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-March 2020 Prepandemic

Family income as % of poverty level and age (years)	Percent reporting[4] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Under 131% poverty:																				
2 - 5..............	98*	(0.6)	27	(1.2)	32	(1.3)	25	(1.1)	19	(1.6)	28	(1.5)	29	(1.6)	27	(2.0)	30	(1.6)	30	(1.5)
6 - 11..............	95	(1.4)	33	(1.7)	39	(1.7)	30	(1.6)	25	(1.4)	32	(1.9)	35	(2.2)	35	(2.5)	36	(2.2)	32	(1.9)
12 - 19..............	87	(2.4)	35	(1.1)	43	(1.9)	32	(1.2)	24	(1.5)	36	(2.0)	36	(1.4)	36	(1.6)	37	(1.4)	35	(1.4)
20 and over...	85	(1.5)	32	(0.9)	40	(1.2)	29	(0.7)	23	(1.0)	33	(1.0)	34	(1.3)	35	(1.3)	34	(1.4)	34	(1.4)
2 and over...	87	(1.0)	33	(0.7)	40	(0.9)	29	(0.6)	23	(0.7)	33	(0.9)	34	(1.1)	34	(1.1)	34	(1.1)	33	(1.2)
131-350% poverty:																				
2 - 5..............	97*	(1.6)	27	(1.2)	35	(1.2)	24	(1.5)	17	(1.3)	27	(1.6)	29	(1.3)	29	(1.5)	29	(1.5)	29	(1.6)
6 - 11..............	94	(1.3)	30	(0.8)	39	(1.4)	26	(1.0)	19	(0.9)	32	(2.6)	32	(1.2)	29	(1.6)	32	(1.3)	33	(2.0)
12 - 19..............	91	(1.5)	36	(1.9)	44	(2.0)	33	(1.8)	26	(1.5)	37	(2.1)	38	(2.3)	37	(2.1)	39	(2.6)	36	(2.7)
20 and over...	93	(0.6)	37	(0.6)	44	(0.7)	33	(0.7)	26	(0.9)	38	(0.9)	39	(0.8)	39	(0.9)	39	(0.9)	39	(1.0)
2 and over...	93	(0.5)	36	(0.5)	44	(0.6)	32	(0.6)	25	(0.7)	37	(0.8)	38	(0.7)	37	(0.7)	38	(0.8)	38	(0.9)
Over 350% poverty:																				
2 - 5..............	100*	(0.4)	27	(1.8)	34	(1.6)	23	(2.0)	18	(1.6)	26	(2.7)	31	(2.1)	31	(2.2)	32	(2.3)	31	(2.2)
6 - 11..............	96*	(2.0)	30	(2.1)	39	(2.5)	26	(2.0)	20	(2.3)	28	(2.7)	32	(2.4)	31	(2.3)	33	(2.6)	30	(3.4)
12 - 19..............	94	(1.3)	33	(1.9)	43	(1.7)	28	(1.7)	21	(2.1)	31	(2.9)	34	(2.6)	34	(2.4)	36	(2.6)	32	(3.7)
20 and over...	94	(0.7)	37	(0.6)	43	(0.8)	33	(0.8)	24	(0.9)	36	(0.8)	38	(0.7)	37	(0.8)	37	(0.8)	38	(0.9)
2 and over...	94	(0.5)	36	(0.6)	43	(0.7)	31	(0.7)	23	(0.8)	35	(0.8)	37	(0.7)	36	(0.7)	37	(0.7)	37	(0.9)
All Individuals[5]:																				
2 - 5..............	98*	(0.7)	27	(0.8)	34	(0.9)	24	(1.0)	18	(0.9)	27	(1.2)	29	(1.0)	29	(1.1)	30	(1.1)	29	(1.2)
6 - 11..............	94	(0.9)	31	(1.1)	38	(1.2)	27	(1.1)	21	(0.8)	30	(1.9)	32	(1.2)	31	(1.3)	33	(1.2)	31	(1.9)
12 - 19..............	91	(1.0)	35	(1.2)	44	(1.2)	31	(1.1)	23	(1.0)	34	(1.6)	36	(1.5)	35	(1.4)	37	(1.4)	35	(2.0)
20 and over...	91	(0.5)	36	(0.4)	43	(0.5)	32	(0.5)	24	(0.5)	36	(0.5)	37	(0.5)	37	(0.5)	37	(0.5)	37	(0.6)
2 and over...	92	(0.3)	35	(0.4)	42	(0.5)	31	(0.4)	24	(0.4)	35	(0.6)	37	(0.5)	36	(0.5)	37	(0.5)	36	(0.6)

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5..............	30	(2.0)	23	(2.1)	34	(7.7)	43	(6.0)	28	(1.6)	25	(1.9)	33	(1.3)	28	(1.4)	29	(1.4)
6 - 11..............	38	(2.2)	31	(2.3)	56	(5.1)	46	(4.6)	31	(1.6)	28	(1.6)	36	(1.6)	32	(1.6)	31	(2.3)
12 - 19..............	42	(2.4)	31	(2.4)	46	(5.0)	62	(7.2)	36	(1.9)	32	(1.8)	41	(2.3)	34	(2.8)	36	(2.2)
20 and over...	34	(1.4)	30	(0.8)	43	(1.4)	51	(3.1)	35	(1.2)	27	(0.9)	33	(1.2)	28	(2.0)	32	(1.0)
2 and over...	35	(1.2)	30	(0.8)	44	(1.4)	52	(2.3)	34	(0.9)	27	(0.6)	35	(0.8)	29	(1.4)	32	(0.9)
131-350% poverty:																		
2 - 5..............	31	(2.2)	23	(2.0)	45	(4.3)	60	(5.4)	29	(1.3)	24	(1.1)	34	(1.4)	27	(1.2)	28	(1.7)
6 - 11..............	38	(1.8)	25	(1.8)	44	(5.6)	41	(3.8)	31	(1.0)	25	(0.9)	36	(1.3)	32	(1.7)	29	(1.3)
12 - 19..............	41	(2.3)	30	(2.1)	51	(5.2)	66	(4.3)	37	(2.1)	31	(2.0)	41	(2.1)	36	(2.1)	36	(1.9)
20 and over...	39	(1.0)	35	(1.6)	51	(3.7)	59	(2.4)	36	(0.7)	29	(0.7)	39	(0.7)	36	(0.9)	34	(0.9)
2 and over...	39	(0.7)	33	(1.3)	50	(3.0)	59	(1.9)	36	(0.7)	29	(0.7)	39	(0.6)	35	(0.8)	34	(0.9)
Over 350% poverty:																		
2 - 5..............	32	(2.8)	23	(3.7)	38	(5.6)	41	(6.8)	26	(2.2)	23	(1.9)	32	(1.7)	27	(1.9)	25	(3.4)
6 - 11..............	36	(3.3)	30	(3.7)	58	(9.0)	58	(7.8)	29	(2.3)	28	(2.4)	36	(2.7)	32	(2.8)	29	(2.5)
12 - 19..............	41	(2.6)	28	(1.9)	43	(3.3)	56	(5.3)	33	(2.0)	28	(2.1)	39	(2.2)	35	(2.5)	32	(2.1)
20 and over...	37	(1.0)	34	(1.4)	46	(2.6)	56	(3.4)	36	(0.6)	28	(0.9)	40	(1.0)	38	(1.6)	36	(0.9)
2 and over...	37	(0.9)	33	(1.2)	46	(2.5)	56	(3.0)	35	(0.5)	28	(0.8)	39	(0.9)	37	(1.3)	35	(0.8)
All Individuals[5]:																		
2 - 5..............	31	(1.2)	23	(1.7)	40	(3.1)	49	(4.3)	27	(1.1)	24	(1.0)	33	(1.0)	27	(0.9)	28	(1.2)
6 - 11..............	37	(1.6)	29	(1.4)	51	(3.9)	47	(2.9)	30	(1.0)	27	(1.0)	36	(1.2)	32	(1.4)	29	(1.5)
12 - 19..............	42	(1.4)	30	(1.2)	49	(3.0)	60	(3.3)	34	(1.4)	30	(1.4)	41	(1.4)	35	(1.6)	34	(1.4)
20 and over...	37	(0.7)	34	(0.8)	47	(1.9)	55	(1.7)	36	(0.5)	28	(0.4)	38	(0.4)	35	(0.7)	35	(0.7)
2 and over...	37	(0.6)	32	(0.7)	47	(1.8)	55	(1.5)	35	(0.5)	28	(0.4)	38	(0.4)	35	(0.6)	34	(0.6)

DATA SOURCE: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

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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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level 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)
Under 131% poverty:																		
2 - 5..............	28	(1.5)	25	(1.6)	20	(1.5)	18	(2.6)	29	(1.1)	39	(3.0)	21	(2.1)	27	(1.6)	25	(1.2)
6 - 11..............	34	(1.5)	29	(2.0)	26	(2.8)	20	(1.7)	32	(1.7)	46	(7.5)	28	(1.7)	33	(1.5)	31	(1.6)
12 - 19..............	38	(1.8)	34	(3.0)	24	(2.6)	25	(3.5)	33	(2.1)	43	(2.8)	30	(1.3)	37	(1.4)	34	(1.5)
20 and over...	33	(1.1)	29	(1.7)	28	(2.0)	24	(1.3)	30	(1.5)	42	(1.5)	28	(1.1)	34	(1.0)	29	(0.8)
2 and over...	34	(0.9)	30	(1.1)	27	(1.6)	23	(1.1)	31	(1.2)	42	(1.2)	27	(1.0)	34	(0.8)	30	(0.7)
131-350% poverty:																		
2 - 5..............	28	(1.4)	24	(1.3)	19	(2.7)	14	(1.6)	28	(1.3)	35	(3.5)	20	(1.4)	26	(1.0)	24	(1.2)
6 - 11..............	35	(1.4)	28	(2.1)	24	(2.1)	19	(2.3)	30	(2.7)	36	(2.2)	24	(1.3)	31	(0.9)	30	(1.5)
12 - 19..............	39	(1.8)	36	(2.6)	31	(3.8)	24	(3.3)	36	(2.3)	50	(4.2)	31	(1.9)	37	(1.9)	33	(2.2)
20 and over...	38	(0.7)	36	(1.4)	34	(1.5)	32	(1.7)	35	(0.8)	45	(1.8)	31	(0.8)	38	(0.7)	33	(0.6)
2 and over...	38	(0.6)	35	(1.2)	32	(1.3)	29	(1.2)	34	(0.8)	45	(1.7)	30	(0.7)	37	(0.6)	33	(0.6)
Over 350% poverty:																		
2 - 5..............	29	(1.9)	25	(2.7)	26	(3.4)	18	(2.0)	27	(2.7)	38	(4.0)	22	(2.3)	27	(1.4)	25	(1.6)
6 - 11..............	33	(2.7)	30	(2.6)	23	(3.0)	23	(3.5)	26	(4.7)	57	(9.8)	26	(2.4)	31	(1.7)	29	(2.5)
12 - 19..............	38	(1.8)	32	(2.9)	30	(3.1)	20	(2.8)	29	(4.0)	47	(3.0)	28	(1.8)	34	(2.0)	31	(1.8)
20 and over...	37	(0.8)	39	(1.6)	31	(1.3)	31	(1.9)	34	(0.9)	51	(2.7)	30	(0.8)	37	(0.6)	32	(0.7)
2 and over...	37	(0.7)	37	(1.5)	31	(1.2)	29	(1.7)	33	(1.0)	51	(2.4)	30	(0.8)	36	(0.6)	32	(0.6)
All Individuals[5]:																		
2 - 5..............	28	(0.8)	24	(0.9)	21	(1.4)	17	(1.2)	28	(1.1)	37	(1.7)	21	(1.3)	27	(0.9)	25	(0.9)
6 - 11..............	34	(1.2)	28	(1.3)	24	(1.7)	21	(1.5)	28	(2.7)	46	(5.2)	25	(1.0)	31	(0.9)	30	(1.2)
12 - 19..............	39	(1.1)	35	(2.0)	28	(2.0)	24	(1.8)	33	(2.2)	48	(2.0)	29	(1.1)	36	(1.4)	32	(1.3)
20 and over...	37	(0.4)	36	(0.8)	32	(1.0)	30	(1.0)	34	(0.5)	48	(1.3)	30	(0.5)	37	(0.4)	32	(0.3)
2 and over...	36	(0.4)	35	(0.6)	30	(0.8)	28	(0.8)	33	(0.6)	47	(1.2)	29	(0.5)	36	(0.4)	31	(0.3)

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age (years)	Iron %	Iron (SE)	Zinc %	Zinc (SE)	Copper %	Copper (SE)	Selenium %	Selenium (SE)	Potassium %	Potassium (SE)	Sodium %	Sodium (SE)	Caffeine %	Caffeine (SE)	Alcohol %	Alcohol (SE)
Under 131% poverty:																
2 - 5..............	27	(1.5)	30	(1.5)	27	(1.4)	35	(1.6)	26	(1.1)	34	(1.6)	21	(5.0)	--	--
6 - 11..............	30	(1.8)	35	(1.8)	33	(1.7)	40	(2.1)	32	(1.4)	39	(1.8)	27	(5.4)	--	--
12 - 19..............	35	(1.5)	39	(1.7)	35	(1.7)	46	(2.1)	35	(1.7)	42	(1.2)	20	(2.2)	--	--
20 and over...	31	(0.9)	37	(1.2)	30	(1.2)	40	(1.2)	32	(0.8)	39	(1.1)	9	(1.1)	28	(3.2)
2 and over...	31	(0.7)	37	(0.9)	31	(1.0)	40	(1.0)	32	(0.6)	39	(0.8)	10	(1.1)	--	--
131-350% poverty:																
2 - 5..............	25	(1.1)	28	(1.1)	25	(1.5)	39	(1.3)	26	(1.3)	36	(1.5)	24	(4.4)	--	--
6 - 11..............	27	(1.2)	34	(1.0)	31	(1.8)	43	(1.8)	31	(0.8)	38	(1.2)	33	(4.7)	--	--
12 - 19..............	35	(1.8)	41	(1.5)	34	(2.2)	46	(1.8)	36	(1.9)	43	(1.8)	26	(3.0)	--	--
20 and over...	34	(1.0)	42	(0.9)	36	(1.1)	44	(0.7)	38	(0.9)	44	(0.8)	10	(1.2)	38	(3.8)
2 and over...	34	(0.8)	41	(0.8)	35	(0.8)	44	(0.6)	37	(0.8)	43	(0.7)	11	(1.3)	--	--
Over 350% poverty:																
2 - 5..............	24	(2.3)	29	(2.6)	28	(2.4)	36	(1.7)	27	(1.7)	34	(1.4)	14*	(3.9)	--	--
6 - 11..............	26	(2.5)	32	(2.5)	30	(2.5)	41	(1.8)	34	(2.5)	38	(2.0)	25	(4.8)	--	--
12 - 19..............	28	(2.3)	38	(2.7)	30	(3.3)	43	(2.6)	34	(1.6)	42	(2.3)	16	(3.5)	--	--
20 and over...	36	(0.6)	41	(0.8)	33	(0.7)	43	(0.9)	37	(0.6)	44	(0.7)	6	(0.6)	41	(3.3)
2 and over...	35	(0.5)	40	(0.7)	32	(0.7)	43	(0.8)	36	(0.6)	43	(0.7)	7	(0.6)	--	--
All Individuals[5]:																
2 - 5..............	25	(1.0)	29	(1.0)	27	(1.1)	37	(1.1)	26	(0.8)	34	(1.0)	20	(2.6)	--	--
6 - 11..............	28	(1.3)	33	(1.3)	31	(1.5)	41	(1.4)	32	(1.0)	38	(1.1)	29	(3.2)	--	--
12 - 19..............	33	(1.4)	40	(1.5)	33	(1.8)	45	(1.6)	35	(1.1)	42	(1.3)	20	(1.6)	--	--
20 and over...	34	(0.5)	41	(0.5)	33	(0.4)	43	(0.6)	36	(0.5)	43	(0.6)	8	(0.7)	38	(2.0)
2 and over...	33	(0.5)	40	(0.5)	33	(0.5)	43	(0.5)	35	(0.4)	42	(0.5)	9	(0.7)	--	--

Symbol Legend

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

Percent reporting: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.76.

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 2.76.

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-March 2020 Prepandemic.

[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-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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