

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016

| Race/ethnicity and age (years) | Sample size | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|--|-------------|--------|---------|---------|--------|---------------|--------|--------------|-------|---------------|--------|-----------|--------|---------------|--------|----------------------|--------|----------------------|--------|
| | | kcal | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 209 | 1410 | (38.9) | 51.1 | (1.94) | 184 | (5.2) | 88 | (2.6) | 10.9 | (0.36) | 54.7 | (1.70) | 20.0 | (0.55) | 18.5 | (0.73) | 11.3 | (0.43) |
| 6 - 11..... | 300 | 1938 | (53.6) | 65.8 | (2.30) | 255 | (9.2) | 118 | (5.0) | 14.2 | (0.63) | 75.6 | (2.24) | 27.7 | (0.84) | 25.1 | (0.94) | 15.9 | (0.66) |
| 12 - 19..... | 322 | 2069 | (71.7) | 76.0 | (3.70) | 260 | (8.9) | 120 | (5.5) | 15.0 | (0.45) | 82.8 | (3.07) | 29.5 | (1.25) | 28.0 | (1.06) | 17.6 | (0.62) |
| 20 and over... | 1711 | 2109 | (24.9) | 82.0 | (1.51) | 241 | (3.5) | 107 | (2.4) | 17.2 | (0.46) | 85.8 | (1.38) | 28.4 | (0.54) | 30.0 | (0.49) | 19.7 | (0.44) |
| 2 and over... | 2542 | 2063 | (21.5) | 79.1 | (1.42) | 241 | (3.0) | 108 | (2.3) | 16.5 | (0.41) | 83.5 | (1.22) | 28.1 | (0.48) | 29.0 | (0.44) | 18.9 | (0.38) |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 160 | 1651 | (81.2) | 56.5 | (2.52) | 225 | (10.0) | 106 | (5.2) | 12.4 | (0.58) | 61.2 | (3.89) | 20.0 | (0.86) | 21.1 | (1.53) | 14.7 | (1.37) |
| 6 - 11..... | 220 | 1912 | (53.9) | 67.9 | (2.09) | 248 | (7.5) | 108 | (3.3) | 14.1 | (1.13) | 74.0 | (2.28) | 24.5 | (0.91) | 25.1 | (0.89) | 17.7 | (0.49) |
| 12 - 19..... | 275 | 1981 | (73.4) | 67.5 | (3.19) | 256 | (9.1) | 113 | (4.4) | 13.0 | (0.52) | 78.2 | (3.84) | 26.1 | (1.39) | 26.9 | (1.47) | 18.2 | (0.97) |
| 20 and over... | 1060 | 2051 | (35.9) | 77.2 | (1.33) | 241 | (5.6) | 107 | (3.9) | 14.0 | (0.33) | 81.6 | (1.61) | 25.5 | (0.64) | 28.8 | (0.55) | 19.9 | (0.44) |
| 2 and over... | 1715 | 2002 | (32.1) | 73.6 | (1.35) | 242 | (4.1) | 108 | (2.7) | 13.7 | (0.32) | 79.0 | (1.51) | 25.1 | (0.52) | 27.7 | (0.56) | 19.1 | (0.42) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 34 | 1422* | (87.4) | 53.9* | (6.41) | 181* | (8.3) | 87* | (4.5) | 10.8* | (1.30) | 55.3* | (3.63) | 20.8* | (1.30) | 19.0* | (1.41) | 10.5* | (0.92) |
| 6 - 11..... | 70 | 1984* | (106.4) | 74.2* | (3.11) | 259* | (15.0) | 92* | (6.0) | 15.2* | (1.31) | 73.8* | (4.86) | 25.6* | (2.46) | 24.3* | (1.48) | 17.4* | (1.12) |
| 12 - 19..... | 123 | 1991 | (96.2) | 82.4 | (4.47) | 255 | (13.9) | 96 | (6.7) | 16.2 | (1.38) | 72.9 | (3.50) | 24.0 | (1.53) | 25.4 | (1.06) | 17.0 | (1.01) |
| 20 and over... | 521 | 1911 | (40.6) | 81.8 | (1.51) | 239 | (5.2) | 80 | (2.3) | 19.5 | (0.82) | 69.1 | (2.05) | 20.9 | (0.62) | 25.1 | (0.74) | 16.8 | (0.73) |
| 2 and over... | 748 | 1909 | (38.2) | 80.5 | (1.31) | 240 | (5.1) | 83 | (2.3) | 18.6 | (0.79) | 69.3 | (1.85) | 21.4 | (0.57) | 24.9 | (0.64) | 16.6 | (0.66) |
| Hispanic: | | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 205 | 1500 | (54.5) | 54.9 | (2.14) | 199 | (6.9) | 94 | (4.1) | 12.6 | (0.67) | 56.1 | (2.73) | 19.8 | (0.92) | 19.0 | (1.12) | 12.3 | (0.72) |
| 6 - 11..... | 379 | 1795 | (51.8) | 67.0 | (2.13) | 229 | (6.3) | 99 | (3.8) | 14.4 | (0.45) | 70.0 | (2.54) | 24.4 | (0.93) | 23.8 | (0.91) | 15.4 | (0.56) |
| 12 - 19..... | 405 | 1969 | (52.1) | 70.6 | (1.83) | 252 | (6.4) | 106 | (4.0) | 15.6 | (0.39) | 77.4 | (2.81) | 26.2 | (1.19) | 26.0 | (0.90) | 18.0 | (0.56) |
| 20 and over... | 1543 | 2179 | (23.0) | 87.1 | (1.48) | 262 | (4.2) | 107 | (2.5) | 19.1 | (0.51) | 83.7 | (1.48) | 27.5 | (0.52) | 29.3 | (0.56) | 18.8 | (0.44) |
| 2 and over... | 2532 | 2053 | (21.3) | 79.9 | (1.21) | 252 | (3.3) | 105 | (2.1) | 17.5 | (0.39) | 79.2 | (1.23) | 26.4 | (0.34) | 27.4 | (0.53) | 17.8 | (0.33) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | Cholesterol | | Retinol | | Vitamin A (RAE) | | Alpha-carotene | | Beta-carotene | | Beta-cryptoxanthin | | Lycopene | | Lutein + zeaxanthin | | Thiamin | |
|--|-------------|--------|---------|--------|-----------------|--------|----------------|---------|---------------|---------|--------------------|--------|----------|---------|---------------------|---------|---------|---------|
| | mg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | mg | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 170 | (13.9) | 448 | (23.6) | 563 | (29.6) | 316* | (127.9) | 1207 | (304.4) | 49 | (7.3) | 3577 | (597.6) | 595 | (75.6) | 1.17 | (0.044) |
| 6 - 11..... | 214 | (11.6) | 528 | (28.2) | 662 | (37.5) | 366 | (74.9) | 1407 | (203.4) | 53 | (7.2) | 4116 | (655.4) | 802 | (78.7) | 1.56 | (0.066) |
| 12 - 19..... | 240 | (18.3) | 504 | (43.4) | 617 | (47.2) | 223 | (48.8) | 1229 | (176.7) | 53 | (6.5) | 4624 | (574.0) | 867 | (76.9) | 1.70 | (0.071) |
| 20 and over... | 291 | (7.0) | 452 | (11.7) | 657 | (19.4) | 444 | (62.7) | 2209 | (169.9) | 81 | (5.4) | 5449 | (336.4) | 1517 | (96.1) | 1.59 | (0.023) |
| 2 and over... | 276 | (6.1) | 462 | (10.8) | 650 | (15.6) | 414 | (52.2) | 2025 | (146.1) | 75 | (4.7) | 5205 | (317.3) | 1371 | (83.2) | 1.58 | (0.023) |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 183 | (10.5) | 394 | (26.9) | 522 | (33.7) | 237* | (73.8) | 1381 | (220.2) | 73 | (6.4) | 3942 | (714.7) | 1177 | (174.1) | 1.30 | (0.049) |
| 6 - 11..... | 238 | (20.1) | 423 | (20.7) | 546 | (34.0) | 252* | (76.7) | 1316 | (239.5) | 76 | (13.6) | 3897 | (376.9) | 952 | (119.3) | 1.56 | (0.047) |
| 12 - 19..... | 234 | (14.6) | 400 | (35.5) | 494 | (43.2) | 123* | (37.7) | 1057 | (172.3) | 48 | (4.0) | 5109 | (530.4) | 1207 | (294.0) | 1.57 | (0.118) |
| 20 and over... | 303 | (9.0) | 339 | (12.6) | 543 | (15.3) | 303 | (44.8) | 2268 | (157.7) | 74 | (6.9) | 3884 | (262.2) | 1750 | (157.5) | 1.42 | (0.038) |
| 2 and over... | 280 | (9.0) | 359 | (13.3) | 535 | (17.2) | 270 | (36.1) | 1954 | (123.8) | 71 | (4.8) | 4055 | (233.5) | 1563 | (135.3) | 1.45 | (0.036) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 246* | (38.4) | 452* | (43.0) | 570* | (79.1) | 329* | (145.2) | 1210* | (445.5) | 114* | (46.2) | 1221* | (428.8) | 981* | (264.3) | 1.15* | (0.120) |
| 6 - 11..... | 264* | (24.6) | 429* | (37.4) | 661* | (68.2) | 707* | (163.7) | 2399* | (423.7) | 71* | (12.5) | 3128* | (651.3) | 931* | (198.0) | 1.65* | (0.068) |
| 12 - 19..... | 282 | (16.4) | 430 | (52.6) | 573 | (62.8) | 331 | (41.8) | 1517 | (197.2) | 86 | (11.7) | 4093 | (518.2) | 1124 | (173.8) | 1.68 | (0.086) |
| 20 and over... | 269 | (8.1) | 285 | (16.1) | 670 | (28.3) | 687 | (50.5) | 4193 | (240.4) | 180 | (27.1) | 4321 | (280.3) | 3087 | (310.9) | 1.66 | (0.033) |
| 2 and over... | 269 | (6.1) | 313 | (18.6) | 657 | (28.7) | 641 | (39.3) | 3726 | (197.4) | 162 | (22.4) | 4134 | (257.4) | 2699 | (256.2) | 1.64 | (0.031) |
| Hispanic: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 199 | (14.6) | 418 | (28.0) | 492 | (28.6) | 161 | (40.1) | 766 | (102.1) | 95 | (13.0) | 2579 | (189.7) | 610 | (33.8) | 1.25 | (0.055) |
| 6 - 11..... | 237 | (13.1) | 457 | (26.3) | 561 | (36.2) | 265 | (63.1) | 1073 | (185.0) | 97 | (15.9) | 4903 | (608.7) | 605 | (26.6) | 1.50 | (0.050) |
| 12 - 19..... | 253 | (9.1) | 443 | (17.8) | 540 | (15.4) | 227 | (31.3) | 1032 | (69.1) | 68 | (7.9) | 4723 | (392.9) | 764 | (55.9) | 1.58 | (0.041) |
| 20 and over... | 349 | (10.0) | 400 | (13.5) | 556 | (14.3) | 331 | (28.6) | 1659 | (83.7) | 103 | (9.5) | 5133 | (281.2) | 1267 | (93.5) | 1.61 | (0.031) |
| 2 and over... | 310 | (6.4) | 415 | (9.2) | 549 | (10.5) | 295 | (22.7) | 1429 | (81.9) | 96 | (7.2) | 4859 | (177.4) | 1065 | (69.1) | 1.57 | (0.026) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | Ribo-flavin | | Niacin | | Vitamin B6 | | Folic acid | | Food folate | | Folate (DFE) | | Choline | | Vitamin B12 | | Added Vitamin B12 | |
|--|-------------|---------|--------|--------|------------|---------|------------|--------|-------------|--------|--------------|--------|---------|--------|-------------|---------|-------------------|---------|
| | mg | (SE) | mg | (SE) | mg | (SE) | µg | (SE) | µg | (SE) | µg | (SE) | mg | (SE) | µg | (SE) | µg | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 1.67 | (0.062) | 15.6 | (0.63) | 1.31 | (0.052) | 167 | (11.7) | 117 | (4.1) | 401 | (19.9) | 199 | (12.6) | 3.81 | (0.194) | 0.87 | (0.099) |
| 6 - 11..... | 2.02 | (0.093) | 20.4 | (0.90) | 1.59 | (0.083) | 204 | (13.5) | 147 | (5.4) | 495 | (24.9) | 239 | (13.6) | 4.41 | (0.254) | 1.10 | (0.136) |
| 12 - 19..... | 2.09 | (0.121) | 25.1 | (1.17) | 1.96 | (0.108) | 225 | (12.0) | 168 | (5.7) | 551 | (23.7) | 270 | (18.0) | 5.29 | (0.369) | 1.50 | (0.207) |
| 20 and over... | 2.27 | (0.035) | 26.1 | (0.64) | 2.15 | (0.062) | 174 | (5.4) | 221 | (5.6) | 515 | (12.4) | 338 | (6.1) | 5.11 | (0.139) | 1.21 | (0.107) |
| 2 and over... | 2.21 | (0.037) | 25.1 | (0.56) | 2.06 | (0.052) | 180 | (5.0) | 206 | (5.2) | 512 | (10.9) | 320 | (5.8) | 5.02 | (0.131) | 1.22 | (0.091) |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 1.68 | (0.071) | 18.5 | (0.71) | 1.51 | (0.045) | 169 | (10.5) | 131 | (5.8) | 418 | (20.1) | 214 | (9.6) | 3.69 | (0.233) | 0.93 | (0.173) |
| 6 - 11..... | 1.82 | (0.067) | 22.0 | (0.73) | 1.67 | (0.052) | 203 | (9.6) | 158 | (11.7) | 504 | (17.9) | 249 | (11.9) | 4.07 | (0.171) | 0.97 | (0.139) |
| 12 - 19..... | 1.73 | (0.138) | 23.2 | (1.21) | 1.66 | (0.099) | 228 | (27.9) | 148 | (5.8) | 536 | (51.9) | 238 | (11.8) | 4.25 | (0.265) | 1.19 | (0.218) |
| 20 and over... | 1.72 | (0.057) | 24.8 | (0.53) | 1.98 | (0.047) | 160 | (9.0) | 181 | (5.6) | 453 | (17.8) | 316 | (7.1) | 4.32 | (0.103) | 0.88 | (0.085) |
| 2 and over... | 1.73 | (0.056) | 23.9 | (0.50) | 1.87 | (0.044) | 174 | (7.6) | 171 | (5.2) | 467 | (15.1) | 293 | (7.3) | 4.24 | (0.106) | 0.94 | (0.082) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 1.85* | (0.175) | 13.3* | (1.46) | 1.41* | (0.173) | 144* | (23.1) | 139* | (16.9) | 383* | (47.5) | 262* | (37.0) | 4.30* | (0.477) | 1.03* | (0.228) |
| 6 - 11..... | 1.84* | (0.081) | 21.4* | (0.86) | 1.70* | (0.067) | 229* | (19.0) | 188* | (17.4) | 579* | (41.8) | 296* | (18.7) | 4.44* | (0.370) | 0.78* | (0.153) |
| 12 - 19..... | 2.03 | (0.179) | 25.0 | (1.59) | 2.00 | (0.148) | 208 | (21.7) | 189 | (16.4) | 542 | (42.4) | 322 | (14.8) | 4.92 | (0.473) | 0.95 | (0.216) |
| 20 and over... | 1.82 | (0.055) | 24.2 | (0.55) | 1.99 | (0.055) | 178 | (6.2) | 261 | (9.7) | 564 | (18.6) | 329 | (6.4) | 4.11 | (0.178) | 0.50 | (0.077) |
| 2 and over... | 1.84 | (0.061) | 23.8 | (0.47) | 1.96 | (0.051) | 183 | (5.7) | 246 | (9.8) | 557 | (17.6) | 324 | (5.4) | 4.21 | (0.147) | 0.58 | (0.069) |
| Hispanic: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 1.68 | (0.082) | 16.0 | (0.71) | 1.44 | (0.069) | 159 | (9.7) | 147 | (8.3) | 418 | (19.5) | 234 | (11.9) | 3.98 | (0.246) | 1.03 | (0.127) |
| 6 - 11..... | 1.85 | (0.083) | 20.6 | (0.74) | 1.63 | (0.074) | 196 | (10.9) | 155 | (6.5) | 487 | (20.6) | 255 | (10.1) | 4.61 | (0.270) | 1.15 | (0.146) |
| 12 - 19..... | 1.86 | (0.041) | 23.2 | (0.66) | 1.79 | (0.061) | 210 | (8.8) | 179 | (5.5) | 536 | (18.0) | 267 | (6.8) | 4.50 | (0.122) | 1.16 | (0.102) |
| 20 and over... | 2.10 | (0.036) | 27.1 | (0.51) | 2.18 | (0.039) | 170 | (4.9) | 237 | (6.0) | 525 | (11.5) | 358 | (5.9) | 4.87 | (0.107) | 1.01 | (0.104) |
| 2 and over... | 2.01 | (0.030) | 25.0 | (0.50) | 2.00 | (0.035) | 178 | (4.3) | 212 | (5.1) | 515 | (10.3) | 323 | (3.8) | 4.72 | (0.080) | 1.05 | (0.069) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | Vitamin C | | Vitamin D | | Vitamin E (alpha-tocopherol) | | Added Vitamin E | | Vitamin K | | Calcium | | Phosphorus | | Magnesium | |
|--|-----------|---------|-----------|--------|------------------------------|--------|-----------------|--------|-----------|---------|---------|---------|------------|---------|-----------|--------|
| | mg | (SE) | µg | (SE) | mg | (SE) | mg | (SE) | µg | (SE) | mg | (SE) | mg | (SE) | mg | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 61.6 | (6.41) | 5.8 | (0.32) | 5.6 | (0.28) | 0.6 | (0.15) | 47.8 | (4.53) | 932 | (35.5) | 1037 | (40.8) | 186 | (7.1) |
| 6 - 11..... | 56.3 | (6.11) | 5.5 | (0.44) | 7.4 | (0.27) | 0.7 | (0.14) | 60.5 | (2.94) | 1063 | (44.3) | 1290 | (50.5) | 235 | (8.5) |
| 12 - 19..... | 58.3 | (5.97) | 5.1 | (0.54) | 8.1 | (0.40) | 0.8* | (0.27) | 75.7 | (4.93) | 1059 | (66.5) | 1362 | (66.4) | 263 | (13.0) |
| 20 and over... | 76.3 | (3.30) | 4.8 | (0.23) | 9.6 | (0.33) | 1.2 | (0.18) | 118.5 | (5.64) | 985 | (18.9) | 1404 | (23.5) | 310 | (6.3) |
| 2 and over... | 72.7 | (3.09) | 4.9 | (0.23) | 9.1 | (0.30) | 1.1 | (0.17) | 107.8 | (5.08) | 995 | (19.9) | 1377 | (23.3) | 296 | (5.7) |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 93.4 | (5.73) | 5.1 | (0.37) | 6.6 | (0.61) | 0.6 | (0.19) | 71.1 | (8.14) | 835 | (39.0) | 1060 | (47.4) | 208 | (7.7) |
| 6 - 11..... | 84.7 | (6.70) | 4.8 | (0.22) | 7.4 | (0.30) | 0.4 | (0.09) | 79.4 | (8.56) | 890 | (50.5) | 1199 | (44.6) | 223 | (9.1) |
| 12 - 19..... | 75.5 | (7.03) | 3.9 | (0.30) | 7.5 | (0.50) | 0.5 | (0.12) | 85.8 | (12.38) | 823 | (21.0) | 1156 | (41.3) | 219 | (8.6) |
| 20 and over... | 81.6 | (4.04) | 3.9 | (0.15) | 8.4 | (0.27) | 0.7 | (0.13) | 126.6 | (6.99) | 772 | (25.3) | 1218 | (22.1) | 262 | (7.0) |
| 2 and over... | 81.9 | (3.02) | 4.1 | (0.15) | 8.1 | (0.25) | 0.7 | (0.10) | 112.9 | (5.24) | 794 | (25.1) | 1197 | (22.4) | 249 | (6.8) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 63.7* | (10.30) | 7.8* | (0.90) | 5.9* | (0.79) | 0.9* | (0.38) | 64.9* | (13.72) | 1002* | (110.7) | 1085* | (120.0) | 205* | (26.0) |
| 6 - 11..... | 66.1* | (8.90) | 7.0* | (0.50) | 7.5* | (0.60) | 0.1* | (0.07) | 91.8* | (12.50) | 883* | (58.9) | 1268* | (51.7) | 245* | (12.5) |
| 12 - 19..... | 79.9 | (6.76) | 5.3 | (0.55) | 8.1 | (0.53) | 0.8* | (0.42) | 94.8 | (12.79) | 974 | (90.2) | 1342 | (86.8) | 270 | (17.6) |
| 20 and over... | 101.0 | (5.69) | 4.9 | (0.26) | 8.7 | (0.38) | 0.6 | (0.11) | 195.4 | (13.47) | 809 | (34.2) | 1282 | (30.1) | 326 | (9.1) |
| 2 and over... | 95.7 | (4.99) | 5.2 | (0.22) | 8.5 | (0.33) | 0.6 | (0.09) | 175.2 | (11.85) | 836 | (38.5) | 1281 | (30.8) | 312 | (9.3) |
| Hispanic: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 84.3 | (7.51) | 6.1 | (0.47) | 5.7 | (0.31) | 0.5 | (0.13) | 45.1 | (3.64) | 924 | (45.8) | 1082 | (46.5) | 199 | (8.0) |
| 6 - 11..... | 74.4 | (3.50) | 5.6 | (0.34) | 6.5 | (0.27) | 0.3* | (0.13) | 53.0 | (2.71) | 954 | (47.2) | 1219 | (41.6) | 224 | (7.7) |
| 12 - 19..... | 69.9 | (4.47) | 4.8 | (0.25) | 7.5 | (0.34) | 0.5* | (0.20) | 67.1 | (3.73) | 933 | (28.3) | 1252 | (28.2) | 238 | (4.2) |
| 20 and over... | 82.5 | (3.30) | 4.7 | (0.16) | 8.3 | (0.23) | 0.6 | (0.11) | 95.7 | (4.95) | 991 | (20.1) | 1452 | (18.6) | 312 | (4.8) |
| 2 and over... | 79.7 | (3.07) | 4.9 | (0.10) | 7.8 | (0.22) | 0.6 | (0.08) | 82.7 | (3.92) | 973 | (15.0) | 1367 | (12.8) | 282 | (5.1) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | Iron | | Zinc | | Copper | | Selenium | | Potassium | | Sodium | | Caffeine | | Theobromine | | Alcohol | |
|--|-------|--------|-------|--------|--------|--------|----------|---------|-----------|---------|--------|---------|----------|---------|-------------|---------|---------|--------|
| | mg | (SE) | mg | (SE) | mg | (SE) | µg | (SE) | mg | (SE) | mg | (SE) | mg | (SE) | mg | (SE) | g | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 10.1 | (0.31) | 7.7 | (0.34) | 0.7 | (0.03) | 73.3 | (3.64) | 1767 | (66.9) | 2163 | (75.2) | 5.9 | (1.36) | 32.0 | (4.72) | -- | -- |
| 6 - 11..... | 14.2 | (0.57) | 10.0 | (0.35) | 0.9 | (0.03) | 96.2 | (4.02) | 2069 | (76.8) | 3015 | (83.6) | 17.6 | (1.95) | 66.3 | (5.86) | -- | -- |
| 12 - 19..... | 15.5 | (0.84) | 11.6 | (0.65) | 1.0 | (0.04) | 109.6 | (5.01) | 2243 | (102.8) | 3389 | (127.6) | 58.1 | (12.30) | 68.2 | (7.25) | -- | -- |
| 20 and over... | 14.1 | (0.23) | 11.4 | (0.22) | 1.3 | (0.02) | 113.6 | (2.69) | 2686 | (43.4) | 3514 | (53.3) | 206.6 | (7.35) | 35.6 | (1.08) | 10.7 | (1.02) |
| 2 and over... | 14.0 | (0.23) | 11.2 | (0.22) | 1.2 | (0.02) | 110.3 | (2.48) | 2566 | (42.9) | 3410 | (48.3) | 172.0 | (6.65) | 40.4 | (1.40) | -- | -- |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 11.5 | (0.32) | 8.1 | (0.39) | 0.8 | (0.03) | 80.0 | (4.32) | 2045 | (82.5) | 2471 | (140.0) | 6.5 | (1.10) | 34.8 | (4.71) | -- | -- |
| 6 - 11..... | 14.0 | (0.52) | 9.7 | (0.36) | 0.9 | (0.04) | 99.3 | (4.01) | 2124 | (75.6) | 3217 | (126.6) | 8.5 | (1.09) | 31.2 | (3.64) | -- | -- |
| 12 - 19..... | 14.1 | (1.02) | 10.0 | (0.76) | 0.9 | (0.05) | 99.0 | (4.90) | 1925 | (82.1) | 3281 | (135.8) | 17.5 | (2.48) | 31.3 | (5.91) | -- | -- |
| 20 and over... | 12.8 | (0.37) | 10.0 | (0.30) | 1.1 | (0.03) | 111.6 | (2.23) | 2267 | (49.7) | 3354 | (61.6) | 72.5 | (5.17) | 25.4 | (2.86) | 9.7 | (1.63) |
| 2 and over... | 13.0 | (0.34) | 9.8 | (0.27) | 1.0 | (0.03) | 106.6 | (2.48) | 2193 | (43.6) | 3272 | (58.3) | 54.6 | (3.16) | 27.4 | (2.41) | -- | -- |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 10.3* | (0.84) | 7.6* | (0.84) | 0.8* | (0.11) | 79.7* | (14.88) | 1958* | (168.8) | 1877* | (107.3) | 3.1* | (1.36) | 24.9* | (10.86) | -- | -- |
| 6 - 11..... | 14.8* | (0.55) | 10.0* | (0.60) | 1.1* | (0.07) | 110.0* | (4.34) | 2264* | (119.7) | 3384* | (233.1) | 7.1* | (1.82) | 81.3* | (26.17) | -- | -- |
| 12 - 19..... | 14.5 | (0.99) | 11.7 | (0.62) | 1.1 | (0.05) | 120.0 | (6.95) | 2484 | (123.8) | 3499 | (186.8) | 24.3 | (6.24) | 37.0 | (5.77) | -- | -- |
| 20 and over... | 14.3 | (0.54) | 10.5 | (0.28) | 1.4 | (0.04) | 121.3 | (2.31) | 2663 | (55.6) | 3850 | (115.0) | 86.5 | (4.71) | 25.1 | (2.70) | 4.3 | (0.68) |
| 2 and over... | 14.2 | (0.50) | 10.5 | (0.26) | 1.3 | (0.04) | 119.2 | (1.81) | 2600 | (55.0) | 3727 | (99.8) | 73.0 | (4.25) | 29.5 | (2.23) | -- | -- |
| Hispanic: | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 11.7 | (0.74) | 8.1 | (0.35) | 0.8 | (0.03) | 73.6 | (3.15) | 1993 | (76.5) | 2220 | (89.0) | 7.1 | (1.48) | 25.2 | (2.94) | -- | -- |
| 6 - 11..... | 14.0 | (0.92) | 9.8 | (0.40) | 0.9 | (0.03) | 97.6 | (4.33) | 2048 | (66.7) | 2920 | (87.5) | 12.3 | (1.75) | 40.7 | (3.79) | -- | -- |
| 12 - 19..... | 14.6 | (0.40) | 9.6 | (0.18) | 0.9 | (0.02) | 103.0 | (3.62) | 2135 | (31.8) | 3306 | (87.6) | 40.0 | (6.83) | 37.9 | (3.52) | -- | -- |
| 20 and over... | 14.5 | (0.22) | 11.4 | (0.19) | 1.2 | (0.03) | 122.6 | (2.17) | 2624 | (40.1) | 3593 | (69.0) | 121.3 | (8.15) | 27.5 | (2.58) | 8.0 | (0.54) |
| 2 and over... | 14.3 | (0.25) | 10.7 | (0.19) | 1.1 | (0.02) | 113.2 | (1.63) | 2436 | (39.1) | 3372 | (46.9) | 87.9 | (7.01) | 30.5 | (1.88) | -- | -- |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | SFA 4:0 | | SFA 6:0 | | SFA 8:0 | | SFA 10:0 | | SFA 12:0 | | SFA 14:0 | | SFA 16:0 | | SFA 18:0 | |
|--|------------|---------|------------|---------|------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 0.50 | (0.018) | 0.33 | (0.009) | 0.27 | (0.018) | 0.49 | (0.017) | 0.67 | (0.049) | 1.96 | (0.059) | 10.47 | (0.355) | 4.57 | (0.131) |
| 6 - 11..... | 0.59 | (0.034) | 0.39 | (0.021) | 0.34 | (0.022) | 0.62 | (0.029) | 1.18 | (0.156) | 2.57 | (0.103) | 14.53 | (0.541) | 6.47 | (0.225) |
| 12 - 19..... | 0.61 | (0.036) | 0.39 | (0.021) | 0.35 | (0.023) | 0.64 | (0.034) | 1.24 | (0.146) | 2.72 | (0.139) | 15.63 | (0.666) | 6.95 | (0.332) |
| 20 and over... | 0.57 | (0.021) | 0.36 | (0.012) | 0.31 | (0.009) | 0.60 | (0.016) | 1.07 | (0.043) | 2.52 | (0.062) | 15.19 | (0.282) | 6.75 | (0.142) |
| 2 and over... | 0.57 | (0.018) | 0.36 | (0.010) | 0.32 | (0.008) | 0.60 | (0.014) | 1.07 | (0.042) | 2.52 | (0.056) | 14.98 | (0.247) | 6.65 | (0.130) |
| Non-Hispanic Black: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 0.43 | (0.027) | 0.29 | (0.017) | 0.24 | (0.014) | 0.41 | (0.021) | 0.58 | (0.028) | 1.68 | (0.077) | 11.05 | (0.530) | 4.57 | (0.245) |
| 6 - 11..... | 0.43 | (0.021) | 0.30 | (0.020) | 0.27 | (0.019) | 0.48 | (0.031) | 0.82 | (0.105) | 2.04 | (0.121) | 13.66 | (0.480) | 5.73 | (0.253) |
| 12 - 19..... | 0.44 | (0.025) | 0.30 | (0.016) | 0.25 | (0.017) | 0.48 | (0.026) | 0.85 | (0.103) | 2.14 | (0.118) | 14.64 | (0.845) | 6.12 | (0.304) |
| 20 and over... | 0.40 | (0.016) | 0.27 | (0.012) | 0.26 | (0.016) | 0.45 | (0.020) | 0.96 | (0.086) | 1.97 | (0.077) | 14.18 | (0.303) | 6.11 | (0.135) |
| 2 and over... | 0.41 | (0.014) | 0.28 | (0.010) | 0.25 | (0.012) | 0.45 | (0.016) | 0.91 | (0.054) | 1.98 | (0.061) | 13.98 | (0.272) | 5.97 | (0.101) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 0.52* | (0.050) | 0.39* | (0.042) | 0.49* | (0.111) | 0.62* | (0.084) | 0.76* | (0.169) | 2.05* | (0.210) | 11.02* | (0.697) | 4.40* | (0.195) |
| 6 - 11..... | 0.42* | (0.072) | 0.29* | (0.047) | 0.32* | (0.077) | 0.48* | (0.088) | 1.12* | (0.409) | 2.05* | (0.302) | 14.41* | (1.432) | 5.79* | (0.510) |
| 12 - 19..... | 0.47 | (0.080) | 0.29 | (0.046) | 0.25 | (0.025) | 0.47 | (0.057) | 0.86 | (0.114) | 2.03 | (0.225) | 13.19 | (0.772) | 5.62 | (0.298) |
| 20 and over... | 0.32 | (0.018) | 0.21 | (0.011) | 0.23 | (0.015) | 0.38 | (0.018) | 0.88 | (0.086) | 1.63 | (0.070) | 11.75 | (0.340) | 4.68 | (0.123) |
| 2 and over... | 0.35 | (0.019) | 0.23 | (0.012) | 0.25 | (0.016) | 0.40 | (0.020) | 0.89 | (0.083) | 1.71 | (0.076) | 12.03 | (0.288) | 4.83 | (0.106) |
| Hispanic: | | | | | | | | | | | | | | | | |
| 2 - 5..... | 0.41 | (0.027) | 0.28 | (0.017) | 0.27 | (0.022) | 0.44 | (0.028) | 0.77 | (0.108) | 1.79 | (0.101) | 10.68 | (0.518) | 4.52 | (0.200) |
| 6 - 11..... | 0.47 | (0.023) | 0.32 | (0.014) | 0.27 | (0.018) | 0.49 | (0.022) | 0.77 | (0.055) | 2.13 | (0.090) | 13.35 | (0.515) | 5.79 | (0.226) |
| 12 - 19..... | 0.51 | (0.035) | 0.32 | (0.020) | 0.28 | (0.019) | 0.52 | (0.034) | 0.88 | (0.078) | 2.26 | (0.153) | 14.38 | (0.581) | 6.11 | (0.262) |
| 20 and over... | 0.47 | (0.015) | 0.31 | (0.012) | 0.26 | (0.009) | 0.51 | (0.016) | 0.85 | (0.028) | 2.27 | (0.060) | 15.25 | (0.289) | 6.65 | (0.127) |
| 2 and over... | 0.47 | (0.010) | 0.31 | (0.007) | 0.27 | (0.006) | 0.50 | (0.009) | 0.84 | (0.024) | 2.22 | (0.034) | 14.57 | (0.198) | 6.32 | (0.088) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | MFA 16:1 | | MFA 18:1 | | MFA 20:1 | | MFA 22:1 | | PFA 18:2 | | PFA 18:3 | | PFA 18:4 | |
|--|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) | g | (SE) |
| Non-Hispanic White: | | | | | | | | | | | | | | |
| 2 - 5..... | 0.69 | (0.038) | 17.24 | (0.693) | 0.18 | (0.009) | 0.01 | (0.002) | 10.07 | (0.388) | 0.99 | (0.046) | # | |
| 6 - 11..... | 0.93 | (0.055) | 23.40 | (0.876) | 0.27 | (0.014) | 0.02 | (0.002) | 14.35 | (0.612) | 1.31 | (0.053) | 0.01 | (0.001) |
| 12 - 19..... | 1.09 | (0.074) | 26.04 | (0.966) | 0.32 | (0.030) | 0.02 | (0.002) | 15.72 | (0.547) | 1.53 | (0.076) | 0.01 | (0.002) |
| 20 and over... | 1.15 | (0.024) | 27.95 | (0.453) | 0.32 | (0.010) | 0.03 | (0.002) | 17.35 | (0.380) | 1.88 | (0.054) | 0.01 | (0.002) |
| 2 and over... | 1.11 | (0.020) | 27.01 | (0.406) | 0.31 | (0.008) | 0.03 | (0.002) | 16.69 | (0.329) | 1.77 | (0.047) | 0.01 | (0.001) |
| Non-Hispanic Black: | | | | | | | | | | | | | | |
| 2 - 5..... | 0.80 | (0.038) | 19.70 | (1.493) | 0.23 | (0.026) | 0.02 | (0.003) | 13.22 | (1.231) | 1.24 | (0.142) | # | |
| 6 - 11..... | 1.02 | (0.050) | 23.40 | (0.830) | 0.26 | (0.013) | 0.03 | (0.005) | 15.89 | (0.438) | 1.48 | (0.052) | 0.01 | (0.002) |
| 12 - 19..... | 1.10 | (0.063) | 24.98 | (1.380) | 0.29 | (0.021) | 0.02 | (0.003) | 16.27 | (0.883) | 1.55 | (0.096) | 0.01 | (0.001) |
| 20 and over... | 1.25 | (0.033) | 26.76 | (0.517) | 0.34 | (0.010) | 0.03 | (0.002) | 17.59 | (0.393) | 1.80 | (0.055) | 0.01 | (0.001) |
| 2 and over... | 1.18 | (0.029) | 25.73 | (0.524) | 0.32 | (0.010) | 0.03 | (0.002) | 16.96 | (0.369) | 1.70 | (0.052) | 0.01 | (0.001) |
| Non-Hispanic Asian¹: | | | | | | | | | | | | | | |
| 2 - 5..... | 0.61* | (0.074) | 18.05* | (1.350) | 0.14* | (0.021) | 0.01* | (0.001) | 9.14* | (0.811) | 1.06* | (0.075) | # | |
| 6 - 11..... | 0.86* | (0.055) | 22.92* | (1.398) | 0.25* | (0.024) | 0.04* | (0.025) | 15.21* | (0.996) | 1.67* | (0.113) | 0.01* | (0.006) |
| 12 - 19..... | 0.99 | (0.055) | 23.77 | (1.001) | 0.25 | (0.016) | 0.02* | (0.007) | 15.06 | (0.911) | 1.56 | (0.101) | 0.01 | (0.002) |
| 20 and over... | 0.96 | (0.050) | 23.52 | (0.716) | 0.30 | (0.011) | 0.04 | (0.007) | 14.64 | (0.649) | 1.65 | (0.104) | 0.01 | (0.002) |
| 2 and over... | 0.95 | (0.041) | 23.34 | (0.623) | 0.28 | (0.008) | 0.04 | (0.006) | 14.54 | (0.583) | 1.62 | (0.092) | 0.01 | (0.001) |
| Hispanic: | | | | | | | | | | | | | | |
| 2 - 5..... | 0.70 | (0.045) | 17.71 | (1.064) | 0.19 | (0.021) | 0.01 | (0.003) | 10.97 | (0.650) | 1.06 | (0.053) | # | |
| 6 - 11..... | 0.94 | (0.048) | 22.12 | (0.838) | 0.24 | (0.014) | 0.02 | (0.002) | 13.78 | (0.496) | 1.33 | (0.062) | 0.01 | (0.001) |
| 12 - 19..... | 1.03 | (0.044) | 24.27 | (0.840) | 0.28 | (0.014) | 0.03* | (0.009) | 16.10 | (0.494) | 1.51 | (0.075) | 0.01 | (0.002) |
| 20 and over... | 1.25 | (0.029) | 27.23 | (0.517) | 0.30 | (0.012) | 0.02 | (0.001) | 16.58 | (0.385) | 1.79 | (0.041) | 0.01 | (0.001) |
| 2 and over... | 1.14 | (0.025) | 25.50 | (0.496) | 0.28 | (0.010) | 0.02 | (0.002) | 15.78 | (0.290) | 1.64 | (0.034) | 0.01 | (0.001) |

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

| Race/ethnicity and age (years) | PFA 20:4 | | PFA 20:5 | | PFA 22:5 | | PFA 22:6 | |
|--|-------------|---------|-------------|---------|-------------|---------|-------------|---------|
| | g | (SE) | g | (SE) | g | (SE) | g | (SE) |
| Non-Hispanic White: | | | | | | | | |
| 2 - 5..... | 0.08 | (0.007) | 0.01 | (0.001) | 0.01 | (0.001) | 0.02 | (0.004) |
| 6 - 11..... | 0.11 | (0.008) | 0.01 | (0.001) | 0.01 | (0.001) | 0.02 | (0.002) |
| 12 - 19..... | 0.12 | (0.009) | 0.01 | (0.003) | 0.02 | (0.001) | 0.03 | (0.007) |
| 20 and over... | 0.15 | (0.004) | 0.03 | (0.004) | 0.02 | (0.002) | 0.06 | (0.008) |
| 2 and over... | 0.14 | (0.003) | 0.02 | (0.004) | 0.02 | (0.001) | 0.05 | (0.007) |
| Non-Hispanic Black: | | | | | | | | |
| 2 - 5..... | 0.10 | (0.007) | 0.01 | (0.001) | 0.01 | (0.001) | 0.01 | (0.004) |
| 6 - 11..... | 0.13 | (0.010) | 0.02 | (0.004) | 0.02 | (0.002) | 0.03* | (0.009) |
| 12 - 19..... | 0.13 | (0.007) | 0.02 | (0.004) | 0.02 | (0.002) | 0.03 | (0.007) |
| 20 and over... | 0.17 | (0.003) | 0.03 | (0.003) | 0.03 | (0.002) | 0.07 | (0.008) |
| 2 and over... | 0.16 | (0.003) | 0.03 | (0.003) | 0.02 | (0.002) | 0.06 | (0.007) |
| Non-Hispanic Asian¹: | | | | | | | | |
| 2 - 5..... | 0.10* | (0.017) | 0.02* | (0.007) | 0.01* | (0.002) | 0.04* | (0.011) |
| 6 - 11..... | 0.15* | (0.030) | 0.08* | (0.029) | 0.04* | (0.015) | 0.12* | (0.048) |
| 12 - 19..... | 0.15 | (0.010) | 0.03 | (0.007) | 0.02 | (0.002) | 0.05 | (0.009) |
| 20 and over... | 0.14 | (0.004) | 0.06 | (0.007) | 0.03 | (0.003) | 0.11 | (0.011) |
| 2 and over... | 0.14 | (0.005) | 0.06 | (0.006) | 0.03 | (0.003) | 0.11 | (0.010) |
| Hispanic: | | | | | | | | |
| 2 - 5..... | 0.10 | (0.007) | 0.01* | (0.004) | 0.01 | (0.001) | 0.03 | (0.006) |
| 6 - 11..... | 0.12 | (0.006) | 0.01 | (0.001) | 0.02 | (0.001) | 0.03 | (0.003) |
| 12 - 19..... | 0.13 | (0.005) | 0.01 | (0.002) | 0.02 | (0.002) | 0.04 | (0.005) |
| 20 and over... | 0.18 | (0.006) | 0.02 | (0.002) | 0.03 | (0.001) | 0.06 | (0.005) |
| 2 and over... | 0.16 | (0.004) | 0.02 | (0.001) | 0.02 | (0.001) | 0.05 | (0.003) |

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.41.

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 2015-2016*

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) 2015-2016. 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 2015-2016 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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