

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

Gender and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5.....	468	1667	(41.7)	56.9	(1.56)	222	(5.6)	109	(4.3)	12.5	(0.37)	63.7	(2.08)	22.3	(0.76)	20.7	(0.71)	14.0	(0.54)
6 - 11.....	701	1989	(38.4)	66.7	(1.57)	258	(5.9)	117	(3.1)	14.7	(0.65)	79.2	(1.92)	27.9	(0.73)	26.0	(0.64)	17.4	(0.72)
12 - 19.....	899	2299	(36.4)	86.6	(2.44)	282	(4.4)	125	(3.1)	15.4	(0.39)	93.5	(1.91)	32.2	(0.62)	30.9	(0.69)	20.8	(0.70)
20 - 29.....	551	2420	(80.9)	92.4	(3.34)	277	(9.6)	110	(4.7)	16.3	(0.70)	95.1	(3.95)	31.0	(1.15)	32.2	(1.49)	22.1	(1.13)
30 - 39.....	535	2688	(70.3)	101.2	(2.92)	304	(8.7)	130	(7.0)	19.3	(0.83)	106.5	(3.62)	34.7	(1.31)	36.9	(1.38)	24.0	(0.90)
40 - 49.....	613	2579	(86.3)	100.7	(3.43)	287	(10.7)	127	(7.9)	18.2	(0.68)	105.9	(4.82)	34.0	(1.09)	37.2	(2.25)	24.0	(1.40)
50 - 59.....	608	2545	(42.8)	94.9	(2.64)	284	(5.9)	125	(5.4)	19.1	(0.59)	103.0	(2.77)	32.7	(0.95)	35.6	(1.07)	24.6	(0.94)
60 - 69.....	776	2448	(57.9)	93.3	(3.37)	272	(6.4)	115	(4.1)	17.7	(0.58)	103.7	(3.01)	34.8	(1.32)	35.0	(1.01)	23.9	(1.10)
70 and over.....	662	2145	(43.0)	79.9	(2.07)	246	(6.9)	107	(3.9)	18.2	(0.77)	90.7	(2.28)	29.4	(1.04)	31.0	(0.78)	21.8	(0.75)
2 - 19.....	2068	2061	(20.9)	73.6	(1.27)	261	(2.5)	119	(1.7)	14.6	(0.29)	82.4	(1.21)	28.7	(0.44)	27.1	(0.45)	18.2	(0.39)
20 and over...	3745	2483	(24.2)	94.2	(1.14)	280	(3.5)	119	(3.0)	18.1	(0.32)	101.0	(1.14)	32.8	(0.39)	34.7	(0.50)	23.4	(0.39)
2 and over...	5813	2379	(20.3)	89.2	(1.09)	275	(2.8)	119	(2.4)	17.2	(0.28)	96.4	(1.00)	31.8	(0.35)	32.9	(0.43)	22.1	(0.34)
Females:																			
2 - 5.....	472	1417	(24.8)	50.0	(0.92)	189	(3.8)	92	(2.6)	12.0	(0.41)	53.2	(1.01)	18.3	(0.46)	17.5	(0.40)	11.6	(0.31)
6 - 11.....	710	1902	(37.9)	63.0	(1.31)	248	(6.0)	112	(3.6)	14.7	(0.40)	75.6	(1.63)	26.4	(0.52)	24.4	(0.56)	17.2	(0.51)
12 - 19.....	841	1812	(57.3)	62.3	(2.91)	227	(6.6)	99	(3.7)	13.6	(0.85)	74.7	(2.90)	25.0	(0.80)	24.0	(0.91)	18.5	(1.27)
20 - 29.....	605	1963	(30.3)	73.5	(1.46)	225	(5.0)	95	(3.8)	15.3	(0.48)	82.7	(1.81)	27.7	(0.53)	27.4	(0.69)	19.3	(0.67)
30 - 39.....	667	1916	(27.2)	70.7	(1.25)	224	(4.5)	97	(3.8)	15.7	(0.59)	79.4	(1.47)	25.2	(0.62)	27.3	(0.68)	19.0	(0.50)
40 - 49.....	621	1805	(44.9)	66.5	(1.67)	211	(6.6)	97	(3.8)	14.5	(0.76)	74.4	(2.22)	24.0	(0.93)	24.9	(0.72)	18.0	(0.78)
50 - 59.....	706	1859	(48.5)	70.5	(2.26)	214	(7.2)	94	(4.1)	15.5	(0.66)	76.2	(2.09)	24.6	(0.66)	26.3	(0.83)	17.6	(0.65)
60 - 69.....	744	1745	(46.9)	67.8	(2.03)	196	(7.4)	86	(5.2)	15.5	(0.80)	74.1	(2.73)	23.5	(1.11)	25.1	(1.05)	18.3	(0.72)
70 and over.....	619	1648	(32.0)	62.7	(1.86)	192	(3.9)	83	(1.9)	14.8	(0.48)	69.6	(1.98)	22.9	(0.95)	23.6	(0.58)	16.2	(0.38)
2 - 19.....	2023	1757	(31.5)	59.9	(1.61)	226	(3.8)	102	(2.3)	13.6	(0.41)	70.3	(1.58)	24.0	(0.51)	22.7	(0.47)	16.6	(0.61)
20 and over...	3962	1829	(17.7)	68.8	(0.93)	211	(2.2)	92	(1.4)	15.2	(0.37)	76.3	(1.01)	24.7	(0.42)	25.9	(0.37)	18.1	(0.32)
2 and over...	5985	1812	(12.1)	66.8	(0.79)	214	(1.6)	95	(1.1)	14.9	(0.32)	75.0	(0.70)	24.6	(0.28)	25.2	(0.27)	17.8	(0.29)
Males and females:																			
2 - 19.....	4091	1911	(19.7)	66.9	(1.26)	244	(2.4)	111	(1.5)	14.1	(0.29)	76.5	(1.00)	26.4	(0.33)	25.0	(0.26)	17.4	(0.41)
20 and over...	7707	2144	(14.9)	81.0	(0.74)	244	(2.1)	105	(1.7)	16.6	(0.32)	88.2	(0.72)	28.6	(0.32)	30.1	(0.31)	20.7	(0.26)
2 and over...	11798	2089	(11.3)	77.7	(0.75)	244	(1.6)	107	(1.4)	16.0	(0.27)	85.4	(0.60)	28.1	(0.26)	28.9	(0.26)	19.9	(0.25)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5.....	195	(9.9)	466	(21.7)	574	(28.9)	170	(34.0)	1162	(227.6)	86	(10.6)	4317	(537.4)	632	(58.2)	1.31	(0.041)
6 - 11.....	238	(10.2)	514	(27.9)	612	(32.7)	171	(21.4)	1041	(122.1)	87	(15.7)	3983	(292.4)	952	(260.2)	1.60	(0.041)
12 - 19.....	286	(11.3)	498	(19.1)	598	(17.4)	154	(22.6)	1087	(89.6)	67	(5.6)	6062	(630.6)	867	(55.8)	1.82	(0.042)
20 - 29.....	358	(19.6)	416	(32.9)	570	(31.9)	364	(49.5)	1629	(143.8)	63	(7.5)	4809	(374.6)	1129	(124.0)	1.80	(0.076)
30 - 39.....	388	(17.5)	435	(25.6)	658	(42.0)	379	(50.1)	2440	(341.7)	98	(17.1)	5970	(684.1)	1380	(141.0)	1.89	(0.055)
40 - 49.....	380	(11.5)	452	(33.7)	683	(51.3)	475	(140.6)	2481	(466.3)	121	(26.4)	5630	(489.7)	1743	(313.3)	1.87	(0.075)
50 - 59.....	361	(17.4)	449	(24.2)	676	(38.5)	353	(59.6)	2498	(244.8)	101	(14.2)	6260	(758.4)	1568	(128.0)	1.85	(0.063)
60 - 69.....	352	(15.6)	454	(27.9)	634	(28.1)	290	(36.5)	1978	(151.0)	80	(6.1)	5196	(529.2)	1457	(110.2)	1.89	(0.078)
70 and over.....	320	(13.8)	526	(46.0)	776	(48.3)	532	(64.7)	2687	(275.5)	92	(12.0)	4729	(537.4)	1761	(197.6)	1.69	(0.051)
2 - 19.....	251	(7.0)	497	(13.0)	598	(13.6)	163	(14.5)	1088	(63.0)	78	(6.5)	4995	(338.0)	846	(96.9)	1.64	(0.027)
20 and over...	361	(5.7)	452	(15.0)	661	(19.1)	395	(34.9)	2264	(151.5)	92	(7.1)	5457	(266.2)	1489	(96.5)	1.84	(0.025)
2 and over...	334	(3.8)	463	(12.1)	645	(14.7)	338	(27.2)	1975	(125.8)	89	(5.3)	5344	(190.5)	1331	(85.3)	1.79	(0.020)
Females:																		
2 - 5.....	181	(10.6)	391	(14.8)	520	(22.3)	352	(75.2)	1319	(194.7)	105	(9.1)	3024	(295.7)	684	(41.8)	1.14	(0.032)
6 - 11.....	211	(7.9)	460	(23.7)	583	(25.5)	241	(34.2)	1312	(113.7)	97	(11.3)	4367	(357.3)	801	(61.4)	1.50	(0.037)
12 - 19.....	215	(8.5)	374	(21.0)	484	(21.2)	208	(26.6)	1178	(104.8)	55	(4.3)	3658	(260.7)	902	(101.6)	1.35	(0.040)
20 - 29.....	289	(10.6)	380	(17.3)	594	(33.7)	406	(73.3)	2319	(246.0)	83	(9.7)	4850	(500.1)	1630	(178.8)	1.42	(0.038)
30 - 39.....	271	(13.4)	360	(23.8)	590	(26.7)	329	(49.8)	2547	(343.5)	83	(12.3)	4280	(336.1)	2440*	(758.8)	1.36	(0.027)
40 - 49.....	275	(16.1)	356	(19.2)	577	(33.1)	431	(89.0)	2401	(285.3)	76	(11.5)	3865	(375.5)	1621	(162.2)	1.29	(0.038)
50 - 59.....	274	(12.7)	352	(17.1)	578	(37.8)	279	(38.6)	2537	(376.3)	85	(7.3)	4180	(328.6)	1629	(147.8)	1.39	(0.049)
60 - 69.....	270	(12.2)	346	(23.3)	591	(39.9)	352	(40.6)	2727	(309.4)	83	(6.9)	4112	(458.5)	1613	(152.1)	1.22	(0.035)
70 and over.....	243	(10.9)	409	(27.8)	675	(36.6)	494	(67.9)	2897	(283.1)	95	(12.5)	3966	(325.5)	1597	(147.3)	1.30	(0.034)
2 - 19.....	207	(5.3)	406	(11.7)	524	(13.3)	250	(16.4)	1252	(53.5)	79	(4.7)	3754	(191.1)	822	(46.8)	1.35	(0.024)
20 and over...	271	(6.4)	367	(12.1)	600	(15.6)	379	(32.8)	2564	(120.9)	84	(5.6)	4225	(167.8)	1762	(130.9)	1.34	(0.017)
2 and over...	256	(4.7)	376	(10.0)	583	(13.0)	350	(25.7)	2267	(101.2)	83	(4.4)	4118	(132.9)	1549	(103.5)	1.34	(0.014)
Males and females:																		
2 - 19.....	229	(5.0)	452	(7.6)	562	(8.9)	206	(12.4)	1169	(48.7)	79	(3.9)	4385	(185.4)	834	(57.9)	1.50	(0.014)
20 and over...	314	(5.0)	408	(11.0)	629	(13.9)	386	(28.0)	2420	(122.7)	88	(5.1)	4818	(162.1)	1630	(109.7)	1.58	(0.014)
2 and over...	294	(3.2)	418	(9.2)	613	(11.4)	344	(21.9)	2124	(103.3)	86	(4.1)	4716	(126.8)	1443	(89.9)	1.56	(0.011)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Males:																		
2 - 5.....	1.65	(0.062)	16.9	(0.47)	1.47	(0.041)	156	(8.3)	125	(5.7)	389	(15.5)	227	(9.2)	3.96	(0.134)	0.68	(0.059)
6 - 11.....	1.86	(0.058)	21.1	(0.58)	1.65	(0.065)	207	(8.0)	150	(5.9)	501	(16.6)	252	(7.6)	4.46	(0.186)	1.04	(0.129)
12 - 19.....	2.09	(0.046)	27.7	(0.55)	2.09	(0.065)	225	(10.6)	173	(4.0)	555	(17.6)	305	(9.1)	5.55	(0.154)	1.15	(0.137)
20 - 29.....	2.15	(0.091)	31.6	(1.54)	2.59	(0.170)	217	(16.8)	214	(10.2)	582	(29.9)	369	(17.9)	5.46	(0.390)	1.29	(0.211)
30 - 39.....	2.82	(0.121)	36.2	(1.43)	3.14	(0.156)	181	(8.6)	246	(10.5)	552	(17.6)	414	(14.7)	6.88	(0.352)	2.41	(0.330)
40 - 49.....	2.53	(0.156)	33.2	(1.72)	2.67	(0.183)	185	(14.6)	247	(7.7)	560	(26.2)	406	(9.1)	6.04	(0.563)	1.50*	(0.466)
50 - 59.....	2.41	(0.086)	29.7	(0.91)	2.33	(0.098)	178	(11.4)	257	(8.1)	559	(22.1)	408	(13.7)	5.36	(0.317)	0.85	(0.146)
60 - 69.....	2.35	(0.059)	30.9	(2.28)	2.80	(0.439)	196	(11.3)	222	(5.2)	554	(22.3)	379	(10.0)	5.99	(0.487)	1.43*	(0.447)
70 and over.....	2.16	(0.059)	24.4	(0.51)	2.09	(0.059)	163	(9.3)	220	(7.4)	495	(15.8)	363	(11.5)	5.24	(0.499)	0.68	(0.084)
2 - 19.....	1.92	(0.031)	23.2	(0.33)	1.81	(0.035)	205	(6.0)	155	(3.2)	502	(10.0)	271	(5.9)	4.85	(0.111)	1.01	(0.071)
20 and over...	2.41	(0.044)	31.3	(0.58)	2.62	(0.075)	188	(4.5)	235	(3.7)	553	(7.4)	391	(4.5)	5.84	(0.184)	1.38	(0.115)
2 and over...	2.29	(0.036)	29.3	(0.45)	2.42	(0.059)	192	(3.7)	215	(3.3)	540	(6.0)	361	(3.0)	5.59	(0.149)	1.29	(0.097)
Females:																		
2 - 5.....	1.46	(0.042)	14.7	(0.40)	1.33	(0.035)	133	(8.1)	120	(4.8)	346	(15.2)	211	(7.5)	3.33	(0.130)	0.55	(0.055)
6 - 11.....	1.77	(0.033)	20.1	(0.61)	1.61	(0.067)	193	(7.2)	146	(5.7)	473	(12.3)	236	(5.6)	4.16	(0.145)	0.97	(0.133)
12 - 19.....	1.54	(0.063)	20.3	(0.83)	1.59	(0.083)	167	(8.6)	158	(13.5)	437	(25.5)	224	(9.6)	3.47	(0.178)	0.80	(0.138)
20 - 29.....	1.71	(0.049)	22.3	(0.47)	1.79	(0.049)	147	(8.3)	185	(6.9)	435	(15.6)	293	(8.7)	3.75	(0.100)	0.57	(0.093)
30 - 39.....	1.81	(0.056)	22.4	(0.59)	1.87	(0.096)	137	(9.0)	207	(12.7)	439	(14.0)	290	(9.8)	3.67	(0.169)	0.76	(0.120)
40 - 49.....	1.76	(0.042)	20.1	(0.68)	1.61	(0.089)	136	(9.3)	192	(6.9)	422	(16.8)	285	(10.1)	3.56	(0.141)	0.68	(0.119)
50 - 59.....	1.85	(0.069)	21.2	(0.82)	1.76	(0.082)	127	(6.3)	195	(7.6)	410	(15.0)	295	(10.8)	4.09	(0.234)	0.62	(0.120)
60 - 69.....	1.71	(0.056)	19.0	(0.74)	1.54	(0.047)	105	(4.5)	202	(11.0)	381	(11.8)	293	(10.0)	3.47	(0.204)	0.34	(0.063)
70 and over.....	1.68	(0.049)	19.3	(0.62)	1.62	(0.066)	136	(9.6)	175	(6.7)	405	(16.9)	267	(7.6)	3.79	(0.234)	0.58	(0.097)
2 - 19.....	1.60	(0.031)	19.0	(0.53)	1.54	(0.052)	168	(4.5)	146	(5.9)	429	(11.4)	225	(4.7)	3.67	(0.100)	0.80	(0.083)
20 and over...	1.76	(0.035)	20.8	(0.35)	1.71	(0.035)	132	(2.7)	193	(4.6)	416	(7.0)	288	(5.2)	3.73	(0.094)	0.60	(0.043)
2 and over...	1.72	(0.028)	20.4	(0.27)	1.67	(0.032)	140	(2.4)	182	(4.2)	419	(6.4)	273	(4.1)	3.72	(0.073)	0.64	(0.043)
Males and females:																		
2 - 19.....	1.76	(0.022)	21.2	(0.35)	1.68	(0.035)	187	(2.9)	151	(3.7)	466	(5.8)	248	(4.3)	4.27	(0.073)	0.91	(0.059)
20 and over...	2.07	(0.032)	25.8	(0.34)	2.14	(0.042)	159	(2.5)	213	(3.9)	482	(5.3)	337	(4.0)	4.75	(0.113)	0.97	(0.064)
2 and over...	2.00	(0.026)	24.7	(0.29)	2.03	(0.036)	165	(2.2)	198	(3.5)	478	(4.7)	316	(2.7)	4.63	(0.094)	0.96	(0.056)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males:																
2 - 5.....	84.5	(8.75)	5.8	(0.31)	6.4	(0.25)	0.7	(0.18)	50.2	(3.04)	1026	(43.2)	1186	(38.2)	220	(6.8)
6 - 11.....	73.5	(6.02)	5.4	(0.25)	8.4	(0.86)	1.4*	(0.73)	73.9	(10.85)	1041	(38.7)	1289	(32.6)	238	(6.9)
12 - 19.....	67.1	(3.64)	5.2	(0.21)	8.7	(0.28)	0.6	(0.08)	83.0	(5.61)	1105	(24.1)	1505	(31.2)	276	(6.9)
20 - 29.....	71.3	(6.02)	4.6	(0.38)	9.3	(0.57)	0.7	(0.19)	96.9	(7.60)	1054	(44.3)	1525	(57.8)	312	(10.6)
30 - 39.....	82.3	(6.24)	4.4	(0.30)	10.6	(0.39)	1.1	(0.24)	119.8	(6.75)	1124	(42.0)	1658	(45.2)	356	(11.2)
40 - 49.....	84.8	(7.97)	4.8	(0.37)	11.2	(0.90)	1.5*	(0.56)	140.1	(15.67)	1080	(53.9)	1661	(53.8)	352	(12.2)
50 - 59.....	88.2	(6.04)	4.8	(0.38)	11.2	(0.43)	1.2	(0.22)	139.5	(10.75)	1072	(31.1)	1608	(31.2)	357	(7.3)
60 - 69.....	78.4	(3.57)	5.3	(0.38)	9.9	(0.32)	0.9	(0.16)	124.0	(8.02)	1045	(41.1)	1550	(41.7)	335	(8.6)
70 and over.....	86.2	(4.60)	6.2	(0.72)	9.9	(0.29)	1.0	(0.24)	132.1	(8.61)	933	(34.5)	1401	(41.0)	321	(8.7)
2 - 19.....	72.9	(3.58)	5.4	(0.17)	8.1	(0.26)	0.9	(0.26)	73.0	(5.32)	1067	(21.1)	1365	(21.9)	251	(3.8)
20 and over...	81.6	(2.47)	4.9	(0.17)	10.4	(0.22)	1.1	(0.11)	124.6	(5.95)	1056	(18.2)	1573	(15.1)	339	(3.2)
2 and over...	79.5	(2.07)	5.0	(0.13)	9.8	(0.18)	1.0	(0.09)	111.9	(5.38)	1059	(15.4)	1522	(14.5)	318	(3.0)
Females:																
2 - 5.....	87.1	(3.65)	5.0	(0.24)	5.5	(0.19)	0.5*	(0.16)	49.9	(2.75)	879	(30.7)	1016	(24.0)	195	(4.1)
6 - 11.....	73.5	(5.00)	4.8	(0.20)	7.5	(0.22)	0.4	(0.06)	71.4	(4.64)	978	(27.3)	1231	(25.1)	232	(5.0)
12 - 19.....	59.2	(4.03)	3.4	(0.21)	8.2	(0.93)	0.5	(0.14)	81.5	(6.85)	822	(27.2)	1129	(65.4)	222	(10.5)
20 - 29.....	74.0	(4.45)	3.6	(0.23)	8.9	(0.37)	1.1	(0.22)	118.1	(7.44)	886	(24.9)	1235	(26.3)	263	(7.7)
30 - 39.....	72.4	(4.97)	3.6	(0.22)	9.0	(0.30)	1.1	(0.19)	158.6	(32.18)	870	(17.2)	1219	(17.6)	281	(8.4)
40 - 49.....	71.0	(5.96)	3.9	(0.22)	8.2	(0.48)	1.0	(0.29)	130.9	(11.95)	834	(31.4)	1136	(27.0)	265	(7.9)
50 - 59.....	75.1	(3.95)	3.8	(0.23)	8.6	(0.29)	0.9	(0.18)	124.8	(9.61)	853	(28.7)	1201	(37.1)	280	(8.6)
60 - 69.....	75.4	(4.78)	3.7	(0.35)	8.3	(0.35)	0.7*	(0.21)	123.5	(10.21)	825	(43.7)	1179	(46.7)	273	(10.2)
70 and over.....	71.3	(3.17)	4.1	(0.21)	8.0	(0.26)	0.9	(0.19)	114.5	(5.68)	771	(23.2)	1097	(27.3)	256	(6.1)
2 - 19.....	69.9	(2.45)	4.2	(0.12)	7.4	(0.44)	0.5	(0.08)	71.4	(3.82)	886	(15.0)	1138	(34.9)	220	(5.3)
20 and over...	73.3	(2.13)	3.8	(0.14)	8.5	(0.17)	1.0	(0.09)	128.6	(6.13)	842	(16.3)	1180	(17.0)	270	(4.5)
2 and over...	72.5	(1.82)	3.9	(0.11)	8.3	(0.19)	0.9	(0.07)	115.7	(5.01)	852	(12.1)	1171	(13.0)	259	(3.6)
Males and females:																
2 - 19.....	71.4	(2.45)	4.8	(0.10)	7.8	(0.24)	0.7	(0.16)	72.2	(3.80)	978	(13.4)	1254	(23.1)	236	(3.3)
20 and over...	77.3	(1.89)	4.3	(0.13)	9.4	(0.14)	1.0	(0.07)	126.7	(5.57)	945	(13.1)	1369	(10.4)	303	(3.1)
2 and over...	75.9	(1.64)	4.4	(0.10)	9.0	(0.14)	0.9	(0.05)	113.8	(4.78)	953	(10.6)	1342	(9.9)	287	(2.6)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5.....	11.0	(0.49)	7.8	(0.21)	0.8	(0.03)	75.1	(2.37)	2085	(63.0)	2331	(67.1)	10.2	(2.27)	38.9	(3.92)	--	--
6 - 11.....	14.2	(0.53)	9.6	(0.42)	0.9	(0.03)	92.0	(2.26)	2086	(50.7)	2993	(73.9)	18.5	(2.66)	62.1	(4.74)	--	--
12 - 19.....	15.8	(0.35)	11.8	(0.39)	1.1	(0.03)	122.8	(3.36)	2404	(54.9)	3821	(90.2)	47.0	(3.21)	52.0	(7.49)	--	--
20 - 29.....	15.5	(0.69)	12.2	(0.46)	1.2	(0.04)	132.1	(5.16)	2571	(92.1)	4087	(139.7)	107.9	(7.73)	27.5	(3.00)	--	--
30 - 39.....	16.2	(0.52)	13.6	(0.45)	1.4	(0.04)	140.8	(3.84)	2988	(80.0)	4375	(100.6)	206.5	(26.28)	34.9	(4.13)	--	--
40 - 49.....	16.1	(0.65)	13.2	(0.46)	1.3	(0.05)	136.0	(4.36)	3000	(92.2)	4118	(139.5)	211.6	(11.79)	43.2	(4.93)	--	--
50 - 59.....	16.3	(0.70)	13.0	(0.59)	1.4	(0.06)	135.0	(3.65)	3021	(68.0)	4034	(108.4)	209.6	(13.43)	53.3	(10.83)	--	--
60 - 69.....	16.0	(0.47)	12.3	(0.32)	1.3	(0.04)	133.1	(4.86)	2908	(56.4)	3973	(120.9)	220.3	(9.43)	48.0	(4.99)	--	--
70 and over.....	15.3	(0.48)	10.9	(0.31)	1.3	(0.09)	111.4	(3.71)	2958	(81.6)	3364	(63.9)	195.3	(7.97)	45.3	(3.76)	--	--
2 - 19.....	14.3	(0.28)	10.2	(0.23)	1.0	(0.02)	102.4	(1.59)	2230	(40.1)	3228	(57.0)	29.6	(2.29)	52.6	(4.30)	--	--
20 and over...	15.9	(0.24)	12.6	(0.17)	1.3	(0.02)	132.2	(1.55)	2900	(28.9)	4019	(42.3)	189.4	(6.23)	41.6	(2.44)	14.9	(0.82)
2 and over...	15.5	(0.19)	12.0	(0.16)	1.2	(0.02)	124.8	(1.39)	2735	(26.2)	3824	(38.0)	150.1	(4.87)	44.3	(2.26)	--	--
Females:																		
2 - 5.....	9.7	(0.30)	7.0	(0.18)	0.7	(0.02)	64.3	(1.39)	1886	(37.5)	2013	(45.0)	5.2	(0.71)	34.0	(4.61)	--	--
6 - 11.....	13.3	(0.34)	8.9	(0.24)	0.9	(0.03)	89.8	(3.09)	2068	(44.5)	2850	(73.4)	13.8	(1.21)	55.0	(3.23)	--	--
12 - 19.....	12.2	(0.61)	8.1	(0.31)	0.9	(0.08)	90.6	(4.94)	1875	(74.4)	2915	(125.9)	34.9	(2.64)	45.8	(6.87)	--	--
20 - 29.....	12.0	(0.33)	9.5	(0.22)	1.1	(0.03)	101.8	(2.30)	2287	(59.5)	3259	(55.9)	116.7	(13.53)	37.8	(3.00)	--	--
30 - 39.....	12.3	(0.24)	9.3	(0.25)	1.1	(0.03)	94.8	(2.33)	2340	(70.4)	3170	(72.2)	131.7	(10.04)	36.9	(4.27)	--	--
40 - 49.....	11.8	(0.45)	8.8	(0.27)	1.0	(0.03)	91.9	(2.23)	2208	(68.6)	2824	(102.4)	171.5	(16.38)	42.1	(5.43)	--	--
50 - 59.....	12.2	(0.40)	9.5	(0.28)	1.1	(0.04)	98.1	(3.09)	2402	(66.4)	2900	(100.5)	175.1	(11.35)	29.1	(1.93)	--	--
60 - 69.....	11.2	(0.30)	8.8	(0.30)	1.1	(0.05)	89.8	(2.72)	2367	(78.6)	2791	(84.4)	172.4	(12.11)	37.8	(4.80)	--	--
70 and over.....	12.2	(0.39)	8.5	(0.26)	1.0	(0.04)	87.0	(2.22)	2261	(47.9)	2666	(76.8)	132.1	(5.59)	37.9	(3.15)	--	--
2 - 19.....	12.0	(0.29)	8.2	(0.17)	0.9	(0.04)	84.7	(2.68)	1940	(38.9)	2700	(72.8)	21.6	(1.50)	46.2	(3.69)	--	--
20 and over...	12.0	(0.17)	9.1	(0.12)	1.1	(0.02)	94.2	(1.11)	2313	(36.2)	2946	(38.1)	149.4	(7.29)	36.7	(1.61)	6.6	(0.60)
2 and over...	12.0	(0.15)	8.9	(0.10)	1.0	(0.02)	92.1	(0.99)	2229	(28.8)	2891	(30.2)	120.4	(6.04)	38.9	(1.44)	--	--
Males and females:																		
2 - 19.....	13.2	(0.21)	9.2	(0.16)	0.9	(0.02)	93.7	(1.66)	2088	(32.9)	2968	(52.9)	25.7	(1.40)	49.5	(2.56)	--	--
20 and over...	13.9	(0.13)	10.8	(0.10)	1.2	(0.01)	112.5	(0.86)	2595	(25.9)	3463	(28.1)	168.7	(6.01)	39.1	(1.36)	10.6	(0.50)
2 and over...	13.7	(0.12)	10.4	(0.10)	1.1	(0.01)	108.0	(0.80)	2475	(21.3)	3346	(26.2)	134.9	(4.80)	41.5	(1.39)	--	--

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																
2 - 5.....	0.46	(0.023)	0.32	(0.017)	0.26	(0.014)	0.52	(0.026)	0.81	(0.066)	2.13	(0.092)	12.11	(0.398)	4.89	(0.175)
6 - 11.....	0.50	(0.021)	0.35	(0.014)	0.28	(0.010)	0.57	(0.019)	1.05	(0.051)	2.43	(0.080)	15.31	(0.423)	6.42	(0.192)
12 - 19.....	0.57	(0.021)	0.38	(0.014)	0.32	(0.010)	0.64	(0.020)	1.14	(0.052)	2.85	(0.076)	17.59	(0.330)	7.56	(0.146)
20 - 29.....	0.50	(0.021)	0.32	(0.013)	0.25	(0.009)	0.55	(0.020)	0.84	(0.032)	2.57	(0.104)	17.29	(0.700)	7.53	(0.290)
30 - 39.....	0.55	(0.033)	0.36	(0.018)	0.31	(0.016)	0.62	(0.029)	1.06	(0.063)	2.89	(0.138)	19.25	(0.716)	8.46	(0.338)
40 - 49.....	0.57	(0.029)	0.38	(0.020)	0.32	(0.015)	0.65	(0.034)	1.11	(0.073)	2.82	(0.109)	18.67	(0.642)	8.16	(0.296)
50 - 59.....	0.52	(0.039)	0.37	(0.026)	0.31	(0.017)	0.62	(0.033)	1.16	(0.077)	2.67	(0.123)	17.93	(0.460)	7.83	(0.248)
60 - 69.....	0.63	(0.057)	0.43	(0.040)	0.34	(0.025)	0.70	(0.056)	1.22	(0.094)	3.00	(0.196)	18.88	(0.627)	8.31	(0.317)
70 and over....	0.55	(0.029)	0.37	(0.020)	0.32	(0.023)	0.61	(0.035)	1.24	(0.128)	2.54	(0.128)	15.73	(0.502)	6.97	(0.271)
2 - 19.....	0.52	(0.013)	0.36	(0.009)	0.29	(0.006)	0.59	(0.013)	1.04	(0.028)	2.56	(0.054)	15.67	(0.251)	6.61	(0.107)
20 and over...	0.55	(0.017)	0.37	(0.011)	0.31	(0.008)	0.62	(0.015)	1.09	(0.035)	2.75	(0.056)	18.01	(0.189)	7.89	(0.101)
2 and over...	0.54	(0.014)	0.37	(0.009)	0.30	(0.007)	0.62	(0.013)	1.08	(0.026)	2.70	(0.049)	17.43	(0.178)	7.58	(0.088)
Females:																
2 - 5.....	0.37	(0.014)	0.26	(0.009)	0.20	(0.008)	0.42	(0.015)	0.65	(0.048)	1.71	(0.057)	9.89	(0.237)	4.14	(0.128)
6 - 11.....	0.52	(0.025)	0.35	(0.016)	0.28	(0.014)	0.57	(0.024)	0.98	(0.082)	2.32	(0.079)	14.40	(0.276)	6.02	(0.114)
12 - 19.....	0.50	(0.018)	0.33	(0.012)	0.26	(0.011)	0.53	(0.018)	0.91	(0.064)	2.23	(0.072)	13.55	(0.426)	5.79	(0.196)
20 - 29.....	0.50	(0.018)	0.34	(0.011)	0.29	(0.013)	0.58	(0.020)	1.02	(0.073)	2.46	(0.075)	15.08	(0.279)	6.46	(0.151)
30 - 39.....	0.43	(0.018)	0.29	(0.013)	0.25	(0.015)	0.51	(0.020)	0.98	(0.099)	2.13	(0.084)	13.80	(0.320)	5.91	(0.139)
40 - 49.....	0.42	(0.030)	0.29	(0.022)	0.26	(0.025)	0.50	(0.038)	0.99	(0.118)	2.08	(0.124)	12.92	(0.426)	5.65	(0.213)
50 - 59.....	0.45	(0.022)	0.31	(0.015)	0.26	(0.011)	0.52	(0.023)	0.92	(0.050)	2.17	(0.074)	13.27	(0.351)	5.85	(0.168)
60 - 69.....	0.43	(0.038)	0.29	(0.024)	0.24	(0.021)	0.50	(0.044)	0.88	(0.090)	2.03	(0.160)	12.64	(0.510)	5.53	(0.240)
70 and over....	0.43	(0.024)	0.30	(0.018)	0.24	(0.014)	0.49	(0.027)	0.84	(0.067)	2.01	(0.112)	12.30	(0.451)	5.40	(0.237)
2 - 19.....	0.48	(0.012)	0.32	(0.009)	0.25	(0.009)	0.52	(0.014)	0.88	(0.054)	2.15	(0.055)	13.04	(0.240)	5.51	(0.121)
20 and over...	0.45	(0.011)	0.30	(0.008)	0.26	(0.008)	0.52	(0.014)	0.94	(0.037)	2.15	(0.053)	13.39	(0.190)	5.82	(0.102)
2 and over...	0.45	(0.008)	0.31	(0.006)	0.26	(0.005)	0.52	(0.010)	0.93	(0.025)	2.15	(0.037)	13.31	(0.132)	5.75	(0.071)
Males and females:																
2 - 19.....	0.50	(0.009)	0.34	(0.006)	0.27	(0.005)	0.56	(0.008)	0.96	(0.030)	2.36	(0.039)	14.38	(0.168)	6.07	(0.087)
20 and over...	0.50	(0.012)	0.33	(0.008)	0.28	(0.007)	0.57	(0.013)	1.01	(0.028)	2.44	(0.049)	15.61	(0.144)	6.82	(0.078)
2 and over...	0.50	(0.010)	0.34	(0.007)	0.28	(0.005)	0.57	(0.010)	1.00	(0.019)	2.42	(0.039)	15.32	(0.122)	6.64	(0.064)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:														
2 - 5.....	0.82	(0.039)	19.63	(0.677)	0.24	(0.011)	0.02	(0.004)	12.59	(0.488)	1.18	(0.055)	0.01	(0.001)
6 - 11.....	1.02	(0.036)	24.65	(0.615)	0.28	(0.009)	0.02	(0.002)	15.72	(0.681)	1.44	(0.062)	0.01	(0.001)
12 - 19.....	1.29	(0.038)	29.14	(0.663)	0.33	(0.009)	0.03	(0.002)	18.71	(0.628)	1.74	(0.073)	0.01	(0.001)
20 - 29.....	1.47	(0.082)	30.11	(1.374)	0.38	(0.017)	0.04	(0.008)	19.79	(1.046)	1.87	(0.079)	0.01	(0.002)
30 - 39.....	1.59	(0.068)	34.58	(1.287)	0.40	(0.017)	0.03	(0.003)	21.31	(0.809)	2.24	(0.107)	0.01	(0.002)
40 - 49.....	1.63	(0.192)	34.89	(2.021)	0.45	(0.042)	0.05	(0.007)	21.32	(1.258)	2.14	(0.138)	0.01	(0.003)
50 - 59.....	1.40	(0.068)	33.53	(1.018)	0.40	(0.018)	0.04	(0.005)	21.76	(0.838)	2.33	(0.113)	0.01	(0.003)
60 - 69.....	1.38	(0.056)	32.95	(0.950)	0.41	(0.021)	0.05	(0.006)	21.09	(0.941)	2.26	(0.165)	0.01	(0.002)
70 and over.....	1.13	(0.048)	29.28	(0.736)	0.36	(0.015)	0.04	(0.007)	19.15	(0.609)	2.13	(0.109)	0.01	(0.002)
2 - 19.....	1.10	(0.028)	25.62	(0.428)	0.29	(0.006)	0.03	(0.001)	16.41	(0.359)	1.52	(0.035)	0.01	(0.001)
20 and over...	1.45	(0.040)	32.62	(0.453)	0.40	(0.010)	0.04	(0.002)	20.78	(0.347)	2.16	(0.054)	0.01	(0.001)
2 and over...	1.36	(0.034)	30.90	(0.389)	0.37	(0.007)	0.04	(0.001)	19.70	(0.301)	2.00	(0.047)	0.01	(0.001)
Females:														
2 - 5.....	0.67	(0.018)	16.65	(0.387)	0.19	(0.007)	0.01	(0.001)	10.47	(0.272)	0.99	(0.030)	#	
6 - 11.....	0.87	(0.028)	23.17	(0.531)	0.27	(0.007)	0.02	(0.002)	15.49	(0.458)	1.49	(0.051)	0.01	(0.001)
12 - 19.....	0.93	(0.043)	22.68	(0.857)	0.26	(0.013)	0.02	(0.003)	16.64	(1.212)	1.57	(0.081)	0.01	(0.001)
20 - 29.....	1.15	(0.040)	25.77	(0.642)	0.29	(0.010)	0.02	(0.001)	17.20	(0.601)	1.76	(0.065)	0.01	(0.001)
30 - 39.....	1.04	(0.035)	25.76	(0.648)	0.31	(0.016)	0.03	(0.003)	16.88	(0.436)	1.77	(0.066)	0.01	(0.001)
40 - 49.....	0.97	(0.031)	23.45	(0.684)	0.27	(0.013)	0.02	(0.002)	15.97	(0.695)	1.68	(0.088)	0.01	(0.001)
50 - 59.....	1.01	(0.035)	24.79	(0.792)	0.27	(0.012)	0.03	(0.004)	15.50	(0.574)	1.71	(0.072)	0.01	(0.001)
60 - 69.....	0.95	(0.040)	23.63	(1.007)	0.29	(0.020)	0.03*	(0.011)	16.13	(0.658)	1.78	(0.089)	0.01	(0.002)
70 and over.....	0.90	(0.036)	22.25	(0.551)	0.26	(0.013)	0.03*	(0.010)	14.30	(0.337)	1.58	(0.045)	0.01	(0.001)
2 - 19.....	0.86	(0.024)	21.54	(0.439)	0.25	(0.007)	0.02	(0.002)	14.94	(0.574)	1.42	(0.042)	0.01	(0.001)
20 and over...	1.01	(0.016)	24.35	(0.354)	0.28	(0.006)	0.03	(0.003)	16.03	(0.285)	1.72	(0.039)	0.01	(0.001)
2 and over...	0.97	(0.013)	23.72	(0.260)	0.27	(0.004)	0.03	(0.002)	15.78	(0.262)	1.65	(0.032)	0.01	(#)
Males and females:														
2 - 19.....	0.98	(0.021)	23.62	(0.235)	0.27	(0.004)	0.02	(0.001)	15.69	(0.383)	1.47	(0.033)	0.01	(#)
20 and over...	1.22	(0.023)	28.33	(0.287)	0.34	(0.005)	0.03	(0.002)	18.31	(0.230)	1.93	(0.039)	0.01	(0.001)
2 and over...	1.16	(0.019)	27.22	(0.233)	0.32	(0.004)	0.03	(0.001)	17.69	(0.218)	1.82	(0.035)	0.01	(#)

Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Gender and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:								
2 - 5.....	0.09	(0.003)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
6 - 11.....	0.12	(0.005)	0.02	(0.002)	0.02	(0.001)	0.02	(0.003)
12 - 19.....	0.14	(0.007)	0.02	(0.003)	0.03	(0.002)	0.03	(0.005)
20 - 29.....	0.18	(0.011)	0.03	(0.004)	0.03	(0.002)	0.05	(0.009)
30 - 39.....	0.19	(0.009)	0.03	(0.003)	0.03	(0.002)	0.06	(0.007)
40 - 49.....	0.18	(0.007)	0.04	(0.012)	0.04	(0.005)	0.07	(0.015)
50 - 59.....	0.18	(0.006)	0.05*	(0.017)	0.04	(0.008)	0.08	(0.023)
60 - 69.....	0.17	(0.008)	0.05	(0.007)	0.03	(0.002)	0.08	(0.011)
70 and over.....	0.15	(0.013)	0.06	(0.015)	0.04	(0.010)	0.11	(0.026)
2 - 19.....	0.12	(0.004)	0.02	(0.002)	0.02	(0.001)	0.03	(0.002)
20 and over...	0.18	(0.004)	0.04	(0.004)	0.04	(0.002)	0.07	(0.007)
2 and over...	0.16	(0.003)	0.04	(0.003)	0.03	(0.002)	0.06	(0.005)
Females:								
2 - 5.....	0.08	(0.004)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11.....	0.11	(0.005)	0.02	(0.004)	0.02	(0.002)	0.02	(0.005)
12 - 19.....	0.11	(0.005)	0.03	(0.007)	0.02	(0.003)	0.04	(0.009)
20 - 29.....	0.14	(0.006)	0.02	(0.003)	0.02	(0.002)	0.04	(0.006)
30 - 39.....	0.13	(0.007)	0.02	(0.004)	0.02	(0.002)	0.04	(0.006)
40 - 49.....	0.12	(0.008)	0.03	(0.006)	0.02	(0.002)	0.05	(0.007)
50 - 59.....	0.12	(0.007)	0.03	(0.004)	0.02	(0.002)	0.05	(0.009)
60 - 69.....	0.13	(0.005)	0.04	(0.007)	0.02	(0.003)	0.06	(0.012)
70 and over.....	0.11	(0.005)	0.03	(0.004)	0.02	(0.002)	0.06	(0.010)
2 - 19.....	0.10	(0.003)	0.02	(0.003)	0.02	(0.002)	0.03	(0.005)
20 and over...	0.12	(0.004)	0.03	(0.002)	0.02	(0.001)	0.05	(0.003)
2 and over...	0.12	(0.003)	0.03	(0.002)	0.02	(0.001)	0.05	(0.002)
Males and females:								
2 - 19.....	0.11	(0.003)	0.02	(0.002)	0.02	(0.001)	0.03	(0.003)
20 and over...	0.15	(0.003)	0.04	(0.002)	0.03	(0.001)	0.06	(0.003)
2 and over...	0.14	(0.002)	0.03	(0.002)	0.03	(0.001)	0.05	(0.003)

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.76.

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-March 2020 Prepandemic*

The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

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-March 2020 Prepandemic. 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 and 2019-2020 as applicable 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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