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

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol mg | (SE) | Retinol µg | (SE) | Vitamin A (RAE) µg | (SE) | Alpha-carotene µg | (SE) | Beta-carotene µg | (SE) | Beta-crypto-xanthin µg | (SE) | Lycopene µg | (SE) | Lutein + zeaxanthin µg | (SE) | Thiamin mg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

**DATA SOURCE:** ***What We Eat in 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Ribo-flavin mg | (SE) | Niacin mg | (SE) | Vitamin B6 mg | (SE) | Folic acid µg | (SE) | Food folate µg | (SE) | Folate (DFE) µg | (SE) | Choline mg | (SE) | Vitamin B12 µg | (SE) | Added Vitamin B12 µg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

**DATA SOURCE:** ***What We Eat in 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Vitamin C mg | (SE) | Vitamin D µg | (SE) | Vitamin E (alpha-tocopherol) mg | (SE) | Added Vitamin E mg | (SE) | Vitamin K µg | (SE) | Calcium mg | (SE) | Phosphorus mg | (SE) | Magnesium 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | SFA 4:0 g | (SE) | SFA 6:0 g | (SE) | SFA 8:0 g | (SE) | SFA 10:0 g | (SE) | SFA 12:0 g | (SE) | SFA 14:0 g | (SE) | SFA 16:0 g | (SE) | SFA 18:0 g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

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

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender 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 (years) | Choles-terol mg | (SE) | Retinol µg | (SE) | Vitamin A (RAE) µg | (SE) | Alpha-carotene µg | (SE) | Beta-carotene µg | (SE) | Beta-crypto-xanthin µg | (SE) | Lycopene µg | (SE) | Lutein + zeaxanthin µg | (SE) | Thiamin mg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

**DATA SOURCE:** ***What We Eat in 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) | Vitamin C mg | (SE) | Vitamin D µg | (SE) | Vitamin E (alpha-tocopherol) mg | (SE) | Added Vitamin E mg | (SE) | Vitamin K µg | (SE) | Calcium mg | (SE) | Phosphorus mg | (SE) | Magnesium 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) | -- | -- |

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**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) | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (years) | Choles-terol mg | (SE) | Retinol µg | (SE) | Vitamin A (RAE) µg | (SE) | Alpha-carotene µg | (SE) | Beta-carotene µg | (SE) | Beta-crypto-xanthin µg | (SE) | Lycopene µg | (SE) | Lutein + zeaxanthin µg | (SE) | Thiamin mg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (years) | Vitamin C mg | (SE) | Vitamin D µg | (SE) | Vitamin E (alpha-tocopherol) mg | (SE) | Added Vitamin E mg | (SE) | Vitamin K µg | (SE) | Calcium mg | (SE) | Phosphorus mg | (SE) | Magnesium 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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) |

**DATA SOURCE:** ***What We Eat in 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) | 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**

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

**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) | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (years) | Choles-terol mg | (SE) | Retinol µg | (SE) | Vitamin A (RAE) µg | (SE) | Alpha-carotene µg | (SE) | Beta-carotene µg | (SE) | Beta-crypto-xanthin µg | (SE) | Lycopene µg | (SE) | Lutein + zeaxanthin µg | (SE) | Thiamin mg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

**DATA SOURCE:** ***What We Eat in 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 (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) |

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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 | 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 (years) | SFA 4:0 g | (SE) | SFA 6:0 g | (SE) | SFA 8:0 g | (SE) | SFA 10:0 g | (SE) | SFA 12:0 g | (SE) | SFA 14:0 g | (SE) | SFA 16:0 g | (SE) | SFA 18:0 g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Under 131% poverty:** | | | | | | | | | | | | | | | | |
| 2 - 5..... | 0.42 | (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) |

**DATA SOURCE:** ***What We Eat in 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 (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) |

**DATA SOURCE:** ***What We Eat in 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 (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**

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

| Gender and age (years) | Sample size [2] | Energy kcal | Energy (SE) | Protein % kcal | Protein (SE) | Carbohydrate % kcal | Carbohydrate (SE) | Total fat % kcal | Total fat (SE) | Saturated fat % kcal | Saturated fat (SE) | Mono-unsaturated fat % kcal | Mono-unsaturated fat (SE) | Poly-unsaturated fat % kcal | Poly-unsaturated fat (SE) | Alcohol % kcal | Alcohol (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 Gender 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 [2] | Energy kcal | (SE) | Protein % kcal | (SE) | Carbohydrate % kcal | (SE) | Total fat % kcal | (SE) | Saturated fat % kcal | (SE) | Mono-unsaturated fat % kcal | (SE) | Poly-unsaturated fat % kcal | (SE) | Alcohol % kcal | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 [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) |
| **$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.

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**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.

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

| Gender and age (years) | Percent reporting[3] | | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018.

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

**Abbreviations**

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

**Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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 Gender 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 % | (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..... | 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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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**

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 (in Dollars) and Age, *What We Eat in America*, NHANES 2017-2018.

**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**

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

| Gender and age (years) | Percent reporting[3] | | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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) |

**DATA SOURCE:** ***What We Eat in 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choline | | Vitamin B12 | | Vitamin C | | Vitamin D | | Vitamin E (alpha-tocopherol) | | Vitamin K | | Calcium | | Phosphorus | | Magnesium | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018.

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

**Abbreviations**

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

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

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**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 Gender and Age, in the United States, 2017-2018

| Gender and age (years) | Percent reporting[3] | | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choline | | Vitamin B12 | | Vitamin C | | Vitamin D | | Vitamin E (alpha-tocopherol) | | Vitamin K | | Calcium | | Phosphorus | | Magnesium | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Iron | | Zinc | | Copper | | Selenium | | Potassium | | Sodium | | Caffeine | | Alcohol | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | |
| 2 - 5 | 18 | (1.5) | 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 Gender and Age, in the United States, 2017-2018.

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

**Abbreviations**

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

**Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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 Gender 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] | | 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..... | 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 % | (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..... | 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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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**

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**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] | | 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..... | 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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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**

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**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 Gender and Age, in the United States, 2017-2018

| Gender and age (years) | Percent reporting[3] | | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018.

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

**Abbreviations**

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

**Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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 Gender 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] | | 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..... | 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 % | (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..... | 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) |

**DATA SOURCE:** ***What We Eat in 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) | 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] | | 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..... | 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 % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$0 - $24,999:** | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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**

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**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) |

**DATA SOURCE:** ***What We Eat in 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) | 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 Gender and Age, in the United States, 2017-2018

| Gender and age (years) | Percent reporting[3] | | Energy | | Protein | | Carbo-hydrate | | Total sugars | | Dietary fiber | | Total fat | | Saturated fat | | Mono-unsaturated fat | | Poly-unsaturated fat | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) | % | (SE) |
| **Males:** | | | | | | | | | | | | | | | | | | | | |
| 2 - 5 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Choles-terol % | (SE) | Vitamin A (RAE) % | (SE) | Beta-carotene % | (SE) | Lycopene % | (SE) | Thiamin % | (SE) | Ribo-flavin % | (SE) | Niacin % | (SE) | Vitamin B6 % | (SE) | Folate (DFE) % | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018.

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

**Abbreviations**

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

**Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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 Gender 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] | | 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..... | 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 % | (SE) | Vitamin B12 % | (SE) | Vitamin C % | (SE) | Vitamin D % | (SE) | Vitamin E (alpha-tocopherol) % | (SE) | Vitamin K % | (SE) | Calcium % | (SE) | Phosphorus % | (SE) | Magnesium % | (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**

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**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**

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**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 Gender and Age, in the United States, 2017-2018

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender 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 % | Zero (SE) | One % | One (SE) | Two % | Two (SE) | Three % | Three (SE) | Four % | Four (SE) | Five % | Five (SE) | Six % | Six (SE) | Seven or more % | 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]:** | | | | | | | | | | | | | | | | | |
| 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".

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

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 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 % | Zero (SE) | One % | One (SE) | Two % | Two (SE) | Three % | Three (SE) | Four % | Four (SE) | Five % | Five (SE) | Six % | Six (SE) | Seven or more % | Seven or more (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 (years) | Sample size | Number of snack occasions: Zero % | Zero (SE) | One % | One (SE) | Two % | Two (SE) | Three % | Three (SE) | Four % | Four (SE) | Five % | Five (SE) | Six % | Six (SE) | Seven or more % | Seven or more (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 Gender and Age, in the United States, 2017-2018

| Gender and age (years) | Breakfast, lunch, and dinner | | | | Any two meals | | | | Any one meal or less | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Number of snack occasions | | | | Number of snack occasions | | | | Number of snack occasions | | |
| | | 1 or less | 2 or 3 | 4 or more | | 1 or less | 2 or 3 | 4 or more | | 1 or less | 2 or 3 | 4 or more |
| | % (SE) | % (SE) | % (SE) | % (SE) | % (SE) | % (SE) | % (SE) | % (SE) | % (SE) | % (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 Gender 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) | % (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**

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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 Gender and Age, in the United States, 2017-2018

## T h i a m i n

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## R i b o f l a v i n

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## N i a c i n

| Gender 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.).**

**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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Vitamin B6

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**F o l i c a c i d**

| Gender 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.).**

**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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | Folate (DFE) | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Gender and age | Percent reporting supplement folate (DFE) [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) |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C h o l i n e

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Vitamin B12

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Vitamin C

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## V i t a m i n D

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Vitamin K

| Gender 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.).**

**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 Gender and Age, in the United States, 2017-2018 *(continued)*

**L y c o p e n e**

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender 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** | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Gender and age | Percent reporting supplement lutein + zeaxanthin [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) |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C a l c i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## P h o s p h o r u s

| Gender and age (years) | Percent reporting supplement phosphorus [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 | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## M a g n e s i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**I r o n**

| Gender 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.).**

**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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Z i n c

| Gender and age (years) | Percent reporting supplement zinc [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..... | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C o p p e r

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## S o d i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P o t a s s i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## S e l e n i u m

| Gender 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 the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of $np$ and $n(1-p)$ is less than 8 times the VIF, where $n$ is the sample size and $p$ is the percentage expressed as a fraction. The VIF used in this table is 2.57.

# 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 gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

**Abbreviations**

SE = standard error; DFE = dietary folate equivalents.

**Suggested Citation**

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 Gender 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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)*

| | | | Folic acid | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age (years) | Percent reporting supplement folic acid [8] % | (SE) | Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Food µg | (SE) |
| **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 (years) | Percent reporting supplement folate (DFE) [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..... | 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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.).**

**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)*

| | | | Vitamin C | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age (years) | Percent reporting supplement vitamin C [8] % | (SE) | Sample Size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Sample size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Food mg | (SE) |
| **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)*

| | | | Vitamin D | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age (years) | Percent reporting supplement vitamin D [8] % | (SE) | Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Food µg | (SE) |
| **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)*

| | | | Vitamin K | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age (years) | Percent reporting supplement vitamin K [8] % | (SE) | Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Food µg | (SE) |
| **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)*

| | | | Lycopene | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age | Percent reporting supplement lycopene [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) |
| **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** | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age (years) | Percent reporting supplement lutein + zeaxanthin [8] % | (SE) | Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Food µg | (SE) |
| **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.).**

**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 a l c i u m

| Race/ethnicity 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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.).**

**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 h o s p h o r u s**

| Race/ethnicity and age (years) | Percent reporting supplement phosphorus [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* | (0.5) | 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.).**

**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)*

**M a g n e s i u m**

| Race/ethnicity 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (years) | Percent reporting supplement zinc [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..... | 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)*

| | | | Copper | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Race/ethnicity and age | Percent reporting supplement copper [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) |
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of $np$ and $n(1-p)$ is less than 8 times the VIF, where $n$ is the sample size and $p$ is the percentage expressed as a fraction. The VIF used in this table is 2.57.

# 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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] | | | | | | | *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 | (1.0) | 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)*

## Vitamin B6

| Family income in dollars 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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)*

| Family income in dollars 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) |
| **$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.**

**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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| | | | Folate (DFE) | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement folate (DFE) [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) |
| **$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.).**

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## 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age (years) | Percent reporting supplement vitamin C [8] % | (SE) | Sample Size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Sample size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Food mg | (SE) |
| **$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)*

| | | | Vitamin D | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement vitamin D [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) |
| **$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.**

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## V i t a m i n K

| Family income in dollars 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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.**

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**L y c o p e n e**

| Family income in dollars 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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.**

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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)*

| | | | Lutein + zeaxanthin | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement lutein + zeaxanthin [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) |
| **$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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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.**

**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 h o s p h o r u s** | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement phosphorus [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) |
| **$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.).**

**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)*

## M a g n e s i u m

| Family income in dollars 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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.).**

**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)*

| | | | Iron | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement iron [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) |
| **$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.).**

**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)*

**Z i n c**

| Family income in dollars 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) |
| **$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.**

**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 o p p e r

| Family income in dollars and age | Percent reporting supplement copper [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..... | 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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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 (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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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)*

| | | | Selenium | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [5] | | | | | | | *Supplement Users* [6] | | | | | | | *Non-users* [7] | |
| Family income in dollars and age | Percent reporting supplement selenium [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) |
| **$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 the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of $np$ and $n(1-p)$ is less than 8 times the VIF, where $n$ is the sample size and $p$ is the percentage expressed as a fraction. The VIF used in this table is 2.57.

# 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 (years) | Percent reporting supplement riboflavin [9] % | (SE) | *All Individuals* [6] Sample Size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | *Supplement Users* [7] Sample size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | *Non-users* [8] Food 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)*

## Vitamin B6

| 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.).**

**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)*

| | | | **F o l i c a c i d** | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [6] | | | | | | | *Supplement Users* [7] | | | | | | | *Non-users* [8] | |
| Family income as % of poverty level and age | Percent reporting supplement folic acid [9] | | 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.).**

**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)*

| | | | Folate (DFE) | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [6] | | | | | | | *Supplement Users* [7] | | | | | | | *Non-users* [8] | |
| Family income as % of poverty level and age | Percent reporting supplement folate (DFE) [9] | | 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.).**

**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)*

## 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.**

**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 B12

| Family income as % of poverty level and age (years) | Percent reporting supplement vitamin B12 [9] % | (SE) | All Individuals [6] Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Supplement Users [7] Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | Non-users [8] Food 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.**

**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 C

| Family income as % of poverty level and age (years) | Percent reporting supplement vitamin C [9] % | (SE) | *All Individuals* [6] Sample Size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | *Supplement Users* [7] Sample size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | *Non-users* [8] Food 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 | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [6] | | | | | | | *Supplement Users* [7] | | | | | | | *Non-users* [8] | |
| Family income as % of poverty level and age | Percent reporting supplement vitamin D [9] | | 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.).**

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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)*

## Vitamin K

| Family income as % of poverty level and age (years) | Percent reporting supplement vitamin K [9] % | (SE) | *All Individuals* [6] Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | *Supplement Users* [7] Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | *Non-users* [8] Food 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.**

**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.**

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**L y c o p e n e**

| Family income as % of poverty level and age (years) | Percent reporting supplement lycopene [9] % | (SE) | *All Individuals* [6] Sample Size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | *Supplement Users* [7] Sample size | Food µg | (SE) | Supplement µg | (SE) | Food plus supplement µg | (SE) | *Non-users* [8] Food 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.**

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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)*

| | | | Lutein + zeaxanthin | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | *All Individuals* [6] | | | | | | | *Supplement Users* [7] | | | | | | | *Non-users* [8] | |
| Family income as % of poverty level and age | Percent reporting supplement lutein + zeaxanthin [9] | | 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.).**

**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)*

## 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.**

**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)*

**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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**I r o n**

| Family income as % of poverty level and age (years) | Percent reporting supplement iron [9] % | (SE) | All Individuals [6] Sample Size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Supplement Users [7] Sample size | Food mg | (SE) | Supplement mg | (SE) | Food plus supplement mg | (SE) | Non-users [8] Food 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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**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.).**

**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)*

## 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.**

**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 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.**

**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)*

**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 the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of $np$ and $n(1-p)$ is less than 8 times the VIF, where $n$ is the sample size and $p$ is the percentage expressed as a fraction. The VIF used in this table is 2.57.

# 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**

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

| Gender and age (years) | Sample size [1] | 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* | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *Nutrient per 1000 kcal* | | | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Ribo-flavin mg | (SE) | Niacin mg | (SE) | Vitamin B6 mg | (SE) | Folic acid µg | (SE) | Food folate µg | (SE) | Folate (DFE) µg | (SE) | Choline mg | (SE) | Vitamin B12 µg | (SE) | Added Vitamin B12 µg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Nutrient per 1000 kcal: Vitamin C mg | (SE) | Vitamin D µg | (SE) | Vitamin E (alpha-tocopherol) mg | (SE) | Added Vitamin E mg | (SE) | Vitamin K µg | (SE) | Calcium mg | (SE) | Phosphorus mg | (SE) | Magnesium 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *Nutrient per 1000 kcal* | | | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | SFA 4:0 g | (SE) | SFA 6:0 g | (SE) | SFA 8:0 g | (SE) | SFA 10:0 g | (SE) | SFA 12:0 g | (SE) | SFA 14:0 g | (SE) | SFA 16:0 g | (SE) | SFA 18:0 g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *Nutrient per 1000 kcal* | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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* | | | | | | | |
| **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**

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 Gender and Age, *What We Eat in America*, NHANES 2017-2018.

**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) | 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* | | | | | | | | | | | | | | | |
| **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) | Nutrient per 1000 kcal: 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 (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) |
| **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 (years) | Vitamin C mg | (SE) | Vitamin D µg | (SE) | Vitamin E (alpha-tocopherol) mg | (SE) | Added Vitamin E mg | (SE) | Vitamin K µg | (SE) | Calcium mg | (SE) | Phosphorus mg | (SE) | Magnesium mg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *Nutrient per 1000 kcal* | | | | | | | | | | | | | | | |
| **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 | 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) |
| **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 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* | | | | | | | | | | | | | | | |
| **$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 (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) |
| **$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 (years) | Nutrient per 1000 kcal | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Iron | | Zinc | | Copper | | Selenium | | Potassium | | Sodium | | Caffeine | | Theobromine | | Alcohol | |
| | mg | (SE) | mg | (SE) | mg | (SE) | µg | (SE) | mg | (SE) | mg | (SE) | mg | (SE) | mg | (SE) | g | (SE) |
| **$0 - $24,999:** | | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 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) | -- | -- |

**DATA SOURCE:** ***What We Eat in 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) | 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* | | | | | | | | | | | | | | | |
| **$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) | 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* | | | | | | | | | | | | | |
| **$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 (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) |
| **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 (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) |
| **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) |

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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 | 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) |

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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 | 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) | 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* | | | | | | | | | | | | | | | |
| **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.

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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 Gender and Age, in the United States, 2017-2018

**F o o d  e n e r g y**

| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | *All Individuals* [2] 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P r o t e i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**C a r b o h y d r a t e**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**T o t a l  s u g a r s**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Dietary fiber | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Total fat | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **S a t u r a t e d  f a t** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Monounsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Polyunsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**C h o l e s t e r o l**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**V i t a m i n A ( R A E )**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Beta carotene** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**L y c o p e n e**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**T h i a m i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**R i b o f l a v i n**

| Gender 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) | 1.64 | (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 Gender and Age, in the United States, 2017-2018 *(continued)*

## N i a c i n

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**V i t a m i n B 6**

| Gender 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) | 1.49 | (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 Gender and Age, in the United States, 2017-2018 *(continued)*

**F o l a t e ( D F E )**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C h o l i n e

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin B12 | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin C | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin D | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender 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 )**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin K | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C a l c i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P h o s p h o r u s**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**M a g n e s i u m**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**I r o n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**Z i n c**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**C o p p e r**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## S e l e n i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P o t a s s i u m**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**S o d i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**C a f f e i n e**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## A l c o h o l

| Gender 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 gender/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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | |
| | | % | (SE) | kcal | (SE) | kcal | (SE) | % | (SE) | kcal | (SE) | kcal | (SE) | % | (SE) | 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 | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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)*

| Carbohydrate | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total sugars: 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **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)*

| | | | | Dietary fiber | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| | | | | Total fat | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| | | | | Saturated fat | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | |
| | | % | (SE) | g | (SE) | g | (SE) | % | (SE) | g | (SE) | g | (SE) | % | (SE) | 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)*

| | | | | **Monounsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | |
| | | % | (SE) | g | (SE) | g | (SE) | % | (SE) | g | (SE) | g | (SE) | % | (SE) | 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)*

| | | | | **Polyunsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | |
| | | % | (SE) | g | (SE) | g | (SE) | % | (SE) | g | (SE) | g | (SE) | % | (SE) | 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 | 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) | 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)*

| Vitamin A (RAE) | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 | 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) | 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)*

| Race/ethnicity and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lycopene** | | | | | | | | | | | | | | | | | |
| **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 | 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) | 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 | 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) | 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 | 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) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 )** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

## 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 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) | 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 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| | | | | **Vitamin C** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| | | | | Vitamin D | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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) | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 | 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) | 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)*

**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) | 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) | 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)*

**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 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 | 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) | 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 | 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) | 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 | 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) | 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 | 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) | 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 | 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) | 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)*

**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) | 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) | 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) | 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) | -- | | -- | | -- | | -- | | -- | | -- | | -- | |
| 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 (years) | Sample Size | Percent Reporting [5] % | (SE) | *All Individuals* [2] 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **$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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Carbohydrate: *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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total sugars: 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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Dietary fiber: 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total fat** | | | | | | | | | | | | | |
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| **$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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Saturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Monounsaturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Polyunsaturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cholesterol** | | | | | | | | | | | | | | | | | |
| **$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)*

| Family income in dollars and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin A (RAE)** | | | | | | | | | | | | | | | | | |
| **$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)*

| Beta carotene | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake 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 (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) | 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 | 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) | 1.58 | (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)*

**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) | 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 (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) | 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 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Folate (DFE)** | | | | | | | | | | | | | | | | | |
| **$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 (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) | 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)*

| Vitamin B12 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Full Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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)*

| | | | | Vitamin C | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake 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)*

| Family income in dollars and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin D** | | | | | | | | | | | | | | | | | |
| **$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) | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | Total Intake | | Intake from Full Service Restaurants | | Percentages from [6] Full Service Restaurants | | 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) | 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 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | 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 | 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) | 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)*

**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) | 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) | 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 (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) | 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)*

| Iron | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake 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 (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) | 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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Copper** | | | | | | | | | | | | | | | | | |
| **$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 | 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) | 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 (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) | 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 (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) | 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)*

| Caffeine | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Full Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [6] Full Service Restaurants % | (SE) | Total Intake 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**

U.S. Department of Agriculture, Agricultural Research Service. 2020. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full 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 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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | 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) | 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 | Percent Reporting [6] % | (SE) | *All Individuals* [3] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Carbohydrate: All Individuals [3] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Full Service Restaurant Consumers [4] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Non-consumers [5] Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total sugars: All Individuals [3] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Full Service Restaurant Consumers [4] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Non-consumers [5] Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Dietary fiber: 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) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total fat** | | | | | | | | | | | | | |
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| **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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Saturated fat** | | | | | | | | | | | | | | | | | |
| **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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Total Intake 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)*

| 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 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Polyunsaturated fat** | | | | | | | | | | | | | | | | | |
| **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 (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) | 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) | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | 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) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | *Non-consumers* [5] |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | 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) | 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)*

**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 Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Non-consumers* [5] Total Intake 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 (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) | 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)*

**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 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) | 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 (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) | 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)*

**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 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) | 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] % | (SE) | *All Individuals* [3] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Non-consumers* [5] Total Intake 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 (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) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | All Individuals [3] Total Intake µg | (SE) | All Individuals [3] Intake from Full Service Restaurants µg | (SE) | All Individuals [3] Percentages from [7] Full Service Restaurants % | (SE) | Full Service Restaurant Consumers [4] Total Intake µg | (SE) | Full Service Restaurant Consumers [4] Intake from Full Service Restaurants µg | (SE) | Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants % | (SE) | Non-consumers [5] Total Intake µg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin B12** | | | | | | | | | | | | | | | | | |
| **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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Vitamin C: All Individuals [3] Total Intake mg | (SE) | All Individuals [3] Intake from Full Service Restaurants mg | (SE) | All Individuals [3] Percentages from [7] Full Service Restaurants % | (SE) | Full Service Restaurant Consumers [4] Total Intake mg | (SE) | Full Service Restaurant Consumers [4] Intake from Full Service Restaurants mg | (SE) | Full Service Restaurant Consumers [4] Percentages from [7] Full Service Restaurants % | (SE) | Non-consumers [5] Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | *All Individuals* [3] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Non-consumers* [5] Total Intake µg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin D** | | | | | | | | | | | | | | | | | |
| **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)*

**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 (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) | 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)*

| | | | | Vitamin K | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | 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) | 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 (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) | 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 (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) | 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 (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) | 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 (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) | 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 (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) | 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 (years) | Sample Size | Percent Reporting [6] % | (SE) | *All Individuals* [3] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake µg | (SE) | Intake from Full Service Restaurants µg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Non-consumers* [5] Total Intake 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 (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) | 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] % | (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) | 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)*

| | | | | Caffeine | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Full Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Full Service Restaurants mg | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | 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 (years) | Sample Size | Percent Reporting [6] % | (SE) | *All Individuals* [3] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Full Service Restaurant Consumers* [4] Total Intake g | (SE) | Intake from Full Service Restaurants g | (SE) | Percentages from [7] Full Service Restaurants % | (SE) | *Non-consumers* [5] Total Intake 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**

U.S. Department of Agriculture, Agricultural Research Service. 2020. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service 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.

**Table 49. Quick Service Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Gender and Age, in the United States, 2017-2018

**F o o d  e n e r g y**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P r o t e i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Carbohydrate | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**T o t a l  s u g a r s**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Dietary fiber | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Total fat | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Saturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Monounsaturated fat** | | | | | | | | | | | | | |
| **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 Gender 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**C h o l e s t e r o l**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin A (RAE) | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Beta carotene** | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**L y c o p e n e**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**T h i a m i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**R i b o f l a v i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## N i a c i n

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin B6 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**F o l a t e ( D F E )**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C h o l i n e

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin B12 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin C | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Vitamin D** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender 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 )**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin K | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C a l c i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P h o s p h o r u s**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## M a g n e s i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**I r o n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## Z i n c

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **C o p p e r** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## S e l e n i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P o t a s s i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**S o d i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **C a f f e i n e** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## A l c o h o l

| Gender 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 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.

**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

| | | | | Food energy | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | |
| | | % | (SE) | kcal | (SE) | kcal | (SE) | % | (SE) | kcal | (SE) | kcal | (SE) | % | (SE) | 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) | 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) | 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)*

| | | | | Carbohydrate | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total sugars: 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)*

| | | | | Dietary fiber | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| | | | | Total fat | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| | | | | **Monounsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Polyunsaturated fat** | | | | | | | | | | | | | | | | | |
| **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)*

| Cholesterol | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| | | | | Vitamin A (RAE) | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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) | 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) | 1.52 | (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) | 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) | 1.82 | (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 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| Folate (DFE) | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| | | | | Vitamin C | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

**V i t a m i n E ( a l p h a t o c o p h 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) | 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)*

| | | | | Vitamin K | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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) | 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) | 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) | 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) | 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) | 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) | 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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) | 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) | 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) | 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) | 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 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] 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 | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake kcal | (SE) | Intake from Quick Service Restaurants kcal | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake kcal | (SE) | Intake from Quick Service Restaurants kcal | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| Carbohydrate | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total sugars: 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Dietary fiber: *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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Saturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Monounsaturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Polyunsaturated fat** | | | | | | | | | | | | | | | | | |
| **$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)*

| Cholesterol | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | |
| | | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin A (RAE)** | | | | | | | | | | | | | | | | | |
| **$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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Beta carotene: *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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lycopene** | | | | | | | | | | | | | | | | | |
| **$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) | 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) | 1.89 | (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 | 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) | 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 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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] | | *All Individuals* [2] Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | *Quick Service Restaurant Consumers* [3] Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service 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 | 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 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *Quick Service Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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)*

| | | | | Vitamin C | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [6] Quick Service Restaurants | | Total Intake | |
| (years) | | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin D** | | | | | | | | | | | | | | | | | |
| **$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)*

| Vitamin E (alphatocopherol) | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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) | 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) | 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) | 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) | 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)*

**I r o 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) | 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) | 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) | 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) | 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) | 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)*

| | | | | Caffeine | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *Quick Service Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [6] Quick Service Restaurants % | (SE) | 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) | 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) | -- | | -- | | -- | | -- | | -- | | -- | | -- | |
| 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**

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**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

| Food energy | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | 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] % | (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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Carbohydrate** | | | | | | | | | | | | | | | | | |
| **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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total sugars: 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) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Dietary fiber: 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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total fat** | | | | | | | | | | | | | | | | | |
| **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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Saturated fat** | | | | | | | | | | | | | |
| **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)*

| Monounsaturated fat | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | 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) | 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 | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake g | (SE) | Intake from Quick Service Restaurants g | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | 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 (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) | 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)*

| Beta carotene | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | All Individuals [3] Total Intake µg | (SE) | All Individuals [3] Intake from Quick Service Restaurants µg | (SE) | All Individuals [3] Percentages from [7] Quick Service Restaurants % | (SE) | Quick Service Restaurant Consumers [4] Total Intake µg | (SE) | Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants µg | (SE) | Quick Service Restaurant Consumers [4] Percentages from [7] Quick Service Restaurants % | (SE) | Non-consumers [5] Total Intake µg | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **L y c o p e n e** | | | | | | | | | | | | | |
| **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] % | (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) | 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] % | (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) | 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 (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) | 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 | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | 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)*

| | | | | Vitamin C | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age | Sample Size | Percent Reporting [6] | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | Total Intake | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Vitamin D: All Individuals [3] Total Intake µg | (SE) | All Individuals [3] Intake from Quick Service Restaurants µg | (SE) | All Individuals [3] Percentages from [7] Quick Service Restaurants % | (SE) | Quick Service Restaurant Consumers [4] Total Intake µg | (SE) | Quick Service Restaurant Consumers [4] Intake from Quick Service Restaurants µg | (SE) | Quick Service Restaurant Consumers [4] 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] % | (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) | 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 | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake µg | (SE) | Intake from Quick Service Restaurants µg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake 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] % | (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) | 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 | | Intake from Quick Service Restaurants | | Percentages from [7] Quick Service Restaurants | | *Quick Service Restaurant Consumers* [4] Total Intake | | Intake from Quick Service Restaurants | | 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 (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) | 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] % | (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) | 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] % | (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) | 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)*

| Copper | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake 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] % | (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) | 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 (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) | 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] % | (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) | 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)*

| Caffeine | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *Quick Service Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake mg | (SE) | Intake from Quick Service Restaurants mg | (SE) | Percentages from [7] Quick Service Restaurants % | (SE) | Total Intake 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 Gender and Age, in the United States, 2017-2018

| | | | | Food energy | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake kcal | (SE) | Intake from All Restaurants kcal | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake kcal | (SE) | Intake from All Restaurants kcal | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P r o t e i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Carbohydrate | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total sugars** | | | | | | | | | | | | | |
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Dietary fiber | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Total fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Sample Size | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Saturated fat** | | | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Monounsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (SE) | g | (SE) | g | (SE) | % | (SE) | g | (SE) | g | (SE) | % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Polyunsaturated fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Cholesterol: *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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin A (RAE) | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Beta carotene: *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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **L y c o p e n e** | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**T h i a m i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**R i b o f l a v i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**N i a c i n**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin B6 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **F o l a t e ( D F E )** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C h o l i n e

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin B12 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | Vitamin C | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Vitamin D** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| Gender 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Vitamin E (alphatocopherol)** | | | | | | | | | | | | | | | | | |
| **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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **Vitamin K** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C a l c i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P h o s p h o r u s**

| Gender 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) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**M a g n e s i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **I r o n** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**Z i n c**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## C o p p e r

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## S e l e n i u m

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**P o t a s s i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

**S o d i u m**

| Gender 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 Gender and Age, in the United States, 2017-2018 *(continued)*

| | | | | **C a f f e i n e** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Gender and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | mg | (SE) | mg | (SE) | % | (SE) | 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 Gender and Age, in the United States, 2017-2018 *(continued)*

## A l c o h o l

| Gender 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 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.

**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

| | | | | **Food energy** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (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 | 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) | 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)*

| | | | | **C a r b o h y d r a t e** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **Total sugars** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **Dietary fiber** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **Total fat** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **P o l y u n s a t u r a t e d  f a t** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 )** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

**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) | 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)*

| | | | | **V i t a m i n B 6** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 )** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

## 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 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)*

| | | | | Vitamin B12 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | *All Restaurant Consumers* [3] | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **Vitamin C** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | *Non-consumers* [4] | |
| Race/ethnicity and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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 | 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) | 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)*

**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) | 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 | 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) | 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)*

**C o p p e r**

| 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) | 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 | 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) | 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 | 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) | 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 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] 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

| Food energy | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (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)*

| Carbohydrate | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (SE) | g | (SE) | g | (SE) | % | (SE) | g | (SE) | g | (SE) | % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total sugars** | | | | | | | | | | | | | |
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| **$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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Dietary fiber: *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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total fat** | | | | | | | | | | | | | |
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| **$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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Saturated fat: *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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Monounsaturated fat** | | | | | | | | | | | | | | | | | |
| **$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** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age | Sample Size | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | 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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Cholesterol** | | | | | | | | | | | | | | | | | |
| **$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)*

| | | | | Vitamin A (RAE) | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Beta carotene: *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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Lycopene** | | | | | | | | | | | | | | | | | |
| **$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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Thiamin** | | | | | | | | | | | | | | | | | |
| **$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 (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) | 1.89 | (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 | 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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Vitamin B6 — *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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Folate (DFE)** | | | | | | | | | | | | | | | | | |
| **$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 | 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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Vitamin B12 — *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)*

| | | | | Vitamin C | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| | | | | **Vitamin D** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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) | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [2] | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [6] All Restaurants % | (SE) | 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)*

| Family income in dollars and age (years) | Sample Size | Vitamin K | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | *All Individuals* [2] | | | | | | | | *All Restaurant Consumers* [3] | | | | | | *Non-consumers* [4] | |
| | | Percent Reporting [5] | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | | Intake from All Restaurants | | Percentages from [6] All Restaurants | | Total Intake | |
| | | % | (SE) | µg | (SE) | µg | (SE) | % | (SE) | µg | (SE) | µg | (SE) | % | (SE) | 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] % | (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) | 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)*

**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) | 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) | 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 (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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Iron: *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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Zinc: *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) | 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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Copper: *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 (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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Sodium** | | | | | | | | | | | | | | | | | |
| **$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)*

| Family income in dollars and age (years) | Sample Size | Percent Reporting [5] % | (SE) | Caffeine: *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) | 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**

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**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 (years) | Sample Size | Percent Reporting [6] % | (SE) | *All Individuals* [3] Total Intake kcal | (SE) | Intake from All Restaurants kcal | (SE) | Percentages from [7] All Restaurants % | (SE) | *All Restaurant Consumers* [4] Total Intake kcal | (SE) | Intake from All Restaurants kcal | (SE) | Percentages from [7] All Restaurants % | (SE) | *Non-consumers* [5] Total Intake 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)*

| Carbohydrate | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total sugars** | | | | | | | | | | | | | |
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| **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)*

| | | | | Dietary fiber | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) | Intake from All Restaurants g | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **Total fat** | | | | | | | | | | | | | |
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| **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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Saturated fat: *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)*

| Family income as % of poverty level and age (years) | Sample Size | Monounsaturated fat: 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)*

| 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 All Restaurants g | (SE) | All Individuals [3] Percentages from [7] All Restaurants % | (SE) | All Restaurant Consumers [4] Total Intake g | (SE) | All Restaurant Consumers [4] Intake from All Restaurants g | (SE) | All Restaurant Consumers [4] Percentages from [7] All Restaurants % | (SE) | Non-consumers [5] Total Intake g | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Polyunsaturated fat** | | | | | | | | | | | | | | | | | |
| **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 (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) | 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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | |
| **Vitamin A (RAE)** | | | | | | | | | | | | | | | | | |
| **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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Beta carotene: *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) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Lycopene: *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)*

**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 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] % | (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) | 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)*

| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Vitamin B6 — *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) | 1.82 | (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)*

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Folate (DFE)** | | | | | | | | | | | | | | | | | |
| **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 (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) | 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 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | 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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake mg | (SE) | Intake from All Restaurants mg | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake 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)*

| | | | | **Vitamin D** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | 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)*

**Vitamin E (alphatocopherol)**

| 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) | 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 | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | *All Individuals* [3] | | | | | | *All Restaurant Consumers* [4] | | | | | | *Non-consumers* [5] | |
| Family income as % of poverty level and age (years) | Sample Size | Percent Reporting [6] % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | Total Intake µg | (SE) | Intake from All Restaurants µg | (SE) | Percentages from [7] All Restaurants % | (SE) | 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 (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) | 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)*

**P h o s p h o r u s**

| 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) | 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 (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) | 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 | 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) | 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] % | (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) | 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] % | (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) | 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 (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) | 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 (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) | 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.

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