

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5.....	336	1545	(27.4)	54.7	(1.62)	205	(3.4)	96	(2.2)	12.1	(0.45)	58.6	(1.48)	20.6	(0.46)	20.0	(0.66)	12.9	(0.49)
6 - 11.....	517	1973	(31.2)	69.2	(1.85)	258	(6.6)	117	(3.7)	14.7	(0.54)	76.3	(1.77)	27.0	(0.86)	25.7	(0.68)	16.7	(0.40)
12 - 19.....	609	2247	(69.7)	84.5	(3.24)	282	(8.9)	124	(5.0)	16.0	(0.56)	88.5	(3.00)	31.0	(1.18)	30.1	(1.14)	19.1	(0.54)
20 - 29.....	392	2570	(71.3)	107.3	(5.40)	293	(9.6)	121	(5.4)	18.9	(0.97)	100.0	(3.86)	33.4	(1.41)	35.2	(1.47)	21.8	(0.89)
30 - 39.....	418	2687	(73.8)	104.4	(4.02)	307	(6.2)	130	(5.2)	19.4	(0.66)	104.8	(4.86)	35.4	(1.92)	36.5	(1.80)	23.2	(1.02)
40 - 49.....	370	2519	(53.4)	98.1	(3.37)	283	(8.8)	120	(6.7)	19.2	(1.21)	98.6	(2.67)	31.7	(1.20)	35.1	(0.90)	22.5	(0.71)
50 - 59.....	397	2487	(72.1)	97.5	(3.87)	284	(10.7)	125	(8.6)	18.8	(0.88)	98.3	(3.78)	32.1	(1.30)	34.8	(1.44)	22.5	(1.10)
60 - 69.....	420	2166	(56.7)	87.0	(2.52)	253	(9.8)	106	(5.5)	19.5	(1.31)	86.5	(2.62)	27.6	(0.81)	31.0	(1.04)	20.2	(1.03)
70 and over.....	418	2014	(51.0)	76.0	(2.45)	232	(7.4)	99	(4.8)	17.6	(0.74)	83.9	(2.94)	27.9	(0.94)	29.6	(1.12)	19.1	(1.04)
2 - 19.....	1462	2009	(37.0)	73.1	(1.79)	258	(4.3)	116	(2.5)	14.8	(0.34)	78.2	(1.92)	27.5	(0.80)	26.5	(0.73)	17.0	(0.32)
20 and over...	2415	2439	(27.5)	96.6	(1.85)	279	(3.1)	118	(2.8)	18.9	(0.43)	96.3	(1.71)	31.7	(0.69)	34.0	(0.60)	21.7	(0.44)
2 and over...	3877	2332	(27.6)	90.7	(1.67)	274	(2.8)	118	(2.4)	17.9	(0.40)	91.8	(1.68)	30.7	(0.65)	32.2	(0.60)	20.5	(0.39)
Females:																			
2 - 5.....	329	1395	(35.6)	51.2	(0.98)	183	(6.2)	88	(3.8)	11.0	(0.37)	53.3	(1.29)	19.2	(0.42)	18.1	(0.50)	11.2	(0.46)
6 - 11.....	523	1834	(37.2)	64.5	(1.85)	237	(5.5)	105	(3.9)	14.0	(0.47)	72.3	(1.64)	25.9	(0.79)	24.3	(0.70)	15.6	(0.40)
12 - 19.....	587	1813	(44.7)	63.4	(1.88)	233	(5.3)	104	(3.7)	13.9	(0.25)	72.1	(2.21)	24.8	(1.00)	24.3	(0.69)	16.5	(0.55)
20 - 29.....	442	1917	(33.2)	72.6	(2.20)	231	(5.0)	101	(3.6)	15.3	(0.66)	76.7	(1.57)	24.5	(0.62)	26.6	(0.63)	18.6	(0.54)
30 - 39.....	435	1869	(53.3)	74.1	(2.39)	215	(8.9)	91	(4.2)	17.0	(1.07)	74.0	(2.16)	24.0	(0.82)	25.7	(0.78)	17.6	(0.76)
40 - 49.....	460	1845	(40.0)	72.7	(2.39)	218	(6.0)	97	(4.5)	15.2	(0.69)	73.7	(2.41)	23.7	(0.90)	26.0	(0.95)	17.5	(0.63)
50 - 59.....	419	1807	(32.1)	69.6	(1.74)	207	(6.7)	93	(3.6)	16.2	(0.81)	75.1	(3.23)	23.7	(0.83)	26.8	(1.79)	17.9	(0.85)
60 - 69.....	432	1686	(39.0)	65.0	(2.12)	200	(6.0)	91	(4.4)	15.7	(0.56)	70.4	(2.16)	23.8	(0.70)	24.3	(0.83)	16.1	(0.76)
70 and over.....	414	1598	(55.2)	60.7	(2.33)	196	(6.9)	87	(3.7)	14.9	(0.61)	64.3	(2.54)	21.3	(0.92)	22.3	(0.93)	14.9	(0.70)
2 - 19.....	1439	1725	(21.3)	61.0	(0.86)	223	(2.7)	101	(2.1)	13.3	(0.21)	67.9	(1.10)	23.9	(0.55)	22.9	(0.39)	15.0	(0.25)
20 and over...	2602	1795	(16.7)	69.4	(0.81)	212	(3.4)	94	(1.9)	15.7	(0.44)	72.7	(1.12)	23.6	(0.38)	25.4	(0.52)	17.2	(0.35)
2 and over...	4041	1779	(12.1)	67.5	(0.71)	214	(2.6)	95	(1.7)	15.2	(0.36)	71.6	(0.79)	23.6	(0.26)	24.8	(0.38)	16.7	(0.29)
Males and females:																			
2 - 19.....	2901	1868	(25.2)	67.1	(1.14)	241	(3.0)	108	(2.1)	14.0	(0.22)	73.1	(1.29)	25.7	(0.57)	24.7	(0.48)	16.0	(0.22)
20 and over...	5017	2105	(20.6)	82.5	(1.20)	244	(2.4)	106	(1.6)	17.3	(0.39)	84.1	(1.12)	27.5	(0.47)	29.6	(0.39)	19.4	(0.30)
2 and over...	7918	2048	(18.3)	78.8	(1.09)	243	(1.9)	106	(1.5)	16.5	(0.35)	81.4	(1.03)	27.1	(0.42)	28.4	(0.37)	18.6	(0.26)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5.....	188	(14.1)	443	(19.6)	556	(28.8)	271*	(83.2)	1182	(231.0)	82	(10.1)	3689	(351.2)	780	(75.6)	1.29	(0.031)
6 - 11.....	228	(11.4)	503	(24.4)	638	(34.2)	365	(72.9)	1409	(203.0)	62	(6.8)	4354	(510.4)	793	(94.1)	1.59	(0.046)
12 - 19.....	276	(12.4)	532	(36.8)	653	(38.9)	252	(32.3)	1300	(112.9)	64	(5.1)	5607	(444.7)	901	(46.3)	1.83	(0.069)
20 - 29.....	377	(21.7)	523	(43.2)	677	(43.4)	291	(64.9)	1673	(186.9)	77	(11.2)	5850	(686.5)	1564	(121.5)	1.91	(0.060)
30 - 39.....	383	(24.2)	493	(28.7)	640	(29.5)	259	(33.2)	1610	(88.8)	77	(7.0)	6472	(599.4)	1441	(160.0)	1.93	(0.046)
40 - 49.....	359	(15.8)	478	(47.7)	693	(62.2)	540	(134.7)	2271	(327.1)	87	(13.0)	5952	(1145.4)	1528	(118.0)	1.81	(0.072)
50 - 59.....	353	(29.9)	445	(42.0)	661	(69.6)	489	(102.5)	2313	(486.6)	89	(11.7)	6533	(711.9)	1266	(107.5)	1.79	(0.072)
60 - 69.....	306	(16.7)	386	(17.6)	618	(34.2)	499	(81.5)	2503	(319.1)	91	(11.3)	4809	(588.5)	1557	(159.5)	1.79	(0.104)
70 and over.....	275	(15.3)	501	(26.7)	689	(36.7)	333	(39.2)	2034	(194.7)	109	(16.3)	5761	(551.1)	1600	(218.8)	1.73	(0.081)
2 - 19.....	242	(7.6)	504	(19.6)	628	(23.1)	295	(29.9)	1314	(106.8)	67	(4.9)	4780	(337.9)	839	(46.8)	1.64	(0.031)
20 and over...	348	(11.1)	474	(17.3)	663	(19.2)	397	(35.4)	2042	(124.3)	87	(5.7)	5952	(298.0)	1483	(72.4)	1.83	(0.023)
2 and over...	321	(8.6)	481	(14.2)	654	(16.0)	372	(30.3)	1860	(109.3)	82	(4.7)	5659	(262.2)	1322	(61.1)	1.78	(0.021)
Females:																		
2 - 5.....	177	(9.5)	417	(23.4)	530	(23.1)	291*	(102.1)	1188	(237.3)	61	(5.4)	2924	(409.4)	661	(61.5)	1.14	(0.046)
6 - 11.....	222	(14.2)	479	(18.3)	605	(26.7)	309	(68.0)	1316	(217.4)	84	(10.6)	4253	(546.8)	776	(39.5)	1.50	(0.045)
12 - 19.....	214	(11.2)	405	(25.5)	506	(29.6)	205	(40.4)	1086	(128.9)	55	(4.1)	3768	(247.8)	920	(136.4)	1.46	(0.052)
20 - 29.....	283	(13.1)	380	(19.0)	565	(28.3)	398	(90.7)	1990	(257.8)	67	(8.8)	4444	(656.5)	1635	(202.1)	1.39	(0.037)
30 - 39.....	267	(14.7)	384	(23.7)	681	(93.3)	711*	(350.6)	3172	(827.5)	85	(12.7)	4254	(552.6)	1819	(256.4)	1.43	(0.073)
40 - 49.....	263	(13.1)	377	(30.1)	564	(37.7)	332	(61.7)	2043	(214.3)	83	(11.7)	3846	(358.5)	1665	(158.7)	1.35	(0.045)
50 - 59.....	256	(13.4)	398	(22.6)	612	(39.1)	403	(87.9)	2309	(251.8)	120	(26.9)	5442	(833.5)	1872	(268.3)	1.37	(0.035)
60 - 69.....	240	(14.7)	346	(17.5)	566	(36.3)	416	(96.4)	2396	(285.2)	77	(9.1)	3310	(373.7)	1605	(141.3)	1.27	(0.032)
70 and over.....	219	(9.6)	358	(15.0)	599	(26.5)	389	(56.1)	2642	(277.6)	114	(19.3)	4101	(296.0)	1593	(372.3)	1.23	(0.047)
2 - 19.....	208	(6.4)	432	(13.7)	543	(19.3)	258	(41.8)	1182	(136.5)	65	(3.5)	3731	(277.4)	815	(59.6)	1.40	(0.030)
20 and over...	256	(4.8)	376	(9.6)	598	(20.0)	440	(68.5)	2410	(164.8)	91	(7.2)	4294	(295.7)	1706	(120.7)	1.35	(0.020)
2 and over...	245	(4.8)	389	(9.1)	585	(16.5)	398	(54.9)	2125	(142.5)	85	(5.7)	4164	(261.6)	1500	(103.0)	1.36	(0.017)
Males and females:																		
2 - 19.....	225	(5.4)	468	(15.8)	586	(18.6)	277	(25.9)	1249	(95.1)	66	(3.2)	4261	(230.4)	827	(40.2)	1.52	(0.025)
20 and over...	300	(6.3)	423	(10.6)	629	(13.0)	420	(41.2)	2233	(110.0)	89	(5.8)	5092	(233.4)	1599	(83.4)	1.58	(0.020)
2 and over...	282	(5.2)	434	(9.5)	619	(11.1)	385	(33.5)	1996	(98.7)	84	(4.8)	4892	(215.4)	1413	(73.2)	1.57	(0.018)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Males:																		
2 - 5.....	1.74	(0.043)	17.0	(0.59)	1.44	(0.040)	186	(10.1)	133	(5.8)	448	(15.7)	221	(11.7)	3.94	(0.173)	0.91	(0.113)
6 - 11.....	2.00	(0.069)	21.4	(0.58)	1.68	(0.067)	203	(6.5)	157	(5.6)	501	(14.3)	252	(8.8)	4.54	(0.235)	1.13	(0.136)
12 - 19.....	2.26	(0.099)	27.8	(0.89)	2.11	(0.086)	243	(11.3)	186	(5.7)	599	(23.1)	303	(14.5)	5.94	(0.299)	1.61	(0.187)
20 - 29.....	2.60	(0.130)	36.3	(1.01)	2.98	(0.194)	222	(16.9)	249	(11.6)	627	(29.7)	406	(18.2)	6.36	(0.298)	1.85	(0.280)
30 - 39.....	2.64	(0.090)	35.2	(1.38)	2.83	(0.113)	214	(20.2)	264	(11.0)	628	(35.0)	419	(15.5)	6.77	(0.534)	1.81	(0.341)
40 - 49.....	2.50	(0.117)	32.0	(1.61)	2.49	(0.137)	201	(19.7)	258	(9.0)	598	(40.0)	406	(11.8)	6.19	(0.423)	1.33	(0.223)
50 - 59.....	2.62	(0.130)	29.8	(1.53)	2.41	(0.158)	171	(10.3)	250	(9.3)	541	(22.2)	421	(27.6)	6.23	(0.997)	1.06*	(0.332)
60 - 69.....	2.36	(0.090)	27.6	(1.37)	2.14	(0.103)	171	(15.6)	245	(17.6)	536	(33.4)	367	(13.8)	4.65	(0.265)	0.89	(0.207)
70 and over.....	2.27	(0.083)	24.2	(0.92)	2.03	(0.096)	215	(18.8)	211	(6.7)	577	(32.5)	324	(12.0)	5.02	(0.319)	1.22	(0.241)
2 - 19.....	2.06	(0.051)	23.4	(0.53)	1.82	(0.050)	217	(5.7)	165	(3.7)	534	(11.8)	269	(7.9)	5.04	(0.171)	1.30	(0.105)
20 and over...	2.52	(0.049)	31.4	(0.76)	2.53	(0.081)	200	(7.0)	248	(4.2)	587	(13.1)	395	(8.0)	5.97	(0.213)	1.39	(0.132)
2 and over...	2.40	(0.045)	29.4	(0.65)	2.35	(0.065)	204	(5.4)	227	(3.6)	574	(10.4)	364	(6.7)	5.74	(0.173)	1.37	(0.104)
Females:																		
2 - 5.....	1.61	(0.072)	15.2	(0.62)	1.32	(0.063)	147	(12.7)	123	(4.0)	372	(23.3)	203	(9.2)	3.69	(0.212)	0.91	(0.131)
6 - 11.....	1.87	(0.065)	19.9	(0.60)	1.56	(0.056)	205	(10.2)	148	(5.1)	497	(17.8)	242	(12.2)	4.29	(0.167)	1.00	(0.096)
12 - 19.....	1.70	(0.069)	20.9	(0.63)	1.63	(0.055)	198	(13.0)	152	(4.8)	489	(23.3)	232	(8.8)	3.96	(0.174)	1.07	(0.096)
20 - 29.....	1.88	(0.065)	24.2	(0.87)	2.07	(0.114)	171	(7.4)	195	(8.2)	486	(10.4)	297	(11.9)	4.37	(0.259)	1.32	(0.295)
30 - 39.....	1.97	(0.088)	24.1	(0.79)	2.06	(0.114)	149	(10.9)	215	(17.0)	469	(25.0)	303	(12.0)	4.23	(0.242)	1.02	(0.162)
40 - 49.....	1.89	(0.065)	21.8	(0.73)	1.83	(0.106)	157	(11.7)	195	(7.9)	463	(24.1)	292	(8.3)	4.36	(0.247)	0.90	(0.148)
50 - 59.....	1.89	(0.065)	20.8	(0.64)	1.73	(0.072)	145	(8.6)	209	(9.6)	456	(18.6)	290	(11.6)	3.85	(0.204)	0.85	(0.138)
60 - 69.....	1.72	(0.062)	18.2	(0.94)	1.52	(0.091)	113	(9.1)	200	(10.9)	393	(21.0)	280	(9.9)	3.84	(0.282)	0.49	(0.127)
70 and over.....	1.66	(0.055)	17.9	(0.81)	1.47	(0.065)	135	(10.1)	170	(6.3)	400	(16.0)	251	(9.1)	3.56	(0.215)	0.68	(0.100)
2 - 19.....	1.73	(0.037)	19.3	(0.38)	1.54	(0.032)	189	(7.6)	144	(3.2)	465	(13.2)	228	(5.5)	4.00	(0.098)	1.01	(0.051)
20 and over...	1.84	(0.039)	21.3	(0.36)	1.79	(0.046)	147	(4.0)	198	(6.0)	447	(10.6)	287	(4.1)	4.05	(0.087)	0.89	(0.082)
2 and over...	1.82	(0.034)	20.9	(0.28)	1.73	(0.033)	156	(3.6)	186	(5.2)	451	(8.4)	273	(4.2)	4.04	(0.063)	0.92	(0.062)
Males and females:																		
2 - 19.....	1.90	(0.042)	21.4	(0.40)	1.68	(0.038)	203	(5.6)	155	(2.3)	500	(10.1)	249	(5.6)	4.53	(0.125)	1.16	(0.069)
20 and over...	2.17	(0.040)	26.2	(0.53)	2.15	(0.051)	172	(4.2)	222	(4.4)	514	(10.0)	339	(4.6)	4.97	(0.123)	1.13	(0.088)
2 and over...	2.10	(0.037)	25.0	(0.43)	2.03	(0.040)	180	(3.6)	206	(4.1)	511	(8.3)	317	(4.2)	4.86	(0.105)	1.14	(0.068)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males:																
2 - 5.....	79.1	(5.60)	6.0	(0.31)	6.4	(0.32)	0.8	(0.24)	55.4	(2.84)	959	(29.7)	1100	(32.3)	203	(6.7)
6 - 11.....	67.2	(6.90)	5.6	(0.34)	7.3	(0.16)	0.5	(0.09)	62.9	(4.13)	1040	(42.5)	1308	(40.9)	239	(5.5)
12 - 19.....	67.9	(3.77)	5.7	(0.44)	8.5	(0.39)	0.8*	(0.26)	78.6	(3.63)	1128	(54.2)	1471	(56.9)	276	(12.7)
20 - 29.....	91.9	(6.09)	5.2	(0.41)	10.6	(0.67)	1.3	(0.35)	115.8	(7.28)	1150	(58.0)	1719	(71.8)	360	(15.7)
30 - 39.....	89.1	(6.05)	5.6	(1.01)	10.0	(0.31)	0.9*	(0.35)	121.3	(9.38)	1151	(41.4)	1721	(58.8)	352	(9.4)
40 - 49.....	80.1	(8.77)	5.1	(0.35)	11.3	(0.80)	1.7*	(0.52)	121.5	(7.46)	1067	(51.7)	1629	(46.6)	348	(14.0)
50 - 59.....	72.9	(3.00)	5.1	(0.57)	9.8	(0.55)	0.7*	(0.22)	110.9	(9.45)	1068	(58.6)	1622	(60.9)	354	(12.7)
60 - 69.....	89.8	(7.57)	4.3	(0.35)	9.2	(0.48)	0.6*	(0.27)	121.0	(12.49)	920	(51.2)	1427	(49.3)	343	(18.9)
70 and over.....	91.3	(7.13)	5.4	(0.36)	8.9	(0.55)	1.1*	(0.36)	121.5	(12.97)	935	(38.0)	1334	(40.0)	294	(10.5)
2 - 19.....	69.9	(4.16)	5.8	(0.27)	7.7	(0.19)	0.7	(0.12)	68.4	(2.44)	1063	(34.5)	1339	(33.9)	248	(6.0)
20 and over...	85.5	(2.91)	5.1	(0.21)	10.0	(0.28)	1.0	(0.17)	118.2	(4.37)	1062	(21.3)	1596	(25.7)	345	(6.7)
2 and over...	81.6	(2.74)	5.3	(0.18)	9.4	(0.26)	1.0	(0.15)	105.8	(3.95)	1062	(19.9)	1532	(25.0)	320	(6.4)
Females:																
2 - 5.....	65.8	(7.07)	5.5	(0.36)	5.3	(0.20)	0.5	(0.13)	48.2	(4.33)	863	(31.4)	1001	(27.4)	183	(3.8)
6 - 11.....	64.4	(2.78)	5.4	(0.31)	7.1	(0.29)	0.5*	(0.18)	62.8	(2.71)	965	(31.4)	1206	(34.0)	223	(7.5)
12 - 19.....	63.5	(4.26)	4.2	(0.29)	7.2	(0.29)	0.4	(0.13)	73.9	(6.94)	857	(46.7)	1147	(42.1)	224	(5.4)
20 - 29.....	74.2	(5.40)	4.1	(0.39)	8.8	(0.42)	1.2	(0.24)	122.7	(14.69)	870	(28.3)	1214	(30.5)	266	(7.9)
30 - 39.....	78.0	(7.47)	4.5	(0.40)	8.9	(0.33)	1.1	(0.22)	131.4	(15.80)	891	(40.1)	1278	(46.4)	297	(11.9)
40 - 49.....	68.3	(4.35)	4.5	(0.51)	8.7	(0.51)	1.3	(0.30)	114.6	(7.13)	868	(37.7)	1236	(36.0)	280	(10.1)
50 - 59.....	81.6	(5.86)	4.1	(0.41)	9.4	(1.03)	1.0	(0.23)	136.7	(14.82)	880	(32.8)	1214	(29.6)	285	(12.7)
60 - 69.....	66.5	(6.11)	4.1	(0.39)	7.3	(0.55)	0.6*	(0.23)	122.1	(9.16)	771	(29.6)	1106	(35.6)	255	(6.6)
70 and over.....	74.3	(5.24)	4.2	(0.38)	7.5	(0.45)	0.8	(0.17)	109.5	(17.11)	761	(29.5)	1053	(39.9)	238	(7.0)
2 - 19.....	64.3	(2.75)	4.9	(0.20)	6.7	(0.11)	0.5	(0.06)	64.5	(3.53)	893	(27.5)	1133	(20.8)	214	(3.2)
20 and over...	74.2	(3.53)	4.3	(0.15)	8.5	(0.34)	1.0	(0.12)	123.5	(7.09)	845	(18.6)	1189	(17.9)	272	(5.1)
2 and over...	71.9	(2.97)	4.4	(0.14)	8.1	(0.27)	0.9	(0.10)	109.8	(6.09)	856	(18.4)	1176	(16.0)	258	(4.6)
Males and females:																
2 - 19.....	67.1	(3.15)	5.3	(0.22)	7.2	(0.10)	0.6	(0.07)	66.5	(2.33)	979	(28.5)	1237	(24.6)	231	(3.8)
20 and over...	79.6	(2.56)	4.7	(0.15)	9.2	(0.26)	1.0	(0.12)	120.9	(4.68)	949	(19.0)	1385	(21.2)	307	(5.3)
2 and over...	76.6	(2.41)	4.8	(0.15)	8.8	(0.23)	0.9	(0.10)	107.8	(4.23)	956	(19.1)	1349	(20.4)	289	(5.0)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5.....	11.5	(0.33)	8.4	(0.27)	0.8	(0.03)	78.8	(3.11)	1950	(45.7)	2347	(67.0)	7.1	(0.92)	32.7	(4.62)	--	--
6 - 11.....	14.3	(0.40)	10.1	(0.30)	0.9	(0.03)	100.7	(3.28)	2156	(49.2)	3153	(51.0)	16.1	(1.89)	55.9	(5.71)	--	--
12 - 19.....	16.7	(0.71)	12.6	(0.59)	1.1	(0.05)	122.8	(4.98)	2408	(84.7)	3783	(113.2)	50.0	(9.95)	54.6	(8.16)	--	--
20 - 29.....	16.9	(0.67)	13.9	(0.55)	1.4	(0.07)	155.1	(9.13)	2885	(96.2)	4421	(140.6)	122.0	(13.84)	28.7	(3.57)	--	--
30 - 39.....	16.6	(0.56)	14.1	(0.57)	1.4	(0.02)	147.2	(4.10)	3077	(109.3)	4583	(168.7)	165.6	(15.14)	35.0	(4.63)	--	--
40 - 49.....	16.4	(1.01)	13.5	(0.84)	1.4	(0.08)	135.0	(4.34)	2930	(98.6)	4090	(103.1)	204.5	(16.00)	32.3	(5.61)	--	--
50 - 59.....	15.2	(0.84)	13.3	(0.63)	1.4	(0.07)	135.7	(7.84)	3136	(97.4)	4202	(153.7)	284.2	(18.67)	33.1	(4.56)	--	--
60 - 69.....	15.0	(1.01)	11.9	(0.43)	1.3	(0.06)	120.1	(4.52)	2948	(86.5)	3627	(107.6)	285.9	(37.99)	31.3	(4.14)	--	--
70 and over.....	16.2	(0.97)	11.7	(0.57)	1.2	(0.05)	107.9	(5.13)	2758	(76.1)	3351	(122.4)	185.5	(11.09)	30.9	(3.63)	--	--
2 - 19.....	14.8	(0.33)	10.9	(0.32)	1.0	(0.02)	106.1	(2.85)	2227	(42.5)	3272	(59.6)	29.4	(5.04)	50.6	(5.46)	--	--
20 and over...	16.1	(0.26)	13.2	(0.23)	1.4	(0.03)	135.9	(3.29)	2967	(38.4)	4107	(64.1)	205.1	(9.18)	31.9	(1.47)	14.1	(0.89)
2 and over...	15.8	(0.24)	12.6	(0.24)	1.3	(0.02)	128.4	(2.85)	2782	(39.2)	3899	(56.6)	161.2	(7.65)	36.5	(1.89)	--	--
Females:																		
2 - 5.....	10.2	(0.66)	7.3	(0.24)	0.7	(0.02)	70.7	(0.94)	1790	(53.8)	2089	(59.8)	5.3	(0.99)	27.9	(3.71)	--	--
6 - 11.....	13.8	(0.56)	9.8	(0.35)	0.9	(0.03)	94.1	(2.99)	2024	(66.0)	2936	(55.8)	11.5	(1.34)	53.8	(5.98)	--	--
12 - 19.....	13.2	(0.51)	9.1	(0.34)	0.9	(0.02)	91.9	(2.33)	1962	(49.0)	2946	(80.8)	39.7	(3.96)	49.3	(5.07)	--	--
20 - 29.....	12.4	(0.29)	9.7	(0.22)	1.1	(0.04)	104.7	(3.56)	2256	(68.1)	3189	(83.8)	97.4	(6.80)	33.2	(2.81)	--	--
30 - 39.....	12.6	(0.57)	9.9	(0.43)	1.2	(0.06)	104.0	(4.82)	2389	(108.8)	3309	(119.0)	135.4	(18.85)	31.1	(4.65)	--	--
40 - 49.....	12.0	(0.50)	9.6	(0.35)	1.2	(0.05)	100.6	(2.71)	2345	(69.5)	3073	(70.7)	155.2	(8.65)	30.9	(3.43)	--	--
50 - 59.....	12.3	(0.32)	9.6	(0.31)	1.1	(0.05)	94.8	(2.60)	2423	(66.1)	2997	(114.5)	171.4	(9.02)	29.2	(2.91)	--	--
60 - 69.....	11.5	(0.50)	9.3	(0.32)	1.1	(0.04)	87.9	(3.54)	2326	(78.2)	2870	(107.9)	150.6	(14.15)	46.5	(7.88)	--	--
70 and over.....	11.5	(0.55)	8.2	(0.41)	1.0	(0.04)	84.5	(2.81)	2171	(68.1)	2517	(88.5)	130.0	(8.47)	30.4	(3.36)	--	--
2 - 19.....	12.7	(0.36)	8.9	(0.18)	0.9	(0.02)	87.8	(1.22)	1943	(25.3)	2748	(45.3)	22.9	(1.64)	45.9	(3.53)	--	--
20 and over...	12.1	(0.17)	9.4	(0.18)	1.1	(0.02)	96.6	(1.09)	2323	(46.1)	3007	(38.5)	140.4	(5.55)	33.2	(1.32)	6.1	(0.57)
2 and over...	12.2	(0.14)	9.3	(0.16)	1.1	(0.02)	94.5	(1.00)	2235	(39.5)	2947	(31.5)	113.1	(4.30)	36.1	(1.56)	--	--
Males and females:																		
2 - 19.....	13.8	(0.30)	9.9	(0.22)	0.9	(0.02)	97.1	(1.48)	2086	(30.2)	3013	(36.4)	26.2	(2.97)	48.3	(3.48)	--	--
20 and over...	14.0	(0.18)	11.2	(0.18)	1.2	(0.02)	115.5	(1.95)	2633	(38.6)	3536	(40.0)	171.5	(6.17)	32.5	(0.88)	9.9	(0.62)
2 and over...	14.0	(0.17)	10.9	(0.18)	1.2	(0.02)	111.0	(1.71)	2502	(35.7)	3410	(33.6)	136.6	(5.03)	36.3	(1.28)	--	--

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender 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)
Males:																
2 - 5.....	0.46	(0.014)	0.30	(0.008)	0.26	(0.020)	0.46	(0.017)	0.63	(0.030)	1.86	(0.057)	11.13	(0.262)	4.73	(0.120)
6 - 11.....	0.52	(0.030)	0.35	(0.019)	0.31	(0.021)	0.56	(0.027)	1.05	(0.141)	2.36	(0.101)	14.60	(0.520)	6.36	(0.232)
12 - 19.....	0.60	(0.034)	0.39	(0.022)	0.34	(0.021)	0.63	(0.033)	1.14	(0.119)	2.75	(0.132)	16.81	(0.590)	7.30	(0.324)
20 - 29.....	0.61	(0.043)	0.39	(0.029)	0.32	(0.019)	0.65	(0.043)	1.06	(0.070)	2.91	(0.163)	18.29	(0.778)	7.87	(0.328)
30 - 39.....	0.66	(0.054)	0.41	(0.032)	0.33	(0.023)	0.66	(0.048)	1.00	(0.070)	3.02	(0.201)	19.42	(1.000)	8.65	(0.444)
40 - 49.....	0.55	(0.044)	0.36	(0.029)	0.31	(0.023)	0.59	(0.039)	1.04	(0.119)	2.61	(0.149)	17.41	(0.596)	7.60	(0.309)
50 - 59.....	0.59	(0.039)	0.38	(0.021)	0.34	(0.021)	0.63	(0.034)	1.16	(0.107)	2.75	(0.138)	17.38	(0.757)	7.81	(0.364)
60 - 69.....	0.49	(0.035)	0.31	(0.019)	0.27	(0.016)	0.51	(0.028)	0.93	(0.068)	2.26	(0.109)	15.05	(0.428)	6.68	(0.218)
70 and over.....	0.56	(0.041)	0.36	(0.024)	0.34	(0.038)	0.61	(0.034)	1.27	(0.263)	2.49	(0.128)	14.69	(0.467)	6.59	(0.263)
2 - 19.....	0.54	(0.019)	0.36	(0.013)	0.31	(0.014)	0.57	(0.020)	1.01	(0.079)	2.43	(0.087)	14.89	(0.403)	6.45	(0.218)
20 and over...	0.58	(0.024)	0.37	(0.015)	0.32	(0.012)	0.61	(0.022)	1.07	(0.053)	2.71	(0.079)	17.26	(0.360)	7.62	(0.161)
2 and over...	0.57	(0.021)	0.37	(0.013)	0.32	(0.012)	0.60	(0.020)	1.06	(0.048)	2.64	(0.073)	16.67	(0.327)	7.33	(0.154)
Females:																
2 - 5.....	0.47	(0.017)	0.32	(0.011)	0.27	(0.018)	0.47	(0.018)	0.72	(0.056)	1.87	(0.064)	10.10	(0.233)	4.35	(0.110)
6 - 11.....	0.54	(0.031)	0.36	(0.018)	0.31	(0.015)	0.56	(0.027)	0.96	(0.069)	2.36	(0.104)	13.91	(0.405)	5.98	(0.163)
12 - 19.....	0.51	(0.030)	0.33	(0.019)	0.28	(0.021)	0.53	(0.032)	0.97	(0.145)	2.21	(0.116)	13.31	(0.515)	5.76	(0.228)
20 - 29.....	0.45	(0.018)	0.29	(0.009)	0.27	(0.011)	0.49	(0.014)	0.90	(0.060)	2.03	(0.060)	13.44	(0.378)	5.71	(0.180)
30 - 39.....	0.46	(0.026)	0.29	(0.017)	0.26	(0.018)	0.50	(0.033)	0.93	(0.072)	2.05	(0.113)	12.94	(0.398)	5.72	(0.215)
40 - 49.....	0.42	(0.019)	0.28	(0.010)	0.26	(0.022)	0.48	(0.023)	0.95	(0.132)	2.04	(0.111)	12.79	(0.432)	5.65	(0.227)
50 - 59.....	0.50	(0.032)	0.31	(0.020)	0.26	(0.018)	0.51	(0.031)	0.85	(0.080)	2.05	(0.090)	12.82	(0.464)	5.45	(0.193)
60 - 69.....	0.47	(0.026)	0.30	(0.017)	0.32	(0.027)	0.53	(0.028)	1.22	(0.164)	2.14	(0.078)	12.44	(0.389)	5.63	(0.201)
70 and over.....	0.46	(0.030)	0.29	(0.016)	0.24	(0.015)	0.47	(0.027)	0.81	(0.097)	1.89	(0.117)	11.41	(0.438)	5.05	(0.228)
2 - 19.....	0.51	(0.020)	0.34	(0.012)	0.29	(0.010)	0.52	(0.018)	0.91	(0.066)	2.18	(0.070)	12.77	(0.267)	5.51	(0.131)
20 and over...	0.46	(0.014)	0.30	(0.007)	0.27	(0.006)	0.50	(0.011)	0.94	(0.034)	2.03	(0.045)	12.68	(0.197)	5.54	(0.110)
2 and over...	0.47	(0.013)	0.30	(0.006)	0.27	(0.005)	0.50	(0.010)	0.93	(0.033)	2.07	(0.038)	12.70	(0.128)	5.54	(0.081)
Males and females:																
2 - 19.....	0.52	(0.018)	0.35	(0.011)	0.30	(0.009)	0.55	(0.017)	0.96	(0.055)	2.31	(0.069)	13.84	(0.280)	5.99	(0.151)
20 and over...	0.52	(0.018)	0.33	(0.010)	0.29	(0.007)	0.55	(0.014)	1.00	(0.031)	2.36	(0.055)	14.89	(0.237)	6.54	(0.124)
2 and over...	0.52	(0.016)	0.34	(0.009)	0.30	(0.006)	0.55	(0.013)	0.99	(0.030)	2.35	(0.052)	14.63	(0.204)	6.41	(0.110)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:														
2 - 5.....	0.73	(0.037)	18.65	(0.621)	0.21	(0.010)	0.02	(0.002)	11.51	(0.440)	1.11	(0.045)	0.01	(0.001)
6 - 11.....	0.98	(0.043)	23.86	(0.623)	0.27	(0.012)	0.02	(0.002)	15.06	(0.383)	1.36	(0.031)	0.01	(0.001)
12 - 19.....	1.24	(0.063)	27.97	(1.056)	0.35	(0.032)	0.03	(0.004)	17.10	(0.477)	1.65	(0.068)	0.01	(0.001)
20 - 29.....	1.52	(0.077)	32.60	(1.376)	0.39	(0.025)	0.03	(0.003)	19.24	(0.796)	1.93	(0.102)	0.01	(0.001)
30 - 39.....	1.58	(0.094)	33.75	(1.660)	0.41	(0.044)	0.04	(0.005)	20.47	(0.958)	2.18	(0.085)	0.03*	(0.008)
40 - 49.....	1.45	(0.050)	32.65	(0.828)	0.38	(0.012)	0.04	(0.007)	19.97	(0.639)	1.99	(0.083)	0.01	(0.002)
50 - 59.....	1.42	(0.080)	32.26	(1.342)	0.37	(0.017)	0.04	(0.010)	19.80	(0.940)	2.17	(0.142)	0.01	(0.003)
60 - 69.....	1.16	(0.033)	28.94	(1.001)	0.32	(0.016)	0.04	(0.005)	17.87	(0.905)	1.94	(0.136)	0.01	(0.003)
70 and over.....	1.10	(0.046)	27.69	(1.081)	0.29	(0.010)	0.04	(0.011)	16.84	(0.926)	1.86	(0.121)	0.01	(0.002)
2 - 19.....	1.05	(0.037)	24.64	(0.674)	0.29	(0.018)	0.03	(0.002)	15.26	(0.286)	1.44	(0.035)	0.01	(0.001)
20 and over...	1.40	(0.027)	31.61	(0.565)	0.37	(0.010)	0.04	(0.003)	19.18	(0.386)	2.02	(0.052)	0.01	(0.001)
2 and over...	1.31	(0.024)	29.87	(0.557)	0.35	(0.009)	0.04	(0.002)	18.20	(0.346)	1.87	(0.044)	0.01	(0.001)
Females:														
2 - 5.....	0.68	(0.030)	16.85	(0.473)	0.17	(0.010)	0.01	(0.001)	9.99	(0.413)	1.00	(0.048)	#	
6 - 11.....	0.93	(0.033)	22.63	(0.654)	0.25	(0.012)	0.02	(0.001)	13.96	(0.356)	1.37	(0.042)	#	
12 - 19.....	0.90	(0.030)	22.71	(0.648)	0.25	(0.012)	0.02	(0.002)	14.73	(0.486)	1.42	(0.064)	0.01	(0.001)
20 - 29.....	1.01	(0.026)	24.89	(0.594)	0.28	(0.014)	0.02	(0.001)	16.51	(0.476)	1.75	(0.072)	0.01	(0.001)
30 - 39.....	0.95	(0.029)	23.98	(0.752)	0.28	(0.017)	0.03	(0.003)	15.56	(0.677)	1.61	(0.082)	0.01	(0.002)
40 - 49.....	1.00	(0.040)	24.26	(0.887)	0.28	(0.017)	0.02	(0.003)	15.45	(0.546)	1.64	(0.087)	0.01*	(0.004)
50 - 59.....	0.99	(0.069)	24.96	(1.681)	0.28	(0.022)	0.02	(0.004)	15.75	(0.775)	1.71	(0.100)	0.01	(0.001)
60 - 69.....	0.94	(0.038)	22.62	(0.770)	0.25	(0.016)	0.03	(0.008)	14.05	(0.668)	1.72	(0.113)	0.01*	(0.004)
70 and over.....	0.79	(0.042)	20.87	(0.874)	0.23	(0.017)	0.02*	(0.008)	13.04	(0.599)	1.52	(0.115)	0.01*	(0.003)
2 - 19.....	0.86	(0.018)	21.35	(0.364)	0.23	(0.006)	0.02	(0.001)	13.40	(0.215)	1.31	(0.037)	0.01	(0.001)
20 and over...	0.95	(0.018)	23.73	(0.488)	0.27	(0.009)	0.02	(0.002)	15.16	(0.311)	1.66	(0.036)	0.01	(0.001)
2 and over...	0.93	(0.014)	23.18	(0.360)	0.26	(0.007)	0.02	(0.002)	14.75	(0.257)	1.58	(0.031)	0.01	(0.001)
Males and females:														
2 - 19.....	0.95	(0.024)	23.02	(0.449)	0.26	(0.009)	0.02	(0.001)	14.34	(0.189)	1.37	(0.030)	0.01	(0.001)
20 and over...	1.17	(0.019)	27.52	(0.364)	0.32	(0.006)	0.03	(0.002)	17.10	(0.261)	1.84	(0.036)	0.01	(0.001)
2 and over...	1.11	(0.016)	26.44	(0.344)	0.30	(0.005)	0.03	(0.001)	16.43	(0.226)	1.72	(0.031)	0.01	(0.001)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:								
2 - 5.....	0.10	(0.008)	0.01	(0.002)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.12	(0.008)	0.02	(0.004)	0.02	(0.002)	0.03	(0.006)
12 - 19.....	0.15	(0.007)	0.02	(0.003)	0.02	(0.001)	0.04	(0.005)
20 - 29.....	0.20	(0.012)	0.02	(0.002)	0.03	(0.003)	0.06	(0.012)
30 - 39.....	0.20	(0.013)	0.04*	(0.017)	0.03	(0.005)	0.08*	(0.030)
40 - 49.....	0.18	(0.006)	0.04	(0.006)	0.03	(0.002)	0.07	(0.009)
50 - 59.....	0.19	(0.016)	0.03*	(0.015)	0.03	(0.003)	0.07*	(0.022)
60 - 69.....	0.17	(0.012)	0.03	(0.004)	0.02	(0.001)	0.06	(0.007)
70 and over.....	0.14	(0.009)	0.02	(0.006)	0.02	(0.001)	0.06	(0.009)
2 - 19.....	0.13	(0.005)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.18	(0.006)	0.03	(0.005)	0.03	(0.002)	0.07	(0.008)
2 and over...	0.17	(0.005)	0.03	(0.004)	0.02	(0.001)	0.06	(0.007)
Females:								
2 - 5.....	0.08	(0.005)	0.01	(0.001)	0.01	(#)	0.02	(0.003)
6 - 11.....	0.11	(0.008)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.11	(0.005)	0.01	(0.002)	0.02	(0.001)	0.03	(0.005)
20 - 29.....	0.15	(0.007)	0.02	(0.003)	0.02	(0.002)	0.05	(0.007)
30 - 39.....	0.14	(0.008)	0.03	(0.006)	0.02	(0.003)	0.06	(0.013)
40 - 49.....	0.14	(0.007)	0.03	(0.006)	0.02	(0.002)	0.06	(0.013)
50 - 59.....	0.14	(0.010)	0.03	(0.005)	0.02	(0.006)	0.06	(0.010)
60 - 69.....	0.12	(0.009)	0.03	(0.006)	0.02	(0.003)	0.06	(0.010)
70 and over.....	0.11	(0.005)	0.03	(0.006)	0.02	(0.002)	0.06	(0.010)
2 - 19.....	0.11	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
20 and over...	0.13	(0.003)	0.03	(0.003)	0.02	(0.001)	0.06	(0.005)
2 and over...	0.13	(0.003)	0.02	(0.002)	0.02	(0.001)	0.05	(0.004)
Males and females:								
2 - 19.....	0.12	(0.003)	0.01	(0.002)	0.02	(0.001)	0.03	(0.003)
20 and over...	0.16	(0.003)	0.03	(0.003)	0.02	(0.001)	0.06	(0.005)
2 and over...	0.15	(0.003)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)

Symbol Legend

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

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

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Sample size	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
\$0 - \$24,999:																			
2 - 5.....	196	1518	(42.9)	54.2	(2.02)	201	(6.2)	93	(3.5)	11.9	(0.66)	57.4	(1.78)	20.0	(0.64)	19.1	(0.77)	13.2	(0.67)
6 - 11.....	258	1838	(72.5)	65.1	(2.43)	241	(10.8)	106	(6.0)	13.3	(0.69)	70.5	(2.85)	24.3	(1.10)	23.1	(0.85)	16.5	(0.88)
12 - 19.....	285	2012	(71.7)	73.9	(2.84)	251	(10.6)	109	(5.4)	14.4	(0.69)	81.0	(3.24)	27.7	(1.31)	27.2	(1.12)	18.8	(0.81)
20 and over...	1430	2021	(31.9)	77.1	(1.79)	242	(4.3)	108	(3.3)	15.9	(0.51)	78.3	(1.91)	25.7	(0.74)	27.3	(0.61)	18.1	(0.49)
2 and over...	2169	1977	(21.9)	74.6	(1.46)	241	(3.6)	107	(2.8)	15.3	(0.40)	76.8	(1.16)	25.5	(0.46)	26.5	(0.39)	17.8	(0.31)
\$25,000 - \$74,999:																			
2 - 5.....	261	1494	(40.8)	54.7	(1.67)	197	(6.2)	94	(3.8)	11.8	(0.48)	56.3	(2.06)	20.4	(0.80)	19.0	(0.84)	11.8	(0.48)
6 - 11.....	451	1846	(34.5)	65.9	(1.79)	240	(3.9)	111	(3.0)	13.7	(0.53)	71.7	(2.19)	25.1	(0.87)	24.4	(0.93)	15.7	(0.41)
12 - 19.....	513	1956	(61.8)	70.1	(2.44)	249	(7.5)	112	(3.9)	14.7	(0.46)	77.2	(3.09)	27.1	(1.42)	26.0	(0.99)	17.0	(0.59)
20 and over...	1973	2133	(32.1)	82.3	(1.47)	247	(4.0)	109	(2.6)	16.5	(0.44)	85.9	(2.00)	28.5	(0.83)	30.0	(0.69)	19.5	(0.44)
2 and over...	3198	2059	(25.7)	78.3	(1.28)	244	(2.7)	108	(1.9)	15.9	(0.38)	82.4	(1.70)	27.7	(0.70)	28.6	(0.62)	18.5	(0.34)
\$75,000 and higher:																			
2 - 5.....	166	1409	(30.8)	50.1	(1.26)	185	(5.5)	89	(2.9)	11.1	(0.45)	54.6	(1.57)	19.4	(0.67)	19.0	(0.68)	11.4	(0.42)
6 - 11.....	278	2002	(62.4)	69.2	(2.23)	259	(10.9)	114	(5.5)	15.2	(0.77)	79.2	(2.08)	29.1	(0.91)	26.5	(0.75)	16.5	(0.65)
12 - 19.....	306	2143	(103.0)	78.5	(4.91)	273	(13.0)	121	(7.4)	15.5	(0.62)	84.0	(4.16)	29.2	(1.50)	28.7	(1.51)	18.4	(1.02)
20 and over...	1206	2156	(38.9)	87.0	(1.88)	243	(5.7)	102	(3.8)	18.9	(0.55)	87.3	(2.26)	27.9	(0.73)	31.0	(0.82)	20.6	(0.76)
2 and over...	1956	2104	(32.7)	82.5	(1.79)	245	(4.5)	105	(3.3)	17.8	(0.51)	84.6	(1.89)	27.8	(0.65)	29.8	(0.69)	19.5	(0.62)
All Individuals¹:																			
2 - 5.....	665	1467	(23.5)	52.8	(1.01)	193	(3.7)	92	(1.9)	11.6	(0.29)	55.8	(1.09)	19.9	(0.29)	19.0	(0.50)	12.0	(0.33)
6 - 11.....	1040	1907	(28.2)	67.0	(1.38)	248	(4.5)	111	(2.5)	14.3	(0.41)	74.4	(1.43)	26.5	(0.65)	25.0	(0.59)	16.2	(0.29)
12 - 19.....	1196	2031	(52.0)	74.0	(2.27)	258	(6.5)	114	(4.0)	14.9	(0.32)	80.3	(2.33)	27.9	(0.95)	27.2	(0.81)	17.8	(0.45)
20 and over...	5017	2105	(20.6)	82.5	(1.20)	244	(2.4)	106	(1.6)	17.3	(0.39)	84.1	(1.12)	27.5	(0.47)	29.6	(0.39)	19.4	(0.30)
2 and over...	7918	2048	(18.3)	78.8	(1.09)	243	(1.9)	106	(1.5)	16.5	(0.35)	81.4	(1.03)	27.1	(0.42)	28.4	(0.37)	18.6	(0.26)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
\$0 - \$24,999:																		
2 - 5.....	183	(14.2)	406	(22.1)	486	(22.9)	124	(25.8)	861	(92.9)	68	(8.3)	3292	(664.1)	850	(95.8)	1.30	(0.051)
6 - 11.....	201	(11.9)	469	(25.0)	571	(26.5)	224	(24.1)	1077	(141.1)	77	(12.9)	3744	(278.7)	871	(193.4)	1.59	(0.066)
12 - 19.....	253	(14.3)	452	(47.0)	547	(53.9)	191	(36.4)	1031	(124.6)	53	(5.9)	4851	(397.3)	890	(193.3)	1.63	(0.076)
20 and over...	292	(14.1)	390	(21.7)	572	(27.4)	368	(33.8)	1971	(112.0)	85	(9.0)	4516	(361.1)	1394	(85.7)	1.50	(0.034)
2 and over...	275	(11.1)	403	(19.3)	565	(23.6)	326	(24.4)	1744	(86.6)	80	(7.0)	4419	(290.8)	1272	(71.8)	1.51	(0.032)
\$25,000 - \$74,999:																		
2 - 5.....	190	(10.2)	476	(29.5)	557	(30.7)	186	(34.2)	846	(88.0)	75	(8.6)	3247	(438.9)	626	(45.6)	1.25	(0.048)
6 - 11.....	226	(10.4)	465	(21.0)	563	(22.3)	231	(36.4)	1033	(92.6)	85	(9.3)	4506	(519.0)	673	(46.6)	1.47	(0.037)
12 - 19.....	227	(11.5)	470	(34.3)	573	(41.4)	250	(55.5)	1092	(122.5)	58	(2.8)	4670	(357.1)	807	(79.0)	1.58	(0.061)
20 and over...	321	(8.9)	428	(13.0)	608	(16.2)	366	(46.5)	1945	(126.8)	78	(6.2)	5063	(510.9)	1391	(75.9)	1.56	(0.027)
2 and over...	297	(7.0)	438	(12.3)	598	(15.7)	334	(38.9)	1726	(110.2)	76	(4.8)	4886	(403.0)	1233	(63.8)	1.54	(0.021)
\$75,000 and higher:																		
2 - 5.....	177	(13.1)	404	(22.7)	547	(28.5)	390*	(142.9)	1501	(349.6)	72	(17.7)	3540	(692.2)	633	(73.8)	1.10	(0.031)
6 - 11.....	237	(13.4)	541	(35.1)	719	(48.0)	510	(98.4)	1863	(282.8)	56	(9.5)	4406	(654.5)	865	(77.9)	1.61	(0.078)
12 - 19.....	252	(25.0)	480	(39.7)	608	(41.3)	248	(28.8)	1382	(144.8)	65	(8.5)	4682	(819.7)	892	(74.3)	1.74	(0.081)
20 and over...	286	(8.4)	438	(21.8)	684	(35.0)	517	(105.7)	2652	(276.4)	101	(8.9)	5534	(295.5)	1958	(166.1)	1.65	(0.036)
2 and over...	272	(6.9)	450	(16.7)	672	(26.5)	479	(82.1)	2379	(222.3)	91	(8.0)	5235	(291.9)	1671	(138.1)	1.63	(0.030)
All Individuals¹:																		
2 - 5.....	182	(8.4)	429	(16.3)	542	(19.7)	282	(69.5)	1185	(179.7)	71	(6.6)	3288	(317.9)	718	(51.5)	1.21	(0.025)
6 - 11.....	225	(8.3)	492	(18.9)	622	(25.8)	339	(43.4)	1365	(148.2)	72	(5.9)	4306	(424.5)	785	(60.0)	1.55	(0.041)
12 - 19.....	245	(10.3)	469	(28.1)	580	(30.7)	228	(29.2)	1194	(98.9)	59	(3.0)	4692	(265.0)	911	(72.7)	1.65	(0.051)
20 and over...	300	(6.3)	423	(10.6)	629	(13.0)	420	(41.2)	2233	(110.0)	89	(5.8)	5092	(233.4)	1599	(83.4)	1.58	(0.020)
2 and over...	282	(5.2)	434	(9.5)	619	(11.1)	385	(33.5)	1996	(98.7)	84	(4.8)	4892	(215.4)	1413	(73.2)	1.57	(0.018)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
\$0 - \$24,999:																		
2 - 5.....	1.68	(0.049)	17.8	(0.65)	1.51	(0.069)	184	(14.7)	135	(7.6)	448	(27.7)	211	(11.5)	3.84	(0.241)	1.06	(0.182)
6 - 11.....	1.92	(0.083)	21.0	(0.86)	1.61	(0.089)	210	(13.2)	154	(10.2)	511	(24.9)	230	(10.7)	4.36	(0.296)	1.14	(0.170)
12 - 19.....	1.93	(0.099)	24.2	(0.86)	1.80	(0.081)	218	(14.6)	169	(6.6)	541	(28.6)	269	(14.0)	4.84	(0.250)	1.10	(0.209)
20 and over...	2.01	(0.061)	24.9	(0.68)	2.07	(0.073)	159	(5.0)	212	(7.7)	482	(9.7)	325	(10.0)	4.98	(0.472)	1.15	(0.136)
2 and over...	1.97	(0.052)	24.1	(0.53)	1.98	(0.054)	170	(5.3)	199	(6.7)	488	(9.9)	306	(8.2)	4.85	(0.370)	1.14	(0.089)
\$25,000 - \$74,999:																		
2 - 5.....	1.74	(0.061)	16.6	(0.71)	1.48	(0.067)	178	(14.3)	130	(5.6)	432	(24.8)	223	(8.0)	4.12	(0.215)	1.03	(0.140)
6 - 11.....	1.83	(0.043)	20.7	(0.42)	1.63	(0.053)	207	(11.4)	143	(4.9)	495	(19.7)	247	(8.2)	4.48	(0.203)	1.13	(0.143)
12 - 19.....	1.90	(0.086)	23.1	(0.95)	1.87	(0.086)	222	(12.9)	158	(5.7)	534	(23.4)	251	(9.6)	4.88	(0.338)	1.48	(0.201)
20 and over...	2.18	(0.047)	25.8	(0.59)	2.10	(0.074)	167	(5.1)	211	(3.9)	494	(10.8)	345	(6.3)	4.84	(0.155)	1.02	(0.113)
2 and over...	2.10	(0.046)	24.6	(0.54)	2.01	(0.058)	176	(4.5)	196	(3.2)	495	(8.6)	321	(5.1)	4.78	(0.121)	1.08	(0.090)
\$75,000 and higher:																		
2 - 5.....	1.62	(0.064)	14.2	(0.36)	1.16	(0.047)	143	(13.7)	122	(4.8)	365	(24.5)	203	(10.9)	3.54	(0.202)	0.70	(0.083)
6 - 11.....	2.08	(0.116)	20.9	(1.12)	1.64	(0.095)	202	(12.5)	161	(7.1)	504	(24.1)	256	(12.8)	4.47	(0.281)	1.02	(0.116)
12 - 19.....	2.09	(0.127)	26.0	(1.56)	1.92	(0.124)	219	(14.9)	180	(9.4)	553	(30.7)	282	(23.1)	5.13	(0.357)	1.33	(0.155)
20 and over...	2.28	(0.042)	27.8	(0.78)	2.27	(0.076)	185	(7.6)	240	(6.1)	554	(16.0)	344	(7.3)	5.26	(0.186)	1.30	(0.144)
2 and over...	2.21	(0.039)	26.3	(0.67)	2.12	(0.060)	188	(6.0)	220	(5.7)	540	(13.4)	322	(6.6)	5.09	(0.158)	1.25	(0.107)
All Individuals¹:																		
2 - 5.....	1.67	(0.039)	16.0	(0.33)	1.38	(0.030)	166	(7.6)	127	(3.5)	409	(12.5)	212	(7.5)	3.81	(0.136)	0.91	(0.068)
6 - 11.....	1.94	(0.054)	20.7	(0.51)	1.62	(0.051)	204	(6.2)	153	(4.5)	499	(12.4)	247	(7.6)	4.42	(0.150)	1.07	(0.092)
12 - 19.....	1.98	(0.076)	24.4	(0.72)	1.87	(0.062)	221	(10.0)	169	(3.5)	544	(19.0)	268	(9.9)	4.95	(0.208)	1.34	(0.114)
20 and over...	2.17	(0.040)	26.2	(0.53)	2.15	(0.051)	172	(4.2)	222	(4.4)	514	(10.0)	339	(4.6)	4.97	(0.123)	1.13	(0.088)
2 and over...	2.10	(0.037)	25.0	(0.43)	2.03	(0.040)	180	(3.6)	206	(4.1)	511	(8.3)	317	(4.2)	4.86	(0.105)	1.14	(0.068)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																
2 - 5.....	91.0	(4.63)	5.6	(0.27)	5.9	(0.25)	0.6	(0.16)	60.4	(6.69)	845	(21.2)	1024	(29.8)	192	(7.0)
6 - 11.....	77.4	(7.32)	5.9	(0.44)	6.5	(0.24)	0.3*	(0.09)	66.4	(8.18)	964	(48.0)	1189	(44.6)	220	(9.7)
12 - 19.....	67.4	(6.12)	4.9	(0.52)	7.9	(0.47)	0.4*	(0.27)	86.6	(9.43)	965	(75.1)	1300	(64.0)	244	(13.7)
20 and over...	79.6	(4.27)	4.2	(0.24)	8.3	(0.30)	0.9	(0.19)	110.1	(4.33)	881	(21.0)	1293	(29.6)	279	(4.6)
2 and over...	78.9	(3.77)	4.5	(0.20)	8.0	(0.23)	0.8	(0.14)	101.5	(3.36)	894	(20.6)	1270	(26.0)	266	(4.1)
\$25,000 - \$74,999:																
2 - 5.....	73.5	(8.28)	6.4	(0.42)	5.8	(0.33)	0.6*	(0.20)	46.9	(3.44)	980	(35.0)	1102	(30.6)	203	(8.4)
6 - 11.....	61.7	(4.66)	5.2	(0.24)	6.9	(0.18)	0.4	(0.10)	57.0	(2.61)	937	(31.7)	1214	(34.6)	224	(6.8)
12 - 19.....	61.4	(2.63)	4.8	(0.39)	7.4	(0.42)	0.6*	(0.18)	66.4	(4.83)	968	(44.5)	1261	(48.7)	237	(9.7)
20 and over...	71.9	(2.87)	4.5	(0.15)	8.7	(0.27)	0.8	(0.12)	106.7	(3.24)	963	(28.9)	1383	(26.4)	297	(6.9)
2 and over...	70.1	(2.21)	4.7	(0.15)	8.3	(0.25)	0.7	(0.11)	95.4	(3.04)	962	(27.3)	1342	(23.5)	280	(6.7)
\$75,000 and higher:																
2 - 5.....	59.3	(6.94)	5.4	(0.34)	5.7	(0.20)	0.6	(0.15)	48.5	(5.68)	884	(35.1)	1010	(33.4)	182	(4.7)
6 - 11.....	62.9	(6.43)	5.7	(0.47)	7.9	(0.29)	0.8	(0.17)	67.4	(3.93)	1101	(49.9)	1346	(61.4)	244	(10.8)
12 - 19.....	68.1	(6.55)	5.1	(0.44)	8.3	(0.58)	0.8*	(0.35)	77.8	(5.32)	1048	(58.4)	1377	(77.9)	267	(13.1)
20 and over...	86.6	(4.62)	5.2	(0.40)	10.6	(0.47)	1.4	(0.20)	145.0	(10.20)	988	(23.5)	1460	(29.5)	335	(6.7)
2 and over...	81.0	(4.54)	5.2	(0.34)	9.8	(0.41)	1.3	(0.19)	125.5	(8.64)	1000	(20.7)	1418	(27.3)	311	(6.6)
All Individuals¹:																
2 - 5.....	72.2	(5.26)	5.8	(0.23)	5.8	(0.19)	0.6	(0.11)	51.6	(2.65)	909	(19.2)	1048	(23.1)	193	(4.4)
6 - 11.....	65.9	(4.58)	5.5	(0.24)	7.2	(0.14)	0.5	(0.09)	62.9	(2.64)	1005	(31.5)	1260	(31.8)	231	(5.2)
12 - 19.....	65.7	(3.24)	4.9	(0.32)	7.8	(0.24)	0.6	(0.15)	76.3	(4.14)	993	(41.6)	1310	(42.0)	250	(7.8)
20 and over...	79.6	(2.56)	4.7	(0.15)	9.2	(0.26)	1.0	(0.12)	120.9	(4.68)	949	(19.0)	1385	(21.2)	307	(5.3)
2 and over...	76.6	(2.41)	4.8	(0.15)	8.8	(0.23)	0.9	(0.10)	107.8	(4.23)	956	(19.1)	1349	(20.4)	289	(5.0)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
\$0 - \$24,999:																		
2 - 5.....	11.9	(0.81)	7.9	(0.29)	0.7	(0.03)	76.0	(2.85)	1922	(63.8)	2281	(73.6)	7.4	(1.30)	30.2	(4.50)	--	--
6 - 11.....	14.7	(0.99)	9.8	(0.45)	0.9	(0.03)	91.6	(2.35)	2063	(80.8)	2951	(103.2)	14.4	(3.57)	49.8	(7.78)	--	--
12 - 19.....	14.8	(0.80)	10.7	(0.54)	1.0	(0.07)	108.7	(4.63)	2174	(87.8)	3495	(114.4)	46.7	(11.00)	47.4	(10.70)	--	--
20 and over...	13.3	(0.32)	10.3	(0.24)	1.1	(0.03)	110.3	(3.69)	2438	(44.1)	3347	(62.2)	144.8	(8.98)	29.5	(2.43)	8.9	(1.16)
2 and over...	13.4	(0.33)	10.2	(0.22)	1.1	(0.02)	106.8	(2.80)	2353	(43.0)	3270	(51.0)	117.0	(8.10)	32.9	(2.47)	--	--
\$25,000 - \$74,999:																		
2 - 5.....	11.3	(0.46)	8.4	(0.42)	0.8	(0.04)	76.0	(3.44)	1944	(60.8)	2249	(76.9)	6.9	(1.20)	24.9	(2.73)	--	--
6 - 11.....	13.8	(0.39)	10.1	(0.30)	0.9	(0.03)	95.9	(3.61)	2030	(51.2)	3015	(60.8)	16.8	(2.27)	43.9	(3.81)	--	--
12 - 19.....	14.9	(0.80)	10.6	(0.56)	0.9	(0.03)	99.7	(3.62)	2121	(56.2)	3226	(97.3)	49.7	(11.83)	52.6	(6.42)	--	--
20 and over...	14.0	(0.29)	11.3	(0.28)	1.2	(0.02)	115.9	(2.26)	2562	(45.7)	3566	(74.9)	177.1	(10.95)	33.2	(2.06)	10.1	(0.98)
2 and over...	13.9	(0.22)	11.0	(0.26)	1.1	(0.02)	110.6	(2.02)	2442	(41.5)	3420	(55.0)	142.2	(9.75)	35.8	(1.68)	--	--
\$75,000 and higher:																		
2 - 5.....	9.5	(0.38)	7.1	(0.27)	0.7	(0.02)	72.9	(3.05)	1741	(43.0)	2103	(61.5)	4.0	(0.54)	36.3	(7.37)	--	--
6 - 11.....	14.3	(0.62)	10.0	(0.41)	1.0	(0.04)	102.4	(5.31)	2159	(78.3)	3150	(92.0)	11.4	(1.21)	66.6	(6.08)	--	--
12 - 19.....	15.4	(0.92)	11.5	(0.73)	1.0	(0.04)	114.9	(6.63)	2274	(125.6)	3471	(181.3)	41.0	(4.29)	54.2	(7.61)	--	--
20 and over...	14.5	(0.31)	11.9	(0.29)	1.4	(0.03)	120.0	(3.64)	2827	(49.9)	3676	(62.2)	181.8	(7.69)	35.3	(2.00)	11.2	(0.91)
2 and over...	14.4	(0.28)	11.4	(0.27)	1.3	(0.03)	115.5	(3.35)	2650	(45.6)	3527	(54.4)	141.4	(4.96)	40.4	(2.25)	--	--
All Individuals¹:																		
2 - 5.....	10.8	(0.31)	7.8	(0.19)	0.7	(0.02)	74.5	(1.61)	1866	(38.9)	2212	(43.4)	6.2	(0.76)	30.2	(2.22)	--	--
6 - 11.....	14.1	(0.37)	10.0	(0.23)	0.9	(0.02)	97.6	(2.45)	2094	(45.7)	3050	(45.0)	13.9	(1.28)	54.9	(3.89)	--	--
12 - 19.....	15.0	(0.57)	10.9	(0.44)	1.0	(0.03)	107.4	(2.96)	2186	(57.3)	3367	(82.3)	44.9	(6.36)	52.0	(5.72)	--	--
20 and over...	14.0	(0.18)	11.2	(0.18)	1.2	(0.02)	115.5	(1.95)	2633	(38.6)	3536	(40.0)	171.5	(6.17)	32.5	(0.88)	9.9	(0.62)
2 and over...	14.0	(0.17)	10.9	(0.18)	1.2	(0.02)	111.0	(1.71)	2502	(35.7)	3410	(33.6)	136.6	(5.03)	36.3	(1.28)	--	--

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars 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)
\$0 - \$24,999:																
2 - 5.....	0.44	(0.022)	0.31	(0.017)	0.29	(0.029)	0.46	(0.029)	0.68	(0.058)	1.83	(0.098)	10.79	(0.360)	4.54	(0.127)
6 - 11.....	0.43	(0.028)	0.30	(0.020)	0.27	(0.018)	0.47	(0.026)	0.79	(0.087)	2.05	(0.106)	13.60	(0.669)	5.68	(0.281)
12 - 19.....	0.55	(0.048)	0.35	(0.028)	0.28	(0.024)	0.55	(0.047)	0.93	(0.111)	2.43	(0.180)	15.19	(0.660)	6.49	(0.317)
20 and over...	0.46	(0.016)	0.30	(0.012)	0.26	(0.012)	0.49	(0.019)	0.85	(0.047)	2.14	(0.077)	14.11	(0.412)	6.19	(0.173)
2 and over...	0.47	(0.014)	0.31	(0.009)	0.27	(0.008)	0.49	(0.014)	0.84	(0.027)	2.14	(0.051)	13.98	(0.267)	6.08	(0.117)
\$25,000 - \$74,999:																
2 - 5.....	0.48	(0.021)	0.33	(0.017)	0.30	(0.028)	0.50	(0.028)	0.77	(0.063)	1.98	(0.091)	10.68	(0.421)	4.56	(0.180)
6 - 11.....	0.49	(0.032)	0.33	(0.020)	0.27	(0.015)	0.51	(0.028)	0.83	(0.060)	2.16	(0.106)	13.76	(0.526)	5.88	(0.192)
12 - 19.....	0.56	(0.043)	0.36	(0.027)	0.32	(0.037)	0.59	(0.051)	1.08	(0.201)	2.49	(0.182)	14.43	(0.613)	6.38	(0.340)
20 and over...	0.55	(0.024)	0.35	(0.014)	0.30	(0.012)	0.58	(0.022)	0.99	(0.050)	2.47	(0.094)	15.43	(0.431)	6.82	(0.197)
2 and over...	0.55	(0.023)	0.35	(0.013)	0.30	(0.011)	0.57	(0.020)	0.98	(0.042)	2.42	(0.084)	14.95	(0.352)	6.58	(0.161)
\$75,000 and higher:																
2 - 5.....	0.47	(0.036)	0.30	(0.020)	0.23	(0.013)	0.44	(0.027)	0.61	(0.038)	1.80	(0.105)	10.35	(0.326)	4.49	(0.176)
6 - 11.....	0.63	(0.042)	0.42	(0.024)	0.37	(0.033)	0.66	(0.037)	1.30	(0.218)	2.75	(0.127)	15.16	(0.464)	6.74	(0.236)
12 - 19.....	0.56	(0.032)	0.36	(0.023)	0.31	(0.022)	0.59	(0.034)	1.13	(0.092)	2.55	(0.144)	15.84	(0.824)	6.83	(0.419)
20 and over...	0.52	(0.021)	0.33	(0.012)	0.31	(0.011)	0.57	(0.017)	1.10	(0.075)	2.41	(0.070)	15.03	(0.389)	6.58	(0.192)
2 and over...	0.53	(0.018)	0.34	(0.010)	0.31	(0.011)	0.57	(0.016)	1.10	(0.068)	2.43	(0.066)	14.91	(0.335)	6.52	(0.167)
All Individuals¹:																
2 - 5.....	0.46	(0.011)	0.31	(0.007)	0.27	(0.014)	0.47	(0.013)	0.68	(0.038)	1.87	(0.036)	10.59	(0.184)	4.53	(0.073)
6 - 11.....	0.53	(0.024)	0.36	(0.014)	0.31	(0.015)	0.56	(0.021)	1.01	(0.090)	2.36	(0.080)	14.27	(0.385)	6.18	(0.150)
12 - 19.....	0.55	(0.026)	0.36	(0.016)	0.31	(0.017)	0.58	(0.027)	1.06	(0.096)	2.48	(0.107)	15.07	(0.486)	6.54	(0.247)
20 and over...	0.52	(0.018)	0.33	(0.010)	0.29	(0.007)	0.55	(0.014)	1.00	(0.031)	2.36	(0.055)	14.89	(0.237)	6.54	(0.124)
2 and over...	0.52	(0.016)	0.34	(0.009)	0.30	(0.006)	0.55	(0.013)	0.99	(0.030)	2.35	(0.052)	14.63	(0.204)	6.41	(0.110)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
\$0 - \$24,999:														
2 - 5.....	0.74	(0.052)	17.82	(0.729)	0.19	(0.011)	0.01	(0.001)	11.80	(0.621)	1.21	(0.061)	#	
6 - 11.....	0.93	(0.042)	21.50	(0.810)	0.24	(0.011)	0.02	(0.003)	14.80	(0.795)	1.44	(0.089)	0.01	(0.001)
12 - 19.....	1.09	(0.037)	25.26	(1.053)	0.28	(0.009)	0.04	(0.010)	16.76	(0.727)	1.64	(0.084)	0.01	(0.003)
20 and over...	1.10	(0.029)	25.44	(0.557)	0.29	(0.007)	0.02	(0.002)	15.93	(0.431)	1.74	(0.052)	0.01	(0.002)
2 and over...	1.06	(0.019)	24.68	(0.356)	0.28	(0.005)	0.02	(0.001)	15.69	(0.273)	1.67	(0.039)	0.01	(0.002)
\$25,000 - \$74,999:														
2 - 5.....	0.68	(0.043)	17.72	(0.777)	0.20	(0.017)	0.02	(0.002)	10.53	(0.428)	1.03	(0.043)	#	
6 - 11.....	0.92	(0.043)	22.72	(0.856)	0.26	(0.010)	0.02	(0.002)	14.08	(0.380)	1.31	(0.038)	0.01	(0.001)
12 - 19.....	1.03	(0.041)	24.21	(0.927)	0.26	(0.012)	0.02	(0.002)	15.15	(0.516)	1.48	(0.072)	0.01	(0.001)
20 and over...	1.22	(0.033)	27.91	(0.637)	0.31	(0.008)	0.03	(0.002)	17.18	(0.390)	1.84	(0.056)	0.01	(0.001)
2 and over...	1.15	(0.027)	26.59	(0.573)	0.30	(0.007)	0.03	(0.002)	16.38	(0.304)	1.72	(0.037)	0.01	(0.001)
\$75,000 and higher:														
2 - 5.....	0.69	(0.045)	17.74	(0.638)	0.17	(0.009)	0.01	(0.002)	10.25	(0.386)	0.98	(0.045)	#	
6 - 11.....	1.00	(0.043)	24.65	(0.710)	0.28	(0.021)	0.02	(0.003)	14.86	(0.619)	1.37	(0.031)	0.01	(0.001)
12 - 19.....	1.08	(0.096)	26.74	(1.392)	0.35	(0.042)	0.02	(0.002)	16.50	(0.907)	1.58	(0.111)	0.01	(0.003)
20 and over...	1.17	(0.030)	28.93	(0.772)	0.34	(0.016)	0.04	(0.004)	18.19	(0.667)	1.94	(0.090)	0.01	(0.002)
2 and over...	1.12	(0.025)	27.74	(0.642)	0.33	(0.013)	0.03	(0.003)	17.30	(0.549)	1.80	(0.073)	0.01	(0.002)
All Individuals¹:														
2 - 5.....	0.70	(0.027)	17.71	(0.467)	0.19	(0.006)	0.01	(0.001)	10.71	(0.293)	1.05	(0.033)	#	
6 - 11.....	0.96	(0.028)	23.28	(0.548)	0.26	(0.008)	0.02	(0.001)	14.54	(0.275)	1.36	(0.024)	0.01	(0.001)
12 - 19.....	1.07	(0.043)	25.35	(0.747)	0.30	(0.017)	0.03	(0.002)	15.92	(0.396)	1.54	(0.053)	0.01	(0.001)
20 and over...	1.17	(0.019)	27.52	(0.364)	0.32	(0.006)	0.03	(0.002)	17.10	(0.261)	1.84	(0.036)	0.01	(0.001)
2 and over...	1.11	(0.016)	26.44	(0.344)	0.30	(0.005)	0.03	(0.001)	16.43	(0.226)	1.72	(0.031)	0.01	(0.001)

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
\$0 - \$24,999:								
2 - 5.....	0.09	(0.008)	0.01	(0.002)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.11	(0.005)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
12 - 19.....	0.14	(0.006)	0.02	(0.004)	0.02	(0.002)	0.04	(0.007)
20 and over...	0.15	(0.007)	0.03	(0.007)	0.02	(0.001)	0.06	(0.010)
2 and over...	0.15	(0.005)	0.02	(0.005)	0.02	(0.001)	0.05	(0.008)
\$25,000 - \$74,999:								
2 - 5.....	0.09	(0.006)	0.01	(0.003)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.12	(0.006)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.12	(0.005)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.17	(0.005)	0.02	(0.002)	0.02	(0.001)	0.05	(0.003)
2 and over...	0.16	(0.004)	0.02	(0.001)	0.02	(0.001)	0.05	(0.002)
\$75,000 and higher:								
2 - 5.....	0.08	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.12	(0.010)	0.02	(0.004)	0.02	(0.002)	0.03	(0.007)
12 - 19.....	0.13	(0.014)	0.02	(0.004)	0.02	(0.002)	0.03	(0.008)
20 and over...	0.15	(0.005)	0.04	(0.007)	0.03	(0.003)	0.08	(0.013)
2 and over...	0.14	(0.004)	0.03	(0.006)	0.02	(0.002)	0.06	(0.011)
All Individuals¹:								
2 - 5.....	0.09	(0.004)	0.01	(0.001)	0.01	(#)	0.02	(0.003)
6 - 11.....	0.12	(0.006)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.13	(0.005)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.16	(0.003)	0.03	(0.003)	0.02	(0.001)	0.06	(0.005)
2 and over...	0.15	(0.003)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)

Symbol Legend

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

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

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016

Family income as % of poverty level 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)
Under 131% poverty:																			
2 - 5.....	261	1514	(44.5)	53.5	(1.92)	202	(6.2)	95	(4.0)	11.6	(0.64)	56.9	(1.95)	20.3	(0.81)	19.0	(0.75)	12.5	(0.67)
6 - 11.....	395	1846	(55.1)	64.8	(1.78)	241	(8.6)	109	(5.7)	13.1	(0.49)	71.3	(2.07)	24.9	(0.87)	23.7	(0.63)	16.2	(0.63)
12 - 19.....	424	1967	(66.4)	72.3	(2.31)	246	(8.7)	110	(4.7)	14.0	(0.64)	79.0	(3.45)	27.2	(1.39)	26.6	(1.12)	18.0	(0.80)
20 and over...	1434	2027	(45.8)	78.5	(1.61)	243	(5.8)	107	(3.7)	15.6	(0.66)	79.0	(2.57)	26.0	(1.05)	27.5	(0.82)	18.2	(0.57)
2 and over...	2514	1961	(27.6)	74.3	(0.97)	240	(4.0)	107	(2.9)	14.8	(0.50)	76.5	(1.67)	25.6	(0.68)	26.3	(0.56)	17.5	(0.38)
131-350% poverty:																			
2 - 5.....	236	1490	(26.9)	55.6	(1.60)	194	(4.2)	92	(2.8)	11.8	(0.53)	56.6	(1.46)	20.2	(0.60)	19.2	(0.56)	12.0	(0.45)
6 - 11.....	387	1927	(52.2)	69.8	(2.30)	251	(8.9)	112	(3.4)	14.9	(0.71)	74.3	(2.22)	26.4	(0.80)	24.9	(1.04)	16.1	(0.48)
12 - 19.....	435	1998	(63.9)	70.9	(2.43)	255	(8.5)	114	(4.8)	15.0	(0.40)	79.1	(2.81)	28.0	(1.26)	26.5	(0.92)	17.2	(0.65)
20 and over...	1823	2122	(34.0)	81.8	(1.53)	249	(4.5)	109	(3.2)	16.8	(0.40)	84.8	(1.84)	28.1	(0.73)	29.8	(0.63)	19.2	(0.41)
2 and over...	2881	2056	(23.4)	78.0	(1.20)	247	(3.1)	109	(2.3)	16.1	(0.36)	81.7	(1.47)	27.5	(0.58)	28.4	(0.56)	18.3	(0.31)
Over 350% poverty:																			
2 - 5.....	118	1378	(39.0)	48.3	(1.81)	181	(7.1)	88	(4.1)	11.1	(0.46)	53.5	(1.84)	19.0	(0.89)	18.7	(0.77)	11.2	(0.50)
6 - 11.....	191	1962	(48.4)	66.1	(1.65)	253	(8.5)	113	(6.7)	14.5	(0.70)	79.0	(2.24)	28.9	(1.19)	26.6	(0.68)	16.6	(0.53)
12 - 19.....	222	2176	(137.9)	80.6	(7.38)	278	(15.9)	121	(8.4)	15.9	(0.70)	84.8	(5.59)	29.2	(1.98)	29.1	(2.04)	18.8	(1.45)
20 and over...	1280	2160	(33.8)	86.4	(2.09)	242	(5.3)	102	(3.5)	18.5	(0.45)	87.8	(1.97)	28.2	(0.64)	31.1	(0.77)	20.7	(0.69)
2 and over...	1811	2122	(30.8)	83.4	(1.99)	243	(4.4)	104	(3.2)	17.8	(0.41)	85.8	(1.85)	28.0	(0.62)	30.2	(0.72)	19.9	(0.64)
All Individuals²:																			
2 - 5.....	665	1467	(23.5)	52.8	(1.01)	193	(3.7)	92	(1.9)	11.6	(0.29)	55.8	(1.09)	19.9	(0.29)	19.0	(0.50)	12.0	(0.33)
6 - 11.....	1040	1907	(28.2)	67.0	(1.38)	248	(4.5)	111	(2.5)	14.3	(0.41)	74.4	(1.43)	26.5	(0.65)	25.0	(0.59)	16.2	(0.29)
12 - 19.....	1196	2031	(52.0)	74.0	(2.27)	258	(6.5)	114	(4.0)	14.9	(0.32)	80.3	(2.33)	27.9	(0.95)	27.2	(0.81)	17.8	(0.45)
20 and over...	5017	2105	(20.6)	82.5	(1.20)	244	(2.4)	106	(1.6)	17.3	(0.39)	84.1	(1.12)	27.5	(0.47)	29.6	(0.39)	19.4	(0.30)
2 and over...	7918	2048	(18.3)	78.8	(1.09)	243	(1.9)	106	(1.5)	16.5	(0.35)	81.4	(1.03)	27.1	(0.42)	28.4	(0.37)	18.6	(0.26)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
Under 131% poverty:																		
2 - 5.....	186	(12.8)	431	(24.0)	509	(22.5)	113	(19.7)	860	(69.6)	62	(7.4)	3067	(545.1)	753	(77.0)	1.29	(0.045)
6 - 11.....	210	(8.4)	470	(21.6)	586	(27.6)	295	(41.0)	1212	(155.1)	66	(8.3)	3703	(286.4)	769	(136.7)	1.56	(0.053)
12 - 19.....	251	(9.9)	439	(36.5)	537	(41.3)	209	(42.1)	1048	(106.9)	56	(4.9)	4896	(293.2)	845	(136.5)	1.58	(0.056)
20 and over...	308	(11.9)	372	(20.5)	552	(22.9)	358	(27.0)	1941	(152.3)	94	(11.8)	4594	(342.7)	1389	(121.9)	1.50	(0.037)
2 and over...	280	(7.9)	396	(15.2)	550	(15.7)	312	(18.0)	1657	(112.4)	83	(8.4)	4428	(277.9)	1199	(92.1)	1.50	(0.026)
131-350% poverty:																		
2 - 5.....	184	(11.6)	465	(23.1)	548	(27.0)	219	(48.1)	860	(120.8)	78	(8.7)	3465	(526.2)	630	(52.1)	1.25	(0.035)
6 - 11.....	229	(13.1)	520	(32.8)	631	(45.3)	234*	(75.2)	1185	(196.7)	77	(9.8)	5175	(923.0)	816	(90.6)	1.58	(0.074)
12 - 19.....	229	(15.4)	476	(34.4)	580	(40.5)	247	(46.0)	1099	(123.8)	61	(6.5)	4675	(368.2)	812	(93.9)	1.61	(0.068)
20 and over...	308	(10.5)	443	(18.2)	650	(27.8)	463	(94.4)	2220	(235.6)	77	(6.1)	4900	(335.6)	1358	(91.5)	1.57	(0.022)
2 and over...	285	(8.9)	455	(14.7)	634	(21.1)	404	(71.4)	1923	(186.1)	75	(5.1)	4822	(296.1)	1206	(76.8)	1.56	(0.018)
Over 350% poverty:																		
2 - 5.....	181	(15.8)	391	(32.6)	550	(29.3)	428*	(186.7)	1665	(421.3)	78*	(24.3)	3613	(944.9)	681	(88.7)	1.05	(0.046)
6 - 11.....	240	(14.6)	498	(34.2)	680	(42.0)	564	(129.8)	1883	(342.9)	61	(11.3)	3742	(587.8)	794	(65.4)	1.51	(0.036)
12 - 19.....	252	(31.8)	495	(49.6)	629	(47.3)	253	(29.2)	1462	(173.0)	63	(6.9)	4633	(1020.2)	934	(85.5)	1.78	(0.108)
20 and over...	295	(8.8)	433	(18.0)	650	(23.6)	418	(55.3)	2352	(155.2)	95	(7.0)	5627	(379.1)	1929	(139.2)	1.63	(0.032)
2 and over...	284	(8.1)	440	(16.1)	646	(20.0)	414	(53.5)	2226	(151.6)	90	(6.6)	5360	(366.8)	1734	(117.3)	1.62	(0.029)
All Individuals²:																		
2 - 5.....	182	(8.4)	429	(16.3)	542	(19.7)	282	(69.5)	1185	(179.7)	71	(6.6)	3288	(317.9)	718	(51.5)	1.21	(0.025)
6 - 11.....	225	(8.3)	492	(18.9)	622	(25.8)	339	(43.4)	1365	(148.2)	72	(5.9)	4306	(424.5)	785	(60.0)	1.55	(0.041)
12 - 19.....	245	(10.3)	469	(28.1)	580	(30.7)	228	(29.2)	1194	(98.9)	59	(3.0)	4692	(265.0)	911	(72.7)	1.65	(0.051)
20 and over...	300	(6.3)	423	(10.6)	629	(13.0)	420	(41.2)	2233	(110.0)	89	(5.8)	5092	(233.4)	1599	(83.4)	1.58	(0.020)
2 and over...	282	(5.2)	434	(9.5)	619	(11.1)	385	(33.5)	1996	(98.7)	84	(4.8)	4892	(215.4)	1413	(73.2)	1.57	(0.018)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5.....	1.67	(0.062)	17.2	(0.54)	1.51	(0.055)	186	(14.2)	132	(7.1)	448	(26.4)	213	(11.0)	3.96	(0.253)	1.18	(0.197)
6 - 11.....	1.89	(0.079)	20.8	(0.72)	1.62	(0.077)	210	(12.0)	150	(7.1)	506	(22.9)	236	(7.0)	4.38	(0.265)	1.17	(0.169)
12 - 19.....	1.87	(0.067)	23.4	(0.74)	1.79	(0.079)	215	(10.9)	162	(5.5)	527	(21.4)	267	(9.8)	4.55	(0.178)	1.01	(0.128)
20 and over...	1.97	(0.058)	24.9	(0.69)	2.05	(0.088)	161	(5.7)	209	(9.5)	483	(12.9)	329	(7.0)	4.58	(0.218)	1.08	(0.152)
2 and over...	1.92	(0.038)	23.7	(0.35)	1.93	(0.048)	175	(5.0)	191	(6.7)	489	(10.1)	302	(4.4)	4.51	(0.137)	1.09	(0.095)
131-350% poverty:																		
2 - 5.....	1.77	(0.045)	16.7	(0.60)	1.44	(0.060)	174	(11.5)	129	(5.8)	424	(20.2)	222	(9.0)	4.04	(0.117)	0.85	(0.100)
6 - 11.....	2.01	(0.090)	21.9	(1.01)	1.75	(0.089)	216	(15.4)	154	(7.1)	521	(30.0)	256	(13.1)	4.75	(0.219)	1.20	(0.163)
12 - 19.....	1.95	(0.103)	23.4	(0.96)	1.86	(0.091)	222	(11.9)	160	(6.1)	537	(23.5)	252	(12.3)	5.03	(0.324)	1.55	(0.168)
20 and over...	2.19	(0.052)	26.3	(0.60)	2.16	(0.063)	171	(5.1)	215	(4.1)	505	(10.1)	340	(8.9)	5.21	(0.277)	1.15	(0.094)
2 and over...	2.12	(0.043)	25.0	(0.44)	2.05	(0.041)	181	(5.0)	198	(3.7)	505	(8.3)	316	(7.0)	5.08	(0.193)	1.18	(0.067)
Over 350% poverty:																		
2 - 5.....	1.56	(0.093)	13.6	(0.50)	1.12	(0.064)	135	(18.0)	122	(6.1)	351	(32.8)	201	(14.2)	3.44	(0.289)	0.70	(0.112)
6 - 11.....	1.94	(0.092)	19.5	(0.50)	1.49	(0.048)	189	(15.1)	154	(4.8)	476	(23.5)	249	(11.1)	4.11	(0.368)	0.85	(0.122)
12 - 19.....	2.14	(0.172)	27.0	(2.27)	2.01	(0.173)	224	(18.9)	187	(12.3)	567	(40.1)	287	(31.0)	5.33	(0.512)	1.43	(0.209)
20 and over...	2.28	(0.050)	27.2	(0.82)	2.22	(0.091)	178	(7.5)	234	(5.1)	537	(16.3)	348	(7.0)	5.12	(0.230)	1.20	(0.149)
2 and over...	2.22	(0.048)	26.3	(0.75)	2.12	(0.078)	181	(6.6)	222	(4.5)	529	(13.8)	331	(6.6)	5.02	(0.205)	1.18	(0.131)
All Individuals²:																		
2 - 5.....	1.67	(0.039)	16.0	(0.33)	1.38	(0.030)	166	(7.6)	127	(3.5)	409	(12.5)	212	(7.5)	3.81	(0.136)	0.91	(0.068)
6 - 11.....	1.94	(0.054)	20.7	(0.51)	1.62	(0.051)	204	(6.2)	153	(4.5)	499	(12.4)	247	(7.6)	4.42	(0.150)	1.07	(0.092)
12 - 19.....	1.98	(0.076)	24.4	(0.72)	1.87	(0.062)	221	(10.0)	169	(3.5)	544	(19.0)	268	(9.9)	4.95	(0.208)	1.34	(0.114)
20 and over...	2.17	(0.040)	26.2	(0.53)	2.15	(0.051)	172	(4.2)	222	(4.4)	514	(10.0)	339	(4.6)	4.97	(0.123)	1.13	(0.088)
2 and over...	2.10	(0.037)	25.0	(0.43)	2.03	(0.040)	180	(3.6)	206	(4.1)	511	(8.3)	317	(4.2)	4.86	(0.105)	1.14	(0.068)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
Under 131% poverty:																
2 - 5.....	87.2	(5.67)	5.9	(0.38)	5.7	(0.25)	0.5	(0.13)	55.2	(5.29)	865	(29.9)	1031	(30.4)	190	(6.0)
6 - 11.....	70.6	(5.15)	5.6	(0.37)	6.4	(0.24)	0.3*	(0.09)	60.9	(6.06)	957	(39.5)	1193	(34.1)	218	(7.2)
12 - 19.....	63.8	(5.31)	4.7	(0.42)	7.7	(0.34)	0.6*	(0.22)	76.2	(7.09)	921	(61.8)	1257	(54.4)	234	(10.1)
20 and over...	76.1	(5.46)	4.3	(0.23)	7.8	(0.17)	0.6	(0.09)	105.7	(6.22)	895	(31.5)	1302	(32.8)	275	(6.5)
2 and over...	74.6	(4.24)	4.6	(0.16)	7.5	(0.14)	0.5	(0.06)	93.0	(4.41)	903	(25.2)	1264	(23.1)	257	(4.6)
131-350% poverty:																
2 - 5.....	66.5	(7.14)	6.2	(0.30)	6.0	(0.29)	0.6*	(0.22)	47.3	(3.39)	990	(38.3)	1115	(32.7)	206	(8.0)
6 - 11.....	61.5	(6.79)	5.6	(0.24)	7.4	(0.32)	0.5	(0.10)	65.2	(4.67)	1040	(44.0)	1317	(51.8)	243	(8.7)
12 - 19.....	60.8	(4.12)	4.9	(0.41)	7.5	(0.40)	0.4	(0.12)	67.9	(4.99)	1004	(41.6)	1290	(46.4)	244	(9.2)
20 and over...	74.2	(2.83)	4.6	(0.18)	9.0	(0.20)	1.0	(0.11)	109.8	(4.57)	965	(29.7)	1382	(31.5)	300	(6.3)
2 and over...	71.1	(2.70)	4.8	(0.17)	8.5	(0.16)	0.9	(0.08)	97.5	(3.87)	978	(27.1)	1351	(26.0)	283	(5.6)
Over 350% poverty:																
2 - 5.....	64.3	(6.38)	5.2	(0.49)	5.6	(0.26)	0.6	(0.15)	50.8	(7.40)	863	(46.1)	983	(45.6)	177	(6.4)
6 - 11.....	63.3	(5.34)	5.3	(0.60)	7.9	(0.21)	0.9	(0.20)	63.6	(3.42)	1034	(48.1)	1270	(42.7)	230	(8.7)
12 - 19.....	72.2	(7.39)	5.1	(0.59)	8.5	(0.65)	1.0*	(0.45)	80.8	(6.78)	1073	(79.4)	1404	(106.7)	276	(16.8)
20 and over...	84.7	(4.20)	5.0	(0.36)	10.4	(0.52)	1.3	(0.25)	140.5	(8.21)	979	(22.0)	1449	(30.8)	329	(7.0)
2 and over...	81.7	(4.02)	5.0	(0.33)	9.9	(0.46)	1.3	(0.24)	127.8	(7.23)	986	(20.2)	1418	(28.4)	314	(6.2)
All Individuals²:																
2 - 5.....	72.2	(5.26)	5.8	(0.23)	5.8	(0.19)	0.6	(0.11)	51.6	(2.65)	909	(19.2)	1048	(23.1)	193	(4.4)
6 - 11.....	65.9	(4.58)	5.5	(0.24)	7.2	(0.14)	0.5	(0.09)	62.9	(2.64)	1005	(31.5)	1260	(31.8)	231	(5.2)
12 - 19.....	65.7	(3.24)	4.9	(0.32)	7.8	(0.24)	0.6	(0.15)	76.3	(4.14)	993	(41.6)	1310	(42.0)	250	(7.8)
20 and over...	79.6	(2.56)	4.7	(0.15)	9.2	(0.26)	1.0	(0.12)	120.9	(4.68)	949	(19.0)	1385	(21.2)	307	(5.3)
2 and over...	76.6	(2.41)	4.8	(0.15)	8.8	(0.23)	0.9	(0.10)	107.8	(4.23)	956	(19.1)	1349	(20.4)	289	(5.0)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5.....	11.9	(0.67)	8.0	(0.29)	0.7	(0.02)	75.0	(2.77)	1910	(56.4)	2285	(82.6)	7.6	(1.68)	27.1	(4.36)	--	--
6 - 11.....	14.3	(0.83)	9.7	(0.32)	0.8	(0.03)	94.0	(2.96)	2038	(62.4)	2977	(86.2)	13.8	(2.58)	47.2	(6.19)	--	--
12 - 19.....	14.3	(0.51)	10.6	(0.47)	0.9	(0.05)	105.6	(2.66)	2118	(67.4)	3403	(98.4)	45.2	(9.59)	50.2	(7.76)	--	--
20 and over...	13.2	(0.28)	10.3	(0.29)	1.1	(0.03)	111.7	(2.48)	2413	(53.8)	3420	(67.5)	137.9	(9.57)	27.8	(2.45)	7.5	(0.70)
2 and over...	13.4	(0.23)	10.1	(0.21)	1.0	(0.02)	106.2	(1.45)	2294	(42.3)	3286	(41.9)	101.9	(7.59)	33.0	(2.32)	--	--
131-350% poverty:																		
2 - 5.....	10.9	(0.43)	8.4	(0.31)	0.8	(0.04)	78.2	(3.33)	1941	(62.5)	2249	(74.3)	7.0	(1.00)	31.5	(6.98)	--	--
6 - 11.....	14.7	(0.75)	10.9	(0.33)	0.9	(0.03)	102.3	(4.49)	2146	(70.5)	3136	(90.2)	16.7	(2.63)	51.2	(5.50)	--	--
12 - 19.....	15.1	(0.82)	10.6	(0.49)	1.0	(0.03)	100.6	(4.08)	2137	(57.0)	3226	(106.8)	52.2	(13.73)	56.4	(7.62)	--	--
20 and over...	14.3	(0.26)	11.4	(0.27)	1.2	(0.02)	115.5	(2.24)	2582	(53.1)	3551	(76.3)	173.6	(10.28)	35.4	(1.95)	9.1	(0.74)
2 and over...	14.2	(0.21)	11.1	(0.21)	1.1	(0.01)	110.5	(1.62)	2456	(44.9)	3405	(56.8)	136.2	(8.00)	39.1	(2.18)	--	--
Over 350% poverty:																		
2 - 5.....	9.4	(0.50)	6.8	(0.40)	0.7	(0.03)	69.9	(4.02)	1707	(57.9)	2043	(83.1)	2.8	(0.51)	30.9	(3.93)	--	--
6 - 11.....	13.3	(0.44)	9.1	(0.32)	1.0	(0.04)	95.8	(2.51)	2075	(70.1)	3061	(67.7)	10.5	(1.54)	67.3	(7.70)	--	--
12 - 19.....	15.9	(1.16)	11.8	(1.08)	1.1	(0.05)	118.9	(10.04)	2348	(180.9)	3551	(267.3)	38.8	(4.36)	49.6	(7.72)	--	--
20 and over...	14.3	(0.30)	11.8	(0.29)	1.3	(0.03)	119.7	(3.93)	2796	(46.3)	3652	(64.2)	188.4	(7.55)	33.8	(1.48)	12.3	(1.08)
2 and over...	14.2	(0.26)	11.4	(0.28)	1.3	(0.03)	116.4	(3.50)	2677	(40.3)	3551	(60.0)	158.7	(5.33)	37.1	(1.51)	--	--
All Individuals²:																		
2 - 5.....	10.8	(0.31)	7.8	(0.19)	0.7	(0.02)	74.5	(1.61)	1866	(38.9)	2212	(43.4)	6.2	(0.76)	30.2	(2.22)	--	--
6 - 11.....	14.1	(0.37)	10.0	(0.23)	0.9	(0.02)	97.6	(2.45)	2094	(45.7)	3050	(45.0)	13.9	(1.28)	54.9	(3.89)	--	--
12 - 19.....	15.0	(0.57)	10.9	(0.44)	1.0	(0.03)	107.4	(2.96)	2186	(57.3)	3367	(82.3)	44.9	(6.36)	52.0	(5.72)	--	--
20 and over...	14.0	(0.18)	11.2	(0.18)	1.2	(0.02)	115.5	(1.95)	2633	(38.6)	3536	(40.0)	171.5	(6.17)	32.5	(0.88)	9.9	(0.62)
2 and over...	14.0	(0.17)	10.9	(0.18)	1.2	(0.02)	111.0	(1.71)	2502	(35.7)	3410	(33.6)	136.6	(5.03)	36.3	(1.28)	--	--

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (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 (0.031)	0.32 (0.022)	0.31 (0.028)	0.48 (0.035)	0.79 (0.079)	1.91 (0.120)	10.81 (0.398)	4.61 (0.176)
6 - 11.....	0.45 (0.026)	0.32 (0.016)	0.28 (0.016)	0.49 (0.023)	0.82 (0.071)	2.13 (0.082)	13.81 (0.545)	5.86 (0.211)
12 - 19.....	0.55 (0.049)	0.35 (0.029)	0.27 (0.022)	0.54 (0.045)	0.85 (0.076)	2.38 (0.179)	14.87 (0.682)	6.44 (0.328)
20 and over...	0.47 (0.023)	0.31 (0.016)	0.27 (0.013)	0.50 (0.024)	0.87 (0.055)	2.19 (0.104)	14.25 (0.562)	6.23 (0.271)
2 and over...	0.48 (0.018)	0.32 (0.011)	0.27 (0.008)	0.51 (0.016)	0.86 (0.033)	2.19 (0.068)	14.03 (0.357)	6.10 (0.178)
131-350% poverty:								
2 - 5.....	0.48 (0.020)	0.33 (0.015)	0.28 (0.024)	0.49 (0.025)	0.70 (0.040)	1.93 (0.069)	10.64 (0.332)	4.54 (0.136)
6 - 11.....	0.55 (0.044)	0.36 (0.027)	0.33 (0.026)	0.58 (0.035)	1.11 (0.152)	2.41 (0.117)	14.11 (0.518)	6.03 (0.195)
12 - 19.....	0.56 (0.039)	0.37 (0.026)	0.34 (0.031)	0.61 (0.045)	1.21 (0.178)	2.56 (0.154)	14.85 (0.632)	6.54 (0.291)
20 and over...	0.54 (0.023)	0.34 (0.014)	0.29 (0.013)	0.56 (0.021)	0.96 (0.048)	2.42 (0.088)	15.23 (0.356)	6.74 (0.166)
2 and over...	0.54 (0.021)	0.35 (0.012)	0.30 (0.010)	0.56 (0.018)	0.99 (0.040)	2.41 (0.071)	14.84 (0.293)	6.54 (0.138)
Over 350% poverty:								
2 - 5.....	0.46 (0.050)	0.29 (0.027)	0.22 (0.017)	0.42 (0.035)	0.55 (0.044)	1.75 (0.145)	10.21 (0.433)	4.42 (0.230)
6 - 11.....	0.61 (0.036)	0.40 (0.024)	0.34 (0.037)	0.62 (0.045)	1.11 (0.209)	2.63 (0.170)	15.24 (0.553)	6.86 (0.244)
12 - 19.....	0.55 (0.042)	0.36 (0.033)	0.31 (0.033)	0.58 (0.048)	1.11 (0.177)	2.55 (0.200)	15.84 (1.078)	6.82 (0.536)
20 and over...	0.53 (0.022)	0.34 (0.013)	0.31 (0.011)	0.58 (0.017)	1.11 (0.063)	2.44 (0.067)	15.19 (0.349)	6.66 (0.158)
2 and over...	0.54 (0.018)	0.34 (0.011)	0.31 (0.012)	0.58 (0.017)	1.09 (0.067)	2.44 (0.066)	15.07 (0.319)	6.60 (0.151)
All Individuals²:								
2 - 5.....	0.46 (0.011)	0.31 (0.007)	0.27 (0.014)	0.47 (0.013)	0.68 (0.038)	1.87 (0.036)	10.59 (0.184)	4.53 (0.073)
6 - 11.....	0.53 (0.024)	0.36 (0.014)	0.31 (0.015)	0.56 (0.021)	1.01 (0.090)	2.36 (0.080)	14.27 (0.385)	6.18 (0.150)
12 - 19.....	0.55 (0.026)	0.36 (0.016)	0.31 (0.017)	0.58 (0.027)	1.06 (0.096)	2.48 (0.107)	15.07 (0.486)	6.54 (0.247)
20 and over...	0.52 (0.018)	0.33 (0.010)	0.29 (0.007)	0.55 (0.014)	1.00 (0.031)	2.36 (0.055)	14.89 (0.237)	6.54 (0.124)
2 and over...	0.52 (0.016)	0.34 (0.009)	0.30 (0.006)	0.55 (0.013)	0.99 (0.030)	2.35 (0.052)	14.63 (0.204)	6.41 (0.110)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
Under 131% poverty:														
2 - 5.....	0.73	(0.050)	17.74	(0.712)	0.19	(0.010)	0.01	(0.001)	11.16	(0.612)	1.16	(0.064)	#	
6 - 11.....	0.94	(0.036)	22.10	(0.598)	0.24	(0.009)	0.02	(0.003)	14.50	(0.570)	1.39	(0.062)	0.01	(0.001)
12 - 19.....	1.08	(0.040)	24.78	(1.044)	0.27	(0.012)	0.03	(0.007)	16.04	(0.716)	1.58	(0.085)	0.01	(0.002)
20 and over...	1.12	(0.031)	25.56	(0.763)	0.30	(0.010)	0.02	(0.002)	16.03	(0.500)	1.72	(0.072)	0.01	(0.001)
2 and over...	1.07	(0.017)	24.50	(0.520)	0.28	(0.008)	0.02	(0.001)	15.51	(0.339)	1.62	(0.047)	0.01	(0.001)
131-350% poverty:														
2 - 5.....	0.67	(0.033)	17.87	(0.534)	0.21	(0.012)	0.02	(0.002)	10.77	(0.396)	1.03	(0.043)	#	
6 - 11.....	0.94	(0.044)	23.17	(0.962)	0.27	(0.017)	0.02	(0.001)	14.46	(0.461)	1.34	(0.043)	0.01	(0.001)
12 - 19.....	1.01	(0.043)	24.69	(0.855)	0.28	(0.010)	0.02	(0.002)	15.41	(0.581)	1.48	(0.063)	0.01	(0.001)
20 and over...	1.19	(0.026)	27.70	(0.584)	0.31	(0.007)	0.03	(0.002)	16.93	(0.367)	1.81	(0.041)	0.01	(0.001)
2 and over...	1.11	(0.024)	26.41	(0.519)	0.30	(0.006)	0.03	(0.002)	16.20	(0.282)	1.68	(0.028)	0.01	(0.001)
Over 350% poverty:														
2 - 5.....	0.69	(0.057)	17.51	(0.719)	0.16	(0.008)	0.01	(0.002)	10.04	(0.458)	0.97	(0.050)	#	
6 - 11.....	1.00	(0.050)	24.84	(0.639)	0.28	(0.014)	0.02	(0.004)	14.84	(0.510)	1.37	(0.038)	0.01	(0.002)
12 - 19.....	1.12	(0.137)	27.13	(1.856)	0.37	(0.057)	0.02	(0.003)	16.79	(1.288)	1.61	(0.148)	0.01	(0.003)
20 and over...	1.20	(0.030)	28.95	(0.727)	0.34	(0.015)	0.04	(0.004)	18.24	(0.614)	1.97	(0.079)	0.01	(0.002)
2 and over...	1.16	(0.026)	28.15	(0.672)	0.33	(0.013)	0.03	(0.003)	17.63	(0.570)	1.87	(0.073)	0.01	(0.002)
All Individuals²:														
2 - 5.....	0.70	(0.027)	17.71	(0.467)	0.19	(0.006)	0.01	(0.001)	10.71	(0.293)	1.05	(0.033)	#	
6 - 11.....	0.96	(0.028)	23.28	(0.548)	0.26	(0.008)	0.02	(0.001)	14.54	(0.275)	1.36	(0.024)	0.01	(0.001)
12 - 19.....	1.07	(0.043)	25.35	(0.747)	0.30	(0.017)	0.03	(0.002)	15.92	(0.396)	1.54	(0.053)	0.01	(0.001)
20 and over...	1.17	(0.019)	27.52	(0.364)	0.32	(0.006)	0.03	(0.002)	17.10	(0.261)	1.84	(0.036)	0.01	(0.001)
2 and over...	1.11	(0.016)	26.44	(0.344)	0.30	(0.005)	0.03	(0.001)	16.43	(0.226)	1.72	(0.031)	0.01	(0.001)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level¹) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:								
2 - 5.....	0.09	(0.008)	0.01	(0.002)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.11	(0.004)	0.01	(0.002)	0.02	(0.001)	0.02	(0.004)
12 - 19.....	0.13	(0.004)	0.01	(0.003)	0.02	(0.002)	0.03	(0.005)
20 and over...	0.16	(0.006)	0.02	(0.003)	0.02	(0.001)	0.06	(0.007)
2 and over...	0.15	(0.004)	0.02	(0.002)	0.02	(0.001)	0.05	(0.005)
131-350% poverty:								
2 - 5.....	0.09	(0.006)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.12	(0.009)	0.01	(0.001)	0.02	(0.001)	0.02	(0.003)
12 - 19.....	0.12	(0.007)	0.01	(0.002)	0.02	(0.001)	0.03	(0.005)
20 and over...	0.16	(0.005)	0.03	(0.003)	0.02	(0.001)	0.06	(0.004)
2 and over...	0.15	(0.005)	0.02	(0.002)	0.02	(0.001)	0.05	(0.003)
Over 350% poverty:								
2 - 5.....	0.08	(0.007)	0.01	(0.002)	0.01	(0.001)	0.02	(0.005)
6 - 11.....	0.13	(0.010)	0.02	(0.006)	0.02	(0.003)	0.03	(0.010)
12 - 19.....	0.13	(0.018)	0.02	(0.005)	0.02	(0.003)	0.04	(0.009)
20 and over...	0.16	(0.006)	0.03	(0.006)	0.02	(0.003)	0.07	(0.011)
2 and over...	0.15	(0.006)	0.03	(0.005)	0.02	(0.002)	0.06	(0.010)
All Individuals²:								
2 - 5.....	0.09	(0.004)	0.01	(0.001)	0.01	(#)	0.02	(0.003)
6 - 11.....	0.12	(0.006)	0.01	(0.002)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.13	(0.005)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.16	(0.003)	0.03	(0.003)	0.02	(0.001)	0.06	(0.005)
2 and over...	0.15	(0.003)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)

Symbol Legend

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

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

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5.....	336	1545	(27.4)	14	(0.3)	53	(0.6)	34	(0.4)	12	(0.2)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	517	1973	(31.2)	14	(0.3)	53	(0.8)	34	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
12 - 19.....	609	2247	(69.7)	15	(0.2)	51	(0.5)	35	(0.3)	12	(0.2)	12	(0.1)	7	(0.1)	--	--
20 - 29.....	392	2570	(71.3)	17	(0.8)	46	(0.8)	34	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
30 - 39.....	418	2687	(73.8)	16	(0.4)	46	(1.0)	35	(0.8)	12	(0.3)	12	(0.3)	8	(0.3)	--	--
40 - 49.....	370	2519	(53.4)	16	(0.5)	45	(0.7)	35	(0.9)	11	(0.4)	12	(0.3)	8	(0.2)	--	--
50 - 59.....	397	2487	(72.1)	16	(0.4)	46	(1.0)	35	(0.8)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
60 - 69.....	420	2166	(56.7)	16	(0.5)	47	(1.0)	36	(0.8)	11	(0.2)	13	(0.3)	8	(0.4)	--	--
70 and over.....	418	2014	(51.0)	15	(0.4)	46	(0.7)	37	(0.8)	12	(0.3)	13	(0.3)	8	(0.3)	--	--
2 - 19.....	1462	2009	(37.0)	15	(0.2)	52	(0.5)	34	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2415	2439	(27.5)	16	(0.3)	46	(0.3)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	4	(0.2)
2 and over...	3877	2332	(27.6)	16	(0.2)	47	(0.2)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5.....	329	1395	(35.6)	15	(0.2)	53	(0.7)	34	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
6 - 11.....	523	1834	(37.2)	14	(0.3)	52	(0.5)	35	(0.4)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	587	1813	(44.7)	14	(0.2)	52	(0.5)	35	(0.4)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
20 - 29.....	442	1917	(33.2)	16	(0.4)	49	(0.6)	36	(0.4)	11	(0.2)	12	(0.2)	9	(0.2)	--	--
30 - 39.....	435	1869	(53.3)	16	(0.6)	46	(0.9)	35	(0.5)	11	(0.3)	12	(0.2)	8	(0.3)	--	--
40 - 49.....	460	1845	(40.0)	16	(0.5)	47	(0.8)	36	(0.7)	11	(0.3)	13	(0.3)	9	(0.3)	--	--
50 - 59.....	419	1807	(32.1)	16	(0.3)	46	(1.4)	37	(1.3)	12	(0.3)	13	(0.8)	9	(0.3)	--	--
60 - 69.....	432	1686	(39.0)	16	(0.4)	48	(1.2)	36	(0.8)	12	(0.3)	13	(0.3)	9	(0.3)	--	--
70 and over.....	414	1598	(55.2)	16	(0.3)	49	(0.6)	36	(0.5)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
2 - 19.....	1439	1725	(21.3)	14	(0.1)	52	(0.2)	35	(0.2)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2602	1795	(16.7)	16	(0.2)	48	(0.5)	36	(0.4)	12	(0.1)	13	(0.2)	8	(0.1)	2	(0.2)
2 and over...	4041	1779	(12.1)	16	(0.1)	49	(0.4)	36	(0.3)	12	(0.1)	12	(0.2)	8	(0.1)	--	--
Males and females:																	
2 - 19.....	2901	1868	(25.2)	15	(0.1)	52	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
20 and over...	5017	2105	(20.6)	16	(0.2)	47	(0.3)	36	(0.3)	12	(0.1)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7918	2048	(18.3)	16	(0.1)	48	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 6. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Non-Hispanic White:																	
2 - 5.....	209	1410	(38.9)	15	(0.3)	52	(0.6)	35	(0.5)	13	(0.2)	12	(0.3)	7*	(0.2)	--	--
6 - 11.....	300	1938	(53.6)	14	(0.3)	53	(0.8)	35	(0.6)	13	(0.3)	12	(0.3)	7	(0.2)	--	--
12 - 19.....	322	2069	(71.7)	15	(0.3)	51	(0.6)	35	(0.5)	12	(0.3)	12	(0.2)	7	(0.1)	--	--
20 and over...	1711	2109	(24.9)	16	(0.2)	46	(0.5)	36	(0.4)	12	(0.1)	13	(0.2)	8	(0.2)	3	(0.3)
2 and over...	2542	2063	(21.5)	16	(0.2)	47	(0.4)	36	(0.3)	12	(0.1)	13	(0.1)	8	(0.1)	--	--
Non-Hispanic Black:																	
2 - 5.....	160	1651	(81.2)	14	(0.5)	55	(0.7)	33	(0.8)	11*	(0.3)	11*	(0.4)	8*	(0.5)	--	--
6 - 11.....	220	1912	(53.9)	14	(0.3)	52	(0.8)	35	(0.4)	11	(0.3)	12	(0.2)	8*	(0.1)	--	--
12 - 19.....	275	1981	(73.4)	14	(0.3)	52	(0.8)	35	(0.8)	12	(0.3)	12	(0.3)	8	(0.3)	--	--
20 and over...	1060	2051	(35.9)	15	(0.2)	48	(0.6)	35	(0.5)	11	(0.2)	13	(0.2)	9	(0.2)	3	(0.3)
2 and over...	1715	2002	(32.1)	15	(0.2)	49	(0.5)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.2)	--	--
Non-Hispanic Asian²:																	
2 - 5.....	34	1422*	(87.4)	15*	(0.9)	52*	(0.9)	34*	(0.6)	13*	(0.5)	12*	(0.3)	6*	(0.3)	--	--
6 - 11.....	70	1984*	(106.4)	15*	(0.5)	52*	(1.0)	33*	(1.1)	11*	(0.7)	11*	(0.4)	8*	(0.3)	--	--
12 - 19.....	123	1991	(96.2)	17	(0.4)	52	(0.9)	32	(0.6)	11*	(0.3)	11*	(0.4)	8*	(0.3)	--	--
20 and over...	521	1911	(40.6)	17	(0.2)	51	(0.4)	31	(0.5)	9	(0.2)	11	(0.2)	8	(0.2)	1*	(0.2)
2 and over...	748	1909	(38.2)	17	(0.2)	51	(0.4)	32	(0.4)	10	(0.1)	11	(0.1)	8	(0.2)	--	--
Hispanic:																	
2 - 5.....	205	1500	(54.5)	15	(0.3)	53	(0.9)	33	(0.8)	12	(0.3)	11	(0.5)	7*	(0.3)	--	--
6 - 11.....	379	1795	(51.8)	15	(0.3)	52	(0.5)	34	(0.6)	12	(0.2)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	405	1969	(52.1)	15	(0.3)	52	(0.6)	34	(0.6)	11	(0.3)	12	(0.2)	8	(0.1)	--	--
20 and over...	1543	2179	(23.0)	16	(0.3)	49	(0.5)	34	(0.4)	11	(0.1)	12	(0.1)	8	(0.1)	2	(0.2)
2 and over...	2532	2053	(21.3)	16	(0.2)	50	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

Symbol Legend

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

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

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 2.41.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 7. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2015-2016

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.....	196	1518	(42.9)	15	(0.4)	53	(0.6)	34	(0.5)	12	(0.3)	11	(0.3)	8*	(0.2)	--	--
6 - 11.....	258	1838	(72.5)	14	(0.4)	53	(0.5)	34	(0.4)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	285	2012	(71.7)	15	(0.4)	50	(0.7)	35	(0.6)	12	(0.4)	12	(0.3)	8	(0.2)	--	--
20 and over...	1430	2021	(31.9)	16	(0.2)	48	(0.7)	35	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	3	(0.3)
2 and over...	2169	1977	(21.9)	15	(0.2)	49	(0.5)	35	(0.4)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
\$25,000 - \$74,999:																	
2 - 5.....	261	1494	(40.8)	15	(0.3)	53	(0.8)	34	(0.6)	12	(0.4)	11	(0.3)	7*	(0.2)	--	--
6 - 11.....	451	1846	(34.5)	14	(0.2)	52	(0.8)	35	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
12 - 19.....	513	1956	(61.8)	15	(0.3)	51	(0.8)	35	(0.7)	12	(0.4)	12	(0.3)	8	(0.1)	--	--
20 and over...	1973	2133	(32.1)	16	(0.1)	47	(0.4)	36	(0.3)	12	(0.2)	13	(0.1)	8	(0.1)	3	(0.3)
2 and over...	3198	2059	(25.7)	16	(0.1)	48	(0.4)	36	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
\$75,000 and higher:																	
2 - 5.....	166	1409	(30.8)	14	(0.3)	53	(0.9)	35	(0.8)	12	(0.5)	12	(0.4)	7*	(0.3)	--	--
6 - 11.....	278	2002	(62.4)	14	(0.3)	52	(0.6)	35	(0.5)	13	(0.3)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	306	2143	(103.0)	15	(0.3)	52	(0.6)	35	(0.4)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
20 and over...	1206	2156	(38.9)	17	(0.3)	45	(0.7)	36	(0.6)	11	(0.2)	13	(0.3)	9	(0.2)	3	(0.2)
2 and over...	1956	2104	(32.7)	16	(0.2)	47	(0.5)	36	(0.5)	12	(0.1)	13	(0.2)	8	(0.2)	--	--
All Individuals²:																	
2 - 5.....	665	1467	(23.5)	15	(0.2)	53	(0.5)	34	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--
6 - 11.....	1040	1907	(28.2)	14	(0.2)	52	(0.5)	35	(0.4)	12	(0.2)	12	(0.2)	8	(0.1)	--	--
12 - 19.....	1196	2031	(52.0)	15	(0.2)	51	(0.4)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	5017	2105	(20.6)	16	(0.2)	47	(0.3)	36	(0.3)	12	(0.1)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7918	2048	(18.3)	16	(0.1)	48	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

Symbol Legend

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

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

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 2.41.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, *What We Eat in America, NHANES 2015-2016*.

Table 8. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level²) and Age, in the United States, 2015-2016

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.....	261	1514	(44.5)	14	(0.3)	54	(0.7)	33	(0.5)	12	(0.4)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	395	1846	(55.1)	14	(0.3)	53	(0.5)	34	(0.4)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	424	1967	(66.4)	15	(0.3)	51	(0.6)	35	(0.5)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
20 and over...	1434	2027	(45.8)	16	(0.3)	49	(0.6)	34	(0.7)	11	(0.3)	12	(0.2)	8	(0.2)	2	(0.2)
2 and over...	2514	1961	(27.6)	16	(0.2)	50	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	236	1490	(26.9)	15	(0.3)	52	(0.7)	34	(0.5)	12	(0.3)	12	(0.2)	7*	(0.2)	--	--
6 - 11.....	387	1927	(52.2)	15	(0.3)	52	(0.8)	34	(0.7)	12	(0.3)	12	(0.4)	8	(0.1)	--	--
12 - 19.....	435	1998	(63.9)	15	(0.2)	51	(0.6)	35	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
20 and over...	1823	2122	(34.0)	16	(0.1)	47	(0.5)	36	(0.4)	12	(0.2)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	2881	2056	(23.4)	15	(0.1)	48	(0.4)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	118	1378	(39.0)	14*	(0.4)	53	(1.2)	35	(1.0)	12*	(0.6)	12*	(0.4)	7*	(0.4)	--	--
6 - 11.....	191	1962	(48.4)	14	(0.3)	52	(0.7)	36	(0.6)	13	(0.3)	12	(0.2)	8*	(0.2)	--	--
12 - 19.....	222	2176	(137.9)	15	(0.4)	52	(0.7)	34	(0.5)	12	(0.4)	12	(0.2)	8*	(0.3)	--	--
20 and over...	1280	2160	(33.8)	16	(0.3)	45	(0.7)	36	(0.5)	12	(0.1)	13	(0.3)	9	(0.2)	4	(0.3)
2 and over...	1811	2122	(30.8)	16	(0.3)	46	(0.6)	36	(0.4)	12	(0.1)	13	(0.2)	8	(0.2)	--	--
All Individuals³:																	
2 - 5.....	665	1467	(23.5)	15	(0.2)	53	(0.5)	34	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--
6 - 11.....	1040	1907	(28.2)	14	(0.2)	52	(0.5)	35	(0.4)	12	(0.2)	12	(0.2)	8	(0.1)	--	--
12 - 19.....	1196	2031	(52.0)	15	(0.2)	51	(0.4)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	5017	2105	(20.6)	16	(0.2)	47	(0.3)	36	(0.3)	12	(0.1)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7918	2048	(18.3)	16	(0.1)	48	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

Symbol Legend

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

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

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 2.41.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016

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.....	59 (3.8)	27 (2.6)	25 (2.4)	27 (2.6)	27 (2.6)	27 (2.7)	27 (2.8)	25 (2.7)	28 (2.8)	29 (3.0)
6 - 11.....	78 (2.8)	37 (1.9)	36 (1.6)	38 (1.8)	41 (1.9)	37 (2.6)	37 (2.1)	36 (2.0)	36 (2.1)	39 (2.7)
12 - 19.....	69 (3.1)	38 (2.4)	38 (2.3)	37 (2.6)	38 (2.7)	35 (2.7)	38 (2.4)	36 (2.3)	38 (2.4)	40 (2.9)
20 - 29.....	75 (2.8)	42 (1.9)	41 (3.0)	42 (2.3)	42 (2.7)	40 (2.6)	43 (1.6)	42 (1.7)	42 (1.5)	45 (2.7)
30 - 39.....	76 (3.4)	42 (2.5)	41 (3.2)	42 (2.4)	44 (2.4)	39 (2.9)	43 (3.2)	42 (3.2)	44 (3.1)	44 (3.5)
40 - 49.....	70 (3.8)	36 (2.2)	35 (2.4)	37 (2.4)	38 (3.6)	34 (2.3)	36 (2.5)	35 (2.8)	35 (2.5)	37 (2.9)
50 - 59.....	71 (3.6)	33 (2.5)	34 (3.2)	32 (2.4)	30 (2.3)	30 (3.0)	34 (2.3)	33 (2.1)	35 (2.4)	36 (3.3)
60 - 69.....	51 (3.9)	24 (1.9)	25 (2.5)	22 (1.9)	20 (1.7)	20 (2.6)	25 (2.2)	24 (2.0)	25 (2.4)	27 (3.0)
70 and over....	45 (4.3)	19 (2.5)	18 (2.6)	17 (2.4)	15 (1.9)	17 (3.7)	20 (3.0)	18 (2.6)	20 (2.6)	24 (4.4)
2 - 19.....	70 (2.4)	36 (1.6)	35 (1.4)	36 (1.6)	37 (1.6)	34 (1.8)	36 (1.7)	34 (1.4)	36 (1.8)	38 (2.3)
20 and over...	66 (1.8)	34 (1.1)	34 (1.3)	34 (1.1)	34 (1.2)	31 (1.3)	35 (1.2)	34 (1.2)	35 (1.1)	37 (1.3)
2 and over...	67 (1.5)	35 (1.0)	34 (1.1)	34 (1.1)	35 (1.1)	32 (1.1)	35 (1.0)	34 (1.0)	35 (1.0)	37 (1.2)
Females:										
2 - 5.....	60 (4.5)	28 (1.7)	26 (1.9)	28 (1.8)	28 (2.1)	28 (2.2)	28 (1.9)	27 (1.8)	29 (2.0)	29 (2.2)
6 - 11.....	78 (1.8)	38 (1.4)	36 (1.7)	38 (1.4)	41 (1.5)	36 (1.2)	39 (1.6)	38 (1.6)	38 (1.5)	41 (2.0)
12 - 19.....	72 (2.7)	41 (2.1)	41 (2.1)	41 (2.0)	44 (2.3)	38 (2.2)	41 (2.6)	41 (2.7)	41 (2.6)	42 (2.7)
20 - 29.....	66 (3.0)	36 (2.2)	33 (1.9)	36 (2.2)	36 (2.5)	34 (2.3)	36 (2.4)	35 (2.3)	36 (2.7)	39 (2.5)
30 - 39.....	70 (3.1)	34 (2.4)	32 (2.9)	34 (2.6)	37 (2.9)	29 (3.0)	35 (2.5)	35 (2.4)	35 (2.7)	36 (3.1)
40 - 49.....	69 (2.7)	36 (1.8)	35 (2.0)	35 (2.3)	36 (2.3)	32 (2.3)	38 (1.7)	37 (1.9)	38 (1.8)	37 (2.1)
50 - 59.....	66 (5.5)	33 (2.6)	33 (3.1)	31 (2.3)	31 (2.2)	30 (3.5)	35 (3.0)	33 (2.8)	35 (3.2)	36 (3.5)
60 - 69.....	52 (4.8)	26 (2.7)	26 (2.9)	25 (2.5)	25 (2.6)	23 (2.7)	29 (3.2)	27 (3.0)	29 (3.4)	29 (3.9)
70 and over....	38 (2.5)	17 (2.0)	18 (2.0)	16 (1.8)	15 (1.9)	14 (2.0)	20 (2.3)	18 (2.5)	20 (2.5)	22 (2.4)
2 - 19.....	71 (1.8)	38 (1.2)	37 (1.1)	38 (1.1)	40 (1.4)	35 (1.1)	38 (1.4)	37 (1.6)	38 (1.4)	40 (1.4)
20 and over...	61 (1.8)	31 (1.1)	30 (1.2)	30 (1.2)	31 (1.2)	28 (1.1)	33 (1.2)	32 (1.2)	33 (1.3)	34 (1.2)
2 and over...	63 (1.7)	33 (1.0)	31 (1.0)	32 (1.0)	33 (0.9)	29 (1.0)	34 (1.1)	33 (1.1)	34 (1.1)	35 (1.1)
Males and females:										
2 - 19.....	71 (1.9)	37 (1.2)	36 (1.1)	37 (1.2)	39 (1.3)	35 (1.3)	37 (1.3)	36 (1.3)	37 (1.4)	39 (1.5)
20 and over...	64 (1.4)	33 (0.8)	32 (0.8)	32 (0.8)	32 (0.7)	30 (1.0)	34 (0.9)	33 (0.9)	34 (0.8)	36 (0.9)
2 and over...	65 (1.3)	34 (0.7)	33 (0.8)	33 (0.8)	34 (0.7)	31 (0.9)	35 (0.8)	34 (0.8)	35 (0.8)	36 (0.9)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	20 (2.1)	19 (1.8)	22 (5.5)	30 (4.9)	24 (2.6)	22 (2.0)	26 (2.7)	21 (2.3)	22 (2.7)
6 - 11.....	34 (3.9)	33 (2.8)	41 (7.0)	34 (6.0)	33 (1.9)	35 (2.0)	34 (1.8)	31 (2.0)	30 (1.7)
12 - 19.....	35 (2.5)	27 (3.3)	32 (5.2)	31 (5.5)	31 (2.8)	32 (2.6)	37 (2.8)	35 (2.7)	28 (2.6)
20 - 29.....	38 (3.6)	32 (3.3)	38 (5.5)	50 (6.1)	39 (2.4)	40 (2.8)	44 (3.6)	45 (4.6)	35 (2.5)
30 - 39.....	44 (4.6)	38 (3.8)	34 (3.5)	35 (5.3)	39 (2.9)	38 (2.3)	42 (2.5)	42 (2.4)	35 (2.3)
40 - 49.....	35 (2.9)	29 (4.4)	35 (6.1)	32 (7.6)	32 (3.2)	33 (3.1)	35 (3.0)	36 (3.3)	32 (4.3)
50 - 59.....	34 (3.0)	27 (3.7)	28 (7.9)	30 (6.3)	31 (2.6)	29 (2.3)	35 (2.8)	32 (2.4)	28 (2.7)
60 - 69.....	27 (3.2)	21 (3.4)	29 (8.1)	31 (9.2)	26 (3.5)	21 (1.8)	24 (2.5)	22 (2.5)	22 (2.6)
70 and over.....	19 (1.8)	11 (2.0)	11 (2.6)	15 (3.9)	17 (3.0)	13 (1.8)	17 (2.4)	15 (2.6)	14 (2.3)
2 - 19.....	33 (1.6)	28 (2.0)	34 (4.2)	32 (4.1)	31 (1.8)	31 (1.5)	34 (1.9)	32 (1.7)	27 (1.5)
20 and over...	35 (1.6)	27 (1.6)	30 (2.3)	33 (3.1)	32 (1.3)	31 (1.2)	36 (1.5)	35 (1.7)	29 (1.1)
2 and over...	34 (1.4)	27 (1.4)	30 (2.2)	33 (2.5)	32 (1.1)	31 (1.1)	35 (1.4)	34 (1.5)	29 (0.9)
Females:									
2 - 5.....	22 (2.6)	23 (2.3)	24 (6.6)	24 (5.9)	25 (2.2)	24 (2.0)	27 (2.4)	25 (2.3)	25 (1.9)
6 - 11.....	34 (2.7)	34 (2.1)	37 (2.7)	29 (5.9)	34 (1.8)	36 (2.0)	34 (1.8)	32 (1.5)	30 (1.6)
12 - 19.....	38 (2.9)	32 (3.4)	36 (6.0)	37 (6.4)	37 (2.7)	37 (1.9)	40 (2.2)	37 (2.5)	30 (2.4)
20 - 29.....	29 (2.3)	29 (1.9)	36 (3.6)	35 (6.4)	30 (2.2)	30 (2.4)	35 (2.0)	35 (2.5)	29 (2.3)
30 - 39.....	31 (3.1)	28 (5.5)	25* (8.7)	39 (7.0)	32 (2.9)	30 (2.2)	31 (3.5)	31 (4.3)	30 (3.4)
40 - 49.....	37 (3.0)	31 (3.1)	30 (3.5)	29 (4.1)	32 (2.5)	33 (2.5)	34 (2.0)	32 (2.5)	31 (3.2)
50 - 59.....	36 (4.5)	29 (4.2)	35 (6.4)	36 (8.9)	31 (3.7)	28 (2.1)	34 (2.7)	30 (3.0)	27 (3.3)
60 - 69.....	25 (3.2)	19 (2.9)	22 (4.7)	30 (4.8)	22 (2.7)	20 (2.6)	24 (2.7)	22 (3.0)	20 (3.3)
70 and over.....	18 (2.4)	15 (1.8)	17 (3.6)	13 (2.6)	15 (1.8)	14 (1.4)	18 (1.7)	15 (1.4)	14 (1.6)
2 - 19.....	34 (1.7)	31 (1.9)	34 (3.5)	32 (4.5)	34 (1.6)	34 (1.3)	36 (1.3)	33 (1.3)	29 (1.4)
20 and over...	30 (1.6)	26 (1.5)	27 (2.7)	32 (3.6)	28 (1.2)	27 (1.0)	30 (1.1)	29 (1.4)	26 (1.3)
2 and over...	31 (1.4)	27 (1.2)	28 (2.5)	32 (2.9)	29 (1.1)	28 (0.9)	32 (0.9)	30 (1.1)	27 (1.1)
Males and females:									
2 - 19.....	33 (1.4)	29 (1.6)	34 (3.3)	32 (3.0)	32 (1.6)	32 (1.1)	35 (1.4)	32 (1.3)	28 (1.3)
20 and over...	33 (1.1)	27 (0.7)	28 (1.8)	33 (2.5)	30 (0.9)	29 (0.8)	33 (1.0)	32 (1.1)	28 (0.7)
2 and over...	33 (1.0)	27 (0.8)	29 (1.7)	32 (2.0)	31 (0.8)	30 (0.7)	34 (0.9)	32 (1.0)	28 (0.6)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(2.0)	20	(2.5)	25	(3.6)	17	(1.6)	26	(2.7)	25	(3.2)	23	(2.4)	25	(2.3)	24	(2.0)
6 - 11.....	36	(2.2)	31	(1.5)	39	(2.8)	33	(2.5)	37	(2.5)	36	(3.2)	36	(2.3)	37	(2.0)	37	(2.3)
12 - 19.....	36	(2.2)	33	(2.6)	32	(3.4)	26	(2.5)	36	(3.5)	36	(3.2)	31	(1.9)	36	(2.0)	36	(2.5)
20 - 29.....	38	(3.2)	41	(3.4)	34	(4.5)	25	(3.3)	41	(2.6)	38	(5.6)	37	(1.9)	38	(2.3)	38	(2.4)
30 - 39.....	42	(3.0)	44	(3.2)	35	(3.5)	30	(3.0)	42	(2.6)	37	(4.2)	38	(2.9)	40	(2.6)	37	(2.7)
40 - 49.....	32	(2.0)	36	(4.1)	30	(2.8)	22	(3.3)	36	(3.4)	35	(3.7)	32	(3.0)	34	(2.3)	32	(1.9)
50 - 59.....	34	(3.3)	39	(7.9)	30	(3.7)	20	(2.0)	34	(3.9)	35	(5.3)	27	(2.6)	32	(3.1)	31	(3.0)
60 - 69.....	24	(2.4)	19	(2.3)	19	(4.3)	18	(2.6)	24	(2.7)	30	(5.9)	23	(2.1)	23	(2.2)	22	(2.4)
70 and over....	18	(2.3)	13	(1.9)	11	(1.8)	9	(1.7)	17	(2.9)	19	(5.4)	13	(2.2)	16	(2.4)	15	(2.3)
2 - 19.....	34	(1.4)	31	(1.5)	33	(2.0)	27	(1.6)	35	(2.2)	34	(2.4)	31	(1.3)	34	(1.3)	34	(1.6)
20 and over...	33	(1.4)	35	(2.3)	28	(1.3)	22	(1.4)	34	(1.4)	33	(1.5)	30	(1.1)	32	(1.1)	31	(1.1)
2 and over...	33	(1.2)	34	(1.9)	29	(1.1)	23	(0.9)	34	(1.2)	33	(1.4)	30	(0.9)	33	(1.0)	31	(1.0)
Females:																		
2 - 5.....	24	(2.1)	22	(2.1)	28	(3.9)	22	(2.2)	28	(2.4)	26	(2.0)	25	(2.0)	27	(1.8)	27	(1.8)
6 - 11.....	35	(1.9)	34	(2.3)	38	(2.4)	35	(3.1)	37	(1.5)	38	(2.3)	38	(2.1)	38	(1.6)	36	(1.4)
12 - 19.....	38	(2.2)	33	(2.5)	36	(2.6)	32	(2.6)	40	(2.8)	37	(3.3)	39	(2.8)	41	(2.2)	39	(2.2)
20 - 29.....	30	(2.0)	30	(2.7)	31	(3.0)	27	(5.0)	36	(2.5)	34	(3.9)	33	(2.1)	34	(1.9)	34	(1.9)
30 - 39.....	32	(2.8)	31	(2.8)	31	(3.7)	29	(4.8)	34	(4.3)	36	(7.3)	31	(2.3)	32	(2.7)	32	(3.6)
40 - 49.....	35	(2.8)	33	(2.6)	34	(3.0)	27	(3.4)	35	(3.2)	38	(4.3)	32	(2.0)	34	(2.0)	32	(2.2)
50 - 59.....	33	(3.7)	29	(3.3)	32	(5.3)	30	(5.5)	33	(2.8)	34	(6.2)	28	(2.5)	31	(2.7)	30	(2.5)
60 - 69.....	23	(2.8)	23	(3.7)	18	(3.5)	17	(4.3)	26	(3.6)	27	(4.0)	21	(3.0)	23	(2.8)	21	(2.7)
70 and over....	16	(1.6)	17	(1.7)	10	(1.6)	15	(3.5)	17	(1.8)	16	(3.7)	14	(2.0)	16	(1.8)	14	(1.8)
2 - 19.....	34	(1.2)	31	(1.4)	34	(1.2)	30	(1.9)	37	(1.3)	35	(1.7)	35	(1.7)	37	(1.3)	36	(1.2)
20 and over...	29	(1.4)	28	(1.5)	27	(1.6)	25	(2.2)	31	(1.0)	32	(2.4)	27	(1.0)	29	(1.0)	28	(1.0)
2 and over...	30	(1.2)	29	(1.2)	29	(1.3)	26	(1.7)	32	(0.9)	32	(2.1)	29	(1.0)	31	(0.9)	30	(0.9)
Males and females:																		
2 - 19.....	34	(1.1)	31	(1.1)	34	(1.0)	28	(1.1)	36	(1.5)	35	(1.6)	33	(1.2)	35	(1.1)	35	(1.2)
20 and over...	31	(1.0)	32	(1.5)	27	(0.8)	23	(1.1)	33	(0.9)	32	(1.3)	29	(0.7)	31	(0.7)	30	(0.7)
2 and over...	32	(0.8)	32	(1.2)	29	(0.7)	25	(0.8)	33	(0.9)	33	(1.2)	30	(0.7)	32	(0.7)	31	(0.7)

Table 9. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
Males:								
2 - 5.....	23 (2.5)	22 (2.4)	25 (2.1)	25 (2.5)	25 (2.2)	26 (2.7)	36 (9.9)	-- --
6 - 11.....	32 (1.6)	34 (1.9)	37 (2.3)	36 (2.3)	38 (1.8)	35 (2.0)	35 (6.7)	-- --
12 - 19.....	30 (2.7)	34 (2.7)	36 (2.7)	36 (2.3)	37 (2.2)	38 (2.6)	49 (5.3)	-- --
20 - 29.....	36 (2.4)	39 (2.3)	38 (2.6)	41 (3.1)	39 (2.4)	42 (2.6)	55 (3.9)	-- --
30 - 39.....	38 (2.8)	40 (3.0)	36 (3.0)	41 (3.1)	40 (2.6)	42 (3.2)	48 (5.8)	-- --
40 - 49.....	32 (3.4)	35 (3.1)	34 (2.4)	35 (2.7)	32 (1.8)	37 (2.7)	44 (6.5)	-- --
50 - 59.....	32 (2.7)	33 (2.7)	31 (3.0)	35 (4.1)	31 (2.7)	37 (3.5)	30 (3.6)	-- --
60 - 69.....	22 (2.4)	23 (2.5)	22 (2.3)	25 (2.3)	22 (2.3)	26 (2.5)	19 (3.4)	-- --
70 and over.....	14 (2.1)	15 (2.1)	16 (2.4)	18 (2.7)	16 (2.5)	22 (3.4)	12 (1.9)	-- --
2 - 19.....	29 (1.6)	32 (1.7)	35 (1.7)	34 (1.6)	35 (1.4)	35 (1.8)	46 (4.7)	-- --
20 and over...	30 (1.1)	33 (1.1)	31 (1.1)	35 (1.3)	31 (1.0)	36 (1.3)	34 (1.9)	31 (4.5)
2 and over...	30 (1.0)	32 (1.1)	32 (1.0)	35 (1.2)	32 (0.9)	36 (1.2)	34 (1.9)	-- --
Females:								
2 - 5.....	25 (2.0)	25 (1.6)	28 (1.9)	25 (2.0)	28 (1.9)	27 (1.8)	31 (8.8)	-- --
6 - 11.....	32 (1.8)	34 (2.1)	36 (1.1)	35 (2.1)	38 (1.3)	37 (1.8)	33 (4.7)	-- --
12 - 19.....	32 (2.2)	37 (2.2)	40 (2.0)	40 (2.2)	40 (2.1)	42 (2.6)	57 (6.0)	-- --
20 - 29.....	29 (2.1)	31 (2.2)	32 (2.0)	33 (2.2)	33 (2.1)	35 (2.3)	37 (4.2)	-- --
30 - 39.....	30 (2.8)	30 (2.7)	32 (3.7)	32 (2.6)	31 (2.7)	33 (2.7)	29 (4.3)	-- --
40 - 49.....	31 (2.0)	34 (1.8)	34 (2.5)	34 (2.4)	33 (2.0)	35 (2.1)	31 (4.2)	-- --
50 - 59.....	29 (3.1)	32 (3.0)	30 (3.0)	33 (3.1)	31 (3.2)	34 (3.2)	25 (2.7)	-- --
60 - 69.....	23 (3.2)	25 (2.8)	21 (3.0)	25 (2.8)	22 (2.8)	27 (3.3)	17 (3.3)	-- --
70 and over.....	14 (1.4)	17 (1.9)	16 (1.9)	18 (1.9)	14 (1.5)	19 (2.0)	13 (3.0)	-- --
2 - 19.....	31 (1.4)	34 (1.0)	36 (1.0)	36 (1.3)	37 (1.0)	38 (1.4)	52 (4.9)	-- --
20 and over...	27 (1.1)	29 (1.2)	28 (1.2)	30 (1.3)	28 (1.2)	31 (1.3)	26 (1.7)	35 (2.9)
2 and over...	28 (0.9)	30 (1.0)	30 (1.0)	31 (1.1)	30 (1.0)	33 (1.2)	27 (1.8)	-- --
Males and females:								
2 - 19.....	30 (1.3)	33 (1.0)	36 (1.1)	35 (1.3)	36 (1.0)	36 (1.4)	48 (3.7)	-- --
20 and over...	29 (0.7)	31 (0.7)	30 (0.7)	33 (0.9)	30 (0.7)	34 (0.9)	30 (1.7)	32 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.7)	33 (0.8)	31 (0.6)	35 (1.0)	31 (1.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016*.

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016

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.....	64	(4.9)	29	(2.0)	26	(2.1)	28	(2.1)	28	(2.3)	28	(2.8)	31	(1.9)	29	(1.9)	32	(2.1)	32	(2.1)
6 - 11.....	82	(2.2)	40	(2.4)	38	(2.5)	41	(2.3)	43	(2.5)	38	(2.2)	41	(2.6)	39	(2.3)	40	(2.8)	43	(3.3)
12 - 19.....	78	(3.0)	45	(2.4)	46	(2.5)	44	(2.4)	47	(2.1)	41	(2.6)	44	(2.8)	43	(2.7)	44	(2.9)	47	(3.3)
20 and over...	63	(1.9)	32	(0.9)	32	(0.9)	32	(1.0)	31	(1.1)	29	(1.4)	33	(1.1)	32	(1.2)	34	(1.0)	35	(1.1)
2 and over...	66	(1.6)	34	(0.8)	33	(1.0)	33	(0.9)	34	(1.0)	30	(1.1)	35	(0.9)	33	(0.9)	35	(0.9)	36	(1.0)
Non-Hispanic Black:																				
2 - 5.....	54	(5.4)	28	(5.0)	30	(4.7)	29	(5.2)	29	(5.1)	33	(6.3)	26	(5.0)	27	(5.3)	26	(4.9)	25	(4.9)
6 - 11.....	75	(1.9)	40	(1.9)	40	(2.2)	41	(2.2)	45	(2.8)	41	(2.1)	39	(2.0)	39	(1.9)	38	(2.0)	40	(2.5)
12 - 19.....	50	(3.3)	26	(2.8)	25	(3.1)	26	(2.8)	28	(2.6)	24	(3.4)	27	(2.9)	25	(3.0)	27	(2.9)	29	(3.2)
20 and over...	61	(1.9)	32	(1.4)	30	(1.5)	31	(1.3)	32	(1.3)	29	(1.5)	33	(1.9)	32	(2.1)	33	(1.6)	35	(2.1)
2 and over...	60	(1.8)	31	(1.1)	30	(1.0)	31	(1.1)	33	(1.0)	30	(1.3)	32	(1.4)	31	(1.7)	32	(1.2)	34	(1.6)
Non-Hispanic Asian⁴:																				
2 - 5.....	57*	(7.0)	18*	(4.5)	17*	(3.5)	19*	(5.7)	19*	(5.6)	23*	(7.6)	16*	(3.7)	16*	(4.4)	14*	(3.3)	20*	(3.8)
6 - 11.....	68*	(6.3)	32*	(3.4)	31*	(3.4)	31*	(3.3)	32*	(3.3)	31*	(4.8)	33*	(4.2)	35*	(5.0)	31*	(4.2)	34*	(5.0)
12 - 19.....	70	(4.1)	35	(3.1)	35	(4.3)	33	(2.6)	35	(3.0)	32	(3.6)	38	(3.7)	38	(3.2)	39	(4.1)	39	(4.6)
20 and over...	65	(2.1)	33	(2.0)	33	(2.1)	30	(2.1)	31	(2.3)	28	(1.9)	37	(2.1)	38	(2.2)	37	(2.2)	37	(2.4)
2 and over...	65	(1.8)	33	(1.9)	32	(2.1)	30	(1.8)	31	(1.9)	28	(1.8)	37	(2.1)	37	(1.9)	37	(2.2)	37	(2.4)
Hispanic:																				
2 - 5.....	58	(3.6)	27	(2.4)	24	(2.0)	28	(2.8)	28	(3.6)	27	(2.5)	26	(2.6)	22	(2.4)	27	(2.8)	31	(3.2)
6 - 11.....	76	(2.8)	34	(1.8)	33	(2.6)	34	(1.8)	37	(2.0)	33	(1.8)	33	(1.9)	33	(1.9)	33	(2.1)	35	(2.3)
12 - 19.....	67	(2.6)	35	(2.6)	34	(2.3)	35	(2.6)	36	(2.8)	33	(2.7)	36	(2.9)	36	(3.4)	36	(3.1)	37	(2.5)
20 and over...	65	(1.1)	37	(1.0)	36	(1.0)	36	(1.2)	37	(1.4)	33	(1.1)	38	(1.0)	37	(1.2)	38	(1.0)	39	(1.1)
2 and over...	66	(1.0)	36	(1.0)	35	(0.9)	35	(1.2)	36	(1.3)	33	(1.0)	37	(1.1)	36	(1.2)	37	(1.0)	38	(1.0)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	24 (3.1)	18 (2.0)	14* (4.6)	26 (7.3)	25 (2.4)	23 (2.1)	27 (2.3)	23 (2.4)	24 (2.9)
6 - 11.....	36 (5.7)	32 (2.7)	37 (7.7)	31 (5.2)	35 (2.3)	36 (2.5)	35 (2.4)	32 (2.1)	31 (2.0)
12 - 19.....	44 (3.3)	32 (3.7)	35 (5.9)	39 (7.2)	39 (3.4)	39 (2.7)	46 (3.3)	43 (3.0)	33 (3.1)
20 and over...	32 (1.4)	26 (1.0)	30 (2.8)	32 (3.3)	29 (1.1)	27 (0.8)	32 (1.1)	31 (1.4)	27 (0.9)
2 and over...	33 (1.4)	27 (0.9)	30 (2.6)	32 (2.7)	31 (1.0)	29 (0.7)	34 (1.1)	32 (1.3)	27 (0.7)
Non-Hispanic Black:									
2 - 5.....	22 (4.0)	35 (4.5)	48 (7.5)	33* (10.5)	29 (5.4)	31 (4.7)	30 (4.9)	29 (4.7)	27 (5.6)
6 - 11.....	39 (4.4)	46 (3.6)	52 (2.7)	31 (4.1)	38 (2.2)	43 (3.1)	38 (2.2)	40 (3.1)	35 (2.3)
12 - 19.....	25 (4.1)	17 (3.2)	17* (6.1)	20 (4.3)	19 (2.8)	21 (3.0)	23 (3.1)	21 (3.4)	16 (2.8)
20 and over...	31 (1.8)	26 (1.8)	22 (2.8)	25 (3.0)	28 (1.4)	29 (1.1)	30 (1.2)	31 (1.3)	27 (1.6)
2 and over...	30 (1.2)	27 (1.3)	24 (2.6)	25 (2.4)	28 (1.1)	30 (0.9)	30 (0.9)	30 (0.9)	26 (1.1)
Non-Hispanic Asian⁴:									
2 - 5.....	10* (2.3)	14* (5.5)	29* (15.3)	33* (20.5)	12* (3.7)	12* (3.3)	15* (3.4)	15* (4.0)	15* (5.8)
6 - 11.....	25* (3.9)	29* (4.2)	36* (8.5)	27* (8.3)	28* (3.2)	27* (2.8)	32* (4.6)	27* (5.2)	24* (3.4)
12 - 19.....	34 (5.1)	27 (2.6)	31 (5.9)	51 (6.1)	30 (3.5)	28 (2.9)	33 (4.0)	28 (4.1)	28 (3.3)
20 and over...	32 (3.1)	26 (2.3)	26 (3.3)	31 (4.8)	30 (1.6)	32 (2.3)	33 (2.3)	31 (2.0)	28 (1.9)
2 and over...	31 (2.6)	26 (1.8)	26 (2.9)	33 (4.1)	29 (1.5)	30 (1.9)	32 (2.1)	30 (1.9)	27 (1.7)
Hispanic:									
2 - 5.....	20 (2.1)	22 (2.5)	35 (9.9)	26 (3.9)	25 (3.0)	21 (2.5)	26 (2.4)	22 (2.7)	23 (3.2)
6 - 11.....	31 (3.5)	33 (2.4)	43 (5.3)	33 (5.7)	30 (2.4)	32 (2.5)	32 (2.7)	30 (2.5)	27 (2.4)
12 - 19.....	29 (2.8)	29 (3.3)	38 (5.3)	28 (4.6)	30 (2.5)	30 (3.1)	32 (2.4)	31 (2.4)	26 (2.5)
20 and over...	37 (1.4)	29 (1.6)	30 (2.2)	37 (2.6)	33 (1.3)	36 (1.6)	39 (1.6)	39 (1.9)	32 (1.1)
2 and over...	35 (1.3)	29 (1.4)	32 (2.2)	35 (2.6)	32 (1.3)	34 (1.4)	36 (1.4)	36 (1.5)	30 (1.1)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	24	(2.5)	21	(2.7)	27	(3.2)	18	(1.9)	28	(2.7)	26	(2.1)	23	(2.1)	26	(2.0)	26	(2.0)
6 - 11.....	37	(3.6)	31	(1.9)	42	(3.9)	32	(2.6)	39	(2.7)	38	(3.4)	38	(2.5)	38	(2.6)	38	(2.3)
12 - 19.....	44	(2.4)	39	(3.1)	41	(2.7)	32	(3.0)	43	(3.7)	43	(2.8)	38	(2.8)	43	(2.3)	43	(2.3)
20 and over...	30	(1.1)	31	(2.2)	27	(1.3)	22	(1.8)	33	(0.9)	34	(2.3)	28	(0.9)	30	(0.8)	29	(0.9)
2 and over...	31	(1.1)	31	(1.9)	28	(1.1)	23	(1.4)	34	(0.8)	34	(2.1)	29	(0.8)	31	(0.9)	30	(0.9)
Non-Hispanic Black:																		
2 - 5.....	28	(4.1)	32	(5.1)	30	(6.3)	37	(4.6)	27	(5.9)	25	(5.6)	35	(5.4)	32	(4.8)	31	(5.0)
6 - 11.....	42	(3.3)	43	(3.6)	48	(3.9)	49	(5.0)	39	(2.5)	42	(5.7)	45	(2.7)	43	(2.1)	41	(1.9)
12 - 19.....	25	(3.2)	20	(3.1)	22	(3.4)	17	(3.4)	25	(3.5)	19	(4.3)	22	(2.9)	26	(3.0)	25	(3.1)
20 and over...	30	(1.5)	30	(1.9)	30	(2.0)	29	(3.9)	31	(1.7)	28	(2.6)	30	(2.0)	31	(1.7)	29	(1.4)
2 and over...	31	(1.0)	30	(1.2)	31	(1.8)	30	(2.3)	31	(1.2)	28	(2.0)	31	(1.5)	32	(1.2)	30	(1.1)
Non-Hispanic Asian⁴:																		
2 - 5.....	11*	(2.3)	12*	(3.8)	21*	(8.8)	8*	(3.4)	17*	(3.8)	27*	(12.0)	16*	(4.3)	16*	(3.4)	17*	(3.6)
6 - 11.....	26*	(3.4)	22*	(2.8)	26*	(5.7)	16*	(3.4)	36*	(3.7)	24*	(4.1)	29*	(4.1)	30*	(3.3)	28*	(3.7)
12 - 19.....	32	(4.6)	29	(4.0)	28	(4.7)	24	(3.5)	33	(4.1)	36	(5.7)	30	(2.8)	32	(3.3)	31	(2.6)
20 and over...	31	(2.5)	32	(3.0)	25	(2.9)	26	(3.2)	32	(2.0)	30	(4.4)	31	(2.8)	32	(2.1)	29	(2.0)
2 and over...	30	(2.3)	31	(2.6)	26	(2.7)	24	(2.7)	32	(1.9)	30	(4.1)	30	(2.1)	32	(1.9)	29	(1.9)
Hispanic:																		
2 - 5.....	22	(1.9)	19	(3.3)	26	(5.5)	17	(2.7)	28	(3.3)	26	(3.4)	23	(2.7)	25	(2.3)	25	(2.3)
6 - 11.....	33	(3.0)	33	(3.3)	30	(4.0)	34	(2.8)	33	(2.3)	33	(2.5)	33	(2.2)	34	(2.2)	33	(2.2)
12 - 19.....	31	(2.5)	30	(2.6)	31	(3.6)	26	(3.9)	35	(3.1)	35	(3.0)	32	(3.2)	34	(2.8)	33	(2.7)
20 and over...	36	(1.0)	37	(1.8)	30	(1.5)	26	(1.3)	35	(1.2)	35	(2.2)	32	(1.4)	35	(1.0)	33	(1.1)
2 and over...	34	(0.9)	34	(1.4)	30	(1.3)	26	(1.1)	34	(1.2)	35	(1.8)	31	(1.2)	34	(1.0)	33	(1.0)

Table 10. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	25	(2.7)	25	(2.7)	27	(2.3)	25	(2.5)	28	(2.0)	29	(2.3)	38	(7.3)	--	--
6 - 11.....	33	(2.2)	35	(1.9)	40	(2.2)	37	(2.6)	40	(2.3)	39	(2.6)	37	(6.8)	--	--
12 - 19.....	36	(2.8)	40	(2.7)	42	(2.6)	45	(2.8)	43	(1.9)	47	(2.3)	59	(4.0)	--	--
20 and over...	28	(0.9)	30	(0.8)	28	(1.0)	32	(1.1)	29	(0.9)	33	(1.1)	28	(2.1)	30	(4.2)
2 and over...	29	(0.8)	31	(0.8)	30	(0.9)	33	(1.1)	31	(0.8)	35	(1.1)	29	(2.1)	--	--
Non-Hispanic Black:																
2 - 5.....	27	(5.4)	28	(4.1)	31	(4.9)	30	(5.9)	32	(5.0)	27	(4.8)	30*	(11.2)	--	--
6 - 11.....	39	(2.5)	41	(2.3)	40	(2.2)	38	(2.5)	44	(2.3)	38	(1.6)	38	(8.4)	--	--
12 - 19.....	19	(2.8)	20	(2.6)	30	(2.4)	24	(3.4)	26	(3.2)	24	(3.4)	47	(7.0)	--	--
20 and over...	27	(1.4)	30	(1.9)	30	(1.7)	30	(1.6)	30	(1.4)	32	(1.9)	37	(2.3)	25	(4.7)
2 and over...	27	(1.2)	29	(1.3)	31	(1.1)	30	(1.1)	31	(1.1)	31	(1.4)	37	(2.1)	--	--
Non-Hispanic Asian⁴:																
2 - 5.....	14*	(4.0)	13*	(3.5)	17*	(3.3)	16*	(3.2)	17*	(4.7)	18*	(4.9)	14*	(7.8)	--	--
6 - 11.....	26*	(3.4)	26*	(3.6)	28*	(3.4)	30*	(3.2)	30*	(3.9)	32*	(3.1)	30*	(5.2)	--	--
12 - 19.....	30	(3.7)	33	(4.8)	31	(2.9)	34	(4.3)	32	(3.2)	36	(4.0)	45*	(11.9)	--	--
20 and over...	30	(2.1)	31	(2.1)	30	(2.1)	31	(2.0)	30	(2.1)	34	(2.1)	41	(4.1)	45	(6.1)
2 and over...	29	(2.0)	31	(2.1)	30	(2.0)	31	(1.9)	30	(2.0)	34	(1.9)	41	(3.9)	--	--
Hispanic:																
2 - 5.....	22	(2.8)	22	(2.1)	25	(2.1)	24	(1.7)	25	(2.0)	24	(1.9)	32	(8.6)	--	--
6 - 11.....	29	(2.8)	33	(2.8)	33	(2.3)	35	(3.4)	35	(2.4)	33	(2.1)	29	(5.4)	--	--
12 - 19.....	27	(2.1)	34	(2.6)	33	(2.8)	32	(2.5)	35	(2.7)	34	(2.7)	39	(4.4)	--	--
20 and over...	33	(1.2)	35	(1.1)	34	(1.4)	37	(1.0)	34	(1.0)	38	(1.1)	41	(2.0)	44	(4.6)
2 and over...	31	(1.2)	34	(1.1)	33	(1.3)	35	(1.0)	34	(0.9)	36	(1.2)	41	(1.9)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	52 (4.3)	23 (4.0)	23 (3.5)	24 (4.2)	25 (4.1)	25 (4.1)	21 (4.2)	20 (3.9)	21 (4.3)	24 (4.4)
6 - 11.....	80 (3.9)	41 (2.7)	42 (2.9)	41 (2.7)	44 (2.6)	41 (2.8)	41 (2.8)	41 (3.0)	40 (3.0)	44 (3.0)
12 - 19.....	60 (4.5)	32 (3.1)	30 (3.0)	32 (3.1)	34 (3.8)	29 (3.3)	32 (3.4)	31 (3.7)	33 (3.5)	34 (3.3)
20 and over...	53 (2.9)	28 (1.7)	27 (1.7)	27 (1.7)	27 (1.7)	24 (2.1)	29 (1.8)	28 (2.0)	29 (1.8)	29 (2.1)
2 and over...	56 (2.2)	29 (1.4)	28 (1.4)	29 (1.5)	29 (1.5)	26 (1.7)	30 (1.6)	29 (1.7)	30 (1.4)	30 (1.9)
\$25,000 - \$74,999:										
2 - 5.....	61 (3.4)	26 (1.7)	25 (1.9)	26 (1.4)	25 (1.4)	29 (2.5)	28 (2.4)	25 (2.5)	29 (2.8)	31 (2.2)
6 - 11.....	70 (3.0)	36 (1.7)	34 (1.9)	36 (1.7)	39 (2.0)	34 (1.7)	36 (1.9)	36 (1.8)	36 (2.0)	37 (2.3)
12 - 19.....	69 (2.5)	38 (2.4)	37 (2.4)	38 (2.4)	40 (2.1)	37 (2.7)	39 (2.8)	37 (2.8)	38 (3.0)	42 (3.0)
20 and over...	63 (1.6)	35 (1.1)	35 (1.3)	34 (1.1)	35 (1.2)	32 (1.3)	36 (1.3)	34 (1.5)	36 (1.3)	38 (1.2)
2 and over...	64 (1.2)	35 (0.9)	35 (1.1)	35 (0.9)	36 (1.0)	32 (1.0)	36 (1.1)	34 (1.2)	36 (1.1)	38 (1.0)
\$75,000 and higher:										
2 - 5.....	62 (5.9)	31 (3.8)	26 (3.5)	31 (3.9)	31 (4.2)	27 (3.9)	33 (4.0)	32 (4.3)	34 (3.9)	33 (4.6)
6 - 11.....	83 (2.5)	37 (2.3)	35 (2.7)	38 (2.0)	41 (1.9)	35 (2.8)	37 (2.7)	36 (2.4)	37 (2.8)	40 (3.5)
12 - 19.....	79 (3.7)	45 (3.2)	47 (2.9)	44 (3.5)	46 (3.7)	40 (3.7)	44 (3.4)	44 (3.8)	45 (3.3)	45 (3.5)
20 and over...	72 (1.9)	35 (1.0)	34 (1.1)	34 (1.4)	34 (1.7)	32 (1.6)	36 (1.0)	35 (1.0)	36 (1.1)	38 (1.1)
2 and over...	73 (2.0)	36 (1.2)	35 (1.4)	36 (1.5)	36 (1.6)	33 (1.5)	37 (1.1)	36 (1.1)	37 (1.2)	39 (1.2)
All Individuals⁴:										
2 - 5.....	60 (3.3)	27 (1.6)	25 (1.3)	27 (1.8)	27 (2.1)	28 (1.8)	28 (1.7)	26 (1.8)	28 (1.8)	29 (1.8)
6 - 11.....	78 (1.8)	38 (1.2)	36 (1.1)	38 (1.1)	41 (1.2)	36 (1.3)	38 (1.3)	37 (1.2)	37 (1.4)	40 (1.7)
12 - 19.....	70 (2.4)	39 (1.9)	39 (1.8)	39 (1.9)	41 (1.9)	36 (1.9)	40 (2.0)	38 (2.1)	40 (2.1)	41 (2.1)
20 and over...	64 (1.4)	33 (0.8)	32 (0.8)	32 (0.8)	32 (0.7)	30 (1.0)	34 (0.9)	33 (0.9)	34 (0.8)	36 (0.9)
2 and over...	65 (1.3)	34 (0.7)	33 (0.8)	33 (0.8)	34 (0.7)	31 (0.9)	35 (0.8)	34 (0.8)	35 (0.8)	36 (0.9)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	19	(3.1)	21	(3.6)	26*	(8.9)	24	(7.0)	21	(4.2)	21	(3.6)	23	(4.0)	21	(3.6)	19	(3.8)
6 - 11.....	39	(3.3)	42	(4.5)	38	(9.1)	30	(4.3)	38	(4.2)	44	(4.2)	37	(3.8)	37	(4.2)	36	(3.9)
12 - 19.....	25	(3.3)	28	(4.9)	22	(5.2)	22	(4.5)	28	(3.2)	31	(3.9)	31	(3.5)	31	(3.9)	25	(3.2)
20 and over...	26	(1.8)	20	(1.5)	22	(2.4)	33	(4.4)	25	(1.8)	24	(1.9)	29	(2.0)	27	(2.4)	23	(1.5)
2 and over...	26	(1.5)	23	(1.4)	22	(1.9)	31	(3.4)	26	(1.6)	26	(1.6)	29	(1.6)	28	(1.9)	24	(1.4)
\$25,000 - \$74,999:																		
2 - 5.....	22	(3.6)	22	(1.9)	32	(7.3)	24	(5.3)	23	(1.5)	23	(1.6)	27	(1.9)	24	(2.0)	23	(1.4)
6 - 11.....	32	(2.5)	35	(2.6)	44	(5.9)	26	(4.9)	31	(2.2)	34	(1.8)	32	(2.4)	30	(2.5)	26	(2.5)
12 - 19.....	35	(2.5)	28	(2.5)	37	(4.9)	32	(3.8)	32	(3.0)	32	(2.1)	35	(3.3)	33	(3.2)	26	(2.8)
20 and over...	36	(1.6)	31	(1.5)	34	(2.5)	36	(3.1)	32	(1.8)	32	(1.5)	36	(1.6)	37	(1.9)	31	(1.4)
2 and over...	35	(1.3)	30	(1.2)	35	(2.2)	35	(2.4)	31	(1.5)	32	(1.2)	35	(1.3)	35	(1.6)	30	(1.1)
\$75,000 and higher:																		
2 - 5.....	21	(3.7)	19	(3.4)	19*	(6.0)	33	(9.7)	28	(3.4)	23	(2.8)	28	(3.6)	21	(2.4)	27	(4.0)
6 - 11.....	33	(4.4)	29	(2.7)	37	(6.5)	34	(4.4)	33	(2.6)	32	(2.2)	33	(2.7)	30	(2.4)	30	(1.6)
12 - 19.....	44	(3.0)	32	(3.9)	38	(5.8)	43	(9.5)	40	(4.1)	39	(2.5)	46	(3.0)	41	(2.9)	34	(3.8)
20 and over...	34	(1.1)	27	(1.5)	29	(3.2)	30	(3.9)	32	(1.2)	30	(1.1)	35	(1.5)	32	(1.4)	28	(1.0)
2 and over...	35	(1.3)	28	(1.5)	30	(3.1)	32	(3.4)	33	(1.4)	31	(1.1)	36	(1.6)	32	(1.5)	29	(1.1)
All Individuals⁴:																		
2 - 5.....	21	(1.6)	21	(1.7)	23	(4.8)	27	(4.8)	25	(1.5)	23	(1.4)	26	(1.4)	23	(1.2)	24	(1.8)
6 - 11.....	34	(2.6)	34	(1.8)	39	(4.2)	31	(3.4)	34	(1.3)	35	(1.4)	34	(1.3)	32	(1.3)	30	(1.2)
12 - 19.....	37	(2.3)	29	(2.5)	34	(4.1)	33	(4.5)	34	(2.5)	34	(1.9)	38	(2.2)	36	(2.2)	29	(2.2)
20 and over...	33	(1.1)	27	(0.7)	28	(1.8)	33	(2.5)	30	(0.9)	29	(0.8)	33	(1.0)	32	(1.1)	28	(0.7)
2 and over...	33	(1.0)	27	(0.8)	29	(1.7)	32	(2.0)	31	(0.8)	30	(0.7)	34	(0.9)	32	(1.0)	28	(0.6)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	22	(3.2)	22	(4.6)	23	(3.6)	23	(4.2)	21	(3.7)	19	(4.1)	23	(3.6)	24	(3.5)	24	(3.4)
6 - 11.....	42	(2.6)	41	(4.9)	42	(4.0)	48	(4.8)	42	(3.4)	41	(6.7)	48	(3.6)	45	(2.9)	41	(3.1)
12 - 19.....	28	(3.0)	30	(3.8)	33	(4.9)	29	(5.4)	35	(5.1)	25	(2.4)	31	(4.4)	32	(3.9)	32	(4.0)
20 and over...	25	(1.9)	32	(4.3)	23	(2.4)	15	(2.0)	29	(2.3)	23	(3.0)	23	(1.9)	26	(1.6)	24	(1.6)
2 and over...	26	(1.6)	32	(3.4)	25	(2.0)	21	(1.6)	30	(2.0)	24	(2.6)	26	(1.6)	28	(1.4)	26	(1.4)
\$25,000 - \$74,999:																		
2 - 5.....	24	(2.5)	21	(1.4)	29	(3.4)	19	(1.5)	27	(2.5)	31	(3.0)	23	(1.6)	25	(1.6)	26	(2.3)
6 - 11.....	34	(2.2)	33	(2.9)	39	(2.6)	34	(2.1)	34	(2.2)	37	(3.3)	36	(1.7)	36	(1.6)	34	(1.8)
12 - 19.....	36	(2.3)	32	(2.7)	33	(2.5)	29	(1.9)	37	(3.0)	42	(4.4)	34	(2.0)	37	(2.1)	37	(2.4)
20 and over...	34	(1.4)	36	(1.5)	29	(1.5)	26	(2.0)	34	(1.3)	37	(1.9)	31	(1.4)	33	(1.1)	31	(1.1)
2 and over...	34	(1.2)	35	(1.3)	30	(1.1)	27	(1.4)	34	(1.1)	37	(1.7)	31	(1.0)	33	(0.9)	32	(0.9)
\$75,000 and higher:																		
2 - 5.....	22	(3.2)	20	(3.2)	27	(6.0)	17	(3.0)	31	(4.1)	25	(5.5)	25	(3.6)	26	(3.5)	27	(3.1)
6 - 11.....	34	(2.7)	27	(2.3)	36	(3.3)	26	(2.5)	37	(2.5)	34	(3.7)	33	(3.1)	35	(2.9)	35	(2.8)
12 - 19.....	42	(2.4)	37	(3.1)	36	(3.8)	28	(3.3)	41	(3.8)	42	(4.3)	38	(3.7)	42	(2.7)	42	(3.0)
20 and over...	32	(0.8)	29	(1.8)	30	(1.4)	25	(2.6)	34	(1.4)	35	(1.9)	31	(1.2)	33	(0.9)	32	(1.2)
2 and over...	33	(1.0)	30	(1.8)	31	(1.4)	25	(2.1)	35	(1.5)	35	(1.6)	31	(1.4)	34	(1.2)	33	(1.4)
All Individuals⁴:																		
2 - 5.....	23	(1.2)	21	(1.7)	26	(2.7)	19	(1.3)	27	(1.8)	25	(2.1)	24	(1.5)	26	(1.3)	26	(1.4)
6 - 11.....	35	(1.6)	32	(1.5)	39	(1.7)	34	(1.9)	37	(1.3)	37	(1.6)	37	(1.6)	37	(1.4)	36	(1.4)
12 - 19.....	37	(1.8)	33	(2.2)	34	(1.7)	28	(1.8)	38	(2.4)	37	(2.6)	34	(2.0)	38	(1.7)	37	(1.7)
20 and over...	31	(1.0)	32	(1.5)	27	(0.8)	23	(1.1)	33	(0.9)	32	(1.3)	29	(0.7)	31	(0.7)	30	(0.7)
2 and over...	32	(0.8)	32	(1.2)	29	(0.7)	25	(0.8)	33	(0.9)	33	(1.2)	30	(0.7)	32	(0.7)	31	(0.7)

Table 11. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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.....	21 (4.4)	22 (3.3)	25 (3.6)	23 (3.9)	24 (3.7)	23 (3.7)	27 (6.6)	-- --
6 - 11.....	36 (4.4)	41 (3.7)	40 (2.4)	40 (3.3)	44 (2.9)	41 (3.1)	23 (6.7)	-- --
12 - 19.....	27 (3.2)	30 (3.6)	32 (4.0)	29 (3.3)	32 (3.1)	31 (3.6)	30 (8.0)	-- --
20 and over...	24 (1.3)	26 (1.8)	24 (1.5)	28 (1.8)	25 (1.7)	28 (1.8)	24 (2.9)	26 (4.2)
2 and over...	25 (1.3)	27 (1.5)	26 (1.3)	29 (1.5)	27 (1.4)	29 (1.5)	24 (2.8)	-- --
\$25,000 - \$74,999:								
2 - 5.....	23 (1.3)	24 (1.5)	25 (2.7)	24 (2.0)	27 (1.9)	25 (1.8)	40 (10.7)	-- --
6 - 11.....	30 (2.5)	31 (2.6)	34 (1.8)	34 (1.9)	36 (1.8)	34 (1.9)	34 (9.1)	-- --
12 - 19.....	29 (2.8)	34 (2.3)	37 (2.4)	36 (2.7)	39 (2.4)	37 (2.7)	53 (3.6)	-- --
20 and over...	31 (1.4)	34 (1.4)	32 (1.1)	36 (1.3)	32 (1.1)	36 (1.5)	33 (2.5)	32 (5.2)
2 and over...	30 (1.1)	33 (1.1)	33 (0.9)	35 (1.1)	33 (0.8)	36 (1.3)	34 (2.5)	-- --
\$75,000 and higher:								
2 - 5.....	27 (3.5)	24 (3.4)	28 (3.4)	25 (3.7)	27 (3.2)	31 (4.2)	37 (8.4)	-- --
6 - 11.....	31 (2.1)	33 (2.4)	37 (2.2)	34 (2.4)	36 (2.2)	36 (2.8)	42 (6.5)	-- --
12 - 19.....	36 (3.5)	41 (2.9)	42 (3.1)	46 (3.3)	42 (2.6)	48 (3.0)	67 (4.1)	-- --
20 and over...	30 (1.1)	31 (1.2)	31 (1.4)	33 (1.1)	32 (1.0)	36 (1.1)	32 (2.4)	35 (3.9)
2 and over...	31 (1.1)	32 (1.3)	32 (1.4)	34 (1.4)	33 (1.2)	37 (1.3)	34 (2.3)	-- --
All Individuals⁴:								
2 - 5.....	24 (1.8)	24 (1.5)	26 (1.4)	25 (1.5)	26 (1.3)	27 (1.6)	34 (5.1)	-- --
6 - 11.....	32 (1.3)	34 (1.3)	37 (1.2)	36 (1.4)	38 (1.1)	36 (1.3)	35 (5.2)	-- --
12 - 19.....	31 (2.1)	35 (1.8)	38 (1.7)	38 (1.9)	38 (1.7)	40 (2.2)	52 (3.9)	-- --
20 and over...	29 (0.7)	31 (0.7)	30 (0.7)	33 (0.9)	30 (0.7)	34 (0.9)	30 (1.7)	32 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.7)	33 (0.8)	31 (0.6)	35 (1.0)	31 (1.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

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.....	48 (3.9)	22 (2.1)	23 (2.6)	22 (2.1)	21 (1.9)	25 (2.9)	21 (2.3)	20 (2.5)	21 (2.5)	23 (2.5)
6 - 11.....	74 (3.5)	38 (2.1)	38 (2.1)	38 (2.0)	41 (2.0)	38 (2.1)	38 (2.4)	37 (2.5)	38 (2.5)	41 (2.7)
12 - 19.....	62 (3.7)	33 (2.6)	32 (2.2)	33 (2.8)	36 (4.0)	33 (2.9)	33 (2.8)	31 (3.1)	33 (2.8)	35 (2.6)
20 and over...	54 (2.6)	28 (1.7)	27 (1.7)	28 (1.5)	28 (1.2)	25 (2.1)	30 (2.1)	29 (2.3)	30 (2.0)	30 (2.4)
2 and over...	57 (1.7)	30 (1.4)	29 (1.4)	29 (1.3)	30 (1.1)	27 (1.6)	31 (1.8)	30 (1.8)	31 (1.7)	32 (2.1)
131-350% poverty:										
2 - 5.....	69 (3.7)	31 (2.1)	27 (2.3)	31 (2.1)	31 (2.5)	32 (2.5)	33 (2.2)	30 (2.1)	34 (2.4)	37 (2.4)
6 - 11.....	75 (4.3)	35 (2.7)	32 (2.6)	35 (2.7)	38 (2.6)	32 (2.6)	35 (3.0)	35 (2.9)	35 (3.1)	36 (3.8)
12 - 19.....	72 (2.8)	41 (3.0)	39 (3.4)	40 (2.8)	44 (2.3)	38 (3.5)	41 (3.2)	41 (3.1)	41 (3.3)	43 (3.6)
20 and over...	63 (1.7)	35 (1.1)	34 (1.4)	34 (1.1)	35 (1.3)	32 (1.3)	35 (1.2)	33 (1.3)	35 (1.2)	37 (1.3)
2 and over...	65 (1.7)	35 (1.0)	34 (1.2)	35 (1.0)	36 (1.0)	33 (1.0)	36 (1.1)	34 (1.1)	36 (1.1)	38 (1.3)
Over 350% poverty:										
2 - 5.....	57 (7.2)	28 (5.1)	24 (4.6)	28 (5.1)	28 (5.8)	24 (5.1)	29 (5.6)	29 (6.1)	30 (5.5)	28 (5.7)
6 - 11.....	85 (3.1)	41 (2.8)	40 (2.8)	41 (2.7)	44 (3.6)	38 (3.4)	41 (3.1)	39 (3.4)	40 (3.1)	44 (2.5)
12 - 19.....	79 (4.1)	44 (3.5)	47 (3.3)	43 (3.8)	44 (4.1)	40 (4.0)	44 (3.9)	43 (4.4)	45 (3.8)	46 (4.2)
20 and over...	70 (2.0)	35 (1.2)	34 (1.4)	34 (1.5)	34 (1.8)	31 (1.5)	36 (1.3)	35 (1.3)	36 (1.4)	38 (1.5)
2 and over...	71 (1.8)	36 (1.1)	35 (1.3)	35 (1.3)	35 (1.5)	32 (1.3)	37 (1.1)	36 (1.1)	37 (1.2)	39 (1.4)
All Individuals⁵:										
2 - 5.....	60 (3.3)	27 (1.6)	25 (1.3)	27 (1.8)	27 (2.1)	28 (1.8)	28 (1.7)	26 (1.8)	28 (1.8)	29 (1.8)
6 - 11.....	78 (1.8)	38 (1.2)	36 (1.1)	38 (1.1)	41 (1.2)	36 (1.3)	38 (1.3)	37 (1.2)	37 (1.4)	40 (1.7)
12 - 19.....	70 (2.4)	39 (1.9)	39 (1.8)	39 (1.9)	41 (1.9)	36 (1.9)	40 (2.0)	38 (2.1)	40 (2.1)	41 (2.1)
20 and over...	64 (1.4)	33 (0.8)	32 (0.8)	32 (0.8)	32 (0.7)	30 (1.0)	34 (0.9)	33 (0.9)	34 (0.8)	36 (0.9)
2 and over...	65 (1.3)	34 (0.7)	33 (0.8)	33 (0.8)	34 (0.7)	31 (0.9)	35 (0.8)	34 (0.8)	35 (0.8)	36 (0.9)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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 (3.3)	19 (2.9)	24* (7.7)	21 (5.4)	20 (2.1)	20 (2.4)	22 (2.3)	21 (2.4)	17 (1.8)
6 - 11.....	36 (2.6)	42 (3.1)	51 (6.1)	30 (4.4)	35 (2.6)	40 (2.6)	35 (2.4)	34 (2.5)	32 (2.3)
12 - 19.....	27 (2.4)	30 (4.1)	30 (6.2)	23 (3.2)	31 (2.5)	32 (3.3)	32 (3.1)	33 (4.0)	26 (2.4)
20 and over...	27 (2.3)	21 (1.6)	22 (2.5)	34 (4.0)	25 (2.1)	24 (1.9)	28 (2.1)	28 (2.6)	23 (1.6)
2 and over...	28 (2.0)	25 (1.3)	25 (2.5)	31 (3.1)	26 (1.7)	27 (1.5)	29 (1.6)	29 (2.0)	24 (1.2)
131-350% poverty:									
2 - 5.....	23 (3.0)	24 (2.4)	35 (7.0)	34 (7.0)	27 (2.1)	25 (2.3)	30 (2.2)	26 (2.1)	28 (2.1)
6 - 11.....	30 (3.0)	27 (3.3)	24 (4.9)	29 (5.5)	29 (3.0)	31 (2.9)	30 (2.9)	27 (2.7)	26 (2.8)
12 - 19.....	36 (3.5)	28 (3.5)	36 (6.5)	39 (5.6)	34 (3.6)	33 (2.9)	37 (3.6)	34 (3.3)	28 (3.2)
20 and over...	35 (1.9)	28 (1.7)	27 (3.4)	36 (3.5)	31 (1.1)	31 (1.0)	35 (1.4)	35 (1.7)	30 (1.0)
2 and over...	34 (1.6)	27 (1.5)	28 (3.0)	36 (2.8)	31 (1.0)	31 (1.0)	35 (1.4)	34 (1.4)	29 (0.8)
Over 350% poverty:									
2 - 5.....	19 (4.6)	18 (4.9)	16* (7.6)	25* (7.9)	25 (4.2)	21 (3.6)	24 (4.0)	19 (2.9)	24 (4.6)
6 - 11.....	38 (6.5)	35 (3.6)	46 (8.0)	33 (6.0)	37 (3.3)	38 (2.8)	38 (2.8)	35 (2.8)	33 (3.2)
12 - 19.....	47 (3.7)	31 (4.8)	36 (6.7)	40 (12.0)	38 (4.5)	37 (2.8)	46 (3.3)	41 (3.4)	33 (4.2)
20 and over...	35 (1.6)	30 (1.0)	35 (1.8)	31 (3.9)	33 (1.4)	30 (1.2)	36 (1.5)	34 (1.4)	29 (1.0)
2 and over...	36 (1.5)	30 (1.0)	35 (1.7)	32 (3.5)	33 (1.2)	31 (1.0)	36 (1.4)	34 (1.2)	30 (0.9)
All Individuals⁵:									
2 - 5.....	21 (1.6)	21 (1.7)	23 (4.8)	27 (4.8)	25 (1.5)	23 (1.4)	26 (1.4)	23 (1.2)	24 (1.8)
6 - 11.....	34 (2.6)	34 (1.8)	39 (4.2)	31 (3.4)	34 (1.3)	35 (1.4)	34 (1.3)	32 (1.3)	30 (1.2)
12 - 19.....	37 (2.3)	29 (2.5)	34 (4.1)	33 (4.5)	34 (2.5)	34 (1.9)	38 (2.2)	36 (2.2)	29 (2.2)
20 and over...	33 (1.1)	27 (0.7)	28 (1.8)	33 (2.5)	30 (0.9)	29 (0.8)	33 (1.0)	32 (1.1)	28 (0.7)
2 and over...	33 (1.0)	27 (0.8)	29 (1.7)	32 (2.0)	31 (0.8)	30 (0.7)	34 (0.9)	32 (1.0)	28 (0.6)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	22	(2.9)	19	(2.8)	22	(2.6)	20	(3.5)	21	(2.3)	20	(2.8)	21	(2.7)	23	(2.6)	23	(2.4)
6 - 11.....	38	(1.8)	37	(2.6)	40	(2.9)	43	(3.0)	38	(2.7)	41	(4.9)	43	(2.8)	40	(2.1)	38	(2.2)
12 - 19.....	31	(2.2)	31	(3.3)	35	(3.9)	32	(4.7)	36	(4.1)	32	(4.0)	33	(3.5)	34	(3.0)	34	(2.9)
20 and over...	26	(1.8)	26	(2.3)	24	(1.6)	17	(1.8)	28	(1.7)	24	(3.1)	24	(1.8)	26	(1.7)	25	(1.5)
2 and over...	27	(1.5)	28	(1.7)	27	(1.3)	23	(1.4)	30	(1.6)	26	(2.8)	27	(1.4)	29	(1.4)	27	(1.2)
131-350% poverty:																		
2 - 5.....	25	(2.2)	24	(2.3)	32	(4.2)	21	(1.9)	34	(3.1)	35	(4.0)	26	(2.0)	28	(2.0)	28	(2.5)
6 - 11.....	31	(2.9)	28	(3.2)	37	(2.2)	29	(4.0)	33	(3.1)	31	(3.6)	32	(3.5)	33	(3.0)	32	(2.9)
12 - 19.....	38	(3.2)	34	(3.2)	34	(3.6)	27	(3.3)	37	(3.6)	40	(5.3)	34	(2.9)	38	(3.1)	38	(2.9)
20 and over...	34	(1.6)	37	(3.1)	28	(1.6)	25	(2.0)	35	(1.4)	34	(1.9)	30	(1.0)	33	(1.1)	32	(0.8)
2 and over...	34	(1.3)	36	(2.4)	29	(1.1)	26	(1.5)	35	(1.2)	34	(1.6)	30	(0.9)	33	(1.1)	32	(0.8)
Over 350% poverty:																		
2 - 5.....	20	(4.2)	19	(4.0)	26	(6.7)	15*	(3.8)	24	(4.1)	20*	(6.1)	23	(4.5)	24	(4.4)	24	(4.3)
6 - 11.....	39	(3.8)	33	(3.5)	40	(5.1)	29	(2.7)	40	(3.0)	41	(3.0)	38	(2.4)	40	(2.6)	39	(2.8)
12 - 19.....	43	(2.6)	36	(3.7)	34	(3.7)	27	(4.4)	42	(4.2)	42	(5.2)	37	(4.6)	42	(3.2)	42	(3.2)
20 and over...	33	(1.1)	31	(1.5)	30	(1.8)	25	(2.2)	34	(1.8)	36	(1.9)	31	(1.0)	32	(1.1)	31	(1.1)
2 and over...	33	(1.0)	31	(1.5)	31	(1.6)	25	(1.9)	35	(1.7)	36	(1.5)	31	(1.0)	33	(1.1)	32	(1.1)
All Individuals⁵:																		
2 - 5.....	23	(1.2)	21	(1.7)	26	(2.7)	19	(1.3)	27	(1.8)	25	(2.1)	24	(1.5)	26	(1.3)	26	(1.4)
6 - 11.....	35	(1.6)	32	(1.5)	39	(1.7)	34	(1.9)	37	(1.3)	37	(1.6)	37	(1.6)	37	(1.4)	36	(1.4)
12 - 19.....	37	(1.8)	33	(2.2)	34	(1.7)	28	(1.8)	38	(2.4)	37	(2.6)	34	(2.0)	38	(1.7)	37	(1.7)
20 and over...	31	(1.0)	32	(1.5)	27	(0.8)	23	(1.1)	33	(0.9)	32	(1.3)	29	(0.7)	31	(0.7)	30	(0.7)
2 and over...	32	(0.8)	32	(1.2)	29	(0.7)	25	(0.8)	33	(0.9)	33	(1.2)	30	(0.7)	32	(0.7)	31	(0.7)

Table 12. Away from Home¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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 (2.4)	20 (2.0)	24 (2.5)	23 (2.1)	24 (2.7)	22 (2.2)	20 (4.3)	-- --
6 - 11.....	33 (2.6)	38 (2.7)	37 (1.8)	39 (2.8)	41 (2.2)	37 (2.4)	24 (5.5)	-- --
12 - 19.....	28 (2.5)	32 (2.7)	34 (3.1)	31 (2.4)	34 (2.6)	32 (2.9)	34 (5.4)	-- --
20 and over...	24 (1.5)	25 (1.7)	25 (1.7)	27 (1.8)	25 (1.6)	29 (2.0)	25 (2.7)	28 (5.3)
2 and over...	25 (1.3)	27 (1.4)	27 (1.3)	29 (1.5)	28 (1.3)	30 (1.7)	26 (2.5)	-- --
131-350% poverty:								
2 - 5.....	28 (2.0)	27 (2.1)	28 (2.7)	26 (2.3)	30 (2.2)	30 (2.0)	48 (6.3)	-- --
6 - 11.....	27 (2.9)	28 (3.0)	33 (2.9)	31 (2.9)	33 (2.6)	32 (2.6)	35 (7.9)	-- --
12 - 19.....	30 (3.2)	35 (3.0)	38 (2.9)	38 (3.5)	40 (3.2)	39 (3.4)	60 (3.2)	-- --
20 and over...	30 (1.0)	33 (1.3)	33 (0.8)	35 (1.6)	31 (1.0)	36 (1.5)	32 (2.4)	33 (4.0)
2 and over...	30 (0.9)	33 (1.2)	33 (0.9)	35 (1.4)	32 (0.8)	36 (1.3)	33 (2.6)	-- --
Over 350% poverty:								
2 - 5.....	24 (4.0)	22 (4.5)	25 (4.5)	22 (4.3)	24 (4.4)	27 (5.3)	40* (10.9)	-- --
6 - 11.....	36 (3.6)	39 (3.3)	40 (3.1)	38 (2.7)	41 (2.5)	40 (2.7)	45 (8.6)	-- --
12 - 19.....	36 (4.0)	41 (3.5)	42 (3.4)	46 (3.4)	42 (2.6)	49 (3.5)	63 (4.4)	-- --
20 and over...	31 (1.0)	32 (1.1)	30 (1.2)	34 (1.4)	32 (1.2)	36 (1.3)	32 (2.5)	35 (4.5)
2 and over...	31 (0.9)	33 (1.0)	32 (1.1)	35 (1.3)	33 (1.1)	37 (1.2)	33 (2.5)	-- --
All Individuals⁵:								
2 - 5.....	24 (1.8)	24 (1.5)	26 (1.4)	25 (1.5)	26 (1.3)	27 (1.6)	34 (5.1)	-- --
6 - 11.....	32 (1.3)	34 (1.3)	37 (1.2)	36 (1.4)	38 (1.1)	36 (1.3)	35 (5.2)	-- --
12 - 19.....	31 (2.1)	35 (1.8)	38 (1.7)	38 (1.9)	38 (1.7)	40 (2.2)	52 (3.9)	-- --
20 and over...	29 (0.7)	31 (0.7)	30 (0.7)	33 (0.9)	30 (0.7)	34 (0.9)	30 (1.7)	32 (3.3)
2 and over...	29 (0.7)	31 (0.7)	31 (0.7)	33 (0.8)	31 (0.6)	35 (1.0)	31 (1.7)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2015-2016

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.....	95* (1.4)	20 (0.6)	20 (1.1)	21 (0.7)	24 (0.7)	19 (1.0)	18 (0.8)	19 (1.0)	18 (0.9)	16 (0.9)
6 - 11.....	87 (2.9)	19 (1.2)	18 (1.2)	21 (1.2)	23 (1.3)	18 (1.2)	17 (1.2)	18 (1.2)	17 (1.3)	15 (1.4)
12 - 19.....	72 (2.8)	17 (0.9)	16 (0.8)	19 (1.1)	21 (1.4)	16 (1.2)	16 (0.9)	17 (0.9)	16 (1.0)	14 (1.3)
20 - 29.....	74 (3.3)	15 (1.0)	16 (1.8)	16 (0.9)	17 (1.3)	16 (1.0)	16 (1.1)	16 (1.3)	17 (1.1)	15 (1.2)
30 - 39.....	78 (2.6)	16 (1.0)	17 (1.0)	18 (1.0)	20 (1.3)	18 (1.8)	17 (1.2)	18 (1.3)	17 (1.2)	15 (1.2)
40 - 49.....	82 (3.5)	17 (1.0)	16 (1.0)	18 (1.2)	21 (1.9)	17 (1.2)	17 (1.2)	19 (1.2)	17 (1.2)	15 (1.3)
50 - 59.....	89 (2.2)	17 (1.1)	17 (1.4)	19 (1.3)	19 (1.8)	19 (1.4)	16 (1.4)	18 (1.6)	16 (1.5)	15 (1.9)
60 - 69.....	92 (2.1)	21 (1.1)	18 (1.0)	25 (1.4)	29 (2.0)	22 (2.2)	20 (1.7)	20 (1.7)	20 (1.8)	21 (2.5)
70 and over....	94 (1.6)	20 (0.6)	19 (0.7)	24 (1.0)	25 (1.5)	24 (1.6)	18 (1.1)	21 (1.8)	18 (1.1)	15 (1.0)
2 - 19.....	82 (1.8)	18 (0.4)	17 (0.5)	20 (0.4)	22 (0.6)	18 (0.6)	16 (0.4)	18 (0.5)	17 (0.4)	15 (0.5)
20 and over...	84 (0.7)	17 (0.5)	17 (0.6)	19 (0.5)	21 (0.6)	19 (0.6)	17 (0.6)	18 (0.6)	17 (0.6)	16 (0.7)
2 and over...	83 (0.8)	17 (0.4)	17 (0.5)	19 (0.4)	21 (0.4)	19 (0.6)	17 (0.5)	18 (0.5)	17 (0.5)	16 (0.6)
Females:										
2 - 5.....	98* (1.1)	22 (1.1)	21 (1.0)	24 (1.1)	26 (1.1)	22 (1.0)	19 (1.3)	21 (1.5)	18 (1.2)	17 (1.5)
6 - 11.....	87 (1.9)	18 (0.7)	18 (0.9)	19 (0.8)	21 (0.8)	18 (1.1)	16 (0.8)	17 (0.8)	16 (0.8)	14 (0.9)
12 - 19.....	76 (1.9)	17 (0.8)	16 (0.8)	20 (1.0)	21 (1.2)	17 (0.8)	15 (0.9)	16 (1.1)	15 (1.0)	13 (0.8)
20 - 29.....	78 (2.2)	17 (1.5)	17 (1.3)	18 (1.6)	20 (1.7)	17 (1.3)	16 (1.7)	17 (1.5)	17 (1.8)	14 (1.9)
30 - 39.....	86 (1.7)	18 (1.0)	19 (1.1)	21 (1.2)	23 (1.6)	20 (1.6)	17 (1.0)	17 (1.3)	17 (1.0)	16 (0.8)
40 - 49.....	92 (1.6)	21 (1.2)	21 (1.4)	22 (1.1)	24 (1.5)	20 (1.1)	20 (1.7)	22 (2.0)	21 (2.1)	17 (1.6)
50 - 59.....	89 (1.9)	18 (1.1)	18 (1.7)	20 (1.0)	21 (1.1)	21 (1.0)	17 (1.8)	18 (2.4)	18 (1.9)	15 (1.4)
60 - 69.....	89 (2.7)	18 (0.8)	17 (0.9)	20 (1.2)	22 (1.5)	20 (1.8)	18 (1.0)	17 (1.1)	18 (1.3)	19 (1.5)
70 and over....	92 (1.7)	21 (1.0)	20 (1.1)	23 (1.0)	24 (1.3)	23 (1.2)	19 (1.4)	20 (1.4)	20 (1.7)	18 (1.8)
2 - 19.....	84 (1.3)	18 (0.6)	17 (0.7)	20 (0.6)	22 (0.6)	18 (0.7)	16 (0.7)	17 (0.8)	16 (0.7)	14 (0.6)
20 and over...	88 (0.8)	19 (0.5)	19 (0.6)	21 (0.4)	22 (0.5)	20 (0.5)	18 (0.6)	19 (0.7)	18 (0.8)	17 (0.6)
2 and over...	87 (0.6)	19 (0.4)	18 (0.5)	21 (0.4)	22 (0.4)	20 (0.5)	17 (0.6)	18 (0.6)	18 (0.7)	16 (0.6)
Males and females:										
2 - 19.....	83 (1.4)	18 (0.2)	17 (0.5)	20 (0.2)	22 (0.3)	18 (0.4)	16 (0.3)	17 (0.3)	16 (0.4)	14 (0.3)
20 and over...	86 (0.6)	18 (0.4)	18 (0.5)	20 (0.4)	22 (0.4)	19 (0.5)	17 (0.5)	18 (0.6)	18 (0.6)	16 (0.6)
2 and over...	85 (0.6)	18 (0.3)	18 (0.4)	20 (0.3)	22 (0.3)	19 (0.4)	17 (0.5)	18 (0.5)	17 (0.5)	16 (0.5)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	37 (3.6)	36 (2.0)	5* (0.8)	5* (1.7)	29 (1.2)	34 (1.3)	25 (1.4)	35 (1.4)	39 (2.3)
6 - 11.....	31 (3.3)	33 (2.4)	7* (2.6)	3* (1.0)	27 (1.5)	31 (1.4)	23 (1.2)	30 (1.5)	33 (1.7)
12 - 19.....	27 (1.3)	33 (2.0)	6 (1.5)	4* (0.8)	25 (1.4)	32 (1.4)	21 (1.1)	29 (1.3)	30 (1.9)
20 - 29.....	26 (2.5)	23 (1.9)	11 (3.2)	6* (2.0)	20 (1.0)	23 (1.5)	14 (0.9)	15 (1.4)	21 (1.2)
30 - 39.....	30 (2.3)	26 (3.2)	13 (3.0)	8 (2.0)	21 (1.5)	29 (2.6)	18 (1.5)	23 (2.1)	25 (2.3)
40 - 49.....	29 (2.7)	32 (4.5)	6* (1.9)	6* (1.7)	23 (1.4)	27 (1.7)	16 (1.3)	20 (2.0)	26 (2.4)
50 - 59.....	28 (2.5)	26 (2.5)	5 (1.4)	3* (1.0)	22 (1.4)	29 (1.8)	19 (1.9)	23 (2.0)	25 (1.9)
60 - 69.....	30 (3.5)	27 (2.3)	7 (1.7)	10* (5.9)	24 (1.4)	33 (1.8)	21 (1.7)	25 (1.9)	30 (2.2)
70 and over....	32 (2.6)	33 (1.4)	5 (0.8)	8* (2.6)	32 (2.1)	38 (1.7)	27 (1.7)	32 (2.3)	41 (3.0)
2 - 19.....	29 (1.5)	34 (1.0)	6 (1.1)	4 (0.6)	26 (0.6)	32 (0.8)	22 (0.6)	30 (0.6)	32 (1.2)
20 and over...	29 (1.1)	27 (1.1)	8 (0.9)	6 (1.2)	23 (0.7)	29 (0.7)	18 (0.6)	22 (0.9)	27 (1.0)
2 and over...	29 (1.0)	29 (0.9)	7 (0.7)	6 (0.9)	24 (0.5)	30 (0.6)	19 (0.5)	23 (0.8)	28 (0.7)
Females:									
2 - 5.....	32 (2.0)	36 (2.1)	11* (4.3)	8* (2.6)	31 (1.2)	34 (1.1)	24 (1.5)	33 (1.9)	36 (1.8)
6 - 11.....	28 (2.7)	33 (1.8)	4 (0.8)	6* (2.7)	28 (1.0)	31 (1.1)	23 (0.9)	30 (1.3)	34 (1.7)
12 - 19.....	24 (2.1)	32 (2.8)	5 (0.8)	5 (1.3)	27 (1.6)	31 (1.9)	21 (1.3)	27 (2.0)	33 (2.2)
20 - 29.....	30 (2.6)	26 (2.6)	10 (2.4)	9* (3.3)	22 (2.0)	28 (2.3)	18 (1.9)	22 (2.8)	27 (3.0)
30 - 39.....	29 (2.5)	26 (2.9)	6* (2.3)	11* (3.5)	26 (1.4)	33 (1.9)	20 (1.3)	23 (1.5)	30 (2.0)
40 - 49.....	33 (3.2)	31 (2.6)	5 (0.8)	9 (2.4)	27 (1.8)	34 (1.7)	21 (1.7)	26 (1.8)	32 (1.9)
50 - 59.....	21 (3.2)	27 (1.6)	8 (2.4)	6* (2.7)	26 (1.2)	31 (1.5)	22 (1.4)	26 (2.0)	32 (2.1)
60 - 69.....	30 (4.6)	25 (2.1)	6 (1.5)	4* (1.5)	23 (1.2)	31 (1.4)	19 (1.1)	22 (1.7)	27 (2.2)
70 and over....	31 (2.4)	29 (1.3)	8 (1.7)	10* (3.5)	29 (1.1)	35 (1.5)	24 (1.5)	29 (2.0)	34 (1.9)
2 - 19.....	27 (1.6)	33 (1.5)	6 (1.3)	6 (1.4)	28 (0.8)	31 (1.1)	22 (0.6)	29 (1.1)	34 (1.2)
20 and over...	29 (1.3)	27 (1.0)	7 (0.8)	8 (1.4)	25 (0.6)	32 (0.7)	21 (0.7)	25 (1.0)	30 (0.9)
2 and over...	28 (1.2)	29 (0.9)	7 (0.6)	8 (1.1)	26 (0.6)	32 (0.6)	21 (0.6)	26 (0.9)	31 (0.8)
Males and females:									
2 - 19.....	28 (1.1)	34 (0.5)	6 (0.8)	5 (0.7)	27 (0.5)	32 (0.5)	22 (0.4)	30 (0.7)	33 (1.0)
20 and over...	29 (0.9)	27 (0.8)	7 (0.6)	7 (1.1)	24 (0.5)	30 (0.5)	19 (0.5)	23 (0.6)	28 (0.7)
2 and over...	29 (0.8)	29 (0.7)	7 (0.5)	7 (0.9)	25 (0.4)	31 (0.5)	20 (0.4)	24 (0.5)	30 (0.6)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	32	(2.3)	39	(1.7)	21	(1.4)	41	(2.5)	18	(2.2)	11	(1.4)	28	(1.3)	24	(1.0)	22	(0.9)
6 - 11.....	27	(1.8)	35	(1.9)	28	(2.2)	41	(1.9)	16	(1.1)	15	(3.7)	26	(1.7)	23	(1.5)	20	(1.2)
12 - 19.....	25	(1.6)	32	(1.7)	23	(1.8)	41	(2.7)	16	(1.0)	9	(0.9)	24	(1.5)	20	(1.3)	18	(1.1)
20 - 29.....	23	(2.1)	19	(2.1)	20	(2.8)	34	(3.3)	17	(1.7)	11	(1.5)	19	(1.3)	19	(1.6)	17	(1.2)
30 - 39.....	24	(1.8)	23	(1.7)	21	(3.1)	33	(5.1)	16	(1.6)	16	(4.2)	22	(1.9)	19	(1.3)	18	(1.9)
40 - 49.....	23	(1.9)	24	(3.5)	23	(2.9)	37	(3.8)	20	(2.8)	9	(1.5)	24	(1.1)	19	(1.1)	17	(0.9)
50 - 59.....	23	(1.6)	24	(4.6)	18	(3.2)	39	(4.7)	18	(2.1)	10	(1.8)	20	(1.8)	20	(1.4)	20	(1.1)
60 - 69.....	27	(2.2)	29	(2.3)	26	(5.6)	42	(2.9)	21	(2.3)	11	(1.9)	27	(1.7)	23	(1.2)	25	(2.8)
70 and over....	29	(1.4)	35	(2.6)	30	(3.6)	41	(3.2)	22	(2.2)	7	(0.8)	28	(1.5)	25	(1.0)	26	(1.0)
2 - 19.....	27	(1.1)	34	(1.3)	24	(1.1)	41	(1.8)	16	(0.9)	11	(1.4)	25	(0.9)	22	(0.7)	19	(0.6)
20 and over...	24	(0.7)	25	(1.0)	23	(1.5)	37	(1.2)	19	(0.8)	11	(0.9)	23	(0.7)	20	(0.5)	20	(0.6)
2 and over...	25	(0.6)	27	(0.8)	23	(1.2)	38	(1.1)	18	(0.6)	11	(0.7)	23	(0.6)	21	(0.4)	20	(0.5)
Females:																		
2 - 5.....	30	(1.3)	39	(1.7)	25	(2.7)	42	(1.8)	18	(1.3)	12	(1.5)	29	(1.3)	25	(1.0)	24	(0.9)
6 - 11.....	25	(1.8)	35	(1.7)	22	(1.7)	41	(2.0)	15	(1.3)	10	(1.0)	26	(1.2)	22	(1.0)	20	(0.8)
12 - 19.....	22	(1.0)	33	(2.7)	24	(2.6)	41	(2.9)	16	(1.4)	8	(0.8)	24	(1.7)	20	(1.1)	19	(0.9)
20 - 29.....	26	(2.1)	28	(2.8)	19	(1.8)	34	(2.1)	17	(2.0)	15	(3.0)	22	(1.8)	19	(1.4)	18	(1.3)
30 - 39.....	26	(1.7)	29	(2.3)	25	(3.7)	40	(3.9)	20	(1.2)	14	(2.0)	26	(1.4)	22	(1.2)	22	(1.1)
40 - 49.....	29	(2.5)	31	(2.7)	24	(2.7)	37	(4.3)	23	(2.4)	10	(1.3)	29	(1.8)	25	(1.4)	24	(1.2)
50 - 59.....	22	(2.0)	30	(3.1)	24	(1.9)	37	(2.3)	20	(1.2)	8	(1.0)	25	(1.7)	21	(1.4)	23	(1.1)
60 - 69.....	26	(2.8)	25	(2.2)	20	(2.5)	37	(2.9)	21	(2.1)	9	(1.7)	24	(1.4)	22	(1.2)	23	(1.3)
70 and over....	29	(1.4)	30	(2.1)	31	(2.8)	37	(3.5)	25	(1.8)	11	(2.2)	27	(1.6)	24	(1.3)	26	(1.3)
2 - 19.....	25	(1.0)	35	(1.2)	24	(1.5)	41	(1.3)	16	(1.0)	9	(0.6)	26	(1.1)	22	(0.8)	20	(0.7)
20 and over...	26	(0.9)	29	(1.3)	24	(0.9)	37	(1.2)	21	(0.7)	11	(0.8)	25	(0.7)	22	(0.6)	23	(0.5)
2 and over...	26	(0.8)	31	(1.1)	24	(0.8)	38	(0.9)	20	(0.6)	11	(0.8)	26	(0.6)	22	(0.5)	22	(0.5)
Males and females:																		
2 - 19.....	26	(0.7)	35	(1.0)	24	(1.0)	41	(1.0)	16	(0.6)	10	(0.8)	26	(0.6)	22	(0.5)	20	(0.4)
20 and over...	25	(0.6)	27	(0.9)	23	(1.0)	37	(1.0)	20	(0.6)	11	(0.7)	24	(0.5)	21	(0.4)	21	(0.5)
2 and over...	25	(0.5)	28	(0.7)	23	(0.9)	38	(0.9)	19	(0.5)	11	(0.5)	24	(0.4)	21	(0.4)	21	(0.4)

Table 13. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	36	(1.8)	31	(1.4)	19	(1.1)	20	(1.4)	22	(0.9)	18	(0.9)	15	(1.9)	--	--
6 - 11.....	31	(1.5)	26	(1.7)	17	(1.1)	18	(1.3)	21	(1.2)	16	(1.1)	13	(1.7)	--	--
12 - 19.....	29	(1.8)	22	(1.3)	16	(1.0)	16	(0.8)	18	(1.4)	15	(0.7)	15	(3.1)	--	--
20 - 29.....	23	(2.1)	17	(0.9)	15	(0.7)	17	(1.7)	18	(1.3)	16	(1.7)	39	(4.9)	--	--
30 - 39.....	24	(2.0)	19	(1.7)	17	(1.6)	18	(1.2)	19	(1.2)	15	(1.2)	40	(4.3)	--	--
40 - 49.....	26	(2.0)	18	(1.6)	16	(1.1)	17	(1.2)	18	(1.0)	15	(1.1)	27	(3.3)	--	--
50 - 59.....	24	(1.9)	18	(1.4)	18	(1.3)	18	(1.6)	20	(1.2)	15	(1.4)	40	(4.2)	--	--
60 - 69.....	30	(1.8)	21	(1.2)	20	(2.0)	20	(1.2)	24	(1.9)	16	(1.3)	50	(6.4)	--	--
70 and over....	40	(2.9)	32	(2.2)	21	(0.9)	20	(1.1)	25	(0.9)	17	(0.9)	60	(4.8)	--	--
2 - 19.....	31	(1.0)	25	(0.9)	17	(0.6)	17	(0.6)	20	(0.7)	15	(0.4)	14	(2.3)	--	--
20 and over...	27	(0.9)	20	(0.6)	17	(0.6)	18	(0.6)	20	(0.5)	16	(0.7)	42	(2.2)	1*	(0.3)
2 and over...	28	(0.7)	21	(0.5)	17	(0.5)	18	(0.5)	20	(0.4)	16	(0.6)	41	(2.2)	--	--
Females:																
2 - 5.....	36	(1.3)	30	(0.9)	21	(0.9)	21	(1.0)	23	(1.0)	18	(1.2)	23*	(7.0)	--	--
6 - 11.....	33	(1.5)	27	(1.7)	17	(0.8)	18	(0.9)	19	(0.9)	16	(0.6)	8	(1.7)	--	--
12 - 19.....	32	(1.5)	23	(2.0)	16	(0.8)	17	(0.7)	18	(1.0)	15	(1.0)	20	(5.5)	--	--
20 - 29.....	24	(2.3)	20	(1.5)	17	(1.5)	18	(1.5)	19	(1.4)	15	(1.3)	43	(5.1)	--	--
30 - 39.....	29	(2.0)	24	(1.7)	20	(1.1)	19	(1.1)	22	(1.2)	15	(1.1)	49	(6.6)	--	--
40 - 49.....	28	(1.8)	25	(1.8)	19	(1.5)	22	(1.5)	23	(1.2)	19	(1.6)	51	(5.0)	--	--
50 - 59.....	30	(0.8)	23	(1.4)	20	(1.2)	19	(1.9)	21	(1.5)	16	(1.8)	47	(3.1)	--	--
60 - 69.....	28	(2.5)	19	(1.4)	20	(1.9)	19	(1.2)	21	(0.9)	14	(0.9)	46	(4.2)	--	--
70 and over....	34	(1.6)	23	(1.4)	21	(1.1)	22	(1.3)	25	(0.7)	17	(0.9)	59	(3.9)	--	--
2 - 19.....	33	(0.9)	26	(1.1)	17	(0.6)	18	(0.7)	20	(0.7)	16	(0.7)	18	(4.3)	--	--
20 and over...	28	(0.7)	22	(0.8)	19	(0.5)	20	(0.7)	22	(0.4)	16	(0.6)	49	(2.0)	1*	(0.6)
2 and over...	30	(0.7)	23	(0.7)	19	(0.5)	19	(0.6)	21	(0.4)	16	(0.5)	47	(1.9)	--	--
Males and females:																
2 - 19.....	32	(0.8)	25	(0.6)	17	(0.4)	17	(0.4)	20	(0.5)	16	(0.4)	16	(2.8)	--	--
20 and over...	28	(0.6)	21	(0.6)	18	(0.4)	19	(0.5)	21	(0.4)	16	(0.5)	45	(1.6)	1*	(0.3)
2 and over...	29	(0.5)	22	(0.5)	18	(0.3)	19	(0.5)	21	(0.4)	16	(0.5)	44	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016

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.....	98*	(0.9)	20	(0.5)	19	(0.7)	22	(0.8)	26	(1.3)	19	(0.6)	17	(0.8)	19	(0.9)	17	(0.7)	16	(1.4)	
6 - 11.....	87	(2.8)	17	(0.8)	16	(0.9)	19	(0.9)	21	(1.2)	18	(1.2)	15	(0.8)	16	(1.0)	15	(0.8)	13	(1.1)	
12 - 19.....	76	(3.0)	17	(0.7)	15	(1.0)	20	(0.8)	22	(1.1)	17	(1.0)	15	(0.9)	16	(1.0)	16	(1.1)	14	(1.3)	
20 and over...	88	(1.0)	17	(0.3)	16	(0.5)	19	(0.4)	21	(0.5)	18	(0.5)	16	(0.4)	16	(0.5)	16	(0.4)	15	(0.6)	
2 and over...	87	(0.9)	17	(0.3)	16	(0.4)	19	(0.3)	21	(0.5)	18	(0.5)	16	(0.4)	16	(0.4)	16	(0.4)	15	(0.5)	
Non-Hispanic Black:																					
2 - 5.....	92*	(2.2)	18	(0.9)	18	(1.1)	20	(0.9)	23	(1.0)	17	(1.4)	15	(1.3)	18	(1.4)	15	(1.4)	12*	(1.3)	
6 - 11.....	84	(3.4)	17	(1.3)	16	(1.1)	19	(1.2)	22	(1.8)	15	(0.7)	15	(1.9)	17	(2.1)	15	(2.2)	13	(1.6)	
12 - 19.....	69	(3.1)	16	(1.3)	15	(1.5)	19	(1.7)	20	(2.2)	16	(2.4)	14	(0.8)	15	(0.9)	14	(1.0)	12	(0.9)	
20 and over...	74	(1.5)	16	(0.6)	16	(0.6)	18	(0.7)	19	(0.8)	17	(0.7)	16	(0.6)	17	(0.7)	16	(0.6)	13	(0.7)	
2 and over...	76	(1.2)	16	(0.4)	16	(0.4)	18	(0.5)	20	(0.6)	17	(0.7)	15	(0.5)	17	(0.6)	15	(0.6)	13	(0.5)	
Non-Hispanic Asian⁴:																					
2 - 5.....	98*	(1.7)	22*	(1.5)	21*	(1.7)	22*	(1.4)	24*	(2.3)	18*	(2.6)	22*	(2.3)	25*	(2.8)	20*	(2.9)	18*	(2.0)	
6 - 11.....	96*	(3.7)	15*	(0.8)	15*	(1.1)	16*	(1.1)	17*	(2.2)	16*	(1.9)	13*	(0.8)	13*	(1.1)	13*	(1.0)	12*	(1.4)	
12 - 19.....	74	(5.1)	16	(1.6)	17	(2.2)	16	(1.4)	21	(2.2)	17	(1.5)	16	(1.8)	17	(1.9)	16	(1.9)	13*	(1.9)	
20 and over...	85	(1.9)	18	(0.6)	17	(0.5)	20	(0.5)	24	(1.1)	18	(0.7)	17	(1.2)	19	(1.4)	16	(1.2)	16	(1.1)	
2 and over...	85	(1.8)	18	(0.5)	17	(0.5)	19	(0.4)	23	(0.8)	18	(0.5)	17	(1.0)	18	(1.2)	16	(1.0)	15	(0.9)	
Hispanic:																					
2 - 5.....	97*	(1.3)	24	(1.7)	26	(1.7)	24	(2.1)	25	(2.4)	24	(2.2)	22	(1.6)	23	(1.7)	22	(1.8)	21	(1.7)	
6 - 11.....	86	(3.0)	23	(1.4)	24	(1.6)	23	(1.4)	25	(1.6)	22	(1.3)	22	(1.5)	24	(1.5)	22	(1.4)	20	(1.6)	
12 - 19.....	72	(2.3)	18	(0.8)	18	(0.9)	18	(0.9)	20	(1.2)	16	(1.3)	17	(1.2)	18	(1.5)	17	(1.2)	14	(1.0)	
20 and over...	86	(1.4)	25	(1.0)	25	(1.1)	25	(0.9)	25	(1.1)	26	(1.0)	26	(1.4)	27	(1.5)	26	(1.4)	26	(1.4)	
2 and over...	85	(1.3)	24	(0.8)	24	(0.9)	24	(0.8)	24	(0.9)	24	(0.8)	24	(1.0)	25	(1.0)	24	(1.0)	23	(1.1)	

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	35 (2.9)	35 (2.4)	9* (3.7)	4* (2.3)	29 (1.1)	33 (0.9)	24 (1.5)	34 (2.2)	39 (2.2)
6 - 11.....	30 (3.3)	32 (2.3)	5* (2.1)	2* (0.8)	27 (1.7)	29 (1.4)	22 (1.5)	31 (1.9)	34 (2.3)
12 - 19.....	23 (1.6)	32 (2.7)	5* (1.5)	3* (1.0)	26 (2.2)	32 (2.0)	22 (1.8)	28 (2.4)	32 (2.8)
20 and over...	27 (0.7)	27 (1.1)	6 (0.8)	5 (1.2)	23 (0.6)	30 (0.5)	18 (0.4)	23 (0.6)	29 (1.0)
2 and over...	27 (0.6)	28 (1.0)	6 (0.7)	5 (1.0)	24 (0.6)	30 (0.5)	19 (0.4)	24 (0.5)	30 (0.9)
Non-Hispanic Black:									
2 - 5.....	28 (4.1)	38 (2.8)	7* (3.0)	8* (6.4)	28 (2.2)	34 (2.0)	21 (2.1)	30 (2.5)	32 (2.4)
6 - 11.....	25 (4.6)	35 (2.0)	4* (1.4)	5* (2.9)	27 (1.1)	31 (1.5)	23 (0.9)	29 (1.8)	32 (1.7)
12 - 19.....	22 (2.4)	34 (3.4)	3* (0.6)	4* (1.6)	29 (2.7)	32 (3.0)	22 (2.7)	31 (4.5)	36 (4.4)
20 and over...	25 (0.9)	26 (1.4)	7 (1.2)	4 (0.7)	24 (0.7)	28 (0.9)	16 (0.7)	19 (1.1)	26 (1.1)
2 and over...	25 (0.8)	29 (1.0)	7 (1.1)	4 (0.8)	25 (0.6)	29 (0.7)	18 (0.6)	22 (1.0)	29 (0.9)
Non-Hispanic Asian⁴:									
2 - 5.....	28* (7.6)	32* (2.4)	5* (3.0)	1* (1.1)	32* (1.9)	33* (2.3)	29* (3.5)	31* (3.7)	33* (2.1)
6 - 11.....	19* (3.3)	23* (3.3)	5* (2.1)	8* (4.2)	19* (2.1)	24* (2.4)	18* (2.2)	21* (3.1)	24* (3.0)
12 - 19.....	26 (4.7)	33 (3.0)	9* (2.5)	10* (5.0)	21 (2.3)	28 (2.9)	18 (2.4)	23 (3.4)	23 (3.4)
20 and over...	25 (1.8)	20 (0.8)	9 (1.6)	7 (1.9)	20 (0.8)	26 (0.8)	16 (0.7)	18 (0.7)	20 (0.7)
2 and over...	25 (1.9)	22 (0.6)	8 (1.6)	7 (1.8)	20 (0.6)	27 (0.8)	16 (0.5)	19 (0.6)	21 (0.5)
Hispanic:									
2 - 5.....	40 (4.7)	40 (2.5)	14 (3.8)	13 (2.9)	33 (2.2)	37 (1.7)	29 (1.8)	36 (1.7)	38 (2.3)
6 - 11.....	34 (2.6)	37 (2.0)	11 (2.4)	7 (1.6)	30 (1.7)	36 (1.8)	25 (1.8)	31 (1.6)	32 (1.8)
12 - 19.....	32 (2.7)	34 (3.0)	7* (2.2)	6* (1.5)	25 (1.7)	30 (1.6)	20 (1.2)	27 (1.9)	29 (2.3)
20 and over...	38 (2.1)	34 (1.5)	17 (1.9)	17 (1.5)	29 (0.9)	33 (1.3)	24 (1.1)	26 (1.2)	30 (1.4)
2 and over...	37 (1.6)	35 (1.1)	15 (1.4)	14 (1.2)	29 (0.7)	33 (0.8)	24 (0.8)	27 (0.9)	31 (1.0)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	31	(1.8)	38	(2.0)	25	(2.6)	40	(2.1)	17	(2.5)	9	(1.0)	26	(1.3)	24	(0.6)	22	(0.7)
6 - 11.....	26	(1.7)	35	(2.7)	29	(4.0)	39	(2.4)	14	(1.0)	14	(4.0)	24	(1.7)	21	(1.1)	19	(1.1)
12 - 19.....	23	(1.6)	32	(2.5)	24	(2.1)	41	(3.2)	16	(0.9)	8	(1.0)	25	(1.6)	21	(1.3)	18	(1.2)
20 and over...	24	(0.5)	27	(1.3)	24	(1.5)	38	(1.6)	19	(0.9)	9	(0.7)	23	(0.6)	20	(0.4)	21	(0.6)
2 and over...	24	(0.4)	28	(1.0)	24	(1.3)	38	(1.4)	19	(0.7)	9	(0.7)	23	(0.6)	20	(0.4)	20	(0.5)
Non-Hispanic Black:																		
2 - 5.....	26	(2.1)	41	(3.3)	19	(2.3)	48	(1.7)	15	(2.3)	9*	(3.3)	30	(1.3)	24	(1.1)	20	(1.4)
6 - 11.....	23	(2.9)	35	(2.7)	23	(1.9)	41	(1.9)	12	(1.6)	7*	(1.3)	25	(1.6)	20	(1.4)	18	(1.1)
12 - 19.....	22	(1.8)	35	(5.2)	23	(4.3)	46	(4.0)	15	(1.1)	8	(1.5)	24	(2.3)	20	(1.8)	16	(1.8)
20 and over...	22	(0.7)	24	(1.5)	20	(1.2)	36	(1.9)	17	(0.8)	11	(1.7)	23	(1.0)	19	(0.6)	17	(0.6)
2 and over...	22	(0.6)	27	(1.3)	20	(1.3)	39	(1.5)	16	(0.7)	10	(1.4)	24	(0.6)	19	(0.4)	17	(0.4)
Non-Hispanic Asian⁴:																		
2 - 5.....	27*	(4.0)	38*	(3.9)	16*	(5.3)	36*	(3.3)	21*	(2.7)	10*	(4.3)	29*	(2.3)	25*	(1.8)	22*	(1.5)
6 - 11.....	19*	(2.0)	27*	(4.0)	19*	(3.5)	25*	(4.6)	12*	(1.9)	8*	(2.0)	22*	(2.2)	17*	(1.5)	16*	(1.6)
12 - 19.....	23	(3.2)	29	(4.0)	16*	(6.1)	37	(4.2)	19	(4.6)	9*	(2.3)	25	(2.2)	21	(2.0)	19	(1.4)
20 and over...	22	(0.9)	22	(1.1)	17	(2.0)	29	(2.1)	16	(0.5)	10	(1.3)	24	(1.3)	20	(0.6)	19	(0.6)
2 and over...	22	(1.0)	24	(0.9)	17	(1.6)	30	(1.8)	16	(0.6)	10	(1.2)	25	(1.0)	20	(0.5)	19	(0.5)
Hispanic:																		
2 - 5.....	35	(2.9)	41	(1.5)	25	(3.4)	43	(2.6)	22	(1.8)	19	(2.5)	31	(2.0)	28	(1.7)	26	(1.8)
6 - 11.....	31	(1.9)	38	(1.7)	24	(2.4)	46	(2.8)	20	(1.6)	15	(1.4)	33	(1.8)	28	(1.6)	25	(1.4)
12 - 19.....	27	(1.6)	34	(1.9)	25	(1.8)	39	(2.7)	14	(1.2)	10	(1.0)	23	(1.4)	20	(0.9)	18	(0.8)
20 and over...	33	(1.4)	29	(1.5)	25	(1.8)	38	(1.4)	25	(1.2)	22	(2.0)	29	(1.0)	28	(1.0)	27	(1.4)
2 and over...	32	(1.1)	31	(0.9)	25	(1.0)	40	(1.0)	23	(0.9)	20	(1.7)	28	(0.8)	27	(0.8)	26	(1.1)

Table 14. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	36	(1.7)	30	(1.2)	19	(0.9)	19	(0.7)	22	(1.0)	16	(0.7)	17*	(4.9)	--	--
6 - 11.....	34	(1.8)	26	(2.6)	16	(0.9)	16	(1.0)	19	(1.1)	14	(0.6)	10	(2.2)	--	--
12 - 19.....	31	(2.1)	22	(2.3)	16	(0.9)	15	(1.0)	18	(1.6)	14	(0.8)	13	(3.7)	--	--
20 and over...	28	(0.7)	20	(0.7)	17	(0.4)	17	(0.4)	20	(0.4)	14	(0.4)	44	(1.9)	1*	(0.4)
2 and over...	29	(0.7)	21	(0.7)	17	(0.3)	17	(0.4)	20	(0.4)	14	(0.4)	43	(2.0)	--	--
Non-Hispanic Black:																
2 - 5.....	32	(2.9)	28	(2.1)	18	(1.6)	18	(1.5)	20	(1.3)	16	(1.0)	23*	(10.2)	--	--
6 - 11.....	29	(2.2)	25	(1.5)	15	(1.2)	16	(1.5)	18	(1.1)	15	(1.6)	4*	(1.6)	--	--
12 - 19.....	32	(4.4)	26	(4.5)	14	(1.2)	15	(1.3)	17	(1.6)	15	(1.3)	25	(5.8)	--	--
20 and over...	24	(1.2)	18	(0.8)	17	(0.8)	17	(0.5)	18	(0.5)	15	(0.4)	40	(3.8)	1*	(0.7)
2 and over...	27	(0.9)	20	(0.8)	16	(0.6)	17	(0.5)	18	(0.3)	15	(0.4)	39	(3.5)	--	--
Non-Hispanic Asian⁴:																
2 - 5.....	38*	(3.2)	25*	(2.2)	19*	(2.5)	20*	(2.2)	22*	(1.3)	20*	(1.4)	4*	(2.0)	--	--
6 - 11.....	24*	(2.3)	22*	(2.8)	14*	(1.1)	16*	(1.0)	16*	(1.5)	13*	(0.9)	12*	(8.5)	--	--
12 - 19.....	23	(3.1)	21	(3.7)	16*	(1.5)	17	(2.6)	18	(1.9)	14*	(2.3)	10*	(4.8)	--	--
20 and over...	22	(0.9)	18	(0.6)	16	(0.5)	18	(0.7)	19	(0.6)	14	(0.5)	45	(1.3)	0*	(0.0)
2 and over...	22	(0.7)	19	(0.6)	16	(0.4)	18	(0.6)	19	(0.5)	14	(0.5)	43	(1.6)	--	--
Hispanic:																
2 - 5.....	37	(1.6)	33	(1.8)	24	(1.5)	26	(1.9)	26	(1.6)	24	(1.4)	21*	(11.2)	--	--
6 - 11.....	32	(1.4)	30	(1.6)	22	(1.3)	23	(1.8)	24	(1.5)	22	(1.5)	14*	(4.6)	--	--
12 - 19.....	29	(2.5)	23	(1.1)	16	(1.0)	18	(0.9)	18	(0.8)	16	(0.9)	27	(6.2)	--	--
20 and over...	31	(0.9)	27	(1.1)	25	(1.1)	27	(1.1)	26	(1.1)	25	(1.0)	51	(2.1)	2*	(1.2)
2 and over...	31	(0.7)	27	(0.7)	24	(0.8)	26	(0.9)	25	(0.8)	24	(0.8)	48	(2.2)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	94* (1.8)	21 (1.1)	21 (1.7)	22 (1.1)	25 (0.9)	22 (1.9)	18 (1.4)	20 (1.5)	18 (1.5)	15 (1.7)
6 - 11.....	85 (2.8)	20 (1.1)	19 (1.1)	22 (1.2)	25 (1.3)	21 (2.0)	17 (1.1)	18 (1.1)	17 (1.1)	14 (1.4)
12 - 19.....	70 (4.5)	18 (1.4)	17 (1.4)	18 (1.2)	20 (1.4)	18 (1.7)	17 (1.8)	18 (1.9)	17 (1.9)	14 (2.1)
20 and over...	79 (2.3)	19 (0.7)	19 (0.8)	20 (0.8)	20 (1.0)	20 (1.1)	19 (1.0)	20 (1.0)	19 (1.0)	17 (0.9)
2 and over...	79 (1.7)	19 (0.6)	19 (0.7)	20 (0.6)	21 (0.8)	20 (1.0)	18 (0.7)	20 (0.7)	19 (0.8)	17 (0.8)
\$25,000 - \$74,999:										
2 - 5.....	97* (1.3)	22 (0.9)	21 (0.8)	24 (1.2)	28 (1.6)	20 (1.3)	19 (0.7)	21 (0.8)	18 (0.8)	17 (0.9)
6 - 11.....	83 (3.0)	19 (1.2)	18 (1.4)	20 (1.0)	22 (0.9)	17 (1.1)	16 (1.5)	18 (1.6)	16 (1.6)	15 (1.5)
12 - 19.....	70 (2.5)	16 (0.6)	15 (0.6)	18 (0.9)	20 (1.1)	16 (1.0)	13 (0.7)	14 (0.8)	13 (0.8)	11 (0.7)
20 and over...	85 (1.1)	18 (0.7)	18 (0.7)	19 (0.7)	20 (0.8)	19 (0.8)	18 (0.8)	19 (0.8)	18 (0.9)	16 (0.9)
2 and over...	84 (1.0)	18 (0.6)	18 (0.6)	19 (0.5)	21 (0.6)	19 (0.6)	17 (0.8)	18 (0.8)	18 (0.8)	16 (0.8)
\$75,000 and higher:										
2 - 5.....	98* (1.7)	20 (0.8)	20 (1.1)	20 (1.1)	22 (1.7)	19 (0.9)	18 (1.1)	20 (1.8)	18 (1.2)	18 (1.5)
6 - 11.....	91 (2.8)	17 (0.6)	16 (0.8)	19 (0.7)	21 (0.9)	17 (0.9)	15 (0.7)	16 (0.8)	16 (0.7)	14 (1.0)
12 - 19.....	78 (3.0)	18 (1.1)	15 (1.3)	20 (1.2)	23 (1.8)	17 (1.1)	17 (1.5)	18 (1.4)	17 (1.7)	15 (1.9)
20 and over...	92 (0.9)	18 (0.3)	17 (0.5)	21 (0.5)	24 (0.9)	19 (0.6)	16 (0.5)	18 (0.7)	16 (0.7)	15 (0.8)
2 and over...	90 (0.8)	18 (0.3)	17 (0.5)	20 (0.4)	23 (0.7)	19 (0.5)	16 (0.5)	17 (0.5)	17 (0.6)	15 (0.7)
All Individuals⁴:										
2 - 5.....	96 (1.0)	21 (0.6)	21 (0.8)	22 (0.7)	25 (0.8)	20 (0.9)	18 (0.7)	20 (0.8)	18 (0.7)	17 (0.8)
6 - 11.....	87 (1.8)	18 (0.8)	18 (0.9)	20 (0.7)	22 (0.7)	18 (0.8)	16 (0.8)	18 (0.8)	17 (0.8)	15 (0.9)
12 - 19.....	74 (1.8)	17 (0.5)	16 (0.6)	19 (0.6)	21 (0.9)	17 (0.6)	15 (0.4)	17 (0.4)	16 (0.5)	14 (0.7)
20 and over...	86 (0.6)	18 (0.4)	18 (0.5)	20 (0.4)	22 (0.4)	19 (0.5)	17 (0.5)	18 (0.6)	18 (0.6)	16 (0.6)
2 and over...	85 (0.6)	18 (0.3)	18 (0.4)	20 (0.3)	22 (0.3)	19 (0.4)	17 (0.5)	18 (0.5)	17 (0.5)	16 (0.5)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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.....	29 (3.5)	42 (1.8)	18* (5.8)	11* (5.1)	33 (2.3)	37 (2.1)	27 (2.6)	37 (2.9)	41 (3.1)
6 - 11.....	25 (2.1)	35 (1.9)	12* (7.2)	6* (1.9)	28 (1.8)	31 (1.1)	24 (1.7)	31 (1.9)	31 (2.2)
12 - 19.....	29 (4.6)	31 (3.5)	7* (2.7)	5* (1.6)	23 (2.0)	31 (1.8)	21 (2.4)	28 (3.2)	27 (2.2)
20 and over...	32 (1.7)	29 (1.1)	9 (1.1)	9 (1.9)	25 (1.0)	30 (1.7)	21 (1.3)	24 (2.0)	27 (1.3)
2 and over...	31 (1.6)	30 (0.9)	9 (1.0)	9 (1.6)	25 (0.8)	31 (1.3)	21 (0.9)	26 (1.5)	28 (0.9)
\$25,000 - \$74,999:									
2 - 5.....	36 (2.9)	38 (2.7)	5* (1.4)	4* (2.1)	30 (1.4)	35 (1.5)	25 (1.3)	33 (2.0)	39 (3.2)
6 - 11.....	29 (3.6)	38 (1.5)	8 (1.8)	3* (0.8)	29 (1.1)	34 (1.4)	24 (1.1)	32 (1.3)	37 (2.4)
12 - 19.....	22 (1.4)	35 (2.1)	5 (1.0)	5* (1.2)	28 (1.7)	32 (1.7)	23 (1.5)	29 (2.4)	34 (2.0)
20 and over...	31 (1.4)	27 (1.3)	7 (1.0)	8 (1.9)	24 (0.7)	30 (0.9)	19 (0.8)	21 (1.3)	27 (1.2)
2 and over...	30 (1.4)	29 (1.0)	7 (0.9)	7 (1.5)	25 (0.6)	30 (0.7)	20 (0.6)	23 (1.1)	29 (1.0)
\$75,000 and higher:									
2 - 5.....	39 (3.6)	32 (2.9)	9* (5.4)	6* (3.2)	28 (1.3)	31 (1.6)	23 (1.4)	31 (2.0)	33 (2.2)
6 - 11.....	31 (3.9)	28 (2.2)	3* (1.0)	5* (2.7)	25 (1.5)	28 (1.5)	21 (1.3)	28 (1.7)	31 (2.8)
12 - 19.....	26 (2.9)	31 (2.3)	5* (2.0)	3* (0.9)	25 (1.9)	30 (2.0)	19 (1.8)	25 (2.2)	29 (2.7)
20 and over...	25 (1.2)	27 (1.5)	7 (1.3)	5 (1.4)	24 (0.8)	31 (0.9)	19 (0.6)	24 (1.0)	30 (1.2)
2 and over...	26 (1.1)	28 (1.3)	6 (1.1)	5 (1.2)	24 (0.8)	31 (0.8)	19 (0.6)	24 (0.9)	30 (1.1)
All Individuals⁴:									
2 - 5.....	35 (2.0)	36 (1.3)	8 (2.2)	7 (1.7)	30 (0.8)	34 (0.8)	25 (0.9)	34 (1.2)	37 (1.4)
6 - 11.....	29 (2.0)	33 (1.4)	6 (1.5)	5* (1.6)	27 (1.0)	31 (0.8)	23 (0.8)	30 (1.0)	33 (1.3)
12 - 19.....	25 (1.1)	33 (1.2)	5 (0.9)	4 (0.7)	26 (1.1)	31 (1.0)	21 (0.8)	28 (1.2)	31 (1.4)
20 and over...	29 (0.9)	27 (0.8)	7 (0.6)	7 (1.1)	24 (0.5)	30 (0.5)	19 (0.5)	23 (0.6)	28 (0.7)
2 and over...	29 (0.8)	29 (0.7)	7 (0.5)	7 (0.9)	25 (0.4)	31 (0.5)	20 (0.4)	24 (0.5)	30 (0.6)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	29	(2.4)	43	(2.3)	26	(3.6)	46	(2.6)	18	(2.0)	13	(3.3)	31	(1.5)	26	(1.5)	24	(1.4)
6 - 11.....	25	(1.4)	36	(1.7)	29	(2.5)	39	(2.2)	16	(2.2)	20*	(8.6)	27	(1.3)	23	(1.0)	23	(1.8)
12 - 19.....	25	(3.1)	32	(3.0)	18	(2.7)	38	(3.2)	16	(2.4)	8	(1.7)	23	(1.8)	20	(1.5)	18	(1.2)
20 and over...	27	(1.2)	26	(1.8)	23	(1.7)	39	(1.5)	19	(1.0)	13	(1.2)	25	(0.9)	22	(0.7)	22	(0.8)
2 and over...	27	(1.1)	28	(1.5)	23	(1.4)	40	(1.3)	19	(0.9)	13	(1.1)	25	(0.8)	22	(0.6)	22	(0.6)
\$25,000 - \$74,999:																		
2 - 5.....	32	(1.8)	39	(2.6)	19	(2.0)	41	(2.8)	17	(0.9)	11	(1.1)	28	(1.4)	26	(1.0)	23	(1.3)
6 - 11.....	26	(2.3)	37	(1.5)	22	(1.3)	46	(1.5)	14	(1.0)	11	(1.4)	29	(1.4)	24	(1.5)	20	(1.1)
12 - 19.....	21	(0.8)	35	(2.3)	28	(2.5)	45	(2.8)	15	(1.5)	8	(0.6)	24	(1.1)	19	(0.7)	17	(1.0)
20 and over...	26	(1.0)	25	(1.0)	21	(1.5)	38	(1.6)	19	(0.9)	10	(0.9)	23	(0.8)	21	(0.7)	21	(0.8)
2 and over...	26	(1.0)	28	(0.8)	22	(1.1)	40	(1.4)	18	(0.7)	10	(0.9)	24	(0.6)	21	(0.6)	20	(0.7)
\$75,000 and higher:																		
2 - 5.....	33	(2.4)	34	(2.0)	27	(4.5)	37	(2.7)	18	(1.5)	11*	(1.7)	26	(2.1)	24	(1.2)	21	(0.9)
6 - 11.....	26	(1.9)	33	(2.7)	27	(3.4)	37	(2.7)	15	(1.4)	10	(1.0)	23	(1.4)	20	(0.7)	18	(0.8)
12 - 19.....	25	(2.4)	29	(2.7)	22	(2.7)	38	(2.9)	17	(1.6)	10	(0.9)	25	(1.7)	21	(1.6)	19	(1.3)
20 and over...	23	(0.8)	29	(1.6)	25	(1.6)	36	(2.9)	20	(1.3)	11	(1.1)	24	(0.9)	21	(0.5)	21	(0.6)
2 and over...	24	(0.7)	29	(1.3)	25	(1.3)	36	(2.2)	20	(1.0)	10	(1.0)	24	(0.7)	21	(0.4)	21	(0.5)
All Individuals⁴:																		
2 - 5.....	31	(1.3)	39	(1.0)	23	(1.6)	41	(1.5)	18	(1.2)	11	(1.0)	28	(1.0)	25	(0.7)	23	(0.8)
6 - 11.....	26	(1.2)	35	(1.5)	25	(1.8)	41	(1.3)	15	(0.9)	13	(2.1)	26	(1.1)	22	(0.9)	20	(0.8)
12 - 19.....	24	(1.0)	32	(1.4)	23	(1.8)	41	(1.7)	16	(0.7)	9	(0.4)	24	(0.8)	20	(0.7)	18	(0.7)
20 and over...	25	(0.6)	27	(0.9)	23	(1.0)	37	(1.0)	20	(0.6)	11	(0.7)	24	(0.5)	21	(0.4)	21	(0.5)
2 and over...	25	(0.5)	28	(0.7)	23	(0.9)	38	(0.9)	19	(0.5)	11	(0.5)	24	(0.4)	21	(0.4)	21	(0.4)

Table 15. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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.....	39	(2.8)	32	(2.0)	22	(1.3)	20	(1.5)	24	(1.3)	19	(1.3)	6*	(1.8)	--	--
6 - 11.....	30	(2.0)	28	(1.8)	20	(1.4)	19	(0.9)	23	(1.8)	17	(0.7)	13*	(4.9)	--	--
12 - 19.....	26	(1.8)	24	(2.0)	17	(1.3)	18	(1.7)	18	(1.4)	15	(1.4)	26	(7.3)	--	--
20 and over...	28	(1.6)	22	(1.1)	19	(1.0)	20	(1.0)	22	(0.8)	18	(0.8)	41	(1.8)	2*	(0.8)
2 and over...	29	(1.1)	23	(0.8)	19	(0.8)	20	(0.8)	21	(0.6)	18	(0.6)	40	(1.7)	--	--
\$25,000 - \$74,999:																
2 - 5.....	38	(2.5)	31	(1.7)	21	(1.6)	22	(1.0)	23	(1.2)	18	(0.7)	30	(8.2)	--	--
6 - 11.....	33	(1.9)	28	(1.6)	17	(1.0)	18	(1.5)	20	(1.2)	16	(1.3)	12	(1.9)	--	--
12 - 19.....	33	(2.1)	24	(1.0)	15	(1.0)	15	(0.7)	18	(0.8)	14	(0.7)	10	(2.3)	--	--
20 and over...	27	(1.0)	20	(0.7)	18	(0.6)	20	(0.7)	21	(0.6)	16	(0.8)	45	(2.3)	1*	(0.5)
2 and over...	29	(0.8)	22	(0.6)	17	(0.6)	19	(0.7)	20	(0.5)	16	(0.7)	43	(2.3)	--	--
\$75,000 and higher:																
2 - 5.....	31	(2.2)	27	(2.3)	18	(0.7)	21	(1.2)	21	(1.4)	18	(0.8)	11*	(5.5)	--	--
6 - 11.....	32	(1.8)	23	(2.5)	16	(0.8)	16	(1.0)	18	(0.8)	14	(0.8)	8*	(2.3)	--	--
12 - 19.....	30	(2.2)	21	(2.1)	17	(1.2)	16	(1.3)	18	(2.0)	14	(1.2)	19*	(6.1)	--	--
20 and over...	27	(0.9)	22	(0.9)	19	(0.6)	18	(0.6)	21	(0.5)	15	(0.5)	48	(3.4)	#	
2 and over...	28	(0.8)	22	(0.9)	18	(0.5)	17	(0.5)	20	(0.5)	15	(0.4)	47	(3.3)	--	--
All Individuals⁴:																
2 - 5.....	36	(1.1)	30	(0.8)	20	(0.8)	21	(0.8)	23	(0.7)	18	(0.6)	18	(3.0)	--	--
6 - 11.....	32	(1.0)	26	(1.4)	17	(0.8)	18	(1.0)	20	(0.9)	16	(0.8)	11	(1.2)	--	--
12 - 19.....	30	(1.3)	23	(1.0)	16	(0.6)	16	(0.5)	18	(1.0)	15	(0.4)	17	(3.7)	--	--
20 and over...	28	(0.6)	21	(0.6)	18	(0.4)	19	(0.5)	21	(0.4)	16	(0.5)	45	(1.6)	1*	(0.3)
2 and over...	29	(0.5)	22	(0.5)	18	(0.3)	19	(0.5)	21	(0.4)	16	(0.5)	44	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

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.....	94* (2.2)	23 (1.4)	22 (2.0)	25 (1.4)	28 (1.5)	23 (2.2)	20 (1.5)	22 (1.4)	19 (1.6)	17 (1.7)
6 - 11.....	86 (2.0)	19 (1.2)	19 (1.2)	21 (1.4)	23 (1.6)	19 (1.7)	17 (1.2)	18 (1.1)	17 (1.3)	15 (1.3)
12 - 19.....	69 (5.0)	17 (1.2)	16 (1.3)	18 (1.2)	20 (1.5)	17 (1.2)	16 (1.4)	17 (1.4)	16 (1.4)	14 (1.6)
20 and over...	81 (1.5)	20 (0.8)	20 (1.0)	20 (0.9)	20 (0.9)	21 (1.3)	20 (1.0)	21 (1.0)	20 (1.1)	18 (1.0)
2 and over...	81 (1.5)	19 (0.6)	20 (0.9)	20 (0.6)	21 (0.7)	21 (1.1)	19 (0.7)	20 (0.7)	19 (0.8)	17 (0.8)
131-350% poverty:										
2 - 5.....	98* (1.0)	20 (0.4)	19 (0.5)	22 (0.5)	25 (0.8)	19 (0.9)	17 (0.6)	18 (0.8)	17 (0.8)	15 (0.9)
6 - 11.....	84 (3.1)	18 (1.2)	17 (1.3)	19 (1.2)	22 (1.1)	18 (1.2)	16 (1.4)	17 (1.5)	16 (1.5)	14 (1.7)
12 - 19.....	70 (2.8)	15 (0.7)	15 (0.9)	18 (0.9)	19 (0.9)	16 (1.1)	13 (1.0)	14 (1.1)	13 (1.0)	11 (1.1)
20 and over...	85 (1.3)	18 (0.6)	18 (0.7)	19 (0.6)	20 (0.9)	18 (0.6)	17 (0.8)	18 (0.8)	18 (0.9)	16 (0.9)
2 and over...	84 (1.2)	18 (0.5)	17 (0.6)	19 (0.5)	21 (0.7)	18 (0.5)	17 (0.7)	18 (0.7)	17 (0.8)	15 (0.8)
Over 350% poverty:										
2 - 5.....	98* (2.2)	20 (1.0)	21 (1.3)	21 (1.4)	22 (2.2)	19 (1.1)	20 (1.3)	21 (2.2)	19 (1.5)	19 (1.8)
6 - 11.....	92* (2.6)	17 (0.9)	16 (1.1)	19 (0.8)	20 (1.0)	15 (1.4)	16 (1.3)	16 (1.5)	16 (1.5)	14 (1.2)
12 - 19.....	80 (2.6)	19 (1.1)	16 (1.3)	21 (1.3)	25 (2.2)	17 (1.0)	18 (1.5)	19 (1.4)	18 (1.8)	16 (2.0)
20 and over...	90 (1.2)	17 (0.3)	16 (0.5)	20 (0.4)	23 (0.8)	20 (0.6)	16 (0.5)	17 (0.7)	16 (0.7)	15 (0.8)
2 and over...	89 (0.9)	17 (0.3)	16 (0.5)	20 (0.4)	23 (0.6)	19 (0.5)	16 (0.5)	17 (0.5)	16 (0.6)	15 (0.7)
All Individuals⁵:										
2 - 5.....	96 (1.0)	21 (0.6)	21 (0.8)	22 (0.7)	25 (0.8)	20 (0.9)	18 (0.7)	20 (0.8)	18 (0.7)	17 (0.8)
6 - 11.....	87 (1.8)	18 (0.8)	18 (0.9)	20 (0.7)	22 (0.7)	18 (0.8)	16 (0.8)	18 (0.8)	17 (0.8)	15 (0.9)
12 - 19.....	74 (1.8)	17 (0.5)	16 (0.6)	19 (0.6)	21 (0.9)	17 (0.6)	15 (0.4)	17 (0.4)	16 (0.5)	14 (0.7)
20 and over...	86 (0.6)	18 (0.4)	18 (0.5)	20 (0.4)	22 (0.4)	19 (0.5)	17 (0.5)	18 (0.6)	18 (0.6)	16 (0.6)
2 and over...	85 (0.6)	18 (0.3)	18 (0.4)	20 (0.3)	22 (0.3)	19 (0.4)	17 (0.5)	18 (0.5)	17 (0.5)	16 (0.5)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	31 (3.7)	42 (2.8)	15* (5.2)	11* (4.1)	34 (2.4)	38 (2.3)	28 (2.4)	37 (3.2)	42 (3.5)
6 - 11.....	27 (2.3)	36 (1.7)	12* (4.8)	6* (2.0)	28 (1.6)	32 (1.3)	25 (1.6)	32 (1.9)	32 (1.7)
12 - 19.....	27 (3.9)	30 (3.0)	7* (2.0)	6* (1.9)	22 (1.8)	29 (1.5)	20 (1.4)	26 (1.9)	26 (2.3)
20 and over...	33 (1.3)	29 (1.3)	10 (1.4)	11 (2.5)	25 (1.0)	31 (1.4)	20 (1.0)	24 (1.6)	27 (1.2)
2 and over...	32 (1.1)	31 (1.0)	10 (1.3)	9 (2.0)	26 (0.8)	31 (1.0)	21 (0.8)	26 (1.2)	28 (0.9)
131-350% poverty:									
2 - 5.....	34 (3.0)	36 (2.1)	5* (1.2)	3* (1.4)	28 (1.0)	32 (0.8)	24 (1.4)	32 (1.5)	37 (2.7)
6 - 11.....	29 (4.0)	36 (2.7)	5* (1.4)	2* (0.9)	28 (1.5)	32 (1.3)	23 (1.4)	31 (1.5)	37 (2.5)
12 - 19.....	21 (2.1)	35 (2.4)	5 (1.1)	4* (0.8)	27 (1.9)	31 (1.8)	22 (1.5)	29 (2.5)	34 (2.8)
20 and over...	31 (2.0)	26 (1.4)	6 (0.8)	9 (1.9)	25 (0.7)	31 (1.1)	20 (0.6)	23 (1.0)	28 (1.1)
2 and over...	30 (1.8)	28 (1.3)	6 (0.6)	7 (1.4)	25 (0.6)	31 (0.9)	20 (0.6)	24 (0.9)	30 (1.0)
Over 350% poverty:									
2 - 5.....	41 (3.7)	32 (4.0)	10* (6.6)	7* (4.0)	28 (1.7)	32 (1.9)	22 (2.1)	32 (2.7)	31 (2.9)
6 - 11.....	31 (5.1)	27 (1.8)	3* (1.1)	6* (3.0)	24 (1.4)	27 (1.2)	20 (1.1)	26 (2.1)	29 (3.4)
12 - 19.....	27 (3.0)	33 (2.3)	5* (2.4)	3* (1.0)	27 (1.7)	32 (2.2)	20 (1.8)	27 (2.4)	31 (2.5)
20 and over...	25 (1.5)	28 (1.2)	7 (0.9)	5 (1.3)	23 (0.7)	30 (0.5)	18 (0.5)	23 (0.6)	29 (1.3)
2 and over...	26 (1.3)	28 (1.1)	7 (0.7)	5 (1.1)	23 (0.7)	30 (0.5)	18 (0.5)	23 (0.6)	29 (1.3)
All Individuals⁵:									
2 - 5.....	35 (2.0)	36 (1.3)	8 (2.2)	7 (1.7)	30 (0.8)	34 (0.8)	25 (0.9)	34 (1.2)	37 (1.4)
6 - 11.....	29 (2.0)	33 (1.4)	6 (1.5)	5* (1.6)	27 (1.0)	31 (0.8)	23 (0.8)	30 (1.0)	33 (1.3)
12 - 19.....	25 (1.1)	33 (1.2)	5 (0.9)	4 (0.7)	26 (1.1)	31 (1.0)	21 (0.8)	28 (1.2)	31 (1.4)
20 and over...	29 (0.9)	27 (0.8)	7 (0.6)	7 (1.1)	24 (0.5)	30 (0.5)	19 (0.5)	23 (0.6)	28 (0.7)
2 and over...	29 (0.8)	29 (0.7)	7 (0.5)	7 (0.9)	25 (0.4)	31 (0.5)	20 (0.4)	24 (0.5)	30 (0.6)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	30	(2.8)	44	(2.9)	23	(2.9)	46	(2.8)	19	(1.7)	14	(2.9)	32	(1.7)	27	(1.9)	25	(1.6)
6 - 11.....	26	(1.7)	36	(1.8)	29	(2.3)	40	(1.8)	16	(1.9)	18*	(6.8)	27	(1.6)	23	(1.3)	22	(1.5)
12 - 19.....	24	(2.6)	31	(2.2)	21	(3.3)	36	(3.1)	15	(1.9)	8	(1.2)	22	(1.5)	19	(1.5)	17	(1.2)
20 and over...	28	(1.1)	27	(1.8)	23	(2.3)	38	(1.7)	21	(0.8)	14	(1.5)	25	(0.9)	23	(1.0)	22	(1.0)
2 and over...	28	(0.9)	30	(1.3)	24	(1.7)	39	(1.5)	19	(0.7)	14	(1.1)	26	(0.8)	23	(0.8)	22	(0.8)
131-350% poverty:																		
2 - 5.....	30	(1.9)	37	(1.7)	20	(2.0)	38	(2.0)	16	(0.9)	9	(1.0)	26	(0.9)	23	(0.6)	22	(0.7)
6 - 11.....	26	(2.3)	37	(1.9)	23	(1.7)	46	(1.4)	13	(1.5)	10	(1.1)	27	(1.6)	22	(1.6)	20	(1.3)
12 - 19.....	21	(1.2)	34	(2.8)	25	(2.6)	44	(2.8)	15	(1.5)	7	(0.8)	24	(1.3)	19	(0.9)	17	(1.0)
20 and over...	26	(1.3)	25	(1.6)	22	(1.9)	38	(1.7)	18	(1.0)	10	(1.1)	23	(0.6)	21	(0.7)	21	(0.8)
2 and over...	26	(1.1)	28	(1.2)	22	(1.5)	40	(1.3)	18	(0.8)	10	(0.9)	24	(0.5)	21	(0.5)	20	(0.7)
Over 350% poverty:																		
2 - 5.....	34	(2.7)	34	(2.7)	28	(4.8)	38	(3.3)	19	(2.3)	11*	(2.0)	27	(2.4)	25	(1.2)	21	(1.2)
6 - 11.....	25	(2.4)	29	(2.3)	26	(5.3)	33	(2.4)	17	(1.7)	10	(1.4)	21	(1.3)	20	(0.9)	17	(0.9)
12 - 19.....	26	(2.7)	31	(2.7)	22	(2.9)	40	(3.6)	17	(1.5)	11	(1.1)	27	(2.1)	22	(1.8)	19	(1.5)
20 and over...	23	(1.0)	27	(1.2)	24	(1.3)	36	(2.7)	20	(1.2)	10	(1.0)	23	(0.8)	20	(0.5)	21	(0.5)
2 and over...	24	(0.8)	28	(1.0)	24	(1.2)	36	(2.2)	19	(1.0)	10	(0.9)	24	(0.7)	20	(0.4)	21	(0.5)
All Individuals⁵:																		
2 - 5.....	31	(1.3)	39	(1.0)	23	(1.6)	41	(1.5)	18	(1.2)	11	(1.0)	28	(1.0)	25	(0.7)	23	(0.8)
6 - 11.....	26	(1.2)	35	(1.5)	25	(1.8)	41	(1.3)	15	(0.9)	13	(2.1)	26	(1.1)	22	(0.9)	20	(0.8)
12 - 19.....	24	(1.0)	32	(1.4)	23	(1.8)	41	(1.7)	16	(0.7)	9	(0.4)	24	(0.8)	20	(0.7)	18	(0.7)
20 and over...	25	(0.6)	27	(0.9)	23	(1.0)	37	(1.0)	20	(0.6)	11	(0.7)	24	(0.5)	21	(0.4)	21	(0.5)
2 and over...	25	(0.5)	28	(0.7)	23	(0.9)	38	(0.9)	19	(0.5)	11	(0.5)	24	(0.4)	21	(0.4)	21	(0.4)

Table 16. Breakfast¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	41	(3.3)	33	(2.3)	23	(1.7)	22	(1.8)	25	(1.8)	20	(1.6)	18*	(5.6)	--	--
6 - 11.....	31	(1.6)	28	(1.4)	19	(1.3)	18	(1.1)	22	(1.5)	17	(1.0)	14*	(4.4)	--	--
12 - 19.....	25	(1.4)	23	(1.8)	16	(1.2)	16	(1.5)	18	(1.5)	14	(1.2)	25	(6.3)	--	--
20 and over...	28	(1.3)	23	(1.2)	20	(1.1)	22	(0.9)	22	(0.9)	19	(1.0)	40	(2.1)	2*	(1.1)
2 and over...	29	(1.0)	24	(1.0)	20	(0.8)	21	(0.8)	22	(0.7)	18	(0.8)	38	(1.9)	--	--
131-350% poverty:																
2 - 5.....	35	(1.9)	29	(1.9)	19	(0.9)	20	(0.7)	21	(0.7)	17	(0.5)	21*	(8.2)	--	--
6 - 11.....	34	(1.7)	28	(2.5)	17	(1.2)	17	(1.5)	20	(1.1)	15	(1.3)	11	(1.6)	--	--
12 - 19.....	33	(2.6)	23	(1.5)	15	(1.0)	15	(1.0)	17	(0.7)	14	(0.9)	7*	(2.3)	--	--
20 and over...	28	(1.0)	20	(0.8)	18	(0.6)	19	(0.9)	20	(0.6)	16	(0.7)	47	(1.9)	1*	(0.7)
2 and over...	29	(0.9)	22	(0.7)	17	(0.5)	19	(0.8)	20	(0.5)	16	(0.6)	44	(2.2)	--	--
Over 350% poverty:																
2 - 5.....	31	(2.5)	28	(2.6)	18	(1.0)	22	(1.1)	22	(1.7)	19	(0.8)	11*	(8.6)	--	--
6 - 11.....	30	(2.6)	21	(1.9)	15	(0.9)	17	(1.1)	17	(1.1)	14	(1.2)	8*	(2.6)	--	--
12 - 19.....	31	(2.3)	22	(2.1)	17	(0.8)	16	(1.2)	19	(2.3)	15	(1.1)	23*	(7.7)	--	--
20 and over...	26	(1.0)	21	(0.8)	18	(0.5)	17	(0.5)	21	(0.4)	14	(0.6)	46	(2.7)	#	
2 and over...	27	(0.9)	21	(0.8)	18	(0.5)	17	(0.5)	21	(0.5)	14	(0.5)	46	(2.7)	--	--
All Individuals⁵:																
2 - 5.....	36	(1.1)	30	(0.8)	20	(0.8)	21	(0.8)	23	(0.7)	18	(0.6)	18	(3.0)	--	--
6 - 11.....	32	(1.0)	26	(1.4)	17	(0.8)	18	(1.0)	20	(0.9)	16	(0.8)	11	(1.2)	--	--
12 - 19.....	30	(1.3)	23	(1.0)	16	(0.6)	16	(0.5)	18	(1.0)	15	(0.4)	17	(3.7)	--	--
20 and over...	28	(0.6)	21	(0.6)	18	(0.4)	19	(0.5)	21	(0.4)	16	(0.5)	45	(1.6)	1*	(0.3)
2 and over...	29	(0.5)	22	(0.5)	18	(0.3)	19	(0.5)	21	(0.4)	16	(0.5)	44	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016

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.....	93 (1.3)	25 (1.3)	28 (1.3)	23 (1.3)	18 (1.2)	28 (1.4)	27 (1.4)	25 (1.1)	28 (1.9)	28 (1.8)
6 - 11.....	90 (2.0)	27 (1.3)	32 (1.2)	25 (1.3)	23 (1.7)	29 (1.8)	29 (1.6)	27 (1.8)	30 (1.8)	31 (1.6)
12 - 19.....	81 (2.7)	27 (1.3)	31 (1.9)	26 (1.3)	22 (1.4)	30 (1.8)	28 (1.4)	26 (1.3)	28 (1.3)	30 (1.9)
20 - 29.....	78 (3.7)	27 (1.2)	31 (1.5)	26 (1.4)	22 (1.9)	28 (2.6)	29 (1.4)	28 (1.7)	29 (1.4)	30 (1.7)
30 - 39.....	82 (2.0)	27 (1.3)	30 (1.3)	26 (1.4)	22 (1.8)	30 (2.2)	30 (1.6)	28 (1.9)	30 (1.5)	33 (2.0)
40 - 49.....	80 (3.0)	25 (1.3)	30 (1.5)	23 (1.3)	19 (1.4)	28 (1.7)	28 (1.7)	26 (1.5)	28 (1.5)	30 (2.8)
50 - 59.....	76 (1.6)	24 (1.4)	29 (2.3)	22 (1.5)	17 (1.4)	26 (1.8)	27 (1.4)	25 (1.6)	28 (1.3)	28 (1.8)
60 - 69.....	76 (5.2)	23 (2.2)	28 (2.3)	21 (2.0)	15 (1.8)	22 (2.5)	23 (2.6)	23 (2.8)	22 (2.4)	25 (3.0)
70 and over.....	77 (2.2)	23 (1.3)	26 (1.6)	22 (1.1)	20 (1.8)	24 (1.7)	24 (1.8)	23 (1.5)	22 (1.7)	26 (3.2)
2 - 19.....	87 (1.6)	27 (1.1)	31 (1.2)	25 (1.0)	22 (1.1)	29 (1.3)	28 (1.2)	26 (1.2)	28 (1.3)	30 (1.4)
20 and over...	78 (1.3)	25 (0.7)	29 (0.8)	24 (0.6)	19 (0.6)	26 (1.1)	27 (0.9)	26 (0.9)	27 (0.9)	29 (1.0)
2 and over...	80 (1.2)	26 (0.7)	30 (0.8)	24 (0.6)	20 (0.7)	27 (1.0)	27 (0.9)	26 (0.9)	27 (0.9)	29 (0.9)
Females:										
2 - 5.....	94 (1.5)	25 (1.0)	27 (1.7)	23 (1.0)	19 (1.2)	28 (1.5)	26 (1.2)	24 (1.6)	26 (1.6)	28 (1.1)
6 - 11.....	88 (2.7)	26 (0.7)	29 (0.6)	25 (0.7)	23 (1.0)	27 (1.1)	26 (1.0)	26 (1.2)	26 (1.1)	27 (1.2)
12 - 19.....	78 (3.0)	27 (1.6)	31 (2.0)	26 (1.4)	23 (1.3)	30 (2.1)	27 (2.1)	26 (2.5)	27 (1.9)	29 (1.7)
20 - 29.....	81 (2.6)	26 (1.4)	28 (1.1)	24 (1.5)	19 (1.4)	27 (1.6)	27 (1.6)	25 (1.6)	28 (1.9)	29 (2.0)
30 - 39.....	80 (1.7)	24 (0.7)	28 (1.0)	21 (1.1)	17 (1.4)	24 (1.3)	27 (1.0)	25 (1.2)	26 (1.2)	29 (1.4)
40 - 49.....	79 (3.0)	26 (1.0)	30 (1.1)	25 (1.3)	20 (1.6)	29 (1.1)	26 (1.2)	24 (1.3)	27 (1.5)	29 (1.4)
50 - 59.....	80 (2.3)	22 (1.0)	24 (1.1)	22 (1.4)	18 (1.6)	23 (1.5)	22 (1.2)	21 (1.4)	22 (1.0)	24 (1.7)
60 - 69.....	77 (4.0)	22 (1.4)	26 (1.8)	20 (1.2)	16 (1.3)	22 (1.7)	24 (1.7)	22 (2.1)	24 (1.7)	26 (1.6)
70 and over.....	80 (2.0)	25 (1.0)	29 (1.2)	23 (0.9)	20 (1.6)	25 (1.5)	27 (1.4)	26 (1.9)	27 (1.5)	28 (1.5)
2 - 19.....	85 (2.1)	26 (1.0)	30 (1.2)	25 (0.8)	22 (1.0)	29 (1.2)	27 (1.3)	26 (1.4)	27 (1.3)	28 (1.1)
20 and over...	80 (1.4)	24 (0.6)	27 (0.5)	23 (0.7)	18 (0.8)	25 (0.7)	26 (0.8)	24 (0.9)	26 (0.8)	27 (0.7)
2 and over...	81 (1.2)	25 (0.5)	28 (0.4)	23 (0.5)	19 (0.7)	26 (0.6)	26 (0.7)	24 (0.8)	26 (0.7)	28 (0.6)
Males and females:										
2 - 19.....	86 (1.6)	27 (0.8)	30 (1.0)	25 (0.8)	22 (0.9)	29 (1.0)	27 (1.0)	26 (1.1)	28 (1.1)	29 (1.0)
20 and over...	79 (1.2)	25 (0.6)	29 (0.6)	23 (0.5)	19 (0.6)	26 (0.7)	26 (0.8)	25 (0.8)	26 (0.8)	28 (0.8)
2 and over...	81 (1.1)	25 (0.6)	29 (0.5)	24 (0.5)	19 (0.6)	26 (0.7)	27 (0.7)	25 (0.8)	27 (0.7)	29 (0.7)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	21 (2.0)	20 (2.7)	30 (6.5)	35 (3.2)	25 (1.7)	20 (1.4)	28 (1.7)	22 (1.5)	22 (1.9)
6 - 11.....	25 (1.5)	24 (2.4)	37 (6.9)	25 (4.7)	26 (1.2)	25 (1.5)	29 (1.2)	24 (1.1)	22 (0.8)
12 - 19.....	27 (2.2)	21 (1.5)	33 (4.6)	32 (4.5)	26 (1.5)	22 (1.7)	29 (2.1)	23 (1.9)	24 (1.5)
20 - 29.....	31 (2.5)	22 (2.5)	31 (4.2)	41 (6.9)	28 (1.3)	22 (1.1)	31 (1.4)	28 (3.3)	26 (1.9)
30 - 39.....	25 (1.8)	23 (2.2)	28 (1.8)	29 (4.6)	29 (2.2)	24 (2.3)	29 (2.2)	26 (2.7)	26 (2.0)
40 - 49.....	29 (2.3)	20 (2.2)	28 (5.9)	31 (6.2)	25 (1.5)	21 (1.7)	27 (1.1)	25 (1.2)	23 (2.7)
50 - 59.....	25 (3.0)	21 (3.0)	34 (5.6)	34 (7.7)	26 (1.1)	19 (1.4)	26 (1.7)	22 (2.4)	24 (1.4)
60 - 69.....	22 (3.0)	24 (3.7)	40 (8.1)	28 (5.5)	27 (3.0)	19 (1.5)	27 (2.1)	24 (1.9)	22 (2.3)
70 and over.....	22 (1.8)	21 (2.0)	32 (5.3)	31 (5.3)	21 (1.6)	18 (1.2)	23 (1.6)	21 (1.7)	18 (1.4)
2 - 19.....	25 (1.4)	22 (1.3)	34 (3.7)	30 (2.9)	26 (1.1)	23 (1.1)	29 (1.4)	23 (1.3)	23 (1.0)
20 and over...	26 (1.1)	22 (1.2)	32 (2.7)	33 (3.2)	26 (0.7)	21 (0.6)	28 (0.7)	25 (0.8)	24 (0.7)
2 and over...	26 (0.9)	22 (0.9)	33 (2.0)	32 (2.6)	26 (0.7)	21 (0.6)	28 (0.7)	24 (0.8)	24 (0.7)
Females:									
2 - 5.....	22 (2.1)	23 (2.8)	44 (6.6)	35 (7.3)	22 (1.5)	20 (1.6)	27 (1.9)	20 (1.7)	22 (1.9)
6 - 11.....	25 (1.5)	25 (1.6)	37 (3.3)	31 (3.8)	24 (0.9)	24 (1.0)	26 (0.8)	23 (0.6)	21 (1.2)
12 - 19.....	25 (2.3)	22 (2.5)	32 (3.9)	31 (3.6)	28 (1.9)	23 (1.6)	28 (1.6)	25 (1.7)	23 (1.6)
20 - 29.....	26 (1.8)	22 (1.4)	29 (4.3)	32 (4.1)	25 (1.4)	20 (1.5)	26 (1.3)	21 (1.6)	24 (1.8)
30 - 39.....	29 (1.5)	19 (3.2)	22* (6.9)	28 (4.4)	25 (1.1)	20 (0.9)	26 (1.4)	22 (1.4)	23 (1.3)
40 - 49.....	26 (2.4)	24 (2.0)	36 (4.5)	38 (6.4)	26 (1.2)	21 (1.3)	29 (1.4)	25 (1.3)	25 (1.2)
50 - 59.....	24 (2.6)	18 (1.1)	25 (3.7)	37 (8.3)	23 (1.6)	18 (0.9)	24 (1.3)	21 (1.2)	20 (1.4)
60 - 69.....	23 (2.3)	24 (2.6)	30 (5.2)	35 (6.2)	22 (1.5)	19 (1.4)	25 (1.7)	22 (1.5)	22 (1.4)
70 and over.....	27 (1.7)	21 (2.0)	23 (3.7)	30 (5.6)	25 (0.9)	22 (1.0)	28 (1.5)	24 (1.4)	23 (1.2)
2 - 19.....	24 (1.4)	23 (1.7)	37 (2.9)	32 (2.4)	26 (1.1)	23 (1.0)	27 (1.0)	23 (1.0)	22 (0.9)
20 and over...	26 (0.7)	21 (0.9)	27 (2.1)	34 (3.2)	24 (0.5)	20 (0.5)	26 (0.6)	23 (0.5)	23 (0.5)
2 and over...	25 (0.6)	21 (0.7)	28 (1.9)	33 (2.6)	25 (0.4)	21 (0.4)	27 (0.5)	23 (0.4)	23 (0.4)
Males and females:									
2 - 19.....	25 (1.1)	22 (1.1)	35 (2.6)	31 (2.0)	26 (1.0)	23 (1.0)	28 (1.1)	23 (1.0)	23 (0.8)
20 and over...	26 (0.8)	21 (0.9)	29 (2.0)	33 (2.5)	26 (0.4)	20 (0.4)	27 (0.5)	24 (0.3)	23 (0.3)
2 and over...	26 (0.6)	22 (0.8)	30 (1.6)	33 (2.0)	26 (0.5)	21 (0.4)	27 (0.5)	24 (0.4)	23 (0.3)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(1.6)	19	(1.5)	21	(1.6)	15	(1.8)	28	(1.6)	31	(3.3)	21	(0.9)	25	(1.1)	26	(1.8)
6 - 11.....	27	(1.4)	23	(1.0)	21	(2.5)	25	(1.6)	29	(1.7)	29	(2.1)	29	(1.7)	31	(1.5)	29	(1.6)
12 - 19.....	26	(1.7)	22	(1.6)	22	(2.0)	20	(1.7)	27	(1.7)	31	(2.4)	27	(1.3)	29	(1.4)	27	(1.4)
20 - 29.....	28	(1.3)	26	(2.1)	22	(2.8)	21	(2.7)	25	(1.8)	31	(2.9)	24	(1.8)	28	(1.4)	23	(1.0)
30 - 39.....	25	(1.2)	25	(3.6)	26	(3.0)	20	(4.2)	27	(1.9)	30	(2.0)	26	(2.5)	28	(1.6)	25	(1.8)
40 - 49.....	25	(1.5)	27	(4.5)	23	(2.4)	17	(2.6)	27	(2.3)	35	(4.7)	24	(1.8)	27	(1.1)	23	(1.1)
50 - 59.....	24	(3.1)	31	(8.7)	26	(3.5)	14	(2.3)	27	(2.8)	33	(3.5)	22	(1.5)	25	(2.0)	21	(1.8)
60 - 69.....	21	(2.2)	23	(2.6)	21	(3.5)	15	(2.6)	23	(2.0)	31	(5.5)	23	(2.6)	25	(2.3)	20	(1.9)
70 and over.....	22	(1.5)	20	(2.2)	22	(2.4)	17	(2.1)	23	(2.2)	34	(5.7)	23	(1.6)	24	(1.4)	21	(1.3)
2 - 19.....	26	(1.2)	22	(1.0)	22	(1.6)	21	(1.3)	28	(1.2)	30	(1.9)	26	(1.0)	29	(1.0)	27	(1.0)
20 and over...	25	(0.8)	26	(1.5)	23	(1.2)	18	(1.1)	25	(0.8)	32	(1.4)	24	(0.9)	27	(0.6)	23	(0.7)
2 and over...	25	(0.7)	25	(1.2)	23	(1.1)	18	(1.0)	26	(0.8)	32	(1.3)	25	(0.7)	27	(0.6)	23	(0.7)
Females:																		
2 - 5.....	23	(1.8)	19	(2.4)	23	(2.6)	17	(1.7)	27	(1.2)	32	(3.9)	23	(1.2)	25	(1.2)	24	(1.3)
6 - 11.....	26	(0.9)	23	(1.3)	22	(1.5)	25	(1.7)	26	(1.2)	29	(3.0)	28	(1.4)	28	(0.8)	26	(0.9)
12 - 19.....	26	(1.9)	23	(1.8)	22	(1.6)	20	(2.8)	27	(1.9)	33	(3.7)	28	(2.8)	30	(2.2)	27	(1.8)
20 - 29.....	25	(1.3)	21	(1.9)	20	(2.3)	22	(4.0)	25	(2.0)	29	(4.2)	23	(1.7)	27	(1.2)	24	(1.4)
30 - 39.....	25	(1.1)	19	(1.4)	25	(4.9)	19	(2.8)	25	(1.2)	33	(3.8)	22	(1.4)	26	(0.8)	22	(0.7)
40 - 49.....	24	(1.6)	24	(2.8)	25	(2.5)	14	(3.0)	26	(2.2)	33	(3.9)	22	(1.3)	26	(1.1)	23	(0.9)
50 - 59.....	23	(1.4)	19	(2.0)	22	(2.0)	16	(2.8)	19	(1.3)	25	(3.6)	19	(1.2)	22	(0.8)	19	(0.8)
60 - 69.....	22	(1.7)	24	(2.3)	21	(2.9)	21	(3.0)	22	(1.4)	26	(2.7)	22	(2.0)	24	(1.4)	20	(1.1)
70 and over.....	25	(0.9)	24	(2.2)	19	(1.6)	18	(3.1)	23	(1.3)	23	(3.9)	25	(1.8)	26	(1.2)	22	(1.2)
2 - 19.....	25	(1.1)	22	(1.1)	22	(1.4)	21	(1.3)	27	(1.3)	32	(2.4)	27	(1.5)	28	(1.2)	26	(1.1)
20 and over...	24	(0.5)	21	(0.8)	22	(0.9)	18	(1.2)	23	(0.8)	28	(1.2)	22	(0.8)	25	(0.5)	21	(0.6)
2 and over...	24	(0.4)	22	(0.7)	22	(0.8)	19	(1.0)	24	(0.7)	29	(1.1)	23	(0.6)	26	(0.4)	22	(0.5)
Males and females:																		
2 - 19.....	26	(0.9)	22	(0.7)	22	(1.3)	21	(1.0)	27	(1.0)	31	(1.7)	27	(1.0)	29	(0.9)	27	(0.9)
20 and over...	24	(0.6)	24	(1.0)	23	(0.6)	18	(0.9)	24	(0.7)	30	(1.1)	23	(0.6)	26	(0.5)	22	(0.6)
2 and over...	25	(0.5)	24	(0.8)	23	(0.6)	19	(0.9)	25	(0.6)	30	(1.0)	24	(0.6)	26	(0.5)	23	(0.6)

Table 17. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
Males:								
2 - 5.....	22 (1.5)	24 (1.7)	26 (2.0)	29 (1.5)	24 (1.4)	30 (1.3)	29 (5.7)	-- --
6 - 11.....	22 (1.2)	26 (1.4)	27 (1.9)	33 (2.2)	29 (1.6)	31 (1.2)	19 (2.0)	-- --
12 - 19.....	24 (1.7)	26 (1.6)	26 (1.3)	31 (1.6)	28 (1.6)	33 (2.0)	26 (6.7)	-- --
20 - 29.....	25 (1.4)	28 (1.4)	22 (1.1)	33 (1.4)	27 (1.1)	32 (1.8)	14 (1.8)	-- --
30 - 39.....	27 (1.2)	27 (1.9)	24 (1.8)	31 (1.5)	28 (1.7)	31 (1.5)	16 (4.4)	-- --
40 - 49.....	24 (1.8)	28 (1.9)	24 (1.7)	29 (1.7)	25 (1.1)	32 (1.6)	9 (1.3)	-- --
50 - 59.....	27 (1.7)	28 (2.3)	23 (1.7)	31 (3.3)	23 (1.9)	32 (2.3)	8 (1.2)	-- --
60 - 69.....	22 (1.9)	24 (2.2)	21 (2.0)	28 (2.7)	21 (1.8)	31 (2.8)	6 (1.7)	-- --
70 and over.....	18 (1.2)	21 (1.4)	21 (1.1)	26 (2.1)	22 (1.3)	27 (1.6)	6 (0.9)	-- --
2 - 19.....	23 (1.2)	26 (1.1)	26 (1.1)	31 (1.3)	28 (1.2)	32 (1.3)	25 (5.2)	-- --
20 and over...	24 (0.5)	26 (0.7)	23 (0.7)	30 (1.0)	25 (0.7)	31 (0.9)	9 (0.9)	6 (0.8)
2 and over...	24 (0.5)	26 (0.7)	23 (0.7)	30 (1.0)	26 (0.7)	31 (0.9)	10 (0.9)	-- --
Females:								
2 - 5.....	21 (1.7)	23 (2.1)	24 (1.5)	27 (1.5)	24 (1.4)	30 (1.3)	23* (8.1)	-- --
6 - 11.....	22 (1.1)	25 (1.2)	25 (0.8)	29 (1.2)	28 (0.7)	29 (0.8)	19 (2.7)	-- --
12 - 19.....	23 (1.4)	26 (1.6)	26 (1.7)	30 (1.8)	29 (1.8)	31 (2.1)	18 (1.9)	-- --
20 - 29.....	25 (1.3)	26 (1.3)	24 (1.3)	29 (1.3)	25 (1.2)	30 (1.3)	11 (1.6)	-- --
30 - 39.....	22 (0.8)	23 (1.0)	20 (0.9)	27 (1.1)	23 (0.9)	29 (0.8)	9* (2.8)	-- --
40 - 49.....	26 (0.9)	26 (1.2)	23 (0.9)	29 (1.5)	26 (1.0)	30 (1.4)	9 (1.3)	-- --
50 - 59.....	21 (0.8)	22 (0.9)	20 (1.1)	25 (1.6)	22 (0.9)	27 (1.8)	8 (1.5)	-- --
60 - 69.....	21 (1.3)	23 (1.7)	18 (0.9)	28 (1.9)	21 (1.4)	28 (1.9)	7 (1.7)	-- --
70 and over.....	22 (0.9)	25 (1.1)	23 (1.3)	30 (1.2)	23 (1.0)	30 (1.4)	9 (1.1)	-- --
2 - 19.....	22 (1.0)	25 (0.9)	25 (1.1)	29 (1.2)	28 (1.1)	30 (1.2)	18 (1.6)	-- --
20 and over...	23 (0.5)	24 (0.6)	21 (0.5)	28 (0.6)	24 (0.5)	29 (0.8)	9 (0.7)	5* (1.2)
2 and over...	23 (0.4)	25 (0.4)	22 (0.4)	28 (0.5)	24 (0.4)	29 (0.6)	9 (0.7)	-- --
Males and females:								
2 - 19.....	23 (1.0)	26 (0.8)	26 (0.9)	30 (1.1)	28 (1.0)	31 (1.0)	22 (2.8)	-- --
20 and over...	24 (0.4)	26 (0.5)	22 (0.5)	29 (0.7)	24 (0.5)	30 (0.7)	9 (0.8)	5 (0.7)
2 and over...	23 (0.4)	26 (0.5)	23 (0.5)	29 (0.7)	25 (0.5)	30 (0.7)	10 (0.8)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016

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.....	98*	(0.6)	26	(1.5)	29	(1.6)	24	(1.6)	18	(1.8)	29	(1.8)	29	(1.6)	27	(1.7)	30	(2.1)	31	(1.4)
6 - 11.....	94*	(2.4)	27	(1.4)	31	(1.1)	26	(1.4)	24	(1.8)	28	(1.5)	28	(1.6)	26	(1.9)	29	(1.6)	30	(1.4)
12 - 19.....	80	(3.3)	27	(1.6)	32	(2.4)	26	(1.5)	23	(1.5)	30	(1.8)	27	(1.7)	26	(1.7)	27	(1.5)	29	(2.2)
20 and over...	81	(1.3)	25	(0.8)	29	(0.8)	23	(0.7)	18	(0.8)	26	(1.0)	27	(0.9)	25	(1.0)	27	(0.9)	29	(0.9)
2 and over...	83	(1.2)	25	(0.7)	29	(0.7)	23	(0.7)	19	(0.8)	26	(1.0)	27	(0.8)	26	(0.9)	27	(0.9)	29	(0.8)
Non-Hispanic Black:																				
2 - 5.....	89*	(2.6)	26	(1.3)	29	(1.5)	24	(1.1)	20	(1.2)	28	(1.8)	27	(1.8)	26	(1.7)	27	(1.8)	27	(2.8)
6 - 11.....	88	(2.1)	30	(1.6)	35	(1.3)	28	(1.7)	24	(2.2)	33	(1.9)	31	(1.8)	32	(2.3)	30	(1.7)	30	(2.0)
12 - 19.....	75	(2.4)	27	(1.7)	29	(1.8)	25	(1.7)	21	(1.6)	29	(2.3)	28	(2.0)	26	(1.7)	28	(1.9)	30	(2.5)
20 and over...	71	(2.3)	25	(0.8)	28	(1.1)	23	(0.7)	20	(0.6)	26	(0.8)	26	(1.2)	24	(1.1)	26	(1.2)	28	(1.5)
2 and over...	74	(1.7)	25	(0.7)	29	(0.9)	24	(0.7)	21	(0.7)	27	(0.8)	27	(1.0)	25	(1.0)	27	(1.0)	28	(1.3)
Non-Hispanic Asian⁴:																				
2 - 5.....	98*	(2.0)	23*	(1.6)	23*	(1.4)	23*	(1.6)	18*	(2.2)	31*	(3.2)	24*	(2.7)	22*	(3.3)	24*	(3.6)	27*	(2.2)
6 - 11.....	99*	(0.7)	25*	(1.4)	29*	(2.1)	24*	(1.3)	17*	(1.5)	29*	(1.9)	26*	(2.2)	22*	(3.1)	27*	(1.8)	30*	(4.0)
12 - 19.....	91*	(2.5)	29	(2.5)	32	(3.2)	28	(2.3)	23	(1.7)	30	(1.9)	30	(2.7)	29	(2.4)	30	(2.7)	33	(3.4)
20 and over...	90	(2.1)	27	(0.5)	30	(0.8)	27	(0.6)	18	(1.1)	28	(0.7)	27	(1.0)	26	(1.4)	28	(1.0)	28	(1.0)
2 and over...	91	(1.7)	27	(0.6)	30	(0.8)	27	(0.6)	18	(0.8)	29	(0.6)	27	(0.8)	26	(1.1)	28	(0.9)	28	(0.9)
Hispanic:																				
2 - 5.....	85	(2.7)	21	(1.3)	23	(1.8)	20	(1.2)	17	(1.3)	26	(1.8)	21	(1.7)	19	(1.6)	22	(2.1)	22	(2.0)
6 - 11.....	77	(3.5)	24	(1.3)	27	(1.4)	23	(1.3)	21	(1.5)	26	(2.0)	25	(1.5)	24	(1.7)	25	(1.5)	26	(1.5)
12 - 19.....	77	(2.5)	26	(1.3)	30	(1.6)	25	(1.2)	22	(1.4)	29	(1.7)	27	(1.6)	26	(1.6)	27	(1.5)	29	(2.0)
20 and over...	70	(2.7)	24	(0.8)	27	(1.1)	23	(0.9)	19	(0.9)	25	(1.3)	25	(0.8)	24	(0.9)	26	(0.7)	26	(0.9)
2 and over...	73	(1.8)	24	(0.6)	27	(0.9)	23	(0.6)	20	(0.7)	26	(1.0)	25	(0.7)	24	(0.7)	25	(0.6)	26	(0.8)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Cholesterol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	24	(2.0)	23	(2.9)	35	(9.7)	35	(6.8)	26	(1.9)	22	(1.9)	30	(2.3)	23	(2.2)	24	(2.5)
6 - 11.....	24	(1.8)	24	(2.7)	34	(7.2)	25	(7.2)	25	(1.3)	26	(1.6)	28	(1.2)	23	(1.1)	21	(1.4)
12 - 19.....	27	(3.1)	21	(1.9)	31	(4.5)	31	(4.7)	28	(2.3)	23	(2.1)	29	(2.5)	24	(2.1)	24	(1.7)
20 and over...	26	(1.1)	21	(1.1)	29	(2.8)	33	(2.9)	26	(0.6)	20	(0.6)	27	(0.7)	24	(0.6)	23	(0.4)
2 and over...	26	(0.9)	21	(1.0)	29	(2.4)	33	(2.5)	26	(0.7)	21	(0.6)	28	(0.7)	23	(0.7)	23	(0.4)
Non-Hispanic Black:																		
2 - 5.....	22	(1.8)	23	(2.8)	40	(9.9)	34	(6.6)	24	(1.5)	22	(1.5)	29	(1.6)	23	(1.8)	21	(1.4)
6 - 11.....	29	(2.7)	29	(2.9)	41	(6.2)	31	(4.8)	28	(1.3)	29	(1.3)	29	(1.0)	26	(1.3)	24	(2.2)
12 - 19.....	25	(2.4)	21	(2.2)	31	(7.4)	29	(4.5)	25	(2.1)	23	(2.5)	28	(2.5)	23	(2.4)	22	(2.8)
20 and over...	26	(1.1)	20	(2.1)	24	(4.4)	32	(2.2)	25	(0.8)	22	(0.8)	27	(1.1)	24	(1.2)	24	(0.9)
2 and over...	26	(0.7)	21	(1.4)	26	(3.7)	32	(2.2)	25	(0.7)	23	(0.7)	27	(1.0)	24	(1.0)	23	(0.7)
Non-Hispanic Asian⁴:																		
2 - 5.....	28*	(8.1)	25*	(5.1)	64*	(8.0)	37*	(18.3)	19*	(2.2)	15*	(1.5)	21*	(2.4)	18*	(0.9)	24*	(4.0)
6 - 11.....	27*	(2.6)	28*	(4.1)	43*	(8.8)	31*	(10.1)	28*	(1.3)	23*	(1.9)	30*	(2.7)	28*	(2.3)	26*	(2.7)
12 - 19.....	28	(3.6)	20	(2.2)	27	(4.7)	43	(9.9)	27	(2.1)	23	(1.9)	31	(2.6)	25	(2.3)	24	(2.4)
20 and over...	27	(1.2)	29	(2.0)	36	(3.4)	27	(5.3)	29	(0.8)	23	(0.5)	31	(1.2)	29	(0.9)	30	(1.2)
2 and over...	27	(1.1)	28	(1.6)	36	(3.1)	29	(5.0)	28	(0.7)	23	(0.5)	31	(1.1)	28	(0.8)	29	(1.0)
Hispanic:																		
2 - 5.....	18	(2.5)	15	(1.7)	41	(7.3)	33	(4.5)	19	(1.5)	16	(1.5)	23	(2.2)	17	(1.6)	18	(1.9)
6 - 11.....	22	(1.5)	22	(2.5)	35	(7.3)	30	(5.1)	23	(1.5)	21	(1.3)	25	(1.7)	22	(1.4)	20	(1.6)
12 - 19.....	24	(1.6)	22	(1.8)	38	(4.9)	32	(2.8)	25	(1.7)	23	(1.5)	27	(2.0)	23	(1.9)	22	(1.6)
20 and over...	25	(1.4)	21	(1.3)	30	(2.9)	33	(1.9)	24	(0.9)	20	(0.8)	26	(1.3)	23	(1.3)	23	(1.1)
2 and over...	24	(1.3)	21	(0.9)	32	(1.9)	32	(1.5)	24	(0.7)	20	(0.7)	26	(0.9)	23	(0.9)	22	(0.8)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	25	(1.7)	22	(2.4)	19	(3.1)	19	(2.2)	31	(2.1)	36	(5.6)	23	(1.3)	27	(1.3)	27	(2.2)
6 - 11.....	27	(1.2)	22	(1.6)	20	(2.6)	27	(1.9)	29	(1.7)	27	(3.0)	29	(2.2)	30	(1.4)	28	(1.4)
12 - 19.....	27	(2.4)	22	(1.7)	24	(2.1)	20	(2.5)	27	(1.9)	32	(3.4)	28	(2.3)	30	(2.1)	27	(1.8)
20 and over...	24	(0.8)	24	(1.6)	22	(0.9)	17	(1.4)	25	(0.9)	30	(1.9)	24	(0.8)	26	(0.6)	22	(0.8)
2 and over...	24	(0.7)	24	(1.4)	22	(0.9)	18	(1.4)	25	(0.8)	30	(1.7)	25	(0.8)	27	(0.6)	23	(0.7)
Non-Hispanic Black:																		
2 - 5.....	25	(1.7)	23	(2.3)	21	(1.9)	21	(1.9)	27	(2.1)	24	(3.8)	25	(1.6)	27	(1.4)	26	(1.7)
6 - 11.....	30	(2.2)	28	(2.0)	23	(3.1)	33	(2.2)	28	(2.3)	30	(2.7)	36	(2.7)	35	(1.8)	32	(1.7)
12 - 19.....	25	(2.3)	21	(2.6)	20	(2.7)	15	(3.0)	27	(2.5)	30	(7.2)	26	(2.0)	28	(2.3)	26	(1.8)
20 and over...	25	(1.1)	26	(1.6)	25	(1.5)	22	(3.2)	24	(1.4)	24	(2.6)	22	(0.7)	26	(0.9)	22	(0.8)
2 and over...	26	(0.8)	25	(1.2)	23	(1.3)	22	(2.1)	25	(1.2)	25	(2.0)	24	(0.8)	27	(0.9)	24	(0.7)
Non-Hispanic Asian⁴:																		
2 - 5.....	24*	(4.7)	15*	(2.4)	34*	(5.1)	11*	(2.4)	23*	(1.1)	38*	(5.3)	17*	(2.9)	20*	(1.4)	20*	(0.8)
6 - 11.....	26*	(1.5)	28*	(5.8)	26*	(4.3)	17*	(3.1)	28*	(2.1)	39*	(4.7)	24*	(2.8)	27*	(1.6)	26*	(1.4)
12 - 19.....	28	(3.4)	27	(3.3)	21	(2.8)	20	(2.7)	27	(3.5)	30	(4.0)	25	(2.0)	29	(2.3)	27	(2.1)
20 and over...	27	(0.8)	27	(1.5)	27	(1.0)	22	(2.4)	27	(1.1)	34	(2.3)	24	(1.3)	28	(0.6)	25	(0.4)
2 and over...	27	(0.9)	26	(1.4)	26	(0.8)	21	(2.0)	27	(0.8)	34	(2.2)	24	(0.9)	28	(0.5)	25	(0.5)
Hispanic:																		
2 - 5.....	19	(2.0)	13	(2.4)	26	(3.2)	10	(2.1)	23	(1.7)	30	(6.2)	17	(1.7)	20	(1.6)	21	(1.7)
6 - 11.....	24	(1.1)	21	(1.7)	23	(2.4)	18	(1.8)	25	(1.5)	28	(3.4)	23	(0.9)	25	(1.2)	25	(1.3)
12 - 19.....	25	(1.4)	23	(1.5)	22	(2.0)	22	(2.4)	27	(1.7)	36	(3.4)	26	(1.7)	28	(1.4)	27	(1.4)
20 and over...	24	(1.2)	22	(1.5)	23	(1.6)	19	(1.7)	24	(1.0)	29	(2.6)	20	(0.6)	25	(0.9)	21	(1.1)
2 and over...	24	(1.0)	21	(1.0)	23	(1.3)	18	(1.1)	24	(0.7)	30	(2.0)	21	(0.6)	25	(0.8)	22	(0.9)

Table 18. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	24	(1.6)	26	(2.0)	27	(1.9)	30	(1.7)	25	(2.0)	32	(1.9)	32	(7.6)	--	--
6 - 11.....	21	(1.4)	25	(1.6)	26	(1.7)	31	(1.8)	29	(1.4)	30	(1.2)	19	(2.5)	--	--
12 - 19.....	24	(1.9)	26	(1.7)	26	(1.7)	31	(2.4)	29	(2.0)	34	(2.4)	26	(4.3)	--	--
20 and over...	23	(0.5)	25	(0.7)	21	(0.7)	30	(1.0)	24	(0.7)	31	(0.9)	9	(0.9)	6	(0.8)
2 and over...	23	(0.5)	25	(0.6)	22	(0.7)	30	(0.9)	25	(0.7)	31	(0.9)	9	(0.9)	--	--
Non-Hispanic Black:																
2 - 5.....	22	(1.1)	25	(1.5)	26	(1.7)	30	(2.0)	27	(1.7)	30	(1.2)	15*	(5.7)	--	--
6 - 11.....	25	(1.5)	30	(1.9)	31	(1.7)	35	(1.7)	32	(2.0)	33	(1.9)	18*	(6.7)	--	--
12 - 19.....	23	(2.5)	25	(2.2)	24	(1.9)	28	(1.7)	27	(1.9)	29	(1.8)	27	(4.9)	--	--
20 and over...	24	(1.2)	28	(1.2)	23	(1.0)	28	(0.9)	25	(1.0)	28	(1.1)	12	(1.4)	4*	(1.2)
2 and over...	24	(0.9)	27	(1.0)	24	(0.8)	29	(0.9)	26	(0.9)	29	(1.1)	12	(1.3)	--	--
Non-Hispanic Asian⁴:																
2 - 5.....	19*	(2.4)	20*	(2.2)	20*	(1.1)	24*	(2.3)	21*	(1.4)	29*	(2.6)	0*	(0.0)	--	--
6 - 11.....	25*	(3.1)	25*	(2.3)	24*	(2.0)	30*	(1.9)	26*	(0.9)	30*	(1.4)	15*	(4.8)	--	--
12 - 19.....	26	(2.3)	28	(3.6)	27	(2.2)	33	(3.0)	28	(2.4)	33	(2.9)	7*	(3.0)	--	--
20 and over...	29	(0.9)	29	(0.9)	25	(0.7)	30	(0.8)	27	(0.6)	32	(0.9)	11	(1.3)	3*	(1.2)
2 and over...	28	(0.8)	29	(1.0)	25	(0.6)	31	(0.9)	27	(0.6)	32	(1.0)	11	(1.3)	--	--
Hispanic:																
2 - 5.....	17	(1.8)	19	(2.1)	21	(1.6)	23	(1.6)	22	(1.6)	26	(1.2)	25*	(11.0)	--	--
6 - 11.....	20	(2.0)	24	(1.1)	25	(1.4)	29	(3.0)	26	(1.2)	27	(1.6)	20	(4.0)	--	--
12 - 19.....	23	(1.6)	27	(1.5)	26	(1.3)	30	(1.7)	28	(1.6)	30	(1.7)	13	(2.4)	--	--
20 and over...	23	(0.8)	26	(1.0)	22	(1.1)	27	(1.1)	24	(1.0)	28	(0.9)	11	(1.3)	7*	(2.0)
2 and over...	22	(0.7)	25	(0.8)	23	(0.9)	28	(0.9)	25	(0.8)	28	(0.7)	12	(1.3)	--	--

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 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	87 (3.4)	22 (1.7)	24 (2.2)	20 (1.7)	17 (1.6)	25 (2.8)	23 (1.8)	21 (1.8)	24 (2.0)	25 (2.4)
6 - 11.....	83 (2.9)	25 (1.7)	29 (1.7)	23 (1.9)	23 (2.2)	26 (1.8)	26 (1.7)	24 (2.0)	25 (1.8)	28 (2.0)
12 - 19.....	77 (2.3)	27 (1.4)	27 (1.5)	27 (1.1)	24 (1.3)	28 (1.2)	27 (1.9)	26 (1.5)	27 (2.3)	29 (2.5)
20 and over...	69 (1.8)	23 (0.9)	27 (1.1)	21 (0.9)	18 (0.8)	23 (0.9)	24 (1.0)	23 (1.1)	25 (1.0)	25 (1.1)
2 and over...	72 (1.3)	23 (0.7)	27 (0.9)	22 (0.7)	19 (0.7)	24 (0.7)	25 (0.8)	23 (0.9)	25 (0.9)	25 (1.0)
\$25,000 - \$74,999:										
2 - 5.....	95* (1.6)	27 (1.6)	29 (1.9)	25 (1.7)	20 (1.1)	31 (2.1)	30 (1.4)	27 (1.4)	31 (2.0)	32 (1.4)
6 - 11.....	87 (2.7)	28 (1.2)	31 (1.3)	26 (1.2)	24 (1.5)	31 (1.6)	30 (1.5)	29 (1.6)	30 (1.7)	30 (1.5)
12 - 19.....	81 (2.1)	28 (1.2)	33 (1.2)	27 (1.3)	23 (1.4)	32 (1.2)	29 (1.5)	27 (1.5)	29 (1.6)	32 (1.8)
20 and over...	79 (1.7)	25 (0.8)	29 (1.0)	23 (0.7)	19 (0.6)	26 (0.9)	27 (1.1)	25 (1.3)	27 (1.1)	29 (0.9)
2 and over...	80 (1.5)	25 (0.8)	29 (0.8)	24 (0.7)	20 (0.7)	27 (0.8)	27 (0.9)	26 (1.1)	27 (1.0)	29 (0.9)
\$75,000 and higher:										
2 - 5.....	97* (1.2)	25 (1.1)	27 (1.4)	23 (1.1)	17 (1.7)	29 (1.7)	25 (1.5)	24 (1.5)	25 (1.8)	26 (2.3)
6 - 11.....	95* (1.5)	27 (1.6)	32 (1.7)	26 (1.5)	23 (1.6)	28 (1.7)	28 (2.0)	26 (2.4)	29 (1.9)	30 (2.3)
12 - 19.....	81 (4.2)	27 (1.9)	31 (2.8)	25 (1.8)	22 (1.7)	29 (2.2)	27 (2.2)	26 (2.3)	27 (2.0)	29 (3.0)
20 and over...	85 (1.3)	26 (0.6)	29 (0.6)	25 (0.6)	19 (0.9)	27 (1.2)	27 (0.8)	25 (1.0)	27 (0.9)	30 (1.2)
2 and over...	86 (1.0)	26 (0.6)	29 (0.6)	25 (0.6)	20 (0.8)	28 (1.0)	27 (0.8)	25 (0.8)	27 (0.8)	30 (1.0)
All Individuals⁴:										
2 - 5.....	93 (1.1)	25 (1.1)	27 (1.3)	23 (1.0)	18 (1.0)	28 (1.2)	26 (1.2)	25 (1.2)	27 (1.6)	28 (1.0)
6 - 11.....	89 (2.0)	27 (1.0)	31 (0.9)	25 (0.9)	23 (1.2)	28 (1.1)	28 (1.2)	26 (1.4)	28 (1.3)	29 (1.2)
12 - 19.....	80 (2.1)	27 (1.0)	31 (1.5)	26 (1.0)	22 (1.1)	30 (1.2)	28 (1.1)	26 (1.2)	27 (1.0)	30 (1.3)
20 and over...	79 (1.2)	25 (0.6)	29 (0.6)	23 (0.5)	19 (0.6)	26 (0.7)	26 (0.8)	25 (0.8)	26 (0.8)	28 (0.8)
2 and over...	81 (1.1)	25 (0.6)	29 (0.5)	24 (0.5)	19 (0.6)	26 (0.7)	27 (0.7)	25 (0.8)	27 (0.7)	29 (0.7)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	21	(2.8)	15	(1.9)	28	(5.2)	22*	(7.1)	17	(1.6)	16	(1.7)	23	(2.4)	19	(2.4)	15	(1.2)
6 - 11.....	27	(2.1)	23	(1.7)	34	(7.3)	25	(3.2)	21	(2.1)	24	(1.7)	24	(1.7)	23	(1.3)	18	(1.9)
12 - 19.....	22	(2.0)	19	(2.3)	29	(4.9)	35	(5.1)	26	(1.8)	22	(1.8)	27	(2.0)	22	(2.0)	23	(1.6)
20 and over...	25	(1.7)	21	(0.9)	30	(2.5)	34	(3.6)	23	(0.7)	19	(1.0)	26	(1.0)	22	(1.0)	22	(0.9)
2 and over...	25	(1.4)	20	(0.8)	30	(2.2)	33	(2.7)	23	(0.7)	20	(0.9)	26	(0.9)	22	(0.9)	21	(0.7)
\$25,000 - \$74,999:																		
2 - 5.....	24	(2.1)	23	(3.3)	37	(6.9)	38	(7.2)	28	(2.4)	23	(1.9)	30	(2.5)	23	(2.2)	26	(3.0)
6 - 11.....	25	(1.8)	23	(2.3)	34	(6.3)	31	(5.4)	25	(1.5)	25	(1.4)	28	(1.3)	23	(1.3)	21	(1.6)
12 - 19.....	27	(1.4)	22	(2.2)	35	(6.8)	38	(4.3)	27	(1.8)	24	(1.6)	30	(1.6)	24	(1.3)	23	(1.6)
20 and over...	25	(1.0)	21	(1.1)	28	(2.3)	35	(2.9)	26	(0.8)	20	(0.7)	27	(1.0)	25	(1.2)	24	(0.6)
2 and over...	25	(0.9)	22	(1.0)	29	(2.1)	35	(2.5)	26	(0.7)	21	(0.7)	28	(0.9)	24	(1.0)	24	(0.6)
\$75,000 and higher:																		
2 - 5.....	19	(1.7)	25	(3.2)	51	(6.9)	42	(12.3)	24	(1.6)	20	(0.9)	29	(2.1)	21	(1.1)	23	(2.1)
6 - 11.....	25	(3.1)	27	(2.6)	41	(6.7)	27*	(8.1)	28	(1.9)	26	(1.7)	30	(2.3)	25	(1.6)	24	(2.1)
12 - 19.....	27	(3.8)	22	(2.2)	32	(5.3)	23	(5.5)	28	(2.5)	22	(2.2)	28	(2.4)	24	(2.4)	25	(1.8)
20 and over...	27	(0.8)	21	(1.3)	30	(3.2)	31	(3.6)	26	(0.5)	21	(0.6)	27	(0.8)	23	(0.9)	23	(0.7)
2 and over...	27	(0.7)	22	(1.1)	31	(2.7)	31	(3.0)	27	(0.6)	21	(0.4)	28	(0.7)	23	(0.6)	24	(0.7)
All Individuals⁴:																		
2 - 5.....	22	(1.6)	21	(1.8)	38	(5.8)	35	(4.5)	24	(1.4)	20	(1.3)	27	(1.6)	21	(1.4)	22	(1.6)
6 - 11.....	25	(1.2)	25	(1.8)	37	(4.6)	28	(3.9)	25	(0.9)	25	(1.1)	28	(0.9)	23	(0.7)	22	(0.8)
12 - 19.....	26	(1.7)	21	(1.3)	33	(3.0)	31	(2.8)	27	(1.5)	23	(1.4)	29	(1.5)	24	(1.4)	23	(1.2)
20 and over...	26	(0.8)	21	(0.9)	29	(2.0)	33	(2.5)	26	(0.4)	20	(0.4)	27	(0.5)	24	(0.3)	23	(0.3)
2 and over...	26	(0.6)	22	(0.8)	30	(1.6)	33	(2.0)	26	(0.5)	21	(0.4)	27	(0.5)	24	(0.4)	23	(0.3)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	22	(2.5)	17	(2.8)	21	(2.3)	16	(3.0)	24	(2.7)	27	(4.4)	19	(1.6)	22	(1.9)	22	(2.3)
6 - 11.....	28	(1.5)	22	(1.8)	21	(2.1)	28	(2.7)	25	(2.0)	29	(3.5)	30	(2.1)	29	(1.9)	26	(1.6)
12 - 19.....	23	(1.7)	20	(1.3)	20	(3.0)	22	(3.9)	25	(2.9)	22	(4.2)	26	(2.4)	27	(1.7)	24	(1.8)
20 and over...	24	(1.5)	28	(4.3)	23	(1.4)	18	(2.2)	24	(1.3)	27	(1.7)	20	(1.0)	24	(0.9)	21	(1.0)
2 and over...	24	(1.1)	26	(3.3)	22	(1.1)	19	(1.6)	24	(1.0)	26	(1.5)	22	(0.8)	25	(0.7)	21	(0.7)
\$25,000 - \$74,999:																		
2 - 5.....	25	(1.8)	21	(2.6)	24	(3.4)	17	(2.4)	31	(2.0)	33	(2.7)	23	(1.3)	27	(1.4)	28	(2.1)
6 - 11.....	27	(1.4)	24	(1.7)	25	(1.7)	22	(2.0)	29	(2.4)	32	(2.8)	29	(1.5)	30	(1.3)	29	(1.5)
12 - 19.....	28	(1.1)	23	(1.4)	23	(1.6)	19	(2.0)	29	(1.9)	41	(4.4)	28	(1.0)	31	(1.1)	29	(0.7)
20 and over...	24	(0.6)	24	(0.9)	21	(0.9)	20	(1.5)	25	(0.9)	31	(1.7)	24	(1.2)	26	(0.8)	22	(0.6)
2 and over...	24	(0.6)	24	(0.8)	22	(0.7)	20	(1.2)	26	(0.8)	31	(1.4)	24	(0.9)	27	(0.7)	24	(0.6)
\$75,000 and higher:																		
2 - 5.....	21	(1.2)	18	(1.4)	23	(3.0)	16	(1.6)	28	(1.4)	38	(4.1)	22	(1.4)	25	(1.1)	24	(1.8)
6 - 11.....	27	(1.8)	23	(1.2)	19	(2.4)	26	(2.4)	28	(1.9)	27	(3.3)	28	(2.3)	30	(1.9)	28	(1.4)
12 - 19.....	27	(2.8)	24	(1.9)	23	(2.4)	21	(2.8)	27	(2.4)	30	(2.8)	27	(2.8)	29	(2.6)	27	(2.2)
20 and over...	25	(0.6)	21	(1.2)	25	(1.2)	14	(1.5)	24	(1.2)	32	(1.9)	24	(0.8)	26	(0.5)	22	(0.8)
2 and over...	25	(0.6)	22	(0.9)	24	(1.0)	16	(1.4)	25	(0.9)	31	(1.6)	25	(0.7)	27	(0.4)	23	(0.7)
All Individuals⁴:																		
2 - 5.....	23	(1.4)	19	(1.6)	22	(1.6)	16	(1.4)	28	(1.0)	32	(3.0)	22	(0.9)	25	(1.1)	25	(1.4)
6 - 11.....	27	(0.9)	23	(0.9)	21	(1.5)	25	(1.3)	28	(1.3)	29	(2.0)	29	(1.4)	30	(1.0)	28	(1.1)
12 - 19.....	26	(1.4)	22	(1.2)	22	(1.4)	20	(1.7)	27	(1.3)	32	(2.1)	27	(1.5)	29	(1.4)	27	(1.2)
20 and over...	24	(0.6)	24	(1.0)	23	(0.6)	18	(0.9)	24	(0.7)	30	(1.1)	23	(0.6)	26	(0.5)	22	(0.6)
2 and over...	25	(0.5)	24	(0.8)	23	(0.6)	19	(0.9)	25	(0.6)	30	(1.0)	24	(0.6)	26	(0.5)	23	(0.6)

Table 19. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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.....	17	(1.6)	20	(2.1)	22	(2.5)	24	(2.1)	23	(2.2)	26	(1.8)	8*	(3.3)	--	--
6 - 11.....	18	(1.9)	23	(1.7)	24	(2.3)	28	(1.9)	28	(1.7)	28	(2.2)	21	(5.5)	--	--
12 - 19.....	23	(1.5)	22	(1.5)	23	(1.8)	28	(1.4)	27	(1.7)	29	(1.7)	15*	(5.1)	--	--
20 and over...	23	(1.1)	25	(1.1)	21	(1.0)	29	(1.6)	23	(0.7)	27	(1.2)	10	(1.4)	6*	(1.0)
2 and over...	22	(0.8)	24	(0.9)	21	(0.8)	28	(1.3)	24	(0.5)	28	(1.0)	10	(1.3)	--	--
\$25,000 - \$74,999:																
2 - 5.....	25	(2.0)	26	(2.1)	28	(2.5)	30	(2.0)	26	(1.7)	32	(1.6)	33	(6.4)	--	--
6 - 11.....	24	(1.6)	27	(1.7)	29	(1.7)	33	(1.9)	29	(1.2)	31	(1.1)	19	(3.2)	--	--
12 - 19.....	24	(1.5)	27	(1.1)	28	(1.0)	34	(1.7)	31	(0.9)	33	(1.2)	29	(6.1)	--	--
20 and over...	23	(0.7)	26	(0.8)	22	(0.6)	29	(1.0)	24	(0.7)	30	(1.1)	9	(0.8)	6	(1.1)
2 and over...	24	(0.6)	26	(0.7)	24	(0.6)	30	(1.0)	25	(0.7)	30	(0.9)	10	(0.9)	--	--
\$75,000 and higher:																
2 - 5.....	23	(1.3)	24	(1.6)	24	(2.1)	28	(1.6)	25	(1.6)	32	(1.8)	30	(8.6)	--	--
6 - 11.....	23	(2.0)	27	(1.6)	26	(1.6)	33	(2.2)	30	(1.6)	32	(2.2)	19	(3.0)	--	--
12 - 19.....	24	(2.0)	27	(2.0)	26	(1.9)	29	(2.4)	28	(2.6)	33	(3.1)	18	(4.0)	--	--
20 and over...	24	(0.5)	25	(0.6)	22	(0.7)	30	(0.7)	25	(0.7)	32	(1.0)	10	(1.1)	5*	(1.6)
2 and over...	24	(0.5)	26	(0.5)	23	(0.7)	30	(0.7)	25	(0.7)	32	(0.9)	10	(1.2)	--	--
All Individuals⁴:																
2 - 5.....	22	(1.2)	24	(1.4)	25	(1.3)	28	(1.4)	24	(1.3)	30	(1.2)	26	(5.2)	--	--
6 - 11.....	22	(1.0)	26	(1.0)	26	(1.2)	31	(1.6)	29	(1.0)	30	(0.9)	19	(1.8)	--	--
12 - 19.....	23	(1.3)	26	(1.1)	26	(1.1)	31	(1.4)	29	(1.4)	32	(1.5)	22	(3.6)	--	--
20 and over...	24	(0.4)	26	(0.5)	22	(0.5)	29	(0.7)	24	(0.5)	30	(0.7)	9	(0.8)	5	(0.7)
2 and over...	23	(0.4)	26	(0.5)	23	(0.5)	29	(0.7)	25	(0.5)	30	(0.7)	10	(0.8)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

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 (2.4)	23 (1.4)	25 (2.1)	21 (1.2)	17 (1.1)	26 (2.4)	24 (1.9)	22 (2.0)	25 (2.1)	26 (2.4)
6 - 11.....	86 (2.0)	27 (1.3)	31 (1.3)	25 (1.5)	24 (1.6)	29 (1.5)	28 (1.4)	27 (1.7)	28 (1.5)	29 (1.3)
12 - 19.....	77 (1.9)	27 (1.3)	29 (1.5)	27 (1.1)	24 (1.2)	28 (1.2)	26 (1.6)	24 (1.3)	26 (1.8)	28 (2.0)
20 and over...	70 (1.6)	23 (0.8)	26 (0.9)	21 (0.7)	18 (0.7)	23 (0.9)	24 (1.2)	23 (1.2)	24 (1.2)	25 (1.3)
2 and over...	74 (1.2)	24 (0.6)	27 (0.8)	22 (0.5)	20 (0.6)	25 (0.7)	25 (0.9)	23 (0.9)	25 (1.0)	26 (1.0)
131-350% poverty:										
2 - 5.....	96* (0.9)	28 (1.7)	29 (2.0)	26 (1.7)	21 (1.7)	30 (1.9)	29 (1.8)	27 (1.7)	30 (2.3)	31 (2.0)
6 - 11.....	89 (3.0)	27 (1.2)	31 (1.0)	25 (1.2)	24 (1.3)	28 (1.4)	28 (1.6)	27 (1.7)	29 (1.8)	29 (1.8)
12 - 19.....	82 (2.4)	28 (1.1)	32 (1.3)	26 (1.0)	22 (1.6)	31 (1.2)	29 (1.5)	27 (1.5)	29 (1.6)	32 (2.0)
20 and over...	79 (1.6)	26 (1.0)	29 (1.2)	24 (0.9)	19 (0.7)	27 (1.6)	28 (1.2)	26 (1.3)	28 (1.2)	30 (1.4)
2 and over...	81 (1.4)	26 (0.9)	30 (1.0)	24 (0.8)	20 (0.7)	28 (1.3)	28 (1.1)	26 (1.1)	28 (1.1)	30 (1.3)
Over 350% poverty:										
2 - 5.....	97* (1.4)	24 (1.2)	27 (1.5)	23 (1.2)	16 (1.5)	30 (1.9)	25 (1.5)	23 (1.5)	25 (1.7)	27 (2.8)
6 - 11.....	96* (1.6)	28 (1.7)	33 (2.0)	26 (1.3)	22 (1.9)	29 (1.9)	28 (2.2)	27 (2.2)	29 (2.4)	31 (3.0)
12 - 19.....	81 (4.0)	27 (2.1)	32 (3.2)	25 (2.0)	22 (1.7)	30 (2.8)	27 (2.4)	27 (2.6)	27 (2.1)	28 (3.3)
20 and over...	85 (1.5)	25 (0.7)	29 (0.7)	24 (0.7)	19 (1.0)	26 (1.0)	27 (0.9)	25 (1.0)	26 (0.9)	29 (1.0)
2 and over...	85 (1.3)	25 (0.7)	29 (0.7)	24 (0.7)	19 (0.9)	27 (0.9)	27 (0.8)	26 (0.9)	26 (0.8)	29 (0.9)
All Individuals⁵:										
2 - 5.....	93 (1.1)	25 (1.1)	27 (1.3)	23 (1.0)	18 (1.0)	28 (1.2)	26 (1.2)	25 (1.2)	27 (1.6)	28 (1.0)
6 - 11.....	89 (2.0)	27 (1.0)	31 (0.9)	25 (0.9)	23 (1.2)	28 (1.1)	28 (1.2)	26 (1.4)	28 (1.3)	29 (1.2)
12 - 19.....	80 (2.1)	27 (1.0)	31 (1.5)	26 (1.0)	22 (1.1)	30 (1.2)	28 (1.1)	26 (1.2)	27 (1.0)	30 (1.3)
20 and over...	79 (1.2)	25 (0.6)	29 (0.6)	23 (0.5)	19 (0.6)	26 (0.7)	26 (0.8)	25 (0.8)	26 (0.8)	28 (0.8)
2 and over...	81 (1.1)	25 (0.6)	29 (0.5)	24 (0.5)	19 (0.6)	26 (0.7)	27 (0.7)	25 (0.8)	27 (0.7)	29 (0.7)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	22 (2.7)	17 (3.1)	27 (5.1)	22 (6.3)	20 (1.9)	18 (2.2)	25 (2.3)	20 (2.5)	19 (2.2)
6 - 11.....	27 (1.9)	25 (2.2)	40 (6.3)	28 (3.0)	23 (1.9)	25 (1.4)	26 (1.5)	24 (1.4)	19 (1.4)
12 - 19.....	23 (2.0)	19 (2.1)	27 (4.1)	31 (3.8)	27 (1.7)	23 (1.4)	28 (1.4)	23 (1.7)	23 (1.3)
20 and over...	24 (1.0)	20 (1.4)	29 (3.5)	34 (4.7)	23 (0.8)	19 (1.1)	26 (1.1)	23 (1.1)	21 (1.1)
2 and over...	24 (0.9)	20 (1.2)	30 (2.8)	32 (3.4)	23 (0.7)	20 (0.9)	26 (0.9)	23 (1.0)	21 (0.8)
131-350% poverty:									
2 - 5.....	23 (2.4)	22 (3.2)	37 (6.2)	38 (5.4)	28 (2.4)	22 (1.8)	29 (2.5)	23 (2.2)	25 (3.1)
6 - 11.....	24 (1.9)	20 (1.7)	21 (4.0)	25 (5.4)	24 (1.3)	25 (1.2)	27 (1.1)	21 (1.1)	21 (1.4)
12 - 19.....	27 (2.0)	22 (2.1)	36 (6.3)	37 (4.2)	26 (1.2)	23 (1.0)	29 (1.7)	24 (1.6)	22 (1.2)
20 and over...	25 (1.4)	20 (1.5)	25 (3.8)	37 (4.8)	26 (1.1)	20 (0.8)	28 (0.9)	24 (1.3)	24 (1.2)
2 and over...	25 (1.2)	20 (1.1)	26 (3.3)	36 (4.1)	26 (0.9)	21 (0.7)	28 (0.9)	24 (1.2)	24 (0.9)
Over 350% poverty:									
2 - 5.....	18 (2.0)	27 (3.9)	55 (7.4)	47 (13.5)	22 (1.4)	19 (1.1)	30 (3.1)	20 (1.7)	22 (1.8)
6 - 11.....	25 (3.6)	31 (2.7)	52 (6.0)	34 (6.7)	30 (1.7)	27 (1.5)	33 (2.2)	28 (1.1)	25 (2.3)
12 - 19.....	28 (3.7)	23 (2.6)	33 (6.6)	25 (7.5)	29 (3.1)	23 (2.6)	29 (2.9)	25 (2.8)	26 (2.2)
20 and over...	28 (1.1)	23 (1.2)	33 (2.6)	31 (3.0)	26 (0.7)	21 (0.8)	27 (0.8)	23 (0.7)	24 (0.6)
2 and over...	27 (0.9)	23 (1.1)	34 (2.1)	31 (2.6)	27 (0.7)	21 (0.6)	28 (0.8)	24 (0.7)	24 (0.6)
All Individuals⁵:									
2 - 5.....	22 (1.6)	21 (1.8)	38 (5.8)	35 (4.5)	24 (1.4)	20 (1.3)	27 (1.6)	21 (1.4)	22 (1.6)
6 - 11.....	25 (1.2)	25 (1.8)	37 (4.6)	28 (3.9)	25 (0.9)	25 (1.1)	28 (0.9)	23 (0.7)	22 (0.8)
12 - 19.....	26 (1.7)	21 (1.3)	33 (3.0)	31 (2.8)	27 (1.5)	23 (1.4)	29 (1.5)	24 (1.4)	23 (1.2)
20 and over...	26 (0.8)	21 (0.9)	29 (2.0)	33 (2.5)	26 (0.4)	20 (0.4)	27 (0.5)	24 (0.3)	23 (0.3)
2 and over...	26 (0.6)	22 (0.8)	30 (1.6)	33 (2.0)	26 (0.5)	21 (0.4)	27 (0.5)	24 (0.4)	23 (0.3)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	23	(2.3)	18	(3.0)	20	(1.7)	17	(3.4)	24	(2.3)	27	(3.9)	20	(1.6)	22	(1.9)	22	(1.9)
6 - 11.....	29	(1.3)	23	(1.7)	23	(2.5)	26	(2.5)	27	(1.4)	33	(3.1)	30	(1.7)	30	(1.5)	27	(1.4)
12 - 19.....	24	(1.6)	21	(1.0)	21	(2.4)	22	(3.4)	24	(2.1)	28	(4.2)	27	(2.2)	28	(1.6)	25	(1.5)
20 and over...	22	(0.7)	23	(1.8)	24	(2.5)	18	(1.9)	23	(1.7)	28	(3.2)	20	(1.2)	24	(0.8)	21	(0.7)
2 and over...	23	(0.6)	22	(1.4)	23	(1.8)	19	(1.5)	24	(1.4)	28	(2.7)	22	(0.9)	25	(0.7)	22	(0.6)
131-350% poverty:																		
2 - 5.....	24	(2.2)	20	(2.4)	26	(3.4)	16	(2.1)	31	(2.2)	34	(2.2)	23	(1.3)	27	(1.7)	28	(2.3)
6 - 11.....	26	(1.3)	23	(1.2)	23	(2.4)	24	(2.0)	28	(2.3)	26	(2.6)	28	(1.5)	29	(1.0)	28	(1.2)
12 - 19.....	27	(1.4)	23	(1.2)	23	(2.1)	18	(1.5)	30	(2.1)	38	(3.4)	27	(0.9)	30	(1.0)	29	(1.1)
20 and over...	24	(1.1)	26	(3.1)	22	(1.0)	19	(1.7)	26	(1.6)	30	(2.4)	23	(1.5)	26	(1.2)	23	(1.0)
2 and over...	25	(0.9)	25	(2.4)	22	(0.8)	19	(1.2)	27	(1.4)	31	(2.0)	24	(1.2)	27	(0.9)	24	(0.8)
Over 350% poverty:																		
2 - 5.....	20	(1.3)	18	(1.2)	24	(3.5)	15*	(1.2)	29	(1.8)	41	(4.3)	22	(0.8)	25	(0.9)	25	(2.1)
6 - 11.....	27	(2.5)	25	(1.3)	18	(2.2)	27	(3.3)	30	(2.1)	32	(3.2)	30	(2.4)	31	(2.4)	29	(2.0)
12 - 19.....	27	(2.9)	24	(2.3)	24	(2.9)	21	(3.3)	27	(2.5)	30	(3.4)	28	(3.4)	30	(2.9)	28	(2.4)
20 and over...	25	(0.9)	22	(1.4)	24	(1.2)	16	(2.0)	24	(1.0)	31	(1.7)	25	(1.0)	26	(0.6)	22	(0.8)
2 and over...	25	(0.8)	22	(1.2)	23	(1.2)	17	(1.8)	25	(0.9)	32	(1.6)	25	(0.8)	27	(0.5)	23	(0.8)
All Individuals⁵:																		
2 - 5.....	23	(1.4)	19	(1.6)	22	(1.6)	16	(1.4)	28	(1.0)	32	(3.0)	22	(0.9)	25	(1.1)	25	(1.4)
6 - 11.....	27	(0.9)	23	(0.9)	21	(1.5)	25	(1.3)	28	(1.3)	29	(2.0)	29	(1.4)	30	(1.0)	28	(1.1)
12 - 19.....	26	(1.4)	22	(1.2)	22	(1.4)	20	(1.7)	27	(1.3)	32	(2.1)	27	(1.5)	29	(1.4)	27	(1.2)
20 and over...	24	(0.6)	24	(1.0)	23	(0.6)	18	(0.9)	24	(0.7)	30	(1.1)	23	(0.6)	26	(0.5)	22	(0.6)
2 and over...	25	(0.5)	24	(0.8)	23	(0.6)	19	(0.9)	25	(0.6)	30	(1.0)	24	(0.6)	26	(0.5)	23	(0.6)

Table 20. Lunch¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	18	(1.8)	21	(2.2)	22	(2.0)	25	(2.2)	22	(1.8)	27	(1.3)	8*	(3.9)	--	--
6 - 11.....	20	(1.8)	25	(1.4)	26	(1.8)	32	(2.9)	29	(1.4)	30	(1.6)	21	(5.2)	--	--
12 - 19.....	23	(1.0)	23	(1.3)	24	(1.5)	29	(1.4)	28	(1.7)	29	(1.5)	20	(3.8)	--	--
20 and over...	22	(0.8)	24	(1.0)	21	(0.7)	27	(1.2)	23	(0.7)	26	(0.9)	10	(1.5)	7*	(1.2)
2 and over...	22	(0.7)	24	(0.8)	22	(0.7)	27	(1.0)	24	(0.6)	27	(0.7)	11	(1.4)	--	--
131-350% poverty:																
2 - 5.....	25	(2.1)	26	(2.6)	28	(2.6)	31	(2.1)	26	(1.9)	32	(1.8)	41	(8.1)	--	--
6 - 11.....	22	(1.4)	25	(1.4)	27	(1.4)	31	(1.5)	28	(1.0)	30	(0.7)	18	(2.4)	--	--
12 - 19.....	23	(1.2)	27	(1.1)	27	(1.1)	32	(1.8)	30	(1.1)	32	(1.4)	25	(6.0)	--	--
20 and over...	24	(1.1)	26	(1.2)	23	(1.0)	30	(1.5)	25	(1.1)	30	(1.5)	9	(0.9)	6	(1.6)
2 and over...	24	(0.8)	26	(0.9)	24	(0.8)	31	(1.3)	26	(0.8)	31	(1.2)	10	(0.9)	--	--
Over 350% poverty:																
2 - 5.....	22	(1.6)	24	(1.6)	24	(2.4)	28	(2.1)	25	(1.8)	32	(2.1)	23*	(13.0)	--	--
6 - 11.....	25	(1.7)	30	(1.6)	27	(2.0)	34	(2.1)	31	(2.2)	34	(2.5)	19	(4.3)	--	--
12 - 19.....	24	(2.4)	28	(2.4)	27	(2.1)	30	(2.8)	29	(2.9)	35	(3.5)	21	(5.5)	--	--
20 and over...	24	(0.5)	25	(0.6)	22	(0.8)	29	(0.7)	24	(0.7)	32	(0.9)	9	(1.2)	5*	(1.5)
2 and over...	24	(0.6)	26	(0.6)	22	(0.8)	30	(0.7)	25	(0.7)	32	(0.9)	10	(1.2)	--	--
All Individuals⁵:																
2 - 5.....	22	(1.2)	24	(1.4)	25	(1.3)	28	(1.4)	24	(1.3)	30	(1.2)	26	(5.2)	--	--
6 - 11.....	22	(1.0)	26	(1.0)	26	(1.2)	31	(1.6)	29	(1.0)	30	(0.9)	19	(1.8)	--	--
12 - 19.....	23	(1.3)	26	(1.1)	26	(1.1)	31	(1.4)	29	(1.4)	32	(1.5)	22	(3.6)	--	--
20 and over...	24	(0.4)	26	(0.5)	22	(0.5)	29	(0.7)	24	(0.5)	30	(0.7)	9	(0.8)	5	(0.7)
2 and over...	23	(0.4)	26	(0.5)	23	(0.5)	29	(0.7)	25	(0.5)	30	(0.7)	10	(0.8)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016

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.....	96* (1.5)	28 (0.9)	34 (1.6)	25 (0.9)	18 (1.1)	29 (1.4)	30 (1.0)	29 (1.4)	29 (1.2)	30 (1.3)
6 - 11.....	93 (1.4)	29 (1.1)	37 (1.2)	26 (1.1)	19 (1.2)	30 (1.3)	31 (1.4)	32 (1.4)	31 (1.5)	30 (1.4)
12 - 19.....	86 (2.2)	34 (1.3)	41 (1.9)	30 (1.1)	23 (1.4)	34 (1.3)	36 (1.6)	36 (1.7)	35 (1.8)	35 (1.7)
20 - 29.....	93 (1.6)	35 (1.4)	40 (2.4)	32 (0.9)	24 (1.0)	36 (1.9)	37 (2.0)	39 (2.0)	37 (2.2)	36 (2.4)
30 - 39.....	91 (1.9)	35 (1.6)	42 (1.8)	30 (1.6)	20 (1.3)	36 (2.0)	36 (1.9)	36 (2.2)	35 (1.9)	34 (2.1)
40 - 49.....	97* (0.6)	36 (1.8)	43 (2.6)	33 (2.0)	25 (1.7)	36 (3.0)	39 (2.3)	39 (1.8)	38 (2.5)	39 (3.2)
50 - 59.....	90 (2.3)	36 (1.7)	42 (1.8)	32 (1.6)	26 (2.0)	38 (2.2)	39 (1.9)	38 (2.0)	40 (1.8)	41 (2.8)
60 - 69.....	96* (1.3)	36 (1.3)	43 (1.6)	32 (1.4)	24 (1.2)	39 (3.0)	38 (1.6)	38 (2.0)	38 (1.8)	36 (2.3)
70 and over.....	94 (0.8)	39 (1.5)	45 (1.4)	34 (1.8)	28 (1.8)	38 (2.8)	41 (2.1)	41 (2.0)	40 (2.2)	41 (3.1)
2 - 19.....	91 (1.4)	31 (0.7)	38 (1.3)	28 (0.6)	21 (0.7)	31 (0.9)	33 (0.8)	34 (0.8)	33 (1.0)	32 (0.8)
20 and over...	93 (0.7)	36 (0.8)	42 (0.9)	32 (0.8)	24 (0.7)	37 (0.8)	38 (0.9)	38 (0.9)	38 (1.1)	38 (1.0)
2 and over...	93 (0.6)	35 (0.7)	41 (0.9)	31 (0.7)	23 (0.6)	36 (0.7)	37 (0.8)	37 (0.7)	37 (0.9)	37 (0.8)
Females:										
2 - 5.....	97* (1.1)	28 (1.2)	35 (1.9)	24 (0.9)	18 (1.0)	29 (1.6)	31 (1.8)	30 (1.9)	31 (2.0)	31 (2.3)
6 - 11.....	94 (0.9)	31 (1.1)	38 (1.1)	27 (1.0)	21 (0.9)	31 (1.2)	32 (1.4)	32 (1.5)	33 (1.4)	32 (1.5)
12 - 19.....	86 (2.7)	34 (1.4)	42 (1.5)	31 (1.5)	25 (1.8)	34 (1.8)	36 (1.5)	35 (1.9)	37 (1.4)	36 (1.7)
20 - 29.....	92 (1.0)	35 (1.0)	42 (1.4)	31 (0.8)	24 (1.1)	34 (1.5)	37 (1.1)	36 (1.0)	36 (1.4)	39 (1.8)
30 - 39.....	94 (1.0)	35 (1.2)	41 (1.1)	31 (1.2)	22 (1.3)	35 (1.7)	36 (1.2)	35 (1.4)	36 (1.3)	35 (1.6)
40 - 49.....	95 (1.4)	33 (1.3)	39 (1.6)	30 (1.2)	23 (1.8)	34 (1.5)	35 (1.6)	34 (1.8)	34 (1.7)	36 (1.8)
50 - 59.....	93 (2.0)	37 (1.5)	45 (2.1)	32 (1.5)	24 (1.6)	37 (1.9)	40 (2.0)	40 (1.7)	38 (2.5)	42 (2.2)
60 - 69.....	95 (0.9)	37 (1.4)	45 (1.4)	33 (1.6)	25 (2.6)	40 (2.1)	38 (1.8)	37 (1.9)	39 (1.9)	39 (2.9)
70 and over.....	92 (1.6)	35 (0.8)	41 (1.2)	31 (0.8)	27 (1.0)	36 (1.0)	37 (1.5)	37 (2.1)	36 (1.6)	38 (1.3)
2 - 19.....	91 (1.3)	32 (0.9)	39 (1.0)	28 (1.0)	22 (1.1)	32 (1.1)	34 (1.0)	33 (1.0)	34 (1.0)	34 (1.1)
20 and over...	93 (0.6)	35 (0.5)	42 (0.7)	31 (0.4)	24 (0.6)	36 (0.8)	37 (0.7)	37 (0.6)	36 (0.8)	38 (0.9)
2 and over...	93 (0.4)	35 (0.5)	41 (0.7)	31 (0.5)	24 (0.6)	35 (0.8)	36 (0.7)	36 (0.6)	36 (0.7)	37 (0.8)
Males and females:										
2 - 19.....	91 (1.0)	32 (0.6)	39 (1.0)	28 (0.6)	21 (0.6)	32 (0.8)	34 (0.6)	33 (0.6)	34 (0.7)	33 (0.7)
20 and over...	93 (0.5)	36 (0.5)	42 (0.7)	32 (0.5)	24 (0.5)	37 (0.6)	38 (0.6)	38 (0.6)	37 (0.7)	38 (0.7)
2 and over...	93 (0.4)	35 (0.5)	41 (0.7)	31 (0.5)	23 (0.5)	36 (0.5)	37 (0.6)	37 (0.5)	36 (0.7)	37 (0.6)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	28 (2.9)	26 (2.1)	52 (7.9)	53 (3.0)	28 (0.8)	23 (1.1)	32 (1.2)	27 (0.8)	23 (1.2)
6 - 11.....	36 (2.3)	24 (1.7)	33 (5.3)	61 (4.9)	31 (1.1)	25 (1.3)	33 (1.3)	29 (1.4)	29 (1.1)
12 - 19.....	38 (2.6)	29 (2.0)	52 (4.3)	57 (5.7)	33 (1.2)	27 (1.3)	36 (1.3)	31 (1.1)	30 (1.5)
20 - 29.....	36 (2.4)	32 (2.1)	51 (5.0)	49 (6.6)	34 (1.6)	28 (1.8)	35 (2.2)	30 (2.8)	34 (1.8)
30 - 39.....	38 (2.9)	35 (3.1)	50 (3.5)	56 (4.8)	36 (2.4)	29 (2.0)	37 (2.5)	33 (2.8)	36 (2.2)
40 - 49.....	37 (2.9)	36 (4.0)	60 (8.3)	59 (8.9)	39 (2.2)	29 (1.6)	40 (2.3)	36 (2.2)	36 (2.8)
50 - 59.....	38 (2.2)	35 (4.2)	51 (6.7)	53 (8.1)	37 (1.9)	28 (1.9)	38 (2.6)	36 (2.6)	34 (3.1)
60 - 69.....	38 (2.5)	34 (4.0)	47 (7.8)	50 (7.2)	37 (2.4)	26 (1.2)	37 (2.1)	39 (2.1)	34 (2.7)
70 and over.....	40 (2.0)	34 (2.8)	57 (4.8)	56 (6.9)	35 (2.8)	29 (1.6)	39 (1.9)	37 (2.1)	29 (2.8)
2 - 19.....	36 (1.6)	26 (1.0)	45 (3.3)	58 (3.9)	31 (0.7)	26 (0.7)	35 (0.9)	30 (0.7)	29 (0.6)
20 and over...	38 (0.8)	34 (1.5)	52 (3.2)	54 (3.6)	36 (0.9)	28 (0.8)	37 (1.0)	34 (0.9)	34 (1.0)
2 and over...	37 (0.8)	32 (1.2)	51 (2.6)	55 (2.8)	35 (0.8)	28 (0.6)	37 (0.9)	33 (0.8)	33 (0.8)
Females:									
2 - 5.....	33 (2.7)	21 (1.9)	31 (4.9)	47 (6.4)	28 (1.4)	23 (1.1)	33 (1.7)	28 (2.0)	23 (1.5)
6 - 11.....	35 (1.6)	24 (1.6)	41 (2.9)	54 (7.4)	30 (1.2)	26 (1.1)	36 (1.3)	31 (1.2)	27 (1.5)
12 - 19.....	40 (2.4)	31 (2.7)	50 (5.4)	55 (3.8)	33 (1.5)	29 (1.4)	38 (1.4)	33 (1.6)	32 (1.6)
20 - 29.....	36 (2.0)	32 (2.1)	41 (3.5)	45 (4.1)	36 (1.4)	28 (1.3)	36 (1.7)	33 (2.2)	31 (1.8)
30 - 39.....	35 (1.9)	28 (3.8)	37 (9.5)	52 (5.1)	35 (1.5)	26 (0.6)	38 (2.1)	34 (2.2)	32 (1.4)
40 - 49.....	34 (2.5)	31 (2.0)	46 (4.9)	46 (4.6)	35 (1.1)	27 (1.4)	36 (1.7)	33 (2.1)	31 (1.2)
50 - 59.....	43 (2.0)	39 (1.9)	57 (5.8)	53 (7.2)	37 (1.6)	30 (1.0)	39 (2.5)	39 (1.6)	34 (1.7)
60 - 69.....	38 (2.7)	37 (2.4)	55 (4.8)	57 (5.9)	41 (1.7)	29 (1.4)	43 (1.2)	44 (1.5)	37 (1.9)
70 and over.....	35 (2.1)	40 (2.1)	65 (3.7)	50 (4.5)	33 (1.2)	27 (0.9)	38 (1.2)	37 (1.2)	31 (1.5)
2 - 19.....	37 (1.4)	26 (1.6)	43 (3.3)	53 (3.3)	31 (0.9)	27 (0.9)	36 (0.9)	32 (0.9)	28 (1.0)
20 and over...	37 (1.1)	35 (1.0)	50 (3.0)	50 (2.2)	36 (0.8)	28 (0.5)	38 (0.9)	36 (0.8)	33 (0.6)
2 and over...	37 (1.0)	33 (0.9)	49 (2.6)	51 (1.8)	35 (0.7)	28 (0.4)	38 (0.9)	35 (0.7)	32 (0.6)
Males and females:									
2 - 19.....	36 (1.2)	26 (0.8)	44 (2.4)	56 (2.7)	31 (0.7)	26 (0.5)	35 (0.7)	31 (0.6)	29 (0.6)
20 and over...	37 (0.8)	34 (0.9)	51 (2.2)	52 (2.5)	36 (0.7)	28 (0.5)	38 (0.8)	35 (0.6)	33 (0.7)
2 and over...	37 (0.8)	33 (0.8)	50 (1.8)	53 (2.0)	35 (0.6)	28 (0.4)	37 (0.7)	34 (0.6)	32 (0.6)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	28	(1.9)	23	(1.4)	19	(1.5)	19	(1.9)	28	(2.0)	40	(3.4)	23	(1.2)	28	(1.3)	27	(1.0)
6 - 11.....	33	(1.4)	26	(1.5)	25	(2.0)	19	(1.8)	29	(1.4)	39	(3.5)	25	(0.7)	30	(0.9)	28	(1.0)
12 - 19.....	36	(2.1)	30	(1.8)	27	(1.8)	21	(2.8)	32	(1.9)	46	(1.7)	28	(1.5)	34	(1.7)	30	(1.1)
20 - 29.....	35	(1.8)	31	(1.7)	29	(2.3)	21	(3.2)	32	(2.1)	49	(4.0)	32	(1.7)	36	(1.7)	31	(1.4)
30 - 39.....	39	(2.8)	36	(3.8)	29	(3.5)	36*	(11.6)	33	(1.9)	46	(3.2)	31	(2.1)	38	(1.7)	32	(1.9)
40 - 49.....	36	(2.4)	36	(2.6)	33	(4.1)	33	(3.5)	33	(2.8)	48	(5.2)	31	(1.5)	38	(2.1)	32	(1.9)
50 - 59.....	36	(2.0)	30	(4.4)	34	(3.4)	28	(2.7)	37	(3.3)	47	(4.3)	32	(2.4)	37	(1.8)	33	(1.9)
60 - 69.....	39	(1.1)	38	(3.6)	37	(3.9)	29	(3.3)	34	(2.2)	51	(5.2)	28	(1.3)	37	(1.4)	32	(1.7)
70 and over.....	40	(1.7)	37	(3.1)	33	(1.9)	32	(3.8)	35	(2.6)	53	(5.9)	32	(2.0)	38	(1.3)	34	(1.4)
2 - 19.....	33	(1.3)	28	(1.2)	25	(1.1)	20	(1.8)	30	(1.0)	43	(1.7)	26	(0.7)	32	(0.9)	29	(0.6)
20 and over...	37	(0.6)	34	(0.9)	32	(1.5)	30	(1.7)	34	(1.0)	49	(1.5)	31	(0.8)	37	(0.7)	32	(0.7)
2 and over...	36	(0.6)	33	(0.9)	31	(1.2)	27	(1.4)	33	(0.9)	48	(1.2)	30	(0.7)	36	(0.7)	31	(0.6)
Females:																		
2 - 5.....	30	(1.7)	21	(1.4)	19	(1.4)	15	(1.7)	27	(1.8)	39	(3.9)	21	(1.4)	27	(1.4)	26	(1.0)
6 - 11.....	34	(1.2)	29	(1.3)	27	(1.9)	20	(1.7)	30	(1.7)	43	(3.0)	25	(1.8)	32	(1.3)	30	(1.1)
12 - 19.....	38	(1.8)	32	(1.4)	28	(1.7)	25	(2.5)	34	(1.6)	47	(3.5)	29	(1.7)	35	(1.6)	32	(1.5)
20 - 29.....	36	(1.6)	30	(2.8)	31	(2.3)	27	(3.6)	31	(2.1)	41	(2.3)	29	(2.0)	37	(1.3)	31	(1.2)
30 - 39.....	36	(1.5)	37	(2.8)	29	(2.8)	29	(5.5)	30	(1.0)	43	(5.3)	27	(1.5)	35	(1.0)	30	(1.0)
40 - 49.....	35	(1.9)	34	(2.6)	29	(2.0)	37	(6.4)	29	(1.4)	47	(3.9)	28	(1.3)	34	(1.6)	30	(1.5)
50 - 59.....	41	(1.0)	39	(2.7)	35	(1.8)	34	(4.5)	35	(2.0)	61	(4.5)	32	(1.3)	39	(1.6)	33	(1.0)
60 - 69.....	40	(1.8)	38	(2.2)	38	(2.2)	30	(3.3)	36	(2.3)	58	(3.4)	28	(1.7)	37	(1.4)	34	(1.4)
70 and over.....	36	(1.1)	37	(1.7)	30	(1.4)	33	(4.0)	34	(1.0)	61	(5.5)	28	(1.1)	35	(1.1)	31	(0.7)
2 - 19.....	35	(1.0)	29	(0.9)	26	(1.2)	21	(0.8)	31	(1.3)	44	(2.5)	26	(1.1)	32	(1.0)	30	(0.9)
20 and over...	37	(0.7)	35	(1.0)	32	(1.1)	32	(2.4)	32	(0.9)	52	(1.8)	29	(0.7)	36	(0.7)	31	(0.5)
2 and over...	37	(0.6)	34	(0.8)	31	(0.9)	29	(1.8)	32	(0.8)	51	(1.6)	28	(0.7)	36	(0.6)	31	(0.5)
Males and females:																		
2 - 19.....	34	(0.9)	28	(0.9)	25	(1.0)	20	(1.1)	31	(0.9)	43	(1.8)	26	(0.6)	32	(0.7)	30	(0.6)
20 and over...	37	(0.5)	35	(0.7)	32	(0.9)	31	(1.7)	33	(0.8)	50	(1.1)	30	(0.6)	37	(0.5)	32	(0.4)
2 and over...	36	(0.5)	33	(0.6)	31	(0.8)	28	(1.4)	33	(0.7)	49	(1.0)	29	(0.5)	36	(0.5)	31	(0.4)

Table 21. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron % (SE)	Zinc % (SE)	Copper % (SE)	Selenium % (SE)	Potassium % (SE)	Sodium % (SE)	Caffeine % (SE)	Alcohol % (SE)
Males:								
2 - 5.....	23 (0.9)	27 (1.4)	28 (1.1)	37 (1.8)	27 (1.2)	33 (1.1)	21 (5.2)	-- --
6 - 11.....	27 (0.9)	33 (1.2)	29 (1.6)	38 (1.5)	29 (1.3)	37 (1.1)	27 (3.8)	-- --
12 - 19.....	30 (1.0)	36 (1.8)	32 (1.1)	43 (1.8)	34 (1.4)	39 (1.9)	17 (3.9)	-- --
20 - 29.....	34 (1.5)	38 (1.8)	33 (1.5)	40 (2.2)	35 (1.5)	40 (1.9)	11 (2.8)	-- --
30 - 39.....	35 (1.9)	40 (1.9)	32 (1.4)	43 (2.1)	35 (1.8)	41 (1.7)	7 (1.9)	-- --
40 - 49.....	36 (2.3)	40 (2.2)	32 (3.0)	45 (2.6)	36 (2.3)	43 (2.2)	8 (1.5)	-- --
50 - 59.....	36 (2.8)	41 (2.0)	36 (2.4)	41 (2.7)	35 (1.7)	41 (1.9)	8* (2.9)	-- --
60 - 69.....	34 (2.1)	41 (1.9)	35 (2.0)	43 (1.7)	38 (1.4)	43 (1.9)	4* (0.7)	-- --
70 and over.....	30 (2.3)	37 (1.7)	35 (1.6)	44 (1.8)	38 (1.5)	47 (2.0)	9 (1.5)	-- --
2 - 19.....	28 (0.5)	34 (1.1)	30 (0.7)	40 (1.3)	31 (0.8)	38 (1.0)	19 (3.0)	-- --
20 and over...	34 (0.8)	40 (0.8)	34 (0.9)	42 (1.0)	36 (0.7)	42 (0.9)	8 (1.1)	31 (3.7)
2 and over...	33 (0.7)	38 (0.8)	33 (0.8)	42 (1.0)	35 (0.6)	41 (0.8)	8 (1.1)	-- --
Females:								
2 - 5.....	23 (0.8)	28 (1.8)	27 (1.0)	36 (2.0)	28 (1.2)	35 (1.7)	23 (5.4)	-- --
6 - 11.....	26 (1.2)	33 (1.4)	31 (1.0)	40 (1.1)	32 (1.3)	37 (1.1)	30 (5.3)	-- --
12 - 19.....	31 (1.5)	37 (1.5)	33 (1.8)	44 (1.5)	35 (1.5)	41 (1.5)	26 (4.6)	-- --
20 - 29.....	32 (0.9)	37 (1.4)	30 (1.1)	42 (1.4)	36 (1.2)	42 (1.1)	14 (2.5)	-- --
30 - 39.....	32 (1.2)	37 (1.2)	30 (1.2)	43 (1.8)	35 (1.0)	43 (1.3)	6 (1.3)	-- --
40 - 49.....	34 (1.3)	36 (1.5)	33 (2.2)	40 (1.4)	33 (1.2)	41 (1.7)	7 (1.4)	-- --
50 - 59.....	35 (1.6)	40 (2.2)	33 (2.0)	45 (1.5)	37 (1.1)	45 (1.8)	7 (1.0)	-- --
60 - 69.....	36 (1.4)	42 (1.8)	35 (1.6)	43 (1.4)	39 (1.4)	46 (1.5)	7 (1.8)	-- --
70 and over.....	31 (1.1)	38 (1.6)	33 (0.9)	40 (1.6)	36 (0.7)	42 (1.2)	9 (1.4)	-- --
2 - 19.....	28 (0.9)	34 (1.0)	32 (1.0)	41 (1.0)	33 (1.0)	39 (1.0)	27 (4.0)	-- --
20 and over...	33 (0.4)	39 (0.9)	32 (0.7)	42 (0.7)	36 (0.4)	43 (0.8)	8 (0.7)	38 (4.8)
2 and over...	32 (0.5)	38 (0.7)	32 (0.6)	42 (0.7)	35 (0.4)	42 (0.7)	9 (0.7)	-- --
Males and females:								
2 - 19.....	28 (0.5)	34 (0.8)	31 (0.7)	41 (1.0)	32 (0.7)	38 (0.8)	22 (2.4)	-- --
20 and over...	34 (0.5)	39 (0.7)	33 (0.6)	42 (0.8)	36 (0.4)	42 (0.7)	8 (0.8)	33 (3.3)
2 and over...	32 (0.5)	38 (0.6)	33 (0.5)	42 (0.8)	35 (0.4)	42 (0.7)	8 (0.9)	-- --

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016

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.....	98*	(0.8)	29	(1.1)	35	(1.8)	25	(1.1)	19	(1.6)	32	(1.6)	32	(1.6)	31	(1.9)	32	(2.0)	32	(1.9)
6 - 11.....	96*	(1.5)	30	(1.0)	38	(1.1)	26	(1.1)	19	(1.0)	30	(1.2)	32	(1.3)	33	(1.7)	32	(1.3)	31	(1.3)
12 - 19.....	87	(3.2)	34	(1.8)	42	(2.4)	30	(1.7)	23	(1.9)	33	(1.8)	37	(1.9)	37	(2.0)	37	(2.1)	36	(2.1)
20 and over...	96	(0.6)	36	(0.8)	43	(0.9)	32	(0.8)	24	(0.7)	38	(0.9)	39	(1.0)	39	(0.9)	38	(1.1)	39	(1.2)
2 and over...	95	(0.5)	36	(0.8)	43	(0.9)	31	(0.7)	23	(0.7)	37	(0.8)	38	(0.9)	38	(0.8)	38	(1.0)	38	(1.0)
Non-Hispanic Black:																				
2 - 5.....	98*	(0.7)	30	(1.8)	37	(1.7)	26	(1.5)	18	(1.5)	29	(2.0)	33	(2.8)	33	(2.6)	33	(2.9)	34	(3.8)
6 - 11.....	93*	(2.7)	32	(1.5)	39	(1.1)	28	(1.8)	22	(1.6)	33	(2.3)	34	(1.9)	34	(2.1)	36	(1.9)	33	(1.9)
12 - 19.....	81	(2.4)	32	(1.5)	42	(1.2)	28	(1.7)	22	(1.7)	32	(1.6)	34	(1.7)	33	(1.8)	35	(1.8)	34	(2.0)
20 and over...	89	(1.0)	37	(0.9)	45	(0.9)	33	(0.6)	27	(0.7)	38	(0.9)	38	(1.1)	38	(0.9)	38	(1.1)	40	(1.9)
2 and over...	89	(0.8)	36	(0.6)	43	(0.7)	31	(0.4)	25	(0.5)	36	(0.8)	37	(0.7)	36	(0.8)	37	(0.7)	38	(1.2)
Non-Hispanic Asian⁴:																				
2 - 5.....	98*	(1.8)	25*	(1.5)	34*	(2.5)	22*	(1.8)	17*	(2.7)	20*	(1.5)	23*	(2.1)	24*	(3.1)	22*	(1.8)	22*	(2.7)
6 - 11.....	99*	(0.9)	31*	(1.4)	41*	(1.4)	28*	(1.6)	21*	(2.8)	30*	(2.5)	31*	(2.3)	30*	(3.1)	33*	(2.4)	30*	(2.4)
12 - 19.....	92*	(2.1)	35	(3.0)	40	(4.0)	33	(2.6)	23	(3.3)	33	(2.6)	34	(3.4)	32	(3.3)	34	(3.7)	36	(3.5)
20 and over...	96	(1.4)	36	(0.8)	43	(1.0)	33	(0.6)	24	(0.9)	34	(0.8)	35	(1.1)	35	(1.0)	35	(1.3)	35	(1.2)
2 and over...	96	(1.4)	35	(0.8)	42	(1.1)	33	(0.7)	24	(0.9)	34	(0.8)	34	(1.0)	34	(0.9)	34	(1.3)	34	(1.2)
Hispanic:																				
2 - 5.....	91*	(2.4)	25	(1.7)	31	(2.6)	22	(1.2)	16	(1.0)	25	(1.9)	25	(2.4)	25	(2.7)	25	(2.8)	26	(2.4)
6 - 11.....	87	(1.1)	29	(1.3)	35	(2.0)	27	(1.3)	21	(1.2)	30	(2.3)	29	(1.5)	29	(1.5)	30	(1.6)	30	(1.8)
12 - 19.....	85	(1.7)	35	(1.3)	40	(1.8)	33	(1.0)	26	(1.0)	37	(1.9)	36	(1.9)	35	(1.7)	35	(1.9)	36	(2.4)
20 and over...	85	(1.0)	31	(0.5)	36	(0.9)	29	(0.6)	23	(0.7)	33	(1.0)	32	(0.5)	32	(0.5)	32	(0.6)	32	(1.0)
2 and over...	86	(0.7)	31	(0.5)	36	(0.9)	29	(0.5)	23	(0.5)	33	(0.8)	32	(0.5)	32	(0.4)	32	(0.6)	32	(0.8)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Cholesterol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	29	(2.2)	25	(3.2)	44	(10.0)	56	(7.1)	29	(1.5)	24	(1.4)	34	(2.0)	27	(1.9)	23	(1.7)
6 - 11.....	36	(1.9)	25	(2.4)	39	(7.4)	68	(8.5)	31	(1.5)	26	(1.5)	34	(1.5)	30	(1.3)	27	(1.7)
12 - 19.....	42	(3.8)	31	(2.4)	52	(6.1)	58	(6.4)	33	(1.6)	28	(1.5)	37	(1.7)	32	(1.8)	30	(1.9)
20 and over...	39	(1.2)	35	(1.3)	52	(3.4)	55	(3.0)	37	(0.9)	28	(0.7)	38	(1.1)	35	(0.9)	33	(1.1)
2 and over...	39	(1.2)	33	(1.2)	52	(2.6)	56	(2.6)	36	(0.9)	28	(0.7)	38	(1.0)	35	(0.9)	32	(1.0)
Non-Hispanic Black:																		
2 - 5.....	41	(4.2)	26	(3.1)	45	(9.6)	49	(8.1)	29	(1.8)	24	(1.4)	33	(1.3)	29	(1.2)	27	(1.9)
6 - 11.....	38	(3.2)	25	(1.3)	48	(5.2)	54	(4.3)	30	(1.8)	25	(1.1)	35	(1.5)	31	(2.1)	30	(2.1)
12 - 19.....	41	(2.4)	28	(2.4)	58	(7.9)	55	(6.4)	30	(1.1)	27	(1.3)	36	(1.0)	31	(1.9)	26	(2.7)
20 and over...	41	(0.9)	41	(1.9)	61	(4.7)	54	(2.5)	37	(0.9)	33	(1.0)	42	(1.2)	39	(1.4)	35	(0.9)
2 and over...	40	(0.8)	37	(1.4)	59	(4.1)	54	(2.3)	35	(0.8)	31	(0.8)	40	(1.0)	37	(1.2)	33	(0.6)
Non-Hispanic Asian⁴:																		
2 - 5.....	32*	(3.0)	21*	(3.5)	26*	(6.7)	61*	(18.3)	22*	(2.9)	22*	(3.3)	31*	(4.9)	27*	(5.1)	21*	(2.3)
6 - 11.....	42*	(2.9)	28*	(3.7)	31*	(9.1)	51*	(10.5)	33*	(1.6)	30*	(3.0)	36*	(1.2)	34*	(2.5)	31*	(1.6)
12 - 19.....	35	(5.8)	28	(2.7)	50	(6.5)	35	(9.6)	36	(2.3)	28	(2.5)	36	(3.5)	35	(3.0)	37	(3.2)
20 and over...	42	(2.4)	36	(1.7)	44	(2.9)	56	(6.1)	38	(1.3)	31	(0.7)	41	(1.2)	38	(1.3)	38	(1.0)
2 and over...	41	(2.5)	35	(1.5)	44	(2.7)	54	(6.0)	37	(1.1)	31	(0.8)	40	(1.1)	37	(1.2)	37	(1.0)
Hispanic:																		
2 - 5.....	25	(3.9)	16	(1.7)	24	(5.4)	40	(6.9)	26	(2.2)	18	(1.1)	30	(1.9)	25	(1.4)	21	(2.0)
6 - 11.....	32	(2.4)	20	(1.6)	31	(4.2)	47	(4.3)	29	(1.6)	23	(1.1)	34	(2.1)	29	(1.4)	29	(1.9)
12 - 19.....	35	(2.3)	28	(1.5)	47	(4.8)	57	(3.6)	35	(1.4)	29	(1.3)	39	(1.7)	33	(1.7)	34	(1.4)
20 and over...	28	(1.1)	27	(1.3)	39	(3.1)	40	(1.1)	32	(0.9)	25	(0.7)	33	(0.9)	30	(0.6)	32	(1.1)
2 and over...	29	(1.1)	25	(0.9)	39	(2.1)	44	(1.3)	32	(0.7)	25	(0.6)	34	(0.8)	30	(0.6)	31	(0.9)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	29	(1.7)	23	(1.7)	18	(1.7)	18	(1.7)	30	(2.1)	38	(4.9)	24	(1.6)	28	(1.4)	28	(1.2)
6 - 11.....	33	(1.5)	28	(1.8)	26	(1.6)	19	(2.1)	29	(1.5)	41	(3.9)	27	(1.5)	31	(1.0)	28	(1.1)
12 - 19.....	38	(2.8)	32	(2.1)	24	(2.5)	23	(3.4)	32	(1.9)	46	(2.6)	28	(1.6)	34	(2.1)	30	(1.5)
20 and over...	38	(0.7)	35	(0.8)	32	(1.2)	32	(2.7)	34	(1.0)	52	(1.7)	31	(0.9)	37	(0.7)	32	(0.6)
2 and over...	37	(0.7)	34	(0.9)	31	(1.0)	29	(2.3)	33	(0.9)	51	(1.6)	30	(0.8)	36	(0.7)	31	(0.6)
Non-Hispanic Black:																		
2 - 5.....	34	(1.9)	21	(1.7)	23	(2.4)	13	(1.8)	30	(2.1)	55	(5.3)	21	(1.5)	29	(1.5)	28	(1.5)
6 - 11.....	36	(1.6)	28	(2.7)	29	(3.0)	17	(3.6)	33	(1.8)	51	(2.4)	24	(1.9)	32	(1.4)	32	(1.5)
12 - 19.....	38	(2.0)	30	(2.9)	29	(2.9)	23	(3.2)	34	(2.5)	51	(8.1)	28	(1.6)	34	(1.0)	32	(1.3)
20 and over...	40	(1.0)	36	(1.4)	34	(1.7)	31	(2.9)	35	(1.7)	57	(3.3)	31	(1.0)	39	(1.0)	36	(1.0)
2 and over...	39	(0.9)	33	(1.1)	32	(1.5)	27	(2.0)	35	(1.1)	55	(2.7)	29	(0.9)	37	(0.8)	34	(0.8)
Non-Hispanic Asian⁴:																		
2 - 5.....	27*	(2.8)	23*	(4.2)	11*	(2.5)	21*	(5.6)	18*	(2.1)	31*	(5.9)	21*	(3.2)	27*	(2.4)	24*	(1.3)
6 - 11.....	41*	(1.9)	30*	(4.8)	22*	(3.3)	40*	(6.9)	28*	(2.6)	37*	(3.9)	28*	(3.6)	36*	(1.7)	32*	(1.5)
12 - 19.....	36	(4.4)	27	(4.0)	31	(3.7)	25	(2.8)	30	(2.6)	51	(5.3)	25	(1.8)	35	(2.7)	32	(2.2)
20 and over...	40	(1.4)	40	(2.9)	34	(2.5)	35	(3.9)	34	(1.4)	50	(3.2)	28	(0.8)	38	(0.8)	33	(0.9)
2 and over...	40	(1.6)	38	(2.8)	33	(2.3)	34	(3.4)	33	(1.3)	50	(3.0)	28	(0.8)	37	(0.9)	33	(0.9)
Hispanic:																		
2 - 5.....	25	(2.5)	20	(1.9)	18	(1.9)	15	(2.1)	23	(2.4)	26	(4.4)	18	(0.7)	24	(1.5)	24	(1.3)
6 - 11.....	31	(1.7)	25	(1.7)	26	(3.1)	17	(2.6)	28	(1.9)	38	(3.5)	23	(0.9)	29	(1.5)	28	(1.5)
12 - 19.....	34	(1.8)	29	(1.6)	30	(2.4)	21	(2.6)	36	(2.5)	41	(3.5)	30	(1.4)	35	(1.4)	33	(1.2)
20 and over...	30	(1.0)	31	(0.7)	27	(1.0)	24	(1.7)	30	(1.0)	39	(2.3)	27	(1.0)	32	(0.7)	29	(0.9)
2 and over...	30	(1.0)	29	(0.5)	27	(1.0)	22	(1.4)	30	(0.8)	39	(1.9)	26	(0.6)	32	(0.7)	29	(0.8)

Table 22. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	24	(1.1)	27	(1.4)	28	(1.3)	37	(1.9)	29	(1.1)	35	(1.6)	24*	(8.2)	--	--
6 - 11.....	25	(1.0)	33	(1.5)	30	(1.6)	40	(1.6)	31	(1.4)	38	(1.0)	27	(4.2)	--	--
12 - 19.....	30	(1.5)	38	(1.9)	31	(1.6)	45	(2.3)	34	(1.9)	40	(2.3)	19	(3.5)	--	--
20 and over...	34	(0.8)	40	(1.0)	34	(0.8)	43	(1.0)	37	(0.6)	44	(1.0)	7	(0.8)	32	(4.1)
2 and over...	33	(0.7)	39	(0.9)	33	(0.7)	43	(1.0)	36	(0.6)	43	(0.9)	7	(0.9)	--	--
Non-Hispanic Black:																
2 - 5.....	25	(1.6)	29	(1.1)	30	(1.5)	41	(1.8)	28	(1.6)	37	(1.8)	22*	(8.9)	--	--
6 - 11.....	30	(2.2)	34	(2.2)	33	(1.9)	39	(1.7)	32	(1.6)	38	(1.7)	44	(6.0)	--	--
12 - 19.....	27	(1.9)	34	(2.5)	34	(3.8)	44	(2.1)	35	(1.2)	40	(1.6)	16	(3.9)	--	--
20 and over...	36	(1.1)	40	(0.9)	34	(1.0)	44	(0.9)	39	(0.9)	43	(1.1)	14	(1.1)	42	(11.1)
2 and over...	33	(0.9)	38	(0.9)	34	(0.8)	44	(0.6)	37	(0.8)	42	(0.9)	14	(1.1)	--	--
Non-Hispanic Asian⁴:																
2 - 5.....	20*	(2.6)	31*	(2.8)	21*	(2.2)	31*	(2.6)	24*	(3.2)	32*	(1.4)	60*	(14.3)	--	--
6 - 11.....	29*	(2.0)	38*	(3.3)	32*	(1.8)	41*	(2.0)	34*	(2.2)	39*	(2.6)	17*	(8.9)	--	--
12 - 19.....	35	(3.9)	37	(5.2)	33	(3.4)	40	(4.0)	33	(2.6)	41	(4.2)	18*	(10.5)	--	--
20 and over...	36	(1.1)	39	(1.3)	33	(1.0)	44	(1.3)	36	(0.8)	45	(1.2)	7	(0.9)	42	(9.7)
2 and over...	35	(1.1)	39	(1.5)	33	(1.0)	43	(1.3)	35	(0.8)	45	(1.4)	7	(0.9)	--	--
Hispanic:																
2 - 5.....	21	(1.5)	26	(2.5)	25	(1.7)	32	(2.8)	24	(1.3)	30	(2.5)	18*	(6.7)	--	--
6 - 11.....	26	(1.6)	30	(1.6)	28	(1.4)	35	(2.8)	29	(1.4)	34	(1.8)	26	(5.0)	--	--
12 - 19.....	32	(1.4)	36	(1.5)	35	(1.3)	42	(1.7)	35	(1.4)	41	(1.7)	29	(2.9)	--	--
20 and over...	31	(0.7)	34	(0.7)	30	(0.9)	36	(0.9)	31	(0.8)	36	(0.8)	11	(0.8)	27	(3.8)
2 and over...	30	(0.6)	34	(0.7)	30	(0.8)	36	(1.0)	31	(0.6)	36	(0.8)	13	(1.0)	--	--

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 2.41.

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 2.41.

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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	95* (1.5)	31 (1.6)	39 (2.2)	27 (1.3)	20 (1.2)	30 (2.2)	34 (2.3)	32 (2.4)	34 (2.3)	35 (2.7)
6 - 11.....	91 (2.3)	30 (1.8)	37 (2.2)	27 (1.7)	20 (1.2)	32 (2.6)	33 (2.2)	33 (2.1)	34 (2.4)	30 (2.5)
12 - 19.....	85 (1.9)	34 (1.5)	42 (1.4)	30 (1.5)	24 (2.0)	34 (2.2)	37 (2.2)	36 (2.2)	37 (2.5)	38 (3.2)
20 and over...	89 (1.3)	36 (0.9)	41 (1.1)	32 (1.0)	24 (1.2)	39 (1.5)	38 (1.0)	37 (1.2)	37 (0.8)	40 (1.2)
2 and over...	89 (0.9)	35 (0.8)	41 (0.9)	31 (0.8)	24 (0.9)	37 (1.3)	37 (0.8)	37 (0.9)	37 (0.7)	39 (1.1)
\$25,000 - \$74,999:										
2 - 5.....	95* (1.8)	26 (1.2)	33 (1.5)	23 (1.3)	17 (1.2)	27 (2.4)	29 (1.6)	28 (1.8)	29 (1.9)	29 (1.7)
6 - 11.....	92 (1.3)	31 (1.2)	39 (1.6)	28 (0.9)	22 (1.6)	30 (1.4)	32 (1.7)	32 (1.9)	32 (1.8)	32 (1.9)
12 - 19.....	86 (1.9)	33 (1.1)	40 (1.5)	30 (1.3)	24 (1.4)	32 (1.1)	35 (1.1)	35 (1.4)	35 (1.0)	34 (1.4)
20 and over...	93 (0.6)	36 (0.7)	42 (1.2)	32 (0.6)	25 (0.9)	37 (0.7)	38 (0.8)	38 (0.9)	38 (0.9)	38 (1.0)
2 and over...	92 (0.5)	35 (0.6)	42 (1.1)	31 (0.6)	24 (0.9)	35 (0.7)	37 (0.7)	37 (0.7)	37 (0.8)	37 (0.8)
\$75,000 and higher:										
2 - 5.....	98* (1.2)	27 (1.2)	32 (1.9)	24 (1.1)	18 (1.6)	30 (1.7)	29 (1.9)	29 (2.5)	28 (2.2)	29 (2.2)
6 - 11.....	96* (0.6)	29 (1.0)	37 (1.2)	25 (1.1)	18 (1.1)	30 (1.3)	31 (1.1)	31 (1.6)	30 (1.1)	29 (1.3)
12 - 19.....	86 (4.0)	35 (2.1)	43 (2.5)	32 (2.1)	23 (2.3)	35 (2.4)	36 (2.3)	36 (2.1)	36 (2.4)	36 (2.8)
20 and over...	97 (0.6)	35 (0.9)	43 (1.0)	31 (0.8)	24 (0.7)	36 (0.8)	37 (1.2)	38 (1.3)	37 (1.2)	36 (1.3)
2 and over...	96 (0.7)	35 (0.8)	42 (0.8)	30 (0.8)	23 (0.5)	35 (0.7)	36 (1.1)	36 (1.1)	36 (1.1)	35 (1.2)
All Individuals⁴:										
2 - 5.....	96 (1.0)	28 (0.8)	34 (1.4)	24 (0.6)	18 (0.6)	29 (1.3)	30 (1.1)	30 (1.3)	30 (1.3)	31 (1.0)
6 - 11.....	93 (0.8)	30 (0.8)	37 (1.0)	27 (0.8)	20 (0.8)	30 (1.0)	32 (1.1)	32 (1.2)	32 (1.2)	31 (1.0)
12 - 19.....	86 (1.6)	34 (0.9)	41 (1.2)	31 (1.0)	24 (1.1)	34 (1.0)	36 (0.9)	36 (1.0)	36 (1.0)	35 (1.1)
20 and over...	93 (0.5)	36 (0.5)	42 (0.7)	32 (0.5)	24 (0.5)	37 (0.6)	38 (0.6)	38 (0.6)	37 (0.7)	38 (0.7)
2 and over...	93 (0.4)	35 (0.5)	41 (0.7)	31 (0.5)	23 (0.5)	36 (0.5)	37 (0.6)	37 (0.5)	36 (0.7)	37 (0.6)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	38	(3.5)	25	(1.6)	41	(5.8)	58	(11.0)	31	(2.2)	25	(1.6)	35	(2.0)	28	(1.7)	26	(2.3)
6 - 11.....	37	(2.5)	23	(1.4)	38	(6.0)	55	(5.2)	30	(1.9)	24	(1.4)	33	(1.9)	28	(1.6)	28	(2.2)
12 - 19.....	39	(3.6)	28	(2.3)	56	(6.7)	52	(4.4)	32	(1.6)	27	(1.3)	37	(1.8)	31	(1.8)	29	(1.8)
20 and over...	36	(1.2)	34	(1.9)	50	(3.1)	49	(3.6)	37	(1.0)	28	(1.0)	36	(1.0)	34	(1.3)	35	(1.4)
2 and over...	36	(1.1)	32	(1.5)	50	(2.7)	51	(2.8)	36	(0.8)	28	(0.7)	36	(0.9)	33	(1.1)	34	(1.2)
\$25,000 - \$74,999:																		
2 - 5.....	29	(2.6)	18	(1.9)	30	(4.2)	52	(9.6)	25	(1.5)	21	(1.3)	32	(1.5)	26	(1.5)	21	(1.7)
6 - 11.....	37	(3.0)	22	(2.2)	35	(4.2)	56	(5.0)	31	(1.6)	25	(1.3)	36	(1.3)	31	(1.3)	27	(1.6)
12 - 19.....	39	(2.5)	30	(2.4)	53	(7.9)	49	(3.4)	32	(1.1)	27	(1.3)	35	(1.2)	31	(1.0)	31	(1.4)
20 and over...	37	(1.3)	36	(1.4)	54	(2.6)	50	(3.6)	37	(1.0)	29	(0.9)	38	(1.3)	35	(1.3)	34	(1.0)
2 and over...	37	(1.2)	33	(1.4)	52	(2.5)	50	(2.9)	35	(0.9)	28	(0.8)	37	(1.1)	34	(1.1)	32	(0.9)
\$75,000 and higher:																		
2 - 5.....	26	(3.1)	22	(2.3)	32	(6.3)	44	(9.1)	29	(1.2)	22	(1.2)	33	(1.7)	26	(1.4)	24	(1.1)
6 - 11.....	33	(1.4)	26	(3.1)	37	(6.3)	64*	(11.2)	30	(1.2)	26	(1.8)	34	(1.5)	30	(1.3)	29	(1.5)
12 - 19.....	39	(3.6)	30	(2.2)	48	(5.7)	65	(8.5)	34	(2.6)	29	(1.7)	39	(2.0)	34	(2.1)	32	(2.6)
20 and over...	40	(1.4)	34	(1.6)	48	(4.2)	57	(3.7)	36	(1.0)	28	(0.9)	39	(1.0)	36	(0.9)	32	(1.2)
2 and over...	39	(1.3)	32	(1.3)	47	(3.1)	58	(3.3)	35	(1.0)	28	(0.8)	38	(0.9)	35	(0.7)	32	(1.1)
All Individuals⁴:																		
2 - 5.....	31	(2.2)	23	(1.6)	41	(5.2)	50	(3.8)	28	(0.8)	23	(0.7)	33	(1.0)	27	(0.9)	23	(1.0)
6 - 11.....	35	(1.2)	24	(1.3)	37	(3.3)	58	(5.4)	30	(0.9)	25	(0.9)	34	(0.9)	30	(0.8)	28	(0.9)
12 - 19.....	39	(1.9)	30	(1.3)	51	(3.5)	56	(3.3)	33	(1.0)	28	(0.8)	37	(1.0)	32	(1.0)	31	(1.2)
20 and over...	37	(0.8)	34	(0.9)	51	(2.2)	52	(2.5)	36	(0.7)	28	(0.5)	38	(0.8)	35	(0.6)	33	(0.7)
2 and over...	37	(0.8)	33	(0.8)	50	(1.8)	53	(2.0)	35	(0.6)	28	(0.4)	37	(0.7)	34	(0.6)	32	(0.6)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	33	(2.5)	23	(1.7)	20	(2.3)	17	(2.1)	31	(2.7)	46	(5.6)	24	(1.3)	32	(1.7)	30	(1.5)
6 - 11.....	32	(1.9)	25	(1.3)	26	(2.5)	14	(2.2)	29	(2.3)	36	(5.1)	24	(1.1)	30	(1.8)	29	(1.8)
12 - 19.....	37	(2.6)	31	(2.7)	28	(2.3)	18	(2.3)	36	(4.4)	54	(5.2)	28	(1.8)	35	(1.4)	31	(1.9)
20 and over...	36	(1.1)	31	(2.6)	30	(1.6)	27	(1.7)	33	(0.8)	48	(2.8)	31	(1.1)	37	(1.0)	33	(0.8)
2 and over...	36	(0.9)	30	(1.9)	29	(1.4)	24	(1.3)	33	(0.8)	48	(2.4)	30	(0.8)	36	(0.9)	32	(0.7)
\$25,000 - \$74,999:																		
2 - 5.....	27	(1.6)	21	(1.8)	19	(1.7)	17	(2.3)	28	(2.0)	38	(2.8)	20	(1.4)	26	(1.0)	25	(1.2)
6 - 11.....	35	(2.0)	28	(1.5)	26	(2.3)	18	(1.5)	30	(1.5)	38	(2.5)	23	(1.6)	31	(1.4)	29	(1.2)
12 - 19.....	36	(1.7)	28	(1.6)	28	(2.1)	22	(2.6)	31	(1.3)	38	(3.6)	28	(1.4)	33	(1.3)	30	(1.3)
20 and over...	37	(1.0)	36	(1.1)	33	(1.3)	27	(1.5)	35	(1.4)	50	(1.6)	31	(0.9)	37	(1.0)	32	(0.9)
2 and over...	36	(1.0)	34	(0.9)	31	(1.0)	25	(1.2)	34	(1.2)	49	(1.3)	29	(0.8)	36	(0.9)	31	(0.8)
\$75,000 and higher:																		
2 - 5.....	26	(2.0)	22	(1.8)	17	(2.0)	16	(2.1)	26	(1.2)	30	(3.0)	21	(1.6)	26	(1.2)	26	(1.2)
6 - 11.....	32	(1.3)	27	(2.4)	27	(2.5)	22	(3.4)	28	(1.8)	46	(4.2)	27	(1.9)	30	(1.3)	28	(1.0)
12 - 19.....	37	(2.7)	32	(2.1)	26	(3.7)	25	(3.3)	33	(2.6)	48	(2.9)	28	(2.0)	35	(2.2)	32	(1.9)
20 and over...	38	(0.8)	36	(1.6)	32	(1.4)	37	(4.7)	32	(0.8)	51	(2.1)	30	(1.2)	37	(0.8)	31	(0.6)
2 and over...	37	(0.7)	34	(1.2)	31	(1.2)	33	(3.7)	31	(0.8)	50	(1.8)	29	(1.0)	36	(0.6)	31	(0.5)
All Individuals⁴:																		
2 - 5.....	29	(1.3)	22	(0.7)	19	(1.1)	17	(1.1)	28	(1.4)	39	(2.9)	22	(0.9)	28	(0.9)	27	(0.8)
6 - 11.....	33	(0.9)	27	(1.1)	26	(1.3)	19	(1.3)	29	(1.2)	41	(2.6)	25	(1.0)	31	(0.9)	29	(0.9)
12 - 19.....	37	(1.5)	31	(1.2)	27	(1.5)	23	(1.8)	33	(1.2)	46	(2.0)	28	(0.9)	35	(1.1)	31	(0.9)
20 and over...	37	(0.5)	35	(0.7)	32	(0.9)	31	(1.7)	33	(0.8)	50	(1.1)	30	(0.6)	37	(0.5)	32	(0.4)
2 and over...	36	(0.5)	33	(0.6)	31	(0.8)	28	(1.4)	33	(0.7)	49	(1.0)	29	(0.5)	36	(0.5)	31	(0.4)

Table 23. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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.....	24	(1.6)	32	(2.4)	29	(1.7)	44	(2.5)	29	(1.4)	38	(2.1)	45	(8.1)	--	--
6 - 11.....	26	(1.9)	32	(2.4)	30	(2.3)	39	(2.5)	29	(1.6)	36	(2.3)	22	(3.5)	--	--
12 - 19.....	30	(1.5)	36	(1.8)	33	(2.3)	42	(1.5)	35	(1.5)	40	(1.5)	22	(5.6)	--	--
20 and over...	34	(1.2)	39	(1.0)	34	(1.1)	42	(1.2)	36	(0.9)	42	(1.5)	9	(1.5)	39	(8.0)
2 and over...	32	(1.0)	38	(0.8)	33	(1.0)	41	(1.0)	35	(0.7)	41	(1.2)	9	(1.4)	--	--
\$25,000 - \$74,999:																
2 - 5.....	22	(1.2)	25	(1.3)	27	(1.6)	34	(2.0)	27	(1.1)	33	(1.6)	12*	(2.6)	--	--
6 - 11.....	27	(1.5)	33	(1.0)	31	(1.3)	39	(2.0)	31	(1.5)	37	(1.0)	35	(4.4)	--	--
12 - 19.....	29	(1.5)	35	(1.7)	31	(1.2)	41	(1.8)	33	(1.1)	39	(1.2)	23	(6.1)	--	--
20 and over...	34	(1.0)	41	(1.1)	34	(1.0)	42	(1.3)	36	(0.9)	42	(1.1)	9	(1.4)	27	(4.8)
2 and over...	32	(0.9)	39	(1.0)	33	(0.9)	41	(1.2)	35	(0.8)	41	(0.9)	10	(1.5)	--	--
\$75,000 and higher:																
2 - 5.....	24	(1.1)	26	(2.3)	27	(1.8)	34	(1.5)	26	(1.3)	32	(1.5)	19*	(6.1)	--	--
6 - 11.....	26	(0.8)	33	(1.6)	30	(1.5)	38	(1.5)	31	(1.3)	37	(1.0)	23*	(7.0)	--	--
12 - 19.....	31	(2.4)	39	(2.1)	33	(2.2)	46	(2.3)	35	(2.3)	41	(2.6)	20	(4.0)	--	--
20 and over...	34	(0.8)	39	(1.0)	32	(0.8)	43	(0.7)	36	(0.8)	43	(1.0)	6	(1.0)	35	(3.5)
2 and over...	32	(0.8)	38	(0.8)	32	(0.7)	43	(0.7)	35	(0.6)	42	(0.9)	7	(1.0)	--	--
All Individuals⁴:																
2 - 5.....	23	(0.4)	27	(1.3)	28	(0.8)	37	(1.5)	28	(0.8)	34	(1.1)	22	(4.9)	--	--
6 - 11.....	27	(0.6)	33	(0.9)	30	(1.0)	39	(1.1)	31	(1.0)	37	(0.8)	28	(3.6)	--	--
12 - 19.....	30	(0.9)	37	(1.0)	33	(1.0)	43	(1.2)	34	(1.0)	40	(1.2)	21	(2.7)	--	--
20 and over...	34	(0.5)	39	(0.7)	33	(0.6)	42	(0.8)	36	(0.4)	42	(0.7)	8	(0.8)	33	(3.3)
2 and over...	32	(0.5)	38	(0.6)	33	(0.5)	42	(0.8)	35	(0.4)	42	(0.7)	8	(0.9)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

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.....	93* (2.0)	30 (1.6)	37 (2.1)	26 (1.3)	20 (1.5)	30 (2.0)	32 (2.3)	31 (2.3)	33 (2.3)	34 (2.8)
6 - 11.....	89 (1.7)	30 (1.4)	36 (2.0)	27 (1.1)	20 (0.7)	30 (1.7)	31 (1.8)	31 (1.9)	32 (2.0)	30 (1.7)
12 - 19.....	85 (2.4)	35 (1.2)	42 (1.3)	30 (1.2)	23 (1.3)	36 (1.5)	37 (1.7)	37 (1.7)	37 (2.0)	37 (2.2)
20 and over...	88 (1.1)	35 (0.9)	41 (1.2)	32 (1.0)	24 (1.2)	38 (1.5)	37 (1.1)	37 (1.1)	37 (1.2)	38 (1.5)
2 and over...	88 (0.6)	34 (0.7)	40 (1.0)	31 (0.7)	23 (0.8)	37 (1.1)	36 (0.9)	36 (0.9)	36 (1.0)	37 (1.0)
131-350% poverty:										
2 - 5.....	98* (0.9)	26 (0.8)	33 (1.2)	22 (0.9)	16 (1.0)	28 (2.0)	28 (1.3)	27 (1.4)	28 (1.6)	29 (1.8)
6 - 11.....	95 (1.3)	31 (0.8)	40 (1.1)	27 (1.0)	21 (1.1)	31 (1.1)	33 (1.4)	33 (1.6)	33 (1.5)	32 (1.7)
12 - 19.....	86 (1.6)	34 (1.0)	41 (1.4)	31 (1.2)	26 (1.5)	32 (1.6)	35 (1.1)	35 (1.4)	34 (1.2)	33 (1.3)
20 and over...	93 (0.6)	35 (0.9)	42 (1.0)	32 (0.8)	25 (1.0)	36 (1.1)	37 (0.8)	38 (1.0)	36 (0.8)	37 (0.9)
2 and over...	93 (0.4)	34 (0.7)	41 (0.9)	31 (0.7)	24 (0.9)	35 (1.0)	36 (0.7)	37 (0.8)	35 (0.7)	36 (0.8)
Over 350% poverty:										
2 - 5.....	97* (1.5)	27 (1.3)	32 (2.4)	24 (1.1)	20 (1.9)	30 (1.9)	30 (2.3)	30 (3.1)	29 (2.8)	30 (3.0)
6 - 11.....	96* (1.0)	28 (1.3)	36 (1.7)	25 (1.4)	18 (1.8)	29 (1.7)	30 (1.5)	30 (1.9)	29 (1.7)	29 (1.5)
12 - 19.....	86 (5.1)	34 (2.4)	42 (2.8)	31 (2.3)	21 (2.2)	35 (2.8)	36 (2.6)	35 (2.5)	36 (2.7)	37 (3.2)
20 and over...	97 (0.5)	36 (0.9)	43 (1.2)	32 (0.9)	24 (0.8)	36 (1.0)	38 (1.2)	38 (1.2)	38 (1.4)	38 (1.5)
2 and over...	96 (0.7)	35 (0.9)	43 (1.1)	31 (0.9)	23 (0.8)	36 (1.0)	37 (1.2)	37 (1.1)	37 (1.3)	37 (1.4)
All Individuals⁵:										
2 - 5.....	96 (1.0)	28 (0.8)	34 (1.4)	24 (0.6)	18 (0.6)	29 (1.3)	30 (1.1)	30 (1.3)	30 (1.3)	31 (1.0)
6 - 11.....	93 (0.8)	30 (0.8)	37 (1.0)	27 (0.8)	20 (0.8)	30 (1.0)	32 (1.1)	32 (1.2)	32 (1.2)	31 (1.0)
12 - 19.....	86 (1.6)	34 (0.9)	41 (1.2)	31 (1.0)	24 (1.1)	34 (1.0)	36 (0.9)	36 (1.0)	36 (1.0)	35 (1.1)
20 and over...	93 (0.5)	36 (0.5)	42 (0.7)	32 (0.5)	24 (0.5)	37 (0.6)	38 (0.6)	38 (0.6)	37 (0.7)	38 (0.7)
2 and over...	93 (0.4)	35 (0.5)	41 (0.7)	31 (0.5)	23 (0.5)	36 (0.5)	37 (0.6)	37 (0.5)	36 (0.7)	37 (0.6)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	35 (3.3)	22 (1.3)	35 (5.0)	58 (8.7)	29 (1.6)	24 (1.3)	34 (1.8)	28 (2.1)	24 (1.7)
6 - 11.....	34 (2.5)	20 (1.4)	29 (3.4)	53 (4.9)	29 (1.4)	24 (1.2)	33 (1.6)	28 (1.6)	28 (1.2)
12 - 19.....	39 (3.1)	31 (2.3)	58 (5.9)	55 (3.9)	34 (1.2)	28 (1.1)	37 (1.7)	33 (1.6)	33 (1.9)
20 and over...	35 (1.2)	34 (1.4)	50 (3.3)	47 (3.4)	38 (1.1)	29 (0.6)	37 (1.2)	34 (1.4)	36 (1.5)
2 and over...	35 (1.2)	31 (1.1)	48 (2.9)	49 (2.8)	36 (0.7)	28 (0.5)	36 (1.0)	33 (1.1)	34 (1.0)
131-350% poverty:									
2 - 5.....	29 (2.6)	20 (2.0)	39 (6.0)	54 (6.8)	26 (1.1)	22 (1.0)	32 (1.2)	26 (0.9)	21 (1.2)
6 - 11.....	38 (2.3)	24 (2.6)	45 (7.9)	66 (6.6)	31 (1.3)	25 (0.9)	36 (1.5)	32 (1.6)	27 (2.1)
12 - 19.....	40 (2.4)	30 (2.1)	53 (6.4)	52 (3.9)	32 (1.2)	28 (1.5)	35 (1.4)	31 (1.5)	29 (1.6)
20 and over...	37 (1.5)	34 (1.8)	49 (4.7)	48 (4.3)	35 (1.1)	28 (0.9)	36 (1.1)	33 (0.8)	32 (1.1)
2 and over...	37 (1.3)	32 (1.4)	48 (4.0)	50 (3.7)	34 (0.9)	27 (0.8)	36 (0.9)	32 (0.7)	31 (1.0)
Over 350% poverty:									
2 - 5.....	25 (3.5)	22 (2.5)	29 (6.1)	36 (8.4)	29 (1.6)	22 (1.3)	33 (2.5)	26 (1.7)	24 (1.5)
6 - 11.....	33 (2.3)	27 (1.9)	34 (4.5)	52 (7.8)	30 (1.0)	28 (2.4)	33 (1.7)	29 (2.3)	29 (1.1)
12 - 19.....	38 (3.9)	28 (2.2)	45 (6.9)	63 (10.1)	33 (2.9)	28 (1.7)	39 (2.3)	33 (2.3)	32 (3.0)
20 and over...	40 (1.6)	35 (1.4)	53 (2.4)	58 (3.5)	37 (1.2)	28 (1.0)	40 (1.1)	37 (1.3)	33 (1.4)
2 and over...	39 (1.4)	33 (1.2)	51 (2.0)	58 (3.1)	36 (1.2)	28 (0.9)	39 (1.1)	36 (1.1)	33 (1.3)
All Individuals⁵:									
2 - 5.....	31 (2.2)	23 (1.6)	41 (5.2)	50 (3.8)	28 (0.8)	23 (0.7)	33 (1.0)	27 (0.9)	23 (1.0)
6 - 11.....	35 (1.2)	24 (1.3)	37 (3.3)	58 (5.4)	30 (0.9)	25 (0.9)	34 (0.9)	30 (0.8)	28 (0.9)
12 - 19.....	39 (1.9)	30 (1.3)	51 (3.5)	56 (3.3)	33 (1.0)	28 (0.8)	37 (1.0)	32 (1.0)	31 (1.2)
20 and over...	37 (0.8)	34 (0.9)	51 (2.2)	52 (2.5)	36 (0.7)	28 (0.5)	38 (0.8)	35 (0.6)	33 (0.7)
2 and over...	37 (0.8)	33 (0.8)	50 (1.8)	53 (2.0)	35 (0.6)	28 (0.4)	37 (0.7)	34 (0.6)	32 (0.6)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	32	(2.4)	22	(1.4)	19	(1.7)	16	(1.8)	32	(2.8)	44	(5.1)	22	(1.2)	30	(1.7)	29	(1.4)
6 - 11.....	31	(1.6)	25	(1.1)	25	(2.2)	17	(2.0)	29	(1.5)	34	(4.0)	23	(1.0)	30	(1.5)	29	(1.3)
12 - 19.....	37	(2.0)	32	(2.2)	28	(2.3)	19	(2.0)	37	(3.4)	48	(4.5)	29	(1.0)	35	(1.0)	33	(1.2)
20 and over...	36	(1.0)	34	(1.3)	31	(1.5)	27	(1.9)	34	(1.1)	49	(2.6)	31	(0.7)	36	(0.9)	32	(0.8)
2 and over...	35	(0.9)	32	(1.2)	29	(1.3)	24	(1.6)	34	(0.6)	48	(2.3)	29	(0.4)	35	(0.7)	32	(0.5)
131-350% poverty:																		
2 - 5.....	28	(1.6)	21	(1.6)	19	(1.5)	19	(2.3)	26	(1.9)	37	(2.5)	21	(1.4)	26	(0.8)	25	(0.9)
6 - 11.....	35	(1.6)	28	(1.9)	28	(2.3)	17	(1.8)	32	(1.7)	46	(3.4)	25	(1.5)	31	(1.0)	30	(0.9)
12 - 19.....	37	(1.7)	29	(1.9)	28	(2.6)	24	(2.3)	30	(1.4)	40	(2.9)	29	(1.7)	34	(1.3)	30	(1.4)
20 and over...	36	(1.2)	34	(1.7)	31	(1.2)	27	(1.9)	32	(1.1)	48	(1.9)	31	(1.1)	36	(1.0)	31	(0.7)
2 and over...	36	(1.0)	32	(1.4)	30	(1.0)	25	(1.4)	32	(1.0)	47	(1.6)	30	(0.9)	35	(0.9)	31	(0.6)
Over 350% poverty:																		
2 - 5.....	25	(2.2)	23	(2.3)	17	(2.4)	16*	(2.0)	27	(1.6)	29	(3.5)	20	(1.6)	26	(1.3)	26	(1.5)
6 - 11.....	32	(1.9)	29	(3.5)	25	(2.5)	25	(4.1)	26	(1.6)	42	(3.0)	28	(1.7)	31	(1.7)	28	(1.5)
12 - 19.....	36	(3.0)	31	(2.3)	24	(4.0)	24	(4.7)	33	(3.1)	48	(3.4)	26	(1.8)	34	(2.4)	31	(2.0)
20 and over...	39	(0.9)	36	(1.3)	34	(1.5)	36	(4.1)	33	(1.4)	52	(2.0)	30	(1.0)	37	(0.9)	32	(0.8)
2 and over...	38	(0.8)	35	(1.0)	32	(1.4)	33	(3.5)	33	(1.3)	51	(1.8)	29	(0.8)	36	(0.8)	31	(0.7)
All Individuals⁵:																		
2 - 5.....	29	(1.3)	22	(0.7)	19	(1.1)	17	(1.1)	28	(1.4)	39	(2.9)	22	(0.9)	28	(0.9)	27	(0.8)
6 - 11.....	33	(0.9)	27	(1.1)	26	(1.3)	19	(1.3)	29	(1.2)	41	(2.6)	25	(1.0)	31	(0.9)	29	(0.9)
12 - 19.....	37	(1.5)	31	(1.2)	27	(1.5)	23	(1.8)	33	(1.2)	46	(2.0)	28	(0.9)	35	(1.1)	31	(0.9)
20 and over...	37	(0.5)	35	(0.7)	32	(0.9)	31	(1.7)	33	(0.8)	50	(1.1)	30	(0.6)	37	(0.5)	32	(0.4)
2 and over...	36	(0.5)	33	(0.6)	31	(0.8)	28	(1.4)	33	(0.7)	49	(1.0)	29	(0.5)	36	(0.5)	31	(0.4)

Table 24. Dinner¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	23	(1.1)	30	(2.0)	30	(1.6)	41	(2.3)	29	(1.5)	36	(2.1)	37	(6.0)	--	--
6 - 11.....	26	(1.1)	32	(1.8)	30	(1.6)	37	(2.8)	29	(1.3)	35	(1.8)	23	(2.9)	--	--
12 - 19.....	32	(1.5)	38	(1.3)	34	(1.7)	43	(1.2)	35	(1.2)	40	(1.2)	22	(4.1)	--	--
20 and over...	34	(1.0)	39	(1.0)	34	(0.7)	41	(1.2)	35	(0.7)	42	(1.2)	9	(1.8)	31	(5.3)
2 and over...	32	(0.8)	38	(0.8)	33	(0.5)	41	(1.1)	34	(0.5)	41	(1.0)	10	(1.6)	--	--
131-350% poverty:																
2 - 5.....	22	(0.6)	26	(1.2)	26	(1.4)	35	(1.5)	27	(0.4)	33	(1.2)	11*	(2.9)	--	--
6 - 11.....	27	(1.3)	34	(1.4)	31	(1.4)	41	(1.6)	33	(1.3)	39	(0.9)	35	(4.2)	--	--
12 - 19.....	28	(1.5)	35	(2.0)	31	(1.6)	41	(1.6)	34	(1.0)	40	(1.2)	27	(6.8)	--	--
20 and over...	33	(1.2)	40	(1.0)	33	(0.9)	41	(1.3)	35	(0.9)	42	(1.3)	10	(1.7)	30	(5.9)
2 and over...	31	(1.1)	38	(0.9)	32	(0.8)	41	(1.1)	35	(0.7)	41	(1.0)	11	(1.8)	--	--
Over 350% poverty:																
2 - 5.....	24	(1.2)	26	(2.6)	28	(1.9)	34	(1.8)	26	(1.6)	31	(1.6)	26*	(8.9)	--	--
6 - 11.....	27	(1.0)	32	(2.0)	28	(1.6)	37	(1.2)	29	(1.8)	37	(1.5)	16*	(6.4)	--	--
12 - 19.....	31	(2.6)	38	(2.4)	32	(2.4)	46	(2.7)	34	(2.3)	40	(2.7)	11*	(2.7)	--	--
20 and over...	35	(1.1)	40	(1.3)	33	(1.2)	44	(1.0)	37	(0.7)	44	(1.1)	6	(0.7)	33	(3.1)
2 and over...	34	(1.1)	39	(1.2)	33	(1.1)	43	(1.0)	36	(0.6)	43	(1.0)	6	(0.6)	--	--
All Individuals⁵:																
2 - 5.....	23	(0.4)	27	(1.3)	28	(0.8)	37	(1.5)	28	(0.8)	34	(1.1)	22	(4.9)	--	--
6 - 11.....	27	(0.6)	33	(0.9)	30	(1.0)	39	(1.1)	31	(1.0)	37	(0.8)	28	(3.6)	--	--
12 - 19.....	30	(0.9)	37	(1.0)	33	(1.0)	43	(1.2)	34	(1.0)	40	(1.2)	21	(2.7)	--	--
20 and over...	34	(0.5)	39	(0.7)	33	(0.6)	42	(0.8)	36	(0.4)	42	(0.7)	8	(0.8)	33	(3.3)
2 and over...	32	(0.5)	38	(0.6)	33	(0.5)	42	(0.8)	35	(0.4)	42	(0.7)	8	(0.9)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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, 2015-2016.
- 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016

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.....	94	(1.5)	27	(1.3)	18	(1.2)	31	(1.3)	40	(1.4)	24	(0.9)	26	(1.7)	27	(1.9)	25	(1.9)	26	(2.1)
6 - 11.....	94	(1.5)	24	(1.9)	13	(1.5)	28	(2.1)	35	(2.3)	23	(2.0)	23	(1.8)	24	(2.2)	22	(1.6)	24	(2.1)
12 - 19.....	90	(2.0)	22	(1.2)	13	(0.8)	25	(1.4)	34	(1.5)	20	(1.2)	21	(1.5)	21	(1.7)	21	(1.4)	21	(1.9)
20 - 29.....	90	(2.2)	22	(1.0)	13	(0.9)	26	(1.3)	37	(2.4)	19	(1.6)	18	(1.1)	17	(1.2)	18	(1.6)	19	(1.4)
30 - 39.....	93	(1.4)	22	(1.5)	11	(0.9)	26	(1.8)	38	(2.5)	17	(1.1)	18	(1.0)	18	(1.2)	18	(1.2)	17	(1.1)
40 - 49.....	95	(1.3)	23	(1.4)	11	(1.3)	25	(2.0)	36	(3.0)	19	(3.0)	17	(1.9)	16	(1.5)	18	(2.7)	16	(1.7)
50 - 59.....	94	(1.5)	23	(1.3)	12	(1.5)	28	(1.7)	39	(3.2)	17	(0.9)	17	(1.4)	19	(1.8)	17	(1.5)	16	(1.7)
60 - 69.....	94	(0.8)	20	(1.3)	11	(0.8)	23	(1.5)	33	(2.7)	16	(1.4)	19	(1.4)	19	(1.4)	20	(1.6)	18	(1.8)
70 and over.....	89	(1.5)	18	(1.4)	10	(0.8)	20	(1.5)	27	(1.9)	14	(1.8)	17	(1.9)	16	(1.7)	19	(2.1)	18	(2.5)
2 - 19.....	92	(1.2)	24	(1.0)	14	(0.6)	27	(1.0)	35	(1.2)	22	(0.9)	22	(1.1)	23	(1.2)	22	(0.9)	23	(1.3)
20 and over...	93	(0.6)	22	(0.7)	11	(0.5)	25	(0.8)	36	(1.2)	17	(0.6)	18	(0.8)	18	(0.8)	18	(0.9)	17	(0.8)
2 and over...	92	(0.7)	22	(0.6)	12	(0.4)	26	(0.7)	36	(1.0)	18	(0.5)	19	(0.6)	19	(0.7)	19	(0.7)	18	(0.7)
Females:																				
2 - 5.....	95*	(1.4)	26	(0.9)	17	(1.1)	29	(1.0)	37	(1.8)	22	(1.4)	25	(1.1)	25	(1.1)	25	(1.2)	24	(1.7)
6 - 11.....	95	(1.0)	26	(1.3)	15	(0.9)	29	(1.4)	35	(1.6)	24	(0.9)	26	(1.3)	25	(1.3)	25	(1.4)	28	(1.6)
12 - 19.....	86	(1.9)	21	(1.4)	11	(0.8)	24	(1.6)	31	(2.3)	19	(1.0)	22	(1.5)	23	(2.1)	21	(1.3)	22	(1.5)
20 - 29.....	94	(1.0)	22	(1.3)	13	(0.9)	27	(1.7)	37	(2.3)	22	(1.6)	20	(1.3)	21	(0.8)	19	(1.4)	18	(2.0)
30 - 39.....	95	(1.2)	23	(1.8)	12	(0.7)	26	(1.7)	38	(2.5)	21	(1.4)	21	(1.8)	22	(2.1)	21	(2.0)	19	(1.7)
40 - 49.....	97*	(1.0)	20	(1.3)	10	(0.7)	23	(1.8)	33	(3.2)	18	(1.1)	19	(1.0)	19	(1.2)	19	(1.5)	18	(1.3)
50 - 59.....	94	(1.5)	23	(1.2)	13	(1.0)	26	(1.2)	36	(1.8)	18	(1.5)	21	(1.6)	21	(2.2)	22	(2.1)	19	(1.4)
60 - 69.....	97*	(1.3)	22	(1.7)	12	(1.5)	27	(1.9)	37	(3.2)	17	(1.2)	20	(2.0)	24	(2.3)	20	(2.2)	17	(2.2)
70 and over.....	95	(0.8)	19	(1.3)	11	(0.8)	22	(1.2)	30	(1.9)	16	(1.5)	17	(1.9)	18	(2.1)	18	(2.2)	16	(1.5)
2 - 19.....	91	(1.1)	23	(0.8)	14	(0.6)	26	(0.9)	34	(1.3)	21	(0.7)	23	(0.9)	24	(1.2)	23	(0.9)	24	(0.9)
20 and over...	95	(0.6)	22	(0.8)	12	(0.6)	25	(0.7)	35	(1.0)	19	(0.6)	20	(0.9)	21	(1.0)	20	(1.1)	18	(0.9)
2 and over...	94	(0.5)	22	(0.7)	12	(0.5)	26	(0.7)	35	(1.0)	19	(0.6)	21	(0.8)	22	(0.9)	21	(1.0)	19	(0.7)
Males and females:																				
2 - 19.....	91	(1.0)	23	(0.6)	14	(0.4)	27	(0.6)	35	(0.9)	21	(0.5)	23	(0.7)	23	(0.8)	22	(0.7)	23	(0.7)
20 and over...	94	(0.4)	22	(0.7)	12	(0.5)	25	(0.7)	36	(0.9)	18	(0.5)	19	(0.7)	19	(0.8)	19	(0.8)	18	(0.7)
2 and over...	93	(0.5)	22	(0.6)	12	(0.4)	26	(0.6)	35	(0.8)	19	(0.4)	19	(0.6)	20	(0.7)	20	(0.7)	19	(0.6)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Males:									
2 - 5.....	14 (1.1)	19 (1.5)	12 (2.2)	7* (2.1)	18 (1.1)	23 (1.1)	14 (1.1)	17 (1.2)	16 (1.3)
6 - 11.....	9 (1.0)	19 (4.6)	23* (9.5)	10 (2.1)	17 (2.0)	18 (2.3)	15 (1.7)	17 (2.2)	16 (1.9)
12 - 19.....	9 (0.7)	17 (2.4)	9 (2.1)	7 (1.8)	16 (1.3)	19 (1.2)	14 (1.1)	17 (0.8)	16 (2.0)
20 - 29.....	6 (1.0)	24 (3.2)	7 (1.7)	3* (0.8)	18 (1.6)	26 (2.6)	21 (2.0)	28 (4.0)	19 (1.7)
30 - 39.....	7 (1.0)	16 (2.4)	9 (1.4)	7* (2.1)	13 (1.3)	18 (1.8)	16 (2.0)	19 (2.6)	13 (1.6)
40 - 49.....	6 (0.9)	13 (1.3)	6* (2.2)	4* (2.3)	13 (1.4)	24 (2.2)	17 (1.4)	20 (2.5)	15 (1.6)
50 - 59.....	9 (0.9)	18 (1.7)	10 (2.1)	9 (1.4)	15 (0.9)	24 (2.0)	17 (2.0)	19 (2.1)	17 (1.9)
60 - 69.....	9 (2.2)	14 (1.7)	7* (2.3)	13 (3.2)	13 (1.0)	21 (1.9)	14 (1.0)	11 (0.8)	14 (1.2)
70 and over.....	6 (0.9)	11 (1.3)	7 (1.1)	6* (2.8)	12 (1.3)	15 (1.4)	11 (1.2)	10 (1.0)	12 (1.5)
2 - 19.....	10 (0.5)	18 (2.1)	15 (4.0)	8 (1.3)	16 (1.0)	19 (1.1)	14 (0.9)	17 (1.0)	16 (1.4)
20 and over...	7 (0.6)	17 (0.8)	8 (1.2)	7 (0.8)	14 (0.4)	22 (0.9)	17 (0.8)	19 (1.2)	15 (0.4)
2 and over...	8 (0.5)	17 (0.8)	9 (1.1)	7 (0.6)	15 (0.3)	21 (0.7)	16 (0.6)	19 (0.9)	15 (0.4)
Females:									
2 - 5.....	13 (0.8)	20 (2.0)	13* (5.5)	10 (3.0)	19 (1.2)	24 (1.5)	15 (1.2)	19 (1.3)	19 (1.3)
6 - 11.....	12 (1.4)	18 (1.1)	17 (3.8)	9 (2.2)	18 (0.9)	19 (1.1)	15 (1.0)	16 (0.8)	18 (1.4)
12 - 19.....	11 (1.4)	15 (2.1)	13 (3.8)	10 (1.5)	13 (1.1)	17 (1.5)	12 (1.1)	15 (1.8)	12 (1.3)
20 - 29.....	8 (0.6)	21 (2.4)	20 (4.9)	13 (3.5)	17 (1.2)	23 (2.6)	20 (2.6)	24 (3.3)	18 (2.2)
30 - 39.....	8 (0.9)	26* (8.3)	35* (16.8)	9* (3.1)	15 (1.1)	21 (2.0)	16 (1.8)	20 (3.2)	15 (1.5)
40 - 49.....	7 (0.9)	14 (1.6)	13 (3.4)	7* (2.3)	11 (0.7)	17 (1.5)	13 (1.5)	16 (2.3)	12 (1.5)
50 - 59.....	11 (1.7)	15 (2.0)	9* (3.7)	4* (1.0)	14 (0.7)	21 (1.5)	15 (1.9)	14 (1.8)	14 (0.7)
60 - 69.....	9 (1.2)	14 (2.4)	8* (2.6)	4* (1.2)	14 (1.5)	21 (2.4)	12 (1.8)	12 (1.7)	14 (1.8)
70 and over.....	7 (1.0)	10 (1.2)	5* (1.1)	10* (3.9)	12 (0.8)	16 (1.0)	10 (1.0)	10 (0.8)	12 (0.7)
2 - 19.....	12 (0.9)	17 (1.2)	15 (2.5)	9 (1.4)	16 (0.7)	19 (1.1)	14 (0.6)	16 (0.9)	16 (0.8)
20 and over...	8 (0.6)	17 (1.8)	16* (4.8)	8 (1.0)	14 (0.5)	20 (0.9)	15 (1.0)	17 (1.1)	14 (0.8)
2 and over...	9 (0.6)	17 (1.5)	16 (4.2)	8 (0.7)	14 (0.5)	20 (0.8)	15 (0.8)	17 (0.9)	15 (0.7)
Males and females:									
2 - 19.....	11 (0.5)	18 (1.2)	15 (2.1)	9 (0.8)	16 (0.7)	19 (0.7)	14 (0.5)	17 (0.6)	16 (0.9)
20 and over...	8 (0.5)	17 (1.0)	12 (3.0)	7 (0.7)	14 (0.4)	21 (0.6)	16 (0.7)	18 (0.7)	15 (0.5)
2 and over...	8 (0.4)	17 (0.8)	13 (2.5)	8 (0.5)	15 (0.3)	21 (0.5)	16 (0.5)	18 (0.5)	15 (0.4)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	18	(0.8)	19	(1.4)	38	(2.9)	24	(2.3)	26	(2.3)	18	(1.4)	29	(1.6)	23	(1.3)	25	(1.6)
6 - 11.....	13	(1.3)	15	(1.4)	25	(2.2)	15	(1.6)	26	(2.3)	17	(2.1)	20	(2.6)	17	(2.1)	23	(1.9)
12 - 19.....	13	(0.7)	16	(1.1)	28	(1.7)	18	(2.3)	26	(2.0)	14	(1.6)	21	(1.0)	17	(1.0)	25	(0.8)
20 - 29.....	15	(1.3)	24	(3.1)	28	(4.0)	24	(3.3)	26	(3.4)	10	(1.2)	25	(1.8)	18	(1.2)	28	(1.0)
30 - 39.....	12	(1.1)	16	(4.7)	24	(3.8)	11	(3.1)	24	(2.5)	8	(1.0)	21	(1.5)	15	(1.2)	25	(1.7)
40 - 49.....	16	(1.1)	13	(1.9)	21	(2.4)	13	(1.2)	20	(1.9)	8	(1.6)	21	(1.1)	16	(1.3)	29	(2.3)
50 - 59.....	17	(1.9)	14	(1.9)	22	(2.9)	18	(2.2)	18	(2.2)	10	(1.7)	25	(1.4)	18	(1.5)	26	(2.3)
60 - 69.....	13	(1.3)	10	(1.4)	15	(2.1)	14	(2.9)	22	(2.3)	7	(1.2)	21	(1.9)	15	(1.2)	23	(1.2)
70 and over.....	10	(0.7)	8	(0.9)	15	(1.9)	10	(1.0)	19	(3.0)	6	(0.8)	17	(1.3)	13	(1.1)	19	(1.6)
2 - 19.....	14	(0.5)	16	(0.9)	29	(1.5)	18	(1.3)	26	(1.5)	16	(1.0)	22	(1.0)	18	(0.8)	24	(0.8)
20 and over...	14	(0.8)	16	(1.4)	22	(1.2)	16	(1.2)	22	(1.0)	8	(0.4)	22	(0.7)	16	(0.6)	26	(0.6)
2 and over...	14	(0.6)	16	(1.0)	23	(0.8)	16	(0.8)	23	(0.8)	9	(0.4)	22	(0.5)	17	(0.4)	25	(0.5)
Females:																		
2 - 5.....	18	(1.3)	21	(1.6)	33	(4.1)	26	(2.3)	27	(1.5)	18	(2.1)	27	(1.4)	22	(1.2)	26	(1.4)
6 - 11.....	15	(1.1)	13	(1.1)	28	(2.4)	15	(1.5)	30	(1.9)	18	(1.4)	21	(1.3)	18	(1.0)	24	(1.2)
12 - 19.....	13	(1.2)	12	(1.6)	26	(2.9)	14	(2.2)	23	(1.7)	12	(1.3)	19	(1.5)	15	(1.1)	22	(1.1)
20 - 29.....	13	(1.0)	21	(3.2)	30	(3.7)	17	(1.8)	28	(2.6)	15*	(4.7)	26	(1.4)	17	(1.2)	26	(1.5)
30 - 39.....	12	(0.9)	16	(2.8)	21	(2.6)	13	(2.5)	25	(1.4)	10	(1.6)	25	(1.9)	17	(0.9)	26	(1.3)
40 - 49.....	12	(0.9)	11	(1.7)	23	(2.9)	11	(1.6)	22	(2.3)	9	(1.0)	21	(1.4)	14	(0.9)	23	(1.1)
50 - 59.....	14	(1.0)	12	(2.0)	19	(2.9)	13	(2.1)	25	(2.4)	6	(1.1)	24	(1.7)	17	(1.0)	26	(1.3)
60 - 69.....	11	(0.9)	12	(2.0)	21	(2.8)	13	(2.2)	21	(3.7)	7	(1.1)	26	(1.9)	17	(1.6)	24	(1.5)
70 and over.....	10	(0.9)	9	(0.9)	21	(1.9)	11	(1.7)	18	(1.8)	6	(0.8)	20	(1.6)	14	(1.1)	21	(1.6)
2 - 19.....	15	(0.8)	14	(1.1)	28	(1.6)	17	(1.6)	26	(1.1)	15	(1.0)	21	(1.1)	18	(0.7)	24	(0.9)
20 and over...	12	(0.5)	14	(1.0)	23	(1.1)	13	(1.1)	24	(1.3)	9	(1.0)	24	(0.9)	16	(0.6)	25	(0.7)
2 and over...	13	(0.5)	14	(0.9)	24	(1.1)	14	(1.0)	24	(1.1)	10	(1.0)	23	(0.8)	17	(0.5)	24	(0.7)
Males and females:																		
2 - 19.....	14	(0.4)	15	(0.6)	29	(1.2)	18	(1.0)	26	(0.7)	15	(0.7)	22	(0.7)	18	(0.5)	24	(0.5)
20 and over...	13	(0.6)	15	(0.9)	22	(0.9)	14	(1.0)	23	(0.9)	9	(0.6)	23	(0.7)	16	(0.5)	25	(0.5)
2 and over...	14	(0.5)	15	(0.7)	24	(0.8)	15	(0.7)	23	(0.7)	10	(0.6)	23	(0.5)	17	(0.4)	25	(0.5)

Table 25. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016 (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5.....	18	(1.3)	19	(1.4)	27	(1.8)	14	(1.0)	26	(1.4)	19	(1.3)	35	(4.7)	--	--
6 - 11.....	20	(2.3)	15	(1.5)	26	(1.9)	11	(1.6)	21	(1.5)	16	(1.7)	41	(4.3)	--	--
12 - 19.....	17	(1.6)	15	(1.2)	27	(1.2)	10	(1.0)	20	(0.8)	13	(1.1)	42	(2.8)	--	--
20 - 29.....	18	(2.3)	17	(1.7)	30	(1.8)	10	(1.1)	19	(1.1)	12	(0.9)	36	(4.8)	--	--
30 - 39.....	15	(1.4)	13	(1.1)	27	(1.6)	9	(0.9)	18	(1.4)	12	(1.0)	37	(4.3)	--	--
40 - 49.....	14	(1.6)	14	(1.5)	29	(3.1)	8	(0.9)	21	(1.9)	10	(0.7)	56	(4.3)	--	--
50 - 59.....	14	(0.9)	13	(1.2)	23	(1.5)	10	(1.0)	22	(1.5)	12	(1.1)	44	(5.3)	--	--
60 - 69.....	14	(1.3)	13	(0.6)	24	(1.8)	9	(1.0)	17	(1.2)	11	(0.8)	41	(6.5)	--	--
70 and over.....	12	(1.7)	11	(1.3)	23	(2.2)	10	(2.1)	14	(1.2)	9	(1.0)	25	(4.9)	--	--
2 - 19.....	18	(1.2)	16	(0.8)	27	(1.0)	11	(0.7)	21	(0.6)	15	(0.8)	41	(1.8)	--	--
20 and over...	15	(0.5)	14	(0.6)	26	(0.8)	9	(0.6)	19	(0.7)	11	(0.5)	41	(2.1)	63	(3.7)
2 and over...	15	(0.4)	14	(0.4)	26	(0.6)	10	(0.5)	19	(0.5)	12	(0.4)	41	(2.0)	--	--
Females:																
2 - 5.....	21	(1.7)	19	(1.0)	28	(1.6)	15	(1.4)	24	(1.5)	17	(0.9)	31	(6.4)	--	--
6 - 11.....	20	(1.2)	15	(0.8)	27	(0.9)	14	(0.8)	21	(0.9)	18	(1.1)	44	(5.7)	--	--
12 - 19.....	15	(1.5)	13	(1.1)	24	(1.1)	9	(0.8)	18	(1.4)	13	(0.9)	36	(5.6)	--	--
20 - 29.....	19	(2.3)	16	(1.3)	29	(1.5)	10	(0.8)	20	(1.4)	14	(0.9)	32	(5.8)	--	--
30 - 39.....	17	(1.6)	16	(1.2)	29	(1.3)	10	(0.9)	20	(0.9)	12	(0.7)	36	(5.9)	--	--
40 - 49.....	13	(0.6)	13	(0.8)	25	(1.4)	8	(0.6)	17	(1.1)	10	(0.6)	33	(5.4)	--	--
50 - 59.....	15	(1.0)	15	(1.1)	27	(1.4)	11	(0.7)	20	(1.6)	12	(1.2)	39	(3.8)	--	--
60 - 69.....	16	(1.6)	15	(1.9)	27	(2.3)	10	(0.9)	18	(0.9)	12	(1.1)	39	(4.6)	--	--
70 and over.....	12	(1.1)	13	(1.3)	24	(1.8)	9	(0.7)	16	(1.0)	11	(0.7)	23	(3.4)	--	--
2 - 19.....	17	(0.9)	15	(0.7)	26	(0.8)	12	(0.6)	20	(0.9)	15	(0.6)	37	(4.3)	--	--
20 and over...	15	(0.7)	15	(0.7)	27	(0.7)	10	(0.4)	19	(0.5)	12	(0.5)	34	(1.9)	57	(4.8)
2 and over...	16	(0.6)	15	(0.6)	27	(0.7)	10	(0.4)	19	(0.6)	13	(0.4)	34	(1.9)	--	--
Males and females:																
2 - 19.....	18	(0.9)	15	(0.5)	26	(0.6)	11	(0.5)	21	(0.5)	15	(0.4)	39	(2.2)	--	--
20 and over...	15	(0.5)	14	(0.5)	27	(0.6)	10	(0.4)	19	(0.6)	12	(0.4)	38	(1.6)	61	(3.5)
2 and over...	16	(0.5)	14	(0.4)	27	(0.5)	10	(0.4)	19	(0.5)	12	(0.3)	38	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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 27 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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016

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.....	94*	(2.3)	24	(1.5)	16	(1.7)	29	(1.6)	37	(2.5)	20	(1.5)	22	(1.8)	24	(1.7)	22	(1.9)	20	(2.1)
6 - 11.....	97*	(0.7)	26	(1.5)	15	(1.3)	29	(1.5)	35	(1.7)	25	(2.0)	25	(1.5)	26	(2.1)	24	(1.3)	27	(1.7)
12 - 19.....	88	(2.6)	21	(1.2)	11	(0.7)	23	(1.6)	32	(2.3)	19	(1.1)	21	(1.4)	21	(1.9)	21	(1.3)	21	(1.2)
20 and over...	95	(0.3)	22	(0.9)	12	(0.6)	26	(0.9)	37	(1.2)	18	(0.7)	19	(0.9)	19	(1.0)	19	(1.0)	17	(0.8)
2 and over...	95	(0.4)	22	(0.8)	12	(0.5)	26	(0.7)	36	(1.1)	19	(0.6)	19	(0.7)	20	(0.8)	20	(0.8)	18	(0.7)
Non-Hispanic Black:																				
2 - 5.....	93*	(1.5)	27	(1.9)	16	(1.8)	31	(1.7)	38	(1.9)	26	(2.3)	25	(2.6)	23	(2.8)	25	(2.4)	27	(3.2)
6 - 11.....	91*	(2.3)	21	(1.1)	10	(0.6)	25	(1.4)	32	(1.9)	18	(1.2)	20	(1.1)	18	(1.1)	20	(1.2)	24	(1.5)
12 - 19.....	87	(2.3)	25	(2.0)	14	(1.3)	29	(2.1)	37	(2.5)	22	(2.6)	24	(2.7)	25	(2.7)	23	(2.9)	24	(3.0)
20 and over...	91	(1.1)	22	(1.1)	12	(0.8)	26	(1.0)	34	(1.1)	19	(1.1)	20	(1.4)	21	(1.4)	20	(1.3)	19	(1.8)
2 and over...	90	(1.0)	23	(0.8)	12	(0.6)	27	(0.6)	35	(0.7)	20	(0.8)	21	(1.0)	21	(1.1)	20	(0.9)	21	(1.3)
Non-Hispanic Asian⁴:																				
2 - 5.....	98*	(1.9)	29*	(2.3)	21*	(2.8)	32*	(3.0)	40*	(4.5)	30*	(3.2)	30*	(2.6)	27*	(4.0)	33*	(4.3)	32*	(3.9)
6 - 11.....	96*	(2.8)	28*	(2.4)	14*	(1.4)	32*	(2.8)	45*	(4.3)	25*	(2.4)	30*	(3.5)	35*	(5.4)	27*	(2.7)	28*	(3.2)
12 - 19.....	94*	(1.8)	20	(1.1)	12*	(1.3)	23	(1.2)	33	(2.3)	20	(2.2)	20	(1.4)	22	(1.9)	19	(1.6)	18	(1.5)
20 and over...	92	(1.4)	19	(0.8)	10	(0.6)	20	(0.8)	34	(2.1)	19	(0.8)	21	(1.3)	20	(1.5)	22	(1.5)	22	(1.5)
2 and over...	93	(1.2)	20	(0.6)	11	(0.6)	22	(0.5)	35	(1.4)	20	(0.8)	22	(1.0)	22	(1.1)	22	(1.2)	22	(1.3)
Hispanic:																				
2 - 5.....	95*	(2.7)	30	(2.0)	21	(1.6)	33	(2.2)	42	(2.7)	25	(1.7)	31	(2.5)	33	(2.3)	30	(2.9)	31	(3.3)
6 - 11.....	89	(2.1)	24	(1.2)	14	(0.9)	27	(1.3)	34	(1.8)	23	(0.8)	24	(1.3)	24	(1.4)	23	(1.3)	24	(1.4)
12 - 19.....	86	(1.7)	21	(1.4)	12	(1.0)	24	(1.3)	31	(1.9)	18	(1.2)	20	(1.8)	20	(2.0)	21	(1.9)	21	(2.2)
20 and over...	90	(1.4)	20	(0.9)	11	(0.8)	23	(0.8)	32	(1.0)	16	(0.6)	17	(1.0)	18	(1.2)	16	(1.0)	16	(1.0)
2 and over...	90	(1.3)	21	(0.6)	12	(0.5)	24	(0.6)	33	(0.9)	18	(0.4)	19	(0.7)	20	(0.7)	18	(0.7)	18	(0.8)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Cholesterol % (SE)	Vitamin A (RAE) % (SE)	Beta-carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Riboflavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
Non-Hispanic White:									
2 - 5.....	13 (1.2)	17 (1.4)	11* (5.0)	6* (1.8)	16 (1.1)	21 (1.7)	12 (1.1)	16 (1.5)	14 (1.1)
6 - 11.....	10 (0.9)	19 (4.2)	21* (9.8)	6* (2.1)	17 (1.8)	19 (1.9)	16 (1.5)	16 (2.1)	18 (1.8)
12 - 19.....	9 (0.8)	16 (2.7)	13* (4.3)	8* (2.4)	13 (1.5)	18 (1.5)	12 (1.1)	16 (1.7)	14 (2.1)
20 and over...	8 (0.7)	17 (1.6)	13* (4.5)	6 (0.7)	14 (0.5)	22 (0.8)	16 (0.9)	18 (0.9)	15 (0.6)
2 and over...	8 (0.6)	17 (1.3)	14 (3.8)	6 (0.6)	14 (0.4)	21 (0.6)	16 (0.7)	18 (0.7)	15 (0.5)
Non-Hispanic Black:									
2 - 5.....	9* (1.6)	13 (1.2)	8* (2.2)	9* (2.9)	19 (1.9)	20 (1.5)	17 (2.0)	18 (1.7)	20 (2.2)
6 - 11.....	8* (1.5)	12 (1.5)	6* (1.5)	10* (1.8)	15 (1.0)	15 (1.1)	13 (0.8)	14 (1.2)	14 (0.9)
12 - 19.....	13 (1.7)	17 (1.7)	8 (1.3)	12 (3.5)	16 (1.5)	18 (1.4)	14 (1.4)	14 (1.7)	15 (1.5)
20 and over...	8 (0.7)	13 (1.1)	9 (1.3)	11 (1.3)	15 (0.8)	17 (0.9)	16 (1.0)	18 (1.4)	15 (0.9)
2 and over...	9 (0.6)	14 (0.8)	8 (1.0)	11 (1.3)	15 (0.5)	17 (0.6)	15 (0.7)	17 (1.1)	15 (0.7)
Non-Hispanic Asian⁴:									
2 - 5.....	11* (1.9)	20* (5.0)	5* (2.0)	1* (1.0)	27* (3.5)	28* (4.3)	19* (1.9)	24* (2.4)	22* (3.7)
6 - 11.....	11* (1.7)	21* (2.7)	21* (6.3)	10* (3.3)	20* (2.6)	23* (2.0)	16* (1.9)	17* (2.2)	18* (2.9)
12 - 19.....	11* (3.2)	19 (3.6)	14* (5.4)	12* (5.9)	16 (2.6)	21 (3.4)	15* (2.9)	17 (4.0)	16 (3.3)
20 and over...	5 (0.6)	15 (1.7)	11 (2.1)	11 (3.2)	13 (0.9)	20 (0.7)	12 (0.7)	14 (0.7)	12 (0.7)
2 and over...	6 (0.7)	16 (1.5)	12 (2.0)	11 (2.8)	14 (0.8)	20 (0.8)	13 (0.8)	15 (0.9)	13 (0.7)
Hispanic:									
2 - 5.....	17 (1.7)	28 (2.6)	20 (3.6)	14 (3.1)	23 (2.3)	29 (2.5)	18 (1.9)	21 (2.1)	22 (2.6)
6 - 11.....	11 (1.4)	21 (3.2)	23 (6.1)	15 (3.2)	18 (2.0)	20 (2.1)	16 (1.3)	18 (1.5)	19 (2.3)
12 - 19.....	10 (1.6)	17 (3.0)	8 (1.8)	5* (1.4)	15 (1.6)	18 (1.9)	14 (1.8)	17 (2.5)	15 (2.3)
20 and over...	8 (1.2)	19 (1.4)	14 (1.9)	10 (1.1)	15 (0.9)	22 (1.8)	17 (1.5)	21 (1.8)	15 (1.3)
2 and over...	9 (0.9)	19 (1.4)	14 (1.6)	10 (0.8)	15 (0.7)	22 (1.3)	16 (0.9)	20 (1.2)	16 (0.8)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	16	(1.7)	18	(1.9)	39	(5.2)	23	(2.7)	22	(2.7)	16	(2.9)	26	(1.9)	21	(1.8)	24	(1.9)
6 - 11.....	15	(0.9)	15	(1.2)	26	(2.9)	15	(2.0)	28	(1.5)	18	(1.6)	21	(2.4)	19	(1.8)	25	(1.7)
12 - 19.....	13	(0.9)	14	(1.5)	28	(2.5)	16	(2.9)	25	(1.5)	13	(1.5)	19	(1.7)	15	(1.3)	24	(1.0)
20 and over...	14	(0.8)	14	(1.3)	22	(1.4)	14	(1.3)	23	(0.9)	9	(1.0)	22	(0.8)	17	(0.7)	26	(0.7)
2 and over...	14	(0.7)	14	(1.1)	23	(1.3)	15	(1.0)	23	(0.7)	10	(0.9)	22	(0.6)	17	(0.5)	26	(0.6)
Non-Hispanic Black:																		
2 - 5.....	15	(1.4)	16	(2.1)	37	(2.9)	18	(2.2)	28	(2.6)	13	(2.1)	24	(2.1)	19	(1.8)	26	(2.2)
6 - 11.....	11	(1.1)	9*	(1.1)	25	(4.2)	9	(1.4)	27	(1.6)	13	(1.4)	15	(1.3)	13	(0.8)	19	(0.8)
12 - 19.....	15	(1.2)	14	(1.9)	28	(3.3)	15	(1.7)	24	(3.1)	11	(1.7)	22	(1.3)	18	(1.4)	26	(2.4)
20 and over...	13	(0.9)	14	(1.4)	21	(1.5)	12	(1.0)	24	(2.1)	8	(0.5)	24	(0.7)	16	(0.9)	25	(1.0)
2 and over...	13	(0.7)	14	(1.2)	24	(1.1)	12	(0.8)	25	(1.5)	9	(0.5)	23	(0.5)	16	(0.6)	24	(0.6)
Non-Hispanic Asian⁴:																		
2 - 5.....	20*	(2.5)	22*	(4.9)	39*	(4.0)	28*	(6.3)	37*	(3.8)	20*	(5.7)	30*	(5.6)	26*	(3.4)	34*	(2.1)
6 - 11.....	14*	(1.4)	15*	(3.2)	33*	(5.1)	18*	(3.1)	32*	(3.8)	16*	(3.2)	26*	(3.8)	19*	(1.6)	25*	(1.7)
12 - 19.....	13*	(1.8)	17	(4.5)	33	(5.5)	18	(4.5)	24	(3.9)	10*	(1.3)	24	(2.7)	16	(1.5)	23	(1.0)
20 and over...	11	(0.7)	11	(1.2)	23	(4.3)	14	(1.4)	24	(1.9)	6	(0.5)	24	(1.2)	15	(0.7)	23	(1.0)
2 and over...	11	(0.6)	12	(1.3)	24	(3.6)	15	(1.3)	24	(1.7)	6	(0.4)	24	(0.9)	16	(0.6)	23	(0.9)
Hispanic:																		
2 - 5.....	22	(1.9)	26	(3.2)	30	(4.4)	32	(3.7)	33	(2.7)	25	(2.7)	34	(2.6)	27	(1.9)	28	(2.0)
6 - 11.....	14	(1.0)	16	(2.1)	28	(2.6)	19	(2.4)	27	(1.3)	18	(2.0)	21	(1.8)	17	(1.2)	23	(1.1)
12 - 19.....	14	(1.5)	14	(2.5)	23	(2.5)	18	(3.2)	23	(2.3)	14	(1.9)	21	(1.6)	16	(1.3)	22	(1.1)
20 and over...	13	(0.9)	19	(2.2)	25	(1.4)	19	(1.8)	21	(1.8)	10	(0.7)	25	(1.2)	15	(1.0)	23	(0.9)
2 and over...	14	(0.7)	19	(1.4)	26	(1.4)	20	(1.5)	22	(1.2)	12	(0.8)	24	(1.0)	16	(0.7)	23	(0.7)

Table 26. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	15	(1.2)	17	(1.7)	26	(2.1)	13	(1.7)	24	(2.0)	17	(1.4)	27	(6.8)	--	--
6 - 11.....	20	(1.6)	16	(1.4)	28	(1.8)	13	(1.4)	21	(1.3)	18	(1.5)	43	(4.1)	--	--
12 - 19.....	15	(1.5)	14	(1.8)	27	(1.6)	9	(0.8)	19	(1.2)	12	(0.6)	42	(3.4)	--	--
20 and over...	15	(0.6)	15	(0.6)	28	(0.8)	10	(0.7)	19	(0.8)	12	(0.6)	40	(1.8)	62	(4.4)
2 and over...	15	(0.5)	15	(0.5)	28	(0.6)	10	(0.5)	19	(0.7)	12	(0.4)	40	(1.7)	--	--
Non-Hispanic Black:																
2 - 5.....	21	(2.2)	18	(1.4)	27	(2.2)	12*	(1.7)	25	(2.1)	17	(2.1)	40	(6.4)	--	--
6 - 11.....	16	(0.6)	11	(0.6)	21	(1.1)	10	(0.8)	18	(1.1)	14	(0.7)	34	(4.9)	--	--
12 - 19.....	17	(2.1)	15	(1.9)	27	(3.8)	12	(1.5)	21	(1.7)	16	(1.5)	33	(6.2)	--	--
20 and over...	16	(0.9)	14	(0.9)	26	(1.2)	11	(1.0)	18	(0.8)	14	(0.9)	34	(3.7)	53	(10.3)
2 and over...	17	(0.7)	14	(0.6)	26	(0.7)	11	(0.7)	19	(0.5)	14	(0.7)	34	(3.3)	--	--
Non-Hispanic Asian⁴:																
2 - 5.....	23*	(1.7)	23*	(1.7)	39*	(5.3)	23*	(4.2)	31*	(3.6)	17*	(2.3)	36*	(13.7)	--	--
6 - 11.....	21*	(2.5)	16*	(1.9)	29*	(2.9)	13*	(1.9)	24*	(2.4)	18*	(2.9)	56*	(8.6)	--	--
12 - 19.....	16	(2.6)	14*	(2.8)	24	(1.5)	10*	(1.5)	21	(2.1)	12*	(1.2)	65*	(9.6)	--	--
20 and over...	14	(0.9)	13	(1.0)	25	(1.4)	8	(0.6)	18	(0.7)	8	(0.6)	38	(2.2)	56	(9.3)
2 and over...	15	(0.8)	14	(1.0)	26	(1.3)	9	(0.6)	19	(0.6)	9	(0.5)	39	(2.4)	--	--
Hispanic:																
2 - 5.....	24	(3.2)	22	(2.3)	31	(2.7)	18	(1.6)	27	(2.2)	20	(1.7)	36	(5.6)	--	--
6 - 11.....	22	(2.5)	16	(1.4)	25	(1.4)	12	(1.1)	21	(1.1)	17	(1.3)	40	(7.3)	--	--
12 - 19.....	16	(2.3)	14	(1.4)	22	(1.1)	10	(0.9)	19	(1.3)	14	(1.5)	31	(4.5)	--	--
20 and over...	14	(0.9)	13	(1.0)	23	(0.9)	10	(0.9)	18	(0.7)	11	(0.7)	26	(2.0)	64	(5.0)
2 and over...	16	(0.7)	14	(0.8)	24	(0.7)	11	(0.6)	19	(0.6)	13	(0.4)	27	(1.9)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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 27 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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America, NHANES 2015-2016*.

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars 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)
\$0 - \$24,999:										
2 - 5.....	90 (2.8)	26 (2.1)	16 (1.8)	30 (1.9)	38 (2.2)	23 (1.8)	25 (2.7)	27 (3.1)	24 (2.5)	24 (2.9)
6 - 11.....	90 (2.0)	25 (2.2)	15 (1.8)	29 (2.4)	32 (2.7)	22 (1.4)	25 (2.5)	25 (2.5)	23 (2.4)	28 (3.3)
12 - 19.....	85 (3.3)	22 (1.7)	14 (1.3)	25 (1.9)	33 (2.6)	20 (1.6)	20 (2.0)	20 (2.6)	19 (1.8)	20 (2.1)
20 and over...	90 (1.0)	22 (0.8)	12 (0.5)	27 (1.1)	38 (1.4)	18 (1.0)	19 (0.7)	20 (1.1)	19 (0.8)	18 (0.9)
2 and over...	89 (0.9)	23 (0.7)	13 (0.4)	27 (0.9)	37 (1.2)	19 (0.8)	20 (0.6)	20 (0.9)	19 (0.6)	19 (0.7)
\$25,000 - \$74,999:										
2 - 5.....	94* (1.7)	24 (1.0)	17 (0.9)	28 (1.3)	35 (1.8)	22 (1.4)	23 (1.3)	24 (1.4)	22 (1.6)	21 (1.5)
6 - 11.....	93 (1.6)	22 (1.1)	12 (0.6)	26 (1.1)	33 (1.4)	21 (0.7)	21 (1.4)	21 (1.7)	21 (1.3)	23 (1.5)
12 - 19.....	87 (2.0)	23 (1.7)	13 (1.0)	25 (1.8)	33 (2.4)	20 (1.7)	23 (2.0)	24 (2.6)	23 (2.0)	23 (1.7)
20 and over...	94 (0.6)	22 (1.0)	11 (0.6)	26 (1.0)	36 (1.4)	18 (0.8)	18 (0.9)	18 (1.0)	18 (1.0)	17 (1.0)
2 and over...	93 (0.6)	22 (0.9)	12 (0.5)	26 (0.9)	36 (1.2)	19 (0.7)	19 (0.8)	19 (0.9)	19 (0.8)	18 (0.8)
\$75,000 and higher:										
2 - 5.....	98* (1.8)	29 (1.9)	20 (2.0)	33 (2.0)	42 (3.1)	23 (2.0)	28 (2.4)	28 (2.9)	29 (2.6)	27 (2.6)
6 - 11.....	98* (1.0)	26 (1.5)	15 (1.3)	30 (1.5)	38 (1.7)	25 (1.9)	26 (1.7)	27 (2.3)	25 (1.3)	27 (2.0)
12 - 19.....	90 (2.0)	20 (1.5)	11 (0.8)	24 (2.0)	33 (2.6)	19 (1.5)	20 (1.3)	21 (1.6)	20 (1.3)	20 (1.4)
20 and over...	97 (0.5)	21 (1.0)	12 (0.6)	24 (1.0)	33 (1.3)	18 (1.0)	19 (1.2)	20 (1.4)	20 (1.3)	18 (1.0)
2 and over...	96 (0.4)	22 (0.8)	12 (0.5)	25 (0.7)	34 (1.0)	19 (0.8)	20 (0.9)	21 (1.1)	21 (1.1)	19 (0.9)
All Individuals⁴:										
2 - 5.....	95 (1.2)	27 (0.8)	18 (0.8)	30 (0.9)	39 (1.2)	23 (0.9)	25 (1.1)	26 (1.1)	25 (1.2)	25 (1.4)
6 - 11.....	94 (1.0)	25 (0.9)	14 (0.7)	29 (0.9)	35 (1.1)	23 (0.9)	24 (0.9)	24 (1.1)	23 (0.8)	26 (1.0)
12 - 19.....	88 (1.6)	21 (1.0)	12 (0.6)	24 (1.2)	33 (1.5)	20 (0.7)	21 (1.1)	22 (1.4)	21 (1.1)	21 (1.2)
20 and over...	94 (0.4)	22 (0.7)	12 (0.5)	25 (0.7)	36 (0.9)	18 (0.5)	19 (0.7)	19 (0.8)	19 (0.8)	18 (0.7)
2 and over...	93 (0.5)	22 (0.6)	12 (0.4)	26 (0.6)	35 (0.8)	19 (0.4)	19 (0.6)	20 (0.7)	20 (0.7)	19 (0.6)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choles- terol		Vitamin A (RAE)		Beta- carotene		Lycopene		Thiamin		Ribo- flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	12	(1.6)	18	(1.8)	13	(2.9)	10*	(3.6)	19	(1.9)	21	(1.9)	15	(1.8)	16	(1.6)	17	(2.3)
6 - 11.....	11	(1.9)	19	(2.5)	16	(4.2)	14	(3.0)	21	(2.6)	20	(2.4)	18	(2.2)	18	(2.1)	24	(3.3)
12 - 19.....	10	(1.3)	22	(4.2)	9	(2.1)	8*	(2.5)	19	(2.5)	21	(2.3)	15	(2.3)	19	(3.1)	21	(3.2)
20 and over...	8	(0.6)	17	(1.7)	11	(1.6)	7	(1.5)	15	(0.6)	22	(1.1)	17	(1.1)	20	(1.6)	15	(0.6)
2 and over...	8	(0.5)	18	(1.6)	11	(1.4)	8	(1.6)	16	(0.6)	22	(0.7)	17	(0.8)	20	(1.2)	17	(0.7)
\$25,000 - \$74,999:																		
2 - 5.....	12	(0.7)	21	(1.8)	28	(7.8)	7*	(2.4)	17	(1.2)	22	(1.0)	14	(1.4)	18	(1.4)	15	(1.4)
6 - 11.....	9	(1.0)	16	(1.9)	24	(4.2)	9*	(2.9)	15	(1.0)	17	(1.5)	13	(0.7)	14	(0.9)	15	(1.2)
12 - 19.....	12	(1.7)	14	(1.9)	7	(1.4)	8	(2.2)	13	(1.0)	17	(1.5)	13	(1.4)	16	(2.7)	12	(1.4)
20 and over...	8	(0.6)	16	(1.4)	11	(2.3)	8	(1.5)	14	(0.8)	21	(1.1)	16	(1.1)	19	(2.1)	16	(1.1)
2 and over...	8	(0.5)	16	(1.1)	12	(1.9)	8	(1.4)	14	(0.6)	20	(0.9)	16	(1.0)	18	(1.7)	15	(0.8)
\$75,000 and higher:																		
2 - 5.....	16	(2.0)	21	(2.7)	7*	(2.0)	8*	(3.6)	20	(1.0)	27	(2.2)	15	(1.1)	21	(1.7)	21	(1.1)
6 - 11.....	11	(1.1)	20	(5.1)	20*	(10.0)	5*	(2.0)	17	(2.0)	19	(2.1)	15	(1.8)	17	(2.7)	16	(1.7)
12 - 19.....	8	(1.0)	17	(2.6)	15	(4.2)	9*	(4.5)	13	(1.2)	18	(1.7)	13	(0.8)	17	(1.8)	14	(2.0)
20 and over...	8	(0.9)	18	(2.8)	15*	(6.8)	6	(1.2)	14	(0.5)	20	(1.0)	15	(1.1)	17	(1.4)	14	(0.5)
2 and over...	8	(0.7)	18	(2.3)	15*	(5.6)	6	(1.1)	14	(0.4)	20	(0.7)	15	(0.8)	17	(1.0)	14	(0.5)
All Individuals⁴:																		
2 - 5.....	13	(0.7)	20	(1.1)	13	(3.0)	8	(1.4)	19	(0.9)	23	(1.0)	15	(0.9)	18	(1.0)	17	(1.0)
6 - 11.....	10	(0.7)	18	(2.5)	20*	(6.1)	10	(1.3)	17	(1.0)	19	(1.1)	15	(0.9)	16	(1.2)	17	(1.1)
12 - 19.....	10	(0.9)	16	(1.6)	11	(2.0)	8	(1.2)	14	(0.9)	18	(0.9)	13	(0.7)	16	(0.7)	14	(1.4)
20 and over...	8	(0.5)	17	(1.0)	12	(3.0)	7	(0.7)	14	(0.4)	21	(0.6)	16	(0.7)	18	(0.7)	15	(0.5)
2 and over...	8	(0.4)	17	(0.8)	13	(2.5)	8	(0.5)	15	(0.3)	21	(0.5)	16	(0.5)	18	(0.5)	15	(0.4)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																		
2 - 5.....	16	(1.5)	17	(1.7)	34	(4.0)	21	(2.4)	27	(2.1)	14	(2.4)	26	(2.2)	20	(2.0)	24	(1.7)
6 - 11.....	14	(1.4)	17	(2.4)	23	(2.2)	18	(3.1)	30	(2.8)	15	(1.8)	20	(2.6)	18	(2.0)	22	(1.7)
12 - 19.....	14	(1.3)	17	(3.1)	34	(4.2)	23	(4.1)	23	(4.6)	15	(2.6)	23	(2.4)	18	(1.9)	26	(2.9)
20 and over...	13	(0.6)	16	(1.5)	25	(2.2)	15	(1.7)	24	(1.7)	12	(2.8)	24	(1.4)	16	(0.6)	25	(0.9)
2 and over...	14	(0.5)	16	(1.2)	26	(1.7)	17	(1.4)	24	(1.3)	12	(2.4)	24	(1.1)	17	(0.4)	25	(0.5)
\$25,000 - \$74,999:																		
2 - 5.....	16	(0.9)	18	(1.7)	38	(4.5)	24	(1.9)	24	(2.2)	18	(0.8)	28	(1.4)	21	(1.0)	24	(1.3)
6 - 11.....	12	(0.7)	11	(1.1)	27	(2.2)	14	(2.0)	26	(1.5)	18	(2.0)	18	(1.6)	15	(1.0)	21	(1.2)
12 - 19.....	15	(1.5)	14	(2.0)	22	(2.5)	15	(2.7)	25	(2.2)	14	(1.5)	20	(1.6)	16	(1.3)	24	(1.5)
20 and over...	13	(0.7)	15	(1.4)	25	(2.0)	15	(1.2)	22	(1.3)	9	(0.7)	23	(0.9)	16	(0.7)	25	(0.9)
2 and over...	13	(0.6)	15	(1.0)	25	(1.6)	16	(0.9)	22	(1.1)	10	(0.6)	22	(0.7)	16	(0.6)	25	(0.8)
\$75,000 and higher:																		
2 - 5.....	21	(2.1)	25	(3.0)	33	(5.4)	31	(3.7)	28	(2.6)	21	(3.8)	31	(3.1)	25	(2.5)	29	(2.1)
6 - 11.....	15	(1.0)	16	(1.5)	28	(3.5)	15	(1.8)	28	(1.6)	17	(2.1)	22	(2.8)	19	(2.1)	26	(1.5)
12 - 19.....	12	(1.1)	15	(1.6)	29	(2.6)	16	(3.2)	24	(2.0)	12	(1.7)	19	(2.0)	15	(1.4)	22	(1.3)
20 and over...	13	(0.9)	14	(1.9)	18	(1.4)	13	(1.8)	24	(1.4)	7	(0.6)	22	(1.1)	16	(0.8)	26	(0.8)
2 and over...	14	(0.8)	15	(1.4)	20	(1.3)	14	(1.3)	24	(1.1)	8	(0.6)	22	(0.8)	17	(0.6)	25	(0.7)
All Individuals⁴:																		
2 - 5.....	18	(0.9)	20	(0.9)	36	(2.9)	25	(1.5)	27	(1.6)	18	(1.6)	28	(1.1)	22	(1.0)	26	(1.1)
6 - 11.....	14	(0.5)	14	(0.8)	27	(2.0)	15	(1.1)	28	(0.8)	17	(1.2)	20	(1.3)	18	(1.0)	24	(1.0)
12 - 19.....	13	(0.7)	15	(0.8)	27	(1.6)	16	(1.7)	24	(1.2)	13	(1.0)	20	(1.0)	16	(0.9)	24	(0.6)
20 and over...	13	(0.6)	15	(0.9)	22	(0.9)	14	(1.0)	23	(0.9)	9	(0.6)	23	(0.7)	16	(0.5)	25	(0.5)
2 and over...	14	(0.5)	15	(0.7)	24	(0.8)	15	(0.7)	23	(0.7)	10	(0.6)	23	(0.5)	17	(0.4)	25	(0.5)

Table 27. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (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	(2.1)	17	(1.4)	27	(2.1)	13	(1.7)	23	(1.6)	17	(2.1)	42	(6.3)	--	--
6 - 11.....	26	(3.1)	16	(2.1)	26	(2.0)	14	(1.9)	20	(1.3)	20	(2.4)	44	(8.7)	--	--
12 - 19.....	21	(2.8)	18	(2.6)	27	(3.8)	12	(1.7)	21	(1.4)	16	(1.5)	37	(10.2)	--	--
20 and over...	15	(1.0)	14	(0.7)	26	(1.0)	10	(0.5)	20	(0.8)	12	(0.4)	41	(2.4)	53	(7.8)
2 and over...	17	(0.9)	15	(0.5)	26	(0.7)	10	(0.4)	20	(0.5)	13	(0.3)	40	(2.4)	--	--
\$25,000 - \$74,999:																
2 - 5.....	16	(1.5)	17	(1.3)	24	(1.6)	13	(0.8)	24	(1.4)	17	(1.1)	25	(5.8)	--	--
6 - 11.....	16	(1.2)	13	(0.7)	24	(1.2)	10	(0.8)	19	(0.9)	15	(0.9)	35	(3.4)	--	--
12 - 19.....	15	(1.4)	14	(1.4)	27	(1.9)	10	(0.9)	19	(1.4)	14	(1.0)	37	(4.5)	--	--
20 and over...	15	(1.1)	14	(0.8)	26	(0.9)	9	(0.6)	19	(0.8)	12	(0.6)	38	(2.5)	66	(5.4)
2 and over...	15	(0.9)	14	(0.7)	26	(0.9)	10	(0.5)	19	(0.7)	13	(0.6)	38	(2.5)	--	--
\$75,000 and higher:																
2 - 5.....	22	(2.0)	22	(2.4)	31	(2.1)	17	(2.1)	28	(2.6)	19	(1.5)	39	(7.5)	--	--
6 - 11.....	19	(1.9)	16	(1.4)	28	(1.5)	12	(1.5)	22	(1.4)	17	(1.6)	51	(5.3)	--	--
12 - 19.....	15	(1.7)	13	(1.2)	25	(1.6)	9	(1.0)	18	(1.4)	11	(1.0)	43	(5.6)	--	--
20 and over...	15	(0.5)	15	(0.7)	27	(1.0)	10	(0.7)	18	(0.9)	11	(0.6)	36	(2.5)	60	(3.8)
2 and over...	16	(0.4)	15	(0.5)	27	(0.8)	10	(0.6)	19	(0.7)	11	(0.5)	36	(2.4)	--	--
All Individuals⁴:																
2 - 5.....	19	(1.3)	19	(0.9)	28	(1.2)	14	(0.9)	25	(1.2)	18	(0.9)	33	(3.8)	--	--
6 - 11.....	20	(1.2)	15	(0.8)	26	(1.0)	12	(0.8)	21	(0.8)	17	(0.8)	42	(3.9)	--	--
12 - 19.....	16	(1.2)	14	(0.9)	26	(0.7)	10	(0.7)	19	(0.7)	13	(0.8)	39	(3.0)	--	--
20 and over...	15	(0.5)	14	(0.5)	27	(0.6)	10	(0.4)	19	(0.6)	12	(0.4)	38	(1.6)	61	(3.5)
2 and over...	16	(0.5)	14	(0.4)	27	(0.5)	10	(0.4)	19	(0.5)	12	(0.3)	38	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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 27 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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

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.....	90 (2.3)	25 (1.8)	15 (1.5)	28 (1.8)	36 (2.1)	22 (1.8)	23 (2.3)	24 (2.5)	23 (2.2)	23 (2.4)
6 - 11.....	89 (2.5)	24 (1.6)	15 (1.3)	28 (1.7)	33 (2.1)	21 (1.0)	24 (1.8)	24 (1.9)	23 (1.8)	26 (2.4)
12 - 19.....	85 (2.1)	22 (1.6)	14 (1.2)	25 (1.7)	33 (2.0)	19 (1.4)	21 (2.0)	22 (2.4)	21 (2.0)	21 (2.2)
20 and over...	89 (1.2)	22 (1.0)	12 (0.8)	27 (1.3)	38 (1.7)	17 (0.8)	19 (1.0)	20 (1.2)	19 (0.9)	19 (1.1)
2 and over...	89 (0.9)	23 (0.7)	13 (0.6)	27 (1.0)	36 (1.3)	18 (0.6)	20 (0.6)	21 (0.9)	19 (0.6)	20 (0.6)
131-350% poverty:										
2 - 5.....	96* (1.5)	27 (1.5)	18 (1.4)	30 (1.5)	38 (2.1)	23 (1.7)	26 (1.7)	27 (1.6)	25 (2.0)	24 (1.9)
6 - 11.....	97* (1.2)	24 (1.6)	12 (1.2)	28 (1.6)	33 (1.6)	22 (1.4)	23 (1.9)	23 (2.4)	22 (1.8)	25 (1.9)
12 - 19.....	87 (2.6)	23 (1.3)	12 (0.8)	26 (1.4)	33 (2.2)	21 (1.2)	23 (1.7)	24 (2.3)	23 (1.6)	24 (1.4)
20 and over...	94 (0.7)	21 (0.6)	11 (0.4)	25 (0.6)	35 (1.1)	19 (0.8)	18 (0.7)	18 (0.8)	18 (0.9)	17 (0.7)
2 and over...	93 (0.7)	22 (0.6)	12 (0.4)	26 (0.6)	35 (0.9)	20 (0.7)	19 (0.7)	20 (0.9)	19 (0.8)	18 (0.6)
Over 350% poverty:										
2 - 5.....	97* (2.4)	28 (1.8)	20 (1.5)	33 (2.1)	41 (3.4)	22 (2.2)	26 (2.2)	25 (2.6)	27 (2.7)	25 (3.2)
6 - 11.....	97* (1.4)	26 (1.5)	15 (1.0)	30 (1.7)	39 (2.2)	26 (2.0)	26 (1.8)	27 (2.6)	25 (1.7)	26 (1.9)
12 - 19.....	93* (1.8)	19 (1.9)	10 (0.9)	23 (2.4)	32 (3.3)	18 (1.6)	19 (1.8)	19 (2.2)	19 (1.5)	19 (1.7)
20 and over...	97 (0.4)	22 (1.0)	11 (0.7)	25 (1.0)	35 (1.4)	18 (0.9)	19 (1.2)	19 (1.3)	20 (1.3)	18 (1.1)
2 and over...	96 (0.4)	22 (0.9)	12 (0.7)	25 (1.0)	35 (1.4)	18 (0.9)	19 (1.1)	20 (1.1)	20 (1.2)	18 (1.0)
All Individuals⁵:										
2 - 5.....	95 (1.2)	27 (0.8)	18 (0.8)	30 (0.9)	39 (1.2)	23 (0.9)	25 (1.1)	26 (1.1)	25 (1.2)	25 (1.4)
6 - 11.....	94 (1.0)	25 (0.9)	14 (0.7)	29 (0.9)	35 (1.1)	23 (0.9)	24 (0.9)	24 (1.1)	23 (0.8)	26 (1.0)
12 - 19.....	88 (1.6)	21 (1.0)	12 (0.6)	24 (1.2)	33 (1.5)	20 (0.7)	21 (1.1)	22 (1.4)	21 (1.1)	21 (1.2)
20 and over...	94 (0.4)	22 (0.7)	12 (0.5)	25 (0.7)	36 (0.9)	18 (0.5)	19 (0.7)	19 (0.8)	19 (0.8)	18 (0.7)
2 and over...	93 (0.5)	22 (0.6)	12 (0.4)	26 (0.6)	35 (0.8)	19 (0.4)	19 (0.6)	20 (0.7)	20 (0.7)	19 (0.6)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	12 (1.4)	19 (2.0)	24* (8.9)	9* (3.1)	17 (2.0)	20 (1.6)	14 (1.8)	15 (1.7)	16 (2.3)
6 - 11.....	12 (1.5)	19 (1.9)	20 (4.2)	13 (2.3)	19 (1.6)	19 (1.5)	17 (1.2)	17 (1.3)	21 (2.2)
12 - 19.....	11 (1.6)	21 (4.3)	9 (1.8)	8 (2.2)	17 (2.1)	20 (2.3)	15 (1.7)	18 (2.1)	18 (2.6)
20 and over...	9 (0.8)	16 (1.2)	11 (1.3)	9 (1.2)	15 (0.8)	21 (1.1)	17 (1.1)	19 (1.5)	15 (0.9)
2 and over...	9 (0.6)	17 (1.3)	12 (1.1)	9 (1.2)	16 (0.7)	21 (0.7)	16 (0.7)	18 (1.1)	16 (0.8)
131-350% poverty:									
2 - 5.....	13 (1.1)	22 (1.9)	19 (3.2)	6* (2.2)	18 (1.0)	24 (1.6)	15 (1.4)	19 (1.5)	17 (1.3)
6 - 11.....	9 (1.3)	20 (5.5)	30* (11.2)	6* (2.8)	16 (1.5)	18 (2.2)	14 (1.6)	15 (2.3)	15 (1.2)
12 - 19.....	11 (1.4)	14 (1.3)	6 (1.0)	8 (1.3)	15 (1.0)	18 (1.3)	14 (1.0)	16 (2.2)	15 (1.5)
20 and over...	7 (0.4)	20 (2.6)	20* (7.5)	7 (1.2)	14 (0.6)	21 (0.8)	17 (0.7)	20 (0.9)	16 (1.0)
2 and over...	8 (0.5)	19 (2.0)	20* (6.3)	7 (1.0)	15 (0.5)	21 (0.7)	16 (0.5)	19 (0.8)	16 (0.8)
Over 350% poverty:									
2 - 5.....	16* (2.1)	20 (2.8)	6* (1.9)	10* (4.6)	21 (0.8)	27 (2.3)	15* (1.1)	22 (2.1)	22 (1.8)
6 - 11.....	11 (1.8)	15 (1.7)	11* (3.5)	7* (3.3)	16 (1.4)	18 (1.8)	15 (1.1)	16 (1.2)	16 (1.7)
12 - 19.....	7* (0.9)	17 (2.9)	17* (5.1)	9* (4.3)	12 (1.1)	17 (1.5)	12 (1.2)	16 (2.2)	12 (1.7)
20 and over...	8 (0.9)	15 (0.9)	7 (1.4)	6 (0.7)	13 (0.6)	21 (1.0)	15 (1.1)	17 (1.6)	14 (0.5)
2 and over...	8 (0.8)	15 (0.8)	8 (1.4)	6 (0.7)	14 (0.5)	20 (0.9)	15 (0.9)	17 (1.3)	14 (0.5)
All Individuals⁵:									
2 - 5.....	13 (0.7)	20 (1.1)	13 (3.0)	8 (1.4)	19 (0.9)	23 (1.0)	15 (0.9)	18 (1.0)	17 (1.0)
6 - 11.....	10 (0.7)	18 (2.5)	20* (6.1)	10 (1.3)	17 (1.0)	19 (1.1)	15 (0.9)	16 (1.2)	17 (1.1)
12 - 19.....	10 (0.9)	16 (1.6)	11 (2.0)	8 (1.2)	14 (0.9)	18 (0.9)	13 (0.7)	16 (0.7)	14 (1.4)
20 and over...	8 (0.5)	17 (1.0)	12 (3.0)	7 (0.7)	14 (0.4)	21 (0.6)	16 (0.7)	18 (0.7)	15 (0.5)
2 and over...	8 (0.4)	17 (0.8)	13 (2.5)	8 (0.5)	15 (0.3)	21 (0.5)	16 (0.5)	18 (0.5)	15 (0.4)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	16	(1.3)	16	(1.6)	37	(4.0)	21	(1.9)	26	(2.5)	15	(2.3)	26	(1.6)	20	(1.6)	23	(1.4)
6 - 11.....	14	(1.1)	15	(1.6)	24	(2.5)	17	(2.0)	28	(1.9)	16	(1.5)	20	(2.1)	17	(1.4)	22	(1.4)
12 - 19.....	15	(1.5)	17	(2.5)	30	(2.7)	22	(4.3)	24	(3.4)	16	(2.1)	23	(2.2)	17	(1.8)	25	(2.2)
20 and over...	13	(0.6)	16	(1.7)	22	(2.0)	16	(1.5)	22	(1.1)	9	(0.8)	25	(1.5)	17	(0.9)	25	(1.1)
2 and over...	14	(0.4)	16	(1.2)	24	(1.5)	18	(1.2)	23	(0.9)	11	(0.6)	24	(1.0)	17	(0.6)	24	(0.9)
131-350% poverty:																		
2 - 5.....	18	(1.5)	22	(2.0)	36	(3.9)	26	(2.7)	27	(2.8)	20	(2.3)	29	(1.6)	23	(1.7)	25	(2.0)
6 - 11.....	13	(1.0)	11	(1.7)	25	(2.8)	13	(1.4)	27	(1.4)	19	(2.3)	20	(2.8)	17	(2.1)	22	(1.2)
12 - 19.....	15	(1.1)	15	(2.0)	24	(1.9)	14	(2.5)	25	(1.7)	14	(1.5)	19	(1.2)	16	(0.9)	24	(1.0)
20 and over...	14	(0.6)	15	(0.8)	26	(1.6)	16	(1.4)	23	(1.3)	12	(1.7)	23	(1.0)	16	(0.5)	25	(0.6)
2 and over...	14	(0.6)	15	(0.7)	26	(1.3)	16	(1.0)	24	(1.1)	12	(1.3)	22	(0.9)	17	(0.5)	25	(0.6)
Over 350% poverty:																		
2 - 5.....	21	(2.2)	25	(2.9)	31	(5.9)	32	(4.4)	26	(2.6)	18	(3.1)	30	(3.1)	25	(2.0)	28	(2.0)
6 - 11.....	15	(1.1)	17	(1.4)	31	(3.7)	16	(1.9)	27	(2.1)	16	(1.1)	20	(2.2)	18	(1.3)	26	(2.0)
12 - 19.....	11	(1.2)	14	(1.2)	29	(3.5)	15	(3.3)	24	(2.6)	12	(1.9)	19	(2.3)	14	(1.5)	22	(1.4)
20 and over...	13	(0.9)	14	(1.7)	19	(2.0)	12	(1.3)	23	(1.5)	6	(0.5)	22	(1.0)	16	(0.7)	25	(0.9)
2 and over...	13	(0.8)	15	(1.5)	21	(1.8)	13	(1.0)	23	(1.4)	7	(0.5)	22	(0.8)	16	(0.7)	25	(0.8)
All Individuals⁵:																		
2 - 5.....	18	(0.9)	20	(0.9)	36	(2.9)	25	(1.5)	27	(1.6)	18	(1.6)	28	(1.1)	22	(1.0)	26	(1.1)
6 - 11.....	14	(0.5)	14	(0.8)	27	(2.0)	15	(1.1)	28	(0.8)	17	(1.2)	20	(1.3)	18	(1.0)	24	(1.0)
12 - 19.....	13	(0.7)	15	(0.8)	27	(1.6)	16	(1.7)	24	(1.2)	13	(1.0)	20	(1.0)	16	(0.9)	24	(0.6)
20 and over...	13	(0.6)	15	(0.9)	22	(0.9)	14	(1.0)	23	(0.9)	9	(0.6)	23	(0.7)	16	(0.5)	25	(0.5)
2 and over...	14	(0.5)	15	(0.7)	24	(0.8)	15	(0.7)	23	(0.7)	10	(0.6)	23	(0.5)	17	(0.4)	25	(0.5)

Table 28. Snacks¹: Percentages² of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016 (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.....	18	(2.4)	16	(1.2)	25	(1.9)	13	(1.5)	23	(1.5)	17	(1.8)	37	(8.9)	--	--
6 - 11.....	23	(2.1)	15	(1.4)	25	(1.5)	13	(1.2)	20	(1.0)	18	(1.7)	42	(8.7)	--	--
12 - 19.....	20	(2.2)	16	(1.9)	26	(2.8)	12	(1.4)	20	(1.3)	16	(1.5)	33	(6.8)	--	--
20 and over...	15	(1.1)	14	(0.9)	25	(1.1)	10	(0.7)	20	(0.9)	13	(0.7)	41	(2.6)	60	(5.2)
2 and over...	17	(0.9)	15	(0.7)	25	(0.8)	11	(0.5)	20	(0.6)	14	(0.5)	40	(2.5)	--	--
131-350% poverty:																
2 - 5.....	18	(1.6)	19	(1.5)	28	(2.6)	15	(1.4)	26	(1.8)	18	(1.1)	27	(6.5)	--	--
6 - 11.....	17	(1.4)	13	(1.2)	24	(1.0)	11	(1.1)	19	(1.2)	17	(1.6)	36	(2.8)	--	--
12 - 19.....	15	(1.4)	15	(0.9)	27	(1.5)	11	(0.8)	19	(0.9)	13	(0.7)	41	(3.8)	--	--
20 and over...	15	(1.0)	14	(0.7)	26	(0.7)	9	(0.3)	19	(0.5)	11	(0.4)	35	(2.4)	63	(5.8)
2 and over...	16	(0.9)	14	(0.6)	26	(0.7)	10	(0.3)	19	(0.5)	12	(0.4)	35	(2.4)	--	--
Over 350% poverty:																
2 - 5.....	22	(2.3)	22	(2.2)	30	(1.3)	16*	(2.0)	28	(3.0)	18	(1.4)	41*	(6.5)	--	--
6 - 11.....	18	(1.3)	18	(1.2)	30	(2.1)	12	(1.3)	23	(1.5)	16	(1.0)	57	(6.9)	--	--
12 - 19.....	13	(2.1)	12	(1.1)	24	(1.7)	8*	(1.0)	18	(1.6)	10	(1.2)	44	(6.7)	--	--
20 and over...	15	(0.5)	14	(0.7)	28	(1.1)	10	(0.7)	18	(0.8)	11	(0.6)	38	(2.1)	62	(3.7)
2 and over...	15	(0.6)	15	(0.6)	27	(1.0)	10	(0.7)	18	(0.8)	11	(0.5)	39	(2.1)	--	--
All Individuals⁵:																
2 - 5.....	19	(1.3)	19	(0.9)	28	(1.2)	14	(0.9)	25	(1.2)	18	(0.9)	33	(3.8)	--	--
6 - 11.....	20	(1.2)	15	(0.8)	26	(1.0)	12	(0.8)	21	(0.8)	17	(0.8)	42	(3.9)	--	--
12 - 19.....	16	(1.2)	14	(0.9)	26	(0.7)	10	(0.7)	19	(0.7)	13	(0.8)	39	(3.0)	--	--
20 and over...	15	(0.5)	14	(0.5)	27	(0.6)	10	(0.4)	19	(0.6)	12	(0.4)	38	(1.6)	61	(3.5)
2 and over...	16	(0.5)	14	(0.4)	27	(0.5)	10	(0.4)	19	(0.5)	12	(0.3)	38	(1.6)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 2.41.

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 27 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, 2015-2016.

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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.

Table 29. Snacks: Distribution of Snack Occasions¹,
by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																	
2 - 5.....	336	6	(1.5)	9	(1.7)	24	(2.6)	21	(3.4)	21	(3.2)	11	(1.8)	4*	(1.0)	3*	(1.3)
6 - 11.....	517	6	(1.5)	19	(2.0)	23	(3.1)	26	(2.9)	17	(1.8)	5	(1.1)	3*	(1.0)	2*	(1.0)
12 - 19.....	609	10	(2.0)	26	(1.8)	26	(2.6)	17	(1.9)	14	(2.0)	4	(1.1)	1*	(0.1)	1*	(0.6)
20 - 29.....	392	10	(2.2)	19	(2.5)	26	(3.0)	18	(3.1)	14	(1.6)	8	(2.4)	4*	(1.5)	2*	(0.7)
30 - 39.....	418	7	(1.4)	14	(2.6)	24	(3.1)	24	(3.5)	23	(3.9)	4*	(1.1)	3*	(0.9)	2*	(0.7)
40 - 49.....	370	5	(1.3)	18	(3.2)	20	(3.4)	19	(2.6)	12	(2.3)	16	(3.4)	5*	(2.1)	4*	(2.1)
50 - 59.....	397	6	(1.5)	16	(3.3)	20	(2.6)	21	(3.0)	15	(3.0)	7	(2.0)	8	(2.4)	6	(1.9)
60 - 69.....	420	6	(0.8)	14	(1.6)	25	(4.0)	22	(4.0)	15	(2.0)	8	(2.3)	7	(2.4)	3*	(1.2)
70 and over.....	418	11	(1.5)	25	(3.0)	21	(1.9)	18	(2.5)	18	(2.9)	4*	(1.3)	3*	(1.2)	2*	(1.0)
2 - 19.....	1462	8	(1.2)	20	(1.4)	25	(1.7)	21	(1.4)	16	(1.3)	6	(0.7)	2	(0.4)	2	(0.5)
20 and over...	2415	7	(0.6)	17	(1.5)	22	(1.2)	20	(1.2)	16	(1.4)	8	(1.1)	5	(1.0)	3	(0.6)
2 and over...	3877	8	(0.7)	18	(1.2)	23	(0.9)	20	(1.0)	16	(1.2)	8	(0.9)	4	(0.8)	3	(0.5)
Females:																	
2 - 5.....	329	5*	(1.4)	14	(2.2)	19	(3.5)	29	(2.8)	16	(3.5)	11	(1.7)	4*	(1.3)	1*	(0.5)
6 - 11.....	523	5	(1.0)	16	(3.7)	29	(4.7)	20	(2.0)	15	(2.7)	10	(2.1)	3*	(1.0)	3*	(1.2)
12 - 19.....	586	14	(1.9)	25	(3.6)	26	(2.5)	18	(2.4)	12	(2.5)	2*	(0.9)	2*	(0.5)	1*	(0.3)
20 - 29.....	442	6	(1.0)	20	(2.7)	27	(3.6)	22	(2.4)	15	(1.9)	4*	(1.0)	2*	(1.0)	3*	(0.8)
30 - 39.....	435	5	(1.2)	16	(2.4)	22	(2.9)	25	(2.9)	13	(1.8)	10	(2.5)	4*	(1.4)	5	(2.0)
40 - 49.....	460	3*	(1.0)	17	(3.1)	23	(3.7)	25	(2.5)	17	(2.6)	7	(1.8)	3*	(1.1)	4	(1.8)
50 - 59.....	419	6	(1.5)	12	(2.0)	20	(2.4)	23	(3.5)	16	(2.7)	12	(3.2)	5*	(1.9)	7	(2.1)
60 - 69.....	432	3*	(1.3)	16	(3.8)	22	(3.9)	28	(4.4)	11	(1.7)	13	(2.0)	1*	(0.6)	6	(2.5)
70 and over.....	414	5	(0.8)	20	(2.9)	26	(2.8)	25	(2.3)	11	(1.8)	7	(1.9)	2*	(1.3)	4*	(1.2)
2 - 19.....	1438	9	(1.1)	19	(2.3)	25	(1.3)	21	(1.3)	14	(1.8)	7	(1.0)	3	(0.5)	2	(0.4)
20 and over...	2602	5	(0.6)	17	(1.3)	23	(1.4)	25	(1.6)	14	(1.0)	9	(0.9)	3	(0.6)	5	(0.9)
2 and over...	4040	6	(0.5)	17	(1.3)	24	(1.2)	24	(1.2)	14	(0.8)	8	(0.8)	3	(0.4)	4	(0.8)
Males and females:																	
2 - 19.....	2900	9	(1.0)	20	(1.5)	25	(0.9)	21	(1.2)	15	(1.1)	6	(0.6)	2	(0.3)	2	(0.3)
20 and over...	5017	6	(0.4)	17	(1.1)	23	(1.2)	23	(1.2)	15	(0.9)	8	(0.6)	4	(0.6)	4	(0.6)
2 and over...	7917	7	(0.5)	18	(1.1)	23	(0.8)	22	(0.9)	15	(0.8)	8	(0.6)	4	(0.5)	4	(0.5)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Distribution of Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 30. Snacks: Distribution of Snack Occasions¹,
by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																	
2 - 5.....	209	6*	(2.3)	9	(2.2)	19	(3.7)	27	(3.7)	22	(4.4)	12	(1.8)	3*	(1.3)	2*	(1.1)
6 - 11.....	300	3*	(0.7)	12	(2.2)	24	(4.7)	26	(3.4)	19	(1.9)	9	(1.7)	4*	(1.6)	4*	(1.2)
12 - 19.....	322	12	(2.6)	24	(2.9)	27	(3.1)	15	(1.8)	18	(3.4)	3*	(0.9)	1*	(0.5)	1*	(0.5)
20 and over...	1711	5	(0.3)	15	(1.4)	22	(1.4)	24	(1.5)	16	(1.3)	10	(0.8)	5	(0.8)	4	(0.8)
2 and over...	2542	5	(0.4)	15	(1.2)	22	(1.0)	24	(1.2)	16	(1.1)	9	(0.7)	4	(0.7)	4	(0.6)
Non-Hispanic Black:																	
2 - 5.....	160	7*	(1.5)	13	(1.3)	29	(4.1)	22	(4.3)	20	(3.8)	6*	(1.9)	1*	(0.6)	2*	(0.9)
6 - 11.....	220	9*	(2.3)	31	(2.5)	26	(2.4)	17	(2.7)	10	(1.2)	5*	(1.4)	2*	(1.3)	1*	(0.5)
12 - 19.....	274	13	(2.2)	26	(2.7)	25	(2.6)	20	(2.6)	10	(2.1)	3*	(1.2)	1*	(0.7)	1*	(0.6)
20 and over...	1060	9	(1.1)	22	(1.4)	28	(1.8)	19	(1.6)	12	(0.8)	6	(1.1)	3	(0.7)	2*	(0.3)
2 and over...	1714	10	(1.0)	23	(1.3)	27	(1.4)	19	(1.1)	12	(0.8)	5	(0.8)	2	(0.5)	2	(0.3)
Non-Hispanic Asian²:																	
2 - 5.....	34	2*	(1.9)	20*	(9.4)	20*	(9.4)	16*	(6.7)	19*	(9.1)	8*	(2.9)	12*	(5.4)	5*	(3.0)
6 - 11.....	70	4*	(2.8)	14*	(5.3)	29*	(6.0)	22*	(3.6)	21*	(4.5)	6*	(2.6)	0*	(0.0)	5*	(1.9)
12 - 19.....	123	6*	(1.8)	21	(5.6)	26	(5.4)	23	(2.6)	11*	(3.5)	6*	(2.4)	3*	(1.1)	4*	(2.7)
20 and over...	521	8	(1.4)	16	(1.3)	23	(1.9)	19	(1.9)	16	(1.3)	8	(1.4)	4	(1.1)	7	(1.5)
2 and over...	748	7	(1.2)	17	(1.5)	23	(1.3)	19	(1.6)	16	(1.2)	8	(1.1)	4	(1.1)	6	(1.3)
Hispanic:																	
2 - 5.....	205	5*	(2.7)	15	(3.6)	21	(4.0)	24	(3.8)	11	(3.5)	14	(3.3)	6*	(2.3)	3*	(1.6)
6 - 11.....	379	11	(2.1)	22	(3.5)	27	(3.3)	20	(2.6)	13	(2.7)	4*	(1.6)	2*	(0.6)	#	
12 - 19.....	405	14	(1.7)	30	(3.9)	25	(2.1)	19	(2.1)	7	(1.5)	4*	(1.2)	1*	(0.6)	1*	(0.6)
20 and over...	1543	10	(1.4)	22	(1.0)	25	(1.9)	20	(1.2)	13	(1.2)	5	(1.0)	3	(0.6)	3	(0.5)
2 and over...	2532	10	(1.3)	22	(1.4)	25	(1.2)	20	(1.2)	12	(1.0)	6	(0.9)	3	(0.5)	2	(0.4)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 31. Snacks: Distribution of Snack Occasions¹,
by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
\$0 - \$24,999:																	
2 - 5.....	196	10	(2.8)	20	(3.3)	27	(3.8)	18	(3.7)	13	(3.2)	8*	(3.1)	2*	(0.9)	3*	(1.0)
6 - 11.....	258	10	(2.0)	27	(3.5)	30	(4.8)	17	(3.6)	9	(2.1)	4*	(2.0)	2*	(1.1)	#	
12 - 19.....	284	15	(3.3)	30	(4.1)	24	(2.8)	18	(2.4)	9	(2.4)	2*	(0.9)	1*	(0.3)	1*	(0.9)
20 and over...	1430	10	(1.0)	21	(2.1)	25	(1.5)	20	(1.1)	12	(1.1)	6	(1.1)	2	(0.6)	3	(0.8)
2 and over...	2168	11	(0.9)	22	(1.8)	26	(1.4)	19	(0.9)	12	(0.8)	6	(0.8)	2	(0.5)	3	(0.6)
\$25,000 - \$74,999:																	
2 - 5.....	261	6*	(1.7)	11	(2.2)	21	(3.2)	26	(4.5)	15	(2.9)	14	(2.9)	7*	(1.7)	2*	(1.0)
6 - 11.....	451	7	(1.6)	20	(3.4)	25	(2.9)	26	(2.9)	15	(1.6)	4	(0.9)	2*	(0.6)	2*	(1.0)
12 - 19.....	513	13	(2.0)	26	(2.4)	27	(2.0)	18	(1.4)	11	(1.6)	2*	(0.7)	2*	(0.7)	1*	(0.6)
20 and over...	1973	6	(0.6)	16	(2.0)	23	(1.3)	25	(1.4)	14	(1.0)	7	(0.7)	5	(1.0)	3	(0.9)
2 and over...	3198	7	(0.6)	17	(1.8)	24	(1.0)	24	(1.2)	14	(0.9)	7	(0.6)	5	(0.8)	3	(0.7)
\$75,000 and higher:																	
2 - 5.....	166	2*	(1.8)	7*	(2.4)	22	(5.8)	28	(5.0)	26	(6.8)	11*	(2.2)	2*	(0.7)	2*	(1.3)
6 - 11.....	278	2*	(1.0)	10	(1.9)	24	(3.4)	24	(2.8)	20	(2.3)	12	(2.1)	4*	(2.1)	4*	(1.3)
12 - 19.....	306	10	(2.0)	23	(4.3)	25	(4.4)	17	(3.3)	17	(4.3)	5*	(1.5)	1*	(0.6)	1*	(0.6)
20 and over...	1206	3	(0.5)	15	(1.6)	20	(1.8)	23	(2.1)	17	(1.8)	11	(1.4)	4	(1.1)	6	(0.9)
2 and over...	1956	4	(0.4)	15	(1.4)	21	(1.3)	23	(1.5)	18	(1.3)	11	(1.0)	4	(0.8)	5	(0.7)
All Individuals²:																	
2 - 5.....	665	5	(1.2)	12	(1.7)	22	(3.0)	25	(2.5)	19	(2.4)	11	(1.1)	4	(0.8)	2*	(0.7)
6 - 11.....	1040	6	(1.0)	18	(2.4)	26	(2.3)	23	(2.0)	16	(1.0)	7	(1.2)	3	(0.9)	2	(0.7)
12 - 19.....	1195	12	(1.6)	25	(2.3)	26	(1.8)	18	(1.7)	13	(1.9)	3	(0.7)	1*	(0.3)	1*	(0.3)
20 and over...	5017	6	(0.4)	17	(1.1)	23	(1.2)	23	(1.2)	15	(0.9)	8	(0.6)	4	(0.6)	4	(0.6)
2 and over...	7917	7	(0.5)	18	(1.1)	23	(0.8)	22	(0.9)	15	(0.8)	8	(0.6)	4	(0.5)	4	(0.5)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 32. Snacks: Distribution of Snack Occasions¹,
by Family Income (as % of Poverty Level²) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																	
2 - 5.....	261	10	(2.3)	21	(2.9)	23	(3.2)	18	(3.6)	12	(2.2)	9	(2.6)	4*	(1.7)	2*	(0.8)
6 - 11.....	395	11	(2.5)	26	(2.9)	27	(3.8)	20	(3.2)	10	(2.0)	4*	(2.0)	2*	(0.8)	#	
12 - 19.....	423	15	(2.1)	30	(3.8)	24	(1.7)	20	(1.5)	9	(2.1)	2*	(0.4)	#		1*	(0.7)
20 and over...	1434	11	(1.2)	20	(1.5)	25	(1.5)	21	(1.3)	13	(1.4)	6	(0.8)	2	(0.4)	2	(0.6)
2 and over...	2513	11	(0.9)	22	(1.5)	25	(1.3)	21	(1.0)	12	(1.0)	5	(0.7)	2	(0.3)	2	(0.4)
131-350% poverty:																	
2 - 5.....	236	4*	(1.5)	8*	(0.9)	21	(4.4)	30	(4.6)	18	(4.2)	14	(2.8)	5*	(1.1)	2*	(1.0)
6 - 11.....	387	3*	(1.2)	16	(3.3)	26	(4.0)	25	(2.6)	16	(1.9)	7	(2.1)	4*	(1.9)	3*	(1.2)
12 - 19.....	435	13	(2.6)	25	(3.4)	24	(2.3)	18	(1.9)	14	(1.9)	3*	(0.9)	2*	(0.8)	2*	(0.7)
20 and over...	1823	6	(0.7)	19	(1.7)	25	(0.9)	22	(1.4)	13	(0.9)	7	(0.9)	5	(0.9)	3	(0.6)
2 and over...	2881	7	(0.7)	19	(1.3)	25	(0.9)	22	(1.1)	14	(0.9)	7	(0.8)	4	(0.7)	3	(0.5)
Over 350% poverty:																	
2 - 5.....	118	3*	(2.4)	6*	(3.1)	24	(7.1)	24	(6.3)	27	(7.9)	11*	(2.6)	2*	(1.2)	2*	(1.6)
6 - 11.....	191	3*	(1.4)	11	(2.3)	23	(3.0)	25	(3.4)	22	(3.9)	11	(2.2)	1*	(1.0)	4*	(1.6)
12 - 19.....	222	7*	(1.8)	23	(4.9)	29	(5.1)	16	(4.1)	18	(4.6)	5*	(1.7)	1*	(0.7)	1*	(0.7)
20 and over...	1280	3	(0.4)	13	(1.3)	19	(2.1)	25	(2.1)	17	(1.5)	11	(0.9)	5	(0.9)	6	(1.0)
2 and over...	1811	4	(0.4)	14	(1.3)	20	(1.7)	24	(1.7)	18	(1.3)	10	(0.8)	4	(0.8)	5	(0.9)
All Individuals³:																	
2 - 5.....	665	5	(1.2)	12	(1.7)	22	(3.0)	25	(2.5)	19	(2.4)	11	(1.1)	4	(0.8)	2*	(0.7)
6 - 11.....	1040	6	(1.0)	18	(2.4)	26	(2.3)	23	(2.0)	16	(1.0)	7	(1.2)	3	(0.9)	2	(0.7)
12 - 19.....	1195	12	(1.6)	25	(2.3)	26	(1.8)	18	(1.7)	13	(1.9)	3	(0.7)	1*	(0.3)	1*	(0.3)
20 and over...	5017	6	(0.4)	17	(1.1)	23	(1.2)	23	(1.2)	15	(0.9)	8	(0.6)	4	(0.6)	4	(0.6)
2 and over...	7917	7	(0.5)	18	(1.1)	23	(0.8)	22	(0.9)	15	(0.8)	8	(0.6)	4	(0.5)	4	(0.5)

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Snacks: Distribution of Snack Occasions, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 33. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Gender and Age, in the United States, 2015-2016

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)						
Males:																								
2 - 5.....	84	(2.1)	12	(2.1)	39	(3.2)	33	(3.3)	15	(1.9)	3*	(1.3)	6	(1.2)	6	(1.6)	1*	(0.3)	#	#	#			
6 - 11.....	73	(3.7)	17	(2.5)	37	(4.7)	18	(3.0)	24	(3.4)	7	(1.9)	10	(1.8)	7	(1.7)	3*	(1.0)	1*	(0.5)	1*	(0.3)	1*	(0.6)
12 - 19.....	52	(2.7)	20	(2.9)	23	(2.3)	9	(1.2)	37	(1.6)	13	(1.5)	16	(1.9)	8	(1.3)	11	(1.9)	4	(0.9)	4	(1.1)	4	(1.2)
20 - 29.....	54	(4.1)	16	(2.1)	23	(3.4)	15	(2.8)	36	(3.4)	11	(1.7)	14	(1.9)	11	(1.9)	10	(2.1)	2*	(1.0)	6	(1.6)	2*	(1.0)
30 - 39.....	60	(2.9)	11	(2.6)	30	(2.3)	19	(3.4)	33	(2.6)	7	(1.5)	16	(2.2)	10	(2.1)	7	(1.4)	2*	(0.4)	2*	(0.7)	3*	(1.2)
40 - 49.....	65	(4.3)	14	(3.1)	25	(2.5)	25	(4.1)	30	(3.2)	8	(1.6)	11	(2.7)	11	(2.4)	6	(1.9)	2*	(0.9)	2*	(0.8)	2*	(0.9)
50 - 59.....	60	(3.5)	13	(2.6)	26	(2.9)	22	(3.3)	35	(4.0)	8	(2.2)	15	(3.1)	12	(2.7)	5	(1.4)	2*	(0.8)	1*	(0.4)	3*	(0.9)
60 - 69.....	67	(5.7)	15	(1.6)	31	(4.5)	22	(3.8)	30	(5.4)	4*	(1.1)	15	(3.5)	10	(3.0)	3*	(0.7)	1*	(0.4)	1*	(0.4)	1*	(0.6)
70 and over....	68	(2.2)	25	(2.3)	27	(2.1)	16	(3.0)	30	(2.2)	9	(1.7)	11	(2.5)	9	(2.2)	2*	(0.8)	1*	(0.4)	1*	(0.3)	1*	(0.4)
2 - 19.....	66	(2.7)	17	(1.7)	31	(2.4)	17	(1.6)	28	(1.9)	9	(1.4)	12	(1.1)	7	(0.9)	6	(1.1)	2	(0.5)	2	(0.5)	2	(0.6)
20 and over...	61	(1.7)	15	(1.1)	27	(1.3)	20	(1.6)	33	(1.5)	8	(0.8)	14	(1.0)	10	(1.3)	6	(0.7)	2	(0.3)	2	(0.5)	2	(0.4)
2 and over...	63	(1.7)	16	(0.8)	28	(1.3)	19	(1.4)	31	(1.2)	8	(0.8)	13	(0.9)	10	(0.9)	6	(0.7)	2	(0.3)	2	(0.4)	2	(0.4)
Females:																								
2 - 5.....	89	(2.3)	16	(2.1)	43	(3.2)	29	(4.4)	11	(2.3)	2*	(1.1)	5*	(1.1)	4*	(1.2)	#	0*	(0.0)	#	#	#	#	
6 - 11.....	72	(2.4)	16	(3.0)	34	(3.0)	22	(3.2)	24	(2.9)	5	(1.2)	14	(2.7)	6	(1.3)	4	(0.9)	1*	(0.3)	1*	(0.5)	2*	(0.9)
12 - 19.....	49	(1.6)	21	(2.5)	20	(1.6)	8	(2.1)	41	(2.4)	15	(2.7)	18	(2.5)	8	(1.4)	10	(2.3)	2*	(0.8)	6	(1.7)	2*	(0.6)
20 - 29.....	59	(2.5)	15	(2.3)	32	(2.8)	13	(1.8)	33	(2.8)	10	(1.8)	15	(1.8)	8	(1.6)	7	(1.2)	1*	(0.5)	3*	(0.6)	4*	(0.9)
30 - 39.....	66	(2.6)	12	(2.5)	34	(3.8)	19	(2.8)	29	(2.9)	7	(1.7)	11	(1.6)	11	(1.2)	5	(0.9)	1*	(0.4)	2*	(0.5)	2*	(0.8)
40 - 49.....	70	(3.7)	15	(2.7)	33	(2.5)	22	(3.5)	27	(3.4)	5	(1.9)	14	(3.2)	7	(1.5)	4*	(0.7)	1*	(0.3)	2*	(0.6)	2*	(0.7)
50 - 59.....	65	(3.3)	13	(2.3)	26	(4.3)	26	(4.1)	32	(3.5)	4*	(1.0)	16	(2.6)	12	(2.0)	2*	(0.8)	#	#	1*	(0.4)	1*	(0.5)
60 - 69.....	66	(4.5)	14	(3.6)	35	(4.7)	17	(2.5)	30	(4.8)	5	(1.7)	13	(2.3)	12	(3.0)	4*	(1.3)	#	#	1*	(0.6)	2*	(1.2)
70 and over....	68	(3.1)	16	(2.7)	37	(2.7)	15	(2.2)	28	(2.9)	7	(1.2)	13	(2.1)	8	(1.2)	4*	(1.1)	1*	(0.4)	1*	(0.7)	2*	(0.7)
2 - 19.....	65	(1.8)	18	(1.6)	30	(1.2)	17	(1.9)	29	(2.0)	9	(1.4)	14	(1.6)	6	(0.9)	6	(1.1)	1*	(0.4)	3	(0.8)	2	(0.4)
20 and over...	66	(1.6)	14	(1.2)	32	(1.9)	19	(1.3)	30	(1.7)	7	(0.7)	14	(1.2)	10	(0.7)	4	(0.4)	1*	(0.1)	2	(0.2)	2	(0.3)
2 and over...	65	(1.4)	15	(1.2)	32	(1.6)	19	(1.3)	30	(1.4)	7	(0.7)	14	(1.1)	9	(0.6)	5	(0.4)	1	(0.2)	2	(0.3)	2	(0.2)
Males and females:																								
2 - 19.....	66	(2.0)	18	(1.1)	31	(1.4)	17	(1.5)	28	(1.6)	9	(1.2)	13	(1.1)	7	(0.4)	6	(0.9)	2	(0.3)	3	(0.6)	2	(0.4)
20 and over...	64	(1.5)	15	(0.9)	30	(1.4)	19	(1.3)	31	(1.3)	7	(0.6)	14	(0.8)	10	(0.7)	5	(0.4)	1	(0.1)	2	(0.3)	2	(0.2)
2 and over...	64	(1.4)	15	(0.9)	30	(1.3)	19	(1.3)	31	(1.1)	8	(0.7)	14	(0.8)	9	(0.6)	5	(0.5)	1	(0.2)	2	(0.3)	2	(0.2)

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 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.

Table 34. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	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)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)							
Non-Hispanic White:																								
2 - 5.....	95* (1.2)	14 (3.1)	44 (4.0)	37 (5.1)	5* (1.2)	1* (0.8)	2* (0.9)	2* (1.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)							
6 - 11.....	80 (3.4)	13 (2.4)	41 (4.1)	26 (3.1)	17 (3.2)	2* (1.4)	9 (2.3)	6 (1.7)	3* (0.9)	#	1* (0.4)	2* (0.8)	3* (0.9)	#	1* (0.4)	2* (0.8)	3* (0.9)							
12 - 19.....	53 (2.5)	22 (3.1)	21 (1.7)	10 (1.7)	38 (2.7)	12 (2.3)	16 (2.8)	10 (1.6)	10 (2.4)	2* (0.6)	5* (1.9)	3* (1.3)	10 (2.4)	2* (0.6)	5* (1.9)	3* (1.3)	10 (2.4)							
20 and over...	68 (1.8)	14 (1.4)	32 (1.9)	22 (1.4)	28 (1.7)	5 (0.7)	13 (0.8)	10 (1.0)	3 (0.4)	1* (0.2)	1* (0.3)	2 (0.3)	3 (0.4)	1* (0.2)	1* (0.3)	2 (0.3)	3 (0.4)							
2 and over...	69 (1.7)	14 (1.2)	32 (1.7)	22 (1.3)	27 (1.5)	5 (0.7)	12 (0.8)	10 (0.8)	4 (0.4)	1* (0.2)	1 (0.3)	2 (0.3)	4 (0.4)	1* (0.2)	1 (0.3)	2 (0.3)	4 (0.4)							
Non-Hispanic Black:																								
2 - 5.....	81 (3.5)	16 (1.7)	43 (3.0)	22 (3.5)	16 (3.3)	4* (1.7)	8* (1.8)	5* (2.0)	2* (1.3)	0* (0.0)	1* (0.5)	2* (1.1)	2* (1.3)	0* (0.0)	1* (0.5)	2* (1.1)	2* (1.3)							
6 - 11.....	67 (3.2)	29 (2.9)	26 (2.8)	13 (2.7)	31 (2.8)	10 (2.6)	16 (2.3)	4* (0.8)	2* (0.8)	1* (0.5)	1* (0.5)	1* (0.4)	31 (2.8)	10 (2.6)	16 (2.3)	4* (0.8)	2* (0.8)							
12 - 19.....	42 (3.1)	18 (2.4)	19 (1.6)	5* (2.1)	43 (3.8)	18 (3.6)	19 (3.0)	6* (1.0)	16 (3.5)	4* (1.3)	8 (2.3)	4* (1.9)	43 (3.8)	18 (3.6)	19 (3.0)	6* (1.0)	16 (3.5)							
20 and over...	49 (1.9)	16 (1.4)	23 (1.9)	10 (1.1)	37 (1.6)	11 (1.2)	18 (1.1)	8 (1.0)	14 (1.1)	4 (0.7)	6 (0.6)	5 (0.5)	37 (1.6)	11 (1.2)	18 (1.1)	8 (1.0)	14 (1.1)							
2 and over...	52 (1.7)	18 (1.1)	24 (1.2)	11 (0.9)	35 (1.6)	11 (1.3)	17 (0.6)	7 (0.7)	12 (1.0)	3 (0.6)	5 (0.6)	4 (0.5)	35 (1.6)	11 (1.3)	17 (0.6)	7 (0.7)	12 (1.0)							
Non-Hispanic Asian³:																								
2 - 5.....	94* (3.3)	22*(10.0)	35*(13.6)	38*(8.5)	6* (3.3)	0* (0.0)	0* (0.0)	6* (3.3)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	94* (3.3)	22*(10.0)	35*(13.6)	38*(8.5)	6* (3.3)							
6 - 11.....	94* (4.3)	16* (7.0)	48* (8.2)	30* (5.6)	6* (4.3)	2* (1.2)	2* (2.0)	2* (1.4)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)	94* (4.3)	16* (7.0)	48* (8.2)	30* (5.6)	6* (4.3)							
12 - 19.....	63 (5.2)	18 (4.5)	28 (4.8)	18 (4.2)	31 (5.0)	9* (1.7)	17 (4.6)	4* (1.7)	6* (2.0)	#	5* (2.2)	1* (0.8)	31 (5.0)	9* (1.7)	17 (4.6)	4* (1.7)	6* (2.0)							
20 and over...	73 (3.3)	17 (1.7)	32 (2.4)	25 (3.0)	24 (2.6)	7 (1.1)	9 (2.2)	9 (1.2)	3* (1.1)	#	1* (0.6)	1* (0.5)	24 (2.6)	7 (1.1)	9 (2.2)	9 (1.2)	3* (1.1)							
2 and over...	74 (3.0)	17 (1.6)	32 (2.7)	25 (2.7)	23 (2.4)	6 (1.0)	9 (2.0)	8 (1.1)	3 (0.9)	#	1* (0.5)	1* (0.5)	23 (2.4)	6 (1.0)	9 (2.0)	8 (1.1)	3 (0.9)							
Hispanic:																								
2 - 5.....	74 (3.8)	14 (3.3)	36 (3.3)	24 (4.8)	25 (3.5)	6* (3.0)	9* (1.9)	10 (3.3)	1* (0.5)	#	#	#	25 (3.5)	6* (3.0)	9* (1.9)	10 (3.3)	1* (0.5)							
6 - 11.....	55 (2.6)	20 (3.5)	27 (2.2)	9 (2.4)	39 (3.3)	12 (3.0)	19 (2.5)	9 (2.0)	5 (1.5)	2* (1.1)	2* (0.4)	2* (0.8)	39 (3.3)	12 (3.0)	19 (2.5)	9 (2.0)	5 (1.5)							
12 - 19.....	46 (2.5)	22 (3.1)	20 (2.5)	4* (1.3)	43 (1.9)	16 (1.8)	19 (2.0)	8 (1.4)	11 (1.6)	5 (0.6)	5* (1.1)	1* (0.4)	43 (1.9)	16 (1.8)	19 (2.0)	8 (1.4)	11 (1.6)							
20 and over...	49 (2.4)	16 (1.6)	22 (1.4)	11 (1.3)	44 (2.2)	13 (0.9)	19 (1.7)	11 (1.5)	7 (1.1)	2 (0.4)	4 (0.9)	2 (0.4)	44 (2.2)	13 (0.9)	19 (1.7)	11 (1.5)	7 (1.1)							
2 and over...	51 (1.7)	17 (1.5)	23 (0.7)	10 (1.2)	42 (1.5)	13 (1.0)	18 (1.3)	10 (1.3)	7 (0.9)	2 (0.3)	3 (0.6)	2 (0.4)	42 (1.5)	13 (1.0)	18 (1.3)	10 (1.3)	7 (0.9)							

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 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

Table 35. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	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)						
\$0 - \$24,999:																								
2 - 5.....	78	(3.6)	24	(3.4)	36	(3.4)	18	(4.0)	20	(3.3)	6*	(2.4)	9*	(2.2)	6*	(2.4)	2*	(1.0)	0*	(0.0)	1*	(0.5)	1*	(0.7)
6 - 11.....	63	(4.4)	25	(4.3)	30	(5.5)	8	(2.3)	33	(4.2)	11	(1.8)	15	(2.9)	7*	(1.9)	4*	(1.2)	1*	(0.8)	1*	(0.6)	1*	(0.7)
12 - 19.....	48	(4.3)	21	(3.5)	20	(3.3)	7*	(2.2)	39	(4.4)	19	(2.6)	15	(3.4)	4*	(1.2)	14	(2.8)	4*	(1.1)	7	(2.2)	2*	(1.3)
20 and over...	48	(2.1)	15	(1.3)	24	(1.7)	10	(0.9)	41	(2.1)	13	(1.5)	18	(1.6)	10	(1.1)	11	(1.4)	3	(0.7)	4	(0.5)	4	(0.7)
2 and over...	51	(1.8)	17	(1.3)	24	(1.5)	10	(0.7)	39	(1.6)	13	(1.3)	17	(1.0)	9	(0.9)	10	(1.1)	3	(0.5)	4	(0.5)	4	(0.5)
\$25,000 - \$74,999:																								
2 - 5.....	87	(2.8)	14	(2.6)	41	(4.7)	32	(4.6)	12	(2.7)	3*	(1.5)	5*	(1.3)	4*	(1.7)	1*	(0.3)	#		0*	(0.0)	#	
6 - 11.....	67	(2.9)	18	(2.4)	36	(4.1)	13	(1.7)	28	(2.9)	7	(2.4)	13	(2.2)	7	(1.1)	5	(1.4)	1*	(0.7)	1*	(0.5)	2*	(1.1)
12 - 19.....	48	(3.0)	21	(2.7)	21	(1.2)	6	(1.3)	40	(2.3)	14	(2.0)	18	(2.3)	8	(1.0)	12	(2.5)	4*	(1.1)	6	(1.8)	3*	(0.9)
20 and over...	62	(2.2)	15	(1.4)	30	(2.0)	17	(1.6)	33	(1.9)	7	(1.1)	16	(1.3)	10	(1.1)	5	(0.8)	1*	(0.2)	2	(0.5)	2	(0.5)
2 and over...	62	(1.9)	16	(1.2)	30	(1.7)	16	(1.4)	32	(1.6)	7	(1.1)	15	(1.1)	9	(0.9)	6	(0.8)	1	(0.2)	2	(0.6)	2	(0.4)
\$75,000 and higher:																								
2 - 5.....	93*	(1.8)	9*	(3.1)	46	(6.6)	37	(6.8)	7*	(1.8)	#		4*	(1.1)	3*	(1.2)	0*	(0.0)	0*	(0.0)	0*	(0.0)	0*	(0.0)
6 - 11.....	84	(3.3)	12	(2.4)	40	(3.6)	33	(2.5)	14	(3.6)	1*	(0.5)	8	(2.4)	6*	(2.4)	1*	(0.5)	#		#		1*	(0.5)
12 - 19.....	53	(2.9)	20	(4.9)	22	(3.2)	11	(2.0)	38	(2.3)	10	(2.1)	18	(2.9)	10	(2.1)	9	(2.3)	2*	(0.5)	3*	(1.5)	3*	(1.6)
20 and over...	76	(1.6)	14	(1.6)	33	(1.7)	28	(2.2)	23	(1.5)	4	(0.6)	10	(1.0)	9	(0.8)	1*	(0.3)	#		1*	(0.2)	1*	(0.2)
2 and over...	75	(1.4)	14	(1.5)	33	(1.5)	27	(1.8)	23	(1.3)	4	(0.6)	10	(0.9)	9	(0.6)	2	(0.4)	#		1*	(0.2)	1*	(0.3)
All Individuals³:																								
2 - 5.....	87	(1.7)	14	(1.7)	41	(2.4)	31	(3.3)	13	(1.6)	3*	(1.1)	5	(0.9)	5	(1.0)	1*	(0.3)	#		#		#	
6 - 11.....	73	(2.7)	17	(2.1)	36	(2.9)	20	(2.0)	24	(2.7)	6	(1.4)	12	(1.9)	6	(0.8)	3	(0.5)	1*	(0.3)	1*	(0.2)	2*	(0.4)
12 - 19.....	50	(1.7)	21	(2.2)	22	(1.2)	8	(1.3)	39	(1.5)	14	(1.5)	17	(1.6)	8	(0.8)	11	(1.7)	3	(0.6)	5	(1.2)	3	(0.8)
20 and over...	64	(1.5)	15	(0.9)	30	(1.4)	19	(1.3)	31	(1.3)	7	(0.6)	14	(0.8)	10	(0.7)	5	(0.4)	1	(0.1)	2	(0.3)	2	(0.2)
2 and over...	64	(1.4)	15	(0.9)	30	(1.3)	19	(1.3)	31	(1.1)	8	(0.7)	14	(0.8)	9	(0.6)	5	(0.5)	1	(0.2)	2	(0.3)	2	(0.2)

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 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016.

Table 36. Meals and Snacks: Distribution of Meal Patterns¹ and Snack Occasions², by Family Income (as % of Poverty Level³) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less															
	<i>Number of snack occasions</i>								<i>Number of snack occasions</i>								<i>Number of snack occasions</i>							
	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)						
Under 131% poverty:																								
2 - 5.....	77	(3.3)	25	(2.7)	32	(3.0)	20	(3.4)	22	(3.0)	6*	(2.2)	10	(2.1)	6*	(2.4)	2*	(0.8)	#	#	1*	(0.6)		
6 - 11.....	67	(2.9)	26	(3.7)	32	(3.6)	9	(2.2)	29	(2.9)	10	(1.9)	13	(2.1)	6	(1.8)	5*	(1.3)	1*	(0.9)	1*	(0.5)	2*	(0.7)
12 - 19.....	48	(4.2)	21	(3.1)	21	(2.9)	6	(1.8)	37	(3.4)	18	(2.7)	14	(2.3)	4*	(1.3)	16	(3.3)	5	(1.6)	8	(2.5)	2*	(0.9)
20 and over...	50	(2.5)	16	(1.3)	24	(1.8)	10	(1.2)	39	(2.4)	12	(1.0)	18	(2.1)	9	(0.9)	11	(1.1)	3	(0.6)	4	(0.6)	4	(0.7)
2 and over...	53	(1.9)	18	(1.2)	25	(1.6)	10	(1.0)	36	(1.4)	12	(0.9)	16	(1.3)	8	(0.8)	10	(1.0)	3	(0.5)	4	(0.5)	3	(0.5)
131-350% poverty:																								
2 - 5.....	92*	(1.7)	10	(1.8)	48	(5.7)	34	(5.7)	8*	(1.7)	2*	(0.8)	3*	(0.6)	3*	(1.1)	#	#	#	#	0*	(0.0)	#	#
6 - 11.....	71	(3.2)	14	(2.6)	38	(4.4)	19	(3.2)	25	(3.3)	5*	(1.9)	12	(1.9)	9	(2.0)	4*	(1.2)	1*	(0.5)	1*	(0.5)	2*	(1.1)
12 - 19.....	49	(2.3)	23	(1.8)	18	(1.6)	8	(1.8)	42	(2.4)	13	(2.0)	20	(2.6)	9	(1.1)	10	(2.2)	3*	(1.0)	4*	(1.4)	3*	(0.9)
20 and over...	61	(1.7)	16	(1.1)	30	(1.9)	15	(1.3)	34	(1.4)	8	(1.1)	15	(1.0)	11	(1.2)	5	(0.6)	1*	(0.2)	2	(0.5)	1	(0.2)
2 and over...	62	(1.6)	16	(1.0)	30	(1.7)	16	(1.3)	33	(1.2)	8	(0.9)	15	(0.9)	10	(0.9)	5	(0.6)	1	(0.2)	2	(0.5)	2	(0.2)
Over 350% poverty:																								
2 - 5.....	92*	(2.1)	9*	(3.7)	44	(7.2)	39	(7.0)	8*	(2.1)	0*	(0.0)	5*	(1.5)	3*	(1.5)	0*	(0.0)	0*	(0.0)	0*	(0.0)	0*	(0.0)
6 - 11.....	85	(3.3)	13	(2.7)	40	(4.3)	33	(2.8)	13	(3.5)	2*	(0.9)	8*	(2.8)	4*	(1.5)	1*	(0.9)	#	#	#	#	1*	(0.9)
12 - 19.....	55	(3.9)	19	(5.0)	25	(4.1)	11	(2.2)	37	(3.5)	10	(2.9)	16	(4.1)	11	(2.8)	8*	(2.8)	1*	(0.6)	3*	(1.7)	3*	(1.9)
20 and over...	74	(2.1)	13	(1.3)	32	(2.0)	28	(1.9)	24	(1.9)	3	(0.6)	11	(1.2)	10	(1.2)	2	(0.5)	#	#	1*	(0.1)	1*	(0.4)
2 and over...	73	(1.9)	13	(1.3)	32	(1.8)	28	(1.6)	24	(1.7)	4	(0.6)	11	(1.1)	9	(1.0)	2	(0.5)	#	#	1*	(0.2)	1	(0.4)
All Individuals⁴:																								
2 - 5.....	87	(1.7)	14	(1.7)	41	(2.4)	31	(3.3)	13	(1.6)	3*	(1.1)	5	(0.9)	5	(1.0)	1*	(0.3)	#	#	#	#	#	#
6 - 11.....	73	(2.7)	17	(2.1)	36	(2.9)	20	(2.0)	24	(2.7)	6	(1.4)	12	(1.9)	6	(0.8)	3	(0.5)	1*	(0.3)	1*	(0.2)	2*	(0.4)
12 - 19.....	50	(1.7)	21	(2.2)	22	(1.2)	8	(1.3)	39	(1.5)	14	(1.5)	17	(1.6)	8	(0.8)	11	(1.7)	3	(0.6)	5	(1.2)	3	(0.8)
20 and over...	64	(1.5)	15	(0.9)	30	(1.4)	19	(1.3)	31	(1.3)	7	(0.6)	14	(0.8)	10	(0.7)	5	(0.4)	1	(0.1)	2	(0.3)	2	(0.2)
2 and over...	64	(1.4)	15	(0.9)	30	(1.3)	19	(1.3)	31	(1.1)	8	(0.7)	14	(0.8)	9	(0.6)	5	(0.5)	1	(0.2)	2	(0.3)	2	(0.2)

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 2.41.

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 27 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2018. 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 2015-2016.