Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Sample size	Energy		Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
		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)	56.7	(1.27)	220	(8.1)	106	(5.8)	12.4	(0.52)	63.8	(2.27)	22.5	(0.90)	20.7	(0.69)	14.1	(0.66)
6 - 11	383	2006	(54.0)	68.8	(2.09)	260	(7.1)	118	(3.1)	14.9	(0.87)	79.6	(3.01)	28.1	(1.02)	26.3	(0.96)	17.4	(0.98)
12 - 19	531	2275	(43.2)	86.5	(3.49)	283	(4.5)	126	(3.4)	15.7	(0.47)	90.2	(2.11)	31.0	(0.66)	29.7	(0.82)	20.4	(0.74)
20 - 29	335	2409	(77.6)	92.9	(4.10)	271	(8.6)	105	(3.6)	16.7	(0.78)	95.9	(3.95)	31.4	(1.17)	32.1	(1.39)	22.9	(1.43)
30 - 39	329	2660	(69.5)	102.7	(3.13)	299	(9.5)	124	(5.8)	19.8	(1.00)	106.2	(3.93)	34.3	(1.50)	36.9	(1.56)	24.6	(1.12)
40 - 49	340	2605	(122.1)	104.7	(5.31)	293	(14.5)	128	(9.5)	18.7	(0.87)	106.5	(7.02)	34.1	(1.61)	37.6	(3.22)	24.1	(2.10)
50 - 59	375	2554	(58.7)	95.6	(3.15)	293	(7.2)	128	(7.1)	19.6	(0.80)	102.1	(4.03)	32.7	(1.20)	35.1	(1.64)	24.5	(1.26)
60 - 69	500	2451	(72.7)	93.8	(3.88)	274	(7.9)	116	(4.3)	17.4	(0.68)	104.9	(3.37)	35.0	(1.50)	36.1	(1.05)	23.9	(1.25)
70 and over	428	2159	(55.3)	79.5	(3.00)	251	(7.0)	111	(4.0)	17.9	(0.87)	91.2	(2.79)	30.3	(1.29)	31.1	(1.01)	21.5	(0.66)
2 - 19	1174	2055	(25.5)	74.3	(1.59)	262	(2.8)	119	(1.9)	14.7	(0.38)	81.1	(1.64)	28.2	(0.58)	26.7	(0.59)	18.1	(0.49)
20 and over	2307	2485	(23.9)	95.4	(1.29)	281	(3.2)	119	(2.7)	18.4	(0.38)	101.3	(1.42)	33.0	(0.41)	34.9	(0.66)	23.7	(0.57)
2 and over	3481	2378	(21.9)	90.1	(1.23)	277	(2.6)	119	(2.3)	17.5	(0.34)	96.2	(1.30)	31.8	(0.38)	32.8	(0.59)	22.3	(0.48)
Females:																			
2 - 5	280	1424	(45.7)	49.3	(1.53)	193	(6.9)	95	(4.8)	11.8	(0.45)	52.9	(1.67)	18.5	(0.83)	17.5	(0.62)	11.3	(0.36)
6 - 11	412	1864	(40.3)	60.7	(1.61)	247	(6.6)	112	(4.2)	14.6	(0.44)	73.3	(1.69)	25.7	(0.63)	24.0	(0.65)	16.6	(0.44)
12 - 19	514	1768	(44.7)	62.0	(2.77)	222	(4.9)	97	(2.9)	13.5	(0.55)	71.9	(2.56)	23.8	(0.81)	23.5	(0.97)	17.8	(0.88)
20 - 29	359	1985	(38.5)	73.8	(1.57)	230	(6.3)	99	(4.8)	15.7	(0.63)	82.2	(2.23)	27.5	(0.65)	27.5	(0.79)	19.3	(0.83)
30 - 39	407	1885	(41.1)	69.0	(1.68)	222	(6.2)	96	(4.0)	15.7	(0.68)	78.1	(2.29)	24.9	(0.88)	26.9	(1.00)	18.6	(0.66)
40 - 49	367	1921	(65.9)	69.2	(1.87)	226	(9.6)	106	(5.8)	15.0	(0.93)	79.3	(3.84)	26.0	(1.59)	26.4	(1.38)	19.3	(1.02)
50 - 59	419	1826	(96.2)	69.5	(3.70)	216	(13.9)	97	(8.2)	14.9	(1.01)	73.1	(3.68)	24.1	(1.27)	24.9	(1.37)	16.9	(1.03)
60 - 69	479	1789	(63.5)	70.3	(2.49)	203	(8.6)	90	(7.0)	15.5	(0.85)	75.2	(3.52)	23.4	(1.34)	25.9	(1.50)	18.7	(0.84)
70 and over	404	1662	(38.5)	63.3	(2.07)	201	(5.1)	88	(2.4)	16.0	(0.75)	67.7	(1.90)	22.0	(0.80)	23.3	(0.65)	15.9	(0.41)
2 - 19	1206	1726	(27.0)	58.8	(1.51)	224	(3.7)	102	(2.4)	13.5	(0.28)	68.3	(1.47)	23.3	(0.52)	22.4	(0.53)	16.0	(0.45)
20 and over	2435	1849	(28.3)	69.4	(1.35)	217	(3.8)	96	(2.0)	15.5	(0.44)	76.1	(1.30)	24.7	(0.49)	25.9	(0.49)	18.1	(0.41)
2 and over	3641	1821	(21.7)	67.0	(1.08)	219	(3.0)	97	(1.5)	15.0	(0.37)	74.3	(1.04)	24.4	(0.37)	25.1	(0.42)	17.6	(0.36)
Males and females:																			
2 - 19	2380	1894	(18.2)	66.8	(1.34)	243	(2.3)	110	(1.3)	14.1	(0.27)	74.9	(1.03)	25.8	(0.35)	24.6	(0.30)	17.1	(0.35)
20 and over	4742	2155	(18.8)	81.9	(0.93)	248	(3.0)	107	(1.7)	16.9	(0.39)	88.2	(0.77)	28.7	(0.33)	30.2	(0.36)	20.8	(0.35)
2 and over	7122	2093	(14.2)	78.3	(0.88)	247	(2.2)	108	(1.4)	16.2	(0.33)	85.0	(0.69)	28.0	(0.28)	28.8	(0.32)	19.9	(0.30)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

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	193	(10.1)	460	(22.6)	566	(27.8)	181	(42.0)	1141	(199.5)	87	(13.1)	4071	(630.0)	631	(68.5)	1.33	(0.049)
6 - 11	239	(12.4)	585	(41.3)	680	(45.5)	176	(27.3)	1014	(99.9)	90	(17.8)	3637	(313.5)	926	(210.8)	1.67	(0.041)
12 - 19	279	(13.8)	517	(22.6)	622	(23.7)	191	(44.2)	1134	(141.8)	71	(5.8)	5902	(687.9)	831	(67.5)	1.85	(0.049)
20 - 29	346	(22.3)	458	(49.1)	604	(45.5)	339	(69.2)	1555	(206.8)	65	(7.3)	4892	(610.4)	1144	(178.6)	1.84	(0.082)
30 - 39	393	(18.9)	458	(33.8)	704	(53.5)	396	(50.3)	2700	(458.8)	109	(23.1)	6320	(829.6)	1601	(257.5)	1.93	(0.080)
40 - 49	371	(11.0)	478	(42.1)	746	(65.5)	569*	(191.4)	2873	(641.4)	131*	(40.3)	6376	(778.2)	2020	(456.7)	1.91	(0.101)
50 - 59	354	(17.5)	447	(28.5)	705	(50.4)	396	(82.4)	2836	(372.3)	124	(30.8)	7174	(1057.0)	1797	(298.3)	1.84	(0.046)
60 - 69	368	(15.6)	427	(26.2)	582	(35.6)	246	(43.0)	1704	(193.6)	87	(7.8)	5775	(702.2)	1410	(132.9)	1.83	(0.090)
70 and over	313	(12.4)	519	(29.1)	765	(37.5)	466	(92.0)	2668	(353.3)	96	(16.7)	5157	(688.6)	1721	(246.9)	1.75	(0.069)
2 - 19	248	(8.7)	527	(17.5)	629	(16.9)	184	(28.4)	1096	(83.8)	80	(6.8)	4765	(381.6)	820	(88.1)	1.68	(0.019)
20 and over	358	(6.2)	463	(12.5)	682	(20.1)	401	(51.4)	2380	(206.1)	102	(10.8)	5979	(401.9)	1606	(142.8)	1.85	(0.026)
2 and over	331	(4.4)	479	(11.6)	669	(15.7)	347	(41.4)	2059	(169.5)	97	(8.1)	5676	(296.0)	1410	(120.7)	1.81	(0.022)
Females:																		
2 - 5	171	(11.7)	423	(19.4)	535	(24.3)	277	(62.0)	1154	(174.5)	103	(12.9)	2958	(557.5)	641	(56.1)	1.20	(0.051)
6 - 11	201	(8.4)	486	(25.6)	615	(29.6)	240	(49.6)	1365	(164.1)	105	(14.9)	4722	(660.6)	806	(84.6)	1.51	(0.052)
12 - 19	216	(10.5)	373	(24.9)	497	(21.6)	238	(22.2)	1336	(110.6)	59	(6.7)	3664	(266.3)	984	(117.5)	1.35	(0.037)
20 - 29	281	(12.1)	393	(21.2)	604	(41.8)	324	(56.3)	2329	(272.4)	87	(10.6)	4787	(557.1)	1713	(184.0)	1.45	(0.048)
30 - 39	265	(17.0)	372	(33.6)	619	(26.4)	363	(58.0)	2752	(364.8)	67	(9.2)	4246	(287.5)	2700*	(920.8)	1.34	(0.026)
40 - 49	267	(18.8)	396	(25.3)	642	(41.8)	420	(89.7)	2706	(327.7)	80	(14.9)	3753	(413.6)	1821	(230.9)	1.39	(0.055)
50 - 59	247	(17.4)	343	(30.6)	556	(49.1)	301	(60.5)	2361	(326.2)	85	(10.2)	4420	(441.8)	1642	(179.5)	1.39	(0.077)
60 - 69	267	(15.3)	340	(23.8)	586	(49.4)	376	(61.7)	2725	(426.0)	86	(9.4)	3505	(449.2)	1494	(159.8)	1.25	(0.037)
70 and over	225	(11.1)	422	(29.8)	706	(48.0)	552	(86.4)	3080	(357.9)	98	(16.2)	4334	(430.0)	1726	(146.9)	1.36	(0.046)
2 - 19	201	(5.4)	422	(12.1)	545	(12.8)	247	(16.2)	1307	(57.7)	84	(6.3)	3868	(266.9)	850	(47.7)	1.37	(0.024)
20 and over	259	(7.8)	376	(14.8)	616	(23.3)	383	(35.1)	2640	(158.2)	84	(6.0)	4198	(172.5)	1859	(148.8)	1.37	(0.026)
2 and over	246	(6.1)	387	(12.5)	600	(18.8)	352	(26.8)	2338	(129.6)	84	(4.6)	4123	(145.3)	1630	(119.5)	1.37	(0.021)
Males and females:																		
2 - 19	225	(5.4)	476	(11.5)	588	(12.8)	215	(16.5)	1199	(51.1)	82	(4.8)	4327	(223.3)	835	(56.0)	1.53	(0.015)
20 and over	307	(4.9)	418	(10.5)	648	(17.2)	392	(36.7)	2515	(164.7)	92	(7.2)	5053	(231.6)	1737	(138.2)	1.60	(0.020)
2 and over	287	(3.2)	432	(9.4)	633	(13.9)	350	(28.8)	2202	(135.9)	90	(5.7)	4881	(180.9)	1523	(114.1)	1.58	(0.017)

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Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	1.64	(0.044)	17.0	(0.45)	1.49	(0.045)	161	(8.9)	129	(8.6)	403	(18.9)	222	(7.8)	3.94	(0.144)	0.78	(0.082)
6 - 11	1.96	(0.076)	22.6	(0.74)	1.82	(0.078)	230	(11.3)	151	(7.6)	541	(21.8)	256	(10.4)	4.88	(0.243)	1.36	(0.159)
12 - 19	2.16	(0.084)	28.4	(0.92)	2.15	(0.091)	234	(10.3)	172	(6.7)	569	(16.0)	303	(12.8)	5.56	(0.253)	1.34	(0.168)
20 - 29	2.24	(0.106)	31.7	(1.75)	2.58	(0.160)	238	(19.5)	215	(10.5)	618	(33.8)	366	(19.4)	5.62	(0.425)	1.30	(0.223)
30 - 39	2.84	(0.133)	36.2	(1.39)	3.22	(0.191)	186	(12.1)	248	(9.7)	562	(23.4)	418	(13.7)	7.00	(0.372)	2.39	(0.392)
40 - 49	2.70	(0.283)	34.9	(3.05)	2.81	(0.314)	202	(19.6)	246	(12.3)	587	(37.0)	400	(12.0)	6.56	(0.972)	1.96*	(0.810)
50 - 59	2.40	(0.080)	29.5	(0.70)	2.29	(0.079)	195	(14.8)	261	(10.1)	592	(25.6)	404	(12.6)	5.26	(0.345)	0.75	(0.146)
60 - 69	2.32	(0.097)	32.1	(2.64)	2.97	(0.513)	187	(12.0)	221	(7.2)	538	(25.1)	382	(13.4)	6.04	(0.599)	1.49*	(0.516)
70 and over	2.21	(0.072)	24.1	(0.72)	2.09	(0.082)	176	(12.6)	214	(9.0)	511	(20.9)	353	(13.1)	4.97	(0.330)	0.79	(0.100)
2 - 19	1.98	(0.031)	24.1	(0.43)	1.90	(0.040)	217	(7.5)	156	(4.9)	525	(10.9)	270	(7.4)	4.99	(0.139)	1.23	(0.084)
20 and over	2.46	(0.059)	31.6	(0.62)	2.67	(0.099)	199	(5.2)	235	(4.8)	573	(8.6)	388	(4.7)	5.92	(0.226)	1.45	(0.163)
2 and over	2.34	(0.047)	29.7	(0.49)	2.47	(0.075)	204	(5.2)	215	(4.7)	561	(8.2)	359	(3.5)	5.69	(0.188)	1.40	(0.135)
Females:																		
2 - 5	1.50	(0.065)	14.8	(0.51)	1.37	(0.040)	150	(10.7)	119	(5.9)	372	(20.4)	205	(8.4)	3.56	(0.203)	0.70	(0.059)
6 - 11	1.77	(0.052)	20.2	(0.75)	1.67	(0.076)	207	(9.3)	145	(6.6)	497	(16.6)	229	(5.5)	4.29	(0.177)	1.22	(0.139)
12 - 19	1.53	(0.046)	20.6	(0.88)	1.64	(0.091)	174	(6.8)	154	(8.9)	445	(17.0)	224	(9.1)	3.47	(0.168)	0.89	(0.122)
20 - 29	1.79	(0.067)	22.7	(0.67)	1.83	(0.065)	168	(16.9)	189	(8.7)	474	(31.5)	292	(11.1)	3.84	(0.115)	0.60	(0.103)
30 - 39	1.78	(0.060)	21.7	(0.72)	1.86	(0.108)	143	(12.0)	207	(14.7)	450	(15.6)	283	(12.9)	3.65	(0.237)	0.76	(0.136)
40 - 49	1.90	(0.059)	21.7	(0.77)	1.71	(0.087)	159	(15.6)	198	(9.1)	466	(24.3)	280	(12.3)	3.79	(0.193)	0.88	(0.170)
50 - 59	1.82	(0.115)	21.1	(1.28)	1.70	(0.135)	134	(9.0)	183	(10.3)	411	(23.2)	273	(16.1)	4.18	(0.351)	0.60	(0.154)
60 - 69	1.74	(0.068)	19.9	(0.94)	1.58	(0.059)	112	(5.2)	199	(11.4)	388	(12.7)	292	(11.7)	3.73	(0.309)	0.37	(0.089)
70 and over	1.76	(0.061)	19.9	(0.76)	1.70	(0.085)	155	(11.5)	180	(8.2)	442	(21.3)	263	(8.6)	3.88	(0.214)	0.68	(0.102)
2 - 19	1.61	(0.023)	19.2	(0.57)	1.59	(0.055)	180	(3.7)	143	(4.6)	447	(8.1)	222	(4.1)	3.77	(0.099)	0.96	(0.081)
20 and over	1.80	(0.050)	21.2	(0.51)	1.74	(0.049)	145	(4.3)	193	(5.2)	439	(10.2)	281	(7.2)	3.85	(0.129)	0.65	(0.056)
2 and over	1.76	(0.039)	20.8	(0.38)	1.70	(0.040)	153	(3.5)	182	(4.5)	440	(8.1)	267	(5.7)	3.83	(0.092)	0.72	(0.050)
Males and females:																		
2 - 19	1.80	(0.022)	21.7	(0.43)	1.75	(0.040)	199	(3.6)	150	(3.3)	487	(5.5)	246	(4.5)	4.39	(0.108)	1.10	(0.068)
20 and over	2.12	(0.041)	26.2	(0.42)	2.18	(0.057)	171	(3.0)	213	(4.7)	503	(6.3)	332	(4.6)	4.84	(0.137)	1.03	(0.089)
2 and over	2.04	(0.033)	25.1	(0.34)	2.08	(0.045)	178	(2.8)	198	(4.3)	499	(5.4)	312	(3.4)	4.74	(0.116)	1.05	(0.076)

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Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																
2 - 5	80.3	(12.69)	5.5	(0.24)	6.0	(0.24)	0.4*	(0.16)	50.7	(3.52)	1011	(54.8)	1181	(32.5)	217	(6.1)
6 - 11	77.2	(6.88)	5.3	(0.25)	9.0	(1.10)	2.0*	(0.96)	72.7	(8.61)	1066	(45.5)	1322	(43.6)	241	(9.5)
12 - 19	70.0	(5.96)	5.0	(0.27)	8.6	(0.36)	0.7	(0.09)	78.5	(5.36)	1079	(32.2)	1497	(50.4)	275	(10.2)
20 - 29	68.6	(6.09)	4.8	(0.48)	9.5	(0.85)	0.9*	(0.31)	95.7	(10.08)	1136	(56.7)	1585	(78.2)	323	(14.1)
30 - 39	86.4	(9.02)	4.4	(0.37)	10.9	(0.49)	1.1	(0.29)	127.4	(9.11)	1140	(48.4)	1682	(51.5)	364	(13.9)
40 - 49	85.8	(11.12)	4.3	(0.40)	11.7	(1.31)	1.9*	(0.74)	146.7	(22.70)	1129	(87.9)	1717	(84.2)	359	(18.4)
50 - 59	84.0	(5.62)	4.3	(0.30)	11.2	(0.61)	1.1	(0.28)	146.3	(16.33)	1094	(31.2)	1624	(37.6)	360	(9.6)
60 - 69	74.8	(6.44)	4.9	(0.46)	9.8	(0.33)	0.7	(0.14)	117.9	(8.51)	992	(50.4)	1523	(52.2)	323	(10.8)
70 and over	84.8	(6.24)	6.2	(1.03)	9.6	(0.37)	0.8	(0.24)	129.6	(10.53)	968	(43.8)	1419	(58.0)	319	(11.7)
2 - 19	74.5	(4.85)	5.2	(0.12)	8.2	(0.33)	1.1*	(0.34)	70.7	(4.83)	1060	(19.3)	1372	(25.5)	251	(4.9)
20 and over	80.4	(3.05)	4.8	(0.17)	10.5	(0.34)	1.1	(0.13)	126.9	(8.04)	1084	(19.1)	1600	(19.0)	343	(4.4)
2 and over	79.0	(2.99)	4.9	(0.14)	9.9	(0.28)	1.1	(0.12)	112.8	(7.05)	1078	(16.9)	1543	(17.6)	320	(4.1)
Females:																
2 - 5	86.4	(5.68)	5.1	(0.32)	5.4	(0.23)	0.5*	(0.17)	49.9	(4.45)	906	(46.3)	1026	(39.1)	194	(6.1)
6 - 11	76.2	(7.93)	4.7	(0.22)	7.4	(0.27)	0.4	(0.10)	69.0	(6.37)	957	(32.5)	1203	(28.0)	228	(5.8)
12 - 19	59.0	(3.57)	3.3	(0.24)	7.7	(0.53)	0.7*	(0.27)	84.8	(6.29)	813	(27.2)	1100	(43.1)	219	(7.8)
20 - 29	74.2	(5.04)	3.8	(0.26)	9.0	(0.39)	1.2	(0.25)	121.3	(8.11)	933	(34.7)	1268	(35.6)	268	(11.1)
30 - 39	67.8	(5.65)	3.3	(0.29)	8.8	(0.40)	1.1	(0.22)	164.0	(39.01)	862	(26.2)	1205	(27.5)	276	(9.9)
40 - 49	80.3	(8.31)	3.8	(0.28)	8.4	(0.55)	0.9	(0.25)	139.6	(13.46)	863	(39.2)	1166	(33.2)	270	(9.9)
50 - 59	67.5	(3.99)	3.6	(0.36)	8.5	(0.60)	1.1	(0.32)	115.9	(8.85)	854	(45.2)	1191	(69.9)	271	(14.5)
60 - 69	73.7	(4.31)	3.6	(0.38)	8.6	(0.48)	0.9*	(0.34)	109.7	(7.70)	831	(45.2)	1218	(50.0)	277	(10.7)
70 and over	73.1	(5.16)	4.2	(0.30)	8.4	(0.36)	1.2	(0.27)	120.1	(6.55)	784	(26.7)	1130	(35.9)	265	(9.0)
2 - 19	70.7	(3.33)	4.1	(0.14)	7.1	(0.27)	0.6	(0.14)	72.0	(3.65)	882	(14.3)	1119	(21.9)	217	(4.0)
20 and over	72.5	(2.19)	3.7	(0.18)	8.6	(0.20)	1.1	(0.11)	128.6	(6.34)	857	(19.0)	1199	(25.5)	271	(6.1)
2 and over	72.1	(1.89)	3.8	(0.14)	8.3	(0.18)	1.0	(0.08)	115.8	(5.39)	863	(15.2)	1181	(19.5)	259	(5.1)
Males and females:																
2 - 19	72.7	(3.54)	4.7	(0.12)	7.7	(0.21)	0.8	(0.22)	71.3	(3.39)	973	(13.9)	1249	(19.9)	234	(3.2)
20 and over	76.3	(2.35)	4.2	(0.14)	9.5	(0.19)	1.1	(0.09)	127.8	(6.82)	966	(14.6)	1391	(15.7)	306	(4.3)
2 and over	75.4	(2.21)	4.3	(0.12)	9.1	(0.16)	1.0	(0.07)	114.4	(5.91)	968	(13.1)	1357	(13.9)	289	(3.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	10.9	(0.44)	7.9	(0.20)	0.8	(0.02)	74.1	(2.17)	2089	(81.8)	2342	(93.5)	11.1*	(3.42)	38.2	(6.39)	--	--
6 - 11	14.8	(0.63)	10.3	(0.48)	0.9	(0.05)	94.1	(2.73)	2125	(56.3)	3052	(99.9)	17.6	(2.88)	62.3	(6.80)	--	--
12 - 19	15.5	(0.48)	11.9	(0.47)	1.1	(0.03)	123.6	(4.43)	2434	(86.1)	3737	(101.0)	50.5	(4.11)	46.9	(6.35)	--	--
20 - 29	15.8	(0.62)	12.7	(0.55)	1.2	(0.05)	133.3	(5.92)	2643	(116.1)	4219	(185.8)	110.7	(9.79)	27.5	(3.27)	--	--
30 - 39	16.6	(0.62)	13.7	(0.47)	1.4	(0.06)	145.6	(5.18)	3042	(82.4)	4407	(129.2)	180.4	(17.67)	37.0	(5.23)	--	--
40 - 49	16.8	(0.83)	14.0	(0.72)	1.4	(0.07)	139.4	(6.64)	3053	(141.8)	4247	(182.7)	203.8	(19.73)	37.1	(5.90)	--	--
50 - 59	16.7	(0.63)	13.4	(0.79)	1.5	(0.07)	140.2	(4.81)	3034	(79.9)	4184	(167.6)	216.6	(15.33)	55.4	(12.78)	--	--
60 - 69	15.6	(0.51)	12.5	(0.42)	1.3	(0.05)	134.4	(5.43)	2911	(90.7)	4031	(135.6)	227.3	(7.80)	46.3	(6.63)	--	--
70 and over	15.4	(0.62)	11.0	(0.42)	1.3	(0.05)	115.4	(6.12)	2981	(112.0)	3451	(81.2)	191.4	(12.30)	50.4	(4.87)	--	--
2 - 19	14.3	(0.26)	10.5	(0.23)	1.0	(0.02)	103.4	(1.98)	2259	(49.8)	3215	(69.2)	31.3	(2.94)	50.1	(4.61)	--	--
20 and over	16.2	(0.23)	13.0	(0.22)	1.3	(0.03)	135.5	(2.07)	2937	(37.3)	4121	(57.1)	185.8	(6.64)	41.8	(2.92)	13.7	(0.70)
2 and over	15.7	(0.19)	12.4	(0.19)	1.2	(0.03)	127.5	(1.80)	2767	(35.9)	3895	(48.4)	147.2	(5.36)	43.9	(2.68)	--	--
Females:																		
2 - 5	10.0	(0.38)	7.4	(0.34)	0.7	(0.02)	64.5	(2.19)	1902	(61.9)	1994	(56.6)	6.4	(1.19)	37.2	(7.96)	--	--
6 - 11	13.4	(0.40)	9.0	(0.31)	0.9	(0.03)	86.1	(3.14)	2051	(64.8)	2742	(99.6)	13.7	(1.46)	57.9	(3.98)	--	--
12 - 19	12.2	(0.42)	8.2	(0.33)	0.9	(0.04)	88.3	(3.36)	1885	(59.9)	2873	(112.0)	34.1	(2.99)	40.4	(4.57)	--	--
20 - 29	12.6	(0.49)	9.8	(0.29)	1.1	(0.04)	102.8	(3.17)	2309	(92.1)	3326	(77.1)	112.9	(9.54)	40.0	(2.77)	--	--
30 - 39	12.4	(0.20)	9.3	(0.31)	1.1	(0.04)	93.6	(2.64)	2310	(87.1)	3149	(80.9)	125.5	(11.09)	40.0	(7.00)	--	--
40 - 49	12.6	(0.65)	9.2	(0.38)	1.0	(0.03)	96.4	(2.65)	2288	(79.2)	2984	(123.9)	196.5	(23.11)	44.8	(7.62)	--	--
50 - 59	12.1	(0.72)	9.2	(0.44)	1.1	(0.06)	97.7	(4.58)	2346	(120.4)	2843	(156.7)	184.5	(12.99)	30.5	(3.93)	--	--
60 - 69	11.6	(0.31)	9.3	(0.41)	1.2	(0.05)	93.3	(3.34)	2364	(87.6)	2838	(86.6)	185.3	(14.02)	39.9	(10.52)	--	--
70 and over	12.8	(0.64)	8.8	(0.32)	1.1	(0.03)	88.4	(2.93)	2329	(69.6)	2723	(84.7)	137.9	(9.02)	36.6	(3.21)	--	--
2 - 19	12.1	(0.22)	8.3	(0.19)	0.8	(0.02)	82.4	(1.88)	1944	(33.9)	2639	(68.3)	21.2	(1.86)	45.6	(3.40)	--	--
20 and over	12.3	(0.27)	9.3	(0.16)	1.1	(0.02)	95.6	(1.49)	2324	(52.8)	2987	(46.2)	156.2	(7.76)	38.4	(1.99)	6.6	(0.67)
2 and over	12.3	(0.21)	9.1	(0.14)	1.0	(0.02)	92.6	(1.16)	2238	(41.5)	2908	(38.5)	125.7	(6.37)	40.1	(1.77)	--	--
Males and females:																		
2 - 19	13.2	(0.17)	9.4	(0.17)	0.9	(0.02)	93.1	(1.62)	2105	(32.7)	2934	(54.4)	26.4	(2.10)	47.9	(3.09)	--	--
20 and over	14.2	(0.19)	11.1	(0.14)	1.2	(0.02)	114.8	(1.07)	2618	(37.5)	3531	(38.5)	170.4	(6.39)	40.0	(1.51)	10.0	(0.49)
2 and over	14.0	(0.15)	10.7	(0.13)	1.1	(0.02)	109.6	(0.90)	2496	(31.2)	3389	(34.8)	136.2	(4.87)	41.9	(1.65)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																
2 - 5	0.47	(0.028)	0.32	(0.019)	0.25	(0.014)	0.52	(0.029)	0.82	(0.073)	2.12	(0.117)	12.18	(0.455)	4.92	(0.192)
6 - 11	0.52	(0.021)	0.35	(0.014)	0.29	(0.012)	0.58	(0.021)	1.08	(0.089)	2.47	(0.099)	15.25	(0.545)	6.52	(0.280)
12 - 19	0.57	(0.032)	0.37	(0.018)	0.31	(0.014)	0.63	(0.024)	1.12	(0.066)	2.74	(0.090)	16.86	(0.342)	7.27	(0.144)
20 - 29	0.54	(0.028)	0.34	(0.018)	0.26	(0.014)	0.57	(0.030)	0.80	(0.044)	2.65	(0.133)	17.43	(0.722)	7.66	(0.271)
30 - 39	0.55	(0.043)	0.35	(0.024)	0.30	(0.019)	0.61	(0.038)	1.03	(0.075)	2.81	(0.169)	19.03	(0.816)	8.39	(0.346)
40 - 49	0.62	(0.042)	0.40	(0.029)	0.33	(0.017)	0.69	(0.050)	1.15	(0.083)	2.88	(0.158)	18.50	(0.936)	8.29	(0.443)
50 - 59	0.55	(0.043)	0.37	(0.028)	0.31	(0.020)	0.63	(0.036)	1.08	(0.097)	2.68	(0.129)	17.96	(0.658)	7.96	(0.331)
60 - 69	0.62	(0.070)	0.41	(0.046)	0.33	(0.029)	0.67	(0.063)	1.22	(0.147)	2.93	(0.215)	19.10	(0.727)	8.47	(0.357)
70 and over	0.61	(0.041)	0.41	(0.030)	0.33	(0.030)	0.65	(0.048)	1.18	(0.172)	2.69	(0.178)	16.16	(0.628)	7.21	(0.303)
2 - 19	0.53	(0.020)	0.35	(0.012)	0.29	(0.008)	0.59	(0.016)	1.04	(0.044)	2.52	(0.071)	15.33	(0.308)	6.52	(0.140)
20 and over	0.58	(0.018)	0.38	(0.013)	0.31	(0.009)	0.63	(0.017)	1.06	(0.046)	2.77	(0.057)	18.06	(0.203)	8.01	(0.118)
2 and over	0.57	(0.015)	0.37	(0.010)	0.30	(0.007)	0.62	(0.013)	1.06	(0.037)	2.71	(0.048)	17.38	(0.203)	7.64	(0.112)
Females:																
2 - 5	0.37	(0.021)	0.26	(0.013)	0.20	(0.010)	0.43	(0.019)	0.72	(0.091)	1.73	(0.088)	9.93	(0.444)	4.18	(0.227)
6 - 11	0.50	(0.029)	0.33	(0.016)	0.26	(0.013)	0.54	(0.023)	0.94	(0.087)	2.20	(0.092)	13.97	(0.347)	5.91	(0.135)
12 - 19	0.47	(0.024)	0.31	(0.018)	0.25	(0.013)	0.50	(0.026)	0.87	(0.060)	2.09	(0.093)	12.94	(0.428)	5.59	(0.191)
20 - 29	0.50	(0.019)	0.33	(0.013)	0.30	(0.021)	0.58	(0.025)	1.09	(0.132)	2.45	(0.081)	14.86	(0.298)	6.43	(0.198)
30 - 39	0.44	(0.028)	0.29	(0.020)	0.24	(0.015)	0.50	(0.029)	0.89	(0.090)	2.09	(0.121)	13.65	(0.445)	5.94	(0.196)
40 - 49	0.48	(0.058)	0.33	(0.038)	0.29	(0.031)	0.56	(0.056)	1.05	(0.131)	2.26	(0.184)	13.92	(0.783)	6.07	(0.333)
50 - 59	0.47	(0.043)	0.32	(0.029)	0.26	(0.019)	0.52	(0.043)	0.89	(0.074)	2.16	(0.155)	12.85	(0.663)	5.74	(0.279)
60 - 69	0.43	(0.050)	0.27	(0.027)	0.23	(0.021)	0.48	(0.047)	0.82	(0.079)	1.98	(0.195)	12.62	(0.657)	5.60	(0.298)
70 and over	0.42	(0.023)	0.28	(0.016)	0.23	(0.014)	0.47	(0.023)	0.79	(0.062)	1.89	(0.082)	11.88	(0.407)	5.17	(0.199)
2 - 19	0.46	(0.014)	0.31	(0.010)	0.24	(0.009)	0.50	(0.016)	0.86	(0.060)	2.05	(0.062)	12.64	(0.256)	5.40	(0.114)
20 and over	0.46	(0.016)	0.30	(0.010)	0.26	(0.009)	0.52	(0.016)	0.92	(0.043)	2.14	(0.061)	13.33	(0.245)	5.84	(0.110)
2 and over	0.46	(0.013)	0.30	(0.009)	0.25	(0.007)	0.51	(0.013)	0.91	(0.032)	2.12	(0.048)	13.18	(0.193)	5.74	(0.080)
Males and females:																
2 - 19	0.49	(0.012)	0.33	(0.008)	0.27	(0.006)	0.55	(0.011)	0.95	(0.038)	2.29	(0.048)	14.02	(0.180)	5.97	(0.090)
20 and over	0.52	(0.015)	0.34	(0.010)	0.28	(0.007)	0.57	(0.014)	0.99	(0.031)	2.44	(0.053)	15.60	(0.158)	6.88	(0.078)
2 and over	0.51	(0.011)	0.34	(0.008)	0.28	(0.006)	0.57	(0.011)	0.98	(0.025)	2.41	(0.043)	15.23	(0.142)	6.67	(0.069)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:														
2 - 5	0.81	(0.042)	19.70	(0.644)	0.24	(0.022)	0.02	(0.003)	12.74	(0.614)	1.18	(0.054)	0.01	(0.001)
6 - 11	1.03	(0.049)	24.93	(0.916)	0.28	(0.014)	0.03	(0.004)	15.73	(0.908)	1.43	(0.086)	0.01	(0.001)
12 - 19	1.22	(0.037)	27.94	(0.778)	0.31	(0.012)	0.03	(0.003)	18.33	(0.670)	1.73	(0.071)	0.01	(0.001)
20 - 29	1.46	(0.080)	30.04	(1.279)	0.37	(0.016)	0.04	(0.007)	20.49	(1.346)	1.95	(0.102)	0.01	(0.002)
30 - 39	1.56	(0.074)	34.64	(1.460)	0.39	(0.017)	0.03	(0.005)	21.78	(1.014)	2.29	(0.129)	0.01	(0.002)
40 - 49	1.68	(0.271)	35.29	(2.902)	0.45	(0.059)	0.05	(0.009)	21.49	(1.884)	2.21	(0.199)	0.01*	(0.003)
50 - 59	1.36	(0.089)	33.12	(1.563)	0.37	(0.016)	0.05	(0.013)	21.78	(1.109)	2.35	(0.149)	0.01*	(0.003)
60 - 69	1.42	(0.067)	34.01	(0.980)	0.43	(0.029)	0.06	(0.009)	21.17	(1.091)	2.21	(0.154)	0.01	(0.002)
70 and over	1.18	(0.075)	29.36	(0.944)	0.34	(0.018)	0.04	(0.008)	18.94	(0.563)	2.11	(0.078)	0.01	(0.002)
2 - 19	1.07	(0.032)	25.20	(0.555)	0.29	(0.010)	0.03	(0.002)	16.29	(0.451)	1.52	(0.040)	0.01	(0.001)
20 and over	1.45	(0.050)	32.77	(0.600)	0.39	(0.012)	0.04	(0.002)	21.02	(0.516)	2.18	(0.063)	0.01	(0.001)
2 and over	1.36	(0.041)	30.88	(0.541)	0.36	(0.010)	0.04	(0.002)	19.84	(0.430)	2.02	(0.054)	0.01	(0.001)
Females:														
2 - 5	0.66	(0.024)	16.66	(0.593)	0.19	(0.012)	0.01	(0.001)	10.20	(0.330)	0.96	(0.035)	#	
6 - 11	0.81	(0.039)	22.81	(0.610)	0.26	(0.008)	0.02	(0.002)	14.99	(0.390)	1.43	(0.048)	#	
12 - 19	0.92	(0.050)	22.19	(0.902)	0.25	(0.013)	0.02	(0.002)	15.97	(0.802)	1.59	(0.083)	0.01	(0.001)
20 - 29	1.13	(0.048)	25.85	(0.732)	0.28	(0.010)	0.02	(0.002)	17.14	(0.738)	1.77	(0.079)	0.01	(0.001)
30 - 39	1.00	(0.045)	25.42	(0.959)	0.31	(0.021)	0.03	(0.004)	16.53	(0.580)	1.77	(0.083)	0.01	(0.001)
40 - 49	1.03	(0.057)	24.85	(1.307)	0.28	(0.019)	0.02	(0.005)	17.17	(0.930)	1.83	(0.093)	0.01*	(0.003)
50 - 59	0.95	(0.051)	23.48	(1.328)	0.25	(0.013)	0.03	(0.005)	14.95	(0.916)	1.61	(0.102)	0.01	(0.001)
60 - 69	0.95	(0.058)	24.37	(1.440)	0.29	(0.025)	0.05*	(0.028)	16.49	(0.789)	1.81	(0.091)	0.01*	(0.005)
70 and over	0.87	(0.035)	21.99	(0.614)	0.25	(0.010)	0.02	(0.002)	14.04	(0.386)	1.56	(0.045)	0.01	(0.002)
2 - 19	0.83	(0.029)	21.20	(0.496)	0.24	(0.008)	0.02	(0.001)	14.40	(0.405)	1.40	(0.045)	#	
20 and over	0.99	(0.022)	24.37	(0.466)	0.28	(0.008)	0.03	(0.005)	16.06	(0.373)	1.72	(0.045)	0.01	(0.001)
2 and over	0.95	(0.019)	23.66	(0.394)	0.27	(0.006)	0.03	(0.004)	15.69	(0.321)	1.65	(0.038)	0.01	(0.001)
Males and females:														
2 - 19	0.95	(0.025)	23.25	(0.273)	0.26	(0.007)	0.02	(0.001)	15.36	(0.322)	1.46	(0.031)	0.01	(#)
20 and over	1.21	(0.026)	28.40	(0.337)	0.33	(0.006)	0.04	(0.003)	18.44	(0.312)	1.95	(0.047)	0.01	(0.001)
2 and over	1.15	(0.022)	27.18	(0.294)	0.32	(0.005)	0.03	(0.002)	17.71	(0.264)	1.83	(0.041)	0.01	(0.001)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Males:								
2 - 5	0.10	(0.004)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
6 - 11	0.13	(0.006)	0.01	(0.003)	0.02	(0.001)	0.02	(0.003)
12 - 19	0.15	(0.009)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 - 29	0.19	(0.014)	0.02	(0.004)	0.03	(0.002)	0.05	(0.009)
30 - 39	0.21	(0.010)	0.03	(0.003)	0.03	(0.002)	0.07	(0.008)
40 - 49	0.20	(0.007)	0.03	(0.004)	0.03	(0.002)	0.05	(0.006)
50 - 59	0.19	(0.009)	0.03	(0.005)	0.03	(0.002)	0.06	(0.007)
60 - 69	0.20	(0.010)	0.05	(0.010)	0.03	(0.003)	0.10	(0.015)
70 and over	0.17	(0.018)	0.04*	(0.016)	0.04*	(0.014)	0.10*	(0.032)
2 - 19	0.13	(0.005)	0.02	(0.001)	0.02	(0.001)	0.03	(0.002)
20 and over	0.19	(0.004)	0.03	(0.003)	0.03	(0.002)	0.07	(0.005)
2 and over	0.18	(0.003)	0.03	(0.002)	0.03	(0.001)	0.06	(0.004)
Females:								
2 - 5	0.09	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
6 - 11	0.11	(0.006)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)
12 - 19	0.11	(0.007)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 - 29	0.15	(0.007)	0.02	(0.004)	0.02	(0.001)	0.05	(0.007)
30 - 39	0.14	(0.009)	0.02	(0.003)	0.02	(0.001)	0.04	(0.005)
40 - 49	0.14	(0.010)	0.02	(0.003)	0.02	(0.001)	0.04	(0.004)
50 - 59	0.12	(0.008)	0.04	(0.006)	0.02	(0.002)	0.07	(0.013)
60 - 69	0.14	(0.007)	0.04*	(0.014)	0.02	(0.004)	0.08	(0.020)
70 and over	0.11	(0.006)	0.03	(0.006)	0.02	(0.002)	0.06	(0.012)
2 - 19	0.11	(0.003)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)
20 and over	0.13	(0.004)	0.03	(0.003)	0.02	(0.001)	0.06	(0.004)
2 and over	0.13	(0.003)	0.02	(0.003)	0.02	(0.001)	0.05	(0.003)
Males and females:								
2 - 19	0.12	(0.003)	0.01	(0.001)	0.02	(#)	0.02	(0.001)
20 and over	0.16	(0.003)	0.03	(0.002)	0.03	(0.001)	0.06	(0.003)
2 and over	0.15	(0.002)	0.03	(0.002)	0.02	(0.001)	0.05	(0.002)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, *What We Eat in America,* NHANES 2017-2018.

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
Non-Hispanic White:																			
2 - 5.....	212	1565	(51.9)	53.7	(1.21)	208	(7.2)	103	(5.7)	12.2	(0.51)	60.6	(2.32)	21.4	(0.98)	19.8	(0.68)	13.2	(0.66)
6 - 11.....	254	1906	(56.7)	63.0	(2.19)	250	(7.3)	116	(4.4)	14.3	(0.85)	75.7	(3.29)	26.3	(1.14)	25.1	(0.99)	17.1	(1.02)
12 - 19.....	331	2064	(53.2)	77.0	(4.74)	256	(5.9)	117	(3.4)	14.2	(0.83)	83.3	(2.18)	28.3	(0.40)	27.2	(0.63)	19.4	(1.16)
20 and over...	1694	2162	(28.3)	81.7	(1.40)	244	(4.0)	107	(2.2)	16.2	(0.44)	90.6	(1.34)	30.0	(0.49)	30.9	(0.57)	21.0	(0.60)
2 and over...	2491	2110	(22.7)	78.8	(1.41)	244	(2.9)	108	(1.7)	15.7	(0.41)	87.6	(1.23)	29.2	(0.43)	29.7	(0.51)	20.2	(0.53)
Non-Hispanic Black:																			
2 - 5.....	113	1461	(57.4)	45.1	(1.92)	203	(6.9)	98	(3.3)	10.7	(0.51)	54.5	(2.89)	17.5	(1.17)	18.8	(1.07)	12.8	(0.75)
6 - 11.....	186	1917	(55.6)	61.2	(2.26)	253	(9.1)	115	(5.2)	13.2	(0.65)	76.2	(2.50)	25.9	(1.25)	25.4	(0.97)	17.7	(0.69)
12 - 19.....	232	2060	(88.2)	70.3	(3.61)	257	(11.6)	116	(5.8)	13.0	(0.86)	85.6	(3.74)	28.4	(1.64)	28.4	(1.46)	20.7	(1.05)
20 and over...	1128	2113	(28.9)	76.2	(1.59)	245	(4.4)	111	(2.7)	14.1	(0.27)	86.6	(1.77)	27.0	(0.57)	29.8	(0.60)	21.6	(0.53)
2 and over...	1659	2061	(26.0)	72.9	(1.39)	245	(3.9)	111	(2.0)	13.8	(0.26)	84.2	(1.52)	26.7	(0.53)	28.8	(0.55)	20.8	(0.43)
Non-Hispanic Asian[1]:																			
2 - 5.....	49	1455*	(65.0)	50.7*	(2.66)	198*	(9.1)	82*	(5.3)	12.4*	(0.83)	53.2*	(2.78)	18.9*	(0.87)	17.3*	(1.49)	11.4*	(0.64)
6 - 11.....	70	1863*	(91.0)	64.3*	(3.84)	245*	(13.9)	96*	(7.4)	16.5*	(1.36)	71.7*	(4.14)	26.9*	(2.06)	22.7*	(1.58)	14.8*	(1.16)
12 - 19.....	117	1984	(63.5)	74.1	(2.88)	255	(6.5)	96	(5.6)	16.5	(1.04)	75.8	(4.47)	25.7	(1.76)	24.9	(1.52)	17.5	(1.12)
20 and over...	626	1943	(37.2)	81.6	(1.96)	242	(6.1)	86	(2.9)	20.4	(0.93)	72.0	(1.79)	22.0	(0.63)	25.5	(0.75)	17.4	(0.59)
2 and over...	862	1922	(33.8)	78.5	(1.93)	241	(5.3)	87	(2.5)	19.5	(0.84)	71.6	(1.80)	22.5	(0.62)	24.9	(0.71)	17.0	(0.55)
Hispanic:																			
2 - 5.....	107	1511	(64.5)	53.9	(2.30)	206	(8.5)	102	(5.8)	12.3	(0.71)	54.7	(2.63)	19.1	(0.99)	17.9	(0.94)	11.9	(0.65)
6 - 11.....	199	2002	(54.5)	67.7	(2.42)	264	(5.9)	116	(3.4)	16.3	(0.55)	78.0	(3.08)	27.7	(1.28)	25.1	(1.14)	17.2	(0.62)
12 - 19.....	270	1922	(49.8)	72.5	(2.18)	240	(6.2)	98	(3.4)	15.8	(0.58)	75.6	(2.86)	25.2	(0.96)	24.9	(1.29)	17.8	(0.80)
20 and over...	1058	2176	(52.7)	85.7	(2.72)	261	(4.9)	107	(2.9)	19.9	(0.61)	84.1	(2.56)	26.8	(0.78)	28.7	(0.92)	20.2	(0.69)
2 and over...	1634	2071	(35.8)	79.5	(1.71)	254	(3.4)	106	(2.4)	18.4	(0.49)	80.0	(1.89)	26.1	(0.61)	26.9	(0.72)	18.9	(0.46)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	172	(9.7)	457	(23.8)	578	(33.8)	280	(73.3)	1271	(268.9)	81	(14.4)	3245	(641.2)	614	(62.7)	1.22	(0.038)
6 - 11.....	207	(10.4)	551	(39.3)	666	(45.4)	228	(47.4)	1202	(142.7)	117	(17.4)	3527	(293.9)	831	(209.5)	1.55	(0.048)
12 - 19.....	244	(12.4)	453	(29.5)	564	(33.6)	184	(44.5)	1201	(187.5)	60	(9.9)	5244	(646.5)	827	(128.4)	1.63	(0.083)
20 and over...	303	(7.5)	442	(10.1)	670	(18.1)	404	(50.8)	2486	(208.2)	75	(7.6)	4806	(302.8)	1704	(217.8)	1.60	(0.026)
2 and over...	285	(5.7)	452	(8.8)	656	(15.3)	366	(42.3)	2228	(185.1)	77	(7.2)	4691	(252.4)	1516	(183.8)	1.59	(0.024)
Non-Hispanic Black:																		
2 - 5.....	138	(6.8)	332	(23.7)	448	(41.2)	132	(35.8)	1299	(352.6)	64	(11.5)	3178	(259.1)	763	(117.7)	1.14	(0.066)
6 - 11.....	221	(17.5)	450	(25.7)	534	(31.6)	87	(20.5)	943	(104.9)	49	(7.4)	3955	(545.9)	970	(178.7)	1.50	(0.081)
12 - 19.....	258	(19.3)	414	(30.8)	518	(37.2)	157*	(51.6)	1139	(190.5)	55	(8.0)	4381	(864.9)	965	(106.1)	1.53	(0.082)
20 and over...	305	(10.0)	352	(15.5)	548	(29.6)	244	(27.1)	2193	(217.8)	75	(5.1)	4381	(371.9)	1726	(192.7)	1.47	(0.035)
2 and over...	285	(9.1)	367	(12.8)	539	(20.4)	216	(20.1)	1926	(162.9)	70	(3.3)	4293	(253.7)	1531	(152.8)	1.47	(0.028)
Non-Hispanic Asian[1]:																		
2 - 5.....	157*	(16.3)	371*	(37.6)	474*	(66.7)	144*	(44.9)	1127*	(428.8)	70*	(17.9)	4531*	(1273.1)	490*	(91.3)	1.31*	(0.107)
6 - 11.....	244*	(27.1)	382*	(37.7)	487*	(46.2)	241*	(83.4)	1100*	(186.9)	69*	(13.2)	5154*	(608.2)	753*	(86.5)	1.60*	(0.083)
12 - 19.....	269	(19.2)	389	(40.9)	595	(56.3)	475*	(158.8)	2205	(402.5)	71	(10.7)	5050	(1414.9)	1707	(392.5)	1.57	(0.054)
20 and over...	277	(7.8)	309	(15.8)	611	(33.1)	552	(64.9)	3270	(290.9)	152	(17.5)	4514	(347.4)	2281	(208.7)	1.62	(0.051)
2 and over...	269	(7.1)	323	(15.6)	596	(29.9)	509	(58.4)	2951	(251.0)	136	(13.7)	4603	(403.9)	2061	(195.8)	1.60	(0.044)
Hispanic:																		
2 - 5.....	214	(27.7)	442	(26.3)	528	(28.0)	179	(46.9)	880	(130.0)	129	(23.5)	3858	(393.1)	654	(89.1)	1.34	(0.082)
6 - 11.....	244	(18.0)	550	(34.3)	652	(38.1)	198	(35.0)	1073	(113.5)	101	(11.5)	5455	(808.0)	864	(75.3)	1.70	(0.074)
12 - 19.....	246	(12.6)	461	(36.0)	559	(42.0)	203	(45.1)	1031	(126.8)	73	(7.7)	3939	(384.2)	786	(77.5)	1.58	(0.083)
20 and over...	333	(11.6)	388	(19.1)	618	(32.9)	389	(42.8)	2485	(275.4)	152	(28.4)	5776	(543.8)	1648	(187.2)	1.64	(0.049)
2 and over...	302	(8.4)	420	(12.8)	606	(22.0)	326	(31.3)	2004	(190.5)	133	(20.8)	5328	(417.4)	1365	(136.7)	1.62	(0.033)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	1.60	(0.052)	15.6	(0.36)	1.38	(0.040)	144	(7.4)	126	(7.2)	370	(15.3)	209	(7.7)	3.55	(0.165)	0.58	(0.069)
6 - 11.....	1.81	(0.064)	21.3	(1.06)	1.75	(0.093)	216	(8.7)	140	(6.9)	506	(18.2)	230	(7.4)	4.38	(0.251)	1.30	(0.159)
12 - 19.....	1.93	(0.120)	25.6	(1.40)	1.98	(0.150)	204	(11.4)	156	(10.1)	500	(23.0)	267	(15.8)	4.66	(0.292)	1.17	(0.187)
20 and over...	2.23	(0.050)	26.5	(0.66)	2.22	(0.081)	172	(5.5)	209	(6.2)	500	(10.4)	331	(5.8)	5.03	(0.182)	1.13	(0.131)
2 and over...	2.15	(0.041)	25.6	(0.59)	2.13	(0.070)	177	(4.0)	195	(5.8)	495	(8.1)	313	(4.6)	4.89	(0.158)	1.12	(0.113)
Non-Hispanic Black:																		
2 - 5.....	1.26	(0.061)	15.6	(0.65)	1.29	(0.055)	144	(7.9)	105	(6.2)	349	(17.1)	170	(6.5)	3.02	(0.208)	0.75	(0.076)
6 - 11.....	1.66	(0.071)	21.6	(0.81)	1.63	(0.073)	212	(22.9)	140	(8.6)	499	(42.0)	225	(12.8)	3.98	(0.184)	1.20	(0.160)
12 - 19.....	1.75	(0.091)	24.0	(0.99)	1.77	(0.083)	201	(16.3)	149	(10.9)	490	(29.7)	249	(15.9)	4.30	(0.334)	0.91	(0.182)
20 and over...	1.73	(0.036)	24.7	(0.43)	1.92	(0.045)	162	(7.5)	185	(6.3)	460	(15.3)	302	(8.2)	4.23	(0.119)	0.78	(0.092)
2 and over...	1.71	(0.028)	23.9	(0.37)	1.85	(0.040)	170	(6.3)	174	(5.5)	462	(12.5)	284	(7.9)	4.16	(0.099)	0.83	(0.078)
Non-Hispanic Asian[1]:																		
2 - 5.....	1.45*	(0.090)	14.9*	(0.94)	1.43*	(0.091)	188*	(29.1)	117*	(8.1)	436*	(52.3)	202*	(12.3)	3.72*	(0.329)	0.72*	(0.149)
6 - 11.....	1.74*	(0.143)	19.2*	(0.99)	1.49*	(0.085)	198*	(9.9)	171*	(15.8)	508*	(19.1)	263*	(19.5)	4.10*	(0.530)	0.64*	(0.123)
12 - 19.....	1.63	(0.064)	22.6	(0.76)	1.78	(0.078)	194	(10.4)	188	(11.1)	517	(18.4)	289	(13.5)	4.20	(0.209)	0.66*	(0.221)
20 and over...	1.80	(0.037)	23.9	(0.80)	2.01	(0.081)	161	(11.2)	251	(11.3)	524	(22.1)	323	(7.4)	3.97	(0.147)	0.45	(0.119)
2 and over...	1.76	(0.040)	23.1	(0.72)	1.93	(0.073)	167	(9.3)	235	(9.6)	519	(20.3)	311	(6.2)	3.99	(0.136)	0.49	(0.108)
Hispanic:																		
2 - 5.....	1.64	(0.085)	16.5	(0.91)	1.57	(0.058)	173	(23.5)	132	(10.5)	427	(42.7)	240	(19.6)	4.24	(0.259)	1.00	(0.065)
6 - 11.....	2.02	(0.093)	21.8	(0.83)	1.80	(0.079)	240	(22.6)	166	(6.2)	573	(38.1)	264	(10.6)	5.15	(0.262)	1.51	(0.214)
12 - 19.....	1.81	(0.101)	23.4	(1.02)	1.85	(0.108)	208	(17.3)	173	(10.4)	526	(33.0)	262	(10.1)	4.62	(0.382)	1.22	(0.206)
20 and over...	2.03	(0.068)	26.4	(0.83)	2.26	(0.073)	171	(5.4)	234	(8.4)	524	(13.0)	357	(10.8)	4.80	(0.173)	0.99	(0.125)
2 and over...	1.96	(0.044)	24.8	(0.51)	2.10	(0.041)	184	(6.1)	211	(6.6)	522	(9.8)	325	(7.4)	4.77	(0.133)	1.08	(0.096)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:																
2 - 5.....	80.0	(12.12)	5.5	(0.31)	5.8	(0.22)	0.5*	(0.18)	50.1	(4.35)	1009	(54.5)	1140	(32.6)	212	(6.9)
6 - 11.....	78.3	(9.73)	4.8	(0.17)	8.6	(1.07)	1.7*	(0.99)	66.2	(9.07)	993	(36.1)	1228	(40.4)	228	(7.7)
12 - 19.....	54.1	(4.32)	4.2	(0.35)	8.4	(0.50)	0.7*	(0.25)	81.1	(8.57)	968	(32.6)	1353	(68.7)	252	(12.5)
20 and over...	70.7	(3.62)	4.2	(0.19)	9.7	(0.30)	1.2	(0.12)	126.8	(10.44)	993	(18.7)	1409	(21.9)	306	(5.5)
2 and over...	70.1	(3.34)	4.3	(0.16)	9.3	(0.26)	1.1	(0.10)	115.1	(9.19)	991	(15.5)	1380	(20.1)	292	(5.1)
Non-Hispanic Black:																
2 - 5.....	90.7	(6.97)	3.7	(0.32)	5.7	(0.32)	0.4*	(0.20)	57.9	(6.01)	687	(54.7)	885	(45.6)	178	(7.2)
6 - 11.....	69.4	(4.57)	4.1	(0.17)	7.4	(0.21)	0.6	(0.11)	89.0	(17.78)	842	(34.4)	1161	(38.9)	211	(9.9)
12 - 19.....	77.2	(7.45)	3.9	(0.33)	8.0	(0.42)	0.4*	(0.17)	85.9	(8.43)	906	(63.3)	1230	(66.3)	225	(13.7)
20 and over...	76.5	(4.11)	3.7	(0.16)	8.7	(0.21)	0.5	(0.12)	128.8	(9.02)	852	(20.5)	1252	(25.9)	262	(6.0)
2 and over...	76.6	(3.57)	3.8	(0.12)	8.3	(0.16)	0.5	(0.09)	117.3	(7.44)	850	(16.1)	1225	(21.8)	250	(5.8)
Non-Hispanic Asian[1]:																
2 - 5.....	64.9*	(13.55)	5.6*	(0.53)	5.3*	(0.37)	0.2*	(0.09)	48.2*	(4.50)	875*	(51.8)	1055*	(60.7)	205*	(13.9)
6 - 11.....	63.8*	(8.74)	4.7*	(0.65)	6.7*	(0.42)	0.2*	(0.08)	64.2*	(4.78)	901*	(104.9)	1293*	(101.5)	226*	(11.5)
12 - 19.....	78.1	(10.41)	4.6	(0.55)	8.0	(0.44)	0.4*	(0.15)	108.8	(16.43)	819	(56.7)	1229	(51.1)	262	(9.1)
20 and over...	96.9	(5.81)	4.9	(0.39)	8.3	(0.31)	0.4	(0.10)	152.9	(11.79)	829	(23.6)	1299	(28.7)	320	(8.9)
2 and over...	91.8	(5.62)	4.9	(0.32)	8.1	(0.28)	0.4	(0.09)	139.1	(10.64)	835	(20.7)	1282	(26.5)	304	(8.2)
Hispanic:																
2 - 5.....	93.3	(7.79)	5.7	(0.41)	5.6	(0.26)	0.5*	(0.21)	46.1	(4.57)	964	(51.6)	1104	(49.5)	205	(5.6)
6 - 11.....	83.3	(6.51)	5.6	(0.41)	8.3	(0.57)	1.1*	(0.50)	69.2	(4.46)	1109	(53.5)	1336	(42.5)	252	(5.4)
12 - 19.....	70.1	(5.80)	4.5	(0.42)	7.6	(0.38)	0.8	(0.21)	71.4	(4.57)	970	(38.7)	1266	(42.3)	249	(8.1)
20 and over...	91.8	(3.82)	4.3	(0.23)	9.1	(0.42)	1.0	(0.20)	119.0	(9.08)	989	(34.7)	1437	(42.6)	322	(10.7)
2 and over...	87.8	(3.13)	4.6	(0.15)	8.6	(0.29)	0.9	(0.14)	101.4	(6.61)	997	(25.5)	1377	(28.4)	295	(6.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	10.0	(0.40)	7.5	(0.24)	0.8	(0.03)	69.0	(1.91)	2012	(72.5)	2187	(79.0)	9.9*	(3.28)	40.0	(7.18)	--	--
6 - 11.....	13.7	(0.60)	9.5	(0.52)	0.9	(0.05)	84.7	(2.17)	1993	(51.5)	2831	(128.3)	14.9	(2.66)	63.9	(6.91)	--	--
12 - 19.....	13.7	(0.66)	10.4	(0.49)	1.0	(0.06)	108.1	(5.82)	2184	(105.1)	3368	(145.7)	52.8	(5.53)	51.3	(7.59)	--	--
20 and over...	14.2	(0.28)	11.3	(0.19)	1.2	(0.02)	113.4	(1.90)	2639	(50.5)	3526	(62.2)	205.1	(7.77)	46.1	(2.13)	10.7	(0.79)
2 and over...	14.0	(0.23)	10.9	(0.18)	1.1	(0.02)	109.0	(1.72)	2525	(45.5)	3406	(60.0)	169.6	(6.53)	47.6	(2.22)	--	--
Non-Hispanic Black:																		
2 - 5.....	9.9	(0.57)	6.3	(0.32)	0.6	(0.03)	61.7	(2.95)	1810	(76.1)	2108	(90.0)	5.5	(0.87)	23.5	(3.54)	--	--
6 - 11.....	13.8	(0.83)	8.6	(0.39)	0.8	(0.05)	95.1	(7.88)	1958	(53.5)	2985	(140.1)	14.8	(2.19)	49.8	(6.61)	--	--
12 - 19.....	13.6	(0.75)	9.8	(0.73)	0.9	(0.05)	104.5	(5.33)	2080	(115.4)	3344	(186.5)	19.6	(2.17)	32.4	(4.53)	--	--
20 and over...	13.0	(0.37)	9.8	(0.24)	1.1	(0.04)	110.1	(2.19)	2278	(45.0)	3396	(55.5)	74.7	(4.21)	29.4	(2.31)	10.4	(1.49)
2 and over...	13.0	(0.31)	9.6	(0.19)	1.0	(0.03)	106.1	(2.06)	2207	(44.9)	3299	(55.9)	60.2	(3.16)	31.1	(2.11)	--	--
Non-Hispanic Asian[1]:																		
2 - 5.....	10.2*	(0.95)	7.4*	(0.77)	0.8*	(0.07)	68.5*	(3.73)	2004*	(77.9)	2044*	(160.2)	3.0*	(0.51)	29.4*	(8.64)	--	--
6 - 11.....	13.1*	(0.60)	9.0*	(0.70)	1.0*	(0.08)	93.8*	(5.38)	2119*	(131.9)	2940*	(150.1)	8.9*	(2.31)	48.6*	(14.02)	--	--
12 - 19.....	13.7	(0.63)	9.7	(0.43)	1.1	(0.06)	115.4	(3.84)	2232	(99.2)	3380	(188.2)	29.7	(2.96)	52.4	(8.59)	--	--
20 and over...	13.7	(0.47)	10.1	(0.27)	1.4	(0.05)	115.9	(2.99)	2695	(80.5)	3571	(110.3)	94.3	(5.62)	26.5	(5.15)	4.0	(0.46)
2 and over...	13.5	(0.44)	9.9	(0.24)	1.3	(0.04)	112.6	(2.71)	2588	(66.9)	3451	(93.0)	79.4	(4.42)	30.4	(4.32)	--	--
Hispanic:																		
2 - 5.....	11.0	(0.56)	8.1	(0.49)	0.7	(0.02)	69.3	(3.66)	2072	(65.3)	2067	(107.1)	8.0	(2.11)	34.9	(3.79)	--	--
6 - 11.....	15.3	(0.79)	10.2	(0.38)	0.9	(0.03)	97.5	(4.36)	2267	(61.6)	2908	(105.9)	17.0	(3.76)	61.0	(6.34)	--	--
12 - 19.....	14.3	(0.86)	9.8	(0.50)	1.0	(0.03)	101.3	(3.57)	2146	(86.1)	3150	(92.3)	35.9	(5.51)	32.2	(2.78)	--	--
20 and over...	14.8	(0.38)	11.5	(0.35)	1.3	(0.04)	120.5	(4.40)	2706	(75.7)	3603	(88.2)	115.8	(5.24)	26.3	(2.07)	8.4	(1.36)
2 and over...	14.5	(0.26)	10.8	(0.27)	1.1	(0.03)	111.4	(2.69)	2531	(53.6)	3350	(59.0)	85.7	(3.60)	31.4	(1.82)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																
2 - 5.....	0.45	(0.026)	0.31	(0.018)	0.24	(0.017)	0.50	(0.028)	0.91	(0.130)	2.06	(0.116)	11.43	(0.514)	4.68	(0.197)
6 - 11.....	0.50	(0.031)	0.33	(0.020)	0.26	(0.015)	0.54	(0.028)	0.96	(0.089)	2.23	(0.110)	14.35	(0.656)	6.12	(0.258)
12 - 19.....	0.55	(0.019)	0.36	(0.013)	0.29	(0.011)	0.59	(0.020)	0.99	(0.070)	2.50	(0.060)	15.32	(0.224)	6.73	(0.124)
20 and over...	0.57	(0.016)	0.37	(0.011)	0.30	(0.009)	0.63	(0.016)	1.03	(0.047)	2.64	(0.066)	16.13	(0.248)	7.22	(0.125)
2 and over...	0.56	(0.012)	0.37	(0.009)	0.30	(0.007)	0.61	(0.013)	1.02	(0.041)	2.57	(0.054)	15.73	(0.223)	6.99	(0.114)
Non-Hispanic Black:																
2 - 5.....	0.29	(0.037)	0.19	(0.026)	0.17	(0.024)	0.33	(0.041)	0.52	(0.072)	1.38	(0.134)	9.98	(0.637)	3.99	(0.263)
6 - 11.....	0.39	(0.019)	0.26	(0.012)	0.27	(0.029)	0.49	(0.035)	1.35	(0.310)	2.13	(0.151)	14.08	(0.644)	6.08	(0.277)
12 - 19.....	0.50	(0.051)	0.33	(0.036)	0.28	(0.018)	0.55	(0.049)	1.05	(0.079)	2.39	(0.208)	15.75	(0.904)	6.53	(0.396)
20 and over...	0.42	(0.012)	0.28	(0.008)	0.25	(0.016)	0.49	(0.017)	0.93	(0.100)	2.11	(0.058)	15.07	(0.302)	6.51	(0.137)
2 and over...	0.42	(0.010)	0.28	(0.007)	0.25	(0.012)	0.49	(0.012)	0.96	(0.078)	2.11	(0.054)	14.84	(0.289)	6.37	(0.125)
Non-Hispanic Asian[1]:																
2 - 5.....	0.43*	(0.029)	0.31*	(0.021)	0.25*	(0.016)	0.51*	(0.027)	0.82*	(0.098)	1.91*	(0.109)	10.02*	(0.486)	3.98*	(0.240)
6 - 11.....	0.46*	(0.044)	0.33*	(0.029)	0.33*	(0.045)	0.60*	(0.050)	1.55*	(0.378)	2.40*	(0.180)	14.64*	(1.011)	5.85*	(0.546)
12 - 19.....	0.47	(0.078)	0.32	(0.054)	0.31	(0.055)	0.56	(0.075)	1.24	(0.354)	2.25	(0.246)	14.01	(0.855)	5.79	(0.291)
20 and over...	0.35	(0.021)	0.24	(0.012)	0.22	(0.012)	0.42	(0.020)	0.82	(0.053)	1.75	(0.086)	12.43	(0.292)	4.95	(0.154)
2 and over...	0.37	(0.020)	0.25	(0.013)	0.23	(0.014)	0.44	(0.021)	0.91	(0.074)	1.84	(0.080)	12.61	(0.300)	5.04	(0.133)
Hispanic:																
2 - 5.....	0.36	(0.029)	0.26	(0.021)	0.20	(0.015)	0.43	(0.035)	0.59	(0.053)	1.73	(0.140)	10.39	(0.494)	4.37	(0.277)
6 - 11.....	0.55	(0.037)	0.37	(0.024)	0.28	(0.014)	0.60	(0.032)	0.89	(0.053)	2.52	(0.139)	15.19	(0.665)	6.31	(0.341)
12 - 19.....	0.45	(0.027)	0.29	(0.015)	0.25	(0.015)	0.50	(0.025)	0.87	(0.079)	2.22	(0.129)	13.81	(0.527)	5.95	(0.206)
20 and over...	0.43	(0.020)	0.28	(0.014)	0.25	(0.011)	0.49	(0.021)	0.92	(0.055)	2.18	(0.080)	14.85	(0.431)	6.43	(0.181)
2 and over...	0.44	(0.016)	0.29	(0.010)	0.25	(0.008)	0.50	(0.015)	0.88	(0.036)	2.19	(0.064)	14.40	(0.330)	6.19	(0.146)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity 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)
Non-Hispanic White:														
2 - 5.....	0.75	(0.034)	18.82	(0.635)	0.23	(0.028)	0.02	(0.003)	11.97	(0.626)	1.09	(0.044)	#	
6 - 11.....	0.87	(0.051)	23.93	(0.949)	0.27	(0.012)	0.02	(0.004)	15.47	(0.946)	1.43	(0.079)	0.01	(0.001)
12 - 19.....	1.08	(0.042)	25.71	(0.582)	0.28	(0.011)	0.03	(0.003)	17.48	(1.039)	1.67	(0.119)	0.01	(0.001)
20 and over...	1.23	(0.039)	29.09	(0.539)	0.34	(0.007)	0.04	(0.004)	18.63	(0.534)	1.96	(0.074)	0.01	(0.001)
2 and over...	1.17	(0.035)	27.98	(0.479)	0.32	(0.006)	0.03	(0.003)	18.02	(0.466)	1.86	(0.067)	0.01	(0.001)
Non-Hispanic Black:														
2 - 5.....	0.75	(0.036)	17.76	(1.039)	0.24	(0.025)	0.02	(0.003)	11.61	(0.681)	1.04	(0.072)	0.01	(0.001)
6 - 11.....	0.99	(0.045)	24.02	(0.919)	0.29	(0.022)	0.03	(0.003)	15.93	(0.616)	1.42	(0.055)	0.01	(0.001)
12 - 19.....	1.19	(0.090)	26.73	(1.357)	0.31	(0.021)	0.03	(0.009)	18.69	(0.978)	1.72	(0.088)	0.01	(0.003)
20 and over...	1.26	(0.031)	27.97	(0.566)	0.36	(0.014)	0.04	(0.003)	19.21	(0.464)	1.93	(0.061)	0.01	(0.001)
2 and over...	1.20	(0.029)	27.04	(0.519)	0.34	(0.013)	0.04	(0.002)	18.54	(0.372)	1.83	(0.051)	0.01	(0.001)
Non-Hispanic Asian[1]:														
2 - 5.....	0.55*	(0.039)	16.70*	(1.471)	0.16*	(0.017)	0.01*	(0.001)	10.20*	(0.572)	1.09*	(0.059)	#	
6 - 11.....	0.82*	(0.074)	21.59*	(1.504)	0.21*	(0.025)	0.01*	(0.003)	13.28*	(1.047)	1.35*	(0.092)	#	
12 - 19.....	0.94	(0.071)	23.58	(1.447)	0.25	(0.022)	0.01	(0.003)	15.48	(1.025)	1.67	(0.092)	0.01*	(0.004)
20 and over...	1.00	(0.037)	24.03	(0.719)	0.31	(0.019)	0.04	(0.003)	15.24	(0.509)	1.71	(0.079)	0.01	(0.002)
2 and over...	0.97	(0.035)	23.54	(0.685)	0.30	(0.017)	0.03	(0.003)	14.93	(0.485)	1.66	(0.067)	0.01	(0.002)
Hispanic:														
2 - 5.....	0.67	(0.036)	17.03	(0.888)	0.20	(0.019)	0.01	(0.002)	10.68	(0.554)	1.03	(0.093)	#	
6 - 11.....	0.96	(0.065)	23.77	(1.065)	0.25	(0.014)	0.02	(0.002)	15.52	(0.566)	1.46	(0.058)	0.01	(0.002)
12 - 19.....	1.03	(0.067)	23.48	(1.200)	0.27	(0.023)	0.02	(0.002)	15.92	(0.697)	1.57	(0.092)	0.01	(0.001)
20 and over...	1.18	(0.045)	26.99	(0.869)	0.30	(0.013)	0.02	(0.003)	17.84	(0.617)	1.95	(0.075)	0.01	(0.002)
2 and over...	1.10	(0.036)	25.39	(0.676)	0.28	(0.010)	0.02	(0.002)	16.78	(0.403)	1.78	(0.055)	0.01	(0.001)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

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)
Non-Hispanic White:								
2 - 5.....	0.09	(0.005)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.11	(0.007)	0.01	(0.003)	0.02	(0.001)	0.02	(0.002)
12 - 19.....	0.13	(0.010)	0.01	(0.001)	0.02	(0.001)	0.02	(0.004)
20 and over...	0.16	(0.005)	0.03	(0.004)	0.03	(0.002)	0.06	(0.005)
2 and over...	0.15	(0.004)	0.03	(0.003)	0.02	(0.001)	0.05	(0.004)
Non-Hispanic Black:								
2 - 5.....	0.08	(0.005)	0.01	(0.004)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.13	(0.015)	0.01	(0.003)	0.02	(0.001)	0.02	(0.004)
12 - 19.....	0.14	(0.010)	0.03	(0.007)	0.02	(0.002)	0.05	(0.013)
20 and over...	0.17	(0.005)	0.03	(0.003)	0.03	(0.001)	0.06	(0.005)
2 and over...	0.16	(0.005)	0.03	(0.003)	0.03	(0.001)	0.05	(0.004)
Non-Hispanic Asian[1]:								
2 - 5.....	0.08*	(0.011)	0.01*	(0.004)	0.02*	(0.003)	0.02*	(0.006)
6 - 11.....	0.12*	(0.015)	0.02*	(0.006)	0.02*	(0.003)	0.04*	(0.015)
12 - 19.....	0.13	(0.009)	0.04	(0.009)	0.02	(0.002)	0.07	(0.015)
20 and over...	0.14	(0.006)	0.05	(0.007)	0.03	(0.004)	0.12	(0.017)
2 and over...	0.14	(0.005)	0.05	(0.006)	0.03	(0.003)	0.10	(0.014)
Hispanic:								
2 - 5.....	0.11	(0.013)	0.01	(0.003)	0.01	(0.001)	0.02	(0.006)
6 - 11.....	0.12	(0.007)	0.02	(0.003)	0.02	(0.001)	0.03	(0.004)
12 - 19.....	0.13	(0.009)	0.02	(0.004)	0.02	(0.002)	0.04	(0.008)
20 and over...	0.17	(0.007)	0.03	(0.004)	0.03	(0.001)	0.06	(0.007)
2 and over...	0.16	(0.005)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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] 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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbohydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Monounsaturated fat g	(SE)	Polyunsaturated fat g	(SE)
$0 - $24,999:																			
2 - 5.....	140	1586	(86.9)	55.4	(3.13)	213	(11.3)	102	(7.4)	11.9	(0.68)	59.4	(3.60)	20.7	(1.84)	19.7	(1.17)	13.1	(0.56)
6 - 11.....	180	2045	(69.4)	70.1	(4.00)	266	(7.3)	119	(3.9)	14.9	(0.62)	80.3	(3.59)	28.4	(1.57)	26.0	(1.07)	17.7	(0.85)
12 - 19.....	253	2010	(104.9)	79.2	(6.25)	245	(13.3)	109	(6.6)	14.4	(1.09)	78.5	(4.21)	26.5	(1.42)	26.0	(1.56)	18.1	(1.14)
20 and over...	1218	2139	(39.0)	77.3	(1.49)	256	(4.8)	116	(3.7)	15.7	(0.49)	85.3	(1.86)	27.3	(0.96)	29.4	(0.61)	20.1	(0.45)
2 and over...	1791	2084	(38.7)	75.7	(1.84)	253	(4.6)	115	(3.4)	15.3	(0.37)	82.6	(1.94)	26.9	(0.97)	28.1	(0.62)	19.2	(0.37)
$25,000 - $74,999:																			
2 - 5.....	207	1544	(57.6)	53.8	(2.05)	202	(7.0)	97	(4.1)	11.3	(0.74)	60.0	(2.81)	21.4	(1.29)	19.4	(0.78)	13.0	(0.72)
6 - 11.....	316	1916	(50.2)	63.4	(2.58)	252	(6.0)	117	(3.0)	14.0	(0.51)	75.6	(2.67)	26.5	(1.07)	25.1	(0.78)	16.6	(0.84)
12 - 19.....	404	2010	(51.6)	68.4	(2.19)	261	(7.1)	115	(3.1)	14.6	(0.53)	79.2	(2.91)	27.2	(1.02)	25.9	(1.20)	18.2	(0.68)
20 and over...	1799	2140	(45.6)	79.7	(1.74)	253	(5.8)	112	(2.7)	16.5	(0.53)	86.3	(1.71)	28.5	(0.82)	29.2	(0.64)	20.2	(0.30)
2 and over...	2726	2078	(34.5)	76.0	(1.45)	251	(4.2)	112	(1.9)	15.9	(0.47)	83.4	(1.39)	27.9	(0.62)	28.0	(0.53)	19.3	(0.29)
$75,000 and higher:																			
2 - 5.....	147	1529	(60.9)	51.0	(1.53)	209	(9.3)	102	(6.9)	13.4	(0.69)	57.6	(2.53)	19.6	(1.16)	19.2	(0.86)	12.9	(0.62)
6 - 11.....	232	1917	(61.0)	63.6	(2.65)	251	(9.1)	114	(5.1)	15.4	(0.96)	76.2	(3.11)	26.6	(1.19)	25.2	(1.05)	17.1	(0.81)
12 - 19.....	299	2111	(83.4)	78.1	(5.47)	260	(8.8)	114	(5.3)	15.0	(0.94)	87.0	(3.96)	29.1	(1.14)	28.5	(1.21)	21.0	(1.50)
20 and over...	1229	2183	(37.5)	86.7	(1.60)	238	(4.2)	98	(2.3)	17.6	(0.63)	92.3	(2.00)	29.8	(0.54)	32.0	(0.91)	21.9	(0.71)
2 and over...	1907	2123	(34.4)	82.2	(1.53)	240	(3.6)	102	(2.1)	16.9	(0.58)	88.8	(1.78)	29.0	(0.49)	30.4	(0.76)	21.0	(0.64)
All Individuals[1]:																			
2 - 5.....	540	1542	(31.4)	53.1	(0.71)	207	(4.8)	101	(3.8)	12.1	(0.34)	58.4	(1.34)	20.5	(0.52)	19.1	(0.41)	12.7	(0.43)
6 - 11.....	795	1936	(34.7)	64.8	(1.70)	253	(3.7)	115	(2.0)	14.8	(0.44)	76.5	(1.95)	26.9	(0.73)	25.2	(0.58)	17.0	(0.57)
12 - 19.....	1045	2030	(32.0)	74.7	(2.64)	254	(3.1)	112	(2.0)	14.6	(0.40)	81.4	(1.60)	27.5	(0.37)	26.7	(0.61)	19.1	(0.63)
20 and over...	4742	2155	(18.8)	81.9	(0.93)	248	(3.0)	107	(1.7)	16.9	(0.39)	88.2	(0.77)	28.7	(0.33)	30.2	(0.36)	20.8	(0.35)
2 and over...	7122	2093	(14.2)	78.3	(0.88)	247	(2.2)	108	(1.4)	16.2	(0.33)	85.0	(0.69)	28.0	(0.28)	28.8	(0.32)	19.9	(0.30)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars 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)
$0 - $24,999:																		
2 - 5.....	205	(20.8)	427	(25.8)	496	(26.2)	97	(27.0)	742	(168.5)	67	(19.4)	2665	(354.4)	623	(89.1)	1.34	(0.097)
6 - 11.....	251	(19.3)	571	(44.9)	701	(54.6)	313	(77.8)	1358	(253.3)	74	(14.0)	5730	(1200.6)	902	(145.1)	1.72	(0.082)
12 - 19.....	257	(18.1)	452	(37.5)	558	(52.4)	227*	(72.4)	1127	(260.2)	62	(6.6)	4540	(500.9)	833	(130.3)	1.61	(0.138)
20 and over...	290	(9.0)	392	(12.0)	573	(20.8)	287	(33.1)	1975	(177.8)	94	(20.5)	4743	(380.9)	1634	(194.0)	1.56	(0.041)
2 and over...	278	(9.3)	416	(11.9)	577	(15.9)	270	(29.0)	1751	(144.0)	87	(16.4)	4676	(270.2)	1420	(151.2)	1.56	(0.043)
$25,000 - $74,999:																		
2 - 5.....	196	(9.7)	448	(21.7)	546	(26.0)	188	(46.3)	1026	(136.0)	91	(12.2)	4166	(747.1)	600	(46.2)	1.25	(0.062)
6 - 11.....	218	(12.0)	510	(17.1)	618	(28.3)	184	(45.4)	1155	(226.4)	89	(8.3)	4492	(541.4)	740	(74.5)	1.56	(0.036)
12 - 19.....	233	(12.2)	435	(24.6)	543	(30.1)	196	(44.8)	1162	(141.7)	64	(8.4)	5447	(952.9)	790	(53.1)	1.63	(0.058)
20 and over...	297	(8.3)	408	(9.6)	610	(18.4)	371	(38.5)	2179	(144.8)	104	(12.5)	4992	(314.0)	1436	(76.9)	1.59	(0.031)
2 and over...	280	(6.8)	421	(9.2)	600	(15.1)	330	(27.2)	1939	(112.8)	98	(10.0)	4954	(261.1)	1275	(61.0)	1.57	(0.025)
$75,000 and higher:																		
2 - 5.....	144	(12.0)	441	(32.1)	582	(40.4)	341*	(114.2)	1485	(380.4)	90	(18.9)	2781	(536.7)	647	(114.4)	1.21	(0.032)
6 - 11.....	207	(16.7)	528	(50.4)	645	(56.6)	199	(35.3)	1237	(129.9)	116	(17.9)	3331	(323.5)	960	(274.9)	1.54	(0.042)
12 - 19.....	263	(22.8)	484	(33.9)	611	(37.1)	240	(48.0)	1372	(164.8)	72	(10.2)	4904	(574.8)	1059	(179.9)	1.66	(0.073)
20 and over...	325	(9.1)	441	(16.6)	722	(28.8)	449	(47.8)	3108	(290.1)	77	(7.4)	5443	(619.8)	2104	(356.5)	1.63	(0.035)
2 and over...	300	(7.7)	453	(14.8)	697	(25.8)	400	(38.6)	2685	(245.4)	81	(6.0)	5082	(493.8)	1826	(280.5)	1.60	(0.029)
All Individuals[1]:																		
2 - 5.....	182	(8.8)	442	(14.8)	551	(20.0)	228	(45.8)	1147	(168.7)	95	(8.1)	3523	(349.8)	636	(48.2)	1.26	(0.037)
6 - 11.....	220	(8.9)	536	(23.0)	648	(28.6)	208	(28.4)	1187	(91.5)	97	(8.6)	4171	(301.4)	867	(120.7)	1.59	(0.033)
12 - 19.....	249	(8.5)	447	(19.7)	562	(19.7)	214	(23.3)	1232	(102.1)	65	(5.6)	4822	(354.9)	905	(77.0)	1.61	(0.038)
20 and over...	307	(4.9)	418	(10.5)	648	(17.2)	392	(36.7)	2515	(164.7)	92	(7.2)	5053	(231.6)	1737	(138.2)	1.60	(0.020)
2 and over...	287	(3.2)	432	(9.4)	633	(13.9)	350	(28.8)	2202	(135.9)	90	(5.7)	4881	(180.9)	1523	(114.1)	1.58	(0.017)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars 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)
$0 - $24,999:																		
2 - 5.....	1.62	(0.109)	16.8	(0.99)	1.46	(0.058)	185	(30.1)	126	(10.5)	439	(56.2)	228	(14.5)	3.93	(0.211)	0.71	(0.076)
6 - 11.....	2.01	(0.103)	23.4	(1.23)	1.88	(0.101)	254	(21.9)	159	(10.6)	589	(36.8)	266	(17.5)	5.51	(0.428)	1.62	(0.147)
12 - 19.....	1.95	(0.169)	26.4	(1.77)	2.20	(0.175)	207	(17.8)	154	(8.8)	506	(34.2)	278	(21.8)	5.16	(0.354)	1.43	(0.206)
20 and over...	1.97	(0.048)	26.2	(1.00)	2.28	(0.154)	167	(4.9)	196	(6.3)	479	(9.0)	313	(5.6)	4.69	(0.256)	1.22	(0.194)
2 and over...	1.95	(0.052)	25.5	(0.97)	2.19	(0.121)	180	(4.9)	184	(5.1)	489	(8.0)	300	(6.1)	4.77	(0.233)	1.25	(0.153)
$25,000 - $74,999:																		
2 - 5.....	1.60	(0.058)	15.9	(0.52)	1.43	(0.048)	151	(9.8)	116	(6.3)	372	(19.9)	215	(6.9)	3.99	(0.170)	0.88	(0.090)
6 - 11.....	1.85	(0.047)	20.8	(0.83)	1.68	(0.054)	219	(9.1)	139	(6.7)	510	(14.5)	239	(9.1)	4.51	(0.145)	1.17	(0.079)
12 - 19.....	1.84	(0.071)	22.8	(0.85)	1.70	(0.105)	225	(14.9)	156	(8.5)	536	(27.2)	248	(9.9)	4.51	(0.301)	1.13	(0.191)
20 and over...	2.09	(0.070)	26.1	(0.94)	2.17	(0.121)	179	(7.8)	205	(5.5)	509	(14.1)	323	(9.0)	4.90	(0.246)	1.08	(0.140)
2 and over...	2.02	(0.057)	24.8	(0.67)	2.05	(0.090)	185	(6.7)	190	(5.1)	504	(11.1)	304	(7.6)	4.79	(0.203)	1.08	(0.112)
$75,000 and higher:																		
2 - 5.....	1.51	(0.086)	15.8	(0.48)	1.42	(0.050)	146	(12.3)	132	(11.8)	380	(21.2)	196	(9.8)	3.22	(0.223)	0.60	(0.104)
6 - 11.....	1.79	(0.096)	20.8	(1.06)	1.71	(0.100)	196	(9.6)	151	(8.3)	484	(21.5)	233	(13.6)	4.08	(0.263)	1.09	(0.162)
12 - 19.....	1.89	(0.095)	25.5	(1.36)	1.96	(0.110)	197	(11.8)	179	(16.4)	510	(25.9)	278	(20.9)	4.37	(0.213)	1.05	(0.169)
20 and over...	2.26	(0.071)	26.8	(0.74)	2.20	(0.090)	166	(7.3)	231	(9.4)	512	(13.5)	353	(8.4)	5.01	(0.214)	0.98	(0.195)
2 and over...	2.14	(0.061)	25.6	(0.63)	2.09	(0.075)	171	(5.1)	214	(8.6)	504	(10.7)	327	(7.6)	4.78	(0.170)	0.98	(0.162)
All Individuals[1]:																		
2 - 5.....	1.57	(0.033)	15.9	(0.32)	1.43	(0.022)	156	(8.1)	124	(4.6)	388	(15.4)	214	(6.1)	3.75	(0.116)	0.74	(0.058)
6 - 11.....	1.86	(0.049)	21.4	(0.60)	1.75	(0.058)	219	(6.5)	148	(4.5)	519	(12.5)	242	(7.0)	4.59	(0.170)	1.30	(0.086)
12 - 19.....	1.86	(0.058)	24.6	(0.76)	1.90	(0.079)	205	(5.4)	163	(5.9)	509	(9.7)	265	(8.8)	4.55	(0.189)	1.12	(0.131)
20 and over...	2.12	(0.041)	26.2	(0.42)	2.18	(0.057)	171	(3.0)	213	(4.7)	503	(6.3)	332	(4.6)	4.84	(0.137)	1.03	(0.089)
2 and over...	2.04	(0.033)	25.1	(0.34)	2.08	(0.045)	178	(2.8)	198	(4.3)	499	(5.4)	312	(3.4)	4.74	(0.116)	1.05	(0.076)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars 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)
$0 - $24,999:																
2 - 5.....	88.9	(8.84)	5.7	(0.60)	5.5	(0.25)	0.2*	(0.08)	47.4	(5.76)	965	(70.5)	1135	(67.9)	208	(9.5)
6 - 11.....	67.7	(6.65)	5.7	(0.43)	7.7	(0.41)	0.6*	(0.26)	77.1	(11.34)	1122	(72.2)	1345	(72.1)	242	(8.6)
12 - 19.....	74.2	(4.41)	5.0	(0.62)	8.5	(0.67)	1.1*	(0.47)	74.3	(8.37)	986	(68.2)	1373	(101.8)	261	(19.9)
20 and over...	72.9	(4.20)	4.2	(0.14)	8.9	(0.28)	0.8	(0.17)	116.5	(9.57)	923	(16.2)	1333	(22.4)	290	(5.9)
2 and over...	73.6	(3.11)	4.5	(0.17)	8.6	(0.21)	0.8	(0.14)	104.3	(7.58)	949	(19.0)	1327	(27.4)	278	(4.4)
$25,000 - $74,999:																
2 - 5.....	67.6	(4.10)	5.3	(0.26)	5.4	(0.18)	0.3	(0.08)	46.0	(3.65)	953	(33.2)	1103	(36.0)	199	(6.5)
6 - 11.....	67.5	(4.35)	4.9	(0.19)	7.8	(0.32)	0.9	(0.21)	63.7	(8.12)	963	(36.7)	1244	(41.9)	224	(4.9)
12 - 19.....	55.3	(3.38)	4.1	(0.28)	7.8	(0.33)	0.7	(0.14)	69.7	(4.31)	931	(29.4)	1209	(34.2)	237	(6.3)
20 and over...	72.9	(2.14)	4.2	(0.17)	9.1	(0.23)	1.0	(0.14)	111.8	(4.37)	963	(16.9)	1374	(23.6)	296	(5.5)
2 and over...	70.5	(1.74)	4.3	(0.15)	8.7	(0.21)	0.9	(0.11)	100.5	(3.49)	959	(15.4)	1333	(21.0)	280	(4.6)
$75,000 and higher:																
2 - 5.....	91.7	(19.38)	5.0	(0.39)	6.2	(0.40)	0.7*	(0.31)	59.3	(6.56)	964	(85.3)	1096	(53.6)	214	(12.0)
6 - 11.....	86.9	(9.93)	4.4	(0.29)	8.9	(1.20)	1.7*	(1.19)	75.4	(11.09)	1000	(51.4)	1239	(53.9)	238	(9.6)
12 - 19.....	71.5	(9.74)	4.0	(0.27)	8.7	(0.68)	0.6	(0.17)	94.3	(10.47)	984	(33.9)	1385	(81.3)	254	(14.7)
20 and over...	81.2	(5.08)	4.3	(0.28)	10.3	(0.33)	1.3	(0.21)	150.5	(16.52)	998	(20.3)	1453	(25.9)	325	(9.0)
2 and over...	81.1	(5.13)	4.3	(0.22)	9.8	(0.30)	1.3	(0.18)	133.8	(13.36)	995	(21.2)	1411	(24.6)	305	(8.2)
All Individuals[1]:																
2 - 5.....	83.3	(6.85)	5.3	(0.20)	5.7	(0.14)	0.5	(0.10)	50.3	(2.85)	959	(33.7)	1105	(17.7)	206	(3.8)
6 - 11.....	76.7	(4.95)	5.0	(0.16)	8.2	(0.55)	1.2*	(0.53)	70.9	(5.71)	1012	(30.9)	1263	(31.0)	234	(4.3)
12 - 19.....	64.7	(4.03)	4.2	(0.24)	8.2	(0.25)	0.7	(0.13)	81.5	(4.75)	951	(21.2)	1306	(37.3)	248	(7.3)
20 and over...	76.3	(2.35)	4.2	(0.14)	9.5	(0.19)	1.1	(0.09)	127.8	(6.82)	966	(14.6)	1391	(15.7)	306	(4.3)
2 and over...	75.4	(2.21)	4.3	(0.12)	9.1	(0.16)	1.0	(0.07)	114.4	(5.91)	968	(13.1)	1357	(13.9)	289	(3.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars 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)
$0 - $24,999:																		
2 - 5.....	11.7	(0.62)	7.9	(0.47)	0.7	(0.03)	74.0	(3.90)	2048	(104.5)	2300	(127.9)	12.1	(3.34)	41.1*	(12.95)	--	--
6 - 11.....	15.3	(0.90)	11.1	(0.82)	0.9	(0.04)	100.1	(4.61)	2211	(102.7)	3234	(185.8)	23.7	(4.84)	49.9	(7.64)	--	--
12 - 19.....	13.3	(0.69)	10.6	(0.71)	1.0	(0.08)	110.6	(8.60)	2216	(121.3)	3282	(213.9)	49.0	(5.26)	36.6	(5.42)	--	--
20 and over...	13.7	(0.24)	10.4	(0.23)	1.1	(0.03)	108.5	(2.33)	2514	(50.6)	3421	(89.8)	168.0	(10.98)	39.0	(4.55)	9.5	(1.05)
2 and over...	13.7	(0.24)	10.4	(0.22)	1.1	(0.02)	106.1	(2.64)	2427	(35.1)	3326	(93.0)	133.1	(9.96)	39.7	(3.30)	--	--
$25,000 - $74,999:																		
2 - 5.....	10.0	(0.56)	7.6	(0.39)	0.7	(0.02)	72.6	(3.24)	1925	(58.9)	2245	(106.8)	8.3*	(2.98)	31.7	(3.93)	--	--
6 - 11.....	13.9	(0.37)	9.6	(0.39)	0.8	(0.03)	87.4	(3.37)	2051	(57.8)	2886	(129.1)	17.4	(2.78)	56.0	(5.23)	--	--
12 - 19.....	14.0	(0.54)	9.7	(0.45)	1.0	(0.03)	102.9	(3.74)	2061	(61.9)	3140	(103.8)	38.7	(3.66)	47.1	(5.75)	--	--
20 and over...	14.2	(0.34)	10.9	(0.26)	1.2	(0.02)	114.1	(2.41)	2556	(38.8)	3479	(78.8)	169.0	(10.80)	40.1	(3.10)	8.5	(0.82)
2 and over...	13.9	(0.28)	10.5	(0.23)	1.1	(0.02)	108.7	(1.84)	2435	(34.0)	3334	(61.4)	136.1	(7.57)	41.5	(2.36)	--	--
$75,000 and higher:																		
2 - 5.....	10.5	(0.56)	7.3	(0.37)	0.8	(0.04)	62.6	(2.16)	2020	(114.3)	2065	(56.2)	7.9*	(2.62)	43.7	(11.20)	--	--
6 - 11.....	13.5	(0.56)	9.2	(0.47)	0.9	(0.05)	88.2	(3.93)	2053	(67.1)	2772	(104.7)	11.3	(2.08)	68.9	(9.18)	--	--
12 - 19.....	14.5	(0.85)	10.2	(0.46)	1.0	(0.08)	108.2	(7.64)	2284	(129.9)	3547	(210.7)	39.5	(6.20)	45.8	(10.24)	--	--
20 and over...	14.4	(0.33)	11.7	(0.32)	1.3	(0.04)	120.0	(2.71)	2759	(80.8)	3638	(62.6)	179.4	(7.61)	41.5	(2.62)	11.6	(1.01)
2 and over...	14.2	(0.28)	11.1	(0.25)	1.2	(0.04)	113.4	(2.58)	2613	(75.6)	3482	(59.9)	142.0	(6.30)	44.4	(3.27)	--	--
All Individuals[1]:																		
2 - 5.....	10.4	(0.28)	7.6	(0.20)	0.7	(0.01)	69.4	(1.34)	1997	(36.5)	2171	(58.3)	8.8	(2.03)	37.7	(5.91)	--	--
6 - 11.....	14.1	(0.36)	9.7	(0.33)	0.9	(0.02)	90.1	(2.35)	2089	(43.3)	2899	(86.0)	15.6	(1.79)	60.1	(3.73)	--	--
12 - 19.....	13.9	(0.32)	10.1	(0.31)	1.0	(0.03)	106.6	(3.37)	2169	(59.9)	3320	(81.3)	42.6	(2.80)	43.7	(4.03)	--	--
20 and over...	14.2	(0.19)	11.1	(0.14)	1.2	(0.02)	114.8	(1.07)	2618	(37.5)	3531	(38.5)	170.4	(6.39)	40.0	(1.51)	10.0	(0.49)
2 and over...	14.0	(0.15)	10.7	(0.13)	1.1	(0.02)	109.6	(0.90)	2496	(31.2)	3389	(34.8)	136.2	(4.87)	41.9	(1.65)	--	--

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Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars 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)
$0 - $24,999:																
2 - 5.....	0.40	(0.063)	0.28	(0.044)	0.22	(0.031)	0.46	(0.066)	0.67	(0.089)	1.84	(0.261)	11.38	(0.866)	4.66	(0.383)
6 - 11.....	0.53	(0.032)	0.36	(0.019)	0.30	(0.012)	0.60	(0.029)	1.03	(0.050)	2.60	(0.151)	15.36	(0.916)	6.60	(0.434)
12 - 19.....	0.49	(0.038)	0.33	(0.024)	0.27	(0.017)	0.55	(0.040)	0.93	(0.074)	2.33	(0.156)	14.49	(0.766)	6.18	(0.309)
20 and over...	0.45	(0.018)	0.30	(0.013)	0.25	(0.016)	0.51	(0.025)	0.91	(0.093)	2.21	(0.107)	15.07	(0.452)	6.66	(0.239)
2 and over...	0.46	(0.019)	0.30	(0.013)	0.25	(0.014)	0.52	(0.024)	0.91	(0.077)	2.23	(0.108)	14.81	(0.480)	6.48	(0.235)
$25,000 - $74,999:																
2 - 5.....	0.46	(0.041)	0.31	(0.026)	0.24	(0.017)	0.51	(0.038)	0.77	(0.072)	2.09	(0.179)	11.52	(0.656)	4.71	(0.255)
6 - 11.....	0.48	(0.022)	0.33	(0.016)	0.27	(0.012)	0.55	(0.022)	1.06	(0.100)	2.30	(0.111)	14.46	(0.630)	6.16	(0.283)
12 - 19.....	0.49	(0.021)	0.32	(0.016)	0.28	(0.019)	0.54	(0.027)	1.02	(0.097)	2.38	(0.118)	14.87	(0.540)	6.45	(0.255)
20 and over...	0.52	(0.023)	0.34	(0.013)	0.28	(0.011)	0.57	(0.020)	0.99	(0.044)	2.44	(0.092)	15.50	(0.436)	6.86	(0.193)
2 and over...	0.51	(0.017)	0.34	(0.011)	0.28	(0.009)	0.56	(0.016)	0.99	(0.037)	2.41	(0.073)	15.15	(0.336)	6.65	(0.146)
$75,000 and higher:																
2 - 5.....	0.37	(0.032)	0.26	(0.020)	0.22	(0.021)	0.44	(0.034)	0.87	(0.167)	1.80	(0.145)	10.52	(0.619)	4.31	(0.233)
6 - 11.....	0.54	(0.034)	0.35	(0.022)	0.26	(0.016)	0.55	(0.030)	0.89	(0.086)	2.27	(0.116)	14.48	(0.704)	6.16	(0.211)
12 - 19.....	0.58	(0.044)	0.38	(0.024)	0.30	(0.016)	0.62	(0.033)	1.05	(0.075)	2.61	(0.113)	15.78	(0.642)	6.79	(0.274)
20 and over...	0.55	(0.028)	0.36	(0.019)	0.30	(0.015)	0.62	(0.028)	1.04	(0.069)	2.59	(0.090)	16.10	(0.238)	7.08	(0.108)
2 and over...	0.55	(0.024)	0.36	(0.016)	0.30	(0.011)	0.61	(0.023)	1.02	(0.051)	2.53	(0.076)	15.67	(0.220)	6.84	(0.104)
All Individuals[1]:																
2 - 5.....	0.42	(0.015)	0.29	(0.011)	0.23	(0.009)	0.47	(0.018)	0.77	(0.066)	1.93	(0.070)	11.07	(0.276)	4.56	(0.109)
6 - 11.....	0.51	(0.019)	0.34	(0.012)	0.27	(0.009)	0.56	(0.017)	1.01	(0.065)	2.34	(0.083)	14.62	(0.400)	6.22	(0.188)
12 - 19.....	0.52	(0.016)	0.34	(0.010)	0.28	(0.008)	0.57	(0.015)	0.99	(0.046)	2.43	(0.051)	14.97	(0.202)	6.46	(0.092)
20 and over...	0.52	(0.015)	0.34	(0.010)	0.28	(0.007)	0.57	(0.014)	0.99	(0.031)	2.44	(0.053)	15.60	(0.158)	6.88	(0.078)
2 and over...	0.51	(0.011)	0.34	(0.008)	0.28	(0.006)	0.57	(0.011)	0.98	(0.025)	2.41	(0.043)	15.23	(0.142)	6.67	(0.069)

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Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(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)
$0 - $24,999:														
2 - 5.....	0.79	(0.079)	18.64	(1.088)	0.22	(0.018)	0.01	(0.002)	11.82	(0.516)	1.07	(0.052)	#	
6 - 11.....	1.05	(0.093)	24.48	(0.967)	0.28	(0.015)	0.03	(0.006)	15.94	(0.772)	1.50	(0.075)	0.01	(0.001)
12 - 19.....	1.10	(0.072)	24.48	(1.468)	0.29	(0.023)	0.03	(0.004)	16.27	(1.041)	1.49	(0.104)	0.01	(0.001)
20 and over...	1.18	(0.042)	27.65	(0.559)	0.32	(0.008)	0.03	(0.002)	17.88	(0.401)	1.84	(0.053)	0.01	(0.001)
2 and over...	1.14	(0.042)	26.50	(0.563)	0.31	(0.008)	0.03	(0.002)	17.18	(0.333)	1.72	(0.043)	0.01	(0.001)
$25,000 - $74,999:														
2 - 5.....	0.79	(0.063)	18.39	(0.707)	0.23	(0.032)	0.02	(0.002)	11.76	(0.649)	1.10	(0.071)	#	
6 - 11.....	0.92	(0.053)	23.81	(0.735)	0.28	(0.013)	0.02	(0.002)	15.00	(0.773)	1.37	(0.072)	#	
12 - 19.....	1.05	(0.052)	24.38	(1.142)	0.28	(0.017)	0.03	(0.003)	16.33	(0.620)	1.60	(0.064)	0.01	(0.001)
20 and over...	1.17	(0.040)	27.47	(0.581)	0.32	(0.009)	0.03	(0.007)	17.96	(0.280)	1.85	(0.035)	0.01	(0.001)
2 and over...	1.12	(0.032)	26.40	(0.483)	0.31	(0.008)	0.03	(0.005)	17.24	(0.264)	1.75	(0.029)	0.01	(0.001)
$75,000 and higher:														
2 - 5.....	0.66	(0.045)	18.38	(0.831)	0.21	(0.014)	0.02	(0.004)	11.71	(0.580)	1.12	(0.066)	#	
6 - 11.....	0.87	(0.050)	24.01	(1.020)	0.26	(0.012)	0.03	(0.005)	15.47	(0.766)	1.45	(0.063)	0.01	(0.001)
12 - 19.....	1.11	(0.059)	26.96	(1.143)	0.29	(0.015)	0.03	(0.003)	18.87	(1.342)	1.86	(0.149)	0.01	(0.001)
20 and over...	1.29	(0.061)	30.05	(0.853)	0.36	(0.014)	0.04	(0.004)	19.33	(0.616)	2.10	(0.096)	0.01	(0.001)
2 and over...	1.20	(0.048)	28.67	(0.710)	0.34	(0.011)	0.03	(0.003)	18.60	(0.555)	1.97	(0.085)	0.01	(0.001)
All Individuals[1]:														
2 - 5.....	0.74	(0.019)	18.20	(0.400)	0.22	(0.015)	0.02	(0.002)	11.49	(0.398)	1.07	(0.033)	#	
6 - 11.....	0.92	(0.041)	23.89	(0.545)	0.27	(0.008)	0.02	(0.002)	15.37	(0.529)	1.43	(0.048)	0.01	(0.001)
12 - 19.....	1.07	(0.034)	25.16	(0.569)	0.28	(0.010)	0.03	(0.002)	17.19	(0.566)	1.66	(0.068)	0.01	(0.001)
20 and over...	1.21	(0.026)	28.40	(0.337)	0.33	(0.006)	0.04	(0.003)	18.44	(0.312)	1.95	(0.047)	0.01	(0.001)
2 and over...	1.15	(0.022)	27.18	(0.294)	0.32	(0.005)	0.03	(0.002)	17.71	(0.264)	1.83	(0.041)	0.01	(0.001)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
$0 - $24,999:								
2 - 5.....	0.11	(0.009)	0.01	(0.002)	0.02	(0.001)	0.02	(0.004)
6 - 11.....	0.14	(0.013)	0.01	(0.001)	0.02	(0.002)	0.02	(0.002)
12 - 19.....	0.13	(0.009)	0.02	(0.005)	0.02	(0.002)	0.04	(0.007)
20 and over...	0.16	(0.006)	0.02	(0.003)	0.02	(0.001)	0.05	(0.005)
2 and over...	0.15	(0.005)	0.02	(0.002)	0.02	(0.001)	0.04	(0.004)
$25,000 - $74,999:								
2 - 5.....	0.10	(0.005)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
6 - 11.....	0.12	(0.006)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)
12 - 19.....	0.13	(0.008)	0.02	(0.002)	0.02	(0.001)	0.03	(0.004)
20 and over...	0.16	(0.005)	0.03	(0.005)	0.03	(0.001)	0.06	(0.005)
2 and over...	0.15	(0.004)	0.03	(0.004)	0.02	(0.001)	0.06	(0.004)
$75,000 and higher:								
2 - 5.....	0.07	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
6 - 11.....	0.11	(0.007)	0.01	(0.004)	0.02	(0.001)	0.02	(0.003)
12 - 19.....	0.14	(0.015)	0.02	(0.002)	0.02	(0.001)	0.02	(0.004)
20 and over...	0.17	(0.005)	0.03	(0.004)	0.03	(0.003)	0.07	(0.007)
2 and over...	0.16	(0.005)	0.03	(0.003)	0.03	(0.002)	0.06	(0.006)
All Individuals[1]:								
2 - 5.....	0.09	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.12	(0.006)	0.01	(0.002)	0.02	(0.001)	0.02	(0.002)
12 - 19.....	0.13	(0.006)	0.02	(0.001)	0.02	(0.001)	0.03	(0.003)
20 and over...	0.16	(0.003)	0.03	(0.002)	0.03	(0.001)	0.06	(0.003)
2 and over...	0.15	(0.002)	0.03	(0.002)	0.02	(0.001)	0.05	(0.002)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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] 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 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.

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[1]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Sample size	Energy kcal	(SE)	Protein g	(SE)	Carbohydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Monounsaturated fat g	(SE)	Polyunsaturated fat g	(SE)
Under 131% poverty:																			
2 - 5	208	1637	(92.3)	56.5	(2.56)	219	(12.3)	106	(6.9)	11.5	(0.53)	61.9	(3.88)	21.7	(1.68)	20.2	(1.15)	13.7	(0.99)
6 - 11	282	1958	(62.0)	66.7	(3.36)	254	(5.9)	113	(3.4)	14.4	(0.47)	77.5	(3.47)	27.8	(1.36)	25.0	(1.10)	16.7	(0.76)
12 - 19	375	1949	(77.6)	73.0	(4.91)	243	(9.6)	109	(5.4)	13.9	(0.73)	76.0	(3.05)	25.9	(0.91)	24.8	(1.16)	17.6	(0.92)
20 and over	1180	2124	(55.9)	76.1	(2.22)	256	(7.1)	116	(4.3)	15.6	(0.61)	83.8	(2.26)	26.8	(0.95)	28.7	(0.81)	20.0	(0.65)
2 and over	2045	2042	(45.4)	73.1	(2.09)	251	(5.5)	114	(3.5)	14.9	(0.46)	80.3	(2.06)	26.4	(0.87)	27.0	(0.72)	18.8	(0.53)
131-350% poverty:																			
2 - 5	178	1503	(52.5)	51.4	(2.05)	199	(8.2)	96	(5.5)	11.8	(0.78)	58.1	(2.16)	20.4	(1.20)	19.1	(0.61)	12.7	(0.33)
6 - 11	279	1941	(31.2)	63.8	(1.85)	255	(4.6)	120	(3.8)	14.2	(0.44)	76.9	(1.95)	26.7	(0.70)	25.9	(0.48)	16.9	(0.88)
12 - 19	372	2085	(48.5)	73.3	(2.15)	263	(7.3)	115	(3.7)	14.9	(0.53)	84.3	(2.10)	28.9	(1.03)	27.5	(0.87)	19.4	(0.52)
20 and over	1722	2159	(44.9)	81.6	(1.67)	254	(5.2)	111	(2.4)	16.6	(0.45)	87.8	(2.07)	28.7	(0.70)	29.8	(0.77)	20.6	(0.46)
2 and over	2551	2096	(32.1)	77.6	(1.37)	252	(3.7)	111	(1.8)	15.9	(0.39)	84.8	(1.52)	28.1	(0.53)	28.7	(0.55)	19.7	(0.36)
Over 350% poverty:																			
2 - 5	107	1493	(51.4)	51.2	(1.66)	202	(7.8)	97	(5.8)	13.7	(0.87)	56.5	(2.50)	19.3	(1.15)	18.8	(0.91)	12.5	(0.66)
6 - 11	159	1927	(68.3)	64.2	(2.75)	253	(12.0)	114	(7.0)	15.8	(1.15)	76.4	(3.29)	26.5	(1.14)	25.1	(1.13)	17.6	(1.15)
12 - 19	191	2114	(96.5)	79.0	(7.84)	262	(6.9)	117	(4.8)	15.2	(1.05)	86.0	(4.90)	28.5	(1.45)	28.4	(1.59)	21.0	(1.76)
20 and over	1282	2176	(36.8)	85.4	(1.39)	239	(4.7)	100	(2.4)	17.5	(0.61)	91.6	(1.95)	29.9	(0.61)	31.6	(0.87)	21.5	(0.71)
2 and over	1739	2134	(32.6)	82.4	(1.37)	240	(3.8)	102	(2.0)	17.1	(0.57)	89.1	(1.79)	29.2	(0.55)	30.5	(0.75)	21.0	(0.66)
All Individuals[2]:																			
2 - 5	540	1542	(31.4)	53.1	(0.71)	207	(4.8)	101	(3.8)	12.1	(0.34)	58.4	(1.34)	20.5	(0.52)	19.1	(0.41)	12.7	(0.43)
6 - 11	795	1936	(34.7)	64.8	(1.70)	253	(3.7)	115	(2.0)	14.8	(0.44)	76.5	(1.95)	26.9	(0.73)	25.2	(0.58)	17.0	(0.57)
12 - 19	1045	2030	(32.0)	74.7	(2.64)	254	(3.1)	112	(2.0)	14.6	(0.40)	81.4	(1.60)	27.5	(0.37)	26.7	(0.61)	19.1	(0.63)
20 and over	4742	2155	(18.8)	81.9	(0.93)	248	(3.0)	107	(1.7)	16.9	(0.39)	88.2	(0.77)	28.7	(0.33)	30.2	(0.36)	20.8	(0.35)
2 and over	7122	2093	(14.2)	78.3	(0.88)	247	(2.2)	108	(1.4)	16.2	(0.33)	85.0	(0.69)	28.0	(0.28)	28.8	(0.32)	19.9	(0.30)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5.....	208	(16.4)	461	(29.2)	542	(24.7)	99	(18.9)	881	(160.9)	76	(15.3)	3623	(644.5)	596	(68.1)	1.36	(0.089)
6 - 11.....	237	(17.9)	539	(31.9)	660	(44.5)	240	(59.7)	1286	(241.3)	75	(10.3)	4822	(729.7)	869	(117.4)	1.63	(0.049)
12 - 19.....	238	(14.3)	436	(26.7)	531	(38.9)	195	(56.5)	1017	(199.6)	56	(5.4)	4974	(807.4)	812	(96.1)	1.58	(0.090)
20 and over...	289	(14.2)	376	(13.7)	534	(24.2)	257	(31.9)	1720	(173.2)	97	(26.3)	4844	(351.3)	1459	(145.1)	1.55	(0.052)
2 and over...	270	(11.4)	409	(13.1)	547	(19.0)	233	(27.9)	1502	(138.6)	87	(18.4)	4767	(196.9)	1232	(106.9)	1.55	(0.040)
131-350% poverty:																		
2 - 5.....	171	(10.4)	440	(29.0)	534	(32.8)	237	(45.1)	967	(126.7)	91	(14.9)	3239	(607.1)	570	(57.8)	1.22	(0.049)
6 - 11.....	214	(7.9)	520	(22.8)	647	(23.4)	259	(47.3)	1333	(167.5)	113	(17.6)	4565	(670.1)	659	(60.6)	1.54	(0.041)
12 - 19.....	251	(12.3)	474	(20.8)	595	(23.6)	240	(49.7)	1306	(157.6)	66	(11.0)	4329	(515.8)	943	(163.4)	1.71	(0.068)
20 and over...	306	(10.4)	424	(10.4)	641	(19.9)	377	(38.7)	2363	(155.9)	97	(13.4)	4859	(401.7)	1525	(91.9)	1.62	(0.029)
2 and over...	285	(8.4)	439	(10.4)	630	(15.2)	344	(27.2)	2083	(109.4)	94	(10.4)	4686	(327.1)	1336	(75.0)	1.60	(0.026)
Over 350% poverty:																		
2 - 5.....	153	(16.2)	414	(33.1)	577	(50.2)	373*	(147.2)	1728	(507.7)	91	(18.8)	3042	(692.5)	744	(157.2)	1.18	(0.053)
6 - 11.....	210	(17.5)	534	(50.1)	633	(57.9)	150	(24.5)	1067	(190.4)	101	(17.9)	3298	(393.5)	1102*	(363.7)	1.57	(0.051)
12 - 19.....	267	(26.2)	467	(48.5)	600	(46.2)	238	(52.5)	1430	(156.4)	80	(19.0)	5773	(1408.2)	993	(139.4)	1.58	(0.090)
20 and over...	317	(9.6)	435	(13.3)	710	(31.2)	456	(52.9)	3035	(320.6)	84	(9.0)	5465	(623.7)	2079	(338.3)	1.61	(0.030)
2 and over...	301	(7.5)	443	(12.9)	693	(27.9)	417	(43.6)	2741	(272.7)	85	(8.0)	5270	(524.3)	1889	(283.3)	1.59	(0.027)
All Individuals[2]:																		
2 - 5.....	182	(8.8)	442	(14.8)	551	(20.0)	228	(45.8)	1147	(168.7)	95	(8.1)	3523	(349.8)	636	(48.2)	1.26	(0.037)
6 - 11.....	220	(8.9)	536	(23.0)	648	(28.6)	208	(28.4)	1187	(91.5)	97	(8.6)	4171	(301.4)	867	(120.7)	1.59	(0.033)
12 - 19.....	249	(8.5)	447	(19.7)	562	(19.7)	214	(23.3)	1232	(102.1)	65	(5.6)	4822	(354.9)	905	(77.0)	1.61	(0.038)
20 and over...	307	(4.9)	418	(10.5)	648	(17.2)	392	(36.7)	2515	(164.7)	92	(7.2)	5053	(231.6)	1737	(138.2)	1.60	(0.020)
2 and over...	287	(3.2)	432	(9.4)	633	(13.9)	350	(28.8)	2202	(135.9)	90	(5.7)	4881	(180.9)	1523	(114.1)	1.58	(0.017)

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5	1.66	(0.093)	17.2	(0.86)	1.50	(0.059)	177	(20.6)	125	(10.9)	427	(41.6)	228	(12.3)	4.10	(0.217)	0.85	(0.099)
6 - 11	1.94	(0.069)	22.0	(0.90)	1.73	(0.080)	239	(15.8)	150	(8.0)	555	(26.5)	251	(15.3)	5.05	(0.319)	1.37	(0.124)
12 - 19	1.90	(0.157)	24.9	(1.40)	2.04	(0.156)	215	(13.4)	151	(7.5)	514	(25.0)	258	(17.6)	5.04	(0.333)	1.48	(0.188)
20 and over	1.98	(0.064)	26.3	(1.00)	2.25	(0.159)	176	(9.8)	196	(6.9)	494	(17.7)	307	(11.1)	4.72	(0.251)	1.27	(0.160)
2 and over	1.94	(0.056)	24.9	(0.85)	2.11	(0.115)	188	(6.0)	179	(5.6)	498	(10.7)	287	(9.8)	4.75	(0.218)	1.28	(0.113)
131-350% poverty:																		
2 - 5	1.51	(0.072)	15.5	(0.46)	1.40	(0.055)	150	(7.6)	120	(11.1)	374	(19.5)	204	(7.5)	3.66	(0.180)	0.83	(0.069)
6 - 11	1.81	(0.059)	20.9	(0.61)	1.69	(0.044)	208	(13.5)	140	(5.2)	494	(21.9)	238	(6.6)	4.37	(0.194)	1.09	(0.103)
12 - 19	1.88	(0.064)	23.9	(0.75)	1.78	(0.070)	220	(14.4)	168	(9.8)	540	(27.0)	266	(9.5)	4.58	(0.177)	1.04	(0.107)
20 and over	2.09	(0.050)	26.3	(0.61)	2.14	(0.050)	183	(6.9)	207	(4.8)	517	(12.5)	333	(10.1)	4.87	(0.158)	1.03	(0.093)
2 and over	2.01	(0.046)	25.0	(0.47)	2.02	(0.039)	187	(5.6)	192	(4.1)	510	(9.5)	311	(8.2)	4.73	(0.127)	1.02	(0.074)
Over 350% poverty:																		
2 - 5	1.54	(0.105)	15.4	(0.70)	1.39	(0.073)	140	(16.1)	127	(9.4)	364	(29.1)	201	(10.7)	3.20	(0.270)	0.46	(0.100)
6 - 11	1.82	(0.097)	21.0	(1.11)	1.77	(0.111)	201	(10.7)	156	(9.6)	498	(21.9)	238	(12.5)	4.19	(0.274)	1.22	(0.198)
12 - 19	1.87	(0.140)	25.5	(1.98)	1.98	(0.150)	187	(15.5)	176	(17.1)	490	(31.8)	280	(24.9)	4.13	(0.317)	0.94	(0.256)
20 and over	2.24	(0.073)	26.6	(0.73)	2.23	(0.104)	160	(3.7)	229	(8.5)	500	(10.8)	346	(8.6)	5.03	(0.203)	1.00	(0.207)
2 and over	2.17	(0.065)	25.8	(0.66)	2.16	(0.090)	164	(3.6)	217	(7.8)	495	(11.0)	330	(7.3)	4.85	(0.173)	0.99	(0.189)
All Individuals[2]:																		
2 - 5	1.57	(0.033)	15.9	(0.32)	1.43	(0.022)	156	(8.1)	124	(4.6)	388	(15.4)	214	(6.1)	3.75	(0.116)	0.74	(0.058)
6 - 11	1.86	(0.049)	21.4	(0.60)	1.75	(0.058)	219	(6.5)	148	(4.5)	519	(12.5)	242	(7.0)	4.59	(0.170)	1.30	(0.086)
12 - 19	1.86	(0.058)	24.6	(0.76)	1.90	(0.079)	205	(5.4)	163	(5.9)	509	(9.7)	265	(8.8)	4.55	(0.189)	1.12	(0.131)
20 and over	2.12	(0.041)	26.2	(0.42)	2.18	(0.057)	171	(3.0)	213	(4.7)	503	(6.3)	332	(4.6)	4.84	(0.137)	1.03	(0.089)
2 and over	2.04	(0.033)	25.1	(0.34)	2.08	(0.045)	178	(2.8)	198	(4.3)	499	(5.4)	312	(3.4)	4.74	(0.116)	1.05	(0.076)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																
2 - 5.....	80.8	(6.77)	5.6	(0.47)	5.6	(0.36)	0.3*	(0.09)	48.3	(5.70)	979	(68.6)	1152	(65.0)	207	(8.2)
6 - 11.....	65.2	(6.57)	5.4	(0.28)	7.4	(0.29)	0.7	(0.19)	71.4	(10.15)	1062	(54.6)	1288	(56.1)	232	(7.2)
12 - 19.....	62.9	(5.04)	4.8	(0.42)	8.1	(0.45)	1.1*	(0.34)	70.7	(7.12)	947	(53.1)	1284	(78.5)	247	(14.5)
20 and over...	70.3	(4.00)	4.1	(0.24)	8.9	(0.41)	0.7	(0.16)	108.6	(8.00)	922	(27.8)	1330	(34.6)	287	(8.1)
2 and over...	69.5	(3.20)	4.5	(0.23)	8.4	(0.26)	0.7	(0.13)	94.3	(6.12)	945	(25.1)	1305	(32.6)	269	(6.1)
131-350% poverty:																
2 - 5.....	80.8	(15.69)	5.0	(0.43)	5.5	(0.21)	0.3*	(0.11)	45.8	(4.07)	958	(84.5)	1068	(49.6)	201	(8.6)
6 - 11.....	64.8	(3.96)	4.8	(0.30)	7.8	(0.32)	0.8*	(0.27)	61.5	(7.05)	977	(39.9)	1250	(30.2)	228	(5.4)
12 - 19.....	65.5	(9.37)	4.2	(0.27)	7.6	(0.38)	0.6	(0.15)	79.1	(7.98)	986	(23.1)	1307	(34.9)	244	(7.2)
20 and over...	72.2	(2.16)	4.3	(0.15)	9.3	(0.23)	1.1	(0.13)	115.6	(3.74)	969	(18.4)	1393	(24.5)	299	(5.5)
2 and over...	71.3	(2.45)	4.4	(0.15)	8.8	(0.16)	0.9	(0.09)	103.2	(3.46)	971	(17.6)	1354	(19.6)	282	(4.5)
Over 350% poverty:																
2 - 5.....	82.1	(9.29)	5.1	(0.44)	6.3	(0.48)	0.8*	(0.36)	63.6	(9.02)	937	(51.6)	1110	(58.0)	215	(13.4)
6 - 11.....	98.2	(11.66)	4.4	(0.26)	9.6	(1.56)	2.2*	(1.41)	83.0	(15.75)	1001	(36.6)	1251	(49.8)	243	(9.2)
12 - 19.....	71.4	(8.82)	3.8	(0.43)	9.4	(0.85)	0.7*	(0.26)	94.5	(10.98)	959	(45.9)	1372	(105.7)	259	(17.3)
20 and over...	82.6	(4.61)	4.2	(0.25)	10.1	(0.36)	1.3	(0.19)	149.1	(15.95)	995	(23.5)	1438	(25.1)	323	(8.1)
2 and over...	82.8	(4.47)	4.2	(0.21)	9.9	(0.34)	1.3	(0.17)	137.9	(13.52)	990	(21.3)	1410	(22.6)	309	(7.5)
All Individuals[2]:																
2 - 5.....	83.3	(6.85)	5.3	(0.20)	5.7	(0.14)	0.5	(0.10)	50.3	(2.85)	959	(33.7)	1105	(17.7)	206	(3.8)
6 - 11.....	76.7	(4.95)	5.0	(0.16)	8.2	(0.55)	1.2*	(0.53)	70.9	(5.71)	1012	(30.9)	1263	(31.0)	234	(4.3)
12 - 19.....	64.7	(4.03)	4.2	(0.24)	8.2	(0.25)	0.7	(0.13)	81.5	(4.75)	951	(21.2)	1306	(37.3)	248	(7.3)
20 and over...	76.3	(2.35)	4.2	(0.14)	9.5	(0.19)	1.1	(0.09)	127.8	(6.82)	966	(14.6)	1391	(15.7)	306	(4.3)
2 and over...	75.4	(2.21)	4.3	(0.12)	9.1	(0.16)	1.0	(0.07)	114.4	(5.91)	968	(13.1)	1357	(13.9)	289	(3.7)

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5.....	11.7	(0.64)	8.0	(0.42)	0.7	(0.03)	75.8	(3.67)	2029	(87.8)	2413	(150.4)	11.7	(3.21)	40.9	(10.15)	--	--
6 - 11.....	14.5	(0.66)	10.4	(0.66)	0.9	(0.03)	94.9	(3.95)	2110	(87.7)	3074	(158.0)	20.8	(3.30)	44.1	(4.81)	--	--
12 - 19.....	13.3	(0.54)	10.2	(0.58)	0.9	(0.06)	107.3	(5.69)	2073	(106.9)	3098	(127.0)	44.5	(3.82)	41.6	(3.93)	--	--
20 and over...	13.6	(0.38)	10.2	(0.26)	1.1	(0.04)	111.3	(2.47)	2473	(73.0)	3387	(118.1)	168.9	(10.56)	37.7	(4.20)	9.6	(1.02)
2 and over...	13.5	(0.28)	10.1	(0.23)	1.0	(0.03)	106.3	(2.24)	2340	(53.7)	3235	(93.3)	122.3	(7.52)	39.2	(2.61)	--	--
131-350% poverty:																		
2 - 5.....	9.9	(0.42)	7.3	(0.42)	0.7	(0.03)	67.0	(3.15)	1937	(117.2)	2047	(99.6)	7.3*	(2.45)	29.7	(3.47)	--	--
6 - 11.....	13.5	(0.44)	9.3	(0.40)	0.8	(0.02)	88.5	(2.63)	2060	(44.8)	2863	(80.0)	15.8	(2.26)	60.3	(5.22)	--	--
12 - 19.....	14.5	(0.64)	10.1	(0.34)	1.0	(0.03)	105.0	(4.18)	2188	(72.2)	3316	(97.4)	41.8	(5.36)	40.8	(3.78)	--	--
20 and over...	14.7	(0.31)	11.2	(0.21)	1.2	(0.02)	113.9	(2.98)	2577	(40.8)	3543	(82.2)	161.8	(9.50)	39.4	(3.57)	7.8	(1.11)
2 and over...	14.3	(0.26)	10.7	(0.18)	1.1	(0.02)	108.2	(2.30)	2456	(34.4)	3378	(63.6)	127.9	(6.87)	40.7	(2.70)	--	--
Over 350% poverty:																		
2 - 5.....	10.0	(0.57)	7.3	(0.38)	0.8	(0.04)	63.5	(2.43)	2013	(105.3)	2107	(78.1)	8.0*	(3.34)	48.0*	(14.99)	--	--
6 - 11.....	14.0	(0.50)	9.5	(0.48)	1.0	(0.07)	87.6	(3.91)	2084	(83.1)	2795	(124.9)	11.9	(2.78)	76.6	(13.01)	--	--
12 - 19.....	14.1	(0.87)	10.0	(0.67)	1.1	(0.09)	108.1	(10.38)	2323	(151.1)	3593	(260.1)	38.0	(7.00)	51.9	(14.98)	--	--
20 and over...	14.1	(0.33)	11.5	(0.26)	1.3	(0.03)	118.6	(2.30)	2753	(76.4)	3598	(68.9)	184.3	(8.48)	42.9	(2.51)	12.0	(0.99)
2 and over...	14.0	(0.30)	11.1	(0.23)	1.3	(0.03)	114.1	(2.19)	2653	(69.1)	3498	(64.9)	156.2	(8.08)	45.9	(3.17)	--	--
All Individuals[2]:																		
2 - 5.....	10.4	(0.28)	7.6	(0.20)	0.7	(0.01)	69.4	(1.34)	1997	(36.5)	2171	(58.3)	8.8	(2.03)	37.7	(5.91)	--	--
6 - 11.....	14.1	(0.36)	9.7	(0.33)	0.9	(0.02)	90.1	(2.35)	2089	(43.3)	2899	(86.0)	15.6	(1.79)	60.1	(3.73)	--	--
12 - 19.....	13.9	(0.32)	10.1	(0.31)	1.0	(0.03)	106.6	(3.37)	2169	(59.9)	3320	(81.3)	42.6	(2.80)	43.7	(4.03)	--	--
20 and over...	14.2	(0.19)	11.1	(0.14)	1.2	(0.02)	114.8	(1.07)	2618	(37.5)	3531	(38.5)	170.4	(6.39)	40.0	(1.51)	10.0	(0.49)
2 and over...	14.0	(0.15)	10.7	(0.13)	1.1	(0.02)	109.6	(0.90)	2496	(31.2)	3389	(34.8)	136.2	(4.87)	41.9	(1.65)	--	--

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																
2 - 5.....	0.42	(0.052)	0.30	(0.036)	0.23	(0.026)	0.49	(0.055)	0.70	(0.079)	1.97	(0.219)	11.94	(0.857)	4.85	(0.338)
6 - 11.....	0.51	(0.025)	0.35	(0.016)	0.29	(0.009)	0.59	(0.022)	1.09	(0.090)	2.54	(0.123)	15.04	(0.789)	6.40	(0.398)
12 - 19.....	0.48	(0.025)	0.32	(0.017)	0.28	(0.017)	0.54	(0.030)	1.01	(0.090)	2.30	(0.102)	14.01	(0.486)	6.05	(0.230)
20 and over...	0.44	(0.018)	0.29	(0.012)	0.25	(0.013)	0.50	(0.022)	0.89	(0.063)	2.18	(0.099)	14.79	(0.506)	6.54	(0.232)
2 and over...	0.45	(0.016)	0.30	(0.011)	0.25	(0.011)	0.51	(0.019)	0.91	(0.047)	2.22	(0.091)	14.48	(0.466)	6.32	(0.218)
131-350% poverty:																
2 - 5.....	0.44	(0.042)	0.29	(0.027)	0.23	(0.020)	0.49	(0.041)	0.87	(0.133)	1.99	(0.176)	10.87	(0.614)	4.42	(0.232)
6 - 11.....	0.50	(0.026)	0.34	(0.016)	0.27	(0.013)	0.55	(0.022)	0.94	(0.068)	2.31	(0.076)	14.62	(0.473)	6.23	(0.162)
12 - 19.....	0.55	(0.045)	0.36	(0.027)	0.29	(0.021)	0.59	(0.039)	1.03	(0.103)	2.58	(0.146)	15.70	(0.513)	6.80	(0.258)
20 and over...	0.50	(0.015)	0.33	(0.009)	0.28	(0.010)	0.56	(0.015)	1.01	(0.059)	2.42	(0.060)	15.70	(0.394)	6.92	(0.198)
2 and over...	0.50	(0.014)	0.33	(0.009)	0.28	(0.009)	0.56	(0.014)	1.00	(0.047)	2.40	(0.053)	15.34	(0.290)	6.71	(0.148)
Over 350% poverty:																
2 - 5.....	0.38	(0.038)	0.27	(0.025)	0.22	(0.018)	0.44	(0.035)	0.76	(0.095)	1.77	(0.143)	10.39	(0.659)	4.34	(0.250)
6 - 11.....	0.53	(0.037)	0.34	(0.024)	0.26	(0.017)	0.55	(0.032)	0.92	(0.117)	2.23	(0.128)	14.38	(0.644)	6.18	(0.232)
12 - 19.....	0.56	(0.038)	0.36	(0.024)	0.28	(0.019)	0.60	(0.037)	0.98	(0.100)	2.50	(0.136)	15.58	(0.820)	6.71	(0.361)
20 and over...	0.57	(0.028)	0.37	(0.020)	0.31	(0.014)	0.63	(0.028)	1.04	(0.067)	2.63	(0.097)	16.07	(0.290)	7.09	(0.138)
2 and over...	0.56	(0.023)	0.37	(0.017)	0.30	(0.011)	0.61	(0.024)	1.02	(0.054)	2.57	(0.081)	15.74	(0.264)	6.92	(0.128)
All Individuals[2]:																
2 - 5.....	0.42	(0.015)	0.29	(0.011)	0.23	(0.009)	0.47	(0.018)	0.77	(0.066)	1.93	(0.070)	11.07	(0.276)	4.56	(0.109)
6 - 11.....	0.51	(0.019)	0.34	(0.012)	0.27	(0.009)	0.56	(0.017)	1.01	(0.065)	2.34	(0.083)	14.62	(0.400)	6.22	(0.188)
12 - 19.....	0.52	(0.016)	0.34	(0.010)	0.28	(0.008)	0.57	(0.015)	0.99	(0.046)	2.43	(0.051)	14.97	(0.202)	6.46	(0.092)
20 and over...	0.52	(0.015)	0.34	(0.010)	0.28	(0.007)	0.57	(0.014)	0.99	(0.031)	2.44	(0.053)	15.60	(0.158)	6.88	(0.078)
2 and over...	0.51	(0.011)	0.34	(0.008)	0.28	(0.006)	0.57	(0.011)	0.98	(0.025)	2.41	(0.043)	15.23	(0.142)	6.67	(0.069)

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:														
2 - 5.....	0.83	(0.051)	19.09	(1.071)	0.25	(0.038)	0.02	(0.002)	12.37	(0.913)	1.14	(0.088)	#	
6 - 11.....	1.01	(0.084)	23.58	(0.995)	0.26	(0.016)	0.02	(0.004)	15.09	(0.685)	1.40	(0.066)	0.01	(0.001)
12 - 19.....	1.03	(0.057)	23.38	(1.099)	0.28	(0.018)	0.02	(0.003)	15.88	(0.836)	1.49	(0.092)	0.01	(0.001)
20 and over...	1.14	(0.045)	27.04	(0.754)	0.31	(0.012)	0.03	(0.003)	17.80	(0.601)	1.80	(0.071)	0.01	(0.001)
2 and over...	1.08	(0.039)	25.51	(0.674)	0.30	(0.010)	0.03	(0.002)	16.80	(0.483)	1.66	(0.054)	0.01	(0.001)
131-350% poverty:														
2 - 5.....	0.73	(0.058)	18.13	(0.555)	0.21	(0.010)	0.02	(0.003)	11.50	(0.287)	1.04	(0.052)	#	
6 - 11.....	0.91	(0.043)	24.61	(0.459)	0.29	(0.012)	0.03	(0.007)	15.24	(0.802)	1.40	(0.080)	#	
12 - 19.....	1.12	(0.038)	25.98	(0.844)	0.30	(0.014)	0.03	(0.004)	17.41	(0.493)	1.69	(0.048)	0.01	(0.002)
20 and over...	1.20	(0.033)	28.10	(0.732)	0.33	(0.009)	0.04	(0.007)	18.31	(0.425)	1.89	(0.044)	0.01	(0.001)
2 and over...	1.14	(0.027)	27.02	(0.511)	0.31	(0.007)	0.03	(0.006)	17.58	(0.328)	1.78	(0.034)	0.01	(0.001)
Over 350% poverty:														
2 - 5.....	0.64	(0.047)	17.99	(0.884)	0.20	(0.013)	0.01	(0.002)	11.28	(0.614)	1.14	(0.076)	#	
6 - 11.....	0.87	(0.076)	23.92	(1.083)	0.25	(0.015)	0.02	(0.003)	15.87	(1.100)	1.50	(0.078)	0.01	(0.002)
12 - 19.....	1.11	(0.085)	26.83	(1.493)	0.28	(0.019)	0.02	(0.003)	18.81	(1.575)	1.87	(0.174)	#	
20 and over...	1.28	(0.054)	29.70	(0.826)	0.35	(0.014)	0.04	(0.003)	19.06	(0.628)	2.07	(0.095)	0.01	(0.002)
2 and over...	1.22	(0.046)	28.73	(0.712)	0.33	(0.012)	0.03	(0.003)	18.58	(0.576)	1.99	(0.085)	0.01	(0.001)
All Individuals[2]:														
2 - 5.....	0.74	(0.019)	18.20	(0.400)	0.22	(0.015)	0.02	(0.002)	11.49	(0.398)	1.07	(0.033)	#	
6 - 11.....	0.92	(0.041)	23.89	(0.545)	0.27	(0.008)	0.02	(0.002)	15.37	(0.529)	1.43	(0.048)	0.01	(0.001)
12 - 19.....	1.07	(0.034)	25.16	(0.569)	0.28	(0.010)	0.03	(0.002)	17.19	(0.566)	1.66	(0.068)	0.01	(0.001)
20 and over...	1.21	(0.026)	28.40	(0.337)	0.33	(0.006)	0.04	(0.003)	18.44	(0.312)	1.95	(0.047)	0.01	(0.001)
2 and over...	1.15	(0.022)	27.18	(0.294)	0.32	(0.005)	0.03	(0.002)	17.71	(0.264)	1.83	(0.041)	0.01	(0.001)

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Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level[1]) and Age, in the United States, 2017-2018 *(continued)*

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)
Under 131% poverty:								
2 - 5	0.11	(0.007)	0.01	(0.002)	0.02	(0.001)	0.02	(0.004)
6 - 11	0.13	(0.012)	0.01	(0.001)	0.02	(0.002)	0.02	(0.003)
12 - 19	0.12	(0.007)	0.02	(0.003)	0.02	(0.001)	0.04	(0.005)
20 and over	0.15	(0.008)	0.02	(0.002)	0.02	(0.001)	0.05	(0.003)
2 and over	0.14	(0.006)	0.02	(0.002)	0.02	(0.001)	0.04	(0.003)
131-350% poverty:								
2 - 5	0.09	(0.005)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11	0.11	(0.005)	0.01	(0.001)	0.02	(0.001)	0.02	(0.001)
12 - 19	0.13	(0.008)	0.02	(0.002)	0.02	(0.001)	0.03	(0.005)
20 and over	0.16	(0.006)	0.03	(0.006)	0.02	(0.001)	0.06	(0.008)
2 and over	0.15	(0.004)	0.03	(0.005)	0.02	(0.001)	0.05	(0.006)
Over 350% poverty:								
2 - 5	0.08	(0.008)	0.01	(0.002)	0.01	(0.002)	0.02	(0.005)
6 - 11	0.11	(0.008)	0.02*	(0.006)	0.02	(0.002)	0.02	(0.003)
12 - 19	0.14	(0.018)	0.02	(0.003)	0.02	(0.002)	0.03	(0.004)
20 and over	0.17	(0.006)	0.03	(0.004)	0.03	(0.003)	0.07	(0.007)
2 and over	0.16	(0.005)	0.03	(0.003)	0.03	(0.002)	0.06	(0.006)
All Individuals[2]:								
2 - 5	0.09	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11	0.12	(0.006)	0.01	(0.002)	0.02	(0.001)	0.02	(0.002)
12 - 19	0.13	(0.006)	0.02	(0.001)	0.02	(0.001)	0.03	(0.003)
20 and over	0.16	(0.003)	0.03	(0.002)	0.03	(0.001)	0.06	(0.003)
2 and over	0.15	(0.002)	0.03	(0.002)	0.02	(0.001)	0.05	(0.002)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[2] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 5. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Sample size [2]	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5.....	260	1656	(53.0)	14	(0.2)	53	(0.6)	34	(0.5)	12	(0.3)	11	(0.2)	8*	(0.2)	--	--
6 - 11.....	383	2006	(54.0)	14	(0.3)	52	(0.8)	35	(0.6)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
12 - 19.....	531	2275	(43.2)	15	(0.4)	50	(0.7)	35	(0.5)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
20 - 29.....	335	2409	(77.6)	16	(0.4)	46	(0.7)	35	(0.8)	11	(0.2)	12	(0.2)	8	(0.6)	--	--
30 - 39.....	329	2660	(69.5)	16	(0.4)	46	(0.8)	35	(0.8)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
40 - 49.....	340	2605	(122.1)	17	(0.5)	45	(1.0)	36	(1.0)	12	(0.3)	13	(0.6)	8	(0.4)	--	--
50 - 59.....	375	2554	(58.7)	15	(0.4)	46	(1.2)	35	(0.8)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
60 - 69.....	500	2451	(72.7)	15	(0.4)	46	(0.6)	38	(0.6)	12	(0.4)	13	(0.3)	9	(0.3)	--	--
70 and over.....	428	2159	(55.3)	15	(0.3)	47	(0.7)	37	(0.5)	12	(0.3)	13	(0.2)	9	(0.2)	--	--
2 - 19.....	1174	2055	(25.5)	15	(0.2)	52	(0.3)	35	(0.3)	12	(0.2)	11	(0.1)	8	(0.1)	--	--
20 and over...	2307	2485	(23.9)	16	(0.2)	46	(0.3)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.2)	4	(0.2)
2 and over...	3481	2378	(21.9)	15	(0.2)	47	(0.2)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.2)	--	--
Females:																	
2 - 5.....	280	1424	(45.7)	14	(0.3)	54	(0.6)	33	(0.5)	12	(0.3)	11	(0.2)	7*	(0.3)	--	--
6 - 11.....	412	1864	(40.3)	13	(0.3)	53	(0.6)	35	(0.5)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	514	1768	(44.7)	14	(0.4)	51	(0.9)	36	(0.5)	12	(0.2)	12	(0.3)	9	(0.2)	--	--
20 - 29.....	359	1985	(38.5)	15	(0.2)	46	(0.9)	37	(0.8)	12	(0.3)	12	(0.3)	9	(0.3)	--	--
30 - 39.....	407	1885	(41.1)	15	(0.3)	48	(0.7)	36	(0.5)	12	(0.3)	13	(0.3)	9	(0.3)	--	--
40 - 49.....	367	1921	(65.9)	15	(0.3)	48	(1.1)	36	(1.0)	12	(0.5)	12	(0.4)	9	(0.3)	--	--
50 - 59.....	419	1826	(96.2)	16	(0.5)	48	(0.9)	36	(0.6)	12	(0.3)	12	(0.4)	8	(0.3)	--	--
60 - 69.....	479	1789	(63.5)	16	(0.4)	45	(1.0)	37	(0.8)	12	(0.4)	13	(0.4)	9	(0.4)	--	--
70 and over.....	404	1662	(38.5)	15	(0.3)	49	(0.5)	36	(0.5)	12	(0.3)	12	(0.2)	9	(0.2)	--	--
2 - 19.....	1206	1726	(27.0)	14	(0.3)	53	(0.5)	35	(0.4)	12	(0.1)	11	(0.2)	8	(0.1)	--	--
20 and over...	2435	1849	(28.3)	15	(0.2)	47	(0.5)	36	(0.3)	12	(0.2)	12	(0.2)	9	(0.1)	2	(0.2)
2 and over...	3641	1821	(21.7)	15	(0.2)	49	(0.4)	36	(0.3)	12	(0.1)	12	(0.1)	9	(0.1)	--	--
Males and females:																	
2 - 19.....	2380	1894	(18.2)	14	(0.2)	52	(0.3)	35	(0.2)	12	(0.1)	11	(0.1)	8	(0.1)	--	--
20 and over...	4742	2155	(18.8)	16	(0.1)	47	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	7122	2093	(14.2)	15	(0.1)	48	(0.2)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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 2.57.

Footnotes

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

[2] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

Abbreviations

SE = standard error.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018.

Table 6. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Non-Hispanic White:																	
2 - 5.....	212	1565	(51.9)	14	(0.2)	53	(0.5)	35	(0.5)	12	(0.3)	11	(0.2)	8*	(0.2)	--	--
6 - 11.....	254	1906	(56.7)	13	(0.4)	53	(0.8)	35	(0.7)	12	(0.3)	12	(0.2)	8*	(0.3)	--	--
12 - 19.....	331	2064	(53.2)	15	(0.5)	51	(0.9)	35	(0.6)	12	(0.3)	11	(0.2)	8	(0.3)	--	--
20 and over...	1694	2162	(28.3)	15	(0.2)	45	(0.4)	37	(0.3)	12	(0.2)	13	(0.2)	9	(0.2)	3	(0.2)
2 and over...	2491	2110	(22.7)	15	(0.2)	47	(0.4)	37	(0.3)	12	(0.2)	12	(0.1)	9	(0.2)	--	--
Non-Hispanic Black:																	
2 - 5.....	113	1461	(57.4)	13*	(0.3)	56	(0.7)	33	(0.7)	10*	(0.5)	11*	(0.3)	8*	(0.3)	--	--
6 - 11.....	186	1917	(55.6)	13	(0.3)	53	(1.0)	36	(0.8)	12	(0.5)	12	(0.3)	8*	(0.3)	--	--
12 - 19.....	232	2060	(88.2)	14	(0.4)	50	(0.6)	37	(0.7)	12	(0.5)	12	(0.3)	9	(0.4)	--	--
20 and over...	1128	2113	(28.9)	15	(0.2)	48	(0.4)	36	(0.5)	11	(0.2)	12	(0.2)	9	(0.2)	3	(0.3)
2 and over...	1659	2061	(26.0)	14	(0.2)	49	(0.3)	36	(0.4)	11	(0.2)	12	(0.2)	9	(0.1)	--	--
Non-Hispanic Asian[3]:																	
2 - 5.....	49	1455*	(65.0)	14*	(0.5)	55*	(0.8)	33*	(0.9)	12*	(0.3)	11*	(0.6)	7*	(0.3)	--	--
6 - 11.....	70	1863*	(91.0)	14*	(0.7)	53*	(1.3)	34*	(0.8)	13*	(0.3)	11*	(0.6)	7*	(0.4)	--	--
12 - 19.....	117	1984	(63.5)	15*	(0.5)	52	(1.2)	34	(1.4)	11*	(0.6)	11*	(0.5)	8*	(0.3)	--	--
20 and over...	626	1943	(37.2)	17	(0.3)	50	(0.6)	33	(0.6)	10	(0.3)	11	(0.2)	8	(0.2)	1*	(0.1)
2 and over...	862	1922	(33.8)	16	(0.3)	51	(0.6)	33	(0.6)	10	(0.3)	11	(0.3)	8	(0.2)	--	--
Hispanic:																	
2 - 5.....	107	1511	(64.5)	15*	(0.3)	55	(0.5)	32	(0.4)	11*	(0.2)	10*	(0.2)	7*	(0.1)	--	--
6 - 11.....	199	2002	(54.5)	14	(0.2)	53	(0.8)	34	(0.8)	12	(0.3)	11	(0.3)	8*	(0.3)	--	--
12 - 19.....	270	1922	(49.8)	15	(0.2)	50	(0.8)	35	(0.7)	12	(0.4)	11	(0.4)	8	(0.2)	--	--
20 and over...	1058	2176	(52.7)	16	(0.3)	49	(0.6)	34	(0.4)	11	(0.1)	11	(0.2)	8	(0.2)	2	(0.3)
2 and over...	1634	2071	(35.8)	16	(0.2)	50	(0.5)	34	(0.4)	11	(0.1)	11	(0.2)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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 2.57.

Footnotes

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

[2] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

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

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 7. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
$0 - $24,999:																	
2 - 5.....	140	1586	(86.9)	14*	(0.3)	54	(0.7)	33	(0.6)	12*	(0.4)	11*	(0.2)	7*	(0.3)	--	--
6 - 11.....	180	2045	(69.4)	14	(0.5)	53	(1.1)	35	(0.8)	12	(0.4)	11*	(0.3)	8*	(0.3)	--	--
12 - 19.....	253	2010	(104.9)	16	(0.6)	49	(1.2)	35	(0.5)	12	(0.3)	11	(0.3)	8*	(0.4)	--	--
20 and over...	1218	2139	(39.0)	15	(0.2)	49	(0.6)	35	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	3	(0.3)
2 and over...	1791	2084	(38.7)	15	(0.2)	49	(0.5)	35	(0.4)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
$25,000 - $74,999:																	
2 - 5.....	207	1544	(57.6)	14	(0.4)	53	(0.6)	34	(0.4)	12	(0.3)	11	(0.1)	7*	(0.2)	--	--
6 - 11.....	316	1916	(50.2)	14	(0.4)	53	(0.8)	35	(0.5)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	404	2010	(51.6)	14	(0.3)	52	(0.9)	35	(0.7)	12	(0.3)	11	(0.3)	8	(0.2)	--	--
20 and over...	1799	2140	(45.6)	15	(0.2)	48	(0.4)	36	(0.3)	12	(0.2)	12	(0.1)	8	(0.2)	3	(0.2)
2 and over...	2726	2078	(34.5)	15	(0.1)	49	(0.3)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.2)	--	--
$75,000 and higher:																	
2 - 5.....	147	1529	(60.9)	14*	(0.3)	55	(0.7)	34	(0.7)	11*	(0.4)	11*	(0.3)	8*	(0.3)	--	--
6 - 11.....	232	1917	(61.0)	13	(0.4)	53	(1.0)	35	(0.8)	12	(0.3)	12	(0.2)	8*	(0.3)	--	--
12 - 19.....	299	2111	(83.4)	15	(0.6)	50	(1.2)	36	(0.7)	12	(0.2)	12	(0.2)	9	(0.4)	--	--
20 and over...	1229	2183	(37.5)	16	(0.2)	44	(0.2)	37	(0.3)	12	(0.2)	13	(0.2)	9	(0.2)	3	(0.3)
2 and over...	1907	2123	(34.4)	16	(0.2)	46	(0.3)	37	(0.3)	12	(0.1)	13	(0.1)	9	(0.2)	--	--
All Individuals[3]:																	
2 - 5.....	540	1542	(31.4)	14	(0.2)	54	(0.4)	34	(0.3)	12	(0.2)	11	(0.1)	7	(0.1)	--	--
6 - 11.....	795	1936	(34.7)	14	(0.3)	53	(0.5)	35	(0.3)	12	(0.2)	11	(0.1)	8	(0.2)	--	--
12 - 19.....	1045	2030	(32.0)	15	(0.3)	51	(0.6)	35	(0.4)	12	(0.1)	12	(0.2)	8	(0.1)	--	--
20 and over...	4742	2155	(18.8)	16	(0.1)	47	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	7122	2093	(14.2)	15	(0.1)	48	(0.2)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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 2.57.

Footnotes

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

[2] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2017-2018.

Table 8. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level[2]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Sample size [3]	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Under 131% poverty:																	
2 - 5.....	208	1637	(92.3)	14	(0.3)	54	(0.5)	33	(0.5)	12	(0.4)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	282	1958	(62.0)	14	(0.4)	52	(1.0)	35	(0.8)	12	(0.3)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	375	1949	(77.6)	15	(0.6)	51	(1.1)	34	(0.5)	12	(0.3)	11	(0.3)	8	(0.3)	--	--
20 and over...	1180	2124	(55.9)	15	(0.3)	49	(0.6)	35	(0.5)	11	(0.3)	12	(0.2)	8	(0.3)	3	(0.3)
2 and over...	2045	2042	(45.4)	15	(0.3)	50	(0.5)	35	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	--	--
131-350% poverty:																	
2 - 5.....	178	1503	(52.5)	14	(0.3)	53	(0.7)	35	(0.5)	12	(0.4)	11*	(0.2)	8*	(0.2)	--	--
6 - 11.....	279	1941	(31.2)	13	(0.3)	53	(0.7)	35	(0.5)	12	(0.2)	12	(0.1)	8	(0.3)	--	--
12 - 19.....	372	2085	(48.5)	14	(0.3)	51	(0.6)	36	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
20 and over...	1722	2159	(44.9)	15	(0.2)	48	(0.4)	36	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	2	(0.3)
2 and over...	2551	2096	(32.1)	15	(0.2)	49	(0.3)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	107	1493	(51.4)	14*	(0.3)	55	(1.0)	34	(1.0)	11*	(0.5)	11*	(0.4)	8*	(0.4)	--	--
6 - 11.....	159	1927	(68.3)	14	(0.6)	53	(1.2)	35	(0.9)	12*	(0.4)	12*	(0.3)	8*	(0.4)	--	--
12 - 19.....	191	2114	(96.5)	15	(0.8)	51	(1.7)	35	(0.9)	12	(0.4)	12	(0.2)	9*	(0.5)	--	--
20 and over...	1282	2176	(36.8)	16	(0.2)	44	(0.3)	37	(0.4)	12	(0.2)	13	(0.2)	9	(0.2)	4	(0.3)
2 and over...	1739	2134	(32.6)	16	(0.2)	46	(0.3)	37	(0.3)	12	(0.1)	13	(0.2)	9	(0.2)	--	--
All Individuals[4]:																	
2 - 5.....	540	1542	(31.4)	14	(0.2)	54	(0.4)	34	(0.3)	12	(0.2)	11	(0.1)	7	(0.1)	--	--
6 - 11.....	795	1936	(34.7)	14	(0.3)	53	(0.5)	35	(0.3)	12	(0.2)	11	(0.1)	8	(0.2)	--	--
12 - 19.....	1045	2030	(32.0)	15	(0.3)	51	(0.6)	35	(0.4)	12	(0.1)	12	(0.2)	8	(0.1)	--	--
20 and over...	4742	2155	(18.8)	16	(0.1)	47	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	7122	2093	(14.2)	15	(0.1)	48	(0.2)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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 2.57.

Footnotes

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

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] Sample size and mean energy includes individuals (n = 1) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5.....	60	(4.9)	25	(2.8)	23	(2.7)	25	(2.8)	24	(2.6)	27	(3.4)	26	(3.1)	25	(2.9)	25	(3.0)	28	(3.8)
6 - 11.....	73	(2.5)	33	(1.9)	32	(2.0)	34	(1.9)	36	(2.0)	34	(2.5)	32	(2.1)	32	(2.2)	32	(2.3)	33	(2.1)
12 - 19.....	68	(4.2)	35	(3.3)	33	(3.3)	35	(3.3)	36	(3.8)	34	(3.7)	35	(3.2)	33	(3.3)	36	(3.3)	39	(3.4)
20 - 29.....	78	(3.4)	43	(3.0)	40	(3.4)	42	(3.0)	44	(3.1)	40	(3.4)	42	(3.1)	41	(3.3)	42	(3.2)	42	(3.3)
30 - 39.....	77	(4.0)	37	(4.2)	34	(4.8)	37	(4.0)	42	(3.6)	31	(4.7)	37	(4.4)	34	(3.9)	37	(4.5)	39	(5.2)
40 - 49.....	68	(4.6)	32	(3.0)	29	(3.5)	31	(2.8)	31	(2.5)	29	(3.4)	34	(3.2)	32	(3.5)	36	(3.4)	35	(3.0)
50 - 59.....	69	(3.1)	39	(2.5)	39	(3.3)	37	(2.5)	37	(3.4)	37	(2.7)	41	(3.2)	40	(3.1)	40	(3.3)	44	(3.9)
60 - 69.....	59	(3.0)	29	(2.2)	27	(2.4)	28	(2.1)	25	(2.1)	26	(2.2)	30	(2.3)	27	(2.2)	31	(2.3)	32	(3.1)
70 and over.....	43	(3.8)	16	(1.5)	17	(1.7)	14	(1.5)	14	(2.0)	12	(1.4)	16	(1.8)	17	(2.0)	17	(1.9)	15	(1.7)
2 - 19.....	68	(2.4)	33	(1.7)	31	(1.8)	33	(1.8)	34	(1.9)	33	(2.1)	33	(1.7)	31	(1.7)	33	(1.8)	35	(2.0)
20 and over...	67	(2.0)	34	(1.7)	33	(1.8)	33	(1.6)	33	(1.7)	31	(1.8)	35	(1.8)	33	(1.7)	35	(1.9)	36	(1.9)
2 and over...	67	(1.6)	34	(1.3)	32	(1.5)	33	(1.3)	34	(1.4)	31	(1.6)	34	(1.5)	33	(1.4)	35	(1.6)	36	(1.6)
Females:																				
2 - 5.....	61	(3.2)	27	(2.6)	25	(2.3)	27	(2.7)	26	(2.7)	25	(3.4)	28	(2.5)	27	(3.0)	28	(2.4)	31	(2.1)
6 - 11.....	78	(2.2)	38	(1.9)	37	(2.4)	39	(1.7)	41	(2.0)	37	(1.4)	38	(2.1)	35	(2.2)	39	(2.5)	40	(2.3)
12 - 19.....	70	(2.9)	34	(1.9)	33	(1.8)	33	(2.0)	33	(2.4)	34	(2.5)	35	(2.2)	33	(2.0)	35	(2.4)	37	(3.6)
20 - 29.....	70	(1.9)	35	(1.7)	34	(1.7)	34	(1.5)	35	(1.8)	32	(1.8)	35	(2.1)	34	(2.1)	35	(2.2)	38	(2.6)
30 - 39.....	67	(3.1)	34	(2.1)	34	(2.6)	34	(1.8)	38	(3.0)	30	(2.8)	34	(2.7)	33	(2.6)	34	(3.0)	37	(3.0)
40 - 49.....	65	(4.3)	33	(3.0)	35	(3.4)	31	(2.9)	32	(3.5)	32	(4.4)	34	(3.1)	32	(3.6)	34	(2.8)	35	(3.3)
50 - 59.....	61	(5.0)	30	(2.8)	30	(3.4)	29	(3.0)	29	(3.3)	27	(3.0)	32	(3.2)	29	(3.5)	32	(3.5)	34	(3.5)
60 - 69.....	61	(3.4)	28	(2.2)	26	(2.9)	28	(2.1)	26	(2.6)	26	(2.0)	29	(2.5)	28	(2.5)	29	(2.8)	29	(2.8)
70 and over.....	39	(2.9)	16	(1.8)	17	(2.0)	14	(1.7)	12	(1.7)	12	(1.9)	18	(1.9)	17	(2.0)	17	(1.9)	19	(2.1)
2 - 19.....	70	(1.9)	34	(1.6)	33	(1.7)	34	(1.6)	35	(1.8)	34	(1.5)	35	(1.7)	33	(1.8)	35	(1.9)	37	(2.0)
20 and over...	61	(1.8)	30	(1.0)	30	(1.2)	29	(1.0)	29	(1.2)	27	(1.3)	31	(1.2)	30	(1.2)	31	(1.3)	33	(1.4)
2 and over...	63	(1.3)	31	(0.8)	30	(1.0)	30	(0.8)	31	(1.0)	28	(1.1)	32	(1.0)	30	(1.1)	32	(1.0)	34	(1.2)
Males and females:																				
2 - 19.....	69	(1.8)	33	(1.1)	32	(1.2)	34	(1.1)	34	(1.2)	33	(1.5)	34	(1.2)	32	(1.1)	34	(1.2)	36	(1.4)
20 and over...	64	(1.4)	32	(1.1)	31	(1.3)	31	(1.1)	32	(1.2)	29	(1.3)	33	(1.2)	32	(1.3)	33	(1.3)	35	(1.2)
2 and over...	65	(1.1)	32	(0.9)	31	(1.0)	32	(0.9)	32	(1.0)	30	(1.1)	33	(1.0)	32	(1.0)	33	(1.0)	35	(1.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	19	(3.0)	21	(3.1)	32*	(10.4)	29	(5.3)	22	(2.5)	23	(2.9)	23	(2.7)	20	(2.4)	21	(3.1)
6 - 11	27	(2.3)	27	(2.5)	29	(5.5)	38	(5.0)	30	(2.0)	31	(2.3)	30	(2.0)	27	(1.8)	26	(1.9)
12 - 19	31	(3.5)	27	(4.1)	36	(8.7)	21	(5.1)	29	(3.1)	31	(3.9)	33	(3.4)	30	(3.7)	26	(2.9)
20 - 29	38	(3.2)	34	(5.1)	48	(10.3)	32	(5.0)	37	(3.8)	40	(3.5)	41	(4.8)	40	(6.6)	34	(3.6)
30 - 39	35	(6.1)	30	(5.5)	25*	(9.3)	34	(7.7)	37	(3.4)	45	(5.2)	43	(4.1)	44	(4.0)	36	(4.0)
40 - 49	32	(3.1)	25	(3.3)	29	(5.9)	35	(9.2)	29	(3.4)	26	(4.8)	29	(4.8)	27	(5.0)	25	(3.2)
50 - 59	41	(2.8)	33	(3.2)	37	(4.2)	34	(4.2)	35	(2.5)	35	(2.6)	39	(2.8)	38	(3.1)	35	(2.5)
60 - 69	29	(2.3)	21	(2.3)	23	(4.4)	24	(6.0)	26	(2.4)	29	(2.7)	29	(3.6)	31	(8.7)	26	(2.1)
70 and over	22	(3.1)	13	(1.8)	13	(2.7)	15	(3.1)	13	(1.7)	15	(1.8)	17	(1.7)	15	(2.1)	13	(1.7)
2 - 19	28	(1.7)	26	(2.1)	33	(5.0)	27	(4.1)	28	(1.9)	30	(2.0)	30	(2.0)	27	(2.0)	25	(1.7)
20 and over	34	(1.9)	27	(1.8)	30	(3.3)	30	(2.4)	31	(1.6)	33	(1.9)	35	(1.7)	34	(2.1)	29	(1.7)
2 and over	33	(1.4)	26	(1.4)	30	(3.2)	30	(1.8)	30	(1.2)	32	(1.6)	34	(1.4)	33	(1.7)	28	(1.3)
Females:																		
2 - 5	23	(2.8)	21	(2.8)	20	(4.4)	31	(9.0)	23	(3.0)	23	(2.6)	25	(2.4)	21	(2.6)	22	(3.5)
6 - 11	30	(3.0)	30	(2.1)	33	(5.0)	40	(5.3)	35	(2.1)	36	(2.3)	36	(2.6)	34	(2.6)	32	(2.2)
12 - 19	30	(2.5)	26	(2.8)	31	(5.5)	34	(4.7)	30	(2.1)	30	(2.0)	30	(1.9)	28	(2.3)	28	(1.8)
20 - 29	30	(1.9)	31	(2.8)	38	(7.0)	39	(6.2)	32	(1.7)	31	(1.9)	35	(2.0)	33	(2.7)	28	(1.9)
30 - 39	33	(4.1)	31	(4.2)	29	(7.6)	27	(4.2)	31	(1.8)	35	(3.1)	37	(3.0)	37	(4.7)	28	(2.3)
40 - 49	33	(4.3)	32	(5.2)	34	(8.8)	31	(6.9)	32	(3.6)	33	(3.0)	34	(3.3)	33	(3.7)	30	(3.5)
50 - 59	29	(3.5)	27	(3.3)	29	(3.9)	26	(7.1)	29	(4.8)	27	(3.3)	30	(3.6)	28	(3.0)	27	(3.5)
60 - 69	24	(3.6)	23	(4.0)	22	(4.6)	30	(6.6)	27	(2.4)	22	(2.7)	27	(3.0)	23	(2.7)	25	(2.5)
70 and over	23	(2.6)	16	(3.4)	15	(2.9)	10	(2.3)	14	(2.1)	15	(1.8)	16	(2.2)	15	(1.9)	14	(2.6)
2 - 19	29	(2.1)	27	(1.7)	30	(3.5)	36	(3.9)	30	(1.8)	31	(1.8)	32	(1.6)	29	(1.8)	28	(1.4)
20 and over	29	(1.6)	27	(2.0)	28	(3.1)	28	(2.6)	28	(1.2)	27	(1.1)	31	(1.4)	29	(1.8)	26	(1.1)
2 and over	29	(1.3)	27	(1.6)	28	(2.6)	29	(2.3)	28	(1.0)	28	(0.9)	31	(1.1)	29	(1.6)	26	(1.0)
Males and females:																		
2 - 19	28	(1.4)	26	(1.6)	31	(3.3)	31	(3.2)	29	(1.3)	30	(1.4)	31	(1.4)	28	(1.4)	26	(1.2)
20 and over	32	(1.4)	27	(1.5)	29	(2.6)	29	(1.6)	29	(1.1)	31	(1.2)	33	(1.1)	32	(1.3)	28	(1.1)
2 and over	31	(1.0)	27	(1.1)	29	(2.5)	30	(1.5)	29	(0.9)	30	(0.9)	33	(0.8)	31	(1.0)	27	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(2.6)	20	(3.1)	22	(4.4)	17	(2.6)	24	(3.4)	27	(5.1)	21	(3.0)	23	(2.7)	23	(2.8)
6 - 11.....	30	(2.2)	28	(2.1)	35	(2.3)	29	(3.1)	30	(2.6)	26	(4.1)	33	(2.3)	32	(1.9)	33	(2.3)
12 - 19.....	32	(3.4)	28	(3.9)	31	(5.2)	25	(4.0)	35	(3.3)	38	(4.9)	31	(3.4)	33	(3.2)	32	(3.0)
20 - 29.....	40	(3.1)	37	(4.1)	42	(5.6)	27	(4.5)	38	(3.5)	40	(5.0)	38	(3.2)	39	(3.1)	41	(4.0)
30 - 39.....	35	(5.3)	44	(4.5)	31	(4.7)	32	(5.7)	38	(5.4)	34	(7.4)	33	(3.5)	35	(4.6)	35	(4.6)
40 - 49.....	29	(3.3)	25	(5.5)	27	(4.5)	19	(3.9)	29	(3.2)	29	(6.3)	26	(3.7)	29	(3.4)	29	(3.4)
50 - 59.....	39	(2.4)	37	(4.2)	37	(3.6)	23	(2.7)	39	(3.3)	42	(5.4)	33	(2.9)	37	(2.8)	35	(2.6)
60 - 69.....	28	(2.0)	28	(4.6)	23	(3.5)	19	(3.2)	30	(2.7)	27	(2.6)	25	(2.0)	27	(2.2)	24	(2.1)
70 and over.....	19	(2.3)	17	(2.8)	13	(2.0)	15	(3.8)	16	(2.5)	13	(1.5)	13	(1.9)	16	(1.7)	14	(1.4)
2 - 19.....	30	(1.8)	27	(2.2)	30	(2.4)	24	(2.4)	32	(1.9)	32	(3.4)	29	(1.9)	31	(1.8)	31	(1.7)
20 and over...	33	(1.8)	33	(2.0)	30	(2.4)	23	(2.0)	33	(1.9)	32	(2.6)	29	(1.6)	32	(1.7)	31	(1.7)
2 and over...	32	(1.4)	31	(1.7)	30	(1.9)	23	(1.6)	32	(1.7)	32	(2.5)	29	(1.3)	32	(1.4)	31	(1.4)
Females:																		
2 - 5.....	23	(2.4)	22	(3.2)	20	(2.6)	20	(2.9)	27	(2.4)	28	(3.0)	23	(2.8)	25	(2.5)	25	(2.8)
6 - 11.....	34	(2.5)	33	(2.7)	35	(2.4)	32	(2.3)	39	(1.4)	34	(2.9)	36	(2.0)	37	(2.1)	37	(1.7)
12 - 19.....	32	(2.0)	24	(1.9)	27	(2.0)	21	(2.4)	34	(4.9)	32	(3.2)	31	(2.1)	33	(2.0)	33	(2.1)
20 - 29.....	31	(1.7)	30	(3.0)	28	(3.4)	22	(3.5)	35	(2.8)	33	(3.8)	30	(1.8)	32	(1.8)	33	(1.7)
30 - 39.....	34	(3.4)	37	(3.1)	34	(4.1)	31	(3.4)	33	(2.6)	31	(8.4)	32	(2.5)	33	(2.5)	33	(2.6)
40 - 49.....	34	(3.4)	33	(3.5)	36	(7.1)	30	(4.5)	39	(3.5)	37	(9.0)	32	(2.7)	33	(2.9)	33	(2.4)
50 - 59.....	28	(3.1)	24	(3.2)	24	(2.8)	19	(3.9)	30	(3.9)	28	(4.1)	26	(3.8)	30	(3.1)	28	(3.5)
60 - 69.....	24	(3.2)	30	(6.2)	23	(3.4)	23	(4.6)	28	(3.5)	27	(3.0)	25	(2.9)	27	(2.7)	24	(2.3)
70 and over.....	19	(2.1)	17	(2.7)	10	(1.5)	16	(3.9)	13	(1.4)	16	(2.1)	12	(1.7)	15	(1.8)	13	(1.6)
2 - 19.....	31	(1.8)	27	(2.1)	28	(1.6)	25	(2.1)	35	(2.4)	32	(1.7)	31	(1.8)	33	(1.7)	33	(1.6)
20 and over...	29	(1.3)	28	(1.6)	26	(1.9)	24	(1.4)	30	(1.4)	29	(2.6)	27	(0.9)	29	(1.1)	28	(1.1)
2 and over...	29	(1.1)	28	(1.3)	27	(1.5)	24	(1.2)	31	(1.3)	30	(2.2)	28	(0.8)	30	(0.9)	29	(0.9)
Males and females:																		
2 - 19.....	30	(1.3)	27	(1.6)	29	(1.6)	25	(1.8)	33	(1.5)	32	(2.0)	30	(1.3)	32	(1.2)	32	(1.3)
20 and over...	31	(1.2)	31	(1.2)	28	(1.7)	23	(1.4)	32	(1.2)	30	(2.2)	28	(1.1)	30	(1.2)	29	(1.1)
2 and over...	31	(1.0)	30	(1.0)	28	(1.4)	24	(1.1)	32	(1.0)	31	(2.0)	29	(0.9)	31	(0.9)	30	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	21	(2.4)	22	(2.8)	23	(2.8)	23	(2.9)	24	(2.9)	25	(3.0)	42	(7.6)	--	--
6 - 11	29	(2.0)	31	(1.9)	34	(2.3)	32	(2.1)	33	(2.1)	33	(2.0)	29	(4.4)	--	--
12 - 19	29	(3.3)	31	(3.4)	34	(3.2)	33	(3.8)	33	(3.8)	35	(3.1)	43	(5.2)	--	--
20 - 29	35	(3.1)	38	(3.4)	39	(4.0)	39	(2.9)	42	(3.3)	41	(3.7)	57	(4.0)	--	--
30 - 39	34	(4.2)	36	(4.6)	36	(4.7)	34	(5.4)	34	(4.6)	37	(4.6)	52	(5.0)	--	--
40 - 49	28	(3.4)	29	(3.9)	32	(3.5)	30	(3.6)	31	(3.8)	33	(3.2)	29	(5.4)	--	--
50 - 59	33	(3.2)	35	(4.0)	36	(3.2)	39	(3.5)	37	(2.3)	40	(2.7)	34	(5.3)	--	--
60 - 69	26	(1.9)	26	(2.0)	25	(2.2)	27	(2.4)	26	(2.5)	30	(2.6)	28	(3.7)	--	--
70 and over	13	(1.4)	16	(1.9)	14	(1.6)	20	(3.5)	15	(1.5)	17	(1.6)	19	(3.0)	--	--
2 - 19	28	(1.9)	29	(1.7)	32	(1.9)	31	(2.1)	32	(2.0)	33	(1.7)	40	(4.0)	--	--
20 and over	29	(1.6)	31	(1.9)	32	(1.8)	33	(1.9)	32	(1.8)	35	(1.7)	35	(2.0)	38	(3.7)
2 and over	29	(1.4)	31	(1.6)	32	(1.5)	32	(1.6)	32	(1.5)	34	(1.4)	36	(1.9)	--	--
Females:																
2 - 5	25	(3.1)	24	(3.2)	26	(2.5)	26	(2.5)	24	(2.6)	27	(2.3)	27	(6.3)	--	--
6 - 11	34	(2.2)	34	(2.0)	38	(1.8)	37	(2.5)	38	(1.8)	37	(2.2)	41	(3.7)	--	--
12 - 19	28	(1.7)	31	(2.0)	34	(2.9)	33	(2.2)	32	(1.7)	34	(1.8)	40	(5.8)	--	--
20 - 29	30	(1.4)	31	(2.1)	34	(1.6)	33	(1.9)	32	(2.1)	37	(2.0)	41	(4.1)	--	--
30 - 39	29	(2.0)	31	(2.3)	33	(2.4)	33	(2.2)	32	(2.6)	33	(2.6)	37	(3.8)	--	--
40 - 49	29	(2.9)	33	(3.2)	33	(2.6)	32	(3.2)	33	(3.0)	34	(3.2)	35	(4.1)	--	--
50 - 59	26	(3.4)	29	(4.2)	29	(3.7)	30	(3.0)	27	(3.0)	30	(3.1)	24	(5.7)	--	--
60 - 69	24	(2.5)	24	(3.0)	24	(3.1)	28	(3.1)	24	(2.6)	29	(2.6)	18	(2.6)	--	--
70 and over	14	(2.4)	15	(2.2)	14	(1.5)	18	(2.0)	14	(1.7)	17	(2.0)	16	(3.0)	--	--
2 - 19	30	(1.4)	31	(1.7)	34	(1.9)	33	(2.0)	33	(1.5)	34	(1.5)	39	(4.5)	--	--
20 and over	25	(1.0)	28	(1.3)	28	(1.1)	29	(1.1)	27	(1.1)	31	(1.2)	28	(1.8)	32	(3.3)
2 and over	26	(0.8)	28	(1.1)	29	(1.0)	30	(0.8)	28	(0.9)	31	(1.0)	28	(1.7)	--	--
Males and females:																
2 - 19	29	(1.3)	30	(1.2)	33	(1.3)	32	(1.4)	32	(1.3)	33	(1.1)	40	(3.1)	--	--
20 and over	27	(1.1)	30	(1.4)	30	(1.3)	31	(1.3)	30	(1.2)	33	(1.2)	32	(1.4)	36	(2.9)
2 and over	28	(0.9)	30	(1.1)	30	(1.0)	31	(1.0)	30	(1.0)	33	(1.0)	32	(1.3)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the male/female/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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018.

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																				
2 - 5.....	68	(3.0)	29	(2.8)	26	(2.5)	29	(2.7)	28	(2.3)	29	(3.1)	31	(3.3)	29	(3.1)	31	(3.3)	35	(4.2)
6 - 11.....	76	(3.4)	34	(3.1)	31	(3.5)	35	(2.9)	37	(3.0)	34	(2.6)	33	(3.4)	32	(3.3)	34	(4.1)	35	(3.4)
12 - 19.....	73	(3.9)	35	(2.8)	34	(3.3)	35	(2.6)	36	(3.1)	35	(3.8)	36	(3.2)	33	(3.1)	37	(3.5)	40	(3.6)
20 and over...	65	(1.9)	32	(1.5)	32	(1.6)	32	(1.5)	31	(1.8)	29	(1.6)	33	(1.6)	32	(1.6)	33	(1.7)	35	(1.5)
2 and over...	67	(1.6)	33	(1.3)	32	(1.4)	32	(1.3)	32	(1.5)	30	(1.5)	33	(1.3)	32	(1.4)	34	(1.4)	35	(1.4)
Non-Hispanic Black:																				
2 - 5.....	54	(5.7)	27	(4.5)	26	(3.9)	27	(4.7)	26	(4.8)	29	(4.7)	26	(4.5)	27	(4.2)	24	(4.9)	25	(5.1)
6 - 11.....	64	(3.7)	34	(2.2)	34	(2.3)	35	(2.7)	36	(3.1)	37	(2.6)	33	(1.8)	32	(2.4)	33	(1.7)	34	(2.5)
12 - 19.....	62	(5.5)	29	(3.4)	29	(3.9)	30	(3.5)	30	(3.3)	28	(3.5)	28	(3.4)	28	(3.4)	27	(3.5)	29	(3.7)
20 and over...	55	(2.4)	30	(1.3)	29	(1.5)	31	(1.4)	31	(1.3)	28	(1.2)	30	(1.4)	28	(1.3)	30	(1.4)	32	(1.6)
2 and over...	57	(1.9)	30	(1.1)	29	(1.3)	31	(1.2)	31	(1.1)	29	(1.1)	30	(1.1)	29	(1.1)	30	(1.1)	32	(1.3)
Non-Hispanic Asian[4]:																				
2 - 5.....	55*	(9.0)	24*	(5.4)	20*	(4.3)	25*	(5.3)	25*	(5.3)	25*	(5.1)	25*	(6.0)	23*	(4.7)	26*	(6.4)	30*	(8.7)
6 - 11.....	76*	(4.9)	40*	(4.5)	42*	(5.8)	39*	(3.9)	39*	(4.4)	41*	(4.6)	42*	(5.1)	40*	(4.8)	42*	(5.5)	46*	(5.6)
12 - 19.....	57	(6.0)	31	(4.7)	31	(4.9)	29	(4.3)	32	(4.0)	28	(6.2)	35	(5.5)	35	(6.0)	34	(5.5)	36	(5.1)
20 and over...	63	(1.9)	31	(1.7)	30	(1.4)	28	(1.7)	29	(1.5)	25	(1.6)	34	(2.1)	35	(2.3)	34	(2.3)	34	(1.9)
2 and over...	63	(1.7)	31	(1.5)	31	(1.3)	29	(1.5)	30	(1.5)	26	(1.5)	34	(1.8)	35	(2.1)	34	(1.9)	35	(1.7)
Hispanic:																				
2 - 5.....	47	(8.6)	19*	(4.5)	20	(4.1)	18*	(4.6)	18*	(4.9)	18*	(4.8)	20	(4.7)	19*	(5.6)	20	(4.5)	21	(3.9)
6 - 11.....	83	(2.9)	40	(3.2)	39	(3.1)	42	(3.1)	45	(3.6)	40	(2.9)	39	(3.6)	38	(4.1)	40	(3.5)	41	(3.6)
12 - 19.....	71	(3.2)	39	(2.6)	37	(2.7)	38	(2.4)	39	(3.3)	40	(2.8)	40	(2.8)	38	(2.6)	40	(3.1)	42	(3.0)
20 and over...	68	(2.9)	35	(2.0)	35	(2.0)	33	(1.8)	35	(1.9)	31	(1.9)	37	(2.1)	35	(2.1)	37	(2.1)	38	(2.3)
2 and over...	68	(2.3)	35	(1.5)	35	(1.4)	34	(1.4)	36	(1.6)	32	(1.4)	36	(1.4)	35	(1.4)	37	(1.5)	38	(1.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																		
2 - 5.....	24	(2.9)	20	(2.2)	25	(6.4)	33	(5.7)	25	(2.4)	25	(2.4)	26	(2.5)	22	(2.0)	23	(3.0)
6 - 11.....	24	(3.9)	23	(2.5)	23	(4.9)	41	(4.2)	30	(2.8)	31	(3.2)	31	(3.4)	28	(3.3)	27	(1.9)
12 - 19.....	33	(4.1)	26	(4.7)	30*	(9.6)	25	(5.7)	30	(2.8)	31	(4.0)	33	(3.1)	30	(3.3)	27	(2.7)
20 and over...	33	(2.0)	26	(1.8)	27	(3.2)	29	(2.1)	30	(1.4)	31	(1.6)	33	(1.3)	32	(1.8)	28	(1.4)
2 and over...	33	(1.7)	25	(1.5)	27	(3.1)	30	(1.9)	30	(1.2)	30	(1.3)	33	(1.0)	31	(1.3)	28	(1.2)
Non-Hispanic Black:																		
2 - 5.....	22	(4.2)	27	(5.2)	17*	(7.7)	45	(8.1)	29	(4.6)	28	(4.5)	28	(4.4)	26	(4.5)	31	(3.8)
6 - 11.....	28	(2.1)	31	(3.7)	23	(4.3)	36	(6.6)	32	(2.6)	34	(2.5)	31	(2.2)	30	(2.5)	26	(2.8)
12 - 19.....	24	(3.5)	23	(2.7)	21	(4.1)	27*	(8.6)	26	(3.5)	28	(3.1)	25	(3.4)	22	(3.0)	24	(3.8)
20 and over...	27	(1.6)	25	(1.9)	28	(3.2)	30	(3.9)	27	(1.6)	28	(1.5)	30	(1.3)	30	(1.3)	25	(1.5)
2 and over...	27	(1.3)	25	(1.6)	27	(2.9)	31	(3.7)	27	(1.2)	28	(1.2)	30	(1.0)	29	(1.0)	25	(1.3)
Non-Hispanic Asian[4]:																		
2 - 5.....	22*	(6.1)	26*	(8.2)	53*	(19.1)	20*	(5.5)	20*	(4.0)	21*	(3.5)	20*	(4.0)	18*	(3.8)	19*	(3.1)
6 - 11.....	39*	(7.5)	30*	(3.9)	34*	(9.8)	37*	(8.2)	36*	(5.3)	35*	(5.0)	40*	(5.5)	34*	(5.6)	38*	(5.5)
12 - 19.....	26	(4.1)	24	(5.6)	25*	(8.4)	14*	(4.2)	24	(3.6)	28	(4.3)	28	(4.2)	27	(5.0)	23	(3.4)
20 and over...	31	(2.3)	27	(2.7)	25	(4.3)	28	(3.6)	28	(2.4)	29	(1.9)	32	(1.8)	29	(1.7)	25	(2.4)
2 and over...	31	(1.9)	27	(2.1)	25	(3.9)	27	(2.4)	28	(2.0)	29	(1.6)	31	(1.8)	28	(1.8)	25	(2.1)
Hispanic:																		
2 - 5.....	16*	(4.7)	19	(4.7)	30*	(10.5)	24*	(8.0)	17*	(4.5)	18*	(4.7)	19	(4.1)	18*	(4.6)	17*	(5.1)
6 - 11.....	32	(4.7)	37	(3.5)	37	(3.8)	39	(5.6)	38	(3.5)	38	(3.6)	38	(2.9)	35	(2.9)	34	(3.9)
12 - 19.....	33	(3.4)	31	(3.4)	46	(8.0)	35	(4.6)	33	(2.4)	34	(3.1)	35	(3.1)	32	(3.3)	29	(2.1)
20 and over...	32	(1.9)	33	(2.9)	36	(3.5)	37	(4.7)	33	(2.1)	36	(2.5)	38	(2.0)	37	(1.9)	32	(2.3)
2 and over...	31	(1.1)	32	(2.1)	37	(2.8)	36	(3.7)	33	(1.6)	35	(1.9)	37	(1.5)	35	(1.5)	31	(1.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	26	(2.2)	21	(1.9)	24	(3.3)	19	(2.1)	29	(3.5)	31	(5.0)	23	(2.2)	26	(2.3)	26	(2.3)
6 - 11.....	29	(3.6)	25	(3.0)	35	(2.4)	25	(2.9)	34	(3.1)	27	(3.6)	31	(2.6)	32	(3.0)	34	(2.8)
12 - 19.....	33	(3.6)	26	(3.8)	31	(4.7)	24	(4.7)	36	(4.2)	36	(5.6)	31	(3.2)	34	(2.9)	33	(3.1)
20 and over...	32	(1.5)	31	(1.8)	28	(2.0)	23	(1.9)	32	(1.4)	31	(2.8)	28	(1.5)	30	(1.4)	29	(1.4)
2 and over...	32	(1.4)	30	(1.5)	28	(1.7)	23	(1.6)	32	(1.2)	31	(2.7)	28	(1.3)	31	(1.3)	30	(1.2)
Non-Hispanic Black:																		
2 - 5.....	25	(4.0)	29	(4.8)	25	(5.3)	27	(5.5)	25	(4.3)	22	(6.0)	28	(5.2)	27	(4.9)	27	(4.4)
6 - 11.....	32	(2.0)	32	(2.8)	37	(3.8)	35	(3.8)	33	(3.2)	23	(5.7)	37	(3.1)	35	(2.0)	36	(2.2)
12 - 19.....	26	(2.9)	22	(3.9)	29	(3.7)	22	(4.1)	26	(3.0)	22	(3.3)	27	(3.1)	29	(3.3)	28	(3.4)
20 and over...	29	(1.6)	28	(1.4)	27	(1.9)	21	(2.2)	30	(1.4)	28	(2.2)	25	(1.3)	29	(1.4)	29	(1.3)
2 and over...	28	(1.3)	28	(1.2)	28	(1.4)	23	(1.8)	30	(1.2)	27	(1.9)	27	(1.1)	29	(1.1)	29	(1.0)
Non-Hispanic Asian[4]:																		
2 - 5.....	21*	(4.4)	16*	(3.5)	23*	(7.9)	13*	(2.6)	28*	(7.4)	33*	(11.6)	19*	(3.8)	21*	(4.1)	21*	(4.1)
6 - 11.....	38*	(5.7)	36*	(7.1)	27*	(4.6)	27*	(4.9)	42*	(5.0)	45*	(5.9)	36*	(4.3)	38*	(4.4)	39*	(4.5)
12 - 19.....	26	(4.5)	26	(4.5)	26	(6.3)	17*	(2.6)	32	(5.6)	30	(8.4)	28	(4.1)	29	(4.4)	27	(5.3)
20 and over...	29	(1.4)	31	(2.0)	24	(2.8)	29	(3.5)	30	(2.0)	26	(3.7)	30	(2.1)	30	(1.5)	27	(1.7)
2 and over...	29	(1.0)	30	(1.8)	24	(2.9)	27	(3.0)	31	(1.5)	27	(3.3)	29	(1.8)	30	(1.3)	28	(1.5)
Hispanic:																		
2 - 5.....	18*	(4.3)	19*	(4.8)	16*	(5.0)	18*	(4.7)	19*	(4.2)	22	(4.8)	18*	(4.8)	19*	(4.2)	19*	(4.6)
6 - 11.....	37	(3.6)	39	(4.3)	36	(4.1)	40	(4.5)	36	(2.9)	41	(4.7)	42	(3.3)	41	(3.1)	40	(2.7)
12 - 19.....	34	(3.2)	31	(3.0)	32	(2.8)	24	(2.2)	41	(3.6)	43	(3.5)	35	(2.4)	37	(2.6)	37	(2.6)
20 and over...	32	(2.0)	37	(2.4)	33	(3.2)	26	(2.6)	37	(2.4)	34	(3.3)	32	(2.0)	33	(2.0)	33	(2.2)
2 and over...	32	(1.4)	35	(1.9)	32	(2.4)	27	(2.0)	37	(1.9)	35	(2.7)	33	(1.6)	34	(1.4)	33	(1.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 10. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	25	(2.5)	24	(2.5)	27	(2.6)	26	(3.0)	26	(2.1)	30	(2.9)	38	(10.1)	--	--
6 - 11.....	29	(2.5)	29	(2.6)	34	(3.0)	31	(3.4)	33	(3.0)	33	(3.4)	30	(3.0)	--	--
12 - 19.....	29	(3.0)	30	(3.1)	34	(3.2)	34	(3.4)	33	(3.6)	36	(3.0)	45	(5.3)	--	--
20 and over...	28	(1.4)	30	(1.7)	29	(1.5)	32	(1.6)	30	(1.4)	33	(1.6)	32	(1.8)	35	(3.8)
2 and over...	28	(1.3)	30	(1.5)	30	(1.4)	32	(1.5)	30	(1.3)	33	(1.4)	32	(1.7)	--	--
Non-Hispanic Black:																
2 - 5.....	28	(4.4)	29	(4.0)	27	(4.8)	27	(3.9)	27	(4.5)	26	(4.6)	25*	(10.1)	--	--
6 - 11.....	30	(2.5)	33	(2.2)	35	(2.0)	36	(4.0)	36	(1.9)	31	(2.1)	30	(3.2)	--	--
12 - 19.....	26	(3.8)	27	(4.2)	28	(3.0)	27	(3.6)	28	(3.4)	29	(4.1)	33*	(11.7)	--	--
20 and over...	25	(1.4)	28	(1.7)	31	(1.9)	29	(1.7)	29	(1.3)	30	(1.6)	35	(2.2)	39	(5.7)
2 and over...	26	(1.2)	28	(1.4)	31	(1.6)	29	(1.3)	30	(1.0)	30	(1.4)	35	(2.2)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	20*	(4.2)	19*	(3.1)	22*	(5.2)	21*	(5.1)	21*	(4.6)	25*	(5.4)	22*	(10.3)	--	--
6 - 11.....	39*	(5.1)	40*	(7.8)	45*	(6.7)	41*	(6.1)	38*	(4.7)	41*	(5.7)	44*	(12.0)	--	--
12 - 19.....	27	(5.3)	32	(6.9)	27	(5.3)	28	(4.1)	28	(4.7)	32	(4.7)	36	(4.6)	--	--
20 and over...	26	(2.0)	28	(1.7)	27	(1.5)	30	(1.6)	28	(1.7)	31	(1.9)	36	(3.9)	46*	(8.7)
2 and over...	27	(1.8)	29	(1.3)	28	(1.4)	30	(1.3)	28	(1.5)	32	(1.4)	36	(3.7)	--	--
Hispanic:																
2 - 5.....	18*	(4.7)	19	(5.5)	19*	(4.3)	19*	(4.5)	20	(5.0)	20	(4.8)	29*	(10.3)	--	--
6 - 11.....	38	(3.8)	38	(3.3)	41	(3.0)	39	(3.8)	41	(3.1)	39	(3.3)	35	(9.7)	--	--
12 - 19.....	31	(2.8)	36	(2.4)	39	(2.3)	37	(2.6)	37	(2.9)	38	(2.7)	43	(10.3)	--	--
20 and over...	31	(2.3)	34	(2.3)	34	(2.5)	34	(2.1)	33	(2.2)	36	(2.1)	35	(3.6)	40	(8.0)
2 and over...	31	(1.7)	34	(1.7)	35	(1.8)	34	(1.5)	33	(1.7)	36	(1.6)	36	(3.6)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the race/ethnicity/age group who reported consuming at least one item away from home.

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	45	(6.0)	17	(2.9)	17	(3.3)	18	(3.0)	17	(3.2)	17	(3.3)	17	(2.8)	17	(2.8)	16	(3.0)	18	(3.2)
6 - 11.....	75	(3.7)	32	(2.8)	31	(3.0)	33	(2.9)	36	(3.6)	35	(3.5)	31	(3.2)	29	(3.4)	31	(3.0)	33	(3.3)
12 - 19.....	67	(5.8)	33	(6.4)	32	(6.8)	32	(6.0)	33	(6.5)	37	(6.4)	34	(6.9)	32	(6.6)	34	(6.7)	37	(7.2)
20 and over...	50	(3.0)	25	(2.1)	25	(2.4)	24	(1.9)	24	(2.0)	22	(1.9)	26	(2.2)	25	(2.2)	26	(2.4)	27	(2.3)
2 and over...	54	(2.9)	26	(2.3)	26	(2.5)	26	(2.1)	26	(2.2)	25	(2.1)	27	(2.4)	25	(2.4)	27	(2.5)	28	(2.5)
$25,000 - $74,999:																				
2 - 5.....	59	(3.9)	27	(3.6)	27	(4.0)	27	(3.3)	26	(3.7)	30	(3.8)	28	(4.3)	28	(4.7)	28	(3.7)	28	(4.7)
6 - 11.....	72	(3.6)	38	(1.9)	37	(2.2)	38	(2.0)	39	(2.0)	38	(3.0)	38	(1.8)	37	(1.9)	39	(2.1)	39	(2.6)
12 - 19.....	67	(3.5)	34	(2.5)	34	(3.0)	34	(2.8)	35	(2.8)	33	(3.3)	34	(2.0)	33	(2.1)	34	(2.0)	37	(2.5)
20 and over...	65	(1.8)	32	(1.8)	31	(2.0)	32	(1.9)	33	(2.3)	29	(1.4)	33	(1.8)	31	(1.6)	33	(1.9)	35	(2.2)
2 and over...	65	(1.6)	33	(1.7)	32	(1.9)	33	(1.6)	33	(2.0)	30	(1.3)	33	(1.6)	32	(1.4)	33	(1.7)	36	(2.0)
$75,000 and higher:																				
2 - 5.....	75	(4.3)	33	(3.2)	27	(2.6)	33	(3.2)	32	(2.7)	30	(3.6)	34	(3.6)	31	(3.3)	34	(3.7)	40	(4.8)
6 - 11.....	78	(4.4)	36	(4.0)	33	(4.5)	37	(3.7)	39	(3.7)	34	(3.5)	35	(4.3)	33	(4.2)	35	(4.7)	36	(4.3)
12 - 19.....	73	(3.6)	34	(2.6)	32	(2.7)	34	(2.5)	35	(3.4)	32	(2.3)	35	(2.8)	32	(2.9)	36	(3.0)	39	(3.2)
20 and over...	70	(2.4)	36	(1.6)	35	(1.8)	34	(1.7)	35	(1.9)	32	(2.2)	37	(1.8)	36	(1.9)	37	(2.0)	38	(1.7)
2 and over...	71	(1.7)	36	(1.4)	34	(1.6)	35	(1.4)	36	(1.6)	32	(1.9)	37	(1.5)	35	(1.6)	37	(1.6)	38	(1.4)
All Individuals[4]:																				
2 - 5.....	60	(3.0)	26	(2.3)	24	(2.1)	26	(2.3)	25	(2.3)	26	(3.0)	27	(2.4)	25	(2.5)	27	(2.3)	29	(2.8)
6 - 11.....	75	(2.1)	36	(1.7)	34	(1.9)	37	(1.5)	39	(1.6)	36	(1.7)	35	(1.9)	34	(1.8)	35	(2.2)	36	(2.0)
12 - 19.....	69	(2.9)	34	(1.9)	33	(2.1)	34	(1.9)	35	(2.3)	34	(2.5)	35	(2.0)	33	(1.9)	35	(2.1)	38	(2.4)
20 and over...	64	(1.4)	32	(1.1)	31	(1.3)	31	(1.1)	32	(1.2)	29	(1.3)	33	(1.2)	32	(1.3)	33	(1.3)	35	(1.2)
2 and over...	65	(1.1)	32	(0.9)	31	(1.0)	32	(0.9)	32	(1.0)	30	(1.1)	33	(1.0)	32	(1.0)	33	(1.0)	35	(1.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	12*	(3.2)	19	(4.6)	18*	(8.1)	38	(5.3)	18	(3.0)	17	(3.3)	18	(3.2)	16	(2.8)	17	(3.4)
6 - 11.....	25	(4.1)	29	(3.3)	32	(6.6)	30	(7.4)	28	(3.2)	30	(3.8)	28	(2.9)	27	(3.6)	24	(3.5)
12 - 19.....	32	(9.1)	34	(10.0)	51*	(15.0)	31*	(9.9)	27	(4.1)	32	(6.4)	31	(6.9)	30	(6.7)	24	(5.3)
20 and over...	23	(2.3)	18	(2.2)	21	(3.6)	22	(2.3)	23	(2.0)	24	(1.6)	26	(2.0)	24	(1.9)	21	(2.1)
2 and over...	24	(2.6)	21	(2.8)	24	(4.6)	24	(2.7)	23	(2.0)	25	(2.0)	27	(2.2)	25	(1.8)	21	(2.0)
$25,000 - $74,999:																		
2 - 5.....	24	(5.0)	23	(3.8)	22	(5.8)	31	(6.6)	24	(3.7)	25	(3.9)	25	(3.2)	23	(2.9)	24	(3.9)
6 - 11.....	33	(1.8)	32	(2.7)	37	(5.4)	46	(4.9)	34	(2.4)	36	(2.3)	34	(2.6)	31	(2.4)	31	(2.7)
12 - 19.....	32	(2.9)	27	(3.3)	34	(7.5)	20	(6.0)	29	(3.4)	31	(2.9)	32	(3.2)	30	(3.3)	25	(3.6)
20 and over...	31	(2.5)	27	(2.1)	32	(2.8)	31	(2.8)	30	(1.8)	31	(2.0)	34	(2.1)	34	(2.8)	28	(1.8)
2 and over...	31	(2.3)	27	(1.7)	32	(2.4)	31	(2.5)	30	(1.6)	31	(1.8)	34	(2.0)	33	(2.6)	27	(1.6)
$75,000 and higher:																		
2 - 5.....	27	(3.1)	22	(3.3)	33	(9.8)	33	(7.3)	26	(3.0)	27	(2.7)	28	(3.2)	23	(2.5)	25	(3.7)
6 - 11.....	26	(4.4)	25	(4.2)	27	(7.3)	41	(7.4)	34	(3.9)	32	(4.5)	35	(4.5)	31	(4.9)	30	(3.0)
12 - 19.....	28	(3.0)	23	(2.7)	26	(3.2)	26	(6.7)	30	(2.9)	29	(3.1)	32	(2.5)	27	(2.3)	28	(2.9)
20 and over...	37	(1.9)	30	(2.5)	29	(5.2)	31	(2.7)	34	(1.6)	34	(2.1)	36	(1.8)	35	(1.6)	32	(1.6)
2 and over...	35	(1.6)	29	(2.1)	29	(4.8)	31	(2.4)	33	(1.5)	33	(1.7)	35	(1.5)	34	(1.3)	31	(1.5)
All Individuals[4]:																		
2 - 5.....	21	(2.3)	21	(2.3)	26	(5.5)	30	(4.7)	23	(2.3)	23	(2.4)	24	(2.0)	21	(2.1)	22	(2.8)
6 - 11.....	28	(2.3)	28	(2.0)	31	(4.1)	39	(3.2)	32	(1.8)	33	(1.9)	33	(2.0)	30	(1.9)	29	(1.7)
12 - 19.....	31	(2.4)	27	(2.9)	34	(5.6)	26	(4.5)	29	(1.9)	31	(2.6)	32	(2.2)	29	(2.4)	26	(1.8)
20 and over...	32	(1.4)	27	(1.5)	29	(2.6)	29	(1.6)	29	(1.1)	31	(1.2)	33	(1.1)	32	(1.3)	28	(1.1)
2 and over...	31	(1.0)	27	(1.1)	29	(2.5)	30	(1.5)	29	(0.9)	30	(0.9)	33	(0.8)	31	(1.0)	27	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	15*	(3.3)	18	(3.4)	13*	(3.4)	14*	(3.2)	18	(2.9)	16	(3.5)	17	(3.1)	17	(3.1)	18	(3.2)
6 - 11.....	30	(3.7)	29	(4.1)	30	(4.9)	31	(4.9)	31	(3.0)	27	(6.3)	32	(3.5)	32	(3.3)	32	(3.2)
12 - 19.....	34	(7.5)	27	(7.0)	30	(7.1)	25	(7.2)	34	(7.2)	43	(10.5)	31	(5.5)	31	(5.9)	32	(5.5)
20 and over...	23	(2.2)	25	(1.7)	24	(3.8)	18	(2.1)	25	(2.8)	22	(2.9)	22	(1.9)	24	(2.3)	22	(2.3)
2 and over...	24	(2.4)	25	(1.8)	24	(3.0)	20	(2.3)	26	(2.9)	24	(3.4)	24	(2.1)	25	(2.4)	24	(2.4)
$25,000 - $74,999:																		
2 - 5.....	25	(4.1)	25	(4.2)	29	(3.6)	23	(3.8)	27	(3.3)	33	(4.8)	26	(4.3)	27	(4.0)	26	(3.6)
6 - 11.....	36	(1.7)	33	(2.7)	37	(3.6)	34	(2.6)	38	(2.8)	35	(4.3)	38	(2.7)	38	(2.0)	38	(2.4)
12 - 19.....	33	(2.8)	28	(3.3)	31	(3.7)	24	(2.8)	31	(2.5)	35	(3.4)	30	(2.7)	33	(2.6)	32	(2.7)
20 and over...	31	(2.2)	33	(2.5)	28	(2.6)	25	(3.1)	32	(2.3)	32	(2.6)	28	(1.8)	30	(2.0)	30	(1.7)
2 and over...	31	(2.0)	32	(2.3)	29	(2.2)	25	(2.5)	32	(2.1)	33	(2.5)	29	(1.5)	31	(1.8)	31	(1.5)
$75,000 and higher:																		
2 - 5.....	28	(2.6)	21	(3.0)	23	(4.0)	18	(2.8)	32	(4.1)	29	(3.8)	23	(2.6)	28	(2.7)	27	(2.8)
6 - 11.....	30	(4.3)	28	(4.4)	37	(2.6)	26	(4.9)	34	(4.0)	28	(4.9)	32	(4.1)	33	(4.0)	34	(4.1)
12 - 19.....	29	(2.8)	24	(2.7)	26	(4.2)	22	(4.0)	37	(4.3)	31	(3.4)	31	(3.2)	33	(2.8)	32	(2.4)
20 and over...	35	(1.8)	33	(2.2)	31	(2.1)	25	(1.5)	36	(1.6)	33	(4.5)	32	(1.5)	34	(1.6)	33	(1.8)
2 and over...	34	(1.5)	31	(1.8)	30	(1.9)	24	(1.2)	35	(1.4)	32	(4.1)	31	(1.4)	33	(1.4)	32	(1.6)
All Individuals[4]:																		
2 - 5.....	23	(2.1)	21	(2.7)	21	(2.3)	19	(2.1)	26	(2.4)	27	(3.1)	22	(2.3)	24	(2.2)	24	(2.2)
6 - 11.....	32	(2.0)	30	(2.0)	35	(1.6)	30	(2.4)	34	(2.0)	30	(2.8)	34	(1.9)	35	(1.7)	35	(1.8)
12 - 19.....	32	(2.3)	27	(2.6)	29	(2.9)	23	(3.0)	35	(2.7)	35	(3.6)	31	(2.1)	33	(2.0)	32	(2.1)
20 and over...	31	(1.2)	31	(1.2)	28	(1.7)	23	(1.4)	32	(1.2)	30	(2.2)	28	(1.1)	30	(1.2)	29	(1.1)
2 and over...	31	(1.0)	30	(1.0)	28	(1.4)	24	(1.1)	32	(1.0)	31	(2.0)	29	(0.9)	31	(0.9)	30	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 11. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5.....	20	(3.7)	18	(3.3)	17	(3.5)	18	(3.4)	16	(2.8)	17	(3.0)	31*	(10.1)	--	--
6 - 11.....	29	(3.9)	29	(3.2)	33	(3.6)	30	(2.9)	34	(3.5)	30	(2.7)	25	(5.5)	--	--
12 - 19.....	29	(6.7)	32	(7.5)	33	(6.4)	33	(7.9)	34	(6.9)	32	(7.1)	36*	(11.8)	--	--
20 and over...	21	(1.9)	23	(2.0)	24	(2.2)	25	(2.3)	23	(2.2)	25	(2.2)	22	(3.0)	26	(5.0)
2 and over...	23	(2.2)	24	(2.4)	25	(2.4)	26	(2.8)	25	(2.3)	26	(2.5)	23	(3.0)	--	--
$25,000 - $74,999:																
2 - 5.....	25	(3.1)	27	(4.0)	26	(3.0)	26	(4.1)	27	(3.6)	28	(3.5)	31*	(9.5)	--	--
6 - 11.....	32	(2.6)	36	(2.3)	39	(2.5)	38	(2.3)	39	(2.1)	36	(1.9)	40	(3.6)	--	--
12 - 19.....	28	(3.2)	30	(2.8)	33	(2.7)	31	(3.4)	32	(2.9)	33	(2.9)	42	(5.4)	--	--
20 and over...	27	(1.7)	29	(1.9)	30	(1.7)	31	(2.1)	30	(1.9)	33	(2.0)	33	(2.5)	32	(4.8)
2 and over...	27	(1.6)	30	(1.7)	31	(1.6)	31	(1.9)	31	(1.8)	33	(1.8)	34	(2.4)	--	--
$75,000 and higher:																
2 - 5.....	26	(3.3)	25	(2.7)	30	(3.1)	28	(3.2)	29	(2.5)	33	(3.8)	56*	(9.5)	--	--
6 - 11.....	32	(3.4)	30	(4.0)	35	(3.7)	34	(4.7)	34	(4.0)	37	(4.2)	34	(5.7)	--	--
12 - 19.....	27	(2.5)	29	(2.5)	34	(2.9)	34	(2.6)	31	(2.4)	35	(2.2)	50	(6.4)	--	--
20 and over...	32	(1.7)	34	(2.2)	33	(1.9)	35	(1.7)	33	(1.8)	36	(1.6)	36	(3.6)	42	(4.8)
2 and over...	31	(1.5)	33	(1.9)	33	(1.7)	35	(1.5)	33	(1.6)	36	(1.3)	37	(3.4)	--	--
All Individuals[4]:																
2 - 5.....	23	(2.2)	23	(2.5)	25	(2.0)	24	(2.3)	24	(2.4)	26	(2.2)	37	(6.2)	--	--
6 - 11.....	31	(1.8)	32	(1.7)	36	(1.7)	34	(2.0)	36	(1.8)	35	(1.8)	34	(2.3)	--	--
12 - 19.....	29	(2.1)	31	(2.1)	34	(2.0)	33	(2.2)	33	(2.4)	34	(1.9)	42	(4.5)	--	--
20 and over...	27	(1.1)	30	(1.4)	30	(1.3)	31	(1.3)	30	(1.2)	33	(1.2)	32	(1.4)	36	(2.9)
2 and over...	28	(0.9)	30	(1.1)	30	(1.0)	31	(1.0)	30	(1.0)	33	(1.0)	32	(1.3)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

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Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	48	(4.0)	21	(2.8)	20	(2.3)	20	(2.7)	18	(2.8)	20	(2.0)	22	(3.4)	21	(3.6)	21	(3.1)	23	(3.7)
6 - 11.....	71	(2.9)	34	(1.9)	33	(1.8)	35	(2.1)	37	(2.7)	37	(2.6)	33	(2.2)	32	(2.4)	33	(2.1)	35	(2.2)
12 - 19.....	65	(5.2)	32	(5.6)	31	(6.0)	31	(5.3)	32	(5.7)	34	(6.0)	33	(5.8)	32	(5.5)	33	(5.9)	36	(6.3)
20 and over...	52	(2.9)	24	(1.9)	24	(2.2)	24	(1.7)	24	(1.8)	22	(1.5)	25	(2.1)	24	(2.0)	25	(2.2)	26	(2.1)
2 and over...	56	(2.3)	26	(1.9)	26	(2.2)	26	(1.7)	26	(1.9)	25	(1.6)	27	(2.0)	26	(2.0)	27	(2.1)	28	(2.1)
131-350% poverty:																				
2 - 5.....	65	(3.7)	27	(3.6)	25	(3.6)	27	(3.9)	28	(4.4)	30	(4.5)	27	(3.5)	25	(3.6)	27	(3.1)	28	(4.4)
6 - 11.....	74	(3.0)	35	(2.2)	34	(2.4)	36	(2.4)	38	(2.5)	36	(2.7)	35	(2.1)	33	(2.2)	36	(2.2)	37	(2.8)
12 - 19.....	71	(4.5)	35	(2.3)	35	(2.3)	35	(2.7)	37	(3.2)	33	(2.9)	35	(2.0)	34	(2.1)	35	(1.8)	38	(2.7)
20 and over...	63	(1.9)	32	(1.9)	31	(1.9)	31	(1.9)	32	(2.2)	28	(1.4)	33	(2.0)	31	(1.8)	33	(2.1)	35	(2.2)
2 and over...	65	(1.6)	32	(1.5)	31	(1.6)	32	(1.5)	33	(1.7)	29	(1.2)	33	(1.6)	31	(1.5)	33	(1.7)	35	(2.0)
Over 350% poverty:																				
2 - 5.....	73	(6.1)	37	(4.3)	31	(4.0)	37	(4.2)	36	(3.7)	31	(5.1)	39	(4.7)	36	(4.6)	38	(4.7)	45	(5.7)
6 - 11.....	81	(5.5)	38	(4.9)	36	(5.5)	39	(4.6)	41	(4.7)	35	(4.4)	37	(5.2)	37	(5.3)	38	(5.6)	38	(5.4)
12 - 19.....	73	(3.4)	34	(3.0)	32	(3.3)	34	(3.0)	35	(4.0)	33	(3.0)	35	(3.2)	32	(3.2)	36	(3.4)	40	(4.3)
20 and over...	71	(2.5)	37	(1.7)	36	(1.9)	36	(1.7)	36	(2.1)	33	(2.0)	38	(1.8)	36	(1.8)	38	(1.9)	39	(1.8)
2 and over...	72	(1.8)	37	(1.5)	35	(1.8)	36	(1.5)	36	(1.9)	33	(1.9)	38	(1.6)	36	(1.6)	38	(1.7)	39	(1.7)
All Individuals[5]:																				
2 - 5.....	60	(3.0)	26	(2.3)	24	(2.1)	26	(2.3)	25	(2.3)	26	(3.0)	27	(2.4)	25	(2.5)	27	(2.3)	29	(2.8)
6 - 11.....	75	(2.1)	36	(1.7)	34	(1.9)	37	(1.5)	39	(1.6)	36	(1.7)	35	(1.9)	34	(1.8)	35	(2.2)	36	(2.0)
12 - 19.....	69	(2.9)	34	(1.9)	33	(2.1)	34	(1.9)	35	(2.3)	34	(2.5)	35	(2.0)	33	(1.9)	35	(2.1)	38	(2.4)
20 and over...	64	(1.4)	32	(1.1)	31	(1.3)	31	(1.1)	32	(1.2)	29	(1.3)	33	(1.2)	32	(1.3)	33	(1.3)	35	(1.2)
2 and over...	65	(1.1)	32	(0.9)	31	(1.0)	32	(0.9)	32	(1.0)	30	(1.1)	33	(1.0)	32	(1.0)	33	(1.0)	35	(1.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																		
2 - 5.....	16	(2.4)	19	(2.5)	20	(5.3)	24	(3.8)	19	(2.2)	19	(2.2)	20	(2.0)	17	(1.7)	18	(3.1)
6 - 11.....	28	(2.4)	31	(2.2)	39	(7.7)	34	(5.8)	30	(2.4)	32	(2.5)	30	(2.0)	28	(2.4)	26	(2.8)
12 - 19.....	32	(7.5)	30	(8.3)	46	(13.4)	24*	(8.8)	26	(4.0)	31	(6.8)	30	(6.6)	30	(6.7)	22	(4.5)
20 and over...	22	(2.2)	19	(1.8)	22	(2.2)	18	(2.4)	23	(1.6)	24	(1.3)	26	(1.6)	25	(2.0)	20	(1.7)
2 and over...	24	(2.3)	22	(2.3)	26	(3.2)	21	(2.4)	24	(1.5)	25	(1.7)	27	(1.9)	25	(1.8)	21	(1.5)
131-350% poverty:																		
2 - 5.....	24	(4.8)	22	(4.2)	25	(6.6)	44	(7.6)	24	(3.5)	24	(3.9)	25	(3.3)	24	(4.2)	23	(4.0)
6 - 11.....	29	(2.1)	28	(3.8)	31	(4.3)	41	(4.7)	32	(2.7)	33	(2.9)	34	(2.9)	31	(3.0)	30	(2.8)
12 - 19.....	31	(2.3)	28	(3.1)	32	(6.6)	28	(4.3)	31	(2.8)	31	(2.4)	33	(2.4)	28	(2.2)	28	(2.9)
20 and over...	30	(1.8)	25	(1.9)	29	(2.7)	30	(2.5)	29	(2.0)	30	(1.7)	32	(1.9)	30	(1.6)	26	(2.0)
2 and over...	30	(1.6)	26	(1.3)	29	(2.2)	31	(2.1)	29	(1.5)	30	(1.3)	32	(1.6)	29	(1.5)	26	(1.5)
Over 350% poverty:																		
2 - 5.....	29	(4.5)	25	(4.8)	33*	(12.1)	31	(8.3)	30	(4.2)	31	(3.9)	32	(4.1)	26	(3.6)	28	(4.8)
6 - 11.....	28	(5.6)	26	(4.2)	24	(6.2)	48	(9.0)	36	(4.5)	35	(5.2)	36	(5.4)	31	(5.7)	32	(3.8)
12 - 19.....	28	(3.6)	22	(3.3)	27	(5.0)	23*	(8.0)	30	(3.3)	29	(3.7)	32	(3.1)	28	(3.1)	29	(3.6)
20 and over...	38	(2.0)	31	(2.2)	31	(4.5)	33	(2.9)	35	(1.5)	35	(2.2)	38	(2.1)	38	(2.8)	33	(1.3)
2 and over...	37	(1.8)	30	(2.0)	31	(4.4)	33	(2.6)	34	(1.4)	35	(1.9)	38	(1.8)	37	(2.4)	33	(1.3)
All Individuals[5]:																		
2 - 5.....	21	(2.3)	21	(2.3)	26	(5.5)	30	(4.7)	23	(2.3)	23	(2.4)	24	(2.0)	21	(2.1)	22	(2.8)
6 - 11.....	28	(2.3)	28	(2.0)	31	(4.1)	39	(3.2)	32	(1.8)	33	(1.9)	33	(2.0)	30	(1.9)	29	(1.7)
12 - 19.....	31	(2.4)	27	(2.9)	34	(5.6)	26	(4.5)	29	(1.9)	31	(2.6)	32	(2.2)	29	(2.4)	26	(1.8)
20 and over...	32	(1.4)	27	(1.5)	29	(2.6)	29	(1.6)	29	(1.1)	31	(1.2)	33	(1.1)	32	(1.3)	28	(1.1)
2 and over...	31	(1.0)	27	(1.1)	29	(2.5)	30	(1.5)	29	(0.9)	30	(0.9)	33	(0.8)	31	(1.0)	27	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	17	(1.9)	18	(2.0)	14	(2.7)	16	(2.4)	20	(2.6)	24	(4.9)	19	(2.5)	20	(2.1)	19	(2.0)
6 - 11.....	31	(2.1)	30	(3.3)	32	(4.2)	32	(3.2)	31	(1.9)	29	(5.3)	34	(2.7)	34	(2.2)	34	(2.3)
12 - 19.....	32	(6.6)	29	(6.8)	31	(6.3)	24	(5.8)	31	(6.2)	38	(9.3)	29	(4.8)	30	(5.2)	30	(5.0)
20 and over...	22	(1.9)	26	(1.5)	25	(3.2)	17	(1.8)	24	(2.5)	24	(1.9)	21	(1.7)	23	(2.0)	22	(1.8)
2 and over...	24	(2.1)	26	(1.8)	26	(2.3)	20	(1.9)	26	(2.3)	26	(2.0)	24	(1.7)	25	(2.0)	24	(1.8)
131-350% poverty:																		
2 - 5.....	26	(4.3)	25	(5.5)	28	(6.5)	22	(4.4)	27	(3.5)	31	(3.3)	24	(4.4)	25	(4.1)	27	(4.0)
6 - 11.....	32	(2.4)	31	(3.3)	39	(3.9)	30	(3.6)	38	(2.3)	33	(4.5)	33	(3.4)	34	(2.7)	35	(2.5)
12 - 19.....	33	(2.4)	27	(2.5)	28	(5.3)	25	(2.6)	34	(2.6)	34	(4.6)	32	(2.4)	35	(2.2)	33	(2.5)
20 and over...	29	(1.7)	30	(1.8)	25	(2.5)	24	(2.7)	31	(1.8)	31	(2.6)	28	(1.8)	30	(1.8)	29	(1.7)
2 and over...	30	(1.5)	29	(1.4)	27	(2.1)	25	(2.0)	31	(1.5)	31	(2.4)	29	(1.2)	31	(1.5)	29	(1.4)
Over 350% poverty:																		
2 - 5.....	30	(4.0)	23	(4.3)	26	(3.5)	20	(3.9)	35	(5.5)	28	(4.9)	27	(4.1)	31	(4.2)	29	(4.6)
6 - 11.....	32	(5.1)	30	(5.0)	36	(3.0)	29	(5.9)	34	(5.3)	28	(5.0)	36	(5.0)	36	(4.8)	36	(4.8)
12 - 19.....	29	(3.2)	22	(3.0)	27	(4.6)	20	(4.4)	37	(5.7)	32	(3.7)	30	(3.9)	32	(3.4)	32	(2.9)
20 and over...	37	(1.7)	35	(2.8)	32	(2.5)	26	(1.6)	37	(1.8)	33	(4.1)	32	(1.5)	35	(1.6)	34	(1.6)
2 and over...	36	(1.6)	33	(2.3)	32	(2.4)	25	(1.5)	36	(1.7)	33	(3.8)	32	(1.4)	34	(1.5)	34	(1.5)
All Individuals[5]:																		
2 - 5.....	23	(2.1)	21	(2.7)	21	(2.3)	19	(2.1)	26	(2.4)	27	(3.1)	22	(2.3)	24	(2.2)	24	(2.2)
6 - 11.....	32	(2.0)	30	(2.0)	35	(1.6)	30	(2.4)	34	(2.0)	30	(2.8)	34	(1.9)	35	(1.7)	35	(1.8)
12 - 19.....	32	(2.3)	27	(2.6)	29	(2.9)	23	(3.0)	35	(2.7)	35	(3.6)	31	(2.1)	33	(2.0)	32	(2.1)
20 and over...	31	(1.2)	31	(1.2)	28	(1.7)	23	(1.4)	32	(1.2)	30	(2.2)	28	(1.1)	30	(1.2)	29	(1.1)
2 and over...	31	(1.0)	30	(1.0)	28	(1.4)	24	(1.1)	32	(1.0)	31	(2.0)	29	(0.9)	31	(0.9)	30	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 12. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	20	(2.0)	21	(2.2)	19	(2.3)	21	(2.4)	18	(1.8)	21	(2.9)	31*	(9.3)	--	--
6 - 11.....	30	(2.7)	30	(2.2)	34	(2.2)	33	(1.9)	35	(2.5)	32	(1.6)	31	(4.4)	--	--
12 - 19.....	27	(5.7)	30	(6.4)	31	(5.6)	30	(6.7)	33	(6.1)	31	(6.1)	35	(10.3)	--	--
20 and over...	21	(1.6)	22	(1.7)	23	(1.7)	23	(2.1)	23	(1.8)	25	(1.9)	23	(2.4)	23	(4.1)
2 and over...	23	(1.8)	24	(1.9)	25	(1.8)	25	(2.3)	25	(1.9)	26	(2.0)	23	(2.4)	--	--
131-350% poverty:																
2 - 5.....	24	(3.7)	26	(4.3)	27	(3.5)	25	(3.6)	28	(4.5)	27	(2.9)	34*	(12.0)	--	--
6 - 11.....	32	(3.1)	34	(2.4)	37	(2.3)	35	(2.8)	36	(2.4)	34	(2.1)	37	(3.8)	--	--
12 - 19.....	29	(2.6)	32	(1.7)	34	(2.2)	34	(2.6)	33	(2.8)	35	(2.2)	52	(4.9)	--	--
20 and over...	26	(1.7)	29	(1.8)	29	(1.7)	31	(2.0)	29	(1.7)	32	(1.9)	33	(2.1)	29	(5.2)
2 and over...	27	(1.4)	29	(1.5)	30	(1.4)	31	(1.6)	30	(1.5)	33	(1.6)	34	(2.0)	--	--
Over 350% poverty:																
2 - 5.....	31	(4.4)	27	(4.0)	32	(4.4)	32	(4.5)	31	(3.7)	37	(4.9)	61*	(10.2)	--	--
6 - 11.....	32	(4.1)	32	(4.8)	36	(4.5)	36	(5.3)	36	(4.6)	39	(5.3)	35	(7.1)	--	--
12 - 19.....	28	(3.1)	28	(3.0)	35	(3.6)	34	(3.0)	31	(2.7)	35	(3.4)	42	(7.4)	--	--
20 and over...	33	(1.6)	34	(2.3)	34	(1.7)	36	(1.8)	34	(1.7)	37	(1.6)	36	(3.1)	44	(4.1)
2 and over...	32	(1.5)	34	(2.1)	34	(1.6)	36	(1.7)	34	(1.6)	37	(1.4)	36	(3.0)	--	--
All Individuals[5]:																
2 - 5.....	23	(2.2)	23	(2.5)	25	(2.0)	24	(2.3)	24	(2.4)	26	(2.2)	37	(6.2)	--	--
6 - 11.....	31	(1.8)	32	(1.7)	36	(1.7)	34	(2.0)	36	(1.8)	35	(1.8)	34	(2.3)	--	--
12 - 19.....	29	(2.1)	31	(2.1)	34	(2.0)	33	(2.2)	33	(2.4)	34	(1.9)	42	(4.5)	--	--
20 and over...	27	(1.1)	30	(1.4)	30	(1.3)	31	(1.3)	30	(1.2)	33	(1.2)	32	(1.4)	36	(2.9)
2 and over...	28	(0.9)	30	(1.1)	30	(1.0)	31	(1.0)	30	(1.0)	33	(1.0)	32	(1.3)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2017-2018.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item away from home.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	97*	(1.6)	20	(1.1)	19	(1.4)	21	(1.0)	23	(1.6)	20	(1.4)	18	(1.4)	21	(2.0)	17	(1.4)	15	(1.3)
6 - 11	91	(2.1)	19	(0.8)	17	(1.0)	21	(0.9)	22	(1.2)	19	(1.0)	17	(0.8)	18	(1.0)	17	(0.7)	15	(1.0)
12 - 19	74	(2.4)	18	(1.0)	16	(1.1)	19	(0.7)	21	(0.7)	18	(1.1)	16	(1.5)	18	(1.7)	16	(1.6)	15	(1.3)
20 - 29	68	(3.1)	15	(1.0)	16	(1.0)	16	(1.3)	18	(1.8)	15	(1.5)	15	(1.2)	16	(1.4)	15	(1.2)	13	(1.4)
30 - 39	78	(2.5)	16	(1.3)	17	(1.6)	16	(1.3)	18	(2.0)	17	(1.8)	18	(1.6)	18	(1.5)	19	(1.9)	18	(2.0)
40 - 49	81	(3.4)	17	(1.7)	17	(1.1)	18	(1.8)	19	(2.7)	19	(1.9)	17	(2.3)	18	(2.1)	17	(2.4)	16	(2.6)
50 - 59	84	(1.3)	17	(1.1)	17	(1.4)	18	(1.2)	18	(1.8)	20	(1.5)	17	(1.0)	19	(1.3)	17	(1.1)	16	(1.4)
60 - 69	92	(1.7)	19	(1.3)	16	(1.3)	21	(1.3)	21	(1.6)	21	(1.7)	18	(1.7)	18	(1.4)	19	(2.0)	18	(2.2)
70 and over	94	(1.8)	21	(1.0)	20	(1.1)	25	(1.2)	25	(1.5)	26	(1.7)	19	(1.1)	21	(1.2)	19	(1.1)	17	(1.4)
2 - 19	84	(1.5)	18	(0.7)	17	(0.7)	20	(0.6)	22	(0.7)	19	(0.8)	17	(0.9)	19	(1.0)	16	(1.0)	15	(0.8)
20 and over	82	(0.9)	17	(0.6)	17	(0.5)	19	(0.8)	19	(1.1)	19	(0.9)	17	(0.6)	18	(0.6)	18	(0.7)	16	(0.7)
2 and over	83	(0.9)	18	(0.6)	17	(0.5)	19	(0.7)	20	(0.9)	19	(0.8)	17	(0.6)	18	(0.6)	17	(0.6)	16	(0.7)
Females:																				
2 - 5	97*	(1.6)	19	(1.0)	20	(1.1)	20	(0.9)	22	(1.1)	19	(1.1)	16	(1.3)	18	(1.4)	15	(1.4)	14	(1.3)
6 - 11	89	(1.9)	18	(0.6)	18	(0.8)	20	(0.6)	21	(1.0)	18	(0.7)	16	(1.0)	18	(1.1)	16	(1.0)	14	(1.0)
12 - 19	71	(3.1)	16	(1.2)	15	(1.0)	18	(1.3)	20	(1.9)	18	(1.5)	14	(1.3)	16	(1.7)	14	(1.3)	12	(1.3)
20 - 29	74	(4.3)	16	(0.9)	16	(1.2)	17	(1.1)	18	(1.6)	19	(1.4)	16	(0.9)	16	(1.1)	17	(1.2)	15	(0.8)
30 - 39	85	(3.0)	19	(0.6)	19	(0.6)	20	(0.8)	23	(1.3)	20	(1.4)	18	(1.0)	18	(1.1)	18	(1.1)	17	(1.1)
40 - 49	90	(2.4)	18	(1.4)	17	(1.3)	20	(1.5)	22	(2.0)	19	(2.0)	17	(1.6)	18	(1.5)	16	(1.5)	15	(2.4)
50 - 59	91	(1.8)	18	(1.2)	18	(1.2)	20	(1.6)	21	(1.2)	21	(2.7)	17	(0.9)	18	(1.3)	17	(0.7)	16	(1.1)
60 - 69	91	(2.0)	17	(0.9)	17	(1.1)	19	(1.2)	18	(1.9)	20	(1.4)	15	(0.9)	17	(0.9)	15	(1.2)	13	(1.0)
70 and over	94	(1.1)	21	(0.7)	20	(0.9)	24	(1.0)	25	(1.1)	25	(1.4)	17	(0.9)	19	(0.9)	17	(1.0)	16	(1.1)
2 - 19	82	(1.5)	18	(0.6)	17	(0.6)	19	(0.6)	21	(0.9)	18	(0.6)	15	(0.7)	17	(0.8)	15	(0.7)	13	(0.8)
20 and over	87	(1.1)	18	(0.4)	18	(0.4)	20	(0.6)	21	(0.7)	21	(0.8)	17	(0.4)	18	(0.4)	17	(0.5)	15	(0.6)
2 and over	86	(1.1)	18	(0.4)	17	(0.4)	20	(0.4)	21	(0.6)	20	(0.7)	16	(0.4)	17	(0.3)	16	(0.5)	15	(0.6)
Males and females:																				
2 - 19	83	(1.2)	18	(0.5)	17	(0.6)	20	(0.5)	21	(0.6)	19	(0.5)	16	(0.7)	18	(0.8)	16	(0.8)	14	(0.7)
20 and over	85	(0.9)	18	(0.4)	17	(0.4)	19	(0.6)	20	(0.8)	20	(0.7)	17	(0.4)	18	(0.4)	17	(0.4)	16	(0.5)
2 and over	84	(0.9)	18	(0.4)	17	(0.4)	19	(0.5)	20	(0.7)	20	(0.6)	17	(0.4)	18	(0.4)	17	(0.4)	15	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	29	(3.9)	38	(2.8)	8*	(2.7)	2*	(1.2)	30	(1.6)	32	(1.9)	24	(1.3)	31	(1.5)	35	(2.3)
6 - 11	26	(2.6)	36	(2.2)	5*	(0.9)	8*	(4.0)	29	(1.0)	31	(1.1)	24	(1.1)	32	(1.2)	33	(1.6)
12 - 19	24	(2.5)	35	(1.6)	9*	(3.8)	7*	(4.1)	27	(1.1)	29	(1.2)	19	(1.2)	25	(1.8)	30	(1.7)
20 - 29	30	(3.0)	28	(2.0)	10*	(4.0)	7*	(2.2)	21	(1.4)	24	(1.5)	15	(1.4)	17	(1.4)	23	(3.1)
30 - 39	34	(2.8)	28	(3.4)	10	(3.0)	18*	(7.5)	22	(2.3)	27	(2.6)	19	(2.1)	22	(2.7)	24	(2.5)
40 - 49	28	(2.8)	25	(3.4)	5*	(2.5)	8	(2.1)	21	(1.7)	26	(3.0)	16	(2.5)	18	(3.3)	25	(2.5)
50 - 59	27	(2.8)	28	(2.4)	11	(2.1)	10	(2.8)	25	(1.9)	29	(2.3)	18	(1.2)	22	(2.0)	27	(2.7)
60 - 69	27	(2.5)	29	(1.9)	6	(1.3)	4*	(1.0)	25	(1.4)	30	(1.2)	19	(1.8)	21	(2.8)	30	(2.4)
70 and over	30	(1.6)	32	(2.9)	9*	(3.3)	5*	(1.7)	29	(1.8)	35	(1.5)	23	(1.4)	30	(2.0)	36	(2.3)
2 - 19	26	(1.7)	36	(1.0)	8	(2.1)	6*	(2.5)	28	(0.7)	30	(0.6)	21	(0.9)	28	(1.1)	32	(1.0)
20 and over	29	(1.1)	28	(0.8)	9	(1.0)	9	(2.0)	23	(0.9)	28	(1.0)	18	(0.7)	21	(1.1)	27	(1.1)
2 and over	29	(0.9)	30	(0.7)	9	(0.9)	8	(1.7)	24	(0.7)	28	(0.8)	19	(0.7)	22	(1.0)	28	(1.0)
Females:																		
2 - 5	31	(3.8)	37	(1.9)	6*	(2.0)	4*	(2.0)	30	(1.2)	32	(1.3)	24	(1.2)	33	(1.3)	35	(2.2)
6 - 11	23	(2.5)	35	(2.5)	4*	(0.4)	5*	(1.3)	30	(2.0)	32	(2.1)	25	(1.5)	32	(2.0)	37	(3.0)
12 - 19	22	(3.4)	29	(2.1)	9*	(3.1)	4*	(1.2)	24	(0.6)	28	(1.5)	18	(0.7)	23	(1.4)	28	(1.0)
20 - 29	26	(2.9)	27	(2.3)	14*	(6.0)	4*	(0.9)	22	(1.4)	28	(1.4)	17	(1.1)	22	(1.6)	29	(2.9)
30 - 39	33	(3.0)	25	(3.3)	10	(1.9)	7	(1.8)	23	(1.4)	29	(1.5)	18	(1.2)	21	(2.2)	26	(3.4)
40 - 49	30	(3.7)	25	(2.8)	4*	(1.0)	7*	(1.9)	25	(1.6)	30	(1.8)	19	(1.7)	24	(2.5)	26	(2.7)
50 - 59	28	(2.1)	26	(1.7)	7	(1.4)	4*	(1.4)	29	(2.4)	32	(1.6)	19	(1.3)	22	(1.5)	28	(2.4)
60 - 69	29	(2.3)	31	(4.5)	25*	(11.2)	5*	(1.9)	24	(1.0)	29	(1.0)	18	(0.8)	20	(1.6)	24	(1.5)
70 and over	30	(2.5)	25	(1.4)	5	(0.9)	9*	(3.7)	30	(1.3)	34	(1.1)	23	(1.2)	28	(1.9)	35	(2.5)
2 - 19	24	(1.6)	33	(0.7)	6	(1.5)	4	(0.9)	27	(0.8)	30	(0.6)	21	(0.6)	28	(0.8)	33	(1.2)
20 and over	29	(0.9)	26	(1.2)	11	(2.4)	6	(0.7)	25	(0.7)	30	(0.5)	19	(0.6)	23	(0.9)	28	(0.9)
2 and over	28	(0.7)	28	(1.0)	10	(2.1)	6	(0.5)	26	(0.5)	30	(0.4)	19	(0.5)	24	(0.7)	29	(0.8)
Males and females:																		
2 - 19	25	(1.3)	35	(0.7)	7	(1.3)	5	(1.5)	28	(0.5)	30	(0.4)	21	(0.6)	28	(0.7)	32	(0.8)
20 and over	29	(0.8)	27	(0.8)	10	(1.6)	8	(1.3)	24	(0.7)	29	(0.7)	18	(0.5)	22	(0.8)	27	(0.7)
2 and over	28	(0.7)	29	(0.7)	9	(1.4)	7	(1.1)	25	(0.6)	29	(0.6)	19	(0.5)	23	(0.7)	28	(0.6)

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	27	(2.7)	37	(2.2)	18	(3.1)	41	(3.1)	17	(2.0)	17	(4.8)	27	(2.3)	25	(1.9)	23	(1.8)
6 - 11.....	25	(1.4)	35	(1.7)	23	(3.0)	43	(1.9)	22	(3.9)	9	(1.2)	28	(1.4)	23	(0.8)	20	(0.8)
12 - 19.....	23	(1.7)	29	(2.3)	25	(2.4)	44	(1.7)	19	(2.1)	12	(1.0)	25	(1.1)	22	(1.2)	20	(1.0)
20 - 29.....	24	(2.0)	22	(1.6)	19	(3.0)	35	(2.9)	15	(2.0)	10	(1.3)	20	(1.6)	18	(1.2)	18	(1.5)
30 - 39.....	27	(2.2)	24	(2.9)	22	(5.0)	41	(2.9)	22	(2.5)	17	(4.4)	22	(2.0)	20	(2.0)	20	(2.3)
40 - 49.....	24	(2.0)	21	(3.7)	18	(3.7)	38	(5.1)	21	(2.7)	10	(2.1)	22	(1.8)	20	(1.3)	20	(1.3)
50 - 59.....	24	(2.0)	22	(2.7)	23	(2.1)	42	(2.7)	20	(1.2)	11	(1.7)	25	(2.1)	22	(1.3)	21	(1.5)
60 - 69.....	24	(1.8)	21	(2.2)	16	(2.2)	31	(2.6)	23	(2.2)	9	(1.2)	23	(1.4)	21	(1.3)	21	(1.4)
70 and over.....	28	(1.4)	30	(2.6)	25	(2.2)	32	(6.3)	21	(1.6)	10	(2.0)	28	(1.8)	26	(1.4)	26	(1.6)
2 - 19.....	25	(1.2)	32	(1.2)	23	(1.8)	43	(1.2)	20	(1.8)	12	(1.0)	27	(1.0)	23	(0.8)	21	(0.6)
20 and over...	25	(0.7)	23	(0.9)	21	(1.6)	36	(1.7)	20	(1.1)	11	(0.7)	23	(0.8)	21	(0.6)	20	(0.7)
2 and over...	25	(0.7)	25	(0.7)	21	(1.2)	38	(1.3)	20	(0.9)	11	(0.6)	24	(0.8)	21	(0.6)	21	(0.6)
Females:																		
2 - 5.....	28	(2.2)	38	(1.8)	18	(1.7)	39	(1.9)	15	(1.5)	9	(1.1)	28	(1.1)	25	(1.0)	22	(1.0)
6 - 11.....	24	(1.3)	39	(3.0)	23	(2.8)	43	(2.7)	15	(0.6)	11	(1.6)	26	(1.4)	23	(1.1)	21	(0.5)
12 - 19.....	22	(2.1)	30	(2.1)	21	(2.8)	39	(2.9)	16	(2.0)	8	(0.9)	24	(1.7)	19	(1.2)	18	(0.9)
20 - 29.....	23	(1.7)	23	(2.3)	17	(2.1)	37	(3.2)	22	(1.7)	15	(4.5)	24	(2.0)	20	(1.5)	20	(1.1)
30 - 39.....	29	(1.5)	25	(1.6)	17	(2.7)	40	(2.7)	22	(3.0)	12	(2.9)	22	(1.1)	22	(0.6)	21	(1.0)
40 - 49.....	26	(2.5)	28	(3.6)	18	(3.4)	40	(3.7)	19	(1.5)	7	(1.7)	24	(1.6)	21	(1.7)	23	(1.3)
50 - 59.....	26	(1.4)	22	(2.5)	22	(2.9)	37	(2.4)	22	(2.5)	11	(2.5)	24	(1.7)	21	(1.7)	23	(1.6)
60 - 69.....	26	(1.5)	20	(2.4)	22	(2.4)	33	(3.3)	17	(1.9)	12	(3.1)	22	(1.4)	20	(1.3)	22	(1.2)
70 and over.....	28	(1.8)	30	(2.5)	26	(2.2)	37	(3.3)	20	(1.7)	10	(1.6)	28	(1.2)	25	(1.1)	25	(1.0)
2 - 19.....	24	(0.9)	35	(1.5)	21	(1.5)	41	(1.5)	15	(1.1)	9	(0.8)	26	(0.6)	21	(0.6)	20	(0.4)
20 and over...	26	(0.5)	24	(1.4)	20	(1.0)	37	(1.1)	20	(1.0)	11	(1.4)	24	(0.7)	21	(0.6)	22	(0.6)
2 and over...	26	(0.4)	27	(1.2)	20	(1.0)	38	(0.9)	19	(0.9)	11	(1.2)	24	(0.6)	21	(0.5)	22	(0.5)
Males and females:																		
2 - 19.....	24	(0.9)	33	(1.0)	22	(1.2)	42	(0.9)	18	(1.2)	11	(0.7)	26	(0.6)	22	(0.6)	20	(0.4)
20 and over...	26	(0.5)	23	(0.8)	20	(0.9)	37	(1.2)	20	(0.8)	11	(0.8)	23	(0.7)	21	(0.5)	21	(0.5)
2 and over...	25	(0.5)	26	(0.7)	21	(0.7)	38	(1.0)	20	(0.7)	11	(0.7)	24	(0.6)	21	(0.5)	21	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	35	(2.0)	29	(1.7)	19	(1.8)	18	(1.5)	22	(1.5)	17	(1.0)	19	(5.4)	--	--
6 - 11	32	(1.4)	26	(1.5)	16	(0.9)	18	(1.2)	20	(0.8)	16	(0.8)	22*	(7.1)	--	--
12 - 19	27	(1.3)	21	(1.4)	17	(1.1)	15	(1.1)	20	(0.9)	15	(1.1)	27	(2.9)	--	--
20 - 29	24	(1.6)	19	(1.5)	16	(1.6)	18	(1.2)	17	(1.2)	13	(1.1)	32	(5.6)	--	--
30 - 39	23	(2.3)	19	(2.5)	18	(2.3)	19	(1.9)	19	(1.5)	16	(1.4)	39	(4.1)	--	--
40 - 49	22	(2.0)	18	(2.1)	16	(1.6)	18	(1.4)	19	(1.4)	15	(1.4)	36	(4.0)	--	--
50 - 59	26	(2.8)	19	(2.1)	17	(1.2)	18	(1.2)	22	(1.6)	15	(1.3)	50	(4.9)	--	--
60 - 69	27	(2.2)	18	(1.6)	17	(1.4)	18	(1.3)	21	(1.3)	16	(1.1)	50	(3.1)	--	--
70 and over	36	(2.5)	26	(1.5)	20	(1.5)	23	(2.8)	24	(1.3)	17	(1.0)	55	(5.7)	--	--
2 - 19	30	(0.8)	24	(0.8)	17	(0.7)	17	(0.8)	21	(0.6)	16	(0.7)	25	(2.8)	--	--
20 and over	26	(1.0)	20	(0.7)	17	(0.7)	19	(0.6)	20	(0.8)	15	(0.6)	44	(2.0)	1*	(0.6)
2 and over	27	(0.9)	21	(0.7)	17	(0.6)	18	(0.5)	20	(0.7)	15	(0.6)	43	(1.9)	--	--
Females:																
2 - 5	35	(2.0)	29	(1.1)	17	(1.1)	20	(1.3)	21	(1.1)	16	(0.8)	22	(5.4)	--	--
6 - 11	34	(2.7)	28	(2.1)	17	(0.5)	17	(1.1)	20	(0.6)	15	(0.7)	14	(2.2)	--	--
12 - 19	28	(1.5)	21	(1.3)	16	(1.3)	15	(1.1)	18	(1.1)	14	(0.9)	21	(5.3)	--	--
20 - 29	25	(2.1)	20	(2.4)	17	(1.0)	16	(1.0)	19	(1.6)	14	(1.2)	35	(4.5)	--	--
30 - 39	27	(2.0)	21	(1.2)	20	(1.4)	20	(0.9)	21	(1.2)	15	(0.6)	44	(4.4)	--	--
40 - 49	27	(2.4)	20	(1.7)	19	(1.8)	19	(2.1)	22	(1.3)	14	(1.4)	46	(3.4)	--	--
50 - 59	26	(3.0)	19	(1.8)	18	(1.7)	18	(1.7)	22	(1.3)	14	(1.4)	51	(5.6)	--	--
60 - 69	25	(1.6)	19	(1.1)	19	(1.8)	19	(0.9)	21	(1.1)	14	(1.1)	47	(4.0)	--	--
70 and over	35	(2.9)	25	(1.4)	20	(1.0)	22	(1.3)	24	(0.9)	17	(1.4)	52	(3.1)	--	--
2 - 19	31	(1.3)	25	(1.0)	16	(0.6)	16	(0.6)	19	(0.6)	15	(0.6)	20	(3.9)	--	--
20 and over	28	(1.1)	20	(0.8)	19	(0.6)	19	(0.6)	21	(0.6)	14	(0.6)	46	(2.0)	#	
2 and over	28	(0.9)	21	(0.8)	18	(0.5)	18	(0.5)	21	(0.5)	14	(0.5)	45	(1.9)	--	--
Males and females:																
2 - 19	31	(0.6)	25	(0.8)	17	(0.6)	17	(0.7)	20	(0.5)	15	(0.6)	23	(1.9)	--	--
20 and over	27	(0.9)	20	(0.7)	18	(0.5)	19	(0.4)	21	(0.5)	15	(0.5)	45	(1.6)	1*	(0.4)
2 and over	27	(0.7)	21	(0.6)	18	(0.4)	18	(0.4)	21	(0.4)	15	(0.5)	44	(1.5)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

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

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the male/female/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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018.

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																				
2 - 5.....	98*	(1.3)	19	(1.4)	18	(1.2)	21	(1.6)	23	(2.2)	19	(1.9)	16	(1.5)	18	(2.2)	14	(1.6)	13	(1.2)
6 - 11.....	90	(2.5)	17	(0.8)	16	(1.2)	19	(1.0)	20	(1.4)	17	(1.0)	15	(0.8)	18	(1.0)	15	(0.8)	12	(0.8)
12 - 19.....	75	(3.2)	17	(1.2)	15	(1.0)	19	(1.4)	22	(1.8)	19	(1.9)	15	(1.3)	16	(1.3)	15	(1.3)	13	(1.6)
20 and over...	87	(1.0)	16	(0.5)	16	(0.6)	18	(0.8)	19	(1.0)	19	(0.9)	15	(0.4)	16	(0.5)	16	(0.5)	14	(0.6)
2 and over...	87	(1.0)	16	(0.4)	16	(0.5)	18	(0.6)	20	(0.7)	19	(0.7)	15	(0.4)	16	(0.4)	16	(0.4)	14	(0.5)
Non-Hispanic Black:																				
2 - 5.....	89*	(4.9)	18	(1.7)	17*	(1.8)	20	(1.0)	21	(0.8)	21	(2.0)	16*	(2.9)	18*	(3.0)	16*	(3.5)	13*	(2.2)
6 - 11.....	86	(4.0)	20	(1.6)	18	(1.5)	22	(1.7)	23	(2.0)	20	(1.7)	18	(1.8)	18	(1.9)	19	(2.0)	15	(2.0)
12 - 19.....	65	(3.6)	14	(1.0)	12	(1.0)	15	(1.1)	17	(1.6)	13	(1.1)	12	(1.0)	14	(1.3)	12	(1.0)	10	(1.2)
20 and over...	72	(1.9)	17	(0.7)	15	(0.8)	18	(0.5)	20	(0.4)	17	(1.0)	16	(0.9)	17	(1.0)	17	(1.1)	15	(0.9)
2 and over...	73	(1.9)	16	(0.7)	15	(0.7)	18	(0.5)	20	(0.5)	17	(0.8)	16	(0.9)	17	(1.0)	16	(1.0)	14	(0.9)
Non-Hispanic Asian[4]:																				
2 - 5.....	97*	(2.0)	18*	(2.6)	19*	(2.4)	18*	(2.0)	21*	(2.4)	16*	(1.5)	19*	(4.1)	21*	(3.7)	18*	(4.9)	16*	(4.7)
6 - 11.....	92*	(3.6)	19*	(1.2)	18*	(1.4)	19*	(1.3)	19*	(1.4)	14*	(1.8)	19*	(1.4)	20*	(1.3)	18*	(1.6)	18*	(2.4)
12 - 19.....	78	(4.1)	20	(1.3)	19	(1.7)	21	(1.6)	22	(3.9)	17*	(1.5)	20	(1.3)	21	(1.5)	20	(1.6)	18	(2.5)
20 and over...	83	(1.8)	18	(0.5)	18	(0.7)	21	(0.6)	22	(1.2)	21	(0.8)	17	(0.6)	18	(0.5)	16	(0.6)	16	(1.2)
2 and over...	84	(1.5)	19	(0.4)	18	(0.7)	20	(0.5)	22	(1.2)	20	(0.7)	17	(0.6)	19	(0.5)	16	(0.6)	16	(1.2)
Hispanic:																				
2 - 5.....	97*	(2.9)	21	(1.2)	23	(1.6)	21	(1.2)	23	(1.4)	21	(2.0)	21	(1.6)	24	(1.9)	21	(1.9)	16*	(1.9)
6 - 11.....	91*	(2.5)	21	(1.7)	23	(1.8)	22	(1.7)	23	(1.7)	22	(2.0)	20	(1.8)	20	(1.6)	19	(1.7)	19	(2.2)
12 - 19.....	74	(2.8)	19	(1.4)	18	(1.5)	20	(1.4)	22	(1.6)	20	(1.8)	17	(1.7)	19	(1.9)	17	(1.7)	15	(1.7)
20 and over...	88	(1.8)	24	(0.9)	25	(0.9)	25	(0.9)	25	(1.3)	26	(0.9)	25	(1.2)	25	(1.3)	25	(1.1)	24	(1.4)
2 and over...	87	(1.4)	23	(0.8)	24	(0.8)	24	(0.8)	24	(0.9)	24	(0.8)	23	(1.0)	24	(1.1)	23	(0.9)	22	(1.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																		
2 - 5.....	29	(3.9)	37	(3.1)	7*	(2.8)	1*	(0.6)	30	(1.6)	32	(2.0)	23	(1.1)	31	(1.5)	36	(3.4)
6 - 11.....	23	(3.2)	34	(2.2)	3*	(0.5)	4*	(3.4)	30	(1.7)	31	(1.6)	24	(1.1)	31	(1.5)	37	(2.2)
12 - 19.....	19	(2.7)	31	(2.6)	9*	(3.2)	6*	(4.5)	25	(1.4)	28	(1.9)	17	(1.0)	21	(1.8)	28	(1.7)
20 and over...	28	(1.3)	26	(1.0)	7	(2.0)	5	(1.1)	23	(1.0)	28	(1.0)	17	(0.8)	21	(1.2)	28	(0.9)
2 and over...	27	(1.1)	27	(0.9)	7	(1.8)	5	(1.2)	24	(0.8)	29	(0.9)	18	(0.7)	22	(1.0)	29	(0.9)
Non-Hispanic Black:																		
2 - 5.....	21	(2.4)	40	(3.7)	6*	(2.7)	12*	(7.2)	33	(2.4)	33	(2.3)	26	(1.7)	35	(1.9)	37	(3.7)
6 - 11.....	24	(3.3)	41	(2.1)	9*	(3.3)	8*	(5.1)	32	(1.9)	34	(2.4)	25	(1.9)	35	(2.6)	39	(3.9)
12 - 19.....	23	(3.6)	33	(3.0)	4*	(1.1)	3*	(1.6)	26	(2.6)	27	(2.8)	18	(2.0)	27	(3.1)	27	(3.4)
20 and over...	28	(2.2)	26	(1.6)	6*	(2.0)	6*	(1.9)	23	(0.8)	27	(1.0)	18	(0.8)	23	(1.2)	25	(1.0)
2 and over...	27	(2.2)	28	(1.5)	6	(1.5)	6*	(1.9)	25	(0.6)	28	(0.9)	19	(0.6)	25	(1.1)	27	(0.7)
Non-Hispanic Asian[4]:																		
2 - 5.....	27*	(4.5)	36*	(3.7)	6*	(2.7)	2*	(2.1)	26*	(2.1)	30*	(2.4)	24*	(2.5)	30*	(4.7)	33*	(2.5)
6 - 11.....	29*	(4.0)	33*	(3.5)	4*	(1.6)	3*	(1.5)	24*	(1.6)	29*	(1.6)	21*	(2.1)	27*	(2.6)	26*	(2.3)
12 - 19.....	27	(2.9)	32	(5.5)	23*	(13.3)	3*	(1.6)	25	(2.1)	29	(2.8)	19	(1.8)	23	(3.6)	27	(2.6)
20 and over...	24	(1.6)	27	(2.2)	16	(4.1)	6*	(2.1)	23	(1.4)	27	(1.5)	17	(1.1)	20	(1.6)	22	(1.5)
2 and over...	25	(1.5)	28	(1.7)	16	(3.8)	6*	(1.9)	23	(1.2)	27	(1.3)	18	(0.9)	21	(1.4)	23	(1.1)
Hispanic:																		
2 - 5.....	31	(4.7)	38	(3.3)	11*	(3.7)	2*	(1.0)	30	(1.9)	33	(2.0)	25	(2.1)	32	(2.7)	35	(3.5)
6 - 11.....	29	(2.8)	37	(1.8)	8*	(1.9)	11*	(4.2)	30	(1.8)	32	(2.1)	27	(2.2)	33	(2.0)	31	(2.1)
12 - 19.....	26	(3.6)	37	(3.5)	6*	(1.3)	9*	(3.5)	29	(2.1)	31	(2.8)	22	(2.4)	27	(2.9)	33	(2.6)
20 and over...	39	(1.5)	35	(2.0)	22	(3.3)	21	(4.1)	29	(1.1)	33	(1.6)	24	(1.3)	25	(1.6)	30	(1.3)
2 and over...	36	(1.3)	36	(1.5)	20	(3.1)	18	(3.3)	29	(0.8)	33	(1.0)	24	(1.0)	27	(1.2)	31	(1.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	27	(2.6)	37	(2.4)	17	(2.7)	39	(3.5)	15	(1.8)	14*	(5.3)	25	(2.4)	24	(1.9)	22	(2.3)
6 - 11.....	23	(1.9)	37	(2.5)	22	(3.1)	41	(2.8)	19	(4.7)	8	(1.5)	26	(1.6)	21	(1.2)	19	(0.7)
12 - 19.....	20	(1.6)	28	(2.7)	25	(2.8)	41	(4.5)	18	(2.5)	11	(1.2)	24	(2.1)	20	(1.5)	19	(1.3)
20 and over...	24	(0.8)	22	(1.3)	20	(1.0)	36	(1.7)	20	(1.2)	9	(1.1)	22	(1.0)	20	(0.6)	20	(0.6)
2 and over...	24	(0.7)	24	(1.2)	20	(1.0)	37	(1.6)	19	(1.0)	9	(1.0)	22	(0.9)	20	(0.5)	20	(0.5)
Non-Hispanic Black:																		
2 - 5.....	23	(2.0)	41	(2.0)	20	(2.6)	42	(2.6)	15*	(2.0)	14*	(3.9)	29	(2.5)	24	(2.3)	22	(1.6)
6 - 11.....	25	(2.3)	40	(2.6)	26	(2.3)	48	(3.2)	16	(1.7)	12*	(4.3)	28	(2.1)	24	(1.8)	21	(1.7)
12 - 19.....	21	(2.7)	29	(3.1)	15	(2.5)	42	(3.9)	12	(1.3)	8*	(1.2)	23	(2.2)	18	(1.4)	14	(0.8)
20 and over...	24	(1.6)	25	(1.4)	20	(1.3)	36	(2.1)	17	(0.9)	9	(1.2)	23	(0.9)	19	(0.8)	18	(0.7)
2 and over...	24	(1.5)	27	(1.1)	20	(1.0)	38	(2.0)	16	(0.8)	9	(0.9)	23	(1.0)	20	(0.8)	18	(0.6)
Non-Hispanic Asian[4]:																		
2 - 5.....	24*	(2.7)	40*	(2.8)	18*	(4.9)	37*	(3.6)	15*	(3.2)	10*	(3.9)	27*	(2.5)	23*	(2.7)	20*	(2.0)
6 - 11.....	26*	(2.7)	33*	(4.2)	12*	(3.8)	37*	(5.9)	15*	(1.5)	11*	(1.9)	25*	(2.4)	24*	(1.6)	18*	(1.0)
12 - 19.....	25	(2.7)	29	(6.0)	21*	(6.7)	36	(9.6)	19	(1.8)	8*	(2.9)	29	(2.7)	23	(1.9)	20	(1.3)
20 and over...	23	(1.0)	25	(3.1)	15	(1.9)	31	(2.1)	17	(1.1)	12	(1.9)	26	(1.2)	21	(0.8)	21	(0.8)
2 and over...	23	(1.1)	27	(2.7)	15	(2.1)	32	(1.8)	17	(0.9)	11	(1.6)	26	(1.1)	21	(0.7)	21	(0.7)
Hispanic:																		
2 - 5.....	29	(3.1)	37	(2.7)	20	(2.5)	41	(4.0)	19	(2.5)	13*	(1.4)	31	(2.5)	27	(1.9)	25	(1.5)
6 - 11.....	28	(1.7)	37	(2.0)	26	(2.3)	44	(2.0)	20	(2.1)	14	(2.4)	30	(1.9)	26	(1.7)	24	(2.3)
12 - 19.....	25	(2.4)	32	(3.6)	24	(2.0)	46	(4.6)	18	(2.5)	12	(1.7)	26	(2.1)	23	(1.8)	22	(1.4)
20 and over...	33	(1.2)	27	(1.9)	26	(2.0)	42	(2.5)	26	(1.1)	22	(2.3)	29	(1.0)	28	(1.0)	27	(1.0)
2 and over...	32	(1.0)	29	(1.3)	25	(1.5)	43	(1.7)	24	(1.0)	20	(2.0)	29	(0.9)	27	(0.8)	26	(0.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 14. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	36	(2.9)	27	(1.6)	18	(2.3)	18	(1.4)	21	(1.9)	15	(0.8)	18	(2.8)	--	--
6 - 11.....	34	(2.0)	28	(1.1)	15	(0.7)	16	(1.5)	19	(0.9)	14	(0.8)	14	(2.1)	--	--
12 - 19.....	26	(1.7)	19	(1.6)	16	(1.6)	13	(0.8)	19	(1.2)	13	(0.7)	24	(3.9)	--	--
20 and over...	26	(1.3)	19	(1.0)	17	(0.6)	17	(0.7)	20	(0.7)	13	(0.5)	45	(2.0)	1*	(0.5)
2 and over...	27	(1.1)	20	(0.9)	16	(0.5)	17	(0.6)	20	(0.6)	13	(0.5)	44	(2.0)	--	--
Non-Hispanic Black:																
2 - 5.....	36	(2.1)	31	(2.6)	18*	(1.9)	17*	(1.8)	20	(1.8)	16*	(2.1)	6*	(3.6)	--	--
6 - 11.....	35	(1.9)	28	(2.8)	17	(1.2)	17	(2.3)	21	(1.6)	17	(1.3)	11*	(2.3)	--	--
12 - 19.....	27	(2.9)	24	(2.7)	12	(1.0)	11	(1.0)	14	(1.3)	13	(0.8)	14*	(1.8)	--	--
20 and over...	25	(1.0)	19	(0.7)	16	(0.8)	17	(0.9)	18	(0.7)	15	(0.7)	47	(2.2)	2*	(1.7)
2 and over...	27	(0.8)	21	(0.7)	16	(0.7)	16	(0.9)	18	(0.7)	15	(0.6)	45	(2.2)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	35*	(3.0)	33*	(2.9)	15*	(2.2)	17*	(2.7)	19*	(1.5)	15*	(2.8)	33*	(12.0)	--	--
6 - 11.....	28*	(2.4)	23*	(2.0)	14*	(1.8)	18*	(2.0)	18*	(0.8)	17*	(2.1)	22*	(6.5)	--	--
12 - 19.....	27	(3.5)	21	(2.1)	16*	(0.9)	19	(2.3)	19	(1.8)	19	(2.5)	31	(9.3)	--	--
20 and over...	25	(2.0)	20	(1.0)	18	(0.7)	19	(0.9)	20	(0.7)	16	(1.1)	42	(2.4)	0*	(0.0)
2 and over...	25	(1.6)	21	(0.9)	18	(0.6)	19	(0.8)	20	(0.6)	16	(0.9)	41	(2.3)	--	--
Hispanic:																
2 - 5.....	32	(2.2)	31	(2.3)	19	(1.6)	22	(2.0)	24	(1.4)	20	(1.6)	30*	(10.0)	--	--
6 - 11.....	31	(2.2)	28	(2.2)	20	(2.1)	23	(2.3)	24	(1.7)	21	(1.7)	33*	(13.6)	--	--
12 - 19.....	29	(1.7)	24	(2.2)	19	(1.3)	18	(1.6)	22	(1.5)	17	(1.6)	31	(5.1)	--	--
20 and over...	30	(1.2)	25	(1.2)	25	(1.2)	28	(1.2)	27	(0.9)	24	(1.1)	52	(2.4)	2*	(0.8)
2 and over...	30	(0.9)	26	(0.9)	23	(0.9)	26	(1.0)	26	(0.8)	22	(1.0)	50	(2.2)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018.

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

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	92*	(3.8)	21	(2.6)	21	(2.0)	21	(2.6)	23	(3.3)	22	(3.7)	19	(3.1)	23	(3.8)	19	(3.1)	15	(2.8)
6 - 11.....	86	(2.7)	20	(2.0)	20	(2.3)	21	(1.7)	23	(1.5)	22	(2.4)	18	(3.0)	19	(3.3)	17	(2.7)	18	(3.0)
12 - 19.....	70	(3.4)	15	(1.0)	13	(0.9)	16	(1.1)	19	(1.0)	15	(0.9)	14	(1.1)	15	(1.3)	13	(1.1)	12	(1.1)
20 and over...	77	(3.0)	18	(0.9)	18	(1.0)	19	(1.0)	19	(1.4)	21	(1.1)	18	(0.9)	18	(1.1)	18	(0.9)	17	(0.9)
2 and over...	78	(2.2)	18	(0.7)	17	(0.9)	19	(0.7)	19	(1.0)	20	(0.9)	17	(0.9)	18	(1.0)	17	(0.9)	16	(0.9)
$25,000 - $74,999:																				
2 - 5.....	97*	(1.2)	19	(0.8)	19	(1.4)	21	(0.7)	23	(1.0)	18	(1.0)	17	(1.1)	18	(1.4)	17	(1.3)	14	(0.8)
6 - 11.....	90	(2.1)	18	(1.0)	17	(0.9)	20	(1.2)	22	(1.6)	19	(1.2)	16	(1.1)	18	(1.3)	16	(1.3)	14	(0.9)
12 - 19.....	68	(3.0)	15	(0.8)	14	(0.8)	17	(0.6)	18	(0.8)	17	(0.7)	14	(1.4)	16	(1.6)	14	(1.4)	12	(1.2)
20 and over...	84	(1.3)	18	(0.7)	18	(0.8)	20	(0.8)	21	(1.1)	20	(1.0)	17	(0.7)	18	(0.9)	17	(0.7)	15	(0.9)
2 and over...	83	(1.2)	18	(0.5)	17	(0.6)	19	(0.6)	21	(0.8)	20	(0.8)	17	(0.5)	18	(0.6)	17	(0.5)	15	(0.8)
$75,000 and higher:																				
2 - 5.....	99*	(0.8)	19	(1.3)	18	(1.3)	21	(1.6)	21	(2.1)	19	(1.6)	16	(1.8)	19	(2.2)	14	(1.6)	14*	(2.1)
6 - 11.....	91*	(2.5)	18	(1.0)	17	(1.3)	19	(1.2)	20	(1.5)	17	(1.1)	16	(1.0)	18	(1.1)	16	(1.1)	13	(1.1)
12 - 19.....	76	(3.2)	19	(1.8)	17	(1.9)	21	(1.4)	23	(1.9)	19	(1.9)	17	(2.4)	18	(2.8)	17	(2.5)	14	(2.4)
20 and over...	89	(1.3)	17	(0.6)	17	(0.6)	19	(0.8)	20	(1.2)	18	(0.8)	17	(0.8)	17	(0.8)	17	(0.9)	16	(0.9)
2 and over...	88	(1.1)	17	(0.6)	17	(0.6)	19	(0.7)	21	(1.1)	18	(0.7)	17	(0.7)	18	(0.7)	17	(0.8)	15	(0.8)
All Individuals[4]:																				
2 - 5.....	97*	(1.1)	19	(0.9)	20	(1.0)	21	(0.9)	23	(1.2)	19	(1.0)	17	(1.1)	20	(1.4)	16	(1.1)	14	(0.9)
6 - 11.....	90	(1.4)	19	(0.5)	18	(0.7)	20	(0.6)	21	(0.9)	18	(0.6)	17	(0.7)	18	(0.8)	16	(0.7)	14	(0.7)
12 - 19.....	73	(1.8)	17	(0.9)	16	(0.9)	19	(0.8)	21	(0.9)	18	(1.0)	16	(1.2)	17	(1.4)	15	(1.2)	14	(1.1)
20 and over...	85	(0.9)	18	(0.4)	17	(0.4)	19	(0.6)	20	(0.8)	20	(0.7)	17	(0.4)	18	(0.4)	17	(0.4)	16	(0.5)
2 and over...	84	(0.9)	18	(0.4)	17	(0.4)	19	(0.5)	20	(0.7)	20	(0.6)	17	(0.4)	18	(0.4)	17	(0.4)	15	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	29	(3.9)	41	(3.2)	8*	(2.7)	6*	(5.3)	31	(2.7)	35	(3.2)	26	(2.3)	34	(2.6)	39	(4.1)
6 - 11.....	23	(5.3)	33	(2.3)	3*	(0.9)	8*	(5.6)	31	(1.6)	33	(1.6)	26	(1.7)	32	(1.5)	37	(2.8)
12 - 19.....	24	(2.9)	28	(2.5)	5*	(1.0)	3*	(1.8)	26	(2.3)	26	(1.5)	15	(1.1)	19	(1.8)	28	(1.8)
20 and over...	31	(1.8)	29	(1.6)	13	(2.3)	7	(1.0)	24	(1.3)	27	(1.7)	18	(1.4)	20	(2.2)	27	(1.7)
2 and over...	29	(1.7)	30	(1.1)	11	(1.9)	7	(1.0)	25	(1.1)	28	(1.2)	18	(1.1)	21	(1.6)	29	(1.2)
$25,000 - $74,999:																		
2 - 5.....	29	(5.2)	35	(2.1)	4*	(1.2)	1*	(0.4)	29	(1.8)	31	(1.8)	23	(1.7)	31	(1.9)	33	(1.9)
6 - 11.....	23	(1.6)	37	(2.6)	5*	(1.3)	4*	(1.5)	30	(1.6)	32	(1.5)	25	(1.5)	34	(1.9)	34	(2.8)
12 - 19.....	21	(2.4)	34	(2.5)	18*	(7.4)	11*	(7.1)	23	(1.0)	27	(1.6)	18	(0.9)	25	(1.9)	29	(2.2)
20 and over...	28	(1.5)	28	(1.1)	10	(1.7)	9	(2.1)	25	(1.1)	30	(1.0)	20	(0.8)	24	(1.1)	29	(1.5)
2 and over...	27	(1.2)	30	(0.9)	10	(1.7)	9	(2.2)	25	(0.8)	30	(0.8)	20	(0.8)	25	(0.9)	29	(1.4)
$75,000 and higher:																		
2 - 5.....	27	(4.6)	38	(4.0)	8*	(3.8)	5*	(3.0)	30	(2.1)	31	(1.5)	24	(1.8)	32	(2.3)	37	(3.4)
6 - 11.....	27	(3.5)	36	(2.3)	4*	(0.7)	7*	(4.8)	29	(1.8)	31	(1.9)	23	(1.3)	31	(1.8)	34	(2.3)
12 - 19.....	25	(4.1)	34	(2.7)	4*	(1.0)	2*	(0.8)	26	(1.3)	30	(1.7)	20	(1.8)	26	(2.6)	28	(1.5)
20 and over...	30	(1.6)	26	(1.8)	8*	(2.9)	6*	(2.3)	23	(0.9)	28	(1.3)	17	(1.0)	21	(1.6)	26	(1.1)
2 and over...	29	(1.4)	28	(1.7)	8*	(2.5)	6*	(1.9)	24	(0.7)	28	(1.1)	18	(0.9)	22	(1.4)	28	(0.8)
All Individuals[4]:																		
2 - 5.....	30	(2.9)	38	(2.0)	7	(1.8)	3*	(1.4)	30	(1.2)	32	(1.2)	24	(1.0)	32	(0.9)	35	(1.5)
6 - 11.....	25	(1.8)	36	(1.7)	4	(0.4)	6*	(2.0)	30	(1.0)	31	(1.0)	25	(0.6)	32	(1.0)	35	(1.6)
12 - 19.....	23	(2.2)	33	(1.4)	9	(2.3)	6*	(2.6)	26	(0.6)	29	(1.0)	19	(0.8)	24	(1.2)	29	(1.0)
20 and over...	29	(0.8)	27	(0.8)	10	(1.6)	8	(1.3)	24	(0.7)	29	(0.7)	18	(0.5)	22	(0.8)	27	(0.7)
2 and over...	28	(0.7)	29	(0.7)	9	(1.4)	7	(1.1)	25	(0.6)	29	(0.6)	19	(0.5)	23	(0.7)	28	(0.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	28	(3.5)	38	(2.2)	14*	(2.2)	43	(4.5)	14*	(2.5)	15	(3.4)	29	(3.1)	26	(2.5)	24	(2.2)
6 - 11.....	24	(3.2)	34	(1.9)	24	(3.1)	42	(2.5)	18	(2.8)	12	(2.8)	29	(2.2)	25	(2.2)	24	(2.6)
12 - 19.....	22	(1.6)	25	(1.9)	22	(2.9)	34	(3.4)	14	(1.7)	11	(1.6)	22	(1.5)	18	(1.3)	16	(0.9)
20 and over...	26	(1.3)	23	(2.2)	23	(1.5)	38	(2.7)	21	(1.4)	14	(2.0)	23	(1.4)	21	(1.1)	21	(1.1)
2 and over...	26	(1.2)	25	(1.7)	22	(1.3)	38	(2.0)	20	(1.3)	14	(1.7)	24	(1.1)	21	(0.9)	21	(1.0)
$25,000 - $74,999:																		
2 - 5.....	28	(3.3)	36	(2.9)	22	(2.0)	39	(3.2)	15	(1.6)	10	(0.8)	26	(2.3)	23	(2.1)	21	(1.2)
6 - 11.....	24	(1.0)	37	(2.4)	23	(3.6)	43	(2.0)	17	(1.1)	12	(1.8)	26	(1.7)	22	(1.4)	20	(0.9)
12 - 19.....	21	(1.4)	27	(1.8)	23	(1.0)	40	(2.3)	18	(1.8)	10	(0.9)	23	(1.2)	19	(0.7)	19	(0.6)
20 and over...	25	(0.9)	25	(1.4)	20	(1.2)	38	(1.4)	19	(1.0)	12	(1.9)	25	(1.0)	22	(0.9)	22	(0.9)
2 and over...	25	(0.7)	27	(1.3)	20	(1.0)	39	(1.2)	19	(0.9)	12	(1.7)	25	(0.8)	22	(0.7)	21	(0.7)
$75,000 and higher:																		
2 - 5.....	25	(2.0)	38	(3.8)	16	(3.6)	37	(4.4)	16	(2.1)	15*	(6.4)	26	(2.7)	25	(1.9)	23	(2.5)
6 - 11.....	26	(2.2)	37	(2.8)	21	(3.1)	45	(2.8)	20	(5.3)	9*	(1.5)	28	(1.9)	23	(1.2)	19	(0.9)
12 - 19.....	25	(2.9)	33	(2.6)	24	(3.9)	51	(2.4)	19	(3.4)	10	(1.8)	27	(1.7)	23	(1.8)	21	(1.7)
20 and over...	26	(1.1)	22	(1.5)	20	(1.5)	36	(2.4)	21	(1.7)	9	(1.3)	22	(1.0)	20	(0.8)	21	(1.0)
2 and over...	26	(1.0)	25	(1.4)	20	(1.3)	39	(2.0)	21	(1.3)	9	(1.2)	23	(0.9)	21	(0.8)	21	(0.8)
All Individuals[4]:																		
2 - 5.....	28	(1.9)	37	(1.1)	18	(1.5)	40	(1.9)	16	(1.1)	13	(2.8)	27	(1.5)	25	(1.2)	23	(1.2)
6 - 11.....	25	(1.1)	37	(1.8)	23	(2.3)	43	(1.6)	19	(2.5)	10	(1.0)	27	(1.0)	23	(0.6)	20	(0.5)
12 - 19.....	23	(1.4)	29	(1.7)	23	(1.9)	42	(1.5)	18	(1.5)	10	(0.7)	25	(0.9)	21	(0.9)	19	(0.8)
20 and over...	26	(0.5)	23	(0.8)	20	(0.9)	37	(1.2)	20	(0.8)	11	(0.8)	23	(0.7)	21	(0.5)	21	(0.5)
2 and over...	25	(0.5)	26	(0.7)	21	(0.7)	38	(1.0)	20	(0.7)	11	(0.7)	24	(0.6)	21	(0.5)	21	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 15. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5.....	36	(3.1)	30	(2.6)	20	(4.0)	20	(1.9)	23	(2.8)	18	(1.9)	29*	(8.9)	--	--
6 - 11.....	33	(1.8)	30	(1.9)	19	(2.4)	20	(3.1)	22	(2.1)	17	(2.2)	27*	(14.3)	--	--
12 - 19.....	26	(1.7)	20	(0.9)	15	(1.6)	13	(1.0)	18	(0.8)	13	(1.0)	19	(2.9)	--	--
20 and over...	26	(1.3)	21	(1.3)	19	(0.9)	19	(1.0)	21	(1.0)	16	(0.9)	35	(3.8)	3*	(1.3)
2 and over...	27	(0.9)	22	(0.9)	19	(0.8)	18	(1.0)	21	(0.8)	16	(0.8)	35	(3.5)	--	--
$25,000 - $74,999:																
2 - 5.....	32	(1.5)	28	(1.6)	17	(0.9)	18	(1.6)	22	(1.2)	16	(0.9)	21	(3.6)	--	--
6 - 11.....	33	(2.0)	25	(1.7)	17	(0.8)	16	(0.9)	20	(1.0)	15	(1.0)	14	(3.6)	--	--
12 - 19.....	25	(1.3)	22	(1.5)	16	(1.2)	14	(1.2)	18	(0.7)	13	(0.9)	17	(3.3)	--	--
20 and over...	29	(1.6)	20	(1.3)	17	(0.7)	18	(0.8)	22	(0.8)	15	(0.9)	46	(2.1)	#	
2 and over...	29	(1.3)	21	(1.1)	17	(0.6)	18	(0.6)	21	(0.6)	15	(0.7)	45	(1.9)	--	--
$75,000 and higher:																
2 - 5.....	37	(2.6)	27	(2.4)	18	(1.8)	20	(1.6)	20	(1.9)	16	(1.3)	12*	(3.1)	--	--
6 - 11.....	32	(2.2)	27	(1.6)	15	(1.0)	17	(1.5)	19	(1.2)	15	(0.8)	16	(4.2)	--	--
12 - 19.....	29	(1.5)	21	(2.2)	17	(2.1)	16	(2.4)	20	(1.7)	15	(1.8)	29	(5.1)	--	--
20 and over...	25	(1.0)	19	(0.9)	18	(1.0)	18	(0.7)	20	(0.8)	14	(0.5)	48	(2.4)	1*	(0.8)
2 and over...	26	(0.8)	20	(0.9)	18	(0.9)	18	(0.6)	20	(0.8)	14	(0.5)	47	(2.3)	--	--
All Individuals[4]:																
2 - 5.....	35	(1.4)	29	(1.0)	18	(1.3)	19	(1.1)	22	(1.1)	16	(0.7)	20	(3.6)	--	--
6 - 11.....	33	(1.4)	27	(1.0)	16	(0.6)	17	(0.9)	20	(0.5)	16	(0.7)	19	(4.3)	--	--
12 - 19.....	27	(0.8)	21	(1.1)	17	(1.0)	15	(0.9)	19	(0.8)	15	(0.9)	25	(2.6)	--	--
20 and over...	27	(0.9)	20	(0.7)	18	(0.5)	19	(0.4)	21	(0.5)	15	(0.5)	45	(1.6)	1*	(0.4)
2 and over...	27	(0.7)	21	(0.6)	18	(0.4)	18	(0.4)	21	(0.4)	15	(0.5)	44	(1.5)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

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

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018.

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

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	95*	(2.4)	20	(1.7)	20	(1.6)	21	(1.6)	23	(2.4)	20	(2.4)	19	(2.2)	22	(2.6)	18	(2.3)	14	(1.9)
6 - 11.....	89	(2.1)	20	(1.4)	20	(1.6)	21	(1.1)	22	(1.0)	21	(1.8)	17	(2.1)	19	(2.5)	16	(2.0)	16	(2.0)
12 - 19.....	68	(2.7)	15	(0.9)	14	(0.9)	17	(0.9)	19	(0.9)	15	(0.7)	14	(1.1)	16	(1.3)	14	(1.1)	12	(1.1)
20 and over...	77	(2.1)	18	(0.7)	19	(0.9)	19	(0.8)	19	(1.1)	20	(1.4)	18	(0.9)	19	(1.0)	18	(0.9)	17	(1.2)
2 and over...	79	(1.5)	18	(0.6)	18	(0.7)	19	(0.6)	20	(0.8)	20	(1.0)	18	(0.8)	19	(0.9)	17	(0.8)	16	(1.0)
131-350% poverty:																				
2 - 5.....	97*	(1.4)	18	(1.1)	18	(1.8)	19	(0.8)	21	(1.5)	17	(1.2)	15	(1.5)	17	(2.0)	14	(1.5)	13	(1.1)
6 - 11.....	89	(2.6)	18	(0.9)	16	(1.0)	20	(1.0)	21	(1.5)	17	(0.9)	16	(1.2)	18	(1.5)	16	(1.5)	14	(1.0)
12 - 19.....	69	(3.4)	16	(1.4)	15	(1.6)	17	(1.2)	18	(1.4)	17	(1.4)	14	(1.9)	16	(2.6)	14	(1.9)	11	(1.1)
20 and over...	84	(1.8)	18	(0.7)	17	(0.6)	20	(0.9)	20	(1.0)	21	(1.1)	17	(0.7)	18	(0.7)	18	(0.7)	15	(0.8)
2 and over...	83	(1.6)	18	(0.6)	17	(0.6)	19	(0.7)	20	(0.8)	20	(0.9)	17	(0.6)	18	(0.7)	17	(0.6)	15	(0.7)
Over 350% poverty:																				
2 - 5.....	98*	(1.1)	21	(1.4)	20	(1.1)	22	(1.8)	23	(1.8)	20	(2.1)	18*	(1.6)	20	(2.1)	16*	(1.5)	16*	(2.5)
6 - 11.....	93*	(3.3)	18	(1.2)	18	(1.7)	20	(1.5)	20	(1.7)	17	(1.1)	16	(1.2)	18	(1.5)	16	(1.4)	13	(1.1)
12 - 19.....	79	(3.8)	20	(1.7)	17	(1.7)	23	(1.6)	25	(2.1)	21	(2.3)	17	(2.3)	18	(2.0)	17	(2.4)	16	(3.2)
20 and over...	89	(1.5)	16	(0.6)	16	(0.6)	19	(0.7)	20	(1.1)	18	(0.6)	16	(0.7)	17	(0.7)	16	(0.8)	15	(1.0)
2 and over...	88	(1.4)	17	(0.5)	16	(0.6)	19	(0.7)	21	(1.0)	18	(0.6)	16	(0.7)	17	(0.6)	16	(0.8)	15	(0.9)
All Individuals[5]:																				
2 - 5.....	97*	(1.1)	19	(0.9)	20	(1.0)	21	(0.9)	23	(1.2)	19	(1.0)	17	(1.1)	20	(1.4)	16	(1.1)	14	(0.9)
6 - 11.....	90	(1.4)	19	(0.5)	18	(0.7)	20	(0.6)	21	(0.9)	18	(0.6)	17	(0.7)	18	(0.8)	16	(0.7)	14	(0.7)
12 - 19.....	73	(1.8)	17	(0.9)	16	(0.9)	19	(0.8)	21	(0.9)	18	(1.0)	16	(1.2)	17	(1.4)	15	(1.2)	14	(1.1)
20 and over...	85	(0.9)	18	(0.4)	17	(0.4)	19	(0.6)	20	(0.8)	20	(0.7)	17	(0.4)	18	(0.4)	17	(0.4)	16	(0.5)
2 and over...	84	(0.9)	18	(0.4)	17	(0.4)	19	(0.5)	20	(0.7)	20	(0.6)	17	(0.4)	18	(0.4)	17	(0.4)	15	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																		
2 - 5.....	26	(3.1)	38	(3.0)	6*	(1.9)	4*	(2.9)	30	(2.1)	33	(2.5)	25	(1.9)	32	(2.7)	36	(3.1)
6 - 11.....	22	(3.4)	34	(2.2)	4*	(1.0)	7*	(4.1)	30	(1.4)	32	(1.4)	26	(1.2)	32	(1.3)	35	(2.6)
12 - 19.....	26	(2.7)	31	(3.1)	6	(1.1)	5*	(2.3)	26	(1.8)	27	(1.9)	17	(1.3)	21	(1.7)	29	(1.8)
20 and over...	32	(1.7)	30	(1.5)	15	(2.6)	8	(1.0)	24	(1.0)	29	(1.2)	18	(1.1)	21	(1.8)	28	(1.8)
2 and over...	30	(1.5)	31	(1.0)	13	(2.0)	7	(1.0)	26	(0.8)	29	(0.8)	19	(0.8)	22	(1.4)	30	(1.0)
131-350% poverty:																		
2 - 5.....	28	(5.7)	38	(3.0)	4*	(1.0)	#		29	(1.8)	32	(2.0)	24	(1.9)	32	(1.8)	36	(2.4)
6 - 11.....	23	(3.0)	34	(1.6)	4*	(1.1)	3*	(1.1)	29	(1.6)	31	(1.2)	24	(1.7)	33	(1.8)	34	(3.3)
12 - 19.....	22	(4.5)	33	(2.8)	10*	(4.4)	2*	(0.7)	23	(1.1)	28	(2.2)	18	(1.2)	25	(1.7)	28	(1.3)
20 and over...	28	(1.5)	30	(1.1)	10	(2.6)	8	(0.9)	26	(1.0)	31	(1.0)	21	(1.0)	24	(1.2)	30	(1.0)
2 and over...	27	(1.3)	31	(1.0)	10	(2.3)	6	(0.8)	26	(0.8)	31	(0.9)	21	(0.8)	25	(1.0)	30	(1.0)
Over 350% poverty:																		
2 - 5.....	33	(5.5)	35	(4.3)	9*	(4.9)	7*	(3.8)	31	(2.6)	31	(1.6)	23	(2.1)	31	(2.3)	35	(4.1)
6 - 11.....	29	(3.5)	39	(3.0)	5*	(1.1)	9*	(5.8)	30	(2.4)	32	(2.6)	24	(1.9)	32	(2.0)	36	(2.9)
12 - 19.....	23	(2.8)	34	(2.7)	10*	(4.9)	10*	(6.9)	26	(1.4)	30	(1.9)	19	(2.1)	24	(2.7)	28	(1.7)
20 and over...	29	(1.8)	25	(1.3)	8*	(2.5)	7*	(2.8)	23	(0.9)	27	(1.0)	17	(0.8)	20	(1.4)	25	(0.9)
2 and over...	28	(1.6)	26	(1.3)	8	(2.2)	8*	(2.5)	24	(0.7)	28	(0.8)	17	(0.7)	22	(1.2)	26	(0.8)
All Individuals[5]:																		
2 - 5.....	30	(2.9)	38	(2.0)	7	(1.8)	3*	(1.4)	30	(1.2)	32	(1.2)	24	(1.0)	32	(0.9)	35	(1.5)
6 - 11.....	25	(1.8)	36	(1.7)	4	(0.4)	6*	(2.0)	30	(1.0)	31	(1.0)	25	(0.6)	32	(1.0)	35	(1.6)
12 - 19.....	23	(2.2)	33	(1.4)	9	(2.3)	6*	(2.6)	26	(0.6)	29	(1.0)	19	(0.8)	24	(1.2)	29	(1.0)
20 and over...	29	(0.8)	27	(0.8)	10	(1.6)	8	(1.3)	24	(0.7)	29	(0.7)	18	(0.5)	22	(0.8)	27	(0.7)
2 and over...	28	(0.7)	29	(0.7)	9	(1.4)	7	(1.1)	25	(0.6)	29	(0.6)	19	(0.5)	23	(0.7)	28	(0.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	26	(2.8)	36	(2.6)	15	(1.8)	40	(4.3)	14	(1.6)	14	(2.5)	27	(2.8)	25	(2.3)	23	(1.8)
6 - 11.....	24	(2.0)	35	(2.1)	23	(1.3)	43	(2.5)	18	(1.6)	11	(2.3)	28	(1.8)	24	(1.7)	23	(1.9)
12 - 19.....	23	(1.6)	26	(2.3)	23	(2.9)	36	(4.6)	15	(2.0)	10	(1.5)	23	(1.5)	18	(1.2)	16	(0.9)
20 and over...	28	(1.0)	24	(2.1)	23	(1.4)	39	(2.5)	18	(1.4)	16	(1.8)	25	(1.3)	22	(0.9)	21	(1.2)
2 and over...	27	(0.9)	27	(1.6)	22	(1.1)	39	(2.1)	18	(0.8)	15	(1.5)	25	(1.0)	22	(0.7)	20	(0.8)
131-350% poverty:																		
2 - 5.....	26	(3.4)	38	(2.4)	16	(3.9)	40	(3.3)	16	(2.6)	9*	(1.1)	25	(2.5)	22	(2.0)	20	(1.3)
6 - 11.....	23	(1.9)	36	(2.3)	22	(3.8)	41	(1.3)	15	(0.8)	13	(1.9)	25	(0.9)	22	(0.9)	19	(0.7)
12 - 19.....	21	(3.0)	28	(1.6)	23	(3.7)	41	(2.5)	16	(2.2)	8	(1.0)	24	(1.4)	20	(1.5)	19	(1.4)
20 and over...	25	(0.8)	26	(1.4)	20	(1.4)	39	(1.3)	22	(1.3)	12	(1.8)	25	(0.9)	22	(0.8)	22	(0.8)
2 and over...	25	(0.7)	28	(1.1)	21	(1.3)	39	(1.1)	21	(1.2)	12	(1.5)	25	(0.7)	22	(0.6)	22	(0.7)
Over 350% poverty:																		
2 - 5.....	28	(2.4)	36	(4.0)	22	(2.6)	37	(3.7)	17*	(1.7)	17*	(8.1)	29	(2.2)	27	(2.0)	26	(3.1)
6 - 11.....	27	(2.0)	39	(3.3)	22	(3.5)	48	(3.5)	22	(6.3)	8*	(2.0)	29	(2.5)	24	(1.6)	20	(0.9)
12 - 19.....	24	(2.3)	34	(3.4)	23	(3.3)	52	(3.1)	21	(4.0)	12	(2.5)	28	(2.5)	23	(2.1)	21	(1.7)
20 and over...	25	(1.2)	21	(1.2)	19	(1.4)	35	(2.2)	20	(1.3)	9	(1.3)	21	(0.8)	20	(0.7)	20	(0.7)
2 and over...	25	(1.1)	24	(1.1)	20	(1.2)	37	(2.1)	20	(1.1)	9	(1.2)	23	(0.8)	20	(0.7)	20	(0.6)
All Individuals[5]:																		
2 - 5.....	28	(1.9)	37	(1.1)	18	(1.5)	40	(1.9)	16	(1.1)	13	(2.8)	27	(1.5)	25	(1.2)	23	(1.2)
6 - 11.....	25	(1.1)	37	(1.8)	23	(2.3)	43	(1.6)	19	(2.5)	10	(1.0)	27	(1.0)	23	(0.6)	20	(0.5)
12 - 19.....	23	(1.4)	29	(1.7)	23	(1.9)	42	(1.5)	18	(1.5)	10	(0.7)	25	(0.9)	21	(0.9)	19	(0.8)
20 and over...	26	(0.5)	23	(0.8)	20	(0.9)	37	(1.2)	20	(0.8)	11	(0.8)	23	(0.7)	21	(0.5)	21	(0.5)
2 and over...	25	(0.5)	26	(0.7)	21	(0.7)	38	(1.0)	20	(0.7)	11	(0.7)	24	(0.6)	21	(0.5)	21	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 16. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	34	(2.0)	28	(2.1)	20	(2.7)	19	(1.1)	22	(2.3)	18	(1.3)	27	(6.3)	--	--
6 - 11.....	32	(1.8)	28	(1.9)	18	(1.7)	19	(2.1)	22	(1.5)	17	(1.5)	22*	(11.5)	--	--
12 - 19.....	26	(1.5)	23	(1.6)	15	(1.5)	13	(1.1)	18	(0.8)	14	(1.0)	19	(2.8)	--	--
20 and over...	27	(1.1)	22	(1.1)	18	(1.2)	20	(1.0)	22	(0.8)	17	(0.9)	36	(2.1)	2*	(1.3)
2 and over...	28	(0.7)	24	(0.7)	18	(0.9)	19	(0.9)	21	(0.6)	17	(0.8)	35	(1.8)	--	--
131-350% poverty:																
2 - 5.....	37	(2.2)	29	(1.8)	15	(1.1)	17	(2.1)	19	(1.6)	15	(1.5)	18*	(4.4)	--	--
6 - 11.....	32	(2.4)	24	(1.7)	15	(0.7)	15	(0.9)	18	(0.9)	14	(0.8)	17	(4.0)	--	--
12 - 19.....	25	(1.3)	21	(1.1)	16	(1.8)	15	(1.8)	18	(1.8)	13	(1.6)	20	(5.3)	--	--
20 and over...	29	(1.6)	21	(1.1)	18	(0.7)	19	(0.6)	22	(0.9)	15	(0.8)	47	(2.1)	2*	(1.5)
2 and over...	29	(1.3)	22	(1.0)	17	(0.6)	18	(0.5)	21	(0.7)	15	(0.7)	46	(2.0)	--	--
Over 350% poverty:																
2 - 5.....	34	(3.3)	28	(2.7)	20	(2.3)	21	(1.4)	23	(1.9)	17*	(1.6)	11*	(1.7)	--	--
6 - 11.....	34	(2.9)	29	(2.2)	16	(1.2)	18	(1.7)	20	(1.3)	16	(1.3)	16*	(5.3)	--	--
12 - 19.....	29	(2.0)	19	(2.4)	16	(1.8)	16	(1.9)	20	(1.4)	15	(1.7)	29	(5.4)	--	--
20 and over...	24	(0.9)	18	(0.8)	18	(0.8)	18	(0.7)	19	(0.7)	13	(0.7)	47	(2.3)	#	
2 and over...	26	(0.7)	19	(0.6)	18	(0.7)	18	(0.7)	20	(0.6)	14	(0.6)	46	(2.3)	--	--
All Individuals[5]:																
2 - 5.....	35	(1.4)	29	(1.0)	18	(1.3)	19	(1.1)	22	(1.1)	16	(0.7)	20	(3.6)	--	--
6 - 11.....	33	(1.4)	27	(1.0)	16	(0.6)	17	(0.9)	20	(0.5)	16	(0.7)	19	(4.3)	--	--
12 - 19.....	27	(0.8)	21	(1.1)	17	(1.0)	15	(0.9)	19	(0.8)	15	(0.9)	25	(2.6)	--	--
20 and over...	27	(0.9)	20	(0.7)	18	(0.5)	19	(0.4)	21	(0.5)	15	(0.5)	45	(1.6)	1*	(0.4)
2 and over...	27	(0.7)	21	(0.6)	18	(0.4)	18	(0.4)	21	(0.4)	15	(0.5)	44	(1.5)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

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

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2017-2018.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5.....	91	(1.8)	23	(1.3)	26	(1.5)	21	(1.3)	17	(1.3)	25	(2.1)	25	(1.8)	23	(1.9)	26	(2.1)	27	(2.2)
6 - 11.....	88	(1.9)	25	(0.9)	28	(1.2)	23	(1.0)	21	(1.3)	26	(1.2)	26	(1.2)	25	(1.4)	26	(1.3)	28	(1.2)
12 - 19.....	79	(2.2)	24	(0.9)	26	(1.2)	22	(0.9)	20	(1.1)	25	(1.4)	25	(1.1)	24	(1.4)	25	(1.2)	28	(0.9)
20 - 29.....	79	(3.1)	26	(1.5)	30	(1.9)	25	(1.6)	22	(1.6)	29	(2.3)	28	(1.8)	27	(1.5)	29	(1.7)	28	(2.5)
30 - 39.....	76	(3.4)	25	(1.3)	28	(2.4)	25	(1.7)	22	(2.0)	26	(2.0)	25	(1.4)	25	(1.6)	25	(1.6)	25	(1.6)
40 - 49.....	74	(2.5)	23	(1.3)	27	(1.4)	21	(1.3)	16	(1.1)	25	(1.4)	25	(1.5)	23	(1.8)	24	(1.6)	29	(1.8)
50 - 59.....	75	(3.3)	23	(1.6)	26	(2.0)	22	(1.7)	20	(1.4)	22	(2.2)	26	(2.1)	24	(2.4)	25	(2.1)	28	(2.4)
60 - 69.....	75	(3.2)	22	(1.3)	25	(1.6)	20	(1.5)	16	(2.0)	21	(1.5)	23	(1.3)	21	(1.7)	24	(1.5)	25	(1.6)
70 and over.....	76	(4.1)	20	(1.5)	24	(1.7)	19	(1.5)	15	(1.8)	19	(1.4)	21	(1.6)	20	(1.9)	21	(1.7)	23	(1.4)
2 - 19.....	84	(1.6)	24	(0.6)	26	(0.8)	22	(0.7)	20	(0.7)	25	(1.1)	25	(0.7)	24	(0.9)	25	(0.8)	28	(0.8)
20 and over...	76	(1.8)	24	(0.6)	27	(0.7)	22	(0.6)	19	(0.6)	24	(0.7)	25	(0.7)	24	(0.7)	25	(0.7)	27	(0.8)
2 and over...	78	(1.5)	24	(0.5)	27	(0.6)	22	(0.5)	19	(0.5)	24	(0.7)	25	(0.6)	24	(0.7)	25	(0.6)	27	(0.8)
Females:																				
2 - 5.....	91	(2.0)	26	(1.2)	28	(0.9)	23	(1.3)	20	(1.4)	27	(1.6)	29	(1.6)	28	(1.7)	31	(1.8)	30	(2.1)
6 - 11.....	88	(1.6)	27	(0.8)	30	(0.9)	26	(1.1)	24	(1.3)	27	(1.8)	28	(0.9)	27	(1.4)	27	(0.8)	30	(0.7)
12 - 19.....	83	(2.3)	27	(1.4)	29	(1.4)	25	(1.5)	22	(1.5)	27	(1.7)	28	(1.6)	26	(2.0)	28	(1.7)	30	(1.5)
20 - 29.....	78	(3.2)	25	(1.4)	29	(1.6)	24	(1.2)	20	(1.4)	25	(1.3)	26	(1.5)	26	(2.0)	26	(1.5)	27	(1.5)
30 - 39.....	78	(2.3)	24	(0.8)	28	(1.1)	22	(0.7)	16	(0.9)	25	(1.0)	25	(1.3)	24	(1.6)	25	(1.6)	27	(1.4)
40 - 49.....	74	(2.6)	23	(1.4)	27	(1.8)	21	(1.2)	16	(1.2)	28	(3.7)	26	(1.9)	25	(2.6)	24	(1.8)	28	(1.6)
50 - 59.....	76	(3.9)	23	(1.0)	26	(1.7)	21	(1.3)	16	(1.2)	23	(1.5)	25	(1.2)	22	(1.6)	26	(1.4)	27	(1.3)
60 - 69.....	80	(2.7)	24	(1.1)	26	(1.5)	24	(1.9)	23	(3.5)	25	(1.8)	25	(1.7)	24	(2.4)	23	(1.5)	27	(2.2)
70 and over.....	81	(2.7)	24	(1.2)	27	(1.4)	22	(1.1)	19	(1.2)	23	(1.7)	25	(1.5)	24	(1.6)	25	(1.7)	27	(1.8)
2 - 19.....	86	(1.4)	27	(0.8)	29	(0.8)	25	(0.8)	22	(0.9)	27	(0.9)	28	(1.1)	27	(1.4)	28	(1.0)	30	(0.9)
20 and over...	78	(1.3)	24	(0.5)	27	(0.6)	22	(0.5)	18	(0.9)	25	(0.8)	25	(0.8)	24	(0.9)	25	(0.9)	27	(0.8)
2 and over...	80	(1.0)	24	(0.4)	28	(0.5)	23	(0.5)	19	(0.7)	25	(0.6)	26	(0.6)	25	(0.7)	26	(0.6)	28	(0.5)
Males and females:																				
2 - 19.....	85	(1.3)	25	(0.5)	28	(0.6)	23	(0.5)	21	(0.6)	26	(0.6)	27	(0.7)	25	(0.8)	27	(0.8)	29	(0.7)
20 and over...	77	(1.2)	24	(0.5)	27	(0.5)	22	(0.4)	19	(0.6)	24	(0.5)	25	(0.6)	24	(0.7)	25	(0.7)	27	(0.6)
2 and over...	79	(1.0)	24	(0.4)	27	(0.4)	23	(0.4)	19	(0.5)	25	(0.5)	25	(0.5)	24	(0.6)	25	(0.5)	27	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	23	(2.1)	17	(1.7)	27	(4.5)	25	(4.6)	20	(1.4)	20	(1.7)	25	(1.3)	20	(1.0)	17	(1.2)
6 - 11	22	(1.9)	19	(1.4)	32	(5.9)	36	(6.7)	23	(1.3)	22	(1.3)	25	(1.3)	21	(1.4)	19	(1.4)
12 - 19	23	(1.3)	19	(2.2)	32	(6.9)	22	(3.2)	22	(1.2)	20	(1.1)	25	(1.1)	22	(1.2)	20	(1.3)
20 - 29	26	(2.4)	23	(3.4)	41	(6.9)	28	(3.5)	27	(3.0)	24	(2.0)	28	(3.2)	26	(4.5)	26	(3.3)
30 - 39	25	(2.6)	27	(4.5)	43	(11.0)	21	(3.8)	26	(1.6)	20	(3.0)	27	(2.1)	23	(2.5)	25	(1.7)
40 - 49	24	(1.9)	22	(1.8)	33	(4.9)	30	(8.7)	23	(1.6)	17	(1.6)	23	(1.6)	20	(1.6)	21	(1.9)
50 - 59	23	(2.7)	24	(2.6)	39	(5.2)	18	(3.2)	24	(1.6)	18	(1.8)	26	(2.0)	23	(2.4)	22	(2.4)
60 - 69	23	(1.7)	18	(1.9)	25	(2.8)	20	(4.0)	23	(2.1)	18	(1.8)	22	(2.5)	16	(3.2)	21	(1.5)
70 and over	22	(2.3)	16	(2.2)	20	(3.3)	19	(5.6)	21	(1.5)	17	(1.5)	24	(2.0)	19	(2.0)	16	(1.3)
2 - 19	23	(0.9)	19	(1.2)	31	(4.3)	26	(3.2)	22	(0.9)	21	(0.8)	25	(0.8)	21	(0.9)	19	(1.0)
20 and over	24	(0.9)	22	(1.1)	35	(2.7)	23	(2.4)	24	(0.6)	19	(1.0)	25	(0.8)	21	(1.1)	22	(0.9)
2 and over	24	(0.7)	21	(0.9)	34	(2.3)	23	(2.1)	24	(0.5)	20	(0.9)	25	(0.7)	21	(0.9)	21	(0.8)
Females:																		
2 - 5	25	(3.1)	19	(1.1)	34	(4.9)	35	(3.4)	23	(1.0)	21	(1.0)	28	(1.4)	21	(1.1)	20	(1.4)
6 - 11	26	(1.7)	21	(1.6)	32	(3.7)	38	(5.6)	25	(1.3)	24	(1.0)	27	(1.3)	22	(1.1)	22	(1.5)
12 - 19	25	(1.9)	22	(2.3)	29	(3.9)	30	(3.3)	27	(1.8)	24	(1.4)	29	(1.4)	26	(2.5)	24	(2.1)
20 - 29	27	(2.3)	26	(2.3)	36	(6.1)	34	(6.2)	26	(2.0)	22	(1.5)	27	(1.4)	24	(1.3)	23	(1.9)
30 - 39	24	(1.4)	21	(1.3)	26	(3.9)	30	(5.6)	25	(0.8)	20	(0.8)	26	(1.3)	22	(1.3)	24	(1.1)
40 - 49	23	(3.3)	27	(4.1)	40	(6.4)	36	(6.9)	25	(1.4)	19	(1.2)	25	(1.4)	22	(1.6)	24	(2.7)
50 - 59	21	(2.0)	21	(2.1)	30	(3.2)	30	(6.1)	24	(1.3)	19	(1.0)	26	(1.8)	22	(2.0)	23	(1.5)
60 - 69	26	(2.7)	25	(2.9)	34	(6.3)	22	(4.7)	23	(1.4)	20	(1.5)	25	(1.4)	23	(1.1)	24	(1.4)
70 and over	25	(2.4)	26	(2.8)	30	(3.9)	26	(5.6)	24	(1.5)	21	(1.1)	27	(1.4)	24	(1.2)	23	(2.1)
2 - 19	25	(1.3)	21	(1.0)	31	(2.7)	34	(2.4)	25	(0.9)	23	(0.7)	28	(0.8)	24	(1.2)	23	(1.2)
20 and over	25	(0.7)	24	(1.4)	32	(2.3)	30	(2.7)	25	(0.4)	20	(0.4)	26	(0.8)	23	(0.7)	23	(0.6)
2 and over	25	(0.6)	24	(1.2)	32	(2.1)	31	(2.2)	25	(0.4)	21	(0.4)	27	(0.6)	23	(0.6)	23	(0.5)
Males and females:																		
2 - 19	24	(0.9)	19	(1.0)	31	(2.6)	29	(2.1)	24	(0.5)	22	(0.6)	26	(0.6)	22	(0.9)	21	(0.6)
20 and over	24	(0.6)	23	(1.0)	33	(1.7)	26	(1.6)	24	(0.3)	20	(0.6)	26	(0.6)	22	(0.7)	23	(0.5)
2 and over	24	(0.5)	22	(0.9)	33	(1.5)	27	(1.4)	24	(0.3)	20	(0.6)	26	(0.5)	22	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	23	(1.8)	19	(2.4)	18	(3.0)	14	(1.7)	26	(2.5)	22	(1.7)	19	(2.0)	23	(1.6)	22	(1.6)
6 - 11	24	(1.4)	21	(1.1)	23	(2.3)	21	(1.2)	26	(1.5)	26	(4.5)	26	(1.1)	26	(0.9)	26	(1.0)
12 - 19	23	(1.0)	20	(1.6)	22	(3.1)	17	(1.6)	24	(0.9)	29	(2.3)	23	(1.6)	25	(1.2)	23	(1.0)
20 - 29	25	(1.9)	23	(2.6)	25	(2.7)	19	(3.9)	23	(2.6)	32	(3.0)	25	(2.0)	27	(2.0)	23	(2.1)
30 - 39	23	(2.1)	23	(2.9)	25	(2.9)	15	(2.6)	22	(1.6)	28	(2.4)	22	(1.7)	25	(2.0)	22	(1.9)
40 - 49	23	(1.2)	17	(1.8)	20	(2.5)	15	(2.6)	21	(2.0)	27	(4.0)	21	(1.3)	24	(1.2)	21	(0.9)
50 - 59	21	(2.1)	22	(2.3)	20	(2.1)	14	(2.7)	23	(1.6)	35	(6.7)	22	(2.2)	23	(2.2)	19	(1.6)
60 - 69	21	(1.6)	18	(3.1)	22	(2.4)	18	(3.2)	22	(1.6)	24	(2.6)	20	(1.3)	22	(1.3)	19	(1.1)
70 and over	20	(1.7)	19	(2.5)	18	(2.7)	15	(1.9)	20	(1.5)	20	(2.5)	20	(1.9)	21	(1.5)	18	(1.5)
2 - 19	23	(0.8)	20	(1.1)	21	(1.6)	18	(0.9)	25	(0.8)	27	(2.4)	23	(1.0)	25	(0.7)	24	(0.8)
20 and over	22	(0.7)	21	(1.0)	22	(1.3)	16	(0.9)	22	(0.8)	29	(1.6)	22	(0.7)	24	(0.7)	21	(0.6)
2 and over	23	(0.6)	21	(0.9)	22	(0.9)	16	(0.8)	23	(0.7)	28	(1.4)	22	(0.6)	24	(0.6)	21	(0.5)
Females:																		
2 - 5	24	(1.6)	19	(1.4)	26	(2.9)	19	(1.6)	29	(1.6)	30	(3.3)	23	(1.2)	26	(0.9)	25	(1.0)
6 - 11	25	(0.7)	20	(1.2)	25	(2.0)	19	(1.7)	29	(1.3)	30	(3.0)	27	(1.3)	28	(0.8)	26	(1.0)
12 - 19	26	(1.5)	24	(2.3)	20	(2.3)	22	(2.2)	24	(2.2)	30	(2.7)	27	(2.1)	27	(1.4)	26	(1.1)
20 - 29	25	(2.0)	23	(2.1)	22	(1.8)	16	(2.6)	23	(1.3)	32	(2.7)	24	(1.8)	25	(1.6)	22	(1.2)
30 - 39	23	(1.0)	25	(1.6)	24	(2.7)	21	(2.6)	22	(1.4)	28	(6.0)	23	(1.2)	26	(0.9)	21	(0.8)
40 - 49	23	(2.3)	18	(1.6)	30	(5.5)	16	(1.7)	26	(2.9)	42	(7.9)	24	(1.9)	25	(1.6)	21	(1.4)
50 - 59	21	(1.6)	19	(1.7)	20	(1.9)	14	(2.0)	26	(2.9)	29	(4.1)	19	(1.6)	23	(1.4)	22	(1.8)
60 - 69	24	(1.7)	28	(5.0)	21	(2.3)	23	(4.0)	20	(1.4)	33	(3.1)	22	(2.1)	25	(1.4)	21	(1.1)
70 and over	24	(1.3)	25	(2.4)	21	(1.9)	21	(3.0)	23	(1.8)	34	(1.9)	22	(1.1)	24	(1.1)	21	(1.1)
2 - 19	25	(0.8)	21	(1.2)	23	(1.9)	20	(1.1)	26	(1.5)	30	(1.9)	26	(1.0)	27	(0.7)	26	(0.6)
20 and over	23	(0.6)	23	(0.9)	23	(1.5)	18	(1.3)	23	(1.4)	33	(2.7)	22	(0.6)	25	(0.5)	22	(0.7)
2 and over	24	(0.5)	23	(0.7)	23	(1.3)	19	(0.9)	24	(1.1)	32	(2.3)	23	(0.5)	25	(0.4)	22	(0.5)
Males and females:																		
2 - 19	24	(0.6)	21	(0.9)	22	(1.2)	19	(0.8)	26	(0.8)	28	(1.6)	24	(0.6)	26	(0.5)	24	(0.5)
20 and over	23	(0.5)	22	(0.7)	22	(0.7)	17	(0.8)	23	(0.9)	31	(1.5)	22	(0.5)	24	(0.5)	21	(0.4)
2 and over	23	(0.5)	21	(0.6)	22	(0.6)	17	(0.6)	23	(0.8)	30	(1.3)	23	(0.5)	25	(0.4)	22	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	18	(1.5)	21	(1.9)	23	(1.2)	27	(1.5)	23	(1.4)	28	(1.3)	22*	(9.4)	--	--
6 - 11	21	(1.2)	24	(1.1)	25	(1.9)	28	(1.4)	26	(1.2)	29	(1.1)	17	(2.9)	--	--
12 - 19	21	(1.2)	22	(1.2)	23	(0.9)	27	(1.3)	24	(1.1)	27	(1.1)	15	(2.2)	--	--
20 - 29	27	(2.1)	27	(2.0)	23	(2.3)	29	(1.9)	27	(2.0)	30	(1.9)	18	(3.7)	--	--
30 - 39	26	(1.7)	26	(2.2)	23	(1.9)	30	(3.4)	24	(1.8)	28	(1.2)	13	(2.8)	--	--
40 - 49	22	(1.8)	25	(2.1)	22	(1.4)	27	(1.9)	24	(1.4)	30	(2.0)	8	(1.8)	--	--
50 - 59	21	(1.8)	23	(2.1)	19	(1.4)	26	(1.8)	22	(2.0)	27	(1.9)	8	(1.5)	--	--
60 - 69	21	(1.3)	24	(1.9)	20	(1.5)	25	(2.0)	21	(1.4)	27	(2.0)	10	(1.5)	--	--
70 and over	18	(1.6)	21	(1.8)	19	(1.3)	24	(1.8)	19	(1.8)	26	(1.7)	7	(1.3)	--	--
2 - 19	21	(0.9)	23	(0.9)	23	(0.8)	27	(0.8)	24	(0.8)	27	(0.6)	16	(1.7)	--	--
20 and over	23	(0.5)	25	(0.7)	21	(0.5)	27	(0.8)	23	(0.8)	28	(0.8)	10	(1.2)	7	(1.4)
2 and over	22	(0.5)	24	(0.6)	21	(0.4)	27	(0.7)	23	(0.6)	28	(0.7)	10	(1.1)	--	--
Females:																
2 - 5	21	(1.4)	23	(1.1)	25	(1.4)	30	(1.2)	26	(1.1)	32	(1.5)	15*	(4.5)	--	--
6 - 11	23	(1.6)	24	(1.2)	27	(1.2)	31	(1.2)	27	(1.2)	32	(0.9)	22	(2.5)	--	--
12 - 19	24	(1.4)	26	(1.6)	24	(1.7)	30	(2.0)	26	(1.3)	31	(1.6)	23	(4.5)	--	--
20 - 29	24	(1.6)	25	(2.1)	23	(1.2)	29	(1.6)	25	(1.3)	29	(1.4)	12	(3.1)	--	--
30 - 39	24	(0.9)	26	(1.1)	21	(0.6)	29	(1.0)	23	(1.1)	29	(1.1)	7	(1.3)	--	--
40 - 49	21	(1.8)	22	(2.0)	21	(1.5)	27	(1.9)	24	(1.6)	28	(1.7)	7	(1.5)	--	--
50 - 59	23	(1.3)	24	(1.6)	23	(2.0)	28	(2.3)	22	(1.3)	27	(1.5)	9	(1.6)	--	--
60 - 69	23	(0.9)	23	(1.6)	21	(1.0)	28	(1.9)	23	(1.2)	28	(1.4)	13	(2.7)	--	--
70 and over	22	(1.8)	24	(1.6)	22	(1.4)	27	(1.6)	23	(1.2)	30	(1.5)	10	(1.6)	--	--
2 - 19	23	(0.8)	25	(1.0)	25	(1.0)	30	(1.1)	26	(0.8)	31	(0.8)	22	(3.4)	--	--
20 and over	23	(0.7)	24	(0.6)	22	(0.7)	28	(0.8)	23	(0.6)	29	(0.6)	10	(1.0)	6*	(1.7)
2 and over	23	(0.5)	24	(0.6)	22	(0.6)	29	(0.6)	24	(0.5)	29	(0.5)	10	(1.0)	--	--
Males and females:																
2 - 19	22	(0.6)	24	(0.6)	24	(0.5)	28	(0.6)	25	(0.7)	29	(0.6)	18	(1.8)	--	--
20 and over	23	(0.4)	25	(0.6)	21	(0.5)	28	(0.5)	23	(0.5)	28	(0.6)	10	(1.0)	6	(1.1)
2 and over	23	(0.4)	24	(0.5)	22	(0.4)	28	(0.4)	24	(0.4)	28	(0.5)	10	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the male/female/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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, *What We Eat in America,* NHANES 2017-2018.

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	95*	(1.7)	23	(1.3)	25	(1.3)	21	(1.1)	18	(1.1)	25	(1.4)	26	(2.0)	24	(1.8)	28	(2.4)	28	(2.7)
6 - 11.....	93*	(1.6)	26	(1.0)	29	(1.3)	25	(1.2)	23	(1.6)	26	(1.7)	28	(1.4)	28	(1.8)	27	(1.5)	31	(1.2)
12 - 19.....	86	(2.8)	25	(1.0)	26	(1.0)	23	(0.9)	20	(1.0)	24	(1.0)	26	(1.4)	25	(1.5)	26	(1.6)	28	(1.4)
20 and over...	81	(2.1)	24	(0.6)	27	(0.8)	22	(0.7)	18	(0.9)	24	(0.9)	25	(0.7)	24	(0.9)	25	(0.8)	27	(0.7)
2 and over...	83	(1.8)	24	(0.6)	27	(0.7)	22	(0.6)	19	(0.8)	24	(0.8)	26	(0.6)	24	(0.8)	25	(0.7)	27	(0.6)
Non-Hispanic Black:																				
2 - 5.....	92*	(2.9)	26	(2.0)	28	(2.3)	24	(2.0)	21	(2.7)	27	(2.4)	28	(2.3)	28	(2.5)	29	(2.6)	29	(2.4)
6 - 11.....	81	(4.7)	23	(1.8)	26	(1.8)	22	(2.1)	20	(2.0)	25	(2.4)	23	(1.7)	22	(1.7)	23	(1.6)	23	(2.1)
12 - 19.....	76	(3.7)	25	(1.7)	27	(1.9)	25	(1.6)	23	(1.5)	28	(1.8)	25	(2.1)	25	(2.0)	24	(2.3)	26	(2.5)
20 and over...	67	(1.9)	23	(0.9)	26	(1.0)	22	(1.0)	20	(1.0)	24	(0.9)	24	(0.8)	23	(0.9)	24	(0.9)	25	(1.0)
2 and over...	70	(1.5)	23	(0.8)	26	(0.8)	23	(0.7)	20	(0.7)	25	(0.7)	24	(0.8)	23	(0.7)	24	(0.8)	25	(0.9)
Non-Hispanic Asian[4]:																				
2 - 5.....	94*	(4.4)	24*	(1.7)	25*	(2.9)	24*	(1.4)	19*	(2.0)	24*	(2.6)	23*	(2.4)	21*	(1.9)	24*	(2.8)	25*	(3.5)
6 - 11.....	95*	(2.2)	32*	(2.2)	34*	(1.9)	31*	(2.4)	28*	(4.4)	32*	(2.8)	31*	(2.5)	31*	(2.6)	32*	(2.4)	32*	(3.9)
12 - 19.....	84*	(4.4)	25	(2.5)	30	(2.9)	25	(2.7)	24	(4.7)	27	(2.1)	23	(2.4)	20	(2.7)	24	(2.1)	27	(2.8)
20 and over...	89	(2.5)	30	(1.4)	33	(1.3)	29	(1.2)	22	(1.0)	29	(1.3)	31	(1.9)	30	(2.0)	31	(2.0)	33	(2.1)
2 and over...	89	(2.0)	30	(1.4)	33	(1.3)	28	(1.2)	22	(1.2)	29	(1.2)	30	(1.8)	29	(1.9)	30	(1.9)	32	(1.9)
Hispanic:																				
2 - 5.....	84*	(3.0)	25	(2.7)	28	(2.4)	22	(1.9)	19*	(1.8)	26	(2.6)	28	(4.9)	26	(5.0)	29	(5.7)	31	(4.6)
6 - 11.....	78	(3.8)	24	(1.1)	27	(1.6)	23	(1.1)	22	(1.5)	26	(2.1)	25	(1.4)	23	(1.8)	25	(1.4)	27	(1.5)
12 - 19.....	75	(4.0)	26	(1.8)	30	(2.3)	24	(1.6)	21	(1.4)	27	(2.4)	28	(2.1)	27	(2.0)	28	(2.3)	31	(2.5)
20 and over...	68	(1.4)	23	(0.9)	26	(1.0)	22	(0.8)	19	(1.0)	24	(1.2)	24	(1.2)	23	(1.2)	24	(1.3)	25	(1.3)
2 and over...	71	(1.5)	24	(0.8)	27	(0.9)	22	(0.7)	19	(0.8)	25	(1.2)	25	(0.9)	24	(1.0)	25	(1.0)	26	(1.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																		
2 - 5.....	21	(1.6)	18	(1.9)	31	(7.4)	28	(4.9)	20	(1.1)	20	(1.4)	26	(1.9)	20	(1.2)	17	(1.2)
6 - 11.....	24	(2.3)	20	(1.7)	32	(4.5)	44	(7.2)	24	(1.3)	23	(1.3)	27	(1.9)	22	(1.8)	20	(1.0)
12 - 19.....	24	(1.7)	20	(2.7)	28	(6.7)	23	(3.4)	24	(1.0)	20	(1.2)	26	(1.4)	23	(2.9)	21	(0.9)
20 and over...	24	(1.1)	24	(1.2)	34	(2.1)	24	(1.8)	25	(0.5)	20	(1.0)	26	(0.9)	21	(1.1)	22	(0.9)
2 and over...	24	(1.0)	23	(1.0)	33	(1.8)	25	(1.8)	24	(0.5)	20	(0.9)	26	(0.8)	22	(0.9)	22	(0.8)
Non-Hispanic Black:																		
2 - 5.....	23	(2.2)	15*	(3.0)	12*	(4.0)	37	(9.3)	24	(2.0)	23	(2.4)	26	(1.8)	20	(2.1)	20	(2.1)
6 - 11.....	22	(2.4)	20	(1.9)	24	(2.9)	25	(3.9)	21	(2.2)	23	(2.3)	23	(1.8)	22	(2.1)	18	(2.9)
12 - 19.....	19	(1.9)	20	(1.9)	22	(2.2)	30	(6.2)	25	(2.2)	22	(1.8)	24	(2.1)	20	(1.5)	23	(2.2)
20 and over...	22	(1.2)	21	(1.9)	27	(2.8)	29	(4.2)	23	(0.8)	21	(0.9)	25	(1.0)	22	(1.2)	23	(1.0)
2 and over...	22	(1.1)	21	(1.5)	26	(2.3)	29	(3.0)	24	(0.6)	21	(0.8)	25	(0.8)	22	(1.1)	22	(0.6)
Non-Hispanic Asian[4]:																		
2 - 5.....	22*	(3.8)	22*	(5.8)	49*	(19.1)	11*	(3.4)	24*	(2.1)	18*	(1.7)	26*	(2.5)	22*	(2.3)	25*	(2.3)
6 - 11.....	28*	(2.3)	27*	(2.3)	47*	(3.9)	45*	(5.9)	32*	(2.9)	27*	(2.5)	32*	(1.7)	26*	(1.5)	30*	(2.3)
12 - 19.....	23	(2.7)	16*	(2.3)	26	(6.6)	34	(7.9)	27	(3.7)	23	(3.4)	31	(2.5)	29	(2.6)	24	(1.9)
20 and over...	33	(2.2)	29	(1.6)	37	(3.8)	38	(2.5)	30	(1.5)	26	(1.0)	33	(1.8)	30	(1.5)	31	(1.2)
2 and over...	31	(2.0)	28	(1.1)	36	(3.5)	37	(1.9)	30	(1.6)	26	(1.2)	33	(1.7)	29	(1.4)	30	(1.1)
Hispanic:																		
2 - 5.....	30	(6.1)	16*	(2.1)	35	(4.5)	33*	(10.7)	20	(1.6)	19	(2.2)	28	(2.1)	21	(1.7)	18*	(2.3)
6 - 11.....	22	(2.9)	18	(2.0)	31	(5.5)	31	(5.7)	22	(1.4)	21	(1.4)	24	(1.2)	19	(1.2)	19	(1.7)
12 - 19.....	27	(2.8)	20	(2.7)	39	(7.8)	27	(3.3)	23	(2.1)	23	(2.4)	28	(2.1)	26	(2.4)	22	(1.8)
20 and over...	23	(1.3)	20	(1.4)	31	(2.9)	28	(3.2)	23	(1.1)	19	(1.0)	24	(1.0)	21	(1.2)	22	(0.9)
2 and over...	24	(1.3)	20	(1.2)	31	(2.4)	29	(2.7)	23	(1.0)	20	(0.9)	25	(0.9)	21	(1.0)	22	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	22	(1.1)	18	(1.1)	23	(4.0)	17	(1.5)	28	(2.7)	25	(3.7)	20	(1.0)	23	(0.8)	23	(1.4)
6 - 11.....	24	(1.7)	19	(1.2)	26	(2.2)	19	(2.2)	28	(1.3)	30	(4.4)	27	(1.6)	27	(0.9)	26	(1.2)
12 - 19.....	23	(1.3)	21	(2.1)	16	(2.1)	18	(2.1)	23	(1.7)	28	(2.9)	24	(1.5)	24	(0.9)	22	(1.1)
20 and over...	23	(0.9)	22	(1.3)	22	(1.3)	17	(0.9)	22	(1.2)	30	(2.2)	23	(0.6)	24	(0.7)	21	(0.6)
2 and over...	23	(0.8)	21	(1.1)	22	(1.1)	17	(0.8)	23	(1.0)	30	(1.9)	23	(0.6)	25	(0.6)	21	(0.5)
Non-Hispanic Black:																		
2 - 5.....	25	(2.3)	20	(2.8)	19	(3.2)	21	(4.6)	28	(2.9)	18*	(2.7)	25	(4.0)	27	(2.9)	25	(2.7)
6 - 11.....	23	(1.9)	23	(2.4)	22	(3.1)	25	(2.4)	23	(2.4)	15	(3.8)	27	(1.9)	26	(2.0)	24	(2.0)
12 - 19.....	23	(1.6)	23	(2.8)	25	(4.4)	22	(3.1)	25	(2.9)	22	(3.3)	29	(2.1)	28	(1.9)	27	(1.4)
20 and over...	22	(1.0)	21	(1.4)	21	(1.8)	18	(1.8)	23	(1.3)	30	(2.3)	21	(0.8)	24	(0.8)	21	(0.9)
2 and over...	22	(0.9)	22	(1.3)	22	(1.6)	19	(1.7)	24	(1.2)	28	(2.1)	23	(0.8)	25	(0.8)	22	(0.7)
Non-Hispanic Asian[4]:																		
2 - 5.....	21*	(2.4)	15*	(3.0)	21*	(1.8)	14*	(2.5)	21*	(2.9)	25*	(4.9)	17*	(2.7)	21*	(2.5)	22*	(1.7)
6 - 11.....	31*	(2.0)	26*	(3.5)	22*	(3.0)	22*	(2.5)	33*	(3.7)	35*	(4.7)	29*	(3.3)	30*	(2.2)	31*	(2.4)
12 - 19.....	26	(3.2)	21	(3.7)	24	(3.2)	22*	(10.3)	25	(2.3)	29	(6.1)	20	(3.8)	26	(3.0)	26	(2.5)
20 and over...	30	(1.3)	27	(2.1)	29	(2.1)	25	(3.0)	30	(1.5)	39	(3.0)	25	(1.3)	30	(1.1)	27	(0.9)
2 and over...	30	(1.3)	26	(1.8)	28	(1.8)	24	(2.0)	30	(1.2)	38	(2.7)	25	(1.3)	30	(1.1)	27	(0.9)
Hispanic:																		
2 - 5.....	26	(3.7)	17*	(2.1)	23	(3.1)	13*	(2.0)	27	(4.3)	33	(4.3)	20	(1.5)	24	(1.9)	24	(2.0)
6 - 11.....	23	(1.9)	19	(2.0)	22	(3.5)	18	(1.8)	25	(1.9)	33	(4.1)	24	(1.7)	26	(1.5)	24	(1.6)
12 - 19.....	26	(2.4)	23	(2.6)	22	(2.6)	19	(3.6)	27	(2.1)	34	(3.8)	25	(2.1)	28	(2.0)	26	(1.9)
20 and over...	23	(1.1)	20	(1.0)	22	(2.0)	14	(1.6)	21	(1.1)	28	(1.7)	20	(1.0)	23	(1.0)	20	(1.0)
2 and over...	23	(1.1)	20	(1.0)	22	(1.5)	15	(1.5)	23	(1.1)	29	(1.4)	21	(1.0)	24	(0.9)	22	(1.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 18. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	18	(1.2)	21	(1.1)	22	(1.4)	26	(1.0)	23	(1.2)	28	(1.2)	24*	(10.3)	--	--
6 - 11.....	22	(1.5)	23	(1.0)	26	(1.6)	30	(1.5)	26	(1.5)	32	(1.1)	20	(3.3)	--	--
12 - 19.....	22	(1.0)	23	(0.9)	21	(1.1)	27	(1.1)	23	(1.3)	28	(1.4)	21	(3.8)	--	--
20 and over...	23	(0.6)	24	(0.8)	21	(0.6)	28	(0.9)	23	(0.7)	28	(0.7)	10	(1.2)	5*	(1.1)
2 and over...	22	(0.6)	24	(0.7)	22	(0.5)	28	(0.8)	23	(0.6)	29	(0.7)	10	(1.2)	--	--
Non-Hispanic Black:																
2 - 5.....	20	(1.5)	23	(2.3)	26	(2.1)	31	(2.7)	26	(2.0)	30	(1.6)	21*	(8.8)	--	--
6 - 11.....	20	(2.6)	22	(2.1)	22	(1.9)	24	(2.6)	26	(2.0)	25	(2.1)	10*	(3.5)	--	--
12 - 19.....	24	(2.0)	24	(2.0)	26	(1.5)	28	(2.3)	26	(1.6)	28	(2.0)	19	(4.6)	--	--
20 and over...	23	(0.8)	23	(1.1)	21	(1.0)	26	(1.1)	24	(1.0)	27	(0.9)	12	(1.4)	10*	(5.0)
2 and over...	23	(0.7)	23	(0.8)	22	(0.8)	26	(0.9)	24	(0.8)	27	(0.8)	13	(1.4)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	22*	(2.3)	20*	(1.7)	23*	(1.9)	29*	(2.9)	21*	(1.8)	28*	(2.5)	13*	(6.2)	--	--
6 - 11.....	30*	(2.3)	31*	(2.7)	31*	(3.8)	34*	(2.6)	31*	(3.1)	35*	(1.1)	19*	(5.5)	--	--
12 - 19.....	25	(2.4)	26	(2.9)	27	(2.1)	29	(2.7)	29	(3.0)	29	(3.7)	16*	(3.8)	--	--
20 and over...	30	(1.5)	31	(1.4)	27	(1.1)	33	(1.5)	29	(1.1)	36	(2.2)	12	(1.3)	13*	(7.4)
2 and over...	29	(1.5)	31	(1.4)	27	(1.1)	33	(1.5)	29	(1.1)	35	(2.2)	12	(1.3)	--	--
Hispanic:																
2 - 5.....	20	(2.4)	23	(2.7)	26	(2.6)	30	(2.8)	24	(2.0)	32	(3.2)	16*	(6.6)	--	--
6 - 11.....	20	(1.3)	23	(1.9)	25	(1.5)	27	(1.7)	25	(1.7)	28	(1.4)	22	(5.5)	--	--
12 - 19.....	22	(1.9)	26	(2.3)	26	(1.9)	30	(2.4)	28	(2.2)	28	(2.3)	13	(2.6)	--	--
20 and over...	22	(0.9)	25	(1.1)	21	(1.1)	26	(0.8)	23	(1.1)	27	(1.0)	10	(0.9)	8*	(2.5)
2 and over...	22	(0.9)	25	(1.0)	22	(1.0)	27	(0.7)	24	(1.0)	28	(0.9)	11	(0.9)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018.

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

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
$0 - $24,999:																				
2 - 5.....	90*	(2.8)	24	(2.7)	26	(2.7)	22	(2.6)	19	(3.0)	24	(2.6)	27	(3.2)	23	(2.6)	28	(3.8)	32	(4.0)
6 - 11.....	82	(3.0)	26	(2.0)	29	(2.1)	25	(2.0)	24	(2.4)	26	(1.7)	27	(2.4)	25	(2.4)	28	(2.2)	29	(2.9)
12 - 19.....	78	(3.9)	24	(1.5)	26	(1.9)	23	(1.4)	19	(1.4)	27	(1.6)	25	(1.7)	25	(2.0)	25	(1.8)	27	(1.7)
20 and over...	72	(2.1)	23	(1.3)	26	(1.7)	22	(1.1)	19	(1.0)	24	(1.1)	25	(1.6)	24	(1.5)	25	(1.7)	26	(1.6)
2 and over...	75	(1.5)	24	(1.0)	26	(1.2)	23	(0.9)	19	(0.7)	25	(0.9)	25	(1.2)	24	(1.2)	26	(1.2)	27	(1.3)
$25,000 - $74,999:																				
2 - 5.....	91*	(2.4)	25	(1.2)	28	(1.2)	22	(1.3)	19	(1.3)	29	(2.5)	27	(1.5)	25	(1.7)	28	(1.6)	27	(2.3)
6 - 11.....	86	(1.9)	24	(1.0)	27	(1.3)	22	(1.2)	19	(1.4)	25	(1.9)	25	(1.0)	24	(1.2)	25	(1.0)	28	(1.3)
12 - 19.....	79	(3.3)	25	(1.2)	29	(1.4)	23	(1.1)	21	(1.6)	25	(1.4)	26	(1.9)	24	(1.7)	27	(2.1)	30	(2.2)
20 and over...	75	(1.1)	23	(0.8)	26	(0.8)	22	(0.9)	18	(1.1)	23	(0.9)	24	(0.8)	23	(1.0)	24	(0.9)	26	(0.8)
2 and over...	77	(0.9)	23	(0.7)	27	(0.7)	22	(0.8)	18	(1.0)	24	(0.8)	25	(0.7)	23	(0.9)	25	(0.8)	27	(0.7)
$75,000 and higher:																				
2 - 5.....	93*	(2.7)	23	(1.4)	26	(1.7)	20	(1.2)	18	(1.2)	24	(1.4)	26	(2.3)	24	(2.1)	27	(2.6)	26	(3.1)
6 - 11.....	93*	(1.6)	27	(1.7)	30	(1.8)	26	(1.6)	25	(1.9)	28	(2.4)	28	(2.2)	28	(2.8)	27	(2.1)	29	(2.1)
12 - 19.....	87	(2.2)	26	(1.0)	29	(1.5)	24	(1.1)	21	(1.5)	25	(1.2)	27	(1.3)	26	(1.3)	26	(1.5)	31	(1.8)
20 and over...	82	(2.2)	25	(0.9)	28	(1.0)	23	(0.9)	19	(1.2)	25	(1.3)	26	(0.9)	26	(1.1)	25	(1.0)	28	(1.0)
2 and over...	84	(1.7)	25	(0.7)	28	(0.9)	23	(0.7)	20	(0.9)	26	(1.0)	26	(0.8)	26	(0.9)	26	(0.9)	28	(0.8)
All Individuals[4]:																				
2 - 5.....	91	(1.6)	24	(0.9)	27	(0.9)	22	(0.7)	19	(0.8)	26	(0.8)	27	(1.3)	25	(1.1)	28	(1.6)	28	(1.8)
6 - 11.....	88	(1.2)	26	(0.7)	29	(0.9)	24	(0.8)	22	(1.1)	27	(1.2)	27	(0.9)	26	(1.2)	27	(0.9)	29	(0.7)
12 - 19.....	81	(1.9)	25	(0.8)	27	(1.0)	23	(0.7)	21	(0.7)	26	(0.9)	26	(1.1)	25	(1.2)	26	(1.2)	29	(0.9)
20 and over...	77	(1.2)	24	(0.5)	27	(0.5)	22	(0.4)	19	(0.6)	24	(0.5)	25	(0.6)	24	(0.7)	25	(0.7)	27	(0.6)
2 and over...	79	(1.0)	24	(0.4)	27	(0.4)	23	(0.4)	19	(0.5)	25	(0.5)	25	(0.5)	24	(0.6)	25	(0.5)	27	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	26	(5.5)	17	(2.4)	27*	(9.6)	31*	(9.6)	21	(1.8)	19	(2.4)	26	(3.0)	20	(1.9)	18	(2.2)
6 - 11.....	28	(3.7)	20	(1.5)	33	(5.9)	31	(8.7)	22	(1.7)	22	(1.4)	24	(1.6)	20	(1.3)	18	(1.7)
12 - 19.....	21	(2.1)	23	(3.9)	41	(7.6)	26	(7.6)	23	(1.4)	21	(2.0)	26	(2.6)	25	(4.9)	21	(1.8)
20 and over...	23	(1.9)	22	(2.2)	32	(3.3)	26	(2.2)	23	(1.5)	21	(1.2)	25	(1.6)	21	(1.7)	23	(1.5)
2 and over...	23	(1.4)	22	(1.5)	33	(2.6)	26	(2.0)	23	(1.1)	21	(0.9)	25	(1.3)	22	(1.5)	22	(1.2)
$25,000 - $74,999:																		
2 - 5.....	24	(2.3)	19	(1.2)	34	(7.6)	30	(6.0)	22	(1.4)	21	(1.2)	27	(1.1)	21	(1.0)	20	(1.1)
6 - 11.....	21	(1.4)	18	(1.5)	29	(4.0)	41	(4.2)	22	(0.9)	21	(1.3)	24	(0.9)	19	(1.4)	20	(1.3)
12 - 19.....	25	(2.6)	18	(2.4)	24	(4.9)	20	(4.6)	23	(1.2)	21	(1.4)	27	(1.2)	24	(1.2)	20	(1.4)
20 and over...	25	(1.0)	22	(0.9)	33	(1.6)	22	(2.8)	24	(0.9)	19	(0.9)	25	(0.9)	22	(1.0)	22	(1.2)
2 and over...	25	(0.9)	21	(0.8)	32	(1.4)	23	(2.5)	24	(0.8)	19	(0.8)	25	(0.8)	22	(0.9)	22	(1.0)
$75,000 and higher:																		
2 - 5.....	23	(2.2)	18	(2.1)	31	(6.3)	23	(6.4)	20	(1.5)	21	(2.0)	27	(1.9)	21	(1.6)	17	(1.7)
6 - 11.....	23	(3.1)	22	(2.5)	34	(7.0)	38	(7.4)	27	(2.3)	25	(1.9)	29	(2.3)	24	(2.4)	23	(1.7)
12 - 19.....	25	(1.5)	20	(1.7)	32	(5.1)	26	(2.5)	27	(1.2)	22	(1.0)	28	(1.5)	23	(2.1)	24	(1.6)
20 and over...	25	(1.6)	25	(2.0)	34	(3.1)	29	(4.0)	26	(0.7)	20	(1.1)	26	(1.0)	22	(1.0)	23	(1.1)
2 and over...	25	(1.4)	24	(1.7)	34	(2.8)	29	(3.4)	26	(0.5)	21	(0.9)	27	(0.9)	22	(0.9)	23	(0.9)
All Individuals[4]:																		
2 - 5.....	24	(1.9)	18	(1.0)	30	(3.6)	29	(3.5)	21	(0.8)	20	(0.9)	27	(1.1)	21	(0.7)	18	(0.7)
6 - 11.....	24	(1.3)	20	(1.3)	32	(3.2)	37	(4.0)	24	(0.9)	23	(1.0)	26	(1.1)	21	(1.1)	20	(1.0)
12 - 19.....	24	(1.3)	20	(1.7)	30	(3.9)	25	(2.5)	24	(0.8)	21	(1.0)	27	(0.9)	24	(1.4)	22	(0.8)
20 and over...	24	(0.6)	23	(1.0)	33	(1.7)	26	(1.6)	24	(0.3)	20	(0.6)	26	(0.6)	22	(0.7)	23	(0.5)
2 and over...	24	(0.5)	22	(0.9)	33	(1.5)	27	(1.4)	24	(0.3)	20	(0.6)	26	(0.5)	22	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	25	(3.9)	17	(1.8)	24	(3.6)	16	(2.2)	30	(5.2)	23	(3.3)	22	(1.8)	24	(2.4)	23	(2.7)
6 - 11.....	27	(2.3)	20	(1.5)	19	(2.5)	20	(2.0)	27	(2.2)	24	(4.2)	25	(2.1)	27	(2.0)	24	(1.5)
12 - 19.....	22	(2.0)	20	(3.3)	20	(2.4)	18	(2.9)	22	(2.2)	29	(2.6)	24	(1.5)	25	(1.6)	23	(1.6)
20 and over...	22	(1.6)	23	(1.6)	22	(1.9)	17	(2.2)	24	(2.2)	33	(3.9)	22	(1.4)	24	(1.5)	22	(1.4)
2 and over...	22	(1.2)	22	(1.1)	21	(1.6)	18	(1.6)	24	(1.7)	32	(3.5)	22	(1.0)	24	(1.1)	22	(1.1)
$25,000 - $74,999:																		
2 - 5.....	24	(1.8)	21	(2.6)	25	(3.1)	16	(1.5)	27	(2.3)	29	(3.1)	21	(1.8)	25	(1.6)	25	(1.4)
6 - 11.....	23	(1.4)	20	(1.7)	18	(2.1)	20	(1.8)	26	(1.6)	27	(3.9)	25	(1.7)	25	(1.4)	25	(1.6)
12 - 19.....	26	(1.8)	24	(2.0)	22	(2.5)	22	(3.1)	25	(1.2)	28	(2.1)	24	(1.5)	27	(1.4)	25	(1.1)
20 and over...	23	(0.9)	22	(1.1)	21	(1.2)	17	(1.5)	22	(0.8)	31	(1.2)	22	(0.8)	24	(0.8)	20	(0.7)
2 and over...	23	(0.8)	22	(0.9)	21	(1.0)	18	(1.2)	23	(0.6)	30	(1.0)	22	(0.7)	24	(0.7)	21	(0.6)
$75,000 and higher:																		
2 - 5.....	22	(1.5)	16	(1.9)	18	(4.8)	17	(2.3)	27	(2.8)	24	(5.2)	20	(1.3)	24	(1.5)	22	(1.6)
6 - 11.....	24	(2.2)	22	(1.8)	29	(2.7)	20	(2.1)	28	(2.1)	27	(5.1)	27	(1.7)	28	(1.2)	27	(1.5)
12 - 19.....	25	(1.4)	21	(2.0)	22	(4.1)	17	(2.5)	24	(2.1)	33	(3.5)	25	(1.6)	26	(1.1)	24	(1.1)
20 and over...	23	(1.2)	21	(1.3)	24	(1.5)	17	(1.3)	22	(1.4)	30	(3.0)	23	(0.8)	25	(0.9)	21	(0.8)
2 and over...	24	(1.1)	21	(1.2)	24	(1.2)	17	(1.0)	23	(1.1)	30	(2.6)	24	(0.7)	26	(0.8)	22	(0.7)
All Individuals[4]:																		
2 - 5.....	23	(1.2)	19	(1.0)	22	(2.0)	16	(0.9)	27	(1.9)	26	(2.4)	21	(0.7)	24	(0.8)	24	(0.9)
6 - 11.....	24	(0.9)	20	(1.0)	24	(1.5)	20	(1.2)	27	(0.9)	28	(3.0)	26	(1.0)	27	(0.7)	26	(0.8)
12 - 19.....	24	(1.0)	21	(1.6)	21	(2.1)	19	(1.7)	24	(1.1)	29	(1.8)	24	(1.2)	26	(0.8)	24	(0.8)
20 and over...	23	(0.5)	22	(0.7)	22	(0.7)	17	(0.8)	23	(0.9)	31	(1.5)	22	(0.5)	24	(0.5)	21	(0.4)
2 and over...	23	(0.5)	21	(0.6)	22	(0.6)	17	(0.6)	23	(0.8)	30	(1.3)	23	(0.5)	25	(0.4)	22	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 19. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5.....	19	(2.1)	21	(2.1)	23	(2.9)	29	(3.0)	23	(2.3)	28	(3.0)	9*	(5.0)	--	--
6 - 11.....	22	(1.2)	24	(1.8)	26	(1.6)	30	(2.3)	27	(1.4)	31	(2.4)	22	(5.1)	--	--
12 - 19.....	22	(1.4)	22	(1.7)	23	(1.6)	27	(2.1)	25	(2.1)	27	(1.8)	22	(4.7)	--	--
20 and over...	23	(1.3)	24	(1.7)	23	(1.5)	26	(1.7)	23	(1.3)	27	(1.4)	10	(1.4)	9*	(3.7)
2 and over...	23	(1.0)	24	(1.2)	23	(1.1)	27	(1.3)	23	(1.0)	27	(1.0)	10	(1.3)	--	--
$25,000 - $74,999:																
2 - 5.....	21	(1.3)	24	(1.7)	26	(1.3)	30	(1.8)	25	(1.2)	29	(1.0)	7*	(3.9)	--	--
6 - 11.....	20	(1.1)	22	(1.6)	25	(1.7)	28	(1.0)	25	(1.5)	28	(1.0)	17	(3.8)	--	--
12 - 19.....	22	(1.2)	24	(1.2)	24	(1.6)	28	(1.7)	27	(1.4)	28	(1.4)	19	(5.1)	--	--
20 and over...	22	(0.9)	24	(1.3)	21	(0.6)	28	(0.8)	22	(0.8)	27	(0.7)	10	(1.1)	5*	(1.6)
2 and over...	22	(0.8)	24	(1.1)	21	(0.5)	28	(0.6)	23	(0.7)	27	(0.7)	11	(1.0)	--	--
$75,000 and higher:																
2 - 5.....	17	(1.4)	21	(1.6)	22	(1.0)	26	(1.7)	24	(1.5)	29	(1.7)	41*	(12.6)	--	--
6 - 11.....	25	(2.1)	26	(1.9)	27	(1.6)	30	(1.9)	27	(1.7)	32	(1.9)	20	(3.6)	--	--
12 - 19.....	24	(1.0)	25	(1.4)	23	(1.3)	30	(1.2)	25	(1.5)	30	(1.3)	16	(2.3)	--	--
20 and over...	24	(1.0)	25	(1.1)	21	(0.9)	29	(1.3)	24	(0.9)	30	(0.9)	10	(1.3)	6*	(1.9)
2 and over...	24	(0.8)	25	(0.9)	22	(0.8)	29	(1.1)	24	(0.8)	30	(0.8)	10	(1.3)	--	--
All Individuals[4]:																
2 - 5.....	19	(0.8)	22	(0.8)	24	(0.8)	28	(1.1)	24	(0.7)	29	(1.0)	19*	(6.7)	--	--
6 - 11.....	22	(1.2)	24	(0.9)	26	(1.1)	29	(1.0)	26	(1.0)	30	(0.7)	19	(1.4)	--	--
12 - 19.....	23	(0.7)	24	(0.8)	23	(0.6)	28	(0.9)	25	(0.9)	28	(1.2)	18	(2.5)	--	--
20 and over...	23	(0.4)	25	(0.6)	21	(0.5)	28	(0.5)	23	(0.5)	28	(0.6)	10	(1.0)	6	(1.1)
2 and over...	23	(0.4)	24	(0.5)	22	(0.4)	28	(0.4)	24	(0.4)	28	(0.5)	10	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018.

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

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2017-2018.

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	90*	(2.2)	24	(1.8)	28	(1.9)	21	(1.6)	17	(1.7)	25	(2.2)	26	(2.4)	24	(1.9)	28	(3.0)	30	(3.1)
6 - 11.....	81	(2.8)	25	(1.3)	27	(1.4)	23	(1.3)	22	(1.7)	25	(1.4)	25	(1.6)	24	(1.7)	26	(1.5)	28	(2.0)
12 - 19.....	78	(3.2)	25	(1.3)	27	(1.3)	24	(1.4)	21	(1.3)	28	(1.8)	26	(1.8)	25	(1.8)	26	(1.8)	29	(2.2)
20 and over...	71	(1.5)	24	(1.1)	27	(1.3)	23	(0.9)	18	(1.1)	25	(1.1)	26	(1.6)	24	(1.4)	26	(1.8)	27	(1.9)
2 and over...	75	(1.3)	24	(0.9)	27	(0.9)	23	(0.8)	18	(0.8)	26	(0.9)	26	(1.3)	24	(1.1)	26	(1.4)	28	(1.5)
131-350% poverty:																				
2 - 5.....	94*	(2.2)	25	(1.2)	26	(1.5)	23	(1.4)	21	(1.4)	29	(2.4)	27	(1.5)	25	(1.4)	28	(1.8)	27	(2.7)
6 - 11.....	88	(1.7)	25	(1.4)	28	(1.4)	23	(1.8)	20	(1.9)	26	(2.5)	26	(1.1)	25	(1.5)	25	(1.2)	28	(1.5)
12 - 19.....	79	(2.9)	25	(1.3)	29	(1.7)	23	(1.1)	21	(1.2)	25	(1.4)	27	(1.6)	25	(1.4)	26	(1.7)	31	(2.2)
20 and over...	74	(1.6)	22	(0.5)	26	(0.7)	21	(0.6)	17	(0.7)	22	(0.8)	24	(0.7)	22	(0.8)	23	(0.7)	26	(1.0)
2 and over...	77	(1.1)	23	(0.5)	26	(0.5)	21	(0.5)	18	(0.6)	23	(0.7)	24	(0.6)	23	(0.7)	24	(0.6)	26	(0.9)
Over 350% poverty:																				
2 - 5.....	90*	(3.6)	23	(1.6)	27	(1.7)	20	(1.3)	18*	(1.4)	22	(1.0)	26	(2.5)	25	(2.4)	26	(2.9)	27	(3.4)
6 - 11.....	95*	(1.9)	28	(2.0)	30	(1.7)	26	(2.2)	26	(2.4)	27	(3.3)	29	(2.5)	30	(3.2)	28	(2.4)	30	(2.3)
12 - 19.....	90*	(1.7)	25	(1.8)	28	(2.2)	24	(1.9)	20	(2.2)	24	(1.8)	27	(2.2)	25	(2.1)	26	(2.3)	29	(2.8)
20 and over...	82	(2.5)	25	(1.0)	28	(1.2)	24	(1.0)	20	(1.2)	26	(1.3)	26	(1.2)	26	(1.4)	26	(1.3)	28	(1.1)
2 and over...	84	(2.1)	25	(0.9)	28	(1.1)	24	(0.8)	20	(1.1)	26	(1.2)	27	(1.1)	26	(1.3)	26	(1.2)	28	(1.0)
All Individuals[5]:																				
2 - 5.....	91	(1.6)	24	(0.9)	27	(0.9)	22	(0.7)	19	(0.8)	26	(0.8)	27	(1.3)	25	(1.1)	28	(1.6)	28	(1.8)
6 - 11.....	88	(1.2)	26	(0.7)	29	(0.9)	24	(0.8)	22	(1.1)	27	(1.2)	27	(0.9)	26	(1.2)	27	(0.9)	29	(0.7)
12 - 19.....	81	(1.9)	25	(0.8)	27	(1.0)	23	(0.7)	21	(0.7)	26	(0.9)	26	(1.1)	25	(1.2)	26	(1.2)	29	(0.9)
20 and over...	77	(1.2)	24	(0.5)	27	(0.5)	22	(0.4)	19	(0.6)	24	(0.5)	25	(0.6)	24	(0.7)	25	(0.7)	27	(0.6)
2 and over...	79	(1.0)	24	(0.4)	27	(0.4)	23	(0.4)	19	(0.5)	25	(0.5)	25	(0.5)	24	(0.6)	25	(0.5)	27	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																		
2 - 5.....	28	(3.8)	17	(2.5)	36	(10.2)	28	(6.5)	21	(1.3)	19	(1.6)	27	(2.4)	21	(1.8)	18	(1.4)
6 - 11.....	25	(2.4)	18	(1.3)	28	(5.9)	34	(6.9)	22	(1.2)	21	(1.1)	23	(1.2)	19	(1.0)	18	(1.5)
12 - 19.....	22	(1.7)	21	(3.6)	37	(7.5)	24	(4.9)	23	(1.1)	21	(1.7)	26	(2.1)	25	(3.9)	21	(1.7)
20 and over...	23	(1.6)	21	(1.8)	29	(2.8)	29	(3.9)	23	(1.2)	20	(1.4)	26	(1.5)	22	(1.8)	23	(1.1)
2 and over...	23	(1.2)	20	(1.5)	30	(3.0)	29	(2.9)	23	(0.9)	20	(1.0)	26	(1.2)	22	(1.5)	22	(0.9)
131-350% poverty:																		
2 - 5.....	22	(2.3)	17	(1.7)	28	(6.7)	32	(7.1)	22	(1.6)	21	(1.4)	26	(1.4)	20	(1.2)	19	(1.6)
6 - 11.....	22	(1.8)	20	(1.8)	33	(3.8)	40	(4.7)	22	(1.2)	22	(1.6)	26	(1.7)	21	(1.9)	20	(1.9)
12 - 19.....	26	(2.4)	19	(2.1)	27	(5.3)	23	(3.7)	23	(1.5)	22	(1.2)	27	(1.8)	24	(1.4)	20	(1.7)
20 and over...	24	(1.4)	21	(1.0)	30	(2.5)	25	(2.3)	24	(0.6)	19	(0.6)	25	(0.7)	22	(0.7)	22	(1.0)
2 and over...	24	(1.1)	21	(0.8)	30	(2.0)	26	(1.8)	24	(0.5)	20	(0.5)	25	(0.6)	22	(0.7)	21	(0.8)
Over 350% poverty:																		
2 - 5.....	23	(2.6)	21	(3.0)	31	(7.5)	23*	(7.8)	21	(1.6)	22	(2.6)	27	(2.3)	22	(2.0)	18*	(1.9)
6 - 11.....	23	(3.2)	23	(2.0)	35	(6.9)	37	(8.9)	28	(2.5)	25	(2.0)	29	(2.4)	24	(2.4)	24	(1.9)
12 - 19.....	25	(2.9)	20	(2.4)	33	(5.5)	24	(5.1)	27	(1.8)	22	(1.5)	28	(2.2)	24	(2.6)	25	(2.2)
20 and over...	25	(1.7)	26	(1.8)	37	(3.2)	25	(3.6)	26	(0.8)	20	(1.3)	26	(1.3)	22	(1.4)	24	(1.0)
2 and over...	25	(1.5)	25	(1.6)	36	(2.9)	25	(3.0)	26	(0.8)	21	(1.2)	27	(1.2)	22	(1.2)	24	(0.9)
All Individuals[5]:																		
2 - 5.....	24	(1.9)	18	(1.0)	30	(3.6)	29	(3.5)	21	(0.8)	20	(0.9)	27	(1.1)	21	(0.7)	18	(0.7)
6 - 11.....	24	(1.3)	20	(1.3)	32	(3.2)	37	(4.0)	24	(0.9)	23	(1.0)	26	(1.1)	21	(1.1)	20	(1.0)
12 - 19.....	24	(1.3)	20	(1.7)	30	(3.9)	25	(2.5)	24	(0.8)	21	(1.0)	27	(0.9)	24	(1.4)	22	(0.8)
20 and over...	24	(0.6)	23	(1.0)	33	(1.7)	26	(1.6)	24	(0.3)	20	(0.6)	26	(0.6)	22	(0.7)	23	(0.5)
2 and over...	24	(0.5)	22	(0.9)	33	(1.5)	27	(1.4)	24	(0.3)	20	(0.6)	26	(0.5)	22	(0.6)	22	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	26	(2.8)	18	(1.4)	23	(2.4)	16	(1.5)	29	(3.6)	24	(2.6)	21	(1.3)	24	(1.6)	24	(1.9)
6 - 11.....	25	(1.6)	19	(1.3)	17	(2.2)	19	(1.5)	25	(1.7)	24	(3.2)	24	(1.6)	26	(1.4)	23	(1.2)
12 - 19.....	23	(1.5)	21	(2.7)	22	(2.5)	19	(2.5)	24	(2.7)	29	(2.5)	24	(1.4)	26	(1.3)	24	(1.6)
20 and over...	22	(1.1)	24	(1.8)	21	(1.6)	16	(1.7)	24	(2.2)	29	(2.4)	21	(1.3)	24	(1.2)	22	(1.3)
2 and over...	23	(0.8)	22	(1.3)	21	(1.3)	17	(1.3)	25	(1.6)	28	(2.0)	22	(0.9)	24	(0.9)	23	(1.0)
131-350% poverty:																		
2 - 5.....	23	(1.8)	19	(2.5)	22	(5.0)	15	(1.4)	27	(2.8)	31	(3.4)	20	(1.7)	24	(1.7)	24	(1.8)
6 - 11.....	24	(1.4)	21	(1.4)	22	(2.7)	21	(1.6)	28	(1.8)	29	(3.8)	26	(1.5)	26	(1.5)	26	(1.6)
12 - 19.....	27	(1.8)	22	(2.0)	25	(3.7)	20	(2.3)	26	(1.6)	29	(3.2)	24	(1.0)	27	(1.4)	25	(1.3)
20 and over...	22	(0.9)	21	(1.4)	21	(1.2)	17	(1.0)	22	(0.9)	32	(2.7)	21	(0.7)	23	(0.7)	20	(0.6)
2 and over...	23	(0.7)	21	(1.0)	21	(0.9)	18	(0.8)	23	(0.8)	32	(2.3)	22	(0.5)	24	(0.5)	21	(0.6)
Over 350% poverty:																		
2 - 5.....	22	(1.7)	18*	(2.3)	20	(4.9)	20	(3.5)	27	(3.0)	22	(5.4)	23	(2.7)	24	(1.8)	22	(1.7)
6 - 11.....	25	(2.2)	22	(1.7)	28	(3.3)	20	(2.5)	29	(3.2)	26	(5.6)	28	(1.9)	28	(1.4)	27	(2.2)
12 - 19.....	24	(2.3)	22	(2.5)	17	(3.1)	18	(3.1)	22	(3.0)	34	(4.0)	24	(2.0)	25	(1.7)	23	(1.6)
20 and over...	24	(1.4)	21	(1.5)	24	(1.2)	18	(1.3)	22	(1.3)	31	(2.9)	24	(1.0)	26	(1.1)	22	(0.9)
2 and over...	24	(1.2)	21	(1.3)	24	(1.1)	18	(1.0)	23	(1.1)	31	(2.6)	24	(0.9)	26	(1.0)	22	(0.8)
All Individuals[5]:																		
2 - 5.....	23	(1.2)	19	(1.0)	22	(2.0)	16	(0.9)	27	(1.9)	26	(2.4)	21	(0.7)	24	(0.8)	24	(0.9)
6 - 11.....	24	(0.9)	20	(1.0)	24	(1.5)	20	(1.2)	27	(0.9)	28	(3.0)	26	(1.0)	27	(0.7)	26	(0.8)
12 - 19.....	24	(1.0)	21	(1.6)	21	(2.1)	19	(1.7)	24	(1.1)	29	(1.8)	24	(1.2)	26	(0.8)	24	(0.8)
20 and over...	23	(0.5)	22	(0.7)	22	(0.7)	17	(0.8)	23	(0.9)	31	(1.5)	22	(0.5)	24	(0.5)	21	(0.4)
2 and over...	23	(0.5)	21	(0.6)	22	(0.6)	17	(0.6)	23	(0.8)	30	(1.3)	23	(0.5)	25	(0.4)	22	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 20. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	19	(1.6)	22	(1.7)	25	(2.3)	31	(1.9)	24	(1.6)	29	(1.9)	7*	(3.7)	--	--
6 - 11.....	21	(0.9)	22	(1.4)	25	(1.2)	28	(1.5)	25	(1.2)	29	(1.6)	21	(3.9)	--	--
12 - 19.....	22	(1.3)	22	(1.3)	24	(1.4)	27	(1.7)	26	(1.6)	28	(1.4)	19	(4.2)	--	--
20 and over...	24	(1.1)	25	(1.2)	23	(1.5)	27	(1.3)	23	(1.1)	28	(0.9)	8	(1.2)	9*	(3.7)
2 and over...	23	(0.8)	24	(0.8)	23	(1.1)	27	(1.0)	23	(0.8)	28	(0.7)	9	(1.1)	--	--
131-350% poverty:																
2 - 5.....	20	(1.6)	22	(1.5)	24	(1.1)	27	(1.5)	25	(1.6)	28	(1.3)	18*	(4.1)	--	--
6 - 11.....	22	(2.2)	24	(1.8)	25	(1.9)	28	(1.7)	27	(1.5)	29	(1.3)	17	(3.2)	--	--
12 - 19.....	22	(1.4)	25	(1.3)	24	(1.4)	29	(1.8)	27	(1.6)	28	(1.6)	18	(4.0)	--	--
20 and over...	21	(0.7)	23	(0.8)	20	(0.6)	27	(0.7)	22	(0.5)	27	(0.6)	10	(1.0)	5*	(0.8)
2 and over...	21	(0.6)	23	(0.7)	21	(0.5)	28	(0.5)	23	(0.5)	27	(0.5)	11	(0.9)	--	--
Over 350% poverty:																
2 - 5.....	18*	(1.3)	21	(1.8)	22	(1.2)	27	(1.8)	23	(1.5)	30	(1.9)	43*	(17.1)	--	--
6 - 11.....	25	(2.3)	26	(2.1)	27	(2.0)	32	(2.1)	27	(1.9)	32	(1.8)	20	(4.5)	--	--
12 - 19.....	24	(1.6)	25	(1.7)	22	(1.7)	29	(1.8)	24	(2.2)	30	(2.0)	18	(3.9)	--	--
20 and over...	24	(1.0)	26	(1.3)	21	(0.9)	29	(1.4)	24	(1.1)	30	(1.2)	10	(1.2)	6*	(1.7)
2 and over...	24	(0.9)	26	(1.2)	22	(0.8)	29	(1.3)	24	(1.0)	30	(1.1)	10	(1.2)	--	--
All Individuals[5]:																
2 - 5.....	19	(0.8)	22	(0.8)	24	(0.8)	28	(1.1)	24	(0.7)	29	(1.0)	19*	(6.7)	--	--
6 - 11.....	22	(1.2)	24	(0.9)	26	(1.1)	29	(1.0)	26	(1.0)	30	(0.7)	19	(1.4)	--	--
12 - 19.....	23	(0.7)	24	(0.8)	23	(0.6)	28	(0.9)	25	(0.9)	28	(1.2)	18	(2.5)	--	--
20 and over...	23	(0.4)	25	(0.6)	21	(0.5)	28	(0.5)	23	(0.5)	28	(0.6)	10	(1.0)	6	(1.1)
2 and over...	23	(0.4)	24	(0.5)	22	(0.4)	28	(0.4)	24	(0.4)	28	(0.5)	10	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2017-2018.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Family Income (as % of Poverty Level) and Age, *What We Eat in America,* NHANES 2017-2018.

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5.....	99*	(0.4)	28	(1.4)	35	(1.3)	24	(1.7)	17	(1.8)	28	(2.3)	30	(1.9)	29	(2.4)	30	(1.7)	29	(2.2)
6 - 11.....	93	(1.8)	30	(1.7)	39	(2.2)	26	(1.6)	19	(1.2)	27	(2.6)	33	(2.0)	32	(2.0)	34	(1.8)	30	(2.8)
12 - 19.....	91	(1.1)	37	(1.3)	46	(0.9)	33	(1.3)	24	(1.2)	37	(1.1)	39	(1.8)	39	(1.9)	40	(2.1)	36	(1.9)
20 - 29.....	88	(3.2)	37	(1.3)	40	(1.6)	34	(1.4)	26	(1.1)	35	(2.2)	38	(1.8)	38	(1.7)	38	(1.6)	38	(2.8)
30 - 39.....	95*	(1.5)	38	(1.6)	43	(2.1)	34	(1.7)	25	(1.3)	38	(3.1)	39	(1.8)	40	(1.9)	38	(1.8)	39	(2.3)
40 - 49.....	94*	(1.2)	35	(1.6)	42	(2.9)	30	(1.8)	22	(2.1)	32	(1.5)	37	(2.1)	37	(3.1)	36	(1.5)	37	(2.4)
50 - 59.....	90	(2.2)	36	(2.0)	43	(1.7)	33	(2.2)	26	(2.8)	36	(2.5)	36	(2.4)	35	(2.4)	35	(2.6)	36	(3.0)
60 - 69.....	91	(2.7)	38	(1.4)	46	(2.1)	34	(1.5)	30	(1.8)	38	(2.0)	38	(2.0)	40	(2.1)	37	(2.0)	35	(2.7)
70 and over.....	93	(1.8)	39	(1.5)	46	(1.3)	35	(1.5)	31	(1.8)	39	(1.4)	41	(1.9)	41	(1.9)	41	(1.7)	42	(3.6)
2 - 19.....	93	(0.8)	33	(1.0)	42	(1.0)	29	(0.9)	21	(0.6)	32	(1.2)	35	(1.2)	35	(1.2)	36	(1.3)	33	(1.5)
20 and over...	92	(1.0)	37	(0.7)	43	(1.0)	33	(0.9)	26	(1.0)	36	(1.1)	38	(1.0)	38	(1.0)	38	(1.0)	38	(1.3)
2 and over...	92	(0.7)	36	(0.6)	43	(0.8)	32	(0.7)	25	(0.8)	35	(0.9)	38	(0.9)	38	(0.8)	37	(0.9)	37	(1.1)
Females:																				
2 - 5.....	97*	(1.8)	27	(1.3)	33	(1.5)	24	(1.4)	18	(1.4)	26	(1.7)	29	(1.4)	28	(1.7)	29	(1.5)	29	(1.3)
6 - 11.....	95*	(1.3)	30	(1.5)	38	(1.9)	27	(1.5)	22	(1.5)	32	(1.9)	31	(1.8)	29	(2.1)	32	(1.9)	32	(2.3)
12 - 19.....	91	(1.2)	35	(1.5)	43	(1.8)	31	(1.3)	25	(1.8)	33	(1.9)	37	(1.7)	36	(1.8)	37	(1.6)	36	(2.4)
20 - 29.....	92	(1.2)	37	(1.0)	44	(1.6)	33	(1.0)	24	(1.8)	37	(1.3)	38	(1.3)	37	(1.7)	39	(1.3)	39	(1.5)
30 - 39.....	91	(1.9)	36	(1.4)	40	(1.4)	32	(1.5)	24	(1.6)	36	(2.4)	38	(1.8)	38	(1.9)	39	(2.3)	36	(2.2)
40 - 49.....	92	(2.0)	35	(1.1)	44	(1.5)	31	(0.9)	23	(1.2)	33	(2.2)	38	(1.6)	35	(1.8)	39	(1.6)	40	(2.7)
50 - 59.....	92	(1.9)	36	(2.2)	44	(2.5)	31	(2.5)	25	(2.4)	36	(3.1)	38	(2.0)	37	(2.7)	37	(1.8)	39	(1.7)
60 - 69.....	89	(2.3)	32	(1.0)	41	(2.1)	27	(1.1)	21	(1.7)	32	(2.3)	34	(1.8)	36	(2.5)	34	(2.1)	33	(2.1)
70 and over.....	91	(2.1)	34	(1.3)	40	(1.2)	30	(1.6)	24	(1.8)	35	(2.3)	36	(1.6)	35	(2.0)	35	(1.8)	38	(1.4)
2 - 19.....	94	(0.8)	32	(1.1)	39	(1.4)	28	(1.0)	23	(1.0)	31	(1.5)	33	(1.3)	32	(1.4)	34	(1.2)	34	(1.6)
20 and over...	91	(0.7)	35	(0.6)	42	(0.6)	31	(0.7)	23	(0.9)	35	(1.1)	37	(0.6)	37	(0.7)	37	(0.7)	37	(0.7)
2 and over...	92	(0.5)	34	(0.6)	42	(0.6)	30	(0.7)	23	(0.7)	34	(1.0)	36	(0.6)	36	(0.7)	37	(0.7)	37	(0.8)
Males and females:																				
2 - 19.....	94	(0.5)	33	(0.9)	41	(1.0)	29	(0.9)	22	(0.6)	32	(1.2)	34	(1.1)	34	(1.2)	35	(1.1)	33	(1.3)
20 and over...	91	(0.7)	36	(0.5)	43	(0.6)	32	(0.6)	25	(0.7)	36	(0.6)	38	(0.6)	38	(0.7)	37	(0.6)	38	(0.8)
2 and over...	92	(0.5)	35	(0.5)	42	(0.6)	31	(0.6)	24	(0.6)	35	(0.6)	37	(0.6)	37	(0.7)	37	(0.6)	37	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	33	(2.2)	24	(2.7)	47	(7.1)	50	(8.3)	28	(1.6)	23	(1.2)	34	(1.4)	27	(1.1)	29	(1.8)
6 - 11	40	(2.1)	24	(2.6)	46	(7.5)	45	(6.5)	29	(1.8)	26	(2.0)	35	(2.3)	29	(2.3)	28	(2.6)
12 - 19	45	(2.8)	29	(2.2)	48	(5.5)	64	(6.2)	36	(1.7)	31	(1.8)	43	(1.1)	37	(1.8)	35	(2.1)
20 - 29	35	(1.8)	30	(3.1)	35	(6.6)	50	(5.4)	37	(2.6)	30	(1.7)	35	(1.7)	29	(1.4)	34	(3.1)
30 - 39	35	(2.2)	32	(2.3)	39	(8.4)	50	(6.5)	37	(2.9)	27	(2.1)	36	(2.5)	30	(3.0)	36	(2.3)
40 - 49	38	(2.6)	29	(2.5)	41	(4.7)	52	(10.1)	35	(1.8)	25	(3.5)	37	(4.1)	32	(4.6)	34	(2.1)
50 - 59	40	(1.9)	30	(2.6)	38	(6.2)	60	(7.0)	36	(2.0)	29	(1.7)	39	(1.8)	37	(1.5)	33	(2.8)
60 - 69	41	(2.8)	38	(2.6)	58	(3.9)	70	(4.9)	38	(2.1)	31	(1.3)	39	(2.5)	34	(5.7)	36	(2.8)
70 and over	41	(1.6)	37	(3.2)	60	(6.2)	69	(4.5)	38	(1.4)	30	(1.3)	42	(1.2)	39	(1.6)	35	(1.6)
2 - 19	41	(1.7)	26	(1.3)	47	(4.3)	57	(4.8)	32	(1.2)	28	(1.2)	39	(1.2)	33	(1.4)	32	(1.7)
20 and over	38	(1.0)	32	(0.9)	44	(2.5)	58	(3.1)	37	(1.0)	29	(0.8)	37	(0.9)	33	(1.2)	35	(1.3)
2 and over	39	(0.9)	31	(0.8)	44	(2.4)	57	(2.8)	36	(0.8)	28	(0.8)	38	(0.8)	33	(1.1)	34	(1.1)
Females:																		
2 - 5	31	(2.1)	22	(2.1)	38	(6.5)	51	(3.4)	27	(1.7)	23	(1.5)	32	(1.6)	26	(1.3)	26	(2.2)
6 - 11	38	(2.8)	30	(2.4)	51	(4.9)	49	(4.7)	29	(1.4)	27	(1.8)	35	(1.5)	32	(1.9)	27	(2.1)
12 - 19	43	(2.9)	31	(1.7)	49	(3.1)	63	(3.1)	33	(1.7)	29	(1.8)	39	(1.7)	33	(2.3)	32	(2.0)
20 - 29	39	(2.6)	31	(1.9)	40	(4.9)	52	(5.8)	38	(1.5)	30	(1.3)	42	(1.1)	37	(1.1)	35	(1.2)
30 - 39	34	(2.3)	35	(4.5)	48	(7.3)	53	(4.5)	35	(1.3)	28	(1.8)	36	(1.5)	33	(2.7)	34	(2.3)
40 - 49	38	(2.7)	28	(3.0)	39	(6.0)	54	(5.8)	34	(1.3)	26	(0.9)	40	(1.5)	36	(2.4)	32	(1.5)
50 - 59	41	(2.7)	37	(2.8)	51	(4.3)	60	(5.3)	32	(2.7)	27	(1.5)	40	(1.9)	39	(2.9)	34	(2.4)
60 - 69	36	(2.0)	28	(2.6)	32	(5.6)	64	(7.5)	35	(1.6)	27	(1.4)	38	(1.8)	39	(1.5)	31	(2.2)
70 and over	36	(1.6)	38	(2.8)	60	(3.8)	52	(5.1)	32	(1.5)	27	(1.1)	36	(1.7)	35	(1.7)	29	(1.9)
2 - 19	39	(1.6)	29	(1.3)	48	(2.9)	55	(2.4)	31	(1.1)	27	(1.1)	36	(1.1)	31	(1.3)	29	(1.3)
20 and over	37	(0.9)	33	(1.3)	45	(2.6)	56	(2.4)	35	(0.8)	27	(0.7)	39	(0.6)	36	(0.9)	33	(0.8)
2 and over	38	(0.8)	32	(1.1)	46	(2.4)	56	(1.9)	34	(0.7)	27	(0.6)	38	(0.5)	35	(0.9)	32	(0.7)
Males and females:																		
2 - 19	40	(1.2)	27	(0.8)	47	(2.4)	56	(2.8)	31	(0.9)	28	(0.9)	38	(1.0)	32	(1.1)	30	(1.2)
20 and over	38	(0.8)	33	(0.8)	45	(1.8)	57	(1.9)	36	(0.7)	28	(0.5)	38	(0.5)	34	(0.8)	34	(0.8)
2 and over	38	(0.7)	31	(0.7)	45	(1.7)	57	(1.7)	35	(0.6)	28	(0.5)	38	(0.5)	34	(0.7)	33	(0.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	28	(1.3)	23	(1.1)	20	(3.1)	16	(2.0)	28	(1.6)	37	(4.0)	21	(2.0)	27	(1.3)	24	(1.5)
6 - 11	34	(1.9)	27	(2.3)	22	(3.0)	19	(1.8)	25	(4.4)	48	(7.8)	24	(2.0)	31	(1.8)	28	(2.0)
12 - 19	41	(1.6)	38	(3.1)	24	(2.6)	25	(2.1)	33	(1.7)	46	(2.3)	32	(1.6)	38	(1.2)	34	(1.1)
20 - 29	35	(1.6)	31	(1.4)	29	(3.0)	29	(3.9)	33	(4.2)	46	(3.2)	31	(2.5)	36	(1.9)	32	(1.7)
30 - 39	36	(1.7)	30	(2.3)	29	(3.1)	31	(2.9)	34	(2.0)	44	(3.0)	33	(1.8)	39	(2.1)	33	(2.1)
40 - 49	36	(2.2)	31	(5.9)	26	(4.5)	25	(3.7)	34	(1.8)	54	(5.3)	29	(3.1)	36	(2.3)	31	(1.5)
50 - 59	39	(2.0)	41	(2.3)	28	(3.1)	26	(2.2)	33	(2.9)	43	(5.8)	29	(2.3)	37	(1.9)	32	(1.8)
60 - 69	41	(2.2)	43	(5.2)	41	(3.9)	41	(5.6)	35	(2.3)	54	(3.7)	35	(2.2)	41	(2.0)	35	(2.1)
70 and over	40	(1.4)	42	(3.1)	39	(3.3)	43	(5.0)	39	(2.7)	60	(4.7)	33	(2.1)	39	(1.5)	35	(1.1)
2 - 19	37	(1.1)	32	(2.1)	22	(1.7)	21	(1.1)	30	(2.0)	45	(3.5)	27	(1.0)	33	(0.9)	30	(0.8)
20 and over	38	(0.7)	36	(1.3)	31	(1.5)	32	(1.6)	34	(1.5)	50	(1.4)	31	(1.2)	38	(1.0)	33	(0.8)
2 and over	37	(0.6)	35	(0.9)	29	(1.1)	29	(1.2)	33	(1.3)	49	(1.4)	30	(0.9)	37	(0.8)	32	(0.7)
Females:																		
2 - 5	28	(1.5)	22	(1.5)	21	(2.9)	16	(1.6)	27	(1.6)	40	(4.5)	21	(1.9)	26	(1.3)	24	(1.2)
6 - 11	35	(2.0)	28	(2.7)	23	(1.4)	20	(2.6)	31	(1.9)	43	(3.6)	25	(1.3)	31	(1.3)	30	(1.3)
12 - 19	39	(2.0)	30	(2.1)	35	(2.5)	21	(2.4)	32	(2.1)	51	(2.8)	28	(1.2)	36	(1.6)	32	(1.2)
20 - 29	39	(1.7)	37	(2.4)	35	(3.0)	29	(4.5)	32	(1.5)	42	(2.4)	29	(1.4)	39	(1.3)	33	(0.9)
30 - 39	34	(1.6)	33	(1.6)	32	(2.3)	24	(2.2)	32	(3.1)	53	(10.1)	31	(2.3)	35	(1.6)	32	(2.5)
40 - 49	36	(1.9)	34	(2.7)	30	(2.7)	24	(3.3)	31	(2.5)	44	(6.4)	27	(1.7)	36	(1.0)	29	(1.3)
50 - 59	40	(2.4)	44	(3.7)	35	(2.5)	34	(2.1)	33	(2.4)	50	(3.3)	31	(3.1)	38	(2.7)	30	(1.9)
60 - 69	35	(1.6)	38	(4.3)	31	(2.7)	28	(3.5)	29	(2.8)	43	(2.6)	30	(3.3)	35	(2.0)	28	(1.6)
70 and over	36	(1.2)	33	(2.7)	31	(2.7)	28	(4.7)	32	(1.3)	48	(2.3)	27	(1.3)	34	(1.2)	30	(1.2)
2 - 19	35	(1.3)	28	(1.3)	27	(1.1)	20	(1.2)	31	(1.4)	47	(2.2)	25	(0.8)	32	(1.1)	30	(0.9)
20 and over	37	(0.7)	37	(1.0)	33	(0.8)	28	(1.1)	32	(0.8)	47	(2.7)	29	(0.9)	36	(0.7)	30	(0.7)
2 and over	36	(0.7)	35	(0.9)	31	(0.6)	26	(0.9)	32	(0.8)	47	(2.3)	28	(0.8)	35	(0.7)	30	(0.6)
Males and females:																		
2 - 19	36	(1.0)	30	(1.4)	24	(1.3)	20	(0.8)	30	(1.5)	46	(2.3)	26	(0.8)	33	(0.9)	30	(0.8)
20 and over	37	(0.5)	36	(0.8)	32	(0.9)	30	(1.0)	33	(0.7)	48	(1.6)	30	(0.8)	37	(0.6)	32	(0.4)
2 and over	37	(0.5)	35	(0.5)	30	(0.7)	28	(0.7)	33	(0.6)	48	(1.4)	29	(0.7)	36	(0.6)	31	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	26	(1.3)	28	(1.6)	27	(1.8)	39	(1.9)	25	(1.2)	35	(1.6)	23	(3.4)	--	--
6 - 11	27	(2.1)	33	(2.3)	31	(2.7)	42	(2.0)	31	(1.8)	38	(2.0)	25	(4.0)	--	--
12 - 19	36	(1.1)	42	(1.5)	35	(1.1)	48	(1.1)	37	(1.0)	45	(1.3)	22	(2.5)	--	--
20 - 29	34	(1.9)	38	(1.1)	34	(2.3)	41	(1.8)	35	(1.6)	41	(2.3)	13	(2.7)	--	--
30 - 39	37	(2.2)	41	(2.0)	35	(2.0)	42	(2.5)	39	(1.8)	44	(2.3)	9	(1.2)	--	--
40 - 49	35	(2.2)	40	(3.3)	33	(1.3)	43	(2.9)	34	(1.6)	42	(2.3)	7*	(1.7)	--	--
50 - 59	34	(2.4)	43	(2.0)	35	(2.1)	43	(2.5)	36	(1.9)	44	(2.3)	9*	(2.8)	--	--
60 - 69	36	(2.2)	45	(2.1)	37	(2.4)	46	(2.7)	41	(2.0)	44	(2.1)	9	(1.5)	--	--
70 and over	34	(1.0)	40	(1.6)	37	(1.0)	45	(1.6)	40	(1.2)	47	(1.6)	10	(1.3)	--	--
2 - 19	31	(1.0)	37	(1.3)	32	(1.1)	45	(1.0)	33	(0.8)	41	(1.2)	23	(1.9)	--	--
20 and over	35	(0.9)	41	(0.9)	35	(1.1)	43	(1.2)	37	(0.8)	43	(1.1)	9	(1.2)	37	(3.6)
2 and over	34	(0.8)	40	(0.8)	34	(0.9)	44	(1.0)	36	(0.7)	43	(1.0)	10	(1.2)	--	--
Females:																
2 - 5	24	(1.8)	28	(1.5)	26	(1.4)	37	(1.6)	25	(1.5)	34	(1.6)	25	(4.8)	--	--
6 - 11	26	(1.8)	32	(2.4)	31	(1.5)	40	(2.0)	31	(1.3)	36	(1.7)	33	(4.8)	--	--
12 - 19	31	(2.1)	37	(1.7)	33	(1.9)	44	(1.9)	36	(1.4)	43	(1.3)	24	(2.4)	--	--
20 - 29	35	(1.1)	40	(1.8)	34	(1.3)	45	(2.0)	37	(1.2)	44	(1.3)	7*	(2.4)	--	--
30 - 39	34	(1.6)	38	(1.5)	31	(2.2)	40	(1.1)	37	(2.3)	42	(1.6)	8	(1.5)	--	--
40 - 49	34	(1.7)	42	(1.9)	31	(1.5)	44	(1.6)	34	(1.4)	46	(1.6)	6*	(1.6)	--	--
50 - 59	35	(2.8)	42	(3.4)	31	(2.5)	42	(2.8)	37	(1.8)	46	(2.9)	8	(1.5)	--	--
60 - 69	32	(1.5)	39	(2.6)	28	(1.4)	39	(1.7)	35	(1.4)	43	(1.6)	4*	(1.0)	--	--
70 and over	29	(1.9)	35	(1.7)	32	(1.7)	40	(1.5)	35	(1.4)	41	(1.6)	11	(1.4)	--	--
2 - 19	28	(1.4)	34	(1.5)	31	(1.3)	42	(1.4)	32	(0.9)	39	(1.2)	26	(2.2)	--	--
20 and over	33	(0.8)	39	(1.0)	31	(0.7)	42	(0.6)	36	(0.7)	44	(0.7)	7	(0.8)	39	(4.4)
2 and over	32	(0.7)	38	(0.9)	31	(0.7)	42	(0.6)	35	(0.7)	43	(0.7)	8	(0.9)	--	--
Males and females:																
2 - 19	30	(0.8)	35	(1.1)	32	(1.0)	43	(1.0)	32	(0.6)	40	(1.0)	24	(1.7)	--	--
20 and over	34	(0.7)	40	(0.7)	33	(0.6)	43	(0.8)	36	(0.5)	44	(0.8)	8	(0.9)	38	(2.5)
2 and over	33	(0.6)	39	(0.7)	33	(0.6)	43	(0.7)	36	(0.5)	43	(0.7)	9	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the male/female/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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018.

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	99*	(0.5)	29	(1.9)	37	(1.9)	25	(2.1)	18	(2.1)	27	(2.4)	32	(2.4)	32	(2.9)	32	(2.3)	31	(2.7)
6 - 11.....	98*	(1.2)	29	(1.6)	39	(2.2)	25	(1.6)	20	(1.3)	28	(2.6)	31	(1.9)	29	(2.2)	33	(1.9)	30	(3.0)
12 - 19.....	94*	(1.3)	37	(1.6)	46	(1.7)	32	(1.5)	25	(1.5)	35	(2.4)	39	(1.8)	39	(1.9)	40	(1.9)	37	(2.2)
20 and over...	93	(1.1)	37	(0.6)	44	(0.9)	32	(0.8)	25	(1.0)	36	(0.9)	38	(0.9)	38	(1.0)	38	(0.8)	38	(1.1)
2 and over...	94	(0.9)	36	(0.6)	44	(0.8)	31	(0.8)	24	(0.8)	35	(0.9)	38	(0.8)	38	(0.9)	37	(0.8)	37	(1.0)
Non-Hispanic Black:																				
2 - 5.....	96*	(2.5)	29	(1.2)	40	(1.9)	24	(1.1)	20	(1.3)	29	(1.8)	32	(1.9)	30	(2.2)	33	(1.9)	34	(2.1)
6 - 11.....	92*	(1.3)	35	(1.8)	44	(1.6)	30	(1.9)	25	(2.1)	34	(1.7)	38	(2.3)	36	(2.6)	38	(2.1)	38	(2.7)
12 - 19.....	85	(2.5)	37	(1.8)	48	(2.0)	31	(1.6)	25	(1.9)	35	(1.5)	39	(2.5)	38	(2.8)	40	(2.7)	38	(2.4)
20 and over...	89	(1.2)	39	(0.8)	47	(1.3)	35	(0.7)	28	(1.0)	39	(1.0)	41	(1.0)	41	(1.0)	41	(1.1)	42	(1.2)
2 and over...	89	(1.0)	38	(0.7)	47	(1.0)	34	(0.6)	27	(0.8)	38	(0.8)	41	(0.9)	40	(0.9)	41	(1.1)	41	(1.1)
Non-Hispanic Asian[4]:																				
2 - 5.....	100*	(0.0)	28*	(1.8)	32*	(4.2)	28*	(2.4)	18*	(3.0)	30*	(3.5)	26*	(2.3)	23*	(2.6)	26*	(2.4)	32*	(3.1)
6 - 11.....	92*	(3.0)	27*	(1.9)	33*	(2.3)	25*	(2.0)	17*	(2.3)	28*	(1.6)	27*	(2.4)	27*	(2.6)	27*	(2.2)	25*	(2.7)
12 - 19.....	89*	(4.4)	32	(1.7)	39	(1.9)	30	(2.0)	18	(2.9)	34	(3.0)	31	(2.1)	29	(2.3)	31	(2.3)	33	(2.6)
20 and over...	94	(1.0)	34	(1.3)	38	(1.6)	32	(1.2)	24	(1.2)	34	(1.5)	34	(1.3)	32	(1.1)	34	(1.5)	35	(1.6)
2 and over...	94	(1.0)	33	(1.1)	38	(1.4)	31	(1.0)	23	(1.0)	33	(1.4)	33	(1.2)	31	(1.0)	33	(1.4)	34	(1.4)
Hispanic:																				
2 - 5.....	95*	(2.8)	24	(1.7)	29	(1.7)	23	(1.9)	15*	(1.6)	26	(3.2)	24	(1.6)	23	(1.9)	24	(1.6)	25	(1.8)
6 - 11.....	87	(3.2)	29	(2.7)	35	(3.4)	26	(2.0)	21	(1.7)	28	(3.0)	29	(3.6)	30	(4.0)	30	(3.8)	26	(2.9)
12 - 19.....	88	(2.9)	36	(2.0)	42	(1.9)	33	(2.3)	26	(2.0)	35	(2.2)	37	(2.1)	37	(2.1)	38	(2.3)	35	(2.2)
20 and over...	85	(1.5)	32	(1.3)	36	(1.6)	29	(1.1)	23	(1.1)	31	(1.6)	33	(1.7)	33	(1.7)	34	(1.8)	33	(1.7)
2 and over...	86	(1.2)	32	(1.0)	36	(1.2)	29	(0.9)	22	(0.7)	31	(1.4)	33	(1.3)	33	(1.3)	33	(1.4)	32	(1.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																		
2 - 5.....	34	(2.2)	23	(2.8)	39	(6.0)	55	(5.9)	28	(2.2)	24	(2.0)	34	(1.9)	27	(1.7)	27	(2.8)
6 - 11.....	39	(2.8)	27	(2.3)	48	(7.3)	43	(6.3)	29	(1.4)	26	(1.4)	35	(2.2)	31	(2.4)	25	(2.4)
12 - 19.....	47	(2.2)	31	(2.3)	49	(5.4)	65	(8.1)	35	(2.0)	31	(2.3)	42	(1.9)	37	(2.8)	34	(2.4)
20 and over...	39	(1.3)	34	(1.0)	48	(2.5)	62	(2.7)	36	(0.9)	28	(0.7)	38	(0.8)	34	(1.3)	33	(1.2)
2 and over...	40	(1.2)	33	(0.9)	48	(2.3)	61	(2.7)	35	(0.9)	28	(0.7)	38	(0.7)	34	(1.1)	33	(1.1)
Non-Hispanic Black:																		
2 - 5.....	43	(2.7)	31	(5.0)	76	(6.8)	49	(8.5)	27	(2.2)	24	(1.4)	34	(1.7)	30	(1.9)	26	(2.5)
6 - 11.....	44	(3.0)	29	(1.8)	62	(4.2)	58	(7.0)	31	(2.2)	28	(2.1)	38	(1.5)	32	(1.3)	29	(2.7)
12 - 19.....	48	(4.1)	29	(1.8)	55	(3.4)	61	(7.6)	34	(2.2)	30	(1.9)	43	(2.1)	34	(2.4)	34	(2.7)
20 and over...	43	(1.7)	38	(2.3)	52	(3.9)	51	(3.4)	39	(1.4)	34	(1.4)	43	(1.2)	39	(1.4)	38	(1.3)
2 and over...	43	(1.7)	36	(1.8)	53	(3.0)	52	(2.9)	37	(0.9)	33	(1.0)	42	(0.9)	37	(1.2)	36	(0.9)
Non-Hispanic Asian[4]:																		
2 - 5.....	31*	(5.1)	16*	(2.1)	30*	(12.7)	69*	(3.8)	27*	(3.1)	20*	(2.5)	35*	(3.8)	27*	(3.6)	29*	(2.3)
6 - 11.....	30*	(2.2)	22*	(1.9)	37*	(4.8)	42*	(7.4)	28*	(2.9)	23*	(2.0)	32*	(2.5)	29*	(2.2)	28*	(4.1)
12 - 19.....	40	(2.1)	32	(4.0)	44	(10.3)	50	(12.0)	32	(3.0)	29	(2.1)	39	(1.9)	36	(2.4)	35	(3.0)
20 and over...	36	(2.2)	30	(1.5)	39	(2.7)	49	(2.6)	35	(1.5)	28	(1.0)	38	(1.5)	35	(1.6)	36	(1.4)
2 and over...	36	(1.8)	29	(1.4)	39	(2.7)	50	(2.3)	34	(1.4)	28	(0.9)	38	(1.4)	35	(1.5)	35	(1.1)
Hispanic:																		
2 - 5.....	28	(2.8)	23	(3.8)	34	(9.6)	40*	(12.8)	29	(2.3)	23	(1.5)	32	(1.5)	26	(2.4)	30	(2.0)
6 - 11.....	36	(3.3)	26	(2.6)	43	(6.0)	48	(7.8)	28	(2.4)	27	(3.6)	32	(2.9)	27	(2.2)	29	(2.6)
12 - 19.....	41	(2.7)	26	(2.2)	43	(6.4)	58	(4.8)	34	(1.8)	29	(2.2)	39	(2.3)	33	(2.4)	33	(1.7)
20 and over...	30	(2.1)	27	(2.2)	33	(4.6)	40	(3.8)	32	(1.5)	26	(1.4)	34	(1.5)	31	(1.5)	30	(1.3)
2 and over...	32	(1.7)	26	(1.6)	35	(4.1)	43	(2.8)	31	(1.0)	26	(0.9)	34	(1.1)	30	(1.0)	30	(1.0)

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	30	(1.6)	23	(1.6)	20	(3.9)	16	(2.2)	28	(2.1)	40	(6.0)	22	(2.9)	28	(1.9)	25	(2.0)
6 - 11.....	35	(2.3)	28	(2.3)	22	(3.0)	21	(2.4)	26	(4.8)	45	(7.4)	23	(1.5)	31	(1.3)	29	(1.7)
12 - 19.....	42	(2.0)	36	(3.2)	33	(4.2)	24	(2.5)	34	(1.9)	49	(3.5)	31	(2.1)	38	(2.1)	34	(1.7)
20 and over...	38	(0.9)	36	(1.4)	34	(1.6)	31	(1.6)	34	(1.1)	51	(2.5)	32	(1.0)	38	(0.8)	32	(0.6)
2 and over...	38	(0.8)	35	(1.0)	32	(1.3)	29	(1.3)	33	(0.9)	51	(2.2)	31	(0.9)	37	(0.8)	32	(0.6)
Non-Hispanic Black:																		
2 - 5.....	36	(1.4)	25	(2.0)	26	(2.0)	20	(3.1)	32	(1.5)	52	(4.6)	22	(1.5)	30	(1.7)	28	(1.4)
6 - 11.....	40	(2.0)	28	(1.7)	27	(3.1)	18	(2.2)	39	(1.8)	61	(5.4)	30	(2.0)	36	(1.8)	34	(1.4)
12 - 19.....	42	(3.1)	36	(3.2)	27	(2.0)	26	(3.4)	34	(1.6)	57	(4.1)	29	(1.6)	37	(1.8)	34	(1.5)
20 and over...	41	(1.6)	40	(1.7)	34	(2.1)	33	(1.8)	38	(1.2)	52	(2.9)	33	(1.3)	41	(1.1)	36	(1.2)
2 and over...	41	(1.5)	38	(1.2)	32	(1.5)	30	(1.4)	37	(1.0)	53	(2.4)	32	(1.1)	40	(1.0)	36	(1.0)
Non-Hispanic Asian[4]:																		
2 - 5.....	27*	(3.4)	14*	(3.2)	21*	(6.2)	9*	(2.1)	36*	(2.3)	44*	(6.4)	16*	(2.0)	25*	(3.0)	25*	(2.3)
6 - 11.....	27*	(1.3)	24*	(2.1)	23*	(5.3)	17*	(3.0)	26*	(2.1)	32*	(4.0)	22*	(2.6)	29*	(2.0)	28*	(1.8)
12 - 19.....	37	(1.9)	39	(4.9)	30	(5.0)	31	(6.9)	32	(2.3)	53	(8.2)	25	(2.5)	33	(2.3)	32	(2.0)
20 and over...	35	(1.7)	35	(3.4)	34	(2.2)	31	(4.7)	32	(1.5)	43	(3.1)	25	(0.8)	34	(1.3)	30	(1.3)
2 and over...	35	(1.5)	34	(2.9)	33	(2.2)	29	(3.9)	32	(1.2)	43	(3.0)	24	(0.8)	33	(1.2)	30	(1.2)
Hispanic:																		
2 - 5.....	25	(2.1)	22	(2.6)	18*	(1.6)	16*	(3.6)	24	(2.1)	29	(3.9)	18*	(2.0)	24	(1.6)	23	(1.4)
6 - 11.....	31	(2.7)	26	(2.8)	18	(2.3)	17	(1.7)	24	(3.0)	32	(4.6)	24	(2.4)	29	(2.6)	26	(2.5)
12 - 19.....	37	(2.1)	32	(2.5)	24	(3.6)	20	(3.6)	30	(2.1)	41	(3.6)	29	(2.0)	36	(1.7)	31	(1.7)
20 and over...	31	(1.8)	33	(1.8)	25	(1.9)	26	(3.1)	29	(1.3)	37	(2.5)	26	(1.1)	33	(1.3)	28	(1.1)
2 and over...	32	(1.5)	31	(1.2)	24	(1.4)	23	(2.2)	28	(0.9)	37	(1.9)	25	(0.9)	32	(1.0)	28	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	25	(2.2)	30	(2.3)	26	(2.0)	40	(1.7)	27	(1.7)	36	(2.1)	24	(3.2)	--	--
6 - 11.....	25	(1.7)	31	(2.0)	30	(2.4)	41	(2.0)	32	(1.4)	36	(1.7)	29	(5.4)	--	--
12 - 19.....	34	(1.5)	42	(2.1)	34	(2.1)	48	(1.7)	38	(1.3)	45	(1.8)	19	(3.2)	--	--
20 and over...	35	(0.9)	41	(0.7)	33	(0.8)	44	(1.3)	38	(0.7)	45	(0.9)	8	(1.0)	37	(2.7)
2 and over...	34	(0.8)	41	(0.7)	33	(0.8)	44	(1.2)	37	(0.6)	44	(0.9)	8	(1.1)	--	--
Non-Hispanic Black:																
2 - 5.....	25	(1.6)	31	(2.2)	30	(1.6)	41	(1.4)	30	(1.2)	37	(1.8)	34*	(9.8)	--	--
6 - 11.....	28	(1.7)	38	(2.3)	36	(1.7)	49	(4.2)	35	(1.4)	43	(2.3)	32	(3.3)	--	--
12 - 19.....	33	(1.8)	39	(2.3)	35	(1.5)	51	(2.4)	37	(1.3)	44	(1.7)	32	(5.5)	--	--
20 and over...	36	(1.1)	43	(1.5)	37	(1.4)	47	(1.4)	39	(1.1)	45	(0.9)	13	(1.6)	39	(6.8)
2 and over...	35	(0.7)	42	(1.1)	37	(1.0)	48	(1.2)	38	(0.9)	45	(0.7)	15	(1.5)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	27*	(2.1)	24*	(3.0)	31*	(2.1)	38*	(3.7)	25*	(2.4)	38*	(2.2)	12*	(7.2)	--	--
6 - 11.....	26*	(2.5)	31*	(2.9)	35*	(4.4)	35*	(2.7)	27*	(1.5)	33*	(2.6)	20*	(6.5)	--	--
12 - 19.....	32	(2.2)	39	(2.0)	34	(1.7)	43	(2.6)	32	(2.5)	38	(2.7)	19*	(5.2)	--	--
20 and over...	34	(1.6)	36	(1.4)	32	(1.1)	39	(1.5)	33	(1.4)	40	(2.2)	9	(1.3)	36*	(10.0)
2 and over...	33	(1.3)	36	(1.2)	32	(0.9)	39	(1.3)	33	(1.3)	40	(2.0)	10	(1.2)	--	--
Hispanic:																
2 - 5.....	28	(1.9)	25	(1.7)	26	(2.4)	34	(3.0)	22	(1.4)	30	(2.8)	22*	(6.6)	--	--
6 - 11.....	27	(2.3)	32	(2.9)	29	(2.9)	36	(3.7)	27	(2.4)	33	(3.2)	22	(6.4)	--	--
12 - 19.....	34	(1.7)	38	(1.4)	33	(1.8)	44	(1.8)	33	(2.0)	43	(2.0)	33	(5.2)	--	--
20 and over...	31	(1.3)	35	(1.8)	29	(1.7)	35	(1.7)	31	(1.4)	37	(1.8)	10	(1.3)	43	(3.9)
2 and over...	31	(0.9)	35	(1.3)	30	(1.3)	37	(1.3)	31	(1.1)	37	(1.4)	12	(1.4)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018.

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

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
$0 - $24,999:																				
2 - 5.....	99*	(0.8)	28	(1.5)	35	(1.5)	26	(2.1)	19	(3.1)	28	(2.8)	30	(1.6)	29	(2.3)	30	(1.7)	29	(2.1)
6 - 11.....	91*	(3.4)	28	(2.4)	35	(2.8)	25	(2.0)	18	(1.5)	30	(3.4)	30	(3.4)	30	(3.9)	31	(3.3)	28	(2.9)
12 - 19.....	89	(2.3)	37	(1.4)	45	(2.5)	33	(1.3)	26	(1.4)	36	(2.1)	40	(1.7)	40	(1.7)	40	(1.9)	38	(1.8)
20 and over...	88	(1.4)	35	(1.3)	42	(1.7)	31	(1.2)	24	(1.3)	35	(1.1)	37	(1.6)	37	(1.7)	37	(1.7)	37	(1.7)
2 and over...	89	(0.9)	34	(1.0)	42	(1.4)	31	(0.9)	24	(1.0)	35	(0.9)	37	(1.3)	36	(1.4)	37	(1.4)	36	(1.3)
$25,000 - $74,999:																				
2 - 5.....	98*	(0.9)	27	(1.9)	32	(1.7)	25	(1.8)	18	(1.7)	27	(2.6)	28	(2.6)	28	(3.1)	28	(2.0)	30	(3.0)
6 - 11.....	95*	(1.5)	34	(1.9)	42	(2.2)	30	(1.7)	24	(1.4)	34	(2.5)	36	(2.2)	35	(2.3)	36	(2.5)	36	(2.9)
12 - 19.....	90	(1.5)	37	(1.6)	46	(1.6)	33	(1.4)	24	(1.5)	39	(1.3)	39	(2.1)	39	(1.9)	40	(2.4)	37	(2.5)
20 and over...	92	(1.2)	36	(0.7)	44	(0.9)	32	(0.8)	25	(0.9)	36	(1.0)	38	(1.0)	38	(0.8)	38	(1.1)	38	(1.4)
2 and over...	92	(1.0)	36	(0.6)	43	(0.8)	32	(0.7)	24	(0.7)	35	(0.9)	38	(0.8)	38	(0.7)	38	(0.9)	37	(1.1)
$75,000 and higher:																				
2 - 5.....	98*	(1.9)	27	(1.9)	36	(1.4)	22	(2.2)	17	(1.9)	26	(2.3)	31	(2.2)	30	(2.5)	31	(2.5)	29	(2.2)
6 - 11.....	96*	(1.4)	28	(1.4)	38	(2.2)	24	(1.6)	18	(1.6)	26	(2.5)	30	(1.5)	29	(1.7)	32	(1.5)	30	(3.5)
12 - 19.....	95*	(1.5)	35	(1.7)	43	(1.7)	31	(1.5)	25	(1.0)	33	(2.5)	36	(2.2)	36	(2.6)	38	(2.3)	34	(2.4)
20 and over...	93	(0.9)	36	(0.8)	42	(1.0)	33	(0.9)	25	(1.1)	36	(1.1)	37	(0.9)	37	(1.1)	37	(0.8)	37	(1.2)
2 and over...	94	(0.6)	35	(0.6)	42	(0.8)	31	(0.7)	24	(0.9)	34	(0.8)	36	(0.7)	36	(0.8)	36	(0.7)	36	(1.1)
All Individuals[4]:																				
2 - 5.....	98*	(0.8)	27	(1.2)	34	(1.1)	24	(1.4)	17	(1.3)	27	(1.6)	29	(1.3)	29	(1.6)	29	(1.3)	29	(1.5)
6 - 11.....	94	(1.1)	30	(1.4)	38	(1.6)	27	(1.3)	21	(1.1)	29	(2.0)	32	(1.8)	31	(1.9)	33	(1.7)	31	(2.3)
12 - 19.....	91	(1.0)	36	(1.2)	45	(1.1)	32	(1.1)	25	(1.0)	35	(1.4)	38	(1.5)	38	(1.6)	39	(1.5)	36	(1.6)
20 and over...	91	(0.7)	36	(0.5)	43	(0.6)	32	(0.6)	25	(0.7)	36	(0.6)	38	(0.6)	38	(0.7)	37	(0.6)	38	(0.8)
2 and over...	92	(0.5)	35	(0.5)	42	(0.6)	31	(0.6)	24	(0.6)	35	(0.6)	37	(0.6)	37	(0.7)	37	(0.6)	37	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	35	(3.5)	24	(3.6)	47	(12.1)	60	(9.1)	29	(2.7)	24	(1.9)	34	(2.0)	28	(1.5)	28	(2.3)
6 - 11.....	34	(3.9)	24	(3.3)	44	(8.3)	47	(11.3)	28	(2.5)	25	(2.4)	32	(2.6)	30	(3.0)	28	(2.9)
12 - 19.....	46	(2.3)	32	(2.8)	42	(5.7)	63	(8.4)	35	(2.7)	32	(2.3)	42	(2.3)	34	(3.3)	36	(2.2)
20 and over...	37	(1.8)	30	(1.3)	41	(2.6)	54	(4.2)	36	(1.8)	29	(0.9)	36	(1.2)	31	(1.9)	33	(1.3)
2 and over...	37	(1.5)	29	(1.1)	42	(2.0)	55	(2.9)	35	(1.5)	28	(0.7)	37	(0.9)	31	(1.3)	33	(1.1)
$25,000 - $74,999:																		
2 - 5.....	31	(3.1)	27	(2.1)	47	(7.9)	46	(9.7)	29	(1.8)	24	(1.7)	33	(1.1)	27	(1.5)	30	(2.6)
6 - 11.....	43	(2.2)	30	(2.1)	56	(4.1)	48	(5.1)	33	(1.6)	28	(1.7)	37	(1.7)	31	(1.7)	30	(2.1)
12 - 19.....	45	(1.9)	29	(2.4)	52	(6.1)	67	(5.4)	37	(2.0)	30	(2.1)	41	(1.9)	34	(2.1)	35	(1.9)
20 and over...	39	(1.4)	33	(1.1)	44	(2.5)	59	(3.1)	36	(0.9)	28	(0.7)	38	(0.7)	33	(1.3)	33	(1.4)
2 and over...	40	(1.2)	32	(1.0)	45	(2.4)	58	(2.8)	35	(0.8)	28	(0.6)	38	(0.6)	33	(1.1)	33	(1.3)
$75,000 and higher:																		
2 - 5.....	33	(2.6)	19	(3.1)	34	(6.8)	49	(8.6)	25	(2.1)	23	(1.7)	32	(1.6)	25	(1.9)	24	(2.5)
6 - 11.....	38	(2.8)	26	(2.4)	48	(8.3)	48	(7.1)	27	(1.4)	26	(1.7)	34	(2.7)	31	(2.8)	25	(2.0)
12 - 19.....	41	(3.8)	29	(2.1)	45	(3.3)	62	(5.1)	33	(1.7)	30	(1.8)	40	(1.4)	36	(2.6)	33	(1.8)
20 and over...	37	(1.1)	33	(1.6)	46	(2.9)	57	(3.8)	36	(0.7)	28	(1.2)	39	(1.4)	36	(1.8)	35	(1.0)
2 and over...	37	(0.8)	32	(1.2)	45	(2.8)	57	(3.1)	34	(0.5)	28	(1.0)	38	(1.3)	36	(1.6)	33	(0.7)
All Individuals[4]:																		
2 - 5.....	32	(1.4)	23	(1.8)	43	(3.9)	50	(5.2)	28	(1.5)	23	(1.2)	33	(1.2)	26	(1.0)	28	(1.7)
6 - 11.....	39	(1.8)	27	(1.7)	49	(4.1)	47	(4.6)	29	(1.2)	26	(1.4)	35	(1.5)	30	(1.6)	27	(1.8)
12 - 19.....	44	(1.9)	30	(1.4)	48	(3.1)	63	(4.4)	35	(1.2)	30	(1.3)	41	(1.1)	36	(1.5)	34	(1.4)
20 and over...	38	(0.8)	33	(0.8)	45	(1.8)	57	(1.9)	36	(0.7)	28	(0.5)	38	(0.5)	34	(0.8)	34	(0.8)
2 and over...	38	(0.7)	31	(0.7)	45	(1.7)	57	(1.7)	35	(0.6)	28	(0.5)	38	(0.5)	34	(0.7)	33	(0.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	31	(2.4)	25	(1.5)	22	(2.9)	17	(3.0)	29	(1.7)	43	(5.1)	23	(2.7)	28	(1.5)	25	(1.4)
6 - 11.....	32	(3.0)	27	(4.0)	21	(2.6)	18	(2.5)	29	(3.1)	47	(8.2)	24	(2.7)	29	(2.6)	28	(2.7)
12 - 19.....	41	(2.1)	38	(2.9)	27	(3.5)	31	(3.9)	32	(1.6)	45	(3.0)	32	(1.9)	38	(2.1)	35	(2.5)
20 and over...	36	(1.5)	31	(2.0)	31	(1.7)	25	(1.7)	33	(1.4)	41	(2.7)	30	(1.7)	37	(1.5)	31	(1.0)
2 and over...	36	(1.3)	31	(1.3)	29	(1.2)	25	(1.3)	32	(1.2)	42	(2.4)	29	(1.4)	36	(1.2)	31	(0.9)
$25,000 - $74,999:																		
2 - 5.....	28	(1.7)	22	(1.2)	19	(1.7)	17	(2.0)	27	(1.9)	38	(3.9)	21	(2.3)	26	(1.6)	24	(1.4)
6 - 11.....	38	(2.1)	29	(1.8)	27	(2.5)	19	(0.9)	31	(2.4)	46	(4.3)	27	(1.6)	34	(2.0)	31	(2.0)
12 - 19.....	41	(1.6)	33	(2.4)	29	(2.8)	21	(2.6)	35	(1.7)	49	(2.9)	31	(1.9)	38	(1.5)	33	(1.2)
20 and over...	38	(1.0)	36	(1.1)	33	(0.9)	30	(2.0)	33	(1.7)	44	(2.0)	30	(1.0)	37	(0.9)	32	(0.8)
2 and over...	38	(0.8)	34	(0.8)	31	(0.8)	27	(1.5)	33	(1.3)	44	(1.6)	30	(0.8)	37	(0.8)	32	(0.7)
$75,000 and higher:																		
2 - 5.....	28	(1.4)	25	(2.0)	22	(5.5)	16	(1.6)	26	(2.7)	38	(6.1)	21	(2.4)	26	(1.5)	24	(1.8)
6 - 11.....	34	(2.2)	29	(2.0)	21	(3.5)	20	(1.4)	26	(5.4)	47	(8.5)	23	(1.4)	30	(1.2)	28	(1.8)
12 - 19.....	38	(2.8)	33	(3.0)	29	(4.9)	19	(3.5)	32	(2.1)	47	(3.3)	29	(1.9)	35	(1.6)	32	(1.7)
20 and over...	37	(0.9)	38	(2.1)	31	(1.3)	33	(2.1)	33	(1.1)	53	(4.0)	30	(1.1)	37	(0.8)	32	(0.8)
2 and over...	37	(0.8)	37	(1.6)	29	(1.0)	29	(1.7)	32	(0.9)	52	(3.5)	29	(0.7)	36	(0.6)	31	(0.7)
All Individuals[4]:																		
2 - 5.....	28	(0.9)	22	(0.8)	20	(2.0)	16	(1.4)	27	(1.3)	38	(3.1)	21	(1.7)	26	(1.0)	24	(1.1)
6 - 11.....	35	(1.6)	28	(1.9)	22	(1.8)	20	(1.4)	28	(3.1)	45	(5.0)	24	(1.3)	31	(1.3)	29	(1.4)
12 - 19.....	40	(1.3)	35	(1.9)	29	(2.5)	24	(1.6)	33	(1.2)	48	(1.8)	30	(1.3)	37	(1.2)	33	(1.1)
20 and over...	37	(0.5)	36	(0.8)	32	(0.9)	30	(1.0)	33	(0.7)	48	(1.6)	30	(0.8)	37	(0.6)	32	(0.4)
2 and over...	37	(0.5)	35	(0.5)	30	(0.7)	28	(0.7)	33	(0.6)	48	(1.4)	29	(0.7)	36	(0.6)	31	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 23. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5.....	27	(2.0)	31	(1.6)	29	(2.2)	39	(2.7)	26	(1.5)	37	(2.3)	21*	(7.2)	--	--
6 - 11.....	28	(2.9)	32	(3.0)	30	(2.9)	36	(3.6)	29	(2.5)	35	(2.4)	24*	(7.6)	--	--
12 - 19.....	37	(1.7)	41	(1.5)	36	(2.3)	49	(2.5)	37	(2.0)	45	(1.9)	19	(1.9)	--	--
20 and over...	33	(1.2)	39	(2.1)	32	(1.3)	42	(1.6)	35	(1.2)	41	(1.7)	11	(1.4)	30	(5.2)
2 and over...	33	(0.9)	38	(1.6)	33	(1.1)	42	(1.3)	34	(0.9)	41	(1.3)	11	(1.3)	--	--
$25,000 - $74,999:																
2 - 5.....	26	(1.6)	26	(2.0)	27	(1.5)	36	(2.7)	25	(1.4)	33	(2.2)	31	(5.7)	--	--
6 - 11.....	30	(1.9)	37	(2.4)	34	(2.2)	44	(1.9)	33	(1.7)	42	(2.4)	33	(4.7)	--	--
12 - 19.....	36	(1.6)	40	(1.6)	35	(1.1)	49	(1.7)	36	(1.6)	46	(1.6)	29	(4.1)	--	--
20 and over...	33	(1.1)	41	(1.0)	34	(1.1)	43	(1.4)	36	(0.7)	44	(1.0)	8	(1.0)	37	(5.9)
2 and over...	33	(1.0)	40	(0.9)	34	(1.0)	43	(1.1)	36	(0.7)	44	(0.9)	9	(1.0)	--	--
$75,000 and higher:																
2 - 5.....	23	(2.2)	30	(2.2)	25	(2.1)	38	(1.6)	25	(1.6)	35	(1.9)	15*	(4.7)	--	--
6 - 11.....	24	(1.6)	30	(1.5)	30	(2.6)	42	(2.1)	31	(1.7)	35	(1.5)	29	(4.3)	--	--
12 - 19.....	31	(1.6)	39	(2.6)	33	(2.3)	43	(2.4)	35	(1.8)	42	(1.7)	21	(3.4)	--	--
20 and over...	36	(0.8)	40	(1.0)	33	(0.8)	43	(1.0)	37	(0.7)	44	(1.0)	7	(0.9)	41	(5.1)
2 and over...	34	(0.5)	39	(0.9)	32	(0.7)	43	(0.8)	36	(0.6)	43	(0.8)	7	(1.0)	--	--
All Individuals[4]:																
2 - 5.....	25	(1.3)	28	(1.3)	26	(1.3)	38	(1.5)	25	(0.9)	34	(1.3)	23	(2.8)	--	--
6 - 11.....	26	(1.5)	32	(1.7)	31	(1.8)	41	(1.8)	31	(1.1)	37	(1.6)	28	(3.6)	--	--
12 - 19.....	34	(1.0)	40	(1.2)	34	(1.3)	47	(1.1)	36	(0.9)	44	(1.2)	23	(1.8)	--	--
20 and over...	34	(0.7)	40	(0.7)	33	(0.6)	43	(0.8)	36	(0.5)	44	(0.8)	8	(0.9)	38	(2.5)
2 and over...	33	(0.6)	39	(0.7)	33	(0.6)	43	(0.7)	36	(0.5)	43	(0.7)	9	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018.

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

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2017-2018.

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	98*	(0.7)	28	(1.8)	34	(1.5)	25	(1.9)	19	(2.5)	28	(2.5)	30	(2.3)	30	(2.9)	30	(2.0)	30	(2.6)
6 - 11.....	93*	(2.1)	32	(2.4)	39	(2.5)	28	(2.0)	23	(1.6)	32	(2.7)	35	(3.2)	35	(3.7)	36	(3.3)	31	(2.6)
12 - 19.....	88	(1.8)	37	(1.3)	45	(2.3)	33	(1.1)	25	(1.5)	37	(2.1)	39	(1.7)	38	(1.9)	39	(1.8)	37	(1.8)
20 and over...	85	(2.4)	33	(1.1)	40	(1.4)	30	(1.0)	23	(1.1)	33	(1.5)	35	(1.6)	35	(1.8)	34	(1.7)	34	(1.7)
2 and over...	87	(1.5)	33	(0.9)	40	(1.2)	30	(0.7)	23	(0.8)	33	(1.2)	35	(1.5)	35	(1.7)	35	(1.5)	34	(1.4)
131-350% poverty:																				
2 - 5.....	97*	(1.7)	26	(1.3)	34	(1.6)	23	(1.8)	16	(1.7)	25	(2.1)	28	(1.2)	28	(1.4)	28	(1.5)	28	(1.8)
6 - 11.....	94*	(1.7)	31	(1.3)	40	(2.2)	27	(1.4)	21	(1.3)	32	(2.2)	32	(1.8)	30	(2.2)	33	(2.0)	34	(2.9)
12 - 19.....	93	(1.5)	39	(2.0)	45	(2.3)	35	(1.8)	28	(1.5)	38	(2.1)	40	(2.5)	40	(2.4)	42	(2.6)	38	(2.7)
20 and over...	93	(0.7)	37	(0.6)	44	(0.7)	33	(0.8)	26	(1.2)	37	(1.1)	39	(0.9)	39	(1.0)	39	(0.9)	40	(1.2)
2 and over...	93	(0.7)	36	(0.6)	44	(0.8)	32	(0.8)	25	(1.0)	37	(1.0)	39	(0.8)	38	(0.8)	39	(0.8)	39	(1.1)
Over 350% poverty:																				
2 - 5.....	100*	(0.0)	28	(2.3)	35	(2.0)	24	(2.6)	19*	(2.0)	27	(3.3)	31	(2.6)	30	(2.8)	32	(2.8)	30	(3.0)
6 - 11.....	98*	(1.6)	29	(2.4)	38	(3.1)	25	(2.2)	18	(2.5)	25	(3.2)	30	(2.8)	28	(2.6)	32	(3.0)	29	(3.9)
12 - 19.....	95*	(1.6)	33	(1.5)	43	(1.4)	28	(1.8)	21	(2.0)	31	(2.6)	35	(1.8)	35	(2.1)	36	(2.2)	33	(2.4)
20 and over...	94	(1.0)	36	(0.9)	43	(1.2)	33	(1.0)	25	(1.1)	35	(1.2)	37	(1.0)	37	(1.2)	37	(1.0)	37	(1.2)
2 and over...	94	(0.7)	35	(0.8)	42	(1.0)	31	(0.9)	24	(1.0)	34	(1.0)	37	(0.9)	37	(1.0)	36	(0.8)	36	(1.1)
All Individuals[5]:																				
2 - 5.....	98*	(0.8)	27	(1.2)	34	(1.1)	24	(1.4)	17	(1.3)	27	(1.6)	29	(1.3)	29	(1.6)	29	(1.3)	29	(1.5)
6 - 11.....	94	(1.1)	30	(1.4)	38	(1.6)	27	(1.3)	21	(1.1)	29	(2.0)	32	(1.8)	31	(1.9)	33	(1.7)	31	(2.3)
12 - 19.....	91	(1.0)	36	(1.2)	45	(1.1)	32	(1.1)	25	(1.0)	35	(1.4)	38	(1.5)	38	(1.6)	39	(1.5)	36	(1.6)
20 and over...	91	(0.7)	36	(0.5)	43	(0.6)	32	(0.6)	25	(0.7)	36	(0.6)	38	(0.6)	38	(0.7)	37	(0.6)	38	(0.8)
2 and over...	92	(0.5)	35	(0.5)	42	(0.6)	31	(0.6)	24	(0.6)	35	(0.6)	37	(0.6)	37	(0.7)	37	(0.6)	37	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																		
2 - 5.....	35	(2.5)	24	(2.4)	39	(10.2)	43	(8.9)	30	(2.2)	25	(2.0)	33	(1.6)	26	(1.8)	30	(1.9)
6 - 11.....	40	(3.1)	29	(3.0)	54	(7.6)	47	(8.0)	30	(2.1)	28	(2.4)	35	(2.2)	32	(2.2)	29	(2.8)
12 - 19.....	43	(2.1)	31	(2.6)	48	(6.8)	68	(6.1)	35	(2.4)	31	(2.4)	41	(2.6)	33	(3.2)	35	(2.2)
20 and over...	35	(1.6)	29	(1.4)	39	(2.3)	51	(4.8)	35	(1.4)	27	(0.9)	34	(1.1)	29	(1.9)	31	(1.1)
2 and over...	37	(1.4)	29	(1.2)	42	(2.3)	53	(3.0)	34	(1.2)	28	(0.8)	35	(0.8)	29	(1.3)	32	(1.1)
131-350% poverty:																		
2 - 5.....	31	(2.3)	24	(2.5)	48	(7.0)	56	(6.9)	28	(1.7)	23	(1.3)	33	(1.8)	26	(1.7)	26	(2.4)
6 - 11.....	39	(2.6)	25	(2.2)	47	(5.4)	47	(6.3)	31	(1.6)	26	(1.4)	35	(1.8)	30	(2.0)	28	(1.7)
12 - 19.....	44	(3.3)	30	(2.6)	52	(5.7)	71	(4.6)	37	(2.1)	33	(2.2)	42	(2.4)	36	(2.6)	36	(2.1)
20 and over...	39	(1.1)	33	(1.3)	48	(3.9)	58	(2.9)	36	(0.8)	29	(0.8)	39	(0.6)	36	(0.8)	33	(1.2)
2 and over...	39	(0.9)	32	(0.9)	48	(3.2)	59	(2.3)	35	(0.8)	29	(0.8)	39	(0.7)	35	(1.0)	33	(1.1)
Over 350% poverty:																		
2 - 5.....	31	(3.1)	21	(4.1)	36	(8.0)	47	(10.3)	25	(2.6)	23	(2.3)	32	(2.0)	26	(2.3)	23	(3.4)
6 - 11.....	38	(3.7)	26	(4.0)	49	(10.6)	51	(10.4)	27	(2.3)	26	(2.9)	35	(3.4)	30	(3.5)	25	(2.6)
12 - 19.....	42	(2.6)	27	(2.0)	39	(3.2)	56	(8.5)	31	(1.9)	28	(2.0)	39	(2.0)	36	(2.8)	30	(2.0)
20 and over...	38	(1.3)	33	(1.5)	44	(2.6)	58	(5.0)	36	(0.8)	28	(1.2)	39	(1.5)	35	(2.2)	36	(1.3)
2 and over...	38	(1.2)	32	(1.3)	43	(2.5)	58	(4.6)	35	(0.7)	28	(1.1)	38	(1.4)	35	(2.0)	34	(1.2)
All Individuals[5]:																		
2 - 5.....	32	(1.4)	23	(1.8)	43	(3.9)	50	(5.2)	28	(1.5)	23	(1.2)	33	(1.2)	26	(1.0)	28	(1.7)
6 - 11.....	39	(1.8)	27	(1.7)	49	(4.1)	47	(4.6)	29	(1.2)	26	(1.4)	35	(1.5)	30	(1.6)	27	(1.8)
12 - 19.....	44	(1.9)	30	(1.4)	48	(3.1)	63	(4.4)	35	(1.2)	30	(1.3)	41	(1.1)	36	(1.5)	34	(1.4)
20 and over...	38	(0.8)	33	(0.8)	45	(1.8)	57	(1.9)	36	(0.7)	28	(0.5)	38	(0.5)	34	(0.8)	34	(0.8)
2 and over...	38	(0.7)	31	(0.7)	45	(1.7)	57	(1.7)	35	(0.6)	28	(0.5)	38	(0.5)	34	(0.7)	33	(0.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	30	(1.8)	25	(1.6)	19	(2.0)	18	(2.7)	28	(1.3)	41	(4.5)	23	(2.8)	28	(1.9)	25	(1.4)
6 - 11.....	35	(2.2)	29	(3.2)	25	(1.8)	19	(2.0)	33	(2.6)	49	(7.5)	27	(2.3)	33	(2.2)	30	(2.2)
12 - 19.....	39	(2.1)	35	(3.0)	27	(3.7)	29	(3.6)	32	(2.1)	47	(2.8)	31	(1.6)	38	(1.8)	34	(2.1)
20 and over...	34	(1.2)	29	(1.8)	29	(1.3)	24	(1.7)	29	(2.0)	42	(1.8)	28	(1.6)	34	(1.4)	29	(1.1)
2 and over...	35	(1.1)	30	(1.1)	27	(0.8)	24	(1.5)	30	(1.6)	43	(1.3)	28	(1.3)	34	(1.2)	30	(1.0)
131-350% poverty:																		
2 - 5.....	28	(1.6)	21	(1.4)	17	(3.6)	14	(2.2)	26	(1.7)	35	(3.4)	19	(1.9)	26	(1.3)	23	(1.5)
6 - 11.....	36	(2.1)	27	(2.9)	24	(2.7)	20	(2.9)	29	(3.2)	41	(3.6)	25	(2.0)	32	(1.5)	30	(1.5)
12 - 19.....	41	(2.6)	36	(3.1)	28	(4.3)	23	(3.4)	36	(2.4)	50	(4.6)	33	(2.2)	38	(2.2)	34	(2.1)
20 and over...	39	(0.7)	36	(1.0)	34	(1.6)	30	(2.1)	34	(0.7)	45	(2.7)	31	(0.7)	38	(0.6)	33	(0.6)
2 and over...	38	(0.7)	35	(0.9)	32	(1.6)	28	(1.5)	34	(0.8)	45	(2.3)	30	(0.7)	37	(0.6)	33	(0.7)
Over 350% poverty:																		
2 - 5.....	28	(1.8)	25	(3.3)	30	(5.1)	19*	(2.4)	28	(3.5)	40	(7.5)	24	(2.9)	27	(1.8)	25	(2.3)
6 - 11.....	34	(3.4)	28	(3.0)	20	(3.9)	18	(3.1)	25	(5.7)	50	(10.3)	22	(2.6)	29	(2.3)	28	(2.8)
12 - 19.....	39	(2.1)	30	(3.5)	30	(4.9)	16	(2.9)	30	(1.8)	44	(3.3)	27	(1.8)	34	(1.4)	31	(1.9)
20 and over...	37	(1.0)	39	(2.1)	31	(1.4)	33	(2.1)	33	(1.1)	52	(3.7)	31	(1.3)	37	(1.0)	32	(0.8)
2 and over...	37	(0.9)	37	(1.9)	30	(1.1)	30	(2.0)	32	(1.0)	51	(3.3)	30	(1.1)	36	(0.9)	31	(0.7)
All Individuals[5]:																		
2 - 5.....	28	(0.9)	22	(0.8)	20	(2.0)	16	(1.4)	27	(1.3)	38	(3.1)	21	(1.7)	26	(1.0)	24	(1.1)
6 - 11.....	35	(1.6)	28	(1.9)	22	(1.8)	20	(1.4)	28	(3.1)	45	(5.0)	24	(1.3)	31	(1.3)	29	(1.4)
12 - 19.....	40	(1.3)	35	(1.9)	29	(2.5)	24	(1.6)	33	(1.2)	48	(1.8)	30	(1.3)	37	(1.2)	33	(1.1)
20 and over...	37	(0.5)	36	(0.8)	32	(0.9)	30	(1.0)	33	(0.7)	48	(1.6)	30	(0.8)	37	(0.6)	32	(0.4)
2 and over...	37	(0.5)	35	(0.5)	30	(0.7)	28	(0.7)	33	(0.6)	48	(1.4)	29	(0.7)	36	(0.6)	31	(0.4)

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	27	(1.7)	30	(1.7)	27	(1.7)	37	(2.0)	25	(1.2)	35	(2.1)	25	(7.1)	--	--
6 - 11.....	30	(2.5)	35	(2.6)	33	(2.6)	40	(3.1)	32	(2.1)	38	(2.4)	27	(6.3)	--	--
12 - 19.....	36	(1.2)	40	(1.4)	36	(1.8)	49	(2.1)	36	(1.9)	44	(1.6)	20	(2.6)	--	--
20 and over...	31	(1.0)	36	(1.6)	29	(1.7)	39	(1.5)	33	(1.1)	39	(1.2)	10	(1.4)	30	(4.6)
2 and over...	32	(0.8)	36	(1.3)	30	(1.4)	41	(1.2)	33	(0.9)	39	(1.0)	11	(1.3)	--	--
131-350% poverty:																
2 - 5.....	24	(1.8)	27	(1.5)	25	(1.7)	38	(1.9)	25	(1.8)	34	(1.8)	28	(4.2)	--	--
6 - 11.....	26	(1.5)	34	(1.6)	31	(1.7)	44	(1.9)	32	(1.2)	39	(2.0)	33	(5.5)	--	--
12 - 19.....	37	(1.8)	41	(1.7)	35	(2.1)	47	(2.4)	37	(2.1)	46	(2.1)	31	(3.3)	--	--
20 and over...	34	(1.1)	41	(0.9)	36	(0.9)	44	(0.9)	38	(1.0)	45	(1.0)	9	(1.4)	34	(5.5)
2 and over...	33	(1.0)	40	(0.9)	35	(0.8)	44	(0.9)	37	(1.0)	44	(0.9)	11	(1.6)	--	--
Over 350% poverty:																
2 - 5.....	24	(3.0)	30	(3.1)	27	(2.6)	36	(1.9)	27	(2.1)	35	(1.8)	12*	(3.8)	--	--
6 - 11.....	24	(2.5)	29	(2.8)	30	(3.3)	40	(2.2)	31	(2.6)	36	(2.3)	27	(5.7)	--	--
12 - 19.....	29	(2.0)	38	(3.4)	31	(2.5)	43	(1.8)	34	(1.4)	42	(1.7)	14*	(4.1)	--	--
20 and over...	36	(0.9)	41	(1.1)	33	(0.9)	44	(1.3)	37	(0.8)	44	(1.2)	6	(0.7)	42	(4.9)
2 and over...	34	(0.7)	40	(1.0)	32	(0.8)	43	(1.2)	36	(0.7)	43	(1.1)	6	(0.7)	--	--
All Individuals[5]:																
2 - 5.....	25	(1.3)	28	(1.3)	26	(1.3)	38	(1.5)	25	(0.9)	34	(1.3)	23	(2.8)	--	--
6 - 11.....	26	(1.5)	32	(1.7)	31	(1.8)	41	(1.8)	31	(1.1)	37	(1.6)	28	(3.6)	--	--
12 - 19.....	34	(1.0)	40	(1.2)	34	(1.3)	47	(1.1)	36	(0.9)	44	(1.2)	23	(1.8)	--	--
20 and over...	34	(0.7)	40	(0.7)	33	(0.6)	43	(0.8)	36	(0.5)	44	(0.8)	8	(0.9)	38	(2.5)
2 and over...	33	(0.6)	39	(0.7)	33	(0.6)	43	(0.7)	36	(0.5)	43	(0.7)	9	(1.0)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2017-2018.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

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Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5.....	95*	(1.3)	29	(1.3)	20	(1.1)	34	(1.7)	42	(2.3)	27	(1.2)	27	(1.6)	27	(1.5)	27	(1.6)	29	(2.2)
6 - 11.....	96*	(0.9)	26	(2.0)	16	(1.4)	31	(2.4)	38	(2.0)	28	(3.5)	25	(1.8)	25	(1.4)	24	(1.8)	27	(3.0)
12 - 19.....	88	(2.0)	22	(1.1)	12	(1.1)	26	(1.2)	34	(1.6)	20	(1.1)	20	(1.2)	20	(1.4)	19	(1.5)	21	(1.5)
20 - 29.....	91	(2.3)	23	(1.2)	14	(1.4)	25	(1.6)	34	(1.9)	21	(3.1)	19	(2.1)	19	(1.8)	18	(1.6)	21	(3.8)
30 - 39.....	93	(1.8)	21	(1.2)	11	(0.9)	25	(1.6)	35	(2.5)	19	(2.1)	17	(1.7)	17	(1.5)	18	(1.9)	17	(2.2)
40 - 49.....	93	(1.5)	25	(1.7)	15	(2.6)	30	(2.6)	42	(3.7)	25	(2.5)	21	(2.0)	22	(2.6)	22	(3.0)	18	(2.1)
50 - 59.....	96*	(1.0)	23	(1.5)	13	(1.0)	26	(1.8)	36	(2.4)	21	(2.2)	21	(1.9)	22	(1.6)	22	(2.4)	19	(2.4)
60 - 69.....	96*	(0.9)	22	(1.2)	12	(1.4)	25	(1.5)	33	(2.3)	20	(1.7)	21	(2.1)	21	(1.8)	20	(2.0)	23	(3.3)
70 and over.....	94	(1.4)	19	(1.0)	10	(1.1)	21	(1.2)	29	(1.6)	16	(1.5)	18	(1.4)	18	(1.4)	18	(1.5)	18	(2.5)
2 - 19.....	92	(1.2)	24	(1.0)	14	(0.8)	29	(1.2)	37	(1.1)	24	(1.5)	22	(0.9)	22	(1.0)	22	(1.0)	24	(1.0)
20 and over...	94	(1.1)	22	(0.7)	13	(0.6)	26	(1.0)	35	(1.3)	20	(1.2)	20	(1.0)	20	(0.9)	20	(1.1)	19	(1.5)
2 and over...	93	(0.9)	23	(0.6)	13	(0.5)	26	(0.9)	36	(1.1)	21	(1.1)	20	(0.8)	20	(0.7)	20	(0.9)	20	(1.2)
Females:																				
2 - 5.....	95*	(1.7)	28	(1.3)	19	(1.2)	33	(1.6)	40	(1.9)	28	(1.9)	26	(1.6)	26	(1.6)	26	(1.5)	26	(2.3)
6 - 11.....	95*	(1.4)	24	(1.4)	15	(1.2)	27	(1.5)	33	(2.0)	23	(1.7)	24	(1.6)	25	(1.7)	25	(2.1)	24	(1.8)
12 - 19.....	89	(2.7)	22	(1.5)	13	(1.3)	25	(1.3)	33	(2.0)	22	(1.8)	21	(1.9)	22	(1.9)	20	(1.6)	22	(3.0)
20 - 29.....	92	(1.7)	22	(0.6)	12	(1.0)	26	(0.8)	38	(1.5)	19	(1.0)	19	(0.7)	20	(1.0)	18	(0.8)	20	(0.9)
30 - 39.....	96*	(1.3)	22	(1.3)	13	(0.9)	26	(1.4)	37	(2.2)	20	(1.2)	19	(1.2)	20	(1.5)	19	(1.3)	20	(1.3)
40 - 49.....	97*	(0.9)	24	(1.3)	12	(1.1)	29	(1.3)	39	(2.4)	20	(1.8)	20	(1.8)	22	(2.4)	20	(1.7)	17	(2.2)
50 - 59.....	95	(1.7)	23	(1.5)	13	(0.8)	28	(2.1)	38	(2.8)	20	(1.4)	20	(1.5)	23	(1.8)	20	(1.5)	18	(1.9)
60 - 69.....	98*	(0.6)	26	(1.2)	16	(1.7)	29	(1.4)	38	(2.5)	23	(2.4)	26	(2.3)	23	(1.8)	28	(3.0)	27	(2.8)
70 and over.....	96*	(1.1)	22	(0.9)	13	(0.8)	24	(1.0)	33	(1.5)	18	(1.3)	22	(1.4)	22	(1.8)	23	(1.6)	20	(1.4)
2 - 19.....	92	(1.3)	24	(1.0)	14	(0.9)	27	(0.9)	34	(1.3)	23	(1.2)	23	(1.2)	24	(1.1)	23	(1.2)	23	(1.8)
20 and over...	95	(0.4)	23	(0.5)	13	(0.4)	27	(0.7)	38	(1.0)	20	(0.5)	21	(0.7)	22	(0.7)	21	(0.8)	20	(0.9)
2 and over...	95	(0.5)	23	(0.5)	13	(0.3)	27	(0.6)	37	(0.8)	21	(0.5)	21	(0.5)	22	(0.5)	21	(0.6)	21	(0.7)
Males and females:																				
2 - 19.....	92	(0.9)	24	(0.7)	14	(0.6)	28	(0.9)	36	(0.9)	24	(1.1)	23	(0.7)	23	(0.8)	22	(0.8)	24	(1.0)
20 and over...	95	(0.5)	23	(0.4)	13	(0.3)	26	(0.7)	36	(0.8)	20	(0.6)	20	(0.6)	21	(0.5)	20	(0.6)	20	(0.9)
2 and over...	94	(0.5)	23	(0.4)	13	(0.3)	27	(0.6)	36	(0.8)	21	(0.6)	21	(0.5)	21	(0.4)	21	(0.6)	21	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females 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)
Males:																		
2 - 5	15	(1.9)	22	(2.5)	18	(4.2)	22*	(8.9)	22	(1.5)	25	(1.4)	17	(0.9)	22	(1.7)	18	(1.7)
6 - 11	12	(0.7)	21	(2.6)	17	(3.7)	11*	(3.3)	19	(1.9)	21	(1.9)	16	(1.7)	18	(2.2)	20	(2.5)
12 - 19	8	(0.9)	17	(1.5)	11	(3.0)	7*	(3.6)	15	(1.0)	20	(1.6)	13	(1.2)	17	(1.5)	15	(1.0)
20 - 29	10	(1.6)	18	(2.5)	14	(3.6)	16*	(7.3)	15	(1.4)	22	(1.9)	22	(2.7)	29	(5.1)	17	(2.0)
30 - 39	6*	(0.8)	13	(1.4)	8	(2.2)	11*	(4.8)	16	(2.2)	26	(3.9)	19	(2.4)	24	(3.7)	15	(1.7)
40 - 49	10	(1.9)	25	(4.4)	21*	(8.2)	11*	(4.0)	21	(2.2)	32	(7.2)	24	(6.3)	29	(8.1)	21	(3.1)
50 - 59	10	(0.9)	18	(1.6)	12	(3.2)	13	(3.2)	15	(1.2)	24	(1.7)	17	(1.2)	19	(1.3)	18	(1.9)
60 - 69	9	(1.3)	14	(1.7)	11	(1.3)	5*	(1.4)	14	(1.2)	21	(1.4)	20	(4.2)	29	(8.6)	14	(1.1)
70 and over	7	(0.8)	15	(2.4)	11*	(5.6)	7*	(3.2)	12	(0.9)	17	(1.7)	11	(0.8)	13	(1.4)	13	(0.8)
2 - 19	11	(0.7)	19	(1.7)	14	(2.6)	11	(3.2)	17	(1.1)	21	(1.2)	15	(0.9)	18	(1.0)	17	(1.1)
20 and over	9	(0.5)	17	(1.1)	13	(2.7)	11	(2.0)	16	(0.8)	24	(1.9)	19	(1.3)	25	(2.1)	17	(1.0)
2 and over	9	(0.4)	18	(0.9)	13	(2.3)	11	(1.7)	16	(0.6)	24	(1.6)	18	(1.1)	23	(1.7)	17	(0.8)
Females:																		
2 - 5	13	(2.2)	21	(2.0)	22	(6.5)	10*	(3.4)	20	(1.0)	24	(1.0)	16	(1.4)	20	(0.9)	19	(1.9)
6 - 11	13	(1.6)	15	(1.4)	13	(3.5)	8	(2.1)	15	(1.3)	18	(1.3)	13	(1.2)	14	(1.6)	15	(1.3)
12 - 19	10	(1.0)	18	(1.5)	13	(3.6)	4*	(0.8)	16	(0.9)	19	(1.4)	14	(1.6)	17	(2.2)	16	(1.3)
20 - 29	8	(1.2)	16	(1.6)	10*	(2.9)	10*	(3.1)	14	(0.8)	21	(1.4)	14	(1.0)	16	(1.8)	13	(1.1)
30 - 39	9	(1.3)	18	(2.8)	17	(4.8)	10	(2.5)	16	(1.4)	23	(2.6)	19	(2.5)	24	(4.7)	16	(1.9)
40 - 49	8	(1.2)	21	(2.7)	17	(3.5)	3*	(1.0)	17	(1.8)	24	(1.7)	16	(1.5)	18	(2.3)	18	(2.4)
50 - 59	9	(1.1)	16	(1.7)	12*	(4.0)	6*	(2.0)	15	(1.3)	22	(1.4)	14	(1.6)	17	(2.8)	16	(1.4)
60 - 69	9	(1.6)	15	(1.2)	9	(2.1)	10*	(3.8)	18	(1.3)	25	(2.0)	19	(2.3)	18	(1.2)	21	(1.9)
70 and over	9	(0.9)	12	(1.5)	4*	(0.7)	13*	(5.7)	14	(0.9)	19	(0.8)	14	(1.1)	14	(1.9)	13	(1.1)
2 - 19	12	(0.8)	18	(1.0)	15	(2.5)	7	(0.9)	17	(0.7)	20	(0.9)	14	(1.0)	17	(1.4)	16	(0.9)
20 and over	9	(0.6)	16	(0.6)	11	(1.1)	9	(1.1)	16	(0.3)	22	(0.5)	16	(0.6)	18	(1.1)	16	(0.5)
2 and over	9	(0.6)	17	(0.5)	12	(1.1)	8	(0.9)	16	(0.3)	22	(0.5)	16	(0.5)	18	(0.8)	16	(0.4)
Males and females:																		
2 - 19	11	(0.5)	18	(1.0)	15	(1.6)	9	(2.0)	17	(0.7)	20	(0.9)	14	(0.6)	17	(0.9)	17	(0.7)
20 and over	9	(0.3)	17	(0.6)	12	(1.5)	10	(1.2)	16	(0.4)	23	(1.2)	18	(0.9)	22	(1.5)	16	(0.7)
2 and over	9	(0.3)	17	(0.5)	12	(1.2)	10	(1.0)	16	(0.4)	23	(1.0)	17	(0.7)	21	(1.2)	16	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Males:																		
2 - 5	21	(1.7)	22	(2.0)	44	(8.2)	29	(3.4)	28	(1.9)	23	(2.1)	33	(3.0)	25	(1.4)	30	(1.6)
6 - 11	16	(1.4)	17	(2.2)	33	(2.9)	18	(2.1)	27	(1.8)	18	(3.0)	22	(1.5)	20	(1.7)	25	(2.2)
12 - 19	13	(1.1)	14	(1.9)	29	(4.8)	14	(1.5)	24	(1.7)	13	(1.3)	20	(1.3)	16	(1.3)	23	(1.2)
20 - 29	16	(1.4)	24	(3.9)	28	(4.1)	18	(2.9)	30	(6.4)	12	(2.0)	24	(1.7)	19	(2.1)	27	(1.8)
30 - 39	13	(1.3)	24	(4.2)	24	(3.3)	13	(2.1)	22	(3.4)	11	(1.7)	23	(1.1)	16	(1.2)	25	(1.6)
40 - 49	16	(1.8)	30*	(10.0)	35	(5.4)	23	(4.6)	24	(3.3)	9	(1.6)	28	(3.9)	20	(2.9)	28	(1.9)
50 - 59	16	(1.3)	15	(0.9)	28	(3.4)	18	(1.9)	23	(2.4)	12	(2.7)	23	(0.9)	18	(1.3)	27	(1.6)
60 - 69	13	(1.2)	17	(5.0)	21	(3.0)	10	(1.8)	21	(2.0)	12	(1.9)	23	(1.6)	16	(1.5)	25	(1.9)
70 and over	12	(1.1)	10	(1.5)	18	(1.9)	11	(1.7)	20	(2.2)	9	(2.3)	19	(2.3)	14	(1.7)	22	(1.5)
2 - 19	15	(0.8)	16	(1.3)	34	(3.0)	19	(1.6)	26	(0.8)	16	(1.4)	23	(1.3)	19	(1.0)	25	(0.8)
20 and over	15	(0.4)	21	(2.1)	26	(1.5)	15	(0.9)	23	(2.1)	11	(0.9)	24	(0.9)	17	(0.9)	26	(0.7)
2 and over	15	(0.4)	20	(1.7)	28	(1.4)	16	(0.7)	24	(1.7)	12	(0.8)	24	(0.7)	18	(0.8)	26	(0.6)
Females:																		
2 - 5	20	(1.8)	21	(1.9)	35	(2.9)	26	(2.6)	29	(1.8)	21	(2.6)	28	(1.6)	24	(1.4)	29	(1.1)
6 - 11	16	(1.5)	13	(1.6)	30	(2.3)	18	(2.6)	26	(2.2)	16	(2.2)	22	(1.8)	18	(1.4)	24	(1.4)
12 - 19	14	(1.1)	16	(1.7)	24	(2.3)	18	(2.7)	28	(4.1)	11	(1.4)	22	(1.3)	18	(2.0)	25	(1.7)
20 - 29	13	(1.1)	16	(1.9)	26	(1.7)	18	(2.9)	23	(1.7)	11	(2.5)	24	(1.5)	16	(1.1)	25	(1.2)
30 - 39	14	(1.1)	18	(3.3)	27	(3.2)	15	(2.4)	24	(2.2)	8	(2.0)	24	(1.9)	17	(1.1)	25	(1.2)
40 - 49	14	(1.3)	20	(3.1)	22	(3.9)	20	(3.5)	24	(4.5)	7	(1.2)	26	(1.7)	17	(1.4)	27	(1.3)
50 - 59	13	(0.6)	15	(1.5)	24	(2.8)	14	(1.9)	19	(1.8)	10	(1.6)	26	(1.3)	17	(1.0)	25	(1.4)
60 - 69	15	(1.3)	14	(1.5)	26	(3.6)	17	(2.3)	33	(3.9)	11	(2.1)	25	(1.7)	20	(1.5)	29	(2.2)
70 and over	12	(0.9)	12	(1.6)	21	(3.2)	14	(2.3)	25	(2.0)	7	(0.7)	23	(1.3)	17	(1.0)	24	(1.0)
2 - 19	16	(0.9)	16	(1.2)	29	(1.4)	20	(1.4)	27	(2.5)	14	(1.2)	23	(0.8)	19	(1.1)	25	(1.0)
20 and over	14	(0.5)	16	(0.7)	24	(1.4)	16	(0.9)	25	(1.2)	9	(0.8)	25	(0.4)	17	(0.3)	26	(0.5)
2 and over	14	(0.5)	16	(0.5)	25	(1.2)	17	(0.8)	25	(0.9)	10	(0.8)	24	(0.4)	18	(0.4)	26	(0.4)
Males and females:																		
2 - 19	16	(0.7)	16	(1.0)	32	(1.7)	19	(1.1)	26	(1.1)	15	(0.9)	23	(0.8)	19	(0.8)	25	(0.7)
20 and over	14	(0.2)	19	(1.4)	25	(0.7)	16	(0.7)	24	(1.3)	10	(0.6)	24	(0.5)	17	(0.5)	26	(0.5)
2 and over	14	(0.2)	18	(1.1)	27	(0.9)	17	(0.5)	24	(1.0)	11	(0.6)	24	(0.4)	18	(0.4)	26	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	21	(1.4)	22	(1.3)	31	(1.6)	15	(1.3)	30	(2.1)	20	(1.1)	37	(9.3)	--	--
6 - 11	20	(2.1)	17	(1.8)	28	(2.4)	13	(1.0)	23	(1.9)	17	(1.7)	37	(4.5)	--	--
12 - 19	16	(0.8)	14	(1.0)	25	(1.5)	10	(0.7)	19	(1.4)	13	(1.0)	36	(4.0)	--	--
20 - 29	16	(1.3)	16	(1.6)	27	(3.7)	13	(2.0)	21	(1.5)	16	(1.5)	37	(4.9)	--	--
30 - 39	14	(1.4)	13	(1.2)	25	(1.8)	9	(0.8)	18	(1.2)	12	(1.8)	39	(4.8)	--	--
40 - 49	21	(2.8)	17	(2.1)	29	(1.7)	12	(1.6)	23	(1.5)	14	(1.8)	49	(5.2)	--	--
50 - 59	18	(2.1)	14	(1.1)	29	(2.3)	12	(2.3)	21	(1.2)	13	(1.2)	33	(4.4)	--	--
60 - 69	15	(1.2)	13	(1.2)	27	(2.2)	10	(1.6)	17	(1.2)	13	(1.1)	32	(3.7)	--	--
70 and over	12	(1.0)	13	(1.4)	24	(1.9)	8	(0.9)	17	(1.5)	9	(0.8)	28	(5.7)	--	--
2 - 19	18	(1.0)	16	(0.9)	27	(1.1)	11	(0.5)	22	(1.1)	16	(0.9)	36	(3.1)	--	--
20 and over	16	(0.9)	15	(0.6)	27	(1.1)	11	(1.0)	20	(0.5)	13	(0.6)	36	(1.7)	55	(3.7)
2 and over	17	(0.8)	15	(0.6)	27	(1.0)	11	(0.8)	20	(0.5)	14	(0.5)	36	(1.7)	--	--
Females:																
2 - 5	20	(1.2)	20	(1.1)	31	(1.4)	14	(1.1)	28	(1.4)	19	(1.5)	39	(5.1)	--	--
6 - 11	17	(1.5)	15	(1.3)	25	(1.6)	12	(0.9)	21	(1.6)	17	(1.0)	30	(4.0)	--	--
12 - 19	17	(1.2)	17	(1.6)	27	(2.7)	11	(1.6)	20	(1.6)	13	(1.0)	32	(5.8)	--	--
20 - 29	15	(0.8)	15	(1.0)	26	(1.1)	10	(0.9)	19	(1.1)	13	(0.6)	45	(6.9)	--	--
30 - 39	15	(1.4)	15	(1.2)	28	(1.3)	11	(0.8)	20	(1.3)	15	(1.3)	42	(5.3)	--	--
40 - 49	18	(1.9)	16	(1.9)	29	(1.5)	10	(1.0)	20	(1.2)	12	(1.0)	40	(4.0)	--	--
50 - 59	16	(1.0)	16	(1.1)	27	(1.5)	11	(0.9)	19	(0.9)	13	(1.1)	32	(5.0)	--	--
60 - 69	21	(1.7)	18	(1.5)	33	(2.3)	14	(2.0)	22	(1.6)	15	(1.0)	36	(5.2)	--	--
70 and over	14	(1.2)	15	(1.0)	26	(1.5)	11	(1.1)	17	(0.8)	12	(0.7)	27	(3.4)	--	--
2 - 19	17	(0.8)	17	(0.9)	27	(1.6)	12	(0.9)	22	(1.1)	15	(0.7)	32	(3.9)	--	--
20 and over	16	(0.3)	16	(0.4)	28	(0.6)	11	(0.4)	20	(0.4)	13	(0.3)	37	(2.6)	55	(3.7)
2 and over	17	(0.3)	16	(0.4)	28	(0.6)	11	(0.3)	20	(0.4)	14	(0.3)	37	(2.5)	--	--
Males and females:																
2 - 19	18	(0.5)	16	(0.7)	27	(1.0)	12	(0.5)	22	(0.8)	15	(0.6)	34	(2.4)	--	--
20 and over	16	(0.5)	15	(0.4)	28	(0.7)	11	(0.6)	20	(0.4)	13	(0.4)	37	(1.9)	55	(2.6)
2 and over	17	(0.4)	15	(0.4)	27	(0.7)	11	(0.5)	20	(0.4)	14	(0.3)	37	(1.8)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-2018.

[3] The percentage of respondents in the male/female/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 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018.

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Non-Hispanic White:																				
2 - 5.....	97*	(1.4)	29	(1.6)	20	(1.7)	34	(1.6)	40	(2.1)	29	(1.7)	26	(2.1)	26	(2.2)	26	(2.0)	27	(2.7)
6 - 11.....	97*	(1.3)	27	(2.2)	16	(1.3)	31	(2.7)	37	(2.4)	29	(3.4)	26	(1.8)	25	(1.8)	25	(2.5)	27	(3.1)
12 - 19.....	89	(2.9)	22	(1.4)	13	(1.8)	26	(1.3)	33	(2.0)	21	(2.1)	20	(1.6)	20	(1.7)	19	(1.6)	21	(2.4)
20 and over...	97	(0.5)	24	(0.5)	13	(0.5)	28	(0.9)	38	(1.1)	21	(1.0)	21	(0.8)	21	(0.7)	21	(0.9)	21	(1.3)
2 and over...	96	(0.7)	24	(0.6)	14	(0.5)	28	(0.9)	37	(1.1)	22	(1.0)	21	(0.7)	21	(0.6)	22	(0.8)	21	(1.0)
Non-Hispanic Black:																				
2 - 5.....	94*	(2.2)	27	(1.7)	15*	(1.8)	31	(1.2)	38	(1.8)	23	(2.1)	24	(3.1)	24	(3.2)	23	(3.0)	24	(3.3)
6 - 11.....	90*	(2.9)	23	(1.4)	12	(1.1)	26	(1.5)	32	(2.2)	21	(1.5)	22	(1.7)	24	(1.8)	20	(1.7)	23	(1.8)
12 - 19.....	82	(2.2)	24	(2.6)	13	(1.7)	29	(2.8)	36	(3.1)	24	(2.5)	24	(2.9)	23	(2.8)	23	(3.2)	26	(3.9)
20 and over...	88	(1.0)	21	(0.7)	12	(0.5)	24	(1.0)	32	(1.5)	20	(0.9)	19	(0.6)	19	(0.8)	19	(0.6)	18	(0.9)
2 and over...	88	(0.7)	22	(0.7)	12	(0.5)	25	(0.8)	33	(1.2)	20	(0.7)	20	(0.6)	20	(0.8)	19	(0.6)	19	(0.9)
Non-Hispanic Asian[4]:																				
2 - 5.....	98*	(1.8)	30*	(3.0)	25*	(4.5)	30*	(2.3)	42*	(3.7)	30*	(5.0)	33*	(4.6)	36*	(4.5)	33*	(6.3)	28*	(2.8)
6 - 11.....	88*	(3.9)	22*	(2.7)	16*	(2.8)	25*	(2.8)	36*	(4.3)	26*	(3.2)	23*	(3.0)	22*	(3.0)	23*	(3.2)	24*	(4.6)
12 - 19.....	96*	(1.4)	23	(1.6)	12*	(1.6)	24	(1.8)	36	(3.5)	22	(1.5)	25	(2.0)	30	(3.2)	25	(2.3)	22	(1.7)
20 and over...	92	(1.5)	17	(0.7)	11	(0.5)	19	(1.1)	32	(1.9)	17	(1.2)	18	(0.8)	19	(0.9)	19	(1.0)	17	(0.8)
2 and over...	92	(1.4)	19	(0.7)	11	(0.5)	20	(1.0)	33	(1.7)	18	(1.1)	20	(0.8)	21	(0.8)	20	(1.1)	18	(0.7)
Hispanic:																				
2 - 5.....	91*	(3.9)	29	(3.0)	20	(2.1)	34	(2.9)	43	(3.1)	26	(3.7)	27	(4.1)	27	(3.6)	27	(4.4)	28	(4.6)
6 - 11.....	96*	(1.1)	26	(1.9)	16	(1.8)	28	(1.9)	34	(2.2)	24	(2.0)	26	(2.2)	26	(2.1)	26	(2.4)	28	(2.9)
12 - 19.....	89	(1.9)	19	(1.5)	10	(0.9)	23	(1.7)	32	(2.3)	18	(1.3)	17	(1.4)	17	(1.7)	17	(1.5)	19	(1.5)
20 and over...	91	(1.3)	21	(1.1)	12	(0.9)	24	(0.9)	34	(1.3)	19	(1.1)	18	(1.3)	18	(1.3)	18	(1.3)	18	(1.5)
2 and over...	91	(0.9)	21	(0.7)	13	(0.7)	25	(0.6)	34	(1.0)	20	(0.8)	19	(0.8)	20	(0.8)	19	(0.8)	19	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2017-2018 *(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)
Non-Hispanic White:																		
2 - 5.....	16	(2.7)	23	(2.4)	23	(4.6)	17*	(6.6)	22	(1.3)	24	(1.5)	17	(1.0)	22	(1.5)	20	(2.0)
6 - 11.....	14	(1.4)	19	(2.8)	17	(4.7)	9*	(2.7)	17	(2.1)	20	(2.0)	14	(1.8)	16	(2.6)	18	(2.3)
12 - 19.....	9	(1.1)	18	(1.9)	13*	(4.6)	6*	(4.2)	16	(1.4)	21	(2.8)	14	(1.6)	18	(2.6)	17	(1.7)
20 and over...	9	(0.5)	16	(0.9)	12	(2.2)	9	(1.4)	16	(0.6)	24	(1.6)	19	(1.5)	23	(2.3)	16	(0.8)
2 and over...	9	(0.4)	17	(0.8)	12	(1.8)	9	(1.5)	16	(0.6)	24	(1.5)	18	(1.2)	22	(1.9)	16	(0.7)
Non-Hispanic Black:																		
2 - 5.....	13*	(2.7)	13*	(1.8)	7*	(3.6)	2*	(0.8)	16*	(1.7)	20	(1.8)	14*	(1.8)	16*	(1.5)	16*	(2.7)
6 - 11.....	10*	(1.8)	10*	(1.7)	6*	(1.7)	9*	(2.6)	16	(1.2)	15	(1.5)	13	(0.7)	11	(1.0)	14	(1.1)
12 - 19.....	10	(1.8)	18	(2.7)	20	(4.0)	6*	(1.9)	15	(1.9)	21	(3.8)	15	(1.9)	18	(2.6)	15	(2.3)
20 and over...	8	(0.7)	16	(1.7)	15	(2.6)	15*	(4.5)	14	(0.7)	18	(0.8)	14	(0.5)	16	(1.1)	14	(0.8)
2 and over...	8	(0.6)	15	(1.4)	14	(2.4)	13	(3.7)	14	(0.7)	18	(0.9)	14	(0.4)	16	(0.9)	15	(0.8)
Non-Hispanic Asian[4]:																		
2 - 5.....	20*	(2.2)	26*	(4.9)	14*	(6.7)	18*	(4.2)	23*	(3.4)	32*	(3.2)	15*	(2.8)	22*	(2.3)	14*	(1.5)
6 - 11.....	13*	(3.2)	18*	(2.9)	12*	(2.7)	10*	(3.6)	16*	(2.4)	21*	(2.8)	15*	(3.0)	18*	(2.7)	16*	(4.1)
12 - 19.....	10*	(1.6)	20	(3.2)	7*	(2.0)	14*	(5.5)	15*	(0.9)	19	(1.5)	11*	(0.8)	13*	(1.2)	14*	(1.3)
20 and over...	7	(0.6)	14	(1.2)	9	(2.0)	6	(1.4)	12	(0.7)	19	(1.0)	12	(1.1)	15	(1.2)	11	(0.8)
2 and over...	8	(0.6)	15	(1.0)	9	(1.7)	8	(1.3)	13	(0.6)	20	(0.8)	12	(1.0)	15	(1.0)	12	(0.7)
Hispanic:																		
2 - 5.....	11*	(1.5)	23	(3.0)	20*	(8.1)	24*	(20.8)	21	(2.7)	25	(2.6)	16*	(2.4)	21	(2.0)	17*	(3.5)
6 - 11.....	14	(2.1)	19	(2.1)	17	(3.6)	10*	(2.7)	20	(2.1)	20	(1.9)	18	(2.3)	21	(2.3)	21	(3.4)
12 - 19.....	7*	(0.9)	17	(1.7)	12	(3.3)	6*	(2.6)	14	(1.1)	16	(1.7)	11	(1.1)	14	(1.6)	13	(1.4)
20 and over...	8	(0.9)	18	(1.1)	14	(2.2)	11	(2.9)	16	(0.9)	21	(1.4)	18	(1.1)	23	(1.8)	18	(1.3)
2 and over...	9	(0.7)	18	(0.9)	14	(2.1)	11	(2.3)	17	(0.6)	21	(1.1)	17	(0.8)	21	(1.3)	17	(0.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	22	(2.5)	22	(2.4)	41	(8.7)	28	(3.5)	28	(1.6)	21	(1.9)	32	(3.3)	25	(2.1)	31	(2.3)
6 - 11.....	18	(1.5)	16	(2.7)	31	(3.0)	19	(3.0)	27	(2.1)	17	(2.7)	24	(2.0)	21	(1.7)	27	(2.2)
12 - 19.....	14	(1.8)	16	(3.0)	26	(5.0)	17	(2.8)	26	(3.2)	12	(1.4)	21	(1.8)	18	(2.3)	25	(1.7)
20 and over...	15	(0.3)	20	(2.1)	25	(1.1)	16	(1.1)	24	(1.7)	9	(0.7)	24	(0.7)	18	(0.7)	27	(0.7)
2 and over...	15	(0.4)	19	(1.8)	26	(1.4)	17	(0.9)	25	(1.3)	10	(0.7)	24	(0.6)	18	(0.6)	27	(0.6)
Non-Hispanic Black:																		
2 - 5.....	16*	(1.9)	14*	(2.0)	35	(2.9)	17*	(2.6)	26	(2.9)	16*	(4.0)	24	(2.1)	19	(1.9)	25	(1.8)
6 - 11.....	12	(1.4)	8*	(0.8)	25	(4.3)	8*	(1.5)	22	(2.0)	11	(3.0)	15	(1.3)	15	(1.3)	21	(1.6)
12 - 19.....	14	(1.7)	11	(2.0)	33	(3.9)	10	(2.0)	29	(3.3)	14	(2.1)	20	(2.9)	18	(2.2)	24	(2.2)
20 and over...	13	(0.5)	14	(1.8)	26	(2.0)	13	(2.2)	22	(1.0)	8	(1.2)	23	(1.1)	16	(0.5)	24	(0.5)
2 and over...	13	(0.5)	13	(1.4)	27	(1.6)	13	(1.7)	23	(1.0)	9	(1.1)	22	(1.0)	16	(0.6)	24	(0.6)
Non-Hispanic Asian[4]:																		
2 - 5.....	29*	(3.9)	31*	(4.0)	40*	(6.4)	40*	(4.7)	28*	(3.3)	21*	(3.1)	40*	(3.6)	31*	(4.3)	33*	(4.0)
6 - 11.....	17*	(3.0)	17*	(3.8)	42*	(5.5)	25*	(4.4)	26*	(3.7)	22*	(5.0)	23*	(3.2)	18*	(2.5)	23*	(2.2)
12 - 19.....	12*	(1.0)	12*	(1.8)	25	(5.4)	11*	(2.0)	24	(2.4)	10*	(1.9)	27	(2.3)	18*	(1.7)	22	(1.5)
20 and over...	12	(0.4)	13	(1.3)	22	(2.2)	13	(1.6)	20	(1.0)	7	(0.7)	24	(0.9)	15	(0.7)	21	(0.7)
2 and over...	13	(0.4)	14	(1.1)	24	(2.1)	14	(1.6)	21	(0.9)	8	(0.7)	25	(0.8)	16	(0.6)	22	(0.7)
Hispanic:																		
2 - 5.....	19	(1.9)	25	(2.6)	40	(3.7)	30	(3.5)	30	(5.1)	25	(3.4)	31	(3.6)	25	(2.6)	29	(2.9)
6 - 11.....	18	(1.9)	18	(2.1)	34	(2.8)	21	(2.5)	30	(2.5)	21	(3.4)	23	(1.6)	19	(1.7)	25	(1.8)
12 - 19.....	11	(0.9)	13	(2.1)	30	(3.6)	15	(2.1)	25	(3.3)	13	(1.7)	20	(1.8)	13	(1.1)	21	(1.5)
20 and over...	13	(0.9)	20	(1.7)	27	(2.0)	18	(1.3)	24	(1.4)	13	(1.7)	25	(1.1)	16	(1.1)	24	(0.9)
2 and over...	14	(0.7)	19	(1.2)	29	(1.8)	19	(1.1)	25	(0.9)	14	(1.3)	24	(1.0)	16	(0.8)	24	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 26. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																
2 - 5.....	21	(1.3)	22	(1.6)	33	(2.3)	16	(1.5)	29	(2.5)	20	(1.7)	34	(8.1)	--	--
6 - 11.....	19	(1.6)	18	(1.7)	29	(2.2)	13	(1.2)	23	(2.1)	18	(1.6)	37	(4.0)	--	--
12 - 19.....	17	(1.1)	16	(1.7)	28	(2.6)	12	(1.4)	20	(1.9)	13	(1.3)	36	(4.1)	--	--
20 and over...	16	(0.6)	15	(0.5)	29	(1.1)	11	(1.0)	20	(0.6)	14	(0.5)	37	(2.0)	58	(3.1)
2 and over...	17	(0.5)	16	(0.5)	29	(1.0)	12	(0.8)	20	(0.6)	14	(0.5)	37	(1.9)	--	--
Non-Hispanic Black:																
2 - 5.....	18	(2.3)	15*	(1.9)	26	(2.0)	11*	(1.7)	25	(1.2)	17*	(2.5)	39*	(8.1)	--	--
6 - 11.....	17	(1.5)	12	(0.6)	24	(1.9)	11*	(1.1)	18	(1.3)	15	(1.2)	47	(4.3)	--	--
12 - 19.....	16	(1.8)	14	(1.9)	27	(2.7)	10	(1.3)	23	(2.5)	16	(2.2)	35	(3.5)	--	--
20 and over...	16	(0.7)	15	(0.7)	26	(0.9)	10	(0.5)	19	(0.7)	13	(0.8)	27	(3.9)	49	(6.2)
2 and over...	16	(0.7)	14	(0.7)	26	(0.8)	10	(0.5)	19	(0.6)	14	(0.7)	28	(3.6)	--	--
Non-Hispanic Asian[4]:																
2 - 5.....	15*	(2.1)	23*	(2.7)	31*	(5.1)	16*	(3.6)	35*	(3.2)	19*	(3.2)	42*	(9.9)	--	--
6 - 11.....	16*	(3.1)	16*	(3.1)	21*	(2.3)	13*	(3.2)	24*	(2.5)	15*	(3.0)	39*	(14.9)	--	--
12 - 19.....	17*	(1.4)	15*	(1.6)	23	(1.9)	9*	(1.2)	19	(1.5)	14*	(1.8)	34	(5.9)	--	--
20 and over...	11	(0.7)	13	(0.5)	22	(0.9)	8	(0.4)	17	(0.8)	8	(0.5)	37	(3.8)	51*	(8.9)
2 and over...	12	(0.6)	13	(0.5)	22	(1.0)	9	(0.5)	18	(0.8)	9	(0.5)	37	(3.7)	--	--
Hispanic:																
2 - 5.....	21	(2.9)	20	(2.7)	29	(3.6)	14*	(1.9)	30	(2.7)	18*	(2.4)	32*	(10.2)	--	--
6 - 11.....	22	(2.9)	17	(1.5)	26	(2.1)	14	(2.0)	24	(1.6)	18	(2.1)	23	(5.7)	--	--
12 - 19.....	15	(1.3)	12	(1.0)	23	(1.5)	8	(1.0)	17	(1.2)	11	(0.9)	23	(5.1)	--	--
20 and over...	16	(0.8)	15	(0.9)	25	(1.1)	11	(0.9)	19	(0.8)	13	(0.8)	27	(1.9)	47	(4.7)
2 and over...	17	(0.6)	15	(0.7)	25	(0.8)	11	(0.7)	20	(0.7)	13	(0.5)	27	(1.8)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018.

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

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																				
2 - 5.....	89*	(3.7)	26	(1.7)	17	(1.2)	31	(2.2)	39	(3.0)	26	(2.7)	24	(1.9)	25	(2.3)	24	(1.8)	24	(2.4)
6 - 11.....	95*	(1.7)	25	(1.5)	16	(1.4)	29	(1.8)	35	(2.4)	22	(2.3)	25	(1.8)	26	(1.7)	24	(2.0)	26	(3.0)
12 - 19.....	90	(2.6)	24	(1.4)	16	(2.5)	27	(1.4)	35	(2.3)	22	(1.3)	21	(1.5)	20	(1.6)	21	(1.8)	24	(2.2)
20 and over...	91	(1.2)	24	(1.3)	14	(0.9)	28	(1.6)	39	(2.2)	19	(0.9)	20	(1.1)	21	(1.1)	20	(1.1)	19	(1.2)
2 and over...	91	(0.9)	24	(1.0)	14	(0.7)	28	(1.2)	38	(1.7)	20	(0.7)	21	(0.9)	22	(1.0)	21	(0.9)	21	(0.9)
$25,000 - $74,999:																				
2 - 5.....	96*	(2.2)	29	(1.6)	21	(1.5)	32	(1.9)	39	(1.9)	25	(1.8)	28	(1.9)	28	(1.7)	28	(1.8)	29	(3.0)
6 - 11.....	93	(1.6)	24	(2.2)	14	(1.7)	27	(2.6)	35	(2.7)	22	(2.6)	23	(2.0)	24	(1.8)	23	(3.0)	22	(2.1)
12 - 19.....	89	(1.8)	22	(1.2)	11	(0.7)	27	(1.5)	36	(2.5)	19	(1.4)	20	(1.2)	22	(1.4)	19	(1.5)	20	(1.4)
20 and over...	95	(0.7)	23	(0.8)	12	(0.4)	26	(1.0)	36	(1.3)	21	(1.2)	20	(0.9)	21	(0.8)	20	(1.0)	21	(1.5)
2 and over...	94	(0.6)	23	(0.7)	13	(0.3)	27	(0.9)	36	(1.2)	21	(1.0)	21	(0.7)	21	(0.6)	21	(0.8)	21	(1.1)
$75,000 and higher:																				
2 - 5.....	98*	(1.1)	31	(2.0)	20	(2.2)	36	(2.2)	44	(2.7)	32	(2.2)	28	(3.1)	27	(2.9)	28	(3.3)	30	(4.1)
6 - 11.....	98*	(1.0)	26	(1.9)	15	(1.2)	30	(2.5)	37	(2.2)	30	(3.1)	26	(1.6)	25	(1.5)	25	(2.0)	28	(3.0)
12 - 19.....	87	(3.1)	20	(1.7)	12	(1.4)	24	(1.5)	31	(2.2)	22	(2.6)	20	(2.3)	20	(2.2)	20	(2.2)	21	(3.3)
20 and over...	96	(0.6)	22	(0.9)	13	(0.7)	26	(1.3)	35	(1.7)	21	(1.0)	20	(0.8)	20	(0.9)	21	(1.1)	20	(1.2)
2 and over...	96	(0.8)	23	(0.9)	13	(0.7)	26	(1.2)	35	(1.5)	22	(1.1)	21	(0.8)	21	(0.8)	21	(1.0)	21	(1.1)
All Individuals[4]:																				
2 - 5.....	95	(1.2)	29	(0.9)	19	(0.9)	33	(1.1)	41	(1.3)	28	(1.2)	27	(1.3)	27	(1.3)	26	(1.2)	28	(1.8)
6 - 11.....	96	(0.8)	25	(1.2)	15	(0.8)	29	(1.6)	35	(1.6)	26	(2.1)	25	(1.0)	25	(0.9)	24	(1.3)	26	(1.9)
12 - 19.....	88	(1.7)	22	(1.0)	12	(1.0)	25	(0.9)	34	(1.3)	21	(1.2)	20	(1.1)	21	(1.2)	20	(1.1)	21	(1.6)
20 and over...	95	(0.5)	23	(0.4)	13	(0.3)	26	(0.7)	36	(0.8)	20	(0.6)	20	(0.6)	21	(0.5)	20	(0.6)	20	(0.9)
2 and over...	94	(0.5)	23	(0.4)	13	(0.3)	27	(0.6)	36	(0.8)	21	(0.6)	21	(0.5)	21	(0.4)	21	(0.6)	21	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	10*	(1.5)	18	(2.1)	19*	(7.6)	3*	(1.1)	19	(1.5)	22	(1.6)	14*	(1.2)	19	(1.6)	16	(2.6)
6 - 11.....	15	(1.5)	23	(3.8)	20	(5.1)	14	(1.9)	19	(1.9)	20	(1.7)	17	(2.3)	18	(2.5)	17	(2.4)
12 - 19.....	8	(0.9)	17	(2.4)	11*	(4.7)	7*	(3.0)	16	(1.2)	21	(2.6)	16	(1.6)	22	(2.9)	15	(2.0)
20 and over...	10	(0.7)	19	(1.8)	14	(2.2)	13*	(4.3)	17	(1.1)	23	(1.3)	21	(2.4)	28	(4.8)	17	(1.0)
2 and over...	10	(0.6)	19	(1.2)	14	(2.0)	12	(3.0)	17	(0.7)	23	(0.7)	20	(1.7)	26	(3.5)	17	(0.7)
$25,000 - $74,999:																		
2 - 5.....	16	(2.6)	20	(1.5)	14	(4.2)	24*	(10.1)	20	(1.6)	24	(1.6)	17	(1.7)	21	(1.6)	17	(1.7)
6 - 11.....	13	(2.2)	16	(1.6)	10	(2.6)	7*	(2.3)	16	(1.7)	19	(1.9)	14	(1.5)	16	(2.1)	17	(1.9)
12 - 19.....	9	(0.9)	18	(1.8)	5	(1.3)	2*	(0.9)	17	(1.3)	22	(1.7)	14	(1.5)	17	(2.3)	15	(1.4)
20 and over...	8	(0.6)	17	(0.9)	13	(1.9)	11	(1.7)	15	(0.6)	22	(1.1)	17	(0.8)	21	(1.6)	16	(0.9)
2 and over...	9	(0.5)	17	(0.7)	13	(1.7)	10	(1.2)	16	(0.5)	22	(1.0)	16	(0.7)	20	(1.4)	16	(0.8)
$75,000 and higher:																		
2 - 5.....	17	(3.5)	24	(3.7)	27	(4.8)	23*	(9.5)	24	(1.4)	26	(1.5)	18	(1.3)	23	(2.1)	23	(2.8)
6 - 11.....	12	(1.2)	16	(2.7)	15	(4.1)	7*	(3.3)	17	(2.1)	19	(1.5)	14	(1.6)	14	(1.7)	18	(2.4)
12 - 19.....	9	(1.3)	17	(1.7)	19	(4.4)	10*	(6.1)	14	(1.3)	17	(1.9)	13	(1.7)	15	(1.8)	16	(1.2)
20 and over...	8	(0.6)	16	(1.1)	11	(2.4)	8	(1.5)	15	(0.8)	25	(2.7)	18	(2.3)	21	(3.5)	16	(0.8)
2 and over...	9	(0.6)	16	(1.0)	12	(2.0)	8	(1.4)	16	(0.8)	24	(2.3)	17	(1.9)	20	(2.9)	16	(0.8)
All Individuals[4]:																		
2 - 5.....	14	(1.4)	21	(1.3)	20	(2.7)	17*	(6.7)	21	(1.0)	24	(1.0)	16	(0.9)	21	(0.8)	19	(1.3)
6 - 11.....	13	(0.8)	18	(1.4)	14	(2.7)	9	(1.6)	17	(1.2)	19	(1.1)	15	(1.1)	16	(1.6)	18	(1.5)
12 - 19.....	9	(0.6)	18	(1.1)	12	(2.4)	6*	(2.3)	15	(0.7)	20	(1.3)	14	(1.1)	17	(1.5)	15	(0.8)
20 and over...	9	(0.3)	17	(0.6)	12	(1.5)	10	(1.2)	16	(0.4)	23	(1.2)	18	(0.9)	22	(1.5)	16	(0.7)
2 and over...	9	(0.3)	17	(0.5)	12	(1.2)	10	(1.0)	16	(0.4)	23	(1.0)	17	(0.7)	21	(1.2)	16	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																		
2 - 5.....	17	(1.2)	19	(2.2)	40	(5.9)	24	(3.1)	28	(3.1)	20	(2.4)	27	(2.6)	22	(1.7)	28	(2.2)
6 - 11.....	17	(1.2)	19	(3.5)	36	(4.5)	20	(3.0)	27	(2.3)	17	(4.2)	22	(1.9)	19	(1.4)	24	(1.8)
12 - 19.....	16	(2.5)	17	(2.5)	31	(3.5)	17	(2.6)	32	(2.6)	15	(2.9)	22	(1.7)	19	(2.5)	27	(1.6)
20 and over...	15	(1.0)	23	(2.9)	24	(2.1)	20	(2.3)	22	(1.3)	11	(0.9)	25	(0.9)	18	(0.8)	26	(1.1)
2 and over...	16	(0.6)	22	(1.9)	27	(2.1)	20	(1.2)	24	(1.1)	12	(0.8)	25	(0.8)	19	(0.5)	26	(0.9)
$25,000 - $74,999:																		
2 - 5.....	20	(1.8)	22	(2.1)	34	(2.9)	27	(3.0)	31	(2.1)	22	(3.0)	32	(2.6)	26	(1.9)	29	(1.4)
6 - 11.....	16	(1.9)	15	(1.9)	32	(3.5)	17	(2.2)	26	(2.2)	15	(2.7)	22	(1.9)	19	(1.9)	24	(1.9)
12 - 19.....	12	(1.0)	16	(2.3)	26	(2.4)	17	(2.3)	22	(1.9)	13	(1.3)	22	(1.3)	16	(1.0)	23	(1.4)
20 and over...	14	(0.5)	17	(1.1)	26	(1.1)	15	(1.2)	26	(2.6)	13	(1.4)	23	(0.6)	17	(0.9)	26	(1.0)
2 and over...	14	(0.3)	17	(0.9)	27	(1.0)	16	(1.0)	25	(2.1)	13	(1.2)	24	(0.5)	17	(0.7)	26	(0.8)
$75,000 and higher:																		
2 - 5.....	25	(2.7)	21	(3.9)	45	(11.4)	30	(3.8)	30	(2.6)	23	(3.2)	32	(3.4)	25	(2.4)	32	(2.6)
6 - 11.....	16	(1.4)	12	(1.5)	29	(3.5)	16	(2.5)	26	(1.7)	17	(3.0)	21	(1.6)	19	(1.5)	25	(2.0)
12 - 19.....	12	(1.4)	13	(1.9)	26	(5.1)	14	(1.6)	25	(4.7)	10	(1.5)	19	(1.7)	16	(2.4)	23	(2.1)
20 and over...	14	(0.7)	18	(3.7)	25	(1.5)	14	(1.0)	23	(1.2)	8	(0.9)	25	(1.1)	17	(0.9)	26	(0.8)
2 and over...	14	(0.7)	18	(3.0)	27	(1.8)	15	(0.9)	24	(1.0)	9	(1.0)	24	(0.9)	18	(0.9)	26	(0.8)
All Individuals[4]:																		
2 - 5.....	21	(1.3)	21	(1.5)	39	(4.0)	28	(2.2)	29	(1.1)	22	(1.3)	31	(1.9)	25	(1.1)	30	(1.2)
6 - 11.....	16	(0.8)	15	(1.3)	31	(1.9)	18	(1.6)	26	(1.3)	17	(2.0)	22	(0.9)	19	(0.9)	25	(1.3)
12 - 19.....	13	(1.0)	15	(1.6)	27	(2.6)	15	(1.4)	25	(2.1)	12	(0.8)	21	(1.1)	17	(1.3)	24	(1.1)
20 and over...	14	(0.2)	19	(1.4)	25	(0.7)	16	(0.7)	24	(1.3)	10	(0.6)	24	(0.5)	17	(0.5)	26	(0.5)
2 and over...	14	(0.2)	18	(1.1)	27	(0.9)	17	(0.5)	24	(1.0)	11	(0.6)	24	(0.4)	18	(0.4)	26	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 27. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Family income in dollars and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																
2 - 5.....	19	(1.6)	18	(1.2)	28	(1.6)	13*	(0.8)	27	(1.7)	17	(1.3)	41*	(11.6)	--	--
6 - 11.....	18	(2.1)	15	(1.7)	25	(2.2)	14	(1.5)	22	(1.8)	18	(1.9)	27	(6.5)	--	--
12 - 19.....	16	(1.2)	17	(1.3)	27	(1.3)	11	(0.7)	21	(1.4)	14	(1.0)	40	(4.0)	--	--
20 and over...	17	(0.9)	16	(0.7)	26	(0.7)	12	(0.9)	21	(1.0)	16	(0.8)	44	(3.8)	58	(5.3)
2 and over...	17	(0.7)	16	(0.5)	26	(0.6)	12	(0.7)	22	(0.8)	16	(0.7)	44	(3.6)	--	--
$25,000 - $74,999:																
2 - 5.....	20	(1.5)	21	(1.4)	30	(1.2)	16	(1.5)	28	(1.7)	22	(2.1)	40	(8.1)	--	--
6 - 11.....	17	(1.8)	16	(1.5)	25	(2.0)	12	(1.6)	22	(2.1)	15	(1.7)	35	(4.8)	--	--
12 - 19.....	17	(1.2)	14	(0.9)	26	(1.8)	9	(1.2)	19	(1.3)	14	(1.0)	36	(5.4)	--	--
20 and over...	16	(0.9)	15	(0.9)	28	(1.6)	11	(1.1)	20	(0.8)	13	(0.5)	36	(3.5)	58	(5.8)
2 and over...	17	(0.7)	15	(0.7)	28	(1.4)	11	(0.9)	20	(0.7)	14	(0.4)	36	(3.3)	--	--
$75,000 and higher:																
2 - 5.....	22	(1.7)	22	(2.1)	35	(2.7)	16	(2.1)	31	(3.0)	20	(2.3)	32*	(11.5)	--	--
6 - 11.....	19	(1.3)	17	(1.4)	29	(2.1)	11	(1.0)	22	(1.4)	18	(1.5)	34	(4.9)	--	--
12 - 19.....	16	(1.2)	16	(2.1)	28	(3.8)	10	(1.9)	20	(2.1)	13	(1.2)	34	(6.7)	--	--
20 and over...	16	(0.6)	15	(0.8)	28	(0.9)	10	(0.7)	19	(0.8)	12	(0.7)	36	(2.0)	53	(4.6)
2 and over...	16	(0.6)	15	(0.8)	28	(1.0)	11	(0.6)	20	(0.7)	13	(0.7)	36	(2.0)	--	--
All Individuals[4]:																
2 - 5.....	20	(0.9)	21	(1.0)	31	(1.1)	15	(1.0)	29	(1.1)	20	(1.1)	37	(6.8)	--	--
6 - 11.....	19	(1.3)	16	(1.1)	27	(1.5)	12	(0.7)	22	(1.2)	17	(0.9)	34	(3.2)	--	--
12 - 19.....	16	(0.5)	15	(1.0)	26	(1.6)	10	(0.8)	20	(1.1)	13	(0.7)	34	(3.2)	--	--
20 and over...	16	(0.5)	15	(0.4)	28	(0.7)	11	(0.6)	20	(0.4)	13	(0.4)	37	(1.9)	55	(2.6)
2 and over...	17	(0.4)	15	(0.4)	27	(0.7)	11	(0.5)	20	(0.4)	14	(0.3)	37	(1.8)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 3. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (in Dollars) and Age, in the United States, 2017-2018.

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

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Percent reporting[4]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																				
2 - 5.....	91*	(3.3)	27	(1.7)	18	(1.4)	32	(1.9)	40	(2.3)	26	(1.6)	25	(2.0)	25	(2.1)	24	(2.0)	25	(2.3)
6 - 11.....	94*	(1.3)	24	(1.2)	15	(1.0)	27	(1.2)	33	(1.7)	22	(1.6)	23	(1.7)	23	(1.8)	22	(1.9)	24	(2.4)
12 - 19.....	88	(2.4)	23	(1.1)	15	(2.1)	26	(1.2)	35	(2.2)	20	(0.8)	21	(1.2)	22	(1.7)	21	(1.4)	22	(1.5)
20 and over...	92	(0.9)	25	(1.1)	14	(0.8)	28	(1.2)	40	(1.9)	21	(1.8)	21	(1.5)	21	(1.1)	21	(1.6)	22	(2.3)
2 and over...	92	(0.7)	25	(0.8)	15	(0.7)	28	(0.8)	38	(1.3)	21	(1.3)	22	(1.2)	22	(1.0)	21	(1.3)	22	(1.7)
131-350% poverty:																				
2 - 5.....	97*	(1.5)	31	(1.7)	21	(1.7)	35	(2.1)	42	(2.9)	28	(1.7)	30	(2.1)	30	(2.1)	30	(2.1)	32	(3.2)
6 - 11.....	94*	(2.0)	27	(2.3)	16	(1.9)	30	(2.9)	37	(3.5)	25	(3.2)	26	(1.8)	27	(2.0)	26	(2.6)	24	(1.6)
12 - 19.....	87	(3.9)	21	(1.5)	10	(1.1)	25	(1.7)	33	(1.8)	20	(1.7)	19	(1.5)	19	(1.6)	18	(1.4)	20	(1.7)
20 and over...	94	(0.6)	23	(0.7)	12	(0.5)	27	(0.7)	36	(1.1)	20	(1.0)	20	(1.0)	21	(1.0)	19	(1.0)	19	(1.2)
2 and over...	94	(0.7)	23	(0.6)	13	(0.4)	27	(0.7)	36	(1.0)	21	(0.9)	21	(0.7)	21	(0.7)	20	(0.8)	20	(0.9)
Over 350% poverty:																				
2 - 5.....	98*	(1.2)	29	(2.2)	19*	(2.5)	34	(1.9)	40	(2.0)	30	(2.9)	26	(3.2)	25	(3.2)	26	(3.7)	27	(3.4)
6 - 11.....	99*	(0.5)	25	(2.9)	14	(2.1)	29	(3.4)	36	(2.7)	30	(4.5)	25	(2.4)	24	(1.9)	24	(2.7)	28	(4.1)
12 - 19.....	90*	(4.0)	22	(1.7)	13	(1.6)	26	(1.0)	34	(1.8)	24	(2.6)	21	(2.7)	22	(2.7)	20	(2.5)	22	(4.4)
20 and over...	97	(0.5)	22	(0.9)	13	(0.8)	25	(1.2)	35	(1.5)	21	(1.1)	20	(0.9)	20	(0.9)	21	(1.1)	20	(1.3)
2 and over...	96	(0.6)	23	(0.9)	13	(0.7)	26	(1.1)	35	(1.3)	22	(1.2)	21	(0.9)	21	(0.9)	22	(1.1)	21	(1.2)
All Individuals[5]:																				
2 - 5.....	95	(1.2)	29	(0.9)	19	(0.9)	33	(1.1)	41	(1.3)	28	(1.2)	27	(1.3)	27	(1.3)	26	(1.2)	28	(1.8)
6 - 11.....	96	(0.8)	25	(1.2)	15	(0.8)	29	(1.6)	35	(1.6)	26	(2.1)	25	(1.0)	25	(0.9)	24	(1.3)	26	(1.9)
12 - 19.....	88	(1.7)	22	(1.0)	12	(1.0)	25	(0.9)	34	(1.3)	21	(1.2)	20	(1.1)	21	(1.2)	20	(1.1)	21	(1.6)
20 and over...	95	(0.5)	23	(0.4)	13	(0.3)	26	(0.7)	36	(0.8)	20	(0.6)	20	(0.6)	21	(0.5)	20	(0.6)	20	(0.9)
2 and over...	94	(0.5)	23	(0.4)	13	(0.3)	27	(0.6)	36	(0.8)	21	(0.6)	21	(0.5)	21	(0.4)	21	(0.6)	21	(0.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(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)
Under 131% poverty:																		
2 - 5.....	11	(1.4)	21	(2.4)	20	(5.5)	25*	(13.5)	19	(1.7)	23	(2.1)	15	(0.9)	20	(1.2)	16	(2.0)
6 - 11.....	13	(1.2)	19	(2.9)	14	(3.4)	12	(2.0)	17	(1.4)	19	(1.3)	16	(1.8)	17	(1.7)	17	(2.4)
12 - 19.....	9	(0.8)	17	(1.9)	9*	(3.3)	3*	(1.4)	16	(0.9)	22	(3.5)	16	(1.8)	21	(3.0)	14	(1.9)
20 and over...	9	(0.5)	20	(1.4)	17	(2.8)	12*	(4.6)	18	(0.8)	24	(1.0)	22	(2.1)	29	(4.5)	18	(1.3)
2 and over...	10	(0.4)	19	(0.9)	16	(2.3)	11	(3.2)	17	(0.5)	23	(0.5)	20	(1.4)	26	(3.1)	17	(1.0)
131-350% poverty:																		
2 - 5.....	19	(3.8)	21	(3.2)	20	(3.9)	12*	(3.9)	22	(1.9)	25	(1.8)	17	(1.8)	22	(2.3)	19	(2.1)
6 - 11.....	16	(2.0)	21	(2.7)	16*	(4.9)	10*	(3.7)	18	(1.8)	21	(2.0)	15	(1.7)	16	(2.4)	19	(2.2)
12 - 19.....	7	(1.1)	17	(1.9)	11	(3.0)	4*	(1.0)	16	(1.5)	18	(2.0)	13	(1.2)	15	(1.1)	16	(1.1)
20 and over...	9	(0.8)	16	(1.1)	11	(2.0)	10	(1.2)	14	(0.4)	21	(1.2)	15	(0.7)	18	(1.2)	15	(0.8)
2 and over...	9	(0.6)	17	(0.7)	12	(1.6)	9	(0.9)	15	(0.3)	21	(1.0)	15	(0.6)	18	(1.0)	16	(0.6)
Over 350% poverty:																		
2 - 5.....	14*	(2.7)	23	(2.8)	23	(6.0)	24*	(11.3)	23	(2.1)	24	(2.2)	18*	(1.7)	21	(1.8)	23	(3.4)
6 - 11.....	10*	(0.9)	13*	(1.9)	12*	(4.7)	3*	(1.1)	15	(2.8)	17	(2.2)	12*	(2.0)	14	(2.5)	15	(2.8)
12 - 19.....	10*	(1.9)	19	(1.9)	18	(4.5)	10*	(5.8)	16	(1.4)	19	(1.9)	14	(2.2)	16	(2.3)	17	(1.6)
20 and over...	8	(0.6)	16	(1.0)	12	(2.2)	9	(1.8)	16	(0.8)	25	(2.6)	18	(2.3)	22	(3.6)	16	(1.1)
2 and over...	9	(0.6)	16	(0.9)	12	(1.9)	9	(1.8)	16	(0.8)	24	(2.3)	18	(2.0)	21	(3.1)	16	(1.0)
All Individuals[5]:																		
2 - 5.....	14	(1.4)	21	(1.3)	20	(2.7)	17*	(6.7)	21	(1.0)	24	(1.0)	16	(0.9)	21	(0.8)	19	(1.3)
6 - 11.....	13	(0.8)	18	(1.4)	14	(2.7)	9	(1.6)	17	(1.2)	19	(1.1)	15	(1.1)	16	(1.6)	18	(1.5)
12 - 19.....	9	(0.6)	18	(1.1)	12	(2.4)	6*	(2.3)	15	(0.7)	20	(1.3)	14	(1.1)	17	(1.5)	15	(0.8)
20 and over...	9	(0.3)	17	(0.6)	12	(1.5)	10	(1.2)	16	(0.4)	23	(1.2)	18	(0.9)	22	(1.5)	16	(0.7)
2 and over...	9	(0.3)	17	(0.5)	12	(1.2)	10	(1.0)	16	(0.4)	23	(1.0)	17	(0.7)	21	(1.2)	16	(0.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																		
2 - 5.....	18	(1.5)	20	(2.5)	42	(3.9)	26	(3.7)	29	(2.4)	21	(2.2)	30	(3.2)	23	(2.0)	29	(1.8)
6 - 11.....	16	(0.8)	17	(2.4)	35	(2.9)	19	(2.1)	25	(1.9)	16	(3.6)	21	(1.3)	18	(1.0)	23	(1.2)
12 - 19.....	15	(2.1)	17	(3.2)	28	(2.2)	16	(2.5)	28	(2.7)	13	(1.6)	21	(1.4)	19	(2.0)	25	(1.3)
20 and over...	16	(0.8)	23	(2.8)	27	(2.3)	20	(2.1)	28	(3.5)	14	(1.5)	26	(0.7)	20	(1.3)	28	(1.5)
2 and over...	16	(0.5)	21	(1.8)	30	(1.9)	20	(1.2)	28	(2.2)	14	(1.2)	25	(0.8)	19	(1.0)	27	(1.1)
131-350% poverty:																		
2 - 5.....	23	(2.5)	21	(2.1)	45	(11.1)	31	(4.6)	31	(2.0)	24	(3.0)	35	(4.5)	28	(2.3)	32	(2.4)
6 - 11.....	18	(1.8)	16	(1.9)	31	(4.7)	19	(2.8)	28	(2.5)	17	(2.7)	24	(2.7)	20	(2.3)	25	(2.3)
12 - 19.....	12	(1.1)	14	(1.7)	23	(4.0)	16	(2.2)	22	(1.5)	12	(1.6)	20	(1.9)	15	(1.5)	22	(1.3)
20 and over...	14	(0.6)	16	(0.9)	25	(1.4)	14	(1.3)	21	(1.5)	11	(1.1)	23	(0.8)	17	(0.6)	25	(0.6)
2 and over...	14	(0.5)	16	(0.8)	26	(1.7)	15	(1.1)	22	(1.2)	12	(0.9)	23	(0.5)	17	(0.5)	25	(0.5)
Over 350% poverty:																		
2 - 5.....	21	(3.2)	21	(3.8)	28	(5.9)	24	(4.9)	28	(3.2)	20	(3.1)	25	(3.2)	22	(2.9)	27	(2.2)
6 - 11.....	15	(2.0)	11*	(1.7)	29	(4.5)	14	(2.3)	25	(2.1)	16	(3.7)	21	(1.4)	19	(2.6)	25	(3.0)
12 - 19.....	13	(1.6)	14	(1.8)	31	(6.9)	14	(1.6)	27	(6.0)	10*	(2.6)	21	(1.7)	18	(2.7)	25	(2.3)
20 and over...	14	(0.7)	19	(3.6)	25	(1.2)	15	(0.9)	24	(1.8)	8	(1.1)	24	(1.0)	17	(0.9)	26	(0.8)
2 and over...	14	(0.7)	18	(3.2)	26	(1.5)	15	(0.9)	25	(1.5)	9	(1.1)	24	(1.0)	18	(1.0)	26	(0.8)
All Individuals[5]:																		
2 - 5.....	21	(1.3)	21	(1.5)	39	(4.0)	28	(2.2)	29	(1.1)	22	(1.3)	31	(1.9)	25	(1.1)	30	(1.2)
6 - 11.....	16	(0.8)	15	(1.3)	31	(1.9)	18	(1.6)	26	(1.3)	17	(2.0)	22	(0.9)	19	(0.9)	25	(1.3)
12 - 19.....	13	(1.0)	15	(1.6)	27	(2.6)	15	(1.4)	25	(2.1)	12	(0.8)	21	(1.1)	17	(1.3)	24	(1.1)
20 and over...	14	(0.2)	19	(1.4)	25	(0.7)	16	(0.7)	24	(1.3)	10	(0.6)	24	(0.5)	17	(0.5)	26	(0.5)
2 and over...	14	(0.2)	18	(1.1)	27	(0.9)	17	(0.5)	24	(1.0)	11	(0.6)	24	(0.4)	18	(0.4)	26	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 28. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																
2 - 5.....	20	(1.6)	19	(1.4)	29	(1.4)	13	(1.1)	29	(1.6)	18	(1.4)	41	(9.7)	--	--
6 - 11.....	17	(1.8)	15	(1.4)	24	(1.7)	13	(1.2)	21	(1.1)	16	(1.5)	30	(5.9)	--	--
12 - 19.....	16	(1.1)	16	(1.2)	26	(1.8)	11	(1.0)	20	(0.9)	14	(0.8)	41	(4.8)	--	--
20 and over...	18	(0.9)	17	(1.3)	29	(2.9)	14	(2.1)	23	(1.1)	16	(0.7)	45	(3.2)	59	(5.1)
2 and over...	18	(0.7)	16	(0.8)	28	(2.1)	13	(1.5)	23	(0.9)	16	(0.6)	45	(2.9)	--	--
131-350% poverty:																
2 - 5.....	20	(1.5)	22	(1.8)	35	(2.3)	17	(2.0)	31	(3.3)	23	(2.4)	36	(3.1)	--	--
6 - 11.....	20	(1.9)	18	(2.1)	28	(2.1)	13	(1.5)	23	(2.6)	18	(1.6)	33	(7.5)	--	--
12 - 19.....	16	(0.8)	13	(1.1)	24	(1.6)	8	(0.9)	18	(1.6)	13	(1.5)	31	(4.4)	--	--
20 and over...	16	(0.9)	14	(0.4)	26	(0.7)	10	(0.4)	18	(0.4)	13	(0.5)	33	(3.2)	59	(5.6)
2 and over...	17	(0.7)	15	(0.4)	26	(0.6)	10	(0.4)	19	(0.5)	14	(0.4)	33	(3.2)	--	--
Over 350% poverty:																
2 - 5.....	23	(2.2)	21	(2.2)	31	(2.5)	16*	(2.0)	26	(2.6)	19*	(2.6)	34*	(16.9)	--	--
6 - 11.....	17	(2.0)	16	(2.3)	28	(2.9)	10*	(1.5)	22	(1.8)	17	(2.1)	36	(6.0)	--	--
12 - 19.....	18	(1.4)	17	(2.5)	30	(4.0)	11	(2.4)	22	(2.4)	13	(1.3)	39	(6.8)	--	--
20 and over...	16	(0.7)	15	(0.7)	28	(0.9)	10	(0.7)	19	(0.7)	12	(0.7)	37	(1.8)	52	(4.6)
2 and over...	16	(0.7)	16	(0.7)	28	(1.0)	11	(0.7)	20	(0.7)	13	(0.8)	37	(1.8)	--	--
All Individuals[5]:																
2 - 5.....	20	(0.9)	21	(1.0)	31	(1.1)	15	(1.0)	29	(1.1)	20	(1.1)	37	(6.8)	--	--
6 - 11.....	19	(1.3)	16	(1.1)	27	(1.5)	12	(0.7)	22	(1.2)	17	(0.9)	34	(3.2)	--	--
12 - 19.....	16	(0.5)	15	(1.0)	26	(1.6)	10	(0.8)	20	(1.1)	13	(0.7)	34	(3.2)	--	--
20 and over...	16	(0.5)	15	(0.4)	28	(0.7)	11	(0.6)	20	(0.4)	13	(0.4)	37	(1.9)	55	(2.6)
2 and over...	17	(0.4)	15	(0.4)	27	(0.7)	11	(0.5)	20	(0.4)	14	(0.3)	37	(1.8)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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 2.57.

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, 2017-2018.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 29. Snacks: Distribution of Snack Occasions[1], by Male/Female and Age, in the United States, 2017-2018

Males/Females and age (years)	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																	
2 - 5	260	5*	(1.3)	7*	(1.9)	17	(2.2)	25	(2.3)	27	(2.7)	11	(3.0)	5*	(1.7)	3*	(0.9)
6 - 11	383	4*	(0.9)	19	(2.7)	28	(3.6)	24	(3.6)	17	(3.2)	5*	(1.9)	2*	(0.7)	1*	(0.7)
12 - 19	531	12	(2.0)	25	(3.4)	26	(1.8)	17	(2.2)	13	(2.0)	4	(1.1)	1*	(0.5)	1*	(0.5)
20 - 29	335	9	(2.3)	19	(2.5)	25	(2.8)	21	(4.1)	13	(3.3)	6*	(2.1)	5*	(3.0)	2*	(1.4)
30 - 39	329	7	(1.8)	18	(2.0)	27	(3.3)	19	(2.0)	12	(2.9)	6*	(1.2)	7	(1.7)	5*	(0.9)
40 - 49	340	7	(1.5)	15	(2.9)	22	(2.2)	20	(3.3)	13	(2.8)	8	(2.2)	12	(3.6)	4*	(2.9)
50 - 59	375	4*	(1.0)	20	(3.5)	27	(3.5)	19	(3.0)	17	(4.0)	8	(2.0)	2*	(0.6)	4*	(1.4)
60 - 69	500	4*	(0.9)	21	(3.9)	32	(4.0)	17	(2.5)	12	(3.3)	6	(1.7)	5	(1.7)	5	(1.7)
70 and over	428	6	(1.4)	22	(2.6)	28	(4.5)	16	(3.5)	12	(2.6)	11	(2.8)	2*	(1.0)	4*	(1.7)
2 - 19	1174	8	(1.2)	20	(1.9)	25	(1.5)	21	(1.8)	17	(1.6)	6	(1.1)	2	(0.5)	2*	(0.3)
20 and over	2307	6	(1.1)	19	(1.2)	27	(1.2)	19	(0.8)	13	(1.2)	7	(0.9)	5	(0.9)	4	(0.7)
2 and over	3481	7	(0.9)	19	(1.1)	26	(1.0)	19	(0.7)	14	(1.0)	7	(0.7)	5	(0.7)	3	(0.5)
Females:																	
2 - 5	280	5*	(1.7)	6*	(1.8)	23	(2.5)	25	(4.1)	20	(3.8)	12	(1.7)	7*	(2.8)	2*	(1.0)
6 - 11	412	5*	(1.4)	18	(2.2)	26	(3.3)	24	(1.8)	14	(2.7)	9	(1.6)	2*	(0.5)	3*	(1.1)
12 - 19	514	11	(2.7)	19	(2.1)	27	(2.5)	22	(1.7)	10	(1.2)	7	(1.6)	3*	(1.0)	#	
20 - 29	359	8	(1.7)	18	(1.6)	22	(2.6)	24	(2.6)	12	(1.3)	10	(1.7)	4*	(1.4)	3*	(1.3)
30 - 39	407	4*	(1.1)	16	(2.4)	19	(3.0)	30	(3.5)	20	(4.3)	7	(0.9)	2*	(0.9)	2*	(0.7)
40 - 49	367	3*	(0.9)	15	(3.1)	21	(3.0)	25	(3.3)	20	(3.7)	8	(2.3)	4*	(1.2)	3*	(1.8)
50 - 59	419	5	(1.7)	13	(2.1)	25	(4.4)	26	(3.0)	16	(2.2)	10	(2.7)	2*	(1.0)	3*	(1.7)
60 - 69	479	2*	(0.6)	14	(3.2)	20	(2.8)	26	(4.2)	17	(2.4)	11	(3.7)	5	(1.8)	5	(1.3)
70 and over	404	4*	(1.1)	14	(1.9)	26	(3.7)	26	(2.8)	17	(2.7)	8	(2.4)	4*	(1.1)	2*	(1.4)
2 - 19	1206	8	(1.3)	16	(1.2)	26	(1.6)	23	(1.6)	14	(1.7)	9	(0.6)	3	(0.8)	2*	(0.5)
20 and over	2435	5	(0.4)	15	(1.2)	22	(1.1)	26	(1.4)	17	(1.1)	9	(1.0)	3	(0.6)	3	(0.4)
2 and over	3641	5	(0.5)	15	(1.1)	23	(1.1)	25	(1.1)	16	(1.1)	9	(0.8)	3	(0.5)	3	(0.4)
Males and females:																	
2 - 19	2380	8	(0.9)	18	(1.3)	25	(0.9)	22	(1.3)	15	(1.4)	7	(0.6)	3	(0.4)	2	(0.3)
20 and over	4742	5	(0.5)	17	(0.9)	24	(0.9)	22	(0.9)	15	(0.8)	8	(0.7)	4	(0.5)	3	(0.3)
2 and over	7122	6	(0.5)	17	(0.9)	25	(0.8)	22	(0.7)	15	(0.7)	8	(0.6)	4	(0.4)	3	(0.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE = standard error.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Snacks: Distribution of Snack Occasions, by Male/Female and Age, *What We Eat in America,* NHANES 2017-2018.

Table 30. Snacks: Distribution of Snack Occasions[1], by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Sample size	Number of snack occasions: Zero %	(SE)	One %	(SE)	Two %	(SE)	Three %	(SE)	Four %	(SE)	Five %	(SE)	Six %	(SE)	Seven or more %	(SE)
Non-Hispanic White:																	
2 - 5	212	3*	(1.4)	5*	(1.3)	17	(2.7)	28	(4.4)	26	(2.7)	13	(3.4)	7*	(2.6)	2*	(0.7)
6 - 11	254	3*	(1.3)	12	(2.6)	25	(3.1)	28	(2.9)	21	(3.5)	8*	(1.6)	1*	(0.7)	2*	(0.8)
12 - 19	331	11	(2.9)	21	(2.7)	28	(2.9)	18	(2.5)	14	(2.1)	7	(1.5)	1*	(0.7)	#	
20 and over	1694	3	(0.5)	15	(1.0)	25	(1.2)	23	(1.4)	16	(1.6)	9	(1.1)	5	(0.8)	4	(0.5)
2 and over	2491	4	(0.7)	15	(0.8)	25	(1.2)	23	(1.1)	17	(1.3)	9	(0.9)	4	(0.7)	4	(0.4)
Non-Hispanic Black:																	
2 - 5	113	6*	(2.2)	18*	(4.2)	35	(5.7)	24	(2.6)	12*	(2.6)	5*	(2.8)	2*	(1.5)	0*	(0.0)
6 - 11	186	10*	(2.9)	30	(2.7)	35	(5.3)	14	(3.6)	6*	(2.1)	4*	(1.6)	1*	(0.5)	0*	(0.0)
12 - 19	232	18	(2.2)	26	(2.6)	24	(2.8)	19	(3.0)	6*	(1.4)	6*	(1.5)	0*	(0.0)	1*	(0.9)
20 and over	1128	12	(1.0)	26	(1.6)	24	(1.8)	19	(1.8)	10	(1.1)	5	(1.0)	2	(0.6)	1*	(0.3)
2 and over	1659	12	(0.7)	26	(1.4)	26	(1.4)	19	(1.4)	9	(1.0)	5	(0.7)	2	(0.4)	1*	(0.3)
Non-Hispanic Asian:																	
2 - 5	49	2*	(1.8)	4*	(4.0)	12*	(3.9)	33*	(9.8)	22*	(6.1)	7*	(1.6)	12*	(2.8)	8*	(4.7)
6 - 11	70	12*	(3.9)	10*	(2.7)	22*	(6.2)	31*	(3.8)	15*	(4.1)	6*	(4.2)	1*	(0.6)	3*	(2.9)
12 - 19	117	4*	(1.4)	15*	(3.4)	31	(4.7)	26	(3.1)	15*	(3.9)	8*	(2.3)	0*	(0.0)	#	
20 and over	626	8	(1.5)	14	(2.4)	22	(1.8)	23	(1.8)	15	(1.4)	10	(1.9)	3*	(0.8)	5	(0.6)
2 and over	862	8	(1.4)	13	(2.1)	23	(1.4)	24	(1.5)	15	(1.3)	9	(1.8)	3	(0.7)	4	(0.5)
Hispanic:																	
2 - 5	107	9*	(3.9)	8*	(1.2)	20	(3.1)	18*	(4.5)	22	(3.3)	16*	(3.1)	4*	(2.2)	3*	(1.4)
6 - 11	199	4*	(1.1)	26	(4.1)	28	(4.4)	25	(4.3)	9*	(2.0)	4*	(1.8)	1*	(0.8)	4*	(1.9)
12 - 19	270	11	(1.9)	26	(4.7)	25	(2.4)	22	(3.3)	9	(2.2)	3*	(1.6)	3*	(1.3)	1*	(0.9)
20 and over	1058	9	(1.2)	19	(1.2)	23	(1.6)	22	(1.8)	12	(1.5)	8	(1.2)	5	(1.1)	3	(0.5)
2 and over	1634	8	(0.8)	20	(1.4)	23	(1.4)	22	(1.9)	12	(1.0)	8	(1.0)	4	(0.9)	3	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE = standard error.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 31. Snacks: Distribution of Snack Occasions[1], by Family Income (in Dollars) and Age, in the United States, 2017-2018

Family income in dollars and age (years)	Sample size	Number of snack occasions													
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
$0 - $24,999:																	
2 - 5	140	11*	(3.7)	9*	(2.9)	30	(5.8)	12*	(2.9)	21	(7.3)	8*	(1.6)	4*	(1.5)	5*	(2.5)
6 - 11	180	5*	(1.7)	20	(3.9)	38	(6.2)	19	(3.5)	8*	(2.8)	5*	(1.0)	2*	(1.2)	4*	(2.8)
12 - 19	253	10	(2.6)	24	(4.0)	28	(2.9)	19	(4.4)	10	(2.1)	6*	(1.8)	2*	(0.9)	1*	(0.7)
20 and over	1218	9	(1.2)	21	(1.2)	28	(1.1)	20	(1.4)	12	(1.1)	5	(0.8)	3	(0.7)	2	(0.7)
2 and over	1791	8	(0.9)	21	(1.0)	29	(1.0)	19	(1.3)	12	(0.9)	6	(0.6)	3	(0.5)	2	(0.6)
$25,000 - $74,999:																	
2 - 5	207	4*	(2.2)	8*	(1.7)	18	(2.9)	29	(5.4)	26	(4.8)	8*	(2.6)	5*	(1.8)	3*	(1.1)
6 - 11	316	7	(1.6)	18	(3.0)	32	(3.5)	20	(2.5)	16	(3.1)	5*	(1.5)	1*	(0.5)	2*	(1.2)
12 - 19	404	11	(1.8)	24	(4.2)	25	(2.1)	18	(2.3)	14	(2.8)	5	(1.6)	3*	(1.1)	1*	(0.5)
20 and over	1799	5	(0.7)	18	(1.3)	25	(1.5)	24	(1.4)	14	(1.4)	8	(1.1)	4	(0.9)	3	(0.6)
2 and over	2726	6	(0.6)	18	(1.3)	25	(1.1)	24	(1.1)	14	(1.2)	7	(0.9)	4	(0.7)	3	(0.5)
$75,000 and higher:																	
2 - 5	147	2*	(1.1)	5*	(2.4)	18	(3.8)	28	(6.6)	22	(5.2)	15	(5.2)	7*	(3.9)	1*	(0.8)
6 - 11	232	2*	(1.0)	17	(3.4)	20	(4.2)	28	(3.4)	20	(2.8)	10	(2.2)	2*	(1.2)	1*	(0.6)
12 - 19	299	13	(3.1)	20	(3.1)	27	(3.3)	19	(2.9)	12	(2.4)	7*	(1.7)	1*	(1.0)	#	
20 and over	1229	4	(0.6)	13	(1.3)	22	(1.9)	22	(1.6)	19	(1.8)	10	(1.6)	6	(1.1)	5	(0.7)
2 and over	1907	4	(0.8)	14	(1.2)	22	(1.6)	23	(1.2)	18	(1.5)	10	(1.4)	5	(0.9)	4	(0.5)
All Individuals[2]:																	
2 - 5	540	5	(1.2)	7	(1.2)	20	(1.6)	25	(2.9)	24	(2.0)	12	(2.0)	6	(1.7)	3*	(0.7)
6 - 11	795	4	(0.8)	19	(1.8)	27	(2.2)	24	(2.3)	15	(2.2)	7	(1.0)	2*	(0.4)	2*	(0.7)
12 - 19	1045	12	(1.7)	23	(2.2)	27	(1.5)	19	(1.6)	11	(1.4)	6	(1.1)	2*	(0.6)	1*	(0.3)
20 and over	4742	5	(0.5)	17	(0.9)	24	(0.9)	22	(0.9)	15	(0.8)	8	(0.7)	4	(0.5)	3	(0.3)
2 and over	7122	6	(0.5)	17	(0.9)	25	(0.8)	22	(0.7)	15	(0.7)	8	(0.6)	4	(0.4)	3	(0.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Snacks: Distribution of Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America,* NHANES 2017-2018.

Table 32. Snacks: Distribution of Snack Occasions[1], by Family Income (as % of Poverty Level[2]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age	Sample size	Number of snack occasions													
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
(years)		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																	
2 - 5.....	208	9*	(3.3)	8*	(2.1)	28	(3.4)	13	(2.3)	26	(3.2)	7*	(2.0)	4*	(1.4)	5*	(1.9)
6 - 11.....	282	6*	(1.3)	23	(3.7)	34	(5.0)	21	(3.4)	7	(1.9)	4*	(0.9)	1*	(0.8)	3*	(1.4)
12 - 19.....	375	12	(2.4)	25	(3.9)	25	(2.1)	20	(2.9)	11	(1.6)	5*	(1.5)	2*	(1.0)	#	
20 and over...	1180	7	(0.9)	21	(1.4)	28	(1.7)	21	(1.7)	12	(1.2)	6	(0.9)	4	(1.3)	2	(0.7)
2 and over...	2045	8	(0.7)	21	(1.3)	28	(1.3)	20	(1.4)	12	(0.9)	6	(0.8)	3	(0.9)	2	(0.5)
131-350% poverty:																	
2 - 5.....	178	3*	(1.5)	7*	(2.0)	14	(4.4)	32	(5.8)	19	(4.1)	16	(4.6)	6*	(2.3)	2*	(0.8)
6 - 11.....	279	6*	(2.0)	18	(4.1)	26	(3.6)	23	(3.1)	16	(3.2)	8	(2.5)	1*	(0.4)	3*	(1.3)
12 - 19.....	372	13	(3.9)	23	(2.9)	27	(3.0)	16	(3.5)	12	(2.2)	5*	(1.7)	2*	(0.9)	1*	(0.6)
20 and over...	1722	6	(0.6)	18	(1.3)	25	(1.3)	23	(1.2)	15	(1.5)	7	(1.0)	3	(0.5)	3	(0.6)
2 and over...	2551	6	(0.7)	18	(1.3)	25	(0.9)	23	(0.7)	15	(1.3)	7	(0.8)	3	(0.5)	3	(0.6)
Over 350% poverty:																	
2 - 5.....	107	2*	(1.2)	7*	(3.4)	22	(3.4)	28	(6.5)	26	(5.8)	6*	(1.8)	7*	(4.9)	2*	(1.2)
6 - 11.....	159	1*	(0.5)	13	(3.2)	23	(5.0)	25	(3.7)	24	(5.4)	8*	(2.4)	3*	(1.5)	1*	(0.8)
12 - 19.....	191	10*	(4.0)	18	(3.3)	26	(3.5)	22	(3.4)	15	(3.5)	8*	(1.8)	1*	(1.4)	#	
20 and over...	1282	3	(0.5)	13	(1.2)	22	(1.9)	24	(1.6)	17	(1.7)	10	(1.5)	6	(1.0)	5	(0.8)
2 and over...	1739	4	(0.6)	13	(1.2)	22	(1.7)	24	(1.4)	18	(1.4)	10	(1.3)	5	(0.9)	4	(0.6)
All Individuals[3]:																	
2 - 5.....	540	5	(1.2)	7	(1.2)	20	(1.6)	25	(2.9)	24	(2.0)	12	(2.0)	6	(1.7)	3*	(0.7)
6 - 11.....	795	4	(0.8)	19	(1.8)	27	(2.2)	24	(2.3)	15	(2.2)	7	(1.0)	2*	(0.4)	2*	(0.7)
12 - 19.....	1045	12	(1.7)	23	(2.2)	27	(1.5)	19	(1.6)	11	(1.4)	6	(1.1)	2*	(0.6)	1*	(0.3)
20 and over...	4742	5	(0.5)	17	(0.9)	24	(0.9)	22	(0.9)	15	(0.8)	8	(0.7)	4	(0.5)	3	(0.3)
2 and over...	7122	6	(0.5)	17	(0.9)	25	(0.8)	22	(0.7)	15	(0.7)	8	(0.6)	4	(0.4)	3	(0.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Snacks: Distribution of Snack Occasions, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 33. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Male/Female and Age, in the United States, 2017-2018

Males/Females 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)
Males:												
2 - 5	86 (3.0)	9 (1.9)	38 (3.0)	40 (3.7)	13 (2.9)	3* (1.5)	4* (1.8)	6* (1.7)	#	0* (0.0)	#	#
6 - 11	74 (3.8)	17 (2.6)	39 (3.3)	18 (4.3)	24 (3.5)	6 (1.6)	12 (1.8)	5 (1.7)	3* (1.0)	#	1* (0.4)	1* (0.8)
12 - 19	53 (3.6)	22 (1.8)	23 (2.2)	9 (2.0)	38 (3.5)	14 (2.1)	17 (2.6)	8 (1.0)	9 (0.9)	2* (0.7)	4 (0.9)	2* (0.5)
20 - 29	48 (4.1)	14 (2.0)	23 (3.9)	11 (3.0)	39 (5.0)	11 (2.2)	19 (4.0)	10 (2.5)	13 (3.1)	3* (1.2)	4* (1.3)	5* (2.4)
30 - 39	58 (4.0)	16 (2.9)	29 (4.3)	13 (2.1)	33 (3.7)	7 (1.4)	13 (2.6)	12 (3.2)	9 (2.0)	2* (1.1)	3* (0.9)	4* (1.4)
40 - 49	58 (3.4)	11 (2.1)	25 (3.5)	22 (3.8)	34 (3.2)	9 (2.2)	14 (2.5)	10 (1.6)	8 (1.7)	1* (0.8)	2* (0.7)	5* (2.1)
50 - 59	61 (3.4)	14 (2.0)	28 (5.1)	19 (4.0)	29 (4.2)	7 (2.0)	14 (3.4)	7 (1.3)	10 (1.7)	2* (0.5)	4* (1.3)	4* (1.9)
60 - 69	62 (3.9)	13 (2.7)	36 (5.1)	13 (2.8)	35 (3.7)	11 (2.2)	11 (2.1)	13 (3.6)	3* (0.9)	#	2* (0.6)	1* (0.4)
70 and over	67 (4.3)	16 (3.0)	30 (5.4)	20 (3.8)	31 (3.9)	10 (1.9)	12 (2.0)	8 (2.4)	3* (1.1)	1* (0.6)	1* (0.4)	1* (0.5)
2 - 19	67 (2.5)	17 (1.5)	31 (1.8)	18 (2.3)	28 (2.3)	9 (1.2)	12 (1.2)	6 (0.9)	5 (0.6)	1* (0.3)	2 (0.4)	1* (0.4)
20 and over	58 (1.8)	14 (0.8)	28 (1.5)	16 (1.4)	33 (1.9)	9 (0.8)	14 (0.9)	10 (1.0)	8 (0.7)	2 (0.3)	3 (0.5)	4 (0.7)
2 and over	61 (1.8)	15 (0.7)	29 (1.3)	17 (1.4)	32 (1.8)	9 (0.8)	14 (0.9)	9 (0.8)	7 (0.5)	2 (0.2)	3 (0.4)	3 (0.6)
Females:												
2 - 5	85 (2.9)	10 (1.9)	40 (3.7)	35 (4.1)	14 (2.9)	1* (0.9)	7* (2.2)	6* (1.2)	1* (0.4)	0* (0.0)	1* (0.4)	0* (0.0)
6 - 11	74 (3.0)	16 (2.3)	38 (3.3)	20 (3.3)	25 (2.8)	6 (1.3)	13 (1.9)	7 (1.6)	1* (0.7)	1* (0.6)	#	#
12 - 19	52 (3.2)	16 (2.5)	26 (2.8)	10 (2.3)	41 (3.1)	13 (2.2)	19 (2.8)	9 (2.2)	7 (1.3)	2* (0.7)	3* (0.7)	1* (0.6)
20 - 29	51 (3.0)	14 (1.6)	21 (2.2)	16 (2.2)	43 (2.6)	11 (2.3)	22 (1.5)	11 (1.3)	6* (1.1)	#	3* (0.6)	3* (0.8)
30 - 39	62 (3.5)	11 (2.0)	30 (3.6)	20 (3.6)	31 (3.1)	6 (1.3)	15 (2.5)	10 (2.0)	7 (1.7)	3* (1.1)	4* (1.2)	1* (0.4)
40 - 49	62 (2.3)	12 (2.6)	29 (4.1)	21 (3.6)	33 (2.7)	6 (1.6)	16 (2.6)	11 (3.0)	6 (1.8)	1* (1.1)	1* (0.5)	3* (1.5)
50 - 59	64 (3.9)	13 (1.9)	34 (5.3)	17 (4.2)	31 (4.0)	4* (1.0)	15 (4.0)	12 (2.0)	5 (1.2)	1* (0.5)	2* (0.6)	2* (0.8)
60 - 69	64 (4.1)	10 (3.3)	32 (3.8)	21 (3.7)	32 (4.4)	5 (0.9)	12 (2.1)	15 (2.9)	4* (1.7)	#	2* (0.6)	2* (1.6)
70 and over	68 (3.8)	13 (1.8)	33 (4.1)	22 (3.5)	30 (4.0)	5* (1.3)	17 (1.9)	9 (2.2)	2* (0.8)	#	1* (0.7)	#
2 - 19	67 (1.9)	15 (1.2)	33 (1.8)	19 (2.0)	30 (1.9)	8 (1.2)	14 (1.3)	8 (1.4)	4 (0.7)	1* (0.5)	2* (0.3)	1* (0.3)
20 and over	61 (1.6)	12 (0.7)	30 (1.8)	19 (1.4)	33 (1.5)	6 (0.9)	16 (1.2)	11 (1.0)	5 (0.6)	1 (0.3)	2 (0.3)	2 (0.3)
2 and over	63 (1.3)	13 (0.7)	30 (1.4)	19 (1.3)	33 (1.2)	6 (0.8)	16 (0.9)	10 (0.8)	5 (0.5)	1 (0.2)	2 (0.3)	2 (0.2)
Males and females:												
2 - 19	67 (1.9)	16 (1.0)	32 (1.5)	19 (1.8)	29 (1.7)	9 (1.0)	13 (1.1)	7 (0.9)	4 (0.5)	1 (0.3)	2 (0.2)	1 (0.3)
20 and over	60 (1.4)	13 (0.6)	29 (1.3)	18 (1.1)	33 (1.4)	8 (0.7)	15 (0.9)	11 (0.7)	7 (0.5)	1 (0.2)	2 (0.3)	3 (0.4)
2 and over	62 (1.3)	14 (0.5)	30 (1.2)	18 (1.1)	32 (1.3)	8 (0.7)	15 (0.7)	10 (0.6)	6 (0.4)	1 (0.2)	2 (0.2)	2 (0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Meals Patterns are categorized into the following:

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

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

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

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Male/Female and Age, *What We Eat in America,* NHANES 2017-2018.

Table 34. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age	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
(years)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Non-Hispanic White:												
2 - 5.....	92* (1.7)	7* (2.1)	41 (5.0)	44 (4.7)	7* (1.7)	#	4* (1.2)	3* (0.9)	#	0* (0.0)	#	0* (0.0)
6 - 11.....	83 (3.3)	13 (2.9)	45 (4.4)	25 (3.8)	16 (3.2)	2* (0.8)	7* (1.6)	6* (2.1)	2* (0.9)	1* (0.5)	#	1* (0.8)
12 - 19.....	59 (4.6)	19 (2.6)	27 (3.6)	13 (3.2)	36 (4.5)	12 (2.7)	17 (3.2)	8 (2.0)	5* (1.0)	1* (0.5)	2* (0.9)	2* (0.4)
20 and over...	66 (2.0)	12 (0.7)	34 (2.0)	21 (1.7)	29 (2.3)	5 (0.8)	13 (1.5)	11 (1.0)	5 (0.7)	1* (0.3)	1 (0.3)	2 (0.7)
2 and over...	68 (1.8)	12 (0.6)	34 (1.8)	22 (1.7)	28 (2.0)	5 (0.8)	13 (1.2)	10 (1.0)	4 (0.6)	1 (0.3)	1 (0.2)	2 (0.5)
Non-Hispanic Black:												
2 - 5.....	78 (5.9)	15* (3.5)	48 (5.4)	15* (3.8)	21 (5.1)	9* (3.7)	8* (3.7)	3* (2.1)	2* (1.3)	0* (0.0)	2* (1.3)	0* (0.0)
6 - 11.....	62 (3.1)	27 (2.0)	28 (3.9)	8* (2.2)	34 (3.6)	11 (1.7)	20 (2.6)	3* (2.0)	4* (1.4)	1* (1.0)	2* (0.9)	1* (0.1)
12 - 19.....	43 (4.7)	20 (3.1)	18 (4.3)	6* (0.9)	42 (3.2)	18 (1.8)	17 (1.9)	6* (1.6)	15 (3.0)	6* (1.7)	9* (2.4)	1* (0.3)
20 and over...	44 (2.3)	17 (1.6)	19 (1.4)	7 (1.1)	41 (2.4)	16 (1.2)	18 (1.9)	7 (0.9)	15 (1.5)	5 (0.8)	7 (1.3)	3 (0.6)
2 and over...	47 (2.2)	18 (1.4)	21 (1.4)	7 (0.9)	40 (2.2)	16 (1.1)	17 (1.6)	7 (0.6)	14 (1.3)	5 (0.6)	6 (1.0)	3 (0.4)
Non-Hispanic Asian[3]:												
2 - 5.....	91* (4.4)	6* (4.3)	41* (9.5)	44* (6.5)	9* (4.4)	0* (0.0)	4* (2.2)	5* (4.4)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)
6 - 11.....	83* (4.5)	17* (5.5)	47* (3.6)	19* (5.8)	15* (4.1)	2* (2.3)	6* (2.3)	6* (2.4)	3* (2.5)	3* (2.5)	0* (0.0)	0* (0.0)
12 - 19.....	58 (6.2)	14* (4.2)	33 (6.0)	11* (5.7)	35 (6.0)	4* (2.0)	20 (5.5)	11* (3.8)	7* (1.8)	1* (0.8)	5* (1.2)	1* (0.7)
20 and over...	70 (2.8)	16 (2.3)	33 (2.1)	21 (2.6)	26 (2.3)	6 (1.0)	12 (1.7)	9 (1.9)	4 (1.2)	#	1* (0.3)	2* (1.0)
2 and over...	71 (2.4)	15 (2.1)	34 (1.3)	21 (3.0)	26 (1.9)	5 (0.8)	12 (1.4)	9 (1.5)	4 (1.0)	1* (0.3)	1* (0.3)	2* (0.8)
Hispanic:												
2 - 5.....	76 (5.7)	12* (3.6)	31 (3.4)	34 (4.5)	23 (5.7)	5* (2.6)	7* (2.5)	11* (4.8)	#	0* (0.0)	0* (0.0)	#
6 - 11.....	58 (3.5)	16 (2.2)	31 (3.9)	10* (3.3)	40 (3.7)	13 (3.6)	21 (3.1)	7* (1.6)	2* (0.9)	1* (0.6)	#	1* (0.6)
12 - 19.....	46 (4.2)	19 (2.8)	22 (3.2)	4* (2.0)	46 (4.6)	17 (3.3)	20 (3.5)	9 (1.9)	8 (2.4)	1* (1.2)	4* (1.4)	3* (1.1)
20 and over...	48 (1.8)	16 (1.2)	19 (1.5)	13 (1.3)	45 (1.6)	10 (1.3)	22 (1.1)	13 (1.5)	7 (0.9)	1* (0.4)	3 (0.6)	3 (0.4)
2 and over...	51 (1.4)	16 (1.0)	22 (1.3)	13 (1.3)	43 (1.5)	11 (1.3)	21 (1.2)	11 (1.3)	6 (0.9)	1* (0.4)	3 (0.5)	2 (0.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Meals Patterns are categorized into the following:

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

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

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

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

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

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.

Table 35. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Family Income (in Dollars) and Age, in the United States, 2017-2018

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*			
			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)
$0 - $24,999:																				
2 - 5.....	82	(5.2)	16	(5.0)	35	(5.5)	31	(7.6)	17	(4.9)	4*	(2.2)	7*	(3.0)	7*	(2.4)	1*	(0.6)	0*	(0.0)	1*	(0.6)	0*	(0.0)
6 - 11.....	60	(3.1)	11*	(2.8)	36	(4.6)	13	(4.0)	38	(3.2)	13	(2.7)	20	(3.8)	6*	(1.9)	1*	(0.8)	1*	(0.4)	0*	(0.0)	1*	(0.7)
12 - 19.....	48	(4.4)	19	(5.1)	22	(4.1)	6*	(2.4)	42	(4.1)	11	(1.7)	20	(3.3)	11	(2.1)	11	(2.5)	3*	(1.3)	5*	(1.3)	3*	(0.8)
20 and over...	48	(2.7)	15	(1.3)	23	(1.7)	10	(1.5)	42	(2.5)	13	(1.9)	20	(1.7)	10	(0.9)	10	(1.2)	2	(0.4)	5	(1.0)	3	(0.6)
2 and over...	51	(1.9)	15	(0.7)	25	(1.7)	11	(1.5)	40	(1.7)	12	(1.3)	19	(1.4)	9	(0.6)	9	(1.1)	2	(0.4)	4	(0.8)	3	(0.5)
$25,000 - $74,999:																				
2 - 5.....	86	(3.0)	9*	(2.5)	41	(4.7)	35	(5.7)	14	(3.0)	2*	(1.1)	5*	(2.5)	6*	(1.6)	0*	(0.0)	0*	(0.0)	0*	(0.0)	0*	(0.0)
6 - 11.....	72	(2.6)	18	(2.0)	39	(3.5)	15	(2.6)	27	(2.6)	6*	(1.9)	12	(1.4)	9	(1.8)	1*	(0.7)	#		1*	(0.4)	#	
12 - 19.....	47	(4.4)	19	(3.3)	18	(3.0)	10	(2.8)	42	(4.8)	13	(2.4)	19	(3.1)	10	(2.3)	10	(1.8)	3*	(1.1)	5	(1.1)	2*	(0.8)
20 and over...	57	(1.6)	14	(1.0)	29	(1.6)	15	(1.3)	36	(1.6)	7	(0.8)	18	(1.3)	11	(1.5)	7	(0.7)	2	(0.4)	2	(0.3)	3	(0.8)
2 and over...	59	(1.4)	14	(1.0)	30	(1.6)	15	(1.3)	35	(1.5)	8	(0.8)	17	(1.1)	10	(1.2)	6	(0.6)	2	(0.3)	2	(0.2)	2	(0.7)
$75,000 and higher:																				
2 - 5.....	90*	(2.5)	6*	(1.8)	44	(7.6)	41	(6.7)	9*	(2.5)	2*	(1.3)	2*	(1.0)	6*	(1.7)	1*	(0.7)	0*	(0.0)	1*	(0.7)	0*	(0.0)
6 - 11.....	83	(3.7)	16	(3.9)	40	(4.4)	27	(4.4)	14	(3.9)	2*	(0.8)	7*	(2.1)	5*	(1.8)	2*	(1.0)	1*	(0.7)	1*	(0.2)	1*	(0.7)
12 - 19.....	61	(3.6)	19	(2.8)	29	(2.2)	12	(3.0)	35	(3.6)	13	(2.9)	16	(3.4)	6*	(1.3)	4*	(1.0)	1*	(0.5)	1*	(0.4)	1*	(0.6)
20 and over...	69	(2.3)	12	(1.1)	32	(2.2)	25	(2.3)	26	(2.6)	4	(0.7)	10	(1.9)	11	(1.3)	5	(1.0)	1*	(0.4)	2*	(0.4)	3	(0.8)
2 and over...	71	(1.9)	13	(1.1)	33	(1.7)	25	(2.2)	25	(2.1)	5	(0.7)	10	(1.5)	10	(1.1)	5	(0.8)	1*	(0.3)	1	(0.3)	2	(0.6)
All Individuals[3]:																				
2 - 5.....	86	(2.4)	9	(1.5)	39	(2.7)	38	(2.9)	14	(2.4)	2*	(0.8)	5	(1.3)	6	(1.3)	1*	(0.3)	0*	(0.0)	#		#	
6 - 11.....	74	(1.7)	16	(1.9)	38	(2.5)	19	(2.3)	24	(1.6)	6	(1.1)	12	(1.0)	6	(1.1)	2*	(0.6)	1*	(0.3)	1*	(0.2)	1*	(0.4)
12 - 19.....	53	(2.6)	19	(1.6)	24	(2.0)	9	(2.0)	39	(2.5)	13	(1.7)	18	(2.1)	8	(1.3)	8	(0.9)	2	(0.6)	4	(0.5)	2*	(0.4)
20 and over...	60	(1.4)	13	(0.6)	29	(1.3)	18	(1.1)	33	(1.4)	8	(0.7)	15	(0.9)	11	(0.7)	7	(0.5)	1	(0.2)	2	(0.3)	3	(0.4)
2 and over...	62	(1.3)	14	(0.5)	30	(1.2)	18	(1.1)	32	(1.3)	8	(0.7)	15	(0.7)	10	(0.6)	6	(0.4)	1	(0.2)	2	(0.2)	2	(0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Meals Patterns are categorized into the following:

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

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

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

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[3] Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2017-2018.

Table 36. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Family Income (as % of Poverty Level[3]) and Age, in the United States, 2017-2018

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			
			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)
Under 131% poverty:															
2 - 5.....	84	(3.7)	14 (4.1)	35 (2.5)	35 (4.5)	16	(3.5)	3* (1.5)	5* (1.8)	8* (2.4)	1*	(0.4)	0* (0.0)	1* (0.4)	0* (0.0)
6 - 11.....	64	(3.5)	17 (2.8)	38 (4.1)	10 (2.6)	34	(3.6)	11 (2.5)	17 (3.0)	5* (1.3)	2*	(0.9)	1* (0.6)	#	1* (0.6)
12 - 19.....	47	(3.8)	20 (3.7)	20 (3.4)	7 (2.4)	41	(3.3)	13 (2.0)	19 (2.1)	9 (1.9)	12	(1.9)	4* (1.3)	5* (1.2)	3* (0.7)
20 and over...	45	(2.2)	14 (1.2)	22 (1.7)	9 (1.4)	44	(1.9)	12 (1.8)	22 (2.1)	10 (1.3)	11	(1.5)	2 (0.4)	5 (0.9)	4 (1.2)
2 and over...	50	(1.4)	15 (0.8)	24 (1.4)	11 (1.3)	41	(1.4)	11 (1.3)	20 (1.5)	9 (0.9)	9	(1.1)	2 (0.4)	4 (0.7)	3 (0.8)
131-350% poverty:															
2 - 5.....	87	(2.3)	8* (2.3)	42 (6.2)	37 (5.6)	13	(2.3)	2* (1.3)	5* (2.3)	6* (2.2)	0*	(0.0)	0* (0.0)	0* (0.0)	0* (0.0)
6 - 11.....	74	(2.9)	18 (4.8)	36 (3.9)	20 (3.2)	24	(3.2)	5* (1.8)	12 (2.5)	7* (1.9)	3*	(1.2)	1* (0.8)	1* (0.4)	1* (0.9)
12 - 19.....	50	(3.7)	21 (2.5)	20 (3.3)	8 (1.7)	42	(3.8)	13 (2.5)	19 (4.1)	10 (2.0)	8	(1.4)	3* (1.2)	4* (1.1)	2* (0.6)
20 and over...	58	(1.9)	15 (1.1)	29 (1.7)	15 (1.6)	36	(1.8)	8 (0.9)	17 (1.2)	11 (1.3)	6	(1.0)	2 (0.6)	2 (0.5)	2 (0.3)
2 and over...	60	(1.9)	15 (1.0)	29 (1.6)	16 (1.5)	34	(1.8)	8 (0.9)	16 (1.1)	10 (1.0)	6	(0.8)	2 (0.5)	2 (0.4)	2 (0.3)
Over 350% poverty:															
2 - 5.....	89*	(3.7)	6* (2.6)	46 (7.5)	37 (6.5)	10*	(3.7)	2* (1.8)	3* (1.4)	5* (2.7)	1*	(0.9)	0* (0.0)	1* (0.9)	0* (0.0)
6 - 11.....	86	(4.4)	13* (3.3)	43 (5.5)	30 (4.9)	13	(4.5)	1* (0.7)	5* (1.8)	7* (3.1)	1*	(0.4)	#	#	0* (0.0)
12 - 19.....	65	(4.5)	16 (3.9)	33 (3.4)	17 (4.5)	32	(4.6)	12 (2.8)	15 (3.9)	6* (1.1)	2*	(1.0)	#	1* (0.4)	1* (0.7)
20 and over...	70	(2.6)	11 (1.0)	33 (2.0)	25 (2.2)	25	(3.1)	4 (0.6)	10 (2.0)	11 (1.2)	5	(1.0)	1* (0.2)	2* (0.4)	3 (0.8)
2 and over...	71	(2.4)	12 (1.0)	34 (1.8)	25 (2.2)	25	(2.8)	5 (0.7)	10 (1.8)	10 (1.1)	4	(0.8)	1* (0.2)	1 (0.3)	2 (0.7)
All Individuals[4]:															
2 - 5.....	86	(2.4)	9 (1.5)	39 (2.7)	38 (2.9)	14	(2.4)	2* (0.8)	5 (1.3)	6 (1.3)	1*	(0.3)	0* (0.0)	#	#
6 - 11.....	74	(1.7)	16 (1.9)	38 (2.5)	19 (2.3)	24	(1.6)	6 (1.1)	12 (1.0)	6 (1.1)	2*	(0.6)	1* (0.3)	1* (0.2)	1* (0.4)
12 - 19.....	53	(2.6)	19 (1.6)	24 (2.0)	9 (2.0)	39	(2.5)	13 (1.7)	18 (2.1)	8 (1.3)	8	(0.9)	2 (0.6)	4 (0.5)	2* (0.4)
20 and over...	60	(1.4)	13 (0.6)	29 (1.3)	18 (1.1)	33	(1.4)	8 (0.7)	15 (0.9)	11 (0.7)	7	(0.5)	1 (0.2)	2 (0.3)	3 (0.4)
2 and over...	62	(1.3)	14 (0.5)	30 (1.2)	18 (1.1)	32	(1.3)	8 (0.7)	15 (0.7)	10 (0.6)	6	(0.4)	1 (0.2)	2 (0.2)	2 (0.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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 2.57.

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

Footnotes

[1] Meals Patterns are categorized into the following:

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

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

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

[2] Snack occasions were reported as distinct eating occasions during the dietary interview and consisted of one or more food and beverage items, including plain water. Water was the only item reported in approximately 27 percent of the snack occasions. Survey respondents selected the name of all eating occasions from a fixed list that was provided during the interview. All reports of "snack", "drink" or "extended consumption" (items that were consumed over a long period of time) were included as snack occasions. Spanish language interviewers used Spanish language snack occasion names: "merienda", "entre comida", "botana", "bocadillo", "tentempie", and "bebida".

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] Includes persons of all income levels or with unknown family income.

Abbreviations

SE standard error.

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018

T h i a m i n

Males/Females and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5	8	(2.0)	533	1.26	(0.037)	0.08	(0.023)	1.34	(0.039)		--		--		--		1.28	(0.039)
6 - 11	8	(1.2)	782	1.60	(0.035)	0.09	(0.019)	1.68	(0.041)		--		--		--		1.59	(0.035)
12 - 19	4	(1.1)	1031	1.61	(0.038)	0.20*	(0.085)	1.82	(0.097)		--		--		--		1.60	(0.039)
Males:																		
20 - 39	10	(2.2)	657	1.88	(0.047)	1.88*	(0.640)	3.76	(0.644)		--		--		--		1.85	(0.041)
40 - 59	22	(3.7)	707	1.87	(0.055)	1.99	(0.447)	3.86	(0.443)	121	1.88	(0.121)	9.05	(1.651)	10.92	(1.589)	1.87	(0.061)
60 and over	29	(2.4)	885	1.78	(0.053)	2.41	(0.349)	4.19	(0.337)	229	1.87	(0.073)	8.29	(1.172)	10.16	(1.183)	1.75	(0.072)
20 and over	19	(1.4)	2249	1.85	(0.027)	2.06	(0.301)	3.91	(0.295)	399	1.92	(0.074)	10.61	(1.827)	12.53	(1.797)	1.83	(0.029)
Females:																		
20 - 39	11	(1.9)	677	1.35	(0.034)	1.40	(0.345)	2.75	(0.360)		--		--		--		1.34	(0.042)
40 - 59	22	(2.2)	767	1.38	(0.059)	2.27*	(0.709)	3.65	(0.747)	130	1.49	(0.109)	10.45*	(3.563)	11.94*	(3.590)	1.35	(0.050)
60 and over	32	(3.3)	841	1.29	(0.035)	4.14	(1.206)	5.43	(1.223)	244	1.30	(0.054)	12.76	(3.359)	14.06	(3.384)	1.28	(0.040)
20 and over	21	(1.3)	2285	1.34	(0.028)	2.54	(0.492)	3.88	(0.505)	443	1.39	(0.056)	11.85	(2.131)	13.24	(2.149)	1.33	(0.027)
All Individuals:																		
2 and over	17	(0.8)	6880	1.58	(0.018)	1.78	(0.220)	3.36	(0.222)	949	1.63	(0.044)	10.49	(1.077)	12.12	(1.079)	1.57	(0.017)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Males/Females and age (years)	Percent reporting supplement riboflavin[8] %	(SE)	*All Individuals*[5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users*[6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users*[7] Food mg	(SE)
Males and females:																		
2 - 5	8	(2.0)	533	1.58	(0.031)	0.08	(0.025)	1.67	(0.033)		--		--		--		1.60	(0.034)
6 - 11	7	(1.6)	782	1.87	(0.051)	0.10	(0.022)	1.96	(0.062)		--		--		--		1.87	(0.048)
12 - 19	4	(1.2)	1031	1.85	(0.061)	0.73*	(0.422)	2.58	(0.452)		--		--		--		1.85	(0.062)
Males:																		
20 - 39	9	(2.1)	657	2.52	(0.076)	0.92	(0.249)	3.44	(0.278)		--		--		--		2.49	(0.085)
40 - 59	22	(3.7)	707	2.54	(0.137)	1.87	(0.446)	4.41	(0.444)	121	2.47	(0.139)	8.49	(1.706)	10.96	(1.632)	2.56	(0.167)
60 and over	29	(2.4)	885	2.27	(0.061)	1.53	(0.207)	3.80	(0.235)	225	2.49	(0.194)	5.31	(0.715)	7.79	(0.817)	2.18	(0.053)
20 and over	19	(1.6)	2249	2.46	(0.060)	1.43	(0.154)	3.89	(0.181)	392	2.54	(0.115)	7.56	(0.888)	10.10	(0.855)	2.44	(0.070)
Females:																		
20 - 39	11	(1.9)	677	1.76	(0.051)	1.18*	(0.381)	2.94	(0.404)		--		--		--		1.70	(0.038)
40 - 59	22	(2.2)	767	1.85	(0.092)	1.56*	(0.626)	3.41	(0.705)	130	2.03	(0.181)	7.19*	(2.789)	9.23*	(2.931)	1.79	(0.072)
60 and over	33	(3.2)	841	1.72	(0.058)	2.25	(0.405)	3.97	(0.435)	242	1.75	(0.080)	6.87	(1.059)	8.62	(1.115)	1.71	(0.067)
20 and over	22	(1.3)	2285	1.78	(0.052)	1.64	(0.359)	3.42	(0.397)	441	1.93	(0.106)	7.61	(1.545)	9.54	(1.605)	1.74	(0.038)
All Individuals:																		
2 and over	17	(0.8)	6880	2.04	(0.034)	1.25	(0.172)	3.29	(0.191)	938	2.17	(0.066)	7.50	(0.926)	9.67	(0.967)	2.01	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Males/Females and age (years)	Percent reporting supplement niacin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5	7	(2.0)	533	16.0	(0.32)	0.8	(0.24)	16.8	(0.38)		--		--		--		16.1	(0.34)
6 - 11	8	(1.1)	782	21.5	(0.64)	0.9	(0.19)	22.4	(0.74)		--		--		--		21.6	(0.66)
12 - 19	6	(1.2)	1031	24.7	(0.75)	1.3	(0.26)	25.9	(0.80)		--		--		--		24.5	(0.75)
Males:																		
20 - 39	10	(2.2)	657	33.7	(1.05)	3.3	(0.93)	37.0	(1.48)		--		--		--		33.5	(1.03)
40 - 59	24	(3.9)	707	32.0	(1.38)	6.3	(1.22)	38.3	(1.78)	129	30.9	(1.49)	26.6	(2.62)	57.5	(2.09)	32.4	(1.71)
60 and over	31	(2.5)	885	28.4	(1.54)	15.9*	(5.57)	44.3	(5.81)	239	31.3	(3.55)	52.0*	(16.32)	83.3	(16.42)	27.1	(1.58)
20 and over	21	(1.7)	2249	31.7	(0.63)	7.8	(1.44)	39.5	(1.84)	424	32.0	(1.70)	37.9	(7.14)	69.9	(7.15)	31.6	(0.72)
Females:																		
20 - 39	14	(2.2)	677	21.9	(0.46)	4.3*	(1.30)	26.1	(1.65)	84	25.9	(2.27)	30.0	(5.26)	55.8	(6.50)	21.2	(0.32)
40 - 59	25	(2.4)	767	21.4	(0.97)	5.4	(0.50)	26.8	(1.31)	153	23.4	(2.13)	21.1	(1.38)	44.5	(2.82)	20.7	(0.71)
60 and over	35	(3.4)	841	19.6	(0.77)	18.2	(3.94)	37.8	(4.07)	263	19.3	(0.98)	52.2	(11.79)	71.5	(11.41)	19.7	(0.92)
20 and over	25	(1.1)	2285	21.0	(0.51)	8.9	(1.02)	29.9	(1.19)	500	22.1	(1.15)	36.4	(4.19)	58.5	(4.14)	20.7	(0.36)
All Individuals:																		
2 and over	19	(0.8)	6880	25.2	(0.36)	6.6	(0.67)	31.8	(0.83)	1047	26.1	(0.97)	35.1	(3.08)	61.2	(3.16)	25.0	(0.35)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Males/Females and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	29	(2.8)	533	1.43	(0.022)	0.34	(0.045)	1.77	(0.039)	137	1.49	(0.070)	1.18	(0.079)	2.67	(0.086)	1.41	(0.040)
6 - 11.....	18	(1.9)	782	1.75	(0.061)	0.31	(0.052)	2.06	(0.095)	113	1.64	(0.105)	1.76	(0.199)	3.40	(0.241)	1.77	(0.072)
12 - 19.....	9	(1.3)	1031	1.91	(0.079)	0.37	(0.084)	2.28	(0.115)	82	1.98	(0.122)	3.90	(0.736)	5.88	(0.822)	1.90	(0.085)
Males:																		
20 - 39.....	12	(2.2)	657	2.87	(0.117)	2.22	(0.654)	5.09	(0.657)		--		--		--		2.84	(0.126)
40 - 59.....	25	(4.0)	707	2.53	(0.158)	3.01	(0.754)	5.54	(0.759)	138	2.46	(0.159)	12.20	(2.639)	14.66	(2.564)	2.56	(0.204)
60 and over.....	31	(2.5)	885	2.57	(0.308)	2.02	(0.260)	4.59	(0.449)	242	2.99	(0.671)	6.54	(0.678)	9.53	(1.134)	2.38	(0.319)
20 and over...	22	(1.6)	2249	2.67	(0.101)	2.45	(0.354)	5.12	(0.387)	444	2.80	(0.319)	11.32	(1.656)	14.12	(1.667)	2.63	(0.097)
Females:																		
20 - 39.....	16	(2.1)	677	1.83	(0.071)	2.18	(0.624)	4.01	(0.655)	99	2.24	(0.325)	13.58	(4.068)	15.81	(4.160)	1.75	(0.058)
40 - 59.....	26	(2.3)	767	1.70	(0.099)	2.54	(0.673)	4.24	(0.747)	167	1.91	(0.151)	9.66	(2.389)	11.57	(2.504)	1.63	(0.095)
60 and over.....	38	(3.9)	841	1.63	(0.063)	3.96	(0.883)	5.60	(0.877)	283	1.71	(0.094)	10.54	(1.860)	12.24	(1.855)	1.59	(0.061)
20 and over...	26	(1.3)	2285	1.72	(0.052)	2.85	(0.471)	4.58	(0.502)	549	1.89	(0.100)	10.87	(1.595)	12.76	(1.643)	1.67	(0.042)
All Individuals:																		
2 and over...	22	(0.9)	6880	2.08	(0.047)	2.09	(0.225)	4.18	(0.230)	1325	2.18	(0.135)	9.46	(1.015)	11.64	(1.000)	2.06	(0.039)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

F o l i c a c i d

Males/Females and age (years)	Percent reporting supplement folic acid [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	28	(2.8)	533	156	(8.1)	48	(6.3)	204	(8.7)	135	166	(22.4)	168	(12.6)	334	(21.5)	152	(5.6)
6 - 11.....	17	(2.0)	782	220	(6.8)	38	(5.6)	259	(9.8)	108	201	(16.8)	231	(17.4)	432	(16.5)	224	(7.9)
12 - 19.....	9	(1.3)	1031	206	(5.4)	34	(5.7)	239	(6.6)	82	198	(29.7)	355	(22.2)	553	(31.3)	206	(4.3)
Males:																		
20 - 39.....	11	(2.0)	657	214	(10.0)	44	(9.9)	259	(16.0)		--		--		--		216	(11.5)
40 - 59.....	24	(3.9)	707	196	(13.7)	108	(18.7)	304	(22.6)	137	207	(25.1)	441	(32.2)	648	(44.1)	193	(16.8)
60 and over.....	34	(2.4)	885	183	(10.8)	157	(9.2)	340	(14.1)	254	193	(19.5)	467	(22.4)	660	(31.1)	178	(14.6)
20 and over...	22	(1.7)	2249	199	(5.2)	98	(6.7)	297	(7.7)	454	200	(10.3)	443	(16.9)	642	(22.2)	199	(6.2)
Females:																		
20 - 39.....	16	(1.8)	677	143	(11.2)	79	(14.3)	222	(16.6)	98	158	(12.6)	509	(105.5)	667	(109.4)	140	(13.6)
40 - 59.....	26	(2.4)	767	146	(10.1)	121	(13.1)	267	(20.9)	163	174	(19.2)	467	(25.3)	641	(36.3)	136	(12.1)
60 and over.....	37	(3.8)	841	132	(5.5)	186	(16.6)	318	(17.2)	276	125	(7.8)	503	(22.5)	628	(23.7)	136	(6.5)
20 and over...	26	(1.2)	2285	141	(4.7)	127	(7.0)	267	(8.5)	537	149	(8.8)	491	(22.1)	640	(26.2)	138	(4.6)
All Individuals:																		
2 and over...	22	(0.9)	6880	177	(3.0)	94	(3.9)	271	(4.2)	1316	175	(6.3)	429	(14.2)	604	(16.6)	178	(2.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Males/Females and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	28	(2.8)	533	388	(15.5)	81	(10.7)	469	(16.6)	135	403	(41.4)	286	(21.4)	689	(39.4)	382	(12.0)
6 - 11.....	17	(2.0)	782	521	(12.7)	65	(9.5)	587	(17.1)	108	476	(29.1)	392	(29.5)	868	(28.5)	530	(14.8)
12 - 19.....	9	(1.3)	1031	511	(9.7)	57	(9.7)	568	(11.8)	82	550	(50.7)	604	(37.7)	1153	(55.5)	507	(10.2)
Males:																		
20 - 39.....	11	(2.0)	657	592	(18.4)	76	(16.8)	668	(27.3)		--		--		--		587	(20.3)
40 - 59.....	24	(3.9)	707	586	(24.5)	184	(31.8)	769	(40.9)	137	616	(50.3)	750	(54.7)	1366	(83.6)	575	(31.0)
60 and over.....	34	(2.4)	885	527	(19.9)	267	(15.6)	794	(25.3)	254	553	(31.6)	793	(38.0)	1347	(51.4)	514	(25.9)
20 and over...	22	(1.7)	2249	572	(9.1)	166	(11.3)	739	(13.7)	454	594	(23.0)	753	(28.7)	1346	(44.2)	566	(10.4)
Females:																		
20 - 39.....	16	(1.8)	677	440	(16.8)	134	(24.4)	574	(29.2)	98	475	(30.3)	865	(179.3)	1340	(191.1)	433	(21.5)
40 - 59.....	26	(2.4)	767	437	(20.6)	206	(22.3)	642	(38.8)	163	493	(37.0)	793	(43.1)	1287	(63.7)	417	(21.1)
60 and over.....	37	(3.8)	841	411	(11.3)	317	(28.2)	728	(27.1)	276	406	(11.3)	855	(38.2)	1261	(40.4)	414	(14.5)
20 and over...	26	(1.2)	2285	430	(10.5)	215	(12.0)	645	(18.4)	537	451	(17.3)	835	(37.6)	1286	(45.5)	423	(10.8)
All Individuals:																		
2 and over...	22	(0.9)	6880	497	(6.1)	160	(6.7)	658	(9.9)	1316	508	(11.1)	729	(24.1)	1237	(30.3)	494	(6.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Males/Females and age (years)	Percent reporting supplement choline [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	10	(1.7)	533	214	(6.1)	#		214	(6.1)		--		--		--		211	(6.5)
6 - 11.....	5	(1.3)	782	242	(7.2)	#		242	(7.2)		--		--		--		240	(6.7)
12 - 19.....	3	(0.7)	1031	265	(8.9)	#		265	(8.9)		--		--		--		264	(9.3)
Males:																		
20 - 39.....	4	(1.0)	657	386	(13.1)	1*	(0.2)	387	(13.1)		--		--		--		384	(13.7)
40 - 59.....	5	(1.1)	707	402	(8.4)	1	(0.1)	403	(8.4)		--		--		--		403	(9.2)
60 and over.....	3	(0.4)	885	368	(9.5)	#		369	(9.5)		--		--		--		367	(9.7)
20 and over...	4	(0.4)	2249	387	(5.0)	1	(0.1)	388	(5.0)		--		--		--		386	(5.0)
Females:																		
20 - 39.....	4	(1.1)	677	285	(9.4)	#		285	(9.4)		--		--		--		286	(9.4)
40 - 59.....	7	(1.5)	767	272	(14.5)	3*	(2.5)	275	(15.6)		--		--		--		264	(13.3)
60 and over.....	7	(1.5)	841	275	(9.2)	1	(0.3)	277	(9.2)		--		--		--		272	(9.4)
20 and over...	6	(0.9)	2285	277	(8.2)	2*	(0.9)	279	(8.8)	126	330	(18.7)	28*	(13.5)	358	(24.5)	274	(7.7)
All Individuals:																		
2 and over...	5	(0.5)	6880	311	(3.8)	1*	(0.4)	312	(3.9)	315	335	(11.6)	17*	(6.2)	352	(14.3)	310	(3.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 1 2

Males/Females and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	30	(2.8)	533	3.76	(0.115)	6.8*	(5.56)	10.6*	(5.52)	138	3.82	(0.262)	22.8*	(18.12)	26.6*	(17.95)	3.74	(0.121)
6 - 11.....	18	(1.9)	782	4.57	(0.169)	5.1*	(4.26)	9.7*	(4.30)	109	4.54	(0.368)	29.1*	(24.10)	33.7*	(24.20)	4.57	(0.183)
12 - 19.....	10	(1.2)	1031	4.55	(0.188)	3.0*	(1.14)	7.6	(1.14)	83	4.39	(0.436)	31.6*	(12.61)	36.0*	(12.65)	4.57	(0.182)
Males:																		
20 - 39.....	12	(2.2)	657	6.26	(0.304)	38.5*	(20.57)	44.8*	(20.57)		--		--		--		6.25	(0.362)
40 - 59.....	26	(4.2)	707	5.87	(0.552)	54.7*	(17.16)	60.6	(17.30)	148	5.58	(0.456)	209.8	(54.52)	215.4	(54.61)	5.97	(0.694)
60 and over.....	37	(2.5)	885	5.60	(0.343)	125.8	(19.62)	131.4	(19.59)	275	6.64	(0.758)	342.2	(45.68)	348.8	(45.72)	5.00	(0.353)
20 and over...	24	(1.9)	2249	5.94	(0.229)	68.0	(10.38)	74.0	(10.39)	491	6.17	(0.394)	284.1	(44.28)	290.3	(44.25)	5.87	(0.286)
Females:																		
20 - 39.....	17	(2.2)	677	3.67	(0.139)	36.6*	(12.62)	40.2*	(12.63)	104	3.98	(0.254)	215.3*	(77.15)	219.2*	(77.13)	3.61	(0.167)
40 - 59.....	30	(2.3)	767	4.00	(0.242)	112.1*	(38.18)	116.1*	(38.16)	184	4.84	(0.431)	371.4*	(126.15)	376.2*	(126.06)	3.64	(0.206)
60 and over.....	42	(3.2)	841	3.65	(0.180)	212.6	(26.45)	216.3	(26.42)	317	3.44	(0.184)	503.1	(69.85)	506.5	(69.85)	3.79	(0.261)
20 and over...	29	(1.4)	2285	3.78	(0.126)	117.0	(14.07)	120.7	(14.07)	605	4.05	(0.203)	398.4	(50.69)	402.5	(50.66)	3.67	(0.117)
All Individuals:																		
2 and over...	24	(1.0)	6880	4.74	(0.117)	71.3	(7.14)	76.0	(7.14)	1426	4.87	(0.220)	294.4	(31.99)	299.2	(31.96)	4.70	(0.114)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Males/Females and age (years)	Percent reporting supplement vitamin C [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	32	(3.0)	533	82.8	(7.03)	16.5	(4.11)	99.3	(9.11)	150	81.7	(6.32)	51.5	(11.75)	133.2	(11.40)	83.4	(9.95)
6 - 11.....	18	(2.1)	782	77.3	(5.02)	13.8	(3.35)	91.1	(5.96)	119	76.3	(9.36)	74.9	(19.27)	151.2	(22.11)	77.5	(5.94)
12 - 19.....	12	(1.4)	1031	64.9	(4.06)	27.2	(7.40)	92.1	(8.38)	101	93.3	(21.75)	224.2	(51.42)	317.5	(55.53)	60.9	(3.49)
Males:																		
20 - 39.....	12	(2.0)	657	76.6	(4.55)	33.1	(8.12)	109.7	(7.40)		--		--		--		72.5	(5.06)
40 - 59.....	28	(4.6)	707	84.3	(5.88)	103.6*	(31.33)	187.9	(31.78)	149	77.6	(9.76)	376.6	(101.84)	454.2	(99.46)	86.8	(8.16)
60 and over.....	34	(2.7)	885	78.1	(4.46)	99.7	(15.43)	177.7	(16.79)	270	78.8	(8.08)	291.9	(35.27)	370.7	(36.07)	77.6	(5.86)
20 and over...	24	(1.7)	2249	79.8	(3.20)	76.5	(12.10)	156.3	(12.02)	489	83.4	(4.86)	323.1	(40.52)	406.6	(38.67)	78.6	(4.01)
Females:																		
20 - 39.....	18	(2.3)	677	70.7	(4.57)	47.2	(11.88)	117.9	(10.43)	112	69.5	(5.56)	259.0	(50.05)	328.5	(48.45)	71.0	(4.83)
40 - 59.....	33	(2.8)	767	73.3	(4.09)	80.1	(11.90)	153.3	(12.69)	194	82.6	(10.88)	244.2	(38.57)	326.8	(38.24)	68.7	(3.59)
60 and over.....	43	(3.2)	841	72.9	(3.22)	101.8	(7.42)	174.7	(9.26)	308	79.8	(5.27)	236.8	(19.02)	316.7	(20.12)	67.7	(3.87)
20 and over...	31	(1.6)	2285	72.3	(2.30)	75.4	(6.67)	147.7	(7.88)	614	78.8	(5.37)	244.1	(18.37)	322.9	(20.79)	69.4	(2.47)
All Individuals:																		
2 and over...	25	(1.0)	6880	75.2	(2.28)	62.5	(6.17)	137.7	(6.54)	1473	81.2	(2.75)	248.0	(20.56)	329.3	(21.14)	73.2	(2.55)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Males/Females and age (years)	Percent reporting supplement vitamin D [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	29	(2.8)	533	5.3	(0.19)	2.9	(0.36)	8.2	(0.39)	138	5.2	(0.46)	10.0	(0.54)	15.2	(0.41)	5.4	(0.18)
6 - 11.....	18	(2.1)	782	5.0	(0.16)	3.1*	(0.92)	8.1	(0.97)	114	5.4	(0.58)	17.1	(4.29)	22.5	(4.31)	4.9	(0.16)
12 - 19.....	10	(1.4)	1031	4.2	(0.24)	2.5	(0.40)	6.7	(0.47)	91	4.4	(0.88)	24.3	(2.02)	28.7	(2.29)	4.2	(0.23)
Males:																		
20 - 39.....	13	(2.8)	657	4.6	(0.28)	5.8	(1.56)	10.3	(1.49)		--		--		--		4.5	(0.26)
40 - 59.....	28	(4.1)	707	4.3	(0.31)	16.5*	(5.57)	20.8	(5.64)	175	4.2	(0.29)	58.2*	(17.46)	62.4	(17.38)	4.3	(0.40)
60 and over.....	42	(2.5)	885	5.6	(0.57)	23.0	(2.55)	28.6	(2.65)	333	6.6	(1.27)	55.2	(4.73)	61.8	(4.75)	4.9	(0.48)
20 and over...	26	(1.9)	2249	4.8	(0.17)	14.3	(2.04)	19.0	(2.01)	576	5.4	(0.59)	54.1	(6.77)	59.5	(6.76)	4.5	(0.16)
Females:																		
20 - 39.....	17	(2.0)	677	3.4	(0.25)	5.4	(0.79)	8.9	(0.85)	101	3.5	(0.38)	32.7	(4.62)	36.2	(4.61)	3.4	(0.28)
40 - 59.....	35	(1.9)	767	3.7	(0.25)	18.0	(2.18)	21.7	(2.29)	229	4.5	(0.46)	51.4	(7.27)	55.9	(7.30)	3.2	(0.30)
60 and over.....	58	(2.8)	841	3.9	(0.28)	37.7	(3.54)	41.6	(3.63)	421	3.9	(0.26)	64.7	(5.88)	68.6	(5.93)	3.8	(0.42)
20 and over...	36	(1.7)	2285	3.7	(0.18)	19.7	(1.91)	23.4	(2.00)	751	4.1	(0.25)	55.0	(4.52)	59.1	(4.49)	3.4	(0.21)
All Individuals:																		
2 and over...	28	(1.1)	6880	4.3	(0.12)	13.6	(1.18)	17.9	(1.21)	1670	4.7	(0.27)	49.0	(3.52)	53.7	(3.51)	4.2	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Males/Females and age (years)	Percent reporting supplement vitamin K [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Males and females:																		
2 - 5.....	4	(1.3)	533	50.1	(2.91)	1.5*	(0.56)	51.6	(3.05)		--		--		--		50.3	(3.05)
6 - 11.....	4	(1.0)	782	71.0	(5.74)	2.0	(0.56)	73.0	(6.15)		--		--		--		71.8	(6.40)
12 - 19.....	4	(1.3)	1031	82.0	(4.75)	2.3*	(0.80)	84.3	(4.81)		--		--		--		81.8	(4.77)
Males:																		
20 - 39.....	7	(2.2)	657	109.7	(6.45)	3.3*	(1.14)	113.0	(6.75)		--		--		--		102.8	(6.74)
40 - 59.....	19	(3.3)	707	147.1	(16.43)	7.5	(1.64)	154.6	(16.44)	106	150.6	(26.50)	40.0	(4.67)	190.6	(26.85)	146.3	(16.31)
60 and over.....	25	(2.0)	885	122.3	(7.49)	9.5	(0.84)	131.7	(7.83)	188	142.8	(18.04)	37.2	(2.18)	180.0	(18.19)	115.2	(5.96)
20 and over...	16	(1.5)	2249	126.6	(8.33)	6.5	(0.77)	133.1	(8.60)	327	155.1	(17.77)	39.5	(2.63)	194.6	(18.91)	121.0	(7.88)
Females:																		
20 - 39.....	7	(1.4)	677	146.4	(20.76)	3.1	(0.74)	149.5	(20.77)		--		--		--		146.4	(21.84)
40 - 59.....	16	(2.0)	767	126.7	(7.59)	6.8	(1.25)	133.4	(7.39)	94	141.2	(26.22)	43.5	(4.45)	184.7	(26.49)	124.0	(9.56)
60 and over.....	27	(2.8)	841	110.4	(4.28)	25.7*	(15.23)	136.1	(15.56)	189	123.0	(10.22)	93.5*	(54.04)	216.5	(54.53)	105.6	(4.19)
20 and over...	16	(1.0)	2285	128.4	(7.07)	11.3*	(4.79)	139.7	(7.86)	328	132.4	(9.10)	69.9*	(27.55)	202.3	(28.73)	127.7	(9.41)
All Individuals:																		
2 and over...	13	(0.7)	6880	113.9	(6.23)	7.2	(1.78)	121.1	(6.14)	727	137.8	(7.40)	54.2	(12.78)	192.1	(12.56)	110.2	(6.79)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Males/Females and age	Percent reporting supplement lycopene [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5	#*		533	3540	(350.5)	#*		3540	(350.5)		--		--		--		3540	(350.5)
6 - 11	#*		782	4201	(307.8)	#*		4201	(307.8)		--		--		--		4201	(307.8)
12 - 19	#		1031	4852	(358.5)	1*	(0.9)	4853	(358.7)		--		--		--		4822	(352.5)
Males:																		
20 - 39	5	(1.7)	657	5588	(561.2)	29*	(10.0)	5617	(560.9)		--		--		--		5490	(555.2)
40 - 59	14	(3.1)	707	6830	(645.3)	95*	(29.6)	6925	(657.7)		--		--		--		6502	(573.4)
60 and over	20	(2.3)	885	5551	(301.3)	191*	(100.3)	5742	(268.0)	150	6062	(1794.1)	951*	(517.5)	7013	(1726.0)	5422	(550.7)
20 and over	12	(1.4)	2249	6025	(410.2)	97	(23.4)	6121	(416.2)	249	7416	(1081.7)	795	(196.7)	8211	(1070.6)	5832	(354.3)
Females:																		
20 - 39	1*	(0.4)	677	4430	(365.5)	27*	(21.7)	4457	(364.8)		--		--		--		4326	(349.9)
40 - 59	3	(1.1)	767	4129	(263.7)	46*	(32.1)	4175	(267.2)		--		--		--		4200	(289.5)
60 and over	10	(0.9)	841	3956	(388.4)	45	(9.1)	4001	(392.0)	80	4367	(813.7)	451	(74.4)	4818	(834.7)	3911	(423.5)
20 and over	4	(0.6)	2285	4179	(182.3)	39*	(13.3)	4218	(181.2)	106	4562	(937.9)	879*	(268.7)	5441	(914.2)	4161	(187.6)
All Individuals:																		
2 and over	6	(0.6)	6880	4912	(187.4)	51	(10.2)	4963	(189.9)	359	6686	(875.2)	817	(167.4)	7503	(869.8)	4793	(165.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

L u t e i n + z e a x a n t h i n

Males/Females and age	Percent reporting supplement lutein + zeaxanthin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	1*	(0.5)	533	634	(49.3)	1*	(0.5)	635	(49.4)		--		--		--		635	(49.6)
6 - 11.....	1*	(0.8)	782	870	(121.4)	1*	(0.8)	871	(121.1)		--		--		--		875	(121.0)
12 - 19.....	1*	(0.4)	1031	912	(78.0)	6*	(2.8)	918	(78.5)		--		--		--		901	(78.0)
Males:																		
20 - 39.....	2*	(0.9)	657	1341	(147.1)	44*	(18.0)	1385	(146.0)		--		--		--		1327	(151.7)
40 - 59.....	10	(2.3)	707	1909	(272.6)	99	(25.1)	2008	(265.9)		--		--		--		1880	(310.5)
60 and over.....	16	(2.2)	885	1561	(135.3)	370	(101.3)	1930	(168.2)	120	1598	(396.0)	2304	(519.1)	3902	(674.1)	1554	(117.9)
20 and over...	9	(1.1)	2249	1605	(146.0)	152	(33.0)	1757	(141.9)	180	1861	(252.2)	1744	(347.3)	3605	(357.1)	1580	(159.2)
Females:																		
20 - 39.....	2*	(0.4)	677	2307	(490.6)	14*	(7.0)	2321	(490.9)		--		--		--		2266	(500.9)
40 - 59.....	7	(1.4)	767	1724	(140.6)	82*	(45.4)	1806	(133.2)		--		--		--		1659	(155.7)
60 and over.....	20	(1.6)	841	1550	(105.1)	728*	(222.9)	2278	(237.9)	149	1933	(294.3)	3555	(943.4)	5487	(987.5)	1451	(74.3)
20 and over...	9	(1.0)	2285	1870	(165.7)	256	(76.1)	2127	(176.7)	214	2267	(234.8)	2710	(679.9)	4977	(766.0)	1829	(184.2)
All Individuals:																		
2 and over...	7	(0.6)	6880	1520	(119.9)	156	(36.2)	1676	(116.2)	417	2036	(164.8)	2172	(470.1)	4209	(530.5)	1480	(130.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Males/Females and age (years)	Percent reporting supplement calcium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	4	(0.7)	533	965	(32.7)	3	(0.8)	968	(32.5)		--		--		--		970	(33.5)
6 - 11.....	6	(1.1)	782	1015	(31.6)	5	(1.1)	1020	(32.2)		--		--		--		1003	(27.8)
12 - 19.....	8	(1.5)	1031	952	(21.4)	18	(4.4)	970	(22.4)		--		--		--		945	(24.3)
Males:																		
20 - 39.....	12	(2.4)	657	1135	(28.2)	32	(6.9)	1167	(28.0)		--		--		--		1102	(35.7)
40 - 59.....	24	(3.7)	707	1106	(47.9)	68	(12.2)	1173	(51.5)	136	1146	(69.8)	287	(24.9)	1433	(72.9)	1093	(53.7)
60 and over.....	35	(2.2)	885	982	(30.3)	135	(19.1)	1116	(35.2)	269	1071	(51.4)	390	(38.5)	1461	(62.1)	934	(30.5)
20 and over...	22	(1.8)	2249	1083	(19.7)	73	(6.7)	1156	(21.8)	469	1161	(37.8)	329	(14.0)	1490	(40.1)	1061	(20.5)
Females:																		
20 - 39.....	16	(2.0)	677	872	(22.6)	69	(14.2)	942	(28.0)	93	950	(58.4)	424	(56.4)	1374	(86.2)	857	(24.9)
40 - 59.....	32	(2.6)	767	853	(38.2)	155	(18.2)	1008	(48.5)	191	972	(69.6)	479	(52.0)	1451	(91.6)	797	(31.5)
60 and over.....	48	(3.3)	841	796	(31.9)	290	(24.5)	1086	(48.7)	357	853	(33.9)	606	(33.4)	1459	(54.7)	744	(37.0)
20 and over...	32	(1.7)	2285	842	(19.1)	167	(12.6)	1009	(23.5)	641	913	(33.1)	528	(27.0)	1441	(34.2)	810	(17.0)
All Individuals:																		
2 and over...	22	(0.9)	6880	965	(13.2)	94	(5.8)	1058	(14.8)	1230	1017	(23.9)	427	(20.3)	1444	(24.1)	950	(12.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Males/Females and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	#		533	1109	(16.6)	#		1109	(16.6)		--		--		--		1110	(16.3)
6 - 11.....	#		782	1264	(33.3)	#		1264	(33.3)		--		--		--		1265	(33.2)
12 - 19.....	2*	(0.5)	1031	1307	(37.4)	1*	(0.5)	1308	(37.7)		--		--		--		1294	(33.5)
Males:																		
20 - 39.....	3	(1.4)	657	1624	(38.3)	1*	(0.5)	1626	(38.1)		--		--		--		1601	(45.8)
40 - 59.....	12	(2.5)	707	1666	(50.8)	5*	(1.8)	1671	(50.6)		--		--		--		1666	(52.3)
60 and over.....	19	(1.9)	885	1473	(34.5)	8	(2.1)	1481	(34.9)	139	1482	(66.1)	41	(9.9)	1522	(70.4)	1471	(42.2)
20 and over...	11	(1.4)	2249	1598	(20.4)	5	(0.9)	1603	(20.2)	222	1645	(76.1)	41	(6.4)	1687	(75.7)	1593	(25.7)
Females:																		
20 - 39.....	3	(1.2)	677	1216	(25.9)	4*	(3.2)	1220	(26.5)		--		--		--		1215	(27.1)
40 - 59.....	9	(1.4)	767	1175	(54.2)	4	(0.9)	1179	(54.5)		--		--		--		1158	(53.5)
60 and over.....	20	(2.2)	841	1159	(41.2)	8	(1.6)	1168	(41.6)	158	1141	(54.7)	42	(5.4)	1182	(55.1)	1164	(43.1)
20 and over...	10	(1.0)	2285	1184	(26.5)	5	(1.3)	1189	(27.2)	243	1212	(68.9)	52	(10.2)	1265	(71.9)	1181	(25.7)
All Individuals:																		
2 and over...	8	(0.7)	6880	1355	(14.5)	4	(0.7)	1359	(14.7)	489	1444	(46.2)	47	(7.3)	1491	(47.4)	1347	(16.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Males/Females and age (years)	Percent reporting supplement magnesium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	#		533	206	(3.8)	#		206	(3.8)		--		--		--		206	(3.8)
6 - 11.....	2*	(0.8)	782	235	(4.6)	1*	(0.6)	236	(4.6)		--		--		--		234	(4.6)
12 - 19.....	4	(0.9)	1031	248	(7.4)	5*	(2.7)	254	(8.7)		--		--		--		244	(6.5)
Males:																		
20 - 39.....	11	(2.7)	657	342	(7.1)	17	(4.8)	359	(9.1)		--		--		--		327	(8.6)
40 - 59.....	23	(3.8)	707	359	(10.4)	41*	(15.4)	400	(21.3)	129	373	(23.0)	178	(45.2)	551	(47.7)	355	(10.6)
60 and over.....	30	(2.7)	885	320	(7.7)	46	(8.4)	366	(11.9)	227	342	(13.2)	151	(20.9)	493	(29.3)	311	(9.9)
20 and over...	21	(1.6)	2249	342	(4.7)	34	(5.1)	376	(7.5)	404	378	(14.8)	163	(18.1)	542	(18.8)	333	(5.9)
Females:																		
20 - 39.....	9	(1.5)	677	269	(8.1)	14	(4.1)	284	(9.7)		--		--		--		268	(8.4)
40 - 59.....	16	(2.0)	767	271	(11.7)	19	(3.2)	289	(13.9)	103	297	(20.1)	114	(13.6)	411	(28.8)	266	(11.6)
60 and over.....	33	(2.4)	841	267	(9.0)	62	(12.0)	329	(14.1)	227	276	(12.1)	187	(32.5)	463	(37.4)	263	(10.4)
20 and over...	19	(1.5)	2285	269	(6.3)	30	(4.0)	299	(8.2)	380	283	(13.4)	160	(17.0)	443	(22.7)	266	(6.0)
All Individuals:																		
2 and over...	16	(0.8)	6880	288	(3.9)	25	(2.1)	313	(5.0)	820	332	(6.9)	160	(8.6)	492	(9.2)	280	(4.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

I r o n

Males/Females and age (years)	Percent reporting supplement iron [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5	3*	(1.0)	533	10.5	(0.28)	0.6*	(0.18)	11.1	(0.29)		--		--		--		10.5	(0.28)
6 - 11	4	(1.0)	782	14.2	(0.39)	0.7	(0.21)	14.9	(0.45)		--		--		--		14.2	(0.42)
12 - 19	3	(1.1)	1031	13.9	(0.32)	1.1	(0.32)	15.0	(0.36)		--		--		--		13.9	(0.34)
Males:																		
20 - 39	6	(2.1)	657	16.2	(0.36)	0.9*	(0.28)	17.0	(0.46)		--		--		--		15.8	(0.34)
40 - 59	10	(2.5)	707	16.7	(0.57)	2.1	(0.59)	18.8	(0.95)		--		--		--		16.9	(0.63)
60 and over	12	(1.5)	885	15.5	(0.37)	3.2	(0.58)	18.8	(0.70)	111	15.6	(0.83)	26.2	(4.19)	41.8	(4.54)	15.5	(0.41)
20 and over	9	(1.2)	2249	16.2	(0.23)	2.0	(0.32)	18.2	(0.44)	193	16.9	(0.90)	21.1	(1.71)	37.9	(1.83)	16.1	(0.22)
Females:																		
20 - 39	11	(1.7)	677	12.2	(0.20)	3.1	(0.58)	15.2	(0.62)		--		--		--		12.0	(0.22)
40 - 59	15	(1.6)	767	12.4	(0.63)	4.3	(0.85)	16.7	(0.98)	101	12.8	(1.37)	29.7	(4.07)	42.4	(3.71)	12.3	(0.69)
60 and over	22	(2.5)	841	12.0	(0.36)	5.8	(0.88)	17.9	(0.85)	152	12.4	(0.73)	26.2	(2.74)	38.6	(3.07)	11.9	(0.45)
20 and over	16	(0.9)	2285	12.2	(0.27)	4.4	(0.47)	16.5	(0.43)	321	12.7	(0.60)	27.8	(2.56)	40.6	(2.61)	12.1	(0.29)
All Individuals:																		
2 and over	10	(0.5)	6880	14.0	(0.16)	2.6	(0.19)	16.6	(0.20)	585	14.2	(0.56)	25.3	(1.45)	39.5	(1.42)	13.9	(0.17)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Males/Females and age	Percent reporting supplement zinc [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	26	(2.4)	533	7.6	(0.20)	0.8	(0.14)	8.4	(0.19)	124	8.4	(0.40)	3.0	(0.42)	11.4	(0.32)	7.4	(0.21)
6 - 11.....	14	(2.1)	782	9.7	(0.34)	0.7	(0.14)	10.4	(0.41)	101	9.6	(0.58)	4.8	(0.55)	14.5	(1.01)	9.7	(0.36)
12 - 19.....	7	(1.4)	1031	10.1	(0.30)	0.6	(0.16)	10.7	(0.33)		--		--		--		10.1	(0.31)
Males:																		
20 - 39.....	10	(2.0)	657	13.2	(0.25)	1.5	(0.30)	14.7	(0.29)		--		--		--		12.8	(0.36)
40 - 59.....	23	(3.9)	707	13.7	(0.62)	3.9	(0.75)	17.6	(0.83)	131	13.3	(0.76)	16.8	(2.16)	30.2	(2.10)	13.8	(0.68)
60 and over.....	29	(2.3)	885	11.8	(0.30)	5.3	(0.50)	17.0	(0.55)	233	12.8	(0.59)	17.9	(1.02)	30.7	(1.12)	11.4	(0.35)
20 and over...	20	(1.7)	2249	13.0	(0.23)	3.4	(0.33)	16.4	(0.32)	419	13.6	(0.48)	16.9	(0.93)	30.5	(1.02)	12.8	(0.25)
Females:																		
20 - 39.....	13	(1.9)	677	9.4	(0.21)	1.7	(0.36)	11.1	(0.41)	85	9.3	(0.38)	13.1	(1.30)	22.3	(1.26)	9.4	(0.25)
40 - 59.....	21	(2.0)	767	9.2	(0.38)	2.7	(0.37)	11.9	(0.69)	136	10.7	(0.58)	12.9	(0.93)	23.5	(1.25)	8.8	(0.41)
60 and over.....	37	(3.0)	841	9.0	(0.37)	6.2	(0.65)	15.1	(0.65)	264	9.1	(0.37)	16.7	(0.94)	25.8	(0.90)	8.9	(0.49)
20 and over...	23	(1.0)	2285	9.2	(0.17)	3.4	(0.26)	12.6	(0.31)	485	9.6	(0.32)	14.8	(0.67)	24.4	(0.63)	9.0	(0.18)
All Individuals:																		
2 and over...	20	(0.8)	6880	10.7	(0.14)	2.7	(0.18)	13.4	(0.18)	1190	11.1	(0.33)	14.0	(0.55)	25.0	(0.61)	10.6	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Males/Females and age (years)	Percent reporting supplement copper [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	3*	(0.9)	533	0.7	(0.01)	#		0.8	(0.02)		--		--		--		0.7	(0.01)
6 - 11.....	3	(0.9)	782	0.9	(0.03)	0.1*	(0.02)	1.0	(0.04)		--		--		--		0.9	(0.03)
12 - 19.....	2	(1.0)	1031	1.0	(0.03)	#		1.0	(0.04)		--		--		--		1.0	(0.03)
Males:																		
20 - 39.....	8	(2.2)	657	1.3	(0.04)	0.1	(0.03)	1.4	(0.05)		--		--		--		1.3	(0.04)
40 - 59.....	21	(3.5)	707	1.4	(0.06)	0.3	(0.05)	1.7	(0.07)	113	1.5	(0.08)	1.2	(0.12)	2.7	(0.12)	1.4	(0.07)
60 and over.....	28	(2.2)	885	1.3	(0.03)	0.3	(0.03)	1.6	(0.05)	213	1.4	(0.07)	1.1	(0.07)	2.4	(0.12)	1.3	(0.04)
20 and over...	18	(1.6)	2249	1.3	(0.03)	0.2	(0.02)	1.6	(0.04)	365	1.5	(0.07)	1.2	(0.08)	2.7	(0.11)	1.3	(0.04)
Females:																		
20 - 39.....	9	(1.7)	677	1.1	(0.03)	0.1	(0.04)	1.2	(0.05)		--		--		--		1.1	(0.03)
40 - 59.....	16	(1.6)	767	1.1	(0.04)	0.2	(0.03)	1.3	(0.07)	103	1.1	(0.10)	1.3	(0.12)	2.5	(0.16)	1.0	(0.04)
60 and over.....	33	(2.8)	841	1.1	(0.03)	0.4	(0.04)	1.5	(0.05)	220	1.1	(0.04)	1.1	(0.06)	2.3	(0.08)	1.1	(0.04)
20 and over...	19	(0.9)	2285	1.1	(0.02)	0.2	(0.02)	1.3	(0.03)	375	1.1	(0.03)	1.3	(0.05)	2.4	(0.07)	1.1	(0.02)
All Individuals:																		
2 and over...	15	(0.7)	6880	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	795	1.3	(0.04)	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 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Males/Females and age (years)	Percent reporting supplement sodium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	6	(1.5)	533	2177	(60.0)	1*	(0.2)	2178	(60.1)		--		--		--		2190	(61.8)
6 - 11.....	6	(1.2)	782	2896	(88.4)	1	(0.1)	2897	(88.5)		--		--		--		2911	(94.3)
12 - 19.....	4	(1.1)	1031	3326	(81.9)	1*	(0.5)	3327	(82.2)		--		--		--		3291	(80.7)
Males:																		
20 - 39.....	4	(1.2)	657	4295	(114.6)	2*	(0.8)	4297	(114.8)		--		--		--		4249	(105.9)
40 - 59.....	6	(1.5)	707	4218	(122.4)	3*	(0.9)	4221	(122.5)		--		--		--		4263	(114.1)
60 and over.....	7	(1.6)	885	3749	(68.7)	3	(0.9)	3753	(69.1)		--		--		--		3747	(66.6)
20 and over...	6	(0.8)	2249	4119	(58.2)	3	(0.6)	4122	(58.3)	114	4108	(353.4)	46	(7.5)	4153	(354.8)	4120	(55.3)
Females:																		
20 - 39.....	5	(1.2)	677	3185	(60.9)	1*	(0.5)	3186	(60.8)		--		--		--		3151	(57.9)
40 - 59.....	12	(2.3)	767	2891	(124.9)	3*	(0.9)	2894	(124.8)		--		--		--		2877	(116.0)
60 and over.....	12	(2.3)	841	2763	(74.1)	4*	(1.2)	2767	(74.5)	85	3191	(244.2)	28	(7.0)	3219	(249.3)	2702	(72.0)
20 and over...	10	(1.1)	2285	2953	(54.4)	3	(0.5)	2955	(54.4)	171	3223	(176.8)	27	(4.0)	3250	(177.7)	2923	(46.9)
All Individuals:																		
2 and over...	7	(0.6)	6880	3385	(40.3)	2	(0.3)	3387	(40.4)	377	3462	(161.8)	31	(3.5)	3493	(163.1)	3379	(37.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Males/Females and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	#		533	1999	(35.8)	#		1999	(35.8)		--		--		--		2000	(35.9)
6 - 11.....	#		782	2092	(47.8)	#		2092	(47.8)		--		--		--		2093	(47.6)
12 - 19.....	2*	(0.6)	1031	2170	(59.8)	3*	(1.3)	2173	(60.4)		--		--		--		2155	(56.8)
Males:																		
20 - 39.....	7	(1.9)	657	2825	(53.7)	8*	(2.6)	2833	(53.6)		--		--		--		2775	(75.0)
40 - 59.....	14	(2.6)	707	3038	(91.3)	15	(4.0)	3053	(92.0)	86	3111	(282.1)	105	(20.8)	3217	(287.4)	3026	(95.0)
60 and over.....	23	(2.1)	885	2928	(70.0)	26	(3.0)	2953	(69.3)	185	2850	(118.7)	115	(10.5)	2965	(120.5)	2950	(77.1)
20 and over...	14	(1.2)	2249	2929	(38.7)	15	(1.9)	2945	(38.6)	297	3069	(125.1)	111	(10.2)	3180	(128.0)	2907	(50.2)
Females:																		
20 - 39.....	5	(1.4)	677	2302	(70.1)	7*	(3.3)	2309	(70.3)		--		--		--		2299	(72.0)
40 - 59.....	13	(2.1)	767	2312	(104.1)	15	(4.3)	2327	(105.2)	79	2440	(154.1)	116	(25.1)	2557	(165.8)	2294	(103.2)
60 and over.....	21	(2.0)	841	2330	(76.0)	27	(7.4)	2356	(74.9)	163	2310	(110.3)	125	(28.7)	2434	(116.9)	2335	(86.1)
20 and over...	13	(1.2)	2285	2314	(58.4)	16	(2.9)	2330	(59.1)	271	2363	(91.4)	123	(18.0)	2486	(92.7)	2307	(60.8)
All Individuals:																		
2 and over...	10	(0.7)	6880	2494	(33.2)	12	(1.4)	2506	(33.5)	586	2729	(62.0)	118	(11.2)	2847	(66.0)	2467	(36.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Males/Females and age (years)	Percent reporting supplement selenium[8] %	(SE)	*All Individuals*[5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users*[6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users*[7] Food µg	(SE)
Males and females:																		
2 - 5	2*	(0.7)	533	69.7	(1.34)	0.2*	(0.07)	69.8	(1.35)		--		--		--		69.3	(1.33)
6 - 11	1*	(0.5)	782	90.0	(2.39)	0.2*	(0.11)	90.2	(2.43)		--		--		--		89.9	(2.41)
12 - 19	3	(0.8)	1031	106.9	(3.31)	1.8*	(0.55)	108.7	(3.20)		--		--		--		107.5	(3.03)
Males:																		
20 - 39	9	(2.3)	657	138.4	(3.70)	8.3	(2.20)	146.7	(4.34)		--		--		--		135.1	(3.86)
40 - 59	21	(3.3)	707	140.1	(3.95)	16.7	(3.05)	156.8	(5.02)	120	145.5	(8.86)	80.0	(7.82)	225.5	(8.65)	138.7	(4.36)
60 and over	28	(2.5)	885	123.9	(2.98)	17.1	(1.84)	141.0	(3.77)	208	138.1	(7.48)	60.1	(4.53)	198.2	(11.24)	118.3	(3.66)
20 and over	18	(1.5)	2249	135.1	(2.08)	13.7	(1.26)	148.8	(2.12)	372	147.2	(6.08)	74.2	(4.46)	221.4	(6.90)	132.4	(2.60)
Females:																		
20 - 39	7	(1.6)	677	96.6	(1.59)	3.9	(1.03)	100.5	(2.14)		--		--		--		96.0	(1.77)
40 - 59	16	(1.9)	767	96.7	(3.47)	9.6	(2.27)	106.3	(4.95)	103	100.1	(10.79)	58.7	(9.00)	158.8	(13.65)	96.0	(3.21)
60 and over	28	(2.3)	841	89.0	(2.68)	12.1	(1.41)	101.2	(2.64)	201	88.2	(3.43)	42.9	(3.51)	131.2	(4.21)	89.4	(3.17)
20 and over	17	(0.7)	2285	94.3	(1.54)	8.4	(0.95)	102.7	(2.07)	353	94.6	(4.92)	49.7	(4.39)	144.3	(6.04)	94.3	(1.45)
All Individuals:																		
2 and over	14	(0.6)	6880	109.3	(0.97)	8.6	(0.57)	117.9	(1.05)	768	120.6	(4.95)	61.6	(3.46)	182.1	(5.54)	107.5	(1.30)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

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 2.57.

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 2.57.

# 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 77 for VIF = 2.57.

Footnotes

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

[2] 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): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **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) 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_J) of NHANES 2017-2018. 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/2017-2018/DS1TOT_J.htm.

[5] **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.

[6] **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.

[7] **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.

[8] The weighted percentage of respondents in the male/female/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

U.S. Department of Agriculture, Agricultural Research Service. 2020. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Male/Female and Age, *What We Eat in America*, NHANES 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018

T h i a m i n

Race/ethnicity and age	Percent reporting supplement thiamin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(1.1)	780	1.52	(0.034)	0.14*	(0.060)	1.66	(0.067)		--		--		--		1.54	(0.036)
20 and over.....	23	(1.5)	1612	1.59	(0.029)	2.38	(0.436)	3.97	(0.439)	385	1.64	(0.051)	10.16	(1.478)	11.80	(1.495)	1.58	(0.032)
2 and over...	20	(1.2)	2392	1.58	(0.026)	1.91	(0.358)	3.49	(0.357)	434	1.61	(0.049)	9.57	(1.432)	11.18	(1.450)	1.57	(0.029)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.5)	525	1.45	(0.043)	0.02*	(0.008)	1.48	(0.046)		--		--		--		1.45	(0.044)
20 and over.....	13	(1.5)	1085	1.47	(0.034)	1.38	(0.331)	2.85	(0.333)	167	1.55	(0.061)	10.37	(1.834)	11.92	(1.844)	1.46	(0.038)
2 and over...	10	(1.1)	1610	1.47	(0.027)	1.04	(0.242)	2.51	(0.247)	175	1.55	(0.061)	10.06	(1.840)	11.61	(1.857)	1.46	(0.029)
Non-Hispanic Asian [9]:																		
2 - 19.....	6*	(1.4)	232	1.52	(0.029)	0.09	(0.022)	1.62	(0.042)		--		--		--		1.53	(0.026)
20 and over.....	17	(1.8)	597	1.62	(0.050)	2.79	(0.830)	4.41	(0.835)	112	1.65	(0.061)	16.78	(4.560)	18.43	(4.540)	1.62	(0.059)
2 and over...	14	(1.6)	829	1.60	(0.043)	2.25	(0.672)	3.86	(0.678)	125	1.63	(0.053)	15.62	(4.286)	17.25	(4.269)	1.60	(0.050)
Hispanic:																		
2 - 19.....	5	(1.4)	573	1.57	(0.041)	0.08*	(0.035)	1.65	(0.051)		--		--		--		1.56	(0.045)
20 and over.....	15	(1.4)	1010	1.65	(0.049)	2.55	(0.656)	4.20	(0.658)	142	1.63	(0.218)	16.81	(4.225)	18.45	(4.188)	1.65	(0.053)
2 and over...	12	(1.0)	1583	1.62	(0.031)	1.72	(0.431)	3.34	(0.431)	169	1.64	(0.186)	14.64	(3.692)	16.29	(3.638)	1.62	(0.031)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Race/ethnicity and age	Percent reporting supplement riboflavin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(1.1)	780	1.81	(0.054)	0.15*	(0.060)	1.97	(0.079)		--		--		--		1.85	(0.056)
20 and over.....	23	(1.5)	1612	2.22	(0.053)	1.53	(0.294)	3.75	(0.319)	384	2.26	(0.088)	6.60	(0.998)	8.86	(1.052)	2.21	(0.056)
2 and over...	20	(1.2)	2392	2.14	(0.043)	1.24	(0.235)	3.38	(0.251)	433	2.19	(0.089)	6.28	(0.948)	8.47	(1.006)	2.12	(0.045)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.5)	525	1.64	(0.045)	0.03*	(0.010)	1.67	(0.048)		--		--		--		1.63	(0.047)
20 and over.....	13	(1.4)	1085	1.74	(0.036)	0.96	(0.224)	2.70	(0.232)	160	1.80	(0.081)	7.41	(1.409)	9.21	(1.417)	1.73	(0.041)
2 and over...	10	(1.1)	1610	1.71	(0.027)	0.73	(0.164)	2.44	(0.166)	168	1.81	(0.083)	7.21	(1.396)	9.02	(1.408)	1.70	(0.030)
Non-Hispanic Asian [9]:																		
2 - 19.....	6*	(1.4)	232	1.64	(0.059)	0.10	(0.026)	1.74	(0.075)		--		--		--		1.64	(0.064)
20 and over.....	16	(1.7)	597	1.80	(0.040)	1.42	(0.337)	3.22	(0.350)	112	2.03	(0.142)	8.63	(1.851)	10.66	(1.853)	1.76	(0.030)
2 and over...	14	(1.5)	829	1.77	(0.040)	1.16	(0.276)	2.93	(0.291)	125	1.99	(0.130)	8.11	(1.694)	10.10	(1.696)	1.73	(0.029)
Hispanic:																		
2 - 19.....	4	(1.4)	573	1.84	(0.033)	0.42*	(0.374)	2.27	(0.377)		--		--		--		1.83	(0.035)
20 and over.....	15	(1.3)	1010	2.04	(0.067)	1.88	(0.526)	3.92	(0.540)	140	2.06	(0.201)	12.46	(3.413)	14.51	(3.342)	2.04	(0.080)
2 and over...	11	(1.1)	1583	1.97	(0.042)	1.39	(0.365)	3.36	(0.373)	164	2.07	(0.180)	12.29	(3.265)	14.35	(3.198)	1.96	(0.048)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Race/ethnicity and age	Percent reporting supplement niacin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.0)	780	22.1	(0.80)	1.2	(0.15)	23.3	(0.80)		--		--		--		22.4	(0.87)
20 and over.....	26	(1.6)	1612	26.5	(0.68)	9.8	(1.65)	36.3	(1.80)	421	26.9	(1.53)	38.3	(5.95)	65.2	(5.76)	26.4	(0.70)
2 and over...	22	(1.3)	2392	25.6	(0.61)	8.0	(1.28)	33.6	(1.43)	478	26.2	(1.45)	36.4	(5.43)	62.6	(5.29)	25.4	(0.67)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.6)	525	21.7	(0.54)	0.3*	(0.11)	22.0	(0.59)		--		--		--		21.5	(0.56)
20 and over.....	15	(1.3)	1085	24.6	(0.44)	4.2	(0.64)	28.8	(0.84)	177	25.3	(0.97)	28.4	(4.54)	53.6	(4.84)	24.5	(0.58)
2 and over...	12	(0.9)	1610	23.9	(0.37)	3.2	(0.44)	27.1	(0.60)	186	25.6	(1.01)	28.0	(4.36)	53.6	(4.78)	23.7	(0.48)
Non-Hispanic Asian [9]:																		
2 - 19.....	7*	(2.1)	232	19.9	(0.47)	1.2	(0.35)	21.1	(0.53)		--		--		--		19.9	(0.51)
20 and over.....	18	(2.0)	597	24.0	(0.78)	4.8	(0.56)	28.8	(0.93)	124	23.9	(1.07)	26.4	(1.75)	50.3	(2.31)	24.0	(0.89)
2 and over...	16	(1.6)	829	23.2	(0.71)	4.0	(0.40)	27.3	(0.86)	141	23.6	(0.96)	25.5	(1.67)	49.1	(2.14)	23.1	(0.77)
Hispanic:																		
2 - 19.....	5	(1.1)	573	21.3	(0.49)	0.9*	(0.35)	22.3	(0.58)		--		--		--		21.2	(0.50)
20 and over.....	17	(1.6)	1010	26.7	(0.84)	6.8	(1.44)	33.5	(1.91)	156	24.9	(2.73)	39.2	(6.44)	64.1	(6.29)	27.1	(0.98)
2 and over...	13	(1.1)	1583	24.9	(0.50)	4.8	(0.92)	29.7	(1.14)	186	24.7	(2.31)	36.3	(5.85)	61.0	(5.79)	24.9	(0.52)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	19	(2.1)	780	1.78	(0.079)	0.43	(0.082)	2.21	(0.118)	147	1.54	(0.088)	2.24	(0.384)	3.78	(0.432)	1.84	(0.101)
20 and over.....	27	(1.7)	1612	2.22	(0.085)	2.83	(0.420)	5.06	(0.418)	454	2.33	(0.230)	10.47	(1.331)	12.80	(1.311)	2.19	(0.076)
2 and over...	25	(1.3)	2392	2.13	(0.073)	2.33	(0.332)	4.46	(0.331)	601	2.21	(0.196)	9.18	(1.182)	11.39	(1.168)	2.11	(0.071)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	525	1.64	(0.047)	0.12	(0.026)	1.75	(0.059)		--		--		--		1.62	(0.053)
20 and over.....	16	(1.6)	1085	1.92	(0.051)	1.62	(0.288)	3.54	(0.272)	191	1.96	(0.080)	9.83	(1.391)	11.79	(1.376)	1.91	(0.067)
2 and over...	14	(1.4)	1610	1.85	(0.045)	1.24	(0.215)	3.10	(0.203)	232	1.96	(0.075)	8.83	(1.215)	10.79	(1.199)	1.83	(0.058)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(2.9)	232	1.61	(0.045)	0.35*	(0.111)	1.97	(0.135)		--		--		--		1.60	(0.051)
20 and over.....	19	(1.8)	597	2.02	(0.082)	1.88*	(0.640)	3.90	(0.694)	131	2.17	(0.115)	9.90*	(2.974)	12.07	(3.070)	1.98	(0.087)
2 and over...	18	(1.8)	829	1.94	(0.073)	1.58*	(0.527)	3.52	(0.577)	163	2.11	(0.097)	8.86	(2.541)	10.97	(2.617)	1.90	(0.077)
Hispanic:																		
2 - 19.....	15	(1.6)	573	1.77	(0.050)	0.28	(0.051)	2.05	(0.058)	79	1.85	(0.114)	1.83	(0.294)	3.68	(0.323)	1.76	(0.067)
20 and over.....	18	(1.6)	1010	2.28	(0.075)	3.07	(0.792)	5.34	(0.826)	169	2.17	(0.217)	16.80	(4.240)	18.97	(4.267)	2.30	(0.094)
2 and over...	17	(1.3)	1583	2.11	(0.040)	2.13	(0.527)	4.23	(0.540)	248	2.07	(0.150)	12.32	(3.066)	14.39	(3.088)	2.11	(0.050)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

F o l i c a c i d

Race/ethnicity and age	Percent reporting supplement folic acid [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
Non-Hispanic White:																		
2 - 19.....	19	(2.1)	780	196	(4.5)	46	(5.4)	242	(6.6)	145	150	(10.1)	248	(17.5)	398	(13.2)	207	(6.5)
20 and over.....	27	(1.8)	1612	170	(5.7)	123	(8.2)	293	(9.2)	455	174	(8.4)	453	(11.1)	627	(13.7)	169	(6.4)
2 and over...	25	(1.3)	2392	176	(4.3)	107	(6.0)	283	(6.6)	600	170	(7.0)	422	(9.9)	592	(9.4)	177	(4.6)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	525	196	(6.5)	15	(3.0)	211	(6.9)		--		--		--		194	(7.2)
20 and over.....	17	(1.7)	1085	161	(7.3)	73	(8.2)	235	(11.2)	197	160	(16.0)	429	(15.0)	589	(18.5)	162	(8.2)
2 and over...	15	(1.5)	1610	170	(6.3)	59	(6.3)	229	(8.1)	238	168	(13.3)	404	(14.0)	572	(15.8)	170	(7.0)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(2.9)	232	194	(7.3)	42	(10.2)	236	(12.7)		--		--		--		192	(8.7)
20 and over.....	19	(1.6)	597	161	(11.5)	86	(11.4)	248	(17.4)	127	158	(14.2)	464	(34.5)	622	(31.9)	162	(14.3)
2 and over...	17	(1.6)	829	168	(9.4)	77	(9.4)	245	(15.4)	158	166	(15.0)	445	(27.3)	611	(25.6)	168	(11.6)
Hispanic:																		
2 - 19.....	14	(1.5)	573	211	(13.9)	29	(4.1)	240	(13.3)		--		--		--		201	(11.4)
20 and over.....	17	(1.4)	1010	170	(4.9)	103	(20.0)	273	(20.8)	164	173	(22.5)	591	(96.7)	764	(116.1)	170	(7.6)
2 and over...	16	(1.2)	1583	184	(6.0)	78	(14.3)	262	(15.0)	240	201	(22.0)	475	(78.4)	675	(91.0)	181	(6.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
Non-Hispanic White:																		
2 - 19.....	19	(2.1)	780	475	(10.1)	79	(9.2)	554	(12.0)	145	391	(19.9)	422	(29.7)	812	(22.6)	495	(14.6)
20 and over.....	27	(1.8)	1612	496	(10.8)	210	(14.0)	706	(18.3)	455	510	(15.5)	770	(18.9)	1281	(24.3)	491	(11.4)
2 and over...	25	(1.3)	2392	492	(8.4)	182	(10.2)	674	(13.8)	600	492	(12.9)	717	(16.8)	1209	(18.0)	492	(9.2)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	525	470	(13.1)	26	(5.1)	496	(14.7)		--		--		--		466	(14.3)
20 and over.....	17	(1.7)	1085	458	(14.5)	125	(14.0)	582	(21.0)	197	480	(31.1)	729	(25.5)	1209	(31.7)	453	(15.7)
2 and over...	15	(1.5)	1610	461	(12.0)	100	(10.7)	561	(15.7)	238	487	(23.9)	687	(23.9)	1174	(25.2)	456	(13.2)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(2.9)	232	498	(17.9)	71	(17.4)	569	(24.5)		--		--		--		494	(21.6)
20 and over.....	19	(1.6)	597	526	(22.5)	147	(19.4)	673	(36.4)	127	562	(24.7)	789	(58.7)	1351	(65.3)	518	(25.7)
2 and over...	17	(1.6)	829	521	(20.6)	132	(16.1)	653	(32.9)	158	557	(21.4)	756	(46.4)	1313	(49.8)	513	(23.3)
Hispanic:																		
2 - 19.....	14	(1.5)	573	519	(23.2)	49	(7.0)	568	(22.3)		--		--		--		505	(20.8)
20 and over.....	17	(1.4)	1010	524	(13.7)	175	(33.9)	699	(37.0)	164	530	(52.8)	1005	(164.4)	1534	(205.3)	523	(17.3)
2 and over...	16	(1.2)	1583	522	(9.5)	132	(24.3)	655	(24.9)	240	552	(44.4)	807	(133.3)	1359	(159.7)	516	(11.0)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Race/ethnicity and age	Percent reporting supplement choline [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	5	(1.1)	780	242	(7.2)	#		242	(7.2)		--		--		--		241	(7.9)
20 and over.....	5	(0.8)	1612	329	(6.6)	1	(0.1)	330	(6.7)	84	369	(20.5)	12	(2.2)	381	(20.4)	327	(6.7)
2 and over...	5	(0.7)	2392	311	(5.1)	1	(0.1)	312	(5.2)	125	346	(17.7)	10	(1.8)	356	(17.7)	309	(5.3)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.7)	525	226	(9.8)	#		226	(9.8)		--		--		--		225	(10.2)
20 and over.....	5	(0.7)	1085	301	(7.4)	1*	(0.3)	301	(7.4)		--		--		--		299	(7.5)
2 and over...	4	(0.6)	1610	282	(7.1)	1*	(0.2)	282	(7.1)		--		--		--		280	(7.5)
Non-Hispanic Asian [9]:																		
2 - 19.....	5*	(1.4)	232	263	(9.6)	1*	(0.6)	263	(9.7)		--		--		--		259	(9.6)
20 and over.....	4	(1.0)	597	323	(8.2)	1*	(0.3)	324	(8.3)		--		--		--		322	(7.8)
2 and over...	4	(0.8)	829	311	(6.5)	1*	(0.3)	312	(6.6)		--		--		--		309	(6.8)
Hispanic:																		
2 - 19.....	7	(1.5)	573	258	(6.4)	#		258	(6.4)		--		--		--		257	(6.7)
20 and over.....	4	(1.1)	1010	359	(10.6)	4*	(3.0)	363	(10.2)		--		--		--		361	(10.1)
2 and over...	5	(0.9)	1583	325	(7.3)	3*	(2.0)	328	(7.1)		--		--		--		327	(7.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	20	(1.9)	780	4.31	(0.156)	7.4*	(5.17)	11.7*	(5.17)	147	3.52	(0.182)	37.5*	(26.20)	41.0*	(26.20)	4.50	(0.202)
20 and over.....	30	(1.9)	1612	5.03	(0.187)	100.9	(12.75)	105.9	(12.77)	509	5.00	(0.297)	331.1	(39.78)	336.1	(39.74)	5.04	(0.218)
2 and over...	28	(1.4)	2392	4.88	(0.162)	81.4	(10.44)	86.3	(10.45)	656	4.78	(0.265)	288.1	(36.01)	292.9	(35.97)	4.92	(0.185)
Non-Hispanic Black:																		
2 - 19.....	7	(1.1)	525	3.97	(0.186)	0.4*	(0.13)	4.4	(0.26)		--		--		--		3.80	(0.151)
20 and over.....	18	(1.7)	1085	4.22	(0.132)	81.2*	(32.40)	85.5*	(32.40)	208	3.82	(0.196)	453.6*	(180.79)	457.4*	(180.76)	4.31	(0.166)
2 and over...	15	(1.5)	1610	4.16	(0.109)	61.1*	(24.59)	65.2*	(24.59)	249	4.10	(0.278)	402.8*	(161.63)	406.9*	(161.53)	4.17	(0.134)
Non-Hispanic Asian [9]:																		
2 - 19.....	13	(2.9)	232	4.11	(0.208)	1.6*	(0.64)	5.7	(0.70)		--		--		--		4.01	(0.199)
20 and over.....	20	(1.6)	597	3.95	(0.159)	48.6*	(16.76)	52.5*	(16.68)	135	4.49	(0.477)	246.5*	(82.55)	251.0*	(82.21)	3.81	(0.169)
2 and over...	18	(1.7)	829	3.98	(0.146)	39.3*	(13.44)	43.3*	(13.40)	167	4.53	(0.390)	213.8*	(70.48)	218.3*	(70.23)	3.86	(0.149)
Hispanic:																		
2 - 19.....	15	(1.5)	573	4.72	(0.191)	2.0*	(1.36)	6.7	(1.33)		--		--		--		4.64	(0.220)
20 and over.....	19	(1.8)	1010	4.85	(0.168)	65.9	(17.16)	70.7	(17.16)	188	5.48	(0.375)	341.5	(83.25)	347.0	(83.40)	4.70	(0.228)
2 and over...	18	(1.3)	1583	4.81	(0.131)	44.3	(11.76)	49.1	(11.76)	265	5.39	(0.309)	250.5	(62.65)	255.9	(62.72)	4.68	(0.178)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Race/ethnicity and age	Percent reporting supplement vitamin C [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.4)	780	68.2	(4.94)	25.0	(5.73)	93.2	(8.01)	159	74.0	(8.71)	118.2	(22.93)	192.2	(27.09)	66.6	(6.37)
20 and over.....	31	(1.8)	1612	70.1	(3.71)	78.6	(10.33)	148.7	(11.44)	503	75.9	(5.00)	250.2	(25.93)	326.1	(27.03)	67.4	(4.31)
2 and over...	29	(1.4)	2392	69.7	(3.40)	67.4	(7.87)	137.1	(8.82)	662	75.6	(4.19)	230.3	(23.40)	305.9	(24.69)	67.2	(4.00)
Non-Hispanic Black:																		
2 - 19.....	8	(1.1)	525	76.9	(4.79)	5.3*	(1.83)	82.2	(4.70)		--		--		--		75.8	(4.43)
20 and over.....	18	(1.6)	1085	77.3	(4.17)	40.9	(6.54)	118.2	(7.81)	208	92.0	(6.92)	226.5	(26.76)	318.5	(28.41)	74.1	(4.42)
2 and over...	16	(1.4)	1610	77.2	(3.64)	32.0	(4.73)	109.2	(6.20)	254	91.6	(6.58)	206.3	(24.26)	297.9	(25.70)	74.5	(3.84)
Non-Hispanic Asian [9]:																		
2 - 19.....	14	(3.1)	232	69.4	(8.47)	16.3*	(5.25)	85.7	(10.22)		--		--		--		68.5	(8.17)
20 and over.....	22	(2.1)	597	96.9	(5.46)	81.6	(17.93)	178.5	(18.66)	151	104.5	(5.82)	374.1	(64.34)	478.6	(66.91)	94.8	(6.89)
2 and over...	20	(2.0)	829	91.5	(5.36)	68.7	(14.81)	160.1	(15.78)	186	100.3	(6.35)	337.6	(57.70)	437.9	(60.34)	89.2	(6.25)
Hispanic:																		
2 - 19.....	19	(1.4)	573	79.5	(4.72)	20.7	(5.33)	100.1	(6.27)	93	90.3	(8.50)	111.3	(27.32)	201.6	(24.69)	77.0	(4.82)
20 and over.....	20	(1.5)	1010	91.8	(3.77)	83.8	(23.87)	175.5	(23.52)	188	88.8	(6.24)	418.8	(119.31)	507.6	(123.38)	92.5	(4.61)
2 and over...	20	(1.1)	1583	87.6	(3.11)	62.5	(16.69)	150.1	(15.53)	281	89.3	(4.91)	320.2	(85.68)	409.5	(87.27)	87.2	(3.71)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Race/ethnicity and age (years)	Percent reporting supplement vitamin D [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	20	(2.3)	780	4.7	(0.17)	3.7	(0.74)	8.4	(0.78)	152	4.4	(0.58)	18.8	(2.97)	23.2	(3.01)	4.7	(0.21)
20 and over.....	35	(2.0)	1612	4.2	(0.19)	20.3	(2.20)	24.4	(2.28)	589	4.4	(0.37)	58.2	(4.96)	62.6	(4.96)	4.0	(0.18)
2 and over...	32	(1.5)	2392	4.3	(0.16)	16.8	(1.69)	21.1	(1.74)	741	4.4	(0.33)	53.1	(4.56)	57.5	(4.56)	4.2	(0.16)
Non-Hispanic Black:																		
2 - 19.....	8	(1.3)	525	3.9	(0.16)	1.3*	(0.42)	5.2	(0.47)		--		--		--		3.8	(0.16)
20 and over.....	23	(1.7)	1085	3.7	(0.16)	14.2	(3.78)	17.9	(3.76)	267	4.3	(0.32)	62.5	(16.25)	66.8	(16.12)	3.6	(0.17)
2 and over...	19	(1.6)	1610	3.8	(0.11)	11.0	(2.86)	14.7	(2.85)	310	4.4	(0.29)	57.7	(14.73)	62.1	(14.60)	3.6	(0.12)
Non-Hispanic Asian [9]:																		
2 - 19.....	14	(3.3)	232	4.9	(0.38)	2.5	(0.53)	7.4	(0.75)		--		--		--		4.5	(0.29)
20 and over.....	24	(2.9)	597	4.9	(0.42)	11.9	(2.03)	16.9	(1.87)	175	5.8	(0.63)	49.0	(5.56)	54.8	(5.21)	4.7	(0.49)
2 and over...	22	(2.6)	829	4.9	(0.34)	10.1	(1.66)	15.0	(1.55)	209	6.0	(0.54)	45.2	(4.83)	51.1	(4.56)	4.6	(0.39)
Hispanic:																		
2 - 19.....	15	(1.6)	573	5.1	(0.19)	1.6	(0.23)	6.8	(0.25)	78	5.8	(0.33)	11.1	(1.24)	16.9	(1.28)	5.0	(0.22)
20 and over.....	23	(2.0)	1010	4.3	(0.21)	9.4	(0.86)	13.7	(0.89)	234	5.6	(0.53)	40.8	(1.98)	46.3	(2.03)	3.9	(0.18)
2 and over...	20	(1.5)	1583	4.6	(0.14)	6.8	(0.60)	11.4	(0.61)	312	5.6	(0.39)	33.5	(1.79)	39.2	(1.68)	4.3	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Race/ethnicity and age	Percent reporting supplement vitamin K [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
Non-Hispanic White:																		
2 - 19.....	5	(1.2)	780	69.7	(5.02)	2.4	(0.60)	72.1	(5.03)		--		--		--		69.8	(5.01)
20 and over.....	19	(1.4)	1612	126.6	(11.16)	11.5*	(3.76)	138.1	(11.35)	314	136.9	(10.01)	60.1*	(19.08)	197.0	(19.19)	124.1	(12.82)
2 and over...	16	(1.0)	2392	114.7	(9.70)	9.6*	(2.92)	124.3	(9.52)	352	132.4	(9.82)	59.2	(17.56)	191.6	(17.30)	111.3	(10.63)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.2)	525	82.2	(7.10)	0.6*	(0.19)	82.8	(7.12)		--		--		--		82.8	(7.20)
20 and over.....	11	(1.5)	1085	126.9	(9.17)	3.9	(0.58)	130.7	(9.24)	125	185.4	(40.96)	35.9	(2.33)	221.4	(40.34)	119.8	(8.56)
2 and over...	8	(1.1)	1610	115.7	(7.38)	3.1	(0.41)	118.8	(7.43)	131	179.6	(39.32)	36.3	(2.18)	215.9	(38.56)	109.9	(6.83)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(1.6)	232	82.5	(8.89)	2.5*	(1.11)	85.0	(9.12)		--		--		--		81.6	(9.69)
20 and over.....	12	(1.1)	597	155.3	(12.86)	4.7	(0.85)	160.0	(13.42)	89	232.6	(29.61)	39.2	(4.64)	271.8	(31.07)	144.7	(12.80)
2 and over...	11	(1.1)	829	140.9	(11.42)	4.3	(0.78)	145.2	(11.97)	99	221.7	(27.78)	40.6	(4.54)	262.2	(28.32)	131.4	(11.28)
Hispanic:																		
2 - 19.....	2*	(0.6)	573	64.9	(2.48)	1.0*	(0.31)	65.9	(2.32)		--		--		--		64.7	(2.56)
20 and over.....	10	(1.4)	1010	118.8	(9.36)	4.4	(0.87)	123.1	(9.44)	100	95.5	(12.09)	43.6	(8.27)	139.1	(7.74)	121.4	(10.63)
2 and over...	7	(1.0)	1583	100.6	(6.71)	3.2	(0.60)	103.8	(6.77)	114	93.3	(11.33)	43.9	(7.46)	137.3	(7.64)	101.2	(7.46)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Percent reporting supplement lycopene [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#*		780	4297	(402.3)	#*		4297	(402.3)		--		--		--		4297	(402.3)
20 and over.....	10	(1.3)	1612	4826	(316.0)	90	(21.9)	4916	(320.0)	172	6674	(1235.9)	927	(235.5)	7601	(1209.9)	4626	(253.7)
2 and over...	8	(1.0)	2392	4715	(260.6)	71	(17.8)	4787	(264.3)	172	6674	(1235.9)	927	(235.5)	7601	(1209.9)	4552	(221.3)
Non-Hispanic Black:																		
2 - 19.....	#		525	4052	(493.8)	2*	(2.2)	4054	(493.7)		--		--		--		3932	(511.9)
20 and over.....	5	(0.8)	1085	4412	(371.5)	26	(6.7)	4438	(371.9)		--		--		--		4344	(401.4)
2 and over...	4	(0.6)	1610	4322	(257.0)	20	(5.1)	4342	(257.5)		--		--		--		4238	(278.8)
Non-Hispanic Asian [9]:																		
2 - 19.....	#		232	4935	(842.3)	4*	(4.1)	4939	(838.9)		--		--		--		4948	(833.1)
20 and over.....	7	(1.3)	597	4620	(363.4)	31	(8.4)	4651	(365.2)		--		--		--		4636	(354.0)
2 and over...	6	(1.1)	829	4682	(416.3)	26	(7.0)	4708	(416.8)		--		--		--		4702	(416.4)
Hispanic:																		
2 - 19.....	#		573	4417	(338.0)	1*	(0.5)	4418	(337.9)		--		--		--		4417	(338.6)
20 and over.....	5	(0.8)	1010	5836	(570.0)	29	(8.2)	5866	(574.3)		--		--		--		5854	(579.2)
2 and over...	4	(0.5)	1583	5358	(434.2)	20	(5.4)	5378	(437.3)		--		--		--		5353	(433.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

L u t e i n + z e a x a n t h i n

Race/ethnicity and age	Percent reporting supplement lutein + zeaxanthin [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
Non-Hispanic White:																		
2 - 19.....	2*	(0.9)	780	788	(92.2)	3*	(1.3)	791	(92.0)		--		--		--		780	(92.1)
20 and over.....	11	(1.3)	1612	1709	(229.0)	279	(66.4)	1987	(226.0)	191	1953	(220.6)	2619	(654.2)	4572	(712.0)	1679	(259.7)
2 and over...	9	(1.0)	2392	1517	(191.7)	221	(52.3)	1738	(190.7)	205	1915	(227.3)	2505	(614.1)	4420	(681.9)	1478	(213.2)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	525	936	(62.5)	1*	(0.9)	937	(62.3)		--		--		--		936	(62.8)
20 and over.....	5	(0.8)	1085	1698	(199.4)	89*	(29.7)	1787	(201.9)		--		--		--		1621	(179.9)
2 and over...	4	(0.6)	1610	1508	(156.8)	67*	(22.4)	1575	(159.3)		--		--		--		1444	(142.4)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(1.1)	232	1146	(202.5)	29*	(29.3)	1175	(218.7)		--		--		--		1149	(205.4)
20 and over.....	7	(1.6)	597	2336	(229.6)	33*	(10.7)	2369	(237.0)		--		--		--		2277	(240.6)
2 and over...	6	(1.5)	829	2100	(211.9)	32*	(12.0)	2133	(222.1)		--		--		--		2043	(221.6)
Hispanic:																		
2 - 19.....	#*		573	781	(46.9)	#*		781	(46.9)		--		--		--		781	(46.9)
20 and over.....	7	(1.0)	1010	1641	(195.0)	54	(16.1)	1695	(193.6)		--		--		--		1630	(207.3)
2 and over...	4	(0.7)	1583	1352	(140.0)	36	(10.4)	1387	(139.6)		--		--		--		1331	(145.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Race/ethnicity and age	Percent reporting supplement calcium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(1.3)	780	986	(12.2)	12	(2.6)	998	(13.2)		--		--		--		992	(13.6)
20 and over.....	31	(1.7)	1612	984	(20.4)	143	(8.2)	1127	(22.6)	520	1024	(29.6)	459	(24.5)	1483	(36.9)	965	(20.0)
2 and over...	26	(1.2)	2392	984	(16.8)	116	(6.9)	1100	(18.4)	578	1017	(28.3)	441	(23.3)	1458	(35.8)	972	(15.4)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.6)	525	847	(31.6)	3*	(1.5)	850	(31.6)		--		--		--		840	(32.1)
20 and over.....	17	(1.5)	1085	852	(21.2)	66	(10.3)	918	(23.9)	206	935	(45.7)	396	(31.6)	1331	(55.1)	836	(18.5)
2 and over...	13	(1.3)	1610	851	(16.5)	50	(7.9)	901	(17.7)	213	946	(43.9)	391	(30.3)	1337	(52.5)	837	(14.6)
Non-Hispanic Asian [9]:																		
2 - 19.....	6*	(1.9)	232	863	(40.3)	15*	(5.5)	878	(42.6)		--		--		--		848	(38.0)
20 and over.....	20	(2.4)	597	832	(26.6)	89	(12.3)	921	(32.9)	140	909	(69.6)	447	(39.6)	1356	(81.4)	813	(20.7)
2 and over...	17	(2.0)	829	838	(22.4)	74	(10.6)	913	(27.8)	154	923	(70.4)	434	(36.8)	1357	(82.3)	821	(16.6)
Hispanic:																		
2 - 19.....	5	(1.1)	573	1016	(23.8)	9*	(4.4)	1025	(24.7)		--		--		--		1008	(27.8)
20 and over.....	18	(1.4)	1010	992	(34.9)	71	(7.5)	1064	(38.0)	191	1027	(80.7)	386	(26.6)	1413	(88.6)	985	(37.5)
2 and over...	14	(1.1)	1583	1000	(25.3)	50	(5.8)	1051	(27.0)	220	1044	(72.1)	360	(25.6)	1404	(79.3)	993	(28.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Race/ethnicity and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.5)	780	1266	(33.3)	1*	(0.4)	1267	(33.5)		--		--		--		1257	(32.4)
20 and over.....	12	(1.4)	1612	1403	(23.6)	6	(1.5)	1409	(24.2)	219	1468	(61.0)	49	(10.3)	1517	(63.6)	1394	(25.9)
2 and over...	10	(1.1)	2392	1375	(21.4)	5	(1.2)	1380	(21.6)	231	1482	(59.7)	49	(10.0)	1531	(62.3)	1363	(23.6)
Non-Hispanic Black:																		
2 - 19.....	#		525	1146	(35.6)	#		1146	(35.6)		--		--		--		1146	(35.5)
20 and over.....	7	(1.0)	1085	1250	(24.6)	3	(0.5)	1253	(24.6)	86	1280	(57.6)	35	(3.4)	1315	(55.6)	1248	(25.1)
2 and over...	6	(0.8)	1610	1224	(20.6)	2	(0.4)	1226	(20.5)	88	1281	(57.0)	35	(3.4)	1316	(55.0)	1221	(20.9)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(0.3)	232	1215	(31.5)	#		1216	(31.5)		--		--		--		1212	(33.8)
20 and over.....	9	(1.2)	597	1300	(31.0)	4	(0.9)	1304	(31.4)		--		--		--		1302	(31.7)
2 and over...	7	(1.0)	829	1283	(27.6)	3	(0.8)	1286	(28.0)		--		--		--		1283	(27.7)
Hispanic:																		
2 - 19.....	#		573	1254	(19.7)	#		1255	(19.6)		--		--		--		1253	(19.6)
20 and over.....	8	(1.2)	1010	1444	(43.1)	3	(1.0)	1447	(43.6)	78	1294	(227.3)	44	(10.7)	1339	(234.1)	1456	(43.5)
2 and over...	5	(0.8)	1583	1380	(28.0)	2	(0.7)	1382	(28.3)	83	1304	(220.6)	46	(10.1)	1349	(226.8)	1384	(28.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Race/ethnicity and age	Percent reporting supplement magnesium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	4	(1.0)	780	236	(5.2)	4*	(2.4)	240	(6.5)		--		--		--		232	(4.9)
20 and over.....	24	(1.4)	1612	305	(5.8)	42	(3.8)	347	(7.8)	389	322	(8.5)	177	(11.5)	499	(13.4)	300	(6.5)
2 and over...	19	(1.2)	2392	291	(5.3)	34	(3.1)	325	(7.1)	407	322	(8.8)	175	(11.0)	497	(13.3)	283	(5.7)
Non-Hispanic Black:																		
2 - 19.....	#		525	213	(7.3)	1*	(1.0)	214	(7.5)		--		--		--		212	(7.1)
20 and over.....	11	(1.4)	1085	262	(6.1)	14	(2.7)	276	(7.5)	129	330	(25.6)	126	(17.7)	456	(36.0)	254	(6.1)
2 and over...	8	(1.0)	1610	250	(5.9)	11	(2.0)	260	(7.0)	131	331	(24.9)	127	(16.5)	459	(34.0)	242	(5.7)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(0.3)	232	239	(6.1)	1	(0.3)	240	(6.2)		--		--		--		239	(6.1)
20 and over.....	16	(1.9)	597	322	(9.9)	16	(3.3)	338	(11.4)	105	362	(21.6)	105	(16.8)	466	(28.1)	314	(8.0)
2 and over...	13	(1.6)	829	305	(8.7)	13	(2.8)	319	(10.1)	108	359	(21.3)	104	(16.6)	462	(27.5)	297	(6.8)
Hispanic:																		
2 - 19.....	1*	(0.6)	573	240	(4.8)	1*	(0.6)	241	(4.9)		--		--		--		239	(4.8)
20 and over.....	13	(1.4)	1010	324	(10.9)	14	(1.5)	338	(11.6)	128	352	(46.5)	107	(8.6)	459	(49.4)	320	(9.9)
2 and over...	9	(0.9)	1583	296	(6.9)	9	(1.1)	305	(7.4)	135	352	(43.6)	105	(7.9)	457	(45.4)	290	(5.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

I r o n

Race/ethnicity and age	Percent reporting supplement iron [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.6)	780	12.9	(0.31)	0.6	(0.16)	13.6	(0.34)		--		--		--		13.0	(0.35)
20 and over.....	14	(1.0)	1612	14.2	(0.30)	3.5	(0.36)	17.6	(0.48)	224	14.1	(0.72)	24.5	(2.11)	38.7	(2.08)	14.2	(0.31)
2 and over...	12	(0.8)	2392	13.9	(0.24)	2.9	(0.28)	16.8	(0.37)	251	14.0	(0.72)	24.4	(1.96)	38.4	(1.94)	13.9	(0.26)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.9)	525	13.1	(0.42)	0.8*	(0.46)	13.8	(0.62)		--		--		--		13.1	(0.44)
20 and over.....	10	(1.1)	1085	13.0	(0.37)	3.4	(0.49)	16.4	(0.67)	121	13.0	(1.02)	33.4	(2.72)	46.4	(2.51)	13.0	(0.41)
2 and over...	8	(0.8)	1610	13.0	(0.32)	2.8	(0.35)	15.8	(0.47)	128	13.0	(1.01)	33.9	(2.53)	46.9	(2.45)	13.0	(0.35)
Non-Hispanic Asian [9]:																		
2 - 19.....	5*	(1.3)	232	12.9	(0.45)	1.8*	(0.56)	14.6	(0.75)		--		--		--		13.0	(0.50)
20 and over.....	9	(1.5)	597	13.8	(0.47)	2.7	(0.75)	16.5	(0.91)		--		--		--		13.9	(0.49)
2 and over...	8	(1.3)	829	13.6	(0.44)	2.5	(0.62)	16.1	(0.79)		--		--		--		13.7	(0.46)
Hispanic:																		
2 - 19.....	3*	(1.0)	573	13.9	(0.43)	0.8*	(0.28)	14.7	(0.52)		--		--		--		13.8	(0.45)
20 and over.....	9	(1.4)	1010	14.8	(0.38)	2.1	(0.42)	17.0	(0.67)	93	16.3	(1.16)	22.5	(2.27)	38.8	(2.59)	14.7	(0.40)
2 and over...	7	(1.0)	1583	14.5	(0.25)	1.7	(0.26)	16.2	(0.40)	109	16.4	(0.90)	23.6	(1.51)	40.0	(1.86)	14.4	(0.26)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Race/ethnicity and age	Percent reporting supplement zinc [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	15	(2.2)	780	9.5	(0.22)	0.7	(0.12)	10.2	(0.27)	124	8.2	(0.39)	4.7	(0.39)	12.9	(0.32)	9.7	(0.28)
20 and over.....	25	(1.5)	1612	11.2	(0.22)	4.0	(0.38)	15.2	(0.35)	419	11.5	(0.34)	16.0	(0.85)	27.5	(0.83)	11.1	(0.27)
2 and over...	23	(1.0)	2392	10.9	(0.20)	3.3	(0.29)	14.1	(0.26)	543	11.0	(0.31)	14.5	(0.89)	25.5	(0.92)	10.8	(0.25)
Non-Hispanic Black:																		
2 - 19.....	6	(1.1)	525	8.8	(0.32)	0.3	(0.08)	9.1	(0.36)		--		--		--		8.7	(0.33)
20 and over.....	15	(1.5)	1085	9.8	(0.24)	2.2	(0.28)	11.9	(0.42)	175	10.8	(0.68)	14.4	(1.59)	25.2	(1.72)	9.6	(0.25)
2 and over...	13	(1.3)	1610	9.5	(0.18)	1.7	(0.21)	11.2	(0.32)	212	10.7	(0.61)	13.2	(1.29)	24.0	(1.30)	9.4	(0.21)
Non-Hispanic Asian [9]:																		
2 - 19.....	11	(2.5)	232	9.1	(0.28)	0.8	(0.22)	9.8	(0.38)		--		--		--		9.0	(0.33)
20 and over.....	16	(1.7)	597	10.1	(0.30)	2.6	(0.49)	12.7	(0.75)	113	10.7	(0.53)	15.8	(1.88)	26.6	(2.26)	10.0	(0.29)
2 and over...	15	(1.7)	829	9.9	(0.25)	2.2	(0.42)	12.1	(0.65)	139	10.5	(0.43)	14.6	(1.77)	25.2	(2.03)	9.8	(0.25)
Hispanic:																		
2 - 19.....	13	(1.5)	573	9.5	(0.29)	0.6	(0.15)	10.1	(0.34)		--		--		--		9.4	(0.34)
20 and over.....	16	(1.5)	1010	11.6	(0.37)	2.3	(0.29)	13.9	(0.42)	153	11.5	(1.31)	14.6	(1.14)	26.0	(1.35)	11.6	(0.38)
2 and over...	15	(1.2)	1583	10.9	(0.27)	1.7	(0.20)	12.6	(0.32)	220	11.1	(1.03)	11.6	(0.95)	22.7	(1.21)	10.8	(0.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Percent reporting supplement copper [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3*	(0.6)	780	0.9	(0.03)	#		1.0	(0.03)		--		--		--		0.9	(0.03)
20 and over.....	22	(1.4)	1612	1.2	(0.02)	0.3	(0.02)	1.5	(0.03)	357	1.2	(0.04)	1.2	(0.05)	2.5	(0.06)	1.2	(0.03)
2 and over...	18	(1.1)	2392	1.1	(0.02)	0.2	(0.01)	1.4	(0.03)	381	1.2	(0.04)	1.2	(0.05)	2.5	(0.06)	1.1	(0.03)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	525	0.8	(0.03)	#		0.8	(0.03)		--		--		--		0.8	(0.03)
20 and over.....	11	(1.5)	1085	1.1	(0.03)	0.1	(0.02)	1.2	(0.04)	134	1.3	(0.12)	1.2	(0.10)	2.6	(0.18)	1.0	(0.03)
2 and over...	9	(1.1)	1610	1.0	(0.03)	0.1	(0.02)	1.1	(0.04)	138	1.3	(0.12)	1.3	(0.10)	2.6	(0.17)	1.0	(0.03)
Non-Hispanic Asian [9]:																		
2 - 19.....	4*	(1.5)	232	1.0	(0.04)	0.1*	(0.03)	1.1	(0.04)		--		--		--		1.0	(0.04)
20 and over.....	13	(1.7)	597	1.4	(0.05)	0.1	(0.03)	1.5	(0.07)	94	1.6	(0.10)	1.1	(0.11)	2.7	(0.18)	1.3	(0.05)
2 and over...	11	(1.4)	829	1.3	(0.04)	0.1	(0.02)	1.4	(0.06)	103	1.6	(0.09)	1.2	(0.11)	2.7	(0.16)	1.3	(0.04)
Hispanic:																		
2 - 19.....	2*	(0.8)	573	0.9	(0.02)	#		0.9	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	13	(1.4)	1010	1.3	(0.04)	0.2	(0.02)	1.4	(0.04)	123	1.4	(0.18)	1.2	(0.12)	2.6	(0.23)	1.2	(0.04)
2 and over...	9	(1.0)	1583	1.1	(0.03)	0.1	(0.02)	1.3	(0.03)	135	1.4	(0.16)	1.3	(0.12)	2.7	(0.24)	1.1	(0.03)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Race/ethnicity and age	Percent reporting supplement sodium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.4)	780	2938	(87.2)	1*	(0.5)	2939	(87.4)		--		--		--		2959	(90.9)
20 and over.....	9	(1.2)	1612	3522	(70.2)	2	(0.5)	3524	(70.3)	125	3571	(270.2)	28	(3.8)	3599	(270.5)	3517	(67.2)
2 and over...	8	(1.1)	2392	3400	(67.0)	2	(0.4)	3402	(67.1)	168	3423	(246.1)	27	(3.3)	3450	(246.9)	3398	(65.7)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.8)	525	3003	(97.4)	#		3003	(97.4)		--		--		--		2990	(94.2)
20 and over.....	5	(0.8)	1085	3373	(49.5)	1*	(0.4)	3374	(49.5)		--		--		--		3366	(51.8)
2 and over...	4	(0.6)	1610	3281	(52.6)	1*	(0.3)	3281	(52.6)		--		--		--		3270	(54.5)
Non-Hispanic Asian [9]:																		
2 - 19.....	5*	(2.3)	232	2946	(103.9)	#		2946	(103.8)		--		--		--		2924	(106.3)
20 and over.....	6	(0.8)	597	3560	(109.1)	3*	(0.9)	3563	(109.3)		--		--		--		3561	(108.7)
2 and over...	6	(1.0)	829	3438	(92.2)	2*	(0.8)	3441	(92.5)		--		--		--		3433	(91.6)
Hispanic:																		
2 - 19.....	2*	(0.7)	573	2834	(40.5)	#		2834	(40.5)		--		--		--		2829	(44.8)
20 and over.....	6	(1.4)	1010	3628	(91.9)	4*	(1.7)	3632	(92.0)		--		--		--		3636	(96.8)
2 and over...	5	(0.9)	1583	3361	(61.2)	3*	(1.1)	3363	(61.1)		--		--		--		3356	(63.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.4)	780	2085	(54.9)	2*	(1.0)	2087	(55.4)		--		--		--		2072	(53.7)
20 and over.....	15	(1.3)	1612	2635	(55.1)	18	(2.7)	2652	(55.7)	271	2747	(108.1)	117	(12.2)	2864	(111.3)	2615	(60.3)
2 and over...	12	(1.1)	2392	2520	(47.7)	14	(2.1)	2534	(48.2)	280	2754	(105.5)	118	(11.7)	2872	(108.4)	2488	(50.0)
Non-Hispanic Black:																		
2 - 19.....	#*		525	1996	(60.1)	#*		1996	(60.1)		--		--		--		1996	(60.1)
20 and over.....	9	(1.3)	1085	2277	(44.9)	8	(2.4)	2286	(45.5)	102	2548	(102.3)	98	(19.4)	2646	(102.7)	2252	(45.5)
2 and over...	6	(1.0)	1610	2207	(44.8)	6	(1.8)	2213	(45.3)	102	2548	(102.3)	98	(19.4)	2646	(102.7)	2184	(45.9)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(0.3)	232	2141	(69.3)	2	(0.4)	2142	(69.3)		--		--		--		2139	(72.2)
20 and over.....	11	(1.7)	597	2699	(88.5)	8	(1.4)	2708	(89.0)		--		--		--		2656	(78.5)
2 and over...	9	(1.5)	829	2589	(70.5)	7	(1.2)	2596	(70.9)	79	3028	(236.6)	79	(5.1)	3107	(235.6)	2546	(60.8)
Hispanic:																		
2 - 19.....	#		573	2171	(41.3)	#		2171	(41.2)		--		--		--		2169	(41.5)
20 and over.....	10	(1.4)	1010	2721	(76.4)	14*	(6.1)	2735	(78.3)	96	2602	(298.9)	145*	(53.3)	2747	(317.9)	2734	(77.3)
2 and over...	7	(0.9)	1583	2536	(53.5)	9*	(4.0)	2545	(54.9)	97	2608	(295.4)	145*	(52.4)	2753	(313.0)	2531	(53.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Race/ethnicity and age	Percent reporting supplement selenium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
Non-Hispanic White:																		
2 - 19.....	3	(0.9)	780	92.1	(2.56)	1.2*	(0.47)	93.2	(2.50)		--		--		--		92.3	(2.64)
20 and over.....	21	(1.3)	1612	112.6	(1.95)	12.6	(1.14)	125.2	(2.22)	343	121.6	(6.77)	60.9	(3.61)	182.5	(7.26)	110.3	(2.84)
2 and over...	17	(1.0)	2392	108.4	(1.76)	10.2	(0.93)	118.6	(1.75)	364	120.2	(6.95)	60.1	(3.66)	180.3	(7.39)	105.9	(2.48)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.4)	525	93.8	(3.26)	0.8*	(0.81)	94.6	(3.38)		--		--		--		93.4	(3.36)
20 and over.....	11	(1.5)	1085	109.6	(1.98)	6.4	(1.11)	115.9	(2.30)	135	115.2	(5.99)	56.4	(6.40)	171.6	(10.85)	108.8	(2.36)
2 and over...	9	(1.1)	1610	105.6	(1.87)	5.0	(0.78)	110.6	(2.14)	138	116.1	(5.54)	57.8	(6.58)	173.9	(10.61)	104.6	(2.08)
Non-Hispanic Asian [9]:																		
2 - 19.....	2*	(1.0)	232	98.7	(2.64)	1.2	(0.30)	99.9	(2.57)		--		--		--		98.8	(2.77)
20 and over.....	14	(1.6)	597	116.0	(2.91)	8.9	(2.10)	124.9	(3.59)	98	111.5	(6.22)	63.4	(9.69)	174.9	(9.58)	116.8	(3.16)
2 and over...	12	(1.4)	829	112.6	(2.62)	7.3	(1.66)	120.0	(3.09)	103	111.0	(5.89)	62.9	(8.84)	173.9	(9.01)	112.8	(2.75)
Hispanic:																		
2 - 19.....	2*	(0.7)	573	93.1	(1.76)	0.6*	(0.35)	93.7	(1.83)		--		--		--		92.8	(1.75)
20 and over.....	12	(1.2)	1010	121.9	(4.35)	8.3	(1.16)	130.2	(4.36)	121	120.3	(13.67)	67.3	(9.95)	187.6	(11.74)	122.1	(4.60)
2 and over...	9	(0.9)	1583	112.2	(2.57)	5.7	(0.83)	117.9	(2.55)	130	119.6	(12.05)	65.5	(9.04)	185.1	(9.76)	111.5	(2.60)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

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 2.57.

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 2.57.

# 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 77 for VIF = 2.57.

Footnotes

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

[2] 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): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **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) 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_J) of NHANES 2017-2018. 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/2017-2018/DS1TOT_J.htm.

[5] **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.

[6] **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.

[7] **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.

[8] 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.

[9] 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. 2020. 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 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018

T h i a m i n

Family income in dollars and age	Percent reporting supplement thiamin [8]		*All Individuals* [5]					*Supplement Users* [6]					*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	4	(0.9)	566	1.58	(0.076)	0.23*	(0.141)	1.81	(0.171)		--		--		--		1.57	(0.074)
20 and over.....	15	(2.1)	1166	1.56	(0.042)	1.84	(0.472)	3.39	(0.459)	186	1.49	(0.120)	11.87	(2.210)	13.36	(2.243)	1.57	(0.053)
2 and over...	12	(1.6)	1732	1.56	(0.046)	1.41	(0.354)	2.98	(0.331)	210	1.51	(0.117)	11.34	(2.020)	12.85	(2.040)	1.57	(0.051)
$25,000 - $74,999:																		
2 - 19.....	4	(1.4)	916	1.52	(0.026)	0.05*	(0.017)	1.57	(0.022)		--		--		--		1.52	(0.027)
20 and over.....	21	(2.0)	1714	1.58	(0.030)	3.04	(0.560)	4.62	(0.572)	323	1.66	(0.060)	14.30	(2.759)	15.96	(2.789)	1.56	(0.026)
2 and over...	17	(1.5)	2630	1.57	(0.024)	2.34	(0.425)	3.91	(0.436)	353	1.64	(0.057)	13.57	(2.606)	15.21	(2.631)	1.55	(0.020)
$75,000 and higher:																		
2 - 19.....	9	(1.9)	664	1.54	(0.034)	0.19*	(0.071)	1.73	(0.087)		--		--		--		1.54	(0.032)
20 and over.....	22	(2.4)	1176	1.62	(0.038)	2.00	(0.364)	3.62	(0.353)	245	1.69	(0.098)	8.98	(1.357)	10.67	(1.302)	1.60	(0.039)
2 and over...	19	(2.1)	1840	1.60	(0.031)	1.56	(0.283)	3.16	(0.277)	288	1.67	(0.089)	8.13	(1.250)	9.80	(1.203)	1.59	(0.028)
All Individuals [9]:																		
2 - 19.....	6	(0.9)	2346	1.53	(0.016)	0.14	(0.041)	1.67	(0.043)	107	1.53	(0.143)	2.31	(0.572)	3.83	(0.600)	1.53	(0.019)
20 and over.....	20	(1.0)	4534	1.59	(0.022)	2.31	(0.291)	3.90	(0.296)	842	1.64	(0.048)	11.26	(1.150)	12.91	(1.153)	1.58	(0.022)
2 and over...	17	(0.8)	6880	1.58	(0.018)	1.78	(0.220)	3.36	(0.222)	949	1.63	(0.044)	10.49	(1.077)	12.12	(1.079)	1.57	(0.017)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Family income in dollars and age	Percent reporting supplement riboflavin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	4	(0.9)	566	1.89	(0.107)	0.64*	(0.430)	2.53	(0.486)		--		--		--		1.88	(0.108)
20 and over.....	16	(2.1)	1166	1.98	(0.052)	1.12	(0.188)	3.09	(0.173)	183	1.93	(0.122)	7.11	(0.884)	9.04	(0.946)	1.98	(0.058)
2 and over...	13	(1.7)	1732	1.95	(0.056)	0.99	(0.205)	2.94	(0.198)	207	1.95	(0.122)	7.85	(1.515)	9.81	(1.582)	1.95	(0.059)
$25,000 - $74,999:																		
2 - 19.....	4	(1.4)	916	1.77	(0.040)	0.54*	(0.485)	2.32	(0.480)		--		--		--		1.78	(0.040)
20 and over.....	21	(2.0)	1714	2.09	(0.072)	1.92	(0.494)	4.01	(0.535)	318	2.25	(0.166)	9.28	(2.333)	11.52	(2.432)	2.05	(0.064)
2 and over...	17	(1.6)	2630	2.02	(0.057)	1.60	(0.422)	3.62	(0.460)	348	2.21	(0.153)	9.51	(2.373)	11.71	(2.492)	1.98	(0.051)
$75,000 and higher:																		
2 - 19.....	9	(2.1)	664	1.79	(0.056)	0.15	(0.037)	1.94	(0.080)		--		--		--		1.81	(0.046)
20 and over.....	22	(2.3)	1176	2.25	(0.075)	1.45	(0.188)	3.70	(0.184)	244	2.36	(0.098)	6.57	(0.704)	8.93	(0.646)	2.22	(0.083)
2 and over...	19	(2.1)	1840	2.14	(0.064)	1.13	(0.145)	3.27	(0.147)	285	2.28	(0.089)	5.99	(0.650)	8.27	(0.604)	2.11	(0.068)
All Individuals [9]:																		
2 - 19.....	6	(1.0)	2346	1.80	(0.024)	0.38*	(0.186)	2.18	(0.196)	105	1.70	(0.144)	6.53*	(3.249)	8.23*	(3.250)	1.80	(0.025)
20 and over.....	20	(1.0)	4534	2.11	(0.043)	1.54	(0.219)	3.65	(0.238)	833	2.21	(0.071)	7.59	(0.945)	9.80	(0.975)	2.09	(0.044)
2 and over...	17	(0.8)	6880	2.04	(0.034)	1.25	(0.172)	3.29	(0.191)	938	2.17	(0.066)	7.50	(0.926)	9.67	(0.967)	2.01	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income in dollars and age	Percent reporting supplement niacin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	5	(1.0)	566	23.4	(1.16)	1.2*	(0.41)	24.6	(1.33)		--		--		--		23.2	(1.07)
20 and over.....	17	(2.2)	1166	26.5	(1.12)	5.4	(0.76)	31.8	(0.64)	199	24.5	(1.63)	32.1	(3.29)	56.6	(4.16)	26.9	(1.34)
2 and over...	14	(1.7)	1732	25.7	(1.06)	4.3	(0.61)	29.9	(0.67)	226	24.8	(1.57)	31.4	(2.98)	56.3	(3.70)	25.8	(1.17)
$25,000 - $74,999:																		
2 - 19.....	5	(1.2)	916	20.5	(0.45)	0.6	(0.14)	21.1	(0.44)		--		--		--		20.5	(0.43)
20 and over.....	23	(2.4)	1714	26.1	(0.93)	9.7	(1.88)	35.8	(2.19)	345	27.5	(2.52)	42.4	(6.42)	69.9	(7.11)	25.7	(0.60)
2 and over...	19	(1.7)	2630	24.8	(0.66)	7.6	(1.45)	32.4	(1.63)	385	27.1	(2.32)	40.6	(5.96)	67.6	(6.58)	24.3	(0.39)
$75,000 and higher:																		
2 - 19.....	11	(2.0)	664	22.1	(0.65)	1.6	(0.32)	23.6	(0.78)		--		--		--		22.3	(0.70)
20 and over.....	25	(2.1)	1176	26.9	(0.78)	9.1	(1.76)	36.0	(1.75)	278	27.2	(1.03)	36.1	(7.97)	63.4	(7.87)	26.8	(0.81)
2 and over...	22	(1.9)	1840	25.7	(0.65)	7.3	(1.30)	33.0	(1.28)	324	26.3	(0.89)	33.4	(6.73)	59.7	(6.61)	25.5	(0.67)
All Individuals [9]:																		
2 - 19.....	7	(0.9)	2346	21.7	(0.44)	1.1	(0.15)	22.8	(0.47)	123	21.3	(0.97)	15.2	(0.77)	36.5	(1.41)	21.8	(0.46)
20 and over.....	23	(1.0)	4534	26.3	(0.44)	8.4	(0.88)	34.6	(1.08)	924	26.6	(1.04)	37.0	(3.48)	63.6	(3.53)	26.2	(0.41)
2 and over...	19	(0.8)	6880	25.2	(0.36)	6.6	(0.67)	31.8	(0.83)	1047	26.1	(0.97)	35.1	(3.08)	61.2	(3.16)	25.0	(0.35)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Family income in dollars and age	Percent reporting supplement vitamin B6 [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.4)	566	1.94	(0.095)	0.31*	(0.144)	2.25	(0.169)		--		--		--		1.93	(0.099)
20 and over.....	18	(2.6)	1166	2.30	(0.165)	1.53	(0.207)	3.84	(0.250)	218	2.16	(0.146)	8.43	(0.959)	10.59	(0.988)	2.33	(0.211)
2 and over...	16	(2.0)	1732	2.21	(0.128)	1.21	(0.174)	3.42	(0.199)	274	2.14	(0.124)	7.57	(0.871)	9.70	(0.905)	2.22	(0.156)
$25,000 - $74,999:																		
2 - 19.....	16	(2.4)	916	1.63	(0.052)	0.26	(0.039)	1.89	(0.067)	136	1.61	(0.083)	1.57	(0.120)	3.18	(0.146)	1.64	(0.058)
20 and over.....	25	(2.1)	1714	2.18	(0.124)	3.27	(0.626)	5.45	(0.612)	371	2.44	(0.369)	12.98	(2.889)	15.42	(2.778)	2.10	(0.072)
2 and over...	23	(1.7)	2630	2.06	(0.091)	2.57	(0.485)	4.62	(0.473)	507	2.30	(0.309)	11.08	(2.289)	13.39	(2.178)	1.98	(0.049)
$75,000 and higher:																		
2 - 19.....	21	(3.2)	664	1.77	(0.055)	0.45	(0.081)	2.22	(0.068)	118	1.62	(0.127)	2.15	(0.391)	3.77	(0.430)	1.81	(0.078)
20 and over.....	26	(2.1)	1176	2.20	(0.096)	2.71	(0.419)	4.91	(0.420)	294	2.31	(0.135)	10.58	(1.545)	12.89	(1.544)	2.17	(0.097)
2 and over...	24	(1.8)	1840	2.10	(0.079)	2.16	(0.330)	4.26	(0.330)	412	2.16	(0.107)	8.82	(1.440)	10.98	(1.443)	2.08	(0.080)
All Individuals [9]:																		
2 - 19.....	16	(1.2)	2346	1.75	(0.040)	0.34	(0.042)	2.10	(0.053)	332	1.67	(0.062)	2.10	(0.217)	3.78	(0.261)	1.77	(0.051)
20 and over.....	24	(1.1)	4534	2.19	(0.060)	2.65	(0.296)	4.84	(0.303)	993	2.30	(0.164)	11.07	(1.201)	13.37	(1.185)	2.16	(0.048)
2 and over...	22	(0.9)	6880	2.08	(0.047)	2.09	(0.225)	4.18	(0.230)	1325	2.18	(0.135)	9.46	(1.015)	11.64	(1.000)	2.06	(0.039)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

F o l i c a c i d

Family income in dollars and age	Percent reporting supplement folic acid [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.4)	566	217	(12.8)	26	(5.2)	243	(12.7)		--		--		--		212	(14.1)
20 and over.....	18	(2.0)	1166	165	(3.9)	83	(9.0)	248	(8.8)	212	160	(15.5)	470	(15.5)	630	(22.9)	166	(4.7)
2 and over...	16	(1.6)	1732	179	(5.3)	68	(7.4)	247	(6.1)	268	177	(18.7)	437	(13.2)	614	(23.0)	179	(6.3)
$25,000 - $74,999:																		
2 - 19.....	16	(2.4)	916	206	(8.6)	31	(4.7)	237	(9.1)	136	209	(24.0)	190	(11.9)	399	(24.8)	205	(7.9)
20 and over.....	25	(2.4)	1714	177	(7.8)	119	(10.1)	296	(15.5)	377	179	(13.3)	482	(37.6)	661	(40.5)	176	(7.6)
2 and over...	23	(1.9)	2630	183	(6.4)	98	(7.5)	282	(12.1)	513	184	(11.6)	433	(30.7)	617	(34.5)	183	(6.2)
$75,000 and higher:																		
2 - 19.....	20	(3.1)	664	188	(7.5)	56	(8.5)	244	(8.8)	114	148	(12.9)	277	(22.2)	425	(21.8)	198	(7.7)
20 and over.....	26	(2.3)	1176	167	(7.9)	115	(11.0)	282	(12.7)	291	181	(13.1)	441	(13.0)	621	(17.3)	162	(8.1)
2 and over...	25	(1.8)	1840	172	(5.6)	101	(8.2)	273	(8.8)	405	174	(10.3)	408	(11.8)	582	(14.8)	171	(5.4)
All Individuals [9]:																		
2 - 19.....	16	(1.2)	2346	200	(3.7)	38	(3.7)	238	(3.7)	325	186	(14.6)	240	(13.0)	427	(11.3)	202	(3.0)
20 and over.....	24	(1.1)	4534	170	(3.5)	112	(5.3)	282	(5.8)	991	172	(7.0)	469	(16.6)	641	(19.5)	169	(3.3)
2 and over...	22	(0.9)	6880	177	(3.0)	94	(3.9)	271	(4.2)	1316	175	(6.3)	429	(14.2)	604	(16.6)	178	(2.7)

See page 23 for footnotes.

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Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income in dollars and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.4)	566	515	(24.1)	45	(8.8)	560	(24.0)		--		--		--		503	(24.8)
20 and over.....	18	(2.0)	1166	475	(7.9)	141	(15.4)	616	(17.4)	212	480	(35.7)	799	(26.3)	1280	(49.5)	474	(10.5)
2 and over...	16	(1.6)	1732	485	(8.9)	116	(12.5)	601	(11.7)	268	504	(38.1)	742	(22.4)	1246	(46.4)	482	(11.8)
$25,000 - $74,999:																		
2 - 19.....	16	(2.4)	916	489	(14.4)	53	(8.0)	542	(15.9)	136	490	(42.5)	323	(20.3)	814	(43.9)	489	(13.4)
20 and over.....	25	(2.4)	1714	504	(14.1)	202	(17.2)	707	(27.1)	377	509	(26.3)	820	(64.0)	1328	(69.9)	503	(13.0)
2 and over...	23	(1.9)	2630	501	(10.7)	167	(12.7)	668	(20.7)	513	506	(22.3)	737	(52.2)	1242	(58.7)	499	(9.5)
$75,000 and higher:																		
2 - 19.....	20	(3.1)	664	479	(14.0)	96	(14.4)	575	(17.6)	114	406	(32.1)	471	(37.7)	877	(46.6)	498	(16.5)
20 and over.....	26	(2.3)	1176	513	(14.5)	196	(18.6)	709	(24.5)	291	552	(25.5)	749	(22.1)	1301	(29.2)	499	(14.5)
2 and over...	25	(1.8)	1840	505	(11.3)	172	(14.0)	676	(18.8)	405	523	(19.7)	693	(20.1)	1216	(23.7)	499	(11.4)
All Individuals [9]:																		
2 - 19.....	16	(1.2)	2346	488	(5.5)	65	(6.3)	553	(6.0)	325	468	(21.9)	409	(22.1)	876	(18.9)	492	(5.8)
20 and over.....	24	(1.1)	4534	500	(7.4)	191	(9.0)	691	(12.9)	991	516	(13.2)	798	(28.3)	1314	(36.0)	495	(7.5)
2 and over...	22	(0.9)	6880	497	(6.1)	160	(6.7)	658	(9.9)	1316	508	(11.1)	729	(24.1)	1237	(30.3)	494	(6.2)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income in dollars and age	Percent reporting supplement choline [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	2*	(0.7)	566	262	(15.3)	#		262	(15.2)		--		--		--		262	(15.8)
20 and over.....	3	(0.7)	1166	313	(5.5)	1	(0.2)	314	(5.5)		--		--		--		313	(5.7)
2 and over...	3	(0.6)	1732	300	(5.8)	#		300	(5.8)		--		--		--		299	(6.0)
$25,000 - $74,999:																		
2 - 19.....	7	(1.9)	916	237	(6.7)	#		237	(6.7)		--		--		--		234	(6.8)
20 and over.....	5	(0.8)	1714	323	(9.0)	1	(0.2)	324	(9.0)		--		--		--		322	(9.1)
2 and over...	6	(0.8)	2630	303	(7.5)	1	(0.1)	304	(7.5)	127	323	(21.7)	10	(2.3)	333	(21.4)	302	(7.5)
$75,000 and higher:																		
2 - 19.....	6	(1.5)	664	248	(10.8)	#		248	(10.8)		--		--		--		247	(10.2)
20 and over.....	5	(0.8)	1176	350	(10.0)	2*	(1.3)	352	(9.9)		--		--		--		348	(9.9)
2 and over...	5	(0.5)	1840	325	(8.5)	1*	(1.0)	327	(8.5)	99	358	(20.1)	27*	(17.8)	385	(27.6)	323	(8.7)
All Individuals [9]:																		
2 - 19.....	5	(0.6)	2346	246	(4.6)	#		247	(4.6)	115	264	(18.8)	2	(0.3)	266	(18.8)	245	(4.8)
20 and over.....	5	(0.6)	4534	332	(5.3)	1*	(0.5)	333	(5.5)	200	359	(12.7)	22*	(8.1)	381	(14.5)	330	(5.4)
2 and over...	5	(0.5)	6880	311	(3.8)	1*	(0.4)	312	(3.9)	315	335	(11.6)	17*	(6.2)	352	(14.3)	310	(3.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Family income in dollars and age	Percent reporting supplement vitamin B12 [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.4)	566	4.93	(0.272)	2.6*	(1.91)	7.5	(1.90)		--		--		--		4.87	(0.290)
20 and over.....	21	(3.0)	1166	4.73	(0.275)	68.6	(14.36)	73.4	(14.24)	244	4.78	(0.420)	331.3	(45.11)	336.1	(45.05)	4.72	(0.376)
2 and over...	18	(2.3)	1732	4.79	(0.246)	51.2	(11.01)	55.9	(10.91)	301	4.89	(0.373)	286.5	(39.98)	291.4	(39.89)	4.76	(0.319)
$25,000 - $74,999:																		
2 - 19.....	16	(2.4)	916	4.39	(0.157)	1.9*	(1.01)	6.3	(1.08)	136	4.69	(0.373)	11.8*	(5.40)	16.5*	(5.58)	4.33	(0.140)
20 and over.....	27	(2.4)	1714	4.86	(0.253)	88.1	(18.58)	92.9	(18.55)	408	4.94	(0.466)	324.7	(70.25)	329.6	(70.18)	4.82	(0.216)
2 and over...	25	(2.0)	2630	4.75	(0.209)	67.9	(14.12)	72.7	(14.09)	544	4.90	(0.404)	276.2	(60.49)	281.1	(60.42)	4.69	(0.174)
$75,000 and higher:																		
2 - 19.....	22	(2.8)	664	4.07	(0.125)	8.9*	(6.84)	12.9*	(6.88)	117	3.50	(0.340)	40.4*	(31.87)	43.9*	(31.85)	4.23	(0.152)
20 and over.....	30	(2.3)	1176	5.05	(0.223)	117.6	(21.72)	122.7	(21.76)	328	5.33	(0.262)	398.7	(65.46)	404.1	(65.45)	4.94	(0.286)
2 and over...	28	(1.9)	1840	4.81	(0.177)	91.0	(16.99)	95.8	(17.02)	445	4.97	(0.220)	329.0	(57.47)	334.0	(57.48)	4.75	(0.221)
All Individuals [9]:																		
2 - 19.....	17	(1.1)	2346	4.39	(0.104)	4.5*	(2.67)	8.9*	(2.68)	330	4.22	(0.132)	27.3*	(15.96)	31.5*	(15.96)	4.42	(0.119)
20 and over.....	27	(1.3)	4534	4.85	(0.137)	92.8	(9.17)	97.6	(9.17)	1096	4.99	(0.252)	347.7	(36.75)	352.7	(36.71)	4.80	(0.138)
2 and over...	24	(1.0)	6880	4.74	(0.117)	71.3	(7.14)	76.0	(7.14)	1426	4.87	(0.220)	294.4	(31.99)	299.2	(31.96)	4.70	(0.114)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Family income in dollars and age	Percent reporting supplement vitamin C [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	13	(2.1)	566	75.3	(4.15)	29.4*	(14.65)	104.7	(13.52)		--		--		--		74.2	(5.12)
20 and over.....	20	(2.6)	1166	72.8	(4.07)	42.7	(8.26)	115.5	(10.78)	231	80.4	(9.47)	215.8	(26.00)	296.2	(29.54)	70.9	(3.70)
2 and over...	18	(2.1)	1732	73.5	(3.09)	39.2	(7.43)	112.7	(8.34)	299	80.8	(7.74)	217.4	(29.86)	298.2	(33.07)	71.8	(3.18)
$25,000 - $74,999:																		
2 - 19.....	17	(2.4)	916	62.6	(2.61)	10.2	(2.26)	72.8	(3.70)	140	66.2	(6.16)	60.4	(9.85)	126.6	(12.04)	61.8	(3.17)
20 and over.....	29	(2.7)	1714	72.9	(2.33)	86.0	(18.64)	158.9	(19.25)	430	78.5	(6.17)	293.4	(52.18)	371.9	(54.61)	70.5	(3.34)
2 and over...	26	(2.2)	2630	70.5	(1.90)	68.3	(14.13)	138.7	(14.45)	570	76.6	(4.89)	258.5	(43.16)	335.1	(44.99)	68.2	(2.62)
$75,000 and higher:																		
2 - 19.....	24	(3.5)	664	81.0	(7.74)	28.1	(5.78)	109.2	(9.74)	139	92.1	(14.01)	117.1	(23.51)	209.2	(19.97)	77.5	(9.00)
20 and over.....	29	(2.4)	1176	81.0	(5.13)	84.2	(14.43)	165.2	(15.09)	317	84.8	(6.12)	295.0	(38.46)	379.9	(36.78)	79.4	(6.87)
2 and over...	27	(1.9)	1840	81.0	(5.15)	70.5	(10.83)	151.5	(12.30)	456	86.4	(5.37)	256.8	(33.66)	343.2	(32.44)	78.9	(6.47)
All Individuals [9]:																		
2 - 19.....	18	(1.2)	2346	72.8	(3.59)	20.5	(3.38)	93.3	(4.37)	370	83.4	(8.81)	110.7	(16.48)	194.1	(17.51)	70.4	(3.97)
20 and over.....	27	(1.4)	4534	76.0	(2.42)	76.0	(8.04)	151.9	(8.76)	1103	80.8	(3.23)	277.9	(23.19)	358.7	(24.14)	74.2	(3.04)
2 and over...	25	(1.0)	6880	75.2	(2.28)	62.5	(6.17)	137.7	(6.54)	1473	81.2	(2.75)	248.0	(20.56)	329.3	(21.14)	73.2	(2.55)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income in dollars and age	Percent reporting supplement vitamin D [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 19.....	10	(1.3)	566	5.4	(0.38)	1.7	(0.30)	7.0	(0.59)		--		--		--		5.2	(0.39)
20 and over.....	25	(2.8)	1166	4.1	(0.15)	12.6	(2.14)	16.7	(2.14)	300	4.9	(0.51)	49.5	(5.30)	54.4	(5.35)	3.9	(0.12)
2 and over...	21	(2.3)	1732	4.5	(0.18)	9.7	(1.67)	14.2	(1.61)	359	5.2	(0.54)	45.4	(4.81)	50.6	(4.83)	4.2	(0.17)
$25,000 - $74,999:																		
2 - 19.....	17	(2.5)	916	4.7	(0.19)	2.2	(0.39)	6.9	(0.36)	140	5.5	(0.40)	13.2	(0.93)	18.7	(0.81)	4.5	(0.18)
20 and over.....	33	(2.4)	1714	4.1	(0.16)	16.4	(2.41)	20.6	(2.46)	501	3.9	(0.28)	50.3	(6.44)	54.2	(6.47)	4.2	(0.18)
2 and over...	29	(1.8)	2630	4.3	(0.15)	13.1	(1.76)	17.4	(1.82)	641	4.2	(0.24)	45.2	(5.69)	49.4	(5.72)	4.3	(0.15)
$75,000 and higher:																		
2 - 19.....	22	(3.2)	664	4.4	(0.19)	4.2	(0.92)	8.6	(0.93)	122	4.1	(0.61)	19.3	(3.65)	23.5	(3.64)	4.4	(0.21)
20 and over.....	33	(2.3)	1176	4.4	(0.29)	20.3	(3.17)	24.7	(3.20)	389	5.3	(0.72)	61.7	(7.93)	67.0	(7.89)	3.9	(0.22)
2 and over...	30	(1.8)	1840	4.4	(0.23)	16.4	(2.31)	20.7	(2.33)	511	5.1	(0.60)	54.2	(6.82)	59.3	(6.79)	4.1	(0.17)
All Individuals [9]:																		
2 - 19.....	17	(1.2)	2346	4.7	(0.12)	2.8	(0.37)	7.5	(0.42)	343	5.1	(0.40)	16.4	(1.79)	21.5	(1.78)	4.6	(0.13)
20 and over.....	31	(1.4)	4534	4.2	(0.14)	17.0	(1.61)	21.2	(1.65)	1327	4.6	(0.29)	54.6	(4.02)	59.3	(4.00)	4.0	(0.12)
2 and over...	28	(1.1)	6880	4.3	(0.12)	13.6	(1.18)	17.9	(1.21)	1670	4.7	(0.27)	49.0	(3.52)	53.7	(3.51)	4.2	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Family income in dollars and age	Percent reporting supplement vitamin K [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
$0 - $24,999:																		
2 - 19	3*	(0.7)	566	69.0	(5.73)	1.3	(0.29)	70.3	(5.77)		--		--		--		68.6	(5.90)
20 and over	11	(1.8)	1166	116.9	(9.85)	4.0	(0.70)	120.9	(10.36)	130	164.2	(22.08)	35.4	(2.02)	199.6	(22.34)	110.9	(10.22)
2 and over	9	(1.3)	1732	104.3	(7.69)	3.3	(0.52)	107.5	(8.08)	148	157.5	(20.54)	36.0	(2.01)	193.5	(20.86)	99.0	(7.68)
$25,000 - $74,999:																		
2 - 19	3	(0.7)	916	62.4	(3.92)	1.6	(0.36)	64.1	(4.06)		--		--		--		62.6	(3.91)
20 and over	18	(1.8)	1714	112.0	(4.53)	7.0	(0.57)	119.0	(4.79)	258	121.7	(13.59)	39.4	(2.41)	161.0	(13.76)	109.9	(4.87)
2 and over	14	(1.4)	2630	100.4	(3.53)	5.7	(0.44)	106.1	(3.72)	281	118.1	(13.04)	39.9	(2.32)	158.0	(13.27)	97.5	(3.62)
$75,000 and higher:																		
2 - 19	6	(2.1)	664	81.2	(5.64)	3.1*	(1.23)	84.4	(6.32)		--		--		--		82.2	(6.05)
20 and over	18	(1.9)	1176	149.1	(17.39)	14.1*	(6.52)	163.2	(18.30)	199	159.4	(19.70)	79.4*	(33.91)	238.9	(31.53)	146.8	(20.96)
2 and over	15	(1.5)	1840	132.5	(13.97)	11.4*	(4.91)	143.9	(14.42)	226	149.8	(17.14)	76.3*	(30.14)	226.1	(27.16)	129.4	(16.06)
All Individuals [9]:																		
2 - 19	4	(0.8)	2346	71.5	(3.41)	2.0	(0.47)	73.5	(3.63)		--		--		--		71.7	(3.49)
20 and over	16	(0.9)	4534	127.5	(7.33)	8.9	(2.35)	136.4	(7.42)	655	143.7	(7.88)	54.7	(14.02)	198.5	(14.27)	124.4	(8.35)
2 and over	13	(0.7)	6880	113.9	(6.23)	7.2	(1.78)	121.1	(6.14)	727	137.8	(7.40)	54.2	(12.78)	192.1	(12.56)	110.2	(6.79)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Family income in dollars and age	Percent reporting supplement lycopene [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
$0 - $24,999:																		
2 - 19.....	#		566	4499	(440.4)	2*	(1.7)	4501	(440.3)		--		--		--		4430	(449.9)
20 and over.....	5	(0.8)	1166	4765	(401.5)	25	(6.2)	4790	(400.5)		--		--		--		4751	(427.1)
2 and over...	4	(0.6)	1732	4695	(281.3)	19	(4.6)	4714	(280.3)		--		--		--		4663	(283.5)
$25,000 - $74,999:																		
2 - 19.....	#*		916	4827	(484.2)	#*		4827	(484.2)		--		--		--		4827	(484.2)
20 and over.....	9	(1.5)	1714	4995	(343.3)	60	(14.5)	5055	(348.5)	139	6345	(1854.2)	642	(144.3)	6988	(1943.0)	4856	(291.1)
2 and over...	7	(1.1)	2630	4956	(275.6)	46	(10.9)	5001	(277.2)	139	6345	(1854.2)	642	(144.3)	6988	(1943.0)	4849	(263.5)
$75,000 and higher:																		
2 - 19.....	#		664	3993	(316.1)	#		3993	(316.0)		--		--		--		3994	(316.1)
20 and over.....	9	(1.2)	1176	5545	(683.8)	70	(15.5)	5615	(690.3)	116	7819	(1181.9)	748	(163.6)	8567	(1196.7)	5312	(643.6)
2 and over...	7	(1.0)	1840	5165	(537.0)	53	(12.2)	5218	(542.1)	117	7810	(1181.8)	749	(163.5)	8559	(1196.4)	4965	(493.6)
All Individuals [9]:																		
2 - 19.....	#		2346	4355	(222.1)	1*	(0.4)	4355	(222.1)		--		--		--		4341	(220.5)
20 and over.....	8	(0.8)	4534	5092	(241.6)	68	(13.2)	5159	(244.4)	355	6640	(863.1)	818	(168.0)	7458	(858.0)	4952	(208.6)
2 and over...	6	(0.6)	6880	4912	(187.4)	51	(10.2)	4963	(189.9)	359	6686	(875.2)	817	(167.4)	7503	(869.8)	4793	(165.8)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(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 [8] %	(SE)	*All Individuals* [5] Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Supplement Users* [6] Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	*Non-users* [7] Food µg	(SE)
$0 - $24,999:																		
2 - 19.....	1*	(0.3)	566	808	(80.4)	1*	(0.3)	809	(80.3)		--		--		--		811	(80.8)
20 and over.....	6	(1.1)	1166	1651	(204.2)	200*	(79.1)	1851	(189.4)	82	2482	(713.9)	3213*	(1200.1)	5696	(1208.7)	1595	(203.6)
2 and over...	5	(0.8)	1732	1428	(157.8)	148*	(58.7)	1575	(147.0)	85	2404	(682.8)	3100*	(1150.2)	5503	(1147.5)	1379	(155.1)
$25,000 - $74,999:																		
2 - 19.....	#		916	732	(38.2)	1*	(0.4)	733	(38.3)		--		--		--		730	(38.8)
20 and over.....	11	(1.4)	1714	1432	(77.8)	256*	(83.0)	1688	(149.3)	159	1828	(334.1)	2358	(653.0)	4185	(851.2)	1384	(59.3)
2 and over...	8	(1.1)	2630	1268	(60.9)	196*	(63.8)	1465	(114.9)	166	1819	(329.9)	2332	(646.3)	4151	(842.5)	1218	(47.7)
$75,000 and higher:																		
2 - 19.....	2*	(1.2)	664	952	(117.4)	7*	(3.6)	959	(117.5)		--		--		--		945	(118.3)
20 and over.....	9	(1.2)	1176	2099	(373.9)	144	(41.9)	2243	(367.7)	110	2115	(360.9)	1653*	(515.5)	3768	(620.0)	2097	(412.0)
2 and over...	7	(1.0)	1840	1818	(292.5)	110	(31.0)	1928	(288.8)	123	2043	(374.0)	1542*	(477.0)	3585	(630.0)	1801	(319.2)
All Individuals [9]:																		
2 - 19.....	1	(0.5)	2346	838	(56.3)	3*	(1.4)	842	(56.3)		--		--		--		835	(57.1)
20 and over.....	9	(0.8)	4534	1739	(147.4)	205	(47.9)	1944	(142.4)	394	2075	(164.9)	2252	(492.7)	4326	(548.3)	1706	(163.6)
2 and over...	7	(0.6)	6880	1520	(119.9)	156	(36.2)	1676	(116.2)	417	2036	(164.8)	2172	(470.1)	4209	(530.5)	1480	(130.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income in dollars and age	Percent reporting supplement calcium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	5	(1.6)	566	1017	(47.8)	14*	(5.3)	1031	(50.9)		--		--		--		1013	(51.3)
20 and over.....	22	(2.6)	1166	916	(18.3)	89	(13.5)	1005	(18.3)	263	977	(49.0)	407	(27.5)	1383	(39.8)	899	(21.0)
2 and over...	17	(2.0)	1732	943	(21.2)	69	(9.8)	1012	(17.1)	289	986	(48.2)	395	(25.7)	1381	(35.3)	933	(24.8)
$25,000 - $74,999:																		
2 - 19.....	6	(1.1)	916	946	(21.5)	8	(1.4)	954	(21.4)		--		--		--		944	(23.9)
20 and over.....	28	(2.2)	1714	957	(17.2)	135	(13.6)	1092	(22.7)	421	984	(48.3)	487	(38.1)	1471	(64.7)	947	(18.1)
2 and over...	23	(1.7)	2630	955	(15.1)	105	(10.6)	1060	(18.9)	468	985	(47.9)	466	(37.4)	1451	(61.3)	946	(14.3)
$75,000 and higher:																		
2 - 19.....	9	(2.2)	664	994	(30.3)	14*	(5.0)	1008	(31.9)		--		--		--		984	(24.2)
20 and over.....	29	(2.3)	1176	997	(21.7)	122	(10.3)	1119	(22.4)	312	1061	(31.1)	421	(38.6)	1482	(39.2)	971	(24.9)
2 and over...	24	(1.8)	1840	996	(21.4)	95	(7.2)	1092	(22.0)	353	1065	(34.1)	398	(34.7)	1463	(33.6)	975	(22.1)
All Individuals [9]:																		
2 - 19.....	6	(0.9)	2346	975	(13.8)	11	(2.2)	986	(14.2)	120	1061	(91.9)	167	(23.9)	1228	(92.5)	970	(14.7)
20 and over.....	27	(1.1)	4534	961	(15.2)	120	(7.3)	1082	(17.5)	1110	1014	(23.5)	447	(20.9)	1461	(24.6)	942	(15.2)
2 and over...	22	(0.9)	6880	965	(13.2)	94	(5.8)	1058	(14.8)	1230	1017	(23.9)	427	(20.3)	1444	(24.1)	950	(12.6)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Family income in dollars and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	1*	(0.7)	566	1307	(71.5)	1*	(0.8)	1309	(71.8)		--		--		--		1294	(68.4)
20 and over.....	8	(1.5)	1166	1332	(25.9)	3	(0.7)	1334	(25.8)	92	1295	(123.6)	35	(5.5)	1329	(124.1)	1335	(30.7)
2 and over...	6	(1.2)	1732	1325	(29.9)	2	(0.6)	1328	(29.7)	98	1354	(130.6)	38	(5.6)	1392	(132.3)	1323	(32.0)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.3)	916	1196	(20.2)	#		1196	(20.2)		--		--		--		1196	(20.8)
20 and over.....	11	(1.3)	1714	1368	(24.2)	4	(0.7)	1372	(24.3)	187	1293	(45.5)	39	(5.7)	1332	(48.4)	1377	(24.9)
2 and over...	9	(1.0)	2630	1328	(21.2)	3	(0.5)	1331	(21.3)	197	1292	(44.2)	39	(5.5)	1331	(46.9)	1331	(21.3)
$75,000 and higher:																		
2 - 19.....	1*	(0.5)	664	1286	(42.3)	1*	(0.4)	1286	(42.3)		--		--		--		1279	(40.5)
20 and over.....	11	(2.0)	1176	1454	(27.8)	7*	(2.1)	1461	(28.5)	131	1656	(99.5)	60	(14.8)	1716	(93.9)	1428	(25.7)
2 and over...	9	(1.6)	1840	1413	(25.2)	5*	(1.6)	1418	(25.7)	138	1663	(101.2)	60	(14.4)	1723	(96.5)	1389	(23.0)
All Individuals [9]:																		
2 - 19.....	1	(0.3)	2346	1250	(20.7)	1*	(0.2)	1251	(20.8)		--		--		--		1245	(20.0)
20 and over.....	11	(1.0)	4534	1389	(17.0)	5	(1.0)	1394	(17.4)	465	1432	(48.1)	47	(7.5)	1479	(49.2)	1384	(19.4)
2 and over...	8	(0.7)	6880	1355	(14.5)	4	(0.7)	1359	(14.7)	489	1444	(46.2)	47	(7.3)	1491	(47.4)	1347	(16.7)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income in dollars and age	Percent reporting supplement magnesium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	1*	(1.0)	566	244	(11.5)	2*	(1.4)	245	(12.3)		--		--		--		241	(10.4)
20 and over.....	15	(1.8)	1166	290	(6.6)	21	(2.9)	312	(7.5)	168	328	(28.7)	146	(13.8)	474	(32.8)	284	(8.0)
2 and over...	11	(1.5)	1732	278	(4.9)	16	(2.3)	294	(5.8)	174	332	(28.0)	145	(13.1)	476	(32.6)	271	(5.1)
$25,000 - $74,999:																		
2 - 19.....	1*	(0.5)	916	224	(3.3)	1*	(0.5)	225	(3.2)		--		--		--		223	(3.1)
20 and over.....	21	(1.6)	1714	295	(5.2)	35	(5.2)	330	(8.2)	304	311	(12.0)	171	(17.5)	482	(21.1)	291	(5.0)
2 and over...	16	(1.3)	2630	278	(4.3)	27	(4.1)	305	(7.0)	315	311	(11.7)	169	(17.1)	480	(20.9)	272	(3.9)
$75,000 and higher:																		
2 - 19.....	4	(1.3)	664	242	(6.6)	6*	(3.1)	248	(7.4)		--		--		--		239	(6.7)
20 and over.....	22	(2.2)	1176	326	(9.6)	35	(7.7)	361	(13.4)	234	359	(17.0)	159	(22.0)	519	(30.0)	317	(8.8)
2 and over...	18	(1.8)	1840	305	(8.5)	28	(6.1)	333	(11.9)	251	356	(16.7)	157	(20.9)	513	(29.6)	295	(7.8)
All Individuals [9]:																		
2 - 19.....	2	(0.6)	2346	235	(3.2)	3*	(1.1)	238	(3.9)		--		--		--		233	(3.1)
20 and over.....	20	(1.0)	4534	305	(4.7)	32	(2.7)	337	(6.1)	784	332	(7.1)	162	(9.0)	494	(9.5)	299	(5.0)
2 and over...	16	(0.8)	6880	288	(3.9)	25	(2.1)	313	(5.0)	820	332	(6.9)	160	(8.6)	492	(9.2)	280	(4.0)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income in dollars and age	Percent reporting supplement iron [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	3*	(0.6)	566	13.5	(0.54)	0.8*	(0.27)	14.4	(0.59)		--		--		--		13.4	(0.54)
20 and over.....	11	(1.5)	1166	13.7	(0.24)	2.7	(0.36)	16.4	(0.42)	120	13.7	(1.20)	25.2	(2.18)	38.9	(2.77)	13.7	(0.29)
2 and over...	9	(1.3)	1732	13.6	(0.25)	2.2	(0.32)	15.8	(0.37)	138	14.0	(1.16)	25.5	(2.15)	39.5	(2.80)	13.6	(0.28)
$25,000 - $74,999:																		
2 - 19.....	2*	(0.7)	916	13.0	(0.32)	0.4*	(0.19)	13.5	(0.35)		--		--		--		13.1	(0.33)
20 and over.....	13	(1.3)	1714	14.1	(0.34)	3.5	(0.46)	17.6	(0.59)	197	13.1	(0.63)	27.6	(2.32)	40.7	(2.81)	14.3	(0.39)
2 and over...	10	(1.0)	2630	13.9	(0.27)	2.8	(0.33)	16.6	(0.43)	215	13.1	(0.61)	27.4	(2.21)	40.5	(2.71)	14.0	(0.29)
$75,000 and higher:																		
2 - 19.....	5	(1.9)	664	13.5	(0.41)	1.3*	(0.42)	14.8	(0.63)		--		--		--		13.5	(0.44)
20 and over.....	13	(2.0)	1176	14.4	(0.35)	2.9	(0.61)	17.4	(0.73)	132	15.8	(1.44)	23.3	(3.16)	39.1	(3.41)	14.2	(0.34)
2 and over...	11	(1.5)	1840	14.2	(0.29)	2.5	(0.42)	16.7	(0.47)	159	15.5	(1.30)	23.5	(2.96)	39.0	(3.18)	14.0	(0.31)
All Individuals [9]:																		
2 - 19.....	3	(0.8)	2346	13.3	(0.17)	0.9	(0.18)	14.1	(0.22)		--		--		--		13.3	(0.20)
20 and over.....	13	(0.7)	4534	14.2	(0.21)	3.2	(0.25)	17.3	(0.29)	514	14.3	(0.59)	25.3	(1.58)	39.6	(1.52)	14.2	(0.21)
2 and over...	10	(0.5)	6880	14.0	(0.16)	2.6	(0.19)	16.6	(0.20)	585	14.2	(0.56)	25.3	(1.45)	39.5	(1.42)	13.9	(0.17)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income in dollars and age	Percent reporting supplement zinc [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19	9	(1.3)	566	10.2	(0.54)	0.6	(0.15)	10.8	(0.61)		--		--		--		10.0	(0.54)
20 and over	17	(2.3)	1166	10.4	(0.24)	2.6	(0.37)	13.0	(0.34)	198	11.2	(0.76)	15.4	(1.12)	26.6	(0.99)	10.3	(0.22)
2 and over	15	(1.9)	1732	10.4	(0.23)	2.1	(0.29)	12.4	(0.22)	249	11.3	(0.64)	14.1	(0.96)	25.4	(0.81)	10.2	(0.23)
$25,000 - $74,999:																		
2 - 19	14	(2.6)	916	9.1	(0.28)	0.5	(0.13)	9.7	(0.30)	114	8.8	(0.69)	3.7	(0.47)	12.5	(0.42)	9.2	(0.27)
20 and over	23	(2.3)	1714	10.8	(0.26)	3.3	(0.34)	14.2	(0.51)	351	10.4	(0.56)	14.4	(0.56)	24.9	(0.78)	10.9	(0.26)
2 and over	21	(1.9)	2630	10.4	(0.23)	2.7	(0.25)	13.1	(0.38)	465	10.2	(0.48)	12.8	(0.52)	22.9	(0.64)	10.5	(0.22)
$75,000 and higher:																		
2 - 19	17	(2.9)	664	9.3	(0.21)	1.0	(0.24)	10.3	(0.32)	106	8.6	(0.82)	5.6	(0.85)	14.3	(1.44)	9.5	(0.26)
20 and over	22	(1.8)	1176	11.7	(0.33)	3.8	(0.50)	15.5	(0.52)	256	12.8	(0.57)	17.2	(1.46)	30.0	(1.43)	11.4	(0.35)
2 and over	21	(1.5)	1840	11.1	(0.26)	3.1	(0.40)	14.2	(0.42)	362	11.9	(0.50)	14.9	(1.39)	26.8	(1.43)	10.9	(0.26)
All Individuals [9]:																		
2 - 19	14	(1.2)	2346	9.4	(0.17)	0.7	(0.11)	10.1	(0.19)	286	9.2	(0.29)	5.0	(0.49)	14.2	(0.67)	9.5	(0.21)
20 and over	22	(1.0)	4534	11.1	(0.15)	3.4	(0.24)	14.5	(0.23)	904	11.4	(0.38)	15.8	(0.58)	27.2	(0.62)	10.9	(0.15)
2 and over	20	(0.8)	6880	10.7	(0.14)	2.7	(0.18)	13.4	(0.18)	1190	11.1	(0.33)	14.0	(0.55)	25.0	(0.61)	10.6	(0.15)

See page 23 for footnotes.

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Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income in dollars and age	Percent reporting supplement copper [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19	3*	(0.7)	566	0.9	(0.04)	0.1*	(0.02)	1.0	(0.06)		--		--		--		0.9	(0.04)
20 and over	14	(1.9)	1166	1.1	(0.03)	0.2	(0.02)	1.3	(0.04)	167	1.2	(0.11)	1.2	(0.08)	2.5	(0.14)	1.1	(0.03)
2 and over	11	(1.6)	1732	1.1	(0.02)	0.1	(0.02)	1.2	(0.03)	186	1.2	(0.10)	1.3	(0.08)	2.5	(0.13)	1.0	(0.02)
$25,000 - $74,999:																		
2 - 19	1*	(0.5)	916	0.9	(0.02)	#		0.9	(0.02)		--		--		--		0.9	(0.02)
20 and over	19	(1.9)	1714	1.2	(0.02)	0.2	(0.02)	1.4	(0.04)	283	1.2	(0.05)	1.2	(0.07)	2.4	(0.10)	1.2	(0.02)
2 and over	15	(1.5)	2630	1.1	(0.02)	0.2	(0.02)	1.3	(0.03)	295	1.2	(0.05)	1.2	(0.07)	2.4	(0.10)	1.1	(0.02)
$75,000 and higher:																		
2 - 19	4	(1.9)	664	1.0	(0.04)	0.1*	(0.04)	1.0	(0.06)		--		--		--		1.0	(0.04)
20 and over	19	(1.9)	1176	1.3	(0.04)	0.2	(0.03)	1.6	(0.04)	211	1.5	(0.07)	1.3	(0.07)	2.7	(0.08)	1.3	(0.04)
2 and over	16	(1.6)	1840	1.2	(0.04)	0.2	(0.02)	1.4	(0.05)	231	1.4	(0.07)	1.3	(0.06)	2.7	(0.08)	1.2	(0.04)
All Individuals [9]:																		
2 - 19	3	(0.7)	2346	0.9	(0.02)	0.1	(0.02)	1.0	(0.03)		--		--		--		0.9	(0.02)
20 and over	18	(0.9)	4534	1.2	(0.02)	0.2	(0.01)	1.4	(0.03)	740	1.3	(0.04)	1.2	(0.05)	2.5	(0.06)	1.2	(0.02)
2 and over	15	(0.7)	6880	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	795	1.3	(0.04)	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 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income in dollars and age	Percent reporting supplement sodium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19.....	3*	(0.8)	566	3037	(167.9)	1*	(0.7)	3038	(168.0)		--		--		--		3025	(172.0)
20 and over.....	5	(1.2)	1166	3427	(94.4)	1*	(0.3)	3428	(94.4)		--		--		--		3436	(95.4)
2 and over...	4	(0.9)	1732	3324	(96.8)	1	(0.3)	3325	(96.8)		--		--		--		3326	(99.0)
$25,000 - $74,999:																		
2 - 19.....	3	(1.2)	916	2845	(61.4)	#		2846	(61.3)		--		--		--		2856	(62.4)
20 and over.....	8	(1.4)	1714	3479	(85.9)	2	(0.5)	3481	(86.1)	103	3666	(330.5)	26	(5.9)	3692	(332.0)	3463	(79.6)
2 and over...	7	(1.1)	2630	3331	(65.9)	2	(0.4)	3333	(66.1)	129	3538	(263.9)	24	(5.2)	3562	(265.4)	3316	(57.5)
$75,000 and higher:																		
2 - 19.....	8	(2.1)	664	3006	(90.9)	1	(0.4)	3007	(91.1)		--		--		--		2993	(70.1)
20 and over.....	9	(1.4)	1176	3635	(65.2)	4	(1.0)	3639	(65.0)	99	3521	(160.7)	46	(7.3)	3567	(161.8)	3646	(68.1)
2 and over...	8	(1.1)	1840	3481	(61.3)	3	(0.8)	3485	(61.2)	141	3438	(143.1)	40	(6.9)	3478	(145.4)	3485	(62.9)
All Individuals [9]:																		
2 - 19.....	5	(0.9)	2346	2937	(57.2)	1	(0.3)	2938	(57.3)	92	3025	(256.8)	19	(4.0)	3044	(256.9)	2933	(57.5)
20 and over.....	8	(0.8)	4534	3529	(45.4)	3	(0.4)	3532	(45.4)	285	3550	(200.6)	34	(4.0)	3584	(201.4)	3528	(41.4)
2 and over...	7	(0.6)	6880	3385	(40.3)	2	(0.3)	3387	(40.4)	377	3462	(161.8)	31	(3.5)	3493	(163.1)	3379	(37.5)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income in dollars and age	Percent reporting supplement potassium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
$0 - $24,999:																		
2 - 19	1*	(0.7)	566	2174	(85.3)	2*	(1.7)	2176	(85.6)		--		--		--		2158	(85.5)
20 and over	10	(1.8)	1166	2519	(53.2)	13	(3.1)	2532	(53.7)	124	2569	(204.9)	126	(21.8)	2695	(204.0)	2513	(64.5)
2 and over	8	(1.4)	1732	2427	(37.6)	10	(2.2)	2438	(37.5)	127	2610	(204.7)	129	(18.8)	2739	(202.0)	2412	(46.3)
$25,000 - $74,999:																		
2 - 19	#		916	2025	(36.7)	1*	(0.5)	2026	(36.8)		--		--		--		2024	(36.8)
20 and over	14	(1.4)	1714	2558	(40.0)	17	(3.5)	2575	(38.9)	217	2466	(95.3)	123	(23.8)	2589	(103.5)	2573	(42.4)
2 and over	11	(1.1)	2630	2434	(34.1)	13	(2.6)	2447	(33.4)	222	2466	(94.1)	124	(23.6)	2590	(102.2)	2430	(36.2)
$75,000 and higher:																		
2 - 19	1*	(0.5)	664	2160	(67.8)	2*	(1.0)	2162	(67.7)		--		--		--		2154	(65.7)
20 and over	14	(1.9)	1176	2757	(88.9)	16	(3.0)	2773	(89.7)	165	3020	(165.3)	111	(10.6)	3131	(164.0)	2714	(91.7)
2 and over	11	(1.5)	1840	2611	(80.2)	12	(2.3)	2623	(80.7)	174	3009	(167.6)	112	(10.1)	3121	(166.4)	2561	(79.1)
All Individuals [9]:																		
2 - 19	1*	(0.2)	2346	2108	(33.6)	1*	(0.6)	2109	(33.8)		--		--		--		2101	(33.7)
20 and over	13	(0.9)	4534	2618	(41.6)	15	(2.0)	2634	(42.2)	568	2725	(62.3)	117	(11.7)	2841	(66.9)	2602	(47.6)
2 and over	10	(0.7)	6880	2494	(33.2)	12	(1.4)	2506	(33.5)	586	2729	(62.0)	118	(11.2)	2847	(66.0)	2467	(36.9)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income in dollars and age	Percent reporting supplement selenium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			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)
$0 - $24,999:																		
2 - 19.....	1*	(0.6)	566	99.0	(5.38)	1.0*	(0.65)	100.0	(5.80)		--		--		--		98.0	(5.02)
20 and over.....	12	(1.9)	1166	108.8	(2.37)	5.6	(0.82)	114.4	(2.19)	140	107.4	(8.06)	46.1	(3.47)	153.6	(10.15)	109.0	(3.05)
2 and over...	9	(1.5)	1732	106.2	(2.70)	4.4	(0.68)	110.6	(2.64)	148	109.9	(8.19)	47.3	(3.85)	157.2	(10.67)	105.9	(3.12)
$25,000 - $74,999:																		
2 - 19.....	2*	(0.6)	916	90.7	(1.86)	0.4*	(0.18)	91.1	(1.91)		--		--		--		90.5	(1.92)
20 and over.....	19	(1.8)	1714	112.7	(2.26)	11.6	(1.39)	124.3	(2.81)	288	112.4	(4.81)	62.3	(4.54)	174.7	(8.05)	112.7	(2.34)
2 and over...	15	(1.3)	2630	107.5	(1.69)	9.0	(1.04)	116.5	(2.03)	304	112.1	(4.67)	61.2	(4.53)	173.3	(7.86)	106.7	(1.78)
$75,000 and higher:																		
2 - 19.....	3	(1.3)	664	93.1	(3.47)	1.4*	(0.69)	94.4	(3.27)		--		--		--		94.1	(3.36)
20 and over.....	19	(1.6)	1176	120.2	(2.97)	13.1	(1.17)	133.3	(2.83)	217	139.5	(11.36)	68.9	(5.88)	208.4	(9.92)	115.6	(2.25)
2 and over...	15	(1.3)	1840	113.6	(2.68)	10.3	(0.97)	123.8	(2.48)	233	135.6	(11.55)	67.6	(5.63)	203.1	(9.87)	109.6	(1.83)
All Individuals [9]:																		
2 - 19.....	2	(0.5)	2346	93.3	(1.67)	0.9*	(0.28)	94.3	(1.67)		--		--		--		93.4	(1.67)
20 and over.....	18	(0.9)	4534	114.5	(1.21)	11.0	(0.77)	125.5	(1.49)	725	121.7	(4.93)	62.3	(3.52)	184.0	(5.60)	112.9	(1.57)
2 and over...	14	(0.6)	6880	109.3	(0.97)	8.6	(0.57)	117.9	(1.05)	768	120.6	(4.95)	61.6	(3.46)	182.1	(5.54)	107.5	(1.30)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

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 2.57.

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 2.57.

# 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 77 for VIF = 2.57.

Footnotes

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

[2] 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): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **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) 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_J) of NHANES 2017-2018. 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/2017-2018/DS1TOT_J.htm.

[5] **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.

[6] **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.

[7] **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.

[8] 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.

[9] 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. 2020. 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 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018

T h i a m i n

Family income as % of poverty level and age	Percent reporting supplement thiamin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	3	(0.9)	853	1.54	(0.044)	0.16*	(0.101)	1.71	(0.120)		--		--		--		1.54	(0.042)
20 and over.....	13	(1.5)	1129	1.54	(0.056)	1.16	(0.183)	2.70	(0.211)	153	1.48	(0.127)	9.17	(1.482)	10.66	(1.468)	1.55	(0.069)
2 and over...	9	(1.1)	1982	1.54	(0.043)	0.82	(0.117)	2.36	(0.135)	181	1.49	(0.116)	8.72	(1.394)	10.21	(1.392)	1.55	(0.049)
131-350% poverty:																		
2 - 19.....	6	(2.4)	818	1.55	(0.033)	0.08*	(0.036)	1.64	(0.055)		--		--		--		1.54	(0.026)
20 and over.....	21	(1.5)	1643	1.62	(0.032)	3.31	(0.639)	4.93	(0.634)	314	1.67	(0.072)	16.00	(2.983)	17.67	(2.975)	1.60	(0.037)
2 and over...	17	(1.2)	2461	1.60	(0.027)	2.49	(0.478)	4.09	(0.476)	344	1.69	(0.072)	14.64	(2.794)	16.32	(2.788)	1.58	(0.030)
Over 350% poverty:																		
2 - 19.....	10	(1.4)	448	1.51	(0.048)	0.21*	(0.094)	1.72	(0.106)		--		--		--		1.53	(0.046)
20 and over.....	24	(2.2)	1227	1.60	(0.033)	2.21	(0.373)	3.81	(0.371)	282	1.67	(0.084)	9.10	(1.283)	10.77	(1.256)	1.58	(0.034)
2 and over...	22	(2.0)	1675	1.59	(0.030)	1.86	(0.304)	3.44	(0.300)	319	1.64	(0.081)	8.54	(1.184)	10.18	(1.164)	1.57	(0.028)
All Individuals [10]:																		
2 - 19.....	6	(0.9)	2346	1.53	(0.016)	0.14	(0.041)	1.67	(0.043)	107	1.53	(0.143)	2.31	(0.572)	3.83	(0.600)	1.53	(0.019)
20 and over.....	20	(1.0)	4534	1.59	(0.022)	2.31	(0.291)	3.90	(0.296)	842	1.64	(0.048)	11.26	(1.150)	12.91	(1.153)	1.58	(0.022)
2 and over...	17	(0.8)	6880	1.58	(0.018)	1.78	(0.220)	3.36	(0.222)	949	1.63	(0.044)	10.49	(1.077)	12.12	(1.079)	1.57	(0.017)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age	Percent reporting supplement riboflavin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	3	(0.9)	853	1.85	(0.080)	0.44*	(0.306)	2.29	(0.361)		--		--		--		1.84	(0.079)
20 and over.....	13	(1.5)	1129	1.98	(0.069)	0.77	(0.124)	2.75	(0.136)	152	1.90	(0.111)	6.11	(0.932)	8.01	(0.919)	1.99	(0.081)
2 and over...	9	(1.1)	1982	1.93	(0.059)	0.66	(0.142)	2.59	(0.167)	180	1.90	(0.102)	7.04	(1.644)	8.94	(1.680)	1.93	(0.065)
131-350% poverty:																		
2 - 19.....	6	(2.4)	818	1.78	(0.042)	0.58*	(0.474)	2.36	(0.480)		--		--		--		1.77	(0.042)
20 and over.....	20	(1.6)	1643	2.09	(0.051)	1.94	(0.380)	4.04	(0.395)	309	2.22	(0.106)	9.61	(1.839)	11.83	(1.910)	2.06	(0.061)
2 and over...	17	(1.2)	2461	2.01	(0.045)	1.60	(0.329)	3.61	(0.343)	340	2.19	(0.096)	9.56	(1.907)	11.75	(1.964)	1.98	(0.050)
Over 350% poverty:																		
2 - 19.....	9	(1.9)	448	1.80	(0.066)	0.15	(0.035)	1.94	(0.065)		--		--		--		1.84	(0.064)
20 and over.....	24	(2.2)	1227	2.24	(0.076)	1.65	(0.263)	3.89	(0.263)	280	2.35	(0.128)	6.83	(0.900)	9.19	(0.876)	2.21	(0.082)
2 and over...	21	(2.0)	1675	2.16	(0.067)	1.38	(0.212)	3.55	(0.210)	314	2.28	(0.127)	6.46	(0.852)	8.74	(0.840)	2.13	(0.068)
All Individuals [10]:																		
2 - 19.....	6	(1.0)	2346	1.80	(0.024)	0.38*	(0.186)	2.18	(0.196)	105	1.70	(0.144)	6.53*	(3.249)	8.23*	(3.250)	1.80	(0.025)
20 and over.....	20	(1.0)	4534	2.11	(0.043)	1.54	(0.219)	3.65	(0.238)	833	2.21	(0.071)	7.59	(0.945)	9.80	(0.975)	2.09	(0.044)
2 and over...	17	(0.8)	6880	2.04	(0.034)	1.25	(0.172)	3.29	(0.191)	938	2.17	(0.066)	7.50	(0.926)	9.67	(0.967)	2.01	(0.033)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income as % of poverty level and age	Percent reporting supplement niacin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(0.8)	853	22.2	(0.85)	0.8*	(0.31)	23.0	(1.01)		--		--		--		22.1	(0.78)
20 and over.....	14	(1.5)	1129	26.4	(1.13)	4.2	(0.78)	30.5	(1.51)	165	24.7	(1.62)	30.7	(4.37)	55.5	(4.63)	26.6	(1.46)
2 and over...	10	(1.0)	1982	24.9	(0.93)	3.0	(0.51)	28.0	(1.15)	198	24.8	(1.33)	29.7	(4.06)	54.5	(4.42)	25.0	(1.11)
131-350% poverty:																		
2 - 19.....	7	(2.3)	818	21.2	(0.32)	1.0*	(0.36)	22.1	(0.51)		--		--		--		21.0	(0.36)
20 and over.....	22	(1.7)	1643	26.2	(0.64)	9.6	(1.54)	35.8	(1.50)	336	27.0	(1.49)	43.5	(6.91)	70.5	(7.13)	26.0	(0.75)
2 and over...	18	(1.3)	2461	24.9	(0.51)	7.4	(1.12)	32.3	(1.03)	373	26.7	(1.30)	40.7	(6.08)	67.4	(6.19)	24.6	(0.55)
Over 350% poverty:																		
2 - 19.....	12	(1.6)	448	22.0	(0.97)	1.6	(0.31)	23.6	(0.88)		--		--		--		22.6	(1.07)
20 and over.....	28	(2.0)	1227	26.8	(0.77)	10.0	(1.76)	36.8	(1.69)	315	27.5	(1.82)	36.1	(6.92)	63.6	(6.82)	26.5	(0.73)
2 and over...	25	(1.8)	1675	25.9	(0.69)	8.5	(1.41)	34.4	(1.35)	356	26.6	(1.73)	34.2	(6.26)	60.8	(6.17)	25.7	(0.65)
All Individuals [10]:																		
2 - 19.....	7	(0.9)	2346	21.7	(0.44)	1.1	(0.15)	22.8	(0.47)	123	21.3	(0.97)	15.2	(0.77)	36.5	(1.41)	21.8	(0.46)
20 and over.....	23	(1.0)	4534	26.3	(0.44)	8.4	(0.88)	34.6	(1.08)	924	26.6	(1.04)	37.0	(3.48)	63.6	(3.53)	26.2	(0.41)
2 and over...	19	(0.8)	6880	25.2	(0.36)	6.6	(0.67)	31.8	(0.83)	1047	26.1	(0.97)	35.1	(3.08)	61.2	(3.16)	25.0	(0.35)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Family income as % of poverty level and age	Percent reporting supplement vitamin B6 [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	10	(1.3)	853	1.82	(0.084)	0.27*	(0.086)	2.08	(0.126)	84	1.83	(0.111)	2.76	(0.828)	4.59	(0.845)	1.81	(0.088)
20 and over.....	15	(1.8)	1129	2.26	(0.171)	1.10	(0.198)	3.37	(0.285)	180	2.20	(0.167)	7.31	(1.168)	9.51	(1.208)	2.27	(0.218)
2 and over...	13	(1.1)	1982	2.11	(0.123)	0.82	(0.138)	2.93	(0.195)	264	2.11	(0.131)	6.17	(0.961)	8.29	(1.004)	2.11	(0.150)
131-350% poverty:																		
2 - 19.....	19	(2.5)	818	1.68	(0.030)	0.31	(0.050)	1.99	(0.064)	132	1.66	(0.095)	1.64	(0.141)	3.30	(0.172)	1.68	(0.041)
20 and over.....	24	(1.9)	1643	2.14	(0.050)	2.81	(0.481)	4.95	(0.502)	358	2.23	(0.116)	11.89	(2.155)	14.12	(2.200)	2.11	(0.066)
2 and over...	22	(1.5)	2461	2.02	(0.040)	2.17	(0.359)	4.19	(0.372)	490	2.11	(0.087)	9.69	(1.613)	11.80	(1.640)	2.00	(0.048)
Over 350% poverty:																		
2 - 19.....	22	(2.7)	448	1.79	(0.078)	0.48	(0.104)	2.28	(0.067)	91	1.57	(0.111)	2.19	(0.485)	3.76	(0.529)	1.86	(0.108)
20 and over.....	29	(2.0)	1227	2.25	(0.108)	3.33	(0.585)	5.58	(0.553)	338	2.45	(0.306)	11.63	(1.812)	14.08	(1.692)	2.17	(0.091)
2 and over...	27	(1.8)	1675	2.17	(0.093)	2.82	(0.470)	5.00	(0.443)	429	2.33	(0.262)	10.28	(1.626)	12.60	(1.532)	2.11	(0.081)
All Individuals [10]:																		
2 - 19.....	16	(1.2)	2346	1.75	(0.040)	0.34	(0.042)	2.10	(0.053)	332	1.67	(0.062)	2.10	(0.217)	3.78	(0.261)	1.77	(0.051)
20 and over.....	24	(1.1)	4534	2.19	(0.060)	2.65	(0.296)	4.84	(0.303)	993	2.30	(0.164)	11.07	(1.201)	13.37	(1.185)	2.16	(0.048)
2 and over...	22	(0.9)	6880	2.08	(0.047)	2.09	(0.225)	4.18	(0.230)	1325	2.18	(0.135)	9.46	(1.015)	11.64	(1.000)	2.06	(0.039)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

F o l i c a c i d

Family income as % of poverty level and age	Percent reporting supplement folic acid [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	10	(1.3)	853	214	(9.3)	24	(4.5)	237	(10.1)	84	231	(48.5)	244	(28.5)	475	(46.2)	212	(10.5)
20 and over.....	15	(1.5)	1129	169	(8.9)	72	(9.0)	240	(14.2)	178	170	(20.0)	488	(35.8)	657	(46.4)	168	(11.0)
2 and over...	13	(0.9)	1982	184	(5.4)	55	(5.7)	239	(7.9)	262	185	(20.8)	426	(26.2)	611	(34.2)	184	(7.6)
131-350% poverty:																		
2 - 19.....	18	(2.5)	818	202	(8.0)	39	(8.8)	241	(10.0)	130	206	(22.7)	214	(26.3)	420	(28.3)	201	(7.6)
20 and over.....	23	(2.0)	1643	183	(7.5)	112	(9.9)	295	(9.2)	360	181	(15.6)	482	(35.5)	663	(41.0)	184	(8.5)
2 and over...	22	(1.5)	2461	188	(5.7)	93	(6.9)	281	(7.4)	490	186	(11.7)	425	(26.8)	612	(30.1)	189	(6.3)
Over 350% poverty:																		
2 - 19.....	22	(2.5)	448	184	(9.8)	60	(7.0)	244	(9.2)	89	140	(9.4)	274	(26.8)	414	(24.6)	196	(11.1)
20 and over.....	29	(2.1)	1227	161	(4.2)	129	(10.6)	290	(11.8)	337	176	(10.3)	443	(18.0)	619	(18.2)	154	(5.3)
2 and over...	28	(1.8)	1675	165	(4.0)	117	(8.4)	281	(8.9)	426	171	(8.9)	419	(17.1)	590	(16.8)	162	(4.4)
All Individuals [10]:																		
2 - 19.....	16	(1.2)	2346	200	(3.7)	38	(3.7)	238	(3.7)	325	186	(14.6)	240	(13.0)	427	(11.3)	202	(3.0)
20 and over.....	24	(1.1)	4534	170	(3.5)	112	(5.3)	282	(5.8)	991	172	(7.0)	469	(16.6)	641	(19.5)	169	(3.3)
2 and over...	22	(0.9)	6880	177	(3.0)	94	(3.9)	271	(4.2)	1316	175	(6.3)	429	(14.2)	604	(16.6)	178	(2.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age	Percent reporting supplement folate (DFE) [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	10	(1.3)	853	505	(16.6)	40	(7.7)	545	(17.1)	84	538	(88.1)	415	(48.5)	953	(84.9)	502	(18.4)
20 and over.....	15	(1.5)	1129	481	(18.4)	122	(15.2)	602	(26.3)	178	492	(40.2)	829	(60.9)	1321	(84.3)	479	(22.6)
2 and over...	13	(0.9)	1982	489	(11.3)	94	(9.7)	583	(14.6)	262	504	(38.4)	724	(44.6)	1228	(62.0)	487	(15.4)
131-350% poverty:																		
2 - 19.....	18	(2.5)	818	491	(13.3)	67	(14.9)	558	(18.7)	130	516	(41.2)	364	(44.7)	880	(64.7)	485	(13.6)
20 and over.....	23	(2.0)	1643	517	(13.8)	190	(16.8)	706	(16.7)	360	519	(32.9)	820	(60.3)	1339	(73.0)	516	(14.6)
2 and over...	22	(1.5)	2461	510	(10.2)	158	(11.7)	669	(13.0)	490	518	(23.7)	723	(45.6)	1241	(51.8)	508	(10.8)
Over 350% poverty:																		
2 - 19.....	22	(2.5)	448	471	(17.6)	101	(11.8)	572	(14.7)	89	371	(20.9)	466	(45.5)	837	(41.3)	499	(20.5)
20 and over.....	29	(2.1)	1227	501	(12.0)	219	(17.9)	720	(23.4)	337	535	(20.3)	752	(30.5)	1288	(29.7)	487	(13.9)
2 and over...	28	(1.8)	1675	496	(11.9)	198	(14.3)	694	(18.6)	426	512	(18.6)	713	(29.0)	1225	(28.4)	489	(13.5)
All Individuals [10]:																		
2 - 19.....	16	(1.2)	2346	488	(5.5)	65	(6.3)	553	(6.0)	325	468	(21.9)	409	(22.1)	876	(18.9)	492	(5.8)
20 and over.....	24	(1.1)	4534	500	(7.4)	191	(9.0)	691	(12.9)	991	516	(13.2)	798	(28.3)	1314	(36.0)	495	(7.5)
2 and over...	22	(0.9)	6880	497	(6.1)	160	(6.7)	658	(9.9)	1316	508	(11.1)	729	(24.1)	1237	(30.3)	494	(6.2)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income as % of poverty level and age	Percent reporting supplement choline [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	3	(1.1)	853	247	(11.8)	#		247	(11.7)		--		--		--		247	(12.4)
20 and over.....	2	(0.6)	1129	306	(11.3)	#		307	(11.3)		--		--		--		306	(11.5)
2 and over...	3	(0.5)	1982	286	(9.6)	#		286	(9.6)		--		--		--		286	(9.8)
131-350% poverty:																		
2 - 19.....	5	(1.1)	818	244	(5.1)	#		244	(5.1)		--		--		--		243	(4.7)
20 and over.....	6	(1.0)	1643	331	(9.9)	2*	(1.4)	333	(11.1)		--		--		--		331	(10.0)
2 and over...	6	(0.8)	2461	309	(8.1)	2*	(1.0)	311	(9.1)	121	316	(27.4)	30*	(16.5)	346	(37.1)	309	(7.9)
Over 350% poverty:																		
2 - 19.....	8	(2.0)	448	250	(11.5)	#		250	(11.5)		--		--		--		248	(11.3)
20 and over.....	5	(0.8)	1227	346	(9.3)	1*	(0.2)	347	(9.3)		--		--		--		343	(9.3)
2 and over...	6	(0.6)	1675	329	(7.7)	1*	(0.2)	329	(7.7)	99	367	(18.7)	9	(2.3)	376	(20.0)	326	(8.0)
All Individuals [10]:																		
2 - 19.....	5	(0.6)	2346	246	(4.6)	#		247	(4.6)	115	264	(18.8)	2	(0.3)	266	(18.8)	245	(4.8)
20 and over.....	5	(0.6)	4534	332	(5.3)	1*	(0.5)	333	(5.5)	200	359	(12.7)	22*	(8.1)	381	(14.5)	330	(5.4)
2 and over...	5	(0.5)	6880	311	(3.8)	1*	(0.4)	312	(3.9)	315	335	(11.6)	17*	(6.2)	352	(14.3)	310	(3.8)

See page 23 for footnotes.

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Vitamin B12

Family income as % of poverty level and age	Percent reporting supplement vitamin B12 [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	10	(1.3)	853	4.76	(0.226)	2.0*	(1.31)	6.8	(1.32)	85	5.41	(0.509)	20.7*	(14.70)	26.1*	(14.88)	4.69	(0.234)
20 and over.....	17	(1.8)	1129	4.75	(0.269)	55.8	(12.14)	60.6	(12.06)	202	5.06	(0.517)	337.4	(64.82)	342.5	(64.88)	4.69	(0.361)
2 and over...	14	(1.2)	1982	4.76	(0.222)	37.4	(8.11)	42.2	(8.04)	287	5.14	(0.421)	263.5	(50.11)	268.6	(50.11)	4.69	(0.285)
131-350% poverty:																		
2 - 19.....	18	(2.5)	818	4.34	(0.121)	2.0*	(0.92)	6.3	(0.99)	129	4.29	(0.321)	10.9*	(4.86)	15.2*	(4.97)	4.36	(0.123)
20 and over.....	27	(2.3)	1643	4.80	(0.146)	87.9	(17.51)	92.7	(17.48)	396	4.65	(0.300)	331.2	(56.43)	335.8	(56.37)	4.85	(0.212)
2 and over...	24	(1.6)	2461	4.68	(0.122)	66.1	(12.91)	70.7	(12.88)	525	4.58	(0.240)	270.0	(47.87)	274.6	(47.79)	4.71	(0.162)
Over 350% poverty:																		
2 - 19.....	24	(2.7)	448	3.98	(0.182)	12.0*	(9.57)	16.0*	(9.56)	93	3.45	(0.254)	49.8*	(38.06)	53.3*	(38.00)	4.14	(0.201)
20 and over.....	32	(2.2)	1227	5.08	(0.212)	122.7	(23.05)	127.7	(23.05)	375	5.38	(0.434)	381.6	(68.73)	387.0	(68.66)	4.94	(0.248)
2 and over...	31	(2.0)	1675	4.89	(0.179)	103.0	(18.94)	107.9	(18.94)	468	5.11	(0.389)	335.3	(61.40)	340.4	(61.36)	4.78	(0.203)
All Individuals [10]:																		
2 - 19.....	17	(1.1)	2346	4.39	(0.104)	4.5*	(2.67)	8.9*	(2.68)	330	4.22	(0.132)	27.3*	(15.96)	31.5*	(15.96)	4.42	(0.119)
20 and over.....	27	(1.3)	4534	4.85	(0.137)	92.8	(9.17)	97.6	(9.17)	1096	4.99	(0.252)	347.7	(36.75)	352.7	(36.71)	4.80	(0.138)
2 and over...	24	(1.0)	6880	4.74	(0.117)	71.3	(7.14)	76.0	(7.14)	1426	4.87	(0.220)	294.4	(31.99)	299.2	(31.96)	4.70	(0.114)

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	Percent reporting supplement vitamin C [9]		*All Individuals* [6]					*Supplement Users* [7]					*Non-users* [8]	
			Sample Size	Food	Supplement		Food plus supplement	Sample size	Food	Supplement		Food plus supplement	Food	
(years)	%	(SE)		mg (SE)	mg	(SE)	mg (SE)		mg (SE)	mg	(SE)	mg (SE)	mg	(SE)
Under 131% poverty:														
2 - 19.....	12	(1.8)	853	67.5 (4.56)	24.4*	(10.60)	91.9 (9.28)	98	73.0 (7.95)	198.8*	(70.02)	271.8 (72.82)	66.7	(5.35)
20 and over.....	17	(1.9)	1129	70.3 (3.93)	54.5*	(23.71)	124.8 (24.18)	196	81.2 (11.31)	330.1*	(135.83)	411.3* (139.13)	68.1	(3.83)
2 and over...	15	(1.4)	1982	69.3 (3.28)	44.2*	(16.99)	113.5 (17.04)	294	78.9 (8.33)	293.5*	(103.50)	372.4 (106.01)	67.6	(3.73)
131-350% poverty:														
2 - 19.....	20	(2.6)	818	69.2 (5.76)	12.1	(2.54)	81.3 (7.18)	140	86.8 (17.48)	59.6	(9.71)	146.5 (21.36)	64.8	(4.76)
20 and over.....	28	(2.4)	1643	71.7 (2.24)	76.9	(16.06)	148.7 (16.25)	407	77.6 (5.08)	275.7	(42.77)	353.3 (44.30)	69.5	(2.94)
2 and over...	26	(1.7)	2461	71.1 (2.51)	60.4	(11.73)	131.5 (11.49)	547	79.5 (5.05)	232.8	(36.16)	312.3 (36.41)	68.2	(2.61)
Over 350% poverty:														
2 - 19.....	25	(3.0)	448	83.5 (7.99)	31.8	(8.10)	115.3 (10.40)	106	82.3 (10.22)	127.1	(27.62)	209.4 (28.79)	83.9	(10.17)
20 and over.....	32	(2.3)	1227	82.7 (4.70)	87.3	(14.04)	170.0 (14.28)	368	84.3 (5.69)	275.7	(36.73)	360.0 (36.80)	82.0	(6.77)
2 and over...	30	(2.0)	1675	82.9 (4.60)	77.4	(11.33)	160.3 (12.10)	474	84.0 (4.36)	254.0	(32.08)	338.0 (32.18)	82.4	(6.22)
All Individuals [10]:														
2 - 19.....	18	(1.2)	2346	72.8 (3.59)	20.5	(3.38)	93.3 (4.37)	370	83.4 (8.81)	110.7	(16.48)	194.1 (17.51)	70.4	(3.97)
20 and over.....	27	(1.4)	4534	76.0 (2.42)	76.0	(8.04)	151.9 (8.76)	1103	80.8 (3.23)	277.9	(23.19)	358.7 (24.14)	74.2	(3.04)
2 and over...	25	(1.0)	6880	75.2 (2.28)	62.5	(6.17)	137.7 (6.54)	1473	81.2 (2.75)	248.0	(20.56)	329.3 (21.14)	73.2	(2.55)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Family income as % of poverty level and age	Percent reporting supplement vitamin D [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	10	(1.2)	853	5.2	(0.27)	1.5	(0.24)	6.7	(0.36)	86	7.0	(1.30)	15.4	(1.94)	22.4	(2.74)	5.0	(0.28)
20 and over.....	22	(2.0)	1129	4.0	(0.25)	9.4	(1.42)	13.4	(1.45)	250	4.5	(0.60)	42.4	(5.17)	46.9	(5.37)	3.9	(0.21)
2 and over...	18	(1.5)	1982	4.4	(0.24)	6.7	(0.95)	11.1	(0.96)	336	5.0	(0.66)	37.4	(4.24)	42.4	(4.47)	4.3	(0.22)
131-350% poverty:																		
2 - 19.....	19	(2.5)	818	4.6	(0.21)	2.6	(0.37)	7.2	(0.42)	135	5.0	(0.56)	13.4	(0.67)	18.4	(0.76)	4.6	(0.23)
20 and over.....	30	(2.5)	1643	4.3	(0.15)	16.0	(3.01)	20.3	(3.05)	467	4.1	(0.30)	53.1	(7.56)	57.2	(7.54)	4.4	(0.20)
2 and over...	27	(1.7)	2461	4.4	(0.15)	12.6	(2.20)	17.0	(2.24)	602	4.3	(0.27)	46.0	(6.48)	50.3	(6.47)	4.4	(0.18)
Over 350% poverty:																		
2 - 19.....	24	(2.8)	448	4.3	(0.25)	5.0	(1.23)	9.2	(1.21)	97	4.1	(0.35)	20.9	(4.42)	25.0	(4.48)	4.3	(0.31)
20 and over.....	37	(2.4)	1227	4.3	(0.27)	22.0	(3.26)	26.3	(3.32)	463	5.1	(0.60)	59.9	(7.14)	64.9	(7.13)	3.8	(0.23)
2 and over...	34	(2.1)	1675	4.3	(0.22)	19.0	(2.60)	23.3	(2.63)	560	5.0	(0.53)	55.1	(6.35)	60.1	(6.34)	3.9	(0.18)
All Individuals [10]:																		
2 - 19.....	17	(1.2)	2346	4.7	(0.12)	2.8	(0.37)	7.5	(0.42)	343	5.1	(0.40)	16.4	(1.79)	21.5	(1.78)	4.6	(0.13)
20 and over.....	31	(1.4)	4534	4.2	(0.14)	17.0	(1.61)	21.2	(1.65)	1327	4.6	(0.29)	54.6	(4.02)	59.3	(4.00)	4.0	(0.12)
2 and over...	28	(1.1)	6880	4.3	(0.12)	13.6	(1.18)	17.9	(1.21)	1670	4.7	(0.27)	49.0	(3.52)	53.7	(3.51)	4.2	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Family income as % of poverty level and age	Percent reporting supplement vitamin K [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	2*	(0.5)	853	65.8	(4.70)	0.7*	(0.23)	66.5	(4.74)		--		--		--		65.6	(4.72)
20 and over.....	10	(1.4)	1129	108.4	(8.06)	3.4	(0.48)	111.7	(8.18)	108	141.6	(19.51)	35.4	(2.57)	177.0	(20.57)	104.8	(8.39)
2 and over...	7	(0.9)	1982	93.8	(6.12)	2.5	(0.32)	96.3	(6.20)	126	135.8	(18.68)	36.0	(2.53)	171.8	(19.39)	90.7	(6.28)
131-350% poverty:																		
2 - 19.....	7	(2.3)	818	66.3	(4.65)	3.1*	(1.25)	69.4	(4.95)		--		--		--		65.8	(4.31)
20 and over.....	16	(1.4)	1643	116.6	(4.25)	6.4	(0.54)	123.0	(4.33)	244	131.6	(8.90)	40.2	(2.47)	171.8	(9.60)	113.7	(4.71)
2 and over...	14	(1.2)	2461	103.8	(3.79)	5.6	(0.53)	109.4	(3.96)	275	124.1	(8.40)	40.7	(2.41)	164.8	(9.00)	100.6	(4.22)
Over 350% poverty:																		
2 - 19.....	4*	(1.5)	448	84.5	(7.26)	2.5*	(1.09)	87.1	(7.08)		--		--		--		86.1	(7.37)
20 and over.....	20	(2.0)	1227	147.5	(16.77)	14.4*	(6.12)	162.0	(17.85)	233	153.0	(15.06)	71.4*	(28.27)	224.4	(26.57)	146.2	(21.42)
2 and over...	17	(1.6)	1675	136.3	(14.18)	12.3*	(5.01)	148.6	(14.78)	250	148.5	(13.88)	71.0*	(27.05)	219.5	(25.12)	133.8	(17.30)
All Individuals [10]:																		
2 - 19.....	4	(0.8)	2346	71.5	(3.41)	2.0	(0.47)	73.5	(3.63)		--		--		--		71.7	(3.49)
20 and over.....	16	(0.9)	4534	127.5	(7.33)	8.9	(2.35)	136.4	(7.42)	655	143.7	(7.88)	54.7	(14.02)	198.5	(14.27)	124.4	(8.35)
2 and over...	13	(0.7)	6880	113.9	(6.23)	7.2	(1.78)	121.1	(6.14)	727	137.8	(7.40)	54.2	(12.78)	192.1	(12.56)	110.2	(6.79)

See page 23 for footnotes.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Family income as % of poverty level and age	Percent reporting supplement lycopene [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	#		853	4610	(502.7)	1*	(1.2)	4612	(502.7)		--		--		--		4563	(506.2)
20 and over.....	4	(0.6)	1129	4865	(362.9)	19	(5.0)	4884	(362.4)		--		--		--		4856	(394.8)
2 and over...	2	(0.5)	1982	4778	(197.0)	13	(3.4)	4791	(197.7)		--		--		--		4754	(204.1)
131-350% poverty:																		
2 - 19.....	#*		818	4203	(418.8)	#*		4203	(418.8)		--		--		--		4203	(418.8)
20 and over.....	8	(1.2)	1643	4835	(409.1)	51	(10.5)	4886	(410.0)	128	4931*	(1502.9)	633	(158.6)	5564	(1568.4)	4827	(386.2)
2 and over...	6	(0.9)	2461	4674	(334.8)	38	(7.8)	4712	(335.8)	128	4931*	(1502.9)	633	(158.6)	5564	(1568.4)	4658	(318.9)
Over 350% poverty:																		
2 - 19.....	#		448	4386	(695.4)	1*	(0.6)	4386	(695.3)		--		--		--		4387	(695.5)
20 and over.....	11	(1.4)	1227	5577	(655.7)	80	(17.4)	5658	(662.1)	139	8249	(1563.5)	727	(128.8)	8976	(1584.6)	5245	(585.1)
2 and over...	9	(1.3)	1675	5365	(549.8)	66	(15.0)	5431	(553.4)	140	8242	(1563.3)	728	(128.8)	8970	(1584.2)	5077	(503.1)
All Individuals [10]:																		
2 - 19.....	#		2346	4355	(222.1)	1*	(0.4)	4355	(222.1)		--		--		--		4341	(220.5)
20 and over.....	8	(0.8)	4534	5092	(241.6)	68	(13.2)	5159	(244.4)	355	6640	(863.1)	818	(168.0)	7458	(858.0)	4952	(208.6)
2 and over...	6	(0.6)	6880	4912	(187.4)	51	(10.2)	4963	(189.9)	359	6686	(875.2)	817	(167.4)	7503	(869.8)	4793	(165.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(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	Percent reporting supplement lutein + zeaxanthin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	1*	(0.2)	853	780	(59.9)	1*	(0.4)	780	(60.0)		--		--		--		782	(60.4)
20 and over.....	4	(0.7)	1129	1458	(150.1)	170*	(74.9)	1627	(131.7)		--		--		--		1397	(149.2)
2 and over...	3	(0.4)	1982	1226	(109.9)	112*	(49.0)	1338	(92.2)		--		--		--		1181	(108.9)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	818	773	(70.9)	1*	(0.5)	774	(70.9)		--		--		--		774	(71.5)
20 and over.....	10	(1.3)	1643	1539	(96.8)	281*	(92.1)	1820	(155.9)	148	1692	(245.8)	2689	(719.4)	4381	(829.7)	1522	(105.0)
2 and over...	8	(1.0)	2461	1344	(78.9)	209*	(68.8)	1554	(119.9)	158	1663	(238.3)	2614	(699.4)	4277	(806.4)	1317	(84.9)
Over 350% poverty:																		
2 - 19.....	3*	(1.3)	448	991	(140.3)	10*	(4.9)	1000	(140.7)		--		--		--		978	(140.9)
20 and over.....	10	(1.3)	1227	2068	(355.2)	151	(40.4)	2219	(351.8)	134	2176	(328.7)	1487	(365.3)	3663	(590.4)	2056	(404.0)
2 and over...	9	(1.1)	1675	1877	(296.4)	126	(32.8)	2002	(294.0)	143	2139	(331.0)	1428	(349.9)	3568	(586.0)	1851	(334.5)
All Individuals [10]:																		
2 - 19.....	1	(0.5)	2346	838	(56.3)	3*	(1.4)	842	(56.3)		--		--		--		835	(57.1)
20 and over.....	9	(0.8)	4534	1739	(147.4)	205	(47.9)	1944	(142.4)	394	2075	(164.9)	2252	(492.7)	4326	(548.3)	1706	(163.6)
2 and over...	7	(0.6)	6880	1520	(119.9)	156	(36.2)	1676	(116.2)	417	2036	(164.8)	2172	(470.1)	4209	(530.5)	1480	(130.6)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income as % of poverty level and age	Percent reporting supplement calcium [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	4	(1.2)	853	987	(35.1)	8*	(3.4)	995	(35.2)		--		--		--		986	(36.2)
20 and over.....	19	(1.9)	1129	912	(30.4)	80	(13.7)	992	(28.1)	212	953	(58.8)	425	(49.1)	1378	(49.4)	902	(30.4)
2 and over...	14	(1.3)	1982	937	(26.6)	56	(9.5)	993	(23.6)	245	958	(54.6)	403	(46.8)	1360	(44.1)	934	(27.6)
131-350% poverty:																		
2 - 19.....	8	(2.3)	818	983	(25.0)	11	(3.1)	994	(26.1)		--		--		--		967	(24.4)
20 and over.....	26	(2.0)	1643	960	(18.7)	121	(10.1)	1081	(18.6)	405	971	(41.6)	465	(21.6)	1436	(47.7)	956	(25.2)
2 and over...	21	(1.6)	2461	966	(16.8)	93	(7.2)	1059	(17.2)	452	990	(47.2)	435	(21.2)	1425	(49.3)	959	(19.1)
Over 350% poverty:																		
2 - 19.....	8	(2.2)	448	974	(21.7)	13*	(6.4)	987	(24.6)		--		--		--		973	(20.0)
20 and over.....	32	(2.6)	1227	997	(25.0)	138	(12.1)	1135	(31.7)	365	1067	(30.1)	435	(35.3)	1502	(39.6)	965	(28.1)
2 and over...	28	(2.1)	1675	993	(22.3)	116	(9.1)	1109	(27.3)	397	1062	(30.6)	420	(32.4)	1482	(38.3)	967	(23.8)
All Individuals [10]:																		
2 - 19.....	6	(0.9)	2346	975	(13.8)	11	(2.2)	986	(14.2)	120	1061	(91.9)	167	(23.9)	1228	(92.5)	970	(14.7)
20 and over.....	27	(1.1)	4534	961	(15.2)	120	(7.3)	1082	(17.5)	1110	1014	(23.5)	447	(20.9)	1461	(24.6)	942	(15.2)
2 and over...	22	(0.9)	6880	965	(13.2)	94	(5.8)	1058	(14.8)	1230	1017	(23.9)	427	(20.3)	1444	(24.1)	950	(12.6)

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	Percent reporting supplement phosphorus [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	853	1250	(49.3)	1*	(0.5)	1251	(49.5)		--		--		--		1240	(46.7)
20 and over.....	6	(0.9)	1129	1324	(38.8)	2	(0.3)	1326	(38.9)		--		--		--		1330	(41.6)
2 and over...	4	(0.7)	1982	1299	(34.8)	1	(0.3)	1300	(34.9)	81	1310	(136.8)	35	(5.7)	1344	(140.6)	1298	(35.9)
131-350% poverty:																		
2 - 19.....	1*	(0.6)	818	1242	(21.1)	#		1243	(21.0)		--		--		--		1245	(21.2)
20 and over.....	10	(1.2)	1643	1385	(24.8)	4	(0.8)	1389	(24.7)	174	1321	(66.9)	44	(6.7)	1365	(68.1)	1392	(24.3)
2 and over...	8	(0.8)	2461	1348	(20.2)	3	(0.5)	1352	(20.2)	186	1309	(59.6)	44	(6.3)	1353	(60.5)	1352	(20.2)
Over 350% poverty:																		
2 - 19.....	1*	(0.5)	448	1280	(47.7)	1*	(0.5)	1281	(47.9)		--		--		--		1267	(44.9)
20 and over.....	13	(1.9)	1227	1442	(27.0)	7	(1.9)	1449	(27.9)	160	1577	(82.2)	53	(11.8)	1629	(79.5)	1421	(28.0)
2 and over...	11	(1.5)	1675	1413	(23.9)	6	(1.6)	1419	(24.5)	164	1594	(81.1)	53	(11.7)	1648	(78.4)	1391	(24.4)
All Individuals [10]:																		
2 - 19.....	1	(0.3)	2346	1250	(20.7)	1*	(0.2)	1251	(20.8)		--		--		--		1245	(20.0)
20 and over.....	11	(1.0)	4534	1389	(17.0)	5	(1.0)	1394	(17.4)	465	1432	(48.1)	47	(7.5)	1479	(49.2)	1384	(19.4)
2 and over...	8	(0.7)	6880	1355	(14.5)	4	(0.7)	1359	(14.7)	489	1444	(46.2)	47	(7.3)	1491	(47.4)	1347	(16.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Percent reporting supplement magnesium [9]		*All Individuals* [6]						*Supplement Users* [7]							*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.8)	853	233	(7.7)	1*	(1.0)	234	(8.3)		--		--		--		231	(6.9)
20 and over.....	12	(1.2)	1129	285	(8.9)	15	(1.6)	301	(9.5)	133	312	(22.8)	129	(10.3)	441	(29.4)	282	(9.3)
2 and over...	8	(0.9)	1982	267	(6.5)	11	(1.1)	278	(7.1)	143	316	(21.7)	127	(10.2)	443	(27.6)	263	(6.3)
131-350% poverty:																		
2 - 19.....	2*	(0.7)	818	230	(4.1)	1*	(0.6)	232	(4.1)		--		--		--		229	(4.2)
20 and over.....	19	(1.4)	1643	298	(5.4)	31	(4.1)	330	(7.1)	294	321	(13.4)	163	(14.8)	484	(18.4)	293	(5.4)
2 and over...	15	(1.0)	2461	281	(4.5)	24	(3.0)	305	(5.6)	304	320	(12.6)	161	(14.8)	482	(17.6)	274	(4.4)
Over 350% poverty:																		
2 - 19.....	6	(2.2)	448	245	(7.3)	7*	(4.8)	252	(9.0)		--		--		--		241	(6.9)
20 and over.....	25	(2.0)	1227	324	(8.7)	41	(6.1)	365	(11.2)	275	349	(15.0)	169	(15.1)	518	(19.9)	316	(8.8)
2 and over...	21	(1.8)	1675	310	(7.8)	35	(5.0)	345	(9.9)	289	348	(14.7)	167	(14.3)	515	(19.6)	300	(7.7)
All Individuals [10]:																		
2 - 19.....	2	(0.6)	2346	235	(3.2)	3*	(1.1)	238	(3.9)		--		--		--		233	(3.1)
20 and over.....	20	(1.0)	4534	305	(4.7)	32	(2.7)	337	(6.1)	784	332	(7.1)	162	(9.0)	494	(9.5)	299	(5.0)
2 and over...	16	(0.8)	6880	288	(3.9)	25	(2.1)	313	(5.0)	820	332	(6.9)	160	(8.6)	492	(9.2)	280	(4.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income as % of poverty level and age	Percent reporting supplement iron [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2*	(0.6)	853	13.3	(0.36)	0.7*	(0.25)	14.0	(0.45)		--		--		--		13.3	(0.36)
20 and over.....	9	(1.4)	1129	13.4	(0.45)	2.3	(0.42)	15.7	(0.61)	106	13.6	(1.07)	24.4	(2.66)	38.0	(2.82)	13.4	(0.53)
2 and over...	7	(1.0)	1982	13.4	(0.31)	1.7	(0.28)	15.1	(0.40)	126	13.6	(0.90)	25.3	(2.67)	38.8	(2.97)	13.4	(0.35)
131-350% poverty:																		
2 - 19.....	4	(2.2)	818	13.2	(0.32)	0.7*	(0.40)	13.9	(0.44)		--		--		--		13.2	(0.33)
20 and over.....	12	(1.5)	1643	14.7	(0.31)	3.3	(0.61)	18.0	(0.72)	186	14.0	(0.61)	28.2	(3.15)	42.1	(3.48)	14.8	(0.38)
2 and over...	10	(1.2)	2461	14.3	(0.26)	2.7	(0.45)	17.0	(0.56)	205	14.0	(0.59)	27.1	(2.98)	41.0	(3.27)	14.3	(0.30)
Over 350% poverty:																		
2 - 19.....	4*	(1.1)	448	13.4	(0.47)	1.3*	(0.39)	14.6	(0.61)		--		--		--		13.4	(0.53)
20 and over.....	14	(2.0)	1227	14.1	(0.35)	3.3	(0.69)	17.4	(0.78)	155	14.8	(1.12)	23.5	(3.15)	38.4	(3.13)	14.0	(0.37)
2 and over...	12	(1.5)	1675	14.0	(0.31)	3.0	(0.54)	16.9	(0.59)	177	14.7	(1.07)	24.0	(3.02)	38.7	(3.06)	13.9	(0.34)
All Individuals [10]:																		
2 - 19.....	3	(0.8)	2346	13.3	(0.17)	0.9	(0.18)	14.1	(0.22)		--		--		--		13.3	(0.20)
20 and over.....	13	(0.7)	4534	14.2	(0.21)	3.2	(0.25)	17.3	(0.29)	514	14.3	(0.59)	25.3	(1.58)	39.6	(1.52)	14.2	(0.21)
2 and over...	10	(0.5)	6880	14.0	(0.16)	2.6	(0.19)	16.6	(0.20)	585	14.2	(0.56)	25.3	(1.45)	39.5	(1.42)	13.9	(0.17)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income as % of poverty level and age	Percent reporting supplement zinc [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	8	(1.3)	853	9.7	(0.38)	0.5	(0.13)	10.2	(0.42)		--		--		--		9.7	(0.39)
20 and over.....	14	(1.5)	1129	10.2	(0.28)	2.0	(0.26)	12.2	(0.43)	165	10.6	(0.72)	14.1	(0.98)	24.7	(0.83)	10.1	(0.33)
2 and over...	12	(1.1)	1982	10.0	(0.24)	1.5	(0.19)	11.5	(0.32)	239	10.5	(0.47)	12.1	(1.05)	22.7	(0.93)	9.9	(0.29)
131-350% poverty:																		
2 - 19.....	16	(2.5)	818	9.3	(0.28)	0.7*	(0.26)	10.1	(0.35)	112	9.4	(0.74)	4.6	(1.12)	14.0	(1.66)	9.3	(0.30)
20 and over.....	21	(1.7)	1643	11.1	(0.22)	3.2	(0.28)	14.3	(0.30)	336	10.6	(0.65)	15.2	(0.71)	25.8	(1.01)	11.2	(0.23)
2 and over...	20	(1.3)	2461	10.6	(0.19)	2.6	(0.20)	13.3	(0.24)	448	10.3	(0.47)	13.0	(0.45)	23.4	(0.60)	10.7	(0.20)
Over 350% poverty:																		
2 - 19.....	18	(2.5)	448	9.3	(0.29)	0.9	(0.18)	10.2	(0.34)	82	8.2	(0.45)	5.2	(0.75)	13.3	(0.81)	9.6	(0.34)
20 and over.....	25	(1.7)	1227	11.5	(0.28)	4.2	(0.46)	15.7	(0.45)	300	12.4	(0.54)	16.5	(1.28)	29.0	(1.29)	11.2	(0.35)
2 and over...	24	(1.4)	1675	11.1	(0.24)	3.6	(0.37)	14.7	(0.35)	382	11.9	(0.50)	15.1	(1.21)	26.9	(1.27)	10.9	(0.29)
All Individuals [10]:																		
2 - 19.....	14	(1.2)	2346	9.4	(0.17)	0.7	(0.11)	10.1	(0.19)	286	9.2	(0.29)	5.0	(0.49)	14.2	(0.67)	9.5	(0.21)
20 and over.....	22	(1.0)	4534	11.1	(0.15)	3.4	(0.24)	14.5	(0.23)	904	11.4	(0.38)	15.8	(0.58)	27.2	(0.62)	10.9	(0.15)
2 and over...	20	(0.8)	6880	10.7	(0.14)	2.7	(0.18)	13.4	(0.18)	1190	11.1	(0.33)	14.0	(0.55)	25.0	(0.61)	10.6	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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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C o p p e r

Family income as % of poverty level and age	Percent reporting supplement copper [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2*	(0.6)	853	0.9	(0.03)	#		0.9	(0.04)		--		--		--		0.9	(0.03)
20 and over.....	12	(1.4)	1129	1.1	(0.04)	0.2	(0.02)	1.3	(0.05)	135	1.2	(0.12)	1.3	(0.10)	2.5	(0.18)	1.1	(0.05)
2 and over...	8	(1.0)	1982	1.0	(0.03)	0.1	(0.01)	1.1	(0.03)	153	1.2	(0.11)	1.4	(0.10)	2.6	(0.17)	1.0	(0.03)
131-350% poverty:																		
2 - 19.....	4	(2.2)	818	0.9	(0.01)	0.1*	(0.04)	0.9	(0.05)		--		--		--		0.9	(0.01)
20 and over.....	18	(1.4)	1643	1.2	(0.02)	0.2	(0.02)	1.4	(0.03)	277	1.2	(0.05)	1.2	(0.07)	2.4	(0.10)	1.1	(0.02)
2 and over...	14	(1.1)	2461	1.1	(0.02)	0.2	(0.01)	1.3	(0.03)	293	1.2	(0.04)	1.2	(0.07)	2.5	(0.10)	1.1	(0.02)
Over 350% poverty:																		
2 - 19.....	3*	(0.9)	448	1.0	(0.04)	0.1*	(0.02)	1.1	(0.05)		--		--		--		1.0	(0.05)
20 and over.....	22	(2.0)	1227	1.3	(0.03)	0.3	(0.02)	1.6	(0.04)	245	1.4	(0.06)	1.2	(0.06)	2.6	(0.08)	1.3	(0.03)
2 and over...	18	(1.6)	1675	1.3	(0.03)	0.2	(0.02)	1.5	(0.04)	260	1.4	(0.06)	1.3	(0.06)	2.6	(0.09)	1.2	(0.03)
All Individuals [10]:																		
2 - 19.....	3	(0.7)	2346	0.9	(0.02)	0.1	(0.02)	1.0	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	18	(0.9)	4534	1.2	(0.02)	0.2	(0.01)	1.4	(0.03)	740	1.3	(0.04)	1.2	(0.05)	2.5	(0.06)	1.2	(0.02)
2 and over...	15	(0.7)	6880	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	795	1.3	(0.04)	1.3	(0.05)	2.6	(0.06)	1.1	(0.02)

See page 23 for footnotes.

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S o d i u m

Family income as % of poverty level and age	Percent reporting supplement sodium [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2*	(0.6)	853	2919	(98.6)	1*	(0.5)	2920	(98.6)		--		--		--		2907	(99.1)
20 and over.....	4	(1.0)	1129	3385	(129.5)	1*	(0.5)	3386	(129.5)		--		--		--		3384	(139.8)
2 and over...	3	(0.6)	1982	3226	(99.5)	1*	(0.3)	3227	(99.5)		--		--		--		3219	(105.7)
131-350% poverty:																		
2 - 19.....	6	(2.3)	818	2901	(50.9)	1*	(0.3)	2902	(51.0)		--		--		--		2876	(58.4)
20 and over.....	7	(1.3)	1643	3540	(89.9)	2	(0.5)	3542	(90.0)	96	3631	(391.3)	21	(4.1)	3652	(392.5)	3533	(81.3)
2 and over...	7	(1.1)	2461	3377	(70.8)	1	(0.3)	3379	(70.9)	129	3567	(301.5)	20	(3.3)	3586	(302.6)	3363	(65.1)
Over 350% poverty:																		
2 - 19.....	8	(1.8)	448	3022	(112.8)	2*	(0.6)	3023	(113.0)		--		--		--		3055	(106.0)
20 and over.....	9	(1.2)	1227	3602	(74.5)	4	(0.9)	3606	(74.3)	112	3528	(119.8)	44	(6.4)	3572	(121.5)	3610	(80.8)
2 and over...	9	(1.0)	1675	3499	(69.2)	4	(0.7)	3502	(69.1)	144	3393	(133.5)	41	(6.4)	3434	(136.9)	3509	(74.3)
All Individuals [10]:																		
2 - 19.....	5	(0.9)	2346	2937	(57.2)	1	(0.3)	2938	(57.3)	92	3025	(256.8)	19	(4.0)	3044	(256.9)	2933	(57.5)
20 and over.....	8	(0.8)	4534	3529	(45.4)	3	(0.4)	3532	(45.4)	285	3550	(200.6)	34	(4.0)	3584	(201.4)	3528	(41.4)
2 and over...	7	(0.6)	6880	3385	(40.3)	2	(0.3)	3387	(40.4)	377	3462	(161.8)	31	(3.5)	3493	(163.1)	3379	(37.5)

See page 23 for footnotes.

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P o t a s s i u m

Family income as % of poverty level and age	Percent reporting supplement potassium [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	853	2068	(67.5)	2*	(1.3)	2070	(67.8)		--		--		--		2057	(66.4)
20 and over.....	9	(1.5)	1129	2473	(77.5)	10	(2.4)	2483	(77.1)	95	2302	(183.1)	118	(28.3)	2420	(193.7)	2489	(80.8)
2 and over...	6	(1.0)	1982	2335	(55.9)	7	(1.3)	2342	(55.7)	100	2351	(197.1)	123	(24.2)	2474	(204.0)	2334	(58.0)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	818	2100	(39.6)	1*	(0.5)	2101	(39.5)		--		--		--		2102	(39.8)
20 and over.....	12	(1.6)	1643	2573	(40.8)	17	(4.5)	2590	(38.8)	215	2588	(107.9)	134	(29.4)	2722	(111.7)	2571	(41.0)
2 and over...	9	(1.1)	2461	2453	(35.3)	13	(3.3)	2465	(34.3)	221	2571	(103.4)	134	(28.7)	2704	(107.2)	2441	(34.0)
Over 350% poverty:																		
2 - 19.....	1*	(0.5)	448	2179	(76.1)	2*	(1.3)	2181	(76.5)		--		--		--		2163	(73.1)
20 and over.....	16	(1.8)	1227	2758	(80.9)	18	(2.4)	2776	(81.4)	194	2915	(138.5)	109	(8.0)	3024	(138.7)	2728	(90.8)
2 and over...	13	(1.5)	1675	2655	(72.1)	15	(2.0)	2670	(72.4)	200	2926	(136.0)	110	(7.9)	3035	(136.2)	2613	(77.5)
All Individuals [10]:																		
2 - 19.....	1*	(0.2)	2346	2108	(33.6)	1*	(0.6)	2109	(33.8)		--		--		--		2101	(33.7)
20 and over.....	13	(0.9)	4534	2618	(41.6)	15	(2.0)	2634	(42.2)	568	2725	(62.3)	117	(11.7)	2841	(66.9)	2602	(47.6)
2 and over...	10	(0.7)	6880	2494	(33.2)	12	(1.4)	2506	(33.5)	586	2729	(62.0)	118	(11.2)	2847	(66.0)	2467	(36.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Family Income (as % of Poverty Level[5]) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income as % of poverty level and age	Percent reporting supplement selenium [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			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)
Under 131% poverty:																		
2 - 19.....	1*	(0.5)	853	95.8	(3.18)	0.7*	(0.46)	96.5	(3.47)		--		--		--		95.4	(3.04)
20 and over.....	10	(1.4)	1129	110.7	(2.81)	4.9	(0.78)	115.6	(3.01)	116	101.0	(8.95)	49.3	(3.89)	150.3	(9.36)	111.8	(3.27)
2 and over...	7	(1.0)	1982	105.6	(2.48)	3.5	(0.59)	109.1	(2.68)	128	102.4	(8.20)	50.1	(4.72)	152.5	(9.21)	105.9	(2.84)
131-350% poverty:																		
2 - 19.....	3	(1.2)	818	91.8	(2.20)	0.8*	(0.33)	92.6	(2.25)		--		--		--		91.9	(2.28)
20 and over.....	17	(1.5)	1643	112.6	(2.71)	10.1	(1.23)	122.7	(2.67)	276	113.8	(4.97)	59.2	(5.23)	173.0	(8.75)	112.3	(3.10)
2 and over...	14	(1.0)	2461	107.3	(2.13)	7.8	(0.89)	115.0	(2.06)	294	112.3	(4.33)	57.4	(5.41)	169.7	(8.41)	106.5	(2.29)
Over 350% poverty:																		
2 - 19.....	2*	(1.1)	448	92.4	(4.49)	1.3*	(0.90)	93.6	(4.00)		--		--		--		93.3	(4.17)
20 and over.....	22	(1.6)	1227	119.1	(2.55)	14.8	(1.29)	133.9	(2.71)	251	134.9	(9.34)	68.0	(5.56)	203.0	(9.26)	114.7	(2.54)
2 and over...	18	(1.4)	1675	114.3	(2.38)	12.4	(1.17)	126.7	(2.38)	260	133.2	(9.47)	67.8	(5.44)	201.0	(9.09)	110.2	(2.04)
All Individuals [10]:																		
2 - 19.....	2	(0.5)	2346	93.3	(1.67)	0.9*	(0.28)	94.3	(1.67)		--		--		--		93.4	(1.67)
20 and over.....	18	(0.9)	4534	114.5	(1.21)	11.0	(0.77)	125.5	(1.49)	725	121.7	(4.93)	62.3	(3.52)	184.0	(5.60)	112.9	(1.57)
2 and over...	14	(0.6)	6880	109.3	(0.97)	8.6	(0.57)	117.9	(1.05)	768	120.6	(4.95)	61.6	(3.46)	182.1	(5.54)	107.5	(1.30)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, 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.

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 2.57.

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 2.57.

# 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 77 for VIF = 2.57.

Footnotes

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

[2] 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): µg dietary folate equivalents = µg food folate + (1.7*µg folic acid).
Vitamin D: 1 µg = 40 International Units (IU).
Calcium and Magnesium: supplement intake includes non-prescription antacids.

[3] **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) 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.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_J) of NHANES 2017-2018. 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/2017-2018/DS1TOT_J.htm.

[5] 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/.

[6] **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.

[7] **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.

[8] **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.

[9] 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.

[10] 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. 2020. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

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

Males/Females and age (years)	Sample size [1]	Energy		Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
		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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females and age (years)	Nutrient per 1000 kcal																	
	Choles-terol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-crypto-xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5	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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females 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)
Nutrient per 1000 kcal																		
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females and age (years)	Nutrient per 1000 kcal															
	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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Nutrient per 1000 kcal

Males/Females and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol 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)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females and age (years)	*Nutrient per 1000 kcal* 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)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females 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)
	Nutrient per 1000 kcal													
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)	#	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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)*

Males/Females and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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, 2017-2018

Race/ethnicity and age (years)	Sample size [1]	Energy kcal	(SE)	Protein g	(SE)	Carbohydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Monounsaturated fat g	(SE)	Polyunsaturated fat g	(SE)
							Nutrient per 1000 kcal												
Non-Hispanic White:																			
2 - 5	212	1565	(51.9)	35.3	(0.60)	132	(1.1)	65	(2.1)	8.0	(0.38)	38.3	(0.56)	13.5	(0.33)	12.6	(0.22)	8.4	(0.22)
6 - 11	254	1906	(56.7)	33.4	(0.93)	132	(2.0)	61	(2.1)	7.6	(0.31)	39.1	(0.76)	13.6	(0.30)	12.9	(0.19)	8.8	(0.33)
12 - 19	331	2064	(53.2)	37.3	(1.30)	127	(2.4)	57	(1.7)	7.1	(0.27)	39.2	(0.69)	13.4	(0.29)	12.7	(0.28)	9.1	(0.32)
20 and over	1694	2162	(28.3)	38.7	(0.49)	114	(0.9)	49	(0.9)	7.8	(0.16)	41.4	(0.37)	13.7	(0.19)	14.1	(0.19)	9.7	(0.24)
2 and over	2491	2110	(22.7)	38.1	(0.45)	117	(0.9)	51	(0.8)	7.7	(0.16)	40.9	(0.33)	13.7	(0.18)	13.8	(0.16)	9.5	(0.20)
Non-Hispanic Black:																			
2 - 5	113	1461	(57.4)	31.9	(0.71)	139	(1.7)	67	(2.7)	7.5	(0.20)	36.6	(0.75)	11.5	(0.54)	12.7	(0.34)	8.6	(0.30)
6 - 11	186	1917	(55.6)	32.4	(0.76)	132	(2.4)	59	(2.1)	6.9	(0.28)	39.5	(0.83)	13.3	(0.51)	13.2	(0.29)	9.2	(0.38)
12 - 19	232	2060	(88.2)	35.1	(1.00)	124	(1.4)	56	(1.3)	6.2	(0.33)	41.3	(0.80)	13.6	(0.55)	13.6	(0.32)	10.2	(0.43)
20 and over	1128	2113	(28.9)	36.7	(0.55)	119	(1.0)	54	(1.1)	7.1	(0.16)	39.9	(0.57)	12.3	(0.18)	13.7	(0.19)	10.1	(0.21)
2 and over	1659	2061	(26.0)	36.0	(0.49)	122	(0.8)	55	(0.9)	7.0	(0.15)	39.9	(0.48)	12.5	(0.19)	13.6	(0.18)	10.0	(0.16)
Non-Hispanic Asian[2]:																			
2 - 5	49	1455*	(65.0)	35.1*	(1.17)	137*	(2.0)	58*	(4.0)	8.5*	(0.37)	36.2*	(0.95)	12.8*	(0.34)	11.8*	(0.70)	7.7*	(0.37)
6 - 11	70	1863*	(91.0)	35.3*	(1.69)	133*	(3.3)	53*	(3.2)	9.1*	(0.72)	37.7*	(0.88)	14.1*	(0.38)	12.0*	(0.63)	7.7*	(0.45)
12 - 19	117	1984	(63.5)	38.4	(1.29)	130	(2.9)	49	(3.7)	8.7	(0.54)	37.4	(1.53)	12.7	(0.65)	12.3	(0.53)	8.5	(0.36)
20 and over	626	1943	(37.2)	42.1	(0.71)	126	(1.5)	45	(0.9)	10.9	(0.31)	36.2	(0.63)	11.0	(0.31)	12.8	(0.28)	8.7	(0.19)
2 and over	862	1922	(33.8)	41.1	(0.76)	127	(1.4)	46	(1.0)	10.5	(0.29)	36.4	(0.68)	11.5	(0.30)	12.6	(0.29)	8.6	(0.18)
Hispanic:																			
2 - 5	107	1511	(64.5)	36.4	(0.64)	137	(1.3)	68	(1.8)	8.3	(0.70)	35.7	(0.42)	12.5	(0.24)	11.6	(0.23)	7.7	(0.16)
6 - 11	199	2002	(54.5)	34.3	(0.61)	134	(1.9)	59	(1.3)	8.6	(0.48)	38.0	(0.94)	13.4	(0.37)	12.1	(0.37)	8.5	(0.28)
12 - 19	270	1922	(49.8)	38.3	(0.62)	126	(2.1)	52	(1.8)	8.2	(0.23)	38.7	(0.80)	12.9	(0.43)	12.6	(0.46)	9.2	(0.27)
20 and over	1058	2176	(52.7)	40.9	(0.68)	122	(1.5)	50	(1.0)	9.6	(0.31)	37.5	(0.45)	11.8	(0.15)	12.7	(0.18)	9.0	(0.17)
2 and over	1634	2071	(35.8)	39.5	(0.48)	125	(1.2)	53	(0.9)	9.2	(0.28)	37.6	(0.41)	12.2	(0.16)	12.6	(0.19)	8.9	(0.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Race/ethnicity and age (years)	Cholesterol mg	(SE)	Retinol µg	(SE)	Vitamin A (RAE) µg	(SE)	Alpha-carotene µg	(SE)	Beta-carotene µg	(SE)	Beta-cryptoxanthin µg	(SE)	Lycopene µg	(SE)	Lutein + zeaxanthin µg	(SE)	Thiamin mg	(SE)
Non-Hispanic White:																		
2 - 5.....	114	(6.5)	299	(14.4)	381	(23.2)	194	(55.0)	869	(177.9)	52	(9.4)	2248	(479.5)	429	(50.4)	0.80	(0.025)
6 - 11.....	109	(5.4)	290	(18.1)	349	(20.3)	114	(22.5)	620	(70.7)	63	(7.9)	1966	(225.4)	425	(91.9)	0.83	(0.025)
12 - 19.....	115	(3.9)	225	(15.8)	282	(14.8)	91	(19.7)	614	(91.9)	32	(3.8)	2512	(217.5)	417	(60.1)	0.84	(0.051)
20 and over...	144	(4.7)	212	(6.0)	328	(8.9)	205	(26.6)	1270	(99.7)	36	(3.2)	2322	(144.5)	871	(107.6)	0.76	(0.011)
2 and over...	138	(3.7)	223	(5.2)	328	(7.5)	188	(22.4)	1148	(90.6)	38	(3.0)	2312	(135.0)	780	(90.5)	0.78	(0.010)
Non-Hispanic Black:																		
2 - 5.....	96	(5.0)	237	(20.4)	312	(29.2)	91*	(32.4)	838	(219.2)	46	(8.5)	2211	(310.0)	572	(112.2)	0.80	(0.022)
6 - 11.....	118	(10.2)	242	(12.6)	284	(14.3)	48	(13.5)	467	(53.5)	26	(4.2)	2037	(248.0)	474	(77.3)	0.80	(0.025)
12 - 19.....	124	(6.8)	193	(11.7)	240	(13.5)	70*	(21.7)	522	(74.2)	29	(3.9)	2043	(351.0)	450	(49.1)	0.75	(0.029)
20 and over...	144	(4.2)	166	(6.2)	282	(17.4)	151	(23.0)	1287	(161.8)	39	(2.3)	2132	(151.1)	1021	(144.7)	0.72	(0.009)
2 and over...	137	(3.7)	179	(5.2)	278	(12.1)	130	(16.1)	1109	(122.2)	37	(1.3)	2118	(118.3)	888	(113.6)	0.73	(0.006)
Non-Hispanic Asian[2]:																		
2 - 5.....	106*	(11.1)	259*	(26.0)	324*	(37.0)	104*	(32.8)	705*	(231.3)	45*	(12.5)	2864*	(622.9)	321*	(52.9)	0.92*	(0.069)
6 - 11.....	136*	(13.4)	214*	(14.9)	273*	(18.3)	129*	(38.2)	616*	(89.3)	41*	(9.5)	2861*	(313.1)	426*	(44.9)	0.86*	(0.028)
12 - 19.....	137	(7.4)	203	(17.4)	301	(21.4)	193	(43.2)	1060	(134.0)	34	(4.7)	3073*	(939.6)	892	(197.8)	0.82	(0.042)
20 and over...	144	(3.6)	158	(7.4)	336	(16.7)	318	(46.2)	1939	(187.4)	82	(9.2)	2327	(162.1)	1402	(164.8)	0.84	(0.019)
2 and over...	141	(3.1)	170	(7.4)	329	(14.2)	286	(39.7)	1726	(161.6)	74	(7.6)	2450	(203.1)	1251	(149.2)	0.85	(0.017)
Hispanic:																		
2 - 5.....	147	(17.5)	316	(20.3)	377	(21.0)	141	(32.9)	621	(104.0)	92	(10.7)	2309	(372.2)	458	(54.5)	0.90	(0.027)
6 - 11.....	120	(6.9)	279	(12.5)	329	(14.8)	96	(18.5)	524	(53.2)	55	(6.7)	2514	(311.0)	441	(40.0)	0.87	(0.031)
12 - 19.....	130	(5.1)	228	(13.3)	281	(14.6)	105	(18.1)	553	(55.2)	46	(5.5)	1920	(202.3)	455	(46.7)	0.81	(0.031)
20 and over...	157	(5.5)	188	(7.6)	308	(16.2)	201	(23.3)	1294	(160.8)	77	(14.2)	2551	(228.9)	867	(116.6)	0.81	(0.018)
2 and over...	149	(3.9)	213	(5.0)	311	(10.3)	171	(16.4)	1055	(112.1)	71	(10.5)	2436	(186.9)	731	(83.5)	0.82	(0.013)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Race/ethnicity and age	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	Nutrient per 1000 kcal																	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 5.....	1.04	(0.025)	10.4	(0.25)	0.93	(0.029)	96	(5.0)	81	(3.5)	243	(9.0)	139	(4.8)	2.35	(0.112)	0.40	(0.047)
6 - 11.....	0.96	(0.030)	11.4	(0.55)	0.94	(0.054)	117	(5.7)	73	(2.9)	273	(9.5)	121	(3.4)	2.33	(0.108)	0.70	(0.088)
12 - 19.....	0.95	(0.046)	12.8	(0.51)	1.00	(0.067)	107	(6.9)	77	(3.1)	256	(11.9)	128	(3.8)	2.36	(0.163)	0.69	(0.139)
20 and over...	1.09	(0.026)	12.6	(0.35)	1.05	(0.035)	83	(2.3)	101	(2.5)	241	(3.4)	159	(3.0)	2.39	(0.101)	0.55	(0.067)
2 and over...	1.07	(0.023)	12.4	(0.29)	1.03	(0.029)	88	(1.7)	96	(2.4)	244	(2.7)	152	(2.4)	2.38	(0.090)	0.56	(0.059)
Non-Hispanic Black:																		
2 - 5.....	0.88	(0.043)	11.2	(0.37)	0.94	(0.045)	104	(6.8)	72	(2.4)	249	(12.1)	119	(4.7)	2.17	(0.194)	0.58	(0.067)
6 - 11.....	0.88	(0.022)	11.5	(0.22)	0.88	(0.028)	118	(11.6)	71	(3.7)	271	(19.7)	119	(6.3)	2.14	(0.062)	0.65	(0.073)
12 - 19.....	0.84	(0.034)	12.0	(0.57)	0.87	(0.046)	100	(9.7)	74	(3.8)	244	(15.1)	121	(5.3)	2.15	(0.155)	0.45	(0.103)
20 and over...	0.85	(0.008)	12.0	(0.11)	0.96	(0.016)	79	(2.8)	95	(3.4)	228	(4.9)	147	(3.5)	2.08	(0.045)	0.38	(0.043)
2 and over...	0.85	(0.007)	12.0	(0.08)	0.94	(0.013)	86	(2.3)	89	(2.8)	234	(3.9)	140	(3.4)	2.10	(0.043)	0.42	(0.038)
Non-Hispanic Asian[2]:																		
2 - 5.....	1.04*	(0.047)	10.7*	(0.37)	1.03*	(0.038)	134*	(22.4)	79*	(4.5)	306*	(36.5)	138*	(5.1)	2.66*	(0.236)	0.57*	(0.156)
6 - 11.....	0.97*	(0.059)	10.3*	(0.28)	0.85*	(0.037)	107*	(5.4)	95*	(10.8)	277*	(12.0)	147*	(9.1)	2.36*	(0.275)	0.38*	(0.068)
12 - 19.....	0.86	(0.046)	11.8	(0.38)	0.94	(0.040)	101	(8.4)	97	(4.4)	269	(15.3)	149	(6.0)	2.22	(0.139)	0.34*	(0.117)
20 and over...	0.93	(0.016)	12.5	(0.32)	1.08	(0.030)	82	(4.0)	137	(5.0)	277	(7.6)	170	(2.8)	2.04	(0.063)	0.23	(0.046)
2 and over...	0.93	(0.016)	12.2	(0.27)	1.05	(0.027)	88	(3.8)	128	(4.2)	277	(7.9)	165	(2.1)	2.10	(0.058)	0.27	(0.043)
Hispanic:																		
2 - 5.....	1.13	(0.038)	11.0	(0.37)	1.10	(0.044)	114	(11.5)	88	(6.5)	282	(19.0)	167	(12.0)	3.03	(0.185)	0.77	(0.060)
6 - 11.....	1.02	(0.026)	11.1	(0.41)	0.95	(0.046)	126	(13.1)	87	(5.3)	301	(20.7)	134	(3.6)	2.66	(0.139)	0.80	(0.114)
12 - 19.....	0.92	(0.031)	12.4	(0.41)	0.97	(0.038)	104	(7.4)	91	(4.0)	266	(13.0)	138	(3.2)	2.38	(0.165)	0.56	(0.096)
20 and over...	1.02	(0.064)	12.9	(0.36)	1.14	(0.056)	83	(3.8)	112	(4.0)	252	(7.2)	170	(3.7)	2.33	(0.076)	0.52	(0.071)
2 and over...	1.01	(0.041)	12.5	(0.30)	1.09	(0.039)	93	(3.9)	104	(3.6)	261	(6.1)	161	(2.7)	2.42	(0.056)	0.57	(0.052)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Race/ethnicity and age	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	Nutrient per 1000 kcal															
(years)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 5.....	49.9	(4.74)	3.5	(0.17)	3.8	(0.16)	0.4*	(0.14)	34.6	(3.91)	640	(22.1)	734	(15.6)	138	(4.6)
6 - 11.....	42.7	(5.49)	2.5	(0.08)	4.4	(0.40)	0.8*	(0.41)	33.6	(4.03)	527	(9.9)	650	(11.3)	121	(3.0)
12 - 19.....	29.3	(1.55)	2.1	(0.15)	4.0	(0.13)	0.4*	(0.13)	40.2	(3.66)	493	(15.6)	652	(17.6)	126	(3.7)
20 and over...	36.3	(1.65)	2.1	(0.10)	4.6	(0.16)	0.6	(0.07)	62.6	(4.95)	485	(9.0)	672	(7.5)	150	(2.3)
2 and over...	36.7	(1.54)	2.2	(0.09)	4.5	(0.12)	0.6	(0.06)	57.4	(4.36)	495	(7.7)	671	(7.0)	145	(2.1)
Non-Hispanic Black:																
2 - 5.....	63.3	(5.75)	2.7	(0.30)	4.1	(0.26)	0.4*	(0.23)	41.7	(5.67)	488	(37.0)	617	(20.0)	125	(3.4)
6 - 11.....	36.9	(2.60)	2.3	(0.07)	3.8	(0.11)	0.3	(0.06)	41.2	(6.18)	453	(12.9)	619	(12.1)	112	(3.1)
12 - 19.....	38.2	(2.89)	2.1	(0.25)	3.9	(0.14)	0.2*	(0.10)	42.8	(5.81)	445	(21.1)	605	(17.6)	111	(5.3)
20 and over...	43.4	(4.01)	1.9	(0.09)	4.2	(0.13)	0.3*	(0.08)	71.2	(7.04)	458	(34.0)	608	(10.2)	142	(9.0)
2 and over...	43.1	(2.97)	2.0	(0.08)	4.1	(0.10)	0.3	(0.06)	64.0	(5.72)	458	(24.7)	609	(7.4)	135	(6.9)
Non-Hispanic Asian[2]:																
2 - 5.....	45.4*	(10.35)	4.0*	(0.36)	3.6*	(0.10)	0.1*	(0.05)	31.7*	(2.29)	623*	(36.6)	731*	(25.4)	142*	(5.5)
6 - 11.....	38.3*	(5.39)	2.8*	(0.33)	3.6*	(0.15)	0.1*	(0.05)	35.8*	(2.83)	513*	(49.9)	707*	(30.5)	127*	(3.9)
12 - 19.....	37.9	(4.58)	2.3	(0.28)	4.2	(0.22)	0.2*	(0.07)	55.6	(7.59)	436	(23.6)	640	(17.4)	139	(5.2)
20 and over...	54.0	(3.25)	2.6	(0.17)	4.3	(0.09)	0.2	(0.06)	89.8	(8.54)	446	(15.7)	672	(7.7)	173	(4.1)
2 and over...	51.2	(3.25)	2.6	(0.13)	4.2	(0.09)	0.2	(0.05)	80.9	(7.43)	457	(14.2)	674	(6.8)	166	(3.6)
Hispanic:																
2 - 5.....	64.9	(4.75)	4.2	(0.37)	3.8	(0.24)	0.5*	(0.23)	30.1	(2.77)	675	(30.0)	759	(19.5)	142	(3.4)
6 - 11.....	43.6	(2.80)	2.9	(0.19)	4.1	(0.25)	0.5*	(0.22)	33.9	(2.68)	563	(16.7)	678	(12.1)	131	(3.5)
12 - 19.....	40.4	(3.25)	2.3	(0.22)	3.9	(0.16)	0.4	(0.10)	37.2	(2.44)	517	(19.1)	661	(10.3)	131	(2.3)
20 and over...	45.5	(1.75)	2.2	(0.12)	4.4	(0.18)	0.6	(0.12)	59.5	(5.27)	559	(84.9)	678	(9.0)	175	(18.0)
2 and over...	46.0	(1.52)	2.4	(0.09)	4.3	(0.13)	0.6	(0.08)	51.3	(3.78)	562	(56.8)	681	(6.2)	162	(12.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Race/ethnicity and age	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	Nutrient per 1000 kcal																	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 5.....	6.6	(0.27)	5.0	(0.17)	0.5	(0.02)	45.1	(1.42)	1305	(35.5)	1417	(30.2)	6.2*	(2.16)	22.7	(3.44)	--	--
6 - 11.....	7.3	(0.25)	5.0	(0.16)	0.5	(0.02)	45.6	(1.34)	1056	(24.8)	1500	(40.7)	7.8	(1.37)	31.3	(2.79)	--	--
12 - 19.....	6.9	(0.26)	5.1	(0.14)	0.5	(0.01)	52.1	(1.41)	1076	(20.7)	1649	(32.7)	25.3	(3.02)	23.4	(2.37)	--	--
20 and over...	6.8	(0.07)	5.3	(0.08)	0.6	(0.01)	53.8	(0.63)	1286	(23.3)	1663	(24.7)	110.8	(5.75)	20.2	(0.80)	4.5	(0.35)
2 and over...	6.8	(0.06)	5.3	(0.07)	0.6	(0.01)	52.7	(0.57)	1252	(21.3)	1640	(23.2)	91.4	(4.74)	21.4	(0.89)	--	--
Non-Hispanic Black:																		
2 - 5.....	7.0	(0.22)	4.5	(0.24)	0.4	(0.01)	43.7	(1.84)	1269	(45.6)	1455	(27.8)	4.0	(0.69)	16.0	(2.84)	--	--
6 - 11.....	7.3	(0.28)	4.6	(0.13)	0.4	(0.02)	50.0	(3.18)	1036	(15.3)	1578	(49.6)	7.5	(1.15)	24.0	(2.81)	--	--
12 - 19.....	6.6	(0.26)	4.7	(0.21)	0.4	(0.02)	53.4	(2.98)	1018	(45.9)	1657	(40.8)	9.9	(1.23)	17.3	(2.55)	--	--
20 and over...	6.4	(0.17)	4.7	(0.11)	0.6	(0.08)	53.3	(0.80)	1152	(23.8)	1686	(42.7)	43.0	(4.95)	12.6	(1.07)	4.3	(0.50)
2 and over...	6.5	(0.13)	4.7	(0.09)	0.6	(0.06)	52.6	(0.85)	1132	(22.4)	1663	(35.4)	34.4	(3.82)	14.3	(0.92)	--	--
Non-Hispanic Asian[2]:																		
2 - 5.....	7.1*	(0.57)	5.3*	(0.54)	0.5*	(0.03)	46.7*	(1.51)	1397*	(54.8)	1389*	(70.0)	2.1*	(0.42)	16.0*	(4.34)	--	--
6 - 11.....	7.2*	(0.21)	5.1*	(0.31)	0.5*	(0.04)	50.8*	(1.99)	1205*	(58.1)	1549*	(53.3)	4.7*	(0.85)	26.0*	(6.25)	--	--
12 - 19.....	7.1	(0.36)	5.0	(0.21)	0.6	(0.03)	60.5	(2.44)	1172	(41.5)	1682	(60.5)	16.1	(1.44)	26.8	(4.27)	--	--
20 and over...	7.1	(0.13)	5.3	(0.13)	0.7	(0.02)	60.0	(1.34)	1447	(29.3)	1865	(41.2)	54.7	(1.79)	13.4	(2.66)	2.1	(0.20)
2 and over...	7.1	(0.14)	5.2	(0.10)	0.7	(0.01)	59.0	(1.25)	1405	(26.6)	1809	(31.6)	45.9	(1.26)	15.5	(2.32)	--	--
Hispanic:																		
2 - 5.....	7.3	(0.38)	5.5	(0.18)	0.5	(0.02)	45.4	(0.93)	1440	(36.6)	1352	(28.6)	4.8	(1.25)	21.9	(2.38)	--	--
6 - 11.....	7.9	(0.37)	5.3	(0.20)	0.5	(0.01)	48.9	(1.39)	1169	(29.4)	1439	(23.2)	8.1	(1.73)	29.2	(2.90)	--	--
12 - 19.....	7.4	(0.46)	5.1	(0.21)	0.5	(0.01)	53.5	(1.44)	1136	(27.3)	1646	(33.1)	22.9	(4.46)	14.3	(1.32)	--	--
20 and over...	7.1	(0.13)	5.5	(0.11)	0.7	(0.07)	56.6	(0.89)	1324	(26.5)	2016	(367.5)	59.1	(2.53)	11.6	(1.01)	3.4	(0.44)
2 and over...	7.2	(0.14)	5.4	(0.09)	0.6	(0.05)	54.5	(0.60)	1289	(23.0)	1852	(250.2)	44.4	(2.06)	14.6	(0.84)	--	--

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(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)
	Nutrient per 1000 kcal															
Non-Hispanic White:																
2 - 5.....	0.28	(0.013)	0.19	(0.011)	0.15	(0.009)	0.32	(0.015)	0.58	(0.083)	1.29	(0.056)	7.19	(0.141)	2.94	(0.048)
6 - 11.....	0.27	(0.015)	0.18	(0.008)	0.14	(0.006)	0.29	(0.011)	0.50	(0.037)	1.17	(0.040)	7.43	(0.173)	3.17	(0.076)
12 - 19.....	0.26	(0.014)	0.17	(0.009)	0.14	(0.006)	0.28	(0.012)	0.47	(0.033)	1.19	(0.043)	7.25	(0.169)	3.14	(0.071)
20 and over...	0.26	(0.006)	0.17	(0.004)	0.14	(0.004)	0.29	(0.006)	0.48	(0.021)	1.21	(0.025)	7.36	(0.086)	3.29	(0.056)
2 and over...	0.26	(0.005)	0.17	(0.004)	0.14	(0.003)	0.29	(0.006)	0.49	(0.018)	1.21	(0.023)	7.35	(0.084)	3.25	(0.049)
Non-Hispanic Black:																
2 - 5.....	0.19	(0.023)	0.13	(0.016)	0.11	(0.020)	0.22	(0.027)	0.34	(0.050)	0.91	(0.088)	6.57	(0.246)	2.64	(0.119)
6 - 11.....	0.20	(0.010)	0.14	(0.007)	0.14	(0.014)	0.25	(0.017)	0.66	(0.140)	1.09	(0.068)	7.26	(0.248)	3.15	(0.098)
12 - 19.....	0.24	(0.021)	0.16	(0.014)	0.13	(0.008)	0.27	(0.020)	0.50	(0.041)	1.15	(0.081)	7.58	(0.277)	3.13	(0.114)
20 and over...	0.19	(0.004)	0.13	(0.002)	0.12	(0.009)	0.22	(0.007)	0.44	(0.055)	0.95	(0.023)	6.88	(0.084)	2.94	(0.041)
2 and over...	0.20	(0.005)	0.13	(0.002)	0.12	(0.007)	0.23	(0.005)	0.46	(0.043)	0.98	(0.024)	6.98	(0.097)	2.97	(0.040)
Non-Hispanic Asian[2]:																
2 - 5.....	0.30*	(0.019)	0.22*	(0.013)	0.17*	(0.012)	0.35*	(0.017)	0.54*	(0.054)	1.31*	(0.066)	6.84*	(0.205)	2.67*	(0.085)
6 - 11.....	0.26*	(0.019)	0.19*	(0.012)	0.18*	(0.015)	0.33*	(0.018)	0.77*	(0.126)	1.30*	(0.056)	7.62*	(0.171)	3.02*	(0.136)
12 - 19.....	0.24	(0.037)	0.16	(0.024)	0.15	(0.020)	0.28	(0.031)	0.56	(0.130)	1.10	(0.094)	6.95	(0.326)	2.89	(0.095)
20 and over...	0.17	(0.011)	0.12	(0.006)	0.11	(0.006)	0.21	(0.009)	0.41	(0.024)	0.87	(0.041)	6.30	(0.135)	2.47	(0.085)
2 and over...	0.19	(0.011)	0.13	(0.006)	0.12	(0.007)	0.23	(0.010)	0.45	(0.032)	0.94	(0.039)	6.46	(0.136)	2.55	(0.072)
Hispanic:																
2 - 5.....	0.24	(0.016)	0.18	(0.011)	0.14	(0.008)	0.29	(0.017)	0.40	(0.033)	1.16	(0.068)	6.85	(0.110)	2.80	(0.074)
6 - 11.....	0.26	(0.012)	0.18	(0.007)	0.13	(0.004)	0.29	(0.009)	0.43	(0.024)	1.20	(0.040)	7.42	(0.212)	3.03	(0.117)
12 - 19.....	0.23	(0.016)	0.15	(0.009)	0.13	(0.009)	0.26	(0.014)	0.44	(0.044)	1.15	(0.070)	7.08	(0.199)	3.01	(0.098)
20 and over...	0.19	(0.007)	0.12	(0.005)	0.11	(0.003)	0.22	(0.007)	0.40	(0.017)	0.96	(0.023)	6.57	(0.082)	2.83	(0.037)
2 and over...	0.21	(0.006)	0.14	(0.004)	0.12	(0.003)	0.24	(0.005)	0.41	(0.013)	1.03	(0.021)	6.76	(0.089)	2.87	(0.042)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Race/ethnicity 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)
	Nutrient per 1000 kcal													
Non-Hispanic White:														
2 - 5.....	0.47	(0.014)	11.95	(0.216)	0.14	(0.009)	0.01	(0.002)	7.58	(0.215)	0.69	(0.023)	#	
6 - 11.....	0.45	(0.021)	12.32	(0.183)	0.14	(0.002)	0.01	(0.002)	7.96	(0.311)	0.73	(0.029)	#	
12 - 19.....	0.52	(0.022)	12.05	(0.261)	0.13	(0.005)	0.01	(0.002)	8.19	(0.281)	0.80	(0.043)	#	
20 and over...	0.55	(0.013)	13.24	(0.181)	0.15	(0.003)	0.02	(0.003)	8.57	(0.214)	0.90	(0.032)	#	
2 and over...	0.54	(0.011)	13.01	(0.148)	0.15	(0.002)	0.02	(0.002)	8.45	(0.173)	0.87	(0.029)	#	
Non-Hispanic Black:														
2 - 5.....	0.52	(0.023)	12.03	(0.340)	0.16	(0.010)	0.02	(0.003)	7.81	(0.273)	0.70	(0.038)	#	
6 - 11.....	0.52	(0.022)	12.48	(0.272)	0.15	(0.009)	0.01	(0.002)	8.27	(0.342)	0.74	(0.036)	#	
12 - 19.....	0.58	(0.032)	12.77	(0.291)	0.15	(0.006)	0.02	(0.003)	9.18	(0.389)	0.87	(0.052)	0.01	(0.002)
20 and over...	0.57	(0.011)	12.87	(0.185)	0.17	(0.005)	0.02	(0.002)	8.97	(0.184)	0.92	(0.023)	0.01	(0.001)
2 and over...	0.57	(0.011)	12.79	(0.171)	0.16	(0.005)	0.02	(0.001)	8.88	(0.144)	0.89	(0.020)	0.01	(#)
Non-Hispanic Asian[2]:														
2 - 5.....	0.38*	(0.028)	11.35*	(0.715)	0.12*	(0.012)	#		6.86*	(0.326)	0.73*	(0.040)	#	
6 - 11.....	0.44*	(0.034)	11.48*	(0.602)	0.11*	(0.009)	#		6.91*	(0.398)	0.70*	(0.038)	#	
12 - 19.....	0.47	(0.029)	11.63	(0.513)	0.13	(0.008)	0.01	(0.001)	7.56	(0.343)	0.82	(0.028)	#	
20 and over...	0.50	(0.015)	12.03	(0.268)	0.16	(0.008)	0.02	(0.002)	7.65	(0.161)	0.86	(0.028)	0.01	(0.001)
2 and over...	0.49	(0.013)	11.93	(0.287)	0.15	(0.007)	0.01	(0.002)	7.56	(0.156)	0.84	(0.023)	0.01	(0.001)
Hispanic:														
2 - 5.....	0.44	(0.017)	11.10	(0.217)	0.13	(0.009)	0.01	(0.001)	6.91	(0.145)	0.65	(0.031)	#	
6 - 11.....	0.46	(0.020)	11.50	(0.353)	0.12	(0.006)	0.01	(0.001)	7.67	(0.264)	0.71	(0.023)	#	
12 - 19.....	0.53	(0.033)	11.87	(0.422)	0.13	(0.008)	0.01	(0.001)	8.27	(0.248)	0.78	(0.034)	#	
20 and over...	0.53	(0.009)	11.99	(0.170)	0.13	(0.006)	0.01	(0.001)	7.93	(0.150)	0.89	(0.026)	#	
2 and over...	0.51	(0.010)	11.85	(0.176)	0.13	(0.005)	0.01	(0.001)	7.88	(0.107)	0.83	(0.021)	#	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

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)
	——— *Nutrient per 1000 kcal* ———							
Non-Hispanic White:								
2 - 5.....	0.06	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11.....	0.06	(0.003)	0.01*	(0.002)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.06	(0.004)	0.01	(#)	0.01	(#)	0.01	(0.001)
20 and over...	0.07	(0.002)	0.01	(0.002)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.002)	0.01	(#)	0.02	(0.002)
Non-Hispanic Black:								
2 - 5.....	0.06	(0.004)	0.01	(0.002)	0.01	(0.001)	0.01	(0.004)
6 - 11.....	0.07	(0.008)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.07	(0.003)	0.01	(0.004)	0.01	(0.002)	0.03*	(0.010)
20 and over...	0.08	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over...	0.08	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
Non-Hispanic Asian[2]:								
2 - 5.....	0.05*	(0.008)	0.01*	(0.002)	0.01*	(0.002)	0.01*	(0.004)
6 - 11.....	0.06*	(0.008)	0.01*	(0.003)	0.01*	(0.001)	0.02*	(0.008)
12 - 19.....	0.07	(0.004)	0.02	(0.004)	0.01	(0.001)	0.03	(0.007)
20 and over...	0.07	(0.003)	0.03	(0.004)	0.01	(0.001)	0.06	(0.008)
2 and over...	0.07	(0.002)	0.02	(0.003)	0.01	(0.001)	0.05	(0.006)
Hispanic:								
2 - 5.....	0.07	(0.008)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
6 - 11.....	0.06	(0.003)	0.01	(0.002)	0.01	(#)	0.01	(0.002)
12 - 19.....	0.07	(0.003)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
20 and over...	0.08	(0.002)	0.01	(0.002)	0.01	(#)	0.03	(0.004)
2 and over...	0.08	(0.001)	0.01	(0.002)	0.01	(#)	0.03	(0.003)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

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

Abbreviations

SE = standard error; 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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 2017-2018.

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, 2017-2018

Family income in dollars and age (years)	Sample size [1]	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
				Nutrient per 1000 kcal															
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
$0 - $24,999:																			
2 - 5.....	140	1586	(86.9)	35.1	(0.74)	135	(1.7)	64	(2.2)	7.7	(0.51)	37.2	(0.62)	12.8	(0.48)	12.3	(0.22)	8.3	(0.30)
6 - 11.....	180	2045	(69.4)	34.9	(1.26)	132	(2.8)	58	(2.1)	7.8	(0.47)	38.3	(0.87)	13.4	(0.45)	12.4	(0.29)	8.6	(0.31)
12 - 19.....	253	2010	(104.9)	39.9	(1.53)	123	(3.1)	55	(2.4)	7.3	(0.24)	38.5	(0.58)	13.1	(0.32)	12.6	(0.28)	8.8	(0.41)
20 and over...	1218	2139	(39.0)	36.9	(0.50)	121	(1.4)	55	(1.4)	7.8	(0.22)	39.2	(0.54)	12.5	(0.35)	13.5	(0.20)	9.3	(0.19)
2 and over...	1791	2084	(38.7)	37.0	(0.57)	123	(1.3)	56	(1.1)	7.7	(0.20)	38.9	(0.46)	12.7	(0.30)	13.2	(0.18)	9.1	(0.18)
$25,000 - $74,999:																			
2 - 5.....	207	1544	(57.6)	36.1	(0.96)	131	(1.6)	63	(2.4)	7.5	(0.38)	38.2	(0.44)	13.7	(0.35)	12.4	(0.14)	8.1	(0.23)
6 - 11.....	316	1916	(50.2)	33.8	(0.98)	132	(2.1)	61	(2.0)	7.5	(0.13)	39.0	(0.58)	13.7	(0.36)	12.9	(0.18)	8.5	(0.25)
12 - 19.....	404	2010	(51.6)	34.4	(0.81)	131	(2.3)	58	(1.5)	7.4	(0.20)	38.9	(0.78)	13.4	(0.34)	12.7	(0.36)	9.0	(0.27)
20 and over...	1799	2140	(45.6)	38.4	(0.44)	119	(1.0)	52	(0.7)	8.2	(0.18)	39.7	(0.36)	13.0	(0.18)	13.4	(0.15)	9.4	(0.23)
2 and over...	2726	2078	(34.5)	37.5	(0.37)	122	(0.7)	54	(0.6)	8.0	(0.16)	39.5	(0.30)	13.2	(0.16)	13.2	(0.12)	9.2	(0.19)
$75,000 and higher:																			
2 - 5.....	147	1529	(60.9)	34.1	(0.71)	136	(1.7)	66	(2.0)	8.9	(0.52)	37.4	(0.81)	12.6	(0.41)	12.5	(0.34)	8.5	(0.37)
6 - 11.....	232	1917	(61.0)	33.5	(1.12)	132	(2.4)	60	(1.9)	8.0	(0.36)	39.1	(0.85)	13.7	(0.37)	12.9	(0.25)	8.7	(0.30)
12 - 19.....	299	2111	(83.4)	37.3	(1.43)	126	(3.1)	54	(1.8)	7.4	(0.29)	40.0	(0.77)	13.4	(0.27)	13.0	(0.25)	9.7	(0.44)
20 and over...	1229	2183	(37.5)	40.7	(0.53)	111	(0.6)	46	(0.9)	8.2	(0.20)	41.5	(0.35)	13.4	(0.18)	14.2	(0.21)	9.9	(0.21)
2 and over...	1907	2123	(34.4)	39.4	(0.44)	115	(0.8)	49	(0.8)	8.1	(0.18)	41.0	(0.28)	13.4	(0.13)	13.9	(0.16)	9.7	(0.19)
All Individuals [2]:																			
2 - 5.....	540	1542	(31.4)	35.2	(0.42)	134	(0.9)	65	(1.7)	8.0	(0.31)	37.5	(0.37)	13.1	(0.20)	12.3	(0.13)	8.1	(0.15)
6 - 11.....	795	1936	(34.7)	33.9	(0.63)	132	(1.1)	60	(1.2)	7.8	(0.20)	38.9	(0.38)	13.7	(0.18)	12.7	(0.11)	8.6	(0.18)
12 - 19.....	1045	2030	(32.0)	37.1	(0.73)	127	(1.6)	55	(1.2)	7.4	(0.14)	39.2	(0.45)	13.3	(0.16)	12.8	(0.22)	9.3	(0.16)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age	Nutrient per 1000 kcal																	
	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)
$0 - $24,999:																		
2 - 5.....	132	(15.8)	276	(13.4)	322	(16.1)	66*	(21.0)	489	(104.0)	48	(14.2)	1853	(184.8)	418	(61.4)	0.85	(0.028)
6 - 11.....	120	(9.0)	274	(22.2)	339	(25.3)	157	(45.1)	675	(138.3)	40	(8.9)	2530	(384.2)	474	(91.1)	0.85	(0.037)
12 - 19.....	130	(6.6)	220	(9.1)	277	(14.4)	118	(28.5)	612	(112.6)	35	(3.6)	2409	(324.7)	453	(63.5)	0.86	(0.068)
20 and over...	139	(4.6)	187	(6.4)	278	(9.7)	147	(20.8)	993	(88.8)	47	(9.2)	2237	(150.5)	839	(85.9)	0.75	(0.015)
2 and over...	136	(3.8)	203	(6.6)	285	(8.7)	140	(17.4)	892	(76.6)	45	(7.7)	2259	(100.9)	739	(70.4)	0.78	(0.018)
$25,000 - $74,999:																		
2 - 5.....	130	(6.8)	300	(14.0)	368	(19.7)	133	(32.9)	710	(102.5)	64	(6.5)	2683	(511.4)	415	(33.1)	0.84	(0.022)
6 - 11.....	116	(6.3)	272	(8.8)	327	(12.6)	97	(19.9)	584	(87.4)	53	(4.8)	2402	(316.4)	395	(28.4)	0.84	(0.013)
12 - 19.....	116	(5.1)	209	(10.3)	262	(11.5)	88	(13.9)	571	(59.3)	36	(4.6)	2495	(371.1)	406	(20.2)	0.80	(0.021)
20 and over...	142	(3.5)	198	(5.8)	309	(11.4)	203	(22.8)	1213	(84.3)	52	(6.3)	2489	(161.7)	787	(38.4)	0.77	(0.012)
2 and over...	137	(2.4)	210	(4.7)	309	(8.8)	180	(16.9)	1075	(68.2)	51	(5.0)	2493	(145.8)	700	(31.6)	0.78	(0.010)
$75,000 and higher:																		
2 - 5.....	96	(8.3)	294	(18.1)	389	(29.3)	244*	(82.7)	999	(249.4)	58	(12.8)	1788	(401.8)	472	(84.4)	0.81	(0.033)
6 - 11.....	109	(7.8)	280	(23.1)	340	(25.8)	100	(15.8)	639	(70.1)	58	(7.2)	1833	(237.7)	486	(118.5)	0.82	(0.024)
12 - 19.....	122	(6.2)	239	(18.8)	305	(19.2)	131	(28.7)	708	(86.1)	36	(4.5)	2347	(244.2)	519	(79.1)	0.81	(0.031)
20 and over...	152	(5.4)	209	(9.3)	351	(11.0)	224	(23.9)	1579	(127.8)	37	(3.5)	2502	(255.5)	1087	(176.9)	0.78	(0.018)
2 and over...	143	(4.0)	222	(7.1)	347	(9.3)	204	(20.4)	1377	(109.8)	39	(2.6)	2395	(185.2)	946	(138.4)	0.79	(0.014)
All Individuals[2]:																		
2 - 5.....	122	(6.4)	296	(8.3)	371	(13.9)	163	(33.9)	780	(115.0)	63	(4.6)	2282	(249.4)	448	(38.2)	0.84	(0.018)
6 - 11.....	114	(4.3)	281	(11.1)	338	(13.2)	106	(12.8)	605	(38.6)	52	(4.2)	2154	(140.4)	450	(53.8)	0.84	(0.015)
12 - 19.....	121	(2.4)	220	(9.2)	279	(9.0)	109	(12.2)	634	(51.8)	35	(2.2)	2334	(126.4)	464	(35.4)	0.82	(0.027)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age (years)	Nutrient per 1000 kcal																	
	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
$0 - $24,999:																		
2 - 5.....	1.02	(0.023)	10.7	(0.23)	0.94	(0.038)	117	(12.6)	80	(5.7)	278	(21.7)	147	(11.2)	2.54	(0.080)	0.49	(0.055)
6 - 11.....	0.99	(0.044)	11.6	(0.50)	0.94	(0.045)	128	(9.8)	82	(7.3)	298	(16.1)	131	(6.9)	2.66	(0.175)	0.79	(0.092)
12 - 19.....	0.98	(0.050)	14.0	(0.73)	1.21	(0.125)	110	(6.4)	78	(3.3)	265	(9.6)	139	(6.2)	2.66	(0.163)	0.79	(0.153)
20 and over...	0.96	(0.020)	12.2	(0.26)	1.05	(0.038)	79	(2.5)	97	(2.7)	231	(4.5)	152	(2.5)	2.15	(0.080)	0.49	(0.063)
2 and over...	0.97	(0.018)	12.3	(0.24)	1.05	(0.025)	89	(2.1)	93	(2.6)	243	(3.5)	148	(2.4)	2.27	(0.065)	0.55	(0.042)
$25,000 - $74,999:																		
2 - 5.....	1.08	(0.028)	10.9	(0.37)	1.00	(0.027)	104	(6.3)	75	(2.9)	250	(10.9)	146	(6.3)	2.77	(0.106)	0.65	(0.067)
6 - 11.....	0.99	(0.025)	11.2	(0.32)	0.91	(0.027)	123	(8.0)	73	(2.2)	282	(12.0)	128	(4.1)	2.44	(0.073)	0.64	(0.058)
12 - 19.....	0.90	(0.029)	11.7	(0.43)	0.87	(0.054)	109	(7.6)	77	(2.3)	261	(12.4)	124	(3.8)	2.35	(0.230)	0.65	(0.192)
20 and over...	1.01	(0.028)	12.5	(0.29)	1.04	(0.040)	85	(2.2)	102	(2.2)	246	(2.8)	157	(3.1)	2.30	(0.093)	0.47	(0.054)
2 and over...	1.00	(0.025)	12.2	(0.22)	1.01	(0.030)	91	(2.6)	96	(2.1)	250	(3.5)	151	(2.3)	2.34	(0.083)	0.51	(0.045)
$75,000 and higher:																		
2 - 5.....	0.99	(0.035)	10.6	(0.42)	0.97	(0.043)	96	(8.4)	87	(5.6)	250	(14.5)	131	(6.1)	2.18	(0.149)	0.43	(0.080)
6 - 11.....	0.94	(0.035)	11.0	(0.60)	0.91	(0.062)	106	(4.7)	78	(3.6)	258	(8.4)	122	(5.5)	2.19	(0.128)	0.60	(0.091)
12 - 19.....	0.91	(0.035)	12.3	(0.37)	0.94	(0.038)	99	(7.4)	86	(4.2)	253	(11.2)	132	(4.6)	2.14	(0.156)	0.53	(0.104)
20 and over...	1.12	(0.045)	13.0	(0.44)	1.07	(0.047)	82	(5.0)	109	(3.3)	247	(7.5)	166	(3.7)	2.47	(0.141)	0.57	(0.116)
2 and over...	1.08	(0.036)	12.6	(0.34)	1.04	(0.037)	86	(3.7)	103	(2.9)	249	(5.3)	157	(2.7)	2.40	(0.111)	0.56	(0.093)
All Individuals[2]:																		
2 - 5.....	1.04	(0.018)	10.7	(0.16)	0.98	(0.018)	104	(4.6)	81	(2.8)	257	(8.2)	144	(4.4)	2.55	(0.081)	0.54	(0.043)
6 - 11.....	0.98	(0.020)	11.3	(0.30)	0.93	(0.033)	118	(4.4)	77	(2.2)	278	(7.1)	127	(2.9)	2.42	(0.077)	0.70	(0.050)
12 - 19.....	0.92	(0.023)	12.5	(0.29)	0.97	(0.039)	105	(3.6)	81	(2.0)	258	(6.4)	130	(2.2)	2.32	(0.097)	0.61	(0.089)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age	Nutrient per 1000 kcal															
	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)
$0 - $24,999:																
2 - 5.....	57.8	(5.73)	3.6	(0.22)	3.5	(0.12)	0.1*	(0.06)	31.0	(3.81)	609	(23.8)	716	(10.4)	133	(2.4)
6 - 11.....	33.8	(2.91)	2.8	(0.22)	3.7	(0.20)	0.3*	(0.14)	38.1	(5.58)	552	(24.8)	666	(20.9)	123	(3.6)
12 - 19.....	41.9	(3.77)	2.5	(0.23)	4.1	(0.23)	0.5*	(0.20)	38.4	(4.45)	508	(19.4)	686	(23.0)	133	(6.0)
20 and over...	36.6	(1.96)	2.1	(0.11)	4.2	(0.13)	0.4	(0.09)	58.2	(3.95)	456	(7.4)	638	(9.6)	145	(3.6)
2 and over...	38.3	(1.59)	2.3	(0.10)	4.1	(0.11)	0.4	(0.07)	52.6	(3.38)	479	(7.3)	650	(10.5)	141	(3.2)
$25,000 - $74,999:																
2 - 5.....	45.2	(2.04)	3.7	(0.29)	3.5	(0.09)	0.2*	(0.09)	29.5	(1.91)	644	(24.2)	733	(17.6)	135	(3.0)
6 - 11.....	37.9	(2.64)	2.7	(0.08)	4.1	(0.17)	0.5	(0.11)	31.5	(3.09)	515	(14.4)	662	(14.7)	121	(2.0)
12 - 19.....	29.5	(2.05)	2.0	(0.15)	3.9	(0.14)	0.4	(0.08)	34.5	(1.95)	468	(15.8)	605	(12.3)	121	(2.3)
20 and over...	38.6	(1.26)	2.1	(0.10)	4.5	(0.23)	0.5	(0.08)	58.3	(2.46)	477	(8.5)	662	(8.9)	149	(2.5)
2 and over...	38.0	(1.04)	2.2	(0.09)	4.3	(0.18)	0.5	(0.06)	52.4	(2.08)	488	(7.0)	660	(6.5)	143	(1.9)
$75,000 and higher:																
2 - 5.....	59.7	(7.46)	3.3	(0.19)	4.2	(0.26)	0.5*	(0.23)	43.0	(5.82)	618	(24.6)	721	(20.0)	142	(5.3)
6 - 11.....	46.7	(5.45)	2.4	(0.14)	4.5	(0.43)	0.8*	(0.49)	38.3	(4.66)	528	(16.9)	651	(16.5)	125	(3.4)
12 - 19.....	35.3	(3.38)	2.0	(0.15)	4.0	(0.12)	0.3*	(0.11)	46.1	(4.69)	496	(15.6)	657	(13.7)	125	(2.4)
20 and over...	40.7	(2.82)	2.1	(0.13)	4.9	(0.11)	0.7	(0.11)	74.4	(7.81)	517	(36.0)	682	(8.7)	162	(7.2)
2 and over...	41.5	(2.64)	2.2	(0.11)	4.7	(0.08)	0.7	(0.09)	66.8	(6.28)	520	(27.6)	678	(6.7)	154	(5.6)
All Individuals[2]:																
2 - 5.....	54.9	(2.77)	3.6	(0.14)	3.8	(0.08)	0.4	(0.08)	34.1	(2.44)	630	(15.9)	727	(9.3)	137	(2.6)
6 - 11.....	41.3	(2.79)	2.7	(0.07)	4.2	(0.22)	0.6*	(0.22)	35.6	(2.39)	532	(9.9)	661	(9.2)	124	(1.6)
12 - 19.....	34.1	(1.43)	2.1	(0.09)	4.0	(0.07)	0.4	(0.07)	40.8	(2.05)	487	(9.9)	644	(9.5)	125	(2.2)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age	Nutrient per 1000 kcal																	
	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)
$0 - $24,999:																		
2 - 5.....	7.4	(0.16)	5.1	(0.13)	0.4	(0.02)	47.2	(1.04)	1310	(42.2)	1456	(29.6)	7.2	(1.76)	22.8	(5.50)	--	--
6 - 11.....	7.6	(0.31)	5.5	(0.26)	0.5	(0.01)	49.6	(1.58)	1103	(27.3)	1585	(53.5)	12.2	(2.61)	23.4	(3.50)	--	--
12 - 19.....	6.8	(0.20)	5.4	(0.16)	0.5	(0.03)	55.0	(1.82)	1129	(26.1)	1670	(33.9)	25.8	(2.93)	16.3	(2.83)	--	--
20 and over...	6.6	(0.10)	5.0	(0.09)	0.6	(0.01)	51.9	(0.71)	1251	(31.8)	1626	(20.0)	94.8	(7.49)	17.1	(1.61)	3.8	(0.39)
2 and over...	6.8	(0.08)	5.1	(0.07)	0.5	(0.01)	51.9	(0.74)	1228	(27.5)	1619	(18.3)	74.7	(6.47)	17.8	(1.30)	--	--
$25,000 - $74,999:																		
2 - 5.....	6.6	(0.22)	5.2	(0.16)	0.5	(0.01)	47.2	(1.19)	1311	(25.6)	1440	(28.3)	5.8*	(2.42)	18.7	(2.61)	--	--
6 - 11.....	7.5	(0.14)	5.2	(0.18)	0.5	(0.01)	46.5	(1.38)	1103	(20.2)	1520	(42.1)	8.4	(0.97)	28.5	(2.44)	--	--
12 - 19.....	7.0	(0.26)	4.8	(0.16)	0.5	(0.01)	51.8	(1.33)	1046	(20.3)	1584	(27.4)	20.2	(1.60)	23.9	(2.64)	--	--
20 and over...	6.8	(0.10)	5.2	(0.04)	0.6	(0.02)	54.8	(0.87)	1280	(17.8)	1658	(22.9)	91.8	(8.16)	17.7	(1.21)	3.7	(0.35)
2 and over...	6.9	(0.09)	5.1	(0.06)	0.6	(0.01)	53.5	(0.75)	1245	(13.4)	1628	(18.1)	73.9	(6.02)	19.2	(1.03)	--	--
$75,000 and higher:																		
2 - 5.....	7.0	(0.37)	4.9	(0.22)	0.5	(0.02)	41.5	(1.25)	1334	(49.1)	1378	(42.7)	4.6	(1.25)	26.1	(5.57)	--	--
6 - 11.....	7.1	(0.26)	4.8	(0.16)	0.5	(0.02)	47.2	(2.29)	1075	(27.6)	1460	(31.1)	5.7	(0.95)	32.7	(3.72)	--	--
12 - 19.....	7.2	(0.33)	5.0	(0.19)	0.5	(0.01)	51.8	(1.60)	1092	(18.8)	1683	(46.6)	18.0	(2.87)	19.6	(2.97)	--	--
20 and over...	6.9	(0.13)	5.5	(0.14)	0.7	(0.03)	56.1	(0.61)	1311	(22.0)	1851	(155.8)	94.9	(5.85)	18.1	(0.95)	4.9	(0.39)
2 and over...	6.9	(0.09)	5.3	(0.11)	0.6	(0.02)	54.2	(0.58)	1268	(20.5)	1777	(122.4)	74.7	(4.52)	19.9	(1.18)	--	--
All Individuals[2]:																		
2 - 5.....	6.9	(0.16)	5.1	(0.13)	0.5	(0.01)	45.5	(0.80)	1330	(20.4)	1412	(24.0)	5.6	(1.39)	22.2	(3.02)	--	--
6 - 11.....	7.5	(0.17)	5.1	(0.11)	0.5	(0.01)	47.4	(1.00)	1098	(14.9)	1506	(26.7)	7.8	(0.85)	29.3	(1.54)	--	--
12 - 19.....	7.0	(0.16)	5.0	(0.10)	0.5	(0.01)	53.0	(0.98)	1087	(14.1)	1652	(20.2)	22.2	(1.68)	20.4	(1.42)	--	--
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)	--	--

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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, 2017-2018 *(continued)*

Family income in dollars and age (years)	*Nutrient per 1000 kcal* 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)
$0 - $24,999:																
2 - 5	0.24	(0.023)	0.17	(0.017)	0.14	(0.016)	0.28	(0.027)	0.43	(0.044)	1.12	(0.098)	7.10	(0.174)	2.88	(0.115)
6 - 11	0.25	(0.011)	0.17	(0.008)	0.14	(0.007)	0.28	(0.012)	0.50	(0.040)	1.21	(0.051)	7.29	(0.271)	3.10	(0.128)
12 - 19	0.25	(0.014)	0.17	(0.008)	0.13	(0.006)	0.28	(0.015)	0.45	(0.026)	1.17	(0.052)	7.19	(0.141)	3.05	(0.088)
20 and over	0.21	(0.008)	0.14	(0.005)	0.12	(0.006)	0.24	(0.009)	0.42	(0.033)	1.02	(0.043)	6.92	(0.159)	3.04	(0.094)
2 and over	0.22	(0.007)	0.15	(0.004)	0.12	(0.005)	0.25	(0.008)	0.43	(0.025)	1.06	(0.037)	6.99	(0.141)	3.04	(0.078)
$25,000 - $74,999:																
2 - 5	0.30	(0.016)	0.20	(0.011)	0.16	(0.008)	0.33	(0.014)	0.50	(0.037)	1.34	(0.069)	7.35	(0.155)	2.98	(0.060)
6 - 11	0.24	(0.010)	0.17	(0.007)	0.14	(0.005)	0.28	(0.010)	0.55	(0.048)	1.19	(0.049)	7.53	(0.196)	3.15	(0.107)
12 - 19	0.24	(0.011)	0.16	(0.008)	0.13	(0.008)	0.26	(0.013)	0.47	(0.038)	1.15	(0.055)	7.34	(0.181)	3.16	(0.083)
20 and over	0.24	(0.008)	0.16	(0.005)	0.13	(0.004)	0.26	(0.007)	0.46	(0.021)	1.11	(0.027)	7.09	(0.087)	3.12	(0.043)
2 and over	0.24	(0.007)	0.16	(0.004)	0.13	(0.004)	0.27	(0.006)	0.47	(0.017)	1.13	(0.026)	7.16	(0.080)	3.12	(0.035)
$75,000 and higher:																
2 - 5	0.23	(0.015)	0.16	(0.010)	0.14	(0.012)	0.28	(0.019)	0.56	(0.110)	1.15	(0.076)	6.73	(0.195)	2.77	(0.082)
6 - 11	0.28	(0.016)	0.18	(0.010)	0.14	(0.007)	0.29	(0.014)	0.46	(0.036)	1.19	(0.046)	7.40	(0.228)	3.18	(0.072)
12 - 19	0.27	(0.017)	0.18	(0.010)	0.14	(0.009)	0.29	(0.014)	0.51	(0.047)	1.22	(0.054)	7.24	(0.126)	3.07	(0.051)
20 and over	0.25	(0.011)	0.16	(0.008)	0.14	(0.006)	0.28	(0.012)	0.48	(0.029)	1.17	(0.038)	7.24	(0.066)	3.17	(0.038)
2 and over	0.25	(0.009)	0.17	(0.007)	0.14	(0.005)	0.28	(0.010)	0.48	(0.022)	1.18	(0.030)	7.23	(0.043)	3.14	(0.027)
All Individuals[2]:																
2 - 5	0.26	(0.009)	0.18	(0.007)	0.15	(0.005)	0.31	(0.010)	0.50	(0.043)	1.23	(0.040)	7.07	(0.088)	2.89	(0.025)
6 - 11	0.26	(0.007)	0.18	(0.004)	0.14	(0.003)	0.29	(0.006)	0.51	(0.027)	1.19	(0.028)	7.44	(0.102)	3.15	(0.053)
12 - 19	0.25	(0.008)	0.17	(0.005)	0.14	(0.004)	0.28	(0.008)	0.48	(0.020)	1.18	(0.027)	7.23	(0.091)	3.09	(0.044)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age (years)	*Nutrient per 1000 kcal* 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)
$0 - $24,999:														
2 - 5.....	0.49	(0.027)	11.65	(0.202)	0.14	(0.005)	0.01	(0.001)	7.47	(0.270)	0.67	(0.032)	#	
6 - 11.....	0.50	(0.039)	11.64	(0.258)	0.13	(0.006)	0.01	(0.003)	7.77	(0.288)	0.72	(0.028)	#	
12 - 19.....	0.55	(0.026)	11.85	(0.258)	0.14	(0.007)	0.01	(0.002)	7.95	(0.361)	0.75	(0.052)	#	
20 and over...	0.54	(0.013)	12.68	(0.191)	0.15	(0.003)	0.02	(0.001)	8.25	(0.175)	0.86	(0.019)	#	
2 and over...	0.54	(0.013)	12.43	(0.162)	0.15	(0.003)	0.01	(0.001)	8.13	(0.164)	0.82	(0.021)	#	
$25,000 - $74,999:														
2 - 5.....	0.51	(0.023)	11.78	(0.137)	0.14	(0.009)	0.01	(0.001)	7.28	(0.205)	0.67	(0.029)	#	
6 - 11.....	0.48	(0.022)	12.23	(0.174)	0.14	(0.005)	0.01	(0.001)	7.71	(0.230)	0.69	(0.027)	#	
12 - 19.....	0.53	(0.023)	11.97	(0.348)	0.13	(0.005)	0.01	(0.002)	8.04	(0.250)	0.77	(0.031)	#	
20 and over...	0.54	(0.012)	12.62	(0.137)	0.15	(0.004)	0.02	(0.004)	8.32	(0.218)	0.85	(0.017)	#	
2 and over...	0.53	(0.011)	12.48	(0.117)	0.14	(0.004)	0.02	(0.003)	8.19	(0.176)	0.82	(0.015)	#	
$75,000 and higher:														
2 - 5.....	0.43	(0.028)	11.92	(0.333)	0.14	(0.008)	0.01	(0.002)	7.71	(0.354)	0.72	(0.041)	#	
6 - 11.....	0.45	(0.020)	12.28	(0.245)	0.13	(0.004)	0.01	(0.002)	7.87	(0.274)	0.74	(0.031)	#	
12 - 19.....	0.52	(0.021)	12.32	(0.231)	0.13	(0.005)	0.01	(0.001)	8.66	(0.382)	0.88	(0.061)	#	
20 and over...	0.57	(0.015)	13.39	(0.205)	0.16	(0.004)	0.02	(0.002)	8.70	(0.181)	0.95	(0.036)	#	
2 and over...	0.55	(0.011)	13.11	(0.156)	0.15	(0.003)	0.02	(0.002)	8.58	(0.161)	0.91	(0.032)	#	
All Individuals[2]:														
2 - 5.....	0.48	(0.012)	11.70	(0.133)	0.14	(0.005)	0.01	(0.001)	7.35	(0.137)	0.68	(0.016)	#	
6 - 11.....	0.47	(0.016)	12.09	(0.109)	0.13	(0.002)	0.01	(0.001)	7.80	(0.167)	0.72	(0.016)	#	
12 - 19.....	0.53	(0.016)	12.06	(0.204)	0.13	(0.004)	0.01	(0.001)	8.31	(0.140)	0.81	(0.023)	#	
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)	#	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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, 2017-2018 *(continued)*

Family income in dollars and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
$0 - $24,999:								
2 - 5	0.07	(0.007)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11	0.07	(0.006)	#		0.01	(0.001)	0.01	(0.001)
12 - 19	0.07	(0.004)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
20 and over	0.07	(0.003)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
2 and over	0.07	(0.002)	0.01	(0.002)	0.01	(#)	0.02	(0.003)
$25,000 - $74,999:								
2 - 5	0.07	(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	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.003)
20 and over	0.07	(0.002)	0.02	(0.003)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.001)	0.01	(0.002)	0.01	(#)	0.03	(0.003)
$75,000 and higher:								
2 - 5	0.05	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
6 - 11	0.06	(0.004)	0.01*	(0.003)	0.01	(0.001)	0.01	(0.001)
12 - 19	0.06	(0.005)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
20 and over	0.08	(0.002)	0.02	(0.001)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
All Individuals[2]:								
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	(0.001)
12 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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.

[2] Includes persons of all income levels or with unknown family income.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2020. 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, *What We Eat in America*, NHANES 2017-2018.

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[1]) and Age, in the United States, 2017-2018

Family income as % of poverty level and age (years)	Sample size [2]	Energy kcal	(SE)	Protein g	(SE)	Carbo-hydrate g	(SE)	Total sugars g	(SE)	Dietary fiber g	(SE)	Total fat g	(SE)	Saturated fat g	(SE)	Mono-unsaturated fat g	(SE)	Poly-unsaturated fat g	(SE)
							Nutrient per 1000 kcal												
Under 131% poverty:																			
2 - 5.....	208	1637	(92.3)	35.2	(0.78)	135	(1.3)	65	(1.7)	7.3	(0.39)	37.1	(0.53)	13.0	(0.45)	12.1	(0.20)	8.1	(0.19)
6 - 11.....	282	1958	(62.0)	34.5	(1.09)	131	(2.6)	58	(1.9)	7.7	(0.37)	38.9	(0.85)	13.9	(0.35)	12.5	(0.31)	8.5	(0.25)
12 - 19.....	375	1949	(77.6)	37.9	(1.39)	127	(2.8)	57	(2.0)	7.2	(0.21)	38.3	(0.53)	13.1	(0.29)	12.4	(0.29)	8.9	(0.36)
20 and over...	1180	2124	(55.9)	36.9	(0.67)	122	(1.4)	55	(1.5)	7.8	(0.25)	38.9	(0.59)	12.4	(0.29)	13.2	(0.21)	9.3	(0.32)
2 and over...	2045	2042	(45.4)	36.7	(0.64)	125	(1.2)	57	(1.2)	7.7	(0.21)	38.7	(0.45)	12.7	(0.25)	13.0	(0.16)	9.1	(0.25)
131-350% poverty:																			
2 - 5.....	178	1503	(52.5)	35.4	(0.82)	132	(1.8)	64	(2.6)	8.0	(0.51)	38.4	(0.54)	13.4	(0.41)	12.7	(0.21)	8.4	(0.17)
6 - 11.....	279	1941	(31.2)	33.3	(0.85)	132	(1.6)	62	(2.0)	7.4	(0.18)	39.0	(0.50)	13.7	(0.24)	13.0	(0.16)	8.5	(0.33)
12 - 19.....	372	2085	(48.5)	35.6	(0.68)	127	(1.5)	55	(1.2)	7.3	(0.19)	40.0	(0.64)	13.7	(0.31)	13.1	(0.34)	9.2	(0.25)
20 and over...	1722	2159	(44.9)	38.4	(0.50)	119	(1.1)	51	(0.9)	8.0	(0.19)	40.0	(0.35)	13.1	(0.19)	13.6	(0.15)	9.4	(0.10)
2 and over...	2551	2096	(32.1)	37.5	(0.44)	122	(0.9)	53	(0.7)	7.9	(0.17)	39.8	(0.29)	13.2	(0.15)	13.4	(0.12)	9.3	(0.07)
Over 350% poverty:																			
2 - 5.....	107	1493	(51.4)	34.7	(0.78)	136	(2.5)	65	(2.5)	9.2	(0.56)	37.3	(1.08)	12.7	(0.57)	12.3	(0.42)	8.4	(0.44)
6 - 11.....	159	1927	(68.3)	33.9	(1.59)	132	(2.9)	59	(2.4)	8.2	(0.45)	38.9	(0.97)	13.5	(0.41)	12.8	(0.29)	8.9	(0.40)
12 - 19.....	191	2114	(96.5)	37.5	(2.07)	127	(4.2)	56	(2.6)	7.5	(0.39)	39.4	(1.01)	13.1	(0.42)	12.9	(0.27)	9.6	(0.56)
20 and over...	1282	2176	(36.8)	40.4	(0.62)	111	(0.8)	46	(0.8)	8.3	(0.18)	41.3	(0.42)	13.4	(0.18)	14.1	(0.24)	9.8	(0.25)
2 and over...	1739	2134	(32.6)	39.6	(0.55)	114	(0.8)	48	(0.8)	8.3	(0.17)	40.9	(0.37)	13.4	(0.15)	13.9	(0.19)	9.6	(0.22)
All Individuals[3]:																			
2 - 5.....	540	1542	(31.4)	35.2	(0.42)	134	(0.9)	65	(1.7)	8.0	(0.31)	37.5	(0.37)	13.1	(0.20)	12.3	(0.13)	8.1	(0.15)
6 - 11.....	795	1936	(34.7)	33.9	(0.63)	132	(1.1)	60	(1.2)	7.8	(0.20)	38.9	(0.38)	13.7	(0.18)	12.7	(0.11)	8.6	(0.18)
12 - 19.....	1045	2030	(32.0)	37.1	(0.73)	127	(1.6)	55	(1.2)	7.4	(0.14)	39.2	(0.45)	13.3	(0.16)	12.8	(0.22)	9.3	(0.16)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	130	(11.9)	289	(12.6)	344	(14.0)	71	(17.2)	606	(122.3)	54	(11.4)	2447	(458.4)	389	(47.8)	0.84	(0.022)
6 - 11.....	121	(9.1)	274	(15.1)	335	(19.8)	122	(33.6)	640	(116.5)	42	(6.0)	2267	(248.1)	478	(72.2)	0.85	(0.021)
12 - 19.....	123	(5.6)	213	(6.4)	265	(11.2)	105	(24.7)	559	(91.4)	34	(2.8)	2479	(377.0)	439	(44.9)	0.84	(0.048)
20 and over...	140	(7.2)	180	(7.2)	265	(9.0)	136	(17.3)	934	(89.0)	49	(11.6)	2433	(230.3)	824	(76.6)	0.75	(0.013)
2 and over...	135	(4.8)	203	(6.3)	278	(8.3)	125	(14.6)	821	(75.2)	46	(8.5)	2424	(137.2)	695	(59.6)	0.78	(0.015)
131-350% poverty:																		
2 - 5.....	118	(5.8)	306	(16.6)	371	(16.9)	166	(33.2)	666	(92.9)	61	(7.4)	2070	(361.9)	406	(40.9)	0.84	(0.025)
6 - 11.....	112	(4.9)	270	(10.8)	333	(11.1)	130	(19.3)	662	(66.9)	63	(8.6)	2447	(373.1)	336	(19.4)	0.81	(0.020)
12 - 19.....	121	(4.8)	231	(8.5)	291	(11.5)	107	(22.1)	648	(85.3)	37	(4.0)	2313	(282.4)	467	(81.0)	0.83	(0.020)
20 and over...	144	(4.2)	203	(6.8)	316	(11.7)	199	(22.5)	1231	(87.2)	48	(6.9)	2302	(193.3)	782	(47.0)	0.77	(0.016)
2 and over...	137	(3.3)	218	(6.0)	318	(8.6)	181	(16.1)	1088	(61.5)	49	(5.4)	2302	(166.3)	690	(38.2)	0.79	(0.012)
Over 350% poverty:																		
2 - 5.....	101	(11.4)	277	(17.7)	386	(34.6)	267*	(105.1)	1142	(314.6)	61	(15.4)	1945	(518.6)	552	(111.4)	0.80	(0.038)
6 - 11.....	109	(8.9)	284	(27.1)	338	(29.6)	79	(12.6)	572	(89.4)	51	(7.7)	1800	(284.6)	553	(155.7)	0.84	(0.036)
12 - 19.....	122	(6.8)	229	(27.4)	297	(27.8)	134	(37.0)	726	(100.3)	37	(7.6)	2453	(441.3)	491	(60.6)	0.78	(0.045)
20 and over...	150	(5.5)	207	(7.4)	350	(14.0)	234	(29.8)	1579	(161.3)	40	(3.8)	2558	(240.7)	1083	(172.4)	0.77	(0.014)
2 and over...	143	(4.3)	216	(6.3)	346	(12.1)	217	(24.9)	1434	(137.2)	41	(3.2)	2481	(208.6)	986	(143.7)	0.78	(0.012)
All Individuals[3]:																		
2 - 5.....	122	(6.4)	296	(8.3)	371	(13.9)	163	(33.9)	780	(115.0)	63	(4.6)	2282	(249.4)	448	(38.2)	0.84	(0.018)
6 - 11.....	114	(4.3)	281	(11.1)	338	(13.2)	106	(12.8)	605	(38.6)	52	(4.2)	2154	(140.4)	450	(53.8)	0.84	(0.015)
12 - 19.....	121	(2.4)	220	(9.2)	279	(9.0)	109	(12.2)	634	(51.8)	35	(2.2)	2334	(126.4)	464	(35.4)	0.82	(0.027)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	1.04	(0.024)	10.8	(0.22)	0.96	(0.036)	113	(8.3)	76	(4.5)	268	(14.3)	144	(8.9)	2.60	(0.079)	0.56	(0.057)
6 - 11.....	1.00	(0.032)	11.4	(0.32)	0.92	(0.036)	129	(11.4)	79	(5.4)	299	(18.9)	131	(6.4)	2.58	(0.106)	0.70	(0.063)
12 - 19.....	0.96	(0.047)	13.6	(0.58)	1.13	(0.090)	113	(5.5)	78	(3.4)	269	(10.0)	132	(5.2)	2.74	(0.191)	0.90	(0.191)
20 and over...	0.96	(0.024)	12.3	(0.30)	1.04	(0.041)	83	(3.0)	100	(3.1)	240	(5.2)	151	(3.7)	2.17	(0.087)	0.50	(0.047)
2 and over...	0.97	(0.020)	12.3	(0.27)	1.03	(0.030)	95	(2.7)	93	(2.6)	253	(5.1)	145	(3.1)	2.33	(0.087)	0.59	(0.036)
131-350% poverty:																		
2 - 5.....	1.04	(0.035)	10.8	(0.30)	1.00	(0.025)	103	(5.4)	79	(4.8)	253	(11.1)	142	(4.0)	2.63	(0.118)	0.64	(0.058)
6 - 11.....	0.95	(0.033)	10.9	(0.29)	0.88	(0.025)	111	(7.8)	72	(1.7)	261	(12.9)	124	(3.4)	2.30	(0.104)	0.58	(0.060)
12 - 19.....	0.92	(0.022)	11.6	(0.26)	0.87	(0.032)	107	(5.9)	81	(3.4)	262	(9.8)	129	(3.2)	2.23	(0.098)	0.50	(0.064)
20 and over...	1.04	(0.040)	12.7	(0.41)	1.05	(0.045)	86	(2.7)	99	(2.3)	245	(4.4)	159	(3.8)	2.36	(0.115)	0.56	(0.102)
2 and over...	1.02	(0.033)	12.4	(0.31)	1.01	(0.034)	91	(2.4)	94	(2.0)	249	(3.7)	152	(3.0)	2.36	(0.088)	0.56	(0.077)
Over 350% poverty:																		
2 - 5.....	1.03	(0.040)	10.5	(0.52)	0.97	(0.053)	93	(9.8)	88	(6.4)	246	(18.0)	136	(7.2)	2.19	(0.162)	0.33	(0.075)
6 - 11.....	0.95	(0.039)	11.2	(0.78)	0.95	(0.080)	108	(6.7)	82	(4.0)	266	(10.4)	124	(5.9)	2.25	(0.176)	0.67	(0.118)
12 - 19.....	0.90	(0.049)	12.3	(0.52)	0.96	(0.053)	93	(9.1)	85	(4.7)	242	(14.1)	131	(5.4)	2.01	(0.197)	0.49*	(0.147)
20 and over...	1.09	(0.035)	12.7	(0.31)	1.06	(0.034)	79	(3.0)	110	(2.8)	244	(4.6)	164	(3.5)	2.40	(0.100)	0.48	(0.081)
2 and over...	1.06	(0.030)	12.5	(0.26)	1.04	(0.029)	83	(2.5)	105	(2.5)	245	(4.2)	158	(2.8)	2.35	(0.084)	0.49	(0.074)
All Individuals[3]:																		
2 - 5.....	1.04	(0.018)	10.7	(0.16)	0.98	(0.018)	104	(4.6)	81	(2.8)	257	(8.2)	144	(4.4)	2.55	(0.081)	0.54	(0.043)
6 - 11.....	0.98	(0.020)	11.3	(0.30)	0.93	(0.033)	118	(4.4)	77	(2.2)	278	(7.1)	127	(2.9)	2.42	(0.077)	0.70	(0.050)
12 - 19.....	0.92	(0.023)	12.5	(0.29)	0.97	(0.039)	105	(3.6)	81	(2.0)	258	(6.4)	130	(2.2)	2.32	(0.097)	0.61	(0.089)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal															
	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)
Under 131% poverty:																
2 - 5.....	50.4	(3.30)	3.6	(0.21)	3.4	(0.11)	0.2*	(0.06)	29.5	(2.99)	605	(18.2)	711	(13.5)	131	(2.3)
6 - 11.....	34.8	(3.17)	2.8	(0.15)	3.8	(0.16)	0.4	(0.12)	37.0	(5.42)	548	(18.6)	665	(15.6)	123	(2.9)
12 - 19.....	36.6	(2.40)	2.4	(0.16)	4.0	(0.17)	0.5*	(0.14)	37.7	(3.52)	499	(21.5)	661	(21.0)	129	(4.6)
20 and over...	36.2	(1.42)	2.1	(0.14)	4.4	(0.33)	0.4	(0.10)	57.3	(3.76)	469	(15.2)	646	(11.7)	146	(4.8)
2 and over...	37.2	(1.25)	2.3	(0.11)	4.2	(0.21)	0.4	(0.07)	50.0	(3.10)	493	(12.1)	655	(9.9)	140	(3.5)
131-350% poverty:																
2 - 5.....	51.2	(3.97)	3.5	(0.27)	3.8	(0.10)	0.3	(0.08)	32.0	(3.41)	637	(28.3)	722	(15.1)	137	(2.6)
6 - 11.....	34.8	(2.17)	2.5	(0.15)	4.0	(0.17)	0.4*	(0.14)	29.0	(2.26)	507	(20.3)	650	(16.3)	119	(2.8)
12 - 19.....	33.2	(3.91)	2.1	(0.15)	3.8	(0.14)	0.3*	(0.11)	37.2	(3.86)	491	(13.0)	634	(10.7)	121	(2.4)
20 and over...	39.6	(2.47)	2.1	(0.10)	4.4	(0.12)	0.6	(0.09)	57.8	(2.23)	472	(11.0)	665	(8.0)	148	(2.2)
2 and over...	39.1	(2.08)	2.2	(0.09)	4.3	(0.09)	0.5	(0.06)	51.7	(1.91)	486	(9.8)	663	(7.1)	142	(2.0)
Over 350% poverty:																
2 - 5.....	60.8	(7.71)	3.5	(0.25)	4.3	(0.33)	0.6*	(0.26)	46.4	(7.70)	641	(20.9)	752	(22.5)	146	(6.7)
6 - 11.....	53.3	(6.61)	2.4	(0.16)	4.8	(0.57)	1.0*	(0.58)	42.4	(6.68)	534	(12.0)	660	(18.1)	129	(4.0)
12 - 19.....	34.6	(3.43)	1.8	(0.22)	4.2	(0.17)	0.4*	(0.16)	47.0	(5.43)	479	(16.0)	644	(19.2)	126	(3.6)
20 and over...	40.1	(1.49)	2.1	(0.12)	4.8	(0.13)	0.7	(0.09)	74.5	(7.80)	512	(33.1)	675	(7.4)	162	(6.5)
2 and over...	41.2	(1.58)	2.1	(0.10)	4.7	(0.11)	0.7	(0.08)	69.4	(6.58)	515	(27.4)	674	(5.8)	157	(5.2)
All Individuals[3]:																
2 - 5.....	54.9	(2.77)	3.6	(0.14)	3.8	(0.08)	0.4	(0.08)	34.1	(2.44)	630	(15.9)	727	(9.3)	137	(2.6)
6 - 11.....	41.3	(2.79)	2.7	(0.07)	4.2	(0.22)	0.6*	(0.22)	35.6	(2.39)	532	(9.9)	661	(9.2)	124	(1.6)
12 - 19.....	34.1	(1.43)	2.1	(0.09)	4.0	(0.07)	0.4	(0.07)	40.8	(2.05)	487	(9.9)	644	(9.5)	125	(2.2)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	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)
Under 131% poverty:																		
2 - 5.....	7.2	(0.17)	5.1	(0.12)	0.4	(0.01)	47.0	(1.13)	1280	(28.7)	1475	(23.5)	7.0	(2.04)	22.8	(4.41)	--	--
6 - 11.....	7.6	(0.19)	5.4	(0.19)	0.5	(0.01)	48.9	(1.57)	1105	(28.8)	1565	(43.3)	10.6	(1.77)	22.3	(2.37)	--	--
12 - 19.....	6.9	(0.20)	5.2	(0.19)	0.5	(0.02)	55.2	(1.51)	1087	(25.4)	1624	(24.3)	23.8	(1.92)	20.5	(2.32)	--	--
20 and over...	6.6	(0.08)	4.9	(0.08)	0.6	(0.03)	54.3	(1.54)	1251	(30.8)	1615	(23.2)	94.6	(8.22)	16.8	(1.65)	3.7	(0.37)
2 and over...	6.8	(0.07)	5.0	(0.07)	0.5	(0.02)	53.3	(1.05)	1213	(24.5)	1600	(17.9)	68.2	(5.71)	18.4	(1.13)	--	--
131-350% poverty:																		
2 - 5.....	6.7	(0.28)	5.1	(0.24)	0.5	(0.01)	45.1	(1.55)	1324	(31.4)	1372	(45.4)	5.3*	(1.90)	18.3	(2.70)	--	--
6 - 11.....	7.1	(0.28)	4.9	(0.20)	0.4	(0.01)	46.3	(1.21)	1073	(18.6)	1495	(37.4)	7.8	(0.91)	30.0	(2.55)	--	--
12 - 19.....	7.0	(0.22)	5.0	(0.14)	0.5	(0.01)	51.3	(1.26)	1076	(24.8)	1616	(27.0)	21.1	(2.84)	20.1	(1.36)	--	--
20 and over...	7.0	(0.14)	5.2	(0.05)	0.6	(0.01)	53.7	(0.91)	1266	(22.1)	1672	(14.2)	92.2	(8.35)	17.2	(1.45)	3.4	(0.44)
2 and over...	7.0	(0.13)	5.2	(0.06)	0.5	(0.01)	52.3	(0.79)	1232	(17.7)	1635	(12.8)	72.5	(6.18)	18.7	(1.16)	--	--
Over 350% poverty:																		
2 - 5.....	6.7	(0.41)	4.9	(0.23)	0.5	(0.02)	42.6	(1.69)	1370	(47.9)	1420	(47.0)	4.5*	(1.43)	28.2	(7.41)	--	--
6 - 11.....	7.4	(0.33)	4.9	(0.23)	0.5	(0.04)	47.2	(2.39)	1098	(41.6)	1465	(48.7)	5.9	(1.34)	35.5	(5.37)	--	--
12 - 19.....	7.1	(0.43)	4.8	(0.25)	0.5	(0.02)	51.1	(2.35)	1096	(26.1)	1694	(59.0)	16.8	(2.41)	21.1	(4.09)	--	--
20 and over...	6.8	(0.10)	5.4	(0.12)	0.7	(0.03)	55.9	(0.85)	1321	(20.6)	1832	(146.1)	94.4	(4.48)	18.6	(0.88)	5.1	(0.40)
2 and over...	6.8	(0.09)	5.3	(0.11)	0.6	(0.02)	54.5	(0.80)	1291	(19.2)	1784	(124.6)	79.8	(4.09)	20.2	(1.16)	--	--
All Individuals[3]:																		
2 - 5.....	6.9	(0.16)	5.1	(0.13)	0.5	(0.01)	45.5	(0.80)	1330	(20.4)	1412	(24.0)	5.6	(1.39)	22.2	(3.02)	--	--
6 - 11.....	7.5	(0.17)	5.1	(0.11)	0.5	(0.01)	47.4	(1.00)	1098	(14.9)	1506	(26.7)	7.8	(0.85)	29.3	(1.54)	--	--
12 - 19.....	7.0	(0.16)	5.0	(0.10)	0.5	(0.01)	53.0	(0.98)	1087	(14.1)	1652	(20.2)	22.2	(1.68)	20.4	(1.42)	--	--
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)	--	--

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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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	*Nutrient per 1000 kcal* SFA 4:0 g	(SE)	SFA 6:0 g	(SE)	SFA 8:0 g	(SE)	SFA 10:0 g	(SE)	SFA 12:0 g	(SE)	SFA 14:0 g	(SE)	SFA 16:0 g	(SE)	SFA 18:0 g	(SE)
Under 131% poverty:																
2 - 5.....	0.25	(0.021)	0.18	(0.014)	0.14	(0.012)	0.29	(0.021)	0.43	(0.035)	1.18	(0.082)	7.16	(0.183)	2.90	(0.101)
6 - 11.....	0.25	(0.010)	0.18	(0.007)	0.15	(0.006)	0.30	(0.010)	0.55	(0.053)	1.25	(0.041)	7.52	(0.217)	3.16	(0.117)
12 - 19.....	0.24	(0.011)	0.16	(0.007)	0.14	(0.007)	0.28	(0.013)	0.48	(0.033)	1.16	(0.046)	7.16	(0.156)	3.04	(0.082)
20 and over...	0.20	(0.007)	0.14	(0.004)	0.12	(0.005)	0.23	(0.007)	0.43	(0.027)	1.01	(0.035)	6.83	(0.139)	3.01	(0.078)
2 and over...	0.22	(0.006)	0.15	(0.004)	0.12	(0.004)	0.25	(0.006)	0.45	(0.019)	1.07	(0.031)	6.98	(0.120)	3.02	(0.066)
131-350% poverty:																
2 - 5.....	0.28	(0.016)	0.19	(0.011)	0.15	(0.010)	0.32	(0.018)	0.56	(0.088)	1.30	(0.077)	7.16	(0.203)	2.89	(0.064)
6 - 11.....	0.26	(0.011)	0.17	(0.007)	0.14	(0.005)	0.28	(0.010)	0.49	(0.032)	1.19	(0.035)	7.48	(0.154)	3.16	(0.081)
12 - 19.....	0.26	(0.017)	0.17	(0.011)	0.14	(0.008)	0.28	(0.014)	0.47	(0.040)	1.22	(0.051)	7.45	(0.158)	3.23	(0.088)
20 and over...	0.23	(0.007)	0.15	(0.004)	0.13	(0.005)	0.26	(0.007)	0.47	(0.027)	1.10	(0.025)	7.13	(0.090)	3.12	(0.051)
2 and over...	0.24	(0.006)	0.16	(0.004)	0.13	(0.004)	0.27	(0.006)	0.48	(0.021)	1.13	(0.023)	7.19	(0.073)	3.12	(0.040)
Over 350% poverty:																
2 - 5.....	0.25	(0.022)	0.18	(0.015)	0.14	(0.012)	0.29	(0.023)	0.51	(0.064)	1.17	(0.087)	6.78	(0.312)	2.84	(0.130)
6 - 11.....	0.28	(0.017)	0.18	(0.011)	0.14	(0.007)	0.29	(0.015)	0.47	(0.051)	1.16	(0.055)	7.31	(0.243)	3.17	(0.094)
12 - 19.....	0.26	(0.020)	0.17	(0.013)	0.14	(0.013)	0.28	(0.021)	0.50	(0.075)	1.17	(0.080)	7.12	(0.193)	3.02	(0.080)
20 and over...	0.26	(0.010)	0.17	(0.008)	0.14	(0.006)	0.29	(0.011)	0.47	(0.028)	1.19	(0.038)	7.24	(0.068)	3.19	(0.040)
2 and over...	0.26	(0.009)	0.17	(0.007)	0.14	(0.005)	0.29	(0.009)	0.47	(0.023)	1.18	(0.031)	7.22	(0.055)	3.16	(0.037)
All Individuals[3]:																
2 - 5.....	0.26	(0.009)	0.18	(0.007)	0.15	(0.005)	0.31	(0.010)	0.50	(0.043)	1.23	(0.040)	7.07	(0.088)	2.89	(0.025)
6 - 11.....	0.26	(0.007)	0.18	(0.004)	0.14	(0.003)	0.29	(0.006)	0.51	(0.027)	1.19	(0.028)	7.44	(0.102)	3.15	(0.053)
12 - 19.....	0.25	(0.008)	0.17	(0.005)	0.14	(0.004)	0.28	(0.008)	0.48	(0.020)	1.18	(0.027)	7.23	(0.091)	3.09	(0.044)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(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)
	Nutrient per 1000 kcal													
Under 131% poverty:														
2 - 5.....	0.50	(0.019)	11.48	(0.188)	0.14	(0.008)	0.01	(0.001)	7.34	(0.159)	0.67	(0.031)	#	
6 - 11.....	0.50	(0.034)	11.83	(0.276)	0.13	(0.005)	0.01	(0.002)	7.65	(0.223)	0.70	(0.022)	#	
12 - 19.....	0.53	(0.025)	11.68	(0.275)	0.14	(0.006)	0.01	(0.001)	8.01	(0.314)	0.77	(0.046)	#	
20 and over...	0.53	(0.013)	12.48	(0.202)	0.15	(0.005)	0.01	(0.002)	8.32	(0.323)	0.84	(0.022)	#	
2 and over...	0.52	(0.011)	12.21	(0.151)	0.14	(0.004)	0.01	(0.001)	8.13	(0.247)	0.80	(0.021)	#	
131-350% poverty:														
2 - 5.....	0.49	(0.028)	12.06	(0.203)	0.14	(0.006)	0.01	(0.002)	7.58	(0.152)	0.68	(0.032)	#	
6 - 11.....	0.47	(0.022)	12.38	(0.152)	0.15	(0.006)	0.01	(0.003)	7.71	(0.298)	0.69	(0.033)	#	
12 - 19.....	0.55	(0.022)	12.31	(0.329)	0.14	(0.005)	0.01	(0.002)	8.24	(0.246)	0.79	(0.018)	#	
20 and over...	0.54	(0.011)	12.80	(0.140)	0.15	(0.003)	0.02	(0.004)	8.37	(0.088)	0.87	(0.015)	#	
2 and over...	0.53	(0.010)	12.67	(0.107)	0.15	(0.002)	0.02	(0.004)	8.26	(0.062)	0.83	(0.012)	#	
Over 350% poverty:														
2 - 5.....	0.41	(0.030)	11.83	(0.409)	0.13	(0.008)	0.01	(0.001)	7.53	(0.414)	0.74	(0.043)	#	
6 - 11.....	0.44	(0.033)	12.19	(0.272)	0.12	(0.006)	0.01	(0.002)	8.02	(0.376)	0.76	(0.034)	#	
12 - 19.....	0.51	(0.026)	12.19	(0.250)	0.13	(0.005)	0.01	(0.002)	8.57	(0.486)	0.89	(0.075)	#	
20 and over...	0.57	(0.015)	13.28	(0.234)	0.16	(0.004)	0.02	(0.002)	8.62	(0.215)	0.94	(0.037)	#	
2 and over...	0.55	(0.012)	13.08	(0.188)	0.15	(0.004)	0.02	(0.002)	8.54	(0.195)	0.92	(0.034)	#	
All Individuals[3]:														
2 - 5.....	0.48	(0.012)	11.70	(0.133)	0.14	(0.005)	0.01	(0.001)	7.35	(0.137)	0.68	(0.016)	#	
6 - 11.....	0.47	(0.016)	12.09	(0.109)	0.13	(0.002)	0.01	(0.001)	7.80	(0.167)	0.72	(0.016)	#	
12 - 19.....	0.53	(0.016)	12.06	(0.204)	0.13	(0.004)	0.01	(0.001)	8.31	(0.140)	0.81	(0.023)	#	
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)	#	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

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[1]) and Age, in the United States, 2017-2018 *(continued)*

Family income as % of poverty level and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Under 131% poverty:								
2 - 5	0.07	(0.005)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11	0.07	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.004)
20 and over	0.07	(0.004)	0.01	(0.002)	0.01	(0.001)	0.03	(0.002)
2 and over	0.07	(0.003)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
131-350% poverty:								
2 - 5	0.06	(0.003)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
6 - 11	0.06	(0.003)	0.01	(#)	0.01	(#)	0.01	(0.001)
12 - 19	0.06	(0.004)	0.01	(0.001)	0.01	(#)	0.01	(0.003)
20 and over	0.07	(0.002)	0.02	(0.003)	0.01	(0.001)	0.03	(0.005)
2 and over	0.07	(0.002)	0.01	(0.003)	0.01	(#)	0.03	(0.004)
Over 350% poverty:								
2 - 5	0.05	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
6 - 11	0.06	(0.004)	0.01*	(0.004)	0.01	(0.001)	0.01	(0.002)
12 - 19	0.06	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
20 and over	0.08	(0.003)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
All Individuals[3]:								
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	(0.001)
12 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
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)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 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] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

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

[3] 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 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.

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 [1], by Male/Female and Age, in the United States, 2017-2018

Food energy

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake kcal	(SE)	All Individuals [2]: Intake from Full Service Restaurants kcal	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake kcal	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants kcal	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake kcal	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1656	(53.0)	37*	(11.7)	2*	(0.7)	--		--		--		1648	(46.5)
6 - 11	383	7	(1.0)	2006	(54.0)	45	(8.1)	2*	(0.4)	--		--		--		2000	(54.5)
12 - 19	531	13	(1.8)	2275	(43.2)	131	(17.8)	6	(0.8)	--		--		--		2232	(50.7)
20 - 39	664	22	(1.9)	2526	(46.1)	237	(37.0)	9	(1.4)	2710	(179.2)	1063	(119.2)	39	(3.0)	2473	(51.0)
40 - 59	715	28	(2.9)	2578	(67.7)	330	(39.7)	13	(1.4)	2828	(118.3)	1159	(81.9)	41	(2.4)	2478	(76.7)
60 and over	928	22	(2.3)	2312	(41.5)	214	(31.0)	9	(1.3)	2504	(150.8)	986	(86.7)	39	(2.1)	2259	(45.2)
2 - 19	1174	10	(0.9)	2055	(25.5)	83	(8.5)	4	(0.4)	2319	(94.2)	838	(46.0)	36	(2.5)	2026	(25.0)
20 and over	2307	24	(1.6)	2485	(23.9)	264	(17.1)	11	(0.7)	2708	(75.1)	1084	(47.4)	40	(1.6)	2414	(31.7)
2 and over	3481	21	(1.4)	2378	(21.9)	218	(14.2)	9	(0.6)	2662	(66.0)	1055	(43.8)	40	(1.5)	2304	(24.4)
Females:																	
2 - 5	280	11	(1.5)	1424	(45.7)	42	(8.9)	3*	(0.7)	--		--		--		1407	(51.8)
6 - 11	412	11	(2.4)	1864	(40.3)	82	(18.6)	4*	(1.0)	--		--		--		1833	(36.1)
12 - 19	514	15	(2.0)	1768	(44.7)	119	(27.1)	7	(1.4)	2083	(149.1)	771	(90.9)	37	(2.9)	1711	(32.3)
20 - 39	766	24	(2.3)	1936	(25.5)	193	(20.4)	10	(1.0)	2037	(46.7)	801	(53.2)	39	(2.2)	1903	(23.0)
40 - 59	786	23	(2.3)	1868	(70.3)	164	(20.5)	9	(1.1)	1973	(104.7)	723	(57.6)	37	(3.5)	1837	(88.0)
60 and over	883	25	(3.0)	1727	(46.0)	170	(21.5)	10	(1.2)	1755	(82.7)	690	(47.5)	39	(3.1)	1718	(45.8)
2 - 19	1206	13	(1.7)	1726	(27.0)	90	(17.2)	5	(1.0)	1997	(90.5)	693	(53.8)	35	(1.8)	1686	(22.3)
20 and over	2435	24	(1.5)	1849	(28.3)	176	(13.5)	10	(0.8)	1927	(54.4)	741	(38.4)	38	(2.2)	1825	(32.0)
2 and over	3641	21	(1.5)	1821	(21.7)	157	(13.0)	9	(0.7)	1937	(51.1)	734	(32.4)	38	(1.9)	1790	(23.2)
Males and Females:																	
2 - 19	2380	11	(1.0)	1894	(18.2)	86	(9.8)	5	(0.5)	2140	(56.6)	757	(35.9)	35	(1.6)	1863	(16.8)
20 and over	4742	24	(1.3)	2155	(18.8)	218	(12.9)	10	(0.6)	2306	(46.3)	907	(34.6)	39	(1.5)	2106	(23.1)
2 and over	7122	21	(1.2)	2093	(14.2)	187	(11.4)	9	(0.5)	2285	(40.5)	888	(30.1)	39	(1.3)	2041	(16.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Protein

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	56.7	(1.27)	1.4	(0.39)	3*	(0.7)	--		--		--		57.0	(1.30)
6 - 11	383	7	(1.0)	68.8	(2.09)	1.9	(0.33)	3*	(0.4)	--		--		--		68.4	(2.04)
12 - 19	531	13	(1.8)	86.5	(3.49)	6.0	(0.94)	7	(1.0)	--		--		--		84.6	(3.71)
20 - 39	664	22	(1.9)	97.4	(1.80)	9.7	(1.73)	10	(1.7)	105.1	(6.87)	43.7	(5.68)	42	(3.6)	95.2	(2.09)
40 - 59	715	28	(2.9)	99.9	(3.05)	14.7	(1.88)	15	(1.7)	108.0	(5.47)	51.8	(4.14)	48	(2.0)	96.6	(3.72)
60 and over	928	22	(2.3)	87.0	(2.21)	10.1	(1.71)	12	(1.9)	98.1	(6.48)	46.5	(4.92)	47	(3.1)	83.9	(2.38)
2 - 19	1174	10	(0.9)	74.3	(1.59)	3.7	(0.41)	5	(0.5)	85.9	(6.75)	37.3	(2.55)	43	(4.0)	73.1	(1.55)
20 and over	2307	24	(1.6)	95.4	(1.29)	11.6	(0.90)	12	(0.9)	104.6	(3.54)	47.8	(2.52)	46	(1.5)	92.4	(1.61)
2 and over	3481	21	(1.4)	90.1	(1.23)	9.6	(0.75)	11	(0.8)	102.3	(3.17)	46.5	(2.32)	45	(1.5)	87.0	(1.27)
Females:																	
2 - 5	280	11	(1.5)	49.3	(1.53)	1.5	(0.34)	3*	(0.7)	--		--		--		49.0	(1.63)
6 - 11	412	11	(2.4)	60.7	(1.61)	2.9	(0.85)	5*	(1.3)	--		--		--		60.1	(1.56)
12 - 19	514	15	(2.0)	62.0	(2.77)	5.4	(1.23)	9	(1.7)	78.9	(6.96)	35.1	(4.28)	44	(3.6)	58.9	(2.22)
20 - 39	766	24	(2.3)	71.4	(1.28)	7.2	(0.84)	10	(1.1)	75.7	(3.24)	29.9	(2.29)	40	(2.9)	70.1	(1.22)
40 - 59	786	23	(2.3)	69.4	(2.70)	7.6	(1.07)	11	(1.5)	77.0	(3.32)	33.3	(3.05)	43	(4.7)	67.1	(3.40)
60 and over	883	25	(3.0)	66.9	(2.06)	7.4	(1.03)	11	(1.7)	66.3	(2.96)	29.9	(2.50)	45	(4.4)	67.1	(2.22)
2 - 19	1206	13	(1.7)	58.8	(1.51)	3.7	(0.79)	6	(1.2)	70.2	(4.92)	28.8	(2.85)	41	(2.2)	57.1	(1.19)
20 and over	2435	24	(1.5)	69.4	(1.35)	7.4	(0.67)	11	(1.0)	73.2	(2.51)	31.0	(1.62)	42	(2.8)	68.2	(1.37)
2 and over	3641	21	(1.5)	67.0	(1.08)	6.6	(0.64)	10	(0.9)	72.7	(2.33)	30.7	(1.50)	42	(2.4)	65.4	(1.03)
Males and Females:																	
2 - 19	2380	11	(1.0)	66.8	(1.34)	3.7	(0.48)	6	(0.7)	77.2	(3.70)	32.5	(2.03)	42	(2.2)	65.4	(1.17)
20 and over	4742	24	(1.3)	81.9	(0.93)	9.4	(0.66)	11	(0.8)	88.4	(2.07)	39.1	(1.60)	44	(1.6)	79.8	(1.16)
2 and over	7122	21	(1.2)	78.3	(0.88)	8.1	(0.58)	10	(0.7)	87.0	(1.86)	38.3	(1.49)	44	(1.4)	76.0	(0.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Carbohydrate

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake g	(SE)	All Individuals [2]: Intake from Full Service Restaurants g	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake g	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	220	(8.1)	4*	(1.3)	2*	(0.6)	--		--		--		218	(6.6)
6 - 11	383	7	(1.0)	260	(7.1)	5	(0.8)	2*	(0.3)	--		--		--		260	(7.2)
12 - 19	531	13	(1.8)	283	(4.5)	14	(2.2)	5	(0.8)	--		--		--		279	(5.8)
20 - 39	664	22	(1.9)	284	(4.9)	23	(3.4)	8	(1.2)	283	(18.9)	105	(11.5)	37	(3.2)	284	(6.5)
40 - 59	715	28	(2.9)	293	(6.6)	29	(3.1)	10	(1.1)	293	(13.5)	103	(6.7)	35	(2.4)	293	(9.7)
60 and over	928	22	(2.3)	263	(5.2)	19	(2.8)	7	(1.0)	269	(15.2)	88	(7.9)	33	(2.2)	262	(6.1)
2 - 19	1174	10	(0.9)	262	(2.8)	9	(1.1)	3	(0.4)	286	(13.2)	88	(6.8)	31	(2.7)	259	(3.2)
20 and over	2307	24	(1.6)	281	(3.2)	24	(1.7)	9	(0.6)	284	(9.7)	100	(5.4)	35	(1.6)	281	(3.6)
2 and over	3481	21	(1.4)	277	(2.6)	20	(1.3)	7	(0.5)	284	(7.9)	99	(4.7)	35	(1.4)	275	(2.5)
Females:																	
2 - 5	280	11	(1.5)	193	(6.9)	5	(0.9)	2*	(0.5)	--		--		--		190	(7.8)
6 - 11	412	11	(2.4)	247	(6.6)	10	(2.1)	4*	(0.8)	--		--		--		244	(6.1)
12 - 19	514	15	(2.0)	222	(4.9)	12	(2.7)	5	(1.2)	234	(13.0)	79	(8.6)	34	(2.7)	220	(5.0)
20 - 39	766	24	(2.3)	226	(3.9)	18	(1.9)	8	(0.9)	223	(5.8)	76	(5.5)	34	(2.2)	227	(4.5)
40 - 59	786	23	(2.3)	221	(10.2)	15	(1.9)	7	(1.0)	212	(10.6)	67	(6.2)	32	(3.6)	223	(12.5)
60 and over	883	25	(3.0)	202	(5.7)	17	(2.2)	8	(1.1)	191	(9.4)	67	(5.6)	35	(2.7)	206	(6.3)
2 - 19	1206	13	(1.7)	224	(3.7)	10	(1.8)	4	(0.8)	240	(7.5)	75	(5.1)	31	(1.6)	222	(3.9)
20 and over	2435	24	(1.5)	217	(3.8)	17	(1.3)	8	(0.7)	209	(5.4)	70	(4.2)	34	(2.0)	219	(4.7)
2 and over	3641	21	(1.5)	219	(3.0)	15	(1.3)	7	(0.6)	214	(4.9)	71	(3.7)	33	(1.7)	220	(3.5)
Males and Females:																	
2 - 19	2380	11	(1.0)	243	(2.3)	9	(1.0)	4	(0.4)	261	(6.5)	81	(4.3)	31	(1.6)	241	(2.3)
20 and over	4742	24	(1.3)	248	(3.0)	20	(1.2)	8	(0.5)	245	(5.5)	85	(3.8)	34	(1.5)	249	(3.6)
2 and over	7122	21	(1.2)	247	(2.2)	18	(1.1)	7	(0.4)	247	(4.3)	84	(3.2)	34	(1.3)	247	(2.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	106	(5.8)	1*	(0.4)	1*	(0.4)	--		--		--		104	(4.7)
6 - 11	383	7	(1.0)	118	(3.1)	2	(0.3)	1*	(0.2)	--		--		--		118	(3.4)
12 - 19	531	13	(1.8)	126	(3.4)	5	(0.9)	4	(0.7)	--		--		--		123	(3.4)
20 - 39	664	22	(1.9)	114	(3.5)	7	(1.1)	6	(0.9)	101	(7.2)	29	(4.8)	29	(4.4)	118	(4.1)
40 - 59	715	28	(2.9)	128	(5.9)	8	(1.2)	6	(0.8)	123	(12.5)	29	(4.3)	23	(3.5)	130	(5.9)
60 and over	928	22	(2.3)	114	(2.6)	5	(1.0)	5	(0.8)	113	(7.3)	25	(3.2)	22	(2.5)	114	(3.3)
2 - 19	1174	10	(0.9)	119	(1.9)	3	(0.4)	3	(0.3)	134	(12.3)	30	(3.8)	23	(2.7)	117	(1.8)
20 and over	2307	24	(1.6)	119	(2.7)	7	(0.7)	6	(0.5)	113	(5.9)	28	(3.0)	25	(2.5)	121	(2.2)
2 and over	3481	21	(1.4)	119	(2.3)	6	(0.5)	5	(0.4)	115	(5.7)	28	(2.9)	25	(2.1)	120	(1.7)
Females:																	
2 - 5	280	11	(1.5)	95	(4.8)	1	(0.3)	1*	(0.3)	--		--		--		94	(5.2)
6 - 11	412	11	(2.4)	112	(4.2)	4	(0.9)	4*	(0.8)	--		--		--		110	(4.0)
12 - 19	514	15	(2.0)	97	(2.9)	4*	(1.3)	4*	(1.3)	101	(7.4)	27	(5.6)	27	(4.9)	96	(2.9)
20 - 39	766	24	(2.3)	97	(3.1)	6	(0.9)	6	(0.9)	90	(5.7)	24	(2.8)	27	(2.1)	100	(3.2)
40 - 59	786	23	(2.3)	101	(5.6)	5	(0.6)	5	(0.7)	85	(5.1)	21	(2.2)	25	(2.6)	106	(6.8)
60 and over	883	25	(3.0)	89	(3.8)	5	(1.0)	6	(1.0)	80	(4.9)	22	(3.0)	28	(3.5)	92	(4.3)
2 - 19	1206	13	(1.7)	102	(2.4)	4	(0.8)	3	(0.8)	109	(4.7)	27	(3.3)	25	(2.6)	100	(2.5)
20 and over	2435	24	(1.5)	96	(2.0)	5	(0.5)	6	(0.6)	85	(3.6)	23	(1.7)	27	(1.8)	99	(2.5)
2 and over	3641	21	(1.5)	97	(1.5)	5	(0.5)	5	(0.5)	88	(2.9)	23	(1.5)	26	(1.6)	100	(1.7)
Males and Females:																	
2 - 19	2380	11	(1.0)	110	(1.3)	3	(0.4)	3	(0.4)	120	(6.3)	29	(2.4)	24	(1.9)	109	(1.0)
20 and over	4742	24	(1.3)	107	(1.7)	6	(0.5)	6	(0.4)	99	(2.8)	25	(1.9)	26	(1.9)	110	(1.9)
2 and over	7122	21	(1.2)	108	(1.4)	5	(0.4)	5	(0.4)	101	(2.6)	26	(1.7)	25	(1.6)	110	(1.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Dietary fiber

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	12.4	(0.52)	0.3*	(0.11)	2*	(0.8)	--		--		--		12.5	(0.47)
6 - 11	383	7	(1.0)	14.9	(0.87)	0.3	(0.07)	2*	(0.4)	--		--		--		15.0	(0.89)
12 - 19	531	13	(1.8)	15.7	(0.47)	0.8	(0.16)	5	(1.0)	--		--		--		15.5	(0.52)
20 - 39	664	22	(1.9)	18.1	(0.57)	1.5	(0.32)	8	(1.7)	17.9	(1.76)	6.9	(1.13)	38	(3.9)	18.2	(0.70)
40 - 59	715	28	(2.9)	19.2	(0.57)	2.1	(0.36)	11	(1.7)	19.7	(1.22)	7.3	(0.85)	37	(3.1)	19.0	(0.77)
60 and over	928	22	(2.3)	17.7	(0.63)	1.5	(0.26)	8	(1.3)	17.8	(1.29)	6.7	(0.82)	38	(2.9)	17.6	(0.59)
2 - 19	1174	10	(0.9)	14.7	(0.38)	0.5	(0.07)	4	(0.5)	15.1	(1.16)	5.3	(0.59)	35	(4.1)	14.7	(0.36)
20 and over	2307	24	(1.6)	18.4	(0.38)	1.7	(0.19)	9	(0.9)	18.6	(0.96)	7.0	(0.57)	38	(1.8)	18.3	(0.43)
2 and over	3481	21	(1.4)	17.5	(0.34)	1.4	(0.16)	8	(0.8)	18.2	(0.91)	6.8	(0.53)	37	(1.8)	17.3	(0.33)
Females:																	
2 - 5	280	11	(1.5)	11.8	(0.45)	0.3*	(0.12)	3*	(1.0)	--		--		--		11.5	(0.54)
6 - 11	412	11	(2.4)	14.6	(0.44)	0.5	(0.10)	3*	(0.7)	--		--		--		14.8	(0.44)
12 - 19	514	15	(2.0)	13.5	(0.55)	0.8	(0.18)	6	(1.3)	14.1	(1.04)	5.5	(0.73)	39	(4.5)	13.4	(0.63)
20 - 39	766	24	(2.3)	15.7	(0.48)	1.3	(0.16)	8	(0.9)	16.1	(0.96)	5.5	(0.29)	34	(2.5)	15.6	(0.53)
40 - 59	786	23	(2.3)	14.9	(0.73)	1.1	(0.15)	7	(1.0)	15.5	(0.65)	4.6	(0.53)	30	(3.3)	14.8	(0.89)
60 and over	883	25	(3.0)	15.7	(0.57)	1.2	(0.15)	7	(0.9)	14.4	(1.00)	4.7	(0.45)	33	(2.8)	16.2	(0.55)
2 - 19	1206	13	(1.7)	13.5	(0.28)	0.6	(0.11)	5	(0.8)	13.7	(0.67)	4.7	(0.48)	34	(2.8)	13.5	(0.33)
20 and over	2435	24	(1.5)	15.5	(0.44)	1.2	(0.10)	8	(0.6)	15.4	(0.54)	5.0	(0.29)	32	(2.2)	15.5	(0.49)
2 and over	3641	21	(1.5)	15.0	(0.37)	1.1	(0.10)	7	(0.6)	15.1	(0.50)	4.9	(0.27)	33	(1.9)	15.0	(0.40)
Males and Females:																	
2 - 19	2380	11	(1.0)	14.1	(0.27)	0.6	(0.06)	4	(0.4)	14.3	(0.61)	5.0	(0.35)	35	(2.5)	14.1	(0.26)
20 and over	4742	24	(1.3)	16.9	(0.39)	1.4	(0.13)	9	(0.7)	16.9	(0.60)	6.0	(0.35)	35	(1.5)	16.8	(0.43)
2 and over	7122	21	(1.2)	16.2	(0.33)	1.2	(0.11)	8	(0.6)	16.6	(0.56)	5.8	(0.33)	35	(1.4)	16.1	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	63.8	(2.27)	1.9*	(0.61)	3*	(0.9)	--		--		--		63.4	(2.24)
6 - 11	383	7	(1.0)	79.6	(3.01)	2.1	(0.44)	3*	(0.5)	--		--		--		79.1	(3.03)
12 - 19	531	13	(1.8)	90.2	(2.11)	5.7	(0.75)	6	(0.8)	--		--		--		88.1	(2.15)
20 - 39	664	22	(1.9)	100.7	(2.67)	9.0	(1.60)	9	(1.5)	105.8	(7.90)	40.6	(5.61)	38	(3.3)	99.2	(2.65)
40 - 59	715	28	(2.9)	104.1	(4.32)	15.0	(2.27)	14	(2.0)	121.5	(7.66)	52.8	(5.31)	43	(3.7)	97.2	(3.98)
60 and over	928	22	(2.3)	98.4	(1.76)	10.3	(1.45)	10	(1.4)	109.9	(7.39)	47.5	(4.46)	43	(2.2)	95.2	(2.19)
2 - 19	1174	10	(0.9)	81.1	(1.64)	3.7	(0.34)	5	(0.4)	94.2	(5.51)	37.6	(2.25)	40	(2.6)	79.7	(1.57)
20 and over	2307	24	(1.6)	101.3	(1.42)	11.5	(0.86)	11	(0.9)	113.4	(3.55)	47.4	(2.29)	42	(2.1)	97.4	(1.60)
2 and over	3481	21	(1.4)	96.2	(1.30)	9.6	(0.71)	10	(0.7)	111.1	(3.33)	46.2	(2.18)	42	(2.0)	92.4	(1.35)
Females:																	
2 - 5	280	11	(1.5)	52.9	(1.67)	1.9	(0.49)	4*	(1.0)	--		--		--		52.3	(1.90)
6 - 11	412	11	(2.4)	73.3	(1.69)	3.6	(0.82)	5*	(1.1)	--		--		--		71.4	(1.48)
12 - 19	514	15	(2.0)	71.9	(2.56)	5.5	(1.34)	8	(1.7)	92.7	(8.65)	35.6	(5.01)	38	(3.5)	68.1	(1.76)
20 - 39	766	24	(2.3)	80.2	(1.76)	8.4	(1.00)	10	(1.1)	86.4	(2.91)	34.8	(2.46)	40	(2.2)	78.2	(1.90)
40 - 59	786	23	(2.3)	75.9	(3.12)	7.3	(1.01)	10	(1.3)	84.2	(5.90)	32.1	(2.89)	38	(3.6)	73.4	(3.89)
60 and over	883	25	(3.0)	71.5	(2.37)	7.6	(0.88)	11	(1.2)	74.2	(3.92)	30.7	(2.17)	41	(3.3)	70.7	(2.42)
2 - 19	1206	13	(1.7)	68.3	(1.47)	4.1	(0.81)	6	(1.1)	85.4	(5.39)	31.5	(2.85)	37	(2.1)	65.8	(1.16)
20 and over	2435	24	(1.5)	76.1	(1.30)	7.8	(0.65)	10	(0.8)	81.8	(2.82)	32.6	(1.78)	40	(2.4)	74.3	(1.54)
2 and over	3641	21	(1.5)	74.3	(1.04)	6.9	(0.59)	9	(0.8)	82.3	(2.60)	32.5	(1.39)	39	(2.0)	72.1	(1.19)
Males and Females:																	
2 - 19	2380	11	(1.0)	74.9	(1.03)	3.9	(0.45)	5	(0.6)	89.3	(3.72)	34.2	(1.66)	38	(1.6)	73.0	(1.00)
20 and over	4742	24	(1.3)	88.2	(0.77)	9.6	(0.63)	11	(0.7)	97.1	(2.16)	39.8	(1.57)	41	(1.6)	85.3	(1.01)
2 and over	7122	21	(1.2)	85.0	(0.69)	8.2	(0.55)	10	(0.6)	96.1	(2.02)	39.1	(1.37)	41	(1.4)	82.0	(0.88)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Saturated fat

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	22.5	(0.90)	0.6*	(0.21)	3*	(0.9)	--		--		--		22.3	(0.86)
6 - 11	383	7	(1.0)	28.1	(1.02)	0.7	(0.16)	3*	(0.6)	--		--		--		28.0	(1.07)
12 - 19	531	13	(1.8)	31.0	(0.66)	1.5	(0.19)	5	(0.6)	--		--		--		30.9	(0.69)
20 - 39	664	22	(1.9)	32.8	(0.77)	2.8	(0.45)	8	(1.3)	34.0	(2.32)	12.4	(1.57)	37	(3.3)	32.4	(0.77)
40 - 59	715	28	(2.9)	33.4	(1.11)	4.6	(0.73)	14	(2.1)	37.1	(1.85)	16.3	(1.85)	44	(3.6)	31.9	(1.14)
60 and over	928	22	(2.3)	32.8	(0.79)	3.0	(0.48)	9	(1.4)	35.7	(2.77)	14.0	(1.54)	39	(2.6)	31.9	(1.07)
2 - 19	1174	10	(0.9)	28.2	(0.58)	1.1	(0.08)	4	(0.3)	29.7	(1.68)	10.8	(0.68)	36	(2.2)	28.0	(0.58)
20 and over	2307	24	(1.6)	33.0	(0.41)	3.5	(0.26)	11	(0.8)	35.7	(0.82)	14.4	(0.82)	40	(2.2)	32.1	(0.52)
2 and over	3481	21	(1.4)	31.8	(0.38)	2.9	(0.21)	9	(0.7)	35.0	(0.74)	14.0	(0.76)	40	(2.1)	31.0	(0.48)
Females:																	
2 - 5	280	11	(1.5)	18.5	(0.83)	0.6	(0.12)	3*	(0.8)	--		--		--		18.4	(0.93)
6 - 11	412	11	(2.4)	25.7	(0.63)	1.1	(0.26)	4*	(1.0)	--		--		--		24.9	(0.53)
12 - 19	514	15	(2.0)	23.8	(0.81)	1.7	(0.43)	7	(1.7)	29.9	(2.82)	11.3	(1.70)	38	(3.6)	22.7	(0.68)
20 - 39	766	24	(2.3)	26.2	(0.58)	2.6	(0.31)	10	(1.1)	27.0	(0.96)	10.6	(0.79)	39	(2.4)	26.0	(0.68)
40 - 59	786	23	(2.3)	24.9	(1.11)	2.2	(0.30)	9	(1.2)	26.7	(1.84)	9.7	(0.85)	36	(3.5)	24.4	(1.48)
60 and over	883	25	(3.0)	22.7	(0.94)	2.1	(0.28)	9	(1.2)	23.1	(1.51)	8.7	(0.78)	38	(3.7)	22.6	(0.93)
2 - 19	1206	13	(1.7)	23.3	(0.52)	1.3	(0.26)	5	(1.1)	28.6	(2.08)	9.8	(1.01)	34	(2.0)	22.5	(0.43)
20 and over	2435	24	(1.5)	24.7	(0.49)	2.3	(0.20)	9	(0.8)	25.7	(1.00)	9.7	(0.55)	38	(2.5)	24.4	(0.63)
2 and over	3641	21	(1.5)	24.4	(0.37)	2.1	(0.18)	8	(0.8)	26.1	(0.93)	9.7	(0.43)	37	(2.0)	23.9	(0.48)
Males and Females:																	
2 - 19	2380	11	(1.0)	25.8	(0.35)	1.2	(0.13)	5	(0.5)	29.1	(1.22)	10.2	(0.56)	35	(1.6)	25.4	(0.36)
20 and over	4742	24	(1.3)	28.7	(0.33)	2.9	(0.19)	10	(0.7)	30.5	(0.71)	12.0	(0.52)	39	(1.7)	28.1	(0.47)
2 and over	7122	21	(1.2)	28.0	(0.28)	2.5	(0.16)	9	(0.6)	30.4	(0.63)	11.8	(0.46)	39	(1.4)	27.4	(0.41)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	20.7	(0.69)	0.7*	(0.22)	3*	(1.0)	--		--		--		20.6	(0.69)
6 - 11	383	7	(1.0)	26.3	(0.96)	0.7	(0.15)	3*	(0.5)	--		--		--		26.2	(0.96)
12 - 19	531	13	(1.8)	29.7	(0.82)	2.0	(0.28)	7	(0.9)	--		--		--		28.6	(0.81)
20 - 39	664	22	(1.9)	34.3	(0.94)	3.1	(0.54)	9	(1.5)	36.0	(2.64)	13.9	(1.94)	39	(3.1)	33.9	(1.00)
40 - 59	715	28	(2.9)	36.3	(1.84)	4.9	(0.71)	13	(1.8)	42.5	(3.86)	17.1	(1.68)	40	(4.3)	33.8	(1.53)
60 and over	928	22	(2.3)	33.7	(0.63)	3.7	(0.46)	11	(1.4)	39.0	(2.48)	16.8	(1.27)	43	(2.2)	32.3	(0.86)
2 - 19	1174	10	(0.9)	26.7	(0.59)	1.3	(0.12)	5	(0.4)	32.3	(2.47)	13.1	(0.90)	41	(3.3)	26.0	(0.52)
20 and over	2307	24	(1.6)	34.9	(0.66)	3.9	(0.30)	11	(0.9)	39.5	(1.81)	16.0	(0.85)	40	(2.4)	33.4	(0.63)
2 and over	3481	21	(1.4)	32.8	(0.59)	3.2	(0.25)	10	(0.7)	38.6	(1.72)	15.6	(0.80)	40	(2.3)	31.3	(0.53)
Females:																	
2 - 5	280	11	(1.5)	17.5	(0.62)	0.6	(0.17)	3*	(1.0)	--		--		--		17.3	(0.67)
6 - 11	412	11	(2.4)	24.0	(0.65)	1.2	(0.26)	5*	(1.0)	--		--		--		23.4	(0.65)
12 - 19	514	15	(2.0)	23.5	(0.97)	1.9	(0.51)	8	(1.9)	30.8	(2.87)	12.2	(2.06)	40	(4.5)	22.1	(0.71)
20 - 39	766	24	(2.3)	27.2	(0.71)	2.8	(0.32)	10	(1.1)	29.1	(1.11)	11.6	(0.76)	40	(2.1)	26.6	(0.84)
40 - 59	786	23	(2.3)	25.6	(1.20)	2.4	(0.35)	9	(1.3)	28.0	(2.24)	10.6	(1.00)	38	(3.5)	24.8	(1.44)
60 and over	883	25	(3.0)	24.6	(0.93)	2.5	(0.32)	10	(1.3)	25.9	(1.66)	10.3	(0.73)	40	(3.4)	24.2	(0.98)
2 - 19	1206	13	(1.7)	22.4	(0.53)	1.4	(0.29)	6	(1.2)	28.0	(1.67)	10.5	(1.14)	38	(2.9)	21.5	(0.45)
20 and over	2435	24	(1.5)	25.9	(0.49)	2.6	(0.23)	10	(0.8)	27.7	(1.11)	10.9	(0.59)	39	(2.5)	25.3	(0.59)
2 and over	3641	21	(1.5)	25.1	(0.42)	2.3	(0.21)	9	(0.8)	27.8	(1.01)	10.8	(0.48)	39	(2.1)	24.3	(0.46)
Males and Females:																	
2 - 19	2380	11	(1.0)	24.6	(0.30)	1.3	(0.17)	5	(0.6)	29.9	(1.39)	11.7	(0.68)	39	(1.9)	23.9	(0.29)
20 and over	4742	24	(1.3)	30.2	(0.36)	3.2	(0.23)	11	(0.7)	33.4	(0.99)	13.3	(0.57)	40	(1.7)	29.2	(0.42)
2 and over	7122	21	(1.2)	28.8	(0.32)	2.8	(0.20)	10	(0.6)	33.0	(0.93)	13.1	(0.51)	40	(1.5)	27.7	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	14.1	(0.66)	0.5*	(0.16)	3*	(1.1)	--		--		--		14.1	(0.65)
6 - 11	383	7	(1.0)	17.4	(0.98)	0.5	(0.11)	3*	(0.6)	--		--		--		17.3	(0.97)
12 - 19	531	13	(1.8)	20.4	(0.74)	1.5	(0.23)	8	(1.1)	--		--		--		19.6	(0.80)
20 - 39	664	22	(1.9)	23.7	(0.94)	2.2	(0.47)	9	(1.9)	25.4	(2.33)	10.0	(1.68)	40	(4.3)	23.2	(0.99)
40 - 59	715	28	(2.9)	24.4	(1.35)	4.1	(0.68)	17	(2.4)	30.5	(2.19)	14.3	(1.63)	47	(4.8)	21.9	(1.28)
60 and over	928	22	(2.3)	22.8	(0.70)	2.7	(0.40)	12	(1.7)	24.9	(1.61)	12.3	(1.40)	49	(2.9)	22.2	(0.80)
2 - 19	1174	10	(0.9)	18.1	(0.49)	1.0	(0.12)	5	(0.7)	22.4	(1.41)	9.8	(0.86)	44	(3.6)	17.6	(0.50)
20 and over	2307	24	(1.6)	23.7	(0.57)	3.0	(0.25)	13	(1.0)	27.4	(0.93)	12.4	(0.62)	45	(2.5)	22.5	(0.63)
2 and over	3481	21	(1.4)	22.3	(0.48)	2.5	(0.21)	11	(0.9)	26.8	(0.90)	12.1	(0.60)	45	(2.4)	21.1	(0.49)
Females:																	
2 - 5	280	11	(1.5)	11.3	(0.36)	0.5*	(0.16)	4*	(1.4)	--		--		--		11.1	(0.34)
6 - 11	412	11	(2.4)	16.6	(0.44)	1.0	(0.25)	6	(1.5)	--		--		--		16.2	(0.47)
12 - 19	514	15	(2.0)	17.8	(0.88)	1.4	(0.32)	8	(1.6)	23.9	(2.67)	8.8	(1.11)	37	(3.6)	16.7	(0.74)
20 - 39	766	24	(2.3)	18.9	(0.60)	2.3	(0.31)	12	(1.3)	22.2	(1.19)	9.5	(0.90)	43	(2.8)	17.9	(0.49)
40 - 59	786	23	(2.3)	18.0	(0.81)	2.0	(0.28)	11	(1.6)	21.9	(1.73)	8.8	(0.85)	40	(4.4)	16.8	(0.93)
60 and over	883	25	(3.0)	17.3	(0.53)	2.2	(0.22)	13	(1.4)	18.2	(0.67)	8.9	(0.62)	49	(3.2)	17.0	(0.60)
2 - 19	1206	13	(1.7)	16.0	(0.45)	1.1	(0.20)	7	(1.1)	20.9	(1.42)	8.2	(0.65)	39	(2.8)	15.3	(0.40)
20 and over	2435	24	(1.5)	18.1	(0.41)	2.2	(0.18)	12	(0.9)	20.8	(0.80)	9.1	(0.58)	44	(2.7)	17.3	(0.40)
2 and over	3641	21	(1.5)	17.6	(0.36)	1.9	(0.16)	11	(0.8)	20.9	(0.71)	9.0	(0.45)	43	(2.2)	16.8	(0.32)
Males and Females:																	
2 - 19	2380	11	(1.0)	17.1	(0.35)	1.0	(0.12)	6	(0.7)	21.6	(1.08)	8.9	(0.48)	41	(2.2)	16.5	(0.34)
20 and over	4742	24	(1.3)	20.8	(0.35)	2.6	(0.17)	12	(0.7)	24.0	(0.65)	10.7	(0.45)	45	(2.0)	19.8	(0.33)
2 and over	7122	21	(1.2)	19.9	(0.30)	2.2	(0.15)	11	(0.7)	23.7	(0.62)	10.5	(0.40)	44	(1.8)	18.9	(0.26)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Cholesterol

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	193	(10.1)	7*	(2.7)	4*	(1.4)	--		--		--		191	(11.3)
6 - 11	383	7	(1.0)	239	(12.4)	8*	(2.6)	3*	(1.0)	--		--		--		236	(12.8)
12 - 19	531	13	(1.8)	279	(13.8)	23	(3.2)	8	(1.0)	--		--		--		264	(13.0)
20 - 39	664	22	(1.9)	368	(16.2)	35	(5.8)	10	(1.4)	453	(53.3)	158	(18.7)	35	(3.2)	343	(11.9)
40 - 59	715	28	(2.9)	362	(9.8)	63	(8.1)	18	(2.1)	436	(27.3)	223	(24.3)	51	(3.9)	333	(13.1)
60 and over	928	22	(2.3)	342	(9.8)	50	(6.5)	15	(2.0)	415	(20.8)	232	(20.1)	56	(3.4)	321	(13.7)
2 - 19	1174	10	(0.9)	248	(8.7)	15	(2.4)	6	(0.9)	326	(27.3)	150	(16.7)	46	(5.6)	239	(7.6)
20 and over	2307	24	(1.6)	358	(6.2)	49	(3.1)	14	(0.9)	437	(24.5)	203	(13.1)	47	(2.8)	333	(6.4)
2 and over	3481	21	(1.4)	331	(4.4)	41	(2.6)	12	(0.8)	423	(20.4)	197	(12.0)	47	(2.7)	307	(4.2)
Females:																	
2 - 5	280	11	(1.5)	171	(11.7)	4	(1.0)	2*	(0.6)	--		--		--		169	(11.8)
6 - 11	412	11	(2.4)	201	(8.4)	11	(3.1)	5	(1.4)	--		--		--		195	(7.6)
12 - 19	514	15	(2.0)	216	(10.5)	21	(5.3)	10	(2.2)	316	(33.9)	139	(20.9)	44	(5.8)	198	(9.2)
20 - 39	766	24	(2.3)	273	(10.1)	29	(4.2)	11	(1.4)	313	(22.3)	121	(11.5)	39	(3.2)	260	(11.5)
40 - 59	786	23	(2.3)	256	(15.7)	31	(3.7)	12	(1.4)	332	(23.6)	136	(9.4)	41	(3.1)	233	(19.1)
60 and over	883	25	(3.0)	246	(10.1)	34	(4.8)	14	(2.0)	278	(22.4)	139	(12.0)	50	(6.0)	236	(10.6)
2 - 19	1206	13	(1.7)	201	(5.4)	14	(3.2)	7	(1.5)	275	(25.6)	109	(13.5)	40	(3.8)	191	(4.3)
20 and over	2435	24	(1.5)	259	(7.8)	31	(2.9)	12	(1.1)	308	(16.2)	131	(7.2)	43	(3.1)	244	(8.4)
2 and over	3641	21	(1.5)	246	(6.1)	27	(2.6)	11	(1.0)	303	(14.0)	128	(6.0)	42	(2.8)	230	(6.4)
Males and Females:																	
2 - 19	2380	11	(1.0)	225	(5.4)	14	(2.1)	6	(0.8)	298	(16.1)	127	(10.9)	43	(3.7)	216	(4.3)
20 and over	4742	24	(1.3)	307	(4.9)	40	(1.9)	13	(0.7)	370	(11.7)	166	(6.1)	45	(1.7)	287	(6.2)
2 and over	7122	21	(1.2)	287	(3.2)	34	(1.8)	12	(0.6)	361	(10.0)	161	(5.0)	45	(1.6)	268	(4.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin A (RAE)

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	566	(27.8)	8*	(2.8)	1*	(0.5)	--		--		--		569	(28.4)
6 - 11	383	7	(1.0)	680	(45.5)	10	(2.5)	2*	(0.3)	--		--		--		667	(46.7)
12 - 19	531	13	(1.8)	622	(23.7)	21	(3.4)	3*	(0.6)	--		--		--		633	(31.7)
20 - 39	664	22	(1.9)	651	(18.2)	42	(7.5)	6	(1.1)	655	(60.7)	189	(26.7)	29	(3.0)	650	(29.8)
40 - 59	715	28	(2.9)	724	(48.8)	80	(15.9)	11	(1.7)	798	(71.3)	280	(40.6)	35	(3.4)	695	(54.8)
60 and over	928	22	(2.3)	669	(29.8)	56	(10.3)	8	(1.6)	637	(48.4)	260	(35.1)	41	(4.1)	678	(33.3)
2 - 19	1174	10	(0.9)	629	(16.9)	15	(1.7)	2	(0.3)	620	(39.6)	151	(10.7)	24	(2.4)	630	(19.5)
20 and over	2307	24	(1.6)	682	(20.1)	59	(6.4)	9	(0.8)	710	(27.1)	244	(17.7)	34	(2.0)	673	(24.4)
2 and over	3481	21	(1.4)	669	(15.7)	48	(5.0)	7	(0.7)	699	(26.0)	233	(15.3)	33	(1.8)	661	(17.6)
Females:																	
2 - 5	280	11	(1.5)	535	(24.3)	10*	(3.5)	2*	(0.7)	--		--		--		534	(27.4)
6 - 11	412	11	(2.4)	615	(29.6)	16	(4.1)	3*	(0.7)	--		--		--		626	(32.0)
12 - 19	514	15	(2.0)	497	(21.6)	26	(6.2)	5	(1.3)	541	(31.2)	171	(26.3)	32	(5.1)	489	(24.6)
20 - 39	766	24	(2.3)	612	(30.2)	52	(9.5)	9	(1.3)	670	(79.3)	216	(24.8)	32	(2.5)	593	(24.6)
40 - 59	786	23	(2.3)	595	(34.0)	51	(6.0)	9	(0.9)	688	(66.0)	226	(25.6)	33	(2.9)	567	(40.7)
60 and over	883	25	(3.0)	644	(34.4)	55	(12.2)	8	(1.9)	630	(63.9)	222	(45.7)	35	(5.4)	649	(44.0)
2 - 19	1206	13	(1.7)	545	(12.8)	19	(3.5)	4	(0.6)	539	(27.7)	148	(18.4)	27	(3.0)	546	(13.8)
20 and over	2435	24	(1.5)	616	(23.3)	53	(5.7)	9	(0.9)	663	(46.1)	221	(15.5)	33	(1.7)	601	(23.9)
2 and over	3641	21	(1.5)	600	(18.8)	45	(4.9)	8	(0.8)	646	(39.9)	211	(14.7)	33	(1.7)	587	(19.0)
Males and Females:																	
2 - 19	2380	11	(1.0)	588	(12.8)	17	(2.1)	3	(0.3)	575	(21.5)	149	(12.1)	26	(2.2)	590	(14.8)
20 and over	4742	24	(1.3)	648	(17.2)	56	(4.6)	9	(0.6)	686	(27.2)	232	(12.5)	34	(1.3)	635	(18.2)
2 and over	7122	21	(1.2)	633	(13.9)	47	(3.9)	7	(0.5)	672	(25.0)	222	(11.4)	33	(1.2)	623	(13.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1141	(199.5)	24*	(10.7)	2*	(0.9)	--		--		--		1157	(209.2)
6 - 11	383	7	(1.0)	1014	(99.9)	27*	(10.8)	3*	(1.1)	--		--		--		872	(78.2)
12 - 19	531	13	(1.8)	1134	(141.8)	83*	(29.1)	7*	(2.8)	--		--		--		1116	(159.6)
20 - 39	664	22	(1.9)	2087	(185.1)	195	(50.2)	9	(2.7)	2005	(302.8)	876	(205.6)	44	(6.2)	2110	(264.2)
40 - 59	715	28	(2.9)	2853	(409.1)	368	(100.8)	13	(2.3)	3305	(435.5)	1294	(279.7)	39	(4.6)	2674	(478.8)
60 and over	928	22	(2.3)	2161	(242.4)	273	(70.9)	13	(3.4)	2113	(279.5)	1255	(264.1)	59	(8.0)	2174	(279.3)
2 - 19	1174	10	(0.9)	1096	(83.8)	52	(13.7)	5	(1.2)	1591	(311.2)	528	(130.6)	33	(7.1)	1042	(88.0)
20 and over	2307	24	(1.6)	2380	(206.1)	278	(46.0)	12	(1.6)	2573	(241.3)	1144	(139.7)	44	(2.9)	2318	(227.8)
2 and over	3481	21	(1.4)	2059	(169.5)	222	(36.6)	11	(1.4)	2456	(222.4)	1070	(125.1)	44	(2.7)	1956	(173.8)
Females:																	
2 - 5	280	11	(1.5)	1154	(174.5)	24*	(11.7)	2*	(1.0)	--		--		--		1130	(189.8)
6 - 11	412	11	(2.4)	1365	(164.1)	49*	(20.6)	4*	(1.6)	--		--		--		1402	(191.0)
12 - 19	514	15	(2.0)	1336	(110.6)	120	(32.0)	9	(2.6)	1941	(259.8)	781	(180.7)	40	(8.3)	1226	(136.2)
20 - 39	766	24	(2.3)	2539	(215.0)	278	(64.0)	11	(2.1)	2985	(519.4)	1151	(185.2)	39	(3.5)	2397	(236.6)
40 - 59	786	23	(2.3)	2515	(221.6)	339	(63.9)	13	(2.2)	3376	(798.3)	1490	(289.9)	44	(7.3)	2262	(226.8)
60 and over	883	25	(3.0)	2898	(244.4)	226	(30.1)	8	(1.3)	2536	(450.8)	917	(136.7)	36	(5.8)	3017	(361.3)
2 - 19	1206	13	(1.7)	1307	(57.7)	75	(17.5)	6	(1.3)	1585	(188.0)	581	(123.8)	37	(5.6)	1265	(81.1)
20 and over	2435	24	(1.5)	2640	(158.2)	283	(38.9)	11	(1.3)	2970	(376.6)	1187	(121.7)	40	(3.2)	2537	(172.1)
2 and over	3641	21	(1.5)	2338	(129.6)	236	(33.4)	10	(1.2)	2780	(332.5)	1104	(115.9)	40	(3.0)	2218	(135.5)
Males and Females:																	
2 - 19	2380	11	(1.0)	1199	(51.1)	63	(10.9)	5	(0.8)	1587	(169.3)	557	(82.2)	35	(4.7)	1149	(55.5)
20 and over	4742	24	(1.3)	2515	(164.7)	280	(34.7)	11	(1.0)	2777	(250.6)	1166	(103.5)	42	(2.7)	2432	(174.1)
2 and over	7122	21	(1.2)	2202	(135.9)	229	(28.5)	10	(1.0)	2625	(222.6)	1088	(97.1)	41	(2.5)	2090	(136.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	4071	(630.0)	96	(28.0)	2*	(0.7)	--		--		--		4264	(709.7)
6 - 11	383	7	(1.0)	3637	(313.5)	112*	(36.7)	3*	(1.0)	--		--		--		3618	(312.6)
12 - 19	531	13	(1.8)	5902	(687.9)	173	(46.4)	3*	(0.8)	--		--		--		6014	(727.9)
20 - 39	664	22	(1.9)	5556	(559.6)	534	(152.1)	10	(2.5)	6247	(1263.8)	2400	(631.9)	38	(6.2)	5358	(558.7)
40 - 59	715	28	(2.9)	6804	(642.5)	1045	(276.8)	15	(3.0)	7625	(1149.4)	3676	(811.3)	48	(7.0)	6477	(654.6)
60 and over	928	22	(2.3)	5482	(285.7)	754	(163.1)	14	(3.1)	6003	(1267.1)	3468	(741.6)	58	(10.9)	5337	(424.0)
2 - 19	1174	10	(0.9)	4765	(381.6)	136	(24.0)	3	(0.5)	4307*	(1846.5)	1383	(265.8)	32*	(13.5)	4815	(398.5)
20 and over	2307	24	(1.6)	5979	(401.9)	777	(104.3)	13	(1.4)	6760	(542.0)	3196	(356.4)	47	(3.8)	5729	(403.1)
2 and over	3481	21	(1.4)	5676	(296.0)	617	(83.5)	11	(1.2)	6468	(568.5)	2980	(325.9)	46	(4.4)	5470	(286.8)
Females:																	
2 - 5	280	11	(1.5)	2958	(557.5)	188*	(93.3)	6*	(3.7)	--		--		--		2752	(572.7)
6 - 11	412	11	(2.4)	4722	(660.6)	312*	(135.7)	7*	(2.7)	--		--		--		4618	(721.1)
12 - 19	514	15	(2.0)	3664	(266.3)	352	(96.1)	10	(2.6)	3440	(649.1)	2292	(599.1)	--		3705	(288.4)
20 - 39	766	24	(2.3)	4518	(320.0)	567*	(178.2)	13	(3.6)	4357	(690.5)	2349	(602.2)	54	(8.1)	4569	(332.3)
40 - 59	786	23	(2.3)	4122	(244.6)	513	(142.7)	12	(3.4)	3662	(505.0)	2257	(576.4)	62	(10.1)	4257	(318.8)
60 and over	883	25	(3.0)	3908	(366.0)	466	(77.3)	12	(2.4)	4215	(672.6)	1889	(299.9)	45	(9.3)	3808	(361.2)
2 - 19	1206	13	(1.7)	3868	(266.9)	303	(77.7)	8	(2.1)	4274	(453.9)	2343	(465.9)	55	(6.9)	3808	(307.8)
20 and over	2435	24	(1.5)	4198	(172.5)	518	(82.7)	12	(2.0)	4087	(354.6)	2174	(272.3)	53	(4.7)	4232	(199.7)
2 and over	3641	21	(1.5)	4123	(145.3)	469	(75.9)	11	(1.9)	4113	(324.3)	2197	(256.2)	53	(4.2)	4126	(180.2)
Males and Females:																	
2 - 19	2380	11	(1.0)	4327	(223.3)	218	(39.4)	5	(1.0)	4288	(886.2)	1917	(280.1)	45	(9.2)	4332	(239.5)
20 and over	4742	24	(1.3)	5053	(231.6)	642	(63.7)	13	(1.1)	5384	(322.2)	2670	(216.8)	50	(3.3)	4948	(230.7)
2 and over	7122	21	(1.2)	4881	(180.9)	541	(56.2)	11	(1.0)	5243	(335.9)	2573	(208.2)	49	(3.6)	4784	(177.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1.33	(0.049)	0.02*	(0.007)	2*	(0.5)	--		--		--		1.31	(0.049)
6 - 11	383	7	(1.0)	1.67	(0.041)	0.03	(0.005)	2*	(0.3)	--		--		--		1.66	(0.044)
12 - 19	531	13	(1.8)	1.85	(0.049)	0.07	(0.012)	4	(0.6)	--		--		--		1.87	(0.063)
20 - 39	664	22	(1.9)	1.88	(0.045)	0.14	(0.026)	7	(1.4)	1.91	(0.100)	0.62	(0.090)	32	(4.7)	1.87	(0.060)
40 - 59	715	28	(2.9)	1.87	(0.054)	0.21	(0.038)	11	(1.9)	1.95	(0.121)	0.75	(0.088)	38	(3.2)	1.84	(0.071)
60 and over	928	22	(2.3)	1.79	(0.054)	0.15	(0.031)	8	(1.6)	1.76	(0.149)	0.68	(0.109)	39	(4.1)	1.80	(0.066)
2 - 19	1174	10	(0.9)	1.68	(0.019)	0.05	(0.005)	3	(0.3)	1.72	(0.094)	0.50	(0.043)	29	(3.0)	1.68	(0.021)
20 and over	2307	24	(1.6)	1.85	(0.026)	0.17	(0.015)	9	(0.8)	1.89	(0.064)	0.69	(0.044)	36	(2.2)	1.84	(0.032)
2 and over	3481	21	(1.4)	1.81	(0.022)	0.14	(0.012)	8	(0.7)	1.87	(0.059)	0.67	(0.040)	36	(2.2)	1.79	(0.025)
Females:																	
2 - 5	280	11	(1.5)	1.20	(0.051)	0.03	(0.005)	2*	(0.5)	--		--		--		1.19	(0.058)
6 - 11	412	11	(2.4)	1.51	(0.052)	0.05*	(0.016)	3*	(1.0)	--		--		--		1.51	(0.048)
12 - 19	514	15	(2.0)	1.35	(0.037)	0.08	(0.017)	6	(1.2)	1.41	(0.109)	0.50	(0.053)	35	(2.5)	1.33	(0.040)
20 - 39	766	24	(2.3)	1.40	(0.034)	0.12	(0.011)	8	(0.8)	1.41	(0.054)	0.49	(0.044)	35	(3.0)	1.40	(0.034)
40 - 59	786	23	(2.3)	1.39	(0.052)	0.11	(0.023)	8	(1.6)	1.45	(0.135)	0.50	(0.079)	35	(3.8)	1.37	(0.069)
60 and over	883	25	(3.0)	1.31	(0.033)	0.11	(0.012)	9	(1.0)	1.32	(0.061)	0.47	(0.033)	35	(2.4)	1.30	(0.041)
2 - 19	1206	13	(1.7)	1.37	(0.024)	0.06	(0.012)	4	(0.9)	1.41	(0.090)	0.44	(0.043)	32	(1.9)	1.36	(0.022)
20 and over	2435	24	(1.5)	1.37	(0.026)	0.12	(0.011)	8	(0.8)	1.39	(0.059)	0.49	(0.040)	35	(2.2)	1.36	(0.031)
2 and over	3641	21	(1.5)	1.37	(0.021)	0.10	(0.010)	8	(0.7)	1.40	(0.055)	0.48	(0.033)	34	(1.8)	1.36	(0.025)
Males and Females:																	
2 - 19	2380	11	(1.0)	1.53	(0.015)	0.05	(0.007)	3	(0.5)	1.55	(0.055)	0.47	(0.032)	30	(1.8)	1.53	(0.018)
20 and over	4742	24	(1.3)	1.60	(0.020)	0.14	(0.011)	9	(0.7)	1.63	(0.039)	0.58	(0.033)	36	(1.7)	1.59	(0.027)
2 and over	7122	21	(1.2)	1.58	(0.017)	0.12	(0.009)	8	(0.6)	1.62	(0.035)	0.57	(0.029)	35	(1.6)	1.57	(0.022)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1.64	(0.044)	0.03*	(0.009)	2*	(0.5)	--		--		--		1.65	(0.043)
6 - 11	383	7	(1.0)	1.96	(0.076)	0.04	(0.007)	2*	(0.3)	--		--		--		1.95	(0.080)
12 - 19	531	13	(1.8)	2.16	(0.084)	0.08	(0.012)	4*	(0.6)	--		--		--		2.14	(0.093)
20 - 39	664	22	(1.9)	2.52	(0.075)	0.16	(0.030)	6	(1.2)	2.49	(0.132)	0.72	(0.100)	29	(3.1)	2.53	(0.088)
40 - 59	715	28	(2.9)	2.54	(0.137)	0.25	(0.036)	10	(1.5)	2.57	(0.130)	0.87	(0.080)	34	(2.4)	2.53	(0.180)
60 and over	928	22	(2.3)	2.27	(0.061)	0.18	(0.025)	8	(1.0)	2.29	(0.116)	0.83	(0.066)	36	(2.4)	2.27	(0.087)
2 - 19	1174	10	(0.9)	1.98	(0.031)	0.05	(0.005)	3	(0.3)	2.16	(0.105)	0.55	(0.030)	26	(2.4)	1.97	(0.032)
20 and over	2307	24	(1.6)	2.46	(0.059)	0.20	(0.016)	8	(0.7)	2.47	(0.070)	0.81	(0.045)	33	(1.3)	2.45	(0.075)
2 and over	3481	21	(1.4)	2.34	(0.047)	0.16	(0.013)	7	(0.6)	2.43	(0.062)	0.78	(0.042)	32	(1.4)	2.32	(0.058)
Females:																	
2 - 5	280	11	(1.5)	1.50	(0.065)	0.03	(0.008)	2*	(0.6)	--		--		--		1.51	(0.071)
6 - 11	412	11	(2.4)	1.77	(0.052)	0.05	(0.013)	3*	(0.7)	--		--		--		1.78	(0.053)
12 - 19	514	15	(2.0)	1.53	(0.046)	0.08	(0.019)	5	(1.2)	1.67	(0.111)	0.53	(0.070)	32	(3.8)	1.51	(0.046)
20 - 39	766	24	(2.3)	1.79	(0.055)	0.14	(0.017)	8	(0.9)	1.82	(0.094)	0.58	(0.045)	32	(2.4)	1.77	(0.053)
40 - 59	786	23	(2.3)	1.86	(0.087)	0.12	(0.015)	7	(0.8)	1.88	(0.079)	0.54	(0.039)	29	(1.8)	1.85	(0.108)
60 and over	883	25	(3.0)	1.75	(0.058)	0.14	(0.019)	8	(1.2)	1.71	(0.074)	0.57	(0.044)	33	(3.0)	1.76	(0.070)
2 - 19	1206	13	(1.7)	1.61	(0.023)	0.06	(0.012)	4	(0.7)	1.64	(0.072)	0.47	(0.041)	29	(2.2)	1.60	(0.023)
20 and over	2435	24	(1.5)	1.80	(0.050)	0.13	(0.010)	7	(0.6)	1.81	(0.059)	0.56	(0.026)	31	(1.6)	1.80	(0.056)
2 and over	3641	21	(1.5)	1.76	(0.039)	0.12	(0.010)	7	(0.6)	1.79	(0.051)	0.55	(0.021)	31	(1.3)	1.75	(0.044)
Males and Females:																	
2 - 19	2380	11	(1.0)	1.80	(0.022)	0.06	(0.007)	3	(0.4)	1.87	(0.048)	0.51	(0.028)	27	(1.8)	1.79	(0.023)
20 and over	4742	24	(1.3)	2.12	(0.041)	0.16	(0.011)	8	(0.5)	2.13	(0.048)	0.68	(0.030)	32	(1.1)	2.11	(0.050)
2 and over	7122	21	(1.2)	2.04	(0.033)	0.14	(0.009)	7	(0.5)	2.10	(0.040)	0.66	(0.026)	32	(1.0)	2.03	(0.040)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	17.0	(0.45)	0.4	(0.09)	2*	(0.5)	--		--		--		17.0	(0.44)
6 - 11	383	7	(1.0)	22.6	(0.74)	0.5	(0.09)	2*	(0.4)	--		--		--		22.3	(0.76)
12 - 19	531	13	(1.8)	28.4	(0.92)	1.7	(0.27)	6	(0.9)	--		--		--		28.0	(0.88)
20 - 39	664	22	(1.9)	33.8	(1.02)	2.9	(0.54)	9	(1.7)	33.5	(1.50)	13.0	(1.80)	39	(4.5)	33.9	(1.28)
40 - 59	715	28	(2.9)	32.0	(1.36)	3.8	(0.53)	12	(1.7)	31.9	(1.98)	13.4	(1.19)	42	(2.0)	32.0	(1.82)
60 and over	928	22	(2.3)	28.3	(1.48)	2.7	(0.44)	9	(1.5)	28.8	(2.53)	12.3	(1.32)	43	(3.9)	28.2	(1.85)
2 - 19	1174	10	(0.9)	24.1	(0.43)	1.0	(0.12)	4	(0.5)	27.8	(1.92)	10.1	(0.77)	36	(3.2)	23.6	(0.38)
20 and over	2307	24	(1.6)	31.6	(0.62)	3.2	(0.26)	10	(0.9)	31.7	(1.23)	13.0	(0.81)	41	(1.4)	31.6	(0.81)
2 and over	3481	21	(1.4)	29.7	(0.49)	2.6	(0.22)	9	(0.7)	31.2	(1.07)	12.7	(0.73)	41	(1.4)	29.4	(0.62)
Females:																	
2 - 5	280	11	(1.5)	14.8	(0.51)	0.4	(0.10)	3*	(0.7)	--		--		--		14.8	(0.56)
6 - 11	412	11	(2.4)	20.2	(0.75)	0.8	(0.23)	4*	(1.1)	--		--		--		20.2	(0.79)
12 - 19	514	15	(2.0)	20.6	(0.88)	1.5	(0.40)	7	(1.7)	24.4	(2.65)	9.9	(1.61)	41	(3.3)	19.9	(0.71)
20 - 39	766	24	(2.3)	22.2	(0.55)	2.1	(0.25)	9	(1.1)	22.3	(0.89)	8.5	(0.63)	38	(2.8)	22.2	(0.58)
40 - 59	786	23	(2.3)	21.4	(0.89)	1.9	(0.28)	9	(1.3)	22.2	(1.04)	8.5	(0.85)	38	(4.3)	21.1	(1.10)
60 and over	883	25	(3.0)	19.9	(0.78)	2.0	(0.30)	10	(1.7)	20.0	(0.87)	8.1	(0.74)	41	(3.5)	19.9	(0.94)
2 - 19	1206	13	(1.7)	19.2	(0.57)	1.1	(0.25)	5	(1.2)	21.5	(1.79)	8.1	(0.98)	38	(2.0)	18.9	(0.50)
20 and over	2435	24	(1.5)	21.2	(0.51)	2.0	(0.17)	9	(0.8)	21.5	(0.65)	8.4	(0.46)	39	(2.4)	21.1	(0.59)
2 and over	3641	21	(1.5)	20.8	(0.38)	1.8	(0.16)	9	(0.8)	21.5	(0.58)	8.3	(0.41)	39	(2.1)	20.6	(0.42)
Males and Females:																	
2 - 19	2380	11	(1.0)	21.7	(0.43)	1.0	(0.15)	5	(0.6)	24.3	(1.22)	9.0	(0.64)	37	(1.9)	21.4	(0.36)
20 and over	4742	24	(1.3)	26.2	(0.42)	2.6	(0.18)	10	(0.7)	26.5	(0.71)	10.6	(0.51)	40	(1.6)	26.2	(0.54)
2 and over	7122	21	(1.2)	25.1	(0.34)	2.2	(0.16)	9	(0.6)	26.2	(0.60)	10.4	(0.46)	40	(1.4)	24.9	(0.43)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1.49	(0.045)	0.02	(0.006)	1*	(0.4)	--		--		--		1.48	(0.040)
6 - 11	383	7	(1.0)	1.82	(0.078)	0.03	(0.005)	2*	(0.3)	--		--		--		1.80	(0.084)
12 - 19	531	13	(1.8)	2.15	(0.091)	0.11	(0.020)	5	(0.9)	--		--		--		2.11	(0.078)
20 - 39	664	22	(1.9)	2.88	(0.115)	0.20	(0.039)	7	(1.5)	2.59	(0.135)	0.92	(0.126)	36	(3.9)	2.96	(0.144)
40 - 59	715	28	(2.9)	2.53	(0.157)	0.28	(0.040)	11	(1.8)	2.47	(0.164)	1.00	(0.078)	40	(2.4)	2.56	(0.211)
60 and over	928	22	(2.3)	2.55	(0.297)	0.20	(0.032)	8	(1.3)	2.40	(0.292)	0.92	(0.098)	38	(4.6)	2.60	(0.378)
2 - 19	1174	10	(0.9)	1.90	(0.040)	0.06	(0.008)	3	(0.4)	2.21	(0.177)	0.65	(0.068)	30	(3.7)	1.87	(0.033)
20 and over	2307	24	(1.6)	2.67	(0.099)	0.23	(0.019)	9	(0.8)	2.49	(0.131)	0.95	(0.053)	38	(1.3)	2.72	(0.127)
2 and over	3481	21	(1.4)	2.47	(0.075)	0.19	(0.016)	8	(0.7)	2.46	(0.116)	0.92	(0.051)	37	(1.1)	2.48	(0.094)
Females:																	
2 - 5	280	11	(1.5)	1.37	(0.040)	0.03	(0.007)	2*	(0.5)	--		--		--		1.36	(0.043)
6 - 11	412	11	(2.4)	1.67	(0.076)	0.05*	(0.016)	3*	(0.9)	--		--		--		1.68	(0.084)
12 - 19	514	15	(2.0)	1.64	(0.091)	0.11	(0.028)	7	(1.6)	1.90	(0.213)	0.70	(0.111)	37	(4.5)	1.59	(0.096)
20 - 39	766	24	(2.3)	1.85	(0.065)	0.16	(0.021)	9	(1.2)	1.84	(0.092)	0.65	(0.049)	35	(2.7)	1.85	(0.082)
40 - 59	786	23	(2.3)	1.71	(0.094)	0.13	(0.019)	8	(1.0)	1.72	(0.094)	0.58	(0.058)	34	(3.5)	1.70	(0.110)
60 and over	883	25	(3.0)	1.64	(0.069)	0.15	(0.023)	9	(1.7)	1.59	(0.088)	0.62	(0.056)	39	(3.3)	1.65	(0.094)
2 - 19	1206	13	(1.7)	1.59	(0.055)	0.07	(0.017)	4	(1.0)	1.70	(0.112)	0.55	(0.073)	32	(3.1)	1.57	(0.057)
20 and over	2435	24	(1.5)	1.74	(0.049)	0.15	(0.014)	9	(0.8)	1.72	(0.062)	0.62	(0.035)	36	(2.2)	1.74	(0.056)
2 and over	3641	21	(1.5)	1.70	(0.040)	0.13	(0.013)	8	(0.8)	1.72	(0.050)	0.61	(0.033)	36	(1.9)	1.70	(0.046)
Males and Females:																	
2 - 19	2380	11	(1.0)	1.75	(0.040)	0.07	(0.010)	4	(0.5)	1.93	(0.104)	0.60	(0.050)	31	(2.6)	1.73	(0.036)
20 and over	4742	24	(1.3)	2.18	(0.057)	0.19	(0.014)	9	(0.6)	2.10	(0.074)	0.78	(0.033)	37	(1.4)	2.21	(0.071)
2 and over	7122	21	(1.2)	2.08	(0.045)	0.16	(0.012)	8	(0.5)	2.07	(0.062)	0.76	(0.032)	37	(1.2)	2.08	(0.056)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	403	(18.9)	9*	(3.1)	2*	(0.7)	--		--		--		396	(19.8)
6 - 11	383	7	(1.0)	541	(21.8)	8	(1.6)	2*	(0.3)	--		--		--		528	(22.1)
12 - 19	531	13	(1.8)	569	(16.0)	19	(3.0)	3*	(0.5)	--		--		--		581	(17.5)
20 - 39	664	22	(1.9)	592	(17.8)	43	(7.6)	7	(1.3)	626	(55.7)	194	(26.4)	31	(3.8)	583	(22.2)
40 - 59	715	28	(2.9)	589	(25.6)	69	(10.2)	12	(1.6)	615	(39.7)	243	(19.9)	40	(2.3)	579	(33.2)
60 and over	928	22	(2.3)	525	(18.8)	39	(7.7)	7	(1.4)	513	(47.5)	179	(27.5)	35	(4.4)	529	(27.6)
2 - 19	1174	10	(0.9)	525	(10.9)	13	(1.3)	3	(0.2)	541	(46.0)	133	(11.5)	25	(3.3)	523	(10.2)
20 and over	2307	24	(1.6)	573	(8.6)	51	(4.5)	9	(0.8)	593	(29.8)	211	(12.2)	36	(1.9)	566	(10.2)
2 and over	3481	21	(1.4)	561	(8.2)	42	(3.7)	7	(0.6)	587	(28.0)	201	(11.2)	34	(1.9)	554	(7.5)
Females:																	
2 - 5	280	11	(1.5)	372	(20.4)	8	(1.7)	2*	(0.5)	--		--		--		371	(21.5)
6 - 11	412	11	(2.4)	497	(16.6)	14	(3.7)	3*	(0.7)	--		--		--		501	(16.4)
12 - 19	514	15	(2.0)	445	(17.0)	23	(4.3)	5	(1.0)	439	(29.9)	152	(12.3)	35	(2.6)	446	(18.6)
20 - 39	766	24	(2.3)	462	(17.7)	38	(3.9)	8	(0.8)	443	(21.5)	158	(14.3)	36	(3.4)	468	(19.7)
40 - 59	786	23	(2.3)	436	(18.5)	33	(5.3)	8	(1.2)	441	(29.7)	146	(16.5)	33	(2.9)	434	(23.8)
60 and over	883	25	(3.0)	415	(11.2)	35	(4.5)	8	(1.1)	398	(21.3)	141	(12.4)	36	(2.2)	420	(15.4)
2 - 19	1206	13	(1.7)	447	(8.1)	17	(2.8)	4	(0.6)	436	(21.0)	131	(8.4)	30	(1.6)	448	(8.7)
20 and over	2435	24	(1.5)	439	(10.2)	35	(2.6)	8	(0.6)	428	(14.2)	149	(9.7)	35	(2.0)	442	(13.8)
2 and over	3641	21	(1.5)	440	(8.1)	31	(2.4)	7	(0.5)	429	(13.9)	146	(8.5)	34	(1.7)	444	(10.5)
Males and Females:																	
2 - 19	2380	11	(1.0)	487	(5.5)	15	(1.6)	3	(0.3)	482	(21.3)	132	(6.7)	27	(1.8)	487	(5.1)
20 and over	4742	24	(1.3)	503	(6.3)	43	(3.0)	9	(0.6)	508	(15.8)	179	(8.8)	35	(1.6)	501	(8.2)
2 and over	7122	21	(1.2)	499	(5.4)	36	(2.5)	7	(0.5)	505	(14.4)	173	(8.0)	34	(1.5)	498	(6.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	222	(7.8)	6*	(2.0)	3*	(0.9)	--		--		--		222	(8.8)
6 - 11	383	7	(1.0)	256	(10.4)	7	(2.0)	3*	(0.7)	--		--		--		254	(11.0)
12 - 19	531	13	(1.8)	303	(12.8)	20	(2.5)	7	(0.8)	--		--		--		294	(13.8)
20 - 39	664	22	(1.9)	390	(12.7)	38	(6.9)	10	(1.5)	466	(45.5)	169	(22.3)	36	(2.8)	368	(8.4)
40 - 59	715	28	(2.9)	402	(8.2)	59	(7.5)	15	(1.7)	463	(27.6)	207	(21.2)	45	(2.5)	378	(11.4)
60 and over	928	22	(2.3)	368	(9.8)	46	(6.0)	12	(1.7)	411	(20.3)	210	(17.4)	51	(2.8)	356	(11.6)
2 - 19	1174	10	(0.9)	270	(7.4)	13	(1.6)	5	(0.6)	319	(20.2)	129	(10.9)	40	(4.3)	265	(7.4)
20 and over	2307	24	(1.6)	388	(4.7)	47	(3.4)	12	(0.8)	451	(22.0)	195	(13.2)	43	(1.6)	368	(5.2)
2 and over	3481	21	(1.4)	359	(3.5)	39	(2.8)	11	(0.7)	435	(18.8)	187	(12.2)	43	(1.7)	339	(3.9)
Females:																	
2 - 5	280	11	(1.5)	205	(8.4)	5	(1.4)	3*	(0.7)	--		--		--		202	(7.8)
6 - 11	412	11	(2.4)	229	(5.5)	10*	(3.1)	4*	(1.3)	--		--		--		226	(4.4)
12 - 19	514	15	(2.0)	224	(9.1)	19	(4.6)	8	(1.9)	300	(24.2)	123	(16.3)	41	(4.8)	210	(8.7)
20 - 39	766	24	(2.3)	287	(9.6)	30	(3.9)	10	(1.2)	327	(20.5)	124	(10.5)	38	(2.9)	275	(8.1)
40 - 59	786	23	(2.3)	276	(12.7)	29	(3.9)	10	(1.4)	332	(19.9)	127	(9.5)	38	(3.2)	259	(14.7)
60 and over	883	25	(3.0)	278	(8.8)	32	(4.3)	12	(1.7)	291	(17.0)	130	(9.6)	45	(4.7)	274	(10.4)
2 - 19	1206	13	(1.7)	222	(4.1)	13	(3.0)	6	(1.3)	273	(17.6)	101	(11.6)	37	(3.4)	214	(3.2)
20 and over	2435	24	(1.5)	281	(7.2)	30	(2.7)	11	(1.0)	317	(13.9)	127	(6.1)	40	(2.6)	269	(7.2)
2 and over	3641	21	(1.5)	267	(5.7)	26	(2.5)	10	(0.9)	311	(12.0)	123	(5.4)	40	(2.3)	255	(5.5)
Males and Females:																	
2 - 19	2380	11	(1.0)	246	(4.5)	13	(1.8)	5	(0.7)	294	(11.3)	114	(8.0)	39	(2.8)	240	(3.8)
20 and over	4742	24	(1.3)	332	(4.6)	38	(2.1)	12	(0.6)	382	(12.2)	160	(6.3)	42	(1.1)	317	(4.9)
2 and over	7122	21	(1.2)	312	(3.4)	32	(1.8)	10	(0.5)	371	(10.5)	154	(5.3)	42	(1.0)	296	(3.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake µg	(SE)	All Individuals [2]: Intake from Full Service Restaurants µg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake µg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	3.94	(0.144)	0.05	(0.016)	1*	(0.4)	--		--		--		3.93	(0.148)
6 - 11	383	7	(1.0)	4.88	(0.243)	0.07	(0.017)	1*	(0.3)	--		--		--		4.83	(0.245)
12 - 19	531	13	(1.8)	5.56	(0.253)	0.21	(0.032)	4*	(0.6)	--		--		--		5.64	(0.271)
20 - 39	664	22	(1.9)	6.26	(0.303)	0.38	(0.075)	6	(1.3)	5.56	(0.454)	1.70	(0.248)	31	(3.3)	6.46	(0.359)
40 - 59	715	28	(2.9)	5.86	(0.549)	0.63	(0.062)	11	(1.5)	5.57	(0.478)	2.22	(0.167)	40	(3.2)	5.98	(0.679)
60 and over	928	22	(2.3)	5.53	(0.330)	0.55	(0.095)	10	(1.7)	5.62	(0.464)	2.52	(0.293)	45	(4.3)	5.51	(0.462)
2 - 19	1174	10	(0.9)	4.99	(0.139)	0.13	(0.015)	3	(0.3)	5.00	(0.402)	1.34	(0.145)	27	(2.9)	4.99	(0.149)
20 and over	2307	24	(1.6)	5.92	(0.226)	0.52	(0.036)	9	(0.8)	5.58	(0.264)	2.12	(0.102)	38	(1.7)	6.03	(0.276)
2 and over	3481	21	(1.4)	5.69	(0.188)	0.42	(0.029)	7	(0.6)	5.51	(0.233)	2.03	(0.098)	37	(1.7)	5.73	(0.225)
Females:																	
2 - 5	280	11	(1.5)	3.56	(0.203)	0.08*	(0.024)	2*	(0.7)	--		--		--		3.56	(0.222)
6 - 11	412	11	(2.4)	4.29	(0.177)	0.12	(0.033)	3*	(0.8)	--		--		--		4.36	(0.182)
12 - 19	514	15	(2.0)	3.47	(0.168)	0.17	(0.033)	5	(1.0)	3.68	(0.315)	1.12	(0.134)	30	(4.0)	3.43	(0.185)
20 - 39	766	24	(2.3)	3.75	(0.127)	0.34	(0.064)	9	(1.6)	3.69	(0.292)	1.41	(0.194)	38	(3.2)	3.77	(0.140)
40 - 59	786	23	(2.3)	4.01	(0.228)	0.32	(0.039)	8	(1.1)	4.01	(0.370)	1.40	(0.120)	35	(5.4)	4.01	(0.267)
60 and over	883	25	(3.0)	3.81	(0.225)	0.38	(0.064)	10	(1.7)	3.78	(0.314)	1.54	(0.237)	41	(4.9)	3.82	(0.249)
2 - 19	1206	13	(1.7)	3.77	(0.099)	0.13	(0.023)	4	(0.6)	3.70	(0.220)	1.02	(0.104)	28	(2.6)	3.78	(0.102)
20 and over	2435	24	(1.5)	3.85	(0.129)	0.35	(0.035)	9	(0.9)	3.82	(0.228)	1.45	(0.091)	38	(2.3)	3.86	(0.128)
2 and over	3641	21	(1.5)	3.83	(0.092)	0.30	(0.031)	8	(0.8)	3.80	(0.188)	1.39	(0.081)	37	(1.9)	3.84	(0.093)
Males and Females:																	
2 - 19	2380	11	(1.0)	4.39	(0.108)	0.13	(0.016)	3	(0.3)	4.28	(0.249)	1.16	(0.095)	27	(1.6)	4.41	(0.116)
20 and over	4742	24	(1.3)	4.84	(0.137)	0.43	(0.025)	9	(0.6)	4.67	(0.165)	1.78	(0.055)	38	(1.6)	4.90	(0.161)
2 and over	7122	21	(1.2)	4.74	(0.116)	0.36	(0.022)	8	(0.5)	4.62	(0.140)	1.70	(0.051)	37	(1.4)	4.77	(0.138)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	80.3	(12.69)	0.5*	(0.21)	1*	(0.3)	--		--		--		71.5	(4.58)
6 - 11	383	7	(1.0)	77.2	(6.88)	1.0*	(0.36)	1*	(0.5)	--		--		--		77.2	(7.53)
12 - 19	531	13	(1.8)	70.0	(5.96)	2.6	(0.76)	4*	(1.1)	--		--		--		68.0	(6.42)
20 - 39	664	22	(1.9)	76.9	(4.42)	4.4	(0.91)	6	(1.0)	79.3	(6.93)	19.9	(3.29)	25	(3.4)	76.2	(5.49)
40 - 59	715	28	(2.9)	84.8	(5.60)	9.1	(2.02)	11	(2.1)	104.8	(14.50)	31.9	(5.53)	30	(5.3)	76.9	(3.62)
60 and over	928	22	(2.3)	79.5	(4.41)	4.3	(0.94)	5	(1.1)	86.0	(8.04)	19.6	(3.10)	23	(2.9)	77.7	(5.24)
2 - 19	1174	10	(0.9)	74.5	(4.85)	1.6	(0.28)	2	(0.4)	98.7	(24.34)	16.1	(3.01)	16*	(5.6)	71.9	(4.36)
20 and over	2307	24	(1.6)	80.4	(3.05)	6.0	(0.73)	7	(0.8)	91.5	(6.82)	24.8	(2.31)	27	(2.3)	76.9	(3.24)
2 and over	3481	21	(1.4)	79.0	(2.99)	4.9	(0.63)	6	(0.7)	92.4	(6.23)	23.8	(2.22)	26	(2.2)	75.5	(3.08)
Females:																	
2 - 5	280	11	(1.5)	86.4	(5.68)	0.8*	(0.36)	1*	(0.4)	--		--		--		85.7	(6.23)
6 - 11	412	11	(2.4)	76.2	(7.93)	1.1*	(0.35)	1*	(0.5)	--		--		--		78.6	(8.72)
12 - 19	514	15	(2.0)	59.0	(3.57)	3.4*	(1.31)	6*	(2.1)	62.3	(12.85)	22.2	(6.48)	36	(4.8)	58.4	(3.36)
20 - 39	766	24	(2.3)	71.0	(3.89)	5.5	(1.05)	8	(1.4)	77.9	(9.06)	22.8	(3.23)	29	(3.9)	68.8	(4.01)
40 - 59	786	23	(2.3)	73.2	(3.98)	3.8	(0.74)	5	(0.9)	71.9	(6.92)	16.6	(2.47)	23	(3.0)	73.6	(5.09)
60 and over	883	25	(3.0)	73.4	(2.93)	4.0	(0.66)	6	(1.0)	72.7	(8.55)	16.4	(2.62)	23	(3.3)	73.6	(3.28)
2 - 19	1206	13	(1.7)	70.7	(3.33)	2.1*	(0.68)	3*	(0.9)	66.2	(7.05)	16.1	(3.60)	24	(3.7)	71.4	(3.48)
20 and over	2435	24	(1.5)	72.5	(2.19)	4.5	(0.53)	6	(0.6)	74.3	(5.53)	18.8	(1.59)	25	(1.8)	71.9	(2.26)
2 and over	3641	21	(1.5)	72.1	(1.89)	3.9	(0.45)	5	(0.6)	73.2	(4.74)	18.4	(1.34)	25	(1.6)	71.8	(2.07)
Males and Females:																	
2 - 19	2380	11	(1.0)	72.7	(3.54)	1.8	(0.37)	3	(0.5)	80.6	(10.99)	16.1	(2.23)	20	(4.2)	71.6	(3.18)
20 and over	4742	24	(1.3)	76.3	(2.35)	5.2	(0.46)	7	(0.5)	82.7	(4.79)	21.7	(1.22)	26	(1.3)	74.3	(2.38)
2 and over	7122	21	(1.2)	75.4	(2.21)	4.4	(0.40)	6	(0.5)	82.4	(4.01)	21.0	(1.16)	25	(1.4)	73.6	(2.31)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	5.5	(0.24)	#		1*	(0.3)	--		--		--		5.4	(0.21)
6 - 11	383	7	(1.0)	5.3	(0.25)	0.1*	(0.03)	1*	(0.6)	--		--		--		5.3	(0.24)
12 - 19	531	13	(1.8)	5.0	(0.27)	0.1	(0.03)	3*	(0.6)	--		--		--		5.1	(0.35)
20 - 39	664	22	(1.9)	4.6	(0.28)	0.2*	(0.09)	5*	(1.7)	4.3	(0.61)	1.1	(0.32)	26	(4.7)	4.7	(0.27)
40 - 59	715	28	(2.9)	4.3	(0.31)	0.4	(0.07)	8	(1.6)	4.4	(0.42)	1.3	(0.22)	29	(4.0)	4.3	(0.39)
60 and over	928	22	(2.3)	5.5	(0.55)	0.6	(0.15)	10	(2.4)	5.6	(0.76)	2.6	(0.61)	47	(5.5)	5.5	(0.62)
2 - 19	1174	10	(0.9)	5.2	(0.12)	0.1	(0.02)	2*	(0.3)	5.1	(0.65)	0.9	(0.16)	17	(3.0)	5.2	(0.15)
20 and over	2307	24	(1.6)	4.8	(0.17)	0.4	(0.06)	8	(1.1)	4.7	(0.24)	1.6	(0.19)	33	(3.1)	4.8	(0.21)
2 and over	3481	21	(1.4)	4.9	(0.14)	0.3	(0.04)	6	(0.8)	4.7	(0.23)	1.5	(0.17)	31	(2.9)	4.9	(0.16)
Females:																	
2 - 5	280	11	(1.5)	5.1	(0.32)	0.1*	(0.04)	2*	(0.9)	--		--		--		5.1	(0.34)
6 - 11	412	11	(2.4)	4.7	(0.22)	#		1*	(0.3)	--		--		--		4.8	(0.21)
12 - 19	514	15	(2.0)	3.3	(0.24)	0.1	(0.02)	2*	(0.7)	3.0	(0.31)	0.4	(0.10)	15*	(4.2)	3.3	(0.30)
20 - 39	766	24	(2.3)	3.5	(0.24)	0.3	(0.06)	8	(1.6)	3.6	(0.47)	1.1	(0.22)	31	(5.1)	3.5	(0.27)
40 - 59	786	23	(2.3)	3.7	(0.24)	0.2	(0.05)	6	(1.3)	3.7	(0.40)	0.9	(0.18)	25	(4.4)	3.7	(0.31)
60 and over	883	25	(3.0)	3.9	(0.29)	0.4	(0.08)	9	(2.2)	3.4	(0.34)	1.4	(0.29)	43	(6.8)	4.1	(0.33)
2 - 19	1206	13	(1.7)	4.1	(0.14)	0.1	(0.01)	2*	(0.3)	3.6	(0.28)	0.5	(0.09)	14	(2.8)	4.2	(0.17)
20 and over	2435	24	(1.5)	3.7	(0.18)	0.3	(0.04)	7	(1.2)	3.6	(0.26)	1.2	(0.15)	33	(3.5)	3.8	(0.21)
2 and over	3641	21	(1.5)	3.8	(0.14)	0.2	(0.03)	6	(0.9)	3.6	(0.23)	1.1	(0.12)	30	(2.8)	3.9	(0.17)
Males and Females:																	
2 - 19	2380	11	(1.0)	4.7	(0.12)	0.1	(0.01)	2	(0.3)	4.3	(0.33)	0.7	(0.10)	16	(1.8)	4.8	(0.15)
20 and over	4742	24	(1.3)	4.2	(0.14)	0.3	(0.04)	8	(0.9)	4.1	(0.18)	1.4	(0.13)	33	(2.2)	4.2	(0.16)
2 and over	7122	21	(1.2)	4.3	(0.12)	0.3	(0.03)	6	(0.7)	4.1	(0.15)	1.3	(0.11)	31	(1.9)	4.4	(0.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	6.0	(0.24)	0.2*	(0.06)	3*	(0.9)	--		--		--		5.9	(0.20)
6 - 11	383	7	(1.0)	9.0	(1.10)	0.2	(0.04)	2*	(0.3)	--		--		--		8.9	(1.18)
12 - 19	531	13	(1.8)	8.6	(0.36)	0.5	(0.08)	6	(0.9)	--		--		--		8.2	(0.36)
20 - 39	664	22	(1.9)	10.2	(0.51)	0.8	(0.15)	8	(1.5)	9.8	(0.85)	3.4	(0.52)	35	(3.7)	10.3	(0.66)
40 - 59	715	28	(2.9)	11.4	(0.69)	1.4	(0.21)	12	(1.7)	13.2	(1.10)	4.9	(0.47)	37	(3.9)	10.7	(0.83)
60 and over	928	22	(2.3)	9.7	(0.24)	1.1	(0.15)	11	(1.6)	11.0	(0.92)	4.9	(0.49)	44	(3.5)	9.4	(0.26)
2 - 19	1174	10	(0.9)	8.2	(0.33)	0.3	(0.04)	4	(0.5)	10.6	(0.93)	3.4	(0.27)	32	(3.9)	7.9	(0.37)
20 and over	2307	24	(1.6)	10.5	(0.34)	1.1	(0.09)	10	(0.9)	11.6	(0.58)	4.4	(0.24)	38	(2.7)	10.1	(0.38)
2 and over	3481	21	(1.4)	9.9	(0.28)	0.9	(0.07)	9	(0.8)	11.4	(0.54)	4.3	(0.22)	37	(2.6)	9.5	(0.27)
Females:																	
2 - 5	280	11	(1.5)	5.4	(0.23)	0.2	(0.05)	3*	(0.8)	--		--		--		5.4	(0.23)
6 - 11	412	11	(2.4)	7.4	(0.27)	0.3	(0.08)	5*	(1.1)	--		--		--		7.3	(0.33)
12 - 19	514	15	(2.0)	7.7	(0.53)	0.5	(0.11)	6	(1.4)	8.5	(0.67)	3.1	(0.37)	36	(3.8)	7.6	(0.60)
20 - 39	766	24	(2.3)	8.9	(0.28)	0.8	(0.10)	9	(1.0)	10.2	(0.76)	3.3	(0.20)	32	(2.2)	8.5	(0.27)
40 - 59	786	23	(2.3)	8.4	(0.42)	0.7	(0.07)	8	(0.9)	9.3	(0.50)	3.1	(0.20)	33	(3.2)	8.2	(0.55)
60 and over	883	25	(3.0)	8.5	(0.36)	0.8	(0.09)	9	(1.3)	8.8	(0.69)	3.2	(0.25)	36	(3.9)	8.4	(0.39)
2 - 19	1206	13	(1.7)	7.1	(0.27)	0.4	(0.07)	5	(1.0)	8.0	(0.41)	2.8	(0.23)	35	(2.4)	7.0	(0.29)
20 and over	2435	24	(1.5)	8.6	(0.20)	0.8	(0.06)	9	(0.6)	9.5	(0.38)	3.2	(0.14)	34	(2.1)	8.4	(0.24)
2 and over	3641	21	(1.5)	8.3	(0.18)	0.7	(0.06)	8	(0.6)	9.3	(0.33)	3.1	(0.12)	34	(1.9)	8.0	(0.19)
Males and Females:																	
2 - 19	2380	11	(1.0)	7.7	(0.21)	0.3	(0.04)	5	(0.6)	9.1	(0.43)	3.1	(0.18)	34	(2.1)	7.5	(0.24)
20 and over	4742	24	(1.3)	9.5	(0.19)	0.9	(0.06)	10	(0.6)	10.5	(0.31)	3.8	(0.15)	36	(1.8)	9.2	(0.23)
2 and over	7122	21	(1.2)	9.1	(0.16)	0.8	(0.05)	9	(0.6)	10.3	(0.29)	3.7	(0.13)	36	(1.6)	8.8	(0.16)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals: Total Intake µg	(SE)	All Individuals: Intake from Full Service Restaurants µg	(SE)	All Individuals: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake µg	(SE)	Full Service Restaurant Consumers: Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	50.7	(3.52)	1.8*	(0.71)	4*	(1.3)	--		--		--		50.7	(3.42)
6 - 11	383	7	(1.0)	72.7	(8.61)	2.2	(0.57)	3*	(0.9)	--		--		--		63.0	(4.11)
12 - 19	531	13	(1.8)	78.5	(5.36)	6.5	(1.51)	8	(1.8)	--		--		--		74.0	(5.26)
20 - 39	664	22	(1.9)	110.4	(6.63)	10.3	(2.37)	9	(2.2)	114.0	(10.59)	46.3	(8.57)	41	(5.2)	109.4	(8.51)
40 - 59	715	28	(2.9)	146.5	(16.37)	29.7	(7.35)	20	(3.8)	183.8	(19.88)	104.6	(20.04)	57	(6.7)	131.7	(16.45)
60 and over	928	22	(2.3)	123.4	(7.25)	15.8	(3.97)	13	(3.0)	127.2	(13.76)	72.6	(15.45)	57	(7.7)	122.4	(8.49)
2 - 19	1174	10	(0.9)	70.7	(4.83)	4.1	(0.59)	6	(0.9)	120.5	(31.42)	41.1	(6.24)	34	(10.0)	65.2	(2.92)
20 and over	2307	24	(1.6)	126.9	(8.04)	18.7	(2.80)	15	(1.7)	146.3	(9.32)	77.1	(8.13)	53	(3.7)	120.6	(8.20)
2 and over	3481	21	(1.4)	112.8	(7.05)	15.1	(2.23)	13	(1.5)	143.3	(10.02)	72.8	(7.26)	51	(3.7)	104.9	(6.43)
Females:																	
2 - 5	280	11	(1.5)	49.9	(4.45)	2.4*	(0.82)	5*	(1.5)	--		--		--		47.7	(4.64)
6 - 11	412	11	(2.4)	69.0	(6.37)	4.0	(1.17)	6	(1.7)	--		--		--		68.3	(7.20)
12 - 19	514	15	(2.0)	84.8	(6.29)	8.7	(2.28)	10	(2.5)	125.3	(11.63)	56.9	(9.68)	45	(4.9)	77.5	(6.68)
20 - 39	766	24	(2.3)	142.6	(18.36)	17.9	(3.47)	13	(2.5)	169.7	(12.92)	74.1	(9.98)	44	(5.4)	133.9	(24.62)
40 - 59	786	23	(2.3)	126.5	(7.26)	13.6	(2.28)	11	(1.8)	144.7	(10.07)	59.8	(7.40)	41	(3.6)	121.1	(9.43)
60 and over	883	25	(3.0)	114.8	(4.71)	14.9	(1.64)	13	(1.5)	127.5	(14.38)	60.4	(5.92)	47	(4.7)	110.6	(6.35)
2 - 19	1206	13	(1.7)	72.0	(3.65)	5.8	(1.18)	8	(1.5)	100.5	(5.37)	44.5	(4.90)	44	(3.5)	67.7	(3.74)
20 and over	2435	24	(1.5)	128.6	(6.34)	15.5	(1.68)	12	(1.2)	148.3	(7.38)	65.1	(5.05)	44	(2.9)	122.5	(8.56)
2 and over	3641	21	(1.5)	115.8	(5.39)	13.3	(1.41)	11	(1.0)	141.7	(6.70)	62.3	(4.31)	44	(2.5)	108.8	(6.77)
Males and Females:																	
2 - 19	2380	11	(1.0)	71.3	(3.39)	4.9	(0.68)	7	(0.8)	109.4	(14.39)	43.0	(3.49)	39	(6.1)	66.4	(2.49)
20 and over	4742	24	(1.3)	127.8	(6.82)	17.1	(1.76)	13	(1.0)	147.3	(5.69)	70.9	(4.42)	48	(2.2)	121.6	(7.83)
2 and over	7122	21	(1.2)	114.4	(5.91)	14.2	(1.48)	12	(0.9)	142.5	(5.92)	67.4	(4.02)	47	(2.1)	106.9	(6.25)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1011	(54.8)	14*	(5.4)	1*	(0.5)	--		--		--		981	(25.8)
6 - 11	383	7	(1.0)	1066	(45.5)	20	(4.6)	2*	(0.4)	--		--		--		1069	(46.9)
12 - 19	531	13	(1.8)	1079	(32.2)	34	(5.6)	3*	(0.5)	--		--		--		1105	(36.1)
20 - 39	664	22	(1.9)	1138	(27.2)	74	(14.0)	7	(1.2)	1106	(89.3)	334	(48.5)	30	(3.5)	1147	(28.9)
40 - 59	715	28	(2.9)	1110	(47.4)	112	(17.6)	10	(1.5)	1175	(53.7)	395	(42.7)	34	(3.0)	1085	(53.9)
60 and over	928	22	(2.3)	981	(31.0)	68	(15.3)	7	(1.5)	1079	(101.2)	314	(53.6)	29	(2.7)	953	(31.2)
2 - 19	1174	10	(0.9)	1060	(19.3)	25	(3.0)	2	(0.3)	1009	(118.2)	251	(28.7)	25	(2.5)	1066	(18.7)
20 and over	2307	24	(1.6)	1084	(19.1)	86	(7.5)	8	(0.7)	1128	(35.1)	354	(22.8)	31	(1.8)	1070	(20.2)
2 and over	3481	21	(1.4)	1078	(16.9)	71	(5.8)	7	(0.5)	1114	(32.3)	342	(20.8)	31	(1.7)	1069	(17.1)
Females:																	
2 - 5	280	11	(1.5)	906	(46.3)	20*	(6.2)	2*	(0.7)	--		--		--		911	(48.7)
6 - 11	412	11	(2.4)	957	(32.5)	22	(4.9)	2*	(0.5)	--		--		--		964	(30.5)
12 - 19	514	15	(2.0)	813	(27.2)	37	(7.1)	5	(0.9)	871	(55.7)	242	(28.0)	28	(3.1)	803	(30.3)
20 - 39	766	24	(2.3)	898	(26.0)	62	(7.7)	7	(0.9)	899	(55.2)	257	(22.4)	29	(2.8)	897	(23.5)
40 - 59	786	23	(2.3)	858	(36.4)	57	(6.4)	7	(0.8)	831	(50.6)	249	(22.9)	30	(3.2)	866	(49.1)
60 and over	883	25	(3.0)	808	(29.2)	52	(7.3)	6	(0.9)	715	(40.6)	211	(24.8)	29	(3.4)	838	(31.5)
2 - 19	1206	13	(1.7)	882	(14.3)	28	(4.3)	3	(0.5)	880	(42.1)	218	(18.5)	25	(2.0)	882	(15.3)
20 and over	2435	24	(1.5)	857	(19.0)	57	(4.6)	7	(0.6)	819	(37.4)	240	(17.1)	29	(2.4)	869	(20.1)
2 and over	3641	21	(1.5)	863	(15.2)	51	(3.8)	6	(0.5)	828	(30.7)	237	(13.5)	29	(1.9)	872	(16.0)
Males and Females:																	
2 - 19	2380	11	(1.0)	973	(13.9)	26	(2.9)	3	(0.3)	937	(58.2)	233	(18.4)	25	(1.7)	978	(14.4)
20 and over	4742	24	(1.3)	966	(14.6)	71	(4.7)	7	(0.5)	969	(27.3)	295	(15.3)	30	(1.3)	965	(16.4)
2 and over	7122	21	(1.2)	968	(13.1)	60	(3.9)	6	(0.4)	965	(21.7)	287	(13.0)	30	(1.1)	969	(14.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	1181	(32.5)	24*	(7.6)	2*	(0.6)	--		--		--		1180	(28.2)
6 - 11	383	7	(1.0)	1322	(43.6)	30	(5.4)	2*	(0.4)	--		--		--		1320	(44.9)
12 - 19	531	13	(1.8)	1497	(50.4)	86	(12.1)	6	(0.8)	--		--		--		1482	(59.5)
20 - 39	664	22	(1.9)	1630	(36.4)	144	(25.2)	9	(1.5)	1731	(121.9)	648	(80.8)	37	(3.2)	1601	(42.2)
40 - 59	715	28	(2.9)	1667	(49.6)	217	(26.4)	13	(1.5)	1835	(79.5)	764	(56.4)	42	(2.3)	1600	(59.4)
60 and over	928	22	(2.3)	1474	(35.0)	151	(25.4)	10	(1.6)	1648	(105.3)	694	(73.7)	42	(2.5)	1426	(39.6)
2 - 19	1174	10	(0.9)	1372	(25.5)	55	(5.8)	4	(0.4)	1473	(83.3)	553	(26.5)	38	(2.9)	1361	(26.2)
20 and over	2307	24	(1.6)	1600	(19.0)	172	(12.2)	11	(0.8)	1754	(53.3)	708	(34.0)	40	(1.7)	1551	(23.0)
2 and over	3481	21	(1.4)	1543	(17.6)	143	(10.0)	9	(0.6)	1720	(46.6)	689	(30.2)	40	(1.6)	1497	(18.9)
Females:																	
2 - 5	280	11	(1.5)	1026	(39.1)	29	(6.5)	3*	(0.7)	--		--		--		1021	(40.3)
6 - 11	412	11	(2.4)	1203	(28.0)	47	(11.9)	4*	(1.0)	--		--		--		1197	(28.9)
12 - 19	514	15	(2.0)	1100	(43.1)	72	(15.3)	7	(1.3)	1270	(101.1)	471	(49.1)	37	(3.2)	1070	(40.5)
20 - 39	766	24	(2.3)	1237	(26.6)	111	(12.1)	9	(0.9)	1293	(59.7)	462	(33.8)	36	(2.6)	1219	(20.4)
40 - 59	786	23	(2.3)	1180	(50.1)	109	(13.8)	9	(1.2)	1252	(46.7)	481	(40.6)	38	(3.9)	1159	(64.7)
60 and over	883	25	(3.0)	1175	(36.6)	109	(13.9)	9	(1.3)	1096	(53.1)	443	(34.2)	40	(3.6)	1201	(37.6)
2 - 19	1206	13	(1.7)	1119	(21.9)	55	(10.3)	5	(0.9)	1227	(67.3)	422	(33.0)	34	(1.8)	1103	(18.6)
20 and over	2435	24	(1.5)	1199	(25.5)	110	(8.9)	9	(0.8)	1217	(40.2)	462	(24.6)	38	(2.3)	1193	(27.1)
2 and over	3641	21	(1.5)	1181	(19.5)	98	(8.3)	8	(0.7)	1219	(35.6)	457	(20.8)	37	(2.0)	1170	(20.8)
Males and Females:																	
2 - 19	2380	11	(1.0)	1249	(19.9)	55	(6.3)	4	(0.5)	1336	(50.0)	480	(23.7)	36	(1.9)	1237	(18.3)
20 and over	4742	24	(1.3)	1391	(15.7)	140	(8.6)	10	(0.6)	1478	(29.4)	581	(22.3)	39	(1.4)	1364	(19.1)
2 and over	7122	21	(1.2)	1357	(13.9)	120	(7.5)	9	(0.5)	1459	(25.2)	568	(19.2)	39	(1.2)	1330	(16.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Magnesium

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	217	(6.1)	3*	(1.0)	1*	(0.5)	--		--		--		217	(4.6)
6 - 11	383	7	(1.0)	241	(9.5)	5	(0.8)	2*	(0.3)	--		--		--		239	(9.5)
12 - 19	531	13	(1.8)	275	(10.2)	13	(2.1)	5	(0.8)	--		--		--		272	(11.6)
20 - 39	664	22	(1.9)	342	(6.8)	26	(4.7)	8	(1.4)	358	(19.2)	119	(15.3)	33	(3.2)	338	(10.4)
40 - 59	715	28	(2.9)	360	(10.1)	36	(5.0)	10	(1.3)	393	(19.9)	128	(9.6)	33	(2.0)	346	(11.4)
60 and over	928	22	(2.3)	321	(7.9)	24	(3.8)	7	(1.2)	327	(20.2)	108	(10.6)	33	(2.1)	320	(8.8)
2 - 19	1174	10	(0.9)	251	(4.9)	8	(0.9)	3	(0.4)	271	(17.1)	81	(5.8)	30	(3.2)	249	(4.8)
20 and over	2307	24	(1.6)	343	(4.4)	29	(2.5)	9	(0.7)	365	(12.2)	120	(7.0)	33	(1.6)	335	(5.8)
2 and over	3481	21	(1.4)	320	(4.1)	24	(2.1)	7	(0.6)	354	(11.0)	115	(6.7)	33	(1.6)	311	(4.4)
Females:																	
2 - 5	280	11	(1.5)	194	(6.1)	5	(1.1)	2*	(0.6)	--		--		--		192	(6.8)
6 - 11	412	11	(2.4)	228	(5.8)	8	(1.9)	3*	(0.8)	--		--		--		229	(5.8)
12 - 19	514	15	(2.0)	219	(7.8)	13	(2.7)	6	(1.2)	250	(20.3)	82	(8.9)	33	(4.1)	214	(6.8)
20 - 39	766	24	(2.3)	272	(7.5)	22	(2.6)	8	(0.9)	290	(14.6)	90	(5.9)	31	(2.3)	267	(8.4)
40 - 59	786	23	(2.3)	271	(11.1)	18	(2.0)	6	(0.7)	278	(9.5)	77	(5.8)	28	(2.6)	268	(13.5)
60 and over	883	25	(3.0)	271	(7.9)	20	(2.5)	7	(1.0)	261	(12.5)	81	(6.0)	31	(2.8)	275	(8.5)
2 - 19	1206	13	(1.7)	217	(4.0)	9	(1.8)	4	(0.8)	234	(11.8)	71	(5.7)	30	(2.3)	214	(3.6)
20 and over	2435	24	(1.5)	271	(6.1)	20	(1.5)	7	(0.6)	277	(9.1)	83	(4.0)	30	(1.9)	270	(6.4)
2 and over	3641	21	(1.5)	259	(5.1)	17	(1.5)	7	(0.6)	271	(8.2)	81	(3.5)	30	(1.7)	256	(5.2)
Males and Females:																	
2 - 19	2380	11	(1.0)	234	(3.2)	9	(1.0)	4	(0.4)	251	(9.0)	75	(4.0)	30	(2.1)	232	(2.9)
20 and over	4742	24	(1.3)	306	(4.3)	24	(1.7)	8	(0.5)	319	(8.2)	101	(4.4)	32	(1.3)	301	(4.9)
2 and over	7122	21	(1.2)	289	(3.7)	21	(1.5)	7	(0.5)	311	(7.2)	98	(4.0)	31	(1.2)	283	(3.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

I r o n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	10.9	(0.44)	0.2*	(0.06)	2*	(0.6)	--		--		--		10.8	(0.47)
6 - 11	383	7	(1.0)	14.8	(0.63)	0.2	(0.04)	2*	(0.2)	--		--		--		14.5	(0.65)
12 - 19	531	13	(1.8)	15.5	(0.48)	0.7	(0.09)	4	(0.6)	--		--		--		15.4	(0.53)
20 - 39	664	22	(1.9)	16.2	(0.34)	1.2	(0.21)	8	(1.3)	16.4	(1.14)	5.5	(0.75)	33	(3.3)	16.1	(0.48)
40 - 59	715	28	(2.9)	16.8	(0.58)	1.9	(0.25)	11	(1.5)	17.4	(0.68)	6.8	(0.49)	39	(2.3)	16.5	(0.84)
60 and over	928	22	(2.3)	15.5	(0.35)	1.2	(0.20)	8	(1.3)	15.3	(1.13)	5.7	(0.63)	38	(2.8)	15.6	(0.51)
2 - 19	1174	10	(0.9)	14.3	(0.26)	0.4	(0.04)	3	(0.3)	15.7	(1.18)	4.3	(0.26)	27	(2.5)	14.1	(0.28)
20 and over	2307	24	(1.6)	16.2	(0.23)	1.5	(0.12)	9	(0.7)	16.5	(0.64)	6.1	(0.31)	37	(1.5)	16.1	(0.31)
2 and over	3481	21	(1.4)	15.7	(0.19)	1.2	(0.10)	8	(0.6)	16.4	(0.57)	5.9	(0.29)	36	(1.6)	15.5	(0.20)
Females:																	
2 - 5	280	11	(1.5)	10.0	(0.38)	0.2	(0.05)	2*	(0.5)	--		--		--		9.9	(0.42)
6 - 11	412	11	(2.4)	13.4	(0.40)	0.4	(0.10)	3*	(0.7)	--		--		--		13.5	(0.39)
12 - 19	514	15	(2.0)	12.2	(0.42)	0.6	(0.12)	5	(1.0)	12.4	(0.67)	4.2	(0.28)	34	(2.8)	12.1	(0.47)
20 - 39	766	24	(2.3)	12.5	(0.28)	1.0	(0.11)	8	(0.9)	12.2	(0.64)	4.2	(0.28)	34	(2.9)	12.6	(0.28)
40 - 59	786	23	(2.3)	12.3	(0.57)	1.0	(0.14)	8	(1.2)	12.4	(0.52)	4.4	(0.41)	35	(3.4)	12.3	(0.76)
60 and over	883	25	(3.0)	12.2	(0.35)	1.0	(0.11)	8	(0.9)	11.7	(0.56)	4.0	(0.23)	34	(2.4)	12.3	(0.40)
2 - 19	1206	13	(1.7)	12.1	(0.22)	0.5	(0.08)	4	(0.6)	12.2	(0.48)	3.6	(0.20)	30	(1.7)	12.1	(0.24)
20 and over	2435	24	(1.5)	12.3	(0.27)	1.0	(0.08)	8	(0.7)	12.1	(0.37)	4.2	(0.20)	35	(2.0)	12.4	(0.33)
2 and over	3641	21	(1.5)	12.3	(0.21)	0.9	(0.08)	7	(0.6)	12.1	(0.35)	4.1	(0.17)	34	(1.6)	12.3	(0.26)
Males and Females:																	
2 - 19	2380	11	(1.0)	13.2	(0.17)	0.4	(0.05)	3	(0.3)	13.7	(0.57)	3.9	(0.15)	29	(1.6)	13.2	(0.17)
20 and over	4742	24	(1.3)	14.2	(0.19)	1.2	(0.08)	9	(0.6)	14.3	(0.35)	5.1	(0.20)	36	(1.4)	14.2	(0.24)
2 and over	7122	21	(1.2)	14.0	(0.15)	1.0	(0.07)	7	(0.5)	14.2	(0.32)	4.9	(0.18)	35	(1.3)	13.9	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	7.9	(0.20)	0.2	(0.05)	2*	(0.6)	--		--		--		7.9	(0.22)
6 - 11	383	7	(1.0)	10.3	(0.48)	0.2	(0.04)	2*	(0.4)	--		--		--		10.2	(0.51)
12 - 19	531	13	(1.8)	11.9	(0.47)	0.7	(0.10)	6	(0.8)	--		--		--		11.9	(0.51)
20 - 39	664	22	(1.9)	13.2	(0.24)	1.1	(0.20)	9	(1.4)	13.9	(0.90)	5.1	(0.66)	37	(3.3)	13.0	(0.29)
40 - 59	715	28	(2.9)	13.7	(0.61)	1.8	(0.24)	13	(1.6)	14.5	(0.94)	6.2	(0.60)	43	(2.7)	13.4	(0.56)
60 and over	928	22	(2.3)	11.8	(0.29)	1.2	(0.20)	10	(1.7)	13.2	(1.00)	5.5	(0.61)	42	(3.2)	11.4	(0.39)
2 - 19	1174	10	(0.9)	10.5	(0.23)	0.4	(0.04)	4	(0.4)	10.8	(0.69)	4.2	(0.38)	38	(2.8)	10.5	(0.23)
20 and over	2307	24	(1.6)	13.0	(0.22)	1.4	(0.11)	11	(0.8)	14.0	(0.58)	5.7	(0.32)	41	(2.0)	12.7	(0.27)
2 and over	3481	21	(1.4)	12.4	(0.19)	1.1	(0.09)	9	(0.7)	13.6	(0.54)	5.5	(0.31)	40	(1.9)	12.1	(0.20)
Females:																	
2 - 5	280	11	(1.5)	7.4	(0.34)	0.2	(0.05)	3*	(0.7)	--		--		--		7.3	(0.36)
6 - 11	412	11	(2.4)	9.0	(0.31)	0.3	(0.09)	4*	(0.9)	--		--		--		9.0	(0.29)
12 - 19	514	15	(2.0)	8.2	(0.33)	0.6	(0.11)	7	(1.2)	9.2	(0.45)	3.8	(0.35)	41	(3.7)	8.1	(0.34)
20 - 39	766	24	(2.3)	9.5	(0.19)	0.8	(0.10)	9	(1.1)	9.5	(0.40)	3.5	(0.29)	37	(2.8)	9.5	(0.23)
40 - 59	786	23	(2.3)	9.2	(0.35)	0.9	(0.14)	10	(1.5)	9.4	(0.56)	4.0	(0.40)	43	(3.9)	9.1	(0.44)
60 and over	883	25	(3.0)	9.1	(0.35)	0.8	(0.11)	9	(1.3)	9.1	(0.58)	3.3	(0.27)	36	(3.6)	9.0	(0.35)
2 - 19	1206	13	(1.7)	8.3	(0.19)	0.4	(0.07)	5	(0.8)	8.8	(0.36)	3.2	(0.23)	36	(2.1)	8.2	(0.19)
20 and over	2435	24	(1.5)	9.3	(0.16)	0.9	(0.08)	9	(0.9)	9.3	(0.34)	3.6	(0.19)	38	(2.1)	9.3	(0.17)
2 and over	3641	21	(1.5)	9.1	(0.14)	0.8	(0.08)	8	(0.8)	9.3	(0.30)	3.5	(0.17)	38	(1.8)	9.0	(0.15)
Males and Females:																	
2 - 19	2380	11	(1.0)	9.4	(0.17)	0.4	(0.05)	4	(0.4)	9.7	(0.33)	3.6	(0.22)	37	(1.9)	9.4	(0.17)
20 and over	4742	24	(1.3)	11.1	(0.14)	1.1	(0.08)	10	(0.7)	11.6	(0.29)	4.6	(0.20)	40	(1.6)	10.9	(0.18)
2 and over	7122	21	(1.2)	10.7	(0.13)	0.9	(0.07)	9	(0.6)	11.3	(0.25)	4.5	(0.19)	39	(1.4)	10.5	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	0.8	(0.02)	#		2*	(0.5)	--		--		--		0.8	(0.02)
6 - 11	383	7	(1.0)	0.9	(0.05)	#		2*	(0.4)	--		--		--		0.9	(0.05)
12 - 19	531	13	(1.8)	1.1	(0.03)	0.1	(0.01)	5	(0.8)	--		--		--		1.0	(0.04)
20 - 39	664	22	(1.9)	1.3	(0.04)	0.1	(0.02)	7	(1.2)	1.3	(0.04)	0.4	(0.05)	33	(3.3)	1.3	(0.05)
40 - 59	715	28	(2.9)	1.4	(0.06)	0.2	(0.02)	11	(1.1)	1.6	(0.08)	0.5	(0.04)	34	(2.2)	1.3	(0.05)
60 and over	928	22	(2.3)	1.3	(0.03)	0.1	(0.02)	8	(1.6)	1.4	(0.10)	0.5	(0.06)	37	(2.8)	1.3	(0.04)
2 - 19	1174	10	(0.9)	1.0	(0.02)	#		4	(0.5)	1.1	(0.08)	0.3	(0.03)	32	(3.9)	0.9	(0.02)
20 and over	2307	24	(1.6)	1.3	(0.03)	0.1	(0.01)	9	(0.8)	1.5	(0.05)	0.5	(0.03)	34	(2.0)	1.3	(0.03)
2 and over	3481	21	(1.4)	1.2	(0.03)	0.1	(0.01)	8	(0.6)	1.4	(0.05)	0.5	(0.03)	34	(1.9)	1.2	(0.02)
Females:																	
2 - 5	280	11	(1.5)	0.7	(0.02)	#		2*	(0.6)	--		--		--		0.7	(0.02)
6 - 11	412	11	(2.4)	0.9	(0.03)	#		4*	(1.1)	--		--		--		0.8	(0.02)
12 - 19	514	15	(2.0)	0.9	(0.04)	0.1	(0.01)	6	(1.4)	1.0	(0.07)	0.4	(0.04)	36	(4.0)	0.9	(0.04)
20 - 39	766	24	(2.3)	1.1	(0.03)	0.1	(0.01)	8	(0.8)	1.2	(0.07)	0.4	(0.03)	30	(2.5)	1.1	(0.03)
40 - 59	786	23	(2.3)	1.1	(0.04)	0.1	(0.01)	7	(0.9)	1.1	(0.04)	0.3	(0.03)	31	(2.9)	1.0	(0.05)
60 and over	883	25	(3.0)	1.1	(0.02)	0.1	(0.01)	7	(0.9)	1.1	(0.05)	0.3	(0.03)	31	(2.7)	1.1	(0.03)
2 - 19	1206	13	(1.7)	0.8	(0.02)	#		5	(1.0)	1.0	(0.05)	0.3	(0.03)	33	(2.6)	0.8	(0.02)
20 and over	2435	24	(1.5)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.1	(0.03)	0.3	(0.01)	31	(1.6)	1.1	(0.02)
2 and over	3641	21	(1.5)	1.0	(0.02)	0.1	(0.01)	7	(0.6)	1.1	(0.03)	0.3	(0.01)	31	(1.5)	1.0	(0.02)
Males and Females:																	
2 - 19	2380	11	(1.0)	0.9	(0.02)	#		4	(0.6)	1.0	(0.04)	0.3	(0.02)	32	(2.4)	0.9	(0.02)
20 and over	4742	24	(1.3)	1.2	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.2)	1.2	(0.02)
2 and over	7122	21	(1.2)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.1)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	74.1	(2.17)	2.1	(0.59)	3*	(0.8)	--		--		--		74.3	(2.16)
6 - 11	383	7	(1.0)	94.1	(2.73)	2.6	(0.42)	3*	(0.4)	--		--		--		93.7	(2.73)
12 - 19	531	13	(1.8)	123.6	(4.43)	8.2	(1.29)	7	(1.0)	--		--		--		122.0	(4.63)
20 - 39	664	22	(1.9)	139.0	(3.55)	13.6	(2.37)	10	(1.7)	149.8	(10.36)	61.3	(7.71)	41	(3.6)	135.9	(4.43)
40 - 59	715	28	(2.9)	139.9	(3.89)	20.6	(2.46)	15	(1.6)	152.5	(5.12)	72.3	(5.27)	47	(3.3)	134.8	(4.75)
60 and over	928	22	(2.3)	125.4	(3.38)	14.3	(2.25)	11	(1.8)	136.9	(9.94)	65.5	(6.61)	48	(3.7)	122.2	(3.85)
2 - 19	1174	10	(0.9)	103.4	(1.98)	5.0	(0.61)	5	(0.6)	116.0	(8.52)	51.1	(3.67)	44	(3.9)	102.0	(1.87)
20 and over	2307	24	(1.6)	135.5	(2.07)	16.3	(1.15)	12	(0.9)	147.7	(5.46)	66.9	(3.17)	45	(2.4)	131.6	(2.38)
2 and over	3481	21	(1.4)	127.5	(1.80)	13.5	(0.96)	11	(0.7)	143.9	(4.80)	65.0	(2.83)	45	(2.2)	123.2	(1.80)
Females:																	
2 - 5	280	11	(1.5)	64.5	(2.19)	2.2	(0.47)	3*	(0.8)	--		--		--		63.4	(2.19)
6 - 11	412	11	(2.4)	86.1	(3.14)	4.5	(1.27)	5	(1.4)	--		--		--		84.4	(2.80)
12 - 19	514	15	(2.0)	88.3	(3.36)	7.6	(1.69)	9	(1.8)	107.9	(8.73)	49.5	(5.53)	46	(3.5)	84.7	(3.28)
20 - 39	766	24	(2.3)	98.2	(2.24)	10.2	(1.19)	10	(1.1)	105.7	(4.55)	42.4	(3.69)	40	(3.1)	95.8	(2.20)
40 - 59	786	23	(2.3)	97.1	(3.11)	11.2	(1.38)	12	(1.5)	114.4	(5.96)	49.5	(4.16)	43	(5.1)	92.0	(3.95)
60 and over	883	25	(3.0)	90.9	(2.53)	11.0	(1.61)	12	(1.9)	92.1	(2.82)	44.5	(3.98)	48	(4.4)	90.5	(3.03)
2 - 19	1206	13	(1.7)	82.4	(1.88)	5.4	(1.09)	7	(1.2)	99.3	(7.52)	41.6	(3.72)	42	(1.9)	79.9	(1.63)
20 and over	2435	24	(1.5)	95.6	(1.49)	10.8	(0.90)	11	(1.0)	104.2	(3.47)	45.3	(2.46)	44	(2.9)	92.9	(1.60)
2 and over	3641	21	(1.5)	92.6	(1.16)	9.6	(0.87)	10	(0.9)	103.6	(3.34)	44.8	(2.28)	43	(2.6)	89.7	(1.26)
Males and Females:																	
2 - 19	2380	11	(1.0)	93.1	(1.62)	5.2	(0.67)	6	(0.7)	106.7	(5.21)	45.8	(2.90)	43	(2.2)	91.4	(1.38)
20 and over	4742	24	(1.3)	114.8	(1.07)	13.4	(0.83)	12	(0.7)	125.3	(3.23)	55.8	(2.17)	45	(1.9)	111.4	(1.48)
2 and over	7122	21	(1.2)	109.6	(0.90)	11.5	(0.75)	10	(0.7)	122.9	(2.88)	54.5	(1.96)	44	(1.7)	106.1	(1.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Potassium

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	2089	(81.8)	32*	(9.6)	2*	(0.4)	--		--		--		2070	(50.2)
6 - 11	383	7	(1.0)	2125	(56.3)	42	(8.1)	2*	(0.4)	--		--		--		2112	(54.0)
12 - 19	531	13	(1.8)	2434	(86.1)	129	(19.9)	5	(0.8)	--		--		--		2389	(88.1)
20 - 39	664	22	(1.9)	2828	(52.1)	244	(46.4)	9	(1.6)	2910	(171.1)	1096	(153.7)	38	(3.4)	2805	(60.6)
40 - 59	715	28	(2.9)	3042	(89.0)	358	(49.6)	12	(1.4)	3390	(183.7)	1259	(97.3)	37	(2.1)	2904	(90.6)
60 and over	928	22	(2.3)	2944	(75.9)	259	(40.9)	9	(1.4)	3083	(154.1)	1190	(113.2)	39	(2.5)	2905	(81.4)
2 - 19	1174	10	(0.9)	2259	(49.8)	79	(8.2)	4	(0.4)	2567	(198.6)	805	(60.2)	31	(3.8)	2225	(44.6)
20 and over	2307	24	(1.6)	2937	(37.3)	289	(23.6)	10	(0.7)	3153	(100.3)	1187	(61.9)	38	(1.3)	2867	(42.2)
2 and over	3481	21	(1.4)	2767	(35.9)	236	(20.2)	9	(0.7)	3083	(91.0)	1142	(60.8)	37	(1.5)	2685	(35.5)
Females:																	
2 - 5	280	11	(1.5)	1902	(61.9)	51	(13.6)	3*	(0.8)	--		--		--		1880	(64.3)
6 - 11	412	11	(2.4)	2051	(64.8)	73	(19.2)	4*	(0.9)	--		--		--		2054	(65.9)
12 - 19	514	15	(2.0)	1885	(59.9)	131	(30.6)	7	(1.5)	2162	(167.7)	853	(109.6)	39	(3.8)	1834	(43.6)
20 - 39	766	24	(2.3)	2309	(65.4)	209	(27.6)	9	(1.0)	2400	(104.4)	868	(63.6)	36	(2.2)	2280	(68.0)
40 - 59	786	23	(2.3)	2320	(93.3)	174	(24.0)	8	(1.0)	2412	(79.3)	766	(69.4)	32	(3.3)	2293	(108.5)
60 and over	883	25	(3.0)	2347	(70.8)	207	(26.1)	9	(1.3)	2260	(123.5)	839	(67.9)	37	(3.6)	2375	(72.1)
2 - 19	1206	13	(1.7)	1944	(33.9)	94	(20.1)	5	(1.0)	2109	(95.7)	729	(73.2)	35	(2.6)	1920	(26.5)
20 and over	2435	24	(1.5)	2324	(52.8)	197	(16.7)	8	(0.7)	2360	(70.5)	826	(39.3)	35	(1.9)	2313	(54.9)
2 and over	3641	21	(1.5)	2238	(41.5)	174	(15.9)	8	(0.7)	2325	(61.6)	813	(33.1)	35	(1.7)	2215	(41.5)
Males and Females:																	
2 - 19	2380	11	(1.0)	2105	(32.7)	87	(11.1)	4	(0.5)	2312	(94.0)	763	(44.7)	33	(2.2)	2079	(26.9)
20 and over	4742	24	(1.3)	2618	(37.5)	241	(16.6)	9	(0.6)	2744	(65.9)	1001	(39.3)	36	(1.2)	2578	(37.2)
2 and over	7122	21	(1.2)	2496	(31.2)	204	(14.7)	8	(0.5)	2689	(58.3)	971	(35.8)	36	(1.1)	2445	(29.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	2342	(93.5)	78	(23.0)	3*	(0.9)	--		--		--		2334	(93.5)
6 - 11	383	7	(1.0)	3052	(99.9)	88	(16.6)	3*	(0.5)	--		--		--		3026	(95.9)
12 - 19	531	13	(1.8)	3737	(101.0)	278	(54.6)	7	(1.4)	--		--		--		3664	(102.3)
20 - 39	664	22	(1.9)	4306	(109.3)	469	(78.0)	11	(1.7)	4942	(299.8)	2107	(260.4)	43	(4.2)	4124	(111.2)
40 - 59	715	28	(2.9)	4213	(121.2)	695	(89.1)	16	(2.0)	4859	(267.8)	2443	(193.7)	50	(2.7)	3956	(126.1)
60 and over	928	22	(2.3)	3756	(75.1)	486	(87.9)	13	(2.3)	4448	(228.9)	2235	(240.4)	50	(3.5)	3564	(96.3)
2 - 19	1174	10	(0.9)	3215	(69.2)	173	(26.7)	5	(0.8)	3743	(274.8)	1751	(197.7)	47	(3.0)	3157	(65.6)
20 and over	2307	24	(1.6)	4121	(57.1)	554	(44.5)	13	(1.0)	4785	(142.9)	2279	(132.9)	48	(2.3)	3907	(65.0)
2 and over	3481	21	(1.4)	3895	(48.4)	459	(37.2)	12	(0.9)	4661	(117.7)	2216	(121.9)	48	(2.2)	3694	(49.5)
Females:																	
2 - 5	280	11	(1.5)	1994	(56.6)	81	(19.0)	4*	(1.0)	--		--		--		1963	(72.0)
6 - 11	412	11	(2.4)	2742	(99.6)	160	(41.7)	6	(1.4)	--		--		--		2663	(87.7)
12 - 19	514	15	(2.0)	2873	(112.0)	240	(52.2)	8	(1.6)	3656	(363.1)	1559	(166.7)	43	(2.5)	2731	(83.2)
20 - 39	766	24	(2.3)	3238	(56.1)	394	(48.1)	12	(1.4)	3534	(127.6)	1633	(128.2)	46	(2.9)	3144	(37.2)
40 - 59	786	23	(2.3)	2906	(112.1)	358	(43.0)	12	(1.5)	3455	(136.5)	1575	(150.2)	46	(5.4)	2745	(138.5)
60 and over	883	25	(3.0)	2782	(66.8)	352	(43.4)	13	(1.6)	2953	(131.9)	1427	(107.4)	48	(3.9)	2726	(64.6)
2 - 19	1206	13	(1.7)	2639	(68.3)	178	(35.8)	7	(1.2)	3323	(251.3)	1378	(119.3)	41	(1.7)	2538	(48.7)
20 and over	2435	24	(1.5)	2987	(46.2)	369	(31.0)	12	(1.0)	3325	(84.0)	1549	(85.8)	47	(2.9)	2881	(45.5)
2 and over	3641	21	(1.5)	2908	(38.5)	326	(29.4)	11	(0.9)	3325	(87.4)	1526	(73.0)	46	(2.4)	2795	(33.6)
Males and Females:																	
2 - 19	2380	11	(1.0)	2934	(54.4)	176	(22.9)	6	(0.7)	3510	(174.9)	1544	(104.8)	44	(1.7)	2860	(47.4)
20 and over	4742	24	(1.3)	3531	(38.5)	458	(32.3)	13	(0.9)	4033	(66.2)	1903	(89.3)	47	(2.0)	3372	(44.8)
2 and over	7122	21	(1.2)	3389	(34.8)	391	(28.2)	12	(0.8)	3966	(56.7)	1857	(79.7)	47	(1.7)	3235	(36.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Caffeine

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	8*	(2.1)	11.1*	(3.42)	0.1*	(0.07)	1*	(0.8)	--		--		--		11.6*	(3.59)
6 - 11	383	7	(1.0)	17.6	(2.88)	0.3*	(0.11)	2*	(0.6)	--		--		--		17.1	(2.81)
12 - 19	531	13	(1.8)	50.5	(4.11)	2.1	(0.59)	4*	(1.2)	--		--		--		44.5	(4.21)
20 - 39	664	22	(1.9)	143.1	(9.71)	5.5	(1.49)	4*	(1.1)	138.7	(6.78)	24.7	(6.04)	18*	(4.3)	144.4	(11.83)
40 - 59	715	28	(2.9)	210.7	(14.60)	13.4*	(5.07)	6*	(2.3)	228.8	(22.73)	47.2*	(17.04)	21*	(6.6)	203.5	(17.50)
60 and over	928	22	(2.3)	210.3	(6.49)	12.9	(2.87)	6	(1.4)	204.5	(20.80)	59.5	(11.52)	29	(5.3)	211.9	(8.65)
2 - 19	1174	10	(0.9)	31.3	(2.94)	1.1	(0.29)	3	(0.9)	61.1	(14.68)	11.0	(2.77)	18*	(3.3)	28.0	(2.52)
20 and over	2307	24	(1.6)	185.8	(6.64)	10.4	(1.99)	6	(1.0)	192.5	(10.72)	42.7	(8.32)	22	(3.9)	183.6	(6.72)
2 and over	3481	21	(1.4)	147.2	(5.36)	8.1	(1.55)	5	(0.9)	176.9	(8.93)	38.9	(7.43)	22	(3.8)	139.5	(5.51)
Females:																	
2 - 5	280	11	(1.5)	6.4	(1.19)	0.1*	(0.04)	1*	(0.7)	--		--		--		6.5	(1.25)
6 - 11	412	11	(2.4)	13.7	(1.46)	1.2*	(0.40)	9*	(2.7)	--		--		--		12.2	(1.45)
12 - 19	514	15	(2.0)	34.1	(2.99)	1.7*	(0.80)	5*	(2.3)	32.6	(7.79)	11.2*	(4.75)	--		34.3	(3.23)
20 - 39	766	24	(2.3)	119.1	(8.38)	5.8*	(2.06)	5*	(1.6)	100.3	(17.99)	24.2*	(8.30)	24	(5.9)	125.1	(10.36)
40 - 59	786	23	(2.3)	189.8	(14.78)	5.1*	(2.00)	3*	(1.0)	183.1	(14.97)	22.3*	(8.05)	12*	(4.8)	191.8	(20.15)
60 and over	883	25	(3.0)	162.2	(9.11)	10.5	(1.80)	6	(1.1)	181.2	(21.07)	42.6	(4.73)	23	(3.4)	156.0	(10.19)
2 - 19	1206	13	(1.7)	21.2	(1.86)	1.2*	(0.42)	6*	(1.9)	25.6	(5.45)	9.2	(2.72)	36	(6.9)	20.6	(1.78)
20 and over	2435	24	(1.5)	156.2	(7.76)	7.0	(1.27)	4	(0.8)	152.7	(11.32)	29.4	(5.28)	19	(3.5)	157.3	(10.30)
2 and over	3641	21	(1.5)	125.7	(6.37)	5.7	(1.00)	5	(0.7)	135.2	(10.14)	26.6	(4.62)	20	(3.4)	123.1	(7.99)
Males and Females:																	
2 - 19	2380	11	(1.0)	26.4	(2.10)	1.1	(0.25)	4	(0.9)	41.4	(7.49)	10.0	(2.01)	24	(5.0)	24.5	(1.75)
20 and over	4742	24	(1.3)	170.4	(6.39)	8.6	(1.50)	5	(0.8)	172.0	(7.12)	35.9	(6.34)	21	(3.3)	169.9	(7.49)
2 and over	7122	21	(1.2)	136.2	(4.87)	6.8	(1.18)	5	(0.8)	155.2	(5.77)	32.5	(5.60)	21	(3.3)	131.1	(5.66)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	8*	(2.1)	--		--		--		--		--		--		--	
6 - 11	383	7	(1.0)	--		--		--		--		--		--		--	
12 - 19	531	13	(1.8)	--		--		--		--		--		--		--	
20 - 39	664	22	(1.9)	17.0	(1.71)	3.4	(0.86)	20	(4.7)	32.4	(5.60)	15.4	(3.35)	--		12.6	(1.53)
40 - 59	715	28	(2.9)	14.6	(1.62)	2.9	(0.61)	20	(3.9)	23.4	(3.56)	10.2	(2.19)	--		11.1	(1.80)
60 and over	928	22	(2.3)	8.0	(0.75)	0.7*	(0.25)	9*	(2.9)	10.5	(2.22)	3.3*	(1.06)	--		7.3	(0.55)
2 - 19	1174	10	(0.9)	--		--		--		--		--		--		--	
20 and over	2307	24	(1.6)	13.7	(0.70)	2.5	(0.33)	18	(2.2)	23.2	(2.72)	10.2	(1.49)	44	(3.4)	10.6	(0.74)
2 and over	3481	21	(1.4)	--		--		--		--		--		--		--	
Females:																	
2 - 5	280	11	(1.5)	--		--		--		--		--		--		--	
6 - 11	412	11	(2.4)	--		--		--		--		--		--		--	
12 - 19	514	15	(2.0)	--		--		--		--		--		--		--	
20 - 39	766	24	(2.3)	7.1	(1.10)	2.5	(0.56)	35	(6.6)	13.3	(2.45)	10.2	(2.36)	--		5.1	(1.15)
40 - 59	786	23	(2.3)	7.3	(0.83)	1.2	(0.29)	17	(4.3)	11.4	(2.41)	5.4	(1.22)	--		6.1	(0.79)
60 and over	883	25	(3.0)	5.1	(1.31)	1.0*	(0.41)	21*	(7.9)	11.6*	(3.70)	4.3*	(1.51)	--		3.0	(0.56)
2 - 19	1206	13	(1.7)	--		--		--		--		--		--		--	
20 and over	2435	24	(1.5)	6.6	(0.67)	1.6	(0.20)	25	(3.2)	12.2	(1.75)	6.7	(0.89)	56	(6.9)	4.8	(0.54)
2 and over	3641	21	(1.5)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	2380	11	(1.0)	--		--		--		--		--		--		--	
20 and over	4742	24	(1.3)	10.0	(0.49)	2.0	(0.21)	20	(1.8)	17.5	(1.78)	8.4	(0.98)	48	(3.7)	7.6	(0.45)
2 and over	7122	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] 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 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 alchohol 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018

Food energy

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Full Service Restaurants kcal	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1905	(27.3)	78	(15.1)	4	(0.8)	2381	(119.7)	841	(80.8)	35	(2.4)	1856	(24.8)
20 and over.....	1694	26	(1.5)	2162	(28.3)	232	(17.7)	11	(0.8)	2313	(55.3)	892	(42.3)	39	(2.1)	2110	(32.9)
2 and over...	2491	23	(1.5)	2110	(22.7)	200	(16.2)	10	(0.8)	2318	(49.5)	888	(40.1)	38	(2.0)	2049	(25.1)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1903	(44.6)	51	(11.2)	3*	(0.6)	--		--		--		1885	(50.7)
20 and over.....	1128	19	(1.4)	2113	(28.9)	180	(18.0)	9	(0.9)	2320	(57.2)	931	(64.6)	40	(2.4)	2063	(36.3)
2 and over...	1659	17	(1.2)	2061	(26.0)	149	(15.5)	7	(0.8)	2289	(54.1)	883	(47.8)	39	(1.7)	2015	(31.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1833	(31.8)	148	(25.8)	8*	(1.4)	--		--		--		1781	(42.5)
20 and over.....	626	24	(3.2)	1943	(37.2)	187	(28.6)	10	(1.4)	2027	(55.9)	784	(53.1)	39	(2.2)	1917	(47.0)
2 and over...	862	23	(2.7)	1922	(33.8)	179	(22.6)	9	(1.1)	2028	(44.8)	773	(39.5)	38	(1.6)	1890	(40.0)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1854	(19.1)	102	(15.5)	6	(0.9)	1906	(63.1)	710	(46.2)	37	(2.4)	1845	(25.3)
20 and over.....	1058	22	(2.6)	2176	(52.7)	214	(28.6)	10	(1.3)	2376	(161.4)	991	(89.0)	42	(2.7)	2120	(44.9)
2 and over...	1634	19	(2.1)	2071	(35.8)	178	(21.2)	9	(1.1)	2261	(123.0)	923	(68.4)	41	(2.2)	2025	(32.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	67.3	(2.20)	3.4	(0.69)	5	(0.9)	85.3	(6.96)	36.2	(3.77)	42	(3.6)	65.5	(1.81)
20 and over.....	1694	26	(1.5)	81.7	(1.40)	10.0	(0.89)	12	(1.1)	87.8	(2.54)	38.6	(1.93)	44	(2.2)	79.6	(1.76)
2 and over...	2491	23	(1.5)	78.8	(1.41)	8.7	(0.82)	11	(1.0)	87.6	(2.36)	38.4	(1.88)	44	(2.1)	76.2	(1.55)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	62.7	(1.95)	2.5	(0.60)	4	(0.9)	--		--		--		61.7	(2.07)
20 and over.....	1128	19	(1.4)	76.2	(1.59)	7.1	(0.70)	9	(0.9)	81.6	(2.51)	36.6	(2.47)	45	(2.5)	74.9	(1.79)
2 and over...	1659	17	(1.2)	72.9	(1.39)	6.0	(0.61)	8	(0.8)	80.3	(2.59)	35.5	(1.75)	44	(1.8)	71.4	(1.51)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	66.0	(2.00)	6.2	(1.23)	9	(1.9)	--		--		--		64.3	(2.74)
20 and over.....	626	24	(3.2)	81.6	(1.96)	9.7	(1.35)	12	(1.6)	91.3	(6.53)	40.6	(3.10)	45	(2.3)	78.5	(2.16)
2 and over...	862	23	(2.7)	78.5	(1.93)	9.0	(1.09)	11	(1.3)	88.1	(5.65)	38.9	(2.84)	44	(2.0)	75.7	(1.76)
Hispanic:																	
2 - 19.....	576	14	(1.9)	66.7	(0.90)	4.3	(0.64)	6	(1.0)	70.7	(2.73)	29.5	(2.78)	42	(3.1)	66.0	(1.06)
20 and over.....	1058	22	(2.6)	85.7	(2.72)	9.3	(1.22)	11	(1.4)	94.8	(6.55)	42.9	(4.05)	45	(2.5)	83.2	(2.45)
2 and over...	1634	19	(2.1)	79.5	(1.71)	7.6	(0.94)	10	(1.2)	88.9	(5.16)	39.6	(3.44)	45	(2.4)	77.3	(1.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	244	(4.0)	8	(1.4)	3	(0.6)	283	(13.1)	86	(8.2)	31	(2.5)	240	(4.4)
20 and over.....	1694	26	(1.5)	244	(4.0)	21	(1.8)	9	(0.8)	241	(6.4)	83	(5.0)	34	(2.1)	245	(4.4)
2 and over...	2491	23	(1.5)	244	(2.9)	19	(1.6)	8	(0.7)	244	(5.7)	83	(4.7)	34	(2.0)	243	(3.0)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	246	(6.0)	4	(0.9)	2*	(0.4)	--		--		--		246	(6.6)
20 and over.....	1128	19	(1.4)	245	(4.4)	18	(1.8)	7	(0.8)	267	(7.7)	91	(7.2)	34	(2.5)	240	(5.4)
2 and over...	1659	17	(1.2)	245	(3.9)	14	(1.6)	6	(0.7)	263	(7.1)	85	(5.7)	32	(2.0)	241	(4.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	240	(3.5)	16	(3.0)	7*	(1.3)	--		--		--		236	(5.0)
20 and over.....	626	24	(3.2)	242	(6.1)	18	(3.0)	8	(1.2)	232	(6.8)	77	(5.0)	33	(2.2)	245	(7.5)
2 and over...	862	23	(2.7)	241	(5.3)	18	(2.4)	7	(0.9)	236	(6.7)	78	(3.5)	33	(1.5)	243	(6.3)
Hispanic:																	
2 - 19.....	576	14	(1.9)	240	(2.9)	12	(2.3)	5	(1.0)	240	(13.5)	83	(8.0)	35	(2.4)	240	(4.2)
20 and over.....	1058	22	(2.6)	261	(4.9)	20	(2.9)	8	(1.2)	260	(16.5)	94	(8.5)	36	(2.8)	261	(5.0)
2 and over...	1634	19	(2.1)	254	(3.4)	18	(2.3)	7	(1.0)	255	(11.5)	92	(7.4)	36	(2.3)	254	(3.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	114	(2.3)	3	(0.6)	3	(0.5)	140	(10.2)	34	(4.9)	24*	(3.0)	111	(2.3)
20 and over.....	1694	26	(1.5)	107	(2.2)	6	(0.7)	6	(0.7)	98	(3.5)	25	(2.5)	26	(2.5)	110	(2.5)
2 and over...	2491	23	(1.5)	108	(1.7)	6	(0.6)	5	(0.6)	101	(3.4)	26	(2.4)	25	(2.2)	111	(1.9)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	112	(3.2)	1	(0.3)	1*	(0.2)	--		--		--		113	(3.5)
20 and over.....	1128	19	(1.4)	111	(2.7)	6	(0.8)	5	(0.8)	118	(5.2)	30	(4.1)	25	(2.9)	109	(3.3)
2 and over...	1659	17	(1.2)	111	(2.0)	5	(0.7)	4	(0.7)	117	(5.1)	28	(3.4)	24	(2.4)	110	(2.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	93	(4.9)	6	(1.2)	6*	(1.3)	--		--		--		90	(5.6)
20 and over.....	626	24	(3.2)	86	(2.9)	4	(0.8)	5	(0.8)	82	(4.6)	19	(1.8)	23	(2.0)	87	(3.4)
2 and over...	862	23	(2.7)	87	(2.5)	5	(0.7)	5	(0.7)	86	(4.3)	20	(1.6)	23	(1.5)	87	(2.9)
Hispanic:																	
2 - 19.....	576	14	(1.9)	104	(2.1)	3	(0.6)	3*	(0.6)	97	(6.4)	24	(3.1)	25*	(2.2)	106	(2.2)
20 and over.....	1058	22	(2.6)	107	(2.9)	6	(0.7)	5	(0.7)	95	(6.4)	26	(3.0)	28	(2.7)	110	(3.0)
2 and over...	1634	19	(2.1)	106	(2.4)	5	(0.5)	5	(0.5)	96	(4.9)	26	(2.4)	27	(2.2)	108	(2.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	13.8	(0.51)	0.4	(0.09)	3	(0.6)	14.0	(0.87)	4.7	(0.61)	34	(4.5)	13.8	(0.54)
20 and over.....	1694	26	(1.5)	16.2	(0.44)	1.5	(0.17)	9	(1.0)	16.3	(0.67)	5.8	(0.45)	35	(2.3)	16.1	(0.48)
2 and over...	2491	23	(1.5)	15.7	(0.41)	1.3	(0.14)	8	(0.8)	16.1	(0.64)	5.7	(0.43)	35	(2.3)	15.6	(0.42)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	12.7	(0.47)	0.3	(0.07)	2*	(0.5)	--		--		--		12.5	(0.37)
20 and over.....	1128	19	(1.4)	14.1	(0.27)	1.0	(0.12)	7	(0.9)	14.9	(0.48)	5.2	(0.46)	35	(2.9)	14.0	(0.31)
2 and over...	1659	17	(1.2)	13.8	(0.26)	0.8	(0.10)	6	(0.8)	14.9	(0.56)	4.9	(0.38)	33	(2.2)	13.6	(0.27)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	15.6	(0.70)	1.0	(0.23)	7*	(1.4)	--		--		--		15.8	(0.71)
20 and over.....	626	24	(3.2)	20.4	(0.93)	1.4	(0.25)	7	(1.2)	19.4	(0.87)	5.9	(0.49)	30	(2.4)	20.7	(0.99)
2 and over...	862	23	(2.7)	19.5	(0.84)	1.3	(0.20)	7	(0.9)	18.7	(0.83)	5.8	(0.37)	31	(1.7)	19.7	(0.88)
Hispanic:																	
2 - 19.....	576	14	(1.9)	15.1	(0.49)	0.8	(0.11)	6	(0.8)	15.2	(1.24)	5.8	(0.57)	38	(3.2)	15.1	(0.44)
20 and over.....	1058	22	(2.6)	19.9	(0.61)	1.6	(0.30)	8	(1.5)	20.0	(1.00)	7.5	(0.72)	37	(2.9)	19.9	(0.68)
2 and over...	1634	19	(2.1)	18.4	(0.49)	1.4	(0.21)	7	(1.2)	18.8	(0.88)	7.1	(0.55)	38	(2.4)	18.2	(0.52)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	75.9	(1.62)	3.7	(0.76)	5	(1.0)	102.5	(6.96)	39.4	(4.16)	38	(2.4)	73.1	(1.50)
20 and over.....	1694	26	(1.5)	90.6	(1.34)	10.2	(0.81)	11	(0.9)	99.1	(2.98)	39.2	(1.96)	40	(2.2)	87.6	(1.69)
2 and over...	2491	23	(1.5)	87.6	(1.23)	8.8	(0.75)	10	(0.8)	99.4	(2.68)	39.2	(1.78)	39	(2.1)	84.1	(1.49)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	76.8	(2.04)	2.6	(0.62)	3*	(0.8)	--		--		--		75.0	(2.29)
20 and over.....	1128	19	(1.4)	86.6	(1.77)	7.8	(0.83)	9	(1.0)	93.6	(2.81)	40.1	(2.79)	43	(2.5)	85.0	(2.05)
2 and over...	1659	17	(1.2)	84.2	(1.52)	6.5	(0.71)	8	(0.8)	93.8	(2.76)	38.7	(2.14)	41	(2.0)	82.3	(1.71)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	69.7	(2.48)	6.4	(1.18)	9	(1.5)	--		--		--		66.4	(2.66)
20 and over.....	626	24	(3.2)	72.0	(1.79)	7.6	(1.36)	11	(1.8)	78.8	(3.73)	31.8	(3.65)	40	(3.2)	69.9	(2.36)
2 and over...	862	23	(2.7)	71.6	(1.80)	7.4	(1.05)	10	(1.4)	79.5	(2.99)	31.7	(2.72)	40	(2.4)	69.2	(2.25)
Hispanic:																	
2 - 19.....	576	14	(1.9)	71.6	(1.24)	4.2	(0.51)	6	(0.8)	74.6	(4.10)	29.2	(1.92)	39	(2.7)	71.0	(1.09)
20 and over.....	1058	22	(2.6)	84.1	(2.56)	9.7	(1.35)	12	(1.6)	97.7	(7.07)	44.9	(4.28)	46	(2.9)	80.3	(2.28)
2 and over...	1634	19	(2.1)	80.0	(1.89)	7.9	(0.93)	10	(1.2)	92.1	(5.91)	41.0	(3.20)	45	(2.4)	77.1	(1.63)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	26.2	(0.54)	1.1	(0.22)	4	(0.8)	32.6	(2.24)	11.7	(1.24)	36	(2.0)	25.5	(0.57)
20 and over.....	1694	26	(1.5)	30.0	(0.49)	3.1	(0.26)	10	(0.9)	31.7	(0.99)	12.0	(0.70)	38	(2.3)	29.5	(0.75)
2 and over...	2491	23	(1.5)	29.2	(0.43)	2.7	(0.24)	9	(0.8)	31.8	(0.88)	12.0	(0.63)	38	(2.1)	28.5	(0.66)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	25.6	(1.08)	0.9	(0.21)	3*	(0.8)	--		--		--		25.0	(1.05)
20 and over.....	1128	19	(1.4)	27.0	(0.57)	2.2	(0.23)	8	(0.9)	27.5	(0.93)	11.3	(0.74)	41	(2.6)	26.9	(0.70)
2 and over...	1659	17	(1.2)	26.7	(0.53)	1.9	(0.20)	7	(0.8)	28.0	(0.91)	11.1	(0.59)	39	(2.1)	26.4	(0.63)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	24.7	(0.91)	1.9	(0.33)	8*	(1.3)	--		--		--		23.5	(1.03)
20 and over.....	626	24	(3.2)	22.0	(0.63)	2.3	(0.50)	11	(2.1)	24.0	(1.76)	9.8	(1.63)	41	(4.4)	21.3	(0.72)
2 and over...	862	23	(2.7)	22.5	(0.62)	2.3	(0.40)	10	(1.7)	24.9	(1.55)	9.7	(1.34)	39	(3.6)	21.8	(0.68)
Hispanic:																	
2 - 19.....	576	14	(1.9)	24.6	(0.56)	1.3	(0.16)	5	(0.7)	24.1	(1.40)	8.8	(0.83)	36	(3.1)	24.7	(0.51)
20 and over.....	1058	22	(2.6)	26.8	(0.78)	2.9	(0.40)	11	(1.5)	29.9	(2.16)	13.4	(1.29)	45	(3.5)	25.9	(0.73)
2 and over...	1634	19	(2.1)	26.1	(0.61)	2.4	(0.27)	9	(1.1)	28.5	(1.76)	12.2	(0.93)	43	(2.8)	25.5	(0.57)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	24.9	(0.42)	1.3	(0.29)	5	(1.1)	34.4	(2.39)	13.6	(1.72)	39	(3.4)	24.0	(0.43)
20 and over.....	1694	26	(1.5)	30.9	(0.57)	3.4	(0.28)	11	(0.9)	34.1	(1.37)	13.0	(0.71)	38	(2.4)	29.8	(0.65)
2 and over...	2491	23	(1.5)	29.7	(0.51)	2.9	(0.26)	10	(0.8)	34.1	(1.26)	13.0	(0.63)	38	(2.2)	28.4	(0.54)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	25.7	(0.67)	0.9	(0.21)	3*	(0.8)	--		--		--		25.0	(0.72)
20 and over.....	1128	19	(1.4)	29.8	(0.60)	2.6	(0.27)	9	(0.9)	32.2	(0.96)	13.6	(0.90)	42	(2.5)	29.2	(0.74)
2 and over...	1659	17	(1.2)	28.8	(0.55)	2.2	(0.23)	8	(0.8)	32.2	(0.99)	13.1	(0.72)	41	(2.3)	28.1	(0.65)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	22.6	(1.01)	2.2	(0.41)	10	(1.6)	--		--		--		21.4	(1.08)
20 and over.....	626	24	(3.2)	25.5	(0.75)	2.7	(0.48)	11	(1.8)	28.6	(1.38)	11.3	(1.28)	39	(3.2)	24.5	(0.99)
2 and over...	862	23	(2.7)	24.9	(0.71)	2.6	(0.37)	10	(1.4)	28.3	(1.05)	11.2	(0.96)	40	(2.5)	23.9	(0.90)
Hispanic:																	
2 - 19.....	576	14	(1.9)	23.4	(0.53)	1.4	(0.16)	6	(0.8)	25.1	(1.85)	9.8	(0.81)	39	(2.8)	23.1	(0.46)
20 and over.....	1058	22	(2.6)	28.7	(0.92)	3.3	(0.47)	12	(1.6)	33.4	(2.73)	15.3	(1.57)	46	(2.6)	27.3	(0.80)
2 and over...	1634	19	(2.1)	26.9	(0.72)	2.7	(0.33)	10	(1.2)	31.4	(2.34)	14.0	(1.22)	44	(2.2)	25.9	(0.61)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	17.3	(0.66)	1.0	(0.20)	6	(1.1)	25.9	(2.30)	10.4	(1.14)	40	(3.4)	16.4	(0.58)
20 and over.....	1694	26	(1.5)	21.0	(0.60)	2.7	(0.21)	13	(1.0)	24.1	(0.92)	10.4	(0.54)	43	(2.7)	19.9	(0.60)
2 and over...	2491	23	(1.5)	20.2	(0.53)	2.4	(0.19)	12	(0.9)	24.3	(0.84)	10.4	(0.51)	43	(2.6)	19.1	(0.48)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	18.3	(0.47)	0.6	(0.14)	4*	(0.7)	--		--		--		17.8	(0.52)
20 and over.....	1128	19	(1.4)	21.6	(0.53)	2.3	(0.28)	10	(1.2)	25.1	(1.00)	11.6	(1.10)	46	(3.1)	20.7	(0.56)
2 and over...	1659	17	(1.2)	20.8	(0.43)	1.9	(0.23)	9	(1.0)	24.8	(0.92)	11.0	(0.80)	45	(2.4)	19.9	(0.41)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	15.3	(0.75)	1.7	(0.38)	11	(2.3)	--		--		--		14.5	(0.87)
20 and over.....	626	24	(3.2)	17.4	(0.59)	1.8	(0.28)	10	(1.7)	18.6	(0.51)	7.5	(0.48)	41	(2.3)	17.0	(0.75)
2 and over...	862	23	(2.7)	17.0	(0.55)	1.8	(0.22)	10	(1.3)	18.6	(0.36)	7.7	(0.29)	41	(1.7)	16.5	(0.69)
Hispanic:																	
2 - 19.....	576	14	(1.9)	16.3	(0.35)	1.1	(0.15)	7	(1.0)	17.5	(1.09)	7.4	(0.40)	42	(3.2)	16.1	(0.38)
20 and over.....	1058	22	(2.6)	20.2	(0.69)	2.6	(0.39)	13	(1.8)	24.9	(1.73)	12.0	(1.28)	48	(3.3)	18.9	(0.59)
2 and over...	1634	19	(2.1)	18.9	(0.46)	2.1	(0.28)	11	(1.4)	23.1	(1.50)	10.9	(0.99)	47	(2.9)	17.9	(0.33)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	216	(6.0)	12	(2.6)	6	(1.1)	320	(25.2)	134	(17.9)	42	(5.0)	205	(5.8)
20 and over.....	1694	26	(1.5)	303	(7.5)	42	(2.4)	14	(1.0)	373	(13.9)	163	(8.1)	44	(2.5)	278	(10.0)
2 and over...	2491	23	(1.5)	285	(5.7)	36	(2.3)	13	(0.9)	369	(11.8)	160	(7.0)	43	(2.2)	261	(7.5)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	224	(13.3)	10	(2.8)	5	(1.1)	--		--		--		214	(14.0)
20 and over.....	1128	19	(1.4)	305	(10.0)	36	(3.0)	12	(0.9)	357	(22.3)	187	(16.1)	52	(2.6)	292	(11.8)
2 and over...	1659	17	(1.2)	285	(9.1)	30	(2.2)	10	(0.7)	353	(20.0)	177	(14.0)	50	(2.5)	271	(10.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	237	(11.4)	21	(3.2)	9	(1.2)	--		--		--		224	(13.0)
20 and over.....	626	24	(3.2)	277	(7.8)	37	(5.8)	13	(2.1)	329	(35.7)	154	(21.6)	47	(5.2)	261	(12.7)
2 and over...	862	23	(2.7)	269	(7.1)	34	(4.8)	13	(1.7)	322	(29.3)	146	(18.6)	45	(4.4)	253	(10.4)
Hispanic:																	
2 - 19.....	576	14	(1.9)	238	(9.9)	18	(5.0)	8	(2.1)	273	(22.6)	127	(24.4)	47	(7.1)	232	(10.6)
20 and over.....	1058	22	(2.6)	333	(11.6)	38	(4.5)	11	(1.4)	392	(34.4)	177	(18.3)	45	(3.9)	317	(12.1)
2 and over...	1634	19	(2.1)	302	(8.4)	32	(3.6)	11	(1.2)	363	(25.9)	165	(13.9)	45	(3.5)	288	(7.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	601	(19.4)	14	(2.4)	2*	(0.4)	563	(37.7)	147	(16.1)	26	(3.3)	605	(22.2)
20 and over.....	1694	26	(1.5)	670	(18.1)	58	(4.1)	9	(0.6)	678	(25.6)	224	(13.8)	33	(1.9)	667	(22.1)
2 and over...	2491	23	(1.5)	656	(15.3)	49	(3.8)	7	(0.5)	669	(24.5)	218	(12.3)	33	(1.8)	652	(17.9)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	511	(21.6)	12	(3.1)	2*	(0.6)	--		--		--		504	(25.5)
20 and over.....	1128	19	(1.4)	548	(29.6)	39	(2.9)	7	(0.7)	577	(60.5)	202	(14.5)	35	(4.3)	541	(27.2)
2 and over...	1659	17	(1.2)	539	(20.4)	33	(2.5)	6	(0.6)	578	(47.5)	193	(14.8)	33	(3.4)	531	(18.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	535	(35.4)	33	(7.5)	6*	(1.6)	--		--		--		517	(41.2)
20 and over.....	626	24	(3.2)	611	(33.1)	54	(12.0)	9	(1.8)	637	(87.5)	225	(31.1)	35	(4.6)	602	(34.0)
2 and over...	862	23	(2.7)	596	(29.9)	50	(9.4)	8	(1.4)	633	(77.4)	215	(24.3)	34	(3.6)	585	(31.5)
Hispanic:																	
2 - 19.....	576	14	(1.9)	581	(18.1)	19	(3.8)	3*	(0.6)	550	(42.1)	133	(17.1)	24*	(2.3)	587	(19.7)
20 and over.....	1058	22	(2.6)	618	(32.9)	58	(10.1)	9	(1.4)	719	(51.5)	270	(26.8)	38	(3.4)	590	(34.7)
2 and over...	1634	19	(2.1)	606	(22.0)	46	(7.1)	8	(1.0)	677	(40.6)	237	(23.1)	35	(2.9)	589	(23.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

B e t a c a r o t e n e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1216	(93.6)	41	(8.7)	3	(0.7)	1603	(291.4)	437	(67.1)	27	(4.2)	1177	(95.4)
20 and over.....	1694	26	(1.5)	2486	(208.2)	271	(32.0)	11	(1.3)	2550	(216.4)	1042	(100.9)	41	(4.0)	2464	(261.4)
2 and over...	2491	23	(1.5)	2228	(185.1)	224	(26.9)	10	(1.2)	2470	(207.0)	991	(94.4)	40	(3.7)	2157	(219.7)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1103	(128.8)	54*	(24.2)	5*	(2.0)	--		--		--		997	(94.9)
20 and over.....	1128	19	(1.4)	2193	(217.8)	170	(29.0)	8	(1.4)	2274	(359.0)	875	(154.2)	38	(7.8)	2174	(222.6)
2 and over...	1659	17	(1.2)	1926	(162.9)	141	(24.1)	7	(1.3)	2260	(272.8)	839	(147.8)	37	(5.9)	1858	(165.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1625	(259.3)	165*	(60.4)	10*	(4.2)	--		--		--		1582	(287.5)
20 and over.....	626	24	(3.2)	3270	(290.9)	298	(74.9)	9	(1.9)	3309	(906.8)	1251	(203.6)	38	(6.7)	3258	(286.6)
2 and over...	862	23	(2.7)	2951	(251.0)	272	(58.3)	9	(1.7)	3049	(746.8)	1175	(161.5)	39	(6.3)	2921	(260.1)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1010	(72.2)	59	(13.5)	6	(1.2)	1058	(151.6)	412	(76.6)	39	(6.7)	1002	(79.5)
20 and over.....	1058	22	(2.6)	2485	(275.4)	360	(94.9)	14	(2.7)	3146	(379.0)	1665	(299.0)	53	(4.7)	2302	(276.2)
2 and over...	1634	19	(2.1)	2004	(190.5)	262	(67.2)	13	(2.4)	2637	(318.5)	1359	(261.4)	52	(4.7)	1853	(173.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Lycopene

Race/ethnicity and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake µg	(SE)	All Individuals [2]: Intake from Full Service Restaurants µg	(SE)	All Individuals [2]: Percentages from Full Service Restaurants [6] %	(SE)	Full Service Restaurant Consumers [3]: Total Intake µg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3]: Percentages from Full Service Restaurants [6] %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	4243	(405.6)	156	(38.7)	4	(1.1)	4382*	(1873.0)	1685	(353.6)	--		4228	(429.2)
20 and over.....	1694	26	(1.5)	4806	(302.8)	678	(85.7)	14	(1.7)	4968	(473.1)	2612	(305.3)	53	(4.4)	4749	(315.1)
2 and over...	2491	23	(1.5)	4691	(252.4)	572	(74.3)	12	(1.5)	4919	(499.5)	2534	(284.2)	52	(4.8)	4625	(250.7)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	4020	(491.8)	172*	(92.9)	4*	(2.0)	--		--		--		3940	(460.7)
20 and over.....	1128	19	(1.4)	4381	(371.9)	377	(43.3)	9	(1.1)	6096	(1105.7)	1946	(194.1)	32	(6.8)	3969	(349.4)
2 and over...	1659	17	(1.2)	4293	(253.7)	327	(42.3)	8	(1.0)	5929	(953.5)	1941	(195.7)	33	(7.0)	3961	(278.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	4972	(824.2)	507*	(193.6)	10*	(4.0)	--		--		--		5019	(762.9)
20 and over.....	626	24	(3.2)	4514	(347.4)	556	(120.3)	12	(2.7)	4506	(632.1)	2328	(324.5)	52	(4.3)	4516	(396.3)
2 and over...	862	23	(2.7)	4603	(403.9)	546	(109.4)	12	(2.4)	4554	(640.6)	2355	(279.6)	52	(4.9)	4617	(432.2)
Hispanic:																	
2 - 19.....	576	14	(1.9)	4402	(329.9)	265*	(92.0)	6*	(1.9)	3618	(734.3)	1840	(538.7)	--		4534	(329.3)
20 and over.....	1058	22	(2.6)	5776	(543.8)	833	(234.1)	14	(3.4)	7185	(1325.8)	3855	(747.6)	54	(8.2)	5387	(532.9)
2 and over...	1634	19	(2.1)	5328	(417.4)	648	(180.3)	12	(2.9)	6315	(1134.7)	3364	(676.0)	53	(7.6)	5093	(383.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1.52	(0.031)	0.05	(0.010)	3	(0.6)	1.61	(0.106)	0.49	(0.054)	31	(2.6)	1.51	(0.036)
20 and over.....	1694	26	(1.5)	1.60	(0.026)	0.15	(0.015)	10	(0.9)	1.65	(0.043)	0.59	(0.043)	36	(2.7)	1.59	(0.039)
2 and over...	2491	23	(1.5)	1.59	(0.024)	0.13	(0.013)	8	(0.8)	1.65	(0.040)	0.58	(0.039)	35	(2.5)	1.57	(0.034)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1.45	(0.043)	0.04	(0.009)	2*	(0.6)	--		--		--		1.46	(0.046)
20 and over.....	1128	19	(1.4)	1.47	(0.035)	0.10	(0.010)	7	(0.7)	1.50	(0.072)	0.53	(0.032)	35	(2.5)	1.47	(0.039)
2 and over...	1659	17	(1.2)	1.47	(0.028)	0.09	(0.008)	6	(0.6)	1.47	(0.066)	0.51	(0.022)	35	(2.0)	1.47	(0.032)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1.53	(0.028)	0.09	(0.017)	6*	(1.2)	--		--		--		1.52	(0.043)
20 and over.....	626	24	(3.2)	1.62	(0.051)	0.13	(0.018)	8	(1.1)	1.54	(0.051)	0.56	(0.038)	36	(1.9)	1.65	(0.068)
2 and over...	862	23	(2.7)	1.60	(0.044)	0.12	(0.014)	8	(0.9)	1.54	(0.038)	0.54	(0.029)	35	(1.5)	1.62	(0.055)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1.56	(0.042)	0.06	(0.008)	4	(0.5)	1.51	(0.112)	0.42	(0.033)	28	(2.7)	1.57	(0.052)
20 and over.....	1058	22	(2.6)	1.64	(0.049)	0.14	(0.019)	8	(1.2)	1.71	(0.113)	0.64	(0.062)	37	(2.6)	1.62	(0.048)
2 and over...	1634	19	(2.1)	1.62	(0.033)	0.11	(0.014)	7	(0.9)	1.66	(0.074)	0.59	(0.048)	35	(1.9)	1.60	(0.035)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1.82	(0.048)	0.05	(0.010)	3	(0.5)	2.05	(0.133)	0.56	(0.057)	27	(3.1)	1.80	(0.042)
20 and over.....	1694	26	(1.5)	2.23	(0.050)	0.18	(0.014)	8	(0.6)	2.22	(0.060)	0.69	(0.042)	31	(1.5)	2.23	(0.066)
2 and over...	2491	23	(1.5)	2.15	(0.041)	0.15	(0.013)	7	(0.6)	2.20	(0.050)	0.68	(0.038)	31	(1.5)	2.13	(0.054)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1.63	(0.044)	0.04	(0.008)	2*	(0.5)	--		--		--		1.62	(0.053)
20 and over.....	1128	19	(1.4)	1.73	(0.036)	0.12	(0.010)	7	(0.6)	1.75	(0.093)	0.61	(0.036)	35	(2.5)	1.73	(0.038)
2 and over...	1659	17	(1.2)	1.71	(0.028)	0.10	(0.008)	6	(0.5)	1.75	(0.094)	0.58	(0.028)	33	(2.3)	1.70	(0.033)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1.63	(0.060)	0.10	(0.018)	6*	(1.2)	--		--		--		1.60	(0.070)
20 and over.....	626	24	(3.2)	1.80	(0.037)	0.15	(0.023)	8	(1.2)	1.94	(0.107)	0.64	(0.042)	33	(2.4)	1.75	(0.045)
2 and over...	862	23	(2.7)	1.76	(0.040)	0.14	(0.019)	8	(1.0)	1.91	(0.087)	0.62	(0.036)	32	(1.9)	1.72	(0.042)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1.84	(0.034)	0.07	(0.010)	4	(0.5)	1.74	(0.089)	0.46	(0.031)	27	(2.1)	1.85	(0.043)
20 and over.....	1058	22	(2.6)	2.03	(0.068)	0.15	(0.019)	7	(1.0)	2.07	(0.127)	0.70	(0.056)	34	(2.3)	2.01	(0.074)
2 and over...	1634	19	(2.1)	1.96	(0.044)	0.12	(0.013)	6	(0.7)	1.99	(0.097)	0.64	(0.043)	32	(1.9)	1.96	(0.047)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	22.0	(0.78)	1.0	(0.23)	5	(0.9)	28.0	(2.34)	10.7	(1.27)	38	(3.2)	21.4	(0.64)
20 and over.....	1694	26	(1.5)	26.5	(0.66)	2.7	(0.24)	10	(0.9)	26.4	(0.91)	10.4	(0.63)	39	(2.2)	26.5	(0.93)
2 and over...	2491	23	(1.5)	25.6	(0.59)	2.4	(0.21)	9	(0.8)	26.5	(0.80)	10.4	(0.58)	39	(2.0)	25.3	(0.78)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	21.6	(0.55)	0.7	(0.18)	3*	(0.8)	--		--		--		21.5	(0.52)
20 and over.....	1128	19	(1.4)	24.7	(0.43)	2.0	(0.19)	8	(0.8)	25.8	(0.54)	10.3	(0.49)	40	(2.3)	24.4	(0.52)
2 and over...	1659	17	(1.2)	23.9	(0.37)	1.7	(0.16)	7	(0.7)	25.5	(0.49)	10.0	(0.34)	39	(1.6)	23.6	(0.42)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	19.9	(0.44)	1.7	(0.36)	8*	(1.8)	--		--		--		19.6	(0.55)
20 and over.....	626	24	(3.2)	23.9	(0.80)	2.8	(0.37)	12	(1.6)	24.9	(1.35)	11.6	(0.71)	47	(2.1)	23.6	(0.80)
2 and over...	862	23	(2.7)	23.1	(0.72)	2.6	(0.30)	11	(1.3)	24.2	(1.18)	11.0	(0.68)	46	(1.7)	22.8	(0.69)
Hispanic:																	
2 - 19.....	576	14	(1.9)	21.3	(0.50)	1.1	(0.16)	5	(0.7)	21.4	(0.93)	7.5	(0.66)	35	(2.7)	21.3	(0.57)
20 and over.....	1058	22	(2.6)	26.4	(0.83)	2.5	(0.33)	9	(1.3)	27.1	(1.81)	11.4	(1.16)	42	(2.4)	26.3	(0.86)
2 and over...	1634	19	(2.1)	24.8	(0.51)	2.0	(0.26)	8	(1.0)	25.7	(1.38)	10.4	(0.97)	41	(2.2)	24.5	(0.52)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from Full Service Restaurants [6] %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from Full Service Restaurants [6] %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1.78	(0.078)	0.06	(0.015)	4	(0.8)	2.26	(0.224)	0.69	(0.094)	30	(4.1)	1.73	(0.068)
20 and over.....	1694	26	(1.5)	2.22	(0.081)	0.20	(0.019)	9	(0.8)	2.08	(0.100)	0.77	(0.044)	37	(1.9)	2.26	(0.109)
2 and over...	2491	23	(1.5)	2.13	(0.070)	0.17	(0.017)	8	(0.7)	2.10	(0.088)	0.76	(0.042)	36	(1.7)	2.14	(0.090)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1.63	(0.048)	0.04	(0.010)	3*	(0.6)	--		--		--		1.64	(0.052)
20 and over.....	1128	19	(1.4)	1.92	(0.045)	0.14	(0.016)	7	(0.9)	2.01	(0.038)	0.74	(0.052)	36	(2.8)	1.90	(0.054)
2 and over...	1659	17	(1.2)	1.85	(0.040)	0.12	(0.013)	6	(0.7)	1.96	(0.034)	0.70	(0.038)	36	(2.0)	1.83	(0.046)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1.61	(0.044)	0.12	(0.026)	7*	(1.7)	--		--		--		1.60	(0.059)
20 and over.....	626	24	(3.2)	2.01	(0.081)	0.19	(0.028)	10	(1.4)	2.00	(0.114)	0.81	(0.052)	40	(2.1)	2.02	(0.091)
2 and over...	862	23	(2.7)	1.93	(0.073)	0.18	(0.023)	9	(1.1)	1.94	(0.109)	0.77	(0.052)	40	(1.9)	1.93	(0.078)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1.77	(0.050)	0.07	(0.011)	4	(0.6)	1.73	(0.094)	0.50	(0.067)	29	(3.4)	1.78	(0.058)
20 and over.....	1058	22	(2.6)	2.26	(0.073)	0.18	(0.022)	8	(1.0)	2.19	(0.125)	0.86	(0.069)	39	(2.6)	2.27	(0.079)
2 and over...	1634	19	(2.1)	2.10	(0.041)	0.15	(0.017)	7	(0.8)	2.08	(0.100)	0.77	(0.062)	37	(2.3)	2.10	(0.046)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	474	(9.3)	12	(2.5)	3	(0.5)	470	(31.8)	133	(14.0)	28	(2.5)	474	(9.9)
20 and over.....	1694	26	(1.5)	500	(10.4)	46	(3.8)	9	(0.8)	512	(21.8)	177	(10.5)	35	(2.4)	496	(13.4)
2 and over...	2491	23	(1.5)	495	(8.1)	39	(3.4)	8	(0.7)	508	(20.4)	173	(10.1)	34	(2.2)	491	(10.4)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	467	(12.2)	10	(2.5)	2*	(0.5)	--		--		--		475	(12.4)
20 and over.....	1128	19	(1.4)	460	(15.3)	32	(3.2)	7	(0.8)	466	(29.3)	164	(11.0)	35	(3.3)	459	(16.2)
2 and over...	1659	17	(1.2)	462	(12.5)	26	(2.7)	6	(0.7)	456	(27.2)	156	(8.9)	34	(2.7)	463	(12.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	497	(18.0)	29	(5.5)	6*	(1.1)	--		--		--		498	(18.0)
20 and over.....	626	24	(3.2)	524	(22.1)	42	(7.6)	8	(1.4)	478	(14.2)	177	(14.4)	37	(3.0)	538	(29.2)
2 and over...	862	23	(2.7)	519	(20.3)	40	(5.8)	8	(1.1)	481	(11.8)	171	(10.6)	36	(2.1)	530	(25.9)
Hispanic:																	
2 - 19.....	576	14	(1.9)	518	(23.2)	20	(2.5)	4	(0.5)	525	(55.9)	138	(15.1)	26	(4.4)	517	(25.3)
20 and over.....	1058	22	(2.6)	524	(13.0)	43	(6.9)	8	(1.3)	541	(31.9)	198	(23.5)	37	(3.1)	520	(13.6)
2 and over...	1634	19	(2.1)	522	(9.8)	35	(4.8)	7	(0.9)	537	(24.5)	184	(16.1)	34	(1.8)	519	(11.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Choline

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	242	(6.9)	11	(2.4)	5	(0.9)	315	(17.7)	123	(15.8)	39	(4.3)	235	(6.2)
20 and over.....	1694	26	(1.5)	331	(5.8)	41	(2.7)	12	(0.8)	383	(15.0)	157	(7.5)	41	(1.5)	312	(6.9)
2 and over...	2491	23	(1.5)	313	(4.6)	35	(2.5)	11	(0.8)	377	(13.2)	154	(7.0)	41	(1.4)	294	(5.2)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	226	(9.8)	8	(2.0)	4*	(0.8)	--		--		--		219	(10.2)
20 and over.....	1128	19	(1.4)	302	(8.2)	31	(2.3)	10	(0.7)	349	(15.3)	161	(10.4)	46	(2.5)	291	(9.0)
2 and over...	1659	17	(1.2)	284	(7.9)	26	(1.8)	9	(0.6)	343	(15.5)	152	(8.3)	44	(1.9)	272	(8.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	262	(9.1)	20	(3.7)	8*	(1.4)	--		--		--		256	(11.5)
20 and over.....	626	24	(3.2)	323	(7.4)	36	(5.2)	11	(1.5)	368	(22.8)	152	(14.8)	41	(3.3)	309	(13.3)
2 and over...	862	23	(2.7)	311	(6.2)	33	(4.3)	11	(1.3)	354	(20.2)	143	(13.4)	40	(2.9)	299	(9.6)
Hispanic:																	
2 - 19.....	576	14	(1.9)	257	(6.3)	15	(3.2)	6	(1.3)	269	(11.1)	107	(13.1)	40	(4.5)	255	(7.0)
20 and over.....	1058	22	(2.6)	357	(10.8)	37	(4.5)	10	(1.3)	407	(28.6)	169	(15.1)	42	(3.0)	344	(10.0)
2 and over...	1634	19	(2.1)	325	(7.4)	30	(3.5)	9	(1.1)	373	(22.3)	154	(11.6)	41	(2.7)	313	(6.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Full Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake µg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	4.33	(0.154)	0.11	(0.021)	3	(0.4)	4.61	(0.529)	1.23	(0.178)	27	(2.7)	4.30	(0.157)
20 and over.....	1694	26	(1.5)	5.03	(0.182)	0.45	(0.031)	9	(0.6)	4.70	(0.223)	1.72	(0.063)	37	(1.9)	5.15	(0.236)
2 and over...	2491	23	(1.5)	4.89	(0.158)	0.38	(0.029)	8	(0.5)	4.69	(0.212)	1.67	(0.065)	36	(1.8)	4.95	(0.206)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	3.96	(0.184)	0.10	(0.026)	3*	(0.7)	--		--		--		4.03	(0.210)
20 and over.....	1128	19	(1.4)	4.23	(0.119)	0.32	(0.040)	8	(1.0)	4.34	(0.274)	1.66	(0.187)	38	(4.1)	4.20	(0.143)
2 and over...	1659	17	(1.2)	4.16	(0.099)	0.27	(0.031)	6	(0.8)	4.21	(0.242)	1.59	(0.150)	38	(3.6)	4.15	(0.124)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	4.06	(0.213)	0.26	(0.059)	6*	(1.5)	--		--		--		3.99	(0.218)
20 and over.....	626	24	(3.2)	3.97	(0.147)	0.56	(0.135)	14	(3.1)	4.62	(0.501)	2.35	(0.398)	51	(4.1)	3.76	(0.164)
2 and over...	862	23	(2.7)	3.99	(0.136)	0.50	(0.115)	13	(2.7)	4.57	(0.466)	2.16	(0.365)	47	(3.9)	3.81	(0.136)
Hispanic:																	
2 - 19.....	576	14	(1.9)	4.70	(0.194)	0.14	(0.025)	3*	(0.5)	3.95	(0.346)	0.96	(0.115)	24*	(2.3)	4.83	(0.211)
20 and over.....	1058	22	(2.6)	4.80	(0.173)	0.41	(0.057)	9	(1.2)	4.77	(0.346)	1.91	(0.162)	40	(3.1)	4.81	(0.202)
2 and over...	1634	19	(2.1)	4.77	(0.133)	0.32	(0.042)	7	(0.9)	4.57	(0.248)	1.68	(0.128)	37	(2.3)	4.81	(0.160)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	67.8	(4.86)	1.5*	(0.59)	2*	(0.9)	91.6	(24.85)	16.3*	(5.40)	18*	(7.1)	65.3	(4.35)
20 and over.....	1694	26	(1.5)	70.7	(3.62)	5.0	(0.49)	7	(0.5)	79.5	(6.92)	19.3	(1.47)	24	(1.8)	67.6	(3.68)
2 and over...	2491	23	(1.5)	70.1	(3.34)	4.3	(0.46)	6	(0.5)	80.5	(6.38)	19.1	(1.41)	24	(1.7)	67.1	(3.47)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	77.1	(5.16)	1.2	(0.30)	2*	(0.3)	--		--		--		76.5	(5.20)
20 and over.....	1128	19	(1.4)	76.5	(4.11)	3.7	(0.70)	5	(0.8)	76.8	(6.85)	18.9	(3.06)	25	(3.7)	76.4	(4.27)
2 and over...	1659	17	(1.2)	76.6	(3.57)	3.0	(0.58)	4	(0.7)	77.6	(6.54)	18.1	(2.62)	23	(3.0)	76.4	(3.76)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	70.8	(8.77)	4.7*	(2.09)	7*	(3.2)	--		--		--		69.9	(10.52)
20 and over.....	626	24	(3.2)	96.9	(5.81)	4.9	(0.91)	5	(1.0)	88.1	(9.43)	20.7	(2.89)	24	(3.5)	99.7	(6.31)
2 and over...	862	23	(2.7)	91.8	(5.62)	4.9	(0.74)	5	(0.9)	85.7	(8.11)	21.1	(2.85)	25	(3.3)	93.7	(6.45)
Hispanic:																	
2 - 19.....	576	14	(1.9)	79.6	(4.61)	1.8	(0.38)	2*	(0.5)	71.6	(6.25)	12.7	(2.67)	18*	(3.8)	80.9	(4.68)
20 and over.....	1058	22	(2.6)	91.8	(3.82)	7.0	(1.26)	8	(1.3)	97.8	(7.45)	32.2	(4.24)	33	(3.2)	90.1	(4.29)
2 and over...	1634	19	(2.1)	87.8	(3.13)	5.3	(0.90)	6	(1.0)	91.4	(5.72)	27.5	(3.56)	30	(2.9)	86.9	(3.59)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	4.6	(0.17)	0.1	(0.01)	1*	(0.3)	4.3	(0.59)	0.7	(0.12)	16*	(2.6)	4.7	(0.23)
20 and over.....	1694	26	(1.5)	4.2	(0.19)	0.3	(0.04)	7	(0.9)	3.9	(0.22)	1.2	(0.12)	30	(2.2)	4.3	(0.23)
2 and over...	2491	23	(1.5)	4.3	(0.16)	0.3	(0.03)	6	(0.8)	4.0	(0.22)	1.1	(0.11)	29	(2.1)	4.4	(0.18)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	3.9	(0.16)	#		1*	(0.3)	--		--		--		4.0	(0.18)
20 and over.....	1128	19	(1.4)	3.7	(0.16)	0.3	(0.07)	9	(1.7)	4.3	(0.61)	1.8	(0.33)	41	(7.2)	3.6	(0.10)
2 and over...	1659	17	(1.2)	3.8	(0.12)	0.3	(0.05)	7	(1.3)	4.1	(0.53)	1.6	(0.29)	39	(6.6)	3.7	(0.09)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	4.8	(0.40)	0.2	(0.04)	3*	(1.0)	--		--		--		4.8	(0.47)
20 and over.....	626	24	(3.2)	4.9	(0.39)	0.7*	(0.25)	15	(4.3)	6.1	(1.20)	3.0	(0.82)	50	(5.3)	4.6	(0.37)
2 and over...	862	23	(2.7)	4.9	(0.32)	0.6*	(0.21)	12	(3.7)	5.9	(1.03)	2.7	(0.71)	45	(5.4)	4.6	(0.26)
Hispanic:																	
2 - 19.....	576	14	(1.9)	5.1	(0.19)	0.1*	(0.03)	2*	(0.6)	4.4	(0.46)	0.7*	(0.21)	16*	(3.9)	5.2	(0.22)
20 and over.....	1058	22	(2.6)	4.3	(0.23)	0.3	(0.06)	6	(1.3)	4.1	(0.40)	1.2	(0.26)	29	(5.0)	4.3	(0.28)
2 and over...	1634	19	(2.1)	4.6	(0.15)	0.2	(0.04)	5	(0.8)	4.2	(0.24)	1.1	(0.19)	26	(3.9)	4.7	(0.19)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	7.9	(0.43)	0.3	(0.06)	4	(0.8)	9.7	(0.78)	3.3	(0.40)	34	(4.1)	7.8	(0.47)
20 and over.....	1694	26	(1.5)	9.7	(0.30)	0.9	(0.08)	10	(0.9)	10.5	(0.48)	3.6	(0.19)	35	(2.4)	9.4	(0.33)
2 and over...	2491	23	(1.5)	9.3	(0.26)	0.8	(0.07)	9	(0.7)	10.4	(0.43)	3.6	(0.18)	35	(2.2)	9.0	(0.24)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	7.4	(0.17)	0.2	(0.05)	3*	(0.6)	--		--		--		7.2	(0.16)
20 and over.....	1128	19	(1.4)	8.7	(0.21)	0.8	(0.08)	9	(1.0)	10.0	(0.43)	3.9	(0.30)	39	(3.3)	8.3	(0.28)
2 and over...	1659	17	(1.2)	8.3	(0.16)	0.6	(0.07)	8	(0.9)	9.8	(0.36)	3.7	(0.23)	38	(2.6)	8.0	(0.19)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	7.0	(0.27)	0.6	(0.13)	9	(1.8)	--		--		--		6.8	(0.30)
20 and over.....	626	24	(3.2)	8.3	(0.31)	0.8	(0.13)	10	(1.5)	9.2	(0.35)	3.4	(0.21)	37	(2.5)	8.0	(0.35)
2 and over...	862	23	(2.7)	8.1	(0.28)	0.8	(0.11)	10	(1.2)	9.0	(0.27)	3.3	(0.17)	37	(2.2)	7.8	(0.31)
Hispanic:																	
2 - 19.....	576	14	(1.9)	7.4	(0.23)	0.4	(0.06)	5	(0.8)	8.9	(1.01)	2.7	(0.18)	30	(2.6)	7.1	(0.20)
20 and over.....	1058	22	(2.6)	9.1	(0.42)	0.9	(0.14)	10	(1.5)	10.5	(0.53)	4.2	(0.36)	40	(2.9)	8.8	(0.46)
2 and over...	1634	19	(2.1)	8.6	(0.29)	0.7	(0.11)	9	(1.2)	10.1	(0.38)	3.8	(0.29)	38	(2.2)	8.2	(0.32)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Full Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake µg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	69.5	(4.95)	4.1	(0.97)	6	(1.2)	136.8	(30.17)	44.0	(6.83)	32	(8.5)	62.6	(3.15)
20 and over.....	1694	26	(1.5)	126.8	(10.44)	18.0	(2.23)	14	(1.5)	146.2	(7.53)	69.4	(5.66)	47	(3.1)	120.0	(12.88)
2 and over...	2491	23	(1.5)	115.1	(9.19)	15.2	(1.91)	13	(1.3)	145.5	(7.76)	67.3	(5.16)	46	(2.8)	106.3	(10.41)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	81.9	(6.95)	2.7	(0.82)	3*	(1.2)	--		--		--		81.2	(9.33)
20 and over.....	1128	19	(1.4)	128.8	(9.02)	12.0	(2.42)	9	(2.0)	151.2	(19.33)	62.1	(11.30)	41	(6.5)	123.4	(8.68)
2 and over...	1659	17	(1.2)	117.3	(7.44)	9.8	(1.85)	8	(1.7)	142.9	(17.77)	57.9	(9.68)	41	(5.7)	112.1	(7.08)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	81.8	(8.52)	11.3	(3.33)	14*	(4.3)	--		--		--		77.7	(9.81)
20 and over.....	626	24	(3.2)	152.9	(11.79)	17.3	(5.15)	11	(3.4)	156.7	(26.96)	72.6	(14.62)	46	(4.2)	151.7	(12.74)
2 and over...	862	23	(2.7)	139.1	(10.64)	16.2	(4.09)	12	(3.0)	146.6	(22.01)	69.7	(11.76)	48	(3.3)	136.8	(11.70)
Hispanic:																	
2 - 19.....	576	14	(1.9)	64.9	(2.45)	5.0	(0.74)	8	(1.1)	79.8	(9.05)	34.8	(4.54)	44	(3.1)	62.4	(2.50)
20 and over.....	1058	22	(2.6)	119.0	(9.08)	15.2	(2.60)	13	(1.7)	136.1	(9.04)	70.5	(6.78)	52	(2.9)	114.3	(9.67)
2 and over...	1634	19	(2.1)	101.4	(6.61)	11.9	(1.88)	12	(1.4)	122.3	(8.55)	61.8	(6.11)	50	(2.6)	96.4	(6.58)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	985	(10.9)	24	(4.5)	2*	(0.5)	1031	(126.5)	263	(31.7)	26	(2.6)	980	(15.2)
20 and over.....	1694	26	(1.5)	993	(18.7)	79	(7.0)	8	(0.7)	994	(37.8)	305	(20.9)	31	(1.8)	992	(19.6)
2 and over...	2491	23	(1.5)	991	(15.5)	68	(6.2)	7	(0.6)	997	(34.9)	302	(18.9)	30	(1.7)	989	(16.1)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	845	(31.4)	16	(4.2)	2*	(0.5)	--		--		--		850	(34.6)
20 and over.....	1128	19	(1.4)	852	(20.5)	49	(5.3)	6	(0.7)	831	(63.7)	253	(19.7)	30	(3.7)	857	(17.6)
2 and over...	1659	17	(1.2)	850	(16.1)	41	(4.6)	5	(0.6)	826	(59.7)	243	(16.5)	29	(3.0)	855	(16.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	857	(42.4)	47	(10.8)	5*	(1.2)	--		--		--		839	(47.4)
20 and over.....	626	24	(3.2)	829	(23.6)	60	(14.0)	7	(1.6)	880	(59.7)	251	(42.6)	29	(3.8)	814	(25.8)
2 and over...	862	23	(2.7)	835	(20.7)	57	(10.7)	7	(1.3)	888	(47.6)	248	(33.2)	28	(2.9)	819	(23.1)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1013	(22.8)	31	(5.0)	3*	(0.5)	895	(51.7)	218	(25.4)	24*	(2.7)	1033	(21.9)
20 and over.....	1058	22	(2.6)	989	(34.7)	66	(10.5)	7	(1.1)	982	(81.1)	305	(35.0)	31	(2.8)	991	(35.4)
2 and over...	1634	19	(2.1)	997	(25.5)	55	(7.1)	5	(0.7)	961	(63.9)	284	(26.5)	30	(2.2)	1006	(25.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	1266	(31.1)	50	(9.3)	4	(0.7)	1489	(100.6)	533	(48.7)	36	(2.6)	1243	(27.4)
20 and over.....	1694	26	(1.5)	1409	(21.9)	150	(12.2)	11	(0.9)	1484	(37.3)	576	(28.2)	39	(2.0)	1382	(26.2)
2 and over...	2491	23	(1.5)	1380	(20.1)	129	(11.0)	9	(0.8)	1485	(33.6)	572	(26.3)	39	(1.8)	1349	(22.6)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1144	(35.9)	38	(9.3)	3*	(0.8)	--		--		--		1133	(37.4)
20 and over.....	1128	19	(1.4)	1252	(25.9)	110	(10.8)	9	(0.9)	1362	(55.8)	565	(39.0)	41	(2.9)	1225	(27.2)
2 and over...	1659	17	(1.2)	1225	(21.8)	92	(9.4)	7	(0.8)	1349	(55.6)	546	(29.7)	40	(2.3)	1200	(22.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1212	(30.6)	96	(16.7)	8*	(1.4)	--		--		--		1189	(39.2)
20 and over.....	626	24	(3.2)	1299	(28.7)	133	(20.2)	10	(1.4)	1450	(79.0)	558	(38.0)	39	(1.9)	1252	(32.3)
2 and over...	862	23	(2.7)	1282	(26.5)	126	(15.9)	10	(1.1)	1425	(65.1)	543	(30.9)	38	(1.5)	1239	(26.4)
Hispanic:																	
2 - 19.....	576	14	(1.9)	1251	(19.1)	64	(9.9)	5	(0.8)	1220	(34.6)	445	(34.5)	36	(2.4)	1256	(21.8)
20 and over.....	1058	22	(2.6)	1437	(42.6)	135	(18.2)	9	(1.3)	1536	(104.4)	625	(53.2)	41	(2.6)	1410	(38.8)
2 and over...	1634	19	(2.1)	1377	(28.4)	112	(13.8)	8	(1.0)	1459	(80.7)	581	(42.6)	40	(2.3)	1357	(26.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Magnesium

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	235	(5.0)	7	(1.4)	3	(0.6)	260	(16.3)	75	(7.6)	29	(2.9)	233	(4.9)
20 and over.....	1694	26	(1.5)	306	(5.5)	26	(2.2)	8	(0.7)	318	(11.2)	99	(5.2)	31	(1.7)	302	(6.6)
2 and over...	2491	23	(1.5)	292	(5.1)	22	(1.9)	7	(0.6)	313	(10.1)	97	(5.0)	31	(1.7)	286	(5.6)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	212	(7.4)	5	(1.2)	3*	(0.5)	--		--		--		208	(4.9)
20 and over.....	1128	19	(1.4)	262	(6.0)	18	(1.9)	7	(0.7)	280	(12.1)	93	(7.6)	33	(2.5)	257	(5.6)
2 and over...	1659	17	(1.2)	250	(5.8)	15	(1.7)	6	(0.6)	276	(14.2)	88	(6.1)	32	(1.9)	244	(4.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	239	(5.9)	16	(2.9)	7*	(1.3)	--		--		--		238	(5.5)
20 and over.....	626	24	(3.2)	320	(8.9)	25	(4.0)	8	(1.2)	344	(9.6)	105	(5.6)	31	(1.7)	313	(10.5)
2 and over...	862	23	(2.7)	304	(8.2)	23	(3.3)	8	(1.0)	327	(9.6)	100	(5.3)	31	(1.3)	298	(9.0)
Hispanic:																	
2 - 19.....	576	14	(1.9)	240	(4.5)	11	(1.5)	5	(0.7)	248	(11.0)	79	(6.6)	32	(2.3)	238	(4.5)
20 and over.....	1058	22	(2.6)	322	(10.7)	24	(3.5)	7	(1.1)	337	(18.7)	111	(9.5)	33	(2.1)	318	(10.3)
2 and over...	1634	19	(2.1)	295	(6.9)	20	(2.7)	7	(0.9)	315	(14.4)	103	(7.8)	33	(1.9)	291	(6.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	12.9	(0.29)	0.4	(0.07)	3	(0.5)	14.2	(0.89)	4.1	(0.32)	29	(2.5)	12.8	(0.29)
20 and over.....	1694	26	(1.5)	14.2	(0.28)	1.3	(0.11)	9	(0.8)	14.2	(0.46)	5.0	(0.24)	35	(2.0)	14.2	(0.32)
2 and over...	2491	23	(1.5)	14.0	(0.23)	1.1	(0.10)	8	(0.7)	14.2	(0.42)	5.0	(0.23)	35	(2.0)	13.9	(0.24)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	13.0	(0.41)	0.3	(0.06)	2*	(0.5)	--		--		--		13.2	(0.46)
20 and over.....	1128	19	(1.4)	13.0	(0.37)	0.9	(0.08)	7	(0.7)	13.1	(0.53)	4.5	(0.27)	34	(2.4)	13.0	(0.42)
2 and over...	1659	17	(1.2)	13.0	(0.31)	0.7	(0.07)	6	(0.6)	12.9	(0.50)	4.3	(0.20)	33	(1.9)	13.0	(0.36)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	12.8	(0.46)	0.8	(0.15)	6*	(1.2)	--		--		--		12.7	(0.41)
20 and over.....	626	24	(3.2)	13.7	(0.47)	1.2	(0.20)	9	(1.4)	13.2	(0.35)	5.0	(0.41)	38	(2.8)	13.9	(0.64)
2 and over...	862	23	(2.7)	13.5	(0.44)	1.1	(0.16)	8	(1.1)	13.1	(0.28)	4.8	(0.33)	37	(2.2)	13.7	(0.57)
Hispanic:																	
2 - 19.....	576	14	(1.9)	13.8	(0.43)	0.5	(0.07)	4	(0.5)	14.1	(1.41)	3.8	(0.22)	27	(2.6)	13.8	(0.45)
20 and over.....	1058	22	(2.6)	14.8	(0.38)	1.3	(0.20)	9	(1.4)	15.6	(0.99)	5.8	(0.58)	37	(2.4)	14.5	(0.40)
2 and over...	1634	19	(2.1)	14.5	(0.26)	1.0	(0.14)	7	(1.0)	15.2	(0.69)	5.3	(0.42)	35	(1.5)	14.3	(0.33)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	9.5	(0.22)	0.4	(0.06)	4	(0.6)	10.0	(0.62)	3.8	(0.44)	38	(3.2)	9.4	(0.22)
20 and over.....	1694	26	(1.5)	11.3	(0.19)	1.2	(0.12)	11	(1.0)	11.7	(0.37)	4.6	(0.27)	39	(2.4)	11.1	(0.26)
2 and over...	2491	23	(1.5)	10.9	(0.18)	1.0	(0.11)	9	(0.9)	11.6	(0.34)	4.5	(0.27)	39	(2.3)	10.7	(0.23)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	8.8	(0.32)	0.3	(0.06)	3*	(0.7)	--		--		--		8.8	(0.36)
20 and over.....	1128	19	(1.4)	9.8	(0.24)	0.8	(0.08)	8	(0.9)	9.9	(0.49)	3.9	(0.35)	39	(3.1)	9.8	(0.26)
2 and over...	1659	17	(1.2)	9.6	(0.19)	0.6	(0.07)	7	(0.7)	9.7	(0.50)	3.8	(0.26)	39	(2.3)	9.5	(0.21)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	9.0	(0.27)	0.8	(0.19)	9*	(2.1)	--		--		--		8.8	(0.32)
20 and over.....	626	24	(3.2)	10.1	(0.27)	1.0	(0.15)	10	(1.4)	10.7	(0.66)	4.3	(0.40)	40	(1.9)	9.9	(0.36)
2 and over...	862	23	(2.7)	9.9	(0.24)	1.0	(0.11)	10	(1.0)	10.6	(0.58)	4.2	(0.34)	40	(1.4)	9.7	(0.29)
Hispanic:																	
2 - 19.....	576	14	(1.9)	9.5	(0.30)	0.5	(0.08)	5	(0.9)	9.3	(0.47)	3.4	(0.34)	37	(3.0)	9.5	(0.31)
20 and over.....	1058	22	(2.6)	11.5	(0.35)	1.2	(0.16)	10	(1.4)	12.6	(0.89)	5.4	(0.52)	43	(3.1)	11.1	(0.34)
2 and over...	1634	19	(2.1)	10.8	(0.27)	0.9	(0.12)	9	(1.1)	11.8	(0.66)	4.9	(0.39)	42	(2.6)	10.6	(0.27)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	0.9	(0.03)	#		3	(0.7)	1.0	(0.07)	0.3	(0.04)	30	(3.3)	0.9	(0.03)
20 and over.....	1694	26	(1.5)	1.2	(0.02)	0.1	(0.01)	9	(0.7)	1.3	(0.04)	0.4	(0.02)	31	(1.7)	1.2	(0.03)
2 and over...	2491	23	(1.5)	1.1	(0.02)	0.1	(0.01)	8	(0.7)	1.3	(0.04)	0.4	(0.02)	31	(1.7)	1.1	(0.02)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	0.8	(0.03)	#		3*	(0.9)	--		--		--		0.8	(0.02)
20 and over.....	1128	19	(1.4)	1.1	(0.04)	0.1	(0.01)	8	(0.9)	1.2	(0.07)	0.4	(0.04)	36	(2.4)	1.0	(0.03)
2 and over...	1659	17	(1.2)	1.0	(0.03)	0.1	(0.01)	7	(0.8)	1.1	(0.07)	0.4	(0.04)	35	(2.0)	1.0	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	1.0	(0.04)	0.1	(0.01)	7*	(1.3)	--		--		--		1.0	(0.04)
20 and over.....	626	24	(3.2)	1.4	(0.05)	0.1	(0.02)	9	(1.1)	1.4	(0.07)	0.5	(0.05)	35	(2.2)	1.3	(0.05)
2 and over...	862	23	(2.7)	1.3	(0.04)	0.1	(0.01)	8	(0.9)	1.3	(0.06)	0.5	(0.04)	35	(2.2)	1.3	(0.04)
Hispanic:																	
2 - 19.....	576	14	(1.9)	0.9	(0.02)	0.1	(0.01)	6	(1.0)	1.0	(0.06)	0.4	(0.04)	36	(3.7)	0.9	(0.01)
20 and over.....	1058	22	(2.6)	1.3	(0.04)	0.1	(0.02)	8	(1.2)	1.3	(0.08)	0.5	(0.04)	35	(2.5)	1.2	(0.04)
2 and over...	1634	19	(2.1)	1.1	(0.03)	0.1	(0.01)	8	(1.0)	1.3	(0.06)	0.4	(0.03)	35	(2.5)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	91.9	(2.45)	4.4	(0.93)	5	(1.0)	111.7	(9.18)	47.9	(5.25)	43	(3.9)	89.9	(2.24)
20 and over.....	1694	26	(1.5)	113.4	(1.90)	14.1	(1.14)	12	(1.1)	124.4	(4.64)	54.3	(2.57)	44	(2.8)	109.6	(2.39)
2 and over...	2491	23	(1.5)	109.0	(1.72)	12.1	(1.05)	11	(1.0)	123.3	(4.27)	53.7	(2.54)	44	(2.6)	104.9	(1.92)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	93.6	(3.23)	3.8	(0.95)	4	(0.9)	--		--		--		92.2	(2.73)
20 and over.....	1128	19	(1.4)	110.1	(2.19)	10.9	(1.05)	10	(0.9)	119.2	(4.21)	56.1	(4.13)	47	(2.7)	107.9	(2.29)
2 and over...	1659	17	(1.2)	106.1	(2.06)	9.1	(0.91)	9	(0.8)	117.8	(4.35)	54.2	(3.21)	46	(1.9)	103.7	(2.05)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	98.6	(2.43)	8.9	(1.72)	9	(1.8)	--		--		--		95.7	(3.60)
20 and over.....	626	24	(3.2)	115.9	(2.99)	14.4	(1.96)	12	(1.7)	123.9	(7.08)	60.5	(5.17)	49	(2.5)	113.4	(3.02)
2 and over...	862	23	(2.7)	112.6	(2.71)	13.4	(1.58)	12	(1.4)	121.5	(5.52)	57.6	(4.48)	47	(2.2)	109.9	(2.74)
Hispanic:																	
2 - 19.....	576	14	(1.9)	92.8	(1.72)	6.4	(1.15)	7	(1.2)	99.2	(3.67)	44.4	(4.54)	45	(3.1)	91.7	(1.73)
20 and over.....	1058	22	(2.6)	120.5	(4.40)	13.4	(1.58)	11	(1.4)	135.2	(9.81)	61.8	(5.36)	46	(2.8)	116.4	(3.92)
2 and over...	1634	19	(2.1)	111.4	(2.69)	11.1	(1.26)	10	(1.2)	126.5	(7.20)	57.6	(4.43)	46	(2.5)	107.8	(2.30)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	2083	(52.6)	74	(15.6)	4	(0.7)	2513	(170.1)	796	(92.0)	32	(3.6)	2039	(48.2)
20 and over.....	1694	26	(1.5)	2639	(50.5)	257	(21.0)	10	(0.8)	2768	(85.7)	988	(47.6)	36	(1.6)	2593	(52.1)
2 and over...	2491	23	(1.5)	2525	(45.5)	219	(19.1)	9	(0.7)	2746	(77.6)	972	(45.0)	35	(1.6)	2461	(45.2)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	1990	(61.3)	53	(12.2)	3*	(0.6)	--		--		--		1960	(60.9)
20 and over.....	1128	19	(1.4)	2278	(45.0)	174	(20.8)	8	(0.9)	2428	(87.7)	895	(80.3)	37	(3.3)	2242	(43.4)
2 and over...	1659	17	(1.2)	2207	(44.9)	144	(18.0)	7	(0.8)	2410	(89.9)	855	(62.8)	35	(2.5)	2166	(42.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	2147	(71.5)	159	(31.9)	7*	(1.6)	--		--		--		2149	(83.1)
20 and over.....	626	24	(3.2)	2695	(80.5)	238	(36.0)	9	(1.3)	2777	(127.2)	996	(59.4)	36	(1.9)	2669	(80.5)
2 and over...	862	23	(2.7)	2588	(66.9)	222	(30.6)	9	(1.1)	2668	(120.7)	958	(58.3)	36	(1.4)	2564	(60.7)
Hispanic:																	
2 - 19.....	576	14	(1.9)	2167	(40.2)	107	(11.6)	5	(0.6)	2136	(98.7)	740	(62.0)	35	(2.3)	2173	(43.5)
20 and over.....	1058	22	(2.6)	2706	(75.7)	238	(35.5)	9	(1.3)	2805	(179.6)	1102	(92.8)	39	(2.0)	2679	(59.8)
2 and over...	1634	19	(2.1)	2531	(53.6)	195	(26.4)	8	(1.0)	2642	(149.5)	1014	(79.1)	38	(1.8)	2504	(41.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	2936	(83.2)	162	(39.8)	6	(1.3)	3953	(384.9)	1750	(250.2)	44	(3.2)	2832	(70.2)
20 and over.....	1694	26	(1.5)	3526	(62.2)	486	(44.5)	14	(1.2)	4032	(84.5)	1870	(118.9)	46	(2.8)	3349	(69.7)
2 and over...	2491	23	(1.5)	3406	(60.0)	420	(40.4)	12	(1.1)	4026	(78.0)	1860	(114.0)	46	(2.7)	3225	(61.0)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	2999	(95.4)	128	(33.8)	4	(1.1)	--		--		--		2951	(98.3)
20 and over.....	1128	19	(1.4)	3396	(55.5)	345	(36.5)	10	(1.1)	3791	(87.0)	1778	(133.8)	47	(2.9)	3300	(66.7)
2 and over...	1659	17	(1.2)	3299	(55.9)	292	(33.3)	9	(1.0)	3752	(78.4)	1731	(106.9)	46	(2.4)	3207	(63.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	2955	(107.6)	320	(51.1)	11	(1.7)	--		--		--		2807	(129.5)
20 and over.....	626	24	(3.2)	3571	(110.3)	456	(66.3)	13	(1.8)	3760	(202.4)	1909	(132.8)	51	(2.5)	3511	(148.0)
2 and over...	862	23	(2.7)	3451	(93.0)	429	(54.0)	12	(1.5)	3721	(171.8)	1851	(119.4)	50	(2.1)	3370	(113.4)
Hispanic:																	
2 - 19.....	576	14	(1.9)	2825	(37.7)	195	(32.4)	7	(1.2)	3052	(149.7)	1352	(90.1)	44	(3.0)	2787	(42.7)
20 and over.....	1058	22	(2.6)	3603	(88.2)	474	(74.9)	13	(2.0)	4362	(276.3)	2191	(199.6)	50	(3.1)	3394	(71.5)
2 and over...	1634	19	(2.1)	3350	(59.0)	383	(54.9)	11	(1.6)	4042	(206.0)	1986	(155.4)	49	(2.5)	3184	(48.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Caffeine

Race/ethnicity and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Full Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake mg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	31.0	(3.95)	1.1*	(0.43)	4*	(1.2)	53.5*	(16.77)	12.2*	(4.20)	--		28.7	(3.03)
20 and over.....	1694	26	(1.5)	205.1	(7.77)	11.4	(2.38)	6	(1.1)	207.0	(9.25)	44.0	(9.44)	21	(4.2)	204.4	(8.44)
2 and over...	2491	23	(1.5)	169.6	(6.53)	9.3	(1.97)	6	(1.0)	194.2	(8.36)	41.4	(8.79)	21	(4.2)	162.5	(7.24)
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	15.5	(1.37)	0.4*	(0.22)	3*	(1.3)	--		--		--		15.1	(1.04)
20 and over.....	1128	19	(1.4)	74.7	(4.21)	3.2	(0.92)	4*	(1.4)	69.3	(5.88)	16.4	(4.75)	24	(5.7)	76.0	(5.86)
2 and over...	1659	17	(1.2)	60.2	(3.16)	2.5	(0.72)	4*	(1.3)	62.6	(4.55)	14.8	(3.89)	24	(5.6)	59.7	(4.06)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	17.4	(1.59)	1.2	(0.33)	7*	(1.7)	--		--		--		15.2	(1.73)
20 and over.....	626	24	(3.2)	94.3	(5.62)	4.4	(0.84)	5	(0.7)	104.9	(8.98)	18.4	(3.56)	18	(3.1)	90.9	(6.05)
2 and over...	862	23	(2.7)	79.4	(4.42)	3.8	(0.66)	5	(0.7)	91.5	(7.55)	16.3	(2.90)	18	(2.9)	75.7	(4.78)
Hispanic:																	
2 - 19.....	576	14	(1.9)	23.5	(3.06)	1.2	(0.27)	5*	(1.0)	30.8	(8.09)	8.5	(1.50)	--		22.3	(2.42)
20 and over.....	1058	22	(2.6)	115.8	(5.24)	4.2	(0.94)	4	(0.8)	105.0	(10.39)	19.3	(4.32)	18	(3.4)	118.8	(5.86)
2 and over...	1634	19	(2.1)	85.7	(3.60)	3.2	(0.65)	4	(0.7)	86.9	(7.21)	16.7	(3.31)	19	(3.4)	85.4	(4.25)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 46. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	9	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1694	26	(1.5)	10.7	(0.79)	2.2	(0.29)	20	(2.4)	18.9	(2.43)	8.4	(1.15)	44	(4.1)	7.8	(0.66)
2 and over...	2491	23	(1.5)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	531	9	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1128	19	(1.4)	10.4	(1.49)	1.8	(0.44)	18	(4.4)	16.0	(2.35)	9.4	(2.21)	--		9.0	(1.66)
2 and over...	1659	17	(1.2)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	236	20	(3.0)	--		--		--		--		--		--		--	
20 and over.....	626	24	(3.2)	4.0	(0.46)	1.0	(0.23)	--		6.9	(1.38)	4.0	(0.86)	--		3.1	(0.40)
2 and over...	862	23	(2.7)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	576	14	(1.9)	--		--		--		--		--		--		--	
20 and over.....	1058	22	(2.6)	8.4	(1.36)	1.4*	(0.45)	17*	(6.1)	14.6	(2.95)	6.5*	(2.12)	--		6.7	(1.47)
2 and over...	1634	19	(2.1)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018

F o o d e n e r g y

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1927	(77.9)	70	(11.2)	4	(0.5)	--		--		--		1925	(84.5)
20 and over.....	1218	14	(1.8)	2139	(39.0)	130	(23.1)	6	(1.0)	2447	(194.4)	948	(72.8)	39	(1.6)	2090	(36.2)
2 and over...	1791	13	(1.4)	2084	(38.7)	115	(17.8)	6	(0.8)	2346	(158.8)	898	(61.5)	38	(1.6)	2046	(41.8)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1868	(28.8)	62	(10.7)	3	(0.6)	2075	(92.0)	767	(65.5)	37	(2.4)	1850	(31.6)
20 and over.....	1799	22	(2.1)	2140	(45.6)	193	(23.3)	9	(1.1)	2237	(67.1)	898	(65.2)	40	(2.6)	2113	(52.1)
2 and over...	2726	18	(1.8)	2078	(34.5)	163	(19.9)	8	(0.9)	2221	(58.4)	885	(61.3)	40	(2.4)	2045	(36.9)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1932	(36.1)	112	(20.8)	6	(1.1)	2308	(101.6)	790	(67.3)	34	(2.5)	1870	(39.9)
20 and over.....	1229	30	(2.5)	2183	(37.5)	279	(25.4)	13	(1.2)	2351	(65.6)	916	(42.0)	39	(2.0)	2110	(40.2)
2 and over...	1907	27	(2.3)	2123	(34.4)	239	(22.3)	11	(1.0)	2345	(57.7)	900	(38.1)	38	(1.8)	2043	(33.0)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1894	(18.2)	86	(9.8)	5	(0.5)	2140	(56.6)	757	(35.9)	35	(1.6)	1863	(16.8)
20 and over.....	4742	24	(1.3)	2155	(18.8)	218	(12.9)	10	(0.6)	2306	(46.3)	907	(34.6)	39	(1.5)	2106	(23.1)
2 and over...	7122	21	(1.2)	2093	(14.2)	187	(11.4)	9	(0.5)	2285	(40.5)	888	(30.1)	39	(1.3)	2041	(16.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	71.2	(4.23)	3.1	(0.69)	4	(0.8)	--		--		--		71.5	(4.24)
20 and over.....	1218	14	(1.8)	77.3	(1.49)	5.3	(1.01)	7	(1.2)	90.8	(7.23)	38.7	(3.49)	43	(2.1)	75.1	(1.62)
2 and over...	1791	13	(1.4)	75.7	(1.84)	4.7	(0.83)	6	(1.0)	86.2	(6.02)	37.1	(3.31)	43	(2.2)	74.2	(2.10)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	63.3	(1.40)	2.8	(0.57)	4	(0.9)	74.0	(6.53)	35.0	(4.29)	47	(2.9)	62.3	(1.50)
20 and over.....	1799	22	(2.1)	79.7	(1.74)	8.0	(1.02)	10	(1.2)	84.3	(2.99)	37.2	(2.77)	44	(2.9)	78.5	(1.81)
2 and over...	2726	18	(1.8)	76.0	(1.45)	6.8	(0.88)	9	(1.1)	83.3	(2.81)	37.0	(2.67)	44	(2.7)	74.3	(1.44)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	67.8	(2.47)	4.7	(0.89)	7	(1.3)	84.2	(5.85)	32.7	(2.69)	39	(3.2)	65.1	(2.40)
20 and over.....	1229	30	(2.5)	86.7	(1.60)	12.5	(1.25)	14	(1.5)	91.3	(2.37)	41.1	(1.96)	45	(2.2)	84.7	(2.11)
2 and over...	1907	27	(2.3)	82.2	(1.53)	10.6	(1.09)	13	(1.3)	90.4	(2.24)	40.0	(1.88)	44	(2.0)	79.2	(1.71)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	66.8	(1.34)	3.7	(0.48)	6	(0.7)	77.2	(3.70)	32.5	(2.03)	42	(2.2)	65.4	(1.17)
20 and over.....	4742	24	(1.3)	81.9	(0.93)	9.4	(0.66)	11	(0.8)	88.4	(2.07)	39.1	(1.60)	44	(1.6)	79.8	(1.16)
2 and over...	7122	21	(1.2)	78.3	(0.88)	8.1	(0.58)	10	(0.7)	87.0	(1.86)	38.3	(1.49)	44	(1.4)	76.0	(0.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	244	(9.6)	8	(1.1)	3*	(0.5)	--		--		--		244	(10.4)
20 and over.....	1218	14	(1.8)	256	(4.8)	12	(2.1)	5	(0.8)	262	(19.4)	87	(6.6)	33	(1.5)	255	(5.4)
2 and over...	1791	13	(1.4)	253	(4.6)	11	(1.6)	4	(0.6)	258	(15.9)	85	(5.5)	33	(1.6)	252	(5.2)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	244	(3.7)	7	(1.1)	3	(0.4)	258	(13.3)	83	(6.7)	32	(2.4)	243	(3.7)
20 and over.....	1799	22	(2.1)	253	(5.8)	19	(2.4)	8	(1.0)	249	(8.8)	89	(6.6)	36	(2.4)	254	(7.0)
2 and over...	2726	18	(1.8)	251	(4.2)	16	(2.1)	6	(0.8)	249	(7.3)	88	(6.2)	35	(2.2)	251	(4.9)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	247	(5.2)	12	(2.2)	5	(0.9)	273	(11.9)	82	(7.8)	30	(2.7)	243	(6.0)
20 and over.....	1229	30	(2.5)	238	(4.2)	25	(2.3)	10	(1.0)	241	(6.5)	82	(5.0)	34	(2.2)	237	(5.2)
2 and over...	1907	27	(2.3)	240	(3.6)	22	(2.0)	9	(0.9)	245	(5.0)	82	(4.5)	33	(2.0)	239	(4.3)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	243	(2.3)	9	(1.0)	4	(0.4)	261	(6.5)	81	(4.3)	31	(1.6)	241	(2.3)
20 and over.....	4742	24	(1.3)	248	(3.0)	20	(1.2)	8	(0.5)	245	(5.5)	85	(3.8)	34	(1.5)	249	(3.6)
2 and over...	7122	21	(1.2)	247	(2.2)	18	(1.1)	7	(0.4)	247	(4.3)	84	(3.2)	34	(1.3)	247	(2.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	111	(5.4)	3	(0.6)	3*	(0.5)	--		--		--		110	(5.8)
20 and over.....	1218	14	(1.8)	116	(3.7)	4	(0.6)	3	(0.5)	105	(7.5)	26	(2.5)	25	(1.8)	118	(3.8)
2 and over...	1791	13	(1.4)	115	(3.4)	3	(0.4)	3	(0.4)	106	(6.2)	27	(2.3)	25	(1.7)	116	(3.6)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	111	(1.8)	2	(0.6)	2*	(0.5)	115	(7.9)	30	(5.3)	26	(3.9)	111	(1.7)
20 and over.....	1799	22	(2.1)	112	(2.7)	6	(1.0)	6	(0.9)	104	(4.0)	29	(3.2)	28	(3.0)	114	(3.3)
2 and over...	2726	18	(1.8)	112	(1.9)	5	(0.8)	5	(0.8)	105	(3.5)	29	(3.0)	28	(2.8)	113	(2.3)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	112	(3.4)	4	(1.0)	4	(0.9)	133	(10.3)	30	(4.9)	23	(3.4)	108	(3.5)
20 and over.....	1229	30	(2.5)	98	(2.3)	7	(0.6)	7	(0.6)	94	(4.2)	23	(2.0)	24	(2.3)	100	(2.4)
2 and over...	1907	27	(2.3)	102	(2.1)	6	(0.6)	6	(0.6)	99	(3.7)	24	(1.9)	24	(2.0)	102	(2.1)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	110	(1.3)	3	(0.4)	3	(0.4)	120	(6.3)	29	(2.4)	24	(1.9)	109	(1.0)
20 and over.....	4742	24	(1.3)	107	(1.7)	6	(0.5)	6	(0.4)	99	(2.8)	25	(1.9)	26	(1.9)	110	(1.9)
2 and over...	7122	21	(1.2)	108	(1.4)	5	(0.4)	5	(0.4)	101	(2.6)	26	(1.7)	25	(1.6)	110	(1.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Dietary fiber

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	14.0	(0.55)	0.5	(0.13)	4	(0.9)	--		--		--		14.0	(0.56)
20 and over.....	1218	14	(1.8)	15.7	(0.49)	0.8	(0.17)	5	(1.0)	18.0	(1.80)	6.2	(0.79)	34	(2.1)	15.4	(0.56)
2 and over...	1791	13	(1.4)	15.3	(0.37)	0.8	(0.13)	5	(0.8)	17.2	(1.46)	6.0	(0.65)	35	(2.2)	15.0	(0.42)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	13.6	(0.40)	0.4	(0.08)	3	(0.6)	14.8	(1.43)	5.5	(0.84)	37	(3.1)	13.5	(0.35)
20 and over.....	1799	22	(2.1)	16.5	(0.53)	1.2	(0.18)	7	(1.0)	16.4	(0.77)	5.7	(0.56)	35	(3.2)	16.5	(0.57)
2 and over...	2726	18	(1.8)	15.9	(0.47)	1.1	(0.15)	7	(0.9)	16.3	(0.73)	5.7	(0.53)	35	(3.0)	15.8	(0.47)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	14.8	(0.60)	0.7	(0.12)	4	(0.8)	14.5	(0.97)	4.6	(0.42)	32	(3.7)	14.9	(0.65)
20 and over.....	1229	30	(2.5)	17.6	(0.63)	1.8	(0.20)	10	(1.0)	16.6	(0.85)	5.8	(0.39)	35	(2.2)	18.0	(0.73)
2 and over...	1907	27	(2.3)	16.9	(0.58)	1.5	(0.17)	9	(0.9)	16.3	(0.81)	5.7	(0.37)	35	(2.1)	17.1	(0.61)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	14.1	(0.27)	0.6	(0.06)	4	(0.4)	14.3	(0.61)	5.0	(0.35)	35	(2.5)	14.1	(0.26)
20 and over.....	4742	24	(1.3)	16.9	(0.39)	1.4	(0.13)	9	(0.7)	16.9	(0.60)	6.0	(0.35)	35	(1.5)	16.8	(0.43)
2 and over...	7122	21	(1.2)	16.2	(0.33)	1.2	(0.11)	8	(0.6)	16.6	(0.56)	5.8	(0.33)	35	(1.4)	16.1	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	74.9	(3.41)	3.1	(0.52)	4	(0.6)	--		--		--		74.7	(3.63)
20 and over.....	1218	14	(1.8)	85.3	(1.86)	5.6	(1.04)	7	(1.2)	105.0	(8.94)	40.7	(3.85)	39	(1.8)	82.1	(1.81)
2 and over...	1791	13	(1.4)	82.6	(1.94)	4.9	(0.81)	6	(0.9)	99.2	(7.08)	38.6	(3.22)	39	(1.8)	80.1	(2.13)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	73.5	(1.52)	2.7	(0.50)	4	(0.7)	85.1	(4.14)	33.5	(3.18)	39	(2.6)	72.4	(1.71)
20 and over.....	1799	22	(2.1)	86.3	(1.71)	8.3	(0.94)	10	(1.0)	93.2	(2.85)	38.4	(2.74)	41	(2.9)	84.4	(2.08)
2 and over...	2726	18	(1.8)	83.4	(1.39)	7.0	(0.81)	8	(0.9)	92.4	(2.51)	37.9	(2.54)	41	(2.6)	81.3	(1.55)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	77.6	(1.83)	5.3	(1.00)	7	(1.3)	100.3	(5.45)	37.5	(3.26)	37	(2.6)	73.9	(1.85)
20 and over.....	1229	30	(2.5)	92.3	(2.00)	12.5	(1.29)	14	(1.3)	100.3	(3.89)	41.1	(2.35)	41	(2.3)	88.9	(1.78)
2 and over...	1907	27	(2.3)	88.8	(1.78)	10.8	(1.11)	12	(1.1)	100.3	(3.52)	40.7	(2.13)	41	(2.1)	84.7	(1.43)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	74.9	(1.03)	3.9	(0.45)	5	(0.6)	89.3	(3.72)	34.2	(1.66)	38	(1.6)	73.0	(1.00)
20 and over.....	4742	24	(1.3)	88.2	(0.77)	9.6	(0.63)	11	(0.7)	97.1	(2.16)	39.8	(1.57)	41	(1.6)	85.3	(1.01)
2 and over...	7122	21	(1.2)	85.0	(0.69)	8.2	(0.55)	10	(0.6)	96.1	(2.02)	39.1	(1.37)	41	(1.4)	82.0	(0.88)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	25.8	(1.37)	1.0	(0.17)	4	(0.6)	--		--		--		26.0	(1.44)
20 and over.....	1218	14	(1.8)	27.3	(0.96)	1.7	(0.26)	6	(0.9)	32.8	(2.59)	12.3	(0.87)	37	(2.4)	26.4	(0.98)
2 and over...	1791	13	(1.4)	26.9	(0.97)	1.5	(0.20)	6	(0.7)	31.0	(2.04)	11.8	(0.74)	38	(2.3)	26.3	(1.05)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	25.6	(0.61)	0.8	(0.12)	3	(0.5)	28.9	(1.36)	9.7	(0.69)	34	(2.6)	25.3	(0.66)
20 and over.....	1799	22	(2.1)	28.5	(0.82)	2.5	(0.26)	9	(0.9)	29.9	(0.98)	11.4	(0.94)	38	(3.0)	28.2	(0.97)
2 and over...	2726	18	(1.8)	27.9	(0.62)	2.1	(0.22)	7	(0.8)	29.8	(0.84)	11.3	(0.85)	38	(2.6)	27.4	(0.71)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	26.4	(0.68)	1.6	(0.31)	6	(1.2)	31.9	(1.65)	11.2	(1.02)	35	(2.3)	25.5	(0.81)
20 and over.....	1229	30	(2.5)	29.8	(0.54)	3.8	(0.41)	13	(1.4)	31.4	(1.20)	12.6	(0.78)	40	(2.3)	29.1	(0.55)
2 and over...	1907	27	(2.3)	29.0	(0.49)	3.3	(0.35)	11	(1.2)	31.5	(1.08)	12.4	(0.69)	39	(2.0)	28.1	(0.51)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	25.8	(0.35)	1.2	(0.13)	5	(0.5)	29.1	(1.22)	10.2	(0.56)	35	(1.6)	25.4	(0.36)
20 and over.....	4742	24	(1.3)	28.7	(0.33)	2.9	(0.19)	10	(0.7)	30.5	(0.71)	12.0	(0.52)	39	(1.7)	28.1	(0.47)
2 and over...	7122	21	(1.2)	28.0	(0.28)	2.5	(0.16)	9	(0.6)	30.4	(0.63)	11.8	(0.46)	39	(1.4)	27.4	(0.41)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	24.6	(1.18)	1.1	(0.20)	4	(0.7)	--		--		--		24.4	(1.27)
20 and over.....	1218	14	(1.8)	29.4	(0.61)	2.0	(0.40)	7	(1.3)	36.3	(3.33)	14.2	(1.63)	39	(2.1)	28.3	(0.52)
2 and over...	1791	13	(1.4)	28.1	(0.62)	1.7	(0.32)	6	(1.1)	34.3	(2.66)	13.5	(1.38)	39	(2.2)	27.2	(0.65)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	24.1	(0.51)	0.9	(0.19)	4	(0.8)	28.1	(1.94)	11.3	(1.32)	40	(2.9)	23.7	(0.54)
20 and over.....	1799	22	(2.1)	29.2	(0.64)	2.8	(0.31)	9	(1.0)	31.8	(1.13)	12.9	(0.97)	40	(3.3)	28.5	(0.76)
2 and over...	2726	18	(1.8)	28.0	(0.53)	2.3	(0.27)	8	(0.9)	31.4	(1.04)	12.7	(0.92)	40	(3.0)	27.2	(0.57)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	25.6	(0.54)	1.8	(0.36)	7	(1.4)	34.0	(2.07)	12.8	(1.25)	38	(3.3)	24.2	(0.58)
20 and over.....	1229	30	(2.5)	32.0	(0.91)	4.2	(0.46)	13	(1.4)	34.9	(1.81)	13.7	(0.80)	39	(2.5)	30.7	(0.82)
2 and over...	1907	27	(2.3)	30.4	(0.76)	3.6	(0.39)	12	(1.2)	34.8	(1.66)	13.6	(0.71)	39	(2.3)	28.8	(0.61)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	24.6	(0.30)	1.3	(0.17)	5	(0.6)	29.9	(1.39)	11.7	(0.68)	39	(1.9)	23.9	(0.29)
20 and over.....	4742	24	(1.3)	30.2	(0.36)	3.2	(0.23)	11	(0.7)	33.4	(0.99)	13.3	(0.57)	40	(1.7)	29.2	(0.42)
2 and over...	7122	21	(1.2)	28.8	(0.32)	2.8	(0.20)	10	(0.6)	33.0	(0.93)	13.1	(0.51)	40	(1.5)	27.7	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	16.9	(0.65)	0.7	(0.13)	4	(0.7)	--		--		--		16.6	(0.62)
20 and over.....	1218	14	(1.8)	20.1	(0.45)	1.4	(0.31)	7	(1.4)	26.0	(2.46)	10.5	(1.30)	40	(2.2)	19.1	(0.48)
2 and over...	1791	13	(1.4)	19.2	(0.37)	1.2	(0.23)	6	(1.1)	24.5	(2.02)	9.8	(1.08)	40	(2.3)	18.5	(0.39)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	16.5	(0.47)	0.7	(0.15)	4	(0.9)	19.9	(1.49)	9.1	(1.08)	46	(3.0)	16.2	(0.56)
20 and over.....	1799	22	(2.1)	20.2	(0.30)	2.3	(0.30)	11	(1.4)	22.8	(1.04)	10.5	(0.82)	46	(3.1)	19.5	(0.36)
2 and over...	2726	18	(1.8)	19.3	(0.29)	1.9	(0.26)	10	(1.2)	22.5	(0.95)	10.3	(0.76)	46	(2.8)	18.6	(0.26)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	18.1	(0.61)	1.4	(0.27)	8	(1.4)	24.8	(1.64)	9.9	(1.02)	40	(3.8)	17.0	(0.55)
20 and over.....	1229	30	(2.5)	21.9	(0.71)	3.3	(0.34)	15	(1.4)	24.7	(1.19)	11.0	(0.74)	45	(3.2)	20.6	(0.66)
2 and over...	1907	27	(2.3)	21.0	(0.64)	2.9	(0.29)	14	(1.2)	24.7	(1.05)	10.9	(0.70)	44	(3.1)	19.6	(0.52)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	17.1	(0.35)	1.0	(0.12)	6	(0.7)	21.6	(1.08)	8.9	(0.48)	41	(2.2)	16.5	(0.34)
20 and over.....	4742	24	(1.3)	20.8	(0.35)	2.6	(0.17)	12	(0.7)	24.0	(0.65)	10.7	(0.45)	45	(2.0)	19.8	(0.33)
2 and over...	7122	21	(1.2)	19.9	(0.30)	2.2	(0.15)	11	(0.7)	23.7	(0.62)	10.5	(0.40)	44	(1.8)	18.9	(0.26)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	244	(14.4)	12	(2.7)	5	(1.0)	--		--		--		240	(14.2)
20 and over.....	1218	14	(1.8)	290	(9.0)	21	(4.1)	7	(1.3)	364	(36.1)	152	(18.3)	42	(3.5)	279	(9.9)
2 and over...	1791	13	(1.4)	278	(9.3)	19	(3.4)	7	(1.1)	345	(28.9)	145	(16.9)	42	(3.6)	268	(10.2)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	219	(8.6)	11	(2.7)	5	(1.2)	280	(30.7)	136	(20.0)	49	(5.7)	214	(9.8)
20 and over.....	1799	22	(2.1)	297	(8.3)	34	(3.7)	11	(1.2)	353	(18.7)	157	(10.0)	45	(2.8)	282	(8.2)
2 and over...	2726	18	(1.8)	280	(6.8)	29	(3.2)	10	(1.1)	346	(16.6)	155	(9.2)	45	(2.6)	265	(6.6)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	221	(13.1)	17	(3.3)	8	(1.4)	313	(24.6)	118	(12.6)	38	(4.1)	205	(12.6)
20 and over.....	1229	30	(2.5)	325	(9.1)	55	(5.2)	17	(1.6)	387	(15.1)	181	(11.6)	47	(2.5)	299	(12.4)
2 and over...	1907	27	(2.3)	300	(7.7)	46	(4.6)	15	(1.4)	377	(13.3)	172	(10.3)	46	(2.3)	272	(9.2)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	225	(5.4)	14	(2.1)	6	(0.8)	298	(16.1)	127	(10.9)	43	(3.7)	216	(4.3)
20 and over.....	4742	24	(1.3)	307	(4.9)	40	(1.9)	13	(0.7)	370	(11.7)	166	(6.1)	45	(1.7)	287	(6.2)
2 and over...	7122	21	(1.2)	287	(3.2)	34	(1.8)	12	(0.6)	361	(10.0)	161	(5.0)	45	(1.6)	268	(4.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	587	(32.6)	15	(3.1)	3*	(0.5)	--		--		--		604	(35.5)
20 and over.....	1218	14	(1.8)	573	(20.8)	25	(4.1)	4	(0.7)	654	(69.5)	184	(17.8)	28	(2.8)	560	(21.7)
2 and over...	1791	13	(1.4)	577	(15.9)	23	(3.3)	4	(0.6)	610	(56.0)	176	(15.7)	29	(2.7)	572	(18.1)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	568	(19.3)	14	(2.9)	2	(0.5)	577	(53.5)	168	(23.6)	29	(4.3)	568	(20.4)
20 and over.....	1799	22	(2.1)	610	(18.4)	50	(7.9)	8	(1.3)	658	(28.6)	234	(26.3)	36	(3.6)	596	(22.8)
2 and over...	2726	18	(1.8)	600	(15.1)	42	(6.7)	7	(1.1)	650	(24.9)	228	(24.0)	35	(3.3)	589	(18.1)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	618	(29.9)	20	(3.9)	3	(0.6)	619	(40.4)	142	(17.2)	23	(3.0)	618	(32.9)
20 and over.....	1229	30	(2.5)	722	(28.8)	73	(8.2)	10	(0.9)	701	(59.4)	241	(23.5)	34	(1.8)	731	(29.2)
2 and over...	1907	27	(2.3)	697	(25.8)	61	(7.3)	9	(0.9)	691	(54.1)	228	(21.8)	33	(1.7)	699	(25.3)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	588	(12.8)	17	(2.1)	3	(0.3)	575	(21.5)	149	(12.1)	26	(2.2)	590	(14.8)
20 and over.....	4742	24	(1.3)	648	(17.2)	56	(4.6)	9	(0.6)	686	(27.2)	232	(12.5)	34	(1.3)	635	(18.2)
2 and over...	7122	21	(1.2)	633	(13.9)	47	(3.9)	7	(0.5)	672	(25.0)	222	(11.4)	33	(1.2)	623	(13.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

B e t a c a r o t e n e

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1111	(151.3)	55*	(23.2)	5*	(1.6)	--		--		--		1131	(146.5)
20 and over.....	1218	14	(1.8)	1975	(177.8)	115	(31.9)	6	(1.7)	2486	(354.2)	840	(189.1)	34	(6.7)	1893	(190.7)
2 and over...	1791	13	(1.4)	1751	(144.0)	100	(24.1)	6	(1.5)	2170	(291.9)	781	(150.0)	36	(6.3)	1689	(155.1)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1128	(89.1)	62*	(21.4)	6*	(1.7)	1480	(277.3)	770	(222.7)	52	(9.3)	1097	(89.1)
20 and over.....	1799	22	(2.1)	2179	(144.8)	279	(64.2)	13	(2.6)	2476	(343.4)	1297	(236.8)	52	(5.1)	2097	(145.6)
2 and over...	2726	18	(1.8)	1939	(112.8)	230	(53.3)	12	(2.4)	2376	(305.8)	1244	(220.1)	52	(4.9)	1840	(109.3)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1344	(104.7)	69	(15.3)	5	(1.1)	2015	(333.3)	484	(90.7)	24	(4.2)	1233	(107.2)
20 and over.....	1229	30	(2.5)	3108	(290.1)	336	(44.6)	11	(1.5)	2972	(367.2)	1103	(140.5)	37	(3.6)	3168	(367.6)
2 and over...	1907	27	(2.3)	2685	(245.4)	272	(38.1)	10	(1.4)	2849	(337.3)	1024	(128.4)	36	(3.3)	2625	(285.5)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1199	(51.1)	63	(10.9)	5	(0.8)	1587	(169.3)	557	(82.2)	35	(4.7)	1149	(55.5)
20 and over.....	4742	24	(1.3)	2515	(164.7)	280	(34.7)	11	(1.0)	2777	(250.6)	1166	(103.5)	42	(2.7)	2432	(174.1)
2 and over...	7122	21	(1.2)	2202	(135.9)	229	(28.5)	10	(1.0)	2625	(222.6)	1088	(97.1)	41	(2.5)	2090	(136.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	4483	(441.6)	168*	(52.0)	4*	(1.0)	--		--		--		4608	(461.8)
20 and over.....	1218	14	(1.8)	4743	(380.9)	339	(68.8)	7	(1.4)	4875	(622.4)	2468	(453.3)	51	(6.5)	4722	(420.8)
2 and over...	1791	13	(1.4)	4676	(270.2)	295	(51.3)	6	(1.1)	4568	(489.6)	2305	(379.5)	50	(6.0)	4692	(314.6)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	4825	(479.7)	127*	(38.1)	3*	(0.8)	2932	(509.0)	1562	(386.4)	--		4991	(513.3)
20 and over.....	1799	22	(2.1)	4992	(314.0)	583	(97.7)	12	(1.6)	5675	(576.2)	2708	(408.2)	48	(3.8)	4805	(350.5)
2 and over...	2726	18	(1.8)	4954	(261.1)	479	(82.2)	10	(1.5)	5401	(516.3)	2594	(382.6)	48	(3.7)	4852	(291.6)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	3941	(314.3)	343	(81.4)	9	(2.2)	5476*	(1771.4)	2410	(415.2)	44*	(16.1)	3686	(281.9)
20 and over.....	1229	30	(2.5)	5443	(619.8)	791	(132.7)	15	(1.8)	5149	(685.7)	2598	(348.9)	50	(4.7)	5572	(735.1)
2 and over...	1907	27	(2.3)	5082	(493.8)	683	(110.8)	13	(1.6)	5191	(691.2)	2574	(318.1)	50	(5.5)	5043	(546.7)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	4327	(223.3)	218	(39.4)	5	(1.0)	4288	(886.2)	1917	(280.1)	45	(9.2)	4332	(239.5)
20 and over.....	4742	24	(1.3)	5053	(231.6)	642	(63.7)	13	(1.1)	5384	(322.2)	2670	(216.8)	50	(3.3)	4948	(230.7)
2 and over...	7122	21	(1.2)	4881	(180.9)	541	(56.2)	11	(1.0)	5243	(335.9)	2573	(208.2)	49	(3.6)	4784	(177.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1.58	(0.074)	0.04	(0.007)	3*	(0.4)	--		--		--		1.62	(0.083)
20 and over.....	1218	14	(1.8)	1.56	(0.041)	0.09	(0.016)	6	(0.9)	1.70	(0.121)	0.63	(0.052)	37	(2.7)	1.53	(0.045)
2 and over...	1791	13	(1.4)	1.56	(0.043)	0.08	(0.012)	5	(0.7)	1.62	(0.102)	0.59	(0.044)	37	(2.5)	1.56	(0.049)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1.52	(0.026)	0.04	(0.008)	3	(0.5)	1.60	(0.107)	0.53	(0.069)	33	(3.4)	1.51	(0.023)
20 and over.....	1799	22	(2.1)	1.59	(0.031)	0.12	(0.013)	7	(0.9)	1.55	(0.058)	0.54	(0.040)	35	(2.7)	1.60	(0.041)
2 and over...	2726	18	(1.8)	1.57	(0.025)	0.10	(0.011)	6	(0.8)	1.55	(0.050)	0.53	(0.039)	34	(2.5)	1.58	(0.031)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1.53	(0.035)	0.07	(0.015)	5	(1.0)	1.62	(0.100)	0.49	(0.049)	30	(2.4)	1.52	(0.049)
20 and over.....	1229	30	(2.5)	1.63	(0.035)	0.19	(0.025)	11	(1.5)	1.68	(0.078)	0.61	(0.054)	36	(2.7)	1.60	(0.044)
2 and over...	1907	27	(2.3)	1.60	(0.029)	0.16	(0.020)	10	(1.2)	1.68	(0.065)	0.59	(0.046)	35	(2.4)	1.58	(0.033)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1.53	(0.015)	0.05	(0.007)	3	(0.5)	1.55	(0.055)	0.47	(0.032)	30	(1.8)	1.53	(0.018)
20 and over.....	4742	24	(1.3)	1.60	(0.020)	0.14	(0.011)	9	(0.7)	1.63	(0.039)	0.58	(0.033)	36	(1.7)	1.59	(0.027)
2 and over...	7122	21	(1.2)	1.58	(0.017)	0.12	(0.009)	8	(0.6)	1.62	(0.035)	0.57	(0.029)	35	(1.6)	1.57	(0.022)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1.89	(0.104)	0.05	(0.008)	3*	(0.4)	--		--		--		1.93	(0.116)
20 and over.....	1218	14	(1.8)	1.97	(0.048)	0.09	(0.015)	5	(0.8)	2.13	(0.156)	0.67	(0.049)	31	(2.4)	1.95	(0.053)
2 and over...	1791	13	(1.4)	1.95	(0.052)	0.08	(0.012)	4	(0.6)	2.01	(0.122)	0.64	(0.042)	32	(2.2)	1.94	(0.063)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1.78	(0.042)	0.04	(0.007)	2	(0.4)	2.06	(0.147)	0.51	(0.049)	25	(2.9)	1.76	(0.044)
20 and over.....	1799	22	(2.1)	2.09	(0.070)	0.14	(0.015)	7	(0.8)	2.07	(0.087)	0.64	(0.047)	31	(2.5)	2.10	(0.087)
2 and over...	2726	18	(1.8)	2.02	(0.057)	0.12	(0.013)	6	(0.7)	2.07	(0.076)	0.62	(0.043)	30	(2.3)	2.01	(0.069)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1.78	(0.057)	0.07	(0.014)	4	(0.8)	1.93	(0.089)	0.52	(0.046)	27	(2.7)	1.76	(0.068)
20 and over.....	1229	30	(2.5)	2.26	(0.071)	0.22	(0.024)	10	(1.1)	2.20	(0.083)	0.74	(0.040)	34	(1.4)	2.28	(0.104)
2 and over...	1907	27	(2.3)	2.14	(0.061)	0.19	(0.021)	9	(0.9)	2.16	(0.071)	0.71	(0.036)	33	(1.4)	2.13	(0.082)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1.80	(0.022)	0.06	(0.007)	3	(0.4)	1.87	(0.048)	0.51	(0.028)	27	(1.8)	1.79	(0.023)
20 and over.....	4742	24	(1.3)	2.12	(0.041)	0.16	(0.011)	8	(0.5)	2.13	(0.048)	0.68	(0.030)	32	(1.1)	2.11	(0.050)
2 and over...	7122	21	(1.2)	2.04	(0.033)	0.14	(0.009)	7	(0.5)	2.10	(0.040)	0.66	(0.026)	32	(1.0)	2.03	(0.040)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	23.4	(1.15)	0.8	(0.19)	4	(0.7)	--		--		--		23.6	(1.15)
20 and over.....	1218	14	(1.8)	26.2	(1.00)	1.5	(0.30)	6	(1.1)	27.3	(2.31)	11.0	(1.04)	40	(2.5)	26.1	(1.19)
2 and over...	1791	13	(1.4)	25.5	(0.97)	1.3	(0.24)	5	(0.9)	26.1	(1.83)	10.5	(0.98)	40	(2.4)	25.4	(1.11)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	20.5	(0.47)	0.7	(0.13)	4	(0.6)	23.9	(2.21)	9.0	(0.91)	38	(3.5)	20.2	(0.47)
20 and over.....	1799	22	(2.1)	26.1	(0.94)	2.2	(0.28)	9	(1.1)	25.7	(1.15)	10.3	(0.87)	40	(3.1)	26.2	(1.05)
2 and over...	2726	18	(1.8)	24.8	(0.67)	1.9	(0.23)	8	(1.0)	25.5	(1.04)	10.2	(0.81)	40	(2.9)	24.7	(0.72)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	22.0	(0.65)	1.4	(0.30)	6	(1.3)	26.1	(2.03)	9.6	(0.98)	37	(2.9)	21.3	(0.63)
20 and over.....	1229	30	(2.5)	26.8	(0.74)	3.3	(0.36)	12	(1.4)	27.1	(0.98)	10.8	(0.59)	40	(2.1)	26.7	(1.09)
2 and over...	1907	27	(2.3)	25.6	(0.63)	2.8	(0.31)	11	(1.2)	27.0	(0.85)	10.6	(0.54)	39	(1.8)	25.2	(0.84)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	21.7	(0.43)	1.0	(0.15)	5	(0.6)	24.3	(1.22)	9.0	(0.64)	37	(1.9)	21.4	(0.36)
20 and over.....	4742	24	(1.3)	26.2	(0.42)	2.6	(0.18)	10	(0.7)	26.5	(0.71)	10.6	(0.51)	40	(1.6)	26.2	(0.54)
2 and over...	7122	21	(1.2)	25.1	(0.34)	2.2	(0.16)	9	(0.6)	26.2	(0.60)	10.4	(0.46)	40	(1.4)	24.9	(0.43)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Family income in dollars and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1.94	(0.094)	0.06	(0.016)	3*	(0.8)	--		--		--		1.95	(0.097)
20 and over.....	1218	14	(1.8)	2.28	(0.154)	0.11	(0.018)	5	(0.8)	2.17	(0.146)	0.81	(0.059)	37	(2.6)	2.30	(0.179)
2 and over...	1791	13	(1.4)	2.19	(0.121)	0.10	(0.015)	4	(0.7)	2.10	(0.104)	0.77	(0.060)	37	(2.4)	2.21	(0.139)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1.63	(0.054)	0.05	(0.011)	3	(0.6)	2.05	(0.277)	0.65	(0.089)	32	(4.7)	1.59	(0.043)
20 and over.....	1799	22	(2.1)	2.17	(0.121)	0.17	(0.023)	8	(1.3)	2.03	(0.115)	0.77	(0.068)	38	(2.9)	2.21	(0.136)
2 and over...	2726	18	(1.8)	2.05	(0.090)	0.14	(0.019)	7	(1.1)	2.03	(0.107)	0.76	(0.065)	37	(2.7)	2.05	(0.098)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1.77	(0.056)	0.08	(0.019)	5	(1.1)	1.97	(0.143)	0.59	(0.071)	30	(3.3)	1.73	(0.059)
20 and over.....	1229	30	(2.5)	2.20	(0.090)	0.24	(0.026)	11	(1.2)	2.14	(0.102)	0.78	(0.037)	37	(1.8)	2.22	(0.133)
2 and over...	1907	27	(2.3)	2.09	(0.075)	0.20	(0.023)	10	(1.0)	2.11	(0.086)	0.76	(0.035)	36	(1.5)	2.09	(0.103)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1.75	(0.040)	0.07	(0.010)	4	(0.5)	1.93	(0.104)	0.60	(0.050)	31	(2.6)	1.73	(0.036)
20 and over.....	4742	24	(1.3)	2.18	(0.057)	0.19	(0.014)	9	(0.6)	2.10	(0.074)	0.78	(0.033)	37	(1.4)	2.21	(0.071)
2 and over...	7122	21	(1.2)	2.08	(0.045)	0.16	(0.012)	8	(0.5)	2.07	(0.062)	0.76	(0.032)	37	(1.2)	2.08	(0.056)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	516	(24.4)	14	(2.6)	3*	(0.5)	--		--		--		526	(26.7)
20 and over.....	1218	14	(1.8)	479	(9.0)	24	(4.9)	5	(1.0)	508	(43.5)	173	(19.3)	34	(2.5)	474	(11.3)
2 and over...	1791	13	(1.4)	489	(8.0)	21	(3.7)	4	(0.8)	491	(37.5)	166	(14.5)	34	(2.5)	488	(9.1)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	488	(14.4)	11	(1.8)	2	(0.4)	504	(49.6)	138	(13.8)	27	(3.0)	487	(12.8)
20 and over.....	1799	22	(2.1)	509	(14.1)	36	(4.4)	7	(0.9)	500	(33.9)	166	(13.6)	33	(3.2)	511	(16.5)
2 and over...	2726	18	(1.8)	504	(11.1)	30	(3.7)	6	(0.8)	500	(29.8)	164	(12.8)	33	(3.1)	505	(12.3)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	476	(14.6)	20	(3.7)	4	(0.8)	489	(19.4)	138	(11.2)	28	(2.7)	474	(17.1)
20 and over.....	1229	30	(2.5)	512	(13.5)	57	(6.1)	11	(1.2)	515	(27.4)	187	(10.5)	36	(2.1)	511	(20.7)
2 and over...	1907	27	(2.3)	504	(10.7)	48	(5.2)	10	(1.0)	511	(24.1)	181	(9.7)	35	(2.0)	501	(13.8)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	487	(5.5)	15	(1.6)	3	(0.3)	482	(21.3)	132	(6.7)	27	(1.8)	487	(5.1)
20 and over.....	4742	24	(1.3)	503	(6.3)	43	(3.0)	9	(0.6)	508	(15.8)	179	(8.8)	35	(1.6)	501	(8.2)
2 and over...	7122	21	(1.2)	499	(5.4)	36	(2.5)	7	(0.5)	505	(14.4)	173	(8.0)	34	(1.5)	498	(6.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	263	(15.0)	11	(2.5)	4	(0.8)	--		--		--		263	(14.7)
20 and over.....	1218	14	(1.8)	313	(5.6)	21	(3.6)	7	(1.1)	380	(29.3)	154	(13.8)	41	(2.3)	302	(5.1)
2 and over...	1791	13	(1.4)	300	(6.1)	18	(2.9)	6	(0.9)	357	(23.0)	144	(12.4)	40	(2.5)	292	(6.4)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	237	(6.8)	11	(2.4)	4	(1.0)	280	(20.9)	130	(17.1)	46	(4.4)	233	(7.4)
20 and over.....	1799	22	(2.1)	323	(9.0)	33	(3.9)	10	(1.1)	369	(18.4)	155	(11.3)	42	(2.4)	311	(9.1)
2 and over...	2726	18	(1.8)	304	(7.6)	28	(3.4)	9	(1.0)	360	(17.0)	152	(10.6)	42	(2.2)	291	(7.3)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	247	(11.0)	15	(3.0)	6	(1.2)	314	(20.1)	106	(11.6)	34	(3.7)	235	(11.1)
20 and over.....	1229	30	(2.5)	353	(8.4)	51	(4.8)	14	(1.3)	396	(18.4)	168	(9.1)	42	(1.8)	334	(9.5)
2 and over...	1907	27	(2.3)	327	(7.6)	42	(4.3)	13	(1.2)	385	(16.3)	160	(8.4)	41	(1.7)	306	(7.3)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	246	(4.5)	13	(1.8)	5	(0.7)	294	(11.3)	114	(8.0)	39	(2.8)	240	(3.8)
20 and over.....	4742	24	(1.3)	332	(4.6)	38	(2.1)	12	(0.6)	382	(12.2)	160	(6.3)	42	(1.1)	317	(4.9)
2 and over...	7122	21	(1.2)	312	(3.4)	32	(1.8)	10	(0.5)	371	(10.5)	154	(5.3)	42	(1.0)	296	(3.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 1 2

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	4.99	(0.288)	0.11	(0.028)	2*	(0.5)	--		--		--		5.13	(0.291)
20 and over.....	1218	14	(1.8)	4.69	(0.256)	0.20	(0.031)	4	(0.7)	4.57	(0.495)	1.46	(0.121)	32	(3.3)	4.71	(0.285)
2 and over...	1791	13	(1.4)	4.77	(0.233)	0.18	(0.024)	4	(0.5)	4.40	(0.369)	1.38	(0.093)	31	(2.9)	4.82	(0.259)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	4.39	(0.163)	0.11	(0.030)	3	(0.7)	4.99	(0.768)	1.41	(0.256)	28	(5.3)	4.34	(0.155)
20 and over.....	1799	22	(2.1)	4.90	(0.246)	0.40	(0.055)	8	(1.2)	4.68	(0.311)	1.87	(0.184)	40	(4.4)	4.97	(0.283)
2 and over...	2726	18	(1.8)	4.79	(0.203)	0.34	(0.046)	7	(1.0)	4.71	(0.297)	1.82	(0.167)	39	(3.9)	4.81	(0.225)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	4.05	(0.123)	0.15	(0.022)	4	(0.6)	4.06	(0.279)	1.09	(0.118)	27	(2.3)	4.05	(0.146)
20 and over.....	1229	30	(2.5)	5.01	(0.214)	0.55	(0.044)	11	(1.1)	4.76	(0.272)	1.81	(0.069)	38	(2.3)	5.12	(0.296)
2 and over...	1907	27	(2.3)	4.78	(0.170)	0.46	(0.041)	10	(1.0)	4.67	(0.238)	1.72	(0.069)	37	(2.1)	4.82	(0.232)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	4.39	(0.108)	0.13	(0.016)	3	(0.3)	4.28	(0.249)	1.16	(0.095)	27	(1.6)	4.41	(0.116)
20 and over.....	4742	24	(1.3)	4.84	(0.137)	0.43	(0.025)	9	(0.6)	4.67	(0.165)	1.78	(0.055)	38	(1.6)	4.90	(0.161)
2 and over...	7122	21	(1.2)	4.74	(0.116)	0.36	(0.022)	8	(0.5)	4.62	(0.140)	1.70	(0.051)	37	(1.4)	4.77	(0.138)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	75.5	(4.05)	1.6	(0.37)	2*	(0.5)	--		--		--		74.5	(4.30)
20 and over.....	1218	14	(1.8)	72.9	(4.20)	3.1	(0.70)	4	(1.0)	79.3	(7.54)	22.4	(3.43)	28	(2.8)	71.9	(4.57)
2 and over...	1791	13	(1.4)	73.6	(3.11)	2.7	(0.53)	4	(0.7)	80.3	(7.17)	21.1	(2.83)	26	(2.7)	72.6	(3.24)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	62.3	(2.72)	1.5*	(0.50)	2*	(0.7)	64.1	(8.40)	17.9	(5.13)	28	(6.7)	62.1	(2.52)
20 and over.....	1799	22	(2.1)	72.9	(2.14)	4.3	(0.77)	6	(1.0)	72.5	(3.65)	19.8	(2.39)	27	(2.7)	72.9	(2.26)
2 and over...	2726	18	(1.8)	70.5	(1.74)	3.6	(0.68)	5	(0.9)	71.7	(3.30)	19.6	(2.48)	27	(2.8)	70.2	(1.77)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	80.8	(7.68)	2.1*	(0.79)	3*	(1.0)	90.0	(24.02)	14.4*	(4.34)	16*	(6.1)	79.3	(7.04)
20 and over.....	1229	30	(2.5)	81.2	(5.08)	6.8	(1.03)	8	(0.9)	91.2	(8.99)	22.3	(2.58)	24	(2.3)	76.8	(4.45)
2 and over...	1907	27	(2.3)	81.1	(5.13)	5.6	(0.90)	7	(0.9)	91.0	(8.57)	21.3	(2.38)	23	(2.2)	77.5	(4.71)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	72.7	(3.54)	1.8	(0.37)	3	(0.5)	80.6	(10.99)	16.1	(2.23)	20	(4.2)	71.6	(3.18)
20 and over.....	4742	24	(1.3)	76.3	(2.35)	5.2	(0.46)	7	(0.5)	82.7	(4.79)	21.7	(1.22)	26	(1.3)	74.3	(2.38)
2 and over...	7122	21	(1.2)	75.4	(2.21)	4.4	(0.40)	6	(0.5)	82.4	(4.01)	21.0	(1.16)	25	(1.4)	73.6	(2.31)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	5.4	(0.38)	0.1	(0.02)	1*	(0.3)	--		--		--		5.6	(0.42)
20 and over.....	1218	14	(1.8)	4.2	(0.14)	0.2	(0.06)	5	(1.3)	4.4	(0.60)	1.6	(0.37)	36	(7.4)	4.1	(0.15)
2 and over...	1791	13	(1.4)	4.5	(0.17)	0.2	(0.04)	4	(0.9)	4.2	(0.46)	1.4	(0.31)	33	(6.6)	4.5	(0.19)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	4.6	(0.19)	0.1*	(0.02)	1*	(0.5)	4.2	(0.64)	0.9	(0.24)	20*	(3.8)	4.7	(0.20)
20 and over.....	1799	22	(2.1)	4.2	(0.17)	0.4	(0.07)	9	(1.6)	4.7	(0.35)	1.7	(0.28)	36	(4.6)	4.0	(0.21)
2 and over...	2726	18	(1.8)	4.3	(0.15)	0.3	(0.05)	7	(1.3)	4.6	(0.32)	1.6	(0.25)	35	(4.1)	4.2	(0.18)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	4.3	(0.19)	0.1	(0.02)	2*	(0.4)	4.4	(0.49)	0.6	(0.10)	13*	(2.2)	4.3	(0.25)
20 and over.....	1229	30	(2.5)	4.3	(0.28)	0.3	(0.06)	8	(1.3)	3.6	(0.25)	1.1	(0.19)	31	(4.0)	4.7	(0.36)
2 and over...	1907	27	(2.3)	4.3	(0.22)	0.3	(0.05)	6	(1.0)	3.7	(0.23)	1.0	(0.16)	28	(3.3)	4.6	(0.27)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	4.7	(0.12)	0.1	(0.01)	2	(0.3)	4.3	(0.33)	0.7	(0.10)	16	(1.8)	4.8	(0.15)
20 and over.....	4742	24	(1.3)	4.2	(0.14)	0.3	(0.04)	8	(0.9)	4.1	(0.18)	1.4	(0.13)	33	(2.2)	4.2	(0.16)
2 and over...	7122	21	(1.2)	4.3	(0.12)	0.3	(0.03)	6	(0.7)	4.1	(0.15)	1.3	(0.11)	31	(1.9)	4.4	(0.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19	573	10	(1.3)	7.6	(0.32)	0.3	(0.05)	3*	(0.6)	--		--		--		7.6	(0.39)
20 and over	1218	14	(1.8)	8.9	(0.28)	0.5	(0.10)	6	(1.1)	10.5	(0.69)	3.6	(0.40)	35	(2.6)	8.7	(0.37)
2 and over	1791	13	(1.4)	8.6	(0.21)	0.4	(0.07)	5	(0.9)	9.9	(0.58)	3.4	(0.33)	35	(2.5)	8.4	(0.28)
$25,000 - $74,999:																	
2 - 19	927	8	(1.0)	7.2	(0.14)	0.2	(0.05)	3	(0.7)	8.0	(0.66)	3.0	(0.37)	38	(4.4)	7.1	(0.13)
20 and over	1799	22	(2.1)	9.1	(0.23)	0.8	(0.10)	9	(1.1)	10.2	(0.43)	3.7	(0.31)	36	(3.4)	8.8	(0.25)
2 and over	2726	18	(1.8)	8.7	(0.21)	0.7	(0.09)	8	(1.0)	9.9	(0.38)	3.6	(0.30)	36	(3.2)	8.4	(0.21)
$75,000 and higher:																	
2 - 19	678	14	(2.0)	8.3	(0.52)	0.5	(0.09)	6	(1.2)	10.1	(0.74)	3.3	(0.34)	32	(4.0)	8.0	(0.64)
20 and over	1229	30	(2.5)	10.3	(0.33)	1.2	(0.11)	11	(1.1)	10.8	(0.71)	3.9	(0.17)	36	(2.7)	10.1	(0.33)
2 and over	1907	27	(2.3)	9.8	(0.30)	1.0	(0.09)	10	(0.9)	10.8	(0.62)	3.8	(0.16)	35	(2.4)	9.5	(0.28)
All Individuals [7]:																	
2 - 19	2380	11	(1.0)	7.7	(0.21)	0.3	(0.04)	5	(0.6)	9.1	(0.43)	3.1	(0.18)	34	(2.1)	7.5	(0.24)
20 and over	4742	24	(1.3)	9.5	(0.19)	0.9	(0.06)	10	(0.6)	10.5	(0.31)	3.8	(0.15)	36	(1.8)	9.2	(0.23)
2 and over	7122	21	(1.2)	9.1	(0.16)	0.8	(0.05)	9	(0.6)	10.3	(0.29)	3.7	(0.13)	36	(1.6)	8.8	(0.16)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	69.2	(5.61)	3.5	(0.99)	5	(1.2)	--		--		--		68.7	(5.41)
20 and over.....	1218	14	(1.8)	116.5	(9.57)	9.0	(2.15)	8	(1.8)	164.0	(21.19)	65.8	(12.54)	40	(5.2)	108.9	(9.17)
2 and over...	1791	13	(1.4)	104.3	(7.58)	7.6	(1.57)	7	(1.5)	145.7	(17.05)	59.5	(9.98)	41	(4.6)	98.2	(7.41)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	62.1	(3.86)	3.8	(1.08)	6	(1.6)	87.7	(10.99)	46.6	(10.29)	53	(6.3)	59.8	(4.07)
20 and over.....	1799	22	(2.1)	111.8	(4.37)	12.9	(2.35)	12	(2.0)	124.7	(9.16)	59.9	(7.35)	48	(4.7)	108.2	(4.41)
2 and over...	2726	18	(1.8)	100.5	(3.49)	10.8	(1.98)	11	(1.9)	121.0	(8.26)	58.5	(6.85)	48	(4.6)	95.8	(3.58)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	81.0	(5.74)	6.5	(1.50)	8	(1.9)	143.4	(29.03)	45.5	(6.43)	32	(8.0)	70.6	(4.29)
20 and over.....	1229	30	(2.5)	150.5	(16.52)	23.4	(3.26)	16	(2.2)	158.7	(12.86)	76.8	(8.42)	48	(3.6)	147.0	(21.69)
2 and over...	1907	27	(2.3)	133.8	(13.36)	19.3	(2.83)	14	(2.0)	156.7	(12.58)	72.8	(7.64)	46	(3.5)	125.6	(15.82)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	71.3	(3.39)	4.9	(0.68)	7	(0.8)	109.4	(14.39)	43.0	(3.49)	39	(6.1)	66.4	(2.49)
20 and over.....	4742	24	(1.3)	127.8	(6.82)	17.1	(1.76)	13	(1.0)	147.3	(5.69)	70.9	(4.42)	48	(2.2)	121.6	(7.83)
2 and over...	7122	21	(1.2)	114.4	(5.91)	14.2	(1.48)	12	(0.9)	142.5	(5.92)	67.4	(4.02)	47	(2.1)	106.9	(6.25)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1022	(46.8)	22	(4.2)	2*	(0.4)	--		--		--		1051	(52.5)
20 and over.....	1218	14	(1.8)	923	(16.2)	41	(6.8)	4	(0.7)	1019	(93.9)	297	(27.6)	29	(3.0)	908	(12.6)
2 and over...	1791	13	(1.4)	949	(19.0)	36	(5.1)	4	(0.5)	966	(73.8)	281	(22.2)	29	(2.7)	946	(21.8)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	947	(21.2)	19	(3.2)	2*	(0.4)	910	(80.1)	232	(25.9)	25	(3.0)	950	(23.7)
20 and over.....	1799	22	(2.1)	963	(16.9)	59	(7.5)	6	(0.8)	979	(31.7)	276	(25.2)	28	(2.7)	959	(22.0)
2 and over...	2726	18	(1.8)	959	(15.4)	50	(6.4)	5	(0.7)	972	(27.9)	272	(22.7)	28	(2.3)	956	(19.7)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	986	(31.9)	36	(6.4)	4	(0.7)	1049	(112.2)	254	(24.8)	24	(2.2)	976	(35.2)
20 and over.....	1229	30	(2.5)	998	(20.3)	97	(9.4)	10	(0.9)	960	(34.3)	319	(22.2)	33	(2.1)	1014	(26.1)
2 and over...	1907	27	(2.3)	995	(21.2)	82	(7.9)	8	(0.8)	972	(29.9)	310	(18.5)	32	(1.7)	1003	(24.1)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	973	(13.9)	26	(2.9)	3	(0.3)	937	(58.2)	233	(18.4)	25	(1.7)	978	(14.4)
20 and over.....	4742	24	(1.3)	966	(14.6)	71	(4.7)	7	(0.5)	969	(27.3)	295	(15.3)	30	(1.3)	965	(16.4)
2 and over...	7122	21	(1.2)	968	(13.1)	60	(3.9)	6	(0.4)	965	(21.7)	287	(13.0)	30	(1.1)	969	(14.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	1312	(69.4)	43	(7.6)	3*	(0.5)	--		--		--		1335	(73.4)
20 and over.....	1218	14	(1.8)	1333	(22.4)	79	(13.0)	6	(0.9)	1540	(121.0)	575	(40.8)	37	(2.0)	1299	(23.7)
2 and over...	1791	13	(1.4)	1327	(27.4)	70	(10.2)	5	(0.7)	1452	(96.9)	545	(35.2)	38	(1.9)	1309	(32.6)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	1196	(20.7)	41	(7.7)	3	(0.6)	1264	(87.8)	505	(49.9)	40	(2.5)	1190	(22.5)
20 and over.....	1799	22	(2.1)	1374	(23.6)	122	(15.1)	9	(1.1)	1445	(44.3)	565	(44.6)	39	(2.9)	1354	(25.9)
2 and over...	2726	18	(1.8)	1333	(21.0)	103	(12.9)	8	(0.9)	1427	(40.4)	559	(42.1)	39	(2.7)	1312	(22.5)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	1278	(43.0)	70	(11.5)	6	(0.9)	1495	(83.9)	494	(30.6)	33	(2.4)	1242	(44.5)
20 and over.....	1229	30	(2.5)	1453	(25.9)	185	(16.4)	13	(1.2)	1509	(34.3)	609	(23.9)	40	(1.8)	1429	(34.3)
2 and over...	1907	27	(2.3)	1411	(24.6)	158	(14.2)	11	(1.0)	1507	(31.3)	594	(21.9)	39	(1.6)	1377	(28.2)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	1249	(19.9)	55	(6.3)	4	(0.5)	1336	(50.0)	480	(23.7)	36	(1.9)	1237	(18.3)
20 and over.....	4742	24	(1.3)	1391	(15.7)	140	(8.6)	10	(0.6)	1478	(29.4)	581	(22.3)	39	(1.4)	1364	(19.1)
2 and over...	7122	21	(1.2)	1357	(13.9)	120	(7.5)	9	(0.5)	1459	(25.2)	568	(19.2)	39	(1.2)	1330	(16.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	244	(11.2)	8	(1.5)	3*	(0.6)	--		--		--		246	(11.7)
20 and over.....	1218	14	(1.8)	290	(5.9)	15	(2.6)	5	(0.9)	320	(21.5)	106	(10.9)	33	(2.0)	286	(6.5)
2 and over...	1791	13	(1.4)	278	(4.4)	13	(2.0)	5	(0.7)	301	(17.1)	100	(9.4)	33	(2.0)	275	(5.2)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	224	(3.4)	7	(1.2)	3	(0.5)	238	(12.9)	82	(9.2)	34	(2.7)	223	(3.1)
20 and over.....	1799	22	(2.1)	296	(5.5)	21	(2.7)	7	(0.9)	314	(11.9)	99	(8.3)	32	(2.7)	291	(5.7)
2 and over...	2726	18	(1.8)	280	(4.6)	18	(2.4)	6	(0.8)	306	(11.3)	97	(8.1)	32	(2.5)	274	(4.4)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	241	(6.9)	10	(1.9)	4	(0.8)	272	(18.0)	73	(5.5)	27	(2.9)	236	(7.4)
20 and over.....	1229	30	(2.5)	325	(9.0)	31	(3.0)	10	(0.9)	324	(13.3)	102	(4.2)	31	(1.4)	325	(10.8)
2 and over...	1907	27	(2.3)	305	(8.2)	26	(2.6)	9	(0.8)	317	(12.2)	98	(4.0)	31	(1.3)	300	(8.8)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	234	(3.2)	9	(1.0)	4	(0.4)	251	(9.0)	75	(4.0)	30	(2.1)	232	(2.9)
20 and over.....	4742	24	(1.3)	306	(4.3)	24	(1.7)	8	(0.5)	319	(8.2)	101	(4.4)	32	(1.3)	301	(4.9)
2 and over...	7122	21	(1.2)	289	(3.7)	21	(1.5)	7	(0.5)	311	(7.2)	98	(4.0)	31	(1.2)	283	(3.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	13.5	(0.54)	0.4	(0.07)	3*	(0.5)	--		--		--		13.7	(0.59)
20 and over.....	1218	14	(1.8)	13.7	(0.24)	0.7	(0.14)	5	(1.0)	14.7	(1.33)	5.0	(0.53)	34	(2.2)	13.5	(0.24)
2 and over...	1791	13	(1.4)	13.7	(0.24)	0.6	(0.11)	4	(0.8)	14.2	(1.09)	4.7	(0.43)	33	(2.3)	13.6	(0.25)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	13.0	(0.32)	0.3	(0.06)	3	(0.5)	13.8	(1.13)	4.2	(0.45)	31	(3.4)	12.9	(0.30)
20 and over.....	1799	22	(2.1)	14.2	(0.34)	1.0	(0.11)	7	(0.9)	13.8	(0.59)	4.7	(0.31)	34	(2.7)	14.3	(0.39)
2 and over...	2726	18	(1.8)	13.9	(0.28)	0.9	(0.10)	6	(0.7)	13.8	(0.52)	4.6	(0.30)	34	(2.6)	13.9	(0.29)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	13.4	(0.42)	0.6	(0.09)	4	(0.7)	14.2	(0.76)	4.0	(0.23)	28	(2.3)	13.3	(0.45)
20 and over.....	1229	30	(2.5)	14.4	(0.33)	1.7	(0.16)	11	(1.2)	14.4	(0.50)	5.5	(0.22)	38	(2.0)	14.4	(0.46)
2 and over...	1907	27	(2.3)	14.2	(0.28)	1.4	(0.14)	10	(1.0)	14.4	(0.48)	5.3	(0.22)	37	(1.9)	14.1	(0.32)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	13.2	(0.17)	0.4	(0.05)	3	(0.3)	13.7	(0.57)	3.9	(0.15)	29	(1.6)	13.2	(0.17)
20 and over.....	4742	24	(1.3)	14.2	(0.19)	1.2	(0.08)	9	(0.6)	14.3	(0.35)	5.1	(0.20)	36	(1.4)	14.2	(0.24)
2 and over...	7122	21	(1.2)	14.0	(0.15)	1.0	(0.07)	7	(0.5)	14.2	(0.32)	4.9	(0.18)	35	(1.3)	13.9	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	10.2	(0.53)	0.4	(0.09)	4	(0.7)	--		--		--		10.3	(0.55)
20 and over.....	1218	14	(1.8)	10.4	(0.23)	0.6	(0.11)	6	(1.0)	11.3	(0.86)	4.3	(0.39)	38	(2.1)	10.3	(0.21)
2 and over...	1791	13	(1.4)	10.4	(0.22)	0.5	(0.09)	5	(0.8)	10.9	(0.69)	4.1	(0.35)	38	(2.3)	10.3	(0.23)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	9.2	(0.29)	0.3	(0.07)	4	(0.8)	9.9	(0.95)	4.1	(0.59)	41	(4.2)	9.1	(0.30)
20 and over.....	1799	22	(2.1)	10.9	(0.26)	0.9	(0.12)	9	(1.1)	11.1	(0.48)	4.3	(0.34)	39	(3.1)	10.8	(0.29)
2 and over...	2726	18	(1.8)	10.5	(0.23)	0.8	(0.10)	8	(1.0)	11.0	(0.43)	4.3	(0.33)	39	(2.9)	10.3	(0.25)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	9.3	(0.22)	0.5	(0.07)	5	(0.8)	10.1	(0.58)	3.4	(0.29)	33	(2.2)	9.2	(0.24)
20 and over.....	1229	30	(2.5)	11.7	(0.32)	1.5	(0.17)	13	(1.5)	12.1	(0.48)	4.9	(0.33)	41	(2.8)	11.5	(0.39)
2 and over...	1907	27	(2.3)	11.1	(0.25)	1.2	(0.14)	11	(1.3)	11.8	(0.43)	4.7	(0.31)	40	(2.5)	10.8	(0.28)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	9.4	(0.17)	0.4	(0.05)	4	(0.4)	9.7	(0.33)	3.6	(0.22)	37	(1.9)	9.4	(0.17)
20 and over.....	4742	24	(1.3)	11.1	(0.14)	1.1	(0.08)	10	(0.7)	11.6	(0.29)	4.6	(0.20)	40	(1.6)	10.9	(0.18)
2 and over...	7122	21	(1.2)	10.7	(0.13)	0.9	(0.07)	9	(0.6)	11.3	(0.25)	4.5	(0.19)	39	(1.4)	10.5	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	0.9	(0.04)	#		3*	(0.6)	--		--		--		0.9	(0.05)
20 and over.....	1218	14	(1.8)	1.1	(0.03)	0.1	(0.01)	5	(1.0)	1.3	(0.08)	0.4	(0.05)	32	(2.4)	1.1	(0.03)
2 and over...	1791	13	(1.4)	1.1	(0.02)	#		5	(0.8)	1.2	(0.07)	0.4	(0.04)	32	(2.2)	1.0	(0.02)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	0.9	(0.02)	#		4	(0.8)	1.0	(0.07)	0.4	(0.05)	39	(3.7)	0.8	(0.02)
20 and over.....	1799	22	(2.1)	1.2	(0.02)	0.1	(0.01)	8	(0.9)	1.3	(0.05)	0.4	(0.03)	33	(2.7)	1.2	(0.02)
2 and over...	2726	18	(1.8)	1.1	(0.02)	0.1	(0.01)	7	(0.8)	1.2	(0.04)	0.4	(0.03)	33	(2.6)	1.1	(0.02)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	0.9	(0.04)	#		4	(0.9)	1.1	(0.07)	0.3	(0.03)	28	(3.2)	0.9	(0.04)
20 and over.....	1229	30	(2.5)	1.3	(0.04)	0.1	(0.01)	10	(0.9)	1.3	(0.05)	0.4	(0.02)	32	(1.5)	1.3	(0.04)
2 and over...	1907	27	(2.3)	1.2	(0.04)	0.1	(0.01)	9	(0.8)	1.3	(0.05)	0.4	(0.02)	31	(1.3)	1.2	(0.03)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	0.9	(0.02)	#		4	(0.6)	1.0	(0.04)	0.3	(0.02)	32	(2.4)	0.9	(0.02)
20 and over.....	4742	24	(1.3)	1.2	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.2)	1.2	(0.02)
2 and over...	7122	21	(1.2)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.1)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	99.4	(5.17)	4.4	(0.89)	4	(0.8)	--		--		--		99.9	(5.12)
20 and over.....	1218	14	(1.8)	108.5	(2.33)	7.2	(1.30)	7	(1.1)	125.6	(9.82)	52.3	(4.12)	42	(2.6)	105.7	(2.56)
2 and over...	1791	13	(1.4)	106.1	(2.64)	6.5	(1.07)	6	(0.9)	119.4	(8.05)	50.5	(3.99)	42	(2.5)	104.2	(2.87)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	90.5	(1.88)	4.0	(0.84)	4	(0.9)	100.8	(7.35)	49.7	(5.75)	49	(3.1)	89.6	(2.20)
20 and over.....	1799	22	(2.1)	114.1	(2.41)	11.7	(1.54)	10	(1.3)	123.8	(5.75)	54.3	(4.31)	44	(3.8)	111.4	(2.62)
2 and over...	2726	18	(1.8)	108.7	(1.84)	9.9	(1.32)	9	(1.2)	121.5	(5.29)	53.8	(4.11)	44	(3.6)	105.8	(1.78)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	92.5	(3.52)	6.4	(1.19)	7	(1.3)	112.6	(7.02)	44.8	(3.62)	40	(3.4)	89.2	(3.69)
20 and over.....	1229	30	(2.5)	120.0	(2.71)	17.9	(1.52)	15	(1.4)	128.1	(3.76)	58.7	(2.33)	46	(2.4)	116.5	(3.41)
2 and over...	1907	27	(2.3)	113.4	(2.58)	15.1	(1.37)	13	(1.3)	126.1	(3.53)	56.9	(2.18)	45	(2.2)	108.8	(2.95)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	93.1	(1.62)	5.2	(0.67)	6	(0.7)	106.7	(5.21)	45.8	(2.90)	43	(2.2)	91.4	(1.38)
20 and over.....	4742	24	(1.3)	114.8	(1.07)	13.4	(0.83)	12	(0.7)	125.3	(3.23)	55.8	(2.17)	45	(1.9)	111.4	(1.48)
2 and over...	7122	21	(1.2)	109.6	(0.90)	11.5	(0.75)	10	(0.7)	122.9	(2.88)	54.5	(1.96)	44	(1.7)	106.1	(1.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	2177	(84.5)	77	(15.2)	4*	(0.6)	--		--		--		2188	(92.8)
20 and over.....	1218	14	(1.8)	2514	(50.6)	146	(26.6)	6	(1.0)	2899	(220.7)	1065	(108.1)	37	(1.8)	2453	(48.8)
2 and over...	1791	13	(1.4)	2427	(35.1)	128	(21.2)	5	(0.8)	2732	(183.3)	1004	(96.3)	37	(1.9)	2382	(36.5)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	2026	(38.7)	68	(13.2)	3	(0.6)	2259	(138.0)	838	(94.4)	37	(3.0)	2005	(35.3)
20 and over.....	1799	22	(2.1)	2556	(38.8)	211	(27.4)	8	(1.0)	2651	(75.8)	981	(76.7)	37	(2.7)	2530	(43.2)
2 and over...	2726	18	(1.8)	2435	(34.0)	178	(23.9)	7	(0.9)	2612	(73.5)	966	(74.2)	37	(2.5)	2395	(34.2)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	2152	(69.8)	107	(22.1)	5	(1.0)	2534	(179.5)	750	(77.1)	30	(3.4)	2088	(66.9)
20 and over.....	1229	30	(2.5)	2759	(80.8)	304	(31.0)	11	(1.0)	2791	(114.0)	1001	(38.2)	36	(1.4)	2745	(82.5)
2 and over...	1907	27	(2.3)	2613	(75.6)	257	(27.2)	10	(0.9)	2758	(105.0)	968	(36.3)	35	(1.3)	2561	(72.3)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	2105	(32.7)	87	(11.1)	4	(0.5)	2312	(94.0)	763	(44.7)	33	(2.2)	2079	(26.9)
20 and over.....	4742	24	(1.3)	2618	(37.5)	241	(16.6)	9	(0.6)	2744	(65.9)	1001	(39.3)	36	(1.2)	2578	(37.2)
2 and over...	7122	21	(1.2)	2496	(31.2)	204	(14.7)	8	(0.5)	2689	(58.3)	971	(35.8)	36	(1.1)	2445	(29.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	3052	(163.8)	131	(23.0)	4	(0.7)	--		--		--		3066	(172.1)
20 and over.....	1218	14	(1.8)	3421	(89.8)	255	(49.9)	7	(1.3)	4223	(365.2)	1853	(173.5)	44	(2.0)	3294	(90.8)
2 and over...	1791	13	(1.4)	3326	(93.0)	223	(38.4)	7	(1.1)	3959	(297.1)	1742	(147.0)	44	(1.8)	3233	(101.0)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	2844	(62.1)	117	(18.4)	4	(0.6)	3350	(162.6)	1445	(79.0)	43	(2.2)	2799	(68.2)
20 and over.....	1799	22	(2.1)	3479	(78.8)	401	(51.5)	12	(1.4)	3936	(149.3)	1864	(149.4)	47	(3.4)	3353	(79.1)
2 and over...	2726	18	(1.8)	3334	(61.4)	337	(43.7)	10	(1.2)	3877	(132.8)	1823	(138.4)	47	(3.1)	3211	(57.3)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	2991	(90.7)	244	(48.6)	8	(1.5)	3906	(306.1)	1712	(208.9)	44	(2.8)	2839	(76.7)
20 and over.....	1229	30	(2.5)	3638	(62.6)	600	(60.3)	17	(1.6)	4101	(87.4)	1973	(114.4)	48	(2.5)	3435	(66.1)
2 and over...	1907	27	(2.3)	3482	(59.9)	515	(52.8)	15	(1.4)	4076	(100.9)	1939	(109.8)	48	(2.3)	3268	(54.2)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	2934	(54.4)	176	(22.9)	6	(0.7)	3510	(174.9)	1544	(104.8)	44	(1.7)	2860	(47.4)
20 and over.....	4742	24	(1.3)	3531	(38.5)	458	(32.3)	13	(0.9)	4033	(66.2)	1903	(89.3)	47	(2.0)	3372	(44.8)
2 and over...	7122	21	(1.2)	3389	(34.8)	391	(28.2)	12	(0.8)	3966	(56.7)	1857	(79.7)	47	(1.7)	3235	(36.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from Full Service Restaurants		*All Individuals* [2] Percentages from [6] Full Service Restaurants		*Full Service Restaurant Consumers* [3] Total Intake		*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	33.3	(2.52)	0.5	(0.13)	2*	(0.4)	--		--		--		33.1	(3.05)
20 and over.....	1218	14	(1.8)	168.0	(10.98)	4.2	(0.82)	3	(0.5)	156.6	(15.31)	30.8	(6.87)	20	(4.5)	169.8	(11.60)
2 and over...	1791	13	(1.4)	133.1	(9.96)	3.3	(0.64)	2	(0.4)	131.9	(14.70)	25.6	(5.58)	19	(4.3)	133.3	(10.81)
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	24.4	(2.45)	1.0	(0.29)	4*	(1.3)	28.0	(5.88)	12.5	(2.91)	--		24.0	(2.59)
20 and over.....	1799	22	(2.1)	169.0	(10.80)	7.2	(0.82)	4	(0.5)	164.8	(14.00)	33.3	(5.37)	20	(3.2)	170.2	(12.35)
2 and over...	2726	18	(1.8)	136.1	(7.57)	5.8	(0.66)	4	(0.5)	151.1	(12.69)	31.2	(4.79)	21	(3.2)	132.7	(8.45)
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	23.5	(3.70)	1.7*	(0.53)	7	(1.9)	50.6*	(15.89)	11.7*	(3.65)	23*	(3.9)	19.0	(2.52)
20 and over.....	1229	30	(2.5)	179.4	(7.61)	12.3	(3.54)	7	(1.9)	186.6	(10.01)	40.3	(9.97)	22	(5.2)	176.3	(8.78)
2 and over...	1907	27	(2.3)	142.0	(6.30)	9.7	(2.76)	7	(1.8)	169.0	(8.46)	36.6	(8.80)	22	(5.1)	132.2	(7.14)
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	26.4	(2.10)	1.1	(0.25)	4	(0.9)	41.4	(7.49)	10.0	(2.01)	24	(5.0)	24.5	(1.75)
20 and over.....	4742	24	(1.3)	170.4	(6.39)	8.6	(1.50)	5	(0.8)	172.0	(7.12)	35.9	(6.34)	21	(3.3)	169.9	(7.49)
2 and over...	7122	21	(1.2)	136.2	(4.87)	6.8	(1.18)	5	(0.8)	155.2	(5.77)	32.5	(5.60)	21	(3.3)	131.1	(5.66)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 47. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	10	(1.3)	--		--		--		--		--		--		--	
20 and over.....	1218	14	(1.8)	9.5	(1.05)	1.7	(0.47)	17	(4.2)	17.1	(3.73)	12.1	(2.85)	--		8.3	(0.83)
2 and over...	1791	13	(1.4)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	927	8	(1.0)	--		--		--		--		--		--		--	
20 and over.....	1799	22	(2.1)	8.5	(0.82)	1.7	(0.35)	19	(4.4)	13.7	(1.96)	7.7	(1.52)	56	(6.8)	7.1	(1.07)
2 and over...	2726	18	(1.8)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	678	14	(2.0)	--		--		--		--		--		--		--	
20 and over.....	1229	30	(2.5)	11.6	(1.01)	2.5	(0.36)	22	(3.0)	20.5	(2.96)	8.3	(1.13)	41	(5.1)	7.7	(0.57)
2 and over...	1907	27	(2.3)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	2380	11	(1.0)	--		--		--		--		--		--		--	
20 and over.....	4742	24	(1.3)	10.0	(0.49)	2.0	(0.21)	20	(1.8)	17.5	(1.78)	8.4	(0.98)	48	(3.7)	7.6	(0.45)
2 and over...	7122	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018

Food energy

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1879	(55.7)	55	(8.1)	3	(0.5)	--		--		--		1875	(58.9)
20 and over.....	1180	14	(2.1)	2124	(55.9)	127	(23.3)	6	(1.0)	2503	(203.7)	905	(91.2)	36	(2.4)	2063	(48.0)
2 and over...	2045	12	(1.5)	2042	(45.4)	103	(16.4)	5	(0.8)	2379	(157.8)	861	(75.4)	36	(2.1)	1997	(42.0)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1907	(25.5)	72	(12.4)	4	(0.7)	2213	(120.4)	746	(59.1)	34	(2.4)	1874	(23.2)
20 and over.....	1722	21	(1.5)	2159	(44.9)	178	(16.9)	8	(0.8)	2220	(69.2)	847	(44.2)	38	(2.0)	2143	(52.7)
2 and over...	2551	18	(1.4)	2096	(32.1)	151	(15.6)	7	(0.7)	2219	(58.8)	833	(41.3)	38	(1.8)	2069	(35.9)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1931	(33.1)	130	(29.5)	7	(1.5)	2277	(111.7)	805	(74.4)	35	(2.6)	1864	(41.2)
20 and over.....	1282	30	(2.3)	2176	(36.8)	288	(25.5)	13	(1.2)	2344	(55.9)	951	(46.6)	41	(2.3)	2103	(41.8)
2 and over...	1739	28	(2.2)	2134	(32.6)	261	(23.9)	12	(1.1)	2337	(51.0)	936	(42.9)	40	(2.1)	2055	(36.2)
All Individuals [8]**:**																	
2 - 19.....	2380	11	(1.0)	1894	(18.2)	86	(9.8)	5	(0.5)	2140	(56.6)	757	(35.9)	35	(1.6)	1863	(16.8)
20 and over.....	4742	24	(1.3)	2155	(18.8)	218	(12.9)	10	(0.6)	2306	(46.3)	907	(34.6)	39	(1.5)	2106	(23.1)
2 and over...	7122	21	(1.2)	2093	(14.2)	187	(11.4)	9	(0.5)	2285	(40.5)	888	(30.1)	39	(1.3)	2041	(16.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Full Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	67.2	(3.00)	2.4	(0.41)	4	(0.6)	--		--		--		67.2	(3.08)
20 and over.....	1180	14	(2.1)	76.1	(2.22)	5.3	(1.02)	7	(1.2)	92.4	(7.85)	38.1	(4.53)	41	(2.8)	73.5	(1.95)
2 and over...	2045	12	(1.5)	73.1	(2.09)	4.3	(0.77)	6	(1.0)	86.9	(6.22)	36.5	(4.01)	42	(2.7)	71.3	(2.05)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	65.2	(1.10)	3.1	(0.57)	5	(0.9)	75.9	(5.69)	32.4	(3.61)	43	(3.1)	64.1	(1.22)
20 and over.....	1722	21	(1.5)	81.6	(1.67)	7.5	(0.75)	9	(0.9)	86.5	(3.72)	35.5	(1.96)	41	(2.4)	80.4	(1.71)
2 and over...	2551	18	(1.4)	77.6	(1.37)	6.4	(0.67)	8	(0.8)	85.1	(3.31)	35.1	(1.87)	41	(2.1)	75.9	(1.36)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	68.4	(3.56)	5.4	(1.26)	8	(1.8)	85.5	(7.65)	33.6	(3.04)	39	(3.7)	65.1	(3.55)
20 and over.....	1282	30	(2.3)	85.4	(1.39)	12.7	(1.24)	15	(1.5)	89.4	(2.29)	41.9	(1.99)	47	(2.3)	83.6	(2.00)
2 and over...	1739	28	(2.2)	82.4	(1.37)	11.4	(1.14)	14	(1.4)	89.0	(2.23)	41.1	(1.88)	46	(2.1)	79.8	(1.78)
All Individuals [8]**:**																	
2 - 19.....	2380	11	(1.0)	66.8	(1.34)	3.7	(0.48)	6	(0.7)	77.2	(3.70)	32.5	(2.03)	42	(2.2)	65.4	(1.17)
20 and over.....	4742	24	(1.3)	81.9	(0.93)	9.4	(0.66)	11	(0.8)	88.4	(2.07)	39.1	(1.60)	44	(1.6)	79.8	(1.16)
2 and over...	7122	21	(1.2)	78.3	(0.88)	8.1	(0.58)	10	(0.7)	87.0	(1.86)	38.3	(1.49)	44	(1.4)	76.0	(0.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	241	(7.1)	6	(0.8)	2	(0.4)	--		--		--		241	(7.5)
20 and over.....	1180	14	(2.1)	256	(7.1)	12	(2.1)	5	(0.8)	273	(22.2)	84	(7.8)	31	(1.9)	253	(6.9)
2 and over...	2045	12	(1.5)	251	(5.5)	10	(1.4)	4	(0.6)	266	(16.9)	82	(6.2)	31	(1.6)	249	(5.4)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	246	(3.9)	8	(1.4)	3	(0.6)	281	(17.3)	83	(6.8)	30	(2.6)	243	(3.5)
20 and over.....	1722	21	(1.5)	254	(5.2)	17	(1.6)	7	(0.6)	242	(9.4)	82	(5.0)	34	(1.9)	257	(6.4)
2 and over...	2551	18	(1.4)	252	(3.7)	15	(1.5)	6	(0.6)	247	(8.3)	82	(4.6)	33	(1.7)	253	(4.4)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	248	(4.6)	13	(3.1)	5	(1.2)	261	(12.3)	81	(8.7)	31	(2.5)	245	(5.6)
20 and over.....	1282	30	(2.3)	239	(4.7)	26	(2.7)	11	(1.2)	243	(5.6)	87	(6.3)	36	(2.7)	237	(6.5)
2 and over...	1739	28	(2.2)	240	(3.8)	24	(2.5)	10	(1.1)	245	(4.8)	86	(5.8)	35	(2.4)	239	(5.2)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	243	(2.3)	9	(1.0)	4	(0.4)	261	(6.5)	81	(4.3)	31	(1.6)	241	(2.3)
20 and over.....	4742	24	(1.3)	248	(3.0)	20	(1.2)	8	(0.5)	245	(5.5)	85	(3.8)	34	(1.5)	249	(3.6)
2 and over...	7122	21	(1.2)	247	(2.2)	18	(1.1)	7	(0.4)	247	(4.3)	84	(3.2)	34	(1.3)	247	(2.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	109	(4.3)	2	(0.5)	2*	(0.4)	--		--		--		109	(4.4)
20 and over.....	1180	14	(2.1)	116	(4.3)	3	(0.7)	3	(0.5)	109	(10.5)	24	(4.9)	22	(3.1)	117	(4.1)
2 and over...	2045	12	(1.5)	114	(3.5)	3	(0.5)	3	(0.4)	110	(8.5)	26	(4.4)	24	(2.8)	114	(3.3)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	112	(2.9)	3	(0.7)	3	(0.6)	135	(12.1)	32	(5.5)	23	(3.9)	110	(2.8)
20 and over.....	1722	21	(1.5)	111	(2.4)	6	(0.9)	5	(0.8)	100	(5.8)	27	(3.4)	27	(2.9)	114	(2.9)
2 and over...	2551	18	(1.4)	111	(1.8)	5	(0.8)	4	(0.7)	104	(5.5)	27	(3.1)	26	(2.5)	113	(2.0)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	112	(3.6)	5*	(1.4)	4*	(1.2)	122	(10.4)	28	(5.6)	23	(3.7)	110	(3.3)
20 and over.....	1282	30	(2.3)	100	(2.4)	7	(1.0)	7	(1.0)	97	(4.0)	25	(3.0)	25	(3.2)	101	(3.1)
2 and over...	1739	28	(2.2)	102	(2.0)	7	(0.9)	7	(0.9)	99	(3.7)	25	(2.6)	25	(2.7)	103	(2.5)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	110	(1.3)	3	(0.4)	3	(0.4)	120	(6.3)	29	(2.4)	24	(1.9)	109	(1.0)
20 and over.....	4742	24	(1.3)	107	(1.7)	6	(0.5)	6	(0.4)	99	(2.8)	25	(1.9)	26	(1.9)	110	(1.9)
2 and over...	7122	21	(1.2)	108	(1.4)	5	(0.4)	5	(0.4)	101	(2.6)	26	(1.7)	25	(1.6)	110	(1.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Dietary fiber

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	13.5	(0.37)	0.3	(0.07)	3	(0.5)	--		--		--		13.5	(0.40)
20 and over.....	1180	14	(2.1)	15.6	(0.61)	0.8	(0.17)	5	(1.0)	18.4	(1.79)	5.4	(0.81)	29	(3.2)	15.2	(0.63)
2 and over...	2045	12	(1.5)	14.9	(0.46)	0.6	(0.12)	4	(0.7)	17.3	(1.45)	5.2	(0.65)	30	(2.8)	14.6	(0.47)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	14.0	(0.32)	0.5	(0.09)	4	(0.6)	15.0	(1.26)	5.1	(0.73)	34	(3.3)	13.9	(0.32)
20 and over.....	1722	21	(1.5)	16.6	(0.45)	1.1	(0.13)	7	(0.8)	16.0	(0.48)	5.5	(0.42)	34	(2.7)	16.7	(0.51)
2 and over...	2551	18	(1.4)	15.9	(0.39)	1.0	(0.12)	6	(0.7)	15.9	(0.43)	5.4	(0.40)	34	(2.4)	15.9	(0.41)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	15.1	(0.76)	0.8	(0.16)	5	(1.1)	14.5	(1.14)	4.7	(0.52)	33	(4.2)	15.3	(0.89)
20 and over.....	1282	30	(2.3)	17.5	(0.61)	1.9	(0.21)	11	(1.1)	16.8	(0.73)	6.2	(0.44)	37	(2.4)	17.9	(0.73)
2 and over...	1739	28	(2.2)	17.1	(0.57)	1.7	(0.19)	10	(1.0)	16.5	(0.71)	6.0	(0.41)	36	(2.2)	17.4	(0.64)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	14.1	(0.27)	0.6	(0.06)	4	(0.4)	14.3	(0.61)	5.0	(0.35)	35	(2.5)	14.1	(0.26)
20 and over.....	4742	24	(1.3)	16.9	(0.39)	1.4	(0.13)	9	(0.7)	16.9	(0.60)	6.0	(0.35)	35	(1.5)	16.8	(0.43)
2 and over...	7122	21	(1.2)	16.2	(0.33)	1.2	(0.11)	8	(0.6)	16.6	(0.56)	5.8	(0.33)	35	(1.4)	16.1	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	73.2	(2.47)	2.4	(0.41)	3	(0.6)	--		--		--		73.0	(2.60)
20 and over.....	1180	14	(2.1)	83.8	(2.26)	5.6	(1.09)	7	(1.2)	107.4	(8.88)	39.8	(5.03)	37	(3.2)	80.0	(1.94)
2 and over...	2045	12	(1.5)	80.3	(2.06)	4.5	(0.78)	6	(0.9)	100.4	(6.85)	37.9	(4.21)	38	(3.0)	77.6	(1.94)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	76.0	(1.25)	3.1	(0.55)	4	(0.7)	90.0	(5.58)	31.9	(2.65)	36	(2.7)	74.5	(1.22)
20 and over.....	1722	21	(1.5)	87.8	(2.07)	7.7	(0.82)	9	(0.9)	93.4	(2.97)	36.9	(1.96)	39	(2.2)	86.3	(2.37)
2 and over...	2551	18	(1.4)	84.8	(1.52)	6.6	(0.73)	8	(0.8)	92.9	(2.38)	36.2	(1.76)	39	(2.0)	83.0	(1.67)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	77.0	(2.07)	6.3	(1.41)	8	(1.8)	101.5	(5.70)	39.2	(3.55)	39	(2.9)	72.3	(2.15)
20 and over.....	1282	30	(2.3)	91.6	(1.95)	12.7	(1.19)	14	(1.2)	99.3	(3.44)	42.0	(2.19)	42	(2.4)	88.3	(1.87)
2 and over...	1739	28	(2.2)	89.1	(1.79)	11.6	(1.11)	13	(1.2)	99.5	(3.10)	41.7	(2.02)	42	(2.1)	85.1	(1.74)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	74.9	(1.03)	3.9	(0.45)	5	(0.6)	89.3	(3.72)	34.2	(1.66)	38	(1.6)	73.0	(1.00)
20 and over.....	4742	24	(1.3)	88.2	(0.77)	9.6	(0.63)	11	(0.7)	97.1	(2.16)	39.8	(1.57)	41	(1.6)	85.3	(1.01)
2 and over...	7122	21	(1.2)	85.0	(0.69)	8.2	(0.55)	10	(0.6)	96.1	(2.02)	39.1	(1.37)	41	(1.4)	82.0	(0.88)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	25.5	(0.95)	0.8	(0.13)	3	(0.5)	--		--		--		25.5	(1.00)
20 and over.....	1180	14	(2.1)	26.8	(0.95)	1.6	(0.27)	6	(1.0)	33.0	(2.83)	11.3	(1.35)	34	(3.0)	25.8	(0.95)
2 and over...	2045	12	(1.5)	26.4	(0.87)	1.3	(0.20)	5	(0.7)	31.3	(2.15)	11.0	(1.16)	35	(2.9)	25.7	(0.90)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	26.3	(0.54)	0.9	(0.15)	3	(0.6)	29.5	(1.65)	9.3	(0.88)	32	(2.7)	25.9	(0.52)
20 and over.....	1722	21	(1.5)	28.7	(0.70)	2.3	(0.25)	8	(0.9)	30.0	(1.27)	11.0	(0.60)	37	(2.6)	28.4	(0.83)
2 and over...	2551	18	(1.4)	28.1	(0.53)	2.0	(0.21)	7	(0.8)	30.0	(1.03)	10.8	(0.48)	36	(2.2)	27.7	(0.61)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	26.1	(0.66)	1.9	(0.42)	7	(1.6)	32.3	(1.69)	11.8	(1.08)	36	(2.5)	24.9	(0.85)
20 and over.....	1282	30	(2.3)	29.9	(0.61)	3.9	(0.37)	13	(1.2)	31.2	(1.07)	12.9	(0.75)	41	(2.3)	29.3	(0.77)
2 and over...	1739	28	(2.2)	29.2	(0.55)	3.6	(0.35)	12	(1.2)	31.3	(0.97)	12.8	(0.68)	41	(2.1)	28.4	(0.72)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	25.8	(0.35)	1.2	(0.13)	5	(0.5)	29.1	(1.22)	10.2	(0.56)	35	(1.6)	25.4	(0.36)
20 and over.....	4742	24	(1.3)	28.7	(0.33)	2.9	(0.19)	10	(0.7)	30.5	(0.71)	12.0	(0.52)	39	(1.7)	28.1	(0.47)
2 and over...	7122	21	(1.2)	28.0	(0.28)	2.5	(0.16)	9	(0.6)	30.4	(0.63)	11.8	(0.46)	39	(1.4)	27.4	(0.41)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Monounsaturated fat

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	23.8	(0.87)	0.8	(0.16)	4	(0.7)	--		--		--		23.6	(0.90)
20 and over.....	1180	14	(2.1)	28.7	(0.81)	1.9	(0.40)	7	(1.3)	37.0	(3.36)	13.6	(2.01)	37	(3.8)	27.3	(0.70)
2 and over...	2045	12	(1.5)	27.0	(0.72)	1.6	(0.29)	6	(1.0)	34.6	(2.62)	13.0	(1.68)	38	(3.4)	26.0	(0.68)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	25.1	(0.44)	1.0	(0.20)	4	(0.8)	29.9	(2.26)	10.5	(1.08)	35	(3.0)	24.6	(0.47)
20 and over.....	1722	21	(1.5)	29.8	(0.77)	2.6	(0.27)	9	(0.9)	31.8	(1.05)	12.4	(0.64)	39	(2.1)	29.3	(0.87)
2 and over...	2551	18	(1.4)	28.7	(0.55)	2.2	(0.24)	8	(0.8)	31.5	(0.91)	12.1	(0.61)	38	(1.9)	28.0	(0.58)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	25.4	(0.65)	2.2	(0.51)	9	(1.9)	34.5	(2.17)	13.5	(1.38)	39	(3.8)	23.7	(0.66)
20 and over.....	1282	30	(2.3)	31.6	(0.87)	4.2	(0.42)	13	(1.3)	34.5	(1.63)	14.0	(0.73)	41	(2.5)	30.3	(0.81)
2 and over...	1739	28	(2.2)	30.5	(0.75)	3.9	(0.39)	13	(1.2)	34.5	(1.48)	13.9	(0.67)	40	(2.3)	29.0	(0.70)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	24.6	(0.30)	1.3	(0.17)	5	(0.6)	29.9	(1.39)	11.7	(0.68)	39	(1.9)	23.9	(0.29)
20 and over.....	4742	24	(1.3)	30.2	(0.36)	3.2	(0.23)	11	(0.7)	33.4	(0.99)	13.3	(0.57)	40	(1.7)	29.2	(0.42)
2 and over...	7122	21	(1.2)	28.8	(0.32)	2.8	(0.20)	10	(0.6)	33.0	(0.93)	13.1	(0.51)	40	(1.5)	27.7	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	16.5	(0.49)	0.6	(0.11)	3	(0.6)	--		--		--		16.3	(0.51)
20 and over.....	1180	14	(2.1)	20.0	(0.65)	1.6	(0.34)	8	(1.5)	27.2	(2.27)	11.4	(1.43)	42	(3.9)	18.8	(0.52)
2 and over...	2045	12	(1.5)	18.8	(0.53)	1.2	(0.24)	7	(1.1)	25.2	(1.88)	10.5	(1.22)	42	(3.3)	17.9	(0.40)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	17.1	(0.46)	0.8	(0.17)	5	(1.0)	21.6	(1.79)	8.7	(0.88)	40	(3.8)	16.6	(0.49)
20 and over.....	1722	21	(1.5)	20.6	(0.46)	2.1	(0.25)	10	(1.2)	22.8	(0.88)	10.0	(0.70)	44	(2.5)	20.0	(0.57)
2 and over...	2551	18	(1.4)	19.7	(0.36)	1.8	(0.22)	9	(1.1)	22.6	(0.83)	9.8	(0.64)	43	(2.3)	19.1	(0.41)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	18.2	(0.78)	1.7	(0.38)	9	(2.0)	25.2	(1.82)	10.3	(1.16)	41	(4.0)	16.8	(0.81)
20 and over.....	1282	30	(2.3)	21.5	(0.71)	3.3	(0.32)	16	(1.4)	24.4	(1.06)	11.0	(0.69)	45	(3.2)	20.3	(0.67)
2 and over...	1739	28	(2.2)	21.0	(0.66)	3.1	(0.29)	15	(1.3)	24.5	(0.93)	11.0	(0.66)	45	(3.0)	19.6	(0.59)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	17.1	(0.35)	1.0	(0.12)	6	(0.7)	21.6	(1.08)	8.9	(0.48)	41	(2.2)	16.5	(0.34)
20 and over.....	4742	24	(1.3)	20.8	(0.35)	2.6	(0.17)	12	(0.7)	24.0	(0.65)	10.7	(0.45)	45	(2.0)	19.8	(0.33)
2 and over...	7122	21	(1.2)	19.9	(0.30)	2.2	(0.15)	11	(0.7)	23.7	(0.62)	10.5	(0.40)	44	(1.8)	18.9	(0.26)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	231	(11.7)	10	(1.6)	4	(0.6)	--		--		--		228	(11.7)
20 and over.....	1180	14	(2.1)	289	(14.2)	22	(4.2)	8	(1.3)	366	(44.6)	157	(22.9)	43	(3.4)	277	(13.0)
2 and over...	2045	12	(1.5)	270	(11.4)	18	(3.1)	7	(1.0)	345	(33.9)	151	(19.4)	44	(3.1)	259	(10.8)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	221	(6.8)	11	(2.2)	5	(1.0)	266	(25.4)	115	(12.6)	43	(4.5)	216	(7.1)
20 and over.....	1722	21	(1.5)	306	(10.4)	32	(3.3)	10	(0.9)	362	(23.7)	152	(9.2)	42	(2.2)	291	(8.6)
2 and over...	2551	18	(1.4)	285	(8.4)	27	(2.8)	9	(0.9)	349	(20.3)	147	(8.3)	42	(1.8)	271	(7.1)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	225	(14.2)	20	(4.7)	9	(2.0)	333	(28.0)	125	(13.8)	37	(4.7)	204	(13.7)
20 and over.....	1282	30	(2.3)	317	(9.6)	55	(4.2)	17	(1.5)	380	(15.7)	181	(11.4)	48	(2.7)	290	(12.1)
2 and over...	1739	28	(2.2)	301	(7.5)	49	(4.1)	16	(1.4)	375	(14.3)	175	(10.0)	47	(2.5)	272	(9.7)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	225	(5.4)	14	(2.1)	6	(0.8)	298	(16.1)	127	(10.9)	43	(3.7)	216	(4.3)
20 and over.....	4742	24	(1.3)	307	(4.9)	40	(1.9)	13	(0.7)	370	(11.7)	166	(6.1)	45	(1.7)	287	(6.2)
2 and over...	7122	21	(1.2)	287	(3.2)	34	(1.8)	12	(0.6)	361	(10.0)	161	(5.0)	45	(1.6)	268	(4.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin A (RAE)

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	574	(20.5)	12	(2.6)	2*	(0.4)	--		--		--		582	(23.5)
20 and over.....	1180	14	(2.1)	534	(24.2)	23	(4.3)	4	(0.7)	630	(68.3)	164	(23.6)	26	(3.5)	519	(24.0)
2 and over...	2045	12	(1.5)	547	(19.0)	19	(3.2)	4	(0.5)	595	(54.5)	161	(22.0)	27	(3.4)	541	(20.3)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	598	(17.8)	14	(2.8)	2*	(0.5)	589	(39.7)	143	(21.6)	24	(4.1)	599	(19.3)
20 and over.....	1722	21	(1.5)	641	(19.9)	46	(6.3)	7	(1.0)	666	(26.5)	220	(19.5)	33	(3.0)	634	(25.5)
2 and over...	2551	18	(1.4)	630	(15.2)	38	(5.1)	6	(0.8)	656	(22.2)	210	(17.0)	32	(2.8)	625	(18.0)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	608	(32.2)	25	(5.5)	4*	(0.9)	616	(46.8)	156	(18.7)	25	(3.3)	607	(36.4)
20 and over.....	1282	30	(2.3)	710	(31.2)	77	(7.7)	11	(0.9)	702	(53.0)	253	(22.9)	36	(2.0)	714	(33.9)
2 and over...	1739	28	(2.2)	693	(27.9)	68	(7.1)	10	(0.9)	693	(48.8)	243	(21.2)	35	(1.9)	692	(29.5)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	588	(12.8)	17	(2.1)	3	(0.3)	575	(21.5)	149	(12.1)	26	(2.2)	590	(14.8)
20 and over.....	4742	24	(1.3)	648	(17.2)	56	(4.6)	9	(0.6)	686	(27.2)	232	(12.5)	34	(1.3)	635	(18.2)
2 and over...	7122	21	(1.2)	633	(13.9)	47	(3.9)	7	(0.5)	672	(25.0)	222	(11.4)	33	(1.2)	623	(13.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1070	(114.3)	45*	(17.1)	4*	(1.3)	--		--		--		1079	(110.8)
20 and over.....	1180	14	(2.1)	1720	(173.2)	112	(27.2)	7	(1.5)	2198	(331.1)	805	(153.9)	37	(6.0)	1642	(193.9)
2 and over...	2045	12	(1.5)	1502	(138.6)	90	(20.0)	6	(1.2)	1926	(254.3)	754	(128.2)	39	(6.0)	1445	(148.6)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1238	(73.6)	62*	(21.4)	5*	(1.6)	1568	(250.3)	646*	(194.3)	41	(8.4)	1204	(76.5)
20 and over.....	1722	21	(1.5)	2363	(155.9)	251	(52.1)	11	(2.1)	2502	(273.2)	1197	(201.6)	48	(5.0)	2326	(169.6)
2 and over...	2551	18	(1.4)	2083	(109.4)	204	(42.5)	10	(1.9)	2379	(239.1)	1124	(188.2)	47	(4.9)	2018	(115.6)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1347	(123.9)	81	(20.4)	6	(1.5)	2114	(441.5)	502	(97.2)	24	(4.9)	1200	(125.0)
20 and over.....	1282	30	(2.3)	3035	(320.6)	361	(45.0)	12	(1.3)	3006	(369.8)	1193	(133.2)	40	(3.6)	3047	(370.3)
2 and over...	1739	28	(2.2)	2741	(272.7)	313	(38.6)	11	(1.2)	2916	(350.2)	1123	(123.2)	39	(3.3)	2674	(295.9)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	1199	(51.1)	63	(10.9)	5	(0.8)	1587	(169.3)	557	(82.2)	35	(4.7)	1149	(55.5)
20 and over.....	4742	24	(1.3)	2515	(164.7)	280	(34.7)	11	(1.0)	2777	(250.6)	1166	(103.5)	42	(2.7)	2432	(174.1)
2 and over...	7122	21	(1.2)	2202	(135.9)	229	(28.5)	10	(1.0)	2625	(222.6)	1088	(97.1)	41	(2.5)	2090	(136.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Lycopene

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	4614	(503.0)	114	(31.6)	2*	(0.7)	--		--		--		4747	(547.7)
20 and over.....	1180	14	(2.1)	4844	(351.3)	221	(53.0)	5	(1.1)	5437	(1190.3)	1578	(348.6)	29	(8.1)	4747	(362.3)
2 and over...	2045	12	(1.5)	4767	(196.9)	185	(36.6)	4	(0.8)	4915	(878.2)	1553	(320.5)	32	(7.9)	4747	(222.0)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	4162	(418.0)	154	(40.6)	4	(1.0)	3071	(485.8)	1602	(359.7)	--		4278	(446.1)
20 and over.....	1722	21	(1.5)	4859	(401.7)	551	(84.7)	11	(1.6)	5125	(490.0)	2627	(316.4)	51	(4.4)	4789	(510.1)
2 and over...	2551	18	(1.4)	4686	(327.1)	452	(68.9)	10	(1.4)	4854	(439.9)	2492	(285.3)	51	(4.0)	4648	(385.3)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	4345	(688.1)	429	(110.7)	10*	(3.2)	6098*	(2201.8)	2664	(496.1)	--		4008	(702.7)
20 and over.....	1282	30	(2.3)	5465	(623.7)	864	(116.6)	16	(2.0)	5397	(687.7)	2852	(351.2)	53	(4.1)	5494	(706.4)
2 and over...	1739	28	(2.2)	5270	(524.3)	788	(105.1)	15	(1.9)	5468	(706.4)	2833	(331.5)	52	(4.9)	5193	(568.2)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	4327	(223.3)	218	(39.4)	5	(1.0)	4288	(886.2)	1917	(280.1)	45	(9.2)	4332	(239.5)
20 and over.....	4742	24	(1.3)	5053	(231.6)	642	(63.7)	13	(1.1)	5384	(322.2)	2670	(216.8)	50	(3.3)	4948	(230.7)
2 and over...	7122	21	(1.2)	4881	(180.9)	541	(56.2)	11	(1.0)	5243	(335.9)	2573	(208.2)	49	(3.6)	4784	(177.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1.55	(0.043)	0.03	(0.004)	2*	(0.3)	--		--		--		1.56	(0.049)
20 and over.....	1180	14	(2.1)	1.55	(0.052)	0.09	(0.016)	6	(0.9)	1.77	(0.127)	0.62	(0.057)	35	(2.7)	1.52	(0.056)
2 and over...	2045	12	(1.5)	1.55	(0.040)	0.07	(0.011)	4	(0.7)	1.68	(0.101)	0.57	(0.047)	34	(2.5)	1.53	(0.044)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1.54	(0.033)	0.05	(0.008)	3	(0.5)	1.69	(0.089)	0.52	(0.064)	31	(3.5)	1.53	(0.036)
20 and over.....	1722	21	(1.5)	1.62	(0.029)	0.10	(0.010)	6	(0.7)	1.56	(0.050)	0.50	(0.031)	32	(2.6)	1.64	(0.040)
2 and over...	2551	18	(1.4)	1.60	(0.026)	0.09	(0.009)	6	(0.6)	1.58	(0.043)	0.50	(0.028)	32	(2.3)	1.61	(0.033)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1.51	(0.048)	0.08	(0.020)	5	(1.4)	1.54	(0.127)	0.51	(0.058)	33	(2.4)	1.50	(0.054)
20 and over.....	1282	30	(2.3)	1.61	(0.030)	0.19	(0.022)	12	(1.3)	1.66	(0.064)	0.63	(0.047)	38	(2.6)	1.59	(0.043)
2 and over...	1739	28	(2.2)	1.59	(0.027)	0.17	(0.020)	11	(1.2)	1.64	(0.054)	0.61	(0.041)	37	(2.3)	1.57	(0.039)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	1.53	(0.015)	0.05	(0.007)	3	(0.5)	1.55	(0.055)	0.47	(0.032)	30	(1.8)	1.53	(0.018)
20 and over.....	4742	24	(1.3)	1.60	(0.020)	0.14	(0.011)	9	(0.7)	1.63	(0.039)	0.58	(0.033)	36	(1.7)	1.59	(0.027)
2 and over...	7122	21	(1.2)	1.58	(0.017)	0.12	(0.009)	8	(0.6)	1.62	(0.035)	0.57	(0.029)	35	(1.6)	1.57	(0.022)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1.85	(0.078)	0.04	(0.006)	2*	(0.3)	--		--		--		1.85	(0.076)
20 and over.....	1180	14	(2.1)	1.98	(0.064)	0.09	(0.015)	4	(0.7)	2.21	(0.175)	0.62	(0.064)	28	(3.0)	1.94	(0.067)
2 and over...	2045	12	(1.5)	1.94	(0.056)	0.07	(0.010)	4	(0.5)	2.14	(0.111)	0.59	(0.056)	27	(2.4)	1.91	(0.060)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1.78	(0.048)	0.05	(0.008)	3	(0.4)	1.89	(0.158)	0.47	(0.048)	25	(3.0)	1.76	(0.055)
20 and over.....	1722	21	(1.5)	2.09	(0.050)	0.13	(0.013)	6	(0.7)	2.07	(0.092)	0.62	(0.039)	30	(2.3)	2.10	(0.066)
2 and over...	2551	18	(1.4)	2.01	(0.046)	0.11	(0.011)	5	(0.6)	2.05	(0.082)	0.60	(0.034)	29	(2.0)	2.01	(0.057)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1.79	(0.065)	0.09	(0.020)	5	(1.1)	1.90	(0.095)	0.56	(0.049)	29	(2.7)	1.77	(0.074)
20 and over.....	1282	30	(2.3)	2.24	(0.073)	0.23	(0.020)	10	(0.9)	2.17	(0.074)	0.75	(0.039)	35	(1.6)	2.27	(0.110)
2 and over...	1739	28	(2.2)	2.17	(0.065)	0.20	(0.019)	9	(0.9)	2.15	(0.061)	0.73	(0.035)	34	(1.5)	2.17	(0.094)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	1.80	(0.022)	0.06	(0.007)	3	(0.4)	1.87	(0.048)	0.51	(0.028)	27	(1.8)	1.79	(0.023)
20 and over.....	4742	24	(1.3)	2.12	(0.041)	0.16	(0.011)	8	(0.5)	2.13	(0.048)	0.68	(0.030)	32	(1.1)	2.11	(0.050)
2 and over...	7122	21	(1.2)	2.04	(0.033)	0.14	(0.009)	7	(0.5)	2.10	(0.040)	0.66	(0.026)	32	(1.0)	2.03	(0.040)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	22.2	(0.84)	0.6	(0.11)	3	(0.5)	--		--		--		22.1	(0.83)
20 and over.....	1180	14	(2.1)	26.3	(1.00)	1.5	(0.30)	6	(1.1)	28.6	(2.58)	11.0	(1.19)	38	(3.5)	25.9	(1.08)
2 and over...	2045	12	(1.5)	24.9	(0.85)	1.2	(0.23)	5	(0.8)	27.4	(1.94)	10.3	(1.06)	38	(2.9)	24.6	(0.89)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	21.0	(0.26)	0.8	(0.15)	4	(0.7)	23.1	(1.50)	8.6	(0.87)	37	(2.5)	20.8	(0.31)
20 and over.....	1722	21	(1.5)	26.3	(0.61)	2.0	(0.19)	8	(0.8)	25.7	(1.08)	9.6	(0.64)	38	(2.7)	26.4	(0.74)
2 and over...	2551	18	(1.4)	25.0	(0.47)	1.7	(0.17)	7	(0.7)	25.4	(0.96)	9.5	(0.58)	37	(2.4)	24.9	(0.55)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	22.0	(0.96)	1.6	(0.42)	7	(1.9)	26.2	(2.69)	9.9	(1.14)	38	(3.5)	21.1	(0.88)
20 and over.....	1282	30	(2.3)	26.6	(0.73)	3.4	(0.33)	13	(1.2)	26.8	(0.94)	11.1	(0.59)	42	(2.2)	26.5	(1.17)
2 and over...	1739	28	(2.2)	25.8	(0.66)	3.1	(0.31)	12	(1.2)	26.7	(0.82)	11.0	(0.55)	41	(2.0)	25.5	(0.99)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	21.7	(0.43)	1.0	(0.15)	5	(0.6)	24.3	(1.22)	9.0	(0.64)	37	(1.9)	21.4	(0.36)
20 and over.....	4742	24	(1.3)	26.2	(0.42)	2.6	(0.18)	10	(0.7)	26.5	(0.71)	10.6	(0.51)	40	(1.6)	26.2	(0.54)
2 and over...	7122	21	(1.2)	25.1	(0.34)	2.2	(0.16)	9	(0.6)	26.2	(0.60)	10.4	(0.46)	40	(1.4)	24.9	(0.43)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1.82	(0.084)	0.05	(0.010)	2	(0.5)	--		--		--		1.79	(0.083)
20 and over.....	1180	14	(2.1)	2.25	(0.159)	0.10	(0.018)	5	(0.8)	2.23	(0.171)	0.75	(0.068)	34	(3.1)	2.25	(0.182)
2 and over...	2045	12	(1.5)	2.11	(0.115)	0.08	(0.014)	4	(0.6)	2.21	(0.117)	0.71	(0.065)	32	(2.3)	2.09	(0.129)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1.66	(0.028)	0.06	(0.012)	3	(0.7)	1.90	(0.175)	0.59	(0.086)	31	(3.8)	1.64	(0.034)
20 and over.....	1722	21	(1.5)	2.14	(0.050)	0.16	(0.016)	7	(0.8)	2.06	(0.105)	0.75	(0.048)	36	(2.5)	2.16	(0.057)
2 and over...	2551	18	(1.4)	2.02	(0.039)	0.13	(0.014)	7	(0.7)	2.04	(0.088)	0.73	(0.045)	36	(2.4)	2.02	(0.044)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1.79	(0.077)	0.10	(0.027)	5	(1.5)	1.88	(0.171)	0.61	(0.083)	32	(3.8)	1.78	(0.080)
20 and over.....	1282	30	(2.3)	2.23	(0.104)	0.24	(0.025)	11	(1.1)	2.10	(0.101)	0.81	(0.039)	38	(2.0)	2.29	(0.158)
2 and over...	1739	28	(2.2)	2.16	(0.090)	0.22	(0.022)	10	(1.0)	2.08	(0.087)	0.79	(0.036)	38	(1.7)	2.19	(0.132)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	1.75	(0.040)	0.07	(0.010)	4	(0.5)	1.93	(0.104)	0.60	(0.050)	31	(2.6)	1.73	(0.036)
20 and over.....	4742	24	(1.3)	2.18	(0.057)	0.19	(0.014)	9	(0.6)	2.10	(0.074)	0.78	(0.033)	37	(1.4)	2.21	(0.071)
2 and over...	7122	21	(1.2)	2.08	(0.045)	0.16	(0.012)	8	(0.5)	2.07	(0.062)	0.76	(0.032)	37	(1.2)	2.08	(0.056)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	506	(16.2)	9	(1.5)	2*	(0.3)	--		--		--		509	(15.3)
20 and over.....	1180	14	(2.1)	494	(17.7)	25	(5.2)	5	(1.0)	542	(42.9)	180	(18.4)	33	(2.3)	486	(20.0)
2 and over...	2045	12	(1.5)	498	(10.7)	20	(3.5)	4	(0.7)	527	(36.7)	167	(14.8)	32	(2.3)	494	(11.9)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	487	(14.1)	14	(1.8)	3	(0.4)	495	(37.5)	143	(13.7)	29	(2.4)	486	(13.9)
20 and over.....	1722	21	(1.5)	517	(12.5)	32	(3.4)	6	(0.7)	494	(33.8)	151	(13.5)	31	(3.5)	523	(15.2)
2 and over...	2551	18	(1.4)	510	(9.5)	27	(2.7)	5	(0.6)	494	(28.8)	150	(11.4)	30	(3.1)	513	(11.2)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	470	(17.4)	23	(4.9)	5	(1.1)	473	(24.1)	144	(13.2)	30	(3.0)	470	(19.5)
20 and over.....	1282	30	(2.3)	500	(10.8)	58	(5.2)	12	(1.0)	511	(22.1)	192	(9.1)	38	(2.0)	495	(15.6)
2 and over...	1739	28	(2.2)	495	(11.0)	52	(4.9)	11	(0.9)	507	(19.3)	187	(8.9)	37	(1.9)	490	(14.5)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	487	(5.5)	15	(1.6)	3	(0.3)	482	(21.3)	132	(6.7)	27	(1.8)	487	(5.1)
20 and over.....	4742	24	(1.3)	503	(6.3)	43	(3.0)	9	(0.6)	508	(15.8)	179	(8.8)	35	(1.6)	501	(8.2)
2 and over...	7122	21	(1.2)	499	(5.4)	36	(2.5)	7	(0.5)	505	(14.4)	173	(8.0)	34	(1.5)	498	(6.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	249	(11.9)	9	(1.3)	3	(0.5)	--		--		--		247	(12.0)
20 and over.....	1180	14	(2.1)	307	(11.1)	21	(3.6)	7	(1.1)	382	(37.5)	148	(19.9)	39	(2.8)	295	(9.7)
2 and over...	2045	12	(1.5)	287	(9.8)	17	(2.7)	6	(0.8)	356	(27.8)	140	(16.5)	39	(2.6)	278	(9.3)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	243	(5.0)	11	(2.3)	5	(0.9)	288	(18.6)	115	(14.2)	40	(4.1)	238	(5.4)
20 and over.....	1722	21	(1.5)	333	(10.1)	31	(3.0)	9	(0.8)	376	(17.3)	150	(8.0)	40	(2.2)	322	(10.1)
2 and over...	2551	18	(1.4)	311	(8.2)	26	(2.7)	8	(0.8)	364	(15.6)	145	(7.8)	40	(2.0)	299	(7.9)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	250	(11.6)	18	(4.3)	7	(1.7)	317	(22.4)	109	(13.4)	34	(4.4)	237	(12.2)
20 and over.....	1282	30	(2.3)	346	(8.6)	52	(3.9)	15	(1.1)	391	(17.9)	171	(8.9)	44	(1.8)	327	(8.6)
2 and over...	1739	28	(2.2)	330	(7.3)	46	(3.7)	14	(1.1)	383	(16.1)	165	(8.0)	43	(1.7)	309	(7.4)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	246	(4.5)	13	(1.8)	5	(0.7)	294	(11.3)	114	(8.0)	39	(2.8)	240	(3.8)
20 and over.....	4742	24	(1.3)	332	(4.6)	38	(2.1)	12	(0.6)	382	(12.2)	160	(6.3)	42	(1.1)	317	(4.9)
2 and over...	7122	21	(1.2)	312	(3.4)	32	(1.8)	10	(0.5)	371	(10.5)	154	(5.3)	42	(1.0)	296	(3.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	4.82	(0.238)	0.10	(0.017)	2*	(0.3)	--		--		--		4.81	(0.239)
20 and over.....	1180	14	(2.1)	4.72	(0.251)	0.20	(0.032)	4	(0.7)	5.21	(0.666)	1.44	(0.160)	28	(3.2)	4.64	(0.238)
2 and over...	2045	12	(1.5)	4.75	(0.218)	0.17	(0.024)	3	(0.5)	5.15	(0.454)	1.39	(0.144)	27	(2.6)	4.70	(0.221)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	4.30	(0.118)	0.12	(0.026)	3	(0.6)	4.36	(0.467)	1.28	(0.205)	29	(3.9)	4.29	(0.149)
20 and over.....	1722	21	(1.5)	4.87	(0.158)	0.37	(0.046)	8	(1.0)	4.61	(0.361)	1.77	(0.155)	38	(4.6)	4.93	(0.201)
2 and over...	2551	18	(1.4)	4.73	(0.127)	0.31	(0.037)	7	(0.8)	4.58	(0.333)	1.71	(0.142)	37	(4.1)	4.76	(0.156)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	3.98	(0.180)	0.17	(0.029)	4*	(0.7)	3.77	(0.215)	1.03	(0.095)	27	(2.3)	4.02	(0.195)
20 and over.....	1282	30	(2.3)	5.03	(0.203)	0.57	(0.043)	11	(1.1)	4.67	(0.249)	1.88	(0.071)	40	(2.2)	5.18	(0.319)
2 and over...	1739	28	(2.2)	4.85	(0.173)	0.50	(0.040)	10	(1.0)	4.58	(0.210)	1.79	(0.070)	39	(2.0)	4.95	(0.270)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	4.39	(0.108)	0.13	(0.016)	3	(0.3)	4.28	(0.249)	1.16	(0.095)	27	(1.6)	4.41	(0.116)
20 and over.....	4742	24	(1.3)	4.84	(0.137)	0.43	(0.025)	9	(0.6)	4.67	(0.165)	1.78	(0.055)	38	(1.6)	4.90	(0.161)
2 and over...	7122	21	(1.2)	4.74	(0.116)	0.36	(0.022)	8	(0.5)	4.62	(0.140)	1.70	(0.051)	37	(1.4)	4.77	(0.138)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	67.7	(4.44)	1.2*	(0.38)	2*	(0.6)	--		--		--		67.5	(4.45)
20 and over.....	1180	14	(2.1)	70.3	(4.00)	3.0	(0.75)	4	(1.0)	74.8	(10.35)	21.4	(4.50)	29	(3.7)	69.6	(3.96)
2 and over...	2045	12	(1.5)	69.5	(3.20)	2.4	(0.56)	3	(0.7)	73.9	(9.38)	20.1	(4.10)	27	(3.9)	68.9	(2.88)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	68.7	(5.73)	1.5*	(0.49)	2*	(0.7)	102.0*	(34.97)	15.1	(4.49)	15*	(6.7)	65.2	(4.75)
20 and over.....	1722	21	(1.5)	72.2	(2.16)	4.0	(0.54)	6	(0.8)	73.6	(3.15)	19.3	(1.63)	26	(1.7)	71.8	(2.75)
2 and over...	2551	18	(1.4)	71.3	(2.45)	3.4	(0.49)	5	(0.7)	77.4	(4.35)	18.7	(1.75)	24	(2.3)	70.0	(2.52)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	83.4	(7.85)	2.5*	(1.07)	3*	(1.3)	73.1	(10.94)	15.6*	(5.11)	21*	(5.2)	85.4	(8.50)
20 and over.....	1282	30	(2.3)	82.6	(4.61)	6.9	(0.81)	8	(0.7)	90.8	(8.27)	22.8	(2.16)	25	(2.1)	79.1	(4.35)
2 and over...	1739	28	(2.2)	82.8	(4.47)	6.1	(0.75)	7	(0.8)	89.0	(7.43)	22.0	(2.01)	25	(1.9)	80.4	(4.43)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	72.7	(3.54)	1.8	(0.37)	3	(0.5)	80.6	(10.99)	16.1	(2.23)	20	(4.2)	71.6	(3.18)
20 and over.....	4742	24	(1.3)	76.3	(2.35)	5.2	(0.46)	7	(0.5)	82.7	(4.79)	21.7	(1.22)	26	(1.3)	74.3	(2.38)
2 and over...	7122	21	(1.2)	75.4	(2.21)	4.4	(0.40)	6	(0.5)	82.4	(4.01)	21.0	(1.16)	25	(1.4)	73.6	(2.31)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	5.2	(0.27)	0.1	(0.02)	1*	(0.3)	--		--		--		5.3	(0.30)
20 and over.....	1180	14	(2.1)	4.1	(0.24)	0.2	(0.03)	4	(0.8)	4.8	(0.59)	1.2	(0.26)	26	(4.8)	4.0	(0.24)
2 and over...	2045	12	(1.5)	4.5	(0.23)	0.1	(0.03)	3	(0.6)	4.6	(0.48)	1.1	(0.24)	25	(4.6)	4.4	(0.25)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	4.6	(0.22)	0.1	(0.02)	1*	(0.4)	4.8	(0.81)	0.6	(0.14)	12*	(3.4)	4.6	(0.23)
20 and over.....	1722	21	(1.5)	4.3	(0.15)	0.4	(0.06)	8	(1.5)	4.7	(0.37)	1.7	(0.25)	36	(4.8)	4.3	(0.22)
2 and over...	2551	18	(1.4)	4.4	(0.15)	0.3	(0.05)	6	(1.1)	4.7	(0.35)	1.5	(0.22)	33	(4.4)	4.3	(0.19)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	4.3	(0.25)	0.1	(0.02)	2*	(0.6)	3.8	(0.28)	0.6	(0.12)	17*	(3.4)	4.3	(0.28)
20 and over.....	1282	30	(2.3)	4.2	(0.25)	0.4	(0.05)	9	(1.1)	3.6	(0.26)	1.2	(0.16)	34	(3.1)	4.5	(0.31)
2 and over...	1739	28	(2.2)	4.2	(0.21)	0.3	(0.04)	8	(1.0)	3.6	(0.23)	1.2	(0.15)	32	(2.8)	4.5	(0.25)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	4.7	(0.12)	0.1	(0.01)	2	(0.3)	4.3	(0.33)	0.7	(0.10)	16	(1.8)	4.8	(0.15)
20 and over.....	4742	24	(1.3)	4.2	(0.14)	0.3	(0.04)	8	(0.9)	4.1	(0.18)	1.4	(0.13)	33	(2.2)	4.2	(0.16)
2 and over...	7122	21	(1.2)	4.3	(0.12)	0.3	(0.03)	6	(0.7)	4.1	(0.15)	1.3	(0.11)	31	(1.9)	4.4	(0.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	7.3	(0.24)	0.2	(0.03)	3	(0.4)	--		--		--		7.3	(0.25)
20 and over.....	1180	14	(2.1)	8.9	(0.41)	0.5	(0.11)	6	(1.1)	10.9	(0.69)	3.5	(0.55)	32	(4.7)	8.6	(0.45)
2 and over...	2045	12	(1.5)	8.4	(0.26)	0.4	(0.07)	5	(0.8)	10.0	(0.59)	3.4	(0.45)	33	(4.2)	8.1	(0.26)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	7.2	(0.17)	0.3	(0.05)	4	(0.7)	8.4	(0.75)	2.7	(0.34)	33	(4.2)	7.1	(0.15)
20 and over.....	1722	21	(1.5)	9.3	(0.23)	0.7	(0.08)	8	(0.8)	10.1	(0.38)	3.4	(0.23)	34	(1.8)	9.0	(0.29)
2 and over...	2551	18	(1.4)	8.8	(0.16)	0.6	(0.07)	7	(0.8)	9.9	(0.33)	3.3	(0.21)	34	(1.6)	8.5	(0.20)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	8.9	(0.70)	0.6	(0.13)	6	(1.6)	10.7	(0.99)	3.5	(0.38)	33	(4.5)	8.5	(0.89)
20 and over.....	1282	30	(2.3)	10.1	(0.36)	1.2	(0.11)	12	(1.2)	10.8	(0.62)	4.0	(0.18)	37	(3.0)	9.8	(0.41)
2 and over...	1739	28	(2.2)	9.9	(0.34)	1.1	(0.10)	11	(1.1)	10.8	(0.54)	3.9	(0.17)	37	(2.6)	9.6	(0.36)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	7.7	(0.21)	0.3	(0.04)	5	(0.6)	9.1	(0.43)	3.1	(0.18)	34	(2.1)	7.5	(0.24)
20 and over.....	4742	24	(1.3)	9.5	(0.19)	0.9	(0.06)	10	(0.6)	10.5	(0.31)	3.8	(0.15)	36	(1.8)	9.2	(0.23)
2 and over...	7122	21	(1.2)	9.1	(0.16)	0.8	(0.05)	9	(0.6)	10.3	(0.29)	3.7	(0.13)	36	(1.6)	8.8	(0.16)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	65.8	(4.65)	2.7	(0.80)	4	(1.1)	--		--		--		65.3	(4.72)
20 and over.....	1180	14	(2.1)	108.6	(8.00)	9.5	(1.85)	9	(1.5)	168.1	(17.61)	67.9	(8.69)	40	(4.7)	99.0	(7.57)
2 and over...	2045	12	(1.5)	94.3	(6.12)	7.2	(1.33)	8	(1.3)	146.9	(13.27)	60.7	(7.50)	41	(4.5)	87.2	(5.68)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	65.8	(4.55)	4.2	(1.14)	6	(1.6)	91.5	(11.13)	43.3	(9.20)	47	(6.9)	63.1	(4.70)
20 and over.....	1722	21	(1.5)	115.6	(3.74)	12.5	(2.16)	11	(1.9)	125.5	(9.69)	59.6	(7.29)	47	(4.4)	113.0	(4.47)
2 and over...	2551	18	(1.4)	103.2	(3.46)	10.4	(1.83)	10	(1.7)	121.0	(8.35)	57.5	(6.68)	47	(4.3)	99.3	(4.12)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	84.5	(7.31)	7.7	(2.05)	9	(2.4)	155.7	(33.15)	47.9	(7.96)	31	(8.7)	70.8	(4.98)
20 and over.....	1282	30	(2.3)	149.1	(15.95)	22.9	(3.03)	15	(2.0)	155.6	(12.29)	75.7	(7.45)	49	(3.3)	146.3	(21.17)
2 and over...	1739	28	(2.2)	137.9	(13.52)	20.3	(2.71)	15	(1.9)	155.6	(11.82)	72.9	(6.93)	47	(3.1)	131.1	(16.66)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	71.3	(3.39)	4.9	(0.68)	7	(0.8)	109.4	(14.39)	43.0	(3.49)	39	(6.1)	66.4	(2.49)
20 and over.....	4742	24	(1.3)	127.8	(6.82)	17.1	(1.76)	13	(1.0)	147.3	(5.69)	70.9	(4.42)	48	(2.2)	121.6	(7.83)
2 and over...	7122	21	(1.2)	114.4	(5.91)	14.2	(1.48)	12	(0.9)	142.5	(5.92)	67.4	(4.02)	47	(2.1)	106.9	(6.25)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	990	(35.2)	15	(3.2)	2*	(0.3)	--		--		--		1010	(38.4)
20 and over.....	1180	14	(2.1)	922	(27.8)	35	(6.3)	4	(0.6)	1050	(96.1)	250	(26.2)	24	(2.9)	901	(28.2)
2 and over...	2045	12	(1.5)	945	(25.1)	28	(4.4)	3	(0.4)	987	(74.1)	239	(24.6)	24	(2.8)	939	(28.2)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	977	(26.9)	23	(3.7)	2*	(0.4)	1071	(155.9)	235	(31.7)	22*	(3.3)	967	(26.3)
20 and over.....	1722	21	(1.5)	969	(18.4)	56	(7.5)	6	(0.8)	986	(40.6)	266	(25.9)	27	(2.9)	964	(24.7)
2 and over...	2551	18	(1.4)	971	(17.6)	48	(6.0)	5	(0.7)	997	(47.5)	262	(20.7)	26	(2.4)	965	(21.6)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	971	(21.2)	43	(8.3)	4*	(0.9)	977	(51.8)	266	(25.3)	27	(2.4)	970	(27.0)
20 and over.....	1282	30	(2.3)	995	(23.5)	100	(9.2)	10	(0.9)	953	(35.1)	330	(22.1)	35	(2.0)	1013	(30.9)
2 and over...	1739	28	(2.2)	990	(21.3)	90	(8.4)	9	(0.9)	955	(27.7)	324	(19.0)	34	(1.8)	1004	(26.8)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	973	(13.9)	26	(2.9)	3	(0.3)	937	(58.2)	233	(18.4)	25	(1.7)	978	(14.4)
20 and over.....	4742	24	(1.3)	966	(14.6)	71	(4.7)	7	(0.5)	969	(27.3)	295	(15.3)	30	(1.3)	965	(16.4)
2 and over...	7122	21	(1.2)	968	(13.1)	60	(3.9)	6	(0.4)	965	(21.7)	287	(13.0)	30	(1.1)	969	(14.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	1255	(49.0)	33	(4.6)	3	(0.4)	--		--		--		1269	(53.0)
20 and over.....	1180	14	(2.1)	1330	(34.6)	78	(13.4)	6	(0.9)	1587	(125.1)	555	(61.9)	35	(3.2)	1288	(31.6)
2 and over...	2045	12	(1.5)	1305	(32.6)	63	(9.7)	5	(0.7)	1479	(96.3)	525	(52.7)	36	(3.0)	1282	(33.8)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	1234	(20.7)	47	(8.1)	4	(0.7)	1395	(90.1)	491	(41.4)	35	(2.8)	1217	(24.5)
20 and over.....	1722	21	(1.5)	1393	(24.5)	113	(11.8)	8	(0.8)	1466	(45.0)	540	(31.4)	37	(2.4)	1374	(29.1)
2 and over...	2551	18	(1.4)	1354	(19.6)	97	(10.4)	7	(0.8)	1457	(41.0)	534	(28.2)	37	(2.1)	1331	(22.7)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1279	(46.9)	80	(16.8)	6	(1.4)	1461	(83.1)	498	(32.2)	34	(2.6)	1244	(53.2)
20 and over.....	1282	30	(2.3)	1438	(25.1)	189	(16.4)	13	(1.2)	1487	(32.7)	624	(26.7)	42	(2.0)	1416	(33.2)
2 and over...	1739	28	(2.2)	1410	(22.6)	170	(15.1)	12	(1.1)	1484	(29.3)	611	(24.7)	41	(1.8)	1381	(29.1)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	1249	(19.9)	55	(6.3)	4	(0.5)	1336	(50.0)	480	(23.7)	36	(1.9)	1237	(18.3)
20 and over.....	4742	24	(1.3)	1391	(15.7)	140	(8.6)	10	(0.6)	1478	(29.4)	581	(22.3)	39	(1.4)	1364	(19.1)
2 and over...	7122	21	(1.2)	1357	(13.9)	120	(7.5)	9	(0.5)	1459	(25.2)	568	(19.2)	39	(1.2)	1330	(16.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	233	(7.6)	6	(0.9)	2	(0.4)	--		--		--		234	(8.0)
20 and over.....	1180	14	(2.1)	287	(8.1)	13	(2.5)	5	(0.8)	343	(23.4)	96	(12.8)	28	(3.5)	278	(8.2)
2 and over...	2045	12	(1.5)	269	(6.1)	11	(1.8)	4	(0.6)	316	(18.6)	91	(10.8)	29	(3.2)	262	(6.3)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	229	(4.3)	7	(1.3)	3	(0.5)	258	(16.4)	73	(7.7)	28	(3.3)	226	(4.4)
20 and over.....	1722	21	(1.5)	299	(5.5)	20	(2.0)	7	(0.7)	310	(9.7)	96	(6.6)	31	(2.3)	296	(6.2)
2 and over...	2551	18	(1.4)	282	(4.5)	17	(1.8)	6	(0.6)	303	(9.0)	93	(6.3)	31	(2.2)	277	(4.6)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	245	(7.2)	12	(2.7)	5	(1.1)	267	(19.0)	76	(6.3)	28	(3.1)	241	(8.7)
20 and over.....	1282	30	(2.3)	323	(8.1)	32	(2.9)	10	(0.9)	322	(11.1)	105	(4.5)	33	(1.6)	323	(9.9)
2 and over...	1739	28	(2.2)	309	(7.5)	28	(2.6)	9	(0.8)	316	(10.1)	102	(4.2)	32	(1.4)	307	(8.6)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	234	(3.2)	9	(1.0)	4	(0.4)	251	(9.0)	75	(4.0)	30	(2.1)	232	(2.9)
20 and over.....	4742	24	(1.3)	306	(4.3)	24	(1.7)	8	(0.5)	319	(8.2)	101	(4.4)	32	(1.3)	301	(4.9)
2 and over...	7122	21	(1.2)	289	(3.7)	21	(1.5)	7	(0.5)	311	(7.2)	98	(4.0)	31	(1.2)	283	(3.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	13.3	(0.36)	0.3	(0.05)	2*	(0.4)	--		--		--		13.4	(0.37)
20 and over.....	1180	14	(2.1)	13.6	(0.38)	0.7	(0.14)	5	(1.0)	15.8	(1.35)	4.8	(0.56)	31	(2.3)	13.2	(0.35)
2 and over...	2045	12	(1.5)	13.5	(0.28)	0.5	(0.10)	4	(0.7)	15.1	(1.07)	4.5	(0.44)	30	(2.4)	13.3	(0.27)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	13.1	(0.33)	0.4	(0.06)	3	(0.5)	14.4	(1.26)	4.2	(0.41)	29	(3.3)	13.0	(0.34)
20 and over.....	1722	21	(1.5)	14.7	(0.31)	0.9	(0.09)	6	(0.7)	13.8	(0.60)	4.4	(0.24)	32	(2.5)	14.9	(0.38)
2 and over...	2551	18	(1.4)	14.3	(0.26)	0.8	(0.08)	6	(0.6)	13.9	(0.52)	4.4	(0.21)	32	(2.4)	14.4	(0.29)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	13.3	(0.46)	0.7	(0.13)	5	(1.0)	13.4	(0.71)	4.0	(0.26)	30	(2.4)	13.3	(0.56)
20 and over.....	1282	30	(2.3)	14.1	(0.33)	1.7	(0.16)	12	(1.1)	14.2	(0.44)	5.6	(0.23)	39	(2.0)	14.1	(0.43)
2 and over...	1739	28	(2.2)	14.0	(0.30)	1.5	(0.14)	11	(1.0)	14.1	(0.38)	5.4	(0.22)	38	(1.8)	13.9	(0.37)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	13.2	(0.17)	0.4	(0.05)	3	(0.3)	13.7	(0.57)	3.9	(0.15)	29	(1.6)	13.2	(0.17)
20 and over.....	4742	24	(1.3)	14.2	(0.19)	1.2	(0.08)	9	(0.6)	14.3	(0.35)	5.1	(0.20)	36	(1.4)	14.2	(0.24)
2 and over...	7122	21	(1.2)	14.0	(0.15)	1.0	(0.07)	7	(0.5)	14.2	(0.32)	4.9	(0.18)	35	(1.3)	13.9	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	9.8	(0.38)	0.3	(0.05)	3	(0.5)	--		--		--		9.8	(0.40)
20 and over.....	1180	14	(2.1)	10.2	(0.26)	0.6	(0.10)	6	(1.0)	11.8	(1.04)	4.0	(0.47)	34	(2.7)	9.9	(0.22)
2 and over...	2045	12	(1.5)	10.1	(0.23)	0.5	(0.08)	5	(0.7)	11.3	(0.80)	3.9	(0.41)	35	(2.5)	9.9	(0.23)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	9.2	(0.28)	0.4	(0.08)	4	(0.8)	10.1	(0.87)	4.0	(0.57)	40	(3.9)	9.1	(0.30)
20 and over.....	1722	21	(1.5)	11.2	(0.21)	0.9	(0.09)	8	(0.8)	11.3	(0.51)	4.2	(0.24)	37	(2.2)	11.1	(0.25)
2 and over...	2551	18	(1.4)	10.7	(0.18)	0.8	(0.08)	7	(0.8)	11.2	(0.43)	4.2	(0.23)	38	(2.1)	10.6	(0.19)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	9.3	(0.29)	0.5	(0.10)	6	(1.1)	9.9	(0.50)	3.2	(0.25)	33	(2.4)	9.2	(0.32)
20 and over.....	1282	30	(2.3)	11.5	(0.26)	1.5	(0.17)	13	(1.4)	11.8	(0.40)	5.0	(0.32)	42	(2.8)	11.3	(0.33)
2 and over...	1739	28	(2.2)	11.1	(0.23)	1.3	(0.15)	12	(1.3)	11.6	(0.35)	4.8	(0.30)	41	(2.5)	10.9	(0.28)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	9.4	(0.17)	0.4	(0.05)	4	(0.4)	9.7	(0.33)	3.6	(0.22)	37	(1.9)	9.4	(0.17)
20 and over.....	4742	24	(1.3)	11.1	(0.14)	1.1	(0.08)	10	(0.7)	11.6	(0.29)	4.6	(0.20)	40	(1.6)	10.9	(0.18)
2 and over...	7122	21	(1.2)	10.7	(0.13)	0.9	(0.07)	9	(0.6)	11.3	(0.25)	4.5	(0.19)	39	(1.4)	10.5	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	0.9	(0.03)	#		3	(0.4)	--		--		--		0.9	(0.03)
20 and over.....	1180	14	(2.1)	1.1	(0.04)	0.1	(0.01)	5	(0.9)	1.4	(0.11)	0.4	(0.06)	27	(4.1)	1.1	(0.04)
2 and over...	2045	12	(1.5)	1.0	(0.03)	#		4	(0.7)	1.3	(0.10)	0.4	(0.05)	29	(3.8)	1.0	(0.03)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	0.9	(0.01)	#		4	(0.7)	1.1	(0.08)	0.3	(0.03)	30	(3.4)	0.8	(0.01)
20 and over.....	1722	21	(1.5)	1.2	(0.02)	0.1	(0.01)	7	(0.6)	1.2	(0.04)	0.4	(0.02)	33	(1.7)	1.2	(0.03)
2 and over...	2551	18	(1.4)	1.1	(0.02)	0.1	(0.01)	7	(0.6)	1.2	(0.04)	0.4	(0.02)	33	(1.7)	1.1	(0.02)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	1.0	(0.04)	#		5	(1.3)	1.0	(0.06)	0.3	(0.03)	29	(3.4)	1.0	(0.05)
20 and over.....	1282	30	(2.3)	1.3	(0.03)	0.1	(0.01)	10	(0.9)	1.3	(0.05)	0.4	(0.02)	33	(1.7)	1.3	(0.03)
2 and over...	1739	28	(2.2)	1.3	(0.03)	0.1	(0.01)	9	(0.9)	1.3	(0.04)	0.4	(0.02)	32	(1.5)	1.2	(0.03)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	0.9	(0.02)	#		4	(0.6)	1.0	(0.04)	0.3	(0.02)	32	(2.4)	0.9	(0.02)
20 and over.....	4742	24	(1.3)	1.2	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.2)	1.2	(0.02)
2 and over...	7122	21	(1.2)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.03)	0.4	(0.01)	32	(1.1)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	96.1	(3.07)	3.4	(0.50)	4	(0.5)	--		--		--		96.4	(3.11)
20 and over.....	1180	14	(2.1)	111.3	(2.47)	7.6	(1.38)	7	(1.1)	142.1	(12.77)	54.6	(5.55)	38	(4.5)	106.3	(2.26)
2 and over...	2045	12	(1.5)	106.3	(2.24)	6.2	(1.02)	6	(0.9)	131.4	(10.34)	52.2	(4.99)	40	(4.1)	102.9	(2.17)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	91.0	(2.06)	4.3	(0.73)	5	(0.8)	98.2	(4.83)	44.9	(3.52)	46	(2.5)	90.2	(2.20)
20 and over.....	1722	21	(1.5)	113.9	(2.98)	10.5	(0.99)	9	(0.8)	121.0	(5.63)	50.1	(2.75)	41	(2.3)	112.0	(2.66)
2 and over...	2551	18	(1.4)	108.2	(2.30)	9.0	(0.89)	8	(0.8)	118.0	(5.01)	49.4	(2.57)	42	(2.0)	106.0	(1.99)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	92.3	(4.46)	7.4	(1.66)	8	(1.8)	117.4	(9.54)	46.2	(4.05)	39	(3.9)	87.5	(4.72)
20 and over.....	1282	30	(2.3)	118.6	(2.30)	18.3	(1.60)	15	(1.5)	126.2	(3.65)	60.4	(2.76)	48	(2.6)	115.4	(3.25)
2 and over...	1739	28	(2.2)	114.1	(2.19)	16.4	(1.49)	14	(1.4)	125.3	(3.54)	58.9	(2.55)	47	(2.4)	109.7	(2.90)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	93.1	(1.62)	5.2	(0.67)	6	(0.7)	106.7	(5.21)	45.8	(2.90)	43	(2.2)	91.4	(1.38)
20 and over.....	4742	24	(1.3)	114.8	(1.07)	13.4	(0.83)	12	(0.7)	125.3	(3.23)	55.8	(2.17)	45	(1.9)	111.4	(1.48)
2 and over...	7122	21	(1.2)	109.6	(0.90)	11.5	(0.75)	10	(0.7)	122.9	(2.88)	54.5	(1.96)	44	(1.7)	106.1	(1.13)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	2074	(68.3)	60	(9.9)	3	(0.5)	--		--		--		2077	(74.5)
20 and over.....	1180	14	(2.1)	2473	(73.0)	135	(26.1)	5	(0.9)	2959	(226.8)	966	(124.2)	33	(2.9)	2394	(65.4)
2 and over...	2045	12	(1.5)	2340	(53.7)	110	(19.3)	5	(0.8)	2758	(179.8)	924	(109.1)	33	(2.8)	2283	(49.0)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	2089	(40.0)	72	(15.2)	3	(0.7)	2530	(212.3)	752	(85.2)	30	(3.8)	2042	(41.0)
20 and over.....	1722	21	(1.5)	2577	(40.8)	200	(19.9)	8	(0.8)	2632	(67.5)	953	(57.3)	36	(2.3)	2563	(52.1)
2 and over...	2551	18	(1.4)	2456	(34.4)	168	(18.2)	7	(0.7)	2619	(66.6)	927	(55.1)	35	(2.2)	2420	(40.2)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	2177	(75.0)	124	(31.0)	6	(1.5)	2421	(156.2)	769	(93.3)	32	(3.6)	2130	(86.3)
20 and over.....	1282	30	(2.3)	2753	(76.4)	314	(27.8)	11	(1.0)	2788	(97.8)	1037	(38.4)	37	(1.6)	2738	(81.2)
2 and over...	1739	28	(2.2)	2653	(69.1)	281	(25.8)	11	(1.0)	2751	(89.7)	1010	(36.2)	37	(1.4)	2615	(70.9)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	2105	(32.7)	87	(11.1)	4	(0.5)	2312	(94.0)	763	(44.7)	33	(2.2)	2079	(26.9)
20 and over.....	4742	24	(1.3)	2618	(37.5)	241	(16.6)	9	(0.6)	2744	(65.9)	1001	(39.3)	36	(1.2)	2578	(37.2)
2 and over...	7122	21	(1.2)	2496	(31.2)	204	(14.7)	8	(0.5)	2689	(58.3)	971	(35.8)	36	(1.1)	2445	(29.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	2932	(98.3)	98	(14.1)	3	(0.5)	--		--		--		2939	(102.2)
20 and over.....	1180	14	(2.1)	3387	(118.1)	254	(51.1)	7	(1.4)	4248	(410.2)	1816	(208.5)	43	(2.7)	3247	(104.2)
2 and over...	2045	12	(1.5)	3235	(93.3)	202	(36.3)	6	(1.0)	3943	(316.9)	1693	(175.1)	43	(2.5)	3139	(85.3)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	2881	(46.5)	138	(21.0)	5	(0.8)	3452	(176.9)	1435	(68.5)	42	(1.8)	2820	(49.9)
20 and over.....	1722	21	(1.5)	3543	(82.2)	365	(33.8)	10	(0.9)	3998	(176.2)	1741	(91.0)	44	(2.9)	3422	(77.0)
2 and over...	2551	18	(1.4)	3378	(63.6)	309	(29.9)	9	(0.9)	3926	(144.2)	1701	(79.1)	43	(2.5)	3257	(59.0)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	3022	(113.2)	287	(70.8)	9	(2.2)	4009	(359.3)	1779	(230.7)	44	(3.3)	2832	(106.5)
20 and over.....	1282	30	(2.3)	3598	(68.9)	620	(67.6)	17	(1.7)	4058	(88.7)	2045	(139.4)	50	(2.8)	3399	(79.8)
2 and over...	1739	28	(2.2)	3498	(64.9)	562	(62.9)	16	(1.6)	4053	(102.9)	2019	(134.0)	50	(2.6)	3284	(68.9)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	2934	(54.4)	176	(22.9)	6	(0.7)	3510	(174.9)	1544	(104.8)	44	(1.7)	2860	(47.4)
20 and over.....	4742	24	(1.3)	3531	(38.5)	458	(32.3)	13	(0.9)	4033	(66.2)	1903	(89.3)	47	(2.0)	3372	(44.8)
2 and over...	7122	21	(1.2)	3389	(34.8)	391	(28.2)	12	(0.8)	3966	(56.7)	1857	(79.7)	47	(1.7)	3235	(36.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	29.5	(2.60)	0.5	(0.09)	2*	(0.3)	--		--		--		28.6	(2.71)
20 and over.....	1180	14	(2.1)	168.9	(10.56)	4.6	(0.81)	3	(0.5)	181.3	(21.63)	33.0	(6.47)	18	(3.6)	166.9	(10.66)
2 and over...	2045	12	(1.5)	122.3	(7.52)	3.2	(0.57)	3	(0.4)	150.4	(20.26)	27.2	(5.44)	18	(3.5)	118.5	(7.62)
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	25.4	(3.84)	1.6	(0.45)	6	(1.5)	53.2*	(19.91)	16.7	(4.23)	--		22.5	(2.61)
20 and over.....	1722	21	(1.5)	161.8	(9.50)	6.6	(1.25)	4	(0.7)	142.6	(15.91)	31.4	(6.45)	22	(3.9)	166.9	(10.54)
2 and over...	2551	18	(1.4)	127.9	(6.87)	5.3	(0.93)	4	(0.7)	130.9	(11.99)	29.5	(5.46)	23	(3.9)	127.2	(7.64)
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	22.7	(3.79)	1.4*	(0.66)	6*	(2.5)	34.8*	(11.97)	8.6*	(3.63)	--		20.4	(2.95)
20 and over.....	1282	30	(2.3)	184.3	(8.48)	12.2	(2.96)	7	(1.5)	192.9	(10.76)	40.1	(9.24)	21	(4.9)	180.6	(9.56)
2 and over...	1739	28	(2.2)	156.2	(8.08)	10.3	(2.52)	7	(1.5)	177.0	(9.24)	37.0	(8.44)	21	(4.8)	148.2	(9.15)
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	26.4	(2.10)	1.1	(0.25)	4	(0.9)	41.4	(7.49)	10.0	(2.01)	24	(5.0)	24.5	(1.75)
20 and over.....	4742	24	(1.3)	170.4	(6.39)	8.6	(1.50)	5	(0.8)	172.0	(7.12)	35.9	(6.34)	21	(3.3)	169.9	(7.49)
2 and over...	7122	21	(1.2)	136.2	(4.87)	6.8	(1.18)	5	(0.8)	155.2	(5.77)	32.5	(5.60)	21	(3.3)	131.1	(5.66)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3]				*Full Service Restaurant Consumers* [4]				*Non-consumers* [5]	
				Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	8	(1.0)	--		--		--		--		--		--		--	
20 and over.....	1180	14	(2.1)	9.6	(1.02)	1.2*	(0.38)	13	(3.5)	15.0	(3.21)	8.9	(2.32)	--		8.7	(0.87)
2 and over...	2045	12	(1.5)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	829	10	(1.4)	--		--		--		--		--		--		--	
20 and over.....	1722	21	(1.5)	7.8	(1.11)	1.5	(0.34)	20	(4.3)	13.1	(1.76)	7.3	(1.55)	56	(7.6)	6.4	(1.39)
2 and over...	2551	18	(1.4)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	457	16	(2.7)	--		--		--		--		--		--		--	
20 and over.....	1282	30	(2.3)	12.0	(0.99)	2.8	(0.26)	23	(2.5)	20.8	(2.72)	9.1	(1.00)	44	(4.1)	8.1	(0.78)
2 and over...	1739	28	(2.2)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	2380	11	(1.0)	--		--		--		--		--		--		--	
20 and over.....	4742	24	(1.3)	10.0	(0.49)	2.0	(0.21)	20	(1.8)	17.5	(1.78)	8.4	(0.98)	48	(3.7)	7.6	(0.45)
2 and over...	7122	21	(1.2)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[4] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Full Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

[8] 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 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 alchohol 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 [1], by Male/Female and Age, in the United States, 2017-2018

Food energy

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5	260	37	(4.2)	1656	(53.0)	198	(29.4)	12	(1.8)	1791	(106.3)	528	(58.6)	29	(2.9)	1576	(56.6)
6 - 11	383	34	(4.0)	2006	(54.0)	230	(23.4)	11	(1.2)	2152	(87.1)	682	(48.8)	32	(2.2)	1931	(53.6)
12 - 19	531	42	(4.5)	2275	(43.2)	475	(69.6)	21	(3.0)	2613	(43.7)	1141	(79.6)	44	(3.0)	2034	(80.0)
20 - 39	664	53	(3.4)	2526	(46.1)	589	(45.0)	23	(1.6)	2701	(86.4)	1105	(61.2)	41	(1.9)	2325	(52.3)
40 - 59	715	41	(3.9)	2578	(67.7)	397	(40.5)	15	(1.4)	2770	(114.1)	966	(65.4)	35	(2.0)	2443	(79.9)
60 and over	928	29	(3.4)	2312	(41.5)	201	(28.5)	9	(1.2)	2457	(69.5)	702	(32.8)	29	(1.5)	2254	(42.7)
2 - 19	1174	38	(3.0)	2055	(25.5)	335	(34.7)	16	(1.7)	2307	(50.2)	879	(41.2)	38	(1.8)	1900	(41.4)
20 and over	2307	42	(2.0)	2485	(23.9)	413	(27.2)	17	(1.0)	2679	(51.7)	981	(44.7)	37	(1.5)	2344	(38.3)
2 and over	3481	41	(2.0)	2378	(21.9)	394	(25.5)	17	(1.0)	2593	(48.0)	957	(34.8)	37	(1.1)	2227	(28.7)
Females:																	
2 - 5	280	35	(4.3)	1424	(45.7)	150	(21.4)	11	(1.3)	1451	(37.3)	426	(31.9)	29	(1.8)	1409	(62.9)
6 - 11	412	45	(4.6)	1864	(40.3)	311	(48.8)	17	(2.6)	1997	(64.7)	690	(63.0)	35	(3.2)	1754	(65.7)
12 - 19	514	52	(4.0)	1768	(44.7)	412	(33.4)	23	(2.0)	1853	(39.0)	793	(30.4)	43	(1.4)	1677	(78.1)
20 - 39	766	52	(2.1)	1936	(25.5)	404	(22.3)	21	(1.1)	2015	(39.6)	776	(35.8)	39	(1.5)	1849	(32.6)
40 - 59	786	40	(3.5)	1868	(70.3)	287	(29.1)	15	(1.7)	1934	(86.2)	714	(61.5)	37	(2.3)	1824	(83.3)
60 and over	883	24	(2.2)	1727	(46.0)	145	(20.3)	8	(1.1)	1848	(79.6)	614	(44.8)	33	(2.1)	1690	(51.6)
2 - 19	1206	46	(3.1)	1726	(27.0)	322	(31.5)	19	(1.8)	1834	(34.7)	698	(36.4)	38	(1.6)	1634	(35.8)
20 and over	2435	39	(1.7)	1849	(28.3)	286	(16.4)	15	(0.9)	1957	(34.1)	725	(33.7)	37	(1.5)	1779	(33.4)
2 and over	3641	41	(1.7)	1821	(21.7)	294	(14.7)	16	(0.8)	1925	(26.9)	718	(25.8)	37	(1.1)	1749	(26.2)
Males and Females:																	
2 - 19	2380	42	(2.3)	1894	(18.2)	328	(24.4)	17	(1.2)	2054	(35.7)	782	(28.4)	38	(1.3)	1779	(27.2)
20 and over	4742	41	(1.7)	2155	(18.8)	347	(18.8)	16	(0.8)	2316	(31.7)	852	(34.5)	37	(1.3)	2044	(27.7)
2 and over	7122	41	(1.6)	2093	(14.2)	343	(17.1)	16	(0.8)	2252	(27.1)	835	(27.1)	37	(1.0)	1982	(21.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Protein

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	56.7	(1.27)	6.5	(0.93)	11	(1.7)	59.8	(2.94)	17.3	(2.08)	29	(3.2)	54.9	(1.82)
6 - 11	383	34	(4.0)	68.8	(2.09)	8.4	(1.12)	12	(1.7)	73.1	(3.22)	25.0	(2.00)	34	(3.0)	66.7	(2.23)
12 - 19	531	42	(4.5)	86.5	(3.49)	18.5	(3.13)	21	(3.3)	95.4	(4.08)	44.6	(4.60)	47	(3.1)	80.1	(4.65)
20 - 39	664	53	(3.4)	97.4	(1.80)	24.0	(1.58)	25	(1.5)	102.0	(3.34)	45.0	(2.22)	44	(2.0)	92.2	(2.96)
40 - 59	715	41	(3.9)	99.9	(3.05)	15.7	(1.53)	16	(1.4)	100.8	(4.17)	38.3	(2.30)	38	(2.2)	99.2	(4.45)
60 and over	928	29	(3.4)	87.0	(2.21)	8.2	(1.17)	9	(1.3)	92.4	(3.37)	28.8	(1.94)	31	(2.6)	84.8	(2.16)
2 - 19	1174	38	(3.0)	74.3	(1.59)	12.6	(1.62)	17	(2.1)	81.5	(2.51)	33.2	(2.44)	41	(2.3)	69.9	(2.25)
20 and over	2307	42	(2.0)	95.4	(1.29)	16.7	(1.01)	18	(0.9)	99.8	(2.02)	39.6	(1.64)	40	(1.5)	92.2	(1.85)
2 and over	3481	41	(2.0)	90.1	(1.23)	15.7	(1.00)	17	(1.0)	95.5	(1.80)	38.1	(1.36)	40	(1.2)	86.4	(1.47)
Females:																	
2 - 5	280	35	(4.3)	49.3	(1.53)	5.1	(0.74)	10	(1.3)	49.0	(1.80)	14.5	(1.25)	30	(2.4)	49.4	(1.92)
6 - 11	412	45	(4.6)	60.7	(1.61)	9.9	(1.71)	16	(2.7)	63.8	(1.89)	21.9	(2.20)	34	(3.3)	58.2	(2.43)
12 - 19	514	52	(4.0)	62.0	(2.77)	14.6	(1.07)	24	(2.1)	62.2	(2.22)	28.2	(1.33)	45	(1.8)	61.7	(3.94)
20 - 39	766	52	(2.1)	71.4	(1.28)	16.0	(1.02)	22	(1.3)	73.8	(2.10)	30.8	(1.60)	42	(1.9)	68.8	(2.55)
40 - 59	786	40	(3.5)	69.4	(2.70)	11.4	(1.15)	16	(1.7)	70.1	(3.55)	28.4	(2.86)	41	(3.9)	68.9	(2.76)
60 and over	883	24	(2.2)	66.9	(2.06)	5.5	(0.74)	8	(1.1)	67.5	(1.57)	23.3	(1.87)	34	(2.3)	66.7	(2.57)
2 - 19	1206	46	(3.1)	58.8	(1.51)	11.0	(1.04)	19	(1.8)	60.6	(1.47)	23.8	(1.15)	39	(1.7)	57.3	(2.02)
20 and over	2435	39	(1.7)	69.4	(1.35)	11.3	(0.61)	16	(0.8)	71.4	(1.62)	28.6	(1.33)	40	(1.7)	68.1	(1.80)
2 and over	3641	41	(1.7)	67.0	(1.08)	11.2	(0.54)	17	(0.8)	68.6	(1.37)	27.4	(1.04)	40	(1.3)	65.8	(1.45)
Males and Females:																	
2 - 19	2380	42	(2.3)	66.8	(1.34)	11.8	(0.97)	18	(1.4)	70.3	(1.76)	28.2	(1.27)	40	(1.6)	64.2	(1.88)
20 and over	4742	41	(1.7)	81.9	(0.93)	13.9	(0.67)	17	(0.7)	85.5	(1.18)	34.1	(1.23)	40	(1.4)	79.4	(1.51)
2 and over	7122	41	(1.6)	78.3	(0.88)	13.4	(0.65)	17	(0.8)	81.8	(1.20)	32.6	(1.06)	40	(1.1)	75.8	(1.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	220	(8.1)	23	(3.6)	11	(1.6)	239	(16.4)	63	(6.8)	26	(2.7)	208	(6.9)
6 - 11	383	34	(4.0)	260	(7.1)	26	(2.5)	10	(1.0)	274	(9.5)	77	(5.7)	28	(2.0)	253	(9.4)
12 - 19	531	42	(4.5)	283	(4.5)	53	(8.0)	19	(2.8)	320	(5.5)	128	(9.3)	40	(3.2)	257	(8.3)
20 - 39	664	53	(3.4)	284	(4.9)	61	(5.1)	21	(1.7)	300	(9.2)	114	(6.0)	38	(2.0)	265	(8.3)
40 - 59	715	41	(3.9)	293	(6.6)	43	(4.5)	15	(1.4)	320	(13.6)	105	(8.0)	33	(2.1)	274	(7.7)
60 and over	928	29	(3.4)	263	(5.2)	21	(3.1)	8	(1.2)	281	(9.0)	72	(4.2)	26	(1.5)	256	(5.7)
2 - 19	1174	38	(3.0)	262	(2.8)	38	(3.9)	14	(1.5)	290	(6.8)	99	(4.8)	34	(1.9)	245	(4.6)
20 and over	2307	42	(2.0)	281	(3.2)	43	(3.0)	15	(1.0)	303	(5.9)	103	(5.0)	34	(1.5)	265	(3.9)
2 and over	3481	41	(2.0)	277	(2.6)	42	(2.7)	15	(0.9)	300	(5.4)	102	(3.8)	34	(1.2)	260	(3.0)
Females:																	
2 - 5	280	35	(4.3)	193	(6.9)	18	(2.5)	9	(1.2)	193	(4.5)	51	(3.7)	27	(1.7)	193	(10.4)
6 - 11	412	45	(4.6)	247	(6.6)	37	(6.4)	15	(2.5)	260	(8.9)	82	(8.6)	31	(2.9)	236	(9.7)
12 - 19	514	52	(4.0)	222	(4.9)	47	(4.5)	21	(1.8)	234	(6.6)	91	(4.5)	39	(1.5)	209	(6.8)
20 - 39	766	52	(2.1)	226	(3.9)	43	(2.2)	19	(0.9)	235	(6.6)	83	(3.8)	35	(1.3)	217	(4.1)
40 - 59	786	40	(3.5)	221	(10.2)	31	(3.3)	14	(1.5)	230	(11.8)	77	(7.5)	33	(2.3)	215	(12.3)
60 and over	883	24	(2.2)	202	(5.7)	16	(2.4)	8	(1.1)	215	(10.3)	66	(5.5)	31	(2.1)	198	(6.6)
2 - 19	1206	46	(3.1)	224	(3.7)	37	(4.0)	17	(1.6)	236	(5.5)	81	(4.8)	35	(1.5)	214	(3.5)
20 and over	2435	39	(1.7)	217	(3.8)	31	(1.8)	14	(0.8)	230	(4.8)	78	(3.8)	34	(1.4)	209	(4.6)
2 and over	3641	41	(1.7)	219	(3.0)	32	(1.7)	15	(0.7)	231	(3.4)	79	(2.8)	34	(1.1)	210	(3.9)
Males and Females:																	
2 - 19	2380	42	(2.3)	243	(2.3)	38	(2.9)	15	(1.1)	261	(4.3)	90	(3.4)	34	(1.2)	231	(2.9)
20 and over	4742	41	(1.7)	248	(3.0)	37	(2.1)	15	(0.8)	266	(4.1)	90	(4.0)	34	(1.3)	235	(3.8)
2 and over	7122	41	(1.6)	247	(2.2)	37	(1.9)	15	(0.7)	265	(3.0)	90	(3.0)	34	(1.0)	234	(3.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	106	(5.8)	8	(1.6)	7*	(1.4)	112	(9.8)	21	(2.8)	18*	(2.6)	102	(5.6)
6 - 11	383	34	(4.0)	118	(3.1)	9	(0.9)	8	(0.7)	126	(5.6)	28	(2.8)	22	(2.4)	114	(4.1)
12 - 19	531	42	(4.5)	126	(3.4)	20	(3.3)	16	(2.5)	148	(5.0)	48	(4.6)	32	(3.4)	110	(4.2)
20 - 39	664	53	(3.4)	114	(3.5)	19	(1.7)	16	(1.5)	122	(4.8)	35	(2.2)	29	(1.9)	104	(4.7)
40 - 59	715	41	(3.9)	128	(5.9)	15	(1.8)	12	(1.2)	139	(9.8)	37	(3.3)	26	(1.8)	120	(5.9)
60 and over	928	29	(3.4)	114	(2.6)	6	(1.0)	5	(0.8)	119	(7.1)	21	(1.8)	18	(1.4)	112	(3.0)
2 - 19	1174	38	(3.0)	119	(1.9)	14	(1.4)	12	(1.2)	134	(4.4)	36	(2.1)	27	(1.8)	110	(2.3)
20 and over	2307	42	(2.0)	119	(2.7)	14	(0.9)	12	(0.7)	128	(4.0)	33	(1.6)	26	(1.2)	113	(2.3)
2 and over	3481	41	(2.0)	119	(2.3)	14	(0.9)	12	(0.7)	129	(3.4)	34	(1.3)	26	(1.1)	112	(1.9)
Females:																	
2 - 5	280	35	(4.3)	95	(4.8)	6	(1.1)	6*	(1.0)	93	(3.5)	18	(1.9)	19*	(1.9)	97	(7.1)
6 - 11	412	45	(4.6)	112	(4.2)	16	(3.1)	14	(2.6)	120	(6.0)	34	(4.8)	29	(3.1)	106	(5.3)
12 - 19	514	52	(4.0)	97	(2.9)	18	(2.5)	19	(2.2)	104	(4.2)	35	(3.3)	34	(2.9)	89	(4.0)
20 - 39	766	52	(2.1)	97	(3.1)	16	(1.1)	16	(1.0)	104	(4.8)	30	(1.9)	29	(1.2)	90	(3.5)
40 - 59	786	40	(3.5)	101	(5.6)	11	(1.3)	11	(1.1)	105	(8.6)	28	(3.5)	26	(1.7)	98	(6.2)
60 and over	883	24	(2.2)	89	(3.8)	5	(0.9)	5	(0.9)	87	(5.3)	20	(2.8)	24	(2.4)	90	(4.4)
2 - 19	1206	46	(3.1)	102	(2.4)	15	(1.9)	15	(1.6)	107	(3.8)	32	(2.7)	30	(1.9)	97	(2.6)
20 and over	2435	39	(1.7)	96	(2.0)	11	(0.7)	11	(0.7)	101	(3.2)	27	(1.6)	27	(1.1)	93	(2.4)
2 and over	3641	41	(1.7)	97	(1.5)	12	(0.7)	12	(0.7)	103	(2.1)	29	(1.2)	28	(1.0)	93	(2.0)
Males and Females:																	
2 - 19	2380	42	(2.3)	110	(1.3)	14	(1.2)	13	(1.0)	120	(2.7)	34	(1.6)	28	(1.4)	104	(1.5)
20 and over	4742	41	(1.7)	107	(1.7)	12	(0.7)	11	(0.6)	114	(2.5)	30	(1.4)	26	(1.0)	102	(1.9)
2 and over	7122	41	(1.6)	108	(1.4)	13	(0.7)	12	(0.6)	116	(1.9)	31	(1.0)	27	(0.8)	102	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	12.4	(0.52)	1.4	(0.21)	11	(1.7)	12.9	(0.86)	3.6	(0.44)	28	(3.2)	12.1	(0.75)
6 - 11	383	34	(4.0)	14.9	(0.87)	1.4	(0.18)	10	(1.4)	14.9	(0.81)	4.3	(0.47)	29	(3.1)	14.9	(1.09)
12 - 19	531	42	(4.5)	15.7	(0.47)	3.1	(0.60)	20	(3.6)	16.6	(0.75)	7.5	(0.95)	45	(4.4)	15.0	(0.73)
20 - 39	664	53	(3.4)	18.1	(0.57)	3.7	(0.33)	21	(1.6)	17.9	(0.93)	7.0	(0.48)	39	(2.1)	18.4	(0.85)
40 - 59	715	41	(3.9)	19.2	(0.57)	2.7	(0.33)	14	(1.7)	19.5	(0.97)	6.5	(0.57)	34	(2.4)	19.0	(0.90)
60 and over	928	29	(3.4)	17.7	(0.63)	1.2	(0.15)	7	(0.9)	17.3	(0.87)	4.2	(0.32)	24	(1.9)	17.8	(0.73)
2 - 19	1174	38	(3.0)	14.7	(0.38)	2.2	(0.30)	15	(2.0)	15.3	(0.39)	5.8	(0.50)	38	(2.8)	14.3	(0.60)
20 and over	2307	42	(2.0)	18.4	(0.38)	2.7	(0.20)	14	(1.1)	18.3	(0.42)	6.3	(0.36)	34	(1.7)	18.4	(0.58)
2 and over	3481	41	(2.0)	17.5	(0.34)	2.5	(0.20)	15	(1.1)	17.6	(0.38)	6.2	(0.31)	35	(1.6)	17.4	(0.50)
Females:																	
2 - 5	280	35	(4.3)	11.8	(0.45)	1.1	(0.17)	9	(1.5)	10.9	(0.72)	3.0	(0.30)	27	(2.4)	12.3	(0.69)
6 - 11	412	45	(4.6)	14.6	(0.44)	1.9	(0.30)	13	(1.9)	15.4	(0.69)	4.2	(0.45)	27	(2.3)	13.9	(0.64)
12 - 19	514	52	(4.0)	13.5	(0.55)	2.7	(0.25)	20	(1.5)	13.7	(0.82)	5.1	(0.29)	37	(2.3)	13.3	(0.61)
20 - 39	766	52	(2.1)	15.7	(0.48)	2.5	(0.14)	16	(1.1)	14.7	(0.59)	4.7	(0.21)	32	(2.2)	16.8	(0.61)
40 - 59	786	40	(3.5)	14.9	(0.73)	1.8	(0.19)	12	(1.4)	14.2	(0.78)	4.5	(0.45)	31	(3.1)	15.4	(1.01)
60 and over	883	24	(2.2)	15.7	(0.57)	1.0	(0.20)	6	(1.2)	14.8	(0.73)	4.3	(0.53)	29	(3.0)	16.0	(0.74)
2 - 19	1206	46	(3.1)	13.5	(0.28)	2.1	(0.20)	15	(1.3)	13.8	(0.48)	4.5	(0.22)	32	(1.6)	13.3	(0.37)
20 and over	2435	39	(1.7)	15.5	(0.44)	1.8	(0.10)	12	(0.7)	14.6	(0.46)	4.6	(0.18)	31	(1.8)	16.0	(0.60)
2 and over	3641	41	(1.7)	15.0	(0.37)	1.9	(0.10)	12	(0.7)	14.4	(0.38)	4.5	(0.15)	32	(1.6)	15.5	(0.50)
Males and Females:																	
2 - 19	2380	42	(2.3)	14.1	(0.27)	2.1	(0.20)	15	(1.4)	14.5	(0.35)	5.1	(0.30)	35	(1.8)	13.9	(0.42)
20 and over	4742	41	(1.7)	16.9	(0.39)	2.2	(0.13)	13	(0.8)	16.4	(0.35)	5.4	(0.23)	33	(1.5)	17.2	(0.55)
2 and over	7122	41	(1.6)	16.2	(0.33)	2.2	(0.12)	14	(0.8)	16.0	(0.30)	5.3	(0.20)	33	(1.4)	16.4	(0.47)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	63.8	(2.27)	8.8	(1.34)	14	(2.1)	68.9	(4.04)	23.5	(2.86)	34	(3.5)	60.7	(2.83)
6 - 11	383	34	(4.0)	79.6	(3.01)	10.5	(1.05)	13	(1.3)	87.5	(4.96)	31.1	(2.35)	36	(2.6)	75.6	(2.70)
12 - 19	531	42	(4.5)	90.2	(2.11)	21.2	(3.04)	23	(3.3)	107.2	(3.11)	51.0	(3.51)	48	(3.2)	78.2	(3.71)
20 - 39	664	53	(3.4)	100.7	(2.67)	27.5	(2.00)	27	(1.7)	109.4	(4.46)	51.6	(3.24)	47	(2.2)	90.7	(3.34)
40 - 59	715	41	(3.9)	104.1	(4.32)	18.1	(1.99)	17	(1.7)	113.6	(6.82)	44.1	(3.18)	39	(2.6)	97.5	(5.09)
60 and over	928	29	(3.4)	98.4	(1.76)	9.5	(1.35)	10	(1.4)	104.9	(2.74)	33.2	(1.50)	32	(1.4)	95.8	(2.22)
2 - 19	1174	38	(3.0)	81.1	(1.64)	15.0	(1.53)	19	(1.9)	93.4	(2.82)	39.4	(1.85)	42	(1.8)	73.5	(2.00)
20 and over	2307	42	(2.0)	101.3	(1.42)	19.2	(1.30)	19	(1.2)	110.0	(3.01)	45.5	(2.13)	41	(1.7)	94.9	(2.29)
2 and over	3481	41	(2.0)	96.2	(1.30)	18.1	(1.20)	19	(1.1)	106.2	(2.78)	44.1	(1.70)	42	(1.3)	89.3	(1.60)
Females:																	
2 - 5	280	35	(4.3)	52.9	(1.67)	6.5	(0.99)	12	(1.6)	55.6	(1.96)	18.3	(1.54)	33	(2.3)	51.4	(2.10)
6 - 11	412	45	(4.6)	73.3	(1.69)	14.1	(1.92)	19	(2.7)	80.9	(4.01)	31.2	(2.58)	39	(3.6)	67.1	(2.42)
12 - 19	514	52	(4.0)	71.9	(2.56)	18.6	(1.46)	26	(2.5)	75.7	(2.16)	35.8	(1.48)	47	(1.9)	67.9	(4.72)
20 - 39	766	52	(2.1)	80.2	(1.76)	18.7	(1.29)	23	(1.3)	84.8	(2.21)	36.0	(2.16)	42	(2.2)	75.1	(2.84)
40 - 59	786	40	(3.5)	75.9	(3.12)	13.3	(1.43)	18	(2.1)	79.1	(4.03)	33.1	(2.59)	42	(2.8)	73.7	(4.01)
60 and over	883	24	(2.2)	71.5	(2.37)	6.8	(0.95)	10	(1.2)	80.1	(4.52)	29.0	(2.41)	36	(2.8)	68.9	(2.85)
2 - 19	1206	46	(3.1)	68.3	(1.47)	14.4	(1.34)	21	(2.1)	74.1	(2.25)	31.4	(1.67)	42	(2.0)	63.3	(2.07)
20 and over	2435	39	(1.7)	76.1	(1.30)	13.3	(0.81)	17	(1.1)	82.0	(1.49)	33.7	(1.62)	41	(1.8)	72.3	(1.68)
2 and over	3641	41	(1.7)	74.3	(1.04)	13.5	(0.72)	18	(1.0)	80.0	(1.52)	33.1	(1.33)	41	(1.5)	70.4	(1.34)
Males and Females:																	
2 - 19	2380	42	(2.3)	74.9	(1.03)	14.8	(1.09)	20	(1.4)	83.1	(2.14)	35.1	(1.36)	42	(1.4)	68.9	(1.31)
20 and over	4742	41	(1.7)	88.2	(0.77)	16.1	(0.90)	18	(1.0)	95.9	(1.64)	39.6	(1.57)	41	(1.5)	82.9	(1.23)
2 and over	7122	41	(1.6)	85.0	(0.69)	15.8	(0.83)	19	(0.9)	92.8	(1.55)	38.5	(1.29)	41	(1.2)	79.6	(0.92)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	22.5	(0.90)	2.7	(0.40)	12	(1.9)	23.4	(1.81)	7.1	(0.80)	30	(3.3)	21.9	(1.34)
6 - 11	383	34	(4.0)	28.1	(1.02)	3.8	(0.39)	13	(1.3)	30.5	(1.62)	11.1	(0.88)	37	(2.8)	26.8	(1.08)
12 - 19	531	42	(4.5)	31.0	(0.66)	7.3	(0.92)	24	(3.0)	36.6	(1.32)	17.6	(1.07)	48	(3.0)	26.9	(1.18)
20 - 39	664	53	(3.4)	32.8	(0.77)	9.3	(0.68)	28	(1.8)	35.9	(1.19)	17.4	(1.05)	49	(2.4)	29.2	(1.18)
40 - 59	715	41	(3.9)	33.4	(1.11)	6.1	(0.71)	18	(2.0)	36.2	(1.66)	14.8	(1.18)	41	(2.5)	31.4	(1.63)
60 and over	928	29	(3.4)	32.8	(0.79)	3.3	(0.49)	10	(1.6)	34.9	(1.56)	11.6	(0.53)	33	(2.2)	31.9	(1.02)
2 - 19	1174	38	(3.0)	28.2	(0.58)	5.2	(0.47)	18	(1.7)	32.1	(1.02)	13.5	(0.53)	42	(1.6)	25.8	(0.67)
20 and over	2307	42	(2.0)	33.0	(0.41)	6.5	(0.46)	20	(1.3)	35.8	(0.85)	15.4	(0.73)	43	(1.4)	30.9	(0.68)
2 and over	3481	41	(2.0)	31.8	(0.38)	6.2	(0.42)	19	(1.2)	34.9	(0.83)	15.0	(0.58)	43	(1.0)	29.6	(0.45)
Females:																	
2 - 5	280	35	(4.3)	18.5	(0.83)	2.0	(0.35)	11	(1.6)	19.2	(1.09)	5.6	(0.58)	29	(2.3)	18.1	(0.91)
6 - 11	412	45	(4.6)	25.7	(0.63)	4.7	(0.66)	18	(2.6)	27.9	(1.28)	10.3	(1.05)	37	(3.4)	23.8	(0.92)
12 - 19	514	52	(4.0)	23.8	(0.81)	6.2	(0.63)	26	(2.8)	25.3	(1.13)	12.0	(0.75)	47	(1.9)	22.3	(1.55)
20 - 39	766	52	(2.1)	26.2	(0.58)	6.2	(0.41)	24	(1.2)	28.1	(0.79)	11.9	(0.65)	42	(2.0)	24.2	(0.89)
40 - 59	786	40	(3.5)	24.9	(1.11)	4.2	(0.41)	17	(1.8)	25.8	(1.41)	10.5	(0.73)	41	(2.8)	24.4	(1.48)
60 and over	883	24	(2.2)	22.7	(0.94)	2.2	(0.29)	10	(1.2)	24.8	(1.15)	9.4	(0.72)	38	(2.1)	22.0	(1.17)
2 - 19	1206	46	(3.1)	23.3	(0.52)	4.8	(0.51)	21	(2.2)	25.1	(0.96)	10.4	(0.75)	41	(2.0)	21.7	(0.74)
20 and over	2435	39	(1.7)	24.7	(0.49)	4.3	(0.24)	17	(1.0)	26.7	(0.58)	11.0	(0.47)	41	(1.7)	23.4	(0.69)
2 and over	3641	41	(1.7)	24.4	(0.37)	4.4	(0.24)	18	(1.0)	26.3	(0.59)	10.8	(0.42)	41	(1.4)	23.1	(0.49)
Males and Females:																	
2 - 19	2380	42	(2.3)	25.8	(0.35)	5.0	(0.39)	19	(1.4)	28.3	(0.80)	11.9	(0.51)	42	(1.4)	24.0	(0.43)
20 and over	4742	41	(1.7)	28.7	(0.33)	5.4	(0.29)	19	(1.0)	31.2	(0.55)	13.2	(0.48)	42	(1.2)	26.9	(0.51)
2 and over	7122	41	(1.6)	28.0	(0.28)	5.3	(0.27)	19	(0.9)	30.5	(0.53)	12.9	(0.39)	42	(0.9)	26.3	(0.36)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	20.7	(0.69)	3.0	(0.46)	15	(2.2)	22.7	(1.24)	8.1	(0.98)	36	(3.7)	19.6	(0.75)
6 - 11	383	34	(4.0)	26.3	(0.96)	3.6	(0.36)	14	(1.4)	29.7	(1.61)	10.6	(0.75)	36	(2.5)	24.6	(0.91)
12 - 19	531	42	(4.5)	29.7	(0.82)	7.0	(1.02)	23	(3.5)	35.2	(1.22)	16.7	(1.19)	47	(3.2)	25.7	(1.41)
20 - 39	664	53	(3.4)	34.3	(0.94)	9.3	(0.70)	27	(1.7)	37.7	(1.59)	17.4	(1.17)	46	(2.3)	30.5	(1.23)
40 - 59	715	41	(3.9)	36.3	(1.84)	6.2	(0.68)	17	(1.5)	40.2	(3.13)	15.0	(1.16)	37	(3.1)	33.6	(1.79)
60 and over	928	29	(3.4)	33.7	(0.63)	3.3	(0.48)	10	(1.4)	36.2	(0.93)	11.6	(0.56)	32	(1.3)	32.8	(0.84)
2 - 19	1174	38	(3.0)	26.7	(0.59)	5.0	(0.52)	19	(2.0)	31.0	(1.00)	13.1	(0.65)	42	(1.8)	24.0	(0.71)
20 and over	2307	42	(2.0)	34.9	(0.66)	6.5	(0.45)	19	(1.2)	38.3	(1.36)	15.5	(0.75)	40	(1.9)	32.4	(0.76)
2 and over	3481	41	(2.0)	32.8	(0.59)	6.1	(0.42)	19	(1.1)	36.6	(1.21)	14.9	(0.60)	41	(1.5)	30.2	(0.54)
Females:																	
2 - 5	280	35	(4.3)	17.5	(0.62)	2.2	(0.34)	12	(1.7)	18.3	(0.66)	6.2	(0.50)	34	(2.4)	17.1	(0.80)
6 - 11	412	45	(4.6)	24.0	(0.65)	4.6	(0.62)	19	(2.7)	26.8	(1.64)	10.2	(0.79)	38	(3.9)	21.6	(0.78)
12 - 19	514	52	(4.0)	23.5	(0.97)	6.0	(0.44)	26	(2.6)	24.3	(0.76)	11.6	(0.45)	48	(2.2)	22.6	(1.59)
20 - 39	766	52	(2.1)	27.2	(0.71)	6.2	(0.47)	23	(1.5)	28.3	(0.81)	11.9	(0.81)	42	(2.5)	26.0	(1.19)
40 - 59	786	40	(3.5)	25.6	(1.20)	4.4	(0.46)	17	(2.0)	26.6	(1.42)	11.0	(0.86)	41	(2.8)	24.9	(1.58)
60 and over	883	24	(2.2)	24.6	(0.93)	2.4	(0.39)	10	(1.4)	28.4	(1.84)	10.3	(1.14)	36	(3.9)	23.5	(1.07)
2 - 19	1206	46	(3.1)	22.4	(0.53)	4.7	(0.42)	21	(2.1)	24.1	(0.82)	10.3	(0.49)	42	(2.3)	20.8	(0.69)
20 and over	2435	39	(1.7)	25.9	(0.49)	4.5	(0.30)	17	(1.1)	27.7	(0.57)	11.3	(0.64)	41	(2.1)	24.7	(0.64)
2 and over	3641	41	(1.7)	25.1	(0.42)	4.5	(0.25)	18	(1.0)	26.8	(0.59)	11.0	(0.51)	41	(1.7)	23.9	(0.53)
Males and Females:																	
2 - 19	2380	42	(2.3)	24.6	(0.30)	4.9	(0.35)	20	(1.4)	27.3	(0.66)	11.6	(0.44)	42	(1.5)	22.6	(0.45)
20 and over	4742	41	(1.7)	30.2	(0.36)	5.4	(0.32)	18	(1.0)	33.0	(0.71)	13.4	(0.59)	41	(1.7)	28.3	(0.44)
2 and over	7122	41	(1.6)	28.8	(0.32)	5.3	(0.29)	18	(0.9)	31.6	(0.62)	12.9	(0.49)	41	(1.4)	26.9	(0.33)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	14.1	(0.66)	2.3	(0.39)	16	(2.6)	15.8	(1.11)	6.1	(0.91)	38	(4.3)	13.1	(0.64)
6 - 11	383	34	(4.0)	17.4	(0.98)	2.2	(0.26)	13	(1.6)	19.0	(1.56)	6.7	(0.71)	35	(3.0)	16.6	(0.90)
12 - 19	531	42	(4.5)	20.4	(0.74)	4.9	(0.82)	24	(3.9)	24.6	(0.87)	11.7	(1.12)	48	(3.8)	17.4	(1.13)
20 - 39	664	53	(3.4)	23.7	(0.94)	6.4	(0.52)	27	(2.0)	25.2	(1.45)	11.9	(0.83)	47	(2.0)	21.9	(1.27)
40 - 59	715	41	(3.9)	24.4	(1.35)	4.2	(0.50)	17	(1.8)	26.5	(1.98)	10.2	(0.84)	38	(3.1)	22.9	(1.55)
60 and over	928	29	(3.4)	22.8	(0.70)	1.9	(0.25)	8	(1.0)	23.8	(1.68)	6.7	(0.39)	28	(2.7)	22.4	(0.51)
2 - 19	1174	38	(3.0)	18.1	(0.49)	3.5	(0.41)	19	(2.3)	21.1	(0.82)	9.1	(0.60)	43	(2.4)	16.2	(0.62)
20 and over	2307	42	(2.0)	23.7	(0.57)	4.4	(0.32)	18	(1.4)	25.4	(0.94)	10.4	(0.57)	41	(2.3)	22.4	(0.82)
2 and over	3481	41	(2.0)	22.3	(0.48)	4.1	(0.30)	19	(1.3)	24.4	(0.83)	10.1	(0.47)	41	(1.9)	20.8	(0.62)
Females:																	
2 - 5	280	35	(4.3)	11.3	(0.36)	1.7	(0.24)	15	(2.0)	12.4	(0.55)	4.8	(0.50)	38	(3.2)	10.7	(0.51)
6 - 11	412	45	(4.6)	16.6	(0.44)	3.6	(0.58)	22	(3.5)	18.8	(1.28)	8.1	(0.92)	43	(4.8)	14.8	(0.57)
12 - 19	514	52	(4.0)	17.8	(0.88)	4.6	(0.35)	26	(2.6)	19.0	(1.01)	8.9	(0.41)	47	(2.9)	16.5	(1.42)
20 - 39	766	52	(2.1)	18.9	(0.60)	4.5	(0.33)	24	(1.6)	20.2	(0.69)	8.7	(0.55)	43	(2.3)	17.5	(1.03)
40 - 59	786	40	(3.5)	18.0	(0.81)	3.5	(0.49)	19	(3.0)	19.2	(1.27)	8.6	(0.92)	45	(3.9)	17.1	(1.12)
60 and over	883	24	(2.2)	17.3	(0.53)	1.6	(0.23)	9	(1.2)	19.6	(1.35)	6.6	(0.63)	34	(3.3)	16.6	(0.65)
2 - 19	1206	46	(3.1)	16.0	(0.45)	3.7	(0.32)	23	(2.3)	17.9	(0.73)	8.0	(0.39)	45	(2.4)	14.4	(0.64)
20 and over	2435	39	(1.7)	18.1	(0.41)	3.3	(0.22)	18	(1.4)	19.8	(0.45)	8.3	(0.44)	42	(2.2)	17.1	(0.56)
2 and over	3641	41	(1.7)	17.6	(0.36)	3.4	(0.19)	19	(1.3)	19.3	(0.44)	8.2	(0.36)	43	(2.0)	16.5	(0.50)
Males and Females:																	
2 - 19	2380	42	(2.3)	17.1	(0.35)	3.6	(0.28)	21	(1.6)	19.4	(0.67)	8.5	(0.38)	44	(1.8)	15.4	(0.45)
20 and over	4742	41	(1.7)	20.8	(0.35)	3.8	(0.23)	18	(1.2)	22.6	(0.51)	9.3	(0.43)	41	(2.0)	19.6	(0.46)
2 and over	7122	41	(1.6)	19.9	(0.30)	3.7	(0.21)	19	(1.1)	21.8	(0.47)	9.1	(0.36)	42	(1.7)	18.6	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	193	(10.1)	19	(3.0)	10	(1.9)	177	(14.7)	51	(6.1)	29	(3.8)	203	(20.2)
6 - 11	383	34	(4.0)	239	(12.4)	29	(4.8)	12	(1.9)	283	(19.4)	87	(9.5)	31	(3.9)	217	(15.2)
12 - 19	531	42	(4.5)	279	(13.8)	56	(9.7)	20	(3.7)	298	(14.6)	135	(15.7)	45	(5.2)	265	(19.7)
20 - 39	664	53	(3.4)	368	(16.2)	85	(6.5)	23	(1.3)	362	(19.2)	159	(12.2)	44	(2.5)	375	(25.8)
40 - 59	715	41	(3.9)	362	(9.8)	60	(6.8)	17	(1.8)	372	(20.1)	147	(9.9)	39	(3.1)	355	(18.8)
60 and over	928	29	(3.4)	342	(9.8)	30	(4.8)	9	(1.4)	350	(20.3)	103	(9.1)	30	(2.0)	339	(9.2)
2 - 19	1174	38	(3.0)	248	(8.7)	40	(5.2)	16	(2.1)	268	(12.1)	104	(8.2)	39	(3.2)	235	(11.9)
20 and over	2307	42	(2.0)	358	(6.2)	61	(3.9)	17	(1.0)	363	(9.9)	144	(5.6)	40	(1.5)	355	(9.0)
2 and over	3481	41	(2.0)	331	(4.4)	56	(3.7)	17	(1.0)	341	(8.3)	135	(4.8)	40	(1.4)	323	(6.4)
Females:																	
2 - 5	280	35	(4.3)	171	(11.7)	13	(2.0)	7	(1.2)	171	(23.4)	36	(2.6)	21	(3.6)	171	(11.8)
6 - 11	412	45	(4.6)	201	(8.4)	29	(4.4)	15	(2.4)	202	(15.4)	65	(6.1)	32	(4.3)	200	(10.2)
12 - 19	514	52	(4.0)	216	(10.5)	50	(4.7)	23	(2.7)	212	(9.8)	96	(6.6)	45	(3.4)	221	(14.3)
20 - 39	766	52	(2.1)	273	(10.1)	57	(5.3)	21	(1.9)	263	(15.3)	109	(7.8)	42	(2.6)	284	(21.5)
40 - 59	786	40	(3.5)	256	(15.7)	38	(4.0)	15	(1.7)	252	(23.8)	95	(11.1)	38	(4.9)	259	(18.1)
60 and over	883	24	(2.2)	246	(10.1)	20	(2.7)	8	(1.2)	255	(18.2)	85	(8.1)	34	(3.5)	244	(11.9)
2 - 19	1206	46	(3.1)	201	(5.4)	35	(3.6)	17	(2.0)	202	(9.8)	76	(5.0)	38	(3.1)	201	(6.4)
20 and over	2435	39	(1.7)	259	(7.8)	39	(2.4)	15	(0.9)	258	(13.1)	100	(4.8)	39	(1.7)	260	(11.5)
2 and over	3641	41	(1.7)	246	(6.1)	38	(2.2)	16	(0.9)	243	(10.4)	94	(4.3)	39	(1.6)	248	(9.1)
Males and Females:																	
2 - 19	2380	42	(2.3)	225	(5.4)	37	(3.6)	17	(1.6)	233	(7.8)	89	(5.3)	38	(2.6)	219	(8.4)
20 and over	4742	41	(1.7)	307	(4.9)	50	(2.6)	16	(0.8)	310	(9.5)	122	(3.9)	39	(1.1)	304	(7.8)
2 and over	7122	41	(1.6)	287	(3.2)	47	(2.4)	16	(0.8)	291	(7.4)	114	(3.5)	39	(1.1)	285	(5.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin A (RAE)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	566	(27.8)	31	(5.6)	5*	(1.0)	604	(59.6)	82	(12.1)	14*	(1.9)	543	(28.1)
6 - 11	383	34	(4.0)	680	(45.5)	37	(5.0)	5	(0.9)	670	(74.2)	110	(13.1)	16	(2.9)	686	(41.2)
12 - 19	531	42	(4.5)	622	(23.7)	96	(21.5)	15	(3.1)	699	(60.6)	230	(42.3)	33	(5.9)	567	(30.9)
20 - 39	664	53	(3.4)	651	(18.2)	109	(8.2)	17	(1.4)	691	(37.3)	205	(9.4)	30	(2.4)	605	(35.6)
40 - 59	715	41	(3.9)	724	(48.8)	96	(17.6)	13	(2.2)	717	(83.1)	233	(31.0)	32	(2.9)	730	(56.4)
60 and over	928	29	(3.4)	669	(29.8)	29	(4.4)	4	(0.7)	578	(46.2)	103	(9.9)	18	(1.4)	705	(29.8)
2 - 19	1174	38	(3.0)	629	(16.9)	63	(10.5)	10	(1.7)	671	(45.9)	164	(21.8)	24	(3.4)	604	(22.1)
20 and over	2307	42	(2.0)	682	(20.1)	82	(6.7)	12	(0.9)	679	(31.7)	195	(11.0)	29	(1.0)	684	(22.0)
2 and over	3481	41	(2.0)	669	(15.7)	77	(6.1)	12	(0.9)	677	(26.5)	188	(10.3)	28	(1.1)	663	(15.5)
Females:																	
2 - 5	280	35	(4.3)	535	(24.3)	25	(4.5)	5*	(0.8)	488	(34.0)	72	(9.4)	15*	(1.6)	561	(31.4)
6 - 11	412	45	(4.6)	615	(29.6)	42	(6.9)	7	(1.3)	583	(33.4)	93	(12.8)	16	(2.4)	641	(53.4)
12 - 19	514	52	(4.0)	497	(21.6)	86	(14.0)	17	(2.3)	484	(38.9)	166	(22.4)	34	(3.5)	510	(27.3)
20 - 39	766	52	(2.1)	612	(30.2)	91	(6.4)	15	(1.0)	601	(38.6)	174	(12.4)	29	(1.8)	623	(45.3)
40 - 59	786	40	(3.5)	595	(34.0)	60	(6.5)	10	(1.0)	555	(47.9)	149	(18.3)	27	(2.7)	621	(45.9)
60 and over	883	24	(2.2)	644	(34.4)	29	(4.0)	5	(0.6)	523	(39.9)	124	(11.2)	24	(1.8)	681	(36.8)
2 - 19	1206	46	(3.1)	545	(12.8)	58	(8.4)	11	(1.6)	517	(20.6)	126	(16.0)	24	(2.9)	568	(23.9)
20 and over	2435	39	(1.7)	616	(23.3)	62	(3.3)	10	(0.5)	571	(28.7)	156	(10.0)	27	(1.3)	645	(28.2)
2 and over	3641	41	(1.7)	600	(18.8)	61	(3.5)	10	(0.5)	557	(23.0)	149	(9.3)	27	(1.4)	629	(22.9)
Males and Females:																	
2 - 19	2380	42	(2.3)	588	(12.8)	60	(8.1)	10	(1.3)	589	(28.1)	144	(14.8)	24	(2.4)	588	(18.2)
20 and over	4742	41	(1.7)	648	(17.2)	72	(3.1)	11	(0.6)	624	(20.2)	176	(5.3)	28	(0.8)	663	(19.4)
2 and over	7122	41	(1.6)	633	(13.9)	69	(3.4)	11	(0.5)	616	(15.9)	168	(5.8)	27	(0.8)	646	(14.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1141	(199.5)	48*	(16.6)	4*	(1.6)	1041	(216.8)	129*	(42.2)	12*	(4.4)	1200	(257.3)
6 - 11	383	34	(4.0)	1014	(99.9)	57	(12.5)	6	(1.1)	956	(137.6)	169	(36.7)	18	(4.9)	1043	(122.1)
12 - 19	531	42	(4.5)	1134	(141.8)	248*	(104.4)	22*	(7.9)	1372	(222.3)	595*	(229.7)	43	(11.8)	965	(134.3)
20 - 39	664	53	(3.4)	2087	(185.1)	290	(51.5)	14	(2.2)	2157	(250.0)	544	(98.0)	25	(4.7)	2006	(287.1)
40 - 59	715	41	(3.9)	2853	(409.1)	435	(116.3)	15	(3.3)	2649	(471.5)	1058	(253.4)	40	(4.3)	2996	(553.4)
60 and over	928	29	(3.4)	2161	(242.4)	71	(9.5)	3	(0.6)	1798	(335.2)	247	(30.8)	14	(3.5)	2306	(259.3)
2 - 19	1174	38	(3.0)	1096	(83.8)	142*	(50.7)	13*	(4.1)	1181	(131.5)	374*	(121.9)	32	(8.0)	1043	(85.3)
20 and over	2307	42	(2.0)	2380	(206.1)	281	(43.0)	12	(1.6)	2260	(218.6)	666	(101.5)	29	(3.0)	2467	(269.4)
2 and over	3481	41	(2.0)	2059	(169.5)	246	(36.8)	12	(1.5)	2011	(188.6)	599	(89.2)	30	(3.1)	2094	(203.4)
Females:																	
2 - 5	280	35	(4.3)	1154	(174.5)	28	(6.7)	2*	(0.7)	723	(207.0)	79	(14.4)	11*	(2.3)	1388	(232.6)
6 - 11	412	45	(4.6)	1365	(164.1)	72	(13.2)	5	(1.0)	1325	(225.3)	160	(32.2)	12	(2.0)	1398	(268.8)
12 - 19	514	52	(4.0)	1336	(110.6)	218	(38.7)	16	(3.2)	1135	(137.3)	420	(71.2)	37	(6.6)	1553	(193.9)
20 - 39	766	52	(2.1)	2539	(215.0)	273	(43.9)	11	(2.0)	2255	(428.3)	524	(86.2)	23	(5.9)	2848	(337.5)
40 - 59	786	40	(3.5)	2515	(221.6)	225	(39.4)	9	(1.6)	2033	(252.9)	560	(98.4)	28	(4.1)	2839	(339.8)
60 and over	883	24	(2.2)	2898	(244.4)	103	(14.5)	4	(0.6)	2024	(235.9)	436	(57.0)	22	(3.3)	3168	(287.8)
2 - 19	1206	46	(3.1)	1307	(57.7)	128	(19.8)	10	(1.7)	1130	(64.8)	278	(43.5)	25	(4.2)	1457	(119.7)
20 and over	2435	39	(1.7)	2640	(158.2)	205	(13.1)	8	(0.6)	2136	(240.4)	521	(45.7)	24	(3.5)	2968	(190.3)
2 and over	3641	41	(1.7)	2338	(129.6)	188	(11.0)	8	(0.6)	1879	(186.5)	459	(37.7)	24	(3.4)	2656	(158.0)
Males and Females:																	
2 - 19	2380	42	(2.3)	1199	(51.1)	135	(29.9)	11	(2.4)	1154	(62.1)	322	(63.7)	28	(5.1)	1231	(79.8)
20 and over	4742	41	(1.7)	2515	(164.7)	241	(18.6)	10	(0.7)	2198	(185.6)	593	(48.7)	27	(2.3)	2733	(174.2)
2 and over	7122	41	(1.6)	2202	(135.9)	216	(17.2)	10	(0.8)	1944	(154.5)	527	(43.8)	27	(2.4)	2382	(142.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	4071	(630.0)	505	(137.7)	12	(3.6)	3724	(878.1)	1346	(380.1)	--		4278	(731.0)
6 - 11	383	34	(4.0)	3637	(313.5)	410	(97.5)	11	(2.4)	3893	(689.3)	1216	(248.6)	31	(5.5)	3506	(464.1)
12 - 19	531	42	(4.5)	5902	(687.9)	1158	(204.2)	20	(4.5)	5563	(523.8)	2784	(355.2)	50	(4.6)	6143	(1122.3)
20 - 39	664	53	(3.4)	5556	(559.6)	1141	(116.0)	21	(2.6)	4479	(266.4)	2138	(151.0)	48	(3.4)	6788	(1127.7)
40 - 59	715	41	(3.9)	6804	(642.5)	1050	(162.8)	15	(2.7)	7688	(826.8)	2556	(398.5)	33	(4.7)	6186	(1083.1)
60 and over	928	29	(3.4)	5482	(285.7)	377	(73.4)	7	(1.5)	6095	(685.0)	1316	(204.0)	22	(4.7)	5236	(447.5)
2 - 19	1174	38	(3.0)	4765	(381.6)	773	(111.8)	16	(2.6)	4692	(423.0)	2026	(238.9)	43	(4.0)	4810	(583.0)
20 and over	2307	42	(2.0)	5979	(401.9)	897	(86.1)	15	(1.8)	5897	(236.1)	2128	(189.5)	36	(2.9)	6040	(630.4)
2 and over	3481	41	(2.0)	5676	(296.0)	866	(79.9)	15	(1.6)	5618	(169.0)	2104	(166.7)	37	(2.8)	5717	(464.0)
Females:																	
2 - 5	280	35	(4.3)	2958	(557.5)	312	(72.3)	11	(3.1)	1972	(327.0)	886	(186.9)	--		3496	(950.2)
6 - 11	412	45	(4.6)	4722	(660.6)	615	(107.3)	13	(2.8)	5042	(598.1)	1363	(241.1)	27	(4.2)	4458	(891.3)
12 - 19	514	52	(4.0)	3664	(266.3)	1098	(220.9)	30	(5.1)	3288	(501.7)	2114	(435.1)	64	(5.0)	4071	(593.4)
20 - 39	766	52	(2.1)	4518	(320.0)	829	(93.6)	18	(2.3)	4605	(357.1)	1590	(202.3)	35	(4.4)	4423	(428.7)
40 - 59	786	40	(3.5)	4122	(244.6)	562	(106.3)	14	(2.5)	3794	(513.6)	1397	(236.9)	37	(8.5)	4342	(219.8)
60 and over	883	24	(2.2)	3908	(366.0)	290	(57.8)	7	(1.7)	2765	(211.2)	1230	(173.4)	44	(7.4)	4261	(483.6)
2 - 19	1206	46	(3.1)	3868	(266.9)	766	(112.7)	20	(3.4)	3650	(269.8)	1663	(238.6)	46	(4.9)	4055	(467.4)
20 and over	2435	39	(1.7)	4198	(172.5)	574	(67.3)	14	(1.7)	3989	(163.1)	1458	(157.1)	37	(3.4)	4334	(238.6)
2 and over	3641	41	(1.7)	4123	(145.3)	617	(74.1)	15	(1.9)	3902	(146.9)	1510	(167.8)	39	(3.5)	4276	(223.0)
Males and Females:																	
2 - 19	2380	42	(2.3)	4327	(223.3)	769	(91.3)	18	(2.4)	4134	(239.9)	1832	(180.4)	44	(3.5)	4467	(417.0)
20 and over	4742	41	(1.7)	5053	(231.6)	729	(71.2)	14	(1.6)	4937	(148.4)	1791	(157.5)	36	(2.7)	5133	(339.2)
2 and over	7122	41	(1.6)	4881	(180.9)	739	(73.1)	15	(1.7)	4742	(123.8)	1801	(154.1)	38	(2.7)	4977	(280.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1.33	(0.049)	0.15	(0.021)	11	(1.5)	1.42	(0.096)	0.39	(0.056)	27	(3.1)	1.27	(0.051)
6 - 11	383	34	(4.0)	1.67	(0.041)	0.16	(0.021)	10	(1.3)	1.65	(0.075)	0.48	(0.036)	29	(2.4)	1.68	(0.052)
12 - 19	531	42	(4.5)	1.85	(0.049)	0.33	(0.048)	18	(2.5)	2.04	(0.101)	0.80	(0.054)	39	(2.9)	1.72	(0.079)
20 - 39	664	53	(3.4)	1.88	(0.045)	0.46	(0.047)	24	(2.2)	2.03	(0.091)	0.86	(0.060)	42	(2.5)	1.70	(0.071)
40 - 59	715	41	(3.9)	1.87	(0.054)	0.28	(0.025)	15	(1.5)	1.97	(0.094)	0.68	(0.043)	35	(2.4)	1.80	(0.074)
60 and over	928	29	(3.4)	1.79	(0.054)	0.17	(0.031)	9	(1.7)	1.97	(0.128)	0.59	(0.054)	30	(3.3)	1.72	(0.061)
2 - 19	1174	38	(3.0)	1.68	(0.019)	0.24	(0.026)	14	(1.5)	1.80	(0.054)	0.62	(0.035)	34	(1.9)	1.61	(0.042)
20 and over	2307	42	(2.0)	1.85	(0.026)	0.32	(0.023)	17	(1.2)	2.00	(0.051)	0.75	(0.039)	37	(1.6)	1.75	(0.045)
2 and over	3481	41	(2.0)	1.81	(0.022)	0.30	(0.021)	16	(1.1)	1.95	(0.041)	0.72	(0.031)	37	(1.1)	1.71	(0.037)
Females:																	
2 - 5	280	35	(4.3)	1.20	(0.051)	0.12	(0.020)	10	(1.5)	1.16	(0.061)	0.33	(0.042)	29	(2.7)	1.22	(0.064)
6 - 11	412	45	(4.6)	1.51	(0.052)	0.19	(0.027)	12	(1.9)	1.52	(0.063)	0.41	(0.030)	27	(2.6)	1.51	(0.086)
12 - 19	514	52	(4.0)	1.35	(0.037)	0.29	(0.024)	21	(1.8)	1.40	(0.053)	0.55	(0.023)	40	(2.0)	1.28	(0.053)
20 - 39	766	52	(2.1)	1.40	(0.034)	0.29	(0.018)	21	(1.2)	1.45	(0.040)	0.57	(0.029)	39	(2.0)	1.34	(0.050)
40 - 59	786	40	(3.5)	1.39	(0.052)	0.21	(0.019)	15	(1.5)	1.44	(0.089)	0.52	(0.040)	36	(3.0)	1.35	(0.055)
60 and over	883	24	(2.2)	1.31	(0.033)	0.10	(0.015)	8	(1.1)	1.38	(0.057)	0.44	(0.032)	32	(2.1)	1.28	(0.039)
2 - 19	1206	46	(3.1)	1.37	(0.024)	0.22	(0.019)	16	(1.5)	1.40	(0.029)	0.47	(0.018)	34	(1.4)	1.34	(0.031)
20 and over	2435	39	(1.7)	1.37	(0.026)	0.21	(0.010)	15	(0.7)	1.43	(0.041)	0.53	(0.021)	37	(1.6)	1.32	(0.033)
2 and over	3641	41	(1.7)	1.37	(0.021)	0.21	(0.009)	15	(0.7)	1.42	(0.031)	0.51	(0.017)	36	(1.2)	1.33	(0.029)
Males and Females:																	
2 - 19	2380	42	(2.3)	1.53	(0.015)	0.23	(0.017)	15	(1.1)	1.58	(0.029)	0.54	(0.021)	34	(1.3)	1.49	(0.027)
20 and over	4742	41	(1.7)	1.60	(0.020)	0.26	(0.013)	16	(0.8)	1.71	(0.029)	0.64	(0.023)	37	(1.4)	1.52	(0.033)
2 and over	7122	41	(1.6)	1.58	(0.017)	0.25	(0.012)	16	(0.8)	1.68	(0.020)	0.61	(0.019)	36	(1.0)	1.51	(0.026)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1.64	(0.044)	0.15	(0.032)	9	(1.9)	1.69	(0.129)	0.41	(0.066)	24	(3.2)	1.62	(0.058)
6 - 11	383	34	(4.0)	1.96	(0.076)	0.18	(0.025)	9	(1.2)	1.97	(0.131)	0.53	(0.078)	27	(3.2)	1.96	(0.074)
12 - 19	531	42	(4.5)	2.16	(0.084)	0.37	(0.059)	17	(2.3)	2.47	(0.162)	0.90	(0.085)	36	(3.1)	1.93	(0.097)
20 - 39	664	53	(3.4)	2.52	(0.075)	0.49	(0.045)	19	(1.5)	2.64	(0.136)	0.91	(0.054)	35	(2.4)	2.39	(0.117)
40 - 59	715	41	(3.9)	2.54	(0.137)	0.32	(0.050)	13	(2.1)	2.48	(0.148)	0.79	(0.073)	32	(2.4)	2.58	(0.234)
60 and over	928	29	(3.4)	2.27	(0.061)	0.18	(0.027)	8	(1.3)	2.49	(0.217)	0.62	(0.037)	25	(3.3)	2.18	(0.056)
2 - 19	1174	38	(3.0)	1.98	(0.031)	0.26	(0.028)	13	(1.3)	2.16	(0.097)	0.69	(0.048)	32	(2.0)	1.88	(0.053)
20 and over	2307	42	(2.0)	2.46	(0.059)	0.34	(0.028)	14	(1.1)	2.56	(0.089)	0.81	(0.037)	32	(1.4)	2.39	(0.095)
2 and over	3481	41	(2.0)	2.34	(0.047)	0.32	(0.024)	14	(1.0)	2.46	(0.071)	0.78	(0.028)	32	(1.1)	2.25	(0.072)
Females:																	
2 - 5	280	35	(4.3)	1.50	(0.065)	0.12	(0.022)	8	(1.3)	1.52	(0.091)	0.35	(0.039)	23	(2.0)	1.49	(0.063)
6 - 11	412	45	(4.6)	1.77	(0.052)	0.22	(0.044)	13	(2.4)	1.80	(0.077)	0.49	(0.069)	27	(3.3)	1.74	(0.095)
12 - 19	514	52	(4.0)	1.53	(0.046)	0.33	(0.039)	22	(2.4)	1.59	(0.073)	0.64	(0.052)	40	(2.6)	1.47	(0.067)
20 - 39	766	52	(2.1)	1.79	(0.055)	0.33	(0.014)	19	(0.9)	1.82	(0.062)	0.64	(0.019)	35	(1.6)	1.75	(0.087)
40 - 59	786	40	(3.5)	1.86	(0.087)	0.23	(0.018)	13	(1.0)	1.82	(0.099)	0.58	(0.048)	32	(2.0)	1.88	(0.100)
60 and over	883	24	(2.2)	1.75	(0.058)	0.12	(0.013)	7	(0.7)	1.80	(0.114)	0.49	(0.029)	28	(2.3)	1.74	(0.060)
2 - 19	1206	46	(3.1)	1.61	(0.023)	0.25	(0.032)	16	(1.9)	1.65	(0.051)	0.54	(0.048)	33	(2.3)	1.57	(0.042)
20 and over	2435	39	(1.7)	1.80	(0.050)	0.23	(0.009)	13	(0.5)	1.82	(0.051)	0.59	(0.020)	33	(1.0)	1.79	(0.063)
2 and over	3641	41	(1.7)	1.76	(0.039)	0.24	(0.012)	14	(0.7)	1.77	(0.044)	0.58	(0.021)	33	(0.9)	1.74	(0.051)
Males and Females:																	
2 - 19	2380	42	(2.3)	1.80	(0.022)	0.26	(0.024)	14	(1.3)	1.89	(0.052)	0.61	(0.035)	32	(1.6)	1.74	(0.038)
20 and over	4742	41	(1.7)	2.12	(0.041)	0.29	(0.015)	14	(0.8)	2.18	(0.045)	0.70	(0.018)	32	(0.8)	2.07	(0.062)
2 and over	7122	41	(1.6)	2.04	(0.033)	0.28	(0.014)	14	(0.7)	2.11	(0.036)	0.68	(0.015)	32	(0.7)	1.99	(0.047)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	17.0	(0.45)	2.2	(0.32)	13	(1.8)	19.3	(1.00)	5.8	(0.78)	30	(3.5)	15.6	(0.52)
6 - 11	383	34	(4.0)	22.6	(0.74)	2.5	(0.32)	11	(1.6)	23.6	(1.41)	7.4	(0.65)	31	(3.1)	22.1	(0.72)
12 - 19	531	42	(4.5)	28.4	(0.92)	5.7	(1.03)	20	(3.3)	31.8	(1.51)	13.7	(1.55)	43	(3.5)	25.9	(1.31)
20 - 39	664	53	(3.4)	33.8	(1.02)	7.5	(0.58)	22	(1.4)	35.8	(1.87)	14.0	(0.65)	39	(2.4)	31.4	(0.92)
40 - 59	715	41	(3.9)	32.0	(1.36)	4.6	(0.42)	14	(1.5)	32.4	(1.87)	11.2	(0.81)	35	(2.6)	31.7	(2.52)
60 and over	928	29	(3.4)	28.3	(1.48)	2.5	(0.35)	9	(1.4)	35.3	(4.79)	8.7	(0.60)	25	(3.9)	25.5	(0.67)
2 - 19	1174	38	(3.0)	24.1	(0.43)	3.9	(0.52)	16	(2.1)	26.8	(0.93)	10.2	(0.83)	38	(2.5)	22.3	(0.74)
20 and over	2307	42	(2.0)	31.6	(0.62)	5.1	(0.30)	16	(0.9)	34.5	(1.34)	12.0	(0.53)	35	(1.5)	29.5	(0.94)
2 and over	3481	41	(2.0)	29.7	(0.49)	4.8	(0.30)	16	(0.9)	32.7	(1.08)	11.6	(0.44)	35	(1.3)	27.6	(0.73)
Females:																	
2 - 5	280	35	(4.3)	14.8	(0.51)	1.7	(0.23)	12	(1.5)	14.2	(0.65)	4.9	(0.48)	34	(2.5)	15.2	(0.70)
6 - 11	412	45	(4.6)	20.2	(0.75)	3.2	(0.55)	16	(2.7)	21.0	(0.76)	7.0	(0.72)	33	(3.7)	19.5	(1.18)
12 - 19	514	52	(4.0)	20.6	(0.88)	4.7	(0.45)	23	(2.0)	21.3	(1.00)	9.1	(0.89)	43	(3.0)	19.8	(1.12)
20 - 39	766	52	(2.1)	22.2	(0.55)	5.2	(0.32)	23	(1.5)	24.0	(0.83)	9.9	(0.52)	41	(2.4)	20.3	(0.76)
40 - 59	786	40	(3.5)	21.4	(0.89)	3.5	(0.36)	16	(1.9)	22.1	(0.93)	8.7	(0.83)	39	(3.2)	20.9	(1.16)
60 and over	883	24	(2.2)	19.9	(0.78)	1.6	(0.21)	8	(1.1)	19.8	(0.66)	6.7	(0.55)	34	(2.9)	20.0	(0.87)
2 - 19	1206	46	(3.1)	19.2	(0.57)	3.6	(0.34)	19	(1.7)	20.0	(0.65)	7.7	(0.49)	39	(2.0)	18.5	(0.68)
20 and over	2435	39	(1.7)	21.2	(0.51)	3.5	(0.20)	17	(1.0)	22.6	(0.57)	8.9	(0.44)	39	(1.9)	20.4	(0.64)
2 and over	3641	41	(1.7)	20.8	(0.38)	3.5	(0.17)	17	(0.9)	21.9	(0.36)	8.6	(0.33)	39	(1.5)	20.0	(0.50)
Males and Females:																	
2 - 19	2380	42	(2.3)	21.7	(0.43)	3.7	(0.30)	17	(1.3)	23.2	(0.73)	8.9	(0.44)	38	(1.6)	20.6	(0.60)
20 and over	4742	41	(1.7)	26.2	(0.42)	4.3	(0.20)	16	(0.8)	28.5	(0.68)	10.5	(0.41)	37	(1.3)	24.6	(0.65)
2 and over	7122	41	(1.6)	25.1	(0.34)	4.1	(0.20)	16	(0.8)	27.2	(0.61)	10.1	(0.36)	37	(1.2)	23.7	(0.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1.49	(0.045)	0.12	(0.018)	8*	(1.2)	1.55	(0.123)	0.31	(0.040)	20*	(2.5)	1.46	(0.037)
6 - 11	383	34	(4.0)	1.82	(0.078)	0.13	(0.017)	7	(1.1)	1.72	(0.131)	0.39	(0.036)	23	(2.7)	1.87	(0.085)
12 - 19	531	42	(4.5)	2.15	(0.091)	0.32	(0.071)	15	(3.0)	2.35	(0.161)	0.77	(0.129)	33	(4.1)	2.00	(0.122)
20 - 39	664	53	(3.4)	2.88	(0.115)	0.43	(0.032)	15	(1.0)	2.90	(0.217)	0.80	(0.040)	27	(2.7)	2.85	(0.128)
40 - 59	715	41	(3.9)	2.53	(0.157)	0.27	(0.030)	11	(1.4)	2.45	(0.166)	0.66	(0.045)	27	(2.0)	2.60	(0.256)
60 and over	928	29	(3.4)	2.55	(0.297)	0.14	(0.020)	6	(1.1)	3.62	(1.031)	0.50	(0.056)	14*	(4.1)	2.13	(0.057)
2 - 19	1174	38	(3.0)	1.90	(0.040)	0.21	(0.035)	11	(1.7)	2.00	(0.094)	0.56	(0.064)	28	(2.7)	1.84	(0.064)
20 and over	2307	42	(2.0)	2.67	(0.099)	0.29	(0.016)	11	(0.6)	2.88	(0.200)	0.69	(0.030)	24	(1.7)	2.51	(0.100)
2 and over	3481	41	(2.0)	2.47	(0.075)	0.27	(0.018)	11	(0.6)	2.68	(0.155)	0.66	(0.029)	25	(1.6)	2.33	(0.077)
Females:																	
2 - 5	280	35	(4.3)	1.37	(0.040)	0.09	(0.012)	7*	(0.9)	1.23	(0.045)	0.26	(0.024)	21	(2.1)	1.44	(0.051)
6 - 11	412	45	(4.6)	1.67	(0.076)	0.18	(0.040)	11	(2.3)	1.69	(0.084)	0.40	(0.061)	24	(3.3)	1.65	(0.122)
12 - 19	514	52	(4.0)	1.64	(0.091)	0.31	(0.066)	19	(3.3)	1.70	(0.157)	0.60	(0.134)	35	(5.8)	1.57	(0.061)
20 - 39	766	52	(2.1)	1.85	(0.065)	0.30	(0.023)	16	(1.4)	1.90	(0.099)	0.57	(0.035)	30	(2.7)	1.79	(0.076)
40 - 59	786	40	(3.5)	1.71	(0.094)	0.20	(0.018)	12	(1.3)	1.63	(0.100)	0.49	(0.047)	30	(3.1)	1.76	(0.111)
60 and over	883	24	(2.2)	1.64	(0.069)	0.09	(0.013)	6	(0.8)	1.47	(0.091)	0.40	(0.029)	27	(2.8)	1.69	(0.069)
2 - 19	1206	46	(3.1)	1.59	(0.055)	0.22	(0.033)	14	(1.9)	1.62	(0.087)	0.48	(0.069)	29	(3.2)	1.57	(0.055)
20 and over	2435	39	(1.7)	1.74	(0.049)	0.20	(0.012)	12	(0.9)	1.73	(0.058)	0.51	(0.027)	30	(1.8)	1.74	(0.059)
2 and over	3641	41	(1.7)	1.70	(0.040)	0.21	(0.013)	12	(0.8)	1.70	(0.043)	0.50	(0.027)	30	(1.7)	1.71	(0.046)
Males and Females:																	
2 - 19	2380	42	(2.3)	1.75	(0.040)	0.22	(0.023)	12	(1.2)	1.80	(0.074)	0.52	(0.044)	29	(1.8)	1.71	(0.051)
20 and over	4742	41	(1.7)	2.18	(0.057)	0.25	(0.012)	11	(0.5)	2.30	(0.110)	0.60	(0.024)	26	(1.3)	2.10	(0.059)
2 and over	7122	41	(1.6)	2.08	(0.045)	0.24	(0.013)	11	(0.6)	2.18	(0.088)	0.58	(0.024)	27	(1.2)	2.01	(0.045)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	403	(18.9)	39	(6.8)	10	(1.6)	436	(46.5)	103	(18.4)	24	(3.2)	383	(14.6)
6 - 11	383	34	(4.0)	541	(21.8)	48	(6.6)	9	(1.3)	516	(28.3)	144	(11.2)	28	(2.6)	554	(28.4)
12 - 19	531	42	(4.5)	569	(16.0)	98	(13.6)	17	(2.5)	609	(36.0)	236	(16.9)	39	(3.7)	540	(26.8)
20 - 39	664	53	(3.4)	592	(17.8)	136	(13.7)	23	(2.2)	630	(31.4)	255	(16.2)	40	(2.6)	549	(23.4)
40 - 59	715	41	(3.9)	589	(25.6)	88	(8.8)	15	(1.8)	628	(32.0)	215	(17.8)	34	(3.1)	562	(34.2)
60 and over	928	29	(3.4)	525	(18.8)	50	(8.4)	9	(1.5)	584	(41.2)	173	(14.3)	30	(2.9)	502	(19.5)
2 - 19	1174	38	(3.0)	525	(10.9)	69	(7.7)	13	(1.5)	546	(26.3)	181	(11.9)	33	(2.3)	511	(15.0)
20 and over	2307	42	(2.0)	573	(8.6)	95	(7.5)	17	(1.3)	621	(16.7)	226	(12.5)	36	(1.7)	538	(16.4)
2 and over	3481	41	(2.0)	561	(8.2)	89	(6.8)	16	(1.2)	603	(14.1)	215	(10.6)	36	(1.4)	531	(14.8)
Females:																	
2 - 5	280	35	(4.3)	372	(20.4)	35	(6.4)	10	(1.6)	366	(37.9)	101	(14.1)	27	(3.3)	376	(22.6)
6 - 11	412	45	(4.6)	497	(16.6)	53	(7.4)	11	(1.5)	492	(24.3)	117	(8.1)	24	(1.9)	501	(28.7)
12 - 19	514	52	(4.0)	445	(17.0)	88	(8.7)	20	(1.7)	469	(29.3)	170	(9.0)	36	(2.2)	419	(18.9)
20 - 39	766	52	(2.1)	462	(17.7)	83	(5.6)	18	(1.3)	469	(11.5)	159	(10.1)	34	(2.3)	455	(34.9)
40 - 59	786	40	(3.5)	436	(18.5)	63	(7.5)	14	(1.8)	448	(30.3)	156	(15.5)	35	(3.6)	427	(17.5)
60 and over	883	24	(2.2)	415	(11.2)	30	(4.7)	7	(1.1)	413	(14.6)	127	(11.4)	31	(2.4)	415	(14.2)
2 - 19	1206	46	(3.1)	447	(8.1)	65	(5.9)	15	(1.3)	460	(16.0)	141	(5.8)	31	(1.1)	436	(11.4)
20 and over	2435	39	(1.7)	439	(10.2)	60	(3.2)	14	(0.8)	451	(12.5)	152	(7.2)	34	(1.8)	430	(16.7)
2 and over	3641	41	(1.7)	440	(8.1)	61	(3.1)	14	(0.8)	454	(11.4)	149	(5.8)	33	(1.4)	431	(14.7)
Males and Females:																	
2 - 19	2380	42	(2.3)	487	(5.5)	67	(5.4)	14	(1.1)	500	(11.3)	160	(7.5)	32	(1.4)	477	(9.6)
20 and over	4742	41	(1.7)	503	(6.3)	77	(4.3)	15	(0.8)	536	(12.0)	189	(8.1)	35	(1.6)	481	(9.1)
2 and over	7122	41	(1.6)	499	(5.4)	74	(4.0)	15	(0.8)	527	(8.8)	182	(6.8)	34	(1.2)	480	(8.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	222	(7.8)	22	(3.1)	10	(1.4)	220	(14.1)	58	(5.8)	26	(2.7)	224	(13.3)
6 - 11	383	34	(4.0)	256	(10.4)	28	(3.9)	11	(1.6)	280	(13.8)	83	(7.9)	30	(3.2)	243	(12.2)
12 - 19	531	42	(4.5)	303	(12.8)	57	(10.1)	19	(3.1)	335	(16.9)	137	(16.2)	41	(3.5)	280	(17.3)
20 - 39	664	53	(3.4)	390	(12.7)	81	(6.3)	21	(1.4)	393	(16.2)	152	(9.7)	39	(2.0)	386	(19.5)
40 - 59	715	41	(3.9)	402	(8.2)	59	(6.8)	15	(1.6)	411	(17.5)	143	(9.3)	35	(2.1)	395	(13.3)
60 and over	928	29	(3.4)	368	(9.8)	28	(4.0)	8	(1.1)	368	(14.1)	99	(5.9)	27	(1.7)	368	(10.4)
2 - 19	1174	38	(3.0)	270	(7.4)	40	(5.2)	15	(1.8)	295	(12.0)	105	(8.3)	36	(2.3)	255	(9.8)
20 and over	2307	42	(2.0)	388	(4.7)	59	(3.7)	15	(0.9)	395	(8.8)	139	(5.4)	35	(1.3)	383	(7.5)
2 and over	3481	41	(2.0)	359	(3.5)	54	(3.5)	15	(0.9)	372	(7.6)	131	(4.7)	35	(1.2)	350	(5.1)
Females:																	
2 - 5	280	35	(4.3)	205	(8.4)	17	(2.7)	8	(1.2)	206	(16.1)	49	(4.1)	24	(2.8)	205	(9.3)
6 - 11	412	45	(4.6)	229	(5.5)	33	(5.6)	15	(2.4)	238	(10.3)	74	(7.9)	31	(3.2)	221	(6.7)
12 - 19	514	52	(4.0)	224	(9.1)	49	(4.4)	22	(2.2)	221	(9.2)	95	(5.1)	43	(2.5)	227	(11.3)
20 - 39	766	52	(2.1)	287	(9.6)	55	(3.8)	19	(1.4)	277	(10.1)	105	(5.0)	38	(1.8)	299	(17.0)
40 - 59	786	40	(3.5)	276	(12.7)	37	(3.2)	14	(1.3)	268	(19.8)	93	(9.3)	35	(3.9)	282	(12.1)
60 and over	883	24	(2.2)	278	(8.8)	21	(2.7)	7	(1.0)	286	(15.0)	87	(6.5)	31	(2.4)	276	(10.3)
2 - 19	1206	46	(3.1)	222	(4.1)	37	(3.6)	17	(1.7)	224	(6.4)	81	(4.0)	36	(2.1)	219	(5.1)
20 and over	2435	39	(1.7)	281	(7.2)	38	(1.9)	14	(0.7)	275	(9.1)	98	(4.0)	35	(1.3)	284	(9.5)
2 and over	3641	41	(1.7)	267	(5.7)	38	(1.8)	14	(0.7)	262	(7.7)	93	(3.4)	36	(1.2)	271	(7.5)
Males and Females:																	
2 - 19	2380	42	(2.3)	246	(4.5)	39	(3.5)	16	(1.4)	257	(6.8)	92	(5.0)	36	(1.9)	239	(7.0)
20 and over	4742	41	(1.7)	332	(4.6)	48	(2.3)	14	(0.7)	335	(7.4)	118	(3.7)	35	(1.0)	331	(6.9)
2 and over	7122	41	(1.6)	312	(3.4)	46	(2.2)	15	(0.7)	316	(6.2)	112	(3.3)	35	(0.9)	309	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	3.94	(0.144)	0.26	(0.036)	7*	(1.1)	3.83	(0.268)	0.70	(0.080)	18*	(2.4)	4.01	(0.201)
6 - 11	383	34	(4.0)	4.88	(0.243)	0.42	(0.085)	9	(1.7)	4.89	(0.447)	1.26	(0.190)	26	(3.3)	4.87	(0.285)
12 - 19	531	42	(4.5)	5.56	(0.253)	0.84	(0.135)	15	(2.0)	6.30	(0.410)	2.01	(0.186)	32	(2.9)	5.03	(0.237)
20 - 39	664	53	(3.4)	6.26	(0.303)	1.12	(0.085)	18	(1.4)	6.48	(0.510)	2.11	(0.127)	32	(3.4)	6.01	(0.393)
40 - 59	715	41	(3.9)	5.86	(0.549)	0.69	(0.083)	12	(1.6)	5.64	(0.488)	1.68	(0.146)	30	(2.2)	6.02	(0.819)
60 and over	928	29	(3.4)	5.53	(0.330)	0.40	(0.042)	7	(0.9)	6.44	(1.123)	1.41	(0.118)	22	(3.8)	5.17	(0.279)
2 - 19	1174	38	(3.0)	4.99	(0.139)	0.58	(0.078)	12	(1.4)	5.37	(0.300)	1.52	(0.119)	28	(2.1)	4.76	(0.161)
20 and over	2307	42	(2.0)	5.92	(0.226)	0.77	(0.046)	13	(0.7)	6.18	(0.341)	1.83	(0.086)	30	(1.6)	5.73	(0.285)
2 and over	3481	41	(2.0)	5.69	(0.188)	0.72	(0.047)	13	(0.7)	5.99	(0.289)	1.76	(0.072)	29	(1.2)	5.47	(0.219)
Females:																	
2 - 5	280	35	(4.3)	3.56	(0.203)	0.23	(0.042)	6*	(0.9)	3.51	(0.273)	0.65	(0.085)	18*	(1.8)	3.59	(0.220)
6 - 11	412	45	(4.6)	4.29	(0.177)	0.39	(0.074)	9	(1.8)	4.08	(0.163)	0.87	(0.112)	21	(2.7)	4.46	(0.366)
12 - 19	514	52	(4.0)	3.47	(0.168)	0.68	(0.080)	19	(2.0)	3.65	(0.251)	1.30	(0.146)	36	(3.6)	3.28	(0.232)
20 - 39	766	52	(2.1)	3.75	(0.127)	0.71	(0.051)	19	(1.4)	3.85	(0.167)	1.36	(0.090)	35	(2.5)	3.63	(0.186)
40 - 59	786	40	(3.5)	4.01	(0.228)	0.48	(0.057)	12	(1.6)	3.92	(0.358)	1.20	(0.150)	31	(4.0)	4.07	(0.221)
60 and over	883	24	(2.2)	3.81	(0.225)	0.28	(0.044)	7	(1.4)	3.80	(0.255)	1.18	(0.154)	31	(4.5)	3.81	(0.259)
2 - 19	1206	46	(3.1)	3.77	(0.099)	0.48	(0.050)	13	(1.4)	3.77	(0.140)	1.05	(0.084)	28	(2.1)	3.76	(0.175)
20 and over	2435	39	(1.7)	3.85	(0.129)	0.50	(0.036)	13	(1.0)	3.87	(0.148)	1.27	(0.091)	33	(2.2)	3.85	(0.148)
2 and over	3641	41	(1.7)	3.83	(0.092)	0.50	(0.033)	13	(0.9)	3.84	(0.111)	1.22	(0.078)	32	(1.9)	3.83	(0.119)
Males and Females:																	
2 - 19	2380	42	(2.3)	4.39	(0.108)	0.53	(0.053)	12	(1.2)	4.52	(0.184)	1.27	(0.086)	28	(1.7)	4.31	(0.130)
20 and over	4742	41	(1.7)	4.84	(0.137)	0.63	(0.034)	13	(0.7)	5.02	(0.201)	1.55	(0.075)	31	(1.3)	4.73	(0.157)
2 and over	7122	41	(1.6)	4.74	(0.116)	0.61	(0.034)	13	(0.7)	4.89	(0.170)	1.48	(0.066)	30	(1.0)	4.63	(0.124)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	80.3	(12.69)	3.8	(0.85)	5*	(1.3)	93.6*	(29.27)	10.2	(2.13)	11*	(3.8)	72.3	(5.14)
6 - 11	383	34	(4.0)	77.2	(6.88)	3.0	(0.50)	4*	(0.8)	61.3	(6.27)	8.8	(1.42)	14	(2.0)	85.2	(9.76)
12 - 19	531	42	(4.5)	70.0	(5.96)	6.7	(1.95)	10*	(3.1)	62.2	(5.10)	16.0	(3.93)	26	(6.2)	75.5	(9.79)
20 - 39	664	53	(3.4)	76.9	(4.42)	8.4	(1.16)	11	(1.6)	70.3	(5.65)	15.8	(2.44)	22	(3.1)	84.4	(6.41)
40 - 59	715	41	(3.9)	84.8	(5.60)	7.0	(1.14)	8	(1.1)	85.3	(11.27)	17.1	(2.62)	20	(2.9)	84.5	(5.46)
60 and over	928	29	(3.4)	79.5	(4.41)	2.4	(0.52)	3	(0.7)	62.6	(5.91)	8.5	(1.71)	14	(3.0)	86.3	(5.89)
2 - 19	1174	38	(3.0)	74.5	(4.85)	4.8	(0.97)	6	(1.5)	68.5	(7.59)	12.7	(2.08)	18	(3.6)	78.3	(5.63)
20 and over	2307	42	(2.0)	80.4	(3.05)	6.3	(0.71)	8	(0.9)	74.1	(5.45)	14.9	(1.83)	20	(2.3)	85.1	(2.74)
2 and over	3481	41	(2.0)	79.0	(2.99)	5.9	(0.61)	7	(0.8)	72.8	(4.96)	14.4	(1.56)	20	(1.8)	83.3	(3.11)
Females:																	
2 - 5	280	35	(4.3)	86.4	(5.68)	4.8*	(1.96)	6*	(2.2)	74.8	(9.93)	13.5*	(5.20)	18*	(5.8)	92.8	(9.33)
6 - 11	412	45	(4.6)	76.2	(7.93)	6.3*	(2.35)	8	(2.4)	83.0	(16.20)	14.0*	(4.50)	17	(3.1)	70.7	(3.39)
12 - 19	514	52	(4.0)	59.0	(3.57)	5.7	(0.90)	10	(1.5)	54.3	(4.12)	10.9	(1.69)	20	(3.1)	64.1	(5.47)
20 - 39	766	52	(2.1)	71.0	(3.89)	7.4	(1.04)	10	(1.4)	68.8	(4.27)	14.1	(1.75)	21	(2.5)	73.4	(4.79)
40 - 59	786	40	(3.5)	73.2	(3.98)	5.0	(0.73)	7	(1.1)	65.2	(6.12)	12.5	(1.78)	19	(2.3)	78.6	(6.33)
60 and over	883	24	(2.2)	73.4	(2.93)	2.5	(0.58)	3	(0.8)	61.9	(6.51)	10.5	(2.32)	17	(3.6)	77.0	(3.48)
2 - 19	1206	46	(3.1)	70.7	(3.33)	5.7	(0.94)	8	(1.1)	67.1	(6.54)	12.4	(1.69)	18	(1.9)	73.8	(3.62)
20 and over	2435	39	(1.7)	72.5	(2.19)	5.1	(0.53)	7	(0.7)	66.3	(3.88)	12.9	(1.33)	19	(1.9)	76.5	(2.83)
2 and over	3641	41	(1.7)	72.1	(1.89)	5.2	(0.43)	7	(0.6)	66.5	(3.59)	12.8	(1.05)	19	(1.6)	75.9	(2.07)
Males and Females:																	
2 - 19	2380	42	(2.3)	72.7	(3.54)	5.3	(0.71)	7	(1.0)	67.8	(5.84)	12.5	(1.42)	18	(2.2)	76.2	(4.05)
20 and over	4742	41	(1.7)	76.3	(2.35)	5.7	(0.42)	7	(0.5)	70.2	(4.08)	13.9	(1.17)	20	(1.6)	80.5	(2.13)
2 and over	7122	41	(1.6)	75.4	(2.21)	5.6	(0.34)	7	(0.4)	69.6	(3.83)	13.5	(0.97)	19	(1.3)	79.5	(2.08)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	5.5	(0.24)	0.2	(0.04)	3*	(0.8)	5.3	(0.69)	0.4	(0.10)	8*	(2.2)	5.7	(0.37)
6 - 11	383	34	(4.0)	5.3	(0.25)	0.1	(0.02)	3*	(0.5)	4.6	(0.31)	0.4	(0.05)	10*	(1.0)	5.7	(0.32)
12 - 19	531	42	(4.5)	5.0	(0.27)	0.4*	(0.16)	8*	(3.2)	5.0	(0.60)	1.0*	(0.35)	20*	(6.9)	5.0	(0.39)
20 - 39	664	53	(3.4)	4.6	(0.28)	0.6	(0.06)	13	(1.4)	4.7	(0.42)	1.1	(0.10)	24	(3.6)	4.5	(0.46)
40 - 59	715	41	(3.9)	4.3	(0.31)	0.4	(0.07)	9	(1.8)	4.1	(0.37)	0.9	(0.10)	23	(3.4)	4.5	(0.36)
60 and over	928	29	(3.4)	5.5	(0.55)	0.2	(0.03)	3	(0.6)	4.0	(0.33)	0.6	(0.07)	15	(2.0)	6.1	(0.81)
2 - 19	1174	38	(3.0)	5.2	(0.12)	0.3	(0.08)	5	(1.6)	4.9	(0.38)	0.7	(0.19)	14	(3.6)	5.4	(0.23)
20 and over	2307	42	(2.0)	4.8	(0.17)	0.4	(0.04)	9	(0.8)	4.3	(0.21)	1.0	(0.06)	22	(2.0)	5.1	(0.23)
2 and over	3481	41	(2.0)	4.9	(0.14)	0.4	(0.04)	8	(0.8)	4.5	(0.19)	0.9	(0.06)	20	(1.7)	5.1	(0.17)
Females:																	
2 - 5	280	35	(4.3)	5.1	(0.32)	0.3*	(0.10)	5*	(1.6)	5.3	(0.56)	0.7*	(0.23)	14*	(3.3)	5.0	(0.27)
6 - 11	412	45	(4.6)	4.7	(0.22)	0.2	(0.02)	4*	(0.5)	4.1	(0.31)	0.4	(0.05)	9*	(1.2)	5.2	(0.47)
12 - 19	514	52	(4.0)	3.3	(0.24)	0.3	(0.07)	10	(2.0)	2.9	(0.29)	0.6	(0.14)	22	(3.7)	3.7	(0.37)
20 - 39	766	52	(2.1)	3.5	(0.24)	0.5	(0.05)	14	(1.8)	3.4	(0.26)	0.9	(0.09)	28	(3.1)	3.7	(0.36)
40 - 59	786	40	(3.5)	3.7	(0.24)	0.3	(0.04)	8	(1.0)	3.1	(0.37)	0.8	(0.14)	24	(4.0)	4.1	(0.22)
60 and over	883	24	(2.2)	3.9	(0.29)	0.1	(0.03)	4	(0.7)	3.7	(0.38)	0.6	(0.11)	16	(3.0)	4.0	(0.30)
2 - 19	1206	46	(3.1)	4.1	(0.14)	0.3	(0.03)	6	(0.8)	3.7	(0.21)	0.6	(0.06)	16	(1.4)	4.5	(0.21)
20 and over	2435	39	(1.7)	3.7	(0.18)	0.3	(0.03)	9	(0.8)	3.3	(0.18)	0.8	(0.08)	24	(2.2)	4.0	(0.23)
2 and over	3641	41	(1.7)	3.8	(0.14)	0.3	(0.02)	8	(0.6)	3.4	(0.15)	0.7	(0.06)	22	(1.7)	4.1	(0.19)
Males and Females:																	
2 - 19	2380	42	(2.3)	4.7	(0.12)	0.3	(0.06)	6	(1.2)	4.3	(0.24)	0.6	(0.11)	15	(2.4)	5.0	(0.17)
20 and over	4742	41	(1.7)	4.2	(0.14)	0.4	(0.02)	9	(0.6)	3.8	(0.13)	0.9	(0.04)	23	(1.2)	4.5	(0.19)
2 and over	7122	41	(1.6)	4.3	(0.12)	0.3	(0.02)	8	(0.5)	3.9	(0.11)	0.8	(0.04)	21	(1.0)	4.6	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	6.0	(0.24)	0.7	(0.13)	12	(2.2)	6.5	(0.47)	1.8	(0.30)	28	(4.2)	5.7	(0.24)
6 - 11	383	34	(4.0)	9.0	(1.10)	0.7	(0.09)	8	(1.6)	7.9	(0.81)	2.2	(0.17)	27	(2.9)	9.5	(1.36)
12 - 19	531	42	(4.5)	8.6	(0.36)	1.5	(0.28)	18	(3.3)	9.7	(0.59)	3.7	(0.43)	38	(3.9)	7.8	(0.52)
20 - 39	664	53	(3.4)	10.2	(0.51)	2.0	(0.18)	19	(1.8)	10.5	(0.53)	3.7	(0.26)	35	(2.5)	9.8	(0.70)
40 - 59	715	41	(3.9)	11.4	(0.69)	1.5	(0.19)	13	(1.6)	11.9	(1.14)	3.6	(0.25)	30	(2.6)	11.0	(0.74)
60 and over	928	29	(3.4)	9.7	(0.24)	0.6	(0.08)	6	(0.8)	10.0	(0.42)	2.1	(0.10)	21	(1.5)	9.6	(0.23)
2 - 19	1174	38	(3.0)	8.2	(0.33)	1.1	(0.14)	13	(1.9)	8.5	(0.23)	2.8	(0.22)	33	(2.4)	8.0	(0.49)
20 and over	2307	42	(2.0)	10.5	(0.34)	1.4	(0.11)	14	(1.0)	10.9	(0.49)	3.4	(0.17)	31	(1.7)	10.2	(0.37)
2 and over	3481	41	(2.0)	9.9	(0.28)	1.3	(0.10)	13	(1.1)	10.4	(0.40)	3.2	(0.15)	31	(1.6)	9.6	(0.32)
Females:																	
2 - 5	280	35	(4.3)	5.4	(0.23)	0.5	(0.06)	9	(1.2)	5.2	(0.25)	1.5	(0.11)	28	(2.5)	5.6	(0.41)
6 - 11	412	45	(4.6)	7.4	(0.27)	1.2	(0.20)	16	(2.5)	8.3	(0.55)	2.6	(0.33)	31	(3.3)	6.7	(0.32)
12 - 19	514	52	(4.0)	7.7	(0.53)	1.5	(0.12)	19	(1.9)	7.5	(0.82)	2.8	(0.16)	38	(4.2)	8.0	(0.59)
20 - 39	766	52	(2.1)	8.9	(0.28)	1.5	(0.10)	17	(1.1)	9.0	(0.27)	2.8	(0.16)	32	(2.3)	8.8	(0.55)
40 - 59	786	40	(3.5)	8.4	(0.42)	1.0	(0.10)	12	(1.4)	8.2	(0.43)	2.5	(0.20)	30	(2.3)	8.6	(0.57)
60 and over	883	24	(2.2)	8.5	(0.36)	0.5	(0.10)	6	(1.2)	7.7	(0.55)	2.3	(0.29)	30	(3.6)	8.8	(0.41)
2 - 19	1206	46	(3.1)	7.1	(0.27)	1.2	(0.11)	16	(1.8)	7.4	(0.47)	2.5	(0.16)	34	(2.6)	6.9	(0.31)
20 and over	2435	39	(1.7)	8.6	(0.20)	1.0	(0.06)	12	(0.8)	8.5	(0.17)	2.6	(0.11)	31	(1.7)	8.7	(0.28)
2 and over	3641	41	(1.7)	8.3	(0.18)	1.1	(0.06)	13	(0.8)	8.2	(0.20)	2.6	(0.10)	32	(1.6)	8.3	(0.23)
Males and Females:																	
2 - 19	2380	42	(2.3)	7.7	(0.21)	1.1	(0.10)	15	(1.4)	7.9	(0.26)	2.7	(0.13)	34	(1.8)	7.5	(0.31)
20 and over	4742	41	(1.7)	9.5	(0.19)	1.2	(0.08)	13	(0.8)	9.7	(0.25)	3.0	(0.13)	31	(1.6)	9.4	(0.22)
2 and over	7122	41	(1.6)	9.1	(0.16)	1.2	(0.07)	13	(0.8)	9.3	(0.23)	2.9	(0.11)	31	(1.4)	9.0	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	50.7	(3.52)	5.4	(0.90)	11	(1.8)	50.2	(6.50)	14.5	(2.19)	29	(3.7)	51.0	(4.03)
6 - 11	383	34	(4.0)	72.7	(8.61)	7.0	(0.87)	10	(1.7)	66.7	(5.86)	20.7	(2.22)	31	(3.6)	75.8	(12.57)
12 - 19	531	42	(4.5)	78.5	(5.36)	19.2	(3.52)	24	(4.4)	97.4	(5.76)	46.0	(6.39)	47	(5.2)	65.0	(7.16)
20 - 39	664	53	(3.4)	110.4	(6.63)	25.0	(2.60)	23	(1.9)	120.0	(10.37)	46.8	(4.68)	39	(2.9)	99.5	(7.30)
40 - 59	715	41	(3.9)	146.5	(16.37)	19.6	(3.18)	13	(2.7)	136.3	(14.82)	47.8	(4.78)	35	(2.6)	153.6	(25.74)
60 and over	928	29	(3.4)	123.4	(7.25)	7.3	(0.94)	6	(0.8)	104.4	(6.96)	25.6	(2.05)	25	(2.7)	131.1	(8.95)
2 - 19	1174	38	(3.0)	70.7	(4.83)	12.2	(1.72)	17	(2.7)	78.6	(3.20)	32.1	(3.25)	41	(3.8)	65.8	(7.19)
20 and over	2307	42	(2.0)	126.9	(8.04)	18.2	(1.46)	14	(1.5)	122.7	(7.28)	43.2	(3.03)	35	(2.4)	129.9	(11.13)
2 and over	3481	41	(2.0)	112.8	(7.05)	16.7	(1.26)	15	(1.6)	112.5	(6.27)	40.6	(2.59)	36	(2.2)	113.1	(9.54)
Females:																	
2 - 5	280	35	(4.3)	49.9	(4.45)	4.3	(0.76)	9	(1.5)	42.1	(4.29)	12.2	(1.99)	29	(5.4)	54.2	(6.26)
6 - 11	412	45	(4.6)	69.0	(6.37)	11.3	(1.63)	16	(2.3)	68.1	(6.68)	25.0	(3.09)	37	(3.8)	69.7	(10.77)
12 - 19	514	52	(4.0)	84.8	(6.29)	16.0	(1.85)	19	(2.4)	81.2	(8.20)	30.7	(2.92)	38	(4.6)	88.7	(8.85)
20 - 39	766	52	(2.1)	142.6	(18.36)	21.2	(2.30)	15	(2.4)	145.9	(34.06)	40.6	(3.99)	28	(6.9)	138.9	(12.53)
40 - 59	786	40	(3.5)	126.5	(7.26)	17.5	(1.87)	14	(1.7)	112.2	(7.77)	43.5	(4.29)	39	(2.5)	136.1	(10.64)
60 and over	883	24	(2.2)	114.8	(4.71)	7.9	(1.33)	7	(1.2)	104.3	(7.93)	33.6	(4.66)	32	(5.4)	118.0	(5.79)
2 - 19	1206	46	(3.1)	72.0	(3.65)	11.9	(1.02)	17	(1.6)	70.5	(4.24)	25.8	(1.65)	37	(2.6)	73.3	(5.81)
20 and over	2435	39	(1.7)	128.6	(6.34)	15.9	(0.99)	12	(1.2)	126.6	(16.38)	40.3	(2.25)	32	(4.7)	129.9	(4.90)
2 and over	3641	41	(1.7)	115.8	(5.39)	15.0	(0.77)	13	(1.1)	112.3	(12.71)	36.6	(1.81)	33	(4.2)	118.2	(4.52)
Males and Females:																	
2 - 19	2380	42	(2.3)	71.3	(3.39)	12.1	(1.18)	17	(1.9)	74.2	(2.93)	28.7	(2.08)	39	(2.9)	69.2	(5.30)
20 and over	4742	41	(1.7)	127.8	(6.82)	17.0	(0.93)	13	(1.1)	124.7	(10.44)	41.7	(1.96)	33	(3.2)	129.9	(5.34)
2 and over	7122	41	(1.6)	114.4	(5.91)	15.8	(0.80)	14	(1.1)	112.4	(8.60)	38.6	(1.68)	34	(2.9)	115.7	(5.14)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1011	(54.8)	74	(12.4)	7*	(1.3)	1080	(156.4)	198	(27.6)	18*	(3.5)	970	(33.7)
6 - 11	383	34	(4.0)	1066	(45.5)	87	(11.6)	8	(1.1)	1004	(43.4)	257	(25.0)	26	(2.2)	1098	(54.5)
12 - 19	531	42	(4.5)	1079	(32.2)	196	(26.1)	18	(2.3)	1166	(45.5)	470	(32.8)	40	(2.9)	1017	(45.6)
20 - 39	664	53	(3.4)	1138	(27.2)	256	(20.0)	22	(1.6)	1230	(46.8)	480	(23.6)	39	(2.2)	1033	(50.4)
40 - 59	715	41	(3.9)	1110	(47.4)	159	(19.4)	14	(1.7)	1118	(48.5)	387	(25.3)	35	(2.4)	1105	(64.2)
60 and over	928	29	(3.4)	981	(31.0)	73	(9.2)	7	(1.0)	981	(63.6)	255	(12.1)	26	(1.9)	980	(28.4)
2 - 19	1174	38	(3.0)	1060	(19.3)	134	(13.7)	13	(1.4)	1101	(45.1)	351	(18.8)	32	(1.8)	1035	(31.5)
20 and over	2307	42	(2.0)	1084	(19.1)	171	(11.8)	16	(1.0)	1144	(23.9)	405	(16.7)	35	(1.3)	1041	(25.7)
2 and over	3481	41	(2.0)	1078	(16.9)	162	(10.7)	15	(1.0)	1134	(20.9)	393	(13.6)	35	(1.0)	1039	(22.9)
Females:																	
2 - 5	280	35	(4.3)	906	(46.3)	69	(12.9)	8	(1.2)	944	(68.5)	194	(25.3)	21	(2.3)	885	(46.6)
6 - 11	412	45	(4.6)	957	(32.5)	105	(16.5)	11	(1.7)	929	(48.9)	232	(24.6)	25	(2.1)	981	(58.7)
12 - 19	514	52	(4.0)	813	(27.2)	160	(17.5)	20	(2.1)	817	(35.6)	308	(21.2)	38	(1.8)	810	(44.3)
20 - 39	766	52	(2.1)	898	(26.0)	168	(8.3)	19	(0.8)	949	(36.6)	322	(15.7)	34	(1.6)	842	(34.6)
40 - 59	786	40	(3.5)	858	(36.4)	115	(10.0)	13	(1.2)	867	(53.3)	286	(24.0)	33	(2.7)	852	(41.6)
60 and over	883	24	(2.2)	808	(29.2)	57	(9.4)	7	(1.1)	828	(34.7)	243	(22.3)	29	(1.8)	802	(35.3)
2 - 19	1206	46	(3.1)	882	(14.3)	122	(12.9)	14	(1.4)	875	(25.7)	264	(18.0)	30	(1.7)	888	(26.9)
20 and over	2435	39	(1.7)	857	(19.0)	116	(6.0)	14	(0.7)	899	(28.2)	295	(12.0)	33	(1.2)	830	(24.1)
2 and over	3641	41	(1.7)	863	(15.2)	117	(6.4)	14	(0.7)	892	(22.8)	287	(11.8)	32	(1.1)	842	(18.5)
Males and Females:																	
2 - 19	2380	42	(2.3)	973	(13.9)	128	(11.0)	13	(1.2)	980	(24.9)	305	(15.6)	31	(1.4)	968	(24.4)
20 and over	4742	41	(1.7)	966	(14.6)	142	(6.9)	15	(0.7)	1021	(17.2)	350	(9.1)	34	(1.1)	929	(20.0)
2 and over	7122	41	(1.6)	968	(13.1)	139	(6.5)	14	(0.7)	1011	(12.3)	339	(8.2)	34	(0.8)	938	(17.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	1181	(32.5)	126	(18.5)	11	(1.6)	1249	(92.0)	337	(37.5)	27	(3.0)	1140	(41.7)
6 - 11	383	34	(4.0)	1322	(43.6)	142	(16.7)	11	(1.3)	1363	(52.2)	421	(32.0)	31	(2.4)	1302	(48.6)
12 - 19	531	42	(4.5)	1497	(50.4)	299	(49.6)	20	(3.0)	1660	(62.2)	720	(68.3)	43	(2.8)	1381	(68.7)
20 - 39	664	53	(3.4)	1630	(36.4)	379	(26.3)	23	(1.6)	1715	(60.3)	710	(33.8)	41	(2.0)	1533	(47.2)
40 - 59	715	41	(3.9)	1667	(49.6)	251	(27.0)	15	(1.5)	1692	(64.2)	610	(37.5)	36	(2.1)	1650	(73.7)
60 and over	928	29	(3.4)	1474	(35.0)	126	(17.4)	9	(1.2)	1520	(54.4)	438	(26.1)	29	(1.9)	1455	(38.5)
2 - 19	1174	38	(3.0)	1372	(25.5)	211	(25.1)	15	(1.7)	1487	(41.5)	552	(35.4)	37	(1.9)	1301	(39.1)
20 and over	2307	42	(2.0)	1600	(19.0)	263	(17.4)	16	(1.0)	1670	(30.5)	624	(24.5)	37	(1.3)	1549	(29.6)
2 and over	3481	41	(2.0)	1543	(17.6)	250	(16.7)	16	(1.0)	1628	(25.0)	607	(19.7)	37	(1.0)	1484	(23.5)
Females:																	
2 - 5	280	35	(4.3)	1026	(39.1)	102	(16.8)	10	(1.3)	1079	(49.6)	288	(26.9)	27	(2.1)	997	(39.4)
6 - 11	412	45	(4.6)	1203	(28.0)	171	(27.3)	14	(2.1)	1249	(43.2)	379	(33.5)	30	(2.3)	1165	(50.4)
12 - 19	514	52	(4.0)	1100	(43.1)	246	(17.8)	22	(2.0)	1131	(43.0)	474	(15.3)	42	(2.1)	1067	(60.2)
20 - 39	766	52	(2.1)	1237	(26.6)	263	(15.1)	21	(1.2)	1297	(33.1)	504	(21.0)	39	(1.7)	1171	(39.3)
40 - 59	786	40	(3.5)	1180	(50.1)	179	(17.0)	15	(1.5)	1192	(60.9)	445	(43.4)	37	(3.0)	1172	(54.5)
60 and over	883	24	(2.2)	1175	(36.6)	92	(13.2)	8	(1.1)	1216	(38.6)	391	(26.9)	32	(1.7)	1162	(42.8)
2 - 19	1206	46	(3.1)	1119	(21.9)	190	(17.3)	17	(1.6)	1161	(23.7)	412	(16.3)	35	(1.4)	1082	(31.6)
20 and over	2435	39	(1.7)	1199	(25.5)	182	(9.3)	15	(0.7)	1246	(28.6)	463	(18.4)	37	(1.2)	1168	(30.2)
2 and over	3641	41	(1.7)	1181	(19.5)	184	(8.9)	16	(0.7)	1224	(23.0)	450	(15.2)	37	(1.0)	1150	(22.6)
Males and Females:																	
2 - 19	2380	42	(2.3)	1249	(19.9)	200	(16.4)	16	(1.3)	1313	(27.7)	477	(20.4)	36	(1.4)	1202	(29.4)
20 and over	4742	41	(1.7)	1391	(15.7)	221	(11.1)	16	(0.8)	1457	(18.7)	543	(16.8)	37	(1.1)	1346	(24.1)
2 and over	7122	41	(1.6)	1357	(13.9)	216	(10.5)	16	(0.7)	1422	(16.3)	527	(14.1)	37	(0.9)	1313	(18.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	217	(6.1)	18	(2.7)	8	(1.3)	228	(14.2)	48	(5.3)	21*	(2.4)	210	(7.5)
6 - 11	383	34	(4.0)	241	(9.5)	20	(2.4)	8	(1.1)	236	(10.4)	60	(5.0)	25	(1.9)	243	(10.9)
12 - 19	531	42	(4.5)	275	(10.2)	46	(8.7)	17	(2.8)	298	(16.6)	111	(14.0)	37	(3.2)	258	(10.6)
20 - 39	664	53	(3.4)	342	(6.8)	62	(4.5)	18	(1.3)	352	(13.0)	116	(5.0)	33	(1.9)	331	(7.8)
40 - 59	715	41	(3.9)	360	(10.1)	41	(4.7)	12	(1.3)	358	(16.3)	101	(5.7)	28	(1.6)	361	(12.7)
60 and over	928	29	(3.4)	321	(7.9)	19	(2.5)	6	(0.8)	318	(12.6)	66	(3.5)	21	(1.6)	323	(8.6)
2 - 19	1174	38	(3.0)	251	(4.9)	32	(4.3)	13	(1.6)	265	(7.9)	83	(7.0)	31	(2.1)	243	(6.6)
20 and over	2307	42	(2.0)	343	(4.4)	43	(2.5)	12	(0.7)	348	(8.8)	101	(3.2)	29	(1.1)	339	(6.1)
2 and over	3481	41	(2.0)	320	(4.1)	40	(2.5)	12	(0.7)	329	(7.4)	97	(3.2)	30	(1.0)	314	(5.0)
Females:																	
2 - 5	280	35	(4.3)	194	(6.1)	15	(2.3)	8	(1.1)	188	(6.2)	44	(3.6)	23	(1.6)	197	(7.8)
6 - 11	412	45	(4.6)	228	(5.8)	28	(5.0)	12	(2.1)	234	(10.8)	62	(7.4)	27	(2.4)	223	(8.5)
12 - 19	514	52	(4.0)	219	(7.8)	40	(3.1)	18	(1.4)	215	(9.0)	77	(4.2)	36	(2.0)	223	(10.0)
20 - 39	766	52	(2.1)	272	(7.5)	44	(2.4)	16	(1.0)	269	(10.7)	84	(3.7)	31	(1.7)	276	(9.7)
40 - 59	786	40	(3.5)	271	(11.1)	31	(2.9)	11	(1.1)	263	(14.0)	76	(7.3)	29	(2.3)	276	(13.1)
60 and over	883	24	(2.2)	271	(7.9)	15	(2.4)	6	(0.8)	256	(13.7)	65	(5.2)	25	(1.9)	276	(9.1)
2 - 19	1206	46	(3.1)	217	(4.0)	31	(2.8)	14	(1.3)	217	(6.1)	67	(3.2)	31	(1.3)	216	(5.4)
20 and over	2435	39	(1.7)	271	(6.1)	31	(1.5)	11	(0.5)	264	(6.8)	78	(2.9)	29	(1.1)	276	(7.6)
2 and over	3641	41	(1.7)	259	(5.1)	31	(1.5)	12	(0.6)	252	(5.5)	75	(2.5)	30	(1.1)	264	(6.2)
Males and Females:																	
2 - 19	2380	42	(2.3)	234	(3.2)	31	(2.8)	13	(1.1)	239	(5.0)	74	(3.8)	31	(1.3)	231	(4.9)
20 and over	4742	41	(1.7)	306	(4.3)	36	(1.6)	12	(0.5)	306	(5.9)	89	(2.1)	29	(0.8)	305	(6.0)
2 and over	7122	41	(1.6)	289	(3.7)	35	(1.6)	12	(0.6)	290	(5.0)	86	(2.0)	30	(0.8)	288	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

I r o n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	10.9	(0.44)	1.0	(0.15)	9	(1.4)	11.6	(0.84)	2.7	(0.37)	23	(2.7)	10.5	(0.48)
6 - 11	383	34	(4.0)	14.8	(0.63)	1.3	(0.15)	9	(1.1)	14.4	(0.63)	3.8	(0.27)	27	(1.8)	15.0	(0.80)
12 - 19	531	42	(4.5)	15.5	(0.48)	2.8	(0.42)	18	(2.8)	16.9	(0.58)	6.6	(0.54)	39	(3.5)	14.4	(0.79)
20 - 39	664	53	(3.4)	16.2	(0.34)	3.6	(0.29)	22	(1.8)	16.9	(0.64)	6.7	(0.35)	40	(2.3)	15.4	(0.59)
40 - 59	715	41	(3.9)	16.8	(0.58)	2.4	(0.26)	14	(1.6)	17.3	(0.93)	5.8	(0.39)	34	(2.2)	16.4	(0.78)
60 and over	928	29	(3.4)	15.5	(0.35)	1.3	(0.20)	9	(1.3)	16.4	(0.68)	4.6	(0.32)	28	(2.3)	15.2	(0.44)
2 - 19	1174	38	(3.0)	14.3	(0.26)	1.9	(0.22)	13	(1.5)	15.1	(0.40)	5.0	(0.30)	33	(2.1)	13.8	(0.40)
20 and over	2307	42	(2.0)	16.2	(0.23)	2.5	(0.18)	16	(1.1)	17.0	(0.43)	6.0	(0.28)	35	(1.4)	15.7	(0.38)
2 and over	3481	41	(2.0)	15.7	(0.19)	2.4	(0.17)	15	(1.1)	16.5	(0.34)	5.8	(0.24)	35	(1.2)	15.2	(0.33)
Females:																	
2 - 5	280	35	(4.3)	10.0	(0.38)	0.8	(0.12)	8	(1.2)	9.1	(0.43)	2.3	(0.26)	25	(2.6)	10.5	(0.55)
6 - 11	412	45	(4.6)	13.4	(0.40)	1.5	(0.19)	11	(1.5)	13.4	(0.50)	3.3	(0.26)	25	(1.9)	13.5	(0.70)
12 - 19	514	52	(4.0)	12.2	(0.42)	2.3	(0.19)	19	(1.3)	12.7	(0.75)	4.4	(0.20)	35	(2.3)	11.7	(0.35)
20 - 39	766	52	(2.1)	12.5	(0.28)	2.3	(0.13)	18	(1.0)	12.4	(0.30)	4.3	(0.22)	35	(1.6)	12.6	(0.46)
40 - 59	786	40	(3.5)	12.3	(0.57)	1.7	(0.17)	14	(1.5)	12.5	(0.72)	4.2	(0.36)	34	(3.1)	12.2	(0.57)
60 and over	883	24	(2.2)	12.2	(0.35)	0.8	(0.12)	7	(1.0)	11.9	(0.37)	3.6	(0.31)	30	(2.3)	12.3	(0.45)
2 - 19	1206	46	(3.1)	12.1	(0.22)	1.7	(0.15)	14	(1.2)	12.3	(0.43)	3.7	(0.17)	30	(1.4)	12.0	(0.28)
20 and over	2435	39	(1.7)	12.3	(0.27)	1.6	(0.09)	13	(0.7)	12.3	(0.30)	4.1	(0.18)	34	(1.5)	12.3	(0.35)
2 and over	3641	41	(1.7)	12.3	(0.21)	1.6	(0.08)	13	(0.7)	12.3	(0.27)	4.0	(0.15)	33	(1.3)	12.3	(0.31)
Males and Females:																	
2 - 19	2380	42	(2.3)	13.2	(0.17)	1.8	(0.15)	14	(1.1)	13.6	(0.24)	4.3	(0.20)	32	(1.3)	12.9	(0.26)
20 and over	4742	41	(1.7)	14.2	(0.19)	2.1	(0.11)	15	(0.8)	14.6	(0.28)	5.1	(0.20)	35	(1.3)	13.9	(0.27)
2 and over	7122	41	(1.6)	14.0	(0.15)	2.0	(0.11)	14	(0.8)	14.4	(0.22)	4.9	(0.18)	34	(1.1)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	7.9	(0.20)	0.7	(0.09)	9	(1.2)	8.0	(0.48)	1.8	(0.19)	23	(2.2)	7.8	(0.29)
6 - 11	383	34	(4.0)	10.3	(0.48)	1.0	(0.14)	10	(1.6)	10.1	(0.54)	3.0	(0.29)	30	(2.9)	10.4	(0.61)
12 - 19	531	42	(4.5)	11.9	(0.47)	2.3	(0.37)	19	(2.8)	13.5	(0.59)	5.4	(0.54)	40	(3.2)	10.7	(0.58)
20 - 39	664	53	(3.4)	13.2	(0.24)	2.9	(0.20)	22	(1.6)	13.5	(0.51)	5.4	(0.29)	40	(2.7)	12.8	(0.49)
40 - 59	715	41	(3.9)	13.7	(0.61)	1.9	(0.20)	14	(1.3)	13.7	(0.73)	4.6	(0.32)	33	(2.4)	13.7	(0.74)
60 and over	928	29	(3.4)	11.8	(0.29)	1.0	(0.13)	9	(1.1)	12.8	(0.59)	3.6	(0.27)	28	(2.2)	11.4	(0.29)
2 - 19	1174	38	(3.0)	10.5	(0.23)	1.5	(0.19)	14	(1.8)	11.4	(0.40)	4.0	(0.29)	35	(2.1)	10.0	(0.35)
20 and over	2307	42	(2.0)	13.0	(0.22)	2.0	(0.12)	15	(0.8)	13.4	(0.37)	4.8	(0.22)	35	(1.7)	12.7	(0.25)
2 and over	3481	41	(2.0)	12.4	(0.19)	1.9	(0.12)	15	(0.8)	13.0	(0.30)	4.6	(0.18)	35	(1.3)	12.0	(0.23)
Females:																	
2 - 5	280	35	(4.3)	7.4	(0.34)	0.5	(0.08)	7	(1.0)	6.9	(0.36)	1.5	(0.16)	22	(2.1)	7.6	(0.42)
6 - 11	412	45	(4.6)	9.0	(0.31)	1.1	(0.17)	12	(1.9)	8.9	(0.40)	2.4	(0.23)	27	(2.8)	9.1	(0.54)
12 - 19	514	52	(4.0)	8.2	(0.33)	1.7	(0.13)	20	(1.9)	8.3	(0.42)	3.2	(0.16)	39	(2.5)	8.1	(0.38)
20 - 39	766	52	(2.1)	9.5	(0.19)	1.8	(0.11)	19	(1.1)	9.5	(0.23)	3.4	(0.19)	36	(1.6)	9.6	(0.32)
40 - 59	786	40	(3.5)	9.2	(0.35)	1.3	(0.15)	14	(1.5)	9.2	(0.43)	3.3	(0.35)	35	(3.3)	9.2	(0.38)
60 and over	883	24	(2.2)	9.1	(0.35)	0.7	(0.10)	8	(1.2)	8.8	(0.19)	2.9	(0.28)	33	(2.9)	9.1	(0.43)
2 - 19	1206	46	(3.1)	8.3	(0.19)	1.2	(0.11)	15	(1.5)	8.3	(0.26)	2.7	(0.13)	32	(1.8)	8.3	(0.23)
20 and over	2435	39	(1.7)	9.3	(0.16)	1.3	(0.09)	14	(0.9)	9.2	(0.20)	3.3	(0.20)	35	(1.8)	9.3	(0.23)
2 and over	3641	41	(1.7)	9.1	(0.14)	1.3	(0.07)	14	(0.8)	9.0	(0.16)	3.1	(0.16)	35	(1.4)	9.1	(0.21)
Males and Females:																	
2 - 19	2380	42	(2.3)	9.4	(0.17)	1.4	(0.12)	15	(1.2)	9.7	(0.32)	3.3	(0.17)	34	(1.6)	9.2	(0.21)
20 and over	4742	41	(1.7)	11.1	(0.14)	1.6	(0.09)	15	(0.7)	11.3	(0.22)	4.0	(0.19)	35	(1.5)	10.9	(0.19)
2 and over	7122	41	(1.6)	10.7	(0.13)	1.6	(0.09)	15	(0.7)	10.9	(0.20)	3.8	(0.16)	35	(1.1)	10.5	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	0.8	(0.02)	0.1	(0.01)	9	(1.4)	0.8	(0.06)	0.2	(0.02)	24	(2.7)	0.7	(0.03)
6 - 11	383	34	(4.0)	0.9	(0.05)	0.1	(0.02)	10	(2.0)	1.0	(0.08)	0.3	(0.05)	29	(3.3)	0.9	(0.05)
12 - 19	531	42	(4.5)	1.1	(0.03)	0.2	(0.03)	17	(3.0)	1.2	(0.06)	0.4	(0.05)	38	(3.4)	1.0	(0.04)
20 - 39	664	53	(3.4)	1.3	(0.04)	0.2	(0.02)	17	(1.4)	1.4	(0.05)	0.4	(0.02)	32	(1.8)	1.3	(0.05)
40 - 59	715	41	(3.9)	1.4	(0.06)	0.2	(0.02)	12	(1.5)	1.5	(0.10)	0.4	(0.03)	28	(2.2)	1.4	(0.06)
60 and over	928	29	(3.4)	1.3	(0.03)	0.1	(0.01)	6	(0.9)	1.3	(0.06)	0.3	(0.01)	22	(1.8)	1.3	(0.03)
2 - 19	1174	38	(3.0)	1.0	(0.02)	0.1	(0.02)	14	(1.7)	1.0	(0.03)	0.3	(0.03)	33	(2.2)	0.9	(0.03)
20 and over	2307	42	(2.0)	1.3	(0.03)	0.2	(0.01)	12	(0.8)	1.4	(0.05)	0.4	(0.02)	29	(1.3)	1.3	(0.03)
2 and over	3481	41	(2.0)	1.2	(0.03)	0.2	(0.01)	13	(0.8)	1.3	(0.04)	0.4	(0.01)	29	(1.1)	1.2	(0.03)
Females:																	
2 - 5	280	35	(4.3)	0.7	(0.02)	0.1	(0.01)	8	(1.2)	0.6	(0.02)	0.2	(0.02)	26	(2.3)	0.7	(0.04)
6 - 11	412	45	(4.6)	0.9	(0.03)	0.1	(0.02)	13	(2.2)	0.9	(0.04)	0.3	(0.03)	28	(2.6)	0.8	(0.03)
12 - 19	514	52	(4.0)	0.9	(0.04)	0.2	(0.01)	17	(1.5)	0.9	(0.07)	0.3	(0.02)	33	(3.0)	0.9	(0.04)
20 - 39	766	52	(2.1)	1.1	(0.03)	0.2	(0.01)	14	(0.8)	1.1	(0.03)	0.3	(0.01)	28	(1.4)	1.1	(0.05)
40 - 59	786	40	(3.5)	1.1	(0.04)	0.1	(0.01)	11	(1.3)	1.0	(0.05)	0.3	(0.03)	27	(2.3)	1.1	(0.04)
60 and over	883	24	(2.2)	1.1	(0.02)	0.1	(0.01)	5	(0.7)	1.0	(0.05)	0.2	(0.02)	23	(1.9)	1.1	(0.03)
2 - 19	1206	46	(3.1)	0.8	(0.02)	0.1	(0.01)	14	(1.4)	0.9	(0.04)	0.3	(0.02)	31	(1.8)	0.8	(0.03)
20 and over	2435	39	(1.7)	1.1	(0.02)	0.1	(0.01)	10	(0.5)	1.1	(0.02)	0.3	(0.01)	27	(1.1)	1.1	(0.03)
2 and over	3641	41	(1.7)	1.0	(0.02)	0.1	(0.01)	11	(0.6)	1.0	(0.02)	0.3	(0.01)	28	(1.1)	1.1	(0.02)
Males and Females:																	
2 - 19	2380	42	(2.3)	0.9	(0.02)	0.1	(0.01)	14	(1.3)	0.9	(0.03)	0.3	(0.02)	32	(1.6)	0.9	(0.02)
20 and over	4742	41	(1.7)	1.2	(0.02)	0.1	(0.01)	11	(0.6)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over	7122	41	(1.6)	1.1	(0.02)	0.1	(0.01)	12	(0.6)	1.1	(0.03)	0.3	(0.01)	29	(1.0)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	37	(4.2)	74.1	(2.17)	9.1	(1.42)	12	(1.9)	75.7	(3.97)	24.3	(3.50)	32	(3.8)	73.2	(2.67)
6 - 11	383	34	(4.0)	94.1	(2.73)	12.5	(1.73)	13	(1.7)	103.7	(4.08)	37.0	(3.02)	36	(2.8)	89.3	(2.98)
12 - 19	531	42	(4.5)	123.6	(4.43)	26.4	(4.69)	21	(3.8)	131.9	(3.67)	63.4	(7.19)	48	(4.5)	117.7	(6.85)
20 - 39	664	53	(3.4)	139.0	(3.55)	34.4	(2.55)	25	(1.8)	141.4	(5.24)	64.4	(3.17)	46	(1.8)	136.3	(5.78)
40 - 59	715	41	(3.9)	139.9	(3.89)	22.7	(2.21)	16	(1.6)	144.5	(5.68)	55.3	(3.83)	38	(3.0)	136.6	(5.42)
60 and over	928	29	(3.4)	125.4	(3.38)	12.4	(2.02)	10	(1.6)	130.9	(5.07)	43.2	(3.13)	33	(2.6)	123.2	(3.97)
2 - 19	1174	38	(3.0)	103.4	(1.98)	18.1	(2.43)	18	(2.3)	112.0	(2.01)	47.5	(3.81)	42	(3.0)	98.1	(3.26)
20 and over	2307	42	(2.0)	135.5	(2.07)	24.1	(1.56)	18	(1.1)	140.5	(3.16)	57.2	(2.48)	41	(1.6)	131.9	(2.99)
2 and over	3481	41	(2.0)	127.5	(1.80)	22.6	(1.54)	18	(1.1)	133.9	(2.66)	55.0	(2.13)	41	(1.4)	123.0	(2.40)
Females:																	
2 - 5	280	35	(4.3)	64.5	(2.19)	7.1	(1.10)	11	(1.4)	63.4	(2.93)	20.0	(2.22)	32	(3.1)	65.2	(3.37)
6 - 11	412	45	(4.6)	86.1	(3.14)	13.4	(2.19)	16	(2.4)	91.0	(5.23)	29.8	(2.67)	33	(3.2)	81.9	(3.41)
12 - 19	514	52	(4.0)	88.3	(3.36)	20.6	(1.72)	23	(2.1)	89.2	(4.92)	39.7	(1.67)	44	(2.8)	87.2	(3.85)
20 - 39	766	52	(2.1)	98.2	(2.24)	22.3	(1.51)	23	(1.4)	100.7	(3.37)	42.8	(2.41)	42	(2.0)	95.5	(4.39)
40 - 59	786	40	(3.5)	97.1	(3.11)	15.9	(1.68)	16	(1.8)	100.1	(4.49)	39.6	(3.99)	40	(4.2)	95.1	(3.27)
60 and over	883	24	(2.2)	90.9	(2.53)	7.9	(1.11)	9	(1.3)	95.0	(5.28)	33.7	(2.75)	35	(2.8)	89.7	(3.33)
2 - 19	1206	46	(3.1)	82.4	(1.88)	15.3	(1.54)	19	(1.8)	85.6	(2.62)	33.2	(1.66)	39	(1.8)	79.7	(2.25)
20 and over	2435	39	(1.7)	95.6	(1.49)	15.7	(0.81)	16	(0.8)	99.4	(2.51)	40.0	(1.80)	40	(1.9)	93.1	(1.93)
2 and over	3641	41	(1.7)	92.6	(1.16)	15.6	(0.74)	17	(0.8)	95.9	(2.29)	38.3	(1.42)	40	(1.5)	90.4	(1.46)
Males and Females:																	
2 - 19	2380	42	(2.3)	93.1	(1.62)	16.7	(1.53)	18	(1.6)	97.8	(2.08)	39.8	(2.16)	41	(1.8)	89.8	(2.54)
20 and over	4742	41	(1.7)	114.8	(1.07)	19.8	(0.99)	17	(0.8)	119.9	(1.87)	48.6	(1.81)	41	(1.6)	111.3	(1.95)
2 and over	7122	41	(1.6)	109.6	(0.90)	19.0	(0.97)	17	(0.8)	114.5	(1.75)	46.4	(1.61)	41	(1.3)	106.3	(1.53)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Potassium

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	2089	(81.8)	201	(30.6)	10	(1.4)	2207	(214.9)	536	(61.8)	24	(2.6)	2019	(65.4)
6 - 11	383	34	(4.0)	2125	(56.3)	206	(25.2)	10	(1.2)	2164	(102.4)	611	(57.9)	28	(2.7)	2106	(62.2)
12 - 19	531	42	(4.5)	2434	(86.1)	453	(90.2)	19	(3.5)	2625	(114.4)	1089	(149.9)	41	(4.3)	2298	(121.2)
20 - 39	664	53	(3.4)	2828	(52.1)	583	(43.7)	21	(1.4)	2872	(84.8)	1093	(53.3)	38	(1.6)	2778	(88.9)
40 - 59	715	41	(3.9)	3042	(89.0)	416	(48.5)	14	(1.4)	3088	(168.6)	1013	(67.5)	33	(1.6)	3010	(90.9)
60 and over	928	29	(3.4)	2944	(75.9)	197	(26.0)	7	(0.9)	2847	(84.7)	689	(44.8)	24	(1.9)	2982	(86.0)
2 - 19	1174	38	(3.0)	2259	(49.8)	318	(43.9)	14	(1.9)	2403	(84.3)	834	(75.2)	35	(2.8)	2170	(69.5)
20 and over	2307	42	(2.0)	2937	(37.3)	417	(26.9)	14	(0.9)	2943	(64.8)	989	(38.0)	34	(1.2)	2932	(58.8)
2 and over	3481	41	(2.0)	2767	(35.9)	392	(26.2)	14	(0.9)	2818	(61.9)	953	(35.6)	34	(1.2)	2732	(45.2)
Females:																	
2 - 5	280	35	(4.3)	1902	(61.9)	177	(27.7)	9	(1.3)	1885	(66.5)	502	(42.4)	27	(2.1)	1911	(90.7)
6 - 11	412	45	(4.6)	2051	(64.8)	292	(57.5)	14	(2.7)	2199	(96.9)	647	(85.4)	29	(3.2)	1930	(105.1)
12 - 19	514	52	(4.0)	1885	(59.9)	377	(24.1)	20	(1.5)	1858	(62.7)	725	(35.9)	39	(1.8)	1913	(89.0)
20 - 39	766	52	(2.1)	2309	(65.4)	424	(24.1)	18	(1.1)	2302	(74.2)	814	(31.3)	35	(1.8)	2316	(77.7)
40 - 59	786	40	(3.5)	2320	(93.3)	296	(24.5)	13	(1.2)	2241	(129.5)	735	(59.3)	33	(2.8)	2373	(109.0)
60 and over	883	24	(2.2)	2347	(70.8)	150	(22.3)	6	(0.9)	2267	(99.2)	638	(49.4)	28	(2.1)	2372	(77.9)
2 - 19	1206	46	(3.1)	1944	(33.9)	305	(28.7)	16	(1.5)	1975	(54.5)	663	(29.9)	34	(1.3)	1918	(55.0)
20 and over	2435	39	(1.7)	2324	(52.8)	297	(14.3)	13	(0.7)	2275	(57.1)	755	(29.2)	33	(1.5)	2357	(66.9)
2 and over	3641	41	(1.7)	2238	(41.5)	299	(13.4)	13	(0.6)	2198	(45.9)	731	(22.0)	33	(1.2)	2266	(53.3)
Males and Females:																	
2 - 19	2380	42	(2.3)	2105	(32.7)	312	(26.1)	15	(1.2)	2174	(46.1)	742	(35.6)	34	(1.7)	2056	(50.4)
20 and over	4742	41	(1.7)	2618	(37.5)	355	(16.8)	14	(0.7)	2607	(45.9)	871	(25.0)	33	(1.1)	2626	(53.9)
2 and over	7122	41	(1.6)	2496	(31.2)	344	(16.4)	14	(0.7)	2501	(41.9)	840	(22.9)	34	(1.0)	2493	(41.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	2342	(93.5)	317	(51.2)	14	(2.2)	2454	(147.0)	845	(122.4)	34	(3.7)	2275	(126.3)
6 - 11	383	34	(4.0)	3052	(99.9)	407	(50.7)	13	(1.6)	3215	(148.4)	1207	(103.3)	38	(2.5)	2969	(110.7)
12 - 19	531	42	(4.5)	3737	(101.0)	843	(130.8)	23	(3.5)	4239	(126.8)	2025	(171.4)	48	(4.1)	3380	(158.6)
20 - 39	664	53	(3.4)	4306	(109.3)	1104	(87.7)	26	(1.8)	4591	(165.2)	2069	(128.7)	45	(2.3)	3980	(201.2)
40 - 59	715	41	(3.9)	4213	(121.2)	759	(81.4)	18	(1.8)	4531	(182.2)	1846	(145.0)	41	(2.7)	3991	(153.1)
60 and over	928	29	(3.4)	3756	(75.1)	379	(59.7)	10	(1.7)	3989	(119.3)	1322	(96.5)	33	(2.5)	3663	(92.9)
2 - 19	1174	38	(3.0)	3215	(69.2)	587	(67.8)	18	(2.1)	3568	(101.5)	1540	(95.2)	43	(2.5)	2998	(88.7)
20 and over	2307	42	(2.0)	4121	(57.1)	780	(57.5)	19	(1.3)	4457	(96.7)	1851	(98.5)	42	(1.8)	3876	(92.6)
2 and over	3481	41	(2.0)	3895	(48.4)	732	(52.8)	19	(1.2)	4251	(93.3)	1779	(78.8)	42	(1.5)	3645	(63.2)
Females:																	
2 - 5	280	35	(4.3)	1994	(56.6)	244	(37.2)	12	(1.7)	2042	(70.5)	692	(78.7)	34	(3.1)	1968	(81.4)
6 - 11	412	45	(4.6)	2742	(99.6)	459	(60.2)	17	(2.4)	2895	(189.6)	1018	(60.9)	35	(3.6)	2616	(112.8)
12 - 19	514	52	(4.0)	2873	(112.0)	729	(56.2)	25	(2.4)	2965	(108.7)	1404	(74.9)	47	(2.2)	2773	(175.8)
20 - 39	766	52	(2.1)	3238	(56.1)	758	(49.9)	23	(1.4)	3410	(79.0)	1455	(79.3)	43	(2.0)	3051	(86.3)
40 - 59	786	40	(3.5)	2906	(112.1)	512	(46.7)	18	(1.7)	3029	(162.3)	1275	(112.6)	42	(3.6)	2823	(110.4)
60 and over	883	24	(2.2)	2782	(66.8)	261	(38.6)	9	(1.3)	3033	(121.6)	1108	(87.6)	37	(2.7)	2705	(76.7)
2 - 19	1206	46	(3.1)	2639	(68.3)	534	(47.0)	20	(2.0)	2789	(89.1)	1159	(55.0)	42	(2.1)	2511	(90.2)
20 and over	2435	39	(1.7)	2987	(46.2)	523	(29.6)	18	(1.0)	3209	(68.7)	1329	(60.2)	41	(1.7)	2842	(55.8)
2 and over	3641	41	(1.7)	2908	(38.5)	526	(26.5)	18	(0.9)	3102	(61.1)	1286	(49.0)	41	(1.4)	2774	(46.7)
Males and Females:																	
2 - 19	2380	42	(2.3)	2934	(54.4)	561	(42.8)	19	(1.4)	3151	(93.3)	1336	(56.2)	42	(1.6)	2777	(71.7)
20 and over	4742	41	(1.7)	3531	(38.5)	647	(37.5)	18	(1.0)	3829	(61.7)	1589	(67.1)	41	(1.5)	3326	(58.0)
2 and over	7122	41	(1.6)	3389	(34.8)	626	(34.2)	18	(0.9)	3664	(65.4)	1527	(57.5)	42	(1.2)	3198	(44.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	37	(4.2)	11.1*	(3.42)	2.7*	(1.45)	24*	(8.8)	15.9*	(5.42)	7.1*	(3.47)	--		8.2*	(2.80)
6 - 11	383	34	(4.0)	17.6	(2.88)	2.5	(0.34)	14	(2.6)	21.8	(2.70)	7.3	(1.18)	34	(5.6)	15.4	(3.99)
12 - 19	531	42	(4.5)	50.5	(4.11)	12.2	(2.86)	24	(4.6)	79.1	(8.54)	29.3	(4.49)	37	(5.4)	30.2	(2.75)
20 - 39	664	53	(3.4)	143.1	(9.71)	26.2	(5.05)	18	(3.1)	151.7	(11.89)	49.1	(8.44)	32	(4.3)	133.2	(16.18)
40 - 59	715	41	(3.9)	210.7	(14.60)	20.0	(2.57)	9	(1.3)	207.0	(24.78)	48.6	(6.01)	23	(3.4)	213.3	(12.37)
60 and over	928	29	(3.4)	210.3	(6.49)	11.5*	(3.46)	5*	(1.7)	202.6	(17.99)	40.0	(10.24)	20	(5.7)	213.4	(9.82)
2 - 19	1174	38	(3.0)	31.3	(2.94)	7.0	(1.41)	22	(3.6)	49.2	(6.14)	18.3	(2.69)	37	(4.2)	20.2	(1.84)
20 and over	2307	42	(2.0)	185.8	(6.64)	19.9	(2.26)	11	(1.2)	180.5	(10.76)	47.2	(5.07)	26	(2.8)	189.6	(8.82)
2 and over	3481	41	(2.0)	147.2	(5.36)	16.7	(1.73)	11	(1.3)	150.1	(8.62)	40.5	(3.76)	27	(2.8)	145.2	(7.18)
Females:																	
2 - 5	280	35	(4.3)	6.4	(1.19)	0.4*	(0.16)	7*	(2.0)	6.7	(1.62)	1.3*	(0.42)	--		6.1	(1.22)
6 - 11	412	45	(4.6)	13.7	(1.46)	3.5	(0.71)	26	(4.3)	18.0	(2.17)	7.8	(1.43)	43	(5.7)	10.0	(1.44)
12 - 19	514	52	(4.0)	34.1	(2.99)	11.3	(2.33)	33	(5.3)	39.8	(4.58)	21.8	(4.45)	55	(7.3)	27.9	(3.73)
20 - 39	766	52	(2.1)	119.1	(8.38)	26.7	(1.86)	22	(2.0)	126.3	(9.15)	51.3	(3.30)	41	(3.2)	111.3	(11.91)
40 - 59	786	40	(3.5)	189.8	(14.78)	21.1	(3.84)	11	(2.0)	184.4	(19.20)	52.4	(8.58)	28	(4.4)	193.5	(17.78)
60 and over	883	24	(2.2)	162.2	(9.11)	9.0	(1.37)	6	(0.9)	168.5	(21.45)	38.3	(4.58)	23	(3.8)	160.3	(8.99)
2 - 19	1206	46	(3.1)	21.2	(1.86)	6.3	(1.10)	30	(3.7)	27.1	(2.78)	13.8	(2.32)	51	(5.2)	16.2	(2.04)
20 and over	2435	39	(1.7)	156.2	(7.76)	19.4	(1.52)	12	(1.1)	154.1	(7.54)	49.3	(2.93)	32	(2.4)	157.6	(9.27)
2 and over	3641	41	(1.7)	125.7	(6.37)	16.5	(1.33)	13	(1.2)	121.7	(6.31)	40.2	(2.54)	33	(2.4)	128.4	(7.71)
Males and Females:																	
2 - 19	2380	42	(2.3)	26.4	(2.10)	6.7	(0.99)	25	(2.7)	37.4	(4.06)	15.9	(2.12)	42	(3.4)	18.4	(1.39)
20 and over	4742	41	(1.7)	170.4	(6.39)	19.6	(1.57)	12	(1.1)	167.2	(7.13)	48.3	(2.78)	29	(2.0)	172.6	(7.89)
2 and over	7122	41	(1.6)	136.2	(4.87)	16.6	(1.25)	12	(1.1)	135.6	(5.50)	40.4	(2.01)	30	(2.0)	136.5	(5.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	37	(4.2)	--		--		--		--		--		--		--	
6 - 11	383	34	(4.0)	--		--		--		--		--		--		--	
12 - 19	531	42	(4.5)	--		--		--		--		--		--		--	
20 - 39	664	53	(3.4)	17.0	(1.71)	0.6*	(0.42)	4*	(2.6)	18.7	(2.94)	1.1*	(0.78)	6*	(4.0)	15.0	(2.74)
40 - 59	715	41	(3.9)	14.6	(1.62)	0.1*	(0.07)	1*	(0.5)	14.1	(2.35)	0.2*	(0.16)	2*	(1.0)	15.0	(1.83)
60 and over	928	29	(3.4)	8.0	(0.75)	#		1*	(0.4)	6.8	(1.35)	0.2*	(0.12)	--		8.5	(1.02)
2 - 19	1174	38	(3.0)	--		--		--		--		--		--		--	
20 and over	2307	42	(2.0)	13.7	(0.70)	0.3*	(0.15)	2*	(1.1)	14.9	(1.42)	0.6*	(0.36)	4*	(2.3)	12.8	(1.14)
2 and over	3481	41	(2.0)	--		--		--		--		--		--		--	
Females:																	
2 - 5	280	35	(4.3)	--		--		--		--		--		--		--	
6 - 11	412	45	(4.6)	--		--		--		--		--		--		--	
12 - 19	514	52	(4.0)	--		--		--		--		--		--		--	
20 - 39	766	52	(2.1)	7.1	(1.10)	0.1*	(0.07)	2*	(1.1)	5.8	(1.09)	0.3*	(0.14)	--		8.5	(1.84)
40 - 59	786	40	(3.5)	7.3	(0.83)	#		1*	(0.6)	7.0	(1.65)	0.1*	(0.11)	--		7.6	(0.90)
60 and over	883	24	(2.2)	5.1	(1.31)	#		#		3.0	(0.83)	#		--		5.7	(1.59)
2 - 19	1206	46	(3.1)	--		--		--		--		--		--		--	
20 and over	2435	39	(1.7)	6.6	(0.67)	0.1*	(0.03)	1*	(0.5)	5.7	(0.86)	0.2*	(0.08)	3*	(1.3)	7.1	(1.00)
2 and over	3641	41	(1.7)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	2380	42	(2.3)	--		--		--		--		--		--		--	
20 and over	4742	41	(1.7)	10.0	(0.49)	0.2*	(0.08)	2*	(0.8)	10.2	(1.00)	0.4*	(0.21)	4*	(1.9)	9.8	(0.89)
2 and over	7122	41	(1.6)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] 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 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 alchohol 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 50. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018

F o o d e n e r g y

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants kcal	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake kcal	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants kcal	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1905	(27.3)	321	(36.9)	17	(1.9)	2058	(52.6)	737	(44.7)	36	(2.1)	1787	(44.5)
20 and over.....	1694	39	(2.6)	2162	(28.3)	325	(29.3)	15	(1.3)	2287	(50.2)	823	(45.3)	36	(1.9)	2081	(37.6)
2 and over...	2491	40	(2.5)	2110	(22.7)	324	(27.1)	15	(1.2)	2236	(42.1)	804	(37.7)	36	(1.6)	2025	(33.0)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1903	(44.6)	382	(29.6)	20	(1.4)	2077	(72.7)	838	(44.2)	40	(1.5)	1759	(50.4)
20 and over.....	1128	46	(2.0)	2113	(28.9)	445	(34.6)	21	(1.6)	2382	(50.0)	966	(49.9)	41	(1.7)	1882	(57.0)
2 and over...	1659	46	(1.7)	2061	(26.0)	430	(27.8)	21	(1.3)	2308	(43.3)	935	(39.5)	41	(1.4)	1852	(43.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1833	(31.8)	261	(39.6)	14	(2.1)	1945	(55.4)	712	(77.8)	37	(3.4)	1768	(38.6)
20 and over.....	626	40	(2.7)	1943	(37.2)	285	(19.2)	15	(0.9)	2088	(54.1)	708	(44.3)	34	(1.7)	1846	(65.3)
2 and over...	862	40	(2.3)	1922	(33.8)	281	(17.4)	15	(0.8)	2062	(53.4)	709	(47.5)	34	(1.8)	1830	(54.6)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1854	(19.1)	347	(28.4)	19	(1.6)	2031	(48.6)	857	(38.0)	42	(2.2)	1733	(35.8)
20 and over.....	1058	41	(2.0)	2176	(52.7)	381	(22.7)	18	(1.2)	2401	(93.6)	925	(29.4)	39	(1.5)	2018	(74.3)
2 and over...	1634	41	(1.7)	2071	(35.8)	370	(20.4)	18	(1.0)	2281	(58.2)	903	(24.5)	40	(1.1)	1924	(57.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	67.3	(2.20)	11.2	(1.52)	17	(2.1)	70.1	(2.21)	25.6	(2.08)	37	(2.6)	65.2	(3.51)
20 and over.....	1694	39	(2.6)	81.7	(1.40)	12.6	(1.02)	15	(1.1)	83.7	(2.20)	31.8	(1.54)	38	(2.0)	80.4	(2.24)
2 and over...	2491	40	(2.5)	78.8	(1.41)	12.3	(1.00)	16	(1.1)	80.7	(2.03)	30.5	(1.43)	38	(1.8)	77.5	(2.01)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	62.7	(1.95)	14.1	(1.11)	23	(1.7)	66.9	(2.54)	31.0	(1.73)	46	(2.0)	59.2	(2.42)
20 and over.....	1128	46	(2.0)	76.2	(1.59)	18.2	(1.79)	24	(2.2)	82.1	(2.92)	39.4	(2.77)	48	(2.4)	71.2	(2.48)
2 and over...	1659	46	(1.7)	72.9	(1.39)	17.2	(1.37)	24	(1.8)	78.4	(2.33)	37.3	(2.17)	48	(2.0)	68.2	(1.96)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	66.0	(2.00)	9.8	(1.48)	15	(2.1)	69.3	(2.55)	26.7	(2.85)	39	(3.1)	64.1	(2.28)
20 and over.....	626	40	(2.7)	81.6	(1.96)	12.8	(1.08)	16	(1.1)	88.0	(4.46)	31.7	(2.67)	36	(2.5)	77.2	(2.96)
2 and over...	862	40	(2.3)	78.5	(1.93)	12.2	(0.94)	16	(1.0)	84.6	(4.20)	30.8	(2.53)	36	(2.4)	74.6	(2.38)
Hispanic:																	
2 - 19.....	576	40	(2.2)	66.7	(0.90)	13.3	(1.16)	20	(1.8)	72.4	(2.47)	32.9	(1.89)	45	(2.6)	62.8	(1.19)
20 and over.....	1058	41	(2.0)	85.7	(2.72)	16.1	(1.19)	19	(1.5)	94.0	(4.36)	39.1	(1.81)	42	(1.9)	79.9	(3.73)
2 and over...	1634	41	(1.7)	79.5	(1.71)	15.2	(1.06)	19	(1.3)	87.0	(2.70)	37.1	(1.58)	43	(1.5)	74.3	(2.60)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	244	(4.0)	38	(4.3)	16	(1.6)	262	(6.9)	87	(5.4)	33	(1.9)	229	(4.8)
20 and over.....	1694	39	(2.6)	244	(4.0)	35	(3.1)	14	(1.2)	260	(6.4)	89	(5.2)	34	(1.9)	233	(4.4)
2 and over...	2491	40	(2.5)	244	(2.9)	36	(2.9)	15	(1.2)	261	(4.7)	88	(4.1)	34	(1.6)	232	(3.8)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	246	(6.0)	41	(3.4)	17	(1.2)	264	(10.7)	91	(5.1)	34	(1.5)	230	(6.5)
20 and over.....	1128	46	(2.0)	245	(4.4)	45	(2.8)	18	(1.1)	276	(4.5)	97	(4.3)	35	(1.5)	218	(6.9)
2 and over...	1659	46	(1.7)	245	(3.9)	44	(2.5)	18	(1.0)	273	(4.5)	96	(3.6)	35	(1.2)	221	(5.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	240	(3.5)	29	(4.3)	12	(1.9)	248	(6.9)	80	(7.5)	32	(3.0)	236	(6.1)
20 and over.....	626	40	(2.7)	242	(6.1)	30	(1.9)	13	(0.8)	249	(6.7)	75	(5.6)	30	(2.0)	237	(10.2)
2 and over...	862	40	(2.3)	241	(5.3)	30	(2.0)	12	(0.8)	249	(5.8)	76	(5.7)	31	(2.0)	236	(8.6)
Hispanic:																	
2 - 19.....	576	40	(2.2)	240	(2.9)	39	(3.1)	16	(1.4)	255	(6.9)	95	(3.7)	37	(2.0)	230	(5.1)
20 and over.....	1058	41	(2.0)	261	(4.9)	40	(2.1)	15	(0.9)	277	(7.9)	98	(2.3)	35	(1.3)	250	(7.7)
2 and over...	1634	41	(1.7)	254	(3.4)	40	(2.0)	16	(0.8)	270	(5.7)	97	(1.8)	36	(0.8)	243	(6.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	114	(2.3)	16	(1.8)	14	(1.5)	126	(4.6)	36	(2.8)	28	(2.2)	104	(2.1)
20 and over.....	1694	39	(2.6)	107	(2.2)	12	(1.1)	11	(0.9)	113	(3.3)	30	(1.8)	26	(1.4)	103	(2.7)
2 and over...	2491	40	(2.5)	108	(1.7)	13	(1.0)	12	(0.9)	116	(2.4)	31	(1.4)	27	(1.1)	103	(2.3)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	112	(3.2)	14	(1.2)	12	(1.0)	121	(5.9)	31	(2.3)	25	(1.9)	105	(3.1)
20 and over.....	1128	46	(2.0)	111	(2.7)	15	(0.9)	14	(0.9)	126	(3.2)	33	(1.3)	26	(1.1)	97	(4.1)
2 and over...	1659	46	(1.7)	111	(2.0)	15	(0.7)	13	(0.7)	125	(2.7)	32	(1.0)	26	(1.0)	99	(3.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	93	(4.9)	10	(1.7)	11	(2.0)	94	(4.4)	27	(3.8)	29	(4.1)	92	(7.7)
20 and over.....	626	40	(2.7)	86	(2.9)	10	(0.8)	11	(0.7)	90	(3.6)	24	(2.5)	27	(2.1)	83	(3.5)
2 and over...	862	40	(2.3)	87	(2.5)	10	(0.8)	11	(0.8)	91	(2.9)	24	(2.5)	27	(2.2)	85	(3.0)
Hispanic:																	
2 - 19.....	576	40	(2.2)	104	(2.1)	13	(1.4)	13	(1.2)	109	(4.2)	32	(2.3)	30	(2.1)	101	(3.6)
20 and over.....	1058	41	(2.0)	107	(2.9)	14	(1.0)	13	(0.8)	114	(4.7)	33	(1.6)	29	(1.3)	101	(3.3)
2 and over...	1634	41	(1.7)	106	(2.4)	14	(0.9)	13	(0.8)	113	(3.8)	33	(1.4)	29	(1.0)	101	(3.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	13.8	(0.51)	2.1	(0.32)	15	(2.1)	14.4	(0.65)	4.7	(0.49)	33	(2.9)	13.4	(0.72)
20 and over.....	1694	39	(2.6)	16.2	(0.44)	2.1	(0.18)	13	(1.1)	15.9	(0.66)	5.2	(0.30)	33	(2.2)	16.3	(0.58)
2 and over...	2491	40	(2.5)	15.7	(0.41)	2.1	(0.18)	13	(1.2)	15.6	(0.58)	5.1	(0.27)	33	(2.2)	15.8	(0.56)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	12.7	(0.47)	2.2	(0.21)	17	(1.8)	12.7	(0.49)	4.7	(0.33)	37	(2.4)	12.6	(0.72)
20 and over.....	1128	46	(2.0)	14.1	(0.27)	2.6	(0.17)	19	(1.2)	14.1	(0.37)	5.7	(0.29)	40	(2.0)	14.2	(0.43)
2 and over...	1659	46	(1.7)	13.8	(0.26)	2.5	(0.16)	18	(1.2)	13.8	(0.36)	5.5	(0.27)	40	(2.0)	13.8	(0.37)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	15.6	(0.70)	1.7	(0.23)	11	(1.5)	15.6	(0.53)	4.7	(0.41)	30	(2.6)	15.7	(1.06)
20 and over.....	626	40	(2.7)	20.4	(0.93)	1.8	(0.12)	9	(0.7)	18.2	(0.91)	4.5	(0.22)	25	(1.7)	21.9	(1.21)
2 and over...	862	40	(2.3)	19.5	(0.84)	1.8	(0.11)	9	(0.6)	17.7	(0.74)	4.5	(0.23)	25	(1.7)	20.6	(1.13)
Hispanic:																	
2 - 19.....	576	40	(2.2)	15.1	(0.49)	2.5	(0.29)	16	(2.2)	15.6	(0.57)	6.1	(0.48)	39	(3.2)	14.8	(0.77)
20 and over.....	1058	41	(2.0)	19.9	(0.61)	2.6	(0.19)	13	(1.1)	19.6	(0.88)	6.3	(0.32)	32	(2.2)	20.2	(0.91)
2 and over...	1634	41	(1.7)	18.4	(0.49)	2.6	(0.19)	14	(1.2)	18.3	(0.63)	6.3	(0.30)	34	(1.8)	18.4	(0.79)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	75.9	(1.62)	14.2	(1.64)	19	(2.2)	83.0	(3.43)	32.5	(2.10)	39	(2.5)	70.4	(2.07)
20 and over.....	1694	39	(2.6)	90.6	(1.34)	15.0	(1.45)	17	(1.5)	96.0	(2.77)	38.0	(2.16)	40	(2.3)	87.1	(1.79)
2 and over...	2491	40	(2.5)	87.6	(1.23)	14.8	(1.33)	17	(1.5)	93.1	(2.51)	36.8	(1.85)	40	(2.0)	83.8	(1.60)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	76.8	(2.04)	17.9	(1.40)	23	(1.8)	85.6	(2.92)	39.3	(2.24)	46	(2.3)	69.5	(2.46)
20 and over.....	1128	46	(2.0)	86.6	(1.77)	21.6	(2.02)	25	(2.0)	99.8	(3.67)	46.9	(3.12)	47	(1.9)	75.4	(2.29)
2 and over...	1659	46	(1.7)	84.2	(1.52)	20.7	(1.56)	25	(1.6)	96.3	(2.91)	45.1	(2.43)	47	(1.6)	74.0	(1.90)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	69.7	(2.48)	11.9	(2.01)	17	(2.6)	76.9	(3.73)	32.4	(4.52)	42	(4.5)	65.5	(2.71)
20 and over.....	626	40	(2.7)	72.0	(1.79)	12.5	(0.99)	17	(1.4)	80.4	(2.59)	31.1	(1.73)	39	(1.5)	66.4	(2.73)
2 and over...	862	40	(2.3)	71.6	(1.80)	12.4	(0.80)	17	(1.1)	79.8	(2.52)	31.4	(1.98)	39	(1.7)	66.2	(2.57)
Hispanic:																	
2 - 19.....	576	40	(2.2)	71.6	(1.24)	15.7	(1.38)	22	(1.9)	82.1	(2.19)	38.8	(2.17)	47	(2.6)	64.4	(1.85)
20 and over.....	1058	41	(2.0)	84.1	(2.56)	17.4	(1.13)	21	(1.5)	97.1	(4.99)	42.1	(1.78)	43	(2.0)	75.0	(3.28)
2 and over...	1634	41	(1.7)	80.0	(1.89)	16.8	(0.96)	21	(1.2)	92.3	(3.17)	41.1	(1.46)	44	(1.5)	71.5	(2.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Saturated fat

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	26.2	(0.54)	4.8	(0.55)	18	(2.1)	28.4	(1.27)	11.0	(0.71)	39	(2.1)	24.4	(0.63)
20 and over.....	1694	39	(2.6)	30.0	(0.49)	5.1	(0.49)	17	(1.6)	31.8	(0.86)	12.9	(0.71)	41	(1.9)	28.9	(0.71)
2 and over...	2491	40	(2.5)	29.2	(0.43)	5.0	(0.45)	17	(1.5)	31.0	(0.83)	12.5	(0.61)	40	(1.6)	28.1	(0.56)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	25.6	(1.08)	5.8	(0.47)	23	(1.8)	28.3	(1.36)	12.7	(0.75)	45	(2.6)	23.3	(1.37)
20 and over.....	1128	46	(2.0)	27.0	(0.57)	6.9	(0.66)	25	(2.1)	31.6	(1.28)	14.9	(1.03)	47	(2.1)	23.1	(0.88)
2 and over...	1659	46	(1.7)	26.7	(0.53)	6.6	(0.50)	25	(1.7)	30.8	(1.08)	14.4	(0.78)	47	(1.9)	23.1	(0.87)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	24.7	(0.91)	4.3	(0.73)	17	(2.8)	26.7	(1.44)	11.7	(1.65)	44	(4.7)	23.5	(1.19)
20 and over.....	626	40	(2.7)	22.0	(0.63)	4.0	(0.26)	18	(1.2)	24.5	(0.88)	9.8	(0.50)	40	(1.3)	20.3	(0.78)
2 and over...	862	40	(2.3)	22.5	(0.62)	4.0	(0.21)	18	(0.9)	24.9	(0.82)	10.2	(0.63)	41	(1.6)	20.9	(0.75)
Hispanic:																	
2 - 19.....	576	40	(2.2)	24.6	(0.56)	5.3	(0.58)	22	(2.1)	27.9	(0.88)	13.2	(0.98)	47	(2.8)	22.4	(0.61)
20 and over.....	1058	41	(2.0)	26.8	(0.78)	5.8	(0.44)	22	(1.7)	31.2	(1.28)	14.0	(0.77)	45	(2.0)	23.7	(1.08)
2 and over...	1634	41	(1.7)	26.1	(0.61)	5.6	(0.42)	22	(1.5)	30.1	(0.88)	13.7	(0.66)	46	(1.7)	23.3	(0.81)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	24.9	(0.42)	4.6	(0.52)	19	(2.2)	27.3	(1.04)	10.6	(0.65)	39	(2.6)	23.1	(0.66)
20 and over.....	1694	39	(2.6)	30.9	(0.57)	5.0	(0.50)	16	(1.5)	33.0	(1.18)	12.7	(0.79)	39	(2.6)	29.6	(0.64)
2 and over...	2491	40	(2.5)	29.7	(0.51)	4.9	(0.45)	17	(1.5)	31.7	(1.01)	12.3	(0.67)	39	(2.2)	28.3	(0.58)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	25.7	(0.67)	6.1	(0.45)	24	(1.8)	28.5	(0.83)	13.3	(0.76)	47	(2.3)	23.3	(0.87)
20 and over.....	1128	46	(2.0)	29.8	(0.60)	7.5	(0.73)	25	(2.1)	34.2	(1.31)	16.3	(1.15)	48	(2.0)	26.0	(0.81)
2 and over...	1659	46	(1.7)	28.8	(0.55)	7.1	(0.59)	25	(1.8)	32.8	(1.08)	15.6	(0.95)	47	(1.7)	25.3	(0.65)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	22.6	(1.01)	3.9	(0.67)	17	(2.6)	24.8	(1.41)	10.7	(1.54)	43	(4.4)	21.3	(1.32)
20 and over.....	626	40	(2.7)	25.5	(0.75)	4.3	(0.40)	17	(1.5)	28.6	(1.08)	10.7	(0.68)	37	(1.8)	23.4	(1.15)
2 and over...	862	40	(2.3)	24.9	(0.71)	4.2	(0.31)	17	(1.2)	27.9	(1.04)	10.7	(0.68)	38	(1.7)	23.0	(1.09)
Hispanic:																	
2 - 19.....	576	40	(2.2)	23.4	(0.53)	5.2	(0.48)	22	(2.0)	27.2	(0.70)	12.9	(0.75)	47	(2.9)	20.8	(0.85)
20 and over.....	1058	41	(2.0)	28.7	(0.92)	5.9	(0.40)	21	(1.6)	33.0	(1.81)	14.3	(0.62)	43	(2.1)	25.6	(1.18)
2 and over...	1634	41	(1.7)	26.9	(0.72)	5.7	(0.33)	21	(1.3)	31.2	(1.14)	13.9	(0.48)	44	(1.5)	24.0	(0.96)

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	17.3	(0.66)	3.5	(0.44)	20	(2.6)	19.3	(1.14)	7.9	(0.65)	41	(3.2)	15.8	(0.76)
20 and over.....	1694	39	(2.6)	21.0	(0.60)	3.5	(0.36)	17	(1.8)	22.2	(0.88)	8.8	(0.57)	40	(3.0)	20.2	(0.68)
2 and over...	2491	40	(2.5)	20.2	(0.53)	3.5	(0.34)	17	(1.7)	21.6	(0.79)	8.6	(0.50)	40	(2.7)	19.3	(0.63)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	18.3	(0.47)	4.4	(0.44)	24	(2.2)	20.8	(0.80)	9.7	(0.81)	46	(2.7)	16.2	(0.62)
20 and over.....	1128	46	(2.0)	21.6	(0.53)	5.2	(0.44)	24	(1.7)	24.5	(0.89)	11.3	(0.67)	46	(1.8)	19.1	(0.68)
2 and over...	1659	46	(1.7)	20.8	(0.43)	5.0	(0.34)	24	(1.4)	23.6	(0.65)	10.9	(0.50)	46	(1.5)	18.4	(0.52)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	15.3	(0.75)	2.7	(0.51)	17	(2.7)	17.7	(1.01)	7.2	(1.16)	41	(4.9)	14.0	(0.81)
20 and over.....	626	40	(2.7)	17.4	(0.59)	3.1	(0.30)	18	(1.8)	19.5	(0.99)	7.6	(0.63)	39	(2.1)	16.0	(0.92)
2 and over...	862	40	(2.3)	17.0	(0.55)	3.0	(0.26)	18	(1.5)	19.2	(0.95)	7.6	(0.67)	39	(2.2)	15.6	(0.82)
Hispanic:																	
2 - 19.....	576	40	(2.2)	16.3	(0.35)	3.7	(0.32)	23	(1.9)	18.9	(0.88)	9.1	(0.71)	48	(3.3)	14.4	(0.51)
20 and over.....	1058	41	(2.0)	20.2	(0.69)	4.0	(0.24)	20	(1.3)	23.3	(1.63)	9.8	(0.41)	42	(2.7)	18.0	(0.83)
2 and over...	1634	41	(1.7)	18.9	(0.46)	3.9	(0.18)	21	(0.9)	21.9	(1.05)	9.6	(0.42)	44	(2.1)	16.8	(0.57)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	216	(6.0)	35	(5.8)	16	(2.7)	228	(10.0)	80	(9.1)	35	(4.1)	207	(13.6)
20 and over.....	1694	39	(2.6)	303	(7.5)	45	(4.1)	15	(1.4)	296	(14.3)	114	(5.8)	39	(2.0)	307	(11.6)
2 and over...	2491	40	(2.5)	285	(5.7)	43	(3.8)	15	(1.3)	281	(11.5)	107	(5.5)	38	(2.0)	288	(9.1)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	224	(13.3)	47	(4.4)	21	(2.1)	225	(12.9)	104	(8.0)	46	(3.3)	223	(18.6)
20 and over.....	1128	46	(2.0)	305	(10.0)	65	(8.0)	21	(2.4)	331	(17.9)	142	(13.3)	43	(2.5)	282	(11.2)
2 and over...	1659	46	(1.7)	285	(9.1)	61	(5.9)	21	(2.0)	305	(14.2)	132	(10.0)	43	(2.2)	268	(10.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	237	(11.4)	31	(5.2)	13	(1.8)	268	(24.3)	85	(12.6)	32	(5.9)	219	(14.2)
20 and over.....	626	40	(2.7)	277	(7.8)	46	(4.8)	17	(1.6)	306	(18.2)	114	(10.5)	37	(2.8)	257	(13.9)
2 and over...	862	40	(2.3)	269	(7.1)	43	(3.8)	16	(1.4)	299	(13.4)	109	(9.9)	36	(2.4)	249	(11.0)
Hispanic:																	
2 - 19.....	576	40	(2.2)	238	(9.9)	41	(4.4)	17	(2.1)	248	(17.1)	101	(8.7)	41	(4.0)	231	(11.8)
20 and over.....	1058	41	(2.0)	333	(11.6)	58	(4.9)	17	(1.3)	355	(24.3)	140	(8.1)	39	(2.0)	318	(12.8)
2 and over...	1634	41	(1.7)	302	(8.4)	52	(3.9)	17	(1.2)	320	(15.5)	128	(6.5)	40	(1.7)	290	(8.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	601	(19.4)	64	(14.7)	11	(2.4)	608	(44.6)	146	(26.7)	24	(4.0)	595	(31.1)
20 and over.....	1694	39	(2.6)	670	(18.1)	70	(6.0)	10	(0.9)	651	(30.9)	178	(9.2)	27	(1.1)	682	(18.1)
2 and over...	2491	40	(2.5)	656	(15.3)	69	(6.0)	10	(0.9)	642	(24.2)	171	(9.7)	27	(1.4)	665	(14.7)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	511	(21.6)	61	(7.7)	12	(1.6)	482	(33.8)	133	(14.3)	28	(2.6)	535	(28.4)
20 and over.....	1128	46	(2.0)	548	(29.6)	81	(8.6)	15	(1.7)	512	(26.8)	176	(14.6)	34	(2.4)	579	(45.5)
2 and over...	1659	46	(1.7)	539	(20.4)	76	(6.1)	14	(1.2)	505	(19.5)	166	(10.1)	33	(1.8)	568	(31.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	535	(35.4)	48	(8.6)	9	(1.8)	540	(46.4)	130	(17.9)	24	(4.1)	532	(43.6)
20 and over.....	626	40	(2.7)	611	(33.1)	67	(5.9)	11	(1.1)	576	(25.7)	165	(15.6)	29	(2.4)	634	(55.4)
2 and over...	862	40	(2.3)	596	(29.9)	63	(4.5)	11	(0.8)	569	(22.7)	159	(12.6)	28	(2.2)	613	(47.3)
Hispanic:																	
2 - 19.....	576	40	(2.2)	581	(18.1)	61	(7.3)	11	(1.4)	612	(34.2)	151	(14.5)	25	(3.0)	561	(20.3)
20 and over.....	1058	41	(2.0)	618	(32.9)	75	(8.3)	12	(1.5)	622	(50.5)	183	(15.6)	29	(2.5)	614	(35.7)
2 and over...	1634	41	(1.7)	606	(22.0)	71	(7.1)	12	(1.2)	619	(33.6)	173	(13.7)	28	(1.9)	597	(25.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1216	(93.6)	155*	(55.3)	13*	(4.5)	1271	(97.1)	355*	(113.5)	28	(8.3)	1174	(151.9)
20 and over.....	1694	39	(2.6)	2486	(208.2)	242	(35.2)	10	(1.3)	2290	(302.7)	614	(84.2)	27	(3.5)	2614	(188.8)
2 and over...	2491	40	(2.5)	2228	(185.1)	224	(32.2)	10	(1.4)	2066	(254.3)	557	(75.3)	27	(3.7)	2337	(173.8)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1103	(128.8)	108	(22.1)	10	(2.6)	818	(83.8)	237	(48.5)	29	(5.9)	1341	(191.5)
20 and over.....	1128	46	(2.0)	2193	(217.8)	265	(37.8)	12	(1.7)	1642	(161.9)	576	(75.9)	35	(2.9)	2664	(377.9)
2 and over...	1659	46	(1.7)	1926	(162.9)	227	(29.8)	12	(1.4)	1442	(115.7)	494	(60.3)	34	(2.8)	2337	(280.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1625	(259.3)	93	(26.4)	6*	(2.2)	1555	(238.9)	254	(64.2)	16*	(5.1)	1666	(351.2)
20 and over.....	626	40	(2.7)	3270	(290.9)	246	(51.8)	8	(1.6)	2625	(258.6)	610	(120.5)	23	(4.1)	3706	(440.9)
2 and over...	862	40	(2.3)	2951	(251.0)	216	(41.0)	7	(1.4)	2433	(215.5)	546	(98.4)	22	(3.7)	3290	(380.8)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1010	(72.2)	139	(16.5)	14	(1.8)	1024	(129.2)	345	(38.3)	34	(5.3)	1000	(61.3)
20 and over.....	1058	41	(2.0)	2485	(275.4)	244	(39.6)	10	(1.8)	2277	(308.0)	593	(86.9)	26	(3.9)	2630	(331.6)
2 and over...	1634	41	(1.7)	2004	(190.5)	210	(29.0)	10	(1.6)	1874	(215.5)	513	(64.5)	27	(3.3)	2095	(221.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	4243	(405.6)	687	(143.7)	16	(3.8)	3902	(357.2)	1577	(263.4)	40	(5.5)	4505	(743.9)
20 and over.....	1694	39	(2.6)	4806	(302.8)	655	(111.6)	14	(2.6)	4493	(263.5)	1660	(235.3)	37	(4.7)	5009	(388.8)
2 and over...	2491	40	(2.5)	4691	(252.4)	662	(116.5)	14	(2.7)	4363	(232.0)	1642	(233.0)	38	(4.7)	4912	(370.0)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	4020	(491.8)	766	(135.5)	19	(3.4)	4208	(459.0)	1682	(280.6)	40	(5.8)	3862	(735.4)
20 and over.....	1128	46	(2.0)	4381	(371.9)	1004	(151.8)	23	(3.1)	4399	(455.5)	2180	(316.7)	50	(4.4)	4366	(461.0)
2 and over...	1659	46	(1.7)	4293	(253.7)	946	(129.8)	22	(2.8)	4353	(337.2)	2059	(262.4)	47	(4.2)	4241	(353.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	4972	(824.2)	607	(133.9)	12	(1.9)	4422	(388.9)	1656	(256.3)	37	(4.9)	5291	(1180.6)
20 and over.....	626	40	(2.7)	4514	(347.4)	567	(97.7)	13	(1.7)	4464	(487.0)	1406	(260.0)	31	(4.2)	4547	(414.8)
2 and over...	862	40	(2.3)	4603	(403.9)	574	(96.2)	12	(1.4)	4456	(453.8)	1451	(240.5)	33	(3.8)	4699	(481.4)
Hispanic:																	
2 - 19.....	576	40	(2.2)	4402	(329.9)	1024	(122.8)	23	(3.2)	4442	(487.9)	2532	(268.9)	57	(6.4)	4375	(473.1)
20 and over.....	1058	41	(2.0)	5776	(543.8)	922	(108.7)	16	(2.0)	5753	(582.5)	2237	(214.4)	39	(3.9)	5792	(706.0)
2 and over...	1634	41	(1.7)	5328	(417.4)	955	(81.1)	18	(1.8)	5331	(480.7)	2332	(144.8)	44	(4.0)	5326	(530.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1.52	(0.031)	0.22	(0.027)	14	(1.6)	1.57	(0.039)	0.50	(0.032)	32	(1.8)	1.47	(0.050)
20 and over.....	1694	39	(2.6)	1.60	(0.026)	0.25	(0.022)	15	(1.3)	1.72	(0.043)	0.63	(0.032)	37	(1.9)	1.53	(0.045)
2 and over...	2491	40	(2.5)	1.59	(0.024)	0.24	(0.021)	15	(1.2)	1.69	(0.030)	0.60	(0.027)	36	(1.5)	1.52	(0.038)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1.45	(0.043)	0.25	(0.024)	17	(1.5)	1.49	(0.076)	0.55	(0.042)	37	(1.6)	1.42	(0.051)
20 and over.....	1128	46	(2.0)	1.47	(0.035)	0.30	(0.025)	20	(1.7)	1.59	(0.044)	0.65	(0.041)	41	(1.9)	1.38	(0.058)
2 and over...	1659	46	(1.7)	1.47	(0.028)	0.29	(0.023)	20	(1.5)	1.56	(0.044)	0.63	(0.039)	40	(1.8)	1.39	(0.045)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1.53	(0.028)	0.19	(0.026)	12	(1.8)	1.54	(0.057)	0.52	(0.039)	34	(2.0)	1.52	(0.037)
20 and over.....	626	40	(2.7)	1.62	(0.051)	0.23	(0.019)	14	(1.3)	1.69	(0.060)	0.58	(0.057)	34	(2.8)	1.58	(0.094)
2 and over...	862	40	(2.3)	1.60	(0.044)	0.22	(0.016)	14	(1.0)	1.66	(0.056)	0.57	(0.051)	34	(2.5)	1.56	(0.079)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1.56	(0.042)	0.25	(0.018)	16	(1.3)	1.65	(0.077)	0.62	(0.035)	38	(2.8)	1.50	(0.044)
20 and over.....	1058	41	(2.0)	1.64	(0.049)	0.28	(0.020)	17	(1.5)	1.74	(0.070)	0.68	(0.035)	39	(2.0)	1.57	(0.080)
2 and over...	1634	41	(1.7)	1.62	(0.033)	0.27	(0.017)	17	(1.2)	1.71	(0.037)	0.66	(0.029)	38	(1.5)	1.55	(0.057)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1.82	(0.048)	0.26	(0.041)	14	(2.0)	1.92	(0.087)	0.59	(0.061)	31	(2.4)	1.74	(0.079)
20 and over.....	1694	39	(2.6)	2.23	(0.050)	0.28	(0.023)	12	(1.1)	2.27	(0.053)	0.70	(0.024)	31	(1.3)	2.20	(0.083)
2 and over...	2491	40	(2.5)	2.15	(0.041)	0.27	(0.022)	13	(1.1)	2.19	(0.041)	0.68	(0.022)	31	(1.2)	2.11	(0.067)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1.63	(0.044)	0.28	(0.034)	17	(1.9)	1.68	(0.082)	0.61	(0.065)	36	(2.8)	1.59	(0.055)
20 and over.....	1128	46	(2.0)	1.73	(0.036)	0.33	(0.025)	19	(1.5)	1.86	(0.055)	0.72	(0.033)	38	(1.6)	1.62	(0.057)
2 and over...	1659	46	(1.7)	1.71	(0.028)	0.32	(0.020)	19	(1.2)	1.82	(0.044)	0.69	(0.026)	38	(1.4)	1.62	(0.042)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1.63	(0.060)	0.19	(0.025)	11	(1.6)	1.66	(0.059)	0.51	(0.044)	31	(2.4)	1.61	(0.081)
20 and over.....	626	40	(2.7)	1.80	(0.037)	0.25	(0.012)	14	(0.6)	1.86	(0.085)	0.63	(0.037)	34	(1.2)	1.76	(0.079)
2 and over...	862	40	(2.3)	1.76	(0.040)	0.24	(0.011)	14	(0.6)	1.82	(0.067)	0.61	(0.035)	33	(1.2)	1.73	(0.070)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1.84	(0.034)	0.27	(0.030)	15	(1.7)	1.97	(0.074)	0.66	(0.053)	33	(3.4)	1.75	(0.040)
20 and over.....	1058	41	(2.0)	2.03	(0.068)	0.30	(0.026)	15	(1.2)	2.20	(0.130)	0.72	(0.042)	33	(1.3)	1.90	(0.070)
2 and over...	1634	41	(1.7)	1.96	(0.044)	0.29	(0.024)	15	(1.1)	2.13	(0.083)	0.70	(0.040)	33	(1.1)	1.85	(0.051)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	22.0	(0.78)	3.6	(0.49)	16	(2.0)	23.0	(0.83)	8.3	(0.71)	36	(2.5)	21.2	(1.15)
20 and over.....	1694	39	(2.6)	26.5	(0.66)	3.9	(0.32)	15	(1.1)	28.5	(0.94)	10.0	(0.51)	35	(1.7)	25.2	(0.93)
2 and over...	2491	40	(2.5)	25.6	(0.59)	3.9	(0.32)	15	(1.2)	27.3	(0.87)	9.6	(0.48)	35	(1.7)	24.5	(0.75)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	21.6	(0.55)	4.4	(0.34)	20	(1.4)	23.1	(0.64)	9.7	(0.54)	42	(1.8)	20.4	(0.75)
20 and over.....	1128	46	(2.0)	24.7	(0.43)	5.5	(0.51)	22	(2.1)	27.2	(0.62)	11.9	(0.79)	44	(2.4)	22.5	(1.05)
2 and over...	1659	46	(1.7)	23.9	(0.37)	5.2	(0.41)	22	(1.7)	26.2	(0.47)	11.4	(0.64)	43	(2.1)	22.0	(0.78)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	19.9	(0.44)	2.9	(0.45)	15	(2.2)	20.8	(0.92)	8.0	(0.67)	39	(2.4)	19.3	(0.48)
20 and over.....	626	40	(2.7)	23.9	(0.80)	3.8	(0.35)	16	(1.2)	26.1	(1.26)	9.4	(0.92)	36	(2.6)	22.4	(0.94)
2 and over...	862	40	(2.3)	23.1	(0.72)	3.6	(0.30)	16	(1.1)	25.1	(1.17)	9.2	(0.83)	36	(2.4)	21.8	(0.77)
Hispanic:																	
2 - 19.....	576	40	(2.2)	21.3	(0.50)	4.1	(0.27)	19	(1.3)	23.9	(1.15)	10.1	(0.54)	42	(2.7)	19.5	(0.53)
20 and over.....	1058	41	(2.0)	26.4	(0.83)	4.8	(0.34)	18	(1.2)	30.2	(1.60)	11.5	(0.51)	38	(1.7)	23.8	(1.06)
2 and over...	1634	41	(1.7)	24.8	(0.51)	4.5	(0.28)	18	(1.0)	28.1	(0.88)	11.1	(0.41)	39	(1.3)	22.4	(0.71)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1.78	(0.078)	0.22	(0.042)	13	(2.1)	1.83	(0.108)	0.51	(0.079)	28	(3.1)	1.74	(0.106)
20 and over.....	1694	39	(2.6)	2.22	(0.081)	0.22	(0.018)	10	(0.8)	2.36	(0.164)	0.55	(0.029)	23	(1.7)	2.13	(0.080)
2 and over...	2491	40	(2.5)	2.13	(0.070)	0.22	(0.020)	10	(0.9)	2.24	(0.136)	0.54	(0.033)	24	(1.8)	2.05	(0.064)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1.63	(0.048)	0.24	(0.018)	15	(0.9)	1.66	(0.070)	0.52	(0.033)	31	(1.4)	1.61	(0.063)
20 and over.....	1128	46	(2.0)	1.92	(0.045)	0.32	(0.028)	17	(1.7)	1.98	(0.060)	0.69	(0.041)	35	(2.1)	1.87	(0.104)
2 and over...	1659	46	(1.7)	1.85	(0.040)	0.30	(0.022)	16	(1.3)	1.90	(0.037)	0.65	(0.032)	34	(1.8)	1.81	(0.082)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1.61	(0.044)	0.16	(0.024)	10	(1.5)	1.59	(0.062)	0.44	(0.041)	27	(2.6)	1.62	(0.067)
20 and over.....	626	40	(2.7)	2.01	(0.081)	0.23	(0.024)	11	(1.0)	2.10	(0.120)	0.57	(0.060)	27	(2.4)	1.95	(0.096)
2 and over...	862	40	(2.3)	1.93	(0.073)	0.22	(0.021)	11	(0.9)	2.01	(0.102)	0.55	(0.055)	27	(2.2)	1.89	(0.078)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1.77	(0.050)	0.23	(0.019)	13	(1.2)	1.87	(0.122)	0.57	(0.036)	30	(2.6)	1.70	(0.045)
20 and over.....	1058	41	(2.0)	2.26	(0.073)	0.30	(0.021)	13	(0.8)	2.49	(0.157)	0.73	(0.026)	29	(1.5)	2.10	(0.096)
2 and over...	1634	41	(1.7)	2.10	(0.041)	0.28	(0.017)	13	(0.7)	2.29	(0.084)	0.68	(0.020)	30	(1.2)	1.97	(0.062)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	474	(9.3)	62	(8.1)	13	(1.7)	480	(16.3)	143	(10.4)	30	(1.9)	469	(14.0)
20 and over.....	1694	39	(2.6)	500	(10.4)	74	(6.9)	15	(1.3)	529	(14.2)	187	(10.6)	35	(2.1)	481	(14.4)
2 and over...	2491	40	(2.5)	495	(8.1)	71	(6.3)	14	(1.2)	518	(11.3)	177	(8.6)	34	(1.7)	479	(11.9)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	467	(12.2)	73	(9.3)	16	(1.8)	472	(27.9)	160	(17.2)	34	(2.5)	463	(20.9)
20 and over.....	1128	46	(2.0)	460	(15.3)	87	(7.6)	19	(1.4)	490	(18.8)	188	(14.2)	38	(2.2)	435	(19.0)
2 and over...	1659	46	(1.7)	462	(12.5)	83	(7.4)	18	(1.4)	486	(18.5)	181	(13.8)	37	(2.1)	442	(15.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	497	(18.0)	63	(9.4)	13	(1.8)	512	(15.2)	171	(11.4)	33	(1.8)	489	(29.2)
20 and over.....	626	40	(2.7)	524	(22.1)	65	(5.5)	12	(1.3)	528	(12.4)	161	(16.0)	30	(2.9)	521	(38.3)
2 and over...	862	40	(2.3)	519	(20.3)	64	(4.6)	12	(1.0)	525	(9.7)	163	(13.6)	31	(2.5)	515	(34.7)
Hispanic:																	
2 - 19.....	576	40	(2.2)	518	(23.2)	79	(6.9)	15	(1.4)	550	(38.8)	196	(12.5)	36	(3.2)	497	(23.8)
20 and over.....	1058	41	(2.0)	524	(13.0)	85	(7.4)	16	(1.6)	563	(28.9)	207	(13.1)	37	(2.3)	497	(22.3)
2 and over...	1634	41	(1.7)	522	(9.8)	83	(6.2)	16	(1.3)	559	(16.9)	204	(10.3)	36	(1.9)	497	(17.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	242	(6.9)	38	(5.8)	16	(2.2)	258	(9.2)	86	(8.9)	34	(3.1)	230	(11.8)
20 and over.....	1694	39	(2.6)	331	(5.8)	44	(3.5)	13	(1.1)	326	(11.0)	112	(4.5)	34	(1.5)	334	(9.1)
2 and over...	2491	40	(2.5)	313	(4.6)	43	(3.4)	14	(1.1)	311	(9.7)	106	(4.7)	34	(1.6)	314	(7.1)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	226	(9.8)	45	(3.4)	20	(1.7)	232	(9.9)	99	(5.5)	43	(2.1)	222	(14.3)
20 and over.....	1128	46	(2.0)	302	(8.2)	61	(6.2)	20	(1.9)	321	(13.1)	132	(9.6)	41	(2.0)	286	(10.8)
2 and over...	1659	46	(1.7)	284	(7.9)	57	(4.6)	20	(1.5)	299	(10.7)	124	(7.1)	41	(1.7)	270	(9.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	262	(9.1)	31	(5.4)	12	(1.8)	280	(12.8)	85	(13.8)	30	(5.0)	252	(12.8)
20 and over.....	626	40	(2.7)	323	(7.4)	43	(3.5)	13	(1.1)	337	(12.9)	107	(8.2)	32	(2.0)	314	(15.6)
2 and over...	862	40	(2.3)	311	(6.2)	41	(3.0)	13	(0.9)	326	(11.0)	103	(8.4)	31	(2.1)	302	(11.4)
Hispanic:																	
2 - 19.....	576	40	(2.2)	257	(6.3)	42	(3.6)	16	(1.6)	270	(12.2)	103	(5.8)	38	(3.0)	249	(8.2)
20 and over.....	1058	41	(2.0)	357	(10.8)	55	(4.2)	16	(1.2)	378	(20.9)	135	(6.0)	36	(1.6)	343	(12.4)
2 and over...	1634	41	(1.7)	325	(7.4)	51	(3.4)	16	(1.1)	343	(13.0)	124	(5.0)	36	(1.4)	312	(9.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	4.33	(0.154)	0.51	(0.084)	12	(1.8)	4.50	(0.221)	1.18	(0.137)	26	(2.6)	4.20	(0.229)
20 and over.....	1694	39	(2.6)	5.03	(0.182)	0.58	(0.055)	12	(1.0)	5.09	(0.253)	1.48	(0.102)	29	(1.7)	5.00	(0.213)
2 and over...	2491	40	(2.5)	4.89	(0.158)	0.57	(0.054)	12	(1.0)	4.96	(0.210)	1.41	(0.095)	29	(1.5)	4.85	(0.177)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	3.96	(0.184)	0.59	(0.053)	15	(1.0)	3.95	(0.240)	1.29	(0.093)	33	(1.5)	3.97	(0.180)
20 and over.....	1128	46	(2.0)	4.23	(0.119)	0.77	(0.091)	18	(2.2)	4.41	(0.189)	1.68	(0.151)	38	(3.3)	4.07	(0.196)
2 and over...	1659	46	(1.7)	4.16	(0.099)	0.73	(0.072)	17	(1.8)	4.30	(0.139)	1.58	(0.126)	37	(2.7)	4.05	(0.172)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	4.06	(0.213)	0.41	(0.076)	10	(1.7)	4.01	(0.288)	1.13	(0.173)	28	(3.8)	4.10	(0.259)
20 and over.....	626	40	(2.7)	3.97	(0.147)	0.50	(0.039)	13	(0.8)	4.18	(0.248)	1.24	(0.097)	30	(2.6)	3.82	(0.246)
2 and over...	862	40	(2.3)	3.99	(0.136)	0.48	(0.039)	12	(0.8)	4.15	(0.202)	1.22	(0.099)	29	(2.3)	3.88	(0.197)
Hispanic:																	
2 - 19.....	576	40	(2.2)	4.70	(0.194)	0.62	(0.092)	13	(1.8)	4.96	(0.308)	1.53	(0.169)	31	(3.6)	4.53	(0.182)
20 and over.....	1058	41	(2.0)	4.80	(0.173)	0.77	(0.065)	16	(1.2)	5.50	(0.337)	1.87	(0.099)	34	(1.6)	4.31	(0.270)
2 and over...	1634	41	(1.7)	4.77	(0.133)	0.72	(0.064)	15	(1.1)	5.32	(0.224)	1.76	(0.096)	33	(1.6)	4.38	(0.205)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	67.8	(4.86)	5.1	(1.16)	8	(1.6)	65.9	(9.99)	11.7	(2.21)	18	(3.1)	69.2	(4.65)
20 and over.....	1694	39	(2.6)	70.7	(3.62)	5.1	(0.57)	7	(0.8)	65.7	(6.78)	12.8	(1.45)	20	(2.3)	74.0	(3.36)
2 and over...	2491	40	(2.5)	70.1	(3.34)	5.1	(0.50)	7	(0.7)	65.7	(6.72)	12.6	(1.25)	19	(1.9)	73.0	(3.01)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	77.1	(5.16)	4.7	(0.83)	6	(1.0)	70.0	(7.85)	10.2	(1.91)	15	(2.6)	83.0	(4.93)
20 and over.....	1128	46	(2.0)	76.5	(4.11)	8.7	(0.95)	11	(1.4)	72.3	(5.33)	18.8	(2.19)	26	(3.3)	80.1	(5.18)
2 and over...	1659	46	(1.7)	76.6	(3.57)	7.7	(0.71)	10	(1.1)	71.7	(4.51)	16.7	(1.51)	23	(2.4)	80.8	(4.25)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	70.8	(8.77)	5.2	(1.06)	7*	(2.0)	67.7	(7.55)	14.1	(2.67)	21	(4.1)	72.5	(13.73)
20 and over.....	626	40	(2.7)	96.9	(5.81)	7.2	(1.16)	7	(1.2)	90.0	(6.81)	17.7	(3.40)	20	(3.6)	101.6	(6.34)
2 and over...	862	40	(2.3)	91.8	(5.62)	6.8	(1.01)	7	(1.1)	86.0	(5.47)	17.1	(3.04)	20	(3.4)	95.7	(6.76)
Hispanic:																	
2 - 19.....	576	40	(2.2)	79.6	(4.61)	6.3	(0.83)	8	(0.9)	73.0	(6.52)	15.5	(1.85)	21	(2.0)	84.1	(5.86)
20 and over.....	1058	41	(2.0)	91.8	(3.82)	6.0	(0.56)	7	(0.6)	83.9	(4.39)	14.6	(1.21)	17	(1.8)	97.3	(5.56)
2 and over...	1634	41	(1.7)	87.8	(3.13)	6.1	(0.42)	7	(0.5)	80.4	(3.47)	14.9	(0.89)	19	(1.2)	92.9	(4.61)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	4.6	(0.17)	0.3*	(0.10)	7	(2.1)	4.3	(0.38)	0.7	(0.20)	17	(3.9)	4.9	(0.34)
20 and over.....	1694	39	(2.6)	4.2	(0.19)	0.3	(0.03)	8	(0.9)	3.8	(0.17)	0.8	(0.06)	23	(1.2)	4.5	(0.27)
2 and over...	2491	40	(2.5)	4.3	(0.16)	0.3	(0.03)	8	(0.8)	3.9	(0.13)	0.8	(0.05)	21	(1.2)	4.6	(0.22)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	3.9	(0.16)	0.2	(0.03)	6	(0.7)	3.5	(0.25)	0.5	(0.06)	14	(1.4)	4.3	(0.18)
20 and over.....	1128	46	(2.0)	3.7	(0.16)	0.4	(0.06)	10	(1.6)	3.6	(0.21)	0.8	(0.11)	23	(2.9)	3.8	(0.20)
2 and over...	1659	46	(1.7)	3.8	(0.12)	0.3	(0.05)	9	(1.2)	3.6	(0.17)	0.7	(0.09)	21	(2.3)	4.0	(0.16)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	4.8	(0.40)	0.2	(0.03)	3*	(0.6)	4.2	(0.37)	0.5	(0.10)	11*	(2.9)	5.2	(0.61)
20 and over.....	626	40	(2.7)	4.9	(0.39)	0.4	(0.03)	7	(0.9)	4.4	(0.42)	0.9	(0.11)	20	(2.7)	5.3	(0.55)
2 and over...	862	40	(2.3)	4.9	(0.32)	0.3	(0.03)	7	(0.7)	4.4	(0.37)	0.8	(0.10)	19	(2.6)	5.3	(0.42)
Hispanic:																	
2 - 19.....	576	40	(2.2)	5.1	(0.19)	0.2	(0.03)	5	(0.6)	4.8	(0.38)	0.6	(0.06)	12	(1.7)	5.3	(0.16)
20 and over.....	1058	41	(2.0)	4.3	(0.23)	0.4	(0.06)	10	(1.7)	4.1	(0.25)	1.1	(0.13)	26	(3.9)	4.4	(0.34)
2 and over...	1634	41	(1.7)	4.6	(0.15)	0.4	(0.05)	8	(1.1)	4.3	(0.21)	0.9	(0.09)	21	(2.7)	4.7	(0.24)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	7.9	(0.43)	1.1	(0.15)	14	(2.2)	8.0	(0.52)	2.6	(0.20)	33	(3.0)	7.9	(0.63)
20 and over.....	1694	39	(2.6)	9.7	(0.30)	1.1	(0.12)	12	(1.3)	9.7	(0.40)	2.8	(0.19)	29	(2.3)	9.6	(0.32)
2 and over...	2491	40	(2.5)	9.3	(0.26)	1.1	(0.12)	12	(1.3)	9.4	(0.40)	2.8	(0.17)	30	(2.2)	9.3	(0.28)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	7.4	(0.17)	1.3	(0.11)	17	(1.7)	7.7	(0.26)	2.8	(0.20)	37	(3.0)	7.1	(0.38)
20 and over.....	1128	46	(2.0)	8.7	(0.21)	1.6	(0.14)	19	(1.3)	9.2	(0.36)	3.5	(0.21)	38	(1.4)	8.2	(0.22)
2 and over...	1659	46	(1.7)	8.3	(0.16)	1.5	(0.11)	18	(1.1)	8.8	(0.26)	3.4	(0.17)	38	(1.2)	7.9	(0.19)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	7.0	(0.27)	0.9	(0.12)	13	(1.5)	7.3	(0.34)	2.5	(0.24)	35	(2.8)	6.8	(0.38)
20 and over.....	626	40	(2.7)	8.3	(0.31)	1.0	(0.09)	12	(1.0)	8.6	(0.36)	2.5	(0.14)	28	(1.8)	8.1	(0.45)
2 and over...	862	40	(2.3)	8.1	(0.28)	1.0	(0.07)	12	(0.8)	8.4	(0.30)	2.5	(0.12)	29	(1.4)	7.8	(0.40)
Hispanic:																	
2 - 19.....	576	40	(2.2)	7.4	(0.23)	1.1	(0.09)	15	(1.2)	7.9	(0.39)	2.8	(0.17)	35	(2.9)	7.0	(0.30)
20 and over.....	1058	41	(2.0)	9.1	(0.42)	1.4	(0.10)	15	(1.2)	9.7	(0.65)	3.3	(0.14)	34	(2.4)	8.8	(0.52)
2 and over...	1634	41	(1.7)	8.6	(0.29)	1.3	(0.07)	15	(0.8)	9.1	(0.41)	3.1	(0.12)	35	(1.7)	8.2	(0.37)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	69.5	(4.95)	12.2	(1.91)	18	(3.2)	75.6	(5.31)	27.9	(3.37)	37	(5.1)	64.8	(7.57)
20 and over.....	1694	39	(2.6)	126.8	(10.44)	16.3	(1.75)	13	(1.8)	125.8	(15.98)	41.3	(3.37)	33	(4.8)	127.5	(8.76)
2 and over...	2491	40	(2.5)	115.1	(9.19)	15.4	(1.50)	13	(1.9)	114.7	(13.53)	38.3	(2.85)	33	(4.5)	115.4	(8.19)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	81.9	(6.95)	12.8	(1.74)	16	(2.0)	64.9	(3.65)	28.1	(3.44)	43	(3.4)	96.1	(11.59)
20 and over.....	1128	46	(2.0)	128.8	(9.02)	22.4	(2.27)	17	(1.6)	108.7	(6.97)	48.5	(4.19)	45	(2.5)	146.0	(14.17)
2 and over...	1659	46	(1.7)	117.3	(7.44)	20.0	(1.71)	17	(1.4)	98.1	(5.40)	43.6	(3.27)	44	(2.1)	133.7	(11.55)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	81.8	(8.52)	8.5	(1.38)	10	(1.6)	92.0	(17.37)	23.1	(2.76)	25	(4.5)	75.9	(7.64)
20 and over.....	626	40	(2.7)	152.9	(11.79)	16.2	(1.94)	11	(1.3)	135.1	(10.74)	40.2	(5.03)	30	(3.4)	165.0	(15.35)
2 and over...	862	40	(2.3)	139.1	(10.64)	14.7	(1.69)	11	(1.2)	127.3	(9.51)	37.2	(4.37)	29	(3.2)	146.8	(13.65)
Hispanic:																	
2 - 19.....	576	40	(2.2)	64.9	(2.45)	13.2	(1.08)	20	(1.7)	72.7	(3.61)	32.7	(2.37)	45	(2.8)	59.6	(3.38)
20 and over.....	1058	41	(2.0)	119.0	(9.08)	16.7	(1.56)	14	(1.7)	133.0	(17.00)	40.6	(2.89)	31	(3.6)	109.2	(7.76)
2 and over...	1634	41	(1.7)	101.4	(6.61)	15.6	(1.16)	15	(1.5)	113.6	(11.92)	38.0	(2.38)	34	(3.1)	92.9	(5.77)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	985	(10.9)	124	(16.9)	13	(1.7)	982	(38.4)	285	(22.4)	29	(2.1)	988	(32.1)
20 and over.....	1694	39	(2.6)	993	(18.7)	139	(11.1)	14	(1.1)	1048	(29.9)	353	(11.1)	34	(1.2)	956	(23.7)
2 and over...	2491	40	(2.5)	991	(15.5)	136	(10.0)	14	(1.0)	1033	(22.5)	338	(9.2)	33	(1.1)	962	(21.2)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	845	(31.4)	131	(14.3)	15	(1.6)	849	(55.1)	287	(26.3)	34	(1.7)	841	(45.6)
20 and over.....	1128	46	(2.0)	852	(20.5)	166	(13.5)	19	(1.5)	934	(23.8)	360	(22.3)	39	(2.4)	782	(27.4)
2 and over...	1659	46	(1.7)	850	(16.1)	157	(12.5)	19	(1.3)	913	(23.1)	343	(21.8)	38	(2.0)	797	(17.6)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	857	(42.4)	106	(13.7)	12	(1.7)	881	(44.9)	288	(15.3)	33	(1.9)	843	(52.7)
20 and over.....	626	40	(2.7)	829	(23.6)	119	(7.4)	14	(0.8)	876	(41.9)	294	(19.4)	34	(1.8)	798	(27.3)
2 and over...	862	40	(2.3)	835	(20.7)	116	(6.9)	14	(0.7)	877	(32.6)	293	(16.7)	33	(1.5)	807	(24.8)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1013	(22.8)	147	(16.8)	14	(1.6)	1063	(34.5)	363	(31.0)	34	(2.7)	979	(29.9)
20 and over.....	1058	41	(2.0)	989	(34.7)	151	(14.5)	15	(1.6)	1061	(45.5)	368	(25.5)	35	(1.9)	939	(47.3)
2 and over...	1634	41	(1.7)	997	(25.5)	150	(14.1)	15	(1.4)	1061	(31.7)	366	(23.3)	34	(1.6)	952	(38.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	1266	(31.1)	197	(26.6)	16	(1.9)	1334	(43.8)	451	(35.8)	34	(2.3)	1213	(52.5)
20 and over.....	1694	39	(2.6)	1409	(21.9)	207	(17.9)	15	(1.2)	1455	(37.9)	524	(23.6)	36	(1.7)	1378	(30.9)
2 and over...	2491	40	(2.5)	1380	(20.1)	205	(17.1)	15	(1.1)	1429	(30.8)	508	(21.3)	36	(1.5)	1347	(27.5)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1144	(35.9)	229	(16.6)	20	(1.4)	1223	(49.8)	502	(22.8)	41	(1.4)	1078	(48.0)
20 and over.....	1128	46	(2.0)	1252	(25.9)	280	(25.9)	22	(2.0)	1366	(47.3)	608	(39.0)	45	(2.2)	1154	(42.1)
2 and over...	1659	46	(1.7)	1225	(21.8)	267	(20.7)	22	(1.6)	1331	(37.5)	582	(31.5)	44	(1.9)	1136	(30.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1212	(30.6)	162	(21.9)	13	(1.8)	1227	(32.8)	443	(31.6)	36	(2.4)	1203	(42.8)
20 and over.....	626	40	(2.7)	1299	(28.7)	190	(12.3)	15	(0.9)	1377	(47.1)	472	(28.5)	34	(2.2)	1247	(48.0)
2 and over...	862	40	(2.3)	1282	(26.5)	185	(11.1)	14	(0.8)	1350	(41.3)	467	(27.3)	35	(2.1)	1238	(40.5)
Hispanic:																	
2 - 19.....	576	40	(2.2)	1251	(19.1)	213	(18.1)	17	(1.5)	1331	(35.5)	527	(27.4)	40	(2.3)	1196	(25.6)
20 and over.....	1058	41	(2.0)	1437	(42.6)	244	(17.0)	17	(1.3)	1564	(70.1)	593	(26.6)	38	(1.6)	1349	(55.7)
2 and over...	1634	41	(1.7)	1377	(28.4)	234	(15.5)	17	(1.2)	1489	(45.3)	572	(22.7)	38	(1.3)	1299	(42.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	235	(5.0)	31	(4.7)	13	(1.9)	241	(8.8)	72	(7.1)	30	(2.4)	231	(8.2)
20 and over.....	1694	39	(2.6)	306	(5.5)	35	(2.6)	11	(0.8)	308	(10.3)	88	(2.8)	29	(1.1)	305	(7.1)
2 and over...	2491	40	(2.5)	292	(5.1)	34	(2.6)	12	(0.9)	293	(9.1)	85	(3.0)	29	(1.2)	291	(6.6)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	212	(7.4)	32	(2.5)	15	(1.3)	216	(6.2)	70	(3.6)	33	(1.4)	208	(12.8)
20 and over.....	1128	46	(2.0)	262	(6.0)	42	(3.6)	16	(1.3)	260	(8.4)	92	(5.0)	35	(1.6)	263	(9.6)
2 and over...	1659	46	(1.7)	250	(5.8)	40	(2.9)	16	(1.1)	250	(7.0)	87	(4.1)	35	(1.4)	249	(7.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	239	(5.9)	25	(3.3)	10	(1.5)	235	(5.6)	67	(6.2)	29	(2.7)	241	(8.7)
20 and over.....	626	40	(2.7)	320	(8.9)	33	(1.8)	10	(0.5)	318	(9.4)	82	(5.4)	26	(1.5)	322	(13.0)
2 and over...	862	40	(2.3)	304	(8.2)	31	(1.7)	10	(0.5)	303	(8.1)	79	(5.0)	26	(1.6)	306	(12.0)
Hispanic:																	
2 - 19.....	576	40	(2.2)	240	(4.5)	34	(3.1)	14	(1.4)	249	(11.3)	85	(4.9)	34	(2.3)	233	(5.6)
20 and over.....	1058	41	(2.0)	322	(10.7)	39	(2.4)	12	(0.9)	331	(16.9)	95	(3.2)	29	(1.5)	316	(12.2)
2 and over...	1634	41	(1.7)	295	(6.9)	38	(2.4)	13	(0.9)	305	(10.7)	92	(3.3)	30	(1.1)	289	(9.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	12.9	(0.29)	1.7	(0.23)	13	(1.7)	13.2	(0.42)	3.9	(0.29)	30	(2.0)	12.7	(0.43)
20 and over.....	1694	39	(2.6)	14.2	(0.28)	2.0	(0.18)	14	(1.2)	14.4	(0.41)	5.0	(0.27)	35	(1.8)	14.1	(0.36)
2 and over...	2491	40	(2.5)	14.0	(0.23)	1.9	(0.17)	14	(1.2)	14.2	(0.34)	4.8	(0.24)	34	(1.7)	13.8	(0.31)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	13.0	(0.41)	2.0	(0.19)	15	(1.3)	13.0	(0.58)	4.3	(0.30)	33	(1.5)	13.0	(0.54)
20 and over.....	1128	46	(2.0)	13.0	(0.37)	2.4	(0.20)	19	(1.5)	13.9	(0.45)	5.3	(0.34)	38	(2.0)	12.2	(0.51)
2 and over...	1659	46	(1.7)	13.0	(0.31)	2.3	(0.18)	18	(1.3)	13.6	(0.39)	5.0	(0.30)	37	(1.7)	12.4	(0.39)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	12.8	(0.46)	1.5	(0.22)	12	(1.8)	12.8	(0.41)	4.2	(0.39)	33	(2.9)	12.7	(0.69)
20 and over.....	626	40	(2.7)	13.7	(0.47)	1.7	(0.12)	12	(0.9)	13.7	(0.33)	4.2	(0.32)	30	(2.0)	13.7	(0.89)
2 and over...	862	40	(2.3)	13.5	(0.44)	1.7	(0.11)	12	(0.9)	13.5	(0.27)	4.2	(0.32)	31	(2.0)	13.5	(0.80)
Hispanic:																	
2 - 19.....	576	40	(2.2)	13.8	(0.43)	2.1	(0.19)	15	(1.5)	14.8	(0.74)	5.2	(0.31)	35	(3.1)	13.2	(0.43)
20 and over.....	1058	41	(2.0)	14.8	(0.38)	2.3	(0.16)	15	(1.3)	15.5	(0.66)	5.5	(0.26)	35	(1.9)	14.2	(0.55)
2 and over...	1634	41	(1.7)	14.5	(0.26)	2.2	(0.15)	15	(1.1)	15.3	(0.41)	5.4	(0.22)	35	(1.6)	13.9	(0.42)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	9.5	(0.22)	1.3	(0.19)	14	(1.9)	9.6	(0.38)	2.9	(0.27)	30	(2.8)	9.3	(0.37)
20 and over.....	1694	39	(2.6)	11.3	(0.19)	1.5	(0.14)	13	(1.1)	11.3	(0.31)	3.8	(0.25)	34	(1.9)	11.2	(0.28)
2 and over...	2491	40	(2.5)	10.9	(0.18)	1.5	(0.13)	13	(1.1)	10.9	(0.26)	3.6	(0.23)	33	(1.7)	10.9	(0.27)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	8.8	(0.32)	1.5	(0.12)	17	(1.5)	9.2	(0.35)	3.3	(0.19)	36	(2.2)	8.4	(0.40)
20 and over.....	1128	46	(2.0)	9.8	(0.24)	2.0	(0.20)	21	(1.8)	10.5	(0.35)	4.4	(0.31)	42	(2.2)	9.3	(0.31)
2 and over...	1659	46	(1.7)	9.6	(0.19)	1.9	(0.15)	20	(1.4)	10.2	(0.27)	4.2	(0.24)	41	(1.7)	9.0	(0.24)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	9.0	(0.27)	1.2	(0.21)	13	(2.3)	9.2	(0.47)	3.2	(0.51)	34	(4.2)	8.9	(0.37)
20 and over.....	626	40	(2.7)	10.1	(0.27)	1.4	(0.10)	13	(0.9)	10.5	(0.34)	3.4	(0.25)	32	(1.8)	9.8	(0.40)
2 and over...	862	40	(2.3)	9.9	(0.24)	1.3	(0.10)	13	(0.8)	10.3	(0.33)	3.3	(0.25)	32	(1.8)	9.6	(0.34)
Hispanic:																	
2 - 19.....	576	40	(2.2)	9.5	(0.30)	1.7	(0.19)	17	(1.9)	10.2	(0.49)	4.1	(0.31)	40	(3.2)	9.1	(0.31)
20 and over.....	1058	41	(2.0)	11.5	(0.35)	1.9	(0.14)	17	(1.3)	12.5	(0.52)	4.7	(0.24)	37	(1.7)	10.7	(0.49)
2 and over...	1634	41	(1.7)	10.8	(0.27)	1.8	(0.14)	17	(1.2)	11.8	(0.35)	4.5	(0.21)	38	(1.2)	10.2	(0.38)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	0.9	(0.03)	0.1	(0.02)	14	(2.1)	1.0	(0.05)	0.3	(0.03)	31	(2.8)	0.9	(0.04)
20 and over.....	1694	39	(2.6)	1.2	(0.02)	0.1	(0.01)	11	(0.8)	1.2	(0.04)	0.3	(0.01)	27	(1.3)	1.2	(0.03)
2 and over...	2491	40	(2.5)	1.1	(0.02)	0.1	(0.01)	11	(0.9)	1.2	(0.04)	0.3	(0.02)	28	(1.4)	1.1	(0.03)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	0.8	(0.03)	0.1	(0.01)	16	(1.5)	0.8	(0.03)	0.3	(0.02)	35	(1.8)	0.8	(0.04)
20 and over.....	1128	46	(2.0)	1.1	(0.04)	0.2	(0.02)	16	(1.4)	1.1	(0.06)	0.4	(0.02)	34	(1.7)	1.0	(0.04)
2 and over...	1659	46	(1.7)	1.0	(0.03)	0.2	(0.01)	16	(1.2)	1.0	(0.05)	0.3	(0.02)	35	(1.5)	1.0	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	1.0	(0.04)	0.1	(0.01)	10	(1.5)	1.0	(0.05)	0.3	(0.03)	27	(2.6)	1.0	(0.06)
20 and over.....	626	40	(2.7)	1.4	(0.05)	0.1	(0.01)	9	(0.6)	1.3	(0.05)	0.3	(0.02)	23	(1.5)	1.4	(0.06)
2 and over...	862	40	(2.3)	1.3	(0.04)	0.1	(0.01)	9	(0.5)	1.3	(0.04)	0.3	(0.02)	24	(1.5)	1.3	(0.06)
Hispanic:																	
2 - 19.....	576	40	(2.2)	0.9	(0.02)	0.1	(0.01)	15	(1.4)	0.9	(0.04)	0.3	(0.02)	34	(2.5)	0.8	(0.03)
20 and over.....	1058	41	(2.0)	1.3	(0.04)	0.2	(0.01)	12	(1.0)	1.3	(0.08)	0.4	(0.02)	28	(1.7)	1.2	(0.04)
2 and over...	1634	41	(1.7)	1.1	(0.03)	0.1	(0.01)	13	(0.9)	1.2	(0.05)	0.4	(0.01)	30	(1.2)	1.1	(0.03)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	91.9	(2.45)	15.9	(2.39)	17	(2.5)	96.6	(2.95)	36.6	(3.46)	38	(3.0)	88.3	(3.88)
20 and over.....	1694	39	(2.6)	113.4	(1.90)	18.2	(1.56)	16	(1.3)	116.9	(3.31)	46.0	(2.51)	39	(2.3)	111.1	(2.96)
2 and over...	2491	40	(2.5)	109.0	(1.72)	17.7	(1.54)	16	(1.3)	112.4	(3.00)	43.9	(2.35)	39	(2.2)	106.7	(2.50)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	93.6	(3.23)	20.1	(1.81)	21	(1.9)	98.3	(4.46)	44.1	(2.97)	45	(2.5)	89.7	(4.79)
20 and over.....	1128	46	(2.0)	110.1	(2.19)	25.3	(2.53)	23	(2.2)	116.3	(4.96)	55.0	(3.96)	47	(2.2)	104.8	(3.56)
2 and over...	1659	46	(1.7)	106.1	(2.06)	24.0	(1.98)	23	(1.8)	112.0	(4.14)	52.3	(3.22)	47	(1.8)	101.1	(3.14)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	98.6	(2.43)	13.8	(1.92)	14	(1.8)	101.5	(4.85)	37.5	(3.49)	37	(2.4)	96.8	(2.90)
20 and over.....	626	40	(2.7)	115.9	(2.99)	18.0	(1.52)	16	(1.1)	125.5	(6.10)	44.6	(3.59)	36	(2.6)	109.5	(3.84)
2 and over...	862	40	(2.3)	112.6	(2.71)	17.2	(1.26)	15	(0.9)	121.2	(5.73)	43.4	(3.40)	36	(2.4)	106.9	(3.10)
Hispanic:																	
2 - 19.....	576	40	(2.2)	92.8	(1.72)	18.4	(1.51)	20	(1.7)	98.9	(3.19)	45.5	(2.53)	46	(2.5)	88.6	(2.62)
20 and over.....	1058	41	(2.0)	120.5	(4.40)	22.8	(1.88)	19	(1.6)	130.2	(6.57)	55.5	(2.86)	43	(1.8)	113.6	(6.33)
2 and over...	1634	41	(1.7)	111.4	(2.69)	21.4	(1.58)	19	(1.4)	120.1	(4.11)	52.3	(2.37)	44	(1.4)	105.4	(4.31)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	2083	(52.6)	307	(44.8)	15	(2.0)	2163	(73.8)	705	(67.8)	33	(3.0)	2022	(91.6)
20 and over.....	1694	39	(2.6)	2639	(50.5)	332	(25.4)	13	(1.0)	2605	(86.9)	842	(30.9)	32	(1.6)	2660	(64.4)
2 and over...	2491	40	(2.5)	2525	(45.5)	327	(25.4)	13	(1.0)	2508	(80.8)	812	(31.7)	32	(1.6)	2537	(56.1)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	1990	(61.3)	345	(25.5)	17	(1.3)	2083	(78.4)	757	(43.2)	36	(1.8)	1912	(76.7)
20 and over.....	1128	46	(2.0)	2278	(45.0)	444	(34.4)	20	(1.5)	2360	(70.5)	964	(47.6)	41	(1.7)	2207	(67.4)
2 and over...	1659	46	(1.7)	2207	(44.9)	420	(28.4)	19	(1.3)	2293	(57.7)	914	(39.7)	40	(1.6)	2134	(53.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	2147	(71.5)	234	(29.7)	11	(1.5)	2185	(91.3)	639	(47.6)	29	(2.4)	2126	(88.2)
20 and over.....	626	40	(2.7)	2695	(80.5)	304	(17.3)	11	(0.7)	2665	(84.3)	754	(51.0)	28	(1.8)	2715	(116.5)
2 and over...	862	40	(2.3)	2588	(66.9)	290	(16.3)	11	(0.6)	2579	(76.9)	734	(47.1)	28	(1.7)	2595	(91.9)
Hispanic:																	
2 - 19.....	576	40	(2.2)	2167	(40.2)	342	(27.4)	16	(1.4)	2264	(86.5)	845	(39.9)	37	(2.3)	2102	(56.9)
20 and over.....	1058	41	(2.0)	2706	(75.7)	388	(24.5)	14	(1.0)	2790	(127.6)	943	(30.5)	34	(1.4)	2648	(92.7)
2 and over...	1634	41	(1.7)	2531	(53.6)	373	(22.0)	15	(0.9)	2621	(86.2)	911	(27.7)	35	(1.1)	2468	(74.8)

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	2936	(83.2)	522	(62.4)	18	(2.1)	3041	(128.5)	1198	(78.6)	39	(2.6)	2855	(118.4)
20 and over.....	1694	39	(2.6)	3526	(62.2)	600	(59.8)	17	(1.5)	3771	(109.0)	1520	(96.5)	40	(2.3)	3367	(81.2)
2 and over...	2491	40	(2.5)	3406	(60.0)	584	(54.5)	17	(1.5)	3610	(103.8)	1449	(83.1)	40	(2.1)	3268	(68.6)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	2999	(95.4)	701	(64.9)	23	(1.9)	3350	(149.5)	1539	(110.1)	46	(2.1)	2707	(109.7)
20 and over.....	1128	46	(2.0)	3396	(55.5)	843	(79.5)	25	(2.2)	3839	(115.7)	1830	(122.9)	48	(2.3)	3016	(98.2)
2 and over...	1659	46	(1.7)	3299	(55.9)	808	(64.2)	25	(1.8)	3720	(106.6)	1760	(103.4)	47	(2.0)	2940	(79.7)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	2955	(107.6)	470	(74.5)	16	(2.5)	3240	(133.2)	1282	(123.8)	40	(3.2)	2790	(127.1)
20 and over.....	626	40	(2.7)	3571	(110.3)	549	(43.6)	15	(1.2)	3962	(218.8)	1361	(93.9)	34	(2.6)	3307	(129.5)
2 and over...	862	40	(2.3)	3451	(93.0)	533	(36.8)	15	(1.0)	3832	(199.2)	1347	(91.9)	35	(2.5)	3201	(111.8)
Hispanic:																	
2 - 19.....	576	40	(2.2)	2825	(37.7)	622	(50.8)	22	(1.8)	3241	(97.0)	1539	(83.2)	47	(2.4)	2543	(46.8)
20 and over.....	1058	41	(2.0)	3603	(88.2)	726	(53.1)	20	(1.5)	4052	(200.5)	1764	(90.8)	44	(2.0)	3289	(136.0)
2 and over...	1634	41	(1.7)	3350	(59.0)	693	(46.5)	21	(1.3)	3791	(138.8)	1691	(76.1)	45	(1.7)	3043	(97.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	31.0	(3.95)	8.4	(1.76)	27	(4.0)	45.9	(6.99)	19.2	(3.43)	42	(5.2)	19.5	(2.60)
20 and over.....	1694	39	(2.6)	205.1	(7.77)	22.7	(2.11)	11	(1.3)	199.5	(10.13)	57.6	(3.26)	29	(2.5)	208.8	(9.02)
2 and over...	2491	40	(2.5)	169.6	(6.53)	19.8	(1.76)	12	(1.4)	165.7	(9.18)	49.2	(2.51)	30	(2.5)	172.3	(7.20)
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	15.5	(1.37)	3.5	(0.80)	22	(4.3)	22.8	(2.80)	7.6	(1.69)	33	(7.3)	9.3	(1.21)
20 and over.....	1128	46	(2.0)	74.7	(4.21)	10.1	(1.19)	13	(1.7)	81.1	(4.54)	21.8	(2.27)	27	(2.9)	69.2	(5.71)
2 and over...	1659	46	(1.7)	60.2	(3.16)	8.4	(0.93)	14	(1.6)	67.0	(3.75)	18.4	(1.79)	27	(2.5)	54.4	(4.27)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	17.4	(1.59)	3.9	(1.00)	22	(5.5)	21.3	(3.25)	10.7	(2.33)	--		15.2	(1.65)
20 and over.....	626	40	(2.7)	94.3	(5.62)	13.2	(1.50)	14	(1.7)	104.5	(6.84)	32.8	(3.74)	31	(2.9)	87.4	(6.57)
2 and over...	862	40	(2.3)	79.4	(4.42)	11.4	(1.19)	14	(1.7)	89.5	(4.43)	28.8	(2.53)	32	(2.9)	72.7	(5.73)
Hispanic:																	
2 - 19.....	576	40	(2.2)	23.5	(3.06)	5.9	(1.34)	25	(4.6)	31.4	(5.53)	14.7	(3.37)	47	(4.6)	18.1	(3.99)
20 and over.....	1058	41	(2.0)	115.8	(5.24)	14.7	(2.28)	13	(1.9)	124.5	(7.04)	35.7	(4.48)	29	(2.7)	109.7	(6.87)
2 and over...	1634	41	(1.7)	85.7	(3.60)	11.8	(1.68)	14	(2.0)	94.6	(5.66)	28.9	(3.29)	31	(2.6)	79.6	(5.60)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	44	(3.2)	--		--		--		--		--		--		--	
20 and over.....	1694	39	(2.6)	10.7	(0.79)	0.2*	(0.10)	2*	(1.0)	10.4	(1.43)	0.5*	(0.27)	5*	(2.4)	10.8	(1.22)
2 and over...	2491	40	(2.5)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	531	46	(1.8)	--		--		--		--		--		--		--	
20 and over.....	1128	46	(2.0)	10.4	(1.49)	0.1*	(0.12)	1*	(1.1)	10.9	(1.85)	0.3*	(0.26)	3*	(2.2)	10.0	(2.48)
2 and over...	1659	46	(1.7)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	236	37	(4.3)	--		--		--		--		--		--		--	
20 and over.....	626	40	(2.7)	4.0	(0.46)	0.1*	(0.15)	--		5.4	(1.37)	0.3*	(0.36)	--		3.0	(0.50)
2 and over...	862	40	(2.3)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	576	40	(2.2)	--		--		--		--		--		--		--	
20 and over.....	1058	41	(2.0)	8.4	(1.36)	0.1*	(0.11)	2*	(1.4)	9.6	(2.26)	0.3*	(0.27)	--		7.5	(1.23)
2 and over...	1634	41	(1.7)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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 51. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018

Food energy

Family income in dollars and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake kcal	(SE)	All Individuals [2]: Intake from Quick Service Restaurants kcal	(SE)	All Individuals [2]: Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3]: Total Intake kcal	(SE)	Quick Service Restaurant Consumers [3]: Intake from Quick Service Restaurants kcal	(SE)	Quick Service Restaurant Consumers [3]: Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4]: Total Intake kcal	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1927	(77.9)	381	(65.5)	20	(3.5)	2094	(61.3)	853	(70.3)	41	(3.4)	1792	(103.6)
20 and over.....	1218	36	(2.2)	2139	(39.0)	344	(25.9)	16	(1.2)	2425	(106.6)	945	(45.4)	39	(1.5)	1975	(42.8)
2 and over...	1791	39	(2.6)	2084	(38.7)	354	(30.7)	17	(1.5)	2326	(81.4)	917	(32.8)	39	(1.6)	1933	(45.2)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1868	(28.8)	312	(29.4)	17	(1.5)	2033	(63.8)	789	(42.5)	39	(1.9)	1760	(31.4)
20 and over.....	1799	41	(2.5)	2140	(45.6)	340	(24.3)	16	(1.0)	2294	(55.3)	830	(47.9)	36	(1.6)	2033	(58.2)
2 and over...	2726	41	(2.3)	2078	(34.5)	333	(22.0)	16	(1.0)	2236	(47.0)	821	(37.8)	37	(1.3)	1970	(43.1)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1932	(36.1)	322	(34.2)	17	(1.7)	2065	(70.8)	720	(45.2)	35	(1.9)	1825	(57.5)
20 and over.....	1229	44	(2.7)	2183	(37.5)	361	(29.0)	17	(1.4)	2266	(62.2)	826	(45.9)	36	(1.9)	2119	(54.6)
2 and over...	1907	44	(2.7)	2123	(34.4)	352	(24.1)	17	(1.2)	2217	(51.7)	800	(36.3)	36	(1.5)	2049	(52.4)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1894	(18.2)	328	(24.4)	17	(1.2)	2054	(35.7)	782	(28.4)	38	(1.3)	1779	(27.2)
20 and over.....	4742	41	(1.7)	2155	(18.8)	347	(18.8)	16	(0.8)	2316	(31.7)	852	(34.5)	37	(1.3)	2044	(27.7)
2 and over...	7122	41	(1.6)	2093	(14.2)	343	(17.1)	16	(0.8)	2252	(27.1)	835	(27.1)	37	(1.0)	1982	(21.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	71.2	(4.23)	15.5	(3.33)	22	(4.2)	76.3	(5.09)	34.6	(4.35)	45	(3.2)	67.2	(4.82)
20 and over.....	1218	36	(2.2)	77.3	(1.49)	14.0	(0.98)	18	(1.2)	87.7	(4.05)	38.4	(1.60)	44	(2.1)	71.3	(1.74)
2 and over...	1791	39	(2.6)	75.7	(1.84)	14.4	(1.36)	19	(1.7)	84.3	(2.93)	37.3	(1.35)	44	(1.9)	70.3	(1.96)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	63.3	(1.40)	11.2	(1.19)	18	(1.9)	68.0	(2.51)	28.4	(1.98)	42	(2.7)	60.2	(1.40)
20 and over.....	1799	41	(2.5)	79.7	(1.74)	13.8	(1.00)	17	(1.1)	84.2	(1.53)	33.7	(2.03)	40	(2.2)	76.7	(2.51)
2 and over...	2726	41	(2.3)	76.0	(1.45)	13.2	(0.91)	17	(1.1)	80.6	(1.47)	32.5	(1.64)	40	(1.8)	72.9	(1.98)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	67.8	(2.47)	10.7	(1.10)	16	(1.7)	68.1	(2.40)	24.0	(1.30)	35	(2.1)	67.6	(4.20)
20 and over.....	1229	44	(2.7)	86.7	(1.60)	14.2	(1.06)	16	(1.1)	85.5	(2.63)	32.5	(1.89)	38	(1.8)	87.7	(2.29)
2 and over...	1907	44	(2.7)	82.2	(1.53)	13.4	(0.86)	16	(1.0)	81.2	(2.25)	30.4	(1.44)	37	(1.4)	82.9	(2.29)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	66.8	(1.34)	11.8	(0.97)	18	(1.4)	70.3	(1.76)	28.2	(1.27)	40	(1.6)	64.2	(1.88)
20 and over.....	4742	41	(1.7)	81.9	(0.93)	13.9	(0.67)	17	(0.7)	85.5	(1.18)	34.1	(1.23)	40	(1.4)	79.4	(1.51)
2 and over...	7122	41	(1.6)	78.3	(0.88)	13.4	(0.65)	17	(0.8)	81.8	(1.20)	32.6	(1.06)	40	(1.1)	75.8	(1.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	244	(9.6)	41	(7.1)	17	(3.2)	257	(9.4)	92	(7.4)	36	(3.8)	233	(12.6)
20 and over.....	1218	36	(2.2)	256	(4.8)	36	(3.0)	14	(1.3)	283	(11.6)	100	(5.0)	35	(2.0)	240	(5.9)
2 and over...	1791	39	(2.6)	253	(4.6)	37	(3.6)	15	(1.6)	275	(9.9)	97	(4.2)	35	(2.1)	239	(5.5)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	244	(3.7)	36	(3.1)	15	(1.3)	262	(8.7)	90	(4.3)	34	(1.6)	232	(5.1)
20 and over.....	1799	41	(2.5)	253	(5.8)	36	(2.8)	14	(0.9)	268	(7.7)	89	(5.4)	33	(1.5)	243	(7.4)
2 and over...	2726	41	(2.3)	251	(4.2)	36	(2.4)	14	(0.9)	267	(6.5)	89	(4.2)	34	(1.2)	240	(5.5)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	247	(5.2)	38	(4.4)	16	(1.7)	266	(8.9)	86	(5.9)	32	(1.8)	231	(5.7)
20 and over.....	1229	44	(2.7)	238	(4.2)	38	(2.9)	16	(1.2)	254	(8.0)	87	(5.0)	34	(1.9)	226	(6.0)
2 and over...	1907	44	(2.7)	240	(3.6)	38	(2.5)	16	(1.1)	257	(6.1)	86	(3.9)	34	(1.5)	227	(5.2)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	243	(2.3)	38	(2.9)	15	(1.1)	261	(4.3)	90	(3.4)	34	(1.2)	231	(2.9)
20 and over.....	4742	41	(1.7)	248	(3.0)	37	(2.1)	15	(0.8)	266	(4.1)	90	(4.0)	34	(1.3)	235	(3.8)
2 and over...	7122	41	(1.6)	247	(2.2)	37	(1.9)	15	(0.7)	265	(3.0)	90	(3.0)	34	(1.0)	234	(3.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	111	(5.4)	14	(3.0)	13	(3.0)	112	(4.6)	32	(3.7)	28	(4.2)	109	(7.6)
20 and over.....	1218	36	(2.2)	116	(3.7)	12	(1.1)	10	(1.2)	127	(7.9)	33	(2.1)	26	(2.2)	109	(3.9)
2 and over...	1791	39	(2.6)	115	(3.4)	13	(1.5)	11	(1.6)	123	(6.2)	33	(2.1)	27	(2.5)	109	(3.9)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	111	(1.8)	13	(1.0)	12	(0.8)	120	(4.3)	33	(2.1)	28	(1.5)	105	(3.1)
20 and over.....	1799	41	(2.5)	112	(2.7)	12	(1.0)	11	(0.8)	118	(4.7)	31	(1.9)	26	(1.1)	107	(3.7)
2 and over...	2726	41	(2.3)	112	(1.9)	13	(0.9)	11	(0.7)	119	(4.0)	31	(1.5)	26	(0.9)	107	(2.9)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	112	(3.4)	15	(2.0)	14	(1.6)	125	(5.4)	34	(3.0)	28	(2.1)	101	(2.8)
20 and over.....	1229	44	(2.7)	98	(2.3)	13	(1.2)	13	(1.2)	104	(4.9)	29	(2.3)	28	(2.0)	94	(2.6)
2 and over...	1907	44	(2.7)	102	(2.1)	13	(1.1)	13	(1.0)	109	(3.9)	30	(1.9)	28	(1.5)	95	(2.1)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	110	(1.3)	14	(1.2)	13	(1.0)	120	(2.7)	34	(1.6)	28	(1.4)	104	(1.5)
20 and over.....	4742	41	(1.7)	107	(1.7)	12	(0.7)	11	(0.6)	114	(2.5)	30	(1.4)	26	(1.0)	102	(1.9)
2 and over...	7122	41	(1.6)	108	(1.4)	13	(0.7)	12	(0.6)	116	(1.9)	31	(1.0)	27	(0.8)	102	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	14.0	(0.55)	2.6	(0.66)	19	(4.6)	14.5	(0.45)	5.9	(0.93)	41	(5.8)	13.6	(0.91)
20 and over.....	1218	36	(2.2)	15.7	(0.49)	2.1	(0.19)	13	(1.1)	15.2	(0.80)	5.6	(0.30)	37	(2.3)	16.0	(0.72)
2 and over...	1791	39	(2.6)	15.3	(0.37)	2.2	(0.27)	14	(1.7)	15.0	(0.56)	5.7	(0.37)	38	(2.7)	15.4	(0.55)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	13.6	(0.40)	2.0	(0.24)	15	(1.7)	14.1	(0.55)	5.1	(0.42)	36	(2.7)	13.3	(0.50)
20 and over.....	1799	41	(2.5)	16.5	(0.53)	2.1	(0.16)	13	(0.9)	16.1	(0.58)	5.2	(0.30)	32	(2.0)	16.8	(0.79)
2 and over...	2726	41	(2.3)	15.9	(0.47)	2.1	(0.15)	13	(0.9)	15.6	(0.48)	5.1	(0.24)	33	(1.7)	16.0	(0.70)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	14.8	(0.60)	2.0	(0.21)	13	(1.6)	15.0	(0.78)	4.4	(0.29)	29	(2.1)	14.7	(0.82)
20 and over.....	1229	44	(2.7)	17.6	(0.63)	2.4	(0.20)	14	(1.2)	16.9	(0.86)	5.4	(0.34)	32	(1.9)	18.1	(0.88)
2 and over...	1907	44	(2.7)	16.9	(0.58)	2.3	(0.16)	13	(1.1)	16.4	(0.74)	5.2	(0.27)	32	(1.8)	17.3	(0.77)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	14.1	(0.27)	2.1	(0.20)	15	(1.4)	14.5	(0.35)	5.1	(0.30)	35	(1.8)	13.9	(0.42)
20 and over.....	4742	41	(1.7)	16.9	(0.39)	2.2	(0.13)	13	(0.8)	16.4	(0.35)	5.4	(0.23)	33	(1.5)	17.2	(0.55)
2 and over...	7122	41	(1.6)	16.2	(0.33)	2.2	(0.12)	14	(0.8)	16.0	(0.30)	5.3	(0.20)	33	(1.4)	16.4	(0.47)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	74.9	(3.41)	17.6	(2.79)	23	(3.8)	84.1	(3.08)	39.3	(2.96)	47	(3.7)	67.4	(4.40)
20 and over.....	1218	36	(2.2)	85.3	(1.86)	16.0	(1.15)	19	(1.3)	98.3	(5.21)	43.9	(2.32)	45	(1.5)	77.8	(2.17)
2 and over...	1791	39	(2.6)	82.6	(1.94)	16.4	(1.26)	20	(1.6)	94.0	(4.04)	42.5	(1.48)	45	(1.6)	75.3	(2.34)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	73.5	(1.52)	14.1	(1.41)	19	(1.8)	81.8	(2.78)	35.6	(2.19)	43	(2.3)	68.0	(1.41)
20 and over.....	1799	41	(2.5)	86.3	(1.71)	15.5	(1.10)	18	(1.1)	94.3	(2.73)	37.9	(2.24)	40	(1.9)	80.8	(2.43)
2 and over...	2726	41	(2.3)	83.4	(1.39)	15.2	(1.01)	18	(1.1)	91.6	(2.42)	37.4	(1.79)	41	(1.5)	77.8	(1.85)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	77.6	(1.83)	14.3	(1.50)	18	(1.9)	83.8	(4.17)	31.9	(2.27)	38	(2.1)	72.7	(3.00)
20 and over.....	1229	44	(2.7)	92.3	(2.00)	17.0	(1.54)	18	(1.7)	96.1	(3.02)	38.8	(2.25)	40	(2.4)	89.4	(2.48)
2 and over...	1907	44	(2.7)	88.8	(1.78)	16.3	(1.28)	18	(1.5)	93.1	(2.52)	37.1	(1.81)	40	(1.8)	85.4	(2.43)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	74.9	(1.03)	14.8	(1.09)	20	(1.4)	83.1	(2.14)	35.1	(1.36)	42	(1.4)	68.9	(1.31)
20 and over.....	4742	41	(1.7)	88.2	(0.77)	16.1	(0.90)	18	(1.0)	95.9	(1.64)	39.6	(1.57)	41	(1.5)	82.9	(1.23)
2 and over...	7122	41	(1.6)	85.0	(0.69)	15.8	(0.83)	19	(0.9)	92.8	(1.55)	38.5	(1.29)	41	(1.2)	79.6	(0.92)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	25.8	(1.37)	5.7	(0.88)	22	(3.5)	27.8	(1.10)	12.8	(0.97)	46	(3.3)	24.2	(1.74)
20 and over.....	1218	36	(2.2)	27.3	(0.96)	5.1	(0.38)	19	(1.3)	31.6	(1.87)	14.0	(0.87)	44	(1.2)	24.8	(0.92)
2 and over...	1791	39	(2.6)	26.9	(0.97)	5.3	(0.39)	20	(1.5)	30.4	(1.53)	13.7	(0.59)	45	(1.3)	24.7	(1.02)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	25.6	(0.61)	4.7	(0.49)	18	(1.8)	28.0	(1.27)	12.0	(1.04)	43	(2.7)	24.1	(0.55)
20 and over.....	1799	41	(2.5)	28.5	(0.82)	5.2	(0.33)	18	(1.0)	31.5	(1.16)	12.7	(0.70)	40	(1.6)	26.5	(1.00)
2 and over...	2726	41	(2.3)	27.9	(0.62)	5.1	(0.30)	18	(1.0)	30.7	(0.99)	12.6	(0.59)	41	(1.3)	25.9	(0.76)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	26.4	(0.68)	5.0	(0.50)	19	(1.8)	29.1	(1.51)	11.1	(0.70)	38	(1.8)	24.3	(1.09)
20 and over.....	1229	44	(2.7)	29.8	(0.54)	5.7	(0.53)	19	(1.9)	30.7	(0.80)	13.1	(0.74)	43	(2.1)	29.1	(0.95)
2 and over...	1907	44	(2.7)	29.0	(0.49)	5.5	(0.43)	19	(1.6)	30.3	(0.69)	12.6	(0.57)	42	(1.6)	27.9	(0.84)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	25.8	(0.35)	5.0	(0.39)	19	(1.4)	28.3	(0.80)	11.9	(0.51)	42	(1.4)	24.0	(0.43)
20 and over.....	4742	41	(1.7)	28.7	(0.33)	5.4	(0.29)	19	(1.0)	31.2	(0.55)	13.2	(0.48)	42	(1.2)	26.9	(0.51)
2 and over...	7122	41	(1.6)	28.0	(0.28)	5.3	(0.27)	19	(0.9)	30.5	(0.53)	12.9	(0.39)	42	(0.9)	26.3	(0.36)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	24.6	(1.18)	5.8	(0.88)	24	(3.7)	28.0	(1.14)	13.1	(0.90)	47	(3.7)	21.8	(1.50)
20 and over.....	1218	36	(2.2)	29.4	(0.61)	5.5	(0.40)	19	(1.3)	33.8	(1.89)	15.1	(0.83)	45	(1.6)	26.8	(0.71)
2 and over...	1791	39	(2.6)	28.1	(0.62)	5.6	(0.42)	20	(1.6)	32.1	(1.44)	14.5	(0.52)	45	(1.5)	25.7	(0.76)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	24.1	(0.51)	4.6	(0.47)	19	(1.9)	27.1	(0.81)	11.7	(0.66)	43	(2.5)	22.1	(0.56)
20 and over.....	1799	41	(2.5)	29.2	(0.64)	5.2	(0.39)	18	(1.1)	32.2	(0.89)	12.7	(0.87)	39	(2.1)	27.1	(0.88)
2 and over...	2726	41	(2.3)	28.0	(0.53)	5.1	(0.35)	18	(1.1)	31.0	(0.81)	12.5	(0.70)	40	(1.8)	26.0	(0.68)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	25.6	(0.54)	4.7	(0.49)	18	(1.9)	27.3	(1.27)	10.5	(0.75)	38	(2.2)	24.2	(0.97)
20 and over.....	1229	44	(2.7)	32.0	(0.91)	5.8	(0.55)	18	(1.7)	33.4	(1.50)	13.2	(0.80)	40	(2.5)	30.8	(0.95)
2 and over...	1907	44	(2.7)	30.4	(0.76)	5.5	(0.45)	18	(1.5)	31.9	(1.17)	12.5	(0.65)	39	(2.0)	29.2	(0.91)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	24.6	(0.30)	4.9	(0.35)	20	(1.4)	27.3	(0.66)	11.6	(0.44)	42	(1.5)	22.6	(0.45)
20 and over.....	4742	41	(1.7)	30.2	(0.36)	5.4	(0.32)	18	(1.0)	33.0	(0.71)	13.4	(0.59)	41	(1.7)	28.3	(0.44)
2 and over...	7122	41	(1.6)	28.8	(0.32)	5.3	(0.29)	18	(0.9)	31.6	(0.62)	12.9	(0.49)	41	(1.4)	26.9	(0.33)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	16.9	(0.65)	4.4	(0.77)	26	(4.3)	20.1	(0.82)	9.8	(0.90)	49	(4.3)	14.2	(0.75)
20 and over.....	1218	36	(2.2)	20.1	(0.45)	3.8	(0.30)	19	(1.4)	23.1	(1.27)	10.4	(0.57)	45	(2.1)	18.4	(0.70)
2 and over...	1791	39	(2.6)	19.2	(0.37)	4.0	(0.36)	21	(1.8)	22.2	(0.89)	10.2	(0.43)	46	(2.1)	17.4	(0.58)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	16.5	(0.47)	3.4	(0.44)	21	(2.4)	18.8	(0.92)	8.7	(0.69)	46	(2.6)	14.9	(0.49)
20 and over.....	1799	41	(2.5)	20.2	(0.30)	3.7	(0.31)	18	(1.5)	21.6	(0.62)	9.0	(0.57)	42	(2.3)	19.2	(0.63)
2 and over...	2726	41	(2.3)	19.3	(0.29)	3.6	(0.31)	19	(1.5)	21.0	(0.58)	8.9	(0.50)	43	(2.1)	18.2	(0.47)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	18.1	(0.61)	3.3	(0.41)	18	(2.2)	19.4	(1.38)	7.4	(0.70)	38	(2.6)	17.0	(0.89)
20 and over.....	1229	44	(2.7)	21.9	(0.71)	3.9	(0.36)	18	(1.7)	23.0	(0.87)	8.9	(0.61)	39	(3.1)	21.0	(0.77)
2 and over...	1907	44	(2.7)	21.0	(0.64)	3.8	(0.30)	18	(1.5)	22.1	(0.81)	8.5	(0.49)	39	(2.5)	20.0	(0.72)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	17.1	(0.35)	3.6	(0.28)	21	(1.6)	19.4	(0.67)	8.5	(0.38)	44	(1.8)	15.4	(0.45)
20 and over.....	4742	41	(1.7)	20.8	(0.35)	3.8	(0.23)	18	(1.2)	22.6	(0.51)	9.3	(0.43)	41	(2.0)	19.6	(0.46)
2 and over...	7122	41	(1.6)	19.9	(0.30)	3.7	(0.21)	19	(1.1)	21.8	(0.47)	9.1	(0.36)	42	(1.7)	18.6	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	244	(14.4)	50	(13.6)	21	(5.3)	249	(15.4)	113	(20.5)	45	(7.2)	239	(17.7)
20 and over.....	1218	36	(2.2)	290	(9.0)	45	(2.7)	15	(1.0)	319	(20.1)	123	(6.3)	39	(2.1)	274	(11.9)
2 and over...	1791	39	(2.6)	278	(9.3)	46	(4.5)	17	(1.7)	298	(14.0)	120	(5.1)	40	(2.5)	266	(11.3)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	219	(8.6)	36	(4.0)	16	(1.8)	228	(10.2)	90	(7.7)	39	(3.3)	214	(11.1)
20 and over.....	1799	41	(2.5)	297	(8.3)	48	(3.7)	16	(1.1)	308	(10.3)	117	(7.3)	38	(2.0)	290	(11.4)
2 and over...	2726	41	(2.3)	280	(6.8)	45	(3.2)	16	(1.0)	291	(9.1)	111	(5.8)	38	(1.7)	272	(8.7)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	221	(13.1)	33	(3.7)	15	(1.8)	225	(14.6)	74	(5.2)	33	(3.0)	217	(20.0)
20 and over.....	1229	44	(2.7)	325	(9.1)	54	(5.2)	17	(1.6)	306	(18.2)	124	(8.2)	41	(1.8)	340	(10.6)
2 and over...	1907	44	(2.7)	300	(7.7)	49	(4.2)	16	(1.4)	286	(14.2)	112	(6.7)	39	(1.6)	311	(9.5)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	225	(5.4)	37	(3.6)	17	(1.6)	233	(7.8)	89	(5.3)	38	(2.6)	219	(8.4)
20 and over.....	4742	41	(1.7)	307	(4.9)	50	(2.6)	16	(0.8)	310	(9.5)	122	(3.9)	39	(1.1)	304	(7.8)
2 and over...	7122	41	(1.6)	287	(3.2)	47	(2.4)	16	(0.8)	291	(7.4)	114	(3.5)	39	(1.1)	285	(5.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Family income in dollars and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	587	(32.6)	84*	(33.8)	14*	(5.3)	558	(46.7)	189*	(58.3)	34	(8.5)	611	(35.6)
20 and over.....	1218	36	(2.2)	573	(20.8)	57	(6.2)	10	(1.2)	560	(32.9)	158	(11.2)	28	(2.1)	580	(27.9)
2 and over...	1791	39	(2.6)	577	(15.9)	64	(11.6)	11	(2.0)	560	(20.5)	167	(20.0)	30	(3.4)	587	(22.5)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	568	(19.3)	58	(5.7)	10	(1.1)	594	(37.7)	147	(14.5)	25	(2.6)	552	(24.1)
20 and over.....	1799	41	(2.5)	610	(18.4)	67	(4.8)	11	(0.9)	581	(25.8)	163	(7.2)	28	(1.4)	629	(24.6)
2 and over...	2726	41	(2.3)	600	(15.1)	65	(4.1)	11	(0.8)	584	(23.8)	159	(7.2)	27	(1.3)	611	(20.6)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	618	(29.9)	55	(9.5)	9	(1.5)	622	(46.7)	122	(16.8)	20	(2.7)	615	(34.6)
20 and over.....	1229	44	(2.7)	722	(28.8)	79	(8.8)	11	(1.2)	677	(37.1)	182	(15.5)	27	(1.9)	757	(35.5)
2 and over...	1907	44	(2.7)	697	(25.8)	73	(7.8)	11	(1.1)	663	(27.8)	167	(14.0)	25	(1.8)	724	(31.0)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	588	(12.8)	60	(8.1)	10	(1.3)	589	(28.1)	144	(14.8)	24	(2.4)	588	(18.2)
20 and over.....	4742	41	(1.7)	648	(17.2)	72	(3.1)	11	(0.6)	624	(20.2)	176	(5.3)	28	(0.8)	663	(19.4)
2 and over...	7122	41	(1.6)	633	(13.9)	69	(3.4)	11	(0.5)	616	(15.9)	168	(5.8)	27	(0.8)	646	(14.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1111	(151.3)	243 *	(135.4)	22 *	(10.0)	1046	(219.5)	544 *	(253.3)	52 *	(15.0)	1164	(153.0)
20 and over.....	1218	36	(2.2)	1975	(177.8)	192	(44.7)	10	(2.3)	1621	(213.3)	528	(104.6)	33	(5.8)	2177	(222.2)
2 and over...	1791	39	(2.6)	1751	(144.0)	205	(59.9)	12	(3.5)	1448	(162.1)	533	(125.9)	37	(7.3)	1941	(185.3)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1128	(89.1)	119	(15.1)	11	(1.4)	1185	(153.0)	300	(35.9)	25	(3.8)	1090	(128.6)
20 and over.....	1799	41	(2.5)	2179	(144.8)	207	(21.6)	10	(1.1)	1831	(123.4)	507	(44.9)	28	(2.9)	2419	(194.6)
2 and over...	2726	41	(2.3)	1939	(112.8)	187	(17.1)	10	(1.0)	1688	(91.8)	461	(33.4)	27	(2.4)	2111	(167.5)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1344	(104.7)	104	(29.7)	8 *	(2.3)	1262	(150.3)	231	(59.5)	18 *	(5.6)	1412	(157.5)
20 and over.....	1229	44	(2.7)	3108	(290.1)	261	(45.0)	8	(1.5)	2642	(391.6)	597	(100.4)	23	(4.6)	3470	(302.3)
2 and over...	1907	44	(2.7)	2685	(245.4)	223	(38.1)	8	(1.5)	2304	(316.9)	507	(84.6)	22	(4.6)	2983	(253.8)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1199	(51.1)	135	(29.9)	11	(2.4)	1154	(62.1)	322	(63.7)	28	(5.1)	1231	(79.8)
20 and over.....	4742	41	(1.7)	2515	(164.7)	241	(18.6)	10	(0.7)	2198	(185.6)	593	(48.7)	27	(2.3)	2733	(174.2)
2 and over...	7122	41	(1.6)	2202	(135.9)	216	(17.2)	10	(0.8)	1944	(154.5)	527	(43.8)	27	(2.4)	2382	(142.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Lycopene

Family income in dollars and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Quick Service Restaurants µg	(SE)	All Individuals [2] Percentages from Quick Service Restaurants [6] %	(SE)	Quick Service Restaurant Consumers [3] Total Intake µg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants µg	(SE)	Quick Service Restaurant Consumers [3] Percentages from Quick Service Restaurants [6] %	(SE)	Non-consumers [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	4483	(441.6)	1036	(272.6)	23	(6.4)	4579	(375.7)	2319	(414.8)	51	(8.8)	4407	(588.7)
20 and over.....	1218	36	(2.2)	4743	(380.9)	731	(64.0)	15	(1.3)	4925	(425.2)	2008	(128.1)	41	(4.3)	4639	(568.5)
2 and over...	1791	39	(2.6)	4676	(270.2)	810	(106.1)	17	(1.7)	4821	(259.1)	2101	(170.9)	44	(4.5)	4585	(436.8)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	4825	(479.7)	684	(99.1)	14	(2.6)	4630	(519.7)	1728	(246.0)	37	(5.3)	4952	(708.6)
20 and over.....	1799	41	(2.5)	4992	(314.0)	765	(108.1)	15	(1.9)	4729	(352.7)	1870	(259.8)	40	(4.1)	5174	(346.4)
2 and over...	2726	41	(2.3)	4954	(261.1)	747	(80.5)	15	(1.6)	4707	(328.8)	1839	(184.2)	39	(3.0)	5123	(264.5)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	3941	(314.3)	764	(126.7)	19	(3.7)	3586	(373.0)	1707	(285.3)	48	(5.9)	4228	(670.6)
20 and over.....	1229	44	(2.7)	5443	(619.8)	724	(100.1)	13	(2.9)	5168	(427.2)	1656	(196.6)	32	(4.6)	5656	(897.8)
2 and over...	1907	44	(2.7)	5082	(493.8)	733	(97.3)	14	(2.9)	4781	(330.7)	1669	(194.6)	35	(4.7)	5318	(755.9)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	4327	(223.3)	769	(91.3)	18	(2.4)	4134	(239.9)	1832	(180.4)	44	(3.5)	4467	(417.0)
20 and over.....	4742	41	(1.7)	5053	(231.6)	729	(71.2)	14	(1.6)	4937	(148.4)	1791	(157.5)	36	(2.7)	5133	(339.2)
2 and over...	7122	41	(1.6)	4881	(180.9)	739	(73.1)	15	(1.7)	4742	(123.8)	1801	(154.1)	38	(2.7)	4977	(280.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1.58	(0.074)	0.28	(0.049)	18	(2.8)	1.67	(0.080)	0.63	(0.055)	38	(2.1)	1.52	(0.085)
20 and over.....	1218	36	(2.2)	1.56	(0.041)	0.25	(0.017)	16	(1.1)	1.76	(0.106)	0.68	(0.029)	39	(2.4)	1.44	(0.050)
2 and over...	1791	39	(2.6)	1.56	(0.043)	0.26	(0.022)	16	(1.3)	1.73	(0.079)	0.67	(0.024)	38	(1.9)	1.46	(0.043)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1.52	(0.026)	0.21	(0.018)	14	(1.3)	1.57	(0.060)	0.53	(0.034)	34	(2.1)	1.48	(0.036)
20 and over.....	1799	41	(2.5)	1.59	(0.031)	0.26	(0.017)	16	(1.1)	1.66	(0.037)	0.63	(0.032)	38	(1.8)	1.55	(0.044)
2 and over...	2726	41	(2.3)	1.57	(0.025)	0.25	(0.015)	16	(0.9)	1.64	(0.033)	0.61	(0.025)	37	(1.3)	1.53	(0.035)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1.53	(0.035)	0.22	(0.024)	14	(1.6)	1.58	(0.047)	0.49	(0.027)	31	(1.9)	1.49	(0.055)
20 and over.....	1229	44	(2.7)	1.63	(0.035)	0.27	(0.020)	17	(1.2)	1.74	(0.051)	0.63	(0.037)	36	(2.1)	1.54	(0.054)
2 and over...	1907	44	(2.7)	1.60	(0.029)	0.26	(0.017)	16	(1.1)	1.70	(0.035)	0.59	(0.027)	35	(1.5)	1.53	(0.048)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1.53	(0.015)	0.23	(0.017)	15	(1.1)	1.58	(0.029)	0.54	(0.021)	34	(1.3)	1.49	(0.027)
20 and over.....	4742	41	(1.7)	1.60	(0.020)	0.26	(0.013)	16	(0.8)	1.71	(0.029)	0.64	(0.023)	37	(1.4)	1.52	(0.033)
2 and over...	7122	41	(1.6)	1.58	(0.017)	0.25	(0.012)	16	(0.8)	1.68	(0.020)	0.61	(0.019)	36	(1.0)	1.51	(0.026)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1.89	(0.104)	0.30	(0.086)	16	(4.2)	1.94	(0.121)	0.68	(0.130)	35	(4.9)	1.86	(0.137)
20 and over.....	1218	36	(2.2)	1.97	(0.048)	0.25	(0.020)	13	(1.0)	2.06	(0.103)	0.70	(0.030)	34	(1.7)	1.92	(0.064)
2 and over...	1791	39	(2.6)	1.95	(0.052)	0.27	(0.033)	14	(1.7)	2.02	(0.063)	0.69	(0.043)	34	(2.2)	1.91	(0.071)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1.78	(0.042)	0.24	(0.029)	13	(1.7)	1.90	(0.070)	0.60	(0.071)	32	(3.5)	1.71	(0.043)
20 and over.....	1799	41	(2.5)	2.09	(0.070)	0.28	(0.019)	14	(1.0)	2.20	(0.109)	0.69	(0.022)	31	(1.2)	2.02	(0.075)
2 and over...	2726	41	(2.3)	2.02	(0.057)	0.27	(0.017)	13	(1.0)	2.13	(0.088)	0.67	(0.025)	31	(1.1)	1.94	(0.062)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1.78	(0.057)	0.26	(0.032)	14	(1.7)	1.87	(0.078)	0.57	(0.050)	31	(2.3)	1.71	(0.075)
20 and over.....	1229	44	(2.7)	2.26	(0.071)	0.31	(0.029)	14	(1.5)	2.26	(0.046)	0.72	(0.038)	32	(1.7)	2.25	(0.115)
2 and over...	1907	44	(2.7)	2.14	(0.061)	0.30	(0.025)	14	(1.3)	2.17	(0.048)	0.68	(0.032)	31	(1.4)	2.12	(0.091)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1.80	(0.022)	0.26	(0.024)	14	(1.3)	1.89	(0.052)	0.61	(0.035)	32	(1.6)	1.74	(0.038)
20 and over.....	4742	41	(1.7)	2.12	(0.041)	0.29	(0.015)	14	(0.8)	2.18	(0.045)	0.70	(0.018)	32	(0.8)	2.07	(0.062)
2 and over...	7122	41	(1.6)	2.04	(0.033)	0.28	(0.014)	14	(0.7)	2.11	(0.036)	0.68	(0.015)	32	(0.7)	1.99	(0.047)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Quick Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3] Total Intake mg	(SE)	Quick Service Restaurant Consumers [3] Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3] Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	23.4	(1.15)	5.2	(1.01)	22	(4.1)	25.7	(1.34)	11.5	(1.23)	45	(3.8)	21.6	(1.38)
20 and over.....	1218	36	(2.2)	26.2	(1.00)	4.4	(0.36)	17	(1.5)	31.6	(2.50)	12.0	(0.55)	38	(3.5)	23.2	(0.69)
2 and over...	1791	39	(2.6)	25.5	(0.97)	4.6	(0.47)	18	(1.9)	29.9	(1.92)	11.8	(0.52)	40	(3.2)	22.8	(0.74)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	20.5	(0.47)	3.4	(0.39)	17	(1.7)	22.5	(0.94)	8.7	(0.63)	39	(2.3)	19.2	(0.41)
20 and over.....	1799	41	(2.5)	26.1	(0.94)	4.4	(0.32)	17	(1.3)	28.4	(1.47)	10.6	(0.62)	38	(2.1)	24.5	(0.94)
2 and over...	2726	41	(2.3)	24.8	(0.67)	4.1	(0.31)	17	(1.3)	27.1	(1.13)	10.2	(0.53)	38	(1.8)	23.3	(0.67)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	22.0	(0.65)	3.4	(0.32)	15	(1.7)	22.2	(0.82)	7.5	(0.42)	34	(2.3)	21.8	(1.16)
20 and over.....	1229	44	(2.7)	26.8	(0.74)	4.2	(0.29)	16	(1.2)	27.6	(0.62)	9.7	(0.59)	35	(1.9)	26.2	(1.23)
2 and over...	1907	44	(2.7)	25.6	(0.63)	4.0	(0.24)	16	(1.1)	26.3	(0.55)	9.2	(0.46)	35	(1.5)	25.1	(1.06)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	21.7	(0.43)	3.7	(0.30)	17	(1.3)	23.2	(0.73)	8.9	(0.44)	38	(1.6)	20.6	(0.60)
20 and over.....	4742	41	(1.7)	26.2	(0.42)	4.3	(0.20)	16	(0.8)	28.5	(0.68)	10.5	(0.41)	37	(1.3)	24.6	(0.65)
2 and over...	7122	41	(1.6)	25.1	(0.34)	4.1	(0.20)	16	(0.8)	27.2	(0.61)	10.1	(0.36)	37	(1.2)	23.7	(0.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1.94	(0.094)	0.34	(0.092)	18	(4.4)	2.07	(0.169)	0.77	(0.151)	37	(5.4)	1.84	(0.109)
20 and over.....	1218	36	(2.2)	2.28	(0.154)	0.25	(0.025)	11	(1.5)	2.70	(0.415)	0.68	(0.046)	25	(4.7)	2.04	(0.051)
2 and over...	1791	39	(2.6)	2.19	(0.121)	0.27	(0.038)	12	(2.0)	2.51	(0.299)	0.71	(0.062)	28	(4.5)	2.00	(0.050)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1.63	(0.054)	0.18	(0.022)	11	(1.2)	1.68	(0.085)	0.47	(0.033)	28	(1.8)	1.59	(0.053)
20 and over.....	1799	41	(2.5)	2.17	(0.121)	0.24	(0.021)	11	(1.2)	2.27	(0.233)	0.59	(0.037)	26	(2.6)	2.11	(0.088)
2 and over...	2726	41	(2.3)	2.05	(0.090)	0.23	(0.020)	11	(1.2)	2.14	(0.176)	0.56	(0.033)	26	(2.2)	1.99	(0.068)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1.77	(0.056)	0.18	(0.019)	10	(1.2)	1.73	(0.062)	0.41	(0.028)	24	(2.0)	1.79	(0.095)
20 and over.....	1229	44	(2.7)	2.20	(0.090)	0.26	(0.020)	12	(1.0)	2.21	(0.082)	0.58	(0.040)	26	(1.7)	2.19	(0.119)
2 and over...	1907	44	(2.7)	2.09	(0.075)	0.24	(0.016)	11	(0.9)	2.09	(0.070)	0.54	(0.033)	26	(1.5)	2.10	(0.098)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1.75	(0.040)	0.22	(0.023)	12	(1.2)	1.80	(0.074)	0.52	(0.044)	29	(1.8)	1.71	(0.051)
20 and over.....	4742	41	(1.7)	2.18	(0.057)	0.25	(0.012)	11	(0.5)	2.30	(0.110)	0.60	(0.024)	26	(1.3)	2.10	(0.059)
2 and over...	7122	41	(1.6)	2.08	(0.045)	0.24	(0.013)	11	(0.6)	2.18	(0.088)	0.58	(0.024)	27	(1.2)	2.01	(0.045)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	516	(24.4)	82	(13.8)	16	(2.8)	535	(28.7)	182	(16.0)	34	(3.4)	500	(25.9)
20 and over.....	1218	36	(2.2)	479	(9.0)	72	(5.3)	15	(1.2)	518	(26.1)	197	(9.7)	38	(1.9)	457	(12.5)
2 and over...	1791	39	(2.6)	489	(8.0)	74	(6.1)	15	(1.3)	523	(20.0)	192	(7.5)	37	(1.6)	467	(9.7)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	488	(14.4)	64	(6.8)	13	(1.5)	488	(23.5)	161	(14.1)	33	(2.7)	489	(21.5)
20 and over.....	1799	41	(2.5)	509	(14.1)	77	(5.9)	15	(1.0)	520	(14.6)	189	(13.5)	36	(2.3)	501	(20.5)
2 and over...	2726	41	(2.3)	504	(11.1)	74	(5.1)	15	(1.0)	513	(11.4)	183	(10.6)	36	(1.9)	498	(15.8)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	476	(14.6)	65	(7.8)	14	(1.7)	497	(23.9)	146	(9.5)	29	(1.7)	459	(18.2)
20 and over.....	1229	44	(2.7)	512	(13.5)	82	(6.2)	16	(1.1)	555	(25.2)	187	(11.3)	34	(1.8)	479	(12.7)
2 and over...	1907	44	(2.7)	504	(10.7)	78	(4.9)	15	(1.0)	541	(17.8)	177	(8.0)	33	(1.3)	474	(11.9)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	487	(5.5)	67	(5.4)	14	(1.1)	500	(11.3)	160	(7.5)	32	(1.4)	477	(9.6)
20 and over.....	4742	41	(1.7)	503	(6.3)	77	(4.3)	15	(0.8)	536	(12.0)	189	(8.1)	35	(1.6)	481	(9.1)
2 and over...	7122	41	(1.6)	499	(5.4)	74	(4.0)	15	(0.8)	527	(8.8)	182	(6.8)	34	(1.2)	480	(8.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	263	(15.0)	50	(13.1)	19	(4.6)	271	(17.9)	111	(19.1)	41	(5.0)	257	(18.9)
20 and over.....	1218	36	(2.2)	313	(5.6)	44	(3.1)	14	(1.0)	332	(16.7)	122	(5.8)	37	(1.9)	302	(5.6)
2 and over...	1791	39	(2.6)	300	(6.1)	46	(4.8)	15	(1.6)	313	(10.8)	119	(5.8)	38	(2.1)	292	(7.0)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	237	(6.8)	37	(3.9)	15	(1.7)	252	(10.2)	92	(6.7)	37	(2.7)	227	(7.8)
20 and over.....	1799	41	(2.5)	323	(9.0)	47	(3.4)	15	(1.0)	328	(7.3)	115	(6.0)	35	(1.7)	320	(13.5)
2 and over...	2726	41	(2.3)	304	(7.6)	45	(3.1)	15	(1.0)	311	(7.0)	110	(4.9)	35	(1.5)	299	(10.5)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	247	(11.0)	35	(3.5)	14	(1.5)	251	(12.0)	79	(4.7)	32	(2.1)	243	(15.6)
20 and over.....	1229	44	(2.7)	353	(8.4)	52	(4.3)	15	(1.2)	338	(14.2)	119	(6.4)	35	(1.3)	364	(7.7)
2 and over...	1907	44	(2.7)	327	(7.6)	48	(3.6)	15	(1.1)	317	(12.4)	109	(5.6)	34	(1.1)	335	(7.5)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	246	(4.5)	39	(3.5)	16	(1.4)	257	(6.8)	92	(5.0)	36	(1.9)	239	(7.0)
20 and over.....	4742	41	(1.7)	332	(4.6)	48	(2.3)	14	(0.7)	335	(7.4)	118	(3.7)	35	(1.0)	331	(6.9)
2 and over...	7122	41	(1.6)	312	(3.4)	46	(2.2)	15	(0.7)	316	(6.2)	112	(3.3)	35	(0.9)	309	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	4.99	(0.288)	0.75	(0.175)	15	(3.6)	4.93	(0.271)	1.69	(0.243)	34	(4.2)	5.04	(0.434)
20 and over.....	1218	36	(2.2)	4.69	(0.256)	0.63	(0.057)	13	(1.4)	5.41	(0.606)	1.73	(0.144)	32	(4.2)	4.27	(0.202)
2 and over...	1791	39	(2.6)	4.77	(0.233)	0.66	(0.060)	14	(1.6)	5.27	(0.420)	1.72	(0.079)	33	(3.1)	4.45	(0.227)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	4.39	(0.163)	0.50	(0.065)	12	(1.5)	4.54	(0.201)	1.28	(0.139)	28	(2.7)	4.29	(0.207)
20 and over.....	1799	41	(2.5)	4.90	(0.246)	0.67	(0.056)	14	(1.2)	5.34	(0.381)	1.63	(0.133)	31	(1.8)	4.60	(0.245)
2 and over...	2726	41	(2.3)	4.79	(0.203)	0.63	(0.052)	13	(1.1)	5.16	(0.302)	1.55	(0.112)	30	(1.5)	4.53	(0.202)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	4.05	(0.123)	0.46	(0.046)	11	(1.2)	4.22	(0.202)	1.03	(0.066)	24	(1.8)	3.92	(0.181)
20 and over.....	1229	44	(2.7)	5.01	(0.214)	0.61	(0.057)	12	(1.3)	4.62	(0.173)	1.40	(0.093)	30	(2.0)	5.32	(0.325)
2 and over...	1907	44	(2.7)	4.78	(0.170)	0.58	(0.047)	12	(1.1)	4.52	(0.142)	1.31	(0.076)	29	(1.6)	4.99	(0.257)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	4.39	(0.108)	0.53	(0.053)	12	(1.2)	4.52	(0.184)	1.27	(0.086)	28	(1.7)	4.31	(0.130)
20 and over.....	4742	41	(1.7)	4.84	(0.137)	0.63	(0.034)	13	(0.7)	5.02	(0.201)	1.55	(0.075)	31	(1.3)	4.73	(0.157)
2 and over...	7122	41	(1.6)	4.74	(0.116)	0.61	(0.034)	13	(0.7)	4.89	(0.170)	1.48	(0.066)	30	(1.0)	4.63	(0.124)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	75.5	(4.05)	7.8*	(2.58)	10*	(3.6)	73.0	(5.49)	17.5	(4.24)	24	(7.0)	77.5	(5.82)
20 and over.....	1218	36	(2.2)	72.9	(4.20)	4.7	(0.73)	6	(0.9)	67.1	(7.15)	12.9	(1.89)	19	(2.0)	76.2	(3.53)
2 and over...	1791	39	(2.6)	73.6	(3.11)	5.5	(1.06)	7	(1.4)	68.9	(5.37)	14.3	(2.05)	21	(3.0)	76.5	(2.84)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	62.3	(2.72)	3.9	(0.43)	6	(0.7)	58.1	(4.19)	9.8	(1.06)	17	(1.5)	65.0	(3.81)
20 and over.....	1799	41	(2.5)	72.9	(2.14)	4.9	(0.36)	7	(0.5)	62.8	(4.43)	11.9	(0.65)	19	(1.6)	79.8	(3.15)
2 and over...	2726	41	(2.3)	70.5	(1.74)	4.6	(0.33)	7	(0.5)	61.7	(3.87)	11.4	(0.63)	19	(1.4)	76.4	(2.70)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	80.8	(7.68)	4.9	(0.94)	6	(1.0)	73.6	(13.11)	11.0	(1.86)	15	(2.1)	86.7	(6.38)
20 and over.....	1229	44	(2.7)	81.2	(5.08)	7.1	(1.15)	9	(1.3)	75.4	(7.29)	16.2	(2.76)	21	(2.9)	85.7	(5.32)
2 and over...	1907	44	(2.7)	81.1	(5.13)	6.6	(0.89)	8	(0.9)	75.0	(7.81)	14.9	(2.20)	20	(2.2)	85.9	(4.72)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	72.7	(3.54)	5.3	(0.71)	7	(1.0)	67.8	(5.84)	12.5	(1.42)	18	(2.2)	76.2	(4.05)
20 and over.....	4742	41	(1.7)	76.3	(2.35)	5.7	(0.42)	7	(0.5)	70.2	(4.08)	13.9	(1.17)	20	(1.6)	80.5	(2.13)
2 and over...	7122	41	(1.6)	75.4	(2.21)	5.6	(0.34)	7	(0.4)	69.6	(3.83)	13.5	(0.97)	19	(1.3)	79.5	(2.08)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	5.4	(0.38)	0.4*	(0.23)	8*	(4.3)	4.3	(0.27)	1.0*	(0.43)	22*	(9.0)	6.2	(0.61)
20 and over.....	1218	36	(2.2)	4.2	(0.14)	0.3	(0.03)	8	(0.7)	4.1	(0.28)	0.9	(0.06)	21	(2.0)	4.2	(0.22)
2 and over...	1791	39	(2.6)	4.5	(0.17)	0.3	(0.08)	8	(1.6)	4.1	(0.20)	0.9	(0.15)	22	(3.2)	4.7	(0.23)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	4.6	(0.19)	0.2	(0.02)	5	(0.6)	4.4	(0.30)	0.6	(0.04)	13	(1.1)	4.8	(0.20)
20 and over.....	1799	41	(2.5)	4.2	(0.17)	0.3	(0.04)	8	(1.0)	3.8	(0.19)	0.8	(0.07)	22	(2.0)	4.4	(0.21)
2 and over...	2726	41	(2.3)	4.3	(0.15)	0.3	(0.03)	7	(0.8)	4.0	(0.18)	0.8	(0.06)	20	(1.7)	4.5	(0.16)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	4.3	(0.19)	0.3	(0.03)	6	(0.7)	4.3	(0.33)	0.6	(0.05)	13	(1.0)	4.4	(0.23)
20 and over.....	1229	44	(2.7)	4.3	(0.28)	0.4	(0.04)	9	(1.2)	3.8	(0.23)	0.9	(0.08)	24	(2.3)	4.8	(0.44)
2 and over...	1907	44	(2.7)	4.3	(0.22)	0.4	(0.03)	8	(0.9)	3.9	(0.18)	0.8	(0.06)	21	(1.8)	4.7	(0.35)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	4.7	(0.12)	0.3	(0.06)	6	(1.2)	4.3	(0.24)	0.6	(0.11)	15	(2.4)	5.0	(0.17)
20 and over.....	4742	41	(1.7)	4.2	(0.14)	0.4	(0.02)	9	(0.6)	3.8	(0.13)	0.9	(0.04)	23	(1.2)	4.5	(0.19)
2 and over...	7122	41	(1.6)	4.3	(0.12)	0.3	(0.02)	8	(0.5)	3.9	(0.11)	0.8	(0.04)	21	(1.0)	4.6	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	7.6	(0.32)	1.4	(0.28)	18	(3.7)	8.3	(0.31)	3.1	(0.35)	38	(3.9)	7.0	(0.56)
20 and over.....	1218	36	(2.2)	8.9	(0.28)	1.2	(0.10)	13	(1.1)	9.2	(0.44)	3.3	(0.14)	35	(1.5)	8.8	(0.47)
2 and over...	1791	39	(2.6)	8.6	(0.21)	1.2	(0.13)	14	(1.4)	9.0	(0.27)	3.2	(0.16)	36	(1.5)	8.4	(0.37)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	7.2	(0.14)	1.0	(0.13)	14	(1.7)	7.6	(0.25)	2.6	(0.19)	34	(2.7)	7.0	(0.20)
20 and over.....	1799	41	(2.5)	9.1	(0.23)	1.1	(0.09)	12	(1.1)	9.1	(0.23)	2.8	(0.17)	30	(2.4)	9.1	(0.42)
2 and over...	2726	41	(2.3)	8.7	(0.21)	1.1	(0.09)	13	(1.1)	8.8	(0.19)	2.7	(0.16)	31	(2.3)	8.6	(0.33)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	8.3	(0.52)	1.1	(0.13)	14	(2.0)	8.1	(0.63)	2.5	(0.21)	31	(2.7)	8.5	(0.79)
20 and over.....	1229	44	(2.7)	10.3	(0.33)	1.3	(0.12)	13	(1.0)	10.3	(0.48)	3.0	(0.16)	29	(1.6)	10.3	(0.35)
2 and over...	1907	44	(2.7)	9.8	(0.30)	1.3	(0.10)	13	(0.9)	9.8	(0.46)	2.9	(0.13)	30	(1.4)	9.9	(0.33)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	7.7	(0.21)	1.1	(0.10)	15	(1.4)	7.9	(0.26)	2.7	(0.13)	34	(1.8)	7.5	(0.31)
20 and over.....	4742	41	(1.7)	9.5	(0.19)	1.2	(0.08)	13	(0.8)	9.7	(0.25)	3.0	(0.13)	31	(1.6)	9.4	(0.22)
2 and over...	7122	41	(1.6)	9.1	(0.16)	1.2	(0.07)	13	(0.8)	9.3	(0.23)	2.9	(0.11)	31	(1.4)	9.0	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	69.2	(5.61)	16.6	(4.90)	24	(6.1)	76.0	(4.85)	37.2	(7.63)	49	(7.4)	63.8	(7.45)
20 and over.....	1218	36	(2.2)	116.5	(9.57)	14.9	(1.33)	13	(1.6)	102.0	(7.11)	41.0	(3.33)	40	(3.8)	124.8	(12.03)
2 and over...	1791	39	(2.6)	104.3	(7.58)	15.4	(1.75)	15	(2.3)	94.2	(4.93)	39.9	(2.73)	42	(3.5)	110.6	(9.98)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	62.1	(3.86)	10.9	(1.25)	18	(1.7)	66.6	(4.16)	27.6	(2.54)	41	(3.2)	59.1	(4.62)
20 and over.....	1799	41	(2.5)	111.8	(4.37)	16.4	(1.69)	15	(1.5)	104.9	(3.82)	40.1	(2.85)	38	(3.0)	116.6	(5.91)
2 and over...	2726	41	(2.3)	100.5	(3.49)	15.2	(1.51)	15	(1.4)	96.4	(2.90)	37.4	(2.24)	39	(2.7)	103.3	(4.97)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	81.0	(5.74)	11.2	(1.75)	14	(2.3)	80.7	(6.74)	24.9	(3.31)	31	(3.9)	81.2	(9.26)
20 and over.....	1229	44	(2.7)	150.5	(16.52)	18.6	(1.94)	12	(1.8)	151.6	(28.20)	42.6	(4.39)	28	(5.7)	149.7	(11.56)
2 and over...	1907	44	(2.7)	133.8	(13.36)	16.8	(1.68)	13	(1.8)	134.2	(22.35)	38.3	(3.82)	28	(5.2)	133.5	(10.10)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	71.3	(3.39)	12.1	(1.18)	17	(1.9)	74.2	(2.93)	28.7	(2.08)	39	(2.9)	69.2	(5.30)
20 and over.....	4742	41	(1.7)	127.8	(6.82)	17.0	(0.93)	13	(1.1)	124.7	(10.44)	41.7	(1.96)	33	(3.2)	129.9	(5.34)
2 and over...	7122	41	(1.6)	114.4	(5.91)	15.8	(0.80)	14	(1.1)	112.4	(8.60)	38.6	(1.68)	34	(2.9)	115.7	(5.14)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1022	(46.8)	157	(34.1)	15	(3.4)	1000	(36.3)	352	(44.3)	35	(3.8)	1039	(71.9)
20 and over.....	1218	36	(2.2)	923	(16.2)	133	(10.3)	14	(1.1)	1018	(47.6)	365	(19.8)	36	(1.5)	869	(21.2)
2 and over...	1791	39	(2.6)	949	(19.0)	139	(13.4)	15	(1.3)	1013	(31.0)	361	(15.1)	36	(1.4)	909	(22.5)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	947	(21.2)	121	(12.6)	13	(1.4)	989	(34.1)	306	(29.2)	31	(2.7)	919	(25.6)
20 and over.....	1799	41	(2.5)	963	(16.9)	137	(9.3)	14	(0.9)	1005	(21.4)	335	(14.5)	33	(1.6)	934	(25.9)
2 and over...	2726	41	(2.3)	959	(15.4)	133	(8.2)	14	(0.8)	1002	(19.2)	328	(14.0)	33	(1.3)	930	(22.1)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	986	(31.9)	125	(15.2)	13	(1.6)	984	(46.5)	279	(20.9)	28	(2.0)	988	(45.2)
20 and over.....	1229	44	(2.7)	998	(20.3)	156	(12.5)	16	(1.3)	1040	(27.2)	358	(16.7)	34	(1.2)	965	(30.2)
2 and over...	1907	44	(2.7)	995	(21.2)	149	(10.2)	15	(1.1)	1026	(24.0)	339	(12.7)	33	(1.0)	970	(29.1)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	973	(13.9)	128	(11.0)	13	(1.2)	980	(24.9)	305	(15.6)	31	(1.4)	968	(24.4)
20 and over.....	4742	41	(1.7)	966	(14.6)	142	(6.9)	15	(0.7)	1021	(17.2)	350	(9.1)	34	(1.1)	929	(20.0)
2 and over...	7122	41	(1.6)	968	(13.1)	139	(6.5)	14	(0.7)	1011	(12.3)	339	(8.2)	34	(0.8)	938	(17.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	1312	(69.4)	251	(53.4)	19	(3.8)	1367	(67.1)	562	(68.3)	41	(3.4)	1267	(95.1)
20 and over.....	1218	36	(2.2)	1333	(22.4)	219	(15.9)	16	(1.1)	1473	(65.0)	601	(26.8)	41	(1.6)	1252	(27.6)
2 and over...	1791	39	(2.6)	1327	(27.4)	227	(22.1)	17	(1.5)	1441	(43.2)	589	(23.6)	41	(1.5)	1256	(30.5)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	1196	(20.7)	188	(19.3)	16	(1.7)	1274	(29.4)	475	(28.1)	37	(2.3)	1145	(25.1)
20 and over.....	1799	41	(2.5)	1374	(23.6)	216	(14.6)	16	(1.0)	1434	(24.4)	528	(24.2)	37	(1.6)	1332	(34.7)
2 and over...	2726	41	(2.3)	1333	(21.0)	210	(13.5)	16	(1.0)	1399	(22.6)	516	(19.7)	37	(1.4)	1289	(29.3)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	1278	(43.0)	190	(18.1)	15	(1.5)	1324	(56.3)	425	(22.7)	32	(1.9)	1241	(62.6)
20 and over.....	1229	44	(2.7)	1453	(25.9)	231	(17.9)	16	(1.2)	1469	(40.2)	529	(28.3)	36	(1.4)	1441	(37.4)
2 and over...	1907	44	(2.7)	1411	(24.6)	221	(14.3)	16	(1.0)	1434	(36.1)	504	(21.7)	35	(1.1)	1394	(33.5)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	1249	(19.9)	200	(16.4)	16	(1.3)	1313	(27.7)	477	(20.4)	36	(1.4)	1202	(29.4)
20 and over.....	4742	41	(1.7)	1391	(15.7)	221	(11.1)	16	(0.8)	1457	(18.7)	543	(16.8)	37	(1.1)	1346	(24.1)
2 and over...	7122	41	(1.6)	1357	(13.9)	216	(10.5)	16	(0.7)	1422	(16.3)	527	(14.1)	37	(0.9)	1313	(18.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	244	(11.2)	39	(10.0)	16	(3.8)	254	(14.2)	88	(14.1)	35	(4.0)	235	(14.5)
20 and over.....	1218	36	(2.2)	290	(5.9)	33	(3.0)	11	(1.0)	286	(12.4)	90	(4.5)	31	(1.9)	293	(7.8)
2 and over...	1791	39	(2.6)	278	(4.4)	34	(4.3)	12	(1.5)	276	(9.1)	89	(5.8)	32	(2.0)	279	(5.6)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	224	(3.4)	29	(2.9)	13	(1.3)	232	(7.4)	72	(4.3)	31	(2.1)	219	(4.4)
20 and over.....	1799	41	(2.5)	296	(5.5)	35	(2.5)	12	(0.8)	296	(6.7)	86	(2.5)	29	(1.1)	296	(7.6)
2 and over...	2726	41	(2.3)	280	(4.6)	34	(2.3)	12	(0.8)	282	(6.0)	83	(2.1)	29	(1.0)	278	(6.2)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	241	(6.9)	30	(3.2)	12	(1.4)	239	(10.1)	67	(4.3)	28	(1.6)	242	(9.7)
20 and over.....	1229	44	(2.7)	325	(9.0)	40	(3.1)	12	(0.9)	323	(13.4)	91	(4.8)	28	(1.3)	327	(11.6)
2 and over...	1907	44	(2.7)	305	(8.2)	37	(2.5)	12	(0.9)	303	(11.3)	85	(3.9)	28	(1.1)	307	(10.4)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	234	(3.2)	31	(2.8)	13	(1.1)	239	(5.0)	74	(3.8)	31	(1.3)	231	(4.9)
20 and over.....	4742	41	(1.7)	306	(4.3)	36	(1.6)	12	(0.5)	306	(5.9)	89	(2.1)	29	(0.8)	305	(6.0)
2 and over...	7122	41	(1.6)	289	(3.7)	35	(1.6)	12	(0.6)	290	(5.0)	86	(2.0)	30	(0.8)	288	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Iron

Family income in dollars and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from Quick Service Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [3]: Total Intake mg	(SE)	Quick Service Restaurant Consumers [3]: Intake from Quick Service Restaurants mg	(SE)	Quick Service Restaurant Consumers [3]: Percentages from [6] Quick Service Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	13.5	(0.54)	2.2	(0.49)	17	(3.7)	13.7	(0.56)	5.0	(0.65)	37	(4.7)	13.4	(0.65)
20 and over.....	1218	36	(2.2)	13.7	(0.24)	2.0	(0.14)	14	(1.1)	14.3	(0.73)	5.4	(0.25)	38	(1.8)	13.4	(0.25)
2 and over...	1791	39	(2.6)	13.7	(0.24)	2.0	(0.19)	15	(1.4)	14.1	(0.53)	5.3	(0.20)	37	(1.7)	13.4	(0.25)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	13.0	(0.32)	1.7	(0.18)	13	(1.4)	13.2	(0.65)	4.3	(0.35)	32	(2.4)	12.9	(0.30)
20 and over.....	1799	41	(2.5)	14.2	(0.34)	2.0	(0.15)	14	(1.0)	14.3	(0.36)	5.0	(0.32)	35	(1.8)	14.1	(0.48)
2 and over...	2726	41	(2.3)	13.9	(0.28)	2.0	(0.13)	14	(1.0)	14.1	(0.29)	4.8	(0.24)	34	(1.5)	13.8	(0.39)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	13.4	(0.42)	1.7	(0.19)	13	(1.4)	13.8	(0.55)	3.9	(0.23)	28	(1.5)	13.1	(0.54)
20 and over.....	1229	44	(2.7)	14.4	(0.33)	2.2	(0.18)	15	(1.2)	14.9	(0.58)	5.0	(0.28)	34	(1.6)	14.1	(0.39)
2 and over...	1907	44	(2.7)	14.2	(0.28)	2.1	(0.15)	15	(1.1)	14.6	(0.44)	4.8	(0.22)	32	(1.4)	13.8	(0.36)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	13.2	(0.17)	1.8	(0.15)	14	(1.1)	13.6	(0.24)	4.3	(0.20)	32	(1.3)	12.9	(0.26)
20 and over.....	4742	41	(1.7)	14.2	(0.19)	2.1	(0.11)	15	(0.8)	14.6	(0.28)	5.1	(0.20)	35	(1.3)	13.9	(0.27)
2 and over...	7122	41	(1.6)	14.0	(0.15)	2.0	(0.11)	14	(0.8)	14.4	(0.22)	4.9	(0.18)	34	(1.1)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	10.2	(0.53)	1.8	(0.44)	18	(4.1)	10.3	(0.63)	4.1	(0.61)	40	(4.0)	10.1	(0.65)
20 and over.....	1218	36	(2.2)	10.4	(0.23)	1.6	(0.13)	15	(1.3)	11.0	(0.60)	4.4	(0.30)	40	(2.0)	10.1	(0.25)
2 and over...	1791	39	(2.6)	10.4	(0.22)	1.7	(0.16)	16	(1.6)	10.8	(0.34)	4.3	(0.18)	40	(1.8)	10.1	(0.29)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	9.2	(0.29)	1.3	(0.14)	14	(1.7)	9.5	(0.47)	3.3	(0.29)	35	(2.8)	8.9	(0.36)
20 and over.....	1799	41	(2.5)	10.9	(0.26)	1.7	(0.14)	15	(1.1)	11.5	(0.28)	4.0	(0.32)	35	(2.3)	10.4	(0.35)
2 and over...	2726	41	(2.3)	10.5	(0.23)	1.6	(0.12)	15	(1.1)	11.0	(0.23)	3.9	(0.25)	35	(1.8)	10.1	(0.31)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	9.3	(0.22)	1.2	(0.12)	13	(1.4)	9.3	(0.46)	2.7	(0.16)	29	(2.0)	9.3	(0.38)
20 and over.....	1229	44	(2.7)	11.7	(0.32)	1.7	(0.15)	14	(1.1)	11.3	(0.51)	3.8	(0.25)	33	(1.7)	11.9	(0.38)
2 and over...	1907	44	(2.7)	11.1	(0.25)	1.5	(0.12)	14	(1.0)	10.8	(0.40)	3.5	(0.19)	32	(1.3)	11.3	(0.32)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	9.4	(0.17)	1.4	(0.12)	15	(1.2)	9.7	(0.32)	3.3	(0.17)	34	(1.6)	9.2	(0.21)
20 and over.....	4742	41	(1.7)	11.1	(0.14)	1.6	(0.09)	15	(0.7)	11.3	(0.22)	4.0	(0.19)	35	(1.5)	10.9	(0.19)
2 and over...	7122	41	(1.6)	10.7	(0.13)	1.6	(0.09)	15	(0.7)	10.9	(0.20)	3.8	(0.16)	35	(1.1)	10.5	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	0.9	(0.04)	0.2	(0.04)	17	(4.1)	0.9	(0.06)	0.3	(0.06)	36	(4.5)	0.9	(0.05)
20 and over.....	1218	36	(2.2)	1.1	(0.03)	0.1	(0.01)	11	(0.8)	1.1	(0.04)	0.3	(0.01)	32	(1.4)	1.1	(0.03)
2 and over...	1791	39	(2.6)	1.1	(0.02)	0.1	(0.02)	12	(1.4)	1.0	(0.03)	0.3	(0.02)	33	(1.8)	1.1	(0.03)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	0.9	(0.02)	0.1	(0.01)	13	(1.4)	0.9	(0.04)	0.3	(0.02)	32	(2.5)	0.8	(0.02)
20 and over.....	1799	41	(2.5)	1.2	(0.02)	0.1	(0.01)	11	(0.8)	1.2	(0.03)	0.3	(0.01)	28	(1.5)	1.2	(0.04)
2 and over...	2726	41	(2.3)	1.1	(0.02)	0.1	(0.01)	12	(0.7)	1.1	(0.03)	0.3	(0.01)	28	(1.3)	1.1	(0.03)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	0.9	(0.04)	0.1	(0.02)	13	(1.6)	1.0	(0.07)	0.3	(0.03)	29	(2.2)	0.9	(0.04)
20 and over.....	1229	44	(2.7)	1.3	(0.04)	0.2	(0.01)	12	(1.0)	1.3	(0.05)	0.4	(0.02)	27	(1.3)	1.3	(0.05)
2 and over...	1907	44	(2.7)	1.2	(0.04)	0.1	(0.01)	12	(0.9)	1.2	(0.05)	0.3	(0.02)	27	(1.1)	1.2	(0.04)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	0.9	(0.02)	0.1	(0.01)	14	(1.3)	0.9	(0.03)	0.3	(0.02)	32	(1.6)	0.9	(0.02)
20 and over.....	4742	41	(1.7)	1.2	(0.02)	0.1	(0.01)	11	(0.6)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over...	7122	41	(1.6)	1.1	(0.02)	0.1	(0.01)	12	(0.6)	1.1	(0.03)	0.3	(0.01)	29	(1.0)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	99.4	(5.17)	22.7	(5.43)	23	(4.9)	107.0	(6.87)	50.9	(7.63)	48	(4.5)	93.3	(5.63)
20 and over.....	1218	36	(2.2)	108.5	(2.33)	19.3	(1.24)	18	(1.1)	119.9	(4.97)	53.0	(1.92)	44	(1.8)	101.9	(2.86)
2 and over...	1791	39	(2.6)	106.1	(2.64)	20.2	(2.06)	19	(1.8)	116.0	(3.85)	52.4	(2.29)	45	(1.9)	99.9	(2.75)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	90.5	(1.88)	15.7	(1.66)	17	(1.8)	94.9	(3.48)	39.7	(3.12)	42	(3.0)	87.7	(2.48)
20 and over.....	1799	41	(2.5)	114.1	(2.41)	19.7	(1.43)	17	(1.1)	119.3	(2.50)	48.2	(3.24)	40	(2.5)	110.4	(3.61)
2 and over...	2726	41	(2.3)	108.7	(1.84)	18.8	(1.25)	17	(1.1)	113.9	(2.29)	46.3	(2.57)	41	(2.1)	105.2	(2.62)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	92.5	(3.52)	15.1	(1.60)	16	(1.7)	94.7	(3.75)	33.8	(1.83)	36	(2.0)	90.8	(5.45)
20 and over.....	1229	44	(2.7)	120.0	(2.71)	20.3	(1.43)	17	(1.2)	120.4	(3.74)	46.5	(2.50)	39	(1.9)	119.7	(3.57)
2 and over...	1907	44	(2.7)	113.4	(2.58)	19.1	(1.18)	17	(1.0)	114.1	(3.49)	43.4	(1.86)	38	(1.5)	112.9	(3.41)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	93.1	(1.62)	16.7	(1.53)	18	(1.6)	97.8	(2.08)	39.8	(2.16)	41	(1.8)	89.8	(2.54)
20 and over.....	4742	41	(1.7)	114.8	(1.07)	19.8	(0.99)	17	(0.8)	119.9	(1.87)	48.6	(1.81)	41	(1.6)	111.3	(1.95)
2 and over...	7122	41	(1.6)	109.6	(0.90)	19.0	(0.97)	17	(0.8)	114.5	(1.75)	46.4	(1.61)	41	(1.3)	106.3	(1.53)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	2177	(84.5)	397	(93.7)	18	(4.3)	2250	(53.8)	888	(127.3)	39	(5.4)	2118	(145.4)
20 and over.....	1218	36	(2.2)	2514	(50.6)	347	(32.1)	14	(1.2)	2590	(109.7)	952	(53.7)	37	(2.1)	2471	(63.1)
2 and over...	1791	39	(2.6)	2427	(35.1)	360	(43.6)	15	(1.8)	2488	(79.9)	933	(59.0)	37	(2.7)	2389	(43.6)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	2026	(38.7)	286	(28.9)	14	(1.4)	2131	(66.2)	723	(33.5)	34	(1.9)	1956	(46.3)
20 and over.....	1799	41	(2.5)	2556	(38.8)	342	(26.4)	13	(1.0)	2529	(56.2)	837	(36.7)	33	(1.6)	2575	(63.4)
2 and over...	2726	41	(2.3)	2435	(34.0)	330	(24.8)	14	(1.0)	2441	(50.0)	811	(31.6)	33	(1.4)	2431	(54.5)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	2152	(69.8)	295	(27.9)	14	(1.3)	2175	(93.5)	659	(38.9)	30	(1.8)	2132	(92.2)
20 and over.....	1229	44	(2.7)	2759	(80.8)	379	(29.8)	14	(1.1)	2683	(113.1)	867	(47.0)	32	(1.6)	2818	(105.2)
2 and over...	1907	44	(2.7)	2613	(75.6)	359	(24.9)	14	(1.0)	2558	(100.0)	816	(40.2)	32	(1.4)	2656	(95.5)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	2105	(32.7)	312	(26.1)	15	(1.2)	2174	(46.1)	742	(35.6)	34	(1.7)	2056	(50.4)
20 and over.....	4742	41	(1.7)	2618	(37.5)	355	(16.8)	14	(0.7)	2607	(45.9)	871	(25.0)	33	(1.1)	2626	(53.9)
2 and over...	7122	41	(1.6)	2496	(31.2)	344	(16.4)	14	(0.7)	2501	(41.9)	840	(22.9)	34	(1.0)	2493	(41.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	3052	(163.8)	711	(125.1)	23	(4.2)	3361	(169.5)	1590	(144.8)	47	(4.2)	2802	(182.1)
20 and over.....	1218	36	(2.2)	3421	(89.8)	645	(45.8)	19	(1.2)	3971	(214.8)	1772	(86.2)	45	(1.8)	3106	(85.4)
2 and over...	1791	39	(2.6)	3326	(93.0)	662	(56.4)	20	(1.6)	3788	(178.3)	1717	(64.5)	45	(1.9)	3035	(80.3)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	2844	(62.1)	535	(53.6)	19	(1.8)	3099	(112.6)	1352	(91.8)	44	(2.4)	2677	(67.5)
20 and over.....	1799	41	(2.5)	3479	(78.8)	623	(45.2)	18	(1.1)	3699	(104.8)	1522	(99.5)	41	(2.2)	3326	(104.7)
2 and over...	2726	41	(2.3)	3334	(61.4)	603	(39.0)	18	(1.1)	3566	(95.7)	1484	(79.6)	42	(1.7)	3176	(75.0)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	2991	(90.7)	523	(55.7)	17	(1.9)	3080	(161.2)	1167	(82.8)	38	(2.2)	2918	(146.8)
20 and over.....	1229	44	(2.7)	3638	(62.6)	657	(54.3)	18	(1.4)	3797	(97.8)	1504	(87.3)	40	(2.1)	3515	(89.8)
2 and over...	1907	44	(2.7)	3482	(59.9)	625	(45.9)	18	(1.3)	3621	(92.9)	1422	(70.5)	39	(1.7)	3373	(88.9)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	2934	(54.4)	561	(42.8)	19	(1.4)	3151	(93.3)	1336	(56.2)	42	(1.6)	2777	(71.7)
20 and over.....	4742	41	(1.7)	3531	(38.5)	647	(37.5)	18	(1.0)	3829	(61.7)	1589	(67.1)	41	(1.5)	3326	(58.0)
2 and over...	7122	41	(1.6)	3389	(34.8)	626	(34.2)	18	(0.9)	3664	(65.4)	1527	(57.5)	42	(1.2)	3198	(44.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	33.3	(2.52)	8.8	(2.41)	26	(7.0)	42.9	(4.43)	19.7	(3.64)	46	(8.2)	25.6	(3.73)
20 and over.....	1218	36	(2.2)	168.0	(10.98)	12.4	(1.86)	7	(1.3)	155.0	(15.97)	34.0	(4.02)	22	(2.9)	175.5	(16.01)
2 and over...	1791	39	(2.6)	133.1	(9.96)	11.4	(1.67)	9	(1.6)	121.3	(13.77)	29.7	(2.95)	24	(3.6)	140.5	(13.04)
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	24.4	(2.45)	5.3	(1.00)	22	(2.8)	34.6	(4.99)	13.3	(2.47)	39	(3.8)	17.7	(1.58)
20 and over.....	1799	41	(2.5)	169.0	(10.80)	20.6	(3.73)	12	(2.3)	157.1	(12.62)	50.4	(6.91)	32	(3.6)	177.3	(13.20)
2 and over...	2726	41	(2.3)	136.1	(7.57)	17.1	(2.95)	13	(2.2)	130.0	(9.79)	42.2	(5.68)	32	(3.4)	140.3	(9.80)
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	23.5	(3.70)	6.9	(1.65)	29	(4.3)	36.6	(7.85)	15.3	(3.56)	42	(5.3)	12.8	(1.91)
20 and over.....	1229	44	(2.7)	179.4	(7.61)	22.6	(2.16)	13	(1.5)	184.9	(10.76)	51.8	(3.68)	28	(2.3)	175.2	(10.47)
2 and over...	1907	44	(2.7)	142.0	(6.30)	18.8	(1.83)	13	(1.6)	148.6	(8.65)	42.8	(3.10)	29	(2.3)	136.7	(7.41)
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	26.4	(2.10)	6.7	(0.99)	25	(2.7)	37.4	(4.06)	15.9	(2.12)	42	(3.4)	18.4	(1.39)
20 and over.....	4742	41	(1.7)	170.4	(6.39)	19.6	(1.57)	12	(1.1)	167.2	(7.13)	48.3	(2.78)	29	(2.0)	172.6	(7.89)
2 and over...	7122	41	(1.6)	136.2	(4.87)	16.6	(1.25)	12	(1.1)	135.6	(5.50)	40.4	(2.01)	30	(2.0)	136.5	(5.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	45	(4.3)	--		--		--		--		--		--		--	
20 and over.....	1218	36	(2.2)	9.5	(1.05)	0.1*	(0.05)	1*	(0.5)	11.5	(2.23)	0.2*	(0.12)	2*	(1.1)	8.4	(1.33)
2 and over...	1791	39	(2.6)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	927	40	(3.0)	--		--		--		--		--		--		--	
20 and over.....	1799	41	(2.5)	8.5	(0.82)	#		#		8.7	(1.29)	0.1*	(0.07)	1*	(0.8)	8.4	(1.41)
2 and over...	2726	41	(2.3)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	678	45	(3.6)	--		--		--		--		--		--		--	
20 and over.....	1229	44	(2.7)	11.6	(1.01)	0.3*	(0.23)	3*	(2.0)	10.1	(1.62)	0.7*	(0.54)	7*	(4.8)	12.8	(1.83)
2 and over...	1907	44	(2.7)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	2380	42	(2.3)	--		--		--		--		--		--		--	
20 and over.....	4742	41	(1.7)	10.0	(0.49)	0.2*	(0.08)	2*	(0.8)	10.2	(1.00)	0.4*	(0.21)	4*	(1.9)	9.8	(0.89)
2 and over...	7122	41	(1.6)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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. 2020. 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 2017-2018. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018

F o o d e n e r g y

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1879	(55.7)	363	(56.7)	19	(3.1)	2052	(46.9)	849	(51.2)	41	(2.7)	1750	(72.9)
20 and over.....	1180	38	(2.6)	2124	(55.9)	338	(29.9)	16	(1.3)	2374	(114.4)	895	(63.1)	38	(1.9)	1973	(44.9)
2 and over...	2045	39	(2.9)	2042	(45.4)	346	(34.5)	17	(1.6)	2257	(77.0)	878	(42.2)	39	(1.8)	1902	(39.0)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1907	(25.5)	311	(32.6)	16	(1.7)	2051	(59.0)	732	(44.3)	36	(1.7)	1800	(48.7)
20 and over.....	1722	43	(2.6)	2159	(44.9)	371	(29.4)	17	(1.2)	2340	(48.6)	869	(40.1)	37	(1.6)	2024	(51.7)
2 and over...	2551	43	(2.3)	2096	(32.1)	356	(26.3)	17	(1.2)	2268	(41.7)	835	(32.7)	37	(1.3)	1968	(37.8)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1931	(33.1)	321	(35.7)	17	(1.7)	2064	(78.7)	738	(49.5)	36	(2.1)	1828	(73.4)
20 and over.....	1282	41	(2.3)	2176	(36.8)	337	(25.2)	15	(1.2)	2252	(71.7)	813	(45.1)	36	(1.8)	2123	(45.9)
2 and over...	1739	42	(2.3)	2134	(32.6)	334	(21.5)	16	(1.0)	2218	(65.7)	799	(40.0)	36	(1.6)	2073	(43.0)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1894	(18.2)	328	(24.4)	17	(1.2)	2054	(35.7)	782	(28.4)	38	(1.3)	1779	(27.2)
20 and over.....	4742	41	(1.7)	2155	(18.8)	347	(18.8)	16	(0.8)	2316	(31.7)	852	(34.5)	37	(1.3)	2044	(27.7)
2 and over...	7122	41	(1.6)	2093	(14.2)	343	(17.1)	16	(0.8)	2252	(27.1)	835	(27.1)	37	(1.0)	1982	(21.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	67.2	(3.00)	14.1	(2.64)	21	(3.5)	72.9	(3.88)	33.1	(3.03)	45	(2.5)	62.9	(3.23)
20 and over.....	1180	38	(2.6)	76.1	(2.22)	13.6	(1.27)	18	(1.4)	85.2	(4.00)	36.1	(2.45)	42	(2.5)	70.6	(2.30)
2 and over...	2045	39	(2.9)	73.1	(2.09)	13.8	(1.57)	19	(1.9)	80.8	(2.89)	35.0	(1.93)	43	(2.2)	68.2	(1.80)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	65.2	(1.10)	11.0	(1.16)	17	(1.8)	68.2	(2.01)	25.9	(1.65)	38	(2.1)	63.1	(1.91)
20 and over.....	1722	43	(2.6)	81.6	(1.67)	15.2	(1.11)	19	(1.3)	87.0	(1.58)	35.7	(1.55)	41	(2.0)	77.6	(2.32)
2 and over...	2551	43	(2.3)	77.6	(1.37)	14.2	(0.95)	18	(1.2)	82.4	(1.36)	33.2	(1.23)	40	(1.6)	74.0	(1.87)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	68.4	(3.56)	10.6	(1.15)	16	(1.7)	68.5	(3.11)	24.4	(1.42)	36	(2.2)	68.3	(5.60)
20 and over.....	1282	41	(2.3)	85.4	(1.39)	13.2	(0.94)	15	(1.1)	84.2	(2.82)	31.8	(1.81)	38	(1.8)	86.2	(2.06)
2 and over...	1739	42	(2.3)	82.4	(1.37)	12.7	(0.82)	15	(1.0)	81.3	(2.63)	30.5	(1.60)	37	(1.6)	83.1	(1.98)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	66.8	(1.34)	11.8	(0.97)	18	(1.4)	70.3	(1.76)	28.2	(1.27)	40	(1.6)	64.2	(1.88)
20 and over.....	4742	41	(1.7)	81.9	(0.93)	13.9	(0.67)	17	(0.7)	85.5	(1.18)	34.1	(1.23)	40	(1.4)	79.4	(1.51)
2 and over...	7122	41	(1.6)	78.3	(0.88)	13.4	(0.65)	17	(0.8)	81.8	(1.20)	32.6	(1.06)	40	(1.1)	75.8	(1.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	241	(7.1)	40	(6.4)	16	(2.9)	256	(6.8)	93	(6.1)	36	(3.1)	230	(9.2)
20 and over.....	1180	38	(2.6)	256	(7.1)	36	(3.1)	14	(1.2)	279	(13.7)	95	(6.6)	34	(2.1)	242	(6.9)
2 and over...	2045	39	(2.9)	251	(5.5)	37	(3.8)	15	(1.6)	271	(10.0)	95	(4.8)	35	(2.1)	238	(5.2)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	246	(3.9)	35	(3.6)	14	(1.4)	263	(7.8)	83	(5.1)	32	(1.6)	234	(7.0)
20 and over.....	1722	43	(2.6)	254	(5.2)	39	(3.1)	15	(1.1)	272	(7.7)	91	(4.4)	33	(1.4)	240	(6.6)
2 and over...	2551	43	(2.3)	252	(3.7)	38	(2.7)	15	(1.0)	270	(6.0)	89	(3.4)	33	(1.1)	239	(5.2)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	248	(4.6)	39	(4.7)	16	(1.7)	268	(9.0)	90	(6.5)	34	(2.1)	232	(6.7)
20 and over.....	1282	41	(2.3)	239	(4.7)	36	(2.9)	15	(1.2)	253	(8.6)	87	(5.9)	34	(2.1)	229	(5.0)
2 and over...	1739	42	(2.3)	240	(3.8)	37	(2.4)	15	(1.0)	256	(7.1)	88	(5.0)	34	(1.8)	229	(4.6)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	243	(2.3)	38	(2.9)	15	(1.1)	261	(4.3)	90	(3.4)	34	(1.2)	231	(2.9)
20 and over.....	4742	41	(1.7)	248	(3.0)	37	(2.1)	15	(0.8)	266	(4.1)	90	(4.0)	34	(1.3)	235	(3.8)
2 and over...	7122	41	(1.6)	247	(2.2)	37	(1.9)	15	(0.7)	265	(3.0)	90	(3.0)	34	(1.0)	234	(3.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Total sugars

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	109	(4.3)	13	(2.6)	12	(2.6)	113	(4.1)	32	(3.2)	28	(3.4)	107	(5.2)
20 and over.....	1180	38	(2.6)	116	(4.3)	12	(1.2)	10	(1.1)	123	(10.2)	31	(2.7)	25	(2.1)	112	(3.2)
2 and over...	2045	39	(2.9)	114	(3.5)	12	(1.6)	11	(1.5)	119	(7.2)	31	(2.4)	26	(2.4)	110	(2.8)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	112	(2.9)	14	(1.3)	12	(1.1)	122	(4.8)	32	(2.3)	26	(1.5)	105	(4.6)
20 and over.....	1722	43	(2.6)	111	(2.4)	13	(1.1)	12	(0.9)	119	(4.0)	30	(1.4)	25	(1.1)	105	(3.3)
2 and over...	2551	43	(2.3)	111	(1.8)	13	(1.0)	12	(0.8)	120	(3.2)	31	(1.3)	26	(1.1)	105	(2.8)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	112	(3.6)	16	(2.4)	14	(1.9)	127	(6.6)	37	(4.0)	29	(2.9)	101	(2.3)
20 and over.....	1282	41	(2.3)	100	(2.4)	12	(1.3)	12	(1.2)	106	(5.0)	30	(2.9)	28	(2.2)	95	(2.9)
2 and over...	1739	42	(2.3)	102	(2.0)	13	(1.1)	13	(1.0)	110	(4.1)	31	(2.4)	28	(1.8)	96	(2.3)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	110	(1.3)	14	(1.2)	13	(1.0)	120	(2.7)	34	(1.6)	28	(1.4)	104	(1.5)
20 and over.....	4742	41	(1.7)	107	(1.7)	12	(0.7)	11	(0.6)	114	(2.5)	30	(1.4)	26	(1.0)	102	(1.9)
2 and over...	7122	41	(1.6)	108	(1.4)	13	(0.7)	12	(0.6)	116	(1.9)	31	(1.0)	27	(0.8)	102	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Dietary fiber

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	13.5	(0.37)	2.5	(0.54)	19	(3.9)	14.2	(0.48)	6.0	(0.70)	42	(4.6)	12.9	(0.56)
20 and over.....	1180	38	(2.6)	15.6	(0.61)	2.1	(0.17)	14	(1.0)	15.4	(0.72)	5.6	(0.35)	37	(2.1)	15.8	(0.87)
2 and over...	2045	39	(2.9)	14.9	(0.46)	2.3	(0.27)	15	(1.7)	14.9	(0.49)	5.8	(0.36)	38	(2.6)	14.9	(0.65)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	14.0	(0.32)	1.8	(0.22)	13	(1.6)	14.1	(0.46)	4.3	(0.34)	30	(1.9)	13.9	(0.50)
20 and over.....	1722	43	(2.6)	16.6	(0.45)	2.3	(0.21)	14	(1.2)	16.3	(0.49)	5.3	(0.34)	33	(2.1)	16.8	(0.71)
2 and over...	2551	43	(2.3)	15.9	(0.39)	2.2	(0.20)	14	(1.2)	15.7	(0.40)	5.1	(0.29)	32	(1.9)	16.1	(0.62)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	15.1	(0.76)	2.0	(0.23)	13	(1.6)	15.4	(0.96)	4.7	(0.33)	30	(2.7)	15.0	(0.98)
20 and over.....	1282	41	(2.3)	17.5	(0.61)	2.2	(0.16)	13	(0.9)	16.7	(0.89)	5.3	(0.30)	32	(1.7)	18.2	(0.68)
2 and over...	1739	42	(2.3)	17.1	(0.57)	2.2	(0.14)	13	(0.8)	16.4	(0.80)	5.2	(0.27)	32	(1.8)	17.6	(0.63)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	14.1	(0.27)	2.1	(0.20)	15	(1.4)	14.5	(0.35)	5.1	(0.30)	35	(1.8)	13.9	(0.42)
20 and over.....	4742	41	(1.7)	16.9	(0.39)	2.2	(0.13)	13	(0.8)	16.4	(0.35)	5.4	(0.23)	33	(1.5)	17.2	(0.55)
2 and over...	7122	41	(1.6)	16.2	(0.33)	2.2	(0.12)	14	(0.8)	16.0	(0.30)	5.3	(0.20)	33	(1.4)	16.4	(0.47)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	73.2	(2.47)	16.6	(2.40)	23	(3.3)	82.4	(2.00)	39.0	(1.95)	47	(2.8)	66.3	(3.27)
20 and over.....	1180	38	(2.6)	83.8	(2.26)	15.6	(1.42)	19	(1.4)	95.4	(4.97)	41.3	(3.14)	43	(2.1)	76.8	(1.96)
2 and over...	2045	39	(2.9)	80.3	(2.06)	15.9	(1.50)	20	(1.7)	90.7	(3.44)	40.4	(1.90)	45	(1.8)	73.5	(1.98)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	76.0	(1.25)	14.2	(1.60)	19	(2.0)	83.6	(2.83)	33.4	(2.23)	40	(1.9)	70.3	(1.92)
20 and over.....	1722	43	(2.6)	87.8	(2.07)	17.3	(1.46)	20	(1.4)	97.2	(1.82)	40.7	(2.08)	42	(2.1)	80.7	(2.51)
2 and over...	2551	43	(2.3)	84.8	(1.52)	16.6	(1.35)	20	(1.4)	93.8	(1.91)	38.9	(1.80)	41	(1.7)	78.1	(1.79)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	77.0	(2.07)	13.9	(1.54)	18	(1.9)	82.6	(5.02)	31.9	(2.50)	39	(2.4)	72.7	(3.92)
20 and over.....	1282	41	(2.3)	91.6	(1.95)	15.6	(1.20)	17	(1.3)	95.0	(3.50)	37.6	(1.79)	40	(1.8)	89.2	(2.43)
2 and over...	1739	42	(2.3)	89.1	(1.79)	15.3	(1.04)	17	(1.2)	92.7	(3.22)	36.5	(1.60)	39	(1.5)	86.5	(2.24)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	74.9	(1.03)	14.8	(1.09)	20	(1.4)	83.1	(2.14)	35.1	(1.36)	42	(1.4)	68.9	(1.31)
20 and over.....	4742	41	(1.7)	88.2	(0.77)	16.1	(0.90)	18	(1.0)	95.9	(1.64)	39.6	(1.57)	41	(1.5)	82.9	(1.23)
2 and over...	7122	41	(1.6)	85.0	(0.69)	15.8	(0.83)	19	(0.9)	92.8	(1.55)	38.5	(1.29)	41	(1.2)	79.6	(0.92)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Saturated fat

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	25.5	(0.95)	5.5	(0.80)	22	(3.2)	27.9	(0.82)	12.9	(0.76)	46	(2.6)	23.7	(1.33)
20 and over.....	1180	38	(2.6)	26.8	(0.95)	5.0	(0.42)	19	(1.3)	30.6	(1.76)	13.3	(1.01)	44	(1.8)	24.5	(0.90)
2 and over...	2045	39	(2.9)	26.4	(0.87)	5.2	(0.46)	20	(1.6)	29.6	(1.25)	13.2	(0.62)	44	(1.5)	24.3	(0.90)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	26.3	(0.54)	4.7	(0.47)	18	(1.7)	28.1	(1.26)	10.9	(0.80)	39	(1.8)	24.9	(0.89)
20 and over.....	1722	43	(2.6)	28.7	(0.70)	5.8	(0.45)	20	(1.3)	32.2	(0.59)	13.5	(0.63)	42	(2.0)	26.2	(0.92)
2 and over...	2551	43	(2.3)	28.1	(0.53)	5.5	(0.41)	20	(1.3)	31.2	(0.71)	12.9	(0.56)	41	(1.5)	25.9	(0.71)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	26.1	(0.66)	4.9	(0.56)	19	(2.1)	29.0	(1.84)	11.4	(0.90)	39	(2.5)	23.8	(1.36)
20 and over.....	1282	41	(2.3)	29.9	(0.61)	5.3	(0.43)	18	(1.5)	30.6	(1.08)	12.7	(0.66)	42	(1.5)	29.3	(0.93)
2 and over...	1739	42	(2.3)	29.2	(0.55)	5.2	(0.36)	18	(1.3)	30.3	(1.07)	12.5	(0.56)	41	(1.3)	28.4	(0.76)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	25.8	(0.35)	5.0	(0.39)	19	(1.4)	28.3	(0.80)	11.9	(0.51)	42	(1.4)	24.0	(0.43)
20 and over.....	4742	41	(1.7)	28.7	(0.33)	5.4	(0.29)	19	(1.0)	31.2	(0.55)	13.2	(0.48)	42	(1.2)	26.9	(0.51)
2 and over...	7122	41	(1.6)	28.0	(0.28)	5.3	(0.27)	19	(0.9)	30.5	(0.53)	12.9	(0.39)	42	(0.9)	26.3	(0.36)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	23.8	(0.87)	5.5	(0.77)	23	(3.3)	27.1	(0.75)	12.9	(0.58)	48	(2.8)	21.3	(1.09)
20 and over.....	1180	38	(2.6)	28.7	(0.81)	5.4	(0.52)	19	(1.4)	32.9	(1.76)	14.2	(1.14)	43	(2.4)	26.1	(0.70)
2 and over...	2045	39	(2.9)	27.0	(0.72)	5.4	(0.51)	20	(1.7)	30.8	(1.23)	13.7	(0.69)	45	(1.9)	24.6	(0.72)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	25.1	(0.44)	4.7	(0.55)	19	(2.1)	27.8	(0.76)	11.1	(0.75)	40	(2.3)	23.1	(0.67)
20 and over.....	1722	43	(2.6)	29.8	(0.77)	5.8	(0.50)	19	(1.4)	33.1	(0.68)	13.6	(0.76)	41	(2.1)	27.4	(0.91)
2 and over...	2551	43	(2.3)	28.7	(0.55)	5.5	(0.46)	19	(1.4)	31.8	(0.64)	13.0	(0.66)	41	(1.8)	26.3	(0.62)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	25.4	(0.65)	4.5	(0.49)	18	(1.9)	26.7	(1.58)	10.3	(0.80)	39	(2.3)	24.4	(1.34)
20 and over.....	1282	41	(2.3)	31.6	(0.87)	5.3	(0.44)	17	(1.4)	33.0	(1.59)	12.8	(0.67)	39	(2.0)	30.6	(0.97)
2 and over...	1739	42	(2.3)	30.5	(0.75)	5.2	(0.38)	17	(1.2)	31.8	(1.34)	12.3	(0.60)	39	(1.7)	29.6	(0.90)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	24.6	(0.30)	4.9	(0.35)	20	(1.4)	27.3	(0.66)	11.6	(0.44)	42	(1.5)	22.6	(0.45)
20 and over.....	4742	41	(1.7)	30.2	(0.36)	5.4	(0.32)	18	(1.0)	33.0	(0.71)	13.4	(0.59)	41	(1.7)	28.3	(0.44)
2 and over...	7122	41	(1.6)	28.8	(0.32)	5.3	(0.29)	18	(0.9)	31.6	(0.62)	12.9	(0.49)	41	(1.4)	26.9	(0.33)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Polyunsaturated fat

Family income as % of poverty level and age (years)	Sample Size	All Individuals [3] Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake g	(SE)	All Individuals [3] Intake from Quick Service Restaurants g	(SE)	All Individuals [3] Percentages from [7] Quick Service Restaurants %	(SE)	Quick Service Restaurant Consumers [4] Total Intake g	(SE)	Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants g	(SE)	Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants %	(SE)	Non-consumers [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	16.5	(0.49)	4.1	(0.63)	25	(3.8)	19.3	(0.63)	9.6	(0.65)	50	(3.2)	14.3	(0.63)
20 and over.....	1180	38	(2.6)	20.0	(0.65)	3.7	(0.38)	18	(1.6)	22.4	(1.25)	9.7	(0.80)	43	(2.4)	18.5	(0.88)
2 and over...	2045	39	(2.9)	18.8	(0.53)	3.8	(0.41)	20	(1.9)	21.3	(0.82)	9.7	(0.57)	45	(2.3)	17.2	(0.67)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	17.1	(0.46)	3.5	(0.50)	20	(2.5)	19.5	(0.93)	8.2	(0.75)	42	(2.5)	15.2	(0.43)
20 and over.....	1722	43	(2.6)	20.6	(0.46)	4.2	(0.40)	20	(1.8)	22.5	(0.65)	9.8	(0.60)	43	(2.5)	19.2	(0.54)
2 and over...	2551	43	(2.3)	19.7	(0.36)	4.0	(0.38)	20	(1.8)	21.8	(0.61)	9.4	(0.54)	43	(2.1)	18.2	(0.37)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	18.2	(0.78)	3.2	(0.39)	18	(2.1)	19.1	(1.62)	7.4	(0.72)	39	(2.9)	17.4	(1.16)
20 and over.....	1282	41	(2.3)	21.5	(0.71)	3.5	(0.28)	16	(1.3)	22.5	(1.00)	8.6	(0.47)	38	(2.6)	20.9	(0.72)
2 and over...	1739	42	(2.3)	21.0	(0.66)	3.5	(0.25)	17	(1.2)	21.9	(0.94)	8.4	(0.42)	38	(2.3)	20.3	(0.67)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	17.1	(0.35)	3.6	(0.28)	21	(1.6)	19.4	(0.67)	8.5	(0.38)	44	(1.8)	15.4	(0.45)
20 and over.....	4742	41	(1.7)	20.8	(0.35)	3.8	(0.23)	18	(1.2)	22.6	(0.51)	9.3	(0.43)	41	(2.0)	19.6	(0.46)
2 and over...	7122	41	(1.6)	19.9	(0.30)	3.7	(0.21)	19	(1.1)	21.8	(0.47)	9.1	(0.36)	42	(1.7)	18.6	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	231	(11.7)	45	(10.3)	19	(4.3)	239	(11.7)	105	(14.3)	44	(5.5)	225	(14.9)
20 and over.....	1180	38	(2.6)	289	(14.2)	42	(4.0)	15	(1.2)	308	(21.5)	112	(8.1)	37	(2.3)	278	(15.0)
2 and over...	2045	39	(2.9)	270	(11.4)	43	(5.3)	16	(1.9)	283	(14.6)	110	(6.7)	39	(2.7)	261	(11.9)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	221	(6.8)	36	(3.9)	16	(1.8)	225	(8.1)	85	(6.0)	38	(2.7)	217	(12.0)
20 and over.....	1722	43	(2.6)	306	(10.4)	54	(4.1)	18	(1.3)	322	(9.5)	126	(5.4)	39	(1.9)	294	(15.7)
2 and over...	2551	43	(2.3)	285	(8.4)	49	(3.3)	17	(1.1)	298	(9.1)	115	(4.3)	39	(1.6)	275	(11.8)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	225	(14.2)	32	(4.2)	14	(1.9)	233	(21.3)	74	(6.1)	32	(3.5)	218	(23.2)
20 and over.....	1282	41	(2.3)	317	(9.6)	50	(4.6)	16	(1.4)	299	(18.7)	121	(8.1)	41	(1.8)	329	(11.0)
2 and over...	1739	42	(2.3)	301	(7.5)	47	(4.0)	16	(1.3)	287	(14.6)	113	(7.2)	39	(1.6)	311	(9.2)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	225	(5.4)	37	(3.6)	17	(1.6)	233	(7.8)	89	(5.3)	38	(2.6)	219	(8.4)
20 and over.....	4742	41	(1.7)	307	(4.9)	50	(2.6)	16	(0.8)	310	(9.5)	122	(3.9)	39	(1.1)	304	(7.8)
2 and over...	7122	41	(1.6)	287	(3.2)	47	(2.4)	16	(0.8)	291	(7.4)	114	(3.5)	39	(1.1)	285	(5.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	574	(20.5)	75*	(25.0)	13*	(4.1)	566	(35.0)	177	(42.1)	31	(6.3)	580	(24.5)
20 and over.....	1180	38	(2.6)	534	(24.2)	59	(4.4)	11	(0.9)	530	(29.7)	156	(10.9)	29	(2.0)	537	(33.6)
2 and over...	2045	39	(2.9)	547	(19.0)	64	(10.8)	12	(1.8)	543	(21.3)	163	(17.8)	30	(3.0)	550	(23.7)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	598	(17.8)	56	(5.9)	9	(1.0)	614	(49.4)	131	(13.7)	21	(1.9)	587	(22.0)
20 and over.....	1722	43	(2.6)	641	(19.9)	73	(4.6)	11	(0.7)	620	(29.7)	172	(8.9)	28	(1.4)	657	(23.4)
2 and over...	2551	43	(2.3)	630	(15.2)	69	(4.1)	11	(0.6)	618	(25.5)	162	(8.5)	26	(1.1)	640	(17.5)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	608	(32.2)	56	(11.4)	9	(1.9)	613	(50.6)	128	(20.9)	21	(3.4)	605	(41.7)
20 and over.....	1282	41	(2.3)	710	(31.2)	73	(7.9)	10	(1.1)	657	(43.5)	175	(15.3)	27	(1.8)	747	(33.0)
2 and over...	1739	42	(2.3)	693	(27.9)	70	(7.2)	10	(1.0)	649	(36.5)	167	(14.0)	26	(1.9)	723	(29.2)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	588	(12.8)	60	(8.1)	10	(1.3)	589	(28.1)	144	(14.8)	24	(2.4)	588	(18.2)
20 and over.....	4742	41	(1.7)	648	(17.2)	72	(3.1)	11	(0.6)	624	(20.2)	176	(5.3)	28	(0.8)	663	(19.4)
2 and over...	7122	41	(1.6)	633	(13.9)	69	(3.4)	11	(0.5)	616	(15.9)	168	(5.8)	27	(0.8)	646	(14.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

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Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1070	(114.3)	201*	(95.7)	19*	(7.6)	975	(160.0)	470*	(181.7)	48	(12.7)	1140	(142.0)
20 and over.....	1180	38	(2.6)	1720	(173.2)	183	(30.8)	11	(1.7)	1518	(169.4)	483	(68.0)	32	(4.9)	1842	(237.5)
2 and over...	2045	39	(2.9)	1502	(138.6)	189	(48.2)	13	(2.9)	1321	(124.2)	479	(94.2)	36	(6.5)	1620	(188.2)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1238	(73.6)	109	(19.0)	9	(1.6)	1401	(113.6)	256	(42.3)	18	(3.3)	1118	(97.9)
20 and over.....	1722	43	(2.6)	2363	(155.9)	239	(17.8)	10	(0.8)	1955	(157.8)	561	(45.4)	29	(2.5)	2667	(204.3)
2 and over...	2551	43	(2.3)	2083	(109.4)	207	(13.9)	10	(0.7)	1817	(117.9)	485	(33.0)	27	(1.8)	2281	(141.9)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1347	(123.9)	114*	(40.1)	8*	(3.0)	1151	(98.0)	262*	(85.7)	23*	(7.6)	1499	(226.3)
20 and over.....	1282	41	(2.3)	3035	(320.6)	237	(41.2)	8	(1.5)	2584	(401.9)	573	(96.6)	22	(4.6)	3353	(336.1)
2 and over...	1739	42	(2.3)	2741	(272.7)	216	(37.1)	8	(1.6)	2324	(333.7)	517	(87.1)	22	(4.7)	3040	(291.1)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1199	(51.1)	135	(29.9)	11	(2.4)	1154	(62.1)	322	(63.7)	28	(5.1)	1231	(79.8)
20 and over.....	4742	41	(1.7)	2515	(164.7)	241	(18.6)	10	(0.7)	2198	(185.6)	593	(48.7)	27	(2.3)	2733	(174.2)
2 and over...	7122	41	(1.6)	2202	(135.9)	216	(17.2)	10	(0.8)	1944	(154.5)	527	(43.8)	27	(2.4)	2382	(142.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	4614	(503.0)	956	(212.9)	21	(4.8)	4473	(313.1)	2238	(304.8)	50	(6.3)	4720	(761.0)
20 and over.....	1180	38	(2.6)	4844	(351.3)	713	(77.9)	15	(1.5)	5504	(519.8)	1886	(174.7)	34	(5.5)	4443	(565.6)
2 and over...	2045	39	(2.9)	4767	(196.9)	794	(115.7)	17	(2.1)	5131	(317.5)	2014	(187.9)	39	(5.4)	4530	(389.4)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	4162	(418.0)	625	(87.9)	15	(2.8)	4236	(542.4)	1468	(212.2)	35	(5.7)	4107	(508.8)
20 and over.....	1722	43	(2.6)	4859	(401.7)	822	(82.1)	17	(1.9)	4444	(416.5)	1926	(178.3)	43	(4.3)	5169	(466.5)
2 and over...	2551	43	(2.3)	4686	(327.1)	773	(66.7)	16	(1.8)	4392	(376.0)	1812	(141.1)	41	(3.9)	4904	(343.1)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	4345	(688.1)	804	(206.0)	19	(5.4)	3539	(442.1)	1849	(482.0)	52	(9.8)	4965	(1196.2)
20 and over.....	1282	41	(2.3)	5465	(623.7)	687	(98.9)	13	(2.5)	5139	(544.8)	1659	(226.6)	32	(5.1)	5695	(843.5)
2 and over...	1739	42	(2.3)	5270	(524.3)	707	(105.2)	13	(2.7)	4849	(443.4)	1693	(243.8)	35	(5.7)	5571	(765.7)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	4327	(223.3)	769	(91.3)	18	(2.4)	4134	(239.9)	1832	(180.4)	44	(3.5)	4467	(417.0)
20 and over.....	4742	41	(1.7)	5053	(231.6)	729	(71.2)	14	(1.6)	4937	(148.4)	1791	(157.5)	36	(2.7)	5133	(339.2)
2 and over...	7122	41	(1.6)	4881	(180.9)	739	(73.1)	15	(1.7)	4742	(123.8)	1801	(154.1)	38	(2.7)	4977	(280.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1.55	(0.043)	0.27	(0.041)	17	(2.6)	1.65	(0.064)	0.62	(0.042)	38	(2.1)	1.47	(0.054)
20 and over.....	1180	38	(2.6)	1.55	(0.052)	0.25	(0.019)	16	(1.1)	1.76	(0.105)	0.67	(0.045)	38	(2.8)	1.43	(0.059)
2 and over...	2045	39	(2.9)	1.55	(0.040)	0.26	(0.024)	17	(1.4)	1.72	(0.068)	0.65	(0.030)	38	(2.1)	1.44	(0.038)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1.54	(0.033)	0.20	(0.021)	13	(1.5)	1.53	(0.061)	0.48	(0.038)	31	(2.0)	1.55	(0.057)
20 and over.....	1722	43	(2.6)	1.62	(0.029)	0.28	(0.021)	17	(1.3)	1.72	(0.049)	0.65	(0.029)	38	(1.8)	1.55	(0.045)
2 and over...	2551	43	(2.3)	1.60	(0.026)	0.26	(0.018)	16	(1.2)	1.67	(0.040)	0.61	(0.023)	37	(1.4)	1.55	(0.041)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1.51	(0.048)	0.22	(0.023)	14	(1.5)	1.60	(0.065)	0.50	(0.028)	31	(1.8)	1.44	(0.057)
20 and over.....	1282	41	(2.3)	1.61	(0.030)	0.25	(0.018)	16	(1.2)	1.70	(0.046)	0.61	(0.034)	36	(2.2)	1.54	(0.041)
2 and over...	1739	42	(2.3)	1.59	(0.027)	0.25	(0.016)	16	(1.0)	1.68	(0.040)	0.59	(0.030)	35	(1.9)	1.52	(0.037)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1.53	(0.015)	0.23	(0.017)	15	(1.1)	1.58	(0.029)	0.54	(0.021)	34	(1.3)	1.49	(0.027)
20 and over.....	4742	41	(1.7)	1.60	(0.020)	0.26	(0.013)	16	(0.8)	1.71	(0.029)	0.64	(0.023)	37	(1.4)	1.52	(0.033)
2 and over...	7122	41	(1.6)	1.58	(0.017)	0.25	(0.012)	16	(0.8)	1.68	(0.020)	0.61	(0.019)	36	(1.0)	1.51	(0.026)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1.85	(0.078)	0.28	(0.067)	15	(3.3)	1.96	(0.129)	0.65	(0.095)	33	(3.1)	1.78	(0.085)
20 and over.....	1180	38	(2.6)	1.98	(0.064)	0.26	(0.019)	13	(0.9)	2.05	(0.111)	0.68	(0.043)	33	(1.9)	1.93	(0.074)
2 and over...	2045	39	(2.9)	1.94	(0.056)	0.26	(0.034)	14	(1.6)	2.02	(0.071)	0.67	(0.046)	33	(2.0)	1.88	(0.058)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1.78	(0.048)	0.24	(0.029)	14	(1.6)	1.81	(0.097)	0.56	(0.063)	31	(2.5)	1.75	(0.053)
20 and over.....	1722	43	(2.6)	2.09	(0.050)	0.30	(0.018)	14	(1.0)	2.17	(0.075)	0.70	(0.016)	32	(1.5)	2.04	(0.070)
2 and over...	2551	43	(2.3)	2.01	(0.046)	0.28	(0.016)	14	(1.0)	2.08	(0.068)	0.67	(0.022)	32	(1.2)	1.97	(0.061)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1.79	(0.065)	0.27	(0.041)	15	(2.2)	1.94	(0.105)	0.61	(0.065)	32	(2.8)	1.68	(0.089)
20 and over.....	1282	41	(2.3)	2.24	(0.073)	0.30	(0.026)	13	(1.3)	2.30	(0.076)	0.72	(0.036)	31	(1.5)	2.20	(0.106)
2 and over...	1739	42	(2.3)	2.17	(0.065)	0.29	(0.024)	13	(1.2)	2.23	(0.076)	0.70	(0.033)	31	(1.4)	2.12	(0.089)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1.80	(0.022)	0.26	(0.024)	14	(1.3)	1.89	(0.052)	0.61	(0.035)	32	(1.6)	1.74	(0.038)
20 and over.....	4742	41	(1.7)	2.12	(0.041)	0.29	(0.015)	14	(0.8)	2.18	(0.045)	0.70	(0.018)	32	(0.8)	2.07	(0.062)
2 and over...	7122	41	(1.6)	2.04	(0.033)	0.28	(0.014)	14	(0.7)	2.11	(0.036)	0.68	(0.015)	32	(0.7)	1.99	(0.047)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	22.2	(0.84)	4.6	(0.80)	21	(3.3)	24.8	(1.28)	10.8	(0.93)	43	(2.8)	20.3	(0.91)
20 and over.....	1180	38	(2.6)	26.3	(1.00)	4.3	(0.43)	16	(1.5)	31.3	(2.47)	11.4	(0.87)	36	(3.5)	23.3	(0.70)
2 and over...	2045	39	(2.9)	24.9	(0.85)	4.4	(0.51)	18	(1.9)	28.9	(1.68)	11.1	(0.69)	39	(3.1)	22.3	(0.52)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	21.0	(0.26)	3.4	(0.41)	16	(1.9)	22.2	(0.75)	8.1	(0.59)	36	(2.2)	20.1	(0.57)
20 and over.....	1722	43	(2.6)	26.3	(0.61)	4.6	(0.35)	18	(1.4)	28.2	(0.92)	10.9	(0.46)	39	(2.1)	24.8	(0.79)
2 and over...	2551	43	(2.3)	25.0	(0.47)	4.3	(0.31)	17	(1.3)	26.7	(0.77)	10.2	(0.39)	38	(1.8)	23.6	(0.63)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	22.0	(0.96)	3.3	(0.34)	15	(1.6)	22.3	(1.13)	7.6	(0.49)	34	(2.5)	21.7	(1.50)
20 and over.....	1282	41	(2.3)	26.6	(0.73)	4.1	(0.28)	15	(1.1)	28.0	(1.06)	9.8	(0.61)	35	(1.6)	25.6	(1.09)
2 and over...	1739	42	(2.3)	25.8	(0.66)	3.9	(0.24)	15	(1.0)	27.0	(1.08)	9.4	(0.54)	35	(1.5)	25.0	(0.99)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	21.7	(0.43)	3.7	(0.30)	17	(1.3)	23.2	(0.73)	8.9	(0.44)	38	(1.6)	20.6	(0.60)
20 and over.....	4742	41	(1.7)	26.2	(0.42)	4.3	(0.20)	16	(0.8)	28.5	(0.68)	10.5	(0.41)	37	(1.3)	24.6	(0.65)
2 and over...	7122	41	(1.6)	25.1	(0.34)	4.1	(0.20)	16	(0.8)	27.2	(0.61)	10.1	(0.36)	37	(1.2)	23.7	(0.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1.82	(0.084)	0.29	(0.072)	16	(3.5)	1.98	(0.163)	0.68	(0.121)	35	(4.2)	1.70	(0.071)
20 and over.....	1180	38	(2.6)	2.25	(0.159)	0.25	(0.026)	11	(1.3)	2.64	(0.401)	0.66	(0.055)	25	(4.4)	2.01	(0.059)
2 and over...	2045	39	(2.9)	2.11	(0.115)	0.26	(0.037)	12	(1.7)	2.40	(0.265)	0.67	(0.062)	28	(4.0)	1.91	(0.046)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1.66	(0.028)	0.18	(0.022)	11	(1.3)	1.67	(0.059)	0.43	(0.033)	26	(2.0)	1.66	(0.043)
20 and over.....	1722	43	(2.6)	2.14	(0.050)	0.26	(0.024)	12	(1.2)	2.17	(0.086)	0.62	(0.036)	29	(2.1)	2.12	(0.072)
2 and over...	2551	43	(2.3)	2.02	(0.039)	0.24	(0.021)	12	(1.1)	2.04	(0.064)	0.57	(0.031)	28	(1.8)	2.01	(0.058)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1.79	(0.077)	0.19	(0.023)	10	(1.3)	1.76	(0.075)	0.43	(0.034)	24	(2.3)	1.82	(0.125)
20 and over.....	1282	41	(2.3)	2.23	(0.104)	0.24	(0.016)	11	(0.8)	2.32	(0.191)	0.57	(0.033)	25	(1.8)	2.17	(0.105)
2 and over...	1739	42	(2.3)	2.16	(0.090)	0.23	(0.015)	11	(0.8)	2.22	(0.170)	0.55	(0.030)	25	(1.8)	2.11	(0.095)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1.75	(0.040)	0.22	(0.023)	12	(1.2)	1.80	(0.074)	0.52	(0.044)	29	(1.8)	1.71	(0.051)
20 and over.....	4742	41	(1.7)	2.18	(0.057)	0.25	(0.012)	11	(0.5)	2.30	(0.110)	0.60	(0.024)	26	(1.3)	2.10	(0.059)
2 and over...	7122	41	(1.6)	2.08	(0.045)	0.24	(0.013)	11	(0.6)	2.18	(0.088)	0.58	(0.024)	27	(1.2)	2.01	(0.045)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	506	(16.2)	79	(11.9)	16	(2.5)	534	(24.8)	185	(12.5)	35	(3.1)	486	(17.6)
20 and over.....	1180	38	(2.6)	494	(17.7)	74	(5.0)	15	(0.9)	521	(23.8)	196	(12.5)	38	(2.4)	478	(25.6)
2 and over...	2045	39	(2.9)	498	(10.7)	76	(6.3)	15	(1.3)	525	(17.6)	192	(8.0)	37	(1.7)	480	(15.1)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	487	(14.1)	60	(6.9)	12	(1.5)	465	(22.0)	140	(12.8)	30	(2.2)	504	(19.1)
20 and over.....	1722	43	(2.6)	517	(12.5)	83	(7.0)	16	(1.2)	550	(25.8)	195	(12.3)	35	(2.2)	493	(20.3)
2 and over...	2551	43	(2.3)	510	(9.5)	77	(6.0)	15	(1.1)	529	(19.2)	181	(9.4)	34	(1.7)	495	(17.7)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	470	(17.4)	65	(7.2)	14	(1.6)	513	(26.8)	151	(8.7)	29	(1.9)	437	(23.7)
20 and over.....	1282	41	(2.3)	500	(10.8)	76	(5.6)	15	(1.1)	531	(19.4)	182	(10.8)	34	(2.1)	478	(9.2)
2 and over...	1739	42	(2.3)	495	(11.0)	74	(4.8)	15	(1.0)	527	(18.1)	177	(9.9)	33	(1.9)	471	(9.7)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	487	(5.5)	67	(5.4)	14	(1.1)	500	(11.3)	160	(7.5)	32	(1.4)	477	(9.6)
20 and over.....	4742	41	(1.7)	503	(6.3)	77	(4.3)	15	(0.8)	536	(12.0)	189	(8.1)	35	(1.6)	481	(9.1)
2 and over...	7122	41	(1.6)	499	(5.4)	74	(4.0)	15	(0.8)	527	(8.8)	182	(6.8)	34	(1.2)	480	(8.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	249	(11.9)	45	(10.2)	18	(3.7)	261	(14.0)	105	(13.7)	40	(3.9)	239	(13.9)
20 and over.....	1180	38	(2.6)	307	(11.1)	43	(4.0)	14	(1.2)	318	(18.6)	114	(7.6)	36	(2.1)	300	(10.3)
2 and over...	2045	39	(2.9)	287	(9.8)	44	(5.3)	15	(1.7)	297	(12.5)	111	(6.8)	37	(2.2)	281	(9.4)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	243	(5.0)	37	(4.0)	15	(1.7)	249	(8.0)	86	(5.7)	35	(2.4)	238	(8.7)
20 and over.....	1722	43	(2.6)	333	(10.1)	52	(3.7)	16	(1.1)	340	(5.6)	121	(4.3)	36	(1.5)	328	(15.1)
2 and over...	2551	43	(2.3)	311	(8.2)	48	(3.1)	15	(1.1)	317	(6.2)	112	(3.6)	35	(1.3)	306	(11.5)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	250	(11.6)	35	(4.2)	14	(1.6)	260	(14.4)	81	(6.0)	31	(2.3)	242	(18.4)
20 and over.....	1282	41	(2.3)	346	(8.6)	48	(3.9)	14	(1.1)	335	(15.6)	117	(6.2)	35	(1.4)	354	(8.0)
2 and over...	1739	42	(2.3)	330	(7.3)	46	(3.4)	14	(1.0)	322	(13.3)	110	(5.9)	34	(1.3)	335	(6.9)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	246	(4.5)	39	(3.5)	16	(1.4)	257	(6.8)	92	(5.0)	36	(1.9)	239	(7.0)
20 and over.....	4742	41	(1.7)	332	(4.6)	48	(2.3)	14	(0.7)	335	(7.4)	118	(3.7)	35	(1.0)	331	(6.9)
2 and over...	7122	41	(1.6)	312	(3.4)	46	(2.2)	15	(0.7)	316	(6.2)	112	(3.3)	35	(0.9)	309	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	4.82	(0.238)	0.71	(0.147)	15	(2.8)	5.06	(0.285)	1.66	(0.195)	33	(2.8)	4.64	(0.323)
20 and over.....	1180	38	(2.6)	4.72	(0.251)	0.62	(0.051)	13	(1.2)	5.19	(0.634)	1.63	(0.132)	31	(3.9)	4.43	(0.238)
2 and over...	2045	39	(2.9)	4.75	(0.218)	0.65	(0.069)	14	(1.5)	5.15	(0.410)	1.64	(0.100)	32	(2.9)	4.50	(0.191)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	4.30	(0.118)	0.47	(0.042)	11	(1.2)	4.14	(0.176)	1.10	(0.078)	27	(1.5)	4.42	(0.160)
20 and over.....	1722	43	(2.6)	4.87	(0.158)	0.70	(0.052)	14	(1.3)	5.19	(0.203)	1.63	(0.096)	31	(2.3)	4.63	(0.183)
2 and over...	2551	43	(2.3)	4.73	(0.127)	0.64	(0.045)	14	(1.1)	4.93	(0.151)	1.50	(0.076)	30	(1.9)	4.57	(0.155)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	3.98	(0.180)	0.45	(0.058)	11	(1.4)	4.30	(0.308)	1.02	(0.105)	24	(2.3)	3.73	(0.226)
20 and over.....	1282	41	(2.3)	5.03	(0.203)	0.60	(0.056)	12	(1.2)	4.88	(0.286)	1.45	(0.114)	30	(1.8)	5.13	(0.281)
2 and over...	1739	42	(2.3)	4.85	(0.173)	0.57	(0.048)	12	(1.0)	4.78	(0.278)	1.37	(0.104)	29	(1.6)	4.90	(0.228)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	4.39	(0.108)	0.53	(0.053)	12	(1.2)	4.52	(0.184)	1.27	(0.086)	28	(1.7)	4.31	(0.130)
20 and over.....	4742	41	(1.7)	4.84	(0.137)	0.63	(0.034)	13	(0.7)	5.02	(0.201)	1.55	(0.075)	31	(1.3)	4.73	(0.157)
2 and over...	7122	41	(1.6)	4.74	(0.116)	0.61	(0.034)	13	(0.7)	4.89	(0.170)	1.48	(0.066)	30	(1.0)	4.63	(0.124)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	67.7	(4.44)	6.7	(1.90)	10*	(3.1)	64.0	(4.62)	15.6	(3.08)	24	(5.6)	70.5	(5.17)
20 and over.....	1180	38	(2.6)	70.3	(4.00)	5.5	(0.69)	8	(0.8)	67.5	(6.67)	14.5	(2.16)	22	(2.4)	72.1	(3.26)
2 and over...	2045	39	(2.9)	69.5	(3.20)	5.9	(0.92)	8	(1.3)	66.2	(4.51)	14.9	(1.74)	23	(2.6)	71.6	(3.05)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	68.7	(5.73)	3.4	(0.49)	5	(0.8)	62.8	(9.19)	8.1	(1.25)	13	(1.9)	73.1	(6.02)
20 and over.....	1722	43	(2.6)	72.2	(2.16)	5.0	(0.35)	7	(0.6)	61.1	(3.66)	11.8	(0.64)	19	(1.6)	80.5	(3.32)
2 and over...	2551	43	(2.3)	71.3	(2.45)	4.6	(0.31)	7	(0.5)	61.5	(3.56)	10.9	(0.66)	18	(1.5)	78.7	(3.00)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	83.4	(7.85)	5.8	(1.33)	7	(1.3)	79.1	(13.28)	13.4	(2.56)	17	(2.0)	86.8	(6.72)
20 and over.....	1282	41	(2.3)	82.6	(4.61)	6.4	(1.05)	8	(1.1)	76.3	(7.72)	15.5	(2.60)	20	(2.7)	87.1	(4.29)
2 and over...	1739	42	(2.3)	82.8	(4.47)	6.3	(0.87)	8	(0.9)	76.8	(7.68)	15.1	(2.16)	20	(2.3)	87.0	(4.09)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	72.7	(3.54)	5.3	(0.71)	7	(1.0)	67.8	(5.84)	12.5	(1.42)	18	(2.2)	76.2	(4.05)
20 and over.....	4742	41	(1.7)	76.3	(2.35)	5.7	(0.42)	7	(0.5)	70.2	(4.08)	13.9	(1.17)	20	(1.6)	80.5	(2.13)
2 and over...	7122	41	(1.6)	75.4	(2.21)	5.6	(0.34)	7	(0.4)	69.6	(3.83)	13.5	(0.97)	19	(1.3)	79.5	(2.08)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	5.2	(0.27)	0.4*	(0.17)	7*	(3.2)	4.5	(0.22)	0.9*	(0.31)	19*	(6.6)	5.7	(0.44)
20 and over.....	1180	38	(2.6)	4.1	(0.24)	0.3	(0.03)	7	(0.7)	3.8	(0.29)	0.8	(0.07)	21	(2.2)	4.3	(0.33)
2 and over...	2045	39	(2.9)	4.5	(0.23)	0.3	(0.07)	7	(1.5)	4.1	(0.22)	0.8	(0.13)	20	(3.0)	4.7	(0.30)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	4.6	(0.22)	0.2	(0.02)	5	(0.4)	4.2	(0.41)	0.6	(0.04)	13	(1.1)	4.9	(0.16)
20 and over.....	1722	43	(2.6)	4.3	(0.15)	0.4	(0.04)	9	(1.1)	4.1	(0.23)	0.9	(0.07)	23	(1.6)	4.5	(0.18)
2 and over...	2551	43	(2.3)	4.4	(0.15)	0.4	(0.03)	8	(0.8)	4.1	(0.20)	0.8	(0.06)	21	(1.4)	4.6	(0.15)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	4.3	(0.25)	0.2	(0.04)	6	(0.8)	4.4	(0.45)	0.6	(0.08)	13	(1.3)	4.2	(0.23)
20 and over.....	1282	41	(2.3)	4.2	(0.25)	0.4	(0.04)	8	(1.0)	3.7	(0.20)	0.9	(0.08)	23	(1.9)	4.6	(0.40)
2 and over...	1739	42	(2.3)	4.2	(0.21)	0.3	(0.03)	8	(0.8)	3.8	(0.18)	0.8	(0.06)	21	(1.7)	4.5	(0.34)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	4.7	(0.12)	0.3	(0.06)	6	(1.2)	4.3	(0.24)	0.6	(0.11)	15	(2.4)	5.0	(0.17)
20 and over.....	4742	41	(1.7)	4.2	(0.14)	0.4	(0.02)	9	(0.6)	3.8	(0.13)	0.9	(0.04)	23	(1.2)	4.5	(0.19)
2 and over...	7122	41	(1.6)	4.3	(0.12)	0.3	(0.02)	8	(0.5)	3.9	(0.11)	0.8	(0.04)	21	(1.0)	4.6	(0.15)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	7.3	(0.24)	1.3	(0.23)	18	(3.1)	7.8	(0.24)	3.0	(0.25)	39	(2.8)	6.9	(0.37)
20 and over.....	1180	38	(2.6)	8.9	(0.41)	1.2	(0.11)	13	(1.2)	9.4	(0.48)	3.2	(0.22)	34	(2.3)	8.6	(0.52)
2 and over...	2045	39	(2.9)	8.4	(0.26)	1.2	(0.14)	15	(1.5)	8.8	(0.31)	3.1	(0.18)	35	(1.9)	8.0	(0.31)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	7.2	(0.17)	1.0	(0.14)	14	(1.9)	7.5	(0.30)	2.4	(0.21)	32	(2.7)	7.0	(0.21)
20 and over.....	1722	43	(2.6)	9.3	(0.23)	1.3	(0.12)	14	(1.2)	9.2	(0.38)	2.9	(0.19)	32	(2.2)	9.3	(0.30)
2 and over...	2551	43	(2.3)	8.8	(0.16)	1.2	(0.11)	14	(1.2)	8.8	(0.29)	2.8	(0.17)	32	(2.0)	8.7	(0.22)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	8.9	(0.70)	1.2	(0.15)	13	(2.0)	8.6	(0.81)	2.7	(0.23)	31	(3.4)	9.1	(1.02)
20 and over.....	1282	41	(2.3)	10.1	(0.36)	1.2	(0.10)	12	(0.8)	10.1	(0.54)	2.9	(0.13)	28	(1.3)	10.1	(0.34)
2 and over...	1739	42	(2.3)	9.9	(0.34)	1.2	(0.09)	12	(0.8)	9.8	(0.53)	2.8	(0.12)	29	(1.3)	10.0	(0.33)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	7.7	(0.21)	1.1	(0.10)	15	(1.4)	7.9	(0.26)	2.7	(0.13)	34	(1.8)	7.5	(0.31)
20 and over.....	4742	41	(1.7)	9.5	(0.19)	1.2	(0.08)	13	(0.8)	9.7	(0.25)	3.0	(0.13)	31	(1.6)	9.4	(0.22)
2 and over...	7122	41	(1.6)	9.1	(0.16)	1.2	(0.07)	13	(0.8)	9.3	(0.23)	2.9	(0.11)	31	(1.4)	9.0	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	65.8	(4.65)	14.7	(3.68)	22	(5.1)	70.4	(4.57)	34.3	(5.48)	49	(5.5)	62.3	(6.55)
20 and over.....	1180	38	(2.6)	108.6	(8.00)	15.0	(1.00)	14	(1.2)	103.3	(7.52)	39.8	(3.45)	38	(3.6)	111.8	(10.76)
2 and over...	2045	39	(2.9)	94.3	(6.12)	14.9	(1.62)	16	(1.7)	91.4	(5.04)	37.8	(2.60)	41	(3.3)	96.2	(8.49)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	65.8	(4.55)	10.9	(1.40)	17	(1.7)	76.0	(7.55)	25.7	(2.22)	34	(3.3)	58.2	(4.00)
20 and over.....	1722	43	(2.6)	115.6	(3.74)	17.9	(2.07)	15	(1.8)	105.9	(3.56)	42.0	(3.12)	40	(3.0)	122.9	(7.01)
2 and over...	2551	43	(2.3)	103.2	(3.46)	16.2	(1.70)	16	(1.7)	98.5	(3.22)	37.9	(2.34)	39	(2.6)	106.8	(5.50)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	84.5	(7.31)	11.5	(1.97)	14	(2.5)	77.4	(7.74)	26.3	(3.87)	34	(3.5)	90.0	(12.29)
20 and over.....	1282	41	(2.3)	149.1	(15.95)	17.3	(1.68)	12	(1.6)	149.8	(27.44)	41.7	(4.22)	28	(5.6)	148.6	(10.99)
2 and over...	1739	42	(2.3)	137.9	(13.52)	16.3	(1.58)	12	(1.6)	136.7	(22.92)	38.9	(4.01)	28	(5.3)	138.7	(9.90)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	71.3	(3.39)	12.1	(1.18)	17	(1.9)	74.2	(2.93)	28.7	(2.08)	39	(2.9)	69.2	(5.30)
20 and over.....	4742	41	(1.7)	127.8	(6.82)	17.0	(0.93)	13	(1.1)	124.7	(10.44)	41.7	(1.96)	33	(3.2)	129.9	(5.34)
2 and over...	7122	41	(1.6)	114.4	(5.91)	15.8	(0.80)	14	(1.1)	112.4	(8.60)	38.6	(1.68)	34	(2.9)	115.7	(5.14)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	990	(35.2)	148	(28.8)	15	(2.9)	999	(35.1)	347	(36.3)	35	(3.3)	984	(53.8)
20 and over.....	1180	38	(2.6)	922	(27.8)	134	(9.9)	15	(0.9)	1015	(49.0)	356	(24.6)	35	(2.0)	865	(34.9)
2 and over...	2045	39	(2.9)	945	(25.1)	139	(15.2)	15	(1.5)	1010	(30.0)	353	(21.4)	35	(2.0)	903	(30.7)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	977	(26.9)	118	(10.7)	12	(1.2)	993	(53.7)	277	(24.2)	28	(2.0)	964	(33.1)
20 and over.....	1722	43	(2.6)	969	(18.4)	148	(10.3)	15	(1.0)	1026	(31.1)	348	(12.0)	34	(1.5)	926	(22.5)
2 and over...	2551	43	(2.3)	971	(17.6)	141	(8.8)	14	(1.0)	1018	(28.5)	330	(12.8)	32	(1.3)	936	(22.4)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	971	(21.2)	126	(15.7)	13	(1.6)	968	(40.2)	290	(22.1)	30	(2.1)	973	(42.7)
20 and over.....	1282	41	(2.3)	995	(23.5)	145	(11.6)	15	(1.2)	1024	(31.6)	351	(17.8)	34	(1.4)	973	(29.1)
2 and over...	1739	42	(2.3)	990	(21.3)	142	(9.9)	14	(1.0)	1014	(25.0)	340	(15.5)	34	(1.3)	973	(25.5)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	973	(13.9)	128	(11.0)	13	(1.2)	980	(24.9)	305	(15.6)	31	(1.4)	968	(24.4)
20 and over.....	4742	41	(1.7)	966	(14.6)	142	(6.9)	15	(0.7)	1021	(17.2)	350	(9.1)	34	(1.1)	929	(20.0)
2 and over...	7122	41	(1.6)	968	(13.1)	139	(6.5)	14	(0.7)	1011	(12.3)	339	(8.2)	34	(0.8)	938	(17.6)

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	1255	(49.0)	233	(43.5)	19	(3.3)	1335	(53.2)	545	(50.4)	41	(2.8)	1195	(63.8)
20 and over.....	1180	38	(2.6)	1330	(34.6)	215	(18.3)	16	(1.2)	1449	(62.6)	568	(36.0)	39	(1.9)	1258	(34.4)
2 and over...	2045	39	(2.9)	1305	(32.6)	221	(24.6)	17	(1.7)	1408	(40.9)	560	(29.7)	40	(1.8)	1238	(29.4)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	1234	(20.7)	187	(18.9)	15	(1.6)	1284	(35.5)	440	(25.3)	34	(1.9)	1198	(35.9)
20 and over.....	1722	43	(2.6)	1393	(24.5)	237	(17.6)	17	(1.2)	1468	(29.4)	556	(20.1)	38	(1.6)	1338	(32.1)
2 and over...	2551	43	(2.3)	1354	(19.6)	225	(15.5)	17	(1.1)	1422	(23.5)	527	(17.4)	37	(1.3)	1303	(27.4)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1279	(46.9)	187	(17.9)	15	(1.4)	1334	(61.0)	430	(22.3)	32	(1.9)	1236	(72.5)
20 and over.....	1282	41	(2.3)	1438	(25.1)	215	(16.0)	15	(1.1)	1452	(40.7)	519	(27.1)	36	(1.5)	1427	(33.6)
2 and over...	1739	42	(2.3)	1410	(22.6)	210	(13.5)	15	(0.9)	1431	(38.6)	503	(23.9)	35	(1.4)	1395	(28.1)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	1249	(19.9)	200	(16.4)	16	(1.3)	1313	(27.7)	477	(20.4)	36	(1.4)	1202	(29.4)
20 and over.....	4742	41	(1.7)	1391	(15.7)	221	(11.1)	16	(0.8)	1457	(18.7)	543	(16.8)	37	(1.1)	1346	(24.1)
2 and over...	7122	41	(1.6)	1357	(13.9)	216	(10.5)	16	(0.7)	1422	(16.3)	527	(14.1)	37	(0.9)	1313	(18.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	233	(7.6)	36	(7.9)	16	(3.1)	245	(11.1)	85	(10.4)	35	(3.1)	224	(9.1)
20 and over.....	1180	38	(2.6)	287	(8.1)	33	(2.8)	12	(0.9)	287	(11.7)	88	(4.9)	31	(1.9)	287	(9.6)
2 and over...	2045	39	(2.9)	269	(6.1)	34	(4.3)	13	(1.5)	272	(7.9)	87	(5.6)	32	(2.0)	267	(6.8)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	229	(4.3)	28	(2.8)	12	(1.3)	230	(8.1)	66	(4.0)	29	(1.5)	228	(6.0)
20 and over.....	1722	43	(2.6)	299	(5.5)	38	(3.1)	13	(1.0)	298	(8.2)	89	(3.1)	30	(1.3)	300	(7.7)
2 and over...	2551	43	(2.3)	282	(4.5)	35	(2.6)	13	(0.9)	281	(6.0)	83	(2.4)	30	(1.1)	282	(6.1)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	245	(7.2)	30	(3.4)	12	(1.4)	245	(8.8)	69	(4.7)	28	(1.8)	245	(11.7)
20 and over.....	1282	41	(2.3)	323	(8.1)	37	(2.6)	11	(0.8)	321	(13.4)	90	(4.6)	28	(1.2)	324	(8.7)
2 and over...	1739	42	(2.3)	309	(7.5)	36	(2.3)	12	(0.7)	307	(11.8)	86	(4.0)	28	(1.1)	311	(8.1)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	234	(3.2)	31	(2.8)	13	(1.1)	239	(5.0)	74	(3.8)	31	(1.3)	231	(4.9)
20 and over.....	4742	41	(1.7)	306	(4.3)	36	(1.6)	12	(0.5)	306	(5.9)	89	(2.1)	29	(0.8)	305	(6.0)
2 and over...	7122	41	(1.6)	289	(3.7)	35	(1.6)	12	(0.6)	290	(5.0)	86	(2.0)	30	(0.8)	288	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	13.3	(0.36)	2.1	(0.40)	16	(3.1)	14.0	(0.54)	5.0	(0.46)	36	(3.7)	12.8	(0.43)
20 and over.....	1180	38	(2.6)	13.6	(0.38)	2.0	(0.14)	14	(1.0)	14.0	(0.65)	5.2	(0.32)	37	(2.1)	13.3	(0.40)
2 and over...	2045	39	(2.9)	13.5	(0.28)	2.0	(0.20)	15	(1.5)	14.0	(0.45)	5.1	(0.24)	36	(1.8)	13.2	(0.30)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	13.1	(0.33)	1.6	(0.17)	12	(1.3)	12.6	(0.58)	3.8	(0.31)	30	(1.6)	13.5	(0.41)
20 and over.....	1722	43	(2.6)	14.7	(0.31)	2.3	(0.18)	15	(1.3)	15.1	(0.46)	5.3	(0.30)	35	(1.9)	14.4	(0.53)
2 and over...	2551	43	(2.3)	14.3	(0.26)	2.1	(0.15)	15	(1.1)	14.5	(0.37)	4.9	(0.22)	34	(1.6)	14.1	(0.45)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	13.3	(0.46)	1.8	(0.19)	13	(1.4)	14.3	(0.60)	4.0	(0.24)	28	(2.0)	12.6	(0.58)
20 and over.....	1282	41	(2.3)	14.1	(0.33)	2.0	(0.15)	14	(1.0)	14.3	(0.58)	4.9	(0.25)	34	(1.6)	13.9	(0.32)
2 and over...	1739	42	(2.3)	14.0	(0.30)	2.0	(0.13)	14	(1.0)	14.3	(0.51)	4.7	(0.24)	33	(1.6)	13.7	(0.30)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	13.2	(0.17)	1.8	(0.15)	14	(1.1)	13.6	(0.24)	4.3	(0.20)	32	(1.3)	12.9	(0.26)
20 and over.....	4742	41	(1.7)	14.2	(0.19)	2.1	(0.11)	15	(0.8)	14.6	(0.28)	5.1	(0.20)	35	(1.3)	13.9	(0.27)
2 and over...	7122	41	(1.6)	14.0	(0.15)	2.0	(0.11)	14	(0.8)	14.4	(0.22)	4.9	(0.18)	34	(1.1)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	9.8	(0.38)	1.7	(0.35)	17	(3.4)	10.2	(0.48)	4.0	(0.43)	39	(3.1)	9.4	(0.45)
20 and over.....	1180	38	(2.6)	10.2	(0.26)	1.6	(0.14)	15	(1.3)	10.5	(0.48)	4.1	(0.32)	39	(2.3)	10.0	(0.31)
2 and over...	2045	39	(2.9)	10.1	(0.23)	1.6	(0.18)	16	(1.7)	10.4	(0.30)	4.1	(0.23)	39	(1.9)	9.8	(0.28)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	9.2	(0.28)	1.2	(0.11)	13	(1.4)	9.1	(0.47)	2.9	(0.20)	32	(1.7)	9.3	(0.27)
20 and over.....	1722	43	(2.6)	11.2	(0.21)	1.8	(0.15)	16	(1.2)	11.9	(0.32)	4.3	(0.27)	36	(2.1)	10.6	(0.29)
2 and over...	2551	43	(2.3)	10.7	(0.18)	1.7	(0.12)	16	(1.1)	11.2	(0.22)	3.9	(0.19)	35	(1.7)	10.3	(0.25)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	9.3	(0.29)	1.2	(0.14)	13	(1.5)	9.5	(0.58)	2.7	(0.21)	29	(2.5)	9.2	(0.56)
20 and over.....	1282	41	(2.3)	11.5	(0.26)	1.5	(0.13)	13	(1.1)	11.1	(0.43)	3.7	(0.24)	33	(1.8)	11.7	(0.34)
2 and over...	1739	42	(2.3)	11.1	(0.23)	1.5	(0.11)	13	(1.0)	10.8	(0.38)	3.5	(0.22)	33	(1.5)	11.3	(0.31)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	9.4	(0.17)	1.4	(0.12)	15	(1.2)	9.7	(0.32)	3.3	(0.17)	34	(1.6)	9.2	(0.21)
20 and over.....	4742	41	(1.7)	11.1	(0.14)	1.6	(0.09)	15	(0.7)	11.3	(0.22)	4.0	(0.19)	35	(1.5)	10.9	(0.19)
2 and over...	7122	41	(1.6)	10.7	(0.13)	1.6	(0.09)	15	(0.7)	10.9	(0.20)	3.8	(0.16)	35	(1.1)	10.5	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	0.9	(0.03)	0.1	(0.03)	16	(3.4)	0.9	(0.04)	0.3	(0.04)	37	(3.5)	0.8	(0.04)
20 and over.....	1180	38	(2.6)	1.1	(0.04)	0.1	(0.01)	11	(0.8)	1.1	(0.05)	0.3	(0.02)	31	(2.2)	1.1	(0.05)
2 and over...	2045	39	(2.9)	1.0	(0.03)	0.1	(0.02)	13	(1.4)	1.0	(0.04)	0.3	(0.02)	33	(2.1)	1.0	(0.03)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	0.9	(0.01)	0.1	(0.01)	12	(1.4)	0.9	(0.04)	0.3	(0.02)	29	(1.9)	0.9	(0.02)
20 and over.....	1722	43	(2.6)	1.2	(0.02)	0.1	(0.01)	13	(1.0)	1.2	(0.03)	0.3	(0.02)	29	(1.7)	1.2	(0.03)
2 and over...	2551	43	(2.3)	1.1	(0.02)	0.1	(0.01)	12	(0.9)	1.1	(0.03)	0.3	(0.01)	29	(1.4)	1.1	(0.03)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	1.0	(0.04)	0.1	(0.02)	14	(1.8)	1.0	(0.07)	0.3	(0.03)	30	(2.7)	0.9	(0.05)
20 and over.....	1282	41	(2.3)	1.3	(0.03)	0.1	(0.01)	11	(0.9)	1.3	(0.06)	0.3	(0.02)	26	(1.1)	1.3	(0.04)
2 and over...	1739	42	(2.3)	1.3	(0.03)	0.1	(0.01)	11	(0.8)	1.3	(0.05)	0.3	(0.02)	27	(0.9)	1.3	(0.03)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	0.9	(0.02)	0.1	(0.01)	14	(1.3)	0.9	(0.03)	0.3	(0.02)	32	(1.6)	0.9	(0.02)
20 and over.....	4742	41	(1.7)	1.2	(0.02)	0.1	(0.01)	11	(0.6)	1.2	(0.03)	0.3	(0.01)	28	(1.0)	1.2	(0.02)
2 and over...	7122	41	(1.6)	1.1	(0.02)	0.1	(0.01)	12	(0.6)	1.1	(0.03)	0.3	(0.01)	29	(1.0)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	96.1	(3.07)	20.8	(4.29)	22	(4.1)	103.8	(4.56)	48.6	(5.45)	47	(3.5)	90.4	(3.63)
20 and over.....	1180	38	(2.6)	111.3	(2.47)	18.9	(1.73)	17	(1.4)	121.9	(5.24)	49.9	(3.50)	41	(3.4)	104.9	(2.89)
2 and over...	2045	39	(2.9)	106.3	(2.24)	19.5	(2.35)	18	(2.0)	115.3	(3.69)	49.5	(3.03)	43	(2.9)	100.3	(2.09)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	91.0	(2.06)	15.0	(1.66)	16	(1.9)	94.0	(3.47)	35.3	(2.64)	38	(2.1)	88.8	(3.52)
20 and over.....	1722	43	(2.6)	113.9	(2.98)	21.5	(1.47)	19	(1.3)	120.6	(2.74)	50.5	(2.21)	42	(2.1)	108.9	(3.74)
2 and over...	2551	43	(2.3)	108.2	(2.30)	19.9	(1.25)	18	(1.2)	114.0	(2.30)	46.7	(1.71)	41	(1.7)	103.9	(2.96)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	92.3	(4.46)	15.1	(1.58)	16	(1.7)	94.3	(4.83)	34.7	(1.83)	37	(2.4)	90.8	(6.53)
20 and over.....	1282	41	(2.3)	118.6	(2.30)	19.0	(1.35)	16	(1.1)	118.8	(4.17)	46.0	(2.58)	39	(1.9)	118.5	(3.08)
2 and over...	1739	42	(2.3)	114.1	(2.19)	18.4	(1.17)	16	(1.0)	114.4	(4.13)	43.9	(2.32)	38	(1.8)	113.8	(2.72)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	93.1	(1.62)	16.7	(1.53)	18	(1.6)	97.8	(2.08)	39.8	(2.16)	41	(1.8)	89.8	(2.54)
20 and over.....	4742	41	(1.7)	114.8	(1.07)	19.8	(0.99)	17	(0.8)	119.9	(1.87)	48.6	(1.81)	41	(1.6)	111.3	(1.95)
2 and over...	7122	41	(1.6)	109.6	(0.90)	19.0	(0.97)	17	(0.8)	114.5	(1.75)	46.4	(1.61)	41	(1.3)	106.3	(1.53)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	2074	(68.3)	361	(75.4)	17	(3.6)	2161	(69.1)	846	(96.7)	39	(4.2)	2010	(96.8)
20 and over.....	1180	38	(2.6)	2473	(73.0)	348	(32.4)	14	(1.2)	2552	(106.4)	921	(58.2)	36	(2.1)	2425	(88.1)
2 and over...	2045	39	(2.9)	2340	(53.7)	353	(43.7)	15	(1.8)	2410	(73.6)	894	(57.7)	37	(2.5)	2294	(59.0)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	2089	(40.0)	285	(28.4)	14	(1.5)	2162	(71.5)	671	(35.2)	31	(1.9)	2035	(59.3)
20 and over.....	1722	43	(2.6)	2577	(40.8)	366	(29.3)	14	(1.1)	2561	(68.8)	858	(33.8)	34	(1.7)	2589	(55.7)
2 and over...	2551	43	(2.3)	2456	(34.4)	346	(26.2)	14	(1.1)	2462	(53.7)	812	(29.3)	33	(1.5)	2451	(47.1)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	2177	(75.0)	298	(33.6)	14	(1.4)	2207	(80.0)	685	(46.9)	31	(1.9)	2154	(120.0)
20 and over.....	1282	41	(2.3)	2753	(76.4)	356	(25.5)	13	(1.0)	2672	(115.6)	861	(43.8)	32	(1.6)	2810	(83.9)
2 and over...	1739	42	(2.3)	2653	(69.1)	346	(22.4)	13	(0.9)	2588	(101.2)	829	(39.5)	32	(1.5)	2700	(78.0)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	2105	(32.7)	312	(26.1)	15	(1.2)	2174	(46.1)	742	(35.6)	34	(1.7)	2056	(50.4)
20 and over.....	4742	41	(1.7)	2618	(37.5)	355	(16.8)	14	(0.7)	2607	(45.9)	871	(25.0)	33	(1.1)	2626	(53.9)
2 and over...	7122	41	(1.6)	2496	(31.2)	344	(16.4)	14	(0.7)	2501	(41.9)	840	(22.9)	34	(1.0)	2493	(41.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	2932	(98.3)	662	(104.3)	23	(3.6)	3235	(88.7)	1549	(99.3)	48	(3.3)	2706	(129.9)
20 and over.....	1180	38	(2.6)	3387	(118.1)	624	(58.7)	18	(1.4)	3874	(211.5)	1650	(122.5)	43	(2.3)	3092	(121.1)
2 and over...	2045	39	(2.9)	3235	(93.3)	636	(66.9)	20	(1.9)	3642	(150.0)	1614	(83.2)	44	(2.3)	2970	(85.9)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	2881	(46.5)	519	(56.6)	18	(1.9)	3063	(113.9)	1220	(83.5)	40	(2.0)	2746	(77.1)
20 and over.....	1722	43	(2.6)	3543	(82.2)	693	(54.2)	20	(1.4)	3865	(103.5)	1624	(76.3)	42	(2.1)	3303	(88.9)
2 and over...	2551	43	(2.3)	3378	(63.6)	650	(47.5)	19	(1.3)	3666	(91.1)	1524	(62.8)	42	(1.7)	3164	(69.7)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	3022	(113.2)	520	(58.9)	17	(1.8)	3109	(211.8)	1196	(98.2)	38	(2.9)	2955	(189.6)
20 and over.....	1282	41	(2.3)	3598	(68.9)	608	(43.8)	17	(1.2)	3704	(119.1)	1468	(76.9)	40	(2.1)	3524	(83.4)
2 and over...	1739	42	(2.3)	3498	(64.9)	593	(40.3)	17	(1.1)	3596	(115.2)	1419	(74.4)	39	(1.9)	3428	(73.5)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	2934	(54.4)	561	(42.8)	19	(1.4)	3151	(93.3)	1336	(56.2)	42	(1.6)	2777	(71.7)
20 and over.....	4742	41	(1.7)	3531	(38.5)	647	(37.5)	18	(1.0)	3829	(61.7)	1589	(67.1)	41	(1.5)	3326	(58.0)
2 and over...	7122	41	(1.6)	3389	(34.8)	626	(34.2)	18	(0.9)	3664	(65.4)	1527	(57.5)	42	(1.2)	3198	(44.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	29.5	(2.60)	7.3	(1.76)	25	(5.4)	39.3	(3.71)	17.1	(2.68)	44	(5.7)	22.2	(3.05)
20 and over.....	1180	38	(2.6)	168.9	(10.56)	13.1	(1.85)	8	(1.2)	156.0	(15.81)	34.7	(3.67)	22	(2.9)	176.7	(17.74)
2 and over...	2045	39	(2.9)	122.3	(7.52)	11.2	(1.51)	9	(1.5)	113.7	(12.21)	28.3	(2.48)	25	(3.3)	127.8	(12.26)
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	25.4	(3.84)	7.6	(2.04)	30	(3.8)	39.3	(8.50)	18.0	(4.24)	46	(2.5)	15.2	(1.25)
20 and over.....	1722	43	(2.6)	161.8	(9.50)	18.8	(3.43)	12	(2.2)	147.3	(12.11)	44.2	(6.15)	30	(2.9)	172.6	(11.96)
2 and over...	2551	43	(2.3)	127.9	(6.87)	16.1	(2.70)	13	(2.2)	120.4	(9.39)	37.7	(4.94)	31	(2.7)	133.4	(9.22)
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	22.7	(3.79)	4.9	(1.15)	21	(3.6)	32.3	(7.87)	11.2	(2.57)	35	(6.2)	15.3	(2.39)
20 and over.....	1282	41	(2.3)	184.3	(8.48)	23.9	(2.00)	13	(1.4)	193.7	(12.31)	57.7	(4.40)	30	(3.0)	177.7	(10.92)
2 and over...	1739	42	(2.3)	156.2	(8.08)	20.6	(1.71)	13	(1.5)	164.5	(12.17)	49.3	(3.55)	30	(2.9)	150.3	(8.89)
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	26.4	(2.10)	6.7	(0.99)	25	(2.7)	37.4	(4.06)	15.9	(2.12)	42	(3.4)	18.4	(1.39)
20 and over.....	4742	41	(1.7)	170.4	(6.39)	19.6	(1.57)	12	(1.1)	167.2	(7.13)	48.3	(2.78)	29	(2.0)	172.6	(7.89)
2 and over...	7122	41	(1.6)	136.2	(4.87)	16.6	(1.25)	12	(1.1)	135.6	(5.50)	40.4	(2.01)	30	(2.0)	136.5	(5.98)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	43	(4.3)	--		--		--		--		--		--		--	
20 and over.....	1180	38	(2.6)	9.6	(1.02)	0.1*	(0.05)	1*	(0.5)	11.7	(1.95)	0.2*	(0.12)	1*	(1.0)	8.3	(1.29)
2 and over...	2045	39	(2.9)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	829	43	(2.8)	--		--		--		--		--		--		--	
20 and over.....	1722	43	(2.6)	7.8	(1.11)	#		#		7.7	(1.11)	0.1*	(0.07)	1*	(0.9)	7.9	(1.64)
2 and over...	2551	43	(2.3)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	457	43	(4.3)	--		--		--		--		--		--		--	
20 and over.....	1282	41	(2.3)	12.0	(0.99)	0.3*	(0.21)	2*	(1.7)	10.8	(1.93)	0.7*	(0.51)	7*	(4.3)	12.8	(1.51)
2 and over...	1739	42	(2.3)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	2380	42	(2.3)	--		--		--		--		--		--		--	
20 and over.....	4742	41	(1.7)	10.0	(0.49)	0.2*	(0.08)	2*	(0.8)	10.2	(1.00)	0.4*	(0.21)	4*	(1.9)	9.8	(0.89)
2 and over...	7122	41	(1.6)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[4] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from Quick Service Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

[8] 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 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 alchohol 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 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018

F o o d e n e r g y

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5	260	42	(3.3)	1656	(53.0)	235	(28.4)	14	(1.6)	1749	(97.8)	560	(59.8)	32	(2.9)	1589	(60.0)
6 - 11	383	39	(3.7)	2006	(54.0)	275	(21.6)	14	(1.0)	2146	(79.5)	712	(40.8)	33	(1.7)	1918	(54.3)
12 - 19	531	50	(3.9)	2275	(43.2)	606	(67.9)	27	(2.9)	2567	(54.1)	1219	(71.3)	47	(2.6)	1986	(88.1)
20 - 39	664	65	(2.9)	2526	(46.1)	826	(67.4)	33	(2.4)	2655	(82.9)	1280	(79.2)	48	(2.2)	2291	(96.7)
40 - 59	715	57	(3.6)	2578	(67.7)	727	(56.6)	28	(1.9)	2739	(95.0)	1286	(59.6)	47	(1.1)	2368	(83.7)
60 and over	928	44	(3.5)	2312	(41.5)	416	(47.5)	18	(2.0)	2449	(82.1)	955	(62.9)	39	(2.0)	2207	(54.6)
2 - 19	1174	44	(2.7)	2055	(25.5)	418	(34.5)	20	(1.7)	2283	(48.2)	941	(40.3)	41	(1.8)	1873	(42.9)
20 and over	2307	56	(2.3)	2485	(23.9)	677	(36.6)	27	(1.4)	2641	(34.9)	1212	(35.7)	46	(1.1)	2288	(45.1)
2 and over	3481	53	(2.1)	2378	(21.9)	612	(32.2)	26	(1.2)	2566	(34.1)	1155	(30.0)	45	(0.9)	2166	(31.0)
Females:																	
2 - 5	280	42	(3.6)	1424	(45.7)	192	(20.1)	13	(1.3)	1490	(32.5)	460	(23.1)	31	(1.5)	1376	(69.9)
6 - 11	412	52	(4.6)	1864	(40.3)	393	(48.5)	21	(2.5)	1996	(62.5)	754	(48.5)	38	(2.3)	1719	(65.8)
12 - 19	514	59	(3.1)	1768	(44.7)	530	(30.7)	30	(1.5)	1907	(62.5)	898	(39.6)	47	(1.6)	1568	(42.7)
20 - 39	766	65	(2.5)	1936	(25.5)	598	(29.2)	31	(1.3)	1998	(39.0)	921	(44.0)	46	(1.8)	1820	(46.8)
40 - 59	786	52	(3.3)	1868	(70.3)	452	(29.8)	24	(1.8)	1934	(68.7)	863	(46.0)	45	(2.0)	1796	(99.3)
60 and over	883	44	(3.6)	1727	(46.0)	315	(33.5)	18	(1.8)	1762	(62.3)	718	(32.4)	41	(1.8)	1700	(56.8)
2 - 19	1206	53	(2.9)	1726	(27.0)	411	(30.6)	24	(1.6)	1866	(42.1)	776	(31.3)	42	(1.3)	1568	(28.5)
20 and over	2435	54	(2.1)	1849	(28.3)	462	(18.6)	25	(1.0)	1919	(33.2)	852	(25.9)	44	(1.3)	1767	(39.6)
2 and over	3641	54	(2.0)	1821	(21.7)	451	(16.6)	25	(0.9)	1907	(29.4)	835	(22.2)	44	(1.1)	1721	(30.3)
Males and Females:																	
2 - 19	2380	49	(2.2)	1894	(18.2)	415	(25.3)	22	(1.3)	2061	(33.5)	853	(28.3)	41	(1.2)	1737	(27.6)
20 and over	4742	55	(2.0)	2155	(18.8)	565	(25.7)	26	(1.1)	2271	(24.7)	1027	(26.3)	45	(1.0)	2013	(29.6)
2 and over	7122	53	(1.8)	2093	(14.2)	529	(21.7)	25	(1.0)	2225	(20.7)	990	(22.3)	44	(0.8)	1940	(21.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Protein

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	56.7	(1.27)	7.9	(0.94)	14	(1.7)	58.5	(2.92)	18.9	(2.08)	32	(3.2)	55.5	(2.16)
6 - 11	383	39	(3.7)	68.8	(2.09)	10.3	(1.04)	15	(1.6)	73.6	(3.19)	26.7	(1.70)	36	(2.6)	65.8	(2.16)
12 - 19	531	50	(3.9)	86.5	(3.49)	24.6	(3.09)	28	(3.1)	96.1	(4.65)	49.4	(3.81)	51	(2.6)	77.0	(4.87)
20 - 39	664	65	(2.9)	97.4	(1.80)	33.7	(2.80)	35	(2.6)	101.4	(3.56)	52.3	(3.43)	52	(2.9)	90.1	(4.48)
40 - 59	715	57	(3.6)	99.9	(3.05)	30.5	(2.64)	31	(2.3)	102.3	(3.38)	53.9	(2.59)	53	(1.5)	96.7	(4.94)
60 and over	928	44	(3.5)	87.0	(2.21)	18.4	(2.14)	21	(2.3)	94.2	(4.15)	42.2	(2.91)	45	(2.8)	81.5	(2.96)
2 - 19	1174	44	(2.7)	74.3	(1.59)	16.3	(1.61)	22	(2.0)	82.1	(2.85)	36.8	(2.14)	45	(2.1)	68.1	(2.26)
20 and over	2307	56	(2.3)	95.4	(1.29)	28.3	(1.64)	30	(1.5)	100.2	(1.71)	50.7	(1.42)	51	(1.4)	89.3	(2.11)
2 and over	3481	53	(2.1)	90.1	(1.23)	25.3	(1.49)	28	(1.4)	96.4	(1.63)	47.8	(1.35)	50	(1.2)	83.1	(1.47)
Females:																	
2 - 5	280	42	(3.6)	49.3	(1.53)	6.7	(0.70)	13	(1.3)	50.5	(1.74)	15.9	(1.06)	32	(2.3)	48.4	(1.95)
6 - 11	412	52	(4.6)	60.7	(1.61)	12.8	(1.78)	21	(2.6)	63.6	(1.79)	24.5	(1.69)	38	(2.2)	57.6	(2.62)
12 - 19	514	59	(3.1)	62.0	(2.77)	20.0	(1.25)	32	(1.4)	65.5	(3.53)	33.9	(2.34)	52	(2.1)	57.0	(2.66)
20 - 39	766	65	(2.5)	71.4	(1.28)	23.3	(1.28)	33	(1.5)	73.5	(1.82)	35.8	(1.77)	49	(2.1)	67.5	(2.33)
40 - 59	786	52	(3.3)	69.4	(2.70)	19.0	(1.39)	27	(2.0)	70.7	(2.71)	36.3	(2.49)	51	(3.1)	67.9	(3.46)
60 and over	883	44	(3.6)	66.9	(2.06)	12.8	(1.31)	19	(2.1)	66.4	(1.97)	29.3	(1.63)	44	(2.3)	67.3	(2.85)
2 - 19	1206	53	(2.9)	58.8	(1.51)	14.7	(1.15)	25	(1.6)	62.3	(2.03)	27.7	(1.39)	45	(1.3)	54.9	(1.59)
20 and over	2435	54	(2.1)	69.4	(1.35)	18.6	(0.81)	27	(1.1)	70.8	(1.54)	34.4	(1.06)	48	(1.5)	67.6	(1.77)
2 and over	3641	54	(2.0)	67.0	(1.08)	17.7	(0.76)	27	(1.0)	68.9	(1.32)	32.9	(0.98)	48	(1.3)	64.7	(1.35)
Males and Females:																	
2 - 19	2380	49	(2.2)	66.8	(1.34)	15.5	(1.03)	23	(1.3)	71.6	(2.03)	32.0	(1.26)	45	(1.3)	62.2	(1.76)
20 and over	4742	55	(2.0)	81.9	(0.93)	23.3	(1.13)	28	(1.2)	85.1	(1.03)	42.3	(1.06)	50	(1.1)	77.8	(1.60)
2 and over	7122	53	(1.8)	78.3	(0.88)	21.4	(0.99)	27	(1.1)	82.2	(1.07)	40.1	(0.98)	49	(0.9)	73.7	(1.24)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Carbohydrate

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	220	(8.1)	27	(3.3)	12	(1.4)	233	(14.8)	64	(6.6)	28	(2.5)	210	(7.0)
6 - 11	383	39	(3.7)	260	(7.1)	30	(2.4)	12	(0.9)	273	(8.1)	79	(4.6)	29	(1.6)	252	(9.5)
12 - 19	531	50	(3.9)	283	(4.5)	67	(7.6)	24	(2.7)	314	(6.9)	135	(8.1)	43	(2.7)	252	(9.5)
20 - 39	664	65	(2.9)	284	(4.9)	84	(6.9)	30	(2.3)	291	(8.0)	131	(7.5)	45	(2.0)	272	(13.3)
40 - 59	715	57	(3.6)	293	(6.6)	73	(5.5)	25	(1.8)	305	(10.5)	128	(5.8)	42	(1.2)	277	(10.4)
60 and over	928	44	(3.5)	263	(5.2)	40	(4.6)	15	(1.7)	274	(8.6)	92	(5.9)	33	(1.8)	255	(6.1)
2 - 19	1174	44	(2.7)	262	(2.8)	47	(3.8)	18	(1.5)	286	(6.4)	105	(4.5)	37	(1.7)	243	(5.1)
20 and over	2307	56	(2.3)	281	(3.2)	68	(4.0)	24	(1.3)	292	(5.3)	121	(4.1)	42	(1.1)	267	(4.8)
2 and over	3481	53	(2.1)	277	(2.6)	62	(3.4)	23	(1.2)	291	(4.7)	118	(3.4)	41	(0.9)	260	(3.2)
Females:																	
2 - 5	280	42	(3.6)	193	(6.9)	23	(2.4)	12	(1.2)	199	(3.9)	55	(3.0)	28	(1.4)	189	(11.5)
6 - 11	412	52	(4.6)	247	(6.6)	46	(6.3)	19	(2.4)	260	(9.4)	89	(6.7)	34	(2.1)	232	(9.4)
12 - 19	514	59	(3.1)	222	(4.9)	59	(4.1)	27	(1.5)	236	(7.1)	101	(4.9)	43	(1.9)	202	(4.7)
20 - 39	766	65	(2.5)	226	(3.9)	62	(2.5)	27	(1.1)	230	(5.5)	95	(4.3)	41	(1.6)	219	(6.5)
40 - 59	786	52	(3.3)	221	(10.2)	46	(3.4)	21	(1.8)	224	(8.8)	88	(6.0)	39	(2.3)	217	(14.1)
60 and over	883	44	(3.6)	202	(5.7)	32	(3.9)	16	(1.8)	199	(7.6)	73	(4.3)	37	(1.9)	205	(7.3)
2 - 19	1206	53	(2.9)	224	(3.7)	47	(3.8)	21	(1.5)	238	(5.6)	89	(4.0)	37	(1.3)	209	(3.8)
20 and over	2435	54	(2.1)	217	(3.8)	47	(2.0)	22	(1.0)	221	(4.0)	87	(2.9)	40	(1.2)	213	(5.5)
2 and over	3641	54	(2.0)	219	(3.0)	47	(1.8)	22	(0.9)	224	(3.4)	88	(2.4)	39	(1.0)	212	(4.5)
Males and Females:																	
2 - 19	2380	49	(2.2)	243	(2.3)	47	(2.9)	19	(1.1)	260	(4.2)	96	(3.3)	37	(1.1)	228	(3.5)
20 and over	4742	55	(2.0)	248	(3.0)	57	(2.8)	23	(1.1)	256	(3.4)	104	(3.1)	41	(1.0)	239	(4.3)
2 and over	7122	53	(1.8)	247	(2.2)	55	(2.3)	22	(0.9)	257	(2.4)	102	(2.5)	40	(0.8)	236	(3.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Total sugars

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	106	(5.8)	9	(1.4)	8	(1.3)	109	(8.8)	21	(2.6)	19*	(2.3)	104	(5.8)
6 - 11	383	39	(3.7)	118	(3.1)	11	(0.8)	9	(0.6)	125	(4.8)	28	(2.2)	22	(1.9)	114	(4.3)
12 - 19	531	50	(3.9)	126	(3.4)	25	(3.1)	20	(2.3)	142	(4.7)	50	(3.3)	35	(2.4)	109	(4.1)
20 - 39	664	65	(2.9)	114	(3.5)	25	(2.2)	22	(1.8)	117	(3.7)	39	(2.4)	33	(1.9)	108	(7.1)
40 - 59	715	57	(3.6)	128	(5.9)	23	(2.3)	18	(1.3)	133	(8.6)	41	(3.4)	31	(1.2)	121	(6.4)
60 and over	928	44	(3.5)	114	(2.6)	12	(1.5)	10	(1.2)	116	(5.2)	26	(2.1)	23	(1.6)	113	(3.5)
2 - 19	1174	44	(2.7)	119	(1.9)	17	(1.4)	14	(1.2)	131	(4.0)	38	(1.7)	29	(1.4)	110	(2.3)
20 and over	2307	56	(2.3)	119	(2.7)	21	(1.3)	17	(0.9)	122	(3.7)	37	(1.4)	30	(0.9)	114	(2.1)
2 and over	3481	53	(2.1)	119	(2.3)	20	(1.1)	17	(0.8)	124	(3.2)	37	(1.1)	30	(0.7)	113	(1.9)
Females:																	
2 - 5	280	42	(3.6)	95	(4.8)	7	(1.1)	8	(0.9)	96	(2.7)	18	(1.6)	18	(1.6)	95	(7.4)
6 - 11	412	52	(4.6)	112	(4.2)	20	(3.1)	18	(2.5)	120	(6.0)	38	(3.9)	31	(2.4)	104	(4.6)
12 - 19	514	59	(3.1)	97	(2.9)	23	(2.6)	23	(2.2)	104	(4.3)	38	(3.5)	37	(3.1)	86	(3.6)
20 - 39	766	65	(2.5)	97	(3.1)	22	(1.3)	22	(1.3)	99	(4.4)	33	(2.2)	33	(1.8)	95	(4.7)
40 - 59	786	52	(3.3)	101	(5.6)	16	(1.3)	16	(1.2)	100	(6.5)	30	(3.0)	30	(2.0)	102	(6.8)
60 and over	883	44	(3.6)	89	(3.8)	10	(1.6)	12	(1.6)	81	(4.3)	24	(2.3)	29	(2.3)	95	(4.9)
2 - 19	1206	53	(2.9)	102	(2.4)	18	(1.9)	18	(1.6)	108	(3.5)	35	(2.4)	32	(1.7)	95	(2.7)
20 and over	2435	54	(2.1)	96	(2.0)	16	(0.8)	17	(0.9)	95	(2.5)	30	(1.2)	31	(1.0)	97	(2.6)
2 and over	3641	54	(2.0)	97	(1.5)	17	(0.8)	17	(0.9)	98	(2.0)	31	(1.1)	32	(1.1)	97	(2.2)
Males and Females:																	
2 - 19	2380	49	(2.2)	110	(1.3)	18	(1.3)	16	(1.1)	119	(2.6)	36	(1.6)	30	(1.2)	103	(1.6)
20 and over	4742	55	(2.0)	107	(1.7)	18	(1.0)	17	(0.8)	108	(2.0)	33	(1.1)	31	(0.8)	105	(1.9)
2 and over	7122	53	(1.8)	108	(1.4)	18	(0.8)	17	(0.7)	111	(1.6)	34	(0.9)	31	(0.7)	105	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	12.4	(0.52)	1.6	(0.20)	13	(1.4)	12.5	(0.85)	3.9	(0.46)	31	(3.3)	12.4	(0.71)
6 - 11	383	39	(3.7)	14.9	(0.87)	1.7	(0.19)	12	(1.3)	14.6	(0.75)	4.5	(0.40)	30	(2.4)	15.1	(1.10)
12 - 19	531	50	(3.9)	15.7	(0.47)	4.0	(0.60)	25	(3.4)	16.7	(0.78)	8.0	(0.88)	48	(4.2)	14.6	(0.76)
20 - 39	664	65	(2.9)	18.1	(0.57)	5.3	(0.51)	29	(2.5)	17.6	(0.88)	8.2	(0.67)	47	(2.5)	19.2	(1.23)
40 - 59	715	57	(3.6)	19.2	(0.57)	4.8	(0.50)	25	(2.3)	19.0	(0.77)	8.4	(0.58)	44	(2.0)	19.5	(1.11)
60 and over	928	44	(3.5)	17.7	(0.63)	2.7	(0.32)	15	(1.7)	17.8	(0.83)	6.1	(0.48)	34	(2.2)	17.5	(0.69)
2 - 19	1174	44	(2.7)	14.7	(0.38)	2.7	(0.30)	18	(1.9)	15.3	(0.46)	6.1	(0.48)	40	(2.7)	14.3	(0.55)
20 and over	2307	56	(2.3)	18.4	(0.38)	4.4	(0.33)	24	(1.6)	18.1	(0.41)	7.8	(0.39)	43	(1.6)	18.7	(0.67)
2 and over	3481	53	(2.1)	17.5	(0.34)	4.0	(0.28)	23	(1.4)	17.5	(0.40)	7.5	(0.35)	43	(1.4)	17.4	(0.53)
Females:																	
2 - 5	280	42	(3.6)	11.8	(0.45)	1.4	(0.18)	12	(1.6)	11.5	(0.74)	3.4	(0.35)	29	(2.0)	12.0	(0.84)
6 - 11	412	52	(4.6)	14.6	(0.44)	2.3	(0.29)	16	(1.7)	15.0	(0.59)	4.5	(0.35)	30	(1.8)	14.1	(0.61)
12 - 19	514	59	(3.1)	13.5	(0.55)	3.5	(0.22)	26	(1.2)	14.0	(0.72)	5.9	(0.30)	43	(2.5)	12.8	(0.64)
20 - 39	766	65	(2.5)	15.7	(0.48)	3.8	(0.17)	24	(1.1)	15.1	(0.62)	5.8	(0.27)	38	(2.7)	16.8	(0.60)
40 - 59	786	52	(3.3)	14.9	(0.73)	2.8	(0.26)	19	(1.9)	14.6	(0.46)	5.4	(0.44)	37	(2.6)	15.3	(1.13)
60 and over	883	44	(3.6)	15.7	(0.57)	2.2	(0.29)	14	(1.7)	14.3	(0.66)	5.0	(0.43)	35	(2.0)	16.9	(0.79)
2 - 19	1206	53	(2.9)	13.5	(0.28)	2.7	(0.18)	20	(1.1)	13.9	(0.42)	5.0	(0.19)	36	(1.6)	13.0	(0.37)
20 and over	2435	54	(2.1)	15.5	(0.44)	3.0	(0.13)	19	(0.9)	14.7	(0.37)	5.5	(0.19)	37	(1.6)	16.3	(0.67)
2 and over	3641	54	(2.0)	15.0	(0.37)	2.9	(0.12)	19	(0.8)	14.6	(0.33)	5.4	(0.17)	37	(1.5)	15.5	(0.54)
Males and Females:																	
2 - 19	2380	49	(2.2)	14.1	(0.27)	2.7	(0.20)	19	(1.3)	14.5	(0.36)	5.5	(0.30)	38	(1.9)	13.7	(0.40)
20 and over	4742	55	(2.0)	16.9	(0.39)	3.6	(0.21)	22	(1.1)	16.4	(0.33)	6.6	(0.23)	40	(1.2)	17.4	(0.61)
2 and over	7122	53	(1.8)	16.2	(0.33)	3.4	(0.18)	21	(1.0)	16.0	(0.32)	6.4	(0.21)	40	(1.1)	16.5	(0.50)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Total fat

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from All Restaurants g	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake g	(SE)	All Restaurant Consumers [3] Intake from All Restaurants g	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	63.8	(2.27)	10.7	(1.38)	17	(2.1)	67.5	(3.96)	25.6	(3.07)	38	(3.9)	61.1	(3.15)
6 - 11	383	39	(3.7)	79.6	(3.01)	12.6	(0.97)	16	(1.2)	87.2	(4.67)	32.6	(2.07)	37	(2.0)	74.8	(2.78)
12 - 19	531	50	(3.9)	90.2	(2.11)	26.9	(3.03)	30	(3.3)	104.0	(3.16)	54.1	(3.39)	52	(2.9)	76.6	(3.79)
20 - 39	664	65	(2.9)	100.7	(2.67)	36.6	(3.16)	36	(2.7)	107.0	(4.30)	56.7	(3.96)	53	(2.6)	89.1	(4.89)
40 - 59	715	57	(3.6)	104.1	(4.32)	33.1	(2.85)	32	(2.0)	113.6	(5.82)	58.6	(3.66)	52	(1.4)	91.8	(5.01)
60 and over	928	44	(3.5)	98.4	(1.76)	19.8	(2.33)	20	(2.3)	105.4	(3.60)	45.6	(3.29)	43	(2.3)	93.0	(3.34)
2 - 19	1174	44	(2.7)	81.1	(1.64)	18.7	(1.54)	23	(1.9)	91.9	(2.67)	42.2	(2.00)	46	(1.9)	72.5	(2.02)
20 and over	2307	56	(2.3)	101.3	(1.42)	30.7	(1.60)	30	(1.5)	109.1	(1.97)	55.0	(1.76)	50	(1.4)	91.4	(2.63)
2 and over	3481	53	(2.1)	96.2	(1.30)	27.7	(1.42)	29	(1.3)	105.5	(1.98)	52.3	(1.43)	50	(1.0)	85.8	(1.78)
Females:																	
2 - 5	280	42	(3.6)	52.9	(1.67)	8.3	(0.94)	16	(1.6)	56.8	(1.65)	19.9	(1.15)	35	(2.1)	50.1	(2.29)
6 - 11	412	52	(4.6)	73.3	(1.69)	17.7	(1.90)	24	(2.6)	81.0	(3.47)	34.0	(2.12)	42	(2.7)	64.9	(2.37)
12 - 19	514	59	(3.1)	71.9	(2.56)	24.0	(1.35)	33	(1.8)	79.4	(3.49)	40.7	(1.84)	51	(1.7)	61.2	(2.95)
20 - 39	766	65	(2.5)	80.2	(1.76)	27.1	(1.76)	34	(1.6)	84.1	(2.20)	41.8	(2.48)	50	(2.2)	72.9	(3.69)
40 - 59	786	52	(3.3)	75.9	(3.12)	20.6	(1.44)	27	(2.1)	79.7	(3.40)	39.4	(1.88)	49	(1.7)	71.7	(4.72)
60 and over	883	44	(3.6)	71.5	(2.37)	14.4	(1.47)	20	(1.8)	75.0	(3.22)	32.8	(1.74)	44	(2.0)	68.8	(3.21)
2 - 19	1206	53	(2.9)	68.3	(1.47)	18.5	(1.28)	27	(1.9)	76.1	(2.52)	35.0	(1.38)	46	(1.5)	59.5	(1.52)
20 and over	2435	54	(2.1)	76.1	(1.30)	21.0	(0.91)	28	(1.1)	80.4	(1.57)	38.8	(1.20)	48	(1.5)	71.0	(2.12)
2 and over	3641	54	(2.0)	74.3	(1.04)	20.5	(0.78)	28	(1.0)	79.4	(1.55)	37.9	(1.05)	48	(1.3)	68.3	(1.65)
Males and Females:																	
2 - 19	2380	49	(2.2)	74.9	(1.03)	18.6	(1.15)	25	(1.5)	83.5	(1.97)	38.4	(1.43)	46	(1.4)	66.7	(1.29)
20 and over	4742	55	(2.0)	88.2	(0.77)	25.7	(1.14)	29	(1.2)	94.4	(1.11)	46.7	(1.14)	49	(1.1)	80.6	(1.50)
2 and over	7122	53	(1.8)	85.0	(0.69)	24.0	(0.97)	28	(1.0)	92.0	(1.11)	44.9	(0.98)	49	(0.8)	77.0	(1.12)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake g	(SE)	All Individuals [2]: Intake from All Restaurants g	(SE)	All Individuals [2]: Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake g	(SE)	All Restaurant Consumers [3]: Intake from All Restaurants g	(SE)	All Restaurant Consumers [3]: Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	22.5	(0.90)	3.3	(0.38)	15	(1.7)	23.2	(1.74)	7.8	(0.82)	34	(3.4)	21.9	(1.47)
6 - 11	383	39	(3.7)	28.1	(1.02)	4.5	(0.35)	16	(1.2)	30.2	(1.55)	11.6	(0.74)	38	(2.0)	26.7	(1.18)
12 - 19	531	50	(3.9)	31.0	(0.66)	8.9	(0.92)	29	(2.9)	35.0	(1.31)	17.8	(1.06)	51	(2.7)	27.0	(1.34)
20 - 39	664	65	(2.9)	32.8	(0.77)	12.0	(0.98)	37	(2.6)	35.1	(1.22)	18.7	(1.19)	53	(2.8)	28.4	(1.44)
40 - 59	715	57	(3.6)	33.4	(1.11)	10.7	(0.91)	32	(2.3)	36.4	(1.59)	18.9	(1.26)	52	(2.0)	29.5	(1.51)
60 and over	928	44	(3.5)	32.8	(0.79)	6.4	(0.78)	19	(2.5)	34.6	(1.24)	14.6	(1.13)	42	(2.8)	31.3	(1.37)
2 - 19	1174	44	(2.7)	28.2	(0.58)	6.2	(0.47)	22	(1.7)	31.3	(0.95)	14.0	(0.61)	45	(1.7)	25.8	(0.71)
20 and over	2307	56	(2.3)	33.0	(0.41)	10.0	(0.52)	30	(1.5)	35.5	(0.59)	17.9	(0.63)	50	(1.4)	29.8	(0.79)
2 and over	3481	53	(2.1)	31.8	(0.38)	9.1	(0.46)	28	(1.3)	34.6	(0.63)	17.1	(0.53)	49	(1.1)	28.6	(0.52)
Females:																	
2 - 5	280	42	(3.6)	18.5	(0.83)	2.5	(0.33)	14	(1.5)	19.6	(0.90)	6.1	(0.43)	31	(2.3)	17.7	(0.96)
6 - 11	412	52	(4.6)	25.7	(0.63)	5.8	(0.64)	22	(2.4)	27.8	(1.12)	11.0	(0.94)	40	(2.6)	23.3	(0.93)
12 - 19	514	59	(3.1)	23.8	(0.81)	8.0	(0.57)	33	(2.1)	26.3	(1.27)	13.5	(0.70)	51	(1.9)	20.4	(1.13)
20 - 39	766	65	(2.5)	26.2	(0.58)	8.8	(0.54)	33	(1.6)	27.6	(0.80)	13.5	(0.78)	49	(2.2)	23.8	(1.26)
40 - 59	786	52	(3.3)	24.9	(1.11)	6.4	(0.41)	26	(1.9)	25.8	(1.04)	12.3	(0.54)	48	(1.8)	24.0	(1.83)
60 and over	883	44	(3.6)	22.7	(0.94)	4.3	(0.43)	19	(1.8)	23.3	(1.11)	9.9	(0.54)	42	(1.9)	22.2	(1.20)
2 - 19	1206	53	(2.9)	23.3	(0.52)	6.0	(0.48)	26	(1.9)	25.6	(0.98)	11.4	(0.63)	44	(1.5)	20.6	(0.61)
20 and over	2435	54	(2.1)	24.7	(0.49)	6.6	(0.27)	27	(1.1)	25.9	(0.61)	12.2	(0.36)	47	(1.4)	23.3	(0.91)
2 and over	3641	54	(2.0)	24.4	(0.37)	6.5	(0.25)	27	(1.1)	25.9	(0.62)	12.0	(0.35)	47	(1.2)	22.7	(0.71)
Males and Females:																	
2 - 19	2380	49	(2.2)	25.8	(0.35)	6.1	(0.39)	24	(1.4)	28.3	(0.69)	12.6	(0.52)	45	(1.3)	23.5	(0.47)
20 and over	4742	55	(2.0)	28.7	(0.33)	8.2	(0.35)	29	(1.2)	30.6	(0.43)	15.0	(0.37)	49	(1.0)	26.4	(0.64)
2 and over	7122	53	(1.8)	28.0	(0.28)	7.7	(0.30)	28	(1.0)	30.1	(0.43)	14.5	(0.32)	48	(0.8)	25.6	(0.48)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	20.7	(0.69)	3.7	(0.47)	18	(2.2)	22.3	(1.25)	8.9	(1.07)	40	(4.1)	19.6	(0.87)
6 - 11	383	39	(3.7)	26.3	(0.96)	4.3	(0.33)	16	(1.2)	29.5	(1.55)	11.0	(0.67)	37	(2.0)	24.3	(0.92)
12 - 19	531	50	(3.9)	29.7	(0.82)	9.0	(1.04)	30	(3.5)	34.4	(1.29)	18.0	(1.22)	52	(2.9)	25.0	(1.39)
20 - 39	664	65	(2.9)	34.3	(0.94)	12.4	(1.11)	36	(2.7)	36.8	(1.43)	19.2	(1.42)	52	(2.8)	29.9	(1.70)
40 - 59	715	57	(3.6)	36.3	(1.84)	11.0	(0.97)	30	(1.8)	39.5	(2.46)	19.5	(1.27)	49	(1.9)	32.1	(1.91)
60 and over	928	44	(3.5)	33.7	(0.63)	7.0	(0.80)	21	(2.4)	36.4	(1.14)	16.0	(1.06)	44	(2.2)	31.7	(1.33)
2 - 19	1174	44	(2.7)	26.7	(0.59)	6.3	(0.54)	24	(2.0)	30.6	(1.03)	14.2	(0.73)	46	(2.0)	23.6	(0.69)
20 and over	2307	56	(2.3)	34.9	(0.66)	10.4	(0.59)	30	(1.5)	37.7	(0.93)	18.6	(0.68)	49	(1.6)	31.3	(0.94)
2 and over	3481	53	(2.1)	32.8	(0.59)	9.4	(0.52)	29	(1.3)	36.2	(0.88)	17.7	(0.55)	49	(1.2)	29.0	(0.65)
Females:																	
2 - 5	280	42	(3.6)	17.5	(0.62)	2.8	(0.32)	16	(1.6)	18.7	(0.62)	6.7	(0.37)	36	(2.0)	16.7	(0.86)
6 - 11	412	52	(4.6)	24.0	(0.65)	5.7	(0.62)	24	(2.6)	26.8	(1.39)	11.0	(0.65)	41	(3.1)	20.9	(0.78)
12 - 19	514	59	(3.1)	23.5	(0.97)	7.9	(0.47)	34	(2.0)	25.6	(1.24)	13.4	(0.74)	52	(2.0)	20.4	(1.09)
20 - 39	766	65	(2.5)	27.2	(0.71)	9.0	(0.59)	33	(1.7)	28.2	(0.77)	13.9	(0.83)	49	(2.4)	25.4	(1.56)
40 - 59	786	52	(3.3)	25.6	(1.20)	6.8	(0.49)	27	(2.1)	26.6	(1.30)	13.0	(0.70)	49	(1.7)	24.5	(1.78)
60 and over	883	44	(3.6)	24.6	(0.93)	5.0	(0.57)	20	(2.1)	26.3	(1.29)	11.3	(0.72)	43	(2.5)	23.4	(1.25)
2 - 19	1206	53	(2.9)	22.4	(0.53)	6.1	(0.42)	27	(2.0)	24.8	(0.88)	11.5	(0.45)	46	(1.8)	19.6	(0.56)
20 and over	2435	54	(2.1)	25.9	(0.49)	7.0	(0.33)	27	(1.1)	27.2	(0.60)	13.0	(0.45)	48	(1.6)	24.3	(0.81)
2 and over	3641	54	(2.0)	25.1	(0.42)	6.8	(0.28)	27	(1.0)	26.7	(0.60)	12.6	(0.38)	47	(1.4)	23.2	(0.63)
Males and Females:																	
2 - 19	2380	49	(2.2)	24.6	(0.30)	6.2	(0.38)	25	(1.5)	27.5	(0.65)	12.7	(0.48)	46	(1.5)	21.8	(0.44)
20 and over	4742	55	(2.0)	30.2	(0.36)	8.7	(0.42)	29	(1.2)	32.3	(0.49)	15.7	(0.46)	49	(1.3)	27.6	(0.59)
2 and over	7122	53	(1.8)	28.8	(0.32)	8.1	(0.36)	28	(1.0)	31.3	(0.46)	15.1	(0.39)	48	(1.0)	26.1	(0.44)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	14.1	(0.66)	2.8	(0.44)	20	(2.9)	15.3	(1.10)	6.6	(1.00)	43	(5.0)	13.3	(0.68)
6 - 11	383	39	(3.7)	17.4	(0.98)	2.7	(0.25)	16	(1.4)	19.1	(1.41)	7.0	(0.60)	37	(2.4)	16.4	(0.90)
12 - 19	531	50	(3.9)	20.4	(0.74)	6.4	(0.82)	32	(3.8)	24.1	(0.80)	12.9	(1.00)	54	(3.5)	16.7	(1.16)
20 - 39	664	65	(2.9)	23.7	(0.94)	8.6	(0.84)	36	(3.2)	24.6	(1.35)	13.3	(1.07)	54	(2.2)	21.8	(1.90)
40 - 59	715	57	(3.6)	24.4	(1.35)	8.3	(0.82)	34	(2.3)	26.9	(1.71)	14.6	(1.10)	54	(1.9)	21.0	(1.64)
60 and over	928	44	(3.5)	22.8	(0.70)	4.6	(0.56)	20	(2.3)	24.3	(1.41)	10.6	(0.89)	44	(3.3)	21.6	(0.74)
2 - 19	1174	44	(2.7)	18.1	(0.49)	4.4	(0.41)	24	(2.3)	20.9	(0.73)	10.0	(0.58)	48	(2.4)	15.8	(0.60)
20 and over	2307	56	(2.3)	23.7	(0.57)	7.4	(0.40)	31	(1.7)	25.4	(0.64)	13.2	(0.42)	52	(1.6)	21.5	(0.93)
2 and over	3481	53	(2.1)	22.3	(0.48)	6.6	(0.35)	30	(1.5)	24.4	(0.60)	12.5	(0.35)	51	(1.2)	19.8	(0.66)
Females:																	
2 - 5	280	42	(3.6)	11.3	(0.36)	2.2	(0.25)	19	(2.0)	12.7	(0.64)	5.2	(0.42)	41	(2.0)	10.3	(0.52)
6 - 11	412	52	(4.6)	16.6	(0.44)	4.7	(0.58)	28	(3.4)	18.9	(1.06)	9.0	(0.72)	47	(3.7)	14.1	(0.50)
12 - 19	514	59	(3.1)	17.8	(0.88)	6.0	(0.30)	34	(2.0)	20.2	(1.27)	10.1	(0.48)	50	(2.8)	14.3	(0.73)
20 - 39	766	65	(2.5)	18.9	(0.60)	6.8	(0.50)	36	(2.0)	20.3	(0.67)	10.5	(0.69)	52	(2.5)	16.4	(1.05)
40 - 59	786	52	(3.3)	18.0	(0.81)	5.5	(0.45)	30	(3.0)	19.8	(1.04)	10.4	(0.59)	53	(2.4)	15.9	(1.24)
60 and over	883	44	(3.6)	17.3	(0.53)	3.8	(0.36)	22	(2.0)	18.4	(0.76)	8.5	(0.45)	46	(2.7)	16.5	(0.82)
2 - 19	1206	53	(2.9)	16.0	(0.45)	4.7	(0.31)	30	(2.0)	18.5	(0.77)	8.9	(0.31)	48	(2.0)	13.2	(0.39)
20 and over	2435	54	(2.1)	18.1	(0.41)	5.4	(0.23)	30	(1.4)	19.7	(0.41)	10.0	(0.31)	51	(1.7)	16.3	(0.59)
2 and over	3641	54	(2.0)	17.6	(0.36)	5.3	(0.20)	30	(1.2)	19.4	(0.41)	9.8	(0.27)	50	(1.6)	15.6	(0.45)
Males and Females:																	
2 - 19	2380	49	(2.2)	17.1	(0.35)	4.6	(0.30)	27	(1.7)	19.6	(0.63)	9.4	(0.39)	48	(1.7)	14.7	(0.39)
20 and over	4742	55	(2.0)	20.8	(0.35)	6.4	(0.28)	31	(1.3)	22.5	(0.37)	11.6	(0.27)	52	(1.3)	18.7	(0.51)
2 and over	7122	53	(1.8)	19.9	(0.30)	5.9	(0.24)	30	(1.1)	21.8	(0.36)	11.1	(0.24)	51	(1.1)	17.7	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Cholesterol

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	193	(10.1)	26	(3.7)	13	(2.1)	184	(14.5)	62	(7.6)	34	(4.4)	200	(22.4)
6 - 11	383	39	(3.7)	239	(12.4)	37	(5.0)	16	(1.9)	286	(17.7)	97	(9.3)	34	(3.6)	210	(15.1)
12 - 19	531	50	(3.9)	279	(13.8)	80	(9.6)	29	(3.6)	309	(15.9)	160	(12.3)	52	(3.7)	249	(21.9)
20 - 39	664	65	(2.9)	368	(16.2)	120	(11.0)	33	(2.2)	382	(26.7)	186	(15.6)	49	(2.6)	342	(30.5)
40 - 59	715	57	(3.6)	362	(9.8)	124	(9.9)	34	(2.4)	392	(14.2)	219	(13.1)	56	(2.3)	323	(16.3)
60 and over	928	44	(3.5)	342	(9.8)	80	(7.5)	23	(2.3)	379	(12.6)	184	(13.7)	49	(3.0)	313	(13.8)
2 - 19	1174	44	(2.7)	248	(8.7)	54	(5.6)	22	(2.2)	277	(12.3)	122	(7.9)	44	(2.7)	224	(12.6)
20 and over	2307	56	(2.3)	358	(6.2)	110	(4.7)	31	(1.2)	385	(10.4)	197	(7.7)	51	(1.8)	325	(10.6)
2 and over	3481	53	(2.1)	331	(4.4)	96	(4.4)	29	(1.2)	362	(7.9)	182	(6.1)	50	(1.6)	295	(6.3)
Females:																	
2 - 5	280	42	(3.6)	171	(11.7)	17	(2.1)	10	(1.3)	178	(19.5)	40	(2.7)	22	(3.4)	167	(13.0)
6 - 11	412	52	(4.6)	201	(8.4)	40	(5.2)	20	(2.6)	207	(14.2)	77	(5.7)	37	(3.1)	194	(9.5)
12 - 19	514	59	(3.1)	216	(10.5)	71	(5.4)	33	(2.3)	229	(15.1)	121	(9.1)	53	(2.6)	198	(14.1)
20 - 39	766	65	(2.5)	273	(10.1)	86	(7.0)	32	(2.3)	272	(12.8)	133	(7.8)	49	(2.5)	274	(20.6)
40 - 59	786	52	(3.3)	256	(15.7)	69	(5.3)	27	(2.2)	263	(18.4)	132	(9.1)	50	(2.5)	248	(22.4)
60 and over	883	44	(3.6)	246	(10.1)	54	(4.8)	22	(2.2)	262	(14.5)	124	(7.8)	47	(3.9)	234	(11.8)
2 - 19	1206	53	(2.9)	201	(5.4)	49	(4.3)	24	(2.1)	213	(11.6)	92	(6.0)	43	(2.2)	188	(6.1)
20 and over	2435	54	(2.1)	259	(7.8)	71	(3.7)	27	(1.4)	267	(10.8)	130	(4.3)	49	(1.6)	250	(11.2)
2 and over	3641	54	(2.0)	246	(6.1)	66	(3.3)	27	(1.3)	255	(9.3)	122	(3.9)	48	(1.4)	236	(9.0)
Males and Females:																	
2 - 19	2380	49	(2.2)	225	(5.4)	52	(4.0)	23	(1.7)	243	(7.7)	106	(5.2)	44	(2.1)	208	(8.1)
20 and over	4742	55	(2.0)	307	(4.9)	90	(3.4)	29	(1.1)	324	(7.2)	163	(4.1)	50	(1.0)	285	(9.5)
2 and over	7122	53	(1.8)	287	(3.2)	81	(2.9)	28	(1.0)	307	(6.1)	151	(3.2)	49	(0.8)	265	(6.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin A (RAE)

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals: Total Intake µg	(SE)	All Individuals: Intake from All Restaurants µg	(SE)	All Individuals: Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake µg	(SE)	All Restaurant Consumers: Intake from All Restaurants µg	(SE)	All Restaurant Consumers: Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	566	(27.8)	39	(5.6)	7*	(0.9)	602	(52.4)	93	(11.8)	15*	(1.8)	540	(28.6)
6 - 11	383	39	(3.7)	680	(45.5)	48	(4.8)	7	(0.8)	707	(70.1)	123	(10.9)	17	(2.2)	664	(39.9)
12 - 19	531	50	(3.9)	622	(23.7)	117	(20.9)	19	(3.0)	678	(46.2)	235	(33.8)	35	(4.8)	567	(32.2)
20 - 39	664	65	(2.9)	651	(18.2)	152	(10.3)	23	(1.7)	688	(34.9)	235	(13.6)	34	(2.7)	584	(44.9)
40 - 59	715	57	(3.6)	724	(48.8)	175	(24.5)	24	(2.3)	758	(64.5)	310	(35.6)	41	(2.6)	680	(59.9)
60 and over	928	44	(3.5)	669	(29.8)	86	(11.8)	13	(1.9)	620	(39.5)	197	(21.1)	32	(2.8)	706	(36.2)
2 - 19	1174	44	(2.7)	629	(16.9)	77	(10.2)	12	(1.6)	671	(37.4)	175	(18.2)	26	(2.8)	596	(23.0)
20 and over	2307	56	(2.3)	682	(20.1)	142	(9.2)	21	(1.1)	699	(21.0)	254	(12.4)	36	(1.4)	661	(25.8)
2 and over	3481	53	(2.1)	669	(15.7)	126	(8.0)	19	(1.0)	693	(18.8)	237	(11.8)	34	(1.3)	642	(16.2)
Females:																	
2 - 5	280	42	(3.6)	535	(24.3)	35	(5.7)	7*	(1.0)	515	(28.7)	84	(11.4)	16	(1.9)	550	(33.3)
6 - 11	412	52	(4.6)	615	(29.6)	58	(8.3)	9	(1.6)	577	(29.6)	110	(14.6)	19	(2.5)	657	(58.0)
12 - 19	514	59	(3.1)	497	(21.6)	113	(14.2)	23	(2.3)	505	(34.4)	191	(21.0)	38	(3.4)	485	(31.0)
20 - 39	766	65	(2.5)	612	(30.2)	143	(12.9)	23	(1.4)	619	(43.8)	220	(17.8)	36	(2.0)	598	(47.8)
40 - 59	786	52	(3.3)	595	(34.0)	111	(9.2)	19	(1.3)	590	(33.3)	213	(19.4)	36	(2.4)	600	(44.4)
60 and over	883	44	(3.6)	644	(34.4)	84	(11.8)	13	(1.8)	570	(40.0)	191	(25.0)	34	(3.2)	702	(48.1)
2 - 19	1206	53	(2.9)	545	(12.8)	77	(9.0)	14	(1.6)	530	(19.2)	146	(15.6)	28	(2.7)	561	(25.0)
20 and over	2435	54	(2.1)	616	(23.3)	114	(6.2)	19	(0.8)	598	(27.6)	211	(11.6)	35	(1.0)	637	(30.4)
2 and over	3641	54	(2.0)	600	(18.8)	106	(5.7)	18	(0.7)	583	(22.4)	196	(10.5)	34	(1.3)	620	(23.9)
Males and Females:																	
2 - 19	2380	49	(2.2)	588	(12.8)	77	(8.4)	13	(1.4)	596	(23.7)	159	(14.1)	27	(2.1)	581	(18.7)
20 and over	4742	55	(2.0)	648	(17.2)	127	(6.0)	20	(0.8)	647	(17.8)	232	(9.3)	36	(0.9)	649	(21.9)
2 and over	7122	53	(1.8)	633	(13.9)	116	(5.3)	18	(0.7)	636	(15.3)	216	(8.6)	34	(0.9)	631	(16.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1141	(199.5)	72	(19.0)	6*	(1.7)	1066	(213.0)	172	(46.3)	16*	(4.6)	1194	(273.6)
6 - 11	383	39	(3.7)	1014	(99.9)	84	(16.8)	8	(1.7)	1254	(237.4)	218	(42.0)	17	(3.5)	863	(96.0)
12 - 19	531	50	(3.9)	1134	(141.8)	331*	(105.6)	29	(7.8)	1311	(206.3)	666	(196.1)	51	(10.2)	959	(144.4)
20 - 39	664	65	(2.9)	2087	(185.1)	485	(68.1)	23	(3.4)	2109	(226.0)	752	(110.5)	36	(6.6)	2047	(346.5)
40 - 59	715	57	(3.6)	2853	(409.1)	803	(184.5)	28	(4.0)	2940	(377.5)	1420	(294.5)	48	(4.6)	2741	(641.1)
60 and over	928	44	(3.5)	2161	(242.4)	344	(71.7)	16	(3.6)	2048	(271.4)	790	(132.1)	39	(6.9)	2247	(284.1)
2 - 19	1174	44	(2.7)	1096	(83.8)	195	(51.1)	18	(3.8)	1246	(124.8)	438	(107.1)	35	(6.2)	976	(72.9)
20 and over	2307	56	(2.3)	2380	(206.1)	559	(73.1)	23	(2.3)	2395	(194.9)	1001	(117.6)	42	(3.7)	2361	(280.4)
2 and over	3481	53	(2.1)	2059	(169.5)	468	(61.7)	23	(2.3)	2155	(174.4)	883	(108.4)	41	(3.6)	1952	(194.4)
Females:																	
2 - 5	280	42	(3.6)	1154	(174.5)	52	(13.3)	4*	(1.1)	896	(178.3)	124	(29.7)	14*	(3.3)	1338	(246.9)
6 - 11	412	52	(4.6)	1365	(164.1)	121	(27.2)	9	(2.2)	1270	(191.6)	231	(53.2)	18	(3.4)	1469	(316.6)
12 - 19	514	59	(3.1)	1336	(110.6)	338	(47.1)	25	(4.3)	1337	(112.7)	572	(81.4)	43	(6.7)	1334	(230.9)
20 - 39	766	65	(2.5)	2539	(215.0)	551	(74.8)	22	(2.6)	2557	(392.7)	849	(111.6)	33	(5.6)	2506	(375.4)
40 - 59	786	52	(3.3)	2515	(221.6)	564	(75.1)	22	(2.5)	2417	(279.7)	1077	(153.7)	45	(4.6)	2623	(289.5)
60 and over	883	44	(3.6)	2898	(244.4)	329	(29.5)	11	(1.4)	2194	(218.1)	749	(71.6)	34	(3.5)	3450	(428.0)
2 - 19	1206	53	(2.9)	1307	(57.7)	203	(27.6)	16	(2.3)	1240	(62.4)	383	(54.8)	31	(4.3)	1381	(154.5)
20 and over	2435	54	(2.1)	2640	(158.2)	488	(37.8)	18	(1.2)	2422	(255.1)	899	(72.7)	37	(3.3)	2900	(251.0)
2 and over	3641	54	(2.0)	2338	(129.6)	423	(33.1)	18	(1.2)	2159	(208.5)	784	(64.8)	36	(3.2)	2549	(201.1)
Males and Females:																	
2 - 19	2380	49	(2.2)	1199	(51.1)	199	(35.1)	17	(2.7)	1243	(72.4)	409	(67.9)	33	(4.8)	1157	(85.8)
20 and over	4742	55	(2.0)	2515	(164.7)	522	(45.8)	21	(1.3)	2409	(197.0)	948	(75.9)	39	(2.6)	2646	(197.2)
2 and over	7122	53	(1.8)	2202	(135.9)	445	(39.2)	20	(1.3)	2157	(167.9)	832	(69.5)	39	(2.7)	2255	(150.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	4071	(630.0)	600	(133.9)	15	(3.6)	3516	(789.1)	1432	(327.0)	41	(11.7)	4471	(849.0)
6 - 11	383	39	(3.7)	3637	(313.5)	522	(98.3)	14	(2.3)	3812	(594.2)	1353	(238.8)	36	(5.2)	3527	(470.7)
12 - 19	531	50	(3.9)	5902	(687.9)	1331	(207.2)	23	(4.7)	5725	(699.9)	2678	(325.1)	47	(7.2)	6077	(1105.1)
20 - 39	664	65	(2.9)	5556	(559.6)	1675	(206.6)	30	(3.6)	5094	(464.0)	2596	(273.0)	51	(2.8)	6396	(1214.4)
40 - 59	715	57	(3.6)	6804	(642.5)	2096	(309.0)	31	(2.9)	7635	(769.7)	3708	(499.1)	49	(5.5)	5723	(1284.6)
60 and over	928	44	(3.5)	5482	(285.7)	1131	(175.0)	21	(3.6)	6180	(696.9)	2599	(392.9)	42	(6.9)	4945	(580.5)
2 - 19	1174	44	(2.7)	4765	(381.6)	909	(109.3)	19	(2.6)	4733	(406.7)	2048	(202.8)	43	(4.0)	4791	(534.4)
20 and over	2307	56	(2.3)	5979	(401.9)	1674	(104.4)	28	(1.8)	6244	(300.1)	2997	(192.2)	48	(2.2)	5645	(716.1)
2 and over	3481	53	(2.1)	5676	(296.0)	1483	(89.9)	26	(1.4)	5928	(247.1)	2799	(163.5)	47	(1.7)	5393	(509.3)
Females:																	
2 - 5	280	42	(3.6)	2958	(557.5)	501	(107.6)	17*	(5.4)	2661	(321.6)	1200	(282.6)	45	(8.7)	3171	(949.9)
6 - 11	412	52	(4.6)	4722	(660.6)	927	(155.3)	20	(3.5)	5013	(515.7)	1777	(327.0)	35	(5.0)	4403	(990.6)
12 - 19	514	59	(3.1)	3664	(266.3)	1450	(255.9)	40	(5.9)	3378	(475.4)	2455	(430.9)	73	(4.4)	4077	(629.4)
20 - 39	766	65	(2.5)	4518	(320.0)	1395	(200.1)	31	(3.8)	4630	(431.3)	2149	(309.6)	46	(5.4)	4311	(482.9)
40 - 59	786	52	(3.3)	4122	(244.6)	1074	(192.3)	26	(4.5)	3737	(446.7)	2053	(334.3)	55	(9.5)	4545	(356.9)
60 and over	883	44	(3.6)	3908	(366.0)	756	(111.5)	19	(3.6)	3539	(413.3)	1722	(196.5)	49	(7.6)	4198	(503.1)
2 - 19	1206	53	(2.9)	3868	(266.9)	1069	(129.4)	28	(4.2)	3798	(260.8)	2017	(261.3)	53	(4.6)	3947	(546.2)
20 and over	2435	54	(2.1)	4198	(172.5)	1092	(107.3)	26	(2.7)	4069	(203.9)	2012	(181.5)	49	(3.6)	4351	(253.4)
2 and over	3641	54	(2.0)	4123	(145.3)	1087	(103.6)	26	(2.7)	4009	(172.0)	2013	(180.1)	50	(3.4)	4258	(264.6)
Males and Females:																	
2 - 19	2380	49	(2.2)	4327	(223.3)	987	(88.9)	23	(2.5)	4235	(238.2)	2032	(181.0)	48	(3.1)	4414	(417.3)
20 and over	4742	55	(2.0)	5053	(231.6)	1371	(83.6)	27	(1.7)	5129	(191.4)	2492	(131.0)	49	(1.8)	4961	(370.0)
2 and over	7122	53	(1.8)	4881	(180.9)	1280	(77.4)	26	(1.7)	4936	(162.1)	2393	(125.0)	48	(1.7)	4817	(308.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1.33	(0.049)	0.17	(0.021)	13	(1.4)	1.41	(0.085)	0.40	(0.052)	29	(2.9)	1.26	(0.053)
6 - 11	383	39	(3.7)	1.67	(0.041)	0.19	(0.019)	11	(1.1)	1.68	(0.067)	0.49	(0.032)	29	(2.1)	1.66	(0.053)
12 - 19	531	50	(3.9)	1.85	(0.049)	0.41	(0.048)	22	(2.4)	2.00	(0.090)	0.82	(0.052)	41	(2.7)	1.70	(0.090)
20 - 39	664	65	(2.9)	1.88	(0.045)	0.60	(0.051)	32	(2.5)	1.97	(0.070)	0.93	(0.053)	47	(2.6)	1.71	(0.100)
40 - 59	715	57	(3.6)	1.87	(0.054)	0.49	(0.041)	26	(2.0)	1.92	(0.079)	0.87	(0.045)	45	(1.6)	1.80	(0.082)
60 and over	928	44	(3.5)	1.79	(0.054)	0.32	(0.047)	18	(2.5)	1.88	(0.106)	0.73	(0.074)	39	(3.7)	1.73	(0.075)
2 - 19	1174	44	(2.7)	1.68	(0.019)	0.28	(0.025)	17	(1.4)	1.79	(0.052)	0.64	(0.032)	36	(1.8)	1.59	(0.045)
20 and over	2307	56	(2.3)	1.85	(0.026)	0.48	(0.026)	26	(1.3)	1.93	(0.035)	0.86	(0.022)	45	(1.2)	1.75	(0.052)
2 and over	3481	53	(2.1)	1.81	(0.022)	0.43	(0.023)	24	(1.2)	1.90	(0.029)	0.82	(0.020)	43	(0.9)	1.70	(0.039)
Females:																	
2 - 5	280	42	(3.6)	1.20	(0.051)	0.14	(0.020)	12	(1.5)	1.20	(0.055)	0.35	(0.037)	29	(2.3)	1.20	(0.073)
6 - 11	412	52	(4.6)	1.51	(0.052)	0.24	(0.027)	16	(1.8)	1.50	(0.059)	0.46	(0.026)	31	(2.0)	1.53	(0.096)
12 - 19	514	59	(3.1)	1.35	(0.037)	0.36	(0.021)	27	(1.3)	1.43	(0.055)	0.62	(0.024)	43	(1.9)	1.22	(0.046)
20 - 39	766	65	(2.5)	1.40	(0.034)	0.41	(0.019)	30	(1.2)	1.43	(0.036)	0.64	(0.034)	45	(1.9)	1.34	(0.059)
40 - 59	786	52	(3.3)	1.39	(0.052)	0.32	(0.024)	23	(1.8)	1.41	(0.069)	0.62	(0.039)	44	(2.4)	1.37	(0.068)
60 and over	883	44	(3.6)	1.31	(0.033)	0.22	(0.020)	17	(1.6)	1.34	(0.041)	0.50	(0.024)	37	(1.6)	1.28	(0.047)
2 - 19	1206	53	(2.9)	1.37	(0.024)	0.27	(0.018)	20	(1.3)	1.42	(0.036)	0.52	(0.018)	37	(1.1)	1.32	(0.028)
20 and over	2435	54	(2.1)	1.37	(0.026)	0.32	(0.009)	24	(0.8)	1.40	(0.036)	0.60	(0.022)	43	(1.0)	1.33	(0.039)
2 and over	3641	54	(2.0)	1.37	(0.021)	0.31	(0.009)	23	(0.8)	1.40	(0.029)	0.58	(0.017)	41	(0.8)	1.32	(0.034)
Males and Females:																	
2 - 19	2380	49	(2.2)	1.53	(0.015)	0.28	(0.017)	18	(1.0)	1.59	(0.026)	0.58	(0.021)	36	(1.2)	1.47	(0.025)
20 and over	4742	55	(2.0)	1.60	(0.020)	0.40	(0.015)	25	(1.0)	1.66	(0.025)	0.73	(0.013)	44	(0.8)	1.53	(0.039)
2 and over	7122	53	(1.8)	1.58	(0.017)	0.37	(0.014)	23	(0.9)	1.65	(0.018)	0.69	(0.012)	42	(0.6)	1.51	(0.030)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1.64	(0.044)	0.18	(0.031)	11	(1.8)	1.67	(0.118)	0.43	(0.060)	26	(2.9)	1.63	(0.060)
6 - 11	383	39	(3.7)	1.96	(0.076)	0.21	(0.025)	11	(1.1)	2.01	(0.121)	0.55	(0.065)	27	(2.4)	1.93	(0.075)
12 - 19	531	50	(3.9)	2.16	(0.084)	0.45	(0.058)	21	(2.2)	2.42	(0.143)	0.91	(0.068)	38	(2.5)	1.90	(0.105)
20 - 39	664	65	(2.9)	2.52	(0.075)	0.65	(0.059)	26	(2.1)	2.59	(0.111)	1.00	(0.069)	39	(2.8)	2.40	(0.144)
40 - 59	715	57	(3.6)	2.54	(0.137)	0.57	(0.065)	22	(2.9)	2.49	(0.118)	1.01	(0.085)	41	(2.8)	2.61	(0.303)
60 and over	928	44	(3.5)	2.27	(0.061)	0.36	(0.036)	16	(1.7)	2.41	(0.118)	0.82	(0.052)	34	(3.0)	2.16	(0.072)
2 - 19	1174	44	(2.7)	1.98	(0.031)	0.32	(0.028)	16	(1.3)	2.15	(0.087)	0.71	(0.043)	33	(1.7)	1.85	(0.056)
20 and over	2307	56	(2.3)	2.46	(0.059)	0.54	(0.033)	22	(1.4)	2.51	(0.059)	0.97	(0.041)	38	(1.7)	2.39	(0.113)
2 and over	3481	53	(2.1)	2.34	(0.047)	0.48	(0.029)	21	(1.2)	2.44	(0.047)	0.91	(0.033)	37	(1.4)	2.23	(0.082)
Females:																	
2 - 5	280	42	(3.6)	1.50	(0.065)	0.16	(0.022)	10	(1.3)	1.54	(0.082)	0.37	(0.037)	24	(2.0)	1.47	(0.069)
6 - 11	412	52	(4.6)	1.77	(0.052)	0.27	(0.044)	15	(2.4)	1.78	(0.075)	0.52	(0.059)	29	(2.8)	1.75	(0.104)
12 - 19	514	59	(3.1)	1.53	(0.046)	0.41	(0.036)	27	(2.0)	1.63	(0.070)	0.70	(0.046)	43	(2.4)	1.40	(0.063)
20 - 39	766	65	(2.5)	1.79	(0.055)	0.47	(0.023)	26	(1.1)	1.81	(0.059)	0.73	(0.029)	40	(1.7)	1.74	(0.094)
40 - 59	786	52	(3.3)	1.86	(0.087)	0.36	(0.024)	19	(1.4)	1.81	(0.073)	0.68	(0.044)	38	(1.8)	1.91	(0.118)
60 and over	883	44	(3.6)	1.75	(0.058)	0.26	(0.022)	15	(1.4)	1.76	(0.073)	0.59	(0.027)	33	(2.1)	1.74	(0.071)
2 - 19	1206	53	(2.9)	1.61	(0.023)	0.31	(0.030)	19	(1.8)	1.66	(0.044)	0.59	(0.042)	35	(2.0)	1.54	(0.044)
20 and over	2435	54	(2.1)	1.80	(0.050)	0.37	(0.011)	20	(0.7)	1.80	(0.044)	0.68	(0.017)	38	(0.8)	1.80	(0.073)
2 and over	3641	54	(2.0)	1.76	(0.039)	0.35	(0.012)	20	(0.7)	1.77	(0.038)	0.66	(0.017)	37	(0.6)	1.74	(0.060)
Males and Females:																	
2 - 19	2380	49	(2.2)	1.80	(0.022)	0.31	(0.024)	17	(1.2)	1.89	(0.041)	0.64	(0.032)	34	(1.5)	1.71	(0.035)
20 and over	4742	55	(2.0)	2.12	(0.041)	0.45	(0.020)	21	(1.0)	2.15	(0.033)	0.82	(0.022)	38	(1.0)	2.08	(0.074)
2 and over	7122	53	(1.8)	2.04	(0.033)	0.42	(0.017)	20	(0.9)	2.09	(0.027)	0.78	(0.019)	37	(0.8)	1.98	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	260	42	(3.3)	17.0	(0.45)	2.6	(0.32)	15	(1.8)	19.0	(0.98)	6.1	(0.75)	32	(3.4)	15.5	(0.53)
6 - 11.....	383	39	(3.7)	22.6	(0.74)	3.0	(0.30)	13	(1.5)	24.1	(1.34)	7.7	(0.59)	32	(2.7)	21.7	(0.76)
12 - 19.....	531	50	(3.9)	28.4	(0.92)	7.3	(1.00)	26	(3.0)	31.8	(1.47)	14.8	(1.31)	47	(3.0)	25.0	(1.39)
20 - 39.....	664	65	(2.9)	33.8	(1.02)	10.4	(0.84)	31	(2.4)	35.0	(1.41)	16.1	(0.93)	46	(3.2)	31.5	(1.30)
40 - 59.....	715	57	(3.6)	32.0	(1.36)	8.4	(0.71)	26	(2.6)	31.9	(1.32)	14.9	(0.70)	47	(2.1)	32.2	(3.08)
60 and over.....	928	44	(3.5)	28.3	(1.48)	5.2	(0.60)	18	(2.2)	32.3	(3.01)	11.8	(0.84)	37	(4.2)	25.2	(0.80)
2 - 19.....	1174	44	(2.7)	24.1	(0.43)	4.9	(0.51)	20	(2.0)	27.0	(0.91)	11.0	(0.72)	41	(2.2)	21.7	(0.72)
20 and over...	2307	56	(2.3)	31.6	(0.62)	8.2	(0.46)	26	(1.4)	33.3	(0.91)	14.7	(0.42)	44	(1.7)	29.5	(1.00)
2 and over...	3481	53	(2.1)	29.7	(0.49)	7.4	(0.42)	25	(1.3)	32.0	(0.75)	14.0	(0.40)	44	(1.5)	27.2	(0.78)
Females:																	
2 - 5.....	280	42	(3.6)	14.8	(0.51)	2.1	(0.22)	14	(1.5)	14.7	(0.61)	5.1	(0.38)	35	(1.9)	15.0	(0.78)
6 - 11.....	412	52	(4.6)	20.2	(0.75)	4.0	(0.55)	20	(2.6)	20.7	(0.67)	7.6	(0.53)	37	(2.7)	19.6	(1.31)
12 - 19.....	514	59	(3.1)	20.6	(0.88)	6.3	(0.58)	30	(1.9)	22.2	(1.40)	10.6	(1.08)	48	(2.9)	18.1	(0.65)
20 - 39.....	766	65	(2.5)	22.2	(0.55)	7.2	(0.39)	33	(1.8)	23.5	(0.72)	11.2	(0.58)	47	(2.6)	19.9	(0.84)
40 - 59.....	786	52	(3.3)	21.4	(0.89)	5.4	(0.41)	25	(2.2)	21.9	(0.69)	10.3	(0.66)	47	(2.8)	20.8	(1.32)
60 and over.....	883	44	(3.6)	19.9	(0.78)	3.6	(0.39)	18	(2.2)	19.7	(0.55)	8.2	(0.50)	41	(2.4)	20.1	(1.11)
2 - 19.....	1206	53	(2.9)	19.2	(0.57)	4.6	(0.40)	24	(1.7)	20.5	(0.84)	8.7	(0.57)	42	(1.6)	17.8	(0.55)
20 and over...	2435	54	(2.1)	21.2	(0.51)	5.5	(0.22)	26	(1.2)	22.0	(0.49)	10.1	(0.34)	46	(1.7)	20.3	(0.75)
2 and over...	3641	54	(2.0)	20.8	(0.38)	5.3	(0.21)	26	(1.1)	21.7	(0.32)	9.8	(0.29)	45	(1.4)	19.7	(0.57)
Males and Females:																	
2 - 19.....	2380	49	(2.2)	21.7	(0.43)	4.8	(0.33)	22	(1.3)	23.5	(0.77)	9.8	(0.46)	42	(1.3)	19.9	(0.56)
20 and over...	4742	55	(2.0)	26.2	(0.42)	6.8	(0.31)	26	(1.2)	27.5	(0.52)	12.4	(0.32)	45	(1.2)	24.6	(0.74)
2 and over...	7122	53	(1.8)	25.1	(0.34)	6.3	(0.28)	25	(1.0)	26.7	(0.47)	11.8	(0.29)	44	(1.0)	23.4	(0.55)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake mg	(SE)	All Individuals [2]: Intake from All Restaurants mg	(SE)	All Individuals [2]: Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake mg	(SE)	All Restaurant Consumers [3]: Intake from All Restaurants mg	(SE)	All Restaurant Consumers [3]: Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1.49	(0.045)	0.14	(0.018)	9	(1.2)	1.55	(0.116)	0.32	(0.039)	21	(2.5)	1.45	(0.034)
6 - 11	383	39	(3.7)	1.82	(0.078)	0.16	(0.017)	9	(1.1)	1.80	(0.119)	0.42	(0.034)	23	(2.6)	1.84	(0.087)
12 - 19	531	50	(3.9)	2.15	(0.091)	0.43	(0.072)	20	(2.9)	2.35	(0.150)	0.86	(0.111)	37	(3.4)	1.94	(0.125)
20 - 39	664	65	(2.9)	2.88	(0.115)	0.63	(0.050)	22	(2.0)	2.85	(0.171)	0.98	(0.063)	34	(3.4)	2.93	(0.168)
40 - 59	715	57	(3.6)	2.53	(0.157)	0.56	(0.057)	22	(2.7)	2.42	(0.115)	0.98	(0.064)	41	(2.7)	2.69	(0.325)
60 and over	928	44	(3.5)	2.55	(0.297)	0.34	(0.037)	13	(1.8)	3.13	(0.627)	0.79	(0.059)	25	(5.2)	2.11	(0.083)
2 - 19	1174	44	(2.7)	1.90	(0.040)	0.28	(0.035)	15	(1.7)	2.03	(0.085)	0.63	(0.056)	31	(2.4)	1.80	(0.063)
20 and over	2307	56	(2.3)	2.67	(0.099)	0.52	(0.029)	20	(1.2)	2.75	(0.144)	0.94	(0.032)	34	(2.2)	2.55	(0.123)
2 and over	3481	53	(2.1)	2.47	(0.075)	0.46	(0.028)	19	(1.1)	2.60	(0.114)	0.87	(0.032)	34	(2.0)	2.33	(0.090)
Females:																	
2 - 5	280	42	(3.6)	1.37	(0.040)	0.12	(0.012)	9	(1.0)	1.28	(0.045)	0.29	(0.023)	22	(1.7)	1.43	(0.060)
6 - 11	412	52	(4.6)	1.67	(0.076)	0.23	(0.041)	14	(2.4)	1.67	(0.077)	0.45	(0.050)	27	(2.6)	1.66	(0.136)
12 - 19	514	59	(3.1)	1.64	(0.091)	0.42	(0.074)	25	(3.5)	1.76	(0.153)	0.71	(0.132)	40	(5.2)	1.46	(0.066)
20 - 39	766	65	(2.5)	1.85	(0.065)	0.46	(0.029)	25	(1.9)	1.89	(0.081)	0.70	(0.039)	37	(2.9)	1.78	(0.073)
40 - 59	786	52	(3.3)	1.71	(0.094)	0.33	(0.026)	19	(1.7)	1.64	(0.076)	0.63	(0.049)	38	(2.9)	1.78	(0.128)
60 and over	883	44	(3.6)	1.64	(0.069)	0.25	(0.026)	15	(2.0)	1.52	(0.056)	0.56	(0.032)	37	(2.5)	1.73	(0.098)
2 - 19	1206	53	(2.9)	1.59	(0.055)	0.29	(0.038)	18	(2.0)	1.65	(0.084)	0.55	(0.067)	33	(2.8)	1.52	(0.053)
20 and over	2435	54	(2.1)	1.74	(0.049)	0.35	(0.019)	20	(1.3)	1.71	(0.046)	0.64	(0.027)	38	(1.9)	1.76	(0.066)
2 and over	3641	54	(2.0)	1.70	(0.040)	0.34	(0.020)	20	(1.2)	1.70	(0.035)	0.62	(0.029)	37	(1.7)	1.71	(0.052)
Males and Females:																	
2 - 19	2380	49	(2.2)	1.75	(0.040)	0.28	(0.027)	16	(1.3)	1.83	(0.068)	0.59	(0.045)	32	(1.7)	1.67	(0.046)
20 and over	4742	55	(2.0)	2.18	(0.057)	0.43	(0.021)	20	(1.0)	2.22	(0.081)	0.79	(0.022)	35	(1.4)	2.14	(0.071)
2 and over	7122	53	(1.8)	2.08	(0.045)	0.40	(0.020)	19	(0.9)	2.14	(0.067)	0.74	(0.023)	35	(1.2)	2.01	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from All Restaurants µg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake µg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants µg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	403	(18.9)	47	(7.1)	12	(1.5)	436	(40.3)	113	(17.9)	26	(2.8)	379	(16.7)
6 - 11	383	39	(3.7)	541	(21.8)	57	(6.0)	10	(1.2)	550	(39.4)	147	(9.2)	27	(2.6)	535	(26.9)
12 - 19	531	50	(3.9)	569	(16.0)	117	(13.0)	21	(2.4)	603	(30.8)	235	(15.5)	39	(3.4)	536	(29.5)
20 - 39	664	65	(2.9)	592	(17.8)	179	(15.4)	30	(2.5)	618	(26.7)	278	(16.4)	45	(2.6)	546	(28.0)
40 - 59	715	57	(3.6)	589	(25.6)	157	(12.1)	27	(2.2)	618	(25.0)	279	(10.4)	45	(2.2)	552	(41.4)
60 and over	928	44	(3.5)	525	(18.8)	89	(12.7)	17	(2.3)	552	(26.1)	204	(19.3)	37	(3.5)	504	(26.7)
2 - 19	1174	44	(2.7)	525	(10.9)	82	(7.2)	16	(1.4)	554	(25.4)	185	(10.6)	33	(2.2)	501	(14.6)
20 and over	2307	56	(2.3)	573	(8.6)	146	(8.7)	26	(1.5)	604	(12.4)	262	(8.4)	43	(1.3)	533	(15.9)
2 and over	3481	53	(2.1)	561	(8.2)	130	(7.7)	23	(1.4)	593	(12.5)	246	(8.1)	41	(1.2)	524	(13.6)
Females:																	
2 - 5	280	42	(3.6)	372	(20.4)	44	(6.0)	12	(1.5)	379	(32.9)	105	(11.8)	28	(2.7)	368	(22.9)
6 - 11	412	52	(4.6)	497	(16.6)	66	(7.3)	13	(1.3)	484	(22.4)	127	(8.4)	26	(1.6)	512	(30.0)
12 - 19	514	59	(3.1)	445	(17.0)	112	(7.0)	25	(1.1)	471	(27.4)	189	(6.8)	40	(2.0)	407	(21.5)
20 - 39	766	65	(2.5)	462	(17.7)	121	(6.9)	26	(1.6)	464	(11.0)	186	(11.8)	40	(2.4)	458	(44.5)
40 - 59	786	52	(3.3)	436	(18.5)	96	(8.7)	22	(2.0)	439	(24.2)	184	(11.7)	42	(2.9)	432	(21.5)
60 and over	883	44	(3.6)	415	(11.2)	65	(7.1)	16	(1.7)	410	(13.0)	147	(9.2)	36	(1.7)	418	(19.5)
2 - 19	1206	53	(2.9)	447	(8.1)	82	(5.2)	18	(1.1)	460	(15.3)	154	(5.1)	34	(1.2)	432	(12.6)
20 and over	2435	54	(2.1)	439	(10.2)	95	(3.2)	22	(0.8)	443	(10.1)	176	(6.3)	40	(1.4)	434	(21.7)
2 and over	3641	54	(2.0)	440	(8.1)	92	(3.1)	21	(0.8)	446	(9.5)	171	(5.5)	38	(1.2)	434	(18.6)
Males and Females:																	
2 - 19	2380	49	(2.2)	487	(5.5)	82	(4.9)	17	(1.0)	504	(10.5)	169	(6.8)	34	(1.2)	470	(8.3)
20 and over	4742	55	(2.0)	503	(6.3)	120	(5.4)	24	(1.0)	521	(9.8)	218	(5.2)	42	(1.1)	481	(10.7)
2 and over	7122	53	(1.8)	499	(5.4)	111	(4.8)	22	(0.9)	517	(8.0)	207	(5.0)	40	(0.9)	478	(8.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Choline

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	222	(7.8)	27	(3.3)	12	(1.5)	219	(12.9)	65	(6.5)	30	(3.1)	224	(15.0)
6 - 11	383	39	(3.7)	256	(10.4)	35	(4.0)	14	(1.6)	282	(11.9)	90	(7.6)	32	(2.9)	239	(12.7)
12 - 19	531	50	(3.9)	303	(12.8)	78	(10.0)	26	(3.0)	336	(17.4)	156	(13.1)	46	(2.6)	270	(19.0)
20 - 39	664	65	(2.9)	390	(12.7)	119	(11.5)	31	(2.3)	406	(21.6)	184	(15.8)	45	(2.6)	361	(19.6)
40 - 59	715	57	(3.6)	402	(8.2)	118	(10.5)	29	(2.3)	418	(13.1)	208	(12.7)	50	(1.9)	380	(14.1)
60 and over	928	44	(3.5)	368	(9.8)	74	(7.1)	20	(2.0)	388	(12.0)	170	(11.3)	44	(2.5)	353	(14.1)
2 - 19	1174	44	(2.7)	270	(7.4)	53	(5.3)	20	(1.8)	297	(11.9)	119	(7.5)	40	(2.1)	249	(10.5)
20 and over	2307	56	(2.3)	388	(4.7)	106	(5.5)	27	(1.3)	407	(9.2)	190	(8.2)	47	(1.5)	365	(9.4)
2 and over	3481	53	(2.1)	359	(3.5)	93	(4.9)	26	(1.2)	384	(7.3)	175	(6.7)	46	(1.3)	331	(5.5)
Females:																	
2 - 5	280	42	(3.6)	205	(8.4)	23	(2.7)	11	(1.2)	213	(14.0)	54	(3.9)	26	(2.6)	200	(9.0)
6 - 11	412	52	(4.6)	229	(5.5)	44	(6.1)	19	(2.4)	238	(9.1)	84	(6.7)	35	(2.3)	218	(6.3)
12 - 19	514	59	(3.1)	224	(9.1)	68	(4.9)	31	(1.9)	235	(12.5)	116	(7.9)	49	(2.4)	208	(10.7)
20 - 39	766	65	(2.5)	287	(9.6)	84	(5.6)	29	(1.7)	285	(10.7)	130	(6.5)	46	(1.9)	292	(13.7)
40 - 59	786	52	(3.3)	276	(12.7)	66	(4.9)	24	(1.8)	278	(16.0)	127	(8.9)	46	(2.6)	274	(14.1)
60 and over	883	44	(3.6)	278	(8.8)	53	(4.3)	19	(1.8)	284	(10.8)	120	(4.8)	42	(2.7)	273	(11.8)
2 - 19	1206	53	(2.9)	222	(4.1)	50	(4.0)	23	(1.7)	233	(7.6)	95	(4.9)	41	(1.8)	209	(4.3)
20 and over	2435	54	(2.1)	281	(7.2)	69	(3.0)	24	(1.1)	282	(8.5)	126	(3.5)	45	(1.2)	279	(8.5)
2 and over	3641	54	(2.0)	267	(5.7)	64	(2.9)	24	(1.0)	271	(7.4)	119	(3.3)	44	(1.1)	263	(6.7)
Males and Females:																	
2 - 19	2380	49	(2.2)	246	(4.5)	52	(3.8)	21	(1.4)	263	(6.8)	106	(5.0)	40	(1.7)	231	(6.6)
20 and over	4742	55	(2.0)	332	(4.6)	87	(3.6)	26	(1.0)	343	(6.6)	157	(4.6)	46	(0.8)	319	(7.7)
2 and over	7122	53	(1.8)	312	(3.4)	78	(3.1)	25	(0.9)	326	(5.7)	146	(3.7)	45	(0.7)	296	(5.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	3.94	(0.144)	0.32	(0.035)	8	(1.0)	3.87	(0.247)	0.76	(0.076)	20	(2.3)	3.99	(0.192)
6 - 11	383	39	(3.7)	4.88	(0.243)	0.50	(0.081)	10	(1.6)	5.05	(0.415)	1.29	(0.162)	26	(2.7)	4.77	(0.288)
12 - 19	531	50	(3.9)	5.56	(0.253)	1.05	(0.141)	19	(2.0)	6.05	(0.340)	2.11	(0.183)	35	(2.5)	5.08	(0.248)
20 - 39	664	65	(2.9)	6.26	(0.303)	1.50	(0.107)	24	(2.0)	6.33	(0.408)	2.33	(0.150)	37	(3.5)	6.13	(0.463)
40 - 59	715	57	(3.6)	5.86	(0.549)	1.32	(0.113)	23	(2.7)	5.66	(0.435)	2.34	(0.138)	41	(2.6)	6.13	(1.020)
60 and over	928	44	(3.5)	5.53	(0.330)	0.95	(0.111)	17	(2.1)	6.12	(0.672)	2.19	(0.169)	36	(4.3)	5.08	(0.372)
2 - 19	1174	44	(2.7)	4.99	(0.139)	0.71	(0.082)	14	(1.5)	5.32	(0.249)	1.60	(0.119)	30	(1.9)	4.73	(0.165)
20 and over	2307	56	(2.3)	5.92	(0.226)	1.29	(0.066)	22	(1.3)	6.05	(0.249)	2.30	(0.074)	38	(1.8)	5.75	(0.338)
2 and over	3481	53	(2.1)	5.69	(0.188)	1.14	(0.062)	20	(1.1)	5.90	(0.214)	2.16	(0.067)	37	(1.5)	5.45	(0.254)
Females:																	
2 - 5	280	42	(3.6)	3.56	(0.203)	0.30	(0.045)	9	(1.1)	3.64	(0.250)	0.73	(0.090)	20	(2.1)	3.50	(0.236)
6 - 11	412	52	(4.6)	4.29	(0.177)	0.51	(0.075)	12	(1.8)	4.07	(0.166)	0.97	(0.087)	24	(2.1)	4.53	(0.394)
12 - 19	514	59	(3.1)	3.47	(0.168)	0.85	(0.089)	24	(2.3)	3.66	(0.232)	1.44	(0.145)	39	(3.5)	3.19	(0.266)
20 - 39	766	65	(2.5)	3.75	(0.127)	1.05	(0.077)	28	(1.9)	3.77	(0.154)	1.62	(0.114)	43	(2.8)	3.71	(0.182)
40 - 59	786	52	(3.3)	4.01	(0.228)	0.80	(0.060)	20	(2.0)	3.89	(0.299)	1.53	(0.125)	39	(4.4)	4.13	(0.265)
60 and over	883	44	(3.6)	3.81	(0.225)	0.66	(0.077)	17	(2.4)	3.82	(0.255)	1.50	(0.136)	39	(3.5)	3.80	(0.268)
2 - 19	1206	53	(2.9)	3.77	(0.099)	0.62	(0.053)	16	(1.4)	3.79	(0.129)	1.16	(0.078)	31	(1.8)	3.73	(0.183)
20 and over	2435	54	(2.1)	3.85	(0.129)	0.85	(0.040)	22	(1.2)	3.82	(0.156)	1.56	(0.066)	41	(1.9)	3.89	(0.149)
2 and over	3641	54	(2.0)	3.83	(0.092)	0.79	(0.038)	21	(1.1)	3.82	(0.115)	1.47	(0.062)	39	(1.7)	3.86	(0.126)
Males and Females:																	
2 - 19	2380	49	(2.2)	4.39	(0.108)	0.67	(0.057)	15	(1.2)	4.51	(0.148)	1.37	(0.087)	30	(1.5)	4.28	(0.127)
20 and over	4742	55	(2.0)	4.84	(0.137)	1.06	(0.046)	22	(1.0)	4.91	(0.167)	1.92	(0.058)	39	(1.3)	4.77	(0.183)
2 and over	7122	53	(1.8)	4.74	(0.116)	0.96	(0.041)	20	(0.9)	4.82	(0.144)	1.80	(0.055)	37	(1.1)	4.64	(0.149)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	80.3	(12.69)	4.3	(0.79)	5*	(1.2)	89.0	(26.10)	10.2	(1.89)	11*	(3.7)	74.0	(5.21)
6 - 11	383	39	(3.7)	77.2	(6.88)	3.9	(0.69)	5*	(1.1)	63.2	(6.50)	10.2	(1.72)	16	(2.8)	85.9	(10.78)
12 - 19	531	50	(3.9)	70.0	(5.96)	9.2	(2.20)	13	(3.5)	64.9	(5.79)	18.5	(3.77)	29	(5.8)	75.0	(10.89)
20 - 39	664	65	(2.9)	76.9	(4.42)	12.9	(1.40)	17	(1.6)	72.5	(5.12)	19.9	(2.25)	27	(2.3)	84.9	(8.10)
40 - 59	715	57	(3.6)	84.8	(5.60)	16.1	(2.52)	19	(2.2)	87.3	(9.04)	28.5	(4.22)	33	(3.3)	81.6	(6.46)
60 and over	928	44	(3.5)	79.5	(4.41)	6.7	(1.04)	8	(1.4)	74.8	(5.78)	15.4	(1.69)	21	(2.1)	83.2	(6.63)
2 - 19	1174	44	(2.7)	74.5	(4.85)	6.4	(1.04)	9	(1.6)	69.3	(7.03)	14.5	(1.96)	21	(3.6)	78.7	(5.70)
20 and over	2307	56	(2.3)	80.4	(3.05)	12.3	(1.18)	15	(1.3)	78.3	(4.08)	22.0	(2.15)	28	(1.9)	83.1	(4.06)
2 and over	3481	53	(2.1)	79.0	(2.99)	10.8	(1.00)	14	(1.2)	76.4	(3.89)	20.4	(1.87)	27	(1.6)	81.8	(3.99)
Females:																	
2 - 5	280	42	(3.6)	86.4	(5.68)	5.6*	(1.96)	6*	(2.2)	78.9	(8.02)	13.4*	(4.50)	17	(4.8)	91.8	(9.94)
6 - 11	412	52	(4.6)	76.2	(7.93)	7.4*	(2.33)	10	(2.3)	78.7	(14.53)	14.2	(3.77)	18	(2.7)	73.5	(4.39)
12 - 19	514	59	(3.1)	59.0	(3.57)	9.1	(1.43)	15	(2.0)	58.6	(5.17)	15.4	(2.62)	26	(3.6)	59.6	(4.92)
20 - 39	766	65	(2.5)	71.0	(3.89)	12.8	(1.21)	18	(1.4)	70.6	(4.96)	19.8	(1.60)	28	(2.2)	71.6	(3.98)
40 - 59	786	52	(3.3)	73.2	(3.98)	8.8	(0.98)	12	(1.2)	67.1	(3.25)	16.8	(1.77)	25	(2.5)	79.9	(6.66)
60 and over	883	44	(3.6)	73.4	(2.93)	6.5	(0.89)	9	(1.3)	66.0	(4.98)	14.9	(1.87)	22	(2.8)	79.2	(4.07)
2 - 19	1206	53	(2.9)	70.7	(3.33)	7.8	(1.09)	11	(1.2)	68.7	(5.88)	14.7	(1.75)	21	(2.1)	73.0	(3.67)
20 and over	2435	54	(2.1)	72.5	(2.19)	9.6	(0.59)	13	(0.6)	68.3	(2.85)	17.6	(1.05)	26	(1.1)	77.4	(2.72)
2 and over	3641	54	(2.0)	72.1	(1.89)	9.2	(0.51)	13	(0.5)	68.4	(2.72)	17.0	(0.90)	25	(1.2)	76.4	(1.88)
Males and Females:																	
2 - 19	2380	49	(2.2)	72.7	(3.54)	7.1	(0.74)	10	(1.0)	69.0	(5.35)	14.6	(1.24)	21	(2.2)	76.2	(3.88)
20 and over	4742	55	(2.0)	76.3	(2.35)	10.9	(0.74)	14	(0.8)	73.2	(2.97)	19.8	(1.31)	27	(1.3)	80.1	(2.39)
2 and over	7122	53	(1.8)	75.4	(2.21)	10.0	(0.60)	13	(0.7)	72.3	(2.85)	18.6	(1.10)	26	(1.2)	79.1	(2.29)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	5.5	(0.24)	0.2	(0.04)	3*	(0.8)	5.3	(0.61)	0.5	(0.09)	9*	(2.1)	5.7	(0.39)
6 - 11	383	39	(3.7)	5.3	(0.25)	0.2	(0.04)	4*	(0.6)	4.8	(0.39)	0.6	(0.10)	11*	(1.4)	5.6	(0.30)
12 - 19	531	50	(3.9)	5.0	(0.27)	0.5	(0.16)	11	(3.1)	5.0	(0.43)	1.1	(0.29)	22	(5.5)	5.0	(0.41)
20 - 39	664	65	(2.9)	4.6	(0.28)	0.8	(0.10)	19	(1.8)	4.7	(0.41)	1.3	(0.16)	28	(3.5)	4.4	(0.44)
40 - 59	715	57	(3.6)	4.3	(0.31)	0.8	(0.07)	17	(2.0)	4.3	(0.32)	1.3	(0.09)	31	(2.1)	4.4	(0.48)
60 and over	928	44	(3.5)	5.5	(0.55)	0.7	(0.16)	14	(2.4)	4.9	(0.41)	1.7	(0.32)	35	(4.4)	6.0	(0.89)
2 - 19	1174	44	(2.7)	5.2	(0.12)	0.4	(0.08)	7	(1.5)	5.0	(0.31)	0.8	(0.16)	16	(2.9)	5.4	(0.25)
20 and over	2307	56	(2.3)	4.8	(0.17)	0.8	(0.06)	17	(1.2)	4.6	(0.20)	1.4	(0.09)	31	(1.7)	5.0	(0.31)
2 and over	3481	53	(2.1)	4.9	(0.14)	0.7	(0.05)	14	(0.9)	4.7	(0.15)	1.3	(0.08)	27	(1.5)	5.1	(0.21)
Females:																	
2 - 5	280	42	(3.6)	5.1	(0.32)	0.4	(0.10)	7*	(1.8)	5.4	(0.52)	0.9	(0.22)	16*	(3.1)	4.9	(0.27)
6 - 11	412	52	(4.6)	4.7	(0.22)	0.2	(0.02)	5*	(0.6)	4.1	(0.30)	0.4	(0.04)	10	(1.1)	5.3	(0.50)
12 - 19	514	59	(3.1)	3.3	(0.24)	0.4	(0.07)	12	(2.0)	2.9	(0.24)	0.7	(0.12)	23	(3.4)	3.8	(0.42)
20 - 39	766	65	(2.5)	3.5	(0.24)	0.8	(0.08)	21	(2.3)	3.4	(0.23)	1.2	(0.10)	35	(2.8)	3.9	(0.39)
40 - 59	786	52	(3.3)	3.7	(0.24)	0.5	(0.06)	14	(1.6)	3.2	(0.29)	1.0	(0.13)	31	(3.5)	4.2	(0.27)
60 and over	883	44	(3.6)	3.9	(0.29)	0.5	(0.08)	13	(2.1)	3.5	(0.31)	1.1	(0.18)	32	(4.0)	4.2	(0.35)
2 - 19	1206	53	(2.9)	4.1	(0.14)	0.3	(0.03)	8	(0.8)	3.7	(0.18)	0.6	(0.05)	17	(1.3)	4.6	(0.23)
20 and over	2435	54	(2.1)	3.7	(0.18)	0.6	(0.04)	16	(1.3)	3.4	(0.16)	1.1	(0.07)	33	(1.7)	4.1	(0.26)
2 and over	3641	54	(2.0)	3.8	(0.14)	0.5	(0.03)	14	(0.9)	3.4	(0.14)	1.0	(0.05)	29	(1.4)	4.2	(0.21)
Males and Females:																	
2 - 19	2380	49	(2.2)	4.7	(0.12)	0.3	(0.05)	7	(1.1)	4.3	(0.19)	0.7	(0.10)	16	(2.0)	5.0	(0.19)
20 and over	4742	55	(2.0)	4.2	(0.14)	0.7	(0.04)	16	(1.0)	4.0	(0.12)	1.2	(0.06)	32	(1.3)	4.5	(0.24)
2 and over	7122	53	(1.8)	4.3	(0.12)	0.6	(0.03)	14	(0.8)	4.0	(0.10)	1.1	(0.05)	28	(1.0)	4.7	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	6.0	(0.24)	0.9	(0.14)	14	(2.2)	6.5	(0.45)	2.1	(0.30)	32	(4.2)	5.6	(0.18)
6 - 11	383	39	(3.7)	9.0	(1.10)	0.9	(0.09)	10	(1.5)	8.5	(0.87)	2.3	(0.16)	27	(2.8)	9.3	(1.46)
12 - 19	531	50	(3.9)	8.6	(0.36)	2.1	(0.27)	24	(3.2)	10.0	(0.59)	4.1	(0.37)	42	(3.3)	7.2	(0.46)
20 - 39	664	65	(2.9)	10.2	(0.51)	2.7	(0.24)	27	(2.6)	10.3	(0.45)	4.3	(0.31)	41	(2.6)	10.0	(0.96)
40 - 59	715	57	(3.6)	11.4	(0.69)	2.8	(0.29)	25	(2.2)	12.2	(0.83)	5.0	(0.33)	41	(2.4)	10.4	(0.91)
60 and over	928	44	(3.5)	9.7	(0.24)	1.7	(0.19)	17	(2.0)	10.2	(0.42)	3.8	(0.29)	38	(2.4)	9.4	(0.33)
2 - 19	1174	44	(2.7)	8.2	(0.33)	1.4	(0.14)	17	(1.9)	8.9	(0.32)	3.2	(0.20)	36	(2.1)	7.6	(0.55)
20 and over	2307	56	(2.3)	10.5	(0.34)	2.5	(0.14)	24	(1.5)	10.9	(0.36)	4.4	(0.15)	41	(1.5)	9.9	(0.45)
2 and over	3481	53	(2.1)	9.9	(0.28)	2.2	(0.13)	22	(1.3)	10.5	(0.32)	4.2	(0.13)	40	(1.3)	9.2	(0.35)
Females:																	
2 - 5	280	42	(3.6)	5.4	(0.23)	0.7	(0.06)	13	(1.2)	5.5	(0.20)	1.6	(0.11)	29	(2.2)	5.4	(0.38)
6 - 11	412	52	(4.6)	7.4	(0.27)	1.5	(0.20)	21	(2.5)	8.3	(0.40)	2.9	(0.26)	35	(2.7)	6.5	(0.31)
12 - 19	514	59	(3.1)	7.7	(0.53)	2.0	(0.12)	25	(2.0)	7.8	(0.73)	3.3	(0.20)	42	(4.1)	7.6	(0.65)
20 - 39	766	65	(2.5)	8.9	(0.28)	2.3	(0.15)	26	(1.3)	9.1	(0.33)	3.5	(0.16)	38	(1.9)	8.5	(0.53)
40 - 59	786	52	(3.3)	8.4	(0.42)	1.7	(0.13)	20	(1.8)	8.4	(0.30)	3.2	(0.19)	39	(1.8)	8.5	(0.71)
60 and over	883	44	(3.6)	8.5	(0.36)	1.3	(0.14)	15	(1.9)	8.2	(0.42)	3.0	(0.16)	37	(2.8)	8.8	(0.43)
2 - 19	1206	53	(2.9)	7.1	(0.27)	1.5	(0.11)	22	(1.8)	7.6	(0.40)	2.9	(0.14)	38	(2.3)	6.6	(0.32)
20 and over	2435	54	(2.1)	8.6	(0.20)	1.8	(0.09)	21	(1.0)	8.6	(0.18)	3.3	(0.10)	38	(1.5)	8.6	(0.35)
2 and over	3641	54	(2.0)	8.3	(0.18)	1.7	(0.08)	21	(0.9)	8.4	(0.21)	3.2	(0.10)	38	(1.4)	8.2	(0.25)
Males and Females:																	
2 - 19	2380	49	(2.2)	7.7	(0.21)	1.5	(0.11)	19	(1.5)	8.2	(0.24)	3.0	(0.13)	37	(1.6)	7.2	(0.36)
20 and over	4742	55	(2.0)	9.5	(0.19)	2.1	(0.11)	22	(1.1)	9.8	(0.18)	3.9	(0.10)	40	(1.2)	9.2	(0.30)
2 and over	7122	53	(1.8)	9.1	(0.16)	2.0	(0.09)	22	(1.0)	9.4	(0.18)	3.7	(0.09)	39	(1.1)	8.7	(0.21)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	50.7	(3.52)	7.2	(1.22)	14	(2.3)	49.8	(6.26)	17.2	(3.08)	35	(4.8)	51.3	(4.17)
6 - 11	383	39	(3.7)	72.7	(8.61)	9.2	(1.23)	13	(2.3)	88.4	(23.11)	23.8	(2.88)	27	(7.5)	62.9	(5.75)
12 - 19	531	50	(3.9)	78.5	(5.36)	25.6	(3.93)	33	(4.7)	95.6	(6.59)	51.5	(6.28)	54	(5.3)	61.5	(7.47)
20 - 39	664	65	(2.9)	110.4	(6.63)	35.3	(3.35)	32	(2.6)	116.5	(9.25)	54.7	(4.61)	47	(3.0)	99.4	(9.32)
40 - 59	715	57	(3.6)	146.5	(16.37)	49.4	(7.60)	34	(3.9)	149.9	(12.48)	87.4	(11.56)	58	(3.9)	142.0	(26.97)
60 and over	928	44	(3.5)	123.4	(7.25)	23.1	(4.42)	19	(3.3)	118.4	(9.00)	53.2	(7.73)	45	(4.8)	127.3	(10.35)
2 - 19	1174	44	(2.7)	70.7	(4.83)	16.3	(1.87)	23	(3.0)	84.3	(7.46)	36.7	(3.20)	43	(5.4)	59.7	(3.52)
20 and over	2307	56	(2.3)	126.9	(8.04)	36.9	(3.04)	29	(1.9)	128.9	(6.78)	66.1	(4.34)	51	(2.0)	124.3	(11.21)
2 and over	3481	53	(2.1)	112.8	(7.05)	31.8	(2.45)	28	(1.9)	119.6	(6.57)	60.0	(3.83)	50	(2.2)	105.2	(8.37)
Females:																	
2 - 5	280	42	(3.6)	49.9	(4.45)	6.7	(1.24)	13	(2.2)	48.2	(3.94)	16.1	(2.80)	33	(5.2)	51.1	(6.39)
6 - 11	412	52	(4.6)	69.0	(6.37)	15.2	(1.74)	22	(2.4)	68.3	(5.35)	29.2	(2.64)	43	(3.0)	69.7	(12.38)
12 - 19	514	59	(3.1)	84.8	(6.29)	24.7	(2.46)	29	(2.7)	90.1	(7.63)	41.8	(4.55)	46	(5.1)	77.2	(8.32)
20 - 39	766	65	(2.5)	142.6	(18.36)	39.1	(3.91)	27	(3.7)	152.2	(27.93)	60.2	(5.55)	40	(7.7)	124.7	(11.22)
40 - 59	786	52	(3.3)	126.5	(7.26)	31.1	(3.11)	25	(2.6)	116.8	(4.39)	59.3	(5.89)	51	(4.2)	137.1	(13.48)
60 and over	883	44	(3.6)	114.8	(4.71)	22.8	(2.20)	20	(2.1)	112.5	(7.41)	52.0	(4.07)	46	(3.7)	116.5	(7.76)
2 - 19	1206	53	(2.9)	72.0	(3.65)	17.6	(1.27)	25	(1.5)	75.8	(3.50)	33.3	(2.21)	44	(3.0)	67.7	(5.50)
20 and over	2435	54	(2.1)	128.6	(6.34)	31.4	(1.34)	24	(1.4)	130.8	(11.22)	57.9	(2.61)	44	(4.4)	126.0	(5.38)
2 and over	3641	54	(2.0)	115.8	(5.39)	28.3	(1.17)	24	(1.2)	118.6	(9.22)	52.4	(2.28)	44	(3.8)	112.5	(4.60)
Males and Females:																	
2 - 19	2380	49	(2.2)	71.3	(3.39)	16.9	(1.32)	24	(2.0)	79.8	(4.37)	34.9	(2.13)	44	(3.4)	63.3	(3.57)
20 and over	4742	55	(2.0)	127.8	(6.82)	34.1	(1.85)	27	(1.3)	129.9	(8.68)	61.9	(2.46)	48	(2.7)	125.2	(5.78)
2 and over	7122	53	(1.8)	114.4	(5.91)	30.0	(1.55)	26	(1.3)	119.1	(7.66)	56.1	(2.24)	47	(2.5)	108.9	(4.83)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1011	(54.8)	88	(12.2)	9	(1.2)	1045	(138.4)	210	(25.8)	20	(2.8)	987	(36.8)
6 - 11	383	39	(3.7)	1066	(45.5)	106	(9.3)	10	(0.8)	1018	(42.0)	276	(19.3)	27	(1.4)	1096	(57.7)
12 - 19	531	50	(3.9)	1079	(32.2)	229	(25.9)	21	(2.2)	1127	(43.7)	461	(29.0)	41	(2.4)	1032	(50.2)
20 - 39	664	65	(2.9)	1138	(27.2)	330	(25.7)	29	(1.9)	1199	(47.6)	512	(29.9)	43	(2.6)	1027	(54.4)
40 - 59	715	57	(3.6)	1110	(47.4)	272	(24.3)	24	(2.0)	1129	(45.0)	481	(32.0)	43	(1.7)	1086	(77.7)
60 and over	928	44	(3.5)	981	(31.0)	141	(18.5)	14	(1.7)	1026	(63.8)	325	(29.2)	32	(2.0)	946	(34.6)
2 - 19	1174	44	(2.7)	1060	(19.3)	159	(13.0)	15	(1.3)	1079	(38.7)	358	(16.8)	33	(1.5)	1045	(33.5)
20 and over	2307	56	(2.3)	1084	(19.1)	257	(14.1)	24	(1.2)	1136	(21.9)	460	(16.3)	40	(1.4)	1019	(30.0)
2 and over	3481	53	(2.1)	1078	(16.9)	232	(12.1)	22	(1.1)	1124	(19.4)	439	(14.2)	39	(1.2)	1027	(24.1)
Females:																	
2 - 5	280	42	(3.6)	906	(46.3)	89	(14.0)	10	(1.4)	949	(64.5)	213	(26.2)	22	(2.5)	876	(47.4)
6 - 11	412	52	(4.6)	957	(32.5)	126	(16.3)	13	(1.6)	931	(49.3)	242	(22.1)	26	(1.9)	987	(59.2)
12 - 19	514	59	(3.1)	813	(27.2)	197	(15.2)	24	(1.8)	820	(32.0)	334	(16.9)	41	(1.9)	804	(46.7)
20 - 39	766	65	(2.5)	898	(26.0)	230	(10.8)	26	(1.1)	914	(33.3)	354	(17.1)	39	(1.6)	866	(39.4)
40 - 59	786	52	(3.3)	858	(36.4)	171	(11.5)	20	(1.4)	845	(34.7)	327	(19.7)	39	(2.2)	873	(53.9)
60 and over	883	44	(3.6)	808	(29.2)	109	(12.1)	14	(1.5)	769	(32.2)	249	(16.6)	32	(1.5)	839	(38.1)
2 - 19	1206	53	(2.9)	882	(14.3)	150	(12.2)	17	(1.3)	878	(21.3)	283	(15.9)	32	(1.6)	886	(26.5)
20 and over	2435	54	(2.1)	857	(19.0)	173	(6.1)	20	(0.8)	856	(24.9)	319	(10.0)	37	(1.0)	858	(29.5)
2 and over	3641	54	(2.0)	863	(15.2)	168	(6.5)	19	(0.8)	861	(21.5)	311	(10.2)	36	(1.0)	865	(23.2)
Males and Females:																	
2 - 19	2380	49	(2.2)	973	(13.9)	154	(9.9)	16	(1.0)	972	(19.3)	318	(14.4)	33	(1.3)	974	(25.8)
20 and over	4742	55	(2.0)	966	(14.6)	213	(8.3)	22	(0.9)	992	(16.0)	388	(8.3)	39	(0.9)	934	(22.4)
2 and over	7122	53	(1.8)	968	(13.1)	199	(7.0)	21	(0.7)	988	(12.1)	373	(8.0)	38	(0.8)	945	(19.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	1181	(32.5)	150	(18.5)	13	(1.6)	1213	(85.1)	358	(38.2)	30	(2.7)	1158	(46.6)
6 - 11	383	39	(3.7)	1322	(43.6)	172	(14.7)	13	(1.2)	1370	(49.1)	447	(25.9)	33	(1.8)	1292	(50.0)
12 - 19	531	50	(3.9)	1497	(50.4)	386	(47.5)	26	(2.8)	1645	(58.9)	775	(56.8)	47	(2.4)	1351	(71.5)
20 - 39	664	65	(2.9)	1630	(36.4)	523	(42.3)	32	(2.4)	1695	(64.0)	811	(50.4)	48	(2.7)	1512	(66.6)
40 - 59	715	57	(3.6)	1667	(49.6)	468	(39.2)	28	(2.1)	1722	(55.2)	828	(42.6)	48	(1.5)	1595	(85.3)
60 and over	928	44	(3.5)	1474	(35.0)	277	(33.2)	19	(2.1)	1569	(65.4)	636	(49.0)	41	(2.2)	1401	(52.2)
2 - 19	1174	44	(2.7)	1372	(25.5)	265	(24.5)	19	(1.7)	1479	(39.7)	597	(31.9)	40	(1.7)	1287	(39.5)
20 and over	2307	56	(2.3)	1600	(19.0)	435	(24.7)	27	(1.4)	1678	(28.6)	779	(22.9)	46	(1.4)	1502	(35.3)
2 and over	3481	53	(2.1)	1543	(17.6)	393	(21.8)	25	(1.3)	1636	(24.2)	741	(19.6)	45	(1.1)	1438	(23.4)
Females:																	
2 - 5	280	42	(3.6)	1026	(39.1)	131	(16.8)	13	(1.4)	1092	(51.6)	314	(24.4)	29	(2.2)	978	(38.1)
6 - 11	412	52	(4.6)	1203	(28.0)	218	(27.7)	18	(2.1)	1245	(38.7)	418	(27.1)	34	(1.6)	1157	(52.7)
12 - 19	514	59	(3.1)	1100	(43.1)	319	(16.0)	29	(1.6)	1163	(53.3)	539	(23.4)	46	(2.3)	1010	(46.5)
20 - 39	766	65	(2.5)	1237	(26.6)	374	(19.7)	30	(1.4)	1275	(34.1)	576	(28.8)	45	(1.9)	1166	(39.7)
40 - 59	786	52	(3.3)	1180	(50.1)	288	(20.8)	24	(1.9)	1195	(42.5)	550	(37.8)	46	(2.7)	1164	(68.6)
60 and over	883	44	(3.6)	1175	(36.6)	201	(20.7)	17	(1.8)	1144	(39.9)	459	(20.0)	40	(1.5)	1199	(46.0)
2 - 19	1206	53	(2.9)	1119	(21.9)	244	(16.9)	22	(1.4)	1178	(28.4)	461	(16.1)	39	(1.2)	1052	(26.9)
20 and over	2435	54	(2.1)	1199	(25.5)	292	(11.9)	24	(1.1)	1216	(27.6)	539	(16.0)	44	(1.1)	1178	(33.6)
2 and over	3641	54	(2.0)	1181	(19.5)	281	(11.0)	24	(0.9)	1208	(22.5)	522	(14.1)	43	(1.0)	1149	(25.2)
Males and Females:																	
2 - 19	2380	49	(2.2)	1249	(19.9)	255	(16.4)	20	(1.2)	1319	(27.1)	525	(19.4)	40	(1.2)	1182	(27.1)
20 and over	4742	55	(2.0)	1391	(15.7)	361	(16.3)	26	(1.1)	1441	(18.9)	656	(14.9)	46	(1.0)	1330	(26.9)
2 and over	7122	53	(1.8)	1357	(13.9)	336	(13.9)	25	(0.9)	1415	(16.3)	628	(12.9)	44	(0.8)	1291	(19.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	217	(6.1)	21	(2.5)	10	(1.2)	220	(13.1)	51	(5.1)	23	(2.3)	215	(8.3)
6 - 11	383	39	(3.7)	241	(9.5)	25	(2.3)	10	(1.0)	240	(10.6)	64	(4.1)	27	(1.5)	241	(10.7)
12 - 19	531	50	(3.9)	275	(10.2)	59	(8.6)	21	(2.7)	297	(15.6)	119	(12.1)	40	(2.9)	253	(11.9)
20 - 39	664	65	(2.9)	342	(6.8)	88	(6.8)	26	(2.0)	349	(11.1)	137	(8.0)	39	(2.6)	329	(12.7)
40 - 59	715	57	(3.6)	360	(10.1)	78	(7.4)	22	(1.8)	362	(13.6)	138	(7.8)	38	(1.4)	357	(13.0)
60 and over	928	44	(3.5)	321	(7.9)	42	(4.5)	13	(1.4)	325	(13.0)	97	(6.0)	30	(1.7)	318	(10.4)
2 - 19	1174	44	(2.7)	251	(4.9)	40	(4.2)	16	(1.6)	265	(8.0)	89	(6.3)	34	(2.0)	240	(6.2)
20 and over	2307	56	(2.3)	343	(4.4)	72	(4.2)	21	(1.1)	348	(6.4)	128	(4.2)	37	(1.3)	335	(6.8)
2 and over	3481	53	(2.1)	320	(4.1)	64	(3.8)	20	(1.1)	331	(6.0)	120	(4.0)	36	(1.1)	307	(5.1)
Females:																	
2 - 5	280	42	(3.6)	194	(6.1)	20	(2.1)	10	(1.1)	197	(6.4)	48	(2.9)	24	(1.3)	192	(8.7)
6 - 11	412	52	(4.6)	228	(5.8)	36	(4.9)	16	(2.0)	230	(9.2)	68	(5.5)	30	(1.7)	225	(8.8)
12 - 19	514	59	(3.1)	219	(7.8)	53	(3.2)	24	(1.2)	223	(10.3)	89	(5.3)	40	(2.3)	213	(7.4)
20 - 39	766	65	(2.5)	272	(7.5)	65	(3.5)	24	(1.1)	271	(9.0)	101	(4.9)	37	(2.1)	275	(9.1)
40 - 59	786	52	(3.3)	271	(11.1)	48	(3.9)	18	(1.4)	263	(9.8)	92	(6.9)	35	(2.0)	279	(14.1)
60 and over	883	44	(3.6)	271	(7.9)	35	(3.4)	13	(1.3)	254	(8.4)	81	(3.0)	32	(1.3)	284	(9.7)
2 - 19	1206	53	(2.9)	217	(4.0)	40	(2.8)	18	(1.2)	221	(6.0)	75	(3.2)	34	(1.3)	211	(4.8)
20 and over	2435	54	(2.1)	271	(6.1)	50	(1.9)	19	(0.7)	264	(5.5)	93	(2.7)	35	(1.1)	280	(8.3)
2 and over	3641	54	(2.0)	259	(5.1)	48	(1.9)	19	(0.7)	255	(4.8)	89	(2.5)	35	(1.0)	264	(6.5)
Males and Females:																	
2 - 19	2380	49	(2.2)	234	(3.2)	40	(2.8)	17	(1.1)	242	(4.9)	82	(3.6)	34	(1.3)	227	(4.5)
20 and over	4742	55	(2.0)	306	(4.3)	61	(2.7)	20	(0.8)	305	(4.4)	110	(2.4)	36	(0.8)	306	(6.3)
2 and over	7122	53	(1.8)	289	(3.7)	56	(2.4)	19	(0.7)	292	(4.2)	104	(2.3)	36	(0.7)	285	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Iron

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	10.9	(0.44)	1.2	(0.15)	11	(1.3)	11.6	(0.75)	2.9	(0.35)	25	(2.6)	10.3	(0.48)
6 - 11	383	39	(3.7)	14.8	(0.63)	1.5	(0.14)	10	(1.0)	15.2	(0.79)	4.0	(0.20)	26	(1.6)	14.5	(0.81)
12 - 19	531	50	(3.9)	15.5	(0.48)	3.4	(0.41)	22	(2.7)	16.8	(0.65)	6.9	(0.50)	41	(3.3)	14.1	(0.84)
20 - 39	664	65	(2.9)	16.2	(0.34)	4.8	(0.40)	30	(2.4)	16.6	(0.58)	7.4	(0.45)	45	(2.5)	15.5	(0.79)
40 - 59	715	57	(3.6)	16.8	(0.58)	4.3	(0.39)	26	(2.3)	17.2	(0.68)	7.6	(0.37)	44	(2.3)	16.2	(1.02)
60 and over	928	44	(3.5)	15.5	(0.35)	2.6	(0.30)	17	(2.0)	15.8	(0.54)	5.9	(0.42)	37	(2.4)	15.3	(0.57)
2 - 19	1174	44	(2.7)	14.3	(0.26)	2.3	(0.21)	16	(1.5)	15.3	(0.46)	5.2	(0.28)	34	(2.1)	13.4	(0.42)
20 and over	2307	56	(2.3)	16.2	(0.23)	4.0	(0.25)	25	(1.5)	16.6	(0.34)	7.2	(0.24)	43	(1.4)	15.7	(0.39)
2 and over	3481	53	(2.1)	15.7	(0.19)	3.6	(0.22)	23	(1.4)	16.4	(0.28)	6.8	(0.23)	41	(1.3)	15.0	(0.28)
Females:																	
2 - 5	280	42	(3.6)	10.0	(0.38)	1.0	(0.12)	10	(1.2)	9.6	(0.37)	2.4	(0.22)	25	(2.1)	10.3	(0.61)
6 - 11	412	52	(4.6)	13.4	(0.40)	1.9	(0.19)	14	(1.4)	13.3	(0.47)	3.6	(0.21)	27	(1.6)	13.6	(0.72)
12 - 19	514	59	(3.1)	12.2	(0.42)	3.0	(0.16)	24	(0.9)	12.8	(0.67)	5.0	(0.19)	39	(2.3)	11.3	(0.41)
20 - 39	766	65	(2.5)	12.5	(0.28)	3.3	(0.14)	26	(1.1)	12.4	(0.29)	5.0	(0.24)	40	(1.9)	12.6	(0.54)
40 - 59	786	52	(3.3)	12.3	(0.57)	2.7	(0.21)	22	(2.0)	12.3	(0.53)	5.1	(0.31)	42	(3.0)	12.4	(0.74)
60 and over	883	44	(3.6)	12.2	(0.35)	1.8	(0.17)	15	(1.3)	11.8	(0.35)	4.2	(0.20)	35	(1.6)	12.5	(0.52)
2 - 19	1206	53	(2.9)	12.1	(0.22)	2.2	(0.13)	18	(1.0)	12.4	(0.39)	4.1	(0.15)	33	(1.3)	11.8	(0.32)
20 and over	2435	54	(2.1)	12.3	(0.27)	2.6	(0.09)	21	(0.9)	12.2	(0.25)	4.8	(0.14)	40	(1.3)	12.5	(0.44)
2 and over	3641	54	(2.0)	12.3	(0.21)	2.5	(0.09)	21	(0.8)	12.3	(0.22)	4.7	(0.13)	38	(1.2)	12.3	(0.38)
Males and Females:																	
2 - 19	2380	49	(2.2)	13.2	(0.17)	2.3	(0.14)	17	(1.1)	13.8	(0.26)	4.6	(0.19)	34	(1.3)	12.7	(0.26)
20 and over	4742	55	(2.0)	14.2	(0.19)	3.3	(0.16)	23	(1.1)	14.4	(0.23)	6.0	(0.15)	42	(1.0)	14.0	(0.29)
2 and over	7122	53	(1.8)	14.0	(0.15)	3.0	(0.14)	22	(1.0)	14.2	(0.18)	5.7	(0.15)	40	(1.0)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	7.9	(0.20)	0.8	(0.08)	11	(1.2)	7.8	(0.44)	2.0	(0.20)	26	(2.3)	7.9	(0.32)
6 - 11	383	39	(3.7)	10.3	(0.48)	1.2	(0.13)	12	(1.5)	10.3	(0.51)	3.2	(0.24)	31	(2.1)	10.3	(0.67)
12 - 19	531	50	(3.9)	11.9	(0.47)	2.9	(0.38)	25	(2.8)	13.1	(0.62)	5.9	(0.51)	45	(2.9)	10.7	(0.68)
20 - 39	664	65	(2.9)	13.2	(0.24)	4.0	(0.31)	30	(2.3)	13.5	(0.50)	6.2	(0.39)	46	(3.1)	12.7	(0.45)
40 - 59	715	57	(3.6)	13.7	(0.61)	3.7	(0.35)	27	(2.1)	13.9	(0.75)	6.5	(0.38)	47	(2.0)	13.5	(0.67)
60 and over	928	44	(3.5)	11.8	(0.29)	2.2	(0.24)	19	(2.0)	12.7	(0.51)	5.1	(0.31)	40	(2.2)	11.1	(0.43)
2 - 19	1174	44	(2.7)	10.5	(0.23)	1.9	(0.20)	18	(1.8)	11.2	(0.39)	4.3	(0.29)	39	(2.0)	9.9	(0.39)
20 and over	2307	56	(2.3)	13.0	(0.22)	3.4	(0.20)	26	(1.4)	13.5	(0.33)	6.1	(0.19)	45	(1.7)	12.4	(0.24)
2 and over	3481	53	(2.1)	12.4	(0.19)	3.0	(0.18)	24	(1.3)	13.0	(0.29)	5.7	(0.19)	44	(1.3)	11.7	(0.20)
Females:																	
2 - 5	280	42	(3.6)	7.4	(0.34)	0.7	(0.08)	10	(1.2)	7.2	(0.36)	1.8	(0.16)	24	(2.4)	7.5	(0.44)
6 - 11	412	52	(4.6)	9.0	(0.31)	1.4	(0.18)	16	(2.0)	8.9	(0.38)	2.7	(0.21)	30	(2.1)	9.2	(0.54)
12 - 19	514	59	(3.1)	8.2	(0.33)	2.3	(0.12)	27	(1.7)	8.5	(0.43)	3.8	(0.22)	45	(2.6)	7.8	(0.43)
20 - 39	766	65	(2.5)	9.5	(0.19)	2.6	(0.14)	27	(1.4)	9.4	(0.21)	4.0	(0.21)	43	(1.7)	9.7	(0.38)
40 - 59	786	52	(3.3)	9.2	(0.35)	2.2	(0.19)	24	(1.9)	9.1	(0.37)	4.3	(0.34)	47	(3.1)	9.4	(0.45)
60 and over	883	44	(3.6)	9.1	(0.35)	1.5	(0.16)	17	(1.9)	8.9	(0.34)	3.4	(0.19)	38	(2.3)	9.1	(0.44)
2 - 19	1206	53	(2.9)	8.3	(0.19)	1.6	(0.11)	20	(1.4)	8.4	(0.26)	3.1	(0.13)	37	(1.5)	8.2	(0.25)
20 and over	2435	54	(2.1)	9.3	(0.16)	2.1	(0.11)	23	(1.1)	9.2	(0.17)	3.9	(0.15)	43	(1.5)	9.4	(0.23)
2 and over	3641	54	(2.0)	9.1	(0.14)	2.0	(0.10)	22	(1.0)	9.0	(0.14)	3.8	(0.14)	42	(1.3)	9.1	(0.20)
Males and Females:																	
2 - 19	2380	49	(2.2)	9.4	(0.17)	1.8	(0.12)	19	(1.2)	9.7	(0.29)	3.7	(0.17)	38	(1.4)	9.2	(0.22)
20 and over	4742	55	(2.0)	11.1	(0.14)	2.7	(0.15)	25	(1.2)	11.3	(0.18)	5.0	(0.15)	44	(1.2)	10.8	(0.20)
2 and over	7122	53	(1.8)	10.7	(0.13)	2.5	(0.13)	24	(1.0)	10.9	(0.17)	4.7	(0.15)	43	(1.0)	10.4	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Copper

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	0.8	(0.02)	0.1	(0.01)	11	(1.3)	0.8	(0.05)	0.2	(0.02)	27	(2.7)	0.8	(0.04)
6 - 11	383	39	(3.7)	0.9	(0.05)	0.1	(0.02)	12	(2.0)	1.0	(0.07)	0.3	(0.04)	31	(2.8)	0.9	(0.05)
12 - 19	531	50	(3.9)	1.1	(0.03)	0.2	(0.03)	22	(2.9)	1.2	(0.06)	0.5	(0.05)	41	(3.1)	0.9	(0.04)
20 - 39	664	65	(2.9)	1.3	(0.04)	0.3	(0.03)	25	(2.0)	1.3	(0.04)	0.5	(0.03)	38	(2.3)	1.3	(0.06)
40 - 59	715	57	(3.6)	1.4	(0.06)	0.3	(0.04)	23	(2.1)	1.5	(0.08)	0.6	(0.04)	39	(2.2)	1.3	(0.05)
60 and over	928	44	(3.5)	1.3	(0.03)	0.2	(0.02)	15	(1.7)	1.3	(0.07)	0.4	(0.03)	33	(1.8)	1.3	(0.05)
2 - 19	1174	44	(2.7)	1.0	(0.02)	0.2	(0.02)	17	(1.8)	1.0	(0.04)	0.4	(0.03)	36	(2.2)	0.9	(0.03)
20 and over	2307	56	(2.3)	1.3	(0.03)	0.3	(0.02)	21	(1.3)	1.4	(0.04)	0.5	(0.02)	37	(1.5)	1.3	(0.04)
2 and over	3481	53	(2.1)	1.2	(0.03)	0.3	(0.02)	21	(1.2)	1.3	(0.04)	0.5	(0.02)	37	(1.2)	1.2	(0.03)
Females:																	
2 - 5	280	42	(3.6)	0.7	(0.02)	0.1	(0.01)	11	(1.1)	0.7	(0.03)	0.2	(0.01)	27	(1.6)	0.7	(0.04)
6 - 11	412	52	(4.6)	0.9	(0.03)	0.1	(0.02)	17	(2.1)	0.9	(0.04)	0.3	(0.03)	31	(1.9)	0.8	(0.03)
12 - 19	514	59	(3.1)	0.9	(0.04)	0.2	(0.01)	24	(1.2)	0.9	(0.06)	0.4	(0.02)	39	(3.0)	0.9	(0.03)
20 - 39	766	65	(2.5)	1.1	(0.03)	0.2	(0.01)	22	(1.1)	1.1	(0.03)	0.4	(0.02)	35	(1.9)	1.1	(0.05)
40 - 59	786	52	(3.3)	1.1	(0.04)	0.2	(0.02)	18	(1.7)	1.0	(0.04)	0.4	(0.03)	35	(2.3)	1.1	(0.05)
60 and over	883	44	(3.6)	1.1	(0.02)	0.1	(0.01)	12	(1.1)	1.0	(0.03)	0.3	(0.02)	30	(1.5)	1.2	(0.03)
2 - 19	1206	53	(2.9)	0.8	(0.02)	0.2	(0.01)	19	(1.2)	0.9	(0.04)	0.3	(0.01)	35	(1.4)	0.8	(0.02)
20 and over	2435	54	(2.1)	1.1	(0.02)	0.2	(0.01)	18	(0.7)	1.1	(0.02)	0.4	(0.01)	34	(1.1)	1.1	(0.03)
2 and over	3641	54	(2.0)	1.0	(0.02)	0.2	(0.01)	18	(0.7)	1.0	(0.02)	0.3	(0.01)	34	(1.1)	1.0	(0.03)
Males and Females:																	
2 - 19	2380	49	(2.2)	0.9	(0.02)	0.2	(0.01)	18	(1.2)	0.9	(0.03)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over	4742	55	(2.0)	1.2	(0.02)	0.2	(0.01)	20	(0.9)	1.2	(0.02)	0.4	(0.01)	36	(0.8)	1.2	(0.03)
2 and over	7122	53	(1.8)	1.1	(0.02)	0.2	(0.01)	19	(0.8)	1.2	(0.02)	0.4	(0.01)	36	(0.7)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	260	42	(3.3)	74.1	(2.17)	11.2	(1.50)	15	(2.0)	74.9	(4.15)	26.7	(3.44)	36	(3.6)	73.5	(3.00)
6 - 11	383	39	(3.7)	94.1	(2.73)	15.1	(1.64)	16	(1.6)	103.6	(3.72)	39.1	(2.59)	38	(2.4)	88.2	(3.03)
12 - 19	531	50	(3.9)	123.6	(4.43)	34.5	(4.62)	28	(3.6)	133.2	(5.35)	69.5	(5.82)	52	(3.6)	114.2	(7.36)
20 - 39	664	65	(2.9)	139.0	(3.55)	48.0	(4.07)	35	(2.8)	141.6	(5.78)	74.4	(4.67)	53	(2.6)	134.2	(8.79)
40 - 59	715	57	(3.6)	139.9	(3.89)	43.3	(3.42)	31	(2.2)	145.6	(4.38)	76.5	(3.22)	53	(2.1)	132.4	(5.43)
60 and over	928	44	(3.5)	125.4	(3.38)	26.6	(3.13)	21	(2.4)	132.2	(5.13)	61.2	(4.43)	46	(3.0)	120.2	(4.59)
2 - 19	1174	44	(2.7)	103.4	(1.98)	23.2	(2.44)	22	(2.3)	113.0	(3.02)	52.2	(3.34)	46	(2.6)	95.7	(3.34)
20 and over	2307	56	(2.3)	135.5	(2.07)	40.4	(2.20)	30	(1.6)	141.0	(2.93)	72.3	(1.81)	51	(1.5)	128.6	(3.36)
2 and over	3481	53	(2.1)	127.5	(1.80)	36.1	(2.02)	28	(1.5)	135.2	(2.61)	68.1	(1.78)	50	(1.3)	118.9	(2.65)
Females:																	
2 - 5	280	42	(3.6)	64.5	(2.19)	9.2	(1.07)	14	(1.4)	67.3	(2.98)	22.2	(1.91)	33	(2.5)	62.6	(3.21)
6 - 11	412	52	(4.6)	86.1	(3.14)	17.9	(2.36)	21	(2.4)	91.3	(5.01)	34.3	(2.26)	38	(2.4)	80.4	(3.57)
12 - 19	514	59	(3.1)	88.3	(3.36)	28.2	(1.66)	32	(1.6)	93.5	(5.20)	47.8	(2.61)	51	(2.7)	80.7	(2.03)
20 - 39	766	65	(2.5)	98.2	(2.24)	32.5	(1.84)	33	(1.5)	101.3	(2.85)	50.1	(2.46)	49	(2.0)	92.5	(4.47)
40 - 59	786	52	(3.3)	97.1	(3.11)	27.1	(2.00)	28	(2.2)	101.8	(3.66)	51.9	(3.35)	51	(3.3)	92.0	(4.54)
60 and over	883	44	(3.6)	90.9	(2.53)	18.9	(2.11)	21	(2.6)	93.2	(3.10)	43.1	(2.72)	46	(3.1)	89.1	(4.00)
2 - 19	1206	53	(2.9)	82.4	(1.88)	20.7	(1.60)	25	(1.6)	88.3	(3.00)	39.0	(1.75)	44	(1.4)	75.7	(1.46)
20 and over	2435	54	(2.1)	95.6	(1.49)	26.5	(1.12)	28	(1.2)	99.5	(2.12)	48.9	(1.43)	49	(1.6)	91.0	(2.09)
2 and over	3641	54	(2.0)	92.6	(1.16)	25.2	(1.04)	27	(1.1)	97.0	(1.94)	46.7	(1.30)	48	(1.4)	87.5	(1.60)
Males and Females:																	
2 - 19	2380	49	(2.2)	93.1	(1.62)	21.9	(1.60)	24	(1.5)	99.9	(2.42)	45.1	(2.03)	45	(1.6)	86.8	(2.28)
20 and over	4742	55	(2.0)	114.8	(1.07)	33.2	(1.53)	29	(1.3)	119.7	(1.54)	60.3	(1.39)	50	(1.1)	108.7	(2.31)
2 and over	7122	53	(1.8)	109.6	(0.90)	30.5	(1.34)	28	(1.2)	115.4	(1.43)	57.0	(1.30)	49	(1.0)	103.0	(1.80)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

Potassium

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	2089	(81.8)	233	(28.8)	11	(1.3)	2133	(194.2)	555	(60.2)	26	(2.5)	2058	(65.8)
6 - 11	383	39	(3.7)	2125	(56.3)	248	(24.4)	12	(1.1)	2192	(102.5)	642	(49.7)	29	(2.2)	2084	(61.1)
12 - 19	531	50	(3.9)	2434	(86.1)	582	(90.9)	24	(3.4)	2623	(115.8)	1170	(131.6)	45	(3.8)	2247	(126.7)
20 - 39	664	65	(2.9)	2828	(52.1)	827	(73.8)	29	(2.3)	2850	(89.0)	1281	(88.1)	45	(2.4)	2790	(129.7)
40 - 59	715	57	(3.6)	3042	(89.0)	774	(74.2)	25	(2.0)	3105	(131.2)	1370	(88.5)	44	(1.5)	2961	(103.2)
60 and over	928	44	(3.5)	2944	(75.9)	456	(49.1)	15	(1.7)	2966	(101.7)	1048	(63.3)	35	(1.9)	2926	(105.0)
2 - 19	1174	44	(2.7)	2259	(49.8)	397	(44.4)	18	(1.9)	2401	(85.8)	895	(69.0)	37	(2.6)	2146	(65.8)
20 and over	2307	56	(2.3)	2937	(37.3)	706	(41.1)	24	(1.3)	2967	(44.3)	1263	(44.7)	43	(1.2)	2898	(72.6)
2 and over	3481	53	(2.1)	2767	(35.9)	629	(37.1)	23	(1.2)	2849	(49.0)	1186	(41.0)	42	(1.2)	2676	(48.8)
Females:																	
2 - 5	280	42	(3.6)	1902	(61.9)	228	(28.9)	12	(1.5)	1947	(69.0)	547	(42.3)	28	(1.9)	1869	(94.7)
6 - 11	412	52	(4.6)	2051	(64.8)	365	(58.0)	18	(2.6)	2152	(84.6)	700	(67.6)	33	(2.4)	1941	(114.0)
12 - 19	514	59	(3.1)	1885	(59.9)	508	(31.6)	27	(1.4)	1932	(91.2)	860	(60.3)	44	(2.5)	1816	(64.8)
20 - 39	766	65	(2.5)	2309	(65.4)	634	(35.3)	27	(1.2)	2304	(65.0)	976	(48.9)	42	(2.1)	2319	(77.1)
40 - 59	786	52	(3.3)	2320	(93.3)	470	(34.4)	20	(1.6)	2272	(92.0)	897	(61.1)	39	(2.6)	2372	(116.1)
60 and over	883	44	(3.6)	2347	(70.8)	357	(36.4)	15	(1.7)	2231	(83.5)	814	(37.0)	36	(2.0)	2437	(79.2)
2 - 19	1206	53	(2.9)	1944	(33.9)	400	(30.1)	21	(1.4)	2008	(56.2)	754	(32.2)	38	(1.3)	1873	(49.3)
20 and over	2435	54	(2.1)	2324	(52.8)	494	(18.3)	21	(0.9)	2276	(45.5)	910	(25.7)	40	(1.3)	2382	(70.5)
2 and over	3641	54	(2.0)	2238	(41.5)	473	(18.0)	21	(0.8)	2216	(38.5)	875	(22.3)	40	(1.0)	2264	(53.9)
Males and Females:																	
2 - 19	2380	49	(2.2)	2105	(32.7)	398	(26.8)	19	(1.2)	2192	(49.5)	820	(34.0)	37	(1.6)	2024	(46.3)
20 and over	4742	55	(2.0)	2618	(37.5)	595	(26.9)	23	(1.0)	2612	(35.4)	1082	(25.8)	41	(0.9)	2625	(58.1)
2 and over	7122	53	(1.8)	2496	(31.2)	549	(23.5)	22	(0.9)	2522	(34.9)	1026	(23.0)	41	(0.8)	2467	(41.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	2342	(93.5)	395	(52.4)	17	(2.1)	2438	(151.8)	942	(122.4)	39	(3.6)	2273	(128.8)
6 - 11	383	39	(3.7)	3052	(99.9)	495	(48.2)	16	(1.5)	3250	(154.3)	1282	(90.1)	39	(1.9)	2928	(108.4)
12 - 19	531	50	(3.9)	3737	(101.0)	1121	(122.3)	30	(3.2)	4172	(120.4)	2255	(157.0)	54	(3.2)	3308	(177.3)
20 - 39	664	65	(2.9)	4306	(109.3)	1573	(142.9)	37	(2.9)	4539	(161.9)	2437	(174.7)	54	(3.0)	3883	(249.1)
40 - 59	715	57	(3.6)	4213	(121.2)	1454	(120.3)	35	(2.4)	4575	(171.4)	2572	(134.1)	56	(1.9)	3742	(124.0)
60 and over	928	44	(3.5)	3756	(75.1)	865	(104.1)	23	(2.7)	4150	(155.0)	1987	(152.4)	48	(3.0)	3453	(137.8)
2 - 19	1174	44	(2.7)	3215	(69.2)	760	(64.9)	24	(2.0)	3560	(99.0)	1712	(88.0)	48	(2.1)	2940	(90.5)
20 and over	2307	56	(2.3)	4121	(57.1)	1334	(81.3)	32	(1.8)	4468	(75.4)	2389	(82.0)	53	(1.6)	3681	(100.4)
2 and over	3481	53	(2.1)	3895	(48.4)	1191	(69.4)	31	(1.5)	4278	(74.5)	2247	(67.4)	53	(1.3)	3462	(63.2)
Females:																	
2 - 5	280	42	(3.6)	1994	(56.6)	325	(35.7)	16	(1.6)	2114	(69.3)	779	(69.6)	37	(2.8)	1908	(102.4)
6 - 11	412	52	(4.6)	2742	(99.6)	619	(66.4)	23	(2.4)	2939	(179.2)	1186	(57.9)	40	(2.6)	2527	(118.3)
12 - 19	514	59	(3.1)	2873	(112.0)	969	(56.7)	34	(1.7)	3114	(164.3)	1641	(99.4)	53	(2.0)	2525	(87.1)
20 - 39	766	65	(2.5)	3238	(56.1)	1152	(71.1)	36	(1.8)	3396	(83.9)	1775	(97.3)	52	(2.2)	2946	(81.6)
40 - 59	786	52	(3.3)	2906	(112.1)	870	(56.1)	30	(2.2)	3061	(114.5)	1662	(99.7)	54	(3.1)	2736	(142.8)
60 and over	883	44	(3.6)	2782	(66.8)	613	(65.2)	22	(2.3)	2933	(97.3)	1397	(72.9)	48	(2.2)	2664	(83.5)
2 - 19	1206	53	(2.9)	2639	(68.3)	712	(50.0)	27	(1.8)	2886	(113.1)	1344	(63.6)	47	(1.6)	2361	(55.6)
20 and over	2435	54	(2.1)	2987	(46.2)	892	(40.5)	30	(1.3)	3172	(60.9)	1645	(55.8)	52	(1.6)	2767	(61.1)
2 and over	3641	54	(2.0)	2908	(38.5)	852	(37.0)	29	(1.2)	3108	(57.7)	1578	(51.3)	51	(1.3)	2673	(44.9)
Males and Females:																	
2 - 19	2380	49	(2.2)	2934	(54.4)	737	(44.8)	25	(1.4)	3201	(93.6)	1516	(59.2)	47	(1.3)	2682	(65.9)
20 and over	4742	55	(2.0)	3531	(38.5)	1104	(56.4)	31	(1.4)	3803	(53.4)	2007	(59.1)	53	(1.2)	3198	(64.8)
2 and over	7122	53	(1.8)	3389	(34.8)	1017	(47.2)	30	(1.2)	3673	(57.2)	1901	(52.4)	52	(0.9)	3062	(45.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	260	42	(3.3)	11.1*	(3.42)	2.8*	(1.42)	25*	(8.5)	14.9*	(5.09)	6.6*	(3.18)	--		8.4*	(2.85)
6 - 11	383	39	(3.7)	17.6	(2.88)	2.8	(0.30)	16	(2.5)	22.6	(3.13)	7.3	(0.97)	32	(5.2)	14.4	(3.74)
12 - 19	531	50	(3.9)	50.5	(4.11)	14.3	(2.84)	28	(4.5)	74.1	(7.34)	28.7	(4.15)	39	(4.6)	27.2	(3.50)
20 - 39	664	65	(2.9)	143.1	(9.71)	31.7	(4.70)	22	(2.9)	145.1	(10.02)	49.1	(6.79)	34	(3.1)	139.5	(18.69)
40 - 59	715	57	(3.6)	210.7	(14.60)	33.4	(5.94)	16	(2.8)	211.4	(20.26)	59.1	(10.41)	28	(4.8)	209.8	(15.36)
60 and over	928	44	(3.5)	210.3	(6.49)	24.4	(3.45)	12	(1.8)	202.0	(12.97)	56.0	(8.52)	28	(4.3)	216.6	(11.61)
2 - 19	1174	44	(2.7)	31.3	(2.94)	8.0	(1.47)	26	(3.6)	47.5	(5.44)	18.1	(2.64)	38	(3.7)	18.4	(1.98)
20 and over	2307	56	(2.3)	185.8	(6.64)	30.3	(2.43)	16	(1.2)	181.2	(7.86)	54.2	(5.27)	30	(2.4)	191.5	(8.57)
2 and over	3481	53	(2.1)	147.2	(5.36)	24.7	(1.83)	17	(1.1)	153.3	(6.39)	46.7	(3.85)	30	(2.3)	140.4	(7.58)
Females:																	
2 - 5	280	42	(3.6)	6.4	(1.19)	0.5	(0.14)	8*	(1.6)	7.0	(1.67)	1.2	(0.31)	--		5.9	(1.24)
6 - 11	412	52	(4.6)	13.7	(1.46)	4.7	(0.75)	35	(3.7)	17.8	(2.14)	9.0	(1.35)	51	(4.2)	9.1	(1.58)
12 - 19	514	59	(3.1)	34.1	(2.99)	13.0	(2.55)	38	(5.7)	38.1	(3.66)	22.1	(4.25)	58	(7.3)	28.2	(4.14)
20 - 39	766	65	(2.5)	119.1	(8.38)	32.6	(2.65)	27	(1.9)	115.9	(8.83)	50.2	(4.06)	43	(3.1)	125.2	(17.40)
40 - 59	786	52	(3.3)	189.8	(14.78)	26.1	(5.08)	14	(2.4)	187.3	(11.94)	49.9	(9.08)	27	(4.4)	192.7	(23.43)
60 and over	883	44	(3.6)	162.2	(9.11)	19.5	(2.21)	12	(1.4)	177.4	(17.03)	44.5	(2.49)	25	(2.7)	150.3	(9.52)
2 - 19	1206	53	(2.9)	21.2	(1.86)	7.5	(1.27)	35	(4.3)	26.1	(2.35)	14.2	(2.39)	54	(5.5)	15.7	(2.12)
20 and over	2435	54	(2.1)	156.2	(7.76)	26.4	(1.94)	17	(1.3)	154.4	(6.75)	48.7	(3.24)	32	(2.4)	158.4	(13.52)
2 and over	3641	54	(2.0)	125.7	(6.37)	22.1	(1.64)	18	(1.3)	125.9	(5.86)	41.0	(2.57)	33	(2.4)	125.4	(10.76)
Males and Females:																	
2 - 19	2380	49	(2.2)	26.4	(2.10)	7.8	(1.03)	30	(2.6)	36.1	(3.61)	16.0	(2.00)	44	(3.3)	17.2	(1.37)
20 and over	4742	55	(2.0)	170.4	(6.39)	28.3	(1.92)	17	(1.1)	167.5	(5.52)	51.4	(3.80)	31	(2.1)	174.0	(9.82)
2 and over	7122	53	(1.8)	136.2	(4.87)	23.4	(1.46)	17	(1.1)	139.1	(4.40)	43.8	(2.70)	31	(2.0)	132.8	(7.59)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	260	42	(3.3)	--		--		--		--		--		--		--	
6 - 11	383	39	(3.7)	--		--		--		--		--		--		--	
12 - 19	531	50	(3.9)	--		--		--		--		--		--		--	
20 - 39	664	65	(2.9)	17.0	(1.71)	4.0	(1.03)	24	(5.9)	20.8	(2.81)	6.2	(1.62)	30	(6.1)	10.0	(2.85)
40 - 59	715	57	(3.6)	14.6	(1.62)	3.0	(0.63)	21	(4.0)	17.0	(2.03)	5.3	(1.06)	31	(5.2)	11.6	(2.13)
60 and over	928	44	(3.5)	8.0	(0.75)	0.8*	(0.24)	10*	(2.9)	8.0	(1.56)	1.8*	(0.55)	22	(5.4)	8.0	(0.81)
2 - 19	1174	44	(2.7)	--		--		--		--		--		--		--	
20 and over	2307	56	(2.3)	13.7	(0.70)	2.8	(0.38)	20	(2.6)	16.7	(1.33)	4.9	(0.69)	30	(2.8)	9.9	(1.17)
2 and over	3481	53	(2.1)	--		--		--		--		--		--		--	
Females:																	
2 - 5	280	42	(3.6)	--		--		--		--		--		--		--	
6 - 11	412	52	(4.6)	--		--		--		--		--		--		--	
12 - 19	514	59	(3.1)	--		--		--		--		--		--		--	
20 - 39	766	65	(2.5)	7.1	(1.10)	2.6	(0.56)	37	(6.5)	7.4	(1.19)	4.0	(0.88)	54	(6.3)	6.6*	(2.32)
40 - 59	786	52	(3.3)	7.3	(0.83)	1.3	(0.28)	17	(4.3)	8.7	(1.77)	2.4	(0.56)	28*	(8.9)	5.8	(1.15)
60 and over	883	44	(3.6)	5.1	(1.31)	1.1*	(0.41)	21*	(7.9)	6.7*	(2.20)	2.4*	(0.86)	--		3.8	(0.75)
2 - 19	1206	53	(2.9)	--		--		--		--		--		--		--	
20 and over	2435	54	(2.1)	6.6	(0.67)	1.7	(0.20)	26	(3.2)	7.6	(0.93)	3.1	(0.41)	40	(5.3)	5.3	(0.94)
2 and over	3641	54	(2.0)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	2380	49	(2.2)	--		--		--		--		--		--		--	
20 and over	4742	55	(2.0)	10.0	(0.49)	2.2	(0.23)	22	(2.1)	12.0	(0.95)	4.0	(0.44)	33	(2.3)	7.4	(0.89)
2 and over	7122	53	(1.8)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from All Restaurants.

[6] 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 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 alchohol 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 [1], by Race/Ethnicity and Age, in the United States, 2017-2018

F o o d e n e r g y

Race/ethnicity and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1905	(27.3)	399	(40.1)	21	(2.0)	2100	(52.8)	824	(46.2)	39	(2.0)	1721	(40.3)
20 and over.....	1694	55	(3.0)	2162	(28.3)	557	(38.5)	26	(1.7)	2252	(37.2)	1019	(30.8)	45	(1.3)	2054	(44.2)
2 and over...	2491	53	(2.7)	2110	(22.7)	525	(33.5)	25	(1.5)	2224	(31.0)	983	(27.8)	44	(1.1)	1979	(37.0)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1903	(44.6)	433	(28.2)	23	(1.3)	2057	(60.1)	860	(42.6)	42	(1.7)	1748	(59.1)
20 and over.....	1128	56	(2.2)	2113	(28.9)	626	(40.0)	30	(1.8)	2325	(43.8)	1109	(50.3)	48	(1.7)	1838	(68.5)
2 and over...	1659	55	(2.0)	2061	(26.0)	578	(32.3)	28	(1.5)	2265	(39.8)	1053	(36.7)	47	(1.3)	1814	(54.2)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1833	(31.8)	409	(57.9)	22	(3.1)	1946	(35.6)	830	(61.8)	43	(2.8)	1723	(48.3)
20 and over.....	626	54	(3.4)	1943	(37.2)	472	(36.6)	24	(1.6)	2036	(51.6)	879	(44.3)	43	(2.1)	1836	(79.8)
2 and over...	862	53	(2.9)	1922	(33.8)	460	(30.2)	24	(1.3)	2019	(46.1)	870	(39.9)	43	(1.7)	1813	(61.5)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1854	(19.1)	449	(31.4)	24	(1.8)	2000	(47.3)	902	(28.8)	45	(1.6)	1708	(47.7)
20 and over.....	1058	56	(2.6)	2176	(52.7)	595	(39.5)	27	(2.0)	2338	(78.8)	1064	(49.9)	46	(1.8)	1969	(71.0)
2 and over...	1634	54	(2.1)	2071	(35.8)	548	(31.3)	26	(1.6)	2236	(49.0)	1015	(37.0)	45	(1.3)	1876	(59.2)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	67.3	(2.20)	14.5	(1.62)	22	(2.1)	72.8	(3.04)	30.0	(1.96)	41	(2.2)	62.2	(2.97)
20 and over.....	1694	55	(3.0)	81.7	(1.40)	22.6	(1.58)	28	(1.7)	83.7	(1.57)	41.4	(1.07)	49	(1.2)	79.4	(2.46)
2 and over...	2491	53	(2.7)	78.8	(1.41)	21.0	(1.41)	27	(1.5)	81.7	(1.59)	39.3	(1.08)	48	(1.1)	75.5	(2.04)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	62.7	(1.95)	16.6	(1.08)	27	(1.4)	67.2	(2.32)	33.0	(1.44)	49	(2.1)	58.1	(2.54)
20 and over.....	1128	56	(2.2)	76.2	(1.59)	25.3	(2.01)	33	(2.4)	81.1	(2.56)	44.8	(2.73)	55	(2.4)	69.9	(3.00)
2 and over...	1659	55	(2.0)	72.9	(1.39)	23.1	(1.57)	32	(2.0)	77.9	(2.23)	42.1	(1.98)	54	(1.8)	66.7	(2.34)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	66.0	(2.00)	16.0	(2.19)	24	(3.2)	70.1	(2.49)	32.5	(2.24)	46	(2.5)	62.0	(3.05)
20 and over.....	626	54	(3.4)	81.6	(1.96)	22.5	(1.93)	28	(2.0)	87.6	(4.39)	41.8	(2.89)	48	(2.3)	74.6	(3.56)
2 and over...	862	53	(2.9)	78.5	(1.93)	21.2	(1.64)	27	(1.7)	84.4	(4.06)	40.1	(2.69)	48	(2.1)	71.9	(2.51)
Hispanic:																	
2 - 19.....	576	50	(2.5)	66.7	(0.90)	17.6	(1.32)	26	(2.1)	71.9	(2.00)	35.3	(1.72)	49	(2.1)	61.5	(1.26)
20 and over.....	1058	56	(2.6)	85.7	(2.72)	25.4	(1.81)	30	(2.2)	92.4	(3.90)	45.4	(2.57)	49	(2.1)	77.2	(3.66)
2 and over...	1634	54	(2.1)	79.5	(1.71)	22.8	(1.52)	29	(1.9)	86.2	(2.47)	42.3	(2.03)	49	(1.7)	71.6	(2.44)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Carbohydrate

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from All Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	244	(4.0)	46	(4.7)	19	(1.8)	265	(6.6)	95	(5.4)	36	(1.7)	224	(5.0)
20 and over.....	1694	55	(3.0)	244	(4.0)	57	(4.3)	23	(1.8)	249	(5.0)	103	(4.0)	42	(1.4)	237	(5.5)
2 and over...	2491	53	(2.7)	244	(2.9)	54	(3.7)	22	(1.5)	252	(3.9)	102	(3.4)	40	(1.2)	234	(4.6)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	246	(6.0)	46	(3.2)	19	(1.1)	260	(9.3)	91	(5.1)	35	(1.5)	231	(7.2)
20 and over.....	1128	56	(2.2)	245	(4.4)	62	(3.4)	25	(1.5)	269	(4.2)	111	(4.4)	41	(1.6)	214	(8.1)
2 and over...	1659	55	(2.0)	245	(3.9)	58	(2.9)	24	(1.2)	267	(4.1)	106	(3.4)	40	(1.2)	219	(5.9)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	240	(3.5)	45	(6.3)	19	(2.8)	248	(5.1)	92	(6.8)	37	(2.8)	232	(7.3)
20 and over.....	626	54	(3.4)	242	(6.1)	49	(3.5)	20	(1.2)	242	(6.5)	91	(4.1)	37	(2.1)	241	(13.2)
2 and over...	862	53	(2.9)	241	(5.3)	48	(3.2)	20	(1.2)	243	(5.4)	91	(3.8)	37	(1.7)	239	(10.4)
Hispanic:																	
2 - 19.....	576	50	(2.5)	240	(2.9)	51	(3.9)	21	(1.7)	253	(7.5)	102	(3.4)	40	(1.5)	228	(7.8)
20 and over.....	1058	56	(2.6)	261	(4.9)	61	(3.7)	23	(1.7)	269	(7.5)	108	(4.3)	40	(1.7)	251	(7.1)
2 and over...	1634	54	(2.1)	254	(3.4)	57	(3.2)	23	(1.4)	264	(4.9)	106	(3.4)	40	(1.1)	243	(6.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	114	(2.3)	19	(2.1)	16	(1.7)	126	(4.3)	39	(2.8)	31	(2.0)	102	(2.2)
20 and over.....	1694	55	(3.0)	107	(2.2)	18	(1.5)	17	(1.3)	107	(2.7)	33	(1.5)	31	(1.2)	107	(3.1)
2 and over...	2491	53	(2.7)	108	(1.7)	18	(1.3)	17	(1.2)	110	(2.0)	34	(1.2)	31	(1.0)	106	(2.6)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	112	(3.2)	15	(1.1)	14	(1.0)	119	(5.2)	30	(2.3)	26	(1.8)	106	(3.2)
20 and over.....	1128	56	(2.2)	111	(2.7)	21	(1.5)	19	(1.5)	121	(2.8)	37	(1.8)	31	(1.6)	97	(4.8)
2 and over...	1659	55	(2.0)	111	(2.0)	19	(1.2)	18	(1.1)	120	(2.2)	35	(1.2)	29	(1.2)	99	(3.4)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	93	(4.9)	15	(2.4)	17	(2.7)	97	(5.0)	31	(3.5)	33	(3.8)	90	(9.5)
20 and over.....	626	54	(3.4)	86	(2.9)	14	(1.2)	16	(1.0)	88	(3.8)	26	(1.9)	30	(1.6)	83	(4.5)
2 and over...	862	53	(2.9)	87	(2.5)	14	(1.2)	17	(1.1)	89	(3.2)	27	(1.9)	30	(1.6)	84	(3.5)
Hispanic:																	
2 - 19.....	576	50	(2.5)	104	(2.1)	17	(1.7)	16	(1.6)	106	(4.4)	33	(2.6)	31	(1.8)	103	(4.7)
20 and over.....	1058	56	(2.6)	107	(2.9)	19	(1.2)	18	(1.1)	108	(4.3)	35	(1.9)	32	(1.6)	105	(3.0)
2 and over...	1634	54	(2.1)	106	(2.4)	18	(1.1)	17	(1.0)	108	(3.4)	34	(1.7)	32	(1.2)	104	(2.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	13.8	(0.51)	2.5	(0.34)	18	(2.1)	14.5	(0.59)	5.2	(0.48)	36	(3.0)	13.2	(0.74)
20 and over.....	1694	55	(3.0)	16.2	(0.44)	3.6	(0.29)	22	(1.7)	15.7	(0.52)	6.5	(0.31)	42	(2.0)	16.8	(0.67)
2 and over...	2491	53	(2.7)	15.7	(0.41)	3.3	(0.26)	21	(1.5)	15.5	(0.50)	6.3	(0.28)	41	(1.9)	16.0	(0.62)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	12.7	(0.47)	2.4	(0.20)	19	(1.6)	13.0	(0.59)	4.9	(0.32)	37	(3.0)	12.3	(0.46)
20 and over.....	1128	56	(2.2)	14.1	(0.27)	3.6	(0.19)	26	(1.5)	14.4	(0.42)	6.4	(0.27)	45	(2.0)	13.8	(0.52)
2 and over...	1659	55	(2.0)	13.8	(0.26)	3.3	(0.17)	24	(1.3)	14.1	(0.40)	6.1	(0.25)	43	(1.9)	13.4	(0.42)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	15.6	(0.70)	2.8	(0.40)	18	(2.6)	15.3	(0.44)	5.7	(0.39)	37	(2.6)	16.0	(1.07)
20 and over.....	626	54	(3.4)	20.4	(0.93)	3.2	(0.30)	16	(1.4)	18.5	(0.85)	6.0	(0.30)	32	(1.8)	22.7	(1.35)
2 and over...	862	53	(2.9)	19.5	(0.84)	3.1	(0.24)	16	(1.1)	17.9	(0.72)	5.9	(0.23)	33	(1.5)	21.3	(1.22)
Hispanic:																	
2 - 19.....	576	50	(2.5)	15.1	(0.49)	3.3	(0.28)	22	(2.3)	15.4	(0.64)	6.7	(0.38)	43	(2.5)	14.8	(0.73)
20 and over.....	1058	56	(2.6)	19.9	(0.61)	4.2	(0.38)	21	(2.1)	19.6	(0.73)	7.5	(0.46)	38	(2.2)	20.4	(1.10)
2 and over...	1634	54	(2.1)	18.4	(0.49)	3.9	(0.28)	21	(1.7)	18.3	(0.56)	7.3	(0.36)	40	(1.5)	18.4	(0.88)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	75.9	(1.62)	17.8	(1.81)	23	(2.3)	85.4	(3.35)	36.8	(2.30)	43	(2.4)	66.9	(1.91)
20 and over.....	1694	55	(3.0)	90.6	(1.34)	25.2	(1.63)	28	(1.7)	95.2	(1.89)	46.1	(1.20)	48	(1.3)	85.0	(2.32)
2 and over...	2491	53	(2.7)	87.6	(1.23)	23.7	(1.43)	27	(1.5)	93.4	(1.70)	44.4	(1.09)	47	(1.1)	80.9	(1.94)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	76.8	(2.04)	20.5	(1.36)	27	(1.6)	85.5	(2.30)	40.8	(2.11)	48	(2.5)	68.0	(3.16)
20 and over.....	1128	56	(2.2)	86.6	(1.77)	29.4	(2.18)	34	(2.1)	97.0	(3.06)	52.1	(2.98)	54	(1.8)	73.3	(3.06)
2 and over...	1659	55	(2.0)	84.2	(1.52)	27.2	(1.70)	32	(1.7)	94.4	(2.64)	49.6	(2.15)	53	(1.4)	71.9	(2.71)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	69.7	(2.48)	18.3	(2.82)	26	(3.5)	76.7	(2.50)	37.2	(3.20)	48	(3.2)	62.9	(2.93)
20 and over.....	626	54	(3.4)	72.0	(1.79)	20.1	(1.89)	28	(2.5)	77.9	(2.35)	37.4	(2.52)	48	(2.6)	65.2	(3.18)
2 and over...	862	53	(2.9)	71.6	(1.80)	19.8	(1.42)	28	(1.9)	77.7	(2.14)	37.4	(2.13)	48	(2.1)	64.7	(2.86)
Hispanic:																	
2 - 19.....	576	50	(2.5)	71.6	(1.24)	19.9	(1.43)	28	(2.1)	79.7	(2.46)	40.0	(1.77)	50	(2.0)	63.5	(1.92)
20 and over.....	1058	56	(2.6)	84.1	(2.56)	27.0	(1.94)	32	(2.3)	94.0	(3.92)	48.3	(2.66)	51	(2.1)	71.4	(3.63)
2 and over...	1634	54	(2.1)	80.0	(1.89)	24.7	(1.43)	31	(1.8)	89.7	(2.83)	45.8	(1.93)	51	(1.4)	68.6	(2.70)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	26.2	(0.54)	5.9	(0.58)	22	(2.1)	29.1	(1.17)	12.1	(0.75)	42	(2.0)	23.5	(0.66)
20 and over.....	1694	55	(3.0)	30.0	(0.49)	8.2	(0.53)	27	(1.7)	31.4	(0.61)	15.0	(0.40)	48	(1.1)	28.4	(0.94)
2 and over...	2491	53	(2.7)	29.2	(0.43)	7.7	(0.47)	26	(1.5)	31.0	(0.57)	14.5	(0.39)	47	(0.9)	27.3	(0.76)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	25.6	(1.08)	6.7	(0.50)	26	(1.7)	28.1	(1.14)	13.2	(0.81)	47	(2.6)	23.0	(1.61)
20 and over.....	1128	56	(2.2)	27.0	(0.57)	9.1	(0.68)	34	(2.2)	30.3	(1.08)	16.1	(0.97)	53	(2.0)	22.8	(1.05)
2 and over...	1659	55	(2.0)	26.7	(0.53)	8.5	(0.52)	32	(1.8)	29.8	(0.95)	15.4	(0.68)	52	(1.6)	22.8	(1.07)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	24.7	(0.91)	6.2	(0.93)	25	(3.6)	26.4	(1.05)	12.5	(1.05)	47	(3.0)	22.9	(1.37)
20 and over.....	626	54	(3.4)	22.0	(0.63)	6.3	(0.66)	29	(2.6)	23.7	(0.91)	11.7	(0.98)	49	(3.0)	19.9	(0.95)
2 and over...	862	53	(2.9)	22.5	(0.62)	6.3	(0.50)	28	(1.9)	24.2	(0.82)	11.9	(0.83)	49	(2.4)	20.6	(0.85)
Hispanic:																	
2 - 19.....	576	50	(2.5)	24.6	(0.56)	6.6	(0.61)	27	(2.3)	26.7	(0.94)	13.2	(0.84)	49	(2.2)	22.5	(0.63)
20 and over.....	1058	56	(2.6)	26.8	(0.78)	8.6	(0.65)	32	(2.6)	30.0	(1.10)	15.5	(0.93)	52	(2.4)	22.7	(1.22)
2 and over...	1634	54	(2.1)	26.1	(0.61)	8.0	(0.53)	31	(2.0)	29.0	(0.88)	14.8	(0.72)	51	(1.7)	22.6	(0.89)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Monounsaturated fat

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	24.9	(0.42)	5.9	(0.61)	24	(2.5)	28.1	(1.03)	12.2	(0.78)	43	(2.8)	22.0	(0.66)
20 and over.....	1694	55	(3.0)	30.9	(0.57)	8.4	(0.57)	27	(1.7)	32.5	(0.79)	15.4	(0.49)	47	(1.5)	29.0	(0.88)
2 and over...	2491	53	(2.7)	29.7	(0.51)	7.9	(0.50)	27	(1.5)	31.7	(0.69)	14.8	(0.43)	47	(1.3)	27.4	(0.73)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	25.7	(0.67)	7.0	(0.43)	27	(1.6)	28.7	(0.87)	13.8	(0.60)	48	(2.4)	22.6	(0.98)
20 and over.....	1128	56	(2.2)	29.8	(0.60)	10.1	(0.74)	34	(2.1)	33.3	(1.07)	18.0	(1.01)	54	(1.8)	25.2	(1.13)
2 and over...	1659	55	(2.0)	28.8	(0.55)	9.4	(0.60)	33	(1.8)	32.2	(0.97)	17.0	(0.77)	53	(1.4)	24.5	(1.00)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	22.6	(1.01)	6.1	(0.93)	27	(3.4)	25.0	(0.92)	12.4	(1.12)	50	(3.1)	20.2	(1.37)
20 and over.....	626	54	(3.4)	25.5	(0.75)	7.0	(0.73)	27	(2.6)	27.8	(0.86)	13.0	(0.98)	47	(2.8)	22.8	(1.28)
2 and over...	862	53	(2.9)	24.9	(0.71)	6.8	(0.54)	27	(2.0)	27.3	(0.79)	12.9	(0.80)	47	(2.3)	22.3	(1.20)
Hispanic:																	
2 - 19.....	576	50	(2.5)	23.4	(0.53)	6.6	(0.49)	28	(2.2)	26.4	(0.87)	13.3	(0.64)	50	(2.2)	20.3	(0.84)
20 and over.....	1058	56	(2.6)	28.7	(0.92)	9.2	(0.68)	32	(2.4)	32.0	(1.45)	16.4	(0.98)	51	(2.1)	24.4	(1.31)
2 and over...	1634	54	(2.1)	26.9	(0.72)	8.4	(0.49)	31	(1.9)	30.3	(1.06)	15.5	(0.70)	51	(1.5)	23.0	(1.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Polyunsaturated fat

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	17.3	(0.66)	4.4	(0.49)	26	(2.7)	20.1	(1.17)	9.1	(0.65)	45	(2.9)	14.7	(0.62)
20 and over.....	1694	55	(3.0)	21.0	(0.60)	6.2	(0.40)	30	(2.0)	22.3	(0.67)	11.3	(0.29)	51	(1.9)	19.4	(0.79)
2 and over...	2491	53	(2.7)	20.2	(0.53)	5.8	(0.35)	29	(1.8)	21.9	(0.61)	10.9	(0.24)	50	(1.7)	18.3	(0.65)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	18.3	(0.47)	5.0	(0.43)	28	(2.0)	20.8	(0.67)	10.0	(0.81)	48	(3.1)	15.7	(0.59)
20 and over.....	1128	56	(2.2)	21.6	(0.53)	7.5	(0.56)	35	(2.0)	24.3	(0.76)	13.2	(0.74)	55	(1.9)	18.1	(0.90)
2 and over...	1659	55	(2.0)	20.8	(0.43)	6.9	(0.42)	33	(1.6)	23.5	(0.62)	12.5	(0.50)	53	(1.4)	17.4	(0.66)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	15.3	(0.75)	4.4	(0.76)	29	(4.0)	17.7	(0.73)	8.9	(0.95)	51	(4.0)	13.1	(0.88)
20 and over.....	626	54	(3.4)	17.4	(0.59)	4.9	(0.39)	28	(2.4)	18.8	(0.77)	9.1	(0.52)	48	(2.3)	15.8	(1.12)
2 and over...	862	53	(2.9)	17.0	(0.55)	4.8	(0.33)	28	(1.9)	18.6	(0.71)	9.0	(0.52)	49	(2.1)	15.2	(0.95)
Hispanic:																	
2 - 19.....	576	50	(2.5)	16.3	(0.35)	4.7	(0.30)	29	(1.9)	18.6	(0.81)	9.5	(0.51)	51	(2.2)	14.0	(0.57)
20 and over.....	1058	56	(2.6)	20.2	(0.69)	6.6	(0.50)	33	(2.2)	22.8	(1.20)	11.8	(0.67)	52	(2.0)	16.9	(0.86)
2 and over...	1634	54	(2.1)	18.9	(0.46)	6.0	(0.34)	32	(1.6)	21.5	(0.85)	11.1	(0.52)	52	(1.4)	15.9	(0.62)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	216	(6.0)	47	(6.1)	22	(2.8)	240	(10.9)	98	(8.3)	41	(3.5)	194	(13.4)
20 and over.....	1694	55	(3.0)	303	(7.5)	87	(4.6)	29	(1.7)	317	(9.9)	160	(4.9)	51	(1.3)	286	(14.2)
2 and over...	2491	53	(2.7)	285	(5.7)	79	(4.1)	28	(1.5)	302	(8.1)	148	(4.1)	49	(1.1)	265	(11.4)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	224	(13.3)	58	(5.1)	26	(2.1)	236	(11.8)	114	(8.2)	48	(3.7)	212	(20.5)
20 and over.....	1128	56	(2.2)	305	(10.0)	102	(8.1)	33	(2.3)	333	(14.4)	180	(11.8)	54	(2.4)	268	(12.0)
2 and over...	1659	55	(2.0)	285	(9.1)	91	(6.1)	32	(1.9)	311	(13.0)	165	(8.1)	53	(1.8)	253	(11.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	237	(11.4)	53	(6.9)	22	(2.3)	268	(20.2)	107	(8.4)	40	(4.8)	207	(17.3)
20 and over.....	626	54	(3.4)	277	(7.8)	83	(8.4)	30	(2.9)	315	(21.3)	154	(13.8)	49	(3.4)	233	(21.6)
2 and over...	862	53	(2.9)	269	(7.1)	77	(6.9)	29	(2.4)	306	(17.0)	145	(12.5)	48	(2.9)	228	(16.3)
Hispanic:																	
2 - 19.....	576	50	(2.5)	238	(9.9)	59	(6.3)	25	(2.9)	254	(13.4)	119	(10.4)	47	(4.0)	223	(12.6)
20 and over.....	1058	56	(2.6)	333	(11.6)	96	(7.3)	29	(2.1)	360	(20.1)	172	(10.8)	48	(2.2)	300	(15.1)
2 and over...	1634	54	(2.1)	302	(8.4)	84	(6.0)	28	(1.9)	328	(13.8)	156	(7.9)	48	(1.9)	272	(9.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	601	(19.4)	77	(14.7)	13	(2.4)	619	(37.4)	160	(24.1)	26	(3.6)	584	(30.4)
20 and over.....	1694	55	(3.0)	670	(18.1)	128	(7.8)	19	(1.1)	665	(24.1)	235	(11.4)	35	(1.3)	676	(23.8)
2 and over...	2491	53	(2.7)	656	(15.3)	118	(7.4)	18	(1.1)	656	(20.1)	221	(11.0)	34	(1.3)	655	(19.8)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	511	(21.6)	73	(6.7)	14	(1.3)	499	(30.5)	144	(13.3)	29	(3.0)	522	(28.9)
20 and over.....	1128	56	(2.2)	548	(29.6)	120	(10.4)	22	(2.1)	535	(28.3)	213	(16.5)	40	(3.3)	565	(41.9)
2 and over...	1659	55	(2.0)	539	(20.4)	109	(7.7)	20	(1.6)	527	(19.7)	198	(12.2)	38	(2.3)	554	(27.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	535	(35.4)	81	(13.1)	15	(2.9)	548	(43.9)	164	(16.9)	30	(4.0)	523	(51.0)
20 and over.....	626	54	(3.4)	611	(33.1)	120	(12.3)	20	(1.7)	615	(39.1)	224	(17.9)	36	(2.2)	606	(55.4)
2 and over...	862	53	(2.9)	596	(29.9)	113	(10.3)	19	(1.4)	603	(34.4)	213	(15.1)	35	(1.9)	588	(47.4)
Hispanic:																	
2 - 19.....	576	50	(2.5)	581	(18.1)	80	(8.5)	14	(1.5)	600	(30.1)	161	(12.8)	27	(2.3)	563	(20.3)
20 and over.....	1058	56	(2.6)	618	(32.9)	134	(13.5)	22	(1.9)	625	(39.6)	239	(20.6)	38	(2.4)	608	(48.1)
2 and over...	1634	54	(2.1)	606	(22.0)	116	(10.3)	19	(1.5)	618	(28.1)	216	(16.3)	35	(1.8)	592	(32.4)

DATA SOURCE: *What We Eat in America,* NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Beta carotene

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from All Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants µg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1216	(93.6)	195	(57.3)	16	(4.6)	1345	(106.6)	403	(106.5)	30	(7.3)	1095	(150.8)
20 and over.....	1694	55	(3.0)	2486	(208.2)	513	(56.7)	21	(2.2)	2398	(252.3)	939	(91.4)	39	(3.8)	2592	(238.9)
2 and over...	2491	53	(2.7)	2228	(185.1)	448	(50.9)	20	(2.3)	2203	(220.2)	839	(85.3)	38	(3.9)	2255	(205.4)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1103	(128.8)	163	(27.0)	15	(2.7)	1078	(292.6)	323	(56.2)	30	(8.0)	1128	(185.4)
20 and over.....	1128	56	(2.2)	2193	(217.8)	435	(60.0)	20	(2.8)	1812	(179.6)	771	(106.1)	43	(4.3)	2686	(387.6)
2 and over...	1659	55	(2.0)	1926	(162.9)	368	(47.2)	19	(2.5)	1647	(129.7)	670	(85.9)	41	(3.4)	2265	(281.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1625	(259.3)	258	(65.4)	16*	(5.3)	1647	(198.0)	523	(108.0)	32	(8.3)	1605	(417.7)
20 and over.....	626	54	(3.4)	3270	(290.9)	544	(85.5)	17	(2.0)	3008	(409.4)	1012	(129.1)	34	(2.8)	3575	(419.7)
2 and over...	862	53	(2.9)	2951	(251.0)	488	(67.2)	17	(1.9)	2762	(330.1)	924	(104.6)	33	(2.5)	3163	(383.4)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1010	(72.2)	199	(26.8)	20	(2.5)	999	(113.0)	399	(52.1)	40	(5.5)	1021	(55.0)
20 and over.....	1058	56	(2.6)	2485	(275.4)	604	(107.7)	24	(3.0)	2454	(300.6)	1080	(179.9)	44	(4.8)	2523	(425.8)
2 and over...	1634	54	(2.1)	2004	(190.5)	472	(78.1)	24	(2.6)	2017	(234.4)	875	(141.3)	43	(4.2)	1990	(260.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	4243	(405.6)	844	(145.4)	20	(4.1)	4096	(420.1)	1741	(254.4)	42	(5.7)	4381	(767.2)
20 and over.....	1694	55	(3.0)	4806	(302.8)	1333	(107.1)	28	(2.6)	4752	(311.9)	2440	(159.3)	51	(2.4)	4871	(417.6)
2 and over...	2491	53	(2.7)	4691	(252.4)	1234	(103.5)	26	(2.6)	4630	(277.8)	2311	(145.5)	50	(2.1)	4761	(398.1)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	4020	(491.8)	938	(171.2)	23	(3.3)	4288	(459.2)	1864	(313.9)	43	(5.8)	3748	(734.6)
20 and over.....	1128	56	(2.2)	4381	(371.9)	1382	(150.8)	32	(3.0)	4656	(522.5)	2450	(258.1)	53	(4.8)	4026	(515.9)
2 and over...	1659	55	(2.0)	4293	(253.7)	1273	(127.1)	30	(2.7)	4573	(381.9)	2318	(217.8)	51	(4.5)	3951	(466.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	4972	(824.2)	1114	(275.8)	22	(5.1)	4675	(772.5)	2263	(466.8)	48	(7.7)	5260	(1092.3)
20 and over.....	626	54	(3.4)	4514	(347.4)	1122	(187.7)	25	(3.7)	4264	(416.0)	2088	(305.5)	49	(5.4)	4804	(507.6)
2 and over...	862	53	(2.9)	4603	(403.9)	1121	(174.0)	24	(3.2)	4338	(436.7)	2120	(264.0)	49	(4.4)	4899	(552.1)
Hispanic:																	
2 - 19.....	576	50	(2.5)	4402	(329.9)	1289	(129.4)	29	(2.9)	4260	(488.8)	2590	(208.9)	61	(4.8)	4543	(489.7)
20 and over.....	1058	56	(2.6)	5776	(543.8)	1755	(292.7)	30	(4.0)	6090	(626.6)	3136	(413.0)	51	(4.8)	5376	(722.2)
2 and over...	1634	54	(2.1)	5328	(417.4)	1603	(219.0)	30	(3.3)	5540	(543.0)	2972	(327.9)	54	(3.6)	5080	(505.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1.52	(0.031)	0.26	(0.028)	17	(1.7)	1.60	(0.032)	0.55	(0.031)	34	(1.8)	1.44	(0.045)
20 and over.....	1694	55	(3.0)	1.60	(0.026)	0.40	(0.024)	25	(1.4)	1.66	(0.031)	0.73	(0.017)	44	(1.0)	1.53	(0.056)
2 and over...	2491	53	(2.7)	1.59	(0.024)	0.37	(0.021)	24	(1.3)	1.65	(0.024)	0.70	(0.015)	42	(0.8)	1.51	(0.045)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1.45	(0.043)	0.29	(0.027)	20	(1.6)	1.47	(0.066)	0.57	(0.043)	39	(1.8)	1.43	(0.056)
20 and over.....	1128	56	(2.2)	1.47	(0.035)	0.40	(0.023)	27	(1.6)	1.56	(0.042)	0.71	(0.035)	46	(1.8)	1.37	(0.064)
2 and over...	1659	55	(2.0)	1.47	(0.028)	0.37	(0.022)	25	(1.5)	1.54	(0.041)	0.68	(0.033)	44	(1.6)	1.39	(0.049)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1.53	(0.028)	0.28	(0.038)	18	(2.7)	1.54	(0.039)	0.56	(0.042)	37	(2.3)	1.51	(0.049)
20 and over.....	626	54	(3.4)	1.62	(0.051)	0.37	(0.024)	23	(1.6)	1.61	(0.054)	0.68	(0.047)	42	(2.5)	1.63	(0.128)
2 and over...	862	53	(2.9)	1.60	(0.044)	0.35	(0.019)	22	(1.2)	1.60	(0.047)	0.66	(0.038)	41	(2.0)	1.61	(0.102)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1.56	(0.042)	0.31	(0.019)	20	(1.4)	1.65	(0.070)	0.63	(0.031)	38	(2.1)	1.48	(0.058)
20 and over.....	1058	56	(2.6)	1.64	(0.049)	0.42	(0.030)	25	(2.2)	1.71	(0.056)	0.75	(0.044)	44	(2.1)	1.56	(0.080)
2 and over...	1634	54	(2.1)	1.62	(0.033)	0.38	(0.024)	24	(1.7)	1.69	(0.031)	0.71	(0.036)	42	(1.7)	1.53	(0.062)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1.82	(0.048)	0.31	(0.042)	17	(2.0)	1.96	(0.071)	0.64	(0.056)	33	(2.3)	1.69	(0.068)
20 and over.....	1694	55	(3.0)	2.23	(0.050)	0.46	(0.027)	21	(1.3)	2.23	(0.036)	0.84	(0.026)	38	(1.1)	2.23	(0.102)
2 and over...	2491	53	(2.7)	2.15	(0.041)	0.43	(0.025)	20	(1.2)	2.18	(0.028)	0.80	(0.022)	37	(1.0)	2.11	(0.079)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1.63	(0.044)	0.31	(0.033)	19	(1.8)	1.66	(0.068)	0.62	(0.067)	37	(3.1)	1.60	(0.062)
20 and over.....	1128	56	(2.2)	1.73	(0.036)	0.45	(0.028)	26	(1.8)	1.84	(0.057)	0.80	(0.035)	43	(2.0)	1.60	(0.068)
2 and over...	1659	55	(2.0)	1.71	(0.028)	0.42	(0.023)	24	(1.4)	1.80	(0.045)	0.76	(0.025)	42	(1.5)	1.60	(0.050)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1.63	(0.060)	0.29	(0.039)	18	(2.5)	1.67	(0.066)	0.59	(0.040)	35	(2.0)	1.59	(0.095)
20 and over.....	626	54	(3.4)	1.80	(0.037)	0.41	(0.025)	23	(1.2)	1.86	(0.085)	0.76	(0.032)	41	(1.3)	1.72	(0.097)
2 and over...	862	53	(2.9)	1.76	(0.040)	0.38	(0.022)	22	(1.1)	1.83	(0.069)	0.72	(0.027)	40	(1.1)	1.69	(0.075)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1.84	(0.034)	0.33	(0.032)	18	(1.9)	1.93	(0.063)	0.67	(0.039)	35	(2.5)	1.74	(0.051)
20 and over.....	1058	56	(2.6)	2.03	(0.068)	0.45	(0.033)	22	(1.5)	2.13	(0.106)	0.80	(0.043)	38	(1.3)	1.90	(0.071)
2 and over...	1634	54	(2.1)	1.96	(0.044)	0.41	(0.029)	21	(1.3)	2.07	(0.070)	0.76	(0.037)	37	(1.0)	1.84	(0.056)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	22.0	(0.78)	4.6	(0.54)	21	(2.1)	24.0	(1.11)	9.5	(0.72)	40	(2.1)	20.2	(0.98)
20 and over.....	1694	55	(3.0)	26.5	(0.66)	6.6	(0.43)	25	(1.5)	27.4	(0.61)	12.1	(0.32)	44	(1.4)	25.4	(1.11)
2 and over...	2491	53	(2.7)	25.6	(0.59)	6.2	(0.40)	24	(1.4)	26.8	(0.63)	11.6	(0.32)	43	(1.2)	24.2	(0.88)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	21.6	(0.55)	5.1	(0.33)	24	(1.2)	23.1	(0.62)	10.2	(0.41)	44	(1.3)	20.2	(0.66)
20 and over.....	1128	56	(2.2)	24.7	(0.43)	7.5	(0.55)	30	(2.4)	26.7	(0.50)	13.3	(0.74)	50	(2.6)	22.1	(1.09)
2 and over...	1659	55	(2.0)	23.9	(0.37)	6.9	(0.44)	29	(1.9)	25.9	(0.41)	12.6	(0.56)	49	(2.0)	21.6	(0.80)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	19.9	(0.44)	4.6	(0.67)	23	(3.2)	21.0	(0.81)	9.4	(0.66)	45	(1.9)	18.8	(0.72)
20 and over.....	626	54	(3.4)	23.9	(0.80)	6.6	(0.55)	27	(2.1)	25.3	(1.33)	12.2	(0.89)	48	(2.8)	22.2	(1.09)
2 and over...	862	53	(2.9)	23.1	(0.72)	6.2	(0.49)	27	(1.9)	24.5	(1.20)	11.7	(0.81)	48	(2.4)	21.5	(0.88)
Hispanic:																	
2 - 19.....	576	50	(2.5)	21.3	(0.50)	5.2	(0.32)	24	(1.5)	23.6	(0.97)	10.3	(0.47)	44	(2.0)	19.0	(0.60)
20 and over.....	1058	56	(2.6)	26.4	(0.83)	7.2	(0.51)	27	(1.9)	28.5	(1.34)	12.9	(0.73)	45	(2.0)	23.8	(0.97)
2 and over...	1634	54	(2.1)	24.8	(0.51)	6.5	(0.43)	26	(1.6)	27.0	(0.73)	12.1	(0.57)	45	(1.7)	22.1	(0.67)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1.78	(0.078)	0.29	(0.046)	16	(2.1)	1.90	(0.107)	0.59	(0.075)	31	(2.6)	1.66	(0.088)
20 and over.....	1694	55	(3.0)	2.22	(0.081)	0.42	(0.031)	19	(1.3)	2.24	(0.111)	0.76	(0.025)	34	(1.9)	2.19	(0.095)
2 and over...	2491	53	(2.7)	2.13	(0.070)	0.39	(0.030)	18	(1.2)	2.18	(0.098)	0.73	(0.028)	34	(1.6)	2.07	(0.077)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1.63	(0.048)	0.28	(0.017)	17	(0.8)	1.66	(0.063)	0.55	(0.030)	33	(1.2)	1.61	(0.060)
20 and over.....	1128	56	(2.2)	1.92	(0.045)	0.46	(0.036)	24	(2.2)	1.99	(0.049)	0.82	(0.047)	41	(2.6)	1.84	(0.114)
2 and over...	1659	55	(2.0)	1.85	(0.040)	0.42	(0.028)	22	(1.7)	1.91	(0.031)	0.76	(0.034)	40	(2.0)	1.78	(0.085)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1.61	(0.044)	0.28	(0.038)	17	(2.5)	1.63	(0.049)	0.57	(0.040)	35	(2.1)	1.60	(0.084)
20 and over.....	626	54	(3.4)	2.01	(0.081)	0.42	(0.039)	21	(1.8)	2.05	(0.123)	0.78	(0.058)	38	(2.6)	1.97	(0.118)
2 and over...	862	53	(2.9)	1.93	(0.073)	0.39	(0.034)	20	(1.5)	1.97	(0.107)	0.75	(0.054)	38	(2.2)	1.89	(0.093)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1.77	(0.050)	0.30	(0.023)	17	(1.4)	1.86	(0.098)	0.61	(0.038)	33	(2.1)	1.68	(0.047)
20 and over.....	1058	56	(2.6)	2.26	(0.073)	0.48	(0.029)	21	(1.3)	2.36	(0.129)	0.87	(0.037)	37	(1.5)	2.13	(0.102)
2 and over...	1634	54	(2.1)	2.10	(0.041)	0.43	(0.024)	20	(1.1)	2.21	(0.071)	0.79	(0.029)	36	(1.2)	1.97	(0.065)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	474	(9.3)	74	(7.6)	16	(1.6)	488	(16.2)	154	(9.1)	31	(1.7)	461	(12.9)
20 and over.....	1694	55	(3.0)	500	(10.4)	120	(8.4)	24	(1.6)	516	(12.6)	219	(7.6)	42	(1.5)	481	(18.1)
2 and over...	2491	53	(2.7)	495	(8.1)	110	(7.4)	22	(1.4)	511	(10.5)	207	(6.9)	41	(1.3)	477	(14.9)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	467	(12.2)	82	(10.4)	18	(2.0)	462	(26.2)	164	(18.2)	35	(2.8)	473	(24.1)
20 and over.....	1128	56	(2.2)	460	(15.3)	118	(7.0)	26	(1.4)	483	(18.5)	210	(11.2)	43	(2.0)	431	(20.5)
2 and over...	1659	55	(2.0)	462	(12.5)	109	(7.0)	24	(1.4)	478	(18.1)	199	(11.8)	42	(1.9)	442	(16.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	497	(18.0)	91	(12.1)	18	(2.4)	508	(12.8)	186	(10.8)	37	(1.9)	486	(33.4)
20 and over.....	626	54	(3.4)	524	(22.1)	107	(8.5)	20	(1.7)	509	(12.8)	199	(13.2)	39	(2.9)	541	(49.7)
2 and over...	862	53	(2.9)	519	(20.3)	104	(7.1)	20	(1.5)	509	(10.6)	197	(9.9)	39	(2.2)	529	(43.9)
Hispanic:																	
2 - 19.....	576	50	(2.5)	518	(23.2)	99	(7.1)	19	(1.6)	554	(35.9)	199	(11.8)	36	(2.5)	482	(24.0)
20 and over.....	1058	56	(2.6)	524	(13.0)	128	(12.1)	24	(2.5)	546	(18.7)	229	(16.1)	42	(2.4)	497	(23.7)
2 and over...	1634	54	(2.1)	522	(9.8)	119	(9.0)	23	(1.8)	548	(12.0)	220	(12.0)	40	(1.8)	492	(19.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Choline

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	242	(6.9)	49	(6.4)	20	(2.3)	265	(9.8)	101	(8.6)	38	(2.9)	220	(10.8)
20 and over.....	1694	55	(3.0)	331	(5.8)	85	(4.8)	26	(1.5)	337	(9.1)	156	(5.3)	46	(1.0)	323	(11.1)
2 and over...	2491	53	(2.7)	313	(4.6)	78	(4.3)	25	(1.4)	324	(8.0)	146	(4.6)	45	(0.9)	300	(8.4)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	226	(9.8)	53	(3.3)	24	(1.6)	239	(10.1)	106	(5.9)	44	(3.3)	213	(13.7)
20 and over.....	1128	56	(2.2)	302	(8.2)	92	(7.1)	30	(2.2)	323	(10.8)	163	(10.0)	51	(2.4)	275	(11.9)
2 and over...	1659	55	(2.0)	284	(7.9)	83	(5.4)	29	(1.8)	304	(10.3)	151	(7.0)	49	(1.9)	259	(10.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	262	(9.1)	52	(7.7)	20	(2.6)	280	(12.2)	105	(10.6)	37	(4.1)	244	(16.2)
20 and over.....	626	54	(3.4)	323	(7.4)	79	(6.8)	24	(2.0)	345	(13.0)	147	(9.9)	43	(2.3)	298	(21.3)
2 and over...	862	53	(2.9)	311	(6.2)	74	(5.8)	24	(1.7)	334	(11.4)	140	(9.7)	42	(2.2)	287	(14.5)
Hispanic:																	
2 - 19.....	576	50	(2.5)	257	(6.3)	57	(4.7)	22	(2.1)	270	(8.7)	115	(6.3)	43	(2.8)	245	(8.8)
20 and over.....	1058	56	(2.6)	357	(10.8)	92	(6.5)	26	(1.9)	380	(18.3)	164	(8.7)	43	(1.7)	329	(12.7)
2 and over...	1634	54	(2.1)	325	(7.4)	81	(5.2)	25	(1.6)	346	(12.0)	149	(6.5)	43	(1.4)	299	(8.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	4.33	(0.154)	0.63	(0.090)	14	(1.8)	4.54	(0.169)	1.29	(0.136)	28	(2.4)	4.13	(0.211)
20 and over.....	1694	55	(3.0)	5.03	(0.182)	1.03	(0.072)	20	(1.3)	4.98	(0.199)	1.89	(0.064)	38	(1.3)	5.10	(0.273)
2 and over...	2491	53	(2.7)	4.89	(0.158)	0.95	(0.067)	19	(1.1)	4.90	(0.170)	1.78	(0.066)	36	(1.1)	4.88	(0.229)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	3.96	(0.184)	0.69	(0.058)	17	(1.2)	3.90	(0.210)	1.37	(0.108)	35	(2.2)	4.02	(0.192)
20 and over.....	1128	56	(2.2)	4.23	(0.119)	1.10	(0.110)	26	(2.8)	4.39	(0.166)	1.94	(0.169)	44	(3.8)	4.01	(0.230)
2 and over...	1659	55	(2.0)	4.16	(0.099)	1.00	(0.086)	24	(2.2)	4.28	(0.127)	1.81	(0.132)	42	(3.1)	4.01	(0.192)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	4.06	(0.213)	0.67	(0.109)	17	(2.6)	4.05	(0.307)	1.36	(0.161)	34	(3.0)	4.08	(0.277)
20 and over.....	626	54	(3.4)	3.97	(0.147)	1.06	(0.152)	27	(3.2)	4.36	(0.255)	1.97	(0.239)	45	(4.4)	3.52	(0.254)
2 and over...	862	53	(2.9)	3.99	(0.136)	0.99	(0.131)	25	(2.8)	4.30	(0.230)	1.86	(0.216)	43	(3.8)	3.64	(0.193)
Hispanic:																	
2 - 19.....	576	50	(2.5)	4.70	(0.194)	0.76	(0.097)	16	(1.9)	4.84	(0.275)	1.52	(0.142)	31	(2.8)	4.57	(0.215)
20 and over.....	1058	56	(2.6)	4.80	(0.173)	1.18	(0.096)	25	(1.8)	5.12	(0.258)	2.11	(0.135)	41	(2.0)	4.39	(0.308)
2 and over...	1634	54	(2.1)	4.77	(0.133)	1.04	(0.079)	22	(1.5)	5.04	(0.181)	1.94	(0.104)	38	(1.7)	4.45	(0.246)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	67.8	(4.86)	6.6	(1.26)	10	(1.7)	67.6	(9.32)	13.7	(2.06)	20	(3.2)	67.9	(4.06)
20 and over.....	1694	55	(3.0)	70.7	(3.62)	10.1	(0.90)	14	(1.0)	68.7	(5.01)	18.4	(1.66)	27	(1.7)	73.1	(3.90)
2 and over...	2491	53	(2.7)	70.1	(3.34)	9.4	(0.77)	13	(0.9)	68.5	(5.09)	17.6	(1.44)	26	(1.4)	72.0	(3.26)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	77.1	(5.16)	5.8	(0.93)	8	(1.0)	69.5	(7.64)	11.6	(1.83)	17	(1.9)	84.8	(5.41)
20 and over.....	1128	56	(2.2)	76.5	(4.11)	12.3	(1.16)	16	(1.5)	74.1	(5.00)	21.8	(1.85)	29	(2.4)	79.6	(5.52)
2 and over...	1659	55	(2.0)	76.6	(3.57)	10.7	(0.90)	14	(1.2)	73.1	(4.39)	19.5	(1.43)	27	(2.0)	81.0	(4.32)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	70.8	(8.77)	9.8	(2.91)	14*	(4.9)	73.9	(5.94)	20.0	(4.93)	27	(6.8)	67.8	(16.40)
20 and over.....	626	54	(3.4)	96.9	(5.81)	12.1	(1.67)	12	(1.8)	91.4	(7.39)	22.5	(3.22)	25	(3.4)	103.3	(6.66)
2 and over...	862	53	(2.9)	91.8	(5.62)	11.7	(1.51)	13	(1.8)	88.3	(5.88)	22.1	(3.15)	25	(3.3)	95.9	(7.48)
Hispanic:																	
2 - 19.....	576	50	(2.5)	79.6	(4.61)	8.1	(0.93)	10	(1.1)	72.4	(5.28)	16.3	(1.82)	22	(1.8)	86.7	(6.08)
20 and over.....	1058	56	(2.6)	91.8	(3.82)	13.0	(1.50)	14	(1.6)	86.0	(3.60)	23.2	(2.32)	27	(2.5)	99.1	(6.70)
2 and over...	1634	54	(2.1)	87.8	(3.13)	11.4	(1.08)	13	(1.2)	81.9	(2.55)	21.1	(1.82)	26	(1.9)	94.7	(5.45)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin D

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	4.6	(0.17)	0.4	(0.10)	8	(2.0)	4.3	(0.32)	0.8	(0.18)	18	(3.6)	4.9	(0.37)
20 and over.....	1694	55	(3.0)	4.2	(0.19)	0.6	(0.05)	15	(1.4)	3.9	(0.17)	1.2	(0.08)	30	(1.4)	4.6	(0.33)
2 and over...	2491	53	(2.7)	4.3	(0.16)	0.6	(0.04)	14	(1.1)	4.0	(0.13)	1.1	(0.06)	28	(1.1)	4.7	(0.26)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	3.9	(0.16)	0.3	(0.03)	7	(0.7)	3.6	(0.23)	0.5	(0.06)	15	(1.4)	4.3	(0.20)
20 and over.....	1128	56	(2.2)	3.7	(0.16)	0.7	(0.09)	19	(2.2)	3.8	(0.24)	1.3	(0.14)	34	(3.6)	3.7	(0.23)
2 and over...	1659	55	(2.0)	3.8	(0.12)	0.6	(0.07)	16	(1.7)	3.7	(0.18)	1.1	(0.11)	30	(2.9)	3.9	(0.16)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	4.8	(0.40)	0.3	(0.04)	7*	(1.1)	4.3	(0.48)	0.7	(0.04)	15*	(1.9)	5.3	(0.71)
20 and over.....	626	54	(3.4)	4.9	(0.39)	1.1	(0.26)	22	(4.2)	5.0	(0.56)	2.0	(0.44)	40	(5.4)	4.8	(0.57)
2 and over...	862	53	(2.9)	4.9	(0.32)	0.9	(0.22)	19	(3.6)	4.9	(0.48)	1.8	(0.37)	36	(5.0)	4.9	(0.39)
Hispanic:																	
2 - 19.....	576	50	(2.5)	5.1	(0.19)	0.3	(0.04)	7	(0.8)	4.8	(0.32)	0.7	(0.06)	14	(1.4)	5.4	(0.20)
20 and over.....	1058	56	(2.6)	4.3	(0.23)	0.7	(0.08)	16	(2.3)	4.0	(0.23)	1.3	(0.15)	31	(3.8)	4.6	(0.40)
2 and over...	1634	54	(2.1)	4.6	(0.15)	0.6	(0.06)	13	(1.4)	4.3	(0.17)	1.1	(0.10)	25	(2.4)	4.9	(0.29)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	7.9	(0.43)	1.5	(0.16)	18	(2.5)	8.3	(0.44)	3.0	(0.20)	36	(3.0)	7.6	(0.68)
20 and over.....	1694	55	(3.0)	9.7	(0.30)	2.1	(0.15)	21	(1.6)	9.7	(0.29)	3.8	(0.13)	39	(1.6)	9.6	(0.43)
2 and over...	2491	53	(2.7)	9.3	(0.26)	1.9	(0.14)	21	(1.4)	9.5	(0.30)	3.6	(0.12)	38	(1.5)	9.1	(0.34)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	7.4	(0.17)	1.5	(0.11)	20	(1.6)	7.8	(0.22)	3.0	(0.18)	38	(2.4)	6.9	(0.33)
20 and over.....	1128	56	(2.2)	8.7	(0.21)	2.4	(0.16)	28	(1.5)	9.4	(0.34)	4.2	(0.19)	45	(1.5)	7.6	(0.37)
2 and over...	1659	55	(2.0)	8.3	(0.16)	2.2	(0.13)	26	(1.3)	9.1	(0.27)	4.0	(0.15)	44	(1.2)	7.4	(0.29)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	7.0	(0.27)	1.6	(0.22)	22	(2.8)	7.4	(0.27)	3.2	(0.24)	43	(3.2)	6.6	(0.39)
20 and over.....	626	54	(3.4)	8.3	(0.31)	1.8	(0.18)	22	(1.8)	8.7	(0.34)	3.3	(0.18)	38	(1.8)	7.9	(0.41)
2 and over...	862	53	(2.9)	8.1	(0.28)	1.8	(0.15)	22	(1.5)	8.5	(0.29)	3.3	(0.15)	39	(1.5)	7.6	(0.36)
Hispanic:																	
2 - 19.....	576	50	(2.5)	7.4	(0.23)	1.5	(0.09)	21	(1.3)	8.2	(0.45)	3.0	(0.12)	37	(1.8)	6.6	(0.32)
20 and over.....	1058	56	(2.6)	9.1	(0.42)	2.3	(0.19)	25	(2.1)	9.6	(0.48)	4.1	(0.21)	42	(2.0)	8.5	(0.63)
2 and over...	1634	54	(2.1)	8.6	(0.29)	2.0	(0.14)	24	(1.5)	9.2	(0.32)	3.8	(0.17)	41	(1.3)	7.8	(0.44)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n K

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	69.5	(4.95)	16.2	(2.02)	23	(3.0)	84.1	(8.25)	33.5	(3.19)	40	(5.6)	55.8	(3.95)
20 and over.....	1694	55	(3.0)	126.8	(10.44)	34.3	(3.01)	27	(2.7)	130.5	(12.36)	62.8	(3.99)	48	(4.3)	122.4	(10.50)
2 and over...	2491	53	(2.7)	115.1	(9.19)	30.6	(2.47)	27	(2.5)	121.9	(11.24)	57.4	(3.37)	47	(4.0)	107.4	(8.63)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	81.9	(6.95)	15.5	(1.35)	19	(2.1)	69.0	(4.91)	30.9	(2.99)	45	(4.6)	94.9	(15.38)
20 and over.....	1128	56	(2.2)	128.8	(9.02)	34.4	(3.84)	27	(3.0)	119.7	(8.20)	61.0	(6.40)	51	(4.3)	140.6	(13.77)
2 and over...	1659	55	(2.0)	117.3	(7.44)	29.8	(2.80)	25	(2.6)	108.3	(6.68)	54.2	(4.71)	50	(3.4)	128.2	(10.60)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	81.8	(8.52)	19.7	(3.97)	24	(5.1)	96.6	(13.36)	40.1	(5.58)	42	(8.1)	67.4	(7.46)
20 and over.....	626	54	(3.4)	152.9	(11.79)	33.5	(6.14)	22	(4.1)	144.4	(14.58)	62.4	(10.18)	43	(4.2)	162.8	(17.13)
2 and over...	862	53	(2.9)	139.1	(10.64)	30.9	(5.01)	22	(3.7)	135.8	(11.99)	58.4	(8.37)	43	(3.9)	142.9	(15.14)
Hispanic:																	
2 - 19.....	576	50	(2.5)	64.9	(2.45)	18.2	(1.38)	28	(2.1)	72.6	(3.57)	36.6	(2.33)	50	(2.0)	57.3	(3.27)
20 and over.....	1058	56	(2.6)	119.0	(9.08)	32.0	(3.48)	27	(2.6)	127.3	(12.78)	57.1	(4.77)	45	(3.9)	108.5	(8.48)
2 and over...	1634	54	(2.1)	101.4	(6.61)	27.5	(2.54)	27	(2.2)	110.8	(9.84)	50.9	(3.90)	46	(3.1)	90.3	(5.83)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	985	(10.9)	149	(15.5)	15	(1.5)	992	(29.3)	307	(18.3)	31	(1.8)	978	(31.5)
20 and over.....	1694	55	(3.0)	993	(18.7)	219	(12.6)	22	(1.2)	1016	(27.8)	400	(9.8)	39	(0.9)	964	(27.0)
2 and over...	2491	53	(2.7)	991	(15.5)	204	(10.5)	21	(1.0)	1012	(22.0)	383	(8.2)	38	(0.8)	968	(24.5)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	845	(31.4)	147	(13.8)	17	(1.4)	847	(48.6)	292	(26.1)	34	(1.9)	843	(49.6)
20 and over.....	1128	56	(2.2)	852	(20.5)	215	(13.9)	25	(1.6)	904	(25.4)	381	(20.8)	42	(2.3)	785	(28.2)
2 and over...	1659	55	(2.0)	850	(16.1)	198	(12.6)	23	(1.3)	891	(25.2)	361	(20.0)	41	(1.9)	801	(19.3)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	857	(42.4)	153	(21.1)	18	(2.5)	871	(53.7)	310	(26.1)	36	(2.5)	843	(58.8)
20 and over.....	626	54	(3.4)	829	(23.6)	178	(14.5)	22	(1.5)	868	(40.2)	332	(20.6)	38	(1.8)	785	(33.6)
2 and over...	862	53	(2.9)	835	(20.7)	173	(11.5)	21	(1.2)	868	(32.6)	328	(14.6)	38	(1.5)	797	(25.9)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1013	(22.8)	178	(18.3)	18	(1.8)	1018	(32.6)	358	(25.8)	35	(2.1)	1008	(30.6)
20 and over.....	1058	56	(2.6)	989	(34.7)	217	(19.9)	22	(2.2)	1021	(44.4)	388	(28.3)	38	(2.0)	949	(52.7)
2 and over...	1634	54	(2.1)	997	(25.5)	205	(17.5)	21	(1.8)	1020	(33.5)	379	(24.7)	37	(1.6)	970	(40.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	1266	(31.1)	246	(27.9)	19	(1.9)	1364	(41.8)	508	(33.6)	37	(2.1)	1173	(43.1)
20 and over.....	1694	55	(3.0)	1409	(21.9)	356	(24.2)	25	(1.6)	1440	(32.3)	652	(16.8)	45	(1.1)	1371	(35.9)
2 and over...	2491	53	(2.7)	1380	(20.1)	334	(21.1)	24	(1.3)	1426	(26.6)	625	(15.0)	44	(1.0)	1326	(29.5)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1144	(35.9)	266	(16.9)	23	(1.2)	1225	(44.4)	529	(20.6)	43	(1.5)	1062	(43.0)
20 and over.....	1128	56	(2.2)	1252	(25.9)	390	(29.0)	31	(2.2)	1352	(40.6)	691	(39.0)	51	(2.4)	1122	(50.6)
2 and over...	1659	55	(2.0)	1225	(21.8)	359	(23.5)	29	(1.8)	1323	(35.2)	654	(29.2)	49	(1.8)	1106	(36.5)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1212	(30.6)	258	(34.0)	21	(2.9)	1231	(36.8)	525	(32.4)	43	(2.4)	1193	(51.3)
20 and over.....	626	54	(3.4)	1299	(28.7)	323	(26.2)	25	(1.7)	1378	(46.8)	602	(31.2)	44	(1.8)	1207	(55.1)
2 and over...	862	53	(2.9)	1282	(26.5)	311	(22.1)	24	(1.4)	1352	(39.9)	588	(27.2)	44	(1.5)	1204	(41.2)
Hispanic:																	
2 - 19.....	576	50	(2.5)	1251	(19.1)	277	(20.1)	22	(1.8)	1306	(29.6)	557	(22.1)	43	(1.8)	1197	(27.4)
20 and over.....	1058	56	(2.6)	1437	(42.6)	380	(28.1)	26	(2.1)	1525	(62.3)	678	(37.1)	44	(1.9)	1326	(59.7)
2 and over...	1634	54	(2.1)	1377	(28.4)	346	(22.8)	25	(1.8)	1459	(42.2)	642	(29.0)	44	(1.5)	1280	(43.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	235	(5.0)	38	(4.8)	16	(1.9)	245	(7.7)	79	(6.3)	32	(2.2)	226	(7.4)
20 and over.....	1694	55	(3.0)	306	(5.5)	61	(3.7)	20	(1.2)	305	(7.6)	111	(2.8)	36	(1.0)	308	(8.4)
2 and over...	2491	53	(2.7)	292	(5.1)	56	(3.4)	19	(1.1)	294	(7.2)	105	(2.7)	36	(1.0)	289	(7.5)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	212	(7.4)	37	(2.2)	18	(1.1)	222	(9.7)	74	(2.9)	34	(2.1)	202	(7.1)
20 and over.....	1128	56	(2.2)	262	(6.0)	60	(4.6)	23	(1.7)	264	(8.1)	107	(6.2)	40	(2.1)	258	(10.7)
2 and over...	1659	55	(2.0)	250	(5.8)	55	(3.7)	22	(1.3)	255	(8.0)	100	(4.8)	39	(1.6)	243	(7.8)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	239	(5.9)	40	(5.6)	17	(2.4)	238	(5.9)	82	(5.2)	34	(2.6)	240	(7.5)
20 and over.....	626	54	(3.4)	320	(8.9)	58	(5.0)	18	(1.5)	321	(9.2)	108	(5.5)	34	(1.6)	319	(12.7)
2 and over...	862	53	(2.9)	304	(8.2)	55	(4.2)	18	(1.2)	306	(7.9)	103	(4.7)	34	(1.4)	303	(11.1)
Hispanic:																	
2 - 19.....	576	50	(2.5)	240	(4.5)	46	(3.2)	19	(1.5)	248	(9.5)	92	(4.0)	37	(1.5)	232	(5.7)
20 and over.....	1058	56	(2.6)	322	(10.7)	63	(4.5)	20	(1.5)	327	(14.1)	113	(5.6)	35	(1.5)	316	(13.1)
2 and over...	1634	54	(2.1)	295	(6.9)	58	(3.8)	19	(1.3)	303	(9.1)	107	(4.6)	35	(1.2)	286	(9.5)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	12.9	(0.29)	2.1	(0.23)	16	(1.7)	13.5	(0.47)	4.3	(0.27)	32	(2.0)	12.4	(0.44)
20 and over.....	1694	55	(3.0)	14.2	(0.28)	3.3	(0.24)	23	(1.7)	14.2	(0.35)	6.0	(0.19)	42	(1.3)	14.3	(0.38)
2 and over...	2491	53	(2.7)	14.0	(0.23)	3.0	(0.21)	22	(1.5)	14.1	(0.30)	5.7	(0.19)	41	(1.3)	13.8	(0.32)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	13.0	(0.41)	2.2	(0.19)	17	(1.3)	12.9	(0.51)	4.4	(0.30)	34	(1.7)	13.2	(0.60)
20 and over.....	1128	56	(2.2)	13.0	(0.37)	3.3	(0.20)	25	(1.6)	13.7	(0.42)	5.8	(0.30)	43	(2.0)	12.0	(0.54)
2 and over...	1659	55	(2.0)	13.0	(0.31)	3.0	(0.17)	23	(1.3)	13.5	(0.35)	5.5	(0.27)	41	(1.7)	12.3	(0.43)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	12.8	(0.46)	2.3	(0.31)	18	(2.5)	13.0	(0.37)	4.8	(0.28)	37	(2.2)	12.6	(0.72)
20 and over.....	626	54	(3.4)	13.7	(0.47)	2.9	(0.23)	21	(1.6)	13.4	(0.33)	5.4	(0.32)	40	(2.5)	14.1	(1.19)
2 and over...	862	53	(2.9)	13.5	(0.44)	2.8	(0.18)	20	(1.4)	13.3	(0.28)	5.2	(0.26)	39	(2.0)	13.8	(1.03)
Hispanic:																	
2 - 19.....	576	50	(2.5)	13.8	(0.43)	2.6	(0.19)	19	(1.6)	14.8	(0.75)	5.3	(0.25)	36	(2.4)	12.9	(0.53)
20 and over.....	1058	56	(2.6)	14.8	(0.38)	3.5	(0.28)	24	(2.1)	15.2	(0.52)	6.3	(0.36)	41	(2.1)	14.2	(0.56)
2 and over...	1634	54	(2.1)	14.5	(0.26)	3.2	(0.22)	22	(1.6)	15.1	(0.28)	6.0	(0.27)	40	(1.5)	13.7	(0.49)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	9.5	(0.22)	1.6	(0.20)	17	(2.0)	9.7	(0.35)	3.4	(0.27)	35	(2.7)	9.2	(0.36)
20 and over.....	1694	55	(3.0)	11.3	(0.19)	2.7	(0.21)	24	(1.6)	11.3	(0.22)	4.9	(0.18)	44	(1.4)	11.2	(0.32)
2 and over...	2491	53	(2.7)	10.9	(0.18)	2.5	(0.19)	23	(1.5)	11.0	(0.20)	4.7	(0.18)	42	(1.2)	10.8	(0.29)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	8.8	(0.32)	1.8	(0.12)	20	(1.5)	9.1	(0.30)	3.5	(0.21)	39	(2.6)	8.4	(0.43)
20 and over.....	1128	56	(2.2)	9.8	(0.24)	2.8	(0.22)	29	(2.1)	10.2	(0.32)	5.0	(0.32)	49	(2.5)	9.3	(0.38)
2 and over...	1659	55	(2.0)	9.6	(0.19)	2.5	(0.17)	27	(1.6)	10.0	(0.27)	4.6	(0.24)	47	(1.7)	9.1	(0.30)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	9.0	(0.27)	1.9	(0.32)	21	(3.5)	9.3	(0.40)	3.9	(0.45)	42	(3.6)	8.7	(0.43)
20 and over.....	626	54	(3.4)	10.1	(0.27)	2.4	(0.21)	24	(1.9)	10.4	(0.37)	4.4	(0.29)	43	(2.0)	9.7	(0.51)
2 and over...	862	53	(2.9)	9.9	(0.24)	2.3	(0.17)	23	(1.4)	10.2	(0.36)	4.3	(0.28)	43	(1.8)	9.5	(0.41)
Hispanic:																	
2 - 19.....	576	50	(2.5)	9.5	(0.30)	2.1	(0.20)	23	(2.0)	10.0	(0.45)	4.3	(0.27)	43	(2.4)	9.0	(0.36)
20 and over.....	1058	56	(2.6)	11.5	(0.35)	3.1	(0.21)	27	(2.0)	12.3	(0.52)	5.5	(0.28)	45	(2.1)	10.4	(0.42)
2 and over...	1634	54	(2.1)	10.8	(0.27)	2.8	(0.18)	26	(1.7)	11.6	(0.36)	5.1	(0.21)	44	(1.5)	9.9	(0.34)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

Copper

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	0.9	(0.03)	0.2	(0.02)	17	(2.0)	1.0	(0.05)	0.3	(0.03)	33	(2.6)	0.9	(0.03)
20 and over.....	1694	55	(3.0)	1.2	(0.02)	0.2	(0.02)	19	(1.3)	1.2	(0.03)	0.4	(0.01)	35	(1.1)	1.2	(0.03)
2 and over...	2491	53	(2.7)	1.1	(0.02)	0.2	(0.02)	19	(1.2)	1.2	(0.03)	0.4	(0.01)	35	(1.1)	1.1	(0.03)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	0.8	(0.03)	0.2	(0.01)	19	(1.2)	0.9	(0.04)	0.3	(0.02)	37	(1.9)	0.8	(0.03)
20 and over.....	1128	56	(2.2)	1.1	(0.04)	0.2	(0.02)	24	(1.8)	1.1	(0.05)	0.4	(0.03)	41	(2.1)	1.0	(0.04)
2 and over...	1659	55	(2.0)	1.0	(0.03)	0.2	(0.02)	23	(1.5)	1.0	(0.05)	0.4	(0.02)	40	(1.6)	1.0	(0.03)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	1.0	(0.04)	0.2	(0.02)	17	(2.4)	1.0	(0.04)	0.3	(0.02)	33	(2.6)	1.0	(0.07)
20 and over.....	626	54	(3.4)	1.4	(0.05)	0.2	(0.02)	18	(1.2)	1.3	(0.05)	0.4	(0.02)	34	(1.8)	1.4	(0.08)
2 and over...	862	53	(2.9)	1.3	(0.04)	0.2	(0.01)	18	(1.0)	1.3	(0.04)	0.4	(0.02)	34	(1.6)	1.3	(0.07)
Hispanic:																	
2 - 19.....	576	50	(2.5)	0.9	(0.02)	0.2	(0.01)	21	(1.7)	0.9	(0.04)	0.4	(0.02)	39	(1.8)	0.8	(0.03)
20 and over.....	1058	56	(2.6)	1.3	(0.04)	0.3	(0.02)	20	(1.5)	1.3	(0.06)	0.5	(0.02)	35	(1.6)	1.2	(0.04)
2 and over...	1634	54	(2.1)	1.1	(0.03)	0.2	(0.02)	20	(1.4)	1.2	(0.04)	0.4	(0.02)	36	(1.3)	1.1	(0.03)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	91.9	(2.45)	20.4	(2.46)	22	(2.4)	99.9	(3.62)	42.1	(3.12)	42	(2.7)	84.5	(3.30)
20 and over.....	1694	55	(3.0)	113.4	(1.90)	32.3	(2.25)	28	(1.9)	117.3	(2.39)	59.0	(1.58)	50	(1.4)	108.8	(3.54)
2 and over...	2491	53	(2.7)	109.0	(1.72)	29.8	(2.01)	27	(1.7)	114.1	(2.26)	55.9	(1.59)	49	(1.3)	103.3	(2.90)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	93.6	(3.23)	23.8	(1.81)	25	(1.7)	99.1	(4.27)	47.4	(2.46)	48	(2.1)	88.1	(4.53)
20 and over.....	1128	56	(2.2)	110.1	(2.19)	36.2	(2.89)	33	(2.4)	115.9	(4.28)	64.2	(4.04)	55	(2.3)	102.7	(4.03)
2 and over...	1659	55	(2.0)	106.1	(2.06)	33.2	(2.31)	31	(2.0)	112.1	(3.68)	60.4	(3.06)	54	(1.7)	98.7	(3.41)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	98.6	(2.43)	22.7	(2.98)	23	(3.0)	104.1	(4.49)	46.1	(2.62)	44	(2.5)	93.2	(4.11)
20 and over.....	626	54	(3.4)	115.9	(2.99)	32.4	(2.64)	28	(2.1)	123.2	(5.90)	60.3	(4.06)	49	(2.8)	107.5	(4.06)
2 and over...	862	53	(2.9)	112.6	(2.71)	30.5	(2.13)	27	(1.7)	119.7	(5.23)	57.7	(3.60)	48	(2.4)	104.5	(3.14)
Hispanic:																	
2 - 19.....	576	50	(2.5)	92.8	(1.72)	24.8	(1.99)	27	(2.1)	99.5	(2.67)	49.8	(2.65)	50	(2.3)	86.1	(2.44)
20 and over.....	1058	56	(2.6)	120.5	(4.40)	36.2	(2.68)	30	(2.5)	128.8	(5.68)	64.7	(3.83)	50	(2.4)	109.9	(5.74)
2 and over...	1634	54	(2.1)	111.4	(2.69)	32.5	(2.23)	29	(2.0)	120.0	(3.33)	60.2	(2.95)	50	(1.9)	101.4	(3.85)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	2083	(52.6)	381	(47.4)	18	(2.0)	2216	(74.9)	786	(63.0)	35	(2.8)	1959	(82.2)
20 and over.....	1694	55	(3.0)	2639	(50.5)	589	(36.6)	22	(1.5)	2610	(64.8)	1078	(29.5)	41	(1.1)	2673	(70.5)
2 and over...	2491	53	(2.7)	2525	(45.5)	547	(32.5)	22	(1.3)	2537	(63.2)	1024	(26.7)	40	(1.1)	2512	(60.5)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	1990	(61.3)	398	(23.8)	20	(1.1)	2092	(85.2)	790	(36.3)	38	(1.9)	1887	(64.9)
20 and over.....	1128	56	(2.2)	2278	(45.0)	618	(45.4)	27	(1.9)	2361	(61.9)	1096	(57.8)	46	(2.2)	2170	(74.2)
2 and over...	1659	55	(2.0)	2207	(44.9)	564	(37.4)	26	(1.6)	2300	(58.6)	1027	(44.9)	45	(1.8)	2093	(55.0)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	2147	(71.5)	393	(53.4)	18	(2.8)	2177	(84.1)	798	(54.5)	37	(3.1)	2118	(105.3)
20 and over.....	626	54	(3.4)	2695	(80.5)	542	(45.2)	20	(1.5)	2688	(90.4)	1008	(54.9)	37	(1.9)	2702	(115.5)
2 and over...	862	53	(2.9)	2588	(66.9)	513	(40.4)	20	(1.4)	2596	(78.1)	970	(51.1)	37	(1.6)	2580	(79.5)
Hispanic:																	
2 - 19.....	576	50	(2.5)	2167	(40.2)	449	(29.8)	21	(1.6)	2223	(72.4)	901	(36.0)	41	(1.6)	2113	(55.3)
20 and over.....	1058	56	(2.6)	2706	(75.7)	627	(44.4)	23	(1.7)	2748	(115.4)	1120	(58.9)	41	(1.5)	2653	(84.0)
2 and over...	1634	54	(2.1)	2531	(53.6)	569	(35.7)	22	(1.4)	2590	(79.4)	1054	(47.5)	41	(1.2)	2461	(64.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	2936	(83.2)	685	(72.8)	23	(2.2)	3171	(145.2)	1413	(91.6)	45	(2.2)	2716	(104.8)
20 and over.....	1694	55	(3.0)	3526	(62.2)	1086	(83.8)	31	(2.1)	3757	(85.6)	1987	(74.0)	53	(1.6)	3248	(92.1)
2 and over...	2491	53	(2.7)	3406	(60.0)	1004	(71.5)	29	(1.8)	3649	(86.6)	1881	(66.8)	52	(1.3)	3128	(71.4)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	2999	(95.4)	829	(63.1)	28	(1.6)	3345	(130.6)	1647	(85.0)	49	(1.5)	2649	(122.6)
20 and over.....	1128	56	(2.2)	3396	(55.5)	1188	(91.7)	35	(2.5)	3775	(93.4)	2107	(125.0)	56	(2.3)	2905	(104.9)
2 and over...	1659	55	(2.0)	3299	(55.9)	1100	(75.9)	33	(2.1)	3678	(90.6)	2003	(98.4)	54	(1.8)	2836	(90.1)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	2955	(107.6)	790	(107.1)	27	(3.6)	3300	(109.0)	1604	(94.1)	49	(2.5)	2620	(164.2)
20 and over.....	626	54	(3.4)	3571	(110.3)	1004	(84.5)	28	(2.3)	3846	(212.3)	1868	(106.8)	49	(3.5)	3251	(171.5)
2 and over...	862	53	(2.9)	3451	(93.0)	962	(69.8)	28	(1.9)	3747	(190.1)	1821	(94.2)	49	(2.9)	3119	(144.0)
Hispanic:																	
2 - 19.....	576	50	(2.5)	2825	(37.7)	817	(59.2)	29	(2.1)	3183	(92.4)	1641	(76.3)	52	(2.0)	2470	(63.1)
20 and over.....	1058	56	(2.6)	3603	(88.2)	1200	(104.4)	33	(2.8)	4027	(143.1)	2145	(142.2)	53	(2.5)	3065	(131.8)
2 and over...	1634	54	(2.1)	3350	(59.0)	1075	(81.2)	32	(2.2)	3773	(100.5)	1993	(110.2)	53	(1.9)	2854	(101.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	31.0	(3.95)	9.5	(1.83)	31	(3.6)	43.6	(6.62)	19.6	(3.25)	45	(4.5)	19.1	(2.53)
20 and over.....	1694	55	(3.0)	205.1	(7.77)	34.2	(2.50)	17	(1.3)	200.5	(8.00)	62.5	(5.68)	31	(2.9)	210.7	(10.78)
2 and over...	2491	53	(2.7)	169.6	(6.53)	29.1	(2.00)	17	(1.3)	171.5	(7.77)	54.6	(4.27)	32	(2.7)	167.6	(9.02)
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	15.5	(1.37)	3.9	(0.86)	25	(4.3)	21.5	(2.77)	7.7	(1.62)	36	(6.6)	9.3	(1.37)
20 and over.....	1128	56	(2.2)	74.7	(4.21)	13.2	(1.82)	18	(2.9)	77.8	(3.22)	23.5	(2.79)	30	(3.6)	70.7	(7.55)
2 and over...	1659	55	(2.0)	60.2	(3.16)	10.9	(1.45)	18	(2.7)	65.2	(2.89)	19.9	(2.23)	31	(3.3)	54.1	(5.26)
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	17.4	(1.59)	5.1	(1.00)	29	(5.2)	19.8	(2.55)	10.4	(1.80)	53	(6.8)	15.2	(1.81)
20 and over.....	626	54	(3.4)	94.3	(5.62)	17.6	(1.82)	19	(1.8)	104.2	(6.97)	32.8	(2.64)	31	(1.7)	82.7	(6.82)
2 and over...	862	53	(2.9)	79.4	(4.42)	15.2	(1.42)	19	(1.8)	88.9	(4.96)	28.7	(1.74)	32	(1.7)	68.6	(6.09)
Hispanic:																	
2 - 19.....	576	50	(2.5)	23.5	(3.06)	7.2	(1.53)	31	(5.2)	30.6	(4.34)	14.4	(3.03)	47	(5.9)	16.5	(3.50)
20 and over.....	1058	56	(2.6)	115.8	(5.24)	18.9	(2.64)	16	(2.1)	119.6	(6.42)	33.7	(4.46)	28	(2.8)	110.9	(8.49)
2 and over...	1634	54	(2.1)	85.7	(3.60)	15.1	(1.95)	18	(2.2)	92.9	(4.65)	27.9	(3.20)	30	(2.8)	77.4	(6.63)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 54. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Race/Ethnicity and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	797	48	(3.0)	--		--		--		--		--		--		--	
20 and over.....	1694	55	(3.0)	10.7	(0.79)	2.4	(0.33)	22	(2.7)	13.0	(1.40)	4.3	(0.60)	33	(3.4)	7.9	(0.87)
2 and over...	2491	53	(2.7)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	531	50	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1128	56	(2.2)	10.4	(1.49)	2.0	(0.41)	19	(4.0)	11.3	(1.62)	3.5	(0.69)	31	(5.3)	9.2*	(2.92)
2 and over...	1659	55	(2.0)	--		--		--		--		--		--		--	
Non-Hispanic Asian [7]:																	
2 - 19.....	236	49	(5.2)	--		--		--		--		--		--		--	
20 and over.....	626	54	(3.4)	4.0	(0.46)	1.1	(0.27)	--		5.3	(1.07)	2.0	(0.47)	--		2.4	(0.51)
2 and over...	862	53	(2.9)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	576	50	(2.5)	--		--		--		--		--		--		--	
20 and over.....	1058	56	(2.6)	8.4	(1.36)	1.5	(0.44)	18*	(6.1)	10.2	(1.82)	2.8	(0.75)	27*	(8.4)	6.0	(1.17)
2 and over...	1634	54	(2.1)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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 [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018

F o o d e n e r g y

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1927	(77.9)	452	(69.0)	23	(3.6)	2069	(56.2)	897	(76.5)	43	(3.5)	1783	(115.9)
20 and over.....	1218	44	(2.9)	2139	(39.0)	474	(42.4)	22	(1.9)	2371	(88.9)	1068	(61.8)	45	(1.8)	1954	(39.8)
2 and over...	1791	46	(3.0)	2084	(38.7)	468	(42.5)	22	(2.0)	2285	(68.9)	1019	(45.9)	45	(1.8)	1914	(44.5)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1868	(28.8)	374	(30.0)	20	(1.5)	2029	(58.7)	843	(38.6)	42	(1.7)	1739	(33.5)
20 and over.....	1799	54	(2.9)	2140	(45.6)	533	(40.1)	25	(1.7)	2255	(52.5)	983	(41.3)	44	(1.3)	2003	(65.4)
2 and over...	2726	52	(2.6)	2078	(34.5)	497	(34.5)	24	(1.5)	2211	(44.8)	956	(36.3)	43	(1.1)	1933	(47.2)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1932	(36.1)	435	(36.7)	22	(1.8)	2102	(56.4)	828	(44.9)	39	(1.8)	1744	(60.8)
20 and over.....	1229	61	(2.6)	2183	(37.5)	640	(38.8)	29	(1.8)	2244	(45.4)	1053	(36.1)	47	(1.6)	2089	(61.6)
2 and over...	1907	59	(2.4)	2123	(34.4)	590	(32.1)	28	(1.5)	2214	(38.3)	1005	(31.5)	45	(1.3)	1994	(56.8)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1894	(18.2)	415	(25.3)	22	(1.3)	2061	(33.5)	853	(28.3)	41	(1.2)	1737	(27.6)
20 and over.....	4742	55	(2.0)	2155	(18.8)	565	(25.7)	26	(1.1)	2271	(24.7)	1027	(26.3)	45	(1.0)	2013	(29.6)
2 and over...	7122	53	(1.8)	2093	(14.2)	529	(21.7)	25	(1.0)	2225	(20.7)	990	(22.3)	44	(0.8)	1940	(21.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	71.2	(4.23)	18.6	(3.62)	26	(4.4)	75.3	(5.33)	36.9	(4.77)	49	(3.2)	67.2	(4.80)
20 and over.....	1218	44	(2.9)	77.3	(1.49)	19.3	(1.73)	25	(2.1)	86.8	(3.46)	43.5	(2.36)	50	(2.3)	69.7	(1.51)
2 and over...	1791	46	(3.0)	75.7	(1.84)	19.1	(1.92)	25	(2.3)	83.5	(2.71)	41.6	(1.97)	50	(2.0)	69.1	(1.75)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	63.3	(1.40)	14.1	(1.27)	22	(1.9)	68.6	(2.36)	31.7	(2.01)	46	(2.2)	59.0	(1.66)
20 and over.....	1799	54	(2.9)	79.7	(1.74)	21.8	(1.70)	27	(2.0)	83.5	(1.71)	40.2	(1.77)	48	(1.7)	75.2	(2.70)
2 and over...	2726	52	(2.6)	76.0	(1.45)	20.0	(1.48)	26	(1.8)	80.6	(1.57)	38.5	(1.63)	48	(1.6)	71.0	(2.09)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	67.8	(2.47)	15.4	(1.25)	23	(1.8)	71.5	(2.83)	29.4	(1.46)	41	(2.2)	63.7	(3.88)
20 and over.....	1229	61	(2.6)	86.7	(1.60)	26.7	(1.79)	31	(2.0)	85.8	(1.89)	44.0	(1.72)	51	(1.8)	88.1	(2.76)
2 and over...	1907	59	(2.4)	82.2	(1.53)	24.0	(1.48)	29	(1.7)	82.8	(1.72)	40.8	(1.55)	49	(1.4)	81.4	(2.60)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	66.8	(1.34)	15.5	(1.03)	23	(1.3)	71.6	(2.03)	32.0	(1.26)	45	(1.3)	62.2	(1.76)
20 and over.....	4742	55	(2.0)	81.9	(0.93)	23.3	(1.13)	28	(1.2)	85.1	(1.03)	42.3	(1.06)	50	(1.1)	77.8	(1.60)
2 and over...	7122	53	(1.8)	78.3	(0.88)	21.4	(0.99)	27	(1.1)	82.2	(1.07)	40.1	(0.98)	49	(0.9)	73.7	(1.24)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	244	(9.6)	49	(7.2)	20	(3.3)	256	(8.3)	97	(7.3)	38	(3.7)	233	(14.4)
20 and over.....	1218	44	(2.9)	256	(4.8)	48	(4.4)	19	(1.8)	272	(9.8)	109	(6.3)	40	(2.1)	243	(6.7)
2 and over...	1791	46	(3.0)	253	(4.6)	48	(4.6)	19	(1.9)	267	(8.5)	105	(5.1)	39	(2.2)	241	(6.0)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	244	(3.7)	42	(3.1)	17	(1.2)	260	(8.8)	96	(3.7)	37	(1.4)	231	(5.5)
20 and over.....	1799	54	(2.9)	253	(5.8)	56	(4.2)	22	(1.5)	260	(6.4)	102	(3.9)	39	(1.0)	244	(8.8)
2 and over...	2726	52	(2.6)	251	(4.2)	53	(3.6)	21	(1.3)	260	(5.3)	101	(3.4)	39	(0.9)	241	(6.3)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	247	(5.2)	50	(4.6)	20	(1.7)	266	(7.3)	95	(5.4)	36	(1.7)	226	(6.8)
20 and over.....	1229	61	(2.6)	238	(4.2)	63	(4.0)	26	(1.7)	244	(6.0)	103	(4.0)	42	(1.7)	229	(8.4)
2 and over...	1907	59	(2.4)	240	(3.6)	60	(3.2)	25	(1.4)	249	(4.7)	102	(3.2)	41	(1.4)	228	(6.9)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	243	(2.3)	47	(2.9)	19	(1.1)	260	(4.2)	96	(3.3)	37	(1.1)	228	(3.5)
20 and over.....	4742	55	(2.0)	248	(3.0)	57	(2.8)	23	(1.1)	256	(3.4)	104	(3.1)	41	(1.0)	239	(4.3)
2 and over...	7122	53	(1.8)	247	(2.2)	55	(2.3)	22	(0.9)	257	(2.4)	102	(2.5)	40	(0.8)	236	(3.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	111	(5.4)	17	(3.1)	15	(3.1)	112	(4.0)	34	(3.7)	30	(4.1)	109	(8.5)
20 and over.....	1218	44	(2.9)	116	(3.7)	16	(1.4)	14	(1.4)	120	(6.6)	35	(2.1)	29	(2.1)	112	(4.1)
2 and over...	1791	46	(3.0)	115	(3.4)	16	(1.6)	14	(1.7)	118	(5.2)	35	(2.0)	30	(2.4)	112	(4.1)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	111	(1.8)	16	(1.0)	14	(0.9)	120	(4.5)	35	(2.0)	29	(1.5)	105	(3.2)
20 and over.....	1799	54	(2.9)	112	(2.7)	19	(1.5)	17	(1.3)	113	(3.6)	35	(1.6)	31	(1.2)	109	(4.4)
2 and over...	2726	52	(2.6)	112	(1.9)	18	(1.2)	16	(1.0)	115	(3.0)	35	(1.3)	30	(1.0)	108	(3.3)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	112	(3.4)	20	(2.2)	18	(1.8)	125	(4.9)	38	(2.9)	30	(1.8)	98	(3.6)
20 and over.....	1229	61	(2.6)	98	(2.3)	19	(1.5)	20	(1.3)	99	(3.7)	32	(1.7)	32	(1.5)	97	(3.0)
2 and over...	1907	59	(2.4)	102	(2.1)	20	(1.2)	19	(1.2)	105	(3.1)	33	(1.5)	32	(1.2)	97	(2.7)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	110	(1.3)	18	(1.3)	16	(1.1)	119	(2.6)	36	(1.6)	30	(1.2)	103	(1.6)
20 and over.....	4742	55	(2.0)	107	(1.7)	18	(1.0)	17	(0.8)	108	(2.0)	33	(1.1)	31	(0.8)	105	(1.9)
2 and over...	7122	53	(1.8)	108	(1.4)	18	(0.8)	17	(0.7)	111	(1.6)	34	(0.9)	31	(0.7)	105	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	14.0	(0.55)	3.2	(0.66)	23	(4.5)	14.5	(0.49)	6.3	(0.91)	43	(5.5)	13.4	(0.86)
20 and over.....	1218	44	(2.9)	15.7	(0.49)	2.9	(0.31)	18	(1.8)	15.6	(0.78)	6.5	(0.50)	42	(2.3)	15.8	(0.82)
2 and over...	1791	46	(3.0)	15.3	(0.37)	3.0	(0.35)	19	(2.1)	15.3	(0.56)	6.5	(0.45)	42	(2.6)	15.3	(0.60)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	13.6	(0.40)	2.4	(0.24)	18	(1.6)	14.2	(0.64)	5.5	(0.41)	39	(2.3)	13.2	(0.47)
20 and over.....	1799	54	(2.9)	16.5	(0.53)	3.3	(0.26)	20	(1.4)	16.1	(0.49)	6.2	(0.27)	38	(1.5)	17.0	(0.90)
2 and over...	2726	52	(2.6)	15.9	(0.47)	3.1	(0.23)	20	(1.2)	15.7	(0.43)	6.0	(0.25)	38	(1.3)	16.0	(0.73)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	14.8	(0.60)	2.6	(0.21)	18	(1.6)	15.1	(0.70)	5.0	(0.28)	33	(2.3)	14.6	(0.89)
20 and over.....	1229	61	(2.6)	17.6	(0.63)	4.2	(0.28)	24	(1.6)	16.6	(0.78)	6.8	(0.27)	41	(1.6)	19.0	(1.08)
2 and over...	1907	59	(2.4)	16.9	(0.58)	3.8	(0.23)	22	(1.4)	16.3	(0.72)	6.5	(0.25)	40	(1.6)	17.8	(0.92)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	14.1	(0.27)	2.7	(0.20)	19	(1.3)	14.5	(0.36)	5.5	(0.30)	38	(1.9)	13.7	(0.40)
20 and over.....	4742	55	(2.0)	16.9	(0.39)	3.6	(0.21)	22	(1.1)	16.4	(0.33)	6.6	(0.23)	40	(1.2)	17.4	(0.61)
2 and over...	7122	53	(1.8)	16.2	(0.33)	3.4	(0.18)	21	(1.0)	16.0	(0.32)	6.4	(0.21)	40	(1.1)	16.5	(0.50)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	74.9	(3.41)	20.6	(3.01)	28	(4.0)	82.4	(2.68)	40.9	(3.38)	50	(3.7)	67.2	(4.90)
20 and over.....	1218	44	(2.9)	85.3	(1.86)	21.6	(1.92)	25	(2.1)	97.4	(4.21)	48.6	(3.13)	50	(2.0)	75.5	(2.03)
2 and over...	1791	46	(3.0)	82.6	(1.94)	21.3	(1.82)	26	(2.2)	93.1	(3.24)	46.4	(2.18)	50	(1.9)	73.6	(2.31)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	73.5	(1.52)	16.8	(1.46)	23	(1.9)	81.8	(2.33)	37.8	(2.00)	46	(2.1)	66.8	(1.57)
20 and over.....	1799	54	(2.9)	86.3	(1.71)	23.8	(1.75)	28	(1.8)	93.2	(2.34)	43.9	(1.97)	47	(1.5)	78.2	(2.75)
2 and over...	2726	52	(2.6)	83.4	(1.39)	22.2	(1.50)	27	(1.6)	91.0	(2.10)	42.7	(1.71)	47	(1.3)	75.2	(2.03)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	77.6	(1.83)	19.6	(1.69)	25	(2.1)	86.3	(3.51)	37.4	(2.45)	43	(2.0)	68.0	(3.14)
20 and over.....	1229	61	(2.6)	92.3	(2.00)	29.5	(1.91)	32	(2.0)	94.9	(2.39)	48.5	(1.76)	51	(1.7)	88.4	(2.86)
2 and over...	1907	59	(2.4)	88.8	(1.78)	27.1	(1.61)	31	(1.7)	93.0	(1.99)	46.1	(1.55)	50	(1.3)	82.8	(2.69)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	74.9	(1.03)	18.6	(1.15)	25	(1.5)	83.5	(1.97)	38.4	(1.43)	46	(1.4)	66.7	(1.29)
20 and over.....	4742	55	(2.0)	88.2	(0.77)	25.7	(1.14)	29	(1.2)	94.4	(1.11)	46.7	(1.14)	49	(1.1)	80.6	(1.50)
2 and over...	7122	53	(1.8)	85.0	(0.69)	24.0	(0.97)	28	(1.0)	92.0	(1.11)	44.9	(0.98)	49	(0.8)	77.0	(1.12)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	25.8	(1.37)	6.7	(0.96)	26	(3.7)	27.2	(1.02)	13.3	(1.11)	49	(3.4)	24.3	(1.92)
20 and over.....	1218	44	(2.9)	27.3	(0.96)	6.8	(0.55)	25	(1.9)	31.2	(1.60)	15.3	(0.94)	49	(1.8)	24.2	(0.86)
2 and over...	1791	46	(3.0)	26.9	(0.97)	6.8	(0.53)	25	(2.0)	30.1	(1.29)	14.7	(0.67)	49	(1.7)	24.2	(1.03)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	25.6	(0.61)	5.5	(0.49)	22	(1.8)	27.9	(1.11)	12.4	(0.91)	45	(2.4)	23.8	(0.60)
20 and over.....	1799	54	(2.9)	28.5	(0.82)	7.7	(0.49)	27	(1.5)	30.9	(0.99)	14.1	(0.65)	46	(1.4)	25.8	(1.20)
2 and over...	2726	52	(2.6)	27.9	(0.62)	7.2	(0.40)	26	(1.3)	30.3	(0.85)	13.8	(0.57)	46	(1.1)	25.3	(0.89)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	26.4	(0.68)	6.6	(0.53)	25	(1.9)	29.5	(1.18)	12.5	(0.74)	42	(1.7)	23.1	(1.24)
20 and over.....	1229	61	(2.6)	29.8	(0.54)	9.5	(0.64)	32	(2.3)	30.4	(0.68)	15.7	(0.60)	52	(1.9)	28.9	(1.15)
2 and over...	1907	59	(2.4)	29.0	(0.49)	8.8	(0.53)	30	(1.9)	30.2	(0.57)	15.0	(0.49)	50	(1.5)	27.3	(1.01)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	25.8	(0.35)	6.1	(0.39)	24	(1.4)	28.3	(0.69)	12.6	(0.52)	45	(1.3)	23.5	(0.47)
20 and over.....	4742	55	(2.0)	28.7	(0.33)	8.2	(0.35)	29	(1.2)	30.6	(0.43)	15.0	(0.37)	49	(1.0)	26.4	(0.64)
2 and over...	7122	53	(1.8)	28.0	(0.28)	7.7	(0.30)	28	(1.0)	30.1	(0.43)	14.5	(0.32)	48	(0.8)	25.6	(0.48)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from All Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants g	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	24.6	(1.18)	6.9	(0.97)	28	(4.0)	27.4	(0.97)	13.7	(1.07)	50	(3.7)	21.7	(1.65)
20 and over.....	1218	44	(2.9)	29.4	(0.61)	7.4	(0.70)	25	(2.2)	33.5	(1.48)	16.8	(1.18)	50	(2.1)	26.0	(0.67)
2 and over...	1791	46	(3.0)	28.1	(0.62)	7.3	(0.64)	26	(2.2)	31.8	(1.13)	15.9	(0.82)	50	(1.9)	25.0	(0.74)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	24.1	(0.51)	5.6	(0.50)	23	(2.0)	27.0	(0.76)	12.5	(0.65)	46	(2.4)	21.7	(0.60)
20 and over.....	1799	54	(2.9)	29.2	(0.64)	8.0	(0.61)	27	(1.8)	31.6	(0.82)	14.7	(0.76)	46	(1.7)	26.3	(0.94)
2 and over...	2726	52	(2.6)	28.0	(0.53)	7.4	(0.52)	26	(1.6)	30.8	(0.75)	14.3	(0.66)	46	(1.5)	25.1	(0.70)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	25.6	(0.54)	6.5	(0.58)	25	(2.2)	28.4	(1.13)	12.4	(0.85)	44	(2.3)	22.5	(1.06)
20 and over.....	1229	61	(2.6)	32.0	(0.91)	9.9	(0.69)	31	(2.0)	32.8	(1.10)	16.4	(0.67)	50	(1.7)	30.7	(1.19)
2 and over...	1907	59	(2.4)	30.4	(0.76)	9.1	(0.58)	30	(1.7)	31.8	(0.88)	15.5	(0.57)	49	(1.4)	28.4	(1.06)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	24.6	(0.30)	6.2	(0.38)	25	(1.5)	27.5	(0.65)	12.7	(0.48)	46	(1.5)	21.8	(0.44)
20 and over.....	4742	55	(2.0)	30.2	(0.36)	8.7	(0.42)	29	(1.2)	32.3	(0.49)	15.7	(0.46)	49	(1.3)	27.6	(0.59)
2 and over...	7122	53	(1.8)	28.8	(0.32)	8.1	(0.36)	28	(1.0)	31.3	(0.46)	15.1	(0.39)	48	(1.0)	26.1	(0.44)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	16.9	(0.65)	5.1	(0.81)	30	(4.5)	19.7	(0.75)	10.1	(0.97)	51	(4.2)	14.0	(0.80)
20 and over.....	1218	44	(2.9)	20.1	(0.45)	5.2	(0.52)	26	(2.2)	23.1	(1.08)	11.8	(0.84)	51	(2.1)	17.7	(0.76)
2 and over...	1791	46	(3.0)	19.2	(0.37)	5.2	(0.50)	27	(2.3)	22.1	(0.76)	11.3	(0.63)	51	(2.1)	16.8	(0.59)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	16.5	(0.47)	4.2	(0.45)	25	(2.4)	18.9	(0.74)	9.4	(0.65)	50	(2.3)	14.5	(0.54)
20 and over.....	1799	54	(2.9)	20.2	(0.30)	5.9	(0.53)	29	(2.4)	21.8	(0.49)	10.9	(0.57)	50	(2.1)	18.3	(0.66)
2 and over...	2726	52	(2.6)	19.3	(0.29)	5.5	(0.49)	29	(2.2)	21.2	(0.49)	10.6	(0.54)	50	(1.9)	17.3	(0.46)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	18.1	(0.61)	4.7	(0.46)	26	(2.3)	20.3	(1.21)	9.0	(0.69)	44	(2.5)	15.7	(0.84)
20 and over.....	1229	61	(2.6)	21.9	(0.71)	7.2	(0.45)	33	(1.9)	22.8	(0.74)	11.9	(0.48)	52	(2.3)	20.4	(0.85)
2 and over...	1907	59	(2.4)	21.0	(0.64)	6.6	(0.39)	32	(1.6)	22.2	(0.70)	11.3	(0.45)	51	(1.9)	19.1	(0.73)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	17.1	(0.35)	4.6	(0.30)	27	(1.7)	19.6	(0.63)	9.4	(0.39)	48	(1.7)	14.7	(0.39)
20 and over.....	4742	55	(2.0)	20.8	(0.35)	6.4	(0.28)	31	(1.3)	22.5	(0.37)	11.6	(0.27)	52	(1.3)	18.7	(0.51)
2 and over...	7122	53	(1.8)	19.9	(0.30)	5.9	(0.24)	30	(1.1)	21.8	(0.36)	11.1	(0.24)	51	(1.1)	17.7	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	244	(14.4)	62	(14.4)	26	(5.5)	247	(16.2)	124	(20.6)	50	(6.5)	240	(17.7)
20 and over.....	1218	44	(2.9)	290	(9.0)	66	(5.9)	23	(1.9)	321	(15.5)	148	(9.6)	46	(2.1)	266	(11.8)
2 and over...	1791	46	(3.0)	278	(9.3)	65	(6.6)	23	(2.3)	300	(11.7)	141	(7.4)	47	(2.3)	260	(11.3)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	219	(8.6)	47	(4.6)	21	(2.1)	236	(8.7)	105	(8.4)	44	(3.2)	206	(12.2)
20 and over.....	1799	54	(2.9)	297	(8.3)	82	(6.0)	27	(1.8)	318	(10.3)	150	(6.0)	47	(1.5)	272	(10.9)
2 and over...	2726	52	(2.6)	280	(6.8)	74	(4.9)	26	(1.6)	302	(9.4)	142	(5.3)	47	(1.2)	255	(8.5)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	221	(13.1)	50	(4.6)	23	(2.1)	242	(13.5)	95	(6.1)	39	(2.7)	197	(20.8)
20 and over.....	1229	61	(2.6)	325	(9.1)	109	(7.3)	34	(2.2)	328	(12.0)	180	(10.2)	55	(2.0)	321	(16.2)
2 and over...	1907	59	(2.4)	300	(7.7)	95	(6.3)	32	(1.9)	310	(10.2)	162	(8.9)	52	(1.6)	287	(14.3)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	225	(5.4)	52	(4.0)	23	(1.7)	243	(7.7)	106	(5.2)	44	(2.1)	208	(8.1)
20 and over.....	4742	55	(2.0)	307	(4.9)	90	(3.4)	29	(1.1)	324	(7.2)	163	(4.1)	50	(1.0)	285	(9.5)
2 and over...	7122	53	(1.8)	287	(3.2)	81	(2.9)	28	(1.0)	307	(6.1)	151	(3.2)	49	(0.8)	265	(6.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	587	(32.6)	99*	(35.9)	17*	(5.6)	548	(48.0)	197	(57.8)	36	(8.0)	626	(37.8)
20 and over.....	1218	44	(2.9)	573	(20.8)	83	(8.2)	14	(1.5)	576	(36.9)	186	(12.6)	32	(2.2)	571	(32.1)
2 and over...	1791	46	(3.0)	577	(15.9)	87	(13.5)	15	(2.3)	568	(24.0)	189	(18.9)	33	(3.2)	584	(25.1)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	568	(19.3)	72	(5.5)	13	(1.0)	592	(34.3)	162	(13.1)	27	(2.3)	549	(25.2)
20 and over.....	1799	54	(2.9)	610	(18.4)	117	(8.1)	19	(1.4)	597	(22.0)	216	(9.7)	36	(1.6)	624	(32.2)
2 and over...	2726	52	(2.6)	600	(15.1)	107	(6.3)	18	(1.2)	596	(21.2)	205	(8.1)	34	(1.4)	604	(26.3)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	618	(29.9)	75	(10.5)	12	(1.7)	638	(41.5)	143	(16.9)	22	(2.4)	596	(36.1)
20 and over.....	1229	61	(2.6)	722	(28.8)	153	(12.8)	21	(1.4)	698	(36.6)	251	(19.9)	36	(2.0)	760	(34.4)
2 and over...	1907	59	(2.4)	697	(25.8)	134	(11.7)	19	(1.4)	685	(30.7)	228	(18.3)	33	(1.8)	715	(31.6)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	588	(12.8)	77	(8.4)	13	(1.4)	596	(23.7)	159	(14.1)	27	(2.1)	581	(18.7)
20 and over.....	4742	55	(2.0)	648	(17.2)	127	(6.0)	20	(0.8)	647	(17.8)	232	(9.3)	36	(0.9)	649	(21.9)
2 and over...	7122	53	(1.8)	633	(13.9)	116	(5.3)	18	(0.7)	636	(15.3)	216	(8.6)	34	(0.9)	631	(16.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

B e t a c a r o t e n e

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1111	(151.3)	298 *	(156.9)	27 *	(11.4)	1044	(246.0)	592 *	(270.6)	57 *	(13.9)	1179	(148.6)
20 and over.....	1218	44	(2.9)	1975	(177.8)	308	(51.4)	16	(2.8)	1764	(208.0)	693	(95.9)	39	(4.2)	2144	(260.0)
2 and over...	1791	46	(3.0)	1751	(144.0)	305	(68.5)	17	(4.1)	1559	(160.7)	664	(115.4)	43	(5.8)	1914	(215.5)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1128	(89.1)	181	(23.0)	16	(1.7)	1178	(150.6)	408	(57.3)	35	(4.1)	1087	(138.5)
20 and over.....	1799	54	(2.9)	2179	(144.8)	487	(65.8)	22	(2.6)	2012	(172.3)	897	(105.7)	45	(3.4)	2376	(208.2)
2 and over...	2726	52	(2.6)	1939	(112.8)	417	(53.7)	22	(2.3)	1850	(142.2)	802	(91.1)	43	(3.0)	2036	(175.4)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1344	(104.7)	173	(35.0)	13	(2.7)	1471	(148.7)	329	(62.4)	22	(4.8)	1205	(151.1)
20 and over.....	1229	61	(2.6)	3108	(290.1)	596	(69.2)	19	(2.3)	2840	(329.4)	982	(115.0)	35	(4.4)	3524	(390.2)
2 and over...	1907	59	(2.4)	2685	(245.4)	495	(60.9)	18	(2.3)	2546	(281.9)	842	(103.7)	33	(4.4)	2882	(291.4)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1199	(51.1)	199	(35.1)	17	(2.7)	1243	(72.4)	409	(67.9)	33	(4.8)	1157	(85.8)
20 and over.....	4742	55	(2.0)	2515	(164.7)	522	(45.8)	21	(1.3)	2409	(197.0)	948	(75.9)	39	(2.6)	2646	(197.2)
2 and over...	7122	53	(1.8)	2202	(135.9)	445	(39.2)	20	(1.3)	2157	(167.9)	832	(69.5)	39	(2.7)	2255	(150.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

L y c o p e n e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	4483	(441.6)	1204	(236.5)	27	(5.5)	4394	(370.7)	2391	(331.5)	54	(7.3)	4574	(623.9)
20 and over.....	1218	44	(2.9)	4743	(380.9)	1071	(98.1)	23	(1.9)	4818	(468.9)	2411	(179.7)	50	(4.1)	4684	(653.2)
2 and over...	1791	46	(3.0)	4676	(270.2)	1105	(106.2)	24	(1.5)	4698	(299.3)	2405	(140.4)	51	(3.7)	4658	(524.0)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	4825	(479.7)	810	(101.9)	17	(2.8)	4435	(486.4)	1825	(246.3)	41	(5.3)	5136	(764.0)
20 and over.....	1799	54	(2.9)	4992	(314.0)	1348	(162.0)	27	(2.4)	5140	(354.0)	2486	(259.0)	48	(2.7)	4816	(439.8)
2 and over...	2726	52	(2.6)	4954	(261.1)	1226	(128.0)	25	(2.3)	5003	(334.8)	2358	(213.8)	47	(2.3)	4900	(364.9)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	3941	(314.3)	1107	(159.1)	28	(4.7)	4158	(458.7)	2110	(315.0)	51	(6.5)	3701	(509.9)
20 and over.....	1229	61	(2.6)	5443	(619.8)	1514	(121.9)	28	(3.2)	5238	(403.6)	2494	(187.8)	48	(3.5)	5760	(1218.0)
2 and over...	1907	59	(2.4)	5082	(493.8)	1417	(98.3)	28	(3.0)	5006	(323.9)	2412	(154.1)	48	(3.3)	5190	(951.7)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	4327	(223.3)	987	(88.9)	23	(2.5)	4235	(238.2)	2032	(181.0)	48	(3.1)	4414	(417.3)
20 and over.....	4742	55	(2.0)	5053	(231.6)	1371	(83.6)	27	(1.7)	5129	(191.4)	2492	(131.0)	49	(1.8)	4961	(370.0)
2 and over...	7122	53	(1.8)	4881	(180.9)	1280	(77.4)	26	(1.7)	4936	(162.1)	2393	(125.0)	48	(1.7)	4817	(308.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1.58	(0.074)	0.33	(0.051)	21	(2.8)	1.64	(0.078)	0.65	(0.061)	39	(2.3)	1.53	(0.088)
20 and over.....	1218	44	(2.9)	1.56	(0.041)	0.33	(0.029)	22	(1.7)	1.71	(0.096)	0.75	(0.038)	44	(2.5)	1.43	(0.056)
2 and over...	1791	46	(3.0)	1.56	(0.043)	0.33	(0.030)	21	(1.7)	1.69	(0.074)	0.72	(0.033)	43	(2.0)	1.45	(0.043)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1.52	(0.026)	0.25	(0.017)	17	(1.2)	1.57	(0.060)	0.57	(0.033)	37	(1.8)	1.47	(0.035)
20 and over.....	1799	54	(2.9)	1.59	(0.031)	0.37	(0.025)	23	(1.6)	1.62	(0.030)	0.68	(0.023)	42	(1.2)	1.56	(0.054)
2 and over...	2726	52	(2.6)	1.57	(0.025)	0.34	(0.021)	22	(1.4)	1.61	(0.029)	0.66	(0.022)	41	(1.2)	1.53	(0.040)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1.53	(0.035)	0.29	(0.025)	19	(1.8)	1.60	(0.038)	0.55	(0.028)	35	(1.9)	1.45	(0.058)
20 and over.....	1229	61	(2.6)	1.63	(0.035)	0.46	(0.027)	28	(1.6)	1.67	(0.047)	0.76	(0.027)	45	(1.9)	1.56	(0.056)
2 and over...	1907	59	(2.4)	1.60	(0.029)	0.42	(0.023)	26	(1.4)	1.65	(0.034)	0.71	(0.023)	43	(1.5)	1.53	(0.048)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1.53	(0.015)	0.28	(0.017)	18	(1.0)	1.59	(0.026)	0.58	(0.021)	36	(1.2)	1.47	(0.025)
20 and over.....	4742	55	(2.0)	1.60	(0.020)	0.40	(0.015)	25	(1.0)	1.66	(0.025)	0.73	(0.013)	44	(0.8)	1.53	(0.039)
2 and over...	7122	53	(1.8)	1.58	(0.017)	0.37	(0.014)	23	(0.9)	1.65	(0.018)	0.69	(0.012)	42	(0.6)	1.51	(0.030)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

R i b o f l a v i n

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1.89	(0.104)	0.35	(0.089)	19	(4.3)	1.90	(0.120)	0.70	(0.127)	37	(4.7)	1.89	(0.149)
20 and over.....	1218	44	(2.9)	1.97	(0.048)	0.35	(0.032)	18	(1.6)	2.05	(0.096)	0.78	(0.037)	38	(2.1)	1.91	(0.065)
2 and over...	1791	46	(3.0)	1.95	(0.052)	0.35	(0.041)	18	(2.0)	2.01	(0.061)	0.76	(0.044)	38	(2.3)	1.90	(0.072)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1.78	(0.042)	0.28	(0.029)	16	(1.6)	1.89	(0.067)	0.63	(0.062)	33	(3.1)	1.70	(0.044)
20 and over.....	1799	54	(2.9)	2.09	(0.070)	0.42	(0.025)	20	(1.5)	2.14	(0.084)	0.77	(0.019)	36	(1.2)	2.03	(0.095)
2 and over...	2726	52	(2.6)	2.02	(0.057)	0.39	(0.021)	19	(1.3)	2.09	(0.071)	0.74	(0.022)	36	(1.1)	1.94	(0.077)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1.78	(0.057)	0.33	(0.034)	19	(1.8)	1.91	(0.064)	0.63	(0.049)	33	(2.3)	1.64	(0.072)
20 and over.....	1229	61	(2.6)	2.26	(0.071)	0.54	(0.041)	24	(2.0)	2.22	(0.032)	0.89	(0.048)	40	(2.1)	2.31	(0.157)
2 and over...	1907	59	(2.4)	2.14	(0.061)	0.49	(0.034)	23	(1.7)	2.15	(0.037)	0.83	(0.042)	39	(1.7)	2.12	(0.119)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1.80	(0.022)	0.31	(0.024)	17	(1.2)	1.89	(0.041)	0.64	(0.032)	34	(1.5)	1.71	(0.035)
20 and over.....	4742	55	(2.0)	2.12	(0.041)	0.45	(0.020)	21	(1.0)	2.15	(0.033)	0.82	(0.022)	38	(1.0)	2.08	(0.074)
2 and over...	7122	53	(1.8)	2.04	(0.033)	0.42	(0.017)	20	(0.9)	2.09	(0.027)	0.78	(0.019)	37	(0.8)	1.98	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	23.4	(1.15)	6.0	(1.08)	26	(4.2)	25.4	(1.40)	11.9	(1.37)	47	(4.0)	21.5	(1.36)
20 and over.....	1218	44	(2.9)	26.2	(1.00)	5.9	(0.57)	22	(2.2)	30.2	(2.08)	13.2	(0.76)	44	(3.8)	23.1	(0.63)
2 and over...	1791	46	(3.0)	25.5	(0.97)	5.9	(0.64)	23	(2.5)	28.8	(1.67)	12.8	(0.69)	45	(3.4)	22.7	(0.68)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	20.5	(0.47)	4.2	(0.39)	20	(1.6)	22.5	(0.85)	9.4	(0.57)	42	(1.8)	18.8	(0.45)
20 and over.....	1799	54	(2.9)	26.1	(0.94)	6.6	(0.52)	25	(2.2)	27.5	(1.22)	12.1	(0.54)	44	(2.0)	24.4	(1.17)
2 and over...	2726	52	(2.6)	24.8	(0.67)	6.0	(0.46)	24	(2.0)	26.6	(0.97)	11.6	(0.50)	44	(1.8)	22.9	(0.83)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	22.0	(0.65)	4.7	(0.38)	22	(1.8)	23.3	(0.98)	9.0	(0.50)	39	(2.0)	20.4	(1.10)
20 and over.....	1229	61	(2.6)	26.8	(0.74)	7.5	(0.47)	28	(1.9)	26.8	(0.49)	12.4	(0.49)	46	(1.8)	26.8	(1.62)
2 and over...	1907	59	(2.4)	25.6	(0.63)	6.9	(0.39)	27	(1.7)	26.1	(0.43)	11.7	(0.43)	45	(1.5)	25.0	(1.30)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	21.7	(0.43)	4.8	(0.33)	22	(1.3)	23.5	(0.77)	9.8	(0.46)	42	(1.3)	19.9	(0.56)
20 and over.....	4742	55	(2.0)	26.2	(0.42)	6.8	(0.31)	26	(1.2)	27.5	(0.52)	12.4	(0.32)	45	(1.2)	24.6	(0.74)
2 and over...	7122	53	(1.8)	25.1	(0.34)	6.3	(0.28)	25	(1.0)	26.7	(0.47)	11.8	(0.29)	44	(1.0)	23.4	(0.55)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 6

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1.94	(0.094)	0.40	(0.095)	21	(4.4)	2.04	(0.159)	0.80	(0.147)	39	(5.2)	1.84	(0.104)
20 and over.....	1218	44	(2.9)	2.28	(0.154)	0.36	(0.034)	16	(1.9)	2.57	(0.349)	0.81	(0.050)	32	(4.8)	2.05	(0.058)
2 and over...	1791	46	(3.0)	2.19	(0.121)	0.37	(0.046)	17	(2.3)	2.42	(0.259)	0.81	(0.060)	33	(4.4)	2.00	(0.054)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1.63	(0.054)	0.24	(0.024)	15	(1.3)	1.71	(0.090)	0.53	(0.038)	31	(1.7)	1.57	(0.050)
20 and over.....	1799	54	(2.9)	2.17	(0.121)	0.41	(0.036)	19	(2.2)	2.21	(0.179)	0.75	(0.037)	34	(3.0)	2.13	(0.111)
2 and over...	2726	52	(2.6)	2.05	(0.090)	0.37	(0.032)	18	(1.9)	2.11	(0.141)	0.71	(0.036)	34	(2.6)	1.98	(0.084)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1.77	(0.056)	0.27	(0.024)	15	(1.5)	1.81	(0.066)	0.51	(0.030)	28	(1.8)	1.72	(0.092)
20 and over.....	1229	61	(2.6)	2.20	(0.090)	0.49	(0.037)	22	(1.8)	2.14	(0.059)	0.81	(0.042)	38	(1.9)	2.29	(0.168)
2 and over...	1907	59	(2.4)	2.09	(0.075)	0.44	(0.030)	21	(1.5)	2.07	(0.053)	0.75	(0.037)	36	(1.6)	2.13	(0.129)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1.75	(0.040)	0.28	(0.027)	16	(1.3)	1.83	(0.068)	0.59	(0.045)	32	(1.7)	1.67	(0.046)
20 and over.....	4742	55	(2.0)	2.18	(0.057)	0.43	(0.021)	20	(1.0)	2.22	(0.081)	0.79	(0.022)	35	(1.4)	2.14	(0.071)
2 and over...	7122	53	(1.8)	2.08	(0.045)	0.40	(0.020)	19	(0.9)	2.14	(0.067)	0.74	(0.023)	35	(1.2)	2.01	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	516	(24.4)	96	(14.2)	19	(2.9)	531	(27.4)	190	(16.6)	36	(3.6)	501	(28.0)
20 and over.....	1218	44	(2.9)	479	(9.0)	95	(8.6)	20	(1.8)	508	(23.3)	215	(12.4)	42	(2.1)	456	(15.9)
2 and over...	1791	46	(3.0)	489	(8.0)	96	(8.5)	20	(1.7)	515	(19.8)	208	(9.4)	40	(1.9)	467	(10.9)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	488	(14.4)	75	(6.6)	15	(1.4)	492	(23.6)	169	(13.2)	34	(2.4)	486	(19.5)
20 and over.....	1799	54	(2.9)	509	(14.1)	113	(7.9)	22	(1.5)	511	(12.2)	209	(8.6)	41	(1.7)	506	(22.3)
2 and over...	2726	52	(2.6)	504	(11.1)	104	(6.9)	21	(1.4)	507	(10.1)	201	(7.8)	40	(1.5)	501	(16.4)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	476	(14.6)	85	(7.7)	18	(1.7)	503	(19.5)	162	(9.5)	32	(1.8)	446	(20.0)
20 and over.....	1229	61	(2.6)	512	(13.5)	138	(7.2)	27	(1.3)	532	(21.3)	228	(5.3)	43	(1.8)	481	(14.5)
2 and over...	1907	59	(2.4)	504	(10.7)	126	(6.5)	25	(1.2)	526	(16.7)	214	(5.9)	41	(1.6)	472	(12.9)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	487	(5.5)	82	(4.9)	17	(1.0)	504	(10.5)	169	(6.8)	34	(1.2)	470	(8.3)
20 and over.....	4742	55	(2.0)	503	(6.3)	120	(5.4)	24	(1.0)	521	(9.8)	218	(5.2)	42	(1.1)	481	(10.7)
2 and over...	7122	53	(1.8)	499	(5.4)	111	(4.8)	22	(0.9)	517	(8.0)	207	(5.0)	40	(0.9)	478	(8.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from All Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	263	(15.0)	61	(13.8)	23	(4.6)	268	(18.8)	120	(19.3)	45	(4.7)	259	(18.3)
20 and over.....	1218	44	(2.9)	313	(5.6)	65	(5.7)	21	(1.7)	336	(13.4)	147	(8.7)	44	(1.9)	295	(4.8)
2 and over...	1791	46	(3.0)	300	(6.1)	64	(6.5)	21	(2.1)	317	(9.5)	140	(7.0)	44	(2.0)	286	(6.2)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	237	(6.8)	47	(4.2)	20	(1.7)	255	(9.1)	106	(7.1)	42	(2.5)	223	(8.4)
20 and over.....	1799	54	(2.9)	323	(9.0)	80	(6.0)	25	(1.7)	336	(8.3)	148	(6.0)	44	(1.3)	309	(13.7)
2 and over...	2726	52	(2.6)	304	(7.6)	73	(5.2)	24	(1.6)	320	(8.1)	140	(5.7)	44	(1.2)	286	(10.4)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	247	(11.0)	51	(4.2)	21	(1.7)	263	(11.8)	96	(5.1)	37	(2.2)	228	(15.9)
20 and over.....	1229	61	(2.6)	353	(8.4)	103	(6.8)	29	(1.9)	349	(11.5)	169	(8.8)	48	(1.7)	358	(10.1)
2 and over...	1907	59	(2.4)	327	(7.6)	90	(6.0)	28	(1.7)	331	(10.4)	154	(7.9)	46	(1.5)	322	(9.7)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	246	(4.5)	52	(3.8)	21	(1.4)	263	(6.8)	106	(5.0)	40	(1.7)	231	(6.6)
20 and over.....	4742	55	(2.0)	332	(4.6)	87	(3.6)	26	(1.0)	343	(6.6)	157	(4.6)	46	(0.8)	319	(7.7)
2 and over...	7122	53	(1.8)	312	(3.4)	78	(3.1)	25	(0.9)	326	(5.7)	146	(3.7)	45	(0.7)	296	(5.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n B 1 2

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	4.99	(0.288)	0.86	(0.188)	17	(3.8)	4.79	(0.272)	1.71	(0.267)	36	(4.5)	5.19	(0.439)
20 and over.....	1218	44	(2.9)	4.69	(0.256)	0.83	(0.068)	18	(1.8)	5.20	(0.513)	1.87	(0.141)	36	(4.1)	4.28	(0.183)
2 and over...	1791	46	(3.0)	4.77	(0.233)	0.84	(0.074)	18	(1.9)	5.08	(0.369)	1.82	(0.085)	36	(3.1)	4.50	(0.208)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	4.39	(0.163)	0.62	(0.068)	14	(1.6)	4.56	(0.227)	1.39	(0.136)	31	(2.5)	4.25	(0.204)
20 and over.....	1799	54	(2.9)	4.90	(0.246)	1.07	(0.082)	22	(1.9)	5.17	(0.301)	1.97	(0.116)	38	(2.0)	4.59	(0.284)
2 and over...	2726	52	(2.6)	4.79	(0.203)	0.97	(0.070)	20	(1.6)	5.05	(0.249)	1.86	(0.103)	37	(1.7)	4.51	(0.232)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	4.05	(0.123)	0.62	(0.051)	15	(1.4)	4.25	(0.158)	1.18	(0.071)	28	(1.5)	3.83	(0.174)
20 and over.....	1229	61	(2.6)	5.01	(0.214)	1.16	(0.073)	23	(2.0)	4.63	(0.187)	1.92	(0.069)	41	(2.3)	5.61	(0.480)
2 and over...	1907	59	(2.4)	4.78	(0.170)	1.03	(0.062)	22	(1.7)	4.55	(0.149)	1.76	(0.065)	39	(1.9)	5.12	(0.357)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	4.39	(0.108)	0.67	(0.057)	15	(1.2)	4.51	(0.148)	1.37	(0.087)	30	(1.5)	4.28	(0.127)
20 and over.....	4742	55	(2.0)	4.84	(0.137)	1.06	(0.046)	22	(1.0)	4.91	(0.167)	1.92	(0.058)	39	(1.3)	4.77	(0.183)
2 and over...	7122	53	(1.8)	4.74	(0.116)	0.96	(0.041)	20	(0.9)	4.82	(0.144)	1.80	(0.055)	37	(1.1)	4.64	(0.149)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n C

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	75.5	(4.05)	9.4	(2.82)	12*	(3.9)	72.8	(4.99)	18.7	(4.37)	26	(7.1)	78.2	(5.83)
20 and over.....	1218	44	(2.9)	72.9	(4.20)	7.8	(1.09)	11	(1.4)	67.9	(6.29)	17.5	(2.14)	26	(2.0)	76.9	(4.02)
2 and over...	1791	46	(3.0)	73.6	(3.11)	8.2	(1.26)	11	(1.7)	69.3	(4.68)	17.9	(1.89)	26	(2.7)	77.2	(3.26)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	62.3	(2.72)	5.3	(0.62)	9	(0.9)	58.9	(3.85)	12.0	(1.42)	20	(1.7)	65.0	(3.93)
20 and over.....	1799	54	(2.9)	72.9	(2.14)	9.1	(0.94)	13	(1.3)	66.3	(3.05)	16.9	(1.13)	25	(1.7)	80.6	(4.00)
2 and over...	2726	52	(2.6)	70.5	(1.74)	8.3	(0.85)	12	(1.1)	64.9	(2.87)	15.9	(1.18)	25	(1.6)	76.5	(3.19)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	80.8	(7.68)	7.0	(1.09)	9	(1.2)	75.2	(11.80)	13.3	(1.72)	18	(2.0)	87.0	(6.34)
20 and over.....	1229	61	(2.6)	81.2	(5.08)	13.9	(1.80)	17	(1.6)	79.7	(6.01)	22.8	(3.00)	29	(2.5)	83.6	(5.83)
2 and over...	1907	59	(2.4)	81.1	(5.13)	12.2	(1.48)	15	(1.3)	78.7	(6.43)	20.8	(2.55)	26	(2.1)	84.5	(5.01)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	72.7	(3.54)	7.1	(0.74)	10	(1.0)	69.0	(5.35)	14.6	(1.24)	21	(2.2)	76.2	(3.88)
20 and over.....	4742	55	(2.0)	76.3	(2.35)	10.9	(0.74)	14	(0.8)	73.2	(2.97)	19.8	(1.31)	27	(1.3)	80.1	(2.39)
2 and over...	7122	53	(1.8)	75.4	(2.21)	10.0	(0.60)	13	(0.7)	72.3	(2.85)	18.6	(1.10)	26	(1.2)	79.1	(2.29)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	5.4	(0.38)	0.5*	(0.23)	9*	(4.3)	4.2	(0.26)	1.0*	(0.39)	23*	(8.4)	6.6	(0.66)
20 and over.....	1218	44	(2.9)	4.2	(0.14)	0.5	(0.06)	13	(1.3)	4.2	(0.29)	1.2	(0.11)	28	(2.6)	4.1	(0.25)
2 and over...	1791	46	(3.0)	4.5	(0.17)	0.5	(0.09)	12	(1.8)	4.2	(0.20)	1.1	(0.14)	27	(3.0)	4.7	(0.24)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	4.6	(0.19)	0.3	(0.03)	6	(0.8)	4.5	(0.28)	0.7	(0.06)	15	(1.4)	4.8	(0.20)
20 and over.....	1799	54	(2.9)	4.2	(0.17)	0.7	(0.08)	17	(2.1)	4.1	(0.16)	1.3	(0.13)	32	(2.9)	4.2	(0.21)
2 and over...	2726	52	(2.6)	4.3	(0.15)	0.6	(0.07)	14	(1.7)	4.2	(0.15)	1.2	(0.11)	28	(2.5)	4.4	(0.16)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	4.3	(0.19)	0.3	(0.03)	8	(0.8)	4.3	(0.26)	0.6	(0.05)	15	(1.0)	4.4	(0.24)
20 and over.....	1229	61	(2.6)	4.3	(0.28)	0.7	(0.06)	17	(1.6)	3.7	(0.20)	1.2	(0.10)	33	(3.0)	5.3	(0.57)
2 and over...	1907	59	(2.4)	4.3	(0.22)	0.6	(0.05)	15	(1.2)	3.8	(0.16)	1.1	(0.08)	28	(2.2)	5.1	(0.43)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	4.7	(0.12)	0.3	(0.05)	7	(1.1)	4.3	(0.19)	0.7	(0.10)	16	(2.0)	5.0	(0.19)
20 and over.....	4742	55	(2.0)	4.2	(0.14)	0.7	(0.04)	16	(1.0)	4.0	(0.12)	1.2	(0.06)	32	(1.3)	4.5	(0.24)
2 and over...	7122	53	(1.8)	4.3	(0.12)	0.6	(0.03)	14	(0.8)	4.0	(0.10)	1.1	(0.05)	28	(1.0)	4.7	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin E (alphatocopherol)

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	7.6	(0.32)	1.7	(0.30)	22	(3.9)	8.1	(0.34)	3.3	(0.38)	41	(3.9)	7.1	(0.65)
20 and over.....	1218	44	(2.9)	8.9	(0.28)	1.7	(0.17)	19	(1.9)	9.5	(0.35)	3.8	(0.25)	40	(1.8)	8.5	(0.52)
2 and over...	1791	46	(3.0)	8.6	(0.21)	1.7	(0.18)	20	(2.0)	9.1	(0.23)	3.7	(0.21)	40	(1.8)	8.2	(0.40)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	7.2	(0.14)	1.3	(0.14)	18	(1.8)	7.7	(0.23)	2.9	(0.20)	37	(2.4)	6.8	(0.17)
20 and over.....	1799	54	(2.9)	9.1	(0.23)	1.9	(0.16)	21	(1.8)	9.2	(0.21)	3.5	(0.16)	38	(2.2)	9.0	(0.49)
2 and over...	2726	52	(2.6)	8.7	(0.21)	1.8	(0.15)	20	(1.7)	8.9	(0.18)	3.4	(0.16)	38	(2.2)	8.4	(0.38)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	8.3	(0.52)	1.6	(0.14)	19	(2.3)	8.6	(0.49)	3.0	(0.17)	35	(2.7)	8.0	(0.96)
20 and over.....	1229	61	(2.6)	10.3	(0.33)	2.5	(0.17)	24	(1.4)	10.3	(0.40)	4.1	(0.16)	40	(1.6)	10.2	(0.41)
2 and over...	1907	59	(2.4)	9.8	(0.30)	2.3	(0.14)	23	(1.2)	10.0	(0.39)	3.9	(0.14)	39	(1.4)	9.6	(0.40)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	7.7	(0.21)	1.5	(0.11)	19	(1.5)	8.2	(0.24)	3.0	(0.13)	37	(1.6)	7.2	(0.36)
20 and over.....	4742	55	(2.0)	9.5	(0.19)	2.1	(0.11)	22	(1.1)	9.8	(0.18)	3.9	(0.10)	40	(1.2)	9.2	(0.30)
2 and over...	7122	53	(1.8)	9.1	(0.16)	2.0	(0.09)	22	(1.0)	9.4	(0.18)	3.7	(0.09)	39	(1.1)	8.7	(0.21)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Family income in dollars and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake µg	(SE)	All Individuals [2]: Intake from All Restaurants µg	(SE)	All Individuals [2]: Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake µg	(SE)	All Restaurant Consumers [3]: Intake from All Restaurants µg	(SE)	All Restaurant Consumers [3]: Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	69.2	(5.61)	20.1	(5.71)	29	(7.0)	74.8	(6.09)	40.0	(8.62)	53	(7.6)	63.6	(7.56)
20 and over.....	1218	44	(2.9)	116.5	(9.57)	24.0	(2.18)	21	(2.3)	112.3	(9.38)	54.0	(4.46)	48	(2.8)	119.9	(13.26)
2 and over...	1791	46	(3.0)	104.3	(7.58)	23.0	(2.34)	22	(3.0)	101.6	(6.49)	50.0	(3.11)	49	(2.8)	106.5	(11.02)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	62.1	(3.86)	14.7	(1.52)	24	(1.7)	67.9	(3.62)	33.1	(3.07)	49	(2.7)	57.5	(5.09)
20 and over.....	1799	54	(2.9)	111.8	(4.37)	29.3	(3.11)	26	(2.6)	109.5	(4.87)	54.0	(3.74)	49	(2.8)	114.5	(5.69)
2 and over...	2726	52	(2.6)	100.5	(3.49)	26.0	(2.68)	26	(2.4)	101.4	(4.03)	50.0	(3.29)	49	(2.5)	99.4	(4.67)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	81.0	(5.74)	17.6	(1.93)	22	(2.7)	93.6	(9.63)	33.6	(3.36)	36	(4.8)	67.0	(5.95)
20 and over.....	1229	61	(2.6)	150.5	(16.52)	42.0	(3.76)	28	(3.2)	153.2	(20.85)	69.1	(5.58)	45	(6.0)	146.4	(14.63)
2 and over...	1907	59	(2.4)	133.8	(13.36)	36.1	(3.35)	27	(2.9)	140.4	(17.68)	61.5	(5.12)	44	(5.4)	124.4	(10.55)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	71.3	(3.39)	16.9	(1.32)	24	(2.0)	79.8	(4.37)	34.9	(2.13)	44	(3.4)	63.3	(3.57)
20 and over.....	4742	55	(2.0)	127.8	(6.82)	34.1	(1.85)	27	(1.3)	129.9	(8.68)	61.9	(2.46)	48	(2.7)	125.2	(5.78)
2 and over...	7122	53	(1.8)	114.4	(5.91)	30.0	(1.55)	26	(1.3)	119.1	(7.66)	56.1	(2.24)	47	(2.5)	108.9	(4.83)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1022	(46.8)	180	(35.4)	18	(3.5)	968	(36.2)	357	(46.8)	37	(3.9)	1076	(80.1)
20 and over.....	1218	44	(2.9)	923	(16.2)	174	(15.0)	19	(1.5)	1001	(44.6)	391	(21.3)	39	(1.7)	861	(18.5)
2 and over...	1791	46	(3.0)	949	(19.0)	175	(17.3)	18	(1.7)	992	(28.4)	381	(18.1)	38	(1.7)	912	(21.2)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	947	(21.2)	140	(12.5)	15	(1.4)	979	(29.8)	315	(25.3)	32	(2.3)	921	(27.0)
20 and over.....	1799	54	(2.9)	963	(16.9)	196	(11.5)	20	(1.2)	984	(19.9)	362	(11.6)	37	(1.2)	938	(34.7)
2 and over...	2726	52	(2.6)	959	(15.4)	184	(9.5)	19	(1.0)	983	(17.2)	353	(11.2)	36	(1.0)	933	(29.1)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	986	(31.9)	161	(14.8)	16	(1.6)	991	(35.2)	307	(21.3)	31	(2.0)	981	(50.8)
20 and over.....	1229	61	(2.6)	998	(20.3)	253	(14.5)	25	(1.5)	1002	(22.9)	417	(14.4)	42	(1.4)	990	(41.5)
2 and over...	1907	59	(2.4)	995	(21.2)	231	(11.9)	23	(1.3)	1000	(20.2)	393	(12.6)	39	(1.2)	988	(37.6)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	973	(13.9)	154	(9.9)	16	(1.0)	972	(19.3)	318	(14.4)	33	(1.3)	974	(25.8)
20 and over.....	4742	55	(2.0)	966	(14.6)	213	(8.3)	22	(0.9)	992	(16.0)	388	(8.3)	39	(0.9)	934	(22.4)
2 and over...	7122	53	(1.8)	968	(13.1)	199	(7.0)	21	(0.7)	988	(12.1)	373	(8.0)	38	(0.8)	945	(19.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	1312	(69.4)	294	(55.7)	22	(3.9)	1334	(72.1)	583	(71.1)	44	(3.3)	1290	(99.0)
20 and over.....	1218	44	(2.9)	1333	(22.4)	298	(26.3)	22	(1.8)	1462	(55.8)	671	(35.2)	46	(1.7)	1230	(29.2)
2 and over...	1791	46	(3.0)	1327	(27.4)	297	(29.5)	22	(2.0)	1425	(39.0)	646	(29.9)	45	(1.6)	1244	(30.3)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	1196	(20.7)	229	(19.9)	19	(1.7)	1275	(27.8)	515	(26.4)	40	(2.0)	1133	(26.7)
20 and over.....	1799	54	(2.9)	1374	(23.6)	338	(25.2)	25	(1.7)	1421	(25.7)	623	(24.4)	44	(1.4)	1318	(40.8)
2 and over...	2726	52	(2.6)	1333	(21.0)	313	(21.9)	23	(1.5)	1393	(22.7)	602	(22.5)	43	(1.3)	1269	(34.0)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	1278	(43.0)	261	(19.3)	20	(1.6)	1357	(48.4)	496	(24.5)	37	(2.0)	1191	(62.6)
20 and over.....	1229	61	(2.6)	1453	(25.9)	416	(25.5)	29	(1.8)	1458	(32.6)	686	(23.7)	47	(1.8)	1446	(49.4)
2 and over...	1907	59	(2.4)	1411	(24.6)	379	(20.4)	27	(1.4)	1436	(28.4)	645	(20.4)	45	(1.4)	1376	(42.7)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	1249	(19.9)	255	(16.4)	20	(1.2)	1319	(27.1)	525	(19.4)	40	(1.2)	1182	(27.1)
20 and over.....	4742	55	(2.0)	1391	(15.7)	361	(16.3)	26	(1.1)	1441	(18.9)	656	(14.9)	46	(1.0)	1330	(26.9)
2 and over...	7122	53	(1.8)	1357	(13.9)	336	(13.9)	25	(0.9)	1415	(16.3)	628	(12.9)	44	(0.8)	1291	(19.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	244	(11.2)	47	(10.3)	19	(3.8)	249	(14.6)	93	(14.1)	37	(3.8)	238	(14.9)
20 and over.....	1218	44	(2.9)	290	(5.9)	47	(4.9)	16	(1.6)	292	(10.9)	107	(7.0)	37	(2.0)	289	(8.6)
2 and over...	1791	46	(3.0)	278	(4.4)	47	(5.6)	17	(1.9)	280	(8.3)	103	(6.7)	37	(2.0)	277	(6.0)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	224	(3.4)	35	(2.9)	16	(1.3)	233	(7.1)	79	(4.3)	34	(1.8)	217	(4.1)
20 and over.....	1799	54	(2.9)	296	(5.5)	56	(4.3)	19	(1.4)	295	(6.2)	104	(3.6)	35	(1.0)	297	(9.1)
2 and over...	2726	52	(2.6)	280	(4.6)	52	(3.8)	18	(1.3)	283	(5.6)	99	(3.5)	35	(1.0)	276	(7.1)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	241	(6.9)	40	(3.3)	17	(1.5)	247	(9.2)	77	(3.9)	31	(1.8)	234	(10.1)
20 and over.....	1229	61	(2.6)	325	(9.0)	71	(4.6)	22	(1.4)	320	(11.0)	116	(4.8)	36	(1.5)	333	(13.7)
2 and over...	1907	59	(2.4)	305	(8.2)	63	(3.8)	21	(1.2)	304	(10.0)	108	(4.4)	35	(1.3)	306	(12.1)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	234	(3.2)	40	(2.8)	17	(1.1)	242	(4.9)	82	(3.6)	34	(1.3)	227	(4.5)
20 and over.....	4742	55	(2.0)	306	(4.3)	61	(2.7)	20	(0.8)	305	(4.4)	110	(2.4)	36	(0.8)	306	(6.3)
2 and over...	7122	53	(1.8)	289	(3.7)	56	(2.4)	19	(0.7)	292	(4.2)	104	(2.3)	36	(0.7)	285	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		Intake from All Restaurants		Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	13.5	(0.54)	2.6	(0.52)	19	(3.8)	13.6	(0.56)	5.2	(0.69)	38	(5.0)	13.4	(0.66)
20 and over.....	1218	44	(2.9)	13.7	(0.24)	2.6	(0.24)	19	(1.7)	14.1	(0.68)	6.0	(0.37)	42	(1.9)	13.4	(0.26)
2 and over...	1791	46	(3.0)	13.7	(0.24)	2.6	(0.26)	19	(1.9)	14.0	(0.52)	5.7	(0.29)	41	(2.1)	13.4	(0.20)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	13.0	(0.32)	2.0	(0.17)	16	(1.4)	13.3	(0.65)	4.6	(0.32)	34	(2.3)	12.8	(0.26)
20 and over.....	1799	54	(2.9)	14.2	(0.34)	3.0	(0.20)	21	(1.5)	14.1	(0.32)	5.6	(0.22)	40	(1.2)	14.2	(0.54)
2 and over...	2726	52	(2.6)	13.9	(0.28)	2.8	(0.17)	20	(1.3)	14.0	(0.27)	5.4	(0.19)	39	(1.1)	13.8	(0.42)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	13.4	(0.42)	2.3	(0.18)	17	(1.5)	14.1	(0.54)	4.4	(0.22)	31	(1.8)	12.7	(0.57)
20 and over.....	1229	61	(2.6)	14.4	(0.33)	3.9	(0.25)	27	(1.7)	14.5	(0.47)	6.4	(0.20)	44	(1.8)	14.3	(0.41)
2 and over...	1907	59	(2.4)	14.2	(0.28)	3.5	(0.22)	25	(1.5)	14.4	(0.40)	5.9	(0.20)	41	(1.6)	13.9	(0.38)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	13.2	(0.17)	2.3	(0.14)	17	(1.1)	13.8	(0.26)	4.6	(0.19)	34	(1.3)	12.7	(0.26)
20 and over.....	4742	55	(2.0)	14.2	(0.19)	3.3	(0.16)	23	(1.1)	14.4	(0.23)	6.0	(0.15)	42	(1.0)	14.0	(0.29)
2 and over...	7122	53	(1.8)	14.0	(0.15)	3.0	(0.14)	22	(1.0)	14.2	(0.18)	5.7	(0.15)	40	(1.0)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from All Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	10.2	(0.53)	2.2	(0.48)	22	(4.3)	10.1	(0.63)	4.4	(0.66)	43	(4.2)	10.2	(0.66)
20 and over.....	1218	44	(2.9)	10.4	(0.23)	2.2	(0.19)	21	(1.8)	10.9	(0.51)	4.9	(0.34)	46	(2.2)	10.1	(0.21)
2 and over...	1791	46	(3.0)	10.4	(0.22)	2.2	(0.21)	21	(2.1)	10.6	(0.30)	4.8	(0.23)	45	(2.0)	10.1	(0.27)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	9.2	(0.29)	1.6	(0.15)	18	(1.7)	9.5	(0.45)	3.7	(0.30)	39	(2.4)	8.9	(0.38)
20 and over.....	1799	54	(2.9)	10.9	(0.26)	2.6	(0.20)	24	(1.7)	11.3	(0.26)	4.8	(0.26)	42	(1.7)	10.3	(0.38)
2 and over...	2726	52	(2.6)	10.5	(0.23)	2.4	(0.17)	23	(1.5)	11.0	(0.24)	4.6	(0.22)	42	(1.5)	10.0	(0.33)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	9.3	(0.22)	1.7	(0.14)	18	(1.6)	9.5	(0.41)	3.2	(0.19)	34	(1.9)	9.1	(0.39)
20 and over.....	1229	61	(2.6)	11.7	(0.32)	3.1	(0.24)	27	(2.0)	11.4	(0.43)	5.2	(0.23)	45	(2.0)	12.1	(0.35)
2 and over...	1907	59	(2.4)	11.1	(0.25)	2.8	(0.20)	25	(1.7)	11.0	(0.35)	4.8	(0.21)	43	(1.6)	11.3	(0.31)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	9.4	(0.17)	1.8	(0.12)	19	(1.2)	9.7	(0.29)	3.7	(0.17)	38	(1.4)	9.2	(0.22)
20 and over.....	4742	55	(2.0)	11.1	(0.14)	2.7	(0.15)	25	(1.2)	11.3	(0.18)	5.0	(0.15)	44	(1.2)	10.8	(0.20)
2 and over...	7122	53	(1.8)	10.7	(0.13)	2.5	(0.13)	24	(1.0)	10.9	(0.17)	4.7	(0.15)	43	(1.0)	10.4	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	0.9	(0.04)	0.2	(0.04)	20	(4.2)	0.9	(0.06)	0.4	(0.06)	39	(4.2)	0.9	(0.06)
20 and over.....	1218	44	(2.9)	1.1	(0.03)	0.2	(0.02)	16	(1.5)	1.1	(0.04)	0.4	(0.03)	37	(1.9)	1.1	(0.03)
2 and over...	1791	46	(3.0)	1.1	(0.02)	0.2	(0.02)	17	(1.8)	1.1	(0.03)	0.4	(0.03)	37	(1.9)	1.1	(0.02)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	0.9	(0.02)	0.1	(0.01)	17	(1.4)	0.9	(0.04)	0.3	(0.02)	36	(2.2)	0.8	(0.02)
20 and over.....	1799	54	(2.9)	1.2	(0.02)	0.2	(0.02)	19	(1.3)	1.2	(0.02)	0.4	(0.01)	35	(1.1)	1.2	(0.05)
2 and over...	2726	52	(2.6)	1.1	(0.02)	0.2	(0.01)	19	(1.2)	1.1	(0.02)	0.4	(0.01)	35	(1.0)	1.1	(0.04)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	0.9	(0.04)	0.2	(0.02)	18	(1.5)	1.0	(0.06)	0.3	(0.02)	32	(1.9)	0.9	(0.04)
20 and over.....	1229	61	(2.6)	1.3	(0.04)	0.3	(0.02)	21	(1.6)	1.3	(0.05)	0.5	(0.03)	36	(1.7)	1.3	(0.05)
2 and over...	1907	59	(2.4)	1.2	(0.04)	0.3	(0.02)	21	(1.3)	1.2	(0.05)	0.4	(0.02)	35	(1.4)	1.2	(0.05)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	0.9	(0.02)	0.2	(0.01)	18	(1.2)	0.9	(0.03)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over.....	4742	55	(2.0)	1.2	(0.02)	0.2	(0.01)	20	(0.9)	1.2	(0.02)	0.4	(0.01)	36	(0.8)	1.2	(0.03)
2 and over...	7122	53	(1.8)	1.1	(0.02)	0.2	(0.01)	19	(0.8)	1.2	(0.02)	0.4	(0.01)	36	(0.7)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	99.4	(5.17)	27.1	(5.76)	27	(5.1)	105.8	(7.04)	53.8	(7.95)	51	(4.5)	92.9	(5.56)
20 and over.....	1218	44	(2.9)	108.5	(2.33)	26.5	(2.22)	24	(1.8)	119.2	(4.33)	59.6	(2.83)	50	(1.9)	99.9	(2.65)
2 and over...	1791	46	(3.0)	106.1	(2.64)	26.6	(2.77)	25	(2.3)	115.4	(3.69)	58.0	(2.91)	50	(2.1)	98.2	(2.41)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	90.5	(1.88)	19.7	(1.74)	22	(1.9)	95.4	(2.95)	44.5	(3.06)	47	(2.7)	86.6	(2.75)
20 and over.....	1799	54	(2.9)	114.1	(2.41)	31.4	(2.46)	28	(1.9)	118.8	(2.52)	57.9	(2.65)	49	(2.0)	108.5	(3.71)
2 and over...	2726	52	(2.6)	108.7	(1.84)	28.7	(2.10)	26	(1.7)	114.2	(2.25)	55.3	(2.41)	48	(1.8)	102.7	(2.61)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	92.5	(3.52)	21.5	(1.76)	23	(1.9)	99.3	(3.96)	41.0	(1.92)	41	(2.3)	85.0	(5.17)
20 and over.....	1229	61	(2.6)	120.0	(2.71)	38.2	(2.13)	32	(1.9)	120.8	(2.84)	62.9	(1.87)	52	(1.6)	118.7	(4.73)
2 and over...	1907	59	(2.4)	113.4	(2.58)	34.2	(1.80)	30	(1.7)	116.2	(2.69)	58.2	(1.69)	50	(1.3)	109.4	(4.41)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	93.1	(1.62)	21.9	(1.60)	24	(1.5)	99.9	(2.42)	45.1	(2.03)	45	(1.6)	86.8	(2.28)
20 and over.....	4742	55	(2.0)	114.8	(1.07)	33.2	(1.53)	29	(1.3)	119.7	(1.54)	60.3	(1.39)	50	(1.1)	108.7	(2.31)
2 and over...	7122	53	(1.8)	109.6	(0.90)	30.5	(1.34)	28	(1.2)	115.4	(1.43)	57.0	(1.30)	49	(1.0)	103.0	(1.80)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income in dollars and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	2177	(84.5)	474	(96.9)	22	(4.4)	2217	(60.7)	941	(127.2)	42	(5.2)	2137	(148.8)
20 and over.....	1218	44	(2.9)	2514	(50.6)	493	(50.9)	20	(1.9)	2620	(98.9)	1110	(75.3)	42	(2.2)	2430	(72.9)
2 and over...	1791	46	(3.0)	2427	(35.1)	488	(55.2)	20	(2.2)	2506	(74.2)	1062	(66.3)	42	(2.5)	2360	(46.4)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	2026	(38.7)	354	(30.7)	17	(1.5)	2142	(68.7)	797	(40.1)	37	(1.8)	1933	(46.3)
20 and over.....	1799	54	(2.9)	2556	(38.8)	553	(45.4)	22	(1.7)	2543	(47.8)	1021	(40.2)	40	(1.4)	2572	(77.1)
2 and over...	2726	52	(2.6)	2435	(34.0)	508	(40.4)	21	(1.6)	2465	(45.4)	977	(39.3)	40	(1.3)	2403	(61.7)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	2152	(69.8)	402	(30.7)	19	(1.4)	2239	(93.7)	765	(36.8)	34	(1.8)	2055	(90.9)
20 and over.....	1229	61	(2.6)	2759	(80.8)	684	(46.6)	25	(1.6)	2680	(92.1)	1126	(53.7)	42	(1.7)	2881	(116.0)
2 and over...	1907	59	(2.4)	2613	(75.6)	616	(38.5)	24	(1.4)	2585	(87.1)	1048	(47.3)	41	(1.5)	2652	(103.3)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	2105	(32.7)	398	(26.8)	19	(1.2)	2192	(49.5)	820	(34.0)	37	(1.6)	2024	(46.3)
20 and over.....	4742	55	(2.0)	2618	(37.5)	595	(26.9)	23	(1.0)	2612	(35.4)	1082	(25.8)	41	(0.9)	2625	(58.1)
2 and over...	7122	53	(1.8)	2496	(31.2)	549	(23.5)	22	(0.9)	2522	(34.9)	1026	(23.0)	41	(0.8)	2467	(41.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income in dollars and age	Sample Size	*All Individuals* [2] Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	3052	(163.8)	842	(132.3)	28	(4.3)	3304	(161.1)	1672	(156.7)	51	(4.2)	2796	(194.2)
20 and over.....	1218	44	(2.9)	3421	(89.8)	900	(85.5)	26	(2.1)	3917	(187.7)	2027	(127.3)	52	(2.1)	3025	(82.9)
2 and over...	1791	46	(3.0)	3326	(93.0)	885	(84.7)	27	(2.3)	3743	(156.8)	1926	(97.6)	51	(2.2)	2971	(74.8)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	2844	(62.1)	652	(52.7)	23	(1.8)	3119	(104.0)	1468	(84.0)	47	(2.1)	2624	(73.6)
20 and over.....	1799	54	(2.9)	3479	(78.8)	1024	(83.9)	29	(2.2)	3718	(90.6)	1889	(96.8)	51	(1.8)	3195	(110.0)
2 and over...	2726	52	(2.6)	3334	(61.4)	939	(70.6)	28	(1.9)	3602	(84.9)	1807	(87.1)	50	(1.6)	3044	(75.7)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	2991	(90.7)	766	(70.2)	26	(2.0)	3222	(146.9)	1460	(105.8)	45	(2.0)	2735	(137.2)
20 and over.....	1229	61	(2.6)	3638	(62.6)	1258	(79.6)	35	(1.9)	3800	(70.8)	2071	(77.1)	55	(1.8)	3387	(119.1)
2 and over...	1907	59	(2.4)	3482	(59.9)	1140	(67.0)	33	(1.7)	3676	(71.5)	1940	(72.8)	53	(1.4)	3207	(107.3)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	2934	(54.4)	737	(44.8)	25	(1.4)	3201	(93.6)	1516	(59.2)	47	(1.3)	2682	(65.9)
20 and over.....	4742	55	(2.0)	3531	(38.5)	1104	(56.4)	31	(1.4)	3803	(53.4)	2007	(59.1)	53	(1.2)	3198	(64.8)
2 and over...	7122	53	(1.8)	3389	(34.8)	1017	(47.2)	30	(1.2)	3673	(57.2)	1901	(52.4)	52	(0.9)	3062	(45.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income in dollars and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from All Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	33.3	(2.52)	9.3	(2.44)	28	(7.0)	42.2	(3.94)	18.5	(3.69)	44	(9.0)	24.3	(3.72)
20 and over.....	1218	44	(2.9)	168.0	(10.98)	16.6	(2.11)	10	(1.4)	162.4	(14.45)	37.4	(3.92)	23	(2.5)	172.5	(17.64)
2 and over...	1791	46	(3.0)	133.1	(9.96)	14.7	(1.72)	11	(1.7)	128.2	(12.79)	32.0	(2.82)	25	(2.8)	137.2	(14.86)
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	24.4	(2.45)	6.3	(1.00)	26	(2.8)	33.1	(4.47)	14.2	(2.28)	43	(4.1)	17.4	(1.75)
20 and over.....	1799	54	(2.9)	169.0	(10.80)	27.8	(3.74)	16	(2.3)	158.6	(10.58)	51.3	(6.20)	32	(3.2)	181.4	(15.40)
2 and over...	2726	52	(2.6)	136.1	(7.57)	22.9	(2.93)	17	(2.2)	134.2	(8.37)	44.1	(4.96)	33	(3.1)	138.2	(11.59)
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	23.5	(3.70)	8.5	(1.90)	36	(4.4)	34.8	(7.33)	16.2	(3.68)	47	(5.0)	10.9	(2.03)
20 and over.....	1229	61	(2.6)	179.4	(7.61)	34.9	(4.50)	19	(2.6)	183.5	(7.71)	57.5	(7.31)	31	(3.8)	173.1	(10.87)
2 and over...	1907	59	(2.4)	142.0	(6.30)	28.5	(3.56)	20	(2.5)	151.6	(6.80)	48.6	(5.76)	32	(3.6)	128.2	(8.12)
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	26.4	(2.10)	7.8	(1.03)	30	(2.6)	36.1	(3.61)	16.0	(2.00)	44	(3.3)	17.2	(1.37)
20 and over.....	4742	55	(2.0)	170.4	(6.39)	28.3	(1.92)	17	(1.1)	167.5	(5.52)	51.4	(3.80)	31	(2.1)	174.0	(9.82)
2 and over...	7122	53	(1.8)	136.2	(4.87)	23.4	(1.46)	17	(1.1)	139.1	(4.40)	43.8	(2.70)	31	(2.0)	132.8	(7.59)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.**

Table 55. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Family Income (in Dollars) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income in dollars and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
$0 - $24,999:																	
2 - 19.....	573	50	(3.9)	--		--		--		--		--		--		--	
20 and over.....	1218	44	(2.9)	9.5	(1.05)	1.7	(0.48)	18	(4.3)	12.1	(1.93)	3.9	(1.00)	32	(6.9)	7.5	(1.20)
2 and over...	1791	46	(3.0)	--		--		--		--		--		--		--	
$25,000 - $74,999:																	
2 - 19.....	927	44	(3.0)	--		--		--		--		--		--		--	
20 and over.....	1799	54	(2.9)	8.5	(0.82)	1.7	(0.35)	20	(4.5)	9.6	(1.01)	3.1	(0.61)	33	(5.9)	7.3	(1.73)
2 and over...	2726	52	(2.6)	--		--		--		--		--		--		--	
$75,000 and higher:																	
2 - 19.....	678	52	(3.3)	--		--		--		--		--		--		--	
20 and over.....	1229	61	(2.6)	11.6	(1.01)	2.8	(0.50)	24	(4.3)	13.9	(1.70)	4.7	(0.90)	34	(4.6)	8.1	(1.53)
2 and over...	1907	59	(2.4)	--		--		--		--		--		--		--	
All Individuals [7]:																	
2 - 19.....	2380	49	(2.2)	--		--		--		--		--		--		--	
20 and over.....	4742	55	(2.0)	10.0	(0.49)	2.2	(0.23)	22	(2.1)	12.0	(0.95)	4.0	(0.44)	33	(2.3)	7.4	(0.89)
2 and over...	7122	53	(1.8)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[7] 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 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 alchohol 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. 2020. 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 2017-2018. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018

F o o d e n e r g y

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1879	(55.7)	418	(61.9)	22	(3.4)	2031	(44.6)	887	(61.0)	44	(3.0)	1744	(80.1)
20 and over.....	1180	46	(3.1)	2124	(55.9)	465	(45.2)	22	(1.8)	2343	(99.6)	1008	(70.4)	43	(2.0)	1937	(42.5)
2 and over...	2045	46	(3.1)	2042	(45.4)	449	(46.4)	22	(2.1)	2237	(69.0)	967	(52.7)	43	(2.1)	1873	(36.1)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1907	(25.5)	383	(35.4)	20	(1.8)	2056	(62.0)	812	(48.1)	39	(1.7)	1773	(49.3)
20 and over.....	1722	55	(2.5)	2159	(44.9)	548	(38.0)	25	(1.6)	2276	(47.6)	1002	(31.7)	44	(1.2)	2017	(65.9)
2 and over...	2551	53	(2.3)	2096	(32.1)	507	(33.8)	24	(1.5)	2227	(38.8)	960	(31.5)	43	(1.2)	1949	(46.8)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1931	(33.1)	451	(42.4)	23	(2.0)	2112	(63.4)	847	(52.0)	40	(2.1)	1725	(77.1)
20 and over.....	1282	59	(2.8)	2176	(36.8)	625	(43.4)	29	(2.0)	2240	(49.6)	1054	(44.6)	47	(1.6)	2084	(53.2)
2 and over...	1739	58	(2.6)	2134	(32.6)	594	(38.2)	28	(1.8)	2219	(46.4)	1021	(40.8)	46	(1.5)	2014	(51.1)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1894	(18.2)	415	(25.3)	22	(1.3)	2061	(33.5)	853	(28.3)	41	(1.2)	1737	(27.6)
20 and over.....	4742	55	(2.0)	2155	(18.8)	565	(25.7)	26	(1.1)	2271	(24.7)	1027	(26.3)	45	(1.0)	2013	(29.6)
2 and over...	7122	53	(1.8)	2093	(14.2)	529	(21.7)	25	(1.0)	2225	(20.7)	990	(22.3)	44	(0.8)	1940	(21.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	67.2	(3.00)	16.5	(2.92)	25	(3.8)	72.3	(3.93)	35.1	(3.44)	49	(2.7)	62.7	(3.42)
20 and over.....	1180	46	(3.1)	76.1	(2.22)	18.9	(2.01)	25	(2.2)	85.3	(3.59)	41.1	(3.04)	48	(2.7)	68.2	(2.28)
2 and over...	2045	46	(3.1)	73.1	(2.09)	18.1	(2.15)	25	(2.5)	80.9	(2.79)	39.1	(2.55)	48	(2.5)	66.4	(1.62)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	65.2	(1.10)	14.1	(1.21)	22	(1.9)	68.7	(1.97)	29.9	(1.70)	44	(1.9)	62.1	(2.03)
20 and over.....	1722	55	(2.5)	81.6	(1.67)	22.7	(1.55)	28	(1.8)	85.9	(2.02)	41.4	(1.15)	48	(1.5)	76.5	(2.57)
2 and over...	2551	53	(2.3)	77.6	(1.37)	20.5	(1.31)	26	(1.6)	82.1	(1.64)	38.9	(1.14)	47	(1.4)	72.5	(2.01)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	68.4	(3.56)	16.0	(1.50)	23	(2.2)	73.0	(4.11)	30.1	(1.79)	41	(2.6)	63.1	(5.74)
20 and over.....	1282	59	(2.8)	85.4	(1.39)	25.9	(1.89)	30	(2.2)	84.5	(1.92)	43.7	(1.90)	52	(1.8)	86.6	(2.63)
2 and over...	1739	58	(2.6)	82.4	(1.37)	24.2	(1.67)	29	(2.0)	82.6	(1.90)	41.5	(1.78)	50	(1.6)	82.1	(2.48)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	66.8	(1.34)	15.5	(1.03)	23	(1.3)	71.6	(2.03)	32.0	(1.26)	45	(1.3)	62.2	(1.76)
20 and over.....	4742	55	(2.0)	81.9	(0.93)	23.3	(1.13)	28	(1.2)	85.1	(1.03)	42.3	(1.06)	50	(1.1)	77.8	(1.60)
2 and over...	7122	53	(1.8)	78.3	(0.88)	21.4	(0.99)	27	(1.1)	82.2	(1.07)	40.1	(0.98)	49	(0.9)	73.7	(1.24)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a r b o h y d r a t e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	241	(7.1)	46	(6.7)	19	(3.1)	254	(6.3)	97	(6.7)	38	(3.3)	229	(9.8)
20 and over.....	1180	46	(3.1)	256	(7.1)	48	(4.4)	19	(1.6)	272	(11.8)	104	(6.8)	38	(2.0)	243	(7.4)
2 and over...	2045	46	(3.1)	251	(5.5)	47	(4.8)	19	(1.9)	266	(8.7)	101	(5.4)	38	(2.2)	238	(5.4)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	246	(3.9)	43	(3.9)	18	(1.6)	263	(8.7)	92	(5.4)	35	(1.5)	231	(7.4)
20 and over.....	1722	55	(2.5)	254	(5.2)	56	(4.0)	22	(1.4)	260	(6.2)	102	(3.7)	39	(1.0)	246	(8.6)
2 and over...	2551	53	(2.3)	252	(3.7)	53	(3.5)	21	(1.3)	261	(4.8)	100	(3.3)	38	(1.0)	242	(6.4)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	248	(4.6)	52	(5.0)	21	(1.8)	267	(6.8)	98	(6.0)	37	(1.8)	225	(7.2)
20 and over.....	1282	59	(2.8)	239	(4.7)	62	(5.0)	26	(2.1)	245	(5.7)	105	(5.5)	43	(2.0)	231	(7.5)
2 and over...	1739	58	(2.6)	240	(3.8)	60	(4.2)	25	(1.8)	248	(4.7)	104	(4.7)	42	(1.8)	230	(6.6)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	243	(2.3)	47	(2.9)	19	(1.1)	260	(4.2)	96	(3.3)	37	(1.1)	228	(3.5)
20 and over.....	4742	55	(2.0)	248	(3.0)	57	(2.8)	23	(1.1)	256	(3.4)	104	(3.1)	41	(1.0)	239	(4.3)
2 and over...	7122	53	(1.8)	247	(2.2)	55	(2.3)	22	(0.9)	257	(2.4)	102	(2.5)	40	(0.8)	236	(3.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T o t a l s u g a r s

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	109	(4.3)	16	(2.8)	15	(2.8)	113	(3.9)	34	(3.3)	30	(3.5)	107	(5.5)
20 and over.....	1180	46	(3.1)	116	(4.3)	15	(1.6)	13	(1.4)	119	(8.4)	33	(3.1)	28	(2.1)	113	(3.7)
2 and over...	2045	46	(3.1)	114	(3.5)	15	(1.8)	14	(1.7)	117	(6.1)	33	(2.7)	28	(2.4)	111	(3.0)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	112	(2.9)	17	(1.5)	15	(1.3)	122	(5.0)	36	(2.5)	29	(1.4)	104	(4.9)
20 and over.....	1722	55	(2.5)	111	(2.4)	18	(1.6)	17	(1.3)	112	(3.2)	34	(2.0)	30	(1.4)	110	(4.1)
2 and over...	2551	53	(2.3)	111	(1.8)	18	(1.4)	16	(1.1)	114	(2.6)	34	(1.7)	30	(1.2)	108	(3.2)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	112	(3.6)	21	(2.6)	18	(2.0)	125	(6.0)	39	(3.5)	31	(2.1)	98	(2.9)
20 and over.....	1282	59	(2.8)	100	(2.4)	20	(1.9)	20	(1.8)	101	(3.3)	34	(2.4)	33	(2.1)	98	(3.4)
2 and over...	1739	58	(2.6)	102	(2.0)	20	(1.6)	20	(1.5)	105	(2.8)	34	(2.0)	33	(1.7)	98	(2.8)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	110	(1.3)	18	(1.3)	16	(1.1)	119	(2.6)	36	(1.6)	30	(1.2)	103	(1.6)
20 and over.....	4742	55	(2.0)	107	(1.7)	18	(1.0)	17	(0.8)	108	(2.0)	33	(1.1)	31	(0.8)	105	(1.9)
2 and over...	7122	53	(1.8)	108	(1.4)	18	(0.8)	17	(0.7)	111	(1.6)	34	(0.9)	31	(0.7)	105	(1.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

D i e t a r y f i b e r

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	13.5	(0.37)	2.9	(0.57)	21	(4.0)	14.1	(0.45)	6.1	(0.72)	44	(4.6)	13.0	(0.59)
20 and over.....	1180	46	(3.1)	15.6	(0.61)	2.9	(0.28)	18	(1.5)	15.8	(0.77)	6.2	(0.49)	40	(2.2)	15.5	(0.95)
2 and over...	2045	46	(3.1)	14.9	(0.46)	2.9	(0.34)	19	(2.0)	15.2	(0.53)	6.2	(0.43)	41	(2.6)	14.7	(0.68)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	14.0	(0.32)	2.3	(0.23)	17	(1.6)	14.2	(0.51)	4.9	(0.40)	35	(2.0)	13.8	(0.44)
20 and over.....	1722	55	(2.5)	16.6	(0.45)	3.4	(0.28)	21	(1.6)	16.0	(0.42)	6.2	(0.28)	39	(1.8)	17.2	(0.82)
2 and over...	2551	53	(2.3)	15.9	(0.39)	3.1	(0.25)	20	(1.4)	15.6	(0.38)	5.9	(0.28)	38	(1.7)	16.3	(0.64)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	15.1	(0.76)	2.8	(0.24)	18	(2.0)	15.5	(0.88)	5.3	(0.36)	34	(3.3)	14.8	(1.12)
20 and over.....	1282	59	(2.8)	17.5	(0.61)	4.1	(0.31)	23	(1.6)	16.6	(0.75)	6.9	(0.32)	41	(1.6)	18.9	(0.85)
2 and over...	1739	58	(2.6)	17.1	(0.57)	3.8	(0.27)	22	(1.5)	16.4	(0.73)	6.6	(0.30)	40	(1.9)	18.1	(0.79)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	14.1	(0.27)	2.7	(0.20)	19	(1.3)	14.5	(0.36)	5.5	(0.30)	38	(1.9)	13.7	(0.40)
20 and over.....	4742	55	(2.0)	16.9	(0.39)	3.6	(0.21)	22	(1.1)	16.4	(0.33)	6.6	(0.23)	40	(1.2)	17.4	(0.61)
2 and over...	7122	53	(1.8)	16.2	(0.33)	3.4	(0.18)	21	(1.0)	16.0	(0.32)	6.4	(0.21)	40	(1.1)	16.5	(0.50)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T o t a l f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	73.2	(2.47)	19.1	(2.69)	26	(3.7)	81.0	(1.85)	40.5	(2.53)	50	(3.1)	66.3	(3.64)
20 and over.....	1180	46	(3.1)	83.8	(2.26)	21.2	(2.20)	25	(2.1)	95.2	(4.19)	45.9	(3.65)	48	(2.3)	74.2	(1.60)
2 and over...	2045	46	(3.1)	80.3	(2.06)	20.5	(2.11)	25	(2.4)	90.4	(2.94)	44.1	(2.56)	49	(2.2)	71.5	(1.76)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	76.0	(1.25)	17.3	(1.76)	23	(2.2)	83.7	(2.77)	36.6	(2.50)	44	(2.2)	69.1	(1.87)
20 and over.....	1722	55	(2.5)	87.8	(2.07)	25.1	(1.84)	29	(1.8)	95.2	(2.10)	45.8	(1.62)	48	(1.6)	78.8	(2.81)
2 and over...	2551	53	(2.3)	84.8	(1.52)	23.1	(1.66)	27	(1.7)	92.7	(1.82)	43.8	(1.68)	47	(1.5)	76.1	(2.02)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	77.0	(2.07)	20.2	(2.05)	26	(2.4)	86.4	(4.33)	37.9	(2.94)	44	(2.4)	66.3	(4.12)
20 and over.....	1282	59	(2.8)	91.6	(1.95)	28.3	(1.92)	31	(2.1)	94.1	(2.52)	47.7	(2.02)	51	(1.5)	88.0	(2.74)
2 and over...	1739	58	(2.6)	89.1	(1.79)	26.9	(1.73)	30	(1.8)	92.9	(2.36)	46.1	(1.81)	50	(1.3)	83.8	(2.68)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	74.9	(1.03)	18.6	(1.15)	25	(1.5)	83.5	(1.97)	38.4	(1.43)	46	(1.4)	66.7	(1.29)
20 and over.....	4742	55	(2.0)	88.2	(0.77)	25.7	(1.14)	29	(1.2)	94.4	(1.11)	46.7	(1.14)	49	(1.1)	80.6	(1.50)
2 and over...	7122	53	(1.8)	85.0	(0.69)	24.0	(0.97)	28	(1.0)	92.0	(1.11)	44.9	(0.98)	49	(0.8)	77.0	(1.12)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	25.5	(0.95)	6.3	(0.87)	25	(3.5)	27.4	(0.75)	13.4	(0.84)	49	(2.8)	23.8	(1.46)
20 and over.....	1180	46	(3.1)	26.8	(0.95)	6.6	(0.61)	25	(1.9)	30.4	(1.54)	14.3	(1.05)	47	(2.1)	23.8	(0.84)
2 and over...	2045	46	(3.1)	26.4	(0.87)	6.5	(0.61)	25	(2.1)	29.4	(1.09)	14.0	(0.72)	48	(2.0)	23.8	(0.88)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	26.3	(0.54)	5.6	(0.52)	21	(1.9)	28.1	(1.21)	11.8	(0.85)	42	(2.2)	24.6	(0.89)
20 and over.....	1722	55	(2.5)	28.7	(0.70)	8.1	(0.52)	28	(1.6)	31.3	(0.68)	14.7	(0.45)	47	(1.6)	25.7	(1.04)
2 and over...	2551	53	(2.3)	28.1	(0.53)	7.4	(0.47)	26	(1.5)	30.6	(0.65)	14.1	(0.50)	46	(1.4)	25.4	(0.79)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	26.1	(0.66)	6.8	(0.64)	26	(2.3)	29.6	(1.43)	12.9	(0.87)	43	(2.1)	22.1	(1.53)
20 and over.....	1282	59	(2.8)	29.9	(0.61)	9.2	(0.65)	31	(2.3)	30.4	(0.75)	15.5	(0.73)	51	(1.7)	29.1	(1.06)
2 and over...	1739	58	(2.6)	29.2	(0.55)	8.8	(0.57)	30	(2.0)	30.3	(0.76)	15.1	(0.64)	50	(1.4)	27.7	(0.95)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	25.8	(0.35)	6.1	(0.39)	24	(1.4)	28.3	(0.69)	12.6	(0.52)	45	(1.3)	23.5	(0.47)
20 and over.....	4742	55	(2.0)	28.7	(0.33)	8.2	(0.35)	29	(1.2)	30.6	(0.43)	15.0	(0.37)	49	(1.0)	26.4	(0.64)
2 and over...	7122	53	(1.8)	28.0	(0.28)	7.7	(0.30)	28	(1.0)	30.1	(0.43)	14.5	(0.32)	48	(0.8)	25.6	(0.48)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

M o n o u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	23.8	(0.87)	6.4	(0.89)	27	(3.8)	26.7	(0.70)	13.5	(0.81)	51	(3.1)	21.2	(1.20)
20 and over.....	1180	46	(3.1)	28.7	(0.81)	7.3	(0.80)	25	(2.2)	32.7	(1.49)	15.8	(1.40)	48	(2.6)	25.3	(0.55)
2 and over...	2045	46	(3.1)	27.0	(0.72)	7.0	(0.74)	26	(2.4)	30.6	(1.06)	15.0	(0.96)	49	(2.3)	23.9	(0.64)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	25.1	(0.44)	5.7	(0.60)	23	(2.3)	27.8	(0.78)	12.2	(0.85)	44	(2.7)	22.7	(0.65)
20 and over.....	1722	55	(2.5)	29.8	(0.77)	8.4	(0.63)	28	(1.8)	32.5	(0.77)	15.3	(0.59)	47	(1.7)	26.7	(1.00)
2 and over...	2551	53	(2.3)	28.7	(0.55)	7.7	(0.57)	27	(1.7)	31.4	(0.64)	14.6	(0.61)	47	(1.6)	25.6	(0.68)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	25.4	(0.65)	6.7	(0.70)	26	(2.6)	28.3	(1.45)	12.5	(1.03)	44	(2.7)	22.1	(1.47)
20 and over.....	1282	59	(2.8)	31.6	(0.87)	9.5	(0.71)	30	(2.1)	32.4	(1.11)	16.1	(0.78)	50	(1.6)	30.4	(1.22)
2 and over...	1739	58	(2.6)	30.5	(0.75)	9.0	(0.63)	30	(1.9)	31.7	(0.96)	15.5	(0.69)	49	(1.4)	28.8	(1.16)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	24.6	(0.30)	6.2	(0.38)	25	(1.5)	27.5	(0.65)	12.7	(0.48)	46	(1.5)	21.8	(0.44)
20 and over.....	4742	55	(2.0)	30.2	(0.36)	8.7	(0.42)	29	(1.2)	32.3	(0.49)	15.7	(0.46)	49	(1.3)	27.6	(0.59)
2 and over...	7122	53	(1.8)	28.8	(0.32)	8.1	(0.36)	28	(1.0)	31.3	(0.46)	15.1	(0.39)	48	(1.0)	26.1	(0.44)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P o l y u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	16.5	(0.49)	4.7	(0.72)	28	(4.2)	19.0	(0.60)	9.9	(0.79)	52	(3.5)	14.2	(0.71)
20 and over.....	1180	46	(3.1)	20.0	(0.65)	5.3	(0.61)	26	(2.4)	22.7	(1.00)	11.4	(0.95)	50	(2.6)	17.6	(0.84)
2 and over...	2045	46	(3.1)	18.8	(0.53)	5.1	(0.59)	27	(2.6)	21.4	(0.69)	10.9	(0.74)	51	(2.6)	16.5	(0.60)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	17.1	(0.46)	4.3	(0.54)	25	(2.6)	19.6	(0.87)	9.2	(0.80)	47	(2.5)	14.8	(0.44)
20 and over.....	1722	55	(2.5)	20.6	(0.46)	6.3	(0.53)	30	(2.3)	22.4	(0.61)	11.4	(0.53)	51	(1.9)	18.5	(0.66)
2 and over...	2551	53	(2.3)	19.7	(0.36)	5.8	(0.48)	29	(2.2)	21.7	(0.55)	10.9	(0.53)	50	(1.8)	17.4	(0.46)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	18.2	(0.78)	4.9	(0.57)	27	(2.8)	20.4	(1.42)	9.2	(0.88)	45	(3.2)	15.6	(1.11)
20 and over.....	1282	59	(2.8)	21.5	(0.71)	6.9	(0.45)	32	(2.0)	22.4	(0.81)	11.6	(0.46)	52	(2.1)	20.2	(0.81)
2 and over...	1739	58	(2.6)	21.0	(0.66)	6.5	(0.42)	31	(1.8)	22.1	(0.76)	11.2	(0.43)	51	(1.9)	19.3	(0.73)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	17.1	(0.35)	4.6	(0.30)	27	(1.7)	19.6	(0.63)	9.4	(0.39)	48	(1.7)	14.7	(0.39)
20 and over.....	4742	55	(2.0)	20.8	(0.35)	6.4	(0.28)	31	(1.3)	22.5	(0.37)	11.6	(0.27)	52	(1.3)	18.7	(0.51)
2 and over...	7122	53	(1.8)	19.9	(0.30)	5.9	(0.24)	30	(1.1)	21.8	(0.36)	11.1	(0.24)	51	(1.1)	17.7	(0.39)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	231	(11.7)	55	(11.0)	24	(4.5)	239	(11.4)	117	(14.6)	49	(5.2)	224	(15.1)
20 and over.....	1180	46	(3.1)	289	(14.2)	64	(7.1)	22	(2.1)	314	(19.8)	140	(11.6)	44	(2.6)	267	(14.9)
2 and over...	2045	46	(3.1)	270	(11.4)	61	(7.5)	23	(2.6)	289	(14.2)	132	(9.2)	46	(2.9)	253	(12.0)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	221	(6.8)	47	(4.4)	21	(2.0)	232	(7.6)	100	(6.2)	43	(2.5)	211	(12.1)
20 and over.....	1722	55	(2.5)	306	(10.4)	85	(5.8)	28	(1.6)	330	(11.1)	156	(4.8)	47	(1.3)	278	(13.2)
2 and over...	2551	53	(2.3)	285	(8.4)	76	(4.7)	27	(1.4)	308	(10.1)	144	(4.5)	47	(1.2)	259	(10.0)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	225	(14.2)	52	(6.0)	23	(2.5)	254	(19.1)	98	(8.1)	39	(3.2)	191	(25.2)
20 and over.....	1282	59	(2.8)	317	(9.6)	105	(6.6)	33	(2.2)	322	(12.6)	177	(9.9)	55	(2.1)	310	(15.8)
2 and over...	1739	58	(2.6)	301	(7.5)	96	(6.0)	32	(2.0)	311	(10.0)	165	(8.8)	53	(1.9)	287	(14.4)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	225	(5.4)	52	(4.0)	23	(1.7)	243	(7.7)	106	(5.2)	44	(2.1)	208	(8.1)
20 and over.....	4742	55	(2.0)	307	(4.9)	90	(3.4)	29	(1.1)	324	(7.2)	163	(4.1)	50	(1.0)	285	(9.5)
2 and over...	7122	53	(1.8)	287	(3.2)	81	(2.9)	28	(1.0)	307	(6.1)	151	(3.2)	49	(0.8)	265	(6.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n A (R A E)

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	574	(20.5)	87*	(26.7)	15	(4.4)	561	(35.7)	185	(42.6)	33	(6.1)	585	(27.4)
20 and over.....	1180	46	(3.1)	534	(24.2)	82	(7.6)	15	(1.3)	547	(32.2)	177	(13.8)	32	(2.2)	523	(35.9)
2 and over...	2045	46	(3.1)	547	(19.0)	84	(13.0)	15	(2.1)	552	(23.1)	180	(18.7)	33	(3.0)	543	(25.2)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	598	(17.8)	70	(5.9)	12	(1.0)	615	(42.9)	148	(12.2)	24	(2.0)	584	(22.3)
20 and over.....	1722	55	(2.5)	641	(19.9)	120	(7.6)	19	(1.3)	620	(22.3)	219	(10.3)	35	(1.6)	667	(32.0)
2 and over...	2551	53	(2.3)	630	(15.2)	107	(6.0)	17	(1.0)	619	(21.2)	203	(9.3)	33	(1.6)	644	(23.9)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	608	(32.2)	81	(12.8)	13	(2.1)	631	(47.5)	152	(20.5)	24	(2.9)	582	(44.7)
20 and over.....	1282	59	(2.8)	710	(31.2)	149	(11.5)	21	(1.4)	688	(40.9)	252	(18.1)	37	(1.7)	743	(31.5)
2 and over...	1739	58	(2.6)	693	(27.9)	137	(10.5)	20	(1.3)	679	(35.6)	236	(16.6)	35	(1.7)	711	(28.9)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	588	(12.8)	77	(8.4)	13	(1.4)	596	(23.7)	159	(14.1)	27	(2.1)	581	(18.7)
20 and over.....	4742	55	(2.0)	648	(17.2)	127	(6.0)	20	(0.8)	647	(17.8)	232	(9.3)	36	(0.9)	649	(21.9)
2 and over...	7122	53	(1.8)	633	(13.9)	116	(5.3)	18	(0.7)	636	(15.3)	216	(8.6)	34	(0.9)	631	(16.0)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

B e t a c a r o t e n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1070	(114.3)	246*	(111.2)	23*	(8.8)	982	(178.8)	522*	(197.5)	53	(12.1)	1147	(136.9)
20 and over.....	1180	46	(3.1)	1720	(173.2)	295	(41.1)	17	(2.2)	1661	(169.4)	640	(72.4)	39	(3.9)	1769	(259.6)
2 and over...	2045	46	(3.1)	1502	(138.6)	279	(58.5)	19	(3.3)	1431	(124.1)	600	(94.2)	42	(5.6)	1564	(191.6)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1238	(73.6)	171	(30.3)	14	(2.3)	1409	(109.5)	362	(65.4)	26	(4.8)	1086	(89.9)
20 and over.....	1722	55	(2.5)	2363	(155.9)	490	(58.4)	21	(2.3)	2014	(132.5)	896	(99.2)	44	(3.4)	2786	(267.6)
2 and over...	2551	53	(2.3)	2083	(109.4)	411	(47.2)	20	(2.1)	1879	(104.9)	777	(86.1)	41	(3.5)	2312	(184.6)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1347	(123.9)	195	(46.5)	14	(3.5)	1420	(152.9)	366	(82.6)	26	(5.7)	1265	(215.0)
20 and over.....	1282	59	(2.8)	3035	(320.6)	599	(63.3)	20	(2.2)	2852	(380.5)	1010	(104.5)	35	(4.2)	3300	(377.3)
2 and over...	1739	58	(2.6)	2741	(272.7)	528	(54.9)	19	(2.2)	2624	(328.3)	908	(93.8)	35	(4.1)	2904	(305.6)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1199	(51.1)	199	(35.1)	17	(2.7)	1243	(72.4)	409	(67.9)	33	(4.8)	1157	(85.8)
20 and over.....	4742	55	(2.0)	2515	(164.7)	522	(45.8)	21	(1.3)	2409	(197.0)	948	(75.9)	39	(2.6)	2646	(197.2)
2 and over...	7122	53	(1.8)	2202	(135.9)	445	(39.2)	20	(1.3)	2157	(167.9)	832	(69.5)	39	(2.7)	2255	(150.8)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Lycopene

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	4614	(503.0)	1070	(190.9)	23	(4.4)	4303	(302.0)	2274	(250.7)	53	(5.5)	4891	(822.5)
20 and over.....	1180	46	(3.1)	4844	(351.3)	933	(86.6)	19	(1.7)	5526	(607.1)	2024	(151.6)	37	(5.4)	4260	(580.1)
2 and over...	2045	46	(3.1)	4767	(196.9)	979	(109.1)	21	(1.9)	5112	(368.7)	2109	(144.0)	41	(5.1)	4468	(416.2)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	4162	(418.0)	779	(90.5)	19	(3.1)	4120	(498.3)	1650	(225.3)	40	(6.0)	4199	(566.9)
20 and over.....	1722	55	(2.5)	4859	(401.7)	1373	(129.3)	28	(2.7)	4605	(330.9)	2509	(178.8)	54	(3.0)	5167	(597.8)
2 and over...	2551	53	(2.3)	4686	(327.1)	1225	(100.7)	26	(2.5)	4497	(328.8)	2318	(164.5)	52	(3.1)	4897	(403.2)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	4345	(688.1)	1233	(250.5)	28	(7.4)	4361	(777.7)	2317	(472.4)	53	(10.6)	4325	(1223.8)
20 and over.....	1282	59	(2.8)	5465	(623.7)	1551	(139.5)	28	(3.4)	5387	(499.9)	2617	(245.6)	49	(3.8)	5577	(1062.0)
2 and over...	1739	58	(2.6)	5270	(524.3)	1496	(126.6)	28	(3.5)	5224	(452.8)	2569	(220.1)	49	(4.0)	5333	(947.5)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	4327	(223.3)	987	(88.9)	23	(2.5)	4235	(238.2)	2032	(181.0)	48	(3.1)	4414	(417.3)
20 and over.....	4742	55	(2.0)	5053	(231.6)	1371	(83.6)	27	(1.7)	5129	(191.4)	2492	(131.0)	49	(1.8)	4961	(370.0)
2 and over...	7122	53	(1.8)	4881	(180.9)	1280	(77.4)	26	(1.7)	4936	(162.1)	2393	(125.0)	48	(1.7)	4817	(308.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1.55	(0.043)	0.30	(0.044)	19	(2.7)	1.64	(0.059)	0.63	(0.047)	39	(2.2)	1.47	(0.058)
20 and over.....	1180	46	(3.1)	1.55	(0.052)	0.34	(0.029)	22	(1.6)	1.73	(0.091)	0.73	(0.042)	42	(2.6)	1.41	(0.069)
2 and over...	2045	46	(3.1)	1.55	(0.040)	0.32	(0.031)	21	(1.8)	1.70	(0.061)	0.70	(0.033)	41	(2.1)	1.43	(0.039)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1.54	(0.033)	0.25	(0.020)	17	(1.5)	1.55	(0.056)	0.54	(0.038)	35	(1.9)	1.54	(0.057)
20 and over.....	1722	55	(2.5)	1.62	(0.029)	0.38	(0.026)	24	(1.7)	1.66	(0.038)	0.70	(0.021)	42	(1.4)	1.57	(0.057)
2 and over...	2551	53	(2.3)	1.60	(0.026)	0.35	(0.021)	22	(1.5)	1.63	(0.033)	0.66	(0.021)	41	(1.3)	1.56	(0.049)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1.51	(0.048)	0.30	(0.025)	20	(1.7)	1.61	(0.061)	0.56	(0.031)	35	(2.0)	1.39	(0.054)
20 and over.....	1282	59	(2.8)	1.61	(0.030)	0.44	(0.027)	28	(1.7)	1.63	(0.039)	0.75	(0.028)	46	(1.6)	1.56	(0.045)
2 and over...	1739	58	(2.6)	1.59	(0.027)	0.42	(0.025)	26	(1.6)	1.63	(0.034)	0.72	(0.024)	44	(1.4)	1.53	(0.040)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1.53	(0.015)	0.28	(0.017)	18	(1.0)	1.59	(0.026)	0.58	(0.021)	36	(1.2)	1.47	(0.025)
20 and over.....	4742	55	(2.0)	1.60	(0.020)	0.40	(0.015)	25	(1.0)	1.66	(0.025)	0.73	(0.013)	44	(0.8)	1.53	(0.039)
2 and over...	7122	53	(1.8)	1.58	(0.017)	0.37	(0.014)	23	(0.9)	1.65	(0.018)	0.69	(0.012)	42	(0.6)	1.51	(0.030)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Riboflavin

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1.85	(0.078)	0.31	(0.070)	17	(3.4)	1.94	(0.125)	0.67	(0.096)	34	(3.1)	1.78	(0.093)
20 and over.....	1180	46	(3.1)	1.98	(0.064)	0.34	(0.031)	17	(1.5)	2.06	(0.099)	0.74	(0.045)	36	(2.2)	1.91	(0.082)
2 and over...	2045	46	(3.1)	1.94	(0.056)	0.33	(0.042)	17	(2.0)	2.02	(0.065)	0.72	(0.049)	36	(2.2)	1.86	(0.060)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1.78	(0.048)	0.29	(0.029)	16	(1.6)	1.82	(0.090)	0.60	(0.055)	33	(2.2)	1.74	(0.059)
20 and over.....	1722	55	(2.5)	2.09	(0.050)	0.43	(0.023)	20	(1.4)	2.12	(0.062)	0.78	(0.017)	37	(1.4)	2.07	(0.091)
2 and over...	2551	53	(2.3)	2.01	(0.046)	0.39	(0.020)	19	(1.3)	2.05	(0.058)	0.74	(0.022)	36	(1.2)	1.98	(0.077)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1.79	(0.065)	0.36	(0.045)	20	(2.4)	1.96	(0.094)	0.67	(0.062)	34	(2.8)	1.60	(0.081)
20 and over.....	1282	59	(2.8)	2.24	(0.073)	0.52	(0.037)	23	(1.8)	2.24	(0.050)	0.89	(0.044)	40	(1.7)	2.25	(0.147)
2 and over...	1739	58	(2.6)	2.17	(0.065)	0.50	(0.033)	23	(1.7)	2.19	(0.053)	0.85	(0.039)	39	(1.5)	2.13	(0.121)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1.80	(0.022)	0.31	(0.024)	17	(1.2)	1.89	(0.041)	0.64	(0.032)	34	(1.5)	1.71	(0.035)
20 and over.....	4742	55	(2.0)	2.12	(0.041)	0.45	(0.020)	21	(1.0)	2.15	(0.033)	0.82	(0.022)	38	(1.0)	2.08	(0.074)
2 and over...	7122	53	(1.8)	2.04	(0.033)	0.42	(0.017)	20	(0.9)	2.09	(0.027)	0.78	(0.019)	37	(0.8)	1.98	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	22.2	(0.84)	5.2	(0.88)	24	(3.6)	24.6	(1.23)	11.1	(1.05)	45	(3.0)	20.1	(0.97)
20 and over.....	1180	46	(3.1)	26.3	(1.00)	5.8	(0.65)	22	(2.2)	30.3	(2.05)	12.6	(0.97)	42	(3.8)	22.9	(0.72)
2 and over...	2045	46	(3.1)	24.9	(0.85)	5.6	(0.69)	23	(2.5)	28.4	(1.48)	12.1	(0.83)	43	(3.4)	22.0	(0.48)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	21.0	(0.26)	4.3	(0.41)	20	(1.9)	22.3	(0.66)	9.0	(0.55)	40	(1.8)	19.8	(0.55)
20 and over.....	1722	55	(2.5)	26.3	(0.61)	6.7	(0.47)	25	(2.0)	27.3	(0.86)	12.2	(0.38)	45	(1.8)	25.1	(1.06)
2 and over...	2551	53	(2.3)	25.0	(0.47)	6.1	(0.41)	24	(1.8)	26.2	(0.71)	11.5	(0.36)	44	(1.6)	23.6	(0.81)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	22.0	(0.96)	4.9	(0.47)	22	(2.0)	23.6	(1.46)	9.2	(0.63)	39	(2.4)	20.0	(1.49)
20 and over.....	1282	59	(2.8)	26.6	(0.73)	7.4	(0.50)	28	(1.9)	27.1	(0.74)	12.5	(0.53)	46	(1.4)	26.0	(1.49)
2 and over...	1739	58	(2.6)	25.8	(0.66)	7.0	(0.45)	27	(1.7)	26.5	(0.76)	12.0	(0.50)	45	(1.2)	24.8	(1.30)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	21.7	(0.43)	4.8	(0.33)	22	(1.3)	23.5	(0.77)	9.8	(0.46)	42	(1.3)	19.9	(0.56)
20 and over.....	4742	55	(2.0)	26.2	(0.42)	6.8	(0.31)	26	(1.2)	27.5	(0.52)	12.4	(0.32)	45	(1.2)	24.6	(0.74)
2 and over...	7122	53	(1.8)	25.1	(0.34)	6.3	(0.28)	25	(1.0)	26.7	(0.47)	11.8	(0.29)	44	(1.0)	23.4	(0.55)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B6

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1.82	(0.084)	0.34	(0.077)	19	(3.7)	1.98	(0.150)	0.72	(0.120)	36	(4.1)	1.67	(0.076)
20 and over.....	1180	46	(3.1)	2.25	(0.159)	0.35	(0.037)	16	(1.8)	2.54	(0.334)	0.76	(0.057)	30	(4.6)	2.00	(0.066)
2 and over...	2045	46	(3.1)	2.11	(0.115)	0.35	(0.047)	16	(2.2)	2.35	(0.230)	0.75	(0.064)	32	(4.0)	1.90	(0.048)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1.66	(0.028)	0.24	(0.025)	14	(1.5)	1.69	(0.060)	0.51	(0.040)	30	(2.0)	1.64	(0.044)
20 and over.....	1722	55	(2.5)	2.14	(0.050)	0.42	(0.033)	20	(1.8)	2.13	(0.078)	0.77	(0.031)	36	(1.9)	2.16	(0.095)
2 and over...	2551	53	(2.3)	2.02	(0.039)	0.38	(0.029)	19	(1.6)	2.03	(0.061)	0.71	(0.031)	35	(1.9)	2.01	(0.076)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1.79	(0.077)	0.28	(0.030)	16	(1.8)	1.84	(0.091)	0.53	(0.039)	29	(2.3)	1.74	(0.133)
20 and over.....	1282	59	(2.8)	2.23	(0.104)	0.48	(0.036)	22	(1.7)	2.21	(0.127)	0.81	(0.039)	37	(2.0)	2.26	(0.149)
2 and over...	1739	58	(2.6)	2.16	(0.090)	0.45	(0.032)	21	(1.5)	2.15	(0.117)	0.77	(0.036)	36	(1.7)	2.16	(0.131)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1.75	(0.040)	0.28	(0.027)	16	(1.3)	1.83	(0.068)	0.59	(0.045)	32	(1.7)	1.67	(0.046)
20 and over.....	4742	55	(2.0)	2.18	(0.057)	0.43	(0.021)	20	(1.0)	2.22	(0.081)	0.79	(0.022)	35	(1.4)	2.14	(0.071)
2 and over...	7122	53	(1.8)	2.08	(0.045)	0.40	(0.020)	19	(0.9)	2.14	(0.067)	0.74	(0.023)	35	(1.2)	2.01	(0.054)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	506	(16.2)	88	(12.2)	17	(2.6)	536	(24.2)	187	(12.7)	35	(3.2)	480	(16.5)
20 and over.....	1180	46	(3.1)	494	(17.7)	99	(7.8)	20	(1.5)	515	(22.0)	215	(11.7)	42	(1.7)	476	(29.6)
2 and over...	2045	46	(3.1)	498	(10.7)	96	(8.2)	19	(1.6)	522	(17.5)	206	(8.2)	39	(1.7)	477	(16.6)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	487	(14.1)	73	(7.0)	15	(1.5)	467	(21.5)	155	(12.9)	33	(2.0)	505	(20.2)
20 and over.....	1722	55	(2.5)	517	(12.5)	115	(8.5)	22	(1.6)	532	(20.2)	210	(9.1)	39	(1.9)	500	(22.0)
2 and over...	2551	53	(2.3)	510	(9.5)	104	(7.0)	20	(1.4)	517	(15.4)	198	(7.7)	38	(1.5)	501	(19.2)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	470	(17.4)	89	(6.9)	19	(1.6)	516	(22.5)	167	(9.0)	32	(2.1)	418	(23.5)
20 and over.....	1282	59	(2.8)	500	(10.8)	134	(8.1)	27	(1.5)	514	(17.6)	226	(7.6)	44	(1.6)	478	(14.3)
2 and over...	1739	58	(2.6)	495	(11.0)	126	(7.5)	25	(1.4)	515	(16.4)	216	(7.9)	42	(1.6)	467	(13.6)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	487	(5.5)	82	(4.9)	17	(1.0)	504	(10.5)	169	(6.8)	34	(1.2)	470	(8.3)
20 and over.....	4742	55	(2.0)	503	(6.3)	120	(5.4)	24	(1.0)	521	(9.8)	218	(5.2)	42	(1.1)	481	(10.7)
2 and over...	7122	53	(1.8)	499	(5.4)	111	(4.8)	22	(0.9)	517	(8.0)	207	(5.0)	40	(0.9)	478	(8.9)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C h o l i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	249	(11.9)	54	(10.9)	22	(3.9)	259	(14.1)	114	(14.3)	44	(3.8)	239	(14.3)
20 and over.....	1180	46	(3.1)	307	(11.1)	64	(6.5)	21	(1.8)	327	(17.3)	138	(10.5)	42	(2.2)	290	(9.4)
2 and over...	2045	46	(3.1)	287	(9.8)	60	(7.2)	21	(2.3)	304	(12.4)	130	(8.7)	43	(2.3)	273	(8.8)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	243	(5.0)	48	(4.4)	20	(1.9)	253	(8.0)	101	(6.4)	40	(2.4)	234	(8.8)
20 and over.....	1722	55	(2.5)	333	(10.1)	83	(5.4)	25	(1.5)	345	(8.3)	152	(4.1)	44	(1.2)	319	(15.1)
2 and over...	2551	53	(2.3)	311	(8.2)	74	(4.7)	24	(1.4)	324	(8.0)	141	(4.6)	43	(1.2)	296	(11.0)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	250	(11.6)	53	(5.4)	21	(2.1)	274	(14.0)	99	(7.1)	36	(2.6)	222	(19.7)
20 and over.....	1282	59	(2.8)	346	(8.6)	100	(6.4)	29	(1.9)	346	(12.9)	169	(8.6)	49	(1.6)	346	(10.2)
2 and over...	1739	58	(2.6)	330	(7.3)	92	(5.8)	28	(1.7)	335	(11.0)	158	(7.9)	47	(1.5)	322	(9.8)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	246	(4.5)	52	(3.8)	21	(1.4)	263	(6.8)	106	(5.0)	40	(1.7)	231	(6.6)
20 and over.....	4742	55	(2.0)	332	(4.6)	87	(3.6)	26	(1.0)	343	(6.6)	157	(4.6)	46	(0.8)	319	(7.7)
2 and over...	7122	53	(1.8)	312	(3.4)	78	(3.1)	25	(0.9)	326	(5.7)	146	(3.7)	45	(0.7)	296	(5.1)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin B12

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	4.82	(0.238)	0.80	(0.157)	17	(3.0)	5.01	(0.276)	1.71	(0.209)	34	(2.8)	4.66	(0.339)
20 and over.....	1180	46	(3.1)	4.72	(0.251)	0.82	(0.070)	17	(1.6)	5.18	(0.545)	1.78	(0.131)	34	(3.7)	4.33	(0.226)
2 and over...	2045	46	(3.1)	4.75	(0.218)	0.81	(0.087)	17	(1.9)	5.12	(0.370)	1.75	(0.111)	34	(2.9)	4.44	(0.178)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	4.30	(0.118)	0.59	(0.053)	14	(1.4)	4.19	(0.166)	1.25	(0.102)	30	(2.0)	4.40	(0.204)
20 and over.....	1722	55	(2.5)	4.87	(0.158)	1.07	(0.069)	22	(1.8)	5.02	(0.202)	1.95	(0.083)	39	(2.4)	4.69	(0.220)
2 and over...	2551	53	(2.3)	4.73	(0.127)	0.95	(0.058)	20	(1.5)	4.83	(0.156)	1.80	(0.074)	37	(2.1)	4.61	(0.188)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	3.98	(0.180)	0.61	(0.063)	15	(1.5)	4.27	(0.269)	1.15	(0.088)	27	(1.8)	3.66	(0.234)
20 and over.....	1282	59	(2.8)	5.03	(0.203)	1.17	(0.088)	23	(2.1)	4.80	(0.217)	1.97	(0.101)	41	(2.2)	5.37	(0.436)
2 and over...	1739	58	(2.6)	4.85	(0.173)	1.07	(0.078)	22	(1.8)	4.71	(0.207)	1.84	(0.098)	39	(1.9)	5.03	(0.343)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	4.39	(0.108)	0.67	(0.057)	15	(1.2)	4.51	(0.148)	1.37	(0.087)	30	(1.5)	4.28	(0.127)
20 and over.....	4742	55	(2.0)	4.84	(0.137)	1.06	(0.046)	22	(1.0)	4.91	(0.167)	1.92	(0.058)	39	(1.3)	4.77	(0.183)
2 and over...	7122	53	(1.8)	4.74	(0.116)	0.96	(0.041)	20	(0.9)	4.82	(0.144)	1.80	(0.055)	37	(1.1)	4.64	(0.149)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin C

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	67.7	(4.44)	7.9	(2.12)	12	(3.5)	64.5	(4.39)	16.8	(3.25)	26	(5.7)	70.6	(5.47)
20 and over.....	1180	46	(3.1)	70.3	(4.00)	8.5	(1.12)	12	(1.2)	67.2	(6.24)	18.4	(2.53)	27	(2.3)	73.0	(3.51)
2 and over...	2045	46	(3.1)	69.5	(3.20)	8.3	(1.20)	12	(1.6)	66.3	(4.40)	17.8	(1.92)	27	(2.5)	72.2	(3.13)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	68.7	(5.73)	4.9	(0.69)	7	(1.1)	62.5	(8.35)	10.4	(1.60)	17	(2.4)	74.3	(6.38)
20 and over.....	1722	55	(2.5)	72.2	(2.16)	9.1	(0.74)	13	(1.2)	64.4	(2.37)	16.6	(0.89)	26	(1.4)	81.7	(4.19)
2 and over...	2551	53	(2.3)	71.3	(2.45)	8.0	(0.68)	11	(1.1)	64.0	(2.55)	15.2	(1.00)	24	(1.5)	79.6	(3.66)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	83.4	(7.85)	8.3	(1.45)	10	(1.4)	81.0	(11.46)	15.6	(2.30)	19	(1.8)	86.2	(6.72)
20 and over.....	1282	59	(2.8)	82.6	(4.61)	13.3	(1.63)	16	(1.5)	80.7	(5.87)	22.5	(2.69)	28	(2.2)	85.4	(4.95)
2 and over...	1739	58	(2.6)	82.8	(4.47)	12.4	(1.38)	15	(1.3)	80.8	(5.94)	21.4	(2.31)	26	(2.0)	85.6	(4.50)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	72.7	(3.54)	7.1	(0.74)	10	(1.0)	69.0	(5.35)	14.6	(1.24)	21	(2.2)	76.2	(3.88)
20 and over.....	4742	55	(2.0)	76.3	(2.35)	10.9	(0.74)	14	(0.8)	73.2	(2.97)	19.8	(1.31)	27	(1.3)	80.1	(2.39)
2 and over...	7122	53	(1.8)	75.4	(2.21)	10.0	(0.60)	13	(0.7)	72.3	(2.85)	18.6	(1.10)	26	(1.2)	79.1	(2.29)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n D

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	5.2	(0.27)	0.4*	(0.17)	8*	(3.3)	4.5	(0.19)	0.9*	(0.29)	21	(6.1)	5.8	(0.46)
20 and over.....	1180	46	(3.1)	4.1	(0.24)	0.5	(0.04)	12	(1.1)	4.1	(0.28)	1.0	(0.08)	25	(2.3)	4.1	(0.34)
2 and over...	2045	46	(3.1)	4.5	(0.23)	0.5	(0.08)	10	(1.7)	4.2	(0.20)	1.0	(0.12)	24	(2.6)	4.7	(0.30)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	4.6	(0.22)	0.3	(0.02)	6	(0.5)	4.3	(0.37)	0.6	(0.04)	15	(1.2)	4.8	(0.18)
20 and over.....	1722	55	(2.5)	4.3	(0.15)	0.8	(0.08)	17	(2.1)	4.3	(0.20)	1.4	(0.11)	32	(2.2)	4.4	(0.29)
2 and over...	2551	53	(2.3)	4.4	(0.15)	0.6	(0.06)	15	(1.6)	4.3	(0.18)	1.2	(0.10)	28	(2.1)	4.5	(0.23)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	4.3	(0.25)	0.3	(0.04)	8	(0.9)	4.3	(0.38)	0.6	(0.07)	15	(1.5)	4.2	(0.22)
20 and over.....	1282	59	(2.8)	4.2	(0.25)	0.7	(0.06)	17	(1.4)	3.7	(0.21)	1.2	(0.11)	33	(2.0)	5.1	(0.51)
2 and over...	1739	58	(2.6)	4.2	(0.21)	0.7	(0.05)	16	(1.1)	3.8	(0.18)	1.1	(0.09)	30	(1.8)	4.9	(0.42)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	4.7	(0.12)	0.3	(0.05)	7	(1.1)	4.3	(0.19)	0.7	(0.10)	16	(2.0)	5.0	(0.19)
20 and over.....	4742	55	(2.0)	4.2	(0.14)	0.7	(0.04)	16	(1.0)	4.0	(0.12)	1.2	(0.06)	32	(1.3)	4.5	(0.24)
2 and over...	7122	53	(1.8)	4.3	(0.12)	0.6	(0.03)	14	(0.8)	4.0	(0.10)	1.1	(0.05)	28	(1.0)	4.7	(0.18)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

V i t a m i n E (a l p h a t o c o p h e r o l)

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	7.3	(0.24)	1.5	(0.25)	21	(3.4)	7.7	(0.26)	3.2	(0.28)	42	(3.0)	6.9	(0.41)
20 and over.....	1180	46	(3.1)	8.9	(0.41)	1.7	(0.18)	19	(1.9)	9.5	(0.38)	3.7	(0.30)	38	(2.6)	8.3	(0.61)
2 and over...	2045	46	(3.1)	8.4	(0.26)	1.6	(0.19)	19	(2.0)	8.9	(0.26)	3.5	(0.24)	39	(2.2)	7.9	(0.33)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	7.2	(0.17)	1.3	(0.15)	18	(2.1)	7.6	(0.30)	2.7	(0.22)	36	(2.6)	6.8	(0.20)
20 and over.....	1722	55	(2.5)	9.3	(0.23)	2.0	(0.16)	21	(1.6)	9.3	(0.27)	3.6	(0.16)	39	(1.6)	9.2	(0.36)
2 and over...	2551	53	(2.3)	8.8	(0.16)	1.8	(0.15)	21	(1.6)	9.0	(0.21)	3.4	(0.16)	38	(1.6)	8.5	(0.25)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	8.9	(0.70)	1.7	(0.17)	19	(2.6)	9.2	(0.64)	3.2	(0.23)	35	(3.6)	8.6	(1.28)
20 and over.....	1282	59	(2.8)	10.1	(0.36)	2.4	(0.16)	24	(1.6)	10.2	(0.42)	4.1	(0.16)	40	(1.5)	10.1	(0.44)
2 and over...	1739	58	(2.6)	9.9	(0.34)	2.3	(0.15)	23	(1.5)	10.0	(0.42)	3.9	(0.13)	39	(1.5)	9.8	(0.44)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	7.7	(0.21)	1.5	(0.11)	19	(1.5)	8.2	(0.24)	3.0	(0.13)	37	(1.6)	7.2	(0.36)
20 and over.....	4742	55	(2.0)	9.5	(0.19)	2.1	(0.11)	22	(1.1)	9.8	(0.18)	3.9	(0.10)	40	(1.2)	9.2	(0.30)
2 and over...	7122	53	(1.8)	9.1	(0.16)	2.0	(0.09)	22	(1.0)	9.4	(0.18)	3.7	(0.09)	39	(1.1)	8.7	(0.21)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Vitamin K

Family income as % of poverty level and age (years)	Sample Size	All Individuals [3] Percent Reporting [6] %	(SE)	All Individuals [3] Total Intake µg	(SE)	All Individuals [3] Intake from All Restaurants µg	(SE)	All Individuals [3] Percentages from [7] All Restaurants %	(SE)	All Restaurant Consumers [4] Total Intake µg	(SE)	All Restaurant Consumers [4] Intake from All Restaurants µg	(SE)	All Restaurant Consumers [4] Percentages from [7] All Restaurants %	(SE)	Non-consumers [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	65.8	(4.65)	17.4	(4.40)	26	(6.1)	70.0	(5.18)	36.9	(6.54)	53	(6.1)	62.0	(6.96)
20 and over.....	1180	46	(3.1)	108.6	(8.00)	24.5	(2.16)	23	(1.8)	114.7	(8.48)	53.2	(3.89)	46	(2.5)	103.4	(10.60)
2 and over...	2045	46	(3.1)	94.3	(6.12)	22.1	(2.54)	23	(2.5)	99.5	(5.73)	47.7	(3.20)	48	(2.9)	89.7	(7.84)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	65.8	(4.55)	15.1	(1.80)	23	(1.9)	76.0	(6.82)	32.0	(3.31)	42	(4.1)	56.8	(4.30)
20 and over.....	1722	55	(2.5)	115.6	(3.74)	30.4	(2.92)	26	(2.6)	108.4	(4.71)	55.6	(3.52)	51	(2.4)	124.4	(8.46)
2 and over...	2551	53	(2.3)	103.2	(3.46)	26.6	(2.45)	26	(2.3)	101.2	(4.08)	50.3	(3.07)	50	(2.3)	105.5	(6.56)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	84.5	(7.31)	19.2	(2.29)	23	(2.9)	96.1	(12.20)	36.0	(4.17)	37	(5.5)	71.4	(7.84)
20 and over.....	1282	59	(2.8)	149.1	(15.95)	40.2	(3.67)	27	(3.1)	151.5	(19.84)	67.8	(5.35)	45	(5.7)	145.8	(14.44)
2 and over...	1739	58	(2.6)	137.9	(13.52)	36.6	(3.36)	27	(2.9)	142.6	(17.35)	62.8	(4.92)	44	(5.3)	131.3	(11.22)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	71.3	(3.39)	16.9	(1.32)	24	(2.0)	79.8	(4.37)	34.9	(2.13)	44	(3.4)	63.3	(3.57)
20 and over.....	4742	55	(2.0)	127.8	(6.82)	34.1	(1.85)	27	(1.3)	129.9	(8.68)	61.9	(2.46)	48	(2.7)	125.2	(5.78)
2 and over...	7122	53	(1.8)	114.4	(5.91)	30.0	(1.55)	26	(1.3)	119.1	(7.66)	56.1	(2.24)	47	(2.5)	108.9	(4.83)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a l c i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	990	(35.2)	164	(30.1)	17	(3.0)	976	(33.4)	348	(38.3)	36	(3.3)	1003	(58.2)
20 and over.....	1180	46	(3.1)	922	(27.8)	169	(14.8)	18	(1.3)	996	(44.4)	367	(23.0)	37	(2.0)	859	(34.5)
2 and over...	2045	46	(3.1)	945	(25.1)	167	(18.8)	18	(1.8)	989	(27.7)	361	(23.0)	36	(2.1)	907	(30.5)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	977	(26.9)	140	(10.5)	14	(1.2)	986	(47.9)	298	(22.1)	30	(1.8)	969	(37.1)
20 and over.....	1722	55	(2.5)	969	(18.4)	204	(12.5)	21	(1.4)	1000	(28.0)	373	(11.9)	37	(1.6)	931	(31.9)
2 and over...	2551	53	(2.3)	971	(17.6)	188	(10.7)	19	(1.3)	997	(26.8)	356	(12.7)	36	(1.4)	941	(30.9)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	971	(21.2)	169	(15.9)	17	(1.6)	981	(30.3)	317	(23.3)	32	(2.4)	959	(45.2)
20 and over.....	1282	59	(2.8)	995	(23.5)	245	(15.6)	25	(1.6)	993	(24.4)	414	(17.7)	42	(1.6)	997	(39.2)
2 and over...	1739	58	(2.6)	990	(21.3)	232	(13.3)	23	(1.4)	991	(20.8)	399	(15.9)	40	(1.5)	990	(34.3)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	973	(13.9)	154	(9.9)	16	(1.0)	972	(19.3)	318	(14.4)	33	(1.3)	974	(25.8)
20 and over.....	4742	55	(2.0)	966	(14.6)	213	(8.3)	22	(0.9)	992	(16.0)	388	(8.3)	39	(0.9)	934	(22.4)
2 and over...	7122	53	(1.8)	968	(13.1)	199	(7.0)	21	(0.7)	988	(12.1)	373	(8.0)	38	(0.8)	945	(19.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Phosphorus

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	1255	(49.0)	266	(46.5)	21	(3.5)	1310	(54.6)	564	(54.5)	43	(2.8)	1206	(68.6)
20 and over.....	1180	46	(3.1)	1330	(34.6)	292	(28.9)	22	(1.8)	1446	(57.1)	634	(42.0)	44	(2.1)	1231	(35.5)
2 and over...	2045	46	(3.1)	1305	(32.6)	283	(32.4)	22	(2.2)	1400	(39.8)	610	(36.6)	44	(2.1)	1223	(27.0)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	1234	(20.7)	234	(20.0)	19	(1.7)	1289	(32.6)	497	(25.6)	39	(1.9)	1186	(38.7)
20 and over.....	1722	55	(2.5)	1393	(24.5)	350	(24.1)	25	(1.7)	1449	(31.6)	640	(19.4)	44	(1.4)	1327	(41.5)
2 and over...	2551	53	(2.3)	1354	(19.6)	321	(20.8)	24	(1.5)	1413	(25.4)	608	(19.6)	43	(1.3)	1287	(34.4)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1279	(46.9)	268	(22.2)	21	(1.8)	1374	(56.1)	503	(27.7)	37	(2.3)	1171	(78.4)
20 and over.....	1282	59	(2.8)	1438	(25.1)	404	(27.3)	28	(1.9)	1442	(31.2)	682	(27.1)	47	(1.7)	1431	(42.5)
2 and over...	1739	58	(2.6)	1410	(22.6)	380	(23.5)	27	(1.7)	1431	(28.6)	653	(24.7)	46	(1.5)	1380	(37.1)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	1249	(19.9)	255	(16.4)	20	(1.2)	1319	(27.1)	525	(19.4)	40	(1.2)	1182	(27.1)
20 and over.....	4742	55	(2.0)	1391	(15.7)	361	(16.3)	26	(1.1)	1441	(18.9)	656	(14.9)	46	(1.0)	1330	(26.9)
2 and over...	7122	53	(1.8)	1357	(13.9)	336	(13.9)	25	(0.9)	1415	(16.3)	628	(12.9)	44	(0.8)	1291	(19.3)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	233	(7.6)	42	(8.4)	18	(3.3)	242	(11.0)	89	(10.8)	37	(3.2)	225	(9.7)
20 and over.....	1180	46	(3.1)	287	(8.1)	47	(4.7)	16	(1.4)	294	(11.3)	101	(7.0)	35	(2.1)	281	(10.2)
2 and over...	2045	46	(3.1)	269	(6.1)	45	(5.5)	17	(1.8)	276	(7.8)	97	(6.7)	35	(2.2)	262	(6.6)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	229	(4.3)	35	(2.9)	15	(1.4)	231	(7.9)	74	(4.5)	32	(1.6)	227	(6.4)
20 and over.....	1722	55	(2.5)	299	(5.5)	58	(4.2)	19	(1.4)	296	(7.4)	106	(3.6)	36	(1.3)	303	(9.7)
2 and over...	2551	53	(2.3)	282	(4.5)	52	(3.6)	19	(1.3)	281	(5.9)	99	(3.4)	35	(1.2)	282	(7.0)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	245	(7.2)	42	(3.7)	17	(1.7)	254	(9.1)	80	(4.4)	31	(2.2)	235	(13.0)
20 and over.....	1282	59	(2.8)	323	(8.1)	69	(4.9)	21	(1.4)	318	(10.4)	116	(5.2)	37	(1.4)	330	(9.9)
2 and over...	1739	58	(2.6)	309	(7.5)	64	(4.2)	21	(1.3)	308	(9.8)	111	(4.6)	36	(1.3)	312	(9.7)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	234	(3.2)	40	(2.8)	17	(1.1)	242	(4.9)	82	(3.6)	34	(1.3)	227	(4.5)
20 and over.....	4742	55	(2.0)	306	(4.3)	61	(2.7)	20	(0.8)	305	(4.4)	110	(2.4)	36	(0.8)	306	(6.3)
2 and over...	7122	53	(1.8)	289	(3.7)	56	(2.4)	19	(0.7)	292	(4.2)	104	(2.3)	36	(0.7)	285	(4.7)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	All Individuals [3]: Percent Reporting [6] %	(SE)	All Individuals [3]: Total Intake mg	(SE)	All Individuals [3]: Intake from All Restaurants mg	(SE)	All Individuals [3]: Percentages from [7] All Restaurants %	(SE)	All Restaurant Consumers [4]: Total Intake mg	(SE)	All Restaurant Consumers [4]: Intake from All Restaurants mg	(SE)	All Restaurant Consumers [4]: Percentages from [7] All Restaurants %	(SE)	Non-consumers [5]: Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	13.3	(0.36)	2.4	(0.43)	18	(3.3)	13.9	(0.52)	5.1	(0.51)	37	(3.9)	12.7	(0.44)
20 and over.....	1180	46	(3.1)	13.6	(0.38)	2.6	(0.23)	19	(1.5)	14.2	(0.64)	5.7	(0.37)	40	(1.9)	13.1	(0.42)
2 and over...	2045	46	(3.1)	13.5	(0.28)	2.6	(0.27)	19	(1.9)	14.1	(0.45)	5.5	(0.30)	39	(2.0)	12.9	(0.28)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	13.1	(0.33)	2.0	(0.18)	15	(1.4)	12.9	(0.60)	4.2	(0.32)	33	(1.8)	13.3	(0.40)
20 and over.....	1722	55	(2.5)	14.7	(0.31)	3.2	(0.22)	22	(1.6)	14.7	(0.34)	5.8	(0.19)	40	(1.5)	14.7	(0.63)
2 and over...	2551	53	(2.3)	14.3	(0.26)	2.9	(0.18)	20	(1.4)	14.3	(0.30)	5.5	(0.17)	38	(1.4)	14.3	(0.50)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	13.3	(0.46)	2.4	(0.20)	18	(1.6)	14.3	(0.55)	4.5	(0.24)	32	(2.2)	12.2	(0.66)
20 and over.....	1282	59	(2.8)	14.1	(0.33)	3.7	(0.26)	26	(1.8)	14.1	(0.45)	6.2	(0.25)	44	(1.6)	14.1	(0.32)
2 and over...	1739	58	(2.6)	14.0	(0.30)	3.5	(0.24)	25	(1.7)	14.1	(0.41)	6.0	(0.25)	42	(1.7)	13.7	(0.32)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	13.2	(0.17)	2.3	(0.14)	17	(1.1)	13.8	(0.26)	4.6	(0.19)	34	(1.3)	12.7	(0.26)
20 and over.....	4742	55	(2.0)	14.2	(0.19)	3.3	(0.16)	23	(1.1)	14.4	(0.23)	6.0	(0.15)	42	(1.0)	14.0	(0.29)
2 and over...	7122	53	(1.8)	14.0	(0.15)	3.0	(0.14)	22	(1.0)	14.2	(0.18)	5.7	(0.15)	40	(1.0)	13.7	(0.23)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	9.8	(0.38)	2.0	(0.38)	20	(3.7)	10.1	(0.47)	4.2	(0.48)	41	(3.4)	9.4	(0.48)
20 and over.....	1180	46	(3.1)	10.2	(0.26)	2.1	(0.20)	21	(1.8)	10.6	(0.47)	4.6	(0.35)	43	(2.4)	9.8	(0.29)
2 and over...	2045	46	(3.1)	10.1	(0.23)	2.1	(0.23)	21	(2.1)	10.5	(0.31)	4.5	(0.28)	43	(2.2)	9.7	(0.26)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	9.2	(0.28)	1.6	(0.14)	18	(1.6)	9.1	(0.46)	3.4	(0.27)	38	(2.2)	9.4	(0.29)
20 and over.....	1722	55	(2.5)	11.2	(0.21)	2.7	(0.18)	24	(1.5)	11.7	(0.28)	5.0	(0.17)	42	(1.6)	10.6	(0.33)
2 and over...	2551	53	(2.3)	10.7	(0.18)	2.4	(0.15)	23	(1.4)	11.1	(0.22)	4.6	(0.16)	42	(1.4)	10.2	(0.26)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	9.3	(0.29)	1.7	(0.16)	18	(1.7)	9.8	(0.54)	3.2	(0.22)	33	(2.3)	8.8	(0.63)
20 and over.....	1282	59	(2.8)	11.5	(0.26)	3.0	(0.26)	27	(2.3)	11.2	(0.35)	5.1	(0.28)	46	(2.1)	11.8	(0.37)
2 and over...	1739	58	(2.6)	11.1	(0.23)	2.8	(0.23)	25	(2.0)	11.0	(0.32)	4.8	(0.26)	44	(1.9)	11.3	(0.36)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	9.4	(0.17)	1.8	(0.12)	19	(1.2)	9.7	(0.29)	3.7	(0.17)	38	(1.4)	9.2	(0.22)
20 and over.....	4742	55	(2.0)	11.1	(0.14)	2.7	(0.15)	25	(1.2)	11.3	(0.18)	5.0	(0.15)	44	(1.2)	10.8	(0.20)
2 and over...	7122	53	(1.8)	10.7	(0.13)	2.5	(0.13)	24	(1.0)	10.9	(0.17)	4.7	(0.15)	43	(1.0)	10.4	(0.17)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C o p p e r

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	0.9	(0.03)	0.2	(0.03)	19	(3.5)	0.9	(0.04)	0.4	(0.04)	40	(3.3)	0.8	(0.04)
20 and over.....	1180	46	(3.1)	1.1	(0.04)	0.2	(0.02)	16	(1.4)	1.1	(0.04)	0.4	(0.03)	35	(2.3)	1.1	(0.05)
2 and over...	2045	46	(3.1)	1.0	(0.03)	0.2	(0.02)	17	(1.8)	1.0	(0.03)	0.4	(0.02)	36	(2.2)	1.0	(0.03)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	0.9	(0.01)	0.1	(0.01)	16	(1.3)	0.9	(0.03)	0.3	(0.02)	33	(1.5)	0.8	(0.02)
20 and over.....	1722	55	(2.5)	1.2	(0.02)	0.2	(0.02)	20	(1.3)	1.2	(0.03)	0.4	(0.01)	36	(1.2)	1.2	(0.04)
2 and over...	2551	53	(2.3)	1.1	(0.02)	0.2	(0.01)	19	(1.2)	1.1	(0.03)	0.4	(0.01)	36	(1.1)	1.1	(0.03)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	1.0	(0.04)	0.2	(0.02)	19	(1.9)	1.1	(0.06)	0.3	(0.02)	33	(2.4)	0.9	(0.05)
20 and over.....	1282	59	(2.8)	1.3	(0.03)	0.3	(0.02)	21	(1.6)	1.3	(0.04)	0.5	(0.03)	36	(1.6)	1.3	(0.04)
2 and over...	1739	58	(2.6)	1.3	(0.03)	0.3	(0.02)	21	(1.4)	1.3	(0.04)	0.4	(0.02)	35	(1.3)	1.3	(0.04)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	0.9	(0.02)	0.2	(0.01)	18	(1.2)	0.9	(0.03)	0.3	(0.02)	35	(1.4)	0.9	(0.02)
20 and over.....	4742	55	(2.0)	1.2	(0.02)	0.2	(0.01)	20	(0.9)	1.2	(0.02)	0.4	(0.01)	36	(0.8)	1.2	(0.03)
2 and over...	7122	53	(1.8)	1.1	(0.02)	0.2	(0.01)	19	(0.8)	1.2	(0.02)	0.4	(0.01)	36	(0.7)	1.1	(0.02)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	96.1	(3.07)	24.2	(4.58)	25	(4.3)	102.9	(4.50)	51.3	(5.77)	50	(3.7)	90.2	(3.76)
20 and over.....	1180	46	(3.1)	111.3	(2.47)	26.5	(2.70)	24	(2.1)	122.8	(4.79)	57.5	(3.93)	47	(3.2)	101.5	(2.76)
2 and over...	2045	46	(3.1)	106.3	(2.24)	25.7	(3.08)	24	(2.6)	116.0	(3.52)	55.4	(3.57)	48	(3.0)	97.8	(1.76)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	91.0	(2.06)	19.3	(1.69)	21	(2.0)	94.4	(3.29)	41.0	(2.51)	43	(2.0)	88.0	(3.75)
20 and over.....	1722	55	(2.5)	113.9	(2.98)	32.0	(2.08)	28	(1.7)	119.0	(3.09)	58.6	(1.46)	49	(1.5)	107.7	(3.87)
2 and over...	2551	53	(2.3)	108.2	(2.30)	28.9	(1.76)	27	(1.6)	113.5	(2.47)	54.6	(1.44)	48	(1.3)	102.2	(3.03)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	92.3	(4.46)	22.5	(1.99)	24	(2.3)	100.7	(5.64)	42.3	(2.26)	42	(3.1)	82.7	(6.53)
20 and over.....	1282	59	(2.8)	118.6	(2.30)	37.3	(2.49)	31	(2.3)	119.5	(2.86)	63.0	(2.43)	53	(1.7)	117.4	(4.04)
2 and over...	1739	58	(2.6)	114.1	(2.19)	34.8	(2.19)	30	(2.0)	116.5	(2.95)	59.7	(2.31)	51	(1.6)	110.7	(3.76)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	93.1	(1.62)	21.9	(1.60)	24	(1.5)	99.9	(2.42)	45.1	(2.03)	45	(1.6)	86.8	(2.28)
20 and over.....	4742	55	(2.0)	114.8	(1.07)	33.2	(1.53)	29	(1.3)	119.7	(1.54)	60.3	(1.39)	50	(1.1)	108.7	(2.31)
2 and over...	7122	53	(1.8)	109.6	(0.90)	30.5	(1.34)	28	(1.2)	115.4	(1.43)	57.0	(1.30)	49	(1.0)	103.0	(1.80)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	2074	(68.3)	422	(81.4)	20	(3.9)	2147	(66.5)	896	(102.3)	42	(4.3)	2010	(102.9)
20 and over.....	1180	46	(3.1)	2473	(73.0)	483	(51.6)	20	(1.8)	2598	(103.1)	1048	(77.8)	40	(2.3)	2366	(94.6)
2 and over...	2045	46	(3.1)	2340	(53.7)	463	(57.3)	20	(2.2)	2445	(74.0)	996	(70.3)	41	(2.7)	2248	(56.3)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	2089	(40.0)	358	(31.7)	17	(1.6)	2169	(70.1)	758	(47.2)	35	(2.2)	2017	(62.8)
20 and over.....	1722	55	(2.5)	2577	(40.8)	566	(39.4)	22	(1.5)	2547	(58.3)	1035	(29.8)	41	(1.3)	2614	(78.2)
2 and over...	2551	53	(2.3)	2456	(34.4)	514	(35.3)	21	(1.5)	2463	(48.5)	973	(33.1)	40	(1.3)	2448	(59.3)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	2177	(75.0)	422	(37.9)	19	(1.7)	2282	(83.1)	793	(44.5)	35	(2.1)	2057	(134.4)
20 and over.....	1282	59	(2.8)	2753	(76.4)	671	(46.6)	24	(1.7)	2680	(89.6)	1132	(52.3)	42	(1.6)	2860	(89.3)
2 and over...	1739	58	(2.6)	2653	(69.1)	627	(40.5)	24	(1.5)	2617	(82.1)	1078	(46.3)	41	(1.5)	2704	(87.4)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	2105	(32.7)	398	(26.8)	19	(1.2)	2192	(49.5)	820	(34.0)	37	(1.6)	2024	(46.3)
20 and over.....	4742	55	(2.0)	2618	(37.5)	595	(26.9)	23	(1.0)	2612	(35.4)	1082	(25.8)	41	(0.9)	2625	(58.1)
2 and over...	7122	53	(1.8)	2496	(31.2)	549	(23.5)	22	(0.9)	2522	(34.9)	1026	(23.0)	41	(0.8)	2467	(41.6)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	2932	(98.3)	760	(112.7)	26	(4.0)	3188	(84.8)	1613	(114.1)	51	(3.5)	2705	(139.0)
20 and over.....	1180	46	(3.1)	3387	(118.1)	877	(93.9)	26	(2.2)	3860	(194.8)	1903	(143.3)	49	(2.6)	2982	(117.4)
2 and over...	2045	46	(3.1)	3235	(93.3)	838	(92.5)	26	(2.5)	3632	(140.2)	1805	(106.4)	50	(2.6)	2891	(73.0)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	2881	(46.5)	657	(60.2)	23	(2.1)	3103	(112.5)	1392	(85.8)	45	(2.1)	2683	(76.8)
20 and over.....	1722	55	(2.5)	3543	(82.2)	1058	(75.5)	30	(1.9)	3815	(97.7)	1934	(65.0)	51	(1.7)	3213	(97.1)
2 and over...	2551	53	(2.3)	3378	(63.6)	958	(64.0)	28	(1.8)	3657	(79.4)	1813	(63.2)	50	(1.6)	3065	(74.7)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	3022	(113.2)	807	(92.2)	27	(2.5)	3286	(199.5)	1516	(132.7)	46	(2.5)	2721	(195.2)
20 and over.....	1282	59	(2.8)	3598	(68.9)	1228	(93.8)	34	(2.3)	3748	(83.4)	2072	(100.7)	55	(1.9)	3381	(102.1)
2 and over...	1739	58	(2.6)	3498	(64.9)	1154	(85.8)	33	(2.1)	3674	(89.5)	1983	(98.4)	54	(1.7)	3253	(86.7)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	2934	(54.4)	737	(44.8)	25	(1.4)	3201	(93.6)	1516	(59.2)	47	(1.3)	2682	(65.9)
20 and over.....	4742	55	(2.0)	3531	(38.5)	1104	(56.4)	31	(1.4)	3803	(53.4)	2007	(59.1)	53	(1.2)	3198	(64.8)
2 and over...	7122	53	(1.8)	3389	(34.8)	1017	(47.2)	30	(1.2)	3673	(57.2)	1901	(52.4)	52	(0.9)	3062	(45.4)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

C a f f e i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	29.5	(2.60)	7.8	(1.79)	26	(5.5)	38.8	(3.60)	16.6	(2.67)	43	(6.5)	21.3	(3.07)
20 and over.....	1180	46	(3.1)	168.9	(10.56)	17.7	(1.96)	10	(1.3)	167.1	(14.65)	38.4	(3.10)	23	(2.1)	170.4	(19.31)
2 and over...	2045	46	(3.1)	122.3	(7.52)	14.4	(1.53)	12	(1.5)	123.6	(11.78)	31.0	(2.08)	25	(2.4)	121.1	(13.31)
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	25.4	(3.84)	9.2	(2.25)	36	(3.7)	38.0	(7.91)	19.6	(4.57)	51	(2.3)	14.2	(1.17)
20 and over.....	1722	55	(2.5)	161.8	(9.50)	25.4	(3.04)	16	(1.9)	146.9	(9.86)	46.5	(5.18)	32	(2.5)	179.8	(12.53)
2 and over...	2551	53	(2.3)	127.9	(6.87)	21.4	(2.30)	17	(1.9)	122.7	(7.62)	40.5	(3.80)	33	(2.3)	133.6	(9.81)
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	22.7	(3.79)	6.3	(1.44)	28	(3.8)	30.8	(7.31)	11.8	(2.56)	38	(5.1)	13.6	(2.27)
20 and over.....	1282	59	(2.8)	184.3	(8.48)	36.1	(3.81)	20	(2.2)	190.4	(9.52)	60.9	(6.84)	32	(3.7)	175.5	(11.21)
2 and over...	1739	58	(2.6)	156.2	(8.08)	30.9	(3.33)	20	(2.2)	165.0	(9.53)	53.0	(5.81)	32	(3.7)	144.0	(9.30)
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	26.4	(2.10)	7.8	(1.03)	30	(2.6)	36.1	(3.61)	16.0	(2.00)	44	(3.3)	17.2	(1.37)
20 and over.....	4742	55	(2.0)	170.4	(6.39)	28.3	(1.92)	17	(1.1)	167.5	(5.52)	51.4	(3.80)	31	(2.1)	174.0	(9.82)
2 and over...	7122	53	(1.8)	136.2	(4.87)	23.4	(1.46)	17	(1.1)	139.1	(4.40)	43.8	(2.70)	31	(2.0)	132.8	(7.59)

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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 [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-2018 *(continued)*

A l c o h o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*All Restaurant Consumers* [4] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [7] All Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	865	47	(3.9)	--		--		--		--		--		--		--	
20 and over.....	1180	46	(3.1)	9.6	(1.02)	1.3*	(0.40)	14	(3.6)	11.5	(1.68)	2.8	(0.83)	25	(6.3)	7.9	(1.23)
2 and over...	2045	46	(3.1)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	829	47	(3.1)	--		--		--		--		--		--		--	
20 and over.....	1722	55	(2.5)	7.8	(1.11)	1.6	(0.33)	20	(4.5)	8.4	(0.92)	2.8	(0.63)	34	(6.2)	7.0	(2.01)
2 and over...	2551	53	(2.3)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	457	53	(3.7)	--		--		--		--		--		--		--	
20 and over.....	1282	59	(2.8)	12.0	(0.99)	3.1	(0.42)	26	(3.7)	14.7	(1.86)	5.2	(0.75)	35	(3.9)	8.0	(1.47)
2 and over...	1739	58	(2.6)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	2380	49	(2.2)	--		--		--		--		--		--		--	
20 and over.....	4742	55	(2.0)	10.0	(0.49)	2.2	(0.23)	22	(2.1)	12.0	(0.95)	4.0	(0.44)	33	(2.3)	7.4	(0.89)
2 and over...	7122	53	(1.8)	--		--		--		--		--		--		--	

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-2018, individuals 2 years and over (excluding breast-fed children), day 1. Available: 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: 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 2.57.

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 77 for VIF = 2.57.

Footnotes

[1] 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".

[2] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[3] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[4] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[5] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[6] The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.

[7] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

[8] 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 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 alchohol 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. 2020. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-2018. Available: www.ars.usda.gov/nea/bhnrc/fsrg.