

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018

<i>Nutrient per 1000 kcal</i>														
Males/Females and age	Sample size ¹	Energy	Protein	Carbo- hydrate	Total sugars	Dietary fiber	Total fat	Saturated fat	Mono- unsaturated fat	Poly- unsaturated fat				
(years)		kcal (SE)	g (SE)	g (SE)	g (SE)	g (SE)	g (SE)	g (SE)	g (SE)	g (SE)				
Males:														
2 - 5.....	260	1656 (53.0)	34.7 (0.62)	133 (1.6)	64 (2.0)	7.6 (0.30)	38.2 (0.54)	13.3 (0.34)	12.5 (0.20)	8.4 (0.17)				
6 - 11.....	383	2006 (54.0)	34.9 (0.81)	130 (1.9)	59 (1.7)	7.6 (0.32)	39.2 (0.71)	13.9 (0.31)	12.9 (0.26)	8.5 (0.28)				
12 - 19.....	531	2275 (43.2)	38.6 (0.90)	126 (1.7)	55 (1.8)	6.9 (0.16)	38.8 (0.58)	13.4 (0.27)	12.7 (0.28)	8.7 (0.21)				
20 - 29.....	335	2409 (77.6)	39.3 (0.96)	115 (1.8)	45 (1.1)	7.2 (0.24)	39.0 (0.86)	12.8 (0.28)	12.9 (0.19)	9.4 (0.69)				
30 - 39.....	329	2660 (69.5)	39.8 (0.99)	114 (2.1)	47 (1.8)	7.8 (0.31)	38.9 (0.87)	12.6 (0.38)	13.5 (0.36)	8.9 (0.28)				
40 - 49.....	340	2605 (122.1)	42.0 (1.33)	112 (2.4)	49 (1.8)	7.3 (0.26)	40.1 (1.11)	12.9 (0.37)	13.9 (0.62)	9.0 (0.44)				
50 - 59.....	375	2554 (58.7)	38.3 (0.90)	116 (2.9)	50 (2.5)	7.8 (0.34)	39.2 (0.85)	12.6 (0.28)	13.5 (0.46)	9.3 (0.31)				
60 - 69.....	500	2451 (72.7)	38.7 (1.05)	114 (1.5)	48 (1.4)	7.5 (0.27)	42.1 (0.67)	13.7 (0.46)	14.5 (0.29)	10.0 (0.38)				
70 and over.....	428	2159 (55.3)	37.4 (0.64)	117 (1.7)	51 (1.2)	8.2 (0.29)	41.6 (0.52)	13.7 (0.34)	14.3 (0.26)	9.9 (0.26)				
2 - 19.....	1174	2055 (25.5)	36.6 (0.61)	129 (0.8)	58 (1.0)	7.3 (0.18)	38.8 (0.35)	13.5 (0.18)	12.7 (0.14)	8.6 (0.15)				
20 and over...	2307	2485 (23.9)	39.3 (0.41)	115 (0.7)	48 (0.9)	7.6 (0.15)	40.0 (0.34)	13.0 (0.13)	13.7 (0.17)	9.4 (0.22)				
2 and over...	3481	2378 (21.9)	38.6 (0.39)	118 (0.6)	51 (0.7)	7.5 (0.14)	39.7 (0.29)	13.1 (0.12)	13.5 (0.14)	9.2 (0.19)				
Females:														
2 - 5.....	280	1424 (45.7)	35.8 (0.67)	135 (1.6)	67 (1.9)	8.4 (0.47)	36.7 (0.59)	12.9 (0.28)	12.1 (0.25)	7.8 (0.28)				
6 - 11.....	412	1864 (40.3)	33.0 (0.63)	134 (1.4)	60 (1.3)	8.0 (0.23)	38.6 (0.54)	13.5 (0.24)	12.6 (0.19)	8.8 (0.18)				
12 - 19.....	514	1768 (44.7)	35.3 (1.12)	128 (2.4)	55 (1.5)	7.8 (0.21)	39.7 (0.60)	13.1 (0.22)	12.9 (0.30)	9.8 (0.24)				
20 - 29.....	359	1985 (38.5)	38.6 (0.58)	116 (2.2)	49 (2.1)	8.2 (0.28)	40.9 (0.87)	13.6 (0.30)	13.7 (0.37)	9.7 (0.31)				
30 - 39.....	407	1885 (41.1)	37.9 (0.73)	119 (1.8)	50 (2.0)	8.7 (0.47)	40.5 (0.59)	12.9 (0.35)	13.9 (0.28)	9.7 (0.29)				
40 - 49.....	367	1921 (65.9)	37.4 (0.63)	121 (2.8)	56 (1.7)	8.1 (0.44)	40.1 (1.14)	13.2 (0.61)	13.4 (0.42)	9.6 (0.29)				
50 - 59.....	419	1826 (96.2)	39.2 (1.14)	119 (2.3)	52 (2.3)	8.4 (0.29)	39.6 (0.70)	13.0 (0.29)	13.5 (0.40)	9.1 (0.30)				
60 - 69.....	479	1789 (63.5)	40.5 (1.09)	113 (2.5)	48 (2.4)	9.0 (0.50)	41.6 (0.93)	12.9 (0.42)	14.1 (0.43)	10.5 (0.43)				
70 and over.....	404	1662 (38.5)	38.5 (0.83)	123 (1.3)	54 (1.3)	9.9 (0.32)	40.1 (0.57)	12.9 (0.29)	13.7 (0.25)	9.5 (0.17)				
2 - 19.....	1206	1726 (27.0)	34.7 (0.67)	131 (1.3)	60 (1.0)	8.0 (0.16)	38.7 (0.40)	13.2 (0.14)	12.6 (0.18)	9.0 (0.13)				
20 and over...	2435	1849 (28.3)	38.7 (0.48)	118 (1.2)	51 (0.9)	8.7 (0.17)	40.5 (0.38)	13.1 (0.19)	13.7 (0.18)	9.7 (0.17)				
2 and over...	3641	1821 (21.7)	37.8 (0.40)	121 (1.0)	53 (0.8)	8.5 (0.14)	40.1 (0.32)	13.1 (0.15)	13.5 (0.15)	9.5 (0.15)				
Males and females:														
2 - 19.....	2380	1894 (18.2)	35.6 (0.50)	130 (0.9)	59 (0.7)	7.6 (0.14)	38.7 (0.27)	13.4 (0.13)	12.7 (0.10)	8.8 (0.10)				
20 and over...	4742	2155 (18.8)	39.0 (0.36)	117 (0.7)	50 (0.6)	8.2 (0.15)	40.2 (0.26)	13.0 (0.14)	13.7 (0.13)	9.5 (0.16)				
2 and over...	7122	2093 (14.2)	38.2 (0.33)	120 (0.6)	52 (0.6)	8.1 (0.14)	39.9 (0.22)	13.1 (0.12)	13.5 (0.11)	9.4 (0.13)				

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 (continued)

<i>Nutrient per 1000 kcal</i>																		
Males/Females 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)
Males:																		
2 - 5.....	121	(7.9)	280	(12.0)	346	(17.5)	112	(26.7)	702	(122.7)	55	(5.8)	2495	(418.4)	402	(46.0)	0.81	(0.020)
6 - 11.....	119	(6.1)	294	(16.6)	343	(17.9)	88	(13.8)	517	(51.8)	48	(8.5)	1799	(146.3)	475	(93.5)	0.85	(0.018)
12 - 19.....	122	(3.5)	227	(7.2)	274	(7.7)	89	(19.4)	500	(60.5)	35	(2.8)	2374	(237.0)	378	(28.7)	0.85	(0.035)
20 - 29.....	144	(7.7)	201	(23.4)	277	(19.1)	178	(33.9)	806	(101.3)	29	(3.8)	2002	(221.2)	584	(136.7)	0.79	(0.031)
30 - 39.....	148	(7.7)	172	(10.5)	269	(18.8)	149	(21.7)	1055	(190.2)	48	(10.9)	2406	(330.1)	657	(138.0)	0.76	(0.024)
40 - 49.....	151	(7.3)	180	(13.7)	300	(31.2)	272*	(103.8)	1281	(344.7)	52*	(19.5)	2422	(283.2)	895	(263.2)	0.78	(0.029)
50 - 59.....	142	(7.3)	182	(11.3)	292	(18.0)	179	(40.9)	1204	(158.0)	50	(13.4)	2942	(555.3)	816	(122.3)	0.73	(0.026)
60 - 69.....	152	(11.5)	179	(12.9)	249	(16.0)	126	(23.1)	765	(85.1)	38	(4.1)	2271	(250.2)	602	(43.1)	0.76	(0.019)
70 and over.....	151	(3.9)	243	(10.1)	361	(14.3)	224	(39.4)	1284	(171.6)	42	(5.5)	2425	(319.8)	837	(128.8)	0.82	(0.016)
2 - 19.....	121	(3.1)	260	(7.3)	312	(8.5)	93	(14.2)	548	(46.2)	44	(3.1)	2210	(172.7)	415	(40.9)	0.84	(0.021)
20 and over...	147	(3.1)	191	(4.5)	289	(8.0)	187	(25.5)	1060	(103.4)	43	(5.0)	2414	(170.3)	728	(91.2)	0.77	(0.009)
2 and over...	141	(1.9)	209	(4.4)	295	(6.0)	164	(20.6)	932	(84.7)	43	(3.8)	2363	(139.9)	650	(74.0)	0.79	(0.010)
Females:																		
2 - 5.....	124	(9.4)	312	(8.8)	396	(14.7)	216	(50.1)	861	(134.8)	72	(7.1)	2062	(283.9)	495	(55.9)	0.86	(0.023)
6 - 11.....	109	(5.6)	267	(15.6)	332	(16.3)	125	(23.6)	696	(55.1)	57	(7.7)	2521	(310.8)	424	(35.8)	0.83	(0.025)
12 - 19.....	120	(4.0)	212	(14.8)	284	(14.0)	131	(15.2)	778	(71.3)	36	(4.3)	2290	(218.1)	556	(58.9)	0.78	(0.027)
20 - 29.....	145	(5.8)	202	(10.4)	321	(22.8)	186	(35.4)	1306	(161.6)	46	(5.0)	2561	(337.6)	975	(121.9)	0.75	(0.020)
30 - 39.....	144	(9.0)	192	(15.0)	336	(13.9)	208	(36.3)	1607	(164.6)	35	(4.4)	2340	(176.4)	1493*	(457.6)	0.74	(0.026)
40 - 49.....	148	(15.3)	219	(15.6)	355	(19.1)	224	(40.6)	1498	(192.1)	49	(11.0)	1937	(185.6)	1118	(160.2)	0.77	(0.033)
50 - 59.....	136	(8.7)	187	(11.3)	323	(24.9)	180	(34.6)	1514	(245.0)	48	(5.0)	2699	(466.9)	1019	(120.4)	0.79	(0.037)
60 - 69.....	157	(6.8)	199	(13.4)	345	(29.6)	216	(38.9)	1619	(243.8)	51	(5.6)	2087	(290.0)	903	(101.5)	0.74	(0.025)
70 and over.....	138	(6.9)	255	(17.2)	430	(26.4)	330	(48.7)	1896	(192.0)	61	(8.2)	2649	(310.7)	1091	(94.2)	0.83	(0.020)
2 - 19.....	117	(2.7)	252	(9.1)	324	(9.7)	148	(8.3)	768	(35.9)	51	(3.5)	2318	(141.8)	498	(25.5)	0.81	(0.018)
20 and over...	145	(4.7)	207	(7.6)	349	(12.5)	221	(20.8)	1564	(86.4)	48	(3.2)	2392	(124.1)	1102	(64.6)	0.77	(0.011)
2 and over...	138	(3.5)	218	(6.5)	343	(10.4)	204	(16.5)	1384	(72.9)	49	(2.7)	2375	(103.0)	966	(53.0)	0.78	(0.009)
Males and females:																		
2 - 19.....	119	(2.3)	256	(6.2)	318	(7.7)	120	(8.5)	656	(34.0)	47	(2.1)	2263	(118.3)	456	(28.8)	0.83	(0.015)
20 and over...	146	(3.4)	200	(5.0)	320	(8.7)	205	(20.1)	1322	(86.7)	46	(3.5)	2403	(106.7)	923	(73.8)	0.77	(0.008)
2 and over...	140	(2.3)	213	(4.3)	320	(7.1)	184	(16.1)	1163	(72.6)	46	(2.8)	2370	(95.8)	812	(61.0)	0.78	(0.007)

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<i>Nutrient per 1000 kcal</i>																		
Males/Females 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)
Males:																		
2 - 5.....	1.00	(0.021)	10.5	(0.21)	0.94	(0.027)	101	(5.9)	78	(3.3)	249	(11.0)	139	(5.5)	2.48	(0.094)	0.53	(0.062)
6 - 11.....	0.99	(0.030)	11.6	(0.32)	0.95	(0.040)	120	(6.8)	76	(2.9)	278	(11.2)	129	(4.5)	2.47	(0.095)	0.71	(0.073)
12 - 19.....	0.96	(0.028)	13.1	(0.37)	0.99	(0.040)	107	(5.4)	76	(2.4)	257	(8.8)	133	(3.3)	2.62	(0.133)	0.70	(0.129)
20 - 29.....	0.97	(0.033)	13.4	(0.41)	1.10	(0.032)	105	(9.1)	95	(4.5)	274	(14.4)	156	(4.7)	2.36	(0.137)	0.49	(0.072)
30 - 39.....	1.11	(0.062)	14.4	(0.74)	1.28	(0.082)	80	(8.8)	97	(3.7)	232	(15.7)	161	(5.4)	2.74	(0.152)	0.93	(0.152)
40 - 49.....	1.28	(0.164)	15.2	(1.73)	1.22	(0.182)	75	(6.2)	97	(4.8)	222	(11.4)	159	(5.4)	2.98	(0.531)	1.12*	(0.497)
50 - 59.....	0.97	(0.041)	11.9	(0.39)	0.94	(0.039)	76	(5.8)	105	(3.8)	234	(11.2)	163	(6.2)	2.13	(0.126)	0.31	(0.056)
60 - 69.....	0.96	(0.026)	12.8	(0.58)	1.09	(0.110)	79	(4.6)	95	(1.9)	228	(8.2)	159	(6.8)	2.35	(0.154)	0.50	(0.126)
70 and over.....	1.05	(0.020)	11.6	(0.35)	1.02	(0.044)	84	(5.6)	101	(3.8)	244	(9.6)	169	(3.0)	2.40	(0.139)	0.41	(0.050)
2 - 19.....	0.98	(0.017)	12.0	(0.24)	0.96	(0.021)	110	(4.8)	76	(2.1)	262	(7.6)	133	(2.9)	2.54	(0.072)	0.67	(0.056)
20 and over...	1.05	(0.037)	13.2	(0.35)	1.11	(0.040)	84	(1.8)	98	(2.5)	240	(3.8)	161	(2.4)	2.49	(0.111)	0.63	(0.085)
2 and over...	1.03	(0.030)	12.9	(0.29)	1.07	(0.031)	90	(1.9)	93	(2.3)	245	(3.6)	154	(1.7)	2.50	(0.092)	0.64	(0.068)
Females:																		
2 - 5.....	1.08	(0.020)	10.8	(0.31)	1.02	(0.034)	106	(6.4)	84	(4.8)	265	(12.8)	150	(5.5)	2.63	(0.104)	0.54	(0.053)
6 - 11.....	0.96	(0.022)	11.0	(0.42)	0.91	(0.046)	117	(5.9)	79	(3.5)	278	(9.7)	124	(3.0)	2.37	(0.114)	0.69	(0.086)
12 - 19.....	0.88	(0.020)	11.9	(0.43)	0.96	(0.054)	102	(5.0)	87	(3.1)	259	(9.3)	127	(2.8)	1.99	(0.093)	0.52	(0.079)
20 - 29.....	0.93	(0.025)	12.2	(0.54)	1.05	(0.102)	82	(5.8)	101	(4.3)	240	(10.0)	153	(4.8)	2.06	(0.114)	0.40	(0.099)
30 - 39.....	0.98	(0.029)	12.2	(0.40)	1.05	(0.052)	80	(7.7)	113	(8.6)	249	(13.0)	155	(6.5)	2.02	(0.110)	0.45	(0.079)
40 - 49.....	1.09	(0.049)	11.7	(0.38)	0.96	(0.064)	87	(9.3)	110	(4.7)	258	(13.6)	157	(9.0)	2.13	(0.113)	0.53	(0.121)
50 - 59.....	1.07	(0.038)	11.9	(0.37)	0.95	(0.047)	75	(4.5)	106	(3.2)	233	(7.2)	154	(6.2)	2.31	(0.154)	0.33	(0.059)
60 - 69.....	1.02	(0.029)	11.6	(0.47)	0.94	(0.031)	66	(4.8)	117	(6.3)	229	(10.2)	172	(4.3)	2.18	(0.186)	0.24	(0.055)
70 and over.....	1.08	(0.026)	12.2	(0.34)	1.06	(0.061)	94	(6.2)	110	(3.6)	270	(9.6)	161	(4.5)	2.31	(0.138)	0.39	(0.067)
2 - 19.....	0.95	(0.013)	11.4	(0.32)	0.96	(0.035)	108	(3.5)	84	(2.2)	266	(6.6)	131	(1.7)	2.26	(0.069)	0.58	(0.051)
20 and over...	1.03	(0.021)	12.0	(0.19)	1.00	(0.028)	81	(2.1)	109	(2.1)	246	(4.0)	158	(3.5)	2.17	(0.070)	0.39	(0.034)
2 and over...	1.01	(0.017)	11.8	(0.13)	0.99	(0.022)	87	(1.8)	104	(1.9)	250	(3.5)	152	(2.7)	2.19	(0.053)	0.43	(0.030)
Males and females:																		
2 - 19.....	0.97	(0.014)	11.7	(0.20)	0.96	(0.023)	109	(2.7)	80	(1.6)	264	(4.7)	132	(1.8)	2.40	(0.056)	0.63	(0.045)
20 and over...	1.04	(0.024)	12.6	(0.21)	1.05	(0.025)	82	(1.2)	104	(2.1)	243	(2.5)	160	(2.5)	2.32	(0.069)	0.50	(0.044)
2 and over...	1.02	(0.020)	12.4	(0.18)	1.03	(0.020)	88	(1.0)	98	(1.9)	248	(2.0)	153	(1.8)	2.34	(0.060)	0.53	(0.038)

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<i>Nutrient per 1000 kcal</i>																
Males/Females and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha- tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males:																
2 - 5.....	46.8	(3.84)	3.4	(0.14)	3.8	(0.16)	0.3*	(0.15)	30.8	(2.49)	605	(15.3)	714	(12.0)	134	(3.8)
6 - 11.....	40.3	(3.75)	2.7	(0.12)	4.4	(0.40)	1.0*	(0.39)	36.6	(3.89)	541	(16.6)	668	(14.2)	123	(2.5)
12 - 19.....	33.2	(2.50)	2.3	(0.09)	3.7	(0.12)	0.4	(0.07)	33.5	(2.47)	494	(13.4)	664	(12.7)	123	(3.1)
20 - 29.....	30.6	(2.90)	2.2	(0.21)	4.3	(0.55)	0.5*	(0.18)	44.3	(6.59)	493	(19.4)	679	(28.2)	143	(5.1)
30 - 39.....	34.6	(3.44)	1.8	(0.16)	4.1	(0.11)	0.4	(0.09)	49.7	(5.38)	454	(13.7)	649	(14.9)	147	(6.6)
40 - 49.....	33.4	(3.10)	1.7	(0.15)	4.4	(0.31)	0.7*	(0.24)	61.4	(12.18)	619	(159.0)	681	(19.5)	176	(31.2)
50 - 59.....	38.3	(4.67)	1.8	(0.12)	4.5	(0.23)	0.6	(0.15)	62.1	(6.58)	496	(39.5)	656	(13.6)	160	(11.7)
60 - 69.....	33.7	(2.69)	2.1	(0.15)	4.2	(0.12)	0.4	(0.11)	51.0	(3.13)	414	(15.6)	630	(11.1)	138	(2.4)
70 and over.....	39.1	(2.61)	2.9	(0.28)	4.4	(0.16)	0.4	(0.12)	61.8	(5.85)	450	(12.0)	661	(11.6)	149	(3.1)
2 - 19.....	38.5	(1.97)	2.7	(0.04)	4.0	(0.14)	0.6	(0.15)	34.0	(2.39)	533	(8.4)	676	(9.8)	125	(2.3)
20 and over...	34.8	(1.34)	2.0	(0.07)	4.3	(0.15)	0.5	(0.05)	54.7	(4.60)	491	(30.6)	660	(4.4)	153	(6.3)
2 and over...	35.7	(1.21)	2.2	(0.05)	4.2	(0.12)	0.5	(0.05)	49.5	(3.89)	501	(23.7)	664	(5.5)	146	(4.6)
Females:																
2 - 5.....	63.2	(4.65)	3.8	(0.18)	3.9	(0.19)	0.4*	(0.14)	37.4	(4.25)	656	(22.7)	741	(14.3)	141	(3.2)
6 - 11.....	42.4	(4.47)	2.6	(0.12)	3.9	(0.17)	0.3	(0.07)	34.5	(2.19)	523	(10.5)	654	(7.9)	125	(2.0)
12 - 19.....	35.1	(1.32)	1.9	(0.14)	4.2	(0.16)	0.4*	(0.14)	48.5	(2.89)	479	(13.2)	623	(12.2)	128	(2.6)
20 - 29.....	43.4	(4.17)	2.0	(0.14)	4.8	(0.22)	0.8	(0.16)	67.3	(6.56)	493	(14.8)	656	(12.4)	145	(4.7)
30 - 39.....	38.6	(3.59)	1.8	(0.16)	4.7	(0.24)	0.6	(0.10)	90.7	(19.94)	474	(14.2)	651	(13.6)	153	(6.9)
40 - 49.....	54.3	(10.06)	2.4	(0.25)	4.6	(0.35)	0.6*	(0.19)	79.2	(8.45)	511	(30.5)	651	(24.4)	154	(4.8)
50 - 59.....	38.9	(2.35)	2.0	(0.13)	4.7	(0.25)	0.6*	(0.19)	68.7	(5.12)	488	(15.9)	667	(16.2)	159	(5.6)
60 - 69.....	43.1	(2.01)	2.2	(0.21)	4.8	(0.20)	0.5*	(0.20)	65.0	(4.70)	489	(20.6)	696	(17.8)	160	(4.3)
70 and over.....	46.0	(3.70)	2.6	(0.17)	5.0	(0.21)	0.7	(0.15)	75.0	(4.13)	480	(12.2)	684	(13.3)	164	(4.7)
2 - 19.....	43.6	(1.92)	2.5	(0.10)	4.0	(0.08)	0.3	(0.07)	41.4	(1.62)	532	(7.3)	659	(7.0)	130	(1.6)
20 and over...	43.7	(1.61)	2.1	(0.10)	4.8	(0.10)	0.6	(0.08)	74.3	(2.80)	489	(9.7)	667	(8.3)	156	(2.1)
2 and over...	43.7	(1.40)	2.2	(0.08)	4.6	(0.08)	0.6	(0.06)	66.9	(2.51)	499	(7.4)	665	(6.1)	150	(1.9)
Males and females:																
2 - 19.....	41.0	(1.56)	2.6	(0.06)	4.0	(0.09)	0.5	(0.10)	37.6	(1.62)	532	(6.9)	668	(7.2)	127	(1.6)
20 and over...	39.4	(1.27)	2.1	(0.07)	4.5	(0.11)	0.6	(0.05)	64.9	(3.49)	490	(16.6)	664	(5.0)	154	(3.8)
2 and over...	39.8	(1.14)	2.2	(0.06)	4.4	(0.08)	0.5	(0.03)	58.4	(3.03)	500	(12.9)	665	(4.8)	148	(3.0)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 (continued)

<i>Nutrient per 1000 kcal</i>																		
Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5.....	6.7	(0.21)	4.9	(0.17)	0.5	(0.01)	45.2	(1.02)	1275	(33.8)	1417	(31.3)	6.5*	(2.02)	20.6	(2.97)	--	--
6 - 11.....	7.5	(0.23)	5.2	(0.16)	0.5	(0.02)	47.7	(1.12)	1090	(23.3)	1527	(26.2)	8.5	(1.43)	30.5	(3.00)	--	--
12 - 19.....	7.0	(0.23)	5.3	(0.14)	0.5	(0.01)	55.3	(1.44)	1089	(22.7)	1670	(20.4)	23.1	(2.33)	19.5	(2.05)	--	--
20 - 29.....	6.8	(0.25)	5.4	(0.20)	0.6	(0.04)	57.3	(1.75)	1152	(28.1)	1766	(45.6)	52.5	(6.19)	11.0	(1.68)	--	--
30 - 39.....	6.6	(0.20)	5.4	(0.17)	0.6	(0.02)	55.9	(1.21)	1198	(34.8)	1693	(38.2)	79.2	(11.84)	13.6	(2.28)	--	--
40 - 49.....	6.6	(0.19)	5.6	(0.18)	0.7	(0.13)	55.1	(1.60)	1241	(36.3)	2387	(694.0)	91.2	(7.55)	13.0	(2.10)	--	--
50 - 59.....	6.6	(0.24)	5.5	(0.28)	0.7	(0.10)	56.5	(1.70)	1243	(36.0)	1680	(60.6)	94.7	(9.44)	19.0	(4.56)	--	--
60 - 69.....	6.6	(0.20)	5.1	(0.16)	0.6	(0.02)	55.6	(1.72)	1246	(28.5)	1688	(51.7)	103.7	(8.25)	17.6	(2.49)	--	--
70 and over.....	7.3	(0.27)	5.2	(0.13)	0.6	(0.02)	54.3	(2.05)	1400	(32.0)	1630	(27.2)	96.5	(6.90)	21.9	(2.41)	--	--
2 - 19.....	7.1	(0.15)	5.2	(0.11)	0.5	(0.01)	50.6	(0.83)	1129	(21.5)	1569	(14.6)	14.8	(1.56)	23.4	(1.85)	--	--
20 and over...	6.7	(0.07)	5.4	(0.07)	0.6	(0.03)	55.9	(0.65)	1238	(17.6)	1810	(115.1)	84.8	(4.38)	15.7	(1.09)	5.1	(0.30)
2 and over...	6.8	(0.07)	5.3	(0.05)	0.6	(0.02)	54.6	(0.59)	1211	(16.9)	1750	(87.7)	67.3	(3.30)	17.6	(1.03)	--	--
Females:																		
2 - 5.....	7.1	(0.28)	5.3	(0.12)	0.5	(0.02)	45.8	(1.11)	1387	(27.5)	1407	(26.7)	4.6	(0.94)	23.9	(4.10)	--	--
6 - 11.....	7.4	(0.25)	4.9	(0.15)	0.5	(0.01)	47.0	(1.20)	1107	(20.0)	1484	(38.6)	7.1	(0.69)	28.0	(1.51)	--	--
12 - 19.....	7.0	(0.22)	4.7	(0.17)	0.5	(0.01)	50.5	(1.13)	1086	(15.0)	1633	(33.6)	21.2	(2.06)	21.3	(1.97)	--	--
20 - 29.....	6.4	(0.15)	5.0	(0.11)	0.6	(0.02)	53.6	(1.01)	1222	(49.4)	1704	(21.4)	65.7	(6.14)	18.3	(1.50)	--	--
30 - 39.....	6.8	(0.18)	5.1	(0.16)	0.6	(0.03)	51.4	(1.19)	1276	(46.7)	1758	(63.6)	70.1	(6.03)	20.0	(3.31)	--	--
40 - 49.....	6.8	(0.31)	5.0	(0.17)	0.6	(0.02)	52.2	(1.71)	1296	(50.4)	1583	(38.7)	131.4	(25.92)	21.0	(2.54)	--	--
50 - 59.....	6.7	(0.17)	5.1	(0.15)	0.6	(0.03)	55.3	(1.94)	1361	(41.1)	1595	(56.1)	125.9	(11.75)	16.0	(1.95)	--	--
60 - 69.....	6.8	(0.24)	5.3	(0.15)	0.7	(0.02)	54.1	(1.68)	1386	(42.4)	1632	(24.4)	111.6	(6.37)	19.8	(4.08)	--	--
70 and over.....	7.8	(0.30)	5.3	(0.12)	0.7	(0.01)	53.7	(1.05)	1443	(38.8)	1653	(30.8)	88.8	(4.90)	22.0	(1.92)	--	--
2 - 19.....	7.2	(0.17)	4.9	(0.12)	0.5	(0.01)	48.3	(0.77)	1158	(12.6)	1534	(26.0)	12.9	(1.18)	24.1	(1.43)	--	--
20 and over...	6.9	(0.08)	5.1	(0.05)	0.6	(0.01)	53.4	(0.73)	1327	(21.9)	1656	(14.8)	98.3	(5.98)	19.4	(0.79)	3.3	(0.32)
2 and over...	6.9	(0.07)	5.1	(0.05)	0.6	(0.01)	52.2	(0.63)	1289	(18.2)	1628	(15.7)	79.0	(4.85)	20.4	(0.77)	--	--
Males and females:																		
2 - 19.....	7.1	(0.11)	5.1	(0.08)	0.5	(0.01)	49.5	(0.69)	1143	(13.1)	1552	(16.4)	13.8	(1.16)	23.7	(1.29)	--	--
20 and over...	6.8	(0.06)	5.3	(0.05)	0.6	(0.02)	54.6	(0.46)	1285	(18.2)	1730	(57.6)	91.8	(4.61)	17.6	(0.62)	4.2	(0.23)
2 and over...	6.9	(0.05)	5.2	(0.04)	0.6	(0.01)	53.4	(0.44)	1251	(16.2)	1688	(46.5)	73.3	(3.53)	19.1	(0.69)	--	--

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 (continued)

<i>Nutrient per 1000 kcal</i>																
Males/Females and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																
2 - 5.....	0.27	(0.016)	0.19	(0.011)	0.15	(0.007)	0.31	(0.016)	0.48	(0.035)	1.25	(0.064)	7.23	(0.155)	2.92	(0.062)
6 - 11.....	0.26	(0.007)	0.18	(0.005)	0.14	(0.004)	0.29	(0.008)	0.54	(0.035)	1.23	(0.036)	7.52	(0.181)	3.20	(0.094)
12 - 19.....	0.24	(0.013)	0.16	(0.007)	0.14	(0.006)	0.27	(0.010)	0.48	(0.030)	1.20	(0.041)	7.31	(0.132)	3.11	(0.073)
20 - 29.....	0.22	(0.013)	0.14	(0.008)	0.11	(0.006)	0.23	(0.013)	0.34	(0.029)	1.08	(0.053)	7.04	(0.161)	3.12	(0.052)
30 - 39.....	0.20	(0.012)	0.13	(0.007)	0.11	(0.005)	0.22	(0.010)	0.36	(0.022)	1.04	(0.044)	7.00	(0.209)	3.08	(0.106)
40 - 49.....	0.24	(0.021)	0.16	(0.015)	0.13	(0.009)	0.27	(0.024)	0.43	(0.030)	1.11	(0.069)	7.00	(0.179)	3.12	(0.102)
50 - 59.....	0.21	(0.015)	0.14	(0.010)	0.12	(0.010)	0.25	(0.013)	0.44	(0.051)	1.04	(0.044)	6.88	(0.144)	3.01	(0.078)
60 - 69.....	0.23	(0.022)	0.15	(0.015)	0.12	(0.010)	0.25	(0.020)	0.44	(0.041)	1.11	(0.071)	7.57	(0.211)	3.30	(0.110)
70 and over.....	0.27	(0.014)	0.18	(0.010)	0.14	(0.010)	0.29	(0.016)	0.50	(0.057)	1.19	(0.058)	7.37	(0.149)	3.28	(0.088)
2 - 19.....	0.25	(0.007)	0.17	(0.005)	0.14	(0.003)	0.29	(0.007)	0.50	(0.021)	1.22	(0.030)	7.36	(0.091)	3.10	(0.039)
20 and over...	0.23	(0.006)	0.15	(0.004)	0.12	(0.003)	0.25	(0.006)	0.41	(0.015)	1.09	(0.020)	7.12	(0.062)	3.14	(0.037)
2 and over...	0.23	(0.005)	0.15	(0.004)	0.13	(0.002)	0.26	(0.005)	0.43	(0.013)	1.12	(0.018)	7.18	(0.059)	3.13	(0.032)
Females:																
2 - 5.....	0.26	(0.011)	0.18	(0.007)	0.15	(0.006)	0.30	(0.010)	0.52	(0.064)	1.21	(0.039)	6.90	(0.147)	2.87	(0.079)
6 - 11.....	0.26	(0.010)	0.17	(0.005)	0.14	(0.004)	0.28	(0.007)	0.49	(0.032)	1.16	(0.031)	7.35	(0.170)	3.09	(0.040)
12 - 19.....	0.26	(0.011)	0.17	(0.008)	0.14	(0.005)	0.28	(0.012)	0.47	(0.025)	1.15	(0.037)	7.15	(0.119)	3.06	(0.052)
20 - 29.....	0.25	(0.009)	0.16	(0.006)	0.15	(0.011)	0.28	(0.012)	0.56	(0.074)	1.21	(0.042)	7.37	(0.141)	3.18	(0.097)
30 - 39.....	0.23	(0.013)	0.15	(0.008)	0.13	(0.007)	0.26	(0.012)	0.47	(0.058)	1.07	(0.058)	7.08	(0.171)	3.06	(0.078)
40 - 49.....	0.24	(0.025)	0.17	(0.017)	0.15	(0.012)	0.29	(0.023)	0.57	(0.047)	1.16	(0.074)	7.04	(0.285)	3.08	(0.138)
50 - 59.....	0.25	(0.013)	0.17	(0.009)	0.14	(0.008)	0.29	(0.013)	0.50	(0.037)	1.17	(0.040)	6.96	(0.135)	3.10	(0.103)
60 - 69.....	0.23	(0.019)	0.15	(0.012)	0.13	(0.010)	0.26	(0.021)	0.46	(0.048)	1.09	(0.074)	7.02	(0.187)	3.09	(0.097)
70 and over.....	0.25	(0.010)	0.16	(0.007)	0.13	(0.006)	0.27	(0.009)	0.46	(0.028)	1.10	(0.030)	7.03	(0.149)	3.05	(0.086)
2 - 19.....	0.26	(0.006)	0.18	(0.004)	0.14	(0.004)	0.29	(0.006)	0.49	(0.026)	1.17	(0.023)	7.16	(0.082)	3.03	(0.024)
20 and over...	0.24	(0.007)	0.16	(0.005)	0.14	(0.004)	0.28	(0.008)	0.50	(0.020)	1.13	(0.028)	7.09	(0.084)	3.09	(0.055)
2 and over...	0.24	(0.006)	0.16	(0.004)	0.14	(0.003)	0.28	(0.006)	0.50	(0.016)	1.14	(0.022)	7.10	(0.069)	3.08	(0.042)
Males and females:																
2 - 19.....	0.26	(0.005)	0.17	(0.004)	0.14	(0.002)	0.29	(0.005)	0.49	(0.018)	1.19	(0.022)	7.26	(0.070)	3.06	(0.024)
20 and over...	0.23	(0.006)	0.15	(0.004)	0.13	(0.003)	0.26	(0.006)	0.46	(0.013)	1.11	(0.022)	7.10	(0.060)	3.12	(0.040)
2 and over...	0.24	(0.005)	0.16	(0.004)	0.13	(0.002)	0.27	(0.005)	0.47	(0.011)	1.13	(0.019)	7.14	(0.056)	3.10	(0.033)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 (continued)

<i>Nutrient per 1000 kcal</i>														
Males/Females and age	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:														
2 - 5.....	0.48	(0.021)	11.87	(0.195)	0.15	(0.008)	0.01	(0.002)	7.64	(0.164)	0.70	(0.026)	#	
6 - 11.....	0.51	(0.020)	12.23	(0.245)	0.13	(0.004)	0.01	(0.002)	7.69	(0.259)	0.70	(0.033)	#	
12 - 19.....	0.54	(0.020)	11.92	(0.264)	0.13	(0.004)	0.01	(0.002)	7.87	(0.194)	0.73	(0.024)	#	
20 - 29.....	0.58	(0.023)	12.11	(0.180)	0.15	(0.005)	0.02	(0.006)	8.43	(0.691)	0.79	(0.032)	#	
30 - 39.....	0.57	(0.021)	12.65	(0.328)	0.14	(0.005)	0.01	(0.002)	7.93	(0.250)	0.83	(0.038)	#	
40 - 49.....	0.61	(0.060)	13.06	(0.555)	0.16	(0.014)	0.02	(0.003)	7.98	(0.397)	0.83	(0.044)	#	
50 - 59.....	0.53	(0.028)	12.74	(0.446)	0.14	(0.005)	0.02	(0.005)	8.29	(0.281)	0.89	(0.038)	#	
60 - 69.....	0.56	(0.025)	13.65	(0.273)	0.17	(0.008)	0.02	(0.004)	8.83	(0.323)	0.94	(0.070)	#	
70 and over.....	0.54	(0.022)	13.48	(0.245)	0.16	(0.009)	0.02	(0.003)	8.69	(0.224)	0.96	(0.038)	0.01	(0.001)
2 - 19.....	0.52	(0.012)	12.02	(0.136)	0.14	(0.003)	0.01	(0.001)	7.76	(0.145)	0.71	(0.014)	#	
20 and over...	0.57	(0.012)	12.88	(0.158)	0.15	(0.004)	0.02	(0.001)	8.34	(0.208)	0.86	(0.023)	#	
2 and over...	0.55	(0.010)	12.67	(0.137)	0.15	(0.003)	0.02	(0.001)	8.19	(0.172)	0.83	(0.020)	#	
Females:														
2 - 5.....	0.47	(0.016)	11.52	(0.244)	0.13	(0.004)	0.01	(0.001)	7.05	(0.257)	0.66	(0.023)	#	
6 - 11.....	0.43	(0.018)	11.95	(0.186)	0.13	(0.003)	0.01	(0.001)	7.91	(0.156)	0.74	(0.021)	#	
12 - 19.....	0.51	(0.021)	12.21	(0.280)	0.14	(0.006)	0.01	(0.001)	8.79	(0.216)	0.89	(0.029)	#	
20 - 29.....	0.57	(0.023)	12.84	(0.344)	0.14	(0.007)	0.01	(0.001)	8.58	(0.282)	0.89	(0.034)	#	
30 - 39.....	0.53	(0.023)	13.13	(0.272)	0.16	(0.008)	0.02	(0.002)	8.63	(0.249)	0.92	(0.043)	#	
40 - 49.....	0.52	(0.018)	12.60	(0.405)	0.15	(0.009)	0.01	(0.002)	8.48	(0.264)	0.93	(0.033)	#	
50 - 59.....	0.52	(0.019)	12.73	(0.396)	0.14	(0.006)	0.01	(0.002)	8.04	(0.271)	0.87	(0.029)	#	
60 - 69.....	0.53	(0.020)	13.25	(0.427)	0.16	(0.009)	0.03*	(0.017)	9.26	(0.381)	1.05	(0.067)	0.01*	(0.003)
70 and over.....	0.52	(0.017)	12.96	(0.241)	0.15	(0.005)	0.01	(0.001)	8.38	(0.151)	0.93	(0.025)	#	
2 - 19.....	0.48	(0.013)	11.97	(0.171)	0.13	(0.003)	0.01	(0.001)	8.12	(0.119)	0.79	(0.016)	#	
20 and over...	0.53	(0.009)	12.92	(0.177)	0.15	(0.003)	0.02	(0.003)	8.55	(0.149)	0.93	(0.023)	#	
2 and over...	0.52	(0.008)	12.70	(0.146)	0.14	(0.002)	0.01	(0.002)	8.45	(0.131)	0.90	(0.019)	#	
Males and females:														
2 - 19.....	0.50	(0.011)	11.99	(0.093)	0.14	(0.002)	0.01	(0.001)	7.94	(0.088)	0.75	(0.010)	#	
20 and over...	0.55	(0.008)	12.90	(0.129)	0.15	(0.002)	0.02	(0.002)	8.45	(0.140)	0.90	(0.022)	#	
2 and over...	0.54	(0.007)	12.69	(0.104)	0.15	(0.002)	0.02	(0.001)	8.32	(0.112)	0.86	(0.019)	#	

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 (continued)

<i>— Nutrient per 1000 kcal —</i>								
Males/Females and age	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:								
2 - 5.....	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.003)	0.01	(0.002)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
20 - 29.....	0.08	(0.004)	0.01	(0.003)	0.01	(0.001)	0.02	(0.006)
30 - 39.....	0.08	(0.004)	0.01	(0.002)	0.01	(0.001)	0.03	(0.004)
40 - 49.....	0.08	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
50 - 59.....	0.07	(0.004)	0.01	(0.002)	0.01	(0.001)	0.03	(0.002)
60 - 69.....	0.08	(0.005)	0.02	(0.006)	0.01	(0.001)	0.04	(0.009)
70 and over.....	0.08	(0.004)	0.02	(0.005)	0.02	(0.003)	0.04	(0.009)
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	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.002)
Females:								
2 - 5.....	0.06	(0.005)	0.01	(0.001)	0.01	(0.001)	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	(0.002)	0.01	(#)	0.02	(0.003)
20 - 29.....	0.08	(0.003)	0.01	(0.003)	0.01	(0.001)	0.03	(0.005)
30 - 39.....	0.08	(0.005)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
40 - 49.....	0.07	(0.008)	0.01	(0.003)	0.01	(0.001)	0.03	(0.005)
50 - 59.....	0.07	(0.004)	0.02	(0.003)	0.01	(0.001)	0.04	(0.006)
60 - 69.....	0.08	(0.003)	0.02*	(0.008)	0.01	(0.002)	0.05	(0.010)
70 and over.....	0.07	(0.004)	0.02	(0.004)	0.01	(0.001)	0.04	(0.007)
2 - 19.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.07	(0.002)	0.02	(0.002)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.002)
Males and females:								
2 - 19.....	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
20 and over...	0.08	(0.002)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.01	(0.001)	0.01	(#)	0.03	(0.001)

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 2.57.

Indicates a non-zero value too small to report.

Footnotes

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2017-2018

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) 2017-2018. 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 2017-2018 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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