

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016

<i>Nutrient per 1000 kcal</i>																			
Males/Females and age	Sample size ¹	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
(years)		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5.....	336	1545	(27.4)	36.0	(0.63)	133	(1.6)	63	(1.7)	7.9	(0.20)	37.5	(0.50)	13.3	(0.26)	12.8	(0.28)	8.2	(0.21)
6 - 11.....	517	1973	(31.2)	35.7	(0.85)	131	(2.0)	60	(1.1)	7.6	(0.24)	38.2	(0.70)	13.4	(0.33)	12.9	(0.29)	8.5	(0.21)
12 - 19.....	609	2247	(69.7)	38.3	(0.62)	127	(1.1)	56	(1.0)	7.3	(0.12)	38.5	(0.34)	13.5	(0.18)	13.1	(0.15)	8.3	(0.13)
20 - 29.....	392	2570	(71.3)	42.8	(2.05)	115	(1.9)	47	(1.6)	7.4	(0.24)	38.2	(0.71)	12.8	(0.27)	13.5	(0.34)	8.3	(0.18)
30 - 39.....	418	2687	(73.8)	39.7	(1.05)	115	(2.5)	49	(1.8)	7.5	(0.33)	38.9	(0.93)	13.0	(0.37)	13.6	(0.37)	8.8	(0.30)
40 - 49.....	370	2519	(53.4)	40.1	(1.23)	113	(1.8)	48	(1.9)	7.9	(0.50)	38.7	(0.98)	12.4	(0.44)	13.8	(0.36)	8.8	(0.26)
50 - 59.....	397	2487	(72.1)	40.1	(1.11)	114	(2.5)	49	(2.5)	7.9	(0.37)	38.9	(0.89)	12.8	(0.36)	13.7	(0.33)	8.8	(0.33)
60 - 69.....	420	2166	(56.7)	40.9	(1.30)	117	(2.5)	49	(1.7)	9.1	(0.51)	39.7	(0.90)	12.7	(0.25)	14.2	(0.36)	9.2	(0.42)
70 and over.....	418	2014	(51.0)	38.3	(1.06)	116	(1.8)	49	(1.9)	8.7	(0.32)	40.8	(0.85)	13.5	(0.30)	14.5	(0.38)	9.2	(0.34)
2 - 19.....	1462	2009	(37.0)	36.9	(0.45)	130	(1.1)	59	(0.5)	7.5	(0.14)	38.2	(0.35)	13.4	(0.18)	12.9	(0.15)	8.3	(0.10)
20 and over...	2415	2439	(27.5)	40.5	(0.69)	115	(0.7)	48	(0.8)	8.0	(0.20)	39.1	(0.34)	12.8	(0.16)	13.8	(0.13)	8.8	(0.12)
2 and over...	3877	2332	(27.6)	39.6	(0.55)	119	(0.6)	51	(0.6)	7.9	(0.17)	38.9	(0.28)	13.0	(0.13)	13.6	(0.11)	8.7	(0.09)
Females:																			
2 - 5.....	329	1395	(35.6)	37.3	(0.61)	132	(1.7)	63	(1.5)	8.3	(0.25)	37.8	(0.64)	13.8	(0.24)	12.8	(0.33)	7.8	(0.26)
6 - 11.....	523	1834	(37.2)	35.5	(0.68)	130	(1.2)	57	(1.2)	7.8	(0.15)	38.7	(0.45)	13.8	(0.28)	13.0	(0.23)	8.4	(0.17)
12 - 19.....	587	1813	(44.7)	35.8	(0.53)	129	(1.2)	57	(1.2)	7.9	(0.14)	39.0	(0.45)	13.2	(0.29)	13.2	(0.20)	9.0	(0.20)
20 - 29.....	442	1917	(33.2)	38.8	(1.09)	121	(1.5)	53	(1.5)	8.2	(0.32)	39.5	(0.41)	12.5	(0.26)	13.8	(0.25)	9.6	(0.25)
30 - 39.....	435	1869	(53.3)	41.0	(1.50)	116	(2.3)	49	(1.7)	9.2	(0.34)	39.0	(0.57)	12.6	(0.29)	13.5	(0.26)	9.2	(0.30)
40 - 49.....	460	1845	(40.0)	40.4	(1.21)	118	(1.9)	52	(2.0)	8.5	(0.34)	39.8	(0.77)	12.7	(0.29)	14.1	(0.38)	9.5	(0.31)
50 - 59.....	419	1807	(32.1)	39.7	(0.87)	116	(3.6)	52	(1.7)	9.2	(0.43)	40.6	(1.39)	12.9	(0.36)	14.6	(0.89)	9.5	(0.36)
60 - 69.....	432	1686	(39.0)	39.3	(0.98)	120	(2.9)	55	(2.4)	9.7	(0.27)	40.4	(0.88)	13.5	(0.34)	13.9	(0.36)	9.4	(0.35)
70 and over.....	414	1598	(55.2)	39.1	(0.82)	123	(1.4)	54	(1.4)	9.6	(0.35)	39.6	(0.53)	13.1	(0.30)	13.7	(0.21)	9.2	(0.29)
2 - 19.....	1439	1725	(21.3)	36.0	(0.29)	130	(0.5)	59	(0.9)	8.0	(0.09)	38.6	(0.25)	13.5	(0.19)	13.1	(0.12)	8.5	(0.10)
20 and over...	2602	1795	(16.7)	39.7	(0.41)	119	(1.4)	52	(0.8)	9.0	(0.20)	39.8	(0.46)	12.9	(0.16)	14.0	(0.25)	9.4	(0.16)
2 and over...	4041	1779	(12.1)	38.9	(0.34)	121	(1.1)	54	(0.8)	8.8	(0.17)	39.5	(0.36)	13.0	(0.13)	13.7	(0.19)	9.2	(0.14)
Males and females:																			
2 - 19.....	2901	1868	(25.2)	36.5	(0.30)	130	(0.7)	59	(0.5)	7.7	(0.10)	38.4	(0.28)	13.5	(0.16)	13.0	(0.12)	8.4	(0.07)
20 and over...	5017	2105	(20.6)	40.1	(0.38)	117	(0.9)	50	(0.5)	8.5	(0.16)	39.5	(0.32)	12.8	(0.14)	13.9	(0.14)	9.1	(0.12)
2 and over...	7918	2048	(18.3)	39.2	(0.33)	120	(0.7)	52	(0.5)	8.3	(0.14)	39.2	(0.25)	13.0	(0.12)	13.7	(0.11)	9.0	(0.09)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (continued)

<i>Nutrient per 1000 kcal</i>																		
Males/Females and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5.....	123	(6.9)	300	(13.6)	374	(16.7)	181	(46.3)	768	(129.9)	55	(7.6)	2266	(236.4)	518	(45.0)	0.84	(0.016)
6 - 11.....	116	(4.7)	258	(11.9)	330	(14.9)	193	(34.8)	761	(116.3)	32	(3.5)	2222	(273.5)	415	(40.0)	0.82	(0.015)
12 - 19.....	126	(4.5)	244	(11.0)	301	(12.8)	115	(17.2)	615	(73.1)	31	(2.7)	2379	(175.8)	431	(25.3)	0.85	(0.011)
20 - 29.....	148	(8.0)	196	(13.8)	266	(15.0)	140	(37.9)	749	(102.8)	32	(4.6)	2287	(284.8)	691	(74.4)	0.76	(0.016)
30 - 39.....	147	(8.8)	207	(31.0)	268	(31.8)	101	(11.4)	669	(61.9)	31	(3.3)	2482	(261.0)	619	(95.3)	0.74	(0.029)
40 - 49.....	144	(7.3)	206	(27.8)	308	(35.6)	269	(67.1)	1084	(167.2)	36	(5.7)	2311	(393.2)	693	(56.7)	0.75	(0.024)
50 - 59.....	141	(7.6)	171	(9.5)	268	(31.0)	211	(53.4)	1051	(295.5)	41	(6.3)	2922	(411.3)	528	(49.0)	0.75	(0.018)
60 - 69.....	141	(7.7)	184	(10.2)	303	(22.0)	264	(51.7)	1282	(174.1)	45	(5.1)	2297	(320.1)	814	(99.2)	0.84	(0.044)
70 and over.....	144	(11.8)	249	(10.4)	351	(17.3)	193	(23.9)	1100	(122.9)	63	(10.5)	2691	(267.4)	859	(123.1)	0.86	(0.033)
2 - 19.....	122	(3.0)	260	(7.3)	326	(9.5)	156	(18.0)	697	(69.0)	36	(2.7)	2301	(147.2)	443	(20.4)	0.84	(0.009)
20 and over...	144	(4.2)	200	(9.6)	289	(11.8)	191	(22.2)	965	(69.9)	40	(2.9)	2501	(117.5)	686	(37.9)	0.78	(0.013)
2 and over...	139	(3.3)	215	(7.7)	299	(9.3)	182	(19.5)	898	(62.0)	39	(2.5)	2451	(102.4)	625	(31.1)	0.79	(0.011)
Females:																		
2 - 5.....	127	(7.6)	307	(16.7)	396	(16.7)	241*	(96.9)	919	(221.9)	49	(6.0)	2067	(287.6)	491	(42.6)	0.82	(0.022)
6 - 11.....	121	(7.0)	266	(8.9)	336	(13.1)	175	(36.4)	727	(114.7)	50	(6.6)	2249	(212.9)	440	(18.0)	0.84	(0.022)
12 - 19.....	120	(5.0)	224	(12.4)	287	(14.5)	129	(28.5)	677	(82.2)	35	(2.7)	2237	(191.9)	545	(67.1)	0.83	(0.021)
20 - 29.....	149	(6.9)	211	(17.5)	315	(20.9)	231	(41.2)	1112	(123.9)	38	(5.3)	2355	(344.5)	889	(90.0)	0.75	(0.021)
30 - 39.....	145	(9.6)	209	(13.7)	351	(25.5)	314*	(107.7)	1530	(257.2)	47	(6.4)	2247	(265.3)	957	(117.7)	0.78	(0.026)
40 - 49.....	152	(12.1)	213	(21.9)	325	(26.0)	214	(55.0)	1215	(154.1)	48	(6.2)	2411	(284.1)	980	(87.8)	0.75	(0.025)
50 - 59.....	143	(7.1)	223	(14.9)	350	(21.8)	235	(44.7)	1379	(137.4)	79	(21.8)	3363	(645.4)	1103	(157.5)	0.77	(0.018)
60 - 69.....	142	(8.2)	207	(10.8)	355	(24.1)	289	(74.2)	1607	(201.5)	50	(6.8)	1984	(280.6)	1085	(112.8)	0.78	(0.012)
70 and over.....	142	(5.9)	227	(10.6)	398	(25.3)	285	(45.8)	1886	(244.7)	75	(14.1)	2709	(227.0)	990	(171.6)	0.78	(0.012)
2 - 19.....	122	(3.5)	256	(7.2)	327	(10.4)	169	(31.7)	748	(90.8)	43	(2.5)	2202	(155.3)	499	(29.3)	0.83	(0.013)
20 and over...	146	(3.0)	215	(6.1)	347	(9.7)	259	(28.1)	1435	(81.0)	56	(5.5)	2544	(230.8)	1000	(63.9)	0.77	(0.011)
2 and over...	140	(2.5)	225	(5.4)	343	(8.2)	238	(24.3)	1276	(78.1)	53	(4.3)	2464	(197.6)	884	(55.2)	0.78	(0.009)
Males and females:																		
2 - 19.....	122	(2.2)	258	(6.4)	327	(7.9)	162	(20.0)	722	(65.7)	39	(1.8)	2252	(119.0)	471	(19.0)	0.83	(0.008)
20 and over...	145	(2.6)	208	(4.5)	320	(6.2)	226	(18.7)	1209	(64.3)	48	(3.9)	2523	(150.3)	849	(46.3)	0.77	(0.009)
2 and over...	139	(2.0)	220	(4.1)	321	(5.1)	211	(16.9)	1092	(60.8)	46	(3.1)	2458	(130.2)	758	(40.0)	0.79	(0.008)

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<i>Nutrient per 1000 kcal</i>																		
Males/Females 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)
Males:																		
2 - 5.....	1.16	(0.023)	11.1	(0.34)	0.96	(0.024)	122	(7.8)	86	(3.2)	293	(11.6)	146	(5.5)	2.68	(0.102)	0.65	(0.081)
6 - 11.....	1.03	(0.031)	11.1	(0.27)	0.88	(0.029)	107	(3.2)	81	(2.1)	262	(6.1)	131	(3.1)	2.37	(0.121)	0.61	(0.065)
12 - 19.....	1.05	(0.027)	13.1	(0.35)	1.00	(0.042)	114	(2.7)	84	(1.8)	277	(4.3)	138	(4.2)	2.78	(0.121)	0.84	(0.104)
20 - 29.....	1.02	(0.039)	14.5	(0.46)	1.18	(0.082)	91	(7.6)	97	(3.1)	251	(12.1)	159	(6.0)	2.48	(0.116)	0.67	(0.106)
30 - 39.....	1.00	(0.035)	13.2	(0.38)	1.08	(0.048)	82	(10.2)	104	(6.5)	244	(19.9)	160	(4.0)	2.65	(0.257)	0.65	(0.093)
40 - 49.....	1.05	(0.040)	13.3	(0.57)	1.05	(0.058)	83	(8.2)	106	(3.9)	247	(16.5)	165	(5.3)	2.55	(0.189)	0.58	(0.112)
50 - 59.....	1.07	(0.044)	12.4	(0.57)	1.00	(0.059)	71	(4.0)	103	(3.4)	224	(7.2)	170	(5.8)	2.41	(0.224)	0.45*	(0.135)
60 - 69.....	1.13	(0.049)	13.2	(0.70)	1.02	(0.062)	83	(6.7)	115	(6.9)	257	(14.7)	171	(7.7)	2.22	(0.130)	0.45	(0.117)
70 and over.....	1.15	(0.030)	12.3	(0.39)	1.03	(0.035)	106	(7.6)	109	(4.7)	290	(12.5)	167	(7.3)	2.51	(0.152)	0.61	(0.105)
2 - 19.....	1.07	(0.017)	12.0	(0.22)	0.95	(0.024)	113	(2.3)	83	(1.4)	275	(3.1)	137	(2.8)	2.62	(0.075)	0.72	(0.056)
20 and over...	1.06	(0.011)	13.2	(0.27)	1.07	(0.029)	85	(3.3)	105	(2.4)	250	(6.3)	165	(2.7)	2.48	(0.075)	0.57	(0.051)
2 and over...	1.06	(0.011)	12.9	(0.22)	1.04	(0.023)	92	(2.4)	99	(1.9)	256	(4.8)	158	(2.2)	2.51	(0.058)	0.61	(0.042)
Females:																		
2 - 5.....	1.18	(0.048)	11.1	(0.35)	0.98	(0.041)	106	(9.1)	91	(2.3)	271	(16.0)	149	(6.8)	2.76	(0.148)	0.70	(0.094)
6 - 11.....	1.04	(0.025)	11.1	(0.31)	0.88	(0.030)	113	(5.3)	82	(2.1)	274	(8.7)	133	(5.5)	2.41	(0.083)	0.60	(0.058)
12 - 19.....	0.96	(0.025)	11.9	(0.27)	0.95	(0.026)	112	(5.4)	87	(1.6)	276	(8.9)	132	(3.7)	2.28	(0.095)	0.63	(0.054)
20 - 29.....	1.01	(0.030)	12.9	(0.34)	1.12	(0.049)	90	(3.6)	105	(4.0)	257	(6.9)	159	(5.6)	2.32	(0.122)	0.67	(0.134)
30 - 39.....	1.09	(0.055)	13.5	(0.58)	1.17	(0.079)	82	(5.5)	115	(6.7)	255	(8.9)	165	(7.4)	2.32	(0.137)	0.60	(0.105)
40 - 49.....	1.07	(0.035)	12.1	(0.37)	1.01	(0.052)	86	(7.6)	111	(4.0)	257	(14.0)	169	(8.6)	2.39	(0.131)	0.47	(0.073)
50 - 59.....	1.10	(0.050)	11.8	(0.34)	0.98	(0.036)	80	(4.5)	120	(4.7)	256	(9.9)	165	(5.8)	2.23	(0.139)	0.51	(0.093)
60 - 69.....	1.05	(0.022)	11.3	(0.49)	0.94	(0.047)	70	(5.4)	123	(5.3)	242	(11.0)	171	(5.2)	2.32	(0.157)	0.29	(0.065)
70 and over.....	1.06	(0.017)	11.6	(0.36)	0.95	(0.025)	86	(5.0)	110	(4.4)	256	(5.6)	163	(5.7)	2.28	(0.141)	0.42	(0.060)
2 - 19.....	1.03	(0.018)	11.5	(0.21)	0.93	(0.020)	111	(4.3)	86	(1.3)	275	(7.3)	136	(3.1)	2.43	(0.063)	0.64	(0.041)
20 and over...	1.07	(0.020)	12.2	(0.20)	1.03	(0.025)	83	(2.2)	114	(2.3)	254	(5.3)	165	(1.5)	2.31	(0.047)	0.50	(0.042)
2 and over...	1.06	(0.016)	12.1	(0.16)	1.01	(0.018)	89	(2.3)	108	(2.1)	259	(4.5)	158	(1.3)	2.34	(0.032)	0.53	(0.031)
Males and females:																		
2 - 19.....	1.05	(0.016)	11.7	(0.18)	0.94	(0.019)	112	(2.8)	85	(1.0)	275	(4.4)	137	(2.4)	2.52	(0.056)	0.68	(0.041)
20 and over...	1.06	(0.012)	12.7	(0.18)	1.05	(0.017)	84	(1.8)	110	(1.7)	252	(3.9)	165	(1.3)	2.39	(0.041)	0.54	(0.037)
2 and over...	1.06	(0.011)	12.5	(0.15)	1.02	(0.013)	91	(1.6)	104	(1.6)	258	(3.1)	158	(1.1)	2.42	(0.034)	0.57	(0.028)

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<i>Nutrient per 1000 kcal</i>																
Males/Females 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)
Males:																
2 - 5.....	50.9	(3.62)	4.1	(0.20)	4.1	(0.20)	0.6*	(0.18)	36.1	(1.69)	635	(17.7)	724	(12.2)	134	(3.4)
6 - 11.....	35.9	(3.58)	2.9	(0.20)	3.7	(0.09)	0.3	(0.06)	32.9	(1.74)	531	(18.1)	671	(19.8)	123	(1.7)
12 - 19.....	33.1	(2.55)	2.7	(0.18)	3.7	(0.12)	0.3*	(0.10)	35.2	(2.45)	518	(12.2)	665	(10.6)	126	(3.5)
20 - 29.....	36.1	(2.24)	2.0	(0.15)	4.0	(0.18)	0.5	(0.13)	47.4	(3.72)	456	(15.2)	683	(23.4)	143	(4.0)
30 - 39.....	37.3	(4.04)	2.2	(0.40)	3.8	(0.14)	0.3*	(0.15)	50.9	(5.98)	439	(13.3)	650	(13.5)	136	(4.7)
40 - 49.....	33.5	(3.39)	2.2	(0.21)	4.5	(0.32)	0.7*	(0.24)	52.8	(3.23)	441	(19.8)	658	(13.9)	145	(4.5)
50 - 59.....	30.3	(1.15)	2.0	(0.17)	4.0	(0.20)	0.3*	(0.09)	44.6	(3.47)	435	(21.4)	656	(13.5)	145	(3.2)
60 - 69.....	43.6	(4.58)	2.0	(0.12)	4.3	(0.26)	0.4*	(0.17)	60.9	(7.95)	436	(18.2)	665	(15.1)	163	(9.0)
70 and over.....	49.0	(4.53)	2.7	(0.16)	4.2	(0.17)	0.5	(0.13)	62.5	(7.51)	464	(18.3)	665	(16.1)	147	(3.9)
2 - 19.....	37.7	(2.46)	3.1	(0.12)	3.8	(0.08)	0.4	(0.06)	34.6	(1.35)	546	(10.9)	679	(11.0)	127	(1.6)
20 and over...	37.5	(1.42)	2.2	(0.07)	4.1	(0.10)	0.4	(0.08)	52.2	(2.45)	445	(5.7)	663	(7.3)	146	(2.6)
2 and over...	37.5	(1.41)	2.4	(0.07)	4.0	(0.09)	0.4	(0.06)	47.8	(2.07)	470	(5.1)	667	(7.2)	141	(2.2)
Females:																
2 - 5.....	48.4	(4.33)	4.1	(0.23)	3.8	(0.13)	0.4	(0.10)	34.5	(2.97)	640	(21.5)	729	(17.1)	135	(2.3)
6 - 11.....	37.5	(1.93)	3.0	(0.15)	3.8	(0.14)	0.3*	(0.09)	34.2	(1.22)	531	(11.6)	661	(9.7)	123	(2.0)
12 - 19.....	37.9	(2.37)	2.3	(0.15)	4.0	(0.13)	0.2	(0.06)	42.1	(3.21)	482	(19.8)	640	(12.6)	128	(1.5)
20 - 29.....	41.1	(2.79)	2.3	(0.25)	4.8	(0.24)	0.8	(0.14)	65.8	(6.49)	477	(20.6)	650	(18.7)	148	(4.9)
30 - 39.....	43.1	(3.44)	2.4	(0.21)	4.9	(0.16)	0.7	(0.12)	69.3	(7.02)	502	(15.8)	697	(22.6)	166	(4.6)
40 - 49.....	39.4	(2.67)	2.5	(0.21)	4.8	(0.28)	0.8	(0.22)	65.9	(3.22)	488	(21.5)	686	(16.5)	161	(5.6)
50 - 59.....	47.2	(3.18)	2.4	(0.23)	5.3	(0.52)	0.7*	(0.20)	77.1	(7.60)	519	(25.1)	691	(17.4)	165	(6.9)
60 - 69.....	43.5	(4.30)	2.6	(0.27)	4.4	(0.27)	0.4	(0.12)	79.0	(6.36)	469	(16.2)	669	(15.0)	159	(3.5)
70 and over.....	47.1	(2.79)	2.7	(0.27)	4.7	(0.21)	0.5	(0.13)	68.1	(8.00)	481	(8.6)	671	(13.3)	156	(4.4)
2 - 19.....	40.2	(1.55)	3.0	(0.11)	3.9	(0.05)	0.3	(0.03)	37.8	(1.55)	533	(12.2)	667	(7.9)	128	(1.4)
20 and over...	43.6	(2.03)	2.5	(0.07)	4.8	(0.16)	0.6	(0.07)	70.8	(3.62)	491	(10.0)	678	(7.9)	159	(2.8)
2 and over...	42.8	(1.68)	2.6	(0.06)	4.6	(0.13)	0.6	(0.06)	63.2	(3.16)	500	(9.4)	675	(6.9)	152	(2.3)
Males and females:																
2 - 19.....	38.9	(1.81)	3.0	(0.11)	3.8	(0.05)	0.3	(0.04)	36.2	(1.09)	540	(10.4)	673	(8.7)	127	(1.3)
20 and over...	40.6	(1.45)	2.3	(0.05)	4.5	(0.11)	0.5	(0.06)	61.8	(2.68)	469	(6.1)	671	(5.8)	153	(2.0)
2 and over...	40.2	(1.35)	2.5	(0.05)	4.3	(0.09)	0.5	(0.05)	55.7	(2.36)	486	(6.2)	671	(6.1)	147	(1.8)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (continued)

<i>Nutrient per 1000 kcal</i>																		
Males/Females 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)
Males:																		
2 - 5.....	7.6	(0.23)	5.6	(0.14)	0.5	(0.02)	50.8	(1.24)	1287	(27.0)	1534	(27.0)	4.7	(0.68)	20.7	(2.91)	--	--
6 - 11.....	7.5	(0.16)	5.3	(0.14)	0.5	(0.01)	51.4	(1.72)	1117	(18.4)	1615	(21.1)	8.5	(0.78)	27.7	(2.46)	--	--
12 - 19.....	7.8	(0.19)	5.7	(0.13)	0.5	(0.01)	55.1	(1.06)	1109	(16.5)	1716	(30.6)	31.5*	(12.33)	22.5	(2.53)	--	--
20 - 29.....	6.7	(0.24)	5.5	(0.16)	0.6	(0.02)	61.5	(3.54)	1152	(21.9)	1781	(50.6)	54.1	(6.08)	10.2	(1.24)	--	--
30 - 39.....	6.4	(0.31)	5.4	(0.19)	0.6	(0.02)	56.5	(1.79)	1176	(31.7)	1738	(24.4)	62.8	(4.74)	13.0	(1.77)	--	--
40 - 49.....	6.7	(0.39)	5.5	(0.30)	0.6	(0.03)	54.9	(1.23)	1228	(29.5)	1670	(28.4)	95.5	(10.06)	12.1	(1.88)	--	--
50 - 59.....	6.3	(0.17)	5.5	(0.18)	0.6	(0.02)	55.4	(1.59)	1298	(27.3)	1738	(44.2)	120.0	(9.71)	13.0	(1.89)	--	--
60 - 69.....	7.1	(0.40)	5.7	(0.27)	0.6	(0.03)	56.1	(1.55)	1401	(41.2)	1725	(60.2)	149.8	(24.32)	14.3	(1.68)	--	--
70 and over.....	8.0	(0.36)	5.8	(0.21)	0.6	(0.02)	54.2	(2.22)	1388	(33.9)	1671	(55.6)	97.6	(6.17)	14.6	(1.78)	--	--
2 - 19.....	7.6	(0.12)	5.5	(0.08)	0.5	(#)	52.9	(0.93)	1148	(12.8)	1644	(15.4)	18.0*	(5.78)	24.0	(1.96)	--	--
20 and over...	6.8	(0.11)	5.5	(0.09)	0.6	(0.01)	56.7	(1.18)	1261	(13.5)	1726	(25.8)	93.8	(3.45)	12.7	(0.58)	5.4	(0.35)
2 and over...	7.0	(0.09)	5.5	(0.07)	0.6	(0.01)	55.8	(0.96)	1233	(11.7)	1705	(19.7)	74.9	(3.05)	15.5	(0.65)	--	--
Females:																		
2 - 5.....	7.5	(0.46)	5.4	(0.18)	0.5	(0.01)	50.9	(0.85)	1321	(20.8)	1495	(24.3)	3.7	(0.59)	19.1	(2.98)	--	--
6 - 11.....	7.7	(0.31)	5.4	(0.16)	0.5	(0.01)	51.7	(1.01)	1122	(22.0)	1610	(19.8)	5.9	(0.63)	28.0	(2.58)	--	--
12 - 19.....	7.6	(0.24)	5.2	(0.16)	0.5	(0.01)	52.0	(0.71)	1132	(16.7)	1661	(21.7)	22.7	(2.51)	24.7	(2.31)	--	--
20 - 29.....	6.6	(0.15)	5.2	(0.17)	0.6	(0.02)	55.4	(1.81)	1232	(34.9)	1674	(35.7)	52.5	(3.90)	16.8	(1.87)	--	--
30 - 39.....	6.8	(0.16)	5.4	(0.18)	0.7	(0.02)	56.9	(2.54)	1308	(37.6)	1810	(58.3)	79.7	(12.50)	15.9	(1.98)	--	--
40 - 49.....	6.7	(0.29)	5.4	(0.22)	0.7	(0.03)	55.6	(1.33)	1326	(28.3)	1698	(27.5)	100.2	(8.03)	16.2	(1.78)	--	--
50 - 59.....	7.0	(0.17)	5.5	(0.18)	0.7	(0.02)	53.7	(1.18)	1413	(54.8)	1691	(53.9)	107.9	(9.51)	15.1	(1.31)	--	--
60 - 69.....	7.0	(0.25)	5.5	(0.15)	0.7	(0.02)	53.5	(1.91)	1436	(36.2)	1734	(53.3)	95.4	(8.24)	25.7	(4.57)	--	--
70 and over.....	7.3	(0.20)	5.3	(0.14)	0.7	(0.02)	54.3	(1.59)	1411	(31.9)	1628	(34.9)	89.8	(7.60)	18.1	(1.78)	--	--
2 - 19.....	7.6	(0.23)	5.3	(0.09)	0.5	(0.01)	51.6	(0.43)	1172	(13.2)	1607	(14.6)	13.0	(1.13)	24.5	(1.71)	--	--
20 and over...	6.9	(0.10)	5.4	(0.09)	0.7	(0.01)	54.9	(0.56)	1351	(22.6)	1705	(18.7)	87.6	(3.37)	17.7	(0.81)	3.2	(0.28)
2 and over...	7.1	(0.09)	5.4	(0.09)	0.6	(0.01)	54.2	(0.47)	1310	(17.8)	1683	(15.8)	70.3	(2.41)	19.3	(0.86)	--	--
Males and females:																		
2 - 19.....	7.6	(0.15)	5.4	(0.08)	0.5	(#)	52.3	(0.49)	1160	(10.7)	1626	(11.7)	15.5	(2.94)	24.2	(1.38)	--	--
20 and over...	6.8	(0.05)	5.5	(0.05)	0.6	(0.01)	55.8	(0.72)	1308	(14.3)	1715	(15.5)	90.6	(2.65)	15.3	(0.42)	4.3	(0.25)
2 and over...	7.0	(0.06)	5.4	(0.05)	0.6	(0.01)	54.9	(0.60)	1272	(12.1)	1694	(12.6)	72.5	(2.23)	17.4	(0.59)	--	--

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (continued)

<i>Nutrient per 1000 kcal</i>																
Males/Females and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																
2 - 5.....	0.30	(0.011)	0.20	(0.007)	0.18	(0.020)	0.30	(0.017)	0.41	(0.023)	1.21	(0.034)	7.16	(0.144)	3.05	(0.065)
6 - 11.....	0.25	(0.012)	0.17	(0.008)	0.15	(0.007)	0.27	(0.010)	0.49	(0.050)	1.17	(0.037)	7.28	(0.213)	3.15	(0.092)
12 - 19.....	0.26	(0.011)	0.17	(0.007)	0.15	(0.005)	0.27	(0.010)	0.48	(0.026)	1.20	(0.036)	7.33	(0.090)	3.16	(0.061)
20 - 29.....	0.23	(0.011)	0.15	(0.008)	0.12	(0.005)	0.25	(0.011)	0.38	(0.025)	1.11	(0.036)	7.05	(0.160)	3.03	(0.059)
30 - 39.....	0.24	(0.013)	0.15	(0.008)	0.12	(0.006)	0.24	(0.011)	0.37	(0.024)	1.09	(0.043)	7.12	(0.188)	3.17	(0.094)
40 - 49.....	0.22	(0.016)	0.14	(0.011)	0.13	(0.012)	0.24	(0.015)	0.44	(0.066)	1.03	(0.054)	6.81	(0.220)	2.95	(0.114)
50 - 59.....	0.23	(0.015)	0.15	(0.008)	0.13	(0.010)	0.25	(0.015)	0.44	(0.046)	1.09	(0.053)	6.93	(0.200)	3.09	(0.090)
60 - 69.....	0.22	(0.012)	0.14	(0.006)	0.12	(0.008)	0.23	(0.010)	0.42	(0.036)	1.04	(0.042)	6.91	(0.127)	3.07	(0.075)
70 and over.....	0.26	(0.016)	0.17	(0.009)	0.16	(0.016)	0.29	(0.014)	0.61	(0.113)	1.19	(0.048)	7.17	(0.147)	3.21	(0.082)
2 - 19.....	0.27	(0.006)	0.18	(0.004)	0.15	(0.006)	0.28	(0.007)	0.47	(0.025)	1.19	(0.027)	7.28	(0.085)	3.13	(0.056)
20 and over...	0.23	(0.007)	0.15	(0.004)	0.13	(0.004)	0.25	(0.007)	0.44	(0.023)	1.09	(0.021)	7.00	(0.082)	3.08	(0.041)
2 and over...	0.24	(0.006)	0.16	(0.004)	0.14	(0.004)	0.26	(0.006)	0.44	(0.019)	1.12	(0.020)	7.07	(0.061)	3.10	(0.037)
Females:																
2 - 5.....	0.34	(0.016)	0.23	(0.008)	0.20	(0.010)	0.34	(0.011)	0.50	(0.029)	1.35	(0.041)	7.23	(0.119)	3.11	(0.077)
6 - 11.....	0.29	(0.015)	0.20	(0.009)	0.16	(0.007)	0.30	(0.014)	0.49	(0.031)	1.26	(0.045)	7.41	(0.135)	3.19	(0.055)
12 - 19.....	0.26	(0.013)	0.17	(0.008)	0.14	(0.008)	0.28	(0.013)	0.48	(0.061)	1.16	(0.045)	7.14	(0.138)	3.08	(0.078)
20 - 29.....	0.24	(0.012)	0.15	(0.005)	0.14	(0.005)	0.25	(0.008)	0.45	(0.026)	1.04	(0.035)	6.88	(0.133)	2.91	(0.080)
30 - 39.....	0.24	(0.013)	0.16	(0.009)	0.14	(0.009)	0.26	(0.017)	0.49	(0.037)	1.08	(0.051)	6.83	(0.138)	2.98	(0.067)
40 - 49.....	0.22	(0.007)	0.15	(0.004)	0.14	(0.009)	0.25	(0.008)	0.50	(0.055)	1.07	(0.036)	6.89	(0.153)	3.02	(0.085)
50 - 59.....	0.27	(0.015)	0.17	(0.010)	0.14	(0.008)	0.28	(0.015)	0.44	(0.031)	1.11	(0.045)	6.99	(0.211)	2.97	(0.083)
60 - 69.....	0.27	(0.014)	0.17	(0.009)	0.17	(0.016)	0.30	(0.018)	0.65	(0.093)	1.19	(0.046)	7.09	(0.161)	3.18	(0.087)
70 and over.....	0.28	(0.020)	0.18	(0.012)	0.15	(0.007)	0.29	(0.016)	0.50	(0.045)	1.15	(0.052)	7.04	(0.145)	3.09	(0.070)
2 - 19.....	0.29	(0.010)	0.19	(0.006)	0.16	(0.004)	0.30	(0.009)	0.49	(0.029)	1.23	(0.032)	7.24	(0.082)	3.12	(0.043)
20 and over...	0.25	(0.006)	0.16	(0.003)	0.15	(0.003)	0.27	(0.005)	0.50	(0.018)	1.10	(0.019)	6.95	(0.085)	3.02	(0.050)
2 and over...	0.26	(0.007)	0.17	(0.003)	0.15	(0.003)	0.28	(0.005)	0.50	(0.017)	1.13	(0.018)	7.02	(0.066)	3.04	(0.041)
Males and females:																
2 - 19.....	0.28	(0.007)	0.19	(0.005)	0.16	(0.004)	0.29	(0.007)	0.48	(0.020)	1.21	(0.027)	7.26	(0.071)	3.13	(0.045)
20 and over...	0.24	(0.006)	0.16	(0.003)	0.14	(0.003)	0.26	(0.005)	0.47	(0.016)	1.10	(0.017)	6.97	(0.067)	3.05	(0.041)
2 and over...	0.25	(0.006)	0.16	(0.003)	0.14	(0.003)	0.27	(0.005)	0.47	(0.015)	1.12	(0.017)	7.04	(0.052)	3.07	(0.036)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (continued)

<i>Nutrient per 1000 kcal</i>														
Males/Females and age	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:														
2 - 5.....	0.47	(0.021)	11.89	(0.252)	0.13	(0.004)	0.01	(0.001)	7.31	(0.195)	0.71	(0.021)	#	
6 - 11.....	0.50	(0.020)	11.98	(0.267)	0.14	(0.005)	0.01	(0.001)	7.61	(0.200)	0.69	(0.016)	#	
12 - 19.....	0.54	(0.011)	12.14	(0.142)	0.15	(0.010)	0.01	(0.002)	7.44	(0.112)	0.71	(0.018)	0.01	(0.001)
20 - 29.....	0.60	(0.027)	12.47	(0.313)	0.15	(0.008)	0.01	(0.001)	7.29	(0.167)	0.73	(0.023)	0.01	(#)
30 - 39.....	0.59	(0.022)	12.55	(0.345)	0.15	(0.015)	0.01	(0.002)	7.73	(0.274)	0.83	(0.038)	0.01*	(0.003)
40 - 49.....	0.57	(0.024)	12.78	(0.327)	0.15	(0.007)	0.02	(0.004)	7.84	(0.233)	0.78	(0.034)	#	
50 - 59.....	0.57	(0.024)	12.74	(0.305)	0.15	(0.005)	0.02	(0.004)	7.79	(0.284)	0.84	(0.043)	#	
60 - 69.....	0.55	(0.017)	13.26	(0.334)	0.15	(0.006)	0.03	(0.005)	8.13	(0.358)	0.87	(0.060)	0.01	(0.001)
70 and over.....	0.55	(0.022)	13.51	(0.362)	0.15	(0.006)	0.02	(0.006)	8.13	(0.294)	0.90	(0.042)	#	
2 - 19.....	0.51	(0.011)	12.03	(0.139)	0.14	(0.005)	0.01	(0.001)	7.47	(0.088)	0.70	(0.010)	#	
20 and over...	0.57	(0.009)	12.83	(0.120)	0.15	(0.003)	0.02	(0.002)	7.77	(0.106)	0.82	(0.016)	0.01	(0.001)
2 and over...	0.56	(0.006)	12.63	(0.106)	0.15	(0.002)	0.02	(0.001)	7.70	(0.079)	0.79	(0.013)	0.01	(#)
Females:														
2 - 5.....	0.48	(0.021)	11.93	(0.304)	0.12	(0.006)	0.01	(0.001)	6.99	(0.237)	0.70	(0.030)	#	
6 - 11.....	0.51	(0.012)	12.15	(0.220)	0.13	(0.004)	0.01	(0.001)	7.51	(0.159)	0.73	(0.017)	#	
12 - 19.....	0.49	(0.012)	12.32	(0.195)	0.14	(0.005)	0.01	(0.001)	8.04	(0.184)	0.76	(0.024)	#	
20 - 29.....	0.52	(0.014)	12.88	(0.239)	0.14	(0.008)	0.01	(0.001)	8.51	(0.214)	0.91	(0.041)	0.01	(0.001)
30 - 39.....	0.51	(0.014)	12.64	(0.257)	0.15	(0.007)	0.01	(0.001)	8.13	(0.274)	0.84	(0.036)	#	
40 - 49.....	0.55	(0.015)	13.11	(0.360)	0.15	(0.007)	0.01	(0.001)	8.41	(0.279)	0.88	(0.042)	0.01*	(0.002)
50 - 59.....	0.54	(0.038)	13.56	(0.848)	0.15	(0.014)	0.01	(0.002)	8.39	(0.332)	0.90	(0.041)	#	
60 - 69.....	0.54	(0.023)	12.95	(0.331)	0.15	(0.009)	0.02	(0.005)	8.22	(0.315)	1.02	(0.054)	0.01*	(0.003)
70 and over.....	0.50	(0.014)	12.84	(0.205)	0.15	(0.010)	0.02*	(0.005)	8.02	(0.238)	0.93	(0.061)	0.01*	(0.002)
2 - 19.....	0.50	(0.007)	12.18	(0.113)	0.13	(0.003)	0.01	(0.001)	7.63	(0.089)	0.74	(0.015)	#	
20 and over...	0.53	(0.009)	13.02	(0.243)	0.15	(0.005)	0.01	(0.001)	8.29	(0.144)	0.91	(0.018)	0.01	(0.001)
2 and over...	0.52	(0.007)	12.82	(0.185)	0.14	(0.004)	0.01	(0.001)	8.14	(0.122)	0.87	(0.016)	0.01	(#)
Males and females:														
2 - 19.....	0.50	(0.008)	12.11	(0.114)	0.14	(0.003)	0.01	(0.001)	7.55	(0.062)	0.72	(0.009)	#	
20 and over...	0.55	(0.007)	12.93	(0.127)	0.15	(0.003)	0.02	(0.001)	8.04	(0.102)	0.86	(0.014)	0.01	(#)
2 and over...	0.54	(0.005)	12.73	(0.100)	0.15	(0.002)	0.01	(0.001)	7.92	(0.081)	0.83	(0.012)	0.01	(#)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2015-2016 (continued)

<i>— Nutrient per 1000 kcal —</i>								
Males/Females and age	PFA		PFA		PFA		PFA	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:								
2 - 5.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.003)
20 - 29.....	0.08	(0.005)	0.01	(0.001)	0.01	(0.001)	0.03	(0.005)
30 - 39.....	0.08	(0.006)	0.02*	(0.006)	0.01	(0.002)	0.03*	(0.012)
40 - 49.....	0.07	(0.003)	0.02	(0.003)	0.01	(0.001)	0.03	(0.004)
50 - 59.....	0.08	(0.005)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
60 - 69.....	0.08	(0.007)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
70 and over.....	0.07	(0.007)	0.01	(0.004)	0.01	(0.001)	0.03	(0.006)
2 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
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)
Females:								
2 - 5.....	0.06	(0.004)	#		0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.004)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
20 - 29.....	0.08	(0.004)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
30 - 39.....	0.08	(0.005)	0.02	(0.003)	0.01	(0.002)	0.03	(0.007)
40 - 49.....	0.08	(0.007)	0.01	(0.003)	0.01	(0.001)	0.04	(0.006)
50 - 59.....	0.08	(0.005)	0.01	(0.002)	0.01	(0.002)	0.03	(0.004)
60 - 69.....	0.07	(0.005)	0.02	(0.004)	0.01	(0.002)	0.04	(0.007)
70 and over.....	0.07	(0.003)	0.02	(0.004)	0.01	(0.002)	0.04	(0.008)
2 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
Males and females:								
2 - 19.....	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.08	(0.002)	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)

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 Sample size and mean energy includes individuals (n = 1) 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 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.

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