

**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)
<b>Males:</b>																			
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)
<b>Females:</b>																			
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)
<b>Males and females:</b>																			
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)	Choles- terol mg (SE)	Retinol µg (SE)	Vitamin A (RAE) µg (SE)	Alpha- carotene µg (SE)	Beta- carotene µg (SE)	Beta-crypto- xanthin µg (SE)	Lycopene µg (SE)	Lutein + zeaxanthin µg (SE)	Thiamin mg (SE)
<b>Males:</b>									
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)
<b>Females:</b>									
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)
<b>Males and females:</b>									
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 mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)
<b>Males:</b>									
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)
<b>Females:</b>									
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)
<b>Males and females:</b>									
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)

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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)
<b>Males:</b>																
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)
<b>Females:</b>																
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)
<b>Males and females:</b>																
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)
<b>Males:</b>																		
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)	--	--
<b>Females:</b>																		
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)	--	--
<b>Males and females:</b>																		
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 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Males:</b>								
2 - 5.....	0.46 (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)
<b>Females:</b>								
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)
<b>Males and females:</b>								
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)
<b>Males:</b>														
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)
<b>Females:</b>														
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)
<b>Males and females:</b>														
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)
<b>Males:</b>								
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)
<b>Females:</b>								
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)
<b>Males and females:</b>								
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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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)
<b>Non-Hispanic White:</b>																			
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)
<b>Non-Hispanic Black:</b>																			
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)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																			
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)
<b>Hispanic:</b>																			
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)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
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 Asian <sup>1</sup> :																		
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 mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)
<b>Non-Hispanic White:</b>									
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)
<b>Non-Hispanic Black:</b>									
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)
<b>Non-Hispanic Asian<sup>1</sup>:</b>									
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)
<b>Hispanic:</b>									
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)
<b>Non-Hispanic White:</b>																
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)
<b>Non-Hispanic Black:</b>																
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)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																
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)
<b>Hispanic:</b>																
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)
<b>Non-Hispanic White:</b>																		
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)	--	--
<b>Non-Hispanic Black:</b>																		
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)	--	--
<b>Non-Hispanic Asian<sup>1</sup>:</b>																		
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)	--	--
<b>Hispanic:</b>																		
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 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>Non-Hispanic White:</b>								
2 - 5.....	0.50 (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)
<b>Non-Hispanic Black:</b>								
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)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
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)
<b>Hispanic:</b>								
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 Asian <sup>1</sup> :														
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)
<b>Non-Hispanic White:</b>								
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)
<b>Non-Hispanic Black:</b>								
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)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
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)
<b>Hispanic:</b>								
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

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

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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)
<b>\$0 - \$24,999:</b>																			
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)
<b>\$25,000 - \$74,999:</b>																			
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)
<b>\$75,000 and higher:</b>																			
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)
<b>All Individuals<sup>1</sup>:</b>																			
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)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>1</sup>:</b>																		
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 mg (SE)	Niacin mg (SE)	Vitamin B6 mg (SE)	Folic acid µg (SE)	Food folate µg (SE)	Folate (DFE) µg (SE)	Choline mg (SE)	Vitamin B12 µg (SE)	Added Vitamin B12 µg (SE)
<b>\$0 - \$24,999:</b>									
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)
<b>\$25,000 - \$74,999:</b>									
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)
<b>\$75,000 and higher:</b>									
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)
<b>All Individuals<sup>1</sup>:</b>									
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)
<b>\$0 - \$24,999:</b>																
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)
<b>\$25,000 - \$74,999:</b>																
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)
<b>\$75,000 and higher:</b>																
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)
<b>All Individuals<sup>1</sup>:</b>																
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)
<b>\$0 - \$24,999:</b>																		
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)	--	--
<b>\$25,000 - \$74,999:</b>																		
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)	--	--
<b>\$75,000 and higher:</b>																		
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)	--	--
<b>All Individuals<sup>1</sup>:</b>																		
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 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)
<b>\$0 - \$24,999:</b>								
2 - 5.....	0.44 (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)
<b>\$25,000 - \$74,999:</b>								
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)
<b>\$75,000 and higher:</b>								
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)
<b>All Individuals<sup>1</sup>:</b>								
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 g (SE)		MFA 18:1 g (SE)		MFA 20:1 g (SE)		MFA 22:1 g (SE)		PFA 18:2 g (SE)		PFA 18:3 g (SE)		PFA 18:4 g (SE)	
<b>\$0 - \$24,999:</b>														
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)
<b>\$25,000 - \$74,999:</b>														
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)
<b>\$75,000 and higher:</b>														
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)
<b>All Individuals<sup>1</sup>:</b>														
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)
<b>\$0 - \$24,999:</b>								
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)
<b>\$25,000 - \$74,999:</b>								
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)
<b>\$75,000 and higher:</b>								
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)
<b>All Individuals<sup>1</sup>:</b>								
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

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

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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**Table 4. Nutrient Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) 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)
<b>Under 131% poverty:</b>																			
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)
<b>131-350% poverty:</b>																			
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)
<b>Over 350% poverty:</b>																			
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)
<b>All Individuals<sup>2</sup>:</b>																			
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 Level<sup>1</sup>) and Age, in the United States, 2015-2016 (*continued*)

Family income as % of poverty level and age (years)	Choles- terol mg (SE)		Retinol µg (SE)		Vitamin A (RAE) µg (SE)		Alpha- carotene µg (SE)		Beta- carotene µg (SE)		Beta-crypto- xanthin µg (SE)		Lycopene µg (SE)		Lutein + zeaxanthin µg (SE)		Thiamin mg (SE)	
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>2</sup>:</b>																		
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 Level<sup>1</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>2</sup>:</b>																		
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 Level<sup>1</sup>) 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)
<b>Under 131% poverty:</b>																
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)
<b>131-350% poverty:</b>																
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)
<b>Over 350% poverty:</b>																
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)
<b>All Individuals<sup>2</sup>:</b>																
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 Level<sup>1</sup>) 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)
<b>Under 131% poverty:</b>																		
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)	--	--
<b>131-350% poverty:</b>																		
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)	--	--
<b>Over 350% poverty:</b>																		
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)	--	--
<b>All Individuals<sup>2</sup>:</b>																		
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 Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																
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)
<b>131-350% poverty:</b>																
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)
<b>Over 350% poverty:</b>																
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)
<b>All Individuals<sup>2</sup>:</b>																
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 Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

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

<sup>1</sup> 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/>.

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

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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

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

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

**Suggested Citation**

U.S. Department of Agriculture, Agricultural Research Service. 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:** Percentages<sup>1</sup> 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)
<b>Non-Hispanic White:</b>																	
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)	--	--
<b>Non-Hispanic Black:</b>																	
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)	--	--
<b>Non-Hispanic Asian<sup>2</sup>:</b>																	
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)	--	--
<b>Hispanic:</b>																	
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

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

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

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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:** Percentages<sup>1</sup> 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 kcal (SE)	Protein % kcal (SE)	Carbohydrate % kcal (SE)	Total fat % kcal (SE)	Saturated fat % kcal (SE)	Mono- unsaturated fat % kcal (SE)	Poly- unsaturated fat % kcal (SE)	Alcohol % kcal (SE)
<b>\$0 - \$24,999:</b>									
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)	-- --
<b>\$25,000 - \$74,999:</b>									
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)	-- --
<b>\$75,000 and higher:</b>									
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)	-- --
<b>All Individuals<sup>2</sup>:</b>									
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

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

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

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level<sup>2</sup>) 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)
<b>Under 131% poverty:</b>																	
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)	--	--
<b>131-350% poverty:</b>																	
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)	--	--
<b>Over 350% poverty:</b>																	
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)	--	--
<b>All Individuals<sup>3</sup>:</b>																	
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

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

<sup>2</sup> 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/>.

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

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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**Table 9. Away from Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	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)
<b>Females:</b>										
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)
<b>Males and females:</b>										
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016 (*continued*)

Gender and age (years)	Choles- terol (SE)		Vitamin A (RAE) (SE)		Beta- carotene (SE)		Lycopene (SE)		Thiamin (SE)		Ribo- flavin (SE)		Niacin (SE)		Vitamin B6 (SE)		Folate (DFE) (SE)	
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 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)
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Gender and Age, in the United States, 2015-2016 (*continued*)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																
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)	--	--
<b>Females:</b>																
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)	--	--
<b>Males and females:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016.

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	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)
<b>Non-Hispanic Black:</b>										
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
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)
<b>Hispanic:</b>										
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
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)	--	--
<b>Non-Hispanic Black:</b>																
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)	--	--
<b>Non-Hispanic Asian<sup>4</sup>:</b>																
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)	--	--
<b>Hispanic:</b>																
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

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016.
- <sup>3</sup> The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.
- <sup>4</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	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)
<b>\$25,000 - \$74,999:</b>										
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)
<b>\$75,000 and higher:</b>										
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)
<b>All Individuals<sup>4</sup>:</b>										
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																
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)	--	--
<b>\$25,000 - \$74,999:</b>																
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)	--	--
<b>\$75,000 and higher:</b>																
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)	--	--
<b>All Individuals<sup>4</sup>:</b>																
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

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016.
- <sup>3</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>4</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	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)
<b>131-350% poverty:</b>										
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)
<b>Over 350% poverty:</b>										
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)
<b>All Individuals<sup>5</sup>:</b>										
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016 (*continued*)

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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 Home<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																
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)	--	--
<b>131-350% poverty:</b>																
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)	--	--
<b>Over 350% poverty:</b>																
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)	--	--
<b>All Individuals<sup>5</sup>:</b>																
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

- <sup>1</sup> Away from home includes any location other than home. Home is defined as an individual's dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2015-2016.
- <sup>3</sup> 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/>.
- <sup>4</sup> The percentage of respondents in the income/age group who reported consuming at least one item away from home.
- <sup>5</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 13. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo-hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono-unsaturated fat % (SE)	Poly-unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	95* (1.4)	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)
<b>Females:</b>										
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)
<b>Males and females:</b>										
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 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)
<b>Males:</b>									
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)
<b>Females:</b>									
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)
<b>Males and females:</b>									
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 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)
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Gender and Age, in the United States, 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

- <sup>1</sup> Breakfast includes eating occasions designated by the respondent as "breakfast", or the Spanish equivalents "desayuno", and "almuerzo." Please note these eating occasions include consumption of beverages including water.
- <sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016.
- <sup>3</sup> The percentage of respondents in the gender/age group who reported consuming at least one item at an eating occasion designated as breakfast.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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**Table 14. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.9)	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)
<b>Non-Hispanic Black:</b>										
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
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)
<b>Hispanic:</b>										
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
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)
<b>Non-Hispanic Black:</b>									
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
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)
<b>Hispanic:</b>									
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
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)	--	--
<b>Non-Hispanic Black:</b>																
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)	--	--
<b>Non-Hispanic Asian<sup>4</sup>:</b>																
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)	--	--
<b>Hispanic:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 15. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	94* (1.8)	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)
<b>\$25,000 - \$74,999:</b>										
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)
<b>\$75,000 and higher:</b>										
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)
<b>All Individuals<sup>4</sup>:</b>										
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																
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)	--	--
<b>\$25,000 - \$74,999:</b>																
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)	--	--
<b>\$75,000 and higher:</b>																
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)	--	--
<b>All Individuals<sup>4</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	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)
<b>131-350% poverty:</b>										
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)
<b>Over 350% poverty:</b>										
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)
<b>All Individuals<sup>5</sup>:</b>										
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Breakfast<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																
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)	--	--
<b>131-350% poverty:</b>																
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)	--	--
<b>Over 350% poverty:</b>																
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)	--	--
<b>All Individuals<sup>5</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2015-2016.

<sup>3</sup> 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/>.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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**Table 17. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	93 (1.3)	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)
<b>Females:</b>										
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)
<b>Males and females:</b>										
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 2015-2016 (*continued*)

Gender and age (years)	Choles- terol (SE)		Vitamin A (RAE) (SE)		Beta- carotene (SE)		Lycopene (SE)		Thiamin (SE)		Ribo- flavin (SE)		Niacin (SE)		Vitamin B6 (SE)		Folate (DFE) (SE)	
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 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)
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Gender and Age, in the United States, 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.....	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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016.

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.6)	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)
<b>Non-Hispanic Black:</b>										
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
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)
<b>Hispanic:</b>										
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
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)	--	--
<b>Non-Hispanic Black:</b>																
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)	--	--
<b>Non-Hispanic Asian<sup>4</sup>:</b>																
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)	--	--
<b>Hispanic:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 19. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	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)
<b>\$25,000 - \$74,999:</b>										
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)
<b>\$75,000 and higher:</b>										
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)
<b>All Individuals<sup>4</sup>:</b>										
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																
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)	--	--
<b>\$25,000 - \$74,999:</b>																
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)	--	--
<b>\$75,000 and higher:</b>																
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)	--	--
<b>All Individuals<sup>4</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 20. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	88 (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)
<b>131-350% poverty:</b>										
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)
<b>Over 350% poverty:</b>										
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)
<b>All Individuals<sup>5</sup>:</b>										
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016 (*continued*)

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Lunch<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																
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)	--	--
<b>131-350% poverty:</b>																
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)	--	--
<b>Over 350% poverty:</b>																
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)	--	--
<b>All Individuals<sup>5</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2015-2016.

<sup>3</sup> 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/>.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 21. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	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)
<b>Females:</b>										
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)
<b>Males and females:</b>										
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 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)	
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 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)
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Gender and Age, in the United States, 2015-2016 (*continued*)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Males:</b>																
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)	--	--
<b>Females:</b>																
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)	--	--
<b>Males and females:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016.

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	98* (0.8)	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)
<b>Non-Hispanic Black:</b>										
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
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)
<b>Hispanic:</b>										
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
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)	--	--
<b>Non-Hispanic Black:</b>																
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)	--	--
<b>Non-Hispanic Asian<sup>4</sup>:</b>																
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)	--	--
<b>Hispanic:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 23. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	95* (1.5)	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)
<b>\$25,000 - \$74,999:</b>										
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)
<b>\$75,000 and higher:</b>										
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)
<b>All Individuals<sup>4</sup>:</b>										
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																
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)	--	--
<b>\$25,000 - \$74,999:</b>																
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)	--	--
<b>\$75,000 and higher:</b>																
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)	--	--
<b>All Individuals<sup>4</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 24. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	93* (2.0)	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)
<b>131-350% poverty:</b>										
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)
<b>Over 350% poverty:</b>										
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)
<b>All Individuals<sup>5</sup>:</b>										
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016 (*continued*)

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Dinner<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																
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)	--	--
<b>131-350% poverty:</b>																
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)	--	--
<b>Over 350% poverty:</b>																
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)	--	--
<b>All Individuals<sup>5</sup>:</b>																
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

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

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2015-2016.

<sup>3</sup> 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/>.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 25. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016

Gender and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Males:</b>										
2 - 5.....	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)
<b>Females:</b>										
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)
<b>Males and females:</b>										
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 2015-2016 (*continued*)

Gender and age (years)	Choles- terol (SE)		Vitamin A (RAE) (SE)		Beta- carotene (SE)		Lycopene (SE)		Thiamin (SE)		Ribo- flavin (SE)		Niacin (SE)		Vitamin B6 (SE)		Folate (DFE) (SE)	
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 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)
<b>Males:</b>																		
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)
<b>Females:</b>																		
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)
<b>Males and females:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age, in the United States, 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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2015-2016.

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016

Race/ethnicity and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Non-Hispanic White:</b>										
2 - 5.....	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)
<b>Non-Hispanic Black:</b>										
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>										
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)
<b>Hispanic:</b>										
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Choles- terol % (SE)	Vitamin A (RAE) % (SE)	Beta- carotene % (SE)	Lycopene % (SE)	Thiamin % (SE)	Ribo- flavin % (SE)	Niacin % (SE)	Vitamin B6 % (SE)	Folate (DFE) % (SE)
<b>Non-Hispanic White:</b>									
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)
<b>Non-Hispanic Black:</b>									
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>									
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)
<b>Hispanic:</b>									
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 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)
<b>Non-Hispanic White:</b>																		
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)
<b>Non-Hispanic Black:</b>																		
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)
<b>Non-Hispanic Asian<sup>4</sup>:</b>																		
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)
<b>Hispanic:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
<b>Non-Hispanic White:</b>																
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)	--	--
<b>Non-Hispanic Black:</b>																
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)	--	--
<b>Non-Hispanic Asian<sup>4</sup>:</b>																
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)	--	--
<b>Hispanic:</b>																
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2015-2016

Family income in dollars and age (years)	Percent reporting <sup>3</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>\$0 - \$24,999:</b>										
2 - 5.....	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)
<b>\$25,000 - \$74,999:</b>										
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)
<b>\$75,000 and higher:</b>										
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)
<b>All Individuals<sup>4</sup>:</b>										
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																		
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)
<b>\$25,000 - \$74,999:</b>																		
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)
<b>\$75,000 and higher:</b>																		
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)
<b>All Individuals<sup>4</sup>:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 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)
<b>\$0 - \$24,999:</b>																
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)	--	--
<b>\$25,000 - \$74,999:</b>																
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)	--	--
<b>\$75,000 and higher:</b>																
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)	--	--
<b>All Individuals<sup>4</sup>:</b>																
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016

Family income as % of poverty level and age (years)	Percent reporting <sup>4</sup> % (SE)	Energy % (SE)	Protein % (SE)	Carbo- hydrate % (SE)	Total sugars % (SE)	Dietary fiber % (SE)	Total fat % (SE)	Saturated fat % (SE)	Mono- unsaturated fat % (SE)	Poly- unsaturated fat % (SE)
<b>Under 131% poverty:</b>										
2 - 5.....	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)
<b>131-350% poverty:</b>										
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)
<b>Over 350% poverty:</b>										
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)
<b>All Individuals<sup>5</sup>:</b>										
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) and Age, in the United States, 2015-2016 (continued)

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																		
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)
<b>131-350% poverty:</b>																		
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)
<b>Over 350% poverty:</b>																		
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)
<b>All Individuals<sup>5</sup>:</b>																		
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. Snacks<sup>1</sup>:** Percentages<sup>2</sup> of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level<sup>3</sup>) 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)
<b>Under 131% poverty:</b>																
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)	--	--
<b>131-350% poverty:</b>																
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)	--	--
<b>Over 350% poverty:</b>																
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)	--	--
<b>All Individuals<sup>5</sup>:</b>																
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>2</sup> Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg). See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2015-2016.

<sup>3</sup> 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/>.

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

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

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Occasions<sup>1</sup>,  
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)
<b>Males:</b>																	
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)
<b>Females:</b>																	
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)
<b>Males and females:</b>																	
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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

**Table 30. Snacks:** Distribution of Snack Occasions<sup>1</sup>,  
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)
<b>Non-Hispanic White:</b>																	
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)
<b>Non-Hispanic Black:</b>																	
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)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																	
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)
<b>Hispanic:</b>																	
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

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

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Occasions<sup>1</sup>,  
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)
<b>\$0 - \$24,999:</b>																	
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)
<b>\$25,000 - \$74,999:</b>																	
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)
<b>\$75,000 and higher:</b>																	
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)
<b>All Individuals<sup>2</sup>:</b>																	
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

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

### Abbreviations

SE = standard error.

### Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Occasions<sup>1</sup>,  
by Family Income (as % of Poverty Level<sup>2</sup>) 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)
<b>Under 131% poverty:</b>																	
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)
<b>131-350% poverty:</b>																	
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)
<b>Over 350% poverty:</b>																	
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)
<b>All Individuals<sup>3</sup>:</b>																	
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

<sup>1</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>2</sup> 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/>.

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

## Abbreviations

SE = standard error.

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, 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

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

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

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

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

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, 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				
	Number of snack occasions					Number of snack occasions					Number of snack occasions				
	1 or less	2 or 3	4 or more			1 or less	2 or 3	4 or more			1 or less	2 or 3	4 or more		
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>Non-Hispanic White:</b>															
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)	
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)	
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)	
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)	
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)	
<b>Non-Hispanic Black:</b>															
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)	
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)	
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)	
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)	
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)	
<b>Non-Hispanic Asian<sup>3</sup>:</b>															
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)	
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)	
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)	
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)	
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)	
<b>Hispanic:</b>															
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)	#	#	#	
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)	
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)	
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)	
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)	

## 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

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

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

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

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

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

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

## Abbreviations

SE standard error.

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, 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				
	Number of snack occasions					Number of snack occasions					Number of snack occasions				
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>\$0 - \$24,999:</b>															
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)			
<b>\$25,000 - \$74,999:</b>															
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)			
<b>\$75,000 and higher:</b>															
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)			
<b>All Individuals<sup>3</sup>:</b>															
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

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

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

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

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

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

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

## Abbreviations

SE standard error.

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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 Patterns<sup>1</sup> and Snack Occasions<sup>2</sup>, by Family Income (as % of Poverty Level<sup>3</sup>) 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				
	Number of snack occasions					Number of snack occasions					Number of snack occasions				
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
<b>Under 131% poverty:</b>															
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)			
<b>131-350% poverty:</b>															
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)			
<b>Over 350% poverty:</b>															
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)			
<b>All Individuals<sup>4</sup>:</b>															
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

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

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

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

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

<sup>2</sup> Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 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".

<sup>3</sup> 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/>.

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

## Abbreviations

SE standard error.

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 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.



**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016

T h i a m i n																		
Gender and age  (years)	Percent reporting supplement thiamin <sup>8</sup>		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.3)	663	1.21	(0.025)	0.14*	(0.062)	1.35	(0.075)		--	--	--		1.20	(0.026)		
6 - 11.....	4	(0.8)	1033	1.55	(0.041)	0.05*	(0.020)	1.60	(0.044)		--	--	--		1.55	(0.043)		
12 - 19.....	3	(0.9)	1188	1.65	(0.051)	0.09*	(0.039)	1.74	(0.065)		--	--	--		1.65	(0.055)		
Males:																		
20 - 39.....	12	(1.4)	805	1.92	(0.044)	2.13*	(0.674)	4.05	(0.682)	73	1.99	(0.097)	18.07	(4.665)	20.06	(4.678)	1.91	(0.042)
40 - 59.....	22	(2.4)	759	1.80	(0.049)	1.57*	(0.666)	3.37	(0.662)	130	1.94	(0.087)	7.31*	(2.978)	9.25*	(2.968)	1.76	(0.073)
60 and over.....	37	(3.5)	805	1.77	(0.077)	4.61	(1.251)	6.38	(1.225)	218	1.78	(0.105)	12.51	(3.207)	14.29	(3.181)	1.76	(0.086)
20 and over...	22	(1.6)	2369	1.84	(0.023)	2.58	(0.270)	4.42	(0.270)	421	1.88	(0.060)	11.85	(1.480)	13.73	(1.479)	1.83	(0.026)
Females:																		
20 - 39.....	14	(2.3)	774	1.39	(0.039)	1.76*	(0.634)	3.14	(0.631)	88	1.48	(0.072)	12.92*	(4.599)	14.41*	(4.604)	1.37	(0.043)
40 - 59.....	19	(2.7)	848	1.36	(0.035)	1.86*	(0.594)	3.23	(0.617)	132	1.50	(0.074)	10.00	(2.765)	11.49	(2.756)	1.33	(0.041)
60 and over.....	35	(2.9)	818	1.25	(0.029)	4.25	(0.767)	5.50	(0.763)	232	1.26	(0.054)	12.12	(2.574)	13.39	(2.596)	1.24	(0.026)
20 and over...	22	(1.6)	2440	1.34	(0.020)	2.55	(0.435)	3.89	(0.442)	452	1.38	(0.040)	11.61	(1.667)	12.99	(1.674)	1.32	(0.026)
All Individuals:																		
2 and over...	17	(1.0)	7693	1.57	(0.018)	1.95	(0.214)	3.52	(0.225)	990	1.61	(0.037)	11.20	(1.097)	12.81	(1.093)	1.56	(0.020)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

R i b o f l a v i n															
Gender and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Males and females:</b>															
2 - 5.....	5	(1.2)	663	1.67 (0.039)	0.15* (0.062)	1.82 (0.078)		--	--	--	1.68 (0.039)				
6 - 11.....	3	(0.9)	1033	1.95 (0.054)	0.06* (0.021)	2.01 (0.060)		--	--	--	1.94 (0.058)				
12 - 19.....	4	(0.9)	1188	1.97 (0.076)	0.17* (0.078)	2.14 (0.112)		--	--	--	1.98 (0.082)				
<b>Males:</b>															
20 - 39.....	11	(1.4)	805	2.62 (0.076)	1.32 (0.389)	3.94 (0.379)		--	--	--	2.59 (0.087)				
40 - 59.....	22	(2.1)	759	2.57 (0.099)	0.97 (0.142)	3.54 (0.155)	129	2.70 (0.153)	4.41 (0.565)	7.11 (0.586)	2.53 (0.136)				
60 and over.....	37	(3.6)	805	2.31 (0.080)	6.47* (3.421)	8.78* (3.433)	215	2.49 (0.122)	17.51* (8.924)	20.01* (8.946)	2.20 (0.083)				
20 and over...	22	(1.5)	2369	2.52 (0.050)	2.55* (0.867)	5.06 (0.874)	414	2.63 (0.087)	11.70* (3.773)	14.32 (3.788)	2.49 (0.059)				
<b>Females:</b>															
20 - 39.....	14	(2.3)	774	1.90 (0.059)	1.39* (0.433)	3.29 (0.445)	88	2.21 (0.196)	10.23 (3.035)	12.43 (3.042)	1.85 (0.061)				
40 - 59.....	19	(2.7)	848	1.88 (0.056)	1.11 (0.241)	2.99 (0.257)	134	2.01 (0.098)	5.93 (1.008)	7.94 (0.989)	1.85 (0.059)				
60 and over.....	36	(2.9)	818	1.70 (0.043)	2.09 (0.214)	3.79 (0.216)	231	1.82 (0.070)	5.80 (0.549)	7.62 (0.567)	1.63 (0.044)				
20 and over...	22	(1.7)	2440	1.83 (0.038)	1.50 (0.183)	3.33 (0.193)	453	1.96 (0.061)	6.72 (0.648)	8.67 (0.635)	1.79 (0.039)				
<b>All Individuals:</b>															
2 and over...	18	(1.1)	7693	2.10 (0.036)	1.55 (0.334)	3.65 (0.347)	980	2.26 (0.055)	8.81 (1.730)	11.07 (1.746)	2.07 (0.041)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

N i a c i n																		
Gender and age (years)	Percent reporting supplement niacin <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Males and females:</b>																		
2 - 5.....	7	(1.5)	663	16.1	(0.33)	0.8	(0.16)	16.8	(0.41)		--		--		--	16.0	(0.35)	
6 - 11.....	4	(0.9)	1033	20.7	(0.51)	0.4	(0.11)	21.1	(0.51)		--		--		--	20.7	(0.52)	
12 - 19.....	7	(1.7)	1188	24.3	(0.72)	1.2*	(0.38)	25.6	(0.80)		--		--		--	24.4	(0.77)	
<b>Males:</b>																		
20 - 39.....	13	(1.3)	805	35.8	(0.93)	3.2	(0.59)	39.0	(0.93)	79	43.4	(2.65)	25.5	(3.10)	68.9	(3.89)	34.7	(1.10)
40 - 59.....	23	(2.5)	759	30.8	(1.14)	9.7	(2.86)	40.5	(3.13)	138	29.9	(0.79)	42.5	(11.52)	72.4	(11.71)	31.0	(1.45)
60 and over.....	39	(3.6)	805	26.0	(0.97)	20.9	(5.31)	46.9	(5.39)	225	28.3	(1.98)	53.8	(14.05)	82.1	(14.14)	24.6	(0.87)
20 and over...	23	(1.7)	2369	31.5	(0.77)	10.1	(1.78)	41.6	(1.81)	442	32.0	(1.26)	43.9	(6.57)	76.0	(6.76)	31.3	(0.85)
<b>Females:</b>																		
20 - 39.....	16	(2.0)	774	24.0	(0.66)	5.6	(1.37)	29.6	(1.60)	108	25.8	(2.43)	34.3	(7.54)	60.1	(8.38)	23.6	(0.77)
40 - 59.....	22	(2.7)	848	21.3	(0.58)	5.3	(1.13)	26.7	(1.18)	159	21.5	(0.83)	24.7	(2.90)	46.2	(2.95)	21.3	(0.68)
60 and over.....	39	(3.0)	818	18.2	(0.72)	16.7	(3.59)	34.9	(3.44)	247	18.6	(1.00)	42.8	(8.25)	61.5	(7.87)	17.9	(0.64)
20 and over...	25	(1.9)	2440	21.2	(0.37)	8.8	(1.18)	30.1	(1.10)	514	21.1	(0.61)	35.2	(4.19)	56.3	(4.20)	21.3	(0.43)
<b>All Individuals:</b>																		
2 and over...	20	(1.2)	7693	25.1	(0.43)	7.4	(0.84)	32.4	(0.83)	1101	25.9	(0.66)	37.6	(3.57)	63.6	(3.66)	24.9	(0.49)

See page 23 for footnotes.

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V i t a m i n B 6																		
<div><div><div><div></div><div><i>All Individuals</i><sup>5</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div></div><div><div></div><div><i>–Non-users</i><sup>7</sup><i>–</i></div></div></div></div>																		
Gender and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	25	(3.3)	663	1.38	(0.030)	0.38	(0.069)	1.75	(0.076)	142	1.34	(0.060)	1.48	(0.266)	2.82	(0.291)	1.39	(0.031)
6 - 11.....	14	(2.3)	1033	1.62	(0.051)	0.37*	(0.156)	1.99	(0.185)	138	1.73	(0.113)	2.62*	(0.993)	4.35	(0.970)	1.60	(0.057)
12 - 19.....	10	(2.0)	1188	1.87	(0.061)	0.40*	(0.132)	2.26	(0.128)	95	1.95	(0.157)	4.09*	(1.403)	6.04	(1.333)	1.86	(0.065)
<b>Males:</b>																		
20 - 39.....	14	(1.6)	805	2.91	(0.140)	1.40	(0.392)	4.31	(0.393)	87	3.74	(0.480)	10.27	(2.228)	14.01	(2.201)	2.78	(0.124)
40 - 59.....	23	(2.6)	759	2.44	(0.114)	1.32	(0.249)	3.77	(0.256)	141	2.41	(0.125)	5.80	(0.693)	8.21	(0.726)	2.45	(0.145)
60 and over.....	40	(4.0)	805	2.09	(0.084)	5.68	(1.613)	7.77	(1.644)	229	2.26	(0.158)	14.21	(3.278)	16.47	(3.337)	1.99	(0.082)
20 and over...	24	(1.7)	2369	2.53	(0.081)	2.49	(0.424)	5.02	(0.410)	457	2.64	(0.130)	10.48	(1.603)	13.12	(1.651)	2.50	(0.094)
<b>Females:</b>																		
20 - 39.....	20	(2.1)	774	2.05	(0.096)	2.51*	(0.990)	4.56	(0.995)	123	2.13	(0.170)	12.72*	(5.050)	14.84*	(5.071)	2.03	(0.107)
40 - 59.....	24	(2.7)	848	1.78	(0.084)	1.56	(0.235)	3.34	(0.256)	175	1.97	(0.118)	6.57	(0.733)	8.54	(0.721)	1.72	(0.091)
60 and over.....	41	(2.9)	818	1.50	(0.060)	4.43	(1.043)	5.93	(1.046)	260	1.60	(0.086)	10.85	(2.210)	12.45	(2.203)	1.43	(0.054)
20 and over...	28	(1.8)	2440	1.78	(0.047)	2.73	(0.448)	4.51	(0.463)	558	1.84	(0.072)	9.91	(1.467)	11.75	(1.498)	1.76	(0.049)
<b>All Individuals:</b>																		
2 and over...	23	(1.2)	7693	2.04	(0.040)	2.06	(0.294)	4.10	(0.297)	1390	2.12	(0.064)	8.99	(1.103)	11.11	(1.138)	2.01	(0.048)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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F o l i c   a c i d																		
<div><div><div>All Individuals <sup>5</sup></div></div><div><div>Supplement Users <sup>6</sup></div></div><div><div>–Non-users <sup>7</sup> –</div></div></div>																		
Gender and age  (years)	Percent reporting supplement folic acid <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		
Males and females:																		
2 - 5.....	24	(3.3)	663	166	(7.7)	40	(6.0)	205	(9.2)	135	134	(14.1)	163	(9.0)	297	(19.4)	176	(7.8)
6 - 11.....	14	(2.3)	1033	205	(6.6)	27	(5.2)	231	(8.7)	136	212	(24.4)	195	(29.9)	407	(35.2)	203	(7.0)
12 - 19.....	9	(2.2)	1188	221	(10.0)	26	(6.7)	247	(9.9)	95	190	(30.4)	278	(26.1)	468	(33.4)	224	(10.3)
Males:																		
20 - 39.....	14	(1.6)	805	218	(11.5)	75	(18.7)	293	(25.0)	85	248	(36.0)	553	(117.5)	801	(122.7)	214	(9.8)
40 - 59.....	22	(2.2)	759	184	(10.4)	90	(11.7)	274	(15.4)	138	220	(21.9)	399	(23.4)	618	(16.2)	174	(11.8)
60 and over.....	39	(3.6)	805	192	(14.1)	245	(51.2)	437	(54.2)	232	211	(25.7)	632	(115.6)	843	(115.2)	181	(11.8)
20 and over...	23	(1.7)	2369	199	(7.1)	125	(17.1)	324	(19.0)	455	222	(16.3)	535	(58.5)	757	(59.3)	193	(6.0)
Females:																		
20 - 39.....	19	(2.1)	774	154	(6.3)	83	(9.2)	237	(10.4)	120	156	(24.7)	446	(24.8)	602	(43.0)	154	(7.9)
40 - 59.....	24	(2.4)	848	151	(7.8)	134	(27.5)	284	(26.8)	176	173	(19.7)	561	(80.9)	734	(84.2)	144	(8.7)
60 and over.....	41	(2.8)	818	125	(7.2)	231	(31.7)	356	(31.9)	264	125	(11.1)	571	(80.5)	696	(77.9)	124	(6.7)
20 and over...	27	(1.6)	2440	144	(3.6)	147	(16.3)	291	(17.3)	560	148	(10.7)	540	(47.1)	688	(48.5)	143	(3.6)
All Individuals:																		
2 and over...	22	(1.2)	7693	179	(3.5)	109	(10.9)	289	(11.8)	1381	181	(8.9)	487	(37.5)	667	(37.1)	179	(3.2)

See page 23 for footnotes.

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F o l a t e   (   D F E   )																		
—————All Individuals <sup>5</sup> —————   —————Supplement Users <sup>6</sup> —————   —Non-users <sup>7</sup> ———																		
Gender and age	Percent reporting supplement folate (DFE) <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	24	(3.3)	663	409	(12.6)	68	(10.2)	477	(15.1)	135	361	(24.2)	277	(15.4)	638	(33.7)	424	(12.5)
6 - 11.....	14	(2.3)	1033	500	(12.8)	46	(8.8)	546	(17.2)	136	537	(46.0)	331	(50.8)	868	(65.2)	494	(13.3)
12 - 19.....	9	(2.2)	1188	544	(19.0)	45	(11.3)	589	(18.7)	95	502	(53.9)	472	(44.4)	974	(61.8)	549	(20.7)
<b>Males:</b>																		
20 - 39.....	14	(1.6)	805	627	(21.6)	128	(31.7)	755	(42.5)	85	700	(75.4)	941	(199.8)	1641	(209.9)	616	(18.7)
40 - 59.....	22	(2.2)	759	566	(21.1)	152	(19.9)	718	(27.6)	138	640	(42.6)	678	(39.8)	1318	(30.8)	544	(25.5)
60 and over.....	39	(3.6)	805	557	(25.5)	416	(87.1)	973	(94.2)	232	595	(51.7)	1074	(196.6)	1669	(199.2)	533	(22.9)
20 and over...	23	(1.7)	2369	587	(13.4)	212	(29.0)	799	(32.8)	455	634	(33.2)	909	(99.5)	1543	(104.5)	573	(12.5)
<b>Females:</b>																		
20 - 39.....	19	(2.1)	774	462	(12.6)	140	(15.6)	603	(21.3)	120	476	(47.5)	758	(42.2)	1234	(78.0)	459	(13.8)
40 - 59.....	24	(2.4)	848	458	(17.8)	227	(46.8)	685	(49.0)	176	508	(38.8)	955	(137.5)	1463	(145.2)	442	(18.0)
60 and over.....	41	(2.8)	818	397	(14.2)	393	(53.9)	791	(51.5)	264	406	(23.0)	971	(136.8)	1376	(131.4)	392	(12.7)
20 and over...	27	(1.6)	2440	441	(9.5)	249	(27.7)	690	(30.3)	560	455	(22.8)	918	(80.1)	1373	(82.6)	436	(8.4)
<b>All Individuals:</b>																		
2 and over...	22	(1.2)	7693	510	(7.9)	186	(18.6)	696	(21.3)	1381	525	(19.0)	827	(63.7)	1352	(64.5)	506	(6.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

C h o l i n e																			
<div><div><div></div><div><i>All Individuals</i><sup>5</sup></div><div></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div><div></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div><div></div></div></div>																			
Gender and age  (years)	Percent reporting supplement choline <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)		
<b>Males and females:</b>																			
2 - 5.....	13	(1.7)	663	212	(7.4)	1 *	(0.2)	212	(7.4)			--	--	--	--		210	(5.8)	
6 - 11.....	8	(1.8)	1033	248	(7.6)	#		248	(7.6)			--	--	--	--		247	(7.5)	
12 - 19.....	5	(1.2)	1188	267	(9.9)	#		267	(9.9)			--	--	--	--		267	(9.8)	
<b>Males:</b>																			
20 - 39.....	4	(1.1)	805	412	(11.5)	#		412	(11.6)			--	--	--	--		412	(11.3)	
40 - 59.....	2 *	(0.8)	759	414	(16.0)	#		414	(16.0)			--	--	--	--		415	(17.1)	
60 and over.....	6	(2.2)	805	347	(8.5)	3 *	(1.8)	350	(9.1)			--	--	--	--		347	(8.6)	
20 and over...	4	(0.8)	2369	396	(8.1)	1 *	(0.5)	396	(8.0)			--	--	--	--		396	(8.4)	
<b>Females:</b>																			
20 - 39.....	6	(1.0)	774	297	(7.5)	8 *	(5.0)	305	(7.5)			--	--	--	--		299	(8.4)	
40 - 59.....	4	(0.9)	848	292	(9.0)	1 *	(0.3)	292	(9.1)			--	--	--	--		290	(9.2)	
60 and over.....	7	(2.0)	818	267	(7.3)	4 *	(2.9)	271	(8.5)			--	--	--	--		264	(7.6)	
20 and over...	6	(0.7)	2440	286	(4.6)	4 *	(1.8)	290	(4.3)	107	305	(16.9)	68 *	(28.4)	373	(38.4)	285	(5.1)	
<b>All Individuals:</b>																			
2 and over...	5	(0.6)	7693	318	(4.3)	2 *	(0.8)	320	(4.1)	344	303	(16.9)	35 *	(13.0)	338	(25.4)	319	(4.4)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n B 1 2																		
<div><div></div><div><div><div></div><div><i>All Individuals</i><sup>5</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div></div></div></div>																		
Gender and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	25	(3.3)	663	3.81	(0.135)	1.8*	(0.54)	5.6	(0.52)	142	3.62	(0.215)	7.1	(1.87)	10.7	(1.90)	3.87	(0.128)
6 - 11.....	13	(2.1)	1033	4.43	(0.148)	4.8*	(3.93)	9.2*	(3.98)	136	4.68	(0.342)	35.8*	(29.94)	40.5*	(29.97)	4.39	(0.167)
12 - 19.....	9	(2.1)	1188	4.95	(0.209)	16.4*	(10.23)	21.4*	(10.24)	94	5.12	(0.631)	177.4*	(119.46)	182.6*	(119.56)	4.93	(0.224)
<b>Males:</b>																		
20 - 39.....	14	(1.7)	805	6.54	(0.287)	29.1*	(13.57)	35.7*	(13.53)	95	6.94	(0.756)	208.7*	(83.34)	215.7*	(83.69)	6.47	(0.364)
40 - 59.....	24	(2.2)	759	6.20	(0.526)	70.9*	(34.55)	77.1*	(34.98)	149	6.20	(0.652)	301.6*	(151.98)	307.8*	(151.75)	6.21	(0.757)
60 and over.....	42	(3.4)	805	4.84	(0.249)	136.5	(31.67)	141.3	(31.72)	259	5.27	(0.346)	325.6	(69.88)	330.8	(69.85)	4.53	(0.259)
20 and over...	25	(1.5)	2369	5.98	(0.214)	72.0	(16.27)	77.9	(16.32)	503	5.95	(0.358)	292.0	(66.35)	298.0	(66.30)	5.98	(0.300)
<b>Females:</b>																		
20 - 39.....	21	(2.4)	774	4.17	(0.167)	36.6*	(13.15)	40.8*	(13.17)	127	3.94	(0.312)	177.4*	(55.87)	181.3*	(55.88)	4.22	(0.187)
40 - 59.....	26	(3.4)	848	4.07	(0.147)	123.4*	(44.84)	127.5*	(44.84)	186	4.31	(0.320)	482.3	(137.99)	486.6	(137.93)	3.99	(0.194)
60 and over.....	49	(3.0)	818	3.71	(0.186)	254.7	(59.01)	258.4	(58.97)	300	3.82	(0.209)	519.8	(106.52)	523.6	(106.53)	3.61	(0.254)
20 and over...	31	(2.2)	2440	3.99	(0.084)	134.9	(33.95)	138.9	(33.95)	613	4.00	(0.164)	434.4	(90.03)	438.4	(90.04)	3.99	(0.088)
<b>All Individuals:</b>																		
2 and over...	24	(1.3)	7693	4.86	(0.103)	80.5	(15.15)	85.3	(15.11)	1488	4.79	(0.174)	328.8	(53.93)	333.5	(53.85)	4.89	(0.137)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																		
<div><div><div></div><div><i>All Individuals</i><sup>5</sup></div><div></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div><div></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div><div></div></div></div>																		
Gender and age (years)	Percent reporting supplement vitamin C <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	27	(3.5)	663	72.2	(5.28)	10.7	(2.28)	82.9	(6.28)	149	76.4	(8.36)	39.5	(5.78)	115.9	(11.69)	70.6	(5.20)
6 - 11.....	16	(2.3)	1033	65.4	(4.70)	8.1	(1.73)	73.4	(5.56)	147	83.2	(13.70)	51.4	(10.63)	134.6	(20.67)	62.0	(3.28)
12 - 19.....	11	(2.4)	1188	65.5	(3.20)	36.4*	(16.37)	101.9	(16.69)	113	75.8	(5.13)	320.3*(123.81)		396.1*(120.60)		64.2	(3.35)
<b>Males:</b>																		
20 - 39.....	15	(1.5)	805	90.8	(4.60)	69.5*	(25.47)	160.4	(25.42)	100	98.4	(10.23)	450.7*(145.12)		549.1	(147.91)	89.4	(4.75)
40 - 59.....	27	(2.6)	759	76.2	(4.05)	72.1	(10.55)	148.4	(9.33)	157	85.7	(6.39)	265.5	(38.13)	351.1	(36.26)	72.7	(5.61)
60 and over.....	44	(3.9)	805	90.6	(6.59)	139.0	(21.22)	229.6	(22.68)	261	98.5	(7.74)	313.6	(42.19)	412.1	(44.49)	84.2	(10.46)
20 and over...	27	(1.7)	2369	85.6	(2.93)	88.6	(11.95)	174.2	(10.33)	518	94.0	(3.78)	326.6	(39.57)	420.5	(38.52)	82.5	(4.09)
<b>Females:</b>																		
20 - 39.....	20	(2.5)	774	73.9	(5.66)	55.5	(12.88)	129.5	(15.19)	130	90.8	(14.19)	273.8	(47.45)	364.6	(46.33)	69.6	(5.55)
40 - 59.....	27	(2.3)	848	73.7	(4.49)	72.3	(7.22)	146.0	(10.42)	207	79.7	(9.67)	268.8	(19.14)	348.5	(25.31)	71.4	(5.25)
60 and over.....	44	(2.7)	818	70.7	(4.64)	136.7	(20.01)	207.5	(20.21)	302	71.7	(5.95)	308.3	(38.14)	380.0	(38.39)	70.0	(5.58)
20 and over...	30	(1.6)	2440	72.9	(3.56)	86.3	(8.29)	159.2	(10.94)	639	78.6	(5.59)	287.5	(23.04)	366.1	(27.52)	70.4	(3.65)
<b>All Individuals:</b>																		
2 and over...	26	(1.2)	7693	76.1	(2.44)	71.1	(6.98)	147.3	(7.21)	1566	84.6	(3.37)	278.6	(21.22)	363.2	(21.49)	73.2	(2.67)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																		
<div><div></div><div><div><div></div><div><i>All Individuals</i><sup>5</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div></div></div></div>																		
Gender and age (years)	Percent reporting supplement vitamin D <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	26	(3.4)	663	5.8	(0.23)	2.7	(0.43)	8.5	(0.38)	146	5.6	(0.47)	10.5	(0.91)	16.1	(1.14)	5.8	(0.23)
6 - 11.....	14	(2.2)	1033	5.5	(0.24)	2.0	(0.34)	7.6	(0.41)	143	6.2	(0.52)	14.3	(1.12)	20.4	(0.99)	5.4	(0.28)
12 - 19.....	10	(2.3)	1188	4.9	(0.32)	3.6*	(1.28)	8.5	(1.34)	101	5.4	(0.95)	34.6	(9.56)	40.0	(9.21)	4.9	(0.32)
<b>Males:</b>																		
20 - 39.....	13	(1.6)	805	5.4	(0.53)	3.9	(0.72)	9.3	(0.84)	89	4.4	(0.64)	29.6	(4.60)	34.0	(4.46)	5.5	(0.59)
40 - 59.....	30	(2.7)	759	5.1	(0.32)	10.1	(1.18)	15.2	(1.31)	171	5.3	(0.58)	34.0	(3.02)	39.3	(3.10)	5.0	(0.37)
60 and over.....	49	(3.1)	805	4.9	(0.28)	27.0	(4.10)	31.8	(3.99)	312	5.5	(0.48)	54.9	(6.29)	60.4	(6.02)	4.2	(0.25)
20 and over...	28	(1.8)	2369	5.1	(0.21)	12.1	(1.03)	17.3	(0.99)	572	5.3	(0.26)	42.6	(2.71)	47.9	(2.62)	5.1	(0.25)
<b>Females:</b>																		
20 - 39.....	19	(2.1)	774	4.0	(0.23)	11.7*	(4.13)	15.7	(4.15)	128	5.2	(0.63)	60.4*	(21.15)	65.6*	(21.00)	3.7	(0.14)
40 - 59.....	32	(3.0)	848	4.3	(0.30)	26.7	(6.29)	31.0	(6.35)	239	4.5	(0.53)	82.2	(13.41)	86.7	(13.68)	4.2	(0.43)
60 and over.....	59	(2.7)	818	4.2	(0.20)	40.1	(8.06)	44.3	(8.09)	383	4.2	(0.29)	68.0	(13.55)	72.2	(13.51)	4.2	(0.33)
20 and over...	36	(2.2)	2440	4.2	(0.13)	25.9	(3.85)	30.1	(3.86)	750	4.5	(0.28)	71.5	(9.02)	76.0	(9.12)	4.0	(0.15)
<b>All Individuals:</b>																		
2 and over...	28	(1.5)	7693	4.8	(0.14)	15.1	(1.77)	19.9	(1.72)	1712	4.9	(0.13)	53.7	(5.06)	58.6	(5.04)	4.8	(0.17)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n K																		
<div><div><div></div><div><i>All Individuals</i><sup>5</sup></div><div></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div><div></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div><div></div></div></div>																		
Gender and age (years)	Percent reporting supplement vitamin K <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	3	(0.8)	663	51.7	(2.65)	1.5	(0.42)	53.1	(2.67)		--		--		--		51.2 (2.62)	
6 - 11.....	2	(0.6)	1033	62.5	(2.74)	0.9*	(0.28)	63.4	(2.92)		--		--		--		60.0 (1.84)	
12 - 19.....	3	(0.9)	1188	76.1	(4.15)	1.4*	(0.41)	77.5	(4.14)		--		--		--		76.4 (4.32)	
<b>Males:</b>																		
20 - 39.....	10	(1.4)	805	118.7	(6.88)	3.8	(0.72)	122.5	(7.19)		--		--		--		111.9 (5.97)	
40 - 59.....	18	(2.4)	759	115.7	(6.08)	6.8	(1.02)	122.5	(6.34)	108	125.1	(10.39)	37.5	(2.35)	162.6	(11.37)	113.6 (6.68)	
60 and over.....	30	(3.6)	805	121.4	(9.23)	11.9	(1.72)	133.3	(9.65)	182	146.1	(13.57)	39.4	(2.98)	185.5	(14.65)	110.8 (10.14)	
20 and over...	18	(1.6)	2369	118.3	(4.42)	7.0	(0.63)	125.3	(4.58)	353	146.0	(10.26)	38.7	(1.55)	184.7	(10.72)	112.3 (4.13)	
<b>Females:</b>																		
20 - 39.....	9	(1.5)	774	122.6	(11.06)	4.3	(0.99)	127.0	(11.27)		--		--		--		115.5 (9.32)	
40 - 59.....	15	(1.7)	848	124.6	(9.45)	6.9	(1.17)	131.5	(9.72)	106	131.7	(16.50)	46.4	(5.01)	178.1	(17.06)	123.3 (10.19)	
60 and over.....	30	(3.3)	818	115.2	(11.14)	11.6	(1.41)	126.8	(10.99)	185	128.3	(25.36)	38.6	(2.35)	166.9	(25.69)	109.6 (8.42)	
20 and over...	18	(1.4)	2440	121.1	(6.76)	7.5	(0.73)	128.6	(6.96)	349	140.5	(20.10)	42.7	(2.34)	183.2	(20.39)	117.0 (6.74)	
<b>All Individuals:</b>																		
2 and over...	14	(1.0)	7693	106.6	(4.00)	5.7	(0.43)	112.3	(4.22)	783	141.0	(10.88)	40.9	(1.18)	181.9	(11.26)	100.9 (3.50)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

L y c o p e n e																		
-----All Individuals <sup>5</sup> -----Supplement Users <sup>6</sup> -----Non-users <sup>7</sup> -----																		
Gender and age	Percent reporting supplement lycopene <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		663	3292	(318.6)	#		3292	(318.6)		--		--		--		3292	(318.6)
6 - 11.....	#		1033	4317	(432.2)	#		4317	(432.2)		--		--		--		4317	(432.2)
12 - 19.....	#		1188	4711	(264.2)	1 *	(0.4)	4712	(264.2)		--		--		--		4717	(264.6)
Males:																		
20 - 39.....	7	(1.2)	805	6138	(535.6)	39	(9.1)	6177	(537.4)		--		--		--		6114	(553.3)
40 - 59.....	16	(2.7)	759	6296	(734.5)	116*	(41.4)	6412	(729.9)	91	6354	(1261.3)	743*	(234.2)	7097	(1418.8)	6285	(895.5)
60 and over.....	23	(3.4)	805	5395	(423.8)	151	(32.0)	5545	(427.8)	145	4933	(945.6)	644	(114.7)	5577	(913.3)	5536	(590.9)
20 and over...	14	(1.7)	2369	6000	(310.5)	95	(18.1)	6095	(309.7)	277	5766	(439.4)	666	(96.7)	6432	(490.2)	6039	(377.8)
Females:																		
20 - 39.....	1 *	(0.2)	774	4261	(417.1)	5 *	(1.9)	4266	(416.6)		--		--		--		4264	(417.1)
40 - 59.....	3	(0.8)	848	4808	(528.7)	13 *	(5.8)	4821	(528.6)		--		--		--		4809	(542.8)
60 and over.....	13	(2.5)	818	3680	(295.5)	160*	(91.6)	3839	(287.4)	79	4241	(1081.3)	1190*	(619.0)	5432	(1080.9)	3592	(283.1)
20 and over...	5	(1.0)	2440	4291	(307.4)	55*	(28.8)	4345	(304.4)	104	4320	(861.6)	1045*	(470.0)	5365	(795.4)	4289	(303.5)
All Individuals:																		
2 and over...	7	(0.8)	7693	4923	(216.3)	56	(13.6)	4979	(217.4)	386	5362	(347.7)	768	(157.0)	6130	(367.3)	4888	(235.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

L u t e i n + z e a x a n t h i n																		
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup>		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		663	718	(51.4)	#		718	(51.4)		--	--	--			718	(51.4)	
6 - 11.....	#		1033	779	(62.0)	#		779	(62.1)		--	--	--			779	(62.0)	
12 - 19.....	2	(0.9)	1188	911	(73.1)	5*	(2.4)	916	(72.8)		--	--	--			911	(74.2)	
Males:																		
20 - 39.....	4	(1.0)	805	1511	(105.9)	76*	(31.4)	1587	(112.5)		--	--	--			1471	(119.9)	
40 - 59.....	11	(1.7)	759	1386	(86.7)	70*	(28.4)	1456	(95.4)		--	--	--			1355	(88.5)	
60 and over.....	20	(3.3)	805	1580	(131.5)	465*	(156.9)	2046	(209.6)	119	2113	(369.6)	2289*	(749.1)	4402	(906.4)	1444	(137.1)
20 and over...	11	(1.0)	2369	1485	(73.9)	176	(46.4)	1660	(77.5)	205	1991	(200.3)	1629	(478.2)	3620	(557.1)	1424	(77.1)
Females:																		
20 - 39.....	2*	(0.4)	774	1643	(149.8)	12*	(4.2)	1655	(150.8)		--	--	--			1641	(149.9)	
40 - 59.....	9	(1.7)	848	1781	(165.8)	152*	(80.8)	1933	(184.6)		--	--	--			1769	(199.0)	
60 and over.....	22	(2.5)	818	1598	(241.4)	1103*	(418.8)	2701	(481.6)	135	1305	(186.3)	4953*	(1885.0)	6259*	(1933.7)	1681	(298.9)
20 and over...	11	(1.4)	2440	1681	(116.4)	394*	(125.9)	2074	(188.0)	204	1513	(275.9)	3740	(1118.1)	5253	(1128.0)	1701	(138.5)
All Individuals:																		
2 and over...	8	(0.7)	7693	1397	(70.7)	216	(51.8)	1613	(90.9)	430	1729	(195.5)	2620	(494.4)	4350	(490.9)	1367	(75.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

C a l c i u m																		
<div><div><div></div><div><i>All Individuals</i><sup>5</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>6</sup></div></div><div><div></div><div><i>Non-users</i><sup>7</sup></div></div></div>																		
Gender and age (years)	Percent reporting supplement calcium <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	6	(1.3)	663	909	(19.0)	9*	(4.4)	918	(19.9)		--		--		--		920	(18.9)
6 - 11.....	3	(0.7)	1033	1005	(32.1)	4	(1.0)	1009	(31.7)		--		--		--		1007	(33.8)
12 - 19.....	6	(1.5)	1188	991	(41.4)	16*	(5.9)	1008	(44.4)		--		--		--		983	(44.0)
<b>Males:</b>																		
20 - 39.....	15	(1.5)	805	1150	(37.0)	49	(7.4)	1199	(37.8)	93	1250	(99.6)	322	(37.8)	1572	(122.8)	1132	(41.5)
40 - 59.....	29	(2.5)	759	1068	(29.9)	82	(10.0)	1150	(30.2)	162	1141	(68.7)	281	(25.7)	1421	(69.2)	1038	(40.4)
60 and over.....	41	(4.1)	805	933	(35.8)	153	(19.7)	1086	(39.6)	252	1027	(58.6)	379	(29.1)	1406	(62.8)	869	(38.2)
20 and over...	27	(1.8)	2369	1064	(21.2)	88	(8.5)	1152	(21.7)	507	1120	(40.9)	328	(19.1)	1448	(48.3)	1044	(23.9)
<b>Females:</b>																		
20 - 39.....	16	(2.0)	774	853	(17.7)	60	(9.4)	913	(23.5)	99	870	(43.7)	383	(45.6)	1253	(78.0)	850	(17.0)
40 - 59.....	27	(2.0)	848	864	(29.5)	146	(20.4)	1010	(40.1)	200	893	(49.2)	546	(52.1)	1440	(75.7)	854	(34.5)
60 and over.....	53	(3.2)	818	767	(26.9)	352	(37.5)	1119	(40.9)	352	795	(46.1)	664	(44.7)	1459	(56.1)	734	(34.6)
20 and over...	31	(1.2)	2440	831	(17.4)	180	(13.9)	1011	(25.1)	651	839	(38.5)	580	(34.3)	1419	(46.3)	828	(18.1)
<b>All Individuals:</b>																		
2 and over...	23	(1.1)	7693	954	(18.8)	104	(7.8)	1058	(22.4)	1292	968	(31.6)	450	(21.4)	1419	(38.7)	950	(20.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

P h o s p h o r u s																			
<div><div></div><div>All Individuals <sup>5</sup></div><div></div><div>Supplement Users <sup>6</sup></div><div></div><div>Non-users <sup>7</sup></div><div></div></div>																			
Gender and age (years)	Percent reporting supplement phosphorus <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																			
2 - 5.....	#		663	1049	(23.0)	2*	(2.1)	1051	(24.0)			--		--		--		1049	(23.4)
6 - 11.....	#		1033	1261	(32.6)	#		1261	(32.6)			--		--		--		1260	(32.6)
12 - 19.....	2	(0.6)	1188	1307	(41.9)	1*	(0.3)	1308	(41.9)			--		--		--		1308	(43.0)
Males:																			
20 - 39.....	6	(1.4)	805	1720	(49.6)	4*	(1.2)	1724	(49.3)			--		--		--		1698	(45.7)
40 - 59.....	13	(1.8)	759	1623	(38.1)	5*	(1.8)	1628	(37.8)			--		--		--		1594	(53.2)
60 and over.....	21	(3.4)	805	1388	(35.4)	8	(2.3)	1396	(35.9)	136	1412	(79.9)	38	(6.2)	1450	(77.2)		1381	(44.6)
20 and over...	13	(1.3)	2369	1599	(26.3)	5	(1.0)	1604	(26.1)	246	1685	(105.6)	42	(5.7)	1727	(106.3)		1587	(26.6)
Females:																			
20 - 39.....	5	(1.3)	774	1221	(22.0)	2*	(0.7)	1223	(21.9)			--		--		--		1223	(21.8)
40 - 59.....	8	(1.8)	848	1218	(28.5)	3	(0.6)	1220	(28.5)			--		--		--		1200	(28.7)
60 and over.....	21	(2.0)	818	1084	(32.6)	13	(2.9)	1096	(31.8)	145	1177	(67.3)	60	(10.0)	1237	(64.4)		1058	(26.6)
20 and over...	11	(0.9)	2440	1178	(18.0)	6	(0.9)	1184	(17.9)	225	1243	(60.2)	50	(7.0)	1293	(58.1)		1170	(16.8)
All Individuals:																			
2 and over...	9	(0.7)	7693	1349	(20.6)	4	(0.4)	1353	(20.6)	497	1467	(64.9)	47	(3.0)	1514	(63.9)		1337	(21.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																		
Gender and age  (years)	Percent reporting supplement magnesium <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>–Non-users</i> <sup>7</sup> –		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	2 *	(1.2)	663	193	(4.4)	1 *	(1.1)	194	(4.9)		--		--		--	193	(4.2)	
6 - 11.....	1 *	(0.4)	1033	231	(5.5)	4 *	(2.8)	235	(6.9)		--		--		--	230	(5.3)	
12 - 19.....	4	(1.1)	1188	250	(7.8)	5 *	(1.7)	254	(8.4)		--		--		--	248	(8.6)	
<b>Males:</b>																		
20 - 39.....	12	(1.4)	805	356	(10.1)	15	(3.3)	371	(10.8)	78	415	(29.2)	121	(18.2)	537	(28.4)	348	(9.4)
40 - 59.....	24	(3.0)	759	351	(10.3)	31	(5.7)	382	(11.9)	137	365	(17.4)	126	(15.5)	491	(17.1)	346	(15.4)
60 and over.....	35	(3.3)	805	321	(11.4)	52	(11.1)	374	(18.9)	216	356	(24.0)	148	(24.1)	504	(34.5)	302	(11.9)
20 and over...	23	(1.7)	2369	345	(6.8)	30	(3.9)	375	(8.4)	431	371	(15.2)	134	(12.3)	506	(19.4)	337	(6.8)
<b>Females:</b>																		
20 - 39.....	10	(1.9)	774	274	(7.7)	19	(5.4)	293	(10.3)		--		--		--	269	(6.5)	
40 - 59.....	15	(2.0)	848	281	(8.8)	21	(3.5)	301	(9.7)	103	304	(14.6)	139	(17.2)	442	(24.3)	277	(9.6)
60 and over.....	33	(3.1)	818	248	(5.5)	51	(8.7)	299	(7.3)	209	272	(13.8)	153	(18.0)	425	(16.7)	235	(5.1)
20 and over...	19	(1.4)	2440	268	(4.9)	29	(3.8)	298	(5.9)	365	290	(11.4)	155	(14.7)	445	(16.0)	264	(5.2)
<b>All Individuals:</b>																		
2 and over...	16	(1.2)	7693	288	(4.9)	23	(2.6)	311	(6.0)	856	330	(10.6)	143	(9.1)	474	(11.7)	279	(4.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

I r o n																	
Gender and age  (years)	Percent reporting supplement iron <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>	
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																	
2 - 5.....	5	(1.1)	663	10.8	(0.31)	0.7	(0.18)	11.5	(0.38)		--	--	--		10.8	(0.32)	
6 - 11.....	3	(0.7)	1033	14.1	(0.38)	0.3	(0.06)	14.4	(0.35)		--	--	--		14.1	(0.39)	
12 - 19.....	3	(0.7)	1188	15.0	(0.56)	0.8	(0.19)	15.7	(0.62)		--	--	--		15.0	(0.57)	
<b>Males:</b>																	
20 - 39.....	5	(1.1)	805	16.7	(0.36)	0.9	(0.23)	17.6	(0.45)		--	--	--		16.7	(0.35)	
40 - 59.....	6	(1.2)	759	15.7	(0.68)	1.0	(0.24)	16.8	(0.69)		--	--	--		15.6	(0.74)	
60 and over.....	13	(1.8)	805	15.6	(0.75)	3.7	(1.01)	19.4	(1.15)	101	16.7	(1.34)	27.7	(5.47)	44.4	(4.94)	
20 and over...	8	(0.8)	2369	16.1	(0.26)	1.7	(0.28)	17.8	(0.33)	178	17.1	(1.12)	22.2	(2.95)	39.3	(3.05)	
<b>Females:</b>																	
20 - 39.....	11	(2.2)	774	12.2	(0.29)	3.1	(0.62)	15.3	(0.66)	80	12.5	(0.88)	27.2	(4.18)	39.7	(4.48)	
40 - 59.....	15	(1.6)	848	12.2	(0.33)	3.1	(0.40)	15.3	(0.60)	109	12.2	(0.63)	21.4	(2.49)	33.6	(2.69)	
60 and over.....	22	(1.8)	818	11.5	(0.47)	5.4	(0.77)	16.9	(0.77)	151	10.7	(0.67)	24.4	(2.28)	35.1	(2.36)	
20 and over...	16	(1.0)	2440	12.0	(0.17)	3.8	(0.30)	15.8	(0.32)	340	11.6	(0.49)	24.0	(1.67)	35.7	(1.79)	
<b>All Individuals:</b>																	
2 and over...	10	(0.6)	7693	14.0	(0.16)	2.2	(0.15)	16.2	(0.19)	619	13.3	(0.54)	23.0	(1.29)	36.4	(1.37)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

Z i n c																		
Gender and age (years)	Percent reporting supplement zinc <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Males and females:</b>																		
2 - 5.....	24	(3.2)	663	7.8	(0.19)	0.8	(0.14)	8.6	(0.24)	134	7.6	(0.39)	3.2	(0.33)	10.7	(0.57)	7.9	(0.17)
6 - 11.....	13	(2.1)	1033	10.0	(0.23)	0.5	(0.13)	10.5	(0.29)	128	11.2	(0.79)	4.0	(0.96)	15.2	(1.11)	9.8	(0.24)
12 - 19.....	6	(1.5)	1188	10.9	(0.44)	0.7*	(0.24)	11.5	(0.51)		--		--		--		10.9	(0.47)
<b>Males:</b>																		
20 - 39.....	12	(1.5)	805	14.0	(0.31)	1.5	(0.24)	15.5	(0.42)	79	16.5	(1.41)	12.8	(0.95)	29.2	(1.70)	13.6	(0.31)
40 - 59.....	23	(2.1)	759	13.3	(0.55)	3.8	(0.24)	17.1	(0.64)	132	13.4	(0.49)	16.1	(1.58)	29.5	(1.76)	13.3	(0.65)
60 and over.....	36	(3.3)	805	11.8	(0.47)	7.0	(0.70)	18.8	(0.91)	223	12.8	(0.76)	19.6	(1.51)	32.5	(1.43)	11.2	(0.53)
20 and over...	22	(1.5)	2369	13.2	(0.24)	3.7	(0.23)	16.9	(0.32)	434	13.8	(0.50)	16.9	(0.80)	30.7	(1.00)	13.0	(0.27)
<b>Females:</b>																		
20 - 39.....	17	(2.6)	774	9.6	(0.22)	2.1	(0.37)	11.7	(0.47)	96	10.4	(0.50)	12.6	(1.45)	22.9	(1.32)	9.4	(0.23)
40 - 59.....	19	(2.1)	848	9.6	(0.31)	2.5	(0.28)	12.1	(0.47)	146	9.6	(0.58)	13.2	(0.53)	22.8	(0.88)	9.5	(0.31)
60 and over.....	37	(2.8)	818	8.8	(0.31)	7.1	(0.48)	15.8	(0.44)	245	9.2	(0.41)	19.3	(1.23)	28.5	(1.13)	8.6	(0.35)
20 and over...	24	(1.3)	2440	9.3	(0.18)	3.7	(0.23)	13.1	(0.31)	487	9.6	(0.33)	15.9	(0.60)	25.5	(0.59)	9.3	(0.18)
<b>All Individuals:</b>																		
2 and over...	20	(1.1)	7693	10.9	(0.18)	3.0	(0.16)	13.9	(0.24)	1246	11.3	(0.27)	14.7	(0.43)	26.0	(0.42)	10.8	(0.20)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C o p p e r																		
Gender and age  (years)	Percent reporting supplement copper <sup>8</sup>		<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	4	(0.9)	663	0.7	(0.02)	0.1	(0.02)	0.8	(0.03)		--	--	--			0.7	(0.02)	
6 - 11.....	2	(0.6)	1033	0.9	(0.02)	#		0.9	(0.03)		--	--	--			0.9	(0.02)	
12 - 19.....	2	(0.6)	1188	1.0	(0.03)	#		1.0	(0.03)		--	--	--			1.0	(0.03)	
<b>Males:</b>																		
20 - 39.....	10	(1.4)	805	1.4	(0.04)	0.1	(0.02)	1.5	(0.05)		--	--	--			1.4	(0.04)	
40 - 59.....	21	(2.0)	759	1.4	(0.06)	0.3	(0.03)	1.6	(0.07)	116	1.4	(0.07)	1.3	(0.13)	2.7	(0.13)	1.4	(0.07)
60 and over.....	33	(3.6)	805	1.3	(0.04)	0.4	(0.05)	1.6	(0.08)	203	1.4	(0.08)	1.1	(0.09)	2.5	(0.14)	1.2	(0.04)
20 and over...	20	(1.4)	2369	1.4	(0.03)	0.2	(0.02)	1.6	(0.04)	385	1.5	(0.06)	1.2	(0.08)	2.7	(0.10)	1.3	(0.03)
<b>Females:</b>																		
20 - 39.....	10	(1.5)	774	1.1	(0.04)	0.2	(0.03)	1.3	(0.05)		--	--	--			1.1	(0.03)	
40 - 59.....	15	(2.1)	848	1.1	(0.04)	0.2	(0.02)	1.3	(0.04)	112	1.2	(0.05)	1.3	(0.12)	2.5	(0.12)	1.1	(0.04)
60 and over.....	34	(3.0)	818	1.1	(0.03)	0.4	(0.04)	1.5	(0.05)	217	1.1	(0.05)	1.3	(0.09)	2.4	(0.08)	1.0	(0.03)
20 and over...	19	(1.4)	2440	1.1	(0.02)	0.3	(0.02)	1.4	(0.03)	392	1.2	(0.05)	1.4	(0.07)	2.6	(0.06)	1.1	(0.02)
<b>All Individuals:</b>																		
2 and over...	15	(0.9)	7693	1.2	(0.02)	0.2	(0.01)	1.4	(0.03)	853	1.3	(0.05)	1.3	(0.05)	2.6	(0.06)	1.1	(0.02)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S o d i u m																		
Gender and age  (years)	Percent reporting sodium <sup>8</sup>  %      (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup> –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.5)	663	2213	(43.3)	1	(0.2)	2214	(43.3)		--		--		--	2220	(46.4)	
6 - 11.....	3	(0.8)	1033	3050	(45.4)	#		3050	(45.4)		--		--		--	3051	(49.0)	
12 - 19.....	3	(1.1)	1188	3361	(82.9)	1 *	(0.2)	3362	(82.9)		--		--		--	3371	(83.1)	
Males:																		
20 - 39.....	6	(1.2)	805	4497	(106.0)	4 *	(1.5)	4501	(105.8)		--		--		--	4460	(102.5)	
40 - 59.....	6	(1.2)	759	4149	(103.9)	2	(0.5)	4151	(103.8)		--		--		--	4105	(117.9)	
60 and over.....	11	(1.9)	805	3515	(90.3)	3	(0.8)	3518	(90.2)		--		--		--	3470	(79.3)	
20 and over...	7	(1.0)	2369	4117	(65.3)	3	(0.7)	4120	(65.2)	119	4526	(341.0)	39	(7.9)	4565	(343.8)	4086	(64.3)
Females:																		
20 - 39.....	5	(1.0)	774	3226	(72.1)	3 *	(1.4)	3229	(71.9)		--		--		--	3202	(75.7)	
40 - 59.....	7	(1.3)	848	3045	(73.3)	2 *	(0.6)	3046	(73.2)		--		--		--	3037	(81.6)	
60 and over.....	13	(1.5)	818	2698	(63.1)	3	(0.6)	2701	(62.8)	84	2477	(76.8)	25	(3.7)	2502	(77.5)	2731	(74.6)
20 and over...	8	(0.9)	2440	2999	(40.2)	3	(0.4)	3001	(40.1)	174	2930	(142.2)	31	(4.8)	2962	(142.1)	3005	(42.2)
All Individuals:																		
2 and over...	7	(0.5)	7693	3418	(34.8)	2	(0.3)	3420	(34.7)	387	3535	(147.1)	32	(4.0)	3567	(147.8)	3409	(35.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

P o t a s s i u m																	
Gender and age  (years)	Percent reporting supplement potassium <sup>8</sup>		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg
Males and females:																	
2 - 5.....	1 *	(0.3)	663	1867	(38.8)	#		1867	(38.9)		--		--		--		1866 (39.7)
6 - 11.....	1 *	(0.4)	1033	2088	(48.1)	#		2089	(48.1)		--		--		--		2086 (47.7)
12 - 19.....	2 *	(0.4)	1188	2184	(57.6)	1	(0.3)	2185	(57.5)		--		--		--		2178 (57.7)
Males:																	
20 - 39.....	8	(1.5)	805	2973	(72.2)	11	(3.4)	2984	(71.5)		--		--		--		2920 (74.8)
40 - 59.....	18	(2.5)	759	3041	(72.0)	20	(4.2)	3061	(72.1)	95	3377 (142.6)	114	(19.1)	3491	(144.5)		2969 (94.3)
60 and over.....	29	(3.8)	805	2865	(64.5)	33	(5.9)	2898	(65.6)	184	2884 (164.6)	115	(17.2)	2999	(163.8)		2858 (95.6)
20 and over...	17	(1.7)	2369	2969	(39.2)	20	(3.0)	2989	(38.7)	325	3194 (143.9)	120	(12.0)	3314	(144.2)		2923 (54.1)
Females:																	
20 - 39.....	6	(1.4)	774	2277	(76.0)	6	(1.5)	2283	(76.8)		--		--		--		2245 (66.4)
40 - 59.....	10	(2.1)	848	2385	(59.7)	12	(3.4)	2397	(59.8)		--		--		--		2345 (66.7)
60 and over.....	28	(2.5)	818	2258	(60.5)	29	(4.8)	2287	(59.2)	178	2395 (73.2)	105	(14.8)	2500	(68.8)		2206 (63.7)
20 and over...	14	(1.0)	2440	2312	(47.4)	15	(1.8)	2327	(47.3)	276	2543 (84.9)	109	(10.6)	2652	(80.6)		2274 (51.4)
All Individuals:																	
2 and over...	12	(0.9)	7693	2500	(36.2)	13	(1.5)	2514	(36.4)	635	2882 (83.3)	114	(7.5)	2996	(83.7)		2449 (42.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																		
Gender and age  (years)	Percent reporting selenium <sup>8</sup>		Sample Size	All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	1 *	(0.4)	663	74.6	(1.60)	0.3*	(0.14)	74.8	(1.65)		--		--		--	74.8	(1.66)	
6 - 11.....	1 *	(0.5)	1033	97.8	(2.52)	0.3*	(0.15)	98.1	(2.55)		--		--		--	97.9	(2.55)	
12 - 19.....	3	(0.8)	1188	107.2	(2.94)	1.1 *	(0.36)	108.3	(2.95)		--		--		--	106.9	(3.04)	
Males:																		
20 - 39.....	11	(1.6)	805	151.6	(6.12)	10.4	(1.82)	161.9	(6.41)		--		--		--	151.3	(6.64)	
40 - 59.....	21	(2.1)	759	135.3	(5.10)	12.7	(1.56)	148.0	(5.90)	117	136.1	(5.87)	60.3	(5.63)	196.3	(7.27)	135.1	(6.63)
60 and over.....	33	(3.4)	805	114.5	(4.25)	23.1	(2.83)	137.6	(6.12)	200	118.6	(7.97)	70.5	(5.99)	189.1	(12.54)	112.5	(3.42)
20 and over...	20	(1.5)	2369	136.1	(3.38)	14.5	(1.08)	150.6	(3.51)	389	132.2	(5.25)	72.1	(4.48)	204.3	(7.42)	137.1	(4.08)
Females:																		
20 - 39.....	10	(1.8)	774	103.0	(2.62)	5.7	(1.45)	108.6	(3.28)		--		--		--	100.6	(2.11)	
40 - 59.....	16	(2.2)	848	97.7	(2.27)	7.9	(2.02)	105.5	(2.35)	112	96.5	(5.46)	48.5	(8.14)	145.0	(12.98)	97.9	(3.02)
60 and over.....	30	(2.9)	818	86.5	(2.46)	12.3	(1.55)	98.8	(2.69)	195	87.6	(3.82)	40.9	(2.96)	128.5	(4.87)	86.0	(2.76)
20 and over...	18	(1.5)	2440	96.0	(1.16)	8.5	(1.04)	104.5	(1.34)	367	97.0	(3.77)	46.4	(3.10)	143.5	(5.37)	95.8	(1.40)
All Individuals:																		
2 and over...	15	(1.1)	7693	111.2	(1.73)	8.8	(0.73)	120.0	(1.89)	799	114.9	(3.12)	59.1	(2.72)	174.0	(4.44)	110.6	(1.91)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

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

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 \times \mu\text{g folic acid})$ .

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_I) of NHANES 2015-2016. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT\\_I.htm](https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.htm).

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

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

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

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

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016

T h i a m i n																		
Race/ethnicity and age (years)	Percent reporting supplement thiamin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	4	(1.0)	826	1.53	(0.035)	0.10*	(0.039)	1.63	(0.047)		--	--	--		1.54	(0.037)		
20 and over.....	26	(1.6)	1645	1.60	(0.023)	3.01	(0.411)	4.61	(0.419)	403	1.64	(0.054)	11.77	(1.588)	13.41	(1.584)		
2 and over...	21	(1.3)	2471	1.58	(0.023)	2.42	(0.353)	4.00	(0.362)	448	1.63	(0.053)	11.38	(1.510)	13.00	(1.505)		
Non-Hispanic Black:																		
2 - 19.....	3	(1.3)	652	1.50	(0.063)	0.13*	(0.082)	1.63	(0.097)		--	--	--		1.51	(0.064)		
20 and over.....	13	(1.1)	1030	1.41	(0.036)	1.23*	(0.394)	2.64	(0.402)	140	1.51	(0.096)	9.72	(2.853)	11.23	(2.852)		
2 and over...	10	(1.0)	1682	1.44	(0.034)	0.90*	(0.289)	2.34	(0.297)	163	1.51	(0.097)	9.13	(2.379)	10.64	(2.371)		
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	4*	(1.6)	224	1.57	(0.046)	0.05*	(0.022)	1.62	(0.053)		--	--	--		1.56	(0.048)		
20 and over.....	22	(2.6)	493	1.67	(0.037)	2.71*	(0.865)	4.38	(0.863)	103	1.71	(0.061)	12.34	(3.020)	14.05	(2.984)		
2 and over...	18	(2.1)	717	1.65	(0.032)	2.19*	(0.693)	3.84	(0.691)	110	1.71	(0.064)	11.85	(2.947)	13.56	(2.908)		
Hispanic:																		
2 - 19.....	3	(0.7)	986	1.48	(0.030)	0.05*	(0.017)	1.53	(0.035)		--	--	--		1.48	(0.031)		
20 and over.....	12	(1.2)	1467	1.61	(0.035)	1.30	(0.303)	2.91	(0.287)	188	1.52	(0.084)	11.02	(2.201)	12.54	(2.232)		
2 and over...	9	(0.8)	2453	1.56	(0.029)	0.86	(0.185)	2.42	(0.170)	214	1.51	(0.079)	10.03	(1.970)	11.54	(2.002)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

R i b o f l a v i n																		
Race/ethnicity and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
Non-Hispanic White:																		
2 - 19.....	5	(1.0)	826	1.98	(0.074)	0.17*	(0.064)	2.15	(0.092)		--	--	--		1.98	(0.078)		
20 and over.....	26	(1.6)	1645	2.28	(0.036)	2.45	(0.638)	4.73	(0.646)	405	2.37	(0.070)	9.44	(2.319)	11.81	(2.341)	2.25	(0.052)
2 and over...	22	(1.3)	2471	2.22	(0.037)	1.98	(0.505)	4.20	(0.509)	448	2.35	(0.067)	9.20	(2.252)	11.55	(2.271)	2.18	(0.050)
Non-Hispanic Black:																		
2 - 19.....	3	(1.3)	652	1.75	(0.076)	0.14*	(0.083)	1.88	(0.107)		--	--	--		1.75	(0.076)		
20 and over.....	13	(1.1)	1030	1.71	(0.053)	0.94	(0.257)	2.65	(0.287)	138	1.79	(0.145)	7.53	(1.744)	9.31	(1.799)	1.70	(0.050)
2 and over...	10	(0.9)	1682	1.72	(0.053)	0.70	(0.197)	2.42	(0.222)	160	1.79	(0.143)	7.19	(1.543)	8.98	(1.595)	1.71	(0.049)
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	4*	(1.6)	224	1.91	(0.105)	0.05*	(0.025)	1.97	(0.111)		--	--	--		1.90	(0.107)		
20 and over.....	22	(2.5)	493	1.82	(0.060)	1.71*	(0.528)	3.53	(0.526)	103	1.81	(0.080)	7.82	(1.913)	9.64	(1.900)	1.82	(0.077)
2 and over...	18	(2.0)	717	1.84	(0.062)	1.38*	(0.429)	3.22	(0.435)	110	1.83	(0.077)	7.54	(1.849)	9.37	(1.832)	1.84	(0.074)
Hispanic:																		
2 - 19.....	3	(0.7)	986	1.81	(0.038)	0.05*	(0.017)	1.87	(0.040)		--	--	--		1.81	(0.037)		
20 and over.....	12	(1.2)	1467	2.10	(0.043)	0.83	(0.209)	2.93	(0.212)	182	2.10	(0.108)	7.16	(1.496)	9.26	(1.488)	2.10	(0.053)
2 and over...	8	(0.7)	2453	2.00	(0.035)	0.56	(0.131)	2.55	(0.128)	208	2.07	(0.106)	6.55	(1.356)	8.62	(1.345)	1.99	(0.041)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

N i a c i n																		
Race/ethnicity and age (years)	Percent reporting supplement niacin <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	7	(1.4)	826	21.4	(0.65)	0.8	(0.16)	22.2	(0.61)		--		--		--	21.5	(0.68)	
20 and over.....	28	(1.7)	1645	26.2	(0.63)	12.0	(1.59)	38.1	(1.48)	440	26.4	(0.85)	42.4	(4.75)	68.7	(4.86)	26.1	(0.76)
2 and over...	24	(1.4)	2471	25.2	(0.55)	9.7	(1.34)	34.9	(1.34)	496	26.0	(0.79)	40.6	(4.59)	66.7	(4.69)	24.9	(0.65)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	4	(1.4)	652	21.8	(0.70)	0.6*	(0.24)	22.4	(0.69)		--		--		--	21.8	(0.71)	
20 and over.....	14	(1.0)	1030	24.7	(0.45)	4.0	(0.54)	28.7	(0.68)	154	24.7	(1.20)	28.3	(3.41)	53.0	(3.27)	24.7	(0.39)
2 and over...	11	(0.8)	1682	23.8	(0.44)	3.0	(0.41)	26.8	(0.56)	180	24.5	(1.21)	27.0	(3.03)	51.5	(2.87)	23.7	(0.37)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	7*	(2.2)	224	21.8	(0.74)	0.8*	(0.34)	22.6	(0.75)		--		--		--	21.8	(0.79)	
20 and over.....	24	(2.8)	493	24.5	(0.60)	5.9	(0.85)	30.3	(1.03)	118	23.9	(1.52)	24.1	(1.26)	48.0	(1.71)	24.7	(0.70)
2 and over...	21	(2.3)	717	24.0	(0.50)	4.9	(0.71)	28.8	(0.89)	131	23.8	(1.44)	23.3	(1.33)	47.1	(1.67)	24.0	(0.54)
<b>Hispanic:</b>																		
2 - 19.....	3	(0.7)	986	20.8	(0.48)	0.5	(0.14)	21.3	(0.49)		--		--		--	20.8	(0.47)	
20 and over.....	13	(1.4)	1467	27.2	(0.54)	4.7	(0.98)	31.8	(1.05)	202	27.1	(1.54)	36.1	(4.61)	63.2	(4.10)	27.2	(0.62)
2 and over...	9	(0.9)	2453	24.9	(0.51)	3.2	(0.61)	28.1	(0.71)	232	26.5	(1.53)	33.7	(4.09)	60.2	(3.69)	24.8	(0.56)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n B 6																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg
<b>Non-Hispanic White:</b>																		
2 - 19.....	19	(2.1)	826	1.69	(0.060)	0.55	(0.151)	2.24	(0.149)	167	1.63	(0.090)	2.91	(0.819)	4.53	(0.776)	1.71	(0.071)
20 and over.....	30	(1.8)	1645	2.16	(0.062)	3.06	(0.530)	5.21	(0.537)	458	2.23	(0.094)	10.27	(1.584)	12.50	(1.632)	2.13	(0.075)
2 and over...	28	(1.4)	2471	2.06	(0.051)	2.55	(0.430)	4.61	(0.428)	625	2.14	(0.078)	9.24	(1.404)	11.38	(1.432)	2.03	(0.065)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	9	(1.4)	652	1.63	(0.057)	0.25*	(0.090)	1.88	(0.099)		--		--		--		1.62	(0.056)
20 and over.....	16	(1.2)	1030	1.96	(0.039)	1.70	(0.452)	3.67	(0.460)	171	2.01	(0.125)	10.58	(2.383)	12.59	(2.398)	1.96	(0.039)
2 and over...	14	(0.9)	1682	1.86	(0.037)	1.26	(0.334)	3.12	(0.340)	234	1.95	(0.118)	8.97	(2.002)	10.91	(2.011)	1.85	(0.036)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	16	(2.8)	224	1.79	(0.087)	0.26	(0.071)	2.05	(0.127)		--		--		--		1.80	(0.109)
20 and over.....	26	(3.4)	493	2.00	(0.059)	2.06	(0.580)	4.06	(0.604)	122	2.00	(0.130)	7.97	(1.664)	9.98	(1.657)	2.00	(0.085)
2 and over...	24	(2.7)	717	1.96	(0.053)	1.71	(0.479)	3.67	(0.493)	154	1.97	(0.112)	7.15	(1.535)	9.12	(1.528)	1.96	(0.073)
<b>Hispanic:</b>																		
2 - 19.....	7	(2.1)	986	1.66	(0.045)	0.17*	(0.056)	1.82	(0.075)		--		--		--		1.66	(0.047)
20 and over.....	14	(1.3)	1467	2.19	(0.047)	1.25	(0.276)	3.44	(0.283)	217	2.18	(0.129)	8.65	(1.691)	10.82	(1.665)	2.19	(0.067)
2 and over...	12	(1.0)	2453	2.00	(0.039)	0.87	(0.183)	2.87	(0.187)	289	2.06	(0.119)	7.24	(1.297)	9.29	(1.267)	1.99	(0.053)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

F o l i c   a c i d																		
Race/ethnicity and age (years)	Percent reporting supplement folic acid <sup>8</sup> %      (SE)		Sample Size	All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	19	(2.4)	826	206	(9.0)	36	(5.5)	242	(7.3)	167	156	(16.6)	192	(11.1)	348	(17.3)	218	(10.5)
20 and over.....	29	(1.7)	1645	173	(5.0)	162	(19.7)	335	(20.3)	457	187	(13.3)	555	(52.2)	743	(53.2)	166	(4.0)
2 and over...	27	(1.2)	2471	179	(4.9)	136	(15.9)	316	(16.5)	624	183	(11.4)	504	(47.1)	687	(46.8)	178	(5.0)
Non-Hispanic Black:																		
2 - 19.....	9	(1.6)	652	207	(14.3)	23	(5.6)	231	(15.9)		--		--		--		201	(13.0)
20 and over.....	17	(1.2)	1030	159	(8.5)	93	(15.0)	252	(18.1)	174	174	(29.2)	558	(78.1)	731	(73.8)	156	(7.0)
2 and over...	14	(1.0)	1682	174	(7.3)	72	(9.5)	246	(10.8)	235	191	(24.9)	500	(65.9)	691	(60.8)	171	(5.9)
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	16	(2.8)	224	205	(13.6)	33	(8.9)	238	(17.4)		--		--		--		204	(15.4)
20 and over.....	25	(3.1)	493	180	(6.4)	125	(17.4)	305	(20.4)	118	185	(12.5)	502	(43.5)	688	(47.3)	178	(7.8)
2 and over...	23	(2.4)	717	185	(5.8)	107	(14.1)	292	(17.3)	150	189	(10.8)	463	(34.7)	652	(38.8)	184	(6.5)
Hispanic:																		
2 - 19.....	6	(1.5)	986	195	(6.2)	18*	(6.1)	212	(6.5)		--		--		--		195	(5.7)
20 and over.....	14	(1.2)	1467	169	(6.1)	64	(6.7)	233	(8.5)	222	139	(8.6)	449	(22.6)	588	(22.0)	174	(6.9)
2 and over...	11	(0.8)	2453	178	(5.0)	48	(4.0)	226	(5.6)	288	149	(9.0)	415	(21.9)	564	(18.7)	182	(5.4)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

F o l a t e ( D F E )																		
Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup>		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	19	(2.4)	826	499	(15.9)	61	(9.4)	561	(12.6)	167	420	(29.3)	326	(18.8)	746	(31.9)	518	(19.9)
20 and over.....	29	(1.7)	1645	514	(11.5)	276	(33.5)	790	(35.8)	457	544	(26.4)	944	(88.8)	1488	(93.3)	502	(10.8)
2 and over...	27	(1.2)	2471	511	(10.2)	232	(27.0)	743	(29.7)	624	526	(22.6)	856	(80.1)	1383	(81.9)	505	(9.8)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	9	(1.6)	652	500	(27.2)	40	(9.5)	540	(30.2)		--		--		--		488	(24.8)
20 and over.....	17	(1.2)	1030	451	(16.5)	158	(25.5)	609	(31.0)	174	478	(49.7)	948	(132.7)	1426	(127.3)	446	(13.5)
2 and over...	14	(1.0)	1682	466	(14.3)	122	(16.1)	588	(18.9)	235	505	(42.5)	851	(112.1)	1356	(104.7)	459	(11.6)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	16	(2.8)	224	527	(29.8)	56	(15.2)	583	(37.9)		--		--		--		522	(30.9)
20 and over.....	25	(3.1)	493	570	(20.4)	213	(29.6)	782	(42.5)	118	585	(25.7)	854	(73.9)	1439	(84.2)	564	(24.8)
2 and over...	23	(2.4)	717	561	(18.8)	182	(24.0)	743	(37.8)	150	581	(20.6)	787	(58.9)	1368	(66.6)	555	(22.3)
<b>Hispanic:</b>																		
2 - 19.....	6	(1.5)	986	494	(12.8)	30*	(10.4)	524	(13.6)		--		--		--		494	(11.9)
20 and over.....	14	(1.2)	1467	523	(13.9)	109	(11.4)	632	(16.1)	222	472	(25.7)	764	(38.5)	1236	(37.9)	532	(15.9)
2 and over...	11	(0.8)	2453	513	(11.9)	81	(6.8)	594	(12.5)	288	478	(23.5)	706	(37.2)	1184	(33.6)	518	(13.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C h o l i n e																		
Race/ethnicity and age (years)	Percent reporting supplement choline <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Non-Hispanic White:</b>																		
2 - 19.....	11	(1.7)	826	245	(10.3)	#		245	(10.3)	90	253	(23.3)	2*	(1.0)	255	(23.1)	244	(10.0)
20 and over.....	5	(0.9)	1645	341	(6.4)	3*	(1.6)	344	(5.9)		--		--	--		341	(6.9)	
2 and over...	6	(0.9)	2471	321	(6.0)	3*	(1.3)	324	(5.6)	158	304	(23.7)	44*	(18.1)	348	(33.3)	322	(6.2)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	4	(1.1)	652	237	(7.9)	1*	(0.2)	237	(7.9)		--		--	--		238	(8.3)	
20 and over.....	3	(0.8)	1030	315	(7.4)	1*	(0.2)	316	(7.5)		--		--	--		317	(7.9)	
2 and over...	3	(0.7)	1682	291	(7.5)	1	(0.2)	292	(7.6)		--		--	--		293	(7.9)	
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	8*	(2.4)	224	301	(9.9)	#		302	(9.9)		--		--	--		303	(10.7)	
20 and over.....	5	(1.4)	493	329	(6.7)	1*	(0.4)	330	(6.7)		--		--	--		326	(7.6)	
2 and over...	6	(1.2)	717	323	(5.6)	1*	(0.3)	324	(5.6)		--		--	--		321	(6.5)	
<b>Hispanic:</b>																		
2 - 19.....	3	(1.1)	986	255	(4.6)	#		255	(4.7)		--		--	--		256	(4.7)	
20 and over.....	3	(0.8)	1467	356	(6.5)	1*	(0.4)	357	(6.6)		--		--	--		359	(6.7)	
2 and over...	3	(0.7)	2453	321	(4.3)	1*	(0.3)	321	(4.3)		--		--	--		322	(4.5)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 1 2																		
<div>—————<i>All Individuals</i><sup>5</sup>—————<i>Supplement Users</i><sup>6</sup>—————<i>Non-users</i><sup>7</sup>—————</div>																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	18	(2.3)	826	4.67	(0.221)	3.9*	(2.40)	8.5	(2.43)	165	4.57	(0.320)	21.3*	(12.80)	25.9*	(12.71)	4.69	(0.261)
20 and over.....	32	(1.9)	1645	5.12	(0.136)	131.4	(31.05)	136.5	(31.04)	507	5.05	(0.262)	405.4	(82.30)	410.4	(82.20)	5.15	(0.241)
2 and over...	30	(1.5)	2471	5.03	(0.129)	105.4	(25.75)	110.5	(25.74)	672	4.99	(0.228)	357.2	(75.49)	362.2	(75.39)	5.04	(0.219)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	9	(1.4)	652	4.06	(0.174)	0.6	(0.14)	4.7	(0.21)		--		--		--		4.06	(0.180)
20 and over.....	17	(1.1)	1030	4.28	(0.098)	41.2	(9.40)	45.5	(9.40)	190	4.04	(0.375)	236.2	(54.94)	240.3	(54.82)	4.34	(0.101)
2 and over...	15	(0.9)	1682	4.22	(0.099)	28.9	(6.41)	33.1	(6.38)	252	4.06	(0.357)	192.8	(42.02)	196.9	(41.90)	4.25	(0.092)
<b>Non-Hispanic Asian<sup>9</sup>:</b>																		
2 - 19.....	16	(2.8)	224	4.61	(0.345)	1.0	(0.27)	5.6	(0.44)		--		--		--		4.62	(0.444)
20 and over.....	26	(2.9)	493	4.09	(0.215)	107.5*	(47.53)	111.6*	(47.44)	123	3.65	(0.291)	408.2*(205.70)		411.9*(205.70)		4.24	(0.284)
2 and over...	24	(2.3)	717	4.19	(0.177)	86.7*	(38.14)	90.9*	(38.03)	155	3.77	(0.264)	356.8*(175.11)		360.6*(175.13)		4.32	(0.247)
<b>Hispanic:</b>																		
2 - 19.....	7	(2.1)	986	4.43	(0.134)	28.9*	(23.60)	33.3*	(23.62)		--		--		--		4.47	(0.132)
20 and over.....	16	(1.5)	1467	4.87	(0.127)	41.4	(4.54)	46.3	(4.58)	248	4.40	(0.295)	253.0	(34.00)	257.4	(33.93)	4.96	(0.143)
2 and over...	13	(1.0)	2453	4.71	(0.094)	37.0	(9.25)	41.7	(9.31)	319	4.32	(0.251)	281.0	(69.01)	285.3	(69.04)	4.77	(0.109)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n C																	
Race/ethnicity and age (years)	Percent reporting supplement vitamin C <sup>8</sup>		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
	% (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	
Non-Hispanic White:																	
2 - 19.....	21 (2.4)	826	58.1 (4.05)	32.5* (13.69)	90.6 (14.66)	183	71.9 (7.02)	152.3* (60.45)	224.2 (59.06)	54.3 (3.86)							
20 and over.....	33 (1.6)	1645	76.1 (3.17)	109.1 (13.42)	185.2 (13.48)	532	82.5 (3.26)	327.0 (34.76)	409.6 (34.95)	72.8 (4.17)							
2 and over...	31 (1.3)	2471	72.4 (3.05)	93.5 (11.13)	165.9 (11.43)	715	81.0 (3.32)	302.5 (31.64)	383.5 (31.46)	68.5 (3.73)							
Non-Hispanic Black:																	
2 - 19.....	9 (1.3)	652	82.7 (2.79)	6.1 (1.14)	88.8 (3.06)		--	--	--	80.1 (3.18)							
20 and over.....	17 (1.1)	1030	81.0 (3.99)	27.3 (3.92)	108.3 (5.96)	181	86.9 (5.51)	161.8 (20.64)	248.7 (20.69)	79.8 (5.10)							
2 and over...	15 (0.8)	1682	81.5 (2.93)	20.9 (2.82)	102.4 (4.53)	245	91.0 (5.21)	142.9 (16.84)	233.9 (15.36)	79.9 (3.67)							
Non-Hispanic Asian <sup>9</sup> :																	
2 - 19.....	17 (2.9)	224	73.0 (5.08)	11.4* (4.76)	84.4 (8.16)		--	--	--	70.9 (6.05)							
20 and over.....	26 (2.7)	493	101.1 (6.45)	67.2 (11.74)	168.3 (16.27)	130	108.1 (14.77)	256.3 (56.57)	364.4 (69.45)	98.6 (8.10)							
2 and over...	24 (2.1)	717	95.6 (5.59)	56.3 (9.73)	151.9 (13.72)	164	104.8 (13.30)	231.2 (45.89)	335.9 (57.51)	92.6 (6.79)							
Hispanic:																	
2 - 19.....	9 (2.1)	986	73.8 (3.24)	12.0 (2.96)	85.8 (3.67)	83	90.8 (10.16)	140.6 (39.63)	231.4 (36.61)	72.2 (3.16)							
20 and over.....	16 (1.3)	1467	83.1 (3.41)	42.8 (5.29)	125.9 (5.42)	262	95.4 (8.64)	261.7 (34.40)	357.1 (29.46)	80.7 (3.94)							
2 and over...	14 (0.8)	2453	79.8 (3.12)	31.9 (4.18)	111.7 (4.51)	345	94.4 (7.14)	234.8 (34.60)	329.2 (29.83)	77.5 (3.32)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin D <sup>8</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)					
<b>Non-Hispanic White:</b>																		
2 - 19.....	19	(2.4)	826	5.4	(0.37)	3.8	(1.09)	9.2	(1.03)	171	6.0	(0.58)	19.4	(4.45)	25.4	(4.18)	5.3	(0.42)
20 and over.....	37	(1.9)	1645	4.8	(0.20)	24.3	(3.69)	29.1	(3.61)	597	4.9	(0.23)	65.1	(8.41)	70.1	(8.39)	4.7	(0.33)
2 and over...	34	(1.7)	2471	4.9	(0.21)	20.1	(3.06)	25.0	(3.00)	768	5.1	(0.19)	59.8	(7.39)	64.8	(7.36)	4.8	(0.30)
<b>Non-Hispanic Black:</b>																		
2 - 19.....	9	(1.2)	652	4.5	(0.21)	1.3	(0.17)	5.8	(0.29)		--		--		--		4.5	(0.27)
20 and over.....	21	(1.6)	1030	3.9	(0.15)	9.5	(1.11)	13.4	(1.12)	224	4.2	(0.52)	46.1	(3.37)	50.3	(3.14)	3.8	(0.15)
2 and over...	17	(1.3)	1682	4.0	(0.15)	7.0	(0.82)	11.1	(0.81)	287	4.2	(0.44)	40.8	(2.90)	45.0	(2.70)	4.0	(0.13)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	17	(3.1)	224	6.1	(0.30)	2.6	(0.70)	8.7	(0.81)		--		--		--		5.9	(0.32)
20 and over.....	33	(3.1)	493	4.9	(0.31)	11.5	(1.42)	16.3	(1.66)	160	4.8	(0.51)	35.0	(2.45)	39.8	(2.62)	4.9	(0.42)
2 and over...	30	(2.4)	717	5.1	(0.25)	9.8	(1.20)	14.9	(1.39)	194	5.1	(0.48)	32.8	(2.28)	37.9	(2.38)	5.1	(0.32)
<b>Hispanic:</b>																		
2 - 19.....	8	(2.1)	986	5.4	(0.19)	1.9*	(0.82)	7.2	(0.81)	76	4.9	(0.81)	24.5*	(7.67)	29.3	(7.88)	5.4	(0.18)
20 and over.....	18	(1.2)	1467	4.7	(0.18)	7.4	(1.08)	12.0	(1.16)	285	4.7	(0.35)	41.4	(6.31)	46.1	(6.08)	4.7	(0.22)
2 and over...	14	(1.0)	2453	4.9	(0.11)	5.4	(0.93)	10.3	(0.96)	361	4.7	(0.24)	38.2	(6.08)	42.9	(5.95)	4.9	(0.13)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin K <sup>8</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	3	(0.8)	826	64.2	(2.32)	1.4	(0.28)	65.6	(2.28)		--	--	--	--	63.4	(2.54)		
20 and over.....	21	(1.6)	1645	117.4	(5.50)	8.5	(0.68)	126.0	(5.74)	328	146.6	(13.30)	41.5	(1.60)	188.1	(14.14)		
2 and over...	17	(1.3)	2471	106.6	(4.94)	7.1	(0.56)	113.7	(5.18)	364	144.3	(12.52)	41.5	(1.50)	185.8	(13.24)		
<b>Non-Hispanic Black:</b>																		
2 - 19.....	2 *	(1.3)	652	80.8	(7.90)	1.2 *	(0.64)	82.0	(8.01)		--	--	--	--	79.5	(7.52)		
20 and over.....	11	(0.9)	1030	125.8	(7.11)	3.6	(0.37)	129.4	(7.04)	115	111.0	(12.47)	34.1	(2.22)	145.1	(11.53)		
2 and over...	8	(0.7)	1682	112.2	(5.18)	2.9	(0.31)	115.1	(5.08)	131	112.8	(15.03)	35.5	(2.11)	148.3	(14.03)		
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	3 *	(1.6)	224	87.8	(9.05)	1.0 *	(0.46)	88.7	(9.35)		--	--	--	--	87.7	(9.37)		
20 and over.....	18	(3.1)	493	197.5	(14.61)	6.6	(1.24)	204.1	(14.64)	83	150.7	(23.16)	36.6	(2.35)	187.3	(21.78)		
2 and over...	15	(2.5)	717	176.1	(12.47)	5.5	(1.02)	181.5	(12.58)	89	148.2	(22.38)	36.4	(2.29)	184.6	(21.10)		
<b>Hispanic:</b>																		
2 - 19.....	1 *	(0.4)	986	57.7	(2.39)	0.8 *	(0.35)	58.5	(2.32)		--	--	--	--	57.0	(2.58)		
20 and over.....	10	(1.2)	1467	95.2	(4.97)	4.1	(0.75)	99.3	(5.23)	141	105.7	(9.34)	41.7	(3.74)	147.3	(11.34)		
2 and over...	7	(0.8)	2453	82.0	(3.93)	2.9	(0.49)	84.9	(4.08)	155	105.5	(8.22)	42.8	(3.76)	148.3	(9.72)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

L y c o p e n e																		
Race/ethnicity and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#		826	4238	(431.0)	#		4238	(431.0)		--		--		--	4238	(431.2)	
20 and over.....	12	(1.4)	1645	5495	(338.8)	100	(25.7)	5595	(337.5)	187	5700	(433.4)	850	(195.2)	6550	(426.2)	5467	(384.1)
2 and over...	9	(1.2)	2471	5238	(316.9)	80	(21.1)	5318	(315.8)	188	5698	(432.2)	850	(195.1)	6548	(424.9)	5191	(350.2)
Non-Hispanic Black:																		
2 - 19.....	#		652	4477	(373.6)	#		4477	(373.6)		--		--		--	4477	(373.6)	
20 and over.....	4	(0.7)	1030	3854	(256.0)	22	(4.1)	3876	(257.5)		--		--		--	3825	(245.4)	
2 and over...	3	(0.5)	1682	4042	(232.3)	15	(3.0)	4058	(233.7)		--		--		--	4029	(230.6)	
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	1 *	(0.5)	224	3366	(237.3)	2 *	(1.4)	3368	(237.8)		--		--		--	3384	(244.3)	
20 and over.....	10	(1.8)	493	4363	(310.3)	47	(7.6)	4410	(312.1)		--		--		--	4315	(286.2)	
2 and over...	8	(1.5)	717	4168	(284.4)	38	(6.0)	4207	(285.8)		--		--		--	4118	(267.4)	
Hispanic:																		
2 - 19.....	#		986	4345	(238.1)	#		4346	(238.1)		--		--		--	4350	(238.4)	
20 and over.....	4	(0.5)	1467	5145	(290.6)	20	(3.3)	5165	(289.0)	81	4097	(723.7)	467	(56.0)	4564	(697.9)	5192	(288.7)
2 and over...	3	(0.3)	2453	4862	(181.2)	13	(2.2)	4876	(180.4)	83	4040	(714.3)	465	(54.7)	4505	(688.6)	4887	(180.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

L u t e i n + z e a x a n t h i n																		
Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		<i>All Individuals <sup>5</sup></i>								<i>Supplement Users <sup>6</sup></i>						<i>-Non-users <sup>7</sup> -</i>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 19.....	1 *	(0.7)	826	783	(40.6)	3 *	(1.9)	786	(41.0)		--		--		--		782 (40.7)	
20 and over.....	13	(1.1)	1645	1500	(92.6)	409	(98.9)	1909	(135.2)	213	1667	(159.8)	3088	(606.1)	4755	(564.0)	1474 (101.4)	
2 and over...	11	(0.9)	2471	1354	(79.8)	326	(78.9)	1680	(114.2)	221	1647	(157.7)	3018	(589.4)	4664	(550.9)	1318 (85.6)	
<b>Non-Hispanic Black:</b>																		
2 - 19.....	#		652	1121	(168.3)	#		1121	(168.3)		--		--		--		1122 (168.3)	
20 and over.....	4	(0.6)	1030	1732	(159.1)	30 *	(9.3)	1762	(157.7)		--		--		--		1760 (164.5)	
2 and over...	3	(0.4)	1682	1547	(135.1)	21 *	(6.5)	1568	(134.2)		--		--		--		1561 (138.7)	
<b>Non-Hispanic Asian <sup>9</sup>:</b>																		
2 - 19.....	2 *	(1.5)	224	1037	(145.6)	5 *	(4.0)	1042	(147.2)		--		--		--		1048 (152.6)	
20 and over.....	10	(1.8)	493	3121	(333.7)	154 *	(103.1)	3275	(371.7)		--		--		--		3042 (316.1)	
2 and over...	9	(1.5)	717	2713	(271.6)	125 *	(83.1)	2839	(302.5)		--		--		--		2625 (250.2)	
<b>Hispanic:</b>																		
2 - 19.....	#		986	677	(28.0)	1 *	(0.4)	678	(28.1)		--		--		--		674 (28.4)	
20 and over.....	4	(0.7)	1467	1259	(93.8)	35 *	(12.3)	1294	(94.9)	82	1410	(310.3)	803 *	(273.5)	2212	(414.0)	1252 (95.8)	
2 and over...	3	(0.5)	2453	1053	(69.1)	23 *	(7.8)	1077	(69.4)	86	1424	(294.8)	786 *	(264.1)	2209	(392.6)	1042 (68.9)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a l c i u m																		
Race/ethnicity and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(0.9)	826	1032	(43.6)	14	(3.5)	1046	(44.4)		--	--	--			1035	(47.0)	
20 and over.....	33	(1.4)	1645	984	(19.0)	161	(11.0)	1146	(21.7)	527	995	(39.2)	481	(29.6)	1476	(47.4)	979	(23.1)
2 and over...	28	(1.3)	2471	994	(20.5)	131	(9.5)	1125	(22.7)	582	994	(37.4)	469	(27.8)	1464	(43.4)	994	(23.5)
Non-Hispanic Black:																		
2 - 19.....	4	(1.3)	652	846	(28.4)	7*	(2.8)	853	(28.4)		--	--	--			849	(26.8)	
20 and over.....	17	(1.1)	1030	766	(24.6)	67	(5.4)	833	(24.6)	182	879	(67.7)	390	(29.4)	1269	(65.4)	743	(18.8)
2 and over...	13	(0.9)	1682	790	(24.6)	49	(4.1)	839	(23.7)	204	871	(65.5)	373	(26.8)	1244	(61.2)	778	(21.2)
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	7*	(2.9)	224	942	(65.9)	13*	(6.7)	955	(63.1)		--	--	--			948	(67.3)	
20 and over.....	28	(2.8)	493	801	(35.0)	116	(16.3)	917	(37.8)	129	823	(59.7)	410	(36.7)	1233	(51.5)	793	(38.4)
2 and over...	24	(2.0)	717	829	(38.3)	96	(12.1)	925	(41.0)	142	826	(57.2)	398	(35.1)	1223	(49.8)	830	(43.5)
Hispanic:																		
2 - 19.....	3	(0.6)	986	935	(26.3)	3	(0.8)	939	(26.7)		--	--	--			935	(26.5)	
20 and over.....	17	(1.6)	1467	982	(20.2)	66	(7.5)	1048	(24.4)	270	943	(47.1)	401	(26.1)	1343	(65.3)	990	(23.8)
2 and over...	12	(1.0)	2453	965	(16.4)	44	(4.4)	1010	(18.3)	298	944	(47.5)	376	(26.8)	1320	(65.2)	968	(18.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																		
Race/ethnicity and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		All Individuals <sup>5</sup>							Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1 *	(0.6)	826	1267	(40.0)	1 *	(1.0)	1268	(39.9)		--		--		--	1268	(40.0)	
20 and over.....	14	(1.2)	1645	1408	(24.0)	7	(0.7)	1415	(24.0)	231	1491	(85.0)	48	(4.4)	1539	(84.1)	1394	(24.5)
2 and over...	12	(0.9)	2471	1379	(24.2)	6	(0.6)	1385	(24.1)	238	1485	(82.2)	49	(4.4)	1534	(81.1)	1365	(25.3)
Non-Hispanic Black:																		
2 - 19.....	#		652	1148	(29.5)	#		1148	(29.5)		--		--		--	1148	(29.5)	
20 and over.....	5	(0.7)	1030	1216	(23.2)	2	(0.4)	1218	(23.2)		--		--		--	1220	(21.3)	
2 and over...	4	(0.5)	1682	1195	(23.0)	1	(0.3)	1197	(23.1)		--		--		--	1197	(21.5)	
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	3 *	(1.6)	224	1263	(51.0)	2 *	(0.8)	1265	(51.0)		--		--		--	1259	(51.0)	
20 and over.....	12	(1.5)	493	1288	(33.5)	6	(0.9)	1293	(33.6)		--		--		--	1281	(37.2)	
2 and over...	10	(1.2)	717	1283	(33.0)	5	(0.8)	1288	(33.0)		--		--		--	1276	(35.9)	
Hispanic:																		
2 - 19.....	1 *	(0.4)	986	1203	(23.0)	#		1204	(23.0)		--		--		--	1202	(23.0)	
20 and over.....	6	(1.0)	1467	1444	(20.6)	3	(0.6)	1447	(20.5)	104	1630	(83.6)	41	(5.5)	1671	(80.6)	1432	(20.4)
2 and over...	4	(0.7)	2453	1359	(15.4)	2	(0.4)	1361	(15.2)	116	1601	(87.8)	40	(4.8)	1642	(85.0)	1348	(15.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																		
Race/ethnicity and age (years)	Percent reporting supplement magnesium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>						Non-users <sup>7</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg
Non-Hispanic White:																		
2 - 19.....	4	(1.1)	826	236	(6.1)	4 *	(1.4)	240	(6.1)		--		--		--		235	(6.8)
20 and over.....	25	(1.9)	1645	311	(6.1)	38	(4.6)	348	(7.6)	384	331	(13.1)	152	(12.6)	484	(16.4)	304	(6.2)
2 and over...	20	(1.6)	2471	295	(5.6)	31	(3.7)	326	(6.8)	407	329	(12.5)	150	(11.8)	479	(14.2)	287	(5.9)
Non-Hispanic Black:																		
2 - 19.....	1 *	(0.4)	652	218	(6.7)	#		218	(6.7)		--		--		--		218	(6.8)
20 and over.....	10	(1.2)	1030	261	(6.9)	9	(1.2)	270	(7.6)	113	318	(25.5)	90	(4.3)	408	(27.1)	255	(6.7)
2 and over...	7	(0.9)	1682	248	(6.7)	6	(0.8)	254	(7.2)	117	314	(25.6)	89	(4.3)	403	(27.3)	243	(6.2)
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	3 *	(1.6)	224	249	(11.1)	9 *	(6.7)	258	(14.9)		--		--		--		247	(10.6)
20 and over.....	20	(2.8)	493	327	(10.2)	22	(3.3)	348	(11.2)	91	352	(15.5)	107	(9.6)	459	(15.7)	321	(11.5)
2 and over...	17	(2.3)	717	312	(10.0)	19	(2.9)	331	(11.2)	96	351	(15.6)	114	(11.6)	465	(15.3)	304	(10.8)
Hispanic:																		
2 - 19.....	2	(0.6)	986	225	(4.7)	4 *	(3.6)	229	(5.4)		--		--		--		223	(4.6)
20 and over.....	11	(1.5)	1467	311	(5.5)	15	(3.5)	326	(6.9)	172	350	(10.1)	131	(21.2)	481	(15.9)	306	(6.3)
2 and over...	8	(1.1)	2453	281	(5.5)	11	(2.8)	292	(6.8)	193	342	(9.9)	136	(22.2)	479	(18.1)	275	(5.9)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

I r o n																	
Race/ethnicity and age (years)	Percent reporting supplement iron <sup>8</sup>		Sample Size	<i>All Individuals <sup>5</sup></i>						<i>Supplement Users <sup>6</sup></i>						<i>-Non-users <sup>7</sup> -</i>	
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	3	(0.6)	826	13.9	(0.44)	0.5	(0.08)	14.3	(0.45)		--	--	--		13.9	(0.48)	
20 and over.....	13	(0.9)	1645	14.1	(0.22)	2.9	(0.25)	17.0	(0.35)	221	13.4	(0.72)	22.5	(1.47)	35.9	(1.66)	
2 and over...	11	(0.7)	2471	14.0	(0.23)	2.4	(0.21)	16.4	(0.32)	259	13.4	(0.69)	22.0	(1.37)	35.3	(1.57)	
<b>Non-Hispanic Black:</b>																	
2 - 19.....	3 *	(1.4)	652	13.5	(0.58)	0.7 *	(0.41)	14.3	(0.69)		--	--	--		13.5	(0.57)	
20 and over.....	8	(0.7)	1030	12.7	(0.34)	3.1	(0.50)	15.8	(0.64)	90	11.2	(0.93)	37.6	(6.91)	48.8	(7.57)	
2 and over...	7	(0.6)	1682	13.0	(0.31)	2.4	(0.38)	15.3	(0.50)	111	11.6	(1.14)	36.0	(5.83)	47.6	(6.51)	
<b>Non-Hispanic Asian <sup>9</sup>:</b>																	
2 - 19.....	3 *	(1.5)	224	13.8	(0.54)	0.8 *	(0.38)	14.6	(0.77)		--	--	--		13.6	(0.50)	
20 and over.....	13	(1.7)	493	14.3	(0.59)	3.1	(0.60)	17.4	(0.83)		--	--	--		14.3	(0.61)	
2 and over...	11	(1.3)	717	14.2	(0.53)	2.6	(0.44)	16.9	(0.67)		--	--	--		14.1	(0.52)	
<b>Hispanic:</b>																	
2 - 19.....	2	(0.4)	986	13.8	(0.50)	0.7 *	(0.23)	14.5	(0.48)		--	--	--		13.8	(0.50)	
20 and over.....	8	(1.4)	1467	14.5	(0.26)	1.8	(0.32)	16.2	(0.42)	120	13.0	(0.83)	21.2	(1.90)	34.2	(2.31)	
2 and over...	6	(0.9)	2453	14.2	(0.27)	1.4	(0.26)	15.6	(0.30)	143	12.9	(0.77)	22.3	(2.52)	35.3	(2.82)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Race/ethnicity and age (years)	Z i n c															
	All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>							
	Percent reporting supplement zinc <sup>8</sup>	Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food
	%	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 19.....	16	(1.9)	826	10.2	(0.35)	0.8	(0.18)	11.1	(0.36)	152	9.7	(0.59)	5.1	(1.12)	14.8	(1.12)
20 and over.....	26	(1.6)	1645	11.4	(0.22)	4.5	(0.25)	15.9	(0.27)	423	11.7	(0.40)	17.2	(0.60)	28.9	(0.69)
2 and over...	24	(1.3)	2471	11.2	(0.23)	3.8	(0.21)	14.9	(0.25)	575	11.4	(0.37)	15.5	(0.51)	27.0	(0.48)
<b>Non-Hispanic Black:</b>																
2 - 19.....	8	(1.2)	652	9.4	(0.38)	0.4*	(0.14)	9.9	(0.40)		--		--		9.4	(0.38)
20 and over.....	14	(0.9)	1030	10.0	(0.30)	2.1	(0.13)	12.1	(0.34)	149	10.0	(0.82)	14.2	(0.81)	24.2	(0.87)
2 and over...	13	(0.7)	1682	9.8	(0.26)	1.6	(0.07)	11.4	(0.31)	203	10.0	(0.77)	12.5	(0.55)	22.5	(0.82)
<b>Non-Hispanic Asian <sup>9</sup>:</b>																
2 - 19.....	13	(2.5)	224	10.5	(0.41)	0.5*	(0.17)	11.0	(0.45)		--		--		10.6	(0.44)
20 and over.....	24	(3.1)	493	10.5	(0.33)	2.9	(0.38)	13.4	(0.52)	107	10.4	(0.45)	12.2	(0.61)	22.6	(0.62)
2 and over...	22	(2.3)	717	10.5	(0.30)	2.4	(0.31)	13.0	(0.47)	133	10.3	(0.39)	11.2	(0.63)	21.5	(0.63)
<b>Hispanic:</b>																
2 - 19.....	6	(1.9)	986	9.3	(0.23)	0.4*	(0.16)	9.7	(0.24)		--		--		9.4	(0.22)
20 and over.....	13	(1.2)	1467	11.4	(0.23)	2.0	(0.19)	13.4	(0.23)	199	11.4	(0.63)	15.6	(1.28)	26.9	(1.34)
2 and over...	11	(0.9)	2453	10.7	(0.21)	1.4	(0.12)	12.1	(0.19)	261	10.7	(0.45)	13.5	(1.20)	24.3	(1.19)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C o p p e r															
Race/ethnicity and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Non-Hispanic White:</b>															
2 - 19.....	3	(0.6)	826	0.9 (0.02)	#	1.0 (0.02)		--	--	--	0.9 (0.02)				
20 and over.....	23	(1.5)	1645	1.3 (0.02)	0.3 (0.02)	1.5 (0.03)	371	1.3 (0.05)	1.3 (0.05)	2.6 (0.07)	1.2 (0.03)				
2 and over...	19	(1.4)	2471	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)	404	1.3 (0.05)	1.3 (0.05)	2.6 (0.07)	1.2 (0.03)				
<b>Non-Hispanic Black:</b>															
2 - 19.....	2*	(1.2)	652	0.8 (0.03)	#	0.9 (0.05)		--	--	--	0.8 (0.03)				
20 and over.....	11	(0.8)	1030	1.1 (0.03)	0.2 (0.01)	1.2 (0.03)	118	1.3 (0.13)	1.4 (0.07)	2.7 (0.12)	1.0 (0.02)				
2 and over...	8	(0.7)	1682	1.0 (0.03)	0.1 (0.01)	1.1 (0.03)	133	1.2 (0.13)	1.4 (0.06)	2.7 (0.12)	1.0 (0.02)				
<b>Non-Hispanic Asian <sup>9</sup>:</b>															
2 - 19.....	2*	(1.5)	224	1.0 (0.04)	#	1.1 (0.04)		--	--	--	1.0 (0.03)				
20 and over.....	19	(2.8)	493	1.4 (0.04)	0.2 (0.04)	1.6 (0.07)	89	1.4 (0.06)	1.2 (0.10)	2.6 (0.10)	1.4 (0.05)				
2 and over...	16	(2.3)	717	1.3 (0.04)	0.2 (0.03)	1.5 (0.06)	93	1.4 (0.06)	1.2 (0.09)	2.6 (0.10)	1.3 (0.05)				
<b>Hispanic:</b>															
2 - 19.....	1*	(0.4)	986	0.9 (0.02)	#	0.9 (0.02)		--	--	--	0.9 (0.02)				
20 and over.....	10	(1.1)	1467	1.2 (0.03)	0.1 (0.02)	1.3 (0.03)	162	1.2 (0.07)	1.3 (0.09)	2.5 (0.12)	1.2 (0.03)				
2 and over...	7	(0.7)	2453	1.1 (0.02)	0.1 (0.01)	1.2 (0.02)	176	1.2 (0.06)	1.3 (0.09)	2.5 (0.11)	1.1 (0.03)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S o d i u m																		
Race/ethnicity and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	5	(1.2)	826	2992	(67.8)	1	(0.1)	2993	(67.7)		--		--		--	3011	(72.4)	
20 and over.....	9	(0.7)	1645	3531	(55.7)	3	(0.6)	3534	(55.7)	145	3621	(225.2)	36	(5.8)	3657	(226.5)	3521	(55.1)
2 and over...	8	(0.5)	2471	3421	(49.9)	3	(0.5)	3424	(49.9)	186	3503	(193.0)	33	(5.1)	3536	(194.1)	3413	(49.0)
Non-Hispanic Black:																		
2 - 19.....	2 *	(1.1)	652	3081	(104.3)	#		3081	(104.3)		--		--		--	3081	(106.1)	
20 and over.....	4	(0.8)	1030	3357	(62.7)	1 *	(0.3)	3358	(62.7)		--		--		--	3369	(62.8)	
2 and over...	3	(0.6)	1682	3274	(58.0)	1 *	(0.2)	3274	(58.0)		--		--		--	3281	(58.8)	
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	2 *	(1.1)	224	3167	(67.9)	#		3167	(67.9)		--		--		--	3175	(72.2)	
20 and over.....	6	(1.4)	493	3871	(117.3)	2 *	(0.8)	3873	(117.2)		--		--		--	3861	(111.4)	
2 and over...	5	(1.2)	717	3733	(103.2)	2 *	(0.7)	3735	(103.1)		--		--		--	3722	(99.2)	
Hispanic:																		
2 - 19.....	2	(0.7)	986	2947	(55.4)	1 *	(0.4)	2947	(55.5)		--		--		--	2957	(58.4)	
20 and over.....	5	(1.0)	1467	3583	(72.6)	2	(0.5)	3584	(72.7)		--		--		--	3583	(75.0)	
2 and over...	4	(0.7)	2453	3358	(51.9)	1 *	(0.5)	3359	(51.9)	90	3366	(196.8)	34	(8.9)	3400	(200.6)	3358	(50.4)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

P o t a s s i u m																		
Race/ethnicity and age (years)	Percent reporting supplement potassium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>							Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1 *	(0.4)	826	2077	(56.7)	1 *	(0.3)	2078	(56.6)		--		--		--	2073	(55.9)	
20 and over.....	19	(1.6)	1645	2693	(44.1)	22	(2.6)	2715	(44.0)	301	2922	(98.7)	119	(8.8)	3041	(99.6)	2640	(58.7)
2 and over...	15	(1.4)	2471	2567	(43.7)	18	(2.2)	2585	(43.9)	311	2916	(93.5)	118	(8.8)	3033	(94.5)	2506	(56.4)
Non-Hispanic Black:																		
2 - 19.....	#		652	2018	(53.8)	#		2018	(53.8)		--		--		--	2018	(53.8)	
20 and over.....	7	(0.9)	1030	2260	(49.1)	9	(2.1)	2269	(49.8)	89	2320	(118.7)	118	(18.3)	2439	(125.6)	2255	(49.0)
2 and over...	5	(0.7)	1682	2187	(43.9)	6	(1.5)	2193	(44.6)	89	2320	(118.7)	118	(18.3)	2439	(125.6)	2179	(43.6)
Non-Hispanic Asian <sup>9</sup> :																		
2 - 19.....	2 *	(1.5)	224	2305	(67.0)	2 *	(1.2)	2307	(67.3)		--		--		--	2298	(66.6)	
20 and over.....	12	(1.7)	493	2665	(63.3)	11	(1.7)	2675	(63.6)		--		--		--	2644	(78.6)	
2 and over...	10	(1.4)	717	2594	(59.5)	9	(1.3)	2603	(59.7)		--		--		--	2571	(70.4)	
Hispanic:																		
2 - 19.....	2 *	(0.4)	986	2075	(39.3)	1 *	(0.4)	2076	(39.3)		--		--		--	2069	(38.7)	
20 and over.....	8	(1.6)	1467	2621	(44.3)	8	(1.6)	2629	(44.5)	129	3003	(133.4)	99	(9.2)	3103	(129.7)	2587	(41.0)
2 and over...	6	(1.1)	2453	2428	(42.2)	6	(1.0)	2433	(42.4)	144	2945	(130.7)	96	(8.8)	3041	(127.9)	2396	(38.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 38. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

S e l e n i u m																				
Race/ethnicity and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food			
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)		
Non-Hispanic White:																				
2 - 19.....	2 *	(0.8)	826	97.2	(2.73)	0.8*	(0.32)	98.0	(2.63)		--	--	--		96.9	(2.80)				
20 and over.....	22	(1.8)	1645	114.2	(2.84)	13.1	(1.34)	127.2	(3.10)	355	112.6	(4.11)	58.4	(3.70)	171.0	(5.61)	114.6	(3.32)		
2 and over...	18	(1.5)	2471	110.7	(2.62)	10.6	(1.14)	121.3	(2.84)	372	112.6	(4.12)	57.9	(3.56)	170.5	(5.47)	110.3	(2.98)		
Non-Hispanic Black:																				
2 - 19.....	1 *	(0.3)	652	95.0	(3.29)	0.2*	(0.06)	95.2	(3.28)		--	--	--		95.2	(3.25)				
20 and over.....	11	(1.0)	1030	111.1	(2.09)	6.2	(0.73)	117.3	(2.45)	122	109.4	(6.91)	55.1	(3.71)	164.5	(10.24)	111.4	(2.24)		
2 and over...	8	(0.7)	1682	106.2	(2.35)	4.4	(0.50)	110.6	(2.66)	127	108.2	(6.73)	54.2	(3.67)	162.3	(10.08)	106.1	(2.33)		
Non-Hispanic Asian <sup>9</sup> :																				
2 - 19.....	2 *	(1.5)	224	108.7	(3.76)	1.2*	(0.83)	109.9	(3.82)		--	--	--		108.9	(3.67)				
20 and over.....	18	(2.5)	493	122.4	(2.57)	11.8	(2.03)	134.2	(2.86)	85	116.8	(6.47)	64.6	(5.93)	181.3	(8.76)	123.7	(2.42)		
2 and over...	15	(2.2)	717	119.7	(2.07)	9.7	(1.72)	129.5	(2.65)	89	116.3	(6.29)	64.1	(5.80)	180.4	(8.52)	120.4	(2.03)		
Hispanic:																				
2 - 19.....	1 *	(0.4)	986	94.9	(1.99)	0.5*	(0.22)	95.4	(1.95)		--	--	--		94.9	(2.08)				
20 and over.....	11	(1.2)	1467	122.1	(2.40)	6.4	(1.06)	128.5	(2.67)	156	131.2	(8.23)	61.2	(6.48)	192.3	(6.83)	121.0	(2.16)		
2 and over...	7	(0.7)	2453	112.5	(1.78)	4.3	(0.65)	116.8	(1.86)	167	128.5	(8.21)	59.8	(5.90)	188.3	(7.23)	111.2	(1.63)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

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

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 \times \mu\text{g folic acid})$ .

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_I) of NHANES 2015-2016. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT\\_I.htm](https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.htm).

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

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

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

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

<sup>9</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2019. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016

T h i a m i n																	
Family income in dollars and age (years)	Percent reporting supplement thiamin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	3	(0.9)	735	1.53	(0.045)	0.15*	(0.079)	1.69	(0.089)		--	--	--		1.54	(0.048)	
20 and over.....	17	(2.0)	1375	1.50	(0.033)	2.25	(0.632)	3.75	(0.631)	207	1.44	(0.048)	13.33	(3.078)	14.77	(3.060)	
2 and over...	14	(1.7)	2110	1.51	(0.031)	1.75	(0.498)	3.26	(0.500)	229	1.44	(0.045)	12.80	(2.865)	14.24	(2.849)	
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	4	(1.2)	1217	1.47	(0.036)	0.06	(0.017)	1.54	(0.037)		--	--	--		1.49	(0.039)	
20 and over.....	21	(1.4)	1892	1.56	(0.026)	1.94	(0.417)	3.50	(0.416)	338	1.58	(0.062)	9.15	(2.015)	10.73	(1.996)	
2 and over...	17	(1.1)	3109	1.54	(0.021)	1.48	(0.324)	3.02	(0.330)	382	1.56	(0.058)	8.68	(1.926)	10.24	(1.905)	
<b>\$75,000 and higher:</b>																	
2 - 19.....	4	(1.0)	746	1.57	(0.032)	0.09*	(0.043)	1.65	(0.053)		--	--	--		1.56	(0.033)	
20 and over.....	25	(2.2)	1148	1.66	(0.033)	3.53	(0.638)	5.19	(0.646)	251	1.74	(0.061)	14.03	(2.257)	15.77	(2.274)	
2 and over...	20	(1.7)	1894	1.63	(0.029)	2.63	(0.492)	4.26	(0.502)	296	1.73	(0.060)	13.39	(2.123)	15.12	(2.141)	
<b>All Individuals <sup>9</sup>:</b>																	
2 - 19.....	4	(0.6)	2884	1.52	(0.025)	0.09	(0.024)	1.61	(0.034)	117	1.40	(0.068)	2.26	(0.514)	3.65	(0.540)	
20 and over.....	22	(1.3)	4809	1.58	(0.019)	2.56	(0.265)	4.15	(0.274)	873	1.63	(0.039)	11.73	(1.196)	13.35	(1.192)	
2 and over...	17	(1.0)	7693	1.57	(0.018)	1.95	(0.214)	3.52	(0.225)	990	1.61	(0.037)	11.20	(1.097)	12.81	(1.093)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																		
Family income in dollars and age (years)	Percent reporting supplement riboflavin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg
<b>\$0 - \$24,999:</b>																		
2 - 19.....	3	(0.9)	735	1.87	(0.048)	0.15*	(0.078)	2.02	(0.079)		--	--	--		1.86	(0.047)		
20 and over.....	17	(1.7)	1375	2.01	(0.061)	1.59	(0.379)	3.61	(0.391)	205	2.00	(0.061)	9.20	(1.586)	11.19	(1.609)	2.02	(0.070)
2 and over...	14	(1.5)	2110	1.98	(0.052)	1.25	(0.300)	3.23	(0.314)	227	2.00	(0.063)	8.91	(1.481)	10.91	(1.505)	1.97	(0.057)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	4	(1.2)	1217	1.84	(0.050)	0.07	(0.019)	1.91	(0.052)		--	--	--		1.85	(0.051)		
20 and over.....	21	(1.4)	1892	2.18	(0.046)	1.24	(0.180)	3.42	(0.189)	335	2.34	(0.107)	5.88	(0.853)	8.22	(0.816)	2.14	(0.043)
2 and over...	17	(1.1)	3109	2.10	(0.045)	0.96	(0.140)	3.06	(0.153)	379	2.30	(0.099)	5.61	(0.804)	7.91	(0.763)	2.06	(0.044)
<b>\$75,000 and higher:</b>																		
2 - 19.....	4	(0.8)	746	1.99	(0.070)	0.19*	(0.093)	2.18	(0.112)		--	--	--		1.99	(0.073)		
20 and over.....	25	(2.3)	1148	2.29	(0.043)	3.18*	(1.380)	5.46	(1.391)	252	2.38	(0.074)	12.50*	(4.881)	14.88*	(4.882)	2.25	(0.064)
2 and over...	20	(1.8)	1894	2.21	(0.039)	2.39*	(1.019)	4.60	(1.024)	293	2.36	(0.070)	12.04*	(4.707)	14.40*	(4.705)	2.17	(0.054)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	4	(0.6)	2884	1.90	(0.042)	0.13	(0.035)	2.03	(0.053)	113	1.84	(0.108)	3.17	(0.916)	5.01	(0.917)	1.90	(0.045)
20 and over.....	22	(1.3)	4809	2.17	(0.040)	2.02	(0.441)	4.19	(0.458)	867	2.28	(0.058)	9.15	(1.784)	11.43	(1.802)	2.14	(0.046)
2 and over...	18	(1.1)	7693	2.10	(0.036)	1.55	(0.334)	3.65	(0.347)	980	2.26	(0.055)	8.81	(1.730)	11.07	(1.746)	2.07	(0.041)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

N i a c i n																		
Family income in dollars and age (years)	Percent reporting supplement niacin <sup>8</sup>		<i>All Individuals <sup>5</sup></i>							<i>Supplement Users <sup>6</sup></i>						<i>-Non-users <sup>7</sup> -</i>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	4	(1.0)	735	21.5	(0.45)	0.5*	(0.18)	22.1	(0.48)		--		--		--	21.6	(0.47)	
20 and over.....	18	(2.1)	1375	25.0	(0.67)	6.8	(1.25)	31.8	(1.44)	221	23.2	(1.55)	37.4	(4.58)	60.6	(5.11)	25.5	(0.74)
2 and over...	15	(1.8)	2110	24.2	(0.52)	5.3	(1.02)	29.5	(1.20)	244	22.9	(1.41)	36.0	(4.27)	59.0	(4.75)	24.4	(0.57)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	5	(1.2)	1217	20.9	(0.52)	0.7	(0.19)	21.6	(0.53)		--		--		--	21.0	(0.57)	
20 and over.....	23	(1.2)	1892	25.9	(0.59)	8.2	(1.35)	34.1	(1.31)	362	26.1	(1.56)	35.4	(5.67)	61.5	(5.16)	25.8	(0.46)
2 and over...	19	(1.0)	3109	24.7	(0.54)	6.3	(1.04)	31.0	(1.13)	417	25.7	(1.40)	34.0	(5.40)	59.7	(4.95)	24.5	(0.49)
<b>\$75,000 and higher:</b>																		
2 - 19.....	8	(1.5)	746	21.8	(0.84)	1.3*	(0.42)	23.2	(1.05)		--		--		--	21.8	(0.90)	
20 and over.....	28	(2.4)	1148	28.0	(0.81)	13.0	(2.83)	41.0	(2.68)	289	28.4	(1.42)	45.8	(8.51)	74.2	(8.63)	27.8	(1.24)
2 and over...	23	(1.7)	1894	26.4	(0.68)	9.9	(2.14)	36.3	(2.11)	348	27.9	(1.39)	43.3	(7.97)	71.2	(8.20)	25.9	(0.88)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	6	(1.0)	2884	21.3	(0.41)	0.9	(0.17)	22.2	(0.45)	145	21.2	(0.98)	15.7	(3.07)	36.9	(3.50)	21.3	(0.42)
20 and over.....	24	(1.5)	4809	26.3	(0.53)	9.5	(1.08)	35.8	(0.99)	956	26.3	(0.71)	39.3	(3.62)	65.6	(3.69)	26.3	(0.61)
2 and over...	20	(1.2)	7693	25.1	(0.43)	7.4	(0.84)	32.4	(0.83)	1101	25.9	(0.66)	37.6	(3.57)	63.6	(3.66)	24.9	(0.49)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6																		
Family income in dollars and age (years)	Percent reporting supplement vitamin B6 <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	8	(1.5)	735	1.66	(0.046)	0.22*	(0.085)	1.89	(0.092)		--		--		--		1.67 (0.051)	
20 and over.....	19	(2.3)	1375	2.07	(0.072)	2.23	(0.440)	4.30	(0.439)	232	1.97	(0.138)	11.73	(1.760)	13.70	(1.795)	2.10 (0.087)	
2 and over...	16	(2.0)	2110	1.98	(0.053)	1.75	(0.347)	3.73	(0.353)	296	1.92	(0.119)	10.64	(1.442)	12.57	(1.469)	1.99 (0.063)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	14	(2.3)	1217	1.71	(0.044)	0.23	(0.043)	1.94	(0.056)	147	1.70	(0.127)	1.72	(0.146)	3.42	(0.199)	1.71 (0.053)	
20 and over.....	25	(1.3)	1892	2.11	(0.075)	2.48	(0.614)	4.60	(0.630)	388	2.19	(0.164)	9.97	(2.221)	12.16	(2.269)	2.08 (0.073)	
2 and over...	22	(1.2)	3109	2.01	(0.059)	1.94	(0.458)	3.95	(0.469)	535	2.11	(0.131)	8.74	(1.930)	10.85	(1.964)	1.98 (0.058)	
<b>\$75,000 and higher:</b>																		
2 - 19.....	20	(2.0)	746	1.67	(0.068)	0.66*	(0.220)	2.32	(0.216)	151	1.63	(0.116)	3.31*	(1.140)	4.93	(1.096)	1.68 (0.072)	
20 and over.....	30	(2.5)	1148	2.28	(0.080)	2.95	(0.699)	5.23	(0.710)	305	2.37	(0.093)	9.79	(1.921)	12.16	(1.978)	2.25 (0.113)	
2 and over...	27	(1.8)	1894	2.12	(0.062)	2.35	(0.524)	4.47	(0.532)	456	2.23	(0.073)	8.55	(1.609)	10.79	(1.657)	2.08 (0.083)	
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	15	(1.7)	2884	1.68	(0.038)	0.38	(0.076)	2.06	(0.078)	375	1.65	(0.061)	2.63	(0.600)	4.28	(0.577)	1.68 (0.041)	
20 and over.....	26	(1.5)	4809	2.15	(0.052)	2.61	(0.381)	4.76	(0.390)	1015	2.21	(0.079)	10.17	(1.231)	12.37	(1.283)	2.13 (0.061)	
2 and over...	23	(1.2)	7693	2.04	(0.040)	2.06	(0.294)	4.10	(0.297)	1390	2.12	(0.064)	8.99	(1.103)	11.11	(1.138)	2.01 (0.048)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

F o l i c   a c i d																		
Family income in dollars and age (years)	Percent reporting supplement folic acid <sup>8</sup> %      (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	8	(1.5)	735	207	(9.6)	15	(3.5)	223	(8.8)		--		--		--	212	(10.2)	
20 and over.....	18	(2.0)	1375	157	(4.1)	91	(11.2)	248	(12.4)	234	148	(12.1)	508	(40.7)	656	(41.1)	159	(4.1)
2 and over...	16	(1.8)	2110	169	(4.4)	73	(9.0)	242	(10.1)	296	149	(10.6)	469	(33.6)	617	(33.3)	173	(4.8)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	15	(2.7)	1217	208	(10.0)	28	(5.6)	236	(10.0)	148	158	(20.6)	193	(12.2)	351	(24.1)	217	(10.8)
20 and over.....	24	(1.4)	1892	166	(4.6)	130	(13.8)	296	(14.3)	389	164	(11.5)	534	(44.3)	698	(44.1)	166	(3.9)
2 and over...	22	(1.4)	3109	176	(4.4)	105	(10.1)	281	(10.8)	537	163	(8.2)	479	(38.5)	642	(39.0)	180	(4.5)
<b>\$75,000 and higher:</b>																		
2 - 19.....	18	(2.2)	746	199	(6.8)	40	(7.4)	238	(7.8)	145	186	(20.4)	217	(24.8)	404	(28.2)	201	(8.5)
20 and over.....	30	(2.5)	1148	186	(7.5)	174	(29.7)	360	(31.4)	306	211	(19.1)	575	(84.4)	785	(85.9)	175	(8.8)
2 and over...	27	(1.6)	1894	189	(6.0)	139	(22.3)	328	(23.5)	451	206	(16.7)	511	(71.8)	718	(72.1)	183	(7.4)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	14	(1.9)	2884	203	(5.7)	29	(4.6)	233	(5.9)	366	177	(15.7)	208	(15.0)	384	(20.6)	208	(6.1)
20 and over.....	25	(1.4)	4809	171	(4.0)	136	(14.5)	307	(15.2)	1015	182	(10.8)	538	(41.9)	719	(42.3)	168	(2.8)
2 and over...	22	(1.2)	7693	179	(3.5)	109	(10.9)	289	(11.8)	1381	181	(8.9)	487	(37.5)	667	(37.1)	179	(3.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

F o l a t e   ( D F E )																		
Family income in dollars and age (years)	Percent reporting supplement folate (DFE) <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
	%	(SE)		Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		
<b>\$0 - \$24,999:</b>																		
2 - 19.....	8	(1.5)	735	509	(17.3)	26	(5.9)	534	(17.3)		--		--		--	516	(18.7)	
20 and over.....	18	(2.0)	1375	479	(7.8)	155	(19.1)	634	(25.4)	234	476	(27.6)	864	(69.2)	1340	(72.9)	480	(10.4)
2 and over...	16	(1.8)	2110	486	(8.1)	124	(15.4)	610	(21.0)	296	470	(24.1)	797	(57.1)	1267	(59.0)	489	(10.8)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	15	(2.7)	1217	501	(17.3)	48	(9.5)	548	(17.5)	148	407	(38.2)	328	(20.7)	735	(43.2)	517	(19.0)
20 and over.....	24	(1.4)	1892	492	(9.8)	221	(23.5)	713	(23.0)	389	493	(25.3)	908	(75.4)	1401	(75.7)	492	(7.5)
2 and over...	22	(1.4)	3109	494	(8.1)	179	(17.3)	673	(16.6)	537	479	(18.6)	815	(65.5)	1293	(67.5)	498	(7.8)
<b>\$75,000 and higher:</b>																		
2 - 19.....	18	(2.2)	746	499	(13.2)	68	(12.5)	566	(13.4)	145	497	(36.9)	369	(42.1)	866	(52.6)	499	(16.7)
20 and over.....	30	(2.5)	1148	556	(15.6)	296	(50.4)	852	(54.9)	306	598	(36.5)	977	(143.5)	1575	(149.3)	537	(17.1)
2 and over...	27	(1.6)	1894	541	(13.1)	236	(37.9)	777	(42.5)	451	580	(31.5)	869	(122.1)	1450	(125.1)	526	(14.2)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	14	(1.9)	2884	500	(10.2)	50	(7.8)	550	(11.0)	366	461	(28.0)	353	(25.4)	814	(37.7)	507	(11.7)
20 and over.....	25	(1.4)	4809	513	(9.5)	231	(24.6)	744	(26.7)	1015	536	(22.6)	914	(71.2)	1451	(73.4)	505	(7.4)
2 and over...	22	(1.2)	7693	510	(7.9)	186	(18.6)	696	(21.3)	1381	525	(19.0)	827	(63.7)	1352	(64.5)	506	(6.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																		
Family income in dollars and age (years)	Percent reporting supplement choline <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food
	%	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	4	(1.1)	735	242	(6.8)	#		242	(6.8)			--	--	--		243	(6.3)	
20 and over.....	3	(0.9)	1375	327	(10.4)	#		327	(10.4)			--	--	--		327	(10.9)	
2 and over...	3	(0.8)	2110	306	(8.5)	#		307	(8.5)			--	--	--		307	(8.7)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	6	(1.1)	1217	243	(5.9)	#		244	(5.9)			--	--	--		244	(6.1)	
20 and over.....	4	(0.6)	1892	346	(6.5)	1 *	(0.5)	347	(6.5)			--	--	--		346	(7.2)	
2 and over...	4	(0.6)	3109	321	(5.3)	1 *	(0.4)	322	(5.2)	116	315	(30.6)	18 *	(8.2)	333	(36.6)	321	(5.8)
<b>\$75,000 and higher:</b>																		
2 - 19.....	12	(2.2)	746	258	(10.3)	#		258	(10.3)	79	265	(22.5)	2 *	(0.9)	267	(22.4)	257	(10.8)
20 and over.....	6	(1.3)	1148	346	(7.7)	5 *	(2.9)	352	(6.8)		--	--	--	--		348	(8.7)	
2 and over...	7	(1.0)	1894	323	(6.8)	4 *	(2.2)	327	(6.3)	146	297	(26.1)	54 *	(25.4)	350	(40.0)	325	(7.4)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	8	(1.2)	2884	249	(5.6)	#		249	(5.6)	173	249	(16.5)	3	(0.8)	252	(16.3)	249	(5.2)
20 and over.....	5	(0.6)	4809	340	(4.8)	2 *	(1.0)	343	(4.5)	171	332	(22.2)	52 *	(19.1)	384	(35.9)	341	(5.2)
2 and over...	5	(0.6)	7693	318	(4.3)	2 *	(0.8)	320	(4.1)	344	303	(16.9)	35 *	(13.0)	338	(25.4)	319	(4.4)

See page 23 for footnotes.

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 1 2																	
Family income in dollars and age (years)	Percent reporting supplement vitamin B12 <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	8	(1.6)	735	4.44	(0.188)	1.3*	(0.87)	5.7	(0.86)		--	--	--		4.46	(0.196)	
20 and over.....	22	(2.3)	1375	4.98	(0.488)	106.8	(29.40)	111.8	(29.76)	269	4.42	(0.318)	493.4	(138.42)	497.8	(138.52)	
2 and over...	18	(2.0)	2110	4.85	(0.379)	81.6	(22.03)	86.4	(22.32)	332	4.39	(0.295)	442.3	(124.00)	446.7	(124.08)	
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	14	(2.3)	1217	4.58	(0.161)	4.2*	(3.30)	8.8*	(3.28)	148	4.28	(0.441)	30.6*	(23.38)	34.9*	(23.25)	
20 and over.....	27	(1.6)	1892	4.84	(0.159)	87.7	(19.37)	92.6	(19.31)	422	4.59	(0.256)	330.9	(59.03)	335.4	(58.96)	
2 and over...	23	(1.5)	3109	4.77	(0.124)	67.4	(15.05)	72.2	(15.00)	570	4.55	(0.200)	288.2	(53.02)	292.7	(52.96)	
<b>\$75,000 and higher:</b>																	
2 - 19.....	19	(2.2)	746	4.59	(0.197)	20.6*	(17.08)	25.2*	(17.03)	148	4.61	(0.297)	111.0*	(91.97)	115.6*	(91.99)	
20 and over.....	32	(2.3)	1148	5.28	(0.182)	121.8*	(43.81)	127.1*	(43.80)	320	5.48	(0.367)	375.3*	(126.43)	380.8*	(126.28)	
2 and over...	29	(1.5)	1894	5.10	(0.157)	95.3*	(29.10)	100.4	(29.10)	468	5.34	(0.287)	330.6	(93.55)	336.0	(93.43)	
<b>All Individuals <sup>9</sup>:</b>																	
2 - 19.....	14	(1.8)	2884	4.53	(0.125)	9.4*	(4.91)	13.9*	(4.93)	372	4.40	(0.211)	66.5*	(35.94)	70.9*	(36.01)	
20 and over.....	28	(1.6)	4809	4.97	(0.122)	103.8	(21.06)	108.7	(21.02)	1116	4.85	(0.208)	372.2	(65.17)	377.1	(65.09)	
2 and over...	24	(1.3)	7693	4.86	(0.103)	80.5	(15.15)	85.3	(15.11)	1488	4.79	(0.174)	328.8	(53.93)	333.5	(53.85)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																		
Family income in dollars and age (years)	Percent reporting supplement vitamin C <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	9	(1.8)	735	76.6	(4.03)	9.7*	(4.39)	86.3	(6.91)		--		--		--		74.1 (3.81)	
20 and over.....	22	(1.5)	1375	79.3	(4.58)	70.0	(10.50)	149.4	(13.18)	272	89.4	(8.14)	322.4	(39.99)	411.8	(36.64)	76.5 (6.31)	
2 and over...	19	(1.6)	2110	78.7	(4.01)	55.6	(8.74)	134.3	(10.87)	340	90.7	(7.36)	296.9	(34.57)	387.6	(30.83)	75.9 (5.18)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	16	(2.8)	1217	64.1	(3.50)	30.7*	(16.83)	94.8	(17.59)	166	77.6	(9.06)	190.1*	(88.84)	267.7*	(87.77)	61.5 (3.04)	
20 and over.....	27	(1.5)	1892	71.7	(2.92)	62.7	(6.04)	134.4	(7.77)	440	72.9	(3.31)	234.0	(21.00)	306.9	(21.25)	71.2 (3.78)	
2 and over...	24	(1.5)	3109	69.8	(2.27)	54.9	(5.81)	124.8	(5.93)	606	73.7	(3.24)	226.8	(23.32)	300.5	(22.31)	68.6 (2.86)	
<b>\$75,000 and higher:</b>																		
2 - 19.....	21	(2.2)	746	63.8	(4.44)	20.8*	(9.89)	84.6	(8.83)	162	73.9	(5.19)	97.9*	(50.25)	171.8	(48.02)	61.1 (4.87)	
20 and over.....	34	(2.7)	1148	85.7	(4.58)	124.0	(19.67)	209.8	(20.27)	338	92.7	(6.93)	364.5	(45.25)	457.2	(45.75)	82.1 (5.18)	
2 and over...	31	(1.9)	1894	80.0	(4.55)	97.0	(15.35)	176.9	(16.36)	500	89.3	(6.13)	316.0	(38.80)	405.3	(38.15)	75.9 (4.85)	
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	16	(1.9)	2884	66.9	(3.23)	21.4*	(7.40)	88.3	(7.37)	409	78.4	(6.35)	131.9*	(44.14)	210.3	(42.82)	64.7 (2.92)	
20 and over.....	29	(1.4)	4809	79.2	(2.56)	87.4	(8.66)	166.6	(8.97)	1157	85.8	(3.36)	305.8	(23.84)	391.6	(24.81)	76.5 (3.07)	
2 and over...	26	(1.2)	7693	76.1	(2.44)	71.1	(6.98)	147.3	(7.21)	1566	84.6	(3.37)	278.6	(21.22)	363.2	(21.49)	73.2 (2.67)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																		
Family income in dollars and age (years)	Percent reporting supplement vitamin D <sup>8</sup> % (SE)		<i>All Individuals</i> <sup>5</sup>							<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	8	(1.5)	735	5.4	(0.32)	1.1	(0.25)	6.5	(0.41)		--	--	--		5.3	(0.33)		
20 and over.....	24	(2.6)	1375	4.2	(0.25)	18.9	(4.95)	23.1	(4.91)	316	4.4	(0.40)	79.0	(15.38)	83.3	(15.41)		
2 and over...	20	(2.3)	2110	4.5	(0.20)	14.6	(3.88)	19.1	(3.84)	380	4.5	(0.36)	72.4	(14.25)	76.9	(14.26)		
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	15	(2.7)	1217	5.3	(0.26)	3.7*	(1.48)	8.9	(1.42)	152	5.1	(0.59)	25.1*	(7.72)	30.1	(7.70)		
20 and over.....	31	(1.3)	1892	4.4	(0.16)	14.6	(1.74)	19.0	(1.73)	501	5.0	(0.32)	47.2	(5.22)	52.2	(5.11)		
2 and over...	27	(1.4)	3109	4.6	(0.15)	11.9	(1.43)	16.5	(1.38)	653	5.0	(0.27)	44.3	(4.50)	49.3	(4.37)		
<b>\$75,000 and higher:</b>																		
2 - 19.....	20	(2.1)	746	5.4	(0.30)	3.3	(0.51)	8.7	(0.54)	158	6.1	(0.54)	16.6	(2.59)	22.7	(2.28)		
20 and over.....	38	(2.3)	1148	5.2	(0.37)	22.1	(4.37)	27.3	(4.35)	383	5.1	(0.29)	57.5	(9.82)	62.7	(9.79)		
2 and over...	34	(1.8)	1894	5.2	(0.31)	17.2	(3.31)	22.4	(3.34)	541	5.3	(0.27)	51.2	(8.34)	56.4	(8.29)		
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	15	(1.9)	2884	5.3	(0.22)	2.9	(0.61)	8.2	(0.61)	390	5.7	(0.42)	19.2	(3.38)	24.9	(3.29)		
20 and over.....	32	(1.6)	4809	4.6	(0.14)	19.1	(2.33)	23.7	(2.26)	1322	4.8	(0.17)	59.0	(5.98)	63.8	(5.98)		
2 and over...	28	(1.5)	7693	4.8	(0.14)	15.1	(1.77)	19.9	(1.72)	1712	4.9	(0.13)	53.7	(5.06)	58.6	(5.04)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																		
Family income in dollars and age (years)	Percent reporting supplement vitamin K <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
<b>\$0 - \$24,999:</b>																		
2 - 19.....	2 *	(0.9)	735	73.7	(5.31)	0.6 *	(0.32)	74.3	(5.47)		--		--		--	71.5	(4.61)	
20 and over.....	13	(1.7)	1375	110.7	(4.55)	5.9	(0.92)	116.6	(4.65)	160	152.0	(30.03)	45.5	(4.56)	197.5	(30.00)	104.6	(6.53)
2 and over...	10	(1.4)	2110	101.9	(3.46)	4.6	(0.72)	106.5	(3.55)	172	153.8	(28.30)	45.0	(4.37)	198.8	(28.21)	96.0	(5.06)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	3	(0.9)	1217	58.9	(3.13)	1.4	(0.38)	60.3	(3.30)		--		--		--	58.7	(3.12)	
20 and over.....	18	(1.4)	1892	105.7	(3.15)	7.0	(0.71)	112.7	(3.32)	276	117.0	(8.46)	39.2	(2.22)	156.3	(9.24)	103.3	(3.02)
2 and over...	14	(1.1)	3109	94.3	(2.94)	5.6	(0.56)	99.9	(3.12)	307	114.3	(8.27)	39.5	(2.04)	153.8	(8.80)	91.0	(2.91)
<b>\$75,000 and higher:</b>																		
2 - 19.....	3	(0.6)	746	68.0	(2.50)	1.5	(0.36)	69.5	(2.53)		--		--		--	67.0	(2.40)	
20 and over.....	21	(2.0)	1148	142.6	(10.26)	8.2	(0.91)	150.9	(10.51)	206	162.6	(24.04)	40.2	(2.40)	202.8	(24.45)	137.5	(10.56)
2 and over...	16	(1.5)	1894	123.1	(8.51)	6.5	(0.64)	129.5	(8.72)	239	159.6	(23.35)	40.6	(2.28)	200.2	(23.73)	116.2	(7.91)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	3	(0.5)	2884	66.3	(2.34)	1.2	(0.23)	67.5	(2.38)	81	96.6	(20.20)	44.5	(3.48)	141.1	(20.65)	65.4	(2.29)
20 and over.....	18	(1.3)	4809	119.7	(4.44)	7.2	(0.57)	127.0	(4.68)	702	143.3	(11.38)	40.7	(1.29)	184.0	(11.82)	114.7	(4.09)
2 and over...	14	(1.0)	7693	106.6	(4.00)	5.7	(0.43)	112.3	(4.22)	783	141.0	(10.88)	40.9	(1.18)	181.9	(11.26)	100.9	(3.50)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																		
Family income in dollars and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	#		735	4102	(205.9)	1 *	(0.7)	4102	(206.1)		--		--		--		4102 (206.1)	
20 and over.....	7	(1.1)	1375	4579	(377.4)	34	(7.0)	4613	(376.1)	83	3283	(562.7)	506	(54.4)	3789	(583.4)	4673 (395.7)	
2 and over...	5	(0.9)	2110	4465	(301.7)	26	(5.4)	4491	(300.8)	84	3287	(559.4)	506	(54.3)	3793	(580.1)	4529 (314.1)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	#		1217	4325	(265.9)	#		4325	(266.0)		--		--		--		4326 (266.1)	
20 and over.....	10	(1.3)	1892	5074	(520.5)	44	(6.4)	5118	(522.1)	155	4046	(539.0)	447	(33.7)	4493	(534.9)	5186 (570.3)	
2 and over...	7	(1.0)	3109	4892	(407.1)	33	(5.0)	4925	(408.7)	156	4041	(538.3)	447	(33.6)	4488	(534.1)	4960 (434.7)	
<b>\$75,000 and higher:</b>																		
2 - 19.....	#		746	4383	(547.3)	#		4383	(547.3)		--		--		--		4386 (547.6)	
20 and over.....	11	(1.8)	1148	5582	(301.2)	140 *	(46.2)	5723	(304.5)	112	6509	(730.6)	1259 *	(386.4)	7768	(675.4)	5466 (362.3)	
2 and over...	8	(1.4)	1894	5268	(286.7)	104 *	(35.1)	5371	(288.3)	114	6491	(728.6)	1256 *	(385.5)	7747	(674.8)	5158 (333.0)	
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	#		2884	4273	(232.4)	#		4273	(232.4)		--		--		--		4275 (232.7)	
20 and over.....	10	(0.9)	4809	5135	(235.6)	75	(17.5)	5210	(237.2)	381	5372	(347.7)	769	(157.3)	6142	(367.1)	5110 (264.3)	
2 and over...	7	(0.8)	7693	4923	(216.3)	56	(13.6)	4979	(217.4)	386	5362	(347.7)	768	(157.0)	6130	(367.3)	4888 (235.5)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

L u t e i n + z e a x a n t h i n																		
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	#		735	876	(107.3)	#		876	(107.3)		--		--		--		876 (107.3)	
20 and over.....	8	(0.8)	1375	1388	(90.6)	197*	(102.1)	1585	(145.5)	92	1817	(343.2)	2544*(1308.4)	4362*(1401.8)		1352 (110.8)		
2 and over...	6	(0.6)	2110	1265	(74.1)	150*	(79.2)	1415	(120.8)	93	1810	(337.3)	2533*(1302.3)	4343*(1392.6)		1231 (88.7)		
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	#		1217	724	(43.6)	1*	(0.4)	725	(43.7)		--		--		--		725 (43.7)	
20 and over.....	10	(1.4)	1892	1380	(70.2)	200*	(64.4)	1580	(91.7)	156	1393	(183.0)	1956 (550.5)	3349 (516.3)		1378 (80.3)		
2 and over...	8	(1.1)	3109	1220	(58.9)	152*	(48.4)	1372	(73.4)	162	1386	(181.8)	1942 (544.6)	3327 (509.8)		1206 (65.3)		
<b>\$75,000 and higher:</b>																		
2 - 19.....	2*	(1.0)	746	827	(33.2)	5*	(2.6)	832	(33.5)		--		--		--		825 (33.1)	
20 and over.....	12	(1.8)	1148	1938	(169.9)	456*	(198.9)	2394	(257.5)	118	1667	(172.4)	3838*(1574.6)	5505 (1538.0)		1975 (188.3)		
2 and over...	9	(1.2)	1894	1647	(139.3)	337*	(146.4)	1984	(200.7)	129	1628	(166.3)	3644*(1488.8)	5272 (1457.5)		1649 (150.3)		
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	1	(0.4)	2884	825	(40.8)	2*	(1.0)	827	(41.0)		--		--		--		825 (41.2)	
20 and over.....	11	(1.0)	4809	1584	(81.0)	286	(68.6)	1870	(108.4)	409	1752	(200.2)	2684 (508.7)	4436 (504.7)		1564 (89.7)		
2 and over...	8	(0.7)	7693	1397	(70.7)	216	(51.8)	1613	(90.9)	430	1729	(195.5)	2620 (494.4)	4350 (490.9)		1367 (75.6)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																		
Family income in dollars and age (years)	Percent reporting supplement calcium <sup>8</sup> % (SE)		<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>–Non-users</i> <sup>7</sup> –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	3	(1.0)	735	935	(42.5)	9*	(5.5)	944	(43.1)		--		--		--	934	(42.1)	
20 and over.....	22	(2.2)	1375	879	(19.8)	88	(10.9)	967	(20.2)	276	903	(40.5)	405	(18.7)	1309	(40.5)	872	(25.9)
2 and over...	17	(1.9)	2110	892	(19.5)	69	(9.1)	962	(21.2)	295	906	(39.7)	401	(19.9)	1307	(41.4)	890	(24.1)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	5	(1.3)	1217	961	(30.6)	12*	(4.0)	973	(31.7)		--		--		--	963	(29.2)	
20 and over.....	28	(1.7)	1892	957	(29.0)	140	(15.2)	1098	(35.9)	448	987	(62.3)	493	(33.2)	1480	(65.2)	946	(29.0)
2 and over...	23	(1.5)	3109	958	(27.5)	109	(12.8)	1067	(33.8)	502	983	(60.4)	477	(32.8)	1460	(63.8)	951	(25.9)
<b>\$75,000 and higher:</b>																		
2 - 19.....	7	(1.2)	746	1033	(36.7)	12*	(3.7)	1045	(36.8)		--		--		--	1033	(41.7)	
20 and over.....	33	(2.2)	1148	987	(23.9)	152	(14.3)	1139	(29.4)	321	1006	(39.6)	456	(35.5)	1463	(52.0)	977	(27.6)
2 and over...	26	(1.6)	1894	999	(20.7)	115	(10.7)	1114	(24.5)	375	1008	(36.3)	437	(31.8)	1445	(46.5)	996	(24.4)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	5	(0.8)	2884	978	(28.4)	11	(2.7)	989	(29.7)	134	985	(71.0)	207	(30.3)	1192	(90.4)	978	(29.6)
20 and over.....	29	(1.3)	4809	946	(18.5)	135	(9.6)	1081	(22.3)	1158	967	(32.9)	465	(22.4)	1432	(41.1)	938	(20.8)
2 and over...	23	(1.1)	7693	954	(18.8)	104	(7.8)	1058	(22.4)	1292	968	(31.6)	450	(21.4)	1419	(38.7)	950	(20.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																		
Family income in dollars and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		Sample Size	All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food
	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>\$0 - \$24,999:</b>																		
2 - 19.....	1 *	(0.6)	735	1195	(34.3)	3 *	(2.5)	1198	(34.4)		--		--		--	1194	(33.9)	
20 and over.....	8	(1.3)	1375	1296	(28.8)	3	(0.9)	1299	(28.7)	111	1355	(67.8)	39	(7.4)	1394	(67.4)	1291	(35.3)
2 and over...	6	(1.1)	2110	1272	(25.3)	3 *	(0.9)	1275	(25.3)	116	1356	(65.7)	48	(11.5)	1404	(67.4)	1267	(29.7)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	1 *	(0.6)	1217	1211	(27.9)	1 *	(0.3)	1211	(27.8)		--		--		--	1212	(27.9)	
20 and over.....	12	(1.4)	1892	1380	(26.9)	5	(0.5)	1385	(26.7)	183	1498	(88.6)	43	(5.0)	1542	(85.9)	1364	(24.5)
2 and over...	9	(1.1)	3109	1339	(24.2)	4	(0.4)	1343	(24.1)	192	1489	(82.5)	44	(4.8)	1533	(79.8)	1324	(22.9)
<b>\$75,000 and higher:</b>																		
2 - 19.....	1 *	(0.4)	746	1293	(40.9)	#		1294	(40.9)		--		--		--	1293	(41.4)	
20 and over.....	13	(1.1)	1148	1465	(30.1)	7	(1.0)	1472	(30.6)	123	1545	(123.1)	51	(5.8)	1596	(125.0)	1453	(32.4)
2 and over...	10	(0.9)	1894	1420	(27.6)	5	(0.8)	1425	(27.8)	131	1540	(119.4)	50	(5.5)	1590	(121.3)	1407	(27.9)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	1	(0.3)	2884	1236	(24.5)	1 *	(0.5)	1237	(24.5)		--		--		--	1236	(24.7)	
20 and over.....	12	(0.9)	4809	1386	(21.4)	5	(0.5)	1392	(21.4)	471	1473	(67.3)	46	(3.0)	1519	(66.4)	1375	(21.5)
2 and over...	9	(0.7)	7693	1349	(20.6)	4	(0.4)	1353	(20.6)	497	1467	(64.9)	47	(3.0)	1514	(63.9)	1337	(21.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																		
Family income in dollars and age (years)	Percent reporting supplement magnesium <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
	%	(SE)		Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg
<b>\$0 - \$24,999:</b>																		
2 - 19.....	2*	(0.8)	735	223	(6.2)	2*	(1.3)	225	(6.9)		--		--		--	222	(5.8)	
20 and over.....	16	(2.3)	1375	279	(4.7)	20	(4.0)	300	(6.8)	187	297	(17.4)	126	(11.5)	423	(21.2)	276	(6.1)
2 and over...	13	(1.9)	2110	266	(4.2)	16	(3.2)	282	(6.1)	195	297	(17.2)	126	(11.0)	423	(20.7)	262	(5.1)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	3	(1.0)	1217	225	(5.3)	2*	(0.7)	227	(5.3)		--		--		--	224	(5.4)	
20 and over.....	20	(1.5)	1892	296	(7.0)	27	(3.7)	324	(6.7)	313	336	(20.2)	134	(13.9)	470	(20.5)	286	(5.2)
2 and over...	16	(1.2)	3109	279	(6.7)	21	(3.0)	300	(6.8)	338	332	(19.0)	131	(13.6)	463	(18.4)	269	(5.7)
<b>\$75,000 and higher:</b>																		
2 - 19.....	4	(0.9)	746	242	(6.4)	7*	(3.1)	249	(7.0)		--		--		--	241	(7.2)	
20 and over.....	23	(2.4)	1148	334	(6.6)	39	(7.1)	373	(11.5)	215	350	(12.2)	169	(20.8)	519	(17.4)	329	(8.2)
2 and over...	18	(1.9)	1894	310	(6.2)	31	(5.0)	341	(9.4)	238	345	(11.7)	170	(18.1)	515	(14.1)	302	(7.0)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	3	(0.6)	2884	231	(3.8)	4*	(1.3)	235	(4.3)		--		--		--	230	(4.1)	
20 and over.....	21	(1.4)	4809	306	(5.2)	30	(3.4)	336	(6.4)	796	334	(11.2)	144	(10.2)	477	(13.2)	299	(5.1)
2 and over...	16	(1.2)	7693	288	(4.9)	23	(2.6)	311	(6.0)	856	330	(10.6)	143	(9.1)	474	(11.7)	279	(4.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Family income in dollars and age (years)	I r o n															
	All Individuals <sup>5</sup>								Supplement Users <sup>6</sup>							
	Percent reporting supplement iron <sup>8</sup> % (SE)	Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)
<b>\$0 - \$24,999:</b>																
2 - 19.....	3 (0.8)	735	14.0 (0.57)	0.4* (0.18)	14.4 (0.48)		--	--	--				14.0 (0.59)			
20 and over.....	9 (0.9)	1375	13.2 (0.31)	3.1 (0.54)	16.4 (0.52)	133	12.2 (0.71)	33.9 (5.02)	46.1 (4.82)	13.4 (0.38)						
2 and over...	8 (0.8)	2110	13.4 (0.33)	2.5 (0.42)	15.9 (0.42)	153	12.4 (0.66)	31.8 (4.46)	44.2 (4.36)	13.5 (0.38)						
<b>\$25,000 - \$74,999:</b>																
2 - 19.....	3 (0.9)	1217	13.8 (0.45)	0.6* (0.20)	14.4 (0.43)		--	--	--				13.9 (0.45)			
20 and over.....	11 (0.8)	1892	14.0 (0.29)	2.2 (0.16)	16.2 (0.29)	198	12.8 (1.16)	20.9 (1.47)	33.7 (2.07)	14.1 (0.23)						
2 and over...	9 (0.7)	3109	13.9 (0.21)	1.8 (0.15)	15.8 (0.20)	239	12.6 (1.01)	20.8 (1.47)	33.4 (1.89)	14.1 (0.19)						
<b>\$75,000 and higher:</b>																
2 - 19.....	3 (0.7)	746	13.8 (0.40)	0.4 (0.10)	14.3 (0.41)		--	--	--				13.8 (0.41)			
20 and over.....	14 (1.5)	1148	14.6 (0.30)	2.9 (0.43)	17.5 (0.55)	143	14.6 (0.74)	20.4 (2.37)	35.0 (2.59)	14.6 (0.32)						
2 and over...	11 (1.0)	1894	14.4 (0.27)	2.2 (0.32)	16.6 (0.44)	175	14.6 (0.70)	19.9 (2.22)	34.4 (2.47)	14.4 (0.31)						
<b>All Individuals <sup>9</sup>:</b>																
2 - 19.....	3 (0.4)	2884	13.8 (0.30)	0.6 (0.11)	14.4 (0.31)	101	12.9 (0.70)	18.3 (2.46)	31.2 (2.45)	13.8 (0.31)						
20 and over.....	12 (0.8)	4809	14.0 (0.16)	2.7 (0.19)	16.8 (0.24)	518	13.4 (0.58)	23.5 (1.34)	36.8 (1.46)	14.1 (0.18)						
2 and over...	10 (0.6)	7693	14.0 (0.16)	2.2 (0.15)	16.2 (0.19)	619	13.3 (0.54)	23.0 (1.29)	36.4 (1.37)	14.0 (0.19)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Z i n c																		
Family income in dollars and age (years)	Percent reporting supplement zinc <sup>8</sup>		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>-Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>\$0 - \$24,999:</b>																		
2 - 19.....	7	(1.4)	735	9.7	(0.26)	0.3*	(0.09)	10.0	(0.31)		--		--		--	9.8	(0.29)	
20 and over.....	18	(1.4)	1375	10.3	(0.24)	3.1	(0.31)	13.4	(0.45)	214	10.0	(0.49)	17.6	(2.30)	27.6	(2.69)	10.4	(0.27)
2 and over...	15	(1.4)	2110	10.2	(0.22)	2.4	(0.26)	12.6	(0.38)	269	9.9	(0.45)	16.0	(1.97)	25.9	(2.30)	10.2	(0.24)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	12	(2.2)	1217	9.9	(0.33)	0.5	(0.14)	10.5	(0.39)	128	9.2	(0.48)	4.3	(0.76)	13.6	(1.11)	10.0	(0.36)
20 and over.....	22	(1.3)	1892	11.3	(0.27)	3.3	(0.20)	14.6	(0.29)	355	11.8	(0.68)	15.2	(0.80)	27.0	(0.93)	11.1	(0.22)
2 and over...	19	(1.1)	3109	10.9	(0.25)	2.6	(0.17)	13.6	(0.27)	483	11.4	(0.56)	13.5	(0.77)	24.9	(0.90)	10.8	(0.23)
<b>\$75,000 and higher:</b>																		
2 - 19.....	16	(1.6)	746	10.1	(0.33)	1.0	(0.29)	11.1	(0.38)	131	9.9	(0.75)	6.1	(1.68)	16.0	(1.63)	10.1	(0.38)
20 and over.....	27	(2.5)	1148	11.9	(0.31)	4.4	(0.49)	16.3	(0.65)	268	12.3	(0.39)	16.4	(1.18)	28.7	(1.22)	11.8	(0.40)
2 and over...	24	(1.9)	1894	11.4	(0.29)	3.5	(0.38)	14.9	(0.55)	399	11.8	(0.36)	14.6	(1.03)	26.4	(1.07)	11.3	(0.35)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	12	(1.5)	2884	9.9	(0.22)	0.6	(0.12)	10.5	(0.27)	325	9.5	(0.40)	5.2	(0.85)	14.7	(0.84)	10.0	(0.26)
20 and over.....	23	(1.3)	4809	11.2	(0.18)	3.7	(0.19)	15.0	(0.25)	921	11.6	(0.31)	16.4	(0.47)	28.0	(0.55)	11.1	(0.19)
2 and over...	20	(1.1)	7693	10.9	(0.18)	3.0	(0.16)	13.9	(0.24)	1246	11.3	(0.27)	14.7	(0.43)	26.0	(0.42)	10.8	(0.20)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C o p p e r																		
Family income in dollars and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	2*	(0.8)	735	0.9	(0.03)	#		0.9	(0.04)		--		--		--	0.9	(0.03)	
20 and over.....	15	(1.2)	1375	1.1	(0.03)	0.2	(0.02)	1.3	(0.04)	181	1.2	(0.10)	1.4	(0.13)	2.7	(0.18)	1.1	(0.03)
2 and over...	12	(1.1)	2110	1.1	(0.02)	0.2	(0.02)	1.2	(0.03)	193	1.2	(0.10)	1.4	(0.12)	2.7	(0.18)	1.0	(0.02)
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	2	(0.6)	1217	0.9	(0.02)	#		0.9	(0.03)		--		--		--	0.9	(0.02)	
20 and over.....	19	(1.3)	1892	1.2	(0.02)	0.2	(0.02)	1.4	(0.03)	302	1.3	(0.05)	1.2	(0.08)	2.5	(0.10)	1.2	(0.02)
2 and over...	15	(1.0)	3109	1.1	(0.02)	0.2	(0.01)	1.3	(0.03)	330	1.2	(0.05)	1.2	(0.08)	2.5	(0.10)	1.1	(0.02)
<b>\$75,000 and higher:</b>																		
2 - 19.....	3	(0.6)	746	1.0	(0.02)	#		1.0	(0.02)		--		--		--	1.0	(0.02)	
20 and over.....	22	(2.1)	1148	1.4	(0.03)	0.3	(0.03)	1.7	(0.05)	223	1.5	(0.08)	1.3	(0.08)	2.8	(0.06)	1.3	(0.03)
2 and over...	17	(1.6)	1894	1.3	(0.03)	0.2	(0.02)	1.5	(0.05)	253	1.5	(0.07)	1.3	(0.08)	2.8	(0.06)	1.2	(0.03)
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	2	(0.4)	2884	0.9	(0.02)	#		0.9	(0.02)	76	1.1	(0.07)	1.3	(0.13)	2.3	(0.09)	0.9	(0.02)
20 and over.....	19	(1.2)	4809	1.2	(0.02)	0.2	(0.01)	1.5	(0.03)	777	1.3	(0.05)	1.3	(0.04)	2.6	(0.06)	1.2	(0.02)
2 and over...	15	(0.9)	7693	1.2	(0.02)	0.2	(0.01)	1.4	(0.03)	853	1.3	(0.05)	1.3	(0.05)	2.6	(0.06)	1.1	(0.02)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S o d i u m															
Family income in dollars and age (years)	Percent reporting sodium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)
<b>\$0 - \$24,999:</b>															
2 - 19.....	2*	(0.7)	735	3019 (84.6)	#	3019 (84.6)		--	--	--	3023 (85.3)				
20 and over.....	6	(1.1)	1375	3361 (60.7)	3*	3364 (61.0)		--	--	--	3331 (78.5)				
2 and over...	5	(0.9)	2110	3279 (48.9)	3*	3282 (49.1)	75	3764 (373.7)	54*	(16.5)	3819 (370.9)				3256 (62.9)
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	4	(1.3)	1217	2945 (43.7)	1*	2945 (43.8)		--	--	--	2959 (40.0)				
20 and over.....	8	(0.9)	1892	3575 (75.6)	2	3577 (75.6)	117	3684 (247.6)	27	(3.2)	3711 (248.9)				3566 (72.7)
2 and over...	7	(0.9)	3109	3422 (55.6)	2	3424 (55.6)	157	3542 (171.7)	26	(3.2)	3569 (172.6)				3413 (56.3)
<b>\$75,000 and higher:</b>															
2 - 19.....	5	(1.3)	746	3089 (80.7)	#	3089 (80.6)		--	--	--	3107 (82.7)				
20 and over.....	9	(1.2)	1148	3702 (65.6)	3	3705 (65.5)	85	3644 (258.0)	34	(9.0)	3677 (260.0)				3708 (72.4)
2 and over...	8	(0.7)	1894	3541 (56.7)	2	3543 (56.8)	120	3494 (226.6)	29	(7.6)	3523 (228.8)				3545 (59.9)
<b>All Individuals <sup>9</sup>:</b>															
2 - 19.....	4	(0.9)	2884	3009 (36.8)	1	3010 (36.8)	94	2710 (143.6)	14	(3.1)	2724 (144.9)				3021 (37.9)
20 and over.....	8	(0.6)	4809	3552 (41.6)	3	3554 (41.5)	293	3661 (172.0)	35	(4.7)	3695 (172.6)				3543 (41.7)
2 and over...	7	(0.5)	7693	3418 (34.8)	2	3420 (34.7)	387	3535 (147.1)	32	(4.0)	3567 (147.8)				3409 (35.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
Family income in dollars and age (years)	Percent reporting supplement potassium <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	1 *	(0.7)	735	2075	(53.6)	#		2075	(53.6)		--		--		--		2065 (52.6)
20 and over.....	12	(1.4)	1375	2446	(44.9)	16	(3.2)	2463	(45.7)	161	2775	(129.4)	138	(17.0)	2913	(130.5)	2403 (57.5)
2 and over...	9	(1.2)	2110	2358	(43.8)	12	(2.5)	2370	(44.8)	167	2778	(133.0)	134	(16.1)	2913	(135.0)	2315 (50.6)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1 *	(0.3)	1217	2051	(30.0)	1 *	(0.4)	2052	(29.9)		--		--		--		2049 (30.6)
20 and over.....	15	(1.7)	1892	2555	(47.7)	19	(3.3)	2574	(48.0)	229	2866	(105.9)	129	(18.0)	2995	(104.2)	2502 (55.1)
2 and over...	11	(1.3)	3109	2433	(43.0)	15	(2.6)	2447	(43.3)	242	2853	(100.9)	129	(17.8)	2981	(99.1)	2379 (48.3)
<b>\$75,000 and higher:</b>																	
2 - 19.....	2 *	(0.6)	746	2126	(57.8)	1 *	(0.3)	2127	(57.6)		--		--		--		2123 (58.2)
20 and over.....	17	(2.3)	1148	2845	(48.9)	17	(2.6)	2861	(49.2)	150	3066	(154.5)	98	(8.2)	3165	(154.5)	2800 (63.4)
2 and over...	13	(1.8)	1894	2656	(45.7)	12	(2.1)	2669	(46.5)	162	3043	(144.9)	96	(8.1)	3139	(145.0)	2599 (56.5)
<b>All Individuals <sup>9</sup>:</b>																	
2 - 19.....	1	(0.2)	2884	2084	(30.8)	1	(0.2)	2084	(30.7)		--		--		--		2080 (30.4)
20 and over.....	15	(1.1)	4809	2637	(39.1)	18	(1.9)	2654	(39.2)	601	2896	(87.9)	115	(7.4)	3011	(88.0)	2590 (47.2)
2 and over...	12	(0.9)	7693	2500	(36.2)	13	(1.5)	2514	(36.4)	635	2882	(83.3)	114	(7.5)	2996	(83.7)	2449 (42.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 39. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																		
Family income in dollars and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>5</sup>						<i>Supplement Users</i> <sup>6</sup>						<i>Non-users</i> <sup>7</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 19.....	2 *	(0.8)	735	95.1	(2.37)	0.4 *	(0.27)	95.5	(2.44)		--		--		--		95.2 (2.41)	
20 and over.....	15	(1.5)	1375	110.7	(3.78)	9.1	(1.47)	119.8	(4.12)	176	105.8	(6.66)	60.3	(5.88)	166.1	(8.82)	111.6 (4.69)	
2 and over...	12	(1.3)	2110	107.0	(2.83)	7.0	(1.13)	114.0	(3.10)	183	105.2	(6.55)	59.3	(5.80)	164.5	(8.72)	107.2 (3.45)	
<b>\$25,000 - \$74,999:</b>																		
2 - 19.....	2	(0.8)	1217	93.3	(2.21)	0.6 *	(0.26)	93.9	(2.35)		--		--		--		93.2 (2.29)	
20 and over.....	18	(1.3)	1892	116.2	(2.34)	10.8	(0.90)	127.1	(2.55)	296	112.1	(4.94)	58.7	(4.19)	170.8	(6.57)	117.2 (2.13)	
2 and over...	14	(1.1)	3109	110.7	(2.10)	8.3	(0.74)	119.0	(2.28)	312	111.6	(4.83)	57.9	(3.91)	169.5	(6.27)	110.5 (2.03)	
<b>\$75,000 and higher:</b>																		
2 - 19.....	2 *	(0.5)	746	102.3	(3.42)	0.8 *	(0.28)	103.1	(3.31)		--		--		--		102.0 (3.60)	
20 and over.....	22	(2.4)	1148	120.6	(3.83)	14.3	(1.96)	134.9	(4.55)	218	125.3	(5.18)	63.8	(5.09)	189.1	(6.91)	119.2 (4.01)	
2 and over...	17	(1.9)	1894	115.8	(3.49)	10.7	(1.49)	126.5	(4.07)	235	125.2	(4.77)	63.2	(4.92)	188.4	(6.46)	113.9 (3.58)	
<b>All Individuals <sup>9</sup>:</b>																		
2 - 19.....	2	(0.4)	2884	97.0	(1.48)	0.6	(0.19)	97.6	(1.51)		--		--		--		96.9 (1.50)	
20 and over.....	19	(1.3)	4809	115.9	(2.00)	11.5	(0.92)	127.3	(2.17)	756	115.3	(3.17)	59.7	(2.86)	175.0	(4.65)	116.0 (2.22)	
2 and over...	15	(1.1)	7693	111.2	(1.73)	8.8	(0.73)	120.0	(1.89)	799	114.9	(3.12)	59.1	(2.72)	174.0	(4.44)	110.6 (1.91)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

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

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 \times \mu\text{g folic acid})$ .

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_I) of NHANES 2015-2016. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT\\_I.htm](https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.htm).

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

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

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

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

<sup>9</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2019. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016

T h i a m i n																	
Family income as % of poverty level and age (years)	Percent reporting supplement thiamin <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>	
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	4	(1.1)	1071	1.51	(0.037)	0.14*	(0.058)	1.65	(0.070)		--	--	--	--	1.51	(0.039)	
20 and over.....	14	(1.6)	1371	1.51	(0.037)	1.74	(0.503)	3.25	(0.503)	170	1.51	(0.076)	12.89	(3.531)	14.39	(3.522)	
2 and over...	11	(1.3)	2442	1.51	(0.025)	1.22	(0.350)	2.72	(0.350)	208	1.48	(0.070)	11.53	(2.844)	13.01	(2.829)	
<b>131-350% poverty:</b>																	
2 - 19.....	3	(1.0)	1053	1.53	(0.046)	0.04*	(0.014)	1.57	(0.050)		--	--	--	--	1.53	(0.050)	
20 and over.....	22	(2.0)	1747	1.57	(0.022)	2.31	(0.466)	3.89	(0.462)	334	1.61	(0.071)	10.42	(2.270)	12.03	(2.237)	
2 and over...	17	(1.3)	2800	1.56	(0.018)	1.71	(0.354)	3.27	(0.356)	370	1.59	(0.067)	9.95	(2.098)	11.54	(2.063)	
<b>Over 350% poverty:</b>																	
2 - 19.....	5	(1.0)	529	1.54	(0.045)	0.11*	(0.057)	1.65	(0.075)		--	--	--	--	1.54	(0.048)	
20 and over.....	25	(1.9)	1230	1.64	(0.031)	3.29	(0.543)	4.93	(0.558)	282	1.67	(0.059)	13.12	(1.987)	14.79	(2.015)	
2 and over...	21	(1.7)	1759	1.62	(0.030)	2.71	(0.466)	4.33	(0.479)	318	1.67	(0.059)	12.70	(1.891)	14.36	(1.919)	
<b>All Individuals <sup>10</sup>:</b>																	
2 - 19.....	4	(0.6)	2884	1.52	(0.025)	0.09	(0.024)	1.61	(0.034)	117	1.40	(0.068)	2.26	(0.514)	3.65	(0.540)	
20 and over.....	22	(1.3)	4809	1.58	(0.019)	2.56	(0.265)	4.15	(0.274)	873	1.63	(0.039)	11.73	(1.196)	13.35	(1.192)	
2 and over...	17	(1.0)	7693	1.57	(0.018)	1.95	(0.214)	3.52	(0.225)	990	1.61	(0.037)	11.20	(1.097)	12.81	(1.093)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

R i b o f l a v i n																		
Family income as % of poverty level and age (years)	Percent reporting supplement riboflavin <sup>9</sup> % (SE)		<i>All Individuals</i> <sup>6</sup>							<i>Supplement Users</i> <sup>7</sup>						<i>Non-users</i> <sup>8</sup> –		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Under 131% poverty:</b>																		
2 - 19.....	4	(1.1)	1071	1.83	(0.041)	0.14*	(0.058)	1.97	(0.064)		--	--	--		1.83	(0.046)		
20 and over.....	14	(1.5)	1371	1.98	(0.059)	1.14	(0.284)	3.12	(0.292)	167	2.03	(0.082)	8.20	(1.766)	10.22	(1.793)	1.97	(0.063)
2 and over...	11	(1.2)	2442	1.93	(0.037)	0.81	(0.204)	2.74	(0.211)	205	2.00	(0.089)	7.51	(1.507)	9.51	(1.527)	1.92	(0.037)
<b>131-350% poverty:</b>																		
2 - 19.....	4	(1.0)	1053	1.93	(0.065)	0.14*	(0.078)	2.07	(0.107)		--	--	--		1.94	(0.066)		
20 and over.....	22	(2.0)	1747	2.20	(0.051)	1.46	(0.213)	3.66	(0.204)	331	2.35	(0.090)	6.60	(1.062)	8.96	(1.024)	2.15	(0.051)
2 and over...	17	(1.4)	2800	2.13	(0.042)	1.11	(0.162)	3.23	(0.158)	367	2.32	(0.081)	6.43	(0.957)	8.75	(0.917)	2.09	(0.042)
<b>Over 350% poverty:</b>																		
2 - 19.....	4	(0.9)	529	1.95	(0.085)	0.12*	(0.057)	2.07	(0.102)		--	--	--		1.95	(0.090)		
20 and over.....	25	(1.9)	1230	2.28	(0.051)	2.98*	(1.140)	5.26	(1.145)	284	2.34	(0.064)	11.72*	(4.160)	14.06	(4.169)	2.26	(0.066)
2 and over...	22	(1.7)	1759	2.22	(0.048)	2.46*	(0.931)	4.68	(0.933)	316	2.33	(0.063)	11.39*	(4.058)	13.72	(4.068)	2.19	(0.062)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	4	(0.6)	2884	1.90	(0.042)	0.13	(0.035)	2.03	(0.053)	113	1.84	(0.108)	3.17	(0.916)	5.01	(0.917)	1.90	(0.045)
20 and over.....	22	(1.3)	4809	2.17	(0.040)	2.02	(0.441)	4.19	(0.458)	867	2.28	(0.058)	9.15	(1.784)	11.43	(1.802)	2.14	(0.046)
2 and over...	18	(1.1)	7693	2.10	(0.036)	1.55	(0.334)	3.65	(0.347)	980	2.26	(0.055)	8.81	(1.730)	11.07	(1.746)	2.07	(0.041)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

N i a c i n																		
Family income as % of poverty level and age (years)	Percent reporting supplement niacin <sup>9</sup> % (SE)		<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>–Non-users</i> <sup>8</sup> –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	5	(1.2)	1071	21.1	(0.53)	0.8	(0.21)	21.8	(0.53)		--		--		--		21.2 (0.55)	
20 and over.....	14	(1.6)	1371	25.0	(0.69)	4.9	(1.16)	30.0	(1.22)	180	23.8	(1.61)	34.1	(6.62)	57.9	(6.74)	25.2 (0.67)	
2 and over...	11	(1.3)	2442	23.7	(0.34)	3.6	(0.84)	27.3	(0.88)	221	23.1	(1.35)	31.6	(5.59)	54.8	(5.64)	23.8 (0.32)	
<b>131-350% poverty:</b>																		
2 - 19.....	4	(1.1)	1053	21.5	(0.61)	0.5	(0.14)	22.0	(0.66)		--		--		--		21.4 (0.65)	
20 and over.....	24	(1.8)	1747	26.4	(0.61)	9.4	(1.59)	35.8	(1.34)	358	26.1	(1.21)	38.7	(6.17)	64.9	(5.61)	26.5 (0.66)	
2 and over...	19	(1.2)	2800	25.1	(0.44)	7.0	(1.14)	32.1	(1.04)	402	25.9	(1.11)	37.3	(5.77)	63.2	(5.20)	24.9 (0.47)	
<b>Over 350% poverty:</b>																		
2 - 19.....	9	(1.7)	529	21.8	(1.01)	1.7*	(0.59)	23.4	(1.12)		--		--		--		21.8 (1.13)	
20 and over.....	28	(1.9)	1230	27.4	(0.80)	11.9	(2.27)	39.2	(2.22)	321	27.8	(1.32)	42.5	(6.94)	70.3	(6.96)	27.2 (1.14)	
2 and over...	25	(1.6)	1759	26.3	(0.74)	10.0	(1.92)	36.3	(1.96)	372	27.3	(1.29)	40.7	(6.58)	68.0	(6.72)	26.0 (0.97)	
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	6	(1.0)	2884	21.3	(0.41)	0.9	(0.17)	22.2	(0.45)	145	21.2	(0.98)	15.7	(3.07)	36.9	(3.50)	21.3 (0.42)	
20 and over.....	24	(1.5)	4809	26.3	(0.53)	9.5	(1.08)	35.8	(0.99)	956	26.3	(0.71)	39.3	(3.62)	65.6	(3.69)	26.3 (0.61)	
2 and over...	20	(1.2)	7693	25.1	(0.43)	7.4	(0.84)	32.4	(0.83)	1101	25.9	(0.66)	37.6	(3.57)	63.6	(3.66)	24.9 (0.49)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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



**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n B 6																		
Family income as % of poverty level and age (years)	Percent reporting supplement vitamin B6 <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg
<b>Under 131% poverty:</b>																		
2 - 19.....	10	(1.9)	1071	1.67	(0.056)	0.21 *	(0.065)	1.88	(0.075)	99	1.55	(0.058)	2.21	(0.576)	3.76	(0.593)	1.68	(0.062)
20 and over.....	15	(1.7)	1371	2.05	(0.092)	1.76	(0.332)	3.82	(0.302)	190	1.95	(0.136)	11.39	(1.712)	13.34	(1.735)	2.07	(0.102)
2 and over...	14	(1.4)	2442	1.93	(0.050)	1.25	(0.238)	3.18	(0.225)	289	1.86	(0.103)	9.26	(1.465)	11.12	(1.484)	1.94	(0.057)
<b>131-350% poverty:</b>																		
2 - 19.....	15	(2.0)	1053	1.73	(0.060)	0.41 *	(0.154)	2.14	(0.152)	144	1.84	(0.131)	2.66*	(1.024)	4.50	(0.982)	1.71	(0.071)
20 and over.....	26	(1.7)	1747	2.17	(0.064)	2.03	(0.245)	4.20	(0.250)	380	2.28	(0.164)	7.84	(1.057)	10.12	(1.120)	2.13	(0.062)
2 and over...	23	(1.2)	2800	2.05	(0.041)	1.60	(0.179)	3.65	(0.179)	524	2.20	(0.130)	6.92	(0.800)	9.12	(0.844)	2.00	(0.047)
<b>Over 350% poverty:</b>																		
2 - 19.....	20	(2.1)	529	1.65	(0.075)	0.58*	(0.209)	2.23	(0.219)	115	1.50	(0.105)	2.87*	(0.949)	4.37	(0.967)	1.69	(0.079)
20 and over.....	30	(2.2)	1230	2.23	(0.091)	3.53	(0.952)	5.76	(0.963)	341	2.27	(0.114)	11.82	(2.644)	14.10	(2.693)	2.21	(0.120)
2 and over...	28	(1.8)	1759	2.12	(0.078)	2.99	(0.778)	5.12	(0.787)	456	2.17	(0.099)	10.65	(2.365)	12.82	(2.406)	2.10	(0.099)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	15	(1.7)	2884	1.68	(0.038)	0.38	(0.076)	2.06	(0.078)	375	1.65	(0.061)	2.63	(0.600)	4.28	(0.577)	1.68	(0.041)
20 and over.....	26	(1.5)	4809	2.15	(0.052)	2.61	(0.381)	4.76	(0.390)	1015	2.21	(0.079)	10.17	(1.231)	12.37	(1.283)	2.13	(0.061)
2 and over...	23	(1.2)	7693	2.04	(0.040)	2.06	(0.294)	4.10	(0.297)	1390	2.12	(0.064)	8.99	(1.103)	11.11	(1.138)	2.01	(0.048)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

F o l i c   a c i d																		
<div><div><div></div><div><i>All Individuals</i><sup>6</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>7</sup></div></div><div><div></div><div><i>Non-users</i><sup>8</sup></div></div></div>																		
Family income as % of poverty level and age (years)	Percent reporting supplement folic acid <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	9	(1.9)	1071	207	(8.3)	21	(5.4)	228	(9.3)	97	166	(16.8)	228	(24.9)	393	(32.2)	211	(9.3)
20 and over.....	15	(1.4)	1371	158	(5.6)	70	(8.3)	228	(8.6)	193	149	(17.2)	464	(32.6)	613	(36.5)	160	(5.6)
2 and over...	13	(1.2)	2442	174	(4.7)	54	(6.0)	228	(5.6)	290	153	(14.0)	408	(27.8)	562	(29.4)	177	(5.2)
<b>131-350% poverty:</b>																		
2 - 19.....	16	(2.6)	1053	210	(10.4)	25	(4.5)	236	(11.8)	144	179	(25.3)	161	(8.7)	340	(25.8)	216	(11.6)
20 and over.....	25	(1.8)	1747	170	(4.7)	143	(18.6)	313	(21.6)	381	164	(11.6)	570	(60.5)	734	(63.2)	172	(3.9)
2 and over...	23	(1.3)	2800	181	(5.2)	111	(12.1)	292	(14.6)	525	167	(10.5)	493	(52.4)	660	(55.2)	185	(4.7)
<b>Over 350% poverty:</b>																		
2 - 19.....	19	(2.1)	529	194	(8.0)	46	(7.7)	239	(9.2)	110	167	(17.3)	243	(28.8)	410	(32.0)	200	(11.0)
20 and over.....	30	(2.2)	1230	179	(7.4)	166	(26.9)	345	(28.1)	341	203	(16.7)	553	(74.8)	757	(75.3)	168	(7.8)
2 and over...	28	(1.7)	1759	182	(6.5)	144	(22.5)	325	(23.4)	451	199	(14.9)	515	(65.4)	714	(64.5)	175	(7.1)
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	14	(1.9)	2884	203	(5.7)	29	(4.6)	233	(5.9)	366	177	(15.7)	208	(15.0)	384	(20.6)	208	(6.1)
20 and over.....	25	(1.4)	4809	171	(4.0)	136	(14.5)	307	(15.2)	1015	182	(10.8)	538	(41.9)	719	(42.3)	168	(2.8)
2 and over...	22	(1.2)	7693	179	(3.5)	109	(10.9)	289	(11.8)	1381	181	(8.9)	487	(37.5)	667	(37.1)	179	(3.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

F o l a t e   ( D F E )																		
Family income as % of poverty level and age (years)	Percent reporting supplement folate (DFE) <sup>9</sup>		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
<b>Under 131% poverty:</b>																		
2 - 19.....	9	(1.9)	1071	503	(15.3)	36	(9.1)	539	(17.1)	97	432	(34.1)	387	(42.3)	819	(50.7)	510	(17.3)
20 and over.....	15	(1.4)	1371	479	(12.5)	118	(14.2)	597	(18.7)	193	493	(36.4)	788	(55.4)	1281	(66.6)	477	(12.2)
2 and over...	13	(1.2)	2442	487	(9.2)	91	(10.2)	578	(12.7)	290	478	(30.7)	694	(47.2)	1173	(55.1)	488	(10.1)
<b>131-350% poverty:</b>																		
2 - 19.....	16	(2.6)	1053	508	(19.1)	43	(7.6)	551	(21.6)	144	458	(44.8)	274	(14.8)	731	(46.6)	518	(21.4)
20 and over.....	25	(1.8)	1747	503	(9.2)	243	(31.6)	746	(36.2)	381	490	(22.1)	969	(102.8)	1458	(107.3)	508	(7.8)
2 and over...	23	(1.3)	2800	504	(8.2)	189	(20.5)	693	(23.3)	525	484	(20.0)	839	(89.1)	1322	(94.2)	511	(6.7)
<b>Over 350% poverty:</b>																		
2 - 19.....	19	(2.1)	529	492	(15.9)	78	(13.1)	570	(14.8)	110	460	(32.1)	413	(49.0)	873	(57.4)	499	(22.6)
20 and over.....	30	(2.2)	1230	538	(16.0)	282	(45.8)	820	(49.7)	341	583	(32.8)	941	(127.2)	1523	(132.1)	519	(16.8)
2 and over...	28	(1.7)	1759	530	(13.5)	245	(38.2)	774	(42.1)	451	568	(29.0)	876	(111.1)	1443	(112.6)	515	(14.4)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	14	(1.9)	2884	500	(10.2)	50	(7.8)	550	(11.0)	366	461	(28.0)	353	(25.4)	814	(37.7)	507	(11.7)
20 and over.....	25	(1.4)	4809	513	(9.5)	231	(24.6)	744	(26.7)	1015	536	(22.6)	914	(71.2)	1451	(73.4)	505	(7.4)
2 and over...	22	(1.2)	7693	510	(7.9)	186	(18.6)	696	(21.3)	1381	525	(19.0)	827	(63.7)	1352	(64.5)	506	(6.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

C h o l i n e																		
Family income as % of poverty level and age (years)	Percent reporting supplement choline <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
<b>Under 131% poverty:</b>																		
2 - 19.....	4	(0.8)	1071	245	(4.6)	#		245	(4.6)		--		--		--		245	(4.5)
20 and over.....	2	(0.7)	1371	331	(7.3)	#		331	(7.3)		--		--		--		332	(7.5)
2 and over...	3	(0.6)	2442	302	(4.5)	#		303	(4.5)		--		--		--		304	(4.5)
<b>131-350% poverty:</b>																		
2 - 19.....	9	(1.5)	1053	247	(9.7)	#		247	(9.8)	73	240	(19.8)	3*	(1.2)	243	(19.6)	248	(9.7)
20 and over.....	4	(0.7)	1747	341	(9.1)	3*	(2.3)	344	(9.0)		--		--		--		343	(9.6)
2 and over...	5	(0.8)	2800	316	(7.1)	2*	(1.6)	318	(6.6)	130	280	(13.0)	39*	(28.7)	319	(32.3)	318	(7.5)
<b>Over 350% poverty:</b>																		
2 - 19.....	11	(2.1)	529	256	(14.0)	#		257	(14.0)		--		--		--		255	(14.6)
20 and over.....	5	(1.3)	1230	349	(7.6)	3*	(1.8)	352	(8.3)		--		--		--		348	(7.9)
2 and over...	7	(1.2)	1759	332	(6.9)	3*	(1.5)	335	(7.5)	128	331	(30.7)	39*	(17.9)	370	(45.3)	332	(6.9)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	8	(1.2)	2884	249	(5.6)	#		249	(5.6)	173	249	(16.5)	3	(0.8)	252	(16.3)	249	(5.2)
20 and over.....	5	(0.6)	4809	340	(4.8)	2*	(1.0)	343	(4.5)	171	332	(22.2)	52*	(19.1)	384	(35.9)	341	(5.2)
2 and over...	5	(0.6)	7693	318	(4.3)	2*	(0.8)	320	(4.1)	344	303	(16.9)	35*	(13.0)	338	(25.4)	319	(4.4)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   B 1 2																		
Family income as % of poverty level and age (years)	Percent reporting supplement vitamin B12 <sup>9</sup> %   (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	9	(1.9)	1071	4.35	(0.162)	5.3*	(4.16)	9.6*	(4.17)	98	3.73	(0.249)	55.5* (44.09)	59.2* (44.02)	4.42	(0.161)		
20 and over.....	17	(1.5)	1371	4.55	(0.238)	75.8*	(29.44)	80.3* (29.55)		213	4.05	(0.253)	447.2*(184.32)	451.3*(184.44)	4.66	(0.256)		
2 and over...	14	(1.4)	2442	4.49	(0.145)	52.6* (19.15)		57.1* (19.22)		311	3.98	(0.214)	362.7*(140.39)	366.7*(140.48)	4.57	(0.150)		
<b>131-350% poverty:</b>																		
2 - 19.....	15	(2.1)	1053	4.73	(0.173)	1.0	(0.18)	5.7	(0.28)	143	5.06	(0.438)	6.6	(0.55)	11.7	(0.62)		
20 and over.....	28	(1.9)	1747	5.22	(0.284)	98.3	(19.98)	103.6	(19.95)	418	4.79	(0.233)	352.3	(57.30)	357.1	(57.30)		
2 and over...	24	(1.3)	2800	5.09	(0.196)	72.2	(14.75)	77.3	(14.71)	561	4.83	(0.181)	296.3	(52.25)	301.1	(52.23)		
<b>Over 350% poverty:</b>																		
2 - 19.....	19	(2.1)	529	4.54	(0.262)	27.8*	(22.92)	32.3*	(22.84)	114	4.11	(0.351)	143.6*(123.08)	147.7*(123.09)	4.64	(0.288)		
20 and over.....	32	(2.0)	1230	5.13	(0.225)	124.1*	(40.69)	129.3*	(40.69)	363	5.30	(0.341)	382.6 (113.33)	387.9 (113.20)	5.05	(0.294)		
2 and over...	30	(1.7)	1759	5.02	(0.201)	106.5	(29.85)	111.5	(29.87)	477	5.16	(0.283)	354.4 (88.07)	359.6 (87.96)	4.96	(0.260)		
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	14	(1.8)	2884	4.53	(0.125)	9.4*	(4.91)	13.9*	(4.93)	372	4.40	(0.211)	66.5* (35.94)	70.9* (36.01)	4.55	(0.138)		
20 and over.....	28	(1.6)	4809	4.97	(0.122)	103.8	(21.06)	108.7	(21.02)	1116	4.85	(0.208)	372.2 (65.17)	377.1 (65.09)	5.02	(0.158)		
2 and over...	24	(1.3)	7693	4.86	(0.103)	80.5	(15.15)	85.3	(15.11)	1488	4.79	(0.174)	328.8 (53.93)	333.5 (53.85)	4.89	(0.137)		

See page 23 for footnotes.

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V i t a m i n C																		
Family income as % of poverty level and age (years)	Percent reporting supplement vitamin C <sup>9</sup> % (SE)		<i>All Individuals</i> <sup>6</sup>								<i>Supplement Users</i> <sup>7</sup>						<i>Non-users</i> <sup>8</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	10	(2.1)	1071	71.6	(3.13)	11.3*	(3.44)	82.9	(4.97)	107	92.2	(15.75)	108.3	(20.07)	200.5	(23.00)	69.2	(3.00)
20 and over.....	17	(1.1)	1371	75.7	(5.89)	50.9	(8.11)	126.6	(10.92)	214	91.8	(11.66)	293.7	(35.15)	385.5	(31.73)	72.3	(6.81)
2 and over...	15	(1.3)	2442	74.4	(4.53)	37.9	(6.06)	112.2	(8.29)	321	91.9	(8.95)	251.3	(26.88)	343.2	(22.93)	71.3	(5.08)
<b>131-350% poverty:</b>																		
2 - 19.....	18	(2.6)	1053	61.7	(4.25)	38.9*	(18.88)	100.6	(18.49)	160	73.2	(8.72)	219.1*	(96.24)	292.3*	(95.50)	59.2	(3.81)
20 and over.....	29	(2.0)	1747	74.1	(2.87)	78.7	(7.21)	152.8	(7.10)	448	77.2	(5.07)	270.5	(20.97)	347.7	(19.16)	72.8	(3.08)
2 and over...	26	(1.5)	2800	70.8	(2.80)	68.0	(7.25)	138.8	(6.24)	608	76.5	(4.88)	261.1	(27.22)	337.6	(25.23)	68.8	(2.78)
<b>Over 350% poverty:</b>																		
2 - 19.....	22	(2.7)	529	67.3	(4.41)	11.2	(1.44)	78.5	(4.30)	124	76.8	(4.21)	51.4	(7.43)	128.3	(8.44)	64.7	(5.52)
20 and over.....	33	(2.3)	1230	83.8	(4.11)	111.8	(16.79)	195.6	(16.91)	373	86.8	(5.67)	339.5	(44.20)	426.3	(44.14)	82.3	(5.07)
2 and over...	31	(1.9)	1759	80.8	(3.89)	93.4	(13.85)	174.2	(14.47)	497	85.5	(4.96)	302.3	(38.23)	387.8	(37.82)	78.7	(4.69)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	16	(1.9)	2884	66.9	(3.23)	21.4*	(7.40)	88.3	(7.37)	409	78.4	(6.35)	131.9*	(44.14)	210.3	(42.82)	64.7	(2.92)
20 and over.....	29	(1.4)	4809	79.2	(2.56)	87.4	(8.66)	166.6	(8.97)	1157	85.8	(3.36)	305.8	(23.84)	391.6	(24.81)	76.5	(3.07)
2 and over...	26	(1.2)	7693	76.1	(2.44)	71.1	(6.98)	147.3	(7.21)	1566	84.6	(3.37)	278.6	(21.22)	363.2	(21.49)	73.2	(2.67)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n D																		
Family income as % of poverty level and age (years)	Percent reporting supplement vitamin D <sup>9</sup> % (SE)		All Individuals <sup>6</sup>							Supplement Users <sup>7</sup>							Non-users <sup>8</sup>	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	10	(1.9)	1071	5.3	(0.28)	1.2	(0.26)	6.5	(0.34)	98	5.4	(0.51)	12.9	(1.08)	18.3	(1.20)	5.3	(0.30)
20 and over.....	19	(2.0)	1371	4.3	(0.23)	21.0*	(6.38)	25.3	(6.39)	257	4.5	(0.44)	112.0	(26.63)	116.5	(26.59)	4.2	(0.24)
2 and over...	16	(1.8)	2442	4.6	(0.16)	14.5	(4.28)	19.1	(4.29)	355	4.7	(0.38)	92.2	(20.51)	96.9	(20.44)	4.6	(0.17)
<b>131-350% poverty:</b>																		
2 - 19.....	16	(2.3)	1053	5.4	(0.27)	4.2*	(1.44)	9.6	(1.43)	152	6.0	(0.58)	25.5	(7.05)	31.5	(6.80)	5.3	(0.29)
20 and over.....	32	(2.1)	1747	4.5	(0.18)	12.9	(1.37)	17.4	(1.30)	481	5.0	(0.37)	40.7	(2.75)	45.8	(2.65)	4.3	(0.22)
2 and over...	28	(1.6)	2800	4.8	(0.17)	10.5	(1.12)	15.3	(1.04)	633	5.2	(0.34)	38.3	(2.75)	43.5	(2.60)	4.6	(0.19)
<b>Over 350% poverty:</b>																		
2 - 19.....	20	(2.4)	529	5.2	(0.39)	3.2	(0.57)	8.4	(0.73)	120	5.5	(0.76)	15.8	(2.13)	21.3	(2.26)	5.2	(0.40)
20 and over.....	39	(2.0)	1230	5.0	(0.33)	21.8	(3.73)	26.8	(3.73)	447	5.0	(0.21)	56.1	(7.98)	61.1	(7.98)	5.0	(0.55)
2 and over...	35	(1.9)	1759	5.0	(0.31)	18.4	(3.12)	23.4	(3.15)	567	5.1	(0.21)	51.9	(6.99)	57.0	(6.97)	5.0	(0.47)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	15	(1.9)	2884	5.3	(0.22)	2.9	(0.61)	8.2	(0.61)	390	5.7	(0.42)	19.2	(3.38)	24.9	(3.29)	5.3	(0.25)
20 and over.....	32	(1.6)	4809	4.6	(0.14)	19.1	(2.33)	23.7	(2.26)	1322	4.8	(0.17)	59.0	(5.98)	63.8	(5.98)	4.6	(0.18)
2 and over...	28	(1.5)	7693	4.8	(0.14)	15.1	(1.77)	19.9	(1.72)	1712	4.9	(0.13)	53.7	(5.06)	58.6	(5.04)	4.8	(0.17)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n K																		
Family income as % of poverty level and age (years)	Percent reporting supplement vitamin K <sup>9</sup> % (SE)		<i>All Individuals</i> <sup>6</sup>							<i>Supplement Users</i> <sup>7</sup>						<i>Non-users</i> <sup>8</sup>		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	2	(0.9)	1071	66.4	(3.72)	0.9*	(0.40)	67.3	(3.81)		--		--		--		65.0 (3.24)	
20 and over.....	10	(1.3)	1371	106.2	(6.53)	5.0	(1.04)	111.2	(6.59)	121	165.3	(48.11)	51.4	(6.43)	216.7	(49.55)	99.9 (7.44)	
2 and over...	7	(1.0)	2442	93.1	(4.50)	3.6	(0.68)	96.7	(4.62)	141	162.0	(42.36)	50.4	(5.96)	212.4	(43.88)	87.8 (4.92)	
<b>131-350% poverty:</b>																		
2 - 19.....	3	(1.0)	1053	62.1	(3.63)	1.3*	(0.50)	63.4	(3.78)		--		--		--		61.0 (3.26)	
20 and over.....	19	(1.5)	1747	108.4	(4.54)	7.4	(0.71)	115.8	(4.69)	280	115.8	(8.47)	39.3	(2.65)	155.1	(9.07)	106.6 (4.77)	
2 and over...	15	(1.0)	2800	95.9	(3.77)	5.8	(0.50)	101.7	(3.86)	310	114.8	(8.84)	39.6	(2.40)	154.4	(9.17)	92.7 (3.79)	
<b>Over 350% poverty:</b>																		
2 - 19.....	3*	(0.5)	529	69.0	(3.42)	1.6	(0.33)	70.6	(3.29)		--		--		--		68.7 (3.61)	
20 and over.....	20	(1.7)	1230	138.6	(8.06)	8.0	(0.83)	146.6	(8.26)	231	158.7	(21.98)	39.6	(2.45)	198.4	(22.53)	133.5 (8.21)	
2 and over...	17	(1.5)	1759	125.9	(6.98)	6.9	(0.66)	132.7	(7.18)	256	155.9	(21.33)	39.9	(2.35)	195.8	(21.89)	119.6 (6.75)	
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	3	(0.5)	2884	66.3	(2.34)	1.2	(0.23)	67.5	(2.38)	81	96.6	(20.20)	44.5	(3.48)	141.1	(20.65)	65.4 (2.29)	
20 and over.....	18	(1.3)	4809	119.7	(4.44)	7.2	(0.57)	127.0	(4.68)	702	143.3	(11.38)	40.7	(1.29)	184.0	(11.82)	114.7 (4.09)	
2 and over...	14	(1.0)	7693	106.6	(4.00)	5.7	(0.43)	112.3	(4.22)	783	141.0	(10.88)	40.9	(1.18)	181.9	(11.26)	100.9 (3.50)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

L y c o p e n e																		
Family income as % of poverty level and age (years)	Percent reporting supplement lycopene <sup>9</sup> % (SE)		All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	#		1071	4087	(240.5)	#		4088	(240.6)		--	--	--			4087	(240.7)	
20 and over.....	5	(0.8)	1371	4665	(370.6)	24	(4.1)	4689	(371.1)		--	--	--			4734	(384.0)	
2 and over...	3	(0.6)	2442	4475	(294.7)	16	(3.0)	4491	(295.3)		--	--	--			4514	(303.4)	
<b>131-350% poverty:</b>																		
2 - 19.....	#		1053	4613	(387.2)	#		4613	(387.2)		--	--	--			4615	(387.3)	
20 and over.....	10	(1.2)	1747	4912	(353.7)	46	(8.2)	4958	(355.3)	148	3882	(460.4)	479	(47.0)	4361	(460.2)	5022	(378.7)
2 and over...	7	(0.9)	2800	4831	(307.0)	34	(6.1)	4865	(308.7)	149	3877	(459.5)	478	(46.8)	4355	(459.0)	4904	(322.6)
<b>Over 350% poverty:</b>																		
2 - 19.....	#		529	4147	(646.9)	#		4148	(646.9)		--	--	--			4152	(647.7)	
20 and over.....	12	(1.5)	1230	5662	(387.9)	128*	(40.7)	5790	(386.7)	134	6083	(675.6)	1094	(302.9)	7177	(608.0)	5606	(435.2)
2 and over...	10	(1.3)	1759	5385	(372.3)	105*	(33.7)	5490	(370.9)	136	6070	(673.9)	1092	(302.4)	7161	(607.5)	5312	(415.6)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	#		2884	4273	(232.4)	#		4273	(232.4)		--	--	--			4275	(232.7)	
20 and over.....	10	(0.9)	4809	5135	(235.6)	75	(17.5)	5210	(237.2)	381	5372	(347.7)	769	(157.3)	6142	(367.1)	5110	(264.3)
2 and over...	7	(0.8)	7693	4923	(216.3)	56	(13.6)	4979	(217.4)	386	5362	(347.7)	768	(157.0)	6130	(367.3)	4888	(235.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (continued)

L u t e i n   +   z e a x a n t h i n																		
Family income as % of poverty level and age  (years)	Percent reporting supplement lutein + zeaxanthin <sup>9</sup>  %		Sample Size		All Individuals <sup>6</sup>				Supplement Users <sup>7</sup>				Non-users <sup>8</sup>					
					Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement	
			(SE)		μg	(SE)	μg	(SE)	μg	(SE)	μg	(SE)	μg	(SE)	μg	(SE)	μg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	#		1071	800	(77.4)	#		800	(77.4)		--	--	--			801	(77.4)	
20 and over.....	7	(0.9)	1371	1384	(125.6)	70*	(29.7)	1454	(134.8)	73	1864	(454.5)	1071*	(426.0)	2935	(802.5)	1350	(144.2)
2 and over...	4	(0.7)	2442	1192	(92.3)	47*	(20.2)	1239	(99.8)	74	1854	(446.4)	1065*	(423.5)	2920	(792.8)	1161	(102.4)
<b>131-350% poverty:</b>																		
2 - 19.....	#		1053	769	(67.9)	1*	(0.4)	769	(68.1)		--	--	--			769	(68.1)	
20 and over.....	10	(1.4)	1747	1338	(88.3)	235*	(79.7)	1573	(114.0)	148	1301	(241.1)	2460*	(867.8)	3761	(830.6)	1342	(89.9)
2 and over...	7	(1.0)	2800	1185	(73.5)	172*	(56.9)	1357	(87.3)	153	1295	(239.1)	2441*	(855.4)	3735	(817.3)	1177	(74.7)
<b>Over 350% poverty:</b>																		
2 - 19.....	3*	(1.4)	529	837	(44.2)	7*	(3.6)	844	(43.6)		--	--	--			834	(45.0)	
20 and over.....	13	(1.5)	1230	1912	(141.4)	458*	(173.4)	2370	(233.6)	144	1701	(136.6)	3557*	(1213.2)	5258	(1181.7)	1943	(157.8)
2 and over...	11	(1.1)	1759	1715	(117.2)	375*	(143.3)	2091	(196.7)	156	1667	(133.8)	3411*	(1163.6)	5078	(1137.0)	1721	(128.4)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	1	(0.4)	2884	825	(40.8)	2*	(1.0)	827	(41.0)		--	--	--			825	(41.2)	
20 and over.....	11	(1.0)	4809	1584	(81.0)	286	(68.6)	1870	(108.4)	409	1752	(200.2)	2684	(508.7)	4436	(504.7)	1564	(89.7)
2 and over...	8	(0.7)	7693	1397	(70.7)	216	(51.8)	1613	(90.9)	430	1729	(195.5)	2620	(494.4)	4350	(490.9)	1367	(75.6)

See page 23 for footnotes.

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

C a l c i u m																	
Family income as % of poverty level and age (years)	Percent reporting supplement calcium <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>	
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	4	(1.1)	1071	921	(35.2)	10*	(4.2)	932	(36.2)		--		--		--	920 (35.9)	
20 and over.....	18	(1.6)	1371	892	(30.3)	76	(10.4)	967	(25.4)	226	908	(43.0)	420	(40.1)	1328	(49.4) 888 (31.4)	
2 and over...	13	(1.3)	2442	901	(24.1)	54	(8.1)	956	(20.9)	261	912	(41.6)	404	(38.8)	1316	(48.1) 900 (24.0)	
<b>131-350% poverty:</b>																	
2 - 19.....	5	(1.1)	1053	1012	(33.3)	10*	(3.5)	1022	(33.9)		--		--		--	1017 (33.1)	
20 and over.....	28	(1.7)	1747	960	(29.6)	128	(11.6)	1088	(33.3)	422	997	(56.8)	459	(23.9)	1455	(59.0) 946 (28.8)	
2 and over...	22	(1.2)	2800	974	(27.1)	96	(8.3)	1070	(30.7)	470	993	(55.4)	442	(23.8)	1434	(57.0) 969 (25.3)	
<b>Over 350% poverty:</b>																	
2 - 19.....	7	(1.4)	529	1015	(44.7)	15*	(4.4)	1029	(45.0)		--		--		--	1013 (50.7)	
20 and over.....	34	(2.0)	1230	977	(22.4)	165	(13.1)	1142	(29.6)	377	992	(36.6)	480	(38.7)	1471	(54.4) 969 (28.1)	
2 and over...	29	(1.7)	1759	984	(20.4)	137	(11.3)	1121	(27.3)	420	994	(33.8)	466	(35.0)	1461	(49.5) 979 (25.0)	
<b>All Individuals <sup>10</sup>:</b>																	
2 - 19.....	5	(0.8)	2884	978	(28.4)	11	(2.7)	989	(29.7)	134	985	(71.0)	207	(30.3)	1192	(90.4) 978 (29.6)	
20 and over.....	29	(1.3)	4809	946	(18.5)	135	(9.6)	1081	(22.3)	1158	967	(32.9)	465	(22.4)	1432	(41.1) 938 (20.8)	
2 and over...	23	(1.1)	7693	954	(18.8)	104	(7.8)	1058	(22.4)	1292	968	(31.6)	450	(21.4)	1419	(38.7) 950 (20.0)	

See page 23 for footnotes.

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P h o s p h o r u s																		
Family income as % of poverty level and age (years)	Percent reporting supplement phosphorus <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	1 *	(0.4)	1071	1185	(27.7)	2 *	(1.8)	1187	(27.8)		--		--		--	1182 (28.1)		
20 and over.....	7	(1.2)	1371	1304	(31.7)	2	(0.3)	1306	(31.6)	87	1376	(98.1)	28	(2.6)	1404	(98.1) 1299 (31.8)		
2 and over...	5	(0.9)	2442	1265	(22.1)	2 *	(0.6)	1267	(22.1)	94	1386	(92.2)	41 *	(12.3)	1427	(94.6) 1259 (21.7)		
<b>131-350% poverty:</b>																		
2 - 19.....	1 *	(0.6)	1053	1262	(34.2)	#		1262	(34.1)		--		--		--	1263 (34.1)		
20 and over.....	12	(1.5)	1747	1381	(32.0)	6	(1.0)	1387	(31.9)	180	1499	(79.9)	50	(7.6)	1549	(81.6) 1364 (31.4)		
2 and over...	9	(1.0)	2800	1349	(26.6)	5	(0.7)	1353	(26.5)	188	1488	(74.4)	50	(7.3)	1538	(76.0) 1335 (26.2)		
<b>Over 350% poverty:</b>																		
2 - 19.....	1 *	(0.5)	529	1272	(51.9)	#		1272	(51.8)		--		--		--	1272 (52.5)		
20 and over.....	13	(0.9)	1230	1452	(31.6)	6	(0.7)	1458	(31.6)	145	1534	(102.4)	46	(4.4)	1580	(103.1) 1439 (33.2)		
2 and over...	11	(0.9)	1759	1419	(28.9)	5	(0.6)	1424	(28.9)	152	1528	(100.4)	46	(4.3)	1574	(101.0) 1405 (30.1)		
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	1	(0.3)	2884	1236	(24.5)	1 *	(0.5)	1237	(24.5)		--		--		--	1236 (24.7)		
20 and over.....	12	(0.9)	4809	1386	(21.4)	5	(0.5)	1392	(21.4)	471	1473	(67.3)	46	(3.0)	1519	(66.4) 1375 (21.5)		
2 and over...	9	(0.7)	7693	1349	(20.6)	4	(0.4)	1353	(20.6)	497	1467	(64.9)	47	(3.0)	1514	(63.9) 1337 (21.2)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																		
Family income as % of poverty level and age (years)	Percent reporting supplement magnesium <sup>9</sup> % (SE)		Sample Size	All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	2	(0.7)	1071	218	(4.7)	2 *	(1.1)	221	(5.3)		--		--		--		217 (4.5)	
20 and over.....	13	(1.9)	1371	275	(6.7)	15	(2.9)	290	(7.6)	146	305 (23.9)	117 (16.9)	422 (30.9)			271 (7.1)		
2 and over...	9	(1.4)	2442	256	(4.7)	11	(2.0)	267	(5.3)	161	304 (23.0)	116 (15.4)	420 (29.2)			252 (4.6)		
<b>131-350% poverty:</b>																		
2 - 19.....	3	(0.8)	1053	235	(5.3)	1 *	(0.6)	237	(5.3)		--		--		--	235 (5.4)		
20 and over.....	20	(1.3)	1747	300	(6.2)	29	(3.5)	329	(7.3)	299	336 (20.3)	143 (17.2)	479 (28.4)			291 (4.9)		
2 and over...	16	(0.9)	2800	282	(5.5)	22	(2.7)	304	(6.5)	322	332 (18.6)	139 (16.0)	471 (25.1)			273 (4.3)		
<b>Over 350% poverty:</b>																		
2 - 19.....	4	(1.2)	529	241	(7.6)	9 *	(4.1)	250	(8.7)		--		--		--	240 (8.7)		
20 and over.....	24	(2.4)	1230	328	(6.8)	38	(5.8)	366	(9.3)	259	343 (10.3)	157 (13.5)	500 (14.4)			324 (8.3)		
2 and over...	21	(2.0)	1759	312	(5.8)	33	(4.6)	345	(8.3)	277	340 (9.8)	159 (12.0)	499 (11.9)			305 (7.3)		
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	3	(0.6)	2884	231	(3.8)	4 *	(1.3)	235	(4.3)		--		--		--	230 (4.1)		
20 and over.....	21	(1.4)	4809	306	(5.2)	30	(3.4)	336	(6.4)	796	334 (11.2)	144 (10.2)	477 (13.2)			299 (5.1)		
2 and over...	16	(1.2)	7693	288	(4.9)	23	(2.6)	311	(6.0)	856	330 (10.6)	143 (9.1)	474 (11.7)			279 (4.8)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

I r o n																	
Family income as % of poverty level and age (years)	Percent reporting supplement iron <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>	
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement	
	mg (SE)	mg (SE)		mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	4	(1.0)	1071	13.8	(0.43)	0.6*	(0.23)	14.4	(0.37)		--		--		--		13.8 (0.43)
20 and over.....	9	(1.0)	1371	13.1	(0.28)	2.8	(0.47)	15.9	(0.50)	116	12.8	(0.84)	32.1	(5.10)	44.9	(5.09)	13.2 (0.29)
2 and over...	7	(0.8)	2442	13.4	(0.24)	2.1	(0.32)	15.4	(0.32)	151	12.8	(0.77)	28.7	(3.68)	41.5	(3.76)	13.4 (0.24)
<b>131-350% poverty:</b>																	
2 - 19.....	2	(0.4)	1053	14.1	(0.53)	0.4*	(0.14)	14.5	(0.54)		--		--		--		14.1 (0.55)
20 and over.....	11	(0.7)	1747	14.3	(0.25)	2.6	(0.23)	17.0	(0.35)	196	12.4	(0.67)	23.8	(2.17)	36.2	(2.22)	14.6 (0.28)
2 and over...	9	(0.4)	2800	14.3	(0.20)	2.0	(0.18)	16.3	(0.27)	227	12.4	(0.64)	23.5	(2.09)	35.9	(2.21)	14.4 (0.23)
<b>Over 350% poverty:</b>																	
2 - 19.....	4	(0.7)	529	13.7	(0.46)	0.5	(0.11)	14.2	(0.48)		--		--		--		13.7 (0.48)
20 and over.....	13	(1.3)	1230	14.3	(0.29)	2.7	(0.37)	17.0	(0.50)	156	14.6	(0.79)	19.8	(2.11)	34.4	(2.55)	14.3 (0.34)
2 and over...	12	(1.0)	1759	14.2	(0.26)	2.3	(0.30)	16.5	(0.42)	182	14.5	(0.73)	19.4	(2.01)	34.0	(2.42)	14.1 (0.32)
<b>All Individuals <sup>10</sup>:</b>																	
2 - 19.....	3	(0.4)	2884	13.8	(0.30)	0.6	(0.11)	14.4	(0.31)	101	12.9	(0.70)	18.3	(2.46)	31.2	(2.45)	13.8 (0.31)
20 and over.....	12	(0.8)	4809	14.0	(0.16)	2.7	(0.19)	16.8	(0.24)	518	13.4	(0.58)	23.5	(1.34)	36.8	(1.46)	14.1 (0.18)
2 and over...	10	(0.6)	7693	14.0	(0.16)	2.2	(0.15)	16.2	(0.19)	619	13.3	(0.54)	23.0	(1.29)	36.4	(1.37)	14.0 (0.19)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

Z i n c																		
Family income as % of poverty level and age (years)	Percent reporting supplement zinc <sup>9</sup> % (SE)		Sample Size	<i>All Individuals</i> <sup>6</sup>						<i>Supplement Users</i> <sup>7</sup>						<i>-Non-users</i> <sup>8</sup>		
				Food		Supplement		Food plus supplement		Food		Supplement		Food plus supplement		Food		
				mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
<b>Under 131% poverty:</b>																		
2 - 19.....	8	(1.8)	1071	9.7	(0.21)	0.3*	(0.11)	10.1	(0.23)	81	8.6	(0.46)	4.4	(0.66)	13.0	(0.87)	9.8	(0.23)
20 and over.....	14	(1.3)	1371	10.3	(0.29)	2.4	(0.33)	12.7	(0.47)	169	9.7	(0.55)	16.9	(2.34)	26.6	(2.73)	10.4	(0.28)
2 and over...	12	(1.3)	2442	10.1	(0.20)	1.7	(0.24)	11.8	(0.34)	250	9.5	(0.48)	14.3	(1.78)	23.7	(2.09)	10.2	(0.19)
<b>131-350% poverty:</b>																		
2 - 19.....	15	(2.0)	1053	10.2	(0.29)	0.8*	(0.24)	11.0	(0.42)	134	10.5	(0.76)	5.4	(1.59)	15.8	(1.54)	10.2	(0.31)
20 and over.....	23	(1.7)	1747	11.4	(0.27)	3.6	(0.26)	14.9	(0.34)	355	11.6	(0.52)	15.3	(0.68)	26.8	(0.77)	11.3	(0.30)
2 and over...	21	(1.2)	2800	11.1	(0.21)	2.8	(0.20)	13.9	(0.26)	489	11.4	(0.42)	13.4	(0.73)	24.8	(0.70)	11.0	(0.25)
<b>Over 350% poverty:</b>																		
2 - 19.....	15	(1.6)	529	9.9	(0.46)	0.8	(0.18)	10.7	(0.45)	95	8.8	(0.42)	5.3	(1.15)	14.1	(1.30)	10.1	(0.53)
20 and over.....	26	(2.1)	1230	11.8	(0.31)	4.3	(0.36)	16.1	(0.48)	301	12.4	(0.38)	16.5	(1.07)	28.9	(1.22)	11.6	(0.36)
2 and over...	24	(1.8)	1759	11.4	(0.29)	3.6	(0.30)	15.1	(0.44)	396	11.9	(0.33)	15.2	(0.96)	27.2	(1.09)	11.3	(0.35)
<b>All Individuals <sup>10</sup>:</b>																		
2 - 19.....	12	(1.5)	2884	9.9	(0.22)	0.6	(0.12)	10.5	(0.27)	325	9.5	(0.40)	5.2	(0.85)	14.7	(0.84)	10.0	(0.26)
20 and over.....	23	(1.3)	4809	11.2	(0.18)	3.7	(0.19)	15.0	(0.25)	921	11.6	(0.31)	16.4	(0.47)	28.0	(0.55)	11.1	(0.19)
2 and over...	20	(1.1)	7693	10.9	(0.18)	3.0	(0.16)	13.9	(0.24)	1246	11.3	(0.27)	14.7	(0.43)	26.0	(0.42)	10.8	(0.20)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (continued)

C o p p e r																		
<div><div><div></div><div><i>All Individuals</i><sup>6</sup></div></div><div><div></div><div><i>Supplement Users</i><sup>7</sup></div></div><div><div></div><div><i>Non-users</i><sup>8</sup></div></div></div>																		
Family income as % of poverty level and age (years)	Percent reporting supplement copper <sup>9</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 19.....	2	(0.8)	1071	0.9	(0.02)	#		0.9	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	11	(1.2)	1371	1.1	(0.03)	0.1	(0.03)	1.3	(0.04)	136	1.3	(0.12)	1.3	(0.20)	2.6	(0.23)	1.1	(0.03)
2 and over...	8	(0.9)	2442	1.0	(0.02)	0.1	(0.02)	1.1	(0.03)	156	1.3	(0.11)	1.3	(0.18)	2.6	(0.21)	1.0	(0.02)
<b>131-350% poverty:</b>																		
2 - 19.....	2	(0.7)	1053	0.9	(0.02)	#		0.9	(0.02)		--		--		--		0.9	(0.02)
20 and over.....	20	(1.8)	1747	1.2	(0.02)	0.3	(0.02)	1.5	(0.03)	308	1.3	(0.04)	1.3	(0.07)	2.6	(0.07)	1.2	(0.02)
2 and over...	15	(1.2)	2800	1.1	(0.01)	0.2	(0.02)	1.3	(0.03)	335	1.3	(0.04)	1.3	(0.07)	2.6	(0.07)	1.1	(0.02)
<b>Over 350% poverty:</b>																		
2 - 19.....	3*	(0.6)	529	1.0	(0.03)	#		1.0	(0.03)		--		--		--		1.0	(0.03)
20 and over.....	22	(1.7)	1230	1.3	(0.03)	0.3	(0.02)	1.6	(0.04)	250	1.4	(0.07)	1.3	(0.08)	2.7	(0.08)	1.3	(0.03)
2 and over...	19	(1.5)	1759	1.3	(0.03)	0.2	(0.02)	1.5	(0.04)	272	1.4	(0.06)	1.3	(0.08)	2.7	(0.08)	1.2	(0.03)
<b>All Individuals<sup>10</sup>:</b>																		
2 - 19.....	2	(0.4)	2884	0.9	(0.02)	#		0.9	(0.02)	76	1.1	(0.07)	1.3	(0.13)	2.3	(0.09)	0.9	(0.02)
20 and over.....	19	(1.2)	4809	1.2	(0.02)	0.2	(0.01)	1.5	(0.03)	777	1.3	(0.05)	1.3	(0.04)	2.6	(0.06)	1.2	(0.02)
2 and over...	15	(0.9)	7693	1.2	(0.02)	0.2	(0.01)	1.4	(0.03)	853	1.3	(0.05)	1.3	(0.05)	2.6	(0.06)	1.1	(0.02)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

S o d i u m																		
Family income as % of poverty level and age (years)	Percent reporting sodium <sup>9</sup>  %		Sample Size	All Individuals <sup>6</sup>						Supplement Users <sup>7</sup>						Non-users <sup>8</sup>		
				Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food
		(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
Under 131% poverty:																		
2 - 19.....	3	(1.0)	1071	3005	(71.0)	#		3006	(70.9)		--		--		--		3006	(76.3)
20 and over.....	4	(0.8)	1371	3430	(66.5)	2*	(0.6)	3432	(66.7)		--		--		--		3396	(71.1)
2 and over...	4	(0.7)	2442	3290	(40.4)	1*	(0.4)	3292	(40.4)	79	3895	(499.7)	35	(7.9)	3929	(497.8)	3267	(40.0)
131-350% poverty:																		
2 - 19.....	3	(1.1)	1053	2987	(63.4)	1*	(0.3)	2988	(63.5)		--		--		--		2998	(61.6)
20 and over.....	8	(0.9)	1747	3563	(77.5)	3	(0.8)	3566	(77.4)	108	3583	(270.3)	39	(8.7)	3622	(269.6)	3561	(68.5)
2 and over...	7	(0.8)	2800	3409	(57.5)	3	(0.6)	3411	(57.3)	139	3470	(192.9)	37	(7.8)	3507	(191.4)	3404	(54.7)
Over 350% poverty:																		
2 - 19.....	6	(1.8)	529	3082	(123.6)	1	(0.1)	3082	(123.6)		--		--		--		3114	(131.0)
20 and over.....	9	(1.1)	1230	3673	(67.8)	3	(0.7)	3676	(67.8)	103	3673	(258.2)	31	(6.9)	3704	(259.7)	3673	(74.5)
2 and over...	9	(0.8)	1759	3565	(62.8)	2	(0.6)	3567	(62.9)	132	3534	(241.7)	28	(6.3)	3562	(243.3)	3568	(68.0)
All Individuals <sup>10</sup> :																		
2 - 19.....	4	(0.9)	2884	3009	(36.8)	1	(0.1)	3010	(36.8)	94	2710	(143.6)	14	(3.1)	2724	(144.9)	3021	(37.9)
20 and over.....	8	(0.6)	4809	3552	(41.6)	3	(0.4)	3554	(41.5)	293	3661	(172.0)	35	(4.7)	3695	(172.6)	3543	(41.7)
2 and over...	7	(0.5)	7693	3418	(34.8)	2	(0.3)	3420	(34.7)	387	3535	(147.1)	32	(4.0)	3567	(147.8)	3409	(35.6)

See page 23 for footnotes.

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Family income as % of poverty level and age (years)	P o t a s s i u m															
	All Individuals <sup>6</sup>								Supplement Users <sup>7</sup>							
	Percent reporting supplement potassium <sup>9</sup> % (SE)	Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)
<b>Under 131% poverty:</b>																
2 - 19.....	1 * (0.5)	1071	2044 (41.0)	1 * (0.4)	2045 (40.9)		--	--	--	2035 (41.6)						
20 and over.....	10 (1.4)	1371	2421 (56.3)	13 (2.4)	2434 (56.3)	124	2852 (169.0)	131 (16.6)	2983 (170.3)	2375 (62.3)						
2 and over...	7 (1.1)	2442	2297 (43.7)	9 (1.8)	2306 (43.9)	132	2853 (164.7)	127 (15.1)	2980 (167.0)	2256 (44.4)						
<b>131-350% poverty:</b>																
2 - 19.....	1 * (0.2)	1053	2092 (42.4)	1 (0.3)	2093 (42.4)		--	--	--	2090 (43.1)						
20 and over.....	14 (1.6)	1747	2575 (54.7)	17 (3.2)	2592 (55.6)	228	2824 (104.7)	121 (14.5)	2945 (113.8)	2533 (61.5)						
2 and over...	11 (1.1)	2800	2445 (45.8)	13 (2.3)	2458 (46.2)	240	2814 (99.9)	121 (14.4)	2934 (109.1)	2401 (51.3)						
<b>Over 350% poverty:</b>																
2 - 19.....	2 * (0.7)	529	2129 (85.2)	1 * (0.4)	2129 (85.0)		--	--	--	2127 (85.7)						
20 and over.....	18 (2.1)	1230	2808 (47.0)	20 (4.0)	2828 (46.9)	180	3036 (133.0)	113 (13.2)	3149 (128.3)	2759 (59.7)						
2 and over...	15 (1.9)	1759	2684 (40.9)	16 (3.4)	2700 (41.7)	191	3015 (124.4)	111 (13.1)	3127 (119.7)	2626 (55.1)						
<b>All Individuals <sup>10</sup>:</b>																
2 - 19.....	1 (0.2)	2884	2084 (30.8)	1 (0.2)	2084 (30.7)		--	--	--	2080 (30.4)						
20 and over.....	15 (1.1)	4809	2637 (39.1)	18 (1.9)	2654 (39.2)	601	2896 (87.9)	115 (7.4)	3011 (88.0)	2590 (47.2)						
2 and over...	12 (0.9)	7693	2500 (36.2)	13 (1.5)	2514 (36.4)	635	2882 (83.3)	114 (7.5)	2996 (83.7)	2449 (42.5)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

**Table 40. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Family Income (as % of Poverty Level<sup>5</sup>) and Age, in the United States, 2015-2016 (*continued*)

Family income as % of poverty level and age (years)	S e l e n i u m															
	All Individuals <sup>6</sup>								Supplement Users <sup>7</sup>							
	Percent reporting supplement selenium <sup>9</sup> % (SE)	Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)
<b>Under 131% poverty:</b>																
2 - 19.....	1* (0.6)	1071	94.9 (2.32)	0.3* (0.19)	95.2 (2.37)		--	--	--	95.0 (2.40)						
20 and over.....	12 (1.3)	1371	112.0 (2.51)	6.6 (1.09)	118.6 (2.92)	134	106.2 (5.98)	55.5 (5.57)	161.7 (7.76)	112.8 (2.82)						
2 and over...	8 (1.0)	2442	106.4 (1.43)	4.5 (0.79)	110.9 (1.80)	142	105.2 (5.92)	54.2 (5.40)	159.4 (7.50)	106.5 (1.56)						
<b>131-350% poverty:</b>																
2 - 19.....	2 (0.8)	1053	96.4 (2.43)	0.6* (0.25)	97.0 (2.55)		--	--	--	96.3 (2.52)						
20 and over.....	20 (1.5)	1747	115.9 (2.29)	12.5 (1.14)	128.5 (2.34)	299	109.0 (4.11)	63.9 (5.41)	172.9 (6.25)	117.6 (2.40)						
2 and over...	15 (1.1)	2800	110.7 (1.64)	9.3 (0.89)	120.0 (1.80)	316	108.7 (4.05)	62.9 (5.17)	171.6 (6.04)	111.0 (1.75)						
<b>Over 350% poverty:</b>																
2 - 19.....	2* (0.6)	529	101.2 (4.68)	1.1* (0.36)	102.2 (4.50)		--	--	--	100.7 (4.88)						
20 and over.....	22 (2.1)	1230	120.1 (4.11)	13.4 (1.57)	133.5 (4.44)	247	125.5 (4.04)	60.5 (4.25)	186.0 (5.93)	118.6 (4.53)						
2 and over...	19 (1.8)	1759	116.7 (3.62)	11.1 (1.32)	127.8 (3.98)	262	125.4 (3.88)	60.1 (4.12)	185.5 (5.75)	114.7 (3.96)						
<b>All Individuals <sup>10</sup>:</b>																
2 - 19.....	2 (0.4)	2884	97.0 (1.48)	0.6 (0.19)	97.6 (1.51)		--	--	--	96.9 (1.50)						
20 and over.....	19 (1.3)	4809	115.9 (2.00)	11.5 (0.92)	127.3 (2.17)	756	115.3 (3.17)	59.7 (2.86)	175.0 (4.65)	116.0 (2.22)						
2 and over...	15 (1.1)	7693	111.2 (1.73)	8.8 (0.73)	120.0 (1.89)	799	114.9 (3.12)	59.1 (2.72)	174.0 (4.44)	110.6 (1.91)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2015-2016, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

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

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate +  $(1.7 \times \mu\text{g folic acid})$ .

**Vitamin D:**  $1 \mu\text{g} = 40$  International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_I) of NHANES 2015-2016. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT\\_I.htm](https://wwwn.cdc.gov/nchs/nhanes/2015-2016/DS1TOT_I.htm).

<sup>5</sup> 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/>.

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

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

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

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

<sup>10</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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

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

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

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

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

----- <i>Nutrient per 1000 kcal</i> -----																		
Gender and age	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Males:</b>																		
2 - 5.....	1.16	(0.023)	11.1	(0.34)	0.96	(0.024)	122	(7.8)	86	(3.2)	293	(11.6)	146	(5.5)	2.68	(0.102)	0.65	(0.081)
6 - 11.....	1.03	(0.031)	11.1	(0.27)	0.88	(0.029)	107	(3.2)	81	(2.1)	262	(6.1)	131	(3.1)	2.37	(0.121)	0.61	(0.065)
12 - 19.....	1.05	(0.027)	13.1	(0.35)	1.00	(0.042)	114	(2.7)	84	(1.8)	277	(4.3)	138	(4.2)	2.78	(0.121)	0.84	(0.104)
20 - 29.....	1.02	(0.039)	14.5	(0.46)	1.18	(0.082)	91	(7.6)	97	(3.1)	251	(12.1)	159	(6.0)	2.48	(0.116)	0.67	(0.106)
30 - 39.....	1.00	(0.035)	13.2	(0.38)	1.08	(0.048)	82	(10.2)	104	(6.5)	244	(19.9)	160	(4.0)	2.65	(0.257)	0.65	(0.093)
40 - 49.....	1.05	(0.040)	13.3	(0.57)	1.05	(0.058)	83	(8.2)	106	(3.9)	247	(16.5)	165	(5.3)	2.55	(0.189)	0.58	(0.112)
50 - 59.....	1.07	(0.044)	12.4	(0.57)	1.00	(0.059)	71	(4.0)	103	(3.4)	224	(7.2)	170	(5.8)	2.41	(0.224)	0.45*	(0.135)
60 - 69.....	1.13	(0.049)	13.2	(0.70)	1.02	(0.062)	83	(6.7)	115	(6.9)	257	(14.7)	171	(7.7)	2.22	(0.130)	0.45	(0.117)
70 and over.....	1.15	(0.030)	12.3	(0.39)	1.03	(0.035)	106	(7.6)	109	(4.7)	290	(12.5)	167	(7.3)	2.51	(0.152)	0.61	(0.105)
2 - 19.....	1.07	(0.017)	12.0	(0.22)	0.95	(0.024)	113	(2.3)	83	(1.4)	275	(3.1)	137	(2.8)	2.62	(0.075)	0.72	(0.056)
20 and over...	1.06	(0.011)	13.2	(0.27)	1.07	(0.029)	85	(3.3)	105	(2.4)	250	(6.3)	165	(2.7)	2.48	(0.075)	0.57	(0.051)
2 and over...	1.06	(0.011)	12.9	(0.22)	1.04	(0.023)	92	(2.4)	99	(1.9)	256	(4.8)	158	(2.2)	2.51	(0.058)	0.61	(0.042)
<b>Females:</b>																		
2 - 5.....	1.18	(0.048)	11.1	(0.35)	0.98	(0.041)	106	(9.1)	91	(2.3)	271	(16.0)	149	(6.8)	2.76	(0.148)	0.70	(0.094)
6 - 11.....	1.04	(0.025)	11.1	(0.31)	0.88	(0.030)	113	(5.3)	82	(2.1)	274	(8.7)	133	(5.5)	2.41	(0.083)	0.60	(0.058)
12 - 19.....	0.96	(0.025)	11.9	(0.27)	0.95	(0.026)	112	(5.4)	87	(1.6)	276	(8.9)	132	(3.7)	2.28	(0.095)	0.63	(0.054)
20 - 29.....	1.01	(0.030)	12.9	(0.34)	1.12	(0.049)	90	(3.6)	105	(4.0)	257	(6.9)	159	(5.6)	2.32	(0.122)	0.67	(0.134)
30 - 39.....	1.09	(0.055)	13.5	(0.58)	1.17	(0.079)	82	(5.5)	115	(6.7)	255	(8.9)	165	(7.4)	2.32	(0.137)	0.60	(0.105)
40 - 49.....	1.07	(0.035)	12.1	(0.37)	1.01	(0.052)	86	(7.6)	111	(4.0)	257	(14.0)	169	(8.6)	2.39	(0.131)	0.47	(0.073)
50 - 59.....	1.10	(0.050)	11.8	(0.34)	0.98	(0.036)	80	(4.5)	120	(4.7)	256	(9.9)	165	(5.8)	2.23	(0.139)	0.51	(0.093)
60 - 69.....	1.05	(0.022)	11.3	(0.49)	0.94	(0.047)	70	(5.4)	123	(5.3)	242	(11.0)	171	(5.2)	2.32	(0.157)	0.29	(0.065)
70 and over.....	1.06	(0.017)	11.6	(0.36)	0.95	(0.025)	86	(5.0)	110	(4.4)	256	(5.6)	163	(5.7)	2.28	(0.141)	0.42	(0.060)
2 - 19.....	1.03	(0.018)	11.5	(0.21)	0.93	(0.020)	111	(4.3)	86	(1.3)	275	(7.3)	136	(3.1)	2.43	(0.063)	0.64	(0.041)
20 and over...	1.07	(0.020)	12.2	(0.20)	1.03	(0.025)	83	(2.2)	114	(2.3)	254	(5.3)	165	(1.5)	2.31	(0.047)	0.50	(0.042)
2 and over...	1.06	(0.016)	12.1	(0.16)	1.01	(0.018)	89	(2.3)	108	(2.1)	259	(4.5)	158	(1.3)	2.34	(0.032)	0.53	(0.031)
<b>Males and females:</b>																		
2 - 19.....	1.05	(0.016)	11.7	(0.18)	0.94	(0.019)	112	(2.8)	85	(1.0)	275	(4.4)	137	(2.4)	2.52	(0.056)	0.68	(0.041)
20 and over...	1.06	(0.012)	12.7	(0.18)	1.05	(0.017)	84	(1.8)	110	(1.7)	252	(3.9)	165	(1.3)	2.39	(0.041)	0.54	(0.037)
2 and over...	1.06	(0.011)	12.5	(0.15)	1.02	(0.013)	91	(1.6)	104	(1.6)	258	(3.1)	158	(1.1)	2.42	(0.034)	0.57	(0.028)



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

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



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

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

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

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

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

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

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

----- Nutrient per 1000 kcal -----								
Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Males:</b>								
2 - 5.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.003)
20 - 29.....	0.08	(0.005)	0.01	(0.001)	0.01	(0.001)	0.03	(0.005)
30 - 39.....	0.08	(0.006)	0.02*	(0.006)	0.01	(0.002)	0.03*	(0.012)
40 - 49.....	0.07	(0.003)	0.02	(0.003)	0.01	(0.001)	0.03	(0.004)
50 - 59.....	0.08	(0.005)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
60 - 69.....	0.08	(0.007)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
70 and over.....	0.07	(0.007)	0.01	(0.004)	0.01	(0.001)	0.03	(0.006)
2 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over...	0.08	(0.003)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
<b>Females:</b>								
2 - 5.....	0.06	(0.004)	#		0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.004)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
20 - 29.....	0.08	(0.004)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
30 - 39.....	0.08	(0.005)	0.02	(0.003)	0.01	(0.002)	0.03	(0.007)
40 - 49.....	0.08	(0.007)	0.01	(0.003)	0.01	(0.001)	0.04	(0.006)
50 - 59.....	0.08	(0.005)	0.01	(0.002)	0.01	(0.002)	0.03	(0.004)
60 - 69.....	0.07	(0.005)	0.02	(0.004)	0.01	(0.002)	0.04	(0.007)
70 and over.....	0.07	(0.003)	0.02	(0.004)	0.01	(0.002)	0.04	(0.008)
2 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
<b>Males and females:</b>								
2 - 19.....	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

### Symbol Legend

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

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

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

### Footnotes

<sup>1</sup> Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2015-2016

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

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2015-2016. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2015-2016 [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016

----- <i>Nutrient per 1000 kcal</i> -----																			
Race/ethnicity and age (years)	Sample size <sup>1</sup>	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																			
2 - 5.....	209	1410	(38.9)	36.9	(0.74)	130	(1.6)	63	(1.2)	8.0	(0.23)	38.6	(0.53)	14.2	(0.25)	13.0	(0.29)	7.9	(0.22)
6 - 11.....	300	1938	(53.6)	34.4	(0.72)	132	(2.1)	61	(1.3)	7.5	(0.28)	38.6	(0.70)	14.0	(0.37)	12.9	(0.35)	8.2	(0.21)
12 - 19.....	322	2069	(71.7)	37.2	(0.66)	128	(1.6)	58	(1.6)	7.6	(0.21)	39.1	(0.58)	13.9	(0.29)	13.3	(0.24)	8.3	(0.15)
20 and over...	1711	2109	(24.9)	39.8	(0.57)	114	(1.3)	51	(0.9)	8.4	(0.19)	40.4	(0.44)	13.4	(0.16)	14.1	(0.18)	9.3	(0.18)
2 and over...	2542	2063	(21.5)	39.1	(0.48)	117	(1.0)	53	(0.8)	8.2	(0.17)	40.1	(0.33)	13.5	(0.13)	13.9	(0.15)	9.1	(0.15)
<b>Non-Hispanic Black:</b>																			
2 - 5.....	160	1651	(81.2)	34.8	(1.14)	137	(1.8)	65	(1.7)	7.8	(0.31)	36.3	(0.87)	11.9	(0.33)	12.5	(0.41)	8.7	(0.52)
6 - 11.....	220	1912	(53.9)	36.1	(0.75)	130	(1.9)	57	(1.7)	7.5	(0.45)	38.5	(0.47)	12.8	(0.29)	13.1	(0.23)	9.2	(0.16)
12 - 19.....	275	1981	(73.4)	34.8	(0.79)	129	(2.1)	57	(1.6)	6.7	(0.11)	39.0	(0.84)	12.9	(0.30)	13.4	(0.38)	9.1	(0.34)
20 and over...	1060	2051	(35.9)	38.5	(0.60)	119	(1.6)	53	(1.2)	7.3	(0.19)	39.3	(0.52)	12.2	(0.21)	13.9	(0.17)	9.6	(0.20)
2 and over...	1715	2002	(32.1)	37.5	(0.47)	123	(1.2)	55	(1.0)	7.2	(0.15)	39.0	(0.38)	12.3	(0.14)	13.7	(0.15)	9.4	(0.17)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																			
2 - 5.....	34	1422*	(87.4)	37.4*	(2.15)	130*	(2.2)	61*	(1.7)	7.6*	(0.66)	38.2*	(0.63)	14.7*	(0.56)	13.0*	(0.35)	7.0*	(0.30)
6 - 11.....	70	1984*	(106.4)	38.6*	(1.18)	131*	(2.4)	46*	(1.8)	7.7*	(0.47)	36.5*	(1.19)	12.4*	(0.73)	12.1*	(0.42)	8.7*	(0.32)
12 - 19.....	123	1991	(96.2)	41.7	(1.06)	129	(2.2)	48	(1.4)	8.2	(0.51)	35.8	(0.68)	11.7	(0.33)	12.6	(0.39)	8.3	(0.34)
20 and over...	521	1911	(40.6)	42.9	(0.56)	128	(1.0)	42	(0.9)	10.6	(0.29)	34.9	(0.52)	10.5	(0.17)	12.7	(0.18)	8.5	(0.27)
2 and over...	748	1909	(38.2)	42.3	(0.52)	129	(0.9)	44	(0.9)	10.1	(0.26)	35.2	(0.44)	10.8	(0.15)	12.6	(0.14)	8.5	(0.23)
<b>Hispanic:</b>																			
2 - 5.....	205	1500	(54.5)	37.0	(0.68)	133	(2.3)	63	(1.7)	8.5	(0.34)	36.8	(0.88)	13.1	(0.35)	12.4	(0.51)	8.0	(0.29)
6 - 11.....	379	1795	(51.8)	37.5	(0.77)	130	(1.3)	57	(1.0)	8.2	(0.17)	38.2	(0.63)	13.2	(0.21)	13.0	(0.28)	8.5	(0.21)
12 - 19.....	405	1969	(52.1)	36.7	(0.66)	129	(1.6)	55	(2.1)	8.1	(0.18)	38.3	(0.64)	12.8	(0.37)	12.8	(0.20)	9.1	(0.12)
20 and over...	1543	2179	(23.0)	40.9	(0.63)	123	(1.3)	51	(0.9)	9.2	(0.22)	37.5	(0.43)	12.2	(0.16)	13.1	(0.16)	8.5	(0.17)
2 and over...	2532	2053	(21.3)	39.6	(0.48)	125	(1.0)	53	(0.8)	8.8	(0.17)	37.7	(0.34)	12.5	(0.12)	13.0	(0.15)	8.6	(0.10)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Race/ethnicity and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	122	(7.6)	325	(17.3)	413	(18.5)	247*	(107.9)	909	(249.8)	40	(6.5)	2464	(414.0)	440	(51.4)	0.83	(0.022)
6 - 11.....	111	(4.8)	276	(11.3)	351	(15.6)	197	(40.5)	780	(126.0)	29	(4.0)	2051	(274.2)	431	(34.2)	0.82	(0.027)
12 - 19.....	116	(6.5)	245	(14.0)	308	(18.5)	126	(31.3)	692	(128.6)	29	(4.3)	2258	(286.5)	466	(50.9)	0.86	(0.023)
20 and over...	141	(2.9)	223	(5.1)	333	(9.3)	234	(26.3)	1184	(88.4)	43	(3.3)	2710	(215.6)	796	(46.2)	0.78	(0.011)
2 and over...	136	(2.2)	233	(4.5)	335	(7.2)	223	(24.1)	1102	(81.0)	40	(2.6)	2615	(197.3)	727	(41.1)	0.79	(0.010)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	113	(5.5)	249	(23.2)	322	(25.1)	145	(42.8)	786	(107.9)	45	(5.2)	2229	(403.5)	695	(108.3)	0.80	(0.032)
6 - 11.....	127	(10.0)	228	(11.8)	287	(13.3)	119	(31.3)	630	(87.7)	36	(4.9)	1926	(176.6)	496	(59.4)	0.83	(0.020)
12 - 19.....	122	(5.6)	207	(14.0)	255	(15.2)	60	(16.0)	531	(90.2)	27	(2.5)	2437	(250.8)	613	(146.3)	0.80	(0.029)
20 and over...	149	(4.1)	167	(6.0)	282	(10.3)	180	(27.0)	1269	(89.4)	42	(3.9)	2019	(160.4)	969	(88.7)	0.71	(0.016)
2 and over...	141	(3.6)	184	(5.3)	281	(8.3)	156	(20.6)	1077	(69.8)	39	(2.8)	2081	(134.1)	858	(70.4)	0.74	(0.012)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	167*	(19.1)	334*	(18.0)	415*	(30.2)	213*	(78.8)	826*	(246.5)	80*	(30.3)	869*	(319.0)	719*	(162.5)	0.85*	(0.075)
6 - 11.....	142*	(13.3)	231*	(19.3)	351*	(29.0)	369*	(78.7)	1238*	(203.1)	41*	(8.6)	1672*	(380.1)	527*	(117.8)	0.87*	(0.063)
12 - 19.....	139	(3.8)	220	(13.1)	291	(17.3)	160	(18.6)	752	(94.1)	45	(6.6)	1965	(276.5)	604	(98.0)	0.89	(0.025)
20 and over...	139	(4.4)	149	(7.9)	376	(24.2)	404	(60.8)	2463	(224.1)	104	(16.8)	2357	(128.3)	1779	(207.5)	0.89	(0.016)
2 and over...	140	(3.4)	167	(8.1)	367	(19.5)	371	(47.6)	2168	(170.3)	94	(13.8)	2232	(117.4)	1555	(166.3)	0.89	(0.014)
<b>Hispanic:</b>																		
2 - 5.....	133	(5.6)	289	(17.8)	344	(19.6)	125*	(37.5)	567	(92.1)	68	(10.6)	1701	(106.3)	446	(24.9)	0.85	(0.030)
6 - 11.....	129	(5.4)	257	(14.0)	317	(19.8)	159	(36.5)	623	(105.2)	60	(9.5)	2758	(298.2)	356	(16.2)	0.85	(0.025)
12 - 19.....	134	(5.2)	232	(6.7)	286	(7.3)	123	(20.3)	566	(41.6)	40	(6.5)	2432	(227.0)	434	(41.2)	0.82	(0.019)
20 and over...	160	(4.0)	182	(5.7)	263	(7.1)	178	(17.9)	866	(53.6)	59	(11.2)	2343	(115.9)	636	(43.0)	0.75	(0.008)
2 and over...	151	(2.6)	206	(4.6)	279	(5.5)	164	(14.6)	770	(50.7)	57	(8.3)	2358	(77.5)	559	(32.3)	0.78	(0.009)



**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Race/ethnicity and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	1.21	(0.033)	11.2	(0.26)	0.96	(0.027)	118	(9.6)	86	(2.3)	286	(16.4)	144	(6.4)	2.80	(0.124)	0.65	(0.081)
6 - 11.....	1.06	(0.026)	10.7	(0.33)	0.84	(0.027)	108	(7.1)	77	(1.9)	259	(12.4)	125	(4.7)	2.33	(0.118)	0.60	(0.069)
12 - 19.....	1.04	(0.035)	12.7	(0.43)	1.00	(0.047)	113	(4.9)	83	(2.0)	276	(8.4)	132	(5.2)	2.62	(0.144)	0.80	(0.107)
20 and over...	1.12	(0.007)	12.7	(0.23)	1.05	(0.020)	85	(2.2)	108	(2.0)	252	(4.6)	165	(1.8)	2.45	(0.041)	0.58	(0.047)
2 and over...	1.11	(0.008)	12.5	(0.20)	1.03	(0.016)	90	(2.1)	103	(1.9)	256	(3.9)	158	(1.5)	2.47	(0.032)	0.60	(0.040)
<b>Non-Hispanic Black:</b>																		
2 - 5.....	1.05	(0.053)	11.5	(0.31)	0.96	(0.051)	101	(6.7)	81	(3.2)	253	(11.5)	132	(4.1)	2.33	(0.203)	0.65	(0.142)
6 - 11.....	0.97	(0.029)	11.8	(0.38)	0.90	(0.033)	112	(5.8)	83	(4.6)	273	(9.2)	133	(5.1)	2.18	(0.092)	0.54	(0.083)
12 - 19.....	0.90	(0.040)	12.1	(0.32)	0.88	(0.029)	116	(7.8)	77	(2.1)	274	(13.8)	124	(4.2)	2.24	(0.124)	0.66	(0.102)
20 and over...	0.86	(0.020)	12.2	(0.18)	0.98	(0.020)	80	(5.4)	91	(2.2)	227	(9.5)	157	(3.3)	2.15	(0.068)	0.42	(0.040)
2 and over...	0.88	(0.016)	12.1	(0.15)	0.96	(0.017)	89	(3.8)	88	(1.9)	239	(6.6)	149	(2.9)	2.17	(0.055)	0.48	(0.038)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	1.35*	(0.065)	9.4*	(0.87)	1.00*	(0.084)	105*	(14.1)	97*	(6.4)	275*	(23.1)	182*	(16.7)	3.12*	(0.237)	0.76*	(0.163)
6 - 11.....	0.98*	(0.060)	11.1*	(0.70)	0.90*	(0.064)	123*	(14.3)	97*	(6.7)	307*	(25.3)	159*	(9.2)	2.44*	(0.253)	0.48*	(0.135)
12 - 19.....	1.04	(0.050)	13.0	(0.81)	1.05	(0.073)	115	(11.8)	95	(5.1)	290	(18.6)	163	(3.3)	2.56	(0.213)	0.58	(0.136)
20 and over...	0.96	(0.025)	12.9	(0.29)	1.07	(0.025)	97	(3.6)	142	(4.7)	308	(8.7)	174	(3.0)	2.17	(0.088)	0.28	(0.039)
2 and over...	0.98	(0.023)	12.7	(0.29)	1.06	(0.021)	101	(3.1)	133	(4.3)	305	(6.8)	172	(2.5)	2.26	(0.067)	0.34	(0.035)
<b>Hispanic:</b>																		
2 - 5.....	1.15	(0.046)	10.8	(0.42)	0.99	(0.053)	108	(7.6)	98	(3.3)	282	(12.5)	159	(3.9)	2.77	(0.166)	0.74	(0.101)
6 - 11.....	1.04	(0.042)	11.7	(0.41)	0.95	(0.044)	112	(6.3)	88	(2.4)	278	(11.0)	143	(3.6)	2.65	(0.137)	0.69	(0.083)
12 - 19.....	0.99	(0.023)	12.3	(0.32)	0.97	(0.034)	112	(4.9)	92	(2.6)	282	(9.6)	141	(4.4)	2.45	(0.087)	0.70	(0.078)
20 and over...	0.98	(0.007)	12.7	(0.21)	1.03	(0.016)	78	(1.7)	113	(2.6)	247	(3.1)	168	(2.3)	2.23	(0.045)	0.45	(0.038)
2 and over...	1.00	(0.007)	12.4	(0.18)	1.01	(0.014)	90	(1.8)	106	(2.2)	258	(3.2)	160	(1.6)	2.35	(0.038)	0.54	(0.030)



**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																
Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																
2 - 5.....	44.3	(4.00)	4.2	(0.17)	4.0	(0.13)	0.5	(0.11)	34.0	(2.89)	672	(18.6)	745	(18.4)	135	(3.4)
6 - 11.....	30.4	(3.87)	2.9	(0.21)	3.8	(0.09)	0.4	(0.07)	32.0	(1.42)	554	(15.3)	672	(17.7)	123	(2.0)
12 - 19.....	31.4	(3.85)	2.5	(0.22)	3.9	(0.18)	0.3*	(0.11)	37.5	(2.95)	521	(21.9)	662	(13.0)	132	(4.0)
20 and over...	38.7	(1.82)	2.4	(0.08)	4.7	(0.14)	0.7	(0.09)	59.5	(2.84)	486	(8.2)	681	(7.7)	154	(2.2)
2 and over...	37.8	(1.71)	2.5	(0.08)	4.5	(0.13)	0.6	(0.08)	54.6	(2.57)	502	(7.8)	681	(7.5)	149	(2.1)
<b>Non-Hispanic Black:</b>																
2 - 5.....	59.5	(3.42)	3.2	(0.25)	3.9	(0.30)	0.4*	(0.13)	40.4	(4.04)	512	(25.3)	653	(24.5)	130	(4.9)
6 - 11.....	43.9	(2.44)	2.6	(0.17)	3.8	(0.09)	0.2	(0.04)	40.8	(4.35)	472	(21.3)	637	(12.2)	119	(3.3)
12 - 19.....	40.4	(3.49)	2.1	(0.15)	3.8	(0.18)	0.2	(0.06)	43.9	(5.94)	431	(16.3)	594	(9.4)	113	(1.5)
20 and over...	42.9	(2.09)	2.0	(0.10)	4.1	(0.10)	0.4	(0.07)	69.2	(4.19)	401	(10.1)	603	(6.7)	135	(3.1)
2 and over...	43.7	(1.66)	2.1	(0.08)	4.0	(0.09)	0.3	(0.05)	61.1	(2.97)	419	(8.1)	609	(6.1)	130	(2.4)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																
2 - 5.....	44.7*	(6.65)	5.8*	(0.47)	3.9*	(0.30)	0.6*	(0.25)	47.1*	(8.59)	737*	(32.8)	776*	(34.9)	144*	(7.8)
6 - 11.....	34.9*	(4.32)	3.8*	(0.38)	3.7*	(0.19)	0.1*	(0.03)	49.2*	(6.80)	471*	(25.6)	659*	(18.5)	126*	(4.7)
12 - 19.....	41.9	(2.71)	2.8	(0.17)	4.2	(0.36)	0.7*	(0.32)	47.1	(4.25)	505	(22.2)	682	(19.7)	140	(4.5)
20 and over...	55.9	(3.34)	2.7	(0.13)	4.5	(0.13)	0.3	(0.05)	110.9	(8.66)	431	(13.5)	671	(4.7)	175	(3.3)
2 and over...	53.0	(2.82)	2.8	(0.11)	4.4	(0.10)	0.3	(0.05)	98.9	(6.99)	450	(14.2)	675	(5.2)	168	(2.9)
<b>Hispanic:</b>																
2 - 5.....	56.6	(4.72)	4.3	(0.30)	3.8	(0.20)	0.4	(0.10)	31.0	(2.61)	637	(22.4)	731	(14.1)	135	(2.4)
6 - 11.....	45.6	(2.22)	3.2	(0.17)	3.6	(0.09)	0.2*	(0.05)	29.9	(1.64)	531	(19.6)	681	(14.8)	127	(2.4)
12 - 19.....	39.1	(2.69)	2.7	(0.15)	3.9	(0.14)	0.2*	(0.09)	36.1	(1.91)	488	(15.8)	651	(9.9)	125	(2.2)
20 and over...	41.1	(1.52)	2.2	(0.09)	3.9	(0.11)	0.3	(0.05)	46.7	(2.45)	469	(8.6)	679	(7.4)	152	(2.6)
2 and over...	42.4	(1.36)	2.5	(0.05)	3.8	(0.09)	0.3	(0.04)	42.0	(1.96)	491	(8.2)	678	(7.0)	143	(2.2)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																		
2 - 5.....	7.3	(0.25)	5.6	(0.18)	0.5	(0.01)	52.0	(1.23)	1282	(25.3)	1529	(32.0)	3.9	(0.79)	21.2	(3.12)	--	--
6 - 11.....	7.5	(0.25)	5.2	(0.18)	0.5	(0.01)	50.3	(1.26)	1082	(21.1)	1572	(25.2)	9.0	(0.76)	33.5	(2.67)	--	--
12 - 19.....	7.8	(0.27)	5.8	(0.14)	0.5	(0.01)	53.3	(1.22)	1129	(19.3)	1677	(33.2)	37.4*	(12.72)	30.3	(2.44)	--	--
20 and over...	6.9	(0.08)	5.5	(0.07)	0.6	(0.01)	54.7	(1.07)	1331	(16.6)	1704	(19.6)	109.0	(3.09)	16.7	(0.49)	4.8	(0.41)
2 and over...	7.0	(0.07)	5.5	(0.07)	0.6	(0.01)	54.2	(0.93)	1294	(15.2)	1685	(16.4)	91.4	(2.77)	19.2	(0.62)	--	--
<b>Non-Hispanic Black:</b>																		
2 - 5.....	7.2	(0.34)	5.0	(0.40)	0.5	(0.01)	48.1	(1.05)	1275	(28.5)	1488	(24.5)	4.0	(0.69)	20.1	(2.75)	--	--
6 - 11.....	7.4	(0.20)	5.2	(0.15)	0.5	(0.01)	52.6	(1.41)	1127	(25.5)	1694	(37.7)	4.1	(0.50)	16.5	(1.69)	--	--
12 - 19.....	7.4	(0.32)	5.1	(0.27)	0.4	(0.01)	51.0	(1.20)	1002	(20.0)	1681	(26.7)	10.0	(1.34)	13.3	(2.07)	--	--
20 and over...	6.4	(0.15)	5.0	(0.14)	0.6	(0.02)	55.4	(1.08)	1159	(21.8)	1652	(22.8)	41.4	(2.61)	12.4	(1.37)	3.8	(0.39)
2 and over...	6.7	(0.11)	5.0	(0.09)	0.5	(0.01)	54.0	(0.87)	1143	(15.9)	1649	(18.9)	31.1	(1.50)	13.5	(1.19)	--	--
<b>Non-Hispanic Asian<sup>2</sup>:</b>																		
2 - 5.....	7.5*	(0.47)	5.2*	(0.30)	0.6*	(0.04)	54.2*	(5.47)	1396*	(35.7)	1379*	(80.3)	2.1*	(0.86)	17.7*	(7.25)	--	--
6 - 11.....	7.8*	(0.56)	5.3*	(0.37)	0.6*	(0.01)	57.3*	(2.31)	1169*	(43.9)	1766*	(73.9)	3.3*	(0.77)	34.4*	(10.37)	--	--
12 - 19.....	7.5	(0.36)	6.1	(0.27)	0.6	(0.02)	61.5	(1.97)	1285	(27.9)	1810	(72.2)	12.5*	(3.87)	17.9	(2.46)	--	--
20 and over...	7.6	(0.21)	5.6	(0.13)	0.8	(0.01)	64.3	(1.50)	1437	(21.7)	2093	(81.2)	49.1	(2.69)	12.3	(0.73)	1.8	(0.25)
2 and over...	7.6	(0.17)	5.6	(0.11)	0.7	(0.01)	63.3	(1.26)	1405	(17.2)	2023	(76.7)	41.3	(2.31)	14.3	(0.65)	--	--
<b>Hispanic:</b>																		
2 - 5.....	8.1	(0.59)	5.5	(0.13)	0.5	(0.01)	49.0	(0.85)	1361	(33.8)	1487	(40.4)	5.1	(0.92)	17.6	(2.42)	--	--
6 - 11.....	8.0	(0.50)	5.6	(0.20)	0.5	(0.01)	53.5	(1.78)	1177	(25.1)	1625	(17.6)	6.9	(0.68)	22.3	(1.95)	--	--
12 - 19.....	7.8	(0.22)	5.0	(0.09)	0.5	(0.01)	53.2	(1.47)	1136	(18.8)	1687	(32.1)	21.4	(4.06)	18.5	(1.54)	--	--
20 and over...	6.8	(0.11)	5.3	(0.07)	0.6	(0.01)	57.2	(0.87)	1270	(16.8)	1657	(22.0)	62.6	(4.49)	12.3	(1.15)	3.0	(0.26)
2 and over...	7.2	(0.12)	5.3	(0.07)	0.5	(0.01)	55.5	(0.63)	1245	(13.7)	1646	(17.5)	45.6	(3.83)	14.8	(0.94)	--	--

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																
Race/ethnicity and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																
2 - 5.....	0.36	(0.018)	0.24	(0.008)	0.20	(0.017)	0.35	(0.018)	0.48	(0.033)	1.40	(0.040)	7.42	(0.146)	3.22	(0.069)
6 - 11.....	0.30	(0.016)	0.20	(0.011)	0.17	(0.008)	0.31	(0.014)	0.56	(0.054)	1.29	(0.047)	7.38	(0.243)	3.28	(0.101)
12 - 19.....	0.29	(0.012)	0.19	(0.008)	0.16	(0.008)	0.30	(0.012)	0.55	(0.053)	1.28	(0.046)	7.34	(0.154)	3.26	(0.087)
20 and over...	0.27	(0.007)	0.17	(0.004)	0.15	(0.003)	0.29	(0.005)	0.50	(0.021)	1.18	(0.018)	7.14	(0.084)	3.16	(0.050)
2 and over...	0.28	(0.006)	0.18	(0.003)	0.15	(0.003)	0.29	(0.005)	0.51	(0.021)	1.21	(0.016)	7.19	(0.066)	3.18	(0.044)
<b>Non-Hispanic Black:</b>																
2 - 5.....	0.26	(0.022)	0.17	(0.014)	0.14	(0.010)	0.25	(0.018)	0.35	(0.025)	1.01	(0.068)	6.58	(0.153)	2.72	(0.068)
6 - 11.....	0.23	(0.013)	0.16	(0.010)	0.14	(0.007)	0.25	(0.014)	0.43	(0.043)	1.07	(0.054)	7.12	(0.148)	2.95	(0.077)
12 - 19.....	0.21	(0.008)	0.14	(0.005)	0.12	(0.005)	0.23	(0.009)	0.39	(0.033)	1.04	(0.037)	7.34	(0.247)	2.99	(0.065)
20 and over...	0.19	(0.007)	0.13	(0.005)	0.12	(0.005)	0.21	(0.007)	0.42	(0.030)	0.93	(0.028)	6.82	(0.108)	2.93	(0.051)
2 and over...	0.20	(0.006)	0.14	(0.004)	0.12	(0.004)	0.22	(0.006)	0.42	(0.019)	0.97	(0.022)	6.90	(0.079)	2.93	(0.030)
<b>Non-Hispanic Asian<sup>2</sup>:</b>																
2 - 5.....	0.38*	(0.037)	0.29*	(0.034)	0.36*	(0.071)	0.45*	(0.050)	0.56*	(0.103)	1.49*	(0.138)	7.74*	(0.318)	3.12*	(0.118)
6 - 11.....	0.21*	(0.029)	0.14*	(0.019)	0.15*	(0.032)	0.23*	(0.034)	0.50*	(0.167)	1.00*	(0.118)	7.01*	(0.423)	2.84*	(0.153)
12 - 19.....	0.22	(0.031)	0.14	(0.018)	0.12	(0.013)	0.23	(0.018)	0.46	(0.095)	0.98	(0.070)	6.43	(0.136)	2.75	(0.061)
20 and over...	0.16	(0.008)	0.11	(0.005)	0.12	(0.005)	0.19	(0.007)	0.43	(0.035)	0.81	(0.024)	5.94	(0.079)	2.37	(0.046)
2 and over...	0.17	(0.008)	0.12	(0.006)	0.13	(0.007)	0.20	(0.008)	0.44	(0.035)	0.86	(0.026)	6.10	(0.064)	2.46	(0.036)
<b>Hispanic:</b>																
2 - 5.....	0.27	(0.017)	0.19	(0.011)	0.18	(0.015)	0.29	(0.016)	0.48	(0.049)	1.18	(0.054)	7.06	(0.192)	3.00	(0.109)
6 - 11.....	0.25	(0.008)	0.17	(0.004)	0.14	(0.006)	0.26	(0.005)	0.41	(0.024)	1.14	(0.021)	7.25	(0.136)	3.13	(0.060)
12 - 19.....	0.25	(0.012)	0.16	(0.008)	0.13	(0.006)	0.25	(0.012)	0.42	(0.024)	1.08	(0.051)	7.05	(0.189)	2.96	(0.081)
20 and over...	0.21	(0.008)	0.14	(0.005)	0.12	(0.005)	0.22	(0.007)	0.39	(0.015)	1.00	(0.024)	6.78	(0.089)	2.93	(0.034)
2 and over...	0.22	(0.006)	0.15	(0.004)	0.13	(0.003)	0.24	(0.005)	0.40	(0.012)	1.04	(0.018)	6.90	(0.066)	2.97	(0.023)

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----														
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)
<b>Non-Hispanic White:</b>														
2 - 5.....	0.49	(0.026)	12.10	(0.259)	0.12	(0.006)	0.01	(0.001)	7.06	(0.207)	0.69	(0.028)	#	
6 - 11.....	0.49	(0.025)	11.98	(0.323)	0.13	(0.005)	0.01	(0.001)	7.37	(0.201)	0.68	(0.019)	#	
12 - 19.....	0.51	(0.018)	12.32	(0.228)	0.15	(0.009)	0.01	(0.001)	7.45	(0.139)	0.71	(0.022)	0.01	(0.001)
20 and over...	0.55	(0.009)	13.15	(0.168)	0.15	(0.004)	0.02	(0.001)	8.18	(0.153)	0.89	(0.021)	0.01	(0.001)
2 and over...	0.54	(0.007)	12.96	(0.135)	0.15	(0.004)	0.01	(0.001)	8.01	(0.128)	0.85	(0.019)	0.01	(0.001)
<b>Non-Hispanic Black:</b>														
2 - 5.....	0.49	(0.035)	11.71	(0.424)	0.13	(0.010)	0.01	(0.001)	7.77	(0.479)	0.74	(0.066)	#	
6 - 11.....	0.54	(0.029)	12.16	(0.219)	0.14	(0.006)	0.01	(0.002)	8.25	(0.148)	0.76	(0.017)	#	
12 - 19.....	0.55	(0.023)	12.45	(0.357)	0.14	(0.007)	0.01	(0.001)	8.17	(0.320)	0.78	(0.031)	#	
20 and over...	0.61	(0.014)	12.95	(0.160)	0.16	(0.005)	0.02	(0.001)	8.45	(0.179)	0.87	(0.023)	0.01	(#)
2 and over...	0.59	(0.011)	12.72	(0.138)	0.16	(0.004)	0.01	(0.001)	8.35	(0.155)	0.84	(0.019)	0.01	(#)
<b>Non-Hispanic Asian<sup>2</sup>:</b>														
2 - 5.....	0.40*	(0.047)	12.37*	(0.348)	0.10*	(0.013)	#		6.06*	(0.276)	0.73*	(0.027)	#	
6 - 11.....	0.44*	(0.021)	11.40*	(0.398)	0.13*	(0.009)	0.02*	(0.009)	7.64*	(0.288)	0.85*	(0.051)	#	
12 - 19.....	0.49	(0.015)	11.77	(0.398)	0.12	(0.007)	0.01	(0.003)	7.38	(0.305)	0.77	(0.039)	0.01	(0.001)
20 and over...	0.48	(0.022)	11.84	(0.192)	0.15	(0.005)	0.03	(0.006)	7.42	(0.247)	0.84	(0.040)	0.01	(0.001)
2 and over...	0.48	(0.019)	11.83	(0.151)	0.14	(0.004)	0.03	(0.005)	7.39	(0.208)	0.83	(0.036)	0.01	(0.001)
<b>Hispanic:</b>														
2 - 5.....	0.46	(0.030)	11.57	(0.451)	0.12	(0.010)	0.01*	(0.003)	7.10	(0.270)	0.70	(0.021)	#	
6 - 11.....	0.52	(0.018)	12.09	(0.257)	0.13	(0.006)	0.01	(0.001)	7.55	(0.186)	0.72	(0.027)	#	
12 - 19.....	0.51	(0.015)	11.96	(0.188)	0.14	(0.004)	0.01*	(0.004)	8.19	(0.116)	0.76	(0.026)	#	
20 and over...	0.56	(0.011)	12.21	(0.149)	0.13	(0.005)	0.01	(0.001)	7.49	(0.145)	0.81	(0.017)	#	
2 and over...	0.54	(0.009)	12.11	(0.136)	0.13	(0.004)	0.01	(0.001)	7.58	(0.088)	0.78	(0.015)	#	

**Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----								
Race/ethnicity and age (years)	PFA 20:4 g (SE)		PFA 20:5 g (SE)		PFA 22:5 g (SE)		PFA 22:6 g (SE)	
<b>Non-Hispanic White:</b>								
2 - 5.....	0.06	(0.004)	#		0.01	(#)	0.01	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over...	0.07	(0.002)	0.01	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.06	(0.004)	#		0.01	(0.001)	0.01	(0.002)
6 - 11.....	0.07	(0.005)	0.01	(0.002)	0.01	(0.001)	0.02*	(0.005)
12 - 19.....	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
20 and over...	0.08	(0.002)	0.02	(0.002)	0.01	(0.001)	0.04	(0.005)
2 and over...	0.08	(0.001)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
<b>Non-Hispanic Asian<sup>2</sup>:</b>								
2 - 5.....	0.07*	(0.010)	0.01*	(0.004)	0.01*	(0.001)	0.02*	(0.007)
6 - 11.....	0.08*	(0.013)	0.03*	(0.012)	0.02*	(0.006)	0.06*	(0.019)
12 - 19.....	0.07	(0.003)	0.01	(0.004)	0.01	(0.001)	0.03	(0.006)
20 and over...	0.07	(0.003)	0.04	(0.004)	0.02	(0.002)	0.07	(0.008)
2 and over...	0.07	(0.003)	0.03	(0.004)	0.01	(0.002)	0.06	(0.007)
<b>Hispanic:</b>								
2 - 5.....	0.06	(0.004)	0.01*	(0.003)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.08	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

### Symbol Legend

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

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

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

### Footnotes

<sup>1</sup> Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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

### Abbreviations

SE = standard error; 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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U.S. Department of Agriculture, Agricultural Research Service. 2018. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016.

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016

----- <i>Nutrient per 1000 kcal</i> -----																			
Family income in dollars and age (years)	Sample size <sup>1</sup>	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																			
2 - 5.....	196	1518	(42.9)	36.7	(0.91)	133	(1.6)	62	(0.9)	8.1	(0.34)	37.2	(0.51)	13.1	(0.39)	12.3	(0.29)	8.4	(0.28)
6 - 11.....	258	1838	(72.5)	36.1	(1.05)	132	(1.3)	59	(1.7)	7.4	(0.28)	37.5	(0.48)	12.8	(0.21)	12.4	(0.28)	8.8	(0.23)
12 - 19.....	285	2012	(71.7)	37.5	(1.09)	126	(1.8)	54	(1.3)	7.5	(0.22)	39.4	(0.71)	13.4	(0.43)	13.2	(0.29)	9.2	(0.24)
20 and over...	1430	2021	(31.9)	38.9	(0.58)	121	(1.7)	54	(1.2)	8.1	(0.26)	38.4	(0.60)	12.5	(0.24)	13.4	(0.21)	8.9	(0.18)
2 and over...	2169	1977	(21.9)	38.5	(0.53)	123	(1.3)	55	(1.0)	8.0	(0.20)	38.3	(0.43)	12.7	(0.16)	13.2	(0.16)	8.9	(0.14)
<b>\$25,000 - \$74,999:</b>																			
2 - 5.....	261	1494	(40.8)	37.1	(0.86)	132	(1.9)	64	(1.5)	8.0	(0.24)	37.5	(0.70)	13.6	(0.40)	12.6	(0.32)	7.8	(0.21)
6 - 11.....	451	1846	(34.5)	35.9	(0.54)	131	(1.9)	60	(1.4)	7.6	(0.23)	38.4	(0.72)	13.4	(0.32)	13.1	(0.32)	8.5	(0.17)
12 - 19.....	513	1956	(61.8)	37.1	(0.67)	128	(2.0)	57	(1.7)	7.6	(0.17)	38.5	(0.73)	13.4	(0.39)	13.0	(0.33)	8.6	(0.16)
20 and over...	1973	2133	(32.1)	39.4	(0.24)	117	(1.0)	51	(0.9)	8.0	(0.18)	39.9	(0.36)	13.2	(0.22)	14.0	(0.13)	9.1	(0.11)
2 and over...	3198	2059	(25.7)	38.8	(0.21)	120	(0.9)	53	(0.8)	8.0	(0.15)	39.5	(0.33)	13.2	(0.18)	13.7	(0.13)	8.9	(0.09)
<b>\$75,000 and higher:</b>																			
2 - 5.....	166	1409	(30.8)	36.0	(0.69)	132	(2.2)	64	(1.8)	8.1	(0.37)	38.4	(0.91)	13.7	(0.51)	13.3	(0.40)	8.0	(0.35)
6 - 11.....	278	2002	(62.4)	35.1	(0.69)	130	(1.5)	57	(1.4)	7.8	(0.29)	39.1	(0.59)	14.3	(0.36)	13.1	(0.27)	8.2	(0.17)
12 - 19.....	306	2143	(103.0)	36.6	(0.79)	129	(1.6)	57	(1.4)	7.6	(0.31)	38.5	(0.44)	13.3	(0.33)	13.2	(0.21)	8.4	(0.21)
20 and over...	1206	2156	(38.9)	41.4	(0.73)	114	(1.7)	47	(1.3)	9.1	(0.24)	40.0	(0.68)	12.7	(0.18)	14.2	(0.31)	9.5	(0.27)
2 and over...	1956	2104	(32.7)	40.0	(0.59)	118	(1.3)	50	(1.1)	8.8	(0.22)	39.7	(0.51)	13.0	(0.16)	14.0	(0.24)	9.2	(0.22)
<b>All Individuals<sup>2</sup>:</b>																			
2 - 5.....	665	1467	(23.5)	36.6	(0.52)	132	(1.4)	63	(0.7)	8.1	(0.16)	37.7	(0.47)	13.5	(0.18)	12.8	(0.27)	8.0	(0.12)
6 - 11.....	1040	1907	(28.2)	35.6	(0.45)	131	(1.2)	59	(0.9)	7.7	(0.17)	38.5	(0.46)	13.6	(0.23)	13.0	(0.21)	8.4	(0.12)
12 - 19.....	1196	2031	(52.0)	37.1	(0.48)	128	(1.0)	57	(1.0)	7.6	(0.12)	38.7	(0.34)	13.3	(0.19)	13.1	(0.15)	8.6	(0.12)
20 and over...	5017	2105	(20.6)	40.1	(0.38)	117	(0.9)	50	(0.5)	8.5	(0.16)	39.5	(0.32)	12.8	(0.14)	13.9	(0.14)	9.1	(0.12)
2 and over...	7918	2048	(18.3)	39.2	(0.33)	120	(0.7)	52	(0.5)	8.3	(0.14)	39.2	(0.25)	13.0	(0.12)	13.7	(0.11)	9.0	(0.09)

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Family income in dollars and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	125	(8.3)	285	(17.8)	338	(17.8)	87	(17.2)	566	(50.7)	49	(10.0)	2023	(425.8)	575	(68.9)	0.88	(0.035)
6 - 11.....	110	(7.0)	259	(14.0)	312	(12.2)	123	(17.8)	562	(66.2)	43	(6.3)	1911	(153.3)	456	(80.8)	0.88	(0.028)
12 - 19.....	130	(8.2)	218	(18.9)	269	(20.4)	113	(24.8)	539	(83.6)	30	(3.7)	2405	(219.3)	432	(62.8)	0.83	(0.029)
20 and over...	144	(4.4)	194	(8.3)	298	(13.7)	218	(23.6)	1108	(88.9)	48	(5.0)	2164	(109.3)	744	(55.4)	0.76	(0.013)
2 and over...	139	(3.9)	207	(6.1)	298	(9.9)	192	(17.7)	978	(69.4)	46	(4.1)	2160	(91.9)	681	(44.4)	0.78	(0.012)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	129	(6.0)	333	(21.9)	389	(22.9)	130	(24.4)	588	(62.8)	57	(7.5)	2060	(270.2)	439	(27.6)	0.83	(0.021)
6 - 11.....	125	(4.7)	251	(11.1)	311	(12.4)	143	(23.2)	627	(74.8)	49	(6.3)	2459	(304.7)	374	(24.3)	0.81	(0.016)
12 - 19.....	122	(5.4)	246	(14.4)	302	(18.3)	126	(31.6)	593	(72.8)	33	(3.0)	2399	(196.3)	453	(51.6)	0.84	(0.016)
20 and over...	155	(3.9)	213	(6.1)	311	(9.1)	197	(22.4)	1066	(78.2)	42	(4.1)	2482	(295.4)	732	(44.5)	0.76	(0.012)
2 and over...	148	(2.6)	226	(5.9)	314	(7.6)	181	(19.8)	956	(68.3)	42	(3.0)	2450	(229.7)	659	(36.2)	0.77	(0.009)
<b>\$75,000 and higher:</b>																		
2 - 5.....	124	(6.5)	290	(17.3)	402	(24.6)	325*	(136.1)	1162	(319.3)	50	(10.7)	2453	(472.8)	479	(52.2)	0.79	(0.017)
6 - 11.....	117	(6.0)	279	(12.7)	372	(16.5)	260	(49.2)	969	(144.6)	30	(4.9)	2154	(189.7)	471	(44.3)	0.83	(0.021)
12 - 19.....	116	(7.4)	231	(14.3)	299	(15.9)	135	(18.9)	746	(88.5)	35	(5.9)	2148	(408.4)	473	(56.7)	0.84	(0.024)
20 and over...	136	(3.3)	210	(10.1)	336	(14.1)	260	(38.8)	1362	(114.2)	53	(6.0)	2781	(172.6)	1022	(90.4)	0.78	(0.012)
2 and over...	131	(2.4)	223	(7.7)	338	(11.3)	249	(33.3)	1246	(104.0)	49	(4.8)	2635	(173.2)	882	(73.2)	0.79	(0.011)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	125	(4.7)	304	(12.4)	385	(12.4)	212	(57.3)	847	(140.0)	52	(5.9)	2162	(220.3)	504	(32.7)	0.83	(0.013)
6 - 11.....	119	(4.2)	262	(8.4)	333	(10.8)	184	(24.2)	745	(87.1)	40	(3.6)	2235	(195.2)	427	(26.6)	0.83	(0.015)
12 - 19.....	123	(3.4)	234	(10.0)	294	(11.9)	122	(17.8)	646	(66.4)	33	(2.0)	2308	(141.4)	488	(37.1)	0.84	(0.013)
20 and over...	145	(2.6)	208	(4.5)	320	(6.2)	226	(18.7)	1209	(64.3)	48	(3.9)	2523	(150.3)	849	(46.3)	0.77	(0.009)
2 and over...	139	(2.0)	220	(4.1)	321	(5.1)	211	(16.9)	1092	(60.8)	46	(3.1)	2458	(130.2)	758	(40.0)	0.79	(0.008)



**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Family income in dollars and age (years)	Ribo- flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	1.16	(0.038)	12.0	(0.25)	1.05	(0.039)	124	(11.0)	92	(4.5)	303	(19.4)	145	(5.8)	2.69	(0.190)	0.77	(0.142)
6 - 11.....	1.07	(0.042)	11.7	(0.43)	0.90	(0.049)	115	(6.8)	84	(4.3)	279	(12.0)	128	(5.9)	2.45	(0.176)	0.65	(0.105)
12 - 19.....	0.97	(0.042)	12.5	(0.52)	0.95	(0.043)	113	(7.7)	88	(3.0)	280	(13.4)	138	(7.3)	2.47	(0.142)	0.63	(0.117)
20 and over...	1.01	(0.022)	12.5	(0.24)	1.05	(0.030)	79	(1.8)	106	(3.9)	241	(4.7)	162	(2.2)	2.40	(0.113)	0.55	(0.057)
2 and over...	1.02	(0.016)	12.4	(0.15)	1.03	(0.017)	88	(2.1)	102	(3.0)	251	(3.8)	156	(2.4)	2.43	(0.091)	0.58	(0.034)
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	1.20	(0.037)	11.1	(0.44)	1.02	(0.048)	120	(10.3)	88	(2.1)	292	(16.7)	154	(4.8)	2.91	(0.178)	0.74	(0.112)
6 - 11.....	1.00	(0.017)	11.4	(0.20)	0.91	(0.029)	113	(5.8)	79	(2.3)	272	(10.0)	137	(2.8)	2.47	(0.100)	0.64	(0.079)
12 - 19.....	1.02	(0.036)	12.7	(0.42)	1.03	(0.043)	118	(5.0)	81	(2.2)	282	(8.1)	134	(4.6)	2.63	(0.166)	0.83	(0.114)
20 and over...	1.06	(0.017)	12.3	(0.21)	1.01	(0.028)	81	(2.5)	103	(1.9)	242	(5.2)	167	(3.1)	2.33	(0.071)	0.50	(0.054)
2 and over...	1.06	(0.017)	12.2	(0.19)	1.01	(0.021)	90	(2.2)	98	(1.5)	251	(4.2)	160	(2.2)	2.41	(0.053)	0.56	(0.042)
<b>\$75,000 and higher:</b>																		
2 - 5.....	1.17	(0.045)	10.3	(0.29)	0.85	(0.034)	103	(10.5)	87	(3.3)	261	(17.6)	144	(4.8)	2.59	(0.149)	0.55	(0.074)
6 - 11.....	1.06	(0.032)	10.7	(0.29)	0.85	(0.028)	107	(6.2)	82	(2.7)	263	(10.2)	129	(5.0)	2.31	(0.146)	0.58	(0.058)
12 - 19.....	0.99	(0.027)	12.3	(0.41)	0.93	(0.044)	107	(5.1)	85	(3.5)	266	(9.7)	131	(5.0)	2.45	(0.119)	0.68	(0.082)
20 and over...	1.10	(0.017)	13.2	(0.32)	1.09	(0.030)	87	(3.1)	116	(2.7)	265	(5.5)	165	(2.5)	2.49	(0.069)	0.59	(0.049)
2 and over...	1.09	(0.015)	12.7	(0.25)	1.04	(0.024)	92	(2.4)	108	(2.4)	265	(4.0)	157	(2.2)	2.48	(0.058)	0.60	(0.038)
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	1.17	(0.025)	11.1	(0.20)	0.97	(0.021)	114	(6.7)	89	(1.4)	282	(10.7)	147	(4.0)	2.72	(0.097)	0.68	(0.055)
6 - 11.....	1.03	(0.017)	11.1	(0.20)	0.88	(0.023)	110	(3.3)	81	(1.8)	268	(5.9)	132	(3.1)	2.39	(0.063)	0.60	(0.046)
12 - 19.....	1.01	(0.021)	12.5	(0.26)	0.97	(0.028)	113	(3.3)	85	(1.2)	277	(5.4)	135	(3.0)	2.53	(0.085)	0.74	(0.063)
20 and over...	1.06	(0.012)	12.7	(0.18)	1.05	(0.017)	84	(1.8)	110	(1.7)	252	(3.9)	165	(1.3)	2.39	(0.041)	0.54	(0.037)
2 and over...	1.06	(0.011)	12.5	(0.15)	1.02	(0.013)	91	(1.6)	104	(1.6)	258	(3.1)	158	(1.1)	2.42	(0.034)	0.57	(0.028)

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

<i>Nutrient per 1000 kcal</i>														
Family income in dollars and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>														
2 - 5.....	61.8	(3.59)	3.9	(0.21)	3.8	(0.08)	0.4*	(0.13)	38.4	(3.85)	584	(20.4)	692	(9.5)
6 - 11.....	43.4	(3.60)	3.3	(0.25)	3.5	(0.15)	0.1	(0.04)	35.3	(3.56)	531	(21.1)	658	(19.3)
12 - 19.....	37.3	(4.14)	2.4	(0.25)	3.8	(0.10)	0.1*	(0.05)	41.4	(2.33)	475	(32.2)	644	(17.6)
20 and over...	41.6	(2.51)	2.2	(0.10)	4.1	(0.12)	0.5	(0.09)	58.0	(2.64)	462	(9.5)	651	(8.6)
2 and over...	42.5	(2.03)	2.4	(0.08)	4.0	(0.10)	0.4	(0.07)	53.4	(2.11)	476	(7.3)	653	(8.3)
<b>\$25,000 - \$74,999:</b>														
2 - 5.....	49.3	(4.91)	4.6	(0.32)	3.9	(0.22)	0.5*	(0.16)	31.6	(2.29)	680	(24.3)	755	(18.4)
6 - 11.....	36.4	(3.24)	2.8	(0.14)	3.8	(0.06)	0.2	(0.07)	30.6	(1.52)	507	(13.9)	659	(12.0)
12 - 19.....	34.0	(2.35)	2.6	(0.21)	3.8	(0.13)	0.3	(0.09)	35.0	(2.45)	507	(16.5)	659	(15.9)
20 and over...	36.7	(1.79)	2.2	(0.08)	4.2	(0.13)	0.5	(0.09)	53.7	(1.92)	467	(9.7)	662	(6.0)
2 and over...	37.1	(1.45)	2.4	(0.08)	4.1	(0.11)	0.4	(0.08)	48.8	(1.71)	486	(9.5)	666	(6.5)
<b>\$75,000 and higher:</b>														
2 - 5.....	42.1	(4.69)	3.8	(0.24)	4.0	(0.18)	0.4	(0.11)	36.5	(5.09)	632	(22.7)	718	(19.0)
6 - 11.....	33.0	(3.76)	2.9	(0.25)	3.9	(0.07)	0.4	(0.09)	35.7	(2.68)	559	(15.4)	681	(20.3)
12 - 19.....	35.1	(3.93)	2.4	(0.17)	3.9	(0.22)	0.3*	(0.15)	38.1	(3.08)	505	(12.4)	648	(10.6)
20 and over...	43.0	(2.53)	2.5	(0.16)	5.0	(0.22)	0.7	(0.11)	72.7	(5.42)	473	(11.3)	691	(9.9)
2 and over...	41.1	(2.36)	2.6	(0.13)	4.7	(0.19)	0.6	(0.09)	63.6	(4.52)	492	(9.5)	686	(9.5)
<b>All Individuals<sup>2</sup>:</b>														
2 - 5.....	49.6	(3.17)	4.1	(0.15)	4.0	(0.09)	0.5	(0.08)	35.3	(1.71)	638	(11.9)	727	(11.6)
6 - 11.....	36.7	(2.61)	3.0	(0.11)	3.8	(0.06)	0.3	(0.05)	33.5	(1.16)	531	(11.6)	666	(11.2)
12 - 19.....	35.5	(2.14)	2.5	(0.14)	3.8	(0.09)	0.3	(0.06)	38.6	(2.09)	500	(12.6)	653	(9.1)
20 and over...	40.6	(1.45)	2.3	(0.05)	4.5	(0.11)	0.5	(0.06)	61.8	(2.68)	469	(6.1)	671	(5.8)
2 and over...	40.2	(1.35)	2.5	(0.05)	4.3	(0.09)	0.5	(0.05)	55.7	(2.36)	486	(6.2)	671	(6.1)

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																		
2 - 5.....	8.2	(0.64)	5.5	(0.25)	0.5	(0.02)	51.1	(1.32)	1305	(27.4)	1496	(21.0)	4.6	(0.83)	18.0	(2.83)	--	--
6 - 11.....	8.0	(0.50)	5.4	(0.24)	0.5	(0.01)	50.8	(1.39)	1149	(34.9)	1616	(28.4)	7.7	(1.59)	26.2	(3.21)	--	--
12 - 19.....	7.6	(0.26)	5.5	(0.20)	0.5	(0.01)	54.5	(1.77)	1124	(25.8)	1767	(38.1)	23.8	(5.05)	21.7	(3.97)	--	--
20 and over...	6.7	(0.14)	5.2	(0.10)	0.6	(0.02)	54.9	(0.97)	1256	(27.3)	1681	(16.5)	80.2	(4.63)	14.5	(1.37)	3.8	(0.41)
2 and over...	7.0	(0.15)	5.2	(0.09)	0.6	(0.01)	54.3	(0.83)	1237	(21.2)	1674	(14.7)	64.7	(3.97)	16.3	(1.22)	--	--
<b>\$25,000 - \$74,999:</b>																		
2 - 5.....	7.8	(0.38)	5.7	(0.26)	0.5	(0.02)	50.8	(1.81)	1338	(23.0)	1504	(25.2)	4.5	(0.79)	15.9	(1.78)	--	--
6 - 11.....	7.6	(0.24)	5.5	(0.11)	0.5	(0.01)	51.8	(1.31)	1119	(18.7)	1632	(33.0)	9.2	(0.86)	23.2	(1.76)	--	--
12 - 19.....	7.9	(0.35)	5.5	(0.20)	0.5	(0.01)	53.1	(1.00)	1146	(21.9)	1700	(33.3)	38.1*	(15.74)	23.3	(2.00)	--	--
20 and over...	6.8	(0.11)	5.4	(0.08)	0.6	(0.01)	55.3	(0.41)	1254	(16.6)	1703	(16.1)	90.9	(5.23)	15.6	(0.85)	4.3	(0.46)
2 and over...	7.0	(0.09)	5.4	(0.08)	0.6	(0.01)	54.6	(0.42)	1236	(13.8)	1687	(10.6)	74.4	(5.28)	17.1	(0.74)	--	--
<b>\$75,000 and higher:</b>																		
2 - 5.....	7.0	(0.28)	5.1	(0.16)	0.5	(0.02)	51.3	(1.50)	1251	(27.9)	1511	(59.1)	2.9	(0.36)	25.2	(4.54)	--	--
6 - 11.....	7.4	(0.21)	5.1	(0.18)	0.5	(0.01)	51.8	(1.36)	1100	(26.0)	1600	(37.3)	5.4	(0.65)	32.4	(2.77)	--	--
12 - 19.....	7.5	(0.25)	5.5	(0.19)	0.5	(0.01)	53.1	(1.32)	1085	(14.8)	1629	(34.5)	18.7	(2.03)	24.8	(2.70)	--	--
20 and over...	6.9	(0.08)	5.6	(0.09)	0.7	(0.01)	56.8	(1.52)	1377	(19.1)	1750	(28.4)	93.9	(5.26)	16.0	(0.61)	4.9	(0.32)
2 and over...	7.0	(0.07)	5.5	(0.08)	0.6	(0.01)	55.7	(1.33)	1312	(18.2)	1711	(23.0)	72.7	(3.58)	19.0	(0.87)	--	--
<b>All Individuals<sup>2</sup>:</b>																		
2 - 5.....	7.6	(0.26)	5.5	(0.13)	0.5	(0.01)	50.8	(0.65)	1305	(11.2)	1514	(19.5)	4.2	(0.45)	19.9	(1.50)	--	--
6 - 11.....	7.6	(0.17)	5.3	(0.10)	0.5	(0.01)	51.6	(0.85)	1120	(17.4)	1613	(17.4)	7.2	(0.50)	27.8	(1.91)	--	--
12 - 19.....	7.7	(0.18)	5.5	(0.12)	0.5	(0.01)	53.5	(0.66)	1120	(12.7)	1689	(22.2)	27.1	(6.55)	23.6	(2.00)	--	--
20 and over...	6.8	(0.05)	5.5	(0.05)	0.6	(0.01)	55.8	(0.72)	1308	(14.3)	1715	(15.5)	90.6	(2.65)	15.3	(0.42)	4.3	(0.25)
2 and over...	7.0	(0.06)	5.4	(0.05)	0.6	(0.01)	54.9	(0.60)	1272	(12.1)	1694	(12.6)	72.5	(2.23)	17.4	(0.59)	--	--

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----													
Family income in dollars and age (years)	SFA 4:0 g (SE)	SFA 6:0 g (SE)	SFA 8:0 g (SE)	SFA 10:0 g (SE)	SFA 12:0 g (SE)	SFA 14:0 g (SE)	SFA 16:0 g (SE)	SFA 18:0 g (SE)					
<b>\$0 - \$24,999:</b>													
2 - 5.....	0.30 (0.018)	0.21 (0.015)	0.21 (0.023)	0.32 (0.023)	0.45 (0.043)	1.24 (0.076)	7.06 (0.171)	2.97 (0.075)					
6 - 11.....	0.23 (0.015)	0.16 (0.011)	0.15 (0.009)	0.25 (0.012)	0.42 (0.039)	1.10 (0.042)	7.16 (0.126)	2.99 (0.061)					
12 - 19.....	0.25 (0.021)	0.16 (0.014)	0.13 (0.012)	0.26 (0.023)	0.43 (0.052)	1.15 (0.083)	7.41 (0.206)	3.12 (0.093)					
20 and over...	0.23 (0.008)	0.15 (0.005)	0.13 (0.004)	0.24 (0.008)	0.41 (0.018)	1.05 (0.027)	6.89 (0.122)	3.02 (0.063)					
2 and over...	0.24 (0.006)	0.16 (0.004)	0.13 (0.003)	0.25 (0.005)	0.41 (0.011)	1.07 (0.018)	6.98 (0.087)	3.02 (0.046)					
<b>\$25,000 - \$74,999:</b>													
2 - 5.....	0.33 (0.015)	0.23 (0.012)	0.21 (0.024)	0.34 (0.023)	0.50 (0.032)	1.33 (0.051)	7.14 (0.191)	3.04 (0.098)					
6 - 11.....	0.26 (0.015)	0.17 (0.010)	0.14 (0.007)	0.27 (0.014)	0.43 (0.032)	1.15 (0.051)	7.33 (0.182)	3.14 (0.072)					
12 - 19.....	0.27 (0.017)	0.18 (0.011)	0.15 (0.012)	0.28 (0.018)	0.47 (0.062)	1.20 (0.064)	7.21 (0.175)	3.13 (0.096)					
20 and over...	0.26 (0.009)	0.16 (0.005)	0.14 (0.005)	0.27 (0.008)	0.46 (0.026)	1.13 (0.031)	7.16 (0.105)	3.15 (0.052)					
2 and over...	0.26 (0.008)	0.17 (0.005)	0.14 (0.004)	0.28 (0.007)	0.46 (0.020)	1.15 (0.029)	7.17 (0.082)	3.14 (0.043)					
<b>\$75,000 and higher:</b>													
2 - 5.....	0.33 (0.028)	0.21 (0.015)	0.16 (0.010)	0.31 (0.020)	0.43 (0.028)	1.28 (0.084)	7.34 (0.250)	3.17 (0.131)					
6 - 11.....	0.31 (0.021)	0.21 (0.013)	0.18 (0.011)	0.32 (0.017)	0.59 (0.075)	1.34 (0.056)	7.48 (0.215)	3.30 (0.110)					
12 - 19.....	0.26 (0.012)	0.17 (0.009)	0.14 (0.008)	0.27 (0.012)	0.52 (0.053)	1.18 (0.047)	7.16 (0.157)	3.13 (0.107)					
20 and over...	0.24 (0.007)	0.15 (0.004)	0.14 (0.004)	0.26 (0.005)	0.50 (0.033)	1.09 (0.020)	6.85 (0.091)	2.98 (0.053)					
2 and over...	0.25 (0.006)	0.16 (0.004)	0.14 (0.004)	0.27 (0.005)	0.51 (0.029)	1.13 (0.020)	6.97 (0.076)	3.04 (0.048)					
<b>All Individuals<sup>2</sup>:</b>													
2 - 5.....	0.32 (0.010)	0.22 (0.006)	0.19 (0.011)	0.32 (0.011)	0.46 (0.021)	1.28 (0.027)	7.20 (0.103)	3.08 (0.048)					
6 - 11.....	0.27 (0.010)	0.18 (0.006)	0.16 (0.006)	0.28 (0.009)	0.49 (0.032)	1.21 (0.032)	7.34 (0.143)	3.17 (0.055)					
12 - 19.....	0.26 (0.009)	0.17 (0.006)	0.14 (0.006)	0.27 (0.009)	0.48 (0.034)	1.18 (0.034)	7.23 (0.099)	3.12 (0.061)					
20 and over...	0.24 (0.006)	0.16 (0.003)	0.14 (0.003)	0.26 (0.005)	0.47 (0.016)	1.10 (0.017)	6.97 (0.067)	3.05 (0.041)					
2 and over...	0.25 (0.006)	0.16 (0.003)	0.14 (0.003)	0.27 (0.005)	0.47 (0.015)	1.12 (0.017)	7.04 (0.052)	3.07 (0.036)					

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----														
Family income in dollars and age (years)	MFA 16:1 g (SE)		MFA 18:1 g (SE)		MFA 20:1 g (SE)		MFA 22:1 g (SE)		PFA 18:2 g (SE)		PFA 18:3 g (SE)		PFA 18:4 g (SE)	
<b>\$0 - \$24,999:</b>														
2 - 5.....	0.49	(0.034)	11.46	(0.267)	0.12	(0.006)	0.01	(0.001)	7.48	(0.256)	0.79	(0.038)	#	
6 - 11.....	0.50	(0.016)	11.51	(0.275)	0.13	(0.006)	0.01	(0.001)	7.88	(0.218)	0.76	(0.021)	#	
12 - 19.....	0.54	(0.014)	12.28	(0.275)	0.14	(0.003)	0.02	(0.005)	8.21	(0.223)	0.79	(0.025)	#	
20 and over...	0.54	(0.010)	12.46	(0.192)	0.14	(0.003)	0.01	(0.001)	7.81	(0.164)	0.85	(0.017)	0.01	(0.001)
2 and over...	0.53	(0.007)	12.31	(0.152)	0.14	(0.003)	0.01	(0.001)	7.84	(0.124)	0.84	(0.014)	0.01	(0.001)
<b>\$25,000 - \$74,999:</b>														
2 - 5.....	0.45	(0.022)	11.76	(0.295)	0.13	(0.007)	0.01	(0.001)	6.96	(0.185)	0.69	(0.021)	#	
6 - 11.....	0.50	(0.018)	12.17	(0.298)	0.14	(0.004)	0.01	(0.001)	7.59	(0.173)	0.70	(0.017)	#	
12 - 19.....	0.52	(0.015)	12.07	(0.315)	0.13	(0.005)	0.01	(0.001)	7.69	(0.151)	0.74	(0.021)	#	
20 and over...	0.57	(0.007)	12.97	(0.120)	0.14	(0.003)	0.01	(0.001)	8.02	(0.093)	0.85	(0.019)	0.01	(0.001)
2 and over...	0.55	(0.006)	12.75	(0.119)	0.14	(0.002)	0.01	(0.001)	7.90	(0.078)	0.82	(0.013)	#	
<b>\$75,000 and higher:</b>														
2 - 5.....	0.49	(0.037)	12.43	(0.356)	0.12	(0.007)	0.01	(0.001)	7.17	(0.308)	0.69	(0.041)	#	
6 - 11.....	0.50	(0.023)	12.20	(0.251)	0.13	(0.007)	0.01	(0.001)	7.37	(0.164)	0.69	(0.018)	#	
12 - 19.....	0.49	(0.022)	12.31	(0.180)	0.16	(0.012)	0.01	(0.001)	7.55	(0.195)	0.71	(0.025)	0.01	(0.001)
20 and over...	0.54	(0.013)	13.27	(0.296)	0.16	(0.006)	0.02	(0.002)	8.36	(0.235)	0.90	(0.033)	0.01	(0.001)
2 and over...	0.53	(0.010)	13.02	(0.225)	0.15	(0.005)	0.02	(0.002)	8.12	(0.189)	0.85	(0.028)	0.01	(0.001)
<b>All Individuals<sup>2</sup>:</b>														
2 - 5.....	0.48	(0.018)	11.91	(0.244)	0.12	(0.004)	0.01	(0.001)	7.14	(0.108)	0.71	(0.017)	#	
6 - 11.....	0.50	(0.012)	12.06	(0.198)	0.13	(0.003)	0.01	(0.001)	7.56	(0.113)	0.71	(0.010)	#	
12 - 19.....	0.52	(0.011)	12.23	(0.141)	0.14	(0.005)	0.01	(0.001)	7.74	(0.108)	0.74	(0.014)	#	
20 and over...	0.55	(0.007)	12.93	(0.127)	0.15	(0.003)	0.02	(0.001)	8.04	(0.102)	0.86	(0.014)	0.01	(#)
2 and over...	0.54	(0.005)	12.73	(0.100)	0.15	(0.002)	0.01	(0.001)	7.92	(0.081)	0.83	(0.012)	0.01	(#)

**Table 43. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

----- Nutrient per 1000 kcal -----								
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)
<b>\$0 - \$24,999:</b>								
2 - 5.....	0.06	(0.005)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
20 and over...	0.08	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
<b>\$25,000 - \$74,999:</b>								
2 - 5.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.001)
2 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.001)
<b>\$75,000 and higher:</b>								
2 - 5.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01*	(0.004)
6 - 11.....	0.06	(0.004)	0.01	(0.002)	0.01	(0.001)	0.01	(0.002)
12 - 19.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
20 and over...	0.07	(0.003)	0.02	(0.003)	0.01	(0.001)	0.04	(0.005)
2 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.004)
<b>All Individuals<sup>2</sup>:</b>								
2 - 5.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 and over...	0.08	(0.002)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)

### Symbol Legend

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

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

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

### Footnotes

<sup>1</sup> Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016

----- <i>Nutrient per 1000 kcal</i> -----																			
Family income as % of poverty level and age (years)	Sample size <sup>2</sup>	Energy		Protein		Carbo- hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																			
2 - 5.....	261	1514	(44.5)	36.2	(0.77)	134	(1.7)	63	(1.2)	8.0	(0.39)	36.9	(0.61)	13.3	(0.45)	12.3	(0.26)	8.0	(0.23)
6 - 11.....	395	1846	(55.1)	35.7	(0.82)	132	(1.3)	60	(1.8)	7.2	(0.24)	37.8	(0.46)	13.1	(0.20)	12.7	(0.21)	8.6	(0.20)
12 - 19.....	424	1967	(66.4)	37.7	(0.77)	127	(1.5)	56	(1.2)	7.4	(0.24)	39.1	(0.60)	13.3	(0.34)	13.1	(0.21)	9.0	(0.22)
20 and over...	1434	2027	(45.8)	39.9	(0.66)	122	(1.4)	53	(1.2)	8.1	(0.27)	38.0	(0.75)	12.4	(0.33)	13.3	(0.24)	8.8	(0.21)
2 and over...	2514	1961	(27.6)	38.9	(0.55)	125	(1.1)	55	(1.0)	7.9	(0.21)	38.1	(0.51)	12.7	(0.23)	13.1	(0.17)	8.7	(0.14)
<b>131-350% poverty:</b>																			
2 - 5.....	236	1490	(26.9)	37.8	(0.83)	130	(1.8)	63	(1.7)	8.0	(0.26)	37.9	(0.61)	13.6	(0.35)	12.8	(0.25)	8.0	(0.25)
6 - 11.....	387	1927	(52.2)	36.4	(0.70)	131	(2.0)	59	(0.8)	7.9	(0.26)	38.3	(0.74)	13.5	(0.35)	12.9	(0.40)	8.4	(0.15)
12 - 19.....	435	1998	(63.9)	37.0	(0.52)	128	(1.6)	57	(1.5)	7.6	(0.16)	38.9	(0.63)	13.6	(0.36)	13.1	(0.28)	8.6	(0.17)
20 and over...	1823	2122	(34.0)	39.3	(0.28)	118	(1.2)	52	(1.0)	8.1	(0.15)	39.7	(0.42)	13.1	(0.17)	13.9	(0.16)	9.0	(0.14)
2 and over...	2881	2056	(23.4)	38.7	(0.25)	121	(1.0)	54	(0.8)	8.0	(0.13)	39.4	(0.37)	13.2	(0.15)	13.7	(0.17)	8.9	(0.10)
<b>Over 350% poverty:</b>																			
2 - 5.....	118	1378	(39.0)	35.6	(1.00)	132	(3.0)	64	(2.4)	8.2	(0.40)	38.6	(1.16)	13.8	(0.69)	13.5	(0.47)	8.0	(0.46)
6 - 11.....	191	1962	(48.4)	34.5	(0.70)	129	(1.9)	57	(2.1)	7.6	(0.34)	39.6	(0.65)	14.4	(0.37)	13.4	(0.25)	8.4	(0.22)
12 - 19.....	222	2176	(137.9)	36.4	(0.95)	131	(1.8)	57	(1.6)	7.8	(0.41)	38.1	(0.53)	13.1	(0.45)	13.1	(0.24)	8.4	(0.29)
20 and over...	1280	2160	(33.8)	40.9	(0.73)	113	(1.7)	47	(1.2)	8.9	(0.20)	40.3	(0.60)	12.9	(0.16)	14.3	(0.30)	9.5	(0.27)
2 and over...	1811	2122	(30.8)	40.0	(0.63)	116	(1.4)	49	(1.1)	8.7	(0.19)	40.0	(0.50)	13.0	(0.15)	14.1	(0.25)	9.3	(0.24)
<b>All Individuals<sup>3</sup>:</b>																			
2 - 5.....	665	1467	(23.5)	36.6	(0.52)	132	(1.4)	63	(0.7)	8.1	(0.16)	37.7	(0.47)	13.5	(0.18)	12.8	(0.27)	8.0	(0.12)
6 - 11.....	1040	1907	(28.2)	35.6	(0.45)	131	(1.2)	59	(0.9)	7.7	(0.17)	38.5	(0.46)	13.6	(0.23)	13.0	(0.21)	8.4	(0.12)
12 - 19.....	1196	2031	(52.0)	37.1	(0.48)	128	(1.0)	57	(1.0)	7.6	(0.12)	38.7	(0.34)	13.3	(0.19)	13.1	(0.15)	8.6	(0.12)
20 and over...	5017	2105	(20.6)	40.1	(0.38)	117	(0.9)	50	(0.5)	8.5	(0.16)	39.5	(0.32)	12.8	(0.14)	13.9	(0.14)	9.1	(0.12)
2 and over...	7918	2048	(18.3)	39.2	(0.33)	120	(0.7)	52	(0.5)	8.3	(0.14)	39.2	(0.25)	13.0	(0.12)	13.7	(0.11)	9.0	(0.09)



**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
Family income as % of poverty level and age (years)	Choles- terol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																		
2 - 5.....	125	(6.7)	303	(18.0)	356	(16.9)	81	(13.1)	577	(38.2)	45	(8.8)	1915	(330.5)	513	(53.4)	0.88	(0.026)
6 - 11.....	115	(4.2)	260	(12.5)	326	(13.5)	164	(22.1)	693	(105.0)	36	(3.9)	1945	(138.0)	407	(57.9)	0.86	(0.022)
12 - 19.....	130	(6.2)	217	(14.7)	271	(16.5)	114	(22.2)	572	(74.3)	32	(3.1)	2531	(191.2)	428	(47.0)	0.83	(0.025)
20 and over...	151	(4.9)	187	(9.9)	292	(14.4)	224	(24.9)	1135	(115.0)	54	(7.1)	2469	(296.9)	758	(77.0)	0.77	(0.013)
2 and over...	143	(4.0)	207	(7.0)	298	(8.9)	192	(16.8)	967	(84.0)	48	(5.3)	2381	(225.2)	656	(57.6)	0.79	(0.011)
<b>131-350% poverty:</b>																		
2 - 5.....	128	(6.5)	322	(17.7)	382	(20.5)	159	(35.9)	619	(88.6)	58	(7.2)	2227	(337.7)	455	(28.6)	0.83	(0.023)
6 - 11.....	119	(5.7)	268	(13.8)	326	(17.2)	129	(35.7)	617	(96.0)	43	(7.1)	2591	(440.5)	434	(47.0)	0.83	(0.025)
12 - 19.....	122	(6.9)	251	(11.7)	305	(15.2)	123	(28.3)	571	(72.2)	33	(4.0)	2289	(170.7)	449	(52.9)	0.84	(0.018)
20 and over...	149	(4.1)	221	(7.5)	327	(11.8)	221	(31.5)	1156	(100.5)	40	(3.6)	2302	(129.4)	716	(49.8)	0.76	(0.012)
2 and over...	142	(3.5)	234	(6.3)	328	(8.7)	198	(24.1)	1010	(80.1)	40	(2.8)	2323	(120.7)	645	(40.9)	0.78	(0.012)
<b>Over 350% poverty:</b>																		
2 - 5.....	128	(7.8)	290	(25.1)	414	(24.1)	360*	(179.5)	1284*	(407.8)	54	(14.2)	2512	(632.8)	507	(67.6)	0.77	(0.022)
6 - 11.....	123	(6.4)	266	(16.1)	365	(20.2)	299	(70.9)	1029	(190.7)	34	(5.6)	1994	(311.9)	456	(45.3)	0.80	(0.019)
12 - 19.....	111	(7.6)	229	(19.9)	303	(21.6)	143	(24.1)	804	(117.4)	34	(6.2)	2115	(505.3)	496	(68.5)	0.84	(0.034)
20 and over...	140	(3.0)	207	(7.4)	322	(10.8)	229	(29.5)	1241	(83.2)	50	(4.8)	2765	(190.5)	999	(75.3)	0.77	(0.011)
2 and over...	136	(2.5)	216	(6.8)	326	(10.0)	231	(30.7)	1194	(87.1)	48	(4.1)	2656	(199.6)	907	(62.9)	0.78	(0.010)
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	125	(4.7)	304	(12.4)	385	(12.4)	212	(57.3)	847	(140.0)	52	(5.9)	2162	(220.3)	504	(32.7)	0.83	(0.013)
6 - 11.....	119	(4.2)	262	(8.4)	333	(10.8)	184	(24.2)	745	(87.1)	40	(3.6)	2235	(195.2)	427	(26.6)	0.83	(0.015)
12 - 19.....	123	(3.4)	234	(10.0)	294	(11.9)	122	(17.8)	646	(66.4)	33	(2.0)	2308	(141.4)	488	(37.1)	0.84	(0.013)
20 and over...	145	(2.6)	208	(4.5)	320	(6.2)	226	(18.7)	1209	(64.3)	48	(3.9)	2523	(150.3)	849	(46.3)	0.77	(0.009)
2 and over...	139	(2.0)	220	(4.1)	321	(5.1)	211	(16.9)	1092	(60.8)	46	(3.1)	2458	(130.2)	758	(40.0)	0.79	(0.008)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
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)
<b>Under 131% poverty:</b>																		
2 - 5.....	1.16	(0.039)	11.7	(0.27)	1.06	(0.043)	130	(11.6)	91	(4.3)	311	(20.5)	146	(5.0)	2.79	(0.205)	0.89	(0.163)
6 - 11.....	1.05	(0.039)	11.6	(0.38)	0.92	(0.045)	117	(6.0)	81	(2.9)	281	(10.6)	131	(3.4)	2.48	(0.160)	0.69	(0.106)
12 - 19.....	0.97	(0.031)	12.4	(0.49)	0.96	(0.046)	113	(6.7)	86	(2.4)	278	(11.6)	140	(5.3)	2.39	(0.096)	0.58	(0.068)
20 and over...	1.00	(0.020)	12.7	(0.32)	1.06	(0.035)	81	(2.7)	107	(4.6)	244	(6.3)	165	(2.5)	2.31	(0.096)	0.54	(0.068)
2 and over...	1.01	(0.014)	12.5	(0.19)	1.03	(0.020)	93	(2.3)	100	(3.0)	258	(4.4)	157	(2.3)	2.38	(0.071)	0.59	(0.048)
<b>131-350% poverty:</b>																		
2 - 5.....	1.22	(0.026)	11.0	(0.39)	0.98	(0.039)	112	(8.9)	87	(3.1)	278	(14.5)	154	(5.4)	2.81	(0.079)	0.58	(0.069)
6 - 11.....	1.04	(0.021)	11.4	(0.28)	0.92	(0.029)	112	(6.9)	82	(2.9)	271	(13.2)	134	(4.3)	2.48	(0.061)	0.64	(0.068)
12 - 19.....	1.03	(0.038)	12.6	(0.48)	1.00	(0.045)	117	(5.2)	80	(2.3)	278	(9.7)	133	(4.5)	2.69	(0.140)	0.86	(0.098)
20 and over...	1.07	(0.015)	12.6	(0.19)	1.04	(0.024)	83	(2.7)	106	(1.9)	247	(5.3)	165	(3.5)	2.46	(0.074)	0.54	(0.044)
2 and over...	1.07	(0.015)	12.4	(0.16)	1.02	(0.017)	91	(3.0)	99	(1.8)	254	(5.4)	158	(2.7)	2.50	(0.052)	0.59	(0.031)
<b>Over 350% poverty:</b>																		
2 - 5.....	1.16	(0.063)	10.3	(0.33)	0.84	(0.043)	101	(13.9)	89	(4.1)	260	(23.6)	145	(6.7)	2.60	(0.212)	0.57	(0.096)
6 - 11.....	1.02	(0.038)	10.3	(0.32)	0.80	(0.022)	104	(10.1)	81	(2.2)	257	(16.8)	130	(4.4)	2.20	(0.204)	0.51	(0.077)
12 - 19.....	0.99	(0.042)	12.5	(0.47)	0.94	(0.052)	106	(7.2)	87	(4.2)	267	(13.4)	129	(5.6)	2.45	(0.147)	0.72	(0.117)
20 and over...	1.09	(0.015)	12.8	(0.29)	1.06	(0.032)	84	(2.9)	113	(2.2)	256	(5.7)	166	(2.3)	2.42	(0.081)	0.55	(0.054)
2 and over...	1.08	(0.016)	12.6	(0.25)	1.02	(0.028)	88	(2.6)	108	(2.0)	257	(4.8)	160	(2.1)	2.42	(0.077)	0.56	(0.051)
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	1.17	(0.025)	11.1	(0.20)	0.97	(0.021)	114	(6.7)	89	(1.4)	282	(10.7)	147	(4.0)	2.72	(0.097)	0.68	(0.055)
6 - 11.....	1.03	(0.017)	11.1	(0.20)	0.88	(0.023)	110	(3.3)	81	(1.8)	268	(5.9)	132	(3.1)	2.39	(0.063)	0.60	(0.046)
12 - 19.....	1.01	(0.021)	12.5	(0.26)	0.97	(0.028)	113	(3.3)	85	(1.2)	277	(5.4)	135	(3.0)	2.53	(0.085)	0.74	(0.063)
20 and over...	1.06	(0.012)	12.7	(0.18)	1.05	(0.017)	84	(1.8)	110	(1.7)	252	(3.9)	165	(1.3)	2.39	(0.041)	0.54	(0.037)
2 and over...	1.06	(0.011)	12.5	(0.15)	1.02	(0.013)	91	(1.6)	104	(1.6)	258	(3.1)	158	(1.1)	2.42	(0.034)	0.57	(0.028)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (*continued*)

----- Nutrient per 1000 kcal -----														
Family income as % of poverty level and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>														
2 - 5.....	59.4	(4.42)	4.1	(0.24)	3.7	(0.10)	0.4	(0.11)	35.2	(2.88)	597	(22.4)	697	(12.3)
6 - 11.....	40.8	(2.55)	3.2	(0.21)	3.5	(0.13)	0.2*	(0.08)	32.1	(2.75)	522	(18.2)	654	(15.7)
12 - 19.....	36.4	(3.77)	2.4	(0.21)	3.8	(0.09)	0.3	(0.07)	37.3	(2.56)	475	(25.6)	643	(17.2)
20 and over...	40.8	(2.95)	2.2	(0.11)	3.9	(0.10)	0.3	(0.05)	57.0	(4.08)	465	(9.9)	658	(7.7)
2 and over...	41.6	(2.28)	2.5	(0.08)	3.8	(0.08)	0.3	(0.04)	49.9	(2.98)	482	(8.1)	658	(7.5)
<b>131-350% poverty:</b>														
2 - 5.....	45.0	(4.54)	4.5	(0.24)	4.0	(0.20)	0.5*	(0.18)	32.8	(2.25)	686	(24.9)	764	(18.7)
6 - 11.....	33.7	(4.31)	2.9	(0.11)	3.9	(0.10)	0.2	(0.05)	34.0	(2.52)	537	(16.0)	682	(12.3)
12 - 19.....	32.3	(2.20)	2.6	(0.17)	3.8	(0.14)	0.2*	(0.07)	35.8	(2.64)	523	(14.9)	666	(8.8)
20 and over...	37.3	(1.63)	2.3	(0.08)	4.3	(0.09)	0.6	(0.07)	55.1	(2.41)	470	(9.2)	664	(6.7)
2 and over...	36.8	(1.54)	2.5	(0.08)	4.2	(0.07)	0.5	(0.06)	49.7	(2.01)	494	(9.1)	671	(6.7)
<b>Over 350% poverty:</b>														
2 - 5.....	45.5	(4.71)	3.8	(0.35)	4.0	(0.24)	0.4	(0.12)	38.4	(6.78)	630	(29.2)	714	(24.8)
6 - 11.....	34.0	(3.18)	2.9	(0.36)	4.0	(0.08)	0.5	(0.10)	35.1	(2.77)	542	(23.5)	661	(23.2)
12 - 19.....	37.3	(4.42)	2.4	(0.24)	3.9	(0.24)	0.4*	(0.18)	38.9	(3.70)	496	(24.8)	641	(11.3)
20 and over...	42.3	(2.15)	2.4	(0.13)	4.9	(0.23)	0.7	(0.12)	70.1	(4.39)	470	(10.5)	684	(10.8)
2 and over...	41.5	(2.03)	2.5	(0.13)	4.8	(0.21)	0.6	(0.11)	64.3	(3.82)	482	(9.2)	680	(10.2)
<b>All Individuals<sup>3</sup>:</b>														
2 - 5.....	49.6	(3.17)	4.1	(0.15)	4.0	(0.09)	0.5	(0.08)	35.3	(1.71)	638	(11.9)	727	(11.6)
6 - 11.....	36.7	(2.61)	3.0	(0.11)	3.8	(0.06)	0.3	(0.05)	33.5	(1.16)	531	(11.6)	666	(11.2)
12 - 19.....	35.5	(2.14)	2.5	(0.14)	3.8	(0.09)	0.3	(0.06)	38.6	(2.09)	500	(12.6)	653	(9.1)
20 and over...	40.6	(1.45)	2.3	(0.05)	4.5	(0.11)	0.5	(0.06)	61.8	(2.68)	469	(6.1)	671	(5.8)
2 and over...	40.2	(1.35)	2.5	(0.05)	4.3	(0.09)	0.5	(0.05)	55.7	(2.36)	486	(6.2)	671	(6.1)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																		
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)
<b>Under 131% poverty:</b>																		
2 - 5.....	8.4	(0.62)	5.6	(0.21)	0.5	(0.01)	50.3	(1.26)	1304	(26.9)	1502	(20.5)	4.6	(0.91)	16.5	(2.69)	--	--
6 - 11.....	8.0	(0.43)	5.4	(0.20)	0.5	(0.01)	51.3	(1.48)	1135	(25.2)	1620	(26.9)	7.5	(1.12)	25.0	(3.02)	--	--
12 - 19.....	7.5	(0.16)	5.6	(0.14)	0.5	(0.01)	54.9	(1.44)	1130	(20.4)	1773	(32.7)	24.6	(4.98)	22.6	(2.84)	--	--
20 and over...	6.7	(0.12)	5.2	(0.12)	0.6	(0.02)	56.4	(1.05)	1256	(27.1)	1722	(35.3)	74.6	(4.65)	13.4	(1.09)	3.3	(0.35)
2 and over...	7.1	(0.10)	5.3	(0.10)	0.6	(0.01)	55.2	(0.85)	1229	(18.8)	1702	(26.0)	55.2	(3.82)	16.1	(0.99)	--	--
<b>131-350% poverty:</b>																		
2 - 5.....	7.3	(0.30)	5.7	(0.20)	0.5	(0.03)	52.1	(1.78)	1336	(32.3)	1514	(30.1)	4.8	(0.72)	19.9	(4.04)	--	--
6 - 11.....	7.7	(0.27)	5.7	(0.13)	0.5	(0.01)	52.9	(1.12)	1130	(26.3)	1630	(25.4)	8.5	(1.11)	26.3	(3.13)	--	--
12 - 19.....	7.9	(0.40)	5.6	(0.19)	0.5	(0.01)	52.2	(1.01)	1126	(22.3)	1662	(26.2)	37.4*	(16.54)	25.2	(3.06)	--	--
20 and over...	6.9	(0.11)	5.5	(0.09)	0.6	(0.01)	55.1	(0.53)	1263	(16.1)	1693	(21.8)	91.9	(6.08)	16.5	(0.86)	3.9	(0.33)
2 and over...	7.1	(0.11)	5.5	(0.08)	0.6	(0.01)	54.4	(0.43)	1239	(13.2)	1674	(15.7)	73.3	(5.23)	18.6	(1.07)	--	--
<b>Over 350% poverty:</b>																		
2 - 5.....	7.1	(0.34)	5.0	(0.24)	0.5	(0.02)	50.7	(2.13)	1250	(34.6)	1504	(75.7)	2.0	(0.31)	22.9	(3.61)	--	--
6 - 11.....	7.1	(0.34)	4.8	(0.17)	0.5	(0.02)	50.0	(1.09)	1078	(27.5)	1593	(44.9)	5.0	(0.74)	32.2	(3.01)	--	--
12 - 19.....	7.6	(0.33)	5.4	(0.22)	0.5	(0.01)	53.5	(1.55)	1098	(24.8)	1631	(47.8)	18.7	(2.55)	22.8	(3.12)	--	--
20 and over...	6.8	(0.09)	5.6	(0.10)	0.6	(0.01)	56.2	(1.46)	1358	(20.0)	1737	(22.0)	95.9	(4.72)	15.5	(0.62)	5.4	(0.45)
2 and over...	6.9	(0.09)	5.5	(0.09)	0.6	(0.01)	55.4	(1.28)	1315	(18.3)	1711	(20.7)	80.7	(3.42)	17.4	(0.67)	--	--
<b>All Individuals<sup>3</sup>:</b>																		
2 - 5.....	7.6	(0.26)	5.5	(0.13)	0.5	(0.01)	50.8	(0.65)	1305	(11.2)	1514	(19.5)	4.2	(0.45)	19.9	(1.50)	--	--
6 - 11.....	7.6	(0.17)	5.3	(0.10)	0.5	(0.01)	51.6	(0.85)	1120	(17.4)	1613	(17.4)	7.2	(0.50)	27.8	(1.91)	--	--
12 - 19.....	7.7	(0.18)	5.5	(0.12)	0.5	(0.01)	53.5	(0.66)	1120	(12.7)	1689	(22.2)	27.1	(6.55)	23.6	(2.00)	--	--
20 and over...	6.8	(0.05)	5.5	(0.05)	0.6	(0.01)	55.8	(0.72)	1308	(14.3)	1715	(15.5)	90.6	(2.65)	15.3	(0.42)	4.3	(0.25)
2 and over...	7.0	(0.06)	5.4	(0.05)	0.6	(0.01)	54.9	(0.60)	1272	(12.1)	1694	(12.6)	72.5	(2.23)	17.4	(0.59)	--	--

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----																
Family income as % of poverty level and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>																
2 - 5.....	0.30	(0.019)	0.21	(0.014)	0.21	(0.019)	0.33	(0.023)	0.51	(0.049)	1.27	(0.077)	7.06	(0.182)	3.00	(0.098)
6 - 11.....	0.24	(0.013)	0.17	(0.008)	0.15	(0.008)	0.26	(0.011)	0.43	(0.033)	1.13	(0.036)	7.28	(0.118)	3.09	(0.045)
12 - 19.....	0.26	(0.019)	0.17	(0.012)	0.13	(0.009)	0.26	(0.019)	0.40	(0.031)	1.14	(0.070)	7.40	(0.146)	3.15	(0.074)
20 and over...	0.23	(0.010)	0.15	(0.006)	0.13	(0.005)	0.24	(0.009)	0.41	(0.021)	1.04	(0.035)	6.83	(0.172)	2.97	(0.093)
2 and over...	0.24	(0.008)	0.16	(0.005)	0.14	(0.003)	0.25	(0.007)	0.42	(0.015)	1.08	(0.027)	6.97	(0.114)	3.01	(0.064)
<b>131-350% poverty:</b>																
2 - 5.....	0.33	(0.017)	0.23	(0.012)	0.20	(0.025)	0.34	(0.024)	0.46	(0.021)	1.31	(0.047)	7.16	(0.177)	3.05	(0.075)
6 - 11.....	0.28	(0.023)	0.19	(0.015)	0.16	(0.010)	0.29	(0.019)	0.54	(0.052)	1.22	(0.059)	7.23	(0.215)	3.11	(0.101)
12 - 19.....	0.28	(0.016)	0.18	(0.011)	0.16	(0.009)	0.29	(0.016)	0.52	(0.051)	1.24	(0.055)	7.28	(0.172)	3.19	(0.096)
20 and over...	0.25	(0.007)	0.16	(0.004)	0.14	(0.004)	0.26	(0.007)	0.46	(0.023)	1.12	(0.024)	7.12	(0.083)	3.14	(0.041)
2 and over...	0.26	(0.008)	0.17	(0.005)	0.14	(0.003)	0.27	(0.006)	0.47	(0.018)	1.15	(0.022)	7.15	(0.075)	3.14	(0.042)
<b>Over 350% poverty:</b>																
2 - 5.....	0.34	(0.037)	0.21	(0.020)	0.16	(0.013)	0.31	(0.026)	0.41	(0.033)	1.27	(0.113)	7.41	(0.344)	3.19	(0.174)
6 - 11.....	0.31	(0.015)	0.20	(0.009)	0.17	(0.013)	0.31	(0.016)	0.51	(0.067)	1.31	(0.060)	7.65	(0.212)	3.38	(0.083)
12 - 19.....	0.26	(0.019)	0.17	(0.014)	0.14	(0.013)	0.27	(0.019)	0.52	(0.091)	1.16	(0.073)	7.02	(0.192)	3.04	(0.116)
20 and over...	0.24	(0.008)	0.15	(0.005)	0.14	(0.004)	0.27	(0.005)	0.50	(0.028)	1.10	(0.021)	6.94	(0.081)	3.03	(0.049)
2 and over...	0.25	(0.007)	0.16	(0.004)	0.14	(0.004)	0.27	(0.006)	0.50	(0.029)	1.13	(0.023)	7.01	(0.067)	3.06	(0.043)
<b>All Individuals<sup>3</sup>:</b>																
2 - 5.....	0.32	(0.010)	0.22	(0.006)	0.19	(0.011)	0.32	(0.011)	0.46	(0.021)	1.28	(0.027)	7.20	(0.103)	3.08	(0.048)
6 - 11.....	0.27	(0.010)	0.18	(0.006)	0.16	(0.006)	0.28	(0.009)	0.49	(0.032)	1.21	(0.032)	7.34	(0.143)	3.17	(0.055)
12 - 19.....	0.26	(0.009)	0.17	(0.006)	0.14	(0.006)	0.27	(0.009)	0.48	(0.034)	1.18	(0.034)	7.23	(0.099)	3.12	(0.061)
20 and over...	0.24	(0.006)	0.16	(0.003)	0.14	(0.003)	0.26	(0.005)	0.47	(0.016)	1.10	(0.017)	6.97	(0.067)	3.05	(0.041)
2 and over...	0.25	(0.006)	0.16	(0.003)	0.14	(0.003)	0.27	(0.005)	0.47	(0.015)	1.12	(0.017)	7.04	(0.052)	3.07	(0.036)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (continued)

----- <i>Nutrient per 1000 kcal</i> -----														
Family income as % of poverty level and age	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
<b>Under 131% poverty:</b>														
2 - 5.....	0.48	(0.031)	11.47	(0.239)	0.12	(0.006)	0.01	(0.001)	7.13	(0.216)	0.74	(0.033)	#	
6 - 11.....	0.51	(0.015)	11.77	(0.211)	0.13	(0.005)	0.01	(0.001)	7.66	(0.185)	0.73	(0.018)	#	
12 - 19.....	0.55	(0.011)	12.22	(0.203)	0.14	(0.004)	0.02	(0.004)	8.03	(0.211)	0.78	(0.024)	#	
20 and over...	0.54	(0.010)	12.33	(0.223)	0.14	(0.003)	0.01	(0.001)	7.72	(0.187)	0.83	(0.026)	0.01	(#)
2 and over...	0.53	(0.008)	12.19	(0.163)	0.14	(0.003)	0.01	(0.001)	7.71	(0.133)	0.81	(0.018)	#	
<b>131-350% poverty:</b>														
2 - 5.....	0.46	(0.018)	11.89	(0.234)	0.13	(0.006)	0.01	(0.001)	7.14	(0.214)	0.70	(0.028)	#	
6 - 11.....	0.49	(0.020)	11.97	(0.369)	0.13	(0.005)	0.01	(0.001)	7.51	(0.152)	0.69	(0.024)	#	
12 - 19.....	0.51	(0.012)	12.22	(0.267)	0.14	(0.004)	0.01	(0.001)	7.65	(0.166)	0.73	(0.014)	#	
20 and over...	0.56	(0.009)	12.96	(0.153)	0.15	(0.002)	0.01	(0.001)	7.98	(0.126)	0.85	(0.017)	0.01	(0.001)
2 and over...	0.54	(0.008)	12.72	(0.156)	0.14	(0.002)	0.01	(0.001)	7.85	(0.095)	0.81	(0.011)	0.01	(#)
<b>Over 350% poverty:</b>														
2 - 5.....	0.51	(0.046)	12.56	(0.410)	0.12	(0.008)	0.01	(0.002)	7.20	(0.419)	0.70	(0.047)	#	
6 - 11.....	0.51	(0.024)	12.47	(0.239)	0.14	(0.006)	0.01	(0.002)	7.52	(0.211)	0.71	(0.023)	#	
12 - 19.....	0.48	(0.025)	12.20	(0.223)	0.16	(0.015)	0.01	(0.001)	7.55	(0.265)	0.72	(0.033)	0.01	(0.001)
20 and over...	0.55	(0.011)	13.30	(0.279)	0.16	(0.007)	0.02	(0.002)	8.40	(0.236)	0.91	(0.032)	0.01	(0.001)
2 and over...	0.54	(0.009)	13.13	(0.235)	0.15	(0.006)	0.02	(0.002)	8.23	(0.212)	0.88	(0.030)	0.01	(0.001)
<b>All Individuals<sup>3</sup>:</b>														
2 - 5.....	0.48	(0.018)	11.91	(0.244)	0.12	(0.004)	0.01	(0.001)	7.14	(0.108)	0.71	(0.017)	#	
6 - 11.....	0.50	(0.012)	12.06	(0.198)	0.13	(0.003)	0.01	(0.001)	7.56	(0.113)	0.71	(0.010)	#	
12 - 19.....	0.52	(0.011)	12.23	(0.141)	0.14	(0.005)	0.01	(0.001)	7.74	(0.108)	0.74	(0.014)	#	
20 and over...	0.55	(0.007)	12.93	(0.127)	0.15	(0.003)	0.02	(0.001)	8.04	(0.102)	0.86	(0.014)	0.01	(#)
2 and over...	0.54	(0.005)	12.73	(0.100)	0.15	(0.002)	0.01	(0.001)	7.92	(0.081)	0.83	(0.012)	0.01	(#)

**Table 44. Nutrient Intakes per 1000 kcal from Food and Beverages:** Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Family Income (as % of Poverty Level<sup>1</sup>) and Age, in the United States, 2015-2016 (*continued*)

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

### Symbol Legend

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

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

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

### Footnotes

<sup>1</sup> 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/>.

<sup>2</sup> Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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

### Abbreviations

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

### Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

### Suggested Citation

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**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1545	(27.4)	47	(10.8)	3 *	(0.7)	--		--		--		1542	(23.1)
6 - 11.....	517	12	(1.6)	1973	(31.2)	78	(10.5)	4	(0.5)	--		--		--		1965	(35.9)
12 - 19.....	609	15	(1.5)	2247	(69.7)	191	(39.1)	8	(1.6)	2898	(209.0)	1260	(172.6)	43	(4.0)	2131	(65.8)
20 - 39.....	810	25	(1.7)	2625	(46.5)	280	(25.6)	11	(0.9)	2799	(161.8)	1101	(77.7)	39	(1.6)	2565	(38.1)
40 - 59.....	767	20	(1.5)	2501	(33.5)	268	(28.9)	11	(1.1)	2837	(146.2)	1321	(122.6)	47	(2.5)	2416	(34.6)
60 and over.....	838	23	(2.9)	2093	(35.9)	199	(21.3)	9	(1.0)	2281	(84.2)	868	(62.6)	38	(2.0)	2037	(50.1)
2 - 19.....	1462	13	(1.0)	2009	(37.0)	122	(18.5)	6	(0.8)	2412	(129.4)	936	(96.6)	39	(3.2)	1949	(30.0)
20 and over...	2415	23	(1.2)	2439	(27.5)	254	(11.7)	10	(0.5)	2672	(94.6)	1107	(56.4)	41	(1.2)	2370	(29.7)
2 and over...	3877	20	(0.9)	2332	(27.6)	221	(10.4)	9	(0.4)	2631	(87.9)	1080	(51.4)	41	(1.1)	2255	(24.7)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1395	(35.6)	25 *	(7.7)	2 *	(0.5)	--		--		--		1402	(37.0)
6 - 11.....	523	14	(2.7)	1834	(37.2)	95	(18.9)	5	(1.1)	1816	(103.9)	674	(73.9)	37	(2.6)	1837	(40.6)
12 - 19.....	587	19	(2.0)	1813	(44.7)	173	(30.2)	10	(1.7)	1985	(133.9)	914	(87.2)	46	(5.2)	1773	(34.6)
20 - 39.....	877	24	(1.9)	1894	(33.1)	192	(18.6)	10	(0.9)	1997	(61.2)	814	(45.0)	41	(2.0)	1862	(38.2)
40 - 59.....	879	22	(2.9)	1825	(28.5)	179	(27.7)	10	(1.5)	1878	(51.9)	814	(65.7)	43	(3.1)	1809	(32.4)
60 and over.....	846	19	(1.6)	1642	(37.6)	142	(14.3)	9	(0.8)	1845	(120.2)	766	(64.9)	42	(2.6)	1595	(35.6)
2 - 19.....	1439	15	(1.2)	1725	(21.3)	114	(14.9)	7	(0.9)	1859	(78.1)	781	(68.8)	42	(3.9)	1702	(17.2)
20 and over...	2602	22	(1.4)	1795	(16.7)	173	(11.6)	10	(0.7)	1915	(36.0)	802	(23.2)	42	(1.3)	1762	(21.1)
2 and over...	4041	20	(1.2)	1779	(12.1)	159	(11.6)	9	(0.7)	1905	(29.8)	798	(26.4)	42	(1.6)	1747	(15.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1868	(25.2)	118	(13.5)	6	(0.7)	2123	(95.4)	855	(72.5)	40	(3.0)	1828	(18.9)
20 and over...	5017	22	(1.0)	2105	(20.6)	212	(6.5)	10	(0.3)	2291	(55.4)	954	(28.7)	42	(0.9)	2052	(22.3)
2 and over...	7918	20	(0.9)	2048	(18.3)	189	(7.1)	9	(0.4)	2263	(52.9)	937	(26.0)	41	(1.0)	1994	(17.8)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	54.7	(1.62)	1.7	(0.35)	3 *	(0.6)	--		--		--		55.0	(1.55)
6 - 11.....	517	12	(1.6)	69.2	(1.85)	3.4	(0.64)	5	(0.9)	--		--		--		68.9	(1.70)
12 - 19.....	609	15	(1.5)	84.5	(3.24)	9.1	(2.18)	11	(2.4)	109.7	(11.25)	60.1	(11.17)	55	(6.0)	80.0	(3.01)
20 - 39.....	810	25	(1.7)	105.9	(3.68)	12.8	(1.48)	12	(1.4)	113.8	(6.39)	50.3	(4.44)	44	(2.6)	103.2	(4.42)
40 - 59.....	767	20	(1.5)	97.8	(2.95)	12.3	(2.08)	13	(1.9)	110.8	(10.60)	60.5	(9.54)	55	(4.0)	94.5	(2.08)
60 and over.....	838	23	(2.9)	81.7	(2.14)	8.4	(0.98)	10	(1.2)	88.8	(3.63)	36.9	(2.55)	42	(2.6)	79.6	(2.17)
2 - 19.....	1462	13	(1.0)	73.1	(1.79)	5.6	(1.04)	8	(1.3)	88.3	(6.04)	42.9	(6.10)	49	(4.5)	70.8	(1.56)
20 and over...	2415	23	(1.2)	96.6	(1.85)	11.4	(0.91)	12	(0.9)	106.2	(4.21)	49.9	(4.02)	47	(2.4)	93.7	(2.09)
2 and over...	3877	20	(0.9)	90.7	(1.67)	10.0	(0.74)	11	(0.8)	103.3	(3.96)	48.8	(3.64)	47	(2.1)	87.5	(1.68)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	51.2	(0.98)	1.1	(0.29)	2 *	(0.6)	--		--		--		51.5	(1.02)
6 - 11.....	523	14	(2.7)	64.5	(1.85)	3.7	(0.80)	6	(1.3)	63.8	(4.49)	26.4	(3.41)	41	(3.2)	64.6	(1.73)
12 - 19.....	587	19	(2.0)	63.4	(1.88)	7.0	(1.31)	11	(2.0)	67.7	(5.77)	36.8	(4.47)	54	(5.5)	62.4	(1.36)
20 - 39.....	877	24	(1.9)	73.3	(1.13)	8.2	(1.00)	11	(1.3)	76.0	(2.80)	34.9	(2.43)	46	(2.5)	72.5	(1.13)
40 - 59.....	879	22	(2.9)	71.0	(1.81)	7.9	(1.53)	11	(2.1)	76.2	(4.23)	36.1	(3.66)	47	(3.9)	69.5	(1.67)
60 and over.....	846	19	(1.6)	62.8	(1.81)	6.0	(0.78)	10	(1.2)	72.9	(5.40)	32.3	(3.28)	44	(2.7)	60.5	(1.84)
2 - 19.....	1439	15	(1.2)	61.0	(0.86)	4.6	(0.61)	8	(1.0)	64.2	(3.44)	31.2	(2.97)	49	(4.0)	60.4	(0.65)
20 and over...	2602	22	(1.4)	69.4	(0.81)	7.5	(0.67)	11	(1.0)	75.3	(2.05)	34.7	(1.61)	46	(1.9)	67.8	(1.00)
2 and over...	4041	20	(1.2)	67.5	(0.71)	6.8	(0.63)	10	(0.9)	73.4	(1.93)	34.1	(1.63)	46	(2.1)	66.0	(0.83)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(1.14)	5.1	(0.70)	8	(1.0)	75.7	(4.45)	36.8	(4.12)	49	(3.4)	65.7	(0.88)
20 and over...	5017	22	(1.0)	82.5	(1.20)	9.4	(0.50)	11	(0.6)	90.7	(2.40)	42.3	(1.99)	47	(1.6)	80.2	(1.33)
2 and over...	7918	20	(0.9)	78.8	(1.09)	8.4	(0.46)	11	(0.6)	88.2	(2.28)	41.4	(1.82)	47	(1.5)	76.4	(1.13)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

C a r b o h y d r a t e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	205	(3.4)	6	(1.3)	3 *	(0.7)	--	--	--	--	--	--	204	(3.1)
6 - 11.....	517	12	(1.6)	258	(6.6)	9	(1.3)	3 *	(0.5)	--	--	--	--	--	--	258	(7.6)
12 - 19.....	609	15	(1.5)	282	(8.9)	19	(3.7)	7	(1.2)	351	(28.0)	129	(15.6)	37	(2.7)	270	(8.4)
20 - 39.....	810	25	(1.7)	299	(5.0)	26	(2.4)	9	(0.8)	303	(19.1)	102	(8.4)	34	(1.7)	298	(7.0)
40 - 59.....	767	20	(1.5)	284	(5.0)	25	(3.0)	9	(1.0)	307	(16.2)	123	(12.4)	40	(2.4)	278	(5.9)
60 and over.....	838	23	(2.9)	243	(6.0)	20	(2.4)	8	(1.0)	260	(11.1)	85	(7.7)	33	(2.2)	238	(8.1)
2 - 19.....	1462	13	(1.0)	258	(4.3)	13	(1.8)	5	(0.6)	299	(18.2)	99	(8.9)	33	(2.3)	252	(3.8)
20 and over...	2415	23	(1.2)	279	(3.1)	24	(1.3)	9	(0.5)	293	(9.2)	104	(5.7)	35	(1.3)	275	(4.5)
2 and over...	3877	20	(0.9)	274	(2.8)	21	(1.0)	8	(0.4)	294	(9.0)	103	(5.0)	35	(1.0)	269	(3.3)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	183	(6.2)	3 *	(0.8)	1 *	(0.4)	--	--	--	--	--	--	185	(6.4)
6 - 11.....	523	14	(2.7)	237	(5.5)	10	(2.0)	4	(0.9)	233	(10.2)	72	(8.0)	31	(2.8)	237	(6.4)
12 - 19.....	587	19	(2.0)	233	(5.3)	20	(3.3)	9	(1.4)	256	(14.5)	105	(8.5)	41	(4.6)	227	(4.5)
20 - 39.....	877	24	(1.9)	224	(5.3)	18	(1.6)	8	(0.7)	227	(9.5)	78	(5.2)	34	(2.0)	223	(6.6)
40 - 59.....	879	22	(2.9)	212	(5.3)	16	(2.4)	8	(1.2)	205	(8.8)	74	(6.8)	36	(3.0)	214	(6.3)
60 and over.....	846	19	(1.6)	198	(5.1)	14	(1.5)	7	(0.8)	209	(18.0)	76	(7.2)	36	(2.6)	196	(5.8)
2 - 19.....	1439	15	(1.2)	223	(2.7)	13	(1.6)	6	(0.7)	238	(8.4)	88	(7.6)	37	(3.5)	220	(2.5)
20 and over...	2602	22	(1.4)	212	(3.4)	16	(1.0)	8	(0.5)	214	(4.7)	76	(2.2)	36	(1.3)	211	(4.3)
2 and over...	4041	20	(1.2)	214	(2.6)	16	(1.0)	7	(0.5)	218	(3.6)	78	(2.5)	36	(1.4)	213	(3.2)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	241	(3.0)	13	(1.3)	5	(0.5)	267	(11.9)	93	(6.9)	35	(2.5)	236	(2.5)
20 and over...	5017	22	(1.0)	244	(2.4)	20	(0.7)	8	(0.3)	253	(5.9)	90	(3.3)	36	(1.0)	242	(3.3)
2 and over...	7918	20	(0.9)	243	(1.9)	18	(0.7)	8	(0.3)	255	(5.5)	90	(2.9)	35	(1.0)	240	(2.4)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	96	(2.2)	2*	(0.7)	2*	(0.7)	--		--		--		96	(1.9)
6 - 11.....	517	12	(1.6)	117	(3.7)	4	(0.7)	3*	(0.6)	--		--		--		117	(4.0)
12 - 19.....	609	15	(1.5)	124	(5.0)	6	(1.2)	5	(0.8)	163	(15.9)	42	(5.6)	26	(2.5)	117	(4.2)
20 - 39.....	810	25	(1.7)	125	(4.0)	7	(0.9)	6	(0.7)	117	(9.2)	28	(3.5)	24	(2.2)	128	(6.1)
40 - 59.....	767	20	(1.5)	123	(4.1)	8	(1.3)	6	(1.0)	134	(7.6)	37	(5.5)	28	(3.4)	120	(4.6)
60 and over.....	838	23	(2.9)	103	(4.1)	6	(0.8)	6	(0.9)	105	(6.2)	25	(3.2)	24	(2.5)	102	(5.0)
2 - 19.....	1462	13	(1.0)	116	(2.5)	5	(0.6)	4	(0.5)	139	(10.6)	35	(4.0)	25	(2.8)	112	(2.1)
20 and over...	2415	23	(1.2)	118	(2.8)	7	(0.5)	6	(0.5)	119	(4.4)	30	(2.6)	25	(1.8)	118	(3.5)
2 and over...	3877	20	(0.9)	118	(2.4)	6	(0.4)	5	(0.4)	122	(4.7)	31	(2.4)	25	(1.5)	117	(2.6)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	88	(3.8)	1*	(0.2)	1*	(0.3)	--		--		--		89	(4.0)
6 - 11.....	523	14	(2.7)	105	(3.9)	4	(0.8)	3*	(0.8)	108	(6.8)	26	(3.9)	24*	(3.3)	104	(4.5)
12 - 19.....	587	19	(2.0)	104	(3.7)	8	(1.8)	8	(1.8)	119	(6.8)	43	(5.8)	36	(5.7)	101	(3.8)
20 - 39.....	877	24	(1.9)	96	(2.9)	6	(0.6)	6	(0.6)	95	(5.2)	24	(2.4)	25	(2.1)	97	(3.2)
40 - 59.....	879	22	(2.9)	95	(3.2)	6	(1.1)	7	(1.2)	91	(6.5)	28	(3.7)	31	(3.2)	96	(3.7)
60 and over.....	846	19	(1.6)	89	(3.2)	5	(0.6)	6	(0.6)	90	(8.3)	27	(2.5)	30	(3.0)	89	(3.6)
2 - 19.....	1439	15	(1.2)	101	(2.1)	5	(0.8)	5	(0.9)	110	(4.7)	34	(4.5)	31	(4.2)	99	(2.4)
20 and over...	2602	22	(1.4)	94	(1.9)	6	(0.5)	6	(0.5)	92	(2.6)	26	(1.4)	29	(1.3)	94	(2.2)
2 and over...	4041	20	(1.2)	95	(1.7)	6	(0.5)	6	(0.6)	95	(1.9)	28	(1.6)	29	(1.6)	95	(1.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	108	(2.1)	5	(0.6)	4	(0.5)	124	(6.7)	34	(3.6)	28	(3.1)	106	(1.8)
20 and over...	5017	22	(1.0)	106	(1.6)	6	(0.4)	6	(0.3)	106	(2.3)	28	(1.6)	27	(1.4)	106	(2.0)
2 and over...	7918	20	(0.9)	106	(1.5)	6	(0.3)	6	(0.3)	109	(2.4)	29	(1.5)	27	(1.3)	106	(1.7)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

Dietary fiber																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	12.1	(0.45)	0.4	(0.07)	3 *	(0.6)	--		--		--		12.2	(0.50)
6 - 11.....	517	12	(1.6)	14.7	(0.54)	0.5	(0.07)	3 *	(0.5)	--		--		--		14.7	(0.62)
12 - 19.....	609	15	(1.5)	16.0	(0.56)	1.1	(0.22)	7	(1.3)	18.7	(1.42)	7.4	(0.98)	40	(3.4)	15.5	(0.70)
20 - 39.....	810	25	(1.7)	19.2	(0.62)	1.7	(0.19)	9	(1.1)	19.3	(1.36)	6.8	(0.71)	35	(2.9)	19.1	(0.63)
40 - 59.....	767	20	(1.5)	19.0	(0.70)	1.8	(0.21)	10	(1.1)	18.7	(1.65)	8.9	(0.98)	48	(1.8)	19.1	(0.86)
60 and over.....	838	23	(2.9)	18.6	(0.74)	1.7	(0.32)	9	(1.8)	18.5	(1.58)	7.3	(1.16)	40	(3.8)	18.6	(0.90)
2 - 19.....	1462	13	(1.0)	14.8	(0.34)	0.7	(0.10)	5	(0.7)	16.2	(0.74)	5.7	(0.47)	35	(2.1)	14.5	(0.42)
20 and over...	2415	23	(1.2)	18.9	(0.43)	1.7	(0.12)	9	(0.7)	18.9	(0.86)	7.6	(0.50)	40	(1.6)	19.0	(0.50)
2 and over...	3877	20	(0.9)	17.9	(0.40)	1.5	(0.09)	8	(0.6)	18.5	(0.71)	7.3	(0.41)	39	(1.2)	17.8	(0.45)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	11.0	(0.37)	0.2*	(0.10)	2 *	(0.9)	--		--		--		11.0	(0.40)
6 - 11.....	523	14	(2.7)	14.0	(0.47)	0.6	(0.11)	4	(0.8)	12.6	(1.00)	4.1	(0.56)	32	(3.3)	14.2	(0.48)
12 - 19.....	587	19	(2.0)	13.9	(0.25)	1.0	(0.14)	7	(1.1)	12.9	(0.88)	5.4	(0.32)	42	(3.8)	14.1	(0.24)
20 - 39.....	877	24	(1.9)	16.1	(0.71)	1.3	(0.13)	8	(0.9)	15.8	(0.97)	5.4	(0.42)	34	(2.9)	16.2	(0.89)
40 - 59.....	879	22	(2.9)	15.8	(0.63)	1.3	(0.18)	8	(1.4)	15.2	(0.89)	5.7	(0.56)	38	(3.4)	15.9	(0.66)
60 and over.....	846	19	(1.6)	15.3	(0.44)	1.2	(0.13)	8	(0.8)	17.5	(1.89)	6.3	(0.69)	36	(2.8)	14.8	(0.43)
2 - 19.....	1439	15	(1.2)	13.3	(0.21)	0.7	(0.08)	5	(0.6)	12.6	(0.54)	4.8	(0.33)	38	(2.9)	13.4	(0.21)
20 and over...	2602	22	(1.4)	15.7	(0.44)	1.2	(0.08)	8	(0.7)	16.0	(0.66)	5.7	(0.29)	36	(1.8)	15.7	(0.48)
2 and over...	4041	20	(1.2)	15.2	(0.36)	1.1	(0.08)	7	(0.6)	15.4	(0.55)	5.6	(0.27)	36	(1.8)	15.1	(0.39)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	14.0	(0.22)	0.7	(0.07)	5	(0.5)	14.3	(0.49)	5.2	(0.32)	37	(1.8)	14.0	(0.25)
20 and over...	5017	22	(1.0)	17.3	(0.39)	1.5	(0.06)	9	(0.4)	17.4	(0.67)	6.7	(0.30)	38	(1.0)	17.2	(0.41)
2 and over...	7918	20	(0.9)	16.5	(0.35)	1.3	(0.05)	8	(0.4)	16.9	(0.55)	6.4	(0.26)	38	(0.9)	16.4	(0.38)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	58.6	(1.48)	2.0	(0.50)	3 *	(0.9)	--		--		--		58.2	(1.29)
6 - 11.....	517	12	(1.6)	76.3	(1.77)	3.3	(0.49)	4	(0.7)	--		--		--		75.6	(1.49)
12 - 19.....	609	15	(1.5)	88.5	(3.00)	8.5	(1.82)	10	(1.9)	116.8	(8.64)	56.2	(8.12)	48	(4.8)	83.4	(2.81)
20 - 39.....	810	25	(1.7)	102.3	(2.94)	11.9	(1.16)	12	(0.9)	112.2	(7.33)	46.7	(3.67)	42	(2.1)	98.9	(1.99)
40 - 59.....	767	20	(1.5)	98.4	(2.62)	11.8	(1.09)	12	(1.0)	114.6	(7.34)	58.4	(5.39)	51	(2.5)	94.3	(2.40)
60 and over.....	838	23	(2.9)	85.2	(1.67)	9.1	(0.95)	11	(1.1)	94.8	(3.90)	39.6	(2.73)	42	(2.3)	82.4	(2.35)
2 - 19.....	1462	13	(1.0)	78.2	(1.92)	5.3	(0.86)	7	(1.0)	96.8	(5.75)	41.0	(4.63)	42	(4.0)	75.4	(1.50)
20 and over...	2415	23	(1.2)	96.3	(1.71)	11.1	(0.42)	12	(0.4)	108.3	(5.07)	48.4	(2.82)	45	(1.3)	92.8	(1.37)
2 and over...	3877	20	(0.9)	91.8	(1.68)	9.7	(0.44)	11	(0.4)	106.5	(4.58)	47.2	(2.61)	44	(1.2)	88.0	(1.27)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	53.3	(1.29)	1.2 *	(0.41)	2 *	(0.8)	--		--		--		53.2	(1.34)
6 - 11.....	523	14	(2.7)	72.3	(1.64)	4.4	(0.88)	6	(1.3)	71.8	(6.03)	31.4	(3.36)	44	(2.6)	72.4	(1.59)
12 - 19.....	587	19	(2.0)	72.1	(2.21)	7.4	(1.43)	10	(2.0)	78.8	(6.58)	39.0	(4.66)	49	(6.6)	70.5	(1.81)
20 - 39.....	877	24	(1.9)	75.4	(1.40)	8.7	(0.84)	12	(1.0)	82.1	(2.90)	36.8	(2.39)	45	(2.1)	73.3	(1.53)
40 - 59.....	879	22	(2.9)	74.5	(2.25)	8.0	(1.30)	11	(1.7)	78.0	(2.90)	36.4	(3.06)	47	(3.6)	73.5	(2.54)
60 and over.....	846	19	(1.6)	67.3	(1.79)	6.8	(0.76)	10	(1.0)	80.7	(4.93)	36.5	(3.70)	45	(3.9)	64.2	(1.87)
2 - 19.....	1439	15	(1.2)	67.9	(1.10)	5.0	(0.70)	7	(1.0)	74.0	(4.01)	34.4	(3.30)	46	(4.7)	66.8	(0.84)
20 and over...	2602	22	(1.4)	72.7	(1.12)	7.9	(0.56)	11	(0.7)	80.2	(2.07)	36.6	(1.43)	46	(1.3)	70.6	(1.28)
2 and over...	4041	20	(1.2)	71.6	(0.79)	7.2	(0.55)	10	(0.7)	79.2	(1.77)	36.2	(1.43)	46	(1.7)	69.7	(0.95)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	73.1	(1.29)	5.2	(0.64)	7	(0.8)	84.9	(4.25)	37.5	(3.50)	44	(3.6)	71.2	(1.00)
20 and over...	5017	22	(1.0)	84.1	(1.12)	9.4	(0.26)	11	(0.3)	94.2	(2.90)	42.5	(1.52)	45	(0.9)	81.2	(1.05)
2 and over...	7918	20	(0.9)	81.4	(1.03)	8.4	(0.32)	10	(0.4)	92.6	(2.74)	41.6	(1.40)	45	(1.1)	78.6	(0.88)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	20.6	(0.46)	0.6	(0.16)	3 *	(0.8)	--		--		--		20.6	(0.41)
6 - 11.....	517	12	(1.6)	27.0	(0.86)	1.1	(0.17)	4	(0.7)	--		--		--		26.7	(0.78)
12 - 19.....	609	15	(1.5)	31.0	(1.18)	2.6	(0.54)	8	(1.6)	39.1	(2.79)	17.1	(2.28)	44	(4.9)	29.5	(1.17)
20 - 39.....	810	25	(1.7)	34.3	(1.04)	3.9	(0.42)	11	(1.0)	37.0	(2.52)	15.4	(1.30)	42	(2.1)	33.4	(0.74)
40 - 59.....	767	20	(1.5)	31.9	(0.99)	3.6	(0.37)	11	(1.0)	37.4	(3.13)	17.9	(1.81)	48	(2.2)	30.5	(0.93)
60 and over.....	838	23	(2.9)	27.7	(0.64)	2.6	(0.24)	9	(0.9)	30.7	(1.58)	11.3	(0.86)	37	(2.7)	26.8	(0.84)
2 - 19.....	1462	13	(1.0)	27.5	(0.80)	1.7	(0.25)	6	(0.8)	33.1	(2.02)	12.8	(1.32)	39	(3.9)	26.7	(0.67)
20 and over...	2415	23	(1.2)	31.7	(0.69)	3.5	(0.18)	11	(0.5)	35.5	(1.85)	15.1	(1.05)	43	(1.4)	30.6	(0.57)
2 and over...	3877	20	(0.9)	30.7	(0.65)	3.0	(0.16)	10	(0.4)	35.1	(1.67)	14.7	(0.91)	42	(1.2)	29.5	(0.49)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	19.2	(0.42)	0.4 *	(0.14)	2 *	(0.7)	--		--		--		19.2	(0.43)
6 - 11.....	523	14	(2.7)	25.9	(0.79)	1.5	(0.31)	6	(1.3)	26.2	(2.37)	10.7	(1.20)	41	(3.4)	25.9	(0.82)
12 - 19.....	587	19	(2.0)	24.8	(1.00)	2.4	(0.57)	10	(2.3)	26.5	(2.64)	12.8	(2.13)	48	(8.0)	24.4	(0.79)
20 - 39.....	877	24	(1.9)	24.3	(0.52)	2.7	(0.25)	11	(0.9)	26.2	(1.04)	11.4	(0.84)	43	(1.9)	23.6	(0.51)
40 - 59.....	879	22	(2.9)	23.7	(0.67)	2.3	(0.34)	10	(1.3)	24.3	(1.08)	10.3	(0.85)	42	(3.7)	23.5	(0.71)
60 and over.....	846	19	(1.6)	22.6	(0.66)	2.2	(0.33)	10	(1.4)	26.9	(2.09)	11.6	(1.56)	43	(5.0)	21.6	(0.68)
2 - 19.....	1439	15	(1.2)	23.9	(0.55)	1.7	(0.27)	7	(1.1)	25.6	(1.76)	11.4	(1.49)	45	(5.9)	23.6	(0.46)
20 and over...	2602	22	(1.4)	23.6	(0.38)	2.4	(0.18)	10	(0.7)	25.7	(0.94)	11.1	(0.54)	43	(1.5)	23.0	(0.36)
2 and over...	4041	20	(1.2)	23.6	(0.26)	2.2	(0.17)	9	(0.7)	25.7	(0.82)	11.1	(0.49)	43	(1.9)	23.1	(0.26)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	25.7	(0.57)	1.7	(0.22)	6	(0.8)	29.2	(1.52)	12.1	(1.20)	41	(3.8)	25.2	(0.48)
20 and over...	5017	22	(1.0)	27.5	(0.47)	2.9	(0.09)	11	(0.3)	30.5	(1.18)	13.0	(0.61)	43	(1.1)	26.6	(0.38)
2 and over...	7918	20	(0.9)	27.1	(0.42)	2.6	(0.09)	10	(0.3)	30.3	(1.12)	12.9	(0.50)	43	(1.1)	26.2	(0.32)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	20.0	(0.66)	0.7	(0.19)	3 *	(0.9)	--		--		--		19.9	(0.60)
6 - 11.....	517	12	(1.6)	25.7	(0.68)	1.1	(0.18)	4	(0.7)	--		--		--		25.3	(0.54)
12 - 19.....	609	15	(1.5)	30.1	(1.14)	3.0	(0.73)	10	(2.2)	40.5	(3.58)	19.9	(3.48)	49	(5.8)	28.3	(0.93)
20 - 39.....	810	25	(1.7)	35.8	(1.13)	4.2	(0.41)	12	(1.0)	39.8	(2.66)	16.6	(1.28)	42	(2.4)	34.5	(0.86)
40 - 59.....	767	20	(1.5)	34.9	(1.01)	4.1	(0.38)	12	(1.0)	40.0	(2.41)	20.3	(1.92)	51	(2.8)	33.6	(1.00)
60 and over.....	838	23	(2.9)	30.3	(0.65)	3.2	(0.34)	11	(1.1)	33.8	(1.62)	14.0	(1.10)	41	(2.6)	29.3	(0.85)
2 - 19.....	1462	13	(1.0)	26.5	(0.73)	1.9	(0.34)	7	(1.2)	33.4	(2.40)	14.3	(1.97)	43	(4.9)	25.5	(0.53)
20 and over...	2415	23	(1.2)	34.0	(0.60)	3.9	(0.14)	11	(0.4)	38.3	(1.76)	17.0	(0.95)	45	(1.4)	32.8	(0.54)
2 and over...	3877	20	(0.9)	32.2	(0.60)	3.4	(0.16)	11	(0.5)	37.5	(1.61)	16.6	(0.92)	44	(1.4)	30.8	(0.47)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	18.1	(0.50)	0.4 *	(0.16)	2 *	(0.9)	--		--		--		18.0	(0.54)
6 - 11.....	523	14	(2.7)	24.3	(0.70)	1.5	(0.30)	6	(1.3)	23.4	(1.99)	10.4	(1.17)	44	(2.9)	24.4	(0.63)
12 - 19.....	587	19	(2.0)	24.3	(0.69)	2.5	(0.42)	10	(1.7)	26.1	(2.41)	13.2	(1.20)	50	(5.7)	23.9	(0.63)
20 - 39.....	877	24	(1.9)	26.2	(0.47)	2.9	(0.30)	11	(1.1)	28.1	(1.16)	12.4	(0.90)	44	(2.6)	25.6	(0.56)
40 - 59.....	879	22	(2.9)	26.4	(1.15)	2.9	(0.44)	11	(1.6)	28.1	(1.33)	13.0	(1.13)	46	(3.8)	26.0	(1.34)
60 and over.....	846	19	(1.6)	23.3	(0.69)	2.3	(0.30)	10	(1.2)	28.1	(1.90)	12.6	(1.54)	45	(3.8)	22.2	(0.70)
2 - 19.....	1439	15	(1.2)	22.9	(0.39)	1.7	(0.21)	7	(0.9)	24.5	(1.39)	11.6	(0.91)	47	(4.2)	22.6	(0.31)
20 and over...	2602	22	(1.4)	25.4	(0.52)	2.7	(0.20)	11	(0.7)	28.1	(0.84)	12.7	(0.62)	45	(1.5)	24.7	(0.61)
2 and over...	4041	20	(1.2)	24.8	(0.38)	2.5	(0.19)	10	(0.7)	27.5	(0.70)	12.5	(0.56)	45	(1.7)	24.2	(0.46)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	24.7	(0.48)	1.8	(0.23)	7	(0.9)	28.7	(1.67)	12.9	(1.30)	45	(3.8)	24.1	(0.35)
20 and over...	5017	22	(1.0)	29.6	(0.39)	3.3	(0.10)	11	(0.4)	33.1	(1.02)	14.8	(0.53)	45	(0.8)	28.5	(0.39)
2 and over...	7918	20	(0.9)	28.4	(0.37)	2.9	(0.12)	10	(0.4)	32.4	(0.97)	14.5	(0.51)	45	(1.0)	27.4	(0.34)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	12.9	(0.49)	0.5	(0.13)	4 *	(1.0)	--		--		--		12.5	(0.50)
6 - 11.....	517	12	(1.6)	16.7	(0.40)	0.7	(0.10)	4	(0.6)	--		--		--		16.8	(0.42)
12 - 19.....	609	15	(1.5)	19.1	(0.54)	2.2	(0.48)	11	(2.3)	26.7	(2.26)	14.2	(2.32)	53	(4.9)	17.8	(0.58)
20 - 39.....	810	25	(1.7)	22.4	(0.72)	2.6	(0.26)	12	(0.9)	24.9	(1.96)	10.4	(1.00)	42	(2.0)	21.6	(0.60)
40 - 59.....	767	20	(1.5)	22.5	(0.70)	3.0	(0.25)	13	(1.2)	26.2	(1.21)	14.6	(1.32)	56	(3.8)	21.5	(0.82)
60 and over.....	838	23	(2.9)	19.7	(0.68)	2.5	(0.36)	13	(1.7)	22.0	(1.65)	10.9	(1.15)	49	(2.4)	19.0	(0.76)
2 - 19.....	1462	13	(1.0)	17.0	(0.32)	1.3	(0.23)	8	(1.2)	21.7	(1.30)	10.1	(1.29)	47	(4.0)	16.3	(0.26)
20 and over...	2415	23	(1.2)	21.7	(0.44)	2.7	(0.11)	12	(0.4)	24.6	(1.27)	11.8	(0.73)	48	(1.5)	20.9	(0.39)
2 and over...	3877	20	(0.9)	20.5	(0.39)	2.4	(0.12)	12	(0.5)	24.1	(1.10)	11.6	(0.71)	48	(1.5)	19.6	(0.32)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	11.2	(0.46)	0.3	(0.09)	3 *	(0.7)	--		--		--		11.1	(0.49)
6 - 11.....	523	14	(2.7)	15.6	(0.40)	1.1	(0.21)	7	(1.4)	15.9	(1.45)	7.6	(0.83)	48	(3.1)	15.6	(0.50)
12 - 19.....	587	19	(2.0)	16.5	(0.55)	1.8	(0.37)	11	(2.2)	18.8	(1.46)	9.5	(1.32)	50	(6.7)	15.9	(0.60)
20 - 39.....	877	24	(1.9)	18.1	(0.51)	2.3	(0.26)	13	(1.3)	20.5	(0.98)	9.8	(0.76)	48	(2.6)	17.4	(0.58)
40 - 59.....	879	22	(2.9)	17.7	(0.58)	2.1	(0.41)	12	(2.3)	18.8	(0.90)	9.8	(0.95)	52	(3.8)	17.4	(0.70)
60 and over.....	846	19	(1.6)	15.5	(0.42)	1.7	(0.15)	11	(0.9)	18.6	(1.41)	9.1	(0.77)	49	(3.1)	14.8	(0.44)
2 - 19.....	1439	15	(1.2)	15.0	(0.25)	1.2	(0.17)	8	(1.1)	17.2	(0.82)	8.3	(0.80)	49	(4.1)	14.6	(0.24)
20 and over...	2602	22	(1.4)	17.2	(0.35)	2.1	(0.17)	12	(0.9)	19.4	(0.58)	9.6	(0.45)	50	(1.6)	16.6	(0.39)
2 and over...	4041	20	(1.2)	16.7	(0.29)	1.9	(0.16)	11	(0.9)	19.0	(0.50)	9.4	(0.46)	49	(1.8)	16.1	(0.32)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	16.0	(0.22)	1.3	(0.16)	8	(0.9)	19.3	(0.96)	9.2	(0.93)	48	(3.3)	15.5	(0.19)
20 and over...	5017	22	(1.0)	19.4	(0.30)	2.4	(0.09)	12	(0.4)	22.0	(0.65)	10.7	(0.41)	49	(1.1)	18.6	(0.31)
2 and over...	7918	20	(0.9)	18.6	(0.26)	2.1	(0.10)	11	(0.5)	21.5	(0.57)	10.5	(0.41)	49	(1.3)	17.8	(0.26)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l													
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>			Full Service Restaurant Consumers <sup>3</sup>			Non-consumers <sup>4</sup>			
				Total Intake	Intake from Full Service Restaurants	Percentages from <sup>6</sup> Full Service Restaurants	Total Intake	Intake from Full Service Restaurants	Percentages from <sup>6</sup> Full Service Restaurants	Total Intake	Intake from Full Service Restaurants	Percentages from <sup>6</sup> Full Service Restaurants	Total Intake
		%	(SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)
<b>Males:</b>													
2 - 5.....	336	10	(1.8)	188 (14.1)	6 (1.6)	3* (0.9)	--	--	--	187 (11.3)			
6 - 11.....	517	12	(1.6)	228 (11.4)	16* (6.2)	7* (2.5)	--	--	--	222 (8.9)			
12 - 19.....	609	15	(1.5)	276 (12.4)	37 (8.7)	13 (2.9)	417 (48.7)	242 (46.1)	58 (6.2)	251 (10.1)			
20 - 39.....	810	25	(1.7)	379 (15.2)	49 (5.8)	13 (1.4)	437 (38.4)	195 (21.0)	45 (3.5)	360 (12.9)			
40 - 59.....	767	20	(1.5)	356 (19.8)	52 (10.3)	15 (2.3)	472 (49.5)	258 (51.3)	55 (6.3)	326 (15.8)			
60 and over.....	838	23	(2.9)	291 (7.7)	35 (5.6)	12 (1.8)	321 (21.1)	151 (20.2)	47 (4.6)	282 (7.8)			
2 - 19.....	1462	13	(1.0)	242 (7.6)	23 (4.9)	10 (1.9)	336 (29.6)	178 (29.0)	53 (5.3)	227 (6.0)			
20 and over...	2415	23	(1.2)	348 (11.1)	46 (5.2)	13 (1.2)	417 (28.6)	203 (25.8)	49 (3.6)	327 (9.7)			
2 and over...	3877	20	(0.9)	321 (8.6)	41 (4.0)	13 (1.0)	404 (24.5)	199 (22.0)	49 (3.3)	300 (7.5)			
<b>Females:</b>													
2 - 5.....	329	7	(1.9)	177 (9.5)	4* (1.3)	2* (0.7)	--	--	--	180 (10.3)			
6 - 11.....	523	14	(2.7)	222 (14.2)	17 (4.3)	8 (1.9)	236 (31.5)	123 (22.6)	52 (4.9)	220 (12.5)			
12 - 19.....	587	19	(2.0)	214 (11.2)	26 (5.6)	12 (2.3)	244 (37.0)	138 (24.4)	56 (5.4)	207 (8.2)			
20 - 39.....	877	24	(1.9)	275 (7.4)	36 (4.8)	13 (1.7)	289 (15.5)	151 (13.7)	52 (3.5)	271 (8.7)			
40 - 59.....	879	22	(2.9)	259 (11.8)	34 (6.1)	13 (2.0)	297 (24.1)	155 (19.8)	52 (5.5)	249 (10.5)			
60 and over.....	846	19	(1.6)	230 (8.9)	24 (2.8)	10 (1.3)	273 (23.7)	127 (10.2)	47 (4.9)	220 (9.9)			
2 - 19.....	1439	15	(1.2)	208 (6.4)	18 (3.2)	9 (1.4)	230 (24.2)	124 (18.1)	54 (4.4)	204 (5.5)			
20 and over...	2602	22	(1.4)	256 (4.8)	32 (2.7)	12 (1.0)	288 (9.9)	146 (8.3)	51 (2.1)	247 (5.3)			
2 and over...	4041	20	(1.2)	245 (4.8)	28 (2.6)	12 (1.0)	278 (10.3)	143 (8.7)	51 (2.1)	237 (4.7)			
<b>Males and Females:</b>													
2 - 19.....	2901	14	(0.9)	225 (5.4)	21 (3.5)	9 (1.5)	281 (24.2)	150 (20.7)	53 (4.0)	216 (4.4)			
20 and over...	5017	22	(1.0)	300 (6.3)	39 (2.7)	13 (0.7)	352 (16.4)	174 (14.0)	50 (2.4)	285 (5.7)			
2 and over...	7918	20	(0.9)	282 (5.2)	34 (2.3)	12 (0.7)	340 (14.3)	170 (12.4)	50 (2.3)	267 (4.7)			

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	556	(28.8)	12*	(4.0)	2*	(0.7)	--		--		--		563	(30.6)
6 - 11.....	517	12	(1.6)	638	(34.2)	17	(3.4)	3*	(0.5)	--		--		--		652	(39.9)
12 - 19.....	609	15	(1.5)	653	(38.9)	35	(6.7)	5	(0.9)	658	(62.5)	229	(38.3)	35	(4.6)	652	(44.3)
20 - 39.....	810	25	(1.7)	660	(22.9)	57	(5.5)	9	(1.0)	750	(67.0)	224	(18.3)	30	(3.7)	629	(35.6)
40 - 59.....	767	20	(1.5)	675	(37.2)	66	(15.0)	10	(2.2)	800	(156.8)	325	(73.1)	41	(3.8)	644	(49.5)
60 and over.....	838	23	(2.9)	652	(24.3)	50	(11.2)	8	(1.7)	671	(44.4)	219	(39.5)	33	(5.3)	646	(28.8)
2 - 19.....	1462	13	(1.0)	628	(23.1)	24	(3.4)	4	(0.5)	591	(31.4)	182	(21.0)	31	(3.3)	633	(26.4)
20 and over...	2415	23	(1.2)	663	(19.2)	58	(6.3)	9	(1.0)	744	(35.5)	254	(30.5)	34	(3.0)	639	(27.0)
2 and over...	3877	20	(0.9)	654	(16.0)	50	(5.0)	8	(0.8)	720	(31.8)	243	(26.8)	34	(2.7)	637	(20.8)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	530	(23.1)	4*	(1.8)	1*	(0.3)	--		--		--		541	(24.3)
6 - 11.....	523	14	(2.7)	605	(26.7)	21	(4.5)	4*	(0.8)	615	(32.1)	151	(20.9)	25*	(3.2)	603	(34.8)
12 - 19.....	587	19	(2.0)	506	(29.6)	39	(11.3)	8	(2.1)	459	(63.3)	207	(58.0)	45	(9.5)	517	(26.8)
20 - 39.....	877	24	(1.9)	620	(43.5)	52	(7.4)	8	(1.3)	551	(22.9)	219	(23.2)	40	(4.2)	641	(55.3)
40 - 59.....	879	22	(2.9)	589	(29.1)	42	(5.5)	7	(1.1)	615	(44.5)	191	(19.2)	31	(3.6)	582	(28.1)
60 and over.....	846	19	(1.6)	582	(18.9)	41	(8.4)	7	(1.5)	630	(52.3)	221	(43.2)	35	(5.7)	572	(21.9)
2 - 19.....	1439	15	(1.2)	543	(19.3)	26	(5.4)	5	(1.0)	498	(42.8)	174	(36.5)	35	(6.5)	551	(21.0)
20 and over...	2602	22	(1.4)	598	(20.0)	45	(5.0)	8	(0.9)	595	(24.3)	209	(19.1)	35	(2.9)	599	(21.7)
2 and over...	4041	20	(1.2)	585	(16.5)	40	(4.8)	7	(0.8)	578	(22.2)	203	(19.5)	35	(3.0)	587	(17.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	586	(18.6)	25	(3.6)	4	(0.6)	543	(31.7)	178	(23.0)	33	(3.7)	593	(21.1)
20 and over...	5017	22	(1.0)	629	(13.0)	51	(3.4)	8	(0.6)	669	(18.1)	231	(17.3)	35	(2.2)	618	(17.0)
2 and over...	7918	20	(0.9)	619	(11.1)	45	(3.1)	7	(0.5)	648	(15.4)	222	(15.7)	34	(2.1)	611	(13.7)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

B e t a   c a r o t e n e																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1182	(231.0)	49*	(27.6)	4*	(2.5)	--		--		--		1199	(256.8)
6 - 11.....	517	12	(1.6)	1409	(203.0)	45*	(20.6)	3*	(1.3)	--		--		--		1455	(217.8)
12 - 19.....	609	15	(1.5)	1300	(112.9)	108	(32.1)	8	(2.4)	1370	(177.1)	714*	(215.2)	52*	(15.2)	1288	(127.8)
20 - 39.....	810	25	(1.7)	1644	(115.1)	201	(36.9)	12	(2.4)	1757	(133.7)	793	(128.3)	45	(6.3)	1606	(144.6)
40 - 59.....	767	20	(1.5)	2294	(296.8)	325	(96.3)	14*	(4.9)	2535	(468.5)	1601	(469.4)	63	(8.0)	2233	(406.9)
60 and over.....	838	23	(2.9)	2277	(196.3)	275*	(100.0)	12*	(4.0)	2134	(398.8)	1202*	(381.7)	56	(8.7)	2320	(236.0)
2 - 19.....	1462	13	(1.0)	1314	(106.8)	74	(18.3)	6	(1.4)	1224	(88.4)	567	(135.2)	46	(11.1)	1328	(119.0)
20 and over...	2415	23	(1.2)	2042	(124.3)	264	(44.4)	13	(2.4)	2100	(165.3)	1154	(192.5)	55	(5.8)	2025	(169.0)
2 and over...	3877	20	(0.9)	1860	(109.3)	217	(34.4)	12	(2.1)	1960	(131.7)	1060	(168.1)	54	(5.8)	1835	(142.4)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1188	(237.3)	8*	(3.7)	1*	(0.4)	--		--		--		1249	(257.1)
6 - 11.....	523	14	(2.7)	1316	(217.4)	32	(8.6)	2*	(0.6)	906	(134.9)	226	(54.1)	25	(5.0)	1382	(243.2)
12 - 19.....	587	19	(2.0)	1086	(128.9)	128*	(66.2)	12*	(5.4)	1125*	(401.4)	675*	(373.9)	60*	(14.9)	1076	(115.1)
20 - 39.....	877	24	(1.9)	2555	(409.9)	220	(54.0)	9	(2.5)	1937	(273.2)	932	(192.8)	48	(7.4)	2746	(536.5)
40 - 59.....	879	22	(2.9)	2185	(155.6)	229	(45.3)	10	(2.0)	2403	(361.1)	1040	(169.0)	43	(7.9)	2124	(142.5)
60 and over.....	846	19	(1.6)	2521	(180.0)	248*	(94.0)	10*	(3.5)	2854	(662.9)	1339*	(496.3)	47*	(14.3)	2445	(171.4)
2 - 19.....	1439	15	(1.2)	1182	(136.5)	70*	(30.4)	6*	(2.5)	976	(241.1)	478*	(217.1)	49	(12.1)	1218	(147.9)
20 and over...	2602	22	(1.4)	2410	(164.8)	231	(45.0)	10	(1.8)	2340	(283.0)	1074	(190.7)	46	(5.7)	2429	(193.5)
2 and over...	4041	20	(1.2)	2125	(142.5)	194	(38.5)	9	(1.7)	2107	(240.8)	972	(171.2)	46	(5.6)	2130	(164.0)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1249	(95.1)	72	(18.0)	6	(1.4)	1094	(134.9)	520	(132.8)	48	(7.9)	1274	(101.2)
20 and over...	5017	22	(1.0)	2233	(110.0)	247	(31.6)	11	(1.4)	2220	(178.5)	1114	(136.7)	50	(4.2)	2236	(136.3)
2 and over...	7918	20	(0.9)	1996	(98.7)	205	(25.5)	10	(1.3)	2035	(150.4)	1016	(116.6)	50	(4.0)	1986	(117.8)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	3689	(351.2)	227 *	(85.8)	6 *	(2.4)	--		--		--		3709	(418.9)
6 - 11.....	517	12	(1.6)	4354	(510.4)	225 *	(70.4)	5	(1.5)	--		--		--		4302	(529.8)
12 - 19.....	609	15	(1.5)	5607	(444.7)	378	(94.8)	7	(1.8)	4489	(633.1)	2498	(560.7)	56	(7.5)	5806	(546.0)
20 - 39.....	810	25	(1.7)	6139	(530.3)	593	(101.9)	10	(1.7)	6290	(1080.8)	2336	(441.1)	37	(8.1)	6087	(521.4)
40 - 59.....	767	20	(1.5)	6272	(729.2)	1107	(245.6)	18	(3.8)	7524	(1608.5)	5452	(1268.7)	72	(7.0)	5953	(826.1)
60 and over.....	838	23	(2.9)	5266	(404.6)	964 *	(373.7)	18 *	(6.0)	7445	(1963.5)	4215	(1467.8)	57	(6.2)	4620	(329.5)
2 - 19.....	1462	13	(1.0)	4780	(337.9)	294	(52.3)	6	(1.3)	4417	(483.7)	2250	(352.1)	51	(5.7)	4834	(401.0)
20 and over...	2415	23	(1.2)	5952	(298.0)	873	(153.4)	15	(2.3)	6982	(1026.0)	3806	(682.6)	55	(5.2)	5645	(303.8)
2 and over...	3877	20	(0.9)	5659	(262.2)	728	(111.3)	13	(1.8)	6574	(870.7)	3559	(564.6)	54	(4.5)	5424	(268.2)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	2924	(409.4)	83 *	(34.4)	3 *	(1.0)	--		--		--		2979	(428.9)
6 - 11.....	523	14	(2.7)	4253	(546.8)	233 *	(70.3)	5 *	(2.1)	4085	(649.5)	1658	(427.5)	--		4280	(648.5)
12 - 19.....	587	19	(2.0)	3768	(247.8)	299	(65.3)	8	(1.8)	4203	(1292.0)	1576	(225.0)	37 *	(13.2)	3666	(268.9)
20 - 39.....	877	24	(1.9)	4353	(396.8)	637	(140.8)	15	(3.3)	4850	(465.8)	2694	(461.6)	56	(9.5)	4199	(512.1)
40 - 59.....	879	22	(2.9)	4702	(503.0)	730 *	(322.7)	16 *	(6.2)	4697	(1387.4)	3324	(1364.5)	71 *	(9.4)	4703	(514.2)
60 and over.....	846	19	(1.6)	3712	(288.9)	497	(88.8)	13	(2.5)	4413	(615.7)	2682	(470.2)	61	(8.6)	3552	(333.6)
2 - 19.....	1439	15	(1.2)	3731	(277.4)	229	(37.5)	6	(1.1)	3950	(813.7)	1560	(186.3)	39	(8.1)	3694	(293.1)
20 and over...	2602	22	(1.4)	4294	(295.7)	630	(126.6)	15	(2.8)	4684	(545.4)	2926	(543.4)	62	(6.7)	4187	(373.1)
2 and over...	4041	20	(1.2)	4164	(261.6)	537	(100.0)	13	(2.3)	4559	(520.0)	2693	(445.5)	59	(5.7)	4065	(313.7)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	4261	(230.4)	262	(27.3)	6	(0.8)	4173	(585.0)	1889	(185.6)	45	(5.3)	4275	(258.9)
20 and over...	5017	22	(1.0)	5092	(233.4)	747	(91.9)	15	(1.7)	5825	(550.6)	3363	(431.4)	58	(3.9)	4882	(286.8)
2 and over...	7918	20	(0.9)	4892	(215.4)	630	(70.1)	13	(1.3)	5553	(498.7)	3120	(352.9)	56	(3.2)	4725	(255.3)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1.29	(0.031)	0.04	(0.008)	3 *	(0.6)	--		--		--		1.30	(0.032)
6 - 11.....	517	12	(1.6)	1.59	(0.046)	0.05	(0.009)	3 *	(0.5)	--		--		--		1.62	(0.056)
12 - 19.....	609	15	(1.5)	1.83	(0.069)	0.12	(0.025)	6	(1.3)	1.99	(0.139)	0.77	(0.111)	39	(3.9)	1.80	(0.076)
20 - 39.....	810	25	(1.7)	1.92	(0.043)	0.18	(0.017)	9	(0.9)	1.97	(0.129)	0.71	(0.063)	36	(2.4)	1.90	(0.051)
40 - 59.....	767	20	(1.5)	1.80	(0.049)	0.17	(0.024)	9	(1.2)	1.89	(0.177)	0.84	(0.109)	44	(3.2)	1.78	(0.052)
60 and over.....	838	23	(2.9)	1.76	(0.074)	0.17	(0.027)	9	(1.4)	2.08	(0.131)	0.73	(0.097)	35	(3.8)	1.66	(0.074)
2 - 19.....	1462	13	(1.0)	1.64	(0.031)	0.08	(0.012)	5	(0.7)	1.68	(0.076)	0.59	(0.056)	35	(2.6)	1.63	(0.036)
20 and over...	2415	23	(1.2)	1.83	(0.023)	0.17	(0.013)	9	(0.6)	1.98	(0.076)	0.75	(0.063)	38	(1.9)	1.79	(0.023)
2 and over...	3877	20	(0.9)	1.78	(0.021)	0.15	(0.010)	8	(0.5)	1.93	(0.067)	0.73	(0.053)	38	(1.6)	1.75	(0.019)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1.14	(0.046)	0.02*	(0.005)	1 *	(0.4)	--		--		--		1.15	(0.047)
6 - 11.....	523	14	(2.7)	1.50	(0.045)	0.06	(0.014)	4	(0.9)	1.44	(0.089)	0.44	(0.054)	31	(2.7)	1.51	(0.057)
12 - 19.....	587	19	(2.0)	1.46	(0.052)	0.12	(0.027)	8	(1.8)	1.46	(0.191)	0.64	(0.091)	43	(6.0)	1.46	(0.029)
20 - 39.....	877	24	(1.9)	1.41	(0.037)	0.12	(0.014)	9	(0.9)	1.35	(0.053)	0.52	(0.040)	38	(2.9)	1.43	(0.042)
40 - 59.....	879	22	(2.9)	1.36	(0.033)	0.12	(0.020)	9	(1.6)	1.36	(0.062)	0.53	(0.060)	39	(3.8)	1.36	(0.042)
60 and over.....	846	19	(1.6)	1.25	(0.028)	0.09	(0.009)	7	(0.7)	1.26	(0.115)	0.48	(0.045)	38	(2.1)	1.24	(0.036)
2 - 19.....	1439	15	(1.2)	1.40	(0.030)	0.08	(0.013)	6	(0.9)	1.39	(0.114)	0.53	(0.065)	38	(4.4)	1.40	(0.023)
20 and over...	2602	22	(1.4)	1.35	(0.020)	0.11	(0.008)	8	(0.7)	1.33	(0.040)	0.51	(0.022)	38	(1.7)	1.35	(0.027)
2 and over...	4041	20	(1.2)	1.36	(0.017)	0.10	(0.007)	8	(0.6)	1.34	(0.037)	0.52	(0.020)	38	(1.9)	1.36	(0.019)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1.52	(0.025)	0.08	(0.009)	5	(0.5)	1.53	(0.081)	0.56	(0.043)	37	(2.0)	1.52	(0.025)
20 and over...	5017	22	(1.0)	1.58	(0.020)	0.14	(0.007)	9	(0.4)	1.65	(0.052)	0.63	(0.034)	38	(1.4)	1.56	(0.022)
2 and over...	7918	20	(0.9)	1.57	(0.018)	0.13	(0.006)	8	(0.3)	1.63	(0.049)	0.62	(0.030)	38	(1.2)	1.55	(0.017)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

R i b o f l a v i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1.74	(0.043)	0.04	(0.010)	2*	(0.6)	--	--	--	--	--	--	1.76	(0.037)
6 - 11.....	517	12	(1.6)	2.00	(0.069)	0.06	(0.011)	3*	(0.5)	--	--	--	--	--	--	2.02	(0.073)
12 - 19.....	609	15	(1.5)	2.26	(0.099)	0.14	(0.028)	6	(1.1)	2.59	(0.297)	0.90	(0.122)	35	(4.3)	2.20	(0.090)
20 - 39.....	810	25	(1.7)	2.62	(0.076)	0.21	(0.019)	8	(0.7)	2.90	(0.214)	0.84	(0.064)	29	(1.7)	2.52	(0.070)
40 - 59.....	767	20	(1.5)	2.57	(0.099)	0.20	(0.026)	8	(0.9)	2.75	(0.298)	0.98	(0.115)	36	(2.6)	2.52	(0.088)
60 and over.....	838	23	(2.9)	2.32	(0.076)	0.17	(0.019)	7	(0.9)	2.56	(0.110)	0.74	(0.058)	29	(2.7)	2.25	(0.089)
2 - 19.....	1462	13	(1.0)	2.06	(0.051)	0.09	(0.014)	4	(0.6)	2.20	(0.150)	0.69	(0.067)	31	(2.8)	2.04	(0.050)
20 and over...	2415	23	(1.2)	2.52	(0.049)	0.20	(0.011)	8	(0.4)	2.76	(0.111)	0.86	(0.059)	31	(1.6)	2.45	(0.047)
2 and over...	3877	20	(0.9)	2.40	(0.045)	0.17	(0.009)	7	(0.4)	2.67	(0.103)	0.83	(0.052)	31	(1.3)	2.34	(0.044)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1.61	(0.072)	0.02*(0.006)		1*	(0.4)	--	--	--	--	--	--	1.63	(0.075)
6 - 11.....	523	14	(2.7)	1.87	(0.065)	0.08	(0.019)	4	(1.1)	1.93	(0.133)	0.59	(0.075)	31	(2.7)	1.87	(0.072)
12 - 19.....	587	19	(2.0)	1.70	(0.069)	0.13	(0.025)	8	(1.5)	1.64	(0.155)	0.68	(0.082)	42	(4.1)	1.72	(0.063)
20 - 39.....	877	24	(1.9)	1.92	(0.054)	0.14	(0.015)	7	(0.8)	1.87	(0.088)	0.61	(0.034)	32	(2.5)	1.94	(0.059)
40 - 59.....	879	22	(2.9)	1.89	(0.052)	0.13	(0.017)	7	(1.0)	1.86	(0.070)	0.57	(0.043)	31	(2.8)	1.90	(0.060)
60 and over.....	846	19	(1.6)	1.69	(0.043)	0.10	(0.013)	6	(0.8)	1.82	(0.186)	0.57	(0.057)	31	(1.9)	1.66	(0.043)
2 - 19.....	1439	15	(1.2)	1.73	(0.037)	0.09	(0.013)	5	(0.7)	1.69	(0.109)	0.61	(0.060)	36	(3.4)	1.74	(0.035)
20 and over...	2602	22	(1.4)	1.84	(0.039)	0.13	(0.009)	7	(0.5)	1.86	(0.062)	0.58	(0.022)	31	(1.5)	1.84	(0.038)
2 and over...	4041	20	(1.2)	1.82	(0.034)	0.12	(0.008)	6	(0.5)	1.83	(0.053)	0.59	(0.023)	32	(1.6)	1.82	(0.034)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1.90	(0.042)	0.09	(0.010)	5	(0.5)	1.93	(0.098)	0.65	(0.054)	34	(2.4)	1.90	(0.041)
20 and over...	5017	22	(1.0)	2.17	(0.040)	0.16	(0.005)	7	(0.3)	2.31	(0.057)	0.72	(0.034)	31	(1.3)	2.13	(0.042)
2 and over...	7918	20	(0.9)	2.10	(0.037)	0.14	(0.005)	7	(0.3)	2.25	(0.057)	0.71	(0.030)	32	(1.2)	2.07	(0.038)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	17.0	(0.59)	0.5	(0.11)	3 *	(0.7)	--		--		--		17.0	(0.70)
6 - 11.....	517	12	(1.6)	21.4	(0.58)	0.9	(0.16)	4	(0.7)	--		--		--		21.6	(0.78)
12 - 19.....	609	15	(1.5)	27.8	(0.89)	2.6	(0.70)	9	(2.3)	32.7	(3.79)	17.1	(3.67)	52	(5.9)	27.0	(0.85)
20 - 39.....	810	25	(1.7)	35.8	(0.92)	3.6	(0.44)	10	(1.2)	39.1	(2.46)	14.1	(1.25)	36	(2.7)	34.7	(0.82)
40 - 59.....	767	20	(1.5)	30.8	(1.13)	3.3	(0.47)	11	(1.4)	33.4	(3.05)	16.1	(1.86)	48	(2.6)	30.1	(1.08)
60 and over.....	838	23	(2.9)	26.0	(0.93)	2.4	(0.29)	9	(1.1)	28.2	(1.62)	10.4	(0.80)	37	(3.0)	25.3	(0.90)
2 - 19.....	1462	13	(1.0)	23.4	(0.53)	1.6	(0.33)	7	(1.3)	25.9	(2.09)	12.0	(2.00)	46	(4.4)	23.0	(0.50)
20 and over...	2415	23	(1.2)	31.4	(0.76)	3.1	(0.23)	10	(0.7)	34.4	(1.23)	13.7	(0.82)	40	(1.9)	30.5	(0.77)
2 and over...	3877	20	(0.9)	29.4	(0.65)	2.8	(0.19)	9	(0.6)	33.1	(1.19)	13.5	(0.78)	41	(1.6)	28.5	(0.61)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	15.2	(0.62)	0.3	(0.09)	2 *	(0.5)	--		--		--		15.4	(0.64)
6 - 11.....	523	14	(2.7)	19.9	(0.60)	0.9	(0.20)	5	(1.0)	18.4	(1.03)	6.6	(0.95)	36	(3.7)	20.2	(0.69)
12 - 19.....	587	19	(2.0)	20.9	(0.63)	2.0	(0.39)	9	(1.7)	22.9	(1.93)	10.3	(1.46)	45	(5.2)	20.4	(0.53)
20 - 39.....	877	24	(1.9)	24.2	(0.56)	2.4	(0.43)	10	(1.8)	24.9	(1.31)	10.1	(1.35)	41	(4.5)	23.9	(0.61)
40 - 59.....	879	22	(2.9)	21.3	(0.55)	2.2	(0.46)	10	(2.1)	22.2	(1.23)	9.9	(1.13)	45	(3.6)	21.0	(0.66)
60 and over.....	846	19	(1.6)	18.1	(0.72)	1.5	(0.19)	8	(1.0)	19.5	(1.60)	8.2	(0.83)	42	(2.5)	17.7	(0.68)
2 - 19.....	1439	15	(1.2)	19.3	(0.38)	1.2	(0.18)	6	(0.8)	20.4	(1.12)	8.5	(0.90)	42	(3.6)	19.1	(0.37)
20 and over...	2602	22	(1.4)	21.3	(0.36)	2.1	(0.23)	10	(1.0)	22.6	(0.85)	9.6	(0.67)	42	(2.2)	21.0	(0.40)
2 and over...	4041	20	(1.2)	20.9	(0.28)	1.9	(0.21)	9	(1.0)	22.2	(0.75)	9.4	(0.67)	42	(2.2)	20.5	(0.28)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	21.4	(0.40)	1.4	(0.21)	7	(0.9)	23.1	(1.42)	10.2	(1.32)	44	(3.4)	21.1	(0.35)
20 and over...	5017	22	(1.0)	26.2	(0.53)	2.6	(0.16)	10	(0.6)	28.4	(0.69)	11.6	(0.50)	41	(1.4)	25.5	(0.55)
2 and over...	7918	20	(0.9)	25.0	(0.43)	2.3	(0.15)	9	(0.6)	27.6	(0.70)	11.4	(0.48)	41	(1.3)	24.4	(0.42)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B   6																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1.44	(0.040)	0.03	(0.006)	2 *	(0.4)	--		--		--		1.45	(0.045)
6 - 11.....	517	12	(1.6)	1.68	(0.067)	0.06	(0.013)	4	(0.8)	--		--		--		1.71	(0.083)
12 - 19.....	609	15	(1.5)	2.11	(0.086)	0.17	(0.045)	8	(1.9)	2.44	(0.317)	1.10	(0.237)	45	(4.9)	2.05	(0.087)
20 - 39.....	810	25	(1.7)	2.91	(0.140)	0.25	(0.033)	8	(1.0)	3.31	(0.339)	0.97	(0.106)	29	(3.5)	2.78	(0.144)
40 - 59.....	767	20	(1.5)	2.44	(0.114)	0.24	(0.036)	10	(1.3)	2.66	(0.337)	1.20	(0.152)	45	(2.9)	2.39	(0.107)
60 and over.....	838	23	(2.9)	2.09	(0.081)	0.17	(0.022)	8	(1.0)	2.27	(0.162)	0.75	(0.073)	33	(3.7)	2.04	(0.078)
2 - 19.....	1462	13	(1.0)	1.82	(0.050)	0.10	(0.021)	6	(1.1)	1.95	(0.177)	0.78	(0.129)	40	(3.7)	1.80	(0.054)
20 and over...	2415	23	(1.2)	2.53	(0.081)	0.22	(0.017)	9	(0.6)	2.83	(0.191)	0.98	(0.072)	35	(2.5)	2.44	(0.068)
2 and over...	3877	20	(0.9)	2.35	(0.065)	0.19	(0.014)	8	(0.6)	2.69	(0.172)	0.95	(0.065)	35	(2.2)	2.26	(0.049)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1.32	(0.063)	0.02	(0.006)	1 *	(0.4)	--		--		--		1.34	(0.065)
6 - 11.....	523	14	(2.7)	1.56	(0.056)	0.06	(0.013)	4	(0.8)	1.43	(0.074)	0.42	(0.057)	29	(3.4)	1.58	(0.065)
12 - 19.....	587	19	(2.0)	1.63	(0.055)	0.13	(0.025)	8	(1.4)	1.80	(0.194)	0.69	(0.095)	38	(4.6)	1.60	(0.042)
20 - 39.....	877	24	(1.9)	2.06	(0.084)	0.17	(0.025)	8	(1.3)	1.98	(0.113)	0.72	(0.070)	36	(3.6)	2.09	(0.093)
40 - 59.....	879	22	(2.9)	1.77	(0.081)	0.16	(0.030)	9	(1.8)	1.90	(0.147)	0.72	(0.061)	38	(4.2)	1.74	(0.093)
60 and over.....	846	19	(1.6)	1.49	(0.058)	0.11	(0.012)	7	(0.8)	1.60	(0.174)	0.59	(0.054)	37	(2.4)	1.47	(0.055)
2 - 19.....	1439	15	(1.2)	1.54	(0.032)	0.08	(0.012)	5	(0.7)	1.60	(0.117)	0.56	(0.062)	35	(3.2)	1.53	(0.024)
20 and over...	2602	22	(1.4)	1.79	(0.046)	0.15	(0.013)	8	(0.8)	1.86	(0.082)	0.69	(0.034)	37	(2.1)	1.77	(0.049)
2 and over...	4041	20	(1.2)	1.73	(0.033)	0.13	(0.013)	8	(0.8)	1.81	(0.071)	0.67	(0.037)	37	(2.1)	1.71	(0.034)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1.68	(0.038)	0.09	(0.014)	5	(0.8)	1.77	(0.124)	0.67	(0.084)	38	(2.8)	1.67	(0.034)
20 and over...	5017	22	(1.0)	2.15	(0.051)	0.18	(0.009)	9	(0.5)	2.34	(0.095)	0.83	(0.033)	36	(1.4)	2.09	(0.048)
2 and over...	7918	20	(0.9)	2.03	(0.040)	0.16	(0.009)	8	(0.4)	2.25	(0.088)	0.81	(0.030)	36	(1.2)	1.98	(0.034)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

F o l a t e ( D F E )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	448	(15.7)	12	(2.7)	3 *	(0.6)	--		--		--		453	(17.1)
6 - 11.....	517	12	(1.6)	501	(14.3)	15	(2.7)	3 *	(0.5)	--		--		--		513	(16.4)
12 - 19.....	609	15	(1.5)	599	(23.1)	34	(6.3)	6	(1.0)	612	(40.0)	222	(27.4)	36	(2.8)	597	(27.4)
20 - 39.....	810	25	(1.7)	627	(21.2)	51	(5.0)	8	(0.9)	631	(46.3)	202	(18.5)	32	(2.8)	626	(28.0)
40 - 59.....	767	20	(1.5)	567	(21.2)	50	(6.8)	9	(1.2)	573	(56.7)	246	(28.3)	43	(4.2)	565	(26.5)
60 and over.....	838	23	(2.9)	556	(24.6)	43	(6.8)	8	(1.3)	634	(60.6)	189	(17.9)	30	(3.5)	533	(24.5)
2 - 19.....	1462	13	(1.0)	534	(11.8)	23	(2.9)	4	(0.5)	515	(24.9)	174	(13.0)	34	(1.7)	537	(14.1)
20 and over...	2415	23	(1.2)	587	(13.1)	49	(3.6)	8	(0.6)	614	(20.6)	212	(13.0)	35	(1.6)	579	(14.3)
2 and over...	3877	20	(0.9)	574	(10.4)	42	(2.7)	7	(0.5)	598	(18.7)	206	(11.1)	34	(1.4)	567	(10.8)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	372	(23.3)	5 *	(1.9)	1 *	(0.5)	--		--		--		379	(23.3)
6 - 11.....	523	14	(2.7)	497	(17.8)	18	(3.8)	4 *	(0.8)	440	(34.4)	125	(16.1)	28	(3.1)	506	(19.5)
12 - 19.....	587	19	(2.0)	489	(23.3)	31	(5.0)	6	(1.1)	450	(66.9)	163	(13.3)	36	(6.2)	498	(17.3)
20 - 39.....	877	24	(1.9)	478	(15.4)	39	(4.1)	8	(0.9)	444	(27.3)	165	(13.0)	37	(2.9)	488	(17.0)
40 - 59.....	879	22	(2.9)	459	(17.4)	32	(4.2)	7	(1.1)	460	(41.0)	146	(14.0)	32	(3.7)	459	(17.6)
60 and over.....	846	19	(1.6)	396	(14.0)	27	(3.9)	7	(1.0)	407	(46.8)	143	(18.6)	35	(1.6)	394	(15.7)
2 - 19.....	1439	15	(1.2)	465	(13.2)	21	(2.8)	4	(0.6)	430	(39.6)	142	(12.4)	33	(4.5)	471	(11.8)
20 and over...	2602	22	(1.4)	447	(10.6)	33	(2.2)	7	(0.6)	441	(22.1)	153	(7.7)	35	(2.0)	449	(11.2)
2 and over...	4041	20	(1.2)	451	(8.4)	30	(2.1)	7	(0.5)	439	(20.5)	151	(7.7)	34	(2.1)	455	(8.0)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	500	(10.1)	22	(1.9)	4	(0.4)	470	(29.0)	157	(8.4)	33	(2.1)	505	(10.1)
20 and over...	5017	22	(1.0)	514	(10.0)	40	(2.2)	8	(0.4)	527	(17.7)	182	(9.1)	35	(1.4)	511	(10.7)
2 and over...	7918	20	(0.9)	511	(8.3)	36	(1.7)	7	(0.3)	517	(16.5)	178	(7.8)	34	(1.3)	509	(8.3)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	221	(11.7)	5	(1.3)	2*	(0.6)	--	--	--	--	--	--	222	(9.6)
6 - 11.....	517	12	(1.6)	252	(8.8)	13	(3.7)	5	(1.4)	--	--	--	--	--	--	251	(7.3)
12 - 19.....	609	15	(1.5)	303	(14.5)	32	(7.4)	11	(2.2)	437	(58.5)	214	(38.0)	49	(5.8)	280	(11.1)
20 - 39.....	810	25	(1.7)	412	(11.4)	47	(4.8)	11	(1.2)	459	(31.6)	185	(16.9)	40	(2.5)	395	(12.6)
40 - 59.....	767	20	(1.5)	414	(15.9)	55	(10.4)	13	(2.1)	509	(52.9)	269	(51.5)	53	(5.3)	390	(10.1)
60 and over.....	838	23	(2.9)	346	(8.3)	38	(5.0)	11	(1.5)	376	(17.5)	165	(17.8)	44	(3.4)	337	(9.7)
2 - 19.....	1462	13	(1.0)	269	(7.9)	20	(3.8)	7	(1.3)	346	(30.0)	154	(21.4)	45	(4.3)	257	(6.4)
20 and over...	2415	23	(1.2)	395	(8.0)	47	(4.5)	12	(1.0)	453	(25.1)	206	(22.7)	45	(3.0)	378	(6.8)
2 and over...	3877	20	(0.9)	364	(6.7)	40	(3.5)	11	(0.9)	436	(23.1)	197	(19.6)	45	(2.5)	345	(5.7)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	203	(9.2)	3	(0.9)	2*	(0.4)	--	--	--	--	--	--	206	(9.8)
6 - 11.....	523	14	(2.7)	242	(12.2)	13	(3.1)	5	(1.3)	235	(23.9)	91	(16.4)	39	(4.2)	243	(10.8)
12 - 19.....	587	19	(2.0)	232	(8.8)	22	(4.0)	10	(1.6)	235	(26.9)	116	(15.4)	49	(4.6)	231	(7.0)
20 - 39.....	877	24	(1.9)	300	(6.6)	34	(4.7)	11	(1.5)	304	(13.8)	144	(12.3)	47	(3.1)	299	(7.3)
40 - 59.....	879	22	(2.9)	291	(8.7)	32	(5.2)	11	(1.8)	311	(18.7)	147	(16.8)	47	(4.6)	286	(7.8)
60 and over.....	846	19	(1.6)	265	(6.9)	24	(2.3)	9	(0.9)	305	(10.4)	128	(7.9)	42	(2.4)	256	(8.4)
2 - 19.....	1439	15	(1.2)	228	(5.5)	15	(2.2)	6	(1.0)	227	(17.3)	101	(11.7)	45	(3.5)	229	(5.0)
20 and over...	2602	22	(1.4)	287	(4.1)	30	(2.3)	11	(0.8)	307	(7.4)	141	(7.6)	46	(2.0)	281	(5.2)
2 and over...	4041	20	(1.2)	273	(4.2)	27	(2.2)	10	(0.8)	293	(7.6)	134	(7.3)	46	(2.0)	268	(4.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	249	(5.6)	18	(2.6)	7	(1.0)	284	(21.2)	126	(15.6)	45	(3.4)	243	(4.7)
20 and over...	5017	22	(1.0)	339	(4.6)	38	(2.1)	11	(0.6)	379	(14.4)	173	(12.0)	46	(2.1)	327	(4.8)
2 and over...	7918	20	(0.9)	317	(4.2)	33	(1.8)	11	(0.6)	364	(13.2)	165	(10.5)	45	(1.8)	306	(4.3)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B 1 2																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	3.94	(0.173)	0.07	(0.019)	2 *	(0.5)	--		--		--		3.98	(0.174)
6 - 11.....	517	12	(1.6)	4.54	(0.235)	0.16	(0.033)	4 *	(0.7)	--		--		--		4.59	(0.265)
12 - 19.....	609	15	(1.5)	5.94	(0.299)	0.37	(0.080)	6	(1.2)	6.12	(0.695)	2.48	(0.366)	40	(4.5)	5.91	(0.330)
20 - 39.....	810	25	(1.7)	6.55	(0.286)	0.55	(0.061)	8	(1.0)	7.12	(0.475)	2.15	(0.191)	30	(3.1)	6.35	(0.399)
40 - 59.....	767	20	(1.5)	6.21	(0.518)	1.00	*(0.445)	16 *	(6.1)	9.11	(2.048)	4.90	*(2.204)	54	(12.5)	5.47	(0.277)
60 and over.....	838	23	(2.9)	4.83	(0.239)	0.34	(0.037)	7	(0.9)	4.88	(0.450)	1.48	(0.156)	30	(4.1)	4.81	(0.239)
2 - 19.....	1462	13	(1.0)	5.04	(0.171)	0.24	(0.038)	5	(0.7)	5.09	(0.376)	1.82	(0.205)	36	(3.3)	5.04	(0.187)
20 and over...	2415	23	(1.2)	5.97	(0.213)	0.65	(0.150)	11	(2.3)	7.14	(0.578)	2.83	(0.698)	40	(7.1)	5.62	(0.183)
2 and over...	3877	20	(0.9)	5.74	(0.173)	0.55	(0.110)	10	(1.8)	6.81	(0.524)	2.67	(0.579)	39	(6.0)	5.46	(0.144)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	3.69	(0.212)	0.03	*(0.010)	1 *	(0.3)	--		--		--		3.74	(0.219)
6 - 11.....	523	14	(2.7)	4.29	(0.167)	0.19	(0.047)	4	(1.1)	4.24	(0.302)	1.35	(0.284)	32	(4.9)	4.30	(0.182)
12 - 19.....	587	19	(2.0)	3.96	(0.174)	0.25	(0.049)	6	(1.2)	3.52	(0.430)	1.34	(0.204)	38	(3.7)	4.06	(0.146)
20 - 39.....	877	24	(1.9)	4.30	(0.157)	0.47	(0.077)	11	(1.8)	4.56	(0.319)	1.98	(0.208)	43	(3.6)	4.22	(0.162)
40 - 59.....	879	22	(2.9)	4.09	(0.143)	0.41	(0.085)	10	(2.2)	4.62	(0.385)	1.87	(0.281)	40	(6.0)	3.94	(0.222)
60 and over.....	846	19	(1.6)	3.69	(0.186)	0.34	(0.056)	9	(1.4)	4.62	(0.651)	1.82	(0.279)	39	(2.9)	3.48	(0.195)
2 - 19.....	1439	15	(1.2)	4.00	(0.098)	0.18	(0.026)	5	(0.6)	3.69	(0.270)	1.25	(0.154)	34	(3.4)	4.06	(0.084)
20 and over...	2602	22	(1.4)	4.05	(0.087)	0.41	(0.042)	10	(1.0)	4.60	(0.271)	1.90	(0.128)	41	(2.2)	3.89	(0.094)
2 and over...	4041	20	(1.2)	4.04	(0.063)	0.36	(0.036)	9	(0.9)	4.44	(0.217)	1.79	(0.113)	40	(2.2)	3.93	(0.076)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	4.53	(0.125)	0.21	(0.027)	5	(0.6)	4.35	(0.283)	1.52	(0.150)	35	(2.5)	4.56	(0.124)
20 and over...	5017	22	(1.0)	4.97	(0.123)	0.52	(0.072)	11	(1.4)	5.86	(0.282)	2.36	(0.348)	40	(4.5)	4.72	(0.121)
2 and over...	7918	20	(0.9)	4.86	(0.105)	0.45	(0.052)	9	(1.0)	5.61	(0.258)	2.22	(0.284)	40	(3.8)	4.68	(0.103)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	79.1	(5.60)	2.3*	(1.08)	3*	(1.4)	--		--		--		79.1	(5.66)
6 - 11.....	517	12	(1.6)	67.2	(6.90)	2.0*	(0.90)	3*	(1.2)	--		--		--		68.8	(6.74)
12 - 19.....	609	15	(1.5)	67.9	(3.77)	3.0	(0.70)	4	(1.0)	66.0	(8.90)	20.1	(4.24)	30	(5.5)	68.2	(3.85)
20 - 39.....	810	25	(1.7)	90.6	(4.54)	7.1	(1.63)	8	(1.8)	91.7	(8.41)	28.0	(6.40)	31	(6.2)	90.2	(6.14)
40 - 59.....	767	20	(1.5)	76.1	(4.00)	7.1	(1.21)	9	(1.7)	80.7	(6.45)	35.0	(5.79)	43	(6.8)	75.0	(4.82)
60 and over.....	838	23	(2.9)	90.5	(6.28)	5.0	(1.07)	5	(1.4)	84.8	(7.02)	21.7	(4.15)	26	(4.8)	92.2	(7.49)
2 - 19.....	1462	13	(1.0)	69.9	(4.16)	2.5	(0.43)	4	(0.6)	64.4	(6.38)	19.3	(2.76)	30	(3.4)	70.7	(4.12)
20 and over...	2415	23	(1.2)	85.5	(2.91)	6.5	(0.71)	8	(0.8)	86.5	(5.07)	28.5	(3.39)	33	(3.1)	85.2	(3.01)
2 and over...	3877	20	(0.9)	81.6	(2.74)	5.5	(0.58)	7	(0.7)	82.9	(4.36)	27.1	(2.87)	33	(2.8)	81.3	(2.86)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	65.8	(7.07)	0.4*	(0.20)	1*	(0.3)	--		--		--		66.3	(7.61)
6 - 11.....	523	14	(2.7)	64.4	(2.78)	1.2*	(0.39)	2*	(0.6)	62.9	(8.13)	8.8	(2.17)	14*	(3.5)	64.7	(2.84)
12 - 19.....	587	19	(2.0)	63.5	(4.26)	2.7	(0.60)	4	(0.9)	55.9	(8.60)	14.4	(2.16)	26	(4.3)	65.2	(4.12)
20 - 39.....	877	24	(1.9)	76.0	(4.92)	5.4	(1.13)	7	(1.3)	74.8	(6.21)	22.8	(3.31)	30	(4.4)	76.4	(5.61)
40 - 59.....	879	22	(2.9)	75.4	(4.61)	6.4	(1.33)	9	(1.8)	83.9	(9.05)	29.3	(5.24)	35	(4.8)	73.0	(5.59)
60 and over.....	846	19	(1.6)	70.5	(4.46)	3.3	(0.74)	5	(1.1)	59.2	(9.45)	17.9	(4.05)	30	(5.6)	73.1	(4.50)
2 - 19.....	1439	15	(1.2)	64.3	(2.75)	1.7	(0.32)	3	(0.4)	58.4	(5.12)	11.8	(1.61)	20	(2.7)	65.3	(2.83)
20 and over...	2602	22	(1.4)	74.2	(3.53)	5.2	(0.72)	7	(0.9)	74.3	(5.56)	24.0	(2.94)	32	(3.3)	74.2	(3.68)
2 and over...	4041	20	(1.2)	71.9	(2.97)	4.4	(0.62)	6	(0.8)	71.6	(5.10)	21.9	(2.58)	31	(2.9)	72.0	(2.98)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(3.15)	2.1	(0.32)	3	(0.4)	61.2	(4.60)	15.4	(1.77)	25	(2.0)	68.1	(3.13)
20 and over...	5017	22	(1.0)	79.6	(2.56)	5.8	(0.51)	7	(0.6)	80.3	(3.95)	26.2	(2.33)	33	(2.5)	79.4	(2.33)
2 and over...	7918	20	(0.9)	76.6	(2.41)	4.9	(0.45)	6	(0.5)	77.2	(3.73)	24.5	(2.02)	32	(2.1)	76.5	(2.23)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	6.0	(0.31)	0.1*	(0.03)	1*	(0.5)	--	--	--	--	--	--	6.1	(0.30)
6 - 11.....	517	12	(1.6)	5.6	(0.34)	0.2*	(0.05)	3*	(1.0)	--	--	--	--	--	--	5.8	(0.41)
12 - 19.....	609	15	(1.5)	5.7	(0.44)	0.2	(0.06)	4	(0.9)	5.8	(0.73)	1.6	(0.37)	28	(5.6)	5.7	(0.48)
20 - 39.....	810	25	(1.7)	5.4	(0.53)	0.3	(0.04)	6	(0.7)	5.1	(0.68)	1.2	(0.20)	24	(4.5)	5.5	(0.72)
40 - 59.....	767	20	(1.5)	5.1	(0.32)	0.4	(0.08)	8	(1.5)	6.2	(1.10)	2.0	(0.41)	32	(5.5)	4.8	(0.25)
60 and over.....	838	23	(2.9)	4.8	(0.28)	0.3	(0.04)	5	(0.9)	4.7	(0.39)	1.1	(0.19)	24	(4.7)	4.9	(0.31)
2 - 19.....	1462	13	(1.0)	5.8	(0.27)	0.2	(0.04)	3	(0.7)	5.3	(0.43)	1.4	(0.29)	27	(5.2)	5.8	(0.30)
20 and over...	2415	23	(1.2)	5.1	(0.21)	0.3	(0.04)	6	(0.6)	5.3	(0.32)	1.4	(0.21)	27	(2.7)	5.1	(0.24)
2 and over...	3877	20	(0.9)	5.3	(0.18)	0.3	(0.03)	6	(0.5)	5.3	(0.29)	1.4	(0.17)	27	(2.5)	5.3	(0.21)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	5.5	(0.36)	#		#		--	--	--	--	--	--	5.6	(0.37)
6 - 11.....	523	14	(2.7)	5.4	(0.31)	0.1*	(0.05)	3*	(1.0)	5.2	(0.69)	1.0	(0.29)	20*	(5.0)	5.4	(0.33)
12 - 19.....	587	19	(2.0)	4.2	(0.29)	0.2*	(0.08)	6*	(2.0)	3.5	(0.60)	1.3	(0.38)	36	(9.7)	4.3	(0.29)
20 - 39.....	877	24	(1.9)	4.3	(0.22)	0.5	(0.13)	11	(2.8)	4.6	(0.54)	2.0	(0.45)	45	(5.3)	4.2	(0.21)
40 - 59.....	879	22	(2.9)	4.3	(0.28)	0.5*	(0.18)	12*	(4.0)	5.0	(0.77)	2.3	(0.67)	45	(7.7)	4.1	(0.30)
60 and over.....	846	19	(1.6)	4.2	(0.19)	0.2	(0.05)	4	(1.1)	4.8	(0.86)	1.0	(0.24)	21	(5.2)	4.0	(0.22)
2 - 19.....	1439	15	(1.2)	4.9	(0.20)	0.2	(0.04)	3	(0.9)	4.1	(0.51)	1.1	(0.26)	26	(6.3)	5.0	(0.18)
20 and over...	2602	22	(1.4)	4.3	(0.15)	0.4	(0.08)	9	(1.9)	4.8	(0.45)	1.9	(0.33)	39	(4.2)	4.1	(0.18)
2 and over...	4041	20	(1.2)	4.4	(0.14)	0.3	(0.07)	8	(1.5)	4.7	(0.35)	1.7	(0.29)	37	(4.4)	4.3	(0.17)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	5.3	(0.22)	0.2	(0.03)	3	(0.6)	4.7	(0.42)	1.2	(0.20)	27	(3.9)	5.4	(0.24)
20 and over...	5017	22	(1.0)	4.7	(0.15)	0.4	(0.04)	8	(0.8)	5.1	(0.23)	1.7	(0.12)	33	(1.6)	4.6	(0.19)
2 and over...	7918	20	(0.9)	4.8	(0.15)	0.3	(0.03)	7	(0.7)	5.0	(0.21)	1.6	(0.11)	32	(1.8)	4.8	(0.18)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   E   ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	6.4	(0.32)	0.2	(0.05)	3*	(0.8)	--	--	--	--	--	--	6.4	(0.37)
6 - 11.....	517	12	(1.6)	7.3	(0.16)	0.3	(0.05)	4	(0.6)	--	--	--	--	--	--	7.3	(0.21)
12 - 19.....	609	15	(1.5)	8.5	(0.39)	0.6	(0.13)	7	(1.5)	10.0	(0.78)	4.1	(0.60)	42	(4.5)	8.3	(0.47)
20 - 39.....	810	25	(1.7)	10.3	(0.38)	1.0	(0.07)	9	(0.8)	11.5	(1.01)	3.8	(0.28)	33	(3.0)	9.9	(0.40)
40 - 59.....	767	20	(1.5)	10.5	(0.48)	1.2	(0.19)	12	(2.0)	11.6	(1.10)	5.9	(0.93)	51	(4.6)	10.2	(0.65)
60 and over.....	838	23	(2.9)	9.0	(0.42)	0.9	(0.14)	10	(1.5)	9.9	(1.00)	4.0	(0.38)	41	(4.4)	8.8	(0.37)
2 - 19.....	1462	13	(1.0)	7.7	(0.19)	0.4	(0.06)	6	(0.7)	8.6	(0.47)	3.2	(0.31)	38	(3.3)	7.5	(0.21)
20 and over...	2415	23	(1.2)	10.0	(0.28)	1.0	(0.06)	10	(0.7)	11.1	(0.56)	4.5	(0.33)	41	(1.9)	9.7	(0.32)
2 and over...	3877	20	(0.9)	9.4	(0.26)	0.9	(0.05)	9	(0.6)	10.7	(0.45)	4.3	(0.28)	40	(1.8)	9.1	(0.28)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	5.3	(0.20)	0.1*	(0.03)	2*	(0.6)	--	--	--	--	--	--	5.3	(0.22)
6 - 11.....	523	14	(2.7)	7.1	(0.29)	0.4	(0.08)	5	(1.3)	7.3	(0.62)	2.7	(0.31)	36	(3.3)	7.1	(0.32)
12 - 19.....	587	19	(2.0)	7.2	(0.29)	0.7	(0.13)	9	(1.8)	7.8	(0.58)	3.5	(0.47)	45	(6.6)	7.0	(0.35)
20 - 39.....	877	24	(1.9)	8.9	(0.29)	0.8	(0.09)	9	(1.1)	9.4	(0.68)	3.5	(0.22)	37	(3.4)	8.7	(0.34)
40 - 59.....	879	22	(2.9)	9.0	(0.66)	0.8	(0.13)	9	(1.7)	9.8	(0.51)	3.7	(0.36)	37	(3.5)	8.9	(0.78)
60 and over.....	846	19	(1.6)	7.4	(0.34)	0.6	(0.09)	8	(0.9)	8.4	(1.14)	3.4	(0.51)	40	(2.5)	7.1	(0.27)
2 - 19.....	1439	15	(1.2)	6.7	(0.11)	0.4	(0.06)	7	(1.0)	7.4	(0.36)	3.0	(0.29)	41	(4.1)	6.6	(0.10)
20 and over...	2602	22	(1.4)	8.5	(0.34)	0.8	(0.06)	9	(0.8)	9.3	(0.42)	3.5	(0.22)	38	(1.9)	8.3	(0.36)
2 and over...	4041	20	(1.2)	8.1	(0.27)	0.7	(0.06)	8	(0.7)	9.0	(0.34)	3.4	(0.20)	38	(1.8)	7.9	(0.28)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	7.2	(0.10)	0.4	(0.05)	6	(0.7)	8.0	(0.29)	3.1	(0.27)	39	(3.1)	7.1	(0.12)
20 and over...	5017	22	(1.0)	9.2	(0.26)	0.9	(0.04)	10	(0.5)	10.2	(0.41)	4.0	(0.21)	39	(1.5)	9.0	(0.27)
2 and over...	7918	20	(0.9)	8.8	(0.23)	0.8	(0.04)	9	(0.5)	9.8	(0.33)	3.9	(0.18)	39	(1.4)	8.5	(0.24)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	55.4	(2.84)	2.4	(0.52)	4 *	(1.0)	--		--		--		55.4	(3.25)
6 - 11.....	517	12	(1.6)	62.9	(4.13)	2.8	(0.37)	4	(0.7)	--		--		--		63.8	(4.62)
12 - 19.....	609	15	(1.5)	78.6	(3.63)	9.0	(1.96)	11	(2.5)	111.2	(10.83)	59.8	(9.52)	54	(8.8)	72.8	(4.66)
20 - 39.....	810	25	(1.7)	118.3	(6.83)	14.7	(2.50)	12	(2.2)	120.6	(13.49)	58.1	(9.52)	48	(4.0)	117.6	(8.72)
40 - 59.....	767	20	(1.5)	115.6	(6.05)	18.2	(2.41)	16	(2.3)	143.6	(11.40)	89.7	(10.51)	62	(4.2)	108.5	(8.07)
60 and over.....	838	23	(2.9)	121.2	(9.07)	17.8	(4.11)	15	(2.8)	122.0	(16.37)	77.7	(12.98)	64	(3.6)	121.0	(9.35)
2 - 19.....	1462	13	(1.0)	68.4	(2.44)	5.5	(0.91)	8	(1.4)	84.8	(6.97)	42.2	(5.24)	50	(6.0)	66.0	(2.98)
20 and over...	2415	23	(1.2)	118.2	(4.37)	16.8	(1.58)	14	(1.3)	128.1	(7.45)	73.2	(6.13)	57	(2.3)	115.2	(4.85)
2 and over...	3877	20	(0.9)	105.8	(3.95)	14.0	(1.13)	13	(1.1)	121.2	(5.96)	68.2	(4.96)	56	(2.1)	101.8	(4.43)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	48.2	(4.33)	1.2 *	(0.39)	2 *	(0.8)	--		--		--		48.5	(4.75)
6 - 11.....	523	14	(2.7)	62.8	(2.71)	4.0	(0.76)	6	(1.1)	60.7	(7.23)	28.3	(4.08)	47	(3.1)	63.1	(2.98)
12 - 19.....	587	19	(2.0)	73.9	(6.94)	6.9	(1.55)	9	(2.2)	71.0	(6.80)	36.2	(5.51)	51	(9.3)	74.6	(7.95)
20 - 39.....	877	24	(1.9)	126.9	(11.44)	15.5	(3.38)	12	(2.5)	129.5	(14.74)	65.6	(12.41)	51	(7.5)	126.0	(12.87)
40 - 59.....	879	22	(2.9)	126.4	(10.42)	14.1	(2.58)	11	(2.1)	118.1	(10.11)	64.0	(8.31)	54	(4.5)	128.8	(12.53)
60 and over.....	846	19	(1.6)	115.7	(10.92)	13.9	(2.81)	12	(2.4)	161.5	(41.78)	74.7	(13.69)	46	(12.3)	105.2	(7.08)
2 - 19.....	1439	15	(1.2)	64.5	(3.53)	4.6	(0.68)	7	(1.0)	65.0	(4.61)	31.7	(3.48)	49	(6.1)	64.4	(3.66)
20 and over...	2602	22	(1.4)	123.5	(7.09)	14.5	(2.01)	12	(1.4)	133.3	(13.23)	67.3	(8.30)	50	(5.0)	120.8	(7.69)
2 and over...	4041	20	(1.2)	109.8	(6.09)	12.2	(1.67)	11	(1.3)	121.6	(10.63)	61.2	(7.33)	50	(4.8)	106.8	(6.64)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	66.5	(2.33)	5.1	(0.57)	8	(0.8)	74.4	(4.82)	36.7	(3.32)	49	(4.1)	65.2	(2.49)
20 and over...	5017	22	(1.0)	120.9	(4.68)	15.6	(1.48)	13	(1.0)	130.7	(9.20)	70.2	(6.15)	54	(3.1)	118.1	(4.90)
2 and over...	7918	20	(0.9)	107.8	(4.23)	13.1	(1.17)	12	(0.9)	121.4	(7.59)	64.7	(5.22)	53	(3.0)	104.4	(4.49)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
<div>—————All Individuals <sup>2</sup>—————      ———Full Service Restaurant Consumers <sup>3</sup>———      Non-consumers<sup>4</sup></div>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	959	(29.7)	20	(5.0)	2 *	(0.5)	--		--		--		966	(23.7)
6 - 11.....	517	12	(1.6)	1040	(42.5)	27	(4.5)	3 *	(0.4)	--		--		--		1050	(46.4)
12 - 19.....	609	15	(1.5)	1128	(54.2)	52	(9.4)	5	(0.8)	1193	(94.8)	344	(35.5)	29	(3.1)	1117	(57.0)
20 - 39.....	810	25	(1.7)	1151	(36.8)	93	(9.3)	8	(0.8)	1174	(77.1)	366	(32.9)	31	(2.1)	1143	(42.0)
40 - 59.....	767	20	(1.5)	1068	(29.6)	86	(12.3)	8	(1.1)	1174	(114.6)	425	(49.9)	36	(2.2)	1041	(38.6)
60 and over.....	838	23	(2.9)	927	(35.1)	66	(8.0)	7	(0.9)	942	(61.4)	289	(21.9)	31	(2.0)	923	(39.2)
2 - 19.....	1462	13	(1.0)	1063	(34.5)	37	(4.0)	3	(0.4)	1073	(60.1)	280	(18.5)	26	(2.2)	1062	(35.2)
20 and over...	2415	23	(1.2)	1062	(21.3)	83	(6.9)	8	(0.6)	1112	(49.8)	364	(27.0)	33	(1.5)	1047	(20.4)
2 and over...	3877	20	(0.9)	1062	(19.9)	72	(5.1)	7	(0.4)	1106	(47.7)	351	(21.9)	32	(1.1)	1051	(16.8)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	863	(31.4)	12 *	(5.0)	1 *	(0.6)	--		--		--		864	(33.8)
6 - 11.....	523	14	(2.7)	965	(31.4)	40	(9.0)	4	(1.0)	988	(68.6)	284	(35.8)	29	(2.7)	961	(34.6)
12 - 19.....	587	19	(2.0)	857	(46.7)	70 *	(25.4)	8 *	(2.9)	859	(107.3)	371 *	(112.4)	43	(9.3)	857	(44.7)
20 - 39.....	877	24	(1.9)	880	(19.0)	70	(8.2)	8	(0.9)	894	(33.4)	294	(27.6)	33	(2.7)	875	(20.7)
40 - 59.....	879	22	(2.9)	874	(27.8)	53	(6.5)	6	(0.8)	841	(49.1)	241	(23.4)	29	(2.9)	884	(32.1)
60 and over.....	846	19	(1.6)	766	(26.8)	50	(9.8)	6	(1.3)	860	(108.9)	268	(47.9)	31	(3.3)	744	(33.3)
2 - 19.....	1439	15	(1.2)	893	(27.5)	47	(11.6)	5	(1.3)	898	(66.3)	323	(71.9)	36	(6.6)	892	(25.5)
20 and over...	2602	22	(1.4)	845	(18.6)	58	(4.8)	7	(0.6)	866	(36.7)	268	(17.8)	31	(1.7)	839	(18.8)
2 and over...	4041	20	(1.2)	856	(18.4)	55	(5.0)	6	(0.6)	871	(30.8)	277	(19.3)	32	(2.2)	852	(18.7)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	979	(28.5)	42	(6.8)	4	(0.7)	981	(49.7)	302	(41.3)	31	(3.7)	979	(28.6)
20 and over...	5017	22	(1.0)	949	(19.0)	70	(3.7)	7	(0.4)	988	(37.7)	316	(17.0)	32	(1.1)	938	(16.2)
2 and over...	7918	20	(0.9)	956	(19.1)	63	(3.2)	7	(0.3)	987	(35.4)	313	(15.1)	32	(1.2)	949	(16.4)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

P h o s p h o r u s																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1100	(32.3)	30	(7.0)	3 *	(0.7)	--	--	--	--	--	--	1102	(28.7)
6 - 11.....	517	12	(1.6)	1308	(40.9)	51	(7.6)	4	(0.6)	--	--	--	--	--	--	1310	(42.0)
12 - 19.....	609	15	(1.5)	1471	(56.9)	115	(22.2)	8	(1.5)	1793	(157.7)	758	(100.6)	42	(4.5)	1413	(55.8)
20 - 39.....	810	25	(1.7)	1720	(49.2)	178	(17.9)	10	(1.1)	1809	(112.9)	701	(53.9)	39	(2.2)	1690	(55.6)
40 - 59.....	767	20	(1.5)	1625	(37.3)	181	(28.6)	11	(1.6)	1876	(166.1)	893	(130.5)	48	(3.5)	1561	(28.8)
60 and over.....	838	23	(2.9)	1383	(33.2)	126	(14.7)	9	(1.1)	1466	(57.5)	552	(37.0)	38	(2.3)	1358	(39.9)
2 - 19.....	1462	13	(1.0)	1339	(33.9)	75	(10.6)	6	(0.8)	1521	(82.5)	577	(56.7)	38	(3.4)	1311	(33.1)
20 and over...	2415	23	(1.2)	1596	(25.7)	165	(11.8)	10	(0.7)	1738	(68.6)	721	(52.5)	41	(2.0)	1554	(27.2)
2 and over...	3877	20	(0.9)	1532	(25.0)	143	(9.0)	9	(0.6)	1703	(64.3)	698	(44.3)	41	(1.6)	1488	(23.8)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1001	(27.4)	17 *	(5.2)	2 *	(0.5)	--	--	--	--	--	--	1007	(29.5)
6 - 11.....	523	14	(2.7)	1206	(34.0)	63	(13.4)	5	(1.2)	1223	(85.9)	449	(52.1)	37	(2.7)	1203	(35.7)
12 - 19.....	587	19	(2.0)	1147	(42.1)	117	(24.8)	10	(2.1)	1251	(111.3)	615	(88.0)	49	(5.7)	1122	(32.3)
20 - 39.....	877	24	(1.9)	1244	(21.5)	129	(14.6)	10	(1.1)	1282	(44.4)	544	(33.7)	42	(2.1)	1233	(21.6)
40 - 59.....	879	22	(2.9)	1224	(26.1)	114	(18.7)	9	(1.6)	1245	(34.2)	520	(47.7)	42	(3.6)	1219	(31.8)
60 and over.....	846	19	(1.6)	1079	(32.5)	87	(10.8)	8	(1.0)	1221	(119.9)	472	(50.9)	39	(2.1)	1047	(32.1)
2 - 19.....	1439	15	(1.2)	1133	(20.8)	77	(11.8)	7	(1.0)	1208	(69.2)	524	(62.1)	43	(4.3)	1120	(16.8)
20 and over...	2602	22	(1.4)	1189	(17.9)	111	(8.7)	9	(0.8)	1253	(34.8)	517	(22.1)	41	(1.8)	1172	(20.3)
2 and over...	4041	20	(1.2)	1176	(16.0)	103	(8.6)	9	(0.8)	1245	(30.5)	518	(23.5)	42	(2.0)	1159	(18.1)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	1237	(24.6)	76	(9.4)	6	(0.8)	1357	(63.4)	549	(50.7)	40	(3.0)	1217	(23.5)
20 and over...	5017	22	(1.0)	1385	(21.2)	137	(6.0)	10	(0.5)	1494	(44.9)	618	(26.2)	41	(1.4)	1354	(20.9)
2 and over...	7918	20	(0.9)	1349	(20.4)	123	(5.4)	9	(0.4)	1471	(41.9)	607	(22.5)	41	(1.3)	1319	(19.8)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	203	(6.7)	5	(1.2)	2*	(0.6)	--	--	--	--	--	--	205	(7.1)
6 - 11.....	517	12	(1.6)	239	(5.5)	8	(1.1)	3*	(0.5)	--	--	--	--	--	--	239	(6.2)
12 - 19.....	609	15	(1.5)	276	(12.7)	18	(3.3)	7	(1.2)	325	(29.5)	121	(14.6)	37	(3.2)	267	(13.4)
20 - 39.....	810	25	(1.7)	356	(10.1)	30	(2.9)	8	(0.9)	376	(24.9)	118	(8.8)	31	(1.7)	349	(11.6)
40 - 59.....	767	20	(1.5)	351	(10.2)	31	(4.7)	9	(1.3)	375	(26.7)	151	(21.0)	40	(3.2)	345	(12.7)
60 and over.....	838	23	(2.9)	320	(10.8)	24	(3.2)	8	(1.1)	324	(18.1)	105	(9.2)	32	(2.1)	318	(12.1)
2 - 19.....	1462	13	(1.0)	248	(6.0)	12	(1.6)	5	(0.6)	275	(15.9)	92	(7.8)	33	(2.4)	244	(6.2)
20 and over...	2415	23	(1.2)	345	(6.7)	29	(1.7)	8	(0.6)	362	(13.2)	125	(7.8)	34	(1.4)	339	(8.6)
2 and over...	3877	20	(0.9)	320	(6.4)	24	(1.4)	8	(0.5)	348	(11.9)	119	(6.6)	34	(1.1)	313	(7.6)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	183	(3.8)	3*	(0.8)	1*	(0.4)	--	--	--	--	--	--	185	(3.9)
6 - 11.....	523	14	(2.7)	223	(7.5)	9	(1.9)	4	(0.9)	205	(14.8)	63	(7.8)	31	(2.7)	227	(7.1)
12 - 19.....	587	19	(2.0)	224	(5.4)	17	(3.4)	8	(1.5)	224	(11.7)	92	(10.8)	41	(4.8)	224	(4.9)
20 - 39.....	877	24	(1.9)	281	(7.2)	21	(2.3)	8	(0.8)	275	(10.1)	91	(5.1)	33	(1.9)	282	(8.1)
40 - 59.....	879	22	(2.9)	283	(9.6)	20	(3.2)	7	(1.2)	282	(11.4)	93	(8.3)	33	(2.7)	283	(12.1)
60 and over.....	846	19	(1.6)	247	(5.4)	16	(1.5)	6	(0.6)	264	(20.6)	86	(7.2)	33	(1.7)	243	(6.1)
2 - 19.....	1439	15	(1.2)	214	(3.2)	11	(1.6)	5	(0.7)	212	(7.2)	77	(7.8)	36	(3.4)	215	(3.0)
20 and over...	2602	22	(1.4)	272	(5.1)	19	(1.3)	7	(0.6)	275	(6.6)	90	(3.5)	33	(1.4)	271	(5.8)
2 and over...	4041	20	(1.2)	258	(4.6)	18	(1.3)	7	(0.6)	264	(5.7)	88	(3.8)	33	(1.4)	257	(5.0)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	231	(3.8)	12	(1.3)	5	(0.5)	242	(9.2)	84	(6.3)	35	(2.4)	230	(3.9)
20 and over...	5017	22	(1.0)	307	(5.3)	24	(0.8)	8	(0.3)	318	(8.0)	107	(4.2)	34	(1.0)	303	(6.1)
2 and over...	7918	20	(0.9)	289	(5.0)	21	(0.8)	7	(0.3)	306	(7.3)	104	(3.6)	34	(0.9)	284	(5.6)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

I r o n																	
—————All Individuals <sup>2</sup> ————— ———Full Service Restaurant Consumers <sup>3</sup> ——— Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	11.5	(0.33)	0.3	(0.05)	2 *	(0.5)	--		--		--		11.6	(0.35)
6 - 11.....	517	12	(1.6)	14.3	(0.40)	0.4	(0.08)	3 *	(0.6)	--		--		--		14.6	(0.50)
12 - 19.....	609	15	(1.5)	16.7	(0.71)	1.1	(0.23)	7	(1.2)	18.7	(1.84)	7.3	(0.99)	39	(2.5)	16.4	(0.75)
20 - 39.....	810	25	(1.7)	16.8	(0.36)	1.5	(0.13)	9	(0.9)	16.7	(0.98)	6.1	(0.36)	36	(2.1)	16.8	(0.59)
40 - 59.....	767	20	(1.5)	15.8	(0.67)	1.6	(0.27)	10	(1.5)	17.2	(2.20)	7.8	(1.26)	45	(3.0)	15.4	(0.56)
60 and over.....	838	23	(2.9)	15.6	(0.71)	1.2	(0.16)	8	(1.1)	17.2	(1.49)	5.2	(0.48)	30	(3.6)	15.1	(0.76)
2 - 19.....	1462	13	(1.0)	14.8	(0.33)	0.7	(0.10)	5	(0.7)	15.5	(0.99)	5.4	(0.49)	35	(1.7)	14.7	(0.36)
20 and over...	2415	23	(1.2)	16.1	(0.26)	1.5	(0.10)	9	(0.6)	17.0	(0.65)	6.4	(0.45)	37	(1.6)	15.8	(0.27)
2 and over...	3877	20	(0.9)	15.8	(0.24)	1.3	(0.07)	8	(0.5)	16.7	(0.59)	6.2	(0.38)	37	(1.3)	15.5	(0.24)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	10.2	(0.66)	0.1 *	(0.04)	1 *	(0.4)	--		--		--		10.3	(0.67)
6 - 11.....	523	14	(2.7)	13.8	(0.56)	0.5	(0.10)	4 *	(0.7)	12.4	(0.94)	3.6	(0.48)	29	(3.3)	14.1	(0.65)
12 - 19.....	587	19	(2.0)	13.2	(0.51)	0.9	(0.12)	7	(0.9)	12.0	(1.08)	4.7	(0.26)	39	(3.6)	13.5	(0.49)
20 - 39.....	877	24	(1.9)	12.5	(0.30)	1.1	(0.11)	8	(0.9)	11.9	(0.54)	4.5	(0.29)	38	(2.0)	12.7	(0.33)
40 - 59.....	879	22	(2.9)	12.2	(0.32)	0.9	(0.13)	8	(1.1)	11.9	(0.42)	4.3	(0.33)	36	(3.4)	12.2	(0.36)
60 and over.....	846	19	(1.6)	11.5	(0.47)	0.9	(0.10)	8	(0.8)	12.9	(1.38)	4.8	(0.52)	37	(1.7)	11.2	(0.51)
2 - 19.....	1439	15	(1.2)	12.7	(0.36)	0.6	(0.06)	5	(0.5)	11.7	(0.61)	4.1	(0.28)	35	(3.0)	12.9	(0.38)
20 and over...	2602	22	(1.4)	12.1	(0.17)	1.0	(0.06)	8	(0.5)	12.1	(0.41)	4.5	(0.17)	37	(1.5)	12.1	(0.19)
2 and over...	4041	20	(1.2)	12.2	(0.14)	0.9	(0.06)	7	(0.5)	12.1	(0.39)	4.4	(0.16)	37	(1.6)	12.3	(0.12)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	13.8	(0.30)	0.7	(0.06)	5	(0.4)	13.5	(0.68)	4.7	(0.29)	35	(1.6)	13.8	(0.33)
20 and over...	5017	22	(1.0)	14.0	(0.18)	1.2	(0.05)	9	(0.3)	14.5	(0.46)	5.4	(0.26)	37	(1.2)	13.9	(0.18)
2 and over...	7918	20	(0.9)	14.0	(0.17)	1.1	(0.04)	8	(0.3)	14.4	(0.42)	5.3	(0.21)	37	(1.0)	13.9	(0.16)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

Z i n c																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	8.4	(0.27)	0.2	(0.04)	2*	(0.5)	--		--		--		8.5	(0.29)
6 - 11.....	517	12	(1.6)	10.1	(0.30)	0.4	(0.07)	4*	(0.7)	--		--		--		10.2	(0.32)
12 - 19.....	609	15	(1.5)	12.6	(0.59)	1.1	(0.23)	9	(1.7)	15.2	(1.58)	7.1	(1.11)	47	(4.3)	12.1	(0.58)
20 - 39.....	810	25	(1.7)	14.0	(0.30)	1.5	(0.20)	11	(1.4)	15.1	(0.90)	6.1	(0.61)	40	(3.1)	13.6	(0.35)
40 - 59.....	767	20	(1.5)	13.4	(0.53)	1.6	(0.27)	12	(1.9)	15.2	(1.68)	7.8	(1.29)	51	(3.5)	12.9	(0.46)
60 and over.....	838	23	(2.9)	11.8	(0.45)	1.0	(0.11)	8	(1.0)	12.8	(0.99)	4.4	(0.35)	34	(3.7)	11.5	(0.41)
2 - 19.....	1462	13	(1.0)	10.9	(0.32)	0.7	(0.11)	6	(0.9)	12.2	(0.88)	5.0	(0.60)	41	(3.4)	10.7	(0.30)
20 and over...	2415	23	(1.2)	13.2	(0.23)	1.4	(0.12)	11	(0.9)	14.5	(0.58)	6.2	(0.54)	43	(2.5)	12.8	(0.24)
2 and over...	3877	20	(0.9)	12.6	(0.24)	1.2	(0.09)	10	(0.7)	14.2	(0.57)	6.0	(0.47)	42	(2.0)	12.2	(0.23)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	7.3	(0.24)	0.1	(0.04)	2*	(0.5)	--		--		--		7.4	(0.24)
6 - 11.....	523	14	(2.7)	9.8	(0.35)	0.4	(0.09)	4	(1.0)	9.3	(0.72)	3.1	(0.36)	33	(2.8)	9.8	(0.34)
12 - 19.....	587	19	(2.0)	9.1	(0.34)	0.8	(0.13)	9	(1.4)	8.9	(0.86)	4.3	(0.47)	49	(5.1)	9.2	(0.28)
20 - 39.....	877	24	(1.9)	9.8	(0.22)	0.9	(0.09)	9	(1.0)	9.6	(0.37)	3.8	(0.26)	40	(2.2)	9.8	(0.26)
40 - 59.....	879	22	(2.9)	9.6	(0.30)	0.9	(0.16)	9	(1.8)	9.9	(0.51)	4.1	(0.47)	41	(4.0)	9.5	(0.34)
60 and over.....	846	19	(1.6)	8.7	(0.31)	0.9	(0.12)	10	(1.3)	10.6	(1.09)	4.7	(0.57)	44	(2.7)	8.3	(0.34)
2 - 19.....	1439	15	(1.2)	8.9	(0.18)	0.5	(0.06)	6	(0.7)	8.8	(0.53)	3.7	(0.33)	42	(4.0)	9.0	(0.16)
20 and over...	2602	22	(1.4)	9.4	(0.18)	0.9	(0.07)	9	(0.8)	10.0	(0.33)	4.1	(0.20)	41	(1.8)	9.2	(0.20)
2 and over...	4041	20	(1.2)	9.3	(0.16)	0.8	(0.06)	9	(0.8)	9.8	(0.33)	4.0	(0.19)	41	(1.9)	9.2	(0.17)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	9.9	(0.22)	0.6	(0.07)	6	(0.7)	10.4	(0.61)	4.3	(0.38)	41	(2.7)	9.8	(0.20)
20 and over...	5017	22	(1.0)	11.2	(0.18)	1.1	(0.05)	10	(0.5)	12.2	(0.40)	5.1	(0.29)	42	(1.6)	10.9	(0.18)
2 and over...	7918	20	(0.9)	10.9	(0.18)	1.0	(0.05)	9	(0.5)	11.9	(0.39)	5.0	(0.23)	42	(1.3)	10.7	(0.17)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	0.8	(0.03)	#		3 *	(0.6)	--		--		--		0.8	(0.03)
6 - 11.....	517	12	(1.6)	0.9	(0.03)	#		3 *	(0.6)	--		--		--		0.9	(0.03)
12 - 19.....	609	15	(1.5)	1.1	(0.05)	0.1	(0.01)	7	(1.1)	1.3	(0.09)	0.5	(0.06)	37	(3.0)	1.0	(0.05)
20 - 39.....	810	25	(1.7)	1.4	(0.04)	0.1	(0.01)	8	(0.9)	1.5	(0.09)	0.4	(0.03)	30	(2.2)	1.4	(0.05)
40 - 59.....	767	20	(1.5)	1.4	(0.05)	0.1	(0.02)	9	(1.3)	1.4	(0.09)	0.6	(0.08)	41	(3.6)	1.4	(0.07)
60 and over.....	838	23	(2.9)	1.3	(0.04)	0.1	(0.01)	8	(1.1)	1.3	(0.08)	0.4	(0.04)	33	(2.6)	1.3	(0.04)
2 - 19.....	1462	13	(1.0)	1.0	(0.02)	#		5	(0.6)	1.1	(0.06)	0.4	(0.03)	33	(2.4)	0.9	(0.03)
20 and over...	2415	23	(1.2)	1.4	(0.03)	0.1	(0.01)	8	(0.6)	1.4	(0.05)	0.5	(0.03)	34	(1.6)	1.3	(0.03)
2 and over...	3877	20	(0.9)	1.3	(0.02)	0.1	(0.01)	7	(0.5)	1.4	(0.04)	0.5	(0.02)	34	(1.3)	1.2	(0.03)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	0.7	(0.02)	#		2 *	(0.5)	--		--		--		0.7	(0.02)
6 - 11.....	523	14	(2.7)	0.9	(0.03)	#		4	(0.9)	0.8	(0.07)	0.3	(0.03)	31	(3.1)	0.9	(0.03)
12 - 19.....	587	19	(2.0)	0.9	(0.02)	0.1	(0.02)	8	(1.7)	0.9	(0.08)	0.4	(0.06)	43	(5.3)	0.9	(0.02)
20 - 39.....	877	24	(1.9)	1.2	(0.04)	0.1	(0.01)	8	(0.6)	1.2	(0.06)	0.4	(0.02)	32	(1.9)	1.2	(0.04)
40 - 59.....	879	22	(2.9)	1.2	(0.04)	0.1	(0.02)	8	(1.5)	1.2	(0.08)	0.4	(0.05)	34	(3.6)	1.1	(0.04)
60 and over.....	846	19	(1.6)	1.0	(0.03)	0.1	(0.01)	7	(0.7)	1.1	(0.10)	0.4	(0.05)	36	(1.5)	1.0	(0.03)
2 - 19.....	1439	15	(1.2)	0.9	(0.02)	#		6	(0.8)	0.9	(0.04)	0.3	(0.04)	38	(3.5)	0.9	(0.02)
20 and over...	2602	22	(1.4)	1.1	(0.02)	0.1	(0.01)	8	(0.7)	1.2	(0.04)	0.4	(0.03)	34	(1.6)	1.1	(0.02)
2 and over...	4041	20	(1.2)	1.1	(0.02)	0.1	(0.01)	7	(0.6)	1.1	(0.04)	0.4	(0.02)	34	(1.4)	1.0	(0.02)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	0.9	(0.02)	#		5	(0.6)	1.0	(0.04)	0.3	(0.03)	35	(2.6)	0.9	(0.02)
20 and over...	5017	22	(1.0)	1.2	(0.02)	0.1	(#)	8	(0.4)	1.3	(0.03)	0.4	(0.02)	34	(1.3)	1.2	(0.02)
2 and over...	7918	20	(0.9)	1.2	(0.02)	0.1	(#)	7	(0.4)	1.2	(0.03)	0.4	(0.02)	34	(1.1)	1.1	(0.02)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	78.8	(3.11)	2.6	(0.61)	3*	(0.8)	--		--		--		79.4	(3.04)
6 - 11.....	517	12	(1.6)	100.7	(3.28)	4.8	(0.81)	5	(0.7)	--		--		--		100.5	(2.68)
12 - 19.....	609	15	(1.5)	122.8	(4.98)	13.5	(3.56)	11	(2.7)	160.3	(17.87)	89.0	(18.76)	56	(6.7)	116.1	(5.16)
20 - 39.....	810	25	(1.7)	151.5	(6.09)	18.4	(1.89)	12	(1.2)	161.9	(9.05)	72.4	(5.77)	45	(2.3)	147.9	(6.93)
40 - 59.....	767	20	(1.5)	135.4	(5.08)	17.8	(3.95)	13	(2.5)	156.6	(19.90)	87.5	(18.91)	56	(5.4)	130.0	(3.12)
60 and over.....	838	23	(2.9)	114.2	(4.07)	12.4	(1.58)	11	(1.4)	126.3	(5.12)	54.3	(3.84)	43	(2.7)	110.6	(4.31)
2 - 19.....	1462	13	(1.0)	106.1	(2.85)	8.3	(1.66)	8	(1.5)	128.1	(9.56)	63.2	(10.26)	49	(5.2)	102.9	(2.68)
20 and over...	2415	23	(1.2)	135.9	(3.29)	16.6	(1.61)	12	(1.0)	150.7	(7.62)	72.2	(7.51)	48	(3.0)	131.4	(3.45)
2 and over...	3877	20	(0.9)	128.4	(2.85)	14.5	(1.27)	11	(0.9)	147.1	(7.03)	70.8	(6.72)	48	(2.7)	123.6	(2.73)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	70.7	(0.94)	1.5	(0.44)	2*	(0.6)	--		--		--		71.3	(1.00)
6 - 11.....	523	14	(2.7)	94.1	(2.99)	5.9	(1.26)	6	(1.3)	92.1	(7.13)	41.8	(5.36)	45	(3.3)	94.4	(2.81)
12 - 19.....	587	19	(2.0)	91.9	(2.33)	9.9	(1.81)	11	(1.8)	98.6	(6.51)	52.5	(6.10)	53	(5.0)	90.3	(2.01)
20 - 39.....	877	24	(1.9)	104.4	(2.42)	13.4	(2.36)	13	(2.1)	113.5	(7.12)	56.8	(7.51)	50	(4.0)	101.5	(2.59)
40 - 59.....	879	22	(2.9)	97.5	(2.22)	11.6	(2.11)	12	(2.0)	106.5	(5.10)	53.0	(4.70)	50	(3.6)	95.0	(1.93)
60 and over.....	846	19	(1.6)	86.2	(2.38)	8.0	(1.04)	9	(1.1)	96.8	(6.29)	43.3	(4.21)	45	(2.7)	83.7	(2.26)
2 - 19.....	1439	15	(1.2)	87.8	(1.22)	6.7	(0.88)	8	(0.9)	92.7	(3.75)	45.9	(4.19)	49	(3.8)	86.9	(1.16)
20 and over...	2602	22	(1.4)	96.6	(1.09)	11.2	(1.11)	12	(1.1)	106.7	(3.78)	52.0	(3.36)	49	(2.2)	93.8	(1.42)
2 and over...	4041	20	(1.2)	94.5	(1.00)	10.2	(0.99)	11	(1.0)	104.3	(3.28)	51.0	(3.18)	49	(2.2)	92.1	(1.13)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	97.1	(1.48)	7.5	(1.10)	8	(1.1)	109.6	(6.38)	54.2	(6.56)	49	(3.9)	95.1	(1.28)
20 and over...	5017	22	(1.0)	115.5	(1.95)	13.8	(0.97)	12	(0.7)	128.6	(4.33)	62.1	(4.31)	48	(2.2)	111.7	(1.86)
2 and over...	7918	20	(0.9)	111.0	(1.71)	12.3	(0.82)	11	(0.7)	125.5	(4.02)	60.7	(3.91)	48	(2.1)	107.4	(1.57)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	1950	(45.7)	49	(11.9)	3*	(0.6)	--	--	--	--	--	--	1965	(40.7)
6 - 11.....	517	12	(1.6)	2156	(49.2)	81	(11.0)	4	(0.5)	--	--	--	--	--	--	2175	(54.7)
12 - 19.....	609	15	(1.5)	2408	(84.7)	185	(35.6)	8	(1.4)	3061	(317.9)	1220	(157.4)	40	(4.1)	2292	(79.2)
20 - 39.....	810	25	(1.7)	2974	(71.7)	289	(29.0)	10	(1.0)	3104	(167.5)	1141	(84.4)	37	(1.7)	2930	(71.5)
40 - 59.....	767	20	(1.5)	3043	(70.6)	310	(45.7)	10	(1.4)	3393	(280.7)	1526	(209.2)	45	(3.0)	2954	(65.2)
60 and over.....	838	23	(2.9)	2857	(62.8)	249	(32.4)	9	(1.2)	2996	(123.6)	1089	(93.6)	36	(2.3)	2816	(76.9)
2 - 19.....	1462	13	(1.0)	2227	(42.5)	121	(17.4)	5	(0.8)	2529	(155.2)	925	(83.9)	37	(2.7)	2182	(42.3)
20 and over...	2415	23	(1.2)	2967	(38.4)	286	(17.6)	10	(0.6)	3165	(108.1)	1246	(85.8)	39	(1.7)	2908	(41.5)
2 and over...	3877	20	(0.9)	2782	(39.2)	245	(13.9)	9	(0.5)	3064	(100.5)	1195	(72.0)	39	(1.2)	2710	(40.3)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	1790	(53.8)	28*	(8.6)	2*	(0.5)	--	--	--	--	--	--	1808	(56.5)
6 - 11.....	523	14	(2.7)	2024	(66.0)	82	(17.2)	4	(0.9)	1872	(138.6)	585	(77.7)	31	(2.8)	2049	(62.2)
12 - 19.....	587	19	(2.0)	1962	(49.0)	170	(31.3)	9	(1.6)	1959	(143.1)	895	(96.3)	46	(4.4)	1963	(44.5)
20 - 39.....	877	24	(1.9)	2320	(69.1)	209	(23.2)	9	(1.0)	2330	(81.8)	886	(48.0)	38	(2.0)	2316	(80.1)
40 - 59.....	879	22	(2.9)	2387	(55.0)	211	(34.9)	9	(1.6)	2396	(98.0)	959	(84.3)	40	(3.2)	2385	(63.9)
60 and over.....	846	19	(1.6)	2247	(58.9)	162	(17.1)	7	(0.8)	2407	(181.9)	875	(74.8)	36	(2.3)	2211	(59.7)
2 - 19.....	1439	15	(1.2)	1943	(25.3)	109	(14.7)	6	(0.8)	1888	(88.4)	747	(69.0)	40	(3.2)	1952	(23.4)
20 and over...	2602	22	(1.4)	2323	(46.1)	196	(15.5)	8	(0.8)	2374	(55.8)	911	(41.3)	38	(1.7)	2309	(55.0)
2 and over...	4041	20	(1.2)	2235	(39.5)	176	(14.8)	8	(0.7)	2291	(49.8)	883	(41.3)	39	(1.7)	2221	(45.9)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	2086	(30.2)	115	(13.1)	6	(0.6)	2194	(105.4)	832	(67.8)	38	(2.4)	2069	(27.7)
20 and over...	5017	22	(1.0)	2633	(38.6)	239	(8.8)	9	(0.4)	2767	(67.0)	1078	(42.6)	39	(1.0)	2595	(42.4)
2 and over...	7918	20	(0.9)	2502	(35.7)	209	(8.3)	8	(0.4)	2672	(62.4)	1037	(35.7)	39	(0.9)	2458	(38.7)



**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

S o d i u m																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	2347	(67.0)	91	(18.0)	4 *	(0.8)	--		--		--		2343	(64.8)
6 - 11.....	517	12	(1.6)	3153	(51.0)	141	(17.4)	4	(0.5)	--		--		--		3139	(54.1)
12 - 19.....	609	15	(1.5)	3783	(113.2)	352	(63.1)	9	(1.6)	4577	(314.5)	2326	(269.1)	51	(4.5)	3642	(124.8)
20 - 39.....	810	25	(1.7)	4496	(105.1)	578	(51.2)	13	(1.0)	4903	(273.2)	2279	(149.2)	46	(1.7)	4358	(86.8)
40 - 59.....	767	20	(1.5)	4151	(104.0)	567	(77.4)	14	(1.7)	4950	(373.2)	2795	(354.6)	56	(3.3)	3948	(78.9)
60 and over.....	838	23	(2.9)	3494	(85.5)	420	(58.0)	12	(1.5)	3978	(190.4)	1838	(168.4)	46	(2.9)	3351	(81.0)
2 - 19.....	1462	13	(1.0)	3272	(59.6)	225	(30.1)	7	(0.9)	3808	(170.1)	1723	(141.2)	45	(3.3)	3191	(60.9)
20 and over...	2415	23	(1.2)	4107	(64.1)	532	(32.7)	13	(0.7)	4671	(163.8)	2321	(154.0)	50	(2.1)	3939	(53.2)
2 and over...	3877	20	(0.9)	3899	(56.6)	456	(25.4)	12	(0.6)	4533	(145.7)	2226	(129.5)	49	(1.7)	3735	(45.7)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	2089	(59.8)	49	(13.5)	2 *	(0.6)	--		--		--		2103	(63.2)
6 - 11.....	523	14	(2.7)	2936	(55.8)	187	(37.0)	6	(1.3)	2978	(201.2)	1333	(158.4)	45	(3.2)	2929	(60.4)
12 - 19.....	587	19	(2.0)	2946	(80.8)	349	(67.4)	12	(2.2)	3418	(261.3)	1842	(226.9)	54	(6.0)	2836	(54.3)
20 - 39.....	877	24	(1.9)	3247	(70.5)	404	(38.8)	12	(1.1)	3573	(118.9)	1708	(99.5)	48	(2.5)	3146	(83.8)
40 - 59.....	879	22	(2.9)	3032	(75.2)	355	(62.2)	12	(2.0)	3257	(117.1)	1617	(154.1)	50	(3.8)	2969	(72.3)
60 and over.....	846	19	(1.6)	2691	(63.2)	284	(32.6)	11	(1.2)	3237	(168.6)	1530	(137.5)	47	(3.1)	2567	(72.7)
2 - 19.....	1439	15	(1.2)	2748	(45.3)	229	(31.9)	8	(1.1)	3121	(148.4)	1564	(157.5)	50	(4.6)	2684	(37.7)
20 and over...	2602	22	(1.4)	3007	(38.5)	351	(27.4)	12	(0.9)	3371	(74.0)	1629	(61.4)	48	(1.7)	2907	(51.1)
2 and over...	4041	20	(1.2)	2947	(31.5)	323	(26.4)	11	(0.9)	3328	(67.3)	1618	(66.0)	49	(2.0)	2852	(40.1)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	3013	(36.4)	227	(24.8)	8	(0.8)	3448	(125.2)	1640	(127.4)	48	(3.2)	2943	(34.1)
20 and over...	5017	22	(1.0)	3536	(40.0)	438	(17.8)	12	(0.5)	4017	(102.0)	1973	(86.5)	49	(1.5)	3399	(36.1)
2 and over...	7918	20	(0.9)	3410	(33.6)	387	(16.0)	11	(0.5)	3923	(92.9)	1918	(73.3)	49	(1.4)	3281	(30.2)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

C a f f e i n e																	
<div><div></div><div>All Individuals <sup>2</sup></div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div><div></div><div>Non-consumers<sup>4</sup></div></div>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	7.1	(0.92)	0.4*	(0.22)	6*	(3.0)	--	--	--	--	--	--	6.9	(0.78)
6 - 11.....	517	12	(1.6)	16.1	(1.89)	0.7	(0.16)	4*	(1.3)	--	--	--	--	--	--	16.4	(2.14)
12 - 19.....	609	15	(1.5)	50.0	(9.95)	3.7*	(1.14)	7*	(2.8)	62.5	(10.68)	24.4	(6.66)	--	--	47.7	(11.96)
20 - 39.....	810	25	(1.7)	142.3	(10.81)	8.3	(2.09)	6	(1.3)	176.6	(21.39)	32.6	(7.39)	18	(3.9)	130.6	(9.98)
40 - 59.....	767	20	(1.5)	248.4	(13.39)	10.4	(2.62)	4	(1.0)	261.9	(31.48)	51.5	(12.78)	20	(4.4)	244.9	(13.50)
60 and over.....	838	23	(2.9)	237.7	(19.90)	13.8	(4.03)	6*	(2.1)	265.6	(24.24)	60.3	(16.98)	23	(5.7)	229.4	(28.70)
2 - 19.....	1462	13	(1.0)	29.4	(5.04)	2.0	(0.54)	7*	(2.0)	38.7	(6.41)	15.1	(3.74)	39	(5.5)	28.1	(5.68)
20 and over...	2415	23	(1.2)	205.1	(9.18)	10.5	(1.76)	5	(0.9)	226.9	(12.62)	45.9	(8.23)	20	(3.1)	198.6	(11.77)
2 and over...	3877	20	(0.9)	161.2	(7.65)	8.4	(1.32)	5	(0.9)	196.9	(10.37)	41.0	(6.92)	21	(3.2)	152.1	(10.02)
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	5.3	(0.99)	#		#		--	--	--	--	--	--	5.7	(1.05)
6 - 11.....	523	14	(2.7)	11.5	(1.34)	0.6	(0.13)	5*	(1.2)	7.6	(1.83)	4.0	(1.05)	--	--	12.1	(1.30)
12 - 19.....	587	19	(2.0)	39.7	(3.96)	4.8*	(2.12)	12*	(5.0)	72.2	(12.97)	25.5*	(9.58)	--	--	32.1	(4.22)
20 - 39.....	877	24	(1.9)	115.6	(11.17)	4.4	(0.71)	4	(0.8)	120.6	(11.75)	18.5	(2.94)	15	(2.6)	114.0	(13.25)
40 - 59.....	879	22	(2.9)	163.9	(6.70)	4.5	(1.22)	3	(0.8)	152.1	(13.31)	20.6	(4.41)	14	(2.2)	167.2	(8.99)
60 and over.....	846	19	(1.6)	140.1	(8.04)	5.0	(1.14)	4	(0.8)	129.3	(15.70)	26.8	(6.02)	21	(4.6)	142.6	(8.46)
2 - 19.....	1439	15	(1.2)	22.9	(1.64)	2.4*	(0.94)	10*	(3.9)	44.8	(8.55)	16.2*	(5.77)	36	(10.1)	19.1	(1.90)
20 and over...	2602	22	(1.4)	140.4	(5.55)	4.6	(0.74)	3	(0.6)	134.5	(8.48)	21.4	(2.90)	16	(1.8)	142.0	(7.55)
2 and over...	4041	20	(1.2)	113.1	(4.30)	4.1	(0.74)	4	(0.7)	119.2	(7.52)	20.5	(3.11)	17	(2.1)	111.6	(5.98)
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	26.2	(2.97)	2.2	(0.44)	8	(1.6)	41.9	(4.51)	15.6	(2.85)	37	(5.0)	23.7	(3.46)
20 and over...	5017	22	(1.0)	171.5	(6.17)	7.4	(0.85)	4	(0.5)	180.4	(7.89)	33.5	(4.14)	19	(2.0)	169.0	(8.43)
2 and over...	7918	20	(0.9)	136.6	(5.03)	6.2	(0.66)	5	(0.6)	157.6	(6.74)	30.6	(3.56)	19	(2.1)	131.3	(7.01)

**Table 45. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	10	(1.8)	--		--		--		--		--		--		--	
6 - 11.....	517	12	(1.6)	--		--		--		--		--		--		--	
12 - 19.....	609	15	(1.5)	--		--		--		--		--		--		--	
20 - 39.....	810	25	(1.7)	15.6	(1.23)	2.8	(0.67)	18	(4.0)	21.2	(4.17)	10.9	(2.48)	51	(7.5)	13.6	(1.62)
40 - 59.....	767	20	(1.5)	17.1	(2.10)	2.0*	(0.65)	12*	(3.7)	23.1	(3.88)	10.0	(3.00)	43	(9.6)	15.6	(2.23)
60 and over.....	838	23	(2.9)	8.1	(1.11)	0.9*	(0.30)	11*	(3.7)	8.2	(1.64)	3.9*	(1.39)	--		8.1	(1.34)
2 - 19.....	1462	13	(1.0)	--		--		--		--		--		--		--	
20 and over...	2415	23	(1.2)	14.1	(0.89)	2.0	(0.39)	14	(2.9)	18.3	(2.32)	8.7	(1.57)	48	(5.3)	12.9	(1.19)
2 and over...	3877	20	(0.9)	--		--		--		--		--		--		--	
<b>Females:</b>																	
2 - 5.....	329	7	(1.9)	--		--		--		--		--		--		--	
6 - 11.....	523	14	(2.7)	--		--		--		--		--		--		--	
12 - 19.....	587	19	(2.0)	--		--		--		--		--		--		--	
20 - 39.....	877	24	(1.9)	7.5	(0.92)	1.2	(0.34)	16	(4.2)	10.0	(2.22)	5.0	(1.19)	--		6.8	(0.99)
40 - 59.....	879	22	(2.9)	7.3	(0.95)	1.6	(0.45)	22	(5.0)	11.7	(3.04)	7.3	(1.96)	--		6.1	(0.87)
60 and over.....	846	19	(1.6)	2.8	(0.51)	0.3*	(0.11)	10*	(3.8)	2.8	(0.75)	1.4*	(0.63)	--		2.8	(0.55)
2 - 19.....	1439	15	(1.2)	--		--		--		--		--		--		--	
20 and over...	2602	22	(1.4)	6.1	(0.57)	1.1	(0.23)	18	(3.1)	8.8	(1.64)	5.0	(1.05)	57	(5.5)	5.3	(0.50)
2 and over...	4041	20	(1.2)	--		--		--		--		--		--		--	
<b>Males and Females:</b>																	
2 - 19.....	2901	14	(0.9)	--		--		--		--		--		--		--	
20 and over...	5017	22	(1.0)	9.9	(0.62)	1.5	(0.27)	15	(2.8)	13.5	(1.64)	6.9	(1.16)	51	(4.4)	8.9	(0.76)
2 and over...	7918	20	(0.9)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.
- <sup>3</sup> **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the gender/age group who reported at least one food/beverage item from Full Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	831	16	(1.4)	1881	(38.4)	152	(25.7)	8	(1.3)	2159	(145.1)	927	(113.1)	43	(4.1)	1826	(34.9)
20 and over.....	1711	23	(1.8)	2109	(24.9)	226	(13.1)	11	(0.7)	2280	(66.9)	962	(36.3)	42	(1.2)	2056	(30.3)
2 and over...	2542	22	(1.6)	2063	(21.5)	211	(13.4)	10	(0.7)	2262	(64.7)	957	(33.8)	42	(1.3)	2007	(23.3)
Non-Hispanic Black:																	
2 - 19.....	655	7	(1.4)	1886	(55.3)	58	(16.6)	3	(0.8)	--		--		--		1853	(51.7)
20 and over.....	1060	15	(1.3)	2051	(35.9)	146	(19.9)	7	(1.0)	2259	(102.8)	969	(91.9)	43	(3.1)	2014	(43.9)
2 and over...	1715	13	(1.0)	2002	(32.1)	120	(15.0)	6	(0.7)	2271	(100.4)	952	(82.6)	42	(2.6)	1963	(34.3)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	18	(2.6)	1897	(54.7)	117	(18.9)	6*	(1.1)	--		--		--		1914	(53.9)
20 and over.....	521	24	(2.0)	1911	(40.6)	189	(21.0)	10	(1.1)	1978	(73.9)	803	(52.3)	41	(1.9)	1891	(42.1)
2 and over...	748	22	(1.8)	1909	(38.2)	175	(17.9)	9	(0.9)	1954	(70.7)	783	(54.1)	40	(1.9)	1896	(37.2)
Hispanic:																	
2 - 19.....	989	13	(1.8)	1813	(39.9)	96	(16.2)	5	(0.9)	2056	(104.0)	758	(62.8)	37	(3.5)	1778	(36.9)
20 and over.....	1543	21	(1.3)	2179	(23.0)	204	(14.1)	9	(0.6)	2466	(60.4)	981	(37.7)	40	(1.9)	2103	(22.2)
2 and over...	2532	18	(1.4)	2053	(21.3)	167	(11.8)	8	(0.6)	2367	(66.0)	927	(32.1)	39	(1.9)	1984	(16.3)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	67.1	(1.98)	6.6	(1.35)	10	(1.9)	76.3	(7.66)	40.2	(6.69)	53	(4.9)	65.3	(1.46)
20 and over.....	1711	23	(1.8)	82.0	(1.51)	9.8	(0.80)	12	(0.9)	89.5	(3.11)	41.9	(2.66)	47	(2.2)	79.7	(1.67)
2 and over...	2542	22	(1.6)	79.1	(1.42)	9.2	(0.80)	12	(1.0)	87.6	(3.05)	41.6	(2.60)	48	(2.2)	76.6	(1.46)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	65.2	(1.72)	2.5*	(0.77)	4	(1.1)	--		--		--		64.1	(1.55)
20 and over.....	1060	15	(1.3)	77.2	(1.33)	6.3	(0.93)	8	(1.1)	86.9	(4.19)	41.5	(3.83)	48	(2.6)	75.5	(1.62)
2 and over...	1715	13	(1.0)	73.6	(1.35)	5.1	(0.69)	7	(0.9)	85.9	(3.93)	40.7	(3.46)	47	(2.4)	71.9	(1.42)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	75.3	(1.98)	5.4	(1.13)	7*	(1.6)	--		--		--		75.4	(2.58)
20 and over.....	521	24	(2.0)	81.8	(1.51)	9.8	(1.09)	12	(1.3)	87.5	(3.12)	41.7	(2.66)	48	(2.2)	80.0	(1.78)
2 and over...	748	22	(1.8)	80.5	(1.31)	9.0	(0.89)	11	(1.1)	85.6	(2.83)	40.1	(2.44)	47	(1.8)	79.1	(1.47)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	66.1	(1.28)	4.1	(0.76)	6	(1.1)	73.6	(3.54)	32.5	(3.01)	44	(3.4)	65.1	(1.22)
20 and over.....	1543	21	(1.3)	87.1	(1.48)	9.0	(0.77)	10	(0.8)	95.0	(2.25)	43.2	(2.10)	46	(2.5)	85.1	(1.53)
2 and over...	2532	18	(1.4)	79.9	(1.21)	7.3	(0.63)	9	(0.7)	89.9	(2.33)	40.6	(1.72)	45	(2.2)	77.7	(1.17)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
<div>—————All Individuals <sup>2</sup>—————      ———Full Service Restaurant Consumers <sup>3</sup>———      Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	242	(4.6)	16	(2.6)	7	(1.0)	271	(16.5)	99	(10.6)	37	(3.6)	236	(5.1)
20 and over.....	1711	23	(1.8)	241	(3.5)	21	(1.3)	9	(0.6)	250	(7.1)	89	(4.1)	35	(1.2)	238	(5.0)
2 and over...	2542	22	(1.6)	241	(3.0)	20	(1.3)	8	(0.6)	253	(7.1)	90	(3.6)	36	(1.2)	237	(3.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	246	(7.1)	6	(1.7)	3*	(0.6)	--		--		--		242	(6.6)
20 and over.....	1060	15	(1.3)	241	(5.6)	13	(1.9)	5	(0.8)	243	(10.7)	88	(8.4)	36	(3.4)	240	(6.2)
2 and over...	1715	13	(1.0)	242	(4.1)	11	(1.4)	5	(0.6)	253	(10.7)	89	(8.1)	35	(3.1)	241	(4.4)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	244	(8.6)	13	(1.9)	5*	(0.9)	--		--		--		249	(9.0)
20 and over.....	521	24	(2.0)	239	(5.2)	19	(2.3)	8	(1.0)	230	(9.1)	82	(6.6)	36	(2.4)	242	(5.1)
2 and over...	748	22	(1.8)	240	(5.1)	18	(1.9)	8	(0.8)	229	(8.2)	81	(6.2)	35	(2.1)	243	(4.9)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	233	(4.8)	11	(1.8)	5	(0.8)	256	(12.9)	86	(8.4)	33	(3.4)	230	(4.6)
20 and over.....	1543	21	(1.3)	262	(4.2)	21	(1.3)	8	(0.5)	284	(9.0)	101	(3.8)	36	(1.8)	256	(3.9)
2 and over...	2532	18	(1.4)	252	(3.3)	17	(1.2)	7	(0.5)	278	(8.4)	97	(3.9)	35	(1.8)	246	(2.9)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
————— <i>All Individuals</i> <sup>2</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>3</sup> ——— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	113	(3.1)	6	(1.2)	5	(1.0)	130	(8.9)	37	(5.5)	29	(4.4)	109	(2.9)
20 and over.....	1711	23	(1.8)	107	(2.4)	7	(0.6)	6	(0.6)	107	(3.0)	28	(2.0)	26	(1.7)	107	(3.1)
2 and over...	2542	22	(1.6)	108	(2.3)	7	(0.6)	6	(0.6)	110	(3.4)	30	(2.0)	27	(1.7)	108	(2.6)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	110	(3.0)	2*	(0.7)	2*	(0.6)	--		--		--		108	(2.7)
20 and over.....	1060	15	(1.3)	107	(3.9)	5	(0.9)	4	(0.8)	104	(6.7)	31	(5.2)	30	(4.4)	108	(4.1)
2 and over...	1715	13	(1.0)	108	(2.7)	4	(0.7)	4	(0.6)	109	(6.6)	32	(4.9)	29	(4.0)	108	(2.7)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	93	(4.0)	4	(0.6)	4*	(0.7)	--		--		--		94	(4.7)
20 and over.....	521	24	(2.0)	80	(2.3)	5	(0.9)	6	(1.1)	79	(5.3)	21	(2.6)	27	(3.0)	81	(2.2)
2 and over...	748	22	(1.8)	83	(2.3)	5	(0.7)	6	(0.9)	80	(4.7)	21	(2.2)	27	(2.6)	83	(2.4)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	101	(3.0)	4	(0.7)	4	(0.7)	115	(8.8)	31	(4.1)	27	(4.2)	99	(2.6)
20 and over.....	1543	21	(1.3)	107	(2.5)	7	(0.4)	6	(0.4)	116	(4.3)	33	(1.6)	28	(1.6)	105	(2.4)
2 and over...	2532	18	(1.4)	105	(2.1)	6	(0.4)	6	(0.4)	116	(3.9)	32	(1.8)	28	(1.9)	103	(2.0)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	13.8	(0.24)	0.9	(0.13)	6	(1.0)	14.0	(0.74)	5.3	(0.50)	38	(3.0)	13.8	(0.33)
20 and over.....	1711	23	(1.8)	17.2	(0.46)	1.6	(0.10)	9	(0.7)	17.5	(0.81)	6.7	(0.33)	38	(1.1)	17.1	(0.53)
2 and over...	2542	22	(1.6)	16.5	(0.41)	1.4	(0.09)	9	(0.6)	17.0	(0.68)	6.5	(0.27)	38	(1.0)	16.4	(0.47)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	13.2	(0.55)	0.3	(0.06)	2*	(0.4)	--		--		--		13.2	(0.60)
20 and over.....	1060	15	(1.3)	14.0	(0.33)	0.8	(0.11)	6	(0.8)	14.1	(0.72)	5.3	(0.52)	37	(3.7)	13.9	(0.41)
2 and over...	1715	13	(1.0)	13.7	(0.32)	0.7	(0.07)	5	(0.5)	13.9	(0.62)	5.2	(0.47)	37	(3.2)	13.7	(0.39)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	15.0	(0.91)	0.8	(0.17)	6*	(1.3)	--		--		--		15.2	(0.95)
20 and over.....	521	24	(2.0)	19.5	(0.82)	1.3	(0.15)	7	(0.8)	16.6	(0.78)	5.5	(0.42)	33	(2.0)	20.4	(0.92)
2 and over...	748	22	(1.8)	18.6	(0.79)	1.2	(0.12)	7	(0.7)	16.2	(0.71)	5.4	(0.40)	33	(1.9)	19.4	(0.84)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	14.6	(0.32)	0.7	(0.11)	5	(0.7)	15.1	(0.80)	5.5	(0.43)	36	(2.1)	14.5	(0.33)
20 and over.....	1543	21	(1.3)	19.1	(0.51)	1.5	(0.10)	8	(0.7)	18.9	(0.66)	7.4	(0.37)	39	(2.0)	19.1	(0.54)
2 and over...	2532	18	(1.4)	17.5	(0.39)	1.2	(0.08)	7	(0.5)	18.0	(0.54)	6.9	(0.31)	38	(1.6)	17.4	(0.42)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	74.2	(1.88)	6.8	(1.18)	9	(1.6)	86.5	(6.69)	41.4	(5.31)	48	(4.7)	71.8	(1.58)
20 and over.....	1711	23	(1.8)	85.8	(1.38)	10.3	(0.55)	12	(0.7)	95.5	(3.61)	43.9	(1.89)	46	(1.0)	82.8	(1.33)
2 and over...	2542	22	(1.6)	83.5	(1.22)	9.6	(0.57)	12	(0.7)	94.2	(3.37)	43.5	(1.73)	46	(1.2)	80.5	(1.09)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	73.1	(2.74)	2.5*	(0.76)	3	(1.0)	--		--		--		72.0	(2.68)
20 and over.....	1060	15	(1.3)	81.6	(1.61)	7.0	(1.06)	9	(1.3)	96.3	(6.25)	46.5	(5.92)	48	(3.8)	79.0	(1.94)
2 and over...	1715	13	(1.0)	79.0	(1.51)	5.7	(0.81)	7	(0.9)	94.9	(5.65)	45.0	(5.02)	47	(3.2)	76.8	(1.48)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	70.3	(2.12)	4.9	(0.78)	7*	(1.3)	--		--		--		70.2	(1.72)
20 and over.....	521	24	(2.0)	69.1	(2.05)	7.1	(0.89)	10	(1.2)	74.8	(4.43)	30.2	(2.24)	40	(1.9)	67.4	(2.19)
2 and over...	748	22	(1.8)	69.3	(1.85)	6.7	(0.76)	10	(1.0)	74.2	(4.34)	29.9	(2.21)	40	(2.1)	67.9	(1.81)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	70.5	(2.09)	4.0	(0.71)	6	(1.0)	84.2	(5.23)	32.0	(2.47)	38	(3.9)	68.5	(1.88)
20 and over.....	1543	21	(1.3)	83.7	(1.48)	8.5	(0.66)	10	(0.7)	95.9	(2.16)	40.9	(2.13)	43	(2.5)	80.5	(1.50)
2 and over...	2532	18	(1.4)	79.2	(1.23)	7.0	(0.48)	9	(0.6)	93.0	(2.56)	38.8	(1.62)	42	(2.3)	76.1	(1.01)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>2</sup> —————   ——— <i>Full Service Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	26.8	(0.80)	2.2	(0.40)	8	(1.5)	30.1	(2.48)	13.4	(1.77)	45	(4.7)	26.2	(0.67)
20 and over.....	1711	23	(1.8)	28.4	(0.54)	3.2	(0.16)	11	(0.6)	31.4	(1.53)	13.6	(0.84)	43	(1.4)	27.5	(0.45)
2 and over...	2542	22	(1.6)	28.1	(0.48)	3.0	(0.16)	11	(0.6)	31.2	(1.42)	13.5	(0.68)	43	(1.2)	27.2	(0.35)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	24.2	(0.83)	0.8	(0.22)	3	(0.9)	--		--		--		24.0	(0.85)
20 and over.....	1060	15	(1.3)	25.5	(0.64)	2.1	(0.30)	8	(1.2)	29.9	(1.78)	13.7	(1.65)	46	(4.0)	24.7	(0.82)
2 and over...	1715	13	(1.0)	25.1	(0.52)	1.7	(0.23)	7	(0.9)	29.4	(1.55)	13.3	(1.41)	45	(3.6)	24.5	(0.61)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	24.0	(1.06)	1.4	(0.16)	6*	(0.8)	--		--		--		24.0	(0.89)
20 and over.....	521	24	(2.0)	20.9	(0.62)	2.2	(0.31)	11	(1.4)	23.0	(1.06)	9.4	(0.79)	41	(2.6)	20.2	(0.67)
2 and over...	748	22	(1.8)	21.4	(0.57)	2.1	(0.26)	10	(1.2)	23.1	(1.13)	9.2	(0.79)	40	(2.6)	21.0	(0.56)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	24.3	(0.76)	1.3	(0.22)	5	(0.9)	28.6	(2.26)	10.2	(0.85)	36	(4.6)	23.6	(0.66)
20 and over.....	1543	21	(1.3)	27.5	(0.52)	2.6	(0.20)	9	(0.7)	30.8	(0.98)	12.5	(0.73)	41	(2.6)	26.6	(0.65)
2 and over...	2532	18	(1.4)	26.4	(0.34)	2.2	(0.13)	8	(0.5)	30.3	(1.23)	12.0	(0.56)	40	(2.4)	25.5	(0.33)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	25.0	(0.67)	2.3	(0.42)	9	(1.6)	29.1	(2.59)	14.1	(1.97)	49	(5.0)	24.1	(0.51)
20 and over.....	1711	23	(1.8)	30.0	(0.49)	3.6	(0.20)	12	(0.7)	33.5	(1.27)	15.3	(0.64)	46	(0.8)	29.0	(0.48)
2 and over...	2542	22	(1.6)	29.0	(0.44)	3.3	(0.21)	12	(0.7)	32.9	(1.19)	15.2	(0.61)	46	(1.1)	27.9	(0.42)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	25.0	(1.13)	0.9*	(0.28)	4*	(1.1)	--		--		--		24.6	(1.07)
20 and over.....	1060	15	(1.3)	28.8	(0.55)	2.4	(0.35)	8	(1.2)	33.7	(2.06)	16.1	(1.90)	48	(3.6)	28.0	(0.66)
2 and over...	1715	13	(1.0)	27.7	(0.56)	2.0	(0.27)	7	(0.9)	33.3	(1.99)	15.6	(1.69)	47	(3.2)	26.9	(0.52)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	24.0	(0.63)	1.7	(0.30)	7*	(1.4)	--		--		--		24.2	(0.61)
20 and over.....	521	24	(2.0)	25.1	(0.74)	2.6	(0.33)	10	(1.2)	26.8	(1.84)	11.0	(0.87)	41	(2.0)	24.6	(0.87)
2 and over...	748	22	(1.8)	24.9	(0.64)	2.4	(0.27)	10	(1.0)	26.3	(1.74)	10.8	(0.82)	41	(2.2)	24.5	(0.67)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	23.8	(0.78)	1.4	(0.25)	6	(1.0)	28.6	(1.90)	11.0	(0.90)	39	(4.1)	23.1	(0.72)
20 and over.....	1543	21	(1.3)	29.3	(0.56)	3.0	(0.22)	10	(0.7)	33.6	(0.89)	14.3	(0.71)	43	(2.5)	28.2	(0.51)
2 and over...	2532	18	(1.4)	27.4	(0.53)	2.4	(0.17)	9	(0.6)	32.4	(0.93)	13.5	(0.55)	42	(2.4)	26.3	(0.45)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	15.6	(0.39)	1.7	(0.30)	11	(1.9)	19.5	(1.48)	10.2	(1.44)	52	(5.0)	14.9	(0.42)
20 and over.....	1711	23	(1.8)	19.7	(0.44)	2.6	(0.18)	13	(0.9)	22.0	(0.77)	11.0	(0.50)	50	(1.5)	19.0	(0.48)
2 and over...	2542	22	(1.6)	18.9	(0.38)	2.4	(0.18)	13	(0.9)	21.6	(0.64)	10.9	(0.49)	51	(1.7)	18.1	(0.41)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	17.3	(0.69)	0.6	(0.19)	4	(1.1)	--		--		--		16.9	(0.68)
20 and over.....	1060	15	(1.3)	19.9	(0.44)	1.9	(0.34)	10	(1.6)	24.4	(2.24)	12.7	(2.05)	52	(4.3)	19.1	(0.44)
2 and over...	1715	13	(1.0)	19.1	(0.42)	1.5	(0.25)	8	(1.2)	24.0	(1.97)	12.2	(1.65)	51	(3.3)	18.4	(0.36)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	16.1	(0.57)	1.3	(0.27)	8*	(1.7)	--		--		--		15.8	(0.47)
20 and over.....	521	24	(2.0)	16.8	(0.73)	1.7	(0.20)	10	(1.1)	18.1	(1.72)	7.1	(0.58)	39	(2.9)	16.3	(0.65)
2 and over...	748	22	(1.8)	16.6	(0.66)	1.6	(0.18)	10	(1.0)	18.0	(1.50)	7.1	(0.52)	39	(2.8)	16.2	(0.58)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	15.9	(0.40)	1.0	(0.18)	6	(1.1)	19.2	(0.95)	7.7	(0.66)	40	(3.1)	15.5	(0.41)
20 and over.....	1543	21	(1.3)	18.8	(0.44)	2.1	(0.21)	11	(1.0)	22.4	(0.77)	10.2	(0.68)	45	(3.0)	17.9	(0.41)
2 and over...	2532	18	(1.4)	17.8	(0.33)	1.7	(0.15)	10	(0.8)	21.6	(0.64)	9.6	(0.52)	44	(2.5)	17.0	(0.29)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
<div>—————All Individuals <sup>2</sup>—————      —Full Service Restaurant Consumers <sup>3</sup> —      Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	216	(9.9)	26	(5.7)	12	(2.5)	269	(36.1)	160	(28.9)	60	(5.2)	206	(8.6)
20 and over.....	1711	23	(1.8)	291	(7.0)	40	(3.3)	14	(0.9)	342	(19.5)	171	(16.8)	50	(3.3)	276	(5.7)
2 and over...	2542	22	(1.6)	276	(6.1)	37	(3.3)	14	(1.0)	331	(17.6)	169	(15.6)	51	(3.1)	261	(5.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	224	(11.5)	14*	(6.9)	6*	(3.0)	--		--		--		213	(9.0)
20 and over.....	1060	15	(1.3)	303	(9.0)	29	(5.0)	10	(1.5)	379	(27.3)	192	(23.9)	51	(4.1)	290	(8.2)
2 and over...	1715	13	(1.0)	280	(9.0)	25	(4.5)	9	(1.4)	378	(29.6)	195	(27.7)	52	(4.7)	265	(7.0)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	271	(10.4)	22	(6.2)	8*	(2.3)	--		--		--		269	(8.3)
20 and over.....	521	24	(2.0)	269	(8.1)	36	(5.6)	14	(2.0)	318	(19.8)	155	(16.6)	49	(3.9)	253	(7.6)
2 and over...	748	22	(1.8)	269	(6.1)	34	(4.4)	13	(1.5)	312	(17.6)	150	(13.2)	48	(3.0)	256	(6.1)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	236	(5.7)	16	(3.6)	7	(1.4)	298	(25.5)	126	(18.3)	42	(5.4)	227	(4.0)
20 and over.....	1543	21	(1.3)	349	(10.0)	40	(5.1)	11	(1.4)	405	(30.2)	191	(19.0)	47	(3.3)	334	(11.8)
2 and over...	2532	18	(1.4)	310	(6.4)	32	(3.5)	10	(1.1)	379	(26.7)	175	(15.3)	46	(3.0)	295	(7.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	621	(27.3)	32	(6.4)	5	(1.0)	536	(49.1)	192	(32.6)	36	(5.3)	637	(30.8)
20 and over.....	1711	23	(1.8)	657	(19.4)	58	(5.1)	9	(0.8)	705	(38.7)	246	(21.7)	35	(2.2)	643	(26.7)
2 and over...	2542	22	(1.6)	650	(15.6)	52	(5.1)	8	(0.8)	680	(32.0)	238	(19.8)	35	(2.2)	641	(20.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	517	(26.6)	14*	(4.3)	3*	(0.7)	--		--		--		513	(28.2)
20 and over.....	1060	15	(1.3)	543	(15.3)	32	(5.7)	6	(1.1)	558	(47.9)	211	(28.0)	38	(5.1)	540	(21.9)
2 and over...	1715	13	(1.0)	535	(17.2)	27	(4.0)	5	(0.8)	561	(41.0)	211	(23.3)	38	(4.3)	531	(21.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	599	(51.5)	26	(4.9)	4*	(1.1)	--		--		--		614	(54.9)
20 and over.....	521	24	(2.0)	670	(28.3)	49	(7.8)	7	(1.2)	591	(25.2)	208	(28.8)	35	(5.1)	695	(36.1)
2 and over...	748	22	(1.8)	657	(28.7)	44	(5.8)	7	(0.9)	582	(22.7)	199	(23.0)	34	(4.0)	678	(35.7)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	537	(13.3)	19	(3.9)	4	(0.7)	543	(38.7)	153	(15.7)	28	(3.9)	536	(18.6)
20 and over.....	1543	21	(1.3)	556	(14.3)	42	(4.9)	8	(0.9)	621	(66.9)	202	(20.3)	33	(5.3)	539	(15.6)
2 and over...	2532	18	(1.4)	549	(10.5)	34	(3.7)	6	(0.7)	602	(54.3)	190	(16.8)	32	(4.5)	538	(11.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

B e t a   c a r o t e n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1284	(131.2)	87*	(33.5)	7*	(2.5)	1022	(216.5)	526*	(204.1)	51	(12.1)	1336	(138.9)
20 and over.....	1711	23	(1.8)	2209	(169.9)	285	(49.4)	13	(2.4)	2265	(247.3)	1214	(184.8)	54	(5.6)	2192	(222.9)
2 and over...	2542	22	(1.6)	2025	(146.1)	246	(42.8)	12	(2.2)	2081	(204.8)	1112	(157.9)	53	(5.5)	2010	(185.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	1212	(132.4)	39	(8.9)	3	(0.9)	--		--		--		1216	(146.0)
20 and over.....	1060	15	(1.3)	2268	(157.7)	113	(29.4)	5	(1.5)	2313	(335.6)	753	(163.6)	33	(8.3)	2260	(180.3)
2 and over...	1715	13	(1.0)	1954	(123.8)	91	(19.8)	5	(1.1)	2130	(295.0)	724	(137.7)	34	(7.5)	1929	(138.6)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1735	(186.7)	137	(39.3)	8*	(2.7)	--		--		--		1756	(216.7)
20 and over.....	521	24	(2.0)	4193	(240.4)	292	(55.6)	7	(1.3)	3191	(179.3)	1243	(231.7)	39	(7.8)	4501	(305.3)
2 and over...	748	22	(1.8)	3726	(197.4)	263	(39.8)	7	(1.1)	2959	(168.8)	1174	(176.9)	40	(6.7)	3947	(254.4)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	990	(79.7)	64	(18.4)	6	(1.8)	1085	(126.0)	506	(106.9)	47	(6.8)	976	(87.4)
20 and over.....	1543	21	(1.3)	1659	(83.7)	189	(37.3)	11	(2.1)	1789	(165.3)	911	(168.6)	51	(5.6)	1625	(106.0)
2 and over...	2532	18	(1.4)	1429	(81.9)	146	(29.4)	10	(1.9)	1619	(149.9)	813	(147.0)	50	(5.1)	1388	(98.4)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

L y c o p e n e																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	4224	(424.8)	283	(49.9)	7	(1.5)	3847	(793.0)	1720	(276.8)	45	(8.6)	4298	(486.0)
20 and over.....	1711	23	(1.8)	5449	(336.4)	861	(147.3)	16	(2.5)	6240	(804.5)	3666	(629.7)	59	(5.3)	5206	(430.5)
2 and over...	2542	22	(1.6)	5205	(317.3)	746	(117.2)	14	(2.1)	5885	(712.0)	3377	(519.9)	57	(4.6)	5012	(393.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	4461	(372.0)	121	(22.6)	3 *	(0.5)	--	--	--	--	--	--	4463	(408.7)
20 and over.....	1060	15	(1.3)	3884	(262.2)	309	(53.2)	8	(1.2)	4587	(549.6)	2050	(330.5)	45	(6.2)	3759	(304.6)
2 and over...	1715	13	(1.0)	4055	(233.5)	253	(38.7)	6	(0.8)	4561	(474.8)	2008	(285.1)	44	(5.7)	3982	(261.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	3337	(220.1)	474 *	(158.0)	14 *	(5.2)	--	--	--	--	--	--	3017	(359.5)
20 and over.....	521	24	(2.0)	4321	(280.3)	689	(187.8)	16	(4.5)	5058	(852.6)	2931	(830.6)	58	(9.4)	4095	(386.0)
2 and over...	748	22	(1.8)	4134	(257.4)	648	(154.3)	16	(3.9)	5026	(771.5)	2897	(714.4)	58	(7.5)	3877	(332.4)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	4336	(241.7)	310	(51.7)	7	(1.2)	5012	(629.6)	2457	(275.4)	49	(6.4)	4238	(257.4)
20 and over.....	1543	21	(1.3)	5133	(281.2)	667	(57.4)	13	(0.7)	5448	(397.6)	3214	(325.4)	59	(3.8)	5051	(287.9)
2 and over...	2532	18	(1.4)	4859	(177.4)	544	(44.8)	11	(0.8)	5342	(362.0)	3031	(275.9)	57	(3.3)	4753	(173.7)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

T h i a m i n																	
		All Individuals <sup>2</sup>						Full Service Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>					
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1.53	(0.034)	0.10	(0.017)	7	(1.1)	1.56	(0.118)	0.61	(0.072)	39	(3.2)	1.53	(0.036)
20 and over.....	1711	23	(1.8)	1.59	(0.023)	0.15	(0.011)	10	(0.7)	1.68	(0.075)	0.66	(0.047)	39	(1.5)	1.57	(0.029)
2 and over...	2542	22	(1.6)	1.58	(0.023)	0.14	(0.009)	9	(0.6)	1.66	(0.072)	0.65	(0.041)	39	(1.3)	1.56	(0.024)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	1.51	(0.063)	0.04	(0.012)	3*	(0.7)	--	--	--	--	--	--	1.48	(0.061)
20 and over.....	1060	15	(1.3)	1.42	(0.038)	0.08	(0.010)	5	(0.6)	1.38	(0.063)	0.51	(0.047)	37	(3.0)	1.43	(0.047)
2 and over...	1715	13	(1.0)	1.45	(0.036)	0.07	(0.007)	5	(0.4)	1.46	(0.057)	0.52	(0.041)	36	(2.5)	1.44	(0.044)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1.59	(0.052)	0.07	(0.014)	4*	(0.9)	--	--	--	--	--	--	1.62	(0.056)
20 and over.....	521	24	(2.0)	1.66	(0.033)	0.14	(0.018)	8	(1.1)	1.57	(0.077)	0.59	(0.062)	38	(2.7)	1.68	(0.030)
2 and over...	748	22	(1.8)	1.64	(0.031)	0.13	(0.015)	8	(0.9)	1.54	(0.072)	0.56	(0.058)	37	(2.4)	1.67	(0.027)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	1.48	(0.030)	0.06	(0.010)	4	(0.7)	1.39	(0.069)	0.48	(0.047)	35	(2.6)	1.49	(0.035)
20 and over.....	1543	21	(1.3)	1.61	(0.031)	0.13	(0.009)	8	(0.6)	1.69	(0.108)	0.61	(0.032)	36	(3.2)	1.59	(0.018)
2 and over...	2532	18	(1.4)	1.57	(0.026)	0.10	(0.007)	7	(0.5)	1.62	(0.090)	0.58	(0.030)	36	(2.6)	1.56	(0.016)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

R i b o f l a v i n																	
		All Individuals <sup>2</sup>						Full Service Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>					
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1.97	(0.073)	0.12	(0.018)	6	(0.9)	1.98	(0.149)	0.71	(0.073)	36	(3.3)	1.97	(0.069)
20 and over.....	1711	23	(1.8)	2.27	(0.035)	0.17	(0.008)	7	(0.4)	2.40	(0.087)	0.72	(0.042)	30	(1.4)	2.24	(0.034)
2 and over...	2542	22	(1.6)	2.21	(0.037)	0.16	(0.009)	7	(0.4)	2.34	(0.090)	0.72	(0.039)	31	(1.3)	2.18	(0.034)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	1.75	(0.076)	0.05*(0.019)		3*	(1.0)	--		--		--		1.72	(0.069)
20 and over.....	1060	15	(1.3)	1.72	(0.057)	0.10	(0.015)	6	(0.8)	1.70	(0.095)	0.66	(0.070)	39	(2.5)	1.72	(0.072)
2 and over...	1715	13	(1.0)	1.73	(0.056)	0.09	(0.011)	5	(0.6)	1.77	(0.090)	0.67	(0.068)	38	(2.4)	1.72	(0.066)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1.94	(0.116)	0.08	(0.011)	4*	(0.7)	--		--		--		1.98	(0.123)
20 and over.....	521	24	(2.0)	1.82	(0.055)	0.16	(0.020)	9	(1.1)	1.89	(0.091)	0.66	(0.048)	35	(1.8)	1.79	(0.056)
2 and over...	748	22	(1.8)	1.84	(0.061)	0.14	(0.016)	8	(0.9)	1.87	(0.082)	0.63	(0.045)	34	(1.7)	1.83	(0.063)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	1.82	(0.037)	0.07	(0.012)	4	(0.6)	1.79	(0.109)	0.53	(0.048)	30	(3.1)	1.82	(0.042)
20 and over.....	1543	21	(1.3)	2.10	(0.036)	0.15	(0.011)	7	(0.6)	2.38	(0.189)	0.74	(0.031)	31	(3.1)	2.03	(0.037)
2 and over...	2532	18	(1.4)	2.01	(0.030)	0.12	(0.009)	6	(0.5)	2.24	(0.164)	0.69	(0.025)	31	(2.7)	1.95	(0.024)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	21.4	(0.65)	1.8	(0.42)	9	(1.8)	23.4	(2.19)	11.2	(2.20)	48	(5.5)	21.0	(0.62)
20 and over.....	1711	23	(1.8)	26.1	(0.64)	2.7	(0.28)	10	(1.0)	28.0	(0.94)	11.5	(0.73)	41	(1.9)	25.4	(0.64)
2 and over...	2542	22	(1.6)	25.1	(0.56)	2.5	(0.26)	10	(1.0)	27.3	(0.95)	11.5	(0.74)	42	(1.8)	24.5	(0.51)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	21.8	(0.69)	0.7	(0.18)	3	(0.8)	--		--		--		21.4	(0.65)
20 and over.....	1060	15	(1.3)	24.8	(0.53)	1.7	(0.25)	7	(1.0)	26.6	(1.44)	11.0	(1.14)	42	(3.5)	24.5	(0.71)
2 and over...	1715	13	(1.0)	23.9	(0.50)	1.4	(0.18)	6	(0.7)	26.6	(1.28)	10.8	(0.93)	41	(2.8)	23.5	(0.62)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	22.0	(0.69)	1.5	(0.35)	7*	(1.6)	--		--		--		22.4	(0.94)
20 and over.....	521	24	(2.0)	24.2	(0.55)	2.6	(0.34)	11	(1.3)	25.4	(1.14)	11.1	(0.89)	44	(2.5)	23.8	(0.62)
2 and over...	748	22	(1.8)	23.8	(0.47)	2.4	(0.27)	10	(1.1)	24.6	(1.00)	10.7	(0.77)	44	(2.0)	23.5	(0.48)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	20.8	(0.48)	1.1	(0.21)	5	(1.0)	22.2	(1.63)	8.7	(0.81)	39	(4.2)	20.6	(0.50)
20 and over.....	1543	21	(1.3)	27.1	(0.51)	2.4	(0.20)	9	(0.7)	30.6	(1.40)	11.8	(0.54)	39	(2.4)	26.2	(0.44)
2 and over...	2532	18	(1.4)	25.0	(0.50)	2.0	(0.18)	8	(0.7)	28.6	(1.28)	11.1	(0.47)	39	(2.1)	24.2	(0.42)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B   6																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1.69	(0.060)	0.12	(0.027)	7	(1.5)	1.79	(0.183)	0.74	(0.143)	42	(4.7)	1.68	(0.056)
20 and over.....	1711	23	(1.8)	2.15	(0.062)	0.19	(0.015)	9	(0.7)	2.32	(0.126)	0.82	(0.039)	35	(1.9)	2.09	(0.058)
2 and over...	2542	22	(1.6)	2.06	(0.052)	0.18	(0.015)	9	(0.7)	2.24	(0.118)	0.81	(0.040)	36	(1.7)	2.01	(0.042)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	1.63	(0.057)	0.04	(0.010)	2*	(0.6)	--		--		--		1.62	(0.057)
20 and over.....	1060	15	(1.3)	1.98	(0.047)	0.12	(0.021)	6	(1.1)	2.12	(0.161)	0.78	(0.106)	37	(4.6)	1.95	(0.067)
2 and over...	1715	13	(1.0)	1.87	(0.044)	0.09	(0.015)	5	(0.8)	2.07	(0.147)	0.75	(0.093)	36	(4.0)	1.85	(0.058)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1.81	(0.085)	0.11	(0.031)	6*	(1.8)	--		--		--		1.88	(0.110)
20 and over.....	521	24	(2.0)	1.99	(0.055)	0.19	(0.022)	9	(1.0)	1.93	(0.098)	0.79	(0.065)	41	(2.1)	2.01	(0.059)
2 and over...	748	22	(1.8)	1.96	(0.051)	0.17	(0.017)	9	(0.8)	1.87	(0.080)	0.77	(0.050)	41	(1.6)	1.98	(0.055)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	1.66	(0.046)	0.07	(0.014)	4	(0.8)	1.82	(0.185)	0.57	(0.053)	31	(4.4)	1.64	(0.039)
20 and over.....	1543	21	(1.3)	2.18	(0.039)	0.18	(0.015)	8	(0.8)	2.58	(0.182)	0.88	(0.056)	34	(3.5)	2.08	(0.046)
2 and over...	2532	18	(1.4)	2.00	(0.035)	0.14	(0.014)	7	(0.7)	2.39	(0.160)	0.80	(0.044)	34	(3.0)	1.92	(0.033)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

F o l a t e   ( D F E )																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	499	(15.7)	26	(3.7)	5	(0.8)	455	(37.7)	161	(13.8)	35	(3.0)	508	(17.1)
20 and over.....	1711	23	(1.8)	515	(12.4)	43	(3.5)	8	(0.7)	535	(23.2)	182	(11.1)	34	(1.4)	509	(14.6)
2 and over...	2542	22	(1.6)	512	(10.9)	39	(3.0)	8	(0.6)	524	(21.5)	179	(9.4)	34	(1.2)	509	(11.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	499	(27.1)	11	(2.6)	2*	(0.4)	--		--		--		486	(23.3)
20 and over.....	1060	15	(1.3)	453	(17.8)	23	(2.8)	5	(0.6)	409	(24.9)	153	(11.1)	37	(2.8)	461	(21.5)
2 and over...	1715	13	(1.0)	467	(15.1)	20	(1.9)	4	(0.4)	452	(20.0)	155	(10.6)	34	(2.6)	469	(18.1)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	528	(29.0)	24	(3.9)	4*	(0.9)	--		--		--		550	(33.1)
20 and over.....	521	24	(2.0)	564	(18.6)	42	(5.1)	7	(0.9)	504	(26.6)	179	(16.7)	35	(2.7)	582	(18.0)
2 and over...	748	22	(1.8)	557	(17.6)	39	(4.0)	7	(0.7)	492	(25.6)	172	(16.1)	35	(2.2)	576	(17.4)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	495	(12.5)	20	(3.4)	4	(0.6)	458	(28.8)	155	(19.4)	34	(2.9)	501	(13.0)
20 and over.....	1543	21	(1.3)	525	(11.5)	40	(3.2)	8	(0.7)	539	(44.9)	194	(8.7)	36	(3.9)	521	(5.7)
2 and over...	2532	18	(1.4)	515	(10.3)	33	(2.5)	6	(0.5)	519	(37.9)	184	(8.0)	36	(3.0)	513	(6.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	244	(10.3)	22	(4.7)	9	(1.8)	279	(34.1)	134	(23.6)	48	(5.1)	237	(8.5)
20 and over.....	1711	23	(1.8)	338	(6.1)	40	(2.9)	12	(0.9)	374	(17.4)	170	(14.8)	46	(2.8)	327	(6.5)
2 and over...	2542	22	(1.6)	320	(5.8)	36	(2.9)	11	(0.9)	360	(16.0)	165	(13.4)	46	(2.6)	308	(6.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	236	(7.9)	10*	(4.1)	4*	(1.7)	--		--		--		231	(6.7)
20 and over.....	1060	15	(1.3)	316	(7.1)	26	(3.9)	8	(1.1)	362	(20.4)	170	(17.0)	47	(2.8)	308	(7.6)
2 and over...	1715	13	(1.0)	293	(7.3)	21	(3.1)	7	(1.0)	353	(20.7)	167	(17.4)	47	(3.0)	284	(7.1)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	304	(9.2)	22	(6.3)	7*	(2.0)	--		--		--		303	(8.1)
20 and over.....	521	24	(2.0)	329	(6.4)	38	(4.6)	12	(1.4)	354	(15.5)	163	(12.1)	46	(2.3)	321	(6.6)
2 and over...	748	22	(1.8)	324	(5.4)	35	(3.8)	11	(1.2)	347	(13.9)	158	(10.9)	45	(2.0)	317	(5.8)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	256	(4.4)	14	(2.7)	5	(1.0)	289	(18.3)	111	(10.5)	39	(3.8)	251	(4.1)
20 and over.....	1543	21	(1.3)	358	(5.9)	37	(3.6)	10	(0.9)	410	(18.5)	181	(11.6)	44	(2.8)	344	(5.7)
2 and over...	2532	18	(1.4)	323	(3.8)	29	(2.6)	9	(0.8)	381	(18.3)	164	(8.8)	43	(2.5)	310	(4.3)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B 1 2																	
<div>—————All Individuals <sup>2</sup>—————      ———Full Service Restaurant Consumers <sup>3</sup>———      Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	4.67	(0.223)	0.26	(0.052)	6	(1.1)	4.35	(0.524)	1.56	(0.261)	36	(3.6)	4.73	(0.223)
20 and over.....	1711	23	(1.8)	5.11	(0.139)	0.57	(0.117)	11	(2.2)	6.12	(0.486)	2.42	(0.535)	40	(6.1)	4.80	(0.132)
2 and over...	2542	22	(1.6)	5.02	(0.131)	0.51	(0.095)	10	(1.8)	5.86	(0.448)	2.29	(0.450)	39	(5.3)	4.78	(0.121)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	4.07	(0.174)	0.11	(0.033)	3*	(0.8)	--		--		--		4.04	(0.205)
20 and over.....	1060	15	(1.3)	4.32	(0.103)	0.31	(0.048)	7	(1.1)	4.86	(0.281)	2.08	(0.193)	43	(3.0)	4.22	(0.125)
2 and over...	1715	13	(1.0)	4.24	(0.106)	0.25	(0.036)	6	(0.8)	4.78	(0.283)	2.02	(0.201)	42	(3.3)	4.16	(0.135)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	4.67	(0.326)	0.23	(0.051)	5*	(1.3)	--		--		--		4.73	(0.397)
20 and over.....	521	24	(2.0)	4.11	(0.178)	0.56	(0.118)	14	(2.7)	4.64	(0.328)	2.37	(0.376)	51	(5.5)	3.94	(0.216)
2 and over...	748	22	(1.8)	4.21	(0.147)	0.50	(0.100)	12	(2.3)	4.61	(0.306)	2.22	(0.346)	48	(5.1)	4.10	(0.176)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	4.43	(0.133)	0.19	(0.035)	4	(0.8)	4.30	(0.266)	1.50	(0.118)	35	(2.9)	4.45	(0.147)
20 and over.....	1543	21	(1.3)	4.87	(0.107)	0.44	(0.043)	9	(0.8)	5.69	(0.533)	2.10	(0.119)	37	(3.5)	4.65	(0.133)
2 and over...	2532	18	(1.4)	4.72	(0.080)	0.35	(0.032)	7	(0.7)	5.36	(0.440)	1.95	(0.084)	36	(2.7)	4.58	(0.085)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n C																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	58.3	(3.87)	2.3	(0.55)	4	(0.8)	51.5	(5.57)	14.2	(2.71)	28	(3.8)	59.7	(3.96)
20 and over.....	1711	23	(1.8)	76.3	(3.30)	6.2	(0.71)	8	(0.9)	79.5	(5.64)	26.6	(2.87)	33	(3.2)	75.2	(3.30)
2 and over...	2542	22	(1.6)	72.7	(3.09)	5.5	(0.64)	8	(0.8)	75.4	(5.24)	24.7	(2.66)	33	(2.8)	71.9	(3.03)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	82.4	(2.86)	1.4	(0.27)	2 *	(0.3)	--		--		--		81.7	(2.83)
20 and over.....	1060	15	(1.3)	81.6	(4.04)	4.3	(0.97)	5	(1.3)	79.4	(6.80)	28.5	(5.61)	36	(6.0)	82.0	(4.92)
2 and over...	1715	13	(1.0)	81.9	(3.02)	3.4	(0.69)	4	(0.9)	81.5	(6.65)	27.1	(4.98)	33	(5.3)	81.9	(3.49)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	73.1	(4.99)	1.9	(0.44)	3 *	(0.7)	--		--		--		77.1	(5.68)
20 and over.....	521	24	(2.0)	101.0	(5.69)	6.9	(1.21)	7	(1.4)	92.5	(7.34)	29.4	(4.74)	32	(3.6)	103.6	(6.87)
2 and over...	748	22	(1.8)	95.7	(4.99)	6.0	(0.98)	6	(1.2)	86.8	(6.52)	26.7	(4.06)	31	(3.4)	98.2	(5.71)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	74.4	(3.36)	2.4	(0.49)	3	(0.7)	75.5	(6.48)	18.8	(3.28)	25	(3.7)	74.2	(3.45)
20 and over.....	1543	21	(1.3)	82.5	(3.30)	5.4	(0.92)	7	(1.1)	81.7	(6.13)	26.2	(4.09)	32	(3.7)	82.7	(3.64)
2 and over...	2532	18	(1.4)	79.7	(3.07)	4.4	(0.69)	5	(0.9)	80.2	(5.14)	24.4	(3.08)	30	(3.0)	79.6	(3.28)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	5.4	(0.37)	0.2	(0.05)	3	(1.0)	4.4	(0.64)	1.1	(0.26)	26	(5.8)	5.6	(0.39)
20 and over.....	1711	23	(1.8)	4.8	(0.23)	0.4	(0.06)	8	(1.2)	5.1	(0.34)	1.6	(0.16)	31	(2.1)	4.7	(0.29)
2 and over...	2542	22	(1.6)	4.9	(0.23)	0.3	(0.05)	7	(1.0)	5.0	(0.30)	1.5	(0.14)	31	(2.3)	4.9	(0.27)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	4.5	(0.21)	0.1 *	(0.04)	2 *	(0.9)	--		--		--		4.5	(0.24)
20 and over.....	1060	15	(1.3)	3.9	(0.15)	0.3	(0.06)	7	(1.3)	4.3	(0.31)	1.8	(0.33)	42	(6.8)	3.9	(0.18)
2 and over...	1715	13	(1.0)	4.1	(0.15)	0.2	(0.05)	5	(1.0)	4.3	(0.29)	1.7	(0.33)	41	(6.4)	4.1	(0.16)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	6.2	(0.30)	0.2 *	(0.06)	3 *	(1.1)	--		--		--		6.3	(0.31)
20 and over.....	521	24	(2.0)	4.9	(0.26)	0.5	(0.15)	10	(2.9)	4.8	(0.59)	2.2	(0.61)	45	(8.8)	5.0	(0.28)
2 and over...	748	22	(1.8)	5.2	(0.22)	0.4	(0.13)	8	(2.4)	4.9	(0.53)	2.0	(0.54)	40	(8.4)	5.2	(0.22)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	5.3	(0.19)	0.2	(0.05)	3	(1.0)	4.9	(0.43)	1.5	(0.34)	30	(6.2)	5.4	(0.23)
20 and over.....	1543	21	(1.3)	4.7	(0.16)	0.4	(0.07)	8	(1.3)	5.5	(0.76)	1.8	(0.26)	32	(6.6)	4.5	(0.18)
2 and over...	2532	18	(1.4)	4.9	(0.10)	0.3	(0.05)	6	(0.9)	5.3	(0.63)	1.7	(0.21)	32	(5.1)	4.8	(0.10)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n   E   (   a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	7.3	(0.18)	0.5	(0.09)	7	(1.3)	7.7	(0.42)	3.3	(0.41)	43	(5.2)	7.2	(0.20)
20 and over.....	1711	23	(1.8)	9.6	(0.33)	1.0	(0.07)	10	(0.7)	10.5	(0.61)	4.1	(0.26)	39	(1.8)	9.3	(0.31)
2 and over...	2542	22	(1.6)	9.1	(0.30)	0.9	(0.07)	10	(0.7)	10.1	(0.50)	4.0	(0.21)	40	(1.8)	8.9	(0.29)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	7.2	(0.38)	0.2*	(0.07)	3	(0.9)	--		--		--		7.1	(0.38)
20 and over.....	1060	15	(1.3)	8.4	(0.27)	0.6	(0.09)	7	(1.1)	9.6	(0.80)	4.2	(0.51)	43	(4.6)	8.2	(0.33)
2 and over...	1715	13	(1.0)	8.1	(0.25)	0.5	(0.07)	6	(0.8)	9.6	(0.70)	4.0	(0.46)	42	(3.9)	7.8	(0.28)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	7.5	(0.27)	0.5	(0.09)	6*	(1.2)	--		--		--		7.7	(0.26)
20 and over.....	521	24	(2.0)	8.7	(0.38)	0.7	(0.08)	9	(1.0)	8.8	(0.70)	3.2	(0.25)	36	(2.9)	8.7	(0.40)
2 and over...	748	22	(1.8)	8.5	(0.33)	0.7	(0.07)	8	(0.8)	8.5	(0.61)	3.1	(0.23)	36	(2.8)	8.5	(0.33)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	6.8	(0.25)	0.4	(0.07)	5	(0.9)	8.6	(0.68)	2.8	(0.23)	33	(3.5)	6.6	(0.23)
20 and over.....	1543	21	(1.3)	8.3	(0.23)	0.8	(0.07)	10	(0.8)	9.7	(0.44)	4.0	(0.23)	41	(3.3)	8.0	(0.21)
2 and over...	2532	18	(1.4)	7.8	(0.22)	0.7	(0.05)	8	(0.6)	9.4	(0.33)	3.7	(0.17)	39	(2.6)	7.5	(0.21)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	64.5	(2.36)	6.4	(1.16)	10	(1.9)	75.0	(6.39)	38.8	(5.35)	52	(6.2)	62.4	(3.19)
20 and over.....	1711	23	(1.8)	118.5	(5.64)	17.5	(2.24)	15	(1.8)	133.7	(11.60)	74.4	(7.18)	56	(3.5)	113.9	(5.50)
2 and over...	2542	22	(1.6)	107.8	(5.08)	15.3	(1.91)	14	(1.7)	125.0	(9.56)	69.1	(6.12)	55	(3.4)	102.9	(5.13)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	80.5	(7.87)	3.0	(0.67)	4	(0.8)	--		--		--		80.1	(8.06)
20 and over.....	1060	15	(1.3)	126.6	(6.99)	10.0	(1.99)	8	(1.7)	132.1	(11.62)	66.6	(11.57)	50	(6.3)	125.6	(8.37)
2 and over...	1715	13	(1.0)	112.9	(5.24)	7.9	(1.43)	7	(1.3)	124.6	(9.20)	63.0	(9.48)	51	(5.6)	111.2	(6.29)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	89.1	(9.27)	6.7	(1.14)	8*	(1.6)	--		--		--		86.6	(8.49)
20 and over.....	521	24	(2.0)	195.4	(13.47)	15.7	(2.38)	8	(1.4)	164.8	(17.77)	66.8	(8.84)	41	(4.9)	204.8	(17.31)
2 and over...	748	22	(1.8)	175.2	(11.85)	14.0	(1.85)	8	(1.2)	155.3	(16.10)	62.5	(7.31)	40	(4.2)	180.9	(14.65)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	57.9	(2.35)	4.0	(0.78)	7	(1.3)	65.4	(4.12)	31.3	(2.85)	48	(3.6)	56.8	(2.30)
20 and over.....	1543	21	(1.3)	95.7	(4.95)	11.5	(2.21)	12	(2.1)	103.7	(9.69)	55.5	(11.32)	54	(6.1)	93.6	(5.33)
2 and over...	2532	18	(1.4)	82.7	(3.92)	8.9	(1.45)	11	(1.6)	94.4	(6.81)	49.7	(8.58)	53	(5.5)	80.1	(4.29)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
<div>—————All Individuals <sup>2</sup>—————      ———Full Service Restaurant Consumers <sup>3</sup>———      Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1032	(42.9)	55	(13.1)	5	(1.3)	1017	(83.6)	337	(61.4)	33	(5.1)	1035	(40.8)
20 and over.....	1711	23	(1.8)	985	(18.9)	77	(6.0)	8	(0.6)	1026	(50.2)	328	(23.3)	32	(1.4)	973	(15.9)
2 and over...	2542	22	(1.6)	995	(19.9)	73	(5.6)	7	(0.6)	1025	(48.5)	330	(20.6)	32	(1.4)	986	(15.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	847	(28.2)	20	(5.3)	2*	(0.6)	--		--		--		844	(31.0)
20 and over.....	1060	15	(1.3)	772	(25.3)	44	(6.0)	6	(0.8)	799	(31.2)	291	(29.3)	36	(3.2)	767	(31.6)
2 and over...	1715	13	(1.0)	794	(25.1)	37	(3.9)	5	(0.5)	814	(29.0)	292	(23.7)	36	(2.8)	791	(30.4)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	951	(68.4)	27	(2.6)	3*	(0.3)	--		--		--		966	(69.1)
20 and over.....	521	24	(2.0)	809	(34.2)	56	(7.2)	7	(1.0)	782	(38.6)	239	(22.8)	31	(2.4)	817	(38.6)
2 and over...	748	22	(1.8)	836	(38.5)	51	(6.0)	6	(0.8)	796	(37.8)	227	(22.4)	28	(2.4)	847	(42.1)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	938	(25.5)	33	(5.4)	4	(0.5)	918	(61.5)	261	(24.3)	28	(2.5)	941	(29.9)
20 and over.....	1543	21	(1.3)	991	(20.1)	65	(4.2)	7	(0.4)	1002	(33.7)	311	(17.7)	31	(2.2)	988	(23.7)
2 and over...	2532	18	(1.4)	973	(15.0)	54	(3.1)	6	(0.3)	982	(35.6)	299	(14.9)	30	(1.9)	971	(16.4)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

P h o s p h o r u s																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	1267	(39.4)	97	(17.8)	8	(1.4)	1378	(105.9)	591	(77.0)	43	(4.3)	1245	(35.7)
20 and over.....	1711	23	(1.8)	1404	(23.5)	145	(10.4)	10	(0.7)	1506	(59.9)	619	(35.6)	41	(1.8)	1373	(23.2)
2 and over...	2542	22	(1.6)	1377	(23.3)	136	(10.1)	10	(0.7)	1487	(57.4)	615	(31.8)	41	(1.7)	1346	(22.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	1148	(29.4)	39	(11.4)	3	(0.9)	--	--	--	--	--	--	1132	(29.0)
20 and over.....	1060	15	(1.3)	1218	(22.1)	94	(13.5)	8	(1.1)	1355	(59.7)	622	(59.2)	46	(3.1)	1194	(28.7)
2 and over...	1715	13	(1.0)	1197	(22.4)	77	(9.9)	6	(0.8)	1358	(55.3)	614	(52.2)	45	(2.6)	1174	(26.7)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1278	(55.8)	71	(11.6)	6* (1.1)	--	--	--	--	--	--	--	1281	(62.5)
20 and over.....	521	24	(2.0)	1282	(30.1)	127	(14.2)	10 (1.1)	1312	(51.6)	541	(34.8)	41	(1.9)	1273	(33.8)	
2 and over...	748	22	(1.8)	1281	(30.8)	117	(11.8)	9 (0.9)	1305	(45.8)	521	(33.6)	40	(1.8)	1275	(33.5)	
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	1206	(23.0)	63	(10.9)	5 (0.9)	1314	(63.9)	496	(40.7)	38	(3.1)	1190	(23.7)	
20 and over.....	1543	21	(1.3)	1452	(18.6)	134	(10.0)	9 (0.7)	1556	(34.6)	644	(30.4)	41	(2.3)	1425	(21.9)	
2 and over...	2532	18	(1.4)	1367	(12.8)	109	(7.6)	8 (0.6)	1497	(40.0)	608	(24.8)	41	(1.9)	1339	(14.0)	

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	236	(6.0)	15	(2.5)	6	(1.1)	245	(14.9)	90	(10.2)	37	(3.7)	235	(6.0)
20 and over.....	1711	23	(1.8)	310	(6.3)	25	(1.5)	8	(0.5)	319	(9.4)	107	(4.8)	33	(1.2)	308	(7.1)
2 and over...	2542	22	(1.6)	296	(5.7)	23	(1.5)	8	(0.5)	308	(8.8)	104	(4.2)	34	(1.1)	292	(6.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	218	(6.7)	6	(1.3)	3*	(0.6)	--		--		--		216	(7.2)
20 and over.....	1060	15	(1.3)	262	(7.0)	15	(1.9)	6	(0.7)	266	(13.0)	97	(7.9)	37	(2.8)	261	(8.8)
2 and over...	1715	13	(1.0)	249	(6.8)	12	(1.3)	5	(0.5)	262	(10.8)	95	(6.9)	36	(2.4)	247	(8.1)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	252	(12.1)	13	(2.4)	5*	(1.1)	--		--		--		255	(13.1)
20 and over.....	521	24	(2.0)	326	(9.1)	24	(2.3)	7	(0.7)	311	(16.0)	102	(6.3)	33	(2.0)	330	(10.3)
2 and over...	748	22	(1.8)	312	(9.3)	22	(1.9)	7	(0.6)	300	(13.4)	98	(6.0)	32	(1.9)	315	(9.9)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	225	(4.7)	10	(1.6)	4	(0.7)	232	(10.5)	78	(5.8)	33	(2.3)	224	(5.2)
20 and over.....	1543	21	(1.3)	312	(4.8)	24	(1.5)	8	(0.5)	331	(6.7)	116	(5.7)	35	(1.7)	307	(5.8)
2 and over...	2532	18	(1.4)	282	(5.1)	19	(1.3)	7	(0.4)	308	(6.2)	107	(4.3)	35	(1.4)	277	(5.7)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

I r o n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	13.9	(0.44)	0.8	(0.12)	6	(0.9)	13.7	(1.00)	5.0	(0.52)	37	(2.2)	13.9	(0.51)
20 and over.....	1711	23	(1.8)	14.1	(0.23)	1.3	(0.08)	9	(0.5)	14.7	(0.67)	5.4	(0.34)	37	(1.3)	13.9	(0.25)
2 and over...	2542	22	(1.6)	14.0	(0.23)	1.2	(0.07)	8	(0.5)	14.5	(0.61)	5.4	(0.28)	37	(1.1)	13.9	(0.22)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	13.5	(0.58)	0.3	(0.09)	2*	(0.6)	--		--		--		13.3	(0.57)
20 and over.....	1060	15	(1.3)	12.8	(0.37)	0.7	(0.09)	5	(0.6)	12.1	(0.61)	4.5	(0.36)	37	(2.4)	12.9	(0.45)
2 and over...	1715	13	(1.0)	13.0	(0.34)	0.6	(0.06)	4	(0.5)	12.7	(0.56)	4.5	(0.33)	36	(2.2)	13.0	(0.41)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	13.9	(0.54)	0.7	(0.14)	5*	(1.1)	--		--		--		14.5	(0.65)
20 and over.....	521	24	(2.0)	14.3	(0.54)	1.2	(0.14)	9	(1.1)	13.9	(0.54)	5.2	(0.36)	38	(2.1)	14.4	(0.65)
2 and over...	748	22	(1.8)	14.2	(0.50)	1.1	(0.12)	8	(0.9)	13.5	(0.56)	5.0	(0.39)	37	(2.0)	14.4	(0.59)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	13.8	(0.50)	0.6	(0.09)	4	(0.7)	13.1	(0.65)	4.4	(0.41)	33	(2.8)	13.9	(0.55)
20 and over.....	1543	21	(1.3)	14.5	(0.22)	1.2	(0.09)	8	(0.6)	15.2	(0.56)	5.7	(0.26)	38	(2.4)	14.3	(0.24)
2 and over...	2532	18	(1.4)	14.3	(0.25)	1.0	(0.07)	7	(0.5)	14.7	(0.53)	5.4	(0.24)	37	(1.9)	14.2	(0.25)



**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Z i n c																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	10.2	(0.35)	0.8	(0.14)	8	(1.4)	10.6	(1.07)	4.7	(0.68)	45	(4.2)	10.2	(0.30)
20 and over.....	1711	23	(1.8)	11.4	(0.22)	1.2	(0.08)	11	(0.7)	12.4	(0.57)	5.1	(0.39)	41	(1.9)	11.1	(0.22)
2 and over...	2542	22	(1.6)	11.2	(0.22)	1.1	(0.07)	10	(0.7)	12.1	(0.57)	5.1	(0.34)	42	(1.6)	10.9	(0.20)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	9.4	(0.38)	0.3	(0.08)	3*	(0.8)	--		--		--		9.3	(0.36)
20 and over.....	1060	15	(1.3)	10.0	(0.30)	0.7	(0.12)	7	(1.1)	10.7	(0.65)	4.8	(0.57)	45	(3.3)	9.9	(0.31)
2 and over...	1715	13	(1.0)	9.8	(0.27)	0.6	(0.08)	6	(0.8)	10.8	(0.57)	4.6	(0.51)	43	(3.1)	9.7	(0.28)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	10.5	(0.41)	0.7	(0.17)	7*	(1.8)	--		--		--		10.5	(0.49)
20 and over.....	521	24	(2.0)	10.5	(0.28)	1.1	(0.11)	11	(1.1)	10.8	(0.46)	4.8	(0.30)	45	(1.8)	10.4	(0.28)
2 and over...	748	22	(1.8)	10.5	(0.26)	1.1	(0.10)	10	(1.0)	10.8	(0.42)	4.7	(0.35)	44	(2.1)	10.4	(0.26)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	9.3	(0.22)	0.5	(0.08)	5	(0.9)	9.7	(0.53)	3.7	(0.35)	38	(3.4)	9.3	(0.23)
20 and over.....	1543	21	(1.3)	11.4	(0.19)	1.1	(0.08)	9	(0.7)	12.5	(0.60)	5.2	(0.24)	42	(2.7)	11.2	(0.15)
2 and over...	2532	18	(1.4)	10.7	(0.19)	0.9	(0.07)	8	(0.6)	11.8	(0.56)	4.8	(0.22)	41	(2.3)	10.5	(0.14)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

C o p p e r																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	0.9	(0.02)	0.1	(0.01)	6	(0.9)	1.0	(0.06)	0.3	(0.03)	35	(3.2)	0.9	(0.02)
20 and over.....	1711	23	(1.8)	1.3	(0.02)	0.1	(0.01)	8	(0.6)	1.3	(0.04)	0.4	(0.02)	33	(1.6)	1.2	(0.03)
2 and over...	2542	22	(1.6)	1.2	(0.02)	0.1	(0.01)	8	(0.6)	1.2	(0.04)	0.4	(0.02)	33	(1.4)	1.2	(0.02)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	0.8	(0.03)	#		4*	(2.1)	--		--		--		0.8	(0.03)
20 and over.....	1060	15	(1.3)	1.1	(0.03)	0.1	(0.01)	6	(0.9)	1.1	(0.07)	0.4	(0.04)	37	(2.5)	1.1	(0.03)
2 and over...	1715	13	(1.0)	1.0	(0.03)	0.1	(0.01)	5	(0.7)	1.1	(0.06)	0.4	(0.05)	39	(3.0)	1.0	(0.03)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	1.1	(0.04)	0.1	(0.02)	6*	(1.6)	--		--		--		1.1	(0.04)
20 and over.....	521	24	(2.0)	1.4	(0.04)	0.1	(0.01)	8	(1.0)	1.4	(0.09)	0.5	(0.03)	34	(1.9)	1.4	(0.05)
2 and over...	748	22	(1.8)	1.3	(0.04)	0.1	(0.01)	8	(0.8)	1.4	(0.08)	0.5	(0.03)	34	(2.0)	1.3	(0.04)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	0.9	(0.02)	#		5	(0.8)	0.9	(0.05)	0.3	(0.03)	34	(2.3)	0.9	(0.02)
20 and over.....	1543	21	(1.3)	1.2	(0.03)	0.1	(0.01)	8	(0.9)	1.3	(0.04)	0.5	(0.04)	37	(2.6)	1.2	(0.03)
2 and over...	2532	18	(1.4)	1.1	(0.02)	0.1	(0.01)	7	(0.7)	1.2	(0.04)	0.4	(0.04)	37	(2.0)	1.1	(0.02)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

S e l e n i u m																	
<div>—————All Individuals <sup>2</sup>—————      ———Full Service Restaurant Consumers <sup>3</sup>———      Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	97.1	(2.68)	9.6	(2.02)	10	(2.0)	110.3	(10.51)	58.6	(10.08)	53	(5.6)	94.6	(2.59)
20 and over.....	1711	23	(1.8)	113.6	(2.69)	14.5	(1.48)	13	(1.1)	126.2	(5.82)	61.8	(5.86)	49	(3.1)	109.7	(2.44)
2 and over...	2542	22	(1.6)	110.3	(2.48)	13.5	(1.37)	12	(1.1)	123.8	(5.65)	61.3	(5.46)	50	(2.9)	106.5	(2.21)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	94.9	(3.27)	4.1 *	(1.38)	4 *	(1.4)	--	--	--	--	--	--	92.6	(3.04)
20 and over.....	1060	15	(1.3)	111.6	(2.23)	9.2	(1.40)	8	(1.2)	129.7	(7.62)	60.9	(5.71)	47	(3.2)	108.3	(2.74)
2 and over...	1715	13	(1.0)	106.6	(2.48)	7.7	(1.10)	7	(0.9)	129.1	(6.94)	60.8	(5.68)	47	(3.3)	103.4	(2.70)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	110.5	(3.79)	8.3	(1.75)	8 *	(1.6)	--	--	--	--	--	--	110.6	(4.62)
20 and over.....	521	24	(2.0)	121.3	(2.31)	14.4	(1.72)	12	(1.4)	130.1	(4.77)	61.0	(4.48)	47	(2.6)	118.6	(2.90)
2 and over...	748	22	(1.8)	119.2	(1.81)	13.2	(1.34)	11	(1.1)	127.1	(4.10)	59.0	(3.96)	46	(2.2)	116.9	(2.21)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	95.0	(1.94)	5.8	(1.03)	6	(1.1)	104.0	(5.74)	46.0	(4.63)	44	(3.3)	93.8	(2.28)
20 and over.....	1543	21	(1.3)	122.6	(2.17)	13.1	(1.23)	11	(0.9)	135.8	(4.85)	63.3	(3.52)	47	(2.6)	119.2	(2.15)
2 and over...	2532	18	(1.4)	113.2	(1.63)	10.6	(0.91)	9	(0.7)	128.1	(4.39)	59.1	(2.86)	46	(2.2)	109.9	(1.76)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

P o t a s s i u m																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	2080	(55.7)	144	(25.0)	7	(1.2)	2188	(166.4)	873	(107.2)	40	(3.8)	2059	(44.8)
20 and over.....	1711	23	(1.8)	2686	(43.4)	254	(16.2)	9	(0.7)	2794	(81.3)	1080	(51.8)	39	(1.3)	2653	(50.0)
2 and over...	2542	22	(1.6)	2566	(42.9)	232	(16.1)	9	(0.7)	2704	(76.0)	1049	(44.1)	39	(1.1)	2526	(47.6)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	2016	(53.8)	55	(14.1)	3*	(0.7)	--	--	--	--	--	--	1999	(52.6)
20 and over.....	1060	15	(1.3)	2267	(49.7)	147	(20.3)	6	(0.9)	2340	(93.6)	976	(93.9)	42	(3.3)	2254	(60.8)
2 and over...	1715	13	(1.0)	2193	(43.6)	120	(15.0)	5	(0.7)	2325	(84.4)	951	(84.8)	41	(2.9)	2174	(49.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	2332	(74.9)	130	(30.2)	6*	(1.4)	--	--	--	--	--	--	2358	(91.3)
20 and over.....	521	24	(2.0)	2663	(55.6)	235	(24.3)	9	(0.9)	2605	(113.9)	1001	(61.7)	38	(1.8)	2681	(56.3)
2 and over...	748	22	(1.8)	2600	(55.0)	216	(20.0)	8	(0.8)	2547	(96.5)	963	(56.0)	38	(1.5)	2616	(54.1)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	2076	(39.2)	101	(17.1)	5	(0.8)	2177	(94.9)	798	(54.2)	37	(2.6)	2062	(41.1)
20 and over.....	1543	21	(1.3)	2624	(40.1)	234	(15.0)	9	(0.6)	2826	(57.4)	1126	(44.3)	40	(1.9)	2572	(41.1)
2 and over...	2532	18	(1.4)	2436	(39.1)	188	(13.2)	8	(0.5)	2669	(52.1)	1047	(34.2)	39	(1.7)	2385	(40.0)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
—————All Individuals <sup>2</sup> —————      —Full Service Restaurant Consumers <sup>3</sup> ——      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	2995	(67.5)	289	(48.6)	10	(1.6)	3403	(206.8)	1758	(194.7)	52	(4.4)	2914	(74.3)
20 and over.....	1711	23	(1.8)	3514	(53.3)	454	(30.2)	13	(0.9)	3923	(132.3)	1934	(110.7)	49	(2.0)	3388	(50.2)
2 and over...	2542	22	(1.6)	3410	(48.3)	422	(29.4)	12	(0.9)	3846	(122.5)	1908	(96.7)	50	(1.9)	3287	(45.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	3080	(103.7)	110	(32.7)	4	(1.0)	--	--	--	--	--	--	3022	(103.0)
20 and over.....	1060	15	(1.3)	3354	(61.6)	309	(48.1)	9	(1.4)	4048	(253.5)	2050	(240.3)	51	(3.3)	3230	(68.3)
2 and over...	1715	13	(1.0)	3272	(58.3)	250	(35.8)	8	(1.0)	4022	(228.8)	1983	(202.6)	49	(2.7)	3164	(55.8)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	3202	(67.2)	247	(41.7)	8*	(1.3)	--	--	--	--	--	--	3145	(47.6)
20 and over.....	521	24	(2.0)	3850	(115.0)	492	(54.2)	13	(1.4)	4370	(241.7)	2091	(131.1)	48	(2.5)	3690	(113.9)
2 and over...	748	22	(1.8)	3727	(99.8)	445	(45.6)	12	(1.1)	4237	(223.4)	1990	(129.7)	47	(2.1)	3580	(93.0)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	2951	(53.1)	189	(31.0)	6	(1.0)	3472	(156.6)	1499	(119.0)	43	(3.4)	2876	(51.7)
20 and over.....	1543	21	(1.3)	3593	(69.0)	430	(34.5)	12	(1.0)	4177	(100.0)	2071	(105.2)	50	(2.4)	3440	(80.1)
2 and over...	2532	18	(1.4)	3372	(46.9)	347	(26.1)	10	(0.8)	4007	(101.0)	1933	(92.2)	48	(2.3)	3233	(50.3)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	33.0	(5.50)	3.2*	(1.05)	10	(2.9)	49.8	(8.88)	19.3	(5.44)	39	(8.6)	29.7	(6.35)
20 and over.....	1711	23	(1.8)	206.6	(7.35)	8.1	(1.02)	4	(0.5)	206.3	(11.73)	34.4	(4.53)	17	(1.9)	206.6	(9.31)
2 and over...	2542	22	(1.6)	172.0	(6.65)	7.1	(0.95)	4	(0.5)	183.1	(10.44)	32.2	(4.16)	18	(2.0)	168.9	(8.04)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	12.2	(1.15)	0.5*	(0.27)	4*	(2.4)	--		--		--		11.0	(1.24)
20 and over.....	1060	15	(1.3)	72.5	(5.17)	4.5*	(1.83)	6*	(2.2)	84.8	(15.91)	30.0*(12.04)		35	(9.3)	70.3	(4.63)
2 and over...	1715	13	(1.0)	54.6	(3.16)	3.3*	(1.29)	6*	(2.1)	75.8	(12.87)	26.5*(10.23)		35	(9.0)	51.5	(2.55)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	15.7	(3.41)	1.9*	(1.45)	12*	(7.9)	--		--		--		14.7	(3.18)
20 and over.....	521	24	(2.0)	86.5	(4.71)	2.7*	(0.83)	3*	(0.9)	95.6	(11.43)	11.6	(3.06)	12*	(2.8)	83.7	(4.99)
2 and over...	748	22	(1.8)	73.0	(4.25)	2.6	(0.71)	4*	(0.9)	84.4	(9.49)	11.5	(2.83)	14*	(3.1)	69.8	(4.26)
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	23.9	(4.04)	1.3	(0.35)	6*	(1.9)	33.2	(6.79)	10.4	(2.29)	31	(8.1)	22.6	(4.06)
20 and over.....	1543	21	(1.3)	121.3	(8.15)	7.3	(1.36)	6	(1.3)	130.9	(9.04)	35.1	(5.38)	27	(3.9)	118.8	(9.61)
2 and over...	2532	18	(1.4)	87.9	(7.01)	5.2	(0.84)	6	(1.1)	107.3	(8.24)	29.2	(3.88)	27	(3.5)	83.6	(7.87)

**Table 46. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
<div>—————<i>All Individuals</i><sup>2</sup>—————    ———<i>Full Service Restaurant Consumers</i><sup>3</sup>———    <i>Non-consumers</i><sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	16	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1711	23	(1.8)	10.7	(1.02)	1.7	(0.34)	16	(3.2)	13.0	(2.06)	7.2	(1.25)	55	(5.2)	10.0	(1.20)
2 and over...	2542	22	(1.6)	--		--		--		--		--		--		--	
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	7	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1060	15	(1.3)	9.7	(1.63)	0.8*	(0.25)	9*	(2.6)	13.2	(2.12)	5.5	(1.56)	--		9.1	(1.72)
2 and over...	1715	13	(1.0)	--		--		--		--		--		--		--	
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	18	(2.6)	--		--		--		--		--		--		--	
20 and over.....	521	24	(2.0)	4.3	(0.68)	1.3*	(0.43)	30	(6.9)	7.9	(2.09)	5.5*	(1.90)	--		3.2	(0.51)
2 and over...	748	22	(1.8)	--		--		--		--		--		--		--	
<b>Hispanic:</b>																	
2 - 19.....	989	13	(1.8)	--		--		--		--		--		--		--	
20 and over.....	1543	21	(1.3)	8.0	(0.54)	1.2	(0.37)	15	(4.4)	16.1	(2.87)	6.0	(1.78)	37	(10.2)	5.9	(0.98)
2 and over...	2532	18	(1.4)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

<sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

<sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

<sup>3</sup> **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

<sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

<sup>5</sup> The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Full Service Restaurants.

<sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

<sup>7</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	1833	(48.0)	54	(9.0)	3	(0.4)	--		--		--		1824	(44.5)
20 and over.....	1430	18	(2.3)	2021	(31.9)	157	(26.7)	8	(1.3)	2150	(116.5)	890	(84.9)	41	(3.1)	1994	(26.2)
2 and over...	2169	15	(1.8)	1977	(21.9)	133	(20.3)	7	(1.0)	2129	(105.0)	877	(77.8)	41	(2.9)	1950	(14.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	1822	(28.7)	96	(14.0)	5	(0.7)	1887	(90.5)	725	(71.1)	38	(3.7)	1812	(27.0)
20 and over.....	1973	21	(1.2)	2133	(32.1)	211	(10.2)	10	(0.5)	2386	(88.8)	993	(49.5)	42	(1.4)	2065	(34.6)
2 and over...	3198	19	(1.1)	2059	(25.7)	183	(10.3)	9	(0.5)	2304	(76.8)	950	(43.7)	41	(1.4)	2001	(25.8)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1951	(45.6)	175	(34.4)	9	(1.6)	2344	(161.7)	978	(124.9)	42	(3.6)	1865	(33.2)
20 and over.....	1206	27	(2.8)	2156	(38.9)	263	(23.4)	12	(1.2)	2270	(86.6)	969	(46.2)	43	(1.1)	2113	(46.7)
2 and over...	1956	25	(2.4)	2104	(32.7)	241	(22.3)	11	(1.1)	2284	(77.3)	970	(36.1)	42	(1.0)	2044	(36.4)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1868	(25.2)	118	(13.5)	6	(0.7)	2123	(95.4)	855	(72.5)	40	(3.0)	1828	(18.9)
20 and over.....	5017	22	(1.0)	2105	(20.6)	212	(6.5)	10	(0.3)	2291	(55.4)	954	(28.7)	42	(0.9)	2052	(22.3)
2 and over...	7918	20	(0.9)	2048	(18.3)	189	(7.1)	9	(0.4)	2263	(52.9)	937	(26.0)	41	(1.0)	1994	(17.8)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	66.2	(1.41)	2.2	(0.34)	3	(0.5)	--		--		--		66.0	(1.23)
20 and over.....	1430	18	(2.3)	77.1	(1.79)	6.9	(1.42)	9	(1.8)	83.0	(6.03)	39.4	(6.10)	48	(4.7)	75.9	(1.83)
2 and over...	2169	15	(1.8)	74.6	(1.46)	5.8	(1.07)	8	(1.4)	81.4	(5.60)	38.6	(5.58)	47	(4.3)	73.4	(1.36)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	65.4	(1.27)	4.0	(0.57)	6	(0.9)	66.0	(2.91)	30.4	(2.37)	46	(3.4)	65.4	(1.38)
20 and over.....	1973	21	(1.2)	82.3	(1.47)	9.5	(0.65)	12	(0.8)	95.3	(3.81)	44.8	(2.65)	47	(1.9)	78.8	(1.48)
2 and over...	3198	19	(1.1)	78.3	(1.28)	8.2	(0.59)	10	(0.7)	90.5	(3.54)	42.5	(2.27)	47	(1.7)	75.4	(1.16)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	69.7	(2.20)	7.6	(1.88)	11	(2.4)	83.4	(8.87)	42.3	(7.80)	51	(4.9)	66.7	(1.22)
20 and over.....	1206	27	(2.8)	87.0	(1.88)	11.4	(1.31)	13	(1.5)	89.3	(3.23)	41.8	(2.65)	47	(1.9)	86.1	(2.52)
2 and over...	1956	25	(2.4)	82.5	(1.79)	10.4	(1.27)	13	(1.5)	88.2	(3.17)	41.9	(2.63)	47	(1.8)	80.7	(2.08)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(1.14)	5.1	(0.70)	8	(1.0)	75.7	(4.45)	36.8	(4.12)	49	(3.4)	65.7	(0.88)
20 and over.....	5017	22	(1.0)	82.5	(1.20)	9.4	(0.50)	11	(0.6)	90.7	(2.40)	42.3	(1.99)	47	(1.6)	80.2	(1.33)
2 and over...	7918	20	(0.9)	78.8	(1.09)	8.4	(0.46)	11	(0.6)	88.2	(2.28)	41.4	(1.82)	47	(1.5)	76.4	(1.13)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	235	(6.9)	6	(1.1)	2 *	(0.4)	--		--		--		234	(6.9)
20 and over.....	1430	18	(2.3)	242	(4.3)	16	(2.8)	6	(1.1)	243	(16.4)	88	(9.3)	36	(3.0)	242	(3.5)
2 and over...	2169	15	(1.8)	241	(3.6)	13	(2.1)	5	(0.9)	244	(14.6)	88	(8.5)	36	(2.7)	240	(3.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	235	(4.2)	11	(1.8)	5	(0.7)	233	(11.6)	81	(10.6)	35	(4.2)	236	(3.9)
20 and over.....	1973	21	(1.2)	247	(4.0)	20	(1.0)	8	(0.4)	267	(10.1)	94	(5.1)	35	(1.4)	241	(5.0)
2 and over...	3198	19	(1.1)	244	(2.7)	18	(1.0)	7	(0.4)	262	(8.0)	92	(4.5)	35	(1.4)	240	(3.5)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	251	(5.6)	19	(3.3)	8	(1.2)	298	(18.0)	106	(10.4)	35	(2.6)	241	(5.7)
20 and over.....	1206	27	(2.8)	243	(5.7)	24	(2.2)	10	(1.0)	245	(9.0)	89	(4.4)	36	(1.2)	243	(8.2)
2 and over...	1956	25	(2.4)	245	(4.5)	23	(2.0)	9	(0.9)	255	(8.4)	92	(3.1)	36	(0.9)	242	(5.9)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	241	(3.0)	13	(1.3)	5	(0.5)	267	(11.9)	93	(6.9)	35	(2.5)	236	(2.5)
20 and over.....	5017	22	(1.0)	244	(2.4)	20	(0.7)	8	(0.3)	253	(5.9)	90	(3.3)	36	(1.0)	242	(3.3)
2 and over...	7918	20	(0.9)	243	(1.9)	18	(0.7)	8	(0.3)	255	(5.5)	90	(2.9)	35	(1.0)	240	(2.4)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	104	(3.4)	2	(0.5)	2*	(0.5)	--		--		--		104	(3.3)
20 and over.....	1430	18	(2.3)	108	(3.3)	5	(1.1)	5	(1.0)	104	(8.5)	31	(4.8)	29	(3.4)	108	(3.6)
2 and over...	2169	15	(1.8)	107	(2.8)	5	(0.8)	4	(0.8)	105	(7.1)	30	(4.1)	29	(3.0)	107	(3.0)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	108	(2.6)	4	(0.9)	4	(0.8)	112	(7.2)	32	(6.2)	29	(5.4)	107	(2.5)
20 and over.....	1973	21	(1.2)	109	(2.6)	7	(0.5)	6	(0.5)	117	(6.4)	32	(2.5)	27	(1.6)	107	(3.0)
2 and over...	3198	19	(1.1)	108	(1.9)	6	(0.5)	6	(0.4)	116	(5.1)	32	(2.1)	27	(1.6)	107	(2.3)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	112	(3.5)	7	(1.3)	6	(1.1)	138	(9.5)	38	(4.5)	28	(2.8)	107	(3.0)
20 and over.....	1206	27	(2.8)	102	(3.8)	7	(0.7)	7	(0.8)	98	(4.1)	25	(1.3)	26	(1.6)	103	(4.8)
2 and over...	1956	25	(2.4)	105	(3.3)	7	(0.8)	7	(0.8)	106	(4.1)	28	(1.7)	26	(1.5)	104	(3.8)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	108	(2.1)	5	(0.6)	4	(0.5)	124	(6.7)	34	(3.6)	28	(3.1)	106	(1.8)
20 and over.....	5017	22	(1.0)	106	(1.6)	6	(0.4)	6	(0.3)	106	(2.3)	28	(1.6)	27	(1.4)	106	(2.0)
2 and over...	7918	20	(0.9)	106	(1.5)	6	(0.3)	6	(0.3)	109	(2.4)	29	(1.5)	27	(1.3)	106	(1.7)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r															
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>															
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>6</sup>		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>6</sup>		Total Intake			
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>															
2 - 19.....	739	7	(1.4)	13.4	(0.52)	0.3	(0.05)	2*	(0.4)	--	--	--	--	13.5	(0.53)
20 and over.....	1430	18	(2.3)	15.9	(0.51)	1.1	(0.24)	7	(1.6)	15.2	(1.35)	6.2	(0.81)	41	(3.5)
2 and over...	2169	15	(1.8)	15.3	(0.40)	0.9	(0.18)	6	(1.3)	14.8	(1.22)	6.0	(0.75)	41	(3.3)
<b>\$25,000 - \$74,999:</b>															
2 - 19.....	1225	13	(1.2)	13.8	(0.29)	0.6	(0.11)	5	(0.8)	12.6	(0.53)	4.9	(0.59)	39	(3.7)
20 and over.....	1973	21	(1.2)	16.5	(0.44)	1.4	(0.10)	8	(0.5)	17.5	(0.94)	6.4	(0.54)	37	(2.2)
2 and over...	3198	19	(1.1)	15.9	(0.38)	1.2	(0.08)	8	(0.5)	16.7	(0.81)	6.2	(0.49)	37	(2.2)
<b>\$75,000 and higher:</b>															
2 - 19.....	750	18	(1.9)	14.6	(0.32)	1.0	(0.18)	7	(1.2)	15.8	(0.78)	5.8	(0.57)	37	(3.0)
20 and over.....	1206	27	(2.8)	18.9	(0.55)	2.0	(0.16)	10	(1.0)	18.3	(0.91)	7.2	(0.48)	39	(1.7)
2 and over...	1956	25	(2.4)	17.8	(0.51)	1.7	(0.13)	10	(0.8)	17.8	(0.74)	7.0	(0.34)	39	(1.2)
<b>All Individuals <sup>7</sup>:</b>															
2 - 19.....	2901	14	(0.9)	14.0	(0.22)	0.7	(0.07)	5	(0.5)	14.3	(0.49)	5.2	(0.32)	37	(1.8)
20 and over.....	5017	22	(1.0)	17.3	(0.39)	1.5	(0.06)	9	(0.4)	17.4	(0.67)	6.7	(0.30)	38	(1.0)
2 and over...	7918	20	(0.9)	16.5	(0.35)	1.3	(0.05)	8	(0.4)	16.9	(0.55)	6.4	(0.26)	38	(0.9)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l f a t																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	71.7	(2.21)	2.4	(0.41)	3	(0.5)	--		--		--		71.5	(1.97)
20 and over.....	1430	18	(2.3)	78.3	(1.91)	7.0	(1.17)	9	(1.4)	88.4	(4.75)	39.6	(3.22)	45	(2.8)	76.2	(1.79)
2 and over...	2169	15	(1.8)	76.8	(1.16)	5.9	(0.90)	8	(1.1)	86.9	(3.81)	39.1	(2.80)	45	(2.6)	75.0	(0.95)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	71.0	(1.46)	4.2	(0.60)	6	(0.8)	77.2	(4.65)	31.4	(2.87)	41	(3.6)	70.1	(1.38)
20 and over.....	1973	21	(1.2)	85.9	(2.00)	9.3	(0.49)	11	(0.5)	98.0	(4.48)	44.1	(2.66)	45	(1.8)	82.6	(1.94)
2 and over...	3198	19	(1.1)	82.4	(1.70)	8.1	(0.44)	10	(0.5)	94.6	(3.90)	42.0	(2.23)	44	(1.7)	79.4	(1.61)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	76.6	(1.99)	7.8	(1.60)	10	(1.9)	93.4	(7.50)	43.3	(6.24)	46	(4.6)	73.0	(1.24)
20 and over.....	1206	27	(2.8)	87.3	(2.26)	11.8	(1.01)	13	(1.2)	93.7	(4.55)	43.3	(2.61)	46	(1.5)	85.0	(2.21)
2 and over...	1956	25	(2.4)	84.6	(1.89)	10.8	(1.00)	13	(1.2)	93.7	(4.11)	43.3	(2.18)	46	(1.2)	81.6	(1.82)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	73.1	(1.29)	5.2	(0.64)	7	(0.8)	84.9	(4.25)	37.5	(3.50)	44	(3.6)	71.2	(1.00)
20 and over.....	5017	22	(1.0)	84.1	(1.12)	9.4	(0.26)	11	(0.3)	94.2	(2.90)	42.5	(1.52)	45	(0.9)	81.2	(1.05)
2 and over...	7918	20	(0.9)	81.4	(1.03)	8.4	(0.32)	10	(0.4)	92.6	(2.74)	41.6	(1.40)	45	(1.1)	78.6	(0.88)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
<div>—————<i>All Individuals</i><sup>2</sup>—————      ———<i>Full Service Restaurant Consumers</i><sup>3</sup>———      <i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	24.7	(0.89)	0.8	(0.15)	3	(0.6)	--		--		--		24.7	(0.76)
20 and over.....	1430	18	(2.3)	25.7	(0.74)	2.2	(0.37)	9	(1.3)	28.7	(1.41)	12.5	(0.90)	43	(2.5)	25.0	(0.70)
2 and over...	2169	15	(1.8)	25.5	(0.46)	1.9	(0.29)	7	(1.1)	28.3	(1.18)	12.3	(0.78)	44	(2.2)	24.9	(0.40)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	25.0	(0.72)	1.3	(0.22)	5	(0.9)	26.9	(2.21)	10.0	(1.22)	37	(4.2)	24.8	(0.65)
20 and over.....	1973	21	(1.2)	28.5	(0.83)	2.9	(0.16)	10	(0.5)	32.4	(1.58)	13.8	(0.77)	43	(1.8)	27.4	(0.74)
2 and over...	3198	19	(1.1)	27.7	(0.70)	2.6	(0.13)	9	(0.4)	31.5	(1.38)	13.2	(0.59)	42	(1.6)	26.8	(0.62)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	27.3	(0.86)	2.5	(0.53)	9	(1.8)	32.2	(2.74)	14.2	(2.12)	44	(4.6)	26.2	(0.56)
20 and over.....	1206	27	(2.8)	27.9	(0.73)	3.5	(0.30)	13	(1.1)	30.0	(1.82)	13.0	(0.96)	43	(1.8)	27.2	(0.69)
2 and over...	1956	25	(2.4)	27.8	(0.65)	3.3	(0.29)	12	(1.0)	30.4	(1.70)	13.2	(0.80)	43	(1.3)	26.9	(0.55)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	25.7	(0.57)	1.7	(0.22)	6	(0.8)	29.2	(1.52)	12.1	(1.20)	41	(3.8)	25.2	(0.48)
20 and over.....	5017	22	(1.0)	27.5	(0.47)	2.9	(0.09)	11	(0.3)	30.5	(1.18)	13.0	(0.61)	43	(1.1)	26.6	(0.38)
2 and over...	7918	20	(0.9)	27.1	(0.42)	2.6	(0.09)	10	(0.3)	30.3	(1.12)	12.9	(0.50)	43	(1.1)	26.2	(0.32)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	23.8	(0.74)	0.9	(0.14)	4	(0.5)	--		--		--		23.7	(0.67)
20 and over.....	1430	18	(2.3)	27.3	(0.61)	2.4	(0.39)	9	(1.3)	30.5	(1.48)	13.6	(1.02)	45	(2.8)	26.6	(0.61)
2 and over...	2169	15	(1.8)	26.5	(0.39)	2.0	(0.30)	8	(1.1)	29.9	(1.22)	13.5	(0.91)	45	(2.5)	25.9	(0.35)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	24.0	(0.53)	1.4	(0.19)	6	(0.8)	26.2	(1.57)	10.5	(0.86)	40	(3.4)	23.7	(0.55)
20 and over.....	1973	21	(1.2)	30.0	(0.69)	3.3	(0.18)	11	(0.6)	34.5	(1.57)	15.4	(0.96)	45	(1.8)	28.8	(0.66)
2 and over...	3198	19	(1.1)	28.6	(0.62)	2.8	(0.16)	10	(0.5)	33.1	(1.38)	14.6	(0.82)	44	(1.8)	27.5	(0.58)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	26.0	(0.69)	2.7	(0.57)	10	(2.0)	31.5	(2.86)	14.9	(2.28)	47	(5.0)	24.8	(0.42)
20 and over.....	1206	27	(2.8)	31.0	(0.82)	4.1	(0.37)	13	(1.3)	33.2	(1.58)	15.2	(0.94)	46	(1.5)	30.2	(0.81)
2 and over...	1956	25	(2.4)	29.8	(0.69)	3.8	(0.37)	13	(1.2)	32.9	(1.44)	15.2	(0.82)	46	(1.2)	28.7	(0.69)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	24.7	(0.48)	1.8	(0.23)	7	(0.9)	28.7	(1.67)	12.9	(1.30)	45	(3.8)	24.1	(0.35)
20 and over.....	5017	22	(1.0)	29.6	(0.39)	3.3	(0.10)	11	(0.4)	33.1	(1.02)	14.8	(0.53)	45	(0.8)	28.5	(0.39)
2 and over...	7918	20	(0.9)	28.4	(0.37)	2.9	(0.12)	10	(0.4)	32.4	(0.97)	14.5	(0.51)	45	(1.0)	27.4	(0.34)



**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	16.7	(0.52)	0.6	(0.10)	3	(0.5)	--		--		--		16.6	(0.52)
20 and over.....	1430	18	(2.3)	18.1	(0.49)	1.8	(0.34)	10	(1.7)	21.0	(1.73)	10.0	(1.28)	48	(4.2)	17.5	(0.48)
2 and over...	2169	15	(1.8)	17.8	(0.31)	1.5	(0.26)	8	(1.3)	20.6	(1.37)	9.8	(1.10)	47	(3.9)	17.2	(0.27)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	15.5	(0.27)	1.0	(0.15)	7	(0.9)	17.0	(0.80)	7.9	(0.71)	46	(3.3)	15.2	(0.27)
20 and over.....	1973	21	(1.2)	19.5	(0.44)	2.3	(0.16)	12	(0.8)	22.1	(1.16)	10.7	(0.93)	49	(2.4)	18.7	(0.57)
2 and over...	3198	19	(1.1)	18.5	(0.34)	2.0	(0.14)	11	(0.7)	21.3	(0.98)	10.3	(0.78)	48	(2.1)	17.8	(0.41)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	16.4	(0.46)	1.9	(0.42)	11	(2.3)	21.4	(1.73)	10.5	(1.72)	49	(5.4)	15.3	(0.38)
20 and over.....	1206	27	(2.8)	20.6	(0.76)	3.1	(0.31)	15	(1.5)	22.3	(1.14)	11.3	(0.82)	51	(2.0)	20.0	(0.80)
2 and over...	1956	25	(2.4)	19.5	(0.62)	2.8	(0.29)	14	(1.4)	22.1	(0.86)	11.1	(0.66)	50	(1.8)	18.7	(0.67)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	16.0	(0.22)	1.3	(0.16)	8	(0.9)	19.3	(0.96)	9.2	(0.93)	48	(3.3)	15.5	(0.19)
20 and over.....	5017	22	(1.0)	19.4	(0.30)	2.4	(0.09)	12	(0.4)	22.0	(0.65)	10.7	(0.41)	49	(1.1)	18.6	(0.31)
2 and over...	7918	20	(0.9)	18.6	(0.26)	2.1	(0.10)	11	(0.5)	21.5	(0.57)	10.5	(0.41)	49	(1.3)	17.8	(0.26)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
<div><div><div>All Individuals<sup>2</sup></div></div><div><div>Full Service Restaurant Consumers<sup>3</sup></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	218	(7.7)	10	(2.4)	5	(1.1)	--		--		--		216	(7.3)
20 and over.....	1430	18	(2.3)	292	(14.1)	28	(7.0)	10	(2.0)	333	(35.4)	159	(35.3)	48	(6.7)	284	(11.6)
2 and over...	2169	15	(1.8)	275	(11.1)	24	(5.2)	9	(1.6)	324	(32.9)	158	(32.3)	49	(6.0)	266	(8.5)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	219	(6.7)	15	(2.0)	7	(0.9)	234	(21.8)	116	(11.5)	50	(3.7)	217	(7.5)
20 and over.....	1973	21	(1.2)	321	(8.9)	42	(2.9)	13	(1.0)	385	(21.3)	199	(13.3)	52	(2.4)	304	(9.6)
2 and over...	3198	19	(1.1)	297	(7.0)	36	(2.6)	12	(0.9)	361	(19.3)	186	(11.9)	51	(2.3)	282	(7.3)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	232	(11.0)	30	(7.7)	13	(2.9)	311	(37.3)	167	(31.9)	54	(5.5)	215	(9.1)
20 and over.....	1206	27	(2.8)	286	(8.4)	44	(4.6)	15	(1.5)	331	(26.6)	160	(17.3)	48	(3.9)	269	(8.2)
2 and over...	1956	25	(2.4)	272	(6.9)	40	(4.9)	15	(1.7)	328	(22.4)	161	(16.6)	49	(3.6)	254	(7.4)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	225	(5.4)	21	(3.5)	9	(1.5)	281	(24.2)	150	(20.7)	53	(4.0)	216	(4.4)
20 and over.....	5017	22	(1.0)	300	(6.3)	39	(2.7)	13	(0.7)	352	(16.4)	174	(14.0)	50	(2.4)	285	(5.7)
2 and over...	7918	20	(0.9)	282	(5.2)	34	(2.3)	12	(0.7)	340	(14.3)	170	(12.4)	50	(2.3)	267	(4.7)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	540	(20.4)	11	(2.4)	2*	(0.4)	--		--		--		544	(21.2)
20 and over.....	1430	18	(2.3)	572	(27.4)	36	(10.5)	6	(1.6)	666	(113.0)	205	(54.2)	31	(4.0)	552	(21.5)
2 and over...	2169	15	(1.8)	565	(23.6)	30	(8.0)	5	(1.2)	647	(102.5)	200	(48.5)	31	(3.4)	550	(16.2)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	566	(19.3)	21	(5.2)	4	(0.9)	506	(47.8)	157	(36.9)	31	(5.6)	575	(20.3)
20 and over.....	1973	21	(1.2)	608	(16.2)	51	(3.3)	8	(0.5)	638	(41.1)	240	(18.6)	38	(2.4)	600	(19.9)
2 and over...	3198	19	(1.1)	598	(15.7)	44	(3.5)	7	(0.5)	616	(37.8)	227	(17.9)	37	(2.4)	594	(17.1)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	636	(31.7)	35	(8.2)	6	(1.3)	566	(55.3)	197	(34.0)	35	(4.9)	652	(36.2)
20 and over.....	1206	27	(2.8)	684	(35.0)	67	(8.4)	10	(1.2)	695	(34.1)	246	(25.0)	35	(2.8)	680	(44.2)
2 and over...	1956	25	(2.4)	672	(26.5)	59	(7.5)	9	(1.1)	671	(25.1)	237	(22.5)	35	(2.8)	672	(33.0)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	586	(18.6)	25	(3.6)	4	(0.6)	543	(31.7)	178	(23.0)	33	(3.7)	593	(21.1)
20 and over.....	5017	22	(1.0)	629	(13.0)	51	(3.4)	8	(0.6)	669	(18.1)	231	(17.3)	35	(2.2)	618	(17.0)
2 and over...	7918	20	(0.9)	619	(11.1)	45	(3.1)	7	(0.5)	648	(15.4)	222	(15.7)	34	(2.1)	611	(13.7)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

B e t a   c a r o t e n e																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Full Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	1005	(75.2)	21	(3.9)	2 *	(0.3)	--		--		--		1027	(79.0)
20 and over.....	1430	18	(2.3)	1971	(112.0)	144 *	(65.6)	7 *	(3.3)	1891	(330.1)	818 *	(355.8)	43	(12.7)	1988	(132.7)
2 and over...	2169	15	(1.8)	1744	(86.6)	115 *	(49.7)	7 *	(2.8)	1762	(297.2)	762 *	(317.5)	43	(12.1)	1741	(96.8)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	1021	(74.4)	81 *	(42.0)	8 *	(3.8)	1066 *	(342.9)	612 *	(319.3)	57 *	(13.9)	1014	(57.0)
20 and over.....	1973	21	(1.2)	1945	(126.8)	215	(33.1)	11	(1.6)	2029	(235.0)	1014	(163.4)	50	(5.6)	1922	(144.4)
2 and over...	3198	19	(1.1)	1726	(110.2)	183	(30.7)	11	(1.6)	1872	(212.2)	949	(158.6)	51	(5.5)	1691	(119.6)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1579	(172.5)	87	(22.5)	6	(1.6)	1164	(109.2)	487	(103.7)	42	(10.7)	1670	(199.1)
20 and over.....	1206	27	(2.8)	2652	(276.4)	383	(79.1)	14	(2.9)	2637	(310.2)	1411	(233.6)	54	(6.2)	2658	(357.6)
2 and over...	1956	25	(2.4)	2379	(222.3)	308	(59.9)	13	(2.4)	2366	(248.1)	1241	(185.9)	52	(5.8)	2383	(274.3)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1249	(95.1)	72	(18.0)	6	(1.4)	1094	(134.9)	520	(132.8)	48	(7.9)	1274	(101.2)
20 and over.....	5017	22	(1.0)	2233	(110.0)	247	(31.6)	11	(1.4)	2220	(178.5)	1114	(136.7)	50	(4.2)	2236	(136.3)
2 and over...	7918	20	(0.9)	1996	(98.7)	205	(25.5)	10	(1.3)	2035	(150.4)	1016	(116.6)	50	(4.0)	1986	(117.8)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	4101	(206.8)	151	(38.3)	4	(0.9)	--		--		--		4095	(205.7)
20 and over.....	1430	18	(2.3)	4516	(361.1)	486	(127.8)	11	(2.6)	6029	(1291.1)	2762	(526.8)	46	(13.1)	4193	(325.4)
2 and over...	2169	15	(1.8)	4419	(290.8)	408	(96.8)	9	(2.1)	5827	(1192.5)	2695	(490.5)	46	(12.1)	4168	(258.4)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	4315	(262.7)	262	(49.7)	6	(1.1)	3847	(535.8)	1977	(285.5)	51	(4.9)	4386	(269.2)
20 and over.....	1973	21	(1.2)	5063	(510.9)	776	(178.6)	15	(2.8)	6094	(811.9)	3662	(804.1)	60	(6.7)	4786	(492.2)
2 and over...	3198	19	(1.1)	4886	(403.0)	654	(147.0)	13	(2.4)	5728	(689.1)	3388	(689.0)	59	(5.8)	4684	(384.9)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	4363	(541.1)	323	(68.8)	7	(1.9)	4333	(1022.7)	1802	(345.3)	42	(8.9)	4369	(614.6)
20 and over.....	1206	27	(2.8)	5534	(295.5)	973	(196.1)	18	(3.6)	5800	(939.1)	3582	(605.6)	62	(4.5)	5434	(442.8)
2 and over...	1956	25	(2.4)	5235	(291.9)	808	(147.9)	15	(3.1)	5530	(814.4)	3254	(482.8)	59	(4.1)	5138	(422.9)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	4261	(230.4)	262	(27.3)	6	(0.8)	4173	(585.0)	1889	(185.6)	45	(5.3)	4275	(258.9)
20 and over.....	5017	22	(1.0)	5092	(233.4)	747	(91.9)	15	(1.7)	5825	(550.6)	3363	(431.4)	58	(3.9)	4882	(286.8)
2 and over...	7918	20	(0.9)	4892	(215.4)	630	(70.1)	13	(1.3)	5553	(498.7)	3120	(352.9)	56	(3.2)	4725	(255.3)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>Full Service Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	1.53	(0.045)	0.04	(0.008)	3*	(0.5)	--		--		--		1.54	(0.047)
20 and over.....	1430	18	(2.3)	1.50	(0.034)	0.10	(0.020)	7	(1.3)	1.55	(0.131)	0.59	(0.070)	38	(3.0)	1.48	(0.036)
2 and over...	2169	15	(1.8)	1.51	(0.032)	0.09	(0.016)	6	(1.0)	1.55	(0.121)	0.58	(0.063)	38	(2.6)	1.50	(0.030)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	1.48	(0.036)	0.06	(0.012)	4	(0.8)	1.28	(0.074)	0.47	(0.069)	37	(3.9)	1.51	(0.041)
20 and over.....	1973	21	(1.2)	1.56	(0.027)	0.13	(0.012)	9	(0.7)	1.63	(0.085)	0.63	(0.064)	39	(2.3)	1.55	(0.034)
2 and over...	3198	19	(1.1)	1.54	(0.021)	0.12	(0.010)	8	(0.6)	1.57	(0.073)	0.60	(0.058)	39	(2.2)	1.54	(0.024)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1.57	(0.031)	0.11	(0.020)	7	(1.3)	1.66	(0.107)	0.64	(0.060)	39	(2.6)	1.55	(0.035)
20 and over.....	1206	27	(2.8)	1.65	(0.036)	0.18	(0.019)	11	(1.1)	1.70	(0.049)	0.66	(0.040)	39	(1.7)	1.63	(0.046)
2 and over...	1956	25	(2.4)	1.63	(0.030)	0.16	(0.016)	10	(1.0)	1.69	(0.047)	0.66	(0.028)	39	(1.2)	1.61	(0.034)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1.52	(0.025)	0.08	(0.009)	5	(0.5)	1.53	(0.081)	0.56	(0.043)	37	(2.0)	1.52	(0.025)
20 and over.....	5017	22	(1.0)	1.58	(0.020)	0.14	(0.007)	9	(0.4)	1.65	(0.052)	0.63	(0.034)	38	(1.4)	1.56	(0.022)
2 and over...	7918	20	(0.9)	1.57	(0.018)	0.13	(0.006)	8	(0.3)	1.63	(0.049)	0.62	(0.030)	38	(1.2)	1.55	(0.017)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

R i b o f l a v i n										
			All Individuals <sup>2</sup>			Full Service Restaurant Consumers <sup>3</sup>			Non-consumers <sup>4</sup>	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)	Total Intake mg (SE)	Intake from Full Service Restaurants mg (SE)	Percentages from <sup>6</sup> Full Service Restaurants % (SE)	Total Intake mg (SE)	Intake from Full Service Restaurants mg (SE)	Percentages from <sup>6</sup> Full Service Restaurants % (SE)	Total Intake mg (SE)	
<b>\$0 - \$24,999:</b>										
2 - 19.....	739	7 (1.4)	1.87 (0.047)	0.05 (0.011)	3* (0.6)	--	--	--	1.87 (0.048)	
20 and over.....	1430	18 (2.3)	2.01 (0.061)	0.12 (0.020)	6 (0.9)	2.17 (0.214)	0.68 (0.073)	31 (2.2)	1.97 (0.046)	
2 and over...	2169	15 (1.8)	1.97 (0.052)	0.10 (0.015)	5 (0.7)	2.13 (0.193)	0.68 (0.065)	32 (1.9)	1.95 (0.038)	
<b>\$25,000 - \$74,999:</b>										
2 - 19.....	1225	13 (1.2)	1.84 (0.050)	0.07 (0.009)	4 (0.5)	1.66 (0.092)	0.52 (0.045)	31 (2.4)	1.87 (0.053)	
20 and over.....	1973	21 (1.2)	2.18 (0.047)	0.17 (0.008)	8 (0.3)	2.46 (0.138)	0.79 (0.047)	32 (1.6)	2.10 (0.044)	
2 and over...	3198	19 (1.1)	2.10 (0.046)	0.14 (0.008)	7 (0.4)	2.33 (0.125)	0.75 (0.041)	32 (1.5)	2.04 (0.040)	
<b>\$75,000 and higher:</b>										
2 - 19.....	750	18 (1.9)	1.99 (0.070)	0.13 (0.025)	7 (1.2)	2.12 (0.163)	0.73 (0.085)	35 (3.2)	1.97 (0.067)	
20 and over.....	1206	27 (2.8)	2.28 (0.042)	0.19 (0.017)	8 (0.8)	2.23 (0.057)	0.69 (0.044)	31 (1.5)	2.30 (0.053)	
2 and over...	1956	25 (2.4)	2.21 (0.039)	0.17 (0.017)	8 (0.8)	2.21 (0.057)	0.70 (0.038)	32 (1.2)	2.20 (0.048)	
<b>All Individuals <sup>7</sup>:</b>										
2 - 19.....	2901	14 (0.9)	1.90 (0.042)	0.09 (0.010)	5 (0.5)	1.93 (0.098)	0.65 (0.054)	34 (2.4)	1.90 (0.041)	
20 and over.....	5017	22 (1.0)	2.17 (0.040)	0.16 (0.005)	7 (0.3)	2.31 (0.057)	0.72 (0.034)	31 (1.3)	2.13 (0.042)	
2 and over...	7918	20 (0.9)	2.10 (0.037)	0.14 (0.005)	7 (0.3)	2.25 (0.057)	0.71 (0.030)	32 (1.2)	2.07 (0.038)	

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

N i a c i n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	21.5	(0.44)	0.6	(0.08)	3	(0.4)	--		--		--		21.6	(0.46)
20 and over.....	1430	18	(2.3)	24.9	(0.68)	1.8	(0.31)	7	(1.2)	27.1	(2.05)	10.2	(1.13)	38	(3.1)	24.4	(0.59)
2 and over...	2169	15	(1.8)	24.1	(0.53)	1.5	(0.24)	6	(0.9)	26.4	(1.89)	10.0	(1.08)	38	(2.9)	23.7	(0.41)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	20.9	(0.52)	1.1	(0.17)	5	(0.8)	20.4	(1.03)	8.6	(0.75)	42	(3.9)	21.0	(0.58)
20 and over.....	1973	21	(1.2)	25.8	(0.59)	2.5	(0.19)	10	(0.6)	28.8	(1.70)	11.8	(0.70)	41	(1.5)	25.0	(0.56)
2 and over...	3198	19	(1.1)	24.6	(0.54)	2.2	(0.17)	9	(0.6)	27.5	(1.50)	11.3	(0.59)	41	(1.3)	24.0	(0.46)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	21.9	(0.84)	2.1	(0.58)	10	(2.5)	25.1	(2.69)	11.7	(2.60)	47	(5.7)	21.2	(0.78)
20 and over.....	1206	27	(2.8)	27.8	(0.78)	3.3	(0.48)	12	(1.7)	28.2	(1.19)	12.2	(1.07)	43	(2.3)	27.6	(0.98)
2 and over...	1956	25	(2.4)	26.3	(0.67)	3.0	(0.43)	11	(1.6)	27.6	(1.18)	12.1	(1.00)	44	(2.0)	25.9	(0.69)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	21.4	(0.40)	1.4	(0.21)	7	(0.9)	23.1	(1.42)	10.2	(1.32)	44	(3.4)	21.1	(0.35)
20 and over.....	5017	22	(1.0)	26.2	(0.53)	2.6	(0.16)	10	(0.6)	28.4	(0.69)	11.6	(0.50)	41	(1.4)	25.5	(0.55)
2 and over...	7918	20	(0.9)	25.0	(0.43)	2.3	(0.15)	9	(0.6)	27.6	(0.70)	11.4	(0.48)	41	(1.3)	24.4	(0.42)



**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	1.67	(0.045)	0.04	(0.006)	2*	(0.4)	--		--		--		1.68	(0.046)
20 and over.....	1430	18	(2.3)	2.07	(0.073)	0.13	(0.027)	6	(1.2)	2.25	(0.231)	0.75	(0.111)	33	(3.1)	2.03	(0.062)
2 and over...	2169	15	(1.8)	1.98	(0.054)	0.11	(0.020)	6	(1.0)	2.16	(0.216)	0.73	(0.105)	34	(2.9)	1.94	(0.042)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	1.71	(0.044)	0.08	(0.013)	5	(0.7)	1.67	(0.081)	0.61	(0.064)	36	(3.8)	1.72	(0.045)
20 and over.....	1973	21	(1.2)	2.10	(0.074)	0.18	(0.015)	9	(0.7)	2.41	(0.235)	0.87	(0.065)	36	(3.1)	2.02	(0.069)
2 and over...	3198	19	(1.1)	2.01	(0.058)	0.16	(0.013)	8	(0.6)	2.29	(0.207)	0.83	(0.052)	36	(2.7)	1.94	(0.046)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1.67	(0.067)	0.13	(0.038)	8	(2.1)	1.87	(0.222)	0.74	(0.167)	39	(4.9)	1.63	(0.060)
20 and over.....	1206	27	(2.8)	2.27	(0.076)	0.23	(0.027)	10	(1.3)	2.30	(0.091)	0.85	(0.056)	37	(2.1)	2.25	(0.096)
2 and over...	1956	25	(2.4)	2.12	(0.060)	0.21	(0.026)	10	(1.2)	2.22	(0.090)	0.83	(0.052)	37	(1.8)	2.08	(0.069)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1.68	(0.038)	0.09	(0.014)	5	(0.8)	1.77	(0.124)	0.67	(0.084)	38	(2.8)	1.67	(0.034)
20 and over.....	5017	22	(1.0)	2.15	(0.051)	0.18	(0.009)	9	(0.5)	2.34	(0.095)	0.83	(0.033)	36	(1.4)	2.09	(0.048)
2 and over...	7918	20	(0.9)	2.03	(0.040)	0.16	(0.009)	8	(0.4)	2.25	(0.088)	0.81	(0.030)	36	(1.2)	1.98	(0.034)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

F o l a t e   ( D F E )																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	508	(17.3)	10	(1.9)	2*	(0.4)	--		--		--		512	(18.3)
20 and over.....	1430	18	(2.3)	482	(9.7)	27	(4.9)	6	(1.0)	465	(41.2)	151	(18.3)	32	(2.6)	485	(11.7)
2 and over...	2169	15	(1.8)	488	(9.9)	23	(3.8)	5	(0.8)	464	(38.0)	150	(16.6)	32	(2.4)	492	(9.8)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	500	(17.2)	17	(2.8)	3	(0.6)	400	(31.2)	129	(14.9)	32	(3.0)	515	(19.0)
20 and over.....	1973	21	(1.2)	494	(10.8)	39	(2.8)	8	(0.5)	513	(34.7)	184	(15.6)	36	(1.8)	489	(11.6)
2 and over...	3198	19	(1.1)	495	(8.6)	34	(2.4)	7	(0.5)	495	(30.7)	175	(14.2)	35	(1.7)	495	(8.7)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	499	(13.1)	32	(5.0)	7	(1.0)	501	(43.4)	181	(13.9)	36	(2.4)	499	(15.6)
20 and over.....	1206	27	(2.8)	554	(16.0)	53	(5.6)	10	(1.0)	553	(18.2)	194	(12.3)	35	(2.2)	554	(22.4)
2 and over...	1956	25	(2.4)	540	(13.4)	48	(4.6)	9	(0.9)	543	(16.9)	192	(8.7)	35	(1.9)	539	(17.1)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	500	(10.1)	22	(1.9)	4	(0.4)	470	(29.0)	157	(8.4)	33	(2.1)	505	(10.1)
20 and over.....	5017	22	(1.0)	514	(10.0)	40	(2.2)	8	(0.4)	527	(17.7)	182	(9.1)	35	(1.4)	511	(10.7)
2 and over...	7918	20	(0.9)	511	(8.3)	36	(1.7)	7	(0.3)	517	(16.5)	178	(7.8)	34	(1.3)	509	(8.3)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	242	(6.7)	8	(2.0)	3	(0.8)	--		--		--		241	(5.8)
20 and over.....	1430	18	(2.3)	325	(10.0)	29	(7.9)	9	(2.2)	361	(41.6)	168	(39.7)	46	(6.3)	318	(6.9)
2 and over...	2169	15	(1.8)	306	(8.2)	25	(6.0)	8	(1.8)	349	(39.2)	162	(36.8)	46	(5.9)	298	(5.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	244	(5.9)	14	(1.8)	6	(0.7)	243	(16.8)	104	(8.7)	43	(3.0)	244	(6.1)
20 and over.....	1973	21	(1.2)	345	(6.3)	40	(2.6)	12	(0.8)	401	(18.2)	188	(12.7)	47	(2.2)	330	(7.3)
2 and over...	3198	19	(1.1)	321	(5.1)	34	(2.4)	10	(0.8)	375	(16.9)	174	(11.1)	46	(2.0)	308	(5.4)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	258	(10.4)	26	(6.4)	10	(2.2)	317	(36.7)	142	(26.1)	45	(5.0)	245	(6.9)
20 and over.....	1206	27	(2.8)	344	(7.3)	45	(4.0)	13	(1.2)	368	(18.9)	165	(13.4)	45	(2.5)	335	(8.9)
2 and over...	1956	25	(2.4)	322	(6.6)	40	(4.1)	12	(1.3)	359	(16.0)	161	(12.2)	45	(2.3)	310	(8.2)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	249	(5.6)	18	(2.6)	7	(1.0)	284	(21.2)	126	(15.6)	45	(3.4)	243	(4.7)
20 and over.....	5017	22	(1.0)	339	(4.6)	38	(2.1)	11	(0.6)	379	(14.4)	173	(12.0)	46	(2.1)	327	(4.8)
2 and over...	7918	20	(0.9)	317	(4.2)	33	(1.8)	11	(0.6)	364	(13.2)	165	(10.5)	45	(1.8)	306	(4.3)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n    B 1 2																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	4.43	(0.187)	0.11	(0.020)	2 *	(0.5)	--		--		--		4.47	(0.191)
20 and over.....	1430	18	(2.3)	4.98	(0.472)	0.66 *	(0.338)	13 *	(5.6)	7.12	(2.132)	3.73 *	(1.859)	52	(10.9)	4.53	(0.166)
2 and over...	2169	15	(1.8)	4.85	(0.370)	0.53 *	(0.255)	11 *	(4.5)	6.77	(1.913)	3.49 *	(1.662)	52	(10.4)	4.51	(0.128)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	4.59	(0.160)	0.18	(0.035)	4	(0.7)	4.08	(0.274)	1.34	(0.204)	33	(3.8)	4.67	(0.177)
20 and over.....	1973	21	(1.2)	4.84	(0.155)	0.50	(0.035)	10	(0.7)	5.84	(0.335)	2.35	(0.127)	40	(2.9)	4.57	(0.168)
2 and over...	3198	19	(1.1)	4.78	(0.121)	0.42	(0.030)	9	(0.7)	5.55	(0.295)	2.18	(0.113)	39	(2.6)	4.59	(0.120)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	4.59	(0.198)	0.30	(0.069)	6	(1.4)	4.59	(0.589)	1.66	(0.290)	36	(3.4)	4.59	(0.195)
20 and over.....	1206	27	(2.8)	5.26	(0.186)	0.51	(0.059)	10	(1.2)	5.36	(0.344)	1.87	(0.136)	35	(2.6)	5.22	(0.244)
2 and over...	1956	25	(2.4)	5.09	(0.158)	0.45	(0.050)	9	(1.0)	5.22	(0.296)	1.83	(0.114)	35	(1.9)	5.05	(0.192)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	4.53	(0.125)	0.21	(0.027)	5	(0.6)	4.35	(0.283)	1.52	(0.150)	35	(2.5)	4.56	(0.124)
20 and over.....	5017	22	(1.0)	4.97	(0.123)	0.52	(0.072)	11	(1.4)	5.86	(0.282)	2.36	(0.348)	40	(4.5)	4.72	(0.121)
2 and over...	7918	20	(0.9)	4.86	(0.105)	0.45	(0.052)	9	(1.0)	5.61	(0.258)	2.22	(0.284)	40	(3.8)	4.68	(0.103)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	76.5	(4.00)	1.0*	(0.37)	1 *	(0.5)	--		--		--		78.0	(3.93)
20 and over.....	1430	18	(2.3)	79.6	(4.27)	4.9*	(1.63)	6 *	(2.0)	79.8	(10.97)	27.8	(7.87)	35	(7.3)	79.5	(4.10)
2 and over...	2169	15	(1.8)	78.9	(3.77)	4.0*	(1.25)	5 *	(1.5)	77.3	(10.15)	26.3	(7.22)	34	(6.8)	79.1	(3.48)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	64.1	(3.47)	1.6	(0.41)	2	(0.6)	53.7	(6.38)	12.1	(2.81)	22	(4.5)	65.7	(3.67)
20 and over.....	1973	21	(1.2)	71.9	(2.87)	5.2	(0.94)	7	(1.2)	71.6	(5.94)	24.6	(4.32)	34	(4.8)	72.0	(2.74)
2 and over...	3198	19	(1.1)	70.1	(2.21)	4.4	(0.80)	6	(1.1)	68.7	(5.34)	22.5	(3.83)	33	(4.6)	70.4	(2.14)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	64.5	(4.36)	3.0	(0.55)	5	(0.7)	66.9	(6.67)	16.9	(2.06)	25	(2.9)	64.0	(4.68)
20 and over.....	1206	27	(2.8)	86.6	(4.62)	7.7	(1.05)	9	(1.2)	89.8	(4.30)	28.2	(3.47)	31	(3.8)	85.5	(5.47)
2 and over...	1956	25	(2.4)	81.0	(4.54)	6.5	(0.84)	8	(0.9)	85.6	(3.90)	26.1	(3.00)	31	(3.2)	79.5	(5.11)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(3.15)	2.1	(0.32)	3	(0.4)	61.2	(4.60)	15.4	(1.77)	25	(2.0)	68.1	(3.13)
20 and over.....	5017	22	(1.0)	79.6	(2.56)	5.8	(0.51)	7	(0.6)	80.3	(3.95)	26.2	(2.33)	33	(2.5)	79.4	(2.33)
2 and over...	7918	20	(0.9)	76.6	(2.41)	4.9	(0.45)	6	(0.5)	77.2	(3.73)	24.5	(2.02)	32	(2.1)	76.5	(2.23)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	5.4	(0.32)	0.1	(0.02)	1 *	(0.3)	--		--		--		5.5	(0.32)
20 and over.....	1430	18	(2.3)	4.2	(0.24)	0.1	(0.02)	3	(0.3)	4.3	(0.81)	0.8	(0.10)	18	(2.5)	4.2	(0.19)
2 and over...	2169	15	(1.8)	4.5	(0.20)	0.1	(0.01)	3	(0.2)	4.3	(0.73)	0.8	(0.09)	18	(2.2)	4.5	(0.15)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	5.3	(0.26)	0.1	(0.04)	2 *	(0.8)	4.3	(0.47)	1.0	(0.24)	23	(5.5)	5.4	(0.25)
20 and over.....	1973	21	(1.2)	4.5	(0.15)	0.4	(0.06)	9	(1.3)	5.3	(0.30)	1.9	(0.22)	37	(4.0)	4.3	(0.16)
2 and over...	3198	19	(1.1)	4.7	(0.15)	0.3	(0.05)	7	(1.1)	5.1	(0.30)	1.8	(0.20)	35	(3.8)	4.6	(0.15)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	5.4	(0.30)	0.2	(0.07)	5	(1.4)	4.8	(0.71)	1.4	(0.33)	29	(5.9)	5.5	(0.35)
20 and over.....	1206	27	(2.8)	5.2	(0.40)	0.5	(0.11)	9	(2.2)	4.9	(0.62)	1.7	(0.38)	35	(4.0)	5.3	(0.53)
2 and over...	1956	25	(2.4)	5.2	(0.34)	0.4	(0.09)	8	(1.7)	4.9	(0.52)	1.7	(0.31)	34	(3.3)	5.3	(0.42)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	5.3	(0.22)	0.2	(0.03)	3	(0.6)	4.7	(0.42)	1.2	(0.20)	27	(3.9)	5.4	(0.24)
20 and over.....	5017	22	(1.0)	4.7	(0.15)	0.4	(0.04)	8	(0.8)	5.1	(0.23)	1.7	(0.12)	33	(1.6)	4.6	(0.19)
2 and over...	7918	20	(0.9)	4.8	(0.15)	0.3	(0.03)	7	(0.7)	5.0	(0.21)	1.6	(0.11)	32	(1.8)	4.8	(0.18)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	6.9	(0.24)	0.2	(0.03)	3	(0.4)	--		--		--		6.9	(0.23)
20 and over.....	1430	18	(2.3)	8.3	(0.30)	0.7	(0.16)	8	(1.8)	10.0	(0.89)	3.8	(0.71)	38	(6.2)	8.0	(0.28)
2 and over...	2169	15	(1.8)	8.0	(0.23)	0.6	(0.12)	7	(1.4)	9.7	(0.81)	3.7	(0.64)	38	(5.7)	7.7	(0.19)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	6.9	(0.21)	0.4	(0.05)	5	(0.7)	7.4	(0.54)	2.8	(0.25)	38	(2.9)	6.8	(0.21)
20 and over.....	1973	21	(1.2)	8.7	(0.27)	0.8	(0.06)	10	(0.7)	9.8	(0.66)	4.0	(0.33)	41	(2.6)	8.4	(0.23)
2 and over...	3198	19	(1.1)	8.3	(0.25)	0.7	(0.06)	9	(0.6)	9.4	(0.57)	3.8	(0.28)	40	(2.3)	8.0	(0.21)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	7.7	(0.22)	0.6	(0.12)	8	(1.6)	8.5	(0.54)	3.5	(0.46)	41	(5.0)	7.5	(0.27)
20 and over.....	1206	27	(2.8)	10.6	(0.47)	1.2	(0.12)	11	(1.1)	10.6	(0.48)	4.2	(0.28)	40	(2.1)	10.5	(0.56)
2 and over...	1956	25	(2.4)	9.8	(0.41)	1.0	(0.10)	10	(1.1)	10.3	(0.36)	4.1	(0.20)	40	(1.5)	9.7	(0.49)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	7.2	(0.10)	0.4	(0.05)	6	(0.7)	8.0	(0.29)	3.1	(0.27)	39	(3.1)	7.1	(0.12)
20 and over.....	5017	22	(1.0)	9.2	(0.26)	0.9	(0.04)	10	(0.5)	10.2	(0.41)	4.0	(0.21)	39	(1.5)	9.0	(0.27)
2 and over...	7918	20	(0.9)	8.8	(0.23)	0.8	(0.04)	9	(0.5)	9.8	(0.33)	3.9	(0.18)	39	(1.4)	8.5	(0.24)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n   K																	
<div>—————<i>All Individuals</i><sup>2</sup>—————      ———<i>Full Service Restaurant Consumers</i><sup>3</sup>———      <i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	73.5	(5.25)	1.9	(0.46)	3	(0.6)	--		--		--		74.7	(5.39)
20 and over.....	1430	18	(2.3)	110.1	(4.33)	10.4	(2.96)	9	(2.8)	112.7	(15.99)	59.0	(14.14)	52	(7.2)	109.6	(6.44)
2 and over...	2169	15	(1.8)	101.5	(3.36)	8.4	(2.25)	8	(2.2)	106.6	(13.87)	55.6	(12.51)	52	(6.7)	100.6	(4.52)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	59.2	(3.14)	4.3	(0.68)	7	(1.1)	65.6	(6.11)	32.4	(3.63)	49	(6.4)	58.2	(3.12)
20 and over.....	1973	21	(1.2)	106.7	(3.24)	14.0	(1.80)	13	(1.4)	119.8	(10.67)	66.1	(9.08)	55	(3.6)	103.1	(2.89)
2 and over...	3198	19	(1.1)	95.4	(3.04)	11.7	(1.40)	12	(1.2)	111.0	(9.36)	60.6	(7.84)	55	(3.3)	91.7	(2.77)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	68.4	(2.70)	7.7	(1.51)	11	(2.3)	86.9	(6.56)	42.9	(5.99)	49	(6.9)	64.4	(3.38)
20 and over.....	1206	27	(2.8)	145.0	(10.20)	22.3	(3.45)	15	(2.2)	153.2	(15.63)	82.1	(9.72)	54	(5.3)	141.9	(11.37)
2 and over...	1956	25	(2.4)	125.5	(8.64)	18.6	(2.69)	15	(2.0)	141.0	(12.37)	74.9	(7.78)	53	(4.7)	120.4	(9.58)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	66.5	(2.33)	5.1	(0.57)	8	(0.8)	74.4	(4.82)	36.7	(3.32)	49	(4.1)	65.2	(2.49)
20 and over.....	5017	22	(1.0)	120.9	(4.68)	15.6	(1.48)	13	(1.0)	130.7	(9.20)	70.2	(6.15)	54	(3.1)	118.1	(4.90)
2 and over...	7918	20	(0.9)	107.8	(4.23)	13.1	(1.17)	12	(0.9)	121.4	(7.59)	64.7	(5.22)	53	(3.0)	104.4	(4.49)



**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>Full Service Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	935	(42.2)	21	(5.3)	2*	(0.6)	--		--		--		939	(42.4)
20 and over.....	1430	18	(2.3)	881	(21.0)	52	(8.9)	6	(1.0)	913	(52.4)	295	(26.2)	32	(2.0)	875	(19.3)
2 and over...	2169	15	(1.8)	894	(20.6)	45	(7.2)	5	(0.8)	911	(48.5)	295	(23.3)	32	(1.7)	891	(19.5)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	960	(30.5)	30	(5.3)	3	(0.6)	873	(55.2)	230	(28.9)	26	(3.6)	974	(31.4)
20 and over.....	1973	21	(1.2)	963	(28.9)	73	(5.3)	8	(0.4)	1045	(57.2)	344	(25.6)	33	(1.9)	941	(25.0)
2 and over...	3198	19	(1.1)	962	(27.3)	63	(4.4)	7	(0.4)	1017	(51.1)	326	(21.3)	32	(1.8)	949	(24.5)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1036	(36.8)	67	(17.3)	6	(1.6)	1092	(91.6)	372	(80.5)	34	(5.7)	1024	(33.4)
20 and over.....	1206	27	(2.8)	988	(23.5)	85	(8.5)	9	(0.9)	982	(48.2)	312	(25.0)	32	(1.4)	990	(24.7)
2 and over...	1956	25	(2.4)	1000	(20.7)	80	(8.2)	8	(0.8)	1002	(44.1)	323	(24.9)	32	(1.6)	1000	(18.9)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	979	(28.5)	42	(6.8)	4	(0.7)	981	(49.7)	302	(41.3)	31	(3.7)	979	(28.6)
20 and over.....	5017	22	(1.0)	949	(19.0)	70	(3.7)	7	(0.4)	988	(37.7)	316	(17.0)	32	(1.1)	938	(16.2)
2 and over...	7918	20	(0.9)	956	(19.1)	63	(3.2)	7	(0.3)	987	(35.4)	313	(15.1)	32	(1.2)	949	(16.4)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

P h o s p h o r u s																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	1195	(34.1)	35	(6.3)	3	(0.5)	--		--		--		1194	(31.0)
20 and over.....	1430	18	(2.3)	1293	(29.6)	103	(20.5)	8	(1.5)	1372	(115.2)	585	(91.1)	43	(3.6)	1276	(25.8)
2 and over...	2169	15	(1.8)	1270	(26.0)	87	(15.3)	7	(1.2)	1355	(104.9)	576	(81.4)	43	(3.3)	1255	(21.6)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	1212	(27.8)	61	(8.5)	5	(0.7)	1198	(60.2)	459	(37.6)	38	(3.3)	1214	(28.0)
20 and over.....	1973	21	(1.2)	1383	(26.4)	140	(7.0)	10	(0.5)	1568	(58.1)	658	(29.4)	42	(1.8)	1333	(24.7)
2 and over...	3198	19	(1.1)	1342	(23.5)	121	(6.8)	9	(0.5)	1508	(53.9)	626	(26.0)	42	(1.8)	1303	(21.0)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1296	(40.6)	113	(23.6)	9	(1.7)	1495	(122.8)	628	(90.4)	42	(4.1)	1252	(33.0)
20 and over.....	1206	27	(2.8)	1460	(29.5)	166	(15.8)	11	(1.1)	1481	(60.8)	611	(36.1)	41	(1.5)	1452	(34.6)
2 and over...	1956	25	(2.4)	1418	(27.3)	152	(15.0)	11	(1.1)	1483	(51.6)	614	(29.9)	41	(1.2)	1397	(29.9)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1237	(24.6)	76	(9.4)	6	(0.8)	1357	(63.4)	549	(50.7)	40	(3.0)	1217	(23.5)
20 and over.....	5017	22	(1.0)	1385	(21.2)	137	(6.0)	10	(0.5)	1494	(44.9)	618	(26.2)	41	(1.4)	1354	(20.9)
2 and over...	7918	20	(0.9)	1349	(20.4)	123	(5.4)	9	(0.4)	1471	(41.9)	607	(22.5)	41	(1.3)	1319	(19.8)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>Full Service Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)		Total Intake mg (SE)		Intake from Full Service Restaurants mg (SE)		Percentages from <sup>6</sup> Full Service Restaurants % (SE)		Total Intake mg (SE)		Intake from Full Service Restaurants mg (SE)		Percentages from <sup>6</sup> Full Service Restaurants % (SE)		Total Intake mg (SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	223	(6.1)	5	(0.8)	2*	(0.4)	--		--		--		224	(6.1)
20 and over.....	1430	18	(2.3)	279	(4.6)	18	(3.8)	6	(1.4)	284	(25.5)	101	(16.4)	36	(3.3)	278	(6.6)
2 and over...	2169	15	(1.8)	266	(4.1)	15	(2.9)	6	(1.1)	276	(23.2)	99	(14.9)	36	(3.0)	264	(4.6)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	225	(5.4)	9	(1.5)	4	(0.7)	206	(7.9)	70	(7.3)	34	(3.5)	228	(5.6)
20 and over.....	1973	21	(1.2)	297	(6.9)	23	(1.2)	8	(0.4)	313	(12.2)	108	(5.7)	35	(1.4)	292	(7.2)
2 and over...	3198	19	(1.1)	280	(6.7)	20	(1.2)	7	(0.4)	296	(11.2)	102	(5.2)	35	(1.4)	276	(6.5)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	242	(6.4)	18	(3.4)	7	(1.3)	274	(14.6)	98	(11.3)	36	(3.4)	235	(7.2)
20 and over.....	1206	27	(2.8)	335	(6.7)	30	(2.7)	9	(0.8)	332	(9.3)	111	(5.9)	33	(1.0)	336	(8.3)
2 and over...	1956	25	(2.4)	311	(6.6)	27	(2.4)	9	(0.8)	321	(6.8)	109	(4.4)	34	(0.8)	308	(8.5)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	231	(3.8)	12	(1.3)	5	(0.5)	242	(9.2)	84	(6.3)	35	(2.4)	230	(3.9)
20 and over.....	5017	22	(1.0)	307	(5.3)	24	(0.8)	8	(0.3)	318	(8.0)	107	(4.2)	34	(1.0)	303	(6.1)
2 and over...	7918	20	(0.9)	289	(5.0)	21	(0.8)	7	(0.3)	306	(7.3)	104	(3.6)	34	(0.9)	284	(5.6)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

I r o n																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	14.0	(0.56)	0.3	(0.05)	2*	(0.4)	--		--		--		14.1	(0.59)
20 and over.....	1430	18	(2.3)	13.3	(0.32)	0.9	(0.19)	7	(1.4)	14.0	(1.54)	5.1	(0.81)	36	(3.2)	13.1	(0.25)
2 and over...	2169	15	(1.8)	13.4	(0.33)	0.8	(0.15)	6	(1.0)	13.9	(1.39)	5.0	(0.74)	36	(3.0)	13.4	(0.26)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	13.8	(0.45)	0.5	(0.08)	4	(0.6)	11.3	(0.48)	4.0	(0.39)	36	(2.4)	14.1	(0.49)
20 and over.....	1973	21	(1.2)	14.0	(0.29)	1.2	(0.07)	9	(0.5)	14.7	(0.69)	5.8	(0.34)	40	(1.6)	13.8	(0.33)
2 and over...	3198	19	(1.1)	13.9	(0.22)	1.1	(0.07)	8	(0.4)	14.1	(0.62)	5.5	(0.30)	39	(1.4)	13.9	(0.22)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	13.9	(0.40)	0.9	(0.16)	7	(1.2)	14.8	(1.30)	5.3	(0.54)	35	(1.7)	13.6	(0.46)
20 and over.....	1206	27	(2.8)	14.5	(0.31)	1.4	(0.13)	10	(1.0)	14.5	(0.41)	5.3	(0.27)	37	(1.6)	14.6	(0.40)
2 and over...	1956	25	(2.4)	14.4	(0.28)	1.3	(0.12)	9	(0.8)	14.6	(0.49)	5.3	(0.19)	37	(1.1)	14.3	(0.33)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	13.8	(0.30)	0.7	(0.06)	5	(0.4)	13.5	(0.68)	4.7	(0.29)	35	(1.6)	13.8	(0.33)
20 and over.....	5017	22	(1.0)	14.0	(0.18)	1.2	(0.05)	9	(0.3)	14.5	(0.46)	5.4	(0.26)	37	(1.2)	13.9	(0.18)
2 and over...	7918	20	(0.9)	14.0	(0.17)	1.1	(0.04)	8	(0.3)	14.4	(0.42)	5.3	(0.21)	37	(1.0)	13.9	(0.16)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	9.7	(0.26)	0.3	(0.05)	3	(0.5)	--		--		--		9.7	(0.26)
20 and over.....	1430	18	(2.3)	10.3	(0.24)	0.9	(0.18)	9	(1.6)	11.5	(0.91)	5.1	(0.70)	44	(3.8)	10.0	(0.25)
2 and over...	2169	15	(1.8)	10.2	(0.22)	0.8	(0.14)	7	(1.3)	11.3	(0.83)	5.0	(0.64)	44	(3.5)	9.9	(0.20)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	9.9	(0.33)	0.5	(0.07)	5	(0.8)	9.1	(0.56)	3.6	(0.41)	40	(3.6)	10.1	(0.35)
20 and over.....	1973	21	(1.2)	11.3	(0.28)	1.2	(0.09)	11	(0.7)	12.8	(0.62)	5.7	(0.42)	45	(2.3)	10.9	(0.26)
2 and over...	3198	19	(1.1)	11.0	(0.26)	1.0	(0.08)	9	(0.7)	12.2	(0.58)	5.4	(0.34)	44	(2.0)	10.7	(0.24)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	10.1	(0.33)	0.9	(0.19)	9	(1.7)	11.3	(1.22)	4.9	(0.73)	43	(3.6)	9.8	(0.23)
20 and over.....	1206	27	(2.8)	11.9	(0.29)	1.3	(0.13)	11	(1.2)	12.0	(0.51)	4.9	(0.31)	40	(1.7)	11.8	(0.37)
2 and over...	1956	25	(2.4)	11.4	(0.27)	1.2	(0.13)	11	(1.1)	11.9	(0.57)	4.9	(0.30)	41	(1.3)	11.3	(0.30)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	9.9	(0.22)	0.6	(0.07)	6	(0.7)	10.4	(0.61)	4.3	(0.38)	41	(2.7)	9.8	(0.20)
20 and over.....	5017	22	(1.0)	11.2	(0.18)	1.1	(0.05)	10	(0.5)	12.2	(0.40)	5.1	(0.29)	42	(1.6)	10.9	(0.18)
2 and over...	7918	20	(0.9)	10.9	(0.18)	1.0	(0.05)	9	(0.5)	11.9	(0.39)	5.0	(0.23)	42	(1.3)	10.7	(0.17)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
—————All Individuals <sup>2</sup> —————      ———Full Service Restaurant Consumers <sup>3</sup> ———      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	0.9	(0.03)	#		2 *	(0.4)	--		--		--		0.9	(0.03)
20 and over.....	1430	18	(2.3)	1.1	(0.03)	0.1	(0.02)	6	(1.4)	1.1	(0.11)	0.4	(0.07)	36	(3.6)	1.1	(0.03)
2 and over...	2169	15	(1.8)	1.1	(0.02)	0.1	(0.01)	6	(1.1)	1.1	(0.10)	0.4	(0.06)	36	(3.3)	1.1	(0.02)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	0.9	(0.02)	#		4	(0.6)	0.8	(0.03)	0.3	(0.03)	35	(3.5)	0.9	(0.02)
20 and over.....	1973	21	(1.2)	1.2	(0.02)	0.1	(0.01)	8	(0.6)	1.3	(0.05)	0.5	(0.04)	35	(2.3)	1.2	(0.02)
2 and over...	3198	19	(1.1)	1.1	(0.02)	0.1	(0.01)	7	(0.5)	1.2	(0.05)	0.4	(0.03)	35	(2.1)	1.1	(0.02)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	1.0	(0.02)	0.1	(0.01)	7	(1.2)	1.1	(0.06)	0.4	(0.04)	34	(2.8)	0.9	(0.03)
20 and over.....	1206	27	(2.8)	1.4	(0.03)	0.1	(0.01)	9	(0.9)	1.3	(0.04)	0.4	(0.02)	33	(1.0)	1.4	(0.04)
2 and over...	1956	25	(2.4)	1.3	(0.03)	0.1	(0.01)	8	(0.8)	1.3	(0.03)	0.4	(0.02)	33	(0.7)	1.3	(0.04)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	0.9	(0.02)	#		5	(0.6)	1.0	(0.04)	0.3	(0.03)	35	(2.6)	0.9	(0.02)
20 and over.....	5017	22	(1.0)	1.2	(0.02)	0.1	(#)	8	(0.4)	1.3	(0.03)	0.4	(0.02)	34	(1.3)	1.2	(0.02)
2 and over...	7918	20	(0.9)	1.2	(0.02)	0.1	(#)	7	(0.4)	1.2	(0.03)	0.4	(0.02)	34	(1.1)	1.1	(0.02)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	95.0	(2.36)	3.6	(0.61)	4	(0.6)	--		--		--		94.4	(2.17)
20 and over.....	1430	18	(2.3)	110.3	(3.69)	10.4	(2.74)	9	(2.3)	122.4	(12.73)	58.9	(13.73)	48	(7.2)	107.8	(3.38)
2 and over...	2169	15	(1.8)	106.8	(2.80)	8.8	(2.07)	8	(1.8)	120.3	(11.57)	58.1	(12.33)	48	(6.5)	104.3	(2.29)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	93.4	(2.23)	5.6	(0.74)	6	(0.8)	90.3	(3.56)	42.0	(2.99)	47	(3.3)	93.9	(2.42)
20 and over.....	1973	21	(1.2)	115.9	(2.26)	13.7	(0.90)	12	(0.7)	133.9	(5.54)	64.7	(3.95)	48	(1.9)	111.1	(2.29)
2 and over...	3198	19	(1.1)	110.6	(2.02)	11.8	(0.82)	11	(0.7)	126.8	(5.00)	61.0	(3.48)	48	(1.8)	106.7	(1.88)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	102.3	(3.36)	11.3	(2.82)	11	(2.6)	123.6	(11.95)	62.8	(11.98)	51	(5.8)	97.7	(3.19)
20 and over.....	1206	27	(2.8)	120.0	(3.64)	16.7	(2.21)	14	(1.7)	125.4	(6.51)	61.6	(5.43)	49	(2.6)	118.0	(3.94)
2 and over...	1956	25	(2.4)	115.5	(3.35)	15.3	(2.02)	13	(1.6)	125.1	(6.01)	61.8	(5.05)	49	(2.4)	112.3	(3.34)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	97.1	(1.48)	7.5	(1.10)	8	(1.1)	109.6	(6.38)	54.2	(6.56)	49	(3.9)	95.1	(1.28)
20 and over.....	5017	22	(1.0)	115.5	(1.95)	13.8	(0.97)	12	(0.7)	128.6	(4.33)	62.1	(4.31)	48	(2.2)	111.7	(1.86)
2 and over...	7918	20	(0.9)	111.0	(1.71)	12.3	(0.82)	11	(0.7)	125.5	(4.02)	60.7	(3.91)	48	(2.1)	107.4	(1.57)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

P o t a s s i u m													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Full Service Restaurants		Percentages from <sup>6</sup>		Full Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	mg	(SE)	%	(SE)	Total Intake	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	7	(1.4)	2075	(53.1)	52	(8.5)	3 *	(0.4)	--		--	
20 and over.....	1430	18	(2.3)	2438	(44.1)	181	(36.6)	7	(1.5)	2529	(214.2)	1028	(146.5)
2 and over...	2169	15	(1.8)	2353	(43.0)	151	(27.7)	6	(1.2)	2464	(202.1)	997	(136.8)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	13	(1.2)	2053	(30.0)	98	(14.6)	5	(0.7)	1939	(70.9)	738	(70.8)
20 and over.....	1973	21	(1.2)	2562	(45.7)	235	(14.0)	9	(0.5)	2818	(104.9)	1110	(68.3)
2 and over...	3198	19	(1.1)	2442	(41.5)	203	(13.6)	8	(0.5)	2675	(92.4)	1050	(60.7)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	18	(1.9)	2130	(56.5)	165	(33.4)	8	(1.4)	2426	(189.8)	921	(118.8)
20 and over.....	1206	27	(2.8)	2827	(49.9)	296	(27.8)	10	(1.0)	2824	(66.8)	1090	(52.7)
2 and over...	1956	25	(2.4)	2650	(45.6)	263	(25.1)	10	(1.0)	2750	(49.3)	1059	(38.0)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	14	(0.9)	2086	(30.2)	115	(13.1)	6	(0.6)	2194	(105.4)	832	(67.8)
20 and over.....	5017	22	(1.0)	2633	(38.6)	239	(8.8)	9	(0.4)	2767	(67.0)	1078	(42.6)
2 and over...	7918	20	(0.9)	2502	(35.7)	209	(8.3)	8	(0.4)	2672	(62.4)	1037	(35.7)



**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
—————All Individuals <sup>2</sup> —————      — Full Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> %    (SE)		Total Intake mg    (SE)		Intake from Full Service Restaurants mg    (SE)		Percentages from <sup>6</sup> Full Service Restaurants %    (SE)		Total Intake mg    (SE)		Intake from Full Service Restaurants mg    (SE)		Percentages from <sup>6</sup> Full Service Restaurants %    (SE)		Total Intake mg    (SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	3016	(84.4)	110	(17.1)	4	(0.5)	--		--		--		2996	(79.7)
20 and over.....	1430	18	(2.3)	3347	(62.2)	333	(65.4)	10	(1.9)	3837	(222.4)	1893	(260.8)	49	(4.9)	3243	(63.0)
2 and over...	2169	15	(1.8)	3270	(51.0)	281	(49.8)	9	(1.5)	3777	(199.7)	1858	(235.1)	49	(4.5)	3180	(48.6)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	2950	(43.1)	181	(24.1)	6	(0.8)	2988	(175.5)	1366	(108.6)	46	(4.0)	2944	(43.4)
20 and over.....	1973	21	(1.2)	3566	(74.9)	434	(28.0)	12	(0.8)	4185	(179.3)	2050	(137.6)	49	(2.4)	3400	(75.9)
2 and over...	3198	19	(1.1)	3420	(55.0)	374	(25.0)	11	(0.7)	3990	(158.9)	1938	(119.0)	49	(2.2)	3283	(52.1)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	3093	(79.8)	334	(65.6)	11	(2.0)	3805	(240.3)	1864	(235.9)	49	(4.3)	2937	(78.9)
20 and over.....	1206	27	(2.8)	3676	(62.2)	541	(55.2)	15	(1.5)	3971	(134.9)	1991	(96.6)	50	(1.5)	3565	(67.8)
2 and over...	1956	25	(2.4)	3527	(54.4)	488	(50.1)	14	(1.4)	3940	(117.8)	1967	(78.1)	50	(1.3)	3391	(55.6)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	3013	(36.4)	227	(24.8)	8	(0.8)	3448	(125.2)	1640	(127.4)	48	(3.2)	2943	(34.1)
20 and over.....	5017	22	(1.0)	3536	(40.0)	438	(17.8)	12	(0.5)	4017	(102.0)	1973	(86.5)	49	(1.5)	3399	(36.1)
2 and over...	7918	20	(0.9)	3410	(33.6)	387	(16.0)	11	(0.5)	3923	(92.9)	1918	(73.3)	49	(1.4)	3281	(30.2)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

C a f f e i n e																	
<div><div><div></div><div><i>All Individuals</i><sup>2</sup></div></div><div><div></div><div><i>Full Service Restaurant Consumers</i><sup>3</sup></div></div><div><div></div><div><i>Non-consumers</i><sup>4</sup></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	26.3	(5.96)	0.7*	(0.38)	3*	(1.6)	--		--		--		25.9	(6.34)
20 and over.....	1430	18	(2.3)	144.8	(8.98)	5.2	(1.20)	4	(0.9)	136.3	(17.37)	29.8	(7.33)	22	(5.7)	146.6	(11.59)
2 and over...	2169	15	(1.8)	117.0	(8.10)	4.2	(0.90)	4	(0.9)	124.9	(16.73)	27.6	(6.66)	22	(5.6)	115.6	(10.68)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	29.9	(5.44)	2.5*	(0.79)	8*	(2.6)	35.6	(7.00)	18.8*	(5.89)	53	(9.5)	29.0	(6.02)
20 and over.....	1973	21	(1.2)	177.1	(10.95)	8.9	(1.28)	5	(0.9)	192.8	(13.22)	41.9	(6.71)	22	(2.9)	172.9	(14.11)
2 and over...	3198	19	(1.1)	142.2	(9.75)	7.4	(0.93)	5	(0.9)	167.2	(10.68)	38.2	(5.44)	23	(2.9)	136.2	(12.16)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	23.2	(2.26)	2.8	(0.84)	12	(3.3)	50.4	(7.77)	15.7	(3.56)	31	(7.5)	17.3	(2.11)
20 and over.....	1206	27	(2.8)	181.8	(7.69)	7.7	(1.39)	4	(0.8)	190.1	(10.89)	28.3	(5.58)	15	(2.9)	178.7	(11.08)
2 and over...	1956	25	(2.4)	141.4	(4.96)	6.5	(1.09)	5	(0.8)	164.3	(9.55)	26.0	(4.53)	16	(2.9)	133.8	(7.28)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	26.2	(2.97)	2.2	(0.44)	8	(1.6)	41.9	(4.51)	15.6	(2.85)	37	(5.0)	23.7	(3.46)
20 and over.....	5017	22	(1.0)	171.5	(6.17)	7.4	(0.85)	4	(0.5)	180.4	(7.89)	33.5	(4.14)	19	(2.0)	169.0	(8.43)
2 and over...	7918	20	(0.9)	136.6	(5.03)	6.2	(0.66)	5	(0.6)	157.6	(6.74)	30.6	(3.56)	19	(2.1)	131.3	(7.01)

**Table 47. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
————— <i>All Individuals</i> <sup>2</sup> —————    — <i>Full Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>6</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	7	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1430	18	(2.3)	8.9	(1.16)	0.7	(0.21)	8	(2.3)	10.4	(2.73)	4.0	(1.17)	--		8.6	(1.24)
2 and over...	2169	15	(1.8)	--		--		--		--		--		--		--	
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	13	(1.2)	--		--		--		--		--		--		--	
20 and over.....	1973	21	(1.2)	10.1	(0.98)	1.4	(0.29)	14	(3.2)	11.5	(1.82)	6.7	(1.28)	58	(5.6)	9.7	(1.35)
2 and over...	3198	19	(1.1)	--		--		--		--		--		--		--	
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	18	(1.9)	--		--		--		--		--		--		--	
20 and over.....	1206	27	(2.8)	11.2	(0.91)	2.3	(0.44)	21	(3.9)	16.8	(2.30)	8.6	(1.47)	51	(5.9)	9.1	(0.91)
2 and over...	1956	25	(2.4)	--		--		--		--		--		--		--	
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	--		--		--		--		--		--		--	
20 and over.....	5017	22	(1.0)	9.9	(0.62)	1.5	(0.27)	15	(2.8)	13.5	(1.64)	6.9	(1.16)	51	(4.4)	8.9	(0.76)
2 and over...	7918	20	(0.9)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.
- <sup>3</sup> **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.
- <sup>7</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age  (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	1822	(41.4)	64	(12.4)	4	(0.7)	2015	(161.7)	753	(59.9)	37	(3.4)	1804	(36.0)
20 and over.....	1434	17	(2.4)	2027	(45.8)	153	(18.0)	8	(0.9)	2131	(114.4)	889	(46.7)	42	(2.2)	2005	(45.8)
2 and over...	2514	14	(1.9)	1961	(27.6)	124	(13.8)	6	(0.7)	2109	(99.3)	863	(39.7)	41	(2.0)	1936	(24.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1869	(35.9)	101	(13.6)	5	(0.7)	1972	(93.9)	759	(62.8)	38	(3.7)	1853	(39.8)
20 and over.....	1823	20	(1.1)	2122	(34.0)	202	(20.3)	10	(0.9)	2344	(105.0)	995	(72.8)	42	(1.9)	2065	(37.7)
2 and over...	2881	19	(1.0)	2056	(23.4)	176	(15.8)	9	(0.8)	2274	(85.4)	950	(57.1)	42	(1.8)	2006	(29.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1945	(67.2)	204	(42.1)	10	(1.9)	2314	(176.5)	996	(145.1)	43	(3.9)	1850	(43.7)
20 and over.....	1280	28	(2.4)	2160	(33.8)	268	(22.2)	12	(1.0)	2313	(78.9)	973	(47.3)	42	(1.4)	2102	(39.1)
2 and over...	1811	26	(2.1)	2122	(30.8)	256	(21.3)	12	(1.0)	2313	(69.2)	976	(41.6)	42	(1.3)	2053	(31.8)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1868	(25.2)	118	(13.5)	6	(0.7)	2123	(95.4)	855	(72.5)	40	(3.0)	1828	(18.9)
20 and over.....	5017	22	(1.0)	2105	(20.6)	212	(6.5)	10	(0.3)	2291	(55.4)	954	(28.7)	42	(0.9)	2052	(22.3)
2 and over...	7918	20	(0.9)	2048	(18.3)	189	(7.1)	9	(0.4)	2263	(52.9)	937	(26.0)	41	(1.0)	1994	(17.8)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>3</sup> —————      ———Full Service Restaurant Consumers <sup>4</sup> ———      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	65.4	(1.18)	2.7	(0.52)	4	(0.8)	69.4	(5.24)	31.4	(4.06)	45	(4.2)	65.1	(1.06)
20 and over.....	1434	17	(2.4)	78.5	(1.61)	6.8	(0.77)	9	(1.1)	82.7	(3.57)	39.7	(2.73)	48	(2.9)	77.6	(1.76)
2 and over...	2514	14	(1.9)	74.3	(0.97)	5.5	(0.57)	7	(0.8)	80.2	(2.77)	38.1	(2.47)	48	(2.7)	73.3	(1.01)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	67.4	(1.54)	4.2	(0.53)	6	(0.8)	68.2	(2.98)	31.4	(2.05)	46	(3.8)	67.3	(1.59)
20 and over.....	1823	20	(1.1)	81.8	(1.53)	9.0	(1.11)	11	(1.3)	91.5	(5.39)	44.0	(4.46)	48	(2.9)	79.3	(1.44)
2 and over...	2881	19	(1.0)	78.0	(1.20)	7.7	(0.86)	10	(1.1)	87.1	(4.50)	41.7	(3.59)	48	(2.6)	75.9	(1.19)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	69.3	(3.33)	8.9	(2.39)	13	(2.9)	83.9	(10.67)	43.6	(9.32)	52	(5.3)	65.5	(1.86)
20 and over.....	1280	28	(2.4)	86.4	(2.09)	11.8	(1.20)	14	(1.3)	92.3	(3.53)	42.7	(2.54)	46	(1.9)	84.2	(2.33)
2 and over...	1811	26	(2.1)	83.4	(1.99)	11.2	(1.20)	13	(1.3)	91.2	(3.38)	42.8	(2.63)	47	(1.9)	80.6	(2.01)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(1.14)	5.1	(0.70)	8	(1.0)	75.7	(4.45)	36.8	(4.12)	49	(3.4)	65.7	(0.88)
20 and over.....	5017	22	(1.0)	82.5	(1.20)	9.4	(0.50)	11	(0.6)	90.7	(2.40)	42.3	(1.99)	47	(1.6)	80.2	(1.33)
2 and over...	7918	20	(0.9)	78.8	(1.09)	8.4	(0.46)	11	(0.6)	88.2	(2.28)	41.4	(1.82)	47	(1.5)	76.4	(1.13)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>Full Service Restaurant Consumers</i><sup>4</sup>—————<i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	234	(5.6)	7	(1.5)	3	(0.6)	255	(18.2)	85	(6.7)	33	(3.2)	232	(5.5)
20 and over.....	1434	17	(2.4)	243	(5.8)	15	(1.8)	6	(0.8)	240	(11.0)	88	(5.1)	37	(2.4)	244	(5.6)
2 and over...	2514	14	(1.9)	240	(4.0)	13	(1.4)	5	(0.6)	243	(10.3)	87	(4.8)	36	(2.1)	240	(3.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	241	(5.5)	11	(1.7)	5	(0.7)	243	(11.0)	84	(10.1)	35	(4.1)	241	(6.2)
20 and over.....	1823	20	(1.1)	249	(4.5)	20	(2.1)	8	(0.8)	266	(13.0)	97	(7.4)	36	(1.7)	244	(5.6)
2 and over...	2881	19	(1.0)	247	(3.1)	18	(1.6)	7	(0.7)	262	(10.3)	94	(5.9)	36	(1.6)	243	(4.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	250	(7.9)	22	(3.8)	9	(1.4)	296	(18.6)	107	(11.7)	36	(2.7)	239	(6.1)
20 and over.....	1280	28	(2.4)	242	(5.3)	24	(2.1)	10	(0.9)	249	(9.0)	88	(5.2)	35	(1.5)	239	(7.6)
2 and over...	1811	26	(2.1)	243	(4.4)	24	(1.9)	10	(0.8)	256	(8.0)	91	(4.1)	35	(1.2)	239	(5.8)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	241	(3.0)	13	(1.3)	5	(0.5)	267	(11.9)	93	(6.9)	35	(2.5)	236	(2.5)
20 and over.....	5017	22	(1.0)	244	(2.4)	20	(0.7)	8	(0.3)	253	(5.9)	90	(3.3)	36	(1.0)	242	(3.3)
2 and over...	7918	20	(0.9)	243	(1.9)	18	(0.7)	8	(0.3)	255	(5.5)	90	(2.9)	35	(1.0)	240	(2.4)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %   (SE)		Total Intake g   (SE)		Intake from Full Service Restaurants g   (SE)		Percentages from <sup>7</sup> Full Service Restaurants %   (SE)		Total Intake g   (SE)		Intake from Full Service Restaurants g   (SE)		Percentages from <sup>7</sup> Full Service Restaurants %   (SE)		Total Intake g   (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	106	(3.4)	3	(0.7)	2	(0.6)	120	(12.3)	30	(4.8)	25	(4.0)	105	(3.1)
20 and over.....	1434	17	(2.4)	107	(3.7)	5	(0.9)	5	(0.9)	102	(4.7)	32	(5.0)	31	(4.2)	108	(4.4)
2 and over...	2514	14	(1.9)	107	(2.9)	5	(0.6)	4	(0.6)	106	(5.1)	31	(4.2)	30	(3.4)	107	(3.2)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	109	(2.9)	5	(0.9)	4	(0.8)	114	(6.7)	35	(5.8)	30	(4.9)	108	(3.1)
20 and over.....	1823	20	(1.1)	109	(3.2)	7	(0.7)	6	(0.6)	116	(7.0)	33	(2.3)	28	(0.9)	108	(3.5)
2 and over...	2881	19	(1.0)	109	(2.3)	6	(0.6)	6	(0.5)	116	(5.6)	33	(1.8)	29	(1.1)	108	(2.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	112	(4.8)	8	(1.6)	7	(1.3)	137	(9.9)	37	(5.1)	27	(3.4)	106	(3.8)
20 and over.....	1280	28	(2.4)	102	(3.5)	7	(0.6)	7	(0.6)	101	(4.9)	25	(1.6)	25	(1.7)	103	(4.6)
2 and over...	1811	26	(2.1)	104	(3.2)	7	(0.6)	7	(0.6)	106	(4.5)	27	(1.8)	25	(1.5)	103	(3.9)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	108	(2.1)	5	(0.6)	4	(0.5)	124	(6.7)	34	(3.6)	28	(3.1)	106	(1.8)
20 and over.....	5017	22	(1.0)	106	(1.6)	6	(0.4)	6	(0.3)	106	(2.3)	28	(1.6)	27	(1.4)	106	(2.0)
2 and over...	7918	20	(0.9)	106	(1.5)	6	(0.3)	6	(0.3)	109	(2.4)	29	(1.5)	27	(1.3)	106	(1.7)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>						Non-consumers <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	13.2	(0.45)	0.4	(0.09)	3	(0.7)	12.1	(0.89)	4.9	(0.53)	40	(2.7)	13.3	(0.45)
20 and over.....	1434	17	(2.4)	15.6	(0.66)	1.0	(0.18)	7	(1.3)	14.8	(1.08)	6.0	(0.58)	41	(3.5)	15.8	(0.63)
2 and over...	2514	14	(1.9)	14.8	(0.50)	0.8	(0.13)	6	(0.9)	14.3	(0.88)	5.8	(0.47)	41	(2.9)	14.9	(0.47)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	14.3	(0.35)	0.6	(0.10)	4	(0.7)	13.4	(0.71)	4.8	(0.56)	36	(3.9)	14.5	(0.43)
20 and over.....	1823	20	(1.1)	16.8	(0.40)	1.4	(0.15)	8	(0.9)	17.4	(1.13)	6.9	(0.66)	40	(2.2)	16.6	(0.43)
2 and over...	2881	19	(1.0)	16.1	(0.36)	1.2	(0.12)	7	(0.7)	16.7	(0.93)	6.5	(0.55)	39	(2.2)	16.0	(0.37)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	14.5	(0.26)	1.2	(0.20)	8	(1.4)	15.8	(0.76)	5.9	(0.69)	37	(3.4)	14.2	(0.39)
20 and over.....	1280	28	(2.4)	18.5	(0.45)	1.9	(0.16)	10	(0.9)	18.3	(0.79)	6.9	(0.48)	38	(1.9)	18.6	(0.56)
2 and over...	1811	26	(2.1)	17.8	(0.41)	1.8	(0.13)	10	(0.8)	18.0	(0.64)	6.8	(0.37)	38	(1.5)	17.8	(0.49)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	14.0	(0.22)	0.7	(0.07)	5	(0.5)	14.3	(0.49)	5.2	(0.32)	37	(1.8)	14.0	(0.25)
20 and over.....	5017	22	(1.0)	17.3	(0.39)	1.5	(0.06)	9	(0.4)	17.4	(0.67)	6.7	(0.30)	38	(1.0)	17.2	(0.41)
2 and over...	7918	20	(0.9)	16.5	(0.35)	1.3	(0.05)	8	(0.4)	16.9	(0.55)	6.4	(0.26)	38	(0.9)	16.4	(0.38)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	71.3	(2.03)	2.7	(0.51)	4	(0.7)	80.4	(9.04)	32.4	(2.53)	40	(4.2)	70.5	(1.65)
20 and over.....	1434	17	(2.4)	79.0	(2.57)	6.9	(0.97)	9	(1.2)	88.3	(6.24)	40.3	(2.85)	46	(1.7)	77.1	(2.67)
2 and over...	2514	14	(1.9)	76.5	(1.67)	5.6	(0.73)	7	(0.9)	86.8	(5.18)	38.8	(2.18)	45	(1.7)	74.8	(1.58)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	72.8	(1.56)	4.5	(0.59)	6	(0.8)	81.3	(5.39)	33.6	(2.39)	41	(3.5)	71.4	(1.44)
20 and over.....	1823	20	(1.1)	84.8	(1.84)	9.0	(0.84)	11	(1.0)	96.0	(4.13)	44.1	(3.16)	46	(2.2)	82.0	(2.04)
2 and over...	2881	19	(1.0)	81.7	(1.47)	7.8	(0.65)	10	(0.8)	93.2	(3.43)	42.2	(2.47)	45	(2.0)	79.0	(1.69)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	76.6	(2.87)	9.0	(2.02)	12	(2.3)	90.7	(7.94)	44.0	(7.30)	49	(5.2)	73.0	(1.99)
20 and over.....	1280	28	(2.4)	87.8	(1.97)	11.9	(0.91)	14	(1.1)	95.4	(3.69)	43.3	(2.37)	45	(1.8)	85.0	(2.17)
2 and over...	1811	26	(2.1)	85.8	(1.85)	11.4	(0.94)	13	(1.1)	94.7	(3.48)	43.4	(2.27)	46	(1.7)	82.7	(1.93)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	73.1	(1.29)	5.2	(0.64)	7	(0.8)	84.9	(4.25)	37.5	(3.50)	44	(3.6)	71.2	(1.00)
20 and over.....	5017	22	(1.0)	84.1	(1.12)	9.4	(0.26)	11	(0.3)	94.2	(2.90)	42.5	(1.52)	45	(0.9)	81.2	(1.05)
2 and over...	7918	20	(0.9)	81.4	(1.03)	8.4	(0.32)	10	(0.4)	92.6	(2.74)	41.6	(1.40)	45	(1.1)	78.6	(0.88)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	24.8	(0.77)	0.9	(0.18)	4	(0.7)	27.9	(3.32)	10.4	(0.74)	37	(4.5)	24.5	(0.61)
20 and over.....	1434	17	(2.4)	26.0	(1.05)	2.2	(0.34)	8	(1.2)	28.1	(2.07)	12.5	(1.25)	45	(2.6)	25.6	(1.04)
2 and over...	2514	14	(1.9)	25.6	(0.68)	1.7	(0.25)	7	(1.0)	28.1	(1.88)	12.1	(1.01)	43	(2.4)	25.2	(0.60)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	25.9	(0.74)	1.4	(0.22)	6	(0.9)	28.7	(2.63)	10.9	(1.16)	38	(3.7)	25.4	(0.65)
20 and over.....	1823	20	(1.1)	28.1	(0.73)	2.8	(0.25)	10	(0.8)	31.8	(1.54)	13.7	(0.85)	43	(1.6)	27.2	(0.68)
2 and over...	2881	19	(1.0)	27.5	(0.58)	2.4	(0.19)	9	(0.7)	31.2	(1.35)	13.2	(0.61)	42	(1.6)	26.7	(0.56)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	27.1	(1.18)	2.9	(0.68)	11	(2.3)	30.6	(2.94)	14.4	(2.47)	47	(5.1)	26.1	(0.85)
20 and over.....	1280	28	(2.4)	28.2	(0.64)	3.6	(0.30)	13	(1.1)	30.8	(1.66)	13.2	(0.94)	43	(2.4)	27.2	(0.53)
2 and over...	1811	26	(2.1)	28.0	(0.62)	3.5	(0.31)	13	(1.1)	30.8	(1.54)	13.4	(0.87)	43	(2.1)	27.0	(0.47)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	25.7	(0.57)	1.7	(0.22)	6	(0.8)	29.2	(1.52)	12.1	(1.20)	41	(3.8)	25.2	(0.48)
20 and over.....	5017	22	(1.0)	27.5	(0.47)	2.9	(0.09)	11	(0.3)	30.5	(1.18)	13.0	(0.61)	43	(1.1)	26.6	(0.38)
2 and over...	7918	20	(0.9)	27.1	(0.42)	2.6	(0.09)	10	(0.3)	30.3	(1.12)	12.9	(0.50)	43	(1.1)	26.2	(0.32)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>3</sup> —————      ———Full Service Restaurant Consumers <sup>4</sup> ———      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	23.9	(0.69)	1.0	(0.17)	4	(0.7)	27.3	(3.41)	11.3	(1.16)	42	(4.8)	23.6	(0.56)
20 and over.....	1434	17	(2.4)	27.5	(0.82)	2.4	(0.32)	9	(1.1)	30.9	(2.43)	13.9	(1.00)	45	(1.7)	26.8	(0.86)
2 and over...	2514	14	(1.9)	26.3	(0.56)	1.9	(0.24)	7	(0.9)	30.2	(1.97)	13.4	(0.80)	44	(1.6)	25.7	(0.53)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	24.4	(0.60)	1.5	(0.19)	6	(0.8)	26.8	(1.71)	11.2	(0.68)	42	(3.4)	24.1	(0.55)
20 and over.....	1823	20	(1.1)	29.8	(0.63)	3.1	(0.30)	10	(1.0)	33.5	(1.48)	15.2	(1.15)	45	(2.3)	28.8	(0.75)
2 and over...	2881	19	(1.0)	28.4	(0.56)	2.7	(0.24)	9	(0.9)	32.3	(1.21)	14.5	(0.93)	45	(2.2)	27.5	(0.66)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	26.2	(0.99)	3.1	(0.72)	12	(2.4)	31.2	(3.11)	15.1	(2.69)	49	(5.5)	25.0	(0.62)
20 and over.....	1280	28	(2.4)	31.1	(0.77)	4.2	(0.34)	14	(1.1)	33.8	(1.28)	15.3	(0.90)	45	(1.7)	30.1	(0.91)
2 and over...	1811	26	(2.1)	30.2	(0.72)	4.0	(0.35)	13	(1.2)	33.4	(1.25)	15.3	(0.89)	46	(1.6)	29.1	(0.81)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	24.7	(0.48)	1.8	(0.23)	7	(0.9)	28.7	(1.67)	12.9	(1.30)	45	(3.8)	24.1	(0.35)
20 and over.....	5017	22	(1.0)	29.6	(0.39)	3.3	(0.10)	11	(0.4)	33.1	(1.02)	14.8	(0.53)	45	(0.8)	28.5	(0.39)
2 and over...	7918	20	(0.9)	28.4	(0.37)	2.9	(0.12)	10	(0.4)	32.4	(0.97)	14.5	(0.51)	45	(1.0)	27.4	(0.34)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	16.1	(0.46)	0.7	(0.12)	4	(0.7)	17.6	(1.65)	7.9	(0.58)	45	(3.2)	16.0	(0.45)
20 and over.....	1434	17	(2.4)	18.2	(0.57)	1.8	(0.25)	10	(1.4)	21.2	(1.68)	10.2	(0.69)	48	(1.8)	17.6	(0.66)
2 and over...	2514	14	(1.9)	17.5	(0.38)	1.4	(0.19)	8	(1.1)	20.5	(1.22)	9.8	(0.47)	48	(1.7)	17.0	(0.42)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	15.8	(0.36)	1.1	(0.16)	7	(1.0)	18.5	(1.06)	8.4	(0.73)	46	(4.0)	15.4	(0.40)
20 and over.....	1823	20	(1.1)	19.2	(0.41)	2.3	(0.24)	12	(1.3)	21.9	(0.91)	11.1	(1.05)	51	(3.4)	18.5	(0.57)
2 and over...	2881	19	(1.0)	18.3	(0.31)	2.0	(0.19)	11	(1.1)	21.2	(0.76)	10.6	(0.84)	50	(2.9)	17.6	(0.43)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	16.5	(0.70)	2.2	(0.53)	13	(2.8)	20.9	(1.88)	10.6	(2.05)	51	(6.2)	15.4	(0.62)
20 and over.....	1280	28	(2.4)	20.7	(0.69)	3.0	(0.24)	15	(1.2)	22.3	(0.89)	10.9	(0.67)	49	(1.9)	20.0	(0.79)
2 and over...	1811	26	(2.1)	19.9	(0.64)	2.9	(0.24)	14	(1.1)	22.1	(0.74)	10.8	(0.61)	49	(1.8)	19.1	(0.72)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	16.0	(0.22)	1.3	(0.16)	8	(0.9)	19.3	(0.96)	9.2	(0.93)	48	(3.3)	15.5	(0.19)
20 and over.....	5017	22	(1.0)	19.4	(0.30)	2.4	(0.09)	12	(0.4)	22.0	(0.65)	10.7	(0.41)	49	(1.1)	18.6	(0.31)
2 and over...	7918	20	(0.9)	18.6	(0.26)	2.1	(0.10)	11	(0.5)	21.5	(0.57)	10.5	(0.41)	49	(1.3)	17.8	(0.26)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	223	(6.2)	10	(1.9)	5	(0.9)	255	(33.9)	123	(25.7)	48	(6.4)	220	(5.4)
20 and over.....	1434	17	(2.4)	308	(11.9)	30	(3.1)	10	(1.1)	336	(30.1)	172	(23.7)	51	(4.0)	302	(12.8)
2 and over...	2514	14	(1.9)	280	(7.9)	23	(2.2)	8	(0.8)	321	(23.3)	163	(19.7)	51	(3.6)	274	(8.1)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	220	(10.5)	16	(2.2)	7	(1.0)	234	(21.0)	121	(10.5)	52	(3.9)	217	(10.9)
20 and over.....	1823	20	(1.1)	308	(10.5)	40	(5.8)	13	(1.7)	385	(30.3)	195	(24.5)	51	(3.8)	288	(7.5)
2 and over...	2881	19	(1.0)	285	(8.9)	33	(4.4)	12	(1.4)	356	(26.2)	181	(20.3)	51	(3.5)	269	(7.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	234	(14.8)	36	(9.9)	16	(3.4)	320	(44.4)	177	(37.7)	55	(5.7)	211	(8.9)
20 and over.....	1280	28	(2.4)	295	(8.8)	45	(3.8)	15	(1.2)	337	(21.7)	164	(14.7)	49	(3.8)	278	(8.3)
2 and over...	1811	26	(2.1)	284	(8.1)	44	(4.4)	15	(1.4)	335	(19.2)	166	(14.9)	50	(3.7)	265	(7.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	225	(5.4)	21	(3.5)	9	(1.5)	281	(24.2)	150	(20.7)	53	(4.0)	216	(4.4)
20 and over.....	5017	22	(1.0)	300	(6.3)	39	(2.7)	13	(0.7)	352	(16.4)	174	(14.0)	50	(2.4)	285	(5.7)
2 and over...	7918	20	(0.9)	282	(5.2)	34	(2.3)	12	(0.7)	340	(14.3)	170	(12.4)	50	(2.3)	267	(4.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>3</sup> —————      ———Full Service Restaurant Consumers <sup>4</sup> ———      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	547	(17.0)	12	(2.4)	2	(0.4)	519	(71.8)	140	(14.9)	27	(4.4)	549	(18.6)
20 and over.....	1434	17	(2.4)	552	(22.9)	34	(6.1)	6	(1.0)	542	(35.4)	195	(28.9)	36	(4.4)	554	(25.0)
2 and over...	2514	14	(1.9)	550	(15.7)	27	(4.7)	5	(0.8)	538	(31.8)	185	(22.6)	34	(3.3)	552	(16.0)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	591	(27.8)	22	(5.4)	4	(0.9)	488	(38.8)	166	(35.2)	34	(5.9)	607	(29.9)
20 and over.....	1823	20	(1.1)	650	(27.8)	51	(7.3)	8	(1.1)	688	(74.0)	252	(32.5)	37	(2.7)	640	(35.2)
2 and over...	2881	19	(1.0)	634	(21.1)	44	(5.6)	7	(0.9)	651	(61.3)	236	(28.0)	36	(2.8)	631	(25.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	630	(33.4)	42	(10.5)	7	(1.7)	586	(62.5)	204	(37.6)	35	(5.3)	642	(40.6)
20 and over.....	1280	28	(2.4)	650	(23.6)	66	(6.8)	10	(1.1)	695	(30.1)	241	(19.5)	35	(2.6)	632	(29.1)
2 and over...	1811	26	(2.1)	646	(20.0)	62	(6.9)	10	(1.1)	680	(24.4)	235	(19.6)	35	(2.7)	634	(24.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	586	(18.6)	25	(3.6)	4	(0.6)	543	(31.7)	178	(23.0)	33	(3.7)	593	(21.1)
20 and over.....	5017	22	(1.0)	629	(13.0)	51	(3.4)	8	(0.6)	669	(18.1)	231	(17.3)	35	(2.2)	618	(17.0)
2 and over...	7918	20	(0.9)	619	(11.1)	45	(3.1)	7	(0.5)	648	(15.4)	222	(15.7)	34	(2.1)	611	(13.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	1059	(68.4)	24	(3.6)	2	(0.3)	758	(105.2)	278	(46.7)	37	(6.9)	1086	(78.8)
20 and over.....	1434	17	(2.4)	1941	(152.3)	114	(32.1)	6	(1.6)	1851	(218.0)	659	(145.4)	36	(7.6)	1959	(163.0)
2 and over...	2514	14	(1.9)	1657	(112.4)	85	(22.9)	5	(1.3)	1645	(170.8)	587	(113.5)	36	(6.8)	1659	(113.4)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1080	(88.4)	92 *	(41.2)	9 *	(3.5)	1096	(303.0)	690*(297.5)		63 * (12.2)		1077	(92.1)
20 and over.....	1823	20	(1.1)	2220	(235.6)	240	(48.6)	11	(2.3)	2173	(302.4)	1178	(231.8)	54	(6.9)	2232	(286.0)
2 and over...	2881	19	(1.0)	1923	(186.1)	201	(39.5)	10	(2.1)	1970	(266.1)	1086	(209.9)	55	(6.5)	1912	(222.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1644	(220.9)	94	(23.6)	6	(1.7)	1200	(124.4)	460	(92.2)	38	(10.4)	1759	(260.2)
20 and over.....	1280	28	(2.4)	2352	(155.2)	357	(67.8)	15	(2.6)	2476	(307.2)	1298	(210.6)	52	(5.5)	2305	(183.6)
2 and over...	1811	26	(2.1)	2226	(151.6)	310	(56.6)	14	(2.4)	2298	(260.1)	1181	(177.5)	51	(5.3)	2200	(175.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1249	(95.1)	72	(18.0)	6	(1.4)	1094	(134.9)	520	(132.8)	48	(7.9)	1274	(101.2)
20 and over.....	5017	22	(1.0)	2233	(110.0)	247	(31.6)	11	(1.4)	2220	(178.5)	1114	(136.7)	50	(4.2)	2236	(136.3)
2 and over...	7918	20	(0.9)	1996	(98.7)	205	(25.5)	10	(1.3)	2035	(150.4)	1016	(116.6)	50	(4.0)	1986	(117.8)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e													
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>													
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg (SE)	µg (SE)	%	(SE)	µg (SE)	µg (SE)	%	(SE)	µg (SE)	
<b>Under 131% poverty:</b>													
2 - 19.....	1080	8	(1.8)	4078 (240.6)	189 (42.1)	5	(1.0)	4061 (642.1)	2226 (383.4)	55	(4.3)	4080 (251.4)	
20 and over.....	1434	17	(2.4)	4594 (342.7)	715 *(298.4)	16 *	(5.8)	6223(1623.2)	4150*(1552.2)	67 * (11.2)		4255 (298.8)	
2 and over...	2514	14	(1.9)	4428 (277.9)	546 *(209.1)	12 *	(4.3)	5814(1357.8)	3786*(1284.1)	65 (9.9)		4195 (237.1)	
<b>131-350% poverty:</b>													
2 - 19.....	1058	13	(1.3)	4602 (388.3)	282 (48.7)	6	(0.8)	4244 (487.4)	2117 (340.5)	50	(4.0)	4657 (427.6)	
20 and over.....	1823	20	(1.1)	4900 (335.6)	621 (105.3)	13	(1.7)	6011 (687.9)	3049 (498.3)	51	(7.6)	4616 (325.9)	
2 and over...	2881	19	(1.0)	4822 (296.1)	532 (81.9)	11	(1.3)	5679 (576.7)	2874 (426.0)	51	(6.6)	4627 (302.4)	
<b>Over 350% poverty:</b>													
2 - 19.....	531	20	(2.1)	4131 (645.1)	322 (83.3)	8	(2.1)	4051(1180.6)	1571 (389.1)	39	(11.4)	4151 (752.6)	
20 and over.....	1280	28	(2.4)	5627 (379.1)	977 (186.0)	17	(3.3)	5867 (870.7)	3549 (659.7)	60	(5.0)	5535 (514.7)	
2 and over...	1811	26	(2.1)	5360 (366.8)	860 (148.4)	16	(2.9)	5615 (797.6)	3274 (548.6)	58	(4.1)	5269 (485.1)	
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	14	(0.9)	4261 (230.4)	262 (27.3)	6	(0.8)	4173 (585.0)	1889 (185.6)	45	(5.3)	4275 (258.9)	
20 and over.....	5017	22	(1.0)	5092 (233.4)	747 (91.9)	15	(1.7)	5825 (550.6)	3363 (431.4)	58	(3.9)	4882 (286.8)	
2 and over...	7918	20	(0.9)	4892 (215.4)	630 (70.1)	13	(1.3)	5553 (498.7)	3120 (352.9)	56	(3.2)	4725 (255.3)	

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

T h i a m i n											
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>		Non-consumers <sup>5</sup>	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>											
2 - 19.....	1080	8	(1.8)	1.51	(0.036)	0.05	(0.012)	3	(0.8)	1.50	(0.099)
20 and over.....	1434	17	(2.4)	1.50	(0.037)	0.10	(0.018)	7	(1.2)	1.50	(0.092)
2 and over...	2514	14	(1.9)	1.50	(0.026)	0.09	(0.013)	6	(0.9)	1.50	(0.081)
<b>131-350% poverty:</b>											
2 - 19.....	1058	13	(1.3)	1.53	(0.047)	0.06	(0.009)	4	(0.6)	1.35	(0.075)
20 and over.....	1823	20	(1.1)	1.57	(0.022)	0.12	(0.014)	8	(0.9)	1.58	(0.107)
2 and over...	2881	19	(1.0)	1.56	(0.018)	0.11	(0.010)	7	(0.7)	1.54	(0.083)
<b>Over 350% poverty:</b>											
2 - 19.....	531	20	(2.1)	1.55	(0.045)	0.13	(0.022)	9	(1.3)	1.63	(0.121)
20 and over.....	1280	28	(2.4)	1.63	(0.032)	0.19	(0.018)	11	(1.0)	1.73	(0.061)
2 and over...	1811	26	(2.1)	1.62	(0.029)	0.18	(0.016)	11	(0.9)	1.72	(0.058)
<b>All Individuals <sup>8</sup>:</b>											
2 - 19.....	2901	14	(0.9)	1.52	(0.025)	0.08	(0.009)	5	(0.5)	1.53	(0.081)
20 and over.....	5017	22	(1.0)	1.58	(0.020)	0.14	(0.007)	9	(0.4)	1.65	(0.052)
2 and over...	7918	20	(0.9)	1.57	(0.018)	0.13	(0.006)	8	(0.3)	1.63	(0.049)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>Full Service Restaurant Consumers</i><sup>4</sup>—————<i>Non-consumers</i><sup>5</sup></div>																	
Family income as of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	1.83	(0.041)	0.05	(0.012)	3	(0.7)	1.83	(0.138)	0.64	(0.049)	35	(3.0)	1.83	(0.043)
20 and over.....	1434	17	(2.4)	1.97	(0.058)	0.12	(0.015)	6	(0.8)	2.00	(0.091)	0.69	(0.045)	34	(2.8)	1.96	(0.064)
2 and over...	2514	14	(1.9)	1.92	(0.038)	0.10	(0.013)	5	(0.7)	1.97	(0.077)	0.68	(0.039)	34	(2.4)	1.92	(0.039)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1.94	(0.065)	0.07	(0.009)	4	(0.5)	1.69	(0.091)	0.53	(0.037)	31	(2.8)	1.97	(0.069)
20 and over.....	1823	20	(1.1)	2.19	(0.052)	0.16	(0.017)	7	(0.8)	2.35	(0.148)	0.77	(0.068)	33	(1.6)	2.15	(0.057)
2 and over...	2881	19	(1.0)	2.12	(0.043)	0.13	(0.013)	6	(0.6)	2.23	(0.124)	0.72	(0.054)	32	(1.6)	2.10	(0.047)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1.96	(0.085)	0.16	(0.031)	8	(1.5)	2.15	(0.198)	0.76	(0.096)	35	(3.6)	1.91	(0.070)
20 and over.....	1280	28	(2.4)	2.28	(0.050)	0.20	(0.016)	9	(0.7)	2.38	(0.087)	0.72	(0.047)	30	(1.6)	2.24	(0.050)
2 and over...	1811	26	(2.1)	2.22	(0.048)	0.19	(0.016)	9	(0.7)	2.35	(0.087)	0.73	(0.045)	31	(1.5)	2.17	(0.048)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1.90	(0.042)	0.09	(0.010)	5	(0.5)	1.93	(0.098)	0.65	(0.054)	34	(2.4)	1.90	(0.041)
20 and over.....	5017	22	(1.0)	2.17	(0.040)	0.16	(0.005)	7	(0.3)	2.31	(0.057)	0.72	(0.034)	31	(1.3)	2.13	(0.042)
2 and over...	7918	20	(0.9)	2.10	(0.037)	0.14	(0.005)	7	(0.3)	2.25	(0.057)	0.71	(0.030)	32	(1.2)	2.07	(0.038)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %    (SE)		Total Intake mg    (SE)		Intake from Full Service Restaurants mg    (SE)		Percentages from <sup>7</sup> Full Service Restaurants %    (SE)		Total Intake mg    (SE)		Intake from Full Service Restaurants mg    (SE)		Percentages from <sup>7</sup> Full Service Restaurants %    (SE)		Total Intake mg    (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	21.1	(0.52)	0.7	(0.12)	3	(0.5)	21.7	(1.69)	8.3	(1.02)	38	(4.0)	21.0	(0.47)
20 and over.....	1434	17	(2.4)	24.9	(0.69)	1.8	(0.24)	7	(1.0)	26.7	(1.11)	10.7	(0.67)	40	(2.8)	24.5	(0.76)
2 and over...	2514	14	(1.9)	23.7	(0.35)	1.5	(0.18)	6	(0.8)	25.8	(0.96)	10.3	(0.62)	40	(2.4)	23.3	(0.36)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	21.5	(0.61)	1.2	(0.17)	6	(0.8)	21.3	(0.61)	9.0	(0.83)	42	(3.9)	21.5	(0.71)
20 and over.....	1823	20	(1.1)	26.3	(0.60)	2.3	(0.24)	9	(0.9)	27.0	(1.42)	11.1	(0.92)	41	(1.9)	26.1	(0.74)
2 and over...	2881	19	(1.0)	25.0	(0.44)	2.0	(0.19)	8	(0.8)	25.9	(1.18)	10.7	(0.71)	41	(1.6)	24.8	(0.53)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	21.8	(1.00)	2.4*	(0.74)	11	(3.0)	24.8	(3.22)	12.0	(3.10)	48	(6.5)	21.0	(0.71)
20 and over.....	1280	28	(2.4)	27.2	(0.82)	3.4	(0.44)	13	(1.5)	29.6	(1.22)	12.4	(0.97)	42	(2.2)	26.3	(0.84)
2 and over...	1811	26	(2.1)	26.3	(0.75)	3.2	(0.41)	12	(1.4)	28.9	(1.28)	12.4	(0.92)	43	(1.8)	25.3	(0.66)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	21.4	(0.40)	1.4	(0.21)	7	(0.9)	23.1	(1.42)	10.2	(1.32)	44	(3.4)	21.1	(0.35)
20 and over.....	5017	22	(1.0)	26.2	(0.53)	2.6	(0.16)	10	(0.6)	28.4	(0.69)	11.6	(0.50)	41	(1.4)	25.5	(0.55)
2 and over...	7918	20	(0.9)	25.0	(0.43)	2.3	(0.15)	9	(0.6)	27.6	(0.70)	11.4	(0.48)	41	(1.3)	24.4	(0.42)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   B   6																	
		————— <i>All Individuals</i> <sup>3</sup> —————					——— <i>Full Service Restaurant Consumers</i> <sup>4</sup> ———		<i>Non-consumers</i> <sup>5</sup>								
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %   (SE)		Total Intake mg   (SE)		Intake from Full Service Restaurants mg   (SE)		Percentages from <sup>7</sup> Full Service Restaurants %   (SE)		Total Intake mg   (SE)							
<hr/>																	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	1.67	(0.056)	0.05	(0.009)	3	(0.5)	1.70	(0.191)	0.55	(0.078)	33	(4.8)	1.66	(0.047)
20 and over.....	1434	17	(2.4)	2.05	(0.088)	0.13	(0.017)	6	(0.9)	2.08	(0.097)	0.77	(0.053)	37	(3.3)	2.04	(0.094)
2 and over...	2514	14	(1.9)	1.93	(0.048)	0.10	(0.012)	5	(0.7)	2.01	(0.082)	0.73	(0.043)	36	(2.5)	1.91	(0.049)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1.73	(0.060)	0.08	(0.013)	5	(0.7)	1.62	(0.067)	0.62	(0.067)	38	(3.4)	1.75	(0.064)
20 and over.....	1823	20	(1.1)	2.16	(0.063)	0.17	(0.019)	8	(0.9)	2.23	(0.178)	0.85	(0.080)	38	(1.9)	2.14	(0.070)
2 and over...	2881	19	(1.0)	2.05	(0.041)	0.15	(0.015)	7	(0.7)	2.12	(0.150)	0.80	(0.062)	38	(1.7)	2.03	(0.042)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1.66	(0.075)	0.16*	(0.048)	9	(2.6)	1.90	(0.265)	0.76	(0.200)	40	(5.7)	1.59	(0.047)
20 and over.....	1280	28	(2.4)	2.22	(0.091)	0.24	(0.023)	11	(1.1)	2.48	(0.144)	0.86	(0.045)	35	(2.1)	2.12	(0.082)
2 and over...	1811	26	(2.1)	2.12	(0.078)	0.22	(0.023)	10	(1.0)	2.40	(0.134)	0.85	(0.041)	35	(1.8)	2.02	(0.067)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1.68	(0.038)	0.09	(0.014)	5	(0.8)	1.77	(0.124)	0.67	(0.084)	38	(2.8)	1.67	(0.034)
20 and over.....	5017	22	(1.0)	2.15	(0.051)	0.18	(0.009)	9	(0.5)	2.34	(0.095)	0.83	(0.033)	36	(1.4)	2.09	(0.048)
2 and over...	7918	20	(0.9)	2.03	(0.040)	0.16	(0.009)	8	(0.4)	2.25	(0.088)	0.81	(0.030)	36	(1.2)	1.98	(0.034)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

F o l a t e   ( D F E )																	
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>				Non-consumers <sup>5</sup>					
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	502	(15.3)	13	(2.7)	3	(0.5)	472	(72.3)	156	(10.0)	33	(5.9)	505	(15.2)
20 and over.....	1434	17	(2.4)	483	(12.9)	27	(4.4)	6	(0.9)	454	(36.1)	160	(13.0)	35	(2.3)	489	(11.2)
2 and over...	2514	14	(1.9)	489	(10.1)	23	(3.3)	5	(0.7)	457	(35.4)	159	(10.2)	35	(1.6)	494	(8.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	508	(19.1)	17	(2.3)	3	(0.5)	421	(27.7)	127	(12.1)	30	(2.8)	522	(22.0)
20 and over.....	1823	20	(1.1)	505	(10.1)	37	(3.8)	7	(0.7)	498	(36.6)	181	(17.7)	36	(2.1)	506	(12.6)
2 and over...	2881	19	(1.0)	505	(8.3)	32	(2.9)	6	(0.6)	484	(29.4)	171	(14.7)	35	(1.9)	510	(9.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	493	(15.8)	38	(5.4)	8	(1.1)	484	(46.3)	186	(16.0)	38	(2.5)	495	(17.7)
20 and over.....	1280	28	(2.4)	537	(16.3)	53	(5.7)	10	(1.1)	559	(17.9)	192	(13.2)	34	(2.3)	529	(21.7)
2 and over...	1811	26	(2.1)	529	(13.8)	50	(4.9)	9	(0.9)	549	(16.8)	191	(10.7)	35	(2.0)	522	(16.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	500	(10.1)	22	(1.9)	4	(0.4)	470	(29.0)	157	(8.4)	33	(2.1)	505	(10.1)
20 and over.....	5017	22	(1.0)	514	(10.0)	40	(2.2)	8	(0.4)	527	(17.7)	182	(9.1)	35	(1.4)	511	(10.7)
2 and over...	7918	20	(0.9)	511	(8.3)	36	(1.7)	7	(0.3)	517	(16.5)	178	(7.8)	34	(1.3)	509	(8.3)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	244	(4.7)	9	(1.8)	4	(0.7)	258	(31.2)	109	(24.2)	42	(5.8)	243	(4.1)
20 and over.....	1434	17	(2.4)	329	(7.0)	28	(2.6)	8	(0.8)	346	(25.3)	160	(18.0)	46	(3.1)	325	(6.6)
2 and over...	2514	14	(1.9)	302	(4.4)	22	(1.9)	7	(0.7)	329	(20.3)	151	(16.1)	46	(3.1)	297	(3.9)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	247	(9.8)	14	(1.8)	6	(0.8)	245	(14.7)	107	(7.0)	44	(3.9)	248	(10.3)
20 and over.....	1823	20	(1.1)	340	(8.9)	39	(6.0)	12	(1.6)	404	(29.9)	192	(25.9)	48	(3.8)	324	(7.0)
2 and over...	2881	19	(1.0)	316	(7.0)	33	(4.6)	10	(1.4)	374	(25.2)	176	(21.4)	47	(3.5)	303	(5.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	257	(13.9)	30	(8.1)	12	(2.6)	326	(43.7)	148	(31.3)	46	(5.6)	239	(6.5)
20 and over.....	1280	28	(2.4)	348	(7.0)	46	(3.1)	13	(0.9)	376	(16.1)	167	(10.8)	45	(2.2)	337	(8.8)
2 and over...	1811	26	(2.1)	331	(6.6)	43	(3.5)	13	(1.0)	369	(14.0)	165	(10.4)	45	(2.1)	318	(8.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	249	(5.6)	18	(2.6)	7	(1.0)	284	(21.2)	126	(15.6)	45	(3.4)	243	(4.7)
20 and over.....	5017	22	(1.0)	339	(4.6)	38	(2.1)	11	(0.6)	379	(14.4)	173	(12.0)	46	(2.1)	327	(4.8)
2 and over...	7918	20	(0.9)	317	(4.2)	33	(1.8)	11	(0.6)	364	(13.2)	165	(10.5)	45	(1.8)	306	(4.3)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n    B 1 2																	
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>						Non-consumers <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	4.36	(0.163)	0.12	(0.025)	3	(0.6)	4.02	(0.284)	1.43	(0.218)	35	(4.1)	4.39	(0.174)
20 and over.....	1434	17	(2.4)	4.58	(0.218)	0.34	(0.055)	7	(1.1)	4.83	(0.350)	1.97	(0.289)	41	(4.7)	4.53	(0.222)
2 and over...	2514	14	(1.9)	4.51	(0.137)	0.27	(0.039)	6	(0.9)	4.68	(0.268)	1.86	(0.208)	40	(3.7)	4.48	(0.140)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	4.73	(0.176)	0.19	(0.033)	4	(0.7)	4.13	(0.286)	1.40	(0.199)	34	(4.4)	4.82	(0.182)
20 and over.....	1823	20	(1.1)	5.21	(0.277)	0.68*	(0.220)	13	(3.7)	6.61	(1.153)	3.33*	(1.016)	50	(7.1)	4.85	(0.198)
2 and over...	2881	19	(1.0)	5.08	(0.193)	0.55	(0.162)	11	(2.9)	6.14	(0.944)	2.96	(0.825)	48	(6.6)	4.84	(0.128)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	4.54	(0.259)	0.35	(0.090)	8	(1.9)	4.63	(0.704)	1.69	(0.342)	36	(3.8)	4.52	(0.274)
20 and over.....	1280	28	(2.4)	5.12	(0.230)	0.53	(0.064)	10	(1.3)	5.71	(0.365)	1.93	(0.153)	34	(2.2)	4.90	(0.262)
2 and over...	1811	26	(2.1)	5.02	(0.205)	0.50	(0.057)	10	(1.2)	5.56	(0.348)	1.89	(0.138)	34	(1.8)	4.83	(0.230)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	4.53	(0.125)	0.21	(0.027)	5	(0.6)	4.35	(0.283)	1.52	(0.150)	35	(2.5)	4.56	(0.124)
20 and over.....	5017	22	(1.0)	4.97	(0.123)	0.52	(0.072)	11	(1.4)	5.86	(0.282)	2.36	(0.348)	40	(4.5)	4.72	(0.121)
2 and over...	7918	20	(0.9)	4.86	(0.105)	0.45	(0.052)	9	(1.0)	5.61	(0.258)	2.22	(0.284)	40	(3.8)	4.68	(0.103)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
—————All Individuals <sup>3</sup> —————      ———Full Service Restaurant Consumers <sup>4</sup> ———      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	71.5	(3.13)	1.1	(0.28)	1 *	(0.4)	53.0	(6.82)	12.5	(3.39)	24	(4.5)	73.2	(2.85)
20 and over.....	1434	17	(2.4)	76.1	(5.46)	3.9	(0.86)	5	(1.1)	70.9	(9.55)	22.4	(4.10)	32	(4.2)	77.2	(5.71)
2 and over...	2514	14	(1.9)	74.6	(4.24)	3.0	(0.65)	4	(0.9)	67.5	(8.51)	20.5	(3.71)	30	(3.7)	75.8	(4.12)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	62.2	(4.07)	1.7	(0.45)	3	(0.7)	57.0	(6.17)	12.6	(3.08)	22	(4.9)	63.0	(4.31)
20 and over.....	1823	20	(1.1)	74.2	(2.83)	5.7	(1.16)	8	(1.6)	71.6	(4.95)	28.0	(5.18)	39	(5.6)	74.9	(3.48)
2 and over...	2881	19	(1.0)	71.1	(2.70)	4.6	(0.93)	7	(1.3)	68.8	(4.19)	25.1	(4.46)	36	(5.0)	71.6	(3.13)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	67.6	(4.43)	3.6	(0.77)	5	(1.0)	67.7	(7.22)	17.8	(2.94)	26	(3.9)	67.6	(4.30)
20 and over.....	1280	28	(2.4)	84.7	(4.20)	7.5	(0.95)	9	(1.1)	90.6	(4.93)	27.4	(3.18)	30	(3.7)	82.5	(4.58)
2 and over...	1811	26	(2.1)	81.7	(4.02)	6.8	(0.77)	8	(0.9)	87.4	(4.79)	26.1	(2.82)	30	(3.2)	79.7	(4.23)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	67.1	(3.15)	2.1	(0.32)	3	(0.4)	61.2	(4.60)	15.4	(1.77)	25	(2.0)	68.1	(3.13)
20 and over.....	5017	22	(1.0)	79.6	(2.56)	5.8	(0.51)	7	(0.6)	80.3	(3.95)	26.2	(2.33)	33	(2.5)	79.4	(2.33)
2 and over...	7918	20	(0.9)	76.6	(2.41)	4.9	(0.45)	6	(0.5)	77.2	(3.73)	24.5	(2.02)	32	(2.1)	76.5	(2.23)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	5.3	(0.27)	0.1	(0.02)	2 *	(0.5)	4.6	(0.50)	1.1	(0.30)	23	(6.0)	5.3	(0.27)
20 and over.....	1434	17	(2.4)	4.3	(0.23)	0.2	(0.03)	4	(0.6)	3.7	(0.30)	1.0	(0.21)	27	(4.3)	4.4	(0.25)
2 and over...	2514	14	(1.9)	4.6	(0.16)	0.1	(0.02)	3	(0.4)	3.9	(0.33)	1.0	(0.18)	26	(3.3)	4.7	(0.16)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	5.4	(0.27)	0.1	(0.03)	2 *	(0.6)	4.0	(0.44)	0.9	(0.20)	22	(6.1)	5.6	(0.26)
20 and over.....	1823	20	(1.1)	4.6	(0.18)	0.4	(0.06)	8	(1.4)	5.5	(0.38)	1.9	(0.29)	34	(5.5)	4.3	(0.24)
2 and over...	2881	19	(1.0)	4.8	(0.17)	0.3	(0.05)	7	(1.1)	5.2	(0.35)	1.7	(0.25)	33	(5.1)	4.7	(0.20)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	5.2	(0.39)	0.3	(0.10)	6 *	(1.9)	5.1	(0.81)	1.5	(0.36)	31	(6.2)	5.3	(0.47)
20 and over.....	1280	28	(2.4)	5.0	(0.36)	0.5	(0.10)	9	(2.0)	5.0	(0.57)	1.7	(0.31)	34	(3.1)	5.0	(0.51)
2 and over...	1811	26	(2.1)	5.0	(0.33)	0.4	(0.08)	9	(1.7)	5.0	(0.50)	1.7	(0.27)	33	(2.9)	5.1	(0.46)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	5.3	(0.22)	0.2	(0.03)	3	(0.6)	4.7	(0.42)	1.2	(0.20)	27	(3.9)	5.4	(0.24)
20 and over.....	5017	22	(1.0)	4.7	(0.15)	0.4	(0.04)	8	(0.8)	5.1	(0.23)	1.7	(0.12)	33	(1.6)	4.6	(0.19)
2 and over...	7918	20	(0.9)	4.8	(0.15)	0.3	(0.03)	7	(0.7)	5.0	(0.21)	1.6	(0.11)	32	(1.8)	4.8	(0.18)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>3</sup> —————      ———Full Service Restaurant Consumers <sup>4</sup> ———      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	6.8	(0.19)	0.2	(0.04)	3	(0.6)	8.0	(0.58)	2.8	(0.23)	34	(3.4)	6.7	(0.18)
20 and over.....	1434	17	(2.4)	7.8	(0.17)	0.6	(0.09)	8	(1.1)	8.7	(0.60)	3.7	(0.29)	43	(2.2)	7.7	(0.19)
2 and over...	2514	14	(1.9)	7.5	(0.14)	0.5	(0.07)	7	(0.9)	8.6	(0.54)	3.6	(0.25)	41	(2.1)	7.3	(0.15)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	7.2	(0.22)	0.4	(0.06)	5	(0.8)	7.4	(0.42)	2.9	(0.27)	40	(3.1)	7.1	(0.21)
20 and over.....	1823	20	(1.1)	9.0	(0.20)	0.9	(0.12)	10	(1.4)	10.1	(0.59)	4.2	(0.51)	42	(4.2)	8.7	(0.26)
2 and over...	2881	19	(1.0)	8.5	(0.16)	0.7	(0.09)	9	(1.1)	9.6	(0.44)	4.0	(0.40)	42	(3.7)	8.2	(0.22)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	7.7	(0.28)	0.7	(0.14)	9	(1.9)	8.5	(0.52)	3.5	(0.52)	41	(5.6)	7.5	(0.33)
20 and over.....	1280	28	(2.4)	10.4	(0.52)	1.1	(0.09)	11	(0.9)	10.8	(0.53)	4.1	(0.24)	38	(2.3)	10.2	(0.60)
2 and over...	1811	26	(2.1)	9.9	(0.46)	1.0	(0.08)	11	(0.9)	10.5	(0.43)	4.0	(0.19)	38	(2.0)	9.7	(0.55)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	7.2	(0.10)	0.4	(0.05)	6	(0.7)	8.0	(0.29)	3.1	(0.27)	39	(3.1)	7.1	(0.12)
20 and over.....	5017	22	(1.0)	9.2	(0.26)	0.9	(0.04)	10	(0.5)	10.2	(0.41)	4.0	(0.21)	39	(1.5)	9.0	(0.27)
2 and over...	7918	20	(0.9)	8.8	(0.23)	0.8	(0.04)	9	(0.5)	9.8	(0.33)	3.9	(0.18)	39	(1.4)	8.5	(0.24)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	66.3	(3.68)	2.3	(0.48)	4	(0.7)	56.7	(7.04)	27.6	(4.09)	49	(4.5)	67.1	(3.81)
20 and over.....	1434	17	(2.4)	105.7	(6.22)	8.6	(1.78)	8	(1.9)	105.1	(11.45)	50.1	(6.65)	48	(4.8)	105.8	(8.09)
2 and over...	2514	14	(1.9)	93.0	(4.41)	6.6	(1.27)	7	(1.5)	96.0	(8.43)	45.8	(4.58)	48	(4.1)	92.5	(5.34)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	62.7	(3.58)	4.7	(0.73)	7	(1.0)	70.2	(5.88)	35.2	(3.82)	50	(6.3)	61.6	(3.66)
20 and over.....	1823	20	(1.1)	109.8	(4.57)	15.5	(2.07)	14	(1.6)	124.5	(11.58)	76.2	(10.81)	61	(3.7)	106.1	(4.06)
2 and over...	2881	19	(1.0)	97.5	(3.87)	12.7	(1.53)	13	(1.3)	114.3	(9.59)	68.5	(8.87)	60	(3.5)	93.7	(3.62)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	69.1	(3.39)	8.8	(2.03)	13	(3.0)	88.5	(7.72)	43.2	(7.78)	49	(8.2)	64.0	(4.29)
20 and over.....	1280	28	(2.4)	140.5	(8.21)	21.0	(3.09)	15	(2.0)	147.9	(14.64)	76.3	(8.71)	52	(4.7)	137.7	(8.97)
2 and over...	1811	26	(2.1)	127.8	(7.23)	18.8	(2.57)	15	(1.9)	139.7	(12.43)	71.7	(7.40)	51	(4.4)	123.5	(8.16)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	66.5	(2.33)	5.1	(0.57)	8	(0.8)	74.4	(4.82)	36.7	(3.32)	49	(4.1)	65.2	(2.49)
20 and over.....	5017	22	(1.0)	120.9	(4.68)	15.6	(1.48)	13	(1.0)	130.7	(9.20)	70.2	(6.15)	54	(3.1)	118.1	(4.90)
2 and over...	7918	20	(0.9)	107.8	(4.23)	13.1	(1.17)	12	(0.9)	121.4	(7.59)	64.7	(5.22)	53	(3.0)	104.4	(4.49)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
<div>—————<i>All Individuals</i><sup>3</sup>—————      ———<i>Full Service Restaurant Consumers</i><sup>4</sup>———      <i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	920	(34.6)	23	(5.4)	2	(0.6)	920	(83.5)	270	(24.4)	29	(2.5)	920	(35.0)
20 and over.....	1434	17	(2.4)	895	(31.5)	51	(8.5)	6	(0.9)	886	(47.2)	296	(31.8)	33	(2.8)	897	(32.2)
2 and over...	2514	14	(1.9)	903	(25.2)	42	(6.7)	5	(0.7)	892	(49.7)	291	(27.1)	33	(2.0)	905	(23.6)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1014	(33.5)	31	(4.9)	3	(0.5)	875	(73.2)	235	(25.4)	27	(3.9)	1035	(31.4)
20 and over.....	1823	20	(1.1)	965	(29.7)	69	(7.1)	7	(0.7)	1032	(61.7)	340	(22.6)	33	(1.3)	948	(27.8)
2 and over...	2881	19	(1.0)	978	(27.1)	59	(5.3)	6	(0.6)	1002	(53.9)	321	(16.7)	32	(1.5)	972	(26.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1018	(45.0)	81	(23.3)	8	(2.2)	1116	(103.7)	394	(92.2)	35	(6.2)	993	(46.9)
20 and over.....	1280	28	(2.4)	979	(22.0)	88	(9.4)	9	(0.9)	1003	(47.5)	319	(25.8)	32	(1.8)	970	(21.4)
2 and over...	1811	26	(2.1)	986	(20.2)	87	(9.1)	9	(0.9)	1018	(41.7)	330	(26.0)	32	(2.0)	974	(18.9)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	979	(28.5)	42	(6.8)	4	(0.7)	981	(49.7)	302	(41.3)	31	(3.7)	979	(28.6)
20 and over.....	5017	22	(1.0)	949	(19.0)	70	(3.7)	7	(0.4)	988	(37.7)	316	(17.0)	32	(1.1)	938	(16.2)
2 and over...	7918	20	(0.9)	956	(19.1)	63	(3.2)	7	(0.3)	987	(35.4)	313	(15.1)	32	(1.2)	949	(16.4)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	1183	(27.7)	42	(8.6)	4	(0.7)	1266	(91.8)	497	(47.7)	39	(3.2)	1176	(25.6)
20 and over.....	1434	17	(2.4)	1302	(32.8)	98	(11.0)	8	(0.9)	1335	(73.6)	571	(38.5)	43	(2.3)	1295	(32.7)
2 and over...	2514	14	(1.9)	1264	(23.1)	80	(8.7)	6	(0.7)	1322	(66.2)	557	(32.9)	42	(2.1)	1254	(21.9)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	1264	(34.3)	62	(8.2)	5	(0.7)	1207	(61.5)	463	(33.1)	38	(4.0)	1273	(35.8)
20 and over.....	1823	20	(1.1)	1382	(31.5)	136	(16.9)	10	(1.2)	1549	(96.6)	670	(67.1)	43	(2.5)	1339	(29.6)
2 and over...	2881	19	(1.0)	1351	(26.0)	117	(13.0)	9	(1.0)	1484	(79.7)	631	(53.8)	43	(2.4)	1321	(26.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	1275	(51.3)	134	(29.8)	10	(2.1)	1519	(145.3)	652	(103.5)	43	(4.3)	1212	(37.8)
20 and over.....	1280	28	(2.4)	1449	(30.8)	169	(15.6)	12	(1.1)	1511	(58.9)	616	(35.9)	41	(1.7)	1426	(32.5)
2 and over...	1811	26	(2.1)	1418	(28.4)	163	(15.1)	11	(1.0)	1512	(50.7)	621	(32.7)	41	(1.5)	1385	(28.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	1237	(24.6)	76	(9.4)	6	(0.8)	1357	(63.4)	549	(50.7)	40	(3.0)	1217	(23.5)
20 and over.....	5017	22	(1.0)	1385	(21.2)	137	(6.0)	10	(0.5)	1494	(44.9)	618	(26.2)	41	(1.4)	1354	(20.9)
2 and over...	7918	20	(0.9)	1349	(20.4)	123	(5.4)	9	(0.4)	1471	(41.9)	607	(22.5)	41	(1.3)	1319	(19.8)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
————— <i>All Individuals</i> <sup>3</sup> —————    — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	218	(4.7)	6	(1.3)	3	(0.6)	210	(9.9)	77	(6.8)	36	(2.9)	219	(4.8)
20 and over.....	1434	17	(2.4)	275	(6.5)	17	(2.2)	6	(0.8)	278	(18.3)	98	(5.9)	35	(2.3)	274	(5.7)
2 and over...	2514	14	(1.9)	257	(4.6)	14	(1.6)	5	(0.7)	265	(13.9)	94	(4.6)	35	(2.0)	255	(3.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	236	(5.4)	9	(1.3)	4	(0.6)	214	(10.7)	71	(6.3)	33	(3.8)	239	(5.6)
20 and over.....	1823	20	(1.1)	300	(6.3)	23	(2.8)	8	(0.9)	308	(17.5)	112	(11.6)	36	(2.2)	298	(7.5)
2 and over...	2881	19	(1.0)	283	(5.6)	19	(2.2)	7	(0.8)	290	(14.7)	104	(9.3)	36	(2.0)	282	(6.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	241	(7.6)	21	(4.2)	9	(1.6)	278	(17.5)	101	(13.5)	36	(3.9)	231	(6.8)
20 and over.....	1280	28	(2.4)	329	(7.0)	30	(2.5)	9	(0.8)	334	(9.2)	110	(6.0)	33	(1.3)	328	(8.7)
2 and over...	1811	26	(2.1)	314	(6.2)	28	(2.2)	9	(0.7)	327	(7.1)	108	(4.8)	33	(1.1)	309	(8.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	231	(3.8)	12	(1.3)	5	(0.5)	242	(9.2)	84	(6.3)	35	(2.4)	230	(3.9)
20 and over.....	5017	22	(1.0)	307	(5.3)	24	(0.8)	8	(0.3)	318	(8.0)	107	(4.2)	34	(1.0)	303	(6.1)
2 and over...	7918	20	(0.9)	289	(5.0)	21	(0.8)	7	(0.3)	306	(7.3)	104	(3.6)	34	(0.9)	284	(5.6)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

I r o n													
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>					
		Non-consumers <sup>5</sup>											
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup>		Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup>		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	%	(SE)
<b>Under 131% poverty:</b>													
2 - 19.....	1080	8	(1.8)	13.7	(0.43)	0.4	(0.07)	3	(0.5)	12.6	(1.04)	4.3	(0.37)
20 and over.....	1434	17	(2.4)	13.2	(0.28)	0.9	(0.13)	7	(1.0)	13.4	(0.73)	5.0	(0.30)
2 and over...	2514	14	(1.9)	13.4	(0.23)	0.7	(0.09)	5	(0.7)	13.2	(0.66)	4.9	(0.24)
<b>131-350% poverty:</b>													
2 - 19.....	1058	13	(1.3)	14.1	(0.53)	0.5	(0.07)	4	(0.5)	12.2	(0.56)	4.1	(0.39)
20 and over.....	1823	20	(1.1)	14.3	(0.26)	1.2	(0.15)	8	(1.0)	14.7	(1.12)	5.8	(0.61)
2 and over...	2881	19	(1.0)	14.2	(0.21)	1.0	(0.11)	7	(0.7)	14.2	(0.90)	5.5	(0.49)
<b>Over 350% poverty:</b>													
2 - 19.....	531	20	(2.1)	13.8	(0.46)	1.1	(0.19)	8	(1.3)	14.7	(1.42)	5.5	(0.65)
20 and over.....	1280	28	(2.4)	14.3	(0.30)	1.5	(0.12)	10	(0.9)	14.7	(0.46)	5.4	(0.28)
2 and over...	1811	26	(2.1)	14.2	(0.26)	1.4	(0.11)	10	(0.8)	14.7	(0.46)	5.4	(0.23)
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	14	(0.9)	13.8	(0.30)	0.7	(0.06)	5	(0.4)	13.5	(0.68)	4.7	(0.29)
20 and over.....	5017	22	(1.0)	14.0	(0.18)	1.2	(0.05)	9	(0.3)	14.5	(0.46)	5.4	(0.26)
2 and over...	7918	20	(0.9)	14.0	(0.17)	1.1	(0.04)	8	(0.3)	14.4	(0.42)	5.3	(0.21)



**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	9.7	(0.21)	0.3	(0.06)	3	(0.6)	10.1	(0.73)	3.9	(0.44)	39	(5.6)	9.7	(0.21)
20 and over.....	1434	17	(2.4)	10.3	(0.29)	0.8	(0.11)	8	(1.1)	10.9	(0.49)	4.8	(0.34)	44	(2.3)	10.1	(0.31)
2 and over...	2514	14	(1.9)	10.1	(0.21)	0.7	(0.08)	7	(0.8)	10.7	(0.39)	4.6	(0.26)	43	(2.1)	10.0	(0.21)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	10.2	(0.30)	0.5	(0.08)	5	(0.7)	9.5	(0.63)	3.8	(0.42)	40	(4.2)	10.4	(0.27)
20 and over.....	1823	20	(1.1)	11.4	(0.27)	1.2	(0.15)	10	(1.2)	12.7	(0.81)	5.7	(0.58)	45	(2.4)	11.0	(0.24)
2 and over...	2881	19	(1.0)	11.1	(0.21)	1.0	(0.12)	9	(1.0)	12.1	(0.69)	5.4	(0.47)	44	(2.4)	10.8	(0.19)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	9.9	(0.46)	1.0	(0.24)	10	(2.2)	11.2	(1.44)	5.0	(0.89)	44	(4.1)	9.5	(0.34)
20 and over.....	1280	28	(2.4)	11.8	(0.29)	1.4	(0.14)	12	(1.2)	12.4	(0.59)	5.1	(0.39)	41	(1.9)	11.5	(0.36)
2 and over...	1811	26	(2.1)	11.4	(0.28)	1.3	(0.14)	12	(1.2)	12.2	(0.61)	5.1	(0.37)	41	(1.7)	11.1	(0.31)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	9.9	(0.22)	0.6	(0.07)	6	(0.7)	10.4	(0.61)	4.3	(0.38)	41	(2.7)	9.8	(0.20)
20 and over.....	5017	22	(1.0)	11.2	(0.18)	1.1	(0.05)	10	(0.5)	12.2	(0.40)	5.1	(0.29)	42	(1.6)	10.9	(0.18)
2 and over...	7918	20	(0.9)	10.9	(0.18)	1.0	(0.05)	9	(0.5)	11.9	(0.39)	5.0	(0.23)	42	(1.3)	10.7	(0.17)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C o p p e r													
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>					
		Non-consumers <sup>5</sup>											
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)
<b>Under 131% poverty:</b>													
2 - 19.....	1080	8	(1.8)	0.9	(0.02)	#		3	(0.6)	0.8	(0.03)	0.3	(0.03)
20 and over.....	1434	17	(2.4)	1.1	(0.03)	0.1	(0.01)	7	(1.1)	1.1	(0.09)	0.4	(0.06)
2 and over...	2514	14	(1.9)	1.0	(0.02)	0.1	(0.01)	6	(0.8)	1.1	(0.07)	0.4	(0.04)
<b>131-350% poverty:</b>													
2 - 19.....	1058	13	(1.3)	0.9	(0.02)	#		4	(0.6)	0.9	(0.05)	0.3	(0.03)
20 and over.....	1823	20	(1.1)	1.2	(0.02)	0.1	(0.01)	8	(1.0)	1.3	(0.06)	0.5	(0.05)
2 and over...	2881	19	(1.0)	1.1	(0.01)	0.1	(0.01)	7	(0.8)	1.2	(0.05)	0.4	(0.04)
<b>Over 350% poverty:</b>													
2 - 19.....	531	20	(2.1)	1.0	(0.02)	0.1	(0.01)	8	(1.4)	1.1	(0.06)	0.4	(0.05)
20 and over.....	1280	28	(2.4)	1.3	(0.03)	0.1	(0.01)	9	(0.9)	1.3	(0.04)	0.4	(0.02)
2 and over...	1811	26	(2.1)	1.3	(0.03)	0.1	(0.01)	9	(0.8)	1.3	(0.03)	0.4	(0.02)
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	14	(0.9)	0.9	(0.02)	#		5	(0.6)	1.0	(0.04)	0.3	(0.03)
20 and over.....	5017	22	(1.0)	1.2	(0.02)	0.1	(#)	8	(0.4)	1.3	(0.03)	0.4	(0.02)
2 and over...	7918	20	(0.9)	1.2	(0.02)	0.1	(#)	7	(0.4)	1.2	(0.03)	0.4	(0.02)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m													
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>					
		Non-consumers <sup>5</sup>											
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>	Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup>	Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup>	Total Intake	Intake from Full Service Restaurants	Percentages from <sup>7</sup>	Total Intake	Intake from Full Service Restaurants
		% (SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)
<b>Under 131% poverty:</b>													
2 - 19.....	1080	8 (1.8)	94.7 (2.34)	4.3 (0.86)	5 (0.9)	103.9 (5.94)	50.5 (5.21)	49 (3.8)	93.8 (2.37)				
20 and over.....	1434	17 (2.4)	111.7 (2.48)	9.4 (1.02)	8 (1.0)	115.1 (6.79)	54.8 (4.29)	48 (3.2)	111.0 (2.91)				
2 and over...	2514	14 (1.9)	106.2 (1.45)	7.8 (0.79)	7 (0.8)	113.0 (5.23)	54.0 (3.72)	48 (2.7)	105.1 (1.65)				
<b>131-350% poverty:</b>													
2 - 19.....	1058	13 (1.3)	96.6 (2.45)	5.6 (0.68)	6 (0.7)	92.1 (4.80)	42.1 (2.31)	46 (3.5)	97.3 (2.68)				
20 and over.....	1823	20 (1.1)	115.5 (2.24)	13.2 (2.12)	11 (1.7)	131.4 (9.89)	65.1 (9.18)	50 (4.0)	111.4 (1.87)				
2 and over...	2881	19 (1.0)	110.5 (1.62)	11.3 (1.60)	10 (1.4)	124.0 (8.18)	60.7 (7.50)	49 (3.6)	107.5 (1.64)				
<b>Over 350% poverty:</b>													
2 - 19.....	531	20 (2.1)	101.3 (4.61)	13.4 (3.59)	13 (3.1)	125.6 (14.14)	65.5 (14.13)	52 (6.2)	95.1 (3.28)				
20 and over.....	1280	28 (2.4)	119.7 (3.93)	17.4 (2.08)	15 (1.5)	130.3 (7.01)	63.2 (5.19)	48 (2.5)	115.6 (3.31)				
2 and over...	1811	26 (2.1)	116.4 (3.50)	16.7 (2.02)	14 (1.5)	129.6 (6.55)	63.5 (5.06)	49 (2.4)	111.7 (2.72)				
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	14 (0.9)	97.1 (1.48)	7.5 (1.10)	8 (1.1)	109.6 (6.38)	54.2 (6.56)	49 (3.9)	95.1 (1.28)				
20 and over.....	5017	22 (1.0)	115.5 (1.95)	13.8 (0.97)	12 (0.7)	128.6 (4.33)	62.1 (4.31)	48 (2.2)	111.7 (1.86)				
2 and over...	7918	20 (0.9)	111.0 (1.71)	12.3 (0.82)	11 (0.7)	125.5 (4.02)	60.7 (3.91)	48 (2.1)	107.4 (1.57)				

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	2043	(41.0)	65	(12.7)	3	(0.6)	1975	(152.1)	768	(98.5)	39	(3.4)	2050	(38.3)
20 and over.....	1434	17	(2.4)	2413	(53.8)	171	(21.7)	7	(1.0)	2452	(90.0)	991	(60.5)	40	(2.3)	2405	(54.0)
2 and over...	2514	14	(1.9)	2294	(42.3)	137	(15.8)	6	(0.7)	2362	(85.1)	949	(55.4)	40	(2.1)	2282	(40.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	2100	(41.6)	101	(15.2)	5	(0.7)	1975	(57.5)	757	(76.0)	38	(3.8)	2119	(44.6)
20 and over.....	1823	20	(1.1)	2582	(53.1)	232	(26.7)	9	(1.0)	2785	(160.8)	1140	(109.2)	41	(2.5)	2530	(57.1)
2 and over...	2881	19	(1.0)	2456	(44.9)	198	(21.3)	8	(0.9)	2633	(129.9)	1068	(89.2)	41	(2.4)	2416	(47.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	2128	(84.8)	190	(40.4)	9	(1.7)	2469	(230.3)	928	(142.7)	38	(3.9)	2040	(60.4)
20 and over.....	1280	28	(2.4)	2796	(46.3)	299	(24.0)	11	(0.9)	2864	(76.3)	1088	(51.6)	38	(1.5)	2771	(61.2)
2 and over...	1811	26	(2.1)	2677	(40.3)	280	(21.6)	10	(0.8)	2809	(61.1)	1065	(39.1)	38	(1.2)	2630	(52.2)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	2086	(30.2)	115	(13.1)	6	(0.6)	2194	(105.4)	832	(67.8)	38	(2.4)	2069	(27.7)
20 and over.....	5017	22	(1.0)	2633	(38.6)	239	(8.8)	9	(0.4)	2767	(67.0)	1078	(42.6)	39	(1.0)	2595	(42.4)
2 and over...	7918	20	(0.9)	2502	(35.7)	209	(8.3)	8	(0.4)	2672	(62.4)	1037	(35.7)	39	(0.9)	2458	(38.7)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Full Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	3003	(70.0)	128	(23.1)	4	(0.7)	3401	(272.2)	1513	(122.3)	45	(3.9)	2967	(63.7)
20 and over.....	1434	17	(2.4)	3420	(67.5)	326	(38.8)	10	(1.2)	3839	(147.2)	1891	(86.6)	49	(2.7)	3333	(77.8)
2 and over...	2514	14	(1.9)	3286	(41.9)	262	(29.3)	8	(0.9)	3756	(128.6)	1819	(79.7)	48	(2.2)	3207	(44.8)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	2993	(63.0)	187	(25.0)	6	(0.8)	3074	(140.8)	1401	(103.6)	46	(3.8)	2981	(72.3)
20 and over.....	1823	20	(1.1)	3551	(76.3)	422	(53.5)	12	(1.5)	4110	(249.4)	2075	(226.2)	50	(3.4)	3408	(73.6)
2 and over...	2881	19	(1.0)	3405	(56.8)	361	(41.4)	11	(1.2)	3915	(203.9)	1948	(183.5)	50	(3.1)	3289	(57.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	3086	(121.8)	392	(79.9)	13	(2.3)	3777	(261.3)	1915	(273.6)	51	(4.6)	2908	(118.4)
20 and over.....	1280	28	(2.4)	3652	(64.2)	548	(46.2)	15	(1.3)	4044	(138.0)	1990	(104.3)	49	(1.8)	3503	(58.3)
2 and over...	1811	26	(2.1)	3551	(60.0)	520	(43.5)	15	(1.2)	4007	(118.8)	1979	(88.7)	49	(1.6)	3389	(54.2)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	3013	(36.4)	227	(24.8)	8	(0.8)	3448	(125.2)	1640	(127.4)	48	(3.2)	2943	(34.1)
20 and over.....	5017	22	(1.0)	3536	(40.0)	438	(17.8)	12	(0.5)	4017	(102.0)	1973	(86.5)	49	(1.5)	3399	(36.1)
2 and over...	7918	20	(0.9)	3410	(33.6)	387	(16.0)	11	(0.5)	3923	(92.9)	1918	(73.3)	49	(1.4)	3281	(30.2)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

C a f f e i n e																	
		All Individuals <sup>3</sup>						Full Service Restaurant Consumers <sup>4</sup>				Non-consumers <sup>5</sup>					
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	26.1	(5.11)	1.4*	(0.70)	5*	(2.1)	43.3	(10.89)	16.5*	(7.92)	--		24.5	(4.84)
20 and over.....	1434	17	(2.4)	137.9	(9.57)	5.5	(1.12)	4	(0.9)	134.4	(14.48)	31.9	(6.39)	24	(5.6)	138.6	(13.03)
2 and over...	2514	14	(1.9)	101.9	(7.59)	4.2	(0.80)	4	(0.8)	117.1	(13.66)	29.0	(5.74)	25	(6.0)	99.4	(10.17)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	30.4	(5.69)	3.1	(0.92)	10*	(3.7)	36.9	(8.46)	23.2	(6.29)	63	(5.0)	29.4	(6.55)
20 and over.....	1823	20	(1.1)	173.6	(10.28)	8.5	(1.98)	5	(1.3)	176.8	(17.41)	42.0	(9.50)	24	(3.9)	172.7	(13.75)
2 and over...	2881	19	(1.0)	136.2	(8.00)	7.1	(1.56)	5	(1.4)	150.6	(13.64)	38.5	(8.08)	26	(3.9)	132.9	(10.92)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	22.1	(2.56)	2.0*	(0.78)	9*	(3.1)	47.5	(10.80)	9.8*	(3.67)	21*	(7.1)	15.6	(1.73)
20 and over.....	1280	28	(2.4)	188.4	(7.55)	8.1	(1.11)	4	(0.6)	199.8	(10.31)	29.4	(4.99)	15	(2.6)	184.0	(10.59)
2 and over...	1811	26	(2.1)	158.7	(5.33)	7.0	(0.93)	4	(0.6)	178.7	(9.09)	26.7	(4.22)	15	(2.5)	151.6	(8.10)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	26.2	(2.97)	2.2	(0.44)	8	(1.6)	41.9	(4.51)	15.6	(2.85)	37	(5.0)	23.7	(3.46)
20 and over.....	5017	22	(1.0)	171.5	(6.17)	7.4	(0.85)	4	(0.5)	180.4	(7.89)	33.5	(4.14)	19	(2.0)	169.0	(8.43)
2 and over...	7918	20	(0.9)	136.6	(5.03)	6.2	(0.66)	5	(0.6)	157.6	(6.74)	30.6	(3.56)	19	(2.1)	131.3	(7.01)

**Table 48. Full Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

A l c o h o l																	
<div>—————<i>All Individuals</i><sup>3</sup>—————      ———<i>Full Service Restaurant Consumers</i><sup>4</sup>———      <i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from <sup>7</sup> Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	8	(1.8)	--		--		--		--		--		--		--	
20 and over.....	1434	17	(2.4)	7.5	(0.70)	0.5*	(0.18)	7*	(2.5)	10.4*	(3.30)	3.1*	(1.09)	--		6.9	(0.73)
2 and over...	2514	14	(1.9)	--		--		--		--		--		--		--	
<b>131-350% poverty:</b>																	
2 - 19.....	1058	13	(1.3)	--		--		--		--		--		--		--	
20 and over.....	1823	20	(1.1)	9.1	(0.74)	1.1	(0.19)	13	(2.7)	10.8	(1.69)	5.6	(0.81)	52	(6.9)	8.6	(1.03)
2 and over...	2881	19	(1.0)	--		--		--		--		--		--		--	
<b>Over 350% poverty:</b>																	
2 - 19.....	531	20	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1280	28	(2.4)	12.3	(1.08)	2.5	(0.56)	21	(4.2)	16.5	(2.36)	9.2	(1.80)	56	(5.8)	10.6	(1.38)
2 and over...	1811	26	(2.1)	--		--		--		--		--		--		--	
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	14	(0.9)	--		--		--		--		--		--		--	
20 and over.....	5017	22	(1.0)	9.9	(0.62)	1.5	(0.27)	15	(2.8)	13.5	(1.64)	6.9	(1.16)	51	(4.4)	8.9	(0.76)
2 and over...	7918	20	(0.9)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".
- <sup>2</sup> 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/>.
- <sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.
- <sup>4</sup> **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.
- <sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.
- <sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.
- <sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.
- <sup>8</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1545	(27.4)	178	(18.9)	12	(1.2)	1546	(56.5)	466	(38.9)	30	(1.9)	1545	(35.7)
6 - 11.....	517	41	(3.1)	1973	(31.2)	279	(30.8)	14	(1.4)	2116	(59.3)	680	(63.1)	32	(2.4)	1874	(34.9)
12 - 19.....	609	37	(2.2)	2247	(69.7)	374	(24.8)	17	(1.1)	2584	(72.2)	1022	(46.3)	40	(2.0)	2053	(93.4)
20 - 39.....	810	49	(1.9)	2625	(46.5)	544	(30.0)	21	(1.2)	2724	(61.0)	1101	(46.4)	40	(1.7)	2528	(65.0)
40 - 59.....	767	42	(2.5)	2501	(33.5)	413	(25.3)	17	(1.1)	2661	(53.9)	972	(51.5)	37	(2.1)	2384	(78.7)
60 and over.....	838	28	(2.4)	2093	(35.9)	195	(24.8)	9	(1.2)	2169	(94.1)	708	(60.4)	33	(2.6)	2064	(39.3)
2 - 19.....	1462	38	(1.9)	2009	(37.0)	301	(17.4)	15	(0.8)	2200	(47.9)	782	(36.6)	36	(1.4)	1890	(49.6)
20 and over...	2415	41	(1.7)	2439	(27.5)	404	(18.3)	17	(0.7)	2601	(40.5)	984	(31.2)	38	(1.2)	2326	(38.2)
2 and over...	3877	40	(1.4)	2332	(27.6)	378	(15.7)	16	(0.7)	2506	(31.1)	936	(24.3)	37	(1.0)	2213	(35.8)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1395	(35.6)	161	(25.9)	12	(1.9)	1384	(52.2)	436	(39.5)	32	(2.4)	1401	(56.6)
6 - 11.....	523	36	(4.0)	1834	(37.2)	226	(24.1)	12	(1.4)	1969	(53.2)	622	(39.6)	32	(2.3)	1757	(45.2)
12 - 19.....	587	41	(2.3)	1813	(44.7)	338	(17.5)	19	(0.9)	1923	(75.0)	830	(45.8)	43	(1.5)	1738	(51.6)
20 - 39.....	877	43	(2.7)	1894	(33.1)	327	(28.3)	17	(1.5)	2029	(25.4)	752	(40.4)	37	(2.1)	1789	(42.5)
40 - 59.....	879	41	(2.7)	1825	(28.5)	275	(23.1)	15	(1.2)	1884	(50.1)	670	(34.0)	36	(1.7)	1783	(25.7)
60 and over.....	846	22	(2.1)	1642	(37.6)	137	(16.1)	8	(0.9)	1857	(68.9)	629	(39.1)	34	(2.2)	1582	(42.0)
2 - 19.....	1439	38	(2.0)	1725	(21.3)	262	(14.3)	15	(0.7)	1819	(32.2)	681	(20.2)	37	(0.8)	1666	(27.2)
20 and over...	2602	36	(1.4)	1795	(16.7)	253	(13.7)	14	(0.7)	1939	(23.7)	697	(26.0)	36	(1.3)	1713	(20.8)
2 and over...	4041	37	(1.3)	1779	(12.1)	255	(10.8)	14	(0.6)	1910	(19.8)	693	(20.6)	36	(1.0)	1702	(15.9)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1868	(25.2)	282	(10.4)	15	(0.5)	2012	(33.4)	732	(21.2)	36	(0.8)	1779	(32.4)
20 and over...	5017	39	(1.2)	2105	(20.6)	326	(13.4)	15	(0.6)	2278	(32.2)	844	(22.3)	37	(1.0)	1996	(24.8)
2 and over...	7918	39	(1.1)	2048	(18.3)	315	(11.1)	15	(0.5)	2214	(25.3)	817	(18.7)	37	(0.8)	1944	(20.9)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	54.7	(1.62)	6.4	(0.78)	12	(1.4)	52.0	(2.31)	16.8	(1.69)	32	(2.3)	56.4	(2.01)
6 - 11.....	517	41	(3.1)	69.2	(1.85)	9.7	(1.11)	14	(1.6)	70.6	(1.65)	23.6	(2.46)	33	(3.0)	68.3	(2.78)
12 - 19.....	609	37	(2.2)	84.5	(3.24)	15.6	(1.26)	18	(1.5)	96.3	(5.07)	42.5	(1.86)	44	(1.9)	77.7	(4.25)
20 - 39.....	810	49	(1.9)	105.9	(3.68)	22.1	(1.35)	21	(1.4)	108.6	(5.38)	44.8	(1.92)	41	(2.7)	103.3	(3.63)
40 - 59.....	767	42	(2.5)	97.8	(2.95)	17.4	(1.47)	18	(1.6)	102.9	(2.11)	40.9	(3.09)	40	(3.1)	94.0	(4.74)
60 and over.....	838	28	(2.4)	81.7	(2.14)	8.4	(1.35)	10	(1.6)	83.3	(4.10)	30.5	(3.26)	37	(3.3)	81.1	(1.99)
2 - 19.....	1462	38	(1.9)	73.1	(1.79)	11.6	(0.82)	16	(1.0)	77.8	(2.39)	30.3	(1.67)	39	(1.6)	70.2	(2.52)
20 and over...	2415	41	(1.7)	96.6	(1.85)	16.8	(0.90)	17	(0.9)	102.0	(2.96)	40.8	(1.54)	40	(1.9)	92.8	(1.90)
2 and over...	3877	40	(1.4)	90.7	(1.67)	15.5	(0.78)	17	(0.8)	96.2	(2.07)	38.3	(1.35)	40	(1.7)	87.0	(1.81)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	51.2	(0.98)	5.9	(1.03)	12	(2.0)	49.1	(2.27)	16.0	(1.61)	33	(2.9)	52.3	(2.07)
6 - 11.....	523	36	(4.0)	64.5	(1.85)	8.3	(1.08)	13	(1.9)	67.3	(2.51)	22.8	(1.59)	34	(3.1)	62.8	(2.17)
12 - 19.....	587	41	(2.3)	63.4	(1.88)	12.4	(0.65)	20	(0.9)	67.2	(3.28)	30.5	(1.92)	45	(2.7)	60.8	(1.55)
20 - 39.....	877	43	(2.7)	73.3	(1.13)	13.1	(1.31)	18	(1.7)	78.3	(1.52)	30.1	(1.83)	38	(2.6)	69.5	(1.90)
40 - 59.....	879	41	(2.7)	71.0	(1.81)	10.8	(0.84)	15	(1.2)	72.6	(2.50)	26.3	(1.32)	36	(1.7)	69.9	(2.15)
60 and over.....	846	22	(2.1)	62.8	(1.81)	5.7	(0.64)	9	(0.9)	68.1	(2.97)	26.2	(1.59)	38	(2.6)	61.3	(1.92)
2 - 19.....	1439	38	(2.0)	61.0	(0.86)	9.6	(0.55)	16	(0.8)	63.3	(1.33)	25.0	(0.88)	40	(0.9)	59.5	(1.09)
20 and over...	2602	36	(1.4)	69.4	(0.81)	10.1	(0.60)	15	(0.8)	74.2	(1.20)	27.9	(1.20)	38	(1.5)	66.7	(1.04)
2 and over...	4041	37	(1.3)	67.5	(0.71)	10.0	(0.49)	15	(0.7)	71.5	(1.11)	27.2	(0.96)	38	(1.2)	65.1	(0.82)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	67.1	(1.14)	10.6	(0.45)	16	(0.7)	70.6	(1.56)	27.7	(1.02)	39	(1.0)	64.9	(1.57)
20 and over...	5017	39	(1.2)	82.5	(1.20)	13.3	(0.62)	16	(0.7)	88.4	(1.84)	34.5	(1.00)	39	(1.4)	78.8	(1.31)
2 and over...	7918	39	(1.1)	78.8	(1.09)	12.7	(0.53)	16	(0.6)	84.1	(1.39)	32.9	(0.94)	39	(1.2)	75.4	(1.13)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

C a r b o h y d r a t e																	
<div>—————All Individuals <sup>2</sup>—————      — Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers<sup>4</sup></div>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	205	(3.4)	20	(2.3)	10	(1.1)	203	(6.4)	54	(4.9)	26	(2.1)	206	(4.4)
6 - 11.....	517	41	(3.1)	258	(6.6)	34	(4.1)	13	(1.5)	278	(10.9)	84	(8.5)	30	(2.5)	244	(6.2)
12 - 19.....	609	37	(2.2)	282	(8.9)	41	(3.0)	15	(1.0)	320	(9.6)	112	(6.1)	35	(2.1)	261	(10.4)
20 - 39.....	810	49	(1.9)	299	(5.0)	58	(3.3)	19	(1.1)	310	(7.2)	118	(5.4)	38	(1.6)	289	(6.5)
40 - 59.....	767	42	(2.5)	284	(5.0)	43	(2.9)	15	(1.0)	302	(8.7)	100	(5.0)	33	(1.5)	270	(10.2)
60 and over.....	838	28	(2.4)	243	(6.0)	20	(2.4)	8	(1.0)	249	(12.5)	73	(6.0)	29	(2.3)	241	(7.0)
2 - 19.....	1462	38	(1.9)	258	(4.3)	35	(2.0)	13	(0.7)	281	(6.6)	90	(4.3)	32	(1.4)	244	(5.0)
20 and over...	2415	41	(1.7)	279	(3.1)	42	(1.8)	15	(0.6)	296	(6.1)	103	(2.7)	35	(1.0)	267	(4.4)
2 and over...	3877	40	(1.4)	274	(2.8)	40	(1.6)	15	(0.6)	292	(4.9)	100	(2.3)	34	(0.7)	261	(3.6)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	183	(6.2)	19	(3.1)	10	(1.7)	178	(7.7)	51	(4.9)	29	(2.2)	185	(8.6)
6 - 11.....	523	36	(4.0)	237	(5.5)	27	(3.1)	11	(1.3)	256	(7.1)	73	(4.5)	28	(2.1)	226	(5.9)
12 - 19.....	587	41	(2.3)	233	(5.3)	39	(2.1)	17	(0.8)	245	(9.1)	97	(4.7)	40	(1.1)	224	(6.6)
20 - 39.....	877	43	(2.7)	224	(5.3)	37	(3.4)	17	(1.5)	241	(4.8)	85	(4.9)	35	(2.0)	211	(7.0)
40 - 59.....	879	41	(2.7)	212	(5.3)	29	(2.3)	14	(1.2)	212	(7.5)	71	(4.2)	33	(1.7)	212	(5.3)
60 and over.....	846	22	(2.1)	198	(5.1)	14	(1.9)	7	(0.9)	220	(10.9)	65	(5.0)	30	(2.3)	192	(5.6)
2 - 19.....	1439	38	(2.0)	223	(2.7)	31	(1.8)	14	(0.7)	234	(4.7)	80	(2.1)	34	(0.8)	216	(3.3)
20 and over...	2602	36	(1.4)	212	(3.4)	27	(1.5)	13	(0.7)	225	(4.3)	76	(2.8)	34	(1.2)	204	(4.0)
2 and over...	4041	37	(1.3)	214	(2.6)	28	(1.2)	13	(0.6)	227	(3.1)	77	(2.2)	34	(0.9)	207	(3.2)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	241	(3.0)	33	(1.3)	14	(0.4)	258	(4.4)	85	(2.5)	33	(0.8)	230	(3.7)
20 and over...	5017	39	(1.2)	244	(2.4)	35	(1.3)	14	(0.5)	261	(4.6)	90	(2.3)	34	(0.8)	233	(2.3)
2 and over...	7918	39	(1.1)	243	(1.9)	34	(1.1)	14	(0.4)	261	(3.5)	89	(1.9)	34	(0.6)	232	(2.0)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	96	(2.2)	7	(0.9)	7	(1.0)	90	(2.8)	17	(2.4)	19	(2.4)	100	(3.0)
6 - 11.....	517	41	(3.1)	117	(3.7)	13	(1.9)	11	(1.5)	125	(7.4)	32	(4.0)	26	(2.6)	111	(3.3)
12 - 19.....	609	37	(2.2)	124	(5.0)	12	(1.8)	10	(1.3)	133	(7.0)	34	(4.8)	25	(3.0)	119	(5.6)
20 - 39.....	810	49	(1.9)	125	(4.0)	18	(1.1)	15	(0.9)	129	(5.5)	37	(2.4)	29	(1.4)	121	(5.0)
40 - 59.....	767	42	(2.5)	123	(4.1)	15	(1.5)	12	(1.1)	130	(8.3)	35	(2.4)	27	(1.3)	118	(6.7)
60 and over.....	838	28	(2.4)	103	(4.1)	6	(0.7)	6	(0.7)	100	(6.2)	23	(2.2)	23	(2.3)	104	(5.2)
2 - 19.....	1462	38	(1.9)	116	(2.5)	11	(0.6)	10	(0.5)	121	(4.2)	30	(1.9)	25	(1.2)	112	(2.7)
20 and over...	2415	41	(1.7)	118	(2.8)	14	(0.7)	12	(0.6)	124	(5.0)	34	(1.2)	27	(0.9)	114	(3.5)
2 and over...	3877	40	(1.4)	118	(2.4)	13	(0.5)	11	(0.5)	124	(4.1)	33	(1.0)	27	(0.7)	114	(2.7)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	88	(3.8)	6	(1.1)	7	(1.3)	83	(2.6)	16	(1.5)	19	(1.9)	90	(5.0)
6 - 11.....	523	36	(4.0)	105	(3.9)	10	(1.2)	9	(1.2)	112	(4.7)	26	(1.8)	23	(1.7)	101	(4.0)
12 - 19.....	587	41	(2.3)	104	(3.7)	15	(1.2)	15	(1.1)	107	(5.4)	37	(2.1)	35	(1.7)	103	(4.3)
20 - 39.....	877	43	(2.7)	96	(2.9)	13	(1.2)	14	(1.3)	102	(3.7)	31	(2.0)	30	(1.8)	92	(3.8)
40 - 59.....	879	41	(2.7)	95	(3.2)	10	(1.1)	11	(1.1)	95	(4.2)	25	(1.9)	26	(1.8)	94	(3.5)
60 and over.....	846	22	(2.1)	89	(3.2)	5	(0.8)	5	(0.8)	97	(6.1)	22	(2.7)	23	(2.2)	87	(3.3)
2 - 19.....	1439	38	(2.0)	101	(2.1)	11	(0.9)	11	(0.8)	103	(2.8)	29	(1.3)	28	(1.2)	99	(2.3)
20 and over...	2602	36	(1.4)	94	(1.9)	10	(0.6)	10	(0.6)	98	(2.7)	27	(1.2)	27	(1.0)	91	(2.4)
2 and over...	4041	37	(1.3)	95	(1.7)	10	(0.5)	11	(0.5)	99	(2.1)	27	(1.0)	28	(0.7)	93	(2.1)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	108	(2.1)	11	(0.6)	11	(0.4)	112	(2.8)	30	(1.2)	26	(1.0)	106	(2.2)
20 and over...	5017	39	(1.2)	106	(1.6)	12	(0.4)	11	(0.4)	112	(3.3)	30	(0.9)	27	(0.5)	102	(1.8)
2 and over...	7918	39	(1.1)	106	(1.5)	12	(0.3)	11	(0.3)	112	(2.8)	30	(0.7)	27	(0.4)	103	(1.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

D i e t a r y   f i b e r																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	12.1	(0.45)	1.3	(0.16)	11	(1.4)	11.5	(0.37)	3.4	(0.32)	30	(2.6)	12.5	(0.55)
6 - 11.....	517	41	(3.1)	14.7	(0.54)	1.6	(0.20)	11	(1.5)	14.5	(0.37)	4.0	(0.44)	28	(3.3)	14.8	(0.85)
12 - 19.....	609	37	(2.2)	16.0	(0.56)	2.4	(0.21)	15	(1.3)	18.2	(0.76)	6.4	(0.50)	35	(3.1)	14.8	(0.63)
20 - 39.....	810	49	(1.9)	19.2	(0.62)	4.1	(0.38)	21	(1.8)	19.4	(0.75)	8.2	(0.65)	42	(3.5)	19.0	(0.74)
40 - 59.....	767	42	(2.5)	19.0	(0.70)	2.6	(0.15)	14	(0.9)	18.8	(0.91)	6.1	(0.30)	32	(1.9)	19.2	(0.84)
60 and over.....	838	28	(2.4)	18.6	(0.74)	1.3	(0.18)	7	(0.9)	17.5	(1.20)	4.6	(0.44)	27	(2.2)	19.0	(0.75)
2 - 19.....	1462	38	(1.9)	14.8	(0.34)	1.9	(0.14)	13	(1.0)	15.5	(0.32)	4.9	(0.31)	32	(2.0)	14.3	(0.54)
20 and over...	2415	41	(1.7)	18.9	(0.43)	2.8	(0.19)	15	(1.0)	18.8	(0.60)	6.8	(0.39)	36	(2.2)	19.0	(0.47)
2 and over...	3877	40	(1.4)	17.9	(0.40)	2.6	(0.14)	14	(0.8)	18.0	(0.45)	6.4	(0.26)	35	(1.5)	17.8	(0.48)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	11.0	(0.37)	1.0	(0.20)	9	(1.9)	9.9	(0.49)	2.8	(0.36)	28	(3.0)	11.7	(0.59)
6 - 11.....	523	36	(4.0)	14.0	(0.47)	1.4	(0.17)	10	(1.3)	14.0	(0.70)	3.9	(0.28)	28	(2.6)	14.0	(0.47)
12 - 19.....	587	41	(2.3)	13.9	(0.25)	2.1	(0.11)	15	(0.9)	13.8	(0.46)	5.0	(0.33)	37	(1.9)	13.9	(0.45)
20 - 39.....	877	43	(2.7)	16.1	(0.71)	2.2	(0.20)	14	(1.3)	16.5	(0.73)	5.0	(0.29)	30	(2.3)	15.8	(0.91)
40 - 59.....	879	41	(2.7)	15.8	(0.63)	1.9	(0.15)	12	(1.0)	15.0	(0.55)	4.6	(0.22)	31	(1.8)	16.3	(0.82)
60 and over.....	846	22	(2.1)	15.3	(0.44)	0.9	(0.14)	6	(0.8)	16.3	(0.74)	4.3	(0.37)	27	(2.5)	15.0	(0.51)
2 - 19.....	1439	38	(2.0)	13.3	(0.21)	1.6	(0.10)	12	(0.7)	13.0	(0.37)	4.2	(0.17)	32	(1.2)	13.4	(0.24)
20 and over...	2602	36	(1.4)	15.7	(0.44)	1.7	(0.09)	11	(0.6)	15.8	(0.43)	4.7	(0.17)	30	(1.5)	15.7	(0.56)
2 and over...	4041	37	(1.3)	15.2	(0.36)	1.7	(0.07)	11	(0.5)	15.1	(0.39)	4.6	(0.14)	30	(1.3)	15.2	(0.44)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	14.0	(0.22)	1.8	(0.08)	13	(0.6)	14.2	(0.22)	4.6	(0.19)	32	(1.2)	13.9	(0.35)
20 and over...	5017	39	(1.2)	17.3	(0.39)	2.2	(0.12)	13	(0.7)	17.4	(0.47)	5.8	(0.24)	33	(1.6)	17.2	(0.46)
2 and over...	7918	39	(1.1)	16.5	(0.35)	2.1	(0.09)	13	(0.5)	16.6	(0.37)	5.5	(0.18)	33	(1.3)	16.4	(0.41)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	58.6	(1.48)	8.0	(0.82)	14	(1.3)	60.6	(2.86)	20.9	(1.71)	35	(1.8)	57.4	(2.09)
6 - 11.....	517	41	(3.1)	76.3	(1.77)	11.6	(1.24)	15	(1.5)	82.5	(2.38)	28.3	(2.47)	34	(2.4)	72.0	(2.19)
12 - 19.....	609	37	(2.2)	88.5	(3.00)	16.5	(1.13)	19	(1.5)	104.4	(3.09)	45.1	(2.65)	43	(2.5)	79.3	(4.50)
20 - 39.....	810	49	(1.9)	102.3	(2.94)	25.1	(1.40)	25	(1.5)	108.5	(3.21)	50.8	(2.27)	47	(2.2)	96.2	(4.06)
40 - 59.....	767	42	(2.5)	98.4	(2.62)	19.0	(1.05)	19	(1.4)	108.0	(3.10)	44.8	(2.74)	41	(2.7)	91.3	(4.22)
60 and over.....	838	28	(2.4)	85.2	(1.67)	9.1	(1.19)	11	(1.4)	91.0	(4.25)	33.0	(3.29)	36	(3.2)	83.0	(1.98)
2 - 19.....	1462	38	(1.9)	78.2	(1.92)	13.1	(0.74)	17	(0.9)	87.4	(2.01)	34.0	(1.66)	39	(1.5)	72.4	(2.64)
20 and over...	2415	41	(1.7)	96.3	(1.71)	18.7	(0.91)	19	(1.0)	105.2	(1.76)	45.4	(1.88)	43	(1.8)	90.2	(2.52)
2 and over...	3877	40	(1.4)	91.8	(1.68)	17.3	(0.74)	19	(0.8)	101.0	(1.39)	42.7	(1.30)	42	(1.3)	85.6	(2.38)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	53.3	(1.29)	7.0	(1.10)	13	(2.1)	54.8	(2.49)	19.0	(1.77)	35	(2.9)	52.5	(2.04)
6 - 11.....	523	36	(4.0)	72.3	(1.64)	9.8	(0.87)	14	(1.3)	77.2	(2.80)	27.1	(2.02)	35	(2.6)	69.5	(2.52)
12 - 19.....	587	41	(2.3)	72.1	(2.21)	14.8	(0.85)	20	(1.2)	76.8	(3.42)	36.2	(2.36)	47	(1.9)	68.9	(2.75)
20 - 39.....	877	43	(2.7)	75.4	(1.40)	14.3	(1.12)	19	(1.5)	81.3	(1.69)	32.8	(1.70)	40	(2.4)	70.8	(1.71)
40 - 59.....	879	41	(2.7)	74.5	(2.25)	12.7	(1.21)	17	(1.2)	80.6	(3.47)	31.0	(1.91)	38	(1.8)	70.1	(2.22)
60 and over.....	846	22	(2.1)	67.3	(1.79)	6.4	(0.78)	9	(1.1)	78.1	(3.74)	29.3	(2.33)	38	(2.4)	64.3	(2.08)
2 - 19.....	1439	38	(2.0)	67.9	(1.10)	11.4	(0.59)	17	(0.8)	72.1	(1.32)	29.7	(1.06)	41	(1.1)	65.3	(1.53)
20 and over...	2602	36	(1.4)	72.7	(1.12)	11.4	(0.65)	16	(0.7)	80.5	(1.94)	31.4	(1.36)	39	(1.4)	68.3	(1.29)
2 and over...	4041	37	(1.3)	71.6	(0.79)	11.4	(0.51)	16	(0.6)	78.5	(1.56)	31.0	(1.08)	40	(1.1)	67.6	(0.90)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	73.1	(1.29)	12.2	(0.43)	17	(0.6)	79.8	(1.35)	31.9	(0.94)	40	(0.9)	68.9	(1.72)
20 and over...	5017	39	(1.2)	84.1	(1.12)	14.9	(0.68)	18	(0.7)	93.1	(1.42)	38.6	(1.26)	41	(1.2)	78.4	(1.67)
2 and over...	7918	39	(1.1)	81.4	(1.03)	14.3	(0.54)	18	(0.6)	90.0	(1.17)	37.0	(0.97)	41	(0.9)	76.1	(1.44)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	20.6	(0.46)	2.5	(0.26)	12	(1.3)	21.0	(0.92)	6.6	(0.51)	32	(1.7)	20.3	(0.83)
6 - 11.....	517	41	(3.1)	27.0	(0.86)	4.2	(0.44)	16	(1.6)	29.3	(1.36)	10.2	(0.77)	35	(2.5)	25.4	(0.88)
12 - 19.....	609	37	(2.2)	31.0	(1.18)	5.8	(0.38)	19	(1.4)	36.1	(1.07)	15.8	(0.99)	44	(2.4)	28.0	(1.69)
20 - 39.....	810	49	(1.9)	34.3	(1.04)	8.3	(0.55)	24	(1.9)	36.2	(1.12)	16.8	(0.71)	46	(2.2)	32.4	(1.63)
40 - 59.....	767	42	(2.5)	31.9	(0.99)	6.2	(0.38)	19	(1.4)	34.8	(1.27)	14.6	(1.00)	42	(2.9)	29.8	(1.48)
60 and over.....	838	28	(2.4)	27.7	(0.64)	3.0	(0.38)	11	(1.4)	28.2	(0.93)	10.8	(0.93)	38	(3.0)	27.5	(0.85)
2 - 19.....	1462	38	(1.9)	27.5	(0.80)	4.6	(0.23)	17	(0.8)	30.6	(0.82)	11.9	(0.55)	39	(1.3)	25.6	(1.03)
20 and over...	2415	41	(1.7)	31.7	(0.69)	6.1	(0.34)	19	(1.2)	34.3	(0.75)	14.9	(0.61)	43	(1.8)	29.9	(1.01)
2 and over...	3877	40	(1.4)	30.7	(0.65)	5.7	(0.26)	19	(1.0)	33.4	(0.55)	14.2	(0.41)	42	(1.4)	28.8	(0.92)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	19.2	(0.42)	2.1	(0.37)	11	(1.9)	19.4	(0.74)	5.8	(0.60)	30	(3.1)	19.2	(0.74)
6 - 11.....	523	36	(4.0)	25.9	(0.79)	3.5	(0.38)	14	(1.5)	27.1	(0.75)	9.6	(0.68)	36	(2.5)	25.2	(1.11)
12 - 19.....	587	41	(2.3)	24.8	(1.00)	5.1	(0.36)	20	(1.3)	26.1	(1.52)	12.5	(0.89)	48	(2.0)	23.9	(1.21)
20 - 39.....	877	43	(2.7)	24.3	(0.52)	4.7	(0.34)	19	(1.5)	26.0	(0.61)	10.8	(0.50)	42	(2.3)	22.9	(0.81)
40 - 59.....	879	41	(2.7)	23.7	(0.67)	4.3	(0.43)	18	(1.5)	25.8	(1.18)	10.6	(0.75)	41	(2.2)	22.3	(0.76)
60 and over.....	846	22	(2.1)	22.6	(0.66)	2.0	(0.24)	9	(1.0)	25.6	(1.45)	9.1	(0.63)	35	(2.4)	21.7	(0.88)
2 - 19.....	1439	38	(2.0)	23.9	(0.55)	3.9	(0.23)	16	(0.8)	24.9	(0.72)	10.2	(0.45)	41	(1.2)	23.3	(0.70)
20 and over...	2602	36	(1.4)	23.6	(0.38)	3.8	(0.22)	16	(0.8)	25.9	(0.59)	10.4	(0.47)	40	(1.7)	22.3	(0.56)
2 and over...	4041	37	(1.3)	23.6	(0.26)	3.8	(0.17)	16	(0.7)	25.6	(0.44)	10.4	(0.35)	40	(1.3)	22.5	(0.43)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	25.7	(0.57)	4.2	(0.16)	16	(0.6)	27.8	(0.60)	11.0	(0.36)	40	(1.0)	24.4	(0.67)
20 and over...	5017	39	(1.2)	27.5	(0.47)	4.9	(0.22)	18	(0.8)	30.2	(0.50)	12.7	(0.35)	42	(1.0)	25.8	(0.72)
2 and over...	7918	39	(1.1)	27.1	(0.42)	4.7	(0.17)	18	(0.7)	29.6	(0.36)	12.3	(0.26)	42	(0.8)	25.5	(0.62)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	20.0	(0.66)	2.7	(0.31)	14	(1.5)	20.7	(1.01)	7.1	(0.59)	34	(1.7)	19.6	(0.97)
6 - 11.....	517	41	(3.1)	25.7	(0.68)	3.7	(0.41)	15	(1.4)	27.7	(0.79)	9.1	(0.92)	33	(2.7)	24.2	(0.85)
12 - 19.....	609	37	(2.2)	30.1	(1.14)	5.6	(0.39)	19	(1.5)	35.7	(1.42)	15.4	(0.94)	43	(2.4)	27.0	(1.70)
20 - 39.....	810	49	(1.9)	35.8	(1.13)	8.6	(0.41)	24	(1.4)	37.5	(1.40)	17.3	(0.63)	46	(2.1)	34.2	(1.55)
40 - 59.....	767	42	(2.5)	34.9	(1.01)	6.6	(0.38)	19	(1.4)	38.2	(1.29)	15.5	(1.09)	41	(2.7)	32.5	(1.45)
60 and over.....	838	28	(2.4)	30.3	(0.65)	3.2	(0.43)	11	(1.3)	32.8	(1.99)	11.6	(1.23)	36	(3.4)	29.4	(0.83)
2 - 19.....	1462	38	(1.9)	26.5	(0.73)	4.4	(0.27)	17	(1.0)	29.7	(0.88)	11.4	(0.67)	38	(1.5)	24.5	(1.00)
20 and over...	2415	41	(1.7)	34.0	(0.60)	6.4	(0.29)	19	(0.9)	36.9	(0.63)	15.7	(0.66)	42	(1.8)	32.0	(0.84)
2 and over...	3877	40	(1.4)	32.2	(0.60)	5.9	(0.25)	18	(0.8)	35.2	(0.55)	14.7	(0.49)	42	(1.4)	30.1	(0.81)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	18.1	(0.50)	2.3	(0.37)	13	(2.1)	18.7	(1.04)	6.4	(0.60)	34	(3.1)	17.7	(0.75)
6 - 11.....	523	36	(4.0)	24.3	(0.70)	3.2	(0.28)	13	(1.3)	25.4	(0.92)	8.9	(0.71)	35	(2.6)	23.6	(0.98)
12 - 19.....	587	41	(2.3)	24.3	(0.69)	5.0	(0.29)	20	(1.2)	25.8	(1.01)	12.2	(0.77)	47	(2.2)	23.3	(0.99)
20 - 39.....	877	43	(2.7)	26.2	(0.47)	4.8	(0.37)	18	(1.4)	28.2	(0.78)	11.1	(0.57)	39	(2.4)	24.6	(0.57)
40 - 59.....	879	41	(2.7)	26.4	(1.15)	4.5	(0.49)	17	(1.3)	28.8	(1.67)	10.8	(0.79)	38	(2.0)	24.8	(0.93)
60 and over.....	846	22	(2.1)	23.3	(0.69)	2.2	(0.28)	10	(1.1)	27.0	(1.49)	10.3	(0.88)	38	(2.6)	22.2	(0.80)
2 - 19.....	1439	38	(2.0)	22.9	(0.39)	3.8	(0.20)	17	(0.8)	24.1	(0.38)	9.9	(0.36)	41	(1.2)	22.1	(0.56)
20 and over...	2602	36	(1.4)	25.4	(0.52)	3.9	(0.23)	16	(0.7)	28.3	(0.95)	10.9	(0.52)	38	(1.5)	23.8	(0.48)
2 and over...	4041	37	(1.3)	24.8	(0.38)	3.9	(0.18)	16	(0.6)	27.3	(0.74)	10.6	(0.41)	39	(1.1)	23.4	(0.36)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	24.7	(0.48)	4.1	(0.16)	17	(0.6)	26.9	(0.51)	10.7	(0.39)	40	(1.0)	23.3	(0.66)
20 and over...	5017	39	(1.2)	29.6	(0.39)	5.1	(0.23)	17	(0.7)	32.7	(0.54)	13.3	(0.42)	41	(1.3)	27.6	(0.55)
2 and over...	7918	39	(1.1)	28.4	(0.37)	4.9	(0.18)	17	(0.6)	31.3	(0.47)	12.7	(0.35)	41	(1.0)	26.6	(0.50)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	12.9	(0.49)	2.1	(0.22)	16	(1.5)	13.5	(1.02)	5.4	(0.56)	40	(2.4)	12.5	(0.38)
6 - 11.....	517	41	(3.1)	16.7	(0.40)	2.6	(0.34)	16	(2.0)	18.1	(0.57)	6.4	(0.74)	35	(4.0)	15.8	(0.60)
12 - 19.....	609	37	(2.2)	19.1	(0.54)	3.7	(0.31)	19	(1.8)	23.3	(0.83)	10.0	(0.73)	43	(3.4)	16.8	(0.93)
20 - 39.....	810	49	(1.9)	22.4	(0.72)	6.0	(0.54)	27	(2.0)	24.7	(0.93)	12.3	(1.14)	50	(3.3)	20.2	(0.76)
40 - 59.....	767	42	(2.5)	22.5	(0.70)	4.5	(0.32)	20	(1.6)	25.2	(1.13)	10.7	(0.65)	42	(3.1)	20.5	(1.11)
60 and over.....	838	28	(2.4)	19.7	(0.68)	2.2	(0.31)	11	(1.6)	22.5	(1.53)	7.8	(0.97)	35	(3.8)	18.6	(0.78)
2 - 19.....	1462	38	(1.9)	17.0	(0.32)	3.0	(0.21)	17	(1.2)	19.4	(0.48)	7.7	(0.45)	40	(2.4)	15.6	(0.55)
20 and over...	2415	41	(1.7)	21.7	(0.44)	4.5	(0.28)	21	(1.2)	24.5	(0.66)	10.9	(0.68)	44	(2.3)	19.8	(0.60)
2 and over...	3877	40	(1.4)	20.5	(0.39)	4.1	(0.23)	20	(1.0)	23.3	(0.52)	10.1	(0.49)	44	(1.7)	18.7	(0.54)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	11.2	(0.46)	1.9	(0.30)	17	(2.7)	11.9	(0.97)	5.1	(0.59)	43	(3.5)	10.8	(0.64)
6 - 11.....	523	36	(4.0)	15.6	(0.40)	2.2	(0.22)	14	(1.3)	17.7	(1.28)	6.2	(0.67)	35	(3.5)	14.5	(0.52)
12 - 19.....	587	41	(2.3)	16.5	(0.55)	3.4	(0.24)	21	(1.3)	17.8	(0.88)	8.4	(0.73)	47	(2.4)	15.5	(0.58)
20 - 39.....	877	43	(2.7)	18.1	(0.51)	3.5	(0.33)	19	(1.7)	19.8	(0.53)	8.0	(0.53)	40	(2.9)	16.9	(0.63)
40 - 59.....	879	41	(2.7)	17.7	(0.58)	2.9	(0.23)	16	(1.1)	19.1	(0.98)	7.0	(0.35)	37	(1.8)	16.7	(0.61)
60 and over.....	846	22	(2.1)	15.5	(0.42)	1.6	(0.24)	10	(1.4)	18.1	(1.15)	7.3	(0.83)	40	(3.7)	14.8	(0.46)
2 - 19.....	1439	38	(2.0)	15.0	(0.25)	2.7	(0.17)	18	(0.9)	16.4	(0.42)	7.0	(0.34)	42	(1.5)	14.1	(0.30)
20 and over...	2602	36	(1.4)	17.2	(0.35)	2.7	(0.16)	16	(0.8)	19.2	(0.54)	7.5	(0.33)	39	(1.6)	16.1	(0.37)
2 and over...	4041	37	(1.3)	16.7	(0.29)	2.7	(0.12)	16	(0.6)	18.5	(0.48)	7.3	(0.27)	40	(1.3)	15.6	(0.26)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	16.0	(0.22)	2.8	(0.10)	18	(0.6)	17.9	(0.39)	7.4	(0.20)	41	(1.0)	14.8	(0.34)
20 and over...	5017	39	(1.2)	19.4	(0.30)	3.6	(0.21)	18	(0.9)	21.9	(0.54)	9.2	(0.47)	42	(1.8)	17.8	(0.37)
2 and over...	7918	39	(1.1)	18.6	(0.26)	3.4	(0.16)	18	(0.8)	20.9	(0.44)	8.8	(0.35)	42	(1.4)	17.1	(0.31)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

C h o l e s t e r o l																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	188	(14.1)	18	(2.9)	10	(2.0)	169	(11.1)	48	(5.7)	29	(3.2)	200	(21.8)
6 - 11.....	517	41	(3.1)	228	(11.4)	33	(7.9)	14	(3.4)	236	(28.1)	80	(20.1)	34	(6.4)	222	(13.7)
12 - 19.....	609	37	(2.2)	276	(12.4)	48	(4.4)	17	(1.8)	303	(16.5)	130	(8.3)	43	(3.3)	261	(17.2)
20 - 39.....	810	49	(1.9)	379	(15.2)	77	(6.7)	20	(2.1)	379	(16.7)	156	(12.2)	41	(3.8)	380	(27.7)
40 - 59.....	767	42	(2.5)	356	(19.8)	60	(4.5)	17	(1.6)	363	(15.2)	142	(11.6)	39	(3.0)	351	(29.9)
60 and over.....	838	28	(2.4)	291	(7.7)	30	(5.4)	10	(2.0)	269	(14.9)	108	(14.9)	40	(5.0)	299	(11.9)
2 - 19.....	1462	38	(1.9)	242	(7.6)	37	(3.6)	15	(1.6)	251	(14.4)	95	(9.1)	38	(3.0)	236	(11.4)
20 and over...	2415	41	(1.7)	348	(11.1)	58	(3.8)	17	(1.2)	354	(9.8)	142	(7.9)	40	(2.6)	343	(16.4)
2 and over...	3877	40	(1.4)	321	(8.6)	53	(3.6)	17	(1.2)	329	(7.8)	131	(7.2)	40	(2.5)	316	(12.3)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	177	(9.5)	16	(2.6)	9	(1.7)	155	(11.4)	42	(4.2)	27	(3.4)	189	(12.6)
6 - 11.....	523	36	(4.0)	222	(14.2)	25	(2.0)	11	(1.4)	207	(17.2)	68	(6.2)	33	(3.9)	231	(16.4)
12 - 19.....	587	41	(2.3)	214	(11.2)	38	(2.5)	18	(1.1)	222	(19.6)	93	(6.0)	42	(3.2)	209	(9.5)
20 - 39.....	877	43	(2.7)	275	(7.4)	46	(3.8)	17	(1.3)	270	(8.3)	106	(6.2)	39	(2.7)	280	(12.9)
40 - 59.....	879	41	(2.7)	259	(11.8)	43	(5.2)	16	(1.9)	256	(27.8)	104	(11.7)	41	(3.3)	261	(12.2)
60 and over.....	846	22	(2.1)	230	(8.9)	19	(2.0)	8	(0.9)	244	(17.4)	88	(7.4)	36	(3.6)	225	(11.1)
2 - 19.....	1439	38	(2.0)	208	(6.4)	29	(1.6)	14	(0.8)	203	(8.6)	74	(2.8)	37	(1.0)	211	(8.3)
20 and over...	2602	36	(1.4)	256	(4.8)	37	(2.5)	14	(0.9)	259	(10.6)	102	(5.9)	39	(1.9)	254	(5.5)
2 and over...	4041	37	(1.3)	245	(4.8)	35	(1.9)	14	(0.8)	246	(8.9)	95	(4.4)	39	(1.6)	245	(5.5)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	225	(5.4)	33	(2.1)	14	(1.1)	227	(8.3)	85	(5.0)	37	(1.8)	224	(7.8)
20 and over...	5017	39	(1.2)	300	(6.3)	47	(2.8)	16	(0.9)	308	(7.2)	123	(6.0)	40	(1.9)	295	(8.1)
2 and over...	7918	39	(1.1)	282	(5.2)	44	(2.5)	16	(0.9)	288	(6.0)	114	(5.3)	39	(1.7)	278	(6.3)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	556	(28.8)	32	(3.5)	6*	(0.8)	484	(28.5)	83	(9.0)	17	(1.6)	600	(43.3)
6 - 11.....	517	41	(3.1)	638	(34.2)	46	(6.9)	7	(1.0)	625	(43.6)	113	(15.9)	18	(2.7)	646	(41.3)
12 - 19.....	609	37	(2.2)	653	(38.9)	60	(3.2)	9	(0.7)	695	(67.4)	163	(9.9)	23	(2.5)	628	(41.8)
20 - 39.....	810	49	(1.9)	660	(22.9)	97	(7.9)	15	(1.1)	619	(26.6)	197	(11.8)	32	(2.0)	699	(43.8)
40 - 59.....	767	42	(2.5)	675	(37.2)	68	(4.5)	10	(0.7)	586	(46.4)	161	(13.4)	27	(2.3)	741	(64.6)
60 and over.....	838	28	(2.4)	652	(24.3)	41	(7.7)	6	(1.2)	609	(50.9)	150	(21.6)	25	(2.6)	668	(29.4)
2 - 19.....	1462	38	(1.9)	628	(23.1)	49	(3.1)	8	(0.6)	627	(37.0)	128	(8.0)	20	(1.6)	628	(28.4)
20 and over...	2415	41	(1.7)	663	(19.2)	72	(4.7)	11	(0.6)	606	(26.5)	175	(8.9)	29	(1.5)	703	(31.2)
2 and over...	3877	40	(1.4)	654	(16.0)	66	(3.5)	10	(0.5)	611	(19.1)	164	(6.3)	27	(1.3)	684	(24.9)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	530	(23.1)	27	(6.0)	5*	(1.2)	493	(26.8)	74	(9.4)	15	(2.0)	551	(32.0)
6 - 11.....	523	36	(4.0)	605	(26.7)	43	(6.4)	7	(1.0)	585	(32.7)	118	(8.3)	20	(2.1)	616	(29.9)
12 - 19.....	587	41	(2.3)	506	(29.6)	57	(4.7)	11	(0.9)	478	(34.1)	140	(9.5)	29	(1.9)	526	(29.8)
20 - 39.....	877	43	(2.7)	620	(43.5)	67	(6.4)	11	(1.2)	549	(25.0)	154	(10.0)	28	(1.7)	675	(76.1)
40 - 59.....	879	41	(2.7)	589	(29.1)	63	(9.1)	11	(1.6)	592	(54.2)	153	(18.1)	26	(3.4)	588	(30.8)
60 and over.....	846	22	(2.1)	582	(18.9)	23	(3.8)	4	(0.6)	495	(39.1)	105	(9.2)	21	(1.5)	607	(19.2)
2 - 19.....	1439	38	(2.0)	543	(19.3)	46	(3.6)	8	(0.5)	514	(24.2)	119	(5.3)	23	(1.0)	562	(20.0)
20 and over...	2602	36	(1.4)	598	(20.0)	53	(4.5)	9	(0.7)	557	(24.8)	145	(9.8)	26	(1.6)	621	(28.1)
2 and over...	4041	37	(1.3)	585	(16.5)	51	(3.7)	9	(0.6)	547	(22.8)	139	(7.8)	25	(1.3)	608	(21.4)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	586	(18.6)	48	(2.5)	8	(0.4)	571	(25.1)	124	(4.6)	22	(1.0)	595	(22.0)
20 and over...	5017	39	(1.2)	629	(13.0)	62	(3.5)	10	(0.5)	582	(17.0)	161	(5.8)	28	(1.1)	659	(17.8)
2 and over...	7918	39	(1.1)	619	(11.1)	59	(2.9)	9	(0.4)	579	(13.3)	152	(4.9)	26	(0.9)	644	(14.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

B e t a c a r o t e n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1182	(231.0)	55 *	(18.0)	5 *	(2.0)	811	(144.1)	143 *	(50.8)	18 *	(7.1)	1411	(352.2)
6 - 11.....	517	41	(3.1)	1409	(203.0)	64	(12.6)	5	(1.1)	1213	(257.1)	155	(25.9)	13	(3.2)	1545	(295.7)
12 - 19.....	609	37	(2.2)	1300	(112.9)	101	(11.3)	8	(1.2)	1256	(221.0)	276	(31.7)	22	(4.0)	1326	(183.0)
20 - 39.....	810	49	(1.9)	1644	(115.1)	242	(25.9)	15	(1.6)	1429	(152.2)	490	(46.5)	34	(4.1)	1854	(145.0)
40 - 59.....	767	42	(2.5)	2294	(296.8)	154	(16.0)	7	(0.8)	1685	(203.4)	361	(30.6)	21	(2.4)	2743	(443.1)
60 and over.....	838	28	(2.4)	2277	(196.3)	157 *	(55.5)	7 *	(2.5)	2096	(196.4)	570 *(182.7)		27	(7.0)	2347	(279.6)
2 - 19.....	1462	38	(1.9)	1314	(106.8)	79	(9.5)	6	(1.0)	1151	(133.9)	204	(22.0)	18	(1.9)	1417	(182.7)
20 and over...	2415	41	(1.7)	2042	(124.3)	188	(19.6)	9	(1.0)	1642	(120.0)	458	(42.1)	28	(2.9)	2321	(170.2)
2 and over...	3877	40	(1.4)	1860	(109.3)	161	(15.1)	9	(0.9)	1525	(87.3)	398	(31.8)	26	(2.2)	2088	(148.7)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1188	(237.3)	41 *	(14.9)	3 *	(1.4)	788	(224.0)	112 *	(35.2)	14 *	(5.2)	1421	(314.9)
6 - 11.....	523	36	(4.0)	1316	(217.4)	76 *	(23.5)	6 *	(1.9)	1248	(275.7)	210	(47.6)	17 *	(5.9)	1354	(215.1)
12 - 19.....	587	41	(2.3)	1086	(128.9)	112	(13.9)	10	(1.7)	1154	(216.8)	276	(30.6)	24	(5.3)	1038	(119.3)
20 - 39.....	877	43	(2.7)	2555	(409.9)	193	(40.1)	8	(1.8)	1833	(264.4)	445	(76.3)	24	(2.9)	3110	(695.3)
40 - 59.....	879	41	(2.7)	2185	(155.6)	203 *	(67.1)	9 *	(3.2)	2011	(226.6)	495	(147.9)	25	(6.6)	2307	(244.6)
60 and over.....	846	22	(2.1)	2521	(180.0)	75	(20.4)	3	(0.9)	2114	(246.1)	345	(77.2)	16	(3.7)	2634	(212.6)
2 - 19.....	1439	38	(2.0)	1182	(136.5)	85	(12.9)	7	(0.9)	1103	(170.1)	220	(25.3)	20	(3.5)	1232	(148.4)
20 and over...	2602	36	(1.4)	2410	(164.8)	163	(30.8)	7	(1.3)	1956	(157.7)	448	(76.1)	23	(3.4)	2668	(232.4)
2 and over...	4041	37	(1.3)	2125	(142.5)	145	(24.8)	7	(1.1)	1749	(149.6)	393	(60.7)	22	(3.0)	2344	(180.7)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1249	(95.1)	82	(7.7)	7	(0.7)	1127	(64.4)	212	(16.3)	19	(1.7)	1325	(147.8)
20 and over...	5017	39	(1.2)	2233	(110.0)	175	(19.3)	8	(0.9)	1795	(116.1)	453	(40.5)	25	(2.4)	2508	(145.3)
2 and over...	7918	39	(1.1)	1996	(98.7)	153	(15.8)	8	(0.8)	1635	(94.6)	395	(33.3)	24	(2.0)	2223	(120.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

L y c o p e n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	3689	(351.2)	370	(56.8)	10	(1.5)	3402	(480.1)	970	(123.6)	29	(5.5)	3866	(466.4)
6 - 11.....	517	41	(3.1)	4354	(510.4)	741	(130.8)	17	(3.9)	4570	(591.6)	1807	(279.7)	40	(8.1)	4204	(673.4)
12 - 19.....	609	37	(2.2)	5607	(444.7)	1044	(157.0)	19	(3.2)	7067	(1173.1)	2856	(422.4)	40	(10.2)	4765	(368.8)
20 - 39.....	810	49	(1.9)	6139	(530.3)	1478	(205.7)	24	(3.7)	6142	(694.1)	2995	(369.4)	49	(7.0)	6136	(927.5)
40 - 59.....	767	42	(2.5)	6272	(729.2)	894	(96.0)	14	(2.5)	5475	(581.7)	2104	(249.1)	38	(5.1)	6860	(1163.5)
60 and over.....	838	28	(2.4)	5266	(404.6)	411	(69.9)	8	(1.4)	5469	(1314.7)	1490	(185.5)	27	(7.1)	5189	(296.1)
2 - 19.....	1462	38	(1.9)	4780	(337.9)	802	(107.8)	17	(2.8)	5398	(665.9)	2085	(267.0)	39	(7.6)	4393	(295.7)
20 and over...	2415	41	(1.7)	5952	(298.0)	987	(94.4)	17	(1.8)	5779	(463.7)	2401	(215.0)	42	(4.0)	6072	(560.1)
2 and over...	3877	40	(1.4)	5659	(262.2)	941	(69.2)	17	(1.4)	5689	(374.8)	2326	(150.1)	41	(2.3)	5639	(459.6)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	2924	(409.4)	310	(86.4)	11	(3.0)	3023	(723.5)	841	(185.8)	28	(8.0)	2866	(504.3)
6 - 11.....	523	36	(4.0)	4253	(546.8)	611	(123.6)	14	(3.8)	6011	(1321.3)	1679	(235.1)	28*	(8.4)	3248	(404.5)
12 - 19.....	587	41	(2.3)	3768	(247.8)	762	(96.8)	20	(2.6)	4174	(535.4)	1871	(282.6)	45	(8.4)	3489	(343.8)
20 - 39.....	877	43	(2.7)	4353	(396.8)	652	(141.2)	15	(2.9)	3850	(402.9)	1500	(281.2)	39	(4.7)	4739	(646.8)
40 - 59.....	879	41	(2.7)	4702	(503.0)	638	(94.9)	14	(2.6)	4010	(386.9)	1554	(209.0)	39	(5.5)	5184	(845.2)
60 and over.....	846	22	(2.1)	3712	(288.9)	284	(44.8)	8	(1.4)	4327	(616.4)	1306	(177.2)	30	(5.8)	3540	(350.7)
2 - 19.....	1439	38	(2.0)	3731	(277.4)	611	(77.8)	16	(2.0)	4479	(545.3)	1589	(162.7)	35	(4.9)	3264	(238.0)
20 and over...	2602	36	(1.4)	4294	(295.7)	540	(56.2)	13	(1.6)	3999	(267.3)	1489	(145.5)	37	(3.1)	4462	(443.3)
2 and over...	4041	37	(1.3)	4164	(261.6)	557	(50.1)	13	(1.4)	4116	(250.5)	1513	(126.9)	37	(2.9)	4192	(358.6)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	4261	(230.4)	707	(53.7)	17	(1.6)	4944	(444.8)	1840	(136.6)	37	(4.8)	3835	(220.3)
20 and over...	5017	39	(1.2)	5092	(233.4)	755	(50.7)	15	(1.3)	4911	(251.9)	1956	(132.5)	40	(3.0)	5206	(434.2)
2 and over...	7918	39	(1.1)	4892	(215.4)	744	(40.4)	15	(1.1)	4919	(214.1)	1928	(105.4)	39	(2.2)	4875	(362.3)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1.29	(0.031)	0.13	(0.017)	10	(1.3)	1.25	(0.044)	0.34	(0.036)	27	(2.5)	1.31	(0.047)
6 - 11.....	517	41	(3.1)	1.59	(0.046)	0.21	(0.021)	13	(1.3)	1.65	(0.060)	0.50	(0.049)	30	(3.1)	1.55	(0.060)
12 - 19.....	609	37	(2.2)	1.83	(0.069)	0.31	(0.024)	17	(1.3)	2.12	(0.104)	0.83	(0.053)	39	(2.3)	1.67	(0.079)
20 - 39.....	810	49	(1.9)	1.92	(0.043)	0.42	(0.027)	22	(1.2)	2.00	(0.063)	0.85	(0.039)	42	(2.0)	1.83	(0.046)
40 - 59.....	767	42	(2.5)	1.80	(0.049)	0.28	(0.018)	16	(1.1)	1.82	(0.080)	0.66	(0.044)	36	(2.3)	1.78	(0.073)
60 and over.....	838	28	(2.4)	1.76	(0.074)	0.15	(0.017)	8	(1.0)	1.89	(0.125)	0.54	(0.043)	28	(2.0)	1.71	(0.071)
2 - 19.....	1462	38	(1.9)	1.64	(0.031)	0.23	(0.017)	14	(1.0)	1.77	(0.055)	0.61	(0.040)	35	(1.8)	1.55	(0.048)
20 and over...	2415	41	(1.7)	1.83	(0.023)	0.30	(0.015)	16	(0.7)	1.92	(0.049)	0.73	(0.030)	38	(1.5)	1.77	(0.026)
2 and over...	3877	40	(1.4)	1.78	(0.021)	0.28	(0.013)	16	(0.6)	1.88	(0.034)	0.70	(0.025)	37	(1.3)	1.72	(0.023)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1.14	(0.046)	0.13	(0.027)	12	(2.3)	1.16	(0.066)	0.36	(0.055)	31	(3.6)	1.12	(0.074)
6 - 11.....	523	36	(4.0)	1.50	(0.045)	0.18	(0.029)	12	(1.8)	1.64	(0.064)	0.50	(0.053)	31	(3.5)	1.42	(0.049)
12 - 19.....	587	41	(2.3)	1.46	(0.052)	0.24	(0.017)	16	(1.1)	1.50	(0.075)	0.59	(0.050)	39	(2.9)	1.44	(0.050)
20 - 39.....	877	43	(2.7)	1.41	(0.037)	0.23	(0.022)	16	(1.6)	1.50	(0.045)	0.53	(0.035)	35	(2.2)	1.35	(0.052)
40 - 59.....	879	41	(2.7)	1.36	(0.033)	0.19	(0.016)	14	(1.1)	1.39	(0.042)	0.47	(0.033)	34	(2.4)	1.34	(0.031)
60 and over.....	846	22	(2.1)	1.25	(0.028)	0.10	(0.013)	8	(1.0)	1.28	(0.061)	0.45	(0.033)	35	(2.5)	1.24	(0.034)
2 - 19.....	1439	38	(2.0)	1.40	(0.030)	0.20	(0.014)	14	(0.9)	1.47	(0.042)	0.51	(0.030)	35	(1.8)	1.36	(0.034)
20 and over...	2602	36	(1.4)	1.35	(0.020)	0.18	(0.009)	13	(0.7)	1.42	(0.023)	0.49	(0.019)	35	(1.4)	1.31	(0.026)
2 and over...	4041	37	(1.3)	1.36	(0.017)	0.18	(0.008)	13	(0.6)	1.43	(0.024)	0.50	(0.017)	35	(1.3)	1.32	(0.019)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1.52	(0.025)	0.22	(0.011)	14	(0.6)	1.62	(0.040)	0.56	(0.025)	35	(1.1)	1.46	(0.036)
20 and over...	5017	39	(1.2)	1.58	(0.020)	0.24	(0.009)	15	(0.5)	1.67	(0.032)	0.61	(0.016)	36	(1.1)	1.52	(0.014)
2 and over...	7918	39	(1.1)	1.57	(0.018)	0.23	(0.008)	15	(0.5)	1.66	(0.025)	0.60	(0.015)	36	(1.0)	1.51	(0.014)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

R i b o f l a v i n																	
—————All Individuals <sup>2</sup> —————      — Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1.74	(0.043)	0.14	(0.017)	8	(1.0)	1.64	(0.076)	0.38	(0.038)	23	(1.7)	1.81	(0.044)
6 - 11.....	517	41	(3.1)	2.00	(0.069)	0.21	(0.038)	11	(1.8)	2.03	(0.099)	0.52	(0.092)	26	(3.9)	1.98	(0.084)
12 - 19.....	609	37	(2.2)	2.26	(0.099)	0.28	(0.021)	13	(1.0)	2.56	(0.187)	0.78	(0.059)	30	(2.9)	2.08	(0.093)
20 - 39.....	810	49	(1.9)	2.62	(0.076)	0.44	(0.029)	17	(1.0)	2.60	(0.121)	0.90	(0.044)	35	(1.9)	2.63	(0.076)
40 - 59.....	767	42	(2.5)	2.57	(0.099)	0.34	(0.022)	13	(1.1)	2.58	(0.106)	0.81	(0.054)	31	(2.4)	2.55	(0.145)
60 and over.....	838	28	(2.4)	2.32	(0.076)	0.18	(0.025)	8	(1.1)	2.33	(0.151)	0.65	(0.061)	28	(2.4)	2.31	(0.078)
2 - 19.....	1462	38	(1.9)	2.06	(0.051)	0.23	(0.015)	11	(0.7)	2.18	(0.084)	0.60	(0.040)	28	(2.0)	1.99	(0.057)
20 and over...	2415	41	(1.7)	2.52	(0.049)	0.34	(0.016)	13	(0.7)	2.55	(0.075)	0.82	(0.023)	32	(1.2)	2.50	(0.053)
2 and over...	3877	40	(1.4)	2.40	(0.045)	0.31	(0.013)	13	(0.6)	2.46	(0.056)	0.77	(0.021)	31	(1.1)	2.37	(0.050)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1.61	(0.072)	0.13	(0.023)	8	(1.3)	1.61	(0.053)	0.35	(0.032)	22	(2.1)	1.60	(0.095)
6 - 11.....	523	36	(4.0)	1.87	(0.065)	0.17	(0.022)	9	(1.2)	1.90	(0.116)	0.48	(0.029)	25	(2.3)	1.86	(0.064)
12 - 19.....	587	41	(2.3)	1.70	(0.069)	0.25	(0.018)	15	(0.9)	1.67	(0.112)	0.61	(0.044)	37	(1.6)	1.72	(0.055)
20 - 39.....	877	43	(2.7)	1.92	(0.054)	0.27	(0.025)	14	(1.4)	2.01	(0.089)	0.63	(0.035)	31	(2.1)	1.86	(0.068)
40 - 59.....	879	41	(2.7)	1.89	(0.052)	0.27	(0.022)	14	(1.1)	1.95	(0.075)	0.65	(0.046)	33	(2.6)	1.85	(0.055)
60 and over.....	846	22	(2.1)	1.69	(0.043)	0.12	(0.015)	7	(0.8)	1.71	(0.098)	0.53	(0.032)	31	(1.5)	1.68	(0.057)
2 - 19.....	1439	38	(2.0)	1.73	(0.037)	0.20	(0.012)	11	(0.6)	1.73	(0.067)	0.52	(0.023)	30	(1.2)	1.74	(0.032)
20 and over...	2602	36	(1.4)	1.84	(0.039)	0.23	(0.012)	12	(0.6)	1.93	(0.047)	0.62	(0.023)	32	(1.2)	1.79	(0.049)
2 and over...	4041	37	(1.3)	1.82	(0.034)	0.22	(0.010)	12	(0.6)	1.88	(0.041)	0.59	(0.020)	32	(1.1)	1.78	(0.041)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1.90	(0.042)	0.21	(0.010)	11	(0.5)	1.96	(0.068)	0.56	(0.024)	29	(1.4)	1.87	(0.040)
20 and over...	5017	39	(1.2)	2.17	(0.040)	0.28	(0.012)	13	(0.6)	2.25	(0.049)	0.72	(0.018)	32	(1.0)	2.12	(0.048)
2 and over...	7918	39	(1.1)	2.10	(0.037)	0.26	(0.010)	13	(0.5)	2.18	(0.040)	0.68	(0.017)	31	(0.9)	2.06	(0.041)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	17.0	(0.59)	2.1	(0.28)	12	(1.5)	16.9	(0.81)	5.5	(0.62)	33	(2.6)	17.0	(0.82)
6 - 11.....	517	41	(3.1)	21.4	(0.58)	2.9	(0.31)	14	(1.5)	22.5	(0.96)	7.1	(0.69)	32	(3.5)	20.6	(0.81)
12 - 19.....	609	37	(2.2)	27.8	(0.89)	4.9	(0.40)	18	(1.6)	32.7	(1.57)	13.4	(0.59)	41	(2.1)	25.0	(1.39)
20 - 39.....	810	49	(1.9)	35.8	(0.92)	6.9	(0.38)	19	(1.1)	37.0	(1.66)	14.0	(0.68)	38	(2.4)	34.6	(1.07)
40 - 59.....	767	42	(2.5)	30.8	(1.13)	5.0	(0.41)	16	(1.5)	32.0	(1.07)	11.8	(0.82)	37	(2.6)	29.9	(1.62)
60 and over.....	838	28	(2.4)	26.0	(0.93)	2.5	(0.39)	10	(1.4)	26.9	(1.58)	9.0	(0.93)	34	(2.5)	25.6	(1.07)
2 - 19.....	1462	38	(1.9)	23.4	(0.53)	3.6	(0.26)	16	(1.1)	25.7	(0.88)	9.5	(0.51)	37	(2.0)	21.9	(0.80)
20 and over...	2415	41	(1.7)	31.4	(0.76)	5.1	(0.24)	16	(0.7)	33.3	(0.83)	12.3	(0.42)	37	(1.3)	30.0	(0.89)
2 and over...	3877	40	(1.4)	29.4	(0.65)	4.7	(0.22)	16	(0.7)	31.5	(0.64)	11.6	(0.39)	37	(1.3)	28.0	(0.78)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	15.2	(0.62)	2.0	(0.30)	13	(1.9)	15.7	(0.92)	5.3	(0.51)	34	(2.6)	15.0	(0.97)
6 - 11.....	523	36	(4.0)	19.9	(0.60)	2.6	(0.35)	13	(1.8)	21.7	(0.87)	7.1	(0.62)	33	(3.5)	19.0	(0.61)
12 - 19.....	587	41	(2.3)	20.9	(0.63)	4.0	(0.26)	19	(1.0)	22.8	(1.17)	9.8	(0.74)	43	(2.5)	19.6	(0.79)
20 - 39.....	877	43	(2.7)	24.2	(0.56)	4.1	(0.39)	17	(1.7)	26.9	(0.94)	9.3	(0.58)	35	(2.5)	22.0	(0.71)
40 - 59.....	879	41	(2.7)	21.3	(0.55)	3.3	(0.26)	15	(1.3)	22.3	(0.64)	8.0	(0.39)	36	(1.7)	20.5	(0.62)
60 and over.....	846	22	(2.1)	18.1	(0.72)	1.8	(0.25)	10	(1.1)	20.5	(1.04)	8.2	(0.55)	40	(2.7)	17.4	(0.68)
2 - 19.....	1439	38	(2.0)	19.3	(0.38)	3.1	(0.18)	16	(0.8)	20.9	(0.60)	8.0	(0.34)	38	(1.4)	18.3	(0.46)
20 and over...	2602	36	(1.4)	21.3	(0.36)	3.1	(0.18)	15	(0.8)	23.9	(0.46)	8.6	(0.32)	36	(1.4)	19.9	(0.40)
2 and over...	4041	37	(1.3)	20.9	(0.28)	3.1	(0.15)	15	(0.7)	23.2	(0.44)	8.4	(0.28)	36	(1.2)	19.5	(0.30)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	21.4	(0.40)	3.4	(0.13)	16	(0.6)	23.3	(0.68)	8.7	(0.29)	37	(1.1)	20.1	(0.57)
20 and over...	5017	39	(1.2)	26.2	(0.53)	4.0	(0.18)	15	(0.5)	28.7	(0.53)	10.5	(0.28)	36	(1.0)	24.6	(0.62)
2 and over...	7918	39	(1.1)	25.0	(0.43)	3.9	(0.15)	16	(0.5)	27.4	(0.47)	10.1	(0.27)	37	(0.9)	23.5	(0.50)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1.44	(0.040)	0.12	(0.016)	8	(1.1)	1.36	(0.049)	0.31	(0.034)	22	(2.3)	1.48	(0.063)
6 - 11.....	517	41	(3.1)	1.68	(0.067)	0.15	(0.019)	9	(1.1)	1.67	(0.090)	0.37	(0.042)	22	(2.8)	1.68	(0.084)
12 - 19.....	609	37	(2.2)	2.11	(0.086)	0.23	(0.023)	11	(1.3)	2.22	(0.151)	0.62	(0.040)	28	(2.1)	2.04	(0.132)
20 - 39.....	810	49	(1.9)	2.91	(0.140)	0.37	(0.025)	13	(0.8)	2.78	(0.208)	0.76	(0.045)	27	(2.1)	3.04	(0.175)
40 - 59.....	767	42	(2.5)	2.44	(0.114)	0.29	(0.027)	12	(1.2)	2.32	(0.111)	0.67	(0.050)	29	(2.7)	2.54	(0.145)
60 and over.....	838	28	(2.4)	2.09	(0.081)	0.15	(0.028)	7	(1.3)	2.03	(0.151)	0.53	(0.071)	26	(2.8)	2.11	(0.083)
2 - 19.....	1462	38	(1.9)	1.82	(0.050)	0.18	(0.013)	10	(0.8)	1.85	(0.071)	0.46	(0.024)	25	(1.7)	1.81	(0.074)
20 and over...	2415	41	(1.7)	2.53	(0.081)	0.28	(0.014)	11	(0.5)	2.48	(0.108)	0.69	(0.023)	28	(1.2)	2.56	(0.086)
2 and over...	3877	40	(1.4)	2.35	(0.065)	0.26	(0.013)	11	(0.5)	2.33	(0.087)	0.63	(0.021)	27	(1.1)	2.37	(0.067)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1.32	(0.063)	0.09	(0.015)	7	(1.2)	1.31	(0.057)	0.25	(0.025)	19	(2.0)	1.33	(0.093)
6 - 11.....	523	36	(4.0)	1.56	(0.056)	0.13	(0.015)	8	(0.9)	1.50	(0.087)	0.35	(0.032)	23	(2.5)	1.60	(0.063)
12 - 19.....	587	41	(2.3)	1.63	(0.055)	0.20	(0.016)	12	(1.0)	1.65	(0.111)	0.49	(0.037)	30	(2.7)	1.62	(0.060)
20 - 39.....	877	43	(2.7)	2.06	(0.084)	0.23	(0.023)	11	(1.2)	2.19	(0.133)	0.53	(0.033)	24	(2.1)	1.97	(0.075)
40 - 59.....	879	41	(2.7)	1.77	(0.081)	0.19	(0.021)	11	(1.2)	1.72	(0.074)	0.46	(0.029)	27	(1.8)	1.82	(0.099)
60 and over.....	846	22	(2.1)	1.49	(0.058)	0.10	(0.019)	7	(1.1)	1.59	(0.115)	0.48	(0.055)	30	(3.0)	1.47	(0.051)
2 - 19.....	1439	38	(2.0)	1.54	(0.032)	0.15	(0.009)	10	(0.6)	1.53	(0.058)	0.40	(0.018)	26	(1.6)	1.55	(0.035)
20 and over...	2602	36	(1.4)	1.79	(0.046)	0.18	(0.013)	10	(0.7)	1.89	(0.058)	0.49	(0.022)	26	(1.2)	1.74	(0.048)
2 and over...	4041	37	(1.3)	1.73	(0.033)	0.17	(0.010)	10	(0.6)	1.80	(0.050)	0.47	(0.018)	26	(1.0)	1.69	(0.032)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1.68	(0.038)	0.17	(0.006)	10	(0.5)	1.69	(0.054)	0.43	(0.015)	25	(1.3)	1.68	(0.049)
20 and over...	5017	39	(1.2)	2.15	(0.051)	0.23	(0.012)	11	(0.4)	2.19	(0.056)	0.59	(0.019)	27	(0.8)	2.12	(0.057)
2 and over...	7918	39	(1.1)	2.03	(0.040)	0.21	(0.010)	10	(0.4)	2.07	(0.047)	0.55	(0.017)	27	(0.8)	2.01	(0.041)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

F o l a t e ( D F E )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	448	(15.7)	38	(4.6)	8	(1.1)	460	(31.8)	98	(9.9)	21	(2.9)	441	(22.3)
6 - 11.....	517	41	(3.1)	501	(14.3)	60	(5.9)	12	(1.2)	529	(17.8)	147	(12.6)	28	(2.5)	482	(26.9)
12 - 19.....	609	37	(2.2)	599	(23.1)	99	(9.1)	17	(1.4)	718	(44.6)	272	(19.2)	38	(2.3)	531	(26.4)
20 - 39.....	810	49	(1.9)	627	(21.2)	127	(9.5)	20	(1.2)	654	(26.2)	257	(13.3)	39	(2.0)	602	(28.0)
40 - 59.....	767	42	(2.5)	567	(21.2)	80	(5.3)	14	(1.1)	578	(34.5)	188	(14.2)	33	(2.7)	558	(21.5)
60 and over.....	838	28	(2.4)	556	(24.6)	45	(6.0)	8	(1.0)	616	(49.7)	165	(14.8)	27	(2.4)	533	(23.0)
2 - 19.....	1462	38	(1.9)	534	(11.8)	73	(5.8)	14	(1.0)	595	(25.1)	190	(12.9)	32	(1.9)	496	(18.2)
20 and over...	2415	41	(1.7)	587	(13.1)	89	(4.8)	15	(0.6)	620	(20.2)	215	(8.7)	35	(1.5)	564	(11.2)
2 and over...	3877	40	(1.4)	574	(10.4)	85	(3.9)	15	(0.6)	614	(14.1)	209	(7.1)	34	(1.4)	547	(11.6)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	372	(23.3)	36	(8.0)	10	(2.0)	378	(33.7)	98	(16.8)	26	(3.5)	369	(31.8)
6 - 11.....	523	36	(4.0)	497	(17.8)	54	(8.9)	11	(1.8)	518	(41.0)	147	(15.8)	28	(4.1)	485	(21.1)
12 - 19.....	587	41	(2.3)	489	(23.3)	72	(5.5)	15	(1.2)	458	(34.5)	178	(15.6)	39	(1.9)	511	(24.4)
20 - 39.....	877	43	(2.7)	478	(15.4)	69	(7.2)	14	(1.6)	501	(20.2)	159	(11.2)	32	(2.4)	460	(19.1)
40 - 59.....	879	41	(2.7)	459	(17.4)	58	(4.9)	13	(1.1)	450	(19.6)	142	(11.2)	32	(2.4)	465	(21.5)
60 and over.....	846	22	(2.1)	396	(14.0)	30	(5.2)	7	(1.2)	433	(29.7)	136	(14.7)	31	(3.1)	386	(13.7)
2 - 19.....	1439	38	(2.0)	465	(13.2)	58	(4.5)	12	(0.8)	459	(24.9)	151	(8.5)	33	(1.6)	469	(13.7)
20 and over...	2602	36	(1.4)	447	(10.6)	54	(3.0)	12	(0.7)	468	(9.1)	148	(5.9)	32	(1.3)	435	(13.3)
2 and over...	4041	37	(1.3)	451	(8.4)	55	(2.6)	12	(0.6)	466	(10.4)	149	(5.6)	32	(1.2)	443	(10.0)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	500	(10.1)	66	(3.5)	13	(0.6)	528	(18.0)	171	(7.8)	32	(1.2)	483	(14.3)
20 and over...	5017	39	(1.2)	514	(10.0)	70	(3.3)	14	(0.5)	546	(13.5)	182	(6.0)	33	(1.1)	495	(8.3)
2 and over...	7918	39	(1.1)	511	(8.3)	69	(2.8)	14	(0.5)	541	(11.3)	180	(5.5)	33	(1.0)	492	(7.6)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	221	(11.7)	21	(2.7)	10	(1.5)	195	(9.7)	56	(5.6)	29	(2.6)	237	(15.5)
6 - 11.....	517	41	(3.1)	252	(8.8)	30	(4.6)	12	(1.8)	252	(14.3)	73	(11.3)	29	(3.8)	252	(12.0)
12 - 19.....	609	37	(2.2)	303	(14.5)	46	(3.4)	15	(1.3)	336	(26.9)	125	(5.6)	37	(2.7)	285	(15.6)
20 - 39.....	810	49	(1.9)	412	(11.4)	76	(6.6)	18	(1.5)	407	(15.5)	153	(12.0)	38	(2.9)	416	(18.0)
40 - 59.....	767	42	(2.5)	414	(15.9)	59	(4.7)	14	(1.4)	411	(9.0)	140	(8.8)	34	(2.5)	417	(29.8)
60 and over.....	838	28	(2.4)	346	(8.3)	29	(5.0)	8	(1.5)	323	(14.9)	106	(12.6)	33	(3.6)	355	(11.4)
2 - 19.....	1462	38	(1.9)	269	(7.9)	35	(2.4)	13	(1.0)	276	(13.5)	92	(5.6)	33	(2.0)	264	(10.2)
20 and over...	2415	41	(1.7)	395	(8.0)	58	(3.6)	15	(1.0)	394	(8.4)	140	(6.9)	36	(1.9)	396	(13.1)
2 and over...	3877	40	(1.4)	364	(6.7)	52	(3.2)	14	(0.9)	366	(6.5)	129	(5.9)	35	(1.7)	362	(10.3)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	203	(9.2)	18	(3.1)	9	(1.6)	186	(8.5)	48	(4.4)	26	(2.9)	213	(13.0)
6 - 11.....	523	36	(4.0)	242	(12.2)	24	(2.4)	10	(1.3)	234	(16.3)	67	(4.5)	29	(3.0)	246	(13.2)
12 - 19.....	587	41	(2.3)	232	(8.8)	38	(2.1)	16	(0.9)	234	(15.2)	93	(5.0)	40	(2.8)	230	(7.7)
20 - 39.....	877	43	(2.7)	300	(6.6)	46	(3.8)	15	(1.2)	308	(7.6)	105	(5.4)	34	(1.9)	293	(10.4)
40 - 59.....	879	41	(2.7)	291	(8.7)	40	(4.2)	14	(1.4)	287	(16.5)	97	(8.9)	34	(2.5)	294	(12.2)
60 and over.....	846	22	(2.1)	265	(6.9)	20	(2.3)	8	(0.9)	271	(12.7)	93	(7.0)	35	(3.0)	264	(8.0)
2 - 19.....	1439	38	(2.0)	228	(5.5)	29	(1.6)	13	(0.8)	224	(6.0)	76	(2.2)	34	(0.8)	231	(6.8)
20 and over...	2602	36	(1.4)	287	(4.1)	36	(2.2)	13	(0.8)	293	(6.4)	100	(4.9)	34	(1.5)	283	(5.6)
2 and over...	4041	37	(1.3)	273	(4.2)	35	(1.7)	13	(0.6)	276	(5.5)	94	(3.7)	34	(1.2)	271	(5.5)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	249	(5.6)	32	(1.5)	13	(0.7)	250	(7.8)	84	(3.2)	33	(1.3)	248	(7.2)
20 and over...	5017	39	(1.2)	339	(4.6)	46	(2.6)	14	(0.8)	345	(6.9)	120	(5.4)	35	(1.5)	335	(6.4)
2 and over...	7918	39	(1.1)	317	(4.2)	43	(2.2)	14	(0.7)	322	(5.0)	112	(4.4)	35	(1.3)	314	(5.4)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   B 1 2																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	3.94	(0.173)	0.26	(0.030)	7	(0.8)	3.63	(0.249)	0.68	(0.074)	19	(2.0)	4.12	(0.180)
6 - 11.....	517	41	(3.1)	4.54	(0.235)	0.40	(0.046)	9	(1.0)	4.57	(0.324)	0.98	(0.091)	21	(2.6)	4.52	(0.329)
12 - 19.....	609	37	(2.2)	5.94	(0.299)	0.70	(0.071)	12	(1.1)	6.42	(0.495)	1.91	(0.158)	30	(1.6)	5.66	(0.389)
20 - 39.....	810	49	(1.9)	6.55	(0.286)	0.98	(0.048)	15	(0.9)	6.58	(0.265)	1.98	(0.085)	30	(1.5)	6.52	(0.400)
40 - 59.....	767	42	(2.5)	6.21	(0.518)	0.88	(0.068)	14	(1.4)	6.12	(0.454)	2.08	(0.212)	34	(4.0)	6.27	(0.959)
60 and over.....	838	28	(2.4)	4.83	(0.239)	0.41	(0.066)	9	(1.4)	4.96	(0.452)	1.50	(0.177)	30	(3.2)	4.78	(0.264)
2 - 19.....	1462	38	(1.9)	5.04	(0.171)	0.51	(0.036)	10	(0.7)	5.17	(0.285)	1.31	(0.084)	25	(1.5)	4.97	(0.218)
20 and over...	2415	41	(1.7)	5.97	(0.213)	0.79	(0.029)	13	(0.6)	6.12	(0.172)	1.93	(0.054)	32	(1.1)	5.86	(0.352)
2 and over...	3877	40	(1.4)	5.74	(0.173)	0.72	(0.024)	13	(0.5)	5.90	(0.136)	1.79	(0.043)	30	(1.0)	5.63	(0.262)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	3.69	(0.212)	0.23	(0.049)	6	(1.2)	3.70	(0.227)	0.61	(0.074)	17	(1.9)	3.68	(0.241)
6 - 11.....	523	36	(4.0)	4.29	(0.167)	0.38	(0.049)	9	(1.3)	4.35	(0.304)	1.04	(0.091)	24	(2.9)	4.26	(0.182)
12 - 19.....	587	41	(2.3)	3.96	(0.174)	0.55	(0.043)	14	(1.1)	3.86	(0.211)	1.36	(0.089)	35	(1.8)	4.02	(0.175)
20 - 39.....	877	43	(2.7)	4.30	(0.157)	0.56	(0.037)	13	(1.1)	4.69	(0.257)	1.29	(0.043)	27	(1.9)	4.00	(0.168)
40 - 59.....	879	41	(2.7)	4.09	(0.143)	0.47	(0.044)	12	(1.1)	4.20	(0.207)	1.15	(0.095)	27	(2.8)	4.01	(0.165)
60 and over.....	846	22	(2.1)	3.69	(0.186)	0.34	(0.059)	9	(1.5)	3.99	(0.362)	1.56	(0.215)	39	(4.8)	3.61	(0.205)
2 - 19.....	1439	38	(2.0)	4.00	(0.098)	0.42	(0.027)	11	(0.7)	3.97	(0.138)	1.10	(0.052)	28	(1.2)	4.02	(0.104)
20 and over...	2602	36	(1.4)	4.05	(0.087)	0.46	(0.024)	11	(0.6)	4.36	(0.124)	1.28	(0.065)	29	(1.7)	3.87	(0.107)
2 and over...	4041	37	(1.3)	4.04	(0.063)	0.45	(0.018)	11	(0.5)	4.27	(0.096)	1.24	(0.046)	29	(1.3)	3.90	(0.074)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	4.53	(0.125)	0.46	(0.022)	10	(0.5)	4.58	(0.199)	1.21	(0.051)	26	(1.2)	4.50	(0.144)
20 and over...	5017	39	(1.2)	4.97	(0.123)	0.62	(0.021)	13	(0.4)	5.26	(0.138)	1.61	(0.043)	31	(1.1)	4.79	(0.184)
2 and over...	7918	39	(1.1)	4.86	(0.105)	0.58	(0.016)	12	(0.3)	5.10	(0.108)	1.52	(0.031)	30	(0.9)	4.72	(0.140)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n C													
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>			Quick Service Restaurant Consumers <sup>3</sup>			Non-consumers <sup>4</sup>			
				Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants	
		%	(SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)
<b>Males:</b>													
2 - 5.....	336	38	(3.6)	79.1 (5.60)	2.9 (0.67)	4* (0.8)	69.9 (9.61)	7.7 (1.67)	11* (2.3)	84.8 (5.40)			
6 - 11.....	517	41	(3.1)	67.2 (6.90)	5.6* (2.17)	8* (2.5)	64.0 (10.27)	13.6* (5.45)	21 (5.8)	69.4 (6.10)			
12 - 19.....	609	37	(2.2)	67.9 (3.77)	5.1 (0.63)	7 (1.0)	66.3 (5.45)	13.8 (1.38)	21 (2.5)	68.8 (5.25)			
20 - 39.....	810	49	(1.9)	90.6 (4.54)	8.9 (1.06)	10 (1.0)	88.3 (7.43)	18.0 (1.94)	20 (1.9)	92.8 (5.89)			
40 - 59.....	767	42	(2.5)	76.1 (4.00)	6.9 (0.55)	9 (0.7)	70.8 (7.13)	16.2 (1.44)	23 (2.2)	80.1 (4.60)			
60 and over.....	838	28	(2.4)	90.5 (6.28)	3.8 (0.94)	4 (1.2)	76.9 (4.33)	13.8 (2.77)	18 (3.2)	95.7 (8.74)			
2 - 19.....	1462	38	(1.9)	69.9 (4.16)	4.8 (0.65)	7 (0.7)	66.2 (6.09)	12.5 (1.82)	19 (2.1)	72.3 (3.94)			
20 and over...	2415	41	(1.7)	85.5 (2.91)	6.8 (0.59)	8 (0.7)	79.9 (4.82)	16.6 (1.15)	21 (1.1)	89.4 (3.49)			
2 and over...	3877	40	(1.4)	81.6 (2.74)	6.3 (0.52)	8 (0.6)	76.6 (4.34)	15.6 (1.06)	20 (1.1)	85.0 (2.60)			
<b>Females:</b>													
2 - 5.....	329	37	(4.6)	65.8 (7.07)	2.6* (0.81)	4* (1.3)	55.6 (7.25)	7.2 (1.79)	13* (3.0)	71.8 (7.49)			
6 - 11.....	523	36	(4.0)	64.4 (2.78)	3.0 (0.43)	5 (0.7)	58.6 (3.60)	8.3 (1.08)	14 (2.2)	67.8 (3.43)			
12 - 19.....	587	41	(2.3)	63.5 (4.26)	4.4 (0.66)	7 (0.9)	63.4 (8.51)	10.7 (1.26)	17 (2.4)	63.5 (5.07)			
20 - 39.....	877	43	(2.7)	76.0 (4.92)	5.8 (0.78)	8 (1.0)	71.4 (5.66)	13.2 (1.47)	19 (2.2)	79.6 (6.24)			
40 - 59.....	879	41	(2.7)	75.4 (4.61)	5.8 (1.12)	8 (1.4)	67.7 (6.66)	14.0 (2.18)	21 (3.0)	80.8 (4.33)			
60 and over.....	846	22	(2.1)	70.5 (4.46)	2.4 (0.58)	3 (0.9)	65.5 (4.63)	11.2 (2.85)	17 (4.2)	71.9 (5.35)			
2 - 19.....	1439	38	(2.0)	64.3 (2.75)	3.5 (0.42)	6 (0.6)	60.3 (4.86)	9.2 (0.91)	15 (1.4)	66.8 (2.80)			
20 and over...	2602	36	(1.4)	74.2 (3.53)	4.8 (0.62)	6 (0.9)	68.9 (3.87)	13.2 (1.42)	19 (2.2)	77.2 (4.03)			
2 and over...	4041	37	(1.3)	71.9 (2.97)	4.5 (0.49)	6 (0.7)	66.8 (3.14)	12.2 (1.13)	18 (1.8)	74.9 (3.53)			
<b>Males and Females:</b>													
2 - 19.....	2901	38	(1.3)	67.1 (3.15)	4.2 (0.47)	6 (0.6)	63.3 (4.45)	10.9 (1.17)	17 (1.4)	69.6 (3.01)			
20 and over...	5017	39	(1.2)	79.6 (2.56)	5.8 (0.41)	7 (0.5)	74.5 (3.18)	14.9 (0.70)	20 (0.9)	82.9 (2.71)			
2 and over...	7918	39	(1.1)	76.6 (2.41)	5.4 (0.37)	7 (0.4)	71.8 (2.85)	14.0 (0.69)	19 (0.8)	79.7 (2.46)			

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n   D																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Quick Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	6.0	(0.31)	0.2	(0.05)	3*	(0.7)	4.9	(0.40)	0.5	(0.13)	11*	(2.1)	6.7	(0.31)
6 - 11.....	517	41	(3.1)	5.6	(0.34)	0.2	(0.04)	3*	(0.8)	5.1	(0.45)	0.4	(0.09)	8*	(2.2)	6.0	(0.43)
12 - 19.....	609	37	(2.2)	5.7	(0.44)	0.2	(0.03)	4	(0.6)	5.5	(0.54)	0.6	(0.09)	11	(1.8)	5.9	(0.50)
20 - 39.....	810	49	(1.9)	5.4	(0.53)	0.5	(0.04)	9	(1.0)	4.7	(0.45)	1.0	(0.08)	21	(2.6)	6.0	(0.72)
40 - 59.....	767	42	(2.5)	5.1	(0.32)	0.3	(0.03)	7	(0.9)	4.8	(0.49)	0.8	(0.08)	17	(2.5)	5.4	(0.46)
60 and over.....	838	28	(2.4)	4.8	(0.28)	0.2	(0.05)	4	(1.1)	4.1	(0.58)	0.7	(0.17)	18	(4.2)	5.1	(0.31)
2 - 19.....	1462	38	(1.9)	5.8	(0.27)	0.2	(0.02)	3	(0.3)	5.2	(0.35)	0.5	(0.05)	10	(1.2)	6.1	(0.30)
20 and over...	2415	41	(1.7)	5.1	(0.21)	0.4	(0.02)	7	(0.5)	4.6	(0.23)	0.9	(0.05)	19	(1.4)	5.5	(0.26)
2 and over...	3877	40	(1.4)	5.3	(0.18)	0.3	(0.02)	6	(0.4)	4.8	(0.22)	0.8	(0.04)	16	(1.2)	5.6	(0.22)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	5.5	(0.36)	0.2*	(0.07)	4*	(1.2)	5.4	(0.39)	0.6	(0.14)	12*	(2.3)	5.6	(0.43)
6 - 11.....	523	36	(4.0)	5.4	(0.31)	0.2	(0.03)	4*	(0.7)	4.9	(0.44)	0.5	(0.07)	11	(1.7)	5.6	(0.36)
12 - 19.....	587	41	(2.3)	4.2	(0.29)	0.2	(0.03)	6	(0.6)	3.4	(0.40)	0.6	(0.05)	17	(1.4)	4.7	(0.25)
20 - 39.....	877	43	(2.7)	4.3	(0.22)	0.4	(0.06)	9	(1.3)	4.5	(0.43)	0.9	(0.13)	19	(2.1)	4.1	(0.21)
40 - 59.....	879	41	(2.7)	4.3	(0.28)	0.3	(0.05)	8	(1.0)	4.5	(0.51)	0.8	(0.10)	18	(2.6)	4.2	(0.28)
60 and over.....	846	22	(2.1)	4.2	(0.19)	0.3*	(0.15)	7*	(3.4)	4.4	(0.72)	1.4*	(0.65)	32*	(10.7)	4.1	(0.23)
2 - 19.....	1439	38	(2.0)	4.9	(0.20)	0.2	(0.02)	5	(0.4)	4.3	(0.30)	0.6	(0.04)	13	(1.0)	5.2	(0.20)
20 and over...	2602	36	(1.4)	4.3	(0.15)	0.3	(0.05)	8	(1.0)	4.5	(0.35)	0.9	(0.12)	21	(2.5)	4.1	(0.12)
2 and over...	4041	37	(1.3)	4.4	(0.14)	0.3	(0.04)	7	(0.8)	4.4	(0.29)	0.9	(0.09)	19	(2.0)	4.4	(0.11)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	5.3	(0.22)	0.2	(0.01)	4	(0.3)	4.8	(0.28)	0.5	(0.03)	11	(0.9)	5.7	(0.23)
20 and over...	5017	39	(1.2)	4.7	(0.15)	0.4	(0.03)	7	(0.6)	4.6	(0.23)	0.9	(0.06)	20	(1.4)	4.8	(0.15)
2 and over...	7918	39	(1.1)	4.8	(0.15)	0.3	(0.02)	7	(0.5)	4.6	(0.21)	0.8	(0.05)	18	(1.2)	5.0	(0.15)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	6.4	(0.32)	0.6	(0.09)	10	(1.2)	6.4	(0.55)	1.7	(0.18)	27	(2.6)	6.5	(0.40)
6 - 11.....	517	41	(3.1)	7.3	(0.16)	0.8	(0.11)	11	(1.6)	7.7	(0.29)	2.0	(0.25)	26	(3.1)	7.0	(0.20)
12 - 19.....	609	37	(2.2)	8.5	(0.39)	1.1	(0.09)	13	(1.2)	10.3	(0.77)	3.1	(0.22)	30	(3.3)	7.5	(0.47)
20 - 39.....	810	49	(1.9)	10.3	(0.38)	1.9	(0.13)	19	(1.2)	10.8	(0.60)	3.9	(0.24)	36	(2.7)	9.9	(0.58)
40 - 59.....	767	42	(2.5)	10.5	(0.48)	1.4	(0.09)	14	(1.1)	10.8	(0.66)	3.4	(0.16)	31	(2.1)	10.3	(0.51)
60 and over.....	838	28	(2.4)	9.0	(0.42)	0.7	(0.11)	8	(1.2)	9.4	(1.02)	2.5	(0.32)	27	(2.4)	8.9	(0.50)
2 - 19.....	1462	38	(1.9)	7.7	(0.19)	0.9	(0.07)	12	(0.9)	8.5	(0.37)	2.4	(0.14)	28	(1.8)	7.1	(0.24)
20 and over...	2415	41	(1.7)	10.0	(0.28)	1.4	(0.06)	14	(0.7)	10.5	(0.41)	3.4	(0.14)	33	(1.8)	9.7	(0.35)
2 and over...	3877	40	(1.4)	9.4	(0.26)	1.3	(0.06)	14	(0.6)	10.1	(0.33)	3.2	(0.10)	32	(1.5)	9.0	(0.30)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	5.3	(0.20)	0.6	(0.09)	11	(1.7)	5.3	(0.43)	1.6	(0.17)	30	(2.6)	5.3	(0.31)
6 - 11.....	523	36	(4.0)	7.1	(0.29)	0.7	(0.07)	10	(1.2)	7.4	(0.43)	1.9	(0.15)	25	(3.0)	7.0	(0.35)
12 - 19.....	587	41	(2.3)	7.2	(0.29)	1.0	(0.08)	14	(1.1)	7.3	(0.45)	2.5	(0.23)	34	(2.5)	7.1	(0.38)
20 - 39.....	877	43	(2.7)	8.9	(0.29)	1.2	(0.09)	14	(1.1)	9.1	(0.33)	2.8	(0.16)	31	(2.0)	8.7	(0.46)
40 - 59.....	879	41	(2.7)	9.0	(0.66)	1.1	(0.15)	12	(1.1)	9.2	(0.96)	2.6	(0.27)	28	(2.1)	8.9	(0.54)
60 and over.....	846	22	(2.1)	7.4	(0.34)	0.5	(0.09)	7	(1.0)	8.6	(0.76)	2.4	(0.30)	28	(2.3)	7.0	(0.31)
2 - 19.....	1439	38	(2.0)	6.7	(0.11)	0.8	(0.05)	12	(0.8)	6.9	(0.22)	2.1	(0.10)	31	(1.6)	6.6	(0.18)
20 and over...	2602	36	(1.4)	8.5	(0.34)	1.0	(0.07)	11	(0.6)	9.1	(0.47)	2.6	(0.15)	29	(1.2)	8.2	(0.35)
2 and over...	4041	37	(1.3)	8.1	(0.27)	0.9	(0.05)	11	(0.4)	8.5	(0.36)	2.5	(0.11)	29	(0.9)	7.8	(0.29)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	7.2	(0.10)	0.9	(0.03)	12	(0.4)	7.7	(0.18)	2.3	(0.06)	29	(1.1)	6.9	(0.20)
20 and over...	5017	39	(1.2)	9.2	(0.26)	1.2	(0.06)	13	(0.5)	9.8	(0.29)	3.0	(0.11)	31	(1.2)	8.9	(0.27)
2 and over...	7918	39	(1.1)	8.8	(0.23)	1.1	(0.05)	13	(0.4)	9.3	(0.24)	2.9	(0.09)	31	(1.0)	8.4	(0.24)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	55.4	(2.84)	6.7	(0.79)	12	(1.7)	54.8	(7.17)	17.5	(2.86)	32	(5.6)	55.8	(4.97)
6 - 11.....	517	41	(3.1)	62.9	(4.13)	7.8	(1.31)	12	(2.3)	59.5	(3.08)	19.1	(2.79)	32	(3.9)	65.3	(6.38)
12 - 19.....	609	37	(2.2)	78.6	(3.63)	12.1	(1.21)	15	(1.4)	94.0	(14.29)	33.1	(2.24)	35	(4.8)	69.8	(7.55)
20 - 39.....	810	49	(1.9)	118.3	(6.83)	24.7	(1.77)	21	(1.7)	118.1	(10.70)	50.1	(3.84)	42	(4.3)	118.6	(11.84)
40 - 59.....	767	42	(2.5)	115.6	(6.05)	16.9	(1.76)	15	(1.6)	115.2	(6.33)	39.7	(3.30)	34	(3.3)	116.0	(7.79)
60 and over.....	838	28	(2.4)	121.2	(9.07)	11.4	(2.87)	9	(2.3)	128.6	(17.21)	41.2	(9.46)	32	(5.2)	118.4	(10.58)
2 - 19.....	1462	38	(1.9)	68.4	(2.44)	9.5	(0.91)	14	(1.4)	73.2	(6.33)	24.7	(1.75)	34	(3.2)	65.4	(4.63)
20 and over...	2415	41	(1.7)	118.2	(4.37)	18.4	(1.34)	16	(1.3)	118.9	(4.94)	44.7	(3.05)	38	(2.8)	117.6	(6.89)
2 and over...	3877	40	(1.4)	105.8	(3.95)	16.2	(1.08)	15	(1.1)	108.1	(3.81)	40.0	(2.24)	37	(2.3)	104.2	(5.57)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	48.2	(4.33)	5.0	(0.92)	10	(2.5)	40.0	(3.30)	13.6	(1.85)	34	(4.5)	53.0	(5.66)
6 - 11.....	523	36	(4.0)	62.8	(2.71)	7.7	(1.43)	12	(2.3)	68.5	(4.07)	21.1	(2.47)	31	(4.4)	59.5	(2.73)
12 - 19.....	587	41	(2.3)	73.9	(6.94)	10.3	(0.98)	14	(1.1)	63.1	(5.00)	25.4	(2.53)	40	(3.2)	81.3	(10.17)
20 - 39.....	877	43	(2.7)	126.9	(11.44)	14.8	(1.95)	12	(1.7)	124.1	(16.43)	34.0	(3.18)	27	(3.3)	129.0	(12.53)
40 - 59.....	879	41	(2.7)	126.4	(10.42)	18.3*	(6.44)	14	(4.3)	126.8	(14.64)	44.6*(14.25)	(8.2)	35	(8.2)	126.2	(11.41)
60 and over.....	846	22	(2.1)	115.7	(10.92)	6.1	(1.20)	5	(1.2)	123.6	(9.30)	28.0	(4.77)	23	(4.6)	113.5	(12.96)
2 - 19.....	1439	38	(2.0)	64.5	(3.53)	8.3	(0.82)	13	(0.8)	59.7	(2.53)	21.5	(1.45)	36	(1.8)	67.5	(5.21)
20 and over...	2602	36	(1.4)	123.5	(7.09)	13.6	(2.61)	11	(2.1)	125.1	(9.97)	37.3	(6.74)	30	(4.5)	122.5	(7.59)
2 and over...	4041	37	(1.3)	109.8	(6.09)	12.3	(2.04)	11	(1.8)	109.3	(8.13)	33.5	(5.21)	31	(3.9)	110.1	(6.47)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	66.5	(2.33)	8.9	(0.45)	13	(0.5)	66.6	(2.95)	23.1	(0.75)	35	(1.8)	66.4	(3.97)
20 and over...	5017	39	(1.2)	120.9	(4.68)	15.9	(1.63)	13	(1.3)	121.9	(5.11)	41.1	(3.68)	34	(2.8)	120.3	(5.25)
2 and over...	7918	39	(1.1)	107.8	(4.23)	14.2	(1.31)	13	(1.1)	108.7	(4.19)	36.8	(2.93)	34	(2.4)	107.3	(4.81)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

C a l c i u m																	
—————All Individuals <sup>2</sup> —————      — Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	959	(29.7)	77	(8.6)	8	(0.9)	878	(52.7)	203	(19.3)	23	(1.8)	1009	(31.7)
6 - 11.....	517	41	(3.1)	1040	(42.5)	111	(13.1)	11	(1.2)	1062	(35.1)	271	(27.4)	25	(2.4)	1025	(60.7)
12 - 19.....	609	37	(2.2)	1128	(54.2)	150	(12.2)	13	(1.1)	1266	(81.0)	410	(33.3)	32	(2.6)	1049	(57.5)
20 - 39.....	810	49	(1.9)	1151	(36.8)	224	(15.7)	19	(1.2)	1150	(39.2)	454	(20.2)	39	(1.4)	1151	(49.2)
40 - 59.....	767	42	(2.5)	1068	(29.6)	157	(11.0)	15	(1.0)	1121	(63.9)	369	(32.1)	33	(3.0)	1028	(37.0)
60 and over.....	838	28	(2.4)	927	(35.1)	83	(11.5)	9	(1.2)	969	(57.1)	300	(28.6)	31	(2.2)	912	(31.6)
2 - 19.....	1462	38	(1.9)	1063	(34.5)	122	(8.9)	11	(0.8)	1112	(39.7)	316	(23.0)	28	(1.8)	1033	(43.6)
20 and over...	2415	41	(1.7)	1062	(21.3)	163	(9.6)	15	(0.8)	1107	(35.9)	395	(17.5)	36	(1.4)	1030	(23.3)
2 and over...	3877	40	(1.4)	1062	(19.9)	152	(7.2)	14	(0.7)	1108	(28.3)	377	(13.3)	34	(1.3)	1031	(21.9)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	863	(31.4)	69	(14.6)	8	(1.7)	870	(27.3)	187	(24.4)	21	(2.8)	859	(38.4)
6 - 11.....	523	36	(4.0)	965	(31.4)	101	(15.1)	10	(1.6)	1032	(49.8)	276	(20.3)	27	(2.4)	927	(34.1)
12 - 19.....	587	41	(2.3)	857	(46.7)	132	(8.7)	15	(0.8)	852	(60.6)	323	(22.1)	38	(1.6)	861	(50.6)
20 - 39.....	877	43	(2.7)	880	(19.0)	132	(10.5)	15	(1.3)	918	(26.4)	304	(16.3)	33	(1.8)	851	(28.0)
40 - 59.....	879	41	(2.7)	874	(27.8)	123	(11.2)	14	(1.1)	920	(40.3)	300	(17.7)	33	(2.0)	843	(25.0)
60 and over.....	846	22	(2.1)	766	(26.8)	47	(7.1)	6	(0.9)	773	(47.6)	217	(19.8)	28	(1.5)	764	(35.9)
2 - 19.....	1439	38	(2.0)	893	(27.5)	107	(8.0)	12	(0.8)	910	(40.8)	279	(14.3)	31	(1.1)	882	(28.7)
20 and over...	2602	36	(1.4)	845	(18.6)	104	(6.4)	12	(0.7)	893	(22.4)	287	(12.3)	32	(1.2)	817	(23.1)
2 and over...	4041	37	(1.3)	856	(18.4)	105	(5.5)	12	(0.6)	898	(21.8)	285	(9.4)	32	(0.9)	832	(21.3)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	979	(28.5)	115	(6.4)	12	(0.6)	1012	(33.0)	298	(14.5)	29	(1.3)	958	(31.9)
20 and over...	5017	39	(1.2)	949	(19.0)	132	(6.8)	14	(0.7)	1003	(26.0)	343	(10.3)	34	(0.9)	915	(21.3)
2 and over...	7918	39	(1.1)	956	(19.1)	128	(5.5)	13	(0.6)	1005	(21.9)	332	(8.9)	33	(0.8)	926	(20.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

P h o s p h o r u s																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1100	(32.3)	115	(13.2)	10	(1.2)	1029	(45.5)	301	(27.4)	29	(1.9)	1143	(34.5)
6 - 11.....	517	41	(3.1)	1308	(40.9)	163	(18.0)	12	(1.4)	1355	(30.1)	398	(39.4)	29	(3.0)	1276	(56.1)
12 - 19.....	609	37	(2.2)	1471	(56.9)	239	(15.4)	16	(1.1)	1687	(97.1)	653	(24.4)	39	(2.4)	1346	(63.2)
20 - 39.....	810	49	(1.9)	1720	(49.2)	349	(22.5)	20	(1.2)	1728	(64.9)	706	(27.5)	41	(1.9)	1712	(56.6)
40 - 59.....	767	42	(2.5)	1625	(37.3)	260	(19.8)	16	(1.3)	1714	(57.4)	612	(42.7)	36	(2.9)	1559	(77.4)
60 and over.....	838	28	(2.4)	1383	(33.2)	120	(16.2)	9	(1.2)	1373	(66.2)	434	(38.0)	32	(2.4)	1386	(29.7)
2 - 19.....	1462	38	(1.9)	1339	(33.9)	187	(12.3)	14	(0.9)	1431	(40.7)	487	(24.9)	34	(1.7)	1281	(44.0)
20 and over...	2415	41	(1.7)	1596	(25.7)	256	(13.9)	16	(0.8)	1659	(44.0)	623	(22.7)	38	(1.5)	1552	(32.1)
2 and over...	3877	40	(1.4)	1532	(25.0)	239	(11.5)	16	(0.7)	1605	(31.3)	591	(18.7)	37	(1.4)	1482	(29.9)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1001	(27.4)	106	(19.1)	11	(1.9)	997	(24.2)	289	(27.5)	29	(2.7)	1004	(42.7)
6 - 11.....	523	36	(4.0)	1206	(34.0)	141	(17.0)	12	(1.5)	1277	(48.3)	388	(21.5)	30	(2.4)	1165	(37.9)
12 - 19.....	587	41	(2.3)	1147	(42.1)	203	(10.8)	18	(0.9)	1192	(60.2)	497	(30.9)	42	(2.1)	1115	(43.2)
20 - 39.....	877	43	(2.7)	1244	(21.5)	208	(19.3)	17	(1.6)	1332	(32.3)	478	(26.3)	36	(2.4)	1177	(32.1)
40 - 59.....	879	41	(2.7)	1224	(26.1)	181	(14.2)	15	(1.1)	1265	(40.9)	440	(22.2)	35	(1.8)	1196	(24.8)
60 and over.....	846	22	(2.1)	1079	(32.5)	89	(10.6)	8	(0.9)	1168	(55.2)	410	(27.0)	35	(2.2)	1054	(34.5)
2 - 19.....	1439	38	(2.0)	1133	(20.8)	161	(9.9)	14	(0.8)	1175	(29.3)	419	(15.5)	36	(1.1)	1106	(25.2)
20 and over...	2602	36	(1.4)	1189	(17.9)	164	(9.0)	14	(0.7)	1276	(22.0)	450	(17.6)	35	(1.4)	1140	(21.2)
2 and over...	4041	37	(1.3)	1176	(16.0)	163	(7.6)	14	(0.6)	1251	(19.4)	443	(14.4)	35	(1.1)	1132	(18.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	1237	(24.6)	174	(7.3)	14	(0.6)	1305	(27.9)	453	(15.8)	35	(1.2)	1194	(31.4)
20 and over...	5017	39	(1.2)	1385	(21.2)	208	(9.6)	15	(0.6)	1472	(31.7)	539	(15.0)	37	(1.2)	1330	(25.1)
2 and over...	7918	39	(1.1)	1349	(20.4)	200	(8.2)	15	(0.6)	1432	(24.1)	518	(13.9)	36	(1.1)	1298	(22.7)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

M a g n e s i u m																	
—————All Individuals <sup>2</sup> —————      — Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	203	(6.7)	18	(1.9)	9	(0.9)	181	(5.0)	46	(3.8)	25	(1.8)	216	(9.7)
6 - 11.....	517	41	(3.1)	239	(5.5)	25	(2.6)	10	(1.0)	236	(6.7)	60	(5.8)	25	(2.2)	241	(8.9)
12 - 19.....	609	37	(2.2)	276	(12.7)	35	(2.7)	13	(1.0)	315	(28.1)	95	(3.8)	30	(2.6)	254	(10.5)
20 - 39.....	810	49	(1.9)	356	(10.1)	58	(4.0)	16	(1.0)	349	(14.6)	117	(6.2)	34	(2.0)	363	(11.2)
40 - 59.....	767	42	(2.5)	351	(10.2)	41	(2.5)	12	(0.8)	349	(18.4)	97	(5.4)	28	(2.1)	352	(14.5)
60 and over.....	838	28	(2.4)	320	(10.8)	22	(2.9)	7	(0.9)	313	(17.4)	79	(6.2)	25	(1.6)	322	(14.4)
2 - 19.....	1462	38	(1.9)	248	(6.0)	28	(1.8)	11	(0.7)	258	(12.3)	72	(3.5)	28	(1.4)	242	(7.3)
20 and over...	2415	41	(1.7)	345	(6.7)	42	(2.3)	12	(0.6)	343	(10.7)	103	(3.3)	30	(1.0)	346	(8.2)
2 and over...	3877	40	(1.4)	320	(6.4)	39	(1.9)	12	(0.5)	323	(7.3)	96	(2.7)	30	(0.9)	319	(8.3)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	183	(3.8)	16	(2.8)	9	(1.6)	178	(6.3)	43	(4.2)	24	(2.3)	186	(8.1)
6 - 11.....	523	36	(4.0)	223	(7.5)	21	(2.4)	9	(1.2)	224	(9.1)	56	(3.4)	25	(2.0)	223	(8.6)
12 - 19.....	587	41	(2.3)	224	(5.4)	32	(2.1)	14	(0.9)	224	(8.3)	78	(4.7)	35	(1.7)	224	(6.5)
20 - 39.....	877	43	(2.7)	281	(7.2)	36	(3.1)	13	(1.1)	288	(9.2)	84	(3.8)	29	(1.7)	275	(9.7)
40 - 59.....	879	41	(2.7)	283	(9.6)	32	(3.1)	11	(1.0)	287	(16.0)	77	(4.6)	27	(1.8)	280	(7.3)
60 and over.....	846	22	(2.1)	247	(5.4)	15	(2.0)	6	(0.8)	257	(8.6)	68	(4.5)	26	(1.6)	244	(6.4)
2 - 19.....	1439	38	(2.0)	214	(3.2)	25	(1.6)	11	(0.7)	214	(3.9)	64	(2.1)	30	(0.9)	215	(3.5)
20 and over...	2602	36	(1.4)	272	(5.1)	28	(1.6)	10	(0.5)	282	(8.7)	78	(2.7)	28	(1.1)	265	(4.8)
2 and over...	4041	37	(1.3)	258	(4.6)	28	(1.4)	11	(0.5)	266	(7.2)	75	(2.2)	28	(0.9)	254	(4.1)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	231	(3.8)	26	(1.1)	11	(0.4)	236	(6.6)	68	(2.1)	29	(0.9)	228	(4.9)
20 and over...	5017	39	(1.2)	307	(5.3)	35	(1.7)	11	(0.5)	313	(8.1)	91	(2.4)	29	(0.9)	303	(5.7)
2 and over...	7918	39	(1.1)	289	(5.0)	33	(1.4)	11	(0.4)	295	(6.1)	85	(2.1)	29	(0.7)	285	(5.5)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

I r o n																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	11.5	(0.33)	1.0	(0.12)	9	(1.0)	11.4	(0.69)	2.6	(0.27)	23	(2.2)	11.5	(0.45)
6 - 11.....	517	41	(3.1)	14.3	(0.40)	1.6	(0.18)	11	(1.2)	14.8	(0.51)	3.9	(0.40)	27	(3.2)	14.0	(0.67)
12 - 19.....	609	37	(2.2)	16.7	(0.71)	2.4	(0.18)	14	(1.3)	18.6	(0.98)	6.6	(0.33)	35	(2.0)	15.6	(0.82)
20 - 39.....	810	49	(1.9)	16.8	(0.36)	3.3	(0.23)	20	(1.3)	17.0	(0.46)	6.6	(0.33)	39	(1.8)	16.5	(0.54)
40 - 59.....	767	42	(2.5)	15.8	(0.67)	2.4	(0.14)	15	(1.1)	16.3	(0.84)	5.7	(0.33)	35	(2.6)	15.3	(0.86)
60 and over.....	838	28	(2.4)	15.6	(0.71)	1.3	(0.17)	8	(1.1)	15.7	(1.29)	4.5	(0.44)	29	(3.0)	15.5	(0.72)
2 - 19.....	1462	38	(1.9)	14.8	(0.33)	1.8	(0.12)	12	(0.8)	15.7	(0.53)	4.8	(0.28)	31	(1.8)	14.3	(0.50)
20 and over...	2415	41	(1.7)	16.1	(0.26)	2.4	(0.12)	15	(0.7)	16.5	(0.37)	5.9	(0.24)	36	(1.4)	15.8	(0.33)
2 and over...	3877	40	(1.4)	15.8	(0.24)	2.3	(0.10)	15	(0.6)	16.3	(0.29)	5.7	(0.19)	35	(1.2)	15.4	(0.33)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	10.2	(0.66)	0.9	(0.17)	9	(1.4)	10.4	(0.67)	2.5	(0.33)	24	(2.4)	10.0	(0.83)
6 - 11.....	523	36	(4.0)	13.8	(0.56)	1.4	(0.19)	10	(1.4)	14.1	(0.93)	3.7	(0.34)	26	(3.4)	13.6	(0.71)
12 - 19.....	587	41	(2.3)	13.2	(0.51)	1.9	(0.11)	14	(0.8)	12.5	(0.58)	4.6	(0.34)	37	(1.7)	13.8	(0.65)
20 - 39.....	877	43	(2.7)	12.5	(0.30)	1.9	(0.18)	15	(1.5)	13.1	(0.34)	4.3	(0.26)	33	(2.2)	12.1	(0.41)
40 - 59.....	879	41	(2.7)	12.2	(0.32)	1.6	(0.14)	13	(1.1)	11.9	(0.43)	3.9	(0.24)	33	(2.0)	12.4	(0.33)
60 and over.....	846	22	(2.1)	11.5	(0.47)	0.8	(0.09)	7	(0.7)	12.5	(0.79)	3.8	(0.24)	30	(3.0)	11.2	(0.47)
2 - 19.....	1439	38	(2.0)	12.7	(0.36)	1.5	(0.09)	12	(0.6)	12.5	(0.53)	3.9	(0.17)	31	(1.4)	12.9	(0.46)
20 and over...	2602	36	(1.4)	12.1	(0.17)	1.5	(0.08)	12	(0.7)	12.5	(0.20)	4.0	(0.17)	32	(1.4)	11.9	(0.25)
2 and over...	4041	37	(1.3)	12.2	(0.14)	1.5	(0.07)	12	(0.5)	12.5	(0.22)	4.0	(0.15)	32	(1.2)	12.1	(0.17)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	13.8	(0.30)	1.7	(0.08)	12	(0.5)	14.2	(0.43)	4.4	(0.17)	31	(1.2)	13.6	(0.45)
20 and over...	5017	39	(1.2)	14.0	(0.18)	1.9	(0.09)	14	(0.6)	14.5	(0.23)	5.0	(0.17)	34	(1.1)	13.7	(0.17)
2 and over...	7918	39	(1.1)	14.0	(0.17)	1.9	(0.08)	13	(0.5)	14.5	(0.21)	4.9	(0.14)	34	(1.0)	13.7	(0.19)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

Z i n c																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	8.4	(0.27)	0.7	(0.08)	8	(0.9)	7.7	(0.47)	1.9	(0.16)	24	(1.6)	8.8	(0.30)
6 - 11.....	517	41	(3.1)	10.1	(0.30)	1.1	(0.13)	11	(1.2)	10.0	(0.30)	2.8	(0.26)	28	(2.4)	10.2	(0.48)
12 - 19.....	609	37	(2.2)	12.6	(0.59)	1.9	(0.16)	15	(1.2)	14.1	(1.07)	5.1	(0.30)	36	(1.9)	11.7	(0.72)
20 - 39.....	810	49	(1.9)	14.0	(0.30)	2.6	(0.18)	19	(1.2)	13.8	(0.41)	5.3	(0.25)	38	(1.7)	14.2	(0.41)
40 - 59.....	767	42	(2.5)	13.4	(0.53)	2.1	(0.18)	16	(1.3)	14.0	(0.72)	5.0	(0.41)	36	(2.6)	12.9	(0.63)
60 and over.....	838	28	(2.4)	11.8	(0.45)	1.1	(0.17)	9	(1.4)	11.5	(0.65)	3.8	(0.43)	33	(3.4)	11.9	(0.50)
2 - 19.....	1462	38	(1.9)	10.9	(0.32)	1.4	(0.10)	13	(0.8)	11.3	(0.51)	3.6	(0.20)	32	(1.3)	10.6	(0.41)
20 and over...	2415	41	(1.7)	13.2	(0.23)	2.0	(0.11)	15	(0.8)	13.5	(0.36)	4.9	(0.20)	37	(1.5)	13.0	(0.26)
2 and over...	3877	40	(1.4)	12.6	(0.24)	1.9	(0.09)	15	(0.6)	13.0	(0.29)	4.6	(0.16)	36	(1.3)	12.4	(0.27)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	7.3	(0.24)	0.6	(0.11)	8	(1.5)	7.3	(0.38)	1.6	(0.18)	23	(2.3)	7.4	(0.43)
6 - 11.....	523	36	(4.0)	9.8	(0.35)	1.0	(0.12)	10	(1.4)	9.6	(0.54)	2.6	(0.17)	27	(2.5)	9.9	(0.42)
12 - 19.....	587	41	(2.3)	9.1	(0.34)	1.5	(0.09)	16	(0.9)	9.3	(0.47)	3.6	(0.23)	39	(2.0)	9.0	(0.34)
20 - 39.....	877	43	(2.7)	9.8	(0.22)	1.5	(0.14)	15	(1.5)	10.1	(0.35)	3.5	(0.19)	34	(2.4)	9.6	(0.34)
40 - 59.....	879	41	(2.7)	9.6	(0.30)	1.3	(0.12)	14	(1.2)	9.9	(0.46)	3.2	(0.22)	32	(2.4)	9.4	(0.26)
60 and over.....	846	22	(2.1)	8.7	(0.31)	0.7	(0.08)	8	(0.8)	9.4	(0.45)	3.2	(0.27)	34	(2.7)	8.5	(0.39)
2 - 19.....	1439	38	(2.0)	8.9	(0.18)	1.1	(0.06)	12	(0.7)	8.9	(0.31)	2.9	(0.11)	32	(0.9)	8.9	(0.16)
20 and over...	2602	36	(1.4)	9.4	(0.18)	1.2	(0.07)	13	(0.7)	9.9	(0.25)	3.3	(0.15)	34	(1.4)	9.1	(0.24)
2 and over...	4041	37	(1.3)	9.3	(0.16)	1.2	(0.05)	13	(0.6)	9.6	(0.23)	3.2	(0.11)	33	(1.1)	9.1	(0.20)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	9.9	(0.22)	1.2	(0.05)	13	(0.5)	10.1	(0.34)	3.2	(0.12)	32	(0.9)	9.8	(0.27)
20 and over...	5017	39	(1.2)	11.2	(0.18)	1.6	(0.07)	14	(0.6)	11.7	(0.22)	4.1	(0.12)	35	(1.1)	10.9	(0.21)
2 and over...	7918	39	(1.1)	10.9	(0.18)	1.5	(0.06)	14	(0.5)	11.3	(0.19)	3.9	(0.10)	35	(0.9)	10.6	(0.19)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

C o p p e r																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	0.8	(0.03)	0.1	(0.01)	9	(1.0)	0.7	(0.02)	0.2	(0.02)	26	(2.2)	0.8	(0.05)
6 - 11.....	517	41	(3.1)	0.9	(0.03)	0.1	(0.01)	11	(1.2)	0.9	(0.04)	0.2	(0.03)	27	(2.5)	0.9	(0.04)
12 - 19.....	609	37	(2.2)	1.1	(0.05)	0.1	(0.01)	13	(0.9)	1.2	(0.09)	0.4	(0.02)	32	(2.6)	1.0	(0.04)
20 - 39.....	810	49	(1.9)	1.4	(0.04)	0.2	(0.01)	16	(0.8)	1.4	(0.05)	0.4	(0.02)	32	(1.7)	1.4	(0.05)
40 - 59.....	767	42	(2.5)	1.4	(0.05)	0.2	(0.01)	12	(0.7)	1.4	(0.07)	0.4	(0.03)	28	(2.0)	1.4	(0.07)
60 and over.....	838	28	(2.4)	1.3	(0.04)	0.1	(0.01)	7	(0.9)	1.3	(0.09)	0.3	(0.03)	25	(2.0)	1.3	(0.04)
2 - 19.....	1462	38	(1.9)	1.0	(0.02)	0.1	(0.01)	12	(0.7)	1.0	(0.05)	0.3	(0.02)	29	(1.4)	0.9	(0.03)
20 and over...	2415	41	(1.7)	1.4	(0.03)	0.2	(0.01)	12	(0.5)	1.3	(0.04)	0.4	(0.02)	30	(1.3)	1.4	(0.03)
2 and over...	3877	40	(1.4)	1.3	(0.02)	0.2	(0.01)	12	(0.4)	1.3	(0.03)	0.4	(0.01)	29	(1.0)	1.3	(0.03)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	0.7	(0.02)	0.1	(0.01)	8	(1.5)	0.7	(0.04)	0.2	(0.02)	24	(2.5)	0.7	(0.03)
6 - 11.....	523	36	(4.0)	0.9	(0.03)	0.1	(0.01)	10	(1.2)	0.9	(0.03)	0.2	(0.02)	26	(2.2)	0.9	(0.04)
12 - 19.....	587	41	(2.3)	0.9	(0.02)	0.1	(0.01)	14	(0.9)	0.9	(0.04)	0.3	(0.02)	34	(1.8)	0.9	(0.03)
20 - 39.....	877	43	(2.7)	1.2	(0.04)	0.1	(0.01)	12	(1.0)	1.2	(0.05)	0.3	(0.01)	27	(1.5)	1.2	(0.05)
40 - 59.....	879	41	(2.7)	1.2	(0.04)	0.1	(0.01)	10	(0.9)	1.1	(0.05)	0.3	(0.01)	24	(1.5)	1.2	(0.04)
60 and over.....	846	22	(2.1)	1.0	(0.03)	0.1	(0.01)	5	(0.5)	1.1	(0.03)	0.3	(0.01)	24	(1.3)	1.0	(0.04)
2 - 19.....	1439	38	(2.0)	0.9	(0.02)	0.1	(0.01)	11	(0.7)	0.8	(0.02)	0.3	(0.01)	30	(0.9)	0.9	(0.02)
20 and over...	2602	36	(1.4)	1.1	(0.02)	0.1	(0.01)	9	(0.5)	1.1	(0.03)	0.3	(0.01)	25	(1.0)	1.1	(0.02)
2 and over...	4041	37	(1.3)	1.1	(0.02)	0.1	(#)	10	(0.4)	1.1	(0.03)	0.3	(0.01)	26	(0.9)	1.1	(0.02)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	0.9	(0.02)	0.1	(#)	12	(0.5)	0.9	(0.03)	0.3	(0.01)	30	(0.8)	0.9	(0.02)
20 and over...	5017	39	(1.2)	1.2	(0.02)	0.1	(0.01)	11	(0.4)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over...	7918	39	(1.1)	1.2	(0.02)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	28	(0.8)	1.2	(0.02)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	78.8	(3.11)	8.7	(1.10)	11	(1.4)	73.2	(3.60)	22.8	(2.39)	31	(2.6)	82.2	(4.28)
6 - 11.....	517	41	(3.1)	100.7	(3.28)	14.0	(1.69)	14	(1.8)	101.2	(3.04)	34.1	(3.89)	34	(3.5)	100.4	(6.04)
12 - 19.....	609	37	(2.2)	122.8	(4.98)	22.6	(1.69)	18	(1.3)	141.1	(7.87)	61.9	(2.79)	44	(2.5)	112.2	(6.26)
20 - 39.....	810	49	(1.9)	151.5	(6.09)	32.3	(1.85)	21	(1.2)	158.0	(9.36)	65.4	(3.16)	41	(3.1)	145.1	(5.80)
40 - 59.....	767	42	(2.5)	135.4	(5.08)	24.7	(1.75)	18	(1.5)	142.1	(3.73)	58.2	(3.96)	41	(2.8)	130.5	(8.08)
60 and over.....	838	28	(2.4)	114.2	(4.07)	12.2	(1.74)	11	(1.4)	123.2	(8.26)	44.3	(4.31)	36	(3.3)	110.8	(2.97)
2 - 19.....	1462	38	(1.9)	106.1	(2.85)	16.8	(1.11)	16	(1.0)	112.6	(3.55)	43.7	(2.37)	39	(1.9)	102.1	(4.38)
20 and over...	2415	41	(1.7)	135.9	(3.29)	24.3	(1.15)	18	(0.9)	146.0	(5.44)	59.0	(2.04)	40	(1.9)	128.8	(3.68)
2 and over...	3877	40	(1.4)	128.4	(2.85)	22.4	(1.01)	17	(0.8)	138.1	(4.10)	55.4	(1.71)	40	(1.7)	121.9	(3.06)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	70.7	(0.94)	8.4	(1.53)	12	(2.2)	65.4	(5.19)	22.8	(2.87)	35	(3.4)	73.7	(3.24)
6 - 11.....	523	36	(4.0)	94.1	(2.99)	12.5	(1.75)	13	(2.0)	99.8	(4.99)	34.5	(3.44)	35	(3.9)	90.9	(3.65)
12 - 19.....	587	41	(2.3)	91.9	(2.33)	17.8	(1.07)	19	(1.1)	97.2	(3.76)	43.6	(3.17)	45	(2.8)	88.3	(2.94)
20 - 39.....	877	43	(2.7)	104.4	(2.42)	18.5	(1.88)	18	(1.7)	113.2	(4.38)	42.6	(2.98)	38	(3.0)	97.5	(2.40)
40 - 59.....	879	41	(2.7)	97.5	(2.22)	15.3	(1.14)	16	(1.2)	100.5	(3.93)	37.2	(2.09)	37	(2.0)	95.4	(2.24)
60 and over.....	846	22	(2.1)	86.2	(2.38)	8.4	(0.89)	10	(0.9)	95.5	(5.07)	38.4	(2.63)	40	(3.0)	83.6	(2.62)
2 - 19.....	1439	38	(2.0)	87.8	(1.22)	14.0	(0.88)	16	(0.9)	91.1	(2.01)	36.3	(1.75)	40	(1.3)	85.7	(1.82)
20 and over...	2602	36	(1.4)	96.6	(1.09)	14.4	(0.82)	15	(0.8)	104.9	(2.37)	39.7	(1.82)	38	(1.7)	91.8	(1.03)
2 and over...	4041	37	(1.3)	94.5	(1.00)	14.3	(0.67)	15	(0.7)	101.5	(2.00)	38.9	(1.49)	38	(1.4)	90.5	(0.98)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	97.1	(1.48)	15.4	(0.68)	16	(0.7)	101.9	(2.39)	40.0	(1.55)	39	(1.1)	94.0	(2.52)
20 and over...	5017	39	(1.2)	115.5	(1.95)	19.1	(0.79)	17	(0.6)	125.9	(3.52)	49.6	(1.32)	39	(1.6)	108.9	(1.91)
2 and over...	7918	39	(1.1)	111.0	(1.71)	18.2	(0.68)	16	(0.6)	120.2	(2.71)	47.3	(1.23)	39	(1.4)	105.3	(1.60)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	1950	(45.7)	188	(21.1)	10	(1.1)	1798	(54.4)	493	(43.8)	27	(2.4)	2044	(59.8)
6 - 11.....	517	41	(3.1)	2156	(49.2)	247	(25.9)	11	(1.2)	2136	(79.2)	602	(60.2)	28	(2.4)	2169	(82.5)
12 - 19.....	609	37	(2.2)	2408	(84.7)	340	(27.2)	14	(1.1)	2692	(162.1)	930	(50.3)	35	(2.2)	2245	(89.5)
20 - 39.....	810	49	(1.9)	2974	(71.7)	559	(31.7)	19	(1.1)	3013	(105.8)	1132	(46.8)	38	(2.2)	2937	(86.5)
40 - 59.....	767	42	(2.5)	3043	(70.6)	404	(27.6)	13	(0.9)	3018	(109.5)	951	(57.1)	32	(2.3)	3062	(101.4)
60 and over.....	838	28	(2.4)	2857	(62.8)	207	(28.2)	7	(1.0)	2708	(142.7)	751	(61.6)	28	(2.2)	2913	(76.3)
2 - 19.....	1462	38	(1.9)	2227	(42.5)	277	(16.2)	12	(0.7)	2305	(80.6)	719	(35.7)	31	(1.4)	2178	(60.1)
20 and over...	2415	41	(1.7)	2967	(38.4)	410	(20.5)	14	(0.7)	2960	(67.6)	998	(30.8)	34	(1.3)	2972	(51.0)
2 and over...	3877	40	(1.4)	2782	(39.2)	377	(17.3)	14	(0.6)	2805	(49.4)	932	(25.8)	33	(1.1)	2767	(53.8)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	1790	(53.8)	168	(28.7)	9	(1.7)	1725	(44.5)	457	(40.1)	26	(2.5)	1827	(77.3)
6 - 11.....	523	36	(4.0)	2024	(66.0)	205	(24.4)	10	(1.3)	2074	(98.8)	562	(32.5)	27	(2.2)	1995	(68.9)
12 - 19.....	587	41	(2.3)	1962	(49.0)	297	(18.9)	15	(0.9)	1991	(93.2)	730	(36.8)	37	(1.8)	1943	(37.0)
20 - 39.....	877	43	(2.7)	2320	(69.1)	336	(29.1)	15	(1.3)	2387	(72.6)	773	(35.2)	32	(1.8)	2268	(83.9)
40 - 59.....	879	41	(2.7)	2387	(55.0)	310	(30.5)	13	(1.3)	2336	(80.3)	754	(39.6)	32	(1.7)	2422	(67.1)
60 and over.....	846	22	(2.1)	2247	(58.9)	149	(19.5)	7	(0.8)	2336	(85.6)	682	(55.5)	29	(2.3)	2223	(64.6)
2 - 19.....	1439	38	(2.0)	1943	(25.3)	238	(14.3)	12	(0.7)	1958	(39.4)	620	(19.0)	32	(0.8)	1933	(24.0)
20 and over...	2602	36	(1.4)	2323	(46.1)	272	(16.1)	12	(0.7)	2357	(55.2)	749	(28.1)	32	(1.3)	2304	(52.2)
2 and over...	4041	37	(1.3)	2235	(39.5)	264	(13.1)	12	(0.6)	2261	(48.1)	718	(22.7)	32	(1.1)	2220	(43.7)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	2086	(30.2)	258	(10.2)	12	(0.5)	2133	(48.5)	670	(21.3)	31	(0.8)	2057	(37.3)
20 and over...	5017	39	(1.2)	2633	(38.6)	339	(15.2)	13	(0.6)	2666	(53.7)	877	(21.1)	33	(1.1)	2612	(41.8)
2 and over...	7918	39	(1.1)	2502	(35.7)	319	(13.0)	13	(0.5)	2538	(42.3)	827	(18.9)	33	(0.9)	2479	(40.1)



**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

S o d i u m																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	2347	(67.0)	301	(37.5)	13	(1.6)	2335	(119.6)	789	(80.4)	34	(2.6)	2355	(77.7)
6 - 11.....	517	41	(3.1)	3153	(51.0)	474	(54.2)	15	(1.6)	3294	(68.0)	1157	(116.0)	35	(3.3)	3055	(70.2)
12 - 19.....	609	37	(2.2)	3783	(113.2)	767	(74.3)	20	(1.7)	4458	(199.4)	2099	(135.6)	47	(2.3)	3394	(121.5)
20 - 39.....	810	49	(1.9)	4496	(105.1)	1051	(66.8)	23	(1.6)	4626	(129.4)	2130	(105.5)	46	(2.5)	4370	(143.2)
40 - 59.....	767	42	(2.5)	4151	(104.0)	799	(64.0)	19	(1.5)	4531	(78.6)	1881	(139.4)	42	(2.9)	3871	(161.6)
60 and over.....	838	28	(2.4)	3494	(85.5)	377	(58.9)	11	(1.7)	3520	(193.0)	1368	(148.3)	39	(3.4)	3485	(95.7)
2 - 19.....	1462	38	(1.9)	3272	(59.6)	570	(48.5)	17	(1.3)	3596	(105.1)	1484	(94.5)	41	(1.9)	3069	(68.5)
20 and over...	2415	41	(1.7)	4107	(64.1)	782	(41.6)	19	(1.0)	4393	(84.1)	1903	(82.5)	43	(1.9)	3907	(86.8)
2 and over...	3877	40	(1.4)	3899	(56.6)	729	(38.7)	19	(1.0)	4204	(59.5)	1803	(73.3)	43	(1.7)	3691	(69.7)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	2089	(59.8)	284	(50.3)	14	(2.5)	2089	(102.8)	772	(90.3)	37	(3.6)	2090	(99.2)
6 - 11.....	523	36	(4.0)	2936	(55.8)	412	(46.7)	14	(1.7)	3234	(97.0)	1133	(82.9)	35	(2.9)	2765	(73.0)
12 - 19.....	587	41	(2.3)	2946	(80.8)	589	(34.1)	20	(1.0)	3151	(130.8)	1446	(110.3)	46	(2.4)	2805	(87.7)
20 - 39.....	877	43	(2.7)	3247	(70.5)	624	(66.1)	19	(2.0)	3518	(83.7)	1436	(111.2)	41	(2.9)	3038	(86.6)
40 - 59.....	879	41	(2.7)	3032	(75.2)	490	(38.6)	16	(1.2)	3063	(147.6)	1192	(72.0)	39	(2.1)	3011	(58.6)
60 and over.....	846	22	(2.1)	2691	(63.2)	265	(31.6)	10	(1.1)	2949	(120.7)	1216	(104.6)	41	(3.5)	2619	(72.6)
2 - 19.....	1439	38	(2.0)	2748	(45.3)	463	(29.9)	17	(1.0)	2945	(65.4)	1204	(53.8)	41	(1.3)	2625	(48.7)
20 and over...	2602	36	(1.4)	3007	(38.5)	471	(27.1)	16	(0.9)	3231	(75.1)	1297	(61.7)	40	(1.8)	2879	(42.4)
2 and over...	4041	37	(1.3)	2947	(31.5)	469	(22.2)	16	(0.8)	3162	(57.6)	1274	(50.1)	40	(1.4)	2822	(34.6)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	3013	(36.4)	517	(26.1)	17	(0.8)	3274	(70.8)	1345	(60.5)	41	(1.2)	2849	(46.5)
20 and over...	5017	39	(1.2)	3536	(40.0)	621	(27.6)	18	(0.8)	3826	(52.8)	1607	(49.4)	42	(1.5)	3354	(51.7)
2 and over...	7918	39	(1.1)	3410	(33.6)	596	(24.8)	17	(0.7)	3694	(36.0)	1544	(48.1)	42	(1.3)	3232	(41.1)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (*continued*)

C a f f e i n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	38	(3.6)	7.1	(0.92)	1.5*	(0.47)	20*	(6.9)	8.6	(1.61)	3.8	(1.14)	--		6.2	(1.18)
6 - 11.....	517	41	(3.1)	16.1	(1.89)	2.6	(0.50)	16	(3.1)	17.6	(3.10)	6.5	(1.32)	37	(4.5)	15.1	(2.84)
12 - 19.....	609	37	(2.2)	50.0	(9.95)	5.8	(1.11)	12	(3.3)	46.2	(5.25)	16.0	(3.19)	35	(4.8)	52.1	(14.79)
20 - 39.....	810	49	(1.9)	142.3	(10.81)	26.2	(4.75)	18	(2.7)	156.5	(15.49)	53.0	(9.77)	34	(4.2)	128.4	(12.15)
40 - 59.....	767	42	(2.5)	248.4	(13.39)	22.8	(3.62)	9	(1.3)	245.1	(15.18)	53.7	(7.96)	22	(3.3)	250.8	(19.62)
60 and over.....	838	28	(2.4)	237.7	(19.90)	13.3*	(4.41)	6*	(1.8)	237.4	(30.24)	48.1	(14.21)	20	(6.0)	237.8	(26.03)
2 - 19.....	1462	38	(1.9)	29.4	(5.04)	3.8	(0.59)	13	(2.7)	28.0	(3.27)	10.0	(1.55)	36	(3.4)	30.4	(7.37)
20 and over...	2415	41	(1.7)	205.1	(9.18)	21.5	(2.87)	11	(1.3)	203.2	(11.31)	52.4	(5.58)	26	(2.4)	206.4	(11.79)
2 and over...	3877	40	(1.4)	161.2	(7.65)	17.1	(2.19)	11	(1.2)	161.6	(9.06)	42.3	(4.47)	26	(2.3)	161.0	(10.17)
<b>Females:</b>																	
2 - 5.....	329	37	(4.6)	5.3	(0.99)	1.0*	(0.31)	18*	(6.7)	5.3	(0.72)	2.6	(0.72)	49	(9.5)	5.4	(1.50)
6 - 11.....	523	36	(4.0)	11.5	(1.34)	2.0*	(0.63)	17	(4.7)	15.5	(2.70)	5.4*	(1.62)	35	(6.9)	9.2	(1.31)
12 - 19.....	587	41	(2.3)	39.7	(3.96)	10.1	(2.68)	25	(6.3)	48.5	(7.92)	24.7	(6.06)	51	(6.3)	33.7	(5.70)
20 - 39.....	877	43	(2.7)	115.6	(11.17)	17.2	(1.83)	15	(2.5)	107.1	(11.34)	39.5	(3.85)	37	(3.4)	122.1	(16.32)
40 - 59.....	879	41	(2.7)	163.9	(6.70)	27.0	(4.11)	16	(2.3)	175.3	(9.92)	65.6	(9.88)	37	(4.9)	155.9	(6.77)
60 and over.....	846	22	(2.1)	140.1	(8.04)	10.3	(3.01)	7	(2.1)	168.2	(23.33)	47.4	(11.93)	28	(6.5)	132.3	(8.24)
2 - 19.....	1439	38	(2.0)	22.9	(1.64)	5.4	(1.25)	24	(5.3)	29.1	(3.72)	14.0	(2.92)	48	(5.3)	19.0	(2.52)
20 and over...	2602	36	(1.4)	140.4	(5.55)	18.8	(1.84)	13	(1.3)	145.9	(8.46)	51.7	(5.43)	35	(3.3)	137.2	(6.47)
2 and over...	4041	37	(1.3)	113.1	(4.30)	15.7	(1.53)	14	(1.4)	117.7	(6.20)	42.6	(4.18)	36	(3.2)	110.5	(4.69)
<b>Males and Females:</b>																	
2 - 19.....	2901	38	(1.3)	26.2	(2.97)	4.6	(0.68)	18	(3.5)	28.5	(2.31)	12.0	(1.61)	42	(3.5)	24.7	(4.57)
20 and over...	5017	39	(1.2)	171.5	(6.17)	20.1	(2.16)	12	(1.2)	175.3	(8.90)	52.0	(5.06)	30	(2.4)	169.1	(6.96)
2 and over...	7918	39	(1.1)	136.6	(5.03)	16.4	(1.72)	12	(1.2)	140.1	(7.19)	42.4	(4.01)	30	(2.3)	134.3	(5.86)

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

A l c o h o l													
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>													
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g    (SE)	g    (SE)	%	(SE)	g    (SE)	g    (SE)	%	(SE)	g    (SE)	
<b>Males:</b>													
2 - 5.....	336	38	(3.6)	--	--	--		--	--	--		--	
6 - 11.....	517	41	(3.1)	--	--	--		--	--	--		--	
12 - 19.....	609	37	(2.2)	--	--	--		--	--	--		--	
20 - 39.....	810	49	(1.9)	15.6   (1.23)	#	#		13.7   (2.06)	0.1*   (0.06)	1*   (0.5)		17.3   (2.17)	
40 - 59.....	767	42	(2.5)	17.1   (2.10)	0.5   (0.12)	3*   (0.7)		14.5   (3.04)	1.2   (0.26)	8*   (2.3)		19.1   (2.22)	
60 and over.....	838	28	(2.4)	8.1   (1.11)	0.1*   (0.06)	1*   (0.8)		6.9   (1.82)	0.3*   (0.21)	--		8.5   (1.31)	
2 - 19.....	1462	38	(1.9)	--	--	--		--	--	--		--	
20 and over...	2415	41	(1.7)	14.1   (0.89)	0.2   (0.05)	2*   (0.3)		12.8   (1.40)	0.5   (0.11)	4*   (1.0)		15.0   (0.96)	
2 and over...	3877	40	(1.4)	--	--	--		--	--	--		--	
<b>Females:</b>													
2 - 5.....	329	37	(4.6)	--	--	--		--	--	--		--	
6 - 11.....	523	36	(4.0)	--	--	--		--	--	--		--	
12 - 19.....	587	41	(2.3)	--	--	--		--	--	--		--	
20 - 39.....	877	43	(2.7)	7.5   (0.92)	0.1   (0.01)	1*   (0.2)		6.9   (1.51)	0.2   (0.03)	3*   (0.5)		8.0   (2.02)	
40 - 59.....	879	41	(2.7)	7.3   (0.95)	0.5*   (0.27)	6*   (3.4)		6.7   (1.28)	1.1*   (0.61)	--		7.8   (1.30)	
60 and over.....	846	22	(2.1)	2.8   (0.51)	0.1*   (0.07)	4*   (2.3)		4.0*   (1.62)	0.5*   (0.29)	--		2.5   (0.47)	
2 - 19.....	1439	38	(2.0)	--	--	--		--	--	--		--	
20 and over...	2602	36	(1.4)	6.1   (0.57)	0.2*   (0.10)	4*   (1.7)		6.3   (0.75)	0.6*   (0.28)	10*   (3.8)		6.0   (0.84)	
2 and over...	4041	37	(1.3)	--	--	--		--	--	--		--	
<b>Males and Females:</b>													
2 - 19.....	2901	38	(1.3)	--	--	--		--	--	--		--	
20 and over...	5017	39	(1.2)	9.9   (0.62)	0.2   (0.06)	2   (0.6)		9.6   (0.73)	0.6   (0.14)	6   (1.5)		10.1   (0.66)	
2 and over...	7918	39	(1.1)	--	--	--		--	--	--		--	

## 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 the relative standard error is greater than 30 percent.

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.
- <sup>3</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2018. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Gender and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
—————All Individuals <sup>2</sup> —————      — Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1881	(38.4)	264	(19.4)	14	(0.9)	2022	(78.7)	708	(47.8)	35	(1.5)	1797	(41.0)
20 and over.....	1711	38	(1.7)	2109	(24.9)	308	(17.7)	15	(0.8)	2285	(44.1)	814	(31.3)	36	(1.3)	2001	(29.8)
2 and over...	2542	38	(1.5)	2063	(21.5)	299	(15.2)	15	(0.7)	2233	(35.3)	793	(27.5)	36	(1.1)	1960	(26.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1886	(55.3)	331	(18.8)	18	(0.9)	2059	(50.9)	808	(37.7)	39	(2.2)	1765	(66.3)
20 and over.....	1060	45	(2.6)	2051	(35.9)	426	(23.5)	21	(1.0)	2271	(49.5)	957	(26.2)	42	(1.1)	1875	(44.1)
2 and over...	1715	43	(2.4)	2002	(32.1)	398	(19.3)	20	(0.8)	2211	(34.7)	916	(18.8)	41	(0.7)	1841	(36.3)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1897	(54.7)	273	(15.0)	14	(1.0)	1997	(74.7)	706	(52.7)	35	(2.2)	1834	(79.0)
20 and over.....	521	35	(5.0)	1911	(40.6)	242	(45.4)	13	(2.3)	2146	(61.1)	701	(53.7)	33	(1.9)	1788	(54.6)
2 and over...	748	35	(3.9)	1909	(38.2)	248	(36.3)	13	(1.9)	2115	(59.1)	702	(47.7)	33	(1.7)	1796	(51.9)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	1813	(39.9)	297	(23.7)	16	(1.2)	1936	(76.6)	732	(44.1)	38	(1.6)	1729	(42.0)
20 and over.....	1543	41	(2.0)	2179	(23.0)	365	(25.7)	17	(1.2)	2313	(47.2)	900	(34.7)	39	(1.4)	2087	(30.2)
2 and over...	2532	41	(2.1)	2053	(21.3)	342	(21.8)	17	(1.0)	2184	(46.8)	843	(21.5)	39	(1.0)	1964	(22.6)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	67.1	(1.98)	10.1	(0.84)	15	(1.1)	71.3	(3.26)	27.0	(2.10)	38	(2.0)	64.7	(2.26)
20 and over.....	1711	38	(1.7)	82.0	(1.51)	12.7	(0.85)	15	(1.0)	89.4	(2.49)	33.4	(1.51)	37	(2.0)	77.6	(1.51)
2 and over...	2542	38	(1.5)	79.1	(1.42)	12.1	(0.75)	15	(0.9)	85.8	(1.99)	32.2	(1.47)	37	(1.9)	75.0	(1.32)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	65.2	(1.72)	12.3	(0.77)	19	(1.2)	68.3	(1.65)	30.0	(1.35)	44	(2.5)	63.0	(2.27)
20 and over.....	1060	45	(2.6)	77.2	(1.33)	17.3	(1.00)	22	(1.1)	82.8	(2.35)	38.8	(0.93)	47	(1.3)	72.7	(2.67)
2 and over...	1715	43	(2.4)	73.6	(1.35)	15.8	(0.79)	21	(0.8)	78.7	(1.52)	36.4	(0.70)	46	(0.7)	69.7	(2.20)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	75.3	(1.98)	11.3	(0.65)	15	(1.2)	79.7	(2.93)	29.1	(2.47)	37	(2.6)	72.5	(3.21)
20 and over.....	521	35	(5.0)	81.8	(1.51)	10.2	(2.45)	12	(2.9)	87.4	(2.96)	29.5	(3.53)	34	(3.3)	78.8	(2.24)
2 and over...	748	35	(3.9)	80.5	(1.31)	10.4	(1.98)	13	(2.4)	85.8	(2.71)	29.4	(3.01)	34	(2.7)	77.7	(2.17)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	66.1	(1.28)	11.0	(0.89)	17	(1.3)	68.3	(2.40)	27.1	(1.54)	40	(2.0)	64.7	(1.75)
20 and over.....	1543	41	(2.0)	87.1	(1.48)	14.8	(1.06)	17	(1.2)	89.8	(1.99)	36.4	(1.55)	41	(1.8)	85.3	(1.96)
2 and over...	2532	41	(2.1)	79.9	(1.21)	13.5	(0.91)	17	(1.1)	82.4	(1.88)	33.2	(1.08)	40	(1.6)	78.2	(1.48)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

C a r b o h y d r a t e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	242	(4.6)	31	(2.4)	13	(0.9)	262	(10.3)	84	(6.2)	32	(1.9)	229	(4.3)
20 and over.....	1711	38	(1.7)	241	(3.5)	32	(1.7)	14	(0.7)	260	(7.4)	86	(3.0)	33	(1.1)	229	(4.0)
2 and over...	2542	38	(1.5)	241	(3.0)	32	(1.5)	13	(0.6)	260	(5.9)	85	(2.7)	33	(0.8)	229	(3.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	246	(7.1)	37	(1.8)	15	(0.8)	263	(8.3)	90	(5.3)	34	(2.3)	235	(8.6)
20 and over.....	1060	45	(2.6)	241	(5.6)	45	(2.2)	19	(1.0)	264	(8.3)	100	(2.9)	38	(1.0)	222	(6.5)
2 and over...	1715	43	(2.4)	242	(4.1)	42	(1.8)	17	(0.8)	264	(5.5)	97	(2.4)	37	(0.6)	226	(4.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	244	(8.6)	31	(1.9)	13	(1.1)	239	(10.6)	79	(6.1)	33	(2.4)	247	(12.8)
20 and over.....	521	35	(5.0)	239	(5.2)	26	(4.2)	11	(1.7)	250	(6.9)	75	(4.7)	30	(1.5)	233	(5.8)
2 and over...	748	35	(3.9)	240	(5.1)	27	(3.5)	11	(1.4)	247	(6.7)	76	(4.2)	31	(1.4)	236	(6.2)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	233	(4.8)	34	(2.7)	15	(1.1)	244	(8.3)	84	(5.2)	34	(1.4)	226	(5.9)
20 and over.....	1543	41	(2.0)	262	(4.2)	40	(2.8)	15	(1.1)	272	(7.3)	100	(3.5)	37	(1.4)	254	(4.1)
2 and over...	2532	41	(2.1)	252	(3.3)	38	(2.4)	15	(0.9)	263	(6.4)	94	(2.3)	36	(0.9)	245	(3.2)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	113	(3.1)	12	(1.2)	11	(1.0)	119	(6.1)	33	(3.2)	27	(2.1)	109	(2.9)
20 and over.....	1711	38	(1.7)	107	(2.4)	11	(0.5)	10	(0.5)	113	(5.1)	29	(1.1)	26	(0.9)	104	(2.7)
2 and over...	2542	38	(1.5)	108	(2.3)	11	(0.5)	10	(0.4)	114	(4.6)	30	(1.0)	26	(0.6)	105	(2.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	110	(3.0)	12	(0.8)	11	(0.8)	115	(4.6)	29	(2.4)	25	(2.3)	106	(3.4)
20 and over.....	1060	45	(2.6)	107	(3.9)	15	(1.0)	14	(1.0)	114	(5.5)	34	(1.6)	30	(1.4)	102	(4.0)
2 and over...	1715	43	(2.4)	108	(2.7)	14	(0.7)	13	(0.7)	114	(3.8)	32	(1.3)	28	(0.9)	103	(2.6)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	93	(4.0)	8	(0.7)	9	(1.0)	91	(5.8)	22	(1.7)	24	(3.0)	94	(5.2)
20 and over.....	521	35	(5.0)	80	(2.3)	9	(1.8)	11	(2.3)	88	(3.0)	26	(2.3)	29	(2.6)	76	(2.8)
2 and over...	748	35	(3.9)	83	(2.3)	9	(1.5)	11	(1.9)	89	(3.3)	25	(2.0)	28	(2.6)	79	(2.5)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	101	(3.0)	11	(1.2)	10	(1.1)	101	(4.5)	26	(3.0)	26	(2.1)	101	(3.3)
20 and over.....	1543	41	(2.0)	107	(2.5)	14	(1.2)	13	(1.1)	114	(4.7)	34	(1.9)	30	(1.7)	103	(1.9)
2 and over...	2532	41	(2.1)	105	(2.1)	13	(1.0)	12	(0.9)	109	(4.2)	31	(1.7)	28	(1.1)	102	(1.4)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	13.8	(0.24)	1.6	(0.13)	11	(1.0)	14.2	(0.50)	4.2	(0.33)	30	(2.2)	13.6	(0.35)
20 and over.....	1711	38	(1.7)	17.2	(0.46)	2.1	(0.17)	12	(1.0)	17.6	(0.63)	5.7	(0.36)	32	(2.2)	17.0	(0.55)
2 and over...	2542	38	(1.5)	16.5	(0.41)	2.0	(0.14)	12	(0.8)	16.9	(0.52)	5.4	(0.28)	32	(1.8)	16.3	(0.49)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	13.2	(0.55)	2.0	(0.10)	15	(1.1)	13.2	(0.39)	4.8	(0.29)	36	(2.6)	13.2	(0.79)
20 and over.....	1060	45	(2.6)	14.0	(0.33)	2.7	(0.13)	19	(1.1)	14.7	(0.42)	6.0	(0.18)	41	(1.4)	13.4	(0.35)
2 and over...	1715	43	(2.4)	13.7	(0.32)	2.5	(0.12)	18	(0.8)	14.3	(0.32)	5.6	(0.19)	40	(1.3)	13.3	(0.40)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	15.0	(0.91)	2.0	(0.18)	13	(1.5)	14.3	(1.11)	5.1	(0.62)	36	(3.8)	15.4	(1.16)
20 and over.....	521	35	(5.0)	19.5	(0.82)	1.8	(0.29)	9	(1.4)	19.6	(1.01)	5.1	(0.47)	26	(1.9)	19.5	(0.93)
2 and over...	748	35	(3.9)	18.6	(0.79)	1.8	(0.26)	10	(1.3)	18.5	(0.93)	5.1	(0.42)	28	(1.7)	18.7	(0.89)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	14.6	(0.32)	2.0	(0.15)	14	(1.2)	14.6	(0.45)	4.9	(0.29)	34	(1.6)	14.6	(0.45)
20 and over.....	1543	41	(2.0)	19.1	(0.51)	2.5	(0.18)	13	(1.0)	18.3	(0.55)	6.3	(0.21)	34	(1.0)	19.6	(0.62)
2 and over...	2532	41	(2.1)	17.5	(0.39)	2.4	(0.15)	13	(1.0)	17.1	(0.42)	5.8	(0.13)	34	(0.9)	17.9	(0.49)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	74.2	(1.88)	11.1	(0.84)	15	(1.0)	78.6	(3.34)	29.8	(2.01)	38	(1.4)	71.6	(2.18)
20 and over.....	1711	38	(1.7)	85.8	(1.38)	14.1	(0.94)	16	(1.0)	94.3	(2.14)	37.3	(1.89)	40	(1.8)	80.6	(1.86)
2 and over...	2542	38	(1.5)	83.5	(1.22)	13.5	(0.76)	16	(0.8)	91.2	(1.81)	35.9	(1.48)	39	(1.4)	78.8	(1.60)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	73.1	(2.74)	15.2	(1.14)	21	(1.2)	83.5	(2.11)	37.1	(1.84)	44	(2.5)	65.8	(3.05)
20 and over.....	1060	45	(2.6)	81.6	(1.61)	20.0	(1.29)	25	(1.4)	92.3	(2.57)	45.0	(1.59)	49	(1.3)	73.0	(2.24)
2 and over...	1715	43	(2.4)	79.0	(1.51)	18.6	(1.07)	24	(1.1)	89.8	(1.92)	42.7	(1.14)	48	(0.8)	70.8	(1.76)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	70.3	(2.12)	11.8	(0.95)	17	(1.4)	81.3	(4.10)	30.5	(2.87)	38	(2.6)	63.3	(2.60)
20 and over.....	521	35	(5.0)	69.1	(2.05)	11.0	(2.14)	16	(3.0)	85.7	(3.81)	32.0	(2.81)	37	(2.0)	60.4	(3.36)
2 and over...	748	35	(3.9)	69.3	(1.85)	11.2	(1.64)	16	(2.3)	84.8	(3.61)	31.7	(2.45)	37	(1.8)	60.9	(2.95)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	70.5	(2.09)	13.2	(1.09)	19	(1.5)	78.5	(4.07)	32.5	(2.08)	41	(1.9)	65.0	(2.09)
20 and over.....	1543	41	(2.0)	83.7	(1.48)	16.1	(1.23)	19	(1.5)	92.4	(2.18)	39.8	(1.85)	43	(1.7)	77.8	(2.12)
2 and over...	2532	41	(2.1)	79.2	(1.23)	15.1	(1.00)	19	(1.3)	87.6	(2.20)	37.3	(1.06)	43	(1.2)	73.4	(1.61)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
<div>—————All Individuals <sup>2</sup>—————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	26.8	(0.80)	4.1	(0.30)	15	(1.0)	28.3	(1.34)	11.0	(0.74)	39	(1.3)	26.0	(0.86)
20 and over.....	1711	38	(1.7)	28.4	(0.54)	4.7	(0.31)	17	(1.1)	30.8	(0.74)	12.4	(0.56)	40	(1.6)	27.0	(0.79)
2 and over...	2542	38	(1.5)	28.1	(0.48)	4.6	(0.24)	16	(0.9)	30.3	(0.54)	12.2	(0.43)	40	(1.3)	26.8	(0.69)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	24.2	(0.83)	4.8	(0.34)	20	(1.3)	27.0	(0.64)	11.6	(0.80)	43	(3.0)	22.3	(1.12)
20 and over.....	1060	45	(2.6)	25.5	(0.64)	6.0	(0.44)	24	(1.5)	28.3	(0.85)	13.6	(0.48)	48	(1.4)	23.2	(0.81)
2 and over...	1715	43	(2.4)	25.1	(0.52)	5.7	(0.31)	23	(1.0)	27.9	(0.65)	13.0	(0.32)	47	(0.7)	22.9	(0.62)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	24.0	(1.06)	3.9	(0.32)	16	(1.1)	28.0	(1.82)	10.2	(1.05)	36	(2.7)	21.4	(1.08)
20 and over.....	521	35	(5.0)	20.9	(0.62)	3.8	(0.75)	18	(3.4)	26.8	(1.28)	10.9	(0.97)	41	(2.4)	17.7	(0.85)
2 and over...	748	35	(3.9)	21.4	(0.57)	3.8	(0.58)	18	(2.6)	27.0	(1.18)	10.8	(0.80)	40	(2.1)	18.4	(0.78)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	24.3	(0.76)	4.4	(0.36)	18	(1.4)	26.9	(1.38)	10.9	(0.71)	40	(1.9)	22.5	(0.72)
20 and over.....	1543	41	(2.0)	27.5	(0.52)	5.5	(0.46)	20	(1.8)	30.8	(0.73)	13.6	(0.70)	44	(2.2)	25.3	(0.88)
2 and over...	2532	41	(2.1)	26.4	(0.34)	5.1	(0.36)	19	(1.5)	29.4	(0.65)	12.7	(0.38)	43	(1.4)	24.3	(0.60)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	25.0	(0.67)	3.6	(0.29)	15	(1.0)	26.2	(1.14)	9.7	(0.71)	37	(1.6)	24.2	(0.83)
20 and over.....	1711	38	(1.7)	30.0	(0.49)	4.8	(0.31)	16	(0.9)	33.0	(0.78)	12.8	(0.65)	39	(1.9)	28.2	(0.62)
2 and over...	2542	38	(1.5)	29.0	(0.44)	4.6	(0.25)	16	(0.8)	31.7	(0.74)	12.2	(0.53)	38	(1.5)	27.4	(0.56)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	25.0	(1.13)	5.3	(0.50)	21	(1.4)	28.8	(0.97)	13.0	(0.76)	45	(2.6)	22.4	(1.11)
20 and over.....	1060	45	(2.6)	28.8	(0.55)	7.1	(0.46)	25	(1.4)	32.6	(0.94)	16.1	(0.62)	49	(1.3)	25.8	(0.83)
2 and over...	1715	43	(2.4)	27.7	(0.56)	6.6	(0.40)	24	(1.1)	31.6	(0.72)	15.2	(0.51)	48	(1.0)	24.7	(0.65)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	24.0	(0.63)	3.9	(0.33)	16	(1.4)	27.7	(1.27)	10.2	(0.99)	37	(2.8)	21.7	(0.82)
20 and over.....	521	35	(5.0)	25.1	(0.74)	3.8	(0.79)	15	(3.0)	30.9	(1.56)	11.0	(1.05)	36	(2.0)	22.1	(1.24)
2 and over...	748	35	(3.9)	24.9	(0.64)	3.8	(0.63)	15	(2.5)	30.2	(1.43)	10.9	(0.93)	36	(1.8)	22.0	(1.10)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	23.8	(0.78)	4.5	(0.39)	19	(1.5)	26.5	(1.40)	11.0	(0.73)	42	(1.9)	22.0	(0.84)
20 and over.....	1543	41	(2.0)	29.3	(0.56)	5.5	(0.43)	19	(1.5)	32.1	(0.95)	13.5	(0.70)	42	(1.6)	27.3	(0.71)
2 and over...	2532	41	(2.1)	27.4	(0.53)	5.1	(0.36)	19	(1.3)	30.2	(0.87)	12.6	(0.44)	42	(1.2)	25.5	(0.60)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	15.6	(0.39)	2.4	(0.20)	15	(1.2)	16.9	(0.97)	6.3	(0.48)	38	(2.0)	14.9	(0.54)
20 and over.....	1711	38	(1.7)	19.7	(0.44)	3.4	(0.29)	17	(1.3)	22.1	(0.80)	8.9	(0.66)	40	(2.5)	18.2	(0.51)
2 and over...	2542	38	(1.5)	18.9	(0.38)	3.2	(0.24)	17	(1.1)	21.1	(0.68)	8.4	(0.52)	40	(2.0)	17.5	(0.42)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	17.3	(0.69)	3.8	(0.28)	22	(1.2)	20.3	(0.79)	9.2	(0.41)	45	(2.1)	15.2	(0.68)
20 and over.....	1060	45	(2.6)	19.9	(0.44)	5.1	(0.33)	25	(1.3)	23.0	(0.75)	11.4	(0.56)	49	(1.7)	17.3	(0.63)
2 and over...	1715	43	(2.4)	19.1	(0.42)	4.7	(0.29)	24	(1.2)	22.3	(0.57)	10.7	(0.35)	48	(1.2)	16.7	(0.50)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	16.1	(0.57)	3.0	(0.36)	18	(2.3)	18.6	(1.21)	7.7	(0.94)	41	(3.7)	14.5	(0.85)
20 and over.....	521	35	(5.0)	16.8	(0.73)	2.5	(0.40)	15	(2.5)	20.3	(0.87)	7.2	(0.73)	35	(2.4)	14.9	(1.15)
2 and over...	748	35	(3.9)	16.6	(0.66)	2.6	(0.30)	15	(2.0)	19.9	(0.87)	7.3	(0.68)	36	(2.3)	14.8	(1.01)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	15.9	(0.40)	3.1	(0.26)	20	(1.5)	17.9	(1.00)	7.8	(0.50)	43	(2.1)	14.6	(0.37)
20 and over.....	1543	41	(2.0)	18.8	(0.44)	3.7	(0.27)	20	(1.3)	20.7	(0.56)	9.1	(0.45)	44	(1.8)	17.5	(0.55)
2 and over...	2532	41	(2.1)	17.8	(0.33)	3.5	(0.21)	20	(1.1)	19.8	(0.57)	8.6	(0.27)	44	(1.4)	16.5	(0.42)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

C h o l e s t e r o l																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Quick Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	216	(9.9)	31	(3.4)	15	(1.7)	215	(15.4)	84	(9.1)	39	(3.4)	217	(14.3)
20 and over.....	1711	38	(1.7)	291	(7.0)	44	(4.6)	15	(1.5)	299	(10.7)	116	(10.9)	39	(3.2)	287	(7.8)
2 and over...	2542	38	(1.5)	276	(6.1)	42	(3.9)	15	(1.4)	282	(9.0)	110	(9.6)	39	(3.0)	273	(7.1)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	224	(11.5)	40	(3.9)	18	(1.3)	240	(10.9)	98	(5.7)	41	(2.8)	213	(12.4)
20 and over.....	1060	45	(2.6)	303	(9.0)	66	(4.7)	22	(1.3)	316	(15.9)	148	(8.0)	47	(1.8)	292	(15.0)
2 and over...	1715	43	(2.4)	280	(9.0)	58	(3.9)	21	(0.9)	295	(11.0)	134	(5.5)	45	(0.9)	268	(13.2)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	271	(10.4)	33	(2.1)	12	(0.9)	293	(18.8)	86	(6.7)	29	(2.1)	256	(18.0)
20 and over.....	521	35	(5.0)	269	(8.1)	36*	(11.6)	14*	(4.3)	283	(17.9)	105	(21.3)	37	(5.8)	261	(12.3)
2 and over...	748	35	(3.9)	269	(6.1)	36	(9.2)	13	(3.4)	285	(13.4)	101	(17.4)	35	(5.0)	260	(10.4)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	236	(5.7)	32	(2.8)	14	(1.1)	229	(11.1)	80	(5.6)	35	(2.5)	241	(9.0)
20 and over.....	1543	41	(2.0)	349	(10.0)	53	(5.0)	15	(1.5)	352	(19.6)	132	(8.4)	37	(2.9)	347	(16.5)
2 and over...	2532	41	(2.1)	310	(6.4)	46	(3.8)	15	(1.2)	310	(15.0)	114	(5.3)	37	(2.0)	310	(9.9)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   A   (   R A E   )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	621	(27.3)	49	(4.7)	8	(0.7)	627	(44.9)	130	(11.5)	21	(2.1)	617	(34.1)
20 and over.....	1711	38	(1.7)	657	(19.4)	59	(5.2)	9	(0.7)	615	(21.8)	156	(9.7)	25	(1.7)	683	(28.7)
2 and over...	2542	38	(1.5)	650	(15.6)	57	(4.3)	9	(0.6)	617	(15.0)	151	(8.4)	24	(1.5)	670	(23.2)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	517	(26.6)	44	(2.7)	8	(0.7)	476	(27.5)	106	(9.0)	22	(2.6)	546	(34.0)
20 and over.....	1060	45	(2.6)	543	(15.3)	72	(7.5)	13	(1.2)	501	(28.7)	162	(9.1)	32	(1.2)	577	(17.9)
2 and over...	1715	43	(2.4)	535	(17.2)	64	(5.5)	12	(0.8)	494	(24.3)	147	(7.3)	30	(0.7)	567	(19.3)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	599	(51.5)	42	(6.8)	7*	(0.7)	554	(87.3)	109	(17.0)	20*	(1.6)	628	(42.0)
20 and over.....	521	35	(5.0)	670	(28.3)	58	(14.2)	9	(2.3)	612	(26.9)	169	(21.7)	28	(3.7)	701	(44.1)
2 and over...	748	35	(3.9)	657	(28.7)	55	(10.8)	8	(1.9)	600	(25.9)	157	(16.0)	26	(3.3)	688	(40.2)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	537	(13.3)	50	(4.3)	9	(0.7)	514	(19.9)	123	(8.3)	24	(1.8)	553	(18.9)
20 and over.....	1543	41	(2.0)	556	(14.3)	70	(5.3)	13	(0.9)	536	(19.3)	174	(7.6)	32	(2.0)	569	(21.1)
2 and over...	2532	41	(2.1)	549	(10.5)	63	(4.2)	12	(0.7)	528	(13.6)	156	(5.1)	30	(1.3)	564	(15.4)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1284	(131.2)	76	(13.5)	6	(1.2)	1158	(97.6)	204	(31.2)	18	(3.5)	1359	(215.4)
20 and over.....	1711	38	(1.7)	2209	(169.9)	164	(27.6)	7	(1.3)	1756	(145.6)	433	(60.8)	25	(3.6)	2486	(244.1)
2 and over...	2542	38	(1.5)	2025	(146.1)	146	(22.3)	7	(1.1)	1638	(113.1)	388	(49.9)	24	(3.1)	2260	(199.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1212	(132.4)	73	(7.2)	6	(0.8)	1048	(174.1)	178	(20.7)	17	(4.1)	1326	(171.3)
20 and over.....	1060	45	(2.6)	2268	(157.7)	231	(49.9)	10	(1.9)	1996	(305.8)	519	(86.8)	26	(2.1)	2486	(200.0)
2 and over...	1715	43	(2.4)	1954	(123.8)	184	(35.9)	9	(1.5)	1731	(229.4)	424	(67.0)	24	(1.5)	2126	(143.7)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1735	(186.7)	92*	(32.3)	5*	(1.7)	1419	(244.2)	238*	(86.3)	17*	(5.3)	1934	(194.1)
20 and over.....	521	35	(5.0)	4193	(240.4)	216*	(67.2)	5*	(1.8)	3165	(219.7)	625	(138.5)	20	(4.1)	4734	(355.8)
2 and over...	748	35	(3.9)	3726	(197.4)	192	(54.1)	5*	(1.6)	2802	(153.9)	544	(110.7)	19	(3.7)	4231	(305.4)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	990	(79.7)	92	(12.1)	9	(1.1)	949	(125.2)	226	(19.7)	24	(2.9)	1018	(64.6)
20 and over.....	1543	41	(2.0)	1659	(83.7)	164	(21.4)	10	(1.2)	1380	(62.6)	403	(38.5)	29	(2.6)	1850	(128.0)
2 and over...	2532	41	(2.1)	1429	(81.9)	139	(16.5)	10	(1.0)	1232	(73.6)	343	(27.3)	28	(2.0)	1564	(104.1)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

L y c o p e n e																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	4224	(424.8)	579	(85.1)	14	(2.9)	5170	(763.9)	1549	(212.5)	30	(7.2)	3660	(328.3)
20 and over.....	1711	38	(1.7)	5449	(336.4)	728	(65.7)	13	(1.7)	5055	(352.5)	1922	(176.1)	38	(3.9)	5689	(626.3)
2 and over...	2542	38	(1.5)	5205	(317.3)	698	(54.4)	13	(1.5)	5078	(286.8)	1849	(148.1)	36	(3.2)	5282	(542.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	4461	(372.0)	822	(71.5)	18	(2.4)	4448	(301.3)	2005	(240.3)	45	(7.4)	4469	(637.5)
20 and over.....	1060	45	(2.6)	3884	(262.2)	744	(43.1)	19	(1.6)	3634	(299.2)	1672	(114.3)	46	(4.5)	4085	(448.4)
2 and over...	1715	43	(2.4)	4055	(233.5)	767	(28.3)	19	(1.3)	3862	(217.7)	1765	(122.2)	46	(4.4)	4204	(389.5)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	3337	(220.1)	599	(122.3)	18	(3.3)	2983	(362.2)	1549	(349.0)	52	(10.0)	3561	(384.0)
20 and over.....	521	35	(5.0)	4321	(280.3)	559	(92.1)	13	(2.3)	4986	(425.9)	1620	(238.1)	33	(4.1)	3971	(337.2)
2 and over...	748	35	(3.9)	4134	(257.4)	567	(89.9)	14	(2.3)	4569	(321.9)	1606	(205.0)	35	(3.5)	3897	(309.4)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	4336	(241.7)	899	(119.3)	21	(2.5)	5036	(375.1)	2221	(225.8)	44	(3.1)	3859	(378.9)
20 and over.....	1543	41	(2.0)	5133	(281.2)	984	(98.3)	19	(1.8)	5590	(455.8)	2425	(181.4)	43	(3.2)	4822	(193.4)
2 and over...	2532	41	(2.1)	4859	(177.4)	955	(85.4)	20	(1.7)	5400	(286.2)	2355	(139.6)	44	(2.2)	4491	(187.2)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

T h i a m i n																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1.53	(0.034)	0.20	(0.017)	13	(0.9)	1.67	(0.071)	0.54	(0.043)	32	(2.1)	1.46	(0.044)
20 and over.....	1711	38	(1.7)	1.59	(0.023)	0.22	(0.013)	14	(0.7)	1.71	(0.046)	0.59	(0.025)	34	(1.5)	1.52	(0.020)
2 and over...	2542	38	(1.5)	1.58	(0.023)	0.22	(0.011)	14	(0.6)	1.70	(0.034)	0.58	(0.023)	34	(1.4)	1.51	(0.020)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1.51	(0.063)	0.24	(0.012)	16	(1.2)	1.57	(0.066)	0.59	(0.041)	38	(2.9)	1.46	(0.079)
20 and over.....	1060	45	(2.6)	1.42	(0.038)	0.28	(0.014)	20	(1.0)	1.49	(0.050)	0.63	(0.017)	42	(0.9)	1.36	(0.041)
2 and over...	1715	43	(2.4)	1.45	(0.036)	0.27	(0.011)	19	(0.8)	1.51	(0.036)	0.62	(0.020)	41	(1.0)	1.39	(0.046)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1.59	(0.052)	0.21	(0.018)	13	(1.3)	1.61	(0.085)	0.55	(0.049)	34	(2.8)	1.57	(0.084)
20 and over.....	521	35	(5.0)	1.66	(0.033)	0.19	(0.033)	12	(2.0)	1.73	(0.070)	0.55	(0.038)	32	(2.4)	1.62	(0.040)
2 and over...	748	35	(3.9)	1.64	(0.031)	0.19	(0.027)	12	(1.6)	1.70	(0.051)	0.55	(0.033)	32	(2.1)	1.61	(0.041)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	1.48	(0.030)	0.24	(0.019)	16	(1.2)	1.53	(0.039)	0.58	(0.024)	38	(1.3)	1.45	(0.038)
20 and over.....	1543	41	(2.0)	1.61	(0.031)	0.28	(0.021)	18	(1.3)	1.68	(0.047)	0.70	(0.041)	42	(2.0)	1.57	(0.045)
2 and over...	2532	41	(2.1)	1.57	(0.026)	0.27	(0.019)	17	(1.2)	1.63	(0.033)	0.66	(0.029)	40	(1.6)	1.52	(0.038)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

R i b o f l a v i n																	
All Individuals <sup>2</sup>						Quick Service Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>					
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1.97	(0.073)	0.22	(0.022)	11	(1.0)	2.11	(0.136)	0.58	(0.058)	27	(2.6)	1.89	(0.066)
20 and over.....	1711	38	(1.7)	2.27	(0.035)	0.27	(0.016)	12	(0.7)	2.38	(0.065)	0.72	(0.028)	30	(1.3)	2.21	(0.044)
2 and over...	2542	38	(1.5)	2.21	(0.037)	0.26	(0.014)	12	(0.6)	2.33	(0.049)	0.69	(0.027)	30	(1.2)	2.15	(0.044)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1.75	(0.076)	0.22	(0.010)	12	(0.8)	1.73	(0.103)	0.53	(0.037)	31	(2.5)	1.76	(0.071)
20 and over.....	1060	45	(2.6)	1.72	(0.057)	0.33	(0.026)	19	(1.1)	1.85	(0.073)	0.73	(0.035)	40	(1.2)	1.61	(0.050)
2 and over...	1715	43	(2.4)	1.73	(0.056)	0.29	(0.019)	17	(0.7)	1.81	(0.062)	0.67	(0.026)	37	(0.7)	1.66	(0.052)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1.94	(0.116)	0.20	(0.011)	10	(1.1)	1.94	(0.171)	0.52	(0.037)	27	(3.6)	1.95	(0.120)
20 and over.....	521	35	(5.0)	1.82	(0.055)	0.22	(0.049)	12	(2.7)	1.95	(0.044)	0.63	(0.067)	32	(3.3)	1.75	(0.090)
2 and over...	748	35	(3.9)	1.84	(0.061)	0.21	(0.040)	12	(2.3)	1.95	(0.040)	0.60	(0.059)	31	(3.3)	1.78	(0.090)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	1.82	(0.037)	0.22	(0.019)	12	(1.0)	1.78	(0.063)	0.55	(0.049)	31	(2.1)	1.85	(0.054)
20 and over.....	1543	41	(2.0)	2.10	(0.036)	0.31	(0.024)	15	(1.1)	2.20	(0.073)	0.77	(0.038)	35	(1.4)	2.04	(0.052)
2 and over...	2532	41	(2.1)	2.01	(0.030)	0.28	(0.018)	14	(0.8)	2.05	(0.048)	0.69	(0.025)	34	(1.1)	1.97	(0.038)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	21.4	(0.65)	3.0	(0.25)	14	(1.2)	23.6	(1.30)	8.1	(0.62)	34	(2.5)	20.1	(0.81)
20 and over.....	1711	38	(1.7)	26.1	(0.64)	3.8	(0.23)	15	(0.7)	29.0	(0.82)	10.0	(0.37)	35	(1.4)	24.2	(0.67)
2 and over...	2542	38	(1.5)	25.1	(0.56)	3.7	(0.21)	15	(0.7)	28.0	(0.71)	9.7	(0.38)	35	(1.5)	23.4	(0.58)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	21.8	(0.69)	4.0	(0.23)	18	(1.2)	23.2	(0.87)	9.7	(0.47)	42	(2.4)	20.8	(0.84)
20 and over.....	1060	45	(2.6)	24.8	(0.53)	5.3	(0.28)	21	(1.0)	26.8	(0.66)	11.9	(0.28)	44	(1.0)	23.1	(0.82)
2 and over...	1715	43	(2.4)	23.9	(0.50)	4.9	(0.23)	20	(0.9)	25.8	(0.50)	11.3	(0.24)	44	(0.9)	22.4	(0.69)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	22.0	(0.69)	3.5	(0.33)	16	(1.6)	24.0	(1.66)	9.0	(0.97)	37	(3.8)	20.8	(0.94)
20 and over.....	521	35	(5.0)	24.2	(0.55)	3.0	(0.61)	12	(2.5)	25.6	(1.00)	8.6	(0.80)	34	(2.5)	23.4	(0.70)
2 and over...	748	35	(3.9)	23.8	(0.47)	3.1	(0.51)	13	(2.1)	25.3	(0.93)	8.7	(0.74)	34	(2.2)	23.0	(0.59)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	20.8	(0.48)	3.7	(0.31)	18	(1.3)	22.5	(0.77)	9.1	(0.50)	40	(1.6)	19.7	(0.61)
20 and over.....	1543	41	(2.0)	27.1	(0.51)	4.6	(0.32)	17	(1.0)	29.3	(0.96)	11.4	(0.50)	39	(0.9)	25.7	(0.88)
2 and over...	2532	41	(2.1)	25.0	(0.50)	4.3	(0.29)	17	(1.0)	26.9	(0.70)	10.6	(0.38)	39	(0.9)	23.6	(0.71)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1.69	(0.060)	0.15	(0.013)	9	(0.9)	1.75	(0.104)	0.41	(0.033)	24	(2.5)	1.66	(0.066)
20 and over.....	1711	38	(1.7)	2.15	(0.062)	0.21	(0.015)	10	(0.6)	2.24	(0.090)	0.56	(0.024)	25	(1.2)	2.09	(0.064)
2 and over...	2542	38	(1.5)	2.06	(0.052)	0.20	(0.014)	10	(0.6)	2.14	(0.074)	0.53	(0.024)	25	(1.2)	2.01	(0.049)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1.63	(0.057)	0.19	(0.016)	11	(1.1)	1.55	(0.088)	0.45	(0.018)	29	(1.8)	1.68	(0.067)
20 and over.....	1060	45	(2.6)	1.98	(0.047)	0.31	(0.022)	16	(1.2)	1.94	(0.069)	0.69	(0.025)	36	(1.4)	2.01	(0.085)
2 and over...	1715	43	(2.4)	1.87	(0.044)	0.27	(0.018)	15	(1.0)	1.83	(0.048)	0.63	(0.020)	34	(1.0)	1.91	(0.064)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1.81	(0.085)	0.19	(0.022)	10	(1.4)	1.72	(0.144)	0.48	(0.068)	28	(4.1)	1.88	(0.106)
20 and over.....	521	35	(5.0)	1.99	(0.055)	0.18	(0.044)	9	(2.3)	1.92	(0.057)	0.53	(0.066)	27	(3.4)	2.03	(0.069)
2 and over...	748	35	(3.9)	1.96	(0.051)	0.18	(0.037)	9	(2.0)	1.88	(0.052)	0.52	(0.062)	27	(3.2)	2.00	(0.063)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	1.66	(0.046)	0.18	(0.017)	11	(0.9)	1.65	(0.077)	0.44	(0.037)	26	(1.8)	1.67	(0.066)
20 and over.....	1543	41	(2.0)	2.18	(0.039)	0.25	(0.018)	12	(0.8)	2.21	(0.084)	0.62	(0.026)	28	(1.1)	2.17	(0.072)
2 and over...	2532	41	(2.1)	2.00	(0.035)	0.23	(0.016)	11	(0.8)	2.02	(0.069)	0.56	(0.024)	28	(1.0)	1.99	(0.053)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

F o l a t e   ( D F E )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	499	(15.7)	62	(5.5)	12	(1.0)	543	(33.5)	167	(14.0)	31	(2.2)	473	(19.6)
20 and over.....	1711	38	(1.7)	515	(12.4)	67	(4.5)	13	(0.7)	567	(20.1)	177	(8.9)	31	(1.4)	484	(9.4)
2 and over...	2542	38	(1.5)	512	(10.9)	66	(4.0)	13	(0.6)	562	(16.3)	175	(8.4)	31	(1.4)	482	(8.9)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	499	(27.1)	75	(3.9)	15	(1.2)	523	(31.9)	182	(15.5)	35	(3.8)	483	(31.2)
20 and over.....	1060	45	(2.6)	453	(17.8)	85	(3.5)	19	(0.9)	467	(20.1)	190	(6.3)	41	(1.6)	442	(21.6)
2 and over...	1715	43	(2.4)	467	(15.1)	82	(2.8)	18	(0.7)	483	(13.7)	188	(7.7)	39	(1.7)	455	(19.7)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	528	(29.0)	63	(6.1)	12	(1.4)	512	(44.5)	164	(19.4)	32	(4.0)	538	(33.3)
20 and over.....	521	35	(5.0)	564	(18.6)	54	(8.3)	10	(1.5)	556	(24.5)	155	(11.3)	28	(1.9)	568	(23.5)
2 and over...	748	35	(3.9)	557	(17.6)	55	(7.4)	10	(1.3)	547	(22.7)	157	(10.5)	29	(1.9)	563	(22.6)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	495	(12.5)	69	(5.2)	14	(1.0)	496	(13.2)	171	(7.1)	34	(1.2)	495	(18.7)
20 and over.....	1543	41	(2.0)	525	(11.5)	84	(6.6)	16	(1.2)	539	(12.4)	206	(11.3)	38	(1.7)	515	(18.1)
2 and over...	2532	41	(2.1)	515	(10.3)	79	(5.9)	15	(1.1)	524	(8.0)	194	(8.6)	37	(1.4)	508	(16.7)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

C h o l i n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	244	(10.3)	31	(2.5)	13	(1.1)	248	(16.2)	82	(6.3)	33	(2.3)	242	(12.4)
20 and over.....	1711	38	(1.7)	338	(6.1)	44	(4.0)	13	(1.1)	348	(8.8)	117	(9.2)	34	(2.3)	332	(7.9)
2 and over...	2542	38	(1.5)	320	(5.8)	42	(3.3)	13	(1.0)	328	(6.5)	110	(7.7)	34	(2.1)	314	(7.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	236	(7.9)	38	(3.3)	16	(1.2)	241	(7.6)	94	(4.7)	39	(2.4)	233	(9.3)
20 and over.....	1060	45	(2.6)	316	(7.1)	63	(4.2)	20	(1.0)	330	(8.4)	141	(5.9)	43	(1.3)	306	(11.8)
2 and over...	1715	43	(2.4)	293	(7.3)	56	(3.5)	19	(0.8)	305	(5.9)	128	(4.2)	42	(0.9)	283	(10.8)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	304	(9.2)	36	(3.0)	12	(1.0)	304	(13.3)	93	(10.0)	30	(3.0)	305	(14.8)
20 and over.....	521	35	(5.0)	329	(6.4)	36	(9.6)	11	(2.9)	332	(12.3)	103	(15.5)	31	(4.0)	327	(10.5)
2 and over...	748	35	(3.9)	324	(5.4)	36	(8.0)	11	(2.5)	326	(9.3)	101	(13.7)	31	(3.6)	323	(9.9)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	256	(4.4)	33	(2.8)	13	(1.0)	248	(8.2)	82	(5.6)	33	(2.3)	261	(7.4)
20 and over.....	1543	41	(2.0)	358	(5.9)	50	(3.9)	14	(1.1)	352	(13.4)	122	(5.7)	35	(1.8)	362	(9.6)
2 and over...	2532	41	(2.1)	323	(3.8)	44	(3.1)	14	(1.0)	316	(10.8)	108	(3.6)	34	(1.3)	327	(5.8)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   B 1 2																	
<div>—————All Individuals <sup>2</sup>—————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	4.67	(0.223)	0.45	(0.046)	10	(0.8)	4.88	(0.398)	1.21	(0.106)	25	(1.6)	4.54	(0.221)
20 and over.....	1711	38	(1.7)	5.11	(0.139)	0.61	(0.031)	12	(0.6)	5.65	(0.240)	1.60	(0.072)	28	(1.8)	4.78	(0.220)
2 and over...	2542	38	(1.5)	5.02	(0.131)	0.58	(0.022)	11	(0.4)	5.50	(0.183)	1.52	(0.054)	28	(1.5)	4.73	(0.176)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	4.07	(0.174)	0.51	(0.047)	13	(1.5)	3.86	(0.235)	1.24	(0.088)	32	(2.7)	4.21	(0.214)
20 and over.....	1060	45	(2.6)	4.32	(0.103)	0.73	(0.053)	17	(1.0)	4.17	(0.208)	1.65	(0.074)	40	(2.4)	4.43	(0.267)
2 and over...	1715	43	(2.4)	4.24	(0.106)	0.67	(0.037)	16	(0.7)	4.08	(0.135)	1.54	(0.052)	38	(1.4)	4.36	(0.216)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	4.67	(0.326)	0.51	(0.036)	11	(0.9)	5.06	(0.650)	1.31	(0.134)	26	(3.9)	4.43	(0.226)
20 and over.....	521	35	(5.0)	4.11	(0.178)	0.43	(0.126)	11 *	(3.3)	3.95	(0.198)	1.25	(0.214)	32	(5.9)	4.19	(0.191)
2 and over...	748	35	(3.9)	4.21	(0.147)	0.45	(0.106)	11	(2.8)	4.18	(0.205)	1.27	(0.182)	30	(5.4)	4.23	(0.156)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	4.43	(0.133)	0.47	(0.034)	11	(0.7)	4.30	(0.139)	1.17	(0.067)	27	(1.3)	4.52	(0.212)
20 and over.....	1543	41	(2.0)	4.87	(0.107)	0.72	(0.049)	15	(0.9)	5.16	(0.180)	1.76	(0.086)	34	(1.7)	4.67	(0.185)
2 and over...	2532	41	(2.1)	4.72	(0.080)	0.63	(0.041)	13	(0.8)	4.87	(0.120)	1.56	(0.069)	32	(1.4)	4.62	(0.133)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n C																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	58.3	(3.87)	4.0	(0.95)	7	(1.4)	53.6	(6.44)	10.7	(2.65)	20	(3.8)	61.2	(3.51)
20 and over.....	1711	38	(1.7)	76.3	(3.30)	4.7	(0.49)	6	(0.6)	71.8	(4.54)	12.5	(0.95)	17	(1.2)	79.0	(3.45)
2 and over...	2542	38	(1.5)	72.7	(3.09)	4.6	(0.52)	6	(0.6)	68.2	(4.28)	12.1	(1.13)	18	(1.4)	75.4	(2.95)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	82.4	(2.86)	5.3	(0.91)	6	(1.0)	77.3	(7.06)	12.9	(1.63)	17	(1.0)	86.0	(4.84)
20 and over.....	1060	45	(2.6)	81.6	(4.04)	10.1	(1.43)	12	(1.6)	85.8	(7.42)	22.8	(2.48)	27	(2.3)	78.3	(3.18)
2 and over...	1715	43	(2.4)	81.9	(3.02)	8.7	(1.14)	11	(1.3)	83.4	(5.26)	20.0	(2.00)	24	(1.7)	80.7	(2.64)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	73.1	(4.99)	3.2	(0.29)	4*	(0.3)	67.4	(6.25)	8.3	(1.01)	12*	(0.8)	76.7	(5.04)
20 and over.....	521	35	(5.0)	101.0	(5.69)	6.0	(1.11)	6	(1.1)	83.1	(5.20)	17.5	(2.04)	21	(2.2)	110.4	(8.66)
2 and over...	748	35	(3.9)	95.7	(4.99)	5.5	(0.92)	6	(0.9)	79.8	(4.56)	15.6	(1.75)	20	(1.9)	104.3	(7.25)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	74.4	(3.36)	3.7	(0.31)	5	(0.5)	68.1	(3.99)	9.1	(0.61)	13	(1.1)	78.7	(3.92)
20 and over.....	1543	41	(2.0)	82.5	(3.30)	6.3	(0.66)	8	(0.8)	73.5	(3.12)	15.4	(1.24)	21	(1.4)	88.7	(4.29)
2 and over...	2532	41	(2.1)	79.7	(3.07)	5.4	(0.51)	7	(0.7)	71.7	(3.10)	13.3	(0.91)	19	(1.1)	85.3	(3.62)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n D																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	5.4	(0.37)	0.2	(0.03)	4	(0.5)	5.1	(0.44)	0.6	(0.05)	11	(1.4)	5.6	(0.40)
20 and over.....	1711	38	(1.7)	4.8	(0.23)	0.3	(0.05)	7	(1.0)	5.0	(0.38)	0.9	(0.12)	19	(2.6)	4.7	(0.21)
2 and over...	2542	38	(1.5)	4.9	(0.23)	0.3	(0.04)	7	(0.8)	5.0	(0.32)	0.8	(0.09)	17	(2.1)	4.9	(0.21)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	4.5	(0.21)	0.2	(0.03)	4	(0.7)	3.7	(0.34)	0.5	(0.07)	13	(2.1)	5.0	(0.20)
20 and over.....	1060	45	(2.6)	3.9	(0.15)	0.4	(0.06)	9	(1.4)	3.4	(0.15)	0.8	(0.10)	24	(3.1)	4.3	(0.33)
2 and over...	1715	43	(2.4)	4.1	(0.15)	0.3	(0.04)	8	(0.9)	3.5	(0.13)	0.7	(0.07)	21	(1.7)	4.5	(0.25)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	6.2	(0.30)	0.3	(0.06)	4*	(1.2)	5.7	(0.36)	0.7	(0.16)	12*	(3.4)	6.5	(0.34)
20 and over.....	521	35	(5.0)	4.9	(0.26)	0.5*	(0.16)	9*	(3.4)	4.7	(0.28)	1.3	(0.30)	29	(5.5)	5.1	(0.39)
2 and over...	748	35	(3.9)	5.2	(0.22)	0.4	(0.12)	8*	(2.5)	4.9	(0.19)	1.2	(0.25)	25	(4.7)	5.3	(0.33)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	5.3	(0.19)	0.2	(0.02)	3	(0.4)	4.5	(0.16)	0.5	(0.05)	10	(1.3)	5.9	(0.33)
20 and over.....	1543	41	(2.0)	4.7	(0.16)	0.3	(0.04)	7	(1.0)	4.2	(0.18)	0.8	(0.08)	20	(2.4)	5.1	(0.24)
2 and over...	2532	41	(2.1)	4.9	(0.10)	0.3	(0.03)	6	(0.7)	4.3	(0.13)	0.7	(0.06)	16	(1.7)	5.4	(0.18)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   E   ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	7.3	(0.18)	0.7	(0.06)	10	(0.8)	7.7	(0.53)	2.0	(0.14)	26	(2.1)	7.1	(0.30)
20 and over.....	1711	38	(1.7)	9.6	(0.33)	1.1	(0.08)	12	(0.7)	10.3	(0.47)	3.0	(0.15)	29	(1.4)	9.1	(0.30)
2 and over...	2542	38	(1.5)	9.1	(0.30)	1.0	(0.07)	11	(0.6)	9.8	(0.41)	2.8	(0.14)	28	(1.2)	8.7	(0.28)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	7.2	(0.38)	1.1	(0.08)	15	(0.9)	7.7	(0.39)	2.6	(0.13)	33	(2.5)	6.9	(0.43)
20 and over.....	1060	45	(2.6)	8.4	(0.27)	1.6	(0.10)	19	(1.2)	9.0	(0.36)	3.5	(0.20)	39	(1.9)	7.9	(0.36)
2 and over...	1715	43	(2.4)	8.1	(0.25)	1.4	(0.09)	18	(1.0)	8.7	(0.26)	3.3	(0.14)	38	(1.5)	7.6	(0.32)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	7.5	(0.27)	0.9	(0.11)	12	(1.4)	7.5	(0.47)	2.3	(0.29)	31	(4.0)	7.6	(0.39)
20 and over.....	521	35	(5.0)	8.7	(0.38)	0.9	(0.16)	10	(2.0)	9.5	(0.52)	2.6	(0.27)	28	(2.2)	8.3	(0.51)
2 and over...	748	35	(3.9)	8.5	(0.33)	0.9	(0.13)	11	(1.7)	9.1	(0.49)	2.6	(0.25)	28	(2.1)	8.2	(0.42)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	6.8	(0.25)	1.0	(0.08)	14	(1.1)	7.5	(0.45)	2.4	(0.14)	32	(1.8)	6.3	(0.20)
20 and over.....	1543	41	(2.0)	8.3	(0.23)	1.2	(0.08)	14	(0.7)	8.7	(0.21)	3.0	(0.14)	34	(1.2)	8.1	(0.31)
2 and over...	2532	41	(2.1)	7.8	(0.22)	1.1	(0.07)	14	(0.7)	8.3	(0.25)	2.8	(0.10)	33	(0.9)	7.5	(0.25)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	64.5	(2.36)	8.4	(0.89)	13	(1.2)	65.7	(6.72)	22.5	(1.93)	34	(3.8)	63.8	(4.10)
20 and over.....	1711	38	(1.7)	118.5	(5.64)	15.9	(2.43)	13	(2.0)	124.2	(7.23)	42.0	(5.59)	34	(4.0)	115.1	(6.59)
2 and over...	2542	38	(1.5)	107.8	(5.08)	14.4	(2.01)	13	(1.8)	112.7	(6.07)	38.2	(4.73)	34	(3.5)	104.8	(5.77)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	80.5	(7.87)	10.9	(1.03)	14	(1.3)	71.1	(6.71)	26.5	(2.05)	37	(4.0)	87.0	(13.13)
20 and over.....	1060	45	(2.6)	126.6	(6.99)	20.2	(2.28)	16	(1.9)	130.8	(12.07)	45.3	(3.43)	35	(3.2)	123.2	(9.33)
2 and over...	1715	43	(2.4)	112.9	(5.24)	17.4	(1.75)	15	(1.6)	114.1	(8.78)	40.0	(2.65)	35	(2.4)	112.0	(6.38)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	89.1	(9.27)	9.3	(0.82)	10	(1.5)	75.8	(7.57)	23.9	(2.61)	32	(2.8)	97.5	(12.54)
20 and over.....	521	35	(5.0)	195.4	(13.47)	14.6	(4.32)	7*	(2.5)	167.8	(12.19)	42.3	(7.79)	25	(5.1)	209.9	(19.44)
2 and over...	748	35	(3.9)	175.2	(11.85)	13.6	(3.45)	8	(2.2)	148.7	(9.58)	38.5	(6.52)	26	(4.5)	189.7	(17.63)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	57.9	(2.35)	8.2	(0.59)	14	(1.1)	59.3	(2.67)	20.2	(1.05)	34	(2.5)	56.9	(3.32)
20 and over.....	1543	41	(2.0)	95.7	(4.95)	13.1	(1.34)	14	(1.2)	92.5	(6.11)	32.4	(2.41)	35	(3.0)	97.8	(7.26)
2 and over...	2532	41	(2.1)	82.7	(3.92)	11.4	(0.93)	14	(0.9)	81.1	(4.13)	28.2	(1.35)	35	(2.1)	83.7	(5.60)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

C a l c i u m																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Quick Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1032	(42.9)	116	(12.7)	11	(1.1)	1090	(64.6)	309	(30.6)	28	(2.3)	998	(47.1)
20 and over.....	1711	38	(1.7)	985	(18.9)	131	(8.7)	13	(0.8)	1047	(31.2)	346	(14.3)	33	(1.2)	948	(23.4)
2 and over...	2542	38	(1.5)	995	(19.9)	128	(7.4)	13	(0.7)	1055	(26.8)	338	(13.5)	32	(1.2)	958	(24.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	847	(28.2)	114	(7.4)	13	(1.1)	842	(38.7)	279	(27.2)	33	(3.4)	851	(31.7)
20 and over.....	1060	45	(2.6)	772	(25.3)	140	(14.3)	18	(1.4)	811	(32.3)	315	(19.9)	39	(1.4)	740	(27.8)
2 and over...	1715	43	(2.4)	794	(25.1)	133	(9.2)	17	(0.8)	820	(30.1)	305	(15.1)	37	(0.8)	774	(25.8)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	951	(68.4)	109	(10.5)	11	(1.0)	980	(101.0)	282	(29.3)	29	(2.9)	933	(56.6)
20 and over.....	521	35	(5.0)	809	(34.2)	110	(20.8)	14	(2.6)	927	(41.7)	318	(26.7)	34	(3.1)	747	(40.9)
2 and over...	748	35	(3.9)	836	(38.5)	110	(16.7)	13	(2.1)	938	(50.5)	311	(24.5)	33	(3.0)	780	(41.2)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	938	(25.5)	117	(6.8)	12	(0.7)	961	(35.5)	289	(13.3)	30	(1.3)	922	(32.5)
20 and over.....	1543	41	(2.0)	991	(20.1)	150	(11.8)	15	(1.2)	1044	(31.0)	371	(21.2)	36	(1.8)	954	(26.2)
2 and over...	2532	41	(2.1)	973	(15.0)	139	(9.0)	14	(1.0)	1016	(23.1)	343	(13.1)	34	(1.3)	943	(19.3)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (*continued*)

P h o s p h o r u s																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Quick Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	1267	(39.4)	166	(13.3)	13	(1.0)	1349	(63.8)	443	(32.7)	33	(2.1)	1218	(44.5)
20 and over.....	1711	38	(1.7)	1404	(23.5)	198	(12.5)	14	(0.8)	1509	(41.4)	523	(21.7)	35	(1.6)	1341	(28.3)
2 and over...	2542	38	(1.5)	1377	(23.3)	192	(11.0)	14	(0.7)	1477	(32.2)	508	(21.0)	34	(1.5)	1316	(26.5)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	1148	(29.4)	198	(10.8)	17	(1.1)	1205	(33.1)	482	(26.5)	40	(2.6)	1109	(34.1)
20 and over.....	1060	45	(2.6)	1218	(22.1)	264	(15.6)	22	(1.1)	1321	(34.6)	593	(18.1)	45	(1.1)	1135	(28.8)
2 and over...	1715	43	(2.4)	1197	(22.4)	244	(11.8)	20	(0.8)	1288	(27.8)	562	(12.5)	44	(0.8)	1127	(27.3)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1278	(55.8)	174	(8.9)	14	(1.1)	1316	(65.0)	449	(30.0)	34	(2.5)	1254	(64.2)
20 and over.....	521	35	(5.0)	1282	(30.1)	166	(34.3)	13	(2.6)	1405	(38.1)	482	(42.5)	34	(2.6)	1217	(42.1)
2 and over...	748	35	(3.9)	1281	(30.8)	168	(26.9)	13	(2.1)	1387	(36.7)	475	(36.1)	34	(2.3)	1224	(42.3)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	1206	(23.0)	182	(13.7)	15	(1.1)	1253	(40.4)	451	(24.0)	36	(1.8)	1173	(29.6)
20 and over.....	1543	41	(2.0)	1452	(18.6)	231	(16.7)	16	(1.2)	1490	(27.0)	568	(22.4)	38	(1.3)	1426	(27.9)
2 and over...	2532	41	(2.1)	1367	(12.8)	214	(13.8)	16	(1.0)	1409	(25.5)	528	(13.4)	37	(1.1)	1339	(17.4)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

M a g n e s i u m																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	236	(6.0)	25	(2.0)	11	(0.8)	247	(14.4)	68	(4.7)	28	(1.8)	230	(6.0)
20 and over.....	1711	38	(1.7)	310	(6.3)	34	(2.2)	11	(0.6)	323	(10.0)	90	(3.5)	28	(1.1)	302	(7.8)
2 and over...	2542	38	(1.5)	296	(5.7)	32	(1.8)	11	(0.6)	308	(7.7)	85	(3.2)	28	(1.0)	288	(7.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	218	(6.7)	28	(1.5)	13	(0.8)	217	(7.3)	68	(3.3)	31	(2.1)	218	(9.0)
20 and over.....	1060	45	(2.6)	262	(7.0)	42	(3.0)	16	(0.9)	274	(10.3)	94	(2.7)	34	(1.3)	252	(6.0)
2 and over...	1715	43	(2.4)	249	(6.8)	38	(2.4)	15	(0.8)	258	(9.1)	87	(2.5)	34	(1.2)	242	(6.4)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	252	(12.1)	28	(1.6)	11	(1.1)	238	(11.7)	73	(6.3)	31	(2.8)	261	(16.1)
20 and over.....	521	35	(5.0)	326	(9.1)	29	(5.4)	9	(1.7)	332	(10.8)	85	(5.8)	26	(1.7)	322	(12.6)
2 and over...	748	35	(3.9)	312	(9.3)	29	(4.5)	9	(1.5)	312	(9.7)	83	(5.8)	26	(1.6)	311	(12.9)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	225	(4.7)	27	(2.2)	12	(1.0)	223	(6.7)	67	(4.6)	30	(1.6)	227	(6.8)
20 and over.....	1543	41	(2.0)	312	(4.8)	38	(3.1)	12	(0.9)	304	(7.7)	94	(4.7)	31	(1.0)	318	(6.7)
2 and over...	2532	41	(2.1)	282	(5.1)	34	(2.6)	12	(0.8)	276	(6.9)	85	(3.4)	31	(0.8)	286	(6.0)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

I r o n																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	13.9	(0.44)	1.6	(0.12)	11	(0.8)	14.8	(0.78)	4.3	(0.31)	29	(2.1)	13.3	(0.57)
20 and over.....	1711	38	(1.7)	14.1	(0.23)	1.9	(0.12)	13	(0.8)	14.9	(0.36)	4.9	(0.24)	33	(1.6)	13.5	(0.25)
2 and over...	2542	38	(1.5)	14.0	(0.23)	1.8	(0.10)	13	(0.7)	14.9	(0.31)	4.8	(0.22)	32	(1.5)	13.5	(0.25)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	13.5	(0.58)	1.9	(0.10)	14	(1.1)	13.2	(0.42)	4.6	(0.26)	35	(2.2)	13.7	(0.82)
20 and over.....	1060	45	(2.6)	12.8	(0.37)	2.3	(0.13)	18	(1.0)	13.3	(0.47)	5.3	(0.11)	40	(1.1)	12.4	(0.47)
2 and over...	1715	43	(2.4)	13.0	(0.34)	2.2	(0.10)	17	(0.8)	13.3	(0.30)	5.1	(0.12)	38	(0.9)	12.8	(0.48)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	13.9	(0.54)	1.7	(0.11)	12	(1.0)	13.4	(0.99)	4.3	(0.43)	32	(3.0)	14.2	(0.77)
20 and over.....	521	35	(5.0)	14.3	(0.54)	1.4	(0.25)	10	(1.9)	13.9	(0.63)	4.0	(0.32)	29	(2.3)	14.5	(0.66)
2 and over...	748	35	(3.9)	14.2	(0.50)	1.4	(0.21)	10	(1.6)	13.8	(0.51)	4.1	(0.30)	30	(2.2)	14.4	(0.65)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	13.8	(0.50)	1.8	(0.13)	13	(0.9)	13.5	(0.42)	4.4	(0.17)	32	(1.0)	13.9	(0.71)
20 and over.....	1543	41	(2.0)	14.5	(0.22)	2.3	(0.16)	16	(1.1)	14.6	(0.32)	5.6	(0.21)	38	(1.4)	14.4	(0.35)
2 and over...	2532	41	(2.1)	14.3	(0.25)	2.1	(0.14)	15	(1.0)	14.3	(0.22)	5.2	(0.14)	36	(1.1)	14.3	(0.39)



**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Z i n c																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	10.2	(0.35)	1.2	(0.11)	12	(0.8)	10.6	(0.68)	3.3	(0.25)	31	(1.5)	10.0	(0.34)
20 and over.....	1711	38	(1.7)	11.4	(0.22)	1.6	(0.10)	14	(0.8)	12.2	(0.32)	4.1	(0.19)	34	(1.6)	10.9	(0.26)
2 and over...	2542	38	(1.5)	11.2	(0.22)	1.5	(0.08)	13	(0.7)	11.9	(0.29)	3.9	(0.17)	33	(1.4)	10.7	(0.23)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	9.4	(0.38)	1.4	(0.11)	14	(1.4)	9.2	(0.31)	3.3	(0.18)	36	(2.5)	9.6	(0.57)
20 and over.....	1060	45	(2.6)	10.0	(0.30)	1.9	(0.12)	19	(1.1)	10.0	(0.35)	4.3	(0.12)	43	(1.4)	10.0	(0.49)
2 and over...	1715	43	(2.4)	9.8	(0.27)	1.7	(0.09)	18	(0.7)	9.7	(0.24)	4.0	(0.09)	41	(1.1)	9.9	(0.41)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	10.5	(0.41)	1.3	(0.10)	12	(1.0)	10.9	(0.75)	3.3	(0.41)	31	(3.6)	10.3	(0.42)
20 and over.....	521	35	(5.0)	10.5	(0.28)	1.1	(0.24)	10	(2.3)	10.5	(0.31)	3.2	(0.31)	30	(3.1)	10.5	(0.40)
2 and over...	748	35	(3.9)	10.5	(0.26)	1.1	(0.20)	11	(2.0)	10.5	(0.25)	3.2	(0.28)	30	(2.9)	10.5	(0.37)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	9.3	(0.22)	1.3	(0.09)	14	(0.9)	9.4	(0.36)	3.1	(0.17)	33	(1.5)	9.3	(0.27)
20 and over.....	1543	41	(2.0)	11.4	(0.19)	1.8	(0.13)	16	(1.2)	11.7	(0.28)	4.5	(0.18)	39	(1.7)	11.3	(0.26)
2 and over...	2532	41	(2.1)	10.7	(0.19)	1.6	(0.11)	15	(1.0)	10.9	(0.27)	4.0	(0.11)	37	(1.3)	10.6	(0.22)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

C o p p e r																	
<div><div><div></div><div><i>All Individuals</i><sup>2</sup></div></div><div><div></div><div><i>Quick Service Restaurant Consumers</i><sup>3</sup></div></div><div><div></div><div><i>Non-consumers</i><sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	0.9	(0.02)	0.1	(0.01)	11	(0.9)	1.0	(0.05)	0.3	(0.02)	29	(1.8)	0.9	(0.02)
20 and over.....	1711	38	(1.7)	1.3	(0.02)	0.1	(0.01)	10	(0.6)	1.3	(0.04)	0.3	(0.01)	26	(1.2)	1.2	(0.03)
2 and over...	2542	38	(1.5)	1.2	(0.02)	0.1	(0.01)	10	(0.5)	1.2	(0.03)	0.3	(0.01)	26	(1.0)	1.2	(0.02)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	0.8	(0.03)	0.1	(0.01)	14	(0.9)	0.9	(0.04)	0.3	(0.02)	32	(2.5)	0.8	(0.04)
20 and over.....	1060	45	(2.6)	1.1	(0.03)	0.2	(0.01)	15	(0.7)	1.1	(0.03)	0.4	(0.01)	33	(1.2)	1.1	(0.04)
2 and over...	1715	43	(2.4)	1.0	(0.03)	0.1	(0.01)	15	(0.5)	1.0	(0.03)	0.3	(0.01)	33	(1.1)	1.0	(0.04)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	1.1	(0.04)	0.1	(0.01)	11	(1.0)	1.0	(0.04)	0.3	(0.03)	29	(2.8)	1.1	(0.05)
20 and over.....	521	35	(5.0)	1.4	(0.04)	0.1	(0.02)	7	(1.5)	1.4	(0.06)	0.3	(0.03)	22	(1.8)	1.4	(0.05)
2 and over...	748	35	(3.9)	1.3	(0.04)	0.1	(0.02)	8	(1.4)	1.3	(0.05)	0.3	(0.03)	23	(1.7)	1.4	(0.05)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	0.9	(0.02)	0.1	(0.01)	13	(1.0)	0.9	(0.03)	0.3	(0.02)	32	(1.7)	0.9	(0.03)
20 and over.....	1543	41	(2.0)	1.2	(0.03)	0.1	(0.01)	12	(0.7)	1.2	(0.04)	0.4	(0.02)	31	(0.9)	1.2	(0.03)
2 and over...	2532	41	(2.1)	1.1	(0.02)	0.1	(0.01)	13	(0.7)	1.1	(0.03)	0.3	(0.01)	32	(0.7)	1.1	(0.03)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	97.1	(2.68)	14.2	(1.17)	15	(1.1)	103.4	(5.10)	38.0	(3.08)	37	(2.2)	93.4	(3.78)
20 and over.....	1711	38	(1.7)	113.6	(2.69)	18.2	(1.12)	16	(0.9)	127.3	(5.02)	48.1	(2.10)	38	(2.3)	105.3	(2.42)
2 and over...	2542	38	(1.5)	110.3	(2.48)	17.4	(0.98)	16	(0.9)	122.6	(4.12)	46.1	(2.01)	38	(2.1)	102.9	(2.14)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	94.9	(3.27)	17.9	(1.01)	19	(1.1)	98.4	(1.95)	43.6	(2.58)	44	(3.0)	92.4	(4.64)
20 and over.....	1060	45	(2.6)	111.6	(2.23)	24.4	(1.20)	22	(0.8)	118.4	(3.60)	54.7	(1.42)	46	(1.1)	106.1	(3.95)
2 and over...	1715	43	(2.4)	106.6	(2.48)	22.4	(0.96)	21	(0.6)	112.8	(2.51)	51.6	(1.27)	46	(0.9)	101.9	(3.92)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	110.5	(3.79)	16.8	(0.92)	15	(1.1)	117.5	(5.24)	43.5	(3.21)	37	(2.1)	106.0	(5.22)
20 and over.....	521	35	(5.0)	121.3	(2.31)	14.7	(3.65)	12	(2.9)	127.1	(4.83)	42.6	(5.43)	34	(3.5)	118.2	(3.25)
2 and over...	748	35	(3.9)	119.2	(1.81)	15.1	(2.97)	13	(2.4)	125.1	(4.18)	42.8	(4.56)	34	(2.9)	116.0	(3.01)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	95.0	(1.94)	16.3	(1.32)	17	(1.3)	96.6	(2.86)	40.2	(1.81)	42	(1.8)	94.0	(3.43)
20 and over.....	1543	41	(2.0)	122.6	(2.17)	21.5	(1.73)	18	(1.4)	127.6	(3.25)	53.0	(2.87)	42	(2.2)	119.2	(3.06)
2 and over...	2532	41	(2.1)	113.2	(1.63)	19.7	(1.47)	17	(1.3)	117.0	(2.38)	48.6	(1.89)	42	(1.8)	110.6	(2.09)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

P o t a s s i u m																	
		—All Individuals <sup>2</sup> —						—Quick Service Restaurant Consumers <sup>3</sup> —						Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	2080	(55.7)	242	(18.5)	12	(0.8)	2144	(99.0)	649	(44.0)	30	(1.7)	2042	(54.7)
20 and over.....	1711	38	(1.7)	2686	(43.4)	323	(18.9)	12	(0.7)	2731	(69.0)	853	(29.0)	31	(1.4)	2659	(53.3)
2 and over...	2542	38	(1.5)	2566	(42.9)	307	(16.7)	12	(0.7)	2616	(57.3)	813	(28.6)	31	(1.2)	2535	(51.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	2016	(53.8)	289	(19.8)	14	(0.9)	2041	(81.3)	704	(20.5)	34	(1.9)	1998	(65.0)
20 and over.....	1060	45	(2.6)	2267	(49.7)	435	(31.4)	19	(1.2)	2418	(70.4)	978	(34.5)	40	(1.4)	2147	(56.4)
2 and over...	1715	43	(2.4)	2193	(43.6)	392	(26.2)	18	(1.0)	2313	(50.4)	901	(28.1)	39	(0.9)	2100	(51.5)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	2332	(74.9)	280	(29.6)	12	(1.5)	2274	(78.2)	723	(88.8)	32	(3.6)	2369	(114.2)
20 and over.....	521	35	(5.0)	2663	(55.6)	275	(55.2)	10	(2.1)	2718	(54.4)	796	(66.2)	29	(2.4)	2635	(77.6)
2 and over...	748	35	(3.9)	2600	(55.0)	276	(47.5)	11	(1.8)	2626	(47.1)	781	(66.3)	30	(2.4)	2587	(79.5)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	2076	(39.2)	273	(23.3)	13	(1.2)	2097	(68.3)	674	(49.9)	32	(2.0)	2062	(56.6)
20 and over.....	1543	41	(2.0)	2624	(40.1)	357	(26.8)	14	(1.0)	2595	(56.3)	880	(36.6)	34	(1.3)	2645	(49.2)
2 and over...	2532	41	(2.1)	2436	(39.1)	328	(22.4)	13	(0.9)	2424	(53.1)	809	(27.4)	33	(1.2)	2444	(45.2)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

S o d i u m																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>Quick Service Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	37	(2.0)	2995	(67.5)	480	(45.3)	16	(1.3)	3253	(150.2)	1287	(121.6)	40	(2.5)	2841	(71.9)
20 and over.....	1711	38	(1.7)	3514	(53.3)	585	(39.9)	17	(1.0)	3806	(81.6)	1544	(74.6)	41	(2.1)	3335	(72.5)
2 and over...	2542	38	(1.5)	3410	(48.3)	564	(36.8)	17	(1.0)	3697	(55.9)	1493	(75.3)	40	(2.0)	3236	(58.1)
Non-Hispanic Black:																	
2 - 19.....	655	41	(2.9)	3080	(103.7)	609	(30.8)	20	(1.0)	3335	(92.5)	1485	(72.6)	45	(2.5)	2903	(140.2)
20 and over.....	1060	45	(2.6)	3354	(61.6)	808	(48.3)	24	(1.2)	3759	(117.3)	1814	(68.6)	48	(1.4)	3028	(89.1)
2 and over...	1715	43	(2.4)	3272	(58.3)	749	(37.8)	23	(0.9)	3640	(75.8)	1722	(46.6)	47	(0.9)	2990	(82.4)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	39	(2.5)	3202	(67.2)	513	(26.5)	16	(1.0)	3469	(172.3)	1325	(95.6)	38	(1.6)	3034	(131.5)
20 and over.....	521	35	(5.0)	3850	(115.0)	512	(123.1)	13	(3.0)	4062	(132.4)	1483	(184.8)	37	(4.0)	3739	(127.6)
2 and over...	748	35	(3.9)	3727	(99.8)	512	(99.4)	14	(2.5)	3938	(115.3)	1450	(157.0)	37	(3.3)	3612	(109.8)
Hispanic:																	
2 - 19.....	989	40	(2.6)	2951	(53.1)	556	(46.1)	19	(1.5)	3239	(115.3)	1373	(66.1)	42	(1.9)	2755	(61.7)
20 and over.....	1543	41	(2.0)	3593	(69.0)	680	(51.6)	19	(1.4)	3901	(101.9)	1676	(78.5)	43	(1.8)	3382	(96.2)
2 and over...	2532	41	(2.1)	3372	(46.9)	637	(45.0)	19	(1.4)	3674	(73.9)	1572	(51.6)	43	(1.6)	3167	(70.8)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	37	(2.0)	33.0	(5.50)	5.2	(1.06)	16	(4.0)	33.8	(4.67)	13.8	(2.47)	41	(4.5)	32.5	(7.81)
20 and over.....	1711	38	(1.7)	206.6	(7.35)	22.8	(2.96)	11	(1.4)	210.5	(9.59)	60.3	(7.12)	29	(3.0)	204.1	(8.96)
2 and over...	2542	38	(1.5)	172.0	(6.65)	19.3	(2.43)	11	(1.3)	175.8	(8.93)	51.2	(5.85)	29	(2.8)	169.7	(8.34)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	41	(2.9)	12.2	(1.15)	3.6	(0.94)	30	(6.2)	18.1	(2.42)	8.8	(2.38)	49	(7.8)	8.1	(1.52)
20 and over.....	1060	45	(2.6)	72.5	(5.17)	10.1	(1.09)	14	(1.4)	77.3	(7.24)	22.7	(2.90)	29	(2.5)	68.6	(5.54)
2 and over...	1715	43	(2.4)	54.6	(3.16)	8.2	(0.70)	15	(1.1)	60.7	(4.67)	18.8	(1.86)	31	(2.0)	49.9	(3.30)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	39	(2.5)	15.7	(3.41)	3.1*	(1.77)	19*	(9.0)	18.0	(4.43)	7.9*	(4.69)	--		14.2*	(4.45)
20 and over.....	521	35	(5.0)	86.5	(4.71)	14.5	(2.34)	17	(2.5)	102.7	(4.85)	42.0	(5.73)	41	(4.8)	77.9	(6.29)
2 and over...	748	35	(3.9)	73.0	(4.25)	12.3	(2.04)	17	(2.5)	85.1	(5.55)	34.9	(3.93)	41	(4.2)	66.5	(5.64)
<b>Hispanic:</b>																	
2 - 19.....	989	40	(2.6)	23.9	(4.04)	4.5	(1.31)	19	(4.6)	25.1	(4.59)	11.2*	(3.47)	44	(6.4)	23.1	(5.21)
20 and over.....	1543	41	(2.0)	121.3	(8.15)	18.8	(4.06)	16	(2.8)	133.8	(13.60)	46.4	(9.25)	35	(4.7)	112.8	(5.51)
2 and over...	2532	41	(2.1)	87.9	(7.01)	13.9	(2.94)	16	(2.6)	96.5	(10.59)	34.3	(6.65)	36	(4.3)	82.0	(5.10)

**Table 50. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

[illegible]

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.
- <sup>3</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.
- <sup>7</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2018. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	1833	(48.0)	297	(24.2)	16	(1.2)	1996	(73.0)	804	(27.7)	40	(1.5)	1737	(53.0)
20 and over.....	1430	32	(1.8)	2021	(31.9)	274	(16.7)	14	(0.8)	2240	(68.8)	853	(47.6)	38	(1.6)	1918	(56.0)
2 and over...	2169	33	(1.7)	1977	(21.9)	280	(15.8)	14	(0.8)	2177	(51.7)	841	(36.5)	39	(1.5)	1878	(36.8)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	1822	(28.7)	245	(17.5)	13	(0.9)	1953	(65.3)	733	(34.3)	38	(1.0)	1756	(40.1)
20 and over.....	1973	37	(1.7)	2133	(32.1)	316	(19.3)	15	(0.8)	2306	(45.3)	855	(25.3)	37	(1.1)	2031	(35.5)
2 and over...	3198	36	(1.4)	2059	(25.7)	299	(14.5)	15	(0.7)	2229	(34.5)	828	(18.5)	37	(0.8)	1963	(31.4)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	1951	(45.6)	321	(17.7)	16	(0.9)	2101	(79.6)	715	(43.7)	34	(1.5)	1829	(55.7)
20 and over.....	1206	45	(1.6)	2156	(38.9)	378	(18.7)	18	(0.8)	2272	(51.8)	832	(38.6)	37	(1.5)	2059	(37.0)
2 and over...	1956	45	(1.3)	2104	(32.7)	363	(14.6)	17	(0.6)	2229	(36.9)	802	(30.3)	36	(1.2)	2000	(31.2)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1868	(25.2)	282	(10.4)	15	(0.5)	2012	(33.4)	732	(21.2)	36	(0.8)	1779	(32.4)
20 and over.....	5017	39	(1.2)	2105	(20.6)	326	(13.4)	15	(0.6)	2278	(32.2)	844	(22.3)	37	(1.0)	1996	(24.8)
2 and over...	7918	39	(1.1)	2048	(18.3)	315	(11.1)	15	(0.5)	2214	(25.3)	817	(18.7)	37	(0.8)	1944	(20.9)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P r o t e i n													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	Total Intake	(SE)	%	(SE)	Total Intake	(SE)	Total Intake	(SE)
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	66.2	(1.41)	11.6	(0.95)	18	(1.5)	70.5	(3.23)	31.4	(1.49)
20 and over.....	1430	32	(1.8)	77.1	(1.79)	11.4	(0.73)	15	(1.0)	81.6	(2.54)	35.5	(1.62)
2 and over...	2169	33	(1.7)	74.6	(1.46)	11.5	(0.66)	15	(1.0)	78.7	(1.64)	34.4	(1.37)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	65.4	(1.27)	9.0	(0.67)	14	(1.0)	67.2	(1.70)	26.8	(1.31)
20 and over.....	1973	37	(1.7)	82.3	(1.47)	12.9	(0.77)	16	(0.9)	88.4	(2.46)	34.9	(1.09)
2 and over...	3198	36	(1.4)	78.3	(1.28)	12.0	(0.64)	15	(0.7)	83.8	(2.00)	33.1	(0.93)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	69.7	(2.20)	12.2	(1.03)	18	(1.5)	73.9	(2.99)	27.1	(2.07)
20 and over.....	1206	45	(1.6)	87.0	(1.88)	15.4	(0.80)	18	(0.8)	91.0	(3.16)	33.9	(1.43)
2 and over...	1956	45	(1.3)	82.5	(1.79)	14.6	(0.72)	18	(0.8)	86.7	(2.53)	32.2	(1.39)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	67.1	(1.14)	10.6	(0.45)	16	(0.7)	70.6	(1.56)	27.7	(1.02)
20 and over.....	5017	39	(1.2)	82.5	(1.20)	13.3	(0.62)	16	(0.7)	88.4	(1.84)	34.5	(1.00)
2 and over...	7918	39	(1.1)	78.8	(1.09)	12.7	(0.53)	16	(0.6)	84.1	(1.39)	32.9	(0.94)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	235	(6.9)	33	(2.7)	14	(1.1)	248	(9.9)	88	(2.9)	36	(1.6)	228	(6.9)
20 and over.....	1430	32	(1.8)	242	(4.3)	29	(1.9)	12	(0.7)	262	(11.0)	91	(5.8)	35	(1.7)	233	(5.8)
2 and over...	2169	33	(1.7)	241	(3.6)	30	(1.8)	13	(0.7)	258	(8.9)	91	(4.4)	35	(1.5)	232	(4.0)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	235	(4.2)	28	(2.2)	12	(0.8)	251	(9.4)	85	(4.4)	34	(1.0)	227	(4.1)
20 and over.....	1973	37	(1.7)	247	(4.0)	34	(2.3)	14	(0.8)	268	(6.9)	92	(3.3)	34	(1.1)	235	(4.0)
2 and over...	3198	36	(1.4)	244	(2.7)	33	(1.7)	13	(0.6)	264	(5.3)	90	(2.4)	34	(0.8)	233	(3.0)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	251	(5.6)	38	(2.2)	15	(0.9)	272	(11.0)	85	(5.5)	31	(1.7)	234	(6.9)
20 and over.....	1206	45	(1.6)	243	(5.7)	40	(2.1)	16	(0.8)	255	(7.8)	87	(4.7)	34	(1.4)	234	(5.2)
2 and over...	1956	45	(1.3)	245	(4.5)	39	(1.5)	16	(0.6)	259	(5.5)	87	(3.5)	34	(0.9)	234	(4.8)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	241	(3.0)	33	(1.3)	14	(0.4)	258	(4.4)	85	(2.5)	33	(0.8)	230	(3.7)
20 and over.....	5017	39	(1.2)	244	(2.4)	35	(1.3)	14	(0.5)	261	(4.6)	90	(2.3)	34	(0.8)	233	(2.3)
2 and over...	7918	39	(1.1)	243	(1.9)	34	(1.1)	14	(0.4)	261	(3.5)	89	(1.9)	34	(0.6)	232	(2.0)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	104	(3.4)	9	(1.1)	9	(1.0)	103	(4.5)	24	(2.2)	24	(2.2)	105	(4.4)
20 and over.....	1430	32	(1.8)	108	(3.3)	10	(0.7)	9	(0.7)	113	(5.4)	30	(2.2)	27	(2.3)	105	(4.1)
2 and over...	2169	33	(1.7)	107	(2.8)	10	(0.6)	9	(0.7)	110	(4.4)	29	(1.7)	26	(2.0)	105	(3.2)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	108	(2.6)	10	(0.8)	9	(0.6)	113	(4.6)	30	(1.9)	27	(1.0)	105	(2.6)
20 and over.....	1973	37	(1.7)	109	(2.6)	12	(0.9)	11	(0.8)	117	(4.4)	31	(1.5)	27	(1.2)	104	(3.4)
2 and over...	3198	36	(1.4)	108	(1.9)	11	(0.6)	10	(0.6)	116	(3.6)	31	(1.0)	27	(0.9)	104	(2.6)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	112	(3.5)	15	(1.1)	13	(1.0)	120	(6.0)	33	(2.9)	27	(2.2)	106	(3.6)
20 and over.....	1206	45	(1.6)	102	(3.8)	14	(0.8)	13	(0.6)	107	(5.0)	30	(2.1)	28	(1.0)	98	(4.7)
2 and over...	1956	45	(1.3)	105	(3.3)	14	(0.6)	13	(0.4)	110	(4.3)	31	(1.7)	28	(0.8)	100	(4.1)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	108	(2.1)	11	(0.6)	11	(0.4)	112	(2.8)	30	(1.2)	26	(1.0)	106	(2.2)
20 and over.....	5017	39	(1.2)	106	(1.6)	12	(0.4)	11	(0.4)	112	(3.3)	30	(0.9)	27	(0.5)	102	(1.8)
2 and over...	7918	39	(1.1)	106	(1.5)	12	(0.3)	11	(0.3)	112	(2.8)	30	(0.7)	27	(0.4)	103	(1.5)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	13.4	(0.52)	2.0	(0.17)	15	(1.2)	13.9	(0.64)	5.3	(0.23)	38	(1.9)	13.1	(0.60)
20 and over.....	1430	32	(1.8)	15.9	(0.51)	1.7	(0.12)	11	(0.8)	15.6	(0.86)	5.4	(0.35)	34	(1.6)	16.1	(0.67)
2 and over...	2169	33	(1.7)	15.3	(0.40)	1.8	(0.12)	12	(0.8)	15.1	(0.60)	5.3	(0.29)	35	(1.3)	15.5	(0.53)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	13.8	(0.29)	1.6	(0.13)	11	(0.9)	13.6	(0.51)	4.7	(0.30)	35	(1.3)	13.9	(0.40)
20 and over.....	1973	37	(1.7)	16.5	(0.44)	2.1	(0.15)	13	(0.8)	16.6	(0.64)	5.7	(0.19)	34	(1.6)	16.5	(0.63)
2 and over...	3198	36	(1.4)	15.9	(0.38)	2.0	(0.11)	12	(0.7)	15.9	(0.54)	5.5	(0.15)	34	(1.2)	15.8	(0.53)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	14.6	(0.32)	1.9	(0.18)	13	(1.3)	15.1	(0.60)	4.2	(0.42)	28	(2.8)	14.1	(0.54)
20 and over.....	1206	45	(1.6)	18.9	(0.55)	2.7	(0.23)	15	(1.3)	18.5	(0.74)	6.1	(0.50)	33	(2.7)	19.2	(0.65)
2 and over...	1956	45	(1.3)	17.8	(0.51)	2.5	(0.17)	14	(1.1)	17.6	(0.59)	5.6	(0.35)	32	(2.2)	17.9	(0.62)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	14.0	(0.22)	1.8	(0.08)	13	(0.6)	14.2	(0.22)	4.6	(0.19)	32	(1.2)	13.9	(0.35)
20 and over.....	5017	39	(1.2)	17.3	(0.39)	2.2	(0.12)	13	(0.7)	17.4	(0.47)	5.8	(0.24)	33	(1.6)	17.2	(0.46)
2 and over...	7918	39	(1.1)	16.5	(0.35)	2.1	(0.09)	13	(0.5)	16.6	(0.37)	5.5	(0.18)	33	(1.3)	16.4	(0.41)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	71.7	(2.21)	13.5	(1.14)	19	(1.5)	82.4	(3.35)	36.4	(1.53)	44	(1.6)	65.5	(2.92)
20 and over.....	1430	32	(1.8)	78.3	(1.91)	12.4	(0.82)	16	(1.1)	89.7	(2.99)	38.6	(2.27)	43	(1.6)	73.0	(3.04)
2 and over...	2169	33	(1.7)	76.8	(1.16)	12.7	(0.76)	16	(1.1)	87.8	(1.96)	38.1	(1.75)	43	(1.4)	71.3	(2.05)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	71.0	(1.46)	10.9	(0.74)	15	(1.1)	77.7	(2.71)	32.5	(1.50)	42	(1.2)	67.6	(2.46)
20 and over.....	1973	37	(1.7)	85.9	(2.00)	14.4	(0.83)	17	(0.9)	93.2	(2.21)	38.9	(1.05)	42	(1.4)	81.6	(2.66)
2 and over...	3198	36	(1.4)	82.4	(1.70)	13.5	(0.61)	16	(0.7)	89.8	(1.67)	37.5	(0.72)	42	(1.1)	78.1	(2.37)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	76.6	(1.99)	13.5	(0.68)	18	(0.9)	81.8	(3.01)	29.9	(1.90)	37	(1.7)	72.4	(2.59)
20 and over.....	1206	45	(1.6)	87.3	(2.26)	17.5	(1.07)	20	(1.0)	94.8	(2.97)	38.4	(2.18)	41	(2.0)	81.1	(2.15)
2 and over...	1956	45	(1.3)	84.6	(1.89)	16.4	(0.79)	19	(0.8)	91.5	(2.35)	36.3	(1.58)	40	(1.4)	78.9	(1.76)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	73.1	(1.29)	12.2	(0.43)	17	(0.6)	79.8	(1.35)	31.9	(0.94)	40	(0.9)	68.9	(1.72)
20 and over.....	5017	39	(1.2)	84.1	(1.12)	14.9	(0.68)	18	(0.7)	93.1	(1.42)	38.6	(1.26)	41	(1.2)	78.4	(1.67)
2 and over...	7918	39	(1.1)	81.4	(1.03)	14.3	(0.54)	18	(0.6)	90.0	(1.17)	37.0	(0.97)	41	(0.9)	76.1	(1.44)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		—————All Individuals <sup>2</sup> —————				—Quick Service Restaurant Consumers <sup>3</sup> —				Non-consumers <sup>4</sup>					
				Total Intake	Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	Intake from Quick Service Restaurants				Percentages from <sup>6</sup> Quick Service Restaurants			
		%   (SE)	g   (SE)	g   (SE)	%   (SE)	%   (SE)	g   (SE)	g   (SE)	%   (SE)	%   (SE)	g   (SE)	g   (SE)					
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	24.7	(0.89)	4.3	(0.39)	18	(1.4)	27.5	(1.16)	11.7	(0.61)	43	(1.3)	23.0	(1.13)
20 and over.....	1430	32	(1.8)	25.7	(0.74)	4.1	(0.28)	16	(1.2)	29.5	(0.97)	12.7	(0.73)	43	(1.3)	23.9	(1.14)
2 and over...	2169	33	(1.7)	25.5	(0.46)	4.1	(0.25)	16	(1.1)	29.0	(0.72)	12.5	(0.58)	43	(1.2)	23.7	(0.77)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	25.0	(0.72)	3.7	(0.28)	15	(1.2)	27.1	(1.10)	11.0	(0.65)	41	(1.4)	24.0	(1.11)
20 and over.....	1973	37	(1.7)	28.5	(0.83)	4.7	(0.25)	17	(1.0)	29.9	(0.87)	12.8	(0.31)	43	(1.7)	27.7	(1.11)
2 and over...	3198	36	(1.4)	27.7	(0.70)	4.5	(0.20)	16	(0.8)	29.3	(0.66)	12.4	(0.25)	42	(1.3)	26.8	(0.99)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	27.3	(0.86)	5.0	(0.22)	18	(0.7)	29.0	(1.33)	11.0	(0.74)	38	(1.7)	25.9	(0.91)
20 and over.....	1206	45	(1.6)	27.9	(0.73)	5.7	(0.34)	20	(1.0)	30.7	(0.98)	12.6	(0.65)	41	(1.7)	25.7	(0.75)
2 and over...	1956	45	(1.3)	27.8	(0.65)	5.5	(0.25)	20	(0.7)	30.2	(0.78)	12.2	(0.50)	40	(1.3)	25.7	(0.67)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	25.7	(0.57)	4.2	(0.16)	16	(0.6)	27.8	(0.60)	11.0	(0.36)	40	(1.0)	24.4	(0.67)
20 and over.....	5017	39	(1.2)	27.5	(0.47)	4.9	(0.22)	18	(0.8)	30.2	(0.50)	12.7	(0.35)	42	(1.0)	25.8	(0.72)
2 and over...	7918	39	(1.1)	27.1	(0.42)	4.7	(0.17)	18	(0.7)	29.6	(0.36)	12.3	(0.26)	42	(0.8)	25.5	(0.62)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

M o n o u n s a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	23.8	(0.74)	4.5	(0.41)	19	(1.6)	27.3	(1.27)	12.3	(0.61)	45	(1.9)	21.8	(1.02)
20 and over.....	1430	32	(1.8)	27.3	(0.61)	4.3	(0.29)	16	(1.1)	31.2	(1.09)	13.5	(0.83)	43	(1.8)	25.5	(0.97)
2 and over...	2169	33	(1.7)	26.5	(0.39)	4.4	(0.27)	17	(1.1)	30.1	(0.67)	13.2	(0.63)	44	(1.5)	24.7	(0.67)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	24.0	(0.53)	3.6	(0.23)	15	(1.0)	26.0	(0.84)	10.8	(0.48)	42	(1.1)	23.0	(0.88)
20 and over.....	1973	37	(1.7)	30.0	(0.69)	4.9	(0.27)	16	(0.9)	32.6	(0.80)	13.3	(0.38)	41	(1.4)	28.5	(0.95)
2 and over...	3198	36	(1.4)	28.6	(0.62)	4.6	(0.20)	16	(0.7)	31.2	(0.64)	12.8	(0.29)	41	(1.1)	27.2	(0.85)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	26.0	(0.69)	4.5	(0.26)	17	(1.0)	28.0	(1.03)	10.0	(0.74)	36	(1.9)	24.4	(0.95)
20 and over.....	1206	45	(1.6)	31.0	(0.82)	6.1	(0.34)	20	(1.0)	33.6	(1.15)	13.4	(0.69)	40	(2.0)	29.0	(0.70)
2 and over...	1956	45	(1.3)	29.8	(0.69)	5.7	(0.27)	19	(0.8)	32.1	(1.00)	12.5	(0.54)	39	(1.5)	27.8	(0.59)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	24.7	(0.48)	4.1	(0.16)	17	(0.6)	26.9	(0.51)	10.7	(0.39)	40	(1.0)	23.3	(0.66)
20 and over.....	5017	39	(1.2)	29.6	(0.39)	5.1	(0.23)	17	(0.7)	32.7	(0.54)	13.3	(0.42)	41	(1.3)	27.6	(0.55)
2 and over...	7918	39	(1.1)	28.4	(0.37)	4.9	(0.18)	17	(0.6)	31.3	(0.47)	12.7	(0.35)	41	(1.0)	26.6	(0.50)



**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	16.7	(0.52)	3.4	(0.30)	21	(1.7)	20.2	(0.92)	9.3	(0.47)	46	(2.5)	14.6	(0.60)
20 and over.....	1430	32	(1.8)	18.1	(0.49)	2.9	(0.24)	16	(1.4)	20.9	(0.88)	9.0	(0.71)	43	(2.4)	16.8	(0.79)
2 and over...	2169	33	(1.7)	17.8	(0.31)	3.0	(0.23)	17	(1.3)	20.7	(0.63)	9.1	(0.57)	44	(2.1)	16.3	(0.56)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	15.5	(0.27)	2.6	(0.18)	17	(1.0)	17.5	(0.67)	7.7	(0.35)	44	(1.4)	14.4	(0.38)
20 and over.....	1973	37	(1.7)	19.5	(0.44)	3.4	(0.27)	18	(1.1)	22.1	(0.77)	9.3	(0.48)	42	(1.8)	17.9	(0.47)
2 and over...	3198	36	(1.4)	18.5	(0.34)	3.2	(0.19)	17	(0.9)	21.1	(0.57)	9.0	(0.35)	43	(1.4)	17.1	(0.40)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	16.4	(0.46)	2.8	(0.22)	17	(1.4)	17.6	(0.88)	6.3	(0.48)	36	(2.5)	15.5	(0.71)
20 and over.....	1206	45	(1.6)	20.6	(0.76)	4.2	(0.36)	20	(1.6)	22.3	(0.96)	9.3	(0.78)	41	(2.7)	19.2	(0.91)
2 and over...	1956	45	(1.3)	19.5	(0.62)	3.9	(0.26)	20	(1.2)	21.1	(0.73)	8.5	(0.54)	40	(2.0)	18.2	(0.72)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	16.0	(0.22)	2.8	(0.10)	18	(0.6)	17.9	(0.39)	7.4	(0.20)	41	(1.0)	14.8	(0.34)
20 and over.....	5017	39	(1.2)	19.4	(0.30)	3.6	(0.21)	18	(0.9)	21.9	(0.54)	9.2	(0.47)	42	(1.8)	17.8	(0.37)
2 and over...	7918	39	(1.1)	18.6	(0.26)	3.4	(0.16)	18	(0.8)	20.9	(0.44)	8.8	(0.35)	42	(1.4)	17.1	(0.31)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
Family income in dollars and age (years)	Sample Size	—————All Individuals <sup>2</sup> —————								—Quick Service Restaurant Consumers <sup>3</sup> —				Non-consumers <sup>4</sup>			
		Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	218	(7.7)	32	(3.1)	15	(1.6)	224	(14.0)	88	(5.4)	39	(2.6)	215	(8.2)
20 and over.....	1430	32	(1.8)	292	(14.1)	41	(3.4)	14	(1.5)	301	(12.6)	128	(8.1)	43	(3.0)	288	(19.6)
2 and over...	2169	33	(1.7)	275	(11.1)	39	(3.0)	14	(1.4)	281	(9.4)	118	(6.8)	42	(2.8)	272	(15.4)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	219	(6.7)	28	(1.9)	13	(0.8)	223	(7.1)	83	(3.7)	37	(1.3)	217	(8.9)
20 and over.....	1973	37	(1.7)	321	(8.9)	48	(4.2)	15	(1.3)	322	(9.5)	131	(10.0)	41	(2.9)	320	(10.9)
2 and over...	3198	36	(1.4)	297	(7.0)	44	(3.1)	15	(1.1)	301	(7.5)	120	(7.5)	40	(2.4)	295	(8.3)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	232	(11.0)	39	(4.9)	17	(2.2)	230	(16.8)	87	(10.9)	38	(3.6)	234	(14.4)
20 and over.....	1206	45	(1.6)	286	(8.4)	52	(3.5)	18	(1.0)	294	(12.0)	114	(6.3)	39	(2.0)	280	(12.1)
2 and over...	1956	45	(1.3)	272	(6.9)	49	(3.3)	18	(1.0)	278	(10.1)	107	(6.3)	39	(1.8)	268	(9.5)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	225	(5.4)	33	(2.1)	14	(1.1)	227	(8.3)	85	(5.0)	37	(1.8)	224	(7.8)
20 and over.....	5017	39	(1.2)	300	(6.3)	47	(2.8)	16	(0.9)	308	(7.2)	123	(6.0)	40	(1.9)	295	(8.1)
2 and over...	7918	39	(1.1)	282	(5.2)	44	(2.5)	16	(0.9)	288	(6.0)	114	(5.3)	39	(1.7)	278	(6.3)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> ————— —Quick Service Restaurant Consumers <sup>3</sup> — Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	540	(20.4)	48	(4.8)	9	(0.8)	537	(60.7)	129	(10.2)	24	(2.3)	542	(18.4)
20 and over.....	1430	32	(1.8)	572	(27.4)	51	(4.8)	9	(1.1)	508	(19.2)	158	(10.4)	31	(2.2)	603	(43.4)
2 and over...	2169	33	(1.7)	565	(23.6)	50	(4.2)	9	(0.9)	515	(15.2)	151	(8.4)	29	(1.9)	589	(31.3)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	566	(19.3)	38	(2.4)	7	(0.4)	532	(30.7)	115	(4.3)	22	(1.2)	583	(20.9)
20 and over.....	1973	37	(1.7)	608	(16.2)	62	(4.5)	10	(0.7)	573	(28.0)	168	(9.7)	29	(1.7)	629	(19.6)
2 and over...	3198	36	(1.4)	598	(15.7)	56	(3.6)	9	(0.5)	564	(27.1)	156	(8.0)	28	(1.4)	617	(17.8)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	636	(31.7)	59	(3.5)	9	(0.6)	626	(43.0)	131	(10.6)	21	(1.8)	645	(39.3)
20 and over.....	1206	45	(1.6)	684	(35.0)	72	(4.4)	10	(0.6)	627	(17.0)	158	(7.5)	25	(1.1)	731	(61.3)
2 and over...	1956	45	(1.3)	672	(26.5)	68	(3.7)	10	(0.5)	626	(17.0)	151	(7.5)	24	(1.0)	709	(45.8)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	586	(18.6)	48	(2.5)	8	(0.4)	571	(25.1)	124	(4.6)	22	(1.0)	595	(22.0)
20 and over.....	5017	39	(1.2)	629	(13.0)	62	(3.5)	10	(0.5)	582	(17.0)	161	(5.8)	28	(1.1)	659	(17.8)
2 and over...	7918	39	(1.1)	619	(11.1)	59	(2.9)	9	(0.4)	579	(13.3)	152	(4.9)	26	(0.9)	644	(14.5)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	μg	(SE)	%	(SE)	Total Intake	(SE)	μg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	1005	(75.2)	81	(12.3)	8	(1.5)	1014	(171.0)	221	(33.9)
20 and over.....	1430	32	(1.8)	1971	(112.0)	127	(18.5)	6	(1.1)	1373	(115.5)	396	(52.0)
2 and over...	2169	33	(1.7)	1744	(86.6)	117	(15.2)	7	(1.0)	1279	(74.4)	351	(41.1)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	1021	(74.4)	65	(7.3)	6	(0.8)	986	(150.6)	194	(17.5)
20 and over.....	1973	37	(1.7)	1945	(126.8)	149	(23.4)	8	(1.2)	1775	(148.4)	403	(55.0)
2 and over...	3198	36	(1.4)	1726	(110.2)	129	(18.6)	7	(1.1)	1602	(136.2)	357	(44.8)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	1579	(172.5)	95	(14.0)	6	(1.1)	1310	(96.0)	211	(29.8)
20 and over.....	1206	45	(1.6)	2652	(276.4)	243	(39.5)	9	(1.7)	2047	(165.1)	535	(83.2)
2 and over...	1956	45	(1.3)	2379	(222.3)	205	(30.1)	9	(1.4)	1860	(137.6)	453	(63.5)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	1249	(95.1)	82	(7.7)	7	(0.7)	1127	(64.4)	212	(16.3)
20 and over.....	5017	39	(1.2)	2233	(110.0)	175	(19.3)	8	(0.9)	1795	(116.1)	453	(40.5)
2 and over...	7918	39	(1.1)	1996	(98.7)	153	(15.8)	8	(0.8)	1635	(94.6)	395	(33.3)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e													
<div> <div> All Individuals <sup>2</sup> Quick Service Restaurant Consumers <sup>3</sup> Non-consumers <sup>4</sup> </div> </div>													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	4101	(206.8)	905	(133.1)	22	(2.7)	4653	(356.4)	2450	(291.9)
20 and over.....	1430	32	(1.8)	4516	(361.1)	743	(101.0)	16	(2.2)	5351	(1033.7)	2310	(342.7)
2 and over...	2169	33	(1.7)	4419	(290.8)	781	(96.6)	18	(2.0)	5170	(802.7)	2346	(292.3)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	4315	(262.7)	587	(69.5)	14	(1.3)	4057	(345.5)	1754	(179.9)
20 and over.....	1973	37	(1.7)	5063	(510.9)	773	(81.4)	15	(2.0)	4648	(356.5)	2091	(199.7)
2 and over...	3198	36	(1.4)	4886	(403.0)	729	(56.7)	15	(1.5)	4518	(263.2)	2017	(149.0)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	4363	(541.1)	705	(114.2)	16	(3.6)	5757	(921.5)	1570	(269.2)
20 and over.....	1206	45	(1.6)	5534	(295.5)	764	(65.3)	14	(1.4)	4867	(420.9)	1682	(126.8)
2 and over...	1956	45	(1.3)	5235	(291.9)	749	(57.5)	14	(1.5)	5092	(292.4)	1654	(125.2)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	4261	(230.4)	707	(53.7)	17	(1.6)	4944	(444.8)	1840	(136.6)
20 and over.....	5017	39	(1.2)	5092	(233.4)	755	(50.7)	15	(1.3)	4911	(251.9)	1956	(132.5)
2 and over...	7918	39	(1.1)	4892	(215.4)	744	(40.4)	15	(1.1)	4919	(214.1)	1928	(105.4)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>Quick Service Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake					
		%	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)				
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	1.53	(0.045)	0.26	(0.026)	17	(1.4)	1.64	(0.111)	0.69	(0.051)	42	(1.4)	1.47	(0.037)
20 and over.....	1430	32	(1.8)	1.50	(0.034)	0.21	(0.016)	14	(1.0)	1.60	(0.063)	0.64	(0.047)	40	(1.7)	1.45	(0.052)
2 and over...	2169	33	(1.7)	1.51	(0.032)	0.22	(0.016)	14	(1.0)	1.61	(0.063)	0.65	(0.043)	41	(1.3)	1.45	(0.036)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	1.48	(0.036)	0.18	(0.016)	12	(0.9)	1.51	(0.060)	0.53	(0.033)	35	(1.3)	1.46	(0.044)
20 and over.....	1973	37	(1.7)	1.56	(0.027)	0.23	(0.013)	15	(0.8)	1.65	(0.051)	0.63	(0.020)	38	(1.3)	1.51	(0.023)
2 and over...	3198	36	(1.4)	1.54	(0.021)	0.22	(0.009)	14	(0.6)	1.62	(0.043)	0.61	(0.016)	37	(1.0)	1.50	(0.018)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	1.57	(0.031)	0.24	(0.021)	15	(1.3)	1.72	(0.078)	0.53	(0.046)	31	(2.1)	1.44	(0.055)
20 and over.....	1206	45	(1.6)	1.65	(0.036)	0.27	(0.017)	16	(0.8)	1.70	(0.042)	0.59	(0.028)	35	(1.4)	1.60	(0.044)
2 and over...	1956	45	(1.3)	1.63	(0.030)	0.26	(0.014)	16	(0.7)	1.71	(0.028)	0.57	(0.025)	34	(1.3)	1.56	(0.039)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1.52	(0.025)	0.22	(0.011)	14	(0.6)	1.62	(0.040)	0.56	(0.025)	35	(1.1)	1.46	(0.036)
20 and over.....	5017	39	(1.2)	1.58	(0.020)	0.24	(0.009)	15	(0.5)	1.67	(0.032)	0.61	(0.016)	36	(1.1)	1.52	(0.014)
2 and over...	7918	39	(1.1)	1.57	(0.018)	0.23	(0.008)	15	(0.5)	1.66	(0.025)	0.60	(0.015)	36	(1.0)	1.51	(0.014)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
Family income in dollars and age (years)	Sample Size	All Individuals <sup>2</sup>				Quick Service Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>							
		Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	1.87	(0.047)	0.21	(0.015)	11	(0.8)	1.87	(0.117)	0.57	(0.022)	31	(1.5)	1.87	(0.043)
20 and over.....	1430	32	(1.8)	2.01	(0.061)	0.22	(0.015)	11	(0.9)	2.07	(0.073)	0.69	(0.022)	33	(1.1)	1.97	(0.098)
2 and over...	2169	33	(1.7)	1.97	(0.052)	0.22	(0.012)	11	(0.7)	2.02	(0.061)	0.66	(0.017)	33	(1.0)	1.95	(0.072)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	1.84	(0.050)	0.17	(0.013)	9	(0.7)	1.80	(0.060)	0.51	(0.032)	29	(1.5)	1.87	(0.064)
20 and over.....	1973	37	(1.7)	2.18	(0.047)	0.27	(0.018)	13	(0.7)	2.25	(0.075)	0.74	(0.033)	33	(1.4)	2.13	(0.045)
2 and over...	3198	36	(1.4)	2.10	(0.046)	0.25	(0.014)	12	(0.6)	2.15	(0.064)	0.69	(0.026)	32	(1.2)	2.07	(0.045)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	1.99	(0.070)	0.27	(0.023)	14	(1.1)	2.15	(0.129)	0.60	(0.061)	28	(2.7)	1.87	(0.057)
20 and over.....	1206	45	(1.6)	2.28	(0.042)	0.33	(0.016)	15	(0.8)	2.30	(0.061)	0.73	(0.031)	32	(1.3)	2.26	(0.064)
2 and over...	1956	45	(1.3)	2.21	(0.039)	0.32	(0.013)	14	(0.7)	2.26	(0.055)	0.70	(0.032)	31	(1.4)	2.16	(0.053)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1.90	(0.042)	0.21	(0.010)	11	(0.5)	1.96	(0.068)	0.56	(0.024)	29	(1.4)	1.87	(0.040)
20 and over.....	5017	39	(1.2)	2.17	(0.040)	0.28	(0.012)	13	(0.6)	2.25	(0.049)	0.72	(0.018)	32	(1.0)	2.12	(0.048)
2 and over...	7918	39	(1.1)	2.10	(0.037)	0.26	(0.010)	13	(0.5)	2.18	(0.040)	0.68	(0.017)	31	(0.9)	2.06	(0.041)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	21.5	(0.44)	3.9	(0.31)	18	(1.3)	24.0	(1.43)	10.5	(0.45)	44	(2.0)	20.1	(0.81)
20 and over.....	1430	32	(1.8)	24.9	(0.68)	3.5	(0.23)	14	(1.0)	27.7	(1.16)	11.0	(0.58)	40	(1.9)	23.6	(1.03)
2 and over...	2169	33	(1.7)	24.1	(0.53)	3.6	(0.21)	15	(0.9)	26.7	(0.97)	10.9	(0.46)	41	(1.6)	22.8	(0.73)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	20.9	(0.52)	2.9	(0.23)	14	(0.9)	22.2	(0.84)	8.5	(0.49)	38	(1.7)	20.3	(0.64)
20 and over.....	1973	37	(1.7)	25.8	(0.59)	3.9	(0.26)	15	(0.8)	28.3	(0.88)	10.4	(0.36)	37	(0.9)	24.3	(0.63)
2 and over...	3198	36	(1.4)	24.6	(0.54)	3.6	(0.21)	15	(0.6)	27.0	(0.73)	10.0	(0.30)	37	(0.8)	23.3	(0.57)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	21.9	(0.84)	3.7	(0.35)	17	(1.7)	24.1	(1.40)	8.2	(0.67)	34	(2.4)	20.1	(1.15)
20 and over.....	1206	45	(1.6)	27.8	(0.78)	4.7	(0.23)	17	(0.8)	29.7	(0.77)	10.3	(0.46)	35	(1.6)	26.2	(1.18)
2 and over...	1956	45	(1.3)	26.3	(0.67)	4.4	(0.23)	17	(0.8)	28.3	(0.78)	9.8	(0.45)	34	(1.7)	24.6	(0.91)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	21.4	(0.40)	3.4	(0.13)	16	(0.6)	23.3	(0.68)	8.7	(0.29)	37	(1.1)	20.1	(0.57)
20 and over.....	5017	39	(1.2)	26.2	(0.53)	4.0	(0.18)	15	(0.5)	28.7	(0.53)	10.5	(0.28)	36	(1.0)	24.6	(0.62)
2 and over...	7918	39	(1.1)	25.0	(0.43)	3.9	(0.15)	16	(0.5)	27.4	(0.47)	10.1	(0.27)	37	(0.9)	23.5	(0.50)



**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6												
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>			Quick Service Restaurant Consumers <sup>3</sup>			Non-consumers <sup>4</sup>		
				Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>
		%	(SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)
<b>\$0 - \$24,999:</b>												
2 - 19.....	739	37	(2.6)	1.67 (0.045)	0.17 (0.018)	10 (1.1)	1.65 (0.123)	0.47 (0.035)	28 (2.5)	1.68 (0.080)		
20 and over.....	1430	32	(1.8)	2.07 (0.073)	0.19 (0.013)	9 (0.7)	2.05 (0.087)	0.59 (0.026)	29 (1.7)	2.08 (0.103)		
2 and over...	2169	33	(1.7)	1.98 (0.054)	0.18 (0.012)	9 (0.7)	1.95 (0.069)	0.55 (0.025)	28 (1.5)	1.99 (0.071)		
<b>\$25,000 - \$74,999:</b>												
2 - 19.....	1225	33	(1.4)	1.71 (0.044)	0.15 (0.012)	9 (0.7)	1.68 (0.062)	0.44 (0.027)	26 (2.1)	1.73 (0.055)		
20 and over.....	1973	37	(1.7)	2.10 (0.074)	0.22 (0.019)	10 (0.7)	2.19 (0.127)	0.58 (0.029)	27 (1.4)	2.05 (0.073)		
2 and over...	3198	36	(1.4)	2.01 (0.058)	0.20 (0.015)	10 (0.6)	2.08 (0.104)	0.55 (0.025)	27 (1.3)	1.97 (0.051)		
<b>\$75,000 and higher:</b>												
2 - 19.....	750	45	(1.7)	1.67 (0.067)	0.18 (0.014)	11 (1.1)	1.73 (0.097)	0.41 (0.027)	24 (2.1)	1.63 (0.079)		
20 and over.....	1206	45	(1.6)	2.27 (0.076)	0.27 (0.012)	12 (0.6)	2.25 (0.055)	0.60 (0.023)	27 (1.2)	2.28 (0.115)		
2 and over...	1956	45	(1.3)	2.12 (0.060)	0.25 (0.010)	12 (0.5)	2.12 (0.052)	0.55 (0.021)	26 (1.3)	2.11 (0.086)		
<b>All Individuals <sup>7</sup>:</b>												
2 - 19.....	2901	38	(1.3)	1.68 (0.038)	0.17 (0.006)	10 (0.5)	1.69 (0.054)	0.43 (0.015)	25 (1.3)	1.68 (0.049)		
20 and over.....	5017	39	(1.2)	2.15 (0.051)	0.23 (0.012)	11 (0.4)	2.19 (0.056)	0.59 (0.019)	27 (0.8)	2.12 (0.057)		
2 and over...	7918	39	(1.1)	2.03 (0.040)	0.21 (0.010)	10 (0.4)	2.07 (0.047)	0.55 (0.017)	27 (0.8)	2.01 (0.041)		

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

F o l a t e ( D F E )													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	μg	(SE)	%	(SE)	Total Intake	(SE)	Total Intake	(SE)
		%	(SE)	μg	(SE)	μg	(SE)	%	(SE)	μg	(SE)	μg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	508	(17.3)	78	(8.8)	15	(1.4)	545	(38.9)	212	(16.8)
20 and over.....	1430	32	(1.8)	482	(9.7)	58	(5.3)	12	(1.0)	501	(25.5)	182	(16.7)
2 and over...	2169	33	(1.7)	488	(9.9)	63	(5.7)	13	(1.0)	513	(24.2)	190	(15.5)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	500	(17.2)	53	(4.7)	11	(0.9)	496	(28.2)	158	(10.3)
20 and over.....	1973	37	(1.7)	494	(10.8)	70	(4.4)	14	(0.8)	534	(18.9)	188	(7.7)
2 and over...	3198	36	(1.4)	495	(8.6)	66	(3.3)	13	(0.6)	525	(15.8)	182	(5.9)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	499	(13.1)	75	(7.5)	15	(1.4)	549	(35.7)	167	(15.8)
20 and over.....	1206	45	(1.6)	554	(16.0)	80	(5.5)	14	(0.8)	571	(19.4)	176	(9.9)
2 and over...	1956	45	(1.3)	540	(13.4)	79	(4.9)	15	(0.8)	566	(17.6)	173	(9.5)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	500	(10.1)	66	(3.5)	13	(0.6)	528	(18.0)	171	(7.8)
20 and over.....	5017	39	(1.2)	514	(10.0)	70	(3.3)	14	(0.5)	546	(13.5)	182	(6.0)
2 and over...	7918	39	(1.1)	511	(8.3)	69	(2.8)	14	(0.5)	541	(11.3)	180	(5.5)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	242	(6.7)	33	(3.0)	13	(1.4)	243	(12.7)	88	(4.7)	36	(2.2)	241	(7.4)
20 and over.....	1430	32	(1.8)	325	(10.0)	38	(2.9)	12	(1.1)	325	(8.4)	120	(5.7)	37	(1.9)	325	(15.3)
2 and over...	2169	33	(1.7)	306	(8.2)	37	(2.6)	12	(1.0)	304	(6.1)	111	(5.1)	37	(1.8)	307	(12.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	244	(5.9)	28	(1.7)	11	(0.7)	240	(5.4)	82	(3.0)	34	(1.2)	245	(7.8)
20 and over.....	1973	37	(1.7)	345	(6.3)	47	(3.9)	14	(1.1)	350	(9.1)	127	(8.6)	36	(2.0)	342	(8.3)
2 and over...	3198	36	(1.4)	321	(5.1)	42	(2.9)	13	(0.9)	326	(7.1)	117	(6.5)	36	(1.7)	318	(6.8)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	258	(10.4)	38	(2.9)	15	(1.2)	262	(16.4)	84	(6.4)	32	(1.9)	254	(12.4)
20 and over.....	1206	45	(1.6)	344	(7.3)	53	(2.6)	15	(0.7)	346	(10.6)	117	(4.7)	34	(1.6)	343	(11.0)
2 and over...	1956	45	(1.3)	322	(6.6)	49	(2.3)	15	(0.7)	324	(7.7)	108	(4.2)	33	(1.3)	321	(8.6)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	249	(5.6)	32	(1.5)	13	(0.7)	250	(7.8)	84	(3.2)	33	(1.3)	248	(7.2)
20 and over.....	5017	39	(1.2)	339	(4.6)	46	(2.6)	14	(0.8)	345	(6.9)	120	(5.4)	35	(1.5)	335	(6.4)
2 and over...	7918	39	(1.1)	317	(4.2)	43	(2.2)	14	(0.7)	322	(5.0)	112	(4.4)	35	(1.3)	314	(5.4)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 1 2												
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>			Quick Service Restaurant Consumers <sup>3</sup>			Non-consumers <sup>4</sup>		
				Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>6</sup>
		%	(SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)
<b>\$0 - \$24,999:</b>												
2 - 19.....	739	37	(2.6)	4.43 (0.187)	0.47 (0.046)	11 (1.1)	4.32 (0.311)	1.26 (0.065)	29 (2.3)	4.50 (0.230)		
20 and over.....	1430	32	(1.8)	4.98 (0.472)	0.55 (0.027)	11 (1.3)	4.79 (0.293)	1.70 (0.097)	35 (2.1)	5.07 (0.697)		
2 and over...	2169	33	(1.7)	4.85 (0.370)	0.53 (0.026)	11 (1.1)	4.67 (0.245)	1.58 (0.077)	34 (1.4)	4.95 (0.534)		
<b>\$25,000 - \$74,999:</b>												
2 - 19.....	1225	33	(1.4)	4.59 (0.160)	0.40 (0.025)	9 (0.5)	4.40 (0.159)	1.19 (0.059)	27 (1.4)	4.68 (0.205)		
20 and over.....	1973	37	(1.7)	4.84 (0.155)	0.63 (0.027)	13 (0.4)	5.14 (0.224)	1.72 (0.079)	33 (1.8)	4.66 (0.147)		
2 and over...	3198	36	(1.4)	4.78 (0.121)	0.58 (0.020)	12 (0.3)	4.98 (0.180)	1.60 (0.061)	32 (1.3)	4.67 (0.103)		
<b>\$75,000 and higher:</b>												
2 - 19.....	750	45	(1.7)	4.59 (0.198)	0.55 (0.039)	12 (0.7)	4.91 (0.381)	1.22 (0.099)	25 (1.9)	4.33 (0.174)		
20 and over.....	1206	45	(1.6)	5.26 (0.186)	0.69 (0.034)	13 (0.7)	5.68 (0.266)	1.52 (0.069)	27 (1.7)	4.91 (0.215)		
2 and over...	1956	45	(1.3)	5.09 (0.158)	0.65 (0.026)	13 (0.6)	5.49 (0.187)	1.45 (0.061)	26 (1.5)	4.76 (0.183)		
<b>All Individuals <sup>7</sup>:</b>												
2 - 19.....	2901	38	(1.3)	4.53 (0.125)	0.46 (0.022)	10 (0.5)	4.58 (0.199)	1.21 (0.051)	26 (1.2)	4.50 (0.144)		
20 and over.....	5017	39	(1.2)	4.97 (0.123)	0.62 (0.021)	13 (0.4)	5.26 (0.138)	1.61 (0.043)	31 (1.1)	4.79 (0.184)		
2 and over...	7918	39	(1.1)	4.86 (0.105)	0.58 (0.016)	12 (0.3)	5.10 (0.108)	1.52 (0.031)	30 (0.9)	4.72 (0.140)		

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> %    (SE)		Total Intake mg    (SE)		Intake from Quick Service Restaurants mg    (SE)		Percentages from <sup>6</sup> Quick Service Restaurants %    (SE)		Total Intake mg    (SE)		Intake from Quick Service Restaurants mg    (SE)		Percentages from <sup>6</sup> Quick Service Restaurants %    (SE)		Total Intake mg    (SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	76.5	(4.00)	3.9	(0.61)	5	(0.8)	73.8	(5.47)	10.6	(1.39)	14	(1.7)	78.1	(4.75)
20 and over.....	1430	32	(1.8)	79.6	(4.27)	5.0	(0.70)	6	(0.8)	80.4	(6.50)	15.4	(1.75)	19	(2.3)	79.2	(3.97)
2 and over...	2169	33	(1.7)	78.9	(3.77)	4.7	(0.64)	6	(0.7)	78.6	(5.38)	14.2	(1.60)	18	(2.0)	79.0	(3.40)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	64.1	(3.47)	3.7	(0.40)	6	(0.6)	62.8	(4.30)	10.9	(1.19)	17	(1.9)	64.7	(3.87)
20 and over.....	1973	37	(1.7)	71.9	(2.87)	4.6	(0.48)	6	(0.7)	67.2	(4.50)	12.6	(1.04)	19	(1.6)	74.7	(4.05)
2 and over...	3198	36	(1.4)	70.1	(2.21)	4.4	(0.41)	6	(0.6)	66.2	(3.44)	12.2	(0.88)	18	(1.4)	72.2	(3.02)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	64.5	(4.36)	5.0	(1.03)	8	(1.4)	59.3	(6.26)	11.1	(2.28)	19	(3.1)	68.7	(4.39)
20 and over.....	1206	45	(1.6)	86.6	(4.62)	7.8	(0.65)	9	(0.8)	75.8	(4.11)	17.2	(1.33)	23	(2.0)	95.7	(6.17)
2 and over...	1956	45	(1.3)	81.0	(4.54)	7.1	(0.65)	9	(0.7)	71.6	(4.19)	15.6	(1.28)	22	(1.7)	88.8	(5.19)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	67.1	(3.15)	4.2	(0.47)	6	(0.6)	63.3	(4.45)	10.9	(1.17)	17	(1.4)	69.6	(3.01)
20 and over.....	5017	39	(1.2)	79.6	(2.56)	5.8	(0.41)	7	(0.5)	74.5	(3.18)	14.9	(0.70)	20	(0.9)	82.9	(2.71)
2 and over...	7918	39	(1.1)	76.6	(2.41)	5.4	(0.37)	7	(0.4)	71.8	(2.85)	14.0	(0.69)	19	(0.8)	79.7	(2.46)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	5.4	(0.32)	0.2	(0.02)	3	(0.5)	4.5	(0.40)	0.5	(0.05)	10	(1.5)	5.9	(0.37)
20 and over.....	1430	32	(1.8)	4.2	(0.24)	0.3	(0.03)	6	(0.8)	3.6	(0.27)	0.8	(0.06)	23	(1.9)	4.5	(0.31)
2 and over...	2169	33	(1.7)	4.5	(0.20)	0.2	(0.03)	5	(0.7)	3.8	(0.19)	0.7	(0.05)	19	(1.5)	4.9	(0.24)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	5.3	(0.26)	0.2	(0.01)	3	(0.2)	4.6	(0.33)	0.5	(0.04)	11	(0.8)	5.6	(0.28)
20 and over.....	1973	37	(1.7)	4.5	(0.15)	0.3	(0.04)	7	(0.8)	4.1	(0.26)	0.9	(0.08)	22	(1.6)	4.7	(0.21)
2 and over...	3198	36	(1.4)	4.7	(0.15)	0.3	(0.03)	6	(0.6)	4.2	(0.21)	0.8	(0.07)	19	(1.1)	4.9	(0.18)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	5.4	(0.30)	0.3	(0.03)	5	(0.6)	5.0	(0.40)	0.6	(0.07)	12	(1.8)	5.6	(0.29)
20 and over.....	1206	45	(1.6)	5.2	(0.40)	0.5	(0.06)	9	(1.2)	5.5	(0.58)	1.0	(0.13)	18	(2.7)	5.0	(0.35)
2 and over...	1956	45	(1.3)	5.2	(0.34)	0.4	(0.05)	8	(0.9)	5.4	(0.49)	0.9	(0.10)	17	(2.1)	5.1	(0.28)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	5.3	(0.22)	0.2	(0.01)	4	(0.3)	4.8	(0.28)	0.5	(0.03)	11	(0.9)	5.7	(0.23)
20 and over.....	5017	39	(1.2)	4.7	(0.15)	0.4	(0.03)	7	(0.6)	4.6	(0.23)	0.9	(0.06)	20	(1.4)	4.8	(0.15)
2 and over...	7918	39	(1.1)	4.8	(0.15)	0.3	(0.02)	7	(0.5)	4.6	(0.21)	0.8	(0.05)	18	(1.2)	5.0	(0.15)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )													
—————All Individuals <sup>2</sup> —————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers <sup>4</sup>													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)	Total Intake mg (SE)	Intake from Quick Service Restaurants mg (SE)	Percentages from <sup>6</sup> Quick Service Restaurants % (SE)	Total Intake mg (SE)	Intake from Quick Service Restaurants mg (SE)	Percentages from <sup>6</sup> Quick Service Restaurants % (SE)	Total Intake mg (SE)				
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37 (2.6)	6.9 (0.24)	1.0 (0.10)	14 (1.4)	7.9 (0.60)	2.7 (0.17)	35 (3.2)	6.4 (0.20)				
20 and over.....	1430	32 (1.8)	8.3 (0.30)	0.9 (0.07)	11 (1.0)	8.7 (0.48)	2.9 (0.16)	34 (1.9)	8.1 (0.46)				
2 and over...	2169	33 (1.7)	8.0 (0.23)	1.0 (0.07)	12 (1.0)	8.5 (0.31)	2.9 (0.12)	34 (1.8)	7.8 (0.34)				
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33 (1.4)	6.9 (0.21)	0.8 (0.06)	11 (0.7)	7.2 (0.35)	2.3 (0.14)	32 (1.2)	6.8 (0.24)				
20 and over.....	1973	37 (1.7)	8.7 (0.27)	1.1 (0.08)	13 (0.9)	9.4 (0.38)	3.0 (0.12)	32 (1.8)	8.3 (0.29)				
2 and over...	3198	36 (1.4)	8.3 (0.25)	1.0 (0.06)	12 (0.7)	8.9 (0.32)	2.8 (0.08)	32 (1.4)	8.0 (0.27)				
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45 (1.7)	7.7 (0.22)	0.9 (0.06)	12 (0.9)	8.1 (0.50)	2.0 (0.15)	25 (1.9)	7.3 (0.29)				
20 and over.....	1206	45 (1.6)	10.6 (0.47)	1.5 (0.08)	14 (0.8)	10.7 (0.37)	3.2 (0.17)	30 (1.4)	10.4 (0.60)				
2 and over...	1956	45 (1.3)	9.8 (0.41)	1.3 (0.07)	14 (0.7)	10.1 (0.38)	2.9 (0.14)	29 (1.2)	9.6 (0.47)				
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38 (1.3)	7.2 (0.10)	0.9 (0.03)	12 (0.4)	7.7 (0.18)	2.3 (0.06)	29 (1.1)	6.9 (0.20)				
20 and over.....	5017	39 (1.2)	9.2 (0.26)	1.2 (0.06)	13 (0.5)	9.8 (0.29)	3.0 (0.11)	31 (1.2)	8.9 (0.27)				
2 and over...	7918	39 (1.1)	8.8 (0.23)	1.1 (0.05)	13 (0.4)	9.3 (0.24)	2.9 (0.09)	31 (1.0)	8.4 (0.24)				

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
Family income in dollars and age (years)	Sample Size	All Individuals <sup>2</sup>						Quick Service Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>			
		Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	73.5	(5.25)	10.1	(1.05)	14	(1.5)	82.5	(13.10)	27.3	(2.29)	33	(6.0)	68.2	(6.63)
20 and over.....	1430	32	(1.8)	110.1	(4.33)	10.2	(0.98)	9	(0.8)	102.0	(9.47)	31.9	(2.68)	31	(2.6)	113.9	(4.15)
2 and over...	2169	33	(1.7)	101.5	(3.36)	10.2	(0.86)	10	(0.7)	96.9	(7.38)	30.7	(2.14)	32	(2.1)	103.8	(3.34)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	59.2	(3.14)	7.2	(0.56)	12	(0.8)	59.0	(3.47)	21.5	(1.03)	36	(1.8)	59.2	(3.66)
20 and over.....	1973	37	(1.7)	106.7	(3.24)	13.5	(1.37)	13	(1.3)	113.8	(5.02)	36.6	(2.56)	32	(2.5)	102.5	(4.27)
2 and over...	3198	36	(1.4)	95.4	(3.04)	12.0	(1.04)	13	(1.1)	101.7	(4.38)	33.3	(2.03)	33	(2.2)	91.8	(3.72)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	68.4	(2.70)	10.5	(1.08)	15	(1.4)	66.4	(5.14)	23.3	(2.13)	35	(2.7)	70.1	(4.07)
20 and over.....	1206	45	(1.6)	145.0	(10.20)	22.9	(3.30)	16	(2.0)	137.5	(9.82)	50.5	(7.34)	37	(4.4)	151.2	(13.52)
2 and over...	1956	45	(1.3)	125.5	(8.64)	19.8	(2.61)	16	(1.8)	119.6	(8.23)	43.6	(5.79)	37	(3.8)	130.4	(10.87)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	66.5	(2.33)	8.9	(0.45)	13	(0.5)	66.6	(2.95)	23.1	(0.75)	35	(1.8)	66.4	(3.97)
20 and over.....	5017	39	(1.2)	120.9	(4.68)	15.9	(1.63)	13	(1.3)	121.9	(5.11)	41.1	(3.68)	34	(2.8)	120.3	(5.25)
2 and over...	7918	39	(1.1)	107.8	(4.23)	14.2	(1.31)	13	(1.1)	108.7	(4.19)	36.8	(2.93)	34	(2.4)	107.3	(4.81)



**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	935	(42.2)	120	(11.0)	13	(0.9)	984	(65.6)	324	(25.1)	33	(1.1)	907	(39.4)
20 and over.....	1430	32	(1.8)	881	(21.0)	110	(9.2)	12	(1.2)	961	(23.8)	343	(23.3)	36	(2.1)	844	(37.8)
2 and over...	2169	33	(1.7)	894	(20.6)	112	(7.7)	13	(1.0)	967	(24.2)	338	(18.5)	35	(1.5)	858	(30.4)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	960	(30.5)	96	(6.8)	10	(0.7)	945	(31.7)	285	(15.2)	30	(1.4)	968	(39.6)
20 and over.....	1973	37	(1.7)	963	(28.9)	127	(8.3)	13	(0.9)	973	(40.4)	343	(12.4)	35	(1.6)	957	(35.3)
2 and over...	3198	36	(1.4)	962	(27.3)	119	(6.5)	12	(0.7)	967	(32.9)	330	(9.4)	34	(1.2)	960	(32.6)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	1036	(36.8)	136	(10.7)	13	(1.0)	1096	(51.8)	302	(27.8)	28	(2.2)	987	(44.3)
20 and over.....	1206	45	(1.6)	988	(23.5)	158	(9.3)	16	(0.9)	1046	(31.8)	349	(16.7)	33	(1.4)	940	(25.7)
2 and over...	1956	45	(1.3)	1000	(20.7)	153	(7.8)	15	(0.7)	1058	(27.2)	337	(16.5)	32	(1.3)	952	(23.5)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	979	(28.5)	115	(6.4)	12	(0.6)	1012	(33.0)	298	(14.5)	29	(1.3)	958	(31.9)
20 and over.....	5017	39	(1.2)	949	(19.0)	132	(6.8)	14	(0.7)	1003	(26.0)	343	(10.3)	34	(0.9)	915	(21.3)
2 and over...	7918	39	(1.1)	956	(19.1)	128	(5.5)	13	(0.6)	1005	(21.9)	332	(8.9)	33	(0.8)	926	(20.5)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	mg	(SE)	%	(SE)	Total Intake	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	1195	(34.1)	188	(14.2)	16	(1.2)	1279	(64.5)	510	(22.5)
20 and over.....	1430	32	(1.8)	1293	(29.6)	176	(12.0)	14	(1.1)	1373	(37.0)	549	(26.6)
2 and over...	2169	33	(1.7)	1270	(26.0)	179	(10.6)	14	(1.0)	1348	(24.1)	539	(20.6)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	1212	(27.8)	150	(11.0)	12	(0.9)	1241	(30.5)	449	(22.3)
20 and over.....	1973	37	(1.7)	1383	(26.4)	202	(12.7)	15	(0.9)	1455	(39.4)	547	(16.9)
2 and over...	3198	36	(1.4)	1342	(23.5)	190	(10.2)	14	(0.7)	1408	(31.2)	526	(13.3)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	1296	(40.6)	197	(13.9)	15	(1.1)	1383	(57.8)	439	(31.1)
20 and over.....	1206	45	(1.6)	1460	(29.5)	241	(12.7)	17	(0.8)	1523	(46.4)	531	(23.7)
2 and over...	1956	45	(1.3)	1418	(27.3)	230	(10.7)	16	(0.7)	1488	(37.0)	507	(21.9)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	1237	(24.6)	174	(7.3)	14	(0.6)	1305	(27.9)	453	(15.8)
20 and over.....	5017	39	(1.2)	1385	(21.2)	208	(9.6)	15	(0.6)	1472	(31.7)	539	(15.0)
2 and over...	7918	39	(1.1)	1349	(20.4)	200	(8.2)	15	(0.6)	1432	(24.1)	518	(13.9)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	223	(6.1)	26	(2.0)	12	(1.0)	228	(18.6)	70	(2.1)	30	(2.3)	220	(6.8)
20 and over.....	1430	32	(1.8)	279	(4.6)	28	(2.1)	10	(0.8)	282	(10.6)	86	(4.5)	30	(1.2)	278	(7.8)
2 and over...	2169	33	(1.7)	266	(4.1)	27	(1.8)	10	(0.7)	268	(6.5)	82	(3.4)	30	(1.3)	265	(5.6)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	225	(5.4)	22	(1.7)	10	(0.8)	218	(5.7)	67	(3.6)	31	(1.2)	229	(7.3)
20 and over.....	1973	37	(1.7)	297	(6.9)	32	(2.3)	11	(0.7)	297	(8.6)	87	(3.2)	29	(1.1)	297	(8.3)
2 and over...	3198	36	(1.4)	280	(6.7)	30	(1.8)	11	(0.6)	280	(7.5)	83	(2.7)	30	(0.9)	280	(7.9)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	242	(6.4)	31	(2.2)	13	(0.9)	258	(11.8)	69	(4.7)	27	(1.5)	230	(6.7)
20 and over.....	1206	45	(1.6)	335	(6.7)	43	(1.8)	13	(0.6)	336	(9.6)	96	(4.1)	28	(1.6)	334	(7.3)
2 and over...	1956	45	(1.3)	311	(6.6)	40	(1.5)	13	(0.6)	316	(8.1)	89	(3.4)	28	(1.4)	307	(7.2)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	231	(3.8)	26	(1.1)	11	(0.4)	236	(6.6)	68	(2.1)	29	(0.9)	228	(4.9)
20 and over.....	5017	39	(1.2)	307	(5.3)	35	(1.7)	11	(0.5)	313	(8.1)	91	(2.4)	29	(0.9)	303	(5.7)
2 and over...	7918	39	(1.1)	289	(5.0)	33	(1.4)	11	(0.4)	295	(6.1)	85	(2.1)	29	(0.7)	285	(5.5)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

I r o n																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> ——— <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	14.0	(0.56)	1.9	(0.18)	13	(1.2)	14.0	(0.89)	5.0	(0.29)	36	(1.5)	14.0	(0.84)
20 and over.....	1430	32	(1.8)	13.3	(0.32)	1.6	(0.11)	12	(0.9)	13.5	(0.60)	4.9	(0.34)	36	(1.6)	13.1	(0.52)
2 and over...	2169	33	(1.7)	13.4	(0.33)	1.6	(0.11)	12	(0.9)	13.7	(0.54)	5.0	(0.30)	36	(1.3)	13.3	(0.42)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	13.8	(0.45)	1.4	(0.11)	10	(0.8)	13.6	(0.69)	4.2	(0.21)	31	(1.7)	13.8	(0.52)
20 and over.....	1973	37	(1.7)	14.0	(0.29)	1.9	(0.11)	13	(0.7)	14.6	(0.40)	5.1	(0.18)	35	(1.3)	13.6	(0.29)
2 and over...	3198	36	(1.4)	13.9	(0.22)	1.8	(0.08)	13	(0.6)	14.4	(0.34)	4.9	(0.14)	34	(1.0)	13.7	(0.24)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	13.9	(0.40)	1.9	(0.15)	14	(1.2)	14.9	(0.84)	4.3	(0.33)	29	(2.3)	13.0	(0.61)
20 and over.....	1206	45	(1.6)	14.5	(0.31)	2.2	(0.14)	15	(0.8)	14.9	(0.37)	4.9	(0.25)	33	(1.5)	14.3	(0.40)
2 and over...	1956	45	(1.3)	14.4	(0.28)	2.2	(0.12)	15	(0.7)	14.9	(0.32)	4.8	(0.22)	32	(1.5)	14.0	(0.39)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	13.8	(0.30)	1.7	(0.08)	12	(0.5)	14.2	(0.43)	4.4	(0.17)	31	(1.2)	13.6	(0.45)
20 and over.....	5017	39	(1.2)	14.0	(0.18)	1.9	(0.09)	14	(0.6)	14.5	(0.23)	5.0	(0.17)	34	(1.1)	13.7	(0.17)
2 and over...	7918	39	(1.1)	14.0	(0.17)	1.9	(0.08)	13	(0.5)	14.5	(0.21)	4.9	(0.14)	34	(1.0)	13.7	(0.19)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
————— <i>All Individuals</i> <sup>2</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	9.7	(0.26)	1.3	(0.12)	13	(1.2)	9.8	(0.63)	3.4	(0.17)	35	(2.0)	9.6	(0.31)
20 and over.....	1430	32	(1.8)	10.3	(0.24)	1.4	(0.09)	13	(0.9)	10.6	(0.34)	4.2	(0.23)	40	(1.7)	10.1	(0.43)
2 and over...	2169	33	(1.7)	10.2	(0.22)	1.3	(0.08)	13	(0.9)	10.4	(0.25)	4.0	(0.19)	39	(1.5)	10.0	(0.33)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	9.9	(0.33)	1.1	(0.07)	11	(0.8)	9.7	(0.44)	3.1	(0.14)	32	(1.5)	10.1	(0.43)
20 and over.....	1973	37	(1.7)	11.3	(0.28)	1.5	(0.08)	14	(0.7)	11.8	(0.37)	4.2	(0.13)	35	(1.6)	10.9	(0.34)
2 and over...	3198	36	(1.4)	11.0	(0.26)	1.4	(0.07)	13	(0.6)	11.4	(0.30)	3.9	(0.11)	35	(1.2)	10.7	(0.30)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	10.1	(0.33)	1.5	(0.10)	15	(0.7)	10.7	(0.53)	3.3	(0.22)	30	(1.3)	9.6	(0.39)
20 and over.....	1206	45	(1.6)	11.9	(0.29)	1.9	(0.10)	16	(0.7)	12.1	(0.34)	4.1	(0.18)	34	(1.3)	11.7	(0.36)
2 and over...	1956	45	(1.3)	11.4	(0.27)	1.8	(0.08)	15	(0.6)	11.7	(0.27)	3.9	(0.16)	33	(1.1)	11.1	(0.33)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	9.9	(0.22)	1.2	(0.05)	13	(0.5)	10.1	(0.34)	3.2	(0.12)	32	(0.9)	9.8	(0.27)
20 and over.....	5017	39	(1.2)	11.2	(0.18)	1.6	(0.07)	14	(0.6)	11.7	(0.22)	4.1	(0.12)	35	(1.1)	10.9	(0.21)
2 and over...	7918	39	(1.1)	10.9	(0.18)	1.5	(0.06)	14	(0.5)	11.3	(0.19)	3.9	(0.10)	35	(0.9)	10.6	(0.19)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
————— <i>All Individuals</i> <sup>2</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>3</sup> — <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	0.9	(0.03)	0.1	(0.01)	12	(1.1)	0.9	(0.08)	0.3	(0.01)	31	(2.7)	0.8	(0.03)
20 and over.....	1430	32	(1.8)	1.1	(0.03)	0.1	(0.01)	9	(0.6)	1.1	(0.04)	0.3	(0.02)	30	(1.2)	1.1	(0.04)
2 and over...	2169	33	(1.7)	1.1	(0.02)	0.1	(0.01)	10	(0.7)	1.0	(0.03)	0.3	(0.01)	30	(1.2)	1.1	(0.03)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	0.9	(0.02)	0.1	(0.01)	10	(0.9)	0.9	(0.03)	0.3	(0.02)	32	(1.3)	0.9	(0.02)
20 and over.....	1973	37	(1.7)	1.2	(0.02)	0.1	(0.01)	11	(0.5)	1.2	(0.04)	0.3	(0.01)	29	(1.2)	1.2	(0.02)
2 and over...	3198	36	(1.4)	1.1	(0.02)	0.1	(0.01)	11	(0.5)	1.1	(0.04)	0.3	(0.01)	29	(1.0)	1.1	(0.02)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	1.0	(0.02)	0.1	(0.01)	13	(0.9)	1.0	(0.05)	0.3	(0.02)	28	(1.9)	0.9	(0.03)
20 and over.....	1206	45	(1.6)	1.4	(0.03)	0.2	(0.01)	12	(0.6)	1.3	(0.04)	0.3	(0.02)	26	(1.5)	1.4	(0.03)
2 and over...	1956	45	(1.3)	1.3	(0.03)	0.2	(0.01)	12	(0.6)	1.2	(0.04)	0.3	(0.01)	27	(1.4)	1.3	(0.03)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	0.9	(0.02)	0.1	(#)	12	(0.5)	0.9	(0.03)	0.3	(0.01)	30	(0.8)	0.9	(0.02)
20 and over.....	5017	39	(1.2)	1.2	(0.02)	0.1	(0.01)	11	(0.4)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over...	7918	39	(1.1)	1.2	(0.02)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	28	(0.8)	1.2	(0.02)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
Family income in dollars and age (years)	Sample Size	————— <i>All Individuals</i> <sup>2</sup> —————								— <i>Quick Service Restaurant Consumers</i> <sup>3</sup> —				<i>Non-consumers</i> <sup>4</sup>			
		Percent Reporting <sup>5</sup> % (SE)		Total Intake µg (SE)		Intake from Quick Service Restaurants µg (SE)		Percentages from <sup>6</sup> Quick Service Restaurants % (SE)		Total Intake µg (SE)		Intake from Quick Service Restaurants µg (SE)		Percentages from <sup>6</sup> Quick Service Restaurants % (SE)		Total Intake µg (SE)	
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	95.0	(2.36)	17.4	(1.53)	18	(1.6)	100.2	(4.10)	47.1	(2.50)	47	(2.1)	92.0	(2.75)
20 and over.....	1430	32	(1.8)	110.3	(3.69)	16.6	(1.05)	15	(1.1)	118.4	(4.59)	51.7	(2.65)	44	(1.8)	106.5	(5.30)
2 and over...	2169	33	(1.7)	106.8	(2.80)	16.8	(1.02)	16	(1.1)	113.7	(3.26)	50.5	(2.26)	44	(1.5)	103.3	(3.94)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	93.4	(2.23)	13.0	(0.97)	14	(1.0)	93.6	(2.46)	38.8	(1.74)	41	(1.3)	93.4	(3.35)
20 and over.....	1973	37	(1.7)	115.9	(2.26)	19.1	(1.11)	16	(0.8)	125.6	(4.03)	51.6	(1.81)	41	(1.6)	110.2	(2.20)
2 and over...	3198	36	(1.4)	110.6	(2.02)	17.6	(0.81)	16	(0.6)	118.6	(3.20)	48.8	(1.21)	41	(1.2)	106.1	(1.90)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	102.3	(3.36)	17.3	(1.45)	17	(1.3)	110.1	(6.01)	38.4	(3.06)	35	(1.8)	96.0	(4.57)
20 and over.....	1206	45	(1.6)	120.0	(3.64)	21.5	(1.08)	18	(0.6)	129.7	(6.87)	47.3	(1.82)	36	(2.3)	111.9	(3.10)
2 and over...	1956	45	(1.3)	115.5	(3.35)	20.4	(0.96)	18	(0.6)	124.8	(5.68)	45.1	(1.80)	36	(2.1)	107.8	(2.77)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	97.1	(1.48)	15.4	(0.68)	16	(0.7)	101.9	(2.39)	40.0	(1.55)	39	(1.1)	94.0	(2.52)
20 and over.....	5017	39	(1.2)	115.5	(1.95)	19.1	(0.79)	17	(0.6)	125.9	(3.52)	49.6	(1.32)	39	(1.6)	108.9	(1.91)
2 and over...	7918	39	(1.1)	111.0	(1.71)	18.2	(0.68)	16	(0.6)	120.2	(2.71)	47.3	(1.23)	39	(1.4)	105.3	(1.60)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	Total Intake	(SE)	%	(SE)	Total Intake	(SE)	Total Intake	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	2075	(53.1)	260	(21.2)	13	(1.0)	2104	(90.4)	705	(29.9)
20 and over.....	1430	32	(1.8)	2438	(44.1)	269	(17.9)	11	(0.8)	2440	(74.8)	836	(37.4)
2 and over...	2169	33	(1.7)	2353	(43.0)	267	(16.1)	11	(0.7)	2353	(56.4)	802	(30.5)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	2053	(30.0)	224	(14.9)	11	(0.7)	2053	(55.1)	668	(33.3)
20 and over.....	1973	37	(1.7)	2562	(45.7)	312	(22.1)	12	(0.8)	2580	(79.2)	844	(30.2)
2 and over...	3198	36	(1.4)	2442	(41.5)	291	(17.2)	12	(0.7)	2464	(64.9)	806	(24.2)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	2130	(56.5)	298	(18.1)	14	(0.8)	2230	(94.0)	664	(40.7)
20 and over.....	1206	45	(1.6)	2827	(49.9)	421	(16.2)	15	(0.6)	2821	(67.4)	926	(33.2)
2 and over...	1956	45	(1.3)	2650	(45.6)	389	(13.7)	15	(0.6)	2672	(54.6)	860	(29.8)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	2086	(30.2)	258	(10.2)	12	(0.5)	2133	(48.5)	670	(21.3)
20 and over.....	5017	39	(1.2)	2633	(38.6)	339	(15.2)	13	(0.6)	2666	(53.7)	877	(21.1)
2 and over...	7918	39	(1.1)	2502	(35.7)	319	(13.0)	13	(0.5)	2538	(42.3)	827	(18.9)



**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S o d i u m													
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		All Individuals <sup>2</sup>		Intake from Quick Service Restaurants		Percentages from <sup>6</sup>		Quick Service Restaurant Consumers <sup>3</sup>		Non-consumers <sup>4</sup>	
				Total Intake	(SE)	Total Intake	(SE)	%	(SE)	Total Intake	(SE)	Total Intake	(SE)
<b>\$0 - \$24,999:</b>													
2 - 19.....	739	37	(2.6)	3016	(84.4)	589	(50.7)	20	(1.5)	3393	(134.2)	1595	(74.9)
20 and over.....	1430	32	(1.8)	3347	(62.2)	523	(37.0)	16	(1.1)	3734	(159.5)	1627	(92.4)
2 and over...	2169	33	(1.7)	3270	(51.0)	538	(34.9)	16	(1.1)	3645	(128.5)	1618	(75.6)
<b>\$25,000 - \$74,999:</b>													
2 - 19.....	1225	33	(1.4)	2950	(43.1)	439	(35.7)	15	(1.1)	3164	(107.4)	1310	(68.7)
20 and over.....	1973	37	(1.7)	3566	(74.9)	598	(32.8)	17	(0.9)	3813	(90.3)	1618	(48.8)
2 and over...	3198	36	(1.4)	3420	(55.0)	560	(25.6)	16	(0.8)	3671	(69.4)	1550	(37.5)
<b>\$75,000 and higher:</b>													
2 - 19.....	750	45	(1.7)	3093	(79.8)	576	(65.7)	19	(2.0)	3342	(168.2)	1282	(134.6)
20 and over.....	1206	45	(1.6)	3676	(62.2)	718	(49.9)	20	(1.2)	3868	(100.3)	1582	(94.4)
2 and over...	1956	45	(1.3)	3527	(54.4)	682	(47.4)	19	(1.2)	3735	(77.2)	1506	(92.3)
<b>All Individuals <sup>7</sup>:</b>													
2 - 19.....	2901	38	(1.3)	3013	(36.4)	517	(26.1)	17	(0.8)	3274	(70.8)	1345	(60.5)
20 and over.....	5017	39	(1.2)	3536	(40.0)	621	(27.6)	18	(0.8)	3826	(52.8)	1607	(49.4)
2 and over...	7918	39	(1.1)	3410	(33.6)	596	(24.8)	17	(0.7)	3694	(36.0)	1544	(48.1)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
Family income in dollars and age (years)	Sample Size	All Individuals <sup>2</sup>						Quick Service Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>			
		Percent Reporting <sup>5</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>6</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	37	(2.6)	26.3	(5.96)	3.2	(0.94)	12*	(4.3)	24.4	(3.79)	8.7*	(2.68)	36	(8.8)	27.4	(7.99)
20 and over.....	1430	32	(1.8)	144.8	(8.98)	15.5	(3.75)	11	(2.6)	156.1	(18.17)	48.1	(10.33)	31	(5.1)	139.4	(9.10)
2 and over...	2169	33	(1.7)	117.0	(8.10)	12.6	(2.96)	11	(2.5)	121.9	(14.41)	37.9	(8.18)	31	(4.9)	114.6	(8.95)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	33	(1.4)	29.9	(5.44)	4.4	(0.61)	15	(3.2)	31.0	(4.29)	13.2	(1.89)	42	(4.4)	29.3	(7.66)
20 and over.....	1973	37	(1.7)	177.1	(10.95)	16.6	(2.34)	9	(1.2)	178.4	(13.20)	45.0	(5.49)	25	(2.9)	176.3	(14.01)
2 and over...	3198	36	(1.4)	142.2	(9.75)	13.7	(1.77)	10	(1.1)	146.1	(11.24)	38.0	(4.47)	26	(2.8)	140.0	(11.99)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	45	(1.7)	23.2	(2.26)	6.0	(1.36)	26	(5.7)	30.2	(3.59)	13.4	(2.82)	44	(5.8)	17.5	(3.03)
20 and over.....	1206	45	(1.6)	181.8	(7.69)	27.2	(4.08)	15	(2.1)	180.7	(11.06)	59.9	(8.61)	33	(4.0)	182.7	(9.69)
2 and over...	1956	45	(1.3)	141.4	(4.96)	21.8	(3.15)	15	(2.1)	142.7	(8.74)	48.2	(6.76)	34	(3.9)	140.3	(6.71)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	26.2	(2.97)	4.6	(0.68)	18	(3.5)	28.5	(2.31)	12.0	(1.61)	42	(3.5)	24.7	(4.57)
20 and over.....	5017	39	(1.2)	171.5	(6.17)	20.1	(2.16)	12	(1.2)	175.3	(8.90)	52.0	(5.06)	30	(2.4)	169.1	(6.96)
2 and over...	7918	39	(1.1)	136.6	(5.03)	16.4	(1.72)	12	(1.2)	140.1	(7.19)	42.4	(4.01)	30	(2.3)	134.3	(5.86)

**Table 51. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

A l c o h o l											
<div>—————All Individuals <sup>2</sup>—————      —Quick Service Restaurant Consumers <sup>3</sup> —      Non-consumers<sup>4</sup></div>											
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)	Total Intake g (SE)	Intake from Quick Service Restaurants g (SE)	Percentages from <sup>6</sup> Quick Service Restaurants % (SE)	Total Intake g (SE)	Intake from Quick Service Restaurants g (SE)	Percentages from <sup>6</sup> Quick Service Restaurants % (SE)	Total Intake g (SE)		
<b>\$0 - \$24,999:</b>											
2 - 19.....	739	37 (2.6)	--	--	--	--	--	--	--		
20 and over.....	1430	32 (1.8)	8.9 (1.16)	0.1* (0.09)	1* (1.0)	11.9 (2.75)	0.4* (0.28)	3* (2.3)	7.5 (0.70)		
2 and over...	2169	33 (1.7)	--	--	--	--	--	--	--		
<b>\$25,000 - \$74,999:</b>											
2 - 19.....	1225	33 (1.4)	--	--	--	--	--	--	--		
20 and over.....	1973	37 (1.7)	10.1 (0.98)	0.1* (0.07)	1* (0.7)	9.8 (1.69)	0.4* (0.19)	4* (2.1)	10.2 (1.00)		
2 and over...	3198	36 (1.4)	--	--	--	--	--	--	--		
<b>\$75,000 and higher:</b>											
2 - 19.....	750	45 (1.7)	--	--	--	--	--	--	--		
20 and over.....	1206	45 (1.6)	11.2 (0.91)	0.4* (0.16)	3* (1.4)	9.0 (1.19)	0.8* (0.35)	9* (3.8)	13.0 (1.38)		
2 and over...	1956	45 (1.3)	--	--	--	--	--	--	--		
<b>All Individuals <sup>7</sup>:</b>											
2 - 19.....	2901	38 (1.3)	--	--	--	--	--	--	--		
20 and over.....	5017	39 (1.2)	9.9 (0.62)	0.2 (0.06)	2 (0.6)	9.6 (0.73)	0.6 (0.14)	6 (1.5)	10.1 (0.66)		
2 and over...	7918	39 (1.1)	--	--	--	--	--	--	--		

## 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 the relative standard error is greater than 30 percent.

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.
- <sup>3</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.
- <sup>7</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2018. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %   (SE)		Total Intake kcal   (SE)		Intake from Quick Service Restaurants kcal   (SE)		Percentages from <sup>7</sup> Quick Service Restaurants %   (SE)		Total Intake kcal   (SE)		Intake from Quick Service Restaurants kcal   (SE)		Percentages from <sup>7</sup> Quick Service Restaurants %   (SE)		Total Intake kcal   (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	1822	(41.4)	265	(18.6)	15	(0.9)	1995	(50.2)	766	(25.0)	38	(1.5)	1731	(46.5)
20 and over.....	1434	32	(2.0)	2027	(45.8)	284	(19.4)	14	(0.9)	2201	(52.8)	886	(42.7)	40	(1.6)	1944	(59.2)
2 and over...	2514	33	(1.7)	1961	(27.6)	278	(14.5)	14	(0.8)	2132	(34.0)	845	(28.2)	40	(1.4)	1877	(35.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	1869	(35.9)	262	(16.7)	14	(0.9)	2017	(62.1)	748	(42.6)	37	(2.4)	1788	(46.7)
20 and over.....	1823	36	(1.4)	2122	(34.0)	312	(18.0)	15	(0.8)	2275	(37.7)	860	(23.4)	38	(1.1)	2034	(40.4)
2 and over...	2881	36	(1.3)	2056	(23.4)	299	(12.1)	15	(0.6)	2209	(26.1)	831	(21.2)	38	(1.1)	1969	(32.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1945	(67.2)	342	(30.4)	18	(1.4)	2075	(109.9)	710	(48.2)	34	(1.7)	1825	(69.5)
20 and over.....	1280	45	(2.0)	2160	(33.8)	367	(20.0)	17	(0.8)	2304	(60.6)	819	(35.5)	36	(1.4)	2043	(26.9)
2 and over...	1811	45	(1.5)	2122	(30.8)	362	(16.8)	17	(0.7)	2260	(50.5)	798	(30.1)	35	(1.0)	2006	(21.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1868	(25.2)	282	(10.4)	15	(0.5)	2012	(33.4)	732	(21.2)	36	(0.8)	1779	(32.4)
20 and over.....	5017	39	(1.2)	2105	(20.6)	326	(13.4)	15	(0.6)	2278	(32.2)	844	(22.3)	37	(1.0)	1996	(24.8)
2 and over...	7918	39	(1.1)	2048	(18.3)	315	(11.1)	15	(0.5)	2214	(25.3)	817	(18.7)	37	(0.8)	1944	(20.9)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
————— <i>All Individuals</i> <sup>3</sup> —————      ——— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> ——— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %    (SE)		Total Intake g    (SE)		Intake from Quick Service Restaurants g    (SE)		Percentages from <sup>7</sup> Quick Service Restaurants %    (SE)		Total Intake g    (SE)		Intake from Quick Service Restaurants g    (SE)		Percentages from <sup>7</sup> Quick Service Restaurants %    (SE)		Total Intake g    (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	65.4	(1.18)	10.2	(0.62)	16	(0.9)	70.5	(2.59)	29.4	(1.17)	42	(1.9)	62.8	(1.69)
20 and over.....	1434	32	(2.0)	78.5	(1.61)	11.7	(0.81)	15	(1.1)	81.5	(1.45)	36.6	(1.52)	45	(1.7)	77.1	(2.20)
2 and over...	2514	33	(1.7)	74.3	(0.97)	11.2	(0.58)	15	(0.9)	77.8	(1.15)	34.1	(1.11)	44	(1.5)	72.6	(1.49)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	67.4	(1.54)	9.6	(0.67)	14	(1.0)	69.3	(1.27)	27.4	(2.19)	40	(3.3)	66.4	(2.23)
20 and over.....	1823	36	(1.4)	81.8	(1.53)	12.3	(0.65)	15	(0.8)	86.7	(2.00)	33.9	(0.95)	39	(1.5)	79.0	(2.02)
2 and over...	2881	36	(1.3)	78.0	(1.20)	11.6	(0.47)	15	(0.6)	82.3	(1.55)	32.3	(1.00)	39	(1.4)	75.6	(1.59)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	69.3	(3.33)	13.1	(1.50)	19	(2.0)	73.2	(4.31)	27.2	(2.45)	37	(2.4)	65.6	(4.42)
20 and over.....	1280	45	(2.0)	86.4	(2.09)	15.4	(0.97)	18	(0.9)	91.9	(3.56)	34.3	(1.52)	37	(1.8)	82.0	(2.20)
2 and over...	1811	45	(1.5)	83.4	(1.99)	15.0	(0.84)	18	(0.8)	88.3	(3.01)	33.0	(1.50)	37	(1.5)	79.2	(1.99)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	67.1	(1.14)	10.6	(0.45)	16	(0.7)	70.6	(1.56)	27.7	(1.02)	39	(1.0)	64.9	(1.57)
20 and over.....	5017	39	(1.2)	82.5	(1.20)	13.3	(0.62)	16	(0.7)	88.4	(1.84)	34.5	(1.00)	39	(1.4)	78.8	(1.31)
2 and over...	7918	39	(1.1)	78.8	(1.09)	12.7	(0.53)	16	(0.6)	84.1	(1.39)	32.9	(0.94)	39	(1.2)	75.4	(1.13)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
Family income as % of poverty level and age (years)	Sample Size	All Individuals <sup>3</sup>								Quick Service Restaurant Consumers <sup>4</sup> — Non-consumers <sup>5</sup>							
		Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	234	(5.6)	30	(2.3)	13	(0.9)	248	(5.9)	86	(3.1)	35	(1.6)	227	(6.4)
20 and over.....	1434	32	(2.0)	243	(5.8)	30	(1.9)	13	(0.7)	257	(8.7)	95	(5.2)	37	(1.7)	237	(7.1)
2 and over...	2514	33	(1.7)	240	(4.0)	30	(1.5)	13	(0.7)	254	(5.9)	92	(3.5)	36	(1.4)	234	(4.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	241	(5.5)	30	(2.1)	13	(0.8)	262	(10.7)	87	(4.6)	33	(2.3)	230	(5.9)
20 and over.....	1823	36	(1.4)	249	(4.5)	35	(2.3)	14	(0.8)	272	(5.5)	95	(3.4)	35	(1.2)	236	(5.5)
2 and over...	2881	36	(1.3)	247	(3.1)	34	(1.5)	14	(0.6)	269	(4.1)	93	(2.6)	35	(1.2)	234	(4.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	250	(7.9)	41	(3.9)	16	(1.4)	268	(14.8)	85	(6.0)	32	(1.8)	234	(7.2)
20 and over.....	1280	45	(2.0)	242	(5.3)	38	(2.3)	16	(0.9)	255	(9.2)	84	(4.5)	33	(1.2)	231	(5.1)
2 and over...	1811	45	(1.5)	243	(4.4)	38	(1.8)	16	(0.7)	258	(7.6)	84	(3.5)	33	(0.8)	232	(4.2)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	241	(3.0)	33	(1.3)	14	(0.4)	258	(4.4)	85	(2.5)	33	(0.8)	230	(3.7)
20 and over.....	5017	39	(1.2)	244	(2.4)	35	(1.3)	14	(0.5)	261	(4.6)	90	(2.3)	34	(0.8)	233	(2.3)
2 and over...	7918	39	(1.1)	243	(1.9)	34	(1.1)	14	(0.4)	261	(3.5)	89	(1.9)	34	(0.6)	232	(2.0)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	106	(3.4)	9	(1.1)	8	(1.0)	105	(3.7)	25	(2.2)	24	(1.9)	107	(4.2)
20 and over.....	1434	32	(2.0)	107	(3.7)	10	(0.8)	10	(0.6)	112	(5.9)	32	(2.1)	28	(1.9)	105	(3.7)
2 and over...	2514	33	(1.7)	107	(2.9)	10	(0.7)	9	(0.7)	109	(4.3)	30	(1.7)	27	(1.6)	105	(3.0)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	109	(2.9)	11	(0.9)	10	(0.8)	115	(4.9)	31	(1.7)	27	(1.1)	105	(3.3)
20 and over.....	1823	36	(1.4)	109	(3.2)	12	(1.1)	11	(0.9)	118	(3.8)	34	(2.0)	29	(1.5)	105	(4.4)
2 and over...	2881	36	(1.3)	109	(2.3)	12	(0.7)	11	(0.6)	117	(3.0)	33	(1.4)	28	(1.0)	105	(3.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	112	(4.8)	16	(2.0)	14	(1.7)	120	(8.6)	33	(3.7)	28	(2.6)	105	(3.7)
20 and over.....	1280	45	(2.0)	102	(3.5)	12	(0.9)	12	(0.8)	108	(5.3)	28	(2.0)	26	(1.1)	98	(4.2)
2 and over...	1811	45	(1.5)	104	(3.2)	13	(0.7)	13	(0.6)	110	(5.1)	29	(1.8)	26	(1.0)	99	(3.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	108	(2.1)	11	(0.6)	11	(0.4)	112	(2.8)	30	(1.2)	26	(1.0)	106	(2.2)
20 and over.....	5017	39	(1.2)	106	(1.6)	12	(0.4)	11	(0.4)	112	(3.3)	30	(0.9)	27	(0.5)	102	(1.8)
2 and over...	7918	39	(1.1)	106	(1.5)	12	(0.3)	11	(0.3)	112	(2.8)	30	(0.7)	27	(0.4)	103	(1.5)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	13.2	(0.45)	1.7	(0.12)	13	(1.0)	13.8	(0.52)	5.0	(0.19)	36	(1.9)	12.8	(0.56)
20 and over.....	1434	32	(2.0)	15.6	(0.66)	1.8	(0.13)	11	(0.9)	14.9	(0.49)	5.6	(0.35)	38	(1.7)	16.0	(0.92)
2 and over...	2514	33	(1.7)	14.8	(0.50)	1.8	(0.10)	12	(0.8)	14.5	(0.29)	5.4	(0.26)	37	(1.5)	15.0	(0.69)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	14.3	(0.35)	1.7	(0.13)	12	(0.9)	14.3	(0.62)	4.7	(0.36)	33	(3.1)	14.3	(0.45)
20 and over.....	1823	36	(1.4)	16.8	(0.40)	2.2	(0.23)	13	(1.3)	17.2	(0.48)	6.0	(0.48)	35	(2.9)	16.5	(0.56)
2 and over...	2881	36	(1.3)	16.1	(0.36)	2.0	(0.15)	13	(1.0)	16.5	(0.40)	5.7	(0.35)	34	(2.5)	16.0	(0.49)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	14.5	(0.26)	2.0	(0.23)	14	(1.6)	14.9	(0.71)	4.1	(0.44)	28	(2.9)	14.1	(0.55)
20 and over.....	1280	45	(2.0)	18.5	(0.45)	2.6	(0.15)	14	(0.9)	18.1	(0.63)	5.7	(0.28)	32	(1.8)	18.9	(0.53)
2 and over...	1811	45	(1.5)	17.8	(0.41)	2.5	(0.13)	14	(0.8)	17.5	(0.50)	5.4	(0.24)	31	(1.6)	18.1	(0.50)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	14.0	(0.22)	1.8	(0.08)	13	(0.6)	14.2	(0.22)	4.6	(0.19)	32	(1.2)	13.9	(0.35)
20 and over.....	5017	39	(1.2)	17.3	(0.39)	2.2	(0.12)	13	(0.7)	17.4	(0.47)	5.8	(0.24)	33	(1.6)	17.2	(0.46)
2 and over...	7918	39	(1.1)	16.5	(0.35)	2.1	(0.09)	13	(0.5)	16.6	(0.37)	5.5	(0.18)	33	(1.3)	16.4	(0.41)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	71.3	(2.03)	11.9	(0.82)	17	(1.0)	82.2	(2.59)	34.4	(1.26)	42	(1.6)	65.6	(2.26)
20 and over.....	1434	32	(2.0)	79.0	(2.57)	13.0	(1.03)	16	(1.2)	90.1	(2.68)	40.5	(2.10)	45	(1.5)	73.7	(3.14)
2 and over...	2514	33	(1.7)	76.5	(1.67)	12.6	(0.74)	17	(1.0)	87.4	(1.56)	38.4	(1.34)	44	(1.3)	71.2	(2.06)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	72.8	(1.56)	11.5	(0.73)	16	(1.1)	78.9	(2.21)	32.9	(1.91)	42	(2.3)	69.5	(2.29)
20 and over.....	1823	36	(1.4)	84.8	(1.84)	13.9	(0.73)	16	(0.8)	90.1	(1.82)	38.2	(0.95)	42	(1.5)	81.8	(2.34)
2 and over...	2881	36	(1.3)	81.7	(1.47)	13.3	(0.50)	16	(0.6)	87.3	(1.44)	36.8	(0.93)	42	(1.3)	78.5	(2.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	76.6	(2.87)	14.2	(1.19)	19	(1.5)	81.3	(4.13)	29.5	(2.13)	36	(2.1)	72.3	(3.43)
20 and over.....	1280	45	(2.0)	87.8	(1.97)	17.2	(1.01)	20	(1.0)	96.5	(2.98)	38.3	(1.94)	40	(1.8)	80.8	(1.78)
2 and over...	1811	45	(1.5)	85.8	(1.85)	16.6	(0.87)	19	(0.8)	93.6	(2.65)	36.7	(1.60)	39	(1.4)	79.4	(1.59)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	73.1	(1.29)	12.2	(0.43)	17	(0.6)	79.8	(1.35)	31.9	(0.94)	40	(0.9)	68.9	(1.72)
20 and over.....	5017	39	(1.2)	84.1	(1.12)	14.9	(0.68)	18	(0.7)	93.1	(1.42)	38.6	(1.26)	41	(1.2)	78.4	(1.67)
2 and over...	7918	39	(1.1)	81.4	(1.03)	14.3	(0.54)	18	(0.6)	90.0	(1.17)	37.0	(0.97)	41	(0.9)	76.1	(1.44)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	24.8	(0.77)	3.8	(0.27)	15	(1.0)	27.7	(0.90)	11.1	(0.43)	40	(1.4)	23.3	(0.86)
20 and over.....	1434	32	(2.0)	26.0	(1.05)	4.3	(0.36)	17	(1.2)	29.3	(0.90)	13.4	(0.84)	46	(1.9)	24.4	(1.27)
2 and over...	2514	33	(1.7)	25.6	(0.68)	4.2	(0.25)	16	(1.0)	28.8	(0.55)	12.6	(0.55)	44	(1.6)	24.1	(0.84)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	25.9	(0.74)	4.1	(0.28)	16	(1.3)	27.8	(0.95)	11.7	(0.63)	42	(1.7)	24.8	(1.08)
20 and over.....	1823	36	(1.4)	28.1	(0.73)	4.7	(0.28)	17	(1.0)	29.4	(0.74)	12.8	(0.44)	44	(2.0)	27.3	(0.96)
2 and over...	2881	36	(1.3)	27.5	(0.58)	4.5	(0.19)	16	(0.8)	29.0	(0.54)	12.5	(0.35)	43	(1.5)	26.7	(0.81)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	27.1	(1.18)	5.1	(0.40)	19	(1.5)	28.8	(1.72)	10.7	(0.89)	37	(2.2)	25.4	(1.21)
20 and over.....	1280	45	(2.0)	28.2	(0.64)	5.5	(0.37)	20	(1.2)	31.0	(0.98)	12.4	(0.56)	40	(1.5)	26.0	(0.72)
2 and over...	1811	45	(1.5)	28.0	(0.62)	5.5	(0.31)	20	(1.0)	30.6	(0.85)	12.0	(0.52)	39	(1.2)	25.9	(0.65)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	25.7	(0.57)	4.2	(0.16)	16	(0.6)	27.8	(0.60)	11.0	(0.36)	40	(1.0)	24.4	(0.67)
20 and over.....	5017	39	(1.2)	27.5	(0.47)	4.9	(0.22)	18	(0.8)	30.2	(0.50)	12.7	(0.35)	42	(1.0)	25.8	(0.72)
2 and over...	7918	39	(1.1)	27.1	(0.42)	4.7	(0.17)	18	(0.7)	29.6	(0.36)	12.3	(0.26)	42	(0.8)	25.5	(0.62)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>3</sup> —————      —Quick Service Restaurant Consumers <sup>4</sup> —      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	23.9	(0.69)	4.0	(0.29)	17	(1.0)	27.6	(1.10)	11.7	(0.48)	42	(1.6)	21.9	(0.79)
20 and over.....	1434	32	(2.0)	27.5	(0.82)	4.5	(0.36)	16	(1.2)	31.4	(0.94)	14.0	(0.72)	45	(1.5)	25.6	(1.03)
2 and over...	2514	33	(1.7)	26.3	(0.56)	4.4	(0.26)	17	(1.0)	30.1	(0.58)	13.2	(0.45)	44	(1.2)	24.5	(0.69)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	24.4	(0.60)	3.7	(0.24)	15	(1.1)	26.1	(0.69)	10.6	(0.73)	41	(2.6)	23.5	(0.86)
20 and over.....	1823	36	(1.4)	29.8	(0.63)	4.8	(0.24)	16	(0.8)	31.4	(0.61)	13.1	(0.35)	42	(1.6)	28.8	(0.81)
2 and over...	2881	36	(1.3)	28.4	(0.56)	4.5	(0.16)	16	(0.6)	30.1	(0.52)	12.5	(0.36)	41	(1.4)	27.4	(0.74)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	26.2	(0.99)	4.8	(0.42)	18	(1.5)	27.9	(1.39)	10.0	(0.75)	36	(2.0)	24.6	(1.29)
20 and over.....	1280	45	(2.0)	31.1	(0.77)	6.0	(0.35)	19	(1.0)	34.2	(1.13)	13.4	(0.61)	39	(1.9)	28.6	(0.58)
2 and over...	1811	45	(1.5)	30.2	(0.72)	5.8	(0.31)	19	(0.9)	33.0	(1.06)	12.7	(0.54)	39	(1.5)	27.9	(0.53)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	24.7	(0.48)	4.1	(0.16)	17	(0.6)	26.9	(0.51)	10.7	(0.39)	40	(1.0)	23.3	(0.66)
20 and over.....	5017	39	(1.2)	29.6	(0.39)	5.1	(0.23)	17	(0.7)	32.7	(0.54)	13.3	(0.42)	41	(1.3)	27.6	(0.55)
2 and over...	7918	39	(1.1)	28.4	(0.37)	4.9	(0.18)	17	(0.6)	31.3	(0.47)	12.7	(0.35)	41	(1.0)	26.6	(0.50)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	16.1	(0.46)	3.0	(0.23)	18	(1.3)	19.5	(0.59)	8.6	(0.43)	44	(2.3)	14.3	(0.50)
20 and over.....	1434	32	(2.0)	18.2	(0.57)	3.0	(0.29)	17	(1.4)	21.3	(0.97)	9.5	(0.62)	44	(2.0)	16.7	(0.68)
2 and over...	2514	33	(1.7)	17.5	(0.38)	3.0	(0.21)	17	(1.0)	20.7	(0.60)	9.2	(0.43)	44	(1.5)	16.0	(0.45)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	15.8	(0.36)	2.7	(0.18)	17	(1.0)	17.7	(0.65)	7.6	(0.48)	43	(3.1)	14.7	(0.38)
20 and over.....	1823	36	(1.4)	19.2	(0.41)	3.2	(0.19)	17	(0.8)	21.1	(0.53)	8.9	(0.30)	42	(1.1)	18.1	(0.51)
2 and over...	2881	36	(1.3)	18.3	(0.31)	3.1	(0.14)	17	(0.7)	20.2	(0.42)	8.6	(0.30)	43	(1.3)	17.2	(0.43)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	16.5	(0.70)	3.0	(0.35)	18	(2.0)	17.3	(1.11)	6.2	(0.56)	36	(2.8)	15.8	(0.93)
20 and over.....	1280	45	(2.0)	20.7	(0.69)	4.2	(0.30)	20	(1.4)	22.8	(1.03)	9.3	(0.77)	41	(2.9)	18.9	(0.79)
2 and over...	1811	45	(1.5)	19.9	(0.64)	4.0	(0.25)	20	(1.1)	21.8	(0.86)	8.8	(0.57)	40	(2.1)	18.4	(0.69)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	16.0	(0.22)	2.8	(0.10)	18	(0.6)	17.9	(0.39)	7.4	(0.20)	41	(1.0)	14.8	(0.34)
20 and over.....	5017	39	(1.2)	19.4	(0.30)	3.6	(0.21)	18	(0.9)	21.9	(0.54)	9.2	(0.47)	42	(1.8)	17.8	(0.37)
2 and over...	7918	39	(1.1)	18.6	(0.26)	3.4	(0.16)	18	(0.8)	20.9	(0.44)	8.8	(0.35)	42	(1.4)	17.1	(0.31)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
Family income as % of poverty level and age (years)	Sample Size	—————All Individuals <sup>3</sup> —————								—Quick Service Restaurant Consumers <sup>4</sup> —				Non-consumers <sup>5</sup>			
		Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	223	(6.2)	29	(2.2)	13	(1.0)	231	(10.6)	84	(4.5)	37	(2.2)	218	(6.1)
20 and over.....	1434	32	(2.0)	308	(11.9)	44	(4.3)	14	(1.6)	324	(11.4)	136	(7.8)	42	(2.8)	300	(15.4)
2 and over...	2514	33	(1.7)	280	(7.9)	39	(3.1)	14	(1.3)	292	(8.4)	118	(5.7)	41	(2.4)	275	(9.6)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	220	(10.5)	28	(2.0)	13	(1.0)	216	(7.3)	81	(6.6)	37	(2.3)	222	(13.7)
20 and over.....	1823	36	(1.4)	308	(10.5)	44	(3.2)	14	(1.1)	304	(13.7)	120	(7.1)	39	(2.6)	311	(11.5)
2 and over...	2881	36	(1.3)	285	(8.9)	40	(2.1)	14	(0.8)	281	(11.1)	110	(5.9)	39	(2.2)	287	(9.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	234	(14.8)	44	(7.5)	19	(3.1)	234	(23.1)	91	(14.7)	39	(5.1)	233	(19.9)
20 and over.....	1280	45	(2.0)	295	(8.8)	54	(4.0)	18	(1.0)	303	(13.0)	121	(7.9)	40	(2.3)	288	(11.3)
2 and over...	1811	45	(1.5)	284	(8.1)	53	(4.0)	19	(1.1)	290	(11.7)	116	(8.0)	40	(2.1)	279	(10.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	225	(5.4)	33	(2.1)	14	(1.1)	227	(8.3)	85	(5.0)	37	(1.8)	224	(7.8)
20 and over.....	5017	39	(1.2)	300	(6.3)	47	(2.8)	16	(0.9)	308	(7.2)	123	(6.0)	40	(1.9)	295	(8.1)
2 and over...	7918	39	(1.1)	282	(5.2)	44	(2.5)	16	(0.9)	288	(6.0)	114	(5.3)	39	(1.7)	278	(6.3)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>3</sup> —————      —Quick Service Restaurant Consumers <sup>4</sup> —      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	547	(17.0)	42	(4.0)	8	(0.7)	537	(46.9)	121	(8.6)	23	(1.8)	552	(17.9)
20 and over.....	1434	32	(2.0)	552	(22.9)	53	(4.9)	10	(0.9)	517	(20.7)	164	(11.0)	32	(2.2)	568	(28.7)
2 and over...	2514	33	(1.7)	550	(15.7)	49	(3.7)	9	(0.7)	524	(18.5)	149	(8.3)	29	(1.7)	563	(18.6)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	591	(27.8)	43	(2.5)	7	(0.5)	582	(45.6)	123	(6.7)	21	(2.6)	596	(30.8)
20 and over.....	1823	36	(1.4)	650	(27.8)	60	(5.5)	9	(0.9)	591	(31.1)	166	(11.7)	28	(1.9)	683	(43.8)
2 and over...	2881	36	(1.3)	634	(21.1)	56	(4.1)	9	(0.7)	589	(27.7)	155	(9.0)	26	(1.7)	660	(33.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	630	(33.4)	63	(5.1)	10	(0.8)	601	(45.5)	130	(13.7)	22	(2.2)	658	(35.4)
20 and over.....	1280	45	(2.0)	650	(23.6)	71	(5.0)	11	(0.6)	605	(30.8)	158	(6.9)	26	(1.6)	686	(31.8)
2 and over...	1811	45	(1.5)	646	(20.0)	69	(4.5)	11	(0.5)	604	(27.0)	153	(7.7)	25	(1.4)	681	(25.5)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	586	(18.6)	48	(2.5)	8	(0.4)	571	(25.1)	124	(4.6)	22	(1.0)	595	(22.0)
20 and over.....	5017	39	(1.2)	629	(13.0)	62	(3.5)	10	(0.5)	582	(17.0)	161	(5.8)	28	(1.1)	659	(17.8)
2 and over...	7918	39	(1.1)	619	(11.1)	59	(2.9)	9	(0.4)	579	(13.3)	152	(4.9)	26	(0.9)	644	(14.5)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e													
— All Individuals <sup>3</sup> — — Quick Service Restaurant Consumers <sup>4</sup> — Non-consumers <sup>5</sup>													
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)
<b>Under 131% poverty:</b>													
2 - 19.....	1080	35	(2.1)	1059	(68.4)	76	(11.6)	7	(1.3)	1004	(140.2)	221	(32.5)
20 and over.....	1434	32	(2.0)	1941	(152.3)	134	(14.3)	7	(0.9)	1553	(195.4)	418	(43.8)
2 and over...	2514	33	(1.7)	1657	(112.4)	116	(10.7)	7	(0.8)	1367	(136.4)	351	(33.2)
<b>131-350% poverty:</b>													
2 - 19.....	1058	35	(2.5)	1080	(88.4)	65	(7.3)	6	(0.8)	1161	(209.5)	184	(19.5)
20 and over.....	1823	36	(1.4)	2220	(235.6)	147	(29.1)	7	(1.4)	1684	(170.2)	404	(72.0)
2 and over...	2881	36	(1.3)	1923	(186.1)	125	(22.3)	7	(1.3)	1551	(143.7)	348	(54.6)
<b>Over 350% poverty:</b>													
2 - 19.....	531	48	(3.4)	1644	(220.9)	108	(18.0)	7	(1.3)	1225	(144.0)	224	(38.5)
20 and over.....	1280	45	(2.0)	2352	(155.2)	230	(33.2)	10	(1.3)	2010	(145.0)	514	(68.9)
2 and over...	1811	45	(1.5)	2226	(151.6)	209	(28.0)	9	(1.1)	1862	(133.3)	459	(57.4)
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	38	(1.3)	1249	(95.1)	82	(7.7)	7	(0.7)	1127	(64.4)	212	(16.3)
20 and over.....	5017	39	(1.2)	2233	(110.0)	175	(19.3)	8	(0.9)	1795	(116.1)	453	(40.5)
2 and over...	7918	39	(1.1)	1996	(98.7)	153	(15.8)	8	(0.8)	1635	(94.6)	395	(33.3)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e														
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>														
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> % (SE)		Total Intake µg (SE)	Intake from Quick Service Restaurants µg (SE)		Percentages from <sup>7</sup> Quick Service Restaurants % (SE)		Total Intake µg (SE)	Intake from Quick Service Restaurants µg (SE)		Percentages from <sup>7</sup> Quick Service Restaurants % (SE)		Total Intake µg (SE)
<b>Under 131% poverty:</b>														
2 - 19.....	1080	35	(2.1)	4078 (240.6)	814 (93.9)	20	(1.7)		4808 (222.1)	2356 (216.9)	49	(4.1)		3693 (312.1)
20 and over.....	1434	32	(2.0)	4594 (342.7)	777 (114.7)	17	(2.8)		4493 (488.1)	2420 (344.5)	54	(4.9)		4642 (578.9)
2 and over...	2514	33	(1.7)	4428 (277.9)	789 (94.7)	18	(2.2)		4600 (356.9)	2398 (268.2)	52	(3.6)		4344 (447.5)
<b>131-350% poverty:</b>														
2 - 19.....	1058	35	(2.5)	4602 (388.3)	639 (80.3)	14	(2.0)		4837 (609.6)	1822 (217.4)	38	(7.4)		4475 (411.3)
20 and over.....	1823	36	(1.4)	4900 (335.6)	718 (46.4)	15	(1.2)		5185 (448.6)	1974 (117.4)	38	(4.5)		4737 (449.0)
2 and over...	2881	36	(1.3)	4822 (296.1)	697 (32.1)	14	(1.2)		5096 (427.7)	1935 (88.7)	38	(4.4)		4668 (379.4)
<b>Over 350% poverty:</b>														
2 - 19.....	531	48	(3.4)	4131 (645.1)	676 (100.5)	16	(3.5)		5236(1122.7)	1404 (218.4)	27*	(8.2)		3104 (356.7)
20 and over.....	1280	45	(2.0)	5627 (379.1)	809 (91.6)	14	(2.2)		4841 (418.9)	1806 (196.4)	37	(4.5)		6264 (684.5)
2 and over...	1811	45	(1.5)	5360 (366.8)	785 (81.7)	15	(2.2)		4916 (333.4)	1730 (178.7)	35	(4.0)		5729 (616.5)
<b>All Individuals <sup>8</sup>:</b>														
2 - 19.....	2901	38	(1.3)	4261 (230.4)	707 (53.7)	17	(1.6)		4944 (444.8)	1840 (136.6)	37	(4.8)		3835 (220.3)
20 and over.....	5017	39	(1.2)	5092 (233.4)	755 (50.7)	15	(1.3)		4911 (251.9)	1956 (132.5)	40	(3.0)		5206 (434.2)
2 and over...	7918	39	(1.1)	4892 (215.4)	744 (40.4)	15	(1.1)		4919 (214.1)	1928 (105.4)	39	(2.2)		4875 (362.3)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T h i a m i n													
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		All Individuals <sup>3</sup>			Quick Service Restaurant Consumers <sup>4</sup>			Non-consumers <sup>5</sup>			Total Intake
				Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants	
		%	(SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)
<b>Under 131% poverty:</b>													
2 - 19.....	1080	35	(2.1)	1.51 (0.036)	0.22 (0.018)	15 (0.9)	1.63 (0.070)	0.65 (0.037)	40 (1.7)	1.44 (0.041)			
20 and over.....	1434	32	(2.0)	1.50 (0.037)	0.22 (0.019)	14 (1.3)	1.57 (0.047)	0.67 (0.056)	43 (2.7)	1.47 (0.051)			
2 and over...	2514	33	(1.7)	1.50 (0.026)	0.22 (0.015)	15 (1.0)	1.59 (0.044)	0.67 (0.045)	42 (2.0)	1.46 (0.033)			
<b>131-350% poverty:</b>													
2 - 19.....	1058	35	(2.5)	1.53 (0.047)	0.20 (0.013)	13 (1.0)	1.62 (0.065)	0.57 (0.047)	35 (3.8)	1.47 (0.056)			
20 and over.....	1823	36	(1.4)	1.57 (0.022)	0.22 (0.013)	14 (0.7)	1.65 (0.035)	0.61 (0.022)	37 (1.2)	1.53 (0.029)			
2 and over...	2881	36	(1.3)	1.56 (0.018)	0.22 (0.009)	14 (0.6)	1.64 (0.036)	0.60 (0.023)	37 (1.6)	1.51 (0.023)			
<b>Over 350% poverty:</b>													
2 - 19.....	531	48	(3.4)	1.55 (0.045)	0.24 (0.027)	16 (1.7)	1.65 (0.090)	0.51 (0.049)	31 (2.6)	1.45 (0.067)			
20 and over.....	1280	45	(2.0)	1.63 (0.032)	0.26 (0.019)	16 (1.0)	1.71 (0.059)	0.59 (0.029)	35 (1.5)	1.57 (0.020)			
2 and over...	1811	45	(1.5)	1.62 (0.029)	0.26 (0.016)	16 (0.8)	1.70 (0.045)	0.57 (0.027)	34 (1.4)	1.55 (0.022)			
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	38	(1.3)	1.52 (0.025)	0.22 (0.011)	14 (0.6)	1.62 (0.040)	0.56 (0.025)	35 (1.1)	1.46 (0.036)			
20 and over.....	5017	39	(1.2)	1.58 (0.020)	0.24 (0.009)	15 (0.5)	1.67 (0.032)	0.61 (0.016)	36 (1.1)	1.52 (0.014)			
2 and over...	7918	39	(1.1)	1.57 (0.018)	0.23 (0.008)	15 (0.5)	1.66 (0.025)	0.60 (0.015)	36 (1.0)	1.51 (0.014)			

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

R i b o f l a v i n																	
				All Individuals <sup>3</sup>				Quick Service Restaurant Consumers <sup>4</sup>				Non-consumers <sup>5</sup>					
Family income as of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	1.83	(0.041)	0.18	(0.012)	10	(0.7)	1.83	(0.087)	0.53	(0.023)	29	(1.6)	1.83	(0.051)
20 and over.....	1434	32	(2.0)	1.97	(0.058)	0.24	(0.018)	12	(0.9)	1.97	(0.066)	0.73	(0.027)	37	(1.6)	1.97	(0.082)
2 and over...	2514	33	(1.7)	1.92	(0.038)	0.22	(0.012)	11	(0.7)	1.93	(0.048)	0.66	(0.019)	34	(1.2)	1.92	(0.050)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	1.94	(0.065)	0.19	(0.014)	10	(0.8)	1.94	(0.095)	0.55	(0.037)	28	(2.8)	1.93	(0.076)
20 and over.....	1823	36	(1.4)	2.19	(0.052)	0.26	(0.019)	12	(0.8)	2.22	(0.059)	0.72	(0.036)	33	(1.5)	2.18	(0.074)
2 and over...	2881	36	(1.3)	2.12	(0.043)	0.24	(0.013)	11	(0.6)	2.15	(0.049)	0.68	(0.030)	32	(1.5)	2.11	(0.064)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1.96	(0.085)	0.29	(0.034)	15	(1.6)	2.11	(0.150)	0.61	(0.075)	29	(2.8)	1.81	(0.069)
20 and over.....	1280	45	(2.0)	2.28	(0.050)	0.33	(0.019)	14	(0.9)	2.35	(0.091)	0.73	(0.027)	31	(1.5)	2.22	(0.051)
2 and over...	1811	45	(1.5)	2.22	(0.048)	0.32	(0.017)	14	(0.7)	2.31	(0.081)	0.71	(0.032)	31	(1.4)	2.15	(0.042)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1.90	(0.042)	0.21	(0.010)	11	(0.5)	1.96	(0.068)	0.56	(0.024)	29	(1.4)	1.87	(0.040)
20 and over.....	5017	39	(1.2)	2.17	(0.040)	0.28	(0.012)	13	(0.6)	2.25	(0.049)	0.72	(0.018)	32	(1.0)	2.12	(0.048)
2 and over...	7918	39	(1.1)	2.10	(0.037)	0.26	(0.010)	13	(0.5)	2.18	(0.040)	0.68	(0.017)	31	(0.9)	2.06	(0.041)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	21.1	(0.52)	3.4	(0.22)	16	(0.8)	24.0	(1.36)	9.7	(0.44)	41	(2.2)	19.6	(0.68)
20 and over.....	1434	32	(2.0)	24.9	(0.69)	3.6	(0.25)	14	(1.1)	26.1	(0.65)	11.1	(0.52)	42	(2.0)	24.3	(0.99)
2 and over...	2514	33	(1.7)	23.7	(0.35)	3.5	(0.18)	15	(0.9)	25.4	(0.63)	10.6	(0.40)	42	(1.4)	22.8	(0.58)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	21.5	(0.61)	3.0	(0.23)	14	(1.2)	23.1	(0.82)	8.6	(0.76)	37	(4.3)	20.7	(0.67)
20 and over.....	1823	36	(1.4)	26.3	(0.60)	3.7	(0.18)	14	(0.5)	28.1	(0.82)	10.2	(0.23)	36	(0.9)	25.2	(0.86)
2 and over...	2881	36	(1.3)	25.0	(0.44)	3.5	(0.14)	14	(0.4)	26.8	(0.62)	9.8	(0.30)	36	(1.2)	24.0	(0.72)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	21.8	(1.00)	3.9	(0.49)	18	(2.1)	23.5	(1.41)	8.2	(0.74)	35	(1.5)	20.2	(1.65)
20 and over.....	1280	45	(2.0)	27.2	(0.82)	4.7	(0.26)	17	(0.8)	30.2	(1.14)	10.5	(0.50)	35	(1.8)	24.8	(0.79)
2 and over...	1811	45	(1.5)	26.3	(0.75)	4.6	(0.24)	17	(0.8)	28.9	(1.01)	10.0	(0.47)	35	(1.5)	24.0	(0.71)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	21.4	(0.40)	3.4	(0.13)	16	(0.6)	23.3	(0.68)	8.7	(0.29)	37	(1.1)	20.1	(0.57)
20 and over.....	5017	39	(1.2)	26.2	(0.53)	4.0	(0.18)	15	(0.5)	28.7	(0.53)	10.5	(0.28)	36	(1.0)	24.6	(0.62)
2 and over...	7918	39	(1.1)	25.0	(0.43)	3.9	(0.15)	16	(0.5)	27.4	(0.47)	10.1	(0.27)	37	(0.9)	23.5	(0.50)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   B   6																	
		— <i>All Individuals</i> <sup>3</sup> —								— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> —				<i>Non-consumers</i> <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	1.67	(0.056)	0.15	(0.012)	9	(0.6)	1.70	(0.138)	0.44	(0.029)	26	(2.2)	1.65	(0.071)
20 and over.....	1434	32	(2.0)	2.05	(0.088)	0.19	(0.014)	9	(0.8)	1.91	(0.098)	0.59	(0.025)	31	(2.0)	2.11	(0.109)
2 and over...	2514	33	(1.7)	1.93	(0.048)	0.18	(0.011)	9	(0.7)	1.84	(0.077)	0.54	(0.024)	29	(1.5)	1.97	(0.060)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	1.73	(0.060)	0.15	(0.012)	9	(0.7)	1.69	(0.086)	0.43	(0.043)	26	(3.4)	1.76	(0.064)
20 and over.....	1823	36	(1.4)	2.16	(0.063)	0.20	(0.012)	9	(0.5)	2.16	(0.092)	0.56	(0.020)	26	(1.2)	2.16	(0.090)
2 and over...	2881	36	(1.3)	2.05	(0.041)	0.19	(0.010)	9	(0.4)	2.04	(0.067)	0.53	(0.020)	26	(1.2)	2.05	(0.066)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1.66	(0.075)	0.21	(0.022)	12	(1.6)	1.71	(0.079)	0.43	(0.032)	25	(1.7)	1.61	(0.115)
20 and over.....	1280	45	(2.0)	2.22	(0.091)	0.27	(0.017)	12	(0.7)	2.31	(0.141)	0.61	(0.025)	27	(1.8)	2.14	(0.072)
2 and over...	1811	45	(1.5)	2.12	(0.078)	0.26	(0.014)	12	(0.6)	2.19	(0.116)	0.58	(0.023)	26	(1.6)	2.05	(0.064)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1.68	(0.038)	0.17	(0.006)	10	(0.5)	1.69	(0.054)	0.43	(0.015)	25	(1.3)	1.68	(0.049)
20 and over.....	5017	39	(1.2)	2.15	(0.051)	0.23	(0.012)	11	(0.4)	2.19	(0.056)	0.59	(0.019)	27	(0.8)	2.12	(0.057)
2 and over...	7918	39	(1.1)	2.03	(0.040)	0.21	(0.010)	10	(0.4)	2.07	(0.047)	0.55	(0.017)	27	(0.8)	2.01	(0.041)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

F o l a t e   ( D F E )																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	502	(15.3)	67	(6.2)	13	(1.1)	539	(24.3)	195	(12.6)	36	(2.0)	483	(19.0)
20 and over.....	1434	32	(2.0)	483	(12.9)	60	(5.6)	12	(1.2)	471	(15.6)	187	(17.7)	40	(3.0)	488	(19.3)
2 and over...	2514	33	(1.7)	489	(10.1)	62	(4.9)	13	(0.9)	494	(14.8)	189	(14.8)	38	(2.3)	486	(13.2)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	508	(19.1)	59	(4.7)	12	(1.0)	528	(24.1)	169	(14.0)	32	(3.3)	497	(24.1)
20 and over.....	1823	36	(1.4)	505	(10.1)	68	(4.0)	14	(0.7)	550	(16.6)	188	(6.7)	34	(1.4)	479	(12.3)
2 and over...	2881	36	(1.3)	505	(8.3)	66	(3.0)	13	(0.6)	544	(15.8)	183	(6.7)	34	(1.6)	484	(10.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	493	(15.8)	77	(9.9)	16	(1.9)	528	(38.4)	160	(17.3)	30	(2.7)	461	(26.1)
20 and over.....	1280	45	(2.0)	537	(16.3)	79	(6.0)	15	(0.8)	564	(24.8)	176	(11.0)	31	(1.6)	515	(16.2)
2 and over...	1811	45	(1.5)	529	(13.8)	78	(5.2)	15	(0.8)	557	(20.7)	173	(10.3)	31	(1.5)	506	(14.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	500	(10.1)	66	(3.5)	13	(0.6)	528	(18.0)	171	(7.8)	32	(1.2)	483	(14.3)
20 and over.....	5017	39	(1.2)	514	(10.0)	70	(3.3)	14	(0.5)	546	(13.5)	182	(6.0)	33	(1.1)	495	(8.3)
2 and over...	7918	39	(1.1)	511	(8.3)	69	(2.8)	14	(0.5)	541	(11.3)	180	(5.5)	33	(1.0)	492	(7.6)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> % (SE)		Total Intake mg (SE)		Intake from Quick Service Restaurants mg (SE)		Percentages from <sup>7</sup> Quick Service Restaurants % (SE)		Total Intake mg (SE)		Intake from Quick Service Restaurants mg (SE)		Percentages from <sup>7</sup> Quick Service Restaurants % (SE)		Total Intake mg (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	244	(4.7)	29	(2.1)	12	(0.9)	248	(10.0)	84	(3.7)	34	(1.9)	242	(5.7)
20 and over.....	1434	32	(2.0)	329	(7.0)	40	(3.4)	12	(1.2)	331	(9.1)	125	(5.2)	38	(2.0)	328	(9.4)
2 and over...	2514	33	(1.7)	302	(4.4)	37	(2.5)	12	(1.0)	303	(7.0)	111	(4.1)	37	(1.8)	301	(5.6)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	247	(9.8)	29	(1.7)	12	(0.8)	241	(7.1)	81	(5.7)	34	(2.7)	251	(12.3)
20 and over.....	1823	36	(1.4)	340	(8.9)	44	(3.6)	13	(1.0)	340	(10.7)	120	(7.6)	35	(1.8)	340	(10.9)
2 and over...	2881	36	(1.3)	316	(7.0)	40	(2.4)	13	(0.8)	315	(8.1)	110	(6.1)	35	(1.6)	316	(9.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	257	(13.9)	42	(4.8)	16	(1.9)	264	(22.8)	87	(8.4)	33	(3.0)	251	(16.1)
20 and over.....	1280	45	(2.0)	348	(7.0)	54	(3.1)	16	(0.8)	350	(11.5)	121	(6.0)	34	(1.9)	346	(9.8)
2 and over...	1811	45	(1.5)	331	(6.6)	52	(2.8)	16	(0.7)	333	(8.8)	114	(5.4)	34	(1.6)	330	(8.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	249	(5.6)	32	(1.5)	13	(0.7)	250	(7.8)	84	(3.2)	33	(1.3)	248	(7.2)
20 and over.....	5017	39	(1.2)	339	(4.6)	46	(2.6)	14	(0.8)	345	(6.9)	120	(5.4)	35	(1.5)	335	(6.4)
2 and over...	7918	39	(1.1)	317	(4.2)	43	(2.2)	14	(0.7)	322	(5.0)	112	(4.4)	35	(1.3)	314	(5.4)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 1 2													
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>													
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg (SE)	µg (SE)	%	(SE)	µg (SE)	µg (SE)	%	(SE)	µg (SE)	
<b>Under 131% poverty:</b>													
2 - 19.....	1080	35	(2.1)	4.36 (0.163)	0.42 (0.036)	10	(0.8)	4.39 (0.239)	1.20 (0.058)	27	(1.7)	4.34 (0.194)	
20 and over.....	1434	32	(2.0)	4.58 (0.218)	0.54 (0.032)	12	(0.8)	4.52 (0.292)	1.67 (0.092)	37	(2.6)	4.61 (0.265)	
2 and over...	2514	33	(1.7)	4.51 (0.137)	0.50 (0.022)	11	(0.6)	4.48 (0.209)	1.51 (0.060)	34	(1.8)	4.52 (0.159)	
<b>131-350% poverty:</b>													
2 - 19.....	1058	35	(2.5)	4.73 (0.176)	0.42 (0.027)	9	(0.6)	4.54 (0.231)	1.20 (0.095)	26	(2.7)	4.83 (0.204)	
20 and over.....	1823	36	(1.4)	5.21 (0.277)	0.62 (0.036)	12	(0.8)	5.31 (0.222)	1.71 (0.084)	32	(1.8)	5.15 (0.423)	
2 and over...	2881	36	(1.3)	5.08 (0.193)	0.57 (0.024)	11	(0.6)	5.11 (0.164)	1.58 (0.072)	31	(1.5)	5.06 (0.310)	
<b>Over 350% poverty:</b>													
2 - 19.....	531	48	(3.4)	4.54 (0.259)	0.60 (0.049)	13	(1.0)	4.89 (0.426)	1.25 (0.115)	26	(1.7)	4.22 (0.239)	
20 and over.....	1280	45	(2.0)	5.12 (0.230)	0.70 (0.040)	14	(0.8)	5.61 (0.375)	1.55 (0.065)	28	(2.2)	4.73 (0.194)	
2 and over...	1811	45	(1.5)	5.02 (0.205)	0.68 (0.033)	14	(0.7)	5.48 (0.303)	1.49 (0.061)	27	(1.9)	4.64 (0.177)	
<b>All Individuals <sup>8</sup>:</b>													
2 - 19.....	2901	38	(1.3)	4.53 (0.125)	0.46 (0.022)	10	(0.5)	4.58 (0.199)	1.21 (0.051)	26	(1.2)	4.50 (0.144)	
20 and over.....	5017	39	(1.2)	4.97 (0.123)	0.62 (0.021)	13	(0.4)	5.26 (0.138)	1.61 (0.043)	31	(1.1)	4.79 (0.184)	
2 and over...	7918	39	(1.1)	4.86 (0.105)	0.58 (0.016)	12	(0.3)	5.10 (0.108)	1.52 (0.031)	30	(0.9)	4.72 (0.140)	



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	71.5	(3.13)	4.0	(0.53)	6	(0.7)	72.5	(4.11)	11.6	(1.31)	16	(1.5)	70.9	(4.21)
20 and over.....	1434	32	(2.0)	76.1	(5.46)	5.0	(0.75)	7	(0.9)	68.7	(5.81)	15.7	(2.09)	23	(2.5)	79.7	(5.77)
2 and over...	2514	33	(1.7)	74.6	(4.24)	4.7	(0.62)	6	(0.8)	70.0	(4.84)	14.3	(1.73)	20	(2.1)	76.9	(4.45)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	62.2	(4.07)	3.1	(0.37)	5	(0.6)	59.1	(4.91)	9.0	(1.23)	15	(2.0)	63.9	(4.40)
20 and over.....	1823	36	(1.4)	74.2	(2.83)	4.8	(0.55)	7	(0.7)	71.9	(4.79)	13.3	(1.22)	18	(1.5)	75.5	(3.95)
2 and over...	2881	36	(1.3)	71.1	(2.70)	4.4	(0.42)	6	(0.6)	68.7	(3.71)	12.2	(0.97)	18	(1.4)	72.4	(3.44)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	67.6	(4.43)	6.0	(1.46)	9	(2.1)	61.8	(6.73)	12.5	(2.90)	20	(3.9)	73.0	(3.96)
20 and over.....	1280	45	(2.0)	84.7	(4.20)	7.0	(0.65)	8	(0.5)	75.4	(5.24)	15.7	(1.03)	21	(1.7)	92.3	(5.52)
2 and over...	1811	45	(1.5)	81.7	(4.02)	6.8	(0.63)	8	(0.6)	72.8	(4.97)	15.1	(1.15)	21	(1.6)	89.1	(4.69)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	67.1	(3.15)	4.2	(0.47)	6	(0.6)	63.3	(4.45)	10.9	(1.17)	17	(1.4)	69.6	(3.01)
20 and over.....	5017	39	(1.2)	79.6	(2.56)	5.8	(0.41)	7	(0.5)	74.5	(3.18)	14.9	(0.70)	20	(0.9)	82.9	(2.71)
2 and over...	7918	39	(1.1)	76.6	(2.41)	5.4	(0.37)	7	(0.4)	71.8	(2.85)	14.0	(0.69)	19	(0.8)	79.7	(2.46)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D												
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		All Individuals <sup>3</sup>			Quick Service Restaurant Consumers <sup>4</sup>			Non-consumers <sup>5</sup>		
				Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants	Total Intake	Intake from Quick Service Restaurants	Percentages from <sup>7</sup> Quick Service Restaurants
		%	(SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)	µg (SE)	µg (SE)	% (SE)
<b>Under 131% poverty:</b>												
2 - 19.....	1080	35	(2.1)	5.3 (0.27)	0.1 (0.02)	3 (0.4)	4.5 (0.33)	0.4 (0.04)	9 (1.2)	5.7 (0.35)		
20 and over.....	1434	32	(2.0)	4.3 (0.23)	0.3 (0.03)	7 (0.8)	4.0 (0.28)	0.9 (0.08)	22 (1.8)	4.4 (0.25)		
2 and over...	2514	33	(1.7)	4.6 (0.16)	0.2 (0.02)	5 (0.6)	4.2 (0.21)	0.7 (0.05)	17 (1.3)	4.8 (0.18)		
<b>131-350% poverty:</b>												
2 - 19.....	1058	35	(2.5)	5.4 (0.27)	0.2 (0.02)	3 (0.4)	4.8 (0.35)	0.5 (0.06)	11 (1.6)	5.8 (0.32)		
20 and over.....	1823	36	(1.4)	4.6 (0.18)	0.3 (0.04)	6 (0.8)	4.2 (0.33)	0.8 (0.08)	19 (1.6)	4.8 (0.28)		
2 and over...	2881	36	(1.3)	4.8 (0.17)	0.3 (0.03)	6 (0.6)	4.3 (0.28)	0.7 (0.06)	17 (1.3)	5.1 (0.24)		
<b>Over 350% poverty:</b>												
2 - 19.....	531	48	(3.4)	5.2 (0.39)	0.3 (0.04)	6 (0.9)	5.0 (0.47)	0.7 (0.08)	13 (2.2)	5.5 (0.37)		
20 and over.....	1280	45	(2.0)	5.0 (0.36)	0.5 (0.05)	9 (1.2)	5.1 (0.57)	1.0 (0.11)	20 (3.1)	4.9 (0.29)		
2 and over...	1811	45	(1.5)	5.0 (0.33)	0.4 (0.04)	9 (1.0)	5.1 (0.52)	0.9 (0.09)	19 (2.5)	5.0 (0.25)		
<b>All Individuals <sup>8</sup>:</b>												
2 - 19.....	2901	38	(1.3)	5.3 (0.22)	0.2 (0.01)	4 (0.3)	4.8 (0.28)	0.5 (0.03)	11 (0.9)	5.7 (0.23)		
20 and over.....	5017	39	(1.2)	4.7 (0.15)	0.4 (0.03)	7 (0.6)	4.6 (0.23)	0.9 (0.06)	20 (1.4)	4.8 (0.15)		
2 and over...	7918	39	(1.1)	4.8 (0.15)	0.3 (0.02)	7 (0.5)	4.6 (0.21)	0.8 (0.05)	18 (1.2)	5.0 (0.15)		

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>3</sup> —————      —Quick Service Restaurant Consumers <sup>4</sup> —      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	6.8	(0.19)	0.9	(0.08)	13	(1.0)	8.0	(0.43)	2.6	(0.16)	33	(2.5)	6.2	(0.21)
20 and over.....	1434	32	(2.0)	7.8	(0.17)	0.9	(0.08)	12	(1.0)	8.0	(0.40)	2.9	(0.14)	36	(1.9)	7.8	(0.27)
2 and over...	2514	33	(1.7)	7.5	(0.14)	0.9	(0.06)	12	(0.8)	8.0	(0.26)	2.8	(0.09)	35	(1.3)	7.3	(0.22)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	7.2	(0.22)	0.8	(0.06)	11	(0.8)	7.2	(0.36)	2.3	(0.16)	31	(3.2)	7.2	(0.21)
20 and over.....	1823	36	(1.4)	9.0	(0.20)	1.1	(0.06)	12	(0.6)	9.5	(0.32)	2.9	(0.10)	31	(1.1)	8.6	(0.36)
2 and over...	2881	36	(1.3)	8.5	(0.16)	1.0	(0.05)	12	(0.5)	8.9	(0.25)	2.8	(0.10)	31	(1.2)	8.3	(0.29)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	7.7	(0.28)	1.0	(0.11)	13	(1.2)	8.1	(0.61)	2.0	(0.17)	25	(1.7)	7.3	(0.32)
20 and over.....	1280	45	(2.0)	10.4	(0.52)	1.5	(0.09)	14	(0.7)	10.7	(0.53)	3.2	(0.19)	30	(2.0)	10.1	(0.55)
2 and over...	1811	45	(1.5)	9.9	(0.46)	1.4	(0.08)	14	(0.7)	10.2	(0.48)	3.0	(0.17)	29	(1.6)	9.6	(0.46)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	7.2	(0.10)	0.9	(0.03)	12	(0.4)	7.7	(0.18)	2.3	(0.06)	29	(1.1)	6.9	(0.20)
20 and over.....	5017	39	(1.2)	9.2	(0.26)	1.2	(0.06)	13	(0.5)	9.8	(0.29)	3.0	(0.11)	31	(1.2)	8.9	(0.27)
2 and over...	7918	39	(1.1)	8.8	(0.23)	1.1	(0.05)	13	(0.4)	9.3	(0.24)	2.9	(0.09)	31	(1.0)	8.4	(0.24)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	66.3	(3.68)	8.5	(0.91)	13	(1.4)	75.6	(9.73)	24.7	(2.10)	33	(4.9)	61.4	(4.61)
20 and over.....	1434	32	(2.0)	105.7	(6.22)	10.8	(1.06)	10	(1.4)	91.3	(6.02)	33.6	(2.58)	37	(4.2)	112.5	(8.09)
2 and over...	2514	33	(1.7)	93.0	(4.41)	10.1	(0.74)	11	(1.1)	86.0	(5.15)	30.6	(1.94)	36	(3.2)	96.4	(6.36)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	62.7	(3.58)	8.0	(0.57)	13	(1.1)	61.7	(3.47)	22.7	(1.65)	37	(3.1)	63.3	(4.32)
20 and over.....	1823	36	(1.4)	109.8	(4.57)	13.0	(1.40)	12	(1.2)	118.3	(8.92)	35.6	(2.97)	30	(2.6)	104.9	(3.14)
2 and over...	2881	36	(1.3)	97.5	(3.87)	11.7	(1.04)	12	(1.0)	103.9	(7.00)	32.4	(2.42)	31	(2.4)	93.9	(3.26)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	69.1	(3.39)	11.3	(1.44)	16	(1.6)	67.0	(6.74)	23.4	(2.37)	35	(2.8)	70.9	(4.44)
20 and over.....	1280	45	(2.0)	140.5	(8.21)	21.8	(2.90)	16	(1.8)	135.5	(7.52)	48.7	(6.31)	36	(4.1)	144.6	(11.42)
2 and over...	1811	45	(1.5)	127.8	(7.23)	19.9	(2.53)	16	(1.7)	122.6	(6.71)	43.9	(5.34)	36	(3.6)	132.1	(9.82)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	66.5	(2.33)	8.9	(0.45)	13	(0.5)	66.6	(2.95)	23.1	(0.75)	35	(1.8)	66.4	(3.97)
20 and over.....	5017	39	(1.2)	120.9	(4.68)	15.9	(1.63)	13	(1.3)	121.9	(5.11)	41.1	(3.68)	34	(2.8)	120.3	(5.25)
2 and over...	7918	39	(1.1)	107.8	(4.23)	14.2	(1.31)	13	(1.1)	108.7	(4.19)	36.8	(2.93)	34	(2.4)	107.3	(4.81)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
		————— <i>All Individuals</i> <sup>3</sup> —————						— <i>Quick Service Restaurant Consumers</i> <sup>4</sup> —						<i>Non-consumers</i> <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	920	(34.6)	103	(7.4)	11	(0.7)	969	(51.3)	299	(16.5)	31	(1.2)	894	(35.9)
20 and over.....	1434	32	(2.0)	895	(31.5)	114	(10.3)	13	(1.1)	965	(27.4)	356	(28.9)	37	(2.6)	862	(40.1)
2 and over...	2514	33	(1.7)	903	(25.2)	111	(7.2)	12	(0.8)	966	(24.4)	337	(20.9)	35	(1.9)	872	(30.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	1014	(33.5)	108	(8.8)	11	(0.9)	1015	(42.8)	309	(22.2)	30	(2.8)	1014	(43.6)
20 and over.....	1823	36	(1.4)	965	(29.7)	127	(9.4)	13	(0.9)	999	(38.9)	350	(15.9)	35	(1.6)	946	(33.7)
2 and over...	2881	36	(1.3)	978	(27.1)	122	(6.6)	12	(0.7)	1003	(33.8)	339	(11.8)	34	(1.6)	964	(31.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1018	(45.0)	142	(14.1)	14	(1.3)	1076	(63.8)	296	(32.5)	27	(2.4)	964	(50.1)
20 and over.....	1280	45	(2.0)	979	(22.0)	152	(11.9)	16	(1.2)	1019	(34.1)	339	(17.7)	33	(1.4)	946	(28.5)
2 and over...	1811	45	(1.5)	986	(20.2)	150	(10.6)	15	(1.0)	1030	(29.5)	331	(19.3)	32	(1.4)	949	(23.8)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	979	(28.5)	115	(6.4)	12	(0.6)	1012	(33.0)	298	(14.5)	29	(1.3)	958	(31.9)
20 and over.....	5017	39	(1.2)	949	(19.0)	132	(6.8)	14	(0.7)	1003	(26.0)	343	(10.3)	34	(0.9)	915	(21.3)
2 and over...	7918	39	(1.1)	956	(19.1)	128	(5.5)	13	(0.6)	1005	(21.9)	332	(8.9)	33	(0.8)	926	(20.5)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

P h o s p h o r u s																	
				—All Individuals <sup>3</sup> —						—Quick Service Restaurant Consumers <sup>4</sup> —						Non-consumers <sup>5</sup>	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	1183	(27.7)	165	(9.2)	14	(0.8)	1276	(51.1)	477	(17.9)	37	(1.7)	1135	(34.7)
20 and over.....	1434	32	(2.0)	1302	(32.8)	184	(13.3)	14	(1.0)	1379	(25.9)	572	(25.9)	42	(1.6)	1265	(45.4)
2 and over...	2514	33	(1.7)	1264	(23.1)	178	(9.2)	14	(0.8)	1344	(19.6)	540	(17.5)	40	(1.4)	1224	(32.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	1264	(34.3)	161	(12.2)	13	(1.1)	1300	(42.3)	458	(35.1)	35	(3.4)	1244	(45.6)
20 and over.....	1823	36	(1.4)	1382	(31.5)	195	(11.3)	14	(0.8)	1442	(36.3)	536	(15.6)	37	(1.5)	1347	(38.6)
2 and over...	2881	36	(1.3)	1351	(26.0)	186	(8.1)	14	(0.6)	1406	(29.6)	516	(16.0)	37	(1.6)	1320	(33.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1275	(51.3)	211	(20.4)	17	(1.4)	1361	(78.8)	439	(33.8)	32	(1.8)	1195	(60.4)
20 and over.....	1280	45	(2.0)	1449	(30.8)	238	(15.6)	16	(0.9)	1518	(53.6)	532	(24.4)	35	(1.5)	1393	(31.9)
2 and over...	1811	45	(1.5)	1418	(28.4)	233	(13.3)	16	(0.8)	1489	(43.2)	514	(24.3)	35	(1.3)	1359	(26.5)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	1237	(24.6)	174	(7.3)	14	(0.6)	1305	(27.9)	453	(15.8)	35	(1.2)	1194	(31.4)
20 and over.....	5017	39	(1.2)	1385	(21.2)	208	(9.6)	15	(0.6)	1472	(31.7)	539	(15.0)	37	(1.2)	1330	(25.1)
2 and over...	7918	39	(1.1)	1349	(20.4)	200	(8.2)	15	(0.6)	1432	(24.1)	518	(13.9)	36	(1.1)	1298	(22.7)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>Quick Service Restaurant Consumers</i><sup>4</sup>——<i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	218	(4.7)	23	(1.5)	11	(0.8)	228	(14.8)	67	(2.2)	29	(2.1)	213	(6.7)
20 and over.....	1434	32	(2.0)	275	(6.5)	28	(1.9)	10	(0.7)	270	(6.8)	86	(3.5)	32	(1.0)	277	(8.8)
2 and over...	2514	33	(1.7)	257	(4.6)	26	(1.4)	10	(0.6)	256	(5.5)	79	(2.5)	31	(1.1)	257	(6.8)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	236	(5.4)	24	(1.7)	10	(0.8)	228	(7.5)	67	(4.9)	30	(2.8)	240	(7.6)
20 and over.....	1823	36	(1.4)	300	(6.3)	33	(2.7)	11	(0.8)	301	(6.1)	90	(4.9)	30	(1.3)	300	(9.7)
2 and over...	2881	36	(1.3)	283	(5.6)	30	(1.9)	11	(0.6)	282	(5.0)	84	(3.9)	30	(1.2)	284	(8.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	241	(7.6)	34	(3.3)	14	(1.1)	258	(15.7)	71	(4.6)	28	(1.1)	225	(7.8)
20 and over.....	1280	45	(2.0)	329	(7.0)	42	(2.3)	13	(0.7)	332	(11.0)	93	(3.4)	28	(1.4)	327	(7.3)
2 and over...	1811	45	(1.5)	314	(6.2)	40	(1.8)	13	(0.6)	318	(8.8)	89	(2.9)	28	(1.2)	310	(6.0)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	231	(3.8)	26	(1.1)	11	(0.4)	236	(6.6)	68	(2.1)	29	(0.9)	228	(4.9)
20 and over.....	5017	39	(1.2)	307	(5.3)	35	(1.7)	11	(0.5)	313	(8.1)	91	(2.4)	29	(0.9)	303	(5.7)
2 and over...	7918	39	(1.1)	289	(5.0)	33	(1.4)	11	(0.4)	295	(6.1)	85	(2.1)	29	(0.7)	285	(5.5)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

I r o n																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	13.7	(0.43)	1.6	(0.13)	12	(0.8)	14.2	(0.59)	4.7	(0.21)	33	(1.5)	13.5	(0.65)
20 and over.....	1434	32	(2.0)	13.2	(0.28)	1.7	(0.13)	13	(1.0)	13.3	(0.40)	5.2	(0.36)	39	(2.2)	13.1	(0.41)
2 and over...	2514	33	(1.7)	13.4	(0.23)	1.7	(0.10)	12	(0.8)	13.6	(0.35)	5.0	(0.29)	37	(1.6)	13.2	(0.31)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	14.1	(0.53)	1.5	(0.10)	11	(0.8)	14.2	(0.88)	4.3	(0.32)	30	(3.6)	14.0	(0.57)
20 and over.....	1823	36	(1.4)	14.3	(0.26)	1.8	(0.12)	13	(0.7)	14.9	(0.34)	5.0	(0.20)	34	(1.4)	14.0	(0.34)
2 and over...	2881	36	(1.3)	14.2	(0.21)	1.7	(0.08)	12	(0.6)	14.7	(0.36)	4.8	(0.19)	33	(1.7)	14.0	(0.29)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	13.8	(0.46)	2.0	(0.22)	15	(1.6)	14.5	(0.85)	4.2	(0.36)	29	(2.5)	13.1	(0.70)
20 and over.....	1280	45	(2.0)	14.3	(0.30)	2.2	(0.14)	15	(0.8)	14.7	(0.51)	4.9	(0.24)	34	(1.6)	13.9	(0.28)
2 and over...	1811	45	(1.5)	14.2	(0.26)	2.2	(0.12)	15	(0.7)	14.7	(0.40)	4.8	(0.23)	33	(1.5)	13.8	(0.28)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	13.8	(0.30)	1.7	(0.08)	12	(0.5)	14.2	(0.43)	4.4	(0.17)	31	(1.2)	13.6	(0.45)
20 and over.....	5017	39	(1.2)	14.0	(0.18)	1.9	(0.09)	14	(0.6)	14.5	(0.23)	5.0	(0.17)	34	(1.1)	13.7	(0.17)
2 and over...	7918	39	(1.1)	14.0	(0.17)	1.9	(0.08)	13	(0.5)	14.5	(0.21)	4.9	(0.14)	34	(1.0)	13.7	(0.19)



**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	9.7	(0.21)	1.1	(0.09)	12	(0.8)	10.0	(0.49)	3.3	(0.13)	33	(1.6)	9.6	(0.34)
20 and over.....	1434	32	(2.0)	10.3	(0.29)	1.4	(0.10)	13	(1.0)	10.4	(0.27)	4.3	(0.24)	41	(2.1)	10.2	(0.41)
2 and over...	2514	33	(1.7)	10.1	(0.21)	1.3	(0.07)	13	(0.8)	10.2	(0.16)	4.0	(0.17)	39	(1.7)	10.0	(0.29)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	10.2	(0.30)	1.1	(0.07)	11	(0.8)	10.0	(0.40)	3.2	(0.25)	32	(2.7)	10.4	(0.37)
20 and over.....	1823	36	(1.4)	11.4	(0.27)	1.5	(0.09)	13	(0.7)	12.0	(0.31)	4.2	(0.14)	35	(1.6)	11.0	(0.36)
2 and over...	2881	36	(1.3)	11.1	(0.21)	1.4	(0.06)	13	(0.5)	11.5	(0.26)	3.9	(0.13)	34	(1.4)	10.8	(0.27)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	9.9	(0.46)	1.6	(0.14)	16	(1.2)	10.6	(0.67)	3.3	(0.27)	31	(1.9)	9.2	(0.51)
20 and over.....	1280	45	(2.0)	11.8	(0.29)	1.8	(0.12)	16	(0.9)	12.0	(0.45)	4.1	(0.18)	34	(1.4)	11.5	(0.33)
2 and over...	1811	45	(1.5)	11.4	(0.28)	1.8	(0.10)	16	(0.8)	11.8	(0.35)	3.9	(0.17)	33	(1.2)	11.1	(0.31)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	9.9	(0.22)	1.2	(0.05)	13	(0.5)	10.1	(0.34)	3.2	(0.12)	32	(0.9)	9.8	(0.27)
20 and over.....	5017	39	(1.2)	11.2	(0.18)	1.6	(0.07)	14	(0.6)	11.7	(0.22)	4.1	(0.12)	35	(1.1)	10.9	(0.21)
2 and over...	7918	39	(1.1)	10.9	(0.18)	1.5	(0.06)	14	(0.5)	11.3	(0.19)	3.9	(0.10)	35	(0.9)	10.6	(0.19)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
—————All Individuals <sup>3</sup> ————— —Quick Service Restaurant Consumers <sup>4</sup> — Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	0.9	(0.02)	0.1	(0.01)	11	(0.9)	0.9	(0.06)	0.3	(0.01)	31	(2.3)	0.8	(0.03)
20 and over.....	1434	32	(2.0)	1.1	(0.03)	0.1	(0.01)	10	(0.7)	1.1	(0.03)	0.3	(0.01)	31	(1.2)	1.1	(0.03)
2 and over...	2514	33	(1.7)	1.0	(0.02)	0.1	(0.01)	10	(0.6)	1.0	(0.02)	0.3	(0.01)	31	(1.1)	1.0	(0.03)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	0.9	(0.02)	0.1	(0.01)	10	(0.8)	0.9	(0.02)	0.3	(0.02)	30	(2.4)	0.9	(0.02)
20 and over.....	1823	36	(1.4)	1.2	(0.02)	0.1	(0.01)	11	(0.7)	1.2	(0.03)	0.4	(0.02)	29	(1.2)	1.2	(0.03)
2 and over...	2881	36	(1.3)	1.1	(0.01)	0.1	(0.01)	11	(0.5)	1.2	(0.02)	0.3	(0.01)	29	(1.2)	1.1	(0.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	1.0	(0.02)	0.1	(0.01)	14	(1.2)	1.0	(0.06)	0.3	(0.02)	29	(1.8)	0.9	(0.04)
20 and over.....	1280	45	(2.0)	1.3	(0.03)	0.2	(0.01)	11	(0.5)	1.3	(0.05)	0.3	(0.01)	26	(1.3)	1.4	(0.03)
2 and over...	1811	45	(1.5)	1.3	(0.03)	0.1	(0.01)	12	(0.5)	1.2	(0.04)	0.3	(0.01)	26	(1.1)	1.3	(0.03)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	0.9	(0.02)	0.1	(#)	12	(0.5)	0.9	(0.03)	0.3	(0.01)	30	(0.8)	0.9	(0.02)
20 and over.....	5017	39	(1.2)	1.2	(0.02)	0.1	(0.01)	11	(0.4)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over...	7918	39	(1.1)	1.2	(0.02)	0.1	(#)	11	(0.3)	1.2	(0.02)	0.3	(0.01)	28	(0.8)	1.2	(0.02)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
<div>—————<i>All Individuals</i><sup>3</sup>—————      — <i>Quick Service Restaurant Consumers</i><sup>4</sup> —      <i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	94.7	(2.34)	15.3	(1.07)	16	(1.1)	100.4	(2.81)	44.4	(1.90)	44	(2.1)	91.6	(3.24)
20 and over.....	1434	32	(2.0)	111.7	(2.48)	17.4	(1.24)	16	(1.2)	118.3	(2.81)	54.1	(2.69)	46	(1.9)	108.6	(3.38)
2 and over...	2514	33	(1.7)	106.2	(1.45)	16.7	(0.92)	16	(1.0)	112.3	(1.76)	50.8	(2.02)	45	(1.7)	103.3	(2.17)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	96.6	(2.45)	14.2	(0.94)	15	(1.1)	101.2	(2.72)	40.4	(3.34)	40	(4.0)	94.1	(3.27)
20 and over.....	1823	36	(1.4)	115.5	(2.24)	18.3	(1.06)	16	(0.9)	124.1	(2.95)	50.3	(1.72)	41	(1.3)	110.5	(3.00)
2 and over...	2881	36	(1.3)	110.5	(1.62)	17.2	(0.78)	16	(0.7)	118.3	(2.04)	47.8	(1.81)	40	(1.6)	106.2	(2.34)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	101.3	(4.61)	17.9	(1.90)	18	(1.5)	105.7	(7.33)	37.1	(3.38)	35	(2.6)	97.3	(6.95)
20 and over.....	1280	45	(2.0)	119.7	(3.93)	21.5	(1.31)	18	(0.8)	130.5	(7.31)	48.0	(2.14)	37	(2.3)	110.9	(2.96)
2 and over...	1811	45	(1.5)	116.4	(3.50)	20.8	(1.17)	18	(0.7)	125.8	(6.05)	45.9	(2.13)	37	(1.8)	108.6	(2.69)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	97.1	(1.48)	15.4	(0.68)	16	(0.7)	101.9	(2.39)	40.0	(1.55)	39	(1.1)	94.0	(2.52)
20 and over.....	5017	39	(1.2)	115.5	(1.95)	19.1	(0.79)	17	(0.6)	125.9	(3.52)	49.6	(1.32)	39	(1.6)	108.9	(1.91)
2 and over...	7918	39	(1.1)	111.0	(1.71)	18.2	(0.68)	16	(0.6)	120.2	(2.71)	47.3	(1.23)	39	(1.4)	105.3	(1.60)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
—————All Individuals <sup>3</sup> ————— —Quick Service Restaurant Consumers <sup>4</sup> — Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	2043	(41.0)	230	(16.0)	11	(0.8)	2105	(79.4)	667	(27.7)	32	(1.5)	2011	(59.5)
20 and over.....	1434	32	(2.0)	2413	(53.8)	273	(19.5)	11	(0.9)	2374	(63.6)	850	(32.9)	36	(1.5)	2431	(62.1)
2 and over...	2514	33	(1.7)	2294	(42.3)	259	(15.1)	11	(0.7)	2283	(56.5)	788	(26.1)	35	(1.4)	2299	(48.8)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	2100	(41.6)	231	(16.2)	11	(0.8)	2085	(58.6)	657	(50.3)	32	(2.5)	2108	(58.6)
20 and over.....	1823	36	(1.4)	2582	(53.1)	308	(23.0)	12	(0.8)	2559	(61.1)	846	(37.9)	33	(1.6)	2594	(69.6)
2 and over...	2881	36	(1.3)	2456	(44.9)	288	(15.1)	12	(0.6)	2439	(48.5)	798	(27.7)	33	(1.3)	2466	(62.0)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	2128	(84.8)	335	(28.0)	16	(1.3)	2250	(131.7)	696	(39.6)	31	(1.5)	2015	(86.9)
20 and over.....	1280	45	(2.0)	2796	(46.3)	407	(22.7)	15	(0.8)	2825	(76.6)	908	(31.3)	32	(1.3)	2773	(38.7)
2 and over...	1811	45	(1.5)	2677	(40.3)	394	(18.6)	15	(0.6)	2716	(63.4)	868	(29.8)	32	(1.0)	2645	(36.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	2086	(30.2)	258	(10.2)	12	(0.5)	2133	(48.5)	670	(21.3)	31	(0.8)	2057	(37.3)
20 and over.....	5017	39	(1.2)	2633	(38.6)	339	(15.2)	13	(0.6)	2666	(53.7)	877	(21.1)	33	(1.1)	2612	(41.8)
2 and over...	7918	39	(1.1)	2502	(35.7)	319	(13.0)	13	(0.5)	2538	(42.3)	827	(18.9)	33	(0.9)	2479	(40.1)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	3003	(70.0)	516	(34.2)	17	(1.0)	3368	(87.4)	1495	(60.1)	44	(2.0)	2811	(79.1)
20 and over.....	1434	32	(2.0)	3420	(67.5)	547	(38.8)	16	(1.2)	3750	(92.3)	1705	(92.3)	45	(2.0)	3264	(81.4)
2 and over...	2514	33	(1.7)	3286	(41.9)	537	(28.8)	16	(0.9)	3621	(64.4)	1634	(67.8)	45	(1.8)	3122	(49.4)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	2993	(63.0)	466	(34.2)	16	(1.1)	3233	(100.4)	1328	(101.1)	41	(3.3)	2864	(69.5)
20 and over.....	1823	36	(1.4)	3551	(76.3)	577	(32.6)	16	(1.0)	3797	(74.3)	1588	(56.0)	42	(1.8)	3410	(97.3)
2 and over...	2881	36	(1.3)	3405	(56.8)	548	(22.2)	16	(0.7)	3653	(63.9)	1522	(53.8)	42	(1.7)	3266	(73.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	3086	(121.8)	615	(95.1)	20	(2.6)	3305	(230.9)	1277	(163.5)	39	(3.1)	2883	(129.1)
20 and over.....	1280	45	(2.0)	3652	(64.2)	709	(45.2)	19	(1.0)	3872	(106.9)	1582	(75.1)	41	(1.8)	3474	(80.6)
2 and over...	1811	45	(1.5)	3551	(60.0)	692	(42.4)	19	(0.9)	3764	(89.7)	1525	(80.3)	40	(1.6)	3374	(69.9)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	3013	(36.4)	517	(26.1)	17	(0.8)	3274	(70.8)	1345	(60.5)	41	(1.2)	2849	(46.5)
20 and over.....	5017	39	(1.2)	3536	(40.0)	621	(27.6)	18	(0.8)	3826	(52.8)	1607	(49.4)	42	(1.5)	3354	(51.7)
2 and over...	7918	39	(1.1)	3410	(33.6)	596	(24.8)	17	(0.7)	3694	(36.0)	1544	(48.1)	42	(1.3)	3232	(41.1)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
————— <i>All Individuals</i> <sup>3</sup> ————— — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	26.1	(5.11)	2.6	(0.73)	10*	(3.5)	23.8	(3.04)	7.5	(2.12)	32	(7.0)	27.3	(6.91)
20 and over.....	1434	32	(2.0)	137.9	(9.57)	12.8	(2.66)	9	(2.1)	136.0	(15.02)	40.0	(6.78)	29	(5.4)	138.8	(9.43)
2 and over...	2514	33	(1.7)	101.9	(7.59)	9.5	(1.93)	9	(2.1)	98.0	(10.67)	29.0	(5.11)	30	(5.2)	103.8	(8.53)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	30.4	(5.69)	4.9	(0.90)	16	(4.8)	30.9	(4.62)	13.9	(2.52)	45	(4.5)	30.2	(9.05)
20 and over.....	1823	36	(1.4)	173.6	(10.28)	17.6	(3.15)	10	(1.7)	161.7	(12.91)	48.3	(7.50)	30	(3.0)	180.3	(14.46)
2 and over...	2881	36	(1.3)	136.2	(8.00)	14.2	(2.16)	10	(1.5)	128.4	(9.59)	39.5	(5.50)	31	(2.6)	140.6	(11.60)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	22.1	(2.56)	7.2	(1.86)	32	(6.5)	32.7	(4.27)	14.9	(3.66)	45	(7.2)	12.2	(1.71)
20 and over.....	1280	45	(2.0)	188.4	(7.55)	26.4	(3.97)	14	(1.9)	200.7	(10.54)	58.9	(8.38)	29	(3.9)	178.4	(9.45)
2 and over...	1811	45	(1.5)	158.7	(5.33)	23.0	(3.25)	14	(1.9)	168.9	(8.55)	50.6	(6.89)	30	(3.8)	150.2	(7.98)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	26.2	(2.97)	4.6	(0.68)	18	(3.5)	28.5	(2.31)	12.0	(1.61)	42	(3.5)	24.7	(4.57)
20 and over.....	5017	39	(1.2)	171.5	(6.17)	20.1	(2.16)	12	(1.2)	175.3	(8.90)	52.0	(5.06)	30	(2.4)	169.1	(6.96)
2 and over...	7918	39	(1.1)	136.6	(5.03)	16.4	(1.72)	12	(1.2)	140.1	(7.19)	42.4	(4.01)	30	(2.3)	134.3	(5.86)

**Table 52. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
————— <i>All Individuals</i> <sup>3</sup> —————      — <i>Quick Service Restaurant Consumers</i> <sup>4</sup> — <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake		Intake from Quick Service Restaurants		Percentages from <sup>7</sup> Quick Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	35	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1434	32	(2.0)	7.5	(0.70)	#		#		8.1	(1.46)	0.1 *	(0.05)	1 *	(0.7)	7.2	(0.66)
2 and over...	2514	33	(1.7)	--		--		--		--		--		--		--	
<b>131-350% poverty:</b>																	
2 - 19.....	1058	35	(2.5)	--		--		--		--		--		--		--	
20 and over.....	1823	36	(1.4)	9.1	(0.74)	0.2	(0.04)	2 *	(0.5)	8.2	(1.29)	0.6	(0.13)	7 *	(2.1)	9.6	(0.96)
2 and over...	2881	36	(1.3)	--		--		--		--		--		--		--	
<b>Over 350% poverty:</b>																	
2 - 19.....	531	48	(3.4)	--		--		--		--		--		--		--	
20 and over.....	1280	45	(2.0)	12.3	(1.08)	0.3 *	(0.14)	3 *	(1.2)	10.7	(1.41)	0.7 *	(0.31)	7 *	(3.1)	13.6	(1.20)
2 and over...	1811	45	(1.5)	--		--		--		--		--		--		--	
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	38	(1.3)	--		--		--		--		--		--		--	
20 and over.....	5017	39	(1.2)	9.9	(0.62)	0.2	(0.06)	2	(0.6)	9.6	(0.73)	0.6	(0.14)	6	(1.5)	10.1	(0.66)
2 and over...	7918	39	(1.1)	--		--		--		--		--		--		--	

## 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 the relative standard error is greater than 30 percent.

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> 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/>.
- <sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.
- <sup>4</sup> **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.
- <sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.
- <sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.
- <sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.
- <sup>8</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1545	(27.4)	225	(20.4)	15	(1.3)	1565	(52.8)	514	(37.0)	33	(1.9)	1530	(32.0)
6 - 11.....	517	48	(2.9)	1973	(31.2)	357	(36.4)	18	(1.7)	2056	(51.7)	745	(58.0)	36	(2.4)	1897	(36.4)
12 - 19.....	609	46	(2.1)	2247	(69.7)	564	(43.5)	25	(1.6)	2601	(80.8)	1228	(83.8)	47	(2.5)	1946	(85.1)
20 - 39.....	810	61	(1.5)	2625	(46.5)	823	(32.6)	31	(1.1)	2757	(86.5)	1341	(37.2)	49	(1.1)	2415	(62.1)
40 - 59.....	767	53	(2.0)	2501	(33.5)	681	(33.8)	27	(1.4)	2681	(49.3)	1281	(64.7)	48	(2.1)	2298	(61.7)
60 and over.....	838	43	(3.6)	2093	(35.9)	394	(34.6)	19	(1.7)	2189	(52.6)	914	(39.7)	42	(1.6)	2021	(57.3)
2 - 19.....	1462	46	(2.0)	2009	(37.0)	423	(26.9)	21	(1.1)	2205	(53.7)	916	(47.1)	42	(1.5)	1841	(44.0)
20 and over...	2415	54	(1.7)	2439	(27.5)	658	(19.7)	27	(0.8)	2608	(49.6)	1228	(30.3)	47	(0.9)	2244	(40.2)
2 and over...	3877	52	(1.4)	2332	(27.6)	600	(18.8)	26	(0.8)	2518	(40.4)	1159	(24.3)	46	(0.8)	2132	(30.6)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1395	(35.6)	186	(23.7)	13	(1.7)	1365	(49.1)	443	(40.2)	32	(2.3)	1416	(61.2)
6 - 11.....	523	45	(4.5)	1834	(37.2)	321	(34.5)	17	(2.1)	1917	(55.8)	706	(42.9)	37	(2.8)	1765	(49.2)
12 - 19.....	587	52	(2.9)	1813	(44.7)	511	(40.0)	28	(2.1)	1934	(73.3)	985	(49.6)	51	(2.6)	1683	(52.8)
20 - 39.....	877	57	(2.2)	1894	(33.1)	520	(27.8)	27	(1.3)	1988	(25.0)	906	(32.9)	46	(1.7)	1767	(50.6)
40 - 59.....	879	54	(3.3)	1825	(28.5)	454	(31.9)	25	(1.6)	1890	(43.3)	847	(39.9)	45	(1.8)	1749	(23.8)
60 and over.....	846	36	(2.2)	1642	(37.6)	279	(26.2)	17	(1.5)	1812	(67.9)	783	(52.5)	43	(2.3)	1547	(44.2)
2 - 19.....	1439	48	(2.0)	1725	(21.3)	376	(24.1)	22	(1.3)	1815	(31.2)	791	(30.0)	44	(1.7)	1643	(26.5)
20 and over...	2602	50	(1.6)	1795	(16.7)	426	(16.9)	24	(0.9)	1913	(19.0)	857	(24.4)	45	(1.1)	1679	(22.8)
2 and over...	4041	49	(1.5)	1779	(12.1)	414	(15.3)	23	(0.9)	1891	(13.3)	842	(22.0)	45	(1.1)	1671	(18.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	1868	(25.2)	400	(19.2)	21	(0.9)	2009	(38.4)	853	(32.1)	42	(1.2)	1745	(29.3)
20 and over...	5017	52	(1.5)	2105	(20.6)	538	(15.5)	26	(0.7)	2261	(30.6)	1043	(19.0)	46	(0.8)	1940	(22.3)
2 and over...	7918	50	(1.3)	2048	(18.3)	505	(13.8)	25	(0.7)	2204	(25.7)	1000	(16.4)	45	(0.7)	1889	(18.5)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	54.7	(1.62)	8.1	(0.82)	15	(1.5)	52.1	(2.09)	18.4	(1.51)	35	(2.3)	56.7	(1.98)
6 - 11.....	517	48	(2.9)	69.2	(1.85)	13.1	(1.36)	19	(1.8)	70.1	(1.58)	27.3	(2.17)	39	(2.6)	68.4	(2.65)
12 - 19.....	609	46	(2.1)	84.5	(3.24)	24.7	(2.15)	29	(1.9)	97.8	(4.81)	53.7	(4.12)	55	(2.9)	73.1	(3.48)
20 - 39.....	810	61	(1.5)	105.9	(3.68)	34.9	(1.89)	33	(1.8)	110.0	(4.67)	56.8	(2.28)	52	(2.4)	99.4	(3.43)
40 - 59.....	767	53	(2.0)	97.8	(2.95)	29.7	(2.41)	30	(1.9)	104.1	(3.56)	55.8	(4.74)	54	(3.1)	90.6	(3.85)
60 and over.....	838	43	(3.6)	81.7	(2.14)	16.9	(1.81)	21	(2.1)	84.9	(3.20)	39.1	(2.14)	46	(2.1)	79.3	(2.19)
2 - 19.....	1462	46	(2.0)	73.1	(1.79)	17.2	(1.37)	24	(1.6)	79.0	(2.45)	37.3	(2.46)	47	(2.2)	68.0	(2.21)
20 and over...	2415	54	(1.7)	96.6	(1.85)	28.2	(1.17)	29	(1.1)	102.6	(2.68)	52.6	(2.02)	51	(1.5)	89.7	(1.89)
2 and over...	3877	52	(1.4)	90.7	(1.67)	25.5	(1.06)	28	(1.0)	97.3	(2.12)	49.2	(1.70)	51	(1.4)	83.6	(1.62)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	51.2	(0.98)	7.0	(0.88)	14	(1.7)	48.6	(2.02)	16.5	(1.42)	34	(2.5)	53.0	(2.28)
6 - 11.....	523	45	(4.5)	64.5	(1.85)	12.0	(1.48)	19	(2.6)	65.8	(2.61)	26.4	(1.82)	40	(3.4)	63.4	(2.16)
12 - 19.....	587	52	(2.9)	63.4	(1.88)	19.4	(1.71)	31	(2.5)	67.4	(3.07)	37.3	(2.53)	55	(3.6)	59.2	(1.58)
20 - 39.....	877	57	(2.2)	73.3	(1.13)	21.3	(1.29)	29	(1.6)	75.8	(1.29)	37.2	(1.52)	49	(1.8)	69.9	(1.84)
40 - 59.....	879	54	(3.3)	71.0	(1.81)	18.7	(1.52)	26	(1.9)	74.6	(2.84)	35.0	(2.28)	47	(2.6)	66.9	(1.57)
60 and over.....	846	36	(2.2)	62.8	(1.81)	11.7	(1.23)	19	(1.8)	68.6	(3.11)	32.8	(2.35)	48	(3.0)	59.6	(2.08)
2 - 19.....	1439	48	(2.0)	61.0	(0.86)	14.2	(0.96)	23	(1.4)	63.1	(1.32)	29.8	(1.31)	47	(1.8)	59.0	(1.11)
20 and over...	2602	50	(1.6)	69.4	(0.81)	17.6	(0.86)	25	(1.2)	73.8	(1.08)	35.4	(1.39)	48	(1.7)	65.1	(1.22)
2 and over...	4041	49	(1.5)	67.5	(0.71)	16.8	(0.80)	25	(1.2)	71.4	(1.07)	34.2	(1.27)	48	(1.6)	63.6	(0.99)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	67.1	(1.14)	15.7	(0.91)	23	(1.2)	71.0	(1.76)	33.6	(1.64)	47	(1.6)	63.6	(1.44)
20 and over...	5017	52	(1.5)	82.5	(1.20)	22.7	(0.83)	28	(0.9)	88.2	(1.49)	44.0	(1.14)	50	(1.2)	76.4	(1.28)
2 and over...	7918	50	(1.3)	78.8	(1.09)	21.0	(0.74)	27	(0.9)	84.4	(1.31)	41.7	(1.06)	49	(1.1)	73.1	(1.11)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

C a r b o h y d r a t e																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	205	(3.4)	26	(2.6)	13	(1.3)	205	(6.2)	60	(5.1)	29	(2.2)	205	(4.2)
6 - 11.....	517	48	(2.9)	258	(6.6)	43	(4.8)	17	(1.7)	269	(10.3)	90	(8.4)	33	(2.5)	248	(5.7)
12 - 19.....	609	46	(2.1)	282	(8.9)	61	(5.1)	21	(1.4)	320	(10.2)	132	(9.7)	41	(2.4)	250	(11.0)
20 - 39.....	810	61	(1.5)	299	(5.0)	84	(3.2)	28	(1.1)	310	(10.2)	137	(4.0)	44	(1.1)	282	(10.9)
40 - 59.....	767	53	(2.0)	284	(5.0)	68	(3.4)	24	(1.1)	301	(6.5)	127	(6.0)	42	(1.6)	264	(8.3)
60 and over.....	838	43	(3.6)	243	(6.0)	40	(3.5)	16	(1.5)	252	(7.3)	92	(5.3)	36	(1.6)	236	(9.9)
2 - 19.....	1462	46	(2.0)	258	(4.3)	48	(3.0)	18	(1.0)	279	(7.4)	103	(5.4)	37	(1.5)	240	(5.2)
20 and over...	2415	54	(1.7)	279	(3.1)	66	(2.0)	24	(0.7)	295	(5.9)	124	(2.7)	42	(0.9)	261	(5.8)
2 and over...	3877	52	(1.4)	274	(2.8)	62	(1.9)	23	(0.7)	291	(5.1)	119	(2.3)	41	(0.7)	255	(4.1)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	183	(6.2)	21	(3.1)	12	(1.6)	175	(7.2)	51	(5.2)	29	(2.2)	188	(9.0)
6 - 11.....	523	45	(4.5)	237	(5.5)	37	(4.2)	15	(1.9)	250	(7.5)	81	(4.9)	32	(2.5)	226	(7.2)
12 - 19.....	587	52	(2.9)	233	(5.3)	59	(4.4)	26	(1.9)	247	(8.6)	115	(5.3)	46	(2.4)	218	(6.3)
20 - 39.....	877	57	(2.2)	224	(5.3)	55	(3.6)	25	(1.5)	233	(4.8)	97	(4.8)	42	(1.9)	211	(8.5)
40 - 59.....	879	54	(3.3)	212	(5.3)	45	(2.8)	21	(1.4)	210	(5.9)	85	(4.6)	40	(1.7)	214	(6.2)
60 and over.....	846	36	(2.2)	198	(5.1)	28	(2.6)	14	(1.3)	212	(10.0)	79	(5.9)	37	(2.0)	190	(6.2)
2 - 19.....	1439	48	(2.0)	223	(2.7)	44	(2.8)	20	(1.2)	233	(4.2)	91	(3.3)	39	(1.5)	213	(3.4)
20 and over...	2602	50	(1.6)	212	(3.4)	44	(1.7)	21	(0.8)	219	(3.0)	88	(2.7)	40	(1.1)	205	(4.7)
2 and over...	4041	49	(1.5)	214	(2.6)	44	(1.5)	20	(0.7)	222	(2.0)	89	(2.3)	40	(1.0)	207	(3.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	241	(3.0)	46	(2.2)	19	(0.8)	256	(4.8)	97	(3.5)	38	(1.1)	227	(3.6)
20 and over...	5017	52	(1.5)	244	(2.4)	55	(1.4)	22	(0.6)	257	(3.8)	106	(2.1)	41	(0.7)	230	(2.7)
2 and over...	7918	50	(1.3)	243	(1.9)	52	(1.2)	22	(0.5)	257	(3.2)	104	(1.8)	40	(0.7)	230	(2.3)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	96	(2.2)	9	(1.2)	9	(1.3)	93	(3.6)	20	(2.8)	21	(2.7)	99	(2.9)
6 - 11.....	517	48	(2.9)	117	(3.7)	17	(2.4)	14	(2.0)	121	(6.2)	35	(4.5)	29	(3.2)	113	(3.3)
12 - 19.....	609	46	(2.1)	124	(5.0)	19	(2.6)	15	(1.7)	136	(6.5)	41	(5.6)	30	(3.2)	114	(6.0)
20 - 39.....	810	61	(1.5)	125	(4.0)	25	(1.4)	20	(1.2)	127	(5.8)	41	(2.4)	32	(1.2)	122	(8.3)
40 - 59.....	767	53	(2.0)	123	(4.1)	23	(1.8)	18	(1.4)	131	(6.7)	42	(3.4)	32	(2.0)	115	(5.5)
60 and over.....	838	43	(3.6)	103	(4.1)	12	(0.9)	12	(1.1)	101	(3.4)	28	(2.1)	28	(1.9)	104	(6.9)
2 - 19.....	1462	46	(2.0)	116	(2.5)	16	(1.1)	14	(0.8)	122	(4.3)	35	(2.5)	28	(1.6)	111	(2.7)
20 and over...	2415	54	(1.7)	118	(2.8)	21	(0.7)	18	(0.7)	123	(4.1)	39	(1.6)	32	(1.2)	113	(4.0)
2 and over...	3877	52	(1.4)	118	(2.4)	20	(0.6)	17	(0.6)	123	(3.7)	38	(1.3)	31	(1.0)	113	(2.9)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	88	(3.8)	6	(1.0)	7	(1.2)	81	(2.5)	15	(1.6)	19	(1.9)	92	(5.4)
6 - 11.....	523	45	(4.5)	105	(3.9)	13	(1.6)	13	(1.7)	111	(4.5)	29	(2.3)	26	(2.3)	100	(4.8)
12 - 19.....	587	52	(2.9)	104	(3.7)	23	(2.0)	22	(2.0)	110	(4.9)	45	(2.2)	41	(2.6)	98	(4.5)
20 - 39.....	877	57	(2.2)	96	(2.9)	19	(1.2)	20	(1.1)	99	(3.3)	33	(2.0)	34	(1.6)	93	(4.4)
40 - 59.....	879	54	(3.3)	95	(3.2)	16	(1.4)	17	(1.5)	94	(3.5)	31	(2.2)	32	(2.0)	95	(4.3)
60 and over.....	846	36	(2.2)	89	(3.2)	10	(1.0)	11	(1.0)	92	(5.1)	27	(2.9)	30	(2.4)	87	(3.5)
2 - 19.....	1439	48	(2.0)	101	(2.1)	16	(1.2)	16	(1.2)	104	(2.5)	34	(1.5)	33	(1.7)	97	(2.7)
20 and over...	2602	50	(1.6)	94	(1.9)	15	(0.8)	16	(0.8)	96	(2.1)	31	(1.4)	32	(1.2)	91	(2.8)
2 and over...	4041	49	(1.5)	95	(1.7)	16	(0.7)	16	(0.7)	98	(1.6)	32	(1.2)	32	(1.1)	93	(2.3)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	108	(2.1)	16	(0.9)	15	(0.8)	113	(2.8)	34	(1.7)	30	(1.5)	104	(2.3)
20 and over...	5017	52	(1.5)	106	(1.6)	18	(0.5)	17	(0.4)	109	(2.5)	35	(1.0)	32	(0.9)	102	(1.9)
2 and over...	7918	50	(1.3)	106	(1.5)	18	(0.4)	17	(0.4)	110	(2.3)	35	(0.9)	32	(0.8)	102	(1.6)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

D i e t a r y   f i b e r																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	12.1	(0.45)	1.7	(0.17)	14	(1.5)	11.6	(0.31)	3.8	(0.28)	33	(2.5)	12.6	(0.64)
6 - 11.....	517	48	(2.9)	14.7	(0.54)	2.1	(0.24)	15	(1.7)	14.3	(0.41)	4.4	(0.38)	31	(2.8)	15.0	(0.89)
12 - 19.....	609	46	(2.1)	16.0	(0.56)	3.5	(0.32)	22	(1.9)	17.9	(0.61)	7.6	(0.66)	42	(3.3)	14.4	(0.82)
20 - 39.....	810	61	(1.5)	19.2	(0.62)	5.8	(0.34)	30	(1.6)	19.4	(0.87)	9.4	(0.48)	49	(2.1)	18.9	(0.69)
40 - 59.....	767	53	(2.0)	19.0	(0.70)	4.4	(0.23)	23	(1.3)	18.8	(0.91)	8.3	(0.40)	44	(1.9)	19.2	(0.96)
60 and over.....	838	43	(3.6)	18.6	(0.74)	3.0	(0.39)	16	(2.1)	18.1	(0.97)	6.9	(0.68)	38	(2.3)	18.9	(0.97)
2 - 19.....	1462	46	(2.0)	14.8	(0.34)	2.6	(0.19)	18	(1.3)	15.4	(0.26)	5.7	(0.37)	37	(2.3)	14.2	(0.64)
20 and over...	2415	54	(1.7)	18.9	(0.43)	4.5	(0.21)	24	(1.2)	18.9	(0.56)	8.5	(0.31)	45	(1.4)	19.0	(0.52)
2 and over...	3877	52	(1.4)	17.9	(0.40)	4.1	(0.16)	23	(1.0)	18.1	(0.44)	7.8	(0.22)	43	(1.0)	17.7	(0.52)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	11.0	(0.37)	1.3	(0.22)	12	(2.1)	10.1	(0.65)	3.0	(0.46)	30	(3.2)	11.7	(0.71)
6 - 11.....	523	45	(4.5)	14.0	(0.47)	2.0	(0.22)	14	(1.7)	13.6	(0.74)	4.4	(0.32)	32	(2.9)	14.3	(0.50)
12 - 19.....	587	52	(2.9)	13.9	(0.25)	3.1	(0.21)	22	(1.6)	13.5	(0.39)	5.9	(0.28)	44	(2.2)	14.3	(0.44)
20 - 39.....	877	57	(2.2)	16.1	(0.71)	3.5	(0.23)	21	(1.7)	15.8	(0.63)	6.0	(0.31)	38	(2.2)	16.4	(1.13)
40 - 59.....	879	54	(3.3)	15.8	(0.63)	3.1	(0.19)	20	(1.7)	15.0	(0.55)	5.9	(0.27)	39	(2.1)	16.6	(0.90)
60 and over.....	846	36	(2.2)	15.3	(0.44)	2.1	(0.22)	14	(1.2)	16.6	(0.99)	5.9	(0.43)	36	(1.7)	14.6	(0.57)
2 - 19.....	1439	48	(2.0)	13.3	(0.21)	2.3	(0.14)	17	(1.0)	12.8	(0.34)	4.9	(0.20)	38	(1.4)	13.7	(0.26)
20 and over...	2602	50	(1.6)	15.7	(0.44)	3.0	(0.10)	19	(0.9)	15.7	(0.41)	5.9	(0.16)	38	(1.4)	15.8	(0.61)
2 and over...	4041	49	(1.5)	15.2	(0.36)	2.8	(0.09)	18	(0.8)	15.0	(0.36)	5.7	(0.15)	38	(1.3)	15.3	(0.49)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	14.0	(0.22)	2.5	(0.12)	18	(0.9)	14.1	(0.18)	5.3	(0.22)	37	(1.4)	13.9	(0.39)
20 and over...	5017	52	(1.5)	17.3	(0.39)	3.7	(0.13)	21	(0.8)	17.3	(0.42)	7.2	(0.21)	42	(1.2)	17.3	(0.44)
2 and over...	7918	50	(1.3)	16.5	(0.35)	3.4	(0.10)	21	(0.7)	16.6	(0.34)	6.8	(0.15)	41	(0.9)	16.4	(0.42)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T o t a l f a t																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	58.6	(1.48)	10.0	(0.86)	17	(1.4)	61.5	(2.71)	22.8	(1.51)	37	(1.6)	56.4	(1.90)
6 - 11.....	517	48	(2.9)	76.3	(1.77)	14.9	(1.44)	19	(1.8)	80.3	(2.16)	31.0	(2.12)	39	(2.4)	72.7	(2.20)
12 - 19.....	609	46	(2.1)	88.5	(3.00)	25.0	(1.91)	28	(1.8)	104.8	(3.55)	54.4	(3.90)	52	(3.0)	74.6	(3.96)
20 - 39.....	810	61	(1.5)	102.3	(2.94)	36.9	(1.71)	36	(1.5)	109.5	(4.25)	60.2	(2.09)	55	(1.7)	90.7	(2.84)
40 - 59.....	767	53	(2.0)	98.4	(2.62)	30.9	(1.43)	31	(1.7)	108.5	(3.48)	58.1	(3.08)	54	(2.6)	87.0	(3.84)
60 and over.....	838	43	(3.6)	85.2	(1.67)	18.2	(1.65)	21	(1.9)	90.9	(2.57)	42.2	(1.83)	46	(1.9)	80.9	(2.85)
2 - 19.....	1462	46	(2.0)	78.2	(1.92)	18.4	(1.14)	24	(1.1)	87.6	(2.27)	39.9	(2.00)	46	(1.6)	70.1	(2.16)
20 and over...	2415	54	(1.7)	96.3	(1.71)	29.8	(1.00)	31	(1.1)	105.2	(2.47)	55.6	(1.76)	53	(1.3)	86.2	(2.27)
2 and over...	3877	52	(1.4)	91.8	(1.68)	26.9	(0.89)	29	(1.0)	101.2	(2.02)	52.1	(1.28)	51	(1.0)	81.7	(1.98)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	53.3	(1.29)	8.2	(0.98)	15	(1.8)	54.4	(2.31)	19.5	(1.82)	36	(2.7)	52.5	(2.20)
6 - 11.....	523	45	(4.5)	72.3	(1.64)	14.3	(1.38)	20	(2.2)	75.0	(2.61)	31.4	(2.04)	42	(3.1)	70.1	(2.32)
12 - 19.....	587	52	(2.9)	72.1	(2.21)	22.1	(1.89)	31	(2.6)	77.5	(3.45)	42.7	(2.47)	55	(3.1)	66.3	(2.97)
20 - 39.....	877	57	(2.2)	75.4	(1.40)	23.0	(1.17)	30	(1.4)	80.2	(1.26)	40.0	(1.51)	50	(1.7)	68.9	(1.99)
40 - 59.....	879	54	(3.3)	74.5	(2.25)	20.7	(1.70)	28	(1.7)	80.3	(2.99)	38.7	(2.06)	48	(2.0)	67.7	(1.89)
60 and over.....	846	36	(2.2)	67.3	(1.79)	13.2	(1.41)	20	(1.9)	76.9	(3.07)	36.9	(2.90)	48	(3.1)	62.0	(2.35)
2 - 19.....	1439	48	(2.0)	67.9	(1.10)	16.5	(1.09)	24	(1.5)	72.1	(1.43)	34.6	(1.49)	48	(2.0)	64.1	(1.47)
20 and over...	2602	50	(1.6)	72.7	(1.12)	19.3	(0.90)	27	(1.0)	79.6	(1.56)	38.9	(1.41)	49	(1.2)	65.9	(1.30)
2 and over...	4041	49	(1.5)	71.6	(0.79)	18.6	(0.79)	26	(1.0)	77.9	(1.19)	37.9	(1.22)	49	(1.2)	65.5	(0.96)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	73.1	(1.29)	17.4	(0.85)	24	(1.0)	79.8	(1.65)	37.2	(1.48)	47	(1.5)	67.2	(1.55)
20 and over...	5017	52	(1.5)	84.1	(1.12)	24.3	(0.83)	29	(0.9)	92.4	(1.44)	47.2	(1.16)	51	(1.0)	75.3	(1.59)
2 and over...	7918	50	(1.3)	81.4	(1.03)	22.7	(0.71)	28	(0.8)	89.6	(1.21)	45.0	(0.91)	50	(0.8)	73.2	(1.31)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	20.6	(0.46)	3.1	(0.26)	15	(1.3)	21.2	(0.83)	7.1	(0.43)	34	(1.5)	20.1	(0.81)
6 - 11.....	517	48	(2.9)	27.0	(0.86)	5.3	(0.51)	20	(1.9)	28.5	(1.17)	11.1	(0.70)	39	(3.0)	25.7	(0.92)
12 - 19.....	609	46	(2.1)	31.0	(1.18)	8.4	(0.65)	27	(1.9)	36.0	(1.23)	18.2	(1.24)	51	(2.9)	26.7	(1.67)
20 - 39.....	810	61	(1.5)	34.3	(1.04)	12.2	(0.56)	35	(1.7)	36.5	(1.49)	19.8	(0.70)	54	(2.1)	30.8	(1.40)
40 - 59.....	767	53	(2.0)	31.9	(0.99)	9.8	(0.52)	31	(1.7)	35.1	(1.24)	18.5	(1.04)	53	(2.3)	28.3	(1.26)
60 and over.....	838	43	(3.6)	27.7	(0.64)	5.6	(0.46)	20	(1.7)	28.6	(0.76)	12.9	(0.55)	45	(2.2)	27.0	(1.07)
2 - 19.....	1462	46	(2.0)	27.5	(0.80)	6.2	(0.38)	23	(1.1)	30.4	(0.91)	13.5	(0.64)	44	(1.5)	25.0	(0.93)
20 and over...	2415	54	(1.7)	31.7	(0.69)	9.6	(0.34)	30	(1.2)	34.3	(0.93)	17.9	(0.58)	52	(1.2)	28.7	(0.90)
2 and over...	3877	52	(1.4)	30.7	(0.65)	8.7	(0.29)	29	(1.0)	33.5	(0.75)	16.9	(0.40)	51	(1.0)	27.7	(0.77)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	19.2	(0.42)	2.5	(0.34)	13	(1.8)	19.2	(0.69)	6.0	(0.65)	31	(3.3)	19.3	(0.77)
6 - 11.....	523	45	(4.5)	25.9	(0.79)	5.0	(0.57)	19	(2.4)	26.4	(0.87)	11.0	(0.74)	42	(2.9)	25.5	(1.16)
12 - 19.....	587	52	(2.9)	24.8	(1.00)	7.5	(0.72)	30	(2.8)	26.4	(1.41)	14.5	(0.95)	55	(3.4)	23.1	(1.27)
20 - 39.....	877	57	(2.2)	24.3	(0.52)	7.4	(0.37)	31	(1.4)	25.7	(0.52)	12.9	(0.54)	50	(1.9)	22.3	(0.93)
40 - 59.....	879	54	(3.3)	23.7	(0.67)	6.6	(0.53)	28	(1.6)	25.3	(1.00)	12.3	(0.75)	49	(2.0)	21.9	(0.65)
60 and over.....	846	36	(2.2)	22.6	(0.66)	4.1	(0.46)	18	(1.8)	25.4	(0.99)	11.6	(0.94)	46	(3.3)	21.0	(0.95)
2 - 19.....	1439	48	(2.0)	23.9	(0.55)	5.6	(0.41)	23	(1.6)	24.9	(0.67)	11.7	(0.57)	47	(2.2)	22.9	(0.70)
20 and over...	2602	50	(1.6)	23.6	(0.38)	6.2	(0.30)	26	(1.0)	25.5	(0.52)	12.4	(0.52)	49	(1.5)	21.7	(0.55)
2 and over...	4041	49	(1.5)	23.6	(0.26)	6.0	(0.25)	26	(1.0)	25.3	(0.38)	12.3	(0.42)	48	(1.3)	22.0	(0.43)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	25.7	(0.57)	5.9	(0.31)	23	(1.1)	27.7	(0.67)	12.6	(0.52)	46	(1.6)	24.0	(0.68)
20 and over...	5017	52	(1.5)	27.5	(0.47)	7.8	(0.25)	28	(0.9)	29.9	(0.52)	15.1	(0.35)	51	(0.8)	24.9	(0.64)
2 and over...	7918	50	(1.3)	27.1	(0.42)	7.4	(0.21)	27	(0.9)	29.4	(0.44)	14.6	(0.26)	50	(0.7)	24.7	(0.54)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t													
<div> <div>All Individuals <sup>2</sup></div> <div>All Restaurant Consumers <sup>3</sup></div> <div>Non-consumers <sup>4</sup></div> </div>													
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)
<b>Males:</b>													
2 - 5.....	336	44	(3.0)	20.0	(0.66)	3.4	(0.32)	17	(1.5)	20.9	(0.99)	7.7	(0.54)
6 - 11.....	517	48	(2.9)	25.7	(0.68)	4.9	(0.49)	19	(1.7)	27.1	(0.85)	10.1	(0.79)
12 - 19.....	609	46	(2.1)	30.1	(1.14)	8.7	(0.74)	29	(1.9)	35.8	(1.60)	18.8	(1.54)
20 - 39.....	810	61	(1.5)	35.8	(1.13)	12.8	(0.57)	36	(1.5)	38.0	(1.67)	20.8	(0.67)
40 - 59.....	767	53	(2.0)	34.9	(1.01)	10.7	(0.56)	31	(1.7)	38.1	(1.42)	20.2	(1.25)
60 and over.....	838	43	(3.6)	30.3	(0.65)	6.4	(0.62)	21	(1.9)	32.6	(1.22)	14.9	(0.73)
2 - 19.....	1462	46	(2.0)	26.5	(0.73)	6.3	(0.44)	24	(1.2)	29.8	(0.96)	13.5	(0.82)
20 and over...	2415	54	(1.7)	34.0	(0.60)	10.3	(0.35)	30	(1.1)	36.9	(0.88)	19.3	(0.64)
2 and over...	3877	52	(1.4)	32.2	(0.60)	9.3	(0.32)	29	(1.0)	35.3	(0.75)	18.0	(0.50)
<b>Females:</b>													
2 - 5.....	329	42	(3.7)	18.1	(0.50)	2.8	(0.32)	15	(1.8)	18.7	(0.91)	6.6	(0.63)
6 - 11.....	523	45	(4.5)	24.3	(0.70)	4.7	(0.45)	19	(2.2)	24.6	(0.95)	10.3	(0.71)
12 - 19.....	587	52	(2.9)	24.3	(0.69)	7.5	(0.60)	31	(2.5)	25.8	(1.12)	14.4	(0.77)
20 - 39.....	877	57	(2.2)	26.2	(0.47)	7.8	(0.39)	30	(1.4)	27.7	(0.54)	13.5	(0.53)
40 - 59.....	879	54	(3.3)	26.4	(1.15)	7.3	(0.65)	28	(1.7)	28.9	(1.41)	13.6	(0.76)
60 and over.....	846	36	(2.2)	23.3	(0.69)	4.6	(0.53)	20	(2.0)	26.7	(1.25)	12.9	(1.16)
2 - 19.....	1439	48	(2.0)	22.9	(0.39)	5.5	(0.36)	24	(1.5)	24.0	(0.51)	11.6	(0.51)
20 and over...	2602	50	(1.6)	25.4	(0.52)	6.7	(0.33)	26	(1.0)	28.0	(0.77)	13.4	(0.54)
2 and over...	4041	49	(1.5)	24.8	(0.38)	6.4	(0.28)	26	(1.0)	27.1	(0.57)	13.0	(0.46)
<b>Males and Females:</b>													
2 - 19.....	2901	47	(1.5)	24.7	(0.48)	5.9	(0.31)	24	(1.1)	26.9	(0.65)	12.5	(0.59)
20 and over...	5017	52	(1.5)	29.6	(0.39)	8.4	(0.29)	29	(0.9)	32.4	(0.53)	16.4	(0.40)
2 and over...	7918	50	(1.3)	28.4	(0.37)	7.8	(0.25)	28	(0.9)	31.2	(0.46)	15.5	(0.34)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	12.9	(0.49)	2.6	(0.24)	20	(1.7)	14.0	(0.95)	6.0	(0.51)	43	(2.5)	12.0	(0.34)
6 - 11.....	517	48	(2.9)	16.7	(0.40)	3.3	(0.39)	20	(2.2)	17.6	(0.48)	7.0	(0.62)	40	(3.4)	16.0	(0.62)
12 - 19.....	609	46	(2.1)	19.1	(0.54)	5.8	(0.47)	30	(2.1)	23.5	(0.80)	12.6	(1.04)	54	(3.6)	15.4	(0.75)
20 - 39.....	810	61	(1.5)	22.4	(0.72)	8.7	(0.63)	39	(2.1)	24.8	(1.12)	14.2	(0.94)	57	(2.1)	18.7	(0.53)
40 - 59.....	767	53	(2.0)	22.5	(0.70)	7.5	(0.35)	33	(1.9)	25.1	(0.98)	14.1	(0.70)	56	(3.3)	19.5	(1.09)
60 and over.....	838	43	(3.6)	19.7	(0.68)	4.6	(0.51)	24	(2.3)	21.9	(1.22)	10.8	(0.74)	49	(2.4)	18.0	(0.92)
2 - 19.....	1462	46	(2.0)	17.0	(0.32)	4.3	(0.28)	25	(1.4)	19.5	(0.45)	9.3	(0.50)	48	(2.2)	14.9	(0.41)
20 and over...	2415	54	(1.7)	21.7	(0.44)	7.2	(0.32)	33	(1.2)	24.3	(0.73)	13.4	(0.57)	55	(1.6)	18.8	(0.49)
2 and over...	3877	52	(1.4)	20.5	(0.39)	6.5	(0.27)	31	(1.1)	23.2	(0.58)	12.5	(0.44)	54	(1.2)	17.7	(0.42)
Females:																	
2 - 5.....	329	42	(3.7)	11.2	(0.46)	2.2	(0.28)	19	(2.4)	11.8	(0.88)	5.2	(0.53)	44	(3.0)	10.8	(0.72)
6 - 11.....	523	45	(4.5)	15.6	(0.40)	3.3	(0.33)	21	(2.2)	17.1	(0.95)	7.3	(0.61)	43	(4.0)	14.4	(0.50)
12 - 19.....	587	52	(2.9)	16.5	(0.55)	5.2	(0.51)	32	(2.8)	18.0	(0.85)	10.0	(0.83)	56	(3.5)	14.8	(0.62)
20 - 39.....	877	57	(2.2)	18.1	(0.51)	5.8	(0.35)	32	(1.6)	19.7	(0.46)	10.1	(0.43)	51	(1.8)	16.1	(0.68)
40 - 59.....	879	54	(3.3)	17.7	(0.58)	5.0	(0.44)	28	(2.2)	19.2	(0.82)	9.4	(0.54)	49	(2.7)	16.0	(0.62)
60 and over.....	846	36	(2.2)	15.5	(0.42)	3.3	(0.34)	21	(2.0)	17.8	(0.89)	9.2	(0.69)	52	(3.5)	14.2	(0.47)
2 - 19.....	1439	48	(2.0)	15.0	(0.25)	3.9	(0.28)	26	(1.6)	16.5	(0.39)	8.2	(0.45)	50	(2.1)	13.6	(0.26)
20 and over...	2602	50	(1.6)	17.2	(0.35)	4.8	(0.24)	28	(1.1)	19.1	(0.44)	9.6	(0.33)	50	(1.2)	15.3	(0.39)
2 and over...	4041	49	(1.5)	16.7	(0.29)	4.6	(0.22)	27	(1.1)	18.5	(0.38)	9.3	(0.32)	50	(1.2)	14.9	(0.27)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	16.0	(0.22)	4.1	(0.19)	26	(1.0)	18.0	(0.38)	8.8	(0.34)	49	(1.4)	14.3	(0.27)
20 and over...	5017	52	(1.5)	19.4	(0.30)	5.9	(0.24)	31	(1.0)	21.7	(0.49)	11.5	(0.38)	53	(1.2)	16.9	(0.34)
2 and over...	7918	50	(1.3)	18.6	(0.26)	5.5	(0.20)	30	(0.9)	20.9	(0.39)	10.9	(0.30)	52	(1.0)	16.2	(0.26)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	188	(14.1)	24	(3.3)	13	(2.3)	176	(13.8)	55	(5.8)	31	(3.9)	198	(18.3)
6 - 11.....	517	48	(2.9)	228	(11.4)	49	(10.5)	22	(4.2)	228	(22.5)	103	(22.2)	45	(6.2)	228	(13.9)
12 - 19.....	609	46	(2.1)	276	(12.4)	84	(8.6)	30	(2.7)	321	(18.2)	183	(17.2)	57	(3.7)	239	(15.1)
20 - 39.....	810	61	(1.5)	379	(15.2)	126	(7.8)	33	(2.2)	405	(18.6)	206	(11.7)	51	(3.4)	339	(21.5)
40 - 59.....	767	53	(2.0)	356	(19.8)	112	(10.7)	32	(2.0)	390	(22.3)	212	(23.4)	54	(4.0)	317	(24.5)
60 and over.....	838	43	(3.6)	291	(7.7)	65	(7.6)	22	(2.7)	288	(11.5)	150	(10.3)	52	(3.1)	294	(11.1)
2 - 19.....	1462	46	(2.0)	242	(7.6)	60	(6.2)	25	(2.4)	259	(12.2)	129	(13.1)	50	(3.5)	226	(10.9)
20 and over...	2415	54	(1.7)	348	(11.1)	105	(5.6)	30	(1.3)	375	(13.4)	196	(12.2)	52	(2.3)	316	(15.0)
2 and over...	3877	52	(1.4)	321	(8.6)	94	(4.7)	29	(1.3)	349	(10.3)	181	(9.4)	52	(2.0)	291	(10.8)
Females:																	
2 - 5.....	329	42	(3.7)	177	(9.5)	19	(2.1)	11	(1.4)	150	(9.8)	46	(3.3)	31	(3.0)	196	(13.2)
6 - 11.....	523	45	(4.5)	222	(14.2)	42	(4.8)	19	(2.5)	211	(18.2)	92	(10.2)	44	(4.3)	232	(13.8)
12 - 19.....	587	52	(2.9)	214	(11.2)	64	(7.2)	30	(2.7)	222	(17.0)	123	(10.9)	56	(3.4)	206	(12.3)
20 - 39.....	877	57	(2.2)	275	(7.4)	82	(4.8)	30	(1.5)	273	(7.6)	143	(6.4)	52	(2.2)	278	(17.2)
40 - 59.....	879	54	(3.3)	259	(11.8)	77	(7.9)	30	(2.3)	271	(21.5)	143	(13.9)	53	(2.3)	245	(11.8)
60 and over.....	846	36	(2.2)	230	(8.9)	43	(3.8)	19	(1.7)	248	(11.8)	120	(8.7)	48	(4.2)	219	(10.6)
2 - 19.....	1439	48	(2.0)	208	(6.4)	47	(4.2)	22	(1.8)	204	(8.9)	98	(7.1)	48	(2.2)	212	(8.5)
20 and over...	2602	50	(1.6)	256	(4.8)	69	(3.6)	27	(1.2)	267	(8.6)	138	(6.6)	52	(1.6)	245	(6.6)
2 and over...	4041	49	(1.5)	245	(4.8)	64	(3.3)	26	(1.1)	253	(7.9)	129	(5.9)	51	(1.4)	237	(5.8)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	225	(5.4)	53	(4.6)	24	(2.0)	232	(8.7)	114	(8.9)	49	(2.6)	219	(7.9)
20 and over...	5017	52	(1.5)	300	(6.3)	86	(3.9)	29	(1.0)	321	(7.5)	167	(7.7)	52	(1.6)	278	(8.2)
2 and over...	7918	50	(1.3)	282	(5.2)	78	(3.4)	28	(1.1)	301	(6.2)	155	(6.3)	52	(1.5)	263	(6.3)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	556	(28.8)	43	(4.4)	8	(1.0)	486	(23.6)	99	(8.4)	20	(1.6)	610	(46.0)
6 - 11.....	517	48	(2.9)	638	(34.2)	63	(8.9)	10	(1.3)	608	(41.3)	132	(16.9)	22	(2.8)	665	(48.7)
12 - 19.....	609	46	(2.1)	653	(38.9)	94	(8.0)	14	(1.2)	673	(54.1)	205	(17.2)	30	(2.3)	635	(47.1)
20 - 39.....	810	61	(1.5)	660	(22.9)	154	(8.0)	23	(1.4)	670	(27.9)	251	(11.5)	37	(1.9)	644	(59.9)
40 - 59.....	767	53	(2.0)	675	(37.2)	134	(13.9)	20	(2.0)	652	(52.9)	253	(29.7)	39	(2.4)	701	(73.0)
60 and over.....	838	43	(3.6)	652	(24.3)	92	(13.6)	14	(2.0)	625	(36.4)	212	(25.3)	34	(3.1)	672	(35.1)
2 - 19.....	1462	46	(2.0)	628	(23.1)	73	(5.4)	12	(0.9)	613	(30.1)	158	(10.6)	26	(1.8)	640	(31.2)
20 and over...	2415	54	(1.7)	663	(19.2)	130	(5.9)	20	(0.9)	654	(18.5)	243	(12.0)	37	(1.3)	673	(38.6)
2 and over...	3877	52	(1.4)	654	(16.0)	116	(4.7)	18	(0.7)	645	(15.1)	224	(9.2)	35	(1.1)	664	(30.4)
Females:																	
2 - 5.....	329	42	(3.7)	530	(23.1)	32	(5.6)	6	(1.1)	477	(25.7)	75	(9.4)	16	(1.9)	568	(33.6)
6 - 11.....	523	45	(4.5)	605	(26.7)	64	(8.9)	11	(1.6)	592	(21.4)	141	(9.5)	24	(2.1)	616	(40.6)
12 - 19.....	587	52	(2.9)	506	(29.6)	96	(12.5)	19	(2.2)	474	(32.2)	185	(20.9)	39	(3.2)	541	(34.3)
20 - 39.....	877	57	(2.2)	620	(43.5)	119	(6.9)	19	(1.6)	546	(21.0)	207	(10.6)	38	(1.7)	720	(98.7)
40 - 59.....	879	54	(3.3)	589	(29.1)	105	(10.2)	18	(2.0)	601	(41.9)	195	(13.7)	33	(3.2)	576	(31.9)
60 and over.....	846	36	(2.2)	582	(18.9)	64	(8.2)	11	(1.5)	542	(30.7)	180	(20.2)	33	(3.6)	605	(19.3)
2 - 19.....	1439	48	(2.0)	543	(19.3)	71	(7.0)	13	(1.1)	511	(21.0)	150	(11.1)	29	(1.8)	573	(25.0)
20 and over...	2602	50	(1.6)	598	(20.0)	98	(6.0)	16	(1.1)	567	(21.5)	197	(10.9)	35	(1.9)	629	(33.3)
2 and over...	4041	49	(1.5)	585	(16.5)	91	(5.8)	16	(1.0)	554	(19.3)	186	(9.7)	34	(1.7)	615	(25.3)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	586	(18.6)	72	(4.7)	12	(0.7)	562	(20.4)	154	(8.5)	27	(1.5)	607	(25.3)
20 and over...	5017	52	(1.5)	629	(13.0)	113	(4.4)	18	(0.6)	610	(10.7)	220	(7.1)	36	(1.1)	649	(23.2)
2 and over...	7918	50	(1.3)	619	(11.1)	103	(4.0)	17	(0.6)	600	(9.0)	205	(6.1)	34	(1.0)	639	(19.1)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1182	(231.0)	104*	(32.0)	9*	(3.4)	833	(100.8)	238*	(71.9)	29	(8.5)	1453	(387.2)
6 - 11.....	517	48	(2.9)	1409	(203.0)	109	(26.6)	8	(1.8)	1251	(234.5)	227	(51.6)	18	(4.2)	1554	(320.1)
12 - 19.....	609	46	(2.1)	1300	(112.9)	209	(36.4)	16	(3.0)	1254	(152.5)	455	(84.0)	36	(5.2)	1340	(194.9)
20 - 39.....	810	61	(1.5)	1644	(115.1)	443	(47.3)	27	(3.1)	1543	(102.2)	722	(77.0)	47	(5.1)	1804	(197.6)
40 - 59.....	767	53	(2.0)	2294	(296.8)	479	(87.3)	21	(4.9)	1947	(191.1)	900	(177.4)	46	(7.1)	2688	(585.6)
60 and over.....	838	43	(3.6)	2277	(196.3)	432	(118.8)	19	(4.8)	2113	(261.4)	1003	(251.2)	47	(6.5)	2402	(344.7)
2 - 19.....	1462	46	(2.0)	1314	(106.8)	153	(21.3)	12	(1.9)	1173	(99.7)	330	(45.1)	28	(3.7)	1436	(197.2)
20 and over...	2415	54	(1.7)	2042	(124.3)	453	(45.0)	22	(2.7)	1806	(93.2)	844	(85.5)	47	(4.0)	2314	(244.5)
2 and over...	3877	52	(1.4)	1860	(109.3)	378	(34.4)	20	(2.3)	1665	(73.3)	730	(67.5)	44	(3.2)	2069	(206.8)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1188	(237.3)	50	(14.7)	4*	(1.5)	731	(196.0)	118	(31.0)	16*	(5.3)	1520	(343.6)
6 - 11.....	523	45	(4.5)	1316	(217.4)	108	(24.8)	8	(2.1)	1176	(219.4)	238	(37.2)	20	(4.7)	1432	(233.4)
12 - 19.....	587	52	(2.9)	1086	(128.9)	240	(69.2)	22	(5.3)	1077	(201.6)	463	(138.4)	43	(9.5)	1094	(140.6)
20 - 39.....	877	57	(2.2)	2555	(409.9)	414	(55.5)	16	(3.1)	1829	(218.5)	721	(90.1)	39	(4.3)	3530	(920.7)
40 - 59.....	879	54	(3.3)	2185	(155.6)	432	(73.6)	20	(3.5)	2102	(170.7)	806	(109.2)	38	(5.7)	2281	(230.5)
60 and over.....	846	36	(2.2)	2521	(180.0)	323	(85.7)	13	(3.2)	2384	(371.8)	908	(229.3)	38	(9.0)	2597	(158.6)
2 - 19.....	1439	48	(2.0)	1182	(136.5)	155	(34.2)	13	(2.6)	1038	(155.5)	325	(68.7)	31	(5.7)	1314	(169.4)
20 and over...	2602	50	(1.6)	2410	(164.8)	394	(48.2)	16	(2.0)	2052	(163.6)	794	(90.2)	39	(3.6)	2762	(284.5)
2 and over...	4041	49	(1.5)	2125	(142.5)	339	(42.4)	16	(1.9)	1825	(149.0)	689	(76.4)	38	(3.4)	2416	(219.9)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	1249	(95.1)	154	(19.6)	12	(1.5)	1105	(59.4)	328	(41.9)	30	(3.1)	1376	(157.6)
20 and over...	5017	52	(1.5)	2233	(110.0)	422	(34.6)	19	(1.6)	1929	(105.1)	819	(60.0)	42	(2.9)	2555	(197.5)
2 and over...	7918	50	(1.3)	1996	(98.7)	358	(27.6)	18	(1.4)	1745	(91.2)	709	(46.8)	41	(2.3)	2252	(159.3)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

L y c o p e n e												
			All Individuals <sup>2</sup>				All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup> % (SE)	Total Intake µg (SE)	Intake from All Restaurants µg (SE)	Percentages from <sup>6</sup> % (SE)	Total Intake µg (SE)	Intake from All Restaurants µg (SE)	Percentages from <sup>6</sup> % (SE)	Total Intake µg (SE)	Intake from All Restaurants µg (SE)	Percentages from <sup>6</sup> % (SE)	Total Intake µg (SE)
<b>Males:</b>												
2 - 5.....	336	44 (3.0)	3689 (351.2)	598 (98.0)	16 (2.9)	3508 (415.9)	1367 (202.3)	39 (6.4)	3829 (529.5)			
6 - 11.....	517	48 (2.9)	4354 (510.4)	966 (163.0)	22 (4.5)	4387 (519.0)	2014 (272.8)	46 (7.8)	4323 (673.5)			
12 - 19.....	609	46 (2.1)	5607 (444.7)	1422 (207.1)	25 (4.3)	6390 (921.9)	3095 (410.1)	48 (10.7)	4940 (458.3)			
20 - 39.....	810	61 (1.5)	6139 (530.3)	2071 (166.6)	34 (3.3)	6012 (562.4)	3374 (271.0)	56 (5.6)	6341(1161.2)			
40 - 59.....	767	53 (2.0)	6272 (729.2)	2001 (256.4)	32 (4.9)	6337 (655.7)	3763 (531.3)	59 (5.9)	6198(1250.9)			
60 and over.....	838	43 (3.6)	5266 (404.6)	1375 (377.2)	26 (5.6)	5966(1221.6)	3191 (851.6)	53 (5.0)	4736 (492.4)			
2 - 19.....	1462	46 (2.0)	4780 (337.9)	1095 (141.3)	23 (3.8)	5110 (524.5)	2371 (269.4)	46 (8.0)	4496 (350.9)			
20 and over...	2415	54 (1.7)	5952 (298.0)	1860 (178.8)	31 (2.8)	6115 (472.4)	3470 (339.3)	57 (3.5)	5763 (663.3)			
2 and over...	3877	52 (1.4)	5659 (262.2)	1669 (132.7)	29 (2.2)	5891 (378.7)	3225 (253.6)	55 (2.6)	5411 (514.3)			
<b>Females:</b>												
2 - 5.....	329	42 (3.7)	2924 (409.4)	393 (97.2)	13 (3.1)	2837 (654.6)	933 (197.8)	33 (9.0)	2987 (544.0)			
6 - 11.....	523	45 (4.5)	4253 (546.8)	843 (138.9)	20 (4.9)	5601(1032.7)	1856 (227.8)	33 (9.3)	3129 (449.2)			
12 - 19.....	587	52 (2.9)	3768 (247.8)	1061 (116.5)	28 (3.2)	3869 (481.8)	2044 (219.4)	53 (8.3)	3659 (433.2)			
20 - 39.....	877	57 (2.2)	4353 (396.8)	1289 (130.4)	30 (2.4)	4235 (263.7)	2248 (180.6)	53 (4.0)	4511 (736.2)			
40 - 59.....	879	54 (3.3)	4702 (503.0)	1369 (299.9)	29 (5.6)	4408 (612.0)	2556 (558.6)	58 (6.5)	5040 (848.7)			
60 and over.....	846	36 (2.2)	3712 (288.9)	782 (109.8)	21 (3.2)	4355 (431.1)	2195 (236.5)	50 (5.8)	3355 (382.4)			
2 - 19.....	1439	48 (2.0)	3731 (277.4)	839 (93.2)	22 (2.6)	4191 (459.4)	1763 (151.4)	42 (5.3)	3314 (272.3)			
20 and over...	2602	50 (1.6)	4294 (295.7)	1171 (119.3)	27 (2.8)	4328 (230.2)	2358 (235.7)	54 (3.5)	4261 (523.9)			
2 and over...	4041	49 (1.5)	4164 (261.6)	1094 (106.0)	26 (2.5)	4298 (219.1)	2225 (198.2)	52 (3.2)	4034 (411.5)			
<b>Males and Females:</b>												
2 - 19.....	2901	47 (1.5)	4261 (230.4)	969 (63.8)	23 (2.1)	4649 (361.2)	2066 (119.1)	44 (4.7)	3919 (256.4)			
20 and over...	5017	52 (1.5)	5092 (233.4)	1502 (98.4)	30 (2.1)	5222 (246.8)	2914 (195.6)	56 (2.4)	4953 (501.0)			
2 and over...	7918	50 (1.3)	4892 (215.4)	1374 (80.6)	28 (1.8)	5094 (215.5)	2725 (157.1)	53 (2.0)	4687 (405.7)			

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
—————All Individuals <sup>2</sup> ————— —————All Restaurant Consumers <sup>3</sup> ————— Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1.29	(0.031)	0.16	(0.017)	13	(1.4)	1.25	(0.039)	0.38	(0.035)	30	(2.5)	1.32	(0.049)
6 - 11.....	517	48	(2.9)	1.59	(0.046)	0.26	(0.025)	16	(1.5)	1.58	(0.058)	0.54	(0.046)	34	(2.7)	1.60	(0.067)
12 - 19.....	609	46	(2.1)	1.83	(0.069)	0.42	(0.033)	23	(1.5)	2.05	(0.086)	0.92	(0.054)	45	(2.2)	1.64	(0.087)
20 - 39.....	810	61	(1.5)	1.92	(0.043)	0.60	(0.030)	31	(1.4)	2.00	(0.071)	0.98	(0.038)	49	(1.4)	1.78	(0.072)
40 - 59.....	767	53	(2.0)	1.80	(0.049)	0.45	(0.031)	25	(1.7)	1.84	(0.078)	0.85	(0.058)	46	(2.5)	1.75	(0.061)
60 and over.....	838	43	(3.6)	1.76	(0.074)	0.31	(0.033)	18	(1.8)	1.94	(0.103)	0.73	(0.062)	38	(2.2)	1.62	(0.080)
2 - 19.....	1462	46	(2.0)	1.64	(0.031)	0.31	(0.023)	19	(1.3)	1.73	(0.044)	0.68	(0.041)	39	(2.0)	1.56	(0.052)
20 and over...	2415	54	(1.7)	1.83	(0.023)	0.47	(0.023)	26	(1.1)	1.93	(0.048)	0.88	(0.039)	45	(1.2)	1.72	(0.033)
2 and over...	3877	52	(1.4)	1.78	(0.021)	0.43	(0.020)	24	(1.0)	1.89	(0.038)	0.83	(0.032)	44	(1.1)	1.67	(0.028)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1.14	(0.046)	0.15	(0.026)	13	(2.2)	1.12	(0.066)	0.35	(0.052)	32	(3.4)	1.15	(0.079)
6 - 11.....	523	45	(4.5)	1.50	(0.045)	0.25	(0.037)	16	(2.3)	1.59	(0.057)	0.54	(0.046)	34	(3.2)	1.42	(0.062)
12 - 19.....	587	52	(2.9)	1.46	(0.052)	0.36	(0.035)	25	(2.2)	1.49	(0.088)	0.69	(0.049)	46	(3.4)	1.43	(0.034)
20 - 39.....	877	57	(2.2)	1.41	(0.037)	0.35	(0.026)	25	(1.7)	1.44	(0.037)	0.61	(0.032)	43	(2.0)	1.38	(0.054)
40 - 59.....	879	54	(3.3)	1.36	(0.033)	0.31	(0.022)	23	(1.9)	1.39	(0.036)	0.58	(0.033)	42	(2.7)	1.33	(0.042)
60 and over.....	846	36	(2.2)	1.25	(0.028)	0.19	(0.019)	15	(1.4)	1.27	(0.075)	0.52	(0.038)	41	(2.1)	1.23	(0.044)
2 - 19.....	1439	48	(2.0)	1.40	(0.030)	0.27	(0.021)	20	(1.3)	1.45	(0.047)	0.58	(0.031)	40	(2.0)	1.36	(0.033)
20 and over...	2602	50	(1.6)	1.35	(0.020)	0.29	(0.013)	21	(1.1)	1.38	(0.020)	0.58	(0.019)	42	(1.7)	1.31	(0.031)
2 and over...	4041	49	(1.5)	1.36	(0.017)	0.29	(0.011)	21	(0.9)	1.40	(0.021)	0.58	(0.017)	41	(1.5)	1.32	(0.022)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	1.52	(0.025)	0.29	(0.017)	19	(0.9)	1.59	(0.038)	0.63	(0.027)	39	(1.5)	1.46	(0.037)
20 and over...	5017	52	(1.5)	1.58	(0.020)	0.38	(0.014)	24	(0.8)	1.66	(0.032)	0.73	(0.022)	44	(1.0)	1.50	(0.020)
2 and over...	7918	50	(1.3)	1.57	(0.018)	0.36	(0.011)	23	(0.7)	1.64	(0.028)	0.71	(0.018)	43	(0.9)	1.49	(0.018)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1.74	(0.043)	0.18	(0.021)	10	(1.2)	1.64	(0.071)	0.41	(0.043)	25	(2.0)	1.82	(0.038)
6 - 11.....	517	48	(2.9)	2.00	(0.069)	0.27	(0.045)	14	(2.1)	1.97	(0.083)	0.57	(0.088)	29	(3.9)	2.03	(0.097)
12 - 19.....	609	46	(2.1)	2.26	(0.099)	0.42	(0.041)	19	(1.7)	2.49	(0.158)	0.92	(0.084)	37	(3.2)	2.06	(0.110)
20 - 39.....	810	61	(1.5)	2.62	(0.076)	0.66	(0.034)	25	(1.1)	2.67	(0.119)	1.07	(0.052)	40	(1.3)	2.53	(0.111)
40 - 59.....	767	53	(2.0)	2.57	(0.099)	0.54	(0.031)	21	(1.3)	2.65	(0.127)	1.02	(0.065)	39	(2.0)	2.47	(0.126)
60 and over.....	838	43	(3.6)	2.32	(0.076)	0.35	(0.033)	15	(1.5)	2.38	(0.105)	0.81	(0.034)	34	(1.6)	2.27	(0.095)
2 - 19.....	1462	46	(2.0)	2.06	(0.051)	0.32	(0.026)	16	(1.2)	2.14	(0.072)	0.69	(0.051)	33	(2.4)	2.00	(0.064)
20 and over...	2415	54	(1.7)	2.52	(0.049)	0.54	(0.016)	21	(0.7)	2.60	(0.064)	1.00	(0.024)	38	(0.9)	2.42	(0.057)
2 and over...	3877	52	(1.4)	2.40	(0.045)	0.48	(0.015)	20	(0.7)	2.50	(0.050)	0.93	(0.022)	37	(1.0)	2.31	(0.057)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1.61	(0.072)	0.15	(0.020)	9	(1.2)	1.57	(0.056)	0.35	(0.031)	22	(2.0)	1.63	(0.102)
6 - 11.....	523	45	(4.5)	1.87	(0.065)	0.26	(0.032)	14	(1.9)	1.90	(0.104)	0.57	(0.037)	30	(2.6)	1.85	(0.079)
12 - 19.....	587	52	(2.9)	1.70	(0.069)	0.38	(0.034)	22	(1.9)	1.65	(0.092)	0.73	(0.044)	44	(2.1)	1.75	(0.066)
20 - 39.....	877	57	(2.2)	1.92	(0.054)	0.42	(0.024)	22	(1.5)	1.97	(0.075)	0.73	(0.027)	37	(1.8)	1.87	(0.083)
40 - 59.....	879	54	(3.3)	1.89	(0.052)	0.39	(0.028)	21	(1.6)	1.92	(0.057)	0.73	(0.045)	38	(2.7)	1.86	(0.055)
60 and over.....	846	36	(2.2)	1.69	(0.043)	0.22	(0.021)	13	(1.2)	1.75	(0.104)	0.62	(0.038)	35	(2.2)	1.66	(0.054)
2 - 19.....	1439	48	(2.0)	1.73	(0.037)	0.29	(0.019)	17	(1.1)	1.71	(0.060)	0.60	(0.026)	35	(1.7)	1.76	(0.037)
20 and over...	2602	50	(1.6)	1.84	(0.039)	0.35	(0.015)	19	(0.9)	1.90	(0.048)	0.71	(0.022)	37	(1.4)	1.78	(0.049)
2 and over...	4041	49	(1.5)	1.82	(0.034)	0.34	(0.014)	18	(0.8)	1.86	(0.040)	0.68	(0.021)	37	(1.4)	1.78	(0.041)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	1.90	(0.042)	0.30	(0.018)	16	(0.9)	1.92	(0.060)	0.65	(0.032)	34	(1.8)	1.88	(0.047)
20 and over...	5017	52	(1.5)	2.17	(0.040)	0.44	(0.013)	20	(0.7)	2.25	(0.039)	0.85	(0.015)	38	(0.9)	2.08	(0.051)
2 and over...	7918	50	(1.3)	2.10	(0.037)	0.41	(0.011)	19	(0.6)	2.18	(0.034)	0.81	(0.015)	37	(0.8)	2.03	(0.046)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	17.0	(0.59)	2.6	(0.29)	16	(1.6)	16.7	(0.64)	6.1	(0.54)	36	(2.5)	17.1	(0.89)
6 - 11.....	517	48	(2.9)	21.4	(0.58)	3.8	(0.37)	18	(1.8)	21.9	(0.75)	7.9	(0.57)	36	(3.2)	20.9	(0.88)
12 - 19.....	609	46	(2.1)	27.8	(0.89)	7.5	(0.66)	27	(2.0)	32.5	(1.62)	16.3	(1.19)	50	(2.6)	23.8	(1.21)
20 - 39.....	810	61	(1.5)	35.8	(0.92)	10.5	(0.62)	29	(1.6)	37.3	(1.54)	17.0	(0.77)	46	(2.0)	33.3	(1.49)
40 - 59.....	767	53	(2.0)	30.8	(1.13)	8.3	(0.58)	27	(1.8)	32.0	(1.35)	15.6	(1.08)	49	(2.5)	29.4	(1.61)
60 and over.....	838	43	(3.6)	26.0	(0.93)	4.9	(0.52)	19	(1.8)	27.1	(1.18)	11.3	(0.71)	42	(1.8)	25.2	(1.16)
2 - 19.....	1462	46	(2.0)	23.4	(0.53)	5.2	(0.41)	22	(1.6)	25.7	(0.90)	11.3	(0.70)	44	(2.3)	21.4	(0.70)
20 and over...	2415	54	(1.7)	31.4	(0.76)	8.2	(0.36)	26	(1.0)	33.3	(0.81)	15.3	(0.52)	46	(1.2)	29.2	(1.00)
2 and over...	3877	52	(1.4)	29.4	(0.65)	7.5	(0.32)	25	(0.9)	31.6	(0.66)	14.4	(0.45)	46	(1.1)	27.1	(0.81)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	15.2	(0.62)	2.3	(0.27)	15	(1.7)	15.3	(0.88)	5.4	(0.46)	35	(2.3)	15.2	(1.03)
6 - 11.....	523	45	(4.5)	19.9	(0.60)	3.5	(0.45)	18	(2.2)	20.8	(0.83)	7.7	(0.57)	37	(3.3)	19.2	(0.79)
12 - 19.....	587	52	(2.9)	20.9	(0.63)	5.9	(0.60)	28	(2.3)	22.2	(1.02)	11.4	(1.02)	51	(3.4)	19.5	(0.80)
20 - 39.....	877	57	(2.2)	24.2	(0.56)	6.5	(0.49)	27	(2.1)	25.6	(0.74)	11.3	(0.65)	44	(2.7)	22.3	(0.74)
40 - 59.....	879	54	(3.3)	21.3	(0.55)	5.5	(0.48)	26	(2.2)	22.5	(0.72)	10.2	(0.67)	45	(2.6)	19.8	(0.61)
60 and over.....	846	36	(2.2)	18.1	(0.72)	3.3	(0.38)	18	(1.7)	19.7	(1.00)	9.3	(0.74)	47	(2.3)	17.2	(0.66)
2 - 19.....	1439	48	(2.0)	19.3	(0.38)	4.3	(0.31)	22	(1.3)	20.4	(0.53)	9.1	(0.50)	45	(1.9)	18.3	(0.49)
20 and over...	2602	50	(1.6)	21.3	(0.36)	5.2	(0.27)	24	(1.2)	23.1	(0.48)	10.4	(0.41)	45	(1.6)	19.5	(0.44)
2 and over...	4041	49	(1.5)	20.9	(0.28)	5.0	(0.26)	24	(1.2)	22.5	(0.43)	10.1	(0.41)	45	(1.5)	19.2	(0.30)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	21.4	(0.40)	4.8	(0.26)	22	(1.0)	23.0	(0.70)	10.2	(0.48)	44	(1.5)	19.9	(0.52)
20 and over...	5017	52	(1.5)	26.2	(0.53)	6.6	(0.26)	25	(0.8)	28.2	(0.52)	12.9	(0.31)	46	(0.8)	24.0	(0.64)
2 and over...	7918	50	(1.3)	25.0	(0.43)	6.2	(0.23)	25	(0.7)	27.1	(0.48)	12.3	(0.29)	45	(0.8)	23.0	(0.50)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n   B 6																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1.44	(0.040)	0.14	(0.016)	10	(1.1)	1.35	(0.042)	0.33	(0.030)	24	(2.2)	1.50	(0.060)
6 - 11.....	517	48	(2.9)	1.68	(0.067)	0.22	(0.025)	13	(1.6)	1.63	(0.075)	0.45	(0.042)	28	(3.0)	1.73	(0.099)
12 - 19.....	609	46	(2.1)	2.11	(0.086)	0.39	(0.045)	19	(1.9)	2.26	(0.155)	0.86	(0.089)	38	(2.8)	1.99	(0.135)
20 - 39.....	810	61	(1.5)	2.91	(0.140)	0.62	(0.046)	21	(1.4)	2.86	(0.174)	1.01	(0.066)	35	(2.1)	2.99	(0.256)
40 - 59.....	767	53	(2.0)	2.44	(0.114)	0.53	(0.043)	22	(1.6)	2.40	(0.152)	0.99	(0.079)	41	(2.7)	2.49	(0.148)
60 and over.....	838	43	(3.6)	2.09	(0.081)	0.32	(0.039)	15	(1.9)	2.09	(0.114)	0.74	(0.058)	35	(2.4)	2.09	(0.081)
2 - 19.....	1462	46	(2.0)	1.82	(0.050)	0.28	(0.024)	15	(1.3)	1.85	(0.074)	0.61	(0.044)	33	(2.2)	1.80	(0.074)
20 and over...	2415	54	(1.7)	2.53	(0.081)	0.51	(0.024)	20	(0.8)	2.54	(0.099)	0.95	(0.039)	37	(1.4)	2.52	(0.097)
2 and over...	3877	52	(1.4)	2.35	(0.065)	0.45	(0.022)	19	(0.8)	2.38	(0.081)	0.87	(0.033)	37	(1.3)	2.31	(0.070)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1.32	(0.063)	0.11	(0.013)	9	(1.1)	1.26	(0.057)	0.27	(0.023)	21	(1.8)	1.36	(0.097)
6 - 11.....	523	45	(4.5)	1.56	(0.056)	0.19	(0.023)	12	(1.4)	1.48	(0.075)	0.41	(0.037)	28	(2.6)	1.63	(0.080)
12 - 19.....	587	52	(2.9)	1.63	(0.055)	0.33	(0.034)	20	(1.8)	1.62	(0.091)	0.64	(0.058)	39	(3.4)	1.65	(0.054)
20 - 39.....	877	57	(2.2)	2.06	(0.084)	0.40	(0.025)	19	(1.5)	2.10	(0.112)	0.70	(0.030)	33	(2.2)	2.02	(0.080)
40 - 59.....	879	54	(3.3)	1.77	(0.081)	0.35	(0.032)	20	(2.1)	1.79	(0.086)	0.65	(0.037)	36	(2.6)	1.76	(0.106)
60 and over.....	846	36	(2.2)	1.49	(0.058)	0.21	(0.028)	14	(1.6)	1.53	(0.102)	0.60	(0.067)	39	(2.8)	1.47	(0.054)
2 - 19.....	1439	48	(2.0)	1.54	(0.032)	0.23	(0.016)	15	(1.0)	1.50	(0.050)	0.49	(0.029)	33	(1.9)	1.57	(0.037)
20 and over...	2602	50	(1.6)	1.79	(0.046)	0.33	(0.016)	18	(1.0)	1.86	(0.058)	0.66	(0.021)	35	(1.5)	1.73	(0.052)
2 and over...	4041	49	(1.5)	1.73	(0.033)	0.31	(0.015)	18	(0.9)	1.78	(0.047)	0.62	(0.022)	35	(1.4)	1.69	(0.033)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	1.68	(0.038)	0.26	(0.015)	15	(0.8)	1.68	(0.058)	0.55	(0.030)	33	(1.6)	1.69	(0.048)
20 and over...	5017	52	(1.5)	2.15	(0.051)	0.41	(0.017)	19	(0.7)	2.20	(0.055)	0.80	(0.021)	37	(0.9)	2.09	(0.057)
2 and over...	7918	50	(1.3)	2.03	(0.040)	0.38	(0.015)	18	(0.6)	2.08	(0.047)	0.75	(0.019)	36	(0.8)	1.99	(0.040)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

F o l a t e   ( D F E )																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	448	(15.7)	50	(5.1)	11	(1.2)	456	(27.5)	114	(10.5)	25	(2.9)	442	(22.3)
6 - 11.....	517	48	(2.9)	501	(14.3)	75	(7.0)	15	(1.4)	501	(11.4)	156	(11.7)	31	(2.5)	501	(27.4)
12 - 19.....	609	46	(2.1)	599	(23.1)	133	(9.9)	22	(1.4)	685	(32.2)	289	(14.9)	42	(2.0)	526	(25.6)
20 - 39.....	810	61	(1.5)	627	(21.2)	178	(9.6)	28	(1.4)	657	(27.3)	290	(11.9)	44	(1.2)	580	(36.7)
40 - 59.....	767	53	(2.0)	567	(21.2)	130	(8.7)	23	(1.8)	581	(31.1)	244	(16.2)	42	(3.0)	551	(25.9)
60 and over.....	838	43	(3.6)	556	(24.6)	89	(10.0)	16	(1.8)	609	(38.5)	206	(13.8)	34	(2.3)	515	(25.2)
2 - 19.....	1462	46	(2.0)	534	(11.8)	96	(6.9)	18	(1.2)	574	(18.5)	207	(12.0)	36	(1.9)	500	(18.2)
20 and over...	2415	54	(1.7)	587	(13.1)	137	(6.7)	23	(0.9)	620	(16.9)	256	(9.3)	41	(1.2)	548	(14.0)
2 and over...	3877	52	(1.4)	574	(10.4)	127	(5.5)	22	(0.8)	610	(12.9)	245	(7.8)	40	(1.2)	535	(13.1)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	372	(23.3)	41	(8.1)	11	(1.9)	367	(33.7)	98	(16.8)	27	(3.2)	377	(33.6)
6 - 11.....	523	45	(4.5)	497	(17.8)	71	(10.7)	14	(2.2)	505	(35.1)	156	(13.3)	31	(3.7)	490	(23.6)
12 - 19.....	587	52	(2.9)	489	(23.3)	103	(8.6)	21	(2.0)	456	(33.6)	199	(12.4)	44	(3.2)	525	(21.1)
20 - 39.....	877	57	(2.2)	478	(15.4)	108	(8.1)	23	(1.8)	480	(18.4)	188	(10.7)	39	(2.3)	475	(17.7)
40 - 59.....	879	54	(3.3)	459	(17.4)	91	(4.9)	20	(1.5)	453	(22.4)	169	(10.7)	37	(2.7)	466	(16.9)
60 and over.....	846	36	(2.2)	396	(14.0)	56	(8.2)	14	(1.9)	414	(28.4)	158	(18.3)	38	(2.7)	386	(16.4)
2 - 19.....	1439	48	(2.0)	465	(13.2)	79	(6.1)	17	(1.2)	453	(22.9)	166	(8.0)	37	(2.0)	476	(12.9)
20 and over...	2602	50	(1.6)	447	(10.6)	87	(4.0)	19	(1.1)	456	(12.1)	174	(6.8)	38	(1.7)	439	(11.9)
2 and over...	4041	49	(1.5)	451	(8.4)	85	(3.7)	19	(0.9)	455	(11.9)	172	(6.4)	38	(1.5)	448	(8.0)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	500	(10.1)	87	(4.6)	17	(0.8)	514	(17.1)	187	(7.2)	36	(1.5)	488	(14.1)
20 and over...	5017	52	(1.5)	514	(10.0)	111	(4.6)	22	(0.8)	538	(13.2)	215	(6.8)	40	(1.1)	489	(7.9)
2 and over...	7918	50	(1.3)	511	(8.3)	105	(3.8)	21	(0.6)	532	(11.9)	209	(5.8)	39	(1.0)	489	(7.4)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	221	(11.7)	27	(3.0)	12	(1.7)	201	(11.5)	61	(5.5)	30	(3.0)	237	(13.3)
6 - 11.....	517	48	(2.9)	252	(8.8)	43	(7.1)	17	(2.6)	247	(11.7)	90	(13.8)	36	(4.5)	257	(12.1)
12 - 19.....	609	46	(2.1)	303	(14.5)	78	(7.8)	26	(2.2)	346	(23.8)	170	(16.0)	49	(3.3)	267	(14.4)
20 - 39.....	810	61	(1.5)	412	(11.4)	123	(7.2)	30	(1.7)	430	(14.9)	200	(11.1)	46	(2.5)	383	(13.5)
40 - 59.....	767	53	(2.0)	414	(15.9)	114	(9.9)	28	(1.8)	437	(16.8)	215	(20.9)	49	(3.5)	388	(21.2)
60 and over.....	838	43	(3.6)	346	(8.3)	67	(7.2)	19	(2.2)	343	(9.9)	156	(8.6)	45	(2.3)	349	(12.3)
2 - 19.....	1462	46	(2.0)	269	(7.9)	55	(4.8)	21	(1.7)	282	(11.8)	120	(9.8)	43	(2.7)	257	(9.7)
20 and over...	2415	54	(1.7)	395	(8.0)	105	(4.4)	27	(0.9)	414	(10.4)	195	(9.6)	47	(1.7)	374	(10.0)
2 and over...	3877	52	(1.4)	364	(6.7)	92	(3.9)	25	(1.0)	385	(8.3)	179	(7.8)	46	(1.6)	341	(7.5)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	203	(9.2)	21	(2.7)	10	(1.5)	181	(7.9)	50	(3.8)	28	(2.6)	219	(14.1)
6 - 11.....	523	45	(4.5)	242	(12.2)	37	(4.0)	15	(2.0)	231	(16.7)	82	(7.1)	35	(3.7)	250	(11.2)
12 - 19.....	587	52	(2.9)	232	(8.8)	60	(5.3)	26	(2.1)	232	(13.7)	116	(7.7)	50	(3.3)	232	(10.0)
20 - 39.....	877	57	(2.2)	300	(6.6)	80	(4.9)	27	(1.4)	303	(7.9)	139	(5.6)	46	(1.6)	296	(10.4)
40 - 59.....	879	54	(3.3)	291	(8.7)	72	(6.1)	25	(2.1)	296	(12.7)	135	(10.8)	46	(2.9)	287	(10.7)
60 and over.....	846	36	(2.2)	265	(6.9)	44	(4.1)	17	(1.6)	278	(7.2)	124	(9.1)	44	(3.5)	258	(8.8)
2 - 19.....	1439	48	(2.0)	228	(5.5)	44	(3.2)	19	(1.4)	221	(6.8)	92	(5.0)	42	(1.8)	235	(7.2)
20 and over...	2602	50	(1.6)	287	(4.1)	67	(2.9)	23	(1.1)	295	(5.0)	134	(5.2)	45	(1.6)	279	(6.1)
2 and over...	4041	49	(1.5)	273	(4.2)	61	(2.6)	22	(1.0)	278	(4.9)	125	(4.5)	45	(1.4)	268	(5.8)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	249	(5.6)	50	(3.4)	20	(1.4)	252	(7.9)	106	(6.5)	42	(2.1)	246	(7.1)
20 and over...	5017	52	(1.5)	339	(4.6)	85	(3.0)	25	(0.8)	354	(6.1)	165	(6.0)	46	(1.4)	322	(5.5)
2 and over...	7918	50	(1.3)	317	(4.2)	76	(2.6)	24	(0.8)	331	(4.9)	152	(4.8)	46	(1.2)	303	(5.0)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B 1 2																	
<div>—————All Individuals <sup>2</sup>—————      —————All Restaurant Consumers <sup>3</sup>—————      Non-consumers <sup>4</sup></div>																	
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	3.94	(0.173)	0.33	(0.033)	8	(0.9)	3.62	(0.237)	0.75	(0.064)	21	(1.7)	4.18	(0.175)
6 - 11.....	517	48	(2.9)	4.54	(0.235)	0.56	(0.071)	12	(1.5)	4.41	(0.277)	1.17	(0.111)	27	(2.9)	4.66	(0.379)
12 - 19.....	609	46	(2.1)	5.94	(0.299)	1.07	(0.106)	18	(1.5)	6.19	(0.455)	2.33	(0.207)	38	(2.5)	5.73	(0.429)
20 - 39.....	810	61	(1.5)	6.55	(0.286)	1.52	(0.090)	23	(1.6)	6.63	(0.241)	2.48	(0.126)	37	(1.7)	6.42	(0.639)
40 - 59.....	767	53	(2.0)	6.21	(0.518)	1.88	(0.461)	30	(5.4)	6.96	(0.871)	3.54	(0.916)	51	(7.4)	5.35	(0.423)
60 and over.....	838	43	(3.6)	4.83	(0.239)	0.75	(0.079)	16	(1.8)	4.90	(0.351)	1.74	(0.092)	36	(2.9)	4.77	(0.239)
2 - 19.....	1462	46	(2.0)	5.04	(0.171)	0.74	(0.058)	15	(1.0)	5.05	(0.259)	1.61	(0.105)	32	(2.1)	5.04	(0.232)
20 and over...	2415	54	(1.7)	5.97	(0.213)	1.44	(0.142)	24	(2.0)	6.37	(0.262)	2.69	(0.303)	42	(3.4)	5.50	(0.256)
2 and over...	3877	52	(1.4)	5.74	(0.173)	1.27	(0.107)	22	(1.6)	6.08	(0.218)	2.45	(0.233)	40	(2.7)	5.37	(0.192)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	3.69	(0.212)	0.26	(0.045)	7	(1.1)	3.62	(0.229)	0.61	(0.072)	17	(1.8)	3.74	(0.261)
6 - 11.....	523	45	(4.5)	4.29	(0.167)	0.57	(0.078)	13	(2.0)	4.30	(0.269)	1.25	(0.129)	29	(3.5)	4.28	(0.229)
12 - 19.....	587	52	(2.9)	3.96	(0.174)	0.81	(0.064)	20	(1.6)	3.78	(0.204)	1.55	(0.094)	41	(1.9)	4.15	(0.167)
20 - 39.....	877	57	(2.2)	4.30	(0.157)	1.03	(0.075)	24	(1.9)	4.61	(0.239)	1.79	(0.108)	39	(2.7)	3.88	(0.196)
40 - 59.....	879	54	(3.3)	4.09	(0.143)	0.88	(0.098)	22	(2.6)	4.32	(0.184)	1.65	(0.182)	38	(4.5)	3.82	(0.213)
60 and over.....	846	36	(2.2)	3.69	(0.186)	0.68	(0.110)	18	(2.7)	4.09	(0.386)	1.90	(0.267)	46	(3.5)	3.47	(0.229)
2 - 19.....	1439	48	(2.0)	4.00	(0.098)	0.61	(0.037)	15	(0.9)	3.91	(0.139)	1.27	(0.053)	33	(1.5)	4.09	(0.108)
20 and over...	2602	50	(1.6)	4.05	(0.087)	0.87	(0.054)	22	(1.4)	4.39	(0.151)	1.76	(0.114)	40	(2.5)	3.71	(0.105)
2 and over...	4041	49	(1.5)	4.04	(0.063)	0.81	(0.042)	20	(1.1)	4.28	(0.112)	1.65	(0.087)	39	(2.1)	3.80	(0.073)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	4.53	(0.125)	0.67	(0.035)	15	(0.7)	4.48	(0.189)	1.44	(0.062)	32	(1.7)	4.58	(0.151)
20 and over...	5017	52	(1.5)	4.97	(0.123)	1.15	(0.075)	23	(1.3)	5.38	(0.135)	2.23	(0.159)	41	(2.5)	4.53	(0.132)
2 and over...	7918	50	(1.3)	4.86	(0.105)	1.03	(0.053)	21	(1.0)	5.18	(0.119)	2.05	(0.119)	40	(1.9)	4.54	(0.106)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	79.1	(5.60)	5.3	(1.09)	7	(1.5)	72.0	(8.82)	12.1	(2.81)	17	(3.6)	84.7	(5.77)
6 - 11.....	517	48	(2.9)	67.2	(6.90)	7.5*	(2.87)	11*	(3.4)	61.1	(10.03)	15.7*	(6.14)	26	(6.5)	72.7	(5.58)
12 - 19.....	609	46	(2.1)	67.9	(3.77)	8.1	(0.95)	12	(1.5)	67.7	(4.70)	17.6	(1.81)	26	(2.9)	68.1	(5.15)
20 - 39.....	810	61	(1.5)	90.6	(4.54)	16.0	(1.61)	18	(1.7)	87.0	(5.92)	26.0	(2.61)	30	(2.4)	96.3	(7.15)
40 - 59.....	767	53	(2.0)	76.1	(4.00)	14.0	(1.45)	18	(2.1)	73.7	(5.54)	26.3	(2.82)	36	(4.1)	78.9	(5.08)
60 and over.....	838	43	(3.6)	90.5	(6.28)	8.8	(1.64)	10	(2.2)	82.2	(4.78)	20.3	(3.33)	25	(3.9)	96.9	(9.36)
2 - 19.....	1462	46	(2.0)	69.9	(4.16)	7.3	(0.89)	10	(1.0)	66.1	(5.67)	15.9	(2.16)	24	(2.1)	73.2	(3.88)
20 and over...	2415	54	(1.7)	85.5	(2.91)	13.3	(0.77)	16	(0.8)	81.3	(3.87)	24.9	(1.31)	31	(1.5)	90.3	(3.61)
2 and over...	3877	52	(1.4)	81.6	(2.74)	11.8	(0.74)	15	(0.7)	77.9	(3.47)	22.9	(1.28)	29	(1.3)	85.5	(2.67)
Females:																	
2 - 5.....	329	42	(3.7)	65.8	(7.07)	3.1	(0.86)	5*	(1.3)	54.7	(6.93)	7.3	(1.80)	13	(2.8)	73.9	(8.45)
6 - 11.....	523	45	(4.5)	64.4	(2.78)	4.2	(0.58)	7	(0.8)	59.1	(3.85)	9.3	(1.14)	16	(2.2)	68.9	(3.77)
12 - 19.....	587	52	(2.9)	63.5	(4.26)	7.1	(1.05)	11	(1.3)	60.8	(7.10)	13.7	(1.49)	22	(2.6)	66.3	(5.57)
20 - 39.....	877	57	(2.2)	76.0	(4.92)	11.1	(1.22)	15	(1.3)	72.9	(5.69)	19.4	(1.84)	27	(2.6)	80.3	(5.80)
40 - 59.....	879	54	(3.3)	75.4	(4.61)	12.2	(1.51)	16	(1.9)	73.4	(5.81)	22.8	(2.11)	31	(2.6)	77.7	(6.48)
60 and over.....	846	36	(2.2)	70.5	(4.46)	5.8	(1.12)	8	(1.7)	62.1	(6.15)	16.2	(3.03)	26	(4.3)	75.1	(5.37)
2 - 19.....	1439	48	(2.0)	64.3	(2.75)	5.3	(0.63)	8	(0.8)	59.1	(4.22)	11.1	(1.05)	19	(1.3)	69.1	(2.82)
20 and over...	2602	50	(1.6)	74.2	(3.53)	10.0	(0.86)	13	(1.2)	70.8	(4.14)	20.1	(1.39)	28	(2.1)	77.5	(4.22)
2 and over...	4041	49	(1.5)	71.9	(2.97)	8.9	(0.75)	12	(1.0)	68.2	(3.55)	18.0	(1.18)	26	(1.7)	75.5	(3.55)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	67.1	(3.15)	6.3	(0.69)	9	(0.8)	62.6	(4.25)	13.5	(1.39)	22	(1.3)	71.2	(2.94)
20 and over...	5017	52	(1.5)	79.6	(2.56)	11.6	(0.75)	15	(0.8)	76.1	(3.26)	22.5	(1.11)	30	(1.3)	83.4	(2.79)
2 and over...	7918	50	(1.3)	76.6	(2.41)	10.3	(0.71)	13	(0.8)	73.1	(2.93)	20.5	(1.07)	28	(1.2)	80.3	(2.45)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	6.0	(0.31)	0.3	(0.06)	5*	(1.0)	5.0	(0.41)	0.6	(0.14)	13*	(2.1)	6.8	(0.32)
6 - 11.....	517	48	(2.9)	5.6	(0.34)	0.3	(0.07)	6	(1.5)	5.0	(0.37)	0.7	(0.14)	14	(3.3)	6.2	(0.50)
12 - 19.....	609	46	(2.1)	5.7	(0.44)	0.5	(0.07)	8	(1.1)	5.4	(0.47)	1.0	(0.16)	18	(3.2)	5.9	(0.57)
20 - 39.....	810	61	(1.5)	5.4	(0.53)	0.8	(0.07)	15	(1.5)	5.2	(0.41)	1.3	(0.12)	25	(2.4)	5.7	(0.89)
40 - 59.....	767	53	(2.0)	5.1	(0.32)	0.7	(0.08)	15	(1.4)	5.2	(0.54)	1.4	(0.17)	27	(3.2)	5.0	(0.26)
60 and over.....	838	43	(3.6)	4.8	(0.28)	0.5	(0.05)	10	(1.2)	4.3	(0.39)	1.1	(0.09)	25	(3.3)	5.2	(0.34)
2 - 19.....	1462	46	(2.0)	5.8	(0.27)	0.4	(0.04)	7	(0.8)	5.2	(0.32)	0.8	(0.09)	16	(2.3)	6.2	(0.33)
20 and over...	2415	54	(1.7)	5.1	(0.21)	0.7	(0.04)	13	(0.8)	5.0	(0.21)	1.3	(0.09)	26	(1.3)	5.3	(0.26)
2 and over...	3877	52	(1.4)	5.3	(0.18)	0.6	(0.03)	12	(0.7)	5.1	(0.19)	1.2	(0.07)	23	(1.4)	5.5	(0.24)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	5.5	(0.36)	0.3	(0.07)	5*	(1.2)	5.2	(0.41)	0.6	(0.14)	11*	(2.1)	5.8	(0.45)
6 - 11.....	523	45	(4.5)	5.4	(0.31)	0.3	(0.06)	6	(1.2)	4.9	(0.38)	0.7	(0.10)	15	(2.3)	5.7	(0.40)
12 - 19.....	587	52	(2.9)	4.2	(0.29)	0.5	(0.09)	11	(2.1)	3.5	(0.36)	0.9	(0.14)	26	(3.6)	4.9	(0.26)
20 - 39.....	877	57	(2.2)	4.3	(0.22)	0.9	(0.15)	20	(3.0)	4.4	(0.35)	1.5	(0.26)	34	(4.0)	4.1	(0.25)
40 - 59.....	879	54	(3.3)	4.3	(0.28)	0.8	(0.21)	19	(4.4)	4.7	(0.48)	1.6	(0.33)	33	(6.3)	3.9	(0.18)
60 and over.....	846	36	(2.2)	4.2	(0.19)	0.5*	(0.17)	12*	(3.8)	4.3	(0.64)	1.4*	(0.43)	32	(6.4)	4.1	(0.30)
2 - 19.....	1439	48	(2.0)	4.9	(0.20)	0.4	(0.05)	8	(1.1)	4.3	(0.28)	0.8	(0.09)	19	(2.3)	5.4	(0.19)
20 and over...	2602	50	(1.6)	4.3	(0.15)	0.7	(0.12)	17	(2.6)	4.5	(0.31)	1.5	(0.21)	33	(3.8)	4.0	(0.15)
2 and over...	4041	49	(1.5)	4.4	(0.14)	0.7	(0.09)	15	(2.1)	4.4	(0.26)	1.3	(0.17)	30	(3.4)	4.4	(0.14)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	5.3	(0.22)	0.4	(0.04)	7	(0.8)	4.7	(0.26)	0.8	(0.07)	17	(1.9)	5.8	(0.25)
20 and over...	5017	52	(1.5)	4.7	(0.15)	0.7	(0.06)	15	(1.3)	4.7	(0.20)	1.4	(0.09)	29	(1.7)	4.6	(0.17)
2 and over...	7918	50	(1.3)	4.8	(0.15)	0.6	(0.05)	13	(1.1)	4.7	(0.18)	1.3	(0.08)	27	(1.7)	4.9	(0.17)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n   E   ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	6.4	(0.32)	0.9	(0.09)	13	(1.2)	6.5	(0.46)	2.0	(0.17)	30	(2.6)	6.3	(0.44)
6 - 11.....	517	48	(2.9)	7.3	(0.16)	1.1	(0.13)	15	(1.8)	7.5	(0.23)	2.3	(0.21)	31	(2.7)	7.1	(0.23)
12 - 19.....	609	46	(2.1)	8.5	(0.39)	1.7	(0.14)	20	(1.7)	10.0	(0.63)	3.8	(0.28)	38	(3.1)	7.3	(0.54)
20 - 39.....	810	61	(1.5)	10.3	(0.38)	2.9	(0.15)	28	(1.5)	10.8	(0.55)	4.7	(0.20)	43	(1.9)	9.5	(0.68)
40 - 59.....	767	53	(2.0)	10.5	(0.48)	2.6	(0.20)	25	(2.4)	11.0	(0.66)	4.9	(0.41)	45	(3.4)	10.0	(0.69)
60 and over.....	838	43	(3.6)	9.0	(0.42)	1.6	(0.20)	18	(2.1)	9.7	(0.76)	3.8	(0.32)	39	(2.3)	8.5	(0.41)
2 - 19.....	1462	46	(2.0)	7.7	(0.19)	1.3	(0.09)	18	(1.1)	8.4	(0.30)	2.9	(0.14)	35	(1.7)	7.0	(0.27)
20 and over...	2415	54	(1.7)	10.0	(0.28)	2.5	(0.08)	24	(1.0)	10.6	(0.36)	4.6	(0.16)	43	(1.7)	9.3	(0.36)
2 and over...	3877	52	(1.4)	9.4	(0.26)	2.2	(0.07)	23	(0.9)	10.2	(0.29)	4.2	(0.12)	41	(1.4)	8.7	(0.32)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	5.3	(0.20)	0.7	(0.09)	13	(1.7)	5.2	(0.41)	1.6	(0.17)	31	(2.3)	5.3	(0.35)
6 - 11.....	523	45	(4.5)	7.1	(0.29)	1.1	(0.12)	15	(2.2)	7.3	(0.42)	2.3	(0.21)	32	(3.9)	7.0	(0.37)
12 - 19.....	587	52	(2.9)	7.2	(0.29)	1.7	(0.17)	24	(2.3)	7.3	(0.35)	3.3	(0.28)	44	(3.1)	7.0	(0.44)
20 - 39.....	877	57	(2.2)	8.9	(0.29)	2.0	(0.10)	23	(1.2)	9.1	(0.26)	3.5	(0.11)	39	(1.6)	8.6	(0.49)
40 - 59.....	879	54	(3.3)	9.0	(0.66)	1.9	(0.18)	20	(1.8)	9.5	(0.77)	3.5	(0.19)	36	(2.6)	8.5	(0.60)
60 and over.....	846	36	(2.2)	7.4	(0.34)	1.2	(0.17)	16	(1.7)	8.2	(0.74)	3.2	(0.40)	39	(2.2)	6.9	(0.29)
2 - 19.....	1439	48	(2.0)	6.7	(0.11)	1.3	(0.10)	19	(1.4)	6.9	(0.19)	2.6	(0.16)	38	(2.2)	6.6	(0.19)
20 and over...	2602	50	(1.6)	8.5	(0.34)	1.7	(0.09)	20	(0.8)	9.1	(0.40)	3.4	(0.12)	38	(1.2)	7.9	(0.34)
2 and over...	4041	49	(1.5)	8.1	(0.27)	1.6	(0.08)	20	(0.9)	8.6	(0.31)	3.3	(0.11)	38	(1.2)	7.6	(0.27)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	7.2	(0.10)	1.3	(0.06)	18	(0.9)	7.7	(0.15)	2.8	(0.11)	36	(1.5)	6.8	(0.21)
20 and over...	5017	52	(1.5)	9.2	(0.26)	2.1	(0.08)	22	(0.8)	9.9	(0.30)	4.0	(0.10)	41	(1.2)	8.6	(0.28)
2 and over...	7918	50	(1.3)	8.8	(0.23)	1.9	(0.07)	22	(0.7)	9.4	(0.24)	3.7	(0.08)	40	(1.1)	8.1	(0.25)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	55.4	(2.84)	9.1	(0.94)	16	(2.1)	54.5	(6.33)	20.7	(2.71)	38	(5.6)	56.2	(5.56)
6 - 11.....	517	48	(2.9)	62.9	(4.13)	10.6	(1.35)	17	(2.5)	59.0	(2.45)	22.1	(2.13)	38	(3.0)	66.5	(7.00)
12 - 19.....	609	46	(2.1)	78.6	(3.63)	21.1	(2.19)	27	(2.6)	97.0	(8.27)	46.0	(4.72)	47	(3.9)	63.1	(5.57)
20 - 39.....	810	61	(1.5)	118.3	(6.83)	39.5	(2.99)	33	(2.8)	120.9	(6.44)	64.3	(5.00)	53	(4.6)	114.3	(11.11)
40 - 59.....	767	53	(2.0)	115.6	(6.05)	35.1	(2.61)	30	(2.7)	120.9	(6.83)	66.0	(5.04)	55	(3.6)	109.7	(9.07)
60 and over.....	838	43	(3.6)	121.2	(9.07)	29.2	(5.43)	24	(3.7)	125.4	(15.17)	67.6	(10.60)	54	(4.4)	118.1	(10.43)
2 - 19.....	1462	46	(2.0)	68.4	(2.44)	15.0	(1.26)	22	(2.0)	75.0	(3.71)	32.5	(2.19)	43	(2.8)	62.8	(4.21)
20 and over...	2415	54	(1.7)	118.2	(4.37)	35.2	(2.21)	30	(2.0)	121.9	(4.36)	65.6	(3.69)	54	(2.6)	113.9	(6.45)
2 and over...	3877	52	(1.4)	105.8	(3.95)	30.1	(1.62)	29	(1.7)	111.4	(3.80)	58.2	(2.75)	52	(2.2)	99.7	(5.58)
Females:																	
2 - 5.....	329	42	(3.7)	48.2	(4.33)	6.2	(0.87)	13	(2.5)	40.6	(3.00)	14.7	(1.86)	36	(4.1)	53.7	(6.37)
6 - 11.....	523	45	(4.5)	62.8	(2.71)	11.7	(1.75)	19	(2.7)	64.7	(3.38)	25.6	(2.10)	40	(3.7)	61.2	(3.37)
12 - 19.....	587	52	(2.9)	73.9	(6.94)	17.2	(2.02)	23	(2.8)	66.0	(4.44)	33.2	(3.00)	50	(4.3)	82.4	(11.80)
20 - 39.....	877	57	(2.2)	126.9	(11.44)	30.3	(3.64)	24	(2.8)	123.8	(14.53)	52.8	(5.96)	43	(5.3)	131.0	(14.69)
40 - 59.....	879	54	(3.3)	126.4	(10.42)	32.4	(6.81)	26	(4.1)	124.3	(11.20)	60.4	(10.74)	49	(5.9)	128.9	(12.54)
60 and over.....	846	36	(2.2)	115.7	(10.92)	20.0	(3.17)	17	(3.0)	134.2	(21.25)	56.0	(7.80)	42	(7.9)	105.4	(7.90)
2 - 19.....	1439	48	(2.0)	64.5	(3.53)	12.9	(1.24)	20	(1.4)	60.5	(2.59)	27.2	(1.69)	45	(1.9)	68.1	(5.65)
20 and over...	2602	50	(1.6)	123.5	(7.09)	28.1	(3.07)	23	(2.1)	126.2	(8.65)	56.5	(5.41)	45	(3.6)	120.8	(7.44)
2 and over...	4041	49	(1.5)	109.8	(6.09)	24.5	(2.55)	22	(1.9)	111.4	(6.95)	49.9	(4.41)	45	(3.2)	108.2	(6.36)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	66.5	(2.33)	14.0	(0.77)	21	(0.9)	67.7	(1.96)	29.8	(1.13)	44	(1.5)	65.4	(3.94)
20 and over...	5017	52	(1.5)	120.9	(4.68)	31.5	(2.32)	26	(1.6)	124.0	(5.53)	61.1	(3.73)	49	(2.3)	117.6	(5.15)
2 and over...	7918	50	(1.3)	107.8	(4.23)	27.3	(1.83)	25	(1.4)	111.4	(4.48)	54.1	(2.92)	49	(2.0)	104.2	(4.79)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	959	(29.7)	97	(10.1)	10	(1.0)	891	(53.9)	223	(19.8)	25	(1.9)	1012	(28.3)
6 - 11.....	517	48	(2.9)	1040	(42.5)	137	(12.9)	13	(1.2)	1039	(32.1)	287	(20.6)	28	(2.0)	1041	(68.2)
12 - 19.....	609	46	(2.1)	1128	(54.2)	202	(16.7)	18	(1.4)	1214	(69.1)	439	(30.9)	36	(2.7)	1056	(59.9)
20 - 39.....	810	61	(1.5)	1151	(36.8)	317	(14.7)	28	(1.2)	1169	(43.3)	517	(19.8)	44	(1.1)	1122	(53.6)
40 - 59.....	767	53	(2.0)	1068	(29.6)	243	(18.5)	23	(1.6)	1119	(51.5)	457	(32.6)	41	(2.2)	1010	(35.6)
60 and over.....	838	43	(3.6)	927	(35.1)	149	(15.9)	16	(1.7)	943	(44.5)	345	(20.9)	37	(1.4)	915	(41.5)
2 - 19.....	1462	46	(2.0)	1063	(34.5)	158	(11.1)	15	(1.0)	1088	(35.4)	342	(20.6)	31	(1.9)	1041	(44.0)
20 and over...	2415	54	(1.7)	1062	(21.3)	246	(11.8)	23	(1.0)	1103	(33.4)	459	(17.5)	42	(0.9)	1014	(22.0)
2 and over...	3877	52	(1.4)	1062	(19.9)	224	(9.3)	21	(0.8)	1100	(29.3)	433	(13.3)	39	(0.9)	1022	(20.5)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	863	(31.4)	80	(13.5)	9	(1.6)	866	(29.4)	191	(25.2)	22	(2.9)	861	(42.3)
6 - 11.....	523	45	(4.5)	965	(31.4)	140	(20.1)	15	(2.1)	1015	(46.0)	309	(21.6)	30	(2.5)	923	(38.7)
12 - 19.....	587	52	(2.9)	857	(46.7)	202	(28.2)	24	(3.0)	869	(60.1)	389	(41.6)	45	(3.9)	844	(46.9)
20 - 39.....	877	57	(2.2)	880	(19.0)	202	(9.2)	23	(1.1)	903	(23.8)	351	(15.0)	39	(1.5)	849	(33.4)
40 - 59.....	879	54	(3.3)	874	(27.8)	176	(11.7)	20	(1.3)	894	(36.7)	329	(17.2)	37	(2.2)	852	(30.0)
60 and over.....	846	36	(2.2)	766	(26.8)	97	(12.5)	13	(1.5)	810	(58.1)	272	(25.5)	34	(1.9)	741	(40.9)
2 - 19.....	1439	48	(2.0)	893	(27.5)	155	(15.6)	17	(1.6)	913	(37.5)	325	(23.5)	36	(2.4)	875	(26.5)
20 and over...	2602	50	(1.6)	845	(18.6)	162	(7.4)	19	(0.8)	880	(24.5)	326	(12.0)	37	(1.2)	810	(23.9)
2 and over...	4041	49	(1.5)	856	(18.4)	160	(7.3)	19	(0.9)	888	(23.1)	326	(11.8)	37	(1.3)	825	(22.1)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	979	(28.5)	156	(10.5)	16	(1.0)	1000	(30.2)	334	(17.8)	33	(1.9)	960	(32.5)
20 and over...	5017	52	(1.5)	949	(19.0)	202	(7.9)	21	(0.7)	992	(25.6)	393	(10.5)	40	(0.7)	904	(16.4)
2 and over...	7918	50	(1.3)	956	(19.1)	191	(6.8)	20	(0.7)	994	(23.8)	379	(9.1)	38	(0.8)	919	(17.6)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 *(continued)*

P h o s p h o r u s																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	1100	(32.3)	145	(14.0)	13	(1.3)	1043	(43.7)	332	(25.7)	32	(2.0)	1144	(32.5)
6 - 11.....	517	48	(2.9)	1308	(40.9)	214	(21.3)	16	(1.6)	1333	(32.1)	447	(33.6)	34	(2.7)	1286	(60.7)
12 - 19.....	609	46	(2.1)	1471	(56.9)	353	(23.7)	24	(1.5)	1674	(83.1)	769	(42.1)	46	(2.6)	1298	(64.5)
20 - 39.....	810	61	(1.5)	1720	(49.2)	526	(23.5)	31	(1.3)	1770	(63.9)	858	(26.3)	48	(1.5)	1641	(54.8)
40 - 59.....	767	53	(2.0)	1625	(37.3)	441	(33.6)	27	(1.8)	1740	(55.5)	830	(65.4)	48	(2.8)	1495	(46.6)
60 and over.....	838	43	(3.6)	1383	(33.2)	246	(23.2)	18	(1.7)	1401	(45.7)	571	(24.6)	41	(1.5)	1368	(39.8)
2 - 19.....	1462	46	(2.0)	1339	(33.9)	263	(17.2)	20	(1.2)	1429	(38.5)	568	(28.5)	40	(1.9)	1261	(45.0)
20 and over...	2415	54	(1.7)	1596	(25.7)	421	(15.2)	26	(0.9)	1680	(38.1)	786	(24.2)	47	(1.1)	1500	(27.1)
2 and over...	3877	52	(1.4)	1532	(25.0)	382	(13.6)	25	(0.8)	1624	(31.4)	738	(19.5)	45	(1.0)	1433	(25.3)
Females:																	
2 - 5.....	329	42	(3.7)	1001	(27.4)	123	(17.1)	12	(1.7)	985	(27.5)	293	(27.2)	30	(2.7)	1013	(47.7)
6 - 11.....	523	45	(4.5)	1206	(34.0)	204	(24.2)	17	(2.2)	1252	(52.7)	449	(27.4)	36	(3.0)	1167	(41.7)
12 - 19.....	587	52	(2.9)	1147	(42.1)	319	(30.9)	28	(2.5)	1211	(60.1)	615	(40.9)	51	(3.2)	1077	(41.0)
20 - 39.....	877	57	(2.2)	1244	(21.5)	337	(19.5)	27	(1.5)	1295	(23.1)	587	(20.9)	45	(1.8)	1176	(31.4)
40 - 59.....	879	54	(3.3)	1224	(26.1)	295	(20.0)	24	(1.7)	1263	(34.9)	551	(29.5)	44	(2.5)	1180	(26.7)
60 and over.....	846	36	(2.2)	1079	(32.5)	177	(19.3)	16	(1.6)	1163	(72.7)	496	(37.7)	43	(2.0)	1032	(38.8)
2 - 19.....	1439	48	(2.0)	1133	(20.8)	238	(18.6)	21	(1.6)	1178	(28.4)	500	(25.2)	42	(2.1)	1091	(23.2)
20 and over...	2602	50	(1.6)	1189	(17.9)	275	(11.7)	23	(1.1)	1255	(22.2)	554	(17.0)	44	(1.5)	1124	(23.4)
2 and over...	4041	49	(1.5)	1176	(16.0)	266	(11.5)	23	(1.1)	1238	(19.5)	542	(16.6)	44	(1.5)	1116	(21.2)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	1237	(24.6)	250	(13.7)	20	(1.1)	1303	(27.7)	534	(22.7)	41	(1.7)	1178	(31.5)
20 and over...	5017	52	(1.5)	1385	(21.2)	345	(11.5)	25	(0.8)	1468	(26.9)	670	(14.5)	46	(1.0)	1297	(20.8)
2 and over...	7918	50	(1.3)	1349	(20.4)	323	(10.5)	24	(0.8)	1431	(23.8)	640	(13.5)	45	(1.0)	1267	(21.1)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	203	(6.7)	22	(2.2)	11	(1.1)	183	(4.4)	51	(3.9)	28	(2.1)	218	(10.5)
6 - 11.....	517	48	(2.9)	239	(5.5)	33	(3.2)	14	(1.3)	235	(5.9)	68	(5.4)	29	(2.1)	243	(9.2)
12 - 19.....	609	46	(2.1)	276	(12.7)	53	(4.3)	19	(1.5)	309	(22.5)	115	(8.3)	37	(2.7)	248	(12.8)
20 - 39.....	810	61	(1.5)	356	(10.1)	88	(4.0)	25	(1.1)	360	(14.9)	143	(5.2)	40	(1.4)	350	(10.8)
40 - 59.....	767	53	(2.0)	351	(10.2)	72	(5.0)	21	(1.5)	354	(15.2)	135	(9.8)	38	(2.6)	347	(13.7)
60 and over.....	838	43	(3.6)	320	(10.8)	46	(4.9)	14	(1.5)	318	(11.9)	106	(6.3)	33	(1.4)	321	(16.5)
2 - 19.....	1462	46	(2.0)	248	(6.0)	40	(2.7)	16	(1.0)	258	(10.1)	86	(5.0)	33	(1.6)	240	(8.3)
20 and over...	2415	54	(1.7)	345	(6.7)	71	(2.1)	21	(0.7)	349	(8.1)	132	(2.6)	38	(0.8)	339	(9.4)
2 and over...	3877	52	(1.4)	320	(6.4)	63	(1.9)	20	(0.6)	329	(6.2)	122	(2.1)	37	(0.7)	312	(8.8)
Females:																	
2 - 5.....	329	42	(3.7)	183	(3.8)	18	(2.6)	10	(1.5)	177	(6.3)	44	(4.4)	25	(2.3)	188	(8.8)
6 - 11.....	523	45	(4.5)	223	(7.5)	29	(3.4)	13	(1.7)	218	(10.1)	65	(4.0)	30	(2.5)	228	(8.7)
12 - 19.....	587	52	(2.9)	224	(5.4)	49	(4.7)	22	(2.1)	223	(7.8)	95	(5.9)	43	(2.5)	225	(7.0)
20 - 39.....	877	57	(2.2)	281	(7.2)	58	(3.4)	21	(1.2)	280	(7.5)	101	(4.1)	36	(1.5)	282	(10.6)
40 - 59.....	879	54	(3.3)	283	(9.6)	52	(4.0)	18	(1.5)	286	(12.2)	98	(4.7)	34	(2.3)	279	(8.4)
60 and over.....	846	36	(2.2)	247	(5.4)	31	(3.0)	12	(1.1)	257	(11.6)	86	(5.5)	34	(1.6)	241	(7.7)
2 - 19.....	1439	48	(2.0)	214	(3.2)	36	(2.6)	17	(1.1)	212	(3.8)	75	(3.3)	36	(1.5)	217	(3.6)
20 and over...	2602	50	(1.6)	272	(5.1)	48	(1.9)	18	(0.8)	277	(7.2)	97	(2.4)	35	(1.2)	266	(5.4)
2 and over...	4041	49	(1.5)	258	(4.6)	45	(1.9)	17	(0.8)	263	(6.0)	92	(2.4)	35	(1.2)	254	(4.6)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	231	(3.8)	38	(1.9)	16	(0.8)	235	(5.4)	81	(3.3)	34	(1.3)	228	(5.3)
20 and over...	5017	52	(1.5)	307	(5.3)	59	(1.8)	19	(0.6)	313	(6.5)	114	(1.8)	37	(0.8)	300	(6.0)
2 and over...	7918	50	(1.3)	289	(5.0)	54	(1.7)	19	(0.6)	296	(5.3)	107	(1.7)	36	(0.7)	281	(5.9)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

I r o n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	11.5	(0.33)	1.3	(0.14)	11	(1.2)	11.3	(0.61)	2.9	(0.26)	26	(2.3)	11.6	(0.48)
6 - 11.....	517	48	(2.9)	14.3	(0.40)	2.1	(0.23)	14	(1.5)	14.2	(0.36)	4.3	(0.42)	30	(3.1)	14.5	(0.72)
12 - 19.....	609	46	(2.1)	16.7	(0.71)	3.5	(0.27)	21	(1.5)	18.3	(0.89)	7.6	(0.49)	42	(1.9)	15.4	(0.89)
20 - 39.....	810	61	(1.5)	16.8	(0.36)	4.8	(0.25)	29	(1.5)	17.0	(0.46)	7.9	(0.30)	46	(1.4)	16.3	(0.87)
40 - 59.....	767	53	(2.0)	15.8	(0.67)	4.0	(0.27)	25	(1.5)	16.7	(1.03)	7.5	(0.56)	45	(2.5)	14.7	(0.56)
60 and over.....	838	43	(3.6)	15.6	(0.71)	2.4	(0.25)	16	(1.7)	16.1	(0.98)	5.7	(0.36)	35	(2.4)	15.2	(0.80)
2 - 19.....	1462	46	(2.0)	14.8	(0.33)	2.6	(0.18)	17	(1.1)	15.5	(0.46)	5.5	(0.33)	36	(2.0)	14.3	(0.53)
20 and over...	2415	54	(1.7)	16.1	(0.26)	3.9	(0.15)	24	(0.8)	16.7	(0.39)	7.3	(0.26)	43	(0.8)	15.4	(0.32)
2 and over...	3877	52	(1.4)	15.8	(0.24)	3.6	(0.13)	23	(0.7)	16.4	(0.33)	6.9	(0.21)	42	(0.9)	15.1	(0.31)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	10.2	(0.66)	1.1	(0.17)	11	(1.3)	10.0	(0.70)	2.6	(0.33)	25	(2.3)	10.3	(0.88)
6 - 11.....	523	45	(4.5)	13.8	(0.56)	1.9	(0.24)	13	(1.8)	13.8	(0.78)	4.1	(0.31)	30	(3.2)	13.8	(0.84)
12 - 19.....	587	52	(2.9)	13.2	(0.51)	2.8	(0.20)	21	(1.6)	12.3	(0.57)	5.4	(0.29)	43	(2.2)	14.2	(0.65)
20 - 39.....	877	57	(2.2)	12.5	(0.30)	2.9	(0.20)	24	(1.6)	12.6	(0.28)	5.1	(0.26)	41	(1.9)	12.5	(0.43)
40 - 59.....	879	54	(3.3)	12.2	(0.32)	2.5	(0.15)	21	(1.4)	11.9	(0.35)	4.7	(0.24)	39	(2.2)	12.4	(0.37)
60 and over.....	846	36	(2.2)	11.5	(0.47)	1.7	(0.17)	15	(1.3)	12.4	(0.79)	4.8	(0.32)	39	(1.8)	11.0	(0.51)
2 - 19.....	1439	48	(2.0)	12.7	(0.36)	2.1	(0.13)	16	(0.9)	12.3	(0.47)	4.4	(0.16)	36	(1.6)	13.1	(0.51)
20 and over...	2602	50	(1.6)	12.1	(0.17)	2.4	(0.10)	20	(0.9)	12.3	(0.22)	4.9	(0.17)	40	(1.4)	11.9	(0.28)
2 and over...	4041	49	(1.5)	12.2	(0.14)	2.4	(0.09)	19	(0.8)	12.3	(0.23)	4.8	(0.15)	39	(1.2)	12.2	(0.16)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	13.8	(0.30)	2.3	(0.11)	17	(0.7)	13.9	(0.38)	5.0	(0.18)	36	(1.5)	13.7	(0.47)
20 and over...	5017	52	(1.5)	14.0	(0.18)	3.1	(0.11)	22	(0.7)	14.5	(0.26)	6.1	(0.17)	42	(0.8)	13.5	(0.17)
2 and over...	7918	50	(1.3)	14.0	(0.17)	2.9	(0.09)	21	(0.6)	14.4	(0.25)	5.8	(0.14)	41	(0.7)	13.6	(0.17)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

Z i n c																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	8.4	(0.27)	0.9	(0.08)	11	(1.0)	7.8	(0.40)	2.0	(0.15)	26	(1.5)	8.8	(0.28)
6 - 11.....	517	48	(2.9)	10.1	(0.30)	1.5	(0.18)	15	(1.6)	9.8	(0.28)	3.2	(0.28)	32	(2.6)	10.5	(0.51)
12 - 19.....	609	46	(2.1)	12.6	(0.59)	2.9	(0.28)	23	(1.7)	14.0	(0.95)	6.4	(0.55)	46	(2.8)	11.4	(0.70)
20 - 39.....	810	61	(1.5)	14.0	(0.30)	4.2	(0.23)	30	(1.5)	14.2	(0.45)	6.8	(0.32)	48	(1.9)	13.6	(0.49)
40 - 59.....	767	53	(2.0)	13.4	(0.53)	3.7	(0.33)	28	(2.0)	14.3	(0.78)	7.0	(0.65)	49	(2.9)	12.3	(0.46)
60 and over.....	838	43	(3.6)	11.8	(0.45)	2.1	(0.22)	17	(1.8)	12.0	(0.61)	4.8	(0.25)	40	(2.6)	11.7	(0.46)
2 - 19.....	1462	46	(2.0)	10.9	(0.32)	2.0	(0.16)	19	(1.2)	11.3	(0.49)	4.4	(0.30)	39	(2.0)	10.5	(0.40)
20 and over...	2415	54	(1.7)	13.2	(0.23)	3.4	(0.13)	26	(0.9)	13.8	(0.36)	6.4	(0.26)	47	(1.3)	12.5	(0.27)
2 and over...	3877	52	(1.4)	12.6	(0.24)	3.1	(0.13)	25	(0.8)	13.2	(0.33)	6.0	(0.22)	45	(1.2)	12.0	(0.24)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	7.3	(0.24)	0.7	(0.09)	10	(1.3)	7.2	(0.35)	1.7	(0.17)	24	(2.0)	7.5	(0.46)
6 - 11.....	523	45	(4.5)	9.8	(0.35)	1.4	(0.17)	14	(2.0)	9.5	(0.48)	3.0	(0.22)	32	(2.9)	10.0	(0.45)
12 - 19.....	587	52	(2.9)	9.1	(0.34)	2.3	(0.17)	25	(1.9)	9.2	(0.44)	4.4	(0.24)	48	(2.7)	9.1	(0.36)
20 - 39.....	877	57	(2.2)	9.8	(0.22)	2.4	(0.13)	25	(1.5)	9.9	(0.23)	4.2	(0.17)	42	(1.7)	9.7	(0.38)
40 - 59.....	879	54	(3.3)	9.6	(0.30)	2.2	(0.18)	23	(1.9)	9.9	(0.36)	4.1	(0.31)	42	(3.2)	9.2	(0.30)
60 and over.....	846	36	(2.2)	8.7	(0.31)	1.6	(0.16)	18	(1.6)	9.7	(0.51)	4.4	(0.35)	45	(2.6)	8.2	(0.42)
2 - 19.....	1439	48	(2.0)	8.9	(0.18)	1.6	(0.09)	18	(1.1)	8.9	(0.29)	3.4	(0.12)	39	(1.6)	9.0	(0.18)
20 and over...	2602	50	(1.6)	9.4	(0.18)	2.1	(0.09)	22	(1.1)	9.9	(0.20)	4.2	(0.19)	43	(1.8)	9.0	(0.27)
2 and over...	4041	49	(1.5)	9.3	(0.16)	2.0	(0.08)	21	(1.0)	9.6	(0.19)	4.0	(0.15)	42	(1.6)	9.0	(0.22)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	9.9	(0.22)	1.8	(0.09)	19	(0.8)	10.1	(0.33)	3.9	(0.17)	39	(1.6)	9.8	(0.26)
20 and over...	5017	52	(1.5)	11.2	(0.18)	2.7	(0.09)	24	(0.7)	11.8	(0.23)	5.3	(0.15)	45	(1.2)	10.6	(0.20)
2 and over...	7918	50	(1.3)	10.9	(0.18)	2.5	(0.07)	23	(0.7)	11.4	(0.22)	5.0	(0.12)	44	(1.0)	10.4	(0.18)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	336	44	(3.0)	0.8	(0.03)	0.1	(0.01)	11	(1.2)	0.7	(0.02)	0.2	(0.02)	28	(2.5)	0.8	(0.05)
6 - 11.....	517	48	(2.9)	0.9	(0.03)	0.1	(0.02)	14	(1.6)	0.9	(0.03)	0.3	(0.03)	30	(2.7)	1.0	(0.04)
12 - 19.....	609	46	(2.1)	1.1	(0.05)	0.2	(0.02)	20	(1.6)	1.2	(0.07)	0.5	(0.04)	38	(2.9)	1.0	(0.05)
20 - 39.....	810	61	(1.5)	1.4	(0.04)	0.3	(0.01)	23	(1.0)	1.4	(0.05)	0.5	(0.02)	38	(1.1)	1.4	(0.05)
40 - 59.....	767	53	(2.0)	1.4	(0.05)	0.3	(0.02)	20	(1.5)	1.4	(0.07)	0.5	(0.04)	39	(2.5)	1.4	(0.08)
60 and over.....	838	43	(3.6)	1.3	(0.04)	0.2	(0.02)	14	(1.5)	1.3	(0.07)	0.4	(0.03)	33	(1.5)	1.2	(0.04)
2 - 19.....	1462	46	(2.0)	1.0	(0.02)	0.2	(0.01)	17	(1.1)	1.0	(0.04)	0.3	(0.02)	34	(1.8)	0.9	(0.03)
20 and over...	2415	54	(1.7)	1.4	(0.03)	0.3	(0.01)	20	(0.7)	1.4	(0.03)	0.5	(0.01)	37	(1.0)	1.3	(0.04)
2 and over...	3877	52	(1.4)	1.3	(0.02)	0.2	(0.01)	19	(0.6)	1.3	(0.02)	0.5	(0.01)	37	(0.9)	1.2	(0.04)
Females:																	
2 - 5.....	329	42	(3.7)	0.7	(0.02)	0.1	(0.01)	10	(1.5)	0.7	(0.04)	0.2	(0.02)	26	(2.5)	0.7	(0.03)
6 - 11.....	523	45	(4.5)	0.9	(0.03)	0.1	(0.01)	13	(1.8)	0.9	(0.04)	0.3	(0.02)	31	(2.9)	0.9	(0.04)
12 - 19.....	587	52	(2.9)	0.9	(0.02)	0.2	(0.02)	22	(2.1)	0.9	(0.03)	0.4	(0.03)	44	(3.1)	0.9	(0.03)
20 - 39.....	877	57	(2.2)	1.2	(0.04)	0.2	(0.01)	19	(1.1)	1.2	(0.04)	0.4	(0.02)	34	(1.4)	1.2	(0.06)
40 - 59.....	879	54	(3.3)	1.2	(0.04)	0.2	(0.01)	18	(1.3)	1.2	(0.05)	0.4	(0.02)	32	(2.3)	1.1	(0.04)
60 and over.....	846	36	(2.2)	1.0	(0.03)	0.1	(0.01)	13	(1.1)	1.1	(0.05)	0.4	(0.03)	34	(2.0)	1.0	(0.04)
2 - 19.....	1439	48	(2.0)	0.9	(0.02)	0.1	(0.01)	17	(1.2)	0.8	(0.02)	0.3	(0.02)	37	(1.8)	0.9	(0.02)
20 and over...	2602	50	(1.6)	1.1	(0.02)	0.2	(0.01)	17	(0.7)	1.1	(0.03)	0.4	(0.01)	33	(1.4)	1.1	(0.03)
2 and over...	4041	49	(1.5)	1.1	(0.02)	0.2	(0.01)	17	(0.7)	1.1	(0.03)	0.4	(0.01)	34	(1.3)	1.1	(0.02)
Males and Females:																	
2 - 19.....	2901	47	(1.5)	0.9	(0.02)	0.2	(0.01)	17	(0.9)	0.9	(0.02)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over...	5017	52	(1.5)	1.2	(0.02)	0.2	(0.01)	19	(0.6)	1.3	(0.02)	0.4	(0.01)	35	(1.1)	1.2	(0.03)
2 and over...	7918	50	(1.3)	1.2	(0.02)	0.2	(0.01)	18	(0.5)	1.2	(0.02)	0.4	(0.01)	35	(0.9)	1.1	(0.03)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	78.8	(3.11)	11.4	(1.28)	14	(1.7)	74.0	(3.33)	26.0	(2.42)	35	(2.8)	82.5	(4.21)
6 - 11.....	517	48	(2.9)	100.7	(3.28)	18.8	(2.04)	19	(2.0)	100.3	(2.89)	39.3	(3.50)	39	(3.2)	101.2	(5.83)
12 - 19.....	609	46	(2.1)	122.8	(4.98)	36.1	(3.51)	29	(2.3)	143.8	(7.04)	78.6	(6.69)	55	(3.7)	104.9	(4.76)
20 - 39.....	810	61	(1.5)	151.5	(6.09)	50.6	(2.87)	33	(1.8)	158.2	(7.99)	82.5	(3.44)	52	(2.3)	140.7	(6.22)
40 - 59.....	767	53	(2.0)	135.4	(5.08)	42.5	(4.03)	31	(2.3)	145.8	(7.08)	79.9	(8.28)	55	(3.5)	123.6	(4.83)
60 and over.....	838	43	(3.6)	114.2	(4.07)	24.6	(2.59)	22	(2.1)	123.7	(6.20)	57.1	(3.17)	46	(2.5)	107.1	(3.36)
2 - 19.....	1462	46	(2.0)	106.1	(2.85)	25.1	(2.10)	24	(1.7)	114.6	(3.37)	54.2	(3.85)	47	(2.7)	98.9	(3.89)
20 and over...	2415	54	(1.7)	135.9	(3.29)	40.8	(1.82)	30	(1.0)	146.5	(4.88)	76.2	(3.54)	52	(1.8)	123.6	(3.14)
2 and over...	3877	52	(1.4)	128.4	(2.85)	36.9	(1.61)	29	(1.0)	139.4	(3.88)	71.3	(2.86)	51	(1.6)	116.7	(2.27)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	70.7	(0.94)	9.9	(1.35)	14	(1.9)	64.8	(4.60)	23.6	(2.61)	36	(2.9)	75.0	(3.51)
6 - 11.....	523	45	(4.5)	94.1	(2.99)	18.4	(2.51)	20	(2.9)	97.6	(5.03)	40.5	(3.47)	41	(4.0)	91.2	(3.59)
12 - 19.....	587	52	(2.9)	91.9	(2.33)	27.7	(2.54)	30	(2.4)	96.2	(3.68)	53.4	(3.75)	56	(3.5)	87.2	(3.34)
20 - 39.....	877	57	(2.2)	104.4	(2.42)	31.9	(2.52)	31	(1.9)	109.7	(3.57)	55.7	(3.45)	51	(2.0)	97.2	(2.79)
40 - 59.....	879	54	(3.3)	97.5	(2.22)	26.9	(2.23)	28	(2.0)	103.9	(3.85)	50.3	(3.41)	48	(2.5)	90.1	(1.60)
60 and over.....	846	36	(2.2)	86.2	(2.38)	16.4	(1.71)	19	(1.8)	94.7	(4.23)	46.0	(3.36)	49	(3.0)	81.5	(3.06)
2 - 19.....	1439	48	(2.0)	87.8	(1.22)	20.7	(1.46)	24	(1.5)	90.3	(1.88)	43.5	(2.12)	48	(1.9)	85.5	(1.98)
20 and over...	2602	50	(1.6)	96.6	(1.09)	25.6	(1.33)	27	(1.3)	104.3	(1.97)	51.6	(2.37)	49	(1.8)	89.0	(1.49)
2 and over...	4041	49	(1.5)	94.5	(1.00)	24.5	(1.18)	26	(1.2)	101.1	(1.80)	49.7	(2.12)	49	(1.6)	88.1	(1.34)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	97.1	(1.48)	22.9	(1.43)	24	(1.4)	102.4	(2.41)	48.8	(2.60)	48	(2.0)	92.3	(2.27)
20 and over...	5017	52	(1.5)	115.5	(1.95)	32.9	(1.28)	29	(0.9)	125.4	(2.83)	63.9	(2.13)	51	(1.4)	104.9	(1.40)
2 and over...	7918	50	(1.3)	111.0	(1.71)	30.5	(1.10)	27	(0.8)	120.3	(2.42)	60.5	(1.83)	50	(1.2)	101.7	(1.29)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	1950	(45.7)	237	(22.9)	12	(1.2)	1800	(47.5)	543	(42.4)	30	(2.4)	2066	(60.8)
6 - 11.....	517	48	(2.9)	2156	(49.2)	327	(32.8)	15	(1.5)	2105	(55.3)	683	(56.4)	32	(2.3)	2202	(86.2)
12 - 19.....	609	46	(2.1)	2408	(84.7)	524	(44.6)	22	(1.6)	2695	(138.8)	1142	(88.6)	42	(2.6)	2165	(100.2)
20 - 39.....	810	61	(1.5)	2974	(71.7)	848	(37.7)	29	(1.2)	3032	(111.0)	1382	(47.4)	46	(1.6)	2882	(66.7)
40 - 59.....	767	53	(2.0)	3043	(70.6)	714	(51.7)	23	(1.5)	3101	(116.0)	1342	(103.2)	43	(2.4)	2978	(79.1)
60 and over.....	838	43	(3.6)	2857	(62.8)	456	(46.3)	16	(1.7)	2816	(82.5)	1059	(63.4)	38	(1.7)	2888	(89.6)
2 - 19.....	1462	46	(2.0)	2227	(42.5)	397	(25.8)	18	(1.1)	2309	(68.9)	860	(50.2)	37	(1.8)	2157	(69.4)
20 and over...	2415	54	(1.7)	2967	(38.4)	696	(23.2)	23	(0.8)	3010	(56.7)	1298	(36.4)	43	(1.0)	2918	(42.3)
2 and over...	3877	52	(1.4)	2782	(39.2)	621	(21.6)	22	(0.8)	2854	(45.0)	1201	(30.8)	42	(0.9)	2706	(49.6)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	1790	(53.8)	196	(26.5)	11	(1.5)	1700	(49.4)	467	(42.4)	27	(2.5)	1855	(85.3)
6 - 11.....	523	45	(4.5)	2024	(66.0)	287	(30.9)	14	(1.7)	2005	(108.4)	631	(38.4)	31	(2.7)	2039	(73.5)
12 - 19.....	587	52	(2.9)	1962	(49.0)	467	(42.4)	24	(2.2)	1975	(82.2)	900	(54.2)	46	(2.8)	1948	(46.8)
20 - 39.....	877	57	(2.2)	2320	(69.1)	546	(31.8)	24	(1.3)	2327	(65.0)	952	(30.8)	41	(1.4)	2309	(99.0)
40 - 59.....	879	54	(3.3)	2387	(55.0)	521	(39.9)	22	(1.9)	2362	(61.3)	972	(38.3)	41	(2.2)	2416	(73.0)
60 and over.....	846	36	(2.2)	2247	(58.9)	311	(32.9)	14	(1.4)	2311	(99.1)	873	(71.2)	38	(2.5)	2212	(72.3)
2 - 19.....	1439	48	(2.0)	1943	(25.3)	348	(23.9)	18	(1.2)	1929	(41.5)	731	(32.7)	38	(1.5)	1955	(27.2)
20 and over...	2602	50	(1.6)	2323	(46.1)	468	(20.4)	20	(1.1)	2338	(44.7)	943	(25.1)	40	(1.4)	2309	(66.8)
2 and over...	4041	49	(1.5)	2235	(39.5)	440	(19.3)	20	(1.0)	2246	(38.9)	896	(24.3)	40	(1.3)	2225	(55.2)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	2086	(30.2)	373	(19.0)	18	(0.9)	2118	(45.7)	795	(33.9)	38	(1.3)	2058	(41.5)
20 and over...	5017	52	(1.5)	2633	(38.6)	578	(18.9)	22	(0.8)	2674	(40.8)	1121	(20.6)	42	(0.9)	2590	(42.3)
2 and over...	7918	50	(1.3)	2502	(35.7)	529	(17.0)	21	(0.7)	2550	(34.5)	1048	(19.1)	41	(0.8)	2453	(43.4)



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>All Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	2347	(67.0)	392	(39.2)	17	(1.6)	2357	(110.1)	897	(72.3)	38	(2.4)	2340	(71.1)
6 - 11.....	517	48	(2.9)	3153	(51.0)	615	(59.4)	19	(1.8)	3228	(52.0)	1282	(93.5)	40	(2.5)	3084	(78.2)
12 - 19.....	609	46	(2.1)	3783	(113.2)	1119	(76.7)	30	(1.4)	4386	(162.5)	2436	(116.4)	56	(2.1)	3271	(114.4)
20 - 39.....	810	61	(1.5)	4496	(105.1)	1630	(77.9)	36	(1.6)	4699	(161.9)	2655	(96.5)	57	(2.0)	4175	(134.0)
40 - 59.....	767	53	(2.0)	4151	(104.0)	1366	(98.2)	33	(2.0)	4587	(155.3)	2570	(179.5)	56	(2.8)	3657	(88.1)
60 and over.....	838	43	(3.6)	3494	(85.5)	798	(85.1)	23	(2.2)	3717	(146.1)	1851	(127.5)	50	(2.3)	3326	(84.5)
2 - 19.....	1462	46	(2.0)	3272	(59.6)	795	(57.4)	24	(1.4)	3576	(83.4)	1722	(88.4)	48	(1.8)	3010	(63.5)
20 and over...	2415	54	(1.7)	4107	(64.1)	1314	(53.9)	32	(1.2)	4448	(107.1)	2452	(87.9)	55	(1.5)	3713	(73.7)
2 and over...	3877	52	(1.4)	3899	(56.6)	1185	(47.4)	30	(1.1)	4254	(81.0)	2290	(70.8)	54	(1.3)	3517	(52.7)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	2089	(59.8)	334	(46.7)	16	(2.3)	2048	(95.8)	793	(87.4)	39	(3.3)	2120	(108.3)
6 - 11.....	523	45	(4.5)	2936	(55.8)	599	(67.3)	20	(2.5)	3135	(91.8)	1318	(91.8)	42	(3.3)	2769	(72.0)
12 - 19.....	587	52	(2.9)	2946	(80.8)	938	(89.1)	32	(2.7)	3200	(133.9)	1808	(131.7)	56	(3.6)	2672	(86.1)
20 - 39.....	877	57	(2.2)	3247	(70.5)	1028	(69.6)	32	(1.9)	3467	(56.7)	1793	(92.8)	52	(2.3)	2951	(105.9)
40 - 59.....	879	54	(3.3)	3032	(75.2)	845	(66.0)	28	(2.0)	3160	(130.5)	1578	(103.8)	50	(2.5)	2885	(55.3)
60 and over.....	846	36	(2.2)	2691	(63.2)	549	(56.5)	20	(2.0)	3021	(105.0)	1540	(104.1)	51	(3.0)	2508	(85.5)
2 - 19.....	1439	48	(2.0)	2748	(45.3)	692	(53.6)	25	(1.8)	2949	(62.0)	1454	(74.2)	49	(2.2)	2566	(44.9)
20 and over...	2602	50	(1.6)	3007	(38.5)	822	(38.6)	27	(1.3)	3253	(53.2)	1655	(64.1)	51	(1.6)	2764	(57.3)
2 and over...	4041	49	(1.5)	2947	(31.5)	792	(37.0)	27	(1.3)	3185	(45.6)	1610	(61.1)	51	(1.5)	2717	(48.6)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	3013	(36.4)	744	(39.3)	25	(1.1)	3261	(56.3)	1587	(63.5)	49	(1.5)	2793	(39.7)
20 and over...	5017	52	(1.5)	3536	(40.0)	1059	(36.4)	30	(1.0)	3851	(54.7)	2054	(52.7)	53	(1.2)	3201	(44.6)
2 and over...	7918	50	(1.3)	3410	(33.6)	983	(32.4)	29	(1.0)	3719	(41.8)	1950	(47.0)	52	(1.2)	3096	(36.6)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	7.1	(0.92)	1.9	(0.54)	26*	(7.9)	9.1	(1.51)	4.2	(1.18)	47	(11.4)	5.6	(0.96)
6 - 11.....	517	48	(2.9)	16.1	(1.89)	3.3	(0.46)	20	(3.3)	16.3	(2.43)	6.9	(1.01)	42	(4.4)	16.0	(3.32)
12 - 19.....	609	46	(2.1)	50.0	(9.95)	9.5	(1.90)	19	(5.6)	48.4	(4.99)	20.8	(4.39)	43	(6.5)	51.3*	(17.87)
20 - 39.....	810	61	(1.5)	142.3	(10.81)	34.5	(5.92)	24	(3.3)	156.6	(13.63)	56.1	(9.61)	36	(4.4)	119.5	(11.33)
40 - 59.....	767	53	(2.0)	248.4	(13.39)	33.2	(4.73)	13	(1.6)	254.7	(16.35)	62.5	(9.19)	25	(3.1)	241.2	(20.33)
60 and over.....	838	43	(3.6)	237.7	(19.90)	27.1	(6.04)	11	(2.9)	245.6	(22.81)	62.8	(11.64)	26	(4.2)	231.7	(38.40)
2 - 19.....	1462	46	(2.0)	29.4	(5.04)	5.8	(1.00)	20	(4.3)	29.2	(3.07)	12.6	(2.24)	43	(4.7)	29.7	(8.56)
20 and over...	2415	54	(1.7)	205.1	(9.18)	32.1	(3.03)	16	(1.4)	209.9	(9.01)	59.8	(5.48)	28	(2.2)	199.4	(16.95)
2 and over...	3877	52	(1.4)	161.2	(7.65)	25.5	(2.25)	16	(1.3)	169.7	(6.82)	49.3	(4.11)	29	(2.1)	152.2	(14.63)
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	5.3	(0.99)	1.0*	(0.30)	18*	(6.7)	4.7	(0.66)	2.3	(0.64)	48	(9.2)	5.8	(1.63)
6 - 11.....	523	45	(4.5)	11.5	(1.34)	2.5	(0.67)	22	(4.9)	13.7	(2.52)	5.5	(1.50)	40	(6.4)	9.7	(1.37)
12 - 19.....	587	52	(2.9)	39.7	(3.96)	14.9	(3.67)	37	(8.1)	49.6	(6.40)	28.7	(6.52)	58	(7.2)	29.0	(5.96)
20 - 39.....	877	57	(2.2)	115.6	(11.17)	21.6	(2.11)	19	(3.0)	109.1	(9.31)	37.6	(3.36)	34	(3.2)	124.3	(21.78)
40 - 59.....	879	54	(3.3)	163.9	(6.70)	31.5	(4.71)	19	(2.8)	166.5	(8.13)	58.8	(8.52)	35	(4.5)	160.9	(8.99)
60 and over.....	846	36	(2.2)	140.1	(8.04)	15.3	(3.29)	11	(2.3)	151.3	(16.54)	42.9	(8.46)	28	(5.7)	133.9	(8.72)
2 - 19.....	1439	48	(2.0)	22.9	(1.64)	7.8	(1.63)	34	(6.6)	29.6	(3.24)	16.3	(3.23)	55	(6.3)	16.7	(2.64)
20 and over...	2602	50	(1.6)	140.4	(5.55)	23.4	(2.18)	17	(1.7)	140.5	(6.30)	47.1	(4.19)	33	(2.9)	140.2	(8.93)
2 and over...	4041	49	(1.5)	113.1	(4.30)	19.7	(1.89)	17	(1.8)	115.6	(4.96)	40.2	(3.57)	35	(3.0)	110.7	(6.89)
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	26.2	(2.97)	6.8	(0.90)	26	(4.4)	29.4	(2.15)	14.4	(1.88)	49	(3.6)	23.4	(5.29)
20 and over...	5017	52	(1.5)	171.5	(6.17)	27.5	(2.21)	16	(1.3)	175.2	(6.29)	53.4	(4.07)	30	(2.1)	167.5	(10.48)
2 and over...	7918	50	(1.3)	136.6	(5.03)	22.6	(1.73)	17	(1.3)	142.7	(4.99)	44.7	(3.23)	31	(2.1)	130.4	(9.05)

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Gender and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Males:</b>																	
2 - 5.....	336	44	(3.0)	--		--		--		--		--		--		--	
6 - 11.....	517	48	(2.9)	--		--		--		--		--		--		--	
12 - 19.....	609	46	(2.1)	--		--		--		--		--		--		--	
20 - 39.....	810	61	(1.5)	15.6	(1.23)	2.8	(0.70)	18	(4.1)	16.3	(1.90)	4.6	(1.16)	28	(6.7)	14.4	(1.91)
40 - 59.....	767	53	(2.0)	17.1	(2.10)	2.5	(0.67)	15	(3.8)	16.5	(2.95)	4.8	(1.21)	29	(6.3)	17.9	(2.54)
60 and over.....	838	43	(3.6)	8.1	(1.11)	1.0*	(0.30)	12*	(3.7)	7.1	(1.35)	2.3*	(0.70)	32	(8.3)	8.8	(1.51)
2 - 19.....	1462	46	(2.0)	--		--		--		--		--		--		--	
20 and over...	2415	54	(1.7)	14.1	(0.89)	2.2	(0.42)	16	(3.1)	14.4	(1.20)	4.1	(0.77)	29	(5.2)	13.8	(1.15)
2 and over...	3877	52	(1.4)	--		--		--		--		--		--		--	
<b>Females:</b>																	
2 - 5.....	329	42	(3.7)	--		--		--		--		--		--		--	
6 - 11.....	523	45	(4.5)	--		--		--		--		--		--		--	
12 - 19.....	587	52	(2.9)	--		--		--		--		--		--		--	
20 - 39.....	877	57	(2.2)	7.5	(0.92)	1.3	(0.34)	17	(4.2)	8.1	(1.56)	2.2	(0.59)	28	(5.6)	6.8*	(2.35)
40 - 59.....	879	54	(3.3)	7.3	(0.95)	2.1	(0.53)	28	(5.2)	8.0	(1.60)	3.9	(0.86)	48	(6.2)	6.5	(1.12)
60 and over.....	846	36	(2.2)	2.8	(0.51)	0.4*	(0.14)	13*	(4.7)	3.6*	(1.18)	1.0*	(0.42)	--		2.3	(0.53)
2 - 19.....	1439	48	(2.0)	--		--		--		--		--		--		--	
20 and over...	2602	50	(1.6)	6.1	(0.57)	1.3	(0.26)	21	(3.6)	7.1	(1.01)	2.6	(0.51)	37	(4.6)	5.1	(0.84)
2 and over...	4041	49	(1.5)	--		--		--		--		--		--		--	
<b>Males and Females:</b>																	
2 - 19.....	2901	47	(1.5)	--		--		--		--		--		--		--	
20 and over...	5017	52	(1.5)	9.9	(0.62)	1.7	(0.30)	18	(3.0)	10.8	(0.87)	3.4	(0.55)	32	(4.3)	9.1	(0.79)
2 and over...	7918	50	(1.3)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>3</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
<div>—————<i>All Individuals</i><sup>2</sup>—————      —————<i>All Restaurant Consumers</i><sup>3</sup>—————      <i>Non-consumers</i><sup>4</sup></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	1881	(38.4)	417	(32.3)	22	(1.5)	2024	(75.7)	870	(57.0)	43	(2.0)	1750	(37.7)
20 and over.....	1711	52	(2.3)	2109	(24.9)	534	(23.5)	25	(1.1)	2269	(39.7)	1036	(27.0)	46	(1.1)	1938	(31.4)
2 and over...	2542	51	(1.9)	2063	(21.5)	511	(20.5)	25	(1.0)	2223	(35.1)	1005	(21.6)	45	(1.0)	1898	(28.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	1886	(55.3)	389	(25.4)	21	(1.0)	2052	(44.5)	892	(49.5)	43	(2.3)	1757	(67.4)
20 and over.....	1060	53	(2.7)	2051	(35.9)	572	(35.3)	28	(1.6)	2240	(43.8)	1085	(38.4)	48	(1.5)	1840	(46.5)
2 and over...	1715	50	(2.5)	2002	(32.1)	518	(29.8)	26	(1.3)	2191	(33.1)	1035	(29.9)	47	(1.2)	1812	(34.2)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	1897	(54.7)	391	(24.8)	21	(1.7)	1909	(77.2)	787	(66.0)	41	(2.9)	1885	(92.0)
20 and over.....	521	50	(4.1)	1911	(40.6)	431	(48.0)	23	(2.4)	2042	(42.8)	867	(54.8)	42	(2.1)	1783	(58.3)
2 and over...	748	50	(3.4)	1909	(38.2)	423	(41.3)	22	(2.1)	2016	(44.1)	852	(52.5)	42	(1.9)	1802	(55.8)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	1813	(39.9)	392	(34.4)	22	(1.8)	1952	(71.7)	817	(43.3)	42	(1.7)	1685	(37.6)
20 and over.....	1543	53	(2.2)	2179	(23.0)	569	(30.0)	26	(1.4)	2326	(42.1)	1079	(31.6)	46	(1.3)	2014	(35.7)
2 and over...	2532	51	(2.5)	2053	(21.3)	508	(29.1)	25	(1.4)	2205	(42.8)	994	(20.0)	45	(1.1)	1894	(21.6)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	67.1	(1.98)	16.7	(1.61)	25	(2.1)	71.8	(3.58)	34.9	(2.94)	49	(2.6)	62.8	(1.95)
20 and over.....	1711	52	(2.3)	82.0	(1.51)	22.5	(1.17)	27	(1.3)	89.0	(2.01)	43.6	(1.58)	49	(1.7)	74.6	(1.32)
2 and over...	2542	51	(1.9)	79.1	(1.42)	21.3	(1.10)	27	(1.2)	85.7	(1.88)	42.0	(1.54)	49	(1.7)	72.1	(1.25)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	65.2	(1.72)	14.8	(1.05)	23	(1.3)	68.1	(1.45)	33.8	(1.92)	50	(2.9)	62.9	(2.30)
20 and over.....	1060	53	(2.7)	77.2	(1.33)	23.5	(1.57)	30	(1.7)	82.1	(1.84)	44.6	(1.54)	54	(1.5)	71.8	(2.90)
2 and over...	1715	50	(2.5)	73.6	(1.35)	20.9	(1.31)	28	(1.4)	78.4	(1.26)	41.8	(1.24)	53	(1.2)	68.8	(2.29)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	75.3	(1.98)	16.7	(1.42)	22	(2.3)	77.0	(3.37)	33.6	(3.51)	44	(3.5)	73.6	(4.58)
20 and over.....	521	50	(4.1)	81.8	(1.51)	20.0	(2.27)	24	(2.6)	85.9	(2.36)	40.3	(2.39)	47	(2.1)	77.7	(2.74)
2 and over...	748	50	(3.4)	80.5	(1.31)	19.4	(2.03)	24	(2.4)	84.2	(2.22)	39.0	(2.41)	46	(2.0)	76.9	(2.70)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	66.1	(1.28)	15.1	(1.35)	23	(1.9)	69.3	(2.18)	31.4	(1.52)	45	(1.9)	63.2	(1.87)
20 and over.....	1543	53	(2.2)	87.1	(1.48)	23.8	(1.28)	27	(1.4)	90.0	(1.59)	45.0	(1.38)	50	(1.5)	83.9	(2.15)
2 and over...	2532	51	(2.5)	79.9	(1.21)	20.8	(1.22)	26	(1.4)	83.4	(1.60)	40.7	(1.02)	49	(1.4)	76.3	(1.56)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	242	(4.6)	48	(3.6)	20	(1.4)	260	(9.0)	100	(6.5)	38	(2.1)	225	(4.3)
20 and over.....	1711	52	(2.3)	241	(3.5)	53	(2.1)	22	(1.0)	255	(5.6)	103	(2.9)	41	(1.1)	226	(4.7)
2 and over...	2542	51	(1.9)	241	(3.0)	52	(1.9)	22	(0.8)	256	(4.9)	103	(2.4)	40	(0.9)	225	(4.2)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	246	(7.1)	43	(2.4)	18	(0.8)	262	(7.5)	99	(5.6)	38	(1.9)	234	(9.0)
20 and over.....	1060	53	(2.7)	241	(5.6)	58	(3.0)	24	(1.4)	257	(7.3)	110	(3.8)	43	(1.2)	222	(7.1)
2 and over...	1715	50	(2.5)	242	(4.1)	54	(2.5)	22	(1.0)	258	(5.2)	107	(3.0)	41	(0.9)	226	(5.1)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	244	(8.6)	44	(3.2)	18	(1.7)	231	(10.6)	88	(7.0)	38	(2.8)	257	(14.5)
20 and over.....	521	50	(4.1)	239	(5.2)	45	(4.6)	19	(1.9)	240	(6.0)	91	(5.9)	38	(2.0)	238	(6.6)
2 and over...	748	50	(3.4)	240	(5.1)	45	(4.0)	19	(1.7)	238	(5.8)	90	(5.4)	38	(1.9)	241	(6.6)
Hispanic:																	
2 - 19.....	989	48	(3.5)	233	(4.8)	45	(4.0)	19	(1.6)	246	(7.8)	93	(5.3)	38	(1.5)	221	(5.6)
20 and over.....	1543	53	(2.2)	262	(4.2)	61	(3.3)	24	(1.4)	274	(6.8)	117	(3.3)	43	(1.3)	248	(4.5)
2 and over...	2532	51	(2.5)	252	(3.3)	56	(3.2)	22	(1.3)	265	(5.7)	109	(2.0)	41	(0.9)	238	(2.8)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers <sup>4</sup></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	113	(3.1)	18	(1.8)	16	(1.4)	119	(5.0)	38	(3.6)	32	(2.5)	107	(3.2)
20 and over.....	1711	52	(2.3)	107	(2.4)	18	(0.8)	16	(0.8)	110	(3.7)	34	(1.5)	31	(1.3)	103	(2.9)
2 and over...	2542	51	(1.9)	108	(2.3)	18	(0.7)	16	(0.7)	112	(3.5)	35	(1.4)	31	(1.2)	104	(2.6)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	110	(3.0)	14	(0.9)	13	(0.8)	114	(4.5)	32	(2.2)	28	(1.7)	106	(3.6)
20 and over.....	1060	53	(2.7)	107	(3.9)	20	(1.3)	18	(1.3)	112	(5.0)	37	(2.2)	34	(1.6)	102	(4.5)
2 and over...	1715	50	(2.5)	108	(2.7)	18	(1.0)	17	(0.9)	112	(3.7)	36	(1.7)	32	(1.1)	104	(2.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	93	(4.0)	12	(1.0)	13	(1.4)	86	(5.2)	25	(1.9)	29	(3.3)	100	(6.2)
20 and over.....	521	50	(4.1)	80	(2.3)	14	(1.9)	17	(2.4)	84	(3.1)	28	(2.2)	33	(2.5)	77	(2.7)
2 and over...	748	50	(3.4)	83	(2.3)	14	(1.6)	16	(2.0)	84	(3.2)	27	(1.9)	32	(2.5)	81	(2.9)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	101	(3.0)	14	(1.6)	14	(1.4)	103	(4.8)	30	(2.8)	29	(2.0)	99	(2.6)
20 and over.....	1543	53	(2.2)	107	(2.5)	20	(1.4)	19	(1.3)	114	(4.2)	39	(1.6)	34	(1.6)	100	(2.1)
2 and over...	2532	51	(2.5)	105	(2.1)	18	(1.2)	18	(1.1)	110	(3.6)	36	(1.3)	33	(0.8)	99	(1.4)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	13.8	(0.24)	2.5	(0.19)	18	(1.5)	13.8	(0.38)	5.1	(0.36)	37	(2.6)	13.8	(0.41)
20 and over.....	1711	52	(2.3)	17.2	(0.46)	3.7	(0.21)	22	(1.3)	17.4	(0.55)	7.2	(0.27)	41	(1.5)	16.9	(0.55)
2 and over...	2542	51	(1.9)	16.5	(0.41)	3.5	(0.17)	21	(1.1)	16.8	(0.45)	6.8	(0.20)	41	(1.2)	16.3	(0.52)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	13.2	(0.55)	2.3	(0.11)	17	(1.1)	13.1	(0.34)	5.2	(0.30)	40	(2.7)	13.3	(0.83)
20 and over.....	1060	53	(2.7)	14.0	(0.33)	3.5	(0.19)	25	(1.5)	14.5	(0.42)	6.6	(0.23)	45	(1.7)	13.4	(0.44)
2 and over...	1715	50	(2.5)	13.7	(0.32)	3.1	(0.15)	23	(1.1)	14.1	(0.32)	6.2	(0.21)	44	(1.4)	13.4	(0.48)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	15.0	(0.91)	2.8	(0.33)	19	(2.7)	14.3	(1.13)	5.7	(0.71)	40	(4.0)	15.7	(1.33)
20 and over.....	521	50	(4.1)	19.5	(0.82)	3.1	(0.30)	16	(1.5)	18.4	(0.80)	6.2	(0.50)	34	(2.0)	20.6	(1.07)
2 and over...	748	50	(3.4)	18.6	(0.79)	3.0	(0.29)	16	(1.5)	17.6	(0.77)	6.1	(0.45)	35	(1.9)	19.7	(0.98)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	14.6	(0.32)	2.7	(0.21)	18	(1.6)	14.7	(0.46)	5.6	(0.29)	38	(1.4)	14.5	(0.52)
20 and over.....	1543	53	(2.2)	19.1	(0.51)	4.1	(0.20)	21	(1.3)	18.4	(0.48)	7.7	(0.17)	42	(1.1)	19.8	(0.81)
2 and over...	2532	51	(2.5)	17.5	(0.39)	3.6	(0.19)	21	(1.3)	17.2	(0.37)	7.0	(0.13)	41	(0.9)	17.9	(0.61)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	74.2	(1.88)	17.9	(1.46)	24	(1.7)	79.3	(3.42)	37.4	(2.60)	47	(2.2)	69.5	(2.11)
20 and over.....	1711	52	(2.3)	85.8	(1.38)	24.5	(1.24)	28	(1.3)	94.1	(2.13)	47.4	(1.68)	50	(1.4)	77.0	(1.87)
2 and over...	2542	51	(1.9)	83.5	(1.22)	23.2	(1.03)	28	(1.2)	91.3	(1.86)	45.5	(1.25)	50	(1.1)	75.4	(1.59)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	73.1	(2.74)	17.7	(1.41)	24	(1.4)	83.0	(2.03)	40.6	(2.58)	49	(3.1)	65.4	(3.06)
20 and over.....	1060	53	(2.7)	81.6	(1.61)	27.0	(2.03)	33	(2.2)	91.8	(2.39)	51.2	(2.50)	56	(1.9)	70.1	(2.38)
2 and over...	1715	50	(2.5)	79.0	(1.51)	24.3	(1.72)	31	(1.8)	89.5	(1.82)	48.5	(2.02)	54	(1.6)	68.5	(1.53)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	70.3	(2.12)	16.7	(1.02)	24	(1.8)	76.6	(3.90)	33.6	(3.16)	44	(3.0)	64.0	(3.08)
20 and over.....	521	50	(4.1)	69.1	(2.05)	18.1	(2.15)	26	(2.9)	79.9	(2.52)	36.5	(2.58)	46	(2.1)	58.5	(3.29)
2 and over...	748	50	(3.4)	69.3	(1.85)	17.9	(1.77)	26	(2.5)	79.2	(2.57)	36.0	(2.41)	45	(1.9)	59.6	(3.03)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	70.5	(2.09)	17.2	(1.50)	24	(2.0)	78.9	(3.89)	35.9	(1.91)	45	(2.1)	62.8	(1.71)
20 and over.....	1543	53	(2.2)	83.7	(1.48)	24.6	(1.24)	29	(1.4)	91.4	(1.75)	46.7	(1.43)	51	(1.3)	75.1	(2.40)
2 and over...	2532	51	(2.5)	79.2	(1.23)	22.1	(1.18)	28	(1.5)	87.4	(1.98)	43.2	(0.84)	49	(1.2)	70.6	(1.61)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	26.8	(0.80)	6.3	(0.54)	24	(1.8)	28.3	(1.34)	13.2	(0.94)	47	(2.2)	25.5	(0.98)
20 and over.....	1711	52	(2.3)	28.4	(0.54)	7.9	(0.38)	28	(1.3)	30.8	(0.72)	15.3	(0.55)	50	(1.3)	25.9	(0.72)
2 and over...	2542	51	(1.9)	28.1	(0.48)	7.6	(0.32)	27	(1.2)	30.3	(0.60)	14.9	(0.39)	49	(1.0)	25.8	(0.61)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	24.2	(0.83)	5.5	(0.40)	23	(1.3)	26.9	(0.62)	12.7	(0.88)	47	(3.2)	22.2	(1.10)
20 and over.....	1060	53	(2.7)	25.5	(0.64)	8.1	(0.60)	32	(2.1)	28.1	(0.69)	15.4	(0.69)	55	(1.9)	22.5	(0.94)
2 and over...	1715	50	(2.5)	25.1	(0.52)	7.3	(0.46)	29	(1.5)	27.8	(0.51)	14.7	(0.51)	53	(1.5)	22.4	(0.65)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	24.0	(1.06)	5.3	(0.23)	22	(1.1)	26.0	(1.66)	10.7	(1.00)	41	(2.6)	22.0	(1.25)
20 and over.....	521	50	(4.1)	20.9	(0.62)	6.0	(0.75)	29	(3.2)	24.5	(0.89)	12.0	(0.94)	49	(2.3)	17.2	(0.85)
2 and over...	748	50	(3.4)	21.4	(0.57)	5.9	(0.59)	27	(2.6)	24.8	(0.84)	11.8	(0.83)	48	(2.2)	18.1	(0.81)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	24.3	(0.76)	5.7	(0.50)	23	(1.9)	27.0	(1.37)	11.9	(0.66)	44	(2.3)	21.8	(0.54)
20 and over.....	1543	53	(2.2)	27.5	(0.52)	8.1	(0.38)	30	(1.6)	30.2	(0.61)	15.4	(0.47)	51	(1.4)	24.5	(1.04)
2 and over...	2532	51	(2.5)	26.4	(0.34)	7.3	(0.37)	28	(1.5)	29.2	(0.63)	14.3	(0.25)	49	(1.1)	23.5	(0.66)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	25.0	(0.67)	6.0	(0.53)	24	(1.8)	26.5	(1.26)	12.4	(0.97)	47	(2.4)	23.6	(0.76)
20 and over.....	1711	52	(2.3)	30.0	(0.49)	8.4	(0.43)	28	(1.3)	32.9	(0.82)	16.4	(0.59)	50	(1.7)	26.9	(0.71)
2 and over...	2542	51	(1.9)	29.0	(0.44)	8.0	(0.36)	27	(1.2)	31.7	(0.74)	15.6	(0.46)	49	(1.3)	26.2	(0.64)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	25.0	(1.13)	6.2	(0.61)	25	(1.6)	28.6	(0.96)	14.3	(1.06)	50	(3.5)	22.2	(1.12)
20 and over.....	1060	53	(2.7)	28.8	(0.55)	9.6	(0.68)	33	(2.2)	32.3	(0.86)	18.1	(0.88)	56	(2.1)	24.9	(0.85)
2 and over...	1715	50	(2.5)	27.7	(0.56)	8.6	(0.62)	31	(1.8)	31.4	(0.70)	17.1	(0.81)	55	(1.9)	24.0	(0.56)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	24.0	(0.63)	5.6	(0.45)	23	(2.2)	26.1	(1.30)	11.4	(1.19)	44	(3.4)	22.0	(1.07)
20 and over.....	521	50	(4.1)	25.1	(0.74)	6.4	(0.78)	25	(2.8)	28.8	(1.04)	12.9	(0.91)	45	(1.8)	21.4	(1.23)
2 and over...	748	50	(3.4)	24.9	(0.64)	6.2	(0.66)	25	(2.5)	28.3	(1.04)	12.6	(0.88)	44	(1.8)	21.5	(1.13)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	23.8	(0.78)	5.9	(0.53)	25	(2.1)	26.6	(1.36)	12.2	(0.68)	46	(2.2)	21.2	(0.69)
20 and over.....	1543	53	(2.2)	29.3	(0.56)	8.4	(0.45)	29	(1.5)	31.8	(0.74)	16.0	(0.56)	50	(1.4)	26.4	(0.75)
2 and over...	2532	51	(2.5)	27.4	(0.53)	7.6	(0.43)	28	(1.5)	30.2	(0.77)	14.8	(0.34)	49	(1.4)	24.5	(0.52)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
<div><div><div>All Individuals<sup>2</sup></div></div><div><div>All Restaurant Consumers<sup>3</sup></div></div><div>Non-consumers<sup>4</sup></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	15.6	(0.39)	4.0	(0.32)	26	(1.9)	17.3	(0.79)	8.4	(0.60)	49	(2.5)	14.1	(0.40)
20 and over.....	1711	52	(2.3)	19.7	(0.44)	6.0	(0.35)	30	(1.4)	21.9	(0.71)	11.6	(0.48)	53	(1.7)	17.2	(0.50)
2 and over...	2542	51	(1.9)	18.9	(0.38)	5.6	(0.28)	30	(1.2)	21.1	(0.60)	11.0	(0.36)	52	(1.3)	16.6	(0.41)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	17.3	(0.69)	4.4	(0.35)	26	(1.5)	20.2	(0.74)	10.1	(0.63)	50	(2.9)	15.0	(0.69)
20 and over.....	1060	53	(2.7)	19.9	(0.44)	7.0	(0.60)	35	(2.6)	23.2	(0.84)	13.2	(0.85)	57	(2.2)	16.2	(0.58)
2 and over...	1715	50	(2.5)	19.1	(0.42)	6.2	(0.50)	33	(2.2)	22.4	(0.63)	12.4	(0.62)	55	(1.8)	15.8	(0.35)
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	16.1	(0.57)	4.3	(0.42)	27	(2.9)	17.8	(1.17)	8.6	(1.01)	48	(4.0)	14.3	(0.95)
20 and over.....	521	50	(4.1)	16.8	(0.73)	4.1	(0.42)	25	(2.6)	19.2	(0.86)	8.3	(0.60)	43	(2.6)	14.3	(1.06)
2 and over...	748	50	(3.4)	16.6	(0.66)	4.2	(0.35)	25	(2.3)	19.0	(0.81)	8.4	(0.57)	44	(2.3)	14.3	(1.00)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	15.9	(0.40)	4.1	(0.35)	26	(2.1)	18.0	(0.91)	8.6	(0.45)	48	(1.9)	14.0	(0.45)
20 and over.....	1543	53	(2.2)	18.8	(0.44)	5.8	(0.35)	31	(1.5)	20.7	(0.47)	11.0	(0.45)	53	(1.5)	16.7	(0.55)
2 and over...	2532	51	(2.5)	17.8	(0.33)	5.2	(0.30)	29	(1.5)	19.8	(0.47)	10.2	(0.31)	51	(1.4)	15.7	(0.43)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers <sup>4</sup></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	216	(9.9)	58	(7.7)	27	(3.4)	219	(15.7)	121	(15.4)	55	(4.0)	213	(15.5)
20 and over.....	1711	52	(2.3)	291	(7.0)	84	(5.6)	29	(1.6)	316	(11.0)	163	(11.3)	52	(2.8)	265	(7.6)
2 and over...	2542	51	(1.9)	276	(6.1)	79	(5.0)	29	(1.6)	298	(9.0)	155	(9.6)	52	(2.5)	254	(7.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	224	(11.5)	54	(7.8)	24	(2.7)	245	(12.5)	124	(15.6)	51	(4.9)	208	(11.6)
20 and over.....	1060	53	(2.7)	303	(9.0)	95	(8.5)	31	(2.2)	318	(14.6)	180	(12.5)	56	(2.6)	286	(15.4)
2 and over...	1715	50	(2.5)	280	(9.0)	83	(7.9)	30	(2.0)	299	(11.3)	165	(12.0)	55	(2.5)	260	(12.8)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	271	(10.4)	55	(6.2)	20	(2.3)	276	(17.0)	111	(14.8)	40	(4.7)	265	(18.2)
20 and over.....	521	50	(4.1)	269	(8.1)	73	(10.5)	27	(3.7)	291	(16.0)	146	(11.7)	50	(2.9)	246	(12.4)
2 and over...	748	50	(3.4)	269	(6.1)	69	(9.5)	26	(3.3)	288	(13.0)	140	(12.2)	48	(3.0)	250	(11.6)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	236	(5.7)	48	(5.1)	20	(1.9)	241	(12.6)	100	(6.7)	42	(2.2)	232	(8.5)
20 and over.....	1543	53	(2.2)	349	(10.0)	93	(6.2)	27	(1.7)	360	(16.8)	176	(8.8)	49	(2.0)	336	(17.5)
2 and over...	2532	51	(2.5)	310	(6.4)	78	(5.1)	25	(1.6)	322	(14.0)	152	(6.3)	47	(1.7)	298	(11.1)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	621	(27.3)	80	(7.8)	13	(1.2)	602	(34.7)	167	(15.7)	28	(2.7)	638	(38.2)
20 and over.....	1711	52	(2.3)	657	(19.4)	117	(7.6)	18	(1.1)	646	(15.5)	226	(11.5)	35	(1.6)	669	(37.3)
2 and over...	2542	51	(1.9)	650	(15.6)	109	(6.8)	17	(1.0)	638	(12.2)	215	(10.0)	34	(1.5)	663	(30.8)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	517	(26.6)	58	(5.2)	11	(0.9)	479	(22.8)	133	(13.8)	28	(2.9)	547	(35.7)
20 and over.....	1060	53	(2.7)	543	(15.3)	104	(9.9)	19	(1.7)	511	(21.2)	197	(10.4)	39	(2.1)	579	(22.0)
2 and over...	1715	50	(2.5)	535	(17.2)	90	(7.4)	17	(1.2)	502	(19.2)	181	(7.9)	36	(1.4)	568	(23.9)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	599	(51.5)	68	(5.6)	11	(1.0)	536	(70.3)	137	(11.5)	26	(2.7)	661	(45.9)
20 and over.....	521	50	(4.1)	670	(28.3)	107	(11.4)	16	(2.2)	595	(20.7)	216	(13.2)	36	(2.2)	744	(58.4)
2 and over...	748	50	(3.4)	657	(28.7)	100	(9.4)	15	(1.9)	584	(17.8)	201	(11.8)	34	(2.1)	728	(53.1)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	537	(13.3)	69	(7.3)	13	(1.2)	518	(11.2)	144	(9.6)	28	(1.8)	555	(24.2)
20 and over.....	1543	53	(2.2)	556	(14.3)	112	(6.9)	20	(1.3)	564	(26.8)	213	(8.7)	38	(2.4)	546	(18.0)
2 and over...	2532	51	(2.5)	549	(10.5)	97	(6.1)	18	(1.1)	549	(20.6)	191	(5.9)	35	(1.6)	549	(14.4)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	1284	(131.2)	163	(32.9)	13	(2.5)	1085	(73.5)	340	(72.7)	31	(5.0)	1468	(229.7)
20 and over.....	1711	52	(2.3)	2209	(169.9)	449	(56.4)	20	(2.8)	1914	(130.3)	871	(94.1)	46	(4.1)	2524	(339.3)
2 and over...	2542	51	(1.9)	2025	(146.1)	392	(46.2)	19	(2.4)	1758	(110.8)	771	(77.2)	44	(3.6)	2302	(275.1)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	1212	(132.4)	112	(13.6)	9	(1.6)	1068	(150.7)	256	(40.6)	24	(6.1)	1323	(182.0)
20 and over.....	1060	53	(2.7)	2268	(157.7)	345	(58.7)	15	(2.5)	2117	(233.7)	653	(83.0)	31	(3.6)	2436	(194.9)
2 and over...	1715	50	(2.5)	1954	(123.8)	276	(42.3)	14	(2.0)	1846	(183.1)	551	(64.9)	30	(2.6)	2063	(142.0)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	1735	(186.7)	229	(48.7)	13	(3.2)	1571	(220.6)	461	(94.6)	29	(6.7)	1896	(222.7)
20 and over.....	521	50	(4.1)	4193	(240.4)	508	(46.3)	12	(1.6)	3194	(227.7)	1022	(79.0)	32	(3.0)	5178	(500.1)
2 and over...	748	50	(3.4)	3726	(197.4)	455	(42.0)	12	(1.5)	2887	(187.0)	916	(63.4)	32	(2.5)	4555	(442.6)
Hispanic:																	
2 - 19.....	989	48	(3.5)	990	(79.7)	156	(27.6)	16	(2.6)	961	(101.4)	324	(41.1)	34	(4.4)	1017	(86.2)
20 and over.....	1543	53	(2.2)	1659	(83.7)	353	(40.2)	21	(2.1)	1510	(68.1)	669	(61.6)	44	(2.6)	1825	(156.1)
2 and over...	2532	51	(2.5)	1429	(81.9)	285	(35.1)	20	(2.1)	1333	(69.2)	558	(50.4)	42	(2.4)	1530	(129.0)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	4224	(424.8)	861	(113.4)	20	(4.0)	4631	(602.8)	1798	(216.4)	39	(8.1)	3849	(405.9)
20 and over.....	1711	52	(2.3)	5449	(336.4)	1589	(160.3)	29	(3.1)	5488	(368.5)	3082	(301.8)	56	(3.6)	5407	(745.1)
2 and over...	2542	51	(1.9)	5205	(317.3)	1444	(133.1)	28	(2.8)	5327	(317.1)	2841	(246.1)	53	(3.1)	5078	(632.7)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	4461	(372.0)	943	(75.5)	21	(2.6)	4449	(279.2)	2161	(217.5)	49	(6.5)	4470	(656.8)
20 and over.....	1060	53	(2.7)	3884	(262.2)	1053	(68.8)	27	(1.8)	3772	(256.7)	1996	(102.5)	53	(3.9)	4009	(447.5)
2 and over...	1715	50	(2.5)	4055	(233.5)	1021	(42.0)	25	(1.3)	3947	(203.7)	2039	(91.7)	52	(3.9)	4163	(368.3)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	3337	(220.1)	1073	(203.7)	32	(6.5)	3490	(409.0)	2162	(336.7)	62	(5.9)	3186	(496.6)
20 and over.....	521	50	(4.1)	4321	(280.3)	1249	(236.3)	29	(5.9)	5006	(468.4)	2513	(381.9)	50	(4.6)	3645	(589.6)
2 and over...	748	50	(3.4)	4134	(257.4)	1215	(206.9)	29	(5.4)	4719	(419.7)	2447	(335.3)	52	(4.1)	3558	(510.1)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	4336	(241.7)	1209	(131.4)	28	(2.7)	4922	(321.8)	2521	(183.7)	51	(3.1)	3794	(417.8)
20 and over.....	1543	53	(2.2)	5133	(281.2)	1651	(121.7)	32	(1.7)	5600	(374.3)	3130	(211.8)	56	(2.4)	4613	(248.0)
2 and over...	2532	51	(2.5)	4859	(177.4)	1499	(97.4)	31	(1.7)	5381	(250.4)	2934	(153.4)	55	(1.4)	4314	(205.4)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	1.53	(0.034)	0.30	(0.028)	20	(1.6)	1.62	(0.067)	0.63	(0.047)	39	(2.6)	1.46	(0.047)
20 and over.....	1711	52	(2.3)	1.59	(0.023)	0.38	(0.020)	24	(1.2)	1.70	(0.043)	0.73	(0.031)	43	(1.3)	1.48	(0.031)
2 and over...	2542	51	(1.9)	1.58	(0.023)	0.36	(0.017)	23	(1.0)	1.68	(0.041)	0.71	(0.026)	42	(1.2)	1.47	(0.027)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	1.51	(0.063)	0.28	(0.015)	19	(1.0)	1.55	(0.057)	0.64	(0.046)	41	(2.5)	1.47	(0.085)
20 and over.....	1060	53	(2.7)	1.42	(0.038)	0.36	(0.018)	25	(1.2)	1.45	(0.039)	0.68	(0.020)	47	(1.1)	1.38	(0.049)
2 and over...	1715	50	(2.5)	1.45	(0.036)	0.33	(0.013)	23	(0.9)	1.48	(0.030)	0.67	(0.018)	45	(1.0)	1.41	(0.053)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	1.59	(0.052)	0.28	(0.024)	18	(1.7)	1.54	(0.068)	0.57	(0.041)	37	(2.6)	1.63	(0.085)
20 and over.....	521	50	(4.1)	1.66	(0.033)	0.33	(0.036)	20	(2.1)	1.63	(0.050)	0.66	(0.045)	41	(2.2)	1.68	(0.043)
2 and over...	748	50	(3.4)	1.64	(0.031)	0.32	(0.031)	20	(1.9)	1.61	(0.039)	0.65	(0.040)	40	(2.0)	1.67	(0.040)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	1.48	(0.030)	0.30	(0.027)	20	(1.7)	1.52	(0.034)	0.62	(0.026)	41	(1.4)	1.45	(0.043)
20 and over.....	1543	53	(2.2)	1.61	(0.031)	0.41	(0.020)	25	(1.3)	1.68	(0.055)	0.78	(0.034)	46	(2.0)	1.54	(0.033)
2 and over...	2532	51	(2.5)	1.57	(0.026)	0.37	(0.021)	24	(1.3)	1.62	(0.039)	0.72	(0.025)	45	(1.5)	1.51	(0.027)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	1.97	(0.073)	0.33	(0.033)	17	(1.6)	2.04	(0.112)	0.70	(0.062)	34	(3.1)	1.91	(0.078)
20 and over.....	1711	52	(2.3)	2.27	(0.035)	0.44	(0.020)	19	(0.9)	2.38	(0.045)	0.86	(0.025)	36	(1.1)	2.16	(0.041)
2 and over...	2542	51	(1.9)	2.21	(0.037)	0.42	(0.018)	19	(0.9)	2.32	(0.042)	0.83	(0.023)	36	(1.0)	2.11	(0.047)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	1.75	(0.076)	0.27	(0.023)	15	(1.0)	1.72	(0.092)	0.61	(0.059)	36	(2.5)	1.77	(0.074)
20 and over.....	1060	53	(2.7)	1.72	(0.057)	0.42	(0.030)	25	(1.2)	1.79	(0.059)	0.81	(0.036)	45	(1.4)	1.64	(0.062)
2 and over...	1715	50	(2.5)	1.73	(0.056)	0.38	(0.023)	22	(1.0)	1.77	(0.053)	0.76	(0.030)	43	(1.2)	1.68	(0.062)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	1.94	(0.116)	0.28	(0.017)	14	(1.6)	1.84	(0.142)	0.56	(0.042)	31	(3.9)	2.05	(0.130)
20 and over.....	521	50	(4.1)	1.82	(0.055)	0.37	(0.047)	20	(2.8)	1.89	(0.040)	0.75	(0.051)	40	(2.7)	1.74	(0.095)
2 and over...	748	50	(3.4)	1.84	(0.061)	0.35	(0.041)	19	(2.4)	1.88	(0.045)	0.71	(0.048)	38	(2.8)	1.80	(0.097)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	1.82	(0.037)	0.29	(0.024)	16	(1.2)	1.78	(0.056)	0.60	(0.042)	34	(1.8)	1.85	(0.065)
20 and over.....	1543	53	(2.2)	2.10	(0.036)	0.46	(0.028)	22	(1.2)	2.24	(0.090)	0.88	(0.034)	39	(1.8)	1.95	(0.047)
2 and over...	2532	51	(2.5)	2.01	(0.030)	0.40	(0.023)	20	(1.1)	2.09	(0.069)	0.79	(0.023)	38	(1.2)	1.91	(0.030)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

N i a c i n																	
		All Individuals <sup>2</sup>								All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	21.4	(0.65)	4.9	(0.46)	23	(1.9)	23.4	(1.24)	10.2	(0.84)	44	(2.9)	19.6	(0.66)
20 and over.....	1711	52	(2.3)	26.1	(0.64)	6.5	(0.38)	25	(1.2)	28.3	(0.74)	12.6	(0.42)	45	(1.1)	23.6	(0.66)
2 and over...	2542	51	(1.9)	25.1	(0.56)	6.2	(0.34)	25	(1.1)	27.4	(0.70)	12.2	(0.42)	44	(1.0)	22.8	(0.58)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	21.8	(0.69)	4.6	(0.28)	21	(1.1)	23.0	(0.76)	10.6	(0.56)	46	(2.2)	20.8	(0.89)
20 and over.....	1060	53	(2.7)	24.8	(0.53)	6.9	(0.43)	28	(1.6)	26.5	(0.57)	13.2	(0.39)	50	(1.3)	22.9	(0.97)
2 and over...	1715	50	(2.5)	23.9	(0.50)	6.3	(0.35)	26	(1.4)	25.6	(0.42)	12.5	(0.28)	49	(1.0)	22.2	(0.81)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	22.0	(0.69)	5.0	(0.57)	23	(2.8)	22.8	(1.40)	10.0	(1.24)	44	(4.5)	21.2	(1.25)
20 and over.....	521	50	(4.1)	24.2	(0.55)	5.6	(0.59)	23	(2.3)	25.1	(0.85)	11.2	(0.62)	45	(1.5)	23.3	(0.84)
2 and over...	748	50	(3.4)	23.8	(0.47)	5.5	(0.54)	23	(2.2)	24.6	(0.86)	11.0	(0.64)	45	(1.4)	22.9	(0.74)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	20.8	(0.48)	4.8	(0.43)	23	(1.9)	22.1	(0.65)	10.0	(0.47)	45	(1.7)	19.6	(0.69)
20 and over.....	1543	53	(2.2)	27.1	(0.51)	7.1	(0.40)	26	(1.3)	29.5	(0.88)	13.4	(0.48)	45	(1.2)	24.5	(0.75)
2 and over...	2532	51	(2.5)	25.0	(0.50)	6.3	(0.40)	25	(1.3)	27.1	(0.70)	12.3	(0.37)	45	(1.1)	22.7	(0.59)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n    B 6																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Race/ethnicity and age  (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	1.69	(0.060)	0.28	(0.027)	16	(1.4)	1.73	(0.104)	0.57	(0.052)	33	(2.7)	1.66	(0.063)
20 and over.....	1711	52	(2.3)	2.15	(0.062)	0.40	(0.022)	19	(1.0)	2.22	(0.079)	0.78	(0.023)	35	(1.1)	2.07	(0.063)
2 and over...	2542	51	(1.9)	2.06	(0.052)	0.38	(0.021)	18	(0.9)	2.13	(0.069)	0.75	(0.023)	35	(1.0)	1.98	(0.048)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	1.63	(0.057)	0.22	(0.021)	14	(1.3)	1.54	(0.075)	0.51	(0.030)	33	(1.9)	1.70	(0.068)
20 and over.....	1060	53	(2.7)	1.98	(0.047)	0.43	(0.033)	22	(1.7)	1.97	(0.055)	0.81	(0.033)	41	(1.6)	1.99	(0.112)
2 and over...	1715	50	(2.5)	1.87	(0.044)	0.37	(0.028)	20	(1.5)	1.86	(0.039)	0.73	(0.027)	39	(1.4)	1.89	(0.085)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	1.81	(0.085)	0.29	(0.048)	16	(2.9)	1.65	(0.112)	0.59	(0.102)	36	(5.6)	1.97	(0.139)
20 and over.....	521	50	(4.1)	1.99	(0.055)	0.37	(0.040)	18	(2.1)	1.91	(0.053)	0.74	(0.045)	39	(1.8)	2.07	(0.082)
2 and over...	748	50	(3.4)	1.96	(0.051)	0.35	(0.039)	18	(2.1)	1.86	(0.054)	0.71	(0.049)	38	(2.1)	2.06	(0.078)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	1.66	(0.046)	0.25	(0.024)	15	(1.3)	1.65	(0.067)	0.52	(0.032)	31	(1.7)	1.67	(0.068)
20 and over.....	1543	53	(2.2)	2.18	(0.039)	0.43	(0.028)	20	(1.4)	2.31	(0.090)	0.82	(0.036)	36	(1.8)	2.04	(0.080)
2 and over...	2532	51	(2.5)	2.00	(0.035)	0.37	(0.026)	18	(1.3)	2.10	(0.076)	0.72	(0.029)	35	(1.4)	1.91	(0.057)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

F o l a t e   ( D F E )																	
<div>—————All Individuals <sup>2</sup>—————      —————All Restaurant Consumers <sup>3</sup>—————      Non-consumers <sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	499	(15.7)	89	(7.4)	18	(1.5)	522	(30.1)	185	(12.5)	36	(2.6)	478	(20.0)
20 and over.....	1711	52	(2.3)	515	(12.4)	110	(7.0)	21	(1.2)	555	(17.7)	213	(9.5)	38	(1.3)	473	(9.5)
2 and over...	2542	51	(1.9)	512	(10.9)	105	(5.9)	21	(1.0)	549	(16.4)	207	(8.2)	38	(1.2)	474	(8.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	499	(27.1)	86	(4.4)	17	(1.1)	517	(27.8)	197	(16.3)	38	(3.4)	486	(33.5)
20 and over.....	1060	53	(2.7)	453	(17.8)	108	(4.8)	24	(1.0)	450	(18.2)	204	(7.6)	45	(1.7)	456	(25.9)
2 and over...	1715	50	(2.5)	467	(15.1)	101	(3.5)	22	(0.7)	468	(12.5)	202	(8.2)	43	(1.7)	466	(23.3)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	528	(29.0)	87	(7.5)	16	(1.9)	486	(32.9)	175	(15.6)	36	(3.6)	569	(35.8)
20 and over.....	521	50	(4.1)	564	(18.6)	96	(9.4)	17	(1.7)	533	(20.7)	193	(13.5)	36	(2.2)	595	(25.5)
2 and over...	748	50	(3.4)	557	(17.6)	94	(8.3)	17	(1.5)	524	(18.7)	189	(12.5)	36	(2.1)	590	(23.9)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	495	(12.5)	89	(8.0)	18	(1.5)	494	(12.6)	185	(8.7)	37	(1.3)	496	(19.4)
20 and over.....	1543	53	(2.2)	525	(11.5)	124	(7.1)	24	(1.4)	538	(18.9)	235	(9.7)	44	(2.0)	510	(12.3)
2 and over...	2532	51	(2.5)	515	(10.3)	112	(6.9)	22	(1.3)	524	(13.1)	219	(7.2)	42	(1.5)	505	(11.9)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	244	(10.3)	53	(5.9)	22	(2.3)	247	(15.6)	110	(11.5)	44	(3.2)	242	(12.5)
20 and over.....	1711	52	(2.3)	338	(6.1)	84	(4.4)	25	(1.2)	358	(8.8)	164	(8.8)	46	(2.1)	317	(7.2)
2 and over...	2542	51	(1.9)	320	(5.8)	78	(3.8)	24	(1.2)	337	(7.1)	153	(7.3)	46	(1.9)	301	(7.6)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	236	(7.9)	49	(5.2)	21	(1.8)	243	(7.6)	111	(9.7)	46	(3.5)	231	(8.8)
20 and over.....	1060	53	(2.7)	316	(7.1)	88	(6.6)	28	(1.6)	329	(6.5)	168	(8.0)	51	(1.7)	303	(12.3)
2 and over...	1715	50	(2.5)	293	(7.3)	77	(5.9)	26	(1.5)	307	(5.3)	153	(7.5)	50	(1.8)	279	(10.8)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	304	(9.2)	58	(8.3)	19	(2.7)	298	(14.7)	117	(18.3)	39	(5.0)	311	(14.6)
20 and over.....	521	50	(4.1)	329	(6.4)	74	(9.1)	23	(2.8)	336	(11.5)	149	(8.8)	44	(2.5)	321	(11.8)
2 and over...	748	50	(3.4)	324	(5.4)	71	(8.8)	22	(2.7)	329	(9.3)	143	(10.5)	43	(2.6)	319	(11.7)
Hispanic:																	
2 - 19.....	989	48	(3.5)	256	(4.4)	47	(4.2)	18	(1.5)	256	(8.9)	98	(5.3)	38	(1.8)	256	(8.0)
20 and over.....	1543	53	(2.2)	358	(5.9)	87	(5.4)	24	(1.4)	364	(11.6)	165	(6.7)	45	(1.9)	351	(9.5)
2 and over...	2532	51	(2.5)	323	(3.8)	73	(4.6)	23	(1.3)	329	(10.1)	143	(4.7)	44	(1.6)	316	(7.3)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n   B 1 2																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	4.67	(0.223)	0.71	(0.071)	15	(1.2)	4.69	(0.362)	1.48	(0.128)	32	(2.5)	4.65	(0.248)
20 and over.....	1711	52	(2.3)	5.11	(0.139)	1.17	(0.124)	23	(2.2)	5.72	(0.248)	2.28	(0.261)	40	(3.6)	4.46	(0.099)
2 and over...	2542	51	(1.9)	5.02	(0.131)	1.08	(0.099)	22	(1.8)	5.53	(0.222)	2.13	(0.210)	39	(3.0)	4.50	(0.101)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	4.07	(0.174)	0.62	(0.054)	15	(1.6)	3.84	(0.197)	1.43	(0.085)	37	(2.9)	4.24	(0.232)
20 and over.....	1060	53	(2.7)	4.32	(0.103)	1.05	(0.078)	24	(1.5)	4.24	(0.186)	1.99	(0.101)	47	(2.5)	4.41	(0.308)
2 and over...	1715	50	(2.5)	4.24	(0.106)	0.92	(0.058)	22	(1.2)	4.13	(0.128)	1.84	(0.075)	45	(1.8)	4.35	(0.248)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	4.67	(0.326)	0.74	(0.067)	16	(2.0)	4.74	(0.478)	1.48	(0.172)	31	(4.6)	4.61	(0.295)
20 and over.....	521	50	(4.1)	4.11	(0.178)	0.99	(0.140)	24	(3.7)	4.11	(0.214)	2.00	(0.198)	49	(3.8)	4.10	(0.269)
2 and over...	748	50	(3.4)	4.21	(0.147)	0.94	(0.122)	22	(3.2)	4.23	(0.197)	1.90	(0.180)	45	(4.0)	4.19	(0.225)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	4.43	(0.133)	0.66	(0.054)	15	(1.1)	4.30	(0.133)	1.38	(0.065)	32	(1.2)	4.55	(0.241)
20 and over.....	1543	53	(2.2)	4.87	(0.107)	1.15	(0.073)	24	(1.3)	5.36	(0.207)	2.18	(0.094)	41	(1.7)	4.31	(0.186)
2 and over...	2532	51	(2.5)	4.72	(0.080)	0.98	(0.060)	21	(1.2)	5.02	(0.155)	1.92	(0.075)	38	(1.2)	4.40	(0.125)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	58.3	(3.87)	6.3	(1.36)	11	(1.9)	52.8	(5.65)	13.2	(2.90)	25	(3.9)	63.4	(3.34)
20 and over.....	1711	52	(2.3)	76.3	(3.30)	11.0	(1.03)	14	(1.3)	74.1	(4.51)	21.3	(1.50)	29	(1.9)	78.6	(3.96)
2 and over...	2542	51	(1.9)	72.7	(3.09)	10.0	(1.01)	14	(1.2)	70.1	(4.18)	19.8	(1.60)	28	(1.8)	75.4	(3.19)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	82.4	(2.86)	6.6	(1.10)	8	(1.2)	77.5	(6.43)	15.2	(1.87)	20	(1.0)	86.2	(4.67)
20 and over.....	1060	53	(2.7)	81.6	(4.04)	14.4	(1.54)	18	(1.8)	84.2	(5.66)	27.4	(2.04)	33	(2.5)	78.7	(3.28)
2 and over...	1715	50	(2.5)	81.9	(3.02)	12.1	(1.29)	15	(1.5)	82.5	(4.50)	24.2	(1.68)	29	(1.8)	81.2	(2.85)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	73.1	(4.99)	5.2	(0.53)	7*	(0.9)	64.7	(5.99)	10.4	(1.03)	16*	(1.2)	81.5	(6.31)
20 and over.....	521	50	(4.1)	101.0	(5.69)	13.0	(1.55)	13	(1.8)	84.7	(4.79)	26.1	(2.87)	31	(2.4)	117.0	(10.27)
2 and over...	748	50	(3.4)	95.7	(4.99)	11.5	(1.30)	12	(1.5)	80.9	(4.11)	23.1	(2.40)	29	(2.1)	110.3	(8.54)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	74.4	(3.36)	6.0	(0.72)	8	(1.1)	69.9	(3.72)	12.6	(1.07)	18	(1.7)	78.6	(3.90)
20 and over.....	1543	53	(2.2)	82.5	(3.30)	11.7	(1.30)	14	(1.6)	74.9	(3.39)	22.2	(1.97)	30	(2.4)	91.1	(3.81)
2 and over...	2532	51	(2.5)	79.7	(3.07)	9.8	(1.02)	12	(1.3)	73.2	(3.10)	19.1	(1.32)	26	(1.8)	86.5	(3.29)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	5.4	(0.37)	0.4	(0.07)	7	(1.3)	4.9	(0.42)	0.8	(0.12)	17	(2.9)	5.8	(0.43)
20 and over.....	1711	52	(2.3)	4.8	(0.23)	0.7	(0.10)	15	(2.0)	5.0	(0.31)	1.4	(0.15)	28	(2.7)	4.6	(0.23)
2 and over...	2542	51	(1.9)	4.9	(0.23)	0.7	(0.08)	13	(1.6)	5.0	(0.28)	1.3	(0.12)	26	(2.4)	4.8	(0.24)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	4.5	(0.21)	0.3	(0.04)	7	(1.0)	3.7	(0.29)	0.7	(0.09)	18	(2.7)	5.0	(0.21)
20 and over.....	1060	53	(2.7)	3.9	(0.15)	0.6	(0.10)	16	(2.2)	3.6	(0.14)	1.2	(0.15)	34	(4.6)	4.3	(0.39)
2 and over...	1715	50	(2.5)	4.1	(0.15)	0.5	(0.08)	13	(1.6)	3.6	(0.13)	1.1	(0.12)	30	(3.2)	4.5	(0.28)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	6.2	(0.30)	0.4	(0.08)	7*	(1.6)	5.6	(0.39)	0.9	(0.18)	15*	(4.1)	6.8	(0.38)
20 and over.....	521	50	(4.1)	4.9	(0.26)	1.0	(0.12)	20	(2.6)	4.8	(0.21)	1.9	(0.21)	41	(4.0)	5.1	(0.41)
2 and over...	748	50	(3.4)	5.2	(0.22)	0.9	(0.11)	17	(2.2)	4.9	(0.19)	1.7	(0.19)	35	(3.9)	5.4	(0.34)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	5.3	(0.19)	0.4	(0.06)	7	(1.1)	4.6	(0.13)	0.8	(0.11)	17	(2.2)	6.1	(0.40)
20 and over.....	1543	53	(2.2)	4.7	(0.16)	0.7	(0.07)	15	(1.2)	4.6	(0.26)	1.3	(0.10)	29	(2.5)	4.8	(0.23)
2 and over...	2532	51	(2.5)	4.9	(0.10)	0.6	(0.05)	12	(1.0)	4.6	(0.19)	1.2	(0.08)	25	(1.8)	5.3	(0.16)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	7.3	(0.18)	1.3	(0.09)	18	(1.4)	7.6	(0.41)	2.7	(0.16)	35	(2.7)	7.0	(0.34)
20 and over.....	1711	52	(2.3)	9.6	(0.33)	2.1	(0.12)	22	(1.0)	10.4	(0.48)	4.0	(0.13)	39	(1.3)	8.8	(0.28)
2 and over...	2542	51	(1.9)	9.1	(0.30)	1.9	(0.11)	21	(0.9)	9.9	(0.41)	3.8	(0.12)	39	(1.1)	8.4	(0.28)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	7.2	(0.38)	1.3	(0.12)	18	(1.4)	7.8	(0.37)	2.9	(0.25)	38	(3.4)	6.8	(0.43)
20 and over.....	1060	53	(2.7)	8.4	(0.27)	2.2	(0.16)	26	(1.8)	9.0	(0.35)	4.2	(0.23)	46	(2.3)	7.8	(0.40)
2 and over...	1715	50	(2.5)	8.1	(0.25)	1.9	(0.14)	24	(1.5)	8.7	(0.25)	3.8	(0.19)	44	(1.9)	7.4	(0.34)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	7.5	(0.27)	1.4	(0.14)	18	(2.0)	7.2	(0.44)	2.7	(0.32)	38	(4.3)	7.9	(0.40)
20 and over.....	521	50	(4.1)	8.7	(0.38)	1.7	(0.18)	19	(2.2)	9.1	(0.37)	3.3	(0.24)	36	(2.2)	8.3	(0.59)
2 and over...	748	50	(3.4)	8.5	(0.33)	1.6	(0.15)	19	(2.0)	8.8	(0.37)	3.2	(0.23)	37	(2.0)	8.2	(0.47)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	6.8	(0.25)	1.3	(0.13)	19	(1.6)	7.6	(0.42)	2.8	(0.16)	37	(1.8)	6.1	(0.22)
20 and over.....	1543	53	(2.2)	8.3	(0.23)	2.0	(0.12)	24	(1.1)	8.7	(0.15)	3.8	(0.13)	44	(1.5)	7.9	(0.35)
2 and over...	2532	51	(2.5)	7.8	(0.22)	1.8	(0.10)	23	(1.0)	8.4	(0.20)	3.5	(0.10)	42	(1.2)	7.3	(0.26)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	64.5	(2.36)	14.8	(1.22)	23	(1.9)	67.5	(3.67)	30.8	(2.05)	46	(2.7)	61.7	(3.85)
20 and over.....	1711	52	(2.3)	118.5	(5.64)	33.4	(3.46)	28	(2.7)	127.1	(8.08)	64.7	(5.02)	51	(3.3)	109.4	(5.87)
2 and over...	2542	51	(1.9)	107.8	(5.08)	29.7	(2.76)	28	(2.4)	115.9	(6.85)	58.4	(4.09)	50	(2.9)	99.3	(5.38)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	80.5	(7.87)	13.8	(1.45)	17	(1.8)	71.1	(5.95)	31.7	(3.08)	45	(5.3)	87.8	(13.35)
20 and over.....	1060	53	(2.7)	126.6	(6.99)	30.2	(3.20)	24	(2.9)	133.1	(9.54)	57.3	(4.09)	43	(4.1)	119.3	(9.44)
2 and over...	1715	50	(2.5)	112.9	(5.24)	25.4	(2.57)	22	(2.4)	117.0	(6.77)	50.7	(3.18)	43	(3.2)	108.8	(6.74)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	89.1	(9.27)	16.0	(1.12)	18	(2.5)	84.4	(11.19)	32.2	(2.28)	38	(5.2)	93.7	(11.85)
20 and over.....	521	50	(4.1)	195.4	(13.47)	30.3	(3.73)	16	(2.6)	167.6	(8.95)	61.0	(4.45)	36	(3.0)	222.8	(24.29)
2 and over...	748	50	(3.4)	175.2	(11.85)	27.6	(3.05)	16	(2.5)	151.8	(7.95)	55.5	(4.06)	37	(2.7)	198.3	(22.04)
Hispanic:																	
2 - 19.....	989	48	(3.5)	57.9	(2.35)	12.2	(1.09)	21	(1.7)	60.2	(2.46)	25.3	(0.92)	42	(2.2)	55.7	(3.45)
20 and over.....	1543	53	(2.2)	95.7	(4.95)	24.7	(3.00)	26	(2.5)	92.5	(5.54)	46.7	(5.21)	51	(3.4)	99.2	(8.65)
2 and over...	2532	51	(2.5)	82.7	(3.92)	20.4	(2.11)	25	(2.1)	82.1	(3.75)	39.8	(3.30)	49	(2.6)	83.3	(6.57)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	1032	(42.9)	171	(19.6)	17	(1.8)	1067	(56.3)	357	(34.7)	33	(3.1)	1001	(49.0)
20 and over.....	1711	52	(2.3)	985	(18.9)	208	(12.0)	21	(1.1)	1036	(28.9)	403	(14.2)	39	(0.9)	931	(18.4)
2 and over...	2542	51	(1.9)	995	(19.9)	201	(10.5)	20	(1.0)	1042	(27.6)	395	(12.5)	38	(1.0)	946	(21.6)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	847	(28.2)	135	(8.3)	16	(1.1)	840	(33.8)	308	(26.6)	37	(3.4)	854	(32.5)
20 and over.....	1060	53	(2.7)	772	(25.3)	184	(15.4)	24	(1.5)	797	(26.4)	349	(18.0)	44	(1.5)	743	(33.1)
2 and over...	1715	50	(2.5)	794	(25.1)	169	(10.0)	21	(0.9)	808	(25.7)	339	(12.8)	42	(1.0)	780	(30.0)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	951	(68.4)	136	(11.4)	14	(1.2)	923	(88.6)	274	(25.0)	30	(2.4)	978	(61.7)
20 and over.....	521	50	(4.1)	809	(34.2)	166	(21.7)	21	(2.8)	854	(31.7)	334	(29.7)	39	(3.5)	765	(43.4)
2 and over...	748	50	(3.4)	836	(38.5)	160	(17.5)	19	(2.3)	867	(39.9)	323	(26.7)	37	(3.2)	805	(43.1)
Hispanic:																	
2 - 19.....	989	48	(3.5)	938	(25.5)	150	(10.9)	16	(1.1)	954	(29.9)	313	(15.1)	33	(1.4)	924	(38.3)
20 and over.....	1543	53	(2.2)	991	(20.1)	215	(10.0)	22	(1.0)	1025	(25.1)	408	(17.9)	40	(1.4)	952	(31.8)
2 and over...	2532	51	(2.5)	973	(15.0)	193	(8.5)	20	(1.0)	1002	(20.9)	377	(11.3)	38	(1.0)	942	(22.3)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

P h o s p h o r u s																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>All Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers <sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	1267	(39.4)	263	(23.4)	21	(1.8)	1343	(57.7)	549	(40.2)	41	(2.7)	1197	(46.3)
20 and over.....	1711	52	(2.3)	1404	(23.5)	344	(16.8)	24	(1.1)	1501	(35.1)	666	(20.5)	44	(1.4)	1301	(22.8)
2 and over...	2542	51	(1.9)	1377	(23.3)	328	(15.6)	24	(1.1)	1472	(32.5)	644	(19.2)	44	(1.3)	1279	(25.4)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	1148	(29.4)	236	(16.2)	21	(1.3)	1201	(28.6)	541	(36.0)	45	(3.1)	1107	(34.4)
20 and over.....	1060	53	(2.7)	1218	(22.1)	358	(23.1)	29	(1.6)	1307	(25.1)	678	(22.9)	52	(1.5)	1118	(31.3)
2 and over...	1715	50	(2.5)	1197	(22.4)	322	(18.5)	27	(1.3)	1280	(21.0)	643	(16.1)	50	(1.2)	1114	(29.5)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	1278	(55.8)	245	(13.4)	19	(1.8)	1269	(55.4)	494	(38.1)	39	(3.3)	1287	(80.3)
20 and over.....	521	50	(4.1)	1282	(30.1)	294	(33.2)	23	(2.5)	1343	(26.4)	591	(37.5)	44	(2.4)	1222	(49.5)
2 and over...	748	50	(3.4)	1281	(30.8)	284	(27.9)	22	(2.3)	1329	(26.8)	572	(34.8)	43	(2.2)	1234	(49.5)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	1206	(23.0)	245	(20.9)	20	(1.6)	1263	(36.3)	511	(24.5)	40	(1.7)	1152	(32.9)
20 and over.....	1543	53	(2.2)	1452	(18.6)	364	(17.5)	25	(1.3)	1498	(22.0)	691	(17.7)	46	(1.2)	1400	(33.8)
2 and over...	2532	51	(2.5)	1367	(12.8)	323	(16.8)	24	(1.3)	1422	(21.9)	633	(11.2)	44	(1.0)	1310	(21.1)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
—————All Individuals <sup>2</sup> —————										—————All Restaurant Consumers <sup>3</sup> —————				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	236	(6.0)	40	(3.4)	17	(1.4)	242	(11.1)	84	(5.9)	35	(2.3)	231	(7.0)
20 and over.....	1711	52	(2.3)	310	(6.3)	59	(2.9)	19	(0.9)	321	(7.9)	115	(2.9)	36	(1.2)	299	(8.1)
2 and over...	2542	51	(1.9)	296	(5.7)	55	(2.5)	19	(0.8)	306	(6.5)	109	(2.6)	36	(1.1)	285	(8.0)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	218	(6.7)	33	(2.1)	15	(0.9)	217	(6.6)	77	(4.2)	35	(2.3)	218	(9.2)
20 and over.....	1060	53	(2.7)	262	(7.0)	56	(3.7)	22	(1.2)	270	(8.7)	107	(2.7)	40	(1.5)	253	(7.8)
2 and over...	1715	50	(2.5)	249	(6.8)	50	(3.1)	20	(1.0)	256	(7.7)	99	(2.3)	39	(1.2)	241	(7.6)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	252	(12.1)	41	(3.8)	16	(2.1)	237	(13.0)	82	(8.7)	35	(3.6)	266	(19.3)
20 and over.....	521	50	(4.1)	326	(9.1)	53	(5.3)	16	(1.7)	323	(7.7)	107	(6.0)	33	(1.7)	329	(15.2)
2 and over...	748	50	(3.4)	312	(9.3)	51	(4.8)	16	(1.7)	306	(7.1)	103	(6.0)	33	(1.7)	317	(14.9)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	225	(4.7)	37	(3.2)	16	(1.4)	225	(6.4)	77	(4.4)	34	(1.5)	225	(8.1)
20 and over.....	1543	53	(2.2)	312	(4.8)	62	(3.6)	20	(1.0)	309	(6.0)	118	(4.4)	38	(1.1)	316	(8.6)
2 and over...	2532	51	(2.5)	282	(5.1)	54	(3.4)	19	(1.0)	282	(5.7)	105	(3.2)	37	(0.9)	283	(7.2)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

I r o n																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	13.9	(0.44)	2.4	(0.18)	17	(1.3)	14.4	(0.67)	5.1	(0.33)	35	(2.5)	13.4	(0.62)
20 and over.....	1711	52	(2.3)	14.1	(0.23)	3.1	(0.17)	22	(1.1)	14.8	(0.37)	6.1	(0.24)	41	(1.1)	13.3	(0.23)
2 and over...	2542	51	(1.9)	14.0	(0.23)	3.0	(0.14)	21	(0.9)	14.7	(0.37)	5.9	(0.20)	40	(1.1)	13.3	(0.21)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	13.5	(0.58)	2.2	(0.12)	16	(0.9)	13.1	(0.35)	5.1	(0.27)	39	(1.8)	13.8	(0.87)
20 and over.....	1060	53	(2.7)	12.8	(0.37)	3.0	(0.17)	24	(1.2)	13.0	(0.43)	5.7	(0.17)	44	(1.1)	12.6	(0.57)
2 and over...	1715	50	(2.5)	13.0	(0.34)	2.8	(0.13)	21	(1.0)	13.0	(0.29)	5.6	(0.14)	43	(0.9)	13.0	(0.57)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	13.9	(0.54)	2.4	(0.21)	17	(1.8)	12.7	(0.65)	4.7	(0.45)	37	(3.5)	15.1	(0.79)
20 and over.....	521	50	(4.1)	14.3	(0.54)	2.6	(0.27)	18	(2.3)	13.8	(0.41)	5.3	(0.35)	38	(2.3)	14.7	(0.76)
2 and over...	748	50	(3.4)	14.2	(0.50)	2.6	(0.25)	18	(2.1)	13.6	(0.33)	5.2	(0.34)	38	(2.3)	14.8	(0.73)
Hispanic:																	
2 - 19.....	989	48	(3.5)	13.8	(0.50)	2.3	(0.20)	17	(1.3)	13.5	(0.34)	4.9	(0.20)	36	(1.2)	14.0	(0.79)
20 and over.....	1543	53	(2.2)	14.5	(0.22)	3.4	(0.16)	24	(1.2)	14.7	(0.29)	6.5	(0.16)	44	(1.2)	14.3	(0.41)
2 and over...	2532	51	(2.5)	14.3	(0.25)	3.1	(0.16)	21	(1.2)	14.3	(0.23)	6.0	(0.11)	42	(0.9)	14.2	(0.42)



**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

Z i n c																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	10.2	(0.35)	2.0	(0.18)	20	(1.5)	10.5	(0.66)	4.2	(0.33)	40	(2.5)	10.0	(0.35)
20 and over.....	1711	52	(2.3)	11.4	(0.22)	2.8	(0.12)	24	(1.0)	12.3	(0.32)	5.3	(0.22)	44	(1.7)	10.5	(0.20)
2 and over...	2542	51	(1.9)	11.2	(0.22)	2.6	(0.11)	23	(0.9)	11.9	(0.33)	5.1	(0.19)	43	(1.5)	10.4	(0.19)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	9.4	(0.38)	1.6	(0.13)	17	(1.3)	9.1	(0.27)	3.7	(0.21)	41	(2.4)	9.7	(0.60)
20 and over.....	1060	53	(2.7)	10.0	(0.30)	2.6	(0.16)	26	(1.1)	9.9	(0.33)	5.0	(0.19)	50	(1.4)	10.0	(0.56)
2 and over...	1715	50	(2.5)	9.8	(0.27)	2.3	(0.13)	24	(1.0)	9.7	(0.23)	4.7	(0.15)	48	(1.1)	9.9	(0.46)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	10.5	(0.41)	2.0	(0.22)	19	(2.4)	10.5	(0.50)	4.0	(0.54)	39	(4.9)	10.6	(0.57)
20 and over.....	521	50	(4.1)	10.5	(0.28)	2.2	(0.25)	21	(2.5)	10.5	(0.22)	4.5	(0.27)	43	(2.4)	10.5	(0.44)
2 and over...	748	50	(3.4)	10.5	(0.26)	2.2	(0.24)	21	(2.4)	10.5	(0.17)	4.4	(0.29)	42	(2.7)	10.5	(0.39)
Hispanic:																	
2 - 19.....	989	48	(3.5)	9.3	(0.22)	1.7	(0.14)	18	(1.5)	9.5	(0.33)	3.6	(0.17)	38	(1.5)	9.2	(0.31)
20 and over.....	1543	53	(2.2)	11.4	(0.19)	2.9	(0.15)	25	(1.3)	11.9	(0.32)	5.5	(0.14)	47	(1.3)	11.0	(0.29)
2 and over...	2532	51	(2.5)	10.7	(0.19)	2.5	(0.14)	23	(1.3)	11.1	(0.30)	4.9	(0.11)	44	(1.1)	10.3	(0.19)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	0.9	(0.02)	0.2	(0.01)	17	(1.4)	0.9	(0.04)	0.3	(0.03)	35	(2.3)	0.9	(0.02)
20 and over.....	1711	52	(2.3)	1.3	(0.02)	0.2	(0.01)	18	(0.9)	1.3	(0.03)	0.4	(0.01)	34	(1.2)	1.2	(0.03)
2 and over...	2542	51	(1.9)	1.2	(0.02)	0.2	(0.01)	18	(0.8)	1.2	(0.03)	0.4	(0.01)	34	(1.0)	1.2	(0.03)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	0.8	(0.03)	0.2	(0.02)	18	(1.9)	0.9	(0.04)	0.3	(0.04)	39	(4.1)	0.8	(0.04)
20 and over.....	1060	53	(2.7)	1.1	(0.03)	0.2	(0.01)	21	(1.1)	1.1	(0.03)	0.4	(0.02)	39	(1.4)	1.1	(0.04)
2 and over...	1715	50	(2.5)	1.0	(0.03)	0.2	(0.01)	20	(0.8)	1.0	(0.02)	0.4	(0.01)	39	(1.2)	1.0	(0.04)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	1.1	(0.04)	0.2	(0.02)	16	(2.3)	1.0	(0.05)	0.3	(0.05)	34	(4.0)	1.1	(0.06)
20 and over.....	521	50	(4.1)	1.4	(0.04)	0.2	(0.02)	16	(1.6)	1.4	(0.05)	0.4	(0.03)	32	(1.9)	1.4	(0.06)
2 and over...	748	50	(3.4)	1.3	(0.04)	0.2	(0.02)	16	(1.7)	1.3	(0.04)	0.4	(0.03)	32	(1.9)	1.4	(0.06)
Hispanic:																	
2 - 19.....	989	48	(3.5)	0.9	(0.02)	0.2	(0.01)	17	(1.5)	0.9	(0.03)	0.3	(0.02)	36	(1.5)	0.9	(0.03)
20 and over.....	1543	53	(2.2)	1.2	(0.03)	0.3	(0.02)	21	(1.1)	1.2	(0.03)	0.5	(0.02)	40	(1.2)	1.2	(0.04)
2 and over...	2532	51	(2.5)	1.1	(0.02)	0.2	(0.01)	20	(1.1)	1.1	(0.03)	0.4	(0.02)	39	(1.1)	1.1	(0.03)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	97.1	(2.68)	23.8	(2.47)	25	(2.4)	103.9	(4.78)	49.7	(4.54)	48	(3.3)	91.0	(3.44)
20 and over.....	1711	52	(2.3)	113.6	(2.69)	32.8	(1.86)	29	(1.3)	126.1	(4.10)	63.5	(3.03)	50	(2.0)	100.3	(1.52)
2 and over...	2542	51	(1.9)	110.3	(2.48)	31.0	(1.66)	28	(1.2)	121.9	(3.68)	60.9	(2.69)	50	(1.8)	98.3	(1.58)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	94.9	(3.27)	21.9	(1.49)	23	(1.3)	98.7	(1.81)	50.3	(3.49)	51	(3.6)	91.9	(4.80)
20 and over.....	1060	53	(2.7)	111.6	(2.23)	33.5	(2.20)	30	(1.6)	118.3	(3.02)	63.6	(2.45)	54	(1.5)	104.0	(4.34)
2 and over...	1715	50	(2.5)	106.6	(2.48)	30.1	(1.82)	28	(1.2)	113.2	(2.19)	60.1	(2.09)	53	(1.3)	100.0	(4.18)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	110.5	(3.79)	25.2	(2.14)	23	(2.3)	113.9	(4.94)	50.7	(4.85)	45	(3.2)	107.1	(6.70)
20 and over.....	521	50	(4.1)	121.3	(2.31)	29.1	(3.16)	24	(2.4)	126.4	(3.66)	58.5	(3.17)	46	(2.1)	116.2	(3.59)
2 and over...	748	50	(3.4)	119.2	(1.81)	28.3	(2.90)	24	(2.3)	124.1	(3.15)	57.0	(3.30)	46	(2.0)	114.5	(3.52)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	95.0	(1.94)	22.1	(2.04)	23	(2.0)	98.2	(2.80)	46.0	(2.13)	47	(1.6)	92.2	(4.12)
20 and over.....	1543	53	(2.2)	122.6	(2.17)	34.6	(2.01)	28	(1.5)	127.5	(2.69)	65.7	(2.48)	52	(1.7)	117.2	(3.26)
2 and over...	2532	51	(2.5)	113.2	(1.63)	30.3	(1.83)	27	(1.5)	118.0	(1.99)	59.3	(1.64)	50	(1.4)	108.1	(2.47)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 *(continued)*

P o t a s s i u m																	
<div><div><div>All Individuals <sup>2</sup></div></div><div><div>All Restaurant Consumers <sup>3</sup></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	2080	(55.7)	386	(31.2)	19	(1.4)	2114	(90.0)	806	(55.4)	38	(2.1)	2048	(57.7)
20 and over.....	1711	52	(2.3)	2686	(43.4)	577	(27.6)	21	(1.1)	2732	(50.6)	1119	(29.1)	41	(1.2)	2637	(53.5)
2 and over...	2542	51	(1.9)	2566	(42.9)	539	(24.9)	21	(1.0)	2617	(46.4)	1060	(27.2)	41	(1.1)	2513	(57.3)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	2016	(53.8)	344	(26.8)	17	(1.1)	2027	(68.3)	788	(36.9)	39	(2.1)	2007	(63.6)
20 and over.....	1060	53	(2.7)	2267	(49.7)	582	(38.5)	26	(1.5)	2381	(57.3)	1104	(31.0)	46	(1.5)	2141	(59.8)
2 and over...	1715	50	(2.5)	2193	(43.6)	512	(33.7)	23	(1.3)	2289	(43.0)	1022	(26.6)	45	(1.1)	2096	(54.4)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	2332	(74.9)	410	(54.4)	18	(2.7)	2232	(104.8)	826	(114.7)	37	(4.2)	2431	(157.0)
20 and over.....	521	50	(4.1)	2663	(55.6)	510	(54.6)	19	(2.1)	2631	(51.7)	1027	(59.0)	39	(2.1)	2695	(87.3)
2 and over...	748	50	(3.4)	2600	(55.0)	491	(51.6)	19	(2.0)	2556	(44.4)	989	(61.8)	39	(2.2)	2645	(88.2)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	2076	(39.2)	374	(32.6)	18	(1.5)	2113	(64.5)	779	(45.9)	37	(1.8)	2042	(64.9)
20 and over.....	1543	53	(2.2)	2624	(40.1)	591	(32.0)	23	(1.2)	2634	(47.5)	1120	(34.0)	43	(1.3)	2614	(57.2)
2 and over...	2532	51	(2.5)	2436	(39.1)	516	(30.0)	21	(1.2)	2466	(46.6)	1010	(24.4)	41	(1.2)	2405	(50.3)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	831	48	(2.1)	2995	(67.5)	770	(62.1)	26	(1.9)	3239	(115.5)	1606	(108.5)	50	(2.5)	2770	(70.3)
20 and over.....	1711	52	(2.3)	3514	(53.3)	1039	(54.1)	30	(1.4)	3826	(79.2)	2015	(71.8)	53	(1.7)	3181	(63.3)
2 and over...	2542	51	(1.9)	3410	(48.3)	985	(48.6)	29	(1.4)	3716	(66.3)	1938	(65.6)	52	(1.7)	3094	(55.4)
Non-Hispanic Black:																	
2 - 19.....	655	44	(2.7)	3080	(103.7)	719	(44.5)	23	(1.2)	3314	(77.8)	1647	(102.3)	50	(3.1)	2899	(148.6)
20 and over.....	1060	53	(2.7)	3354	(61.6)	1117	(82.5)	33	(2.1)	3745	(102.3)	2117	(101.6)	57	(1.8)	2917	(83.8)
2 and over...	1715	50	(2.5)	3272	(58.3)	999	(65.5)	31	(1.6)	3633	(68.3)	1995	(73.4)	55	(1.4)	2911	(76.5)
Non-Hispanic Asian <sup>7</sup> :																	
2 - 19.....	227	50	(3.4)	3202	(67.2)	760	(54.8)	24	(1.7)	3395	(190.3)	1531	(122.6)	45	(2.2)	3012	(138.0)
20 and over.....	521	50	(4.1)	3850	(115.0)	1004	(121.8)	26	(2.7)	4172	(178.2)	2020	(142.6)	48	(3.5)	3533	(153.5)
2 and over...	748	50	(3.4)	3727	(99.8)	957	(105.8)	26	(2.4)	4024	(141.0)	1928	(134.0)	48	(2.9)	3434	(108.1)
Hispanic:																	
2 - 19.....	989	48	(3.5)	2951	(53.1)	745	(65.8)	25	(2.1)	3255	(95.1)	1553	(64.4)	48	(1.9)	2671	(56.9)
20 and over.....	1543	53	(2.2)	3593	(69.0)	1110	(57.9)	31	(1.6)	3914	(77.1)	2104	(62.8)	54	(1.4)	3235	(113.5)
2 and over...	2532	51	(2.5)	3372	(46.9)	984	(55.5)	29	(1.7)	3701	(64.1)	1926	(42.1)	52	(1.4)	3029	(78.9)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
All Individuals <sup>2</sup>										All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	33.0	(5.50)	8.3	(1.67)	25	(5.4)	34.3	(4.24)	17.4	(3.23)	51	(4.1)	31.8	(9.51)
20 and over.....	1711	52	(2.3)	206.6	(7.35)	30.9	(3.38)	15	(1.6)	207.6	(7.83)	60.0	(6.09)	29	(2.7)	205.4	(12.97)
2 and over...	2542	51	(1.9)	172.0	(6.65)	26.4	(2.82)	15	(1.5)	175.1	(7.66)	52.0	(5.14)	30	(2.6)	168.8	(11.96)
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	12.2	(1.15)	4.1	(0.91)	34	(6.1)	17.5	(2.16)	9.4	(2.17)	54	(7.1)	8.1	(1.56)
20 and over.....	1060	53	(2.7)	72.5	(5.17)	14.6	(2.25)	20	(2.1)	76.0	(6.45)	27.7	(5.22)	37	(4.6)	68.5	(6.32)
2 and over...	1715	50	(2.5)	54.6	(3.16)	11.5	(1.50)	21	(1.8)	60.9	(4.38)	23.0	(3.67)	38	(4.1)	48.3	(3.56)
<b>Non-Hispanic Asian <sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	15.7	(3.41)	5.0*	(3.21)	32*	(16.8)	18.9*	(6.38)	10.1*	(6.48)	--		12.6*	(5.18)
20 and over.....	521	50	(4.1)	86.5	(4.71)	17.2	(2.42)	20	(2.4)	96.9	(6.76)	34.7	(3.74)	36	(2.5)	76.2	(6.74)
2 and over...	748	50	(3.4)	73.0	(4.25)	14.9	(2.25)	20	(2.6)	82.1	(5.97)	30.0	(3.03)	37	(2.5)	64.1	(5.56)
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	23.9	(4.04)	5.8	(1.16)	24	(4.3)	26.9	(4.16)	12.2	(2.64)	45	(5.4)	21.2	(4.79)
20 and over.....	1543	53	(2.2)	121.3	(8.15)	26.1	(3.93)	22	(2.7)	133.0	(10.43)	49.5	(6.66)	37	(3.7)	108.3	(6.47)
2 and over...	2532	51	(2.5)	87.9	(7.01)	19.1	(2.94)	22	(2.4)	98.8	(8.77)	37.5	(5.07)	38	(3.3)	76.4	(5.87)

**Table 54. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Race/Ethnicity and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
<div><div><div>All Individuals<sup>2</sup></div></div><div><div>All Restaurant Consumers<sup>3</sup></div></div><div><div>Non-consumers<sup>4</sup></div></div></div>																	
Race/ethnicity and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Non-Hispanic White:</b>																	
2 - 19.....	831	48	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1711	52	(2.3)	10.7	(1.02)	2.0	(0.36)	18	(3.6)	10.8	(1.26)	3.8	(0.64)	35	(4.9)	10.6	(1.41)
2 and over...	2542	51	(1.9)	--		--		--		--		--		--		--	
<b>Non-Hispanic Black:</b>																	
2 - 19.....	655	44	(2.7)	--		--		--		--		--		--		--	
20 and over.....	1060	53	(2.7)	9.7	(1.63)	1.0	(0.26)	10	(2.8)	11.6	(2.81)	1.8	(0.47)	16*	(5.4)	7.6	(1.10)
2 and over...	1715	50	(2.5)	--		--		--		--		--		--		--	
<b>Non-Hispanic Asian<sup>7</sup>:</b>																	
2 - 19.....	227	50	(3.4)	--		--		--		--		--		--		--	
20 and over.....	521	50	(4.1)	4.3	(0.68)	1.3*	(0.44)	31	(7.1)	6.1	(0.92)	2.6	(0.75)	--		2.4	(0.58)
2 and over...	748	50	(3.4)	--		--		--		--		--		--		--	
<b>Hispanic:</b>																	
2 - 19.....	989	48	(3.5)	--		--		--		--		--		--		--	
20 and over.....	1543	53	(2.2)	8.0	(0.54)	1.4	(0.37)	17	(4.2)	10.3	(1.02)	2.6	(0.67)	25	(6.2)	5.5	(1.33)
2 and over...	2532	51	(2.5)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>3</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.
- <sup>7</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

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**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016

F o o d e n e r g y																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1833	(48.0)	351	(28.4)	19	(1.3)	1990	(69.1)	829	(25.5)	42	(1.2)	1717	(44.2)
20 and over.....	1430	44	(3.1)	2021	(31.9)	431	(30.0)	21	(1.4)	2197	(69.0)	970	(55.6)	44	(1.8)	1881	(46.9)
2 and over...	2169	44	(2.5)	1977	(21.9)	412	(24.6)	21	(1.2)	2150	(54.2)	938	(42.7)	44	(1.4)	1841	(28.4)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1822	(28.7)	341	(28.9)	19	(1.5)	1915	(62.2)	828	(50.6)	43	(1.8)	1757	(42.3)
20 and over.....	1973	48	(1.5)	2133	(32.1)	527	(20.2)	25	(0.8)	2319	(44.7)	1090	(27.3)	47	(0.9)	1959	(31.3)
2 and over...	3198	47	(1.4)	2059	(25.7)	483	(17.4)	23	(0.7)	2234	(34.4)	1035	(24.7)	46	(0.9)	1906	(26.3)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1951	(45.6)	497	(41.1)	25	(1.8)	2120	(85.7)	892	(65.5)	42	(2.3)	1739	(51.1)
20 and over.....	1206	61	(2.2)	2156	(38.9)	641	(29.4)	30	(1.4)	2241	(47.4)	1047	(29.0)	47	(1.2)	2022	(46.7)
2 and over...	1956	60	(1.8)	2104	(32.7)	604	(26.7)	29	(1.2)	2212	(38.6)	1010	(25.6)	46	(1.0)	1942	(41.4)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1868	(25.2)	400	(19.2)	21	(0.9)	2009	(38.4)	853	(32.1)	42	(1.2)	1745	(29.3)
20 and over.....	5017	52	(1.5)	2105	(20.6)	538	(15.5)	26	(0.7)	2261	(30.6)	1043	(19.0)	46	(0.8)	1940	(22.3)
2 and over...	7918	50	(1.3)	2048	(18.3)	505	(13.8)	25	(0.7)	2204	(25.7)	1000	(16.4)	45	(0.7)	1889	(18.5)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	66.2	(1.41)	13.8	(1.06)	21	(1.6)	70.0	(3.00)	32.6	(1.31)	47	(1.8)	63.3	(1.59)
20 and over.....	1430	44	(3.1)	77.1	(1.79)	18.4	(1.50)	24	(1.9)	81.4	(3.14)	41.3	(2.76)	51	(2.1)	73.7	(2.60)
2 and over...	2169	44	(2.5)	74.6	(1.46)	17.3	(1.18)	23	(1.6)	78.8	(2.75)	39.4	(2.25)	50	(1.7)	71.2	(2.05)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	65.4	(1.27)	13.0	(1.06)	20	(1.6)	65.8	(1.51)	31.5	(1.71)	48	(2.1)	65.2	(2.06)
20 and over.....	1973	48	(1.5)	82.3	(1.47)	22.4	(0.98)	27	(1.0)	89.1	(1.80)	46.4	(1.52)	52	(1.4)	75.9	(1.66)
2 and over...	3198	47	(1.4)	78.3	(1.28)	20.2	(0.90)	26	(1.0)	84.2	(1.58)	43.3	(1.43)	51	(1.3)	73.1	(1.28)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	69.7	(2.20)	19.8	(2.18)	28	(2.5)	75.7	(3.74)	35.5	(3.57)	47	(3.1)	62.0	(1.96)
20 and over.....	1206	61	(2.2)	87.0	(1.88)	26.7	(1.56)	31	(1.6)	89.9	(2.58)	43.7	(1.41)	49	(1.6)	82.4	(2.46)
2 and over...	1956	60	(1.8)	82.5	(1.79)	25.0	(1.51)	30	(1.6)	86.5	(2.35)	41.8	(1.60)	48	(1.7)	76.7	(2.05)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	67.1	(1.14)	15.7	(0.91)	23	(1.2)	71.0	(1.76)	33.6	(1.64)	47	(1.6)	63.6	(1.44)
20 and over.....	5017	52	(1.5)	82.5	(1.20)	22.7	(0.83)	28	(0.9)	88.2	(1.49)	44.0	(1.14)	50	(1.2)	76.4	(1.28)
2 and over...	7918	50	(1.3)	78.8	(1.09)	21.0	(0.74)	27	(0.9)	84.4	(1.31)	41.7	(1.06)	49	(1.1)	73.1	(1.11)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
<div><div><div>All Individuals <sup>2</sup></div></div><div><div>All Restaurant Consumers <sup>3</sup></div></div><div>Non-consumers<sup>4</sup></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	235	(6.9)	39	(3.2)	16	(1.2)	248	(9.1)	91	(3.3)	37	(1.4)	226	(6.9)
20 and over.....	1430	44	(3.1)	242	(4.3)	45	(3.1)	18	(1.2)	255	(9.6)	101	(6.4)	40	(1.7)	232	(4.8)
2 and over...	2169	44	(2.5)	241	(3.6)	43	(2.5)	18	(1.0)	254	(7.9)	99	(4.9)	39	(1.4)	231	(3.5)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	235	(4.2)	39	(3.7)	17	(1.4)	245	(8.9)	95	(6.6)	39	(1.7)	228	(4.1)
20 and over.....	1973	48	(1.5)	247	(4.0)	54	(2.2)	22	(0.8)	268	(6.7)	111	(3.0)	42	(0.8)	227	(4.9)
2 and over...	3198	47	(1.4)	244	(2.7)	50	(1.7)	21	(0.7)	263	(4.8)	108	(2.4)	41	(0.7)	227	(3.6)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	251	(5.6)	57	(4.3)	23	(1.6)	273	(10.5)	103	(6.9)	38	(2.3)	224	(7.3)
20 and over.....	1206	61	(2.2)	243	(5.7)	64	(2.9)	26	(1.3)	247	(6.1)	104	(3.6)	42	(1.3)	238	(7.9)
2 and over...	1956	60	(1.8)	245	(4.5)	62	(2.4)	25	(1.1)	253	(4.9)	104	(2.8)	41	(0.9)	234	(6.8)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	241	(3.0)	46	(2.2)	19	(0.8)	256	(4.8)	97	(3.5)	38	(1.1)	227	(3.6)
20 and over.....	5017	52	(1.5)	244	(2.4)	55	(1.4)	22	(0.6)	257	(3.8)	106	(2.1)	41	(0.7)	230	(2.7)
2 and over...	7918	50	(1.3)	243	(1.9)	52	(1.2)	22	(0.5)	257	(3.2)	104	(1.8)	40	(0.7)	230	(2.3)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<div>—————<i>All Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	104	(3.4)	11	(1.4)	10	(1.3)	104	(4.8)	26	(2.5)	25	(2.1)	104	(4.4)
20 and over.....	1430	44	(3.1)	108	(3.3)	15	(1.2)	14	(1.1)	111	(4.6)	34	(2.6)	31	(2.2)	105	(3.8)
2 and over...	2169	44	(2.5)	107	(2.8)	14	(0.9)	13	(0.9)	109	(3.6)	32	(1.7)	29	(1.7)	105	(3.3)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	108	(2.6)	14	(1.5)	13	(1.3)	112	(4.7)	35	(2.9)	31	(1.9)	105	(2.6)
20 and over.....	1973	48	(1.5)	109	(2.6)	18	(0.9)	17	(0.8)	118	(4.0)	38	(1.4)	32	(0.8)	100	(4.0)
2 and over...	3198	47	(1.4)	108	(1.9)	17	(0.7)	16	(0.6)	117	(3.1)	37	(1.0)	32	(0.7)	101	(3.0)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	112	(3.5)	21	(2.1)	19	(1.7)	121	(5.4)	39	(3.5)	32	(2.6)	102	(4.3)
20 and over.....	1206	61	(2.2)	102	(3.8)	20	(1.0)	20	(1.2)	102	(4.0)	33	(1.7)	33	(1.3)	103	(5.7)
2 and over...	1956	60	(1.8)	105	(3.3)	21	(1.0)	20	(1.1)	106	(3.4)	35	(1.7)	33	(1.3)	102	(4.6)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	108	(2.1)	16	(0.9)	15	(0.8)	113	(2.8)	34	(1.7)	30	(1.5)	104	(2.3)
20 and over.....	5017	52	(1.5)	106	(1.6)	18	(0.5)	17	(0.4)	109	(2.5)	35	(1.0)	32	(0.9)	102	(1.9)
2 and over...	7918	50	(1.3)	106	(1.5)	18	(0.4)	17	(0.4)	110	(2.3)	35	(0.9)	32	(0.8)	102	(1.6)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

D i e t a r y   f i b e r																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	13.4	(0.52)	2.3	(0.19)	17	(1.4)	13.7	(0.56)	5.3	(0.20)	39	(1.9)	13.2	(0.63)
20 and over.....	1430	44	(3.1)	15.9	(0.51)	2.8	(0.23)	18	(1.7)	15.3	(0.58)	6.3	(0.31)	41	(1.5)	16.4	(0.73)
2 and over...	2169	44	(2.5)	15.3	(0.40)	2.7	(0.19)	17	(1.4)	15.0	(0.47)	6.1	(0.27)	41	(1.2)	15.7	(0.61)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	13.8	(0.29)	2.2	(0.22)	16	(1.6)	13.2	(0.45)	5.4	(0.43)	41	(2.3)	14.2	(0.44)
20 and over.....	1973	48	(1.5)	16.5	(0.44)	3.5	(0.16)	21	(0.8)	16.7	(0.58)	7.2	(0.27)	43	(1.1)	16.3	(0.51)
2 and over...	3198	47	(1.4)	15.9	(0.38)	3.2	(0.13)	20	(0.7)	16.0	(0.49)	6.8	(0.24)	42	(1.0)	15.7	(0.46)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	14.6	(0.32)	2.9	(0.28)	20	(2.1)	15.0	(0.48)	5.3	(0.46)	35	(3.2)	14.0	(0.70)
20 and over.....	1206	61	(2.2)	18.9	(0.55)	4.7	(0.25)	25	(1.6)	18.3	(0.70)	7.7	(0.39)	42	(2.3)	19.7	(0.80)
2 and over...	1956	60	(1.8)	17.8	(0.51)	4.3	(0.18)	24	(1.3)	17.6	(0.56)	7.1	(0.25)	41	(1.8)	18.1	(0.75)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	14.0	(0.22)	2.5	(0.12)	18	(0.9)	14.1	(0.18)	5.3	(0.22)	37	(1.4)	13.9	(0.39)
20 and over.....	5017	52	(1.5)	17.3	(0.39)	3.7	(0.13)	21	(0.8)	17.3	(0.42)	7.2	(0.21)	42	(1.2)	17.3	(0.44)
2 and over...	7918	50	(1.3)	16.5	(0.35)	3.4	(0.10)	21	(0.7)	16.6	(0.34)	6.8	(0.15)	41	(0.9)	16.4	(0.42)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T o t a l f a t																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	71.7	(2.21)	15.9	(1.34)	22	(1.7)	81.4	(3.14)	37.5	(1.24)	46	(1.3)	64.7	(2.31)
20 and over.....	1430	44	(3.1)	78.3	(1.91)	19.4	(1.41)	25	(1.5)	88.2	(3.09)	43.6	(2.45)	49	(1.7)	70.5	(2.73)
2 and over...	2169	44	(2.5)	76.8	(1.16)	18.6	(1.18)	24	(1.4)	86.7	(2.13)	42.3	(1.81)	49	(1.3)	69.1	(1.80)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	71.0	(1.46)	15.0	(1.21)	21	(1.7)	76.5	(2.64)	36.5	(2.20)	48	(1.9)	67.1	(2.58)
20 and over.....	1973	48	(1.5)	85.9	(2.00)	23.7	(0.97)	28	(1.0)	93.9	(2.07)	49.1	(1.42)	52	(1.4)	78.4	(2.28)
2 and over...	3198	47	(1.4)	82.4	(1.70)	21.7	(0.78)	26	(0.9)	90.2	(1.64)	46.4	(1.17)	51	(1.1)	75.5	(2.04)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	76.6	(1.99)	21.2	(1.87)	28	(2.0)	83.1	(3.55)	38.1	(3.02)	46	(2.5)	68.5	(2.41)
20 and over.....	1206	61	(2.2)	87.3	(2.26)	29.2	(1.48)	33	(1.6)	93.5	(2.92)	47.8	(1.66)	51	(1.5)	77.7	(2.19)
2 and over...	1956	60	(1.8)	84.6	(1.89)	27.2	(1.33)	32	(1.4)	91.0	(2.36)	45.5	(1.40)	50	(1.1)	75.1	(1.87)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	73.1	(1.29)	17.4	(0.85)	24	(1.0)	79.8	(1.65)	37.2	(1.48)	47	(1.5)	67.2	(1.55)
20 and over.....	5017	52	(1.5)	84.1	(1.12)	24.3	(0.83)	29	(0.9)	92.4	(1.44)	47.2	(1.16)	51	(1.0)	75.3	(1.59)
2 and over...	7918	50	(1.3)	81.4	(1.03)	22.7	(0.71)	28	(0.8)	89.6	(1.21)	45.0	(0.91)	50	(0.8)	73.2	(1.31)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

S a t u r a t e d   f a t																	
		All Individuals <sup>2</sup>								All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	24.7	(0.89)	5.1	(0.46)	21	(1.7)	27.2	(1.21)	12.1	(0.57)	44	(1.1)	22.8	(0.90)
20 and over.....	1430	44	(3.1)	25.7	(0.74)	6.3	(0.47)	24	(1.6)	29.0	(0.92)	14.1	(0.79)	49	(1.6)	23.1	(1.01)
2 and over...	2169	44	(2.5)	25.5	(0.46)	6.0	(0.40)	24	(1.5)	28.6	(0.67)	13.7	(0.63)	48	(1.4)	23.0	(0.69)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	25.0	(0.72)	5.0	(0.46)	20	(1.8)	26.7	(1.16)	12.1	(0.91)	45	(2.3)	23.9	(1.16)
20 and over.....	1973	48	(1.5)	28.5	(0.83)	7.7	(0.33)	27	(1.2)	30.3	(0.82)	15.9	(0.45)	52	(1.6)	26.8	(0.95)
2 and over...	3198	47	(1.4)	27.7	(0.70)	7.0	(0.26)	25	(1.0)	29.6	(0.67)	15.1	(0.37)	51	(1.3)	26.0	(0.87)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	27.3	(0.86)	7.5	(0.66)	27	(1.9)	29.2	(1.47)	13.5	(1.06)	46	(2.4)	24.9	(1.02)
20 and over.....	1206	61	(2.2)	27.9	(0.73)	9.2	(0.46)	33	(1.5)	30.1	(0.96)	15.1	(0.53)	50	(1.4)	24.6	(0.63)
2 and over...	1956	60	(1.8)	27.8	(0.65)	8.8	(0.43)	32	(1.4)	29.9	(0.83)	14.7	(0.46)	49	(1.1)	24.7	(0.59)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	25.7	(0.57)	5.9	(0.31)	23	(1.1)	27.7	(0.67)	12.6	(0.52)	46	(1.6)	24.0	(0.68)
20 and over.....	5017	52	(1.5)	27.5	(0.47)	7.8	(0.25)	28	(0.9)	29.9	(0.52)	15.1	(0.35)	51	(0.8)	24.9	(0.64)
2 and over...	7918	50	(1.3)	27.1	(0.42)	7.4	(0.21)	27	(0.9)	29.4	(0.44)	14.6	(0.26)	50	(0.7)	24.7	(0.54)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

M o n o u n s a t u r a t e d   f a t																	
		All Individuals <sup>2</sup>						All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>			
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	23.8	(0.74)	5.4	(0.47)	23	(1.8)	26.9	(1.14)	12.8	(0.50)	47	(1.8)	21.6	(0.86)
20 and over.....	1430	44	(3.1)	27.3	(0.61)	6.7	(0.48)	25	(1.5)	30.5	(1.05)	15.1	(0.87)	50	(1.8)	24.8	(0.93)
2 and over...	2169	44	(2.5)	26.5	(0.39)	6.4	(0.39)	24	(1.4)	29.7	(0.74)	14.6	(0.63)	49	(1.4)	24.0	(0.61)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	24.0	(0.53)	5.0	(0.38)	21	(1.6)	25.7	(0.86)	12.2	(0.70)	47	(1.9)	22.8	(0.93)
20 and over.....	1973	48	(1.5)	30.0	(0.69)	8.2	(0.35)	27	(1.1)	32.9	(0.71)	17.0	(0.56)	52	(1.6)	27.4	(0.83)
2 and over...	3198	47	(1.4)	28.6	(0.62)	7.4	(0.29)	26	(1.0)	31.4	(0.59)	15.9	(0.47)	51	(1.3)	26.2	(0.74)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	26.0	(0.69)	7.1	(0.69)	27	(2.2)	28.2	(1.24)	12.8	(1.15)	45	(2.8)	23.3	(0.79)
20 and over.....	1206	61	(2.2)	31.0	(0.82)	10.2	(0.51)	33	(1.7)	33.2	(1.11)	16.7	(0.56)	50	(1.6)	27.7	(0.73)
2 and over...	1956	60	(1.8)	29.8	(0.69)	9.4	(0.47)	32	(1.5)	32.0	(0.93)	15.8	(0.50)	49	(1.2)	26.5	(0.63)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	24.7	(0.48)	5.9	(0.31)	24	(1.1)	26.9	(0.65)	12.5	(0.59)	47	(1.6)	22.8	(0.57)
20 and over.....	5017	52	(1.5)	29.6	(0.39)	8.4	(0.29)	29	(0.9)	32.4	(0.53)	16.4	(0.40)	50	(1.1)	26.5	(0.58)
2 and over...	7918	50	(1.3)	28.4	(0.37)	7.8	(0.25)	28	(0.9)	31.2	(0.46)	15.5	(0.34)	50	(0.9)	25.5	(0.50)



**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	16.7	(0.52)	4.0	(0.34)	24	(1.8)	19.8	(0.75)	9.4	(0.33)	48	(2.0)	14.4	(0.48)
20 and over.....	1430	44	(3.1)	18.1	(0.49)	4.7	(0.42)	26	(2.0)	20.7	(1.01)	10.5	(0.82)	51	(2.4)	16.0	(0.80)
2 and over...	2169	44	(2.5)	17.8	(0.31)	4.5	(0.35)	25	(1.8)	20.5	(0.72)	10.3	(0.62)	50	(2.0)	15.6	(0.56)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	15.5	(0.27)	3.6	(0.29)	24	(1.7)	17.1	(0.59)	8.8	(0.50)	52	(1.6)	14.3	(0.40)
20 and over.....	1973	48	(1.5)	19.5	(0.44)	5.7	(0.26)	29	(0.9)	22.0	(0.66)	11.8	(0.45)	54	(1.3)	17.1	(0.48)
2 and over...	3198	47	(1.4)	18.5	(0.34)	5.2	(0.20)	28	(0.8)	21.0	(0.49)	11.2	(0.36)	53	(1.1)	16.3	(0.37)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	16.4	(0.46)	4.7	(0.45)	29	(2.3)	18.2	(0.85)	8.5	(0.73)	47	(3.1)	14.2	(0.56)
20 and over.....	1206	61	(2.2)	20.6	(0.76)	7.3	(0.43)	35	(1.9)	22.0	(0.88)	11.9	(0.55)	54	(1.8)	18.4	(0.93)
2 and over...	1956	60	(1.8)	19.5	(0.62)	6.6	(0.36)	34	(1.6)	21.1	(0.70)	11.1	(0.45)	52	(1.3)	17.2	(0.73)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	16.0	(0.22)	4.1	(0.19)	26	(1.0)	18.0	(0.38)	8.8	(0.34)	49	(1.4)	14.3	(0.27)
20 and over.....	5017	52	(1.5)	19.4	(0.30)	5.9	(0.24)	31	(1.0)	21.7	(0.49)	11.5	(0.38)	53	(1.2)	16.9	(0.34)
2 and over...	7918	50	(1.3)	18.6	(0.26)	5.5	(0.20)	30	(0.9)	20.9	(0.39)	10.9	(0.30)	52	(1.0)	16.2	(0.26)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
		All Individuals <sup>2</sup>								All Restaurant Consumers <sup>3</sup>				Non-consumers <sup>4</sup>			
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	218	(7.7)	43	(4.1)	19	(2.1)	227	(13.7)	100	(7.0)	44	(3.0)	212	(6.1)
20 and over.....	1430	44	(3.1)	292	(14.1)	69	(7.2)	24	(1.9)	313	(18.8)	156	(14.8)	50	(3.0)	276	(14.0)
2 and over...	2169	44	(2.5)	275	(11.1)	63	(5.6)	23	(1.7)	293	(15.4)	143	(11.6)	49	(2.5)	261	(10.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	219	(6.7)	43	(3.5)	20	(1.5)	219	(8.0)	104	(6.5)	48	(2.3)	219	(9.7)
20 and over.....	1973	48	(1.5)	321	(8.9)	91	(4.5)	28	(1.5)	340	(9.7)	188	(8.5)	55	(2.2)	303	(12.0)
2 and over...	3198	47	(1.4)	297	(7.0)	79	(3.6)	27	(1.3)	315	(8.0)	170	(7.0)	54	(2.0)	281	(8.6)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	232	(11.0)	69	(9.9)	30	(3.6)	239	(16.6)	124	(17.0)	52	(4.1)	224	(15.0)
20 and over.....	1206	61	(2.2)	286	(8.4)	95	(6.5)	33	(1.8)	307	(13.4)	156	(8.1)	51	(2.2)	253	(8.2)
2 and over...	1956	60	(1.8)	272	(6.9)	89	(6.6)	33	(2.0)	291	(10.2)	148	(8.7)	51	(2.3)	245	(7.7)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	225	(5.4)	53	(4.6)	24	(2.0)	232	(8.7)	114	(8.9)	49	(2.6)	219	(7.9)
20 and over.....	5017	52	(1.5)	300	(6.3)	86	(3.9)	29	(1.0)	321	(7.5)	167	(7.7)	52	(1.6)	278	(8.2)
2 and over...	7918	50	(1.3)	282	(5.2)	78	(3.4)	28	(1.1)	301	(6.2)	155	(6.3)	52	(1.5)	263	(6.3)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	540	(20.4)	59	(6.1)	11	(1.0)	535	(55.1)	139	(11.2)	26	(2.3)	544	(21.0)
20 and over.....	1430	44	(3.1)	572	(27.4)	87	(10.2)	15	(1.4)	569	(47.8)	195	(20.7)	34	(1.7)	575	(33.2)
2 and over...	2169	44	(2.5)	565	(23.6)	80	(8.1)	14	(1.1)	562	(48.7)	183	(16.8)	33	(1.2)	567	(23.8)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	566	(19.3)	59	(6.7)	10	(1.1)	520	(25.9)	144	(14.8)	28	(2.3)	599	(23.1)
20 and over.....	1973	48	(1.5)	608	(16.2)	113	(5.9)	19	(0.9)	582	(25.1)	234	(11.7)	40	(1.4)	632	(25.4)
2 and over...	3198	47	(1.4)	598	(15.7)	100	(5.8)	17	(0.8)	569	(24.6)	215	(11.6)	38	(1.4)	623	(22.0)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	636	(31.7)	94	(10.3)	15	(1.6)	611	(38.7)	169	(16.6)	28	(2.9)	668	(46.2)
20 and over.....	1206	61	(2.2)	684	(35.0)	138	(10.4)	20	(1.4)	653	(18.8)	226	(12.4)	35	(1.5)	732	(79.1)
2 and over...	1956	60	(1.8)	672	(26.5)	127	(9.4)	19	(1.3)	643	(15.6)	212	(11.3)	33	(1.6)	714	(58.5)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	586	(18.6)	72	(4.7)	12	(0.7)	562	(20.4)	154	(8.5)	27	(1.5)	607	(25.3)
20 and over.....	5017	52	(1.5)	629	(13.0)	113	(4.4)	18	(0.6)	610	(10.7)	220	(7.1)	36	(1.1)	649	(23.2)
2 and over...	7918	50	(1.3)	619	(11.1)	103	(4.0)	17	(0.6)	600	(9.0)	205	(6.1)	34	(1.0)	639	(19.1)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1005	(75.2)	102	(11.4)	10	(1.4)	970	(155.0)	242	(26.7)	25	(5.2)	1030	(105.0)
20 and over.....	1430	44	(3.1)	1971	(112.0)	272	(63.4)	14	(3.2)	1565	(140.1)	611	(138.9)	39	(6.4)	2295	(223.5)
2 and over...	2169	44	(2.5)	1744	(86.6)	232	(48.1)	13	(2.7)	1431	(133.8)	528	(108.0)	37	(5.1)	1991	(165.3)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1021	(74.4)	146	(43.5)	14	(3.7)	919	(130.3)	354	(105.6)	39	(7.9)	1092	(85.2)
20 and over.....	1973	48	(1.5)	1945	(126.8)	364	(39.0)	19	(1.8)	1796	(145.4)	753	(83.7)	42	(3.2)	2084	(175.7)
2 and over...	3198	47	(1.4)	1726	(110.2)	312	(35.6)	18	(1.7)	1612	(130.6)	669	(76.4)	42	(3.1)	1825	(143.2)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1579	(172.5)	182	(23.7)	12	(2.1)	1323	(89.2)	327	(39.5)	25	(3.8)	1900	(343.3)
20 and over.....	1206	61	(2.2)	2652	(276.4)	626	(87.3)	24	(3.4)	2272	(167.2)	1024	(126.6)	45	(4.8)	3251	(643.4)
2 and over...	1956	60	(1.8)	2379	(222.3)	513	(65.6)	22	(2.8)	2047	(141.3)	858	(95.2)	42	(3.8)	2872	(461.6)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1249	(95.1)	154	(19.6)	12	(1.5)	1105	(59.4)	328	(41.9)	30	(3.1)	1376	(157.6)
20 and over.....	5017	52	(1.5)	2233	(110.0)	422	(34.6)	19	(1.6)	1929	(105.1)	819	(60.0)	42	(2.9)	2555	(197.5)
2 and over...	7918	50	(1.3)	1996	(98.7)	358	(27.6)	18	(1.4)	1745	(91.2)	709	(46.8)	41	(2.3)	2252	(159.3)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	4101	(206.8)	1056	(147.5)	26	(3.0)	4544	(299.1)	2492	(268.1)	55	(4.7)	3775	(274.8)
20 and over.....	1430	44	(3.1)	4516	(361.1)	1229	(127.1)	27	(2.1)	5200	(681.4)	2765	(255.0)	53	(6.3)	3970	(440.2)
2 and over...	2169	44	(2.5)	4419	(290.8)	1188	(105.9)	27	(1.7)	5052	(553.5)	2703	(223.2)	54	(4.7)	3923	(332.7)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	4315	(262.7)	849	(104.3)	20	(2.1)	3907	(355.9)	2058	(219.1)	53	(3.8)	4601	(320.0)
20 and over.....	1973	48	(1.5)	5063	(510.9)	1549	(178.7)	31	(2.5)	5172	(396.6)	3206	(355.8)	62	(4.3)	4961	(720.6)
2 and over...	3198	47	(1.4)	4886	(403.0)	1383	(149.9)	28	(2.0)	4907	(308.0)	2965	(296.7)	60	(3.7)	4867	(552.2)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	4363	(541.1)	1028	(149.6)	24	(4.9)	5282	(793.2)	1847	(267.0)	35	(7.9)	3208	(533.9)
20 and over.....	1206	61	(2.2)	5534	(295.5)	1737	(215.4)	31	(4.1)	5309	(484.8)	2839	(312.3)	53	(2.8)	5887	(833.2)
2 and over...	1956	60	(1.8)	5235	(291.9)	1556	(165.8)	30	(3.9)	5303	(363.9)	2604	(244.2)	49	(3.3)	5135	(716.3)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	4261	(230.4)	969	(63.8)	23	(2.1)	4649	(361.2)	2066	(119.1)	44	(4.7)	3919	(256.4)
20 and over.....	5017	52	(1.5)	5092	(233.4)	1502	(98.4)	30	(2.1)	5222	(246.8)	2914	(195.6)	56	(2.4)	4953	(501.0)
2 and over...	7918	50	(1.3)	4892	(215.4)	1374	(80.6)	28	(1.8)	5094	(215.5)	2725	(157.1)	53	(2.0)	4687	(405.7)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1.53	(0.045)	0.30	(0.027)	19	(1.4)	1.63	(0.102)	0.70	(0.047)	43	(1.5)	1.47	(0.042)
20 and over.....	1430	44	(3.1)	1.50	(0.034)	0.31	(0.023)	21	(1.6)	1.58	(0.061)	0.69	(0.044)	44	(1.6)	1.43	(0.047)
2 and over...	2169	44	(2.5)	1.51	(0.032)	0.31	(0.021)	20	(1.3)	1.59	(0.066)	0.70	(0.041)	44	(1.2)	1.44	(0.033)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1.48	(0.036)	0.24	(0.023)	16	(1.4)	1.45	(0.056)	0.58	(0.044)	40	(2.0)	1.49	(0.050)
20 and over.....	1973	48	(1.5)	1.56	(0.027)	0.37	(0.017)	23	(1.1)	1.63	(0.054)	0.76	(0.033)	46	(1.3)	1.49	(0.034)
2 and over...	3198	47	(1.4)	1.54	(0.021)	0.34	(0.014)	22	(0.9)	1.60	(0.043)	0.72	(0.028)	45	(1.1)	1.49	(0.027)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1.57	(0.031)	0.35	(0.031)	23	(1.9)	1.68	(0.072)	0.64	(0.048)	38	(2.7)	1.43	(0.060)
20 and over.....	1206	61	(2.2)	1.65	(0.036)	0.45	(0.028)	27	(1.5)	1.69	(0.038)	0.73	(0.029)	43	(1.4)	1.58	(0.056)
2 and over...	1956	60	(1.8)	1.63	(0.030)	0.42	(0.023)	26	(1.2)	1.69	(0.036)	0.71	(0.024)	42	(1.2)	1.53	(0.047)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.52	(0.025)	0.29	(0.017)	19	(0.9)	1.59	(0.038)	0.63	(0.027)	39	(1.5)	1.46	(0.037)
20 and over.....	5017	52	(1.5)	1.58	(0.020)	0.38	(0.014)	24	(0.8)	1.66	(0.032)	0.73	(0.022)	44	(1.0)	1.50	(0.020)
2 and over...	7918	50	(1.3)	1.57	(0.018)	0.36	(0.011)	23	(0.7)	1.64	(0.028)	0.71	(0.018)	43	(0.9)	1.49	(0.018)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
<div><div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>All Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1.87	(0.047)	0.26	(0.019)	14	(1.0)	1.87	(0.110)	0.61	(0.022)	33	(1.6)	1.86	(0.048)
20 and over.....	1430	44	(3.1)	2.01	(0.061)	0.34	(0.025)	17	(1.2)	2.12	(0.101)	0.77	(0.035)	36	(1.4)	1.92	(0.078)
2 and over...	2169	44	(2.5)	1.97	(0.052)	0.32	(0.020)	16	(1.0)	2.06	(0.096)	0.73	(0.029)	36	(1.1)	1.91	(0.055)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1.84	(0.050)	0.24	(0.020)	13	(1.1)	1.76	(0.056)	0.58	(0.039)	33	(1.9)	1.90	(0.071)
20 and over.....	1973	48	(1.5)	2.18	(0.047)	0.44	(0.020)	20	(0.7)	2.28	(0.077)	0.91	(0.032)	40	(1.0)	2.08	(0.043)
2 and over...	3198	47	(1.4)	2.10	(0.046)	0.39	(0.017)	19	(0.7)	2.17	(0.068)	0.84	(0.030)	39	(1.0)	2.03	(0.047)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1.99	(0.070)	0.40	(0.041)	20	(2.0)	2.08	(0.113)	0.72	(0.069)	35	(3.3)	1.88	(0.074)
20 and over.....	1206	61	(2.2)	2.28	(0.042)	0.52	(0.025)	23	(1.3)	2.27	(0.036)	0.85	(0.025)	37	(1.2)	2.29	(0.080)
2 and over...	1956	60	(1.8)	2.21	(0.039)	0.49	(0.024)	22	(1.2)	2.23	(0.043)	0.82	(0.026)	37	(1.3)	2.17	(0.067)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.90	(0.042)	0.30	(0.018)	16	(0.9)	1.92	(0.060)	0.65	(0.032)	34	(1.8)	1.88	(0.047)
20 and over.....	5017	52	(1.5)	2.17	(0.040)	0.44	(0.013)	20	(0.7)	2.25	(0.039)	0.85	(0.015)	38	(0.9)	2.08	(0.051)
2 and over...	7918	50	(1.3)	2.10	(0.037)	0.41	(0.011)	19	(0.6)	2.18	(0.034)	0.81	(0.015)	37	(0.8)	2.03	(0.046)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	21.5	(0.44)	4.5	(0.33)	21	(1.4)	23.6	(1.25)	10.6	(0.44)	45	(2.2)	20.1	(0.86)
20 and over.....	1430	44	(3.1)	24.9	(0.68)	5.3	(0.36)	21	(1.3)	27.1	(1.23)	12.0	(0.67)	44	(1.7)	23.1	(1.00)
2 and over...	2169	44	(2.5)	24.1	(0.53)	5.1	(0.29)	21	(1.1)	26.3	(1.11)	11.7	(0.54)	44	(1.3)	22.4	(0.69)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	20.9	(0.52)	4.0	(0.33)	19	(1.4)	21.4	(0.71)	9.7	(0.54)	45	(2.0)	20.6	(0.69)
20 and over.....	1973	48	(1.5)	25.8	(0.59)	6.4	(0.33)	25	(0.8)	28.0	(0.77)	13.2	(0.46)	47	(0.8)	23.8	(0.71)
2 and over...	3198	47	(1.4)	24.6	(0.54)	5.8	(0.29)	24	(0.8)	26.6	(0.66)	12.4	(0.42)	47	(0.8)	22.9	(0.61)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	21.9	(0.84)	5.8	(0.64)	26	(2.5)	24.2	(1.49)	10.4	(1.06)	43	(3.4)	19.0	(0.79)
20 and over.....	1206	61	(2.2)	27.8	(0.78)	8.0	(0.57)	29	(1.9)	28.8	(0.71)	13.1	(0.62)	45	(1.6)	26.2	(1.31)
2 and over...	1956	60	(1.8)	26.3	(0.67)	7.4	(0.51)	28	(1.7)	27.7	(0.82)	12.4	(0.60)	45	(1.5)	24.1	(0.89)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	21.4	(0.40)	4.8	(0.26)	22	(1.0)	23.0	(0.70)	10.2	(0.48)	44	(1.5)	19.9	(0.52)
20 and over.....	5017	52	(1.5)	26.2	(0.53)	6.6	(0.26)	25	(0.8)	28.2	(0.52)	12.9	(0.31)	46	(0.8)	24.0	(0.64)
2 and over...	7918	50	(1.3)	25.0	(0.43)	6.2	(0.23)	25	(0.7)	27.1	(0.48)	12.3	(0.29)	45	(0.8)	23.0	(0.50)



**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n   B 6																	
		All Individuals <sup>2</sup>						All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>			
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1.67	(0.045)	0.21	(0.020)	13	(1.2)	1.63	(0.109)	0.50	(0.035)	31	(2.7)	1.70	(0.086)
20 and over.....	1430	44	(3.1)	2.07	(0.073)	0.32	(0.030)	15	(1.3)	2.10	(0.107)	0.72	(0.050)	34	(1.7)	2.05	(0.088)
2 and over...	2169	44	(2.5)	1.98	(0.054)	0.29	(0.023)	15	(1.1)	1.99	(0.096)	0.67	(0.041)	34	(1.4)	1.96	(0.056)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1.71	(0.044)	0.23	(0.019)	13	(1.0)	1.63	(0.053)	0.55	(0.035)	34	(2.3)	1.77	(0.058)
20 and over.....	1973	48	(1.5)	2.10	(0.074)	0.40	(0.025)	19	(0.9)	2.19	(0.105)	0.83	(0.040)	38	(1.5)	2.03	(0.085)
2 and over...	3198	47	(1.4)	2.01	(0.058)	0.36	(0.022)	18	(0.9)	2.07	(0.089)	0.77	(0.034)	37	(1.4)	1.96	(0.059)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1.67	(0.067)	0.32	(0.037)	19	(2.0)	1.74	(0.110)	0.57	(0.063)	33	(3.2)	1.59	(0.072)
20 and over.....	1206	61	(2.2)	2.27	(0.076)	0.50	(0.029)	22	(1.5)	2.24	(0.055)	0.82	(0.027)	37	(1.3)	2.32	(0.129)
2 and over...	1956	60	(1.8)	2.12	(0.060)	0.46	(0.027)	22	(1.3)	2.12	(0.057)	0.76	(0.028)	36	(1.3)	2.11	(0.088)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.68	(0.038)	0.26	(0.015)	15	(0.8)	1.68	(0.058)	0.55	(0.030)	33	(1.6)	1.69	(0.048)
20 and over.....	5017	52	(1.5)	2.15	(0.051)	0.41	(0.017)	19	(0.7)	2.20	(0.055)	0.80	(0.021)	37	(0.9)	2.09	(0.057)
2 and over...	7918	50	(1.3)	2.03	(0.040)	0.38	(0.015)	18	(0.6)	2.08	(0.047)	0.75	(0.019)	36	(0.8)	1.99	(0.040)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

F o l a t e   ( D F E )																	
————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	508	(17.3)	88	(8.9)	17	(1.4)	536	(35.4)	209	(15.4)	39	(1.8)	488	(18.0)
20 and over.....	1430	44	(3.1)	482	(9.7)	85	(6.6)	18	(1.3)	491	(19.4)	191	(13.9)	39	(1.8)	474	(12.8)
2 and over...	2169	44	(2.5)	488	(9.9)	86	(6.3)	18	(1.1)	501	(21.6)	195	(13.6)	39	(1.5)	477	(8.7)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	500	(17.2)	70	(6.8)	14	(1.4)	476	(27.7)	170	(12.7)	36	(2.6)	517	(20.9)
20 and over.....	1973	48	(1.5)	494	(10.8)	109	(5.5)	22	(0.8)	522	(20.0)	225	(10.0)	43	(1.2)	468	(10.3)
2 and over...	3198	47	(1.4)	495	(8.6)	100	(4.4)	20	(0.7)	512	(17.3)	213	(8.7)	42	(1.1)	480	(9.7)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	499	(13.1)	107	(8.9)	22	(1.7)	535	(30.8)	193	(13.9)	36	(2.7)	454	(26.5)
20 and over.....	1206	61	(2.2)	554	(16.0)	133	(8.5)	24	(1.4)	565	(15.5)	217	(8.8)	38	(1.5)	536	(21.3)
2 and over...	1956	60	(1.8)	540	(13.4)	126	(7.1)	23	(1.2)	558	(15.6)	211	(7.8)	38	(1.4)	513	(20.4)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	500	(10.1)	87	(4.6)	17	(0.8)	514	(17.1)	187	(7.2)	36	(1.5)	488	(14.1)
20 and over.....	5017	52	(1.5)	514	(10.0)	111	(4.6)	22	(0.8)	538	(13.2)	215	(6.8)	40	(1.1)	489	(7.9)
2 and over...	7918	50	(1.3)	511	(8.3)	105	(3.8)	21	(0.6)	532	(11.9)	209	(5.8)	39	(1.0)	489	(7.4)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
<div><div><div>All Individuals <sup>2</sup></div></div><div><div>All Restaurant Consumers <sup>3</sup></div></div><div>Non-consumers<sup>4</sup></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	242	(6.7)	41	(3.5)	17	(1.5)	244	(12.8)	96	(6.3)	40	(2.6)	241	(4.4)
20 and over.....	1430	44	(3.1)	325	(10.0)	68	(8.0)	21	(2.2)	339	(18.5)	153	(16.3)	45	(3.0)	314	(9.5)
2 and over...	2169	44	(2.5)	306	(8.2)	62	(6.1)	20	(1.8)	317	(16.0)	140	(12.8)	44	(2.4)	297	(6.7)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	244	(5.9)	41	(3.2)	17	(1.3)	237	(6.4)	100	(5.4)	42	(1.9)	248	(8.1)
20 and over.....	1973	48	(1.5)	345	(6.3)	87	(3.9)	25	(1.1)	363	(7.3)	179	(7.0)	49	(1.6)	328	(8.4)
2 and over...	3198	47	(1.4)	321	(5.1)	76	(3.2)	24	(1.0)	337	(6.2)	163	(6.0)	48	(1.5)	307	(6.4)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	258	(10.4)	63	(7.6)	25	(2.5)	266	(15.7)	114	(12.7)	43	(3.2)	247	(12.7)
20 and over.....	1206	61	(2.2)	344	(7.3)	98	(5.0)	28	(1.5)	352	(10.1)	160	(5.8)	45	(1.8)	332	(10.8)
2 and over...	1956	60	(1.8)	322	(6.6)	89	(5.0)	28	(1.5)	332	(7.4)	149	(6.1)	45	(1.8)	309	(9.5)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	249	(5.6)	50	(3.4)	20	(1.4)	252	(7.9)	106	(6.5)	42	(2.1)	246	(7.1)
20 and over.....	5017	52	(1.5)	339	(4.6)	85	(3.0)	25	(0.8)	354	(6.1)	165	(6.0)	46	(1.4)	322	(5.5)
2 and over...	7918	50	(1.3)	317	(4.2)	76	(2.6)	24	(0.8)	331	(4.9)	152	(4.8)	46	(1.2)	303	(5.0)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n    B 1 2																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	4.43	(0.187)	0.58	(0.055)	13	(1.4)	4.24	(0.284)	1.36	(0.074)	32	(2.6)	4.58	(0.237)
20 and over.....	1430	44	(3.1)	4.98	(0.472)	1.20	(0.332)	24	(4.5)	5.65	(0.905)	2.70	(0.755)	48	(6.1)	4.45	(0.257)
2 and over...	2169	44	(2.5)	4.85	(0.370)	1.06	(0.247)	22	(3.5)	5.33	(0.742)	2.40	(0.579)	45	(4.8)	4.48	(0.191)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	4.59	(0.160)	0.57	(0.052)	13	(1.0)	4.29	(0.156)	1.39	(0.100)	33	(1.9)	4.80	(0.228)
20 and over.....	1973	48	(1.5)	4.84	(0.155)	1.13	(0.044)	23	(0.7)	5.23	(0.210)	2.34	(0.097)	45	(1.6)	4.47	(0.139)
2 and over...	3198	47	(1.4)	4.78	(0.121)	1.00	(0.037)	21	(0.7)	5.03	(0.179)	2.14	(0.084)	43	(1.5)	4.56	(0.100)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	4.59	(0.198)	0.85	(0.086)	18	(1.7)	4.76	(0.363)	1.52	(0.144)	32	(3.0)	4.37	(0.172)
20 and over.....	1206	61	(2.2)	5.26	(0.186)	1.20	(0.068)	23	(1.5)	5.43	(0.226)	1.96	(0.071)	36	(2.0)	5.00	(0.239)
2 and over...	1956	60	(1.8)	5.09	(0.158)	1.11	(0.059)	22	(1.3)	5.27	(0.180)	1.86	(0.060)	35	(1.6)	4.82	(0.189)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	4.53	(0.125)	0.67	(0.035)	15	(0.7)	4.48	(0.189)	1.44	(0.062)	32	(1.7)	4.58	(0.151)
20 and over.....	5017	52	(1.5)	4.97	(0.123)	1.15	(0.075)	23	(1.3)	5.38	(0.135)	2.23	(0.159)	41	(2.5)	4.53	(0.132)
2 and over...	7918	50	(1.3)	4.86	(0.105)	1.03	(0.053)	21	(1.0)	5.18	(0.119)	2.05	(0.119)	40	(1.9)	4.54	(0.106)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>All Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	76.5	(4.00)	4.9	(0.76)	6	(0.9)	70.8	(5.13)	11.7	(1.66)	16	(1.9)	80.7	(4.73)
20 and over.....	1430	44	(3.1)	79.6	(4.27)	9.8	(1.78)	12	(2.1)	78.5	(6.90)	22.1	(3.16)	28	(3.6)	80.4	(3.68)
2 and over...	2169	44	(2.5)	78.9	(3.77)	8.7	(1.39)	11	(1.6)	76.8	(5.94)	19.8	(2.59)	26	(2.8)	80.5	(3.01)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	64.1	(3.47)	5.3	(0.52)	8	(0.7)	59.3	(4.07)	12.7	(1.11)	22	(1.5)	67.5	(3.68)
20 and over.....	1973	48	(1.5)	71.9	(2.87)	9.9	(1.01)	14	(1.2)	67.3	(3.78)	20.4	(2.01)	30	(2.1)	76.2	(4.37)
2 and over...	3198	47	(1.4)	70.1	(2.21)	8.8	(0.87)	13	(1.1)	65.6	(2.90)	18.8	(1.64)	29	(1.8)	73.9	(3.34)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	64.5	(4.36)	8.0	(1.21)	12	(1.5)	61.8	(5.67)	14.4	(2.15)	23	(2.5)	67.9	(5.16)
20 and over.....	1206	61	(2.2)	86.6	(4.62)	15.5	(1.08)	18	(1.2)	81.0	(3.98)	25.3	(1.41)	31	(1.8)	95.5	(7.53)
2 and over...	1956	60	(1.8)	81.0	(4.54)	13.6	(1.08)	17	(1.1)	76.4	(4.08)	22.7	(1.57)	30	(1.6)	87.8	(6.05)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	67.1	(3.15)	6.3	(0.69)	9	(0.8)	62.6	(4.25)	13.5	(1.39)	22	(1.3)	71.2	(2.94)
20 and over.....	5017	52	(1.5)	79.6	(2.56)	11.6	(0.75)	15	(0.8)	76.1	(3.26)	22.5	(1.11)	30	(1.3)	83.4	(2.79)
2 and over...	7918	50	(1.3)	76.6	(2.41)	10.3	(0.71)	13	(0.8)	73.1	(2.93)	20.5	(1.07)	28	(1.2)	80.3	(2.45)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n   D																	
<div><div><div></div><div>All Individuals <sup>2</sup></div></div><div><div></div><div>All Restaurant Consumers <sup>3</sup></div></div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	5.4	(0.32)	0.2	(0.03)	4	(0.6)	4.5	(0.39)	0.6	(0.06)	13	(1.6)	6.0	(0.39)
20 and over.....	1430	44	(3.1)	4.2	(0.24)	0.4	(0.03)	9	(0.9)	3.9	(0.43)	0.9	(0.05)	23	(2.0)	4.5	(0.24)
2 and over...	2169	44	(2.5)	4.5	(0.20)	0.4	(0.03)	8	(0.7)	4.1	(0.38)	0.8	(0.03)	20	(1.6)	4.8	(0.20)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	5.3	(0.26)	0.3	(0.04)	6	(0.8)	4.5	(0.32)	0.7	(0.08)	16	(2.0)	5.8	(0.29)
20 and over.....	1973	48	(1.5)	4.5	(0.15)	0.7	(0.07)	16	(1.5)	4.5	(0.23)	1.5	(0.13)	34	(2.5)	4.5	(0.21)
2 and over...	3198	47	(1.4)	4.7	(0.15)	0.6	(0.06)	14	(1.3)	4.5	(0.21)	1.4	(0.11)	30	(2.2)	4.8	(0.19)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	5.4	(0.30)	0.5	(0.09)	10	(1.8)	5.0	(0.37)	0.9	(0.15)	19	(3.5)	5.8	(0.33)
20 and over.....	1206	61	(2.2)	5.2	(0.40)	0.9	(0.17)	18	(3.2)	5.3	(0.47)	1.5	(0.25)	29	(4.3)	5.0	(0.45)
2 and over...	1956	60	(1.8)	5.2	(0.34)	0.8	(0.13)	16	(2.4)	5.2	(0.40)	1.4	(0.19)	26	(3.4)	5.2	(0.36)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	5.3	(0.22)	0.4	(0.04)	7	(0.8)	4.7	(0.26)	0.8	(0.07)	17	(1.9)	5.8	(0.25)
20 and over.....	5017	52	(1.5)	4.7	(0.15)	0.7	(0.06)	15	(1.3)	4.7	(0.20)	1.4	(0.09)	29	(1.7)	4.6	(0.17)
2 and over...	7918	50	(1.3)	4.8	(0.15)	0.6	(0.05)	13	(1.1)	4.7	(0.18)	1.3	(0.08)	27	(1.7)	4.9	(0.17)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 *(continued)*

V i t a m i n   E   ( a l p h a t o c o p h e r o l )																	
<div><div><div><div></div><div>All Individuals <sup>2</sup></div></div></div><div><div><div><div></div><div>All Restaurant Consumers <sup>3</sup></div></div></div><div><div><div><div></div><div>Non-consumers<sup>4</sup></div></div></div></div></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	6.9	(0.24)	1.2	(0.11)	17	(1.5)	7.9	(0.54)	2.8	(0.16)	36	(2.8)	6.3	(0.17)
20 and over.....	1430	44	(3.1)	8.3	(0.30)	1.6	(0.15)	19	(1.6)	8.9	(0.43)	3.6	(0.26)	41	(2.9)	7.9	(0.40)
2 and over...	2169	44	(2.5)	8.0	(0.23)	1.5	(0.12)	19	(1.3)	8.6	(0.35)	3.4	(0.20)	40	(2.1)	7.5	(0.28)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	6.9	(0.21)	1.1	(0.11)	17	(1.3)	7.1	(0.30)	2.8	(0.20)	39	(1.6)	6.8	(0.25)
20 and over.....	1973	48	(1.5)	8.7	(0.27)	1.9	(0.09)	22	(0.8)	9.4	(0.36)	4.0	(0.15)	43	(1.6)	8.2	(0.27)
2 and over...	3198	47	(1.4)	8.3	(0.25)	1.8	(0.08)	21	(0.7)	8.9	(0.31)	3.8	(0.13)	42	(1.3)	7.8	(0.26)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	7.7	(0.22)	1.5	(0.13)	20	(1.8)	8.1	(0.41)	2.8	(0.21)	34	(2.6)	7.1	(0.36)
20 and over.....	1206	61	(2.2)	10.6	(0.47)	2.6	(0.15)	25	(1.5)	10.8	(0.40)	4.3	(0.17)	40	(1.4)	10.2	(0.70)
2 and over...	1956	60	(1.8)	9.8	(0.41)	2.3	(0.13)	24	(1.4)	10.1	(0.36)	3.9	(0.15)	39	(1.3)	9.4	(0.56)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	7.2	(0.10)	1.3	(0.06)	18	(0.9)	7.7	(0.15)	2.8	(0.11)	36	(1.5)	6.8	(0.21)
20 and over.....	5017	52	(1.5)	9.2	(0.26)	2.1	(0.08)	22	(0.8)	9.9	(0.30)	4.0	(0.10)	41	(1.2)	8.6	(0.28)
2 and over...	7918	50	(1.3)	8.8	(0.23)	1.9	(0.07)	22	(0.7)	9.4	(0.24)	3.7	(0.08)	40	(1.1)	8.1	(0.25)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
		All Individuals <sup>2</sup>						All Restaurant Consumers <sup>3</sup>						Non-consumers <sup>4</sup>			
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	73.5	(5.25)	12.0	(1.22)	16	(1.8)	78.8	(11.67)	28.4	(2.24)	36	(5.8)	69.6	(6.92)
20 and over.....	1430	44	(3.1)	110.1	(4.33)	20.6	(3.14)	19	(2.9)	106.8	(9.57)	46.4	(6.36)	43	(4.8)	112.7	(7.57)
2 and over...	2169	44	(2.5)	101.5	(3.36)	18.6	(2.42)	18	(2.4)	100.5	(8.73)	42.4	(4.86)	42	(3.3)	102.3	(6.10)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	59.2	(3.14)	11.5	(1.08)	19	(1.6)	58.2	(3.32)	27.9	(1.96)	48	(2.5)	59.8	(3.88)
20 and over.....	1973	48	(1.5)	106.7	(3.24)	27.5	(1.95)	26	(1.4)	112.7	(5.10)	57.0	(4.06)	51	(1.9)	101.0	(3.92)
2 and over...	3198	47	(1.4)	95.4	(3.04)	23.7	(1.50)	25	(1.1)	101.3	(4.44)	50.9	(3.33)	50	(1.7)	90.2	(3.40)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	68.4	(2.70)	18.2	(1.76)	27	(2.6)	71.9	(3.93)	32.6	(2.77)	45	(4.1)	64.1	(3.92)
20 and over.....	1206	61	(2.2)	145.0	(10.20)	45.3	(5.06)	31	(2.9)	142.9	(11.15)	74.0	(7.39)	52	(4.4)	148.4	(15.49)
2 and over...	1956	60	(1.8)	125.5	(8.64)	38.3	(3.92)	31	(2.5)	126.0	(8.97)	64.1	(5.81)	51	(3.8)	124.7	(11.81)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	66.5	(2.33)	14.0	(0.77)	21	(0.9)	67.7	(1.96)	29.8	(1.13)	44	(1.5)	65.4	(3.94)
20 and over.....	5017	52	(1.5)	120.9	(4.68)	31.5	(2.32)	26	(1.6)	124.0	(5.53)	61.1	(3.73)	49	(2.3)	117.6	(5.15)
2 and over...	7918	50	(1.3)	107.8	(4.23)	27.3	(1.83)	25	(1.4)	111.4	(4.48)	54.1	(2.92)	49	(2.0)	104.2	(4.79)



**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	935	(42.2)	141	(12.6)	15	(1.1)	980	(65.2)	332	(23.8)	34	(1.0)	902	(40.3)
20 and over.....	1430	44	(3.1)	881	(21.0)	162	(13.6)	18	(1.6)	947	(24.1)	365	(20.2)	39	(2.1)	829	(31.3)
2 and over...	2169	44	(2.5)	894	(20.6)	157	(11.2)	18	(1.3)	954	(29.1)	357	(17.7)	37	(1.6)	847	(26.9)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	960	(30.5)	126	(11.0)	13	(1.2)	929	(28.5)	305	(19.9)	33	(2.1)	983	(43.4)
20 and over.....	1973	48	(1.5)	963	(28.9)	200	(9.6)	21	(0.8)	990	(39.5)	413	(13.8)	42	(1.0)	938	(29.3)
2 and over...	3198	47	(1.4)	962	(27.3)	182	(7.7)	19	(0.7)	977	(34.3)	391	(11.3)	40	(1.1)	949	(29.4)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1036	(36.8)	202	(23.8)	20	(2.2)	1080	(47.3)	363	(38.4)	34	(3.4)	981	(40.8)
20 and over.....	1206	61	(2.2)	988	(23.5)	243	(13.5)	25	(1.3)	1013	(32.0)	398	(13.7)	39	(1.1)	949	(25.7)
2 and over...	1956	60	(1.8)	1000	(20.7)	233	(13.2)	23	(1.3)	1029	(28.4)	389	(14.9)	38	(1.2)	958	(23.4)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	979	(28.5)	156	(10.5)	16	(1.0)	1000	(30.2)	334	(17.8)	33	(1.9)	960	(32.5)
20 and over.....	5017	52	(1.5)	949	(19.0)	202	(7.9)	21	(0.7)	992	(25.6)	393	(10.5)	40	(0.7)	904	(16.4)
2 and over...	7918	50	(1.3)	956	(19.1)	191	(6.8)	20	(0.7)	994	(23.8)	379	(9.1)	38	(0.8)	919	(17.6)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	1195	(34.1)	224	(16.5)	19	(1.4)	1274	(64.4)	528	(20.4)	41	(1.4)	1137	(33.9)
20 and over.....	1430	44	(3.1)	1293	(29.6)	279	(21.5)	22	(1.6)	1375	(53.4)	629	(38.9)	46	(1.7)	1227	(39.8)
2 and over...	2169	44	(2.5)	1270	(26.0)	266	(17.1)	21	(1.4)	1352	(48.9)	606	(31.1)	45	(1.3)	1205	(32.1)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	1212	(27.8)	211	(17.8)	17	(1.5)	1219	(29.3)	512	(31.1)	42	(2.2)	1207	(41.0)
20 and over.....	1973	48	(1.5)	1383	(26.4)	342	(13.4)	25	(0.9)	1477	(34.7)	708	(18.2)	48	(1.3)	1294	(25.5)
2 and over...	3198	47	(1.4)	1342	(23.5)	311	(12.4)	23	(0.9)	1423	(29.7)	666	(17.9)	47	(1.3)	1271	(23.0)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1296	(40.6)	310	(29.6)	24	(2.1)	1392	(57.9)	556	(46.4)	40	(2.9)	1175	(41.8)
20 and over.....	1206	61	(2.2)	1460	(29.5)	407	(21.9)	28	(1.5)	1493	(41.2)	665	(20.5)	45	(1.4)	1409	(34.3)
2 and over...	1956	60	(1.8)	1418	(27.3)	382	(20.5)	27	(1.4)	1469	(36.4)	639	(20.6)	44	(1.4)	1343	(32.1)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1237	(24.6)	250	(13.7)	20	(1.1)	1303	(27.7)	534	(22.7)	41	(1.7)	1178	(31.5)
20 and over.....	5017	52	(1.5)	1385	(21.2)	345	(11.5)	25	(0.8)	1468	(26.9)	670	(14.5)	46	(1.0)	1297	(20.8)
2 and over...	7918	50	(1.3)	1349	(20.4)	323	(10.5)	24	(0.8)	1431	(23.8)	640	(13.5)	45	(1.0)	1267	(21.1)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

M a g n e s i u m																	
————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	223	(6.1)	31	(2.4)	14	(1.2)	227	(16.3)	73	(2.2)	32	(2.3)	221	(7.1)
20 and over.....	1430	44	(3.1)	279	(4.6)	45	(3.5)	16	(1.3)	282	(10.1)	102	(5.5)	36	(1.5)	277	(8.7)
2 and over...	2169	44	(2.5)	266	(4.1)	42	(2.8)	16	(1.1)	269	(10.3)	96	(4.3)	36	(1.1)	263	(6.9)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	225	(5.4)	32	(2.8)	14	(1.3)	214	(5.2)	77	(5.0)	36	(2.0)	234	(7.8)
20 and over.....	1973	48	(1.5)	297	(6.9)	55	(2.3)	19	(0.6)	301	(7.8)	114	(3.2)	38	(0.9)	293	(8.7)
2 and over...	3198	47	(1.4)	280	(6.7)	50	(2.2)	18	(0.6)	282	(7.1)	106	(3.3)	38	(1.0)	278	(7.9)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	242	(6.4)	49	(4.5)	20	(1.7)	257	(9.4)	87	(7.0)	34	(2.5)	224	(8.2)
20 and over.....	1206	61	(2.2)	335	(6.7)	74	(3.4)	22	(1.2)	333	(8.5)	120	(3.6)	36	(1.3)	338	(9.0)
2 and over...	1956	60	(1.8)	311	(6.6)	67	(2.9)	22	(1.1)	315	(7.2)	113	(2.8)	36	(1.2)	306	(9.3)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	231	(3.8)	38	(1.9)	16	(0.8)	235	(5.4)	81	(3.3)	34	(1.3)	228	(5.3)
20 and over.....	5017	52	(1.5)	307	(5.3)	59	(1.8)	19	(0.6)	313	(6.5)	114	(1.8)	37	(0.8)	300	(6.0)
2 and over...	7918	50	(1.3)	289	(5.0)	54	(1.7)	19	(0.6)	296	(5.3)	107	(1.7)	36	(0.7)	281	(5.9)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

I r o n																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>All Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	14.0	(0.56)	2.2	(0.19)	15	(1.3)	13.9	(0.81)	5.1	(0.27)	37	(1.8)	14.1	(0.91)
20 and over.....	1430	44	(3.1)	13.3	(0.32)	2.5	(0.20)	19	(1.3)	13.8	(0.70)	5.6	(0.40)	40	(1.5)	12.8	(0.39)
2 and over...	2169	44	(2.5)	13.4	(0.33)	2.4	(0.17)	18	(1.1)	13.8	(0.70)	5.5	(0.35)	40	(1.1)	13.1	(0.35)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	13.8	(0.45)	1.9	(0.17)	14	(1.2)	13.0	(0.61)	4.7	(0.30)	36	(1.8)	14.3	(0.56)
20 and over.....	1973	48	(1.5)	14.0	(0.29)	3.1	(0.15)	22	(0.9)	14.5	(0.41)	6.4	(0.24)	45	(1.1)	13.5	(0.31)
2 and over...	3198	47	(1.4)	13.9	(0.22)	2.8	(0.12)	20	(0.7)	14.1	(0.36)	6.1	(0.21)	43	(1.0)	13.7	(0.25)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	13.9	(0.40)	2.9	(0.23)	21	(1.7)	14.7	(0.77)	5.2	(0.37)	35	(2.9)	12.8	(0.64)
20 and over.....	1206	61	(2.2)	14.5	(0.31)	3.7	(0.19)	25	(1.3)	14.7	(0.34)	6.0	(0.19)	41	(1.3)	14.2	(0.48)
2 and over...	1956	60	(1.8)	14.4	(0.28)	3.5	(0.16)	24	(1.1)	14.7	(0.34)	5.8	(0.16)	40	(1.2)	13.8	(0.45)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	13.8	(0.30)	2.3	(0.11)	17	(0.7)	13.9	(0.38)	5.0	(0.18)	36	(1.5)	13.7	(0.47)
20 and over.....	5017	52	(1.5)	14.0	(0.18)	3.1	(0.11)	22	(0.7)	14.5	(0.26)	6.1	(0.17)	42	(0.8)	13.5	(0.17)
2 and over...	7918	50	(1.3)	14.0	(0.17)	2.9	(0.09)	21	(0.6)	14.4	(0.25)	5.8	(0.14)	41	(0.7)	13.6	(0.17)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
<div>—————<i>All Individuals</i><sup>2</sup>—————<i>All Restaurant Consumers</i><sup>3</sup>—————<i>Non-consumers</i><sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	9.7	(0.26)	1.6	(0.13)	16	(1.4)	9.9	(0.57)	3.7	(0.16)	37	(2.2)	9.6	(0.32)
20 and over.....	1430	44	(3.1)	10.3	(0.24)	2.3	(0.18)	22	(1.6)	10.8	(0.37)	5.1	(0.33)	47	(2.0)	9.9	(0.38)
2 and over...	2169	44	(2.5)	10.2	(0.22)	2.1	(0.14)	21	(1.3)	10.6	(0.39)	4.8	(0.27)	45	(1.4)	9.8	(0.29)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	9.9	(0.33)	1.5	(0.13)	15	(1.3)	9.4	(0.38)	3.7	(0.23)	39	(2.2)	10.3	(0.46)
20 and over.....	1973	48	(1.5)	11.3	(0.28)	2.8	(0.13)	24	(1.1)	12.0	(0.32)	5.7	(0.23)	48	(1.6)	10.6	(0.32)
2 and over...	3198	47	(1.4)	11.0	(0.26)	2.5	(0.11)	22	(1.0)	11.4	(0.29)	5.3	(0.20)	46	(1.4)	10.6	(0.30)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	10.1	(0.33)	2.3	(0.23)	23	(1.8)	10.7	(0.62)	4.2	(0.38)	39	(2.6)	9.3	(0.39)
20 and over.....	1206	61	(2.2)	11.9	(0.29)	3.2	(0.15)	27	(1.4)	12.1	(0.32)	5.2	(0.15)	43	(1.5)	11.4	(0.38)
2 and over...	1956	60	(1.8)	11.4	(0.27)	3.0	(0.15)	26	(1.3)	11.8	(0.32)	5.0	(0.17)	42	(1.3)	10.8	(0.32)
<b>All Individuals<sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	9.9	(0.22)	1.8	(0.09)	19	(0.8)	10.1	(0.33)	3.9	(0.17)	39	(1.6)	9.8	(0.26)
20 and over.....	5017	52	(1.5)	11.2	(0.18)	2.7	(0.09)	24	(0.7)	11.8	(0.23)	5.3	(0.15)	45	(1.2)	10.6	(0.20)
2 and over...	7918	50	(1.3)	10.9	(0.18)	2.5	(0.07)	23	(0.7)	11.4	(0.22)	5.0	(0.12)	44	(1.0)	10.4	(0.18)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (*continued*)

C o p p e r																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	0.9	(0.03)	0.1	(0.01)	14	(1.3)	0.9	(0.07)	0.3	(0.01)	33	(2.6)	0.8	(0.03)
20 and over.....	1430	44	(3.1)	1.1	(0.03)	0.2	(0.01)	16	(1.3)	1.1	(0.04)	0.4	(0.03)	36	(1.7)	1.1	(0.05)
2 and over...	2169	44	(2.5)	1.1	(0.02)	0.2	(0.01)	16	(1.1)	1.1	(0.05)	0.4	(0.02)	36	(1.2)	1.1	(0.04)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	0.9	(0.02)	0.1	(0.01)	15	(1.4)	0.8	(0.02)	0.3	(0.02)	37	(2.3)	0.9	(0.03)
20 and over.....	1973	48	(1.5)	1.2	(0.02)	0.2	(0.01)	19	(0.6)	1.2	(0.04)	0.5	(0.02)	38	(1.4)	1.2	(0.02)
2 and over...	3198	47	(1.4)	1.1	(0.02)	0.2	(0.01)	18	(0.6)	1.1	(0.03)	0.4	(0.02)	38	(1.3)	1.1	(0.02)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	1.0	(0.02)	0.2	(0.02)	20	(1.8)	1.0	(0.04)	0.3	(0.03)	34	(2.6)	0.9	(0.04)
20 and over.....	1206	61	(2.2)	1.4	(0.03)	0.3	(0.01)	20	(1.1)	1.3	(0.03)	0.5	(0.01)	34	(1.2)	1.4	(0.05)
2 and over...	1956	60	(1.8)	1.3	(0.03)	0.3	(0.01)	20	(1.0)	1.3	(0.03)	0.4	(0.01)	34	(1.1)	1.3	(0.05)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	0.9	(0.02)	0.2	(0.01)	17	(0.9)	0.9	(0.02)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over.....	5017	52	(1.5)	1.2	(0.02)	0.2	(0.01)	19	(0.6)	1.3	(0.02)	0.4	(0.01)	35	(1.1)	1.2	(0.03)
2 and over...	7918	50	(1.3)	1.2	(0.02)	0.2	(0.01)	18	(0.5)	1.2	(0.02)	0.4	(0.01)	35	(0.9)	1.1	(0.03)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	95.0	(2.36)	21.0	(1.75)	22	(1.8)	100.4	(4.19)	49.7	(2.44)	49	(2.0)	91.1	(2.50)
20 and over.....	1430	44	(3.1)	110.3	(3.69)	27.0	(2.75)	24	(2.1)	118.7	(6.58)	60.7	(5.89)	51	(2.9)	103.7	(4.24)
2 and over...	2169	44	(2.5)	106.8	(2.80)	25.6	(2.16)	24	(1.8)	114.5	(5.51)	58.2	(4.76)	51	(2.2)	100.6	(2.99)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	93.4	(2.23)	18.5	(1.50)	20	(1.6)	91.6	(2.11)	45.0	(2.30)	49	(1.8)	94.7	(3.62)
20 and over.....	1973	48	(1.5)	115.9	(2.26)	32.8	(1.36)	28	(0.9)	126.4	(3.42)	67.8	(2.14)	54	(1.2)	106.1	(2.12)
2 and over...	3198	47	(1.4)	110.6	(2.02)	29.4	(1.15)	27	(0.8)	119.1	(2.79)	63.0	(1.81)	53	(1.1)	103.1	(1.88)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	102.3	(3.36)	28.5	(3.34)	28	(2.8)	112.0	(6.14)	51.2	(5.51)	46	(3.7)	90.3	(3.43)
20 and over.....	1206	61	(2.2)	120.0	(3.64)	38.2	(2.64)	32	(1.7)	127.2	(5.63)	62.5	(2.81)	49	(1.6)	108.7	(2.69)
2 and over...	1956	60	(1.8)	115.5	(3.35)	35.7	(2.43)	31	(1.7)	123.5	(5.04)	59.8	(2.78)	48	(1.7)	103.5	(2.33)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	97.1	(1.48)	22.9	(1.43)	24	(1.4)	102.4	(2.41)	48.8	(2.60)	48	(2.0)	92.3	(2.27)
20 and over.....	5017	52	(1.5)	115.5	(1.95)	32.9	(1.28)	29	(0.9)	125.4	(2.83)	63.9	(2.13)	51	(1.4)	104.9	(1.40)
2 and over...	7918	50	(1.3)	111.0	(1.71)	30.5	(1.10)	27	(0.8)	120.3	(2.42)	60.5	(1.83)	50	(1.2)	101.7	(1.29)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
—————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	2075	(53.1)	313	(25.0)	15	(1.2)	2080	(85.8)	738	(34.5)	36	(1.7)	2072	(62.5)
20 and over.....	1430	44	(3.1)	2438	(44.1)	450	(38.2)	18	(1.6)	2463	(89.4)	1012	(62.2)	41	(1.8)	2418	(59.1)
2 and over...	2169	44	(2.5)	2353	(43.0)	418	(29.4)	18	(1.3)	2376	(81.2)	950	(48.7)	40	(1.4)	2335	(54.2)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	2053	(30.0)	321	(25.7)	16	(1.3)	2003	(48.2)	779	(46.6)	39	(1.9)	2089	(51.1)
20 and over.....	1973	48	(1.5)	2562	(45.7)	548	(23.7)	21	(0.9)	2621	(60.0)	1133	(34.5)	43	(1.3)	2507	(49.1)
2 and over...	3198	47	(1.4)	2442	(41.5)	494	(21.7)	20	(0.8)	2491	(50.1)	1059	(33.0)	42	(1.3)	2398	(47.5)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	2130	(56.5)	463	(40.4)	22	(1.6)	2236	(90.1)	832	(64.4)	37	(2.2)	1997	(63.1)
20 and over.....	1206	61	(2.2)	2827	(49.9)	717	(33.4)	25	(1.3)	2798	(51.5)	1172	(28.1)	42	(1.4)	2872	(74.3)
2 and over...	1956	60	(1.8)	2650	(45.6)	652	(29.7)	25	(1.2)	2665	(44.1)	1091	(25.9)	41	(1.2)	2627	(69.3)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	2086	(30.2)	373	(19.0)	18	(0.9)	2118	(45.7)	795	(33.9)	38	(1.3)	2058	(41.5)
20 and over.....	5017	52	(1.5)	2633	(38.6)	578	(18.9)	22	(0.8)	2674	(40.8)	1121	(20.6)	42	(0.9)	2590	(42.3)
2 and over...	7918	50	(1.3)	2502	(35.7)	529	(17.0)	21	(0.7)	2550	(34.5)	1048	(19.1)	41	(0.8)	2453	(43.4)



**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	3016	(84.4)	699	(56.2)	23	(1.6)	3376	(136.2)	1650	(65.1)	49	(1.4)	2752	(66.7)
20 and over.....	1430	44	(3.1)	3347	(62.2)	856	(68.2)	26	(1.9)	3735	(141.9)	1927	(115.3)	52	(2.0)	3037	(69.3)
2 and over...	2169	44	(2.5)	3270	(51.0)	819	(55.2)	25	(1.6)	3654	(120.9)	1864	(94.2)	51	(1.7)	2968	(46.4)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	2950	(43.1)	620	(54.7)	21	(1.7)	3059	(111.3)	1502	(94.4)	49	(2.0)	2873	(63.0)
20 and over.....	1973	48	(1.5)	3566	(74.9)	1033	(36.2)	29	(1.1)	3905	(90.9)	2137	(59.0)	55	(1.6)	3249	(76.5)
2 and over...	3198	47	(1.4)	3420	(55.0)	935	(33.7)	27	(1.0)	3728	(73.0)	2004	(55.4)	54	(1.3)	3151	(55.8)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	3093	(79.8)	910	(91.6)	29	(2.6)	3401	(140.7)	1635	(143.9)	48	(3.1)	2706	(91.5)
20 and over.....	1206	61	(2.2)	3676	(62.2)	1259	(76.5)	34	(1.9)	3856	(91.5)	2058	(76.3)	53	(1.7)	3391	(76.8)
2 and over...	1956	60	(1.8)	3527	(54.4)	1170	(69.9)	33	(1.8)	3748	(78.4)	1958	(78.2)	52	(1.7)	3199	(70.2)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	3013	(36.4)	744	(39.3)	25	(1.1)	3261	(56.3)	1587	(63.5)	49	(1.5)	2793	(39.7)
20 and over.....	5017	52	(1.5)	3536	(40.0)	1059	(36.4)	30	(1.0)	3851	(54.7)	2054	(52.7)	53	(1.2)	3201	(44.6)
2 and over...	7918	50	(1.3)	3410	(33.6)	983	(32.4)	29	(1.0)	3719	(41.8)	1950	(47.0)	52	(1.2)	3096	(36.6)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
<div>—————All Individuals <sup>2</sup>—————</div> <div>—————All Restaurant Consumers <sup>3</sup>—————</div> <div>Non-consumers<sup>4</sup></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	26.3	(5.96)	3.9	(1.16)	15 *	(5.5)	25.0	(4.38)	9.2*	(3.01)	37	(8.9)	27.3*	(8.72)
20 and over.....	1430	44	(3.1)	144.8	(8.98)	20.7	(3.61)	14	(2.6)	155.0	(13.82)	46.6	(7.32)	30	(4.2)	136.6	(12.81)
2 and over...	2169	44	(2.5)	117.0	(8.10)	16.8	(2.84)	14	(2.6)	125.6	(11.53)	38.2	(5.88)	30	(4.1)	110.3	(12.99)
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	29.9	(5.44)	6.9	(1.20)	23	(5.0)	31.2	(3.98)	16.7	(2.87)	54	(3.9)	29.0	(8.61)
20 and over.....	1973	48	(1.5)	177.1	(10.95)	25.5	(2.42)	14	(1.5)	181.0	(10.51)	52.8	(4.77)	29	(2.6)	173.4	(18.91)
2 and over...	3198	47	(1.4)	142.2	(9.75)	21.1	(1.77)	15	(1.4)	149.6	(8.28)	45.2	(3.89)	30	(2.7)	135.7	(15.89)
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	23.2	(2.26)	8.8	(1.57)	38	(5.9)	31.1	(2.73)	15.9	(2.68)	51	(5.3)	13.4	(3.68)
20 and over.....	1206	61	(2.2)	181.8	(7.69)	34.9	(4.12)	19	(2.1)	181.5	(8.23)	57.1	(6.36)	31	(3.1)	182.2	(16.10)
2 and over...	1956	60	(1.8)	141.4	(4.96)	28.3	(3.16)	20	(2.1)	145.8	(6.79)	47.3	(4.95)	32	(3.0)	134.8	(11.33)
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	26.2	(2.97)	6.8	(0.90)	26	(4.4)	29.4	(2.15)	14.4	(1.88)	49	(3.6)	23.4	(5.29)
20 and over.....	5017	52	(1.5)	171.5	(6.17)	27.5	(2.21)	16	(1.3)	175.2	(6.29)	53.4	(4.07)	30	(2.1)	167.5	(10.48)
2 and over...	7918	50	(1.3)	136.6	(5.03)	22.6	(1.73)	17	(1.3)	142.7	(4.99)	44.7	(3.23)	31	(2.1)	130.4	(9.05)

**Table 55. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (in Dollars) and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
<div><div></div><div>All Individuals <sup>2</sup></div><div></div><div>All Restaurant Consumers <sup>3</sup></div><div></div><div>Non-consumers <sup>4</sup></div></div>																	
Family income in dollars and age (years)	Sample Size	Percent Reporting <sup>5</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>6</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>\$0 - \$24,999:</b>																	
2 - 19.....	739	42	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1430	44	(3.1)	8.9	(1.16)	0.8	(0.21)	9	(2.4)	11.5	(2.34)	1.9	(0.46)	16	(4.6)	6.9	(0.52)
2 and over...	2169	44	(2.5)	--		--		--		--		--		--		--	
<b>\$25,000 - \$74,999:</b>																	
2 - 19.....	1225	41	(1.8)	--		--		--		--		--		--		--	
20 and over.....	1973	48	(1.5)	10.1	(0.98)	1.6	(0.27)	16	(3.1)	10.3	(1.18)	3.2	(0.56)	31	(6.3)	9.9	(1.35)
2 and over...	3198	47	(1.4)	--		--		--		--		--		--		--	
<b>\$75,000 and higher:</b>																	
2 - 19.....	750	56	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1206	61	(2.2)	11.2	(0.91)	2.7	(0.49)	24	(4.3)	11.3	(1.40)	4.4	(0.79)	39	(4.6)	11.1	(1.54)
2 and over...	1956	60	(1.8)	--		--		--		--		--		--		--	
<b>All Individuals <sup>7</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	--		--		--		--		--		--		--	
20 and over.....	5017	52	(1.5)	9.9	(0.62)	1.7	(0.30)	18	(3.0)	10.8	(0.87)	3.4	(0.55)	32	(4.3)	9.1	(0.79)
2 and over...	7918	50	(1.3)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>3</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.
- <sup>7</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: What We Eat in America, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2018. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2015-2016. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016

F o o d   e n e r g y																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1822	(41.4)	328	(27.3)	18	(1.3)	1994	(58.1)	802	(28.4)	40	(1.8)	1703	(38.3)
20 and over.....	1434	44	(3.0)	2027	(45.8)	438	(27.6)	22	(1.4)	2175	(64.6)	989	(39.5)	45	(1.4)	1910	(63.6)
2 and over...	2514	43	(2.4)	1961	(27.6)	402	(22.2)	21	(1.2)	2120	(41.2)	932	(26.9)	44	(1.3)	1840	(32.8)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1869	(35.9)	364	(26.5)	19	(1.4)	1972	(53.8)	850	(47.2)	43	(2.1)	1791	(53.2)
20 and over.....	1823	48	(1.3)	2122	(34.0)	515	(22.8)	24	(0.9)	2280	(46.3)	1076	(38.0)	47	(1.2)	1977	(28.1)
2 and over...	2881	47	(1.4)	2056	(23.4)	475	(16.2)	23	(0.8)	2206	(25.5)	1022	(31.3)	46	(1.2)	1925	(28.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1945	(67.2)	546	(56.9)	28	(2.3)	2103	(108.2)	908	(74.1)	43	(2.4)	1708	(46.6)
20 and over.....	1280	60	(2.6)	2160	(33.8)	635	(34.9)	29	(1.5)	2277	(49.5)	1054	(33.6)	46	(1.2)	1982	(33.0)
2 and over...	1811	60	(2.0)	2122	(30.8)	619	(31.2)	29	(1.4)	2246	(45.3)	1028	(32.5)	46	(1.1)	1933	(30.5)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1868	(25.2)	400	(19.2)	21	(0.9)	2009	(38.4)	853	(32.1)	42	(1.2)	1745	(29.3)
20 and over.....	5017	52	(1.5)	2105	(20.6)	538	(15.5)	26	(0.7)	2261	(30.6)	1043	(19.0)	46	(0.8)	1940	(22.3)
2 and over...	7918	50	(1.3)	2048	(18.3)	505	(13.8)	25	(0.7)	2204	(25.7)	1000	(16.4)	45	(0.7)	1889	(18.5)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P r o t e i n																	
		All Individuals <sup>3</sup>						All Restaurant Consumers <sup>4</sup>						Non-consumers <sup>5</sup>			
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	65.4	(1.18)	12.8	(1.04)	20	(1.5)	69.9	(2.48)	31.3	(1.44)	45	(2.3)	62.4	(1.60)
20 and over.....	1434	44	(3.0)	78.5	(1.61)	18.6	(1.14)	24	(1.7)	81.6	(2.08)	42.0	(1.55)	51	(1.5)	76.0	(2.64)
2 and over...	2514	43	(2.4)	74.3	(0.97)	16.7	(0.88)	23	(1.4)	78.0	(1.34)	38.7	(1.21)	50	(1.5)	71.5	(1.61)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	67.4	(1.54)	13.8	(0.97)	20	(1.5)	67.7	(1.03)	32.3	(1.93)	48	(2.8)	67.1	(2.38)
20 and over.....	1823	48	(1.3)	81.8	(1.53)	21.3	(1.17)	26	(1.3)	87.3	(2.42)	44.5	(2.13)	51	(1.8)	76.7	(1.63)
2 and over...	2881	47	(1.4)	78.0	(1.20)	19.3	(0.90)	25	(1.1)	82.6	(1.81)	41.6	(1.82)	50	(1.7)	74.0	(1.42)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	69.3	(3.33)	22.0	(2.98)	32	(3.1)	75.9	(4.93)	36.6	(4.38)	48	(3.4)	59.3	(2.20)
20 and over.....	1280	60	(2.6)	86.4	(2.09)	27.1	(1.72)	31	(1.6)	90.8	(2.93)	45.0	(1.74)	50	(1.6)	79.8	(2.25)
2 and over...	1811	60	(2.0)	83.4	(1.99)	26.2	(1.66)	31	(1.6)	88.2	(2.70)	43.5	(1.98)	49	(1.6)	76.1	(1.97)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	67.1	(1.14)	15.7	(0.91)	23	(1.2)	71.0	(1.76)	33.6	(1.64)	47	(1.6)	63.6	(1.44)
20 and over.....	5017	52	(1.5)	82.5	(1.20)	22.7	(0.83)	28	(0.9)	88.2	(1.49)	44.0	(1.14)	50	(1.2)	76.4	(1.28)
2 and over...	7918	50	(1.3)	78.8	(1.09)	21.0	(0.74)	27	(0.9)	84.4	(1.31)	41.7	(1.06)	49	(1.1)	73.1	(1.11)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a r b o h y d r a t e																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	234	(5.6)	37	(3.3)	16	(1.3)	250	(6.6)	90	(3.6)	36	(1.7)	224	(6.3)
20 and over.....	1434	44	(3.0)	243	(5.8)	46	(2.6)	19	(1.1)	253	(8.3)	103	(4.2)	41	(1.5)	236	(7.3)
2 and over...	2514	43	(2.4)	240	(4.0)	43	(2.2)	18	(1.0)	252	(5.8)	99	(3.2)	39	(1.4)	232	(4.5)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	241	(5.5)	42	(3.3)	17	(1.3)	255	(9.3)	97	(5.4)	38	(1.8)	231	(6.7)
20 and over.....	1823	48	(1.3)	249	(4.5)	54	(2.6)	22	(0.8)	269	(5.9)	114	(4.0)	42	(1.0)	230	(5.1)
2 and over...	2881	47	(1.4)	247	(3.1)	51	(1.7)	21	(0.6)	266	(2.8)	110	(2.8)	41	(1.0)	230	(4.0)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	250	(7.9)	63	(6.2)	25	(2.0)	269	(13.1)	104	(7.3)	39	(2.1)	222	(6.3)
20 and over.....	1280	60	(2.6)	242	(5.3)	62	(3.5)	26	(1.5)	250	(6.4)	103	(3.9)	41	(1.2)	231	(6.3)
2 and over...	1811	60	(2.0)	243	(4.4)	62	(2.9)	25	(1.2)	253	(5.9)	103	(3.2)	41	(1.1)	229	(5.5)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	241	(3.0)	46	(2.2)	19	(0.8)	256	(4.8)	97	(3.5)	38	(1.1)	227	(3.6)
20 and over.....	5017	52	(1.5)	244	(2.4)	55	(1.4)	22	(0.6)	257	(3.8)	106	(2.1)	41	(0.7)	230	(2.7)
2 and over...	7918	50	(1.3)	243	(1.9)	52	(1.2)	22	(0.5)	257	(3.2)	104	(1.8)	40	(0.7)	230	(2.3)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   s u g a r s																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	106	(3.4)	11	(1.4)	11	(1.3)	108	(4.8)	27	(2.3)	25	(1.8)	105	(4.1)
20 and over.....	1434	44	(3.0)	107	(3.7)	16	(1.2)	15	(1.1)	111	(4.8)	35	(2.4)	32	(2.2)	104	(4.4)
2 and over...	2514	43	(2.4)	107	(2.9)	14	(1.0)	13	(1.0)	110	(3.9)	33	(1.7)	30	(1.7)	104	(3.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	109	(2.9)	16	(1.6)	14	(1.5)	114	(4.4)	36	(2.5)	32	(1.5)	105	(3.8)
20 and over.....	1823	48	(1.3)	109	(3.2)	19	(1.2)	17	(0.9)	118	(3.6)	40	(2.0)	34	(1.1)	102	(4.4)
2 and over...	2881	47	(1.4)	109	(2.3)	18	(0.8)	17	(0.6)	117	(2.4)	39	(1.1)	33	(0.6)	103	(3.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	112	(4.8)	24	(3.0)	21	(2.4)	120	(6.9)	39	(4.0)	33	(3.1)	100	(3.7)
20 and over.....	1280	60	(2.6)	102	(3.5)	19	(1.1)	19	(1.2)	104	(3.9)	32	(1.7)	31	(1.4)	99	(4.8)
2 and over...	1811	60	(2.0)	104	(3.2)	20	(1.1)	19	(1.1)	107	(3.8)	33	(1.7)	31	(1.5)	99	(4.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	108	(2.1)	16	(0.9)	15	(0.8)	113	(2.8)	34	(1.7)	30	(1.5)	104	(2.3)
20 and over.....	5017	52	(1.5)	106	(1.6)	18	(0.5)	17	(0.4)	109	(2.5)	35	(1.0)	32	(0.9)	102	(1.9)
2 and over...	7918	50	(1.3)	106	(1.5)	18	(0.4)	17	(0.4)	110	(2.3)	35	(0.9)	32	(0.8)	102	(1.6)



**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

D i e t a r y   f i b e r																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	13.2	(0.45)	2.2	(0.17)	16	(1.4)	13.5	(0.49)	5.3	(0.19)	39	(1.9)	12.9	(0.56)
20 and over.....	1434	44	(3.0)	15.6	(0.66)	2.8	(0.23)	18	(1.8)	14.7	(0.51)	6.4	(0.28)	43	(1.4)	16.4	(0.91)
2 and over...	2514	43	(2.4)	14.8	(0.50)	2.6	(0.17)	18	(1.4)	14.4	(0.36)	6.0	(0.20)	42	(1.2)	15.2	(0.68)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	14.3	(0.35)	2.3	(0.19)	16	(1.3)	13.9	(0.51)	5.4	(0.40)	39	(2.9)	14.7	(0.50)
20 and over.....	1823	48	(1.3)	16.8	(0.40)	3.6	(0.22)	21	(1.2)	17.1	(0.50)	7.5	(0.39)	44	(2.0)	16.5	(0.43)
2 and over...	2881	47	(1.4)	16.1	(0.36)	3.2	(0.14)	20	(0.8)	16.3	(0.38)	7.0	(0.32)	43	(1.9)	16.0	(0.40)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	14.5	(0.26)	3.2	(0.34)	22	(2.3)	14.9	(0.50)	5.3	(0.43)	36	(2.8)	13.9	(0.67)
20 and over.....	1280	60	(2.6)	18.5	(0.45)	4.5	(0.24)	24	(1.5)	18.2	(0.59)	7.4	(0.28)	41	(1.7)	19.1	(0.63)
2 and over...	1811	60	(2.0)	17.8	(0.41)	4.2	(0.20)	24	(1.3)	17.6	(0.47)	7.0	(0.22)	40	(1.5)	18.2	(0.58)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	14.0	(0.22)	2.5	(0.12)	18	(0.9)	14.1	(0.18)	5.3	(0.22)	37	(1.4)	13.9	(0.39)
20 and over.....	5017	52	(1.5)	17.3	(0.39)	3.7	(0.13)	21	(0.8)	17.3	(0.42)	7.2	(0.21)	42	(1.2)	17.3	(0.44)
2 and over...	7918	50	(1.3)	16.5	(0.35)	3.4	(0.10)	21	(0.7)	16.6	(0.34)	6.8	(0.15)	41	(0.9)	16.4	(0.42)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T o t a l   f a t																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> %   (SE)		Total Intake g   (SE)		Intake from All Restaurants g   (SE)		Percentages from <sup>7</sup> All Restaurants %   (SE)		Total Intake g   (SE)		Intake from All Restaurants g   (SE)		Percentages from <sup>7</sup> All Restaurants %   (SE)		Total Intake g   (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	71.3	(2.03)	14.6	(1.16)	21	(1.4)	81.5	(3.19)	35.8	(1.23)	44	(1.9)	64.3	(1.68)
20 and over.....	1434	44	(3.0)	79.0	(2.57)	19.9	(1.54)	25	(1.8)	88.6	(3.23)	45.1	(2.31)	51	(1.4)	71.4	(3.42)
2 and over...	2514	43	(2.4)	76.5	(1.67)	18.2	(1.18)	24	(1.5)	86.4	(1.98)	42.2	(1.45)	49	(1.3)	69.0	(1.98)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	72.8	(1.56)	16.0	(1.16)	22	(1.7)	77.6	(2.10)	37.5	(2.34)	48	(2.2)	69.1	(2.55)
20 and over.....	1823	48	(1.3)	84.8	(1.84)	22.9	(0.98)	27	(1.2)	91.0	(2.02)	47.8	(1.79)	53	(1.6)	79.2	(2.25)
2 and over...	2881	47	(1.4)	81.7	(1.47)	21.1	(0.69)	26	(1.0)	87.8	(1.45)	45.3	(1.57)	52	(1.4)	76.4	(2.15)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	76.6	(2.87)	23.2	(2.56)	30	(2.7)	82.7	(4.38)	38.6	(3.55)	47	(3.0)	67.4	(2.65)
20 and over.....	1280	60	(2.6)	87.8	(1.97)	29.1	(1.59)	33	(1.8)	95.2	(2.64)	48.3	(1.65)	51	(1.6)	76.7	(1.95)
2 and over...	1811	60	(2.0)	85.8	(1.85)	28.0	(1.50)	33	(1.6)	93.0	(2.43)	46.6	(1.66)	50	(1.4)	75.0	(1.70)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	73.1	(1.29)	17.4	(0.85)	24	(1.0)	79.8	(1.65)	37.2	(1.48)	47	(1.5)	67.2	(1.55)
20 and over.....	5017	52	(1.5)	84.1	(1.12)	24.3	(0.83)	29	(0.9)	92.4	(1.44)	47.2	(1.16)	51	(1.0)	75.3	(1.59)
2 and over...	7918	50	(1.3)	81.4	(1.03)	22.7	(0.71)	28	(0.8)	89.6	(1.21)	45.0	(0.91)	50	(0.8)	73.2	(1.31)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S a t u r a t e d   f a t																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	24.8	(0.77)	4.7	(0.39)	19	(1.3)	27.6	(1.23)	11.5	(0.46)	42	(2.0)	22.9	(0.63)
20 and over.....	1434	44	(3.0)	26.0	(1.05)	6.5	(0.54)	25	(1.8)	28.8	(1.16)	14.6	(0.91)	51	(1.7)	23.8	(1.28)
2 and over...	2514	43	(2.4)	25.6	(0.68)	5.9	(0.40)	23	(1.5)	28.4	(0.79)	13.7	(0.61)	48	(1.6)	23.5	(0.78)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	25.9	(0.74)	5.5	(0.43)	21	(1.8)	27.3	(1.04)	13.0	(0.91)	48	(2.0)	24.8	(1.17)
20 and over.....	1823	48	(1.3)	28.1	(0.73)	7.4	(0.35)	27	(1.2)	29.8	(0.81)	15.6	(0.57)	52	(1.7)	26.6	(0.82)
2 and over...	2881	47	(1.4)	27.5	(0.58)	7.0	(0.22)	25	(0.9)	29.2	(0.58)	14.9	(0.48)	51	(1.4)	26.1	(0.78)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	27.1	(1.18)	8.1	(0.92)	30	(2.9)	29.0	(1.77)	13.4	(1.34)	46	(3.3)	24.2	(1.13)
20 and over.....	1280	60	(2.6)	28.2	(0.64)	9.2	(0.52)	33	(1.8)	30.5	(0.89)	15.2	(0.56)	50	(1.5)	24.7	(0.63)
2 and over...	1811	60	(2.0)	28.0	(0.62)	9.0	(0.50)	32	(1.6)	30.2	(0.84)	14.9	(0.56)	49	(1.4)	24.6	(0.57)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	25.7	(0.57)	5.9	(0.31)	23	(1.1)	27.7	(0.67)	12.6	(0.52)	46	(1.6)	24.0	(0.68)
20 and over.....	5017	52	(1.5)	27.5	(0.47)	7.8	(0.25)	28	(0.9)	29.9	(0.52)	15.1	(0.35)	51	(0.8)	24.9	(0.64)
2 and over...	7918	50	(1.3)	27.1	(0.42)	7.4	(0.21)	27	(0.9)	29.4	(0.44)	14.6	(0.26)	50	(0.7)	24.7	(0.54)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

M o n o u n s a t u r a t e d   f a t																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	23.9	(0.69)	5.0	(0.40)	21	(1.4)	27.4	(1.23)	12.2	(0.45)	45	(2.1)	21.5	(0.62)
20 and over.....	1434	44	(3.0)	27.5	(0.82)	6.9	(0.52)	25	(1.7)	30.8	(1.14)	15.6	(0.76)	51	(1.3)	24.8	(1.11)
2 and over...	2514	43	(2.4)	26.3	(0.56)	6.3	(0.40)	24	(1.4)	29.8	(0.69)	14.6	(0.44)	49	(1.3)	23.7	(0.63)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	24.4	(0.60)	5.2	(0.38)	21	(1.6)	25.6	(0.62)	12.2	(0.85)	48	(2.7)	23.6	(0.91)
20 and over.....	1823	48	(1.3)	29.8	(0.63)	7.9	(0.37)	26	(1.3)	31.7	(0.68)	16.4	(0.68)	52	(1.8)	28.0	(0.88)
2 and over...	2881	47	(1.4)	28.4	(0.56)	7.2	(0.28)	25	(1.1)	30.2	(0.54)	15.4	(0.62)	51	(1.7)	26.7	(0.84)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	26.2	(0.99)	7.9	(0.91)	30	(2.8)	28.4	(1.56)	13.2	(1.32)	47	(3.2)	23.0	(0.88)
20 and over.....	1280	60	(2.6)	31.1	(0.77)	10.2	(0.56)	33	(1.8)	33.7	(1.02)	17.0	(0.55)	50	(1.8)	27.1	(0.70)
2 and over...	1811	60	(2.0)	30.2	(0.72)	9.8	(0.54)	32	(1.6)	32.8	(0.94)	16.3	(0.59)	50	(1.6)	26.4	(0.61)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	24.7	(0.48)	5.9	(0.31)	24	(1.1)	26.9	(0.65)	12.5	(0.59)	47	(1.6)	22.8	(0.57)
20 and over.....	5017	52	(1.5)	29.6	(0.39)	8.4	(0.29)	29	(0.9)	32.4	(0.53)	16.4	(0.40)	50	(1.1)	26.5	(0.58)
2 and over...	7918	50	(1.3)	28.4	(0.37)	7.8	(0.25)	28	(0.9)	31.2	(0.46)	15.5	(0.34)	50	(0.9)	25.5	(0.50)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o l y u n s a t u r a t e d   f a t																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	16.1	(0.46)	3.6	(0.30)	23	(1.6)	19.1	(0.61)	8.9	(0.36)	47	(2.1)	14.1	(0.45)
20 and over.....	1434	44	(3.0)	18.2	(0.57)	4.8	(0.43)	26	(2.2)	21.0	(0.96)	10.8	(0.70)	52	(2.0)	16.0	(0.85)
2 and over...	2514	43	(2.4)	17.5	(0.38)	4.4	(0.34)	25	(1.8)	20.4	(0.55)	10.3	(0.46)	50	(1.6)	15.3	(0.52)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	15.8	(0.36)	3.8	(0.29)	24	(1.7)	17.6	(0.58)	8.8	(0.51)	50	(2.3)	14.4	(0.47)
20 and over.....	1823	48	(1.3)	19.2	(0.41)	5.5	(0.21)	29	(1.1)	21.1	(0.45)	11.5	(0.48)	55	(1.7)	17.4	(0.58)
2 and over...	2881	47	(1.4)	18.3	(0.31)	5.1	(0.17)	28	(1.0)	20.3	(0.31)	10.9	(0.42)	54	(1.5)	16.6	(0.51)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	16.5	(0.70)	5.2	(0.63)	31	(2.8)	18.0	(0.99)	8.6	(0.83)	48	(3.3)	14.3	(0.64)
20 and over.....	1280	60	(2.6)	20.7	(0.69)	7.2	(0.42)	35	(1.9)	22.5	(0.87)	11.9	(0.52)	53	(2.2)	17.9	(0.82)
2 and over...	1811	60	(2.0)	19.9	(0.64)	6.8	(0.38)	34	(1.6)	21.7	(0.76)	11.3	(0.48)	52	(1.8)	17.3	(0.71)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	16.0	(0.22)	4.1	(0.19)	26	(1.0)	18.0	(0.38)	8.8	(0.34)	49	(1.4)	14.3	(0.27)
20 and over.....	5017	52	(1.5)	19.4	(0.30)	5.9	(0.24)	31	(1.0)	21.7	(0.49)	11.5	(0.38)	53	(1.2)	16.9	(0.34)
2 and over...	7918	50	(1.3)	18.6	(0.26)	5.5	(0.20)	30	(0.9)	20.9	(0.39)	10.9	(0.30)	52	(1.0)	16.2	(0.26)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l e s t e r o l																	
<div><div><div></div><div><i>All Individuals</i> <sup>3</sup></div></div><div><div></div><div><i>All Restaurant Consumers</i> <sup>4</sup></div></div><div><div></div><div><i>Non-consumers</i> <sup>5</sup></div></div></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	223	(6.2)	40	(3.5)	18	(1.6)	232	(12.8)	97	(5.5)	42	(2.7)	216	(6.1)
20 and over.....	1434	44	(3.0)	308	(11.9)	73	(5.1)	24	(2.0)	323	(14.8)	165	(9.6)	51	(2.7)	296	(17.8)
2 and over...	2514	43	(2.4)	280	(7.9)	62	(3.7)	22	(1.6)	296	(10.7)	145	(6.3)	49	(2.3)	269	(10.7)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	220	(10.5)	44	(3.9)	20	(1.9)	210	(6.6)	104	(9.3)	49	(3.5)	227	(15.1)
20 and over.....	1823	48	(1.3)	308	(10.5)	83	(6.4)	27	(1.7)	327	(16.5)	174	(13.0)	53	(2.6)	290	(8.3)
2 and over...	2881	47	(1.4)	285	(8.9)	73	(4.7)	26	(1.5)	299	(13.3)	157	(10.7)	52	(2.3)	272	(8.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	234	(14.8)	80	(13.6)	34	(4.4)	248	(22.4)	134	(21.2)	54	(4.8)	212	(16.1)
20 and over.....	1280	60	(2.6)	295	(8.8)	100	(6.6)	34	(1.7)	316	(12.8)	165	(9.5)	52	(2.6)	262	(10.0)
2 and over...	1811	60	(2.0)	284	(8.1)	96	(6.9)	34	(1.8)	304	(10.9)	160	(10.0)	53	(2.5)	253	(9.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	225	(5.4)	53	(4.6)	24	(2.0)	232	(8.7)	114	(8.9)	49	(2.6)	219	(7.9)
20 and over.....	5017	52	(1.5)	300	(6.3)	86	(3.9)	29	(1.0)	321	(7.5)	167	(7.7)	52	(1.6)	278	(8.2)
2 and over...	7918	50	(1.3)	282	(5.2)	78	(3.4)	28	(1.1)	301	(6.2)	155	(6.3)	52	(1.5)	263	(6.3)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n A ( R A E )																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	547	(17.0)	54	(5.5)	10	(0.9)	536	(42.3)	131	(9.4)	24	(1.9)	554	(19.7)
20 and over.....	1434	44	(3.0)	552	(22.9)	86	(9.2)	16	(1.4)	529	(24.1)	195	(15.8)	37	(2.2)	570	(32.8)
2 and over...	2514	43	(2.4)	550	(15.7)	76	(6.9)	14	(1.1)	531	(20.5)	175	(11.6)	33	(1.6)	565	(19.1)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	591	(27.8)	65	(5.5)	11	(1.0)	551	(39.7)	153	(14.3)	28	(3.5)	621	(33.1)
20 and over.....	1823	48	(1.3)	650	(27.8)	112	(7.6)	17	(1.1)	623	(34.0)	234	(14.9)	38	(1.5)	675	(49.1)
2 and over...	2881	47	(1.4)	634	(21.1)	100	(5.7)	16	(0.9)	606	(26.8)	214	(12.8)	35	(1.8)	660	(36.7)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	630	(33.4)	104	(13.7)	17	(2.2)	602	(38.6)	174	(21.1)	29	(3.3)	674	(44.5)
20 and over.....	1280	60	(2.6)	650	(23.6)	137	(9.3)	21	(1.3)	633	(22.7)	228	(10.3)	36	(1.8)	674	(35.2)
2 and over...	1811	60	(2.0)	646	(20.0)	131	(9.1)	20	(1.3)	628	(19.0)	218	(10.8)	35	(1.9)	674	(29.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	586	(18.6)	72	(4.7)	12	(0.7)	562	(20.4)	154	(8.5)	27	(1.5)	607	(25.3)
20 and over.....	5017	52	(1.5)	629	(13.0)	113	(4.4)	18	(0.6)	610	(10.7)	220	(7.1)	36	(1.1)	649	(23.2)
2 and over...	7918	50	(1.3)	619	(11.1)	103	(4.0)	17	(0.6)	600	(9.0)	205	(6.1)	34	(1.0)	639	(19.1)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

B e t a c a r o t e n e																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1059	(68.4)	100	(11.2)	9	(1.3)	962	(114.3)	244	(26.7)	25	(4.2)	1125	(101.5)
20 and over.....	1434	44	(3.0)	1941	(152.3)	248	(38.8)	13	(2.1)	1650	(163.1)	560	(71.5)	34	(4.7)	2171	(230.1)
2 and over...	2514	43	(2.4)	1657	(112.4)	200	(27.8)	12	(1.6)	1440	(117.4)	464	(50.1)	32	(3.7)	1821	(157.9)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1080	(88.4)	156	(42.5)	14	(3.5)	1067	(170.7)	366	(102.1)	34	(8.1)	1090	(99.0)
20 and over.....	1823	48	(1.3)	2220	(235.6)	387	(56.0)	17	(2.8)	1788	(176.0)	808	(114.7)	45	(4.0)	2617	(405.8)
2 and over...	2881	47	(1.4)	1923	(186.1)	326	(45.2)	17	(2.6)	1615	(146.2)	702	(94.9)	43	(3.4)	2190	(301.5)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1644	(220.9)	202	(26.7)	12	(2.3)	1278	(132.1)	336	(41.7)	26	(4.5)	2197	(421.4)
20 and over.....	1280	60	(2.6)	2352	(155.2)	588	(74.9)	25	(2.6)	2191	(158.9)	976	(111.9)	45	(3.9)	2595	(232.9)
2 and over...	1811	60	(2.0)	2226	(151.6)	519	(62.1)	23	(2.4)	2028	(142.2)	862	(89.9)	42	(3.5)	2524	(223.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1249	(95.1)	154	(19.6)	12	(1.5)	1105	(59.4)	328	(41.9)	30	(3.1)	1376	(157.6)
20 and over.....	5017	52	(1.5)	2233	(110.0)	422	(34.6)	19	(1.6)	1929	(105.1)	819	(60.0)	42	(2.9)	2555	(197.5)
2 and over...	7918	50	(1.3)	1996	(98.7)	358	(27.6)	18	(1.4)	1745	(91.2)	709	(46.8)	41	(2.3)	2252	(159.3)



**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

L y c o p e n e																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<span style="margin-left: 20px;">—————<i>All Restaurant Consumers</i><sup>4</sup>—————</span><span style="float: right;"><i>Non-consumers</i><sup>5</sup></span></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	4078	(240.6)	1002	(106.9)	25	(1.8)	4613	(230.2)	2448	(185.4)	53	(3.7)	3707	(320.1)
20 and over.....	1434	44	(3.0)	4594	(342.7)	1492	(295.8)	32	(5.2)	5216	(609.3)	3371	(643.5)	65	(7.4)	4101	(436.1)
2 and over...	2514	43	(2.4)	4428	(277.9)	1334	(218.7)	30	(3.9)	5032	(430.0)	3090	(463.1)	61	(5.6)	3969	(319.4)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	4602	(388.3)	921	(110.8)	20	(2.5)	4521	(538.0)	2154	(211.5)	48	(7.0)	4662	(441.6)
20 and over.....	1823	48	(1.3)	4900	(335.6)	1338	(113.5)	27	(1.6)	5244	(366.7)	2797	(211.1)	53	(4.3)	4585	(446.1)
2 and over...	2881	47	(1.4)	4822	(296.1)	1229	(82.1)	25	(1.3)	5070	(361.0)	2643	(153.1)	52	(3.9)	4607	(373.9)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	4131	(645.1)	998	(144.5)	24	(4.8)	4887	(945.0)	1658	(197.8)	34	(8.1)	2988	(465.3)
20 and over.....	1280	60	(2.6)	5627	(379.1)	1786	(214.6)	32	(4.5)	5291	(446.3)	2966	(314.8)	56	(3.2)	6135	(877.6)
2 and over...	1811	60	(2.0)	5360	(366.8)	1646	(173.9)	31	(4.2)	5219	(378.4)	2733	(259.1)	52	(3.6)	5573	(782.5)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	4261	(230.4)	969	(63.8)	23	(2.1)	4649	(361.2)	2066	(119.1)	44	(4.7)	3919	(256.4)
20 and over.....	5017	52	(1.5)	5092	(233.4)	1502	(98.4)	30	(2.1)	5222	(246.8)	2914	(195.6)	56	(2.4)	4953	(501.0)
2 and over...	7918	50	(1.3)	4892	(215.4)	1374	(80.6)	28	(1.8)	5094	(215.5)	2725	(157.1)	53	(2.0)	4687	(405.7)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

T h i a m i n																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1.51	(0.036)	0.27	(0.025)	18	(1.4)	1.62	(0.065)	0.67	(0.043)	41	(2.2)	1.43	(0.044)
20 and over.....	1434	44	(3.0)	1.50	(0.037)	0.32	(0.024)	21	(1.7)	1.54	(0.051)	0.72	(0.043)	47	(2.1)	1.47	(0.051)
2 and over...	2514	43	(2.4)	1.50	(0.026)	0.30	(0.019)	20	(1.2)	1.57	(0.042)	0.70	(0.036)	45	(1.7)	1.46	(0.031)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1.53	(0.047)	0.26	(0.019)	17	(1.3)	1.54	(0.060)	0.61	(0.045)	39	(3.3)	1.51	(0.061)
20 and over.....	1823	48	(1.3)	1.57	(0.022)	0.35	(0.015)	22	(0.9)	1.64	(0.042)	0.73	(0.029)	44	(1.3)	1.51	(0.031)
2 and over...	2881	47	(1.4)	1.56	(0.018)	0.32	(0.010)	21	(0.7)	1.62	(0.033)	0.70	(0.024)	43	(1.4)	1.51	(0.026)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1.55	(0.045)	0.38	(0.041)	24	(2.4)	1.63	(0.085)	0.63	(0.052)	38	(2.8)	1.42	(0.062)
20 and over.....	1280	60	(2.6)	1.63	(0.032)	0.45	(0.033)	28	(1.7)	1.69	(0.050)	0.75	(0.037)	44	(1.5)	1.54	(0.031)
2 and over...	1811	60	(2.0)	1.62	(0.029)	0.44	(0.029)	27	(1.5)	1.68	(0.045)	0.73	(0.034)	43	(1.5)	1.52	(0.029)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.52	(0.025)	0.29	(0.017)	19	(0.9)	1.59	(0.038)	0.63	(0.027)	39	(1.5)	1.46	(0.037)
20 and over.....	5017	52	(1.5)	1.58	(0.020)	0.38	(0.014)	24	(0.8)	1.66	(0.032)	0.73	(0.022)	44	(1.0)	1.50	(0.020)
2 and over...	7918	50	(1.3)	1.57	(0.018)	0.36	(0.011)	23	(0.7)	1.64	(0.028)	0.71	(0.018)	43	(0.9)	1.49	(0.018)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

R i b o f l a v i n																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1.83	(0.041)	0.24	(0.021)	13	(1.1)	1.84	(0.081)	0.58	(0.026)	31	(1.5)	1.83	(0.055)
20 and over.....	1434	44	(3.0)	1.97	(0.058)	0.35	(0.026)	18	(1.4)	1.98	(0.062)	0.80	(0.032)	40	(1.6)	1.96	(0.092)
2 and over...	2514	43	(2.4)	1.92	(0.038)	0.32	(0.020)	16	(1.1)	1.94	(0.042)	0.73	(0.023)	38	(1.2)	1.91	(0.052)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1.94	(0.065)	0.26	(0.018)	14	(1.1)	1.87	(0.087)	0.61	(0.037)	33	(2.9)	1.98	(0.083)
20 and over.....	1823	48	(1.3)	2.19	(0.052)	0.42	(0.020)	19	(0.9)	2.27	(0.069)	0.87	(0.037)	39	(1.2)	2.12	(0.064)
2 and over...	2881	47	(1.4)	2.12	(0.043)	0.38	(0.014)	18	(0.7)	2.17	(0.052)	0.81	(0.034)	37	(1.5)	2.08	(0.060)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1.96	(0.085)	0.45	(0.056)	23	(2.6)	2.06	(0.126)	0.75	(0.084)	36	(3.3)	1.80	(0.069)
20 and over.....	1280	60	(2.6)	2.28	(0.050)	0.53	(0.027)	23	(1.3)	2.33	(0.061)	0.87	(0.026)	37	(1.3)	2.20	(0.060)
2 and over...	1811	60	(2.0)	2.22	(0.048)	0.51	(0.025)	23	(1.2)	2.28	(0.058)	0.85	(0.030)	37	(1.4)	2.13	(0.054)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.90	(0.042)	0.30	(0.018)	16	(0.9)	1.92	(0.060)	0.65	(0.032)	34	(1.8)	1.88	(0.047)
20 and over.....	5017	52	(1.5)	2.17	(0.040)	0.44	(0.013)	20	(0.7)	2.25	(0.039)	0.85	(0.015)	38	(0.9)	2.08	(0.051)
2 and over...	7918	50	(1.3)	2.10	(0.037)	0.41	(0.011)	19	(0.6)	2.18	(0.034)	0.81	(0.015)	37	(0.8)	2.03	(0.046)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

N i a c i n																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	21.1	(0.52)	4.1	(0.31)	19	(1.1)	23.2	(1.08)	9.9	(0.49)	43	(2.1)	19.6	(0.73)
20 and over.....	1434	44	(3.0)	24.9	(0.69)	5.4	(0.36)	22	(1.7)	26.2	(0.71)	12.2	(0.52)	47	(1.8)	23.8	(1.16)
2 and over...	2514	43	(2.4)	23.7	(0.35)	5.0	(0.28)	21	(1.3)	25.3	(0.58)	11.5	(0.41)	46	(1.5)	22.4	(0.62)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	21.5	(0.61)	4.2	(0.31)	20	(1.5)	22.4	(0.76)	9.9	(0.61)	44	(3.4)	20.8	(0.77)
20 and over.....	1823	48	(1.3)	26.3	(0.60)	6.0	(0.25)	23	(0.8)	27.7	(0.63)	12.5	(0.47)	45	(1.3)	24.9	(0.85)
2 and over...	2881	47	(1.4)	25.0	(0.44)	5.5	(0.22)	22	(0.7)	26.4	(0.42)	11.8	(0.45)	45	(1.5)	23.8	(0.73)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	21.8	(1.00)	6.4	(0.86)	29	(2.9)	23.8	(1.64)	10.6	(1.27)	45	(2.9)	18.8	(1.01)
20 and over.....	1280	60	(2.6)	27.2	(0.82)	8.1	(0.57)	30	(1.8)	29.2	(0.96)	13.5	(0.63)	46	(1.7)	24.3	(0.91)
2 and over...	1811	60	(2.0)	26.3	(0.75)	7.8	(0.54)	30	(1.7)	28.2	(0.97)	13.0	(0.67)	46	(1.5)	23.3	(0.73)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	21.4	(0.40)	4.8	(0.26)	22	(1.0)	23.0	(0.70)	10.2	(0.48)	44	(1.5)	19.9	(0.52)
20 and over.....	5017	52	(1.5)	26.2	(0.53)	6.6	(0.26)	25	(0.8)	28.2	(0.52)	12.9	(0.31)	46	(0.8)	24.0	(0.64)
2 and over...	7918	50	(1.3)	25.0	(0.43)	6.2	(0.23)	25	(0.7)	27.1	(0.48)	12.3	(0.29)	45	(0.8)	23.0	(0.50)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n B 6																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1.67	(0.056)	0.20	(0.017)	12	(0.9)	1.66	(0.111)	0.48	(0.027)	29	(2.0)	1.67	(0.078)
20 and over.....	1434	44	(3.0)	2.05	(0.088)	0.32	(0.025)	16	(1.4)	1.95	(0.084)	0.73	(0.026)	37	(1.8)	2.12	(0.119)
2 and over...	2514	43	(2.4)	1.93	(0.048)	0.28	(0.019)	15	(1.2)	1.86	(0.064)	0.65	(0.023)	35	(1.4)	1.97	(0.060)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1.73	(0.060)	0.23	(0.019)	13	(1.1)	1.66	(0.086)	0.55	(0.039)	33	(3.1)	1.79	(0.069)
20 and over.....	1823	48	(1.3)	2.16	(0.063)	0.38	(0.022)	17	(0.9)	2.19	(0.083)	0.78	(0.042)	36	(1.4)	2.13	(0.081)
2 and over...	2881	47	(1.4)	2.05	(0.041)	0.34	(0.018)	17	(0.8)	2.06	(0.061)	0.73	(0.036)	35	(1.5)	2.04	(0.060)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1.66	(0.075)	0.36	(0.050)	22	(2.4)	1.74	(0.108)	0.60	(0.076)	35	(2.8)	1.53	(0.076)
20 and over.....	1280	60	(2.6)	2.22	(0.091)	0.51	(0.032)	23	(1.4)	2.28	(0.110)	0.85	(0.029)	37	(1.9)	2.13	(0.078)
2 and over...	1811	60	(2.0)	2.12	(0.078)	0.48	(0.029)	23	(1.3)	2.18	(0.095)	0.80	(0.031)	37	(1.7)	2.02	(0.064)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1.68	(0.038)	0.26	(0.015)	15	(0.8)	1.68	(0.058)	0.55	(0.030)	33	(1.6)	1.69	(0.048)
20 and over.....	5017	52	(1.5)	2.15	(0.051)	0.41	(0.017)	19	(0.7)	2.20	(0.055)	0.80	(0.021)	37	(0.9)	2.09	(0.057)
2 and over...	7918	50	(1.3)	2.03	(0.040)	0.38	(0.015)	18	(0.6)	2.08	(0.047)	0.75	(0.019)	36	(0.8)	1.99	(0.040)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

F o l a t e ( D F E )																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	502	(15.3)	81	(7.6)	16	(1.3)	532	(27.1)	197	(12.8)	37	(2.6)	481	(18.9)
20 and over.....	1434	44	(3.0)	483	(12.9)	87	(6.7)	18	(1.5)	470	(19.8)	198	(13.9)	42	(2.1)	493	(19.4)
2 and over...	2514	43	(2.4)	489	(10.1)	85	(5.5)	17	(1.1)	489	(18.2)	197	(12.1)	40	(1.9)	489	(12.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	508	(19.1)	76	(6.1)	15	(1.3)	500	(24.1)	178	(13.0)	36	(3.0)	514	(26.1)
20 and over.....	1823	48	(1.3)	505	(10.1)	105	(4.5)	21	(0.7)	531	(16.2)	220	(8.7)	41	(1.3)	480	(10.8)
2 and over...	2881	47	(1.4)	505	(8.3)	98	(3.3)	19	(0.6)	524	(14.5)	210	(7.6)	40	(1.5)	490	(10.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	493	(15.8)	115	(12.3)	23	(2.4)	519	(33.7)	191	(14.6)	37	(2.8)	454	(25.1)
20 and over.....	1280	60	(2.6)	537	(16.3)	132	(9.7)	25	(1.5)	559	(19.3)	219	(10.7)	39	(1.5)	504	(17.5)
2 and over...	1811	60	(2.0)	529	(13.8)	129	(8.4)	24	(1.4)	552	(17.3)	214	(10.0)	39	(1.5)	495	(16.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	500	(10.1)	87	(4.6)	17	(0.8)	514	(17.1)	187	(7.2)	36	(1.5)	488	(14.1)
20 and over.....	5017	52	(1.5)	514	(10.0)	111	(4.6)	22	(0.8)	538	(13.2)	215	(6.8)	40	(1.1)	489	(7.9)
2 and over...	7918	50	(1.3)	511	(8.3)	105	(3.8)	21	(0.6)	532	(11.9)	209	(5.8)	39	(1.0)	489	(7.4)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C h o l i n e																	
<div>—————<i>All Individuals</i><sup>3</sup>—————      —————<i>All Restaurant Consumers</i><sup>4</sup>—————      <i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	244	(4.7)	38	(3.3)	16	(1.4)	248	(11.7)	94	(5.0)	38	(2.2)	241	(6.0)
20 and over.....	1434	44	(3.0)	329	(7.0)	68	(4.4)	21	(1.6)	334	(12.7)	153	(6.6)	46	(1.8)	325	(10.0)
2 and over...	2514	43	(2.4)	302	(4.4)	58	(3.3)	19	(1.3)	308	(9.0)	135	(4.5)	44	(1.7)	297	(5.1)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	247	(9.8)	43	(3.1)	17	(1.4)	236	(6.5)	100	(6.8)	42	(3.2)	256	(13.2)
20 and over.....	1823	48	(1.3)	340	(8.9)	83	(6.4)	24	(1.5)	359	(15.0)	173	(12.5)	48	(2.2)	323	(6.7)
2 and over...	2881	47	(1.4)	316	(7.0)	72	(4.6)	23	(1.3)	329	(11.4)	156	(10.1)	47	(2.1)	304	(7.1)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	257	(13.9)	73	(10.2)	28	(3.0)	270	(21.0)	121	(15.4)	45	(3.4)	237	(12.6)
20 and over.....	1280	60	(2.6)	348	(7.0)	100	(5.0)	29	(1.4)	357	(9.7)	166	(6.5)	46	(1.9)	333	(10.4)
2 and over...	1811	60	(2.0)	331	(6.6)	95	(5.1)	29	(1.4)	342	(7.6)	158	(6.9)	46	(1.9)	316	(9.6)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	249	(5.6)	50	(3.4)	20	(1.4)	252	(7.9)	106	(6.5)	42	(2.1)	246	(7.1)
20 and over.....	5017	52	(1.5)	339	(4.6)	85	(3.0)	25	(0.8)	354	(6.1)	165	(6.0)	46	(1.4)	322	(5.5)
2 and over...	7918	50	(1.3)	317	(4.2)	76	(2.6)	24	(0.8)	331	(4.9)	152	(4.8)	46	(1.2)	303	(5.0)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n    B 1 2																	
<div><div><div></div><div>All Individuals <sup>3</sup></div></div><div><div></div><div>All Restaurant Consumers <sup>4</sup></div></div><div><div></div><div>Non-consumers<sup>5</sup></div></div></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	4.36	(0.163)	0.54	(0.053)	12	(1.1)	4.28	(0.206)	1.31	(0.071)	31	(2.1)	4.41	(0.205)
20 and over.....	1434	44	(3.0)	4.58	(0.218)	0.88	(0.073)	19	(1.6)	4.64	(0.282)	1.98	(0.165)	43	(2.5)	4.53	(0.297)
2 and over...	2514	43	(2.4)	4.51	(0.137)	0.77	(0.048)	17	(1.2)	4.53	(0.200)	1.77	(0.101)	39	(1.7)	4.49	(0.178)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	4.73	(0.176)	0.61	(0.043)	13	(0.9)	4.39	(0.216)	1.42	(0.110)	32	(2.9)	4.98	(0.224)
20 and over.....	1823	48	(1.3)	5.21	(0.277)	1.30	(0.219)	25	(3.1)	5.78	(0.505)	2.72	(0.443)	47	(3.9)	4.68	(0.193)
2 and over...	2881	47	(1.4)	5.08	(0.193)	1.12	(0.158)	22	(2.5)	5.45	(0.375)	2.41	(0.333)	44	(3.4)	4.76	(0.150)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	4.54	(0.259)	0.95	(0.106)	21	(2.1)	4.77	(0.406)	1.57	(0.164)	33	(2.8)	4.20	(0.189)
20 and over.....	1280	60	(2.6)	5.12	(0.230)	1.23	(0.074)	24	(1.6)	5.43	(0.301)	2.03	(0.087)	37	(2.5)	4.65	(0.201)
2 and over...	1811	60	(2.0)	5.02	(0.205)	1.18	(0.067)	23	(1.5)	5.32	(0.257)	1.95	(0.083)	37	(2.2)	4.57	(0.179)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	4.53	(0.125)	0.67	(0.035)	15	(0.7)	4.48	(0.189)	1.44	(0.062)	32	(1.7)	4.58	(0.151)
20 and over.....	5017	52	(1.5)	4.97	(0.123)	1.15	(0.075)	23	(1.3)	5.38	(0.135)	2.23	(0.159)	41	(2.5)	4.53	(0.132)
2 and over...	7918	50	(1.3)	4.86	(0.105)	1.03	(0.053)	21	(1.0)	5.18	(0.119)	2.05	(0.119)	40	(1.9)	4.54	(0.106)



**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n C																	
<div>—————All Individuals <sup>3</sup>—————</div> <div>—————All Restaurant Consumers <sup>4</sup>—————</div> <div>Non-consumers<sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	71.5	(3.13)	5.1	(0.66)	7	(0.9)	68.2	(4.44)	12.4	(1.47)	18	(1.5)	73.7	(3.82)
20 and over.....	1434	44	(3.0)	76.1	(5.46)	8.9	(1.35)	12	(1.7)	70.5	(5.85)	20.1	(2.30)	28	(2.6)	80.6	(6.04)
2 and over...	2514	43	(2.4)	74.6	(4.24)	7.7	(1.05)	10	(1.3)	69.8	(5.09)	17.7	(1.93)	25	(2.2)	78.3	(4.12)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	62.2	(4.07)	4.8	(0.55)	8	(0.7)	57.3	(4.49)	11.3	(1.19)	20	(1.7)	65.9	(4.67)
20 and over.....	1823	48	(1.3)	74.2	(2.83)	10.5	(1.22)	14	(1.5)	70.5	(3.75)	22.0	(2.30)	31	(3.1)	77.6	(4.74)
2 and over...	2881	47	(1.4)	71.1	(2.70)	9.0	(0.98)	13	(1.3)	67.3	(2.80)	19.4	(1.80)	29	(2.5)	74.4	(3.93)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	67.6	(4.43)	9.7	(1.67)	14	(2.3)	64.6	(6.34)	16.1	(2.59)	25	(2.9)	72.2	(4.19)
20 and over.....	1280	60	(2.6)	84.7	(4.20)	14.6	(1.25)	17	(1.3)	80.1	(4.68)	24.2	(1.57)	30	(2.1)	91.8	(6.53)
2 and over...	1811	60	(2.0)	81.7	(4.02)	13.7	(1.15)	17	(1.1)	77.3	(4.59)	22.7	(1.65)	29	(2.0)	88.3	(5.47)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	67.1	(3.15)	6.3	(0.69)	9	(0.8)	62.6	(4.25)	13.5	(1.39)	22	(1.3)	71.2	(2.94)
20 and over.....	5017	52	(1.5)	79.6	(2.56)	11.6	(0.75)	15	(0.8)	76.1	(3.26)	22.5	(1.11)	30	(1.3)	83.4	(2.79)
2 and over...	7918	50	(1.3)	76.6	(2.41)	10.3	(0.71)	13	(0.8)	73.1	(2.93)	20.5	(1.07)	28	(1.2)	80.3	(2.45)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n D																	
<div><div><div></div><div><i>All Individuals</i><sup>3</sup></div></div><div><div></div><div><i>All Restaurant Consumers</i><sup>4</sup></div></div><div><div></div><div><i>Non-consumers</i><sup>5</sup></div></div></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	5.3	(0.27)	0.2	(0.03)	4	(0.6)	4.5	(0.32)	0.6	(0.06)	12	(1.5)	5.8	(0.36)
20 and over.....	1434	44	(3.0)	4.3	(0.23)	0.5	(0.04)	11	(0.9)	3.9	(0.25)	1.0	(0.07)	26	(1.5)	4.6	(0.28)
2 and over...	2514	43	(2.4)	4.6	(0.16)	0.4	(0.03)	8	(0.7)	4.1	(0.22)	0.9	(0.04)	22	(1.0)	5.0	(0.17)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	5.4	(0.27)	0.3	(0.03)	6	(0.7)	4.6	(0.37)	0.7	(0.08)	15	(2.5)	6.0	(0.32)
20 and over.....	1823	48	(1.3)	4.6	(0.18)	0.7	(0.07)	15	(1.7)	4.6	(0.23)	1.4	(0.15)	31	(3.4)	4.6	(0.29)
2 and over...	2881	47	(1.4)	4.8	(0.17)	0.6	(0.05)	12	(1.2)	4.6	(0.21)	1.2	(0.11)	27	(2.7)	5.0	(0.25)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	5.2	(0.39)	0.6	(0.12)	12	(2.6)	5.0	(0.40)	1.1	(0.19)	21	(4.2)	5.5	(0.42)
20 and over.....	1280	60	(2.6)	5.0	(0.36)	0.9	(0.15)	18	(3.0)	5.1	(0.46)	1.5	(0.21)	30	(4.0)	4.9	(0.39)
2 and over...	1811	60	(2.0)	5.0	(0.33)	0.9	(0.12)	17	(2.5)	5.1	(0.40)	1.4	(0.18)	28	(3.5)	5.0	(0.36)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	5.3	(0.22)	0.4	(0.04)	7	(0.8)	4.7	(0.26)	0.8	(0.07)	17	(1.9)	5.8	(0.25)
20 and over.....	5017	52	(1.5)	4.7	(0.15)	0.7	(0.06)	15	(1.3)	4.7	(0.20)	1.4	(0.09)	29	(1.7)	4.6	(0.17)
2 and over...	7918	50	(1.3)	4.8	(0.15)	0.6	(0.05)	13	(1.1)	4.7	(0.18)	1.3	(0.08)	27	(1.7)	4.9	(0.17)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

V i t a m i n E ( a l p h a t o c o p h e r o l )																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	6.8	(0.19)	1.1	(0.11)	17	(1.4)	7.9	(0.40)	2.8	(0.15)	35	(2.3)	6.1	(0.17)
20 and over.....	1434	44	(3.0)	7.8	(0.17)	1.6	(0.12)	20	(1.6)	8.2	(0.32)	3.6	(0.14)	43	(1.9)	7.6	(0.29)
2 and over...	2514	43	(2.4)	7.5	(0.14)	1.4	(0.10)	19	(1.3)	8.1	(0.23)	3.3	(0.11)	41	(1.3)	7.1	(0.19)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	7.2	(0.22)	1.2	(0.10)	17	(1.3)	7.2	(0.35)	2.8	(0.18)	39	(2.9)	7.2	(0.23)
20 and over.....	1823	48	(1.3)	9.0	(0.20)	1.9	(0.09)	21	(1.2)	9.5	(0.21)	4.0	(0.20)	42	(2.1)	8.5	(0.35)
2 and over...	2881	47	(1.4)	8.5	(0.16)	1.7	(0.08)	20	(1.1)	9.0	(0.13)	3.7	(0.16)	42	(1.9)	8.1	(0.29)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	7.7	(0.28)	1.7	(0.18)	22	(2.2)	8.1	(0.49)	2.8	(0.23)	34	(2.7)	7.1	(0.39)
20 and over.....	1280	60	(2.6)	10.4	(0.52)	2.6	(0.15)	25	(1.5)	10.7	(0.51)	4.3	(0.14)	40	(1.9)	9.9	(0.66)
2 and over...	1811	60	(2.0)	9.9	(0.46)	2.4	(0.14)	24	(1.4)	10.3	(0.44)	4.0	(0.15)	39	(1.7)	9.4	(0.56)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	7.2	(0.10)	1.3	(0.06)	18	(0.9)	7.7	(0.15)	2.8	(0.11)	36	(1.5)	6.8	(0.21)
20 and over.....	5017	52	(1.5)	9.2	(0.26)	2.1	(0.08)	22	(0.8)	9.9	(0.30)	4.0	(0.10)	41	(1.2)	8.6	(0.28)
2 and over...	7918	50	(1.3)	8.8	(0.23)	1.9	(0.07)	22	(0.7)	9.4	(0.24)	3.7	(0.08)	40	(1.1)	8.1	(0.25)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

V i t a m i n K																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>All Restaurant Consumers</i><sup>4</sup>—————<i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	66.3	(3.68)	10.9	(1.14)	16	(1.7)	71.9	(8.57)	26.5	(2.03)	37	(5.0)	62.4	(4.95)
20 and over.....	1434	44	(3.0)	105.7	(6.22)	19.4	(2.51)	18	(3.0)	97.3	(4.16)	43.9	(4.25)	45	(4.9)	112.4	(10.28)
2 and over...	2514	43	(2.4)	93.0	(4.41)	16.7	(1.78)	18	(2.3)	89.5	(3.79)	38.6	(2.87)	43	(3.9)	95.7	(7.47)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	62.7	(3.58)	12.7	(1.04)	20	(1.6)	61.5	(3.40)	29.6	(1.71)	48	(1.6)	63.6	(4.55)
20 and over.....	1823	48	(1.3)	109.8	(4.57)	28.5	(2.41)	26	(1.6)	116.9	(9.34)	59.5	(5.03)	51	(2.2)	103.3	(2.74)
2 and over...	2881	47	(1.4)	97.5	(3.87)	24.3	(1.72)	25	(1.3)	103.6	(7.31)	52.3	(3.87)	51	(1.8)	92.2	(3.11)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	69.1	(3.39)	20.1	(2.59)	29	(3.3)	73.5	(5.18)	33.5	(3.15)	46	(4.5)	62.4	(3.13)
20 and over.....	1280	60	(2.6)	140.5	(8.21)	42.8	(4.32)	30	(2.5)	140.2	(9.21)	71.1	(5.76)	51	(3.8)	141.0	(10.98)
2 and over...	1811	60	(2.0)	127.8	(7.23)	38.8	(3.61)	30	(2.2)	128.3	(7.85)	64.4	(4.80)	50	(3.4)	126.9	(9.45)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	66.5	(2.33)	14.0	(0.77)	21	(0.9)	67.7	(1.96)	29.8	(1.13)	44	(1.5)	65.4	(3.94)
20 and over.....	5017	52	(1.5)	120.9	(4.68)	31.5	(2.32)	26	(1.6)	124.0	(5.53)	61.1	(3.73)	49	(2.3)	117.6	(5.15)
2 and over...	7918	50	(1.3)	107.8	(4.23)	27.3	(1.83)	25	(1.4)	111.4	(4.48)	54.1	(2.92)	49	(2.0)	104.2	(4.79)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a l c i u m																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	920	(34.6)	126	(10.7)	14	(1.0)	966	(52.0)	308	(17.5)	32	(1.3)	888	(36.5)
20 and over.....	1434	44	(3.0)	895	(31.5)	165	(15.9)	18	(1.5)	936	(34.5)	373	(27.6)	40	(2.1)	863	(39.0)
2 and over...	2514	43	(2.4)	903	(25.2)	153	(11.4)	17	(1.2)	945	(31.8)	353	(21.2)	37	(1.6)	871	(27.3)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1014	(33.5)	140	(11.3)	14	(1.2)	975	(38.6)	327	(20.7)	34	(2.8)	1043	(44.7)
20 and over.....	1823	48	(1.3)	965	(29.7)	196	(8.5)	20	(0.7)	1008	(39.3)	411	(13.5)	41	(1.1)	925	(25.2)
2 and over...	2881	47	(1.4)	978	(27.1)	182	(5.6)	19	(0.6)	1000	(32.8)	390	(10.6)	39	(1.4)	958	(27.4)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1018	(45.0)	223	(31.6)	22	(3.0)	1078	(52.9)	371	(46.4)	34	(3.8)	927	(47.7)
20 and over.....	1280	60	(2.6)	979	(22.0)	240	(16.7)	24	(1.6)	1002	(29.4)	398	(17.4)	40	(1.5)	944	(23.3)
2 and over...	1811	60	(2.0)	986	(20.2)	237	(15.8)	24	(1.5)	1015	(25.6)	393	(18.4)	39	(1.6)	941	(21.1)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	979	(28.5)	156	(10.5)	16	(1.0)	1000	(30.2)	334	(17.8)	33	(1.9)	960	(32.5)
20 and over.....	5017	52	(1.5)	949	(19.0)	202	(7.9)	21	(0.7)	992	(25.6)	393	(10.5)	40	(0.7)	904	(16.4)
2 and over...	7918	50	(1.3)	956	(19.1)	191	(6.8)	20	(0.7)	994	(23.8)	379	(9.1)	38	(0.8)	919	(17.6)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P h o s p h o r u s																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	1183	(27.7)	207	(16.2)	17	(1.3)	1273	(51.1)	506	(20.2)	40	(1.8)	1122	(32.2)
20 and over.....	1434	44	(3.0)	1302	(32.8)	282	(18.8)	22	(1.6)	1362	(36.7)	637	(25.8)	47	(1.3)	1254	(48.2)
2 and over...	2514	43	(2.4)	1264	(23.1)	258	(14.0)	20	(1.3)	1334	(26.6)	597	(18.0)	45	(1.3)	1210	(31.2)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	1264	(34.3)	222	(17.7)	18	(1.6)	1260	(34.7)	520	(35.2)	41	(3.3)	1267	(48.6)
20 and over.....	1823	48	(1.3)	1382	(31.5)	331	(16.4)	24	(1.0)	1469	(46.4)	692	(30.0)	47	(1.5)	1302	(25.8)
2 and over...	2881	47	(1.4)	1351	(26.0)	303	(12.6)	22	(1.0)	1419	(33.1)	651	(26.4)	46	(1.8)	1292	(27.3)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1275	(51.3)	345	(40.6)	27	(2.6)	1389	(72.7)	573	(55.6)	41	(2.9)	1102	(40.5)
20 and over.....	1280	60	(2.6)	1449	(30.8)	408	(25.6)	28	(1.6)	1498	(44.0)	677	(24.4)	45	(1.4)	1375	(31.0)
2 and over...	1811	60	(2.0)	1418	(28.4)	397	(23.9)	28	(1.5)	1479	(38.8)	658	(26.6)	45	(1.4)	1326	(28.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	1237	(24.6)	250	(13.7)	20	(1.1)	1303	(27.7)	534	(22.7)	41	(1.7)	1178	(31.5)
20 and over.....	5017	52	(1.5)	1385	(21.2)	345	(11.5)	25	(0.8)	1468	(26.9)	670	(14.5)	46	(1.0)	1297	(20.8)
2 and over...	7918	50	(1.3)	1349	(20.4)	323	(10.5)	24	(0.8)	1431	(23.8)	640	(13.5)	45	(1.0)	1267	(21.1)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (*continued*)

M a g n e s i u m																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>All Restaurant Consumers</i><sup>4</sup>—————<i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup> % (SE)		Total Intake mg (SE)		Intake from All Restaurants mg (SE)		Percentages from <sup>7</sup> All Restaurants % (SE)		Total Intake mg (SE)		Intake from All Restaurants mg (SE)		Percentages from <sup>7</sup> All Restaurants % (SE)		Total Intake mg (SE)	
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	218	(4.7)	30	(2.4)	14	(1.2)	225	(12.6)	72	(2.4)	32	(2.2)	213	(6.9)
20 and over.....	1434	44	(3.0)	275	(6.5)	44	(3.2)	16	(1.3)	273	(8.8)	100	(3.5)	37	(1.1)	277	(8.7)
2 and over...	2514	43	(2.4)	257	(4.6)	40	(2.5)	15	(1.0)	258	(6.1)	92	(2.5)	36	(1.1)	255	(6.2)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	236	(5.4)	33	(2.5)	14	(1.2)	223	(5.9)	77	(5.0)	35	(2.6)	245	(7.6)
20 and over.....	1823	48	(1.3)	300	(6.3)	55	(2.7)	18	(0.8)	302	(7.2)	116	(4.5)	38	(1.1)	299	(8.8)
2 and over...	2881	47	(1.4)	283	(5.6)	50	(1.9)	17	(0.6)	283	(5.2)	107	(3.9)	38	(1.2)	284	(8.2)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	241	(7.6)	55	(6.2)	23	(2.1)	258	(12.1)	91	(7.5)	35	(2.1)	215	(7.9)
20 and over.....	1280	60	(2.6)	329	(7.0)	72	(4.0)	22	(1.2)	331	(9.3)	119	(3.7)	36	(1.3)	327	(8.6)
2 and over...	1811	60	(2.0)	314	(6.2)	69	(3.4)	22	(1.1)	318	(7.5)	114	(3.2)	36	(1.2)	307	(7.3)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	231	(3.8)	38	(1.9)	16	(0.8)	235	(5.4)	81	(3.3)	34	(1.3)	228	(5.3)
20 and over.....	5017	52	(1.5)	307	(5.3)	59	(1.8)	19	(0.6)	313	(6.5)	114	(1.8)	37	(0.8)	300	(6.0)
2 and over...	7918	50	(1.3)	289	(5.0)	54	(1.7)	19	(0.6)	296	(5.3)	107	(1.7)	36	(0.7)	281	(5.9)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

I r o n																	
<div>—————<i>All Individuals</i><sup>3</sup>—————<i>All Restaurant Consumers</i><sup>4</sup>—————<i>Non-consumers</i><sup>5</sup></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	13.7	(0.43)	2.0	(0.17)	15	(1.1)	13.9	(0.56)	4.9	(0.24)	35	(2.1)	13.6	(0.70)
20 and over.....	1434	44	(3.0)	13.2	(0.28)	2.5	(0.17)	19	(1.3)	13.3	(0.45)	5.7	(0.29)	43	(1.7)	13.0	(0.44)
2 and over...	2514	43	(2.4)	13.4	(0.23)	2.4	(0.13)	18	(1.0)	13.5	(0.37)	5.5	(0.22)	40	(1.4)	13.2	(0.29)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	14.1	(0.53)	2.1	(0.13)	15	(1.1)	13.6	(0.79)	4.8	(0.30)	35	(3.2)	14.5	(0.64)
20 and over.....	1823	48	(1.3)	14.3	(0.26)	3.0	(0.17)	21	(1.0)	14.7	(0.49)	6.3	(0.31)	43	(1.4)	13.9	(0.26)
2 and over...	2881	47	(1.4)	14.2	(0.21)	2.8	(0.12)	19	(0.7)	14.5	(0.41)	5.9	(0.26)	41	(1.6)	14.1	(0.23)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	13.8	(0.46)	3.1	(0.32)	23	(2.2)	14.4	(0.82)	5.2	(0.38)	36	(2.6)	12.8	(0.68)
20 and over.....	1280	60	(2.6)	14.3	(0.30)	3.7	(0.22)	26	(1.3)	14.7	(0.40)	6.1	(0.24)	42	(1.3)	13.7	(0.31)
2 and over...	1811	60	(2.0)	14.2	(0.26)	3.6	(0.19)	25	(1.2)	14.6	(0.36)	6.0	(0.22)	41	(1.3)	13.5	(0.30)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	13.8	(0.30)	2.3	(0.11)	17	(0.7)	13.9	(0.38)	5.0	(0.18)	36	(1.5)	13.7	(0.47)
20 and over.....	5017	52	(1.5)	14.0	(0.18)	3.1	(0.11)	22	(0.7)	14.5	(0.26)	6.1	(0.17)	42	(0.8)	13.5	(0.17)
2 and over...	7918	50	(1.3)	14.0	(0.17)	2.9	(0.09)	21	(0.6)	14.4	(0.25)	5.8	(0.14)	41	(0.7)	13.6	(0.17)



**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

Z i n c																	
<div><div>—————All Individuals<sup>3</sup>—————</div><div>—————All Restaurant Consumers<sup>4</sup>—————</div><div>Non-consumers<sup>5</sup></div></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	9.7	(0.21)	1.5	(0.13)	15	(1.3)	10.0	(0.42)	3.6	(0.17)	36	(2.1)	9.5	(0.33)
20 and over.....	1434	44	(3.0)	10.3	(0.29)	2.2	(0.16)	21	(1.5)	10.5	(0.30)	5.0	(0.24)	47	(1.7)	10.1	(0.46)
2 and over...	2514	43	(2.4)	10.1	(0.21)	2.0	(0.11)	19	(1.2)	10.3	(0.20)	4.5	(0.16)	44	(1.5)	9.9	(0.30)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	10.2	(0.30)	1.6	(0.11)	16	(1.2)	9.6	(0.36)	3.8	(0.26)	40	(2.6)	10.7	(0.39)
20 and over.....	1823	48	(1.3)	11.4	(0.27)	2.7	(0.17)	24	(1.3)	12.1	(0.41)	5.6	(0.30)	46	(1.8)	10.7	(0.29)
2 and over...	2881	47	(1.4)	11.1	(0.21)	2.4	(0.13)	22	(1.1)	11.5	(0.32)	5.2	(0.25)	45	(1.7)	10.7	(0.25)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	9.9	(0.46)	2.6	(0.31)	26	(2.4)	10.7	(0.77)	4.3	(0.45)	40	(2.9)	8.6	(0.36)
20 and over.....	1280	60	(2.6)	11.8	(0.29)	3.2	(0.19)	27	(1.5)	12.1	(0.37)	5.4	(0.23)	44	(1.8)	11.2	(0.34)
2 and over...	1811	60	(2.0)	11.4	(0.28)	3.1	(0.18)	27	(1.5)	11.9	(0.35)	5.2	(0.23)	44	(1.7)	10.7	(0.30)
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	9.9	(0.22)	1.8	(0.09)	19	(0.8)	10.1	(0.33)	3.9	(0.17)	39	(1.6)	9.8	(0.26)
20 and over.....	5017	52	(1.5)	11.2	(0.18)	2.7	(0.09)	24	(0.7)	11.8	(0.23)	5.3	(0.15)	45	(1.2)	10.6	(0.20)
2 and over...	7918	50	(1.3)	10.9	(0.18)	2.5	(0.07)	23	(0.7)	11.4	(0.22)	5.0	(0.12)	44	(1.0)	10.4	(0.18)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C o p p e r																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	0.9	(0.02)	0.1	(0.01)	14	(1.2)	0.9	(0.05)	0.3	(0.01)	34	(2.3)	0.8	(0.03)
20 and over.....	1434	44	(3.0)	1.1	(0.03)	0.2	(0.01)	17	(1.3)	1.1	(0.04)	0.4	(0.02)	38	(1.5)	1.1	(0.03)
2 and over...	2514	43	(2.4)	1.0	(0.02)	0.2	(0.01)	16	(1.0)	1.0	(0.03)	0.4	(0.02)	37	(1.2)	1.0	(0.03)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	0.9	(0.02)	0.1	(0.01)	14	(1.2)	0.9	(0.02)	0.3	(0.02)	36	(2.3)	1.0	(0.03)
20 and over.....	1823	48	(1.3)	1.2	(0.02)	0.2	(0.01)	19	(0.9)	1.2	(0.03)	0.5	(0.02)	38	(1.5)	1.2	(0.02)
2 and over...	2881	47	(1.4)	1.1	(0.01)	0.2	(0.01)	18	(0.8)	1.1	(0.02)	0.4	(0.02)	38	(1.5)	1.1	(0.02)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	1.0	(0.02)	0.2	(0.02)	22	(2.1)	1.0	(0.04)	0.4	(0.03)	36	(2.4)	0.9	(0.04)
20 and over.....	1280	60	(2.6)	1.3	(0.03)	0.3	(0.01)	20	(1.2)	1.3	(0.04)	0.4	(0.01)	34	(1.3)	1.4	(0.04)
2 and over...	1811	60	(2.0)	1.3	(0.03)	0.3	(0.01)	20	(1.1)	1.3	(0.03)	0.4	(0.01)	34	(1.2)	1.3	(0.04)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	0.9	(0.02)	0.2	(0.01)	17	(0.9)	0.9	(0.02)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over.....	5017	52	(1.5)	1.2	(0.02)	0.2	(0.01)	19	(0.6)	1.3	(0.02)	0.4	(0.01)	35	(1.1)	1.2	(0.03)
2 and over...	7918	50	(1.3)	1.2	(0.02)	0.2	(0.01)	18	(0.5)	1.2	(0.02)	0.4	(0.01)	35	(0.9)	1.1	(0.03)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S e l e n i u m																	
————— <i>All Individuals</i> <sup>3</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>4</sup> ————— <i>Non-consumers</i> <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	94.7	(2.34)	19.6	(1.72)	21	(1.8)	100.6	(2.85)	47.9	(2.46)	48	(2.5)	90.6	(3.37)
20 and over.....	1434	44	(3.0)	111.7	(2.48)	26.8	(1.62)	24	(1.7)	116.8	(3.85)	60.6	(2.81)	52	(1.7)	107.7	(4.16)
2 and over...	2514	43	(2.4)	106.2	(1.45)	24.5	(1.24)	23	(1.4)	111.9	(2.34)	56.7	(2.19)	51	(1.7)	102.0	(2.43)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	96.6	(2.45)	19.8	(1.29)	20	(1.5)	97.3	(2.09)	46.3	(3.01)	48	(3.7)	96.0	(3.55)
20 and over.....	1823	48	(1.3)	115.5	(2.24)	31.5	(2.18)	27	(1.5)	125.8	(4.63)	65.9	(4.27)	52	(2.0)	106.0	(1.78)
2 and over...	2881	47	(1.4)	110.5	(1.62)	28.5	(1.59)	26	(1.2)	119.0	(3.27)	61.2	(3.43)	51	(2.0)	103.2	(1.79)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	101.3	(4.61)	31.3	(4.41)	31	(3.2)	110.0	(7.41)	52.0	(6.77)	47	(4.2)	88.3	(4.05)
20 and over.....	1280	60	(2.6)	119.7	(3.93)	38.9	(2.87)	32	(1.7)	128.2	(6.06)	64.6	(3.27)	50	(1.8)	106.7	(2.18)
2 and over...	1811	60	(2.0)	116.4	(3.50)	37.5	(2.73)	32	(1.7)	125.0	(5.32)	62.3	(3.50)	50	(1.8)	103.5	(1.67)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	97.1	(1.48)	22.9	(1.43)	24	(1.4)	102.4	(2.41)	48.8	(2.60)	48	(2.0)	92.3	(2.27)
20 and over.....	5017	52	(1.5)	115.5	(1.95)	32.9	(1.28)	29	(0.9)	125.4	(2.83)	63.9	(2.13)	51	(1.4)	104.9	(1.40)
2 and over...	7918	50	(1.3)	111.0	(1.71)	30.5	(1.10)	27	(0.8)	120.3	(2.42)	60.5	(1.83)	50	(1.2)	101.7	(1.29)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

P o t a s s i u m																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	2043	(41.0)	295	(24.7)	14	(1.2)	2076	(77.9)	722	(29.8)	35	(1.6)	2021	(60.5)
20 and over.....	1434	44	(3.0)	2413	(53.8)	444	(32.4)	18	(1.5)	2402	(60.4)	1003	(31.6)	42	(1.5)	2422	(67.5)
2 and over...	2514	43	(2.4)	2294	(42.3)	396	(25.5)	17	(1.2)	2302	(49.8)	917	(24.4)	40	(1.4)	2287	(48.0)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	2100	(41.6)	332	(25.7)	16	(1.3)	2034	(52.8)	775	(50.6)	38	(2.4)	2149	(64.1)
20 and over.....	1823	48	(1.3)	2582	(53.1)	540	(27.7)	21	(1.0)	2600	(71.4)	1128	(47.3)	43	(1.5)	2565	(57.2)
2 and over...	2881	47	(1.4)	2456	(44.9)	485	(20.0)	20	(0.8)	2464	(51.2)	1044	(38.7)	42	(1.5)	2449	(54.6)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	2128	(84.8)	525	(53.4)	25	(1.9)	2264	(119.2)	873	(67.1)	39	(1.8)	1923	(63.2)
20 and over.....	1280	60	(2.6)	2796	(46.3)	706	(39.6)	25	(1.4)	2811	(57.7)	1173	(29.9)	42	(1.2)	2774	(48.3)
2 and over...	1811	60	(2.0)	2677	(40.3)	674	(34.2)	25	(1.3)	2713	(49.2)	1119	(30.8)	41	(1.0)	2622	(48.4)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	2086	(30.2)	373	(19.0)	18	(0.9)	2118	(45.7)	795	(33.9)	38	(1.3)	2058	(41.5)
20 and over.....	5017	52	(1.5)	2633	(38.6)	578	(18.9)	22	(0.8)	2674	(40.8)	1121	(20.6)	42	(0.9)	2590	(42.3)
2 and over...	7918	50	(1.3)	2502	(35.7)	529	(17.0)	21	(0.7)	2550	(34.5)	1048	(19.1)	41	(0.8)	2453	(43.4)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

S o d i u m																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	3003	(70.0)	645	(51.0)	21	(1.5)	3359	(106.5)	1574	(64.4)	47	(2.2)	2757	(72.7)
20 and over.....	1434	44	(3.0)	3420	(67.5)	873	(52.9)	26	(1.7)	3758	(97.3)	1973	(65.0)	53	(1.5)	3152	(99.3)
2 and over...	2514	43	(2.4)	3286	(41.9)	799	(41.4)	24	(1.4)	3636	(66.1)	1851	(51.9)	51	(1.5)	3020	(50.5)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	2993	(63.0)	652	(51.8)	22	(1.6)	3109	(90.4)	1526	(104.8)	49	(2.8)	2907	(81.8)
20 and over.....	1823	48	(1.3)	3551	(76.3)	1000	(52.2)	28	(1.4)	3881	(108.8)	2090	(104.7)	54	(2.1)	3248	(73.8)
2 and over...	2881	47	(1.4)	3405	(56.8)	909	(39.9)	27	(1.2)	3695	(80.1)	1954	(91.8)	53	(1.9)	3153	(63.8)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	3086	(121.8)	1007	(129.9)	33	(3.2)	3395	(186.1)	1674	(168.5)	49	(3.1)	2619	(81.2)
20 and over.....	1280	60	(2.6)	3652	(64.2)	1257	(77.2)	34	(1.9)	3873	(95.1)	2087	(72.3)	54	(1.6)	3317	(82.6)
2 and over...	1811	60	(2.0)	3551	(60.0)	1212	(71.8)	34	(1.7)	3788	(87.0)	2013	(80.7)	53	(1.6)	3193	(76.7)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	3013	(36.4)	744	(39.3)	25	(1.1)	3261	(56.3)	1587	(63.5)	49	(1.5)	2793	(39.7)
20 and over.....	5017	52	(1.5)	3536	(40.0)	1059	(36.4)	30	(1.0)	3851	(54.7)	2054	(52.7)	53	(1.2)	3201	(44.6)
2 and over...	7918	50	(1.3)	3410	(33.6)	983	(32.4)	29	(1.0)	3719	(41.8)	1950	(47.0)	52	(1.2)	3096	(36.6)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

C a f f e i n e																	
—————All Individuals <sup>3</sup> —————      —————All Restaurant Consumers <sup>4</sup> —————      Non-consumers <sup>5</sup>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	26.1	(5.11)	4.0	(0.98)	15	(3.7)	27.3	(4.09)	9.8	(2.28)	36	(6.1)	25.2	(6.46)
20 and over.....	1434	44	(3.0)	137.9	(9.57)	18.3	(2.85)	13	(2.3)	139.7	(11.56)	41.4	(5.30)	30	(4.4)	136.5	(14.13)
2 and over...	2514	43	(2.4)	101.9	(7.59)	13.7	(2.02)	13	(2.2)	105.4	(8.43)	31.8	(3.92)	30	(4.2)	99.3	(12.26)
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	30.4	(5.69)	8.0	(1.52)	26	(7.7)	31.5	(4.35)	18.6	(3.24)	59	(2.7)	29.7*	(10.47)
20 and over.....	1823	48	(1.3)	173.6	(10.28)	26.1	(3.19)	15	(2.1)	168.8	(11.54)	54.6	(6.90)	32	(2.7)	178.0	(19.40)
2 and over...	2881	47	(1.4)	136.2	(8.00)	21.4	(2.17)	16	(1.9)	135.8	(8.14)	45.9	(5.28)	34	(2.6)	136.5	(15.53)
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	22.1	(2.56)	9.2	(1.95)	41	(5.4)	30.9	(3.22)	15.2	(3.14)	49	(6.2)	8.8	(1.78)
20 and over.....	1280	60	(2.6)	188.4	(7.55)	34.5	(3.74)	18	(1.7)	196.2	(8.37)	57.3	(5.81)	29	(2.8)	176.5	(15.25)
2 and over...	1811	60	(2.0)	158.7	(5.33)	30.0	(2.99)	19	(1.7)	166.8	(6.62)	49.8	(4.70)	30	(2.8)	146.6	(13.00)
<b>All Individuals <sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	26.2	(2.97)	6.8	(0.90)	26	(4.4)	29.4	(2.15)	14.4	(1.88)	49	(3.6)	23.4	(5.29)
20 and over.....	5017	52	(1.5)	171.5	(6.17)	27.5	(2.21)	16	(1.3)	175.2	(6.29)	53.4	(4.07)	30	(2.1)	167.5	(10.48)
2 and over...	7918	50	(1.3)	136.6	(5.03)	22.6	(1.73)	17	(1.3)	142.7	(4.99)	44.7	(3.23)	31	(2.1)	130.4	(9.05)

**Table 56. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Family Income (as % of Poverty Level <sup>2</sup>) and Age, in the United States, 2015-2016 (continued)

A l c o h o l																	
<div><div><div></div><div><i>All Individuals</i><sup>3</sup></div></div><div><div></div><div><i>All Restaurant Consumers</i><sup>4</sup></div></div><div><div></div><div><i>Non-consumers</i><sup>5</sup></div></div></div>																	
Family income as % of poverty level and age (years)	Sample Size	Percent Reporting <sup>6</sup>		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake		Intake from All Restaurants		Percentages from <sup>7</sup> All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
<b>Under 131% poverty:</b>																	
2 - 19.....	1080	41	(2.9)	--		--		--		--		--		--		--	
20 and over.....	1434	44	(3.0)	7.5	(0.70)	0.6*	(0.19)	8*	(2.5)	9.0	(1.63)	1.3*	(0.42)	14*	(4.5)	6.3	(0.73)
2 and over...	2514	43	(2.4)	--		--		--		--		--		--		--	
<b>131-350% poverty:</b>																	
2 - 19.....	1058	43	(2.9)	--		--		--		--		--		--		--	
20 and over.....	1823	48	(1.3)	9.1	(0.74)	1.4	(0.20)	15	(2.9)	8.7	(0.97)	2.8	(0.43)	33	(6.6)	9.4	(1.19)
2 and over...	2881	47	(1.4)	--		--		--		--		--		--		--	
<b>Over 350% poverty:</b>																	
2 - 19.....	531	60	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1280	60	(2.6)	12.3	(1.08)	2.9	(0.59)	23	(4.5)	12.4	(1.49)	4.8	(0.94)	38	(4.8)	12.0	(1.85)
2 and over...	1811	60	(2.0)	--		--		--		--		--		--		--	
<b>All Individuals<sup>8</sup>:</b>																	
2 - 19.....	2901	47	(1.5)	--		--		--		--		--		--		--	
20 and over.....	5017	52	(1.5)	9.9	(0.62)	1.7	(0.30)	18	(3.0)	10.8	(0.87)	3.4	(0.55)	32	(4.3)	9.1	(0.79)
2 and over...	7918	50	(1.3)	--		--		--		--		--		--		--	

## Symbol Legend

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

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

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

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 72 for VIF = 2.41.

## Footnotes

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> 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/>.
- <sup>3</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>4</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>5</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>6</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>7</sup> Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.
- <sup>8</sup> Includes persons of all income levels or with unknown family income.

## Abbreviations

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

## Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

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

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

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

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