)	144.9	(8.46)
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	28.3	(2.35)	1.3	(0.27)	5	(0.9)	36.1	(10.67)	11.2	(2.07)	31	(7.7)	27.3	(2.06)
20 and over.....	5047	24	(1.4)	165.0	(6.40)	9.3	(1.13)	6	(0.7)	178.2	(9.60)	38.6	(4.07)	22	(2.2)	160.8	(6.93)
2 and over...	8066	21	(1.1)	132.0	(6.00)	7.4	(0.91)	6	(0.7)	159.1	(9.90)	34.9	(3.77)	22	(2.2)	124.7	(6.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	7	(0.8)	--		--		--		--		--		--		--	
20 and over.....	1596	14	(1.7)	9.4	(1.18)	0.6*	(0.20)	6*	(2.3)	11.4	(1.91)	4.0*	(1.35)	35*	(10.8)	9.0	(1.30)
2 and over...	2974	12	(1.2)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	904	12	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1622	24	(1.5)	9.5	(1.12)	1.9	(0.49)	20	(4.2)	15.1	(2.60)	8.0	(1.86)	53	(7.1)	7.7	(0.94)
2 and over...	2526	21	(1.6)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	542	19	(2.8)	--		--		--		--		--		--		--	
20 and over.....	1468	32	(1.7)	13.7	(1.19)	3.8	(0.74)	28	(4.6)	22.9	(4.10)	11.9	(2.46)	52	(6.0)	9.4	(0.99)
2 and over...	2010	30	(1.5)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3019	12	(1.0)	--		--		--		--		--		--		--	
20 and over.....	5047	24	(1.4)	11.0	(0.84)	2.2	(0.38)	20	(2.8)	18.5	(2.39)	9.3	(1.46)	50	(4.0)	8.6	(0.63)
2 and over...	8066	21	(1.1)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[4] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[8] 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.

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 alchohol 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 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake kcal	(SE)
Males:																	
2 - 5	337	35	(2.5)	1571	(35.2)	147	(17.7)	9	(1.2)	1560	(60.9)	416	(37.7)	27	(2.3)	1577	(48.9)
6 - 11	537	36	(1.6)	2036	(46.2)	261	(21.8)	13	(1.0)	2081	(71.3)	723	(56.2)	35	(2.2)	2010	(64.8)
12 - 19	646	46	(2.5)	2376	(38.2)	478	(48.6)	20	(2.1)	2540	(79.2)	1044	(73.6)	41	(3.4)	2237	(67.8)
20 - 39	853	52	(2.1)	2666	(38.9)	578	(31.5)	22	(1.2)	2835	(77.8)	1104	(33.3)	39	(1.3)	2479	(57.1)
40 - 59	808	42	(1.9)	2506	(52.6)	366	(26.4)	15	(1.0)	2634	(113.5)	875	(52.6)	33	(1.6)	2414	(35.6)
60 and over	753	31	(2.2)	2154	(38.2)	191	(18.8)	9	(0.9)	2268	(81.6)	619	(35.1)	27	(1.5)	2103	(40.6)
2 - 19	1520	40	(1.3)	2101	(26.4)	338	(31.2)	16	(1.4)	2230	(52.5)	837	(61.5)	38	(2.6)	2013	(33.3)
20 and over	2414	43	(1.3)	2477	(26.1)	402	(13.3)	16	(0.6)	2660	(59.3)	934	(23.5)	35	(1.0)	2339	(30.4)
2 and over	3934	42	(1.0)	2382	(21.0)	386	(13.3)	16	(0.6)	2557	(50.7)	910	(26.1)	36	(1.0)	2254	(25.7)
Females:																	
2 - 5	339	38	(5.3)	1395	(36.9)	161	(34.9)	12	(2.5)	1477	(37.4)	420	(45.2)	28	(3.0)	1344	(47.5)
6 - 11	510	42	(3.5)	1786	(30.4)	274	(31.8)	15	(1.8)	1869	(36.2)	651	(30.2)	35	(1.9)	1726	(38.6)
12 - 19	650	41	(2.5)	1689	(48.0)	313	(28.3)	19	(1.7)	1822	(57.9)	764	(39.1)	42	(1.5)	1596	(62.8)
20 - 39	893	49	(2.7)	1959	(31.5)	405	(37.5)	21	(1.8)	2067	(60.6)	824	(42.8)	40	(1.8)	1854	(44.2)
40 - 59	926	45	(2.1)	1824	(28.9)	283	(12.2)	15	(0.6)	1902	(34.2)	628	(20.9)	33	(1.0)	1760	(51.9)
60 and over	814	27	(2.4)	1663	(35.8)	140	(15.4)	8	(0.9)	1678	(48.5)	514	(33.3)	31	(1.9)	1657	(40.4)
2 - 19	1499	41	(2.0)	1657	(22.7)	268	(15.7)	16	(0.9)	1768	(21.4)	657	(17.5)	37	(1.0)	1581	(29.6)
20 and over	2633	41	(1.4)	1825	(18.1)	285	(16.7)	16	(0.8)	1928	(30.9)	687	(27.8)	36	(1.2)	1752	(23.6)
2 and over	4132	41	(1.2)	1786	(16.4)	281	(13.9)	16	(0.7)	1892	(26.9)	680	(23.2)	36	(1.0)	1712	(20.1)
Males and Females:																	
2 - 19	3019	41	(1.1)	1885	(21.1)	304	(16.6)	16	(0.8)	2004	(31.9)	749	(34.8)	37	(1.5)	1804	(24.4)
20 and over	5047	42	(1.0)	2141	(18.7)	342	(10.9)	16	(0.5)	2290	(34.6)	809	(20.4)	35	(0.8)	2033	(19.6)
2 and over	8066	42	(0.9)	2079	(17.2)	332	(9.9)	16	(0.4)	2223	(31.6)	795	(20.3)	36	(0.7)	1976	(17.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	55.8	(2.36)	5.2	(0.57)	9	(1.1)	52.5	(3.03)	14.8	(1.27)	28	(2.4)	57.6	(3.33)
6 - 11.....	537	36	(1.6)	72.9	(2.13)	9.2	(0.72)	13	(1.0)	71.5	(2.24)	25.6	(1.84)	36	(2.5)	73.7	(2.67)
12 - 19.....	646	46	(2.5)	95.5	(3.51)	19.8	(2.43)	21	(2.3)	97.8	(4.40)	43.3	(4.04)	44	(3.8)	93.6	(7.29)
20 - 39.....	853	52	(2.1)	106.7	(2.57)	24.4	(1.48)	23	(1.1)	110.5	(4.02)	46.6	(1.93)	42	(1.8)	102.6	(4.07)
40 - 59.....	808	42	(1.9)	99.2	(2.10)	15.4	(1.03)	16	(1.1)	103.9	(3.02)	37.0	(2.01)	36	(2.3)	95.8	(2.99)
60 and over.....	753	31	(2.2)	84.3	(1.21)	7.8	(0.67)	9	(0.8)	87.0	(2.81)	25.1	(1.27)	29	(1.7)	83.1	(1.25)
2 - 19.....	1520	40	(1.3)	79.9	(1.96)	13.3	(1.44)	17	(1.6)	81.9	(3.38)	32.9	(3.02)	40	(3.0)	78.5	(2.79)
20 and over...	2414	43	(1.3)	98.3	(1.25)	16.9	(0.62)	17	(0.6)	103.9	(2.35)	39.2	(1.15)	38	(1.4)	94.1	(1.57)
2 and over...	3934	42	(1.0)	93.6	(1.18)	16.0	(0.60)	17	(0.6)	98.6	(2.31)	37.7	(1.23)	38	(1.2)	90.0	(1.43)
Females:																	
2 - 5.....	339	38	(5.3)	50.3	(1.67)	5.3	(1.12)	10	(2.2)	51.1	(2.03)	13.7	(1.47)	27	(3.6)	49.8	(2.11)
6 - 11.....	510	42	(3.5)	61.2	(1.14)	9.9	(1.23)	16	(2.0)	62.2	(1.59)	23.6	(1.40)	38	(2.3)	60.5	(1.64)
12 - 19.....	650	41	(2.5)	61.9	(2.16)	12.2	(1.19)	20	(1.9)	65.9	(2.32)	29.8	(1.86)	45	(2.0)	59.0	(2.80)
20 - 39.....	893	49	(2.7)	73.2	(1.53)	16.5	(1.58)	23	(2.0)	75.5	(2.52)	33.6	(1.95)	44	(2.2)	70.9	(2.46)
40 - 59.....	926	45	(2.1)	71.0	(0.92)	11.8	(0.48)	17	(0.7)	72.8	(1.81)	26.1	(1.15)	36	(1.7)	69.4	(2.28)
60 and over.....	814	27	(2.4)	64.1	(1.61)	5.9	(0.70)	9	(1.1)	63.6	(2.68)	21.5	(1.68)	34	(2.0)	64.3	(1.90)
2 - 19.....	1499	41	(2.0)	59.2	(1.13)	10.0	(0.57)	17	(0.9)	61.7	(1.09)	24.5	(0.85)	40	(1.4)	57.4	(1.34)
20 and over...	2633	41	(1.4)	69.8	(0.79)	11.7	(0.72)	17	(0.9)	72.2	(1.06)	28.3	(1.29)	39	(1.6)	68.1	(1.41)
2 and over...	4132	41	(1.2)	67.4	(0.74)	11.3	(0.58)	17	(0.8)	69.8	(0.92)	27.5	(1.07)	39	(1.4)	65.6	(1.13)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	69.8	(1.16)	11.7	(0.74)	17	(0.9)	72.0	(1.93)	28.8	(1.66)	40	(1.8)	68.3	(1.50)
20 and over...	5047	42	(1.0)	83.6	(0.73)	14.2	(0.46)	17	(0.5)	87.9	(1.37)	33.7	(0.93)	38	(1.1)	80.5	(0.99)
2 and over...	8066	42	(0.9)	80.3	(0.74)	13.6	(0.42)	17	(0.5)	84.1	(1.41)	32.6	(0.94)	39	(0.9)	77.5	(0.75)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	217	(5.2)	18	(3.0)	8	(1.4)	217	(8.9)	51	(6.8)	24	(3.0)	217	(7.2)
6 - 11.....	537	36	(1.6)	270	(4.7)	31	(2.5)	12	(0.9)	279	(9.4)	87	(6.9)	31	(2.2)	265	(7.4)
12 - 19.....	646	46	(2.5)	298	(7.9)	53	(5.8)	18	(2.1)	314	(10.0)	116	(9.0)	37	(3.3)	285	(8.5)
20 - 39.....	853	52	(2.1)	310	(5.9)	63	(3.5)	20	(1.2)	331	(9.7)	120	(3.3)	36	(1.4)	286	(7.5)
40 - 59.....	808	42	(1.9)	290	(7.7)	39	(2.8)	14	(0.9)	298	(17.7)	94	(6.2)	32	(1.4)	284	(6.4)
60 and over.....	753	31	(2.2)	249	(6.6)	21	(2.5)	8	(1.0)	267	(11.6)	67	(5.5)	25	(1.9)	241	(6.6)
2 - 19.....	1520	40	(1.3)	273	(3.8)	39	(3.7)	14	(1.3)	287	(5.4)	96	(7.3)	33	(2.5)	263	(4.6)
20 and over...	2414	43	(1.3)	287	(3.2)	44	(1.4)	15	(0.6)	308	(8.8)	101	(2.5)	33	(0.9)	272	(3.3)
2 and over...	3934	42	(1.0)	283	(2.8)	42	(1.5)	15	(0.5)	303	(7.3)	100	(3.1)	33	(0.9)	269	(3.1)
Females:																	
2 - 5.....	339	38	(5.3)	186	(4.7)	20	(4.9)	11	(2.5)	197	(5.7)	53	(7.1)	27	(3.4)	179	(6.2)
6 - 11.....	510	42	(3.5)	239	(5.9)	32	(3.6)	13	(1.6)	242	(7.1)	75	(3.4)	31	(1.7)	236	(7.2)
12 - 19.....	650	41	(2.5)	220	(5.1)	36	(3.4)	16	(1.5)	230	(7.2)	87	(4.6)	38	(1.6)	213	(7.8)
20 - 39.....	893	49	(2.7)	240	(4.5)	46	(4.4)	19	(1.7)	256	(7.8)	93	(5.0)	36	(1.5)	224	(6.4)
40 - 59.....	926	45	(2.1)	217	(5.0)	30	(1.5)	14	(0.6)	222	(6.3)	68	(2.8)	31	(1.2)	213	(7.1)
60 and over.....	814	27	(2.4)	201	(4.1)	15	(1.6)	7	(0.8)	199	(7.1)	53	(3.1)	27	(1.9)	202	(4.9)
2 - 19.....	1499	41	(2.0)	219	(2.9)	31	(2.0)	14	(0.9)	227	(2.7)	76	(2.3)	34	(1.1)	213	(4.4)
20 and over...	2633	41	(1.4)	220	(3.0)	31	(2.0)	14	(0.8)	231	(5.2)	75	(3.4)	33	(1.1)	213	(3.4)
2 and over...	4132	41	(1.2)	220	(2.6)	31	(1.7)	14	(0.7)	230	(4.4)	76	(2.8)	33	(0.9)	213	(3.1)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	246	(2.8)	35	(2.0)	14	(0.8)	258	(3.1)	86	(4.2)	34	(1.5)	239	(3.4)
20 and over...	5047	42	(1.0)	253	(2.1)	37	(1.3)	15	(0.5)	269	(3.9)	88	(2.2)	33	(0.8)	241	(2.1)
2 and over...	8066	42	(0.9)	251	(2.1)	37	(1.2)	15	(0.4)	266	(3.4)	88	(2.3)	33	(0.7)	240	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	104	(3.1)	5	(0.7)	4*	(0.7)	100	(7.8)	13	(1.7)	13*	(1.4)	106	(3.3)
6 - 11.....	537	36	(1.6)	126	(2.8)	12	(1.4)	9	(1.0)	134	(6.3)	33	(3.6)	25	(2.7)	122	(3.6)
12 - 19.....	646	46	(2.5)	139	(4.8)	20	(3.1)	15	(2.4)	144	(4.4)	44	(5.2)	31	(4.0)	135	(6.6)
20 - 39.....	853	52	(2.1)	140	(4.7)	22	(1.3)	16	(1.0)	149	(7.0)	42	(1.6)	28	(1.7)	129	(4.5)
40 - 59.....	808	42	(1.9)	124	(4.5)	13	(1.3)	11	(1.0)	127	(11.3)	32	(3.2)	25	(1.4)	122	(4.2)
60 and over.....	753	31	(2.2)	104	(3.7)	7	(1.5)	7	(1.4)	111	(6.9)	23	(4.2)	20	(3.4)	102	(3.7)
2 - 19.....	1520	40	(1.3)	128	(2.7)	14	(1.9)	11	(1.5)	134	(3.3)	36	(4.0)	27	(3.0)	124	(3.3)
20 and over...	2414	43	(1.3)	125	(2.5)	15	(0.5)	12	(0.5)	134	(5.7)	35	(1.2)	26	(1.1)	118	(2.7)
2 and over...	3934	42	(1.0)	126	(2.3)	15	(0.6)	12	(0.5)	134	(4.7)	35	(1.3)	26	(0.9)	119	(2.5)
Females:																	
2 - 5.....	339	38	(5.3)	90	(3.2)	6	(1.3)	7	(1.4)	93	(4.4)	17	(1.8)	18	(1.9)	88	(3.6)
6 - 11.....	510	42	(3.5)	107	(3.1)	11	(1.4)	10	(1.3)	111	(4.1)	26	(2.1)	23	(1.8)	105	(3.3)
12 - 19.....	650	41	(2.5)	99	(2.5)	14	(1.6)	14	(1.6)	102	(4.1)	33	(2.7)	33	(2.4)	98	(4.0)
20 - 39.....	893	49	(2.7)	111	(2.4)	17	(1.9)	16	(1.6)	117	(4.6)	35	(2.5)	30	(1.6)	105	(4.0)
40 - 59.....	926	45	(2.1)	96	(3.4)	11	(0.8)	11	(0.8)	96	(4.2)	24	(1.6)	25	(1.3)	96	(4.5)
60 and over.....	814	27	(2.4)	88	(2.4)	4	(0.5)	5	(0.6)	83	(4.8)	16	(1.1)	19	(1.4)	91	(2.9)
2 - 19.....	1499	41	(2.0)	100	(1.8)	11	(1.0)	11	(1.0)	103	(2.7)	27	(1.4)	27	(1.1)	98	(2.4)
20 and over...	2633	41	(1.4)	99	(1.7)	11	(0.9)	11	(0.8)	102	(3.3)	27	(1.6)	27	(1.2)	97	(1.7)
2 and over...	4132	41	(1.2)	99	(1.5)	11	(0.8)	11	(0.7)	102	(2.9)	27	(1.3)	27	(1.0)	97	(1.6)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	114	(1.7)	13	(1.1)	11	(0.9)	119	(2.1)	32	(2.3)	27	(1.9)	111	(2.2)
20 and over...	5047	42	(1.0)	111	(1.4)	13	(0.5)	12	(0.5)	118	(2.4)	31	(1.0)	26	(0.7)	107	(1.3)
2 and over...	8066	42	(0.9)	112	(1.3)	13	(0.5)	12	(0.4)	118	(2.0)	31	(1.0)	26	(0.7)	108	(1.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5	337	35	(2.5)	12.4	(0.48)	1.0	(0.10)	8	(0.9)	12.0	(0.74)	2.7	(0.22)	23	(2.2)	12.6	(0.59)
6 - 11	537	36	(1.6)	15.0	(0.70)	1.7	(0.15)	11	(0.9)	14.5	(0.49)	4.7	(0.39)	32	(2.3)	15.4	(0.91)
12 - 19	646	46	(2.5)	16.4	(0.43)	2.8	(0.23)	17	(1.5)	15.5	(0.65)	6.1	(0.37)	39	(1.7)	17.2	(0.81)
20 - 39	853	52	(2.1)	18.4	(0.48)	3.7	(0.19)	20	(1.1)	18.4	(0.72)	7.0	(0.17)	38	(1.4)	18.4	(0.90)
40 - 59	808	42	(1.9)	19.3	(0.52)	2.5	(0.27)	13	(1.2)	18.6	(0.77)	5.9	(0.55)	32	(2.1)	19.8	(0.84)
60 and over	753	31	(2.2)	18.9	(0.83)	1.2	(0.16)	7	(0.9)	19.2	(1.11)	4.0	(0.33)	21	(1.7)	18.7	(0.90)
2 - 19	1520	40	(1.3)	15.1	(0.28)	2.1	(0.14)	14	(0.9)	14.6	(0.38)	5.1	(0.29)	35	(1.6)	15.5	(0.35)
20 and over	2414	43	(1.3)	18.8	(0.40)	2.6	(0.12)	14	(0.6)	18.6	(0.63)	6.1	(0.22)	33	(1.0)	19.0	(0.61)
2 and over	3934	42	(1.0)	17.9	(0.26)	2.5	(0.10)	14	(0.5)	17.6	(0.50)	5.8	(0.20)	33	(0.8)	18.1	(0.40)
Females:																	
2 - 5	339	38	(5.3)	10.8	(0.42)	1.1	(0.25)	10	(2.1)	11.0	(0.74)	2.8	(0.33)	25	(2.2)	10.7	(0.46)
6 - 11	510	42	(3.5)	13.9	(0.51)	1.8	(0.22)	13	(1.7)	13.7	(0.71)	4.2	(0.33)	31	(1.4)	14.1	(0.63)
12 - 19	650	41	(2.5)	12.5	(0.61)	1.9	(0.17)	15	(1.3)	12.5	(0.57)	4.7	(0.27)	37	(1.4)	12.6	(0.77)
20 - 39	893	49	(2.7)	15.3	(0.37)	2.6	(0.28)	17	(1.8)	14.9	(0.57)	5.2	(0.34)	35	(2.4)	15.8	(0.70)
40 - 59	926	45	(2.1)	15.6	(0.44)	1.9	(0.11)	12	(0.8)	15.2	(0.41)	4.2	(0.23)	28	(1.7)	15.9	(0.59)
60 and over	814	27	(2.4)	15.2	(0.35)	0.9	(0.09)	6	(0.6)	14.2	(0.61)	3.2	(0.24)	22	(2.1)	15.6	(0.47)
2 - 19	1499	41	(2.0)	12.6	(0.28)	1.7	(0.08)	13	(0.7)	12.6	(0.37)	4.1	(0.16)	33	(0.9)	12.6	(0.34)
20 and over	2633	41	(1.4)	15.4	(0.28)	1.8	(0.12)	12	(0.8)	14.9	(0.32)	4.4	(0.22)	30	(1.5)	15.7	(0.44)
2 and over	4132	41	(1.2)	14.8	(0.25)	1.8	(0.10)	12	(0.6)	14.4	(0.24)	4.4	(0.17)	30	(1.2)	15.0	(0.38)
Males and Females:																	
2 - 19	3019	41	(1.1)	13.9	(0.19)	1.9	(0.08)	13	(0.6)	13.6	(0.27)	4.6	(0.15)	34	(0.9)	14.1	(0.23)
20 and over	5047	42	(1.0)	17.1	(0.27)	2.2	(0.08)	13	(0.4)	16.7	(0.39)	5.2	(0.15)	31	(0.9)	17.3	(0.43)
2 and over	8066	42	(0.9)	16.3	(0.21)	2.1	(0.06)	13	(0.3)	16.0	(0.29)	5.1	(0.13)	32	(0.7)	16.5	(0.33)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	55.7	(1.27)	6.0	(0.59)	11	(1.1)	56.0	(2.73)	17.1	(1.41)	31	(2.7)	55.6	(1.57)
6 - 11.....	537	36	(1.6)	76.2	(2.54)	11.2	(1.07)	15	(1.2)	78.2	(4.12)	31.0	(2.68)	40	(2.5)	75.1	(3.32)
12 - 19.....	646	46	(2.5)	90.5	(1.59)	20.8	(1.94)	23	(2.0)	99.3	(3.59)	45.5	(2.99)	46	(3.2)	83.1	(3.43)
20 - 39.....	853	52	(2.1)	101.0	(1.67)	25.3	(1.38)	25	(1.3)	109.9	(3.27)	48.2	(1.76)	44	(1.5)	91.1	(3.02)
40 - 59.....	808	42	(1.9)	95.2	(2.14)	16.4	(1.38)	17	(1.4)	103.3	(3.95)	39.2	(2.61)	38	(2.0)	89.4	(2.12)
60 and over.....	753	31	(2.2)	85.8	(1.46)	8.3	(0.75)	10	(0.9)	90.9	(4.74)	27.0	(1.30)	30	(1.4)	83.5	(1.82)
2 - 19.....	1520	40	(1.3)	78.8	(1.54)	14.6	(1.29)	19	(1.4)	85.4	(2.95)	36.1	(2.54)	42	(2.4)	74.3	(1.91)
20 and over...	2414	43	(1.3)	95.0	(1.31)	17.7	(0.65)	19	(0.7)	104.1	(2.50)	41.1	(1.17)	40	(1.2)	88.1	(1.71)
2 and over...	3934	42	(1.0)	90.9	(1.02)	16.9	(0.58)	19	(0.6)	99.6	(2.07)	39.9	(1.10)	40	(1.0)	84.5	(1.51)
Females:																	
2 - 5.....	339	38	(5.3)	51.9	(1.87)	6.6	(1.36)	13	(2.6)	55.6	(1.92)	17.2	(1.85)	31	(3.0)	49.5	(2.49)
6 - 11.....	510	42	(3.5)	67.7	(1.22)	12.1	(1.43)	18	(2.0)	75.1	(1.40)	28.8	(1.46)	38	(2.1)	62.3	(1.45)
12 - 19.....	650	41	(2.5)	64.2	(2.68)	13.6	(1.20)	21	(1.9)	72.9	(2.89)	33.4	(1.79)	46	(1.6)	58.2	(3.31)
20 - 39.....	893	49	(2.7)	75.0	(1.51)	17.4	(1.62)	23	(2.0)	79.2	(2.69)	35.5	(1.95)	45	(2.1)	71.0	(2.63)
40 - 59.....	926	45	(2.1)	72.1	(1.31)	12.8	(0.62)	18	(0.8)	77.4	(1.26)	28.5	(0.89)	37	(1.1)	67.7	(2.39)
60 and over.....	814	27	(2.4)	66.3	(1.76)	6.5	(0.74)	10	(1.0)	70.0	(2.22)	24.0	(1.72)	34	(2.2)	64.9	(1.92)
2 - 19.....	1499	41	(2.0)	62.7	(1.25)	11.7	(0.63)	19	(1.0)	70.2	(1.28)	28.6	(0.76)	41	(1.0)	57.5	(1.44)
20 and over...	2633	41	(1.4)	71.5	(0.70)	12.6	(0.69)	18	(0.9)	76.8	(1.31)	30.5	(1.20)	40	(1.4)	67.7	(1.15)
2 and over...	4132	41	(1.2)	69.4	(0.66)	12.4	(0.58)	18	(0.7)	75.3	(1.07)	30.1	(1.03)	40	(1.2)	65.3	(0.99)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	70.9	(1.19)	13.2	(0.66)	19	(0.8)	77.9	(1.80)	32.5	(1.41)	42	(1.4)	66.2	(1.37)
20 and over...	5047	42	(1.0)	82.9	(0.89)	15.1	(0.47)	18	(0.5)	90.3	(1.64)	35.8	(0.93)	40	(1.0)	77.5	(1.20)
2 and over...	8066	42	(0.9)	80.0	(0.79)	14.6	(0.40)	18	(0.4)	87.4	(1.43)	35.0	(0.87)	40	(0.8)	74.7	(1.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	20.1	(0.57)	2.0	(0.21)	10	(0.9)	19.8	(1.12)	5.5	(0.51)	28	(2.4)	20.2	(0.70)
6 - 11.....	537	36	(1.6)	28.5	(1.29)	4.1	(0.39)	14	(1.1)	28.9	(1.57)	11.3	(0.96)	39	(2.6)	28.3	(1.75)
12 - 19.....	646	46	(2.5)	30.5	(0.82)	6.6	(0.53)	22	(1.6)	33.2	(2.03)	14.3	(0.79)	43	(2.7)	28.3	(0.98)
20 - 39.....	853	52	(2.1)	32.9	(0.77)	8.5	(0.49)	26	(1.4)	35.8	(1.29)	16.3	(0.66)	46	(1.7)	29.7	(1.08)
40 - 59.....	808	42	(1.9)	30.9	(0.71)	5.6	(0.53)	18	(1.6)	34.5	(1.37)	13.5	(1.05)	39	(2.4)	28.3	(0.65)
60 and over.....	753	31	(2.2)	27.8	(0.58)	2.7	(0.29)	10	(1.1)	29.1	(1.57)	8.7	(0.57)	30	(1.6)	27.2	(0.84)
2 - 19.....	1520	40	(1.3)	27.8	(0.65)	4.8	(0.33)	17	(1.0)	29.6	(1.15)	11.9	(0.56)	40	(1.9)	26.6	(0.78)
20 and over...	2414	43	(1.3)	30.9	(0.47)	6.0	(0.21)	19	(0.7)	34.1	(0.90)	13.9	(0.40)	41	(1.3)	28.4	(0.63)
2 and over...	3934	42	(1.0)	30.1	(0.36)	5.7	(0.16)	19	(0.6)	33.0	(0.65)	13.4	(0.32)	41	(1.0)	27.9	(0.60)
Females:																	
2 - 5.....	339	38	(5.3)	18.8	(0.78)	2.3	(0.52)	12	(2.6)	20.4	(0.96)	5.9	(0.86)	29	(4.1)	17.8	(0.92)
6 - 11.....	510	42	(3.5)	23.6	(0.52)	4.3	(0.58)	18	(2.3)	26.1	(0.64)	10.1	(0.69)	39	(3.0)	21.7	(0.84)
12 - 19.....	650	41	(2.5)	21.3	(0.92)	4.6	(0.41)	22	(1.8)	24.1	(1.08)	11.3	(0.63)	47	(1.8)	19.3	(1.10)
20 - 39.....	893	49	(2.7)	24.5	(0.59)	5.9	(0.57)	24	(2.1)	26.1	(1.06)	12.0	(0.76)	46	(2.0)	22.9	(0.92)
40 - 59.....	926	45	(2.1)	22.8	(0.39)	4.4	(0.21)	19	(0.8)	24.9	(0.42)	9.8	(0.34)	39	(1.1)	21.1	(0.72)
60 and over.....	814	27	(2.4)	21.1	(0.64)	2.1	(0.27)	10	(1.2)	22.4	(0.72)	7.7	(0.61)	34	(2.5)	20.5	(0.70)
2 - 19.....	1499	41	(2.0)	21.5	(0.43)	4.0	(0.29)	19	(1.2)	24.0	(0.51)	9.8	(0.40)	41	(1.6)	19.7	(0.56)
20 and over...	2633	41	(1.4)	22.9	(0.24)	4.3	(0.25)	19	(1.0)	24.9	(0.45)	10.3	(0.45)	41	(1.4)	21.4	(0.38)
2 and over...	4132	41	(1.2)	22.6	(0.23)	4.2	(0.21)	19	(0.8)	24.7	(0.35)	10.2	(0.36)	41	(1.2)	21.0	(0.38)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	24.7	(0.43)	4.4	(0.19)	18	(0.6)	26.9	(0.52)	10.9	(0.32)	41	(1.2)	23.3	(0.59)
20 and over...	5047	42	(1.0)	26.7	(0.27)	5.1	(0.16)	19	(0.6)	29.5	(0.52)	12.1	(0.31)	41	(1.0)	24.8	(0.41)
2 and over...	8066	42	(0.9)	26.3	(0.24)	4.9	(0.13)	19	(0.4)	28.9	(0.42)	11.8	(0.27)	41	(0.8)	24.4	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	18.3	(0.40)	2.1	(0.21)	11	(1.1)	18.3	(0.73)	5.8	(0.49)	32	(2.8)	18.3	(0.55)
6 - 11.....	537	36	(1.6)	25.1	(0.83)	3.7	(0.37)	15	(1.3)	25.8	(1.36)	10.3	(0.92)	40	(2.5)	24.7	(1.15)
12 - 19.....	646	46	(2.5)	30.9	(0.83)	6.9	(0.65)	22	(2.0)	33.6	(1.18)	15.1	(1.01)	45	(3.4)	28.6	(1.68)
20 - 39.....	853	52	(2.1)	35.1	(0.58)	8.5	(0.46)	24	(1.3)	38.0	(1.28)	16.2	(0.60)	43	(1.5)	31.8	(1.26)
40 - 59.....	808	42	(1.9)	33.6	(0.75)	5.6	(0.46)	17	(1.4)	36.2	(1.39)	13.4	(0.84)	37	(1.9)	31.7	(0.86)
60 and over.....	753	31	(2.2)	29.9	(0.42)	2.8	(0.27)	9	(0.9)	32.0	(1.65)	9.1	(0.42)	28	(1.6)	29.0	(0.69)
2 - 19.....	1520	40	(1.3)	26.4	(0.64)	4.8	(0.43)	18	(1.4)	28.6	(1.02)	12.0	(0.85)	42	(2.4)	25.0	(0.86)
20 and over...	2414	43	(1.3)	33.2	(0.43)	6.0	(0.22)	18	(0.7)	36.3	(0.92)	13.9	(0.39)	38	(1.1)	30.9	(0.62)
2 and over...	3934	42	(1.0)	31.5	(0.39)	5.7	(0.21)	18	(0.7)	34.4	(0.81)	13.5	(0.40)	39	(1.0)	29.3	(0.58)
Females:																	
2 - 5.....	339	38	(5.3)	16.9	(0.64)	2.2	(0.45)	13	(2.6)	17.9	(0.73)	5.6	(0.59)	31	(2.5)	16.3	(0.87)
6 - 11.....	510	42	(3.5)	22.4	(0.42)	4.0	(0.44)	18	(1.8)	24.8	(0.48)	9.5	(0.45)	38	(2.0)	20.6	(0.51)
12 - 19.....	650	41	(2.5)	21.3	(0.98)	4.5	(0.44)	21	(2.1)	24.0	(0.98)	10.9	(0.67)	45	(2.0)	19.4	(1.33)
20 - 39.....	893	49	(2.7)	25.6	(0.60)	5.9	(0.54)	23	(2.0)	26.7	(0.94)	12.0	(0.66)	45	(2.2)	24.5	(1.10)
40 - 59.....	926	45	(2.1)	25.0	(0.49)	4.3	(0.21)	17	(0.8)	26.7	(0.51)	9.6	(0.31)	36	(1.2)	23.5	(0.93)
60 and over.....	814	27	(2.4)	23.1	(0.74)	2.2	(0.25)	10	(1.0)	24.1	(0.73)	8.1	(0.59)	34	(2.0)	22.7	(0.91)
2 - 19.....	1499	41	(2.0)	20.7	(0.50)	3.8	(0.22)	18	(1.0)	23.0	(0.48)	9.3	(0.28)	41	(1.2)	19.1	(0.62)
20 and over...	2633	41	(1.4)	24.7	(0.30)	4.3	(0.24)	17	(0.9)	26.2	(0.46)	10.3	(0.40)	39	(1.4)	23.5	(0.57)
2 and over...	4132	41	(1.2)	23.7	(0.27)	4.2	(0.20)	18	(0.7)	25.5	(0.38)	10.1	(0.36)	39	(1.2)	22.5	(0.47)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	23.6	(0.48)	4.3	(0.23)	18	(0.8)	25.9	(0.66)	10.7	(0.49)	41	(1.4)	22.1	(0.56)
20 and over...	5047	42	(1.0)	28.8	(0.31)	5.1	(0.17)	18	(0.5)	31.2	(0.59)	12.1	(0.32)	39	(1.0)	27.1	(0.50)
2 and over...	8066	42	(0.9)	27.6	(0.30)	4.9	(0.15)	18	(0.5)	30.0	(0.54)	11.8	(0.31)	39	(0.8)	25.8	(0.45)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	12.0	(0.38)	1.5	(0.15)	12	(1.4)	12.5	(0.77)	4.2	(0.37)	33	(3.5)	11.7	(0.48)
6 - 11.....	537	36	(1.6)	15.4	(0.59)	2.4	(0.24)	15	(1.4)	16.3	(1.00)	6.6	(0.65)	41	(2.6)	15.0	(0.62)
12 - 19.....	646	46	(2.5)	20.1	(0.79)	5.3	(0.69)	26	(2.9)	22.8	(1.28)	11.6	(1.25)	51	(3.6)	17.9	(0.88)
20 - 39.....	853	52	(2.1)	23.2	(0.53)	5.8	(0.36)	25	(1.4)	25.6	(0.84)	11.0	(0.51)	43	(1.6)	20.5	(0.78)
40 - 59.....	808	42	(1.9)	21.6	(0.74)	3.6	(0.33)	17	(1.4)	22.8	(1.12)	8.7	(0.68)	38	(1.9)	20.7	(0.82)
60 and over.....	753	31	(2.2)	20.3	(0.76)	2.0	(0.19)	10	(0.8)	21.4	(1.49)	6.6	(0.50)	31	(2.0)	19.8	(0.65)
2 - 19.....	1520	40	(1.3)	16.9	(0.54)	3.5	(0.43)	21	(2.1)	19.0	(1.05)	8.8	(0.94)	46	(3.0)	15.5	(0.42)
20 and over...	2414	43	(1.3)	21.9	(0.45)	4.0	(0.19)	18	(0.8)	23.8	(0.70)	9.4	(0.36)	39	(1.2)	20.4	(0.47)
2 and over...	3934	42	(1.0)	20.6	(0.35)	3.9	(0.18)	19	(0.8)	22.7	(0.62)	9.2	(0.37)	41	(1.3)	19.1	(0.36)
Females:																	
2 - 5.....	339	38	(5.3)	11.3	(0.46)	1.5	(0.30)	14	(2.8)	12.2	(0.45)	4.0	(0.37)	33	(3.2)	10.8	(0.65)
6 - 11.....	510	42	(3.5)	15.4	(0.32)	2.8	(0.31)	18	(1.9)	17.4	(0.73)	6.6	(0.41)	38	(2.3)	14.0	(0.40)
12 - 19.....	650	41	(2.5)	15.5	(0.83)	3.3	(0.29)	21	(2.0)	17.9	(0.94)	8.0	(0.53)	45	(1.9)	13.9	(0.98)
20 - 39.....	893	49	(2.7)	17.8	(0.45)	4.0	(0.41)	23	(2.2)	18.8	(0.64)	8.2	(0.48)	44	(2.5)	16.8	(0.70)
40 - 59.....	926	45	(2.1)	17.5	(0.48)	2.9	(0.19)	16	(0.9)	18.5	(0.64)	6.4	(0.33)	34	(1.4)	16.7	(0.72)
60 and over.....	814	27	(2.4)	16.2	(0.44)	1.6	(0.16)	10	(0.9)	17.0	(0.63)	5.8	(0.46)	34	(2.6)	15.8	(0.41)
2 - 19.....	1499	41	(2.0)	14.6	(0.41)	2.7	(0.11)	19	(1.0)	16.6	(0.60)	6.7	(0.24)	41	(1.3)	13.2	(0.46)
20 and over...	2633	41	(1.4)	17.2	(0.23)	2.9	(0.16)	17	(0.9)	18.3	(0.41)	7.0	(0.30)	38	(1.6)	16.4	(0.31)
2 and over...	4132	41	(1.2)	16.6	(0.18)	2.9	(0.13)	17	(0.8)	17.9	(0.33)	7.0	(0.27)	39	(1.4)	15.7	(0.24)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	15.8	(0.41)	3.1	(0.22)	20	(1.2)	17.8	(0.67)	7.8	(0.53)	44	(1.9)	14.4	(0.39)
20 and over...	5047	42	(1.0)	19.5	(0.31)	3.5	(0.11)	18	(0.5)	21.1	(0.49)	8.2	(0.26)	39	(1.0)	18.3	(0.34)
2 and over...	8066	42	(0.9)	18.6	(0.26)	3.4	(0.11)	18	(0.5)	20.3	(0.43)	8.1	(0.25)	40	(0.9)	17.4	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Cholesterol													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	180	(10.1)	17	(3.0)	9	(1.6)	174	(17.5)	47	(8.4)	27	(3.7)	183	(14.5)
6 - 11.....	537	36	(1.6)	234	(10.6)	28	(2.7)	12	(1.3)	234	(18.0)	79	(6.8)	34	(2.9)	233	(13.5)
12 - 19.....	646	46	(2.5)	315	(14.7)	60	(8.5)	19	(2.7)	320	(18.9)	130	(15.3)	41	(4.8)	311	(29.7)
20 - 39.....	853	52	(2.1)	366	(11.2)	77	(4.6)	21	(1.3)	389	(17.4)	147	(7.5)	38	(2.2)	340	(18.5)
40 - 59.....	808	42	(1.9)	356	(13.2)	51	(4.6)	14	(1.5)	376	(14.7)	122	(10.0)	32	(2.7)	342	(16.8)
60 and over.....	753	31	(2.2)	307	(10.7)	26	(2.9)	8	(1.0)	298	(15.2)	84	(6.4)	28	(2.1)	312	(16.5)
2 - 19.....	1520	40	(1.3)	260	(7.6)	40	(5.0)	16	(1.8)	268	(11.7)	100	(11.0)	37	(3.4)	255	(11.7)
20 and over...	2414	43	(1.3)	348	(7.7)	54	(2.5)	16	(0.8)	368	(11.6)	126	(5.2)	34	(1.6)	332	(10.2)
2 and over...	3934	42	(1.0)	325	(6.5)	51	(2.2)	16	(0.7)	344	(9.7)	120	(4.7)	35	(1.3)	312	(8.6)
Females:																	
2 - 5.....	339	38	(5.3)	167	(11.3)	15	(3.7)	9	(2.3)	164	(12.3)	40	(7.3)	24	(5.3)	168	(15.3)
6 - 11.....	510	42	(3.5)	195	(7.5)	31	(4.7)	16	(2.0)	205	(11.5)	74	(6.7)	36	(2.9)	187	(11.5)
12 - 19.....	650	41	(2.5)	188	(8.1)	38	(3.8)	20	(1.9)	204	(10.9)	94	(6.8)	46	(1.6)	177	(11.6)
20 - 39.....	893	49	(2.7)	255	(5.5)	56	(6.6)	22	(2.7)	252	(8.9)	113	(10.4)	45	(3.1)	259	(11.5)
40 - 59.....	926	45	(2.1)	244	(7.3)	37	(1.6)	15	(0.8)	261	(13.9)	83	(5.0)	32	(1.6)	231	(14.8)
60 and over.....	814	27	(2.4)	222	(8.1)	20	(2.6)	9	(1.1)	221	(12.7)	73	(6.5)	33	(2.7)	222	(9.5)
2 - 19.....	1499	41	(2.0)	186	(5.3)	31	(2.1)	17	(1.1)	196	(7.4)	77	(3.2)	39	(1.7)	178	(6.2)
20 and over...	2633	41	(1.4)	242	(3.1)	39	(2.6)	16	(1.1)	250	(5.7)	94	(5.1)	37	(1.9)	236	(4.7)
2 and over...	4132	41	(1.2)	229	(2.6)	37	(2.0)	16	(0.9)	238	(5.1)	90	(4.1)	38	(1.5)	223	(3.7)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	224	(5.3)	36	(2.6)	16	(1.1)	233	(8.3)	89	(6.2)	38	(1.9)	218	(7.4)
20 and over...	5047	42	(1.0)	293	(4.2)	46	(1.8)	16	(0.6)	308	(6.3)	110	(4.1)	36	(1.2)	282	(6.0)
2 and over...	8066	42	(0.9)	276	(3.7)	44	(1.6)	16	(0.6)	291	(5.9)	105	(3.7)	36	(1.0)	266	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	566	(32.5)	21	(3.0)	4*	(0.6)	541	(65.1)	59	(7.7)	11*	(1.7)	579	(27.8)
6 - 11.....	537	36	(1.6)	711	(33.8)	46	(3.6)	6	(0.5)	687	(41.4)	127	(8.6)	18	(1.3)	725	(39.5)
12 - 19.....	646	46	(2.5)	648	(25.1)	72	(8.0)	11	(1.1)	593	(43.7)	158	(14.7)	27	(2.6)	694	(24.9)
20 - 39.....	853	52	(2.1)	710	(24.3)	102	(6.3)	14	(1.0)	743	(39.9)	195	(11.5)	26	(1.8)	674	(33.0)
40 - 59.....	808	42	(1.9)	664	(20.1)	65	(7.2)	10	(1.2)	644	(37.2)	155	(16.5)	24	(2.3)	679	(28.5)
60 and over.....	753	31	(2.2)	702	(25.7)	32	(5.8)	5	(0.8)	683	(49.9)	103	(15.1)	15	(2.1)	711	(27.8)
2 - 19.....	1520	40	(1.3)	654	(18.9)	53	(4.1)	8	(0.6)	614	(24.8)	131	(8.1)	21	(1.5)	682	(19.5)
20 and over...	2414	43	(1.3)	691	(15.3)	70	(3.7)	10	(0.6)	697	(22.0)	164	(8.1)	23	(1.1)	687	(18.2)
2 and over...	3934	42	(1.0)	682	(12.6)	66	(2.7)	10	(0.4)	677	(17.8)	156	(6.4)	23	(0.9)	686	(16.2)
Females:																	
2 - 5.....	339	38	(5.3)	532	(25.2)	29	(7.3)	6	(1.4)	546	(46.8)	76	(14.2)	14	(3.1)	523	(20.3)
6 - 11.....	510	42	(3.5)	586	(26.9)	57	(10.0)	10	(1.5)	585	(24.2)	137	(15.1)	23	(2.9)	586	(41.4)
12 - 19.....	650	41	(2.5)	507	(36.1)	59	(6.2)	12	(1.5)	453	(24.5)	144	(11.8)	32	(2.1)	544	(57.8)
20 - 39.....	893	49	(2.7)	552	(29.1)	83	(9.7)	15	(2.2)	508	(25.6)	170	(13.7)	33	(2.9)	595	(40.4)
40 - 59.....	926	45	(2.1)	584	(18.0)	61	(5.2)	11	(1.0)	549	(33.3)	137	(9.8)	25	(2.1)	613	(27.4)
60 and over.....	814	27	(2.4)	628	(23.6)	27	(3.8)	4	(0.6)	558	(38.8)	97	(9.4)	17	(1.8)	655	(25.2)
2 - 19.....	1499	41	(2.0)	538	(19.7)	52	(5.6)	10	(1.1)	516	(16.8)	128	(9.2)	25	(1.8)	553	(27.9)
20 and over...	2633	41	(1.4)	586	(17.6)	59	(3.7)	10	(0.8)	534	(18.8)	143	(7.3)	27	(1.8)	622	(21.1)
2 and over...	4132	41	(1.2)	575	(16.0)	58	(2.8)	10	(0.7)	530	(16.0)	140	(5.1)	26	(1.4)	606	(19.7)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	598	(14.6)	53	(3.2)	9	(0.6)	566	(14.5)	130	(5.9)	23	(1.0)	619	(19.3)
20 and over...	5047	42	(1.0)	637	(12.2)	65	(1.9)	10	(0.3)	614	(16.9)	153	(4.9)	25	(0.9)	653	(13.5)
2 and over...	8066	42	(0.9)	627	(11.5)	62	(1.3)	10	(0.2)	603	(13.4)	148	(3.6)	24	(0.6)	645	(14.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	1279	(236.4)	25	(2.8)	2*	(0.4)	1298*	(536.5)	71	(8.4)	5*	(2.1)	1269	(180.3)
6 - 11.....	537	36	(1.6)	1443	(172.2)	57	(10.4)	4	(0.8)	1403	(313.0)	159	(29.1)	11	(2.8)	1465	(160.1)
12 - 19.....	646	46	(2.5)	1253	(132.7)	133	(22.5)	11	(1.7)	1242	(287.3)	290	(51.2)	23	(6.6)	1262	(135.9)
20 - 39.....	853	52	(2.1)	2210	(193.3)	218	(23.7)	10	(1.3)	1969	(227.2)	417	(45.6)	21	(2.4)	2475	(301.8)
40 - 59.....	808	42	(1.9)	2167	(144.6)	136	(21.4)	6	(1.0)	2073	(261.6)	326	(52.8)	16	(2.6)	2235	(200.8)
60 and over.....	753	31	(2.2)	2294	(232.8)	79	(23.4)	3*	(1.1)	2293	(446.0)	256	(67.2)	11*	(3.4)	2295	(270.2)
2 - 19.....	1520	40	(1.3)	1325	(105.7)	86	(12.0)	6	(1.0)	1302	(187.6)	212	(30.3)	16	(3.3)	1341	(92.4)
20 and over...	2414	43	(1.3)	2216	(90.0)	153	(16.6)	7	(0.8)	2065	(134.2)	355	(36.6)	17	(1.4)	2329	(131.4)
2 and over...	3934	42	(1.0)	1991	(70.3)	136	(13.4)	7	(0.7)	1881	(108.7)	321	(30.5)	17	(1.3)	2071	(94.5)
Females:																	
2 - 5.....	339	38	(5.3)	1008	(80.4)	32	(8.2)	3*	(0.9)	948	(114.6)	83	(15.9)	9*	(1.9)	1045	(111.5)
6 - 11.....	510	42	(3.5)	1143	(122.8)	72	(14.3)	6	(1.4)	1080	(112.7)	170	(25.1)	16	(2.7)	1189	(172.7)
12 - 19.....	650	41	(2.5)	1501	(288.1)	115	(20.7)	8	(2.0)	1045	(107.5)	282	(44.9)	27	(3.7)	1816	(470.8)
20 - 39.....	893	49	(2.7)	2106	(258.1)	213	(36.5)	10	(2.3)	1602	(190.3)	433	(63.2)	27	(3.9)	2594	(398.7)
40 - 59.....	926	45	(2.1)	2413	(217.8)	194	(29.8)	8	(1.6)	1878	(218.8)	431	(57.8)	23	(3.6)	2850	(338.4)
60 and over.....	814	27	(2.4)	2473	(193.2)	93	(16.4)	4	(0.6)	2246	(346.5)	341	(53.6)	15	(2.2)	2559	(213.9)
2 - 19.....	1499	41	(2.0)	1280	(139.0)	83	(11.5)	7	(1.2)	1037	(79.3)	205	(26.1)	20	(2.2)	1448	(229.2)
20 and over...	2633	41	(1.4)	2324	(155.8)	172	(11.8)	7	(0.7)	1833	(122.7)	415	(31.7)	23	(2.1)	2671	(213.0)
2 and over...	4132	41	(1.2)	2083	(139.3)	152	(9.6)	7	(0.7)	1651	(105.9)	367	(27.1)	22	(2.0)	2386	(187.5)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	1303	(97.0)	85	(8.2)	6	(0.8)	1173	(111.8)	208	(18.4)	18	(1.9)	1392	(125.1)
20 and over...	5047	42	(1.0)	2271	(89.2)	163	(9.8)	7	(0.4)	1948	(93.2)	385	(26.5)	20	(0.9)	2508	(131.0)
2 and over...	8066	42	(0.9)	2037	(80.3)	144	(7.5)	7	(0.4)	1766	(77.3)	344	(21.2)	19	(0.8)	2232	(113.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]		
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	3370	(528.2)	367	(57.8)	11	(1.6)	3656	(1091.9)	1040	(158.0)	28	(6.9)	3214	(440.0)
6 - 11.....	537	36	(1.6)	4197	(369.4)	674	(79.1)	16	(2.2)	4274	(433.9)	1870	(232.7)	44	(5.0)	4154	(508.1)
12 - 19.....	646	46	(2.5)	5392	(408.2)	1041	(180.5)	19	(3.1)	5785	(701.2)	2272	(383.4)	39	(5.7)	5059	(676.3)
20 - 39.....	853	52	(2.1)	5709	(309.1)	1532	(111.8)	27	(2.3)	5777	(432.1)	2924	(204.8)	51	(3.6)	5634	(692.2)
40 - 59.....	808	42	(1.9)	5550	(506.6)	809	(122.3)	15	(2.5)	4762	(530.4)	1937	(271.8)	41	(6.0)	6116	(673.3)
60 and over.....	753	31	(2.2)	6364	(502.3)	399	(100.6)	6	(1.5)	6974	(1123.9)	1290	(270.9)	19	(4.8)	6091	(491.7)
2 - 19.....	1520	40	(1.3)	4581	(254.6)	782	(88.7)	17	(1.8)	4950	(330.5)	1938	(212.4)	39	(3.9)	4331	(372.3)
20 and over...	2414	43	(1.3)	5817	(304.6)	979	(57.1)	17	(1.3)	5633	(356.3)	2274	(128.7)	40	(2.7)	5956	(363.1)
2 and over...	3934	42	(1.0)	5505	(236.4)	929	(42.0)	17	(1.0)	5469	(253.7)	2193	(100.6)	40	(2.0)	5531	(298.8)
Females:																	
2 - 5.....	339	38	(5.3)	2627	(298.8)	320*	(118.2)	12*	(3.7)	2634	(483.7)	832*	(251.5)	32	(8.6)	2623	(357.3)
6 - 11.....	510	42	(3.5)	3965	(543.5)	623	(86.2)	16	(2.9)	3100	(287.1)	1479	(149.1)	48	(4.5)	4593	(927.4)
12 - 19.....	650	41	(2.5)	3894	(257.2)	624	(110.2)	16	(2.9)	4200	(526.6)	1526	(232.9)	36	(6.7)	3683	(470.8)
20 - 39.....	893	49	(2.7)	4276	(264.4)	1007	(143.4)	24	(2.7)	4834	(387.5)	2049	(231.7)	42	(3.8)	3738	(232.0)
40 - 59.....	926	45	(2.1)	4369	(152.8)	690	(83.4)	16	(2.1)	4378	(433.8)	1535	(152.4)	35	(4.8)	4362	(319.1)
60 and over.....	814	27	(2.4)	4135	(411.3)	296	(42.8)	7	(1.2)	3722	(553.8)	1085	(178.9)	29	(5.6)	4290	(482.2)
2 - 19.....	1499	41	(2.0)	3645	(265.0)	558	(44.6)	15	(1.7)	3519	(252.8)	1370	(112.1)	39	(3.4)	3732	(367.6)
20 and over...	2633	41	(1.4)	4271	(171.3)	689	(62.7)	16	(1.3)	4444	(248.0)	1663	(137.2)	37	(2.3)	4149	(200.6)
2 and over...	4132	41	(1.2)	4126	(160.9)	659	(50.7)	16	(1.2)	4233	(194.8)	1596	(112.2)	38	(2.1)	4052	(197.1)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	4126	(210.2)	673	(57.8)	16	(1.3)	4251	(268.5)	1661	(132.6)	39	(2.9)	4041	(282.3)
20 and over...	5047	42	(1.0)	5021	(136.4)	830	(40.6)	17	(0.8)	5032	(170.8)	1965	(97.8)	39	(1.9)	5013	(208.0)
2 and over...	8066	42	(0.9)	4805	(121.3)	792	(30.2)	16	(0.6)	4849	(122.2)	1894	(77.2)	39	(1.5)	4773	(184.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	1.33	(0.040)	0.12	(0.021)	9	(1.5)	1.35	(0.058)	0.35	(0.050)	26	(3.5)	1.32	(0.048)
6 - 11.....	537	36	(1.6)	1.68	(0.051)	0.19	(0.017)	11	(0.9)	1.69	(0.090)	0.52	(0.046)	31	(2.7)	1.68	(0.048)
12 - 19.....	646	46	(2.5)	1.99	(0.085)	0.34	(0.040)	17	(2.2)	1.99	(0.159)	0.75	(0.066)	38	(3.8)	1.98	(0.121)
20 - 39.....	853	52	(2.1)	1.96	(0.042)	0.46	(0.031)	23	(1.4)	2.12	(0.069)	0.87	(0.040)	41	(1.9)	1.79	(0.049)
40 - 59.....	808	42	(1.9)	1.85	(0.036)	0.28	(0.015)	15	(0.9)	1.90	(0.058)	0.67	(0.033)	35	(1.8)	1.83	(0.048)
60 and over.....	753	31	(2.2)	1.75	(0.059)	0.15	(0.013)	9	(0.8)	1.84	(0.127)	0.48	(0.030)	26	(2.1)	1.71	(0.041)
2 - 19.....	1520	40	(1.3)	1.75	(0.040)	0.25	(0.021)	14	(1.2)	1.79	(0.077)	0.61	(0.045)	34	(2.5)	1.73	(0.050)
20 and over...	2414	43	(1.3)	1.87	(0.025)	0.31	(0.011)	17	(0.6)	1.99	(0.056)	0.73	(0.026)	37	(1.2)	1.78	(0.018)
2 and over...	3934	42	(1.0)	1.84	(0.021)	0.30	(0.010)	16	(0.5)	1.94	(0.044)	0.70	(0.024)	36	(0.9)	1.77	(0.018)
Females:																	
2 - 5.....	339	38	(5.3)	1.17	(0.032)	0.12	(0.030)	10	(2.6)	1.21	(0.042)	0.32	(0.049)	26	(4.4)	1.15	(0.037)
6 - 11.....	510	42	(3.5)	1.51	(0.052)	0.23	(0.035)	15	(2.2)	1.55	(0.068)	0.54	(0.046)	35	(3.1)	1.47	(0.063)
12 - 19.....	650	41	(2.5)	1.35	(0.037)	0.22	(0.023)	16	(1.7)	1.37	(0.050)	0.54	(0.036)	40	(2.2)	1.34	(0.056)
20 - 39.....	893	49	(2.7)	1.45	(0.034)	0.30	(0.025)	21	(1.7)	1.50	(0.044)	0.61	(0.028)	40	(2.2)	1.39	(0.049)
40 - 59.....	926	45	(2.1)	1.38	(0.039)	0.21	(0.011)	15	(0.7)	1.39	(0.045)	0.48	(0.022)	34	(1.7)	1.38	(0.068)
60 and over.....	814	27	(2.4)	1.32	(0.026)	0.12	(0.013)	9	(1.0)	1.35	(0.044)	0.42	(0.030)	31	(2.2)	1.31	(0.032)
2 - 19.....	1499	41	(2.0)	1.36	(0.021)	0.20	(0.014)	15	(0.9)	1.40	(0.027)	0.50	(0.018)	36	(1.4)	1.34	(0.027)
20 and over...	2633	41	(1.4)	1.39	(0.021)	0.22	(0.013)	15	(0.8)	1.43	(0.025)	0.52	(0.021)	36	(1.5)	1.36	(0.033)
2 and over...	4132	41	(1.2)	1.38	(0.019)	0.21	(0.010)	15	(0.6)	1.42	(0.022)	0.51	(0.016)	36	(1.1)	1.36	(0.027)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	1.56	(0.027)	0.22	(0.014)	14	(0.8)	1.60	(0.043)	0.55	(0.028)	35	(1.7)	1.54	(0.030)
20 and over...	5047	42	(1.0)	1.62	(0.018)	0.26	(0.010)	16	(0.6)	1.71	(0.029)	0.62	(0.020)	36	(1.1)	1.56	(0.024)
2 and over...	8066	42	(0.9)	1.61	(0.018)	0.25	(0.008)	16	(0.4)	1.68	(0.025)	0.61	(0.017)	36	(0.8)	1.56	(0.021)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	1.74	(0.062)	0.12	(0.018)	7	(1.0)	1.70	(0.079)	0.33	(0.045)	20	(2.3)	1.76	(0.082)
6 - 11.....	537	36	(1.6)	2.14	(0.057)	0.20	(0.024)	9	(1.0)	2.16	(0.079)	0.56	(0.060)	26	(2.7)	2.13	(0.075)
12 - 19.....	646	46	(2.5)	2.53	(0.101)	0.40	(0.053)	16	(2.1)	2.35	(0.144)	0.86	(0.105)	37	(3.9)	2.68	(0.199)
20 - 39.....	853	52	(2.1)	2.70	(0.096)	0.46	(0.025)	17	(1.0)	2.87	(0.162)	0.87	(0.032)	30	(2.0)	2.52	(0.079)
40 - 59.....	808	42	(1.9)	2.54	(0.046)	0.35	(0.028)	14	(1.1)	2.64	(0.092)	0.83	(0.065)	31	(2.0)	2.46	(0.058)
60 and over.....	753	31	(2.2)	2.31	(0.057)	0.18	(0.018)	8	(0.8)	2.47	(0.137)	0.57	(0.034)	23	(2.0)	2.24	(0.034)
2 - 19.....	1520	40	(1.3)	2.24	(0.053)	0.27	(0.026)	12	(1.1)	2.18	(0.077)	0.68	(0.057)	31	(2.6)	2.28	(0.087)
20 and over...	2414	43	(1.3)	2.54	(0.041)	0.35	(0.012)	14	(0.6)	2.71	(0.088)	0.80	(0.022)	30	(1.4)	2.41	(0.038)
2 and over...	3934	42	(1.0)	2.47	(0.040)	0.33	(0.009)	13	(0.4)	2.59	(0.071)	0.77	(0.020)	30	(1.0)	2.38	(0.041)
Females:																	
2 - 5.....	339	38	(5.3)	1.68	(0.067)	0.15	(0.039)	9	(2.3)	1.78	(0.112)	0.38	(0.062)	21	(3.9)	1.61	(0.055)
6 - 11.....	510	42	(3.5)	1.83	(0.045)	0.24	(0.037)	13	(1.8)	1.92	(0.037)	0.57	(0.044)	30	(2.5)	1.77	(0.075)
12 - 19.....	650	41	(2.5)	1.70	(0.088)	0.26	(0.032)	15	(1.8)	1.70	(0.123)	0.64	(0.062)	38	(2.1)	1.69	(0.114)
20 - 39.....	893	49	(2.7)	1.82	(0.041)	0.36	(0.044)	20	(2.2)	1.85	(0.076)	0.74	(0.069)	40	(2.7)	1.80	(0.057)
40 - 59.....	926	45	(2.1)	1.87	(0.039)	0.25	(0.012)	13	(0.6)	1.89	(0.054)	0.56	(0.030)	30	(1.5)	1.86	(0.072)
60 and over.....	814	27	(2.4)	1.79	(0.041)	0.12	(0.015)	7	(0.8)	1.75	(0.052)	0.45	(0.035)	26	(1.8)	1.81	(0.044)
2 - 19.....	1499	41	(2.0)	1.74	(0.051)	0.23	(0.028)	13	(1.4)	1.79	(0.069)	0.56	(0.046)	32	(1.9)	1.70	(0.058)
20 and over...	2633	41	(1.4)	1.83	(0.024)	0.25	(0.019)	14	(1.0)	1.85	(0.032)	0.61	(0.039)	33	(1.8)	1.82	(0.031)
2 and over...	4132	41	(1.2)	1.81	(0.023)	0.25	(0.017)	14	(0.8)	1.84	(0.031)	0.60	(0.032)	33	(1.4)	1.79	(0.026)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	2.00	(0.040)	0.25	(0.016)	13	(0.7)	1.99	(0.050)	0.62	(0.035)	31	(1.6)	2.00	(0.053)
20 and over...	5047	42	(1.0)	2.18	(0.028)	0.30	(0.011)	14	(0.5)	2.28	(0.051)	0.71	(0.021)	31	(1.1)	2.10	(0.026)
2 and over...	8066	42	(0.9)	2.13	(0.029)	0.29	(0.010)	13	(0.4)	2.21	(0.044)	0.69	(0.018)	31	(0.8)	2.08	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	16.4	(0.56)	1.8	(0.24)	11	(1.5)	16.4	(0.94)	5.0	(0.53)	31	(2.8)	16.3	(0.70)
6 - 11	537	36	(1.6)	22.0	(0.71)	2.8	(0.29)	13	(1.3)	21.9	(0.88)	7.7	(0.80)	35	(2.9)	22.1	(0.85)
12 - 19	646	46	(2.5)	31.5	(1.22)	7.2	(1.21)	23	(3.4)	33.0	(1.96)	15.7	(2.30)	48	(4.9)	30.2	(2.42)
20 - 39	853	52	(2.1)	35.9	(1.04)	7.6	(0.49)	21	(1.5)	39.0	(1.72)	14.4	(0.66)	37	(2.3)	32.6	(1.23)
40 - 59	808	42	(1.9)	31.0	(0.63)	4.6	(0.29)	15	(1.0)	32.4	(1.15)	11.1	(0.59)	34	(2.0)	30.0	(0.69)
60 and over	753	31	(2.2)	26.8	(0.41)	2.4	(0.17)	9	(0.6)	28.1	(0.87)	7.7	(0.37)	27	(1.8)	26.3	(0.39)
2 - 19	1520	40	(1.3)	25.2	(0.66)	4.6	(0.69)	18	(2.4)	26.7	(1.36)	11.4	(1.56)	43	(4.0)	24.2	(0.98)
20 and over	2414	43	(1.3)	31.8	(0.42)	5.2	(0.20)	16	(0.8)	34.6	(0.90)	12.0	(0.42)	35	(1.4)	29.7	(0.41)
2 and over	3934	42	(1.0)	30.2	(0.41)	5.0	(0.26)	17	(0.8)	32.7	(0.87)	11.9	(0.58)	36	(1.4)	28.3	(0.35)
Females:																	
2 - 5	339	38	(5.3)	14.8	(0.45)	1.7	(0.37)	11	(2.6)	15.1	(0.70)	4.3	(0.49)	29	(4.0)	14.5	(0.51)
6 - 11	510	42	(3.5)	20.0	(0.46)	3.2	(0.40)	16	(1.9)	20.2	(0.88)	7.5	(0.48)	37	(2.8)	19.7	(0.64)
12 - 19	650	41	(2.5)	20.5	(0.78)	3.8	(0.40)	19	(2.1)	22.2	(1.10)	9.4	(0.61)	42	(2.4)	19.3	(1.07)
20 - 39	893	49	(2.7)	22.8	(0.57)	5.1	(0.47)	22	(1.9)	24.6	(0.89)	10.4	(0.57)	42	(2.1)	21.0	(0.71)
40 - 59	926	45	(2.1)	21.6	(0.32)	3.5	(0.15)	16	(0.7)	22.1	(0.77)	7.7	(0.32)	35	(1.9)	21.2	(0.72)
60 and over	814	27	(2.4)	19.5	(0.49)	1.8	(0.22)	9	(1.1)	19.8	(0.88)	6.6	(0.57)	33	(2.0)	19.4	(0.58)
2 - 19	1499	41	(2.0)	19.1	(0.38)	3.1	(0.18)	16	(1.0)	20.1	(0.54)	7.7	(0.28)	38	(1.3)	18.4	(0.58)
20 and over	2633	41	(1.4)	21.4	(0.24)	3.6	(0.21)	17	(0.9)	22.7	(0.41)	8.6	(0.36)	38	(1.7)	20.5	(0.43)
2 and over	4132	41	(1.2)	20.9	(0.20)	3.5	(0.17)	17	(0.8)	22.1	(0.35)	8.4	(0.31)	38	(1.4)	20.0	(0.31)
Males and Females:																	
2 - 19	3019	41	(1.1)	22.2	(0.45)	3.9	(0.35)	17	(1.3)	23.5	(0.78)	9.6	(0.84)	41	(2.5)	21.4	(0.50)
20 and over	5047	42	(1.0)	26.5	(0.24)	4.3	(0.15)	16	(0.6)	28.6	(0.53)	10.3	(0.32)	36	(1.1)	24.9	(0.27)
2 and over	8066	42	(0.9)	25.4	(0.24)	4.2	(0.16)	17	(0.6)	27.4	(0.55)	10.1	(0.38)	37	(1.0)	24.0	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	1.43	(0.056)	0.08	(0.012)	6	(0.8)	1.29	(0.098)	0.22	(0.031)	17	(2.0)	1.51	(0.058)
6 - 11.....	537	36	(1.6)	1.84	(0.052)	0.18	(0.032)	10	(1.6)	1.81	(0.075)	0.49	(0.084)	27	(4.1)	1.86	(0.063)
12 - 19.....	646	46	(2.5)	2.53	(0.116)	0.45	(0.105)	18	(3.9)	2.38	(0.168)	0.98	(0.209)	41	(6.4)	2.66	(0.241)
20 - 39.....	853	52	(2.1)	3.06	(0.140)	0.42	(0.031)	14	(1.3)	3.28	(0.252)	0.80	(0.046)	25	(2.7)	2.83	(0.157)
40 - 59.....	808	42	(1.9)	2.55	(0.061)	0.27	(0.022)	11	(1.0)	2.45	(0.101)	0.66	(0.041)	27	(1.9)	2.61	(0.087)
60 and over.....	753	31	(2.2)	2.24	(0.058)	0.14	(0.014)	6	(0.7)	2.21	(0.130)	0.45	(0.031)	20	(2.1)	2.25	(0.057)
2 - 19.....	1520	40	(1.3)	2.07	(0.056)	0.28	(0.056)	14	(2.5)	2.02	(0.097)	0.70	(0.129)	35	(5.0)	2.11	(0.093)
20 and over...	2414	43	(1.3)	2.66	(0.047)	0.30	(0.014)	11	(0.6)	2.79	(0.112)	0.69	(0.025)	25	(1.6)	2.57	(0.049)
2 and over...	3934	42	(1.0)	2.51	(0.044)	0.29	(0.019)	12	(0.8)	2.60	(0.095)	0.69	(0.042)	27	(1.6)	2.45	(0.030)
Females:																	
2 - 5.....	339	38	(5.3)	1.32	(0.063)	0.08	(0.016)	6	(1.3)	1.26	(0.086)	0.21	(0.018)	16	(2.2)	1.36	(0.072)
6 - 11.....	510	42	(3.5)	1.59	(0.047)	0.16	(0.023)	10	(1.4)	1.52	(0.077)	0.38	(0.033)	25	(2.2)	1.64	(0.078)
12 - 19.....	650	41	(2.5)	1.60	(0.071)	0.23	(0.024)	14	(1.5)	1.64	(0.102)	0.55	(0.038)	34	(2.1)	1.58	(0.095)
20 - 39.....	893	49	(2.7)	1.88	(0.059)	0.30	(0.029)	16	(1.5)	1.90	(0.076)	0.62	(0.046)	33	(2.3)	1.86	(0.080)
40 - 59.....	926	45	(2.1)	1.76	(0.037)	0.21	(0.009)	12	(0.5)	1.71	(0.077)	0.46	(0.026)	27	(1.7)	1.80	(0.056)
60 and over.....	814	27	(2.4)	1.63	(0.031)	0.10	(0.013)	6	(0.8)	1.56	(0.063)	0.37	(0.030)	24	(1.6)	1.66	(0.041)
2 - 19.....	1499	41	(2.0)	1.54	(0.044)	0.17	(0.011)	11	(0.8)	1.52	(0.054)	0.43	(0.021)	28	(1.0)	1.55	(0.062)
20 and over...	2633	41	(1.4)	1.76	(0.016)	0.21	(0.012)	12	(0.7)	1.76	(0.043)	0.51	(0.024)	29	(1.7)	1.77	(0.030)
2 and over...	4132	41	(1.2)	1.71	(0.015)	0.20	(0.011)	12	(0.6)	1.71	(0.034)	0.49	(0.022)	29	(1.5)	1.72	(0.022)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	1.81	(0.039)	0.23	(0.028)	13	(1.4)	1.77	(0.067)	0.57	(0.071)	32	(3.1)	1.84	(0.051)
20 and over...	5047	42	(1.0)	2.20	(0.030)	0.25	(0.009)	11	(0.4)	2.27	(0.068)	0.60	(0.019)	26	(1.2)	2.15	(0.030)
2 and over...	8066	42	(0.9)	2.11	(0.028)	0.25	(0.011)	12	(0.5)	2.15	(0.059)	0.59	(0.027)	27	(1.1)	2.07	(0.019)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	436	(20.1)	35	(4.0)	8	(1.0)	459	(33.5)	99	(10.8)	22	(2.5)	423	(25.7)
6 - 11.....	537	36	(1.6)	538	(23.1)	55	(3.8)	10	(0.7)	545	(28.2)	151	(11.1)	28	(1.8)	534	(29.0)
12 - 19.....	646	46	(2.5)	620	(34.8)	91	(7.2)	15	(1.4)	592	(43.7)	198	(14.2)	33	(2.4)	643	(52.8)
20 - 39.....	853	52	(2.1)	639	(17.9)	139	(9.8)	22	(1.3)	682	(21.5)	266	(13.5)	39	(1.7)	593	(21.4)
40 - 59.....	808	42	(1.9)	590	(16.4)	82	(5.3)	14	(1.0)	586	(24.0)	197	(12.1)	34	(1.7)	593	(28.1)
60 and over.....	753	31	(2.2)	558	(22.2)	39	(3.8)	7	(0.7)	556	(23.8)	126	(8.1)	23	(1.5)	559	(25.5)
2 - 19.....	1520	40	(1.3)	555	(18.2)	67	(4.2)	12	(0.7)	555	(23.6)	167	(8.7)	30	(1.6)	556	(24.1)
20 and over...	2414	43	(1.3)	601	(10.6)	93	(4.0)	15	(0.6)	625	(13.3)	216	(8.9)	35	(1.3)	582	(13.4)
2 and over...	3934	42	(1.0)	589	(8.9)	86	(3.0)	15	(0.5)	608	(10.6)	204	(6.5)	34	(0.9)	575	(10.2)
Females:																	
2 - 5.....	339	38	(5.3)	409	(17.1)	34	(8.3)	8	(2.1)	385	(23.5)	88	(15.8)	23	(4.1)	423	(25.3)
6 - 11.....	510	42	(3.5)	493	(24.0)	64	(9.5)	13	(1.9)	491	(37.0)	152	(13.5)	31	(2.2)	494	(27.9)
12 - 19.....	650	41	(2.5)	467	(22.7)	67	(6.3)	14	(1.4)	458	(31.8)	163	(10.1)	36	(3.1)	473	(26.4)
20 - 39.....	893	49	(2.7)	477	(13.8)	91	(9.1)	19	(2.2)	491	(15.2)	185	(10.7)	38	(2.6)	465	(22.1)
40 - 59.....	926	45	(2.1)	453	(16.9)	64	(3.2)	14	(0.6)	447	(18.9)	142	(6.4)	32	(1.8)	457	(25.6)
60 and over.....	814	27	(2.4)	445	(9.4)	33	(4.3)	7	(0.9)	455	(24.2)	122	(10.2)	27	(2.7)	441	(13.7)
2 - 19.....	1499	41	(2.0)	463	(14.0)	59	(3.5)	13	(0.7)	454	(19.3)	144	(5.3)	32	(1.7)	469	(16.6)
20 and over...	2633	41	(1.4)	459	(8.3)	65	(3.9)	14	(0.8)	467	(9.3)	156	(6.8)	33	(1.4)	454	(12.8)
2 and over...	4132	41	(1.2)	460	(7.1)	63	(3.1)	14	(0.6)	464	(10.0)	153	(5.0)	33	(1.1)	457	(9.8)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	510	(12.7)	63	(3.2)	12	(0.6)	506	(15.8)	156	(6.0)	31	(1.2)	514	(14.0)
20 and over...	5047	42	(1.0)	528	(8.7)	78	(3.2)	15	(0.6)	545	(8.7)	186	(6.9)	34	(1.1)	515	(11.5)
2 and over...	8066	42	(0.9)	524	(8.0)	75	(2.4)	14	(0.4)	536	(8.0)	179	(5.2)	33	(0.9)	515	(9.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	217	(9.5)	16	(2.1)	8	(1.1)	202	(12.4)	46	(5.5)	23	(2.3)	225	(14.8)
6 - 11	537	36	(1.6)	267	(6.5)	29	(2.5)	11	(1.0)	267	(12.9)	80	(6.4)	30	(2.2)	268	(9.5)
12 - 19	646	46	(2.5)	347	(10.2)	61	(8.7)	18	(2.4)	340	(15.2)	134	(15.7)	39	(4.5)	354	(23.1)
20 - 39	853	52	(2.1)	415	(8.3)	76	(4.4)	18	(1.0)	429	(18.5)	144	(6.5)	34	(1.9)	400	(12.8)
40 - 59	808	42	(1.9)	420	(11.4)	51	(4.1)	12	(1.1)	419	(12.5)	121	(8.7)	29	(2.2)	420	(15.0)
60 and over	753	31	(2.2)	358	(7.8)	28	(2.7)	8	(0.7)	369	(15.7)	89	(4.6)	24	(1.4)	354	(10.0)
2 - 19	1520	40	(1.3)	294	(5.7)	41	(5.0)	14	(1.6)	294	(9.6)	102	(10.8)	35	(3.3)	294	(9.4)
20 and over	2414	43	(1.3)	402	(6.1)	54	(2.4)	13	(0.6)	414	(10.8)	126	(4.7)	30	(1.3)	393	(7.8)
2 and over	3934	42	(1.0)	375	(5.6)	51	(2.2)	14	(0.6)	385	(9.3)	120	(4.6)	31	(1.2)	367	(7.0)
Females:																	
2 - 5	339	38	(5.3)	201	(8.7)	18	(3.9)	9	(1.9)	201	(9.9)	46	(5.8)	23	(3.5)	202	(10.5)
6 - 11	510	42	(3.5)	224	(5.6)	31	(4.0)	14	(1.6)	230	(11.2)	74	(5.2)	32	(1.7)	221	(8.4)
12 - 19	650	41	(2.5)	216	(6.4)	38	(3.5)	17	(1.6)	219	(8.4)	92	(6.0)	42	(1.6)	214	(9.1)
20 - 39	893	49	(2.7)	285	(4.5)	55	(6.0)	19	(2.2)	279	(9.6)	111	(8.6)	40	(2.6)	290	(9.2)
40 - 59	926	45	(2.1)	281	(6.2)	37	(1.4)	13	(0.6)	283	(10.8)	83	(3.7)	29	(1.4)	279	(12.8)
60 and over	814	27	(2.4)	267	(7.3)	19	(2.4)	7	(0.9)	249	(11.0)	71	(5.7)	29	(2.1)	274	(7.7)
2 - 19	1499	41	(2.0)	216	(4.2)	31	(1.9)	14	(0.8)	219	(6.1)	77	(2.8)	35	(1.2)	213	(5.0)
20 and over	2633	41	(1.4)	278	(3.4)	38	(2.4)	14	(0.8)	275	(4.6)	92	(4.4)	34	(1.6)	281	(5.6)
2 and over	4132	41	(1.2)	264	(2.9)	37	(1.9)	14	(0.7)	263	(4.2)	89	(3.6)	34	(1.3)	265	(4.5)
Males and Females:																	
2 - 19	3019	41	(1.1)	256	(3.8)	36	(2.7)	14	(1.0)	257	(7.0)	90	(6.1)	35	(1.8)	255	(5.5)
20 and over	5047	42	(1.0)	339	(3.9)	46	(1.6)	14	(0.5)	344	(6.3)	109	(3.5)	32	(1.0)	335	(5.2)
2 and over	8066	42	(0.9)	319	(3.5)	44	(1.5)	14	(0.4)	324	(5.8)	105	(3.3)	32	(0.8)	315	(4.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	3.93	(0.230)	0.18	(0.012)	4*	(0.5)	3.56	(0.192)	0.50	(0.036)	14	(0.7)	4.13	(0.341)
6 - 11.....	537	36	(1.6)	5.11	(0.160)	0.44	(0.051)	9	(0.9)	4.94	(0.293)	1.21	(0.125)	25	(2.4)	5.21	(0.241)
12 - 19.....	646	46	(2.5)	6.50	(0.308)	1.29	(0.293)	20	(4.2)	6.53	(0.515)	2.81	(0.572)	43	(6.7)	6.48	(0.533)
20 - 39.....	853	52	(2.1)	7.04	(0.402)	1.14	(0.081)	16	(1.1)	7.78	(0.692)	2.17	(0.117)	28	(1.9)	6.23	(0.278)
40 - 59.....	808	42	(1.9)	5.63	(0.195)	0.70	(0.071)	12	(1.4)	5.61	(0.270)	1.68	(0.151)	30	(2.8)	5.65	(0.328)
60 and over.....	753	31	(2.2)	5.00	(0.214)	0.38	(0.049)	8	(0.9)	5.27	(0.412)	1.23	(0.121)	23	(2.7)	4.88	(0.206)
2 - 19.....	1520	40	(1.3)	5.51	(0.185)	0.77	(0.150)	14	(2.5)	5.53	(0.312)	1.92	(0.344)	35	(5.1)	5.51	(0.246)
20 and over...	2414	43	(1.3)	6.01	(0.142)	0.78	(0.040)	13	(0.7)	6.55	(0.285)	1.82	(0.080)	28	(1.4)	5.60	(0.111)
2 and over...	3934	42	(1.0)	5.88	(0.128)	0.78	(0.045)	13	(0.7)	6.30	(0.222)	1.85	(0.098)	29	(1.4)	5.57	(0.110)
Females:																	
2 - 5.....	339	38	(5.3)	3.82	(0.177)	0.23	(0.051)	6	(1.4)	3.88	(0.335)	0.59	(0.089)	15	(3.2)	3.78	(0.150)
6 - 11.....	510	42	(3.5)	4.29	(0.157)	0.47	(0.056)	11	(1.3)	4.13	(0.253)	1.13	(0.076)	27	(2.6)	4.41	(0.315)
12 - 19.....	650	41	(2.5)	3.90	(0.139)	0.53	(0.054)	13	(1.5)	3.82	(0.230)	1.29	(0.072)	34	(2.3)	3.95	(0.184)
20 - 39.....	893	49	(2.7)	4.13	(0.115)	0.75	(0.086)	18	(2.2)	4.10	(0.210)	1.52	(0.132)	37	(3.0)	4.16	(0.198)
40 - 59.....	926	45	(2.1)	3.78	(0.112)	0.53	(0.038)	14	(0.8)	3.81	(0.142)	1.17	(0.081)	31	(2.5)	3.75	(0.240)
60 and over.....	814	27	(2.4)	3.98	(0.163)	0.31	(0.048)	8	(1.2)	3.83	(0.226)	1.13	(0.156)	30	(3.6)	4.03	(0.215)
2 - 19.....	1499	41	(2.0)	4.01	(0.108)	0.44	(0.035)	11	(0.9)	3.93	(0.148)	1.09	(0.053)	28	(1.5)	4.06	(0.154)
20 and over...	2633	41	(1.4)	3.96	(0.089)	0.54	(0.043)	14	(1.1)	3.93	(0.084)	1.31	(0.085)	33	(2.3)	3.97	(0.148)
2 and over...	4132	41	(1.2)	3.97	(0.076)	0.52	(0.032)	13	(0.8)	3.93	(0.069)	1.26	(0.063)	32	(1.7)	3.99	(0.119)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	4.78	(0.104)	0.61	(0.069)	13	(1.3)	4.75	(0.194)	1.51	(0.173)	32	(3.0)	4.81	(0.140)
20 and over...	5047	42	(1.0)	4.95	(0.075)	0.66	(0.028)	13	(0.5)	5.23	(0.144)	1.56	(0.057)	30	(1.0)	4.75	(0.090)
2 and over...	8066	42	(0.9)	4.91	(0.067)	0.65	(0.027)	13	(0.5)	5.11	(0.124)	1.55	(0.060)	30	(0.8)	4.76	(0.078)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	81.4	(3.56)	3.2	(0.84)	4*	(1.0)	79.4	(7.14)	9.0	(2.22)	11*	(2.5)	82.5	(5.20)
6 - 11.....	537	36	(1.6)	77.4	(4.01)	3.4	(0.47)	4	(0.7)	72.5	(4.67)	9.4	(1.23)	13	(1.8)	80.1	(5.82)
12 - 19.....	646	46	(2.5)	75.9	(5.39)	6.5	(1.33)	9	(1.8)	67.2	(5.92)	14.2	(3.01)	21	(3.6)	83.2	(7.21)
20 - 39.....	853	52	(2.1)	85.0	(4.32)	9.2	(0.91)	11	(1.2)	82.5	(4.94)	17.6	(1.59)	21	(2.1)	87.8	(6.08)
40 - 59.....	808	42	(1.9)	79.4	(3.01)	5.4	(0.67)	7	(0.9)	78.9	(5.29)	13.0	(1.28)	16	(1.5)	79.8	(5.30)
60 and over.....	753	31	(2.2)	86.6	(4.89)	2.6	(0.72)	3	(0.8)	85.4	(7.87)	8.5	(1.98)	10	(1.9)	87.1	(5.52)
2 - 19.....	1520	40	(1.3)	77.5	(3.40)	4.8	(0.70)	6	(0.9)	70.9	(4.23)	11.8	(1.66)	17	(1.9)	81.9	(4.19)
20 and over...	2414	43	(1.3)	83.3	(2.39)	6.2	(0.45)	7	(0.5)	81.7	(3.85)	14.3	(0.83)	17	(1.1)	84.6	(2.37)
2 and over...	3934	42	(1.0)	81.9	(1.51)	5.8	(0.35)	7	(0.4)	79.1	(3.06)	13.7	(0.60)	17	(0.7)	83.9	(1.64)
Females:																	
2 - 5.....	339	38	(5.3)	74.2	(5.87)	2.7	(0.45)	4*	(0.6)	72.9	(5.08)	7.1	(0.71)	10*	(1.3)	74.9	(8.92)
6 - 11.....	510	42	(3.5)	71.6	(4.03)	3.1	(0.56)	4	(0.8)	65.0	(5.15)	7.3	(1.01)	11	(1.5)	76.4	(5.42)
12 - 19.....	650	41	(2.5)	62.7	(3.92)	5.0	(0.91)	8	(1.4)	55.9	(4.03)	12.1	(1.93)	22	(3.1)	67.4	(5.72)
20 - 39.....	893	49	(2.7)	73.9	(2.70)	7.4	(1.08)	10	(1.4)	70.4	(2.88)	15.1	(1.93)	21	(2.1)	77.2	(4.16)
40 - 59.....	926	45	(2.1)	73.5	(3.80)	4.4	(0.58)	6	(0.7)	69.3	(7.45)	9.7	(1.14)	14	(1.6)	76.9	(2.51)
60 and over.....	814	27	(2.4)	78.6	(3.69)	2.1	(0.36)	3	(0.5)	63.3	(4.99)	7.6	(1.10)	12	(1.3)	84.3	(4.21)
2 - 19.....	1499	41	(2.0)	68.0	(2.11)	3.9	(0.41)	6	(0.6)	62.3	(2.61)	9.5	(0.96)	15	(1.2)	71.9	(3.18)
20 and over...	2633	41	(1.4)	75.1	(2.15)	4.8	(0.44)	6	(0.6)	68.7	(3.38)	11.5	(1.02)	17	(1.3)	79.6	(2.51)
2 and over...	4132	41	(1.2)	73.4	(1.84)	4.6	(0.34)	6	(0.4)	67.2	(2.78)	11.1	(0.82)	16	(1.0)	77.8	(2.08)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	72.9	(1.78)	4.3	(0.46)	6	(0.6)	66.7	(2.27)	10.7	(1.08)	16	(1.4)	77.0	(2.26)
20 and over...	5047	42	(1.0)	79.1	(1.67)	5.4	(0.35)	7	(0.4)	75.1	(2.36)	12.9	(0.75)	17	(0.8)	82.0	(1.99)
2 and over...	8066	42	(0.9)	77.6	(1.25)	5.2	(0.25)	7	(0.3)	73.2	(1.81)	12.4	(0.50)	17	(0.5)	80.8	(1.43)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	6.1	(0.52)	0.1	(0.02)	2*	(0.4)	4.8	(0.37)	0.3	(0.05)	5*	(1.0)	6.7	(0.82)
6 - 11.....	537	36	(1.6)	6.1	(0.25)	0.2	(0.04)	2*	(0.6)	5.6	(0.43)	0.4	(0.10)	7	(1.9)	6.4	(0.43)
12 - 19.....	646	46	(2.5)	6.0	(0.30)	0.4	(0.05)	6	(0.9)	5.0	(0.41)	0.8	(0.11)	17	(2.3)	6.9	(0.41)
20 - 39.....	853	52	(2.1)	5.4	(0.37)	0.5	(0.06)	10	(1.1)	5.5	(0.56)	1.0	(0.08)	18	(2.0)	5.3	(0.39)
40 - 59.....	808	42	(1.9)	5.7	(0.50)	0.4	(0.06)	7	(1.2)	5.1	(0.48)	1.0	(0.15)	19	(3.4)	6.2	(0.81)
60 and over.....	753	31	(2.2)	5.4	(0.33)	0.3	(0.08)	6	(1.4)	6.2	(0.85)	1.0	(0.23)	16	(3.5)	5.0	(0.27)
2 - 19.....	1520	40	(1.3)	6.1	(0.19)	0.2	(0.03)	4	(0.5)	5.2	(0.28)	0.6	(0.06)	12	(1.4)	6.7	(0.30)
20 and over...	2414	43	(1.3)	5.5	(0.29)	0.4	(0.04)	8	(0.8)	5.5	(0.34)	1.0	(0.09)	18	(1.6)	5.5	(0.38)
2 and over...	3934	42	(1.0)	5.7	(0.22)	0.4	(0.03)	7	(0.6)	5.4	(0.26)	0.9	(0.07)	16	(1.3)	5.8	(0.30)
Females:																	
2 - 5.....	339	38	(5.3)	5.6	(0.35)	0.2	(0.06)	4*	(1.0)	5.8	(0.63)	0.5	(0.11)	9*	(2.2)	5.6	(0.30)
6 - 11.....	510	42	(3.5)	4.7	(0.10)	0.3	(0.07)	6	(1.4)	4.5	(0.20)	0.7	(0.12)	15	(3.0)	4.9	(0.25)
12 - 19.....	650	41	(2.5)	3.7	(0.15)	0.3	(0.05)	8	(1.5)	3.2	(0.18)	0.8	(0.12)	24	(3.7)	4.0	(0.24)
20 - 39.....	893	49	(2.7)	3.9	(0.19)	0.5	(0.07)	12	(1.8)	3.9	(0.37)	1.0	(0.13)	25	(3.1)	4.0	(0.21)
40 - 59.....	926	45	(2.1)	3.9	(0.12)	0.3	(0.05)	7	(1.2)	3.4	(0.18)	0.6	(0.11)	19	(3.1)	4.3	(0.22)
60 and over.....	814	27	(2.4)	4.3	(0.22)	0.1	(0.03)	3	(0.9)	3.7	(0.44)	0.5	(0.10)	15	(3.6)	4.5	(0.25)
2 - 19.....	1499	41	(2.0)	4.4	(0.13)	0.3	(0.03)	6	(0.8)	4.2	(0.19)	0.7	(0.07)	16	(1.4)	4.6	(0.18)
20 and over...	2633	41	(1.4)	4.0	(0.11)	0.3	(0.03)	8	(0.9)	3.6	(0.14)	0.8	(0.07)	21	(2.1)	4.3	(0.17)
2 and over...	4132	41	(1.2)	4.1	(0.08)	0.3	(0.03)	7	(0.7)	3.8	(0.10)	0.7	(0.06)	20	(1.6)	4.4	(0.12)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	5.3	(0.10)	0.3	(0.02)	5	(0.4)	4.7	(0.18)	0.6	(0.05)	14	(1.0)	5.7	(0.16)
20 and over...	5047	42	(1.0)	4.7	(0.16)	0.4	(0.03)	8	(0.6)	4.6	(0.21)	0.9	(0.06)	19	(1.3)	4.9	(0.19)
2 and over...	8066	42	(0.9)	4.9	(0.12)	0.3	(0.02)	7	(0.5)	4.6	(0.16)	0.8	(0.05)	18	(1.1)	5.1	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	5.9	(0.30)	0.5	(0.07)	9	(1.4)	5.5	(0.33)	1.4	(0.16)	26	(3.0)	6.1	(0.41)
6 - 11.....	537	36	(1.6)	7.2	(0.30)	0.8	(0.08)	11	(1.1)	7.3	(0.41)	2.3	(0.21)	31	(1.9)	7.2	(0.42)
12 - 19.....	646	46	(2.5)	9.3	(1.01)	1.4	(0.18)	16	(2.7)	8.4	(0.48)	3.2	(0.31)	38	(4.1)	10.0	(1.90)
20 - 39.....	853	52	(2.1)	11.1	(0.56)	1.8	(0.09)	16	(1.1)	11.7	(0.82)	3.4	(0.12)	29	(1.7)	10.5	(0.66)
40 - 59.....	808	42	(1.9)	10.2	(0.33)	1.2	(0.09)	11	(0.9)	10.5	(0.39)	2.8	(0.17)	26	(2.0)	10.0	(0.44)
60 and over.....	753	31	(2.2)	9.7	(0.36)	0.6	(0.07)	6	(0.7)	9.7	(0.82)	2.0	(0.18)	20	(1.3)	9.7	(0.35)
2 - 19.....	1520	40	(1.3)	7.9	(0.50)	1.0	(0.11)	13	(1.6)	7.6	(0.30)	2.6	(0.24)	34	(3.0)	8.1	(0.81)
20 and over...	2414	43	(1.3)	10.4	(0.26)	1.3	(0.06)	12	(0.5)	10.9	(0.48)	2.9	(0.09)	27	(1.1)	10.0	(0.23)
2 and over...	3934	42	(1.0)	9.8	(0.22)	1.2	(0.06)	12	(0.5)	10.1	(0.38)	2.8	(0.10)	28	(1.0)	9.5	(0.32)
Females:																	
2 - 5.....	339	38	(5.3)	5.3	(0.17)	0.5	(0.11)	9	(2.1)	5.4	(0.29)	1.2	(0.15)	23	(2.6)	5.2	(0.24)
6 - 11.....	510	42	(3.5)	7.1	(0.23)	0.9	(0.12)	12	(1.6)	7.3	(0.43)	2.1	(0.19)	29	(2.4)	7.0	(0.32)
12 - 19.....	650	41	(2.5)	6.7	(0.31)	1.0	(0.09)	15	(1.6)	7.4	(0.43)	2.4	(0.15)	32	(2.0)	6.2	(0.44)
20 - 39.....	893	49	(2.7)	8.6	(0.19)	1.3	(0.14)	16	(1.8)	8.4	(0.34)	2.7	(0.18)	33	(2.4)	8.9	(0.46)
40 - 59.....	926	45	(2.1)	8.6	(0.31)	1.0	(0.05)	12	(0.7)	8.3	(0.28)	2.2	(0.08)	26	(1.2)	8.8	(0.58)
60 and over.....	814	27	(2.4)	8.0	(0.30)	0.5	(0.05)	6	(0.7)	7.4	(0.35)	1.8	(0.14)	24	(2.3)	8.2	(0.42)
2 - 19.....	1499	41	(2.0)	6.5	(0.17)	0.8	(0.04)	13	(0.7)	7.0	(0.26)	2.1	(0.09)	30	(1.5)	6.2	(0.24)
20 and over...	2633	41	(1.4)	8.4	(0.17)	1.0	(0.06)	11	(0.7)	8.2	(0.21)	2.3	(0.10)	29	(1.5)	8.6	(0.32)
2 and over...	4132	41	(1.2)	8.0	(0.15)	0.9	(0.05)	12	(0.6)	7.9	(0.16)	2.3	(0.09)	29	(1.3)	8.1	(0.27)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	7.2	(0.29)	0.9	(0.07)	13	(1.0)	7.3	(0.20)	2.3	(0.15)	32	(2.0)	7.2	(0.47)
20 and over...	5047	42	(1.0)	9.4	(0.18)	1.1	(0.04)	12	(0.4)	9.5	(0.30)	2.6	(0.06)	28	(1.0)	9.3	(0.23)
2 and over...	8066	42	(0.9)	8.9	(0.16)	1.1	(0.04)	12	(0.4)	9.0	(0.24)	2.6	(0.07)	28	(0.9)	8.8	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5	337	35	(2.5)	48.9	(3.69)	4.1	(0.40)	8	(1.2)	47.0	(6.76)	11.6	(1.12)	25	(3.3)	50.0	(4.57)
6 - 11	537	36	(1.6)	71.8	(7.71)	6.3	(0.62)	9	(1.4)	72.1	(13.59)	17.6	(1.75)	24	(5.5)	71.6	(5.96)
12 - 19	646	46	(2.5)	80.5	(4.12)	15.5	(2.26)	19	(3.0)	80.7	(5.77)	33.9	(4.32)	42	(4.8)	80.3	(6.75)
20 - 39	853	52	(2.1)	121.5	(8.55)	21.6	(1.62)	18	(1.3)	118.2	(9.21)	41.3	(2.82)	35	(2.3)	125.3	(10.71)
40 - 59	808	42	(1.9)	122.8	(8.23)	13.9	(1.65)	11	(1.4)	120.8	(10.23)	33.2	(3.77)	28	(3.1)	124.2	(12.41)
60 and over	753	31	(2.2)	117.4	(8.16)	7.0	(0.84)	6	(0.7)	108.2	(11.38)	22.6	(2.47)	21	(2.9)	121.5	(9.42)
2 - 19	1520	40	(1.3)	71.4	(4.36)	10.1	(1.35)	14	(2.2)	72.3	(6.99)	25.0	(3.02)	35	(4.7)	70.7	(4.02)
20 and over	2414	43	(1.3)	120.9	(5.32)	15.1	(0.90)	12	(0.8)	117.3	(6.36)	35.0	(1.93)	30	(1.8)	123.7	(7.58)
2 and over	3934	42	(1.0)	108.4	(4.08)	13.8	(0.84)	13	(0.8)	106.5	(5.23)	32.6	(1.83)	31	(1.7)	109.8	(5.50)
Females:																	
2 - 5	339	38	(5.3)	50.1	(2.97)	4.9	(0.93)	10	(2.0)	47.7	(2.88)	12.7	(1.47)	27	(3.8)	51.6	(4.68)
6 - 11	510	42	(3.5)	75.0	(7.72)	7.8	(0.96)	10	(1.4)	73.7	(5.97)	18.5	(1.68)	25	(2.9)	76.0	(12.69)
12 - 19	650	41	(2.5)	82.5	(11.19)	12.0	(1.16)	15	(2.3)	71.8	(3.87)	29.3	(2.74)	41	(2.9)	89.9	(17.65)
20 - 39	893	49	(2.7)	119.1	(9.53)	18.6	(2.96)	16	(2.8)	102.3	(6.89)	37.9	(4.90)	37	(4.0)	135.3	(17.54)
40 - 59	926	45	(2.1)	136.5	(10.63)	12.6	(1.09)	9	(1.1)	114.0	(12.07)	28.1	(2.01)	25	(3.4)	154.8	(18.05)
60 and over	814	27	(2.4)	117.0	(4.50)	7.6	(1.38)	7	(1.1)	121.6	(11.88)	27.9	(4.60)	23	(4.0)	115.3	(5.66)
2 - 19	1499	41	(2.0)	73.2	(5.73)	9.1	(0.46)	12	(1.2)	67.6	(2.89)	22.3	(1.50)	33	(2.1)	77.0	(9.09)
20 and over	2633	41	(1.4)	125.0	(5.02)	13.3	(0.92)	11	(0.9)	110.6	(5.45)	32.1	(2.18)	29	(2.9)	135.1	(7.54)
2 and over	4132	41	(1.2)	113.0	(4.88)	12.3	(0.77)	11	(0.8)	100.8	(4.19)	29.9	(1.95)	30	(2.7)	121.6	(7.19)
Males and Females:																	
2 - 19	3019	41	(1.1)	72.2	(3.02)	9.6	(0.73)	13	(1.1)	70.0	(3.82)	23.7	(1.80)	34	(3.0)	73.8	(4.08)
20 and over	5047	42	(1.0)	123.0	(3.16)	14.2	(0.63)	12	(0.5)	113.9	(2.79)	33.5	(1.54)	29	(1.5)	129.7	(4.66)
2 and over	8066	42	(0.9)	110.7	(2.76)	13.1	(0.53)	12	(0.5)	103.6	(2.80)	31.2	(1.38)	30	(1.5)	115.9	(3.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				C a l c i u m													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	940	(33.6)	54	(6.0)	6	(0.6)	882	(55.5)	152	(14.7)	17	(1.7)	971	(40.6)
6 - 11.....	537	36	(1.6)	1175	(41.5)	108	(7.9)	9	(0.5)	1161	(46.3)	299	(16.8)	26	(1.8)	1183	(59.0)
12 - 19.....	646	46	(2.5)	1186	(35.4)	178	(14.7)	15	(1.2)	1172	(75.3)	389	(31.6)	33	(2.2)	1198	(36.9)
20 - 39.....	853	52	(2.1)	1195	(37.5)	250	(17.3)	21	(1.2)	1273	(58.8)	477	(20.6)	37	(1.6)	1109	(39.7)
40 - 59.....	808	42	(1.9)	1051	(26.1)	155	(11.0)	15	(1.0)	1120	(34.2)	370	(23.3)	33	(2.1)	1001	(32.7)
60 and over.....	753	31	(2.2)	972	(26.8)	77	(10.0)	8	(0.9)	1041	(70.9)	250	(26.5)	24	(2.1)	942	(26.3)
2 - 19.....	1520	40	(1.3)	1135	(25.8)	129	(7.0)	11	(0.6)	1119	(50.2)	321	(15.2)	29	(1.3)	1145	(31.5)
20 and over...	2414	43	(1.3)	1086	(18.2)	171	(6.7)	16	(0.6)	1176	(33.7)	397	(11.0)	34	(1.1)	1017	(21.3)
2 and over...	3934	42	(1.0)	1098	(13.8)	160	(4.5)	15	(0.4)	1163	(22.7)	379	(8.2)	33	(0.8)	1050	(22.4)
Females:																	
2 - 5.....	339	38	(5.3)	926	(45.1)	72	(21.2)	8	(2.2)	967	(70.1)	187	(41.3)	19	(4.3)	900	(44.0)
6 - 11.....	510	42	(3.5)	960	(28.1)	128	(22.2)	13	(2.1)	1012	(30.1)	305	(32.5)	30	(3.0)	923	(36.2)
12 - 19.....	650	41	(2.5)	842	(33.3)	138	(13.1)	16	(1.4)	867	(40.5)	338	(25.1)	39	(2.4)	826	(40.5)
20 - 39.....	893	49	(2.7)	891	(21.9)	183	(18.7)	21	(1.8)	912	(30.2)	373	(25.2)	41	(2.1)	870	(32.7)
40 - 59.....	926	45	(2.1)	846	(19.1)	130	(9.2)	15	(1.0)	868	(21.3)	288	(18.1)	33	(1.6)	827	(22.1)
60 and over.....	814	27	(2.4)	812	(27.9)	58	(7.0)	7	(0.9)	804	(19.5)	211	(17.7)	26	(2.5)	815	(33.4)
2 - 19.....	1499	41	(2.0)	898	(22.8)	121	(11.9)	13	(1.1)	935	(35.2)	297	(19.5)	32	(1.6)	873	(20.3)
20 and over...	2633	41	(1.4)	852	(10.9)	128	(8.5)	15	(0.9)	874	(12.1)	309	(15.5)	35	(1.5)	836	(17.6)
2 and over...	4132	41	(1.2)	863	(10.3)	126	(6.9)	15	(0.7)	888	(12.3)	306	(11.4)	34	(1.2)	844	(16.1)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	1020	(19.2)	125	(6.9)	12	(0.6)	1029	(26.6)	309	(12.4)	30	(1.1)	1013	(22.6)
20 and over...	5047	42	(1.0)	965	(11.8)	149	(5.6)	15	(0.5)	1024	(17.7)	353	(9.6)	34	(0.9)	922	(15.2)
2 and over...	8066	42	(0.9)	978	(11.2)	143	(4.3)	15	(0.4)	1025	(12.9)	342	(7.1)	33	(0.7)	945	(16.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	1097	(37.1)	92	(9.8)	8	(1.0)	1045	(61.0)	261	(21.7)	25	(2.2)	1125	(44.3)
6 - 11	537	36	(1.6)	1388	(35.9)	159	(12.8)	11	(0.8)	1388	(45.0)	442	(33.4)	32	(2.3)	1388	(41.3)
12 - 19	646	46	(2.5)	1604	(29.4)	300	(26.2)	19	(1.6)	1617	(71.6)	655	(38.9)	40	(2.8)	1593	(68.8)
20 - 39	853	52	(2.1)	1758	(35.9)	377	(22.1)	21	(1.1)	1854	(68.3)	720	(23.8)	39	(1.4)	1653	(49.2)
40 - 59	808	42	(1.9)	1630	(35.8)	236	(15.8)	14	(1.0)	1684	(49.5)	565	(32.6)	34	(1.8)	1592	(44.7)
60 and over	753	31	(2.2)	1419	(24.0)	119	(11.9)	8	(0.8)	1487	(58.3)	384	(22.5)	26	(1.4)	1388	(22.0)
2 - 19	1520	40	(1.3)	1430	(24.6)	210	(16.9)	15	(1.1)	1448	(48.9)	521	(32.4)	36	(2.3)	1418	(31.5)
20 and over	2414	43	(1.3)	1625	(17.9)	260	(9.1)	16	(0.6)	1726	(38.7)	603	(15.8)	35	(1.0)	1548	(21.0)
2 and over	3934	42	(1.0)	1576	(14.3)	247	(7.7)	16	(0.5)	1659	(32.2)	584	(15.0)	35	(0.9)	1514	(18.8)
Females:																	
2 - 5	339	38	(5.3)	1016	(34.9)	99	(22.2)	10	(2.1)	1064	(53.2)	257	(33.4)	24	(3.5)	986	(33.8)
6 - 11	510	42	(3.5)	1180	(19.4)	182	(23.6)	15	(1.9)	1233	(21.1)	434	(25.6)	35	(2.0)	1142	(23.7)
12 - 19	650	41	(2.5)	1095	(37.4)	200	(17.8)	18	(1.6)	1150	(39.3)	489	(27.4)	43	(1.7)	1057	(48.8)
20 - 39	893	49	(2.7)	1236	(21.5)	269	(25.1)	22	(1.9)	1270	(37.5)	547	(29.7)	43	(2.0)	1204	(38.6)
40 - 59	926	45	(2.1)	1196	(16.9)	185	(8.9)	15	(0.8)	1224	(23.0)	411	(17.2)	34	(1.4)	1173	(34.3)
60 and over	814	27	(2.4)	1115	(27.9)	89	(10.6)	8	(0.9)	1106	(34.9)	327	(26.3)	30	(2.2)	1119	(31.5)
2 - 19	1499	41	(2.0)	1105	(19.3)	173	(11.2)	16	(0.9)	1160	(22.9)	424	(14.1)	37	(1.1)	1068	(19.8)
20 and over	2633	41	(1.4)	1187	(12.2)	187	(11.1)	16	(0.9)	1221	(15.3)	451	(18.9)	37	(1.4)	1163	(21.7)
2 and over	4132	41	(1.2)	1168	(11.9)	184	(9.0)	16	(0.7)	1207	(12.8)	445	(14.5)	37	(1.2)	1141	(18.8)
Males and Females:																	
2 - 19	3019	41	(1.1)	1272	(15.9)	192	(9.1)	15	(0.6)	1308	(25.7)	474	(17.6)	36	(1.4)	1248	(19.9)
20 and over	5047	42	(1.0)	1399	(11.9)	222	(6.8)	16	(0.4)	1471	(22.9)	526	(12.5)	36	(0.9)	1347	(15.9)
2 and over	8066	42	(0.9)	1369	(11.0)	215	(5.7)	16	(0.3)	1432	(19.2)	514	(11.5)	36	(0.7)	1323	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	207	(8.4)	13	(1.3)	6	(0.7)	193	(10.4)	36	(2.7)	19	(1.5)	215	(10.7)
6 - 11	537	36	(1.6)	246	(7.7)	23	(2.0)	9	(0.7)	242	(6.6)	64	(5.0)	26	(1.9)	248	(9.5)
12 - 19	646	46	(2.5)	296	(6.4)	44	(4.5)	15	(1.5)	287	(8.7)	97	(7.0)	34	(2.6)	303	(15.0)
20 - 39	853	52	(2.1)	350	(7.2)	57	(3.4)	16	(1.0)	354	(13.4)	108	(4.1)	31	(1.0)	345	(16.2)
40 - 59	808	42	(1.9)	356	(8.6)	39	(3.3)	11	(0.9)	354	(11.0)	94	(6.5)	27	(1.7)	357	(10.3)
60 and over	753	31	(2.2)	322	(9.6)	21	(2.2)	7	(0.7)	327	(15.0)	68	(4.0)	21	(1.5)	320	(10.4)
2 - 19	1520	40	(1.3)	261	(5.0)	31	(2.8)	12	(1.0)	257	(6.1)	76	(5.7)	30	(2.1)	264	(7.3)
20 and over	2414	43	(1.3)	345	(4.6)	41	(2.0)	12	(0.5)	349	(10.4)	96	(3.3)	27	(0.9)	342	(5.3)
2 and over	3934	42	(1.0)	324	(3.8)	39	(1.7)	12	(0.5)	327	(8.9)	91	(3.2)	28	(0.8)	321	(4.3)
Females:																	
2 - 5	339	38	(5.3)	184	(5.3)	14	(3.1)	8	(1.7)	185	(7.9)	37	(4.0)	20	(2.4)	184	(6.6)
6 - 11	510	42	(3.5)	218	(3.7)	26	(3.2)	12	(1.5)	217	(5.5)	61	(3.6)	28	(1.6)	219	(5.0)
12 - 19	650	41	(2.5)	210	(6.3)	30	(2.6)	14	(1.2)	209	(6.7)	73	(3.7)	35	(1.5)	211	(8.5)
20 - 39	893	49	(2.7)	265	(4.9)	43	(4.2)	16	(1.6)	262	(8.2)	88	(4.8)	34	(1.8)	268	(10.3)
40 - 59	926	45	(2.1)	278	(4.4)	31	(1.8)	11	(0.7)	269	(3.8)	70	(4.1)	26	(1.3)	285	(7.6)
60 and over	814	27	(2.4)	259	(7.0)	15	(1.7)	6	(0.7)	247	(8.2)	54	(4.0)	22	(1.7)	263	(8.1)
2 - 19	1499	41	(2.0)	207	(3.3)	25	(1.5)	12	(0.7)	207	(4.4)	62	(2.1)	30	(1.1)	207	(4.2)
20 and over	2633	41	(1.4)	268	(3.7)	31	(1.9)	11	(0.7)	262	(4.1)	74	(3.3)	28	(1.2)	272	(6.1)
2 and over	4132	41	(1.2)	254	(3.3)	29	(1.6)	12	(0.6)	250	(3.3)	71	(2.8)	29	(1.0)	257	(5.0)
Males and Females:																	
2 - 19	3019	41	(1.1)	235	(3.1)	28	(1.6)	12	(0.6)	233	(4.2)	69	(3.1)	30	(1.2)	237	(4.1)
20 and over	5047	42	(1.0)	305	(3.4)	36	(1.2)	12	(0.3)	305	(6.5)	85	(2.1)	28	(0.6)	305	(4.6)
2 and over	8066	42	(0.9)	288	(3.1)	34	(1.0)	12	(0.3)	288	(5.5)	81	(2.0)	28	(0.5)	288	(3.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Iron													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	12.0	(0.50)	1.0	(0.17)	8	(1.5)	12.4	(0.69)	2.8	(0.44)	23	(3.4)	11.8	(0.59)
6 - 11	537	36	(1.6)	14.7	(0.34)	1.5	(0.11)	10	(0.7)	14.4	(0.54)	4.1	(0.33)	28	(2.0)	14.8	(0.46)
12 - 19	646	46	(2.5)	17.4	(0.77)	2.7	(0.21)	16	(1.5)	16.6	(0.75)	6.0	(0.30)	36	(2.3)	18.0	(1.59)
20 - 39	853	52	(2.1)	17.2	(0.35)	3.6	(0.20)	21	(1.1)	18.3	(0.50)	6.8	(0.25)	37	(1.6)	15.9	(0.50)
40 - 59	808	42	(1.9)	16.5	(0.42)	2.2	(0.16)	13	(1.0)	16.6	(0.68)	5.3	(0.32)	32	(1.8)	16.5	(0.78)
60 and over	753	31	(2.2)	15.9	(0.56)	1.2	(0.11)	7	(0.7)	15.8	(0.66)	3.7	(0.20)	24	(1.6)	16.0	(0.58)
2 - 19	1520	40	(1.3)	15.4	(0.39)	2.0	(0.14)	13	(0.9)	15.2	(0.38)	4.8	(0.26)	32	(1.7)	15.5	(0.64)
20 and over	2414	43	(1.3)	16.6	(0.22)	2.5	(0.08)	15	(0.5)	17.3	(0.32)	5.7	(0.16)	33	(1.0)	16.1	(0.37)
2 and over	3934	42	(1.0)	16.3	(0.18)	2.3	(0.07)	14	(0.4)	16.8	(0.27)	5.5	(0.14)	33	(0.8)	16.0	(0.29)
Females:																	
2 - 5	339	38	(5.3)	10.8	(0.40)	1.1	(0.27)	10	(2.6)	10.7	(0.56)	2.8	(0.43)	26	(4.1)	10.8	(0.47)
6 - 11	510	42	(3.5)	13.8	(0.52)	1.6	(0.19)	12	(1.4)	13.6	(1.12)	3.8	(0.25)	28	(2.2)	13.9	(0.46)
12 - 19	650	41	(2.5)	12.1	(0.50)	1.8	(0.16)	15	(1.3)	12.0	(0.70)	4.3	(0.25)	36	(1.9)	12.1	(0.58)
20 - 39	893	49	(2.7)	12.7	(0.25)	2.3	(0.22)	19	(1.8)	13.0	(0.43)	4.8	(0.25)	37	(2.4)	12.4	(0.35)
40 - 59	926	45	(2.1)	12.7	(0.40)	1.7	(0.08)	13	(0.6)	12.4	(0.35)	3.7	(0.16)	30	(1.4)	13.0	(0.58)
60 and over	814	27	(2.4)	12.2	(0.27)	0.9	(0.11)	8	(0.9)	12.5	(0.43)	3.4	(0.26)	27	(2.3)	12.1	(0.36)
2 - 19	1499	41	(2.0)	12.3	(0.22)	1.6	(0.10)	13	(0.8)	12.3	(0.36)	3.8	(0.15)	31	(1.4)	12.4	(0.28)
20 and over	2633	41	(1.4)	12.6	(0.16)	1.7	(0.10)	13	(0.8)	12.6	(0.16)	4.1	(0.18)	32	(1.5)	12.5	(0.27)
2 and over	4132	41	(1.2)	12.5	(0.14)	1.7	(0.08)	13	(0.6)	12.6	(0.15)	4.0	(0.15)	32	(1.2)	12.5	(0.20)
Males and Females:																	
2 - 19	3019	41	(1.1)	13.9	(0.23)	1.8	(0.08)	13	(0.6)	13.8	(0.25)	4.3	(0.16)	32	(1.3)	14.0	(0.28)
20 and over	5047	42	(1.0)	14.5	(0.14)	2.1	(0.07)	14	(0.4)	14.9	(0.15)	4.9	(0.14)	33	(1.0)	14.2	(0.25)
2 and over	8066	42	(0.9)	14.4	(0.14)	2.0	(0.06)	14	(0.3)	14.7	(0.14)	4.8	(0.12)	32	(0.8)	14.2	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	7.9	(0.25)	0.5	(0.06)	7	(0.8)	7.5	(0.37)	1.5	(0.12)	20	(1.8)	8.1	(0.30)
6 - 11	537	36	(1.6)	10.5	(0.27)	1.1	(0.09)	10	(0.9)	10.2	(0.44)	3.0	(0.23)	30	(2.3)	10.7	(0.32)
12 - 19	646	46	(2.5)	13.7	(0.67)	2.3	(0.24)	16	(1.9)	13.0	(0.71)	4.9	(0.37)	38	(3.2)	14.3	(1.34)
20 - 39	853	52	(2.1)	14.3	(0.28)	2.9	(0.15)	20	(1.0)	14.6	(0.44)	5.4	(0.18)	37	(1.6)	14.0	(0.47)
40 - 59	808	42	(1.9)	12.9	(0.30)	1.8	(0.15)	14	(1.2)	13.1	(0.48)	4.4	(0.30)	33	(2.1)	12.8	(0.52)
60 and over	753	31	(2.2)	11.8	(0.27)	0.9	(0.09)	8	(0.8)	11.8	(0.56)	2.9	(0.20)	25	(1.8)	11.8	(0.27)
2 - 19	1520	40	(1.3)	11.5	(0.31)	1.5	(0.13)	13	(1.1)	11.2	(0.45)	3.8	(0.26)	34	(2.3)	11.7	(0.56)
20 and over	2414	43	(1.3)	13.2	(0.14)	2.0	(0.07)	15	(0.6)	13.5	(0.24)	4.6	(0.13)	34	(1.1)	12.9	(0.24)
2 and over	3934	42	(1.0)	12.7	(0.11)	1.9	(0.06)	15	(0.5)	13.0	(0.23)	4.4	(0.11)	34	(0.9)	12.6	(0.26)
Females:																	
2 - 5	339	38	(5.3)	8.1	(0.28)	0.6	(0.13)	8	(1.7)	7.7	(0.33)	1.6	(0.19)	21	(3.1)	8.3	(0.38)
6 - 11	510	42	(3.5)	9.1	(0.36)	1.1	(0.13)	12	(1.4)	8.7	(0.37)	2.6	(0.16)	30	(1.8)	9.4	(0.64)
12 - 19	650	41	(2.5)	8.6	(0.36)	1.4	(0.13)	16	(1.5)	8.7	(0.46)	3.3	(0.19)	38	(2.1)	8.6	(0.38)
20 - 39	893	49	(2.7)	9.7	(0.25)	1.9	(0.18)	19	(1.8)	9.8	(0.35)	3.8	(0.23)	39	(2.2)	9.7	(0.33)
40 - 59	926	45	(2.1)	9.2	(0.17)	1.4	(0.08)	15	(0.8)	9.4	(0.21)	3.1	(0.15)	33	(1.8)	9.0	(0.27)
60 and over	814	27	(2.4)	8.9	(0.24)	0.7	(0.08)	8	(0.9)	8.9	(0.43)	2.5	(0.19)	28	(2.1)	8.9	(0.26)
2 - 19	1499	41	(2.0)	8.7	(0.28)	1.1	(0.07)	13	(0.7)	8.5	(0.25)	2.7	(0.10)	32	(1.3)	8.8	(0.35)
20 and over	2633	41	(1.4)	9.3	(0.10)	1.4	(0.09)	15	(0.9)	9.5	(0.16)	3.3	(0.16)	35	(1.6)	9.2	(0.16)
2 and over	4132	41	(1.2)	9.2	(0.11)	1.3	(0.07)	14	(0.7)	9.2	(0.14)	3.2	(0.12)	34	(1.3)	9.1	(0.15)
Males and Females:																	
2 - 19	3019	41	(1.1)	10.1	(0.16)	1.3	(0.07)	13	(0.6)	9.9	(0.25)	3.3	(0.15)	33	(1.5)	10.3	(0.28)
20 and over	5047	42	(1.0)	11.2	(0.09)	1.7	(0.05)	15	(0.4)	11.5	(0.15)	3.9	(0.09)	34	(0.9)	10.9	(0.17)
2 and over	8066	42	(0.9)	10.9	(0.09)	1.6	(0.04)	14	(0.4)	11.1	(0.14)	3.8	(0.08)	34	(0.7)	10.8	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	0.8	(0.03)	0.1	(0.01)	7	(0.9)	0.8	(0.05)	0.2	(0.02)	20	(1.7)	0.8	(0.05)
6 - 11	537	36	(1.6)	1.0	(0.03)	0.1	(0.01)	10	(0.9)	0.9	(0.03)	0.3	(0.02)	29	(2.2)	1.0	(0.04)
12 - 19	646	46	(2.5)	1.1	(0.03)	0.2	(0.02)	15	(1.5)	1.1	(0.04)	0.4	(0.02)	33	(2.5)	1.2	(0.05)
20 - 39	853	52	(2.1)	1.4	(0.03)	0.2	(0.01)	16	(0.8)	1.4	(0.03)	0.4	(0.01)	31	(0.8)	1.4	(0.07)
40 - 59	808	42	(1.9)	1.4	(0.04)	0.2	(0.01)	11	(0.9)	1.4	(0.04)	0.4	(0.03)	26	(1.9)	1.4	(0.06)
60 and over	753	31	(2.2)	1.3	(0.03)	0.1	(0.01)	6	(0.8)	1.3	(0.05)	0.3	(0.02)	20	(1.2)	1.3	(0.04)
2 - 19	1520	40	(1.3)	1.0	(0.02)	0.1	(0.01)	12	(1.0)	1.0	(0.02)	0.3	(0.02)	30	(1.8)	1.0	(0.02)
20 and over	2414	43	(1.3)	1.4	(0.01)	0.2	(0.01)	12	(0.4)	1.4	(0.03)	0.4	(0.01)	27	(0.7)	1.4	(0.03)
2 and over	3934	42	(1.0)	1.3	(0.01)	0.2	(#)	12	(0.4)	1.3	(0.02)	0.4	(0.01)	28	(0.6)	1.3	(0.02)
Females:																	
2 - 5	339	38	(5.3)	0.7	(0.02)	0.1	(0.01)	9	(1.9)	0.7	(0.04)	0.2	(0.02)	23	(2.4)	0.7	(0.03)
6 - 11	510	42	(3.5)	0.9	(0.03)	0.1	(0.01)	12	(1.3)	0.9	(0.04)	0.2	(0.01)	28	(1.4)	0.9	(0.03)
12 - 19	650	41	(2.5)	0.9	(0.03)	0.1	(0.01)	13	(1.3)	0.9	(0.04)	0.3	(0.01)	32	(1.4)	0.9	(0.04)
20 - 39	893	49	(2.7)	1.1	(0.03)	0.2	(0.02)	15	(1.6)	1.1	(0.04)	0.3	(0.02)	31	(2.0)	1.1	(0.05)
40 - 59	926	45	(2.1)	1.1	(0.02)	0.1	(0.01)	10	(0.5)	1.1	(0.02)	0.3	(0.01)	23	(1.2)	1.1	(0.04)
60 and over	814	27	(2.4)	1.1	(0.03)	0.1	(0.01)	5	(0.5)	1.1	(0.05)	0.2	(0.01)	20	(1.7)	1.1	(0.04)
2 - 19	1499	41	(2.0)	0.8	(0.02)	0.1	(0.01)	12	(0.7)	0.8	(0.02)	0.2	(0.01)	29	(0.9)	0.8	(0.02)
20 and over	2633	41	(1.4)	1.1	(0.02)	0.1	(0.01)	10	(0.6)	1.1	(0.02)	0.3	(0.01)	26	(1.3)	1.1	(0.03)
2 and over	4132	41	(1.2)	1.0	(0.02)	0.1	(0.01)	11	(0.5)	1.0	(0.01)	0.3	(0.01)	26	(1.1)	1.1	(0.02)
Males and Females:																	
2 - 19	3019	41	(1.1)	0.9	(0.01)	0.1	(0.01)	12	(0.6)	0.9	(0.02)	0.3	(0.01)	30	(1.1)	0.9	(0.02)
20 and over	5047	42	(1.0)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.7)	1.3	(0.02)
2 and over	8066	42	(0.9)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.6)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	337	35	(2.5)	78.0	(2.99)	8.0	(0.95)	10	(1.3)	77.8	(4.22)	22.8	(2.25)	29	(2.3)	78.0	(3.97)
6 - 11	537	36	(1.6)	102.2	(3.65)	13.1	(1.03)	13	(1.0)	99.4	(3.13)	36.3	(2.79)	36	(2.7)	103.8	(4.83)
12 - 19	646	46	(2.5)	131.1	(3.51)	27.3	(3.02)	21	(2.3)	136.8	(5.16)	59.7	(5.00)	44	(3.8)	126.3	(7.21)
20 - 39	853	52	(2.1)	143.9	(3.40)	34.4	(2.13)	24	(1.3)	151.8	(4.67)	65.6	(2.81)	43	(1.8)	135.2	(4.41)
40 - 59	808	42	(1.9)	142.6	(3.61)	22.2	(1.51)	16	(1.1)	149.6	(5.70)	53.1	(3.28)	35	(2.7)	137.6	(3.73)
60 and over	753	31	(2.2)	120.1	(1.69)	11.6	(1.09)	10	(0.9)	124.5	(3.11)	37.4	(2.34)	30	(2.1)	118.1	(2.07)
2 - 19	1520	40	(1.3)	110.7	(2.13)	18.6	(1.78)	17	(1.5)	115.0	(3.66)	46.1	(3.69)	40	(2.9)	107.7	(3.08)
20 and over	2414	43	(1.3)	137.4	(1.69)	24.1	(0.92)	18	(0.7)	146.0	(3.36)	56.0	(1.83)	38	(1.5)	130.8	(1.91)
2 and over	3934	42	(1.0)	130.6	(1.60)	22.7	(0.85)	17	(0.6)	138.6	(3.10)	53.6	(1.84)	39	(1.3)	124.8	(1.68)
Females:																	
2 - 5	339	38	(5.3)	68.2	(2.13)	7.7	(1.74)	11	(2.4)	69.5	(2.06)	19.9	(2.55)	29	(3.7)	67.4	(2.68)
6 - 11	510	42	(3.5)	88.2	(1.87)	14.5	(1.85)	16	(2.2)	88.6	(2.35)	34.5	(2.30)	39	(2.7)	87.9	(2.19)
12 - 19	650	41	(2.5)	88.3	(2.27)	17.0	(1.67)	19	(1.9)	93.1	(4.01)	41.6	(2.56)	45	(2.2)	85.1	(3.38)
20 - 39	893	49	(2.7)	102.0	(1.85)	23.6	(2.27)	23	(2.1)	106.8	(2.73)	48.0	(2.66)	45	(2.3)	97.4	(2.88)
40 - 59	926	45	(2.1)	99.6	(1.64)	16.7	(0.66)	17	(0.5)	102.5	(2.91)	37.1	(1.87)	36	(1.9)	97.2	(3.51)
60 and over	814	27	(2.4)	90.3	(2.29)	8.6	(1.01)	9	(1.1)	90.1	(4.05)	31.3	(2.36)	35	(2.2)	90.4	(2.70)
2 - 19	1499	41	(2.0)	84.0	(1.19)	14.2	(0.84)	17	(1.0)	86.8	(2.03)	34.9	(1.38)	40	(1.6)	82.0	(1.57)
20 and over	2633	41	(1.4)	97.8	(1.07)	16.8	(1.01)	17	(1.0)	102.0	(1.61)	40.5	(1.80)	40	(1.6)	94.9	(1.40)
2 and over	4132	41	(1.2)	94.6	(0.94)	16.2	(0.81)	17	(0.8)	98.5	(1.53)	39.2	(1.45)	40	(1.3)	91.9	(1.20)
Males and Females:																	
2 - 19	3019	41	(1.1)	97.7	(1.25)	16.5	(0.98)	17	(0.9)	101.3	(1.76)	40.6	(2.17)	40	(1.9)	95.3	(1.80)
20 and over	5047	42	(1.0)	117.0	(1.03)	20.3	(0.71)	17	(0.6)	123.7	(1.74)	48.2	(1.44)	39	(1.2)	112.1	(1.03)
2 and over	8066	42	(0.9)	112.3	(0.99)	19.4	(0.61)	17	(0.5)	118.5	(1.69)	46.4	(1.35)	39	(1.0)	107.9	(0.91)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	2019	(76.8)	129	(14.8)	6	(0.8)	1872	(112.7)	365	(34.9)	19	(1.8)	2099	(98.6)
6 - 11.....	537	36	(1.6)	2332	(53.1)	235	(24.5)	10	(1.1)	2296	(57.7)	652	(63.4)	28	(2.6)	2353	(72.7)
12 - 19.....	646	46	(2.5)	2665	(41.8)	450	(50.9)	17	(1.8)	2596	(73.0)	983	(89.7)	38	(3.2)	2724	(94.7)
20 - 39.....	853	52	(2.1)	3001	(50.4)	575	(32.6)	19	(1.0)	3101	(109.3)	1097	(38.3)	35	(1.2)	2891	(81.9)
40 - 59.....	808	42	(1.9)	3106	(58.3)	395	(28.9)	13	(0.9)	3138	(103.1)	945	(49.1)	30	(1.7)	3082	(88.2)
60 and over.....	753	31	(2.2)	2909	(55.4)	213	(23.4)	7	(0.8)	3016	(104.8)	689	(43.9)	23	(1.6)	2862	(47.9)
2 - 19.....	1520	40	(1.3)	2423	(37.0)	312	(32.2)	13	(1.3)	2379	(57.8)	774	(67.5)	33	(2.6)	2453	(46.2)
20 and over...	2414	43	(1.3)	3016	(36.0)	417	(17.1)	14	(0.5)	3099	(78.2)	968	(24.1)	31	(1.0)	2954	(35.4)
2 and over...	3934	42	(1.0)	2866	(31.7)	390	(16.3)	14	(0.5)	2926	(71.5)	921	(28.6)	31	(0.9)	2823	(23.9)
Females:																	
2 - 5.....	339	38	(5.3)	1811	(80.3)	146	(30.9)	8	(1.6)	1823	(86.2)	380	(38.7)	21	(2.3)	1802	(99.5)
6 - 11.....	510	42	(3.5)	1962	(49.3)	250	(34.6)	13	(1.7)	1977	(75.2)	593	(45.4)	30	(2.0)	1951	(66.5)
12 - 19.....	650	41	(2.5)	1873	(63.2)	296	(25.9)	16	(1.5)	1866	(57.6)	724	(37.9)	39	(1.5)	1878	(90.2)
20 - 39.....	893	49	(2.7)	2257	(49.9)	424	(42.7)	19	(1.7)	2291	(72.7)	864	(52.2)	38	(2.1)	2223	(69.8)
40 - 59.....	926	45	(2.1)	2398	(41.3)	309	(15.3)	13	(0.6)	2368	(61.5)	686	(30.9)	29	(1.3)	2422	(65.4)
60 and over.....	814	27	(2.4)	2296	(56.7)	151	(16.8)	7	(0.7)	2176	(62.5)	551	(35.1)	25	(1.4)	2341	(66.4)
2 - 19.....	1499	41	(2.0)	1888	(37.1)	249	(14.6)	13	(0.8)	1894	(44.4)	611	(21.9)	32	(1.0)	1884	(51.2)
20 and over...	2633	41	(1.4)	2320	(35.0)	304	(18.1)	13	(0.7)	2301	(30.9)	734	(30.6)	32	(1.3)	2334	(51.3)
2 and over...	4132	41	(1.2)	2220	(32.2)	292	(15.1)	13	(0.6)	2208	(29.2)	706	(27.0)	32	(1.1)	2229	(42.1)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	2163	(28.0)	282	(18.9)	13	(0.8)	2143	(46.1)	695	(40.7)	32	(1.6)	2178	(32.6)
20 and over...	5047	42	(1.0)	2658	(30.9)	359	(12.8)	14	(0.4)	2695	(49.1)	850	(21.6)	32	(0.7)	2630	(34.2)
2 and over...	8066	42	(0.9)	2538	(28.7)	340	(11.8)	13	(0.4)	2566	(45.2)	813	(22.5)	32	(0.7)	2518	(26.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	337	35	(2.5)	2396	(62.5)	280	(32.9)	12	(1.4)	2340	(117.3)	792	(77.8)	34	(2.7)	2427	(86.5)
6 - 11	537	36	(1.6)	3185	(94.5)	445	(38.5)	14	(1.2)	3196	(132.6)	1235	(108.7)	39	(2.9)	3179	(127.3)
12 - 19	646	46	(2.5)	3960	(91.8)	894	(93.8)	23	(2.2)	4298	(115.7)	1951	(149.6)	45	(3.1)	3674	(158.0)
20 - 39	853	52	(2.1)	4376	(76.5)	1116	(65.9)	26	(1.4)	4683	(125.2)	2130	(80.2)	45	(1.8)	4039	(97.4)
40 - 59	808	42	(1.9)	4161	(94.9)	655	(47.1)	16	(1.1)	4300	(175.1)	1567	(86.2)	36	(2.4)	4061	(108.3)
60 and over	753	31	(2.2)	3575	(66.8)	339	(31.6)	9	(0.9)	3904	(198.8)	1097	(55.3)	28	(1.5)	3427	(56.9)
2 - 19	1520	40	(1.3)	3385	(62.6)	617	(59.5)	18	(1.6)	3620	(118.6)	1530	(123.9)	42	(2.5)	3226	(68.0)
20 and over	2414	43	(1.3)	4094	(53.3)	749	(28.3)	18	(0.8)	4404	(105.8)	1741	(49.5)	40	(1.3)	3859	(53.6)
2 and over	3934	42	(1.0)	3915	(46.2)	716	(27.1)	18	(0.7)	4216	(96.9)	1690	(54.9)	40	(1.2)	3693	(44.8)
Females:																	
2 - 5	339	38	(5.3)	2110	(65.8)	272	(61.3)	13	(2.8)	2176	(73.0)	706	(83.6)	32	(3.5)	2069	(74.7)
6 - 11	510	42	(3.5)	2767	(56.0)	492	(62.6)	18	(2.2)	2858	(81.2)	1170	(78.2)	41	(2.5)	2700	(69.1)
12 - 19	650	41	(2.5)	2844	(89.6)	556	(52.4)	20	(1.8)	3020	(96.7)	1359	(80.9)	45	(1.9)	2722	(109.2)
20 - 39	893	49	(2.7)	3238	(50.5)	753	(73.7)	23	(2.1)	3394	(108.0)	1533	(88.5)	45	(2.0)	3088	(87.1)
40 - 59	926	45	(2.1)	2977	(34.6)	504	(21.8)	17	(0.7)	3085	(104.8)	1120	(43.2)	36	(1.6)	2889	(71.9)
60 and over	814	27	(2.4)	2727	(62.5)	274	(30.2)	10	(1.1)	2827	(82.0)	1004	(67.6)	36	(2.1)	2689	(64.7)
2 - 19	1499	41	(2.0)	2662	(38.6)	475	(24.4)	18	(0.9)	2796	(48.8)	1165	(41.1)	42	(1.1)	2570	(46.4)
20 and over	2633	41	(1.4)	2997	(22.1)	526	(30.7)	18	(0.9)	3164	(50.4)	1268	(52.6)	40	(1.5)	2879	(38.5)
2 and over	4132	41	(1.2)	2920	(20.5)	514	(25.0)	18	(0.8)	3080	(42.4)	1245	(43.2)	40	(1.2)	2807	(28.6)
Males and Females:																	
2 - 19	3019	41	(1.1)	3034	(39.7)	548	(31.7)	18	(0.9)	3218	(74.2)	1351	(73.6)	42	(1.6)	2909	(40.5)
20 and over	5047	42	(1.0)	3529	(30.1)	634	(20.6)	18	(0.6)	3777	(63.6)	1502	(40.3)	40	(1.0)	3348	(33.8)
2 and over	8066	42	(0.9)	3409	(27.7)	613	(19.2)	18	(0.5)	3646	(63.2)	1467	(42.3)	40	(0.9)	3239	(25.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C a f f e i n e

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	4.7	(0.48)	0.7*	(0.33)	15*	(6.2)	6.1	(0.82)	2.0*	(0.86)	32*	(12.1)	3.9	(0.47)
6 - 11.....	537	36	(1.6)	16.3	(2.10)	2.9	(0.64)	18	(4.0)	23.2	(3.30)	8.1	(1.87)	35	(7.0)	12.5	(2.11)
12 - 19.....	646	46	(2.5)	53.0	(5.69)	9.4	(2.73)	18	(4.0)	64.6	(7.89)	20.4	(5.72)	32	(6.1)	43.2	(6.73)
20 - 39.....	853	52	(2.1)	148.3	(13.69)	24.8	(3.58)	17	(2.7)	164.4	(18.17)	47.3	(6.39)	29	(5.1)	130.6	(19.66)
40 - 59.....	808	42	(1.9)	217.4	(8.26)	22.9	(3.28)	11	(1.4)	225.3	(12.17)	54.8	(8.30)	24	(3.2)	211.8	(14.02)
60 and over.....	753	31	(2.2)	178.6	(6.42)	15.8	(3.33)	9	(1.9)	194.1	(23.30)	51.1	(10.04)	26	(5.3)	171.6	(9.56)
2 - 19.....	1520	40	(1.3)	30.8	(2.29)	5.4	(1.31)	18	(3.6)	41.7	(4.64)	13.4	(3.16)	32	(5.4)	23.4	(2.60)
20 and over...	2414	43	(1.3)	181.4	(7.26)	21.8	(2.11)	12	(1.1)	191.5	(14.17)	50.7	(4.41)	26	(2.8)	173.7	(8.93)
2 and over...	3934	42	(1.0)	143.3	(6.77)	17.7	(1.63)	12	(1.0)	155.5	(11.10)	41.7	(3.46)	27	(2.6)	134.4	(7.45)
Females:																	
2 - 5.....	339	38	(5.3)	5.6	(1.32)	0.8*	(0.27)	14*	(5.1)	7.1*	(2.20)	2.0*	(0.61)	29*	(9.3)	4.6	(1.07)
6 - 11.....	510	42	(3.5)	12.1	(1.48)	2.2	(0.52)	18	(3.7)	17.3	(2.60)	5.2	(1.16)	30	(5.7)	8.3	(1.58)
12 - 19.....	650	41	(2.5)	44.4	(7.05)	9.9	(2.18)	22	(5.3)	46.8	(4.99)	24.2	(4.62)	52	(9.4)	42.7	(11.16)
20 - 39.....	893	49	(2.7)	109.9	(6.48)	22.6	(2.80)	21	(2.8)	119.3	(5.78)	46.1	(4.27)	39	(3.7)	100.8	(11.70)
40 - 59.....	926	45	(2.1)	185.6	(13.08)	24.5	(2.61)	13	(1.7)	184.9	(10.75)	54.6	(4.67)	30	(2.5)	186.1	(23.10)
60 and over.....	814	27	(2.4)	151.3	(8.15)	9.8	(1.78)	7	(1.1)	158.3	(17.89)	36.0	(5.00)	23	(3.3)	148.7	(6.71)
2 - 19.....	1499	41	(2.0)	25.7	(3.85)	5.5	(0.96)	21	(4.2)	29.0	(2.94)	13.4	(2.06)	46	(7.5)	23.5	(5.68)
20 and over...	2633	41	(1.4)	149.7	(6.30)	19.7	(1.47)	13	(1.0)	153.0	(8.51)	47.6	(2.86)	31	(2.1)	147.3	(7.72)
2 and over...	4132	41	(1.2)	121.0	(6.06)	16.4	(1.16)	14	(1.1)	124.7	(7.82)	39.8	(2.42)	32	(1.9)	118.4	(7.36)
Males and Females:																	
2 - 19.....	3019	41	(1.1)	28.3	(2.35)	5.4	(0.64)	19	(2.6)	35.5	(2.85)	13.4	(1.59)	38	(4.3)	23.4	(3.51)
20 and over...	5047	42	(1.0)	165.0	(6.40)	20.7	(1.37)	13	(0.9)	172.0	(9.78)	49.1	(2.70)	29	(2.1)	159.9	(7.52)
2 and over...	8066	42	(0.9)	132.0	(6.00)	17.0	(1.13)	13	(0.9)	140.0	(8.18)	40.8	(2.33)	29	(2.0)	126.2	(6.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5.....	337	35	(2.5)	--		--		--		--		--		--		--	
6 - 11.....	537	36	(1.6)	--		--		--		--		--		--		--	
12 - 19.....	646	46	(2.5)	--		--		--		--		--		--		--	
20 - 39.....	853	52	(2.1)	16.8	(1.70)	0.6*	(0.36)	4*	(2.3)	15.2	(2.39)	1.2*	(0.69)	8*	(4.1)	18.5	(2.69)
40 - 59.....	808	42	(1.9)	17.4	(2.37)	0.1*	(0.08)	1*	(0.5)	17.7	(2.94)	0.2*	(0.19)	1*	(1.1)	17.1	(2.46)
60 and over.....	753	31	(2.2)	10.9	(0.93)	0.4*	(0.18)	4*	(1.7)	8.8	(1.86)	1.2*	(0.56)	--		11.9	(1.27)
2 - 19.....	1520	40	(1.3)	--		--		--		--		--		--		--	
20 and over...	2414	43	(1.3)	15.5	(1.27)	0.4*	(0.15)	2*	(1.0)	14.9	(1.72)	0.9*	(0.35)	6*	(2.2)	15.9	(1.44)
2 and over...	3934	42	(1.0)	--		--		--		--		--		--		--	
Females:																	
2 - 5.....	339	38	(5.3)	--		--		--		--		--		--		--	
6 - 11.....	510	42	(3.5)	--		--		--		--		--		--		--	
12 - 19.....	650	41	(2.5)	--		--		--		--		--		--		--	
20 - 39.....	893	49	(2.7)	8.0	(1.47)	0.2*	(0.10)	2*	(1.5)	7.3	(1.43)	0.4*	(0.21)	5*	(3.2)	8.6	(2.05)
40 - 59.....	926	45	(2.1)	7.2	(0.85)	0.0*	(0.00)	0*	(0.0)	7.4	(1.35)	0.0*	(0.00)	0*	(0.0)	6.9	(0.86)
60 and over.....	814	27	(2.4)	4.7	(0.55)	0.0*	(0.00)	0*	(0.0)	3.6	(0.78)	0.0*	(0.00)	--		5.1	(0.77)
2 - 19.....	1499	41	(2.0)	--		--		--		--		--		--		--	
20 and over...	2633	41	(1.4)	6.8	(0.65)	0.1*	(0.04)	1*	(0.6)	6.7	(0.68)	0.2*	(0.09)	2*	(1.4)	6.8	(0.83)
2 and over...	4132	41	(1.2)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19.....	3019	41	(1.1)	--		--		--		--		--		--		--	
20 and over...	5047	42	(1.0)	11.0	(0.84)	0.2*	(0.08)	2*	(0.8)	10.8	(0.99)	0.5*	(0.19)	5*	(1.7)	11.2	(1.05)
2 and over...	8066	42	(0.9)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

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

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

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

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

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

Although alchohol 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 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1889	(30.9)	309	(27.7)	16	(1.4)	1988	(50.5)	760	(59.2)	38	(2.4)	1820	(39.2)
20 and over.....	2233	41	(1.5)	2129	(22.9)	318	(17.2)	15	(0.8)	2273	(45.0)	767	(31.6)	34	(1.1)	2027	(23.5)
2 and over...	3044	41	(1.4)	2080	(20.5)	316	(14.9)	15	(0.7)	2216	(43.4)	765	(31.6)	35	(1.1)	1985	(23.6)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1885	(33.1)	342	(39.4)	18	(2.1)	2129	(78.6)	840	(38.3)	39	(2.2)	1717	(62.1)
20 and over.....	1009	47	(1.9)	2230	(54.8)	456	(27.6)	20	(1.1)	2394	(84.9)	966	(36.0)	40	(1.2)	2083	(64.1)
2 and over...	1762	45	(1.9)	2133	(43.8)	424	(24.6)	20	(1.1)	2327	(63.7)	934	(30.6)	40	(1.2)	1971	(51.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1885	(66.3)	203*	(66.0)	11*	(3.4)	1966	(96.0)	755	(171.9)	38	(7.8)	1855	(73.3)
20 and over.....	525	40	(3.3)	1844	(41.7)	253	(27.2)	14	(1.4)	2002	(73.0)	638	(57.1)	32	(2.9)	1740	(31.0)
2 and over...	789	37	(2.4)	1853	(37.9)	242	(21.0)	13	(1.1)	1996	(64.1)	658	(47.4)	33	(2.6)	1771	(25.3)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1906	(55.6)	286	(20.1)	15	(0.8)	2030	(53.3)	703	(28.7)	35	(1.3)	1822	(71.8)
20 and over.....	1125	42	(1.7)	2204	(38.0)	364	(25.0)	17	(1.2)	2355	(45.3)	859	(36.9)	36	(1.6)	2093	(53.1)
2 and over...	2122	42	(1.2)	2104	(38.3)	338	(14.5)	16	(0.8)	2249	(35.8)	808	(24.0)	36	(1.0)	2000	(54.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	70.7	(1.97)	12.2	(1.32)	17	(1.5)	72.4	(3.36)	29.9	(2.98)	41	(2.9)	69.5	(2.63)
20 and over.....	2233	41	(1.5)	82.7	(0.77)	13.1	(0.71)	16	(0.8)	87.5	(1.49)	31.7	(1.36)	36	(1.4)	79.3	(0.97)
2 and over...	3044	41	(1.4)	80.3	(0.96)	12.9	(0.62)	16	(0.7)	84.4	(1.79)	31.3	(1.40)	37	(1.2)	77.3	(1.08)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	65.5	(1.01)	12.7	(1.60)	19	(2.4)	71.9	(2.83)	31.3	(1.77)	43	(2.4)	61.1	(2.30)
20 and over.....	1009	47	(1.9)	82.5	(1.91)	19.4	(1.19)	23	(1.4)	86.1	(2.92)	41.0	(1.64)	48	(1.4)	79.2	(2.51)
2 and over...	1762	45	(1.9)	77.7	(1.52)	17.5	(1.02)	23	(1.3)	82.5	(2.07)	38.5	(1.29)	47	(1.2)	73.7	(1.80)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	75.9	(4.66)	9.2*	(3.33)	12*	(4.1)	79.6	(7.60)	34.2	(9.09)	43	(8.9)	74.6	(4.80)
20 and over.....	525	40	(3.3)	80.9	(2.29)	10.9	(1.41)	13	(1.6)	84.6	(3.11)	27.5	(2.51)	33	(3.4)	78.5	(2.87)
2 and over...	789	37	(2.4)	79.8	(2.27)	10.5	(1.18)	13	(1.4)	83.8	(2.99)	28.6	(2.52)	34	(3.2)	77.5	(2.57)
Hispanic:																	
2 - 19.....	997	41	(1.7)	71.4	(2.31)	10.4	(0.87)	15	(1.0)	73.2	(2.07)	25.6	(1.32)	35	(1.7)	70.1	(3.24)
20 and over.....	1125	42	(1.7)	89.2	(1.90)	15.5	(1.27)	17	(1.4)	92.5	(2.31)	36.5	(1.87)	39	(1.9)	86.8	(2.90)
2 and over...	2122	42	(1.2)	83.2	(1.90)	13.8	(0.79)	17	(0.9)	86.2	(1.55)	32.9	(1.23)	38	(1.3)	81.1	(2.56)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Carbohydrate													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	246	(4.9)	35	(3.4)	14	(1.4)	256	(5.1)	87	(7.0)	34	(2.4)	240	(6.8)
20 and over.....	2233	41	(1.5)	248	(3.1)	35	(1.9)	14	(0.8)	264	(5.4)	84	(3.4)	32	(1.1)	236	(3.2)
2 and over...	3044	41	(1.4)	248	(2.9)	35	(1.8)	14	(0.7)	263	(4.8)	84	(3.5)	32	(1.1)	237	(3.5)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	248	(5.3)	38	(4.5)	15	(1.8)	273	(11.4)	93	(4.7)	34	(2.2)	230	(7.6)
20 and over.....	1009	47	(1.9)	266	(6.5)	48	(3.0)	18	(1.1)	287	(10.8)	101	(4.1)	35	(1.3)	248	(8.0)
2 and over...	1762	45	(1.9)	261	(5.1)	45	(2.9)	17	(1.1)	284	(8.0)	99	(3.6)	35	(1.3)	242	(6.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	250	(6.9)	23*	(7.5)	9*	(2.9)	249	(9.2)	85	(19.7)	34	(7.8)	250	(8.7)
20 and over.....	525	40	(3.3)	227	(5.4)	28	(2.8)	12	(1.2)	236	(9.6)	70	(6.5)	30	(2.6)	222	(7.0)
2 and over...	789	37	(2.4)	233	(4.5)	27	(2.2)	11	(0.9)	238	(8.5)	72	(5.3)	30	(2.4)	229	(5.0)
Hispanic:																	
2 - 19.....	997	41	(1.7)	248	(6.4)	34	(2.2)	14	(0.8)	258	(6.1)	83	(3.4)	32	(1.2)	241	(9.2)
20 and over.....	1125	42	(1.7)	267	(3.9)	40	(2.9)	15	(1.2)	283	(5.2)	95	(5.1)	34	(1.8)	256	(5.4)
2 and over...	2122	42	(1.2)	261	(4.1)	38	(1.7)	15	(0.8)	275	(3.8)	91	(3.6)	33	(1.3)	251	(6.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	119	(3.1)	14	(1.8)	12	(1.5)	123	(3.8)	34	(4.1)	28	(3.1)	115	(4.1)
20 and over.....	2233	41	(1.5)	110	(1.7)	12	(0.7)	11	(0.6)	114	(3.2)	28	(1.2)	25	(1.0)	107	(1.6)
2 and over...	3044	41	(1.4)	112	(1.7)	12	(0.8)	11	(0.7)	116	(2.9)	29	(1.6)	25	(1.2)	109	(1.7)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	112	(4.0)	12	(1.4)	10	(1.4)	120	(5.3)	28	(1.7)	24	(1.7)	107	(5.0)
20 and over.....	1009	47	(1.9)	124	(4.0)	17	(1.3)	14	(0.9)	135	(6.9)	36	(2.2)	27	(1.3)	114	(5.6)
2 and over...	1762	45	(1.9)	120	(3.2)	15	(1.2)	13	(0.9)	131	(5.3)	34	(1.9)	26	(1.3)	112	(3.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	100	(4.2)	9*	(2.9)	9*	(2.9)	98	(5.8)	32	(8.5)	33	(8.9)	101	(5.6)
20 and over.....	525	40	(3.3)	81	(3.1)	10	(1.3)	12	(1.4)	91	(6.2)	25	(3.8)	28	(3.2)	75	(3.7)
2 and over...	789	37	(2.4)	85	(2.9)	10	(1.0)	11	(1.1)	92	(5.3)	26	(2.9)	29	(2.7)	82	(3.7)
Hispanic:																	
2 - 19.....	997	41	(1.7)	111	(3.0)	12	(0.9)	11	(0.8)	115	(4.7)	30	(1.8)	26	(1.2)	108	(4.8)
20 and over.....	1125	42	(1.7)	114	(2.5)	15	(0.9)	14	(0.8)	126	(3.7)	36	(1.6)	29	(1.6)	106	(2.5)
2 and over...	2122	42	(1.2)	113	(2.2)	14	(0.6)	13	(0.6)	122	(2.9)	34	(1.3)	28	(1.1)	107	(2.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	13.5	(0.28)	1.8	(0.14)	14	(1.0)	12.9	(0.40)	4.5	(0.21)	35	(1.7)	13.8	(0.37)
20 and over.....	2233	41	(1.5)	16.6	(0.32)	2.1	(0.12)	12	(0.6)	16.7	(0.39)	5.0	(0.23)	30	(1.2)	16.6	(0.51)
2 and over...	3044	41	(1.4)	16.0	(0.25)	2.0	(0.09)	13	(0.5)	15.9	(0.33)	4.9	(0.19)	31	(1.1)	16.0	(0.42)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	13.0	(0.30)	2.2	(0.27)	17	(1.9)	13.9	(0.57)	5.4	(0.31)	39	(1.7)	12.4	(0.50)
20 and over.....	1009	47	(1.9)	15.4	(0.52)	2.7	(0.19)	17	(1.2)	15.1	(0.60)	5.6	(0.27)	37	(1.7)	15.7	(0.62)
2 and over...	1762	45	(1.9)	14.7	(0.37)	2.5	(0.17)	17	(1.2)	14.8	(0.37)	5.6	(0.23)	38	(1.4)	14.7	(0.45)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	15.0	(0.75)	1.2*	(0.43)	8*	(2.9)	14.4	(0.61)	4.6	(1.14)	32	(7.6)	15.2	(1.03)
20 and over.....	525	40	(3.3)	18.7	(0.74)	1.7	(0.16)	9	(1.0)	16.9	(0.98)	4.2	(0.28)	25	(2.2)	19.8	(1.13)
2 and over...	789	37	(2.4)	17.8	(0.64)	1.6	(0.15)	9	(0.9)	16.4	(0.80)	4.3	(0.31)	26	(2.2)	18.6	(0.94)
Hispanic:																	
2 - 19.....	997	41	(1.7)	15.4	(0.55)	1.8	(0.13)	12	(0.7)	14.8	(0.55)	4.5	(0.20)	31	(1.5)	15.8	(0.70)
20 and over.....	1125	42	(1.7)	19.7	(0.67)	2.4	(0.25)	12	(1.6)	18.2	(0.65)	5.7	(0.43)	31	(2.3)	20.7	(1.09)
2 and over...	2122	42	(1.2)	18.2	(0.61)	2.2	(0.15)	12	(1.1)	17.1	(0.40)	5.3	(0.29)	31	(1.7)	19.0	(0.98)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total fat															
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	71.1	(1.45)	13.4	(1.13)	19	(1.4)	76.5	(2.69)	33.0	(2.49)	43	(2.1)	67.3	(1.66)
20 and over.....	2233	41	(1.5)	83.4	(1.09)	14.1	(0.76)	17	(0.8)	90.1	(2.20)	34.0	(1.44)	38	(1.4)	78.6	(1.37)
2 and over...	3044	41	(1.4)	80.9	(1.00)	14.0	(0.62)	17	(0.7)	87.4	(2.09)	33.8	(1.36)	39	(1.2)	76.2	(1.31)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	72.2	(1.97)	15.6	(1.74)	22	(2.3)	84.9	(2.99)	38.3	(1.66)	45	(2.2)	63.4	(3.27)
20 and over.....	1009	47	(1.9)	86.5	(2.52)	20.8	(1.30)	24	(1.2)	95.4	(3.55)	44.0	(1.83)	46	(1.1)	78.5	(3.10)
2 and over...	1762	45	(1.9)	82.5	(2.15)	19.4	(1.08)	23	(1.1)	92.7	(2.79)	42.6	(1.48)	46	(1.0)	73.9	(2.63)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	66.1	(2.78)	8.4*	(2.62)	13*	(3.9)	72.9	(4.20)	31.4	(6.70)	43	(7.9)	63.7	(3.39)
20 and over.....	525	40	(3.3)	65.7	(2.10)	11.1	(1.26)	17	(1.8)	74.5	(3.29)	28.0	(2.68)	38	(3.4)	59.9	(1.68)
2 and over...	789	37	(2.4)	65.8	(1.95)	10.5	(0.92)	16	(1.3)	74.3	(3.03)	28.5	(2.17)	38	(2.9)	60.9	(1.57)
Hispanic:																	
2 - 19.....	997	41	(1.7)	72.1	(2.61)	12.3	(0.96)	17	(0.9)	80.2	(2.72)	30.3	(1.50)	38	(1.7)	66.5	(2.94)
20 and over.....	1125	42	(1.7)	83.2	(1.99)	15.7	(1.03)	19	(1.4)	91.0	(2.14)	37.0	(1.39)	41	(1.5)	77.4	(2.80)
2 and over...	2122	42	(1.2)	79.4	(1.78)	14.5	(0.59)	18	(0.8)	87.5	(1.81)	34.8	(0.90)	40	(0.8)	73.7	(2.48)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	25.4	(0.68)	4.6	(0.31)	18	(1.1)	27.2	(0.89)	11.4	(0.51)	42	(1.5)	24.2	(0.85)
20 and over.....	2233	41	(1.5)	27.2	(0.36)	4.9	(0.28)	18	(1.0)	29.8	(0.76)	11.8	(0.54)	40	(1.5)	25.5	(0.51)
2 and over...	3044	41	(1.4)	26.9	(0.34)	4.8	(0.21)	18	(0.7)	29.3	(0.67)	11.7	(0.45)	40	(1.2)	25.2	(0.52)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	23.6	(0.62)	4.9	(0.65)	21	(2.7)	27.4	(1.05)	12.1	(0.77)	44	(2.7)	21.0	(1.23)
20 and over.....	1009	47	(1.9)	26.9	(0.66)	6.5	(0.46)	24	(1.3)	29.9	(1.01)	13.9	(0.70)	46	(1.4)	24.2	(0.80)
2 and over...	1762	45	(1.9)	26.0	(0.55)	6.1	(0.39)	23	(1.2)	29.3	(0.72)	13.4	(0.56)	46	(1.4)	23.2	(0.73)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	22.0	(0.91)	2.6*	(0.82)	12*	(3.7)	24.1	(2.02)	9.6	(2.16)	40	(8.3)	21.2	(1.11)
20 and over.....	525	40	(3.3)	19.1	(0.74)	3.6	(0.42)	19	(1.9)	22.5	(1.18)	9.1	(0.92)	41	(3.5)	16.9	(0.59)
2 and over...	789	37	(2.4)	19.8	(0.63)	3.4	(0.33)	17	(1.3)	22.8	(1.19)	9.2	(0.77)	40	(2.9)	18.0	(0.39)
Hispanic:																	
2 - 19.....	997	41	(1.7)	24.9	(1.06)	4.0	(0.34)	16	(0.9)	27.1	(1.22)	9.8	(0.55)	36	(1.8)	23.3	(1.24)
20 and over.....	1125	42	(1.7)	26.8	(0.69)	5.1	(0.38)	19	(1.4)	29.6	(0.81)	12.1	(0.56)	41	(1.6)	24.7	(0.88)
2 and over...	2122	42	(1.2)	26.1	(0.63)	4.8	(0.23)	18	(0.9)	28.8	(0.68)	11.4	(0.36)	39	(1.0)	24.3	(0.86)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	23.5	(0.61)	4.3	(0.35)	18	(1.2)	25.3	(0.95)	10.7	(0.82)	42	(2.2)	22.3	(0.73)
20 and over.....	2233	41	(1.5)	28.9	(0.38)	4.7	(0.26)	16	(0.9)	31.1	(0.78)	11.4	(0.47)	37	(1.4)	27.3	(0.58)
2 and over...	3044	41	(1.4)	27.8	(0.39)	4.6	(0.22)	17	(0.7)	29.9	(0.77)	11.2	(0.47)	38	(1.3)	26.3	(0.57)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	24.4	(0.65)	5.3	(0.60)	22	(2.4)	28.3	(1.00)	13.0	(0.60)	46	(2.2)	21.8	(1.07)
20 and over.....	1009	47	(1.9)	30.6	(1.05)	7.4	(0.47)	24	(1.2)	33.6	(1.31)	15.6	(0.69)	46	(1.0)	27.9	(1.42)
2 and over...	1762	45	(1.9)	28.9	(0.90)	6.8	(0.40)	23	(1.0)	32.3	(1.08)	14.9	(0.58)	46	(1.0)	26.0	(1.14)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	22.2	(1.14)	2.9*	(0.87)	13	(3.8)	24.7	(1.50)	10.7	(2.21)	43	(7.8)	21.3	(1.32)
20 and over.....	525	40	(3.3)	23.8	(0.76)	3.8	(0.44)	16	(1.8)	26.9	(1.18)	9.6	(0.97)	36	(3.5)	21.8	(0.65)
2 and over...	789	37	(2.4)	23.5	(0.76)	3.6	(0.31)	15	(1.2)	26.6	(1.10)	9.8	(0.78)	37	(2.9)	21.7	(0.70)
Hispanic:																	
2 - 19.....	997	41	(1.7)	24.0	(0.87)	4.1	(0.32)	17	(0.9)	26.9	(0.93)	10.2	(0.53)	38	(1.7)	22.0	(1.01)
20 and over.....	1125	42	(1.7)	28.6	(0.76)	5.3	(0.37)	18	(1.4)	30.9	(0.89)	12.4	(0.57)	40	(1.5)	26.9	(1.02)
2 and over...	2122	42	(1.2)	27.0	(0.64)	4.9	(0.20)	18	(0.8)	29.6	(0.70)	11.7	(0.34)	40	(0.9)	25.2	(0.88)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	15.3	(0.53)	3.1	(0.40)	20	(2.2)	16.8	(1.03)	7.7	(0.97)	46	(3.3)	14.3	(0.39)
20 and over.....	2233	41	(1.5)	19.4	(0.35)	3.2	(0.17)	16	(0.8)	20.8	(0.59)	7.6	(0.35)	36	(1.3)	18.4	(0.37)
2 and over...	3044	41	(1.4)	18.6	(0.29)	3.2	(0.15)	17	(0.7)	20.0	(0.57)	7.6	(0.36)	38	(1.3)	17.6	(0.29)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	17.3	(0.59)	3.9	(0.37)	23	(2.1)	21.2	(0.88)	9.7	(0.36)	46	(1.9)	14.7	(0.72)
20 and over.....	1009	47	(1.9)	20.8	(0.89)	5.0	(0.30)	24	(1.3)	22.7	(1.14)	10.5	(0.44)	46	(1.1)	19.1	(1.00)
2 and over...	1762	45	(1.9)	19.8	(0.71)	4.7	(0.23)	24	(1.1)	22.3	(0.91)	10.3	(0.34)	46	(1.1)	17.8	(0.83)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	15.5	(0.84)	2.2*	(0.69)	14*	(4.4)	17.2	(1.35)	8.2	(1.78)	48	(8.1)	14.9	(1.05)
20 and over.....	525	40	(3.3)	16.7	(0.62)	2.6	(0.32)	16	(1.8)	18.3	(1.00)	6.7	(0.64)	36	(3.4)	15.6	(0.64)
2 and over...	789	37	(2.4)	16.4	(0.60)	2.5	(0.23)	15	(1.4)	18.1	(0.85)	6.9	(0.50)	38	(3.0)	15.4	(0.68)
Hispanic:																	
2 - 19.....	997	41	(1.7)	16.2	(0.57)	3.0	(0.25)	18	(1.1)	18.6	(0.52)	7.4	(0.40)	40	(2.0)	14.6	(0.65)
20 and over.....	1125	42	(1.7)	19.5	(0.64)	3.8	(0.24)	19	(1.5)	21.6	(0.79)	8.9	(0.39)	41	(1.6)	18.0	(0.86)
2 and over...	2122	42	(1.2)	18.4	(0.53)	3.5	(0.15)	19	(0.8)	20.6	(0.58)	8.4	(0.29)	41	(0.9)	16.8	(0.67)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Cholesterol													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	219	(7.8)	38	(4.9)	17	(2.0)	227	(14.3)	93	(11.3)	41	(3.3)	213	(13.0)
20 and over.....	2233	41	(1.5)	282	(4.3)	41	(1.9)	15	(0.8)	298	(7.4)	99	(4.2)	33	(1.5)	271	(7.0)
2 and over...	3044	41	(1.4)	269	(3.9)	40	(1.9)	15	(0.8)	283	(6.8)	98	(4.5)	34	(1.4)	260	(7.2)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	223	(9.7)	38	(4.7)	17	(2.4)	231	(13.5)	94	(6.9)	41	(2.3)	217	(13.7)
20 and over.....	1009	47	(1.9)	320	(9.0)	73	(4.8)	23	(1.4)	331	(15.8)	154	(7.6)	46	(1.7)	311	(14.1)
2 and over...	1762	45	(1.9)	293	(7.8)	63	(4.3)	22	(1.4)	306	(14.0)	139	(7.3)	45	(1.4)	282	(10.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	239	(22.5)	31*	(10.8)	13*	(4.4)	254	(33.3)	114	(30.7)	45	(9.6)	233	(25.4)
20 and over.....	525	40	(3.3)	268	(12.5)	39	(5.1)	14	(1.6)	307	(22.5)	98	(9.5)	32	(3.2)	242	(12.6)
2 and over...	789	37	(2.4)	261	(13.0)	37	(4.5)	14	(1.4)	298	(21.4)	100	(9.7)	34	(3.0)	239	(10.8)
Hispanic:																	
2 - 19.....	997	41	(1.7)	238	(8.8)	32	(2.8)	14	(0.9)	253	(8.2)	79	(4.6)	31	(1.9)	227	(12.2)
20 and over.....	1125	42	(1.7)	327	(11.6)	52	(4.3)	16	(1.5)	333	(16.3)	122	(7.1)	36	(2.2)	322	(13.7)
2 and over...	2122	42	(1.2)	297	(8.9)	45	(3.0)	15	(1.1)	307	(11.2)	108	(5.2)	35	(1.7)	289	(10.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	639	(17.7)	58	(5.5)	9	(0.9)	605	(21.5)	142	(7.8)	23	(1.3)	663	(21.5)
20 and over.....	2233	41	(1.5)	666	(12.7)	62	(2.9)	9	(0.4)	656	(21.7)	150	(6.6)	23	(1.0)	673	(14.5)
2 and over...	3044	41	(1.4)	661	(11.9)	61	(2.1)	9	(0.3)	646	(18.4)	149	(5.1)	23	(0.7)	671	(14.1)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	496	(15.7)	53	(8.2)	11	(1.5)	505	(31.1)	129	(12.0)	26	(2.1)	489	(20.1)
20 and over.....	1009	47	(1.9)	564	(26.7)	75	(7.2)	13	(1.2)	514	(30.2)	158	(12.3)	31	(2.2)	609	(33.1)
2 and over...	1762	45	(1.9)	545	(20.1)	68	(6.3)	13	(1.1)	512	(22.5)	151	(10.3)	29	(1.6)	572	(25.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	644	(50.7)	38*	(17.7)	6*	(2.9)	496	(47.2)	140*	(54.9)	28*	(10.1)	698	(67.7)
20 and over.....	525	40	(3.3)	609	(32.7)	55	(8.0)	9	(1.3)	543	(48.6)	138	(16.5)	25	(2.6)	653	(39.9)
2 and over...	789	37	(2.4)	617	(27.6)	51	(8.9)	8	(1.4)	535	(41.3)	138	(20.3)	26	(3.0)	665	(34.6)
Hispanic:																	
2 - 19.....	997	41	(1.7)	570	(20.5)	44	(5.5)	8	(0.8)	537	(29.5)	108	(10.8)	20	(1.6)	593	(27.8)
20 and over.....	1125	42	(1.7)	587	(28.6)	68	(6.8)	12	(1.1)	573	(29.6)	160	(13.7)	28	(2.1)	598	(34.0)
2 and over...	2122	42	(1.2)	581	(24.2)	60	(4.7)	10	(0.7)	561	(22.8)	143	(9.6)	26	(1.3)	596	(30.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1463	(161.3)	79	(12.0)	5	(1.0)	1360	(180.1)	193	(26.3)	14	(2.2)	1534	(199.9)
20 and over.....	2233	41	(1.5)	2256	(120.5)	145	(12.2)	6	(0.5)	2011	(131.9)	349	(33.4)	17	(1.1)	2430	(169.9)
2 and over...	3044	41	(1.4)	2095	(109.3)	131	(10.5)	6	(0.5)	1880	(119.8)	318	(29.8)	17	(1.0)	2246	(147.9)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1000	(82.4)	88	(11.7)	9	(1.6)	1086	(95.7)	215	(25.0)	20	(2.2)	941	(107.4)
20 and over.....	1009	47	(1.9)	2307	(225.5)	225	(49.8)	10	(2.1)	1784	(201.0)	477	(101.3)	27	(5.1)	2775	(330.9)
2 and over...	1762	45	(1.9)	1939	(179.5)	187	(37.1)	10	(1.9)	1608	(157.2)	411	(76.6)	26	(4.3)	2215	(237.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	2070	(328.5)	146*	(79.0)	7*	(4.2)	1651	(392.7)	543*	(251.4)	33*	(13.0)	2224	(480.2)
20 and over.....	525	40	(3.3)	3735	(285.6)	212*	(63.8)	6	(1.6)	2800	(380.1)	534	(150.9)	19	(4.0)	4350	(425.8)
2 and over...	789	37	(2.4)	3356	(213.8)	197*	(63.0)	6*	(1.8)	2609	(325.2)	536	(158.5)	21	(4.5)	3790	(310.0)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1058	(65.5)	78	(11.9)	7	(1.2)	825	(44.3)	192	(25.8)	23	(3.2)	1218	(111.3)
20 and over.....	1125	42	(1.7)	1942	(184.0)	182	(24.9)	9	(1.3)	1729	(132.3)	430	(57.8)	25	(2.5)	2099	(277.0)
2 and over...	2122	42	(1.2)	1644	(130.6)	147	(15.6)	9	(0.9)	1433	(80.8)	352	(37.0)	25	(1.9)	1796	(205.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	3868	(297.9)	646	(104.0)	17	(2.7)	4398	(404.6)	1590	(230.9)	36	(4.6)	3505	(346.9)
20 and over.....	2233	41	(1.5)	5149	(154.6)	777	(63.2)	15	(1.1)	5188	(265.4)	1874	(150.3)	36	(2.9)	5121	(244.9)
2 and over...	3044	41	(1.4)	4888	(124.9)	751	(45.6)	15	(0.8)	5029	(203.3)	1817	(126.9)	36	(2.3)	4788	(208.3)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	4066	(394.1)	764	(106.7)	19	(2.0)	4101	(347.2)	1875	(171.6)	46	(3.3)	4042	(582.2)
20 and over.....	1009	47	(1.9)	4214	(443.5)	1071	(141.4)	25	(4.6)	4108	(317.5)	2265	(270.3)	55	(5.7)	4309	(778.5)
2 and over...	1762	45	(1.9)	4173	(373.8)	984	(125.2)	24	(3.7)	4107	(264.7)	2167	(214.0)	53	(4.5)	4227	(618.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	4511	(1005.1)	762*	(446.4)	17*	(8.3)	5039	(1394.0)	2837*	(1480.5)	56*	(16.9)	4316	(1257.0)
20 and over.....	525	40	(3.3)	3742	(386.4)	569	(109.0)	15	(2.5)	4144	(692.5)	1435	(258.7)	35	(7.8)	3478	(501.6)
2 and over...	789	37	(2.4)	3917	(376.2)	613	(139.3)	16	(3.3)	4293	(569.8)	1668	(339.5)	39	(8.0)	3699	(385.9)
Hispanic:																	
2 - 19.....	997	41	(1.7)	4925	(316.5)	656	(95.9)	13	(2.2)	4301	(382.7)	1614	(202.6)	38	(5.0)	5353	(437.0)
20 and over.....	1125	42	(1.7)	5492	(332.4)	923	(157.1)	17	(2.0)	5682	(537.8)	2176	(348.9)	38	(4.7)	5352	(387.4)
2 and over...	2122	42	(1.2)	5301	(289.9)	833	(96.3)	16	(1.2)	5229	(415.9)	1992	(237.0)	38	(3.0)	5352	(338.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1.57	(0.043)	0.23	(0.024)	14	(1.5)	1.61	(0.059)	0.56	(0.050)	35	(2.8)	1.55	(0.054)
20 and over.....	2233	41	(1.5)	1.64	(0.020)	0.25	(0.016)	15	(1.0)	1.74	(0.033)	0.61	(0.032)	35	(1.5)	1.57	(0.034)
2 and over...	3044	41	(1.4)	1.63	(0.019)	0.25	(0.012)	15	(0.7)	1.71	(0.030)	0.60	(0.028)	35	(1.2)	1.57	(0.031)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1.50	(0.037)	0.25	(0.033)	17	(2.0)	1.61	(0.079)	0.62	(0.041)	38	(2.1)	1.43	(0.044)
20 and over.....	1009	47	(1.9)	1.52	(0.030)	0.32	(0.023)	21	(1.4)	1.59	(0.052)	0.67	(0.033)	42	(1.9)	1.46	(0.041)
2 and over...	1762	45	(1.9)	1.51	(0.020)	0.30	(0.021)	20	(1.4)	1.60	(0.031)	0.66	(0.030)	41	(1.6)	1.45	(0.024)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1.61	(0.082)	0.14*	(0.055)	9*	(3.2)	1.48	(0.104)	0.53	(0.156)	36	(9.4)	1.66	(0.101)
20 and over.....	525	40	(3.3)	1.56	(0.033)	0.19	(0.023)	12	(1.3)	1.58	(0.062)	0.49	(0.042)	31	(2.6)	1.54	(0.034)
2 and over...	789	37	(2.4)	1.57	(0.032)	0.18	(0.019)	12	(1.1)	1.57	(0.057)	0.50	(0.037)	32	(2.4)	1.57	(0.029)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1.58	(0.041)	0.22	(0.021)	14	(1.1)	1.62	(0.056)	0.54	(0.041)	33	(2.0)	1.55	(0.053)
20 and over.....	1125	42	(1.7)	1.64	(0.035)	0.27	(0.024)	17	(1.5)	1.72	(0.047)	0.64	(0.045)	37	(2.8)	1.58	(0.045)
2 and over...	2122	42	(1.2)	1.62	(0.034)	0.25	(0.014)	16	(0.9)	1.69	(0.031)	0.61	(0.030)	36	(1.9)	1.57	(0.041)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	2.13	(0.042)	0.29	(0.024)	14	(1.1)	2.14	(0.080)	0.72	(0.048)	33	(2.0)	2.12	(0.073)
20 and over.....	2233	41	(1.5)	2.28	(0.029)	0.29	(0.018)	13	(0.7)	2.39	(0.059)	0.70	(0.033)	29	(1.1)	2.20	(0.031)
2 and over...	3044	41	(1.4)	2.25	(0.027)	0.29	(0.016)	13	(0.7)	2.34	(0.052)	0.71	(0.030)	30	(0.9)	2.19	(0.029)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1.72	(0.036)	0.23	(0.035)	13	(2.0)	1.75	(0.072)	0.57	(0.053)	32	(2.7)	1.69	(0.053)
20 and over.....	1009	47	(1.9)	1.79	(0.034)	0.34	(0.024)	19	(1.2)	1.85	(0.068)	0.73	(0.033)	39	(1.8)	1.73	(0.051)
2 and over...	1762	45	(1.9)	1.77	(0.023)	0.31	(0.023)	18	(1.2)	1.83	(0.045)	0.69	(0.030)	38	(1.3)	1.72	(0.033)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1.96	(0.093)	0.16*	(0.057)	8*	(2.9)	1.78	(0.087)	0.61	(0.155)	34	(8.1)	2.02	(0.128)
20 and over.....	525	40	(3.3)	1.77	(0.048)	0.22	(0.027)	13	(1.4)	1.86	(0.103)	0.56	(0.054)	30	(2.7)	1.71	(0.049)
2 and over...	789	37	(2.4)	1.81	(0.055)	0.21	(0.022)	12	(1.2)	1.84	(0.090)	0.57	(0.049)	31	(2.5)	1.79	(0.059)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1.91	(0.056)	0.20	(0.015)	10	(0.6)	1.91	(0.073)	0.49	(0.025)	26	(1.1)	1.91	(0.074)
20 and over.....	1125	42	(1.7)	2.14	(0.090)	0.29	(0.024)	14	(1.3)	2.22	(0.120)	0.69	(0.040)	31	(2.6)	2.07	(0.080)
2 and over...	2122	42	(1.2)	2.06	(0.074)	0.26	(0.016)	13	(0.9)	2.12	(0.090)	0.62	(0.028)	29	(1.8)	2.02	(0.069)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	22.9	(0.73)	4.1	(0.61)	18	(2.3)	24.3	(1.42)	10.1	(1.51)	42	(4.1)	22.0	(0.96)
20 and over.....	2233	41	(1.5)	26.4	(0.33)	4.0	(0.22)	15	(0.9)	28.6	(0.66)	9.6	(0.45)	34	(1.5)	24.8	(0.42)
2 and over...	3044	41	(1.4)	25.7	(0.35)	4.0	(0.24)	16	(0.9)	27.7	(0.72)	9.7	(0.57)	35	(1.5)	24.2	(0.38)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	21.2	(0.41)	4.2	(0.52)	20	(2.4)	23.6	(1.16)	10.3	(0.56)	44	(2.4)	19.5	(0.68)
20 and over.....	1009	47	(1.9)	26.0	(0.54)	5.9	(0.36)	23	(1.4)	27.6	(0.94)	12.4	(0.47)	45	(1.6)	24.5	(0.69)
2 and over...	1762	45	(1.9)	24.6	(0.42)	5.4	(0.32)	22	(1.3)	26.6	(0.65)	11.9	(0.38)	45	(1.5)	23.0	(0.48)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	22.3	(1.68)	2.8*	(1.02)	13*	(4.0)	23.0	(2.44)	10.4	(2.76)	45	(8.4)	22.0	(1.82)
20 and over.....	525	40	(3.3)	24.5	(0.61)	3.4	(0.49)	14	(1.9)	25.6	(1.07)	8.5	(1.05)	33	(4.1)	23.8	(0.81)
2 and over...	789	37	(2.4)	24.0	(0.65)	3.3	(0.39)	14	(1.6)	25.2	(0.92)	8.8	(0.97)	35	(3.8)	23.3	(0.80)
Hispanic:																	
2 - 19.....	997	41	(1.7)	21.8	(0.69)	3.5	(0.28)	16	(1.1)	23.0	(0.67)	8.5	(0.44)	37	(1.6)	21.1	(0.90)
20 and over.....	1125	42	(1.7)	27.5	(0.99)	4.7	(0.39)	17	(1.6)	29.7	(1.29)	11.1	(0.59)	38	(2.8)	25.9	(0.88)
2 and over...	2122	42	(1.2)	25.6	(0.80)	4.3	(0.25)	17	(1.1)	27.5	(0.95)	10.3	(0.40)	37	(2.1)	24.3	(0.77)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1.88	(0.061)	0.26	(0.050)	14	(2.4)	1.84	(0.118)	0.63	(0.130)	34	(5.2)	1.92	(0.100)
20 and over.....	2233	41	(1.5)	2.20	(0.038)	0.23	(0.011)	10	(0.6)	2.31	(0.091)	0.55	(0.025)	24	(1.5)	2.12	(0.035)
2 and over...	3044	41	(1.4)	2.14	(0.037)	0.23	(0.017)	11	(0.8)	2.22	(0.080)	0.56	(0.042)	25	(1.7)	2.08	(0.030)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1.63	(0.048)	0.22	(0.026)	14	(1.7)	1.68	(0.103)	0.54	(0.026)	32	(1.9)	1.60	(0.072)
20 and over.....	1009	47	(1.9)	2.03	(0.053)	0.34	(0.018)	17	(1.1)	2.01	(0.076)	0.73	(0.027)	36	(1.9)	2.04	(0.083)
2 and over...	1762	45	(1.9)	1.92	(0.043)	0.31	(0.018)	16	(1.1)	1.93	(0.052)	0.68	(0.021)	35	(1.6)	1.91	(0.066)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1.88	(0.118)	0.21*	(0.080)	11*	(3.8)	1.84	(0.239)	0.77	(0.226)	42	(8.4)	1.89	(0.134)
20 and over.....	525	40	(3.3)	2.05	(0.058)	0.20	(0.024)	10	(1.3)	2.00	(0.098)	0.50	(0.043)	25	(3.1)	2.08	(0.060)
2 and over...	789	37	(2.4)	2.01	(0.058)	0.20	(0.025)	10	(1.3)	1.97	(0.083)	0.55	(0.057)	28	(3.3)	2.03	(0.063)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1.81	(0.062)	0.20	(0.021)	11	(1.0)	1.77	(0.045)	0.49	(0.041)	27	(2.2)	1.83	(0.089)
20 and over.....	1125	42	(1.7)	2.36	(0.150)	0.29	(0.025)	12	(1.4)	2.33	(0.151)	0.69	(0.037)	30	(2.4)	2.38	(0.158)
2 and over...	2122	42	(1.2)	2.17	(0.111)	0.26	(0.016)	12	(0.9)	2.15	(0.104)	0.62	(0.024)	29	(1.6)	2.19	(0.124)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	501	(20.6)	61	(6.2)	12	(1.2)	497	(27.6)	151	(10.4)	30	(2.4)	503	(21.3)
20 and over.....	2233	41	(1.5)	533	(10.4)	74	(5.2)	14	(0.9)	554	(10.6)	179	(11.0)	32	(1.6)	518	(14.0)
2 and over...	3044	41	(1.4)	526	(9.9)	72	(3.8)	14	(0.7)	543	(9.0)	173	(8.7)	32	(1.3)	515	(12.6)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	523	(23.1)	75	(10.1)	14	(2.1)	533	(29.4)	183	(12.5)	34	(2.3)	516	(31.8)
20 and over.....	1009	47	(1.9)	478	(10.9)	95	(7.7)	20	(1.5)	494	(16.4)	200	(11.5)	41	(1.9)	463	(11.3)
2 and over...	1762	45	(1.9)	490	(7.8)	89	(6.7)	18	(1.6)	504	(9.6)	196	(9.5)	39	(1.7)	479	(13.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	537	(31.4)	44*	(18.4)	8*	(3.3)	481	(37.7)	162*	(52.6)	34	(9.4)	558	(38.4)
20 and over.....	525	40	(3.3)	523	(13.0)	58	(7.2)	11	(1.4)	512	(28.5)	146	(14.2)	29	(3.1)	530	(16.4)
2 and over...	789	37	(2.4)	526	(14.2)	55	(6.2)	10	(1.2)	507	(24.6)	149	(13.2)	29	(2.9)	538	(15.9)
Hispanic:																	
2 - 19.....	997	41	(1.7)	521	(20.0)	64	(5.9)	12	(0.9)	524	(26.9)	157	(11.1)	30	(1.4)	519	(25.4)
20 and over.....	1125	42	(1.7)	541	(19.0)	83	(8.7)	15	(2.0)	558	(13.5)	196	(16.9)	35	(3.2)	529	(30.3)
2 and over...	2122	42	(1.2)	534	(17.9)	77	(5.3)	14	(1.3)	547	(12.2)	183	(11.3)	34	(2.3)	526	(26.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	256	(5.3)	38	(4.8)	15	(1.7)	257	(12.3)	94	(11.0)	36	(3.2)	255	(8.9)
20 and over.....	2233	41	(1.5)	334	(4.9)	41	(2.0)	12	(0.6)	341	(7.3)	99	(4.1)	29	(1.1)	328	(7.2)
2 and over...	3044	41	(1.4)	318	(4.1)	41	(2.0)	13	(0.7)	324	(6.9)	98	(4.6)	30	(1.1)	313	(6.6)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	237	(6.1)	39	(4.4)	16	(1.9)	244	(9.2)	96	(5.0)	39	(2.1)	232	(8.8)
20 and over.....	1009	47	(1.9)	343	(9.5)	68	(4.1)	20	(1.2)	344	(17.1)	145	(5.9)	42	(1.6)	343	(10.1)
2 and over...	1762	45	(1.9)	313	(7.7)	60	(3.5)	19	(1.1)	319	(13.0)	132	(5.3)	42	(1.2)	309	(8.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	290	(20.5)	29*	(10.9)	10*	(3.7)	285	(28.8)	107	(30.6)	37	(9.1)	291	(25.0)
20 and over.....	525	40	(3.3)	329	(9.2)	38	(5.0)	11	(1.4)	345	(17.1)	95	(9.0)	28	(2.9)	318	(6.8)
2 and over...	789	37	(2.4)	320	(11.0)	36	(4.2)	11	(1.2)	335	(16.2)	97	(8.9)	29	(2.8)	311	(8.9)
Hispanic:																	
2 - 19.....	997	41	(1.7)	266	(8.5)	33	(2.6)	12	(0.9)	270	(6.9)	82	(4.0)	30	(1.6)	263	(12.8)
20 and over.....	1125	42	(1.7)	360	(7.6)	51	(4.0)	14	(1.2)	358	(10.6)	121	(6.0)	34	(1.6)	361	(11.5)
2 and over...	2122	42	(1.2)	328	(7.5)	45	(2.5)	14	(0.8)	329	(7.2)	108	(3.9)	33	(1.1)	327	(10.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	4.98	(0.139)	0.70	(0.122)	14	(2.3)	5.02	(0.341)	1.72	(0.319)	34	(4.8)	4.96	(0.205)
20 and over.....	2233	41	(1.5)	5.04	(0.082)	0.62	(0.042)	12	(0.8)	5.38	(0.152)	1.48	(0.088)	28	(1.5)	4.81	(0.088)
2 and over...	3044	41	(1.4)	5.03	(0.079)	0.63	(0.042)	13	(0.8)	5.31	(0.143)	1.53	(0.102)	29	(1.5)	4.84	(0.091)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	4.10	(0.115)	0.53	(0.074)	13	(1.8)	4.23	(0.296)	1.31	(0.095)	31	(1.8)	4.01	(0.208)
20 and over.....	1009	47	(1.9)	4.73	(0.204)	0.93	(0.067)	20	(1.3)	4.88	(0.350)	1.97	(0.087)	40	(2.4)	4.59	(0.349)
2 and over...	1762	45	(1.9)	4.55	(0.149)	0.82	(0.054)	18	(1.2)	4.72	(0.218)	1.80	(0.064)	38	(1.7)	4.41	(0.228)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	4.81	(0.341)	0.30*	(0.122)	6*	(2.6)	3.59	(0.189)	1.11*	(0.345)	31*	(10.1)	5.25	(0.474)
20 and over.....	525	40	(3.3)	4.02	(0.180)	0.56	(0.094)	14	(2.4)	4.01	(0.204)	1.41	(0.211)	35	(5.0)	4.03	(0.269)
2 and over...	789	37	(2.4)	4.20	(0.149)	0.50	(0.069)	12	(1.7)	3.94	(0.165)	1.36	(0.176)	34	(4.0)	4.35	(0.202)
Hispanic:																	
2 - 19.....	997	41	(1.7)	4.80	(0.110)	0.54	(0.042)	11	(0.9)	4.75	(0.142)	1.33	(0.065)	28	(1.7)	4.84	(0.207)
20 and over.....	1125	42	(1.7)	4.87	(0.244)	0.67	(0.064)	14	(1.4)	5.22	(0.382)	1.58	(0.132)	30	(3.2)	4.62	(0.187)
2 and over...	2122	42	(1.2)	4.85	(0.164)	0.63	(0.038)	13	(0.7)	5.07	(0.267)	1.50	(0.088)	30	(1.9)	4.69	(0.136)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	66.6	(2.21)	3.0	(0.52)	5	(0.8)	57.9	(2.67)	7.4	(1.18)	13	(2.1)	72.6	(3.52)
20 and over.....	2233	41	(1.5)	76.1	(1.66)	4.3	(0.33)	6	(0.4)	70.9	(2.62)	10.4	(0.59)	15	(0.8)	79.8	(1.84)
2 and over...	3044	41	(1.4)	74.2	(1.17)	4.1	(0.28)	5	(0.3)	68.3	(2.06)	9.8	(0.48)	14	(0.6)	78.3	(1.50)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	78.7	(3.92)	7.0	(1.53)	9	(1.7)	79.1	(6.71)	17.1	(3.33)	22	(2.6)	78.5	(4.49)
20 and over.....	1009	47	(1.9)	82.2	(3.75)	9.1	(1.23)	11	(1.2)	83.5	(6.49)	19.3	(2.85)	23	(2.5)	81.1	(4.65)
2 and over...	1762	45	(1.9)	81.2	(3.07)	8.5	(0.84)	10	(0.8)	82.4	(5.22)	18.7	(2.04)	23	(1.8)	80.3	(3.96)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	78.2	(8.13)	9.5*	(5.75)	12*	(7.0)	81.7	(15.87)	35.3*	(18.84)	43*	(15.3)	76.9	(10.07)
20 and over.....	525	40	(3.3)	88.1	(4.97)	4.1	(0.76)	5	(0.9)	72.3	(5.27)	10.3	(1.82)	14	(2.4)	98.5	(6.76)
2 and over...	789	37	(2.4)	85.9	(4.66)	5.3*	(1.69)	6*	(1.9)	73.9	(6.49)	14.5	(4.25)	20	(4.5)	92.8	(5.72)
Hispanic:																	
2 - 19.....	997	41	(1.7)	81.0	(3.52)	4.9	(0.71)	6	(0.9)	72.7	(4.06)	12.1	(1.39)	17	(2.0)	86.7	(5.05)
20 and over.....	1125	42	(1.7)	88.6	(5.73)	7.9	(1.13)	9	(1.3)	89.2	(7.80)	18.7	(2.64)	21	(2.4)	88.1	(6.22)
2 and over...	2122	42	(1.2)	86.0	(4.46)	6.9	(0.71)	8	(0.7)	83.8	(5.35)	16.6	(1.76)	20	(1.7)	87.6	(4.65)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	5.4	(0.12)	0.3	(0.03)	5	(0.5)	4.8	(0.31)	0.7	(0.07)	15	(1.1)	5.8	(0.17)
20 and over.....	2233	41	(1.5)	5.0	(0.20)	0.4	(0.04)	7	(0.8)	4.9	(0.28)	0.9	(0.08)	18	(1.6)	5.0	(0.25)
2 and over...	3044	41	(1.4)	5.1	(0.17)	0.3	(0.03)	7	(0.6)	4.9	(0.23)	0.8	(0.07)	17	(1.3)	5.2	(0.21)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	4.2	(0.21)	0.2	(0.04)	5	(0.9)	3.7	(0.27)	0.5	(0.07)	14	(2.5)	4.5	(0.28)
20 and over.....	1009	47	(1.9)	4.0	(0.15)	0.5	(0.04)	12	(1.1)	3.6	(0.27)	1.0	(0.08)	28	(1.9)	4.4	(0.34)
2 and over...	1762	45	(1.9)	4.1	(0.10)	0.4	(0.03)	10	(0.7)	3.6	(0.19)	0.9	(0.05)	25	(0.8)	4.5	(0.21)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	6.4	(0.55)	0.2*	(0.11)	3*	(1.9)	4.2	(0.43)	0.7*	(0.36)	17*	(9.8)	7.2	(0.57)
20 and over.....	525	40	(3.3)	4.5	(0.27)	0.4	(0.13)	10	(2.7)	4.3	(0.37)	1.1	(0.28)	26	(6.1)	4.7	(0.43)
2 and over...	789	37	(2.4)	5.0	(0.27)	0.4	(0.10)	8	(1.9)	4.3	(0.30)	1.0	(0.24)	24	(5.1)	5.4	(0.39)
Hispanic:																	
2 - 19.....	997	41	(1.7)	5.5	(0.16)	0.2	(0.04)	4	(0.7)	5.1	(0.26)	0.6	(0.08)	12	(1.5)	5.7	(0.29)
20 and over.....	1125	42	(1.7)	4.5	(0.20)	0.3	(0.03)	6	(0.5)	4.1	(0.31)	0.6	(0.07)	16	(1.6)	4.7	(0.28)
2 and over...	2122	42	(1.2)	4.8	(0.16)	0.3	(0.02)	5	(0.3)	4.4	(0.22)	0.6	(0.05)	14	(1.0)	5.1	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Quick Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake mg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	7.3	(0.50)	0.9	(0.11)	13	(1.6)	6.8	(0.20)	2.3	(0.25)	34	(3.5)	7.6	(0.85)
20 and over.....	2233	41	(1.5)	9.7	(0.19)	1.0	(0.05)	11	(0.5)	10.0	(0.38)	2.5	(0.08)	25	(1.2)	9.5	(0.29)
2 and over...	3044	41	(1.4)	9.2	(0.16)	1.0	(0.05)	11	(0.5)	9.3	(0.32)	2.5	(0.10)	26	(1.2)	9.1	(0.34)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	7.3	(0.18)	1.2	(0.14)	16	(2.0)	8.2	(0.37)	2.9	(0.16)	36	(2.4)	6.7	(0.25)
20 and over.....	1009	47	(1.9)	9.1	(0.43)	1.5	(0.09)	17	(0.9)	9.2	(0.53)	3.2	(0.12)	35	(1.3)	9.0	(0.46)
2 and over...	1762	45	(1.9)	8.6	(0.34)	1.4	(0.09)	17	(1.0)	9.0	(0.44)	3.2	(0.11)	35	(1.2)	8.3	(0.35)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	7.5	(0.44)	0.8*	(0.30)	10*	(3.8)	8.2	(0.76)	2.9	(0.83)	36	(8.1)	7.3	(0.61)
20 and over.....	525	40	(3.3)	8.3	(0.31)	0.8	(0.09)	10	(1.3)	8.1	(0.35)	2.1	(0.18)	26	(2.6)	8.4	(0.39)
2 and over...	789	37	(2.4)	8.1	(0.31)	0.8	(0.08)	10	(1.2)	8.1	(0.29)	2.2	(0.18)	27	(2.4)	8.1	(0.42)
Hispanic:																	
2 - 19.....	997	41	(1.7)	7.1	(0.31)	0.9	(0.07)	12	(1.1)	7.6	(0.45)	2.1	(0.12)	28	(2.7)	6.7	(0.36)
20 and over.....	1125	42	(1.7)	8.6	(0.36)	1.2	(0.08)	13	(1.2)	8.5	(0.36)	2.7	(0.12)	32	(1.5)	8.6	(0.48)
2 and over...	2122	42	(1.2)	8.1	(0.27)	1.1	(0.05)	13	(0.7)	8.2	(0.29)	2.5	(0.08)	31	(1.1)	8.0	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	74.7	(4.55)	9.3	(1.24)	12	(1.8)	68.9	(7.02)	22.8	(3.02)	33	(5.4)	78.7	(5.95)
20 and over.....	2233	41	(1.5)	123.7	(4.51)	13.2	(0.83)	11	(0.6)	115.2	(4.16)	31.7	(2.05)	28	(2.1)	129.8	(6.82)
2 and over...	3044	41	(1.4)	113.7	(3.87)	12.4	(0.64)	11	(0.5)	105.9	(4.28)	29.9	(1.77)	28	(2.0)	119.3	(5.72)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	72.0	(5.94)	11.9	(1.43)	17	(2.7)	81.7	(6.44)	29.2	(2.54)	36	(3.8)	65.3	(8.48)
20 and over.....	1009	47	(1.9)	124.8	(6.26)	19.6	(2.50)	16	(1.9)	107.9	(8.30)	41.6	(4.37)	39	(4.0)	140.0	(7.68)
2 and over...	1762	45	(1.9)	109.9	(5.64)	17.5	(1.93)	16	(1.7)	101.3	(7.32)	38.4	(3.46)	38	(3.6)	117.2	(6.67)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	89.5	(10.72)	8.2*	(2.85)	9*	(3.7)	70.9	(5.70)	30.5	(7.56)	43	(9.1)	96.4	(14.85)
20 and over.....	525	40	(3.3)	163.8	(16.13)	12.7	(1.46)	8	(1.2)	140.5	(16.19)	31.9	(3.09)	23	(3.2)	179.1	(27.67)
2 and over...	789	37	(2.4)	146.9	(12.74)	11.7	(1.35)	8	(1.2)	128.9	(13.49)	31.7	(3.08)	25	(3.0)	157.3	(20.89)
Hispanic:																	
2 - 19.....	997	41	(1.7)	65.6	(3.30)	9.3	(1.17)	14	(1.7)	66.5	(2.47)	22.9	(2.40)	34	(2.8)	64.9	(4.87)
20 and over.....	1125	42	(1.7)	109.9	(8.08)	14.6	(1.35)	13	(1.4)	112.7	(9.14)	34.4	(2.77)	31	(1.6)	107.8	(11.97)
2 and over...	2122	42	(1.2)	95.0	(5.98)	12.8	(0.92)	13	(1.0)	97.6	(6.44)	30.6	(2.11)	31	(1.4)	93.1	(8.60)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Calcium

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1062	(29.5)	135	(11.2)	13	(0.9)	1073	(43.6)	332	(15.1)	31	(1.3)	1054	(29.5)
20 and over.....	2233	41	(1.5)	997	(16.1)	149	(9.8)	15	(0.8)	1067	(27.1)	358	(18.1)	34	(1.2)	947	(17.8)
2 and over...	3044	41	(1.4)	1010	(14.5)	146	(7.2)	14	(0.6)	1069	(22.3)	353	(13.9)	33	(0.9)	969	(19.5)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	874	(26.4)	129	(18.2)	15	(1.8)	914	(40.7)	317	(25.8)	35	(2.6)	846	(40.3)
20 and over.....	1009	47	(1.9)	821	(19.3)	162	(9.9)	20	(1.0)	867	(27.3)	342	(15.3)	39	(1.4)	781	(23.7)
2 and over...	1762	45	(1.9)	836	(17.8)	153	(8.4)	18	(0.8)	879	(19.1)	336	(11.1)	38	(0.9)	801	(24.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	979	(47.2)	73*	(28.1)	7*	(3.0)	892	(53.8)	271*	(81.4)	30	(8.2)	1011	(54.6)
20 and over.....	525	40	(3.3)	729	(26.1)	110	(13.4)	15	(1.6)	784	(54.0)	278	(26.7)	36	(2.7)	693	(27.2)
2 and over...	789	37	(2.4)	786	(27.1)	102	(11.6)	13	(1.3)	802	(48.7)	277	(23.9)	35	(2.3)	777	(28.4)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1035	(26.3)	111	(10.9)	11	(0.9)	1032	(38.5)	273	(20.5)	26	(1.5)	1037	(36.5)
20 and over.....	1125	42	(1.7)	1020	(25.3)	142	(9.4)	14	(0.9)	1053	(22.4)	336	(17.1)	32	(1.3)	995	(36.6)
2 and over...	2122	42	(1.2)	1025	(21.4)	132	(6.0)	13	(0.5)	1046	(21.8)	315	(12.6)	30	(0.8)	1009	(29.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	1294	(26.1)	200	(15.2)	15	(1.0)	1319	(42.6)	493	(27.9)	37	(2.0)	1276	(30.2)
20 and over.....	2233	41	(1.5)	1410	(12.7)	210	(11.1)	15	(0.7)	1498	(27.0)	507	(20.2)	34	(1.1)	1348	(14.4)
2 and over...	3044	41	(1.4)	1386	(12.4)	208	(9.0)	15	(0.6)	1462	(26.1)	504	(18.5)	34	(1.0)	1333	(14.6)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1166	(21.1)	209	(26.7)	18	(2.1)	1277	(47.4)	513	(29.6)	40	(2.4)	1090	(39.4)
20 and over.....	1009	47	(1.9)	1306	(27.9)	289	(17.5)	22	(1.2)	1377	(49.4)	611	(24.8)	44	(1.4)	1242	(32.0)
2 and over...	1762	45	(1.9)	1267	(21.3)	266	(15.1)	21	(1.1)	1352	(33.2)	586	(18.9)	43	(1.0)	1195	(24.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1270	(49.4)	128*	(44.4)	10*	(3.5)	1256	(55.6)	477	(117.7)	38	(8.4)	1275	(61.2)
20 and over.....	525	40	(3.3)	1228	(30.1)	166	(19.3)	14	(1.5)	1281	(50.6)	418	(34.8)	33	(2.9)	1192	(26.7)
2 and over...	789	37	(2.4)	1237	(30.3)	157	(15.3)	13	(1.2)	1277	(45.3)	428	(30.9)	33	(2.6)	1214	(26.3)
Hispanic:																	
2 - 19.....	997	41	(1.7)	1311	(33.3)	178	(14.7)	14	(1.0)	1344	(38.3)	438	(22.8)	33	(1.7)	1289	(47.3)
20 and over.....	1125	42	(1.7)	1482	(33.5)	230	(16.0)	16	(1.2)	1507	(31.4)	542	(23.5)	36	(1.6)	1464	(53.6)
2 and over...	2122	42	(1.2)	1425	(31.4)	213	(9.8)	15	(0.7)	1454	(23.4)	508	(15.8)	35	(1.0)	1404	(45.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	237	(4.3)	29	(2.7)	12	(1.0)	233	(6.3)	71	(5.3)	30	(2.1)	240	(6.3)
20 and over.....	2233	41	(1.5)	307	(4.2)	34	(1.8)	11	(0.5)	311	(7.1)	83	(3.2)	27	(0.8)	304	(6.0)
2 and over...	3044	41	(1.4)	293	(4.1)	33	(1.6)	11	(0.5)	296	(6.7)	80	(3.1)	27	(0.7)	291	(5.5)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	218	(3.8)	31	(3.8)	14	(1.6)	226	(9.0)	77	(4.0)	34	(1.5)	213	(7.3)
20 and over.....	1009	47	(1.9)	278	(5.5)	44	(2.4)	16	(0.8)	275	(8.9)	92	(3.1)	33	(1.2)	281	(5.2)
2 and over...	1762	45	(1.9)	261	(3.9)	40	(2.2)	15	(0.8)	263	(5.9)	88	(2.4)	34	(0.9)	260	(4.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	260	(12.3)	23*	(8.2)	9*	(3.1)	252	(15.5)	84	(22.8)	34	(7.5)	263	(16.0)
20 and over.....	525	40	(3.3)	308	(8.1)	30	(4.4)	10	(1.4)	302	(15.2)	75	(10.4)	25	(3.3)	311	(8.4)
2 and over...	789	37	(2.4)	297	(8.4)	28	(3.8)	9	(1.3)	294	(13.6)	76	(9.6)	26	(3.1)	298	(8.7)
Hispanic:																	
2 - 19.....	997	41	(1.7)	239	(6.4)	26	(1.8)	11	(0.7)	236	(6.8)	63	(2.5)	27	(1.3)	242	(9.0)
20 and over.....	1125	42	(1.7)	318	(7.5)	38	(2.9)	12	(1.0)	309	(9.6)	89	(4.1)	29	(1.3)	324	(11.3)
2 and over...	2122	42	(1.2)	291	(7.0)	34	(1.8)	12	(0.7)	285	(7.1)	80	(2.8)	28	(0.9)	296	(10.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	13.8	(0.35)	1.8	(0.14)	13	(1.0)	13.6	(0.31)	4.3	(0.23)	32	(1.8)	14.0	(0.46)
20 and over.....	2233	41	(1.5)	14.5	(0.18)	1.9	(0.12)	13	(0.8)	15.1	(0.16)	4.7	(0.23)	31	(1.4)	14.2	(0.30)
2 and over...	3044	41	(1.4)	14.4	(0.18)	1.9	(0.08)	13	(0.6)	14.8	(0.14)	4.6	(0.19)	31	(1.1)	14.1	(0.29)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	13.8	(0.23)	2.0	(0.26)	14	(1.9)	14.4	(0.66)	4.9	(0.30)	34	(1.7)	13.3	(0.46)
20 and over.....	1009	47	(1.9)	14.1	(0.23)	2.6	(0.17)	19	(1.2)	14.6	(0.40)	5.5	(0.22)	38	(1.7)	13.7	(0.36)
2 and over...	1762	45	(1.9)	14.0	(0.17)	2.4	(0.16)	17	(1.2)	14.5	(0.28)	5.4	(0.20)	37	(1.5)	13.6	(0.23)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	13.6	(0.72)	1.1*	(0.40)	8*	(2.9)	12.3	(0.55)	4.1	(1.07)	33	(8.4)	14.1	(0.98)
20 and over.....	525	40	(3.3)	13.4	(0.27)	1.5	(0.16)	11	(1.2)	13.6	(0.72)	3.7	(0.33)	27	(3.0)	13.4	(0.30)
2 and over...	789	37	(2.4)	13.5	(0.34)	1.4	(0.14)	10	(1.0)	13.4	(0.61)	3.8	(0.31)	28	(2.8)	13.5	(0.33)
Hispanic:																	
2 - 19.....	997	41	(1.7)	14.3	(0.42)	1.7	(0.13)	12	(0.8)	14.1	(0.52)	4.1	(0.22)	29	(1.3)	14.4	(0.51)
20 and over.....	1125	42	(1.7)	15.1	(0.32)	2.2	(0.21)	14	(1.5)	15.2	(0.35)	5.1	(0.41)	34	(2.6)	15.1	(0.51)
2 and over...	2122	42	(1.2)	14.8	(0.27)	2.0	(0.12)	13	(0.9)	14.8	(0.23)	4.8	(0.26)	32	(1.8)	14.9	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	10.3	(0.22)	1.4	(0.11)	13	(1.0)	10.0	(0.38)	3.4	(0.25)	34	(2.5)	10.5	(0.42)
20 and over.....	2233	41	(1.5)	11.3	(0.11)	1.5	(0.09)	14	(0.8)	11.6	(0.21)	3.7	(0.17)	32	(1.3)	11.0	(0.20)
2 and over...	3044	41	(1.4)	11.1	(0.12)	1.5	(0.07)	14	(0.6)	11.3	(0.22)	3.7	(0.16)	32	(1.1)	10.9	(0.22)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	9.4	(0.17)	1.4	(0.18)	15	(1.9)	9.6	(0.52)	3.4	(0.21)	35	(1.8)	9.3	(0.36)
20 and over.....	1009	47	(1.9)	10.5	(0.28)	2.2	(0.14)	21	(1.3)	11.0	(0.32)	4.7	(0.19)	43	(1.9)	10.0	(0.40)
2 and over...	1762	45	(1.9)	10.2	(0.18)	2.0	(0.12)	20	(1.3)	10.7	(0.17)	4.4	(0.15)	41	(1.4)	9.8	(0.27)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	10.7	(0.79)	0.9*	(0.32)	8*	(3.1)	9.9	(0.67)	3.3	(0.86)	34	(8.8)	10.9	(1.00)
20 and over.....	525	40	(3.3)	10.2	(0.26)	1.2	(0.15)	12	(1.4)	10.4	(0.41)	3.1	(0.30)	30	(3.3)	10.0	(0.28)
2 and over...	789	37	(2.4)	10.3	(0.33)	1.2	(0.13)	11	(1.2)	10.3	(0.37)	3.2	(0.29)	31	(3.0)	10.3	(0.40)
Hispanic:																	
2 - 19.....	997	41	(1.7)	10.1	(0.35)	1.2	(0.10)	12	(0.8)	9.8	(0.34)	3.0	(0.15)	30	(1.3)	10.3	(0.47)
20 and over.....	1125	42	(1.7)	11.6	(0.27)	1.8	(0.18)	16	(1.6)	11.8	(0.29)	4.3	(0.32)	36	(2.4)	11.4	(0.41)
2 and over...	2122	42	(1.2)	11.1	(0.25)	1.6	(0.09)	15	(0.9)	11.2	(0.22)	3.9	(0.19)	34	(1.5)	11.1	(0.37)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

Copper																	
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	0.9	(0.02)	0.1	(0.01)	12	(0.9)	0.9	(0.03)	0.3	(0.01)	30	(1.6)	0.9	(0.02)
20 and over.....	2233	41	(1.5)	1.2	(0.02)	0.1	(0.01)	10	(0.5)	1.2	(0.02)	0.3	(0.01)	25	(0.9)	1.2	(0.03)
2 and over...	3044	41	(1.4)	1.2	(0.02)	0.1	(0.01)	11	(0.5)	1.2	(0.02)	0.3	(0.01)	26	(0.8)	1.2	(0.03)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	0.8	(0.02)	0.1	(0.01)	14	(1.6)	0.9	(0.03)	0.3	(0.02)	34	(1.7)	0.8	(0.03)
20 and over.....	1009	47	(1.9)	1.1	(0.03)	0.2	(0.01)	15	(0.8)	1.1	(0.04)	0.4	(0.01)	33	(1.1)	1.2	(0.04)
2 and over...	1762	45	(1.9)	1.1	(0.02)	0.2	(0.01)	15	(0.8)	1.1	(0.03)	0.4	(0.01)	33	(0.9)	1.1	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	1.1	(0.07)	0.1*	(0.03)	7*	(2.8)	1.1	(0.06)	0.3	(0.09)	29	(7.8)	1.1	(0.09)
20 and over.....	525	40	(3.3)	1.4	(0.04)	0.1	(0.01)	7	(0.9)	1.3	(0.06)	0.3	(0.02)	20	(2.0)	1.4	(0.06)
2 and over...	789	37	(2.4)	1.3	(0.04)	0.1	(0.01)	7	(0.9)	1.3	(0.06)	0.3	(0.02)	21	(2.1)	1.4	(0.06)
Hispanic:																	
2 - 19.....	997	41	(1.7)	0.9	(0.03)	0.1	(0.01)	11	(0.6)	0.9	(0.03)	0.3	(0.01)	28	(1.2)	1.0	(0.05)
20 and over.....	1125	42	(1.7)	1.2	(0.03)	0.1	(0.01)	12	(1.1)	1.2	(0.03)	0.3	(0.02)	29	(1.5)	1.3	(0.06)
2 and over...	2122	42	(1.2)	1.1	(0.03)	0.1	(0.01)	12	(0.7)	1.1	(0.02)	0.3	(0.01)	28	(1.0)	1.2	(0.06)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	96.9	(2.07)	16.7	(1.75)	17	(1.6)	100.9	(2.98)	41.2	(3.78)	41	(3.0)	94.2	(3.21)
20 and over.....	2233	41	(1.5)	115.3	(0.66)	18.8	(1.07)	16	(0.9)	123.0	(1.72)	45.4	(2.01)	37	(1.5)	109.8	(0.87)
2 and over...	3044	41	(1.4)	111.5	(0.91)	18.4	(0.85)	17	(0.8)	118.6	(1.88)	44.6	(1.88)	38	(1.3)	106.6	(1.21)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	95.5	(2.14)	18.1	(2.28)	19	(2.4)	103.4	(5.60)	44.4	(2.80)	43	(2.9)	90.0	(2.79)
20 and over.....	1009	47	(1.9)	119.1	(2.79)	27.7	(1.69)	23	(1.3)	122.3	(3.74)	58.6	(2.08)	48	(1.2)	116.2	(3.41)
2 and over...	1762	45	(1.9)	112.5	(2.35)	25.0	(1.50)	22	(1.3)	117.5	(3.19)	55.0	(1.80)	47	(1.2)	108.2	(2.41)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	114.4	(9.53)	12.5*	(4.49)	11*	(3.8)	112.7	(9.55)	46.5	(12.14)	41	(9.1)	115.0	(11.63)
20 and over.....	525	40	(3.3)	117.7	(2.88)	16.2	(2.18)	14	(1.8)	123.7	(5.74)	40.9	(3.88)	33	(3.4)	113.8	(3.11)
2 and over...	789	37	(2.4)	117.0	(3.58)	15.4	(1.74)	13	(1.4)	121.8	(5.35)	41.8	(3.61)	34	(3.0)	114.1	(3.77)
Hispanic:																	
2 - 19.....	997	41	(1.7)	99.5	(3.13)	15.5	(1.19)	16	(1.0)	102.9	(3.13)	38.0	(1.82)	37	(1.7)	97.1	(4.15)
20 and over.....	1125	42	(1.7)	121.3	(2.55)	21.6	(1.66)	18	(1.4)	127.7	(3.35)	50.9	(2.69)	40	(2.0)	116.7	(3.24)
2 and over...	2122	42	(1.2)	114.0	(2.49)	19.5	(1.04)	17	(0.9)	119.6	(2.30)	46.7	(1.80)	39	(1.5)	109.9	(3.12)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	2173	(32.6)	287	(32.8)	13	(1.4)	2133	(74.7)	707	(70.3)	33	(2.7)	2200	(45.9)
20 and over.....	2233	41	(1.5)	2697	(33.8)	338	(18.8)	13	(0.6)	2759	(54.2)	816	(31.8)	30	(0.9)	2653	(33.0)
2 and over...	3044	41	(1.4)	2590	(34.3)	328	(17.5)	13	(0.6)	2634	(56.8)	794	(34.5)	30	(1.0)	2560	(30.0)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	1979	(39.1)	322	(36.9)	16	(1.8)	2081	(82.5)	791	(38.7)	38	(1.7)	1908	(58.3)
20 and over.....	1009	47	(1.9)	2449	(43.6)	465	(26.2)	19	(1.0)	2487	(76.9)	984	(33.5)	40	(1.1)	2415	(70.8)
2 and over...	1762	45	(1.9)	2317	(35.1)	425	(23.9)	18	(1.0)	2384	(55.2)	935	(27.8)	39	(0.7)	2260	(52.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	2357	(92.5)	248*	(91.8)	11*	(3.7)	2442	(149.9)	923	(255.3)	38	(8.6)	2326	(109.5)
20 and over.....	525	40	(3.3)	2574	(56.4)	271	(29.2)	11	(1.2)	2505	(80.2)	682	(56.4)	27	(2.7)	2620	(79.1)
2 and over...	789	37	(2.4)	2525	(53.2)	266	(29.7)	11	(1.2)	2494	(75.3)	723	(67.2)	29	(2.8)	2543	(62.6)
Hispanic:																	
2 - 19.....	997	41	(1.7)	2266	(55.7)	259	(20.5)	11	(0.8)	2228	(46.6)	637	(31.4)	29	(1.5)	2293	(79.4)
20 and over.....	1125	42	(1.7)	2695	(70.2)	377	(28.7)	14	(1.1)	2702	(86.8)	888	(40.6)	33	(1.5)	2690	(93.3)
2 and over...	2122	42	(1.2)	2551	(59.5)	337	(16.9)	13	(0.7)	2547	(57.9)	806	(25.9)	32	(0.9)	2553	(81.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	3024	(63.1)	566	(54.3)	19	(1.6)	3215	(126.7)	1393	(124.3)	43	(2.3)	2892	(79.0)
20 and over.....	2233	41	(1.5)	3505	(31.2)	589	(32.4)	17	(0.9)	3756	(81.5)	1421	(61.1)	38	(1.4)	3327	(21.3)
2 and over...	3044	41	(1.4)	3407	(30.3)	585	(27.4)	17	(0.8)	3647	(85.7)	1415	(62.0)	39	(1.3)	3238	(23.3)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	3043	(58.9)	621	(74.2)	20	(2.3)	3415	(118.1)	1525	(72.4)	45	(2.2)	2787	(127.5)
20 and over.....	1009	47	(1.9)	3513	(77.4)	859	(56.2)	24	(1.4)	3804	(108.1)	1818	(77.9)	48	(1.6)	3252	(90.2)
2 and over...	1762	45	(1.9)	3381	(67.0)	792	(51.1)	23	(1.3)	3706	(75.5)	1744	(64.3)	47	(1.4)	3110	(80.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	3176	(148.0)	342*	(108.8)	11*	(3.3)	3158	(172.7)	1272	(277.1)	40	(7.5)	3183	(175.6)
20 and over.....	525	40	(3.3)	3645	(125.4)	477	(59.3)	13	(1.4)	3763	(228.0)	1201	(103.6)	32	(3.1)	3567	(120.1)
2 and over...	789	37	(2.4)	3538	(106.9)	446	(47.0)	13	(1.1)	3662	(202.6)	1213	(93.9)	33	(2.5)	3466	(84.5)
Hispanic:																	
2 - 19.....	997	41	(1.7)	3071	(80.3)	504	(42.0)	16	(1.1)	3233	(95.9)	1240	(68.4)	38	(1.7)	2959	(89.5)
20 and over.....	1125	42	(1.7)	3603	(70.3)	675	(45.0)	19	(1.4)	3854	(87.2)	1592	(75.8)	41	(1.6)	3419	(118.0)
2 and over...	2122	42	(1.2)	3424	(59.7)	617	(24.0)	18	(0.8)	3651	(57.2)	1477	(48.2)	40	(1.2)	3261	(98.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	37.5	(4.02)	6.4	(1.06)	17	(3.5)	46.4	(5.75)	15.7	(2.91)	34	(5.8)	31.4	(6.31)
20 and over.....	2233	41	(1.5)	195.1	(8.17)	21.9	(1.72)	11	(1.0)	201.3	(13.89)	52.8	(3.10)	26	(2.3)	190.7	(9.92)
2 and over...	3044	41	(1.4)	163.0	(8.80)	18.8	(1.52)	12	(1.0)	170.2	(12.54)	45.4	(2.84)	27	(2.1)	157.9	(10.62)
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	16.5	(1.83)	4.4*	(1.46)	27	(7.8)	23.2	(3.42)	10.9	(3.24)	47	(10.9)	12.0	(2.07)
20 and over.....	1009	47	(1.9)	79.3	(5.63)	15.4	(2.46)	19	(2.7)	86.4	(7.29)	32.7	(4.27)	38	(3.2)	73.0	(7.56)
2 and over...	1762	45	(1.9)	61.6	(4.03)	12.3	(2.00)	20	(2.8)	70.4	(5.48)	27.2	(3.67)	39	(3.7)	54.3	(5.51)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	17.0	(2.53)	5.1*	(2.93)	30*	(14.1)	28.6*	(11.53)	18.8*	(11.27)	66*	(14.2)	12.8	(2.78)
20 and over.....	525	40	(3.3)	107.7	(8.73)	22.3*	(7.27)	21	(5.6)	143.0	(18.92)	56.2*	(19.00)	39	(8.9)	84.5	(7.15)
2 and over...	789	37	(2.4)	87.1	(6.70)	18.4*	(5.62)	21	(5.4)	124.0	(16.94)	49.9*	(15.92)	40	(8.4)	65.6	(5.23)
Hispanic:																	
2 - 19.....	997	41	(1.7)	18.8	(1.61)	4.8	(0.85)	25	(4.0)	24.9	(2.72)	11.7	(1.77)	47	(5.3)	14.6	(1.60)
20 and over.....	1125	42	(1.7)	121.0	(5.96)	20.2	(3.43)	17	(2.4)	135.4	(8.35)	47.7	(6.89)	35	(4.3)	110.4	(7.93)
2 and over...	2122	42	(1.2)	86.6	(4.31)	15.0	(2.34)	17	(2.3)	99.2	(6.68)	35.9	(4.95)	36	(4.0)	77.5	(5.30)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	41	(2.4)	--		--		--		--		--		--		--	
20 and over.....	2233	41	(1.5)	12.1	(1.19)	0.2*	(0.11)	2*	(1.0)	11.7	(1.53)	0.5*	(0.28)	4*	(2.3)	12.4	(1.50)
2 and over...	3044	41	(1.4)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	753	41	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1009	47	(1.9)	11.6	(1.25)	0.3*	(0.17)	3*	(1.4)	9.6	(1.66)	0.7*	(0.34)	8*	(3.5)	13.4	(1.69)
2 and over...	1762	45	(1.9)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	264	27	(3.9)	--		--		--		--		--		--		--	
20 and over.....	525	40	(3.3)	6.0	(1.27)	#		#		9.7*	(3.19)	#		--		3.5	(0.60)
2 and over...	789	37	(2.4)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	997	41	(1.7)	--		--		--		--		--		--		--	
20 and over.....	1125	42	(1.7)	8.0	(1.07)	0.2	(0.06)	3*	(0.8)	8.6	(2.01)	0.6	(0.12)	7*	(2.1)	7.6	(0.68)
2 and over...	2122	42	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1857	(33.9)	239	(26.1)	13	(1.3)	1952	(59.9)	678	(45.5)	35	(2.1)	1805	(44.2)
20 and over.....	1550	36	(2.4)	2129	(33.6)	312	(19.7)	15	(1.0)	2362	(71.7)	879	(35.2)	37	(1.3)	2000	(40.0)
2 and over...	2519	35	(2.1)	2061	(26.1)	294	(16.6)	14	(0.8)	2260	(46.5)	829	(27.3)	37	(1.1)	1951	(31.3)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	1846	(42.1)	322	(29.9)	17	(1.4)	2016	(62.0)	803	(38.2)	40	(1.7)	1732	(41.2)
20 and over.....	1882	42	(1.5)	2151	(29.7)	365	(15.2)	17	(0.8)	2274	(44.4)	861	(31.6)	38	(1.3)	2061	(33.4)
2 and over...	3015	42	(1.6)	2081	(29.6)	355	(16.8)	17	(0.8)	2217	(39.4)	848	(27.2)	38	(1.2)	1983	(34.7)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1953	(55.8)	336	(32.1)	17	(1.4)	2044	(83.4)	750	(64.8)	37	(2.1)	1879	(61.4)
20 and over.....	1303	48	(1.8)	2144	(33.8)	344	(14.1)	16	(0.7)	2260	(49.9)	723	(29.6)	32	(1.3)	2038	(45.0)
2 and over...	2060	47	(1.5)	2096	(25.7)	342	(12.4)	16	(0.6)	2209	(44.7)	730	(26.9)	33	(1.1)	1997	(35.6)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1885	(21.1)	304	(16.6)	16	(0.8)	2004	(31.9)	749	(34.8)	37	(1.5)	1804	(24.4)
20 and over.....	5047	42	(1.0)	2141	(18.7)	342	(10.9)	16	(0.5)	2290	(34.6)	809	(20.4)	35	(0.8)	2033	(19.6)
2 and over...	8066	42	(0.9)	2079	(17.2)	332	(9.9)	16	(0.4)	2223	(31.6)	795	(20.3)	36	(0.7)	1976	(17.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Protein																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	68.9	(2.32)	9.3	(1.12)	13	(1.4)	67.7	(2.64)	26.3	(2.02)	39	(2.6)	69.6	(3.46)
20 and over.....	1550	36	(2.4)	79.2	(1.26)	12.9	(0.84)	16	(1.1)	87.0	(3.53)	36.3	(1.82)	42	(1.9)	74.9	(1.59)
2 and over...	2519	35	(2.1)	76.6	(0.96)	12.0	(0.65)	16	(0.9)	82.2	(2.34)	33.8	(1.25)	41	(1.3)	73.5	(1.26)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	68.5	(1.51)	11.9	(1.07)	17	(1.5)	72.7	(3.17)	29.5	(1.36)	41	(2.3)	65.6	(1.94)
20 and over.....	1882	42	(1.5)	83.4	(1.00)	15.2	(0.71)	18	(0.9)	86.8	(1.91)	35.8	(1.48)	41	(1.5)	80.9	(1.24)
2 and over...	3015	42	(1.6)	79.9	(1.08)	14.4	(0.71)	18	(0.9)	83.6	(1.94)	34.4	(1.26)	41	(1.3)	77.2	(1.20)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	71.5	(2.95)	13.2	(1.60)	19	(1.7)	74.2	(4.18)	29.5	(3.40)	40	(2.6)	69.3	(2.88)
20 and over.....	1303	48	(1.8)	86.8	(1.27)	14.4	(0.64)	17	(0.8)	89.4	(1.87)	30.3	(1.42)	34	(1.7)	84.4	(2.14)
2 and over...	2060	47	(1.5)	83.0	(1.08)	14.1	(0.64)	17	(0.7)	85.8	(1.96)	30.1	(1.48)	35	(1.5)	80.5	(1.64)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	69.8	(1.16)	11.7	(0.74)	17	(0.9)	72.0	(1.93)	28.8	(1.66)	40	(1.8)	68.3	(1.50)
20 and over.....	5047	42	(1.0)	83.6	(0.73)	14.2	(0.46)	17	(0.5)	87.9	(1.37)	33.7	(0.93)	38	(1.1)	80.5	(0.99)
2 and over...	8066	42	(0.9)	80.3	(0.74)	13.6	(0.42)	17	(0.5)	84.1	(1.41)	32.6	(0.94)	39	(0.9)	77.5	(0.75)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Carbohydrate																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	243	(5.2)	27	(3.0)	11	(1.2)	251	(7.9)	77	(5.0)	31	(2.0)	239	(8.5)
20 and over.....	1550	36	(2.4)	261	(4.7)	34	(2.2)	13	(0.9)	286	(8.1)	95	(3.7)	33	(0.9)	247	(6.0)
2 and over...	2519	35	(2.1)	257	(4.0)	32	(1.9)	12	(0.8)	278	(5.3)	90	(2.9)	33	(0.9)	245	(5.3)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	240	(6.5)	38	(3.9)	16	(1.4)	258	(7.5)	94	(5.1)	36	(1.9)	229	(7.2)
20 and over.....	1882	42	(1.5)	254	(3.7)	39	(1.6)	16	(0.7)	268	(6.3)	93	(3.0)	35	(1.1)	244	(3.5)
2 and over...	3015	42	(1.6)	251	(3.5)	39	(2.0)	16	(0.8)	266	(5.0)	93	(2.9)	35	(1.1)	241	(3.9)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	257	(6.6)	39	(4.0)	15	(1.4)	266	(8.6)	87	(7.5)	33	(2.1)	251	(7.7)
20 and over.....	1303	48	(1.8)	246	(4.1)	38	(1.7)	15	(0.7)	260	(5.6)	80	(3.8)	31	(1.4)	233	(5.7)
2 and over...	2060	47	(1.5)	249	(3.0)	38	(1.5)	15	(0.6)	261	(4.3)	81	(3.1)	31	(1.0)	238	(5.1)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	246	(2.8)	35	(2.0)	14	(0.8)	258	(3.1)	86	(4.2)	34	(1.5)	239	(3.4)
20 and over.....	5047	42	(1.0)	253	(2.1)	37	(1.3)	15	(0.5)	269	(3.9)	88	(2.2)	33	(0.8)	241	(2.1)
2 and over...	8066	42	(0.9)	251	(2.1)	37	(1.2)	15	(0.4)	266	(3.4)	88	(2.3)	33	(0.7)	240	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total sugars: *All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	113	(3.9)	10	(1.3)	9	(1.2)	116	(5.5)	28	(2.6)	24	(2.3)	111	(6.6)
20 and over.....	1550	36	(2.4)	123	(3.1)	12	(1.0)	10	(0.8)	132	(4.6)	33	(2.0)	25	(0.9)	118	(4.6)
2 and over...	2519	35	(2.1)	121	(2.6)	11	(0.9)	9	(0.8)	128	(2.9)	32	(1.6)	25	(0.9)	116	(4.0)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	111	(4.1)	13	(1.7)	12	(1.4)	115	(5.8)	32	(3.3)	28	(2.3)	107	(4.5)
20 and over.....	1882	42	(1.5)	114	(2.9)	14	(0.9)	12	(0.8)	122	(4.7)	33	(1.7)	27	(1.4)	108	(2.9)
2 and over...	3015	42	(1.6)	113	(2.5)	14	(1.0)	12	(0.8)	120	(3.8)	33	(1.6)	27	(1.4)	108	(2.7)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	121	(3.6)	16	(2.1)	13	(1.7)	126	(5.2)	35	(4.0)	28	(2.7)	117	(4.2)
20 and over.....	1303	48	(1.8)	100	(2.0)	13	(0.9)	13	(0.9)	105	(2.3)	27	(1.6)	26	(1.4)	96	(2.8)
2 and over...	2060	47	(1.5)	106	(1.6)	14	(0.8)	13	(0.7)	110	(1.8)	29	(1.3)	27	(1.0)	101	(2.6)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	114	(1.7)	13	(1.1)	11	(0.9)	119	(2.1)	32	(2.3)	27	(1.9)	111	(2.2)
20 and over.....	5047	42	(1.0)	111	(1.4)	13	(0.5)	12	(0.5)	118	(2.4)	31	(1.0)	26	(0.7)	107	(1.3)
2 and over...	8066	42	(0.9)	112	(1.3)	13	(0.5)	12	(0.4)	118	(2.0)	31	(1.0)	26	(0.7)	108	(1.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Dietary fiber: *All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	13.9	(0.46)	1.5	(0.16)	11	(1.1)	13.1	(0.48)	4.3	(0.27)	33	(1.9)	14.4	(0.60)
20 and over.....	1550	36	(2.4)	15.8	(0.53)	2.0	(0.14)	12	(1.0)	16.1	(0.59)	5.5	(0.29)	34	(1.9)	15.6	(0.68)
2 and over...	2519	35	(2.1)	15.3	(0.48)	1.8	(0.12)	12	(0.8)	15.4	(0.46)	5.2	(0.25)	34	(1.5)	15.3	(0.61)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	13.6	(0.43)	2.1	(0.21)	15	(1.4)	13.5	(0.56)	5.2	(0.28)	38	(1.7)	13.6	(0.63)
20 and over.....	1882	42	(1.5)	16.5	(0.29)	2.2	(0.11)	13	(0.7)	15.2	(0.45)	5.2	(0.27)	34	(1.5)	17.5	(0.48)
2 and over...	3015	42	(1.6)	15.9	(0.23)	2.2	(0.10)	14	(0.6)	14.8	(0.34)	5.2	(0.18)	35	(1.1)	16.6	(0.42)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	14.4	(0.31)	1.9	(0.16)	14	(1.1)	14.2	(0.35)	4.3	(0.28)	31	(1.5)	14.6	(0.41)
20 and over.....	1303	48	(1.8)	18.6	(0.38)	2.4	(0.12)	13	(0.6)	18.3	(0.63)	5.1	(0.26)	28	(1.2)	18.8	(0.53)
2 and over...	2060	47	(1.5)	17.5	(0.30)	2.3	(0.11)	13	(0.5)	17.3	(0.51)	4.9	(0.22)	28	(1.0)	17.7	(0.41)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	13.9	(0.19)	1.9	(0.08)	13	(0.6)	13.6	(0.27)	4.6	(0.15)	34	(0.9)	14.1	(0.23)
20 and over.....	5047	42	(1.0)	17.1	(0.27)	2.2	(0.08)	13	(0.4)	16.7	(0.39)	5.2	(0.15)	31	(0.9)	17.3	(0.43)
2 and over...	8066	42	(0.9)	16.3	(0.21)	2.1	(0.06)	13	(0.3)	16.0	(0.29)	5.1	(0.13)	32	(0.7)	16.5	(0.33)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total fat: All Individuals [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	69.6	(1.75)	10.5	(1.14)	15	(1.4)	77.4	(3.07)	29.9	(2.20)	39	(2.4)	65.3	(1.74)
20 and over.....	1550	36	(2.4)	80.5	(1.19)	14.0	(0.84)	17	(1.1)	91.8	(2.71)	39.4	(1.62)	43	(1.8)	74.3	(1.49)
2 and over...	2519	35	(2.1)	77.8	(0.94)	13.1	(0.72)	17	(0.9)	88.2	(1.96)	37.1	(1.33)	42	(1.4)	72.0	(1.13)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	70.0	(1.95)	13.9	(1.26)	20	(1.5)	79.0	(3.05)	34.7	(1.89)	44	(1.7)	63.9	(1.95)
20 and over.....	1882	42	(1.5)	83.3	(1.37)	16.2	(0.68)	20	(0.9)	89.2	(1.87)	38.3	(1.57)	43	(1.6)	78.9	(1.87)
2 and over...	3015	42	(1.6)	80.2	(1.37)	15.7	(0.68)	20	(0.9)	86.9	(1.77)	37.5	(1.24)	43	(1.3)	75.3	(1.77)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	72.9	(2.74)	14.4	(1.27)	20	(1.4)	77.5	(4.45)	32.1	(2.83)	41	(1.8)	69.2	(2.84)
20 and over.....	1303	48	(1.8)	84.2	(1.83)	15.0	(0.64)	18	(0.8)	90.0	(2.60)	31.6	(1.20)	35	(1.4)	78.9	(2.53)
2 and over...	2060	47	(1.5)	81.4	(1.56)	14.9	(0.52)	18	(0.7)	87.1	(2.63)	31.7	(1.11)	36	(1.2)	76.4	(1.97)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	70.9	(1.19)	13.2	(0.66)	19	(0.8)	77.9	(1.80)	32.5	(1.41)	42	(1.4)	66.2	(1.37)
20 and over.....	5047	42	(1.0)	82.9	(0.89)	15.1	(0.47)	18	(0.5)	90.3	(1.64)	35.8	(0.93)	40	(1.0)	77.5	(1.20)
2 and over...	8066	42	(0.9)	80.0	(0.79)	14.6	(0.40)	18	(0.4)	87.4	(1.43)	35.0	(0.87)	40	(0.8)	74.7	(1.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Saturated fat																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	23.6	(0.59)	3.5	(0.38)	15	(1.4)	25.9	(1.06)	10.0	(0.73)	39	(2.6)	22.3	(0.66)
20 and over.....	1550	36	(2.4)	26.0	(0.40)	4.8	(0.30)	18	(1.1)	30.0	(0.73)	13.4	(0.62)	45	(1.8)	23.9	(0.56)
2 and over...	2519	35	(2.1)	25.4	(0.34)	4.5	(0.25)	18	(0.9)	28.9	(0.51)	12.6	(0.52)	43	(1.6)	23.5	(0.49)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	24.3	(0.92)	4.7	(0.47)	19	(1.6)	27.5	(1.10)	11.8	(0.71)	43	(1.7)	22.2	(1.05)
20 and over.....	1882	42	(1.5)	27.1	(0.46)	5.3	(0.21)	20	(0.9)	29.3	(0.63)	12.6	(0.57)	43	(1.7)	25.5	(0.63)
2 and over...	3015	42	(1.6)	26.5	(0.48)	5.2	(0.19)	20	(0.8)	28.9	(0.55)	12.4	(0.43)	43	(1.3)	24.7	(0.64)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	25.9	(0.69)	4.8	(0.35)	18	(1.3)	27.1	(1.41)	10.6	(0.68)	39	(1.4)	24.9	(0.95)
20 and over.....	1303	48	(1.8)	26.8	(0.63)	5.2	(0.23)	19	(0.9)	29.3	(1.00)	10.9	(0.46)	37	(1.7)	24.5	(0.88)
2 and over...	2060	47	(1.5)	26.6	(0.55)	5.1	(0.20)	19	(0.8)	28.8	(0.96)	10.8	(0.38)	38	(1.3)	24.6	(0.78)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	24.7	(0.43)	4.4	(0.19)	18	(0.6)	26.9	(0.52)	10.9	(0.32)	41	(1.2)	23.3	(0.59)
20 and over.....	5047	42	(1.0)	26.7	(0.27)	5.1	(0.16)	19	(0.6)	29.5	(0.52)	12.1	(0.31)	41	(1.0)	24.8	(0.41)
2 and over...	8066	42	(0.9)	26.3	(0.24)	4.9	(0.13)	19	(0.4)	28.9	(0.42)	11.8	(0.27)	41	(0.8)	24.4	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Monounsaturated fat																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	23.6	(0.70)	3.6	(0.39)	15	(1.4)	26.3	(1.17)	10.1	(0.78)	38	(2.4)	22.1	(0.70)
20 and over.....	1550	36	(2.4)	28.0	(0.43)	4.8	(0.29)	17	(1.1)	31.9	(0.98)	13.4	(0.58)	42	(1.8)	25.8	(0.60)
2 and over...	2519	35	(2.1)	26.9	(0.32)	4.5	(0.26)	17	(0.9)	30.5	(0.72)	12.6	(0.49)	41	(1.5)	24.9	(0.42)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	23.3	(0.75)	4.6	(0.39)	20	(1.3)	26.2	(1.07)	11.5	(0.60)	44	(1.8)	21.4	(0.91)
20 and over.....	1882	42	(1.5)	28.8	(0.53)	5.5	(0.25)	19	(1.0)	30.5	(0.74)	13.1	(0.56)	43	(1.6)	27.5	(0.82)
2 and over...	3015	42	(1.6)	27.5	(0.55)	5.3	(0.24)	19	(0.9)	29.6	(0.73)	12.7	(0.45)	43	(1.3)	26.1	(0.76)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	24.0	(1.03)	4.6	(0.41)	19	(1.2)	25.3	(1.43)	10.4	(0.93)	41	(1.8)	23.0	(1.13)
20 and over.....	1303	48	(1.8)	29.4	(0.65)	5.0	(0.20)	17	(0.8)	31.3	(0.92)	10.5	(0.39)	34	(1.5)	27.8	(0.91)
2 and over...	2060	47	(1.5)	28.1	(0.57)	4.9	(0.16)	17	(0.6)	29.9	(0.94)	10.5	(0.39)	35	(1.3)	26.5	(0.71)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	23.6	(0.48)	4.3	(0.23)	18	(0.8)	25.9	(0.66)	10.7	(0.49)	41	(1.4)	22.1	(0.56)
20 and over.....	5047	42	(1.0)	28.8	(0.31)	5.1	(0.17)	18	(0.5)	31.2	(0.59)	12.1	(0.32)	39	(1.0)	27.1	(0.50)
2 and over...	8066	42	(0.9)	27.6	(0.30)	4.9	(0.15)	18	(0.5)	30.0	(0.54)	11.8	(0.31)	39	(0.8)	25.8	(0.45)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Quick Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake g	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Polyunsaturated fat																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	15.7	(0.47)	2.5	(0.29)	16	(1.6)	18.0	(0.82)	7.0	(0.60)	39	(2.5)	14.4	(0.47)
20 and over.....	1550	36	(2.4)	18.9	(0.48)	3.2	(0.20)	17	(1.1)	21.2	(0.91)	8.9	(0.39)	42	(2.0)	17.6	(0.44)
2 and over...	2519	35	(2.1)	18.1	(0.41)	3.0	(0.16)	17	(0.9)	20.4	(0.70)	8.4	(0.27)	41	(1.4)	16.8	(0.36)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	15.7	(0.45)	3.3	(0.30)	21	(1.7)	17.9	(0.75)	8.2	(0.50)	46	(2.2)	14.2	(0.45)
20 and over.....	1882	42	(1.5)	19.4	(0.44)	3.8	(0.19)	20	(1.0)	20.9	(0.61)	9.0	(0.41)	43	(1.9)	18.3	(0.52)
2 and over...	3015	42	(1.6)	18.5	(0.36)	3.7	(0.19)	20	(1.0)	20.2	(0.53)	8.8	(0.31)	44	(1.7)	17.3	(0.42)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	16.1	(1.03)	3.5	(0.51)	22	(2.2)	17.6	(1.61)	7.9	(1.17)	45	(3.0)	14.9	(0.78)
20 and over.....	1303	48	(1.8)	20.0	(0.52)	3.4	(0.17)	17	(0.9)	21.0	(0.61)	7.1	(0.30)	34	(1.2)	19.2	(0.73)
2 and over...	2060	47	(1.5)	19.1	(0.41)	3.4	(0.17)	18	(0.8)	20.2	(0.68)	7.3	(0.37)	36	(1.2)	18.1	(0.49)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	15.8	(0.41)	3.1	(0.22)	20	(1.2)	17.8	(0.67)	7.8	(0.53)	44	(1.9)	14.4	(0.39)
20 and over.....	5047	42	(1.0)	19.5	(0.31)	3.5	(0.11)	18	(0.5)	21.1	(0.49)	8.2	(0.26)	39	(1.0)	18.3	(0.34)
2 and over...	8066	42	(0.9)	18.6	(0.26)	3.4	(0.11)	18	(0.5)	20.3	(0.43)	8.1	(0.25)	40	(0.9)	17.4	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Cholesterol																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	229	(9.7)	30	(3.7)	13	(1.5)	230	(11.1)	84	(7.7)	37	(3.1)	229	(12.6)
20 and over.....	1550	36	(2.4)	282	(6.0)	44	(3.1)	16	(1.1)	302	(10.1)	123	(7.0)	41	(2.2)	271	(10.4)
2 and over...	2519	35	(2.1)	269	(4.8)	40	(2.4)	15	(0.9)	284	(6.4)	113	(5.4)	40	(1.8)	260	(7.9)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	222	(6.2)	35	(4.0)	16	(1.8)	239	(11.6)	86	(6.3)	36	(2.8)	211	(12.1)
20 and over.....	1882	42	(1.5)	302	(8.1)	49	(2.6)	16	(1.0)	320	(10.6)	117	(4.3)	36	(1.9)	288	(12.2)
2 and over...	3015	42	(1.6)	283	(7.0)	46	(2.7)	16	(1.0)	302	(8.8)	110	(4.1)	36	(1.5)	270	(10.7)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	219	(9.4)	42	(5.2)	19	(2.0)	230	(17.6)	93	(11.3)	41	(3.0)	210	(8.1)
20 and over.....	1303	48	(1.8)	291	(7.9)	46	(2.6)	16	(1.0)	298	(10.8)	96	(6.1)	32	(2.0)	284	(11.9)
2 and over...	2060	47	(1.5)	273	(5.4)	45	(2.3)	16	(0.9)	281	(9.3)	96	(5.3)	34	(1.7)	265	(8.3)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	224	(5.3)	36	(2.6)	16	(1.1)	233	(8.3)	89	(6.2)	38	(1.9)	218	(7.4)
20 and over.....	5047	42	(1.0)	293	(4.2)	46	(1.8)	16	(0.6)	308	(6.3)	110	(4.1)	36	(1.2)	282	(6.0)
2 and over...	8066	42	(0.9)	276	(3.7)	44	(1.6)	16	(0.6)	291	(5.9)	105	(3.7)	36	(1.0)	266	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	530	(14.0)	42	(7.3)	8	(1.4)	486	(25.5)	118	(16.3)	24	(3.1)	554	(18.0)
20 and over.....	1550	36	(2.4)	614	(23.8)	58	(3.8)	9	(0.8)	565	(34.7)	164	(10.3)	29	(2.0)	641	(28.0)
2 and over...	2519	35	(2.1)	593	(18.6)	54	(3.2)	9	(0.7)	546	(23.9)	153	(8.4)	28	(1.7)	619	(24.5)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	589	(27.6)	47	(5.8)	8	(1.2)	545	(25.6)	117	(9.7)	21	(2.0)	618	(39.9)
20 and over.....	1882	42	(1.5)	612	(19.7)	61	(2.8)	10	(0.6)	572	(26.6)	144	(7.1)	25	(1.4)	642	(19.1)
2 and over...	3015	42	(1.6)	607	(17.6)	58	(2.6)	10	(0.5)	566	(19.9)	138	(5.5)	24	(0.9)	636	(19.4)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	650	(18.0)	66	(6.3)	10	(0.9)	641	(34.1)	147	(12.3)	23	(1.8)	658	(16.3)
20 and over.....	1303	48	(1.8)	676	(20.1)	75	(5.8)	11	(0.9)	671	(21.2)	158	(10.5)	24	(1.4)	681	(31.4)
2 and over...	2060	47	(1.5)	670	(16.5)	73	(4.9)	11	(0.7)	663	(19.5)	155	(8.9)	23	(1.1)	675	(24.7)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	598	(14.6)	53	(3.2)	9	(0.6)	566	(14.5)	130	(5.9)	23	(1.0)	619	(19.3)
20 and over.....	5047	42	(1.0)	637	(12.2)	65	(1.9)	10	(0.3)	614	(16.9)	153	(4.9)	25	(0.9)	653	(13.5)
2 and over...	8066	42	(0.9)	627	(11.5)	62	(1.3)	10	(0.2)	603	(13.4)	148	(3.6)	24	(0.6)	645	(14.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Beta carotene: *All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1145	(80.0)	83	(23.4)	7	(2.1)	1021	(124.2)	235	(56.2)	23	(5.2)	1212	(97.9)
20 and over.....	1550	36	(2.4)	1949	(86.4)	138	(14.3)	7	(0.9)	1504	(149.3)	387	(47.0)	26	(3.0)	2194	(107.0)
2 and over...	2519	35	(2.1)	1748	(81.6)	124	(8.6)	7	(0.7)	1384	(117.7)	349	(31.3)	25	(2.4)	1947	(102.4)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	1181	(194.1)	66	(7.8)	6	(1.4)	889	(107.3)	164	(13.7)	18	(2.2)	1376	(280.6)
20 and over.....	1882	42	(1.5)	2047	(85.6)	141	(13.1)	7	(0.8)	1554	(66.5)	332	(28.4)	21	(1.7)	2410	(154.3)
2 and over...	3015	42	(1.6)	1847	(93.0)	124	(10.5)	7	(0.7)	1407	(55.2)	295	(23.0)	21	(1.5)	2164	(154.8)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1542	(131.8)	101	(14.0)	7	(0.8)	1574	(289.6)	224	(32.9)	14	(3.0)	1516	(125.8)
20 and over.....	1303	48	(1.8)	2688	(186.6)	212	(27.4)	8	(0.9)	2485	(160.1)	445	(54.2)	18	(1.3)	2872	(279.1)
2 and over...	2060	47	(1.5)	2403	(155.1)	184	(23.0)	8	(0.9)	2268	(156.6)	393	(47.1)	17	(1.3)	2522	(196.4)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1303	(97.0)	85	(8.2)	6	(0.8)	1173	(111.8)	208	(18.4)	18	(1.9)	1392	(125.1)
20 and over.....	5047	42	(1.0)	2271	(89.2)	163	(9.8)	7	(0.4)	1948	(93.2)	385	(26.5)	20	(0.9)	2508	(131.0)
2 and over...	8066	42	(0.9)	2037	(80.3)	144	(7.5)	7	(0.4)	1766	(77.3)	344	(21.2)	19	(0.8)	2232	(113.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Lycopene																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	4208	(296.6)	570	(105.7)	14	(2.4)	4357	(555.6)	1616	(240.0)	37	(6.7)	4127	(331.8)
20 and over.....	1550	36	(2.4)	4355	(306.9)	767	(70.5)	18	(1.9)	4894	(355.0)	2157	(171.9)	44	(4.3)	4057	(380.7)
2 and over...	2519	35	(2.1)	4318	(266.2)	717	(59.2)	17	(1.4)	4761	(308.9)	2022	(148.1)	42	(3.6)	4075	(282.0)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	3917	(304.2)	784	(134.9)	20	(3.4)	3635	(391.4)	1952	(274.5)	54	(3.1)	4107	(510.3)
20 and over.....	1882	42	(1.5)	5016	(220.3)	902	(81.4)	18	(1.5)	4653	(295.9)	2129	(201.9)	46	(3.8)	5283	(338.2)
2 and over...	3015	42	(1.6)	4762	(191.3)	875	(57.4)	18	(1.2)	4427	(223.7)	2090	(121.5)	47	(2.8)	5003	(311.3)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	4321	(337.3)	613	(111.1)	14	(1.9)	4841	(446.9)	1367	(237.0)	28	(3.7)	3899	(384.9)
20 and over.....	1303	48	(1.8)	5663	(277.5)	817	(66.0)	14	(1.1)	5542	(325.9)	1716	(128.4)	31	(2.5)	5773	(385.3)
2 and over...	2060	47	(1.5)	5329	(209.0)	766	(56.9)	14	(0.9)	5375	(264.3)	1633	(115.2)	30	(1.8)	5288	(271.1)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	4126	(210.2)	673	(57.8)	16	(1.3)	4251	(268.5)	1661	(132.6)	39	(2.9)	4041	(282.3)
20 and over.....	5047	42	(1.0)	5021	(136.4)	830	(40.6)	17	(0.8)	5032	(170.8)	1965	(97.8)	39	(1.9)	5013	(208.0)
2 and over...	8066	42	(0.9)	4805	(121.3)	792	(30.2)	16	(0.6)	4849	(122.2)	1894	(77.2)	39	(1.5)	4773	(184.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1.47	(0.040)	0.18	(0.021)	12	(1.3)	1.46	(0.056)	0.51	(0.041)	35	(2.7)	1.48	(0.046)
20 and over.....	1550	36	(2.4)	1.58	(0.039)	0.24	(0.017)	15	(1.2)	1.75	(0.064)	0.68	(0.029)	39	(2.0)	1.48	(0.052)
2 and over...	2519	35	(2.1)	1.55	(0.026)	0.23	(0.014)	15	(0.9)	1.68	(0.043)	0.64	(0.024)	38	(1.5)	1.48	(0.035)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	1.54	(0.043)	0.24	(0.022)	16	(1.2)	1.58	(0.053)	0.60	(0.027)	38	(2.1)	1.52	(0.071)
20 and over.....	1882	42	(1.5)	1.64	(0.029)	0.28	(0.014)	17	(0.9)	1.68	(0.045)	0.66	(0.035)	40	(1.6)	1.61	(0.051)
2 and over...	3015	42	(1.6)	1.62	(0.027)	0.27	(0.013)	17	(0.8)	1.66	(0.037)	0.65	(0.028)	39	(1.2)	1.59	(0.048)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1.64	(0.047)	0.23	(0.030)	14	(1.7)	1.69	(0.089)	0.52	(0.059)	31	(2.9)	1.60	(0.046)
20 and over.....	1303	48	(1.8)	1.65	(0.027)	0.26	(0.010)	16	(0.6)	1.71	(0.043)	0.55	(0.028)	32	(1.5)	1.59	(0.037)
2 and over...	2060	47	(1.5)	1.64	(0.022)	0.25	(0.009)	15	(0.5)	1.71	(0.035)	0.54	(0.023)	32	(1.0)	1.59	(0.032)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1.56	(0.027)	0.22	(0.014)	14	(0.8)	1.60	(0.043)	0.55	(0.028)	35	(1.7)	1.54	(0.030)
20 and over.....	5047	42	(1.0)	1.62	(0.018)	0.26	(0.010)	16	(0.6)	1.71	(0.029)	0.62	(0.020)	36	(1.1)	1.56	(0.024)
2 and over...	8066	42	(0.9)	1.61	(0.018)	0.25	(0.008)	16	(0.4)	1.68	(0.025)	0.61	(0.017)	36	(0.8)	1.56	(0.021)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Riboflavin															
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]				*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1.82	(0.048)	0.19	(0.025)	10	(1.3)	1.79	(0.088)	0.53	(0.047)	30	(2.4)	1.84	(0.046)
20 and over.....	1550	36	(2.4)	2.07	(0.066)	0.24	(0.014)	12	(0.9)	2.19	(0.102)	0.68	(0.029)	31	(1.5)	2.00	(0.076)
2 and over...	2519	35	(2.1)	2.01	(0.047)	0.23	(0.012)	11	(0.7)	2.09	(0.070)	0.64	(0.021)	31	(1.2)	1.96	(0.055)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	2.02	(0.089)	0.26	(0.018)	13	(0.8)	2.02	(0.086)	0.65	(0.054)	32	(2.5)	2.02	(0.130)
20 and over.....	1882	42	(1.5)	2.17	(0.038)	0.30	(0.012)	14	(0.6)	2.25	(0.075)	0.71	(0.027)	32	(1.6)	2.10	(0.037)
2 and over...	3015	42	(1.6)	2.13	(0.045)	0.29	(0.012)	14	(0.6)	2.20	(0.064)	0.70	(0.027)	32	(1.3)	2.08	(0.044)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	2.10	(0.060)	0.30	(0.035)	14	(1.4)	2.11	(0.087)	0.66	(0.062)	32	(1.9)	2.09	(0.073)
20 and over.....	1303	48	(1.8)	2.27	(0.050)	0.34	(0.024)	15	(1.1)	2.33	(0.073)	0.71	(0.047)	30	(2.0)	2.22	(0.063)
2 and over...	2060	47	(1.5)	2.23	(0.037)	0.33	(0.020)	15	(0.9)	2.28	(0.050)	0.70	(0.034)	31	(1.5)	2.18	(0.058)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	2.00	(0.040)	0.25	(0.016)	13	(0.7)	1.99	(0.050)	0.62	(0.035)	31	(1.6)	2.00	(0.053)
20 and over.....	5047	42	(1.0)	2.18	(0.028)	0.30	(0.011)	14	(0.5)	2.28	(0.051)	0.71	(0.021)	31	(1.1)	2.10	(0.026)
2 and over...	8066	42	(0.9)	2.13	(0.029)	0.29	(0.010)	13	(0.4)	2.21	(0.044)	0.69	(0.018)	31	(0.8)	2.08	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	21.6	(0.82)	2.9	(0.36)	13	(1.5)	22.1	(1.02)	8.2	(0.70)	37	(2.3)	21.3	(1.09)
20 and over.....	1550	36	(2.4)	25.2	(0.76)	3.9	(0.30)	15	(1.3)	29.5	(1.51)	10.9	(0.60)	37	(2.1)	22.7	(0.87)
2 and over...	2519	35	(2.1)	24.3	(0.56)	3.6	(0.23)	15	(1.1)	27.7	(1.09)	10.2	(0.41)	37	(1.7)	22.4	(0.63)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	22.0	(0.84)	4.2	(0.34)	19	(1.3)	23.3	(1.32)	10.4	(1.05)	45	(3.0)	21.2	(1.06)
20 and over.....	1882	42	(1.5)	27.0	(0.47)	4.7	(0.21)	17	(0.9)	28.8	(0.95)	11.1	(0.49)	38	(2.0)	25.7	(0.50)
2 and over...	3015	42	(1.6)	25.9	(0.50)	4.6	(0.23)	18	(0.9)	27.6	(0.87)	10.9	(0.55)	40	(1.8)	24.6	(0.50)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	22.7	(1.11)	4.3	(0.78)	19	(2.7)	24.4	(1.72)	9.6	(1.67)	39	(4.3)	21.3	(0.77)
20 and over.....	1303	48	(1.8)	26.7	(0.28)	4.3	(0.20)	16	(0.8)	28.1	(0.76)	9.1	(0.41)	32	(1.8)	25.5	(0.56)
2 and over...	2060	47	(1.5)	25.7	(0.37)	4.3	(0.27)	17	(0.9)	27.2	(0.75)	9.2	(0.61)	34	(1.9)	24.4	(0.45)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	22.2	(0.45)	3.9	(0.35)	17	(1.3)	23.5	(0.78)	9.6	(0.84)	41	(2.5)	21.4	(0.50)
20 and over.....	5047	42	(1.0)	26.5	(0.24)	4.3	(0.15)	16	(0.6)	28.6	(0.53)	10.3	(0.32)	36	(1.1)	24.9	(0.27)
2 and over...	8066	42	(0.9)	25.4	(0.24)	4.2	(0.16)	17	(0.6)	27.4	(0.55)	10.1	(0.38)	37	(1.0)	24.0	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Quick Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake mg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Vitamin B6																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1.76	(0.080)	0.16	(0.027)	9	(1.4)	1.64	(0.089)	0.47	(0.056)	28	(3.0)	1.83	(0.111)
20 and over.....	1550	36	(2.4)	2.08	(0.082)	0.22	(0.016)	10	(0.9)	2.29	(0.179)	0.61	(0.033)	27	(1.9)	1.97	(0.050)
2 and over...	2519	35	(2.1)	2.00	(0.065)	0.20	(0.014)	10	(0.8)	2.13	(0.129)	0.57	(0.023)	27	(1.6)	1.93	(0.047)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	1.79	(0.083)	0.24	(0.029)	14	(1.3)	1.76	(0.124)	0.61	(0.097)	34	(3.7)	1.81	(0.112)
20 and over.....	1882	42	(1.5)	2.24	(0.062)	0.27	(0.015)	12	(0.9)	2.31	(0.135)	0.64	(0.031)	28	(2.6)	2.19	(0.051)
2 and over...	3015	42	(1.6)	2.14	(0.062)	0.27	(0.016)	12	(0.9)	2.19	(0.108)	0.63	(0.038)	29	(2.3)	2.10	(0.047)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1.86	(0.083)	0.27	(0.063)	14	(3.0)	1.87	(0.120)	0.60	(0.137)	32	(5.6)	1.85	(0.087)
20 and over.....	1303	48	(1.8)	2.24	(0.034)	0.26	(0.015)	12	(0.7)	2.23	(0.087)	0.54	(0.026)	24	(1.6)	2.25	(0.059)
2 and over...	2060	47	(1.5)	2.14	(0.029)	0.26	(0.021)	12	(0.9)	2.14	(0.067)	0.56	(0.043)	26	(1.8)	2.15	(0.043)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1.81	(0.039)	0.23	(0.028)	13	(1.4)	1.77	(0.067)	0.57	(0.071)	32	(3.1)	1.84	(0.051)
20 and over.....	5047	42	(1.0)	2.20	(0.030)	0.25	(0.009)	11	(0.4)	2.27	(0.068)	0.60	(0.019)	26	(1.2)	2.15	(0.030)
2 and over...	8066	42	(0.9)	2.11	(0.028)	0.25	(0.011)	12	(0.5)	2.15	(0.059)	0.59	(0.027)	27	(1.1)	2.07	(0.019)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Folate (DFE)																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	492	(18.7)	51	(6.1)	10	(1.2)	468	(17.7)	145	(11.3)	31	(2.6)	505	(24.4)
20 and over.....	1550	36	(2.4)	515	(18.8)	73	(5.6)	14	(1.3)	563	(26.5)	205	(11.5)	36	(2.1)	489	(24.2)
2 and over...	2519	35	(2.1)	510	(15.7)	67	(4.3)	13	(0.9)	540	(19.0)	190	(8.8)	35	(1.7)	493	(20.2)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	502	(23.7)	71	(6.6)	14	(1.3)	504	(19.1)	176	(9.6)	35	(2.0)	501	(36.3)
20 and over.....	1882	42	(1.5)	525	(14.5)	83	(4.0)	16	(0.9)	524	(17.0)	195	(10.3)	37	(1.9)	526	(17.9)
2 and over...	3015	42	(1.6)	520	(13.9)	80	(3.7)	15	(0.8)	519	(15.2)	191	(7.5)	37	(1.4)	520	(18.6)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	517	(19.5)	62	(6.4)	12	(1.0)	530	(32.3)	138	(11.3)	26	(2.1)	506	(17.2)
20 and over.....	1303	48	(1.8)	541	(10.2)	79	(4.0)	15	(0.7)	551	(24.8)	166	(11.8)	30	(1.9)	531	(15.9)
2 and over...	2060	47	(1.5)	535	(7.0)	75	(2.7)	14	(0.5)	546	(18.3)	159	(8.1)	29	(1.5)	525	(13.3)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	510	(12.7)	63	(3.2)	12	(0.6)	506	(15.8)	156	(6.0)	31	(1.2)	514	(14.0)
20 and over.....	5047	42	(1.0)	528	(8.7)	78	(3.2)	15	(0.6)	545	(8.7)	186	(6.9)	34	(1.1)	515	(11.5)
2 and over...	8066	42	(0.9)	524	(8.0)	75	(2.4)	14	(0.4)	536	(8.0)	179	(5.2)	33	(0.9)	515	(9.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* Intake from Quick Service Restaurants		*All Individuals* Percentages from [6] Quick Service Restaurants		*Quick Service Restaurant Consumers* [3] Total Intake		*Quick Service Restaurant Consumers* Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* Percentages from [6] Quick Service Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	253	(7.4)	29	(3.7)	12	(1.4)	245	(9.2)	83	(7.0)	34	(2.6)	258	(10.4)
20 and over.....	1550	36	(2.4)	326	(6.0)	41	(2.8)	13	(0.9)	332	(13.3)	115	(5.7)	35	(1.6)	322	(7.4)
2 and over...	2519	35	(2.1)	308	(4.6)	38	(2.2)	12	(0.8)	310	(8.8)	107	(4.0)	34	(1.3)	306	(5.3)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	254	(5.1)	36	(3.6)	14	(1.5)	260	(10.9)	90	(4.8)	34	(2.1)	250	(10.2)
20 and over.....	1882	42	(1.5)	340	(6.8)	50	(2.6)	15	(0.8)	349	(10.2)	117	(4.6)	34	(1.6)	334	(9.7)
2 and over...	3015	42	(1.6)	320	(6.5)	46	(2.6)	14	(0.9)	329	(8.9)	111	(4.2)	34	(1.3)	314	(9.0)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	259	(9.8)	42	(5.5)	16	(1.7)	262	(15.1)	94	(11.8)	36	(3.2)	257	(10.9)
20 and over.....	1303	48	(1.8)	346	(8.2)	47	(2.3)	14	(0.7)	345	(9.0)	99	(5.4)	29	(1.4)	348	(10.4)
2 and over...	2060	47	(1.5)	325	(5.3)	46	(2.2)	14	(0.7)	325	(7.4)	98	(4.9)	30	(1.3)	325	(7.3)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	256	(3.8)	36	(2.7)	14	(1.0)	257	(7.0)	90	(6.1)	35	(1.8)	255	(5.5)
20 and over.....	5047	42	(1.0)	339	(3.9)	46	(1.6)	14	(0.5)	344	(6.3)	109	(3.5)	32	(1.0)	335	(5.2)
2 and over...	8066	42	(0.9)	319	(3.5)	44	(1.5)	14	(0.4)	324	(5.8)	105	(3.3)	32	(0.8)	315	(4.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]					*Non-consumers* [4]
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	4.43	(0.169)	0.45	(0.056)	10	(1.2)	4.38	(0.278)	1.27	(0.106)	29	(2.7)	4.45	(0.168)
20 and over.....	1550	36	(2.4)	4.74	(0.125)	0.59	(0.051)	13	(1.1)	5.23	(0.284)	1.67	(0.094)	32	(2.1)	4.47	(0.194)
2 and over...	2519	35	(2.1)	4.66	(0.096)	0.56	(0.043)	12	(1.0)	5.02	(0.186)	1.57	(0.071)	31	(1.6)	4.47	(0.156)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	4.85	(0.243)	0.61	(0.066)	13	(1.1)	4.79	(0.380)	1.52	(0.246)	32	(4.0)	4.89	(0.335)
20 and over.....	1882	42	(1.5)	5.01	(0.159)	0.74	(0.044)	15	(1.1)	5.50	(0.345)	1.74	(0.104)	32	(2.6)	4.64	(0.160)
2 and over...	3015	42	(1.6)	4.97	(0.145)	0.71	(0.044)	14	(1.0)	5.35	(0.281)	1.69	(0.125)	32	(2.2)	4.70	(0.117)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	4.93	(0.198)	0.76	(0.174)	15	(3.0)	4.96	(0.365)	1.69	(0.382)	34	(5.4)	4.91	(0.173)
20 and over.....	1303	48	(1.8)	5.04	(0.144)	0.65	(0.036)	13	(0.8)	4.95	(0.243)	1.36	(0.096)	28	(2.2)	5.11	(0.191)
2 and over...	2060	47	(1.5)	5.01	(0.094)	0.68	(0.039)	14	(0.7)	4.95	(0.203)	1.44	(0.104)	29	(1.8)	5.06	(0.141)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	4.78	(0.104)	0.61	(0.069)	13	(1.3)	4.75	(0.194)	1.51	(0.173)	32	(3.0)	4.81	(0.140)
20 and over.....	5047	42	(1.0)	4.95	(0.075)	0.66	(0.028)	13	(0.5)	5.23	(0.144)	1.56	(0.057)	30	(1.0)	4.75	(0.090)
2 and over...	8066	42	(0.9)	4.91	(0.067)	0.65	(0.027)	13	(0.5)	5.11	(0.124)	1.55	(0.060)	30	(0.8)	4.76	(0.078)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	75.5	(3.44)	5.7*	(1.73)	8	(2.2)	70.7	(5.18)	16.1	(4.25)	23	(5.4)	78.1	(4.00)
20 and over.....	1550	36	(2.4)	76.4	(3.30)	5.2	(0.53)	7	(0.6)	75.6	(4.96)	14.5	(1.38)	19	(1.6)	76.8	(3.63)
2 and over...	2519	35	(2.1)	76.1	(2.47)	5.3	(0.56)	7	(0.7)	74.4	(3.84)	14.9	(1.25)	20	(1.6)	77.1	(2.95)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	69.3	(2.50)	3.5	(0.39)	5	(0.5)	63.2	(4.20)	8.8	(0.68)	14	(1.1)	73.4	(4.60)
20 and over.....	1882	42	(1.5)	79.1	(2.36)	5.5	(0.49)	7	(0.7)	68.8	(2.61)	12.9	(1.14)	19	(1.6)	86.7	(2.88)
2 and over...	3015	42	(1.6)	76.9	(1.87)	5.0	(0.41)	7	(0.5)	67.6	(2.37)	12.0	(0.95)	18	(1.4)	83.5	(2.16)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	73.9	(2.82)	4.1	(0.64)	6	(0.8)	67.6	(3.08)	9.1	(1.40)	13	(2.2)	79.1	(4.56)
20 and over.....	1303	48	(1.8)	80.7	(3.45)	5.8	(0.47)	7	(0.6)	81.3	(4.23)	12.1	(0.76)	15	(0.9)	80.2	(3.26)
2 and over...	2060	47	(1.5)	79.0	(2.93)	5.3	(0.39)	7	(0.5)	78.0	(3.24)	11.4	(0.68)	15	(0.7)	79.9	(3.21)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	72.9	(1.78)	4.3	(0.46)	6	(0.6)	66.7	(2.27)	10.7	(1.08)	16	(1.4)	77.0	(2.26)
20 and over.....	5047	42	(1.0)	79.1	(1.67)	5.4	(0.35)	7	(0.4)	75.1	(2.36)	12.9	(0.75)	17	(0.8)	82.0	(1.99)
2 and over...	8066	42	(0.9)	77.6	(1.25)	5.2	(0.25)	7	(0.3)	73.2	(1.81)	12.4	(0.50)	17	(0.5)	80.8	(1.43)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Vitamin D																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	5.0	(0.19)	0.3	(0.06)	5	(1.3)	4.4	(0.29)	0.7	(0.15)	17	(3.3)	5.3	(0.24)
20 and over.....	1550	36	(2.4)	4.5	(0.11)	0.3	(0.05)	8	(0.9)	4.2	(0.29)	1.0	(0.09)	23	(1.9)	4.6	(0.19)
2 and over...	2519	35	(2.1)	4.6	(0.10)	0.3	(0.04)	7	(0.8)	4.3	(0.23)	0.9	(0.07)	21	(1.6)	4.8	(0.17)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	5.4	(0.21)	0.2	(0.03)	4	(0.6)	4.8	(0.36)	0.5	(0.06)	11	(1.4)	5.8	(0.32)
20 and over.....	1882	42	(1.5)	4.5	(0.15)	0.4	(0.03)	8	(0.8)	4.4	(0.29)	0.8	(0.07)	19	(2.2)	4.6	(0.18)
2 and over...	3015	42	(1.6)	4.7	(0.12)	0.3	(0.03)	7	(0.7)	4.5	(0.21)	0.8	(0.06)	17	(1.7)	4.9	(0.12)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	5.3	(0.22)	0.3	(0.04)	6	(0.6)	4.7	(0.27)	0.7	(0.08)	15	(1.1)	5.9	(0.31)
20 and over.....	1303	48	(1.8)	5.2	(0.35)	0.4	(0.06)	8	(1.3)	4.8	(0.42)	0.9	(0.11)	18	(2.5)	5.6	(0.55)
2 and over...	2060	47	(1.5)	5.2	(0.25)	0.4	(0.05)	8	(1.0)	4.8	(0.33)	0.8	(0.09)	18	(2.0)	5.7	(0.41)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	5.3	(0.10)	0.3	(0.02)	5	(0.4)	4.7	(0.18)	0.6	(0.05)	14	(1.0)	5.7	(0.16)
20 and over.....	5047	42	(1.0)	4.7	(0.16)	0.4	(0.03)	8	(0.6)	4.6	(0.21)	0.9	(0.06)	19	(1.3)	4.9	(0.19)
2 and over...	8066	42	(0.9)	4.9	(0.12)	0.3	(0.02)	7	(0.5)	4.6	(0.16)	0.8	(0.05)	18	(1.1)	5.1	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Vitamin E (alphatocopherol)																			
				All Individuals [2]						*Quick Service Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [6] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	7.0	(0.27)	0.8	(0.11)	11	(1.4)	7.3	(0.44)	2.2	(0.24)	31	(2.6)	6.9	(0.33)
20 and over.....	1550	36	(2.4)	8.7	(0.29)	1.0	(0.07)	12	(1.1)	9.2	(0.52)	2.9	(0.13)	31	(2.3)	8.4	(0.36)
2 and over...	2519	35	(2.1)	8.3	(0.24)	1.0	(0.06)	12	(0.9)	8.7	(0.37)	2.7	(0.11)	31	(1.8)	8.0	(0.31)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	7.5	(0.69)	1.0	(0.10)	14	(1.7)	7.1	(0.33)	2.5	(0.15)	35	(2.4)	7.7	(1.17)
20 and over.....	1882	42	(1.5)	9.2	(0.27)	1.1	(0.06)	12	(0.7)	8.9	(0.44)	2.7	(0.13)	31	(1.5)	9.5	(0.38)
2 and over...	3015	42	(1.6)	8.8	(0.28)	1.1	(0.06)	13	(0.9)	8.5	(0.38)	2.7	(0.12)	31	(1.5)	9.1	(0.48)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	7.2	(0.26)	1.0	(0.11)	14	(1.4)	7.5	(0.28)	2.2	(0.23)	30	(2.8)	7.0	(0.36)
20 and over.....	1303	48	(1.8)	10.2	(0.21)	1.2	(0.04)	12	(0.5)	10.4	(0.31)	2.5	(0.08)	24	(1.0)	9.9	(0.31)
2 and over...	2060	47	(1.5)	9.4	(0.14)	1.1	(0.04)	12	(0.5)	9.7	(0.27)	2.4	(0.08)	25	(1.0)	9.2	(0.23)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	7.2	(0.29)	0.9	(0.07)	13	(1.0)	7.3	(0.20)	2.3	(0.15)	32	(2.0)	7.2	(0.47)
20 and over.....	5047	42	(1.0)	9.4	(0.18)	1.1	(0.04)	12	(0.4)	9.5	(0.30)	2.6	(0.06)	28	(1.0)	9.3	(0.23)
2 and over...	8066	42	(0.9)	8.9	(0.16)	1.1	(0.04)	12	(0.4)	9.0	(0.24)	2.6	(0.07)	28	(0.9)	8.8	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Vitamin K																	
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	70.8	(4.13)	8.3	(1.33)	12	(1.9)	69.4	(5.29)	23.6	(2.82)	34	(4.3)	71.5	(4.81)
20 and over.....	1550	36	(2.4)	109.8	(4.99)	11.9	(0.89)	11	(1.0)	106.1	(6.82)	33.5	(2.50)	32	(2.5)	111.8	(6.38)
2 and over...	2519	35	(2.1)	100.0	(3.84)	11.0	(0.70)	11	(0.9)	97.0	(5.20)	31.0	(1.86)	32	(2.2)	101.7	(5.01)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	68.6	(5.75)	9.9	(0.79)	14	(1.8)	64.3	(3.95)	24.6	(1.77)	38	(1.8)	71.5	(8.26)
20 and over.....	1882	42	(1.5)	116.9	(5.40)	14.4	(1.16)	12	(1.1)	99.0	(4.47)	34.0	(2.78)	34	(1.9)	130.0	(8.18)
2 and over...	3015	42	(1.6)	105.7	(4.49)	13.3	(0.96)	13	(1.1)	91.3	(3.62)	31.9	(2.36)	35	(1.7)	116.1	(6.87)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	76.7	(4.93)	10.0	(1.73)	13	(2.1)	72.9	(5.97)	22.4	(4.05)	31	(5.4)	79.7	(6.13)
20 and over.....	1303	48	(1.8)	139.6	(4.70)	16.0	(1.15)	11	(0.9)	133.5	(6.06)	33.7	(2.06)	25	(2.3)	145.0	(7.48)
2 and over...	2060	47	(1.5)	123.9	(4.27)	14.5	(0.96)	12	(0.9)	119.1	(5.39)	31.0	(1.85)	26	(2.1)	128.2	(5.95)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	72.2	(3.02)	9.6	(0.73)	13	(1.1)	70.0	(3.82)	23.7	(1.80)	34	(3.0)	73.8	(4.08)
20 and over.....	5047	42	(1.0)	123.0	(3.16)	14.2	(0.63)	12	(0.5)	113.9	(2.79)	33.5	(1.54)	29	(1.5)	129.7	(4.66)
2 and over...	8066	42	(0.9)	110.7	(2.76)	13.1	(0.53)	12	(0.5)	103.6	(2.80)	31.2	(1.38)	30	(1.5)	115.9	(3.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Calcium

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	959	(26.8)	108	(14.1)	11	(1.4)	945	(39.7)	307	(27.4)	32	(2.9)	967	(32.1)
20 and over.....	1550	36	(2.4)	939	(22.3)	137	(8.6)	15	(1.0)	1025	(39.6)	385	(20.7)	38	(1.8)	891	(29.0)
2 and over...	2519	35	(2.1)	944	(16.8)	130	(7.6)	14	(0.7)	1005	(24.1)	365	(16.9)	36	(1.5)	910	(24.8)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	988	(26.1)	124	(12.5)	13	(1.3)	1027	(46.2)	308	(16.7)	30	(1.8)	961	(31.0)
20 and over.....	1882	42	(1.5)	962	(12.0)	153	(6.8)	16	(0.8)	1012	(24.3)	361	(17.1)	36	(1.5)	925	(17.2)
2 and over...	3015	42	(1.6)	968	(10.6)	146	(5.4)	15	(0.6)	1015	(15.3)	349	(11.8)	34	(1.0)	934	(14.5)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1095	(30.8)	140	(14.4)	13	(1.2)	1093	(40.4)	311	(25.9)	28	(1.6)	1098	(47.2)
20 and over.....	1303	48	(1.8)	987	(25.3)	155	(7.5)	16	(0.7)	1031	(34.9)	326	(16.5)	32	(1.4)	947	(35.6)
2 and over...	2060	47	(1.5)	1014	(19.8)	151	(7.1)	15	(0.7)	1046	(29.4)	323	(13.0)	31	(1.1)	986	(32.5)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1020	(19.2)	125	(6.9)	12	(0.6)	1029	(26.6)	309	(12.4)	30	(1.1)	1013	(22.6)
20 and over.....	5047	42	(1.0)	965	(11.8)	149	(5.6)	15	(0.5)	1024	(17.7)	353	(9.6)	34	(0.9)	922	(15.2)
2 and over...	8066	42	(0.9)	978	(11.2)	143	(4.3)	15	(0.4)	1025	(12.9)	342	(7.1)	33	(0.7)	945	(16.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	1229	(27.4)	155	(18.0)	13	(1.3)	1237	(45.0)	440	(33.7)	36	(2.6)	1224	(33.0)
20 and over.....	1550	36	(2.4)	1335	(20.9)	205	(12.3)	15	(1.0)	1454	(50.5)	576	(23.7)	40	(1.5)	1269	(29.2)
2 and over...	2519	35	(2.1)	1308	(14.9)	192	(10.3)	15	(0.8)	1400	(31.8)	543	(18.2)	39	(1.2)	1258	(23.0)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	1246	(22.2)	199	(18.6)	16	(1.4)	1316	(48.2)	496	(24.8)	38	(2.0)	1198	(27.0)
20 and over.....	1882	42	(1.5)	1395	(17.6)	230	(10.0)	17	(0.7)	1447	(35.5)	543	(22.8)	38	(1.5)	1357	(18.4)
2 and over...	3015	42	(1.6)	1360	(15.1)	223	(9.9)	16	(0.7)	1418	(28.3)	533	(18.9)	38	(1.2)	1319	(17.1)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1333	(36.3)	212	(15.9)	16	(1.1)	1352	(47.2)	474	(30.1)	35	(1.4)	1318	(52.9)
20 and over.....	1303	48	(1.8)	1455	(22.1)	230	(8.5)	16	(0.7)	1504	(31.8)	484	(18.9)	32	(1.4)	1410	(40.4)
2 and over...	2060	47	(1.5)	1424	(15.6)	226	(7.7)	16	(0.5)	1468	(29.2)	482	(16.2)	33	(1.1)	1386	(32.6)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	1272	(15.9)	192	(9.1)	15	(0.6)	1308	(25.7)	474	(17.6)	36	(1.4)	1248	(19.9)
20 and over.....	5047	42	(1.0)	1399	(11.9)	222	(6.8)	16	(0.4)	1471	(22.9)	526	(12.5)	36	(0.9)	1347	(15.9)
2 and over...	8066	42	(0.9)	1369	(11.0)	215	(5.7)	16	(0.3)	1432	(19.2)	514	(11.5)	36	(0.7)	1323	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	231	(5.9)	23	(3.0)	10	(1.2)	224	(10.2)	66	(5.5)	29	(2.1)	235	(6.7)
20 and over.....	1550	36	(2.4)	286	(6.5)	31	(2.3)	11	(0.9)	294	(12.8)	86	(4.1)	29	(1.4)	282	(6.6)
2 and over...	2519	35	(2.1)	272	(5.7)	29	(1.9)	11	(0.7)	276	(9.0)	81	(3.1)	29	(1.0)	270	(6.1)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	228	(6.2)	29	(2.9)	13	(1.2)	225	(9.0)	71	(3.4)	32	(1.5)	229	(10.1)
20 and over.....	1882	42	(1.5)	298	(5.0)	36	(1.5)	12	(0.6)	286	(6.5)	85	(3.4)	30	(1.1)	308	(8.4)
2 and over...	3015	42	(1.6)	282	(4.8)	34	(1.6)	12	(0.6)	273	(5.8)	82	(2.6)	30	(0.9)	289	(7.8)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	246	(6.5)	31	(3.1)	13	(1.1)	245	(6.6)	70	(5.6)	29	(1.8)	247	(9.0)
20 and over.....	1303	48	(1.8)	327	(6.2)	40	(1.9)	12	(0.6)	329	(9.8)	84	(3.2)	26	(1.1)	326	(8.0)
2 and over...	2060	47	(1.5)	307	(4.6)	38	(1.7)	12	(0.5)	309	(8.0)	81	(3.0)	26	(0.9)	305	(6.2)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	235	(3.1)	28	(1.6)	12	(0.6)	233	(4.2)	69	(3.1)	30	(1.2)	237	(4.1)
20 and over.....	5047	42	(1.0)	305	(3.4)	36	(1.2)	12	(0.3)	305	(6.5)	85	(2.1)	28	(0.6)	305	(4.6)
2 and over...	8066	42	(0.9)	288	(3.1)	34	(1.0)	12	(0.3)	288	(5.5)	81	(2.0)	28	(0.5)	288	(3.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

I r o n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	13.5	(0.36)	1.4	(0.15)	10	(1.0)	13.0	(0.48)	3.9	(0.23)	30	(2.1)	13.7	(0.46)
20 and over.....	1550	36	(2.4)	14.0	(0.36)	1.8	(0.11)	13	(0.9)	15.0	(0.62)	5.2	(0.22)	35	(1.8)	13.5	(0.39)
2 and over...	2519	35	(2.1)	13.9	(0.32)	1.7	(0.09)	12	(0.7)	14.5	(0.46)	4.9	(0.18)	34	(1.4)	13.6	(0.35)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	13.7	(0.58)	1.9	(0.18)	14	(1.2)	13.7	(0.39)	4.8	(0.20)	35	(1.9)	13.8	(0.94)
20 and over.....	1882	42	(1.5)	14.7	(0.30)	2.2	(0.10)	15	(0.8)	14.7	(0.43)	5.3	(0.24)	36	(1.7)	14.8	(0.45)
2 and over...	3015	42	(1.6)	14.5	(0.30)	2.2	(0.10)	15	(0.8)	14.4	(0.33)	5.1	(0.19)	36	(1.3)	14.5	(0.48)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	14.2	(0.32)	1.9	(0.16)	13	(1.0)	14.4	(0.42)	4.2	(0.29)	29	(1.7)	14.1	(0.50)
20 and over.....	1303	48	(1.8)	14.6	(0.17)	2.1	(0.09)	14	(0.5)	14.9	(0.41)	4.4	(0.24)	29	(1.6)	14.4	(0.37)
2 and over...	2060	47	(1.5)	14.5	(0.13)	2.0	(0.06)	14	(0.4)	14.8	(0.33)	4.3	(0.17)	29	(1.1)	14.3	(0.36)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	13.9	(0.23)	1.8	(0.08)	13	(0.6)	13.8	(0.25)	4.3	(0.16)	32	(1.3)	14.0	(0.28)
20 and over.....	5047	42	(1.0)	14.5	(0.14)	2.1	(0.07)	14	(0.4)	14.9	(0.15)	4.9	(0.14)	33	(1.0)	14.2	(0.25)
2 and over...	8066	42	(0.9)	14.4	(0.14)	2.0	(0.06)	14	(0.3)	14.7	(0.14)	4.8	(0.12)	32	(0.8)	14.2	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	9.6	(0.25)	1.1	(0.12)	11	(1.2)	8.9	(0.34)	3.0	(0.20)	34	(2.2)	10.0	(0.37)
20 and over.....	1550	36	(2.4)	10.7	(0.24)	1.5	(0.09)	14	(0.9)	11.4	(0.52)	4.2	(0.18)	37	(1.8)	10.3	(0.26)
2 and over...	2519	35	(2.1)	10.4	(0.19)	1.4	(0.07)	13	(0.7)	10.8	(0.36)	3.9	(0.13)	36	(1.4)	10.2	(0.21)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	10.2	(0.49)	1.4	(0.09)	14	(1.0)	10.1	(0.51)	3.4	(0.14)	34	(2.3)	10.2	(0.81)
20 and over.....	1882	42	(1.5)	11.2	(0.16)	1.8	(0.08)	16	(0.8)	11.4	(0.26)	4.3	(0.18)	38	(1.6)	11.1	(0.27)
2 and over...	3015	42	(1.6)	11.0	(0.20)	1.7	(0.07)	16	(0.7)	11.1	(0.23)	4.1	(0.15)	37	(1.2)	10.9	(0.34)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	10.2	(0.32)	1.5	(0.15)	14	(1.5)	10.3	(0.37)	3.3	(0.33)	32	(2.5)	10.2	(0.46)
20 and over.....	1303	48	(1.8)	11.5	(0.20)	1.7	(0.08)	15	(0.7)	11.7	(0.30)	3.5	(0.19)	30	(1.5)	11.3	(0.32)
2 and over...	2060	47	(1.5)	11.2	(0.14)	1.6	(0.06)	14	(0.6)	11.4	(0.26)	3.4	(0.16)	30	(1.2)	11.0	(0.27)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	10.1	(0.16)	1.3	(0.07)	13	(0.6)	9.9	(0.25)	3.3	(0.15)	33	(1.5)	10.3	(0.28)
20 and over.....	5047	42	(1.0)	11.2	(0.09)	1.7	(0.05)	15	(0.4)	11.5	(0.15)	3.9	(0.09)	34	(0.9)	10.9	(0.17)
2 and over...	8066	42	(0.9)	10.9	(0.09)	1.6	(0.04)	14	(0.4)	11.1	(0.14)	3.8	(0.08)	34	(0.7)	10.8	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C o p p e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	0.9	(0.02)	0.1	(0.01)	10	(1.1)	0.9	(0.05)	0.3	(0.02)	29	(2.3)	0.9	(0.03)
20 and over.....	1550	36	(2.4)	1.2	(0.03)	0.1	(0.01)	10	(0.8)	1.1	(0.04)	0.3	(0.01)	30	(1.6)	1.2	(0.04)
2 and over...	2519	35	(2.1)	1.1	(0.03)	0.1	(0.01)	10	(0.7)	1.1	(0.03)	0.3	(0.01)	29	(1.3)	1.1	(0.03)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	0.9	(0.03)	0.1	(0.01)	13	(1.3)	0.9	(0.03)	0.3	(0.01)	34	(1.5)	0.9	(0.04)
20 and over.....	1882	42	(1.5)	1.2	(0.02)	0.1	(0.01)	12	(0.6)	1.1	(0.03)	0.3	(0.01)	30	(1.2)	1.2	(0.04)
2 and over...	3015	42	(1.6)	1.1	(0.02)	0.1	(0.01)	12	(0.6)	1.1	(0.02)	0.3	(0.01)	30	(1.0)	1.2	(0.03)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	1.0	(0.02)	0.1	(0.01)	12	(1.0)	1.0	(0.04)	0.3	(0.02)	27	(1.5)	1.0	(0.04)
20 and over.....	1303	48	(1.8)	1.3	(0.03)	0.1	(0.01)	11	(0.5)	1.3	(0.03)	0.3	(0.01)	23	(0.9)	1.3	(0.05)
2 and over...	2060	47	(1.5)	1.3	(0.02)	0.1	(0.01)	11	(0.4)	1.3	(0.02)	0.3	(0.01)	24	(0.7)	1.3	(0.03)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	0.9	(0.01)	0.1	(0.01)	12	(0.6)	0.9	(0.02)	0.3	(0.01)	30	(1.1)	0.9	(0.02)
20 and over.....	5047	42	(1.0)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.7)	1.3	(0.02)
2 and over...	8066	42	(0.9)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.6)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	97.1	(2.52)	13.1	(1.50)	14	(1.4)	96.8	(3.96)	37.3	(2.61)	39	(2.4)	97.3	(2.96)
20 and over.....	1550	36	(2.4)	110.9	(1.74)	18.5	(1.20)	17	(1.1)	121.9	(3.94)	52.0	(2.40)	43	(2.2)	104.9	(2.60)
2 and over...	2519	35	(2.1)	107.5	(1.19)	17.2	(0.95)	16	(0.9)	115.7	(2.62)	48.4	(1.75)	42	(1.7)	103.0	(2.08)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	96.8	(2.09)	17.3	(1.55)	18	(1.6)	102.6	(3.68)	43.1	(1.88)	42	(2.5)	92.9	(3.02)
20 and over.....	1882	42	(1.5)	115.9	(1.92)	21.8	(1.05)	19	(0.9)	122.3	(2.70)	51.4	(2.15)	42	(1.7)	111.3	(2.04)
2 and over...	3015	42	(1.6)	111.5	(1.89)	20.8	(1.05)	19	(1.0)	118.0	(2.79)	49.6	(1.75)	42	(1.4)	106.9	(2.05)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	98.8	(3.20)	17.9	(2.15)	18	(1.8)	103.4	(4.63)	40.0	(4.47)	39	(2.8)	95.1	(3.62)
20 and over.....	1303	48	(1.8)	122.2	(2.01)	20.3	(0.80)	17	(0.6)	126.3	(2.78)	42.7	(2.07)	34	(1.5)	118.6	(3.20)
2 and over...	2060	47	(1.5)	116.4	(1.46)	19.7	(0.77)	17	(0.6)	120.8	(2.56)	42.1	(1.97)	35	(1.4)	112.5	(2.47)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	97.7	(1.25)	16.5	(0.98)	17	(0.9)	101.3	(1.76)	40.6	(2.17)	40	(1.9)	95.3	(1.80)
20 and over.....	5047	42	(1.0)	117.0	(1.03)	20.3	(0.71)	17	(0.6)	123.7	(1.74)	48.2	(1.44)	39	(1.2)	112.1	(1.03)
2 and over...	8066	42	(0.9)	112.3	(0.99)	19.4	(0.61)	17	(0.5)	118.5	(1.69)	46.4	(1.35)	39	(1.0)	107.9	(0.91)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	2134	(45.8)	234	(32.0)	11	(1.4)	2044	(77.9)	664	(61.7)	32	(2.7)	2183	(66.9)
20 and over.....	1550	36	(2.4)	2488	(45.3)	311	(21.2)	12	(0.9)	2593	(90.3)	874	(37.4)	34	(1.2)	2430	(44.7)
2 and over...	2519	35	(2.1)	2399	(37.4)	291	(18.6)	12	(0.8)	2456	(63.6)	821	(29.5)	33	(0.9)	2368	(38.1)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	2108	(40.9)	288	(27.4)	14	(1.3)	2101	(74.7)	716	(40.5)	34	(2.1)	2113	(65.6)
20 and over.....	1882	42	(1.5)	2629	(29.4)	372	(17.8)	14	(0.7)	2595	(53.9)	878	(32.9)	34	(1.1)	2654	(38.2)
2 and over...	3015	42	(1.6)	2509	(31.1)	353	(18.2)	14	(0.7)	2486	(50.2)	842	(29.8)	34	(1.0)	2525	(37.1)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	2256	(64.7)	314	(36.2)	14	(1.4)	2247	(89.6)	701	(70.8)	31	(2.2)	2262	(80.8)
20 and over.....	1303	48	(1.8)	2806	(54.6)	389	(19.5)	14	(0.7)	2823	(73.8)	817	(32.5)	29	(1.2)	2791	(75.3)
2 and over...	2060	47	(1.5)	2669	(46.0)	370	(18.7)	14	(0.7)	2686	(67.5)	789	(32.5)	29	(1.0)	2655	(62.8)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	2163	(28.0)	282	(18.9)	13	(0.8)	2143	(46.1)	695	(40.7)	32	(1.6)	2178	(32.6)
20 and over.....	5047	42	(1.0)	2658	(30.9)	359	(12.8)	14	(0.4)	2695	(49.1)	850	(21.6)	32	(0.7)	2630	(34.2)
2 and over...	8066	42	(0.9)	2538	(28.7)	340	(11.8)	13	(0.4)	2566	(45.2)	813	(22.5)	32	(0.7)	2518	(26.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	2998	(69.7)	432	(45.4)	14	(1.3)	3118	(90.5)	1225	(81.4)	39	(2.3)	2932	(86.7)
20 and over.....	1550	36	(2.4)	3345	(36.4)	585	(36.4)	17	(1.1)	3756	(89.9)	1647	(76.0)	44	(2.0)	3118	(54.7)
2 and over...	2519	35	(2.1)	3258	(29.2)	547	(29.5)	17	(0.9)	3598	(59.4)	1542	(58.8)	43	(1.5)	3071	(48.4)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	2968	(35.5)	596	(48.7)	20	(1.6)	3265	(83.9)	1482	(77.0)	45	(1.9)	2768	(47.4)
20 and over.....	1882	42	(1.5)	3579	(47.4)	689	(33.4)	19	(1.0)	3753	(74.2)	1626	(69.9)	43	(1.6)	3450	(56.2)
2 and over...	3015	42	(1.6)	3438	(39.4)	667	(33.6)	19	(1.0)	3645	(68.3)	1594	(62.4)	44	(1.4)	3288	(48.8)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	3136	(107.1)	584	(61.8)	19	(1.6)	3264	(175.8)	1303	(131.4)	40	(2.0)	3032	(90.0)
20 and over.....	1303	48	(1.8)	3624	(55.2)	619	(20.8)	17	(0.6)	3818	(114.3)	1299	(55.0)	34	(1.4)	3449	(68.2)
2 and over...	2060	47	(1.5)	3503	(51.7)	610	(21.6)	17	(0.6)	3686	(110.4)	1300	(55.1)	35	(1.2)	3341	(47.5)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	3034	(39.7)	548	(31.7)	18	(0.9)	3218	(74.2)	1351	(73.6)	42	(1.6)	2909	(40.5)
20 and over.....	5047	42	(1.0)	3529	(30.1)	634	(20.6)	18	(0.6)	3777	(63.6)	1502	(40.3)	40	(1.0)	3348	(33.8)
2 and over...	8066	42	(0.9)	3409	(27.7)	613	(19.2)	18	(0.5)	3646	(63.2)	1467	(42.3)	40	(0.9)	3239	(25.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C a f f e i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	27.2	(3.97)	4.1	(0.98)	15	(3.8)	35.1	(4.58)	11.7	(2.36)	33	(4.6)	22.9	(6.22)
20 and over.....	1550	36	(2.4)	157.6	(19.06)	16.5	(2.91)	10	(2.1)	159.3	(16.82)	46.4	(7.10)	29	(3.9)	156.7	(22.99)
2 and over...	2519	35	(2.1)	125.0	(16.01)	13.4	(2.14)	11	(2.1)	128.4	(12.86)	37.8	(5.39)	29	(3.6)	123.1	(19.76)
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	28.1	(3.76)	6.2	(1.42)	22	(3.8)	32.8	(5.29)	15.4	(3.84)	47	(6.4)	24.9	(4.37)
20 and over.....	1882	42	(1.5)	163.6	(8.29)	18.5	(1.87)	11	(1.3)	170.8	(11.92)	43.7	(4.25)	26	(3.3)	158.3	(8.97)
2 and over...	3015	42	(1.6)	132.2	(7.79)	15.7	(1.49)	12	(1.3)	140.2	(10.83)	37.4	(3.50)	27	(3.1)	126.5	(8.21)
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	28.9	(3.85)	5.8	(0.71)	20	(4.6)	36.6	(4.57)	13.0	(1.55)	36	(4.8)	22.7*	(7.31)
20 and over.....	1303	48	(1.8)	172.1	(5.23)	27.5	(1.93)	16	(1.2)	174.0	(8.18)	57.8	(3.75)	33	(2.3)	170.5	(7.51)
2 and over...	2060	47	(1.5)	136.5	(6.29)	22.1	(1.47)	16	(1.3)	141.3	(7.85)	47.1	(2.77)	33	(2.3)	132.3	(6.76)
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	28.3	(2.35)	5.4	(0.64)	19	(2.6)	35.5	(2.85)	13.4	(1.59)	38	(4.3)	23.4	(3.51)
20 and over.....	5047	42	(1.0)	165.0	(6.40)	20.7	(1.37)	13	(0.9)	172.0	(9.78)	49.1	(2.70)	29	(2.1)	159.9	(7.52)
2 and over...	8066	42	(0.9)	132.0	(6.00)	17.0	(1.13)	13	(0.9)	140.0	(8.18)	40.8	(2.33)	29	(2.0)	126.2	(6.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	35	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1550	36	(2.4)	9.8	(1.30)	0.2*	(0.09)	2*	(1.0)	9.8	(1.79)	0.6*	(0.23)	6*	(2.8)	9.8	(1.35)
2 and over...	2519	35	(2.1)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1133	40	(3.0)	--		--		--		--		--		--		--	
20 and over.....	1882	42	(1.5)	11.1	(1.24)	0.2*	(0.17)	2*	(1.6)	10.8	(1.62)	0.6*	(0.39)	5*	(3.5)	11.3	(1.91)
2 and over...	3015	42	(1.6)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	757	45	(2.2)	--		--		--		--		--		--		--	
20 and over.....	1303	48	(1.8)	12.1	(0.90)	0.2*	(0.10)	2*	(0.8)	11.7	(1.62)	0.4*	(0.20)	4*	(1.8)	12.6	(1.16)
2 and over...	2060	47	(1.5)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3019	41	(1.1)	--		--		--		--		--		--		--	
20 and over.....	5047	42	(1.0)	11.0	(0.84)	0.2*	(0.08)	2*	(0.8)	10.8	(0.99)	0.5*	(0.19)	5*	(1.7)	11.2	(1.05)
2 and over...	8066	42	(0.9)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014

F o o d e n e r g y

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake kcal	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants kcal	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake kcal	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants kcal	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1835	(23.7)	250	(21.3)	14	(1.1)	1952	(55.1)	694	(34.2)	36	(1.6)	1769	(32.5)
20 and over.....	1596	37	(1.9)	2157	(21.0)	342	(22.4)	16	(1.0)	2415	(62.0)	918	(30.1)	38	(1.4)	2005	(30.3)
2 and over...	2974	37	(1.5)	2053	(17.1)	312	(15.9)	15	(0.8)	2269	(38.2)	847	(23.4)	37	(1.0)	1928	(22.3)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1938	(46.6)	356	(38.5)	18	(1.9)	2116	(83.4)	830	(68.0)	39	(3.0)	1804	(54.5)
20 and over.....	1622	41	(1.6)	2146	(33.9)	360	(20.2)	17	(0.9)	2297	(60.9)	880	(38.8)	38	(1.5)	2042	(29.2)
2 and over...	2526	41	(1.7)	2094	(32.7)	359	(20.4)	17	(1.0)	2250	(59.3)	867	(39.0)	39	(1.5)	1984	(32.3)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1899	(60.4)	311	(22.6)	16	(1.0)	1953	(61.2)	728	(53.7)	37	(1.8)	1858	(77.6)
20 and over.....	1468	47	(1.8)	2136	(26.6)	332	(20.7)	16	(1.0)	2227	(40.8)	710	(33.9)	32	(1.6)	2057	(34.4)
2 and over...	2010	46	(1.6)	2095	(20.8)	329	(17.0)	16	(0.8)	2183	(36.2)	713	(29.9)	33	(1.4)	2020	(28.9)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1885	(21.1)	304	(16.6)	16	(0.8)	2004	(31.9)	749	(34.8)	37	(1.5)	1804	(24.4)
20 and over.....	5047	42	(1.0)	2141	(18.7)	342	(10.9)	16	(0.5)	2290	(34.6)	809	(20.4)	35	(0.8)	2033	(19.6)
2 and over...	8066	42	(0.9)	2079	(17.2)	332	(9.9)	16	(0.4)	2223	(31.6)	795	(20.3)	36	(0.7)	1976	(17.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	67.7	(1.68)	9.7	(0.91)	14	(1.2)	68.7	(2.17)	26.9	(1.48)	39	(2.1)	67.1	(2.57)
20 and over.....	1596	37	(1.9)	80.5	(1.50)	14.3	(0.99)	18	(1.2)	89.7	(3.26)	38.4	(1.71)	43	(2.0)	75.1	(1.81)
2 and over...	2974	37	(1.5)	76.4	(1.19)	12.8	(0.65)	17	(0.8)	83.1	(2.06)	34.8	(1.13)	42	(1.3)	72.5	(1.43)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	72.1	(2.15)	14.0	(1.91)	19	(2.4)	77.3	(4.78)	32.5	(3.82)	42	(3.5)	68.2	(2.36)
20 and over.....	1622	41	(1.6)	84.3	(1.40)	15.1	(0.84)	18	(1.0)	88.6	(2.71)	36.8	(1.62)	42	(1.8)	81.4	(1.76)
2 and over...	2526	41	(1.7)	81.3	(1.47)	14.8	(0.92)	18	(1.1)	85.7	(3.03)	35.7	(1.79)	42	(1.7)	78.2	(1.71)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	69.7	(2.59)	11.3	(0.85)	16	(1.1)	69.9	(2.58)	26.3	(2.17)	38	(2.3)	69.6	(3.94)
20 and over.....	1468	47	(1.8)	84.9	(1.28)	13.7	(0.91)	16	(0.9)	86.8	(1.90)	29.3	(1.50)	34	(1.8)	83.2	(1.91)
2 and over...	2010	46	(1.6)	82.2	(1.10)	13.3	(0.78)	16	(0.8)	84.1	(1.60)	28.9	(1.39)	34	(1.7)	80.7	(1.71)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	69.8	(1.16)	11.7	(0.74)	17	(0.9)	72.0	(1.93)	28.8	(1.66)	40	(1.8)	68.3	(1.50)
20 and over.....	5047	42	(1.0)	83.6	(0.73)	14.2	(0.46)	17	(0.5)	87.9	(1.37)	33.7	(0.93)	38	(1.1)	80.5	(0.99)
2 and over...	8066	42	(0.9)	80.3	(0.74)	13.6	(0.42)	17	(0.5)	84.1	(1.41)	32.6	(0.94)	39	(0.9)	77.5	(0.75)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Quick Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4] Total Intake g	(SE)	Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Carbohydrate																	
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	240	(3.1)	28	(2.6)	12	(1.1)	249	(6.1)	78	(4.0)	31	(1.5)	235	(5.9)
20 and over.....	1596	37	(1.9)	267	(3.5)	37	(2.4)	14	(0.9)	295	(7.0)	99	(2.9)	33	(1.2)	251	(4.3)
2 and over...	2974	37	(1.5)	258	(2.9)	34	(1.8)	13	(0.7)	281	(4.4)	92	(2.5)	33	(0.9)	245	(3.9)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	252	(6.6)	41	(4.5)	16	(1.8)	270	(9.9)	96	(7.3)	35	(3.0)	239	(7.6)
20 and over.....	1622	41	(1.6)	253	(3.9)	39	(2.2)	16	(0.8)	270	(8.1)	96	(3.8)	36	(1.2)	241	(3.6)
2 and over...	2526	41	(1.7)	253	(3.4)	40	(2.4)	16	(0.9)	270	(6.7)	96	(4.1)	36	(1.4)	240	(3.7)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	251	(7.9)	37	(3.0)	15	(1.0)	257	(9.1)	87	(6.9)	34	(1.8)	247	(9.2)
20 and over.....	1468	47	(1.8)	245	(3.1)	36	(2.5)	15	(1.0)	255	(3.6)	77	(4.0)	30	(1.6)	236	(4.3)
2 and over...	2010	46	(1.6)	246	(2.6)	36	(2.0)	15	(0.8)	255	(3.4)	79	(3.4)	31	(1.3)	238	(4.0)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	246	(2.8)	35	(2.0)	14	(0.8)	258	(3.1)	86	(4.2)	34	(1.5)	239	(3.4)
20 and over.....	5047	42	(1.0)	253	(2.1)	37	(1.3)	15	(0.5)	269	(3.9)	88	(2.2)	33	(0.8)	241	(2.1)
2 and over...	8066	42	(0.9)	251	(2.1)	37	(1.2)	15	(0.4)	266	(3.4)	88	(2.3)	33	(0.7)	240	(2.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

T o t a l s u g a r s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	110	(2.4)	9	(1.1)	9	(1.0)	112	(3.7)	26	(2.1)	23	(1.9)	109	(4.5)
20 and over.....	1596	37	(1.9)	126	(2.7)	13	(1.1)	10	(0.8)	138	(4.3)	35	(1.8)	26	(0.9)	119	(3.5)
2 and over...	2974	37	(1.5)	121	(2.5)	12	(0.9)	10	(0.7)	129	(3.0)	33	(1.6)	25	(0.9)	116	(3.2)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	118	(4.1)	15	(1.9)	12	(1.7)	124	(7.0)	34	(3.8)	27	(3.3)	113	(4.2)
20 and over.....	1622	41	(1.6)	114	(3.0)	14	(1.0)	12	(0.9)	122	(5.1)	34	(1.7)	28	(1.5)	108	(2.8)
2 and over...	2526	41	(1.7)	115	(2.3)	14	(1.1)	12	(1.0)	123	(4.1)	34	(1.9)	27	(1.6)	109	(2.3)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	119	(4.1)	16	(1.8)	13	(1.3)	122	(5.8)	37	(4.0)	30	(2.1)	116	(4.3)
20 and over.....	1468	47	(1.8)	101	(1.7)	12	(1.1)	12	(1.1)	105	(1.7)	27	(1.8)	25	(1.7)	97	(2.4)
2 and over...	2010	46	(1.6)	104	(1.6)	13	(0.9)	13	(0.8)	108	(1.7)	28	(1.5)	26	(1.3)	101	(2.3)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	114	(1.7)	13	(1.1)	11	(0.9)	119	(2.1)	32	(2.3)	27	(1.9)	111	(2.2)
20 and over.....	5047	42	(1.0)	111	(1.4)	13	(0.5)	12	(0.5)	118	(2.4)	31	(1.0)	26	(0.7)	107	(1.3)
2 and over...	8066	42	(0.9)	112	(1.3)	13	(0.5)	12	(0.4)	118	(2.0)	31	(1.0)	26	(0.7)	108	(1.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	13.8	(0.42)	1.7	(0.15)	12	(1.1)	13.5	(0.60)	4.6	(0.22)	34	(1.7)	14.0	(0.47)
20 and over.....	1596	37	(1.9)	15.6	(0.42)	2.1	(0.16)	14	(1.2)	16.0	(0.51)	5.7	(0.30)	36	(2.2)	15.4	(0.63)
2 and over...	2974	37	(1.5)	15.0	(0.37)	2.0	(0.12)	13	(0.8)	15.2	(0.34)	5.3	(0.22)	35	(1.5)	14.9	(0.50)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	13.9	(0.33)	2.1	(0.20)	15	(1.5)	13.5	(0.39)	5.0	(0.30)	37	(2.0)	14.2	(0.68)
20 and over.....	1622	41	(1.6)	16.8	(0.39)	2.2	(0.14)	13	(0.9)	15.6	(0.38)	5.4	(0.30)	35	(1.8)	17.5	(0.70)
2 and over...	2526	41	(1.7)	16.0	(0.29)	2.2	(0.11)	14	(0.7)	15.1	(0.33)	5.3	(0.23)	35	(1.5)	16.7	(0.50)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	14.3	(0.44)	1.9	(0.16)	13	(1.0)	14.0	(0.50)	4.4	(0.31)	31	(1.9)	14.5	(0.61)
20 and over.....	1468	47	(1.8)	18.2	(0.37)	2.3	(0.14)	13	(0.6)	17.7	(0.60)	4.9	(0.26)	28	(1.3)	18.7	(0.51)
2 and over...	2010	46	(1.6)	17.5	(0.30)	2.2	(0.12)	13	(0.6)	17.1	(0.50)	4.8	(0.24)	28	(1.1)	17.9	(0.45)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	13.9	(0.19)	1.9	(0.08)	13	(0.6)	13.6	(0.27)	4.6	(0.15)	34	(0.9)	14.1	(0.23)
20 and over.....	5047	42	(1.0)	17.1	(0.27)	2.2	(0.08)	13	(0.4)	16.7	(0.39)	5.2	(0.15)	31	(0.9)	17.3	(0.43)
2 and over...	8066	42	(0.9)	16.3	(0.21)	2.1	(0.06)	13	(0.3)	16.0	(0.29)	5.1	(0.13)	32	(0.7)	16.5	(0.33)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	69.2	(1.47)	11.0	(0.88)	16	(1.2)	77.7	(2.99)	30.6	(1.63)	39	(1.8)	64.5	(1.35)
20 and over.....	1596	37	(1.9)	80.6	(1.01)	15.3	(1.02)	19	(1.3)	92.9	(2.06)	41.1	(1.47)	44	(1.7)	73.3	(1.80)
2 and over...	2974	37	(1.5)	76.9	(0.84)	13.9	(0.70)	18	(0.9)	88.1	(1.49)	37.8	(1.17)	43	(1.2)	70.4	(1.28)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	73.0	(1.89)	15.3	(1.59)	21	(1.9)	81.7	(3.89)	35.6	(2.97)	44	(2.7)	66.5	(2.39)
20 and over.....	1622	41	(1.6)	84.2	(1.54)	15.9	(0.99)	19	(1.2)	90.6	(2.39)	39.0	(2.14)	43	(2.1)	79.8	(1.72)
2 and over...	2526	41	(1.7)	81.4	(1.50)	15.8	(0.85)	19	(1.0)	88.3	(2.49)	38.1	(1.87)	43	(1.8)	76.6	(1.77)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	70.8	(2.71)	13.2	(0.97)	19	(1.1)	74.1	(3.29)	31.0	(2.42)	42	(1.8)	68.4	(3.80)
20 and over.....	1468	47	(1.8)	83.4	(1.62)	14.6	(0.83)	18	(1.0)	88.7	(2.56)	31.3	(1.36)	35	(1.8)	78.7	(2.15)
2 and over...	2010	46	(1.6)	81.2	(1.50)	14.4	(0.69)	18	(0.8)	86.3	(2.44)	31.2	(1.23)	36	(1.5)	76.8	(2.01)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	70.9	(1.19)	13.2	(0.66)	19	(0.8)	77.9	(1.80)	32.5	(1.41)	42	(1.4)	66.2	(1.37)
20 and over.....	5047	42	(1.0)	82.9	(0.89)	15.1	(0.47)	18	(0.5)	90.3	(1.64)	35.8	(0.93)	40	(1.0)	77.5	(1.20)
2 and over...	8066	42	(0.9)	80.0	(0.79)	14.6	(0.40)	18	(0.4)	87.4	(1.43)	35.0	(0.87)	40	(0.8)	74.7	(1.07)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat															
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	23.6	(0.53)	3.7	(0.29)	15	(1.2)	25.8	(0.89)	10.1	(0.53)	39	(1.8)	22.4	(0.57)
20 and over.....	1596	37	(1.9)	26.3	(0.49)	5.2	(0.35)	20	(1.3)	30.4	(0.61)	14.1	(0.57)	46	(1.7)	23.9	(0.78)
2 and over...	2974	37	(1.5)	25.4	(0.43)	4.7	(0.24)	19	(0.9)	29.0	(0.46)	12.8	(0.46)	44	(1.3)	23.4	(0.61)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	25.3	(0.94)	5.1	(0.45)	20	(1.6)	28.7	(1.44)	11.8	(0.76)	41	(2.2)	22.8	(1.04)
20 and over.....	1622	41	(1.6)	27.2	(0.46)	5.3	(0.35)	19	(1.2)	29.7	(0.83)	12.9	(0.79)	43	(2.2)	25.4	(0.44)
2 and over...	2526	41	(1.7)	26.7	(0.46)	5.2	(0.26)	20	(1.0)	29.5	(0.84)	12.6	(0.66)	43	(1.7)	24.8	(0.53)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	25.3	(0.68)	4.5	(0.32)	18	(1.2)	26.1	(1.13)	10.6	(0.68)	41	(1.7)	24.8	(1.22)
20 and over.....	1468	47	(1.8)	26.7	(0.55)	5.0	(0.30)	19	(1.1)	28.8	(0.96)	10.6	(0.50)	37	(1.9)	24.7	(0.73)
2 and over...	2010	46	(1.6)	26.4	(0.50)	4.9	(0.25)	18	(1.0)	28.4	(0.89)	10.6	(0.43)	37	(1.6)	24.7	(0.74)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	24.7	(0.43)	4.4	(0.19)	18	(0.6)	26.9	(0.52)	10.9	(0.32)	41	(1.2)	23.3	(0.59)
20 and over.....	5047	42	(1.0)	26.7	(0.27)	5.1	(0.16)	19	(0.6)	29.5	(0.52)	12.1	(0.31)	41	(1.0)	24.8	(0.41)
2 and over...	8066	42	(0.9)	26.3	(0.24)	4.9	(0.13)	19	(0.4)	28.9	(0.42)	11.8	(0.27)	41	(0.8)	24.4	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	23.2	(0.54)	3.7	(0.30)	16	(1.2)	26.0	(1.10)	10.3	(0.58)	40	(1.8)	21.6	(0.50)
20 and over.....	1596	37	(1.9)	27.9	(0.34)	5.2	(0.35)	19	(1.2)	32.2	(0.77)	14.0	(0.53)	43	(1.6)	25.3	(0.65)
2 and over...	2974	37	(1.5)	26.3	(0.28)	4.7	(0.24)	18	(0.9)	30.2	(0.58)	12.8	(0.43)	42	(1.1)	24.1	(0.46)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	24.4	(0.75)	5.0	(0.51)	21	(1.8)	26.9	(1.42)	11.7	(0.99)	43	(2.7)	22.5	(1.11)
20 and over.....	1622	41	(1.6)	29.2	(0.64)	5.4	(0.36)	19	(1.3)	30.9	(0.90)	13.2	(0.75)	43	(2.1)	28.1	(0.89)
2 and over...	2526	41	(1.7)	28.0	(0.62)	5.3	(0.31)	19	(1.1)	29.9	(0.96)	12.9	(0.67)	43	(1.8)	26.7	(0.82)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	23.3	(1.08)	4.3	(0.31)	18	(1.1)	24.4	(1.03)	10.1	(0.80)	41	(1.9)	22.5	(1.55)
20 and over.....	1468	47	(1.8)	29.1	(0.59)	4.9	(0.27)	17	(1.0)	30.9	(0.87)	10.5	(0.44)	34	(1.8)	27.6	(0.84)
2 and over...	2010	46	(1.6)	28.1	(0.55)	4.8	(0.22)	17	(0.8)	29.9	(0.83)	10.4	(0.40)	35	(1.6)	26.6	(0.77)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	23.6	(0.48)	4.3	(0.23)	18	(0.8)	25.9	(0.66)	10.7	(0.49)	41	(1.4)	22.1	(0.56)
20 and over.....	5047	42	(1.0)	28.8	(0.31)	5.1	(0.17)	18	(0.5)	31.2	(0.59)	12.1	(0.32)	39	(1.0)	27.1	(0.50)
2 and over...	8066	42	(0.9)	27.6	(0.30)	4.9	(0.15)	18	(0.5)	30.0	(0.54)	11.8	(0.31)	39	(0.8)	25.8	(0.45)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	15.7	(0.45)	2.7	(0.24)	17	(1.4)	18.5	(0.90)	7.4	(0.49)	40	(2.2)	14.1	(0.46)
20 and over.....	1596	37	(1.9)	18.7	(0.46)	3.4	(0.25)	18	(1.4)	21.4	(0.76)	9.2	(0.39)	43	(2.0)	17.0	(0.47)
2 and over...	2974	37	(1.5)	17.7	(0.36)	3.2	(0.17)	18	(1.0)	20.5	(0.50)	8.7	(0.26)	42	(1.4)	16.0	(0.38)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	16.4	(0.47)	3.7	(0.54)	23	(2.8)	18.4	(1.17)	8.7	(1.11)	47	(3.7)	14.9	(0.47)
20 and over.....	1622	41	(1.6)	19.7	(0.49)	3.8	(0.23)	19	(1.2)	21.3	(0.73)	9.2	(0.49)	43	(2.2)	18.7	(0.49)
2 and over...	2526	41	(1.7)	18.9	(0.39)	3.7	(0.22)	20	(1.1)	20.5	(0.63)	9.0	(0.46)	44	(2.1)	17.8	(0.43)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	15.4	(1.01)	3.1	(0.34)	20	(1.5)	16.3	(1.26)	7.2	(0.89)	44	(2.5)	14.7	(1.04)
20 and over.....	1468	47	(1.8)	19.8	(0.48)	3.3	(0.20)	17	(0.9)	20.6	(0.67)	7.1	(0.35)	35	(1.7)	19.1	(0.67)
2 and over...	2010	46	(1.6)	19.0	(0.44)	3.3	(0.18)	17	(0.8)	19.9	(0.70)	7.1	(0.35)	36	(1.5)	18.3	(0.55)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	15.8	(0.41)	3.1	(0.22)	20	(1.2)	17.8	(0.67)	7.8	(0.53)	44	(1.9)	14.4	(0.39)
20 and over.....	5047	42	(1.0)	19.5	(0.31)	3.5	(0.11)	18	(0.5)	21.1	(0.49)	8.2	(0.26)	39	(1.0)	18.3	(0.34)
2 and over...	8066	42	(0.9)	18.6	(0.26)	3.4	(0.11)	18	(0.5)	20.3	(0.43)	8.1	(0.25)	40	(0.9)	17.4	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	224	(7.6)	30	(2.7)	13	(1.1)	231	(10.8)	82	(5.4)	36	(2.5)	219	(9.7)
20 and over.....	1596	37	(1.9)	292	(6.7)	46	(3.6)	16	(1.2)	304	(9.2)	124	(6.5)	41	(1.9)	285	(11.9)
2 and over...	2974	37	(1.5)	270	(4.7)	41	(2.3)	15	(0.9)	281	(5.9)	111	(4.9)	39	(1.5)	264	(8.0)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	233	(8.5)	41	(7.1)	18	(2.8)	247	(20.5)	96	(14.2)	39	(4.3)	222	(13.4)
20 and over.....	1622	41	(1.6)	303	(8.0)	50	(2.9)	16	(0.9)	327	(12.2)	121	(5.3)	37	(1.7)	286	(12.2)
2 and over...	2526	41	(1.7)	285	(7.6)	48	(3.2)	17	(1.1)	306	(12.4)	115	(5.9)	38	(1.5)	270	(11.3)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	211	(9.1)	36	(2.8)	17	(1.0)	219	(15.1)	85	(7.6)	39	(2.1)	205	(9.6)
20 and over.....	1468	47	(1.8)	285	(8.1)	44	(2.8)	16	(1.0)	297	(12.7)	95	(5.4)	32	(2.1)	275	(10.0)
2 and over...	2010	46	(1.6)	272	(6.8)	43	(2.5)	16	(0.9)	284	(10.3)	93	(4.8)	33	(2.0)	262	(8.5)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	224	(5.3)	36	(2.6)	16	(1.1)	233	(8.3)	89	(6.2)	38	(1.9)	218	(7.4)
20 and over.....	5047	42	(1.0)	293	(4.2)	46	(1.8)	16	(0.6)	308	(6.3)	110	(4.1)	36	(1.2)	282	(6.0)
2 and over...	8066	42	(0.9)	276	(3.7)	44	(1.6)	16	(0.6)	291	(5.9)	105	(3.7)	36	(1.0)	266	(5.0)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Vitamin A (RAE)																		
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	537	(18.5)	40	(5.6)	7	(1.1)	491	(21.3)	111	(12.0)	23	(2.3)	563	(22.9)
20 and over.....	1596	37	(1.9)	573	(23.7)	64	(4.8)	11	(1.1)	578	(44.5)	171	(10.7)	30	(2.7)	570	(19.4)
2 and over...	2974	37	(1.5)	561	(19.0)	56	(3.5)	10	(0.8)	551	(31.6)	152	(8.6)	28	(1.9)	568	(18.5)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	625	(22.6)	59	(6.6)	9	(1.3)	602	(40.9)	138	(11.3)	23	(2.2)	642	(31.1)
20 and over.....	1622	41	(1.6)	648	(26.2)	61	(4.0)	9	(0.6)	573	(19.8)	149	(9.6)	26	(1.7)	700	(35.3)
2 and over...	2526	41	(1.7)	642	(22.7)	61	(2.8)	9	(0.5)	581	(16.5)	147	(7.1)	25	(1.2)	686	(31.0)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	640	(20.2)	58	(7.0)	9	(1.0)	620	(34.0)	137	(15.8)	22	(2.4)	655	(26.3)
20 and over.....	1468	47	(1.8)	661	(17.1)	70	(5.1)	11	(0.8)	650	(19.6)	149	(9.3)	23	(1.5)	671	(26.4)
2 and over...	2010	46	(1.6)	657	(13.3)	68	(4.8)	10	(0.8)	645	(16.2)	147	(8.6)	23	(1.3)	668	(22.7)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	598	(14.6)	53	(3.2)	9	(0.6)	566	(14.5)	130	(5.9)	23	(1.0)	619	(19.3)
20 and over.....	5047	42	(1.0)	637	(12.2)	65	(1.9)	10	(0.3)	614	(16.9)	153	(4.9)	25	(0.9)	653	(13.5)
2 and over...	8066	42	(0.9)	627	(11.5)	62	(1.3)	10	(0.2)	603	(13.4)	148	(3.6)	24	(0.6)	645	(14.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Beta carotene																
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]				*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1071	(79.3)	79	(18.2)	7	(1.8)	995	(113.7)	220	(41.4)	22	(4.3)	1114	(90.1)
20 and over.....	1596	37	(1.9)	1727	(100.9)	147	(16.5)	9	(1.4)	1483	(186.2)	395	(42.4)	27	(4.1)	1871	(153.3)
2 and over...	2974	37	(1.5)	1515	(84.7)	125	(11.8)	8	(1.2)	1329	(135.2)	339	(30.8)	26	(3.4)	1623	(116.0)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1341	(222.4)	74	(8.5)	5	(1.3)	1114	(240.3)	172	(16.5)	15	(3.4)	1512	(307.9)
20 and over.....	1622	41	(1.6)	2316	(158.2)	137	(15.8)	6	(0.8)	1622	(85.3)	335	(34.8)	21	(2.3)	2796	(256.0)
2 and over...	2526	41	(1.7)	2074	(140.1)	121	(11.6)	6	(0.7)	1492	(81.1)	293	(26.6)	20	(2.0)	2486	(218.9)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1592	(169.0)	102	(23.7)	6	(1.4)	1558	(261.0)	237	(60.4)	15	(4.2)	1618	(188.4)
20 and over.....	1468	47	(1.8)	2507	(145.7)	196	(24.5)	8	(1.0)	2314	(144.4)	420	(51.3)	18	(1.5)	2676	(237.7)
2 and over...	2010	46	(1.6)	2347	(122.2)	180	(22.4)	8	(0.9)	2191	(134.1)	390	(47.9)	18	(1.5)	2479	(183.4)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1303	(97.0)	85	(8.2)	6	(0.8)	1173	(111.8)	208	(18.4)	18	(1.9)	1392	(125.1)
20 and over.....	5047	42	(1.0)	2271	(89.2)	163	(9.8)	7	(0.4)	1948	(93.2)	385	(26.5)	20	(0.9)	2508	(131.0)
2 and over...	8066	42	(0.9)	2037	(80.3)	144	(7.5)	7	(0.4)	1766	(77.3)	344	(21.2)	19	(0.8)	2232	(113.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake µg	(SE)	All Individuals [3] Intake from Quick Service Restaurants µg	(SE)	All Individuals [3] Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4] Total Intake µg	(SE)	Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5] Total Intake µg	(SE)
Lycopene																	
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	3997	(264.1)	649	(88.1)	16	(2.3)	4053	(277.4)	1802	(194.2)	44	(3.5)	3966	(407.5)
20 and over.....	1596	37	(1.9)	4533	(289.5)	908	(96.0)	20	(2.1)	4959	(357.3)	2441	(189.8)	49	(4.3)	4281	(417.3)
2 and over...	2974	37	(1.5)	4360	(244.0)	825	(69.7)	19	(1.5)	4673	(255.6)	2239	(145.7)	48	(2.8)	4178	(344.5)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	4372	(392.5)	730	(89.1)	17	(2.3)	3906	(543.7)	1701	(190.3)	44	(7.2)	4722	(618.7)
20 and over.....	1622	41	(1.6)	4893	(255.7)	844	(79.2)	17	(1.5)	4881	(285.6)	2064	(193.3)	42	(3.1)	4902	(347.3)
2 and over...	2526	41	(1.7)	4764	(232.7)	816	(62.6)	17	(1.3)	4631	(256.5)	1971	(150.9)	43	(3.3)	4858	(312.3)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	3874	(361.2)	608	(95.2)	16	(2.2)	4704	(949.5)	1420	(213.7)	30	(6.5)	3254	(507.3)
20 and over.....	1468	47	(1.8)	5598	(209.4)	791	(60.4)	14	(1.1)	5271	(279.0)	1690	(114.0)	32	(2.5)	5886	(371.4)
2 and over...	2010	46	(1.6)	5296	(194.1)	759	(48.2)	14	(0.9)	5179	(298.1)	1646	(100.0)	32	(2.0)	5397	(290.0)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	4126	(210.2)	673	(57.8)	16	(1.3)	4251	(268.5)	1661	(132.6)	39	(2.9)	4041	(282.3)
20 and over.....	5047	42	(1.0)	5021	(136.4)	830	(40.6)	17	(0.8)	5032	(170.8)	1965	(97.8)	39	(1.9)	5013	(208.0)
2 and over...	8066	42	(0.9)	4805	(121.3)	792	(30.2)	16	(0.6)	4849	(122.2)	1894	(77.2)	39	(1.5)	4773	(184.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1.47	(0.032)	0.19	(0.018)	13	(1.2)	1.48	(0.046)	0.52	(0.031)	35	(1.9)	1.47	(0.036)
20 and over.....	1596	37	(1.9)	1.59	(0.028)	0.27	(0.020)	17	(1.4)	1.80	(0.067)	0.72	(0.035)	40	(2.5)	1.46	(0.037)
2 and over...	2974	37	(1.5)	1.55	(0.022)	0.24	(0.014)	16	(0.9)	1.70	(0.040)	0.66	(0.025)	39	(1.7)	1.46	(0.030)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1.63	(0.046)	0.28	(0.030)	17	(1.7)	1.68	(0.079)	0.65	(0.058)	39	(3.0)	1.59	(0.091)
20 and over.....	1622	41	(1.6)	1.63	(0.033)	0.27	(0.020)	17	(1.2)	1.68	(0.048)	0.67	(0.045)	40	(2.2)	1.60	(0.047)
2 and over...	2526	41	(1.7)	1.63	(0.031)	0.27	(0.018)	17	(1.1)	1.68	(0.041)	0.66	(0.042)	39	(2.1)	1.60	(0.047)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1.59	(0.056)	0.19	(0.015)	12	(1.0)	1.63	(0.109)	0.45	(0.029)	28	(2.6)	1.57	(0.081)
20 and over.....	1468	47	(1.8)	1.65	(0.018)	0.25	(0.018)	15	(1.1)	1.69	(0.034)	0.54	(0.031)	32	(1.7)	1.61	(0.032)
2 and over...	2010	46	(1.6)	1.64	(0.019)	0.24	(0.015)	15	(0.9)	1.68	(0.032)	0.53	(0.026)	32	(1.3)	1.60	(0.031)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1.56	(0.027)	0.22	(0.014)	14	(0.8)	1.60	(0.043)	0.55	(0.028)	35	(1.7)	1.54	(0.030)
20 and over.....	5047	42	(1.0)	1.62	(0.018)	0.26	(0.010)	16	(0.6)	1.71	(0.029)	0.62	(0.020)	36	(1.1)	1.56	(0.024)
2 and over...	8066	42	(0.9)	1.61	(0.018)	0.25	(0.008)	16	(0.4)	1.68	(0.025)	0.61	(0.017)	36	(0.8)	1.56	(0.021)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1.82	(0.036)	0.18	(0.020)	10	(1.0)	1.81	(0.064)	0.50	(0.035)	28	(1.9)	1.83	(0.034)
20 and over.....	1596	37	(1.9)	2.06	(0.055)	0.26	(0.017)	13	(0.9)	2.25	(0.119)	0.70	(0.033)	31	(2.0)	1.95	(0.052)
2 and over...	2974	37	(1.5)	1.99	(0.040)	0.24	(0.011)	12	(0.6)	2.11	(0.082)	0.64	(0.022)	30	(1.4)	1.91	(0.036)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	2.13	(0.073)	0.32	(0.033)	15	(1.6)	2.15	(0.105)	0.75	(0.076)	35	(3.4)	2.11	(0.127)
20 and over.....	1622	41	(1.6)	2.18	(0.047)	0.30	(0.018)	14	(0.9)	2.24	(0.080)	0.73	(0.037)	32	(1.7)	2.13	(0.060)
2 and over...	2526	41	(1.7)	2.17	(0.049)	0.30	(0.019)	14	(0.9)	2.22	(0.066)	0.73	(0.039)	33	(1.6)	2.13	(0.060)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	2.06	(0.072)	0.26	(0.028)	13	(1.4)	2.04	(0.097)	0.61	(0.060)	30	(2.3)	2.08	(0.108)
20 and over.....	1468	47	(1.8)	2.25	(0.043)	0.32	(0.026)	14	(1.1)	2.31	(0.070)	0.69	(0.044)	30	(2.1)	2.21	(0.047)
2 and over...	2010	46	(1.6)	2.22	(0.035)	0.31	(0.022)	14	(1.0)	2.26	(0.053)	0.68	(0.036)	30	(1.8)	2.18	(0.051)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	2.00	(0.040)	0.25	(0.016)	13	(0.7)	1.99	(0.050)	0.62	(0.035)	31	(1.6)	2.00	(0.053)
20 and over.....	5047	42	(1.0)	2.18	(0.028)	0.30	(0.011)	14	(0.5)	2.28	(0.051)	0.71	(0.021)	31	(1.1)	2.10	(0.026)
2 and over...	8066	42	(0.9)	2.13	(0.029)	0.29	(0.010)	13	(0.4)	2.21	(0.044)	0.69	(0.018)	31	(0.8)	2.08	(0.028)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	21.5	(0.64)	3.1	(0.31)	14	(1.2)	22.5	(0.83)	8.6	(0.55)	38	(1.7)	20.9	(0.79)
20 and over.....	1596	37	(1.9)	25.9	(0.54)	4.4	(0.32)	17	(1.2)	31.2	(1.51)	11.7	(0.62)	38	(2.2)	22.8	(0.53)
2 and over...	2974	37	(1.5)	24.5	(0.43)	4.0	(0.22)	16	(0.9)	28.5	(0.97)	10.7	(0.41)	38	(1.6)	22.2	(0.40)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	23.3	(0.78)	4.8	(0.68)	20	(2.6)	24.9	(1.59)	11.1	(1.60)	45	(4.5)	22.1	(1.22)
20 and over.....	1622	41	(1.6)	27.0	(0.71)	4.6	(0.29)	17	(1.1)	29.3	(1.23)	11.2	(0.58)	38	(2.2)	25.5	(0.70)
2 and over...	2526	41	(1.7)	26.1	(0.70)	4.6	(0.35)	18	(1.3)	28.2	(1.12)	11.2	(0.77)	40	(2.2)	24.7	(0.74)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	21.8	(1.16)	3.8	(0.57)	17	(1.8)	23.0	(1.47)	8.9	(1.38)	39	(4.1)	20.9	(1.18)
20 and over.....	1468	47	(1.8)	26.3	(0.28)	4.2	(0.29)	16	(1.1)	27.0	(0.65)	8.9	(0.51)	33	(2.0)	25.6	(0.63)
2 and over...	2010	46	(1.6)	25.5	(0.33)	4.1	(0.26)	16	(1.0)	26.4	(0.63)	8.9	(0.54)	34	(1.9)	24.7	(0.56)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	22.2	(0.45)	3.9	(0.35)	17	(1.3)	23.5	(0.78)	9.6	(0.84)	41	(2.5)	21.4	(0.50)
20 and over.....	5047	42	(1.0)	26.5	(0.24)	4.3	(0.15)	16	(0.6)	28.6	(0.53)	10.3	(0.32)	36	(1.1)	24.9	(0.27)
2 and over...	8066	42	(0.9)	25.4	(0.24)	4.2	(0.16)	17	(0.6)	27.4	(0.55)	10.1	(0.38)	37	(1.0)	24.0	(0.17)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [3]					*Quick Service Restaurant Consumers* [4]				*Non-consumers* [5]		
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1.73	(0.063)	0.17	(0.023)	10	(1.2)	1.65	(0.068)	0.46	(0.048)	28	(2.6)	1.78	(0.087)
20 and over.....	1596	37	(1.9)	2.13	(0.080)	0.25	(0.019)	12	(1.0)	2.44	(0.197)	0.67	(0.041)	27	(2.1)	1.94	(0.050)
2 and over...	2974	37	(1.5)	2.00	(0.062)	0.22	(0.012)	11	(0.7)	2.19	(0.135)	0.60	(0.027)	27	(1.7)	1.89	(0.048)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1.89	(0.081)	0.29	(0.056)	16	(2.9)	1.88	(0.135)	0.68	(0.147)	36	(6.1)	1.90	(0.126)
20 and over.....	1622	41	(1.6)	2.25	(0.079)	0.26	(0.017)	12	(1.0)	2.32	(0.168)	0.63	(0.032)	27	(2.6)	2.20	(0.063)
2 and over...	2526	41	(1.7)	2.16	(0.074)	0.27	(0.024)	12	(1.2)	2.21	(0.127)	0.65	(0.053)	29	(2.6)	2.13	(0.058)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1.82	(0.105)	0.24	(0.044)	13	(2.0)	1.80	(0.112)	0.56	(0.107)	31	(4.8)	1.84	(0.132)
20 and over.....	1468	47	(1.8)	2.20	(0.032)	0.25	(0.020)	11	(0.9)	2.15	(0.080)	0.54	(0.034)	25	(1.8)	2.24	(0.061)
2 and over...	2010	46	(1.6)	2.13	(0.029)	0.25	(0.019)	12	(0.9)	2.10	(0.066)	0.54	(0.039)	26	(1.8)	2.16	(0.050)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1.81	(0.039)	0.23	(0.028)	13	(1.4)	1.77	(0.067)	0.57	(0.071)	32	(3.1)	1.84	(0.051)
20 and over.....	5047	42	(1.0)	2.20	(0.030)	0.25	(0.009)	11	(0.4)	2.27	(0.068)	0.60	(0.019)	26	(1.2)	2.15	(0.030)
2 and over...	8066	42	(0.9)	2.11	(0.028)	0.25	(0.011)	12	(0.5)	2.15	(0.059)	0.59	(0.027)	27	(1.1)	2.07	(0.019)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants µg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants µg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
				F o l a t e (D F E)													
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	496	(16.1)	57	(5.8)	12	(1.2)	483	(15.7)	159	(9.4)	33	(1.9)	503	(20.3)
20 and over.....	1596	37	(1.9)	526	(19.4)	82	(6.9)	16	(1.6)	587	(30.8)	220	(13.6)	38	(2.7)	490	(22.3)
2 and over...	2974	37	(1.5)	517	(16.5)	74	(4.8)	14	(1.1)	554	(20.5)	201	(9.3)	36	(2.0)	494	(19.3)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	521	(30.2)	72	(7.0)	14	(1.4)	527	(31.1)	167	(9.6)	32	(2.3)	516	(44.2)
20 and over.....	1622	41	(1.6)	522	(16.9)	80	(5.0)	15	(1.1)	525	(16.4)	196	(11.9)	37	(2.0)	520	(24.1)
2 and over...	2526	41	(1.7)	522	(16.8)	78	(4.3)	15	(1.0)	526	(15.3)	188	(9.9)	36	(1.8)	519	(22.8)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	497	(14.9)	57	(5.1)	11	(0.9)	504	(35.3)	132	(10.8)	26	(2.4)	492	(21.4)
20 and over.....	1468	47	(1.8)	536	(8.2)	76	(5.4)	14	(1.0)	535	(19.7)	162	(10.6)	30	(2.0)	536	(13.0)
2 and over...	2010	46	(1.6)	529	(6.6)	73	(4.3)	14	(0.8)	530	(17.2)	157	(8.6)	30	(1.7)	528	(12.3)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	510	(12.7)	63	(3.2)	12	(0.6)	506	(15.8)	156	(6.0)	31	(1.2)	514	(14.0)
20 and over.....	5047	42	(1.0)	528	(8.7)	78	(3.2)	15	(0.6)	545	(8.7)	186	(6.9)	34	(1.1)	515	(11.5)
2 and over...	8066	42	(0.9)	524	(8.0)	75	(2.4)	14	(0.4)	536	(8.0)	179	(5.2)	33	(0.9)	515	(9.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	248	(5.9)	30	(2.9)	12	(1.1)	247	(9.5)	82	(5.1)	33	(2.2)	248	(8.3)
20 and over.....	1596	37	(1.9)	327	(6.4)	45	(3.3)	14	(1.0)	335	(12.8)	120	(5.7)	36	(1.7)	322	(9.1)
2 and over...	2974	37	(1.5)	301	(4.9)	40	(2.2)	13	(0.8)	307	(8.0)	108	(4.0)	35	(1.3)	298	(6.5)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	269	(7.2)	44	(6.8)	16	(2.6)	275	(16.3)	101	(13.6)	37	(4.1)	265	(12.0)
20 and over.....	1622	41	(1.6)	343	(7.1)	48	(2.8)	14	(0.8)	353	(11.6)	118	(5.0)	34	(1.4)	337	(10.0)
2 and over...	2526	41	(1.7)	325	(6.9)	47	(3.2)	15	(1.0)	333	(11.8)	114	(5.9)	34	(1.6)	320	(9.6)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	251	(9.9)	36	(2.9)	14	(1.0)	248	(13.3)	84	(7.8)	34	(2.2)	253	(13.8)
20 and over.....	1468	47	(1.8)	343	(6.5)	46	(2.8)	13	(0.8)	342	(11.4)	98	(5.1)	29	(1.7)	343	(6.9)
2 and over...	2010	46	(1.6)	327	(4.9)	44	(2.5)	14	(0.7)	327	(8.9)	96	(4.7)	29	(1.6)	327	(6.1)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	256	(3.8)	36	(2.7)	14	(1.0)	257	(7.0)	90	(6.1)	35	(1.8)	255	(5.5)
20 and over.....	5047	42	(1.0)	339	(3.9)	46	(1.6)	14	(0.5)	344	(6.3)	109	(3.5)	32	(1.0)	335	(5.2)
2 and over...	8066	42	(0.9)	319	(3.5)	44	(1.5)	14	(0.4)	324	(5.8)	105	(3.3)	32	(0.8)	315	(4.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants µg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants µg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Vitamin B12																	
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	4.48	(0.127)	0.46	(0.044)	10	(1.0)	4.42	(0.189)	1.27	(0.070)	29	(2.0)	4.51	(0.138)
20 and over.....	1596	37	(1.9)	4.82	(0.141)	0.69	(0.055)	14	(1.2)	5.69	(0.391)	1.86	(0.092)	33	(2.8)	4.31	(0.164)
2 and over...	2974	37	(1.5)	4.71	(0.105)	0.62	(0.039)	13	(0.8)	5.29	(0.264)	1.68	(0.065)	32	(1.9)	4.37	(0.130)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	5.00	(0.271)	0.65	(0.090)	13	(1.7)	4.82	(0.412)	1.53	(0.286)	32	(4.9)	5.13	(0.367)
20 and over.....	1622	41	(1.6)	5.11	(0.221)	0.72	(0.054)	14	(1.2)	5.49	(0.392)	1.75	(0.120)	32	(2.3)	4.84	(0.187)
2 and over...	2526	41	(1.7)	5.08	(0.217)	0.70	(0.056)	14	(1.1)	5.32	(0.348)	1.69	(0.151)	32	(2.2)	4.91	(0.208)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	4.88	(0.327)	0.79	(0.204)	16	(3.3)	5.12	(0.439)	1.84	(0.492)	36	(6.9)	4.70	(0.323)
20 and over.....	1468	47	(1.8)	4.88	(0.117)	0.61	(0.042)	13	(0.9)	4.83	(0.263)	1.31	(0.082)	27	(2.2)	4.92	(0.145)
2 and over...	2010	46	(1.6)	4.88	(0.107)	0.65	(0.042)	13	(0.8)	4.88	(0.233)	1.40	(0.098)	29	(1.9)	4.88	(0.134)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	4.78	(0.104)	0.61	(0.069)	13	(1.3)	4.75	(0.194)	1.51	(0.173)	32	(3.0)	4.81	(0.140)
20 and over.....	5047	42	(1.0)	4.95	(0.075)	0.66	(0.028)	13	(0.5)	5.23	(0.144)	1.56	(0.057)	30	(1.0)	4.75	(0.090)
2 and over...	8066	42	(0.9)	4.91	(0.067)	0.65	(0.027)	13	(0.5)	5.11	(0.124)	1.55	(0.060)	30	(0.8)	4.76	(0.078)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C															
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	73.0	(3.05)	5.1	(1.36)	7	(1.8)	66.6	(3.81)	14.2	(3.40)	21	(4.5)	76.5	(3.22)
20 and over.....	1596	37	(1.9)	75.5	(3.81)	5.6	(0.76)	7	(1.0)	76.4	(5.48)	15.0	(1.60)	20	(1.6)	75.0	(4.10)
2 and over...	2974	37	(1.5)	74.7	(2.60)	5.4	(0.75)	7	(1.0)	73.3	(3.58)	14.8	(1.62)	20	(1.8)	75.5	(3.04)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	69.7	(3.29)	4.2	(0.77)	6	(1.3)	65.7	(4.47)	9.8	(1.59)	15	(2.6)	72.7	(5.66)
20 and over.....	1622	41	(1.6)	80.8	(2.31)	5.1	(0.52)	6	(0.7)	68.1	(2.16)	12.5	(1.44)	18	(2.1)	89.6	(3.19)
2 and over...	2526	41	(1.7)	78.0	(2.13)	4.9	(0.42)	6	(0.6)	67.4	(2.21)	11.8	(1.15)	18	(1.8)	85.5	(2.80)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	75.7	(3.82)	3.4	(0.33)	4	(0.5)	67.1	(3.44)	8.0	(0.76)	12	(1.2)	82.0	(6.20)
20 and over.....	1468	47	(1.8)	79.3	(2.40)	5.6	(0.55)	7	(0.6)	79.1	(2.92)	11.9	(0.88)	15	(1.0)	79.5	(2.66)
2 and over...	2010	46	(1.6)	78.7	(2.49)	5.2	(0.46)	7	(0.5)	77.2	(2.59)	11.3	(0.77)	15	(0.9)	80.0	(3.13)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	72.9	(1.78)	4.3	(0.46)	6	(0.6)	66.7	(2.27)	10.7	(1.08)	16	(1.4)	77.0	(2.26)
20 and over.....	5047	42	(1.0)	79.1	(1.67)	5.4	(0.35)	7	(0.4)	75.1	(2.36)	12.9	(0.75)	17	(0.8)	82.0	(1.99)
2 and over...	8066	42	(0.9)	77.6	(1.25)	5.2	(0.25)	7	(0.3)	73.2	(1.81)	12.4	(0.50)	17	(0.5)	80.8	(1.43)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	5.0	(0.13)	0.2	(0.04)	4	(0.8)	4.4	(0.22)	0.6	(0.10)	13	(2.4)	5.3	(0.14)
20 and over.....	1596	37	(1.9)	4.4	(0.13)	0.4	(0.04)	8	(0.9)	4.3	(0.31)	1.0	(0.08)	23	(1.8)	4.5	(0.19)
2 and over...	2974	37	(1.5)	4.6	(0.10)	0.3	(0.03)	7	(0.6)	4.3	(0.21)	0.8	(0.06)	20	(1.3)	4.8	(0.15)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	5.5	(0.28)	0.3	(0.03)	5	(0.6)	5.0	(0.43)	0.6	(0.08)	12	(1.7)	5.9	(0.36)
20 and over.....	1622	41	(1.6)	4.7	(0.30)	0.3	(0.04)	7	(1.0)	4.3	(0.31)	0.8	(0.10)	19	(2.4)	4.9	(0.40)
2 and over...	2526	41	(1.7)	4.9	(0.24)	0.3	(0.03)	6	(0.7)	4.5	(0.24)	0.8	(0.09)	17	(1.9)	5.2	(0.34)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	5.3	(0.30)	0.3	(0.05)	6	(0.8)	4.7	(0.39)	0.7	(0.11)	16	(1.5)	5.8	(0.45)
20 and over.....	1468	47	(1.8)	5.0	(0.23)	0.4	(0.05)	8	(1.0)	4.8	(0.37)	0.9	(0.09)	18	(2.5)	5.2	(0.28)
2 and over...	2010	46	(1.6)	5.1	(0.19)	0.4	(0.04)	8	(0.9)	4.8	(0.31)	0.9	(0.08)	18	(2.2)	5.3	(0.27)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	5.3	(0.10)	0.3	(0.02)	5	(0.4)	4.7	(0.18)	0.6	(0.05)	14	(1.0)	5.7	(0.16)
20 and over.....	5047	42	(1.0)	4.7	(0.16)	0.4	(0.03)	8	(0.6)	4.6	(0.21)	0.9	(0.06)	19	(1.3)	4.9	(0.19)
2 and over...	8066	42	(0.9)	4.9	(0.12)	0.3	(0.02)	7	(0.5)	4.6	(0.16)	0.8	(0.05)	18	(1.1)	5.1	(0.15)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	7.0	(0.26)	0.8	(0.09)	12	(1.2)	7.2	(0.44)	2.3	(0.19)	32	(2.3)	6.8	(0.31)
20 and over.....	1596	37	(1.9)	8.4	(0.28)	1.1	(0.08)	13	(1.3)	9.2	(0.55)	2.9	(0.14)	32	(2.4)	7.9	(0.30)
2 and over...	2974	37	(1.5)	7.9	(0.21)	1.0	(0.06)	13	(0.9)	8.5	(0.36)	2.7	(0.10)	32	(1.8)	7.5	(0.27)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	7.6	(0.69)	1.1	(0.16)	14	(2.4)	7.3	(0.38)	2.5	(0.31)	35	(4.1)	7.9	(1.31)
20 and over.....	1622	41	(1.6)	9.6	(0.37)	1.1	(0.07)	12	(0.9)	9.2	(0.46)	2.7	(0.14)	30	(1.6)	9.9	(0.47)
2 and over...	2526	41	(1.7)	9.1	(0.32)	1.1	(0.08)	12	(1.0)	8.7	(0.37)	2.7	(0.16)	31	(1.8)	9.4	(0.50)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	7.2	(0.32)	0.9	(0.08)	13	(1.1)	7.5	(0.30)	2.2	(0.18)	30	(2.2)	7.1	(0.49)
20 and over.....	1468	47	(1.8)	9.9	(0.16)	1.1	(0.06)	12	(0.6)	10.0	(0.32)	2.5	(0.09)	25	(1.3)	9.9	(0.29)
2 and over...	2010	46	(1.6)	9.5	(0.13)	1.1	(0.06)	12	(0.5)	9.6	(0.29)	2.4	(0.09)	25	(1.1)	9.4	(0.25)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	7.2	(0.29)	0.9	(0.07)	13	(1.0)	7.3	(0.20)	2.3	(0.15)	32	(2.0)	7.2	(0.47)
20 and over.....	5047	42	(1.0)	9.4	(0.18)	1.1	(0.04)	12	(0.4)	9.5	(0.30)	2.6	(0.06)	28	(1.0)	9.3	(0.23)
2 and over...	8066	42	(0.9)	8.9	(0.16)	1.1	(0.04)	12	(0.4)	9.0	(0.24)	2.6	(0.07)	28	(0.9)	8.8	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake µg	(SE)	All Individuals [3] Intake from Quick Service Restaurants µg	(SE)	All Individuals [3] Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4] Total Intake µg	(SE)	Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5] Total Intake µg	(SE)
				Vitamin K													
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	66.2	(3.29)	8.8	(1.12)	13	(1.8)	67.9	(4.62)	24.3	(2.14)	36	(3.6)	65.3	(4.14)
20 and over.....	1596	37	(1.9)	102.3	(5.53)	13.2	(1.17)	13	(1.6)	99.0	(11.57)	35.5	(2.40)	36	(4.7)	104.3	(6.65)
2 and over...	2974	37	(1.5)	90.7	(3.97)	11.8	(0.83)	13	(1.3)	89.1	(7.81)	32.0	(1.77)	36	(3.6)	91.6	(4.86)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	72.7	(5.64)	10.6	(1.77)	15	(2.5)	66.9	(5.02)	24.7	(3.85)	37	(3.9)	77.0	(8.80)
20 and over.....	1622	41	(1.6)	120.0	(7.04)	13.6	(1.17)	11	(0.9)	102.4	(4.32)	33.2	(2.85)	32	(2.3)	132.3	(10.41)
2 and over...	2526	41	(1.7)	108.3	(5.47)	12.9	(1.00)	12	(1.0)	93.3	(3.26)	31.1	(2.44)	33	(2.1)	118.9	(8.60)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	79.2	(6.63)	9.2	(1.70)	12	(1.8)	71.2	(7.82)	21.4	(4.36)	30	(6.0)	85.3	(7.78)
20 and over.....	1468	47	(1.8)	136.4	(4.26)	15.7	(1.29)	12	(1.0)	127.4	(4.54)	33.6	(2.47)	26	(2.3)	144.4	(6.93)
2 and over...	2010	46	(1.6)	126.4	(4.15)	14.6	(1.12)	12	(0.9)	118.3	(4.52)	31.6	(2.25)	27	(2.2)	133.4	(6.42)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	72.2	(3.02)	9.6	(0.73)	13	(1.1)	70.0	(3.82)	23.7	(1.80)	34	(3.0)	73.8	(4.08)
20 and over.....	5047	42	(1.0)	123.0	(3.16)	14.2	(0.63)	12	(0.5)	113.9	(2.79)	33.5	(1.54)	29	(1.5)	129.7	(4.66)
2 and over...	8066	42	(0.9)	110.7	(2.76)	13.1	(0.53)	12	(0.5)	103.6	(2.80)	31.2	(1.38)	30	(1.5)	115.9	(3.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	954	(23.8)	106	(11.6)	11	(1.3)	947	(31.6)	295	(20.2)	31	(2.2)	957	(28.9)
20 and over.....	1596	37	(1.9)	937	(21.0)	147	(10.6)	16	(1.2)	1032	(35.1)	396	(19.9)	38	(2.1)	881	(26.9)
2 and over...	2974	37	(1.5)	942	(18.6)	134	(7.6)	14	(0.8)	1005	(24.8)	364	(14.7)	36	(1.3)	906	(24.4)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1029	(34.1)	137	(11.8)	13	(1.0)	1075	(59.8)	320	(18.9)	30	(1.7)	994	(32.8)
20 and over.....	1622	41	(1.6)	968	(16.4)	151	(10.0)	16	(1.0)	1020	(34.4)	369	(23.5)	36	(1.6)	932	(20.7)
2 and over...	2526	41	(1.7)	983	(15.4)	148	(7.3)	15	(0.8)	1034	(27.1)	356	(19.2)	34	(1.3)	947	(22.4)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1099	(45.6)	132	(11.9)	12	(1.0)	1084	(53.3)	308	(24.6)	28	(1.7)	1110	(56.5)
20 and over.....	1468	47	(1.8)	983	(23.6)	150	(11.8)	15	(1.1)	1024	(37.9)	320	(19.8)	31	(1.7)	947	(28.4)
2 and over...	2010	46	(1.6)	1003	(23.3)	147	(9.9)	15	(0.9)	1034	(33.4)	318	(16.5)	31	(1.5)	977	(31.5)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1020	(19.2)	125	(6.9)	12	(0.6)	1029	(26.6)	309	(12.4)	30	(1.1)	1013	(22.6)
20 and over.....	5047	42	(1.0)	965	(11.8)	149	(5.6)	15	(0.5)	1024	(17.7)	353	(9.6)	34	(0.9)	922	(15.2)
2 and over...	8066	42	(0.9)	978	(11.2)	143	(4.3)	15	(0.4)	1025	(12.9)	342	(7.1)	33	(0.7)	945	(16.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* Intake from Quick Service Restaurants		*All Individuals* Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	1215	(20.1)	160	(14.9)	13	(1.2)	1250	(42.2)	445	(25.6)	36	(2.1)	1195	(23.3)
20 and over.....	1596	37	(1.9)	1339	(20.1)	223	(14.3)	17	(1.1)	1483	(46.9)	599	(21.5)	40	(1.8)	1254	(29.4)
2 and over...	2974	37	(1.5)	1299	(16.3)	203	(9.9)	16	(0.7)	1409	(29.8)	550	(15.3)	39	(1.1)	1235	(24.1)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	1305	(30.7)	224	(22.5)	17	(1.6)	1378	(66.3)	523	(38.9)	38	(2.5)	1250	(33.6)
20 and over.....	1622	41	(1.6)	1413	(25.2)	230	(13.4)	16	(0.9)	1471	(45.6)	562	(28.5)	38	(1.6)	1372	(28.1)
2 and over...	2526	41	(1.7)	1386	(21.7)	228	(12.1)	16	(0.9)	1447	(43.0)	552	(25.4)	38	(1.5)	1343	(26.1)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1315	(48.1)	192	(12.2)	15	(0.9)	1302	(48.3)	449	(25.9)	35	(1.8)	1325	(72.0)
20 and over.....	1468	47	(1.8)	1432	(20.6)	219	(13.3)	15	(0.8)	1472	(39.0)	469	(21.3)	32	(1.6)	1397	(28.6)
2 and over...	2010	46	(1.6)	1411	(18.5)	215	(11.3)	15	(0.7)	1444	(33.6)	466	(18.6)	32	(1.4)	1383	(28.3)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	1272	(15.9)	192	(9.1)	15	(0.6)	1308	(25.7)	474	(17.6)	36	(1.4)	1248	(19.9)
20 and over.....	5047	42	(1.0)	1399	(11.9)	222	(6.8)	16	(0.4)	1471	(22.9)	526	(12.5)	36	(0.9)	1347	(15.9)
2 and over...	8066	42	(0.9)	1369	(11.0)	215	(5.7)	16	(0.3)	1432	(19.2)	514	(11.5)	36	(0.7)	1323	(13.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	226	(4.5)	24	(2.4)	10	(1.0)	221	(8.4)	65	(4.0)	30	(1.9)	228	(5.5)
20 and over.....	1596	37	(1.9)	281	(4.8)	33	(2.4)	12	(0.9)	294	(11.9)	88	(4.3)	30	(1.6)	272	(5.2)
2 and over...	2974	37	(1.5)	263	(4.3)	30	(1.7)	11	(0.7)	271	(7.9)	81	(3.0)	30	(1.2)	258	(4.7)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	239	(6.4)	33	(4.0)	14	(1.7)	239	(9.2)	76	(7.0)	32	(2.8)	240	(11.7)
20 and over.....	1622	41	(1.6)	303	(6.0)	36	(1.9)	12	(0.7)	290	(8.0)	87	(4.0)	30	(1.3)	313	(9.9)
2 and over...	2526	41	(1.7)	288	(5.6)	35	(1.8)	12	(0.7)	277	(7.6)	84	(3.6)	31	(1.2)	295	(8.8)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	243	(7.6)	28	(2.2)	12	(0.9)	237	(7.5)	67	(4.5)	28	(1.7)	248	(12.2)
20 and over.....	1468	47	(1.8)	323	(5.1)	38	(2.3)	12	(0.7)	321	(8.5)	82	(3.5)	26	(1.2)	324	(7.3)
2 and over...	2010	46	(1.6)	309	(3.8)	37	(2.0)	12	(0.6)	307	(7.0)	79	(3.2)	26	(1.0)	310	(5.8)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	235	(3.1)	28	(1.6)	12	(0.6)	233	(4.2)	69	(3.1)	30	(1.2)	237	(4.1)
20 and over.....	5047	42	(1.0)	305	(3.4)	36	(1.2)	12	(0.3)	305	(6.5)	85	(2.1)	28	(0.6)	305	(4.6)
2 and over...	8066	42	(0.9)	288	(3.1)	34	(1.0)	12	(0.3)	288	(5.5)	81	(2.0)	28	(0.5)	288	(3.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	13.6	(0.31)	1.5	(0.13)	11	(1.0)	13.3	(0.39)	4.1	(0.19)	31	(1.6)	13.7	(0.40)
20 and over.....	1596	37	(1.9)	14.4	(0.33)	2.1	(0.14)	14	(1.2)	15.9	(0.66)	5.5	(0.25)	35	(2.4)	13.5	(0.39)
2 and over...	2974	37	(1.5)	14.1	(0.30)	1.9	(0.10)	13	(0.9)	15.1	(0.41)	5.1	(0.18)	34	(1.7)	13.6	(0.34)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	14.3	(0.62)	2.1	(0.20)	15	(1.5)	14.1	(0.46)	4.9	(0.33)	34	(2.8)	14.4	(1.15)
20 and over.....	1622	41	(1.6)	14.8	(0.37)	2.2	(0.14)	15	(1.1)	14.7	(0.42)	5.3	(0.29)	36	(1.8)	14.8	(0.54)
2 and over...	2526	41	(1.7)	14.6	(0.37)	2.2	(0.13)	15	(1.0)	14.6	(0.35)	5.2	(0.27)	36	(1.8)	14.7	(0.57)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	13.8	(0.43)	1.7	(0.12)	12	(0.9)	14.1	(0.73)	4.0	(0.28)	29	(2.2)	13.5	(0.75)
20 and over.....	1468	47	(1.8)	14.4	(0.15)	2.0	(0.13)	14	(0.8)	14.4	(0.36)	4.3	(0.22)	30	(1.7)	14.4	(0.34)
2 and over...	2010	46	(1.6)	14.3	(0.12)	1.9	(0.10)	14	(0.6)	14.4	(0.35)	4.2	(0.18)	29	(1.3)	14.3	(0.34)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	13.9	(0.23)	1.8	(0.08)	13	(0.6)	13.8	(0.25)	4.3	(0.16)	32	(1.3)	14.0	(0.28)
20 and over.....	5047	42	(1.0)	14.5	(0.14)	2.1	(0.07)	14	(0.4)	14.9	(0.15)	4.9	(0.14)	33	(1.0)	14.2	(0.25)
2 and over...	8066	42	(0.9)	14.4	(0.14)	2.0	(0.06)	14	(0.3)	14.7	(0.14)	4.8	(0.12)	32	(0.8)	14.2	(0.22)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	9.7	(0.24)	1.1	(0.10)	11	(1.1)	9.2	(0.35)	3.1	(0.15)	33	(1.9)	9.9	(0.30)
20 and over.....	1596	37	(1.9)	10.8	(0.28)	1.7	(0.11)	15	(1.2)	11.8	(0.54)	4.4	(0.17)	38	(2.2)	10.2	(0.29)
2 and over...	2974	37	(1.5)	10.4	(0.23)	1.5	(0.08)	14	(0.8)	11.0	(0.37)	4.0	(0.12)	36	(1.6)	10.1	(0.26)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	10.4	(0.46)	1.6	(0.14)	15	(1.5)	10.5	(0.56)	3.7	(0.32)	35	(3.1)	10.4	(0.85)
20 and over.....	1622	41	(1.6)	11.4	(0.19)	1.8	(0.09)	16	(0.9)	11.6	(0.29)	4.4	(0.18)	38	(1.6)	11.3	(0.32)
2 and over...	2526	41	(1.7)	11.2	(0.23)	1.7	(0.09)	16	(0.9)	11.3	(0.30)	4.2	(0.19)	37	(1.5)	11.1	(0.39)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	10.2	(0.39)	1.3	(0.13)	13	(1.4)	10.1	(0.43)	3.0	(0.33)	30	(2.8)	10.2	(0.58)
20 and over.....	1468	47	(1.8)	11.3	(0.18)	1.6	(0.10)	14	(0.8)	11.3	(0.32)	3.4	(0.16)	30	(1.6)	11.2	(0.26)
2 and over...	2010	46	(1.6)	11.1	(0.13)	1.5	(0.09)	14	(0.7)	11.1	(0.28)	3.3	(0.15)	30	(1.4)	11.0	(0.22)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	10.1	(0.16)	1.3	(0.07)	13	(0.6)	9.9	(0.25)	3.3	(0.15)	33	(1.5)	10.3	(0.28)
20 and over.....	5047	42	(1.0)	11.2	(0.09)	1.7	(0.05)	15	(0.4)	11.5	(0.15)	3.9	(0.09)	34	(0.9)	10.9	(0.17)
2 and over...	8066	42	(0.9)	10.9	(0.09)	1.6	(0.04)	14	(0.4)	11.1	(0.14)	3.8	(0.08)	34	(0.7)	10.8	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Copper																			
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	0.9	(0.02)	0.1	(0.01)	11	(1.0)	0.9	(0.04)	0.3	(0.02)	30	(1.8)	0.9	(0.03)
20 and over.....	1596	37	(1.9)	1.1	(0.02)	0.1	(0.01)	12	(0.9)	1.2	(0.04)	0.4	(0.01)	30	(1.6)	1.1	(0.03)
2 and over...	2974	37	(1.5)	1.0	(0.02)	0.1	(0.01)	11	(0.7)	1.1	(0.03)	0.3	(0.01)	30	(1.3)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	0.9	(0.03)	0.1	(0.01)	14	(1.6)	0.9	(0.03)	0.3	(0.02)	33	(2.7)	0.9	(0.05)
20 and over.....	1622	41	(1.6)	1.2	(0.03)	0.1	(0.01)	11	(0.8)	1.2	(0.03)	0.3	(0.02)	30	(1.4)	1.3	(0.05)
2 and over...	2526	41	(1.7)	1.2	(0.03)	0.1	(0.01)	12	(0.7)	1.1	(0.03)	0.3	(0.01)	30	(1.3)	1.2	(0.04)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	1.0	(0.03)	0.1	(0.01)	12	(0.9)	1.0	(0.05)	0.3	(0.02)	27	(1.7)	1.0	(0.05)
20 and over.....	1468	47	(1.8)	1.3	(0.03)	0.1	(0.01)	11	(0.6)	1.3	(0.03)	0.3	(0.01)	23	(1.1)	1.3	(0.04)
2 and over...	2010	46	(1.6)	1.3	(0.02)	0.1	(0.01)	11	(0.5)	1.3	(0.03)	0.3	(0.01)	24	(0.9)	1.3	(0.03)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	0.9	(0.01)	0.1	(0.01)	12	(0.6)	0.9	(0.02)	0.3	(0.01)	30	(1.1)	0.9	(0.02)
20 and over.....	5047	42	(1.0)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.7)	1.3	(0.02)
2 and over...	8066	42	(0.9)	1.2	(0.01)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	27	(0.6)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	95.6	(1.73)	14.1	(1.33)	15	(1.3)	97.2	(2.98)	39.2	(2.02)	40	(2.1)	94.7	(2.14)
20 and over.....	1596	37	(1.9)	113.3	(1.63)	20.4	(1.52)	18	(1.3)	125.0	(3.56)	54.7	(2.48)	44	(2.3)	106.4	(2.40)
2 and over...	2974	37	(1.5)	107.6	(1.08)	18.3	(1.03)	17	(0.9)	116.2	(2.22)	49.8	(1.68)	43	(1.6)	102.6	(1.71)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	101.9	(2.35)	19.8	(2.51)	19	(2.3)	109.5	(4.89)	46.0	(4.63)	42	(3.3)	96.2	(3.35)
20 and over.....	1622	41	(1.6)	116.8	(2.49)	21.6	(1.24)	19	(1.1)	124.7	(4.01)	52.9	(2.54)	42	(2.2)	111.2	(2.60)
2 and over...	2526	41	(1.7)	113.1	(2.39)	21.2	(1.28)	19	(1.1)	120.8	(3.97)	51.1	(2.55)	42	(2.0)	107.6	(2.60)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	95.0	(2.99)	15.1	(1.06)	16	(1.0)	96.4	(2.95)	35.3	(2.64)	37	(2.2)	94.0	(5.12)
20 and over.....	1468	47	(1.8)	119.6	(1.61)	19.5	(1.32)	16	(1.0)	123.2	(2.61)	41.7	(2.31)	34	(1.8)	116.4	(2.45)
2 and over...	2010	46	(1.6)	115.3	(1.44)	18.7	(1.10)	16	(0.8)	118.8	(2.08)	40.7	(2.05)	34	(1.5)	112.3	(2.34)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	97.7	(1.25)	16.5	(0.98)	17	(0.9)	101.3	(1.76)	40.6	(2.17)	40	(1.9)	95.3	(1.80)
20 and over.....	5047	42	(1.0)	117.0	(1.03)	20.3	(0.71)	17	(0.6)	123.7	(1.74)	48.2	(1.44)	39	(1.2)	112.1	(1.03)
2 and over...	8066	42	(0.9)	112.3	(0.99)	19.4	(0.61)	17	(0.5)	118.5	(1.69)	46.4	(1.35)	39	(1.0)	107.9	(0.91)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	2084	(36.5)	234	(25.3)	11	(1.2)	2043	(73.5)	649	(48.0)	32	(2.3)	2108	(53.1)
20 and over.....	1596	37	(1.9)	2456	(40.0)	336	(23.8)	14	(1.0)	2598	(87.6)	903	(39.3)	35	(1.4)	2372	(51.7)
2 and over...	2974	37	(1.5)	2336	(34.2)	303	(16.8)	13	(0.7)	2423	(58.2)	823	(28.2)	34	(1.0)	2286	(45.7)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	2211	(54.9)	324	(41.5)	15	(2.0)	2202	(99.0)	756	(80.9)	34	(3.2)	2218	(79.6)
20 and over.....	1622	41	(1.6)	2654	(36.1)	362	(21.0)	14	(0.8)	2623	(69.7)	884	(39.9)	34	(1.2)	2676	(46.0)
2 and over...	2526	41	(1.7)	2544	(36.2)	352	(21.9)	14	(0.9)	2515	(68.9)	851	(41.9)	34	(1.4)	2565	(41.5)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	2232	(72.1)	292	(26.8)	13	(1.0)	2189	(82.8)	682	(61.5)	31	(2.2)	2264	(108.0)
20 and over.....	1468	47	(1.8)	2784	(45.4)	377	(25.3)	14	(0.8)	2777	(66.3)	807	(38.6)	29	(1.5)	2790	(58.9)
2 and over...	2010	46	(1.6)	2687	(39.5)	362	(22.0)	13	(0.7)	2681	(58.8)	786	(36.4)	29	(1.3)	2692	(56.1)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	2163	(28.0)	282	(18.9)	13	(0.8)	2143	(46.1)	695	(40.7)	32	(1.6)	2178	(32.6)
20 and over.....	5047	42	(1.0)	2658	(30.9)	359	(12.8)	14	(0.4)	2695	(49.1)	850	(21.6)	32	(0.7)	2630	(34.2)
2 and over...	8066	42	(0.9)	2538	(28.7)	340	(11.8)	13	(0.4)	2566	(45.2)	813	(22.5)	32	(0.7)	2518	(26.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	2971	(46.2)	465	(39.9)	16	(1.3)	3193	(85.6)	1289	(61.1)	40	(1.8)	2847	(58.7)
20 and over.....	1596	37	(1.9)	3465	(45.3)	651	(46.6)	19	(1.3)	3877	(85.0)	1749	(69.1)	45	(1.8)	3221	(71.5)
2 and over...	2974	37	(1.5)	3306	(34.4)	591	(32.9)	18	(1.0)	3661	(52.9)	1604	(50.7)	44	(1.3)	3099	(54.1)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	3124	(51.5)	650	(68.8)	21	(2.1)	3386	(146.1)	1516	(134.0)	45	(2.7)	2928	(71.4)
20 and over.....	1622	41	(1.6)	3534	(54.4)	670	(40.6)	19	(1.1)	3768	(90.7)	1637	(83.1)	43	(2.0)	3372	(64.2)
2 and over...	2526	41	(1.7)	3433	(48.6)	665	(40.4)	19	(1.2)	3670	(99.3)	1606	(82.8)	44	(1.8)	3265	(57.2)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	3029	(112.9)	530	(44.1)	17	(1.0)	3104	(140.0)	1238	(112.7)	40	(2.1)	2972	(116.3)
20 and over.....	1468	47	(1.8)	3593	(49.0)	603	(36.1)	17	(1.0)	3758	(103.5)	1289	(61.0)	34	(1.6)	3448	(56.6)
2 and over...	2010	46	(1.6)	3494	(50.6)	590	(30.2)	17	(0.8)	3652	(100.6)	1280	(57.8)	35	(1.4)	3360	(50.2)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	3034	(39.7)	548	(31.7)	18	(0.9)	3218	(74.2)	1351	(73.6)	42	(1.6)	2909	(40.5)
20 and over.....	5047	42	(1.0)	3529	(30.1)	634	(20.6)	18	(0.6)	3777	(63.6)	1502	(40.3)	40	(1.0)	3348	(33.8)
2 and over...	8066	42	(0.9)	3409	(27.7)	613	(19.2)	18	(0.5)	3646	(63.2)	1467	(42.3)	40	(0.9)	3239	(25.2)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				C a f f e i n e													
				All Individuals [3]						*Quick Service Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from [7] Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	25.7	(3.50)	3.6	(0.86)	14	(3.3)	31.6	(3.92)	10.0	(2.04)	32	(5.5)	22.4	(4.85)
20 and over.....	1596	37	(1.9)	158.5	(19.83)	16.3	(2.66)	10	(1.9)	154.5	(15.31)	43.9	(6.92)	28	(4.1)	160.8	(24.45)
2 and over...	2974	37	(1.5)	115.6	(15.50)	12.2	(1.82)	11	(1.8)	115.7	(11.55)	33.2	(5.01)	29	(3.8)	115.5	(19.21)
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	30.4	(3.25)	6.3	(1.35)	21	(3.0)	38.1	(4.42)	14.8	(3.43)	39	(5.8)	24.6	(4.42)
20 and over.....	1622	41	(1.6)	155.6	(8.99)	19.1	(2.29)	12	(1.4)	167.4	(12.07)	46.7	(4.91)	28	(3.3)	147.4	(10.79)
2 and over...	2526	41	(1.7)	124.6	(8.26)	16.0	(1.88)	13	(1.3)	134.2	(9.78)	38.5	(3.84)	29	(2.9)	117.7	(10.16)
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	28.7	(4.48)	6.8	(1.02)	24	(6.4)	34.5	(4.00)	15.8	(2.52)	46	(7.1)	24.3*	(9.13)
20 and over.....	1468	47	(1.8)	177.4	(6.31)	26.1	(2.23)	15	(1.1)	178.7	(9.65)	55.9	(4.01)	31	(2.1)	176.2	(8.46)
2 and over...	2010	46	(1.6)	151.3	(7.15)	22.8	(1.87)	15	(1.2)	155.3	(9.50)	49.4	(3.42)	32	(2.0)	148.0	(7.93)
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	28.3	(2.35)	5.4	(0.64)	19	(2.6)	35.5	(2.85)	13.4	(1.59)	38	(4.3)	23.4	(3.51)
20 and over.....	5047	42	(1.0)	165.0	(6.40)	20.7	(1.37)	13	(0.9)	172.0	(9.78)	49.1	(2.70)	29	(2.1)	159.9	(7.52)
2 and over...	8066	42	(0.9)	132.0	(6.00)	17.0	(1.13)	13	(0.9)	140.0	(8.18)	40.8	(2.33)	29	(2.0)	126.2	(6.83)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 52. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	36	(2.0)	--		--		--		--		--		--		--	
20 and over.....	1596	37	(1.9)	9.4	(1.18)	0.2*	(0.10)	2*	(1.1)	9.2	(2.00)	0.5*	(0.25)	6*	(3.3)	9.5	(0.95)
2 and over...	2974	37	(1.5)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	904	43	(3.5)	--		--		--		--		--		--		--	
20 and over.....	1622	41	(1.6)	9.5	(1.12)	0.1*	(0.02)	1*	(0.2)	9.7	(1.72)	0.2*	(0.05)	2*	(0.6)	9.3	(1.28)
2 and over...	2526	41	(1.7)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	542	43	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1468	47	(1.8)	13.7	(1.19)	0.4*	(0.20)	3*	(1.5)	12.6	(1.48)	0.8*	(0.43)	6*	(3.2)	14.7	(1.94)
2 and over...	2010	46	(1.6)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3019	41	(1.1)	--		--		--		--		--		--		--	
20 and over.....	5047	42	(1.0)	11.0	(0.84)	0.2*	(0.08)	2*	(0.8)	10.8	(0.99)	0.5*	(0.19)	5*	(1.7)	11.2	(1.05)
2 and over...	8066	42	(0.9)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[4] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[8] 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.

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 alchohol 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 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	1.43	(0.056)	0.11	(0.018)	8	(1.3)	1.34	(0.101)	0.27	(0.036)	20	(2.5)	1.50	(0.065)
6 - 11.....	537	43	(2.0)	1.84	(0.052)	0.23	(0.029)	12	(1.5)	1.78	(0.082)	0.53	(0.069)	30	(3.3)	1.88	(0.078)
12 - 19.....	646	52	(2.3)	2.53	(0.116)	0.58	(0.114)	23	(4.0)	2.52	(0.173)	1.12	(0.206)	45	(5.5)	2.54	(0.238)
20 - 39.....	853	65	(2.3)	3.06	(0.140)	0.71	(0.055)	23	(2.3)	3.22	(0.204)	1.09	(0.068)	34	(3.7)	2.77	(0.173)
40 - 59.....	808	57	(2.5)	2.55	(0.061)	0.57	(0.038)	22	(1.8)	2.51	(0.079)	0.99	(0.056)	40	(2.1)	2.59	(0.124)
60 and over.....	753	51	(2.2)	2.24	(0.058)	0.37	(0.024)	17	(1.0)	2.24	(0.083)	0.73	(0.039)	33	(1.7)	2.23	(0.072)
2 - 19.....	1520	47	(1.0)	2.07	(0.056)	0.37	(0.060)	18	(2.7)	2.08	(0.105)	0.78	(0.125)	38	(4.3)	2.07	(0.088)
20 and over...	2414	59	(1.5)	2.66	(0.047)	0.57	(0.023)	22	(1.0)	2.75	(0.079)	0.98	(0.033)	36	(1.7)	2.54	(0.053)
2 and over...	3934	56	(1.2)	2.51	(0.044)	0.52	(0.023)	21	(0.9)	2.61	(0.078)	0.94	(0.040)	36	(1.4)	2.40	(0.035)
Females:																	
2 - 5.....	339	45	(4.4)	1.32	(0.063)	0.11	(0.013)	8	(1.2)	1.25	(0.080)	0.23	(0.013)	19	(2.0)	1.38	(0.081)
6 - 11.....	510	48	(3.3)	1.59	(0.047)	0.22	(0.024)	14	(1.5)	1.51	(0.072)	0.46	(0.033)	30	(2.3)	1.66	(0.086)
12 - 19.....	650	51	(2.8)	1.60	(0.071)	0.31	(0.023)	19	(1.5)	1.62	(0.076)	0.61	(0.033)	37	(1.8)	1.58	(0.106)
20 - 39.....	893	63	(2.6)	1.88	(0.059)	0.51	(0.039)	27	(2.2)	1.87	(0.063)	0.82	(0.036)	44	(2.2)	1.89	(0.086)
40 - 59.....	926	58	(1.9)	1.76	(0.037)	0.38	(0.026)	21	(1.1)	1.75	(0.062)	0.65	(0.042)	37	(1.7)	1.77	(0.064)
60 and over.....	814	42	(3.1)	1.63	(0.031)	0.25	(0.023)	15	(1.5)	1.61	(0.044)	0.58	(0.033)	36	(2.0)	1.65	(0.054)
2 - 19.....	1499	49	(2.3)	1.54	(0.044)	0.24	(0.013)	15	(0.9)	1.51	(0.047)	0.49	(0.024)	32	(1.2)	1.56	(0.070)
20 and over...	2633	55	(1.7)	1.76	(0.016)	0.39	(0.019)	22	(1.2)	1.77	(0.036)	0.70	(0.020)	40	(1.4)	1.76	(0.042)
2 and over...	4132	54	(1.6)	1.71	(0.015)	0.35	(0.015)	21	(0.9)	1.71	(0.030)	0.66	(0.018)	38	(1.2)	1.71	(0.033)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	1.81	(0.039)	0.30	(0.029)	17	(1.4)	1.80	(0.063)	0.64	(0.068)	35	(2.8)	1.83	(0.050)
20 and over...	5047	57	(1.5)	2.20	(0.030)	0.48	(0.017)	22	(0.9)	2.26	(0.052)	0.84	(0.022)	37	(1.5)	2.12	(0.035)
2 and over...	8066	55	(1.3)	2.11	(0.028)	0.44	(0.014)	21	(0.7)	2.16	(0.050)	0.80	(0.025)	37	(1.2)	2.04	(0.026)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Gender and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Males:																	
2 - 5.....	337	41	(2.6)	3.93	(0.230)	0.23	(0.022)	6	(0.8)	3.62	(0.191)	0.55	(0.045)	15	(1.4)	4.15	(0.377)
6 - 11.....	537	43	(2.0)	5.11	(0.160)	0.54	(0.047)	11	(1.0)	4.74	(0.287)	1.26	(0.106)	27	(2.3)	5.39	(0.300)
12 - 19.....	646	52	(2.3)	6.50	(0.308)	1.47	(0.293)	23	(4.2)	6.48	(0.477)	2.83	(0.505)	44	(6.0)	6.52	(0.582)
20 - 39.....	853	65	(2.3)	7.04	(0.402)	1.84	(0.153)	26	(2.1)	7.62	(0.541)	2.82	(0.208)	37	(2.8)	5.95	(0.382)
40 - 59.....	808	57	(2.5)	5.63	(0.195)	1.28	(0.102)	23	(2.1)	5.60	(0.207)	2.24	(0.162)	40	(3.1)	5.67	(0.439)
60 and over.....	753	51	(2.2)	5.00	(0.214)	0.97	(0.127)	19	(2.1)	5.29	(0.369)	1.92	(0.196)	36	(3.2)	4.71	(0.171)
2 - 19.....	1520	47	(1.0)	5.51	(0.185)	0.90	(0.153)	16	(2.6)	5.42	(0.298)	1.93	(0.310)	36	(4.6)	5.59	(0.260)
20 and over...	2414	59	(1.5)	6.01	(0.142)	1.42	(0.074)	24	(1.1)	6.38	(0.178)	2.41	(0.115)	38	(1.7)	5.47	(0.187)
2 and over...	3934	56	(1.2)	5.88	(0.128)	1.29	(0.065)	22	(1.1)	6.18	(0.166)	2.31	(0.111)	37	(1.4)	5.51	(0.191)
Females:																	
2 - 5.....	339	45	(4.4)	3.82	(0.177)	0.30	(0.042)	8	(1.3)	3.82	(0.294)	0.66	(0.074)	17	(2.8)	3.83	(0.138)
6 - 11.....	510	48	(3.3)	4.29	(0.157)	0.62	(0.054)	14	(1.0)	4.17	(0.267)	1.28	(0.092)	31	(2.8)	4.40	(0.348)
12 - 19.....	650	51	(2.8)	3.90	(0.139)	0.73	(0.052)	19	(1.4)	3.85	(0.207)	1.42	(0.059)	37	(2.2)	3.95	(0.208)
20 - 39.....	893	63	(2.6)	4.13	(0.115)	1.26	(0.120)	31	(2.9)	4.17	(0.211)	2.01	(0.166)	48	(3.1)	4.06	(0.228)
40 - 59.....	926	58	(1.9)	3.78	(0.112)	0.88	(0.064)	23	(1.4)	3.82	(0.121)	1.53	(0.092)	40	(2.0)	3.71	(0.256)
60 and over.....	814	42	(3.1)	3.98	(0.163)	0.74	(0.083)	19	(1.9)	4.06	(0.187)	1.74	(0.133)	43	(2.7)	3.92	(0.234)
2 - 19.....	1499	49	(2.3)	4.01	(0.108)	0.60	(0.038)	15	(0.9)	3.95	(0.137)	1.23	(0.052)	31	(1.5)	4.07	(0.173)
20 and over...	2633	55	(1.7)	3.96	(0.089)	0.97	(0.065)	25	(1.5)	4.01	(0.095)	1.77	(0.094)	44	(1.8)	3.89	(0.180)
2 and over...	4132	54	(1.6)	3.97	(0.076)	0.89	(0.050)	22	(1.1)	4.00	(0.090)	1.65	(0.078)	41	(1.5)	3.93	(0.140)
Males and Females:																	
2 - 19.....	3019	48	(1.3)	4.78	(0.104)	0.76	(0.072)	16	(1.4)	4.69	(0.175)	1.58	(0.160)	34	(2.8)	4.87	(0.166)
20 and over...	5047	57	(1.5)	4.95	(0.075)	1.19	(0.048)	24	(0.9)	5.20	(0.104)	2.09	(0.072)	40	(1.3)	4.62	(0.135)
2 and over...	8066	55	(1.3)	4.91	(0.067)	1.08	(0.040)	22	(0.8)	5.09	(0.100)	1.98	(0.069)	39	(1.0)	4.69	(0.125)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

Z i n c

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S e l e n i u m

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Gender and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

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

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

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

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

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

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

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

Although alchohol 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 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014

				Food energy													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1889	(30.9)	401	(32.5)	21	(1.6)	1960	(47.0)	820	(58.5)	42	(2.4)	1821	(45.9)
20 and over.....	2233	58	(2.1)	2129	(22.9)	569	(27.5)	27	(1.3)	2224	(43.4)	988	(24.1)	44	(1.4)	2000	(29.7)
2 and over...	3044	56	(1.9)	2080	(20.5)	535	(22.0)	26	(1.1)	2177	(38.7)	958	(22.2)	44	(1.1)	1957	(26.9)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1885	(33.1)	396	(41.0)	21	(2.1)	2108	(75.0)	871	(49.4)	41	(2.2)	1699	(64.3)
20 and over.....	1009	56	(2.1)	2230	(54.8)	594	(41.2)	27	(1.6)	2415	(80.6)	1056	(42.9)	44	(1.5)	1993	(47.6)
2 and over...	1762	53	(2.0)	2133	(43.8)	538	(36.8)	25	(1.5)	2341	(63.3)	1012	(41.5)	43	(1.5)	1896	(41.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1885	(66.3)	313	(71.5)	17	(3.6)	1993	(73.8)	884	(111.4)	44	(5.3)	1826	(85.2)
20 and over.....	525	55	(4.4)	1844	(41.7)	446	(46.6)	24	(2.1)	1935	(56.8)	812	(54.0)	42	(2.4)	1734	(25.9)
2 and over...	789	50	(3.5)	1853	(37.9)	415	(36.9)	22	(1.7)	1944	(48.5)	824	(46.7)	42	(2.1)	1761	(31.4)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1906	(55.6)	368	(33.1)	19	(1.5)	2071	(56.2)	772	(38.2)	37	(1.9)	1757	(68.3)
20 and over.....	1125	53	(2.3)	2204	(38.0)	544	(36.5)	25	(1.5)	2321	(40.9)	1025	(34.1)	44	(1.3)	2072	(53.8)
2 and over...	2122	51	(1.9)	2104	(38.3)	485	(28.3)	23	(1.2)	2243	(35.1)	946	(28.0)	42	(1.1)	1958	(56.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				P r o t e i n													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	70.7	(1.97)	16.4	(1.77)	23	(2.0)	72.8	(3.20)	33.5	(3.49)	46	(3.0)	68.6	(1.94)
20 and over.....	2233	58	(2.1)	82.7	(0.77)	23.9	(1.26)	29	(1.4)	86.4	(1.44)	41.5	(1.48)	48	(1.6)	77.7	(1.77)
2 and over...	3044	56	(1.9)	80.3	(0.96)	22.4	(1.00)	28	(1.1)	84.0	(1.72)	40.1	(1.45)	48	(1.3)	75.5	(1.63)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	65.5	(1.01)	15.0	(1.68)	23	(2.5)	71.6	(2.55)	32.9	(2.09)	46	(2.4)	60.4	(2.27)
20 and over.....	1009	56	(2.1)	82.5	(1.91)	25.7	(1.70)	31	(1.8)	88.2	(3.01)	45.7	(1.78)	52	(1.8)	75.1	(2.25)
2 and over...	1762	53	(2.0)	77.7	(1.52)	22.7	(1.50)	29	(1.7)	84.2	(2.34)	42.6	(1.71)	51	(1.7)	70.3	(1.56)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	75.9	(4.66)	14.5	(3.77)	19	(4.5)	80.4	(5.48)	40.8	(6.72)	51	(6.7)	73.5	(5.40)
20 and over.....	525	55	(4.4)	80.9	(2.29)	21.2	(2.48)	26	(2.7)	83.0	(3.12)	38.7	(2.60)	47	(2.5)	78.5	(2.84)
2 and over...	789	50	(3.5)	79.8	(2.27)	19.7	(2.05)	25	(2.3)	82.6	(2.69)	39.0	(2.43)	47	(2.4)	77.0	(2.76)
Hispanic:																	
2 - 19.....	997	48	(2.4)	71.4	(2.31)	13.7	(1.48)	19	(1.7)	75.1	(2.18)	28.8	(1.87)	38	(2.3)	67.9	(2.91)
20 and over.....	1125	53	(2.3)	89.2	(1.90)	23.8	(1.73)	27	(1.8)	91.6	(1.99)	44.9	(1.67)	49	(1.5)	86.5	(3.11)
2 and over...	2122	51	(1.9)	83.2	(1.90)	20.4	(1.30)	25	(1.4)	86.5	(1.62)	39.9	(1.32)	46	(1.2)	79.8	(2.63)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Carbohydrate													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	246	(4.9)	45	(3.5)	18	(1.4)	251	(5.5)	93	(6.4)	37	(2.2)	242	(7.3)
20 and over.....	2233	58	(2.1)	248	(3.1)	59	(2.8)	24	(1.2)	254	(4.5)	102	(2.0)	40	(1.2)	239	(3.8)
2 and over...	3044	56	(1.9)	248	(2.9)	56	(2.3)	23	(1.0)	254	(3.9)	100	(2.1)	40	(1.0)	239	(4.0)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	248	(5.3)	44	(4.6)	18	(1.9)	270	(10.8)	96	(5.7)	36	(2.2)	229	(7.7)
20 and over.....	1009	56	(2.1)	266	(6.5)	61	(4.4)	23	(1.5)	285	(9.1)	108	(4.7)	38	(1.5)	242	(6.4)
2 and over...	1762	53	(2.0)	261	(5.1)	56	(4.0)	21	(1.5)	282	(7.1)	105	(4.5)	37	(1.5)	238	(5.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	250	(6.9)	36	(8.4)	14	(3.2)	256	(12.1)	101	(13.5)	39	(5.0)	246	(11.2)
20 and over.....	525	55	(4.4)	227	(5.4)	48	(5.1)	21	(2.0)	232	(8.0)	88	(6.9)	38	(2.2)	222	(7.1)
2 and over...	789	50	(3.5)	233	(4.5)	45	(4.1)	19	(1.6)	236	(7.3)	90	(6.1)	38	(2.0)	229	(5.5)
Hispanic:																	
2 - 19.....	997	48	(2.4)	248	(6.4)	43	(3.7)	18	(1.4)	265	(6.5)	91	(4.6)	34	(1.8)	232	(8.7)
20 and over.....	1125	53	(2.3)	267	(3.9)	59	(4.1)	22	(1.6)	278	(4.8)	111	(4.4)	40	(1.6)	255	(5.7)
2 and over...	2122	51	(1.9)	261	(4.1)	54	(3.2)	21	(1.2)	274	(3.9)	105	(3.7)	38	(1.4)	247	(6.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total sugars													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	119	(3.1)	18	(1.9)	15	(1.6)	120	(3.5)	37	(3.7)	30	(2.8)	117	(4.6)
20 and over.....	2233	58	(2.1)	110	(1.7)	19	(0.9)	18	(1.0)	110	(2.5)	33	(0.9)	31	(1.1)	111	(1.6)
2 and over...	3044	56	(1.9)	112	(1.7)	19	(0.9)	17	(0.9)	112	(2.2)	34	(0.9)	31	(1.0)	112	(1.9)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	112	(4.0)	13	(1.4)	12	(1.3)	119	(5.1)	29	(2.1)	25	(1.8)	106	(5.1)
20 and over.....	1009	56	(2.1)	124	(4.0)	22	(1.8)	17	(1.2)	134	(6.0)	38	(2.1)	29	(1.3)	110	(4.0)
2 and over...	1762	53	(2.0)	120	(3.2)	19	(1.6)	16	(1.2)	131	(4.7)	36	(2.0)	28	(1.3)	109	(3.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	100	(4.2)	12	(3.3)	12	(3.2)	99	(5.2)	35	(6.4)	35	(6.3)	101	(6.7)
20 and over.....	525	55	(4.4)	81	(3.1)	16	(1.9)	19	(2.0)	88	(4.6)	29	(3.6)	32	(2.8)	72	(3.1)
2 and over...	789	50	(3.5)	85	(2.9)	15	(1.5)	17	(1.6)	90	(4.1)	30	(3.1)	33	(2.5)	81	(3.9)
Hispanic:																	
2 - 19.....	997	48	(2.4)	111	(3.0)	16	(1.7)	15	(1.5)	119	(4.5)	34	(3.1)	29	(2.4)	104	(4.6)
20 and over.....	1125	53	(2.3)	114	(2.5)	22	(1.5)	19	(1.3)	121	(2.9)	41	(1.6)	34	(1.5)	106	(2.7)
2 and over...	2122	51	(1.9)	113	(2.2)	20	(1.4)	18	(1.2)	120	(2.7)	39	(1.9)	32	(1.5)	106	(2.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	13.5	(0.28)	2.4	(0.16)	18	(1.2)	13.1	(0.43)	5.0	(0.20)	38	(1.7)	13.9	(0.40)
20 and over.....	2233	58	(2.1)	16.6	(0.32)	3.8	(0.22)	23	(1.1)	16.6	(0.27)	6.6	(0.24)	40	(1.4)	16.6	(0.71)
2 and over...	3044	56	(1.9)	16.0	(0.25)	3.5	(0.18)	22	(0.9)	16.0	(0.23)	6.3	(0.20)	40	(1.2)	16.0	(0.53)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	13.0	(0.30)	2.5	(0.28)	19	(1.9)	13.6	(0.55)	5.5	(0.35)	40	(1.5)	12.5	(0.58)
20 and over.....	1009	56	(2.1)	15.4	(0.52)	3.5	(0.27)	23	(1.9)	15.4	(0.58)	6.2	(0.31)	40	(2.2)	15.4	(0.74)
2 and over...	1762	53	(2.0)	14.7	(0.37)	3.2	(0.24)	22	(1.7)	14.9	(0.36)	6.0	(0.28)	40	(2.0)	14.5	(0.54)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	15.0	(0.75)	2.0	(0.47)	13	(3.2)	14.6	(0.49)	5.5	(0.78)	38	(5.6)	15.2	(1.26)
20 and over.....	525	55	(4.4)	18.7	(0.74)	3.3	(0.35)	18	(1.9)	17.2	(0.70)	6.0	(0.37)	35	(2.2)	20.5	(1.38)
2 and over...	789	50	(3.5)	17.8	(0.64)	3.0	(0.29)	17	(1.6)	16.7	(0.57)	5.9	(0.35)	35	(2.1)	18.9	(1.12)
Hispanic:																	
2 - 19.....	997	48	(2.4)	15.4	(0.55)	2.4	(0.23)	16	(1.3)	15.2	(0.54)	5.1	(0.28)	34	(2.0)	15.5	(0.68)
20 and over.....	1125	53	(2.3)	19.7	(0.67)	3.8	(0.35)	20	(2.1)	18.4	(0.49)	7.2	(0.42)	39	(2.3)	21.0	(1.29)
2 and over...	2122	51	(1.9)	18.2	(0.61)	3.4	(0.26)	18	(1.6)	17.4	(0.32)	6.6	(0.33)	38	(1.9)	19.0	(1.12)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	71.1	(1.45)	17.3	(1.47)	24	(1.8)	75.3	(2.50)	35.5	(2.53)	47	(2.2)	67.0	(2.16)
20 and over.....	2233	58	(2.1)	83.4	(1.09)	24.4	(1.20)	29	(1.4)	87.4	(2.00)	42.3	(1.23)	48	(1.5)	77.9	(2.06)
2 and over...	3044	56	(1.9)	80.9	(1.00)	23.0	(0.96)	28	(1.2)	85.3	(1.83)	41.1	(1.14)	48	(1.2)	75.3	(1.76)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	72.2	(1.97)	18.0	(1.88)	25	(2.4)	84.3	(3.06)	39.7	(2.33)	47	(2.1)	62.1	(3.33)
20 and over.....	1009	56	(2.1)	86.5	(2.52)	26.8	(1.85)	31	(1.6)	96.5	(3.35)	47.6	(2.04)	49	(1.4)	73.5	(2.70)
2 and over...	1762	53	(2.0)	82.5	(2.15)	24.3	(1.63)	29	(1.5)	93.6	(2.71)	45.7	(1.93)	49	(1.4)	69.8	(2.28)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	66.1	(2.78)	12.5	(2.74)	19	(4.0)	72.3	(2.65)	35.3	(4.29)	49	(5.8)	62.8	(3.69)
20 and over.....	525	55	(4.4)	65.7	(2.10)	18.2	(2.00)	28	(2.6)	70.5	(2.32)	33.3	(2.42)	47	(2.8)	59.9	(2.38)
2 and over...	789	50	(3.5)	65.8	(1.95)	16.9	(1.54)	26	(1.9)	70.8	(2.18)	33.6	(2.08)	47	(2.3)	60.8	(2.23)
Hispanic:																	
2 - 19.....	997	48	(2.4)	72.1	(2.61)	15.6	(1.55)	22	(1.7)	81.1	(2.71)	32.8	(2.00)	40	(2.4)	63.9	(2.93)
20 and over.....	1125	53	(2.3)	83.2	(1.99)	23.0	(1.46)	28	(1.4)	89.5	(2.05)	43.4	(1.33)	49	(1.0)	76.1	(2.78)
2 and over...	2122	51	(1.9)	79.4	(1.78)	20.5	(1.15)	26	(1.1)	86.8	(1.71)	40.1	(1.16)	46	(1.0)	71.7	(2.55)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Saturated fat															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	25.4	(0.68)	5.8	(0.43)	23	(1.6)	26.5	(0.79)	11.9	(0.52)	45	(1.6)	24.4	(1.05)
20 and over.....	2233	58	(2.1)	27.2	(0.36)	7.9	(0.39)	29	(1.3)	28.3	(0.69)	13.7	(0.42)	48	(1.5)	25.8	(0.80)
2 and over...	3044	56	(1.9)	26.9	(0.34)	7.5	(0.31)	28	(1.1)	28.0	(0.61)	13.4	(0.36)	48	(1.2)	25.4	(0.75)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	23.6	(0.62)	5.7	(0.71)	24	(2.8)	27.5	(1.01)	12.5	(0.92)	46	(2.7)	20.4	(1.24)
20 and over.....	1009	56	(2.1)	26.9	(0.66)	8.3	(0.59)	31	(1.7)	29.9	(0.69)	14.8	(0.71)	49	(1.8)	23.0	(0.83)
2 and over...	1762	53	(2.0)	26.0	(0.55)	7.6	(0.54)	29	(1.7)	29.3	(0.51)	14.2	(0.67)	49	(1.8)	22.2	(0.76)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	22.0	(0.91)	3.7	(0.88)	17	(3.9)	23.4	(1.45)	10.6	(1.52)	45	(6.4)	21.2	(1.17)
20 and over.....	525	55	(4.4)	19.1	(0.74)	5.4	(0.57)	28	(2.3)	21.0	(0.80)	9.8	(0.73)	47	(3.0)	16.8	(0.82)
2 and over...	789	50	(3.5)	19.8	(0.63)	5.0	(0.46)	25	(1.7)	21.4	(0.84)	9.9	(0.66)	46	(2.5)	18.1	(0.56)
Hispanic:																	
2 - 19.....	997	48	(2.4)	24.9	(1.06)	5.1	(0.52)	21	(1.6)	27.5	(1.15)	10.8	(0.70)	39	(2.5)	22.5	(1.26)
20 and over.....	1125	53	(2.3)	26.8	(0.69)	7.3	(0.48)	27	(1.4)	29.0	(0.78)	13.8	(0.49)	48	(1.0)	24.3	(0.88)
2 and over...	2122	51	(1.9)	26.1	(0.63)	6.6	(0.35)	25	(1.0)	28.5	(0.68)	12.9	(0.36)	45	(0.8)	23.6	(0.87)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Monounsaturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	23.5	(0.61)	5.6	(0.46)	24	(1.6)	24.8	(0.86)	11.4	(0.84)	46	(2.2)	22.3	(0.94)
20 and over.....	2233	58	(2.1)	28.9	(0.38)	8.2	(0.40)	28	(1.4)	30.1	(0.71)	14.2	(0.40)	47	(1.5)	27.3	(0.79)
2 and over...	3044	56	(1.9)	27.8	(0.39)	7.7	(0.33)	28	(1.2)	29.1	(0.66)	13.7	(0.39)	47	(1.3)	26.1	(0.70)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	24.4	(0.65)	6.1	(0.65)	25	(2.4)	28.1	(1.01)	13.4	(0.80)	48	(2.1)	21.4	(1.10)
20 and over.....	1009	56	(2.1)	30.6	(1.05)	9.5	(0.70)	31	(1.6)	34.3	(1.35)	16.9	(0.80)	49	(1.3)	25.9	(1.10)
2 and over...	1762	53	(2.0)	28.9	(0.90)	8.5	(0.62)	30	(1.5)	32.8	(1.13)	16.1	(0.76)	49	(1.3)	24.4	(0.88)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	22.2	(1.14)	4.3	(0.90)	19	(3.9)	24.4	(1.01)	12.0	(1.40)	49	(5.6)	21.0	(1.48)
20 and over.....	525	55	(4.4)	23.8	(0.76)	6.4	(0.70)	27	(2.6)	25.5	(0.80)	11.7	(0.84)	46	(2.8)	21.9	(0.99)
2 and over...	789	50	(3.5)	23.5	(0.76)	5.9	(0.52)	25	(1.9)	25.3	(0.75)	11.7	(0.72)	46	(2.2)	21.6	(1.02)
Hispanic:																	
2 - 19.....	997	48	(2.4)	24.0	(0.87)	5.2	(0.51)	22	(1.8)	27.1	(0.91)	11.0	(0.65)	40	(2.3)	21.2	(0.99)
20 and over.....	1125	53	(2.3)	28.6	(0.76)	7.8	(0.54)	27	(1.5)	30.4	(0.80)	14.7	(0.55)	48	(1.2)	26.5	(1.09)
2 and over...	2122	51	(1.9)	27.0	(0.64)	6.9	(0.41)	26	(1.1)	29.4	(0.64)	13.5	(0.44)	46	(1.2)	24.6	(0.95)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Polyunsaturated fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	15.3	(0.53)	4.2	(0.50)	28	(2.6)	16.9	(0.92)	8.6	(0.96)	51	(3.2)	13.8	(0.47)
20 and over.....	2233	58	(2.1)	19.4	(0.35)	6.0	(0.32)	31	(1.4)	20.8	(0.51)	10.4	(0.36)	50	(1.6)	17.6	(0.44)
2 and over...	3044	56	(1.9)	18.6	(0.29)	5.6	(0.26)	30	(1.3)	20.1	(0.45)	10.1	(0.33)	50	(1.4)	16.7	(0.30)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	17.3	(0.59)	4.6	(0.40)	27	(2.0)	20.9	(0.92)	10.1	(0.56)	48	(1.8)	14.3	(0.73)
20 and over.....	1009	56	(2.1)	20.8	(0.89)	6.5	(0.44)	31	(1.7)	23.1	(1.24)	11.5	(0.52)	50	(1.4)	17.8	(0.84)
2 and over...	1762	53	(2.0)	19.8	(0.71)	6.0	(0.36)	30	(1.5)	22.6	(1.01)	11.2	(0.46)	50	(1.2)	16.7	(0.68)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	15.5	(0.84)	3.3	(0.72)	21	(4.6)	17.4	(0.96)	9.3	(1.10)	53	(6.4)	14.4	(1.16)
20 and over.....	525	55	(4.4)	16.7	(0.62)	4.8	(0.61)	28	(3.1)	17.5	(0.77)	8.7	(0.77)	50	(3.1)	15.7	(0.88)
2 and over...	789	50	(3.5)	16.4	(0.60)	4.4	(0.46)	27	(2.4)	17.5	(0.68)	8.8	(0.63)	50	(2.6)	15.3	(0.90)
Hispanic:																	
2 - 19.....	997	48	(2.4)	16.2	(0.57)	3.8	(0.40)	23	(2.0)	18.7	(0.52)	8.0	(0.52)	43	(2.6)	14.0	(0.60)
20 and over.....	1125	53	(2.3)	19.5	(0.64)	5.7	(0.36)	29	(1.4)	21.2	(0.62)	10.7	(0.39)	51	(1.1)	17.6	(0.87)
2 and over...	2122	51	(1.9)	18.4	(0.53)	5.1	(0.32)	27	(1.2)	20.4	(0.46)	9.9	(0.38)	48	(1.2)	16.3	(0.68)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Cholesterol													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	219	(7.8)	52	(6.7)	24	(2.5)	229	(16.5)	106	(13.0)	46	(3.2)	209	(11.0)
20 and over.....	2233	58	(2.1)	282	(4.3)	85	(4.3)	30	(1.7)	299	(7.1)	148	(6.2)	50	(1.8)	260	(9.7)
2 and over...	3044	56	(1.9)	269	(3.9)	79	(3.6)	29	(1.4)	286	(7.2)	141	(6.0)	49	(1.5)	248	(8.3)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	223	(9.7)	46	(5.1)	21	(2.5)	235	(13.2)	102	(7.9)	43	(2.6)	213	(13.9)
20 and over.....	1009	56	(2.1)	320	(9.0)	102	(7.1)	32	(1.8)	342	(16.1)	181	(8.2)	53	(1.9)	292	(13.2)
2 and over...	1762	53	(2.0)	293	(7.8)	86	(6.3)	29	(1.9)	317	(14.4)	162	(8.0)	51	(1.7)	266	(9.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	239	(22.5)	51	(12.1)	21	(4.8)	261	(25.7)	144	(23.0)	55	(7.0)	227	(29.4)
20 and over.....	525	55	(4.4)	268	(12.5)	78	(10.0)	29	(3.0)	299	(18.7)	142	(10.2)	48	(2.5)	229	(18.9)
2 and over...	789	50	(3.5)	261	(13.0)	72	(8.5)	28	(2.5)	293	(17.4)	143	(10.3)	49	(2.4)	228	(15.3)
Hispanic:																	
2 - 19.....	997	48	(2.4)	238	(8.8)	44	(5.2)	19	(2.0)	258	(8.7)	93	(7.2)	36	(2.6)	219	(11.5)
20 and over.....	1125	53	(2.3)	327	(11.6)	86	(7.7)	26	(1.9)	335	(15.6)	162	(9.6)	48	(1.6)	317	(16.7)
2 and over...	2122	51	(1.9)	297	(8.9)	72	(6.2)	24	(1.6)	311	(12.0)	140	(8.0)	45	(1.6)	281	(9.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	639	(17.7)	80	(8.2)	13	(1.4)	602	(19.8)	165	(10.2)	27	(1.7)	674	(22.1)
20 and over.....	2233	58	(2.1)	666	(12.7)	127	(6.6)	19	(0.9)	646	(19.0)	221	(12.7)	34	(1.3)	694	(25.4)
2 and over...	3044	56	(1.9)	661	(11.9)	118	(5.4)	18	(0.8)	638	(15.9)	211	(10.6)	33	(1.1)	690	(22.2)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	496	(15.7)	64	(8.7)	13	(1.6)	504	(25.6)	141	(11.7)	28	(1.5)	489	(19.8)
20 and over.....	1009	56	(2.1)	564	(26.7)	112	(10.1)	20	(1.8)	526	(24.5)	200	(14.6)	38	(2.2)	612	(44.8)
2 and over...	1762	53	(2.0)	545	(20.1)	99	(9.0)	18	(1.6)	521	(19.2)	186	(12.6)	36	(1.6)	572	(32.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	644	(50.7)	61*	(19.1)	9*	(3.2)	552	(50.2)	172	(41.0)	31	(7.4)	694	(58.0)
20 and over.....	525	55	(4.4)	609	(32.7)	111	(8.8)	18	(1.1)	595	(47.4)	203	(20.5)	34	(2.8)	626	(47.9)
2 and over...	789	50	(3.5)	617	(27.6)	100	(9.2)	16	(1.1)	588	(40.0)	198	(18.3)	34	(2.3)	646	(36.1)
Hispanic:																	
2 - 19.....	997	48	(2.4)	570	(20.5)	60	(7.2)	11	(1.1)	562	(25.2)	127	(11.2)	23	(1.9)	577	(31.6)
20 and over.....	1125	53	(2.3)	587	(28.6)	113	(8.3)	19	(1.2)	579	(28.6)	213	(12.9)	37	(2.0)	597	(36.5)
2 and over...	2122	51	(1.9)	581	(24.2)	95	(6.5)	16	(0.8)	573	(19.9)	186	(9.2)	32	(1.2)	590	(32.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene											
				All Individuals [2]						*All Restaurant Consumers* [3]				*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1463	(161.3)	175	(31.1)	12	(2.5)	1418	(188.0)	359	(56.2)	25	(3.8)	1507	(246.5)
20 and over.....	2233	58	(2.1)	2256	(120.5)	396	(47.4)	18	(1.7)	2052	(92.8)	688	(79.8)	34	(3.3)	2534	(199.2)
2 and over...	3044	56	(1.9)	2095	(109.3)	351	(35.8)	17	(1.5)	1939	(77.3)	629	(63.6)	32	(3.1)	2291	(176.3)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1000	(82.4)	123	(13.6)	12	(1.4)	1058	(92.9)	270	(31.7)	26	(2.7)	953	(104.1)
20 and over.....	1009	56	(2.1)	2307	(225.5)	425	(73.7)	18	(3.6)	1807	(171.8)	757	(122.3)	42	(5.3)	2947	(456.3)
2 and over...	1762	53	(2.0)	1939	(179.5)	340	(55.9)	18	(3.1)	1627	(133.6)	640	(92.2)	39	(4.4)	2293	(305.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	2070	(328.5)	245*	(90.9)	12*	(4.9)	1857	(321.8)	691	(207.1)	37*	(11.4)	2187	(488.0)
20 and over.....	525	55	(4.4)	3735	(285.6)	549	(61.8)	15	(1.5)	3214	(372.8)	1001	(109.0)	31	(3.8)	4367	(558.4)
2 and over...	789	50	(3.5)	3356	(213.8)	479	(57.1)	14	(1.4)	2997	(304.1)	951	(92.6)	32	(3.2)	3720	(388.4)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1058	(65.5)	123	(18.9)	12	(2.0)	930	(47.8)	259	(31.3)	28	(3.6)	1174	(98.8)
20 and over.....	1125	53	(2.3)	1942	(184.0)	372	(27.5)	19	(1.7)	1824	(176.9)	700	(49.9)	38	(2.4)	2075	(283.4)
2 and over...	2122	51	(1.9)	1644	(130.6)	288	(19.8)	18	(1.4)	1545	(116.5)	562	(32.5)	36	(2.0)	1749	(195.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	3868	(297.9)	880	(107.8)	23	(3.2)	4336	(362.6)	1803	(192.7)	42	(4.5)	3421	(418.7)
20 and over.....	2233	58	(2.1)	5149	(154.6)	1545	(122.3)	30	(2.1)	5312	(236.4)	2681	(216.8)	50	(3.3)	4926	(378.0)
2 and over...	3044	56	(1.9)	4888	(124.9)	1409	(99.2)	29	(1.9)	5138	(191.9)	2524	(191.3)	49	(2.9)	4571	(308.4)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	4066	(394.1)	871	(130.4)	21	(2.3)	4035	(371.0)	1918	(216.9)	48	(3.0)	4092	(579.5)
20 and over.....	1009	56	(2.1)	4214	(443.5)	1344	(141.4)	32	(5.0)	4407	(467.1)	2391	(200.2)	54	(7.1)	3966	(706.9)
2 and over...	1762	53	(2.0)	4173	(373.8)	1211	(124.9)	29	(3.9)	4318	(368.7)	2277	(173.1)	53	(5.7)	4007	(605.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	4511	(1005.1)	1199*	(437.7)	27*	(8.3)	6000	(1338.0)	3387	(985.4)	56*	(14.3)	3694	(1095.7)
20 and over.....	525	55	(4.4)	3742	(386.4)	1058	(289.9)	28	(5.9)	4313	(649.2)	1929	(487.8)	45	(6.8)	3050	(355.8)
2 and over...	789	50	(3.5)	3917	(376.2)	1090	(255.2)	28	(5.2)	4583	(632.3)	2162	(459.7)	47	(7.2)	3241	(312.7)
Hispanic:																	
2 - 19.....	997	48	(2.4)	4925	(316.5)	1033	(190.2)	21	(3.6)	4718	(391.4)	2170	(339.6)	46	(7.5)	5113	(412.8)
20 and over.....	1125	53	(2.3)	5492	(332.4)	1511	(153.7)	28	(1.9)	5679	(453.3)	2845	(246.9)	50	(3.3)	5279	(434.4)
2 and over...	2122	51	(1.9)	5301	(289.9)	1350	(141.5)	25	(2.1)	5378	(389.6)	2634	(238.6)	49	(3.7)	5219	(344.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				T h i a m i n											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1.57	(0.043)	0.29	(0.022)	18	(1.5)	1.59	(0.055)	0.59	(0.041)	37	(2.4)	1.56	(0.065)
20 and over.....	2233	58	(2.1)	1.64	(0.020)	0.42	(0.022)	25	(1.4)	1.67	(0.025)	0.73	(0.021)	43	(1.2)	1.60	(0.044)
2 and over...	3044	56	(1.9)	1.63	(0.019)	0.39	(0.016)	24	(1.0)	1.66	(0.024)	0.70	(0.019)	42	(0.9)	1.59	(0.041)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1.50	(0.037)	0.28	(0.035)	19	(2.1)	1.58	(0.071)	0.62	(0.048)	39	(2.0)	1.43	(0.040)
20 and over.....	1009	56	(2.1)	1.52	(0.030)	0.40	(0.031)	27	(1.9)	1.61	(0.053)	0.72	(0.038)	45	(2.3)	1.41	(0.033)
2 and over...	1762	53	(2.0)	1.51	(0.020)	0.37	(0.028)	24	(1.7)	1.60	(0.038)	0.70	(0.036)	43	(2.0)	1.41	(0.022)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1.61	(0.082)	0.22	(0.059)	14	(3.3)	1.54	(0.081)	0.62	(0.106)	40	(6.1)	1.65	(0.114)
20 and over.....	525	55	(4.4)	1.56	(0.033)	0.34	(0.038)	21	(2.2)	1.54	(0.055)	0.61	(0.042)	40	(2.1)	1.58	(0.043)
2 and over...	789	50	(3.5)	1.57	(0.032)	0.31	(0.032)	20	(1.8)	1.54	(0.046)	0.61	(0.040)	40	(2.1)	1.60	(0.034)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1.58	(0.041)	0.27	(0.028)	17	(1.5)	1.64	(0.050)	0.57	(0.038)	35	(1.9)	1.52	(0.053)
20 and over.....	1125	53	(2.3)	1.64	(0.035)	0.39	(0.029)	24	(1.6)	1.67	(0.038)	0.73	(0.034)	44	(2.1)	1.60	(0.044)
2 and over...	2122	51	(1.9)	1.62	(0.034)	0.35	(0.021)	22	(1.1)	1.66	(0.029)	0.68	(0.024)	41	(1.4)	1.57	(0.041)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	2.13	(0.042)	0.36	(0.026)	17	(1.3)	2.09	(0.054)	0.74	(0.047)	35	(2.0)	2.17	(0.082)
20 and over.....	2233	58	(2.1)	2.28	(0.029)	0.49	(0.024)	21	(1.0)	2.33	(0.049)	0.85	(0.025)	37	(1.1)	2.22	(0.041)
2 and over...	3044	56	(1.9)	2.25	(0.027)	0.46	(0.021)	21	(0.9)	2.29	(0.042)	0.83	(0.023)	36	(0.9)	2.21	(0.041)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1.72	(0.036)	0.27	(0.037)	16	(2.1)	1.76	(0.061)	0.59	(0.051)	34	(2.5)	1.68	(0.047)
20 and over.....	1009	56	(2.1)	1.79	(0.034)	0.45	(0.034)	25	(1.7)	1.89	(0.052)	0.79	(0.040)	42	(1.9)	1.66	(0.038)
2 and over...	1762	53	(2.0)	1.77	(0.023)	0.40	(0.031)	22	(1.6)	1.86	(0.035)	0.75	(0.038)	40	(1.7)	1.67	(0.030)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1.96	(0.093)	0.24	(0.062)	12	(3.1)	1.84	(0.063)	0.68	(0.109)	37	(5.7)	2.02	(0.134)
20 and over.....	525	55	(4.4)	1.77	(0.048)	0.37	(0.040)	21	(2.0)	1.84	(0.083)	0.68	(0.047)	37	(1.8)	1.68	(0.053)
2 and over...	789	50	(3.5)	1.81	(0.055)	0.34	(0.033)	19	(1.6)	1.84	(0.072)	0.68	(0.044)	37	(1.8)	1.78	(0.053)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1.91	(0.056)	0.26	(0.023)	13	(1.0)	1.97	(0.073)	0.54	(0.030)	27	(1.4)	1.86	(0.072)
20 and over.....	1125	53	(2.3)	2.14	(0.090)	0.43	(0.030)	20	(1.4)	2.20	(0.111)	0.81	(0.033)	37	(2.2)	2.06	(0.084)
2 and over...	2122	51	(1.9)	2.06	(0.074)	0.37	(0.024)	18	(1.0)	2.13	(0.084)	0.73	(0.027)	34	(1.3)	1.99	(0.069)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				N i a c i n													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	22.9	(0.73)	5.3	(0.69)	23	(2.5)	24.1	(1.44)	10.9	(1.52)	45	(3.8)	21.8	(0.82)
20 and over.....	2233	58	(2.1)	26.4	(0.33)	7.1	(0.34)	27	(1.5)	27.8	(0.57)	12.4	(0.39)	44	(1.7)	24.4	(0.51)
2 and over...	3044	56	(1.9)	25.7	(0.35)	6.8	(0.29)	26	(1.2)	27.2	(0.67)	12.1	(0.47)	45	(1.4)	23.8	(0.50)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	21.2	(0.41)	4.8	(0.54)	22	(2.5)	23.2	(1.06)	10.5	(0.68)	45	(2.4)	19.5	(0.64)
20 and over.....	1009	56	(2.1)	26.0	(0.54)	7.6	(0.48)	29	(1.7)	27.9	(0.89)	13.5	(0.48)	48	(1.9)	23.5	(0.48)
2 and over...	1762	53	(2.0)	24.6	(0.42)	6.8	(0.43)	28	(1.6)	26.8	(0.70)	12.8	(0.47)	48	(1.8)	22.2	(0.31)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	22.3	(1.68)	4.4	(1.15)	20	(4.2)	23.5	(1.78)	12.3	(2.00)	52	(6.1)	21.6	(2.03)
20 and over.....	525	55	(4.4)	24.5	(0.61)	6.3	(0.74)	26	(2.7)	25.0	(0.96)	11.5	(0.92)	46	(3.2)	23.9	(0.80)
2 and over...	789	50	(3.5)	24.0	(0.65)	5.9	(0.61)	24	(2.3)	24.7	(0.74)	11.7	(0.85)	47	(3.0)	23.2	(0.93)
Hispanic:																	
2 - 19.....	997	48	(2.4)	21.8	(0.69)	4.4	(0.44)	20	(1.7)	23.4	(0.61)	9.3	(0.51)	40	(1.8)	20.4	(0.85)
20 and over.....	1125	53	(2.3)	27.5	(0.99)	7.0	(0.53)	26	(1.8)	29.5	(1.39)	13.3	(0.53)	45	(2.6)	25.3	(0.77)
2 and over...	2122	51	(1.9)	25.6	(0.80)	6.2	(0.41)	24	(1.4)	27.6	(1.04)	12.0	(0.42)	44	(1.8)	23.5	(0.65)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B6											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1.88	(0.061)	0.34	(0.052)	18	(2.5)	1.85	(0.114)	0.70	(0.121)	38	(4.5)	1.92	(0.094)
20 and over.....	2233	58	(2.1)	2.20	(0.038)	0.48	(0.024)	22	(1.4)	2.28	(0.068)	0.83	(0.033)	36	(2.1)	2.09	(0.045)
2 and over...	3044	56	(1.9)	2.14	(0.037)	0.45	(0.022)	21	(1.2)	2.21	(0.067)	0.81	(0.040)	37	(1.8)	2.05	(0.041)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1.63	(0.048)	0.26	(0.027)	16	(1.8)	1.67	(0.088)	0.56	(0.029)	34	(1.8)	1.60	(0.066)
20 and over.....	1009	56	(2.1)	2.03	(0.053)	0.48	(0.030)	24	(1.4)	2.08	(0.072)	0.86	(0.036)	41	(2.1)	1.96	(0.077)
2 and over...	1762	53	(2.0)	1.92	(0.043)	0.42	(0.026)	22	(1.4)	1.98	(0.057)	0.79	(0.030)	40	(1.7)	1.84	(0.059)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1.88	(0.118)	0.32	(0.087)	17	(4.0)	1.90	(0.175)	0.91	(0.161)	48	(5.8)	1.87	(0.148)
20 and over.....	525	55	(4.4)	2.05	(0.058)	0.44	(0.048)	21	(2.3)	2.02	(0.083)	0.80	(0.051)	39	(2.6)	2.08	(0.059)
2 and over...	789	50	(3.5)	2.01	(0.058)	0.41	(0.042)	20	(2.0)	2.00	(0.063)	0.82	(0.053)	41	(2.6)	2.01	(0.073)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1.81	(0.062)	0.26	(0.031)	15	(1.5)	1.84	(0.045)	0.55	(0.042)	30	(2.1)	1.78	(0.093)
20 and over.....	1125	53	(2.3)	2.36	(0.150)	0.47	(0.035)	20	(1.8)	2.36	(0.176)	0.88	(0.035)	37	(2.7)	2.36	(0.137)
2 and over...	2122	51	(1.9)	2.17	(0.111)	0.40	(0.027)	18	(1.2)	2.19	(0.123)	0.78	(0.029)	35	(1.7)	2.15	(0.109)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				F o l a t e (D F E)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	501	(20.6)	81	(6.9)	16	(1.3)	493	(24.5)	166	(9.4)	34	(2.1)	508	(24.3)
20 and over.....	2233	58	(2.1)	533	(10.4)	123	(7.2)	23	(1.4)	534	(7.3)	213	(8.4)	40	(1.4)	531	(17.4)
2 and over...	3044	56	(1.9)	526	(9.9)	114	(5.3)	22	(1.1)	527	(6.5)	205	(6.6)	39	(1.1)	526	(16.0)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	523	(23.1)	85	(10.4)	16	(2.3)	524	(26.3)	187	(14.5)	36	(2.5)	521	(33.3)
20 and over.....	1009	56	(2.1)	478	(10.9)	121	(10.9)	25	(2.2)	501	(16.9)	215	(14.0)	43	(2.6)	448	(14.6)
2 and over...	1762	53	(2.0)	490	(7.8)	111	(9.5)	23	(2.2)	507	(12.0)	208	(12.6)	41	(2.3)	472	(19.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	537	(31.4)	69	(20.1)	13	(3.6)	506	(35.6)	194	(37.5)	38	(6.0)	554	(42.9)
20 and over.....	525	55	(4.4)	523	(13.0)	104	(12.9)	20	(2.3)	505	(24.1)	190	(14.7)	38	(2.4)	545	(16.5)
2 and over...	789	50	(3.5)	526	(14.2)	96	(10.5)	18	(1.9)	505	(20.2)	190	(12.8)	38	(2.0)	548	(16.7)
Hispanic:																	
2 - 19.....	997	48	(2.4)	521	(20.0)	82	(7.7)	16	(1.2)	542	(23.3)	172	(10.7)	32	(1.3)	503	(28.4)
20 and over.....	1125	53	(2.3)	541	(19.0)	120	(9.7)	22	(2.0)	545	(11.1)	226	(11.9)	42	(2.4)	537	(33.3)
2 and over...	2122	51	(1.9)	534	(17.9)	107	(6.5)	20	(1.4)	544	(10.9)	209	(7.9)	38	(1.6)	524	(29.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	256	(5.3)	51	(5.8)	20	(1.9)	258	(11.9)	104	(11.4)	40	(3.0)	254	(7.0)
20 and over.....	2233	58	(2.1)	334	(4.9)	88	(4.4)	26	(1.4)	346	(6.2)	152	(5.2)	44	(1.7)	317	(8.5)
2 and over...	3044	56	(1.9)	318	(4.1)	80	(3.6)	25	(1.2)	330	(5.7)	144	(4.9)	43	(1.4)	302	(7.5)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	237	(6.1)	46	(4.5)	19	(2.0)	247	(8.8)	101	(5.6)	41	(2.3)	229	(8.1)
20 and over.....	1009	56	(2.1)	343	(9.5)	95	(6.5)	28	(1.6)	355	(17.3)	170	(7.3)	48	(1.9)	328	(10.1)
2 and over...	1762	53	(2.0)	313	(7.7)	81	(5.5)	26	(1.6)	329	(13.8)	153	(6.8)	47	(1.5)	296	(7.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	290	(20.5)	48	(11.8)	16	(3.9)	294	(21.3)	134	(21.0)	46	(6.1)	287	(27.6)
20 and over.....	525	55	(4.4)	329	(9.2)	80	(9.4)	24	(2.4)	345	(15.0)	146	(9.2)	42	(2.0)	310	(9.0)
2 and over...	789	50	(3.5)	320	(11.0)	73	(7.7)	23	(1.9)	337	(13.8)	144	(8.5)	43	(1.9)	303	(11.0)
Hispanic:																	
2 - 19.....	997	48	(2.4)	266	(8.5)	44	(4.8)	17	(1.7)	277	(7.7)	93	(6.4)	34	(2.2)	256	(12.0)
20 and over.....	1125	53	(2.3)	360	(7.6)	86	(6.6)	24	(1.7)	360	(10.0)	163	(6.9)	45	(1.4)	359	(13.5)
2 and over...	2122	51	(1.9)	328	(7.5)	72	(5.3)	22	(1.4)	334	(8.3)	141	(6.0)	42	(1.3)	322	(10.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin B12											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	4.98	(0.139)	0.83	(0.122)	17	(2.3)	4.77	(0.293)	1.70	(0.276)	36	(4.2)	5.18	(0.249)
20 and over.....	2233	58	(2.1)	5.04	(0.082)	1.19	(0.064)	24	(1.2)	5.27	(0.099)	2.07	(0.085)	39	(1.5)	4.73	(0.161)
2 and over...	3044	56	(1.9)	5.03	(0.079)	1.12	(0.055)	22	(1.1)	5.18	(0.104)	2.00	(0.092)	39	(1.4)	4.84	(0.170)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	4.10	(0.115)	0.64	(0.083)	16	(2.0)	4.27	(0.231)	1.41	(0.107)	33	(2.3)	3.95	(0.196)
20 and over.....	1009	56	(2.1)	4.73	(0.204)	1.23	(0.100)	26	(1.8)	5.04	(0.298)	2.18	(0.112)	43	(2.5)	4.33	(0.352)
2 and over...	1762	53	(2.0)	4.55	(0.149)	1.06	(0.078)	23	(1.5)	4.86	(0.208)	2.00	(0.091)	41	(2.1)	4.20	(0.216)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	4.81	(0.341)	0.49	(0.130)	10	(2.9)	3.95	(0.204)	1.40	(0.223)	35	(5.9)	5.28	(0.536)
20 and over.....	525	55	(4.4)	4.02	(0.180)	1.04	(0.114)	26	(2.5)	4.25	(0.309)	1.90	(0.235)	45	(3.6)	3.74	(0.224)
2 and over...	789	50	(3.5)	4.20	(0.149)	0.92	(0.089)	22	(2.0)	4.20	(0.261)	1.82	(0.203)	43	(3.2)	4.20	(0.193)
Hispanic:																	
2 - 19.....	997	48	(2.4)	4.80	(0.110)	0.67	(0.073)	14	(1.5)	4.90	(0.175)	1.41	(0.103)	29	(2.1)	4.71	(0.217)
20 and over.....	1125	53	(2.3)	4.87	(0.244)	1.11	(0.102)	23	(2.0)	5.20	(0.385)	2.09	(0.141)	40	(3.7)	4.51	(0.164)
2 and over...	2122	51	(1.9)	4.85	(0.164)	0.96	(0.074)	20	(1.3)	5.10	(0.281)	1.88	(0.108)	37	(2.0)	4.58	(0.122)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				V i t a m i n C													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	66.6	(2.21)	5.3	(0.53)	8	(0.8)	60.7	(2.33)	10.8	(0.94)	18	(1.7)	72.4	(3.49)
20 and over.....	2233	58	(2.1)	76.1	(1.66)	11.1	(0.75)	15	(0.9)	72.8	(2.45)	19.3	(0.95)	27	(1.0)	80.6	(2.14)
2 and over...	3044	56	(1.9)	74.2	(1.17)	9.9	(0.62)	13	(0.8)	70.6	(1.92)	17.8	(0.89)	25	(1.0)	78.7	(1.93)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	78.7	(3.92)	8.2	(1.51)	10	(1.7)	80.7	(5.62)	18.1	(3.04)	22	(2.6)	77.1	(4.85)
20 and over.....	1009	56	(2.1)	82.2	(3.75)	13.5	(1.47)	16	(1.3)	85.7	(6.55)	24.0	(2.53)	28	(1.7)	77.7	(5.94)
2 and over...	1762	53	(2.0)	81.2	(3.07)	12.0	(1.15)	15	(1.1)	84.5	(5.24)	22.6	(2.01)	27	(1.6)	77.5	(4.73)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	78.2	(8.13)	11.8*	(5.73)	15*	(6.9)	78.8	(11.61)	33.3*	(13.57)	42	(12.2)	77.9	(11.35)
20 and over.....	525	55	(4.4)	88.1	(4.97)	11.2	(1.44)	13	(1.4)	82.4	(5.41)	20.4	(2.45)	25	(2.2)	95.0	(6.19)
2 and over...	789	50	(3.5)	85.9	(4.66)	11.3	(2.12)	13	(2.2)	81.8	(5.43)	22.5	(3.72)	27	(3.2)	90.0	(5.53)
Hispanic:																	
2 - 19.....	997	48	(2.4)	81.0	(3.52)	6.6	(1.05)	8	(1.3)	72.1	(3.77)	13.8	(1.70)	19	(2.3)	89.1	(4.85)
20 and over.....	1125	53	(2.3)	88.6	(5.73)	12.5	(0.97)	14	(1.2)	89.0	(7.76)	23.6	(1.84)	26	(1.9)	88.1	(6.28)
2 and over...	2122	51	(1.9)	86.0	(4.46)	10.5	(0.75)	12	(0.6)	83.8	(5.60)	20.5	(1.44)	24	(0.9)	88.4	(4.55)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	5.4	(0.12)	0.4	(0.05)	7	(0.8)	4.7	(0.22)	0.8	(0.08)	17	(1.6)	6.1	(0.17)
20 and over.....	2233	58	(2.1)	5.0	(0.20)	0.8	(0.07)	15	(1.5)	4.8	(0.22)	1.3	(0.11)	27	(2.1)	5.2	(0.37)
2 and over...	3044	56	(1.9)	5.1	(0.17)	0.7	(0.06)	13	(1.2)	4.8	(0.18)	1.2	(0.09)	25	(1.7)	5.4	(0.30)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	4.2	(0.21)	0.3	(0.05)	7	(1.2)	3.8	(0.24)	0.6	(0.08)	16	(2.5)	4.5	(0.26)
20 and over.....	1009	56	(2.1)	4.0	(0.15)	0.7	(0.08)	17	(2.2)	3.8	(0.23)	1.2	(0.13)	32	(2.7)	4.3	(0.40)
2 and over...	1762	53	(2.0)	4.1	(0.10)	0.6	(0.06)	14	(1.5)	3.8	(0.19)	1.1	(0.10)	28	(1.7)	4.4	(0.24)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	6.4	(0.55)	0.4	(0.11)	6*	(2.0)	4.8	(0.52)	1.1	(0.22)	23	(5.8)	7.3	(0.67)
20 and over.....	525	55	(4.4)	4.5	(0.27)	0.8	(0.16)	18	(3.3)	4.4	(0.34)	1.5	(0.26)	34	(4.7)	4.8	(0.58)
2 and over...	789	50	(3.5)	5.0	(0.27)	0.7	(0.12)	14	(2.3)	4.4	(0.31)	1.4	(0.22)	32	(4.1)	5.5	(0.50)
Hispanic:																	
2 - 19.....	997	48	(2.4)	5.5	(0.16)	0.3	(0.06)	6	(1.0)	5.3	(0.25)	0.7	(0.11)	13	(1.9)	5.6	(0.29)
20 and over.....	1125	53	(2.3)	4.5	(0.20)	0.7	(0.09)	15	(1.6)	4.4	(0.26)	1.3	(0.14)	29	(2.5)	4.6	(0.23)
2 and over...	2122	51	(1.9)	4.8	(0.16)	0.6	(0.07)	12	(1.1)	4.7	(0.21)	1.1	(0.11)	24	(1.8)	5.0	(0.18)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin E (alphatocopherol)													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	7.3	(0.50)	1.3	(0.14)	18	(2.1)	6.9	(0.19)	2.7	(0.26)	39	(3.5)	7.7	(1.00)
20 and over.....	2233	58	(2.1)	9.7	(0.19)	2.1	(0.10)	21	(0.9)	9.8	(0.21)	3.6	(0.09)	37	(1.0)	9.5	(0.33)
2 and over...	3044	56	(1.9)	9.2	(0.16)	1.9	(0.08)	21	(0.9)	9.3	(0.19)	3.4	(0.08)	37	(0.8)	9.1	(0.37)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	7.3	(0.18)	1.4	(0.15)	19	(1.9)	8.2	(0.37)	3.1	(0.18)	38	(2.0)	6.6	(0.26)
20 and over.....	1009	56	(2.1)	9.1	(0.43)	2.1	(0.15)	23	(1.4)	9.7	(0.56)	3.7	(0.16)	38	(1.7)	8.3	(0.37)
2 and over...	1762	53	(2.0)	8.6	(0.34)	1.9	(0.14)	22	(1.4)	9.4	(0.46)	3.6	(0.16)	38	(1.6)	7.8	(0.28)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	7.5	(0.44)	1.2	(0.31)	16	(4.0)	8.5	(0.53)	3.5	(0.58)	41	(6.1)	7.0	(0.72)
20 and over.....	525	55	(4.4)	8.3	(0.31)	1.6	(0.16)	20	(2.0)	8.4	(0.41)	3.0	(0.18)	35	(2.5)	8.1	(0.44)
2 and over...	789	50	(3.5)	8.1	(0.31)	1.5	(0.13)	19	(1.6)	8.4	(0.35)	3.0	(0.15)	36	(2.0)	7.8	(0.45)
Hispanic:																	
2 - 19.....	997	48	(2.4)	7.1	(0.31)	1.2	(0.12)	17	(1.9)	7.8	(0.43)	2.5	(0.16)	32	(3.4)	6.4	(0.35)
20 and over.....	1125	53	(2.3)	8.6	(0.36)	1.9	(0.16)	23	(1.8)	8.7	(0.33)	3.6	(0.19)	42	(2.3)	8.4	(0.49)
2 and over...	2122	51	(1.9)	8.1	(0.27)	1.7	(0.13)	21	(1.6)	8.4	(0.25)	3.3	(0.17)	39	(2.3)	7.7	(0.41)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	74.7	(4.55)	15.6	(2.03)	21	(2.9)	75.0	(5.86)	32.0	(3.92)	43	(5.9)	74.4	(7.30)
20 and over.....	2233	58	(2.1)	123.7	(4.51)	32.4	(3.30)	26	(2.3)	121.5	(4.49)	56.2	(5.23)	46	(3.4)	126.7	(7.22)
2 and over...	3044	56	(1.9)	113.7	(3.87)	29.0	(2.53)	25	(1.9)	113.2	(3.85)	51.9	(4.35)	46	(3.1)	114.4	(6.05)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	72.0	(5.94)	15.1	(1.74)	21	(2.7)	82.9	(6.29)	33.2	(3.26)	40	(3.9)	62.9	(7.99)
20 and over.....	1009	56	(2.1)	124.8	(6.26)	34.4	(5.04)	28	(4.3)	119.0	(9.52)	61.1	(7.40)	51	(4.3)	132.3	(14.26)
2 and over...	1762	53	(2.0)	109.9	(5.64)	28.9	(3.92)	26	(3.8)	110.3	(8.00)	54.4	(5.80)	49	(3.7)	109.5	(10.58)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	89.5	(10.72)	13.7	(3.04)	15	(4.2)	75.7	(5.45)	38.7	(5.11)	51	(6.8)	97.1	(16.30)
20 and over.....	525	55	(4.4)	163.8	(16.13)	30.3	(3.29)	18	(2.1)	138.3	(11.58)	55.2	(4.56)	40	(4.4)	194.8	(38.51)
2 and over...	789	50	(3.5)	146.9	(12.74)	26.5	(2.64)	18	(1.8)	128.2	(9.41)	52.6	(3.56)	41	(3.7)	165.9	(27.26)
Hispanic:																	
2 - 19.....	997	48	(2.4)	65.6	(3.30)	12.5	(1.81)	19	(2.6)	68.2	(2.59)	26.2	(2.97)	38	(3.4)	63.2	(5.03)
20 and over.....	1125	53	(2.3)	109.9	(8.08)	28.0	(2.38)	26	(2.2)	112.7	(7.13)	52.8	(3.65)	47	(2.3)	106.7	(14.14)
2 and over...	2122	51	(1.9)	95.0	(5.98)	22.8	(1.88)	24	(1.8)	98.8	(5.31)	44.5	(3.08)	45	(2.2)	91.0	(9.91)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1062	(29.5)	171	(14.4)	16	(1.2)	1054	(33.2)	350	(16.1)	33	(1.2)	1069	(34.9)
20 and over.....	2233	58	(2.1)	997	(16.1)	225	(13.2)	23	(1.1)	1015	(20.4)	390	(15.8)	38	(1.3)	972	(29.7)
2 and over...	3044	56	(1.9)	1010	(14.5)	214	(10.5)	21	(0.8)	1022	(14.8)	383	(12.9)	37	(1.0)	995	(29.8)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	874	(26.4)	153	(21.0)	17	(2.0)	920	(34.9)	336	(30.2)	37	(2.5)	836	(40.5)
20 and over.....	1009	56	(2.1)	821	(19.3)	201	(12.9)	24	(1.2)	875	(25.5)	358	(14.7)	41	(1.5)	752	(26.6)
2 and over...	1762	53	(2.0)	836	(17.8)	188	(12.2)	22	(1.2)	886	(20.4)	353	(14.0)	40	(1.2)	780	(27.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	979	(47.2)	106	(30.4)	11*	(3.3)	892	(51.9)	300	(58.9)	34	(6.4)	1027	(55.0)
20 and over.....	525	55	(4.4)	729	(26.1)	157	(15.8)	22	(1.7)	767	(41.5)	286	(19.2)	37	(1.9)	683	(23.9)
2 and over...	789	50	(3.5)	786	(27.1)	145	(13.3)	18	(1.3)	787	(39.4)	288	(17.4)	37	(1.6)	785	(27.6)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1035	(26.3)	143	(14.6)	14	(1.3)	1061	(34.5)	300	(20.8)	28	(1.9)	1012	(36.6)
20 and over.....	1125	53	(2.3)	1020	(25.3)	203	(12.4)	20	(1.0)	1035	(19.1)	382	(13.8)	37	(1.1)	1002	(43.0)
2 and over...	2122	51	(1.9)	1025	(21.4)	183	(8.7)	18	(0.7)	1043	(20.3)	357	(9.3)	34	(0.7)	1006	(31.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	1294	(26.1)	262	(20.0)	20	(1.3)	1308	(32.9)	537	(32.5)	41	(2.0)	1280	(37.4)
20 and over.....	2233	58	(2.1)	1410	(12.7)	367	(18.0)	26	(1.1)	1462	(22.1)	637	(18.4)	44	(1.3)	1339	(31.3)
2 and over...	3044	56	(1.9)	1386	(12.4)	346	(14.5)	25	(0.9)	1434	(20.9)	619	(17.4)	43	(1.0)	1325	(29.3)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1166	(21.1)	247	(28.5)	21	(2.2)	1275	(40.8)	543	(34.2)	43	(2.4)	1075	(40.3)
20 and over.....	1009	56	(2.1)	1306	(27.9)	376	(25.4)	29	(1.7)	1401	(46.5)	669	(27.1)	48	(1.7)	1184	(29.1)
2 and over...	1762	53	(2.0)	1267	(21.3)	340	(22.5)	27	(1.6)	1371	(34.3)	639	(25.2)	47	(1.5)	1148	(24.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1270	(49.4)	197	(49.0)	15	(3.8)	1276	(41.3)	555	(84.4)	43	(6.3)	1267	(66.5)
20 and over.....	525	55	(4.4)	1228	(30.1)	295	(30.3)	24	(2.1)	1259	(44.0)	539	(31.1)	43	(1.9)	1190	(27.3)
2 and over...	789	50	(3.5)	1237	(30.3)	273	(24.8)	22	(1.7)	1262	(40.4)	541	(28.3)	43	(1.7)	1212	(27.7)
Hispanic:																	
2 - 19.....	997	48	(2.4)	1311	(33.3)	231	(23.8)	18	(1.6)	1380	(38.2)	485	(29.8)	35	(2.3)	1249	(42.7)
20 and over.....	1125	53	(2.3)	1482	(33.5)	349	(23.2)	24	(1.6)	1490	(26.9)	658	(21.4)	44	(1.4)	1473	(60.2)
2 and over...	2122	51	(1.9)	1425	(31.4)	309	(17.8)	22	(1.2)	1456	(24.1)	604	(16.6)	41	(1.1)	1392	(48.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	237	(4.3)	39	(3.2)	16	(1.2)	234	(4.9)	79	(5.5)	34	(2.1)	240	(7.8)
20 and over.....	2233	58	(2.1)	307	(4.2)	63	(3.5)	21	(1.0)	309	(5.0)	110	(3.5)	35	(1.1)	304	(8.8)
2 and over...	3044	56	(1.9)	293	(4.1)	58	(2.8)	20	(0.8)	296	(4.5)	104	(3.1)	35	(0.9)	289	(7.3)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	218	(3.8)	36	(3.9)	17	(1.6)	225	(7.6)	80	(4.6)	36	(1.6)	212	(7.7)
20 and over.....	1009	56	(2.1)	278	(5.5)	58	(3.7)	21	(1.3)	284	(8.1)	103	(3.7)	36	(1.3)	271	(5.2)
2 and over...	1762	53	(2.0)	261	(3.9)	52	(3.3)	20	(1.2)	270	(5.8)	98	(3.5)	36	(1.1)	252	(4.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	260	(12.3)	35	(9.1)	14	(3.4)	254	(10.4)	100	(15.9)	39	(5.2)	263	(17.8)
20 and over.....	525	55	(4.4)	308	(8.1)	57	(6.3)	18	(1.9)	303	(12.0)	104	(8.2)	34	(2.2)	313	(9.6)
2 and over...	789	50	(3.5)	297	(8.4)	52	(5.3)	17	(1.6)	295	(10.4)	103	(7.5)	35	(2.1)	298	(10.3)
Hispanic:																	
2 - 19.....	997	48	(2.4)	239	(6.4)	34	(3.2)	14	(1.3)	245	(6.7)	72	(3.7)	29	(1.7)	235	(8.4)
20 and over.....	1125	53	(2.3)	318	(7.5)	59	(4.8)	19	(1.6)	309	(6.8)	112	(5.0)	36	(1.7)	328	(14.1)
2 and over...	2122	51	(1.9)	291	(7.0)	51	(3.7)	17	(1.3)	289	(5.6)	99	(4.2)	34	(1.4)	294	(12.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	13.8	(0.35)	2.2	(0.15)	16	(1.2)	13.4	(0.29)	4.6	(0.23)	34	(1.8)	14.2	(0.58)
20 and over.....	2233	58	(2.1)	14.5	(0.18)	3.4	(0.17)	23	(1.2)	14.6	(0.13)	5.9	(0.17)	40	(1.2)	14.5	(0.43)
2 and over...	3044	56	(1.9)	14.4	(0.18)	3.2	(0.13)	22	(1.0)	14.4	(0.11)	5.7	(0.14)	39	(0.9)	14.4	(0.41)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	13.8	(0.23)	2.3	(0.28)	16	(2.0)	14.2	(0.59)	5.0	(0.35)	35	(1.8)	13.4	(0.44)
20 and over.....	1009	56	(2.1)	14.1	(0.23)	3.4	(0.26)	24	(1.7)	14.8	(0.42)	6.0	(0.30)	40	(2.1)	13.3	(0.31)
2 and over...	1762	53	(2.0)	14.0	(0.17)	3.1	(0.24)	22	(1.6)	14.6	(0.34)	5.7	(0.29)	39	(1.9)	13.3	(0.26)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	13.6	(0.72)	1.7	(0.43)	13	(3.0)	12.5	(0.43)	4.9	(0.70)	39	(5.3)	14.2	(1.10)
20 and over.....	525	55	(4.4)	13.4	(0.27)	2.7	(0.30)	20	(2.1)	13.3	(0.57)	5.0	(0.32)	38	(2.0)	13.7	(0.33)
2 and over...	789	50	(3.5)	13.5	(0.34)	2.5	(0.25)	19	(1.6)	13.1	(0.49)	5.0	(0.29)	38	(1.8)	13.8	(0.38)
Hispanic:																	
2 - 19.....	997	48	(2.4)	14.3	(0.42)	2.1	(0.20)	15	(1.3)	14.6	(0.50)	4.5	(0.26)	31	(1.8)	14.0	(0.50)
20 and over.....	1125	53	(2.3)	15.1	(0.32)	3.3	(0.27)	22	(1.7)	15.0	(0.29)	6.2	(0.33)	41	(2.0)	15.2	(0.55)
2 and over...	2122	51	(1.9)	14.8	(0.27)	2.9	(0.19)	20	(1.2)	14.9	(0.18)	5.7	(0.23)	38	(1.5)	14.8	(0.46)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

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Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	10.3	(0.22)	1.8	(0.14)	17	(1.4)	9.8	(0.27)	3.6	(0.26)	37	(2.5)	10.8	(0.53)
20 and over.....	2233	58	(2.1)	11.3	(0.11)	2.8	(0.17)	25	(1.4)	11.5	(0.16)	4.9	(0.20)	43	(1.5)	11.0	(0.27)
2 and over...	3044	56	(1.9)	11.1	(0.12)	2.6	(0.13)	24	(1.1)	11.2	(0.16)	4.7	(0.17)	42	(1.1)	10.9	(0.30)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	9.4	(0.17)	1.6	(0.20)	17	(2.1)	9.6	(0.42)	3.5	(0.25)	37	(1.7)	9.3	(0.33)
20 and over.....	1009	56	(2.1)	10.5	(0.28)	2.9	(0.20)	28	(1.7)	11.3	(0.35)	5.2	(0.22)	46	(2.3)	9.5	(0.41)
2 and over...	1762	53	(2.0)	10.2	(0.18)	2.5	(0.17)	25	(1.7)	10.9	(0.22)	4.8	(0.21)	44	(2.0)	9.4	(0.29)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	10.7	(0.79)	1.5	(0.34)	14	(3.3)	10.0	(0.52)	4.1	(0.55)	41	(5.2)	11.0	(1.14)
20 and over.....	525	55	(4.4)	10.2	(0.26)	2.4	(0.26)	23	(2.2)	10.2	(0.39)	4.3	(0.25)	42	(1.8)	10.1	(0.27)
2 and over...	789	50	(3.5)	10.3	(0.33)	2.2	(0.21)	21	(1.7)	10.2	(0.35)	4.3	(0.23)	42	(1.7)	10.3	(0.40)
Hispanic:																	
2 - 19.....	997	48	(2.4)	10.1	(0.35)	1.6	(0.16)	16	(1.4)	10.2	(0.33)	3.3	(0.20)	33	(2.0)	10.0	(0.47)
20 and over.....	1125	53	(2.3)	11.6	(0.27)	2.8	(0.22)	24	(1.9)	11.6	(0.28)	5.3	(0.26)	45	(1.9)	11.6	(0.49)
2 and over...	2122	51	(1.9)	11.1	(0.25)	2.4	(0.15)	21	(1.3)	11.2	(0.24)	4.7	(0.17)	42	(1.5)	11.1	(0.42)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Copper													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	0.9	(0.02)	0.2	(0.01)	16	(1.1)	0.9	(0.03)	0.3	(0.02)	34	(1.9)	0.9	(0.03)
20 and over.....	2233	58	(2.1)	1.2	(0.02)	0.3	(0.01)	20	(0.9)	1.2	(0.01)	0.4	(0.01)	35	(1.1)	1.2	(0.04)
2 and over...	3044	56	(1.9)	1.2	(0.02)	0.2	(0.01)	20	(0.8)	1.2	(0.01)	0.4	(0.01)	35	(0.9)	1.2	(0.03)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	0.8	(0.02)	0.1	(0.01)	17	(1.6)	0.9	(0.03)	0.3	(0.02)	36	(1.7)	0.8	(0.04)
20 and over.....	1009	56	(2.1)	1.1	(0.03)	0.2	(0.02)	21	(1.4)	1.2	(0.04)	0.4	(0.02)	36	(1.1)	1.1	(0.04)
2 and over...	1762	53	(2.0)	1.1	(0.02)	0.2	(0.01)	20	(1.3)	1.1	(0.03)	0.4	(0.02)	36	(1.1)	1.0	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	1.1	(0.07)	0.1	(0.03)	13	(3.0)	1.1	(0.05)	0.4	(0.06)	36	(4.6)	1.1	(0.10)
20 and over.....	525	55	(4.4)	1.4	(0.04)	0.2	(0.02)	17	(1.2)	1.4	(0.06)	0.4	(0.02)	32	(1.6)	1.4	(0.06)
2 and over...	789	50	(3.5)	1.3	(0.04)	0.2	(0.02)	16	(1.1)	1.3	(0.05)	0.4	(0.02)	32	(1.5)	1.3	(0.06)
Hispanic:																	
2 - 19.....	997	48	(2.4)	0.9	(0.03)	0.1	(0.01)	14	(1.3)	0.9	(0.02)	0.3	(0.02)	31	(2.0)	1.0	(0.05)
20 and over.....	1125	53	(2.3)	1.2	(0.03)	0.2	(0.02)	19	(1.6)	1.2	(0.02)	0.4	(0.02)	37	(1.6)	1.3	(0.07)
2 and over...	2122	51	(1.9)	1.1	(0.03)	0.2	(0.01)	18	(1.3)	1.1	(0.02)	0.4	(0.02)	35	(1.5)	1.2	(0.06)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				Selenium															
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	96.9	(2.07)	22.5	(2.24)	23	(2.0)	100.4	(3.32)	46.1	(4.29)	46	(2.9)	93.6	(2.95)
20 and over.....	2233	58	(2.1)	115.3	(0.66)	34.1	(1.87)	30	(1.6)	120.4	(1.74)	59.1	(2.16)	49	(1.9)	108.3	(1.61)
2 and over...	3044	56	(1.9)	111.5	(0.91)	31.7	(1.42)	28	(1.2)	116.8	(1.93)	56.8	(1.96)	49	(1.5)	104.8	(1.60)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	95.5	(2.14)	21.1	(2.37)	22	(2.5)	102.3	(5.26)	46.4	(3.21)	45	(2.8)	89.8	(3.01)
20 and over.....	1009	56	(2.1)	119.1	(2.79)	36.5	(2.57)	31	(1.9)	126.4	(4.78)	65.0	(2.67)	51	(1.9)	109.7	(3.07)
2 and over...	1762	53	(2.0)	112.5	(2.35)	32.2	(2.27)	29	(1.9)	120.6	(4.33)	60.5	(2.65)	50	(2.0)	103.2	(2.54)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	114.4	(9.53)	20.6	(5.09)	18	(4.2)	118.9	(8.21)	58.3	(8.66)	49	(6.5)	111.9	(12.39)
20 and over.....	525	55	(4.4)	117.7	(2.88)	32.0	(3.94)	27	(2.9)	121.9	(5.66)	58.4	(4.04)	48	(2.3)	112.6	(5.48)
2 and over...	789	50	(3.5)	117.0	(3.58)	29.4	(3.26)	25	(2.5)	121.5	(4.70)	58.4	(3.89)	48	(2.3)	112.4	(5.21)
Hispanic:																	
2 - 19.....	997	48	(2.4)	99.5	(3.13)	20.3	(2.03)	20	(1.7)	105.6	(3.22)	42.6	(2.52)	40	(2.1)	93.9	(3.85)
20 and over.....	1125	53	(2.3)	121.3	(2.55)	33.8	(2.44)	28	(1.7)	127.4	(2.99)	63.6	(2.43)	50	(1.3)	114.5	(2.85)
2 and over...	2122	51	(1.9)	114.0	(2.49)	29.2	(1.90)	26	(1.3)	120.5	(2.42)	57.1	(1.94)	47	(1.1)	107.1	(2.66)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				P o t a s s i u m													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	2173	(32.6)	384	(36.5)	18	(1.5)	2132	(55.4)	786	(70.0)	37	(2.6)	2212	(53.8)
20 and over.....	2233	58	(2.1)	2697	(33.8)	629	(36.0)	23	(1.2)	2751	(40.9)	1092	(38.8)	40	(1.4)	2624	(53.0)
2 and over...	3044	56	(1.9)	2590	(34.3)	579	(29.9)	22	(1.0)	2641	(41.3)	1038	(37.6)	39	(1.2)	2526	(43.9)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	1979	(39.1)	371	(37.4)	19	(1.8)	2078	(75.0)	817	(43.0)	39	(1.6)	1896	(56.2)
20 and over.....	1009	56	(2.1)	2449	(43.6)	608	(39.8)	25	(1.5)	2535	(75.5)	1082	(40.0)	43	(1.4)	2339	(55.3)
2 and over...	1762	53	(2.0)	2317	(35.1)	542	(35.4)	23	(1.4)	2425	(56.7)	1018	(37.5)	42	(1.2)	2194	(38.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	2357	(92.5)	367	(99.1)	16	(4.0)	2428	(90.9)	1035	(178.9)	43	(6.5)	2318	(120.0)
20 and over.....	525	55	(4.4)	2574	(56.4)	519	(50.1)	20	(1.8)	2528	(64.3)	947	(52.9)	37	(2.0)	2631	(72.7)
2 and over...	789	50	(3.5)	2525	(53.2)	484	(45.5)	19	(1.7)	2512	(53.6)	961	(59.3)	38	(2.1)	2538	(70.2)
Hispanic:																	
2 - 19.....	997	48	(2.4)	2266	(55.7)	337	(33.5)	15	(1.4)	2280	(46.7)	708	(40.0)	31	(1.9)	2254	(78.8)
20 and over.....	1125	53	(2.3)	2695	(70.2)	587	(44.8)	22	(1.7)	2682	(62.2)	1105	(44.4)	41	(1.6)	2710	(118.2)
2 and over...	2122	51	(1.9)	2551	(59.5)	503	(34.2)	20	(1.3)	2556	(46.2)	981	(38.4)	38	(1.3)	2545	(99.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	3024	(63.1)	746	(66.0)	25	(1.8)	3201	(126.4)	1529	(130.9)	48	(2.4)	2855	(68.7)
20 and over.....	2233	58	(2.1)	3505	(31.2)	1078	(62.4)	31	(1.8)	3700	(63.3)	1870	(69.0)	51	(1.9)	3239	(34.2)
2 and over...	3044	56	(1.9)	3407	(30.3)	1010	(48.6)	30	(1.4)	3611	(71.2)	1809	(64.7)	50	(1.5)	3149	(27.0)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	3043	(58.9)	727	(76.8)	24	(2.3)	3378	(110.1)	1600	(89.7)	47	(2.2)	2765	(135.6)
20 and over.....	1009	56	(2.1)	3513	(77.4)	1108	(82.5)	32	(2.0)	3835	(123.5)	1972	(93.5)	51	(2.1)	3099	(81.5)
2 and over...	1762	53	(2.0)	3381	(67.0)	1001	(72.4)	30	(1.8)	3725	(94.2)	1883	(85.2)	51	(1.8)	2990	(80.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	3176	(148.0)	564	(125.7)	18	(3.8)	3288	(142.9)	1592	(199.2)	48	(5.3)	3115	(190.5)
20 and over.....	525	55	(4.4)	3645	(125.4)	950	(116.4)	26	(2.5)	3715	(205.7)	1733	(128.9)	47	(2.3)	3559	(73.6)
2 and over...	789	50	(3.5)	3538	(106.9)	862	(100.9)	24	(2.3)	3646	(181.7)	1711	(126.4)	47	(2.3)	3427	(71.5)
Hispanic:																	
2 - 19.....	997	48	(2.4)	3071	(80.3)	661	(69.7)	22	(1.9)	3315	(91.7)	1390	(88.9)	42	(2.3)	2849	(79.9)
20 and over.....	1125	53	(2.3)	3603	(70.3)	1037	(62.0)	29	(1.5)	3825	(69.6)	1953	(53.5)	51	(1.1)	3352	(116.1)
2 and over...	2122	51	(1.9)	3424	(59.7)	911	(50.8)	27	(1.2)	3666	(49.1)	1777	(48.1)	48	(1.1)	3170	(93.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				C a f f e i n e													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	37.5	(4.02)	8.1	(0.91)	22	(3.3)	46.4	(5.15)	16.6	(2.13)	36	(5.4)	29.1	(4.62)
20 and over.....	2233	58	(2.1)	195.1	(8.17)	33.5	(2.74)	17	(1.5)	199.3	(10.84)	58.2	(4.06)	29	(2.6)	189.4	(13.24)
2 and over...	3044	56	(1.9)	163.0	(8.80)	28.4	(2.32)	17	(1.5)	172.1	(10.24)	50.8	(3.52)	30	(2.5)	151.5	(13.86)
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	16.5	(1.83)	4.7*	(1.50)	29	(8.0)	21.8	(3.21)	10.4	(3.03)	48	(11.7)	12.1	(2.22)
20 and over.....	1009	56	(2.1)	79.3	(5.63)	18.6	(2.69)	23	(3.1)	86.1	(5.94)	33.1	(4.02)	38	(3.3)	70.5	(7.73)
2 and over...	1762	53	(2.0)	61.6	(4.03)	14.7	(2.20)	24	(3.2)	70.7	(4.21)	27.6	(3.50)	39	(3.8)	51.4	(5.48)
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	17.0	(2.53)	6.4*	(3.96)	38*	(19.5)	26.5*	(10.89)	18.1*	(10.91)	68*	(14.3)	11.8*	(4.17)
20 and over.....	525	55	(4.4)	107.7	(8.73)	28.3	(7.36)	26	(5.4)	131.5	(13.50)	51.6	(13.76)	39	(7.2)	78.9	(7.09)
2 and over...	789	50	(3.5)	87.1	(6.70)	23.3	(5.61)	27	(5.1)	114.7	(12.02)	46.2	(11.54)	40	(6.9)	59.0	(5.35)
Hispanic:																	
2 - 19.....	997	48	(2.4)	18.8	(1.61)	5.8	(0.88)	31	(3.6)	25.1	(2.71)	12.1	(1.65)	48	(4.8)	13.1	(1.64)
20 and over.....	1125	53	(2.3)	121.0	(5.96)	26.8	(3.87)	22	(2.6)	130.1	(6.18)	50.5	(5.66)	39	(3.4)	110.7	(8.52)
2 and over...	2122	51	(1.9)	86.6	(4.31)	19.7	(2.71)	23	(2.5)	97.2	(5.48)	38.5	(4.42)	40	(3.2)	75.4	(5.52)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2013-2014 *(continued)*

				A l c o h o l													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	811	49	(2.6)	--		--		--		--		--		--		--	
20 and over.....	2233	58	(2.1)	12.1	(1.19)	3.1	(0.47)	26	(3.1)	14.4	(1.73)	5.4	(0.75)	37	(3.7)	9.0	(0.88)
2 and over...	3044	56	(1.9)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	753	45	(3.1)	--		--		--		--		--		--		--	
20 and over.....	1009	56	(2.1)	11.6	(1.25)	1.3	(0.34)	12	(3.1)	11.0	(1.54)	2.4	(0.58)	22	(4.5)	12.4	(2.16)
2 and over...	1762	53	(2.0)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	264	35	(4.4)	--		--		--		--		--		--		--	
20 and over.....	525	55	(4.4)	6.0	(1.27)	0.8*	(0.29)	14*	(4.7)	8.8	(2.11)	1.5*	(0.51)	17*	(6.4)	2.6	(0.54)
2 and over...	789	50	(3.5)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	997	48	(2.4)	--		--		--		--		--		--		--	
20 and over.....	1125	53	(2.3)	8.0	(1.07)	1.3	(0.28)	17	(3.8)	9.0	(1.59)	2.5	(0.48)	28	(6.8)	6.9	(0.76)
2 and over...	2122	51	(1.9)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014

F o o d e n e r g y

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1857	(33.9)	310	(33.7)	17	(1.6)	2019	(64.2)	750	(46.5)	37	(2.1)	1743	(36.7)
20 and over.....	1550	44	(2.7)	2129	(33.6)	438	(27.3)	21	(1.4)	2299	(56.8)	987	(34.0)	43	(1.4)	1994	(40.2)
2 and over...	2519	44	(2.4)	2061	(26.1)	406	(22.7)	20	(1.2)	2232	(40.5)	931	(28.9)	42	(1.2)	1929	(34.9)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	1846	(42.1)	393	(37.6)	21	(1.8)	2001	(63.3)	882	(46.1)	44	(1.9)	1722	(41.9)
20 and over.....	1882	58	(1.9)	2151	(29.7)	587	(22.7)	27	(1.1)	2249	(46.2)	1017	(29.1)	45	(1.4)	2018	(31.0)
2 and over...	3015	55	(2.0)	2081	(29.6)	542	(23.6)	26	(1.1)	2202	(38.4)	991	(26.0)	45	(1.3)	1934	(32.5)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1953	(55.8)	446	(39.6)	23	(1.7)	2005	(76.5)	796	(65.0)	40	(2.1)	1885	(57.7)
20 and over.....	1303	66	(1.8)	2144	(33.8)	650	(20.3)	30	(0.9)	2202	(40.5)	981	(31.8)	45	(1.4)	2029	(73.7)
2 and over...	2060	64	(1.7)	2096	(25.7)	599	(17.6)	29	(0.8)	2159	(36.8)	941	(27.6)	44	(1.1)	1986	(51.3)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1885	(21.1)	388	(18.3)	21	(0.9)	1997	(29.8)	810	(35.7)	41	(1.5)	1782	(28.4)
20 and over.....	5047	57	(1.5)	2141	(18.7)	565	(19.0)	26	(0.8)	2245	(31.7)	995	(16.0)	44	(0.9)	2005	(24.2)
2 and over...	8066	55	(1.3)	2079	(17.2)	522	(15.4)	25	(0.7)	2192	(28.0)	956	(15.4)	44	(0.7)	1944	(20.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	68.9	(2.32)	13.4	(2.33)	19	(2.9)	74.9	(6.18)	32.5	(4.43)	43	(3.0)	64.8	(2.37)
20 and over.....	1550	44	(2.7)	79.2	(1.26)	18.6	(1.17)	23	(1.6)	85.6	(2.63)	41.8	(1.71)	49	(1.9)	74.1	(1.74)
2 and over...	2519	44	(2.4)	76.6	(0.96)	17.3	(0.91)	23	(1.2)	83.0	(2.37)	39.6	(1.48)	48	(1.5)	71.6	(1.15)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	68.5	(1.51)	14.7	(1.33)	21	(1.9)	72.4	(2.98)	33.0	(1.49)	46	(2.5)	65.3	(2.08)
20 and over.....	1882	58	(1.9)	83.4	(1.00)	24.4	(1.01)	29	(1.3)	86.1	(1.70)	42.3	(1.48)	49	(1.6)	79.6	(1.43)
2 and over...	3015	55	(2.0)	79.9	(1.08)	22.2	(0.95)	28	(1.2)	83.6	(1.67)	40.6	(1.23)	49	(1.4)	75.5	(1.45)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	71.5	(2.95)	17.6	(1.88)	25	(2.1)	72.7	(4.00)	31.5	(3.32)	43	(2.5)	69.9	(2.82)
20 and over.....	1303	66	(1.8)	86.8	(1.27)	28.2	(0.98)	32	(1.0)	88.4	(1.59)	42.6	(1.59)	48	(1.7)	83.7	(3.13)
2 and over...	2060	64	(1.7)	83.0	(1.08)	25.6	(0.84)	31	(0.8)	85.0	(1.74)	40.1	(1.48)	47	(1.4)	79.6	(2.13)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	69.8	(1.16)	15.4	(0.88)	22	(1.1)	72.9	(1.81)	32.2	(1.94)	44	(1.8)	67.0	(1.20)
20 and over.....	5047	57	(1.5)	83.6	(0.73)	24.1	(0.87)	29	(0.9)	87.1	(1.20)	42.4	(1.02)	49	(1.1)	79.1	(1.35)
2 and over...	8066	55	(1.3)	80.3	(0.74)	22.0	(0.66)	27	(0.7)	84.0	(1.30)	40.3	(0.95)	48	(0.9)	75.7	(1.03)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Carbohydrate: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	243	(5.2)	34	(3.3)	14	(1.4)	255	(7.2)	83	(4.2)	32	(1.9)	235	(8.3)
20 and over.....	1550	44	(2.7)	261	(4.7)	46	(3.0)	18	(1.2)	276	(6.8)	104	(3.5)	38	(1.2)	250	(6.1)
2 and over...	2519	44	(2.4)	257	(4.0)	43	(2.6)	17	(1.1)	271	(4.9)	99	(3.0)	36	(1.1)	246	(5.8)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	240	(6.5)	46	(5.0)	19	(1.8)	256	(8.5)	104	(6.5)	40	(2.0)	227	(6.6)
20 and over.....	1882	58	(1.9)	254	(3.7)	61	(2.6)	24	(1.0)	262	(6.1)	106	(3.2)	41	(1.3)	244	(3.5)
2 and over...	3015	55	(2.0)	251	(3.5)	58	(2.9)	23	(1.1)	261	(4.9)	106	(3.1)	41	(1.2)	239	(4.1)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	257	(6.6)	51	(4.4)	20	(1.6)	261	(8.2)	92	(7.2)	35	(2.0)	252	(6.7)
20 and over.....	1303	66	(1.8)	246	(4.1)	67	(2.4)	27	(0.8)	249	(4.2)	102	(3.5)	41	(1.3)	238	(8.1)
2 and over...	2060	64	(1.7)	249	(3.0)	63	(1.9)	25	(0.7)	252	(3.2)	99	(2.7)	39	(0.9)	243	(6.5)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	246	(2.8)	45	(2.2)	18	(0.9)	256	(3.2)	93	(4.1)	36	(1.4)	237	(3.8)
20 and over.....	5047	57	(1.5)	253	(2.1)	59	(2.0)	23	(0.8)	260	(3.1)	104	(1.4)	40	(0.7)	243	(2.5)
2 and over...	8066	55	(1.3)	251	(2.1)	55	(1.7)	22	(0.7)	260	(2.7)	102	(1.6)	39	(0.6)	241	(2.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total sugars: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	113	(3.9)	12	(1.4)	11	(1.3)	117	(4.6)	30	(2.2)	25	(2.0)	109	(6.9)
20 and over.....	1550	44	(2.7)	123	(3.1)	16	(1.2)	13	(1.1)	127	(3.9)	36	(2.1)	28	(1.2)	120	(4.5)
2 and over...	2519	44	(2.4)	121	(2.6)	15	(1.1)	12	(1.0)	125	(2.6)	34	(1.7)	27	(1.1)	117	(4.2)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	111	(4.1)	16	(2.3)	15	(1.7)	115	(6.2)	37	(4.2)	32	(2.6)	107	(4.0)
20 and over.....	1882	58	(1.9)	114	(2.9)	22	(1.7)	19	(1.3)	119	(4.5)	38	(2.5)	32	(1.8)	107	(2.4)
2 and over...	3015	55	(2.0)	113	(2.5)	20	(1.6)	18	(1.2)	118	(3.7)	37	(2.2)	32	(1.6)	107	(2.1)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	121	(3.6)	21	(2.2)	17	(1.8)	123	(4.9)	37	(3.7)	30	(2.5)	119	(3.6)
20 and over.....	1303	66	(1.8)	100	(2.0)	21	(0.9)	21	(0.8)	100	(1.8)	32	(1.4)	32	(1.2)	100	(4.6)
2 and over...	2060	64	(1.7)	106	(1.6)	21	(0.7)	20	(0.6)	105	(1.6)	33	(1.0)	32	(0.7)	106	(3.8)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	114	(1.7)	16	(1.1)	14	(1.0)	118	(1.9)	34	(2.2)	29	(1.7)	111	(2.4)
20 and over.....	5047	57	(1.5)	111	(1.4)	20	(0.8)	18	(0.7)	114	(1.9)	35	(0.8)	31	(0.7)	109	(1.3)
2 and over...	8066	55	(1.3)	112	(1.3)	19	(0.7)	17	(0.6)	114	(1.7)	35	(0.8)	31	(0.6)	109	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Dietary fiber: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	13.9	(0.46)	2.0	(0.22)	14	(1.5)	13.7	(0.54)	4.8	(0.34)	35	(2.0)	14.1	(0.59)
20 and over.....	1550	44	(2.7)	15.8	(0.53)	2.8	(0.20)	18	(1.4)	15.9	(0.44)	6.4	(0.30)	40	(2.1)	15.7	(0.76)
2 and over...	2519	44	(2.4)	15.3	(0.48)	2.6	(0.17)	17	(1.1)	15.4	(0.37)	6.0	(0.27)	39	(1.7)	15.3	(0.68)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	13.6	(0.43)	2.5	(0.26)	19	(1.7)	13.5	(0.59)	5.7	(0.29)	42	(1.9)	13.7	(0.61)
20 and over.....	1882	58	(1.9)	16.5	(0.29)	3.7	(0.18)	22	(1.1)	15.6	(0.38)	6.4	(0.26)	41	(1.5)	17.8	(0.52)
2 and over...	3015	55	(2.0)	15.9	(0.23)	3.4	(0.17)	22	(1.1)	15.2	(0.31)	6.3	(0.22)	41	(1.2)	16.7	(0.45)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	14.4	(0.31)	2.7	(0.19)	18	(1.3)	14.2	(0.33)	4.7	(0.23)	34	(1.4)	14.7	(0.42)
20 and over.....	1303	66	(1.8)	18.6	(0.38)	4.7	(0.19)	25	(0.9)	18.0	(0.47)	7.1	(0.26)	40	(1.4)	19.6	(0.82)
2 and over...	2060	64	(1.7)	17.5	(0.30)	4.2	(0.17)	24	(0.8)	17.2	(0.37)	6.6	(0.21)	38	(1.2)	18.1	(0.57)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	13.9	(0.19)	2.4	(0.10)	17	(0.6)	13.7	(0.27)	5.1	(0.15)	37	(0.9)	14.1	(0.23)
20 and over.....	5047	57	(1.5)	17.1	(0.27)	3.8	(0.15)	22	(0.8)	16.7	(0.25)	6.7	(0.15)	40	(1.1)	17.5	(0.56)
2 and over...	8066	55	(1.3)	16.3	(0.21)	3.5	(0.12)	21	(0.6)	16.1	(0.18)	6.3	(0.13)	39	(0.8)	16.6	(0.40)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				Total fat													
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	69.6	(1.75)	13.4	(1.48)	19	(1.8)	79.5	(3.01)	32.5	(2.24)	41	(2.5)	62.6	(1.67)
20 and over.....	1550	44	(2.7)	80.5	(1.19)	19.5	(1.20)	24	(1.5)	89.5	(2.07)	44.0	(1.64)	49	(1.8)	73.3	(1.50)
2 and over...	2519	44	(2.4)	77.8	(0.94)	18.0	(1.01)	23	(1.3)	87.1	(1.61)	41.3	(1.44)	47	(1.6)	70.5	(1.23)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	70.0	(1.95)	16.8	(1.54)	24	(1.9)	78.0	(2.88)	37.6	(2.10)	48	(2.0)	63.5	(2.16)
20 and over.....	1882	58	(1.9)	83.3	(1.37)	25.1	(0.93)	30	(1.2)	87.2	(2.07)	43.5	(1.49)	50	(1.6)	77.8	(1.98)
2 and over...	3015	55	(2.0)	80.2	(1.37)	23.2	(0.87)	29	(1.1)	85.5	(1.74)	42.4	(1.22)	50	(1.4)	73.8	(1.80)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	72.9	(2.74)	19.1	(1.81)	26	(2.0)	76.0	(3.96)	34.1	(2.88)	45	(1.9)	69.1	(3.14)
20 and over.....	1303	66	(1.8)	84.2	(1.83)	27.5	(0.96)	33	(1.0)	86.9	(2.27)	41.6	(1.42)	48	(1.5)	78.9	(3.38)
2 and over...	2060	64	(1.7)	81.4	(1.56)	25.4	(0.83)	31	(0.8)	84.5	(2.19)	39.9	(1.24)	47	(1.1)	76.0	(2.34)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	70.9	(1.19)	16.7	(0.78)	24	(1.0)	77.3	(1.70)	34.9	(1.54)	45	(1.4)	65.1	(1.60)
20 and over.....	5047	57	(1.5)	82.9	(0.89)	24.3	(0.81)	29	(0.9)	87.8	(1.48)	42.7	(0.85)	49	(1.0)	76.4	(1.55)
2 and over...	8066	55	(1.3)	80.0	(0.79)	22.4	(0.65)	28	(0.8)	85.6	(1.28)	41.1	(0.79)	48	(0.8)	73.3	(1.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Saturated fat: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	23.6	(0.59)	4.5	(0.49)	19	(1.9)	26.5	(0.95)	10.8	(0.77)	41	(2.9)	21.5	(0.78)
20 and over.....	1550	44	(2.7)	26.0	(0.40)	6.3	(0.40)	24	(1.5)	28.7	(0.56)	14.2	(0.54)	49	(1.6)	23.9	(0.64)
2 and over...	2519	44	(2.4)	25.4	(0.34)	5.8	(0.35)	23	(1.3)	28.2	(0.40)	13.4	(0.50)	47	(1.5)	23.3	(0.55)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	24.3	(0.92)	5.7	(0.56)	23	(2.0)	27.1	(1.02)	12.7	(0.72)	47	(2.0)	22.1	(1.15)
20 and over.....	1882	58	(1.9)	27.1	(0.46)	7.9	(0.27)	29	(1.1)	28.2	(0.72)	13.8	(0.46)	49	(1.7)	25.6	(0.66)
2 and over...	3015	55	(2.0)	26.5	(0.48)	7.4	(0.25)	28	(1.0)	28.0	(0.60)	13.6	(0.37)	48	(1.4)	24.6	(0.65)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	25.9	(0.69)	6.2	(0.53)	24	(1.9)	26.4	(1.20)	11.1	(0.68)	42	(1.5)	25.2	(1.06)
20 and over.....	1303	66	(1.8)	26.8	(0.63)	8.8	(0.31)	33	(1.0)	27.7	(0.81)	13.3	(0.48)	48	(1.4)	24.9	(1.36)
2 and over...	2060	64	(1.7)	26.6	(0.55)	8.2	(0.31)	31	(1.0)	27.4	(0.80)	12.8	(0.42)	47	(1.0)	25.0	(1.06)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	24.7	(0.43)	5.5	(0.21)	22	(0.9)	26.6	(0.44)	11.5	(0.33)	43	(1.3)	23.1	(0.69)
20 and over.....	5047	57	(1.5)	26.7	(0.27)	7.8	(0.25)	29	(0.9)	28.2	(0.47)	13.7	(0.25)	48	(1.0)	24.8	(0.60)
2 and over...	8066	55	(1.3)	26.3	(0.24)	7.2	(0.20)	27	(0.7)	27.9	(0.39)	13.2	(0.22)	47	(0.8)	24.3	(0.54)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Monounsaturated fat: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	23.6	(0.70)	4.5	(0.50)	19	(1.8)	26.9	(1.13)	10.9	(0.77)	40	(2.6)	21.2	(0.59)
20 and over.....	1550	44	(2.7)	28.0	(0.43)	6.7	(0.42)	24	(1.5)	31.1	(0.69)	15.0	(0.54)	48	(1.7)	25.5	(0.53)
2 and over...	2519	44	(2.4)	26.9	(0.32)	6.1	(0.36)	23	(1.3)	30.1	(0.54)	14.0	(0.49)	47	(1.6)	24.4	(0.41)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	23.3	(0.75)	5.5	(0.48)	24	(1.7)	25.9	(1.03)	12.4	(0.66)	48	(2.0)	21.2	(1.00)
20 and over.....	1882	58	(1.9)	28.8	(0.53)	8.6	(0.34)	30	(1.3)	29.9	(0.71)	14.8	(0.54)	50	(1.7)	27.3	(0.91)
2 and over...	3015	55	(2.0)	27.5	(0.55)	7.9	(0.32)	29	(1.2)	29.1	(0.64)	14.4	(0.45)	49	(1.5)	25.6	(0.81)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	24.0	(1.03)	6.2	(0.59)	26	(1.9)	24.8	(1.29)	11.0	(0.97)	44	(2.0)	23.0	(1.27)
20 and over.....	1303	66	(1.8)	29.4	(0.65)	9.3	(0.33)	31	(0.9)	30.1	(0.82)	14.0	(0.52)	46	(1.6)	28.1	(1.14)
2 and over...	2060	64	(1.7)	28.1	(0.57)	8.5	(0.27)	30	(0.8)	29.0	(0.80)	13.3	(0.45)	46	(1.3)	26.6	(0.76)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	23.6	(0.48)	5.5	(0.27)	23	(1.0)	25.6	(0.62)	11.4	(0.53)	45	(1.4)	21.8	(0.64)
20 and over.....	5047	57	(1.5)	28.8	(0.31)	8.2	(0.29)	29	(0.9)	30.3	(0.52)	14.5	(0.30)	48	(1.0)	26.8	(0.59)
2 and over...	8066	55	(1.3)	27.6	(0.30)	7.6	(0.24)	27	(0.8)	29.3	(0.47)	13.8	(0.29)	47	(0.9)	25.4	(0.50)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Polyunsaturated fat: *All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	15.7	(0.47)	3.2	(0.35)	20	(1.8)	18.5	(0.76)	7.7	(0.55)	41	(2.2)	13.7	(0.43)
20 and over.....	1550	44	(2.7)	18.9	(0.48)	4.8	(0.29)	25	(1.7)	21.3	(0.78)	10.7	(0.48)	51	(2.4)	16.9	(0.46)
2 and over...	2519	44	(2.4)	18.1	(0.41)	4.4	(0.24)	24	(1.4)	20.6	(0.64)	10.0	(0.39)	49	(1.9)	16.1	(0.39)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	15.7	(0.45)	4.0	(0.38)	25	(2.1)	17.6	(0.69)	8.9	(0.60)	50	(2.5)	14.1	(0.51)
20 and over.....	1882	58	(1.9)	19.4	(0.44)	6.2	(0.27)	32	(1.3)	20.7	(0.63)	10.8	(0.44)	52	(1.7)	17.6	(0.53)
2 and over...	3015	55	(2.0)	18.5	(0.36)	5.7	(0.24)	31	(1.3)	20.2	(0.51)	10.4	(0.35)	52	(1.6)	16.6	(0.41)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	16.1	(1.03)	4.9	(0.63)	30	(2.5)	17.6	(1.41)	8.7	(1.12)	50	(2.8)	14.2	(0.87)
20 and over.....	1303	66	(1.8)	20.0	(0.52)	6.7	(0.31)	34	(1.3)	20.7	(0.61)	10.2	(0.43)	49	(1.7)	18.6	(0.80)
2 and over...	2060	64	(1.7)	19.1	(0.41)	6.3	(0.26)	33	(1.1)	20.0	(0.55)	9.9	(0.40)	49	(1.5)	17.3	(0.44)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	15.8	(0.41)	4.1	(0.26)	26	(1.3)	17.8	(0.62)	8.5	(0.55)	48	(1.8)	13.9	(0.42)
20 and over.....	5047	57	(1.5)	19.5	(0.31)	6.0	(0.22)	31	(1.0)	20.9	(0.44)	10.5	(0.27)	50	(1.2)	17.6	(0.35)
2 and over...	8066	55	(1.3)	18.6	(0.26)	5.5	(0.17)	30	(0.8)	20.3	(0.37)	10.1	(0.24)	50	(1.0)	16.6	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Cholesterol: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	229	(9.7)	43	(8.1)	19	(3.0)	255	(29.8)	104	(16.4)	41	(3.0)	211	(11.2)
20 and over.....	1550	44	(2.7)	282	(6.0)	68	(4.9)	24	(1.7)	305	(8.8)	153	(7.6)	50	(2.2)	264	(10.2)
2 and over...	2519	44	(2.4)	269	(4.8)	62	(3.5)	23	(1.3)	293	(9.1)	142	(6.0)	48	(1.6)	250	(8.9)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	222	(6.2)	46	(4.9)	21	(2.2)	240	(9.1)	103	(7.4)	43	(3.3)	208	(12.5)
20 and over.....	1882	58	(1.9)	302	(8.1)	91	(4.9)	30	(1.3)	321	(9.7)	158	(7.3)	49	(1.9)	275	(8.2)
2 and over...	3015	55	(2.0)	283	(7.0)	81	(4.6)	29	(1.3)	306	(7.6)	148	(6.5)	48	(1.6)	256	(7.4)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	219	(9.4)	57	(6.7)	26	(2.4)	227	(17.2)	102	(11.8)	45	(2.8)	209	(10.0)
20 and over.....	1303	66	(1.8)	291	(7.9)	99	(5.8)	34	(1.7)	298	(9.1)	149	(8.4)	50	(2.0)	276	(16.6)
2 and over...	2060	64	(1.7)	273	(5.4)	88	(4.7)	32	(1.5)	282	(8.2)	139	(7.2)	49	(1.7)	256	(11.3)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	224	(5.3)	49	(3.5)	22	(1.3)	237	(10.5)	103	(7.8)	43	(2.0)	212	(6.2)
20 and over.....	5047	57	(1.5)	293	(4.2)	87	(3.1)	30	(1.0)	309	(5.8)	153	(4.7)	50	(1.2)	272	(7.9)
2 and over...	8066	55	(1.3)	276	(3.7)	78	(2.5)	28	(0.8)	294	(5.8)	142	(4.3)	48	(0.8)	256	(5.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin A (RAE) *All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	530	(14.0)	57	(8.2)	11	(1.5)	496	(21.7)	138	(14.8)	28	(2.8)	553	(17.7)
20 and over.....	1550	44	(2.7)	614	(23.8)	96	(7.3)	16	(1.4)	574	(31.9)	218	(19.2)	38	(2.5)	646	(31.3)
2 and over...	2519	44	(2.4)	593	(18.6)	87	(5.8)	15	(1.1)	556	(22.2)	199	(15.9)	36	(2.2)	622	(27.3)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	589	(27.6)	63	(7.3)	11	(1.5)	555	(26.5)	142	(10.6)	26	(2.2)	616	(43.2)
20 and over.....	1882	58	(1.9)	612	(19.7)	121	(10.2)	20	(1.4)	589	(30.3)	210	(17.2)	36	(2.0)	644	(20.6)
2 and over...	3015	55	(2.0)	607	(17.6)	108	(8.3)	18	(1.3)	583	(23.7)	197	(14.7)	34	(1.9)	636	(19.6)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	650	(18.0)	94	(9.1)	14	(1.3)	641	(32.4)	167	(11.7)	26	(1.8)	661	(26.8)
20 and over.....	1303	66	(1.8)	676	(20.1)	146	(9.2)	22	(1.3)	644	(15.9)	220	(12.8)	34	(1.8)	738	(44.1)
2 and over...	2060	64	(1.7)	670	(16.5)	133	(8.1)	20	(1.1)	644	(16.0)	209	(11.0)	32	(1.5)	715	(31.6)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	598	(14.6)	72	(3.9)	12	(0.7)	573	(13.1)	151	(5.8)	26	(1.1)	620	(22.3)
20 and over.....	5047	57	(1.5)	637	(12.2)	122	(3.9)	19	(0.6)	615	(14.4)	215	(7.9)	35	(1.0)	666	(19.5)
2 and over...	8066	55	(1.3)	627	(11.5)	110	(2.8)	18	(0.5)	606	(11.5)	202	(6.2)	33	(0.8)	653	(18.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Beta carotene: *All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1145	(80.0)	140	(31.0)	12	(2.9)	1070	(102.1)	338	(61.5)	32	(5.3)	1198	(98.9)
20 and over.....	1550	44	(2.7)	1949	(86.4)	292	(35.4)	15	(1.9)	1622	(136.0)	658	(73.7)	41	(3.6)	2209	(113.3)
2 and over...	2519	44	(2.4)	1748	(81.6)	254	(26.4)	15	(1.7)	1491	(109.2)	582	(56.1)	39	(3.3)	1946	(104.9)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	1181	(194.1)	110	(14.8)	9	(2.4)	928	(95.3)	248	(24.4)	27	(2.8)	1383	(297.5)
20 and over.....	1882	58	(1.9)	2047	(85.6)	371	(41.0)	18	(1.9)	1781	(60.3)	644	(70.8)	36	(4.0)	2410	(183.1)
2 and over...	3015	55	(2.0)	1847	(93.0)	311	(33.3)	17	(1.8)	1620	(50.2)	569	(58.9)	35	(3.7)	2120	(168.3)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1542	(131.8)	225	(41.7)	15	(2.1)	1637	(284.6)	402	(67.8)	25	(3.7)	1421	(208.4)
20 and over.....	1303	66	(1.8)	2688	(186.6)	527	(51.9)	20	(1.9)	2368	(123.5)	796	(77.7)	34	(2.8)	3314	(370.8)
2 and over...	2060	64	(1.7)	2403	(155.1)	452	(40.8)	19	(1.6)	2208	(120.9)	710	(63.8)	32	(2.7)	2743	(263.5)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1303	(97.0)	159	(15.5)	12	(1.5)	1237	(115.6)	332	(28.8)	27	(2.6)	1364	(145.5)
20 and over.....	5047	57	(1.5)	2271	(89.2)	402	(32.7)	18	(1.4)	2026	(63.3)	708	(54.4)	35	(2.4)	2594	(145.6)
2 and over...	8066	55	(1.3)	2037	(80.3)	343	(23.7)	17	(1.2)	1859	(50.6)	628	(42.1)	34	(2.3)	2253	(125.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

				L y c o p e n e											
				All Individuals [2]					*All Restaurant Consumers* [3]					*Non-consumers* [4]	
Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	4208	(296.6)	801	(117.2)	19	(2.6)	4434	(488.0)	1940	(224.7)	44	(6.4)	4050	(352.8)
20 and over.....	1550	44	(2.7)	4355	(306.9)	1118	(103.9)	26	(3.2)	4856	(434.0)	2522	(225.8)	52	(6.5)	3955	(379.1)
2 and over...	2519	44	(2.4)	4318	(266.2)	1039	(86.3)	24	(2.4)	4756	(368.1)	2384	(196.1)	50	(5.9)	3980	(266.0)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	3917	(304.2)	1055	(193.7)	27	(4.5)	3964	(443.8)	2369	(339.6)	60	(3.7)	3880	(540.9)
20 and over.....	1882	58	(1.9)	5016	(220.3)	1600	(126.5)	32	(2.3)	4996	(275.3)	2774	(207.1)	56	(2.6)	5042	(430.6)
2 and over...	3015	55	(2.0)	4762	(191.3)	1474	(118.2)	31	(2.4)	4802	(240.1)	2697	(169.8)	56	(2.3)	4714	(377.9)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	4321	(337.3)	898	(105.1)	21	(2.0)	4759	(403.4)	1603	(161.7)	34	(3.3)	3765	(447.8)
20 and over.....	1303	66	(1.8)	5663	(277.5)	1764	(145.3)	31	(2.1)	5587	(277.0)	2664	(240.9)	48	(3.4)	5812	(649.3)
2 and over...	2060	64	(1.7)	5329	(209.0)	1549	(124.4)	29	(1.7)	5406	(245.4)	2432	(206.0)	45	(2.7)	5195	(427.9)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	4126	(210.2)	929	(75.8)	23	(1.6)	4350	(248.3)	1939	(144.1)	45	(3.1)	3920	(306.3)
20 and over.....	5047	57	(1.5)	5021	(136.4)	1506	(83.9)	30	(1.7)	5173	(142.1)	2652	(144.6)	51	(2.7)	4820	(278.7)
2 and over...	8066	55	(1.3)	4805	(121.3)	1366	(67.7)	28	(1.3)	4999	(110.0)	2501	(123.0)	50	(2.3)	4571	(236.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1.47	(0.040)	0.23	(0.024)	15	(1.5)	1.50	(0.048)	0.55	(0.037)	37	(2.5)	1.45	(0.048)
20 and over.....	1550	44	(2.7)	1.58	(0.039)	0.32	(0.022)	20	(1.6)	1.67	(0.051)	0.71	(0.028)	43	(1.9)	1.50	(0.056)
2 and over...	2519	44	(2.4)	1.55	(0.026)	0.29	(0.018)	19	(1.2)	1.63	(0.036)	0.68	(0.025)	41	(1.5)	1.49	(0.037)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	1.54	(0.043)	0.29	(0.027)	19	(1.6)	1.57	(0.052)	0.65	(0.030)	41	(2.3)	1.52	(0.076)
20 and over.....	1882	58	(1.9)	1.64	(0.029)	0.43	(0.016)	26	(1.1)	1.64	(0.036)	0.74	(0.023)	45	(1.0)	1.64	(0.064)
2 and over...	3015	55	(2.0)	1.62	(0.027)	0.40	(0.016)	25	(1.1)	1.62	(0.031)	0.73	(0.020)	45	(1.0)	1.61	(0.058)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1.64	(0.047)	0.30	(0.028)	19	(1.6)	1.66	(0.079)	0.54	(0.044)	33	(2.2)	1.62	(0.040)
20 and over.....	1303	66	(1.8)	1.65	(0.027)	0.47	(0.013)	28	(0.9)	1.65	(0.035)	0.71	(0.019)	43	(1.3)	1.63	(0.050)
2 and over...	2060	64	(1.7)	1.64	(0.022)	0.43	(0.010)	26	(0.7)	1.65	(0.030)	0.67	(0.015)	40	(0.9)	1.63	(0.040)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1.56	(0.027)	0.28	(0.013)	18	(0.8)	1.59	(0.039)	0.58	(0.025)	37	(1.5)	1.54	(0.036)
20 and over.....	5047	57	(1.5)	1.62	(0.018)	0.41	(0.015)	25	(0.9)	1.65	(0.022)	0.72	(0.013)	44	(0.8)	1.58	(0.031)
2 and over...	8066	55	(1.3)	1.61	(0.018)	0.38	(0.011)	24	(0.7)	1.64	(0.020)	0.69	(0.013)	42	(0.6)	1.57	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1.82	(0.048)	0.24	(0.031)	13	(1.7)	1.85	(0.084)	0.59	(0.049)	32	(2.5)	1.81	(0.054)
20 and over.....	1550	44	(2.7)	2.07	(0.066)	0.34	(0.020)	17	(1.3)	2.14	(0.081)	0.77	(0.028)	36	(1.5)	2.01	(0.084)
2 and over...	2519	44	(2.4)	2.01	(0.047)	0.32	(0.016)	16	(1.0)	2.07	(0.061)	0.73	(0.024)	35	(1.2)	1.96	(0.061)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	2.02	(0.089)	0.32	(0.021)	16	(1.2)	2.02	(0.082)	0.71	(0.054)	35	(2.7)	2.02	(0.140)
20 and over.....	1882	58	(1.9)	2.17	(0.038)	0.47	(0.018)	22	(0.9)	2.22	(0.063)	0.82	(0.026)	37	(1.3)	2.09	(0.053)
2 and over...	3015	55	(2.0)	2.13	(0.045)	0.44	(0.018)	21	(1.0)	2.18	(0.058)	0.80	(0.025)	37	(1.1)	2.07	(0.055)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	2.10	(0.060)	0.38	(0.034)	18	(1.4)	2.06	(0.067)	0.67	(0.050)	32	(1.6)	2.14	(0.062)
20 and over.....	1303	66	(1.8)	2.27	(0.050)	0.58	(0.030)	25	(1.3)	2.28	(0.058)	0.87	(0.042)	38	(1.8)	2.26	(0.084)
2 and over...	2060	64	(1.7)	2.23	(0.037)	0.53	(0.026)	24	(1.1)	2.23	(0.043)	0.83	(0.032)	37	(1.4)	2.23	(0.065)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	2.00	(0.040)	0.31	(0.017)	16	(0.8)	1.99	(0.036)	0.66	(0.033)	33	(1.6)	2.00	(0.062)
20 and over.....	5047	57	(1.5)	2.18	(0.028)	0.47	(0.016)	22	(0.7)	2.23	(0.044)	0.83	(0.016)	37	(0.9)	2.10	(0.033)
2 and over...	8066	55	(1.3)	2.13	(0.029)	0.43	(0.014)	20	(0.6)	2.18	(0.039)	0.80	(0.014)	36	(0.7)	2.07	(0.034)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	21.6	(0.82)	4.1	(0.69)	19	(2.7)	24.0	(1.76)	9.9	(1.29)	41	(2.9)	19.9	(0.60)
20 and over.....	1550	44	(2.7)	25.2	(0.76)	5.5	(0.37)	22	(1.8)	28.4	(1.26)	12.4	(0.54)	44	(2.0)	22.6	(0.82)
2 and over...	2519	44	(2.4)	24.3	(0.56)	5.1	(0.29)	21	(1.4)	27.4	(1.03)	11.8	(0.46)	43	(1.7)	21.9	(0.57)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	22.0	(0.84)	4.9	(0.39)	22	(1.5)	23.0	(1.29)	11.1	(0.99)	48	(2.8)	21.3	(1.12)
20 and over.....	1882	58	(1.9)	27.0	(0.47)	7.4	(0.27)	27	(1.2)	28.4	(0.75)	12.8	(0.43)	45	(1.8)	25.2	(0.59)
2 and over...	3015	55	(2.0)	25.9	(0.50)	6.8	(0.28)	26	(1.2)	27.3	(0.74)	12.5	(0.45)	46	(1.5)	24.1	(0.63)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	22.7	(1.11)	5.6	(0.82)	25	(2.7)	23.7	(1.65)	10.0	(1.55)	42	(3.9)	21.5	(0.63)
20 and over.....	1303	66	(1.8)	26.7	(0.28)	8.3	(0.27)	31	(1.0)	27.4	(0.49)	12.5	(0.42)	46	(1.7)	25.4	(0.76)
2 and over...	2060	64	(1.7)	25.7	(0.37)	7.6	(0.29)	30	(0.9)	26.6	(0.60)	11.9	(0.52)	45	(1.5)	24.2	(0.53)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	22.2	(0.45)	4.9	(0.38)	22	(1.4)	23.5	(0.78)	10.3	(0.87)	44	(2.4)	21.1	(0.46)
20 and over.....	5047	57	(1.5)	26.5	(0.24)	7.2	(0.23)	27	(0.9)	28.0	(0.46)	12.6	(0.26)	45	(1.1)	24.5	(0.33)
2 and over...	8066	55	(1.3)	25.4	(0.24)	6.6	(0.20)	26	(0.8)	27.0	(0.50)	12.1	(0.31)	45	(0.9)	23.5	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B6 — *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1.76	(0.080)	0.26	(0.055)	15	(2.7)	1.81	(0.153)	0.62	(0.110)	34	(3.9)	1.73	(0.073)
20 and over.....	1550	44	(2.7)	2.08	(0.082)	0.34	(0.020)	16	(1.4)	2.22	(0.148)	0.77	(0.031)	35	(2.0)	1.97	(0.057)
2 and over...	2519	44	(2.4)	2.00	(0.065)	0.32	(0.018)	16	(1.2)	2.13	(0.116)	0.73	(0.034)	35	(1.7)	1.91	(0.050)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	1.79	(0.083)	0.30	(0.027)	17	(1.2)	1.77	(0.122)	0.67	(0.086)	38	(3.2)	1.81	(0.118)
20 and over.....	1882	58	(1.9)	2.24	(0.062)	0.49	(0.023)	22	(1.4)	2.33	(0.093)	0.85	(0.033)	36	(2.4)	2.11	(0.051)
2 and over...	3015	55	(2.0)	2.14	(0.062)	0.44	(0.019)	21	(1.2)	2.23	(0.083)	0.81	(0.034)	37	(2.0)	2.03	(0.056)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1.86	(0.083)	0.35	(0.065)	19	(2.9)	1.82	(0.116)	0.63	(0.120)	35	(4.7)	1.91	(0.084)
20 and over.....	1303	66	(1.8)	2.24	(0.034)	0.58	(0.026)	26	(1.2)	2.22	(0.060)	0.87	(0.038)	39	(2.0)	2.28	(0.078)
2 and over...	2060	64	(1.7)	2.14	(0.029)	0.52	(0.025)	24	(1.0)	2.13	(0.052)	0.82	(0.041)	38	(1.7)	2.17	(0.049)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1.81	(0.039)	0.30	(0.029)	17	(1.4)	1.80	(0.063)	0.64	(0.068)	35	(2.8)	1.83	(0.050)
20 and over.....	5047	57	(1.5)	2.20	(0.030)	0.48	(0.017)	22	(0.9)	2.26	(0.052)	0.84	(0.022)	37	(1.5)	2.12	(0.035)
2 and over...	8066	55	(1.3)	2.11	(0.028)	0.44	(0.014)	21	(0.7)	2.16	(0.050)	0.80	(0.025)	37	(1.2)	2.04	(0.026)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Folate (DFE) All Individuals [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	492	(18.7)	66	(6.7)	13	(1.3)	481	(14.5)	159	(9.7)	33	(2.4)	500	(26.4)
20 and over.....	1550	44	(2.7)	515	(18.8)	97	(7.5)	19	(1.7)	538	(20.7)	218	(11.1)	41	(2.2)	497	(26.6)
2 and over...	2519	44	(2.4)	510	(15.7)	89	(5.8)	17	(1.2)	524	(15.6)	204	(9.3)	39	(1.9)	498	(22.3)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	502	(23.7)	85	(8.4)	17	(1.6)	503	(21.4)	190	(10.3)	38	(2.2)	502	(38.4)
20 and over.....	1882	58	(1.9)	525	(14.5)	124	(4.5)	24	(1.2)	512	(15.8)	215	(6.8)	42	(1.7)	543	(19.9)
2 and over...	3015	55	(2.0)	520	(13.9)	115	(4.7)	22	(1.2)	510	(14.1)	210	(5.3)	41	(1.4)	531	(22.4)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	517	(19.5)	86	(7.3)	17	(1.3)	526	(27.6)	153	(10.1)	29	(2.1)	506	(22.3)
20 and over.....	1303	66	(1.8)	541	(10.2)	142	(5.6)	26	(1.0)	537	(15.5)	215	(9.9)	40	(1.9)	549	(20.5)
2 and over...	2060	64	(1.7)	535	(7.0)	128	(3.6)	24	(0.7)	534	(11.8)	201	(7.1)	38	(1.5)	536	(16.0)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	510	(12.7)	81	(3.7)	16	(0.7)	507	(14.1)	170	(5.5)	33	(1.2)	513	(16.3)
20 and over.....	5047	57	(1.5)	528	(8.7)	122	(5.0)	23	(0.9)	530	(6.7)	216	(5.8)	41	(1.1)	525	(14.0)
2 and over...	8066	55	(1.3)	524	(8.0)	112	(3.7)	21	(0.7)	525	(6.2)	206	(4.5)	39	(0.8)	522	(12.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	253	(7.4)	40	(6.4)	16	(2.2)	267	(21.9)	98	(11.7)	37	(2.3)	244	(8.2)
20 and over.....	1550	44	(2.7)	326	(6.0)	65	(4.1)	20	(1.4)	335	(10.9)	147	(5.5)	44	(1.9)	318	(7.3)
2 and over...	2519	44	(2.4)	308	(4.6)	59	(3.1)	19	(1.2)	319	(8.9)	135	(4.4)	42	(1.4)	299	(6.2)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	254	(5.1)	46	(4.3)	18	(1.8)	261	(9.5)	103	(5.5)	39	(2.4)	248	(10.9)
20 and over.....	1882	58	(1.9)	340	(6.8)	92	(4.4)	27	(1.2)	354	(8.9)	159	(6.3)	45	(1.6)	322	(7.1)
2 and over...	3015	55	(2.0)	320	(6.5)	81	(4.3)	25	(1.3)	337	(7.6)	148	(5.3)	44	(1.4)	301	(7.2)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	259	(9.8)	57	(6.5)	22	(2.0)	259	(13.8)	101	(11.6)	39	(2.9)	260	(11.2)
20 and over.....	1303	66	(1.8)	346	(8.2)	104	(5.2)	30	(1.4)	348	(6.8)	157	(7.6)	45	(1.8)	344	(15.1)
2 and over...	2060	64	(1.7)	325	(5.3)	92	(4.3)	28	(1.2)	328	(5.8)	145	(6.5)	44	(1.5)	319	(9.7)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	256	(3.8)	48	(3.0)	19	(1.0)	261	(7.3)	101	(6.6)	39	(1.8)	251	(4.8)
20 and over.....	5047	57	(1.5)	339	(3.9)	88	(3.1)	26	(0.9)	348	(5.2)	155	(3.7)	45	(1.1)	326	(6.4)
2 and over...	8066	55	(1.3)	319	(3.5)	78	(2.4)	25	(0.8)	330	(4.9)	144	(3.3)	44	(0.9)	305	(4.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin B12 — *All Individuals* [2]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4]: Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	4.43	(0.169)	0.56	(0.063)	13	(1.5)	4.39	(0.237)	1.35	(0.097)	31	(2.8)	4.45	(0.181)
20 and over.....	1550	44	(2.7)	4.74	(0.125)	0.93	(0.073)	20	(1.4)	5.28	(0.289)	2.10	(0.174)	40	(2.5)	4.31	(0.122)
2 and over...	2519	44	(2.4)	4.66	(0.096)	0.84	(0.056)	18	(1.1)	5.07	(0.207)	1.92	(0.134)	38	(2.1)	4.34	(0.115)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	4.85	(0.243)	0.73	(0.062)	15	(1.1)	4.83	(0.350)	1.64	(0.229)	34	(3.9)	4.87	(0.362)
20 and over.....	1882	58	(1.9)	5.01	(0.159)	1.23	(0.073)	25	(1.6)	5.35	(0.263)	2.13	(0.110)	40	(2.3)	4.54	(0.181)
2 and over...	3015	55	(2.0)	4.97	(0.145)	1.12	(0.064)	22	(1.4)	5.25	(0.228)	2.04	(0.119)	39	(2.0)	4.63	(0.137)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	4.93	(0.198)	0.95	(0.183)	19	(3.2)	4.77	(0.358)	1.70	(0.334)	36	(4.7)	5.13	(0.149)
20 and over.....	1303	66	(1.8)	5.04	(0.144)	1.36	(0.075)	27	(1.5)	4.99	(0.177)	2.06	(0.126)	41	(2.4)	5.12	(0.278)
2 and over...	2060	64	(1.7)	5.01	(0.094)	1.26	(0.065)	25	(1.2)	4.94	(0.155)	1.98	(0.119)	40	(1.9)	5.12	(0.193)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	4.78	(0.104)	0.76	(0.072)	16	(1.4)	4.69	(0.175)	1.58	(0.160)	34	(2.8)	4.87	(0.166)
20 and over.....	5047	57	(1.5)	4.95	(0.075)	1.19	(0.048)	24	(0.9)	5.20	(0.104)	2.09	(0.072)	40	(1.3)	4.62	(0.135)
2 and over...	8066	55	(1.3)	4.91	(0.067)	1.08	(0.040)	22	(0.8)	5.09	(0.100)	1.98	(0.069)	39	(1.0)	4.69	(0.125)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin C: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	75.5	(3.44)	7.1	(1.81)	9	(2.3)	71.8	(5.29)	17.1	(3.66)	24	(4.6)	78.1	(4.11)
20 and over.....	1550	44	(2.7)	76.4	(3.30)	8.3	(0.70)	11	(0.8)	77.3	(4.89)	18.7	(1.57)	24	(2.2)	75.6	(3.99)
2 and over...	2519	44	(2.4)	76.1	(2.47)	8.0	(0.66)	11	(0.8)	76.0	(4.09)	18.4	(1.29)	24	(2.0)	76.2	(3.21)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	69.3	(2.50)	5.0	(0.55)	7	(0.7)	62.9	(3.81)	11.3	(0.81)	18	(1.3)	74.5	(4.96)
20 and over.....	1882	58	(1.9)	79.1	(2.36)	11.5	(0.75)	15	(0.9)	74.3	(3.74)	20.0	(1.22)	27	(1.6)	85.7	(3.32)
2 and over...	3015	55	(2.0)	76.9	(1.87)	10.0	(0.69)	13	(0.9)	72.1	(3.31)	18.3	(1.07)	25	(1.5)	82.5	(3.11)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	73.9	(2.82)	7.0	(0.65)	9	(0.8)	70.9	(2.65)	12.4	(1.21)	18	(1.3)	77.7	(4.14)
20 and over.....	1303	66	(1.8)	80.7	(3.45)	14.7	(1.21)	18	(1.3)	78.7	(3.96)	22.1	(1.69)	28	(1.9)	84.6	(3.53)
2 and over...	2060	64	(1.7)	79.0	(2.93)	12.7	(1.06)	16	(1.1)	77.0	(3.18)	20.0	(1.56)	26	(1.7)	82.5	(3.48)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	72.9	(1.78)	6.3	(0.53)	9	(0.7)	68.2	(2.22)	13.2	(1.09)	19	(1.3)	77.1	(2.28)
20 and over.....	5047	57	(1.5)	79.1	(1.67)	11.7	(0.55)	15	(0.6)	76.8	(2.23)	20.6	(0.72)	27	(0.6)	82.1	(2.07)
2 and over...	8066	55	(1.3)	77.6	(1.25)	10.4	(0.46)	13	(0.5)	75.0	(1.79)	19.0	(0.68)	25	(0.6)	80.8	(1.61)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Vitamin D: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	5.0	(0.19)	0.3	(0.06)	6	(1.3)	4.4	(0.25)	0.7	(0.13)	17	(2.8)	5.4	(0.23)
20 and over.....	1550	44	(2.7)	4.5	(0.11)	0.6	(0.07)	13	(1.4)	4.3	(0.26)	1.3	(0.14)	29	(2.8)	4.6	(0.19)
2 and over...	2519	44	(2.4)	4.6	(0.10)	0.5	(0.06)	11	(1.1)	4.3	(0.21)	1.1	(0.12)	26	(2.4)	4.8	(0.16)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	5.4	(0.21)	0.3	(0.04)	6	(0.9)	4.9	(0.32)	0.7	(0.08)	14	(2.1)	5.8	(0.36)
20 and over.....	1882	58	(1.9)	4.5	(0.15)	0.6	(0.04)	14	(1.3)	4.4	(0.24)	1.1	(0.07)	25	(2.4)	4.7	(0.22)
2 and over...	3015	55	(2.0)	4.7	(0.12)	0.6	(0.04)	12	(1.1)	4.5	(0.20)	1.0	(0.07)	23	(1.9)	5.0	(0.16)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	5.3	(0.22)	0.5	(0.05)	9	(0.8)	4.8	(0.26)	0.9	(0.08)	18	(1.4)	6.1	(0.31)
20 and over.....	1303	66	(1.8)	5.2	(0.35)	1.0	(0.11)	19	(2.4)	4.9	(0.32)	1.5	(0.15)	31	(2.6)	5.9	(0.92)
2 and over...	2060	64	(1.7)	5.2	(0.25)	0.9	(0.09)	17	(1.9)	4.8	(0.27)	1.4	(0.13)	28	(2.2)	6.0	(0.63)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	5.3	(0.10)	0.4	(0.03)	7	(0.5)	4.7	(0.15)	0.8	(0.06)	16	(1.2)	5.8	(0.17)
20 and over.....	5047	57	(1.5)	4.7	(0.16)	0.7	(0.05)	16	(1.0)	4.6	(0.18)	1.3	(0.08)	28	(1.5)	4.9	(0.26)
2 and over...	8066	55	(1.3)	4.9	(0.12)	0.6	(0.04)	13	(0.8)	4.6	(0.15)	1.2	(0.07)	26	(1.2)	5.2	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Vitamin E (alphatocopherol) *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	7.0	(0.27)	1.1	(0.14)	15	(1.8)	7.6	(0.42)	2.6	(0.25)	34	(2.7)	6.7	(0.30)
20 and over.....	1550	44	(2.7)	8.7	(0.29)	1.6	(0.11)	18	(1.6)	9.0	(0.38)	3.6	(0.17)	39	(2.4)	8.4	(0.41)
2 and over...	2519	44	(2.4)	8.3	(0.24)	1.5	(0.09)	18	(1.3)	8.7	(0.29)	3.3	(0.15)	38	(2.1)	7.9	(0.34)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	7.5	(0.69)	1.3	(0.12)	17	(2.1)	7.2	(0.30)	2.9	(0.17)	40	(2.5)	7.7	(1.26)
20 and over.....	1882	58	(1.9)	9.2	(0.27)	2.0	(0.10)	22	(1.3)	9.1	(0.31)	3.5	(0.15)	38	(1.6)	9.4	(0.44)
2 and over...	3015	55	(2.0)	8.8	(0.28)	1.8	(0.09)	21	(1.4)	8.7	(0.27)	3.4	(0.13)	38	(1.4)	8.9	(0.55)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	7.2	(0.26)	1.5	(0.15)	20	(1.8)	7.4	(0.23)	2.6	(0.26)	35	(3.0)	7.0	(0.37)
20 and over.....	1303	66	(1.8)	10.2	(0.21)	2.5	(0.10)	25	(0.9)	10.2	(0.25)	3.8	(0.16)	37	(1.6)	10.0	(0.37)
2 and over...	2060	64	(1.7)	9.4	(0.14)	2.3	(0.07)	24	(0.7)	9.6	(0.21)	3.5	(0.12)	37	(1.2)	9.1	(0.18)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	7.2	(0.29)	1.3	(0.08)	18	(1.2)	7.3	(0.18)	2.7	(0.16)	37	(2.0)	7.1	(0.54)
20 and over.....	5047	57	(1.5)	9.4	(0.18)	2.0	(0.07)	22	(0.7)	9.6	(0.20)	3.6	(0.07)	38	(1.0)	9.2	(0.24)
2 and over...	8066	55	(1.3)	8.9	(0.16)	1.9	(0.06)	21	(0.7)	9.1	(0.17)	3.4	(0.07)	38	(0.8)	8.6	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Vitamin K															
		All Individuals [2]								*All Restaurant Consumers* [3]						*Non-consumers* [4]	
		Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	70.8	(4.13)	11.6	(1.55)	16	(2.4)	72.6	(4.67)	28.0	(2.81)	39	(4.1)	69.5	(4.98)
20 and over.....	1550	44	(2.7)	109.8	(4.99)	23.2	(2.63)	21	(2.5)	111.8	(6.58)	52.2	(5.41)	47	(3.2)	108.2	(7.45)
2 and over...	2519	44	(2.4)	100.0	(3.84)	20.3	(1.98)	20	(2.1)	102.5	(5.16)	46.5	(4.32)	45	(3.1)	98.1	(5.84)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	68.6	(5.75)	12.9	(1.08)	19	(2.5)	65.1	(3.44)	29.0	(1.97)	45	(2.0)	71.5	(8.84)
20 and over.....	1882	58	(1.9)	116.9	(5.40)	30.5	(2.96)	26	(2.6)	107.4	(5.43)	52.9	(4.89)	49	(2.8)	129.8	(10.91)
2 and over...	3015	55	(2.0)	105.7	(4.49)	26.4	(2.32)	25	(2.4)	99.4	(4.38)	48.4	(4.02)	49	(2.5)	113.3	(8.70)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	76.7	(4.93)	17.8	(2.88)	23	(3.5)	79.3	(5.75)	31.8	(4.86)	40	(5.8)	73.3	(7.49)
20 and over.....	1303	66	(1.8)	139.6	(4.70)	41.0	(3.48)	29	(2.4)	133.5	(4.28)	61.9	(5.10)	46	(3.8)	151.4	(8.48)
2 and over...	2060	64	(1.7)	123.9	(4.27)	35.2	(2.60)	28	(1.9)	121.7	(4.38)	55.3	(4.10)	45	(3.3)	127.9	(5.96)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	72.2	(3.02)	14.6	(1.06)	20	(1.5)	73.8	(3.69)	30.4	(2.23)	41	(3.2)	70.8	(4.46)
20 and over.....	5047	57	(1.5)	123.0	(3.16)	31.8	(2.40)	26	(1.8)	119.6	(2.92)	56.0	(3.69)	47	(2.5)	127.5	(5.17)
2 and over...	8066	55	(1.3)	110.7	(2.76)	27.6	(1.76)	25	(1.5)	109.9	(2.56)	50.6	(2.97)	46	(2.2)	111.8	(4.43)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Calcium																			
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	959	(26.8)	136	(15.5)	14	(1.6)	972	(31.3)	329	(22.9)	34	(2.6)	951	(36.0)
20 and over.....	1550	44	(2.7)	939	(22.3)	175	(11.3)	19	(1.2)	990	(28.4)	394	(18.8)	40	(1.6)	898	(32.2)
2 and over...	2519	44	(2.4)	944	(16.8)	165	(9.8)	17	(0.9)	986	(17.0)	379	(15.9)	38	(1.3)	912	(26.9)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	988	(26.1)	154	(15.6)	16	(1.6)	1028	(46.2)	345	(17.8)	34	(2.1)	955	(33.6)
20 and over.....	1882	58	(1.9)	962	(12.0)	218	(8.5)	23	(1.0)	979	(22.2)	378	(14.8)	39	(1.5)	938	(26.0)
2 and over...	3015	55	(2.0)	968	(10.6)	203	(7.0)	21	(0.8)	989	(16.6)	372	(11.1)	38	(1.2)	943	(17.3)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1095	(30.8)	181	(16.8)	17	(1.5)	1077	(33.1)	324	(22.0)	30	(1.4)	1119	(49.5)
20 and over.....	1303	66	(1.8)	987	(25.3)	250	(10.4)	25	(1.0)	984	(24.1)	378	(17.6)	38	(1.6)	993	(55.9)
2 and over...	2060	64	(1.7)	1014	(19.8)	233	(8.9)	23	(0.9)	1004	(20.2)	366	(13.7)	36	(1.2)	1031	(45.9)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1020	(19.2)	158	(7.7)	16	(0.7)	1029	(22.4)	331	(10.5)	32	(1.0)	1012	(24.7)
20 and over.....	5047	57	(1.5)	965	(11.8)	217	(8.7)	22	(0.8)	987	(13.6)	382	(9.3)	39	(0.9)	937	(21.2)
2 and over...	8066	55	(1.3)	978	(11.2)	203	(6.9)	21	(0.6)	996	(10.0)	371	(7.6)	37	(0.7)	957	(20.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	1229	(27.4)	209	(27.9)	17	(2.1)	1306	(55.1)	507	(46.5)	39	(2.7)	1174	(38.7)
20 and over.....	1550	44	(2.7)	1335	(20.9)	286	(17.8)	21	(1.4)	1424	(35.9)	645	(23.2)	45	(1.6)	1264	(33.5)
2 and over...	2519	44	(2.4)	1308	(14.9)	267	(14.3)	20	(1.1)	1396	(26.2)	612	(19.9)	44	(1.3)	1240	(27.1)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	1246	(22.2)	247	(22.7)	20	(1.7)	1318	(48.1)	554	(26.7)	42	(2.2)	1188	(29.7)
20 and over.....	1882	58	(1.9)	1395	(17.6)	366	(14.0)	26	(1.1)	1431	(29.8)	635	(20.4)	44	(1.4)	1345	(24.3)
2 and over...	3015	55	(2.0)	1360	(15.1)	339	(13.3)	25	(1.0)	1410	(24.4)	620	(16.9)	44	(1.2)	1301	(21.3)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1333	(36.3)	282	(20.9)	21	(1.5)	1330	(44.5)	503	(32.0)	38	(1.5)	1337	(52.8)
20 and over.....	1303	66	(1.8)	1455	(22.1)	427	(13.3)	29	(0.9)	1466	(21.6)	645	(22.1)	44	(1.5)	1432	(60.6)
2 and over...	2060	64	(1.7)	1424	(15.6)	391	(11.4)	27	(0.8)	1436	(21.3)	614	(18.6)	43	(1.2)	1404	(43.7)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	1272	(15.9)	249	(10.2)	20	(0.7)	1313	(19.9)	519	(20.1)	40	(1.4)	1235	(23.8)
20 and over.....	5047	57	(1.5)	1399	(11.9)	364	(12.6)	26	(0.8)	1445	(18.0)	641	(12.3)	44	(0.9)	1339	(24.3)
2 and over...	8066	55	(1.3)	1369	(11.0)	336	(9.8)	25	(0.6)	1417	(16.2)	615	(11.5)	43	(0.7)	1310	(20.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Magnesium																	
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	231	(5.9)	31	(4.2)	14	(1.7)	235	(10.8)	76	(6.7)	32	(2.2)	228	(6.7)
20 and over.....	1550	44	(2.7)	286	(6.5)	45	(2.8)	16	(1.2)	290	(9.6)	101	(3.5)	35	(1.2)	283	(7.7)
2 and over...	2519	44	(2.4)	272	(5.7)	41	(2.2)	15	(1.0)	277	(7.1)	95	(2.9)	34	(1.0)	269	(7.2)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	228	(6.2)	36	(3.6)	16	(1.5)	228	(9.2)	81	(3.7)	36	(1.6)	227	(10.5)
20 and over.....	1882	58	(1.9)	298	(5.0)	61	(2.6)	20	(1.0)	291	(4.9)	105	(3.9)	36	(1.3)	309	(9.9)
2 and over...	3015	55	(2.0)	282	(4.8)	55	(2.6)	19	(1.0)	279	(4.4)	100	(3.2)	36	(1.2)	286	(8.6)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	246	(6.5)	43	(3.5)	17	(1.3)	244	(5.8)	77	(5.6)	32	(1.8)	250	(9.0)
20 and over.....	1303	66	(1.8)	327	(6.2)	78	(2.9)	24	(0.8)	324	(7.6)	118	(4.5)	36	(1.5)	333	(12.8)
2 and over...	2060	64	(1.7)	307	(4.6)	69	(2.5)	23	(0.7)	306	(6.0)	109	(3.8)	35	(1.2)	308	(8.5)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	235	(3.1)	37	(1.7)	16	(0.7)	235	(3.4)	77	(3.3)	33	(1.3)	235	(4.9)
20 and over.....	5047	57	(1.5)	305	(3.4)	62	(2.4)	20	(0.7)	305	(4.8)	109	(2.2)	36	(0.8)	306	(6.0)
2 and over...	8066	55	(1.3)	288	(3.1)	56	(1.8)	19	(0.6)	290	(4.1)	102	(1.9)	35	(0.7)	286	(4.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Iron: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	13.5	(0.36)	1.8	(0.18)	13	(1.3)	13.5	(0.44)	4.4	(0.23)	32	(2.2)	13.4	(0.44)
20 and over.....	1550	44	(2.7)	14.0	(0.36)	2.6	(0.17)	18	(1.3)	14.5	(0.50)	5.8	(0.25)	40	(2.0)	13.7	(0.43)
2 and over...	2519	44	(2.4)	13.9	(0.32)	2.4	(0.14)	17	(1.0)	14.2	(0.40)	5.5	(0.21)	38	(1.8)	13.6	(0.38)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	13.7	(0.58)	2.3	(0.22)	17	(1.6)	13.6	(0.46)	5.1	(0.24)	38	(2.0)	13.8	(1.01)
20 and over.....	1882	58	(1.9)	14.7	(0.30)	3.5	(0.14)	24	(1.2)	14.4	(0.34)	6.1	(0.18)	42	(1.3)	15.2	(0.58)
2 and over...	3015	55	(2.0)	14.5	(0.30)	3.2	(0.14)	22	(1.2)	14.3	(0.26)	5.9	(0.16)	41	(1.2)	14.8	(0.61)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	14.2	(0.32)	2.5	(0.20)	17	(1.3)	14.1	(0.42)	4.4	(0.28)	31	(1.8)	14.5	(0.58)
20 and over.....	1303	66	(1.8)	14.6	(0.17)	3.9	(0.13)	26	(0.8)	14.5	(0.26)	5.8	(0.21)	40	(1.5)	14.9	(0.48)
2 and over...	2060	64	(1.7)	14.5	(0.13)	3.5	(0.09)	24	(0.6)	14.4	(0.21)	5.5	(0.15)	38	(1.2)	14.8	(0.43)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	13.9	(0.23)	2.2	(0.10)	16	(0.8)	13.8	(0.21)	4.6	(0.17)	34	(1.3)	14.0	(0.35)
20 and over.....	5047	57	(1.5)	14.5	(0.14)	3.4	(0.12)	23	(0.8)	14.6	(0.11)	5.9	(0.11)	41	(0.8)	14.5	(0.31)
2 and over...	8066	55	(1.3)	14.4	(0.14)	3.1	(0.09)	21	(0.7)	14.4	(0.10)	5.7	(0.10)	39	(0.7)	14.4	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

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Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	9.6	(0.25)	1.4	(0.17)	15	(1.6)	9.5	(0.35)	3.4	(0.24)	36	(2.2)	9.8	(0.38)
20 and over.....	1550	44	(2.7)	10.7	(0.24)	2.1	(0.13)	20	(1.3)	11.0	(0.39)	4.8	(0.20)	43	(1.8)	10.4	(0.28)
2 and over...	2519	44	(2.4)	10.4	(0.19)	1.9	(0.10)	19	(1.0)	10.7	(0.29)	4.5	(0.16)	42	(1.4)	10.2	(0.22)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	10.2	(0.49)	1.7	(0.12)	17	(1.4)	10.1	(0.50)	3.8	(0.16)	38	(2.6)	10.3	(0.87)
20 and over.....	1882	58	(1.9)	11.2	(0.16)	3.0	(0.14)	26	(1.4)	11.4	(0.23)	5.1	(0.20)	45	(1.7)	11.1	(0.33)
2 and over...	3015	55	(2.0)	11.0	(0.20)	2.7	(0.12)	24	(1.3)	11.1	(0.19)	4.9	(0.16)	44	(1.5)	10.8	(0.43)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	10.2	(0.32)	1.9	(0.21)	19	(2.1)	10.0	(0.32)	3.4	(0.32)	34	(2.5)	10.5	(0.50)
20 and over.....	1303	66	(1.8)	11.5	(0.20)	3.3	(0.14)	29	(1.0)	11.5	(0.24)	5.0	(0.22)	43	(1.7)	11.4	(0.43)
2 and over...	2060	64	(1.7)	11.2	(0.14)	2.9	(0.11)	26	(0.9)	11.2	(0.21)	4.6	(0.18)	41	(1.3)	11.1	(0.35)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	10.1	(0.16)	1.7	(0.08)	17	(0.8)	9.9	(0.19)	3.5	(0.15)	36	(1.5)	10.3	(0.34)
20 and over.....	5047	57	(1.5)	11.2	(0.09)	2.8	(0.11)	25	(1.0)	11.4	(0.11)	5.0	(0.13)	44	(1.1)	10.9	(0.20)
2 and over...	8066	55	(1.3)	10.9	(0.09)	2.6	(0.08)	23	(0.8)	11.1	(0.10)	4.7	(0.10)	42	(0.8)	10.8	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Copper: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	0.9	(0.02)	0.1	(0.01)	13	(1.5)	0.9	(0.04)	0.3	(0.02)	31	(2.3)	0.9	(0.03)
20 and over.....	1550	44	(2.7)	1.2	(0.03)	0.2	(0.01)	16	(1.1)	1.2	(0.04)	0.4	(0.03)	36	(2.2)	1.2	(0.04)
2 and over...	2519	44	(2.4)	1.1	(0.03)	0.2	(0.01)	16	(0.9)	1.1	(0.03)	0.4	(0.02)	35	(1.9)	1.1	(0.03)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	0.9	(0.03)	0.1	(0.02)	17	(1.6)	0.9	(0.03)	0.3	(0.02)	38	(1.6)	0.9	(0.05)
20 and over.....	1882	58	(1.9)	1.2	(0.02)	0.2	(0.01)	21	(1.2)	1.2	(0.02)	0.4	(0.02)	37	(1.6)	1.2	(0.04)
2 and over...	3015	55	(2.0)	1.1	(0.02)	0.2	(0.01)	20	(1.1)	1.1	(0.01)	0.4	(0.01)	37	(1.4)	1.1	(0.03)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	1.0	(0.02)	0.2	(0.02)	17	(1.5)	1.0	(0.03)	0.3	(0.02)	31	(2.0)	1.0	(0.04)
20 and over.....	1303	66	(1.8)	1.3	(0.03)	0.3	(0.01)	22	(0.8)	1.3	(0.02)	0.5	(0.02)	34	(1.4)	1.4	(0.06)
2 and over...	2060	64	(1.7)	1.3	(0.02)	0.3	(0.01)	21	(0.7)	1.2	(0.01)	0.4	(0.02)	34	(1.2)	1.3	(0.04)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	0.9	(0.01)	0.1	(0.01)	16	(0.7)	0.9	(0.01)	0.3	(0.01)	33	(1.2)	0.9	(0.02)
20 and over.....	5047	57	(1.5)	1.2	(0.01)	0.2	(0.01)	20	(0.7)	1.2	(0.01)	0.4	(0.01)	36	(0.9)	1.2	(0.03)
2 and over...	8066	55	(1.3)	1.2	(0.01)	0.2	(0.01)	19	(0.6)	1.2	(0.01)	0.4	(0.01)	35	(0.8)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Selenium																			
				All Individuals [2]						*All Restaurant Consumers* [3]						*Non-consumers* [4]	
Family income in dollars and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	97.1	(2.52)	18.4	(2.81)	19	(2.6)	104.9	(7.25)	44.7	(5.09)	43	(2.8)	91.7	(3.12)
20 and over.....	1550	44	(2.7)	110.9	(1.74)	26.4	(1.73)	24	(1.7)	119.1	(3.32)	59.6	(2.52)	50	(2.2)	104.4	(2.11)
2 and over...	2519	44	(2.4)	107.5	(1.19)	24.4	(1.29)	23	(1.2)	115.7	(2.81)	56.0	(2.01)	48	(1.7)	101.1	(1.48)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	96.8	(2.09)	21.4	(2.01)	22	(2.1)	101.9	(3.44)	48.0	(2.28)	47	(2.6)	92.7	(3.07)
20 and over.....	1882	58	(1.9)	115.9	(1.92)	35.1	(1.41)	30	(1.3)	119.8	(2.52)	60.8	(1.89)	51	(1.7)	110.7	(2.00)
2 and over...	3015	55	(2.0)	111.5	(1.89)	31.9	(1.43)	29	(1.4)	116.4	(2.43)	58.4	(1.59)	50	(1.5)	105.6	(2.05)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	98.8	(3.20)	24.3	(2.48)	25	(2.1)	101.3	(4.63)	43.4	(4.34)	43	(2.6)	95.7	(4.03)
20 and over.....	1303	66	(1.8)	122.2	(2.01)	40.1	(1.60)	33	(1.1)	125.1	(2.33)	60.5	(2.71)	48	(1.8)	116.6	(4.07)
2 and over...	2060	64	(1.7)	116.4	(1.46)	36.1	(1.20)	31	(0.9)	119.9	(2.23)	56.7	(2.28)	47	(1.5)	110.3	(2.91)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	97.7	(1.25)	21.7	(1.18)	22	(1.1)	101.9	(1.92)	45.3	(2.47)	44	(1.7)	93.9	(1.78)
20 and over.....	5047	57	(1.5)	117.0	(1.03)	34.4	(1.31)	29	(1.1)	122.2	(1.80)	60.6	(1.55)	50	(1.3)	110.1	(1.15)
2 and over...	8066	55	(1.3)	112.3	(0.99)	31.3	(0.98)	28	(0.8)	117.9	(1.76)	57.4	(1.37)	49	(1.1)	105.6	(0.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Potassium: All Individuals [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	2134	(45.8)	315	(44.1)	15	(1.9)	2153	(90.0)	764	(71.3)	35	(2.4)	2120	(63.8)
20 and over.....	1550	44	(2.7)	2488	(45.3)	458	(27.1)	18	(1.2)	2580	(73.1)	1032	(34.1)	40	(1.3)	2415	(47.2)
2 and over...	2519	44	(2.4)	2399	(37.4)	422	(22.4)	18	(1.0)	2479	(57.1)	968	(29.3)	39	(1.1)	2338	(42.4)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	2108	(40.9)	358	(34.4)	17	(1.7)	2112	(78.4)	803	(43.9)	38	(2.2)	2105	(69.9)
20 and over.....	1882	58	(1.9)	2629	(29.4)	623	(27.0)	24	(1.1)	2634	(37.8)	1081	(35.7)	41	(1.3)	2623	(42.7)
2 and over...	3015	55	(2.0)	2509	(31.1)	562	(26.9)	22	(1.1)	2536	(38.2)	1029	(31.4)	41	(1.2)	2476	(40.0)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	2256	(64.7)	425	(37.9)	19	(1.4)	2221	(74.3)	760	(66.5)	34	(2.0)	2300	(75.5)
20 and over.....	1303	66	(1.8)	2806	(54.6)	745	(30.6)	27	(1.0)	2782	(56.6)	1125	(43.6)	40	(1.6)	2854	(101.3)
2 and over...	2060	64	(1.7)	2669	(46.0)	665	(26.9)	25	(0.8)	2659	(51.2)	1045	(39.9)	39	(1.3)	2687	(73.3)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	2163	(28.0)	368	(19.9)	17	(0.8)	2159	(39.7)	769	(41.0)	36	(1.5)	2168	(36.4)
20 and over.....	5047	57	(1.5)	2658	(30.9)	618	(24.5)	23	(0.8)	2694	(36.7)	1088	(24.5)	40	(1.0)	2610	(44.6)
2 and over...	8066	55	(1.3)	2538	(28.7)	557	(19.5)	22	(0.6)	2580	(34.7)	1020	(23.0)	40	(0.8)	2487	(34.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	2998	(69.7)	587	(72.6)	20	(2.1)	3291	(129.4)	1423	(117.0)	43	(2.6)	2792	(84.9)
20 and over.....	1550	44	(2.7)	3345	(36.4)	834	(56.9)	25	(1.7)	3681	(75.4)	1880	(76.9)	51	(2.0)	3077	(56.8)
2 and over...	2519	44	(2.4)	3258	(29.2)	772	(44.8)	24	(1.3)	3589	(53.5)	1772	(65.5)	49	(1.7)	3003	(44.7)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	2968	(35.5)	723	(61.4)	24	(2.0)	3229	(83.9)	1623	(84.0)	50	(1.9)	2758	(53.6)
20 and over.....	1882	58	(1.9)	3579	(47.4)	1114	(49.4)	31	(1.4)	3722	(61.2)	1932	(63.1)	52	(1.6)	3383	(60.6)
2 and over...	3015	55	(2.0)	3438	(39.4)	1024	(47.6)	30	(1.4)	3629	(57.0)	1874	(59.7)	52	(1.4)	3207	(52.0)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	3136	(107.1)	794	(73.8)	25	(1.9)	3239	(159.7)	1417	(131.8)	44	(2.1)	3005	(97.4)
20 and over.....	1303	66	(1.8)	3624	(55.2)	1231	(42.4)	34	(1.2)	3752	(79.0)	1859	(67.2)	50	(1.6)	3375	(89.6)
2 and over...	2060	64	(1.7)	3503	(51.7)	1122	(34.7)	32	(1.0)	3640	(85.5)	1762	(60.3)	48	(1.2)	3263	(60.7)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	3034	(39.7)	713	(36.1)	23	(1.0)	3230	(76.4)	1488	(79.0)	46	(1.5)	2854	(31.6)
20 and over.....	5047	57	(1.5)	3529	(30.1)	1075	(43.1)	30	(1.1)	3728	(47.4)	1893	(45.1)	51	(1.2)	3267	(39.3)
2 and over...	8066	55	(1.3)	3409	(27.7)	987	(33.6)	29	(0.9)	3623	(51.5)	1807	(43.1)	50	(1.0)	3153	(26.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	Caffeine: *All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	27.2	(3.97)	5.2	(0.93)	19	(3.7)	34.8	(4.01)	12.7	(1.99)	36	(3.9)	21.9*	(6.64)
20 and over.....	1550	44	(2.7)	157.6	(19.06)	22.3	(3.16)	14	(2.6)	152.6	(12.26)	50.3	(5.77)	33	(3.2)	161.6	(26.33)
2 and over...	2519	44	(2.4)	125.0	(16.01)	18.0	(2.34)	14	(2.6)	124.7	(10.29)	41.4	(4.66)	33	(2.9)	125.2	(22.25)
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	28.1	(3.76)	7.4	(1.44)	26	(3.4)	31.7	(4.65)	16.6	(3.58)	52	(6.0)	25.2	(4.77)
20 and over.....	1882	58	(1.9)	163.6	(8.29)	28.2	(2.41)	17	(1.6)	173.9	(12.18)	48.8	(4.15)	28	(3.1)	149.5	(8.54)
2 and over...	3015	55	(2.0)	132.2	(7.79)	23.4	(1.97)	18	(1.5)	147.0	(11.37)	42.7	(3.45)	29	(2.8)	114.4	(7.68)
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	28.9	(3.85)	7.5	(0.54)	26	(4.0)	38.2	(5.49)	13.4	(0.74)	35	(5.7)	17.0	(3.21)
20 and over.....	1303	66	(1.8)	172.1	(5.23)	40.0	(3.09)	23	(1.9)	174.5	(6.63)	60.3	(4.70)	35	(2.9)	167.4	(7.84)
2 and over...	2060	64	(1.7)	136.5	(6.29)	31.9	(2.44)	23	(1.9)	144.7	(7.39)	50.1	(3.84)	35	(2.8)	122.1	(6.65)
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	28.3	(2.35)	6.8	(0.54)	24	(2.3)	35.6	(3.04)	14.1	(1.19)	40	(3.9)	21.6	(2.51)
20 and over.....	5047	57	(1.5)	165.0	(6.40)	30.1	(1.99)	18	(1.2)	171.2	(8.58)	53.0	(3.02)	31	(2.1)	157.0	(9.19)
2 and over...	8066	55	(1.3)	132.0	(6.00)	24.4	(1.59)	19	(1.2)	142.5	(7.76)	44.8	(2.56)	31	(2.0)	119.4	(8.14)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2013-2014 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	969	41	(2.6)	--		--		--		--		--		--		--	
20 and over.....	1550	44	(2.7)	9.8	(1.30)	0.9	(0.21)	9*	(2.8)	10.5	(1.57)	2.0	(0.48)	19	(5.5)	9.3	(1.44)
2 and over...	2519	44	(2.4)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	1133	45	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1882	58	(1.9)	11.1	(1.24)	2.9	(0.67)	26	(4.6)	13.7	(1.79)	5.0	(1.13)	36	(5.8)	7.5	(1.15)
2 and over...	3015	55	(2.0)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	757	56	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1303	66	(1.8)	12.1	(0.90)	3.4	(0.55)	28	(4.4)	13.8	(1.64)	5.1	(0.87)	37	(5.3)	9.0	(1.54)
2 and over...	2060	64	(1.7)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	3019	48	(1.3)	--		--		--		--		--		--		--	
20 and over.....	5047	57	(1.5)	11.0	(0.84)	2.5	(0.33)	22	(2.4)	12.9	(1.22)	4.3	(0.54)	34	(3.2)	8.5	(0.59)
2 and over...	8066	55	(1.3)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] 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.

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 alchohol 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. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2013-2014. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014

F o o d e n e r g y

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1835	(23.7)	304	(25.1)	17	(1.3)	1998	(57.5)	752	(36.5)	38	(1.6)	1724	(29.4)
20 and over.....	1596	46	(2.4)	2157	(21.0)	473	(31.7)	22	(1.5)	2378	(47.5)	1035	(31.2)	44	(1.5)	1972	(28.9)
2 and over...	2974	44	(1.8)	2053	(17.1)	419	(24.2)	20	(1.2)	2265	(31.1)	951	(28.6)	42	(1.2)	1887	(22.9)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1938	(46.6)	445	(43.9)	23	(2.2)	2106	(76.5)	897	(56.9)	43	(2.6)	1772	(60.6)
20 and over.....	1622	56	(1.8)	2146	(33.9)	573	(26.7)	27	(1.2)	2242	(49.0)	1025	(35.9)	46	(1.5)	2024	(40.0)
2 and over...	2526	54	(2.2)	2094	(32.7)	541	(26.4)	26	(1.2)	2211	(44.1)	996	(33.8)	45	(1.3)	1955	(40.5)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1899	(60.4)	432	(33.7)	23	(1.6)	1904	(61.2)	791	(62.8)	42	(2.2)	1892	(71.0)
20 and over.....	1468	66	(1.8)	2136	(26.6)	631	(29.3)	30	(1.3)	2184	(36.6)	963	(31.6)	44	(1.7)	2045	(69.1)
2 and over...	2010	64	(1.7)	2095	(20.8)	597	(22.3)	28	(1.0)	2142	(32.6)	937	(26.2)	44	(1.5)	2012	(53.4)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1885	(21.1)	388	(18.3)	21	(0.9)	1997	(29.8)	810	(35.7)	41	(1.5)	1782	(28.4)
20 and over.....	5047	57	(1.5)	2141	(18.7)	565	(19.0)	26	(0.8)	2245	(31.7)	995	(16.0)	44	(0.9)	2005	(24.2)
2 and over...	8066	55	(1.3)	2079	(17.2)	522	(15.4)	25	(0.7)	2192	(28.0)	956	(15.4)	44	(0.7)	1944	(20.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from All Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	67.7	(1.68)	12.9	(1.74)	19	(2.2)	73.8	(4.65)	31.7	(3.40)	43	(2.5)	63.5	(1.77)
20 and over.....	1596	46	(2.4)	80.5	(1.50)	20.0	(1.29)	25	(1.6)	88.6	(2.41)	43.8	(1.47)	49	(1.9)	73.8	(1.90)
2 and over...	2974	44	(1.8)	76.4	(1.19)	17.7	(1.06)	23	(1.3)	84.2	(1.86)	40.2	(1.47)	48	(1.5)	70.2	(1.45)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	72.1	(2.15)	17.6	(2.08)	24	(2.6)	77.0	(4.25)	35.4	(3.17)	46	(3.0)	67.3	(2.56)
20 and over.....	1622	56	(1.8)	84.3	(1.40)	24.7	(1.29)	29	(1.6)	87.4	(2.30)	44.3	(1.72)	51	(1.7)	80.5	(2.12)
2 and over...	2526	54	(2.2)	81.3	(1.47)	23.0	(1.27)	28	(1.5)	85.0	(2.51)	42.3	(1.69)	50	(1.4)	76.9	(2.00)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	69.7	(2.59)	16.0	(1.49)	23	(2.1)	68.3	(2.50)	29.3	(2.68)	43	(2.8)	71.4	(3.70)
20 and over.....	1468	66	(1.8)	84.9	(1.28)	26.5	(1.50)	31	(1.4)	86.2	(1.37)	40.5	(1.78)	47	(2.0)	82.5	(3.03)
2 and over...	2010	64	(1.7)	82.2	(1.10)	24.7	(1.19)	30	(1.1)	83.5	(1.25)	38.8	(1.59)	46	(1.8)	80.0	(2.35)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	69.8	(1.16)	15.4	(0.88)	22	(1.1)	72.9	(1.81)	32.2	(1.94)	44	(1.8)	67.0	(1.20)
20 and over.....	5047	57	(1.5)	83.6	(0.73)	24.1	(0.87)	29	(0.9)	87.1	(1.20)	42.4	(1.02)	49	(1.1)	79.1	(1.35)
2 and over...	8066	55	(1.3)	80.3	(0.74)	22.0	(0.66)	27	(0.7)	84.0	(1.30)	40.3	(0.95)	48	(0.9)	75.7	(1.03)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Carbohydrate																			
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	240	(3.1)	34	(2.6)	14	(1.1)	252	(5.5)	83	(3.6)	33	(1.4)	232	(5.8)
20 and over.....	1596	46	(2.4)	267	(3.5)	51	(3.6)	19	(1.4)	289	(5.6)	111	(3.7)	38	(1.4)	249	(4.3)
2 and over...	2974	44	(1.8)	258	(2.9)	45	(2.8)	17	(1.1)	278	(3.8)	102	(3.1)	37	(1.1)	243	(4.3)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	252	(6.6)	52	(5.3)	21	(2.1)	270	(9.6)	104	(6.5)	39	(2.6)	234	(7.9)
20 and over.....	1622	56	(1.8)	253	(3.9)	59	(2.7)	23	(1.1)	261	(6.3)	106	(3.3)	41	(1.2)	242	(5.0)
2 and over...	2526	54	(2.2)	253	(3.4)	57	(3.1)	23	(1.2)	263	(4.8)	106	(3.5)	40	(1.2)	240	(4.7)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	251	(7.9)	51	(3.7)	20	(1.3)	250	(9.1)	94	(7.2)	37	(2.0)	252	(8.2)
20 and over.....	1468	66	(1.8)	245	(3.1)	65	(3.3)	27	(1.2)	246	(3.0)	100	(3.5)	41	(1.5)	242	(7.2)
2 and over...	2010	64	(1.7)	246	(2.6)	63	(2.5)	26	(1.0)	247	(2.8)	99	(2.8)	40	(1.2)	244	(6.0)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	246	(2.8)	45	(2.2)	18	(0.9)	256	(3.2)	93	(4.1)	36	(1.4)	237	(3.8)
20 and over.....	5047	57	(1.5)	253	(2.1)	59	(2.0)	23	(0.8)	260	(3.1)	104	(1.4)	40	(0.7)	243	(2.5)
2 and over...	8066	55	(1.3)	251	(2.1)	55	(1.7)	22	(0.7)	260	(2.7)	102	(1.6)	39	(0.6)	241	(2.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake g	(SE)
				Total sugars													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	110	(2.4)	11	(1.1)	10	(1.0)	113	(3.1)	28	(1.9)	25	(1.7)	107	(4.7)
20 and over.....	1596	46	(2.4)	126	(2.7)	18	(1.8)	14	(1.3)	135	(3.9)	39	(2.7)	29	(1.8)	118	(3.5)
2 and over...	2974	44	(1.8)	121	(2.5)	16	(1.3)	13	(1.1)	128	(2.8)	36	(2.1)	28	(1.3)	115	(3.5)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	118	(4.1)	19	(2.4)	16	(2.0)	125	(6.3)	38	(4.1)	30	(3.3)	111	(4.4)
20 and over.....	1622	56	(1.8)	114	(3.0)	20	(1.3)	18	(1.2)	119	(4.9)	36	(2.1)	31	(1.6)	108	(2.6)
2 and over...	2526	54	(2.2)	115	(2.3)	20	(1.5)	17	(1.3)	120	(3.7)	37	(2.1)	31	(1.6)	109	(2.3)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	119	(4.1)	21	(2.0)	18	(1.5)	118	(5.6)	39	(3.8)	33	(2.2)	119	(3.8)
20 and over.....	1468	66	(1.8)	101	(1.7)	21	(1.1)	21	(1.0)	100	(1.3)	32	(1.2)	32	(1.1)	103	(4.0)
2 and over...	2010	64	(1.7)	104	(1.6)	21	(0.8)	20	(0.7)	102	(1.4)	33	(0.9)	32	(0.9)	106	(3.6)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	114	(1.7)	16	(1.1)	14	(1.0)	118	(1.9)	34	(2.2)	29	(1.7)	111	(2.4)
20 and over.....	5047	57	(1.5)	111	(1.4)	20	(0.8)	18	(0.7)	114	(1.9)	35	(0.8)	31	(0.7)	109	(1.3)
2 and over...	8066	55	(1.3)	112	(1.3)	19	(0.7)	17	(0.6)	114	(1.7)	35	(0.8)	31	(0.6)	109	(1.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Dietary fiber													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	13.8	(0.42)	2.0	(0.17)	14	(1.2)	13.8	(0.62)	4.9	(0.27)	36	(1.8)	13.8	(0.42)
20 and over.....	1596	46	(2.4)	15.6	(0.42)	3.0	(0.24)	19	(1.7)	16.0	(0.41)	6.6	(0.33)	41	(2.4)	15.3	(0.72)
2 and over...	2974	44	(1.8)	15.0	(0.37)	2.7	(0.17)	18	(1.2)	15.4	(0.33)	6.1	(0.27)	40	(1.8)	14.8	(0.54)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	13.9	(0.33)	2.7	(0.24)	20	(1.8)	13.6	(0.35)	5.5	(0.22)	41	(1.4)	14.1	(0.73)
20 and over.....	1622	56	(1.8)	16.8	(0.39)	3.7	(0.20)	22	(1.3)	15.7	(0.31)	6.5	(0.26)	42	(1.6)	18.1	(0.81)
2 and over...	2526	54	(2.2)	16.0	(0.29)	3.4	(0.17)	21	(1.2)	15.3	(0.27)	6.3	(0.21)	41	(1.2)	17.0	(0.58)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	14.3	(0.44)	2.7	(0.19)	19	(1.3)	14.0	(0.47)	4.9	(0.29)	35	(1.8)	14.7	(0.65)
20 and over.....	1468	66	(1.8)	18.2	(0.37)	4.5	(0.23)	25	(1.1)	17.6	(0.41)	6.9	(0.27)	39	(1.6)	19.4	(0.86)
2 and over...	2010	64	(1.7)	17.5	(0.30)	4.2	(0.19)	24	(0.9)	17.1	(0.35)	6.6	(0.23)	39	(1.4)	18.4	(0.69)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	13.9	(0.19)	2.4	(0.10)	17	(0.6)	13.7	(0.27)	5.1	(0.15)	37	(0.9)	14.1	(0.23)
20 and over.....	5047	57	(1.5)	17.1	(0.27)	3.8	(0.15)	22	(0.8)	16.7	(0.25)	6.7	(0.15)	40	(1.1)	17.5	(0.56)
2 and over...	8066	55	(1.3)	16.3	(0.21)	3.5	(0.12)	21	(0.6)	16.1	(0.18)	6.3	(0.13)	39	(0.8)	16.6	(0.40)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Total fat																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	69.2	(1.47)	13.3	(1.05)	19	(1.4)	79.1	(2.86)	32.8	(1.69)	41	(1.9)	62.5	(1.36)
20 and over.....	1596	46	(2.4)	80.6	(1.01)	20.9	(1.41)	26	(1.7)	91.2	(1.61)	45.6	(1.55)	50	(1.8)	71.7	(2.08)
2 and over...	2974	44	(1.8)	76.9	(0.84)	18.4	(1.02)	24	(1.3)	87.6	(1.11)	41.8	(1.33)	48	(1.4)	68.5	(1.41)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	73.0	(1.89)	18.9	(1.78)	26	(2.2)	80.9	(3.44)	38.1	(2.45)	47	(2.3)	65.3	(2.76)
20 and over.....	1622	56	(1.8)	84.2	(1.54)	25.0	(1.35)	30	(1.6)	88.6	(2.12)	44.8	(2.13)	51	(2.0)	78.6	(2.40)
2 and over...	2526	54	(2.2)	81.4	(1.50)	23.5	(1.10)	29	(1.3)	86.9	(1.94)	43.3	(1.78)	50	(1.6)	75.0	(2.25)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	70.8	(2.71)	18.5	(1.64)	26	(2.1)	72.3	(2.98)	33.8	(2.91)	47	(2.3)	69.1	(4.16)
20 and over.....	1468	66	(1.8)	83.4	(1.62)	26.4	(1.23)	32	(1.4)	85.4	(2.13)	40.3	(1.36)	47	(2.0)	79.5	(3.44)
2 and over...	2010	64	(1.7)	81.2	(1.50)	25.0	(0.97)	31	(1.2)	83.4	(2.07)	39.4	(1.20)	47	(1.7)	77.2	(2.78)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	70.9	(1.19)	16.7	(0.78)	24	(1.0)	77.3	(1.70)	34.9	(1.54)	45	(1.4)	65.1	(1.60)
20 and over.....	5047	57	(1.5)	82.9	(0.89)	24.3	(0.81)	29	(0.9)	87.8	(1.48)	42.7	(0.85)	49	(1.0)	76.4	(1.55)
2 and over...	8066	55	(1.3)	80.0	(0.79)	22.4	(0.65)	28	(0.8)	85.6	(1.28)	41.1	(0.79)	48	(0.8)	73.3	(1.29)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from All Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Saturated fat																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	23.6	(0.53)	4.4	(0.34)	18	(1.4)	26.3	(0.85)	10.8	(0.57)	41	(2.1)	21.9	(0.69)
20 and over.....	1596	46	(2.4)	26.3	(0.49)	6.8	(0.46)	26	(1.6)	29.5	(0.50)	14.9	(0.51)	51	(1.7)	23.6	(0.95)
2 and over...	2974	44	(1.8)	25.4	(0.43)	6.0	(0.33)	24	(1.2)	28.5	(0.34)	13.7	(0.45)	48	(1.4)	23.0	(0.70)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	25.3	(0.94)	6.2	(0.51)	25	(1.9)	28.3	(1.29)	12.6	(0.54)	44	(2.1)	22.4	(1.18)
20 and over.....	1622	56	(1.8)	27.2	(0.46)	7.9	(0.45)	29	(1.5)	28.7	(0.77)	14.2	(0.74)	49	(2.1)	25.3	(0.57)
2 and over...	2526	54	(2.2)	26.7	(0.46)	7.5	(0.35)	28	(1.3)	28.6	(0.70)	13.8	(0.61)	48	(1.6)	24.5	(0.63)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	25.3	(0.68)	6.1	(0.56)	24	(2.2)	25.1	(0.92)	11.2	(0.89)	45	(2.3)	25.6	(1.42)
20 and over.....	1468	66	(1.8)	26.7	(0.55)	8.4	(0.40)	31	(1.4)	27.2	(0.76)	12.8	(0.45)	47	(2.0)	25.6	(1.26)
2 and over...	2010	64	(1.7)	26.4	(0.50)	8.0	(0.34)	30	(1.3)	26.9	(0.70)	12.6	(0.41)	47	(1.7)	25.6	(1.14)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	24.7	(0.43)	5.5	(0.21)	22	(0.9)	26.6	(0.44)	11.5	(0.33)	43	(1.3)	23.1	(0.69)
20 and over.....	5047	57	(1.5)	26.7	(0.27)	7.8	(0.25)	29	(0.9)	28.2	(0.47)	13.7	(0.25)	48	(1.0)	24.8	(0.60)
2 and over...	8066	55	(1.3)	26.3	(0.24)	7.2	(0.20)	27	(0.7)	27.9	(0.39)	13.2	(0.22)	47	(0.8)	24.3	(0.54)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Monounsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	23.2	(0.54)	4.4	(0.36)	19	(1.4)	26.5	(1.04)	10.9	(0.58)	41	(1.9)	20.9	(0.43)
20 and over.....	1596	46	(2.4)	27.9	(0.34)	7.1	(0.46)	25	(1.6)	31.6	(0.66)	15.5	(0.49)	49	(1.7)	24.7	(0.67)
2 and over...	2974	44	(1.8)	26.3	(0.28)	6.2	(0.33)	24	(1.2)	30.1	(0.45)	14.1	(0.43)	47	(1.3)	23.4	(0.48)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	24.4	(0.75)	6.2	(0.56)	25	(2.1)	26.7	(1.26)	12.5	(0.84)	47	(2.3)	22.2	(1.27)
20 and over.....	1622	56	(1.8)	29.2	(0.64)	8.5	(0.50)	29	(1.7)	30.3	(0.72)	15.3	(0.76)	50	(2.1)	27.9	(1.21)
2 and over...	2526	54	(2.2)	28.0	(0.62)	7.9	(0.41)	28	(1.5)	29.5	(0.71)	14.6	(0.66)	50	(1.7)	26.3	(1.04)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	23.3	(1.08)	6.0	(0.52)	26	(2.0)	23.7	(0.95)	10.9	(0.96)	46	(2.4)	22.8	(1.71)
20 and over.....	1468	66	(1.8)	29.1	(0.59)	8.9	(0.41)	31	(1.4)	29.7	(0.78)	13.6	(0.45)	46	(2.0)	28.1	(1.23)
2 and over...	2010	64	(1.7)	28.1	(0.55)	8.4	(0.32)	30	(1.1)	28.8	(0.76)	13.2	(0.40)	46	(1.7)	27.0	(0.97)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	23.6	(0.48)	5.5	(0.27)	23	(1.0)	25.6	(0.62)	11.4	(0.53)	45	(1.4)	21.8	(0.64)
20 and over.....	5047	57	(1.5)	28.8	(0.31)	8.2	(0.29)	29	(0.9)	30.3	(0.52)	14.5	(0.30)	48	(1.0)	26.8	(0.59)
2 and over...	8066	55	(1.3)	27.6	(0.30)	7.6	(0.24)	27	(0.8)	29.3	(0.47)	13.8	(0.29)	47	(0.9)	25.4	(0.50)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Polyunsaturated fat																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	15.7	(0.45)	3.2	(0.26)	20	(1.4)	18.8	(0.82)	7.9	(0.44)	42	(2.0)	13.6	(0.44)
20 and over.....	1596	46	(2.4)	18.7	(0.46)	5.0	(0.39)	27	(2.0)	21.4	(0.67)	11.0	(0.55)	51	(2.4)	16.3	(0.53)
2 and over...	2974	44	(1.8)	17.7	(0.36)	4.4	(0.28)	25	(1.5)	20.6	(0.47)	10.0	(0.41)	49	(1.8)	15.4	(0.40)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	16.4	(0.47)	4.6	(0.59)	28	(3.0)	18.2	(0.99)	9.3	(0.96)	51	(3.0)	14.5	(0.55)
20 and over.....	1622	56	(1.8)	19.7	(0.49)	6.2	(0.33)	31	(1.7)	21.1	(0.66)	11.1	(0.53)	53	(2.2)	18.0	(0.63)
2 and over...	2526	54	(2.2)	18.9	(0.39)	5.8	(0.27)	31	(1.5)	20.5	(0.48)	10.7	(0.43)	52	(1.9)	17.0	(0.53)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	15.4	(1.01)	4.6	(0.50)	30	(2.1)	16.4	(1.15)	8.4	(0.97)	51	(2.6)	14.1	(1.15)
20 and over.....	1468	66	(1.8)	19.8	(0.48)	6.5	(0.35)	33	(1.7)	20.4	(0.55)	10.0	(0.43)	49	(2.1)	18.6	(0.87)
2 and over...	2010	64	(1.7)	19.0	(0.44)	6.2	(0.28)	32	(1.3)	19.8	(0.56)	9.7	(0.38)	49	(1.8)	17.6	(0.63)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	15.8	(0.41)	4.1	(0.26)	26	(1.3)	17.8	(0.62)	8.5	(0.55)	48	(1.8)	13.9	(0.42)
20 and over.....	5047	57	(1.5)	19.5	(0.31)	6.0	(0.22)	31	(1.0)	20.9	(0.44)	10.5	(0.27)	50	(1.2)	17.6	(0.35)
2 and over...	8066	55	(1.3)	18.6	(0.26)	5.5	(0.17)	30	(0.8)	20.3	(0.37)	10.1	(0.24)	50	(1.0)	16.6	(0.25)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Cholesterol																			
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	224	(7.6)	40	(5.8)	18	(2.3)	250	(21.1)	99	(12.2)	40	(2.8)	206	(8.2)
20 and over.....	1596	46	(2.4)	292	(6.7)	70	(4.8)	24	(1.7)	310	(7.0)	152	(5.5)	49	(1.7)	277	(12.5)
2 and over...	2974	44	(1.8)	270	(4.7)	60	(3.6)	22	(1.5)	292	(6.6)	136	(5.1)	47	(1.4)	253	(10.1)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	233	(8.5)	55	(7.8)	24	(3.1)	250	(17.0)	112	(12.5)	45	(3.9)	216	(14.1)
20 and over.....	1622	56	(1.8)	303	(8.0)	93	(6.1)	31	(1.6)	329	(11.0)	167	(8.9)	51	(1.8)	269	(10.3)
2 and over...	2526	54	(2.2)	285	(7.6)	84	(5.7)	29	(1.5)	311	(11.2)	154	(8.0)	50	(1.5)	255	(9.6)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	211	(9.1)	53	(6.1)	25	(2.5)	214	(15.3)	97	(11.0)	45	(2.9)	207	(11.8)
20 and over.....	1468	66	(1.8)	285	(8.1)	95	(6.1)	33	(1.9)	294	(8.5)	145	(7.4)	49	(2.2)	269	(15.2)
2 and over...	2010	64	(1.7)	272	(6.8)	87	(5.1)	32	(1.7)	282	(7.2)	137	(6.6)	49	(2.0)	255	(12.1)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	224	(5.3)	49	(3.5)	22	(1.3)	237	(10.5)	103	(7.8)	43	(2.0)	212	(6.2)
20 and over.....	5047	57	(1.5)	293	(4.2)	87	(3.1)	30	(1.0)	309	(5.8)	153	(4.7)	50	(1.2)	272	(7.9)
2 and over...	8066	55	(1.3)	276	(3.7)	78	(2.5)	28	(0.8)	294	(5.8)	142	(4.3)	48	(0.8)	256	(5.7)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin A (RAE)													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	537	(18.5)	51	(5.8)	10	(1.1)	497	(20.2)	127	(11.2)	26	(2.2)	563	(23.7)
20 and over.....	1596	46	(2.4)	573	(23.7)	101	(8.3)	18	(1.6)	575	(35.4)	221	(14.4)	38	(2.3)	572	(25.3)
2 and over...	2974	44	(1.8)	561	(19.0)	85	(6.3)	15	(1.2)	552	(25.5)	193	(11.7)	35	(1.8)	569	(22.0)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	625	(22.6)	80	(7.5)	13	(1.5)	622	(37.6)	160	(8.9)	26	(2.1)	628	(37.3)
20 and over.....	1622	56	(1.8)	648	(26.2)	121	(10.4)	19	(1.4)	602	(29.1)	217	(17.2)	36	(2.0)	706	(35.4)
2 and over...	2526	54	(2.2)	642	(22.7)	111	(8.1)	17	(1.2)	607	(22.3)	204	(13.5)	34	(1.5)	685	(30.3)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	640	(20.2)	90	(10.0)	14	(1.6)	610	(29.0)	165	(16.4)	27	(2.9)	677	(36.0)
20 and over.....	1468	66	(1.8)	661	(17.1)	140	(7.6)	21	(1.2)	627	(14.0)	213	(9.4)	34	(1.7)	726	(40.4)
2 and over...	2010	64	(1.7)	657	(13.3)	131	(7.2)	20	(1.1)	625	(12.7)	206	(8.8)	33	(1.5)	715	(31.7)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	598	(14.6)	72	(3.9)	12	(0.7)	573	(13.1)	151	(5.8)	26	(1.1)	620	(22.3)
20 and over.....	5047	57	(1.5)	637	(12.2)	122	(3.9)	19	(0.6)	615	(14.4)	215	(7.9)	35	(1.0)	666	(19.5)
2 and over...	8066	55	(1.3)	627	(11.5)	110	(2.8)	18	(0.5)	606	(11.5)	202	(6.2)	33	(0.8)	653	(18.5)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Beta carotene											
				All Individuals [3]						*All Restaurant Consumers* [4]					*Non-consumers* [5]
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1071	(79.3)	121	(22.6)	11	(2.4)	1032	(98.2)	298	(45.6)	29	(4.4)	1098	(95.1)
20 and over.....	1596	46	(2.4)	1727	(100.9)	270	(29.7)	16	(2.3)	1578	(177.2)	591	(65.5)	37	(4.2)	1852	(182.6)
2 and over...	2974	44	(1.8)	1515	(84.7)	222	(20.6)	15	(1.9)	1416	(128.2)	504	(46.6)	36	(3.7)	1593	(130.9)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1341	(222.4)	142	(19.1)	11	(2.4)	1170	(224.3)	286	(35.1)	24	(2.7)	1510	(346.2)
20 and over.....	1622	56	(1.8)	2316	(158.2)	373	(46.2)	16	(2.0)	1851	(61.1)	669	(75.5)	36	(4.3)	2905	(328.8)
2 and over...	2526	54	(2.2)	2074	(140.1)	316	(36.4)	15	(1.7)	1696	(61.9)	582	(61.4)	34	(3.7)	2524	(260.9)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1592	(169.0)	240	(49.4)	15	(2.6)	1634	(288.2)	439	(87.2)	27	(5.2)	1542	(282.3)
20 and over.....	1468	66	(1.8)	2507	(145.7)	516	(41.6)	21	(1.6)	2252	(110.7)	788	(63.5)	35	(2.4)	2991	(298.3)
2 and over...	2010	64	(1.7)	2347	(122.2)	468	(35.9)	20	(1.4)	2159	(98.6)	735	(57.0)	34	(2.4)	2674	(233.3)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1303	(97.0)	159	(15.5)	12	(1.5)	1237	(115.6)	332	(28.8)	27	(2.6)	1364	(145.5)
20 and over.....	5047	57	(1.5)	2271	(89.2)	402	(32.7)	18	(1.4)	2026	(63.3)	708	(54.4)	35	(2.4)	2594	(145.6)
2 and over...	8066	55	(1.3)	2037	(80.3)	343	(23.7)	17	(1.2)	1859	(50.6)	628	(42.1)	34	(2.3)	2253	(125.4)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Lycopene: *All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	3997	(264.1)	833	(89.1)	21	(2.1)	4146	(204.2)	2056	(176.7)	50	(3.4)	3896	(411.2)
20 and over.....	1596	46	(2.4)	4533	(289.5)	1264	(123.1)	28	(2.8)	5064	(396.8)	2763	(241.4)	55	(5.2)	4086	(411.8)
2 and over...	2974	44	(1.8)	4360	(244.0)	1124	(87.6)	26	(2.0)	4791	(275.6)	2553	(181.1)	53	(3.8)	4021	(334.7)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	4372	(392.5)	1048	(171.0)	24	(3.6)	4243	(516.5)	2111	(271.2)	50	(6.8)	4500	(656.4)
20 and over.....	1622	56	(1.8)	4893	(255.7)	1524	(144.9)	31	(3.0)	4969	(248.4)	2729	(233.4)	55	(3.7)	4798	(428.8)
2 and over...	2526	54	(2.2)	4764	(232.7)	1406	(136.1)	30	(2.9)	4804	(232.0)	2589	(208.2)	54	(3.8)	4717	(375.5)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	3874	(361.2)	918	(76.0)	24	(2.4)	4615	(747.9)	1680	(161.8)	36	(6.7)	2982	(552.8)
20 and over.....	1468	66	(1.8)	5598	(209.4)	1721	(112.2)	31	(2.0)	5477	(290.8)	2625	(184.6)	48	(3.5)	5829	(623.7)
2 and over...	2010	64	(1.7)	5296	(194.1)	1580	(97.7)	30	(1.7)	5347	(294.1)	2483	(169.7)	46	(3.1)	5207	(449.9)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	4126	(210.2)	929	(75.8)	23	(1.6)	4350	(248.3)	1939	(144.1)	45	(3.1)	3920	(306.3)
20 and over.....	5047	57	(1.5)	5021	(136.4)	1506	(83.9)	30	(1.7)	5173	(142.1)	2652	(144.6)	51	(2.7)	4820	(278.7)
2 and over...	8066	55	(1.3)	4805	(121.3)	1366	(67.7)	28	(1.3)	4999	(110.0)	2501	(123.0)	50	(2.3)	4571	(236.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1.47	(0.032)	0.22	(0.020)	15	(1.3)	1.50	(0.047)	0.55	(0.031)	37	(1.8)	1.45	(0.036)
20 and over.....	1596	46	(2.4)	1.59	(0.028)	0.35	(0.024)	22	(1.7)	1.73	(0.052)	0.77	(0.026)	45	(2.1)	1.46	(0.037)
2 and over...	2974	44	(1.8)	1.55	(0.022)	0.31	(0.018)	20	(1.2)	1.66	(0.033)	0.71	(0.023)	43	(1.6)	1.46	(0.030)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1.63	(0.046)	0.34	(0.034)	21	(2.0)	1.68	(0.070)	0.68	(0.045)	40	(2.3)	1.58	(0.100)
20 and over.....	1622	56	(1.8)	1.63	(0.033)	0.42	(0.025)	26	(1.6)	1.64	(0.034)	0.75	(0.037)	46	(1.8)	1.63	(0.067)
2 and over...	2526	54	(2.2)	1.63	(0.031)	0.40	(0.024)	24	(1.4)	1.65	(0.033)	0.73	(0.036)	45	(1.6)	1.61	(0.064)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1.59	(0.056)	0.27	(0.013)	17	(1.0)	1.58	(0.095)	0.50	(0.029)	32	(2.5)	1.62	(0.072)
20 and over.....	1468	66	(1.8)	1.65	(0.018)	0.45	(0.024)	27	(1.3)	1.63	(0.025)	0.69	(0.025)	42	(1.7)	1.67	(0.056)
2 and over...	2010	64	(1.7)	1.64	(0.019)	0.42	(0.019)	26	(1.1)	1.62	(0.027)	0.66	(0.022)	40	(1.4)	1.66	(0.049)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1.56	(0.027)	0.28	(0.013)	18	(0.8)	1.59	(0.039)	0.58	(0.025)	37	(1.5)	1.54	(0.036)
20 and over.....	5047	57	(1.5)	1.62	(0.018)	0.41	(0.015)	25	(0.9)	1.65	(0.022)	0.72	(0.013)	44	(0.8)	1.58	(0.031)
2 and over...	8066	55	(1.3)	1.61	(0.018)	0.38	(0.011)	24	(0.7)	1.64	(0.020)	0.69	(0.013)	42	(0.6)	1.57	(0.027)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1.82	(0.036)	0.23	(0.024)	12	(1.3)	1.85	(0.067)	0.56	(0.039)	30	(2.0)	1.81	(0.044)
20 and over.....	1596	46	(2.4)	2.06	(0.055)	0.37	(0.023)	18	(1.3)	2.21	(0.087)	0.81	(0.027)	37	(1.6)	1.94	(0.059)
2 and over...	2974	44	(1.8)	1.99	(0.040)	0.32	(0.017)	16	(0.9)	2.10	(0.066)	0.73	(0.024)	35	(1.2)	1.89	(0.041)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	2.13	(0.073)	0.38	(0.036)	18	(1.9)	2.14	(0.095)	0.77	(0.069)	36	(3.3)	2.11	(0.144)
20 and over.....	1622	56	(1.8)	2.18	(0.047)	0.47	(0.029)	21	(1.4)	2.22	(0.073)	0.84	(0.039)	38	(1.8)	2.12	(0.083)
2 and over...	2526	54	(2.2)	2.17	(0.049)	0.45	(0.027)	21	(1.4)	2.20	(0.065)	0.82	(0.037)	37	(1.4)	2.12	(0.079)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	2.06	(0.072)	0.35	(0.031)	17	(1.7)	1.99	(0.068)	0.65	(0.051)	33	(2.5)	2.16	(0.091)
20 and over.....	1468	66	(1.8)	2.25	(0.043)	0.55	(0.032)	25	(1.3)	2.24	(0.050)	0.84	(0.037)	38	(1.8)	2.28	(0.070)
2 and over...	2010	64	(1.7)	2.22	(0.035)	0.52	(0.028)	23	(1.2)	2.20	(0.038)	0.81	(0.032)	37	(1.6)	2.25	(0.061)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	2.00	(0.040)	0.31	(0.017)	16	(0.8)	1.99	(0.036)	0.66	(0.033)	33	(1.6)	2.00	(0.062)
20 and over.....	5047	57	(1.5)	2.18	(0.028)	0.47	(0.016)	22	(0.7)	2.23	(0.044)	0.83	(0.016)	37	(0.9)	2.10	(0.033)
2 and over...	8066	55	(1.3)	2.13	(0.029)	0.43	(0.014)	20	(0.6)	2.18	(0.039)	0.80	(0.014)	36	(0.7)	2.07	(0.034)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	21.5	(0.64)	4.0	(0.54)	19	(2.1)	23.8	(1.34)	9.9	(1.02)	42	(2.3)	19.9	(0.51)
20 and over.....	1596	46	(2.4)	25.9	(0.54)	6.0	(0.42)	23	(1.7)	30.0	(1.13)	13.1	(0.52)	44	(2.0)	22.5	(0.45)
2 and over...	2974	44	(1.8)	24.5	(0.43)	5.4	(0.35)	22	(1.4)	28.1	(0.84)	12.2	(0.53)	43	(1.7)	21.6	(0.36)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	23.3	(0.78)	5.8	(0.69)	25	(2.7)	24.6	(1.40)	11.6	(1.38)	47	(3.8)	22.0	(1.39)
20 and over.....	1622	56	(1.8)	27.0	(0.71)	7.3	(0.39)	27	(1.6)	28.6	(0.98)	13.1	(0.56)	46	(2.1)	25.1	(1.04)
2 and over...	2526	54	(2.2)	26.1	(0.70)	6.9	(0.41)	27	(1.6)	27.7	(0.95)	12.8	(0.65)	46	(1.8)	24.2	(1.04)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	21.8	(1.16)	5.1	(0.63)	24	(2.0)	22.1	(1.44)	9.4	(1.37)	43	(4.0)	21.5	(1.03)
20 and over.....	1468	66	(1.8)	26.3	(0.28)	7.9	(0.41)	30	(1.5)	26.7	(0.43)	12.1	(0.49)	45	(2.1)	25.4	(0.82)
2 and over...	2010	64	(1.7)	25.5	(0.33)	7.4	(0.32)	29	(1.2)	26.0	(0.48)	11.7	(0.48)	45	(1.8)	24.5	(0.67)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	22.2	(0.45)	4.9	(0.38)	22	(1.4)	23.5	(0.78)	10.3	(0.87)	44	(2.4)	21.1	(0.46)
20 and over.....	5047	57	(1.5)	26.5	(0.24)	7.2	(0.23)	27	(0.9)	28.0	(0.46)	12.6	(0.26)	45	(1.1)	24.5	(0.33)
2 and over...	8066	55	(1.3)	25.4	(0.24)	6.6	(0.20)	26	(0.8)	27.0	(0.50)	12.1	(0.31)	45	(0.9)	23.5	(0.26)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Vitamin B6															
				All Individuals [3]						*All Restaurant Consumers* [4]				*Non-consumers* [5]	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1.73	(0.063)	0.24	(0.040)	14	(2.0)	1.78	(0.109)	0.58	(0.082)	33	(3.2)	1.70	(0.060)
20 and over.....	1596	46	(2.4)	2.13	(0.080)	0.38	(0.027)	18	(1.5)	2.36	(0.151)	0.82	(0.038)	35	(2.2)	1.93	(0.059)
2 and over...	2974	44	(1.8)	2.00	(0.062)	0.33	(0.025)	17	(1.3)	2.19	(0.115)	0.75	(0.043)	34	(2.0)	1.85	(0.053)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1.89	(0.081)	0.36	(0.054)	19	(2.9)	1.89	(0.119)	0.73	(0.127)	39	(5.2)	1.89	(0.142)
20 and over.....	1622	56	(1.8)	2.25	(0.079)	0.47	(0.028)	21	(1.8)	2.33	(0.117)	0.85	(0.038)	37	(2.9)	2.15	(0.088)
2 and over...	2526	54	(2.2)	2.16	(0.074)	0.45	(0.027)	21	(1.6)	2.23	(0.099)	0.82	(0.046)	37	(2.4)	2.08	(0.086)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1.82	(0.105)	0.33	(0.047)	18	(2.1)	1.73	(0.106)	0.61	(0.097)	35	(4.2)	1.93	(0.135)
20 and over.....	1468	66	(1.8)	2.20	(0.032)	0.55	(0.033)	25	(1.5)	2.17	(0.059)	0.84	(0.042)	39	(2.3)	2.24	(0.072)
2 and over...	2010	64	(1.7)	2.13	(0.029)	0.51	(0.027)	24	(1.2)	2.11	(0.050)	0.81	(0.040)	38	(2.1)	2.18	(0.059)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1.81	(0.039)	0.30	(0.029)	17	(1.4)	1.80	(0.063)	0.64	(0.068)	35	(2.8)	1.83	(0.050)
20 and over.....	5047	57	(1.5)	2.20	(0.030)	0.48	(0.017)	22	(0.9)	2.26	(0.052)	0.84	(0.022)	37	(1.5)	2.12	(0.035)
2 and over...	8066	55	(1.3)	2.11	(0.028)	0.44	(0.014)	21	(0.7)	2.16	(0.050)	0.80	(0.025)	37	(1.2)	2.04	(0.026)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Folate (DFE)																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	496	(16.1)	68	(5.9)	14	(1.2)	491	(14.9)	169	(8.6)	34	(1.9)	499	(20.3)
20 and over.....	1596	46	(2.4)	526	(19.4)	107	(8.2)	20	(1.9)	563	(24.8)	233	(12.3)	41	(2.4)	495	(24.8)
2 and over...	2974	44	(1.8)	517	(16.5)	94	(6.0)	18	(1.4)	542	(17.6)	214	(9.5)	39	(2.0)	497	(21.0)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	521	(30.2)	90	(8.8)	17	(1.8)	536	(30.8)	182	(7.3)	34	(1.8)	506	(48.9)
20 and over.....	1622	56	(1.8)	522	(16.9)	121	(6.1)	23	(1.5)	514	(12.0)	217	(8.8)	42	(1.8)	532	(30.2)
2 and over...	2526	54	(2.2)	522	(16.8)	114	(5.7)	22	(1.4)	519	(12.0)	209	(7.5)	40	(1.5)	525	(29.4)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	497	(14.9)	83	(6.1)	17	(1.3)	490	(29.1)	152	(10.3)	31	(2.7)	506	(29.1)
20 and over.....	1468	66	(1.8)	536	(8.2)	136	(7.5)	25	(1.4)	522	(12.8)	208	(9.6)	40	(2.1)	562	(18.2)
2 and over...	2010	64	(1.7)	529	(6.6)	127	(5.8)	24	(1.1)	517	(11.8)	199	(8.1)	39	(1.7)	550	(15.8)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	510	(12.7)	81	(3.7)	16	(0.7)	507	(14.1)	170	(5.5)	33	(1.2)	513	(16.3)
20 and over.....	5047	57	(1.5)	528	(8.7)	122	(5.0)	23	(0.9)	530	(6.7)	216	(5.8)	41	(1.1)	525	(14.0)
2 and over...	8066	55	(1.3)	524	(8.0)	112	(3.7)	21	(0.7)	525	(6.2)	206	(4.5)	39	(0.8)	522	(12.1)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C h o l i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	248	(5.9)	38	(4.6)	15	(1.7)	263	(16.0)	94	(8.5)	36	(2.1)	238	(7.0)
20 and over.....	1596	46	(2.4)	327	(6.4)	68	(4.4)	21	(1.6)	339	(9.9)	148	(4.0)	44	(1.7)	317	(9.1)
2 and over...	2974	44	(1.8)	301	(4.9)	58	(3.4)	19	(1.3)	316	(7.5)	132	(4.1)	42	(1.3)	289	(8.1)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	269	(7.2)	56	(7.4)	21	(2.8)	277	(14.2)	113	(11.9)	41	(3.7)	262	(13.4)
20 and over.....	1622	56	(1.8)	343	(7.1)	91	(5.8)	27	(1.6)	356	(10.1)	163	(8.1)	46	(1.7)	328	(11.2)
2 and over...	2526	54	(2.2)	325	(6.9)	82	(5.4)	25	(1.5)	338	(10.3)	152	(7.1)	45	(1.4)	310	(10.6)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	251	(9.9)	51	(5.3)	20	(2.0)	244	(11.4)	94	(9.5)	39	(2.7)	259	(14.4)
20 and over.....	1468	66	(1.8)	343	(6.5)	101	(5.8)	30	(1.5)	346	(7.3)	154	(6.7)	45	(2.0)	336	(11.7)
2 and over...	2010	64	(1.7)	327	(4.9)	92	(4.8)	28	(1.3)	331	(5.3)	145	(6.0)	44	(1.8)	320	(9.1)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	256	(3.8)	48	(3.0)	19	(1.0)	261	(7.3)	101	(6.6)	39	(1.8)	251	(4.8)
20 and over.....	5047	57	(1.5)	339	(3.9)	88	(3.1)	26	(0.9)	348	(5.2)	155	(3.7)	45	(1.1)	326	(6.4)
2 and over...	8066	55	(1.3)	319	(3.5)	78	(2.4)	25	(0.8)	330	(4.9)	144	(3.3)	44	(0.9)	305	(4.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Vitamin B12 — *All Individuals* [3]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4]: Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5]: Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	4.48	(0.127)	0.54	(0.049)	12	(1.2)	4.42	(0.172)	1.34	(0.074)	30	(2.2)	4.51	(0.150)
20 and over.....	1596	46	(2.4)	4.82	(0.141)	1.01	(0.075)	21	(1.6)	5.60	(0.302)	2.21	(0.090)	39	(2.3)	4.16	(0.143)
2 and over...	2974	44	(1.8)	4.71	(0.105)	0.86	(0.058)	18	(1.2)	5.25	(0.228)	1.95	(0.078)	37	(1.8)	4.28	(0.119)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	5.00	(0.271)	0.82	(0.084)	16	(1.7)	4.95	(0.366)	1.65	(0.254)	33	(4.3)	5.04	(0.409)
20 and over.....	1622	56	(1.8)	5.11	(0.221)	1.29	(0.118)	25	(2.3)	5.52	(0.316)	2.31	(0.186)	42	(2.9)	4.58	(0.261)
2 and over...	2526	54	(2.2)	5.08	(0.217)	1.17	(0.101)	23	(2.0)	5.39	(0.289)	2.16	(0.177)	40	(2.3)	4.71	(0.279)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	4.88	(0.327)	0.99	(0.212)	20	(3.5)	4.72	(0.434)	1.81	(0.428)	38	(6.1)	5.07	(0.264)
20 and over.....	1468	66	(1.8)	4.88	(0.117)	1.25	(0.083)	26	(1.5)	4.79	(0.193)	1.90	(0.104)	40	(2.4)	5.04	(0.167)
2 and over...	2010	64	(1.7)	4.88	(0.107)	1.20	(0.068)	25	(1.2)	4.78	(0.178)	1.89	(0.104)	39	(2.0)	5.05	(0.134)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	4.78	(0.104)	0.76	(0.072)	16	(1.4)	4.69	(0.175)	1.58	(0.160)	34	(2.8)	4.87	(0.166)
20 and over.....	5047	57	(1.5)	4.95	(0.075)	1.19	(0.048)	24	(0.9)	5.20	(0.104)	2.09	(0.072)	40	(1.3)	4.62	(0.135)
2 and over...	8066	55	(1.3)	4.91	(0.067)	1.08	(0.040)	22	(0.8)	5.09	(0.100)	1.98	(0.069)	39	(1.0)	4.69	(0.125)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin C													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	73.0	(3.05)	6.2	(1.41)	8	(1.9)	67.7	(3.89)	15.2	(3.09)	22	(4.2)	76.5	(3.29)
20 and over.....	1596	46	(2.4)	75.5	(3.81)	8.6	(0.81)	11	(1.1)	78.4	(5.92)	18.8	(1.40)	24	(1.6)	73.1	(4.72)
2 and over...	2974	44	(1.8)	74.7	(2.60)	7.8	(0.76)	10	(1.0)	75.2	(4.20)	17.7	(1.39)	24	(1.7)	74.3	(3.47)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	69.7	(3.29)	6.2	(0.90)	9	(1.5)	65.3	(4.02)	12.4	(1.51)	19	(2.5)	74.0	(6.46)
20 and over.....	1622	56	(1.8)	80.8	(2.31)	11.5	(0.81)	14	(1.0)	74.4	(3.65)	20.6	(1.24)	28	(1.6)	88.8	(3.71)
2 and over...	2526	54	(2.2)	78.0	(2.13)	10.2	(0.75)	13	(1.0)	72.3	(3.36)	18.7	(1.10)	26	(1.5)	84.8	(4.00)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	75.7	(3.82)	6.6	(1.09)	9	(1.4)	71.5	(2.88)	12.1	(1.67)	17	(2.2)	80.7	(6.60)
20 and over.....	1468	66	(1.8)	79.3	(2.40)	13.9	(1.20)	18	(1.4)	77.1	(2.87)	21.2	(1.46)	28	(1.8)	83.6	(2.57)
2 and over...	2010	64	(1.7)	78.7	(2.49)	12.6	(1.05)	16	(1.2)	76.3	(2.58)	19.9	(1.35)	26	(1.7)	82.9	(3.32)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	72.9	(1.78)	6.3	(0.53)	9	(0.7)	68.2	(2.22)	13.2	(1.09)	19	(1.3)	77.1	(2.28)
20 and over.....	5047	57	(1.5)	79.1	(1.67)	11.7	(0.55)	15	(0.6)	76.8	(2.23)	20.6	(0.72)	27	(0.6)	82.1	(2.07)
2 and over...	8066	55	(1.3)	77.6	(1.25)	10.4	(0.46)	13	(0.5)	75.0	(1.79)	19.0	(0.68)	25	(0.6)	80.8	(1.61)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin D													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	5.0	(0.13)	0.2	(0.04)	5	(0.8)	4.4	(0.21)	0.6	(0.08)	14	(2.1)	5.4	(0.14)
20 and over.....	1596	46	(2.4)	4.4	(0.13)	0.6	(0.07)	14	(1.6)	4.5	(0.27)	1.3	(0.13)	30	(2.6)	4.4	(0.19)
2 and over...	2974	44	(1.8)	4.6	(0.10)	0.5	(0.05)	11	(1.1)	4.4	(0.20)	1.1	(0.10)	25	(2.0)	4.7	(0.14)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	5.5	(0.28)	0.4	(0.04)	7	(1.0)	5.1	(0.41)	0.8	(0.10)	15	(2.1)	5.9	(0.39)
20 and over.....	1622	56	(1.8)	4.7	(0.30)	0.6	(0.05)	13	(1.5)	4.3	(0.24)	1.1	(0.09)	25	(2.2)	5.2	(0.55)
2 and over...	2526	54	(2.2)	4.9	(0.24)	0.5	(0.04)	11	(1.2)	4.5	(0.19)	1.0	(0.08)	22	(1.7)	5.4	(0.44)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	5.3	(0.30)	0.5	(0.05)	9	(1.0)	4.6	(0.29)	0.9	(0.10)	20	(1.9)	6.1	(0.42)
20 and over.....	1468	66	(1.8)	5.0	(0.23)	0.9	(0.09)	19	(1.9)	4.8	(0.28)	1.4	(0.13)	30	(2.8)	5.4	(0.31)
2 and over...	2010	64	(1.7)	5.1	(0.19)	0.9	(0.08)	17	(1.7)	4.8	(0.23)	1.4	(0.11)	29	(2.5)	5.6	(0.26)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	5.3	(0.10)	0.4	(0.03)	7	(0.5)	4.7	(0.15)	0.8	(0.06)	16	(1.2)	5.8	(0.17)
20 and over.....	5047	57	(1.5)	4.7	(0.16)	0.7	(0.05)	16	(1.0)	4.6	(0.18)	1.3	(0.08)	28	(1.5)	4.9	(0.26)
2 and over...	8066	55	(1.3)	4.9	(0.12)	0.6	(0.04)	13	(0.8)	4.6	(0.15)	1.2	(0.07)	26	(1.2)	5.2	(0.20)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	7.0	(0.26)	1.0	(0.10)	15	(1.4)	7.4	(0.42)	2.6	(0.20)	35	(2.3)	6.7	(0.30)
20 and over.....	1596	46	(2.4)	8.4	(0.28)	1.6	(0.12)	19	(1.8)	9.0	(0.44)	3.5	(0.17)	39	(2.4)	7.8	(0.37)
2 and over...	2974	44	(1.8)	7.9	(0.21)	1.4	(0.09)	18	(1.4)	8.5	(0.31)	3.2	(0.14)	38	(2.1)	7.4	(0.31)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	7.6	(0.69)	1.4	(0.17)	19	(2.9)	7.4	(0.34)	2.9	(0.26)	39	(3.5)	7.9	(1.48)
20 and over.....	1622	56	(1.8)	9.6	(0.37)	2.0	(0.12)	21	(1.6)	9.4	(0.38)	3.6	(0.16)	38	(2.1)	9.8	(0.60)
2 and over...	2526	54	(2.2)	9.1	(0.32)	1.9	(0.11)	21	(1.6)	9.0	(0.30)	3.5	(0.15)	38	(1.8)	9.3	(0.60)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	7.2	(0.32)	1.5	(0.12)	20	(1.7)	7.4	(0.25)	2.7	(0.23)	36	(2.7)	7.1	(0.51)
20 and over.....	1468	66	(1.8)	9.9	(0.16)	2.4	(0.12)	24	(1.0)	9.9	(0.19)	3.7	(0.13)	37	(1.7)	10.0	(0.37)
2 and over...	2010	64	(1.7)	9.5	(0.13)	2.2	(0.09)	24	(0.9)	9.5	(0.18)	3.5	(0.11)	37	(1.4)	9.4	(0.25)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	7.2	(0.29)	1.3	(0.08)	18	(1.2)	7.3	(0.18)	2.7	(0.16)	37	(2.0)	7.1	(0.54)
20 and over.....	5047	57	(1.5)	9.4	(0.18)	2.0	(0.07)	22	(0.7)	9.6	(0.20)	3.6	(0.07)	38	(1.0)	9.2	(0.24)
2 and over...	8066	55	(1.3)	8.9	(0.16)	1.9	(0.06)	21	(0.7)	9.1	(0.17)	3.4	(0.07)	38	(0.8)	8.6	(0.27)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				Vitamin K													
				All Individuals [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	66.2	(3.29)	11.2	(1.19)	17	(2.0)	70.2	(4.09)	27.6	(2.05)	39	(3.4)	63.5	(4.04)
20 and over.....	1596	46	(2.4)	102.3	(5.53)	23.9	(2.51)	23	(2.7)	105.4	(11.12)	52.2	(5.18)	50	(3.7)	99.8	(8.97)
2 and over...	2974	44	(1.8)	90.7	(3.97)	19.8	(1.76)	22	(2.2)	94.9	(7.62)	44.9	(3.88)	47	(3.2)	87.3	(6.14)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	72.7	(5.64)	14.9	(1.95)	21	(3.1)	68.2	(4.40)	30.0	(3.52)	44	(3.3)	77.1	(9.93)
20 and over.....	1622	56	(1.8)	120.0	(7.04)	29.5	(2.70)	25	(2.1)	108.7	(4.66)	52.8	(4.51)	49	(2.7)	134.4	(12.88)
2 and over...	2526	54	(2.2)	108.3	(5.47)	25.9	(2.05)	24	(1.9)	99.5	(3.58)	47.7	(3.61)	48	(2.3)	118.7	(10.32)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	79.2	(6.63)	18.0	(3.24)	23	(3.4)	80.0	(7.80)	33.0	(5.36)	41	(6.3)	78.3	(9.47)
20 and over.....	1468	66	(1.8)	136.4	(4.26)	40.1	(3.34)	29	(2.5)	130.1	(3.88)	61.2	(4.84)	47	(3.7)	148.5	(8.63)
2 and over...	2010	64	(1.7)	126.4	(4.15)	36.3	(2.61)	29	(2.1)	122.6	(3.82)	57.0	(4.07)	46	(3.4)	133.2	(7.21)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	72.2	(3.02)	14.6	(1.06)	20	(1.5)	73.8	(3.69)	30.4	(2.23)	41	(3.2)	70.8	(4.46)
20 and over.....	5047	57	(1.5)	123.0	(3.16)	31.8	(2.40)	26	(1.8)	119.6	(2.92)	56.0	(3.69)	47	(2.5)	127.5	(5.17)
2 and over...	8066	55	(1.3)	110.7	(2.76)	27.6	(1.76)	25	(1.5)	109.9	(2.56)	50.6	(2.97)	46	(2.2)	111.8	(4.43)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

C a l c i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	954	(23.8)	127	(11.9)	13	(1.3)	963	(27.7)	314	(17.7)	33	(2.1)	948	(32.7)
20 and over.....	1596	46	(2.4)	937	(21.0)	190	(13.1)	20	(1.4)	1014	(28.1)	414	(17.4)	41	(1.8)	873	(31.0)
2 and over...	2974	44	(1.8)	942	(18.6)	169	(9.7)	18	(1.0)	999	(19.6)	385	(14.0)	39	(1.3)	898	(25.7)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1029	(34.1)	172	(15.3)	17	(1.4)	1080	(55.7)	347	(15.5)	32	(1.9)	979	(34.0)
20 and over.....	1622	56	(1.8)	968	(16.4)	214	(12.5)	22	(1.3)	978	(28.1)	384	(20.0)	39	(1.5)	955	(19.5)
2 and over...	2526	54	(2.2)	983	(15.4)	204	(10.0)	21	(1.1)	1001	(21.0)	375	(16.4)	37	(1.2)	962	(22.4)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1099	(45.6)	182	(15.2)	17	(1.5)	1058	(46.8)	332	(26.5)	31	(2.0)	1147	(55.6)
20 and over.....	1468	66	(1.8)	983	(23.6)	241	(14.9)	24	(1.3)	977	(24.4)	367	(18.7)	38	(1.8)	995	(48.1)
2 and over...	2010	64	(1.7)	1003	(23.3)	230	(12.3)	23	(1.1)	989	(21.4)	362	(16.2)	37	(1.5)	1028	(48.0)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1020	(19.2)	158	(7.7)	16	(0.7)	1029	(22.4)	331	(10.5)	32	(1.0)	1012	(24.7)
20 and over.....	5047	57	(1.5)	965	(11.8)	217	(8.7)	22	(0.8)	987	(13.6)	382	(9.3)	39	(0.9)	937	(21.2)
2 and over...	8066	55	(1.3)	978	(11.2)	203	(6.9)	21	(0.6)	996	(10.0)	371	(7.6)	37	(0.7)	957	(20.9)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	1215	(20.1)	201	(20.9)	17	(1.7)	1297	(48.5)	497	(36.3)	38	(2.2)	1160	(29.6)
20 and over.....	1596	46	(2.4)	1339	(20.1)	306	(19.7)	23	(1.5)	1462	(33.0)	669	(19.8)	46	(1.7)	1236	(30.3)
2 and over...	2974	44	(1.8)	1299	(16.3)	272	(15.4)	21	(1.2)	1413	(22.7)	618	(19.1)	44	(1.3)	1209	(25.1)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	1305	(30.7)	284	(25.7)	22	(1.9)	1384	(60.6)	571	(29.7)	41	(2.3)	1226	(36.4)
20 and over.....	1622	56	(1.8)	1413	(25.2)	369	(19.6)	26	(1.4)	1445	(37.9)	660	(26.8)	46	(1.6)	1371	(30.9)
2 and over...	2526	54	(2.2)	1386	(21.7)	348	(17.7)	25	(1.3)	1432	(35.1)	640	(23.4)	45	(1.3)	1332	(29.3)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1315	(48.1)	269	(19.4)	20	(1.7)	1271	(44.8)	492	(34.9)	39	(2.3)	1368	(67.4)
20 and over.....	1468	66	(1.8)	1432	(20.6)	405	(20.8)	28	(1.2)	1439	(23.8)	618	(23.6)	43	(1.8)	1418	(51.3)
2 and over...	2010	64	(1.7)	1411	(18.5)	381	(17.0)	27	(1.0)	1414	(21.3)	599	(21.1)	42	(1.5)	1407	(43.0)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	1272	(15.9)	249	(10.2)	20	(0.7)	1313	(19.9)	519	(20.1)	40	(1.4)	1235	(23.8)
20 and over.....	5047	57	(1.5)	1399	(11.9)	364	(12.6)	26	(0.8)	1445	(18.0)	641	(12.3)	44	(0.9)	1339	(24.3)
2 and over...	8066	55	(1.3)	1369	(11.0)	336	(9.8)	25	(0.6)	1417	(16.2)	615	(11.5)	43	(0.7)	1310	(20.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	226	(4.5)	30	(3.1)	13	(1.3)	229	(8.7)	73	(5.1)	32	(1.9)	223	(6.0)
20 and over.....	1596	46	(2.4)	281	(4.8)	47	(3.1)	17	(1.3)	294	(9.3)	103	(3.4)	35	(1.5)	270	(5.5)
2 and over...	2974	44	(1.8)	263	(4.3)	42	(2.3)	16	(1.0)	274	(6.4)	94	(3.0)	34	(1.2)	254	(5.1)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	239	(6.4)	43	(4.5)	18	(1.9)	243	(8.8)	86	(5.8)	35	(2.3)	236	(12.7)
20 and over.....	1622	56	(1.8)	303	(6.0)	60	(3.2)	20	(1.2)	290	(5.5)	107	(4.3)	37	(1.5)	320	(12.4)
2 and over...	2526	54	(2.2)	288	(5.6)	56	(2.9)	19	(1.1)	279	(5.4)	102	(3.6)	37	(1.2)	297	(10.9)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	243	(7.6)	41	(2.9)	17	(1.3)	235	(6.1)	75	(4.9)	32	(2.1)	253	(12.1)
20 and over.....	1468	66	(1.8)	323	(5.1)	75	(3.5)	23	(0.9)	319	(6.2)	114	(4.1)	36	(1.5)	329	(12.6)
2 and over...	2010	64	(1.7)	309	(3.8)	69	(2.9)	22	(0.8)	307	(5.1)	108	(3.7)	35	(1.4)	312	(9.3)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	235	(3.1)	37	(1.7)	16	(0.7)	235	(3.4)	77	(3.3)	33	(1.3)	235	(4.9)
20 and over.....	5047	57	(1.5)	305	(3.4)	62	(2.4)	20	(0.7)	305	(4.8)	109	(2.2)	36	(0.8)	306	(6.0)
2 and over...	8066	55	(1.3)	288	(3.1)	56	(1.8)	19	(0.6)	290	(4.1)	102	(1.9)	35	(0.7)	286	(4.6)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	13.6	(0.31)	1.8	(0.15)	13	(1.1)	13.7	(0.40)	4.4	(0.20)	33	(1.6)	13.5	(0.38)
20 and over.....	1596	46	(2.4)	14.4	(0.33)	2.9	(0.21)	20	(1.6)	15.4	(0.46)	6.3	(0.24)	41	(2.2)	13.5	(0.44)
2 and over...	2974	44	(1.8)	14.1	(0.30)	2.5	(0.16)	18	(1.3)	14.9	(0.33)	5.7	(0.21)	39	(1.8)	13.5	(0.37)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	14.3	(0.62)	2.6	(0.23)	18	(1.8)	14.3	(0.47)	5.2	(0.27)	36	(2.3)	14.3	(1.28)
20 and over.....	1622	56	(1.8)	14.8	(0.37)	3.4	(0.19)	23	(1.5)	14.4	(0.28)	6.1	(0.27)	43	(1.7)	15.2	(0.72)
2 and over...	2526	54	(2.2)	14.6	(0.37)	3.2	(0.18)	22	(1.4)	14.4	(0.25)	5.9	(0.25)	41	(1.6)	15.0	(0.75)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	13.8	(0.43)	2.4	(0.17)	17	(1.3)	13.4	(0.61)	4.3	(0.29)	32	(2.4)	14.2	(0.79)
20 and over.....	1468	66	(1.8)	14.4	(0.15)	3.7	(0.20)	26	(1.2)	14.1	(0.25)	5.7	(0.23)	40	(1.8)	15.0	(0.46)
2 and over...	2010	64	(1.7)	14.3	(0.12)	3.5	(0.15)	24	(1.0)	14.0	(0.24)	5.5	(0.18)	39	(1.5)	14.8	(0.40)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	13.9	(0.23)	2.2	(0.10)	16	(0.8)	13.8	(0.21)	4.6	(0.17)	34	(1.3)	14.0	(0.35)
20 and over.....	5047	57	(1.5)	14.5	(0.14)	3.4	(0.12)	23	(0.8)	14.6	(0.11)	5.9	(0.11)	41	(0.8)	14.5	(0.31)
2 and over...	8066	55	(1.3)	14.4	(0.14)	3.1	(0.09)	21	(0.7)	14.4	(0.10)	5.7	(0.10)	39	(0.7)	14.4	(0.28)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

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Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	9.7	(0.24)	1.4	(0.13)	14	(1.4)	9.6	(0.34)	3.4	(0.21)	36	(2.1)	9.8	(0.30)
20 and over.....	1596	46	(2.4)	10.8	(0.28)	2.3	(0.16)	22	(1.6)	11.6	(0.38)	5.1	(0.17)	44	(2.2)	10.1	(0.32)
2 and over...	2974	44	(1.8)	10.4	(0.23)	2.0	(0.12)	19	(1.2)	11.0	(0.28)	4.6	(0.15)	42	(1.7)	10.0	(0.28)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	10.4	(0.46)	2.0	(0.15)	19	(1.8)	10.5	(0.51)	3.9	(0.25)	38	(2.7)	10.4	(0.95)
20 and over.....	1622	56	(1.8)	11.4	(0.19)	3.0	(0.18)	26	(1.6)	11.6	(0.18)	5.4	(0.24)	46	(1.9)	11.3	(0.40)
2 and over...	2526	54	(2.2)	11.2	(0.23)	2.7	(0.15)	24	(1.5)	11.3	(0.19)	5.0	(0.20)	44	(1.5)	11.0	(0.50)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	10.2	(0.39)	1.8	(0.22)	18	(2.3)	9.7	(0.34)	3.3	(0.35)	34	(3.2)	10.8	(0.59)
20 and over.....	1468	66	(1.8)	11.3	(0.18)	3.1	(0.19)	27	(1.4)	11.2	(0.22)	4.7	(0.23)	42	(2.0)	11.4	(0.37)
2 and over...	2010	64	(1.7)	11.1	(0.13)	2.9	(0.15)	26	(1.2)	11.0	(0.18)	4.5	(0.19)	41	(1.7)	11.2	(0.31)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	10.1	(0.16)	1.7	(0.08)	17	(0.8)	9.9	(0.19)	3.5	(0.15)	36	(1.5)	10.3	(0.34)
20 and over.....	5047	57	(1.5)	11.2	(0.09)	2.8	(0.11)	25	(1.0)	11.4	(0.11)	5.0	(0.13)	44	(1.1)	10.9	(0.20)
2 and over...	8066	55	(1.3)	10.9	(0.09)	2.6	(0.08)	23	(0.8)	11.1	(0.10)	4.7	(0.10)	42	(0.8)	10.8	(0.21)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	Copper: All Individuals [3] Total Intake mg	(SE)	All Individuals [3] Intake from All Restaurants mg	(SE)	All Individuals [3] Percentages from [7] All Restaurants %	(SE)	All Restaurant Consumers [4] Total Intake mg	(SE)	All Restaurant Consumers [4] Intake from All Restaurants mg	(SE)	All Restaurant Consumers [4] Percentages from [7] All Restaurants %	(SE)	Non-consumers [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	0.9	(0.02)	0.1	(0.01)	13	(1.2)	0.9	(0.04)	0.3	(0.02)	32	(1.8)	0.9	(0.03)
20 and over.....	1596	46	(2.4)	1.1	(0.02)	0.2	(0.01)	17	(1.3)	1.2	(0.03)	0.4	(0.01)	36	(1.7)	1.1	(0.03)
2 and over...	2974	44	(1.8)	1.0	(0.02)	0.2	(0.01)	16	(1.1)	1.1	(0.03)	0.4	(0.01)	35	(1.5)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	0.9	(0.03)	0.2	(0.02)	18	(1.9)	0.9	(0.03)	0.3	(0.02)	36	(2.1)	0.9	(0.06)
20 and over.....	1622	56	(1.8)	1.2	(0.03)	0.3	(0.02)	20	(1.6)	1.2	(0.03)	0.5	(0.03)	38	(2.0)	1.3	(0.06)
2 and over...	2526	54	(2.2)	1.2	(0.03)	0.2	(0.02)	20	(1.4)	1.1	(0.02)	0.4	(0.02)	38	(1.6)	1.2	(0.05)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	1.0	(0.03)	0.2	(0.02)	17	(1.6)	1.0	(0.03)	0.3	(0.02)	32	(2.3)	1.0	(0.05)
20 and over.....	1468	66	(1.8)	1.3	(0.03)	0.3	(0.02)	22	(0.9)	1.3	(0.02)	0.4	(0.02)	34	(1.4)	1.4	(0.06)
2 and over...	2010	64	(1.7)	1.3	(0.02)	0.3	(0.01)	21	(0.8)	1.2	(0.01)	0.4	(0.01)	34	(1.3)	1.3	(0.04)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	0.9	(0.01)	0.1	(0.01)	16	(0.7)	0.9	(0.01)	0.3	(0.01)	33	(1.2)	0.9	(0.02)
20 and over.....	5047	57	(1.5)	1.2	(0.01)	0.2	(0.01)	20	(0.7)	1.2	(0.01)	0.4	(0.01)	36	(0.9)	1.2	(0.03)
2 and over...	8066	55	(1.3)	1.2	(0.01)	0.2	(0.01)	19	(0.6)	1.2	(0.01)	0.4	(0.01)	35	(0.8)	1.2	(0.02)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	*All Individuals* [3] Intake from All Restaurants µg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants µg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Selenium																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	95.6	(1.73)	18.2	(2.24)	19	(2.1)	103.1	(5.48)	45.0	(4.20)	44	(2.5)	90.6	(2.22)
20 and over.....	1596	46	(2.4)	113.3	(1.63)	28.3	(1.93)	25	(1.7)	122.9	(2.86)	61.9	(2.07)	50	(1.9)	105.3	(2.25)
2 and over...	2974	44	(1.8)	107.6	(1.08)	25.1	(1.51)	23	(1.4)	117.0	(1.91)	56.9	(1.89)	49	(1.5)	100.2	(1.55)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	101.9	(2.35)	24.9	(2.87)	24	(2.6)	109.2	(4.59)	50.2	(3.73)	46	(2.6)	94.7	(3.51)
20 and over.....	1622	56	(1.8)	116.8	(2.49)	35.5	(1.95)	30	(1.6)	122.1	(3.39)	63.5	(2.57)	52	(2.0)	110.0	(2.86)
2 and over...	2526	54	(2.2)	113.1	(2.39)	32.9	(1.91)	29	(1.6)	119.2	(3.41)	60.5	(2.41)	51	(1.6)	105.8	(2.69)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	95.0	(2.99)	22.1	(1.87)	23	(2.0)	93.6	(2.72)	40.4	(3.49)	43	(2.8)	96.7	(5.30)
20 and over.....	1468	66	(1.8)	119.6	(1.61)	37.9	(2.20)	32	(1.5)	121.6	(1.87)	57.9	(2.69)	48	(2.1)	115.8	(3.43)
2 and over...	2010	64	(1.7)	115.3	(1.44)	35.1	(1.78)	30	(1.3)	117.4	(1.65)	55.2	(2.41)	47	(1.9)	111.6	(2.91)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	97.7	(1.25)	21.7	(1.18)	22	(1.1)	101.9	(1.92)	45.3	(2.47)	44	(1.7)	93.9	(1.78)
20 and over.....	5047	57	(1.5)	117.0	(1.03)	34.4	(1.31)	29	(1.1)	122.2	(1.80)	60.6	(1.55)	50	(1.3)	110.1	(1.15)
2 and over...	8066	55	(1.3)	112.3	(0.99)	31.3	(0.98)	28	(0.8)	117.9	(1.76)	57.4	(1.37)	49	(1.1)	105.6	(0.92)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	2084	(36.5)	295	(32.3)	14	(1.5)	2119	(78.2)	728	(55.1)	34	(2.2)	2061	(51.5)
20 and over.....	1596	46	(2.4)	2456	(40.0)	484	(32.0)	20	(1.4)	2605	(73.4)	1058	(32.1)	41	(1.5)	2331	(49.4)
2 and over...	2974	44	(1.8)	2336	(34.2)	423	(24.4)	18	(1.1)	2461	(51.0)	960	(30.2)	39	(1.2)	2238	(45.6)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	2211	(54.9)	415	(45.9)	19	(2.2)	2215	(88.7)	836	(69.5)	38	(2.8)	2207	(90.2)
20 and over.....	1622	56	(1.8)	2654	(36.1)	613	(31.6)	23	(1.2)	2642	(45.1)	1098	(39.9)	42	(1.4)	2670	(58.0)
2 and over...	2526	54	(2.2)	2544	(36.2)	564	(30.4)	22	(1.2)	2545	(48.8)	1038	(37.2)	41	(1.2)	2543	(52.2)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	2232	(72.1)	414	(30.1)	19	(1.3)	2156	(58.4)	757	(61.0)	35	(2.3)	2323	(103.1)
20 and over.....	1468	66	(1.8)	2784	(45.4)	720	(39.7)	26	(1.2)	2750	(47.7)	1099	(45.9)	40	(1.8)	2849	(93.6)
2 and over...	2010	64	(1.7)	2687	(39.5)	667	(32.9)	25	(1.0)	2660	(40.4)	1048	(43.0)	39	(1.6)	2734	(78.1)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	2163	(28.0)	368	(19.9)	17	(0.8)	2159	(39.7)	769	(41.0)	36	(1.5)	2168	(36.4)
20 and over.....	5047	57	(1.5)	2658	(30.9)	618	(24.5)	23	(0.8)	2694	(36.7)	1088	(24.5)	40	(1.0)	2610	(44.6)
2 and over...	8066	55	(1.3)	2538	(28.7)	557	(19.5)	22	(0.6)	2580	(34.7)	1020	(23.0)	40	(0.8)	2487	(34.3)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Sodium																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	2971	(46.2)	583	(55.6)	20	(1.7)	3306	(112.4)	1439	(91.0)	44	(1.9)	2744	(58.6)
20 and over.....	1596	46	(2.4)	3465	(45.3)	905	(63.7)	26	(1.7)	3826	(88.7)	1979	(68.0)	52	(2.0)	3162	(81.6)
2 and over...	2974	44	(1.8)	3306	(34.4)	801	(48.9)	24	(1.4)	3671	(49.7)	1819	(61.2)	50	(1.7)	3018	(53.0)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	3124	(51.5)	817	(77.7)	26	(2.3)	3367	(124.2)	1646	(107.7)	49	(2.1)	2885	(76.1)
20 and over.....	1622	56	(1.8)	3534	(54.4)	1085	(55.2)	31	(1.5)	3694	(75.0)	1942	(70.4)	53	(1.6)	3332	(60.3)
2 and over...	2526	54	(2.2)	3433	(48.6)	1019	(53.0)	30	(1.4)	3620	(78.2)	1875	(69.2)	52	(1.4)	3210	(55.8)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	3029	(112.9)	757	(57.4)	25	(1.6)	3074	(133.1)	1386	(128.2)	45	(2.6)	2974	(133.1)
20 and over.....	1468	66	(1.8)	3593	(49.0)	1197	(65.6)	33	(1.7)	3718	(66.6)	1827	(76.9)	49	(2.0)	3355	(76.4)
2 and over...	2010	64	(1.7)	3494	(50.6)	1120	(51.2)	32	(1.4)	3621	(74.9)	1761	(69.5)	49	(1.8)	3272	(59.7)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	3034	(39.7)	713	(36.1)	23	(1.0)	3230	(76.4)	1488	(79.0)	46	(1.5)	2854	(31.6)
20 and over.....	5047	57	(1.5)	3529	(30.1)	1075	(43.1)	30	(1.1)	3728	(47.4)	1893	(45.1)	51	(1.2)	3267	(39.3)
2 and over...	8066	55	(1.3)	3409	(27.7)	987	(33.6)	29	(0.9)	3623	(51.5)	1807	(43.1)	50	(1.0)	3153	(26.8)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	*All Individuals* [3] Intake from All Restaurants mg	(SE)	*All Individuals* [3] Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	*All Restaurant Consumers* [4] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [4] Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Caffeine																	
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	25.7	(3.50)	4.4	(0.85)	17	(3.1)	31.7	(3.60)	10.8	(1.87)	34	(4.7)	21.6	(5.06)
20 and over.....	1596	46	(2.4)	158.5	(19.83)	22.9	(3.40)	14	(2.5)	153.5	(12.98)	50.2	(6.79)	33	(3.5)	162.7	(27.70)
2 and over...	2974	44	(1.8)	115.6	(15.50)	16.9	(2.40)	15	(2.4)	117.3	(10.78)	38.5	(5.25)	33	(3.1)	114.2	(21.11)
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	30.4	(3.25)	8.0	(1.30)	26	(2.7)	35.6	(4.04)	16.1	(3.04)	45	(4.8)	25.2	(5.02)
20 and over.....	1622	56	(1.8)	155.6	(8.99)	27.1	(2.54)	17	(1.5)	166.9	(11.65)	48.5	(4.11)	29	(3.0)	141.3	(11.42)
2 and over...	2526	54	(2.2)	124.6	(8.26)	22.3	(2.10)	18	(1.3)	137.1	(9.94)	41.1	(3.20)	30	(2.7)	109.6	(10.52)
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	28.7	(4.48)	8.5	(0.72)	30	(5.7)	38.5	(7.09)	15.6	(1.11)	41	(8.9)	16.9	(4.42)
20 and over.....	1468	66	(1.8)	177.4	(6.31)	39.2	(3.39)	22	(1.7)	179.3	(7.51)	59.9	(4.88)	33	(2.5)	173.6	(7.79)
2 and over...	2010	64	(1.7)	151.3	(7.15)	33.9	(2.91)	22	(1.7)	158.1	(7.73)	53.2	(4.40)	34	(2.5)	139.4	(8.90)
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	28.3	(2.35)	6.8	(0.54)	24	(2.3)	35.6	(3.04)	14.1	(1.19)	40	(3.9)	21.6	(2.51)
20 and over.....	5047	57	(1.5)	165.0	(6.40)	30.1	(1.99)	18	(1.2)	171.2	(8.58)	53.0	(3.02)	31	(2.1)	157.0	(9.19)
2 and over...	8066	55	(1.3)	132.0	(6.00)	24.4	(1.59)	19	(1.2)	142.5	(7.76)	44.8	(2.56)	31	(2.0)	119.4	(8.14)

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 56. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2013-2014 *(continued)*

				A l c o h o l											
				All Individuals [3]						*All Restaurant Consumers* [4]				*Non-consumers* [5]	
Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1378	41	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1596	46	(2.4)	9.4	(1.18)	0.8	(0.20)	8*	(2.6)	10.2	(1.72)	1.7	(0.45)	16*	(5.3)	8.6	(1.00)
2 and over...	2974	44	(1.8)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	904	50	(4.1)	--		--		--		--		--		--		--	
20 and over.....	1622	56	(1.8)	9.5	(1.12)	2.0	(0.49)	21	(4.1)	10.7	(1.75)	3.5	(0.87)	33	(5.8)	8.0	(1.04)
2 and over...	2526	54	(2.2)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	542	55	(3.1)	--		--		--		--		--		--		--	
20 and over.....	1468	66	(1.8)	13.7	(1.19)	4.2	(0.63)	30	(4.0)	16.1	(1.92)	6.3	(1.00)	39	(4.4)	9.2	(1.31)
2 and over...	2010	64	(1.7)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	3019	48	(1.3)	--		--		--		--		--		--		--	
20 and over.....	5047	57	(1.5)	11.0	(0.84)	2.5	(0.33)	22	(2.4)	12.9	(1.22)	4.3	(0.54)	34	(3.2)	8.5	(0.59)
2 and over...	8066	55	(1.3)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Symbol Legend

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

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

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

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

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

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[4] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[8] 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.

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 alchohol 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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