

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-March 2020 Prepandemic

----- <i>Nutrient per 1000 kcal</i> -----																			
Race/ethnicity and age (years)	Sample size ¹	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)
Non-Hispanic White:																			
2 - 5.....	344	1542	(31.7)	35.4	(0.55)	132	(1.2)	65	(1.8)	8.1	(0.36)	38.2	(0.41)	13.3	(0.23)	12.5	(0.19)	8.3	(0.16)
6 - 11.....	442	1952	(45.6)	33.5	(0.95)	131	(1.6)	60	(1.5)	7.5	(0.25)	39.5	(0.48)	14.0	(0.26)	12.8	(0.16)	8.8	(0.24)
12 - 19.....	562	2136	(70.2)	36.5	(0.93)	125	(2.1)	56	(1.5)	7.0	(0.24)	40.1	(0.60)	13.8	(0.30)	12.9	(0.21)	9.2	(0.39)
20 and over...	2758	2135	(20.3)	38.5	(0.39)	113	(0.8)	49	(1.0)	7.9	(0.17)	41.6	(0.26)	13.7	(0.14)	14.1	(0.14)	9.7	(0.19)
2 and over...	4106	2097	(16.0)	37.8	(0.37)	116	(0.8)	51	(0.9)	7.8	(0.16)	41.2	(0.20)	13.7	(0.13)	13.8	(0.10)	9.5	(0.17)
Non-Hispanic Black:																			
2 - 5.....	257	1429	(38.7)	33.5	(0.80)	136	(2.1)	65	(2.4)	7.4	(0.18)	37.0	(0.65)	11.8	(0.37)	12.6	(0.24)	8.6	(0.25)
6 - 11.....	386	1918	(35.4)	33.4	(0.61)	130	(2.0)	57	(1.9)	7.0	(0.22)	39.7	(0.67)	13.1	(0.43)	13.4	(0.24)	9.3	(0.23)
12 - 19.....	441	2007	(74.2)	35.4	(0.91)	123	(1.7)	54	(1.5)	6.1	(0.17)	41.6	(0.81)	13.8	(0.45)	13.9	(0.29)	10.0	(0.30)
20 and over...	2071	2123	(31.2)	36.8	(0.34)	117	(0.8)	52	(0.8)	6.9	(0.14)	40.7	(0.32)	12.4	(0.12)	14.0	(0.13)	10.2	(0.14)
2 and over...	3155	2055	(24.3)	36.1	(0.30)	120	(0.7)	54	(0.7)	6.9	(0.12)	40.5	(0.31)	12.6	(0.14)	13.9	(0.12)	10.0	(0.11)
Non-Hispanic Asian:																			
2 - 5.....	58	1505*	(56.6)	35.3*	(1.27)	133*	(2.2)	55*	(3.0)	8.2*	(0.40)	37.4*	(0.86)	13.5*	(0.33)	12.2*	(0.61)	7.7*	(0.40)
6 - 11.....	106	1818	(80.6)	34.1	(1.10)	132	(2.7)	51	(2.3)	9.1	(0.68)	38.5	(0.82)	14.0	(0.30)	12.6	(0.51)	7.8	(0.33)
12 - 19.....	163	1944	(47.7)	38.3	(1.19)	130	(2.3)	48	(3.1)	8.7	(0.61)	37.5	(1.21)	12.7	(0.58)	12.3	(0.39)	8.6	(0.28)
20 and over...	841	1947	(39.2)	42.0	(0.82)	126	(1.4)	44	(1.1)	10.8	(0.34)	36.1	(0.66)	10.9	(0.30)	12.8	(0.25)	8.8	(0.17)
2 and over...	1168	1921	(35.9)	41.0	(0.84)	127	(1.2)	46	(0.9)	10.4	(0.29)	36.4	(0.66)	11.3	(0.31)	12.7	(0.24)	8.6	(0.14)
Hispanic:																			
2 - 5.....	190	1582	(76.6)	36.5	(0.63)	136	(1.3)	67	(1.3)	8.5	(0.52)	35.9	(0.39)	12.5	(0.26)	11.5	(0.20)	7.9	(0.20)
6 - 11.....	336	1953	(41.6)	34.5	(0.49)	133	(1.3)	60	(0.9)	8.5	(0.38)	37.8	(0.67)	13.2	(0.31)	12.2	(0.25)	8.5	(0.22)
12 - 19.....	421	1952	(39.2)	37.9	(0.72)	124	(1.9)	52	(1.1)	7.8	(0.17)	39.6	(0.65)	13.2	(0.46)	13.1	(0.28)	9.2	(0.33)
20 and over...	1669	2219	(44.7)	40.4	(0.62)	120	(1.5)	49	(0.8)	9.1	(0.25)	38.6	(0.51)	12.2	(0.19)	13.2	(0.17)	9.0	(0.14)
2 and over...	2616	2107	(34.8)	39.2	(0.45)	123	(1.2)	52	(0.6)	8.8	(0.23)	38.5	(0.41)	12.5	(0.15)	13.0	(0.15)	8.9	(0.11)

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha- carotene		Beta- carotene		Beta-crypto- xanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
Non-Hispanic White:																		
2 - 5.....	116	(5.8)	294	(12.8)	383	(21.1)	215	(63.0)	931	(218.6)	60	(7.2)	2434	(384.8)	406	(23.7)	0.78	(0.023)
6 - 11.....	111	(6.1)	268	(17.3)	332	(20.6)	121	(19.2)	676	(85.9)	51	(6.1)	2007	(183.7)	471	(113.6)	0.81	(0.023)
12 - 19.....	115	(2.7)	225	(15.9)	277	(13.6)	77	(15.3)	564	(75.1)	28	(2.8)	2512	(224.5)	413	(51.1)	0.81	(0.034)
20 and over...	149	(4.9)	205	(5.5)	321	(7.2)	206	(21.7)	1274	(80.4)	37	(2.6)	2348	(110.4)	848	(87.0)	0.76	(0.012)
2 and over...	142	(3.9)	215	(5.0)	320	(6.5)	189	(18.6)	1154	(74.4)	38	(2.3)	2343	(96.2)	763	(73.1)	0.77	(0.009)
Non-Hispanic Black:																		
2 - 5.....	109	(6.3)	222	(14.8)	297	(22.3)	104	(25.3)	816	(170.1)	48	(7.5)	2300	(257.1)	627	(100.2)	0.76	(0.019)
6 - 11.....	118	(7.8)	214	(10.2)	258	(12.6)	66	(15.4)	475	(48.9)	34	(5.0)	2512	(296.5)	450	(60.5)	0.77	(0.020)
12 - 19.....	134	(7.6)	182	(10.4)	226	(12.5)	68	(17.5)	481	(63.6)	28	(3.1)	2087	(263.3)	424	(45.7)	0.71	(0.017)
20 and over...	150	(3.1)	171	(9.6)	280	(15.6)	166	(24.8)	1209	(113.7)	36	(2.1)	1918	(120.1)	940	(97.4)	0.71	(0.009)
2 and over...	143	(3.1)	178	(6.7)	272	(10.1)	142	(17.6)	1038	(81.9)	35	(1.5)	2010	(105.4)	820	(73.0)	0.72	(0.006)
Non-Hispanic Asian:																		
2 - 5.....	114*	(11.8)	262*	(22.2)	325*	(33.8)	101*	(36.6)	674*	(230.1)	41*	(9.6)	2542*	(539.5)	324*	(53.6)	0.94*	(0.061)
6 - 11.....	131	(10.3)	203	(11.6)	270	(16.6)	123	(27.1)	718	(131.6)	38	(5.1)	2822	(259.4)	408	(30.5)	0.85	(0.022)
12 - 19.....	136	(7.1)	202	(17.9)	289	(17.7)	168	(25.1)	941	(100.7)	38	(4.6)	2920	(656.7)	772	(145.3)	0.81	(0.034)
20 and over...	145	(5.0)	153	(5.1)	331	(14.7)	315	(35.0)	1939	(165.5)	77	(7.9)	2449	(203.7)	1291	(116.9)	0.85	(0.019)
2 and over...	142	(4.1)	165	(6.8)	323	(12.0)	282	(30.4)	1724	(139.0)	69	(6.7)	2518	(208.5)	1151	(107.0)	0.85	(0.016)
Hispanic:																		
2 - 5.....	153	(13.9)	295	(14.6)	362	(15.5)	162	(28.2)	678	(81.9)	90	(10.7)	2310	(445.4)	481	(58.0)	0.86	(0.017)
6 - 11.....	125	(6.2)	253	(9.9)	303	(11.8)	104	(18.6)	521	(50.9)	62	(10.6)	2467	(273.2)	416	(34.5)	0.83	(0.023)
12 - 19.....	130	(3.7)	207	(12.3)	258	(12.6)	102	(15.8)	536	(46.8)	40	(3.7)	2305	(175.9)	429	(26.5)	0.79	(0.036)
20 and over...	167	(5.8)	186	(6.1)	293	(12.9)	189	(18.0)	1157	(112.7)	65	(9.4)	2513	(188.9)	757	(74.1)	0.78	(0.014)
2 and over...	157	(4.2)	204	(5.3)	294	(9.5)	166	(12.8)	967	(78.5)	63	(7.6)	2463	(156.3)	654	(52.6)	0.79	(0.013)

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----																		
Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	1.02	(0.021)	10.3	(0.23)	0.91	(0.019)	89	(4.5)	78	(2.6)	228	(7.6)	140	(4.4)	2.35	(0.102)	0.35	(0.049)
6 - 11.....	0.95	(0.030)	10.8	(0.55)	0.87	(0.062)	108	(5.8)	74	(2.4)	257	(10.4)	122	(4.1)	2.23	(0.108)	0.56	(0.094)
12 - 19.....	0.93	(0.030)	12.3	(0.39)	0.97	(0.062)	101	(6.2)	78	(3.6)	247	(10.2)	126	(2.6)	2.28	(0.121)	0.58	(0.112)
20 and over...	1.07	(0.019)	12.3	(0.25)	1.02	(0.025)	76	(2.1)	103	(2.1)	231	(3.9)	162	(2.9)	2.28	(0.075)	0.50	(0.049)
2 and over...	1.05	(0.016)	12.1	(0.22)	1.00	(0.023)	81	(1.5)	98	(2.0)	234	(3.1)	155	(2.2)	2.28	(0.065)	0.50	(0.044)
Non-Hispanic Black:																		
2 - 5.....	0.87	(0.027)	11.4	(0.35)	0.97	(0.041)	92	(5.2)	70	(2.7)	227	(9.2)	127	(4.2)	2.20	(0.162)	0.49	(0.080)
6 - 11.....	0.85	(0.016)	11.3	(0.18)	0.83	(0.021)	103	(7.1)	72	(2.8)	247	(11.8)	122	(4.7)	2.12	(0.060)	0.49	(0.051)
12 - 19.....	0.77	(0.024)	11.4	(0.39)	0.79	(0.038)	88	(5.4)	73	(2.3)	223	(8.2)	125	(5.4)	2.01	(0.145)	0.30	(0.072)
20 and over...	0.82	(0.008)	11.9	(0.15)	0.94	(0.020)	73	(2.6)	92	(2.0)	216	(5.0)	150	(2.5)	2.08	(0.082)	0.33	(0.027)
2 and over...	0.82	(0.006)	11.8	(0.11)	0.91	(0.016)	78	(2.3)	87	(1.6)	220	(4.3)	144	(2.5)	2.08	(0.055)	0.35	(0.022)
Non-Hispanic Asian:																		
2 - 5.....	1.04*	(0.053)	10.7*	(0.37)	1.00*	(0.042)	134*	(21.1)	78*	(4.8)	306*	(33.2)	142*	(5.1)	2.66*	(0.256)	0.55*	(0.156)
6 - 11.....	0.93	(0.038)	10.1	(0.21)	0.82	(0.018)	106	(5.0)	99	(8.6)	280	(10.8)	141	(6.9)	2.10	(0.174)	0.35	(0.043)
12 - 19.....	0.84	(0.030)	11.7	(0.32)	0.92	(0.033)	103	(6.5)	98	(4.3)	272	(11.8)	145	(4.3)	2.13	(0.107)	0.37*	(0.128)
20 and over...	0.92	(0.012)	12.6	(0.35)	1.07	(0.028)	85	(4.0)	138	(5.1)	281	(7.1)	172	(2.7)	2.05	(0.066)	0.26	(0.041)
2 and over...	0.92	(0.011)	12.3	(0.30)	1.04	(0.027)	89	(3.4)	129	(4.0)	281	(7.0)	167	(2.3)	2.08	(0.058)	0.28	(0.038)
Hispanic:																		
2 - 5.....	1.09	(0.030)	10.7	(0.30)	1.02	(0.034)	102	(6.1)	93	(5.7)	266	(11.8)	171	(9.8)	2.71	(0.109)	0.55	(0.048)
6 - 11.....	0.98	(0.024)	10.7	(0.25)	0.88	(0.025)	109	(7.3)	86	(4.4)	271	(11.3)	136	(4.0)	2.40	(0.107)	0.59	(0.074)
12 - 19.....	0.88	(0.029)	11.9	(0.33)	0.92	(0.042)	96	(7.0)	88	(2.9)	250	(13.4)	137	(3.1)	2.35	(0.148)	0.49	(0.087)
20 and over...	0.97	(0.035)	12.9	(0.26)	1.12	(0.039)	78	(3.0)	108	(2.9)	240	(5.7)	173	(3.9)	2.32	(0.074)	0.51	(0.052)
2 and over...	0.97	(0.024)	12.4	(0.19)	1.06	(0.027)	85	(3.1)	102	(2.5)	246	(5.4)	164	(2.9)	2.36	(0.061)	0.52	(0.042)

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----																
Race/ethnicity 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)
Non-Hispanic White:																
2 - 5.....	53.9	(3.12)	3.5	(0.16)	4.1	(0.16)	0.5*	(0.17)	32.6	(2.15)	637	(13.5)	731	(11.7)	139	(3.3)
6 - 11.....	37.4	(3.72)	2.7	(0.10)	4.2	(0.31)	0.6*	(0.31)	37.7	(4.93)	536	(9.0)	652	(14.0)	123	(2.7)
12 - 19.....	29.3	(1.94)	2.1	(0.14)	4.1	(0.16)	0.3	(0.08)	40.6	(3.97)	500	(12.3)	649	(9.8)	125	(1.9)
20 and over...	37.1	(1.42)	2.1	(0.09)	4.6	(0.11)	0.6	(0.06)	64.0	(4.35)	478	(6.9)	663	(5.3)	150	(2.0)
2 and over...	37.2	(1.27)	2.2	(0.07)	4.5	(0.09)	0.5	(0.05)	58.7	(3.81)	491	(5.6)	664	(4.9)	145	(1.8)
Non-Hispanic Black:																
2 - 5.....	65.1	(4.05)	2.9	(0.22)	4.1	(0.20)	0.4*	(0.18)	42.5	(4.81)	482	(22.8)	619	(13.0)	124	(2.9)
6 - 11.....	39.5	(2.37)	2.2	(0.10)	3.9	(0.09)	0.2	(0.03)	38.2	(4.61)	444	(12.9)	615	(8.9)	114	(2.5)
12 - 19.....	37.3	(2.19)	1.8	(0.18)	4.0	(0.13)	0.2*	(0.10)	41.4	(4.85)	419	(14.5)	593	(12.4)	110	(3.1)
20 and over...	43.6	(3.82)	2.0	(0.08)	4.3	(0.13)	0.4	(0.10)	69.1	(4.52)	449	(40.6)	602	(11.1)	142	(10.4)
2 and over...	43.6	(2.54)	2.0	(0.06)	4.2	(0.10)	0.3	(0.08)	61.7	(3.49)	447	(29.4)	603	(7.7)	135	(7.7)
Non-Hispanic Asian:																
2 - 5.....	40.6*	(8.61)	4.1*	(0.41)	3.6*	(0.13)	0.3*	(0.10)	31.7*	(2.68)	628*	(37.1)	737*	(27.1)	141*	(5.7)
6 - 11.....	39.2	(4.02)	2.8	(0.27)	3.8	(0.14)	0.2*	(0.09)	35.4	(2.15)	501	(32.8)	671	(18.1)	127	(2.5)
12 - 19.....	37.6	(4.16)	2.2	(0.17)	4.3	(0.20)	0.4*	(0.13)	51.6	(7.01)	449	(17.2)	637	(14.1)	141	(5.2)
20 and over...	53.0	(2.96)	2.7	(0.14)	4.4	(0.09)	0.3	(0.04)	86.2	(6.54)	427	(12.5)	664	(7.2)	170	(3.1)
2 and over...	50.3	(2.85)	2.7	(0.11)	4.4	(0.09)	0.3	(0.04)	77.8	(5.83)	441	(11.7)	665	(6.3)	164	(2.6)
Hispanic:																
2 - 5.....	64.8	(4.57)	4.1	(0.27)	3.7	(0.15)	0.3*	(0.12)	32.3	(2.50)	655	(25.5)	750	(15.0)	143	(3.1)
6 - 11.....	45.5	(2.48)	3.0	(0.17)	3.9	(0.14)	0.3*	(0.10)	33.3	(2.80)	557	(16.9)	677	(10.5)	131	(3.0)
12 - 19.....	39.3	(1.97)	2.4	(0.20)	3.9	(0.14)	0.3	(0.07)	36.0	(2.03)	503	(15.5)	650	(10.5)	128	(2.4)
20 and over...	43.5	(1.52)	2.2	(0.11)	4.5	(0.15)	0.6	(0.12)	57.5	(3.42)	499	(41.2)	666	(7.4)	162	(9.0)
2 and over...	44.6	(1.27)	2.5	(0.08)	4.3	(0.10)	0.5	(0.08)	50.1	(2.44)	517	(28.6)	671	(5.7)	153	(6.4)

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----- Nutrient per 1000 kcal -----																		
Race/ethnicity 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)
Non-Hispanic White:																		
2 - 5.....	6.4	(0.26)	4.9	(0.15)	0.5	(0.02)	45.7	(1.19)	1296	(23.1)	1417	(27.4)	5.2	(1.43)	21.8	(2.48)	--	--
6 - 11.....	7.2	(0.32)	4.8	(0.16)	0.5	(0.02)	46.0	(1.29)	1063	(26.2)	1507	(30.1)	8.7	(1.39)	31.0	(2.09)	--	--
12 - 19.....	6.9	(0.24)	5.0	(0.16)	0.5	(0.02)	51.9	(0.98)	1046	(18.6)	1657	(29.9)	26.9	(2.27)	24.5	(2.80)	--	--
20 and over...	6.7	(0.07)	5.2	(0.05)	0.6	(0.01)	52.8	(0.49)	1287	(17.9)	1635	(19.2)	108.2	(4.51)	20.1	(0.87)	4.8	(0.34)
2 and over...	6.7	(0.07)	5.1	(0.05)	0.6	(0.01)	51.9	(0.44)	1250	(16.0)	1619	(18.2)	89.6	(3.78)	21.3	(0.84)	--	--
Non-Hispanic Black:																		
2 - 5.....	6.9	(0.26)	4.4	(0.20)	0.4	(0.01)	44.9	(1.27)	1254	(34.5)	1500	(25.8)	3.5	(0.52)	14.0	(2.15)	--	--
6 - 11.....	7.0	(0.17)	4.6	(0.08)	0.4	(0.02)	52.3	(2.99)	1041	(15.1)	1598	(37.7)	6.0	(0.71)	22.9	(3.11)	--	--
12 - 19.....	6.5	(0.18)	4.5	(0.13)	0.5	(0.02)	53.2	(2.18)	986	(34.3)	1681	(30.1)	9.5	(0.99)	20.7	(2.94)	--	--
20 and over...	6.2	(0.16)	4.7	(0.13)	0.6	(0.10)	52.5	(0.50)	1132	(15.4)	1671	(50.4)	39.4	(2.89)	13.1	(0.86)	4.5	(0.36)
2 and over...	6.4	(0.11)	4.7	(0.10)	0.6	(0.07)	52.1	(0.56)	1113	(14.9)	1657	(39.6)	31.1	(2.25)	14.9	(0.76)	--	--
Non-Hispanic Asian:																		
2 - 5.....	7.6*	(0.61)	5.4*	(0.49)	0.5*	(0.03)	47.2*	(1.82)	1320*	(41.1)	1401*	(51.5)	2.1*	(0.43)	17.4*	(4.01)	--	--
6 - 11.....	7.1	(0.23)	4.8	(0.17)	0.5	(0.02)	48.7	(1.42)	1183	(28.1)	1585	(49.6)	3.9	(0.55)	21.5	(3.66)	--	--
12 - 19.....	7.2	(0.36)	5.1	(0.19)	0.6	(0.03)	58.6	(1.83)	1153	(30.5)	1678	(64.2)	15.4	(1.55)	26.3	(2.70)	--	--
20 and over...	7.2	(0.15)	5.2	(0.11)	0.7	(0.01)	59.7	(1.42)	1445	(23.8)	1870	(37.9)	57.0	(2.39)	12.9	(2.33)	2.0	(0.19)
2 and over...	7.2	(0.13)	5.2	(0.08)	0.7	(0.01)	58.4	(1.31)	1398	(20.5)	1817	(34.0)	47.8	(1.51)	14.8	(2.03)	--	--
Hispanic:																		
2 - 5.....	7.3	(0.35)	5.1	(0.12)	0.5	(0.01)	45.8	(0.86)	1414	(32.9)	1365	(24.3)	4.3	(0.77)	24.6	(2.56)	--	--
6 - 11.....	7.6	(0.24)	5.0	(0.15)	0.5	(0.01)	48.6	(1.03)	1150	(20.0)	1450	(20.9)	8.0	(1.02)	27.7	(2.00)	--	--
12 - 19.....	7.2	(0.45)	5.0	(0.18)	0.5	(0.01)	52.4	(1.05)	1113	(20.5)	1659	(25.1)	17.1	(2.73)	16.5	(1.60)	--	--
20 and over...	6.8	(0.11)	5.4	(0.10)	0.6	(0.04)	56.8	(0.91)	1280	(19.0)	1814	(176.4)	60.1	(2.33)	12.7	(1.07)	3.4	(0.29)
2 and over...	7.0	(0.13)	5.3	(0.09)	0.6	(0.03)	54.5	(0.64)	1252	(17.7)	1723	(121.0)	44.5	(1.85)	15.6	(0.81)	--	--

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----																
Race/ethnicity 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)
Non-Hispanic White:																
2 - 5.....	0.28	(0.010)	0.19	(0.009)	0.15	(0.006)	0.31	(0.011)	0.50	(0.039)	1.29	(0.036)	7.15	(0.101)	2.93	(0.049)
6 - 11.....	0.28	(0.015)	0.19	(0.009)	0.15	(0.005)	0.31	(0.011)	0.52	(0.026)	1.24	(0.036)	7.64	(0.156)	3.22	(0.069)
12 - 19.....	0.27	(0.014)	0.19	(0.009)	0.14	(0.007)	0.30	(0.014)	0.50	(0.029)	1.27	(0.049)	7.45	(0.153)	3.22	(0.069)
20 and over...	0.25	(0.005)	0.17	(0.004)	0.14	(0.003)	0.29	(0.006)	0.49	(0.017)	1.21	(0.022)	7.39	(0.059)	3.25	(0.040)
2 and over...	0.26	(0.005)	0.17	(0.004)	0.14	(0.003)	0.29	(0.005)	0.50	(0.014)	1.22	(0.019)	7.41	(0.059)	3.24	(0.034)
Non-Hispanic Black:																
2 - 5.....	0.19	(0.015)	0.13	(0.011)	0.11	(0.012)	0.23	(0.018)	0.34	(0.040)	0.98	(0.061)	6.69	(0.173)	2.71	(0.082)
6 - 11.....	0.20	(0.009)	0.13	(0.006)	0.12	(0.009)	0.24	(0.013)	0.54	(0.079)	1.05	(0.052)	7.29	(0.212)	3.10	(0.086)
12 - 19.....	0.23	(0.018)	0.15	(0.011)	0.13	(0.008)	0.26	(0.016)	0.49	(0.035)	1.14	(0.057)	7.70	(0.228)	3.19	(0.103)
20 and over...	0.18	(0.003)	0.12	(0.002)	0.11	(0.004)	0.21	(0.005)	0.42	(0.026)	0.95	(0.019)	7.01	(0.060)	2.99	(0.030)
2 and over...	0.19	(0.004)	0.13	(0.003)	0.11	(0.004)	0.22	(0.005)	0.44	(0.021)	0.98	(0.018)	7.10	(0.073)	3.01	(0.033)
Non-Hispanic Asian:																
2 - 5.....	0.31*	(0.019)	0.23*	(0.014)	0.19*	(0.015)	0.38*	(0.019)	0.55*	(0.053)	1.38*	(0.070)	7.14*	(0.201)	2.80*	(0.067)
6 - 11.....	0.27	(0.013)	0.20	(0.008)	0.18	(0.011)	0.34	(0.012)	0.67	(0.069)	1.31	(0.049)	7.67	(0.170)	2.98	(0.094)
12 - 19.....	0.25	(0.035)	0.17	(0.023)	0.14	(0.014)	0.28	(0.029)	0.51	(0.086)	1.12	(0.084)	6.96	(0.298)	2.87	(0.091)
20 and over...	0.16	(0.011)	0.11	(0.006)	0.11	(0.007)	0.20	(0.010)	0.42	(0.030)	0.85	(0.041)	6.21	(0.138)	2.42	(0.075)
2 and over...	0.18	(0.013)	0.13	(0.008)	0.12	(0.007)	0.22	(0.012)	0.44	(0.029)	0.92	(0.043)	6.41	(0.141)	2.51	(0.067)
Hispanic:																
2 - 5.....	0.25	(0.015)	0.18	(0.011)	0.14	(0.010)	0.29	(0.017)	0.44	(0.044)	1.16	(0.063)	6.83	(0.117)	2.79	(0.069)
6 - 11.....	0.24	(0.013)	0.17	(0.009)	0.13	(0.007)	0.28	(0.012)	0.44	(0.027)	1.17	(0.049)	7.30	(0.151)	2.99	(0.081)
12 - 19.....	0.23	(0.013)	0.15	(0.007)	0.12	(0.008)	0.25	(0.013)	0.43	(0.038)	1.16	(0.074)	7.32	(0.197)	3.08	(0.109)
20 and over...	0.19	(0.004)	0.13	(0.003)	0.11	(0.003)	0.22	(0.005)	0.41	(0.016)	1.00	(0.020)	6.83	(0.105)	2.93	(0.048)
2 and over...	0.20	(0.004)	0.14	(0.003)	0.12	(0.002)	0.24	(0.004)	0.42	(0.012)	1.05	(0.018)	6.95	(0.090)	2.95	(0.036)

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----														
Race/ethnicity 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)
Non-Hispanic White:														
2 - 5.....	0.49	(0.011)	11.90	(0.190)	0.14	(0.005)	0.01	(0.002)	7.51	(0.158)	0.68	(0.018)	#	
6 - 11.....	0.46	(0.016)	12.17	(0.157)	0.14	(0.003)	0.01	(0.001)	7.93	(0.224)	0.74	(0.021)	#	
12 - 19.....	0.51	(0.014)	12.24	(0.201)	0.14	(0.004)	0.01	(0.001)	8.33	(0.355)	0.79	(0.038)	#	
20 and over...	0.56	(0.011)	13.25	(0.133)	0.15	(0.002)	0.02	(0.002)	8.57	(0.164)	0.91	(0.031)	#	
2 and over...	0.54	(0.009)	13.03	(0.097)	0.15	(0.002)	0.02	(0.001)	8.46	(0.146)	0.87	(0.028)	#	
Non-Hispanic Black:														
2 - 5.....	0.53	(0.018)	11.93	(0.224)	0.15	(0.004)	0.02	(0.002)	7.75	(0.222)	0.69	(0.028)	#	
6 - 11.....	0.55	(0.020)	12.58	(0.231)	0.15	(0.005)	0.01	(0.001)	8.37	(0.210)	0.74	(0.022)	#	
12 - 19.....	0.62	(0.028)	13.01	(0.268)	0.15	(0.004)	0.02	(0.004)	8.94	(0.282)	0.84	(0.028)	#	
20 and over...	0.59	(0.008)	13.17	(0.123)	0.18	(0.004)	0.02	(0.002)	9.02	(0.123)	0.92	(0.015)	0.01	(#)
2 and over...	0.59	(0.008)	13.03	(0.116)	0.17	(0.003)	0.02	(0.001)	8.88	(0.097)	0.88	(0.011)	0.01	(#)
Non-Hispanic Asian:														
2 - 5.....	0.40*	(0.034)	11.77*	(0.629)	0.12*	(0.011)	#		6.88*	(0.342)	0.72*	(0.050)	#	
6 - 11.....	0.48	(0.040)	11.98	(0.459)	0.12	(0.007)	0.01	(0.002)	6.97	(0.297)	0.69	(0.027)	#	
12 - 19.....	0.48	(0.021)	11.62	(0.385)	0.12	(0.006)	0.01	(0.001)	7.60	(0.263)	0.80	(0.026)	#	
20 and over...	0.50	(0.014)	12.05	(0.241)	0.16	(0.006)	0.02	(0.003)	7.67	(0.147)	0.86	(0.026)	0.01	(0.001)
2 and over...	0.50	(0.013)	12.00	(0.243)	0.15	(0.005)	0.01	(0.002)	7.59	(0.125)	0.84	(0.020)	0.01	(0.001)
Hispanic:														
2 - 5.....	0.45	(0.016)	10.98	(0.191)	0.12	(0.007)	0.01	(0.001)	7.12	(0.187)	0.68	(0.028)	#	
6 - 11.....	0.48	(0.016)	11.50	(0.236)	0.13	(0.005)	0.01	(0.001)	7.62	(0.201)	0.72	(0.018)	#	
12 - 19.....	0.56	(0.024)	12.27	(0.254)	0.14	(0.006)	0.01	(0.001)	8.26	(0.298)	0.79	(0.033)	#	
20 and over...	0.56	(0.013)	12.40	(0.155)	0.14	(0.005)	0.01	(0.001)	7.95	(0.129)	0.87	(0.015)	#	
2 and over...	0.55	(0.011)	12.19	(0.139)	0.14	(0.004)	0.01	(0.001)	7.90	(0.101)	0.83	(0.013)	#	

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-March 2020 Prepandemic (continued)

----- Nutrient per 1000 kcal -----								
Race/ethnicity and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:								
2 - 5.....	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
6 - 11.....	0.06	(0.003)	0.01*	(0.003)	0.01	(0.001)	0.01*	(0.004)
12 - 19.....	0.06	(0.002)	0.01	(0.003)	0.01	(0.001)	0.01	(0.004)
20 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
Non-Hispanic Black:								
2 - 5.....	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
6 - 11.....	0.07	(0.006)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
12 - 19.....	0.07	(0.003)	0.01	(0.003)	0.01	(0.001)	0.02	(0.006)
20 and over...	0.08	(0.001)	0.02	(0.001)	0.01	(0.001)	0.03	(0.002)
2 and over...	0.07	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
Non-Hispanic Asian:								
2 - 5.....	0.05*	(0.008)	0.01*	(0.002)	0.01*	(0.002)	0.01*	(0.003)
6 - 11.....	0.06	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.003)
12 - 19.....	0.06	(0.003)	0.02	(0.004)	0.01	(0.001)	0.03	(0.006)
20 and over...	0.07	(0.003)	0.04	(0.004)	0.02	(0.002)	0.07	(0.007)
2 and over...	0.07	(0.003)	0.03	(0.004)	0.02	(0.002)	0.06	(0.006)
Hispanic:								
2 - 5.....	0.06	(0.006)	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	(0.003)	0.02*	(0.006)	0.02	(0.002)	0.03	(0.008)
20 and over...	0.07	(0.002)	0.02	(0.004)	0.02	(0.002)	0.04	(0.006)
2 and over...	0.07	(0.001)	0.02	(0.003)	0.01	(0.001)	0.03	(0.004)

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.

Footnotes

¹ Sample size and mean energy includes individuals (n = 3) 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-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.

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