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

Males/Females and age (years)	Sample size	Energy		Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5	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)

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.**

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

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

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

Males/Females and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Males:																		
2 - 5	1.65	(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)

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

Males/Females 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	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)

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.**

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

Males/Females and age	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Males:																		
2 - 5	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)	--	--

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.**

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

Males/Females and age (years)	SFA 4:0 g	(SE)	SFA 6:0 g	(SE)	SFA 8:0 g	(SE)	SFA 10:0 g	(SE)	SFA 12:0 g	(SE)	SFA 14:0 g	(SE)	SFA 16:0 g	(SE)	SFA 18:0 g	(SE)
Males:																
2 - 5	0.46	(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)

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

Males/Females and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Males:														
2 - 5.....	0.82	(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	(#)

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.**

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

Males/Females and age (years)	PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Males:								
2 - 5	0.09	(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)

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.**

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

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.....	344	1542	(31.7)	53.1	(0.98)	205	(5.4)	102	(4.6)	12.3	(0.58)	59.2	(1.16)	20.7	(0.50)	19.4	(0.44)	12.9	(0.31)
6 - 11.....	442	1952	(45.6)	64.2	(1.66)	254	(6.9)	118	(4.3)	14.5	(0.64)	78.1	(2.27)	27.5	(0.87)	25.5	(0.71)	17.6	(0.76)
12 - 19.....	562	2136	(70.2)	77.4	(4.17)	263	(7.8)	120	(4.6)	14.6	(1.01)	88.0	(3.44)	30.4	(0.74)	28.4	(0.92)	20.4	(1.80)
20 and over...	2758	2135	(20.3)	80.3	(1.15)	239	(3.0)	105	(2.2)	16.1	(0.37)	89.6	(1.04)	29.6	(0.40)	30.5	(0.45)	20.8	(0.42)
2 and over...	4106	2097	(16.0)	77.8	(1.19)	241	(2.1)	108	(1.8)	15.7	(0.35)	87.4	(0.91)	29.1	(0.32)	29.5	(0.38)	20.2	(0.43)
Non-Hispanic Black:																			
2 - 5.....	257	1429	(38.7)	46.9	(1.82)	193	(5.3)	93	(3.7)	10.4	(0.39)	53.6	(1.87)	17.3	(0.66)	18.1	(0.67)	12.4	(0.56)
6 - 11.....	386	1918	(35.4)	62.8	(1.68)	248	(5.5)	109	(3.6)	13.4	(0.47)	77.4	(2.03)	25.7	(1.05)	25.9	(0.74)	18.3	(0.48)
12 - 19.....	441	2007	(74.2)	69.5	(3.07)	246	(9.5)	109	(5.2)	12.2	(0.53)	84.3	(3.34)	27.8	(1.22)	28.2	(1.20)	20.1	(0.93)
20 and over...	2071	2123	(31.2)	76.2	(1.36)	242	(3.9)	108	(2.4)	13.9	(0.23)	87.9	(1.43)	27.3	(0.51)	30.3	(0.49)	21.7	(0.40)
2 and over...	3155	2055	(24.3)	72.7	(1.13)	240	(3.1)	107	(2.0)	13.5	(0.20)	84.7	(1.17)	26.7	(0.44)	29.0	(0.41)	20.7	(0.31)
Non-Hispanic Asian:																			
2 - 5.....	58	1505*	(56.6)	52.7*	(2.95)	200*	(7.9)	82*	(4.7)	12.4*	(0.66)	56.7*	(2.43)	20.3*	(0.81)	18.7*	(1.24)	11.8*	(0.60)
6 - 11.....	106	1818	(80.6)	61.3	(3.08)	239	(11.0)	92	(6.0)	16.3	(1.18)	70.8	(3.96)	25.8	(1.31)	23.1	(1.56)	14.5	(1.14)
12 - 19.....	163	1944	(47.7)	72.7	(2.16)	250	(6.7)	92	(4.8)	16.3	(1.11)	74.3	(3.13)	25.4	(1.38)	24.2	(0.98)	16.9	(0.77)
20 and over...	841	1947	(39.2)	81.4	(2.28)	243	(7.5)	85	(3.5)	20.4	(0.99)	71.4	(1.37)	21.6	(0.53)	25.4	(0.57)	17.3	(0.46)
2 and over...	1168	1921	(35.9)	78.3	(2.25)	242	(6.5)	86	(3.0)	19.5	(0.85)	71.0	(1.35)	22.1	(0.51)	24.9	(0.55)	16.9	(0.42)
Hispanic:																			
2 - 5.....	190	1582	(76.6)	56.6	(2.70)	213	(10.3)	106	(6.5)	12.8	(0.64)	57.8	(2.93)	20.2	(1.12)	18.5	(0.94)	12.8	(0.71)
6 - 11.....	336	1953	(41.6)	66.5	(1.72)	257	(4.9)	115	(3.0)	15.8	(0.46)	75.9	(2.18)	26.7	(0.98)	24.4	(0.71)	16.9	(0.49)
12 - 19.....	421	1952	(39.2)	73.1	(2.36)	240	(5.9)	100	(2.6)	15.1	(0.48)	78.8	(1.87)	26.3	(0.82)	26.2	(0.77)	18.3	(0.71)
20 and over...	1669	2219	(44.7)	86.5	(1.92)	261	(4.7)	106	(2.4)	19.3	(0.47)	87.6	(2.19)	28.0	(0.68)	29.9	(0.76)	20.5	(0.58)
2 and over...	2616	2107	(34.8)	80.4	(1.34)	254	(3.9)	106	(2.1)	17.8	(0.38)	83.0	(1.71)	27.1	(0.55)	28.0	(0.60)	19.3	(0.43)

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.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	Choles-terol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-crypto-xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
(years)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 5.....	173	(7.9)	445	(20.4)	577	(32.8)	310	(88.3)	1384	(354.8)	90	(10.3)	3727	(591.5)	588	(33.2)	1.18	(0.027)
6 - 11.....	216	(11.3)	512	(27.2)	634	(32.7)	224	(35.0)	1297	(166.8)	97	(12.5)	3717	(282.6)	937	(259.2)	1.54	(0.039)
12 - 19.....	247	(10.7)	473	(27.2)	578	(24.7)	153	(31.8)	1153	(155.5)	58	(7.2)	5299	(590.3)	879	(118.6)	1.65	(0.061)
20 and over...	306	(7.8)	427	(11.1)	651	(16.3)	402	(38.8)	2450	(165.3)	76	(5.7)	4721	(213.5)	1624	(170.9)	1.57	(0.020)
2 and over...	289	(5.8)	438	(9.6)	640	(14.2)	363	(32.9)	2207	(150.5)	77	(4.9)	4663	(171.5)	1464	(144.5)	1.56	(0.017)
Non-Hispanic Black:																		
2 - 5.....	153	(8.9)	305	(15.2)	419	(29.2)	150	(31.4)	1251	(265.7)	67	(9.4)	2983	(208.2)	865	(131.0)	1.07	(0.039)
6 - 11.....	221	(13.4)	400	(19.8)	480	(23.8)	113	(22.7)	869	(79.6)	62	(8.0)	4533	(414.0)	867	(121.0)	1.45	(0.055)
12 - 19.....	266	(19.8)	360	(24.7)	447	(30.3)	134	(32.2)	950	(123.3)	51	(5.4)	4117	(587.7)	853	(79.2)	1.41	(0.056)
20 and over...	314	(9.0)	354	(18.9)	541	(25.3)	265	(32.1)	2081	(146.4)	68	(3.7)	4004	(243.1)	1633	(125.1)	1.46	(0.028)
2 and over...	292	(8.4)	356	(13.3)	518	(16.4)	230	(23.4)	1798	(105.9)	65	(2.7)	4010	(188.1)	1433	(95.3)	1.43	(0.021)
Non-Hispanic Asian:																		
2 - 5.....	175*	(19.5)	382*	(32.6)	481*	(61.4)	138*	(46.5)	1076*	(415.4)	65*	(13.3)	4145*	(1151.0)	499*	(87.6)	1.38*	(0.086)
6 - 11.....	229	(18.3)	357	(25.8)	468	(32.3)	226	(60.9)	1178	(175.1)	67	(8.3)	5185	(491.3)	720	(67.3)	1.55	(0.064)
12 - 19.....	268	(19.0)	392	(41.4)	566	(41.2)	373	(73.2)	1858	(233.8)	80	(11.1)	5121	(1095.3)	1439	(248.9)	1.54	(0.051)
20 and over...	277	(9.3)	302	(13.8)	611	(30.0)	565	(57.9)	3363	(259.2)	144	(14.9)	4727	(400.7)	2148	(158.0)	1.64	(0.072)
2 and over...	269	(7.8)	316	(14.6)	593	(26.6)	510	(49.9)	3002	(214.5)	130	(12.1)	4767	(408.0)	1930	(149.1)	1.62	(0.061)
Hispanic:																		
2 - 5.....	237	(21.8)	444	(30.2)	544	(36.4)	234	(51.5)	1021	(139.1)	129	(16.8)	3823	(644.7)	729	(112.5)	1.33	(0.072)
6 - 11.....	243	(12.1)	482	(24.5)	580	(27.8)	203	(38.5)	1008	(107.3)	113	(14.9)	4904	(555.1)	790	(57.2)	1.59	(0.059)
12 - 19.....	254	(11.0)	418	(31.1)	513	(36.8)	198	(36.3)	1006	(109.6)	65	(4.8)	4475	(336.3)	762	(56.3)	1.56	(0.090)
20 and over...	359	(11.7)	387	(12.7)	593	(23.0)	358	(31.6)	2234	(188.2)	131	(19.1)	5706	(465.5)	1492	(122.1)	1.63	(0.034)
2 and over...	323	(8.4)	405	(10.5)	576	(17.8)	310	(24.5)	1843	(133.9)	119	(14.9)	5308	(364.9)	1259	(89.3)	1.59	(0.029)

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.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 5.....	1.56	(0.044)	15.5	(0.36)	1.35	(0.035)	134	(7.0)	119	(5.2)	346	(12.8)	210	(7.1)	3.52	(0.151)	0.52	(0.072)
6 - 11.....	1.83	(0.042)	20.6	(0.76)	1.64	(0.083)	201	(7.2)	143	(5.6)	483	(14.9)	237	(7.6)	4.25	(0.177)	1.02	(0.150)
12 - 19.....	1.98	(0.083)	25.4	(1.17)	1.98	(0.130)	205	(11.7)	168	(15.8)	511	(26.7)	269	(14.7)	4.75	(0.196)	1.08	(0.173)
20 and over...	2.18	(0.035)	25.8	(0.53)	2.15	(0.062)	157	(3.7)	210	(4.8)	475	(7.2)	333	(5.6)	4.83	(0.145)	1.05	(0.092)
2 and over...	2.11	(0.028)	25.0	(0.49)	2.07	(0.057)	163	(2.9)	197	(4.6)	473	(6.3)	316	(4.1)	4.73	(0.123)	1.03	(0.082)
Non-Hispanic Black:																		
2 - 5.....	1.23	(0.040)	15.7	(0.68)	1.32	(0.065)	126	(6.2)	100	(4.6)	313	(12.0)	178	(6.7)	2.99	(0.179)	0.62	(0.095)
6 - 11.....	1.61	(0.050)	21.3	(0.59)	1.56	(0.050)	191	(12.8)	139	(5.6)	462	(23.1)	230	(9.1)	3.96	(0.141)	0.92	(0.114)
12 - 19.....	1.54	(0.069)	22.5	(0.95)	1.55	(0.080)	176	(9.3)	143	(6.6)	442	(17.6)	248	(14.9)	3.80	(0.271)	0.56	(0.116)
20 and over...	1.67	(0.032)	24.5	(0.34)	1.90	(0.039)	149	(5.2)	185	(4.4)	438	(10.8)	311	(7.8)	4.25	(0.172)	0.68	(0.055)
2 and over...	1.63	(0.024)	23.5	(0.27)	1.80	(0.034)	155	(4.4)	171	(3.5)	434	(8.5)	290	(7.1)	4.10	(0.120)	0.68	(0.043)
Non-Hispanic Asian:																		
2 - 5.....	1.50*	(0.085)	15.5*	(0.92)	1.43*	(0.088)	192*	(26.1)	120*	(7.7)	446*	(44.4)	213*	(12.0)	3.79*	(0.323)	0.70*	(0.154)
6 - 11.....	1.64	(0.105)	18.5	(1.02)	1.43	(0.063)	192	(8.9)	175	(12.5)	501	(16.7)	248	(14.2)	3.63	(0.332)	0.59	(0.074)
12 - 19.....	1.61	(0.053)	22.0	(0.66)	1.71	(0.058)	197	(11.9)	186	(10.2)	522	(24.8)	279	(10.0)	4.01	(0.195)	0.72*	(0.238)
20 and over...	1.77	(0.041)	24.2	(0.95)	2.02	(0.089)	166	(14.0)	256	(12.1)	538	(25.7)	327	(6.9)	4.02	(0.185)	0.50	(0.122)
2 and over...	1.74	(0.041)	23.3	(0.86)	1.94	(0.082)	172	(11.2)	239	(10.0)	530	(22.6)	314	(6.4)	3.98	(0.162)	0.53	(0.107)
Hispanic:																		
2 - 5.....	1.70	(0.121)	16.5	(0.87)	1.53	(0.070)	161	(14.9)	143	(11.2)	417	(32.6)	260	(18.1)	4.07	(0.245)	0.76	(0.064)
6 - 11.....	1.89	(0.080)	20.4	(0.55)	1.64	(0.047)	205	(12.6)	161	(5.7)	510	(22.3)	260	(8.3)	4.58	(0.202)	1.08	(0.131)
12 - 19.....	1.73	(0.072)	22.9	(0.91)	1.76	(0.097)	191	(16.1)	169	(7.3)	492	(32.2)	265	(9.5)	4.61	(0.313)	1.02	(0.151)
20 and over...	2.02	(0.047)	27.2	(0.68)	2.31	(0.057)	164	(4.3)	232	(6.1)	509	(10.2)	371	(9.5)	4.91	(0.164)	0.98	(0.097)
2 and over...	1.94	(0.037)	25.1	(0.45)	2.10	(0.033)	172	(5.1)	209	(4.5)	500	(9.6)	336	(6.7)	4.77	(0.130)	0.98	(0.078)

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.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
(years)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 5.....	84.7	(8.58)	5.4	(0.26)	6.1	(0.24)	0.8*	(0.24)	47.5	(2.71)	985	(35.1)	1117	(26.7)	210	(5.5)
6 - 11.....	70.6	(7.40)	5.1	(0.19)	8.4	(0.81)	1.3*	(0.75)	75.1	(11.13)	1029	(31.2)	1257	(34.7)	234	(5.4)
12 - 19.....	57.4	(5.28)	4.4	(0.24)	9.0	(0.95)	0.6	(0.14)	86.6	(10.72)	1029	(21.4)	1405	(76.9)	260	(12.0)
20 and over...	72.9	(2.69)	4.3	(0.17)	9.5	(0.21)	1.1	(0.09)	126.8	(8.56)	971	(14.6)	1379	(15.1)	304	(3.9)
2 and over...	71.8	(2.49)	4.4	(0.14)	9.2	(0.23)	1.0	(0.08)	116.2	(7.56)	981	(11.4)	1362	(15.5)	291	(3.8)
Non-Hispanic Black:																
2 - 5.....	93.6	(5.18)	3.9	(0.26)	5.7	(0.28)	0.5*	(0.16)	59.7	(5.96)	671	(27.8)	874	(29.3)	173	(5.4)
6 - 11.....	74.5	(3.30)	4.1	(0.20)	7.6	(0.21)	0.4	(0.05)	77.8	(10.53)	830	(31.0)	1162	(28.7)	216	(7.9)
12 - 19.....	72.0	(5.45)	3.5	(0.29)	7.8	(0.34)	0.4*	(0.14)	80.8	(7.22)	825	(44.3)	1173	(49.1)	213	(8.9)
20 and over...	78.1	(3.31)	3.9	(0.15)	8.9	(0.18)	0.6	(0.10)	128.9	(5.49)	826	(17.0)	1237	(21.0)	261	(4.5)
2 and over...	77.9	(2.71)	3.8	(0.11)	8.5	(0.12)	0.5	(0.07)	115.1	(4.38)	818	(12.7)	1204	(16.3)	247	(3.8)
Non-Hispanic Asian:																
2 - 5.....	60.2*	(11.58)	5.9*	(0.56)	5.5*	(0.32)	0.5*	(0.16)	48.3*	(3.94)	909*	(55.1)	1094*	(55.3)	211*	(12.1)
6 - 11.....	63.8	(5.35)	4.7	(0.53)	6.9	(0.46)	0.3*	(0.17)	61.8	(3.86)	867	(67.4)	1204	(69.3)	224	(9.8)
12 - 19.....	74.6	(9.26)	4.3	(0.27)	8.1	(0.35)	0.7	(0.18)	98.1	(13.64)	852	(49.6)	1215	(45.4)	262	(10.2)
20 and over...	96.5	(5.32)	5.1	(0.35)	8.5	(0.26)	0.5	(0.08)	149.3	(9.77)	802	(19.8)	1287	(28.5)	319	(8.0)
2 and over...	91.0	(5.13)	5.1	(0.29)	8.3	(0.23)	0.5	(0.07)	135.3	(9.00)	814	(18.6)	1268	(26.4)	304	(7.3)
Hispanic:																
2 - 5.....	94.1	(6.73)	6.1	(0.53)	5.7	(0.25)	0.4	(0.12)	50.0	(4.61)	1007	(67.6)	1160	(64.9)	217	(9.9)
6 - 11.....	84.9	(5.42)	5.5	(0.32)	7.5	(0.30)	0.6*	(0.21)	66.0	(4.44)	1070	(50.1)	1305	(39.7)	246	(5.5)
12 - 19.....	66.7	(3.03)	4.6	(0.40)	7.7	(0.36)	0.5	(0.14)	69.4	(4.36)	952	(31.2)	1265	(40.4)	245	(7.6)
20 and over...	89.3	(3.32)	4.5	(0.19)	9.4	(0.29)	1.0	(0.17)	118.2	(6.24)	971	(21.8)	1440	(28.5)	321	(7.0)
2 and over...	85.8	(2.49)	4.8	(0.13)	8.7	(0.22)	0.8	(0.11)	100.9	(4.56)	980	(19.3)	1381	(22.4)	295	(4.8)

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.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(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.....	9.7	(0.42)	7.4	(0.19)	0.8	(0.03)	68.8	(1.58)	1980	(60.6)	2152	(49.0)	8.4	(2.35)	37.0	(4.62)	--	--
6 - 11.....	13.6	(0.52)	9.3	(0.41)	0.9	(0.03)	87.2	(2.18)	2042	(46.1)	2908	(87.0)	17.4	(2.58)	63.1	(4.69)	--	--
12 - 19.....	14.4	(0.66)	10.5	(0.52)	1.1	(0.10)	111.0	(5.65)	2208	(104.3)	3489	(172.3)	54.0	(4.33)	58.7	(8.89)	--	--
20 and over...	13.8	(0.17)	10.8	(0.14)	1.2	(0.02)	110.0	(1.51)	2619	(34.1)	3420	(42.4)	203.7	(6.75)	43.9	(1.94)	11.1	(0.71)
2 and over...	13.7	(0.15)	10.5	(0.14)	1.2	(0.02)	106.8	(1.46)	2515	(30.6)	3337	(43.2)	169.0	(5.61)	46.3	(1.99)	--	--
Non-Hispanic Black:																		
2 - 5.....	9.5	(0.36)	6.1	(0.24)	0.6	(0.02)	62.8	(2.58)	1752	(57.3)	2114	(61.0)	4.7	(0.57)	20.7	(2.99)	--	--
6 - 11.....	13.3	(0.49)	8.6	(0.25)	0.8	(0.04)	99.5	(7.74)	1972	(31.2)	3030	(98.6)	12.1	(1.33)	48.2	(6.83)	--	--
12 - 19.....	12.9	(0.55)	8.9	(0.46)	0.8	(0.04)	102.8	(4.74)	1939	(89.6)	3318	(130.4)	17.0	(1.66)	37.2	(5.04)	--	--
20 and over...	12.7	(0.29)	9.6	(0.18)	1.1	(0.03)	108.2	(1.98)	2269	(41.3)	3358	(45.3)	70.5	(2.97)	29.7	(1.71)	11.7	(1.32)
2 and over...	12.6	(0.22)	9.2	(0.14)	1.0	(0.03)	104.4	(1.60)	2177	(37.2)	3259	(41.1)	55.6	(2.30)	31.8	(1.73)	--	--
Non-Hispanic Asian:																		
2 - 5.....	11.3*	(1.03)	7.9*	(0.68)	0.8*	(0.06)	71.3*	(3.52)	1958*	(75.7)	2112*	(117.5)	3.2*	(0.58)	32.3*	(8.04)	--	--
6 - 11.....	12.9	(0.53)	8.4	(0.42)	0.9	(0.04)	87.9	(3.90)	2068	(98.0)	2889	(129.4)	6.6	(1.18)	39.7	(7.78)	--	--
12 - 19.....	13.8	(0.80)	9.7	(0.38)	1.2	(0.05)	110.7	(3.69)	2171	(77.9)	3288	(142.3)	29.2	(3.10)	50.8	(5.51)	--	--
20 and over...	14.0	(0.60)	10.0	(0.25)	1.4	(0.04)	115.5	(3.52)	2716	(73.9)	3582	(100.8)	96.5	(4.86)	25.1	(4.53)	3.9	(0.40)
2 and over...	13.8	(0.53)	9.8	(0.24)	1.3	(0.04)	111.6	(3.15)	2597	(66.1)	3454	(92.0)	81.2	(3.52)	28.6	(3.81)	--	--
Hispanic:																		
2 - 5.....	11.4	(0.95)	7.8	(0.36)	0.7	(0.04)	72.3	(3.36)	2146	(96.4)	2157	(97.5)	8.4	(2.04)	43.4	(6.29)	--	--
6 - 11.....	14.4	(0.52)	9.5	(0.33)	0.9	(0.02)	93.9	(2.67)	2178	(55.7)	2854	(70.7)	17.1	(2.33)	56.9	(5.01)	--	--
12 - 19.....	14.0	(0.80)	9.7	(0.36)	1.0	(0.04)	101.0	(3.72)	2126	(71.9)	3219	(73.0)	28.8	(3.86)	35.5	(3.13)	--	--
20 and over...	14.6	(0.28)	11.6	(0.27)	1.2	(0.03)	122.4	(3.15)	2680	(50.7)	3631	(81.1)	121.1	(5.11)	29.3	(2.61)	9.3	(1.17)
2 and over...	14.2	(0.26)	10.8	(0.20)	1.1	(0.02)	112.8	(2.20)	2509	(39.6)	3387	(58.1)	88.9	(3.65)	34.0	(1.73)	--	--

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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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:																
2 - 5.....	0.44	(0.017)	0.30	(0.013)	0.23	(0.009)	0.49	(0.016)	0.79	(0.062)	2.01	(0.062)	11.12	(0.257)	4.55	(0.115)
6 - 11.....	0.53	(0.029)	0.36	(0.019)	0.28	(0.012)	0.58	(0.026)	1.00	(0.058)	2.38	(0.091)	15.05	(0.512)	6.31	(0.191)
12 - 19.....	0.60	(0.020)	0.40	(0.015)	0.31	(0.011)	0.65	(0.023)	1.08	(0.062)	2.76	(0.084)	16.31	(0.410)	7.16	(0.213)
20 and over...	0.55	(0.012)	0.37	(0.008)	0.30	(0.008)	0.62	(0.014)	1.05	(0.038)	2.60	(0.055)	15.93	(0.187)	7.04	(0.098)
2 and over...	0.54	(0.009)	0.37	(0.007)	0.30	(0.006)	0.61	(0.011)	1.04	(0.029)	2.58	(0.043)	15.70	(0.157)	6.90	(0.080)
Non-Hispanic Black:																
2 - 5.....	0.29	(0.019)	0.20	(0.014)	0.17	(0.014)	0.34	(0.022)	0.52	(0.061)	1.43	(0.076)	9.78	(0.379)	3.97	(0.161)
6 - 11.....	0.38	(0.018)	0.26	(0.011)	0.26	(0.028)	0.47	(0.030)	1.20	(0.226)	2.08	(0.124)	14.25	(0.519)	6.00	(0.193)
12 - 19.....	0.45	(0.035)	0.30	(0.023)	0.27	(0.019)	0.51	(0.034)	1.05	(0.090)	2.29	(0.132)	15.60	(0.719)	6.43	(0.282)
20 and over...	0.41	(0.009)	0.28	(0.007)	0.24	(0.009)	0.48	(0.012)	0.93	(0.055)	2.11	(0.050)	15.31	(0.288)	6.57	(0.123)
2 and over...	0.40	(0.009)	0.27	(0.006)	0.24	(0.008)	0.47	(0.010)	0.94	(0.044)	2.10	(0.046)	14.96	(0.241)	6.37	(0.108)
Non-Hispanic Asian:																
2 - 5.....	0.46*	(0.030)	0.34*	(0.023)	0.29*	(0.023)	0.56*	(0.031)	0.83*	(0.089)	2.03*	(0.109)	10.74*	(0.470)	4.28*	(0.202)
6 - 11.....	0.48	(0.030)	0.34	(0.019)	0.32	(0.024)	0.60	(0.027)	1.23	(0.167)	2.35	(0.108)	14.19	(0.814)	5.52	(0.306)
12 - 19.....	0.48	(0.070)	0.34	(0.049)	0.29	(0.037)	0.57	(0.064)	1.09	(0.231)	2.28	(0.199)	13.87	(0.695)	5.68	(0.231)
20 and over...	0.33	(0.020)	0.23	(0.012)	0.22	(0.014)	0.40	(0.021)	0.85	(0.067)	1.71	(0.075)	12.21	(0.230)	4.82	(0.130)
2 and over...	0.36	(0.022)	0.25	(0.014)	0.23	(0.013)	0.44	(0.022)	0.90	(0.063)	1.81	(0.074)	12.42	(0.233)	4.92	(0.108)
Hispanic:																
2 - 5.....	0.39	(0.030)	0.28	(0.022)	0.23	(0.018)	0.47	(0.033)	0.69	(0.076)	1.84	(0.129)	10.98	(0.617)	4.57	(0.266)
6 - 11.....	0.50	(0.032)	0.34	(0.021)	0.27	(0.016)	0.56	(0.030)	0.90	(0.064)	2.38	(0.124)	14.66	(0.489)	6.08	(0.245)
12 - 19.....	0.45	(0.027)	0.30	(0.015)	0.25	(0.015)	0.51	(0.025)	0.86	(0.068)	2.31	(0.140)	14.56	(0.386)	6.16	(0.178)
20 and over...	0.43	(0.013)	0.29	(0.009)	0.25	(0.008)	0.50	(0.015)	0.93	(0.045)	2.29	(0.059)	15.60	(0.396)	6.73	(0.170)
2 and over...	0.44	(0.011)	0.29	(0.008)	0.25	(0.007)	0.51	(0.013)	0.90	(0.032)	2.27	(0.053)	15.02	(0.312)	6.43	(0.130)

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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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:														
2 - 5.....	0.75	(0.025)	18.43	(0.427)	0.22	(0.010)	0.02	(0.003)	11.65	(0.288)	1.07	(0.034)	0.01	(0.001)
6 - 11.....	0.91	(0.036)	24.21	(0.683)	0.28	(0.009)	0.02	(0.003)	15.88	(0.712)	1.48	(0.062)	0.01	(0.001)
12 - 19.....	1.11	(0.041)	26.90	(0.883)	0.29	(0.010)	0.02	(0.002)	18.46	(1.686)	1.69	(0.132)	0.01	(0.001)
20 and over...	1.21	(0.033)	28.66	(0.416)	0.34	(0.006)	0.03	(0.003)	18.42	(0.374)	1.95	(0.060)	0.01	(0.001)
2 and over...	1.16	(0.028)	27.76	(0.350)	0.32	(0.005)	0.03	(0.002)	17.96	(0.375)	1.85	(0.057)	0.01	(0.001)
Non-Hispanic Black:														
2 - 5.....	0.76	(0.026)	17.14	(0.638)	0.22	(0.010)	0.02	(0.002)	11.25	(0.508)	1.00	(0.050)	0.01	(0.001)
6 - 11.....	1.04	(0.035)	24.40	(0.713)	0.30	(0.011)	0.03	(0.002)	16.46	(0.444)	1.45	(0.039)	0.01	(0.001)
12 - 19.....	1.24	(0.073)	26.49	(1.121)	0.32	(0.017)	0.04	(0.011)	18.12	(0.866)	1.67	(0.070)	0.01	(0.002)
20 and over...	1.29	(0.024)	28.45	(0.464)	0.37	(0.009)	0.04	(0.003)	19.26	(0.353)	1.93	(0.042)	0.01	(0.001)
2 and over...	1.23	(0.023)	27.27	(0.381)	0.35	(0.008)	0.04	(0.002)	18.46	(0.278)	1.81	(0.034)	0.01	(#)
Non-Hispanic Asian:														
2 - 5.....	0.60*	(0.058)	17.96*	(1.228)	0.18*	(0.016)	0.01*	(0.001)	10.62*	(0.537)	1.11*	(0.047)	#	
6 - 11.....	0.88	(0.080)	21.96	(1.450)	0.22	(0.022)	0.01	(0.003)	13.03	(1.041)	1.29	(0.085)	#	
12 - 19.....	0.95	(0.047)	22.89	(0.931)	0.24	(0.015)	0.01	(0.002)	15.07	(0.702)	1.59	(0.066)	0.01*	(0.002)
20 and over...	0.99	(0.032)	23.91	(0.549)	0.32	(0.015)	0.03	(0.004)	15.12	(0.400)	1.70	(0.067)	0.02	(0.002)
2 and over...	0.96	(0.031)	23.46	(0.526)	0.30	(0.014)	0.03	(0.003)	14.81	(0.366)	1.64	(0.055)	0.01	(0.001)
Hispanic:														
2 - 5.....	0.71	(0.035)	17.65	(0.896)	0.20	(0.014)	0.01	(0.002)	11.45	(0.622)	1.14	(0.088)	#	
6 - 11.....	0.96	(0.040)	23.10	(0.676)	0.26	(0.010)	0.02	(0.001)	15.20	(0.451)	1.45	(0.045)	0.01	(0.001)
12 - 19.....	1.12	(0.042)	24.57	(0.729)	0.29	(0.017)	0.02	(0.002)	16.40	(0.637)	1.59	(0.065)	0.01	(0.002)
20 and over...	1.28	(0.042)	28.13	(0.705)	0.32	(0.013)	0.02	(0.003)	18.11	(0.525)	1.94	(0.052)	0.01	(0.001)
2 and over...	1.18	(0.032)	26.35	(0.561)	0.30	(0.009)	0.02	(0.002)	17.09	(0.386)	1.78	(0.040)	0.01	(0.001)

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.**

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Race/ethnicity and age	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:								
2 - 5.....	0.08	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
6 - 11.....	0.11	(0.005)	0.02*	(0.006)	0.02	(0.002)	0.02*	(0.007)
12 - 19.....	0.12	(0.008)	0.02	(0.004)	0.02	(0.002)	0.02	(0.005)
20 and over...	0.15	(0.004)	0.03	(0.003)	0.03	(0.002)	0.05	(0.005)
2 and over...	0.14	(0.003)	0.03	(0.003)	0.03	(0.001)	0.05	(0.004)
Non-Hispanic Black:								
2 - 5.....	0.08	(0.005)	0.01	(0.003)	0.02	(0.001)	0.02	(0.005)
6 - 11.....	0.13	(0.010)	0.02	(0.004)	0.02	(0.002)	0.03	(0.005)
12 - 19.....	0.13	(0.009)	0.02	(0.006)	0.02	(0.002)	0.04	(0.008)
20 and over...	0.16	(0.004)	0.04	(0.003)	0.03	(0.001)	0.06	(0.004)
2 and over...	0.15	(0.004)	0.03	(0.002)	0.03	(0.001)	0.05	(0.003)
Non-Hispanic Asian:								
2 - 5.....	0.08*	(0.012)	0.01*	(0.003)	0.02*	(0.002)	0.02*	(0.005)
6 - 11.....	0.10	(0.011)	0.01	(0.002)	0.02	(0.001)	0.02	(0.005)
12 - 19.....	0.12	(0.008)	0.03	(0.006)	0.02	(0.001)	0.05	(0.010)
20 and over...	0.13	(0.006)	0.07	(0.008)	0.03	(0.004)	0.13	(0.015)
2 and over...	0.13	(0.005)	0.06	(0.007)	0.03	(0.003)	0.11	(0.013)
Hispanic:								
2 - 5.....	0.10	(0.009)	0.01	(0.003)	0.01	(0.001)	0.02	(0.004)
6 - 11.....	0.11	(0.005)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)
12 - 19.....	0.12	(0.008)	0.03*	(0.011)	0.03	(0.004)	0.05	(0.015)
20 and over...	0.16	(0.005)	0.04	(0.007)	0.03	(0.003)	0.07	(0.010)
2 and over...	0.14	(0.003)	0.03	(0.005)	0.03	(0.002)	0.06	(0.007)

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	373	1632	(74.7)	57.4	(2.22)	216	(9.8)	105	(6.0)	11.7	(0.47)	61.7	(3.23)	21.7	(1.39)	19.9	(0.99)	13.5	(0.68)
6 - 11.....	514	1942	(50.2)	66.8	(2.93)	252	(5.8)	113	(3.4)	14.1	(0.44)	76.6	(2.52)	27.1	(0.96)	24.7	(0.81)	16.9	(0.63)
12 - 19.....	628	1974	(50.7)	72.2	(2.63)	246	(7.9)	108	(4.3)	13.8	(0.53)	78.8	(2.02)	27.1	(0.67)	25.9	(0.80)	17.7	(0.69)
20 and over...	1900	2150	(45.7)	77.0	(1.72)	259	(5.7)	118	(3.5)	15.4	(0.43)	84.8	(1.76)	27.4	(0.69)	28.9	(0.68)	19.8	(0.52)
2 and over...	3415	2060	(38.5)	73.6	(1.55)	253	(4.7)	115	(2.9)	14.7	(0.33)	81.2	(1.58)	26.9	(0.63)	27.3	(0.59)	18.7	(0.42)
131-350% poverty:																			
2 - 5.....	297	1513	(37.3)	51.5	(1.49)	199	(6.0)	96	(4.6)	11.6	(0.49)	58.8	(1.63)	20.5	(0.83)	19.3	(0.56)	12.9	(0.28)
6 - 11.....	467	1993	(34.3)	63.0	(1.24)	261	(4.8)	122	(3.4)	14.7	(0.48)	79.9	(1.92)	27.8	(0.75)	26.5	(0.49)	17.9	(0.71)
12 - 19.....	568	2043	(35.3)	70.9	(1.82)	256	(5.1)	112	(3.5)	14.3	(0.46)	83.8	(1.59)	28.2	(0.71)	27.5	(0.59)	19.7	(0.63)
20 and over...	2619	2139	(34.0)	80.2	(1.42)	249	(3.9)	110	(2.2)	16.1	(0.38)	87.9	(1.60)	28.7	(0.50)	30.0	(0.61)	20.4	(0.39)
2 and over...	3951	2081	(24.1)	76.1	(1.11)	248	(2.9)	110	(1.8)	15.6	(0.31)	85.2	(1.13)	28.1	(0.36)	28.8	(0.44)	19.7	(0.29)
Over 350% poverty:																			
2 - 5.....	184	1495	(42.9)	52.1	(1.32)	203	(7.6)	100	(5.8)	14.1	(0.79)	55.4	(1.75)	18.7	(0.76)	18.4	(0.65)	12.3	(0.49)
6 - 11.....	291	1930	(65.7)	65.5	(2.52)	249	(11.5)	110	(6.2)	15.5	(1.01)	77.1	(2.71)	27.0	(0.99)	25.0	(0.98)	17.4	(1.04)
12 - 19.....	356	2192	(96.6)	79.9	(5.43)	268	(9.7)	119	(5.1)	15.5	(1.32)	90.9	(4.85)	31.1	(1.44)	29.4	(1.45)	21.6	(2.22)
20 and over...	2217	2146	(31.2)	83.4	(1.14)	233	(4.2)	97	(2.6)	17.3	(0.43)	90.5	(1.54)	29.5	(0.60)	31.0	(0.61)	21.1	(0.52)
2 and over...	3048	2114	(27.2)	80.9	(1.18)	236	(3.5)	99	(2.2)	16.9	(0.41)	88.5	(1.41)	29.1	(0.52)	30.1	(0.51)	20.6	(0.53)
All Individuals[2]:																			
2 - 5.....	940	1543	(23.6)	53.5	(0.84)	206	(3.1)	101	(2.6)	12.2	(0.30)	58.5	(1.10)	20.3	(0.39)	19.1	(0.39)	12.8	(0.32)
6 - 11.....	1411	1947	(27.2)	64.9	(1.25)	253	(3.8)	115	(2.4)	14.7	(0.34)	77.5	(1.29)	27.2	(0.54)	25.3	(0.39)	17.3	(0.39)
12 - 19.....	1740	2058	(34.4)	74.6	(2.18)	254	(3.8)	112	(2.5)	14.5	(0.50)	84.2	(1.77)	28.6	(0.45)	27.5	(0.51)	19.6	(0.82)
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)

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.**

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	Choles-terol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-crypto-xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
(years)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 5.....	221	(15.0)	447	(29.1)	540	(29.4)	143	(36.3)	991	(153.6)	91	(12.4)	4042	(574.4)	670	(66.9)	1.31	(0.061)
6 - 11.....	244	(19.1)	500	(21.0)	604	(30.9)	202	(41.5)	1105	(164.3)	88	(14.0)	4318	(401.1)	821	(92.1)	1.61	(0.047)
12 - 19.....	250	(11.0)	414	(22.1)	498	(25.4)	162	(34.6)	900	(115.2)	53	(4.3)	5735	(1016.7)	745	(55.5)	1.51	(0.063)
20 and over...	306	(10.1)	370	(10.2)	524	(15.4)	260	(24.8)	1680	(120.9)	85	(16.6)	4692	(241.7)	1376	(116.0)	1.60	(0.046)
2 and over...	284	(8.5)	397	(9.3)	530	(12.5)	230	(19.5)	1447	(96.5)	81	(11.9)	4752	(148.3)	1166	(86.9)	1.56	(0.038)
131-350% poverty:																		
2 - 5.....	176	(10.3)	421	(22.4)	512	(23.1)	219	(34.7)	929	(121.4)	89	(12.9)	3388	(584.5)	599	(57.4)	1.19	(0.036)
6 - 11.....	205	(6.0)	457	(14.3)	582	(18.0)	241	(37.2)	1325	(151.0)	94	(9.8)	4639	(413.0)	631	(36.5)	1.50	(0.026)
12 - 19.....	241	(10.0)	431	(18.7)	543	(25.4)	222	(42.2)	1202	(137.1)	57	(7.3)	4017	(403.2)	862	(132.8)	1.58	(0.049)
20 and over...	312	(9.1)	421	(11.5)	632	(16.0)	368	(34.5)	2299	(120.5)	83	(7.3)	4679	(290.5)	1437	(77.2)	1.58	(0.027)
2 and over...	288	(6.9)	425	(10.4)	611	(12.4)	333	(26.0)	2019	(84.7)	82	(5.9)	4530	(244.1)	1259	(60.9)	1.55	(0.023)
Over 350% poverty:																		
2 - 5.....	160	(10.8)	406	(25.8)	590	(54.8)	447*	(164.9)	1938*	(637.3)	96	(14.6)	3462	(601.2)	687	(75.4)	1.16	(0.041)
6 - 11.....	231	(19.7)	507	(35.9)	617	(41.6)	188	(27.2)	1179	(222.7)	94	(13.2)	3568	(314.5)	1218*	(439.2)	1.56	(0.034)
12 - 19.....	266	(19.1)	505	(39.3)	620	(33.1)	183	(44.4)	1250	(119.2)	76	(12.0)	5371	(875.6)	995	(114.2)	1.69	(0.086)
20 and over...	320	(9.0)	419	(14.7)	679	(26.5)	446	(39.4)	2851	(242.8)	88	(7.0)	5052	(387.8)	1914	(250.5)	1.57	(0.022)
2 and over...	305	(7.4)	431	(13.6)	667	(23.7)	408	(33.9)	2586	(204.2)	88	(5.5)	4931	(313.2)	1754	(207.6)	1.56	(0.020)
All Individuals[2]:																		
2 - 5.....	188	(7.1)	429	(13.9)	547	(20.9)	260	(52.7)	1240	(202.0)	95	(6.1)	3677	(331.5)	658	(40.6)	1.22	(0.027)
6 - 11.....	225	(8.1)	488	(15.7)	598	(19.2)	205	(22.0)	1172	(86.6)	92	(7.5)	4170	(173.7)	878	(139.8)	1.55	(0.027)
12 - 19.....	251	(7.1)	437	(14.4)	542	(12.9)	181	(18.1)	1132	(82.2)	61	(4.0)	4873	(305.0)	885	(60.2)	1.59	(0.025)
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 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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 5.....	1.68	(0.100)	16.5	(0.62)	1.45	(0.052)	156	(11.7)	125	(7.0)	390	(23.4)	241	(13.0)	4.01	(0.194)	0.62	(0.060)
6 - 11.....	1.90	(0.078)	21.2	(0.81)	1.64	(0.069)	219	(9.4)	145	(6.4)	516	(16.6)	255	(14.9)	4.74	(0.222)	1.12	(0.087)
12 - 19.....	1.75	(0.089)	23.2	(0.87)	1.81	(0.115)	201	(13.0)	155	(6.3)	495	(24.6)	259	(10.7)	4.72	(0.262)	1.09	(0.164)
20 and over...	1.97	(0.063)	26.5	(1.01)	2.27	(0.176)	169	(5.9)	197	(5.7)	483	(12.0)	318	(8.8)	4.71	(0.247)	1.25	(0.195)
2 and over...	1.91	(0.056)	24.7	(0.81)	2.07	(0.128)	178	(4.6)	180	(4.6)	481	(9.6)	296	(8.0)	4.66	(0.205)	1.16	(0.138)
131-350% poverty:																		
2 - 5.....	1.48	(0.049)	15.5	(0.41)	1.37	(0.040)	144	(7.1)	117	(7.1)	361	(15.1)	206	(8.0)	3.53	(0.157)	0.69	(0.078)
6 - 11.....	1.76	(0.039)	20.0	(0.47)	1.56	(0.031)	190	(8.0)	142	(4.0)	465	(13.2)	233	(4.6)	4.07	(0.123)	0.82	(0.069)
12 - 19.....	1.79	(0.056)	23.1	(0.70)	1.72	(0.073)	200	(12.0)	159	(6.1)	496	(23.3)	256	(7.3)	4.32	(0.156)	0.93	(0.101)
20 and over...	2.06	(0.038)	25.9	(0.47)	2.13	(0.048)	170	(5.9)	204	(5.2)	492	(11.7)	333	(7.6)	4.87	(0.172)	1.04	(0.090)
2 and over...	1.98	(0.033)	24.5	(0.36)	1.99	(0.038)	174	(4.9)	189	(4.0)	483	(9.1)	309	(5.8)	4.67	(0.131)	0.99	(0.073)
Over 350% poverty:																		
2 - 5.....	1.51	(0.081)	15.8	(0.64)	1.37	(0.061)	133	(16.6)	130	(7.0)	356	(28.1)	206	(7.2)	3.23	(0.209)	0.48	(0.095)
6 - 11.....	1.81	(0.059)	20.5	(0.94)	1.67	(0.104)	190	(9.6)	160	(9.0)	482	(18.0)	249	(12.4)	4.09	(0.210)	0.97	(0.196)
12 - 19.....	1.98	(0.114)	25.4	(1.39)	1.97	(0.119)	202	(14.7)	186	(22.8)	525	(39.7)	283	(18.8)	4.56	(0.258)	0.94	(0.232)
20 and over...	2.15	(0.049)	25.7	(0.56)	2.13	(0.065)	148	(3.5)	227	(6.0)	478	(8.3)	348	(7.3)	4.77	(0.145)	0.87	(0.124)
2 and over...	2.09	(0.043)	25.0	(0.49)	2.06	(0.056)	155	(3.5)	216	(5.4)	477	(8.8)	332	(6.2)	4.66	(0.124)	0.87	(0.114)
All Individuals[2]:																		
2 - 5.....	1.56	(0.037)	15.8	(0.29)	1.40	(0.024)	145	(5.6)	123	(3.3)	367	(10.9)	219	(5.8)	3.65	(0.102)	0.62	(0.047)
6 - 11.....	1.82	(0.035)	20.6	(0.45)	1.63	(0.049)	200	(4.1)	148	(3.7)	488	(8.5)	244	(5.9)	4.31	(0.112)	1.01	(0.076)
12 - 19.....	1.82	(0.034)	24.1	(0.53)	1.84	(0.060)	197	(6.0)	166	(7.4)	497	(12.1)	265	(7.0)	4.52	(0.121)	0.98	(0.117)
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)

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.**

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-March 2020 Prepandemic *(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.....	85.9	(5.03)	6.1	(0.47)	5.6	(0.23)	0.2	(0.05)	49.5	(3.67)	1010	(67.1)	1168	(60.4)	211	(8.5)
6 - 11.....	66.8	(5.07)	5.7	(0.34)	7.2	(0.22)	0.7	(0.16)	67.9	(8.80)	1064	(47.8)	1291	(51.9)	230	(6.3)
12 - 19.....	58.6	(3.47)	4.7	(0.30)	7.8	(0.29)	0.6	(0.16)	65.5	(4.12)	945	(37.8)	1261	(43.1)	239	(7.1)
20 and over...	71.4	(3.32)	4.1	(0.17)	8.5	(0.27)	0.5	(0.08)	107.2	(5.93)	904	(20.3)	1316	(25.9)	281	(6.3)
2 and over...	70.1	(2.65)	4.5	(0.17)	8.0	(0.19)	0.5	(0.07)	92.2	(4.89)	936	(19.4)	1294	(25.5)	264	(4.8)
131-350% poverty:																
2 - 5.....	84.9	(10.23)	5.0	(0.31)	5.9	(0.26)	0.7*	(0.27)	48.8	(3.59)	918	(52.8)	1052	(31.5)	202	(6.1)
6 - 11.....	67.7	(4.90)	4.7	(0.18)	7.8	(0.21)	0.5*	(0.16)	63.8	(3.57)	976	(27.7)	1242	(21.4)	232	(4.5)
12 - 19.....	61.5	(5.84)	4.2	(0.29)	7.8	(0.30)	0.5	(0.12)	78.0	(7.71)	947	(26.7)	1269	(31.7)	241	(6.9)
20 and over...	73.5	(1.87)	4.5	(0.13)	9.2	(0.21)	1.0	(0.12)	113.2	(3.64)	948	(14.7)	1364	(20.4)	296	(4.4)
2 and over...	72.4	(1.80)	4.5	(0.12)	8.8	(0.15)	0.9	(0.08)	101.6	(3.05)	949	(12.7)	1326	(15.3)	279	(3.4)
Over 350% poverty:																
2 - 5.....	83.4	(6.55)	5.0	(0.29)	6.4	(0.41)	0.8*	(0.31)	54.6	(4.54)	922	(27.3)	1093	(38.7)	212	(6.6)
6 - 11.....	84.4	(8.36)	4.8	(0.25)	9.0	(1.27)	1.6*	(1.06)	89.2	(19.04)	1012	(39.7)	1267	(47.4)	244	(8.5)
12 - 19.....	73.1	(8.06)	4.5	(0.36)	10.2	(1.53)	0.8	(0.20)	97.7	(9.94)	1032	(38.7)	1448	(106.4)	270	(16.7)
20 and over...	82.5	(3.41)	4.3	(0.22)	10.0	(0.25)	1.2	(0.13)	146.8	(12.17)	971	(20.4)	1402	(18.4)	319	(6.1)
2 and over...	81.9	(3.11)	4.4	(0.19)	9.8	(0.29)	1.2	(0.13)	136.1	(10.14)	977	(17.7)	1387	(19.0)	307	(5.5)
All Individuals[2]:																
2 - 5.....	85.8	(4.41)	5.4	(0.19)	5.9	(0.15)	0.6	(0.13)	50.0	(1.97)	953	(27.3)	1102	(22.1)	207	(4.2)
6 - 11.....	73.5	(4.18)	5.1	(0.14)	7.9	(0.41)	0.9*	(0.40)	72.7	(6.16)	1011	(24.5)	1261	(25.0)	235	(3.2)
12 - 19.....	63.2	(3.06)	4.3	(0.16)	8.5	(0.44)	0.6	(0.07)	82.3	(5.25)	965	(13.8)	1319	(36.3)	249	(6.2)
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)

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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-March 2020 Prepandemic *(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.....	11.4	(0.68)	7.8	(0.31)	0.7	(0.03)	76.0	(2.91)	2081	(89.5)	2386	(102.9)	9.7	(2.30)	40.7	(6.64)	--	--
6 - 11.....	14.4	(0.50)	9.9	(0.45)	0.9	(0.03)	94.4	(3.79)	2092	(73.7)	3048	(119.4)	19.7	(2.75)	50.1	(5.11)	--	--
12 - 19.....	13.4	(0.50)	9.8	(0.36)	0.9	(0.03)	106.8	(3.60)	2038	(68.7)	3169	(85.6)	37.1	(2.69)	44.6	(4.46)	--	--
20 and over...	13.6	(0.36)	10.1	(0.21)	1.1	(0.03)	111.8	(2.19)	2458	(53.8)	3378	(83.3)	164.7	(10.36)	33.3	(2.14)	9.5	(1.19)
2 and over...	13.5	(0.29)	9.9	(0.18)	1.0	(0.02)	106.3	(1.80)	2326	(46.9)	3232	(67.5)	117.7	(7.16)	37.4	(1.72)	--	--
131-350% poverty:																		
2 - 5.....	9.9	(0.37)	7.1	(0.28)	0.7	(0.03)	67.5	(2.23)	1894	(76.4)	2072	(63.1)	6.5	(1.59)	30.3	(3.35)	--	--
6 - 11.....	13.2	(0.36)	8.8	(0.25)	0.9	(0.02)	88.6	(2.93)	2082	(36.9)	2893	(58.3)	17.7	(1.83)	61.4	(3.57)	--	--
12 - 19.....	13.9	(0.51)	9.6	(0.30)	1.0	(0.03)	100.5	(2.87)	2100	(63.5)	3225	(80.9)	43.7	(3.87)	46.7	(4.28)	--	--
20 and over...	14.1	(0.24)	10.8	(0.19)	1.2	(0.03)	111.2	(2.35)	2537	(31.7)	3452	(64.2)	160.0	(9.36)	40.0	(3.16)	7.9	(0.71)
2 and over...	13.8	(0.20)	10.3	(0.16)	1.1	(0.02)	105.7	(1.68)	2415	(26.0)	3303	(46.9)	126.6	(6.93)	42.0	(2.55)	--	--
Over 350% poverty:																		
2 - 5.....	10.0	(0.51)	7.3	(0.26)	0.8	(0.03)	65.5	(1.64)	1983	(73.6)	2107	(79.8)	7.0*	(2.85)	40.0	(7.27)	--	--
6 - 11.....	13.8	(0.44)	9.4	(0.48)	1.0	(0.05)	90.9	(3.57)	2068	(72.1)	2871	(117.2)	12.5	(2.74)	65.0	(8.26)	--	--
12 - 19.....	15.1	(0.89)	10.5	(0.58)	1.1	(0.14)	113.8	(9.55)	2323	(118.0)	3716	(236.6)	41.6	(6.38)	62.7	(15.87)	--	--
20 and over...	13.8	(0.23)	11.1	(0.17)	1.3	(0.02)	114.5	(1.72)	2716	(52.0)	3515	(54.3)	182.5	(6.96)	42.5	(1.96)	12.8	(0.84)
2 and over...	13.7	(0.22)	10.8	(0.15)	1.2	(0.03)	111.3	(1.87)	2619	(45.8)	3443	(53.1)	154.5	(6.81)	45.4	(2.45)	--	--
All Individuals[2]:																		
2 - 5.....	10.4	(0.33)	7.4	(0.16)	0.7	(0.02)	69.7	(1.23)	1987	(30.5)	2173	(43.8)	7.7	(1.32)	36.5	(3.30)	--	--
6 - 11.....	13.8	(0.30)	9.3	(0.25)	0.9	(0.02)	91.0	(2.10)	2077	(36.9)	2924	(60.0)	16.2	(1.55)	58.7	(2.48)	--	--
12 - 19.....	14.0	(0.32)	10.0	(0.27)	1.0	(0.05)	106.9	(2.77)	2143	(51.0)	3373	(84.6)	41.0	(2.04)	48.9	(4.74)	--	--
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)	--	--

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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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:																
2 - 5.....	0.43	(0.044)	0.31	(0.031)	0.24	(0.021)	0.50	(0.046)	0.70	(0.060)	2.01	(0.175)	11.96	(0.722)	4.86	(0.288)
6 - 11.....	0.48	(0.023)	0.34	(0.015)	0.27	(0.009)	0.56	(0.021)	0.96	(0.042)	2.40	(0.099)	14.88	(0.548)	6.25	(0.275)
12 - 19.....	0.49	(0.021)	0.33	(0.013)	0.28	(0.013)	0.56	(0.021)	1.00	(0.066)	2.42	(0.091)	14.85	(0.377)	6.28	(0.168)
20 and over...	0.44	(0.019)	0.30	(0.013)	0.25	(0.011)	0.51	(0.020)	0.89	(0.045)	2.25	(0.089)	15.21	(0.364)	6.60	(0.167)
2 and over...	0.45	(0.016)	0.31	(0.011)	0.26	(0.009)	0.52	(0.016)	0.90	(0.032)	2.27	(0.075)	14.86	(0.335)	6.38	(0.155)
131-350% poverty:																
2 - 5.....	0.43	(0.025)	0.28	(0.017)	0.23	(0.014)	0.47	(0.026)	0.79	(0.081)	1.97	(0.108)	10.98	(0.444)	4.52	(0.180)
6 - 11.....	0.50	(0.028)	0.34	(0.018)	0.28	(0.019)	0.56	(0.027)	1.06	(0.095)	2.37	(0.076)	15.29	(0.535)	6.38	(0.155)
12 - 19.....	0.52	(0.030)	0.35	(0.021)	0.28	(0.015)	0.57	(0.030)	0.97	(0.068)	2.47	(0.107)	15.40	(0.352)	6.64	(0.181)
20 and over...	0.49	(0.012)	0.33	(0.008)	0.28	(0.007)	0.56	(0.012)	1.00	(0.038)	2.40	(0.047)	15.71	(0.280)	6.88	(0.144)
2 and over...	0.49	(0.010)	0.33	(0.007)	0.27	(0.006)	0.55	(0.010)	0.99	(0.030)	2.38	(0.038)	15.38	(0.198)	6.68	(0.106)
Over 350% poverty:																
2 - 5.....	0.37	(0.025)	0.27	(0.018)	0.22	(0.018)	0.44	(0.028)	0.72	(0.084)	1.76	(0.103)	10.07	(0.414)	4.13	(0.161)
6 - 11.....	0.55	(0.038)	0.37	(0.025)	0.28	(0.015)	0.59	(0.033)	0.94	(0.065)	2.38	(0.129)	14.66	(0.509)	6.21	(0.220)
12 - 19.....	0.61	(0.043)	0.41	(0.028)	0.32	(0.019)	0.66	(0.041)	1.15	(0.082)	2.81	(0.158)	16.81	(0.786)	7.25	(0.362)
20 and over...	0.54	(0.019)	0.36	(0.015)	0.30	(0.013)	0.62	(0.024)	1.09	(0.063)	2.60	(0.085)	15.87	(0.276)	6.96	(0.136)
2 and over...	0.54	(0.016)	0.36	(0.012)	0.30	(0.010)	0.61	(0.019)	1.07	(0.050)	2.58	(0.071)	15.68	(0.243)	6.84	(0.121)
All Individuals[2]:																
2 - 5.....	0.42	(0.012)	0.29	(0.009)	0.23	(0.008)	0.47	(0.013)	0.73	(0.043)	1.93	(0.051)	11.01	(0.210)	4.52	(0.087)
6 - 11.....	0.51	(0.017)	0.35	(0.011)	0.28	(0.009)	0.57	(0.016)	1.02	(0.052)	2.37	(0.064)	14.87	(0.292)	6.23	(0.133)
12 - 19.....	0.53	(0.011)	0.36	(0.008)	0.29	(0.006)	0.59	(0.012)	1.03	(0.040)	2.55	(0.048)	15.59	(0.242)	6.68	(0.123)
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)

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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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:														
2 - 5.....	0.83	(0.037)	18.85	(0.950)	0.22	(0.014)	0.02	(0.002)	12.15	(0.612)	1.14	(0.069)	#	
6 - 11.....	1.02	(0.066)	23.31	(0.729)	0.26	(0.012)	0.03	(0.003)	15.24	(0.562)	1.39	(0.055)	0.01	(0.001)
12 - 19.....	1.09	(0.044)	24.40	(0.759)	0.29	(0.014)	0.03	(0.005)	15.92	(0.644)	1.48	(0.052)	0.01	(0.001)
20 and over...	1.19	(0.037)	27.19	(0.636)	0.32	(0.010)	0.03	(0.003)	17.62	(0.469)	1.79	(0.053)	0.01	(0.001)
2 and over...	1.13	(0.031)	25.69	(0.550)	0.30	(0.008)	0.03	(0.002)	16.67	(0.377)	1.65	(0.042)	0.01	(0.001)
131-350% poverty:														
2 - 5.....	0.76	(0.046)	18.37	(0.527)	0.21	(0.008)	0.02	(0.004)	11.69	(0.253)	1.08	(0.039)	#	
6 - 11.....	0.91	(0.034)	25.20	(0.469)	0.30	(0.011)	0.03	(0.005)	16.13	(0.647)	1.51	(0.068)	0.01	(0.001)
12 - 19.....	1.08	(0.035)	25.96	(0.569)	0.30	(0.011)	0.03	(0.003)	17.70	(0.592)	1.68	(0.046)	0.01	(0.002)
20 and over...	1.20	(0.030)	28.24	(0.578)	0.34	(0.008)	0.04	(0.004)	18.16	(0.352)	1.86	(0.048)	0.01	(0.001)
2 and over...	1.14	(0.025)	27.18	(0.411)	0.33	(0.006)	0.03	(0.003)	17.58	(0.258)	1.77	(0.035)	0.01	(0.001)
Over 350% poverty:														
2 - 5.....	0.65	(0.036)	17.54	(0.632)	0.21	(0.011)	0.01	(0.002)	11.12	(0.455)	1.08	(0.045)	#	
6 - 11.....	0.92	(0.065)	23.72	(0.938)	0.26	(0.012)	0.02	(0.002)	15.63	(1.003)	1.50	(0.070)	0.01	(0.002)
12 - 19.....	1.18	(0.078)	27.73	(1.376)	0.30	(0.016)	0.02	(0.002)	19.54	(2.110)	1.81	(0.137)	0.01	(0.001)
20 and over...	1.26	(0.043)	29.16	(0.572)	0.35	(0.010)	0.03	(0.002)	18.69	(0.452)	2.02	(0.074)	0.01	(0.001)
2 and over...	1.21	(0.035)	28.30	(0.481)	0.33	(0.008)	0.03	(0.002)	18.31	(0.471)	1.93	(0.068)	0.01	(0.001)
All Individuals[2]:														
2 - 5.....	0.75	(0.020)	18.16	(0.375)	0.21	(0.007)	0.02	(0.002)	11.54	(0.291)	1.08	(0.031)	#	
6 - 11.....	0.95	(0.028)	23.93	(0.369)	0.27	(0.005)	0.02	(0.002)	15.61	(0.365)	1.46	(0.033)	0.01	(0.001)
12 - 19.....	1.11	(0.030)	25.94	(0.473)	0.29	(0.008)	0.03	(0.002)	17.69	(0.762)	1.66	(0.071)	0.01	(0.001)
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	(#)

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.**

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-March 2020 Prepandemic *(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	0.10	(0.005)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
6 - 11	0.12	(0.011)	0.01	(0.002)	0.02	(0.001)	0.02	(0.003)
12 - 19	0.12	(0.005)	0.02	(0.003)	0.02	(0.001)	0.04	(0.005)
20 and over	0.15	(0.005)	0.02	(0.002)	0.02	(0.001)	0.04	(0.003)
2 and over	0.14	(0.005)	0.02	(0.002)	0.02	(0.001)	0.04	(0.002)
131-350% poverty:								
2 - 5	0.08	(0.004)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
6 - 11	0.10	(0.005)	0.02	(0.002)	0.02	(0.001)	0.02	(0.003)
12 - 19	0.12	(0.007)	0.03	(0.007)	0.03	(0.003)	0.04	(0.010)
20 and over	0.15	(0.005)	0.03	(0.005)	0.03	(0.002)	0.06	(0.006)
2 and over	0.14	(0.004)	0.03	(0.004)	0.03	(0.001)	0.05	(0.005)
Over 350% poverty:								
2 - 5	0.08	(0.005)	0.01	(0.002)	0.01	(0.001)	0.01	(0.004)
6 - 11	0.11	(0.008)	0.02*	(0.007)	0.02	(0.003)	0.03	(0.008)
12 - 19	0.13	(0.012)	0.02	(0.006)	0.02	(0.003)	0.03	(0.008)
20 and over	0.15	(0.005)	0.04	(0.005)	0.03	(0.003)	0.07	(0.007)
2 and over	0.14	(0.004)	0.03	(0.004)	0.03	(0.002)	0.06	(0.006)
All Individuals[2]:								
2 - 5	0.09	(0.003)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
6 - 11	0.11	(0.005)	0.02	(0.003)	0.02	(0.001)	0.02	(0.004)
12 - 19	0.12	(0.004)	0.03	(0.004)	0.02	(0.002)	0.04	(0.005)
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.

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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 5. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Sample size [2]	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5	468	1667	(41.7)	14	(0.2)	53	(0.7)	34	(0.5)	12	(0.3)	11	(0.2)	8	(0.2)	--	--
6 - 11	701	1989	(38.4)	14	(0.3)	52	(0.6)	35	(0.5)	13	(0.3)	12	(0.2)	8	(0.2)	--	--
12 - 19	899	2299	(36.4)	15	(0.2)	49	(0.6)	36	(0.4)	12	(0.2)	12	(0.2)	8	(0.2)	--	--
20 - 29	551	2420	(80.9)	16	(0.3)	46	(0.7)	35	(0.6)	11	(0.2)	12	(0.2)	8	(0.4)	--	--
30 - 39	535	2688	(70.3)	16	(0.3)	46	(0.7)	35	(0.6)	11	(0.3)	12	(0.3)	8	(0.2)	--	--
40 - 49	613	2579	(86.3)	16	(0.4)	44	(0.7)	37	(0.6)	12	(0.2)	13	(0.4)	8	(0.3)	--	--
50 - 59	608	2545	(42.8)	15	(0.4)	45	(0.9)	36	(0.5)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
60 - 69	776	2448	(57.9)	16	(0.4)	45	(0.6)	38	(0.5)	12	(0.3)	13	(0.2)	9	(0.4)	--	--
70 and over	662	2145	(43.0)	15	(0.2)	46	(0.6)	37	(0.4)	12	(0.3)	13	(0.2)	9	(0.2)	--	--
2 - 19	2068	2061	(20.9)	15	(0.2)	51	(0.3)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
20 and over	3745	2483	(24.2)	16	(0.1)	45	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	4	(0.2)
2 and over	5813	2379	(20.3)	15	(0.1)	47	(0.2)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5	472	1417	(24.8)	14	(0.2)	54	(0.5)	33	(0.4)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
6 - 11	710	1902	(37.9)	13	(0.3)	53	(0.5)	35	(0.4)	12	(0.2)	11	(0.1)	8	(0.2)	--	--
12 - 19	841	1812	(57.3)	14	(0.3)	51	(0.8)	36	(0.5)	12	(0.2)	12	(0.2)	9	(0.2)	--	--
20 - 29	605	1963	(30.3)	15	(0.3)	46	(0.7)	38	(0.7)	13	(0.2)	12	(0.3)	9	(0.3)	--	--
30 - 39	667	1916	(27.2)	15	(0.2)	47	(0.6)	37	(0.5)	12	(0.2)	13	(0.2)	9	(0.2)	--	--
40 - 49	621	1805	(44.9)	15	(0.2)	48	(0.7)	36	(0.7)	12	(0.4)	12	(0.3)	9	(0.2)	--	--
50 - 59	706	1859	(48.5)	16	(0.4)	47	(0.7)	36	(0.4)	12	(0.2)	13	(0.2)	8	(0.2)	--	--
60 - 69	744	1745	(46.9)	16	(0.3)	45	(0.8)	38	(0.6)	12	(0.3)	13	(0.3)	9	(0.3)	--	--
70 and over	619	1648	(32.0)	15	(0.3)	47	(0.5)	37	(0.6)	12	(0.4)	13	(0.2)	9	(0.1)	--	--
2 - 19	2023	1757	(31.5)	14	(0.2)	52	(0.4)	35	(0.3)	12	(0.1)	11	(0.1)	8	(0.1)	--	--
20 and over	3962	1829	(17.7)	15	(0.1)	47	(0.3)	37	(0.3)	12	(0.2)	13	(0.1)	9	(0.1)	2	(0.2)
2 and over	5985	1812	(12.1)	15	(0.1)	48	(0.3)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	--	--
Males and females:																	
2 - 19	4091	1911	(19.7)	14	(0.2)	52	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
20 and over	7707	2144	(14.9)	16	(0.1)	46	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over	11798	2089	(11.3)	15	(0.1)	47	(0.2)	36	(0.1)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

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.**

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 = 3) 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

Table 6. Energy Intakes: Percentages[1] of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity 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)
Non-Hispanic White:																	
2 - 5.....	344	1542	(31.7)	14	(0.2)	53	(0.5)	34	(0.4)	12	(0.2)	11	(0.2)	7	(0.1)	--	--
6 - 11.....	442	1952	(45.6)	13	(0.4)	52	(0.6)	36	(0.4)	13	(0.2)	12	(0.1)	8	(0.2)	--	--
12 - 19.....	562	2136	(70.2)	15	(0.4)	50	(0.8)	36	(0.5)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
20 and over...	2758	2135	(20.3)	15	(0.2)	45	(0.3)	37	(0.2)	12	(0.1)	13	(0.1)	9	(0.2)	3	(0.2)
2 and over...	4106	2097	(16.0)	15	(0.1)	46	(0.3)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.2)	--	--
Non-Hispanic Black:																	
2 - 5.....	257	1429	(38.7)	13	(0.3)	54	(0.9)	33	(0.6)	11	(0.3)	11	(0.2)	8*	(0.2)	--	--
6 - 11.....	386	1918	(35.4)	13	(0.2)	52	(0.8)	36	(0.6)	12	(0.4)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	441	2007	(74.2)	14	(0.4)	49	(0.7)	37	(0.7)	12	(0.4)	12	(0.3)	9	(0.3)	--	--
20 and over...	2071	2123	(31.2)	15	(0.1)	47	(0.3)	37	(0.3)	11	(0.1)	13	(0.1)	9	(0.1)	3	(0.3)
2 and over...	3155	2055	(24.3)	14	(0.1)	48	(0.3)	36	(0.3)	11	(0.1)	12	(0.1)	9	(0.1)	--	--
Non-Hispanic Asian:																	
2 - 5.....	58	1505*	(56.6)	14*	(0.5)	53*	(0.9)	34*	(0.8)	12*	(0.3)	11*	(0.6)	7*	(0.4)	--	--
6 - 11.....	106	1818	(80.6)	14*	(0.4)	53	(1.1)	35	(0.7)	13*	(0.3)	11*	(0.5)	7*	(0.3)	--	--
12 - 19.....	163	1944	(47.7)	15	(0.5)	52	(0.9)	34	(1.1)	11*	(0.5)	11*	(0.4)	8*	(0.3)	--	--
20 and over...	841	1947	(39.2)	17	(0.3)	50	(0.6)	33	(0.6)	10	(0.3)	12	(0.2)	8	(0.2)	1*	(0.1)
2 and over...	1168	1921	(35.9)	16	(0.3)	51	(0.5)	33	(0.6)	10	(0.3)	11	(0.2)	8	(0.1)	--	--
Hispanic:																	
2 - 5.....	190	1582	(76.6)	15	(0.3)	54	(0.5)	32	(0.4)	11*	(0.2)	10*	(0.2)	7*	(0.2)	--	--
6 - 11.....	336	1953	(41.6)	14	(0.2)	53	(0.5)	34	(0.6)	12	(0.3)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	421	1952	(39.2)	15	(0.3)	50	(0.8)	36	(0.6)	12	(0.4)	12	(0.3)	8	(0.3)	--	--
20 and over...	1669	2219	(44.7)	16	(0.2)	48	(0.6)	35	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	2	(0.2)
2 and over...	2616	2107	(34.8)	16	(0.2)	49	(0.5)	35	(0.4)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

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.**

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 2.76.

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 2.76.

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 = 3) 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	373	1632	(74.7)	14	(0.3)	53	(0.5)	34	(0.5)	12	(0.3)	11	(0.1)	7	(0.2)	--	--
6 - 11.....	514	1942	(50.2)	14	(0.4)	52	(1.0)	35	(0.6)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	628	1974	(50.7)	15	(0.4)	51	(0.8)	35	(0.5)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
20 and over...	1900	2150	(45.7)	15	(0.2)	49	(0.5)	35	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	2	(0.3)
2 and over...	3415	2060	(38.5)	15	(0.2)	50	(0.3)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	297	1513	(37.3)	14	(0.3)	53	(0.7)	35	(0.4)	12	(0.3)	11	(0.2)	8	(0.1)	--	--
6 - 11.....	467	1993	(34.3)	13	(0.2)	53	(0.5)	36	(0.4)	12	(0.2)	12	(0.1)	8	(0.2)	--	--
12 - 19.....	568	2043	(35.3)	14	(0.3)	50	(0.5)	36	(0.5)	12	(0.3)	12	(0.2)	9	(0.2)	--	--
20 and over...	2619	2139	(34.0)	15	(0.1)	47	(0.3)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	2	(0.2)
2 and over...	3951	2081	(24.1)	15	(0.1)	48	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	184	1495	(42.9)	14	(0.4)	54	(0.8)	33	(0.6)	11*	(0.4)	11*	(0.3)	7*	(0.3)	--	--
6 - 11.....	291	1930	(65.7)	14	(0.6)	52	(1.0)	35	(0.5)	13	(0.4)	11	(0.2)	8	(0.3)	--	--
12 - 19.....	356	2192	(96.6)	15	(0.5)	50	(1.1)	36	(0.7)	12	(0.3)	12	(0.2)	9	(0.5)	--	--
20 and over...	2217	2146	(31.2)	16	(0.2)	44	(0.4)	37	(0.2)	12	(0.2)	13	(0.1)	9	(0.2)	4	(0.3)
2 and over...	3048	2114	(27.2)	16	(0.2)	45	(0.4)	37	(0.2)	12	(0.1)	13	(0.1)	9	(0.2)	--	--
All Individuals[4]:																	
2 - 5.....	940	1543	(23.6)	14	(0.1)	53	(0.3)	34	(0.2)	12	(0.1)	11	(0.1)	7	(0.1)	--	--
6 - 11.....	1411	1947	(27.2)	14	(0.2)	52	(0.4)	35	(0.3)	12	(0.1)	11	(0.1)	8	(0.1)	--	--
12 - 19.....	1740	2058	(34.4)	15	(0.2)	50	(0.5)	36	(0.4)	12	(0.1)	12	(0.1)	8	(0.2)	--	--
20 and over...	7707	2144	(14.9)	16	(0.1)	46	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	11798	2089	(11.3)	15	(0.1)	47	(0.2)	36	(0.1)	12	(0.1)	12	(0.1)	8	(0.1)	--	--

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.**

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 2.76.

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 2.76.

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 = 3) 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level) and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	60	(3.5)	24	(1.9)	22	(1.8)	25	(2.0)	24	(2.1)	26	(2.5)	25	(2.1)	23	(1.9)	25	(2.2)	27	(2.6)
6 - 11	72	(2.4)	33	(1.5)	32	(1.7)	34	(1.5)	36	(1.6)	33	(2.0)	32	(1.7)	31	(1.8)	31	(1.8)	32	(1.7)
12 - 19	65	(3.0)	32	(2.4)	31	(1.9)	33	(2.6)	34	(3.0)	31	(2.6)	32	(2.5)	31	(2.5)	32	(2.5)	35	(2.6)
20 - 29	76	(3.1)	40	(2.9)	38	(2.8)	40	(2.9)	43	(2.8)	39	(3.4)	40	(3.1)	39	(3.1)	41	(3.3)	41	(3.3)
30 - 39	76	(2.6)	38	(2.6)	37	(2.9)	38	(2.6)	40	(3.0)	33	(2.9)	39	(2.9)	36	(2.7)	40	(3.1)	41	(3.3)
40 - 49	69	(3.6)	33	(2.2)	31	(2.5)	33	(2.2)	33	(2.2)	31	(2.4)	35	(2.4)	33	(2.6)	36	(2.5)	36	(2.5)
50 - 59	69	(2.7)	37	(2.2)	37	(2.4)	35	(2.1)	34	(2.8)	35	(2.1)	39	(2.5)	38	(2.5)	38	(2.4)	42	(2.9)
60 - 69	58	(2.2)	26	(2.0)	25	(2.1)	25	(1.9)	23	(2.2)	24	(1.9)	27	(2.2)	26	(2.1)	28	(2.2)	29	(3.0)
70 and over	43	(2.9)	17	(1.2)	18	(1.5)	16	(1.1)	15	(1.5)	14	(1.3)	19	(1.4)	19	(1.6)	19	(1.5)	19	(1.7)
2 - 19	66	(1.9)	31	(1.4)	30	(1.2)	31	(1.5)	33	(1.6)	31	(1.6)	31	(1.4)	30	(1.4)	31	(1.5)	33	(1.6)
20 and over	66	(1.2)	33	(1.1)	32	(1.1)	33	(1.0)	33	(1.1)	30	(1.2)	34	(1.2)	33	(1.1)	34	(1.4)	36	(1.4)
2 and over	66	(1.1)	33	(0.9)	32	(0.9)	32	(0.9)	33	(0.9)	30	(1.1)	33	(1.0)	32	(0.9)	34	(1.1)	35	(1.1)
Females:																				
2 - 5	58	(2.9)	26	(1.8)	24	(1.7)	26	(2.0)	25	(2.0)	24	(2.6)	27	(1.8)	25	(2.0)	27	(1.8)	28	(1.8)
6 - 11	73	(2.3)	36	(1.4)	34	(1.8)	37	(1.3)	39	(1.5)	36	(1.3)	36	(1.5)	34	(1.6)	37	(1.6)	39	(1.7)
12 - 19	70	(2.5)	35	(1.8)	34	(1.8)	35	(1.8)	35	(2.1)	35	(2.2)	37	(2.4)	34	(2.0)	37	(2.4)	42	(4.6)
20 - 29	70	(2.2)	35	(1.6)	34	(1.7)	34	(1.5)	35	(1.7)	31	(1.5)	36	(1.8)	35	(1.9)	36	(1.9)	38	(1.9)
30 - 39	67	(3.0)	35	(2.2)	34	(2.8)	35	(2.0)	37	(2.6)	31	(2.6)	36	(2.6)	36	(2.5)	35	(2.8)	37	(2.9)
40 - 49	65	(3.2)	32	(2.2)	32	(2.4)	31	(2.1)	31	(2.5)	30	(2.6)	33	(2.4)	32	(2.8)	34	(2.2)	34	(2.4)
50 - 59	58	(3.8)	30	(2.1)	28	(2.4)	29	(2.0)	30	(2.0)	27	(2.1)	31	(2.3)	30	(2.4)	31	(2.3)	33	(2.7)
60 - 69	58	(3.3)	25	(2.0)	23	(2.2)	25	(2.0)	24	(2.2)	24	(2.0)	26	(2.1)	25	(2.1)	26	(2.2)	26	(2.4)
70 and over	39	(2.2)	16	(1.3)	17	(1.5)	15	(1.3)	13	(1.4)	13	(1.3)	18	(1.5)	17	(1.7)	18	(1.4)	20	(1.5)
2 - 19	69	(1.6)	34	(1.1)	32	(1.3)	34	(1.2)	34	(1.3)	33	(1.2)	35	(1.3)	33	(1.3)	35	(1.4)	39	(2.3)
20 and over	60	(1.4)	30	(0.9)	29	(1.0)	29	(0.9)	29	(1.0)	26	(1.1)	31	(0.9)	30	(1.0)	30	(0.9)	32	(0.9)
2 and over	62	(1.1)	31	(0.7)	29	(0.8)	30	(0.7)	30	(0.8)	28	(0.9)	31	(0.8)	30	(0.8)	31	(0.8)	33	(1.1)
Males and females:																				
2 - 19	67	(1.4)	32	(1.0)	31	(1.0)	33	(1.0)	33	(1.1)	32	(1.1)	33	(1.1)	31	(1.0)	33	(1.2)	36	(1.4)
20 and over	63	(0.9)	32	(0.8)	31	(0.8)	31	(0.8)	31	(0.9)	28	(0.9)	33	(0.8)	31	(0.9)	33	(1.0)	34	(0.9)
2 and over	64	(0.8)	32	(0.7)	31	(0.7)	31	(0.7)	32	(0.7)	29	(0.8)	33	(0.7)	31	(0.7)	33	(0.8)	34	(0.8)

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.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	19	(2.1)	21	(3.3)	37*	(12.2)	24	(5.1)	22	(1.6)	22	(2.2)	23	(1.9)	21	(1.8)	21	(2.0)
6 - 11	26	(1.8)	27	(2.2)	26	(4.6)	38	(4.6)	30	(1.7)	31	(1.9)	30	(1.6)	27	(1.5)	26	(1.4)
12 - 19	29	(2.1)	24	(2.5)	31	(4.8)	22	(4.3)	28	(2.5)	29	(2.8)	31	(2.0)	29	(2.4)	24	(2.1)
20 - 29	35	(2.8)	34	(4.5)	46	(11.4)	34	(4.5)	35	(3.2)	38	(3.2)	40	(3.8)	41	(5.4)	32	(3.2)
30 - 39	37	(3.7)	32	(3.7)	29	(6.8)	37	(6.8)	38	(2.3)	43	(3.8)	44	(3.1)	44	(3.5)	37	(2.6)
40 - 49	32	(2.8)	28	(3.0)	33	(4.8)	35	(6.1)	32	(2.8)	29	(3.4)	32	(3.5)	30	(3.6)	29	(2.7)
50 - 59	40	(2.7)	32	(2.8)	34	(3.2)	38	(3.6)	33	(1.9)	35	(2.4)	36	(2.5)	35	(2.6)	34	(1.9)
60 - 69	27	(2.5)	21	(2.0)	16	(2.6)	21	(4.2)	24	(2.5)	25	(2.0)	26	(3.1)	24	(5.8)	23	(2.1)
70 and over	23	(2.5)	15	(1.8)	14	(3.0)	21	(3.6)	15	(1.4)	16	(1.6)	17	(1.5)	16	(1.7)	14	(1.3)
2 - 19	26	(1.2)	25	(1.4)	31	(4.3)	27	(3.2)	27	(1.5)	28	(1.5)	30	(1.3)	27	(1.4)	24	(1.4)
20 and over	33	(1.1)	27	(1.2)	29	(3.0)	32	(1.9)	30	(1.0)	33	(1.2)	34	(1.2)	33	(1.6)	29	(1.1)
2 and over	32	(0.9)	26	(1.0)	29	(2.9)	31	(1.4)	30	(0.8)	32	(1.0)	33	(1.0)	32	(1.3)	28	(0.9)
Females:																		
2 - 5	21	(2.0)	20	(2.3)	18	(3.9)	34	(5.6)	22	(2.0)	23	(2.0)	24	(1.8)	21	(2.0)	21	(2.5)
6 - 11	28	(1.9)	29	(2.4)	31	(3.6)	39	(3.8)	33	(1.8)	34	(1.9)	34	(2.2)	31	(2.3)	30	(1.9)
12 - 19	32	(2.3)	27	(2.5)	35	(4.5)	34	(3.9)	31	(2.3)	32	(2.1)	33	(2.1)	31	(2.4)	30	(1.9)
20 - 29	30	(2.1)	31	(2.1)	33	(4.8)	37	(6.9)	32	(1.7)	32	(1.4)	36	(1.8)	34	(2.4)	31	(1.8)
30 - 39	35	(4.0)	33	(4.0)	31	(7.1)	32	(4.6)	32	(2.1)	36	(3.3)	37	(3.1)	38	(4.3)	31	(2.5)
40 - 49	31	(3.2)	28	(3.6)	28	(6.1)	31	(5.6)	30	(2.6)	30	(2.6)	32	(2.4)	30	(2.6)	29	(2.6)
50 - 59	27	(2.5)	26	(2.4)	27	(3.7)	30	(4.7)	28	(3.3)	26	(2.4)	29	(2.5)	27	(2.1)	26	(2.5)
60 - 69	23	(2.8)	20	(2.6)	18	(2.9)	28	(5.6)	23	(1.8)	21	(1.9)	23	(2.2)	21	(2.2)	22	(2.1)
70 and over	22	(2.1)	15	(2.4)	14	(2.9)	11	(2.1)	14	(1.3)	14	(1.3)	16	(1.6)	15	(1.3)	14	(1.7)
2 - 19	29	(1.6)	26	(1.6)	30	(2.5)	36	(2.7)	30	(1.6)	31	(1.5)	32	(1.5)	29	(1.6)	28	(1.2)
20 and over	28	(1.2)	26	(1.5)	25	(2.4)	29	(2.5)	27	(1.0)	27	(1.0)	30	(1.2)	28	(1.6)	26	(1.0)
2 and over	29	(1.0)	26	(1.2)	26	(2.0)	30	(2.1)	28	(0.8)	28	(0.8)	30	(1.0)	28	(1.3)	26	(0.9)
Males and females:																		
2 - 19	27	(1.1)	25	(1.2)	30	(2.3)	31	(2.7)	29	(1.2)	29	(1.2)	31	(1.1)	28	(1.2)	26	(1.1)
20 and over	31	(0.9)	26	(1.1)	27	(2.2)	31	(1.4)	29	(0.8)	30	(0.8)	32	(0.8)	31	(1.1)	28	(0.8)
2 and over	30	(0.7)	26	(0.8)	27	(2.1)	31	(1.3)	29	(0.7)	30	(0.7)	32	(0.7)	31	(0.8)	27	(0.7)

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(1.8)	20	(2.1)	22	(3.3)	17	(2.0)	24	(2.4)	24	(2.3)	20	(2.0)	22	(1.7)	23	(1.8)
6 - 11.....	30	(1.7)	29	(1.9)	33	(2.4)	27	(2.7)	30	(2.3)	25	(4.2)	32	(2.0)	32	(1.7)	32	(1.9)
12 - 19.....	29	(2.0)	27	(2.1)	32	(3.6)	21	(2.5)	31	(2.5)	33	(3.0)	28	(2.2)	30	(2.1)	30	(2.1)
20 - 29.....	38	(2.9)	36	(3.7)	38	(4.0)	26	(3.2)	37	(3.1)	40	(4.4)	36	(2.4)	37	(2.7)	39	(3.1)
30 - 39.....	37	(3.2)	44	(3.9)	34	(3.7)	29	(3.4)	40	(3.7)	37	(4.4)	34	(2.3)	36	(2.7)	36	(2.8)
40 - 49.....	31	(2.4)	29	(4.1)	28	(3.1)	21	(3.5)	31	(2.7)	30	(4.5)	28	(2.8)	31	(2.5)	30	(2.3)
50 - 59.....	38	(2.3)	34	(3.4)	36	(3.2)	23	(2.5)	37	(2.6)	42	(3.1)	32	(2.2)	35	(2.1)	34	(1.9)
60 - 69.....	25	(1.9)	24	(3.1)	20	(2.2)	18	(2.2)	27	(2.6)	22	(2.6)	23	(1.9)	25	(1.9)	22	(1.7)
70 and over.....	20	(1.9)	18	(2.6)	12	(1.6)	16	(2.7)	18	(1.9)	15	(1.6)	15	(1.4)	17	(1.4)	15	(1.2)
2 - 19.....	28	(1.2)	26	(1.3)	30	(1.8)	22	(1.6)	30	(1.5)	29	(2.6)	28	(1.3)	29	(1.3)	29	(1.3)
20 and over...	32	(1.1)	32	(1.4)	29	(1.7)	22	(1.2)	33	(1.3)	32	(1.7)	29	(1.1)	31	(1.1)	30	(1.1)
2 and over...	31	(0.9)	31	(1.2)	29	(1.2)	22	(1.0)	32	(1.2)	31	(1.6)	29	(0.9)	31	(0.9)	30	(0.9)
Females:																		
2 - 5.....	22	(1.7)	22	(2.3)	20	(1.8)	19	(2.3)	26	(2.2)	26	(2.5)	22	(2.2)	24	(1.9)	24	(2.1)
6 - 11.....	32	(1.8)	31	(2.4)	33	(1.8)	29	(2.0)	37	(1.3)	34	(2.0)	34	(1.8)	35	(1.7)	35	(1.4)
12 - 19.....	33	(1.8)	26	(2.8)	30	(3.0)	23	(2.7)	40	(6.6)	34	(2.5)	32	(2.0)	35	(2.1)	34	(1.8)
20 - 29.....	31	(1.8)	33	(2.7)	31	(2.8)	25	(2.7)	36	(2.1)	34	(3.6)	32	(1.5)	33	(1.6)	33	(1.4)
30 - 39.....	34	(3.4)	38	(3.2)	33	(3.7)	31	(3.2)	33	(2.8)	31	(7.3)	33	(2.7)	34	(2.7)	33	(2.6)
40 - 49.....	32	(2.5)	31	(3.1)	31	(4.5)	28	(3.9)	34	(3.2)	28	(4.7)	29	(2.2)	31	(2.1)	31	(2.1)
50 - 59.....	27	(2.3)	24	(2.4)	27	(2.3)	19	(2.7)	30	(2.8)	26	(2.7)	26	(2.6)	28	(2.2)	27	(2.3)
60 - 69.....	23	(2.4)	25	(3.8)	24	(3.2)	20	(2.5)	26	(2.6)	25	(2.6)	22	(2.1)	23	(2.2)	22	(1.8)
70 and over.....	19	(1.5)	15	(2.1)	11	(1.1)	16	(3.3)	15	(1.2)	18	(3.1)	12	(1.3)	15	(1.3)	13	(1.1)
2 - 19.....	30	(1.3)	27	(2.0)	28	(1.6)	24	(1.7)	37	(3.4)	33	(1.5)	30	(1.4)	33	(1.2)	33	(1.2)
20 and over...	28	(1.1)	28	(1.5)	26	(1.3)	23	(1.4)	30	(1.2)	28	(1.7)	26	(0.9)	28	(1.0)	27	(0.9)
2 and over...	28	(0.9)	28	(1.2)	27	(0.9)	23	(1.2)	31	(1.4)	28	(1.5)	27	(0.8)	29	(0.8)	28	(0.8)
Males and females:																		
2 - 19.....	29	(1.0)	27	(1.1)	29	(1.1)	23	(1.3)	33	(2.0)	31	(1.6)	29	(1.0)	31	(1.0)	31	(1.1)
20 and over...	30	(0.8)	30	(1.0)	28	(1.1)	22	(1.1)	31	(0.9)	30	(1.4)	28	(0.8)	30	(0.8)	29	(0.8)
2 and over...	30	(0.6)	29	(0.8)	28	(0.8)	23	(0.9)	32	(0.9)	30	(1.3)	28	(0.7)	30	(0.7)	29	(0.7)

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.**

Table 9. Away from Home[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	21	(1.7)	22	(1.7)	24	(2.0)	23	(1.9)	24	(2.2)	24	(1.9)	36	(8.4)	--	--
6 - 11	29	(1.6)	31	(1.7)	33	(2.0)	31	(1.8)	33	(1.7)	32	(1.7)	30	(4.3)	--	--
12 - 19	26	(2.0)	29	(1.9)	31	(2.1)	30	(2.2)	31	(2.3)	32	(2.0)	40	(4.8)	--	--
20 - 29	33	(3.0)	37	(2.9)	38	(3.5)	36	(2.6)	40	(3.0)	39	(3.2)	56	(3.9)	--	--
30 - 39	36	(2.6)	38	(3.0)	37	(3.0)	37	(3.2)	35	(2.8)	39	(2.9)	43	(5.4)	--	--
40 - 49	29	(2.6)	31	(2.6)	33	(2.3)	32	(2.6)	32	(2.6)	35	(2.4)	34	(4.6)	--	--
50 - 59	32	(2.6)	35	(2.8)	34	(2.0)	37	(2.5)	35	(2.0)	39	(2.3)	36	(5.3)	--	--
60 - 69	23	(1.9)	24	(1.8)	24	(2.1)	26	(2.3)	24	(1.9)	27	(2.4)	25	(2.7)	--	--
70 and over	14	(1.2)	17	(1.9)	14	(1.5)	19	(2.2)	16	(1.3)	19	(1.4)	18	(2.3)	--	--
2 - 19	26	(1.3)	28	(1.1)	31	(1.4)	29	(1.4)	30	(1.3)	31	(1.4)	38	(3.7)	--	--
20 and over	29	(1.1)	32	(1.2)	31	(1.2)	32	(1.1)	31	(1.2)	34	(1.1)	35	(1.6)	37	(2.7)
2 and over	28	(1.0)	31	(1.0)	31	(1.0)	32	(1.0)	31	(1.0)	34	(0.9)	35	(1.5)	--	--
Females:																
2 - 5	23	(2.3)	23	(2.2)	24	(2.0)	24	(1.7)	24	(2.0)	26	(1.7)	22	(4.0)	--	--
6 - 11	31	(1.9)	33	(1.7)	36	(1.5)	35	(2.4)	36	(1.4)	35	(1.7)	39	(2.6)	--	--
12 - 19	29	(1.9)	33	(2.2)	37	(3.6)	35	(2.1)	34	(1.6)	36	(1.7)	42	(4.9)	--	--
20 - 29	31	(1.6)	33	(1.9)	34	(1.5)	33	(1.8)	33	(1.7)	36	(1.8)	41	(4.8)	--	--
30 - 39	31	(2.4)	32	(2.5)	33	(2.6)	35	(2.6)	32	(2.5)	34	(2.8)	36	(3.6)	--	--
40 - 49	28	(2.1)	32	(2.4)	31	(2.2)	31	(2.4)	31	(2.2)	32	(2.3)	34	(4.3)	--	--
50 - 59	26	(2.4)	28	(2.8)	28	(2.2)	28	(2.1)	27	(2.1)	30	(2.1)	26	(4.1)	--	--
60 - 69	22	(1.9)	22	(2.3)	21	(2.3)	24	(2.2)	22	(2.2)	26	(2.3)	19	(2.2)	--	--
70 and over	13	(1.6)	15	(1.5)	14	(1.1)	18	(1.5)	14	(1.1)	18	(1.6)	15	(1.8)	--	--
2 - 19	29	(1.3)	31	(1.4)	34	(1.9)	33	(1.6)	33	(1.0)	34	(1.2)	41	(3.7)	--	--
20 and over	26	(0.9)	27	(1.1)	27	(0.9)	29	(0.9)	27	(0.9)	30	(1.0)	28	(1.4)	33	(3.0)
2 and over	26	(0.7)	28	(0.9)	28	(1.0)	30	(0.8)	28	(0.8)	31	(0.8)	29	(1.3)	--	--
Males and females:																
2 - 19	27	(1.1)	30	(1.0)	32	(1.2)	31	(1.2)	31	(0.9)	32	(1.0)	39	(2.9)	--	--
20 and over	27	(0.8)	30	(0.9)	29	(0.9)	31	(0.8)	29	(0.9)	32	(0.8)	32	(1.1)	35	(2.5)
2 and over	27	(0.7)	30	(0.8)	30	(0.8)	31	(0.7)	30	(0.7)	32	(0.7)	32	(1.0)	--	--

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.**

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

[2] Percentages are estimated as a ratio of total nutrients from food and beverages consumed away from home for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic.

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	66	(2.7)	28	(1.9)	25	(1.6)	28	(1.9)	27	(1.8)	28	(2.3)	29	(2.3)	26	(2.0)	29	(2.4)	32	(3.0)
6 - 11.....	71	(3.1)	32	(2.3)	30	(2.7)	33	(2.1)	35	(2.1)	31	(2.2)	31	(2.5)	30	(2.4)	32	(2.8)	33	(2.7)
12 - 19.....	70	(3.5)	35	(2.7)	33	(2.5)	35	(2.8)	35	(3.1)	34	(2.8)	36	(3.0)	33	(3.1)	36	(3.2)	41	(3.5)
20 and over...	64	(1.3)	31	(1.1)	30	(1.1)	31	(1.1)	30	(1.3)	28	(1.3)	32	(1.1)	31	(1.1)	32	(1.2)	33	(1.2)
2 and over...	65	(1.1)	32	(0.9)	30	(0.9)	31	(0.9)	31	(1.1)	29	(1.1)	32	(0.9)	31	(1.0)	33	(1.0)	34	(1.1)
Non-Hispanic Black:																				
2 - 5.....	50	(3.6)	24	(2.4)	24	(2.5)	24	(2.6)	24	(2.9)	26	(2.8)	25	(2.3)	26	(2.4)	24	(2.5)	23	(2.5)
6 - 11.....	69	(3.2)	37	(1.9)	37	(1.8)	38	(2.1)	40	(2.5)	40	(2.0)	37	(2.0)	36	(2.4)	36	(1.8)	38	(2.4)
12 - 19.....	59	(3.4)	27	(2.2)	25	(2.2)	29	(2.2)	31	(2.4)	26	(2.2)	26	(2.5)	26	(2.6)	26	(2.5)	29	(2.6)
20 and over...	56	(1.8)	31	(1.0)	29	(1.1)	31	(1.1)	32	(1.1)	29	(1.2)	31	(1.1)	30	(1.1)	31	(1.2)	33	(1.3)
2 and over...	57	(1.4)	31	(0.8)	29	(0.8)	31	(0.9)	32	(0.8)	29	(0.9)	31	(0.9)	30	(0.9)	31	(0.9)	32	(1.0)
Non-Hispanic Asian:																				
2 - 5.....	56*	(7.5)	25*	(4.4)	21*	(3.8)	27*	(4.3)	27*	(4.3)	26*	(4.3)	26*	(5.0)	24*	(3.8)	26*	(5.3)	30*	(7.5)
6 - 11.....	76	(4.5)	36	(3.1)	35	(3.3)	37	(2.8)	39	(3.5)	36	(3.7)	36	(3.7)	35	(3.7)	36	(3.8)	41	(4.0)
12 - 19.....	61	(5.7)	31	(4.1)	32	(4.5)	29	(4.0)	32	(3.6)	28	(5.9)	34	(4.7)	34	(5.1)	34	(4.7)	34	(4.6)
20 and over...	63	(2.2)	30	(1.4)	29	(1.3)	27	(1.6)	28	(1.5)	24	(1.5)	33	(1.5)	34	(1.7)	33	(1.6)	33	(1.5)
2 and over...	63	(1.9)	30	(1.3)	29	(1.1)	28	(1.5)	29	(1.4)	25	(1.3)	33	(1.3)	34	(1.6)	33	(1.3)	34	(1.3)
Hispanic:																				
2 - 5.....	49	(6.2)	21	(3.2)	21	(3.1)	21	(3.3)	19	(3.5)	21	(3.6)	22	(3.1)	22	(3.5)	22	(3.0)	23	(2.9)
6 - 11.....	80	(2.7)	37	(2.4)	36	(2.2)	38	(2.4)	40	(2.6)	37	(2.4)	37	(2.7)	36	(2.9)	37	(2.6)	39	(2.7)
12 - 19.....	68	(2.8)	35	(2.4)	35	(2.4)	35	(2.3)	36	(2.6)	36	(2.8)	36	(2.6)	35	(2.6)	36	(2.8)	38	(2.8)
20 and over...	67	(2.1)	36	(1.6)	35	(1.6)	34	(1.4)	36	(1.4)	31	(1.5)	37	(1.6)	36	(1.6)	37	(1.6)	39	(1.8)
2 and over...	67	(1.7)	35	(1.2)	35	(1.1)	34	(1.2)	35	(1.2)	32	(1.1)	36	(1.2)	35	(1.2)	36	(1.2)	38	(1.3)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	22	(2.3)	19	(2.2)	27	(7.0)	32	(5.5)	23	(1.5)	24	(2.0)	25	(1.8)	22	(1.6)	21	(1.6)
6 - 11.....	24	(3.0)	23	(2.4)	22	(4.3)	38	(4.1)	28	(2.2)	29	(2.5)	30	(2.7)	27	(2.7)	25	(1.7)
12 - 19.....	32	(3.0)	25	(3.3)	30	(5.1)	25	(4.9)	29	(2.9)	30	(3.4)	34	(2.8)	31	(3.2)	28	(2.8)
20 and over...	32	(1.3)	25	(1.5)	25	(3.0)	31	(1.7)	28	(1.1)	29	(1.1)	32	(1.1)	30	(1.5)	28	(1.1)
2 and over...	31	(1.1)	25	(1.1)	26	(2.8)	31	(1.5)	28	(0.9)	29	(0.9)	32	(0.9)	30	(1.1)	27	(0.9)
Non-Hispanic Black:																		
2 - 5.....	23	(2.7)	25	(3.4)	14	(4.3)	36	(8.9)	26	(2.6)	26	(2.8)	25	(2.7)	23	(2.8)	26	(2.7)
6 - 11.....	32	(2.1)	36	(2.5)	30	(4.4)	37	(5.8)	36	(2.2)	39	(2.2)	35	(2.2)	34	(2.2)	32	(2.5)
12 - 19.....	22	(2.3)	22	(2.0)	22	(3.1)	22	(4.0)	24	(2.0)	25	(2.1)	24	(1.9)	23	(2.0)	22	(2.1)
20 and over...	27	(1.4)	25	(1.6)	26	(2.5)	30	(2.6)	28	(1.2)	28	(1.2)	30	(1.1)	30	(1.1)	26	(1.2)
2 and over...	27	(1.1)	25	(1.3)	26	(2.2)	30	(2.2)	28	(0.9)	29	(0.9)	30	(0.8)	29	(0.8)	26	(0.9)
Non-Hispanic Asian:																		
2 - 5.....	20*	(5.1)	26*	(7.9)	53*	(19.0)	25*	(6.2)	21*	(3.4)	21*	(3.0)	21*	(3.3)	18*	(3.2)	20*	(2.6)
6 - 11.....	30	(4.7)	28	(2.8)	33	(8.0)	37*	(6.4)	33	(3.4)	32	(2.9)	35	(3.7)	28	(3.4)	33	(4.1)
12 - 19.....	28	(4.2)	24	(5.0)	29	(6.4)	18*	(5.5)	26	(3.5)	28	(4.1)	30	(3.9)	29	(4.7)	24	(3.4)
20 and over...	30	(1.8)	27	(2.1)	25	(3.5)	30	(2.8)	27	(2.2)	29	(1.8)	30	(1.8)	27	(1.7)	24	(2.2)
2 and over...	30	(1.5)	27	(1.5)	26	(3.0)	29	(2.3)	27	(1.9)	29	(1.5)	30	(1.6)	27	(1.5)	24	(1.9)
Hispanic:																		
2 - 5.....	18	(3.3)	20	(4.0)	30	(7.9)	21*	(6.9)	20	(3.6)	19	(3.5)	22	(3.3)	20	(3.6)	19	(3.9)
6 - 11.....	29	(2.8)	35	(2.4)	38	(3.0)	40	(4.4)	35	(2.5)	35	(2.3)	35	(2.2)	31	(1.9)	31	(2.8)
12 - 19.....	32	(2.8)	30	(3.3)	41	(6.0)	35	(4.4)	32	(3.4)	32	(2.7)	33	(2.7)	31	(3.3)	28	(2.3)
20 and over...	32	(1.6)	33	(2.0)	34	(2.5)	34	(4.5)	34	(1.5)	37	(1.6)	39	(1.6)	39	(1.8)	32	(1.7)
2 and over...	31	(1.1)	32	(1.6)	34	(2.0)	34	(3.5)	33	(1.2)	35	(1.3)	37	(1.3)	36	(1.5)	31	(1.4)

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.**

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-March 2020 Prepandemic *(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.....	24	(1.7)	20	(1.5)	23	(2.3)	18	(1.5)	28	(2.7)	29	(2.4)	21	(1.5)	24	(1.5)	25	(1.6)
6 - 11.....	28	(2.8)	26	(2.4)	31	(2.3)	24	(2.4)	32	(3.1)	26	(3.9)	29	(2.1)	31	(2.4)	31	(2.4)
12 - 19.....	32	(2.5)	25	(2.6)	32	(3.5)	21	(3.0)	38	(6.0)	33	(2.8)	30	(2.7)	33	(2.7)	32	(2.6)
20 and over...	31	(1.1)	29	(1.4)	27	(1.4)	22	(1.4)	30	(1.1)	29	(2.1)	27	(1.2)	29	(1.0)	28	(1.0)
2 and over...	30	(0.9)	28	(1.1)	27	(1.1)	22	(1.2)	31	(1.2)	29	(1.9)	27	(1.0)	30	(0.9)	29	(0.9)
Non-Hispanic Black:																		
2 - 5.....	24	(2.7)	30	(3.3)	23	(3.4)	27	(4.1)	22	(2.5)	17	(2.7)	27	(3.2)	26	(2.7)	24	(2.5)
6 - 11.....	36	(1.8)	38	(1.8)	43	(3.7)	39	(3.1)	37	(2.4)	31	(5.0)	41	(2.2)	39	(1.6)	38	(1.7)
12 - 19.....	24	(2.1)	22	(2.4)	30	(3.1)	21	(2.7)	26	(1.9)	25	(3.8)	25	(2.0)	26	(2.0)	26	(2.0)
20 and over...	29	(1.2)	28	(1.4)	27	(1.4)	23	(1.8)	31	(1.5)	28	(2.2)	27	(1.1)	29	(1.1)	29	(1.1)
2 and over...	28	(0.9)	28	(1.0)	28	(1.1)	24	(1.3)	31	(1.2)	28	(1.8)	28	(0.9)	30	(0.8)	29	(0.8)
Non-Hispanic Asian:																		
2 - 5.....	19*	(3.7)	16*	(3.6)	25*	(7.1)	11*	(2.2)	28*	(6.1)	33*	(11.0)	20*	(3.2)	21*	(3.5)	21*	(3.3)
6 - 11.....	31	(3.3)	28	(4.0)	29	(3.2)	21	(3.2)	36	(3.7)	38	(3.9)	33	(3.0)	34	(2.7)	34	(2.4)
12 - 19.....	27	(4.3)	29	(4.6)	29	(4.9)	19	(2.6)	30	(4.6)	32	(5.3)	28	(3.5)	30	(4.2)	28	(5.0)
20 and over...	28	(1.2)	29	(2.4)	22	(2.3)	27	(3.5)	30	(1.5)	26	(2.6)	29	(1.7)	29	(1.3)	26	(1.4)
2 and over...	28	(1.0)	28	(2.2)	23	(2.3)	25	(3.0)	30	(1.1)	27	(2.4)	28	(1.5)	29	(1.1)	27	(1.1)
Hispanic:																		
2 - 5.....	19	(3.0)	19	(3.9)	18	(4.2)	16	(3.7)	21	(3.1)	22	(4.1)	19	(3.7)	20	(3.2)	20	(3.4)
6 - 11.....	33	(2.3)	36	(2.9)	32	(3.2)	35	(2.7)	35	(2.1)	37	(4.1)	38	(2.4)	38	(2.2)	37	(2.0)
12 - 19.....	33	(2.6)	30	(2.9)	31	(2.6)	23	(2.2)	37	(3.0)	40	(2.9)	32	(2.1)	35	(2.4)	35	(2.5)
20 and over...	33	(1.5)	38	(1.9)	33	(2.4)	25	(2.0)	37	(1.9)	35	(2.2)	32	(1.2)	34	(1.4)	33	(1.5)
2 and over...	32	(1.0)	36	(1.6)	31	(1.8)	25	(1.6)	36	(1.5)	35	(1.8)	32	(1.0)	34	(1.0)	33	(1.2)

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.**

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-March 2020 Prepandemic *(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.....	23	(1.6)	23	(1.5)	27	(2.1)	24	(1.9)	26	(1.7)	27	(2.0)	37	(9.1)	--	--
6 - 11.....	27	(2.1)	29	(2.4)	33	(2.6)	29	(2.6)	31	(2.3)	31	(2.5)	31	(3.4)	--	--
12 - 19.....	28	(2.4)	30	(2.3)	35	(3.4)	33	(2.9)	33	(2.4)	36	(2.5)	42	(5.4)	--	--
20 and over...	27	(1.1)	29	(1.2)	28	(1.2)	31	(1.1)	29	(1.1)	32	(1.1)	31	(1.3)	34	(3.9)
2 and over...	27	(0.9)	29	(1.1)	29	(1.2)	31	(1.0)	29	(1.0)	32	(0.9)	31	(1.3)	--	--
Non-Hispanic Black:																
2 - 5.....	27	(3.3)	27	(2.3)	25	(2.9)	25	(2.6)	26	(2.5)	24	(2.6)	23	(6.3)	--	--
6 - 11.....	34	(2.2)	37	(1.7)	38	(1.8)	40	(4.6)	40	(1.9)	35	(1.9)	35	(3.6)	--	--
12 - 19.....	23	(2.2)	24	(2.4)	25	(1.8)	23	(2.0)	27	(2.3)	25	(2.2)	38	(5.6)	--	--
20 and over...	26	(1.2)	28	(1.3)	29	(1.6)	29	(1.1)	30	(1.1)	30	(1.1)	35	(1.8)	33	(4.7)
2 and over...	27	(0.9)	29	(1.0)	29	(1.2)	29	(0.8)	30	(0.8)	30	(0.9)	35	(1.8)	--	--
Non-Hispanic Asian:																
2 - 5.....	20*	(3.4)	19*	(2.8)	22*	(4.2)	23*	(4.2)	21*	(3.8)	26*	(4.9)	19*	(8.1)	--	--
6 - 11.....	34	(3.2)	34	(4.5)	37	(3.2)	35	(3.2)	33	(2.9)	37	(3.8)	41*	(7.3)	--	--
12 - 19.....	28	(5.5)	32	(6.1)	29	(4.7)	29	(3.9)	29	(4.3)	31	(4.1)	32	(4.1)	--	--
20 and over...	25	(2.0)	27	(1.3)	26	(1.3)	29	(1.5)	26	(1.3)	30	(1.4)	38	(3.3)	45	(5.3)
2 and over...	26	(1.8)	28	(1.1)	26	(1.1)	29	(1.3)	27	(1.1)	31	(1.2)	37	(3.2)	--	--
Hispanic:																
2 - 5.....	19	(3.8)	21	(4.1)	20	(3.1)	22	(3.6)	21	(3.7)	22	(3.3)	20*	(8.8)	--	--
6 - 11.....	34	(2.6)	36	(2.6)	37	(2.3)	36	(2.8)	38	(2.2)	36	(2.5)	34	(6.4)	--	--
12 - 19.....	29	(2.7)	34	(2.7)	36	(2.2)	35	(2.3)	35	(2.5)	35	(2.5)	43	(7.0)	--	--
20 and over...	32	(1.7)	35	(1.8)	34	(1.8)	35	(1.7)	33	(1.6)	37	(1.6)	37	(2.3)	43	(4.9)
2 and over...	31	(1.4)	34	(1.3)	34	(1.4)	34	(1.2)	33	(1.1)	36	(1.2)	37	(2.3)	--	--

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] 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-March 2020 Prepandemic.

[3] The percentage of respondents in the race/ethnicity/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-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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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-March 2020 Prepandemic

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	(4.2)	20	(2.1)	19	(2.0)	20	(2.1)	18	(2.2)	20	(2.2)	20	(2.1)	20	(2.4)	20	(2.1)	20	(1.9)
6 - 11.....	69	(2.7)	34	(1.9)	33	(1.9)	35	(2.0)	37	(2.5)	36	(2.1)	33	(2.0)	33	(2.2)	33	(1.9)	35	(2.2)
12 - 19.....	60	(3.8)	29	(2.6)	28	(3.0)	28	(2.5)	30	(2.6)	30	(3.2)	29	(2.7)	28	(2.7)	29	(2.8)	31	(2.9)
20 and over...	52	(1.9)	25	(1.2)	24	(1.3)	25	(1.2)	25	(1.4)	22	(1.2)	26	(1.4)	25	(1.4)	26	(1.5)	28	(1.6)
2 and over...	55	(1.4)	26	(1.0)	25	(1.1)	26	(1.0)	27	(1.2)	25	(0.9)	27	(1.1)	26	(1.1)	27	(1.2)	29	(1.3)
131-350% poverty:																				
2 - 5.....	63	(2.6)	26	(2.3)	24	(2.5)	26	(2.6)	27	(2.9)	28	(3.2)	26	(2.2)	24	(2.3)	26	(2.0)	27	(2.8)
6 - 11.....	74	(3.2)	36	(2.2)	35	(2.1)	36	(2.4)	37	(2.6)	35	(2.5)	36	(1.9)	34	(2.2)	36	(1.9)	38	(2.3)
12 - 19.....	70	(2.9)	35	(2.0)	34	(1.8)	35	(2.2)	36	(2.7)	32	(2.1)	35	(1.8)	34	(1.9)	35	(1.9)	38	(2.0)
20 and over...	62	(1.2)	31	(1.3)	30	(1.3)	30	(1.3)	31	(1.5)	27	(1.0)	32	(1.4)	31	(1.3)	32	(1.5)	34	(1.7)
2 and over...	64	(1.0)	31	(1.1)	30	(1.2)	31	(1.1)	32	(1.2)	28	(0.9)	32	(1.2)	31	(1.1)	32	(1.2)	34	(1.4)
Over 350% poverty:																				
2 - 5.....	69	(5.0)	32	(2.6)	28	(2.3)	32	(2.5)	30	(2.4)	28	(2.9)	33	(3.0)	31	(2.6)	34	(3.3)	37	(4.0)
6 - 11.....	75	(5.9)	33	(3.6)	31	(4.1)	35	(3.4)	37	(3.5)	31	(3.4)	32	(3.8)	31	(4.0)	33	(4.1)	33	(3.8)
12 - 19.....	70	(3.5)	34	(2.6)	32	(2.5)	33	(2.4)	34	(2.8)	33	(3.1)	36	(3.6)	31	(2.9)	36	(3.5)	43	(6.3)
20 and over...	69	(1.5)	36	(1.3)	35	(1.3)	35	(1.3)	35	(1.6)	32	(1.4)	37	(1.4)	36	(1.4)	37	(1.6)	38	(1.5)
2 and over...	70	(1.1)	36	(1.1)	34	(1.1)	35	(1.1)	35	(1.3)	32	(1.3)	36	(1.2)	35	(1.1)	37	(1.4)	38	(1.5)
All Individuals[5]:																				
2 - 5.....	59	(2.3)	25	(1.4)	23	(1.3)	25	(1.5)	25	(1.5)	25	(1.9)	26	(1.5)	24	(1.6)	26	(1.6)	28	(1.7)
6 - 11.....	73	(2.1)	34	(1.3)	33	(1.5)	35	(1.2)	37	(1.3)	34	(1.5)	34	(1.4)	33	(1.4)	34	(1.5)	35	(1.6)
12 - 19.....	67	(2.3)	34	(1.8)	32	(1.6)	33	(1.8)	34	(2.1)	33	(2.1)	34	(2.0)	32	(1.9)	34	(2.1)	38	(2.5)
20 and over...	63	(0.9)	32	(0.8)	31	(0.8)	31	(0.8)	31	(0.9)	28	(0.9)	33	(0.8)	31	(0.9)	33	(1.0)	34	(0.9)
2 and over...	64	(0.8)	32	(0.7)	31	(0.7)	31	(0.7)	32	(0.7)	29	(0.8)	33	(0.7)	31	(0.7)	33	(0.8)	34	(0.8)

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.**

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-March 2020 Prepandemic *(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.....	15	(2.1)	18	(2.4)	19	(4.0)	22	(5.2)	19	(2.1)	18	(2.3)	20	(1.9)	17	(1.7)	19	(2.4)
6 - 11.....	27	(2.3)	31	(2.4)	33	(5.4)	37	(4.5)	30	(2.1)	33	(2.6)	30	(2.0)	29	(2.2)	27	(2.2)
12 - 19.....	27	(3.8)	25	(4.0)	38	(7.0)	21	(5.8)	24	(2.4)	26	(3.4)	27	(3.1)	28	(3.6)	21	(2.6)
20 and over...	23	(1.6)	19	(1.1)	21	(1.6)	22	(1.8)	22	(1.2)	24	(1.5)	26	(1.4)	25	(2.3)	21	(1.4)
2 and over...	23	(1.2)	22	(1.1)	24	(1.7)	24	(1.9)	23	(0.9)	25	(1.2)	26	(1.1)	25	(1.7)	21	(1.1)
131-350% poverty:																		
2 - 5.....	23	(3.6)	21	(3.4)	26	(4.7)	40	(7.3)	23	(2.4)	23	(2.8)	23	(2.2)	22	(3.1)	22	(3.1)
6 - 11.....	31	(1.8)	30	(2.8)	33	(4.0)	42	(4.0)	33	(2.5)	35	(2.3)	35	(2.5)	31	(2.4)	30	(2.6)
12 - 19.....	33	(2.3)	29	(2.6)	31	(5.4)	29	(3.9)	31	(2.3)	32	(2.1)	34	(2.2)	29	(2.4)	28	(2.6)
20 and over...	30	(1.3)	24	(1.4)	25	(2.3)	29	(2.1)	28	(1.5)	30	(1.4)	31	(1.5)	30	(1.7)	26	(1.4)
2 and over...	30	(1.2)	25	(1.1)	26	(2.0)	30	(1.9)	28	(1.2)	30	(1.2)	32	(1.3)	30	(1.5)	26	(1.2)
Over 350% poverty:																		
2 - 5.....	25	(2.7)	23	(4.0)	34	(9.6)	30	(4.5)	26	(2.2)	28	(2.6)	29	(2.5)	25	(2.1)	23	(2.7)
6 - 11.....	23	(4.2)	23	(3.6)	21	(4.9)	39	(6.8)	30	(3.5)	29	(4.0)	32	(4.2)	27	(4.5)	27	(3.1)
12 - 19.....	28	(2.8)	22	(3.0)	32	(4.2)	27	(6.6)	28	(2.7)	28	(2.8)	32	(2.7)	28	(2.9)	27	(2.9)
20 and over...	37	(1.4)	31	(1.8)	30	(3.7)	35	(2.6)	34	(1.0)	34	(1.3)	37	(1.3)	36	(1.7)	33	(1.0)
2 and over...	35	(1.1)	29	(1.5)	30	(3.6)	35	(2.2)	33	(0.9)	33	(1.1)	36	(1.1)	35	(1.5)	32	(1.0)
All Individuals[5]:																		
2 - 5.....	20	(1.6)	20	(2.0)	27	(5.2)	28	(3.9)	22	(1.5)	22	(1.7)	24	(1.3)	21	(1.5)	21	(1.8)
6 - 11.....	27	(1.6)	28	(1.9)	29	(3.3)	38	(2.7)	31	(1.5)	32	(1.6)	32	(1.6)	29	(1.7)	28	(1.4)
12 - 19.....	30	(1.7)	26	(2.0)	33	(3.1)	27	(3.8)	29	(1.8)	30	(2.1)	32	(1.7)	30	(2.0)	26	(1.8)
20 and over...	31	(0.9)	26	(1.1)	27	(2.2)	31	(1.4)	29	(0.8)	30	(0.8)	32	(0.8)	31	(1.1)	28	(0.8)
2 and over...	30	(0.7)	26	(0.8)	27	(2.1)	31	(1.3)	29	(0.7)	30	(0.7)	32	(0.7)	31	(0.8)	27	(0.7)

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-March 2020 Prepandemic *(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	(2.2)	16	(2.1)	15	(2.4)	20	(2.3)	21	(2.1)	18	(2.4)	19	(2.1)	19	(1.9)
6 - 11.....	31	(2.1)	32	(2.5)	36	(3.3)	32	(2.9)	33	(2.1)	33	(5.4)	34	(2.5)	34	(2.1)	34	(1.9)
12 - 19.....	28	(3.2)	26	(3.4)	32	(3.6)	21	(3.3)	29	(3.1)	34	(4.2)	26	(2.6)	28	(2.6)	28	(2.6)
20 and over...	23	(1.3)	26	(1.5)	24	(2.2)	17	(1.1)	25	(1.6)	24	(1.3)	21	(1.0)	23	(1.2)	23	(1.1)
2 and over...	24	(1.1)	26	(1.1)	25	(1.4)	19	(1.1)	26	(1.3)	26	(1.2)	23	(0.8)	25	(1.0)	24	(0.9)
131-350% poverty:																		
2 - 5.....	24	(3.0)	23	(3.9)	24	(4.3)	20	(3.4)	25	(2.4)	26	(2.8)	22	(3.3)	24	(2.8)	25	(2.9)
6 - 11.....	33	(2.0)	31	(2.6)	33	(3.6)	30	(2.4)	37	(2.1)	35	(2.9)	34	(2.8)	36	(2.3)	35	(2.4)
12 - 19.....	33	(2.0)	28	(2.3)	31	(3.8)	25	(2.1)	34	(2.1)	34	(4.1)	32	(1.8)	34	(1.6)	33	(1.9)
20 and over...	29	(1.2)	29	(1.6)	24	(1.8)	23	(2.1)	30	(1.4)	30	(2.0)	28	(1.2)	29	(1.3)	28	(1.2)
2 and over...	29	(1.1)	29	(1.3)	25	(1.5)	24	(1.7)	31	(1.2)	30	(1.8)	28	(0.9)	30	(1.1)	29	(1.0)
Over 350% poverty:																		
2 - 5.....	26	(2.2)	22	(2.8)	25	(2.6)	19	(2.9)	30	(3.8)	28	(3.4)	23	(2.3)	27	(2.3)	26	(2.5)
6 - 11.....	27	(3.9)	27	(3.9)	32	(2.9)	22	(4.0)	31	(4.3)	23	(4.6)	30	(3.8)	31	(3.7)	31	(3.7)
12 - 19.....	30	(2.7)	22	(2.6)	29	(3.8)	19	(3.2)	41	(8.7)	31	(2.8)	28	(2.6)	32	(3.3)	32	(2.5)
20 and over...	35	(1.1)	34	(1.8)	32	(1.4)	25	(1.1)	35	(1.4)	31	(2.7)	31	(1.2)	34	(1.2)	32	(1.1)
2 and over...	34	(0.9)	32	(1.5)	31	(1.4)	24	(1.0)	35	(1.5)	31	(2.5)	31	(1.1)	33	(1.0)	32	(1.0)
All Individuals[5]:																		
2 - 5.....	22	(1.4)	21	(1.8)	21	(1.6)	18	(1.5)	25	(1.7)	25	(1.5)	21	(1.6)	23	(1.4)	23	(1.5)
6 - 11.....	30	(1.6)	30	(1.7)	33	(1.5)	28	(1.9)	33	(1.9)	29	(2.8)	33	(1.5)	34	(1.4)	33	(1.5)
12 - 19.....	31	(1.6)	26	(1.6)	31	(2.1)	22	(1.9)	35	(3.8)	34	(2.2)	30	(1.6)	32	(1.8)	32	(1.7)
20 and over...	30	(0.8)	30	(1.0)	28	(1.1)	22	(1.1)	31	(0.9)	30	(1.4)	28	(0.8)	30	(0.8)	29	(0.8)
2 and over...	30	(0.6)	29	(0.8)	28	(0.8)	23	(0.9)	32	(0.9)	30	(1.3)	28	(0.7)	30	(0.7)	29	(0.7)

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-March 2020 Prepandemic *(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	(2.3)	19	(2.1)	19	(2.1)	20	(2.3)	18	(1.9)	20	(2.2)	21*	(6.5)	--	--
6 - 11.....	30	(2.2)	31	(2.0)	35	(2.0)	32	(1.9)	36	(2.2)	32	(1.7)	32	(4.9)	--	--
12 - 19.....	24	(2.9)	28	(3.3)	28	(2.9)	27	(3.5)	29	(2.8)	28	(2.8)	34	(5.5)	--	--
20 and over...	21	(1.2)	23	(1.2)	23	(1.1)	23	(1.3)	24	(1.2)	25	(1.2)	26	(2.4)	25	(3.6)
2 and over...	22	(1.1)	24	(1.0)	25	(0.9)	25	(1.1)	25	(0.9)	26	(1.0)	26	(2.3)	--	--
131-350% poverty:																
2 - 5.....	22	(2.8)	24	(3.1)	26	(2.7)	24	(2.3)	26	(3.3)	25	(2.0)	30	(8.2)	--	--
6 - 11.....	32	(2.7)	34	(2.2)	36	(2.6)	37	(2.8)	36	(2.3)	35	(2.0)	37	(4.4)	--	--
12 - 19.....	28	(2.2)	32	(1.7)	33	(2.0)	34	(2.0)	33	(2.1)	35	(1.7)	50	(4.6)	--	--
20 and over...	26	(1.3)	28	(1.3)	27	(1.3)	30	(1.4)	28	(1.2)	32	(1.4)	33	(2.1)	29	(3.6)
2 and over...	26	(1.1)	29	(1.2)	28	(1.1)	31	(1.2)	29	(1.1)	32	(1.2)	34	(1.9)	--	--
Over 350% poverty:																
2 - 5.....	25	(2.5)	25	(2.4)	28	(2.6)	27	(2.5)	28	(2.1)	32	(3.3)	55	(12.1)	--	--
6 - 11.....	28	(3.5)	31	(3.9)	33	(3.6)	30	(4.2)	31	(3.6)	34	(4.0)	31	(6.0)	--	--
12 - 19.....	27	(2.6)	29	(3.0)	37	(5.1)	33	(2.9)	32	(2.4)	35	(2.9)	35	(6.2)	--	--
20 and over...	32	(1.2)	34	(1.6)	33	(1.3)	35	(1.2)	33	(1.3)	36	(1.3)	34	(2.1)	43	(4.1)
2 and over...	31	(1.1)	33	(1.4)	33	(1.3)	34	(1.0)	33	(1.2)	36	(1.1)	34	(2.0)	--	--
All Individuals[5]:																
2 - 5.....	22	(1.6)	22	(1.6)	24	(1.4)	23	(1.5)	24	(1.6)	25	(1.3)	31	(6.1)	--	--
6 - 11.....	30	(1.5)	32	(1.4)	34	(1.5)	33	(1.7)	34	(1.4)	33	(1.4)	34	(2.7)	--	--
12 - 19.....	27	(1.7)	30	(1.7)	34	(2.1)	32	(1.8)	32	(1.7)	34	(1.5)	41	(3.7)	--	--
20 and over...	27	(0.8)	30	(0.9)	29	(0.9)	31	(0.8)	29	(0.9)	32	(0.8)	32	(1.1)	35	(2.5)
2 and over...	27	(0.7)	30	(0.8)	30	(0.8)	31	(0.7)	30	(0.7)	32	(0.7)	32	(1.0)	--	--

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.**

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] 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-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 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Away from Home: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed Away from Home, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	96*	(1.4)	21	(1.1)	21	(1.5)	22	(0.9)	23	(1.2)	21	(1.3)	19	(1.3)	21	(1.4)	19	(1.4)	16	(1.5)
6 - 11	88	(1.9)	19	(0.9)	19	(0.9)	21	(0.9)	22	(1.2)	19	(0.9)	18	(1.1)	19	(1.3)	17	(0.9)	15	(1.0)
12 - 19	72	(2.4)	17	(0.8)	15	(0.7)	19	(0.8)	21	(1.0)	17	(1.1)	16	(1.2)	17	(1.2)	15	(1.4)	14	(1.1)
20 - 29	71	(3.0)	15	(0.9)	16	(0.9)	16	(1.0)	18	(1.5)	15	(1.0)	15	(1.1)	17	(1.3)	15	(1.1)	13	(1.2)
30 - 39	79	(2.2)	16	(0.8)	18	(1.1)	16	(0.9)	17	(1.5)	17	(1.3)	18	(1.2)	18	(1.1)	18	(1.3)	17	(1.5)
40 - 49	83	(2.5)	17	(1.1)	17	(0.8)	18	(1.5)	19	(2.3)	18	(1.4)	17	(1.4)	17	(1.3)	17	(1.5)	16	(1.5)
50 - 59	83	(1.4)	17	(0.9)	18	(1.1)	18	(0.9)	18	(1.4)	20	(1.1)	18	(1.0)	19	(1.2)	18	(1.1)	16	(1.1)
60 - 69	91	(1.9)	18	(0.7)	17	(1.0)	21	(0.8)	22	(1.3)	21	(1.3)	17	(1.0)	17	(0.9)	17	(1.1)	15	(1.3)
70 and over	93	(1.6)	22	(0.9)	20	(0.9)	25	(1.0)	25	(1.1)	25	(1.3)	19	(1.1)	21	(1.3)	19	(1.1)	18	(1.2)
2 - 19	83	(1.7)	18	(0.6)	17	(0.6)	20	(0.6)	22	(0.7)	18	(0.8)	17	(0.7)	18	(0.8)	16	(0.8)	15	(0.7)
20 and over	83	(0.9)	17	(0.4)	18	(0.4)	19	(0.6)	20	(0.9)	19	(0.6)	17	(0.5)	18	(0.5)	17	(0.5)	16	(0.5)
2 and over	83	(0.9)	17	(0.4)	17	(0.4)	19	(0.5)	20	(0.7)	19	(0.6)	17	(0.5)	18	(0.5)	17	(0.5)	16	(0.5)
Females:																				
2 - 5	96*	(1.3)	20	(0.9)	21	(1.4)	22	(0.9)	24	(1.0)	19	(0.9)	18	(1.1)	20	(1.1)	17	(1.1)	16	(1.4)
6 - 11	89	(1.4)	19	(0.8)	18	(0.6)	20	(0.9)	21	(1.1)	19	(1.0)	17	(0.9)	18	(1.0)	17	(0.9)	14	(1.1)
12 - 19	71	(2.5)	16	(0.9)	15	(0.8)	19	(0.9)	20	(1.5)	19	(1.5)	14	(1.1)	15	(1.3)	15	(1.1)	12	(1.6)
20 - 29	72	(3.1)	16	(1.0)	15	(1.0)	16	(1.1)	18	(1.3)	18	(1.4)	16	(1.0)	16	(1.2)	16	(1.2)	14	(1.0)
30 - 39	87	(2.1)	19	(0.7)	19	(0.6)	21	(0.8)	24	(1.3)	20	(1.2)	19	(1.0)	19	(1.0)	19	(1.1)	18	(1.1)
40 - 49	84	(1.9)	18	(0.9)	18	(1.1)	20	(0.8)	21	(1.1)	19	(1.3)	17	(1.1)	18	(1.2)	17	(1.1)	16	(1.6)
50 - 59	91	(1.4)	19	(0.8)	19	(0.8)	21	(1.2)	22	(1.2)	22	(2.0)	18	(0.8)	19	(1.0)	18	(0.7)	17	(0.9)
60 - 69	92	(1.3)	19	(0.8)	18	(0.9)	21	(1.0)	22	(1.5)	21	(1.2)	17	(1.0)	18	(0.9)	18	(1.2)	15	(1.0)
70 and over	94	(0.9)	20	(0.6)	20	(0.9)	24	(0.7)	24	(0.7)	24	(0.9)	18	(0.9)	19	(0.8)	17	(0.9)	16	(1.0)
2 - 19	82	(1.3)	18	(0.5)	17	(0.5)	20	(0.5)	21	(0.8)	19	(0.7)	16	(0.7)	17	(0.7)	16	(0.6)	14	(0.9)
20 and over	86	(0.9)	18	(0.4)	18	(0.4)	20	(0.4)	22	(0.5)	20	(0.6)	17	(0.4)	18	(0.4)	18	(0.5)	16	(0.4)
2 and over	85	(0.8)	18	(0.3)	18	(0.4)	20	(0.3)	22	(0.4)	20	(0.5)	17	(0.4)	18	(0.3)	17	(0.4)	15	(0.4)
Males and females:																				
2 - 19	83	(1.2)	18	(0.5)	17	(0.5)	20	(0.4)	22	(0.6)	19	(0.6)	16	(0.6)	18	(0.5)	16	(0.6)	14	(0.7)
20 and over	85	(0.7)	18	(0.3)	18	(0.3)	19	(0.4)	21	(0.6)	20	(0.4)	17	(0.3)	18	(0.4)	17	(0.3)	16	(0.4)
2 and over	84	(0.7)	18	(0.3)	18	(0.3)	19	(0.4)	21	(0.5)	20	(0.4)	17	(0.3)	18	(0.4)	17	(0.3)	16	(0.4)

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.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	31	(3.2)	38	(2.4)	13*	(4.4)	3*	(0.9)	30	(1.4)	31	(1.2)	24	(1.6)	31	(1.5)	35	(2.2)
6 - 11	29	(2.0)	35	(1.7)	6	(1.5)	6*	(1.8)	28	(0.9)	31	(0.9)	23	(1.0)	30	(1.2)	31	(1.3)
12 - 19	24	(1.5)	32	(1.6)	8	(2.4)	5*	(2.3)	25	(1.3)	27	(1.1)	17	(0.9)	24	(2.1)	26	(1.6)
20 - 29	30	(2.7)	29	(1.7)	11*	(3.6)	6	(1.5)	22	(1.2)	25	(1.3)	16	(1.4)	18	(1.8)	24	(2.0)
30 - 39	34	(2.2)	26	(2.3)	9	(1.8)	17*	(6.1)	21	(1.6)	26	(2.0)	19	(1.7)	22	(2.0)	22	(1.7)
40 - 49	31	(2.3)	25	(2.9)	6	(1.7)	9*	(2.8)	21	(1.3)	27	(2.2)	18	(1.9)	20	(2.8)	24	(1.9)
50 - 59	29	(2.2)	28	(1.7)	13	(2.6)	13	(3.7)	23	(1.5)	28	(1.9)	18	(1.2)	20	(1.5)	24	(2.3)
60 - 69	27	(1.9)	28	(1.5)	7	(1.4)	3*	(0.8)	24	(1.0)	30	(1.1)	18	(1.3)	20	(2.4)	30	(2.4)
70 and over	34	(1.8)	30	(2.5)	8*	(2.5)	9	(1.9)	29	(1.2)	33	(1.2)	22	(1.1)	28	(1.5)	35	(1.4)
2 - 19	27	(1.2)	35	(0.9)	9	(1.8)	5	(1.4)	27	(0.7)	29	(0.7)	20	(0.7)	27	(1.2)	29	(1.0)
20 and over	31	(1.0)	27	(0.7)	9	(1.0)	10	(2.0)	23	(0.6)	28	(0.8)	18	(0.6)	21	(0.9)	26	(0.9)
2 and over	30	(0.8)	29	(0.6)	9	(0.9)	9	(1.6)	24	(0.5)	28	(0.7)	19	(0.5)	22	(0.8)	27	(0.8)
Females:																		
2 - 5	34	(3.6)	34	(2.0)	7*	(2.4)	3*	(1.1)	29	(1.1)	32	(1.1)	23	(1.4)	30	(1.5)	33	(1.6)
6 - 11	24	(2.2)	33	(2.6)	4	(0.3)	5	(1.1)	29	(2.1)	30	(2.2)	23	(1.6)	29	(2.1)	34	(2.7)
12 - 19	20	(2.7)	27	(2.5)	7	(2.0)	5	(1.2)	24	(1.0)	26	(1.3)	18	(0.9)	22	(1.6)	27	(1.3)
20 - 29	27	(2.5)	24	(1.9)	14*	(5.1)	3*	(0.6)	20	(1.2)	25	(1.4)	15	(1.0)	19	(1.4)	24	(1.9)
30 - 39	34	(2.4)	26	(2.7)	10	(2.0)	7	(1.4)	23	(1.1)	30	(1.2)	19	(1.2)	21	(2.1)	26	(2.5)
40 - 49	33	(3.2)	26	(2.6)	5	(1.3)	6	(1.4)	26	(1.5)	30	(1.3)	19	(1.3)	22	(2.1)	26	(2.0)
50 - 59	33	(2.4)	25	(1.6)	7	(1.3)	5	(1.3)	28	(1.5)	31	(1.3)	20	(1.4)	22	(1.8)	26	(1.5)
60 - 69	33	(2.4)	29	(3.2)	21*	(8.2)	4*	(1.6)	24	(0.9)	30	(1.1)	18	(0.8)	21	(1.5)	25	(1.5)
70 and over	31	(1.9)	24	(1.5)	5	(0.7)	10	(2.6)	29	(1.4)	33	(1.1)	22	(1.3)	25	(1.9)	32	(2.0)
2 - 19	24	(1.6)	31	(1.0)	6	(1.0)	4	(0.8)	27	(1.0)	29	(0.7)	20	(0.7)	26	(0.8)	30	(1.2)
20 and over	32	(0.9)	26	(1.0)	10	(1.8)	6	(0.6)	25	(0.5)	30	(0.5)	19	(0.5)	22	(0.7)	26	(0.7)
2 and over	30	(0.7)	27	(0.9)	10	(1.6)	5	(0.4)	25	(0.5)	30	(0.4)	19	(0.5)	22	(0.6)	27	(0.6)
Males and females:																		
2 - 19	25	(1.0)	33	(0.7)	7	(0.9)	5	(0.8)	27	(0.5)	29	(0.5)	20	(0.4)	27	(0.7)	30	(0.8)
20 and over	31	(0.8)	27	(0.7)	10	(1.2)	8	(1.2)	24	(0.5)	29	(0.6)	18	(0.4)	21	(0.6)	26	(0.5)
2 and over	30	(0.7)	28	(0.6)	9	(1.1)	7	(0.9)	24	(0.4)	29	(0.5)	19	(0.3)	22	(0.5)	27	(0.5)

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.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	29	(2.3)	36	(2.0)	19	(2.2)	41	(2.2)	20	(2.6)	18	(3.6)	28	(1.6)	26	(1.4)	24	(1.9)
6 - 11.....	28	(1.3)	34	(1.4)	21	(2.1)	43	(1.6)	22	(3.9)	9	(1.5)	29	(1.2)	23	(0.9)	20	(0.8)
12 - 19.....	23	(1.1)	26	(2.2)	23	(1.9)	43	(2.4)	17	(1.9)	12	(1.6)	24	(1.2)	21	(0.9)	19	(0.9)
20 - 29.....	25	(1.8)	22	(1.5)	19	(2.5)	37	(2.4)	16	(1.6)	12	(1.8)	21	(1.4)	19	(1.0)	18	(1.0)
30 - 39.....	27	(1.6)	24	(2.3)	21	(3.2)	40	(2.3)	20	(1.8)	16	(2.7)	21	(1.5)	20	(1.3)	19	(1.5)
40 - 49.....	26	(1.6)	23	(3.1)	20	(2.6)	35	(4.6)	20	(2.2)	10	(1.5)	23	(1.3)	20	(1.0)	20	(1.0)
50 - 59.....	25	(1.6)	22	(2.1)	24	(1.9)	35	(3.8)	20	(1.2)	12	(1.8)	23	(1.7)	21	(1.2)	21	(1.2)
60 - 69.....	25	(1.4)	22	(2.1)	21	(1.8)	36	(2.7)	22	(1.6)	9	(1.0)	24	(1.1)	21	(0.9)	22	(1.3)
70 and over.....	30	(1.3)	27	(3.1)	26	(1.8)	36	(4.9)	21	(1.2)	10	(2.1)	29	(1.4)	26	(1.1)	25	(1.1)
2 - 19.....	26	(0.9)	30	(1.2)	21	(1.2)	42	(1.3)	19	(1.8)	12	(1.3)	26	(1.0)	22	(0.7)	20	(0.8)
20 and over...	26	(0.7)	23	(1.0)	22	(1.1)	36	(1.4)	20	(0.7)	12	(0.6)	23	(0.7)	21	(0.5)	20	(0.5)
2 and over...	26	(0.6)	25	(0.7)	22	(0.8)	38	(1.1)	20	(0.6)	12	(0.5)	24	(0.6)	21	(0.5)	20	(0.4)
Females:																		
2 - 5.....	30	(2.2)	36	(1.2)	18	(1.7)	42	(1.5)	17	(1.2)	11	(1.3)	29	(0.9)	26	(0.9)	23	(0.8)
6 - 11.....	24	(1.3)	35	(3.3)	21	(2.1)	43	(2.5)	16	(0.7)	11	(1.2)	26	(1.5)	23	(1.3)	20	(0.8)
12 - 19.....	20	(1.7)	27	(2.8)	24	(3.3)	36	(2.5)	15	(2.1)	8	(1.0)	22	(1.2)	18	(1.2)	18	(0.8)
20 - 29.....	24	(1.6)	21	(1.8)	16	(1.5)	36	(3.0)	19	(1.3)	17	(4.7)	22	(1.7)	18	(1.3)	18	(1.0)
30 - 39.....	30	(1.3)	25	(1.8)	16	(2.1)	40	(2.1)	23	(2.4)	12	(2.5)	24	(1.1)	22	(0.6)	22	(1.0)
40 - 49.....	28	(2.2)	27	(2.7)	19	(2.3)	40	(2.9)	20	(1.7)	10	(2.0)	25	(1.5)	21	(1.2)	21	(1.3)
50 - 59.....	28	(1.4)	24	(1.9)	20	(1.8)	39	(2.5)	22	(1.7)	14	(1.9)	25	(1.2)	23	(1.3)	23	(1.2)
60 - 69.....	29	(1.6)	22	(2.0)	24	(2.6)	37	(3.0)	18	(1.7)	12	(3.0)	24	(1.0)	22	(1.0)	23	(1.0)
70 and over.....	29	(1.4)	27	(2.4)	26	(1.6)	41	(3.1)	20	(1.4)	9	(1.1)	29	(1.3)	25	(1.0)	25	(0.8)
2 - 19.....	24	(1.0)	32	(1.6)	21	(1.5)	40	(1.4)	15	(1.2)	9	(0.8)	25	(0.7)	21	(0.7)	20	(0.4)
20 and over...	28	(0.6)	24	(1.0)	20	(0.8)	39	(0.8)	21	(0.7)	12	(1.3)	25	(0.6)	22	(0.4)	22	(0.5)
2 and over...	27	(0.5)	26	(0.9)	20	(0.8)	39	(0.6)	19	(0.6)	12	(1.1)	25	(0.4)	22	(0.4)	21	(0.4)
Males and females:																		
2 - 19.....	25	(0.7)	31	(1.0)	21	(1.0)	41	(1.1)	17	(1.3)	11	(0.8)	26	(0.7)	22	(0.5)	20	(0.5)
20 and over...	27	(0.5)	24	(0.8)	21	(0.7)	38	(1.0)	20	(0.5)	12	(0.7)	24	(0.6)	21	(0.4)	21	(0.4)
2 and over...	27	(0.5)	25	(0.6)	21	(0.6)	39	(0.8)	20	(0.5)	12	(0.6)	24	(0.5)	21	(0.4)	21	(0.3)

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.**

Table 13. Breakfast[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	35	(1.8)	28	(1.8)	21	(2.4)	20	(1.9)	23	(1.2)	18	(1.0)	17	(4.1)	--	--
6 - 11	31	(1.2)	25	(1.3)	16	(0.7)	19	(1.0)	21	(0.9)	16	(0.7)	19	(4.2)	--	--
12 - 19	25	(1.7)	18	(1.4)	15	(1.0)	14	(0.8)	19	(0.8)	14	(0.8)	29	(4.8)	--	--
20 - 29	25	(1.4)	18	(1.1)	16	(1.0)	18	(1.0)	17	(1.0)	14	(0.8)	37	(4.9)	--	--
30 - 39	22	(1.7)	19	(1.7)	17	(1.5)	19	(1.2)	19	(1.0)	16	(0.9)	33	(4.3)	--	--
40 - 49	21	(1.5)	18	(1.5)	16	(1.0)	18	(1.0)	19	(1.1)	15	(0.9)	43	(3.3)	--	--
50 - 59	24	(2.2)	19	(1.6)	18	(1.2)	19	(0.9)	22	(1.3)	16	(1.1)	49	(4.0)	--	--
60 - 69	29	(1.9)	19	(1.2)	18	(1.2)	18	(1.0)	22	(1.1)	15	(0.7)	50	(3.2)	--	--
70 and over	35	(1.7)	24	(1.1)	19	(1.3)	23	(1.6)	24	(1.0)	18	(1.0)	45	(2.8)	--	--
2 - 19	29	(1.2)	22	(0.9)	16	(0.7)	17	(0.7)	20	(0.6)	15	(0.6)	26	(3.7)	--	--
20 and over	25	(0.8)	19	(0.6)	17	(0.5)	19	(0.4)	20	(0.6)	15	(0.4)	43	(1.8)	1*	(0.5)
2 and over	26	(0.7)	20	(0.5)	17	(0.5)	18	(0.4)	20	(0.5)	15	(0.4)	42	(1.8)	--	--
Females:																
2 - 5	34	(1.7)	27	(1.1)	18	(1.1)	21	(1.6)	22	(0.9)	17	(1.0)	20	(3.6)	--	--
6 - 11	33	(2.9)	25	(1.6)	17	(0.6)	17	(1.0)	20	(0.6)	15	(0.7)	16	(2.5)	--	--
12 - 19	28	(1.8)	18	(1.0)	15	(1.4)	14	(0.9)	18	(1.1)	14	(0.8)	24	(4.2)	--	--
20 - 29	22	(1.7)	17	(1.6)	16	(0.9)	16	(1.1)	18	(1.4)	13	(1.0)	31	(5.0)	--	--
30 - 39	27	(1.7)	21	(0.9)	20	(1.1)	21	(0.7)	21	(1.0)	15	(0.7)	45	(3.3)	--	--
40 - 49	26	(1.8)	19	(1.1)	17	(1.3)	20	(1.8)	21	(1.0)	15	(1.1)	43	(2.9)	--	--
50 - 59	25	(1.9)	19	(1.1)	18	(1.1)	20	(1.2)	22	(1.0)	16	(1.0)	47	(4.7)	--	--
60 - 69	26	(1.4)	20	(0.7)	18	(1.2)	20	(1.0)	22	(1.2)	15	(0.9)	49	(3.4)	--	--
70 and over	34	(1.9)	24	(1.3)	19	(0.9)	22	(1.1)	24	(0.7)	17	(1.3)	52	(2.3)	--	--
2 - 19	31	(1.4)	22	(0.9)	16	(0.7)	16	(0.6)	19	(0.6)	15	(0.6)	22	(2.9)	--	--
20 and over	27	(0.8)	20	(0.7)	18	(0.5)	20	(0.5)	21	(0.5)	15	(0.4)	45	(2.1)	#	
2 and over	28	(0.7)	20	(0.6)	18	(0.4)	19	(0.4)	21	(0.4)	15	(0.4)	44	(2.0)	--	--
Males and females:																
2 - 19	30	(0.8)	22	(0.8)	16	(0.6)	17	(0.6)	20	(0.4)	15	(0.5)	24	(2.8)	--	--
20 and over	26	(0.6)	19	(0.5)	18	(0.4)	19	(0.3)	21	(0.4)	15	(0.3)	44	(1.5)	1*	(0.4)
2 and over	27	(0.5)	20	(0.5)	17	(0.3)	19	(0.3)	21	(0.4)	15	(0.3)	43	(1.5)	--	--

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.**

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.

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

Footnotes

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

[2] Percentages are estimated as a ratio of total nutrients from breakfast for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic.

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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*	(1.2)	19	(0.9)	19	(1.0)	21	(1.0)	23	(1.5)	18	(1.3)	17	(1.1)	19	(1.4)	16	(1.3)	15	(1.3)
6 - 11.....	90	(2.2)	18	(0.8)	16	(0.9)	20	(1.0)	21	(1.3)	18	(1.1)	16	(1.0)	18	(1.3)	16	(1.0)	13	(0.8)
12 - 19.....	73	(2.9)	17	(1.0)	14	(0.6)	19	(1.1)	22	(1.5)	19	(2.1)	14	(1.3)	16	(1.3)	14	(1.5)	13	(1.7)
20 and over...	87	(0.8)	16	(0.4)	16	(0.4)	18	(0.5)	20	(0.7)	19	(0.6)	16	(0.4)	17	(0.5)	16	(0.4)	14	(0.4)
2 and over...	86	(0.8)	17	(0.3)	16	(0.4)	19	(0.4)	20	(0.6)	19	(0.5)	16	(0.4)	17	(0.4)	16	(0.4)	14	(0.4)
Non-Hispanic Black:																				
2 - 5.....	89	(3.4)	18	(1.3)	18	(1.5)	21	(1.1)	23	(1.5)	20	(1.4)	15	(1.7)	17	(1.8)	14	(1.9)	12	(1.5)
6 - 11.....	80	(3.4)	18	(1.2)	16	(1.1)	20	(1.2)	22	(1.3)	18	(1.3)	16	(1.5)	17	(1.6)	16	(1.7)	13	(1.7)
12 - 19.....	66	(3.9)	14	(1.3)	13	(1.1)	16	(1.3)	18	(1.7)	13	(1.1)	13	(1.5)	14	(1.3)	13	(1.6)	12	(1.9)
20 and over...	73	(1.5)	17	(0.5)	16	(0.7)	18	(0.5)	20	(0.5)	17	(0.7)	17	(0.7)	18	(0.7)	17	(0.8)	15	(0.7)
2 and over...	74	(1.5)	16	(0.5)	16	(0.6)	18	(0.4)	20	(0.4)	17	(0.5)	16	(0.7)	17	(0.7)	16	(0.8)	14	(0.7)
Non-Hispanic Asian:																				
2 - 5.....	97*	(2.3)	19*	(2.8)	19*	(2.9)	19*	(2.3)	23*	(2.5)	18*	(2.6)	19*	(3.9)	21*	(3.2)	19*	(4.8)	17*	(4.7)
6 - 11.....	93*	(2.1)	19*	(1.2)	19*	(1.3)	19*	(1.0)	20*	(1.3)	13*	(1.5)	20*	(2.0)	21	(2.0)	19*	(2.4)	17*	(2.2)
12 - 19.....	78	(3.2)	19	(1.3)	18	(1.3)	20	(1.6)	22	(3.9)	16	(1.3)	19	(1.2)	20	(1.3)	18	(1.3)	17	(1.7)
20 and over...	83	(1.5)	18	(0.6)	18	(0.8)	20	(0.8)	22	(1.2)	20	(1.0)	17	(0.6)	18	(0.7)	16	(0.7)	16	(1.0)
2 and over...	84	(1.3)	19	(0.5)	18	(0.7)	20	(0.7)	22	(1.2)	20	(0.8)	17	(0.5)	19	(0.6)	17	(0.6)	16	(0.9)
Hispanic:																				
2 - 5.....	98*	(1.8)	24	(1.3)	26	(1.9)	24	(1.5)	24	(1.1)	24	(1.8)	24	(1.2)	26	(1.2)	24	(1.5)	20	(1.8)
6 - 11.....	89	(2.7)	22	(1.2)	24	(1.3)	23	(1.2)	24	(1.4)	22	(1.4)	21	(1.3)	21	(1.4)	20	(1.3)	20	(1.7)
12 - 19.....	71	(2.3)	17	(1.3)	17	(1.6)	19	(1.1)	21	(1.1)	18	(1.3)	16	(1.5)	17	(1.7)	16	(1.6)	15	(1.5)
20 and over...	87	(1.2)	24	(0.8)	25	(0.8)	25	(0.8)	25	(1.0)	25	(0.9)	24	(0.9)	25	(0.9)	24	(0.9)	24	(1.1)
2 and over...	85	(1.1)	23	(0.8)	24	(0.8)	24	(0.7)	24	(0.8)	24	(0.8)	23	(0.9)	23	(0.9)	23	(0.9)	22	(0.9)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	29	(2.7)	35	(2.9)	5*	(1.8)	1*	(0.6)	29	(1.1)	30	(1.0)	21	(1.2)	29	(1.5)	34	(2.2)
6 - 11.....	25	(3.3)	32	(2.1)	3*	(0.7)	3*	(1.8)	29	(1.7)	30	(1.6)	23	(1.2)	29	(1.5)	35	(2.1)
12 - 19.....	18	(2.1)	28	(2.8)	8*	(2.4)	4*	(2.4)	24	(0.9)	26	(1.6)	17	(0.9)	23	(2.4)	26	(1.5)
20 and over...	30	(1.2)	25	(0.9)	7	(1.4)	6	(1.2)	23	(0.8)	28	(0.8)	18	(0.6)	20	(0.8)	26	(0.8)
2 and over...	29	(1.1)	26	(0.9)	7	(1.3)	5	(1.1)	24	(0.7)	28	(0.7)	18	(0.5)	21	(0.7)	27	(0.7)
Non-Hispanic Black:																		
2 - 5.....	23	(2.3)	36	(2.6)	4*	(1.5)	5*	(3.0)	32	(1.6)	34	(1.7)	23	(1.5)	31	(1.7)	34	(2.6)
6 - 11.....	23	(2.7)	39	(2.3)	6*	(2.5)	5*	(2.9)	29	(1.4)	31	(1.8)	22	(1.5)	30	(1.9)	32	(2.7)
12 - 19.....	24	(3.1)	29	(2.1)	5*	(1.1)	6*	(2.0)	22	(2.0)	24	(1.9)	15	(1.4)	22	(1.9)	22	(2.3)
20 and over...	29	(1.7)	25	(1.0)	6	(1.0)	5	(1.4)	23	(0.8)	26	(0.9)	17	(0.7)	21	(1.2)	23	(0.8)
2 and over...	28	(1.7)	27	(1.0)	6	(0.8)	5	(1.3)	23	(0.6)	27	(0.8)	17	(0.5)	22	(1.0)	24	(0.6)
Non-Hispanic Asian:																		
2 - 5.....	24*	(3.6)	36*	(3.7)	5*	(1.9)	3*	(1.9)	28*	(2.4)	32*	(2.6)	26*	(3.3)	31*	(4.5)	32*	(2.6)
6 - 11.....	32	(3.3)	31	(3.3)	5*	(1.3)	3*	(1.4)	24	(1.6)	29	(1.7)	21	(1.7)	27	(2.5)	25	(2.4)
12 - 19.....	29	(2.5)	31	(4.7)	14*	(7.8)	2*	(1.3)	25	(2.1)	29	(3.0)	18	(1.5)	23	(3.4)	26	(3.0)
20 and over...	24	(1.4)	27	(2.3)	15	(3.6)	6	(1.2)	23	(2.1)	27	(2.1)	18	(1.6)	20	(2.1)	22	(1.9)
2 and over...	25	(1.4)	28	(1.8)	14	(3.4)	5	(1.2)	23	(1.7)	28	(1.7)	18	(1.3)	21	(1.8)	23	(1.5)
Hispanic:																		
2 - 5.....	40	(3.9)	39	(2.7)	27	(7.6)	5*	(1.8)	32	(2.1)	33	(1.6)	26	(2.4)	32	(2.4)	36	(2.9)
6 - 11.....	31	(2.7)	36	(1.5)	11	(3.0)	11	(2.5)	29	(1.2)	32	(1.6)	26	(1.4)	31	(1.6)	30	(1.5)
12 - 19.....	25	(3.8)	34	(2.8)	6	(0.9)	9*	(2.8)	28	(2.6)	29	(2.0)	19	(1.7)	25	(2.1)	28	(2.3)
20 and over...	40	(1.2)	35	(1.4)	23	(3.2)	18	(3.4)	28	(0.7)	33	(1.2)	24	(1.1)	25	(1.7)	29	(1.0)
2 and over...	38	(1.2)	35	(1.1)	21	(2.8)	16	(2.6)	29	(0.6)	32	(0.9)	23	(0.9)	26	(1.3)	29	(0.9)

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.**

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-March 2020 Prepandemic *(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.....	28	(1.7)	35	(2.2)	17	(2.0)	40	(2.4)	18	(2.3)	14	(2.6)	26	(1.5)	24	(1.3)	22	(1.7)
6 - 11.....	25	(2.0)	35	(2.8)	20	(2.6)	41	(2.7)	20	(4.6)	9	(1.5)	27	(1.5)	22	(1.0)	19	(0.8)
12 - 19.....	20	(1.3)	26	(3.1)	24	(3.2)	40	(3.7)	15	(2.5)	11	(1.8)	23	(1.6)	19	(1.1)	18	(1.1)
20 and over...	26	(0.7)	23	(1.1)	21	(0.8)	37	(1.3)	20	(0.9)	10	(1.0)	22	(0.8)	20	(0.5)	20	(0.5)
2 and over...	25	(0.7)	25	(1.0)	21	(0.8)	38	(1.2)	19	(0.7)	10	(0.9)	23	(0.6)	20	(0.4)	20	(0.4)
Non-Hispanic Black:																		
2 - 5.....	25	(1.7)	37	(2.5)	20	(2.0)	48	(1.6)	15	(1.3)	10	(2.2)	31	(2.0)	24	(1.8)	22	(1.5)
6 - 11.....	23	(1.8)	34	(2.6)	21	(1.9)	46	(2.6)	14	(1.4)	9	(1.8)	27	(1.8)	22	(1.4)	20	(1.3)
12 - 19.....	22	(2.5)	24	(2.1)	18	(2.4)	41	(2.7)	14	(2.2)	8	(1.4)	22	(1.7)	18	(1.3)	15	(1.0)
20 and over...	25	(1.2)	22	(1.3)	20	(1.2)	37	(1.7)	17	(0.8)	10	(0.9)	23	(1.0)	19	(0.7)	18	(0.6)
2 and over...	24	(1.2)	24	(1.1)	20	(1.0)	39	(1.5)	16	(0.8)	9	(0.7)	23	(0.9)	19	(0.7)	18	(0.5)
Non-Hispanic Asian:																		
2 - 5.....	25*	(2.3)	41*	(3.1)	18*	(4.6)	41*	(5.0)	20*	(4.8)	10*	(3.7)	30*	(3.8)	25*	(3.4)	22*	(3.3)
6 - 11.....	28	(2.5)	37	(4.2)	11*	(3.0)	42	(4.9)	16*	(2.7)	10*	(1.6)	27	(2.0)	24	(1.1)	19*	(0.9)
12 - 19.....	26	(2.4)	31	(6.4)	19	(5.0)	41	(8.3)	18	(1.9)	7*	(1.5)	27	(2.8)	22	(1.7)	19	(1.2)
20 and over...	23	(0.9)	26	(3.6)	15	(1.6)	31	(2.7)	17	(1.0)	11	(1.3)	26	(1.7)	21	(0.8)	21	(0.7)
2 and over...	24	(0.9)	27	(3.0)	15	(1.6)	32	(2.1)	17	(0.8)	10	(1.1)	26	(1.3)	21	(0.7)	21	(0.6)
Hispanic:																		
2 - 5.....	35	(2.8)	36	(2.2)	20	(2.3)	41	(3.1)	24	(2.1)	21	(3.5)	31	(2.1)	29	(1.5)	26	(1.6)
6 - 11.....	30	(1.7)	34	(1.5)	25	(2.3)	44	(1.7)	20	(1.5)	15	(2.1)	30	(1.4)	27	(1.2)	25	(1.4)
12 - 19.....	25	(2.6)	28	(3.1)	25	(1.7)	40	(4.0)	17	(1.6)	11	(1.6)	25	(1.9)	21	(1.7)	20	(1.2)
20 and over...	34	(0.9)	26	(1.6)	26	(1.4)	41	(2.0)	25	(1.0)	23	(1.8)	29	(0.8)	28	(0.9)	27	(0.8)
2 and over...	33	(0.9)	28	(1.2)	25	(1.2)	42	(1.4)	23	(0.9)	21	(1.6)	29	(0.7)	27	(0.8)	26	(0.7)

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.**

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-March 2020 Prepandemic *(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.....	33	(1.9)	26	(1.4)	19	(2.1)	18	(1.0)	21	(1.3)	16	(0.7)	15	(2.0)	--	--
6 - 11.....	34	(2.3)	25	(1.4)	15	(0.7)	17	(1.3)	19	(0.8)	14	(0.8)	18	(2.6)	--	--
12 - 19.....	26	(1.6)	16	(1.6)	15	(1.7)	13	(0.6)	19	(1.1)	13	(0.5)	27	(5.6)	--	--
20 and over...	26	(0.9)	18	(0.8)	16	(0.4)	18	(0.5)	20	(0.5)	13	(0.4)	43	(1.8)	1*	(0.5)
2 and over...	27	(0.8)	19	(0.8)	16	(0.4)	17	(0.5)	20	(0.5)	13	(0.3)	42	(1.8)	--	--
Non-Hispanic Black:																
2 - 5.....	35	(1.5)	26	(2.0)	18	(1.1)	17	(1.5)	21	(1.4)	15	(1.3)	7*	(2.3)	--	--
6 - 11.....	31	(1.9)	23	(1.8)	16	(0.9)	15	(2.0)	19	(1.1)	15	(1.1)	10	(2.0)	--	--
12 - 19.....	22	(2.2)	18	(1.6)	12	(0.8)	13	(1.3)	15	(1.2)	13	(1.5)	14	(2.4)	--	--
20 and over...	24	(0.8)	19	(0.6)	16	(0.6)	17	(0.8)	18	(0.6)	15	(0.6)	47	(1.7)	1*	(0.6)
2 and over...	25	(0.7)	19	(0.6)	15	(0.5)	17	(0.8)	18	(0.5)	15	(0.6)	45	(1.7)	--	--
Non-Hispanic Asian:																
2 - 5.....	39*	(4.9)	34*	(3.5)	17*	(2.9)	17*	(2.6)	21*	(2.4)	16*	(2.8)	33*	(11.0)	--	--
6 - 11.....	29	(2.4)	24	(1.8)	15*	(1.1)	19*	(1.6)	19*	(1.1)	18*	(2.2)	25*	(5.7)	--	--
12 - 19.....	27	(3.9)	20	(1.7)	15	(0.9)	18	(1.9)	19	(1.5)	17	(2.0)	33	(8.9)	--	--
20 and over...	25	(2.6)	19	(0.7)	18	(0.6)	19	(0.9)	20	(0.6)	16	(1.1)	43	(2.5)	#	
2 and over...	26	(2.0)	20	(0.8)	18	(0.5)	19	(0.8)	20	(0.6)	16	(0.9)	43	(2.2)	--	--
Hispanic:																
2 - 5.....	35	(2.7)	31	(1.9)	23	(1.8)	27	(2.4)	26	(1.3)	23	(1.7)	24*	(9.0)	--	--
6 - 11.....	30	(1.5)	27	(1.6)	21	(1.4)	24	(1.6)	25	(1.3)	21	(1.2)	22*	(8.4)	--	--
12 - 19.....	27	(1.7)	21	(2.0)	18	(1.4)	16	(1.8)	20	(1.4)	15	(1.4)	33	(4.4)	--	--
20 and over...	29	(0.9)	24	(1.0)	23	(1.0)	27	(0.9)	27	(0.8)	23	(0.9)	52	(1.6)	1*	(0.6)
2 and over...	29	(0.8)	25	(0.9)	22	(0.9)	25	(0.9)	26	(0.8)	22	(0.9)	50	(1.5)	--	--

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.**

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.

# 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 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic.

[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.

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Breakfast: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Breakfast, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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*	(1.7)	22	(1.4)	23	(1.9)	23	(1.3)	24	(1.4)	23	(1.8)	20	(1.5)	23	(1.6)	20	(1.6)	16	(1.6)
6 - 11.....	88	(1.9)	20	(1.0)	20	(1.3)	22	(0.7)	23	(0.8)	22	(1.1)	18	(1.5)	19	(1.7)	17	(1.4)	16	(1.5)
12 - 19.....	67	(2.7)	16	(0.8)	15	(1.0)	17	(0.8)	19	(0.9)	15	(0.7)	15	(1.2)	16	(1.3)	14	(1.3)	13	(1.4)
20 and over...	77	(1.2)	18	(0.6)	19	(0.8)	19	(0.7)	19	(0.9)	20	(0.9)	18	(0.6)	19	(0.7)	18	(0.6)	17	(0.8)
2 and over...	78	(1.2)	18	(0.5)	19	(0.7)	19	(0.5)	20	(0.7)	20	(0.7)	18	(0.6)	19	(0.6)	18	(0.6)	16	(0.7)
131-350% poverty:																				
2 - 5.....	95*	(1.7)	19	(1.1)	19	(1.7)	20	(1.0)	22	(1.5)	18	(1.1)	16	(1.5)	18	(1.8)	16	(1.6)	15	(1.7)
6 - 11.....	87	(2.1)	18	(1.0)	16	(0.8)	20	(1.0)	21	(1.3)	16	(0.9)	17	(1.4)	19	(2.1)	17	(1.5)	15	(1.0)
12 - 19.....	68	(2.6)	15	(1.0)	14	(1.2)	16	(0.9)	17	(1.4)	17	(1.2)	13	(1.2)	15	(1.5)	13	(1.2)	11	(0.9)
20 and over...	84	(1.5)	18	(0.5)	18	(0.5)	20	(0.8)	21	(1.0)	20	(0.9)	18	(0.5)	19	(0.6)	18	(0.6)	16	(0.6)
2 and over...	83	(1.4)	18	(0.4)	18	(0.5)	20	(0.6)	21	(0.7)	20	(0.7)	17	(0.4)	19	(0.5)	17	(0.5)	15	(0.5)
Over 350% poverty:																				
2 - 5.....	99*	(0.6)	20	(0.6)	20	(0.9)	22	(0.9)	23	(1.3)	19	(1.1)	18	(1.1)	20	(1.1)	17	(1.2)	16	(1.4)
6 - 11.....	92*	(2.8)	18	(0.9)	18	(1.3)	20	(1.2)	21	(1.5)	18	(1.4)	16	(1.0)	18	(1.2)	17	(1.1)	14	(1.1)
12 - 19.....	77	(3.1)	18	(1.4)	16	(1.1)	22	(1.3)	24	(1.7)	19	(2.1)	15	(1.9)	16	(1.4)	15	(2.1)	14	(2.9)
20 and over...	88	(1.2)	17	(0.4)	17	(0.4)	19	(0.5)	21	(0.8)	18	(0.5)	16	(0.5)	17	(0.5)	16	(0.6)	15	(0.6)
2 and over...	88	(1.0)	17	(0.3)	17	(0.4)	19	(0.4)	21	(0.7)	18	(0.4)	16	(0.5)	17	(0.5)	16	(0.5)	15	(0.6)
All Individuals[5]:																				
2 - 5.....	96	(1.0)	21	(0.8)	21	(1.0)	22	(0.7)	23	(0.9)	20	(0.9)	19	(0.8)	21	(0.9)	18	(0.9)	16	(0.9)
6 - 11.....	88	(1.2)	19	(0.5)	18	(0.6)	20	(0.6)	22	(0.8)	19	(0.5)	17	(0.6)	19	(0.8)	17	(0.6)	15	(0.6)
12 - 19.....	72	(1.7)	17	(0.7)	15	(0.6)	19	(0.7)	21	(0.9)	18	(1.2)	15	(1.0)	16	(1.0)	15	(1.1)	13	(1.2)
20 and over...	85	(0.7)	18	(0.3)	18	(0.3)	19	(0.4)	21	(0.6)	20	(0.4)	17	(0.3)	18	(0.4)	17	(0.3)	16	(0.4)
2 and over...	84	(0.7)	18	(0.3)	18	(0.3)	19	(0.4)	21	(0.5)	20	(0.4)	17	(0.3)	18	(0.4)	17	(0.3)	16	(0.4)

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.**

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-March 2020 Prepandemic *(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.....	33	(3.7)	37	(3.0)	16*	(6.3)	4*	(1.7)	31	(2.1)	32	(1.8)	25	(2.1)	32	(2.4)	35	(3.1)
6 - 11.....	25	(2.5)	35	(1.8)	5	(0.9)	6*	(2.3)	30	(1.0)	33	(1.2)	24	(0.8)	31	(0.9)	33	(1.8)
12 - 19.....	26	(2.7)	31	(2.7)	6	(1.1)	6*	(2.4)	24	(1.5)	27	(1.5)	16	(1.2)	21	(1.5)	26	(1.9)
20 and over...	34	(1.3)	30	(1.3)	15	(1.9)	9	(1.0)	23	(0.9)	28	(1.3)	18	(1.1)	20	(1.9)	26	(1.2)
2 and over...	32	(1.2)	31	(0.9)	13	(1.5)	8	(0.9)	24	(0.7)	28	(0.9)	19	(0.8)	22	(1.5)	28	(0.8)
131-350% poverty:																		
2 - 5.....	30	(4.1)	39	(2.9)	6*	(1.5)	1*	(0.4)	29	(1.7)	31	(1.7)	23	(1.8)	31	(2.0)	36	(2.3)
6 - 11.....	23	(1.9)	31	(1.5)	4*	(1.5)	4*	(1.0)	27	(1.4)	28	(1.2)	22	(1.3)	29	(1.4)	31	(2.3)
12 - 19.....	21	(2.8)	29	(2.3)	8*	(3.1)	2*	(0.9)	22	(0.9)	25	(1.9)	16	(0.9)	21	(1.5)	25	(1.4)
20 and over...	30	(1.3)	29	(1.1)	10	(2.5)	7	(0.9)	26	(0.8)	30	(0.8)	20	(0.8)	24	(1.3)	29	(0.9)
2 and over...	29	(1.1)	30	(1.0)	10	(2.2)	6	(0.8)	25	(0.7)	30	(0.8)	20	(0.7)	24	(1.1)	29	(0.9)
Over 350% poverty:																		
2 - 5.....	33	(4.0)	32	(4.4)	7*	(3.4)	4*	(1.5)	29	(1.6)	30	(1.3)	21	(1.4)	29	(1.9)	31	(3.2)
6 - 11.....	32	(4.0)	36	(3.3)	4*	(1.2)	6*	(3.0)	29	(2.4)	31	(2.7)	23	(2.1)	30	(2.1)	34	(3.0)
12 - 19.....	21	(2.0)	30	(2.5)	8*	(3.1)	7*	(4.0)	25	(1.2)	28	(1.2)	18	(1.0)	23	(1.7)	26	(1.5)
20 and over...	31	(1.6)	24	(1.0)	8	(1.7)	8*	(2.6)	22	(0.6)	28	(0.7)	17	(0.5)	20	(0.9)	24	(0.7)
2 and over...	30	(1.4)	26	(1.0)	8	(1.6)	8	(2.2)	23	(0.4)	28	(0.6)	17	(0.4)	21	(0.7)	25	(0.7)
All Individuals[5]:																		
2 - 5.....	32	(2.2)	36	(1.8)	9	(2.5)	3*	(0.8)	30	(1.1)	32	(0.8)	23	(1.1)	31	(1.0)	34	(1.4)
6 - 11.....	27	(1.7)	34	(1.6)	5	(0.7)	5	(1.1)	29	(1.0)	30	(1.1)	23	(0.7)	30	(1.0)	33	(1.4)
12 - 19.....	22	(1.6)	30	(1.7)	7	(1.5)	5	(1.4)	24	(0.8)	27	(0.9)	18	(0.6)	23	(1.4)	26	(1.1)
20 and over...	31	(0.8)	27	(0.7)	10	(1.2)	8	(1.2)	24	(0.5)	29	(0.6)	18	(0.4)	21	(0.6)	26	(0.5)
2 and over...	30	(0.7)	28	(0.6)	9	(1.1)	7	(0.9)	24	(0.4)	29	(0.5)	19	(0.3)	22	(0.5)	27	(0.5)

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.**

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-March 2020 Prepandemic *(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.....	31	(2.9)	35	(2.3)	18	(1.6)	41	(3.3)	18	(1.9)	16	(2.2)	28	(2.1)	26	(1.8)	24	(1.5)
6 - 11.....	26	(1.8)	35	(1.5)	22	(1.6)	44	(1.9)	19	(1.4)	11	(2.0)	29	(1.5)	25	(1.2)	23	(1.2)
12 - 19.....	24	(1.7)	26	(2.0)	23	(2.3)	39	(3.5)	15	(1.6)	10	(1.3)	23	(1.2)	19	(1.1)	17	(0.9)
20 and over...	29	(0.8)	24	(1.9)	22	(1.3)	39	(1.9)	19	(1.1)	16	(1.4)	24	(1.1)	22	(0.8)	21	(0.8)
2 and over...	28	(0.8)	26	(1.4)	22	(0.9)	40	(1.5)	18	(0.8)	15	(1.1)	25	(0.8)	22	(0.6)	21	(0.6)
131-350% poverty:																		
2 - 5.....	29	(3.0)	37	(2.4)	17	(3.2)	43	(3.0)	20	(3.4)	15*	(4.7)	27	(1.9)	23	(1.8)	22	(2.2)
6 - 11.....	23	(1.3)	33	(1.6)	18	(2.6)	40	(1.3)	15	(0.8)	13	(1.3)	26	(1.1)	21	(0.8)	18	(0.7)
12 - 19.....	20	(2.1)	24	(1.6)	19	(2.8)	37	(2.8)	15	(1.6)	8	(1.0)	22	(1.2)	18	(1.2)	18	(1.2)
20 and over...	27	(0.7)	26	(1.4)	20	(1.3)	39	(1.0)	22	(1.0)	13	(2.0)	25	(0.9)	22	(0.6)	22	(0.7)
2 and over...	26	(0.6)	27	(1.1)	20	(1.2)	39	(0.9)	20	(0.8)	12	(1.7)	25	(0.7)	22	(0.5)	21	(0.6)
Over 350% poverty:																		
2 - 5.....	29	(2.0)	36	(3.2)	19	(2.1)	41	(3.4)	16	(1.1)	14	(2.8)	29	(1.9)	26	(1.2)	24	(1.3)
6 - 11.....	29	(2.6)	37	(4.2)	22	(2.4)	46	(3.5)	23	(6.0)	7*	(1.8)	28	(2.2)	23	(1.3)	20	(0.9)
12 - 19.....	22	(1.6)	30	(2.9)	26	(3.9)	45	(3.3)	16	(3.9)	12	(2.9)	25	(1.7)	20	(1.8)	19	(1.4)
20 and over...	26	(1.0)	22	(1.0)	21	(1.1)	36	(1.9)	20	(1.0)	10	(1.0)	22	(0.5)	20	(0.5)	20	(0.5)
2 and over...	26	(0.9)	24	(1.0)	21	(1.0)	38	(1.6)	20	(0.8)	10	(0.9)	23	(0.6)	20	(0.5)	20	(0.4)
All Individuals[5]:																		
2 - 5.....	30	(1.5)	36	(1.3)	18	(1.3)	41	(1.5)	19	(1.5)	15	(1.9)	28	(1.1)	26	(0.9)	24	(1.2)
6 - 11.....	26	(1.0)	35	(1.7)	21	(1.7)	43	(1.6)	19	(2.5)	10	(1.0)	27	(1.0)	23	(0.6)	20	(0.5)
12 - 19.....	22	(1.1)	27	(1.8)	23	(2.0)	40	(2.0)	16	(1.6)	10	(1.1)	23	(0.9)	19	(0.8)	18	(0.7)
20 and over...	27	(0.5)	24	(0.8)	21	(0.7)	38	(1.0)	20	(0.5)	12	(0.7)	24	(0.6)	21	(0.4)	21	(0.4)
2 and over...	27	(0.5)	25	(0.6)	21	(0.6)	39	(0.8)	20	(0.5)	12	(0.6)	24	(0.5)	21	(0.4)	21	(0.3)

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.**

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-March 2020 Prepandemic *(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	(1.9)	21	(2.0)	22	(2.2)	24	(1.6)	19	(1.4)	22	(6.3)	--	--
6 - 11.....	32	(1.3)	28	(1.5)	18	(1.1)	20	(1.5)	22	(1.0)	17	(1.0)	16*	(6.8)	--	--
12 - 19.....	25	(1.6)	20	(1.2)	14	(1.3)	14	(1.2)	19	(0.8)	14	(1.1)	21	(3.7)	--	--
20 and over...	26	(1.0)	21	(1.0)	18	(0.9)	20	(0.8)	21	(0.7)	17	(0.7)	35	(1.8)	2*	(1.2)
2 and over...	27	(0.7)	22	(0.7)	18	(0.7)	19	(0.8)	21	(0.5)	17	(0.6)	34	(1.6)	--	--
131-350% poverty:																
2 - 5.....	36	(1.9)	28	(2.3)	18	(2.9)	19	(1.9)	20	(1.5)	16	(1.3)	16	(3.6)	--	--
6 - 11.....	30	(1.7)	21	(1.2)	15	(0.8)	15	(0.7)	18	(1.0)	14	(0.7)	18	(2.5)	--	--
12 - 19.....	24	(1.3)	18	(1.2)	15	(1.3)	14	(1.2)	17	(1.4)	12	(1.0)	17	(3.8)	--	--
20 and over...	29	(1.3)	21	(0.9)	17	(0.6)	19	(0.5)	22	(0.8)	16	(0.5)	45	(1.7)	2*	(1.3)
2 and over...	29	(1.0)	21	(0.8)	17	(0.5)	19	(0.4)	21	(0.6)	15	(0.4)	44	(1.6)	--	--
Over 350% poverty:																
2 - 5.....	33	(2.6)	26	(2.2)	19	(1.2)	20	(1.0)	22	(1.1)	16	(0.9)	14*	(2.5)	--	--
6 - 11.....	33	(3.3)	26	(2.3)	16	(0.9)	19	(1.6)	20	(1.0)	16	(1.1)	21	(5.4)	--	--
12 - 19.....	29	(2.2)	17	(1.4)	14	(1.9)	15	(1.5)	20	(1.0)	14	(1.4)	37	(8.2)	--	--
20 and over...	24	(0.6)	17	(0.6)	17	(0.7)	18	(0.6)	20	(0.5)	14	(0.4)	46	(1.9)	#	
2 and over...	25	(0.5)	18	(0.5)	17	(0.6)	18	(0.5)	20	(0.4)	14	(0.4)	45	(1.9)	--	--
All Individuals[5]:																
2 - 5.....	35	(1.3)	28	(1.0)	19	(1.4)	21	(1.2)	22	(0.8)	17	(0.8)	18	(3.0)	--	--
6 - 11.....	32	(1.4)	25	(0.9)	16	(0.5)	18	(0.8)	20	(0.5)	16	(0.5)	18	(2.7)	--	--
12 - 19.....	26	(1.1)	18	(1.1)	15	(1.1)	14	(0.7)	19	(0.7)	14	(0.7)	27	(3.8)	--	--
20 and over...	26	(0.6)	19	(0.5)	18	(0.4)	19	(0.3)	21	(0.4)	15	(0.3)	44	(1.5)	1*	(0.4)
2 and over...	27	(0.5)	20	(0.5)	17	(0.3)	19	(0.3)	21	(0.4)	15	(0.3)	43	(1.5)	--	--

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.**

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.

\# 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-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 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic.

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5.....	90	(1.7)	23	(1.2)	26	(1.3)	20	(1.2)	17	(1.3)	24	(1.5)	25	(1.5)	24	(1.3)	25	(1.8)	27	(2.1)
6 - 11.....	87	(1.6)	24	(0.8)	27	(0.9)	22	(0.9)	20	(1.1)	25	(1.0)	25	(0.9)	23	(1.0)	25	(1.1)	27	(1.2)
12 - 19.....	80	(2.0)	25	(1.0)	27	(1.4)	23	(0.9)	20	(1.2)	25	(1.3)	26	(1.2)	25	(1.3)	26	(1.2)	28	(1.3)
20 - 29.....	79	(3.0)	25	(1.2)	29	(1.4)	24	(1.3)	21	(1.3)	28	(1.7)	28	(1.4)	27	(1.3)	28	(1.5)	29	(1.9)
30 - 39.....	76	(2.7)	24	(1.0)	26	(1.3)	24	(1.2)	19	(1.6)	25	(1.3)	24	(1.1)	24	(1.3)	25	(1.3)	25	(1.4)
40 - 49.....	77	(2.4)	24	(1.0)	28	(1.4)	22	(1.1)	17	(1.1)	25	(1.0)	25	(1.1)	24	(1.1)	25	(1.3)	29	(1.5)
50 - 59.....	76	(2.4)	23	(1.4)	27	(1.7)	21	(1.4)	17	(1.8)	24	(1.3)	25	(1.7)	24	(1.9)	25	(1.7)	29	(1.8)
60 - 69.....	77	(2.4)	21	(1.1)	24	(1.3)	20	(1.1)	16	(1.4)	22	(1.2)	23	(1.3)	22	(1.6)	24	(1.4)	24	(1.5)
70 and over.....	75	(2.7)	21	(1.1)	24	(1.2)	19	(1.1)	17	(1.3)	20	(1.4)	21	(1.2)	20	(1.4)	21	(1.2)	23	(1.3)
2 - 19.....	84	(1.3)	24	(0.6)	27	(0.7)	22	(0.6)	20	(0.7)	25	(0.9)	25	(0.7)	24	(0.7)	25	(0.7)	27	(0.8)
20 and over...	77	(1.5)	23	(0.6)	27	(0.7)	22	(0.5)	18	(0.6)	24	(0.7)	25	(0.7)	24	(0.7)	25	(0.7)	27	(0.8)
2 and over...	79	(1.2)	23	(0.5)	27	(0.6)	22	(0.5)	18	(0.5)	24	(0.6)	25	(0.6)	24	(0.7)	25	(0.6)	27	(0.7)
Females:																				
2 - 5.....	91	(2.0)	25	(0.9)	28	(1.1)	22	(1.0)	20	(1.1)	26	(1.3)	28	(1.0)	26	(0.9)	29	(1.0)	30	(1.6)
6 - 11.....	89	(1.3)	26	(0.7)	29	(1.0)	24	(0.9)	22	(1.0)	27	(1.2)	27	(0.7)	26	(1.1)	27	(0.7)	29	(0.7)
12 - 19.....	82	(1.9)	27	(1.1)	30	(1.3)	25	(1.1)	22	(1.4)	27	(1.2)	28	(1.3)	26	(1.6)	28	(1.4)	29	(1.3)
20 - 29.....	80	(2.5)	26	(1.2)	30	(1.4)	24	(1.2)	19	(1.3)	27	(1.5)	27	(1.3)	27	(1.6)	27	(1.3)	27	(1.1)
30 - 39.....	78	(2.1)	23	(0.8)	27	(1.1)	22	(0.8)	16	(1.0)	26	(1.0)	25	(1.1)	24	(1.3)	25	(1.3)	28	(1.4)
40 - 49.....	71	(2.9)	23	(1.1)	26	(1.5)	21	(0.9)	15	(0.9)	26	(1.8)	25	(1.6)	24	(2.0)	24	(1.6)	28	(1.5)
50 - 59.....	76	(2.3)	23	(0.9)	26	(1.4)	22	(1.1)	17	(1.1)	24	(1.2)	25	(1.1)	23	(1.5)	26	(1.2)	28	(1.0)
60 - 69.....	77	(2.6)	23	(0.9)	25	(1.3)	23	(1.2)	21	(2.0)	25	(1.8)	24	(1.5)	23	(1.9)	22	(1.2)	26	(1.9)
70 and over.....	78	(2.3)	23	(1.1)	26	(1.1)	21	(1.0)	18	(1.1)	22	(1.2)	25	(1.3)	23	(1.5)	24	(1.3)	26	(1.4)
2 - 19.....	86	(1.2)	26	(0.6)	29	(0.7)	24	(0.5)	21	(0.7)	27	(0.6)	28	(0.8)	26	(1.0)	28	(0.8)	29	(0.8)
20 and over...	77	(1.0)	24	(0.4)	27	(0.5)	22	(0.4)	18	(0.6)	25	(0.5)	25	(0.7)	24	(0.7)	25	(0.7)	27	(0.8)
2 and over...	79	(0.9)	24	(0.3)	27	(0.4)	23	(0.3)	19	(0.5)	25	(0.5)	26	(0.5)	25	(0.6)	26	(0.5)	28	(0.5)
Males and females:																				
2 - 19.....	85	(1.1)	25	(0.4)	28	(0.6)	23	(0.4)	20	(0.5)	26	(0.5)	26	(0.6)	25	(0.7)	26	(0.6)	28	(0.6)
20 and over...	77	(1.0)	23	(0.3)	27	(0.4)	22	(0.4)	18	(0.5)	25	(0.5)	25	(0.4)	24	(0.5)	25	(0.5)	27	(0.5)
2 and over...	79	(0.9)	24	(0.3)	27	(0.3)	22	(0.3)	18	(0.4)	25	(0.4)	25	(0.4)	24	(0.5)	25	(0.4)	27	(0.4)

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.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	23	(1.7)	17	(1.2)	24	(3.7)	29	(4.9)	20	(1.1)	20	(1.5)	26	(1.3)	21	(1.0)	19	(1.1)
6 - 11	22	(1.4)	20	(1.2)	27	(5.1)	36	(5.5)	22	(1.0)	22	(1.0)	25	(1.1)	21	(1.0)	20	(1.0)
12 - 19	24	(1.6)	19	(1.7)	29	(3.8)	24	(3.3)	24	(1.3)	22	(1.3)	26	(1.4)	22	(1.4)	22	(1.6)
20 - 29	25	(1.5)	23	(2.9)	39	(7.0)	30	(3.5)	26	(2.1)	23	(1.4)	27	(2.5)	25	(3.5)	24	(2.1)
30 - 39	23	(1.5)	24	(3.2)	36	(7.5)	23	(4.1)	26	(1.3)	19	(2.7)	26	(2.1)	22	(2.4)	26	(1.5)
40 - 49	25	(1.5)	23	(1.8)	37	(4.9)	32	(4.9)	24	(1.5)	18	(1.1)	24	(1.2)	21	(1.3)	21	(1.5)
50 - 59	22	(2.0)	22	(2.1)	36	(3.6)	24	(3.1)	23	(1.3)	19	(1.4)	26	(1.5)	24	(2.0)	22	(1.8)
60 - 69	22	(1.4)	19	(2.0)	23	(2.2)	20	(3.1)	22	(1.9)	18	(1.1)	21	(1.8)	16	(2.6)	20	(1.4)
70 and over	21	(1.5)	24	(4.1)	25	(3.9)	24	(4.6)	21	(1.3)	18	(1.2)	24	(1.3)	20	(1.4)	18	(1.2)
2 - 19	23	(0.8)	19	(0.9)	27	(2.7)	28	(2.9)	23	(0.8)	21	(0.7)	26	(0.8)	22	(0.9)	21	(0.9)
20 and over	23	(0.7)	23	(1.2)	33	(2.3)	26	(1.9)	24	(0.7)	19	(0.9)	25	(0.8)	22	(1.1)	22	(0.8)
2 and over	23	(0.6)	22	(1.0)	32	(2.0)	26	(1.8)	24	(0.6)	20	(0.8)	25	(0.7)	22	(0.9)	22	(0.7)
Females:																		
2 - 5	24	(2.6)	20	(1.2)	33	(5.3)	33	(4.1)	23	(1.0)	20	(0.8)	29	(1.5)	22	(1.3)	20	(1.2)
6 - 11	26	(1.4)	21	(1.4)	33	(3.4)	42	(3.5)	25	(1.2)	24	(1.3)	27	(1.3)	22	(1.2)	22	(1.2)
12 - 19	26	(1.8)	23	(1.8)	34	(3.6)	35	(3.7)	27	(1.3)	25	(1.4)	29	(1.2)	26	(1.9)	24	(1.5)
20 - 29	27	(1.9)	27	(1.7)	36	(4.3)	37	(6.8)	28	(1.8)	23	(1.4)	29	(1.3)	27	(1.2)	26	(1.6)
30 - 39	23	(1.4)	21	(1.3)	27	(3.6)	30	(5.3)	25	(0.8)	20	(0.8)	26	(1.1)	22	(1.2)	23	(1.0)
40 - 49	21	(2.8)	24	(2.8)	38	(5.2)	34	(6.0)	23	(1.2)	18	(0.9)	25	(1.2)	22	(1.2)	22	(1.6)
50 - 59	21	(1.6)	22	(1.6)	33	(2.5)	29	(3.6)	24	(1.1)	20	(0.9)	27	(1.3)	25	(2.3)	23	(1.1)
60 - 69	23	(2.1)	22	(2.0)	28	(4.1)	23	(4.0)	23	(1.2)	20	(1.2)	24	(1.2)	23	(1.0)	24	(1.4)
70 and over	25	(2.0)	24	(2.3)	30	(3.7)	25	(3.7)	24	(1.3)	21	(1.0)	26	(1.2)	22	(0.9)	23	(1.6)
2 - 19	26	(1.1)	22	(0.8)	33	(2.3)	37	(1.4)	25	(0.8)	24	(0.8)	28	(0.7)	24	(0.9)	23	(0.9)
20 and over	23	(0.8)	24	(0.9)	32	(1.6)	30	(2.4)	25	(0.5)	20	(0.4)	27	(0.6)	24	(0.5)	24	(0.5)
2 and over	24	(0.7)	23	(0.8)	32	(1.5)	31	(2.0)	25	(0.5)	21	(0.4)	27	(0.5)	24	(0.5)	23	(0.4)
Males and females:																		
2 - 19	24	(0.8)	20	(0.6)	30	(1.8)	32	(1.9)	24	(0.5)	22	(0.6)	27	(0.6)	23	(0.8)	22	(0.5)
20 and over	23	(0.5)	23	(0.7)	32	(1.5)	28	(1.6)	24	(0.3)	20	(0.5)	26	(0.5)	22	(0.7)	23	(0.5)
2 and over	23	(0.4)	23	(0.7)	32	(1.3)	29	(1.5)	24	(0.3)	20	(0.5)	26	(0.4)	22	(0.6)	23	(0.4)

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.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5.....	22	(1.5)	18	(1.6)	19	(2.2)	14	(1.3)	26	(2.3)	23	(1.9)	19	(1.3)	23	(1.3)	22	(1.3)
6 - 11.....	23	(1.1)	22	(1.0)	23	(1.8)	20	(1.1)	25	(1.6)	25	(4.7)	25	(0.9)	26	(0.7)	25	(0.8)
12 - 19.....	24	(1.2)	21	(1.6)	23	(2.3)	18	(1.8)	25	(1.3)	28	(2.6)	24	(1.5)	25	(1.3)	23	(1.2)
20 - 29.....	24	(1.3)	23	(2.3)	23	(2.2)	19	(2.7)	23	(1.9)	32	(2.4)	24	(1.6)	26	(1.5)	23	(1.5)
30 - 39.....	21	(1.3)	21	(2.7)	22	(1.9)	16	(2.0)	24	(1.7)	26	(1.9)	22	(1.5)	24	(1.2)	21	(1.2)
40 - 49.....	23	(1.2)	19	(1.8)	21	(1.6)	17	(2.1)	22	(1.6)	30	(3.4)	21	(1.0)	25	(1.1)	21	(1.0)
50 - 59.....	21	(1.7)	22	(2.1)	20	(1.7)	14	(2.2)	23	(1.4)	34	(2.9)	23	(1.6)	24	(1.5)	20	(1.1)
60 - 69.....	20	(1.1)	19	(2.5)	20	(1.6)	17	(2.3)	21	(1.3)	25	(2.1)	20	(1.1)	22	(1.1)	19	(0.9)
70 and over.....	20	(1.2)	27	(5.8)	20	(2.0)	17	(1.6)	22	(1.4)	24	(2.5)	21	(1.3)	21	(1.0)	18	(1.1)
2 - 19.....	23	(0.7)	21	(0.9)	22	(1.1)	18	(0.8)	25	(0.8)	26	(2.4)	23	(0.8)	25	(0.7)	23	(0.7)
20 and over...	22	(0.6)	22	(1.4)	21	(0.9)	17	(0.8)	22	(0.7)	29	(1.1)	22	(0.6)	24	(0.6)	20	(0.6)
2 and over...	22	(0.6)	22	(1.2)	21	(0.7)	17	(0.7)	23	(0.6)	28	(1.1)	22	(0.6)	24	(0.6)	21	(0.5)
Females:																		
2 - 5.....	23	(1.5)	19	(0.9)	28	(2.2)	18	(1.4)	28	(1.2)	31	(2.7)	22	(0.9)	25	(0.9)	24	(0.9)
6 - 11.....	25	(1.0)	21	(1.4)	25	(1.7)	18	(1.4)	28	(0.9)	29	(2.0)	26	(1.2)	27	(1.0)	25	(0.8)
12 - 19.....	26	(1.2)	25	(2.3)	21	(2.3)	23	(2.1)	24	(2.2)	32	(2.5)	27	(2.2)	27	(1.6)	26	(1.0)
20 - 29.....	26	(1.6)	25	(2.0)	26	(1.5)	18	(2.5)	25	(1.2)	31	(2.5)	25	(1.6)	27	(1.5)	24	(1.2)
30 - 39.....	23	(1.0)	23	(1.8)	24	(2.5)	21	(2.2)	23	(1.3)	29	(5.4)	21	(1.0)	25	(0.8)	21	(0.8)
40 - 49.....	21	(1.9)	19	(1.7)	24	(2.5)	14	(1.5)	23	(1.8)	35	(4.4)	22	(1.3)	24	(1.2)	21	(0.9)
50 - 59.....	21	(1.2)	21	(1.6)	23	(2.0)	15	(2.0)	25	(1.7)	32	(3.1)	21	(1.5)	23	(1.2)	21	(1.0)
60 - 69.....	22	(1.3)	24	(2.9)	22	(1.8)	20	(2.2)	20	(1.2)	33	(2.7)	21	(1.6)	23	(1.2)	21	(1.0)
70 and over.....	24	(1.3)	22	(1.8)	21	(1.8)	19	(2.0)	24	(1.4)	35	(1.7)	21	(1.1)	23	(1.0)	21	(1.0)
2 - 19.....	25	(0.7)	23	(1.1)	24	(1.4)	20	(1.0)	26	(1.4)	31	(1.5)	25	(1.0)	27	(0.7)	25	(0.5)
20 and over...	23	(0.6)	22	(0.6)	23	(0.8)	18	(0.9)	24	(0.8)	32	(1.7)	22	(0.5)	24	(0.5)	21	(0.5)
2 and over...	23	(0.5)	22	(0.6)	24	(0.8)	18	(0.6)	24	(0.6)	32	(1.5)	23	(0.5)	25	(0.4)	22	(0.4)
Males and females:																		
2 - 19.....	24	(0.6)	22	(0.7)	23	(0.8)	19	(0.7)	25	(0.8)	28	(1.6)	24	(0.5)	26	(0.4)	24	(0.5)
20 and over...	22	(0.4)	22	(0.8)	22	(0.5)	17	(0.6)	23	(0.6)	30	(0.9)	22	(0.4)	24	(0.3)	21	(0.3)
2 and over...	23	(0.4)	22	(0.7)	22	(0.4)	18	(0.5)	23	(0.5)	30	(0.8)	22	(0.4)	24	(0.3)	22	(0.3)

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.**

Table 17. Lunch[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	18	(1.4)	21	(1.3)	22	(1.3)	28	(1.5)	22	(1.3)	28	(1.4)	23*	(10.1)	--	--
6 - 11	21	(1.0)	24	(0.9)	24	(1.4)	28	(1.1)	25	(1.0)	28	(1.0)	15	(2.8)	--	--
12 - 19	22	(1.4)	24	(1.4)	24	(1.1)	28	(1.4)	25	(1.1)	28	(1.4)	15	(1.9)	--	--
20 - 29	25	(1.4)	27	(1.4)	23	(1.6)	28	(1.4)	26	(1.5)	30	(1.7)	16	(2.8)	--	--
30 - 39	26	(1.3)	25	(1.3)	22	(1.2)	27	(1.7)	22	(1.3)	27	(1.2)	10	(2.1)	--	--
40 - 49	23	(1.5)	26	(1.5)	22	(1.1)	29	(1.4)	24	(1.2)	31	(1.5)	8	(1.4)	--	--
50 - 59	22	(1.4)	24	(1.8)	20	(1.0)	26	(1.5)	22	(1.4)	28	(1.4)	7	(1.1)	--	--
60 - 69	20	(1.0)	23	(1.6)	19	(1.2)	25	(1.7)	20	(1.1)	28	(1.7)	8	(1.2)	--	--
70 and over	18	(1.2)	22	(1.5)	23	(4.0)	24	(1.3)	20	(1.4)	26	(1.2)	7	(0.7)	--	--
2 - 19	21	(0.8)	24	(0.9)	23	(0.7)	28	(0.8)	25	(0.6)	28	(0.7)	16	(1.5)	--	--
20 and over	23	(0.7)	25	(0.7)	22	(0.7)	27	(0.6)	23	(0.7)	28	(0.7)	9	(0.9)	6	(0.9)
2 and over	22	(0.6)	24	(0.6)	22	(0.6)	27	(0.6)	23	(0.6)	28	(0.6)	9	(0.9)	--	--
Females:																
2 - 5	21	(1.1)	23	(0.8)	24	(1.0)	30	(1.2)	25	(1.0)	32	(1.3)	13	(3.1)	--	--
6 - 11	23	(1.4)	26	(1.4)	27	(1.0)	30	(1.2)	27	(0.8)	31	(0.9)	20	(2.6)	--	--
12 - 19	24	(1.0)	27	(1.4)	23	(1.5)	30	(1.5)	27	(1.0)	31	(1.2)	22	(4.1)	--	--
20 - 29	26	(1.6)	28	(1.9)	24	(1.4)	30	(1.5)	26	(1.2)	31	(1.1)	10	(2.7)	--	--
30 - 39	23	(1.0)	25	(1.3)	21	(0.7)	28	(1.1)	23	(1.0)	28	(1.0)	8	(1.2)	--	--
40 - 49	21	(1.4)	23	(1.7)	20	(1.2)	26	(1.9)	23	(1.1)	29	(1.4)	6	(1.1)	--	--
50 - 59	23	(1.2)	24	(1.7)	22	(1.1)	26	(1.4)	23	(1.0)	28	(1.1)	9	(1.1)	--	--
60 - 69	23	(0.9)	23	(1.2)	20	(1.0)	26	(1.7)	23	(1.0)	28	(1.2)	12	(1.5)	--	--
70 and over	21	(1.2)	23	(1.1)	21	(1.2)	27	(1.2)	23	(1.0)	29	(1.4)	10	(1.3)	--	--
2 - 19	23	(0.6)	26	(0.8)	24	(0.9)	30	(0.8)	26	(0.6)	31	(0.7)	21	(3.2)	--	--
20 and over	23	(0.6)	24	(0.5)	21	(0.6)	27	(0.6)	23	(0.4)	29	(0.5)	9	(0.8)	7	(1.5)
2 and over	23	(0.5)	25	(0.5)	22	(0.5)	28	(0.5)	24	(0.3)	29	(0.4)	10	(0.8)	--	--
Males and females:																
2 - 19	22	(0.6)	25	(0.5)	24	(0.5)	29	(0.5)	25	(0.5)	29	(0.6)	18	(1.6)	--	--
20 and over	23	(0.4)	25	(0.4)	21	(0.5)	27	(0.3)	23	(0.4)	29	(0.4)	9	(0.7)	6	(0.8)
2 and over	23	(0.4)	25	(0.4)	22	(0.4)	27	(0.3)	23	(0.4)	29	(0.4)	9	(0.7)	--	--

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.**

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

[2] Percentages are estimated as a ratio of total nutrients from lunch for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic.

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	96*	(1.4)	24	(1.0)	26	(1.0)	21	(0.9)	18	(0.8)	24	(1.3)	27	(1.5)	25	(1.0)	28	(1.8)	29	(2.3)
6 - 11.....	94	(1.6)	25	(0.8)	28	(1.1)	23	(0.9)	21	(1.2)	25	(1.0)	27	(1.1)	26	(1.2)	26	(1.2)	29	(1.3)
12 - 19.....	85	(2.5)	25	(0.9)	27	(1.0)	23	(0.9)	20	(1.1)	24	(1.0)	26	(1.0)	25	(1.2)	26	(1.2)	28	(1.1)
20 and over...	80	(1.7)	23	(0.5)	26	(0.5)	22	(0.5)	17	(0.7)	24	(0.7)	25	(0.5)	24	(0.6)	25	(0.5)	27	(0.6)
2 and over...	82	(1.5)	23	(0.4)	26	(0.5)	22	(0.5)	18	(0.6)	24	(0.6)	25	(0.5)	24	(0.6)	25	(0.5)	27	(0.5)
Non-Hispanic Black:																				
2 - 5.....	93*	(1.7)	28	(1.9)	30	(1.7)	26	(2.1)	22	(2.5)	28	(2.5)	30	(2.0)	30	(2.0)	31	(2.1)	30	(2.3)
6 - 11.....	83	(2.7)	23	(1.3)	27	(1.2)	23	(1.5)	22	(1.8)	27	(2.0)	23	(1.3)	22	(1.4)	23	(1.3)	24	(1.6)
12 - 19.....	73	(2.6)	26	(1.5)	28	(1.6)	24	(1.4)	22	(1.3)	28	(1.7)	26	(1.7)	26	(1.7)	26	(1.8)	27	(2.1)
20 and over...	68	(1.4)	23	(0.5)	26	(0.7)	22	(0.7)	19	(0.8)	24	(0.7)	25	(0.5)	24	(0.5)	25	(0.6)	27	(0.7)
2 and over...	71	(1.0)	24	(0.5)	26	(0.6)	23	(0.5)	20	(0.5)	25	(0.5)	25	(0.5)	24	(0.4)	25	(0.6)	27	(0.7)
Non-Hispanic Asian:																				
2 - 5.....	93*	(4.6)	23*	(1.6)	26*	(2.6)	23*	(1.5)	17*	(2.0)	23*	(2.4)	22*	(2.0)	21*	(1.6)	23*	(2.6)	23*	(2.7)
6 - 11.....	93*	(3.2)	30	(1.9)	31	(1.7)	29	(2.1)	24	(3.9)	31	(2.6)	30	(2.0)	28	(2.0)	30	(1.9)	32	(2.9)
12 - 19.....	82	(4.1)	25	(2.2)	30	(2.1)	25	(2.4)	22	(4.1)	27	(1.8)	23	(2.2)	20	(2.4)	25	(2.1)	26	(2.4)
20 and over...	89	(2.0)	29	(1.0)	32	(1.0)	28	(0.9)	21	(0.9)	29	(1.0)	30	(1.3)	29	(1.6)	30	(1.4)	32	(1.5)
2 and over...	89	(1.5)	29	(1.0)	31	(0.9)	28	(0.9)	21	(0.9)	28	(0.9)	29	(1.3)	28	(1.5)	29	(1.3)	31	(1.4)
Hispanic:																				
2 - 5.....	79	(4.4)	21	(2.2)	25	(2.4)	19	(1.9)	16	(1.7)	23	(2.4)	23	(2.8)	21	(2.5)	24	(3.1)	27	(3.4)
6 - 11.....	77	(3.4)	24	(1.0)	27	(1.3)	22	(1.0)	20	(1.3)	25	(2.0)	25	(1.1)	23	(1.2)	26	(1.2)	26	(1.6)
12 - 19.....	78	(4.2)	28	(1.8)	32	(2.8)	26	(1.5)	23	(1.3)	29	(2.5)	29	(2.1)	28	(2.0)	29	(2.2)	30	(2.2)
20 and over...	69	(1.4)	23	(0.8)	27	(0.9)	22	(0.7)	18	(0.9)	24	(1.0)	24	(1.0)	24	(1.0)	25	(1.2)	25	(1.1)
2 and over...	72	(1.6)	24	(0.8)	27	(0.9)	22	(0.7)	19	(0.8)	25	(1.1)	25	(0.9)	24	(0.9)	25	(1.0)	26	(0.9)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	23	(1.4)	19	(1.5)	29	(7.8)	31	(4.4)	21	(0.7)	21	(1.2)	27	(1.5)	21	(1.1)	19	(1.0)
6 - 11.....	23	(1.9)	20	(1.4)	29	(4.4)	43	(4.2)	23	(1.0)	23	(1.2)	27	(1.6)	22	(1.4)	20	(0.9)
12 - 19.....	25	(1.5)	21	(1.9)	29	(4.2)	24	(3.3)	25	(1.3)	23	(1.6)	27	(1.4)	23	(2.3)	22	(1.2)
20 and over...	23	(0.8)	24	(1.0)	32	(1.8)	26	(2.1)	24	(0.4)	19	(0.8)	25	(0.7)	22	(0.8)	22	(0.7)
2 and over...	23	(0.7)	23	(0.8)	32	(1.5)	27	(1.9)	24	(0.4)	20	(0.7)	26	(0.6)	22	(0.7)	22	(0.7)
Non-Hispanic Black:																		
2 - 5.....	27	(1.6)	20	(2.4)	18	(5.1)	45	(8.4)	26	(1.7)	24	(1.9)	29	(1.6)	24	(1.7)	23	(1.5)
6 - 11.....	22	(1.7)	22	(1.4)	27	(3.1)	32	(4.8)	23	(1.4)	25	(1.4)	24	(1.1)	22	(1.2)	20	(2.0)
12 - 19.....	21	(1.8)	23	(1.6)	29	(2.8)	35	(4.8)	26	(2.0)	24	(1.5)	26	(1.7)	23	(1.4)	24	(2.1)
20 and over...	22	(0.9)	21	(1.7)	29	(2.2)	27	(2.7)	24	(0.7)	21	(0.7)	25	(0.7)	23	(1.1)	23	(0.9)
2 and over...	22	(0.9)	21	(1.5)	28	(2.0)	29	(1.8)	24	(0.5)	22	(0.6)	26	(0.6)	23	(0.9)	23	(0.5)
Non-Hispanic Asian:																		
2 - 5.....	26*	(3.0)	22*	(5.6)	50*	(18.8)	15*	(4.7)	23*	(2.2)	18*	(1.6)	26*	(2.9)	22*	(2.5)	23*	(2.1)
6 - 11.....	28	(2.3)	28	(2.8)	45	(6.7)	43*	(5.0)	30	(2.2)	26	(2.1)	31	(1.5)	25	(1.6)	29	(1.8)
12 - 19.....	24	(2.1)	17	(2.0)	27	(4.6)	36	(7.1)	28	(3.1)	23	(2.9)	31	(2.1)	28	(2.0)	25	(1.8)
20 and over...	31	(1.7)	29	(1.3)	36	(3.1)	42	(2.6)	30	(1.2)	25	(1.0)	32	(1.4)	29	(1.2)	31	(1.1)
2 and over...	30	(1.5)	28	(0.8)	36	(2.9)	41	(2.1)	29	(1.3)	25	(1.1)	31	(1.3)	29	(1.1)	30	(1.0)
Hispanic:																		
2 - 5.....	24	(4.2)	15	(1.7)	27	(5.2)	29	(8.1)	18	(1.8)	16	(1.8)	26	(2.4)	20	(1.9)	17	(2.1)
6 - 11.....	24	(2.6)	18	(1.5)	28	(3.6)	34	(4.5)	22	(1.0)	21	(1.0)	25	(0.9)	20	(1.1)	20	(1.0)
12 - 19.....	29	(3.5)	21	(2.6)	39	(4.8)	35	(3.3)	25	(2.1)	24	(2.2)	30	(2.3)	26	(2.2)	24	(1.9)
20 and over...	23	(1.0)	21	(1.0)	30	(2.1)	30	(2.6)	24	(0.9)	19	(0.7)	25	(0.9)	22	(1.6)	23	(0.8)
2 and over...	24	(1.1)	20	(1.0)	31	(1.8)	31	(2.2)	23	(0.8)	20	(0.7)	26	(0.8)	23	(1.3)	22	(0.8)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	22	(0.9)	18	(0.8)	26	(2.8)	16	(1.1)	28	(2.5)	28	(3.2)	21	(0.7)	24	(0.6)	23	(1.1)
6 - 11.....	23	(1.6)	21	(1.3)	25	(1.4)	19	(1.6)	27	(1.6)	27	(4.5)	26	(1.2)	26	(0.9)	25	(0.9)
12 - 19.....	24	(1.1)	22	(2.1)	18	(2.3)	20	(2.8)	22	(1.8)	27	(3.0)	25	(1.8)	25	(1.3)	22	(1.3)
20 and over...	22	(0.6)	22	(1.2)	22	(0.8)	17	(0.8)	22	(0.8)	30	(1.3)	23	(0.5)	24	(0.5)	21	(0.5)
2 and over...	22	(0.5)	22	(1.0)	22	(0.7)	17	(0.6)	23	(0.7)	30	(1.2)	23	(0.4)	24	(0.4)	21	(0.4)
Non-Hispanic Black:																		
2 - 5.....	27	(1.7)	23	(2.0)	24	(2.4)	20	(2.7)	28	(2.5)	21	(3.0)	25	(3.0)	28	(2.2)	26	(2.3)
6 - 11.....	24	(1.3)	24	(1.4)	26	(2.7)	25	(1.6)	23	(1.4)	22	(3.2)	28	(1.2)	27	(1.4)	25	(1.5)
12 - 19.....	23	(1.6)	25	(2.1)	24	(3.2)	20	(2.2)	26	(2.2)	26	(3.5)	28	(1.7)	28	(1.6)	27	(1.4)
20 and over...	22	(0.8)	22	(1.6)	21	(1.3)	18	(1.9)	24	(0.8)	29	(1.9)	21	(0.8)	24	(0.6)	21	(0.6)
2 and over...	22	(0.8)	22	(1.3)	22	(1.2)	19	(1.7)	24	(0.8)	28	(1.5)	23	(0.7)	25	(0.5)	22	(0.5)
Non-Hispanic Asian:																		
2 - 5.....	22*	(2.0)	15*	(2.8)	21*	(1.7)	12*	(2.0)	20*	(2.7)	24*	(3.9)	16*	(2.5)	21*	(2.3)	21*	(1.9)
6 - 11.....	29	(1.9)	22	(2.8)	24	(3.5)	20*	(2.0)	32	(2.5)	34	(3.5)	27	(2.6)	29	(1.9)	29	(1.7)
12 - 19.....	25	(2.3)	21	(2.1)	28	(3.7)	19	(5.5)	26	(1.9)	29	(4.2)	21	(3.5)	27	(2.3)	26	(2.2)
20 and over...	29	(0.9)	27	(1.9)	28	(1.7)	25	(2.4)	30	(1.1)	38	(2.6)	24	(1.0)	29	(0.8)	27	(0.7)
2 and over...	29	(0.9)	25	(1.6)	28	(1.5)	23	(1.7)	29	(0.9)	37	(2.3)	24	(1.0)	29	(0.8)	26	(0.7)
Hispanic:																		
2 - 5.....	21	(2.9)	16	(1.8)	20	(2.3)	11*	(1.5)	23	(2.7)	28	(4.1)	17	(1.4)	21	(2.0)	20	(2.0)
6 - 11.....	23	(1.7)	20	(1.5)	22	(3.3)	17	(1.8)	26	(1.8)	29	(3.5)	22	(1.6)	25	(1.2)	23	(1.4)
12 - 19.....	28	(2.5)	25	(3.2)	25	(2.5)	21	(3.8)	28	(2.0)	36	(3.5)	26	(2.2)	29	(2.3)	27	(2.1)
20 and over...	22	(0.9)	21	(1.2)	21	(1.4)	16	(1.3)	23	(0.8)	27	(1.3)	20	(0.9)	24	(0.8)	21	(0.8)
2 and over...	23	(1.0)	21	(1.1)	21	(1.1)	16	(1.4)	24	(0.8)	28	(1.2)	21	(0.9)	24	(0.9)	22	(0.8)

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.**

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-March 2020 Prepandemic *(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.....	20	(1.0)	22	(0.9)	22	(1.3)	27	(1.1)	24	(1.0)	29	(1.2)	27*	(11.6)	--	--
6 - 11.....	22	(1.2)	25	(1.2)	25	(1.4)	29	(1.2)	25	(1.1)	30	(0.9)	16	(3.1)	--	--
12 - 19.....	22	(1.1)	24	(1.1)	21	(1.4)	27	(1.3)	23	(1.2)	29	(1.4)	19	(3.0)	--	--
20 and over...	22	(0.5)	24	(0.6)	21	(0.6)	27	(0.5)	23	(0.5)	29	(0.5)	9	(0.9)	5	(0.9)
2 and over...	22	(0.5)	24	(0.6)	21	(0.6)	27	(0.5)	23	(0.5)	29	(0.5)	9	(0.9)	--	--
Non-Hispanic Black:																
2 - 5.....	22	(1.6)	25	(1.8)	27	(2.0)	32	(2.0)	28	(1.8)	33	(1.4)	23*	(8.8)	--	--
6 - 11.....	21	(1.6)	24	(1.5)	24	(1.5)	25	(2.1)	27	(1.4)	26	(1.6)	13	(3.0)	--	--
12 - 19.....	24	(1.8)	27	(1.6)	25	(1.6)	28	(2.0)	27	(1.5)	28	(1.7)	22	(4.0)	--	--
20 and over...	23	(0.8)	23	(0.7)	21	(0.8)	26	(0.7)	23	(0.7)	27	(0.6)	12	(0.9)	9*	(3.1)
2 and over...	23	(0.5)	24	(0.6)	22	(0.6)	26	(0.6)	24	(0.6)	28	(0.6)	12	(0.9)	--	--
Non-Hispanic Asian:																
2 - 5.....	20*	(2.4)	20*	(1.9)	22*	(1.8)	30*	(2.4)	21*	(1.8)	29*	(2.5)	9*	(3.7)	--	--
6 - 11.....	28	(1.9)	28	(1.6)	30	(2.2)	33	(2.2)	30	(2.7)	33	(1.3)	17*	(4.9)	--	--
12 - 19.....	25	(2.3)	27	(2.3)	27	(2.0)	30	(2.1)	29	(2.3)	29	(2.8)	14*	(3.8)	--	--
20 and over...	29	(1.3)	30	(1.1)	27	(0.8)	32	(1.1)	29	(0.8)	35	(1.5)	12	(1.3)	14*	(3.7)
2 and over...	28	(1.2)	30	(1.1)	27	(0.7)	32	(1.0)	28	(0.7)	34	(1.5)	12	(1.3)	--	--
Hispanic:																
2 - 5.....	17	(2.2)	20	(1.9)	22	(2.1)	27	(2.5)	21	(2.0)	29	(2.5)	9*	(4.4)	--	--
6 - 11.....	20	(1.0)	24	(1.6)	24	(1.4)	27	(1.3)	24	(1.4)	27	(1.1)	22	(4.0)	--	--
12 - 19.....	24	(1.9)	28	(2.5)	28	(2.3)	34	(3.0)	30	(2.4)	31	(2.3)	16	(2.5)	--	--
20 and over...	23	(0.8)	25	(1.0)	21	(0.8)	26	(0.8)	23	(0.9)	28	(0.9)	9	(0.6)	8	(1.6)
2 and over...	22	(0.8)	25	(0.8)	22	(0.8)	28	(0.8)	24	(0.9)	28	(0.8)	10	(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.**

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] 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-March 2020 Prepandemic.

[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.

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Lunch: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Lunch, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	86	(3.3)	23	(1.6)	26	(1.9)	20	(1.4)	16	(1.5)	23	(1.8)	25	(1.9)	23	(1.6)	26	(2.3)	29	(2.3)
6 - 11.....	81	(2.3)	24	(0.9)	26	(1.1)	22	(0.9)	20	(1.1)	24	(1.3)	25	(1.1)	23	(1.4)	25	(1.2)	27	(1.6)
12 - 19.....	76	(3.3)	25	(1.4)	29	(1.9)	24	(1.5)	21	(1.5)	28	(2.2)	26	(1.6)	25	(1.7)	27	(1.7)	28	(1.8)
20 and over...	71	(1.2)	24	(0.8)	26	(1.0)	22	(0.8)	17	(0.9)	25	(0.9)	26	(1.1)	24	(1.0)	26	(1.2)	28	(1.3)
2 and over...	74	(1.1)	24	(0.6)	27	(0.8)	22	(0.6)	18	(0.7)	26	(0.8)	26	(0.8)	24	(0.8)	26	(0.9)	28	(1.0)
131-350% poverty:																				
2 - 5.....	94*	(1.7)	24	(1.0)	27	(1.3)	22	(1.1)	20	(1.1)	27	(1.8)	27	(1.3)	26	(1.0)	27	(1.5)	27	(2.2)
6 - 11.....	88	(1.6)	25	(1.3)	29	(1.4)	23	(1.6)	21	(1.7)	26	(2.3)	26	(1.0)	25	(1.2)	26	(1.0)	28	(1.2)
12 - 19.....	81	(2.2)	26	(1.4)	30	(1.9)	23	(1.2)	21	(1.3)	25	(1.4)	28	(1.8)	26	(1.5)	27	(2.0)	32	(2.3)
20 and over...	72	(1.4)	22	(0.5)	25	(0.6)	21	(0.5)	17	(0.6)	22	(0.8)	23	(0.6)	22	(0.6)	23	(0.6)	26	(0.8)
2 and over...	75	(1.1)	23	(0.4)	26	(0.5)	21	(0.5)	18	(0.6)	23	(0.7)	24	(0.5)	23	(0.5)	24	(0.5)	26	(0.7)
Over 350% poverty:																				
2 - 5.....	92*	(2.6)	24	(1.3)	28	(1.5)	22	(1.2)	19	(1.2)	24	(1.3)	27	(2.1)	26	(2.0)	27	(2.4)	28	(2.7)
6 - 11.....	95*	(1.8)	25	(1.4)	28	(1.5)	24	(1.5)	23	(1.8)	26	(2.2)	26	(1.7)	26	(1.8)	25	(1.9)	27	(2.0)
12 - 19.....	86	(1.8)	25	(1.2)	27	(1.2)	23	(1.4)	20	(2.0)	24	(1.4)	26	(1.4)	25	(1.5)	26	(1.6)	28	(2.0)
20 and over...	84	(1.6)	24	(0.6)	28	(0.7)	23	(0.6)	19	(0.8)	26	(0.7)	26	(0.7)	25	(0.8)	25	(0.7)	28	(0.8)
2 and over...	85	(1.4)	24	(0.5)	28	(0.6)	23	(0.5)	19	(0.7)	26	(0.6)	26	(0.6)	25	(0.8)	26	(0.7)	28	(0.6)
All Individuals[5]:																				
2 - 5.....	91	(1.5)	24	(0.8)	27	(1.0)	21	(0.7)	18	(0.7)	25	(0.8)	26	(1.0)	25	(0.8)	27	(1.2)	28	(1.5)
6 - 11.....	88	(1.1)	25	(0.5)	28	(0.7)	23	(0.6)	21	(0.9)	26	(0.8)	26	(0.6)	25	(0.8)	26	(0.7)	28	(0.7)
12 - 19.....	81	(1.7)	25	(0.9)	28	(1.1)	24	(0.7)	21	(0.8)	26	(0.8)	27	(1.0)	25	(1.1)	27	(1.1)	29	(0.9)
20 and over...	77	(1.0)	23	(0.3)	27	(0.4)	22	(0.4)	18	(0.5)	25	(0.5)	25	(0.4)	24	(0.5)	25	(0.5)	27	(0.5)
2 and over...	79	(0.9)	24	(0.3)	27	(0.3)	22	(0.3)	18	(0.4)	25	(0.4)	25	(0.4)	24	(0.5)	25	(0.4)	27	(0.4)

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.**

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-March 2020 Prepandemic *(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.....	25	(3.4)	17	(2.1)	30	(7.9)	27	(5.9)	21	(1.4)	18	(1.6)	27	(2.1)	21	(1.7)	19	(1.6)
6 - 11.....	25	(2.0)	18	(1.0)	24	(3.8)	38	(4.7)	21	(1.0)	21	(1.0)	24	(0.8)	19	(0.8)	19	(1.3)
12 - 19.....	23	(2.4)	21	(2.2)	38	(4.8)	29	(6.0)	24	(1.4)	22	(1.6)	27	(2.0)	25	(3.1)	23	(1.7)
20 and over...	22	(1.1)	20	(1.2)	27	(1.9)	30	(3.1)	23	(1.1)	20	(1.4)	25	(1.3)	21	(1.9)	22	(1.0)
2 and over...	22	(1.0)	20	(0.9)	28	(1.8)	30	(2.3)	23	(0.8)	20	(1.0)	25	(1.0)	21	(1.4)	22	(0.8)
131-350% poverty:																		
2 - 5.....	23	(1.7)	19	(1.6)	32	(5.4)	29	(5.6)	22	(1.2)	21	(1.1)	27	(1.4)	21	(1.2)	18	(1.2)
6 - 11.....	24	(1.4)	23	(1.9)	36	(4.6)	45	(3.4)	23	(1.2)	25	(1.7)	27	(1.4)	23	(1.6)	21	(1.6)
12 - 19.....	28	(2.4)	20	(1.5)	26	(4.0)	25	(3.6)	25	(1.5)	24	(1.6)	30	(2.2)	26	(1.9)	21	(1.7)
20 and over...	24	(1.1)	22	(1.3)	30	(2.0)	24	(1.7)	24	(0.7)	19	(0.6)	24	(0.8)	21	(1.2)	21	(0.9)
2 and over...	24	(0.9)	22	(1.0)	30	(1.7)	26	(1.6)	24	(0.6)	20	(0.5)	25	(0.7)	22	(1.1)	21	(0.8)
Over 350% poverty:																		
2 - 5.....	24	(2.4)	20	(2.1)	27	(7.1)	38	(7.0)	22	(1.3)	22	(2.2)	29	(1.8)	23	(1.6)	20	(1.9)
6 - 11.....	21	(2.4)	21	(1.3)	28	(5.9)	32	(6.3)	26	(1.8)	23	(1.5)	27	(2.2)	22	(2.1)	22	(1.6)
12 - 19.....	25	(2.2)	21	(1.8)	35	(4.5)	26	(3.8)	25	(1.3)	22	(1.3)	27	(1.3)	23	(1.9)	24	(1.4)
20 and over...	24	(1.1)	25	(1.2)	34	(2.6)	27	(2.9)	25	(0.5)	20	(0.8)	26	(0.8)	23	(0.9)	24	(0.6)
2 and over...	24	(1.0)	24	(1.0)	34	(2.3)	28	(2.5)	25	(0.5)	21	(0.7)	27	(0.7)	23	(0.8)	24	(0.6)
All Individuals[5]:																		
2 - 5.....	24	(1.6)	18	(0.8)	29	(3.8)	31	(3.5)	21	(0.8)	20	(0.9)	27	(1.1)	21	(0.8)	19	(0.8)
6 - 11.....	24	(1.1)	20	(0.9)	30	(2.9)	39	(2.3)	24	(0.7)	23	(0.8)	26	(0.9)	22	(0.9)	21	(0.8)
12 - 19.....	25	(1.5)	21	(1.2)	32	(2.5)	28	(2.6)	25	(0.9)	23	(1.1)	27	(1.1)	24	(1.4)	23	(0.9)
20 and over...	23	(0.5)	23	(0.7)	32	(1.5)	28	(1.6)	24	(0.3)	20	(0.5)	26	(0.5)	22	(0.7)	23	(0.5)
2 and over...	23	(0.4)	23	(0.7)	32	(1.3)	29	(1.5)	24	(0.3)	20	(0.5)	26	(0.4)	22	(0.6)	23	(0.4)

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-March 2020 Prepandemic *(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.....	23	(2.5)	18	(1.6)	23	(2.2)	14	(1.6)	27	(2.5)	25	(1.8)	19	(1.6)	23	(1.7)	22	(1.6)
6 - 11.....	24	(1.4)	19	(1.1)	18	(2.1)	18	(1.4)	24	(1.1)	25	(3.0)	23	(1.5)	25	(1.1)	23	(1.1)
12 - 19.....	24	(1.8)	24	(2.7)	25	(2.5)	21	(2.9)	25	(2.1)	32	(2.6)	25	(1.6)	27	(1.5)	25	(1.7)
20 and over...	21	(0.8)	23	(1.9)	22	(1.2)	16	(1.4)	24	(1.2)	29	(1.7)	21	(1.1)	24	(0.9)	22	(0.8)
2 and over...	22	(0.7)	22	(1.4)	22	(1.1)	17	(1.2)	25	(0.8)	29	(1.5)	22	(0.9)	24	(0.8)	22	(0.7)
131-350% poverty:																		
2 - 5.....	22	(1.3)	19	(1.5)	23	(3.3)	15	(1.1)	24	(2.6)	28	(3.1)	20	(1.3)	24	(1.3)	23	(1.5)
6 - 11.....	25	(1.3)	24	(1.5)	24	(2.1)	22	(1.6)	29	(1.7)	32	(2.6)	27	(1.5)	28	(1.7)	26	(1.6)
12 - 19.....	27	(1.6)	24	(2.1)	24	(2.8)	19	(1.9)	27	(1.9)	29	(2.7)	25	(1.3)	28	(1.6)	25	(1.3)
20 and over...	22	(0.8)	21	(2.0)	20	(0.9)	16	(0.7)	22	(0.8)	31	(1.5)	21	(0.6)	23	(0.6)	19	(0.6)
2 and over...	23	(0.7)	22	(1.6)	21	(0.8)	17	(0.6)	23	(0.7)	31	(1.3)	22	(0.5)	24	(0.5)	20	(0.5)
Over 350% poverty:																		
2 - 5.....	23	(1.3)	19	(1.9)	25	(3.0)	19	(2.7)	30	(2.4)	28	(4.2)	23	(1.9)	25	(1.3)	24	(1.1)
6 - 11.....	22	(2.0)	22	(1.8)	26	(2.1)	18	(1.7)	26	(2.9)	21	(4.7)	26	(1.3)	26	(1.1)	25	(1.5)
12 - 19.....	24	(1.5)	21	(2.1)	18	(2.6)	19	(2.8)	21	(2.8)	31	(3.1)	24	(1.7)	24	(1.6)	22	(1.2)
20 and over...	23	(0.8)	22	(1.0)	24	(0.6)	18	(1.1)	23	(0.8)	30	(1.8)	24	(0.6)	25	(0.6)	21	(0.5)
2 and over...	23	(0.8)	22	(0.9)	24	(0.6)	18	(0.8)	23	(0.7)	30	(1.6)	24	(0.6)	25	(0.6)	22	(0.5)
All Individuals[5]:																		
2 - 5.....	22	(1.1)	18	(0.8)	24	(1.3)	15	(0.6)	27	(1.5)	27	(2.1)	21	(0.7)	24	(0.8)	23	(0.9)
6 - 11.....	24	(0.8)	22	(0.8)	24	(1.3)	19	(0.9)	27	(0.8)	27	(2.8)	25	(0.7)	26	(0.6)	25	(0.6)
12 - 19.....	25	(1.1)	23	(1.5)	22	(1.6)	20	(1.8)	24	(1.2)	30	(2.1)	25	(1.2)	26	(0.9)	24	(0.9)
20 and over...	22	(0.4)	22	(0.8)	22	(0.5)	17	(0.6)	23	(0.6)	30	(0.9)	22	(0.4)	24	(0.3)	21	(0.3)
2 and over...	23	(0.4)	22	(0.7)	22	(0.4)	18	(0.5)	23	(0.5)	30	(0.8)	22	(0.4)	24	(0.3)	22	(0.3)

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.**

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-March 2020 Prepandemic *(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	(1.7)	22	(1.5)	23	(1.8)	30	(2.1)	22	(1.5)	29	(1.8)	6*	(2.8)	--	--
6 - 11.....	20	(0.8)	22	(1.2)	24	(1.1)	27	(1.1)	25	(1.1)	28	(1.2)	20	(3.5)	--	--
12 - 19.....	23	(1.3)	25	(1.6)	25	(1.9)	28	(2.3)	27	(1.7)	29	(1.4)	18	(3.9)	--	--
20 and over...	23	(0.8)	25	(0.9)	23	(0.9)	26	(1.0)	23	(0.8)	28	(0.7)	8	(1.0)	9	(2.6)
2 and over...	22	(0.6)	24	(0.7)	23	(0.7)	27	(0.8)	23	(0.6)	28	(0.5)	9	(0.9)	--	--
131-350% poverty:																
2 - 5.....	19	(1.3)	22	(1.3)	22	(1.2)	27	(1.4)	24	(1.3)	28	(1.1)	15	(4.4)	--	--
6 - 11.....	23	(1.7)	26	(1.7)	25	(1.7)	29	(1.7)	28	(1.5)	30	(1.0)	16	(2.9)	--	--
12 - 19.....	22	(1.4)	26	(1.5)	24	(1.2)	31	(1.9)	27	(1.6)	31	(1.8)	21	(4.1)	--	--
20 and over...	21	(0.6)	23	(0.7)	21	(1.2)	26	(0.6)	21	(0.5)	27	(0.5)	9	(0.8)	6	(1.1)
2 and over...	21	(0.5)	23	(0.6)	21	(1.0)	27	(0.5)	22	(0.4)	28	(0.5)	10	(0.8)	--	--
Over 350% poverty:																
2 - 5.....	20	(1.2)	23	(1.4)	23	(1.3)	30	(1.6)	25	(1.0)	32	(1.6)	44*	(16.3)	--	--
6 - 11.....	22	(1.8)	26	(2.1)	26	(1.7)	29	(1.7)	25	(1.5)	29	(1.5)	17	(3.8)	--	--
12 - 19.....	23	(1.2)	25	(1.5)	21	(1.9)	28	(1.6)	23	(1.3)	29	(1.5)	16	(4.5)	--	--
20 and over...	24	(0.6)	26	(0.8)	21	(0.6)	28	(0.8)	24	(0.7)	30	(0.7)	9	(0.9)	6	(1.1)
2 and over...	24	(0.6)	26	(0.8)	22	(0.6)	28	(0.7)	24	(0.6)	30	(0.7)	9	(0.9)	--	--
All Individuals[5]:																
2 - 5.....	19	(1.0)	22	(0.8)	23	(0.9)	28	(1.0)	24	(0.8)	30	(1.1)	20*	(7.2)	--	--
6 - 11.....	22	(0.9)	25	(0.8)	25	(0.9)	29	(0.8)	26	(0.8)	29	(0.6)	17	(1.6)	--	--
12 - 19.....	23	(0.9)	25	(0.9)	23	(0.9)	29	(1.0)	26	(0.9)	29	(1.2)	18	(2.2)	--	--
20 and over...	23	(0.4)	25	(0.4)	21	(0.5)	27	(0.3)	23	(0.4)	29	(0.4)	9	(0.7)	6	(0.8)
2 and over...	23	(0.4)	25	(0.4)	22	(0.4)	27	(0.3)	23	(0.4)	29	(0.4)	9	(0.7)	--	--

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.**

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] 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-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 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic.

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Percent reporting[3] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Males:																				
2 - 5	99*	(0.4)	27	(0.9)	34	(0.8)	24	(1.2)	18	(1.3)	28	(1.6)	29	(1.1)	29	(1.5)	30	(1.2)	29	(1.4)
6 - 11	93	(1.6)	30	(1.3)	38	(1.7)	26	(1.3)	19	(0.9)	29	(2.8)	32	(1.4)	32	(1.4)	33	(1.4)	30	(2.3)
12 - 19	90	(1.2)	36	(1.2)	45	(1.3)	31	(1.2)	23	(1.2)	36	(1.1)	37	(1.5)	37	(1.6)	38	(1.6)	36	(1.5)
20 - 29	88	(2.5)	36	(1.2)	40	(1.1)	33	(1.4)	24	(1.1)	37	(2.0)	38	(1.4)	38	(1.3)	38	(1.3)	37	(2.1)
30 - 39	93	(1.4)	38	(1.2)	44	(1.3)	33	(1.4)	25	(1.8)	39	(2.0)	40	(1.5)	40	(1.5)	39	(1.5)	40	(1.9)
40 - 49	93	(1.2)	35	(1.1)	42	(2.0)	30	(1.4)	23	(1.9)	35	(1.2)	38	(1.3)	38	(1.8)	37	(1.1)	38	(1.5)
50 - 59	90	(1.9)	35	(1.6)	42	(1.8)	31	(1.5)	24	(2.0)	34	(1.9)	36	(2.2)	35	(2.2)	36	(2.4)	36	(2.4)
60 - 69	91	(2.7)	38	(1.1)	46	(1.5)	34	(1.2)	29	(1.6)	36	(1.5)	38	(1.9)	40	(1.8)	38	(1.8)	36	(2.8)
70 and over	93	(1.3)	38	(1.0)	45	(1.1)	33	(1.1)	28	(1.2)	38	(1.2)	40	(1.0)	39	(1.3)	39	(1.0)	40	(1.7)
2 - 19	93	(0.8)	32	(0.7)	41	(0.8)	28	(0.7)	21	(0.5)	32	(1.2)	34	(0.9)	34	(0.9)	35	(0.9)	33	(1.1)
20 and over	91	(0.7)	36	(0.6)	43	(0.7)	33	(0.8)	25	(0.9)	36	(0.8)	38	(0.8)	38	(0.8)	38	(0.8)	38	(0.9)
2 and over	92	(0.5)	36	(0.5)	42	(0.7)	32	(0.6)	24	(0.7)	35	(0.7)	37	(0.7)	37	(0.7)	37	(0.8)	37	(0.8)
Females:																				
2 - 5	97*	(1.4)	27	(1.1)	33	(1.4)	24	(1.0)	18	(0.9)	26	(1.4)	29	(1.3)	29	(1.6)	29	(1.4)	30	(1.4)
6 - 11	96	(0.9)	32	(1.1)	39	(1.5)	29	(1.1)	23	(1.2)	32	(1.6)	33	(1.3)	31	(1.5)	34	(1.4)	33	(1.8)
12 - 19	91	(1.1)	33	(1.7)	42	(1.9)	30	(1.5)	23	(1.7)	32	(2.5)	35	(2.2)	34	(2.0)	36	(2.0)	33	(3.3)
20 - 29	92	(1.7)	36	(1.1)	43	(1.5)	32	(1.2)	24	(1.6)	36	(1.4)	36	(1.2)	35	(1.5)	37	(1.3)	37	(1.2)
30 - 39	91	(1.5)	36	(1.1)	41	(1.0)	32	(1.3)	24	(1.5)	36	(1.9)	38	(1.4)	37	(1.4)	38	(1.9)	36	(1.9)
40 - 49	90	(2.2)	35	(1.2)	43	(1.6)	30	(1.2)	23	(1.5)	34	(1.5)	36	(1.3)	35	(1.9)	37	(1.3)	37	(1.9)
50 - 59	93	(1.6)	36	(1.5)	43	(1.8)	32	(1.6)	25	(1.6)	35	(2.1)	37	(1.3)	37	(1.8)	36	(1.3)	37	(1.6)
60 - 69	91	(1.7)	33	(0.9)	41	(1.6)	28	(1.0)	21	(1.3)	32	(1.9)	35	(1.4)	35	(1.7)	34	(1.7)	35	(1.8)
70 and over	92	(1.6)	34	(1.1)	41	(1.2)	30	(1.2)	23	(1.2)	36	(1.5)	36	(1.4)	36	(1.7)	36	(1.5)	38	(1.1)
2 - 19	94	(0.6)	32	(1.0)	39	(1.2)	28	(0.9)	22	(0.8)	31	(1.7)	33	(1.2)	32	(1.1)	34	(1.1)	33	(1.8)
20 and over	91	(0.6)	35	(0.4)	42	(0.5)	31	(0.5)	23	(0.6)	35	(0.7)	36	(0.5)	36	(0.5)	36	(0.5)	37	(0.6)
2 and over	92	(0.4)	34	(0.4)	42	(0.5)	30	(0.4)	23	(0.5)	34	(0.8)	36	(0.5)	35	(0.5)	36	(0.5)	36	(0.7)
Males and females:																				
2 - 19	93	(0.5)	32	(0.7)	40	(0.8)	28	(0.7)	21	(0.4)	31	(1.2)	34	(0.8)	33	(0.8)	35	(0.8)	33	(1.1)
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)

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.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	32	(1.8)	23	(2.7)	46	(7.7)	49	(6.1)	28	(1.1)	23	(1.1)	34	(1.0)	27	(0.9)	29	(1.0)
6 - 11	37	(1.7)	26	(2.2)	49	(7.8)	48	(5.2)	30	(1.5)	26	(1.4)	35	(1.9)	30	(2.1)	30	(2.1)
12 - 19	43	(2.1)	30	(1.7)	50	(4.0)	62	(4.7)	36	(1.6)	31	(1.4)	43	(1.4)	37	(1.8)	36	(1.6)
20 - 29	34	(1.6)	31	(2.6)	39	(7.1)	54	(3.2)	37	(1.9)	30	(1.3)	35	(1.4)	29	(1.7)	35	(2.5)
30 - 39	36	(1.8)	33	(1.9)	43	(6.7)	51	(4.2)	37	(1.6)	27	(1.5)	36	(1.8)	30	(2.0)	36	(1.6)
40 - 49	36	(1.9)	30	(1.9)	41	(3.9)	47	(4.9)	36	(1.8)	27	(2.4)	37	(2.6)	34	(3.3)	35	(1.4)
50 - 59	39	(2.5)	31	(2.4)	40	(4.5)	50	(6.0)	35	(1.9)	28	(1.5)	38	(1.9)	35	(1.6)	34	(2.3)
60 - 69	42	(2.3)	39	(1.9)	60	(3.4)	71	(4.0)	38	(1.6)	31	(0.9)	40	(2.6)	37	(6.0)	35	(2.0)
70 and over	38	(1.5)	34	(3.1)	61	(5.0)	62	(4.5)	37	(1.6)	29	(1.2)	41	(1.2)	39	(1.7)	33	(1.4)
2 - 19	39	(1.3)	27	(1.0)	49	(3.8)	56	(3.7)	32	(1.0)	28	(0.8)	39	(1.0)	33	(1.2)	33	(1.3)
20 and over	37	(1.0)	33	(0.9)	46	(2.4)	55	(2.4)	36	(0.8)	29	(0.6)	37	(0.7)	33	(1.1)	35	(0.9)
2 and over	38	(0.9)	32	(0.7)	47	(2.3)	55	(2.0)	36	(0.7)	28	(0.5)	38	(0.6)	33	(0.9)	34	(0.8)
Females:																		
2 - 5	30	(2.1)	23	(1.9)	36	(6.4)	50	(3.9)	27	(1.4)	24	(1.3)	32	(1.5)	27	(1.1)	27	(1.9)
6 - 11	38	(2.1)	31	(2.0)	53	(3.9)	47	(3.4)	31	(1.2)	28	(1.6)	36	(1.2)	33	(1.5)	29	(1.7)
12 - 19	42	(2.0)	30	(1.9)	47	(3.9)	56	(3.4)	32	(1.8)	28	(1.9)	37	(2.2)	33	(2.3)	32	(2.0)
20 - 29	37	(2.2)	31	(1.7)	41	(4.4)	52	(6.6)	37	(1.5)	29	(1.1)	41	(1.2)	38	(1.3)	35	(1.1)
30 - 39	34	(1.6)	35	(3.9)	48	(6.6)	54	(4.1)	37	(1.3)	28	(1.5)	37	(1.2)	34	(2.3)	36	(2.0)
40 - 49	39	(2.1)	31	(2.4)	41	(4.7)	57	(5.5)	34	(1.4)	28	(1.4)	40	(1.7)	37	(2.4)	34	(1.5)
50 - 59	37	(2.0)	37	(2.3)	51	(3.1)	56	(4.3)	33	(1.8)	28	(1.5)	40	(1.9)	38	(2.3)	36	(1.6)
60 - 69	34	(1.5)	32	(2.3)	40	(5.5)	61	(6.6)	36	(1.3)	27	(1.0)	40	(1.7)	39	(1.4)	33	(1.8)
70 and over	35	(1.9)	39	(2.6)	60	(3.6)	55	(4.5)	33	(1.3)	28	(1.1)	39	(1.5)	38	(1.9)	31	(1.6)
2 - 19	38	(1.2)	29	(1.2)	47	(3.0)	52	(1.6)	31	(1.0)	27	(1.1)	36	(1.2)	32	(1.3)	30	(1.2)
20 and over	36	(0.6)	34	(1.1)	47	(2.4)	56	(2.3)	35	(0.6)	28	(0.6)	39	(0.5)	37	(0.8)	34	(0.7)
2 and over	37	(0.6)	33	(1.0)	47	(2.3)	55	(1.9)	34	(0.5)	28	(0.5)	39	(0.5)	36	(0.8)	33	(0.5)
Males and females:																		
2 - 19	39	(0.9)	28	(0.7)	48	(2.3)	54	(2.3)	32	(0.8)	28	(0.7)	38	(0.8)	33	(1.0)	31	(0.9)
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)

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	28	(1.0)	25	(1.2)	20	(2.2)	18	(1.6)	28	(1.4)	36	(2.4)	20	(1.5)	27	(1.0)	25	(1.0)
6 - 11	33	(1.4)	28	(1.5)	23	(2.8)	19	(1.6)	26	(3.8)	48	(8.7)	24	(1.5)	31	(1.4)	28	(1.8)
12 - 19	40	(1.4)	37	(2.8)	26	(2.0)	24	(2.1)	34	(1.5)	48	(2.2)	30	(1.5)	37	(1.3)	34	(1.2)
20 - 29	35	(1.5)	32	(1.6)	30	(4.2)	27	(2.7)	34	(2.8)	46	(2.8)	30	(1.9)	37	(1.3)	32	(1.3)
30 - 39	36	(1.2)	29	(1.9)	29	(2.3)	30	(2.2)	35	(1.5)	45	(2.7)	33	(1.5)	39	(1.3)	34	(1.2)
40 - 49	36	(1.6)	34	(3.8)	31	(3.5)	29	(4.0)	34	(1.5)	53	(4.2)	30	(2.0)	37	(1.6)	31	(1.2)
50 - 59	38	(2.0)	38	(2.5)	29	(2.8)	31	(5.3)	33	(2.4)	42	(3.6)	28	(1.7)	36	(1.6)	31	(1.4)
60 - 69	40	(1.7)	42	(4.6)	38	(2.7)	36	(4.2)	35	(1.9)	55	(3.0)	34	(1.5)	40	(1.4)	33	(1.4)
70 and over	38	(1.1)	37	(3.5)	35	(2.5)	38	(4.2)	37	(1.6)	58	(3.5)	30	(1.4)	38	(1.1)	33	(1.0)
2 - 19	36	(0.9)	32	(1.6)	23	(1.3)	21	(1.0)	30	(1.7)	46	(3.6)	26	(0.8)	33	(0.7)	30	(0.8)
20 and over	37	(0.6)	35	(1.1)	32	(1.7)	32	(1.4)	34	(1.0)	49	(1.0)	31	(0.7)	38	(0.7)	32	(0.6)
2 and over	37	(0.6)	34	(0.8)	30	(1.4)	29	(1.1)	34	(0.9)	49	(1.2)	30	(0.6)	37	(0.6)	32	(0.5)
Females:																		
2 - 5	28	(1.4)	24	(1.4)	21	(1.4)	16	(1.3)	28	(1.3)	38	(2.5)	21	(1.4)	27	(1.1)	25	(1.1)
6 - 11	35	(1.6)	29	(2.3)	25	(1.5)	22	(2.5)	32	(1.5)	44	(3.1)	26	(1.3)	32	(1.1)	31	(1.1)
12 - 19	38	(1.5)	31	(2.3)	32	(2.4)	24	(2.8)	30	(3.7)	48	(2.7)	28	(1.4)	35	(2.0)	31	(1.6)
20 - 29	38	(1.6)	38	(2.3)	33	(2.7)	28	(4.0)	32	(1.4)	41	(2.7)	28	(1.3)	38	(1.3)	32	(1.1)
30 - 39	34	(1.3)	33	(1.7)	33	(2.4)	23	(2.0)	32	(2.5)	51	(9.1)	31	(1.7)	36	(1.3)	32	(1.9)
40 - 49	37	(1.7)	36	(2.4)	33	(2.7)	29	(2.9)	33	(2.2)	48	(4.3)	28	(1.9)	37	(1.4)	30	(1.4)
50 - 59	38	(1.8)	42	(2.9)	34	(2.1)	32	(2.8)	33	(1.7)	45	(2.8)	30	(2.0)	37	(1.8)	31	(1.3)
60 - 69	34	(1.2)	38	(2.8)	30	(1.7)	27	(2.4)	32	(2.0)	43	(2.9)	30	(2.1)	35	(1.5)	29	(1.3)
70 and over	36	(1.4)	38	(3.3)	31	(2.0)	26	(3.2)	33	(1.1)	48	(1.7)	28	(1.4)	35	(1.2)	30	(1.0)
2 - 19	35	(1.0)	29	(1.3)	26	(1.0)	21	(1.2)	30	(2.1)	45	(1.9)	26	(0.9)	32	(1.0)	30	(1.0)
20 and over	36	(0.5)	38	(1.0)	32	(0.8)	28	(0.9)	33	(0.6)	46	(2.2)	29	(0.7)	36	(0.5)	31	(0.5)
2 and over	36	(0.5)	36	(1.0)	31	(0.7)	26	(0.8)	32	(0.7)	46	(2.0)	28	(0.7)	35	(0.5)	31	(0.5)
Males and females:																		
2 - 19	35	(0.7)	31	(1.1)	25	(1.1)	21	(0.8)	30	(1.5)	45	(2.3)	26	(0.6)	33	(0.7)	30	(0.8)
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)

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.**

Table 21. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	26	(1.1)	28	(1.1)	27	(1.6)	38	(1.3)	26	(0.9)	35	(1.1)	18	(3.4)	--	--
6 - 11	28	(1.8)	33	(1.9)	31	(2.2)	41	(1.5)	31	(1.6)	38	(1.6)	28	(4.0)	--	--
12 - 19	35	(1.1)	43	(2.0)	34	(1.1)	47	(1.3)	36	(1.1)	44	(1.3)	20	(2.2)	--	--
20 - 29	34	(1.5)	40	(1.1)	33	(1.5)	41	(1.3)	35	(1.3)	40	(1.8)	13	(2.1)	--	--
30 - 39	37	(1.3)	42	(1.3)	35	(1.1)	43	(1.6)	38	(1.3)	44	(1.5)	9	(1.1)	--	--
40 - 49	35	(1.4)	40	(2.1)	34	(1.0)	42	(2.0)	35	(1.2)	41	(1.6)	6	(1.1)	--	--
50 - 59	33	(2.0)	41	(2.0)	33	(1.7)	43	(2.1)	34	(1.6)	43	(1.9)	7	(1.9)	--	--
60 - 69	35	(1.6)	44	(1.6)	36	(1.7)	46	(1.7)	39	(1.5)	44	(1.7)	8	(1.4)	--	--
70 and over	33	(1.0)	40	(1.4)	33	(2.3)	44	(1.1)	39	(1.3)	46	(1.0)	10	(1.1)	--	--
2 - 19	31	(0.8)	37	(1.2)	32	(0.8)	44	(0.9)	32	(0.6)	41	(0.9)	22	(1.8)	--	--
20 and over	35	(0.6)	41	(0.7)	34	(0.7)	43	(0.9)	37	(0.7)	43	(0.9)	9	(0.8)	37	(3.0)
2 and over	34	(0.5)	40	(0.7)	34	(0.6)	43	(0.7)	36	(0.6)	42	(0.8)	9	(0.8)	--	--
Females:																
2 - 5	25	(1.5)	29	(1.5)	27	(1.3)	35	(1.4)	26	(1.2)	34	(1.3)	23	(3.8)	--	--
6 - 11	28	(1.6)	34	(1.7)	32	(1.1)	41	(1.7)	33	(1.2)	37	(1.2)	30	(3.8)	--	--
12 - 19	29	(2.3)	36	(2.2)	31	(2.9)	42	(2.6)	34	(1.7)	40	(1.7)	20	(2.1)	--	--
20 - 29	35	(1.0)	40	(1.6)	33	(1.4)	44	(1.8)	36	(1.3)	43	(1.0)	7	(2.1)	--	--
30 - 39	35	(1.5)	39	(1.3)	32	(1.7)	41	(0.9)	37	(1.8)	43	(1.3)	9	(1.4)	--	--
40 - 49	36	(1.7)	41	(1.8)	32	(1.3)	43	(1.5)	35	(1.5)	44	(1.5)	8	(1.9)	--	--
50 - 59	36	(2.0)	42	(2.3)	32	(1.8)	42	(1.8)	36	(1.5)	44	(1.8)	9	(1.9)	--	--
60 - 69	32	(1.3)	39	(1.8)	28	(1.2)	40	(1.4)	34	(1.2)	43	(1.3)	5	(1.1)	--	--
70 and over	31	(1.4)	38	(1.5)	34	(2.1)	40	(1.4)	36	(0.9)	42	(1.4)	9	(1.1)	--	--
2 - 19	28	(1.4)	34	(1.4)	31	(1.7)	41	(1.4)	32	(1.0)	38	(1.0)	22	(1.9)	--	--
20 and over	34	(0.6)	40	(0.7)	32	(0.6)	42	(0.5)	36	(0.5)	43	(0.5)	8	(0.8)	41	(3.2)
2 and over	33	(0.6)	39	(0.6)	32	(0.7)	42	(0.4)	35	(0.5)	42	(0.5)	8	(0.8)	--	--
Males and females:																
2 - 19	30	(0.8)	36	(0.9)	31	(1.0)	42	(0.9)	32	(0.6)	39	(0.8)	22	(1.4)	--	--
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)	--	--

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.**

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

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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*	(0.3)	28	(1.2)	36	(1.2)	24	(1.4)	18	(1.3)	28	(1.8)	31	(1.4)	32	(1.6)	32	(1.5)	30	(1.7)
6 - 11.....	96*	(1.4)	30	(1.3)	39	(1.7)	26	(1.5)	20	(1.1)	30	(2.9)	31	(1.4)	30	(1.9)	32	(1.5)	30	(2.5)
12 - 19.....	94	(1.0)	35	(1.6)	45	(1.6)	30	(1.5)	23	(1.3)	33	(2.8)	37	(2.1)	36	(1.8)	38	(2.0)	35	(3.1)
20 and over...	93	(0.7)	36	(0.5)	44	(0.7)	32	(0.6)	24	(0.7)	37	(0.7)	38	(0.8)	38	(0.8)	38	(0.8)	38	(0.9)
2 and over...	94	(0.6)	36	(0.5)	43	(0.7)	31	(0.6)	24	(0.6)	36	(0.8)	37	(0.7)	37	(0.7)	37	(0.7)	37	(0.9)
Non-Hispanic Black:																				
2 - 5.....	97*	(1.0)	30	(0.9)	40	(1.1)	24	(0.9)	19	(1.1)	29	(1.2)	34	(1.5)	33	(1.7)	35	(1.6)	35	(1.4)
6 - 11.....	93	(0.8)	35	(1.3)	43	(1.0)	31	(1.4)	25	(1.7)	33	(1.3)	38	(1.6)	37	(1.8)	39	(1.7)	37	(1.8)
12 - 19.....	86	(2.4)	36	(1.6)	47	(2.0)	31	(1.4)	25	(1.5)	35	(1.8)	38	(2.0)	37	(2.4)	39	(2.0)	36	(1.9)
20 and over...	89	(1.2)	38	(0.6)	46	(0.9)	34	(0.5)	27	(0.6)	39	(0.8)	39	(0.6)	39	(0.7)	39	(0.7)	40	(0.8)
2 and over...	89	(1.1)	37	(0.5)	46	(0.8)	33	(0.4)	27	(0.5)	37	(0.7)	39	(0.6)	38	(0.7)	39	(0.7)	39	(0.8)
Non-Hispanic Asian:																				
2 - 5.....	100*	(0.0)	27*	(1.8)	30*	(3.8)	27*	(2.0)	19*	(2.8)	28*	(3.2)	25*	(2.4)	23*	(2.6)	25*	(2.6)	30*	(3.0)
6 - 11.....	95*	(1.6)	28	(1.3)	34	(1.7)	26	(1.3)	17*	(1.3)	29	(1.3)	28	(1.9)	27	(1.8)	28	(2.5)	28	(2.5)
12 - 19.....	92*	(2.7)	33	(1.1)	40	(1.7)	30	(1.2)	19	(2.7)	36	(2.2)	33	(1.6)	31	(1.8)	33	(1.9)	35	(2.0)
20 and over...	95	(0.7)	35	(1.1)	40	(1.4)	33	(1.3)	24	(1.3)	34	(1.6)	34	(1.2)	33	(1.0)	35	(1.3)	35	(1.4)
2 and over...	95	(0.7)	34	(1.0)	39	(1.2)	32	(1.0)	23	(1.1)	34	(1.5)	34	(1.1)	32	(0.9)	34	(1.2)	35	(1.2)
Hispanic:																				
2 - 5.....	94*	(2.4)	24	(1.1)	28	(1.6)	22	(1.2)	16	(1.4)	25	(2.1)	24	(1.3)	22	(1.4)	24	(1.3)	26	(1.7)
6 - 11.....	90	(2.3)	30	(1.9)	35	(2.4)	28	(1.4)	23	(1.5)	30	(2.2)	30	(2.6)	31	(2.8)	31	(2.7)	29	(2.7)
12 - 19.....	86	(2.7)	33	(1.7)	39	(2.0)	30	(1.8)	23	(1.7)	33	(1.9)	35	(1.7)	35	(1.8)	36	(1.8)	33	(1.8)
20 and over...	84	(1.3)	32	(1.1)	36	(1.2)	29	(0.9)	23	(1.0)	32	(1.2)	33	(1.3)	33	(1.2)	34	(1.3)	33	(1.4)
2 and over...	85	(1.0)	32	(0.8)	36	(0.9)	29	(0.7)	23	(0.7)	31	(1.0)	33	(1.0)	33	(1.0)	33	(1.0)	32	(1.1)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	33	(1.7)	24	(2.5)	39	(4.6)	53	(4.9)	28	(1.5)	24	(1.3)	34	(1.5)	27	(1.5)	27	(1.9)
6 - 11.....	38	(2.5)	29	(2.2)	53	(6.2)	45	(3.9)	30	(1.3)	26	(1.2)	36	(1.8)	33	(2.1)	27	(2.1)
12 - 19.....	45	(1.9)	31	(1.8)	51	(5.0)	64	(5.4)	35	(2.0)	30	(1.9)	41	(2.0)	36	(2.5)	34	(2.1)
20 and over...	38	(1.1)	35	(1.0)	51	(2.6)	60	(2.2)	36	(0.6)	28	(0.6)	39	(0.7)	36	(1.1)	35	(0.9)
2 and over...	38	(1.0)	34	(0.9)	50	(2.4)	60	(2.0)	35	(0.6)	28	(0.5)	39	(0.6)	35	(0.9)	34	(0.8)
Non-Hispanic Black:																		
2 - 5.....	41	(2.0)	32	(3.5)	71	(6.8)	45	(6.7)	27	(1.6)	24	(0.9)	35	(1.0)	31	(1.0)	27	(1.9)
6 - 11.....	44	(2.0)	30	(1.7)	57	(4.0)	54	(4.2)	31	(1.4)	28	(1.3)	39	(1.0)	33	(0.9)	31	(1.9)
12 - 19.....	46	(2.8)	31	(2.5)	50	(4.5)	53	(4.9)	35	(2.1)	33	(2.1)	43	(2.2)	38	(2.3)	36	(2.2)
20 and over...	41	(1.2)	39	(1.9)	52	(2.5)	53	(3.0)	39	(1.1)	34	(1.0)	42	(1.0)	39	(1.2)	38	(1.0)
2 and over...	42	(1.2)	37	(1.6)	53	(2.1)	53	(2.3)	37	(0.8)	33	(0.9)	42	(0.8)	38	(1.0)	37	(0.8)
Non-Hispanic Asian:																		
2 - 5.....	32*	(4.7)	17*	(2.6)	31*	(13.0)	64*	(3.5)	25*	(2.6)	19*	(2.6)	32*	(3.1)	25*	(3.4)	30*	(1.7)
6 - 11.....	29	(2.4)	24	(2.3)	39	(6.8)	44*	(5.7)	29	(2.2)	25	(1.8)	34	(2.0)	30	(2.0)	30	(2.8)
12 - 19.....	38	(1.9)	33	(2.6)	50	(6.3)	51	(10.7)	33	(2.2)	29	(1.7)	40	(1.9)	36	(2.7)	36	(2.9)
20 and over...	37	(1.6)	30	(1.8)	39	(2.9)	45	(2.5)	36	(1.2)	29	(1.0)	39	(1.3)	36	(1.4)	37	(1.3)
2 and over...	37	(1.4)	30	(1.5)	39	(2.7)	46	(2.0)	35	(1.1)	28	(0.9)	38	(1.2)	36	(1.4)	36	(1.0)
Hispanic:																		
2 - 5.....	25	(2.5)	21	(2.7)	28	(6.2)	37	(7.4)	27	(1.4)	23	(1.8)	31	(1.2)	26	(1.7)	28	(1.6)
6 - 11.....	33	(2.4)	28	(2.2)	45	(4.4)	46	(5.7)	30	(1.8)	28	(2.5)	33	(2.2)	29	(1.8)	32	(2.0)
12 - 19.....	37	(2.4)	26	(1.8)	42	(4.9)	51	(4.1)	32	(1.8)	28	(2.0)	38	(2.1)	32	(2.3)	32	(1.6)
20 and over...	30	(1.5)	27	(1.6)	34	(3.4)	40	(3.3)	32	(1.2)	26	(1.0)	33	(1.3)	30	(1.1)	31	(1.3)
2 and over...	31	(1.2)	27	(1.2)	35	(3.0)	42	(2.5)	32	(0.9)	26	(0.7)	34	(0.9)	30	(0.9)	31	(1.0)

Table 22. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(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	(1.1)	26	(1.2)	20	(2.5)	17	(1.3)	27	(1.6)	35	(2.8)	22	(1.8)	28	(1.1)	25	(1.3)
6 - 11.....	34	(1.9)	28	(1.8)	26	(2.9)	22	(2.6)	26	(4.1)	47	(8.0)	24	(1.4)	31	(1.0)	29	(1.7)
12 - 19.....	41	(1.8)	36	(2.9)	32	(2.9)	24	(2.3)	34	(3.5)	51	(3.3)	30	(1.7)	37	(2.0)	33	(1.7)
20 and over...	38	(0.7)	36	(1.3)	34	(1.6)	30	(1.4)	34	(0.8)	50	(2.1)	31	(0.7)	38	(0.6)	32	(0.4)
2 and over...	37	(0.7)	35	(1.0)	32	(1.4)	28	(1.1)	34	(0.9)	50	(1.9)	30	(0.6)	37	(0.6)	32	(0.5)
Non-Hispanic Black:																		
2 - 5.....	35	(1.1)	28	(2.0)	22	(1.5)	18	(1.8)	33	(0.9)	57	(4.1)	23	(1.4)	31	(1.2)	29	(0.7)
6 - 11.....	39	(1.2)	30	(1.7)	24	(2.1)	18	(1.4)	38	(1.5)	55	(5.8)	28	(1.6)	36	(1.3)	33	(1.0)
12 - 19.....	42	(2.3)	38	(2.9)	29	(1.8)	26	(2.8)	34	(1.7)	52	(4.2)	30	(1.9)	38	(1.9)	35	(1.5)
20 and over...	40	(1.1)	42	(1.9)	32	(1.3)	33	(1.6)	37	(0.7)	51	(1.6)	32	(0.8)	40	(0.8)	35	(0.8)
2 and over...	40	(1.0)	40	(1.7)	30	(1.0)	30	(1.3)	36	(0.6)	52	(1.3)	31	(0.8)	39	(0.7)	35	(0.6)
Non-Hispanic Asian:																		
2 - 5.....	26*	(3.4)	14*	(3.5)	23*	(5.8)	10*	(2.2)	33*	(3.0)	44*	(5.9)	16*	(2.2)	23*	(3.0)	24*	(2.3)
6 - 11.....	27	(1.6)	24	(2.2)	22	(4.7)	17*	(2.4)	28	(2.2)	35	(3.7)	23	(2.1)	29	(1.4)	28	(1.7)
12 - 19.....	36	(1.8)	35	(5.4)	28	(3.8)	27	(5.4)	32	(1.6)	53	(5.4)	25	(1.4)	33	(1.5)	32	(1.3)
20 and over...	36	(1.3)	35	(3.0)	34	(1.9)	32	(3.8)	32	(1.4)	43	(3.0)	25	(0.9)	35	(1.2)	31	(1.2)
2 and over...	35	(1.2)	34	(2.8)	33	(1.9)	29	(3.5)	32	(1.1)	44	(2.8)	25	(0.7)	34	(1.1)	31	(1.1)
Hispanic:																		
2 - 5.....	24	(1.9)	22	(2.0)	21	(1.8)	18	(3.2)	25	(1.5)	28	(2.4)	19	(1.6)	24	(1.6)	23	(1.3)
6 - 11.....	30	(1.9)	28	(2.2)	18	(1.8)	21	(2.0)	27	(2.6)	35	(4.9)	26	(2.0)	30	(2.0)	28	(1.9)
12 - 19.....	35	(1.7)	32	(2.6)	23	(3.2)	21	(3.6)	29	(1.6)	38	(3.0)	27	(1.5)	34	(1.6)	30	(1.6)
20 and over...	31	(1.2)	33	(1.4)	27	(2.0)	28	(2.5)	29	(1.2)	37	(1.8)	26	(0.9)	33	(1.0)	28	(0.8)
2 and over...	31	(0.9)	32	(1.0)	25	(1.4)	25	(1.8)	29	(0.9)	36	(1.4)	26	(0.7)	32	(0.8)	28	(0.6)

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-March 2020 Prepandemic *(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	(1.5)	30	(1.4)	27	(1.9)	39	(1.3)	27	(1.2)	36	(1.3)	20	(3.3)	--	--
6 - 11.....	26	(1.8)	32	(1.7)	31	(2.1)	41	(1.5)	33	(1.5)	37	(1.2)	29	(4.7)	--	--
12 - 19.....	32	(1.8)	41	(2.4)	32	(2.8)	46	(2.2)	36	(1.6)	44	(1.9)	18	(2.4)	--	--
20 and over...	35	(0.6)	42	(0.7)	33	(0.6)	44	(0.9)	37	(0.6)	45	(0.7)	8	(0.8)	38	(2.2)
2 and over...	34	(0.6)	41	(0.7)	33	(0.7)	44	(0.9)	37	(0.6)	44	(0.7)	8	(0.8)	--	--
Non-Hispanic Black:																
2 - 5.....	26	(1.3)	35	(2.1)	31	(0.9)	41	(0.9)	29	(0.7)	38	(1.1)	37	(8.0)	--	--
6 - 11.....	29	(1.3)	38	(1.3)	36	(1.1)	48	(4.2)	34	(1.2)	42	(1.8)	28	(3.4)	--	--
12 - 19.....	35	(1.9)	41	(2.3)	38	(2.3)	49	(2.5)	38	(1.7)	42	(1.6)	29	(4.5)	--	--
20 and over...	36	(0.8)	43	(1.1)	38	(1.4)	46	(1.0)	39	(0.8)	44	(0.8)	13	(1.3)	32	(5.7)
2 and over...	35	(0.7)	42	(0.8)	37	(1.2)	47	(0.9)	38	(0.7)	43	(0.6)	14	(1.2)	--	--
Non-Hispanic Asian:																
2 - 5.....	25*	(2.5)	23*	(3.0)	29*	(2.1)	35*	(3.1)	24*	(2.3)	36*	(2.1)	12*	(6.4)	--	--
6 - 11.....	27	(1.8)	31	(2.0)	32	(1.8)	36	(2.3)	29	(1.4)	34	(1.6)	19*	(5.6)	--	--
12 - 19.....	32	(2.2)	38	(1.8)	34	(1.1)	43	(1.6)	33	(2.1)	40	(2.2)	16*	(5.0)	--	--
20 and over...	35	(1.6)	38	(1.1)	33	(1.1)	41	(1.3)	34	(1.2)	41	(1.5)	9	(1.2)	38	(6.7)
2 and over...	34	(1.2)	37	(1.0)	33	(1.0)	41	(1.1)	33	(1.2)	40	(1.3)	9	(1.1)	--	--
Hispanic:																
2 - 5.....	27	(1.3)	26	(1.4)	25	(1.5)	30	(1.9)	23	(1.5)	29	(1.8)	16*	(4.4)	--	--
6 - 11.....	30	(1.8)	33	(2.4)	29	(2.1)	37	(2.5)	28	(1.7)	35	(2.5)	29	(5.4)	--	--
12 - 19.....	33	(1.8)	38	(1.8)	31	(1.5)	41	(2.1)	32	(1.7)	40	(1.8)	26	(3.7)	--	--
20 and over...	32	(1.1)	36	(1.4)	30	(1.4)	36	(1.2)	31	(1.0)	36	(1.4)	10	(1.0)	45	(4.7)
2 and over...	31	(0.8)	36	(1.0)	30	(1.0)	36	(0.9)	31	(0.8)	36	(1.1)	11	(1.0)	--	--

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.**

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 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic.

[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.

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic.

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]		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*	(0.6)	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)

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.**

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		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.....	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)

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		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.....	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		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Dinner: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Percent reporting[3]		Energy		Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																				
2 - 5	95	(1.0)	29	(1.2)	20	(1.1)	34	(1.5)	42	(1.9)	28	(1.5)	27	(1.5)	27	(1.5)	26	(1.6)	28	(1.9)
6 - 11	96	(0.7)	27	(1.9)	16	(1.3)	32	(2.2)	39	(2.0)	28	(3.4)	26	(1.8)	26	(1.4)	25	(1.8)	28	(3.0)
12 - 19	90	(1.2)	23	(0.9)	13	(0.7)	27	(1.1)	35	(1.5)	22	(1.1)	21	(1.1)	22	(1.2)	21	(1.2)	22	(1.2)
20 - 29	92	(1.6)	23	(1.2)	14	(1.2)	27	(1.5)	37	(1.7)	21	(2.2)	19	(1.7)	19	(1.4)	19	(1.7)	21	(2.8)
30 - 39	93	(1.2)	23	(1.2)	12	(0.8)	27	(1.6)	39	(2.9)	18	(1.5)	18	(1.5)	19	(1.4)	18	(1.5)	18	(2.1)
40 - 49	94	(1.1)	24	(1.4)	13	(1.7)	29	(2.4)	41	(3.5)	23	(1.8)	20	(1.4)	21	(1.7)	21	(2.3)	18	(1.3)
50 - 59	96	(1.1)	25	(1.1)	14	(0.8)	29	(1.5)	41	(2.7)	22	(1.4)	21	(1.5)	22	(1.3)	22	(1.8)	19	(1.8)
60 - 69	96	(0.7)	23	(1.0)	13	(1.2)	25	(1.0)	33	(1.7)	20	(1.3)	22	(1.9)	21	(1.6)	22	(1.7)	24	(3.4)
70 and over	93	(1.3)	20	(0.9)	11	(0.8)	23	(1.1)	30	(1.5)	17	(1.1)	20	(1.2)	20	(1.5)	20	(1.3)	19	(1.6)
2 - 19	93	(0.7)	25	(0.8)	15	(0.6)	30	(0.9)	38	(0.9)	25	(1.3)	24	(0.9)	24	(1.0)	23	(0.9)	25	(1.1)
20 and over	94	(0.7)	23	(0.6)	13	(0.4)	27	(1.0)	37	(1.3)	20	(0.8)	20	(0.7)	20	(0.6)	20	(0.8)	20	(1.1)
2 and over	94	(0.6)	24	(0.5)	13	(0.4)	28	(0.8)	37	(1.1)	21	(0.8)	21	(0.6)	21	(0.5)	21	(0.7)	21	(1.0)
Females:																				
2 - 5	96*	(1.2)	28	(1.1)	18	(1.1)	32	(1.3)	39	(1.5)	29	(1.7)	25	(1.3)	26	(1.4)	25	(1.3)	25	(1.8)
6 - 11	95	(1.0)	24	(1.1)	15	(1.2)	27	(1.1)	33	(1.5)	22	(1.2)	23	(1.2)	24	(1.3)	23	(1.6)	23	(1.3)
12 - 19	90	(1.9)	24	(1.9)	14	(1.5)	27	(1.6)	35	(1.9)	23	(3.2)	23	(2.7)	24	(2.3)	22	(2.1)	25	(4.9)
20 - 29	92	(1.5)	22	(1.2)	12	(1.0)	27	(1.3)	39	(2.1)	19	(1.0)	21	(1.4)	22	(1.6)	20	(1.4)	21	(1.6)
30 - 39	95	(1.2)	21	(1.1)	12	(0.7)	25	(1.3)	36	(1.9)	18	(1.1)	18	(0.9)	19	(1.1)	18	(1.0)	18	(1.0)
40 - 49	96	(1.0)	25	(1.3)	13	(1.3)	29	(1.2)	41	(1.7)	22	(1.8)	21	(1.9)	23	(2.3)	22	(2.0)	19	(2.0)
50 - 59	96	(0.8)	22	(1.1)	12	(0.9)	26	(1.4)	36	(1.9)	19	(1.4)	20	(1.2)	21	(1.4)	20	(1.5)	18	(1.6)
60 - 69	96	(1.0)	25	(0.9)	16	(1.3)	27	(1.2)	36	(1.7)	22	(1.8)	24	(1.9)	24	(1.6)	26	(2.4)	25	(2.6)
70 and over	95	(1.0)	22	(0.8)	13	(0.7)	25	(1.0)	35	(1.6)	18	(1.0)	22	(1.2)	22	(1.4)	23	(1.4)	20	(1.4)
2 - 19	93	(1.0)	24	(1.0)	15	(0.9)	28	(0.9)	35	(1.1)	24	(1.6)	24	(1.4)	25	(1.2)	23	(1.2)	24	(2.6)
20 and over	95	(0.4)	23	(0.4)	13	(0.3)	26	(0.5)	37	(0.7)	20	(0.4)	21	(0.6)	22	(0.6)	21	(0.6)	20	(0.8)
2 and over	94	(0.5)	23	(0.4)	13	(0.3)	27	(0.5)	37	(0.6)	21	(0.5)	22	(0.5)	23	(0.5)	21	(0.5)	21	(0.8)
Males and females:																				
2 - 19	93	(0.7)	25	(0.6)	15	(0.5)	29	(0.7)	37	(0.8)	25	(1.1)	24	(0.7)	24	(0.7)	23	(0.8)	25	(1.3)
20 and over	95	(0.4)	23	(0.4)	13	(0.3)	27	(0.6)	37	(0.8)	20	(0.5)	20	(0.4)	21	(0.4)	21	(0.5)	20	(0.6)
2 and over	94	(0.4)	23	(0.4)	13	(0.2)	27	(0.6)	37	(0.8)	21	(0.5)	21	(0.4)	22	(0.4)	21	(0.4)	21	(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.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	14	(1.3)	22	(2.3)	18	(4.4)	19*	(6.4)	22	(1.5)	26	(1.4)	17	(0.9)	21	(1.5)	18	(1.6)
6 - 11	13	(0.7)	19	(2.1)	18	(4.2)	11	(3.0)	19	(1.6)	21	(1.5)	16	(1.5)	18	(1.8)	19	(1.9)
12 - 19	9	(0.8)	18	(1.2)	12	(3.0)	8*	(2.6)	16	(0.9)	20	(1.3)	14	(0.8)	17	(1.3)	16	(1.0)
20 - 29	10	(2.0)	17	(1.8)	11	(2.5)	10	(2.6)	16	(1.3)	22	(1.6)	21	(2.6)	27	(4.8)	17	(1.8)
30 - 39	8	(1.1)	16	(2.0)	12	(3.4)	10	(2.7)	16	(1.3)	28	(2.4)	20	(1.6)	26	(2.7)	16	(1.1)
40 - 49	8	(1.1)	22	(4.0)	16*	(7.4)	12	(3.6)	19	(2.2)	28	(4.5)	21	(3.8)	25	(5.1)	20	(2.9)
50 - 59	9	(0.9)	19	(1.4)	11	(2.6)	13	(3.1)	19	(2.1)	25	(1.8)	18	(1.5)	21	(1.7)	20	(2.1)
60 - 69	9	(1.1)	14	(1.4)	10	(1.4)	5	(1.1)	16	(1.5)	21	(1.0)	21	(4.1)	27*	(8.5)	15	(0.9)
70 and over	7	(0.6)	12	(1.3)	6	(1.8)	6*	(2.2)	13	(0.7)	19	(1.3)	13	(0.8)	13	(1.1)	14	(0.8)
2 - 19	11	(0.5)	19	(1.2)	15	(2.6)	11	(2.5)	18	(0.8)	21	(1.0)	15	(0.7)	18	(0.9)	17	(0.9)
20 and over	9	(0.5)	17	(1.0)	11	(2.1)	10	(1.0)	17	(0.8)	24	(1.2)	19	(1.0)	24	(1.6)	17	(1.1)
2 and over	9	(0.4)	17	(0.8)	12	(1.8)	10	(1.1)	17	(0.6)	24	(1.1)	19	(0.8)	23	(1.3)	17	(0.9)
Females:																		
2 - 5	12	(1.5)	23	(2.8)	25*	(9.7)	14*	(5.9)	21	(1.0)	24	(1.2)	16	(1.2)	21	(1.1)	20	(2.0)
6 - 11	13	(1.3)	15	(1.3)	11	(2.0)	6	(1.2)	15	(1.1)	18	(1.3)	14	(1.1)	15	(1.6)	15	(1.1)
12 - 19	12	(1.3)	20	(1.8)	12	(2.6)	5	(1.0)	17	(1.2)	21	(1.9)	15	(1.6)	19	(2.2)	17	(1.6)
20 - 29	9	(1.2)	18	(1.5)	10	(1.7)	9	(2.4)	15	(1.0)	23	(1.8)	14	(1.1)	17	(1.4)	15	(1.0)
30 - 39	9	(1.0)	18	(2.4)	15	(4.2)	9	(1.9)	15	(1.2)	23	(2.3)	18	(2.1)	22	(3.9)	15	(1.5)
40 - 49	8	(0.9)	19	(2.0)	16	(3.0)	3*	(0.9)	17	(1.6)	24	(1.6)	17	(1.6)	19	(2.6)	17	(2.2)
50 - 59	9	(1.3)	15	(1.8)	9	(2.5)	10*	(3.8)	15	(1.2)	21	(1.3)	13	(1.2)	15	(1.6)	16	(1.3)
60 - 69	9	(1.0)	17	(1.2)	11	(2.1)	12*	(3.5)	17	(0.9)	23	(1.2)	17	(1.7)	17	(0.9)	19	(1.5)
70 and over	8	(0.8)	12	(1.2)	5	(0.8)	10*	(3.4)	14	(0.8)	19	(0.9)	14	(0.9)	14	(1.4)	14	(1.0)
2 - 19	12	(0.8)	19	(1.1)	15	(2.9)	7	(1.3)	17	(0.8)	21	(1.1)	15	(1.0)	18	(1.4)	17	(1.1)
20 and over	9	(0.4)	16	(0.6)	11	(1.0)	9	(1.2)	15	(0.3)	22	(0.5)	16	(0.6)	18	(0.9)	16	(0.4)
2 and over	9	(0.4)	17	(0.5)	11	(1.1)	9	(1.0)	16	(0.3)	22	(0.5)	15	(0.5)	18	(0.8)	16	(0.4)
Males and females:																		
2 - 19	12	(0.4)	19	(0.8)	15	(1.7)	9	(1.6)	18	(0.5)	21	(0.7)	15	(0.6)	18	(0.9)	17	(0.6)
20 and over	9	(0.3)	17	(0.6)	11	(1.1)	9	(0.9)	16	(0.5)	23	(0.9)	18	(0.7)	21	(1.2)	17	(0.7)
2 and over	9	(0.3)	17	(0.5)	11	(1.0)	9	(0.9)	16	(0.4)	23	(0.7)	17	(0.6)	21	(1.0)	17	(0.5)

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Choline		Vitamin B12		Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Vitamin K		Calcium		Phosphorus		Magnesium	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																		
2 - 5	20	(1.6)	22	(2.1)	41	(5.4)	27	(2.9)	27	(1.6)	23	(2.0)	32	(2.3)	25	(1.5)	30	(1.6)
6 - 11	17	(1.3)	16	(1.5)	33	(2.9)	18	(1.6)	27	(1.5)	18	(3.4)	22	(1.3)	20	(1.7)	26	(2.1)
12 - 19	13	(0.7)	15	(1.4)	29	(3.3)	16	(1.6)	24	(1.4)	13	(1.1)	22	(1.4)	17	(1.0)	24	(1.0)
20 - 29	16	(1.5)	22	(3.5)	28	(3.8)	16	(2.8)	27	(4.2)	11	(1.5)	25	(1.3)	18	(1.5)	27	(1.5)
30 - 39	16	(1.2)	25	(3.0)	27	(3.1)	14	(2.0)	22	(2.3)	13	(1.9)	24	(1.1)	17	(1.0)	26	(1.3)
40 - 49	15	(1.2)	24	(6.7)	28	(3.7)	19	(4.0)	24	(3.0)	8	(1.1)	26	(2.7)	18	(1.9)	28	(1.4)
50 - 59	16	(0.9)	17	(1.4)	27	(2.1)	20	(2.6)	24	(1.9)	12	(2.1)	26	(1.3)	20	(1.2)	29	(1.2)
60 - 69	14	(1.1)	17	(4.5)	20	(1.7)	11	(1.5)	22	(1.5)	11	(1.5)	22	(1.1)	17	(1.2)	26	(1.6)
70 and over	12	(0.9)	9	(1.3)	19	(2.5)	10	(1.3)	20	(1.5)	8	(1.0)	20	(1.6)	15	(1.2)	23	(1.2)
2 - 19	15	(0.6)	17	(1.0)	33	(2.1)	19	(1.4)	25	(0.9)	16	(1.4)	24	(1.2)	19	(0.8)	26	(0.8)
20 and over	15	(0.5)	20	(1.4)	25	(1.3)	15	(1.1)	23	(1.4)	11	(0.6)	24	(0.7)	18	(0.6)	27	(0.7)
2 and over	15	(0.4)	19	(1.1)	27	(1.3)	16	(0.9)	24	(1.2)	11	(0.5)	24	(0.7)	18	(0.6)	27	(0.6)
Females:																		
2 - 5	18	(1.3)	21	(1.7)	33	(2.2)	24	(2.0)	27	(1.6)	20	(1.6)	28	(1.4)	23	(1.2)	29	(1.1)
6 - 11	15	(1.3)	14	(1.8)	30	(2.2)	17	(2.8)	25	(1.5)	16	(1.6)	22	(2.1)	18	(1.5)	23	(1.1)
12 - 19	15	(1.3)	17	(1.8)	23	(2.1)	17	(2.4)	31	(7.0)	12	(1.3)	23	(1.6)	20	(3.3)	26	(2.4)
20 - 29	13	(1.0)	16	(1.5)	24	(1.6)	17	(2.2)	24	(1.6)	11	(2.1)	25	(1.6)	17	(1.2)	26	(1.3)
30 - 39	13	(0.9)	18	(2.9)	27	(3.3)	15	(2.0)	21	(1.7)	8	(1.7)	24	(1.4)	16	(0.8)	25	(1.0)
40 - 49	14	(1.2)	18	(2.4)	23	(3.1)	17	(2.5)	23	(3.6)	8	(1.0)	25	(1.7)	18	(1.4)	28	(1.5)
50 - 59	13	(0.8)	13	(1.4)	23	(2.6)	14	(1.8)	20	(1.9)	9	(1.2)	25	(1.3)	17	(1.0)	25	(1.4)
60 - 69	14	(1.1)	15	(1.4)	25	(2.7)	16	(2.1)	29	(2.9)	13	(2.3)	25	(1.4)	20	(1.2)	28	(1.7)
70 and over	12	(0.7)	12	(1.5)	22	(2.8)	14	(1.8)	24	(1.6)	8	(1.2)	22	(1.3)	17	(0.9)	24	(0.9)
2 - 19	16	(0.8)	17	(1.2)	28	(1.4)	19	(1.6)	28	(4.0)	15	(1.1)	24	(0.9)	20	(1.6)	26	(1.2)
20 and over	13	(0.3)	16	(0.7)	24	(1.1)	15	(0.8)	23	(0.8)	9	(0.8)	25	(0.4)	17	(0.3)	26	(0.5)
2 and over	14	(0.3)	16	(0.5)	25	(1.0)	16	(0.7)	24	(0.9)	10	(0.7)	24	(0.3)	18	(0.3)	26	(0.4)
Males and females:																		
2 - 19	16	(0.5)	17	(0.8)	31	(1.4)	19	(1.1)	27	(1.9)	15	(0.9)	24	(0.7)	20	(0.9)	26	(0.7)
20 and over	14	(0.3)	18	(1.0)	25	(0.9)	15	(0.8)	23	(0.8)	10	(0.5)	24	(0.5)	18	(0.4)	26	(0.5)
2 and over	15	(0.3)	18	(0.8)	26	(0.9)	16	(0.6)	24	(0.8)	11	(0.5)	24	(0.4)	18	(0.4)	26	(0.4)

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.**

Table 25. Snacks[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Alcohol	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Males:																
2 - 5	20	(1.4)	22	(1.4)	31	(1.9)	15	(1.0)	29	(1.5)	20	(1.0)	42	(10.0)	--	--
6 - 11	21	(1.7)	17	(1.4)	29	(2.2)	13	(0.8)	23	(1.8)	18	(1.5)	37	(3.9)	--	--
12 - 19	18	(1.3)	15	(1.0)	27	(1.4)	10	(0.7)	20	(1.0)	14	(0.8)	35	(4.2)	--	--
20 - 29	16	(1.1)	16	(1.3)	28	(2.3)	13	(1.4)	21	(1.3)	16	(1.3)	35	(4.7)	--	--
30 - 39	15	(1.0)	14	(1.0)	26	(1.1)	10	(0.8)	20	(1.3)	13	(1.1)	48	(5.7)	--	--
40 - 49	20	(2.8)	15	(1.5)	29	(1.3)	11	(1.2)	21	(1.1)	13	(1.2)	43	(3.4)	--	--
50 - 59	21	(2.7)	16	(1.0)	29	(1.7)	12	(1.7)	22	(1.0)	13	(0.9)	37	(3.7)	--	--
60 - 69	16	(0.8)	14	(1.1)	27	(1.9)	11	(1.3)	19	(0.9)	13	(1.0)	33	(3.5)	--	--
70 and over	13	(0.8)	14	(1.1)	25	(1.5)	9	(0.8)	18	(1.0)	10	(0.6)	39	(3.3)	--	--
2 - 19	19	(1.0)	17	(0.7)	28	(1.0)	12	(0.5)	23	(0.8)	16	(0.7)	36	(3.5)	--	--
20 and over	17	(0.9)	15	(0.5)	27	(0.7)	11	(0.6)	20	(0.5)	13	(0.4)	40	(1.8)	56	(3.1)
2 and over	18	(0.8)	15	(0.4)	28	(0.6)	11	(0.5)	21	(0.5)	14	(0.4)	39	(1.7)	--	--
Females:																
2 - 5	21	(1.1)	21	(1.1)	32	(1.3)	14	(1.0)	27	(1.2)	18	(1.3)	44	(4.8)	--	--
6 - 11	17	(1.3)	16	(1.2)	25	(1.1)	12	(0.8)	21	(1.5)	16	(0.9)	34	(4.1)	--	--
12 - 19	19	(1.3)	19	(2.5)	31	(4.9)	13	(3.2)	21	(1.9)	15	(1.3)	34	(4.0)	--	--
20 - 29	17	(0.8)	15	(0.8)	27	(1.2)	10	(0.9)	20	(1.3)	13	(0.9)	53	(7.6)	--	--
30 - 39	14	(1.0)	15	(1.0)	27	(1.1)	10	(0.6)	19	(1.0)	13	(1.0)	38	(4.0)	--	--
40 - 49	17	(1.5)	17	(1.5)	31	(1.4)	10	(0.9)	21	(1.4)	13	(1.0)	43	(3.4)	--	--
50 - 59	16	(1.3)	15	(1.2)	28	(1.8)	12	(0.9)	19	(1.0)	12	(0.8)	35	(4.1)	--	--
60 - 69	19	(1.3)	19	(1.2)	33	(1.8)	13	(1.5)	21	(1.3)	14	(0.9)	34	(3.6)	--	--
70 and over	15	(1.0)	15	(0.9)	27	(1.5)	11	(0.9)	18	(0.8)	12	(0.5)	28	(2.8)	--	--
2 - 19	18	(0.9)	18	(1.3)	29	(2.7)	13	(1.7)	22	(1.1)	16	(0.8)	35	(2.8)	--	--
20 and over	16	(0.3)	16	(0.3)	29	(0.6)	11	(0.4)	20	(0.4)	13	(0.3)	38	(2.5)	52	(2.6)
2 and over	17	(0.3)	16	(0.3)	29	(0.7)	11	(0.4)	20	(0.4)	14	(0.3)	38	(2.5)	--	--
Males and females:																
2 - 19	19	(0.6)	17	(0.7)	29	(1.6)	12	(0.8)	23	(0.6)	16	(0.5)	35	(2.5)	--	--
20 and over	17	(0.6)	15	(0.3)	28	(0.5)	11	(0.4)	20	(0.4)	13	(0.3)	39	(1.8)	55	(2.2)
2 and over	17	(0.5)	16	(0.3)	28	(0.6)	11	(0.3)	21	(0.4)	14	(0.3)	39	(1.8)	--	--

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.**

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

[2] Percentages are estimated as a ratio of total nutrients from snacks for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 1. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic.

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

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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*	(1.2)	28	(1.4)	19	(1.4)	34	(1.4)	40	(1.6)	30	(1.8)	25	(1.8)	24	(1.7)	25	(1.9)	27	(2.3)
6 - 11.....	97*	(0.8)	27	(1.8)	16	(1.0)	31	(2.2)	38	(2.0)	28	(3.4)	26	(1.8)	26	(1.4)	25	(2.1)	28	(3.3)
12 - 19.....	92	(1.5)	24	(1.4)	14	(1.4)	27	(1.2)	35	(1.5)	24	(3.4)	23	(1.9)	23	(1.6)	22	(1.9)	24	(3.9)
20 and over...	97	(0.5)	24	(0.5)	13	(0.4)	28	(0.8)	39	(1.1)	21	(0.7)	21	(0.6)	22	(0.6)	22	(0.6)	21	(0.9)
2 and over...	96	(0.5)	24	(0.4)	14	(0.3)	28	(0.7)	38	(1.0)	22	(0.8)	22	(0.5)	22	(0.5)	22	(0.6)	22	(0.8)
Non-Hispanic Black:																				
2 - 5.....	90	(2.4)	24	(1.1)	12	(1.0)	29	(1.0)	36	(1.3)	23	(1.9)	21	(1.8)	20	(1.9)	20	(1.8)	23	(2.1)
6 - 11.....	90	(2.5)	24	(1.0)	14	(0.8)	27	(1.1)	32	(1.5)	22	(1.5)	23	(1.1)	24	(1.1)	22	(1.2)	25	(1.6)
12 - 19.....	83	(2.1)	24	(2.4)	13	(1.6)	29	(2.7)	35	(2.9)	23	(2.3)	22	(2.6)	23	(2.4)	22	(2.6)	24	(3.4)
20 and over...	89	(0.7)	23	(0.6)	13	(0.5)	26	(0.7)	33	(1.1)	20	(0.7)	19	(0.5)	20	(0.6)	20	(0.6)	19	(0.7)
2 and over...	88	(0.6)	23	(0.6)	13	(0.4)	26	(0.6)	33	(0.9)	21	(0.6)	20	(0.5)	21	(0.6)	20	(0.6)	20	(0.7)
Non-Hispanic Asian:																				
2 - 5.....	98*	(1.5)	31*	(3.3)	25*	(4.9)	31*	(2.4)	41*	(3.3)	31*	(4.6)	34*	(4.9)	36*	(4.9)	34*	(6.5)	30*	(3.2)
6 - 11.....	92*	(2.7)	24	(1.8)	15*	(1.5)	27	(2.0)	39	(3.3)	27	(3.1)	23	(2.1)	24	(2.2)	23	(2.4)	23	(2.3)
12 - 19.....	96*	(1.3)	23	(1.3)	12*	(1.2)	24	(1.6)	37	(3.3)	21	(1.1)	25	(1.4)	29	(2.4)	24	(1.8)	23	(1.2)
20 and over...	92	(1.4)	18	(0.9)	11	(0.6)	19	(1.3)	32	(2.1)	17	(1.3)	18	(0.8)	19	(0.8)	19	(0.9)	17	(1.0)
2 and over...	92	(1.2)	19	(0.9)	11	(0.7)	20	(1.1)	33	(1.8)	18	(1.2)	20	(0.8)	21	(0.9)	20	(1.0)	18	(0.9)
Hispanic:																				
2 - 5.....	94*	(2.7)	31	(2.1)	21	(1.9)	35	(2.0)	44	(2.2)	27	(2.2)	29	(2.6)	31	(2.5)	27	(2.6)	27	(3.1)
6 - 11.....	94*	(1.2)	24	(1.4)	15	(1.3)	27	(1.4)	34	(1.7)	23	(1.4)	24	(1.8)	24	(1.8)	24	(1.8)	26	(2.4)
12 - 19.....	89	(2.2)	21	(1.3)	11	(0.9)	25	(1.6)	34	(2.1)	20	(1.0)	20	(1.2)	20	(1.3)	20	(1.2)	22	(1.8)
20 and over...	92	(0.9)	20	(0.9)	12	(0.7)	24	(0.9)	33	(1.1)	19	(0.9)	18	(1.0)	18	(1.1)	18	(1.0)	17	(1.1)
2 and over...	92	(0.8)	21	(0.7)	13	(0.6)	25	(0.6)	34	(0.9)	20	(0.7)	19	(0.7)	20	(0.7)	19	(0.7)	19	(0.8)

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.**

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-March 2020 Prepandemic *(continued)*

Race/ethnicity and age (years)	Choles-terol		Vitamin A (RAE)		Beta-carotene		Lycopene		Thiamin		Ribo-flavin		Niacin		Vitamin B6		Folate (DFE)	
	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Non-Hispanic White:																		
2 - 5.....	14	(1.7)	23	(2.2)	26	(5.6)	15*	(5.8)	22	(1.5)	25	(1.5)	17	(1.2)	22	(1.3)	20	(2.4)
6 - 11.....	13	(1.0)	18	(2.2)	15	(3.7)	8*	(2.9)	18	(1.6)	20	(1.4)	15	(1.5)	16	(2.2)	18	(1.8)
12 - 19.....	12	(1.1)	20	(1.7)	13	(3.7)	8*	(2.8)	17	(1.4)	22	(1.9)	15	(1.4)	18	(2.4)	17	(1.7)
20 and over...	9	(0.5)	16	(0.7)	10	(1.7)	8	(1.2)	17	(0.6)	24	(1.0)	19	(1.1)	22	(1.8)	17	(0.7)
2 and over...	10	(0.4)	17	(0.6)	11	(1.5)	9	(1.2)	17	(0.5)	24	(1.0)	18	(0.9)	21	(1.5)	17	(0.6)
Non-Hispanic Black:																		
2 - 5.....	9*	(1.3)	12	(1.3)	8*	(2.7)	5*	(1.8)	15	(1.2)	18	(1.3)	12	(1.2)	14	(1.2)	16	(1.8)
6 - 11.....	10	(1.0)	10	(1.2)	10	(2.5)	9	(2.5)	17	(1.0)	17	(1.1)	16	(1.0)	15	(1.2)	16	(1.1)
12 - 19.....	9	(1.3)	17	(2.0)	16	(2.5)	7*	(1.5)	17	(1.9)	20	(2.2)	15	(1.8)	17	(1.6)	18	(2.3)
20 and over...	8	(0.4)	15	(1.2)	13	(1.5)	15	(3.3)	15	(0.5)	19	(0.7)	16	(0.7)	17	(1.4)	16	(0.7)
2 and over...	8	(0.4)	14	(0.9)	13	(1.3)	13	(2.5)	15	(0.5)	18	(0.6)	16	(0.5)	17	(1.0)	16	(0.6)
Non-Hispanic Asian:																		
2 - 5.....	18*	(2.6)	26*	(4.6)	14*	(6.9)	18*	(4.6)	24*	(3.5)	31*	(3.6)	16*	(2.9)	22*	(2.0)	15*	(1.5)
6 - 11.....	12*	(1.9)	17*	(2.0)	10*	(3.0)	10*	(2.2)	17*	(1.4)	21*	(1.6)	14*	(1.6)	17*	(1.4)	16*	(2.8)
12 - 19.....	9*	(1.1)	20	(2.5)	9*	(2.2)	11*	(4.9)	15	(0.9)	19	(1.0)	11*	(0.7)	13*	(1.0)	13*	(0.9)
20 and over...	7	(0.5)	14	(1.2)	10	(2.1)	7	(1.6)	12	(0.9)	19	(1.2)	12	(1.0)	15	(1.1)	11	(0.9)
2 and over...	8	(0.5)	15	(1.0)	10	(1.8)	8	(1.4)	13	(0.9)	19	(1.0)	12	(0.9)	15	(0.9)	11	(0.8)
Hispanic:																		
2 - 5.....	11*	(1.4)	25	(3.5)	19	(5.6)	29*	(12.7)	23	(2.3)	27	(2.4)	17	(1.8)	21	(2.0)	19	(2.5)
6 - 11.....	12	(1.7)	17	(1.7)	16	(3.2)	9	(1.8)	18	(1.6)	20	(1.5)	17	(1.7)	19	(1.8)	19	(2.1)
12 - 19.....	8	(0.9)	19	(2.5)	13	(3.0)	6*	(1.8)	15	(1.5)	19	(1.8)	13	(1.2)	17	(1.9)	15	(2.0)
20 and over...	8	(0.7)	17	(1.1)	13	(1.7)	11	(2.6)	16	(0.8)	22	(1.1)	18	(1.1)	23	(1.8)	17	(1.1)
2 and over...	8	(0.6)	18	(0.9)	13	(1.5)	11	(2.1)	16	(0.6)	22	(0.9)	17	(0.8)	22	(1.3)	17	(0.9)

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.**

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-March 2020 Prepandemic *(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.....	21	(1.8)	21	(2.2)	38	(5.6)	26	(2.6)	27	(1.6)	23	(1.7)	30	(2.4)	24	(1.7)	30	(2.0)
6 - 11.....	17	(1.1)	16	(2.1)	29	(2.8)	18	(2.8)	27	(1.7)	17	(2.9)	23	(1.8)	21	(1.3)	27	(1.9)
12 - 19.....	15	(1.1)	16	(2.0)	26	(4.2)	16	(1.8)	29	(6.1)	12	(1.2)	22	(1.7)	20	(3.0)	26	(2.3)
20 and over...	15	(0.3)	19	(1.5)	24	(1.4)	15	(1.0)	23	(1.1)	9	(0.6)	24	(0.6)	18	(0.5)	27	(0.6)
2 and over...	15	(0.3)	18	(1.2)	25	(1.5)	16	(0.9)	24	(0.9)	10	(0.6)	24	(0.5)	19	(0.4)	27	(0.5)
Non-Hispanic Black:																		
2 - 5.....	13	(1.2)	12	(1.8)	33	(2.2)	14	(1.9)	24	(2.0)	12	(2.0)	21	(1.7)	16	(1.4)	23	(1.6)
6 - 11.....	13	(0.9)	11	(0.9)	29	(3.0)	11	(1.4)	25	(2.1)	14	(2.6)	17	(0.8)	16	(1.0)	22	(1.6)
12 - 19.....	12	(1.3)	13	(1.8)	29	(3.7)	13	(2.2)	27	(3.2)	14	(1.6)	20	(2.3)	17	(1.9)	24	(1.9)
20 and over...	13	(0.5)	14	(1.2)	27	(1.7)	12	(1.5)	22	(0.8)	10	(1.2)	23	(0.8)	16	(0.4)	25	(0.6)
2 and over...	13	(0.5)	13	(0.9)	28	(1.2)	12	(1.2)	23	(0.8)	11	(1.0)	22	(0.6)	16	(0.4)	25	(0.5)
Non-Hispanic Asian:																		
2 - 5.....	27*	(4.5)	30*	(4.3)	39*	(5.4)	36*	(6.1)	27*	(3.5)	22*	(3.4)	38*	(4.2)	31*	(4.9)	33*	(4.6)
6 - 11.....	16*	(1.5)	17*	(3.0)	43	(5.1)	21	(3.2)	24	(2.6)	20*	(2.9)	23	(2.1)	19*	(1.5)	23	(1.7)
12 - 19.....	13*	(0.9)	13*	(1.1)	25	(4.1)	13*	(1.8)	24	(1.7)	11*	(1.5)	26	(1.5)	18	(1.2)	23	(1.2)
20 and over...	12	(0.6)	13	(1.4)	22	(2.3)	13	(1.7)	21	(1.0)	8	(0.9)	24	(0.8)	15	(0.9)	21	(0.8)
2 and over...	12	(0.5)	13	(1.2)	24	(2.0)	15	(1.6)	21	(0.9)	9	(0.9)	25	(0.8)	16	(0.9)	22	(0.8)
Hispanic:																		
2 - 5.....	19	(2.1)	26	(3.2)	39	(3.2)	30	(4.1)	28	(2.9)	23	(2.8)	34	(3.4)	26	(2.6)	30	(2.0)
6 - 11.....	16	(1.6)	17	(1.7)	36	(3.1)	18	(2.2)	27	(2.0)	21	(2.7)	22	(1.4)	18	(1.4)	24	(1.3)
12 - 19.....	13	(0.9)	16	(2.8)	28	(2.8)	18	(3.5)	26	(2.2)	15	(1.9)	22	(1.7)	16	(1.1)	23	(1.1)
20 and over...	13	(0.8)	20	(1.4)	27	(1.7)	15	(1.4)	23	(1.2)	13	(1.7)	25	(0.9)	16	(0.9)	24	(0.7)
2 and over...	13	(0.6)	19	(1.0)	29	(1.4)	17	(1.3)	24	(0.9)	14	(1.4)	25	(0.8)	16	(0.7)	24	(0.6)

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-March 2020 Prepandemic *(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.....	22	(1.3)	22	(1.7)	33	(2.3)	15	(1.2)	28	(1.7)	19	(1.3)	38	(9.0)	--	--
6 - 11.....	19	(1.5)	18	(1.3)	29	(2.0)	13	(0.8)	23	(1.7)	18	(1.3)	37	(4.3)	--	--
12 - 19.....	19	(1.5)	18	(2.2)	33	(4.8)	13	(2.6)	21	(1.9)	14	(1.1)	36	(4.6)	--	--
20 and over...	17	(0.6)	16	(0.4)	29	(0.7)	11	(0.7)	20	(0.5)	14	(0.4)	41	(2.0)	55	(2.7)
2 and over...	17	(0.5)	16	(0.4)	30	(0.8)	12	(0.6)	21	(0.5)	14	(0.4)	40	(2.0)	--	--
Non-Hispanic Black:																
2 - 5.....	17	(1.6)	14	(1.4)	25	(1.6)	10	(1.2)	21	(1.2)	14	(1.1)	33	(6.4)	--	--
6 - 11.....	19	(1.3)	15	(0.9)	25	(1.7)	12	(1.0)	20	(1.0)	17	(0.9)	49	(3.7)	--	--
12 - 19.....	19	(2.2)	15	(1.8)	25	(2.1)	10	(1.5)	21	(2.1)	16	(2.3)	35	(3.7)	--	--
20 and over...	16	(0.6)	15	(0.5)	26	(0.8)	11	(0.5)	20	(0.6)	14	(0.5)	28	(2.7)	59	(5.7)
2 and over...	17	(0.6)	15	(0.5)	26	(0.7)	11	(0.4)	20	(0.5)	14	(0.5)	28	(2.6)	--	--
Non-Hispanic Asian:																
2 - 5.....	16*	(2.1)	23*	(2.8)	33*	(5.0)	17*	(3.8)	34*	(3.5)	20*	(3.4)	46*	(9.5)	--	--
6 - 11.....	17*	(2.1)	16*	(2.1)	23	(2.2)	12*	(1.7)	23	(2.3)	15*	(1.8)	39*	(9.0)	--	--
12 - 19.....	16	(0.9)	15	(1.4)	24	(1.7)	9*	(1.0)	20	(1.5)	14	(1.4)	36	(6.2)	--	--
20 and over...	11	(0.9)	12	(0.6)	22	(0.9)	8	(0.5)	17	(1.0)	8	(0.6)	36	(3.3)	48	(7.0)
2 and over...	12	(0.8)	13	(0.6)	23	(0.9)	9	(0.6)	18	(1.0)	9	(0.6)	36	(3.1)	--	--
Hispanic:																
2 - 5.....	21	(2.5)	22	(2.3)	31	(2.1)	15	(1.6)	31	(2.2)	19	(1.9)	51	(12.6)	--	--
6 - 11.....	20	(2.1)	16	(1.1)	26	(1.6)	12	(1.4)	23	(1.2)	16	(1.5)	27	(5.0)	--	--
12 - 19.....	17	(1.9)	13	(1.1)	24	(1.3)	10	(0.9)	19	(1.0)	14	(1.1)	25	(3.3)	--	--
20 and over...	16	(0.7)	14	(0.7)	25	(0.8)	11	(0.8)	19	(0.7)	13	(0.8)	29	(1.4)	46	(5.2)
2 and over...	17	(0.5)	15	(0.6)	25	(0.6)	11	(0.6)	20	(0.6)	13	(0.5)	29	(1.3)	--	--

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.**

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] 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-March 2020 Prepandemic.

[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.

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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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-March 2020 Prepandemic

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.....	92	(1.8)	28	(1.6)	19	(1.7)	32	(1.5)	41	(1.8)	26	(1.5)	25	(1.9)	27	(2.3)	24	(1.8)	25	(2.1)
6 - 11.....	94	(1.0)	24	(0.9)	15	(0.7)	27	(1.0)	32	(1.5)	22	(1.1)	23	(1.2)	23	(1.3)	22	(1.4)	25	(1.8)
12 - 19.....	88	(2.3)	24	(1.2)	14	(1.1)	27	(1.5)	36	(2.3)	21	(1.1)	23	(1.4)	23	(1.6)	22	(1.6)	24	(1.8)
20 and over...	92	(0.7)	26	(1.0)	15	(0.9)	30	(1.0)	41	(1.3)	21	(1.3)	22	(1.3)	22	(1.2)	22	(1.4)	22	(1.7)
2 and over...	92	(0.5)	25	(0.7)	15	(0.7)	29	(0.7)	39	(0.9)	21	(1.0)	22	(1.0)	23	(1.0)	22	(1.0)	23	(1.2)
131-350% poverty:																				
2 - 5.....	97*	(1.4)	30	(1.6)	20	(1.4)	34	(1.9)	41	(2.3)	28	(1.7)	28	(1.9)	28	(1.9)	28	(1.8)	29	(2.8)
6 - 11.....	95	(1.3)	27	(1.5)	16	(1.3)	31	(1.9)	39	(2.3)	26	(2.1)	25	(1.3)	26	(1.3)	25	(1.8)	24	(1.7)
12 - 19.....	89	(2.3)	23	(1.5)	12	(1.2)	27	(1.6)	36	(2.1)	21	(2.0)	21	(1.5)	22	(1.7)	20	(1.5)	21	(1.5)
20 and over...	94	(0.6)	22	(0.5)	12	(0.5)	26	(0.6)	37	(1.0)	20	(0.7)	20	(0.7)	20	(0.7)	20	(0.8)	20	(1.1)
2 and over...	94	(0.6)	23	(0.4)	13	(0.4)	27	(0.6)	37	(0.9)	21	(0.6)	21	(0.6)	21	(0.5)	21	(0.6)	21	(0.8)
Over 350% poverty:																				
2 - 5.....	98*	(1.2)	28	(1.7)	18	(2.0)	33	(1.6)	40	(2.1)	31	(2.4)	24	(2.4)	23	(2.5)	24	(2.8)	25	(2.6)
6 - 11.....	98*	(0.9)	26	(2.4)	15	(1.7)	30	(2.8)	37	(2.7)	28	(4.4)	26	(2.3)	25	(1.5)	25	(2.5)	28	(4.0)
12 - 19.....	93	(2.7)	24	(2.0)	15	(1.8)	27	(1.3)	35	(1.7)	27	(4.1)	24	(3.2)	25	(2.5)	23	(2.6)	27	(6.5)
20 and over...	96	(0.5)	23	(0.7)	13	(0.5)	25	(1.1)	36	(1.2)	20	(0.9)	20	(0.6)	21	(0.6)	21	(0.8)	19	(0.9)
2 and over...	96	(0.5)	23	(0.7)	13	(0.5)	26	(0.9)	36	(1.0)	21	(1.0)	21	(0.7)	22	(0.6)	22	(0.8)	20	(0.9)
All Individuals[5]:																				
2 - 5.....	95	(0.9)	28	(0.9)	19	(1.0)	33	(0.9)	41	(1.0)	28	(1.2)	26	(1.3)	26	(1.3)	25	(1.3)	27	(1.6)
6 - 11.....	95	(0.6)	26	(1.0)	15	(0.6)	29	(1.2)	36	(1.4)	25	(1.8)	25	(1.0)	25	(0.7)	24	(1.1)	26	(1.9)
12 - 19.....	90	(1.2)	23	(1.1)	13	(0.8)	27	(1.1)	35	(1.3)	23	(1.8)	22	(1.3)	23	(1.1)	21	(1.2)	24	(2.4)
20 and over...	95	(0.4)	23	(0.4)	13	(0.3)	27	(0.6)	37	(0.8)	20	(0.5)	20	(0.4)	21	(0.4)	21	(0.5)	20	(0.6)
2 and over...	94	(0.4)	23	(0.4)	13	(0.2)	27	(0.6)	37	(0.8)	21	(0.5)	21	(0.4)	22	(0.4)	21	(0.4)	21	(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.**

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-March 2020 Prepandemic *(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	(1.6)	23	(3.0)	20	(5.2)	26*	(10.3)	20	(1.7)	25	(2.3)	15	(1.2)	19	(1.4)	17	(1.6)
6 - 11.....	12	(0.8)	17	(1.8)	15	(2.5)	9	(1.6)	17	(1.1)	18	(1.0)	16	(1.4)	17	(1.5)	17	(1.7)
12 - 19.....	9	(0.9)	17	(1.8)	10	(2.5)	4*	(1.3)	16	(1.1)	20	(1.9)	16	(1.4)	20	(2.6)	15	(1.5)
20 and over...	10	(0.8)	20	(1.4)	16	(2.1)	10	(2.4)	19	(1.2)	26	(1.1)	23	(2.1)	31	(4.6)	20	(1.4)
2 and over...	10	(0.6)	20	(1.0)	15	(1.8)	10	(2.0)	18	(0.8)	24	(0.9)	21	(1.5)	27	(3.4)	18	(1.0)
131-350% poverty:																		
2 - 5.....	16	(2.5)	19	(2.1)	16	(2.7)	11*	(3.6)	21	(1.6)	24	(1.6)	17	(1.2)	21	(1.8)	18	(1.8)
6 - 11.....	15	(1.5)	20	(2.1)	16	(4.6)	10*	(3.7)	18	(1.1)	22	(1.4)	15	(1.2)	17	(1.7)	19	(1.4)
12 - 19.....	10	(1.3)	21	(2.0)	14	(3.5)	7*	(2.6)	17	(1.3)	21	(1.7)	13	(1.0)	17	(1.8)	17	(1.1)
20 and over...	8	(0.5)	14	(0.9)	9	(1.3)	9	(1.2)	15	(0.5)	22	(0.9)	16	(0.6)	19	(1.1)	15	(0.6)
2 and over...	9	(0.4)	16	(0.6)	10	(1.2)	9	(1.1)	15	(0.4)	22	(0.8)	16	(0.6)	19	(1.0)	16	(0.4)
Over 350% poverty:																		
2 - 5.....	11*	(1.9)	24	(2.9)	28	(6.5)	17*	(9.5)	23	(1.7)	25	(1.8)	19	(1.5)	22	(1.4)	23	(3.1)
6 - 11.....	11	(1.2)	13	(1.4)	10*	(3.1)	4*	(1.1)	16	(2.1)	18	(1.5)	13	(1.6)	15	(2.3)	15	(2.2)
12 - 19.....	12	(1.6)	20	(1.8)	14	(2.5)	11*	(3.5)	17	(1.6)	21	(1.9)	16	(2.0)	19	(2.2)	18	(2.3)
20 and over...	9	(0.5)	16	(0.8)	11	(1.6)	9	(1.3)	16	(0.7)	24	(1.6)	17	(1.5)	20	(2.3)	16	(1.0)
2 and over...	9	(0.4)	17	(0.8)	11	(1.5)	9	(1.3)	16	(0.7)	23	(1.4)	17	(1.3)	19	(2.0)	16	(0.9)
All Individuals[5]:																		
2 - 5.....	13	(1.0)	22	(1.5)	21	(4.0)	17*	(5.2)	21	(1.1)	25	(1.2)	17	(0.8)	21	(0.9)	19	(1.5)
6 - 11.....	13	(0.7)	17	(1.2)	14	(2.2)	8	(1.5)	17	(0.9)	20	(0.8)	15	(0.9)	17	(1.3)	17	(1.1)
12 - 19.....	10	(0.6)	19	(1.1)	12	(2.1)	7	(1.6)	16	(0.8)	21	(1.1)	14	(0.9)	18	(1.5)	16	(1.0)
20 and over...	9	(0.3)	17	(0.6)	11	(1.1)	9	(0.9)	16	(0.5)	23	(0.9)	18	(0.7)	21	(1.2)	17	(0.7)
2 and over...	9	(0.3)	17	(0.5)	11	(1.0)	9	(0.9)	16	(0.4)	23	(0.7)	17	(0.6)	21	(1.0)	17	(0.5)

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.**

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-March 2020 Prepandemic *(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	(1.7)	22	(2.9)	39	(3.3)	27	(3.8)	26	(2.0)	20	(1.9)	31	(3.4)	24	(2.4)	29	(1.8)
6 - 11.....	15	(0.7)	17	(1.6)	34	(2.9)	17	(1.8)	25	(1.7)	18	(3.8)	20	(1.1)	18	(0.7)	23	(1.0)
12 - 19.....	13	(1.1)	16	(2.0)	27	(1.8)	14	(1.9)	27	(2.1)	16	(1.3)	22	(1.7)	17	(1.3)	25	(1.4)
20 and over...	16	(0.9)	24	(2.9)	28	(1.8)	21	(2.3)	27	(2.4)	14	(1.2)	27	(1.0)	20	(1.1)	28	(1.1)
2 and over...	16	(0.6)	22	(2.0)	29	(1.4)	20	(1.5)	27	(1.6)	14	(1.0)	26	(1.0)	20	(0.9)	27	(0.8)
131-350% poverty:																		
2 - 5.....	22	(2.1)	21	(2.1)	41	(7.7)	28	(3.8)	28	(2.1)	22	(3.0)	33	(3.5)	26	(2.0)	31	(2.3)
6 - 11.....	18	(1.2)	16	(1.6)	34	(3.7)	19	(2.9)	27	(2.0)	18	(1.4)	24	(2.3)	20	(1.6)	26	(1.5)
12 - 19.....	14	(1.3)	17	(2.3)	26	(3.5)	19	(3.0)	22	(1.3)	13	(1.9)	23	(1.9)	17	(1.7)	24	(1.7)
20 and over...	13	(0.5)	16	(0.8)	26	(1.6)	13	(0.9)	22	(1.2)	11	(1.0)	23	(0.7)	17	(0.5)	26	(0.6)
2 and over...	14	(0.4)	16	(0.7)	27	(1.6)	15	(0.9)	23	(0.9)	12	(0.8)	24	(0.5)	17	(0.4)	26	(0.5)
Over 350% poverty:																		
2 - 5.....	19	(2.2)	20	(3.1)	30	(4.2)	22	(4.0)	27	(2.0)	21	(1.8)	25	(2.3)	21	(2.2)	27	(1.6)
6 - 11.....	15	(1.7)	12	(1.4)	28	(4.0)	14	(1.9)	25	(1.6)	15	(3.8)	20	(1.4)	19	(2.2)	25	(2.9)
12 - 19.....	15	(1.5)	17	(2.1)	26	(5.0)	16	(1.8)	34	(9.3)	10	(1.5)	24	(2.0)	22	(4.1)	27	(2.9)
20 and over...	14	(0.5)	17	(2.2)	23	(1.1)	14	(1.0)	23	(1.2)	9	(0.9)	24	(0.7)	17	(0.6)	27	(0.7)
2 and over...	14	(0.5)	17	(1.9)	24	(1.2)	15	(0.9)	24	(1.2)	9	(0.9)	24	(0.7)	18	(0.7)	27	(0.7)
All Individuals[5]:																		
2 - 5.....	20	(1.2)	22	(1.7)	37	(2.5)	26	(2.2)	27	(1.1)	21	(1.3)	30	(1.7)	24	(1.3)	29	(1.2)
6 - 11.....	16	(0.7)	15	(1.1)	32	(1.7)	17	(1.5)	26	(1.1)	17	(2.0)	22	(0.9)	19	(0.6)	25	(1.1)
12 - 19.....	14	(0.7)	16	(1.3)	26	(2.2)	16	(1.4)	27	(3.7)	13	(0.7)	22	(1.1)	18	(1.7)	25	(1.4)
20 and over...	14	(0.3)	18	(1.0)	25	(0.9)	15	(0.8)	23	(0.8)	10	(0.5)	24	(0.5)	18	(0.4)	26	(0.5)
2 and over...	15	(0.3)	18	(0.8)	26	(0.9)	16	(0.6)	24	(0.8)	11	(0.5)	24	(0.4)	18	(0.4)	26	(0.4)

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.**

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-March 2020 Prepandemic *(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	(1.7)	20	(1.8)	29	(1.6)	13	(1.3)	28	(1.7)	18	(1.6)	51	(9.2)	--	--
6 - 11.....	18	(1.4)	15	(1.1)	25	(1.4)	13	(0.9)	22	(0.9)	16	(1.0)	37	(4.7)	--	--
12 - 19.....	17	(1.2)	15	(1.1)	26	(2.3)	12	(1.5)	19	(0.9)	15	(1.1)	42	(4.2)	--	--
20 and over...	20	(1.6)	17	(1.0)	29	(1.9)	14	(1.5)	24	(1.0)	16	(0.8)	48	(2.8)	61	(3.8)
2 and over...	19	(1.2)	17	(0.7)	28	(1.4)	14	(1.0)	23	(0.7)	16	(0.6)	47	(2.7)	--	--
131-350% poverty:																
2 - 5.....	20	(1.2)	22	(1.6)	34	(2.8)	16	(1.5)	30	(2.5)	21	(1.6)	44	(5.0)	--	--
6 - 11.....	20	(1.3)	18	(1.4)	29	(1.7)	13	(1.0)	23	(1.6)	17	(1.0)	33	(6.1)	--	--
12 - 19.....	19	(1.2)	16	(1.3)	27	(2.3)	9	(0.9)	20	(1.7)	14	(1.0)	36	(4.4)	--	--
20 and over...	16	(0.7)	14	(0.5)	27	(0.7)	10	(0.4)	19	(0.4)	13	(0.4)	36	(2.7)	54	(4.2)
2 and over...	17	(0.5)	15	(0.4)	27	(0.5)	10	(0.3)	20	(0.4)	13	(0.3)	36	(2.7)	--	--
Over 350% poverty:																
2 - 5.....	23	(1.6)	22	(1.8)	30	(1.9)	15	(1.4)	26	(1.6)	18	(2.1)	28*	(13.3)	--	--
6 - 11.....	18	(1.9)	16	(1.9)	28	(2.6)	11	(1.1)	21	(2.1)	17	(1.7)	36	(7.1)	--	--
12 - 19.....	20	(2.2)	20	(3.2)	35	(6.2)	15	(4.2)	23	(2.3)	15	(1.7)	31	(6.8)	--	--
20 and over...	16	(0.6)	16	(0.5)	29	(0.7)	10	(0.5)	20	(0.6)	12	(0.5)	39	(2.0)	53	(3.2)
2 and over...	17	(0.6)	16	(0.6)	29	(0.9)	11	(0.6)	20	(0.6)	13	(0.5)	39	(1.9)	--	--
All Individuals[5]:																
2 - 5.....	21	(1.1)	21	(1.2)	31	(1.4)	14	(0.9)	28	(0.9)	19	(1.0)	43	(6.9)	--	--
6 - 11.....	19	(1.0)	17	(0.8)	27	(1.3)	12	(0.5)	22	(0.9)	17	(0.7)	36	(3.2)	--	--
12 - 19.....	18	(1.0)	16	(1.3)	29	(2.9)	12	(1.5)	20	(1.1)	14	(0.7)	35	(3.1)	--	--
20 and over...	17	(0.6)	15	(0.3)	28	(0.5)	11	(0.4)	20	(0.4)	13	(0.3)	39	(1.8)	55	(2.2)
2 and over...	17	(0.5)	16	(0.3)	28	(0.6)	11	(0.3)	21	(0.4)	14	(0.3)	39	(1.8)	--	--

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] 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-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 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic.

Table 29. Snacks: Distribution of Snack Occasions[1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females 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)
Males:																	
2 - 5	468	5	(1.0)	9	(1.5)	17	(1.7)	24	(2.2)	24	(2.3)	11	(2.2)	5	(1.2)	4*	(1.3)
6 - 11	701	4	(0.7)	18	(2.3)	30	(2.4)	23	(2.9)	15	(2.3)	6	(1.6)	2*	(0.9)	1*	(0.5)
12 - 19	899	10	(1.2)	24	(2.3)	28	(1.9)	18	(2.0)	13	(1.7)	5	(1.1)	1*	(0.4)	1*	(0.4)
20 - 29	551	8	(1.6)	18	(2.2)	25	(2.2)	24	(3.4)	11	(2.6)	7	(2.1)	5	(2.1)	2*	(1.1)
30 - 39	535	7	(1.2)	16	(1.8)	25	(2.6)	22	(1.9)	13	(2.5)	6	(1.2)	6	(1.5)	5	(0.7)
40 - 49	613	6	(1.1)	15	(2.3)	21	(2.1)	21	(2.7)	15	(2.4)	11	(2.7)	7	(2.1)	3*	(2.1)
50 - 59	608	4	(1.1)	19	(2.8)	23	(2.7)	24	(2.6)	16	(2.5)	7	(1.4)	3*	(1.0)	3*	(1.0)
60 - 69	776	4	(0.7)	17	(2.2)	29	(3.6)	22	(2.9)	13	(3.7)	7	(1.6)	4	(1.7)	4	(1.1)
70 and over	662	7	(1.3)	21	(2.0)	26	(2.6)	17	(2.7)	14	(2.5)	9	(1.7)	2*	(0.8)	4	(1.3)
2 - 19	2068	7	(0.7)	19	(1.5)	26	(1.4)	21	(1.4)	16	(1.1)	7	(0.8)	2	(0.5)	2	(0.3)
20 and over	3745	6	(0.7)	18	(0.9)	25	(1.1)	22	(0.7)	14	(1.0)	8	(0.9)	5	(0.6)	3	(0.5)
2 and over	5813	6	(0.6)	18	(0.8)	25	(0.9)	22	(0.7)	14	(0.8)	8	(0.7)	4	(0.5)	3	(0.4)
Females:																	
2 - 5	472	4*	(1.2)	8	(1.5)	22	(2.1)	26	(2.9)	21	(3.0)	9	(1.5)	7	(2.5)	3*	(1.1)
6 - 11	710	5	(1.0)	17	(2.3)	25	(2.7)	25	(2.0)	15	(2.1)	8	(1.2)	2*	(0.6)	2*	(0.8)
12 - 19	841	10	(1.9)	22	(1.7)	28	(2.4)	20	(1.5)	11	(1.3)	5	(1.1)	3	(1.4)	#	
20 - 29	605	8	(1.5)	17	(1.6)	23	(2.3)	25	(2.5)	12	(1.2)	9	(1.4)	4	(1.4)	2*	(0.9)
30 - 39	667	5	(1.1)	17	(2.1)	19	(2.3)	27	(2.7)	19	(3.5)	7	(1.0)	3*	(0.8)	2*	(0.7)
40 - 49	621	4	(1.0)	15	(2.5)	23	(2.7)	25	(3.9)	18	(3.0)	7	(1.5)	4	(0.9)	4	(1.6)
50 - 59	706	4	(0.8)	14	(1.4)	26	(3.9)	23	(2.0)	14	(1.6)	12	(2.7)	4	(1.3)	4	(1.2)
60 - 69	744	4	(1.0)	15	(3.1)	21	(2.1)	22	(2.9)	18	(2.3)	9	(2.4)	6	(1.6)	4	(1.0)
70 and over	619	5	(1.0)	15	(1.7)	26	(2.6)	23	(2.0)	16	(1.7)	9	(1.8)	3*	(0.7)	2*	(0.9)
2 - 19	2023	7	(1.0)	17	(1.0)	26	(1.4)	23	(1.3)	15	(1.2)	7	(0.7)	4	(0.9)	2	(0.4)
20 and over	3962	5	(0.4)	16	(0.9)	23	(1.0)	24	(1.2)	16	(0.9)	9	(0.9)	4	(0.5)	3	(0.4)
2 and over	5985	6	(0.5)	16	(0.8)	24	(0.9)	24	(1.0)	16	(0.8)	9	(0.7)	4	(0.5)	3	(0.4)
Males and females:																	
2 - 19	4091	7	(0.7)	18	(1.1)	26	(0.9)	22	(1.1)	15	(0.9)	7	(0.6)	3	(0.5)	2	(0.3)
20 and over	7707	5	(0.4)	17	(0.7)	24	(0.8)	23	(0.8)	15	(0.7)	8	(0.7)	4	(0.4)	3	(0.3)
2 and over	11798	6	(0.4)	17	(0.7)	24	(0.7)	23	(0.7)	15	(0.6)	8	(0.6)	4	(0.4)	3	(0.2)

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.**

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 2.76.

# 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Snacks: Distribution of Snack Occasions, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 30. Snacks: Distribution of Snack Occasions[1], by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years)	Sample size	Number of snack occasions: Zero %	(SE)	One %	(SE)	Two %	(SE)	Three %	(SE)	Four %	(SE)	Five %	(SE)	Six %	(SE)	Seven or more %	(SE)
Non-Hispanic White:																	
2 - 5	344	3*	(1.2)	6*	(1.3)	19	(1.8)	28	(3.8)	23	(2.3)	12	(2.4)	8	(2.1)	2*	(0.8)
6 - 11	442	3*	(0.8)	13	(3.0)	23	(2.4)	28	(3.0)	19	(2.6)	8	(1.4)	3*	(0.8)	2*	(0.5)
12 - 19	562	8	(1.5)	23	(1.9)	29	(2.2)	18	(2.2)	14	(1.9)	7	(1.2)	2*	(1.2)	1*	(0.4)
20 and over	2758	3	(0.5)	15	(0.8)	24	(1.0)	24	(1.2)	17	(1.3)	9	(1.0)	5	(0.6)	4	(0.4)
2 and over	4106	4	(0.5)	15	(0.7)	24	(0.9)	24	(1.0)	17	(1.1)	9	(0.8)	4	(0.5)	3	(0.3)
Non-Hispanic Black:																	
2 - 5	257	10	(2.4)	24	(2.6)	26	(2.3)	22	(2.1)	11	(2.5)	5*	(2.3)	2*	(1.2)	0*	(0.0)
6 - 11	386	10	(2.5)	27	(2.8)	34	(4.9)	17	(3.1)	8	(1.6)	3*	(1.3)	1*	(0.5)	#	
12 - 19	441	17	(2.1)	28	(2.5)	24	(3.0)	18	(2.2)	8	(2.0)	4*	(0.8)	#		1*	(0.4)
20 and over	2071	11	(0.7)	25	(1.2)	27	(1.3)	19	(1.5)	10	(1.1)	5	(0.7)	2	(0.5)	1	(0.3)
2 and over	3155	12	(0.6)	26	(1.2)	27	(1.0)	19	(1.1)	9	(0.9)	5	(0.6)	2	(0.4)	1	(0.2)
Non-Hispanic Asian:																	
2 - 5	58	2*	(1.5)	4*	(3.7)	15*	(4.3)	30*	(9.7)	19*	(4.7)	5*	(1.4)	14*	(3.4)	10*	(5.3)
6 - 11	106	8*	(2.7)	10*	(2.8)	29	(5.3)	25	(4.3)	18*	(4.3)	6*	(3.2)	1*	(0.7)	5*	(3.1)
12 - 19	163	4*	(1.3)	17	(3.0)	29	(3.3)	22	(2.3)	17	(4.0)	8*	(3.2)	1*	(1.0)	#	
20 and over	841	8	(1.4)	14	(2.2)	25	(1.6)	22	(1.6)	12	(1.2)	10	(1.4)	4	(0.8)	4	(0.7)
2 and over	1168	8	(1.2)	14	(1.9)	25	(1.3)	23	(1.2)	13	(1.1)	10	(1.4)	4	(0.7)	4	(0.6)
Hispanic:																	
2 - 5	190	6*	(2.7)	9*	(1.6)	20	(2.9)	19	(3.1)	27	(3.4)	10*	(2.0)	4*	(1.8)	5*	(1.8)
6 - 11	336	6*	(1.2)	22	(3.3)	32	(2.7)	21	(2.7)	9	(1.6)	6*	(1.8)	1*	(0.6)	2*	(1.0)
12 - 19	421	11	(2.2)	23	(4.2)	28	(2.6)	22	(2.6)	10	(2.1)	2*	(0.9)	2*	(1.0)	1*	(0.6)
20 and over	1669	8	(0.9)	19	(1.2)	24	(1.4)	22	(1.3)	13	(1.1)	8	(1.0)	4	(0.9)	2	(0.4)
2 and over	2616	8	(0.7)	20	(1.3)	25	(1.3)	21	(1.3)	13	(0.7)	7	(0.8)	4	(0.7)	2	(0.4)

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.**

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 2.76.

# 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Snacks: Distribution of Snack Occasions, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 32. Snacks: Distribution of Snack Occasions[1], by Family Income (as % of Poverty Level[2]) and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age	Sample size	Number of snack occasions															
		Zero		One		Two		Three		Four		Five		Six		Seven or more	
(years)		%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)	%	(SE)
Under 131% poverty:																	
2 - 5.....	373	8	(1.8)	11	(2.0)	24	(2.5)	14	(1.9)	27	(2.9)	6*	(1.8)	4*	(1.4)	7	(2.6)
6 - 11.....	514	6	(1.0)	22	(3.0)	34	(3.4)	21	(2.5)	8	(1.3)	5	(1.0)	2*	(0.8)	2*	(0.9)
12 - 19.....	628	12	(2.3)	26	(3.4)	25	(1.6)	19	(1.8)	12	(2.4)	4	(1.0)	2*	(0.7)	#	
20 and over...	1900	8	(0.7)	21	(1.2)	27	(1.5)	21	(1.2)	12	(0.8)	6	(0.7)	4	(0.8)	2	(0.6)
2 and over...	3415	8	(0.5)	21	(1.1)	27	(1.0)	20	(0.9)	12	(0.8)	6	(0.6)	3	(0.6)	2	(0.5)
131-350% poverty:																	
2 - 5.....	297	3*	(1.4)	9	(1.7)	16	(3.0)	26	(3.9)	19	(3.0)	15	(3.1)	7*	(2.1)	3*	(0.9)
6 - 11.....	467	5	(1.3)	14	(2.9)	27	(2.4)	24	(2.3)	17	(2.4)	10	(2.0)	2*	(0.8)	2*	(0.9)
12 - 19.....	568	11	(2.3)	21	(2.4)	29	(2.5)	19	(2.8)	12	(1.8)	5	(1.3)	1*	(0.7)	1*	(0.6)
20 and over...	2619	6	(0.6)	19	(1.1)	25	(1.1)	23	(1.3)	15	(1.2)	7	(0.8)	3	(0.4)	3	(0.5)
2 and over...	3951	6	(0.6)	18	(1.0)	25	(0.9)	23	(0.9)	15	(0.9)	8	(0.7)	3	(0.4)	3	(0.5)
Over 350% poverty:																	
2 - 5.....	184	2*	(1.2)	6*	(2.6)	22	(2.5)	35	(4.8)	19	(3.8)	7*	(2.0)	7*	(3.7)	2*	(1.1)
6 - 11.....	291	2*	(0.9)	16	(4.7)	22	(3.3)	26	(4.5)	21	(4.0)	7*	(1.4)	4*	(1.4)	2*	(0.7)
12 - 19.....	356	7	(2.7)	20	(2.4)	29	(3.5)	19	(2.5)	15	(2.5)	7	(1.4)	3*	(2.5)	1*	(0.6)
20 and over...	2217	4	(0.5)	13	(1.0)	22	(1.4)	24	(1.2)	17	(1.2)	11	(1.4)	6	(1.0)	4	(0.6)
2 and over...	3048	4	(0.5)	13	(0.9)	22	(1.3)	24	(1.2)	17	(1.1)	10	(1.2)	5	(0.8)	4	(0.5)
All Individuals[3]:																	
2 - 5.....	940	5	(0.9)	9	(1.1)	20	(1.1)	25	(2.1)	22	(1.6)	10	(1.4)	6	(1.4)	4	(0.9)
6 - 11.....	1411	5	(0.6)	18	(1.9)	28	(1.6)	24	(2.1)	15	(1.2)	7	(0.9)	2	(0.5)	2	(0.4)
12 - 19.....	1740	10	(1.2)	23	(1.5)	28	(1.4)	19	(1.4)	12	(1.2)	5	(0.7)	2	(0.8)	1*	(0.3)
20 and over...	7707	5	(0.4)	17	(0.7)	24	(0.8)	23	(0.8)	15	(0.7)	8	(0.7)	4	(0.4)	3	(0.3)
2 and over...	11798	6	(0.4)	17	(0.7)	24	(0.7)	23	(0.7)	15	(0.6)	8	(0.6)	4	(0.4)	3	(0.2)

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.**

Symbol Legend

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# 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-March 2020 Prepandemic

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Table 33. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Breakfast, lunch, and dinner				Any two meals				Any one meal or less			
		Number of snack occasions				Number of snack occasions				Number of snack occasions		
		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more		1 or less	2 or 3	4 or more
	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)	% (SE)
Males:												
2 - 5	86 (2.5)	11 (1.7)	37 (2.5)	38 (3.6)	14 (2.5)	3* (1.2)	4* (1.4)	7 (1.6)	#	#	#	#
6 - 11	72 (3.3)	16 (2.1)	39 (3.4)	16 (3.3)	25 (3.0)	6 (1.2)	13 (1.7)	7 (1.7)	3* (1.1)	#	1* (0.3)	2* (1.1)
12 - 19	53 (3.5)	19 (1.6)	24 (2.5)	10 (1.7)	37 (3.4)	12 (1.4)	17 (2.0)	8 (1.1)	10 (1.3)	3 (0.5)	5 (1.2)	2* (0.6)
20 - 29	50 (3.9)	14 (2.2)	25 (3.5)	11 (2.7)	38 (3.7)	9 (1.4)	20 (3.3)	9 (1.8)	12 (2.6)	3* (1.0)	4 (1.4)	4 (1.6)
30 - 39	57 (3.6)	14 (2.2)	28 (3.2)	15 (2.2)	34 (3.1)	6 (1.1)	15 (1.9)	12 (2.5)	9 (1.6)	2* (0.8)	4* (1.0)	3* (1.0)
40 - 49	60 (2.9)	10 (1.5)	25 (2.8)	25 (3.4)	32 (2.8)	9 (1.7)	15 (2.1)	8 (1.3)	7 (1.7)	2* (0.6)	2* (0.6)	4* (1.7)
50 - 59	61 (2.9)	15 (2.0)	28 (3.6)	18 (2.6)	29 (3.3)	5 (1.3)	15 (2.5)	9 (1.2)	11 (1.6)	3* (1.1)	4 (1.1)	3* (0.9)
60 - 69	64 (3.6)	11 (1.4)	37 (3.9)	16 (2.5)	33 (3.4)	9 (1.7)	12 (2.1)	12 (2.8)	3 (0.7)	1* (0.2)	2* (0.5)	1* (0.3)
70 and over	64 (2.6)	17 (1.9)	27 (3.5)	20 (3.0)	32 (2.8)	10 (1.3)	14 (1.6)	8 (2.0)	3 (1.1)	1* (0.7)	1* (0.4)	1* (0.5)
2 - 19	66 (2.5)	16 (1.2)	32 (1.8)	18 (1.9)	28 (2.2)	8 (0.9)	13 (1.1)	7 (1.0)	6 (0.8)	1 (0.2)	3 (0.6)	2 (0.5)
20 and over	59 (1.5)	14 (0.7)	28 (1.2)	17 (1.0)	33 (1.4)	8 (0.7)	15 (0.9)	10 (0.8)	8 (0.6)	2 (0.3)	3 (0.3)	3 (0.5)
2 and over	61 (1.4)	14 (0.6)	29 (1.1)	17 (1.1)	32 (1.4)	8 (0.6)	15 (0.8)	9 (0.6)	7 (0.6)	2 (0.2)	3 (0.3)	3 (0.4)
Females:												
2 - 5	85 (2.4)	10 (1.6)	41 (2.9)	33 (3.1)	15 (2.4)	2* (0.9)	6 (1.6)	6 (1.6)	#	#	#	0* (0.0)
6 - 11	75 (2.4)	16 (2.4)	38 (2.8)	21 (2.7)	23 (2.3)	5 (1.1)	11 (1.6)	6 (1.2)	2* (0.5)	1* (0.4)	1* (0.3)	#
12 - 19	52 (2.9)	18 (2.5)	25 (2.8)	9 (2.1)	41 (3.2)	13 (1.8)	18 (2.6)	10 (1.7)	7 (1.0)	2* (0.5)	4 (0.8)	1* (0.5)
20 - 29	52 (2.1)	14 (1.4)	24 (2.4)	15 (2.1)	40 (2.2)	10 (1.6)	20 (1.4)	10 (1.3)	7 (2.3)	1* (0.2)	4 (1.7)	3* (0.7)
30 - 39	63 (2.7)	13 (1.9)	29 (2.8)	21 (3.0)	30 (2.6)	7 (1.2)	14 (2.2)	9 (1.6)	6 (1.3)	2* (0.6)	3* (1.0)	2* (0.7)
40 - 49	54 (3.2)	12 (2.4)	25 (2.9)	17 (2.8)	37 (3.4)	6 (1.3)	19 (3.0)	12 (2.6)	9 (2.0)	1* (0.9)	3* (0.8)	5 (1.5)
50 - 59	64 (2.8)	12 (1.3)	31 (4.0)	21 (3.4)	31 (2.7)	5 (0.6)	16 (2.5)	11 (1.5)	5 (0.9)	1* (0.6)	1* (0.5)	2* (0.5)
60 - 69	64 (3.0)	14 (3.5)	30 (2.8)	20 (2.8)	32 (3.1)	5 (0.7)	12 (1.6)	15 (2.6)	4 (1.2)	#	1* (0.4)	2* (1.1)
70 and over	66 (2.7)	15 (1.5)	31 (1.9)	20 (2.3)	31 (2.9)	6 (1.2)	17 (1.5)	9 (1.8)	3* (0.7)	#	1* (0.5)	1* (0.4)
2 - 19	67 (1.8)	15 (1.1)	33 (1.5)	18 (1.5)	29 (2.0)	8 (0.9)	13 (1.3)	8 (1.0)	4 (0.5)	1 (0.3)	2 (0.3)	1* (0.2)
20 and over	61 (1.2)	13 (0.7)	29 (1.2)	19 (1.3)	34 (1.0)	6 (0.6)	16 (0.9)	11 (1.0)	6 (0.7)	1 (0.2)	2 (0.5)	2 (0.3)
2 and over	62 (1.0)	14 (0.6)	30 (0.9)	19 (1.2)	33 (0.8)	7 (0.6)	16 (0.6)	10 (0.8)	5 (0.6)	1 (0.2)	2 (0.4)	2 (0.2)
Males and females:												
2 - 19	66 (1.8)	16 (0.9)	32 (1.4)	18 (1.4)	29 (1.6)	8 (0.7)	13 (1.0)	8 (0.8)	5 (0.5)	1 (0.2)	2 (0.3)	1 (0.3)
20 and over	60 (1.0)	13 (0.6)	28 (0.8)	18 (0.8)	33 (0.9)	7 (0.5)	16 (0.6)	10 (0.7)	7 (0.5)	1 (0.2)	3 (0.2)	3 (0.3)
2 and over	61 (1.0)	14 (0.5)	29 (0.8)	18 (0.8)	32 (0.8)	7 (0.5)	15 (0.5)	10 (0.6)	6 (0.5)	1 (0.2)	3 (0.2)	2 (0.3)

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.**

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 2.76.

# 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 34. Meals and Snacks: Distribution of Meal Patterns[1] and Snack Occasions[2], by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

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 (1.8)	8 (1.8)	43 (3.9)	41 (3.8)	7 (1.8)	#	4* (1.2)	3* (1.1)	#	0* (0.0)	#	0* (0.0)
6 - 11.....	82 (3.4)	13 (3.1)	44 (4.3)	25 (3.1)	16 (3.0)	2* (0.5)	7 (1.7)	6 (1.8)	2* (1.0)	#	#	1* (1.0)
12 - 19.....	58 (4.5)	18 (2.2)	28 (3.6)	12 (2.4)	37 (4.3)	11 (2.0)	17 (2.9)	9 (1.7)	5 (1.0)	1* (0.4)	2* (0.9)	1* (0.5)
20 and over...	66 (1.4)	12 (0.9)	32 (1.4)	21 (1.1)	29 (1.4)	5 (0.6)	13 (1.0)	11 (0.9)	5 (0.7)	1 (0.2)	2 (0.3)	2 (0.4)
2 and over...	67 (1.5)	13 (0.7)	33 (1.3)	22 (1.0)	28 (1.3)	5 (0.6)	13 (0.8)	10 (0.8)	5 (0.6)	1 (0.2)	2 (0.3)	2 (0.4)
Non-Hispanic Black:												
2 - 5.....	80 (3.8)	25 (2.5)	41 (3.2)	13 (3.0)	20 (3.7)	9 (3.0)	7* (1.9)	4* (2.2)	1* (0.4)	#	#	0* (0.0)
6 - 11.....	61 (2.7)	25 (1.9)	30 (3.6)	6 (1.4)	35 (2.9)	11 (1.8)	19 (2.1)	5* (1.9)	4* (1.4)	1* (0.7)	3* (1.3)	1* (0.3)
12 - 19.....	44 (4.3)	21 (3.4)	17 (2.5)	6 (1.6)	39 (2.7)	18 (1.7)	15 (2.0)	6 (1.6)	18 (2.7)	7 (1.0)	10 (2.4)	1* (0.3)
20 and over...	44 (1.6)	18 (1.2)	20 (1.2)	7 (0.9)	42 (1.7)	15 (1.0)	20 (1.5)	8 (0.9)	13 (1.1)	4 (0.7)	6 (0.7)	3 (0.4)
2 and over...	48 (1.5)	19 (1.1)	21 (0.9)	7 (0.8)	40 (1.3)	15 (1.0)	18 (1.2)	7 (0.6)	12 (1.0)	4 (0.5)	6 (0.6)	2 (0.3)
Non-Hispanic Asian:												
2 - 5.....	90* (4.6)	5* (4.0)	42* (9.8)	43* (6.8)	10* (4.6)	0* (0.0)	4* (2.4)	6* (4.7)	0* (0.0)	0* (0.0)	0* (0.0)	0* (0.0)
6 - 11.....	83* (3.4)	14* (4.1)	44 (4.2)	25 (6.3)	15* (3.4)	2* (1.2)	9* (2.9)	4* (1.0)	2* (1.7)	2* (1.6)	#	0* (0.0)
12 - 19.....	60 (4.7)	15 (4.1)	31 (4.5)	15 (4.8)	31 (4.6)	5* (1.9)	16 (4.1)	10* (3.4)	9* (1.8)	2* (1.1)	5* (0.8)	2* (0.9)
20 and over...	71 (2.4)	16 (2.0)	33 (1.8)	22 (2.5)	26 (2.0)	7 (1.2)	12 (1.4)	7 (1.3)	4 (0.9)	#	2* (0.5)	2* (0.6)
2 and over...	71 (1.9)	15 (1.9)	34 (1.2)	22 (2.9)	25 (1.6)	6 (1.0)	12 (1.2)	7 (1.0)	4 (0.8)	1* (0.2)	2* (0.4)	2* (0.5)
Hispanic:												
2 - 5.....	71 (5.1)	10* (2.9)	30 (3.4)	31 (3.8)	28 (5.0)	5* (2.2)	9* (1.9)	14 (4.2)	1* (0.6)	0* (0.0)	#	#
6 - 11.....	59 (3.1)	17 (1.7)	31 (3.4)	10 (2.3)	39 (3.4)	11 (2.8)	20 (2.7)	8 (1.4)	2* (0.9)	#	1* (0.4)	1* (0.7)
12 - 19.....	46 (4.2)	18 (2.4)	24 (3.3)	5* (2.2)	43 (4.7)	15 (2.8)	20 (2.9)	8 (1.6)	11 (2.0)	2* (0.6)	6 (1.5)	3* (0.9)
20 and over...	47 (1.6)	15 (0.8)	19 (1.2)	13 (1.0)	46 (1.4)	11 (1.1)	23 (1.4)	12 (1.1)	7 (1.0)	2 (0.4)	3 (0.6)	2 (0.4)
2 and over...	50 (1.5)	15 (0.8)	22 (1.3)	13 (0.8)	44 (1.5)	11 (1.1)	21 (1.3)	11 (1.0)	6 (0.8)	1 (0.3)	3 (0.5)	2 (0.3)

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.**

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 2.76.

# 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-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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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-March 2020 Prepandemic

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	80	(3.6)	16	(2.7)	31	(2.5)	34	(4.6)	19	(3.5)	3*	(1.0)	6	(1.4)	10	(2.8)	1*	(0.4)	#		1*	(0.4)	0*	(0.0)
6 - 11	67	(2.5)	19	(2.3)	38	(3.8)	10	(2.0)	30	(2.8)	9	(2.0)	16	(2.1)	5	(1.2)	3*	(1.0)	#		1*	(0.6)	1*	(0.7)
12 - 19	44	(3.7)	19	(2.8)	17	(2.2)	8	(2.8)	43	(3.0)	15	(2.0)	20	(1.8)	8	(1.4)	13	(2.0)	4	(0.7)	7	(1.6)	2*	(0.7)
20 and over	45	(1.5)	15	(1.0)	21	(1.5)	10	(1.0)	43	(1.6)	11	(1.0)	22	(1.7)	10	(1.0)	12	(1.1)	3	(0.5)	5	(0.8)	4	(0.8)
2 and over	50	(1.2)	16	(0.6)	23	(1.1)	12	(1.1)	40	(1.2)	11	(0.9)	20	(1.1)	9	(0.7)	10	(0.9)	2	(0.4)	5	(0.7)	3	(0.6)
131-350% poverty:																								
2 - 5	87	(2.6)	10	(2.0)	38	(4.2)	39	(4.3)	13	(2.6)	3*	(1.2)	4*	(1.8)	6*	(2.3)	0*	(0.0)	0*	(0.0)	0*	(0.0)	0*	(0.0)
6 - 11	73	(2.9)	14	(2.9)	38	(3.5)	21	(2.6)	24	(3.1)	5	(1.2)	12	(2.4)	7	(1.4)	3*	(1.2)	1*	(0.5)	1*	(0.3)	2*	(1.2)
12 - 19	51	(3.1)	19	(1.8)	25	(3.1)	7	(1.6)	39	(3.3)	11	(1.6)	18	(2.7)	11	(1.9)	10	(1.2)	3*	(0.9)	5	(1.1)	2*	(0.6)
20 and over	56	(1.4)	14	(0.8)	27	(1.1)	14	(1.0)	37	(1.4)	8	(0.7)	18	(1.0)	11	(1.3)	7	(1.0)	2	(0.5)	3	(0.5)	2	(0.3)
2 and over	58	(1.3)	15	(0.7)	28	(1.1)	15	(0.9)	35	(1.3)	8	(0.6)	17	(0.8)	11	(1.1)	7	(0.8)	2	(0.4)	3	(0.5)	2	(0.2)
Over 350% poverty:																								
2 - 5	92*	(2.5)	6*	(2.1)	53	(5.8)	32	(4.6)	8*	(2.5)	2*	(1.4)	3*	(1.4)	3*	(1.8)	1*	(0.5)	0*	(0.0)	1*	(0.5)	0*	(0.0)
6 - 11	84	(4.4)	16	(4.7)	42	(5.0)	26	(3.6)	15	(4.5)	2*	(0.8)	6*	(1.9)	7*	(2.8)	1*	(0.4)	#		#		#	
12 - 19	61	(3.5)	15	(3.2)	30	(3.6)	16	(2.9)	35	(3.7)	11	(2.5)	16	(3.3)	8	(1.1)	4*	(1.2)	1*	(0.4)	2*	(0.5)	2*	(0.7)
20 and over	70	(1.7)	12	(1.1)	33	(1.3)	25	(1.5)	25	(1.7)	4	(0.5)	11	(1.3)	10	(0.9)	4	(0.9)	1*	(0.2)	2	(0.3)	2	(0.6)
2 and over	71	(1.6)	12	(0.9)	34	(1.2)	25	(1.5)	25	(1.6)	4	(0.4)	11	(1.1)	9	(0.8)	4	(0.7)	1*	(0.2)	1	(0.2)	2	(0.5)
All Individuals[4]:																								
2 - 5	85	(2.0)	11	(1.2)	39	(2.1)	35	(2.6)	14	(2.0)	3	(0.7)	5	(1.0)	7	(1.4)	#		#		#		#	
6 - 11	73	(1.8)	16	(1.8)	39	(2.6)	19	(1.7)	24	(1.7)	6	(0.9)	12	(1.1)	6	(1.0)	2	(0.6)	#		1*	(0.2)	1*	(0.6)
12 - 19	52	(2.5)	18	(1.6)	25	(2.0)	9	(1.8)	39	(2.4)	12	(1.1)	17	(1.8)	9	(1.0)	9	(0.9)	2	(0.4)	5	(0.7)	2	(0.4)
20 and over	60	(1.0)	13	(0.6)	28	(0.8)	18	(0.8)	33	(0.9)	7	(0.5)	16	(0.6)	10	(0.7)	7	(0.5)	1	(0.2)	3	(0.2)	3	(0.3)
2 and over	61	(1.0)	14	(0.5)	29	(0.8)	18	(0.8)	32	(0.8)	7	(0.5)	15	(0.5)	10	(0.6)	6	(0.5)	1	(0.2)	3	(0.2)	2	(0.3)

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.**

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 2.76.

# 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-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

U.S. Department of Agriculture, Agricultural Research Service. 2022. Meals and Snacks: Distribution of Meal Patterns and Snack Occasions, by Family Income (as % of Poverty Level) and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

T h i a m i n

Males/Females and age (years)	Percent reporting supplement thiamin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	9	(1.7)	925	1.23	(0.027)	0.09	(0.019)	1.32	(0.030)		--		--		--		1.25	(0.027)
6 - 11.....	6	(1.0)	1390	1.55	(0.028)	0.11*	(0.046)	1.66	(0.062)		--		--		--		1.55	(0.029)
12 - 19.....	4	(0.8)	1722	1.59	(0.025)	0.17*	(0.058)	1.76	(0.065)		--		--		--		1.59	(0.026)
Males:																		
20 - 39.....	10	(1.5)	1075	1.85	(0.046)	1.69*	(0.529)	3.53	(0.531)	85	2.09	(0.183)	16.38	(4.643)	18.47	(4.586)	1.82	(0.046)
40 - 59.....	20	(2.2)	1205	1.86	(0.051)	2.70	(0.435)	4.55	(0.442)	196	1.85	(0.075)	13.67	(1.910)	15.52	(1.895)	1.86	(0.065)
60 and over.....	33	(2.2)	1377	1.79	(0.041)	3.55	(0.603)	5.34	(0.587)	373	1.93	(0.078)	10.68	(1.710)	12.61	(1.665)	1.72	(0.054)
20 and over...	20	(1.1)	3657	1.83	(0.026)	2.56	(0.259)	4.39	(0.252)	654	1.93	(0.069)	12.80	(1.364)	14.73	(1.344)	1.81	(0.028)
Females:																		
20 - 39.....	12	(1.8)	1131	1.36	(0.024)	1.31	(0.305)	2.67	(0.314)	111	1.43	(0.070)	10.55	(1.583)	11.98	(1.600)	1.35	(0.031)
40 - 59.....	19	(1.4)	1298	1.34	(0.034)	1.91	(0.317)	3.24	(0.321)	227	1.40	(0.069)	9.87	(1.759)	11.27	(1.764)	1.32	(0.036)
60 and over.....	32	(2.2)	1304	1.26	(0.029)	4.26	(0.774)	5.52	(0.787)	366	1.29	(0.042)	13.34	(2.215)	14.63	(2.233)	1.24	(0.033)
20 and over...	21	(1.3)	3733	1.32	(0.018)	2.44	(0.294)	3.76	(0.298)	704	1.36	(0.033)	11.66	(1.343)	13.02	(1.353)	1.31	(0.019)
All Individuals:																		
2 and over...	17	(0.8)	11427	1.56	(0.012)	1.93	(0.145)	3.48	(0.145)	1538	1.62	(0.034)	11.44	(0.662)	13.06	(0.665)	1.54	(0.014)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

R i b o f l a v i n

Males/Females and age (years)	Percent reporting supplement riboflavin [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	9	(1.7)	925	1.57	(0.037)	0.10	(0.021)	1.67	(0.040)		--		--		--		1.59	(0.042)
6 - 11.....	5	(0.8)	1390	1.82	(0.036)	0.07	(0.012)	1.89	(0.040)		--		--		--		1.82	(0.036)
12 - 19.....	4	(0.9)	1722	1.82	(0.037)	0.59*	(0.380)	2.41	(0.382)		--		--		--		1.83	(0.037)
Males:																		
20 - 39.....	10	(1.5)	1075	2.46	(0.072)	1.02*	(0.321)	3.49	(0.335)	83	3.00	(0.270)	10.63	(2.960)	13.63	(2.900)	2.41	(0.071)
40 - 59.....	20	(2.2)	1205	2.47	(0.090)	2.19	(0.300)	4.66	(0.322)	193	2.48	(0.091)	11.13	(1.288)	13.62	(1.270)	2.47	(0.107)
60 and over.....	33	(2.2)	1377	2.26	(0.046)	2.03	(0.264)	4.29	(0.267)	368	2.46	(0.112)	6.16	(0.708)	8.62	(0.712)	2.16	(0.041)
20 and over...	20	(1.1)	3657	2.41	(0.045)	1.71	(0.141)	4.12	(0.164)	644	2.57	(0.093)	8.71	(0.607)	11.28	(0.614)	2.37	(0.048)
Females:																		
20 - 39.....	12	(1.8)	1131	1.75	(0.043)	1.02	(0.271)	2.76	(0.288)	112	2.19	(0.190)	8.17	(1.853)	10.37	(1.827)	1.68	(0.029)
40 - 59.....	20	(1.4)	1298	1.79	(0.053)	1.60	(0.334)	3.39	(0.368)	228	1.90	(0.122)	8.17	(1.602)	10.06	(1.653)	1.77	(0.045)
60 and over.....	32	(2.2)	1304	1.68	(0.047)	2.20	(0.259)	3.88	(0.273)	366	1.73	(0.064)	6.81	(0.679)	8.55	(0.711)	1.66	(0.056)
20 and over...	21	(1.2)	3733	1.74	(0.037)	1.59	(0.197)	3.33	(0.220)	706	1.88	(0.071)	7.52	(0.847)	9.40	(0.868)	1.71	(0.028)
All Individuals:																		
2 and over...	17	(0.7)	11427	2.00	(0.027)	1.33	(0.115)	3.33	(0.133)	1529	2.16	(0.046)	7.91	(0.559)	10.07	(0.586)	1.97	(0.026)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

N i a c i n

Males/Females and age	Percent reporting supplement niacin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	8	(1.7)	925	15.9	(0.29)	1.0	(0.20)	16.9	(0.33)		--		--		--		16.0	(0.29)
6 - 11.....	6	(1.1)	1390	20.6	(0.47)	0.7	(0.14)	21.3	(0.50)		--		--		--		20.7	(0.46)
12 - 19.....	5	(0.9)	1722	24.1	(0.52)	1.0	(0.20)	25.1	(0.49)		--		--		--		24.1	(0.54)
Males:																		
20 - 39.....	11	(1.7)	1075	33.8	(1.02)	3.4	(0.76)	37.1	(1.24)	98	36.6	(2.70)	29.6	(3.75)	66.3	(4.23)	33.4	(1.01)
40 - 59.....	21	(2.3)	1205	31.4	(0.94)	6.2	(0.78)	37.6	(1.19)	205	31.7	(2.13)	30.1	(1.86)	61.8	(2.65)	31.3	(1.09)
60 and over.....	35	(2.1)	1377	28.0	(1.36)	15.1	(3.47)	43.1	(4.16)	386	29.9	(2.04)	43.4	(9.75)	73.3	(9.94)	27.0	(1.55)
20 and over...	21	(1.2)	3657	31.3	(0.59)	7.6	(1.02)	39.0	(1.41)	689	31.8	(1.56)	36.1	(4.61)	67.9	(4.84)	31.2	(0.62)
Females:																		
20 - 39.....	16	(2.0)	1131	22.1	(0.39)	4.5	(1.09)	26.6	(1.38)	141	26.0	(1.79)	28.3	(4.16)	54.3	(5.28)	21.4	(0.25)
40 - 59.....	23	(1.3)	1298	20.7	(0.52)	5.9	(0.79)	26.7	(0.99)	257	22.1	(1.10)	26.1	(3.66)	48.3	(3.97)	20.3	(0.51)
60 and over.....	35	(2.4)	1304	19.1	(0.61)	15.0	(2.35)	34.1	(2.49)	401	19.4	(0.87)	42.4	(6.56)	61.8	(6.42)	18.9	(0.69)
20 and over...	24	(1.2)	3733	20.7	(0.35)	8.2	(0.72)	28.9	(0.88)	799	21.8	(0.74)	34.0	(2.93)	55.8	(3.10)	20.4	(0.29)
All Individuals:																		
2 and over...	19	(0.8)	11427	24.8	(0.29)	6.2	(0.46)	31.0	(0.66)	1691	25.9	(0.75)	33.4	(2.09)	59.2	(2.34)	24.6	(0.31)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n B 6

Males/Females and age (years)	Percent reporting supplement vitamin B6 [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	28	(2.4)	925	1.40	(0.025)	0.33	(0.037)	1.74	(0.037)	226	1.45	(0.066)	1.20	(0.068)	2.65	(0.080)	1.39	(0.039)
6 - 11.....	17	(1.9)	1390	1.64	(0.050)	0.27	(0.032)	1.90	(0.061)	196	1.51	(0.086)	1.63	(0.069)	3.14	(0.123)	1.66	(0.055)
12 - 19.....	9	(1.0)	1722	1.85	(0.059)	0.33	(0.063)	2.18	(0.089)	124	1.76	(0.111)	3.79	(0.703)	5.55	(0.779)	1.86	(0.063)
Males:																		
20 - 39.....	12	(1.4)	1075	2.85	(0.119)	2.00	(0.504)	4.85	(0.509)	111	3.03	(0.216)	16.22	(3.330)	19.25	(3.223)	2.83	(0.133)
40 - 59.....	23	(2.5)	1205	2.49	(0.111)	2.99	(0.527)	5.48	(0.548)	223	2.50	(0.193)	13.24	(2.092)	15.74	(2.135)	2.48	(0.137)
60 and over.....	35	(2.1)	1377	2.48	(0.261)	2.77	(0.328)	5.25	(0.424)	394	2.68	(0.364)	7.84	(0.784)	10.52	(0.824)	2.37	(0.347)
20 and over...	22	(1.1)	3657	2.62	(0.077)	2.56	(0.267)	5.18	(0.290)	728	2.69	(0.201)	11.46	(1.018)	14.15	(1.042)	2.60	(0.084)
Females:																		
20 - 39.....	19	(1.8)	1131	1.82	(0.061)	1.77	(0.396)	3.59	(0.432)	168	2.18	(0.250)	9.49	(2.061)	11.67	(2.160)	1.74	(0.044)
40 - 59.....	24	(1.3)	1298	1.68	(0.057)	2.46	(0.421)	4.14	(0.438)	277	1.88	(0.094)	10.07	(1.668)	11.95	(1.678)	1.62	(0.059)
60 and over.....	38	(2.4)	1304	1.58	(0.047)	4.01	(0.540)	5.59	(0.534)	429	1.68	(0.083)	10.50	(1.147)	12.18	(1.140)	1.52	(0.055)
20 and over...	27	(1.2)	3733	1.70	(0.036)	2.71	(0.266)	4.40	(0.285)	874	1.86	(0.073)	10.12	(0.836)	11.99	(0.856)	1.64	(0.030)
All Individuals:																		
2 and over...	22	(0.7)	11427	2.04	(0.037)	2.07	(0.155)	4.11	(0.165)	2148	2.12	(0.083)	9.29	(0.608)	11.41	(0.617)	2.01	(0.037)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

F o l i c a c i d

Males/Females 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)
Males and females:																		
2 - 5.....	27	(2.3)	925	145	(5.6)	50	(5.5)	195	(6.7)	218	143	(10.3)	184	(9.3)	327	(11.7)	146	(6.7)
6 - 11.....	16	(1.9)	1390	201	(4.3)	35	(4.4)	236	(6.2)	190	186	(12.9)	221	(8.8)	407	(13.2)	204	(5.0)
12 - 19.....	9	(1.0)	1722	197	(6.1)	30	(4.6)	227	(8.5)	120	185	(27.4)	345	(23.7)	530	(37.4)	198	(5.5)
Males:																		
20 - 39.....	12	(1.3)	1075	201	(9.8)	49	(6.6)	250	(11.1)	107	190	(19.3)	420	(26.6)	610	(34.9)	202	(10.9)
40 - 59.....	23	(2.5)	1205	180	(9.7)	122	(13.1)	302	(15.2)	225	183	(13.8)	533	(21.3)	716	(30.4)	179	(12.3)
60 and over.....	37	(2.1)	1377	179	(8.2)	205	(16.2)	385	(17.4)	410	189	(15.1)	555	(33.6)	744	(32.7)	174	(13.5)
20 and over...	23	(1.2)	3657	187	(4.3)	118	(7.3)	306	(7.1)	742	187	(8.6)	522	(18.6)	709	(19.4)	187	(5.3)
Females:																		
20 - 39.....	18	(1.7)	1131	134	(7.2)	87	(11.0)	221	(12.4)	167	139	(7.8)	483	(51.8)	622	(54.6)	133	(8.8)
40 - 59.....	24	(1.4)	1298	132	(7.1)	132	(9.6)	264	(11.6)	270	147	(12.6)	555	(32.1)	702	(34.3)	128	(8.7)
60 and over.....	37	(2.4)	1304	120	(5.1)	210	(17.4)	330	(16.9)	421	117	(6.9)	561	(24.9)	678	(24.6)	123	(5.9)
20 and over...	26	(1.1)	3733	129	(3.2)	141	(9.0)	270	(8.8)	858	131	(6.0)	541	(19.3)	672	(19.4)	128	(3.0)
All Individuals:																		
2 and over...	22	(0.7)	11427	165	(2.4)	107	(4.4)	272	(4.7)	2128	159	(5.2)	484	(12.3)	643	(12.9)	167	(2.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Males/Females and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	27	(2.3)	925	368	(11.1)	85	(9.4)	453	(12.9)	218	369	(18.9)	313	(15.8)	681	(21.4)	368	(12.4)
6 - 11.....	16	(1.9)	1390	489	(8.8)	60	(7.6)	549	(12.2)	190	465	(23.6)	376	(15.0)	840	(23.0)	493	(10.6)
12 - 19.....	9	(1.0)	1722	498	(12.2)	51	(7.9)	548	(14.6)	120	499	(48.3)	586	(40.3)	1085	(65.0)	498	(12.4)
Males:																		
20 - 39.....	12	(1.3)	1075	568	(17.6)	83	(11.2)	652	(19.3)	107	602	(43.3)	715	(45.2)	1317	(68.2)	564	(19.1)
40 - 59.....	23	(2.5)	1205	556	(17.3)	208	(22.3)	764	(27.9)	225	572	(28.2)	906	(36.2)	1478	(56.9)	551	(23.2)
60 and over.....	37	(2.1)	1377	524	(15.3)	349	(27.5)	873	(29.2)	410	547	(24.7)	943	(57.2)	1490	(54.4)	510	(24.2)
20 and over...	23	(1.2)	3657	552	(7.4)	201	(12.4)	753	(12.5)	742	566	(16.8)	887	(31.6)	1453	(35.3)	547	(9.0)
Females:																		
20 - 39.....	18	(1.7)	1131	422	(11.6)	148	(18.8)	569	(22.2)	167	435	(21.7)	821	(88.0)	1256	(98.8)	419	(14.2)
40 - 59.....	24	(1.4)	1298	415	(13.9)	224	(16.3)	639	(21.5)	270	456	(21.4)	943	(54.6)	1400	(57.7)	402	(16.6)
60 and over.....	37	(2.4)	1304	392	(11.0)	357	(29.7)	749	(27.2)	421	392	(10.5)	953	(42.3)	1345	(40.1)	392	(13.6)
20 and over...	26	(1.1)	3733	410	(7.5)	240	(15.4)	650	(16.7)	858	422	(10.6)	919	(32.8)	1341	(34.1)	406	(7.9)
All Individuals:																		
2 and over...	22	(0.7)	11427	477	(5.1)	182	(7.4)	659	(9.1)	2128	480	(8.7)	823	(20.9)	1303	(23.1)	476	(6.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l i n e

Males/Females and age	Percent reporting supplement choline [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	7	(1.1)	925	220	(5.8)	#		220	(5.8)		--		--		--		217	(6.3)
6 - 11.....	4	(0.8)	1390	244	(5.9)	#		244	(5.9)		--		--		--		244	(6.0)
12 - 19.....	3	(0.5)	1722	265	(7.1)	#		265	(7.1)		--		--		--		265	(7.3)
Males:																		
20 - 39.....	4	(1.0)	1075	388	(10.5)	1*	(0.3)	388	(10.5)		--		--		--		386	(10.8)
40 - 59.....	5	(0.9)	1205	407	(7.7)	1*	(0.2)	408	(7.7)		--		--		--		407	(7.8)
60 and over.....	4	(0.6)	1377	372	(8.3)	1	(0.1)	372	(8.3)		--		--		--		372	(8.6)
20 and over...	4	(0.5)	3657	390	(4.7)	1	(0.1)	391	(4.7)	116	403	(25.8)	16	(2.0)	419	(26.8)	390	(4.5)
Females:																		
20 - 39.....	4	(0.9)	1131	290	(7.0)	1*	(0.2)	290	(7.0)		--		--		--		290	(7.0)
40 - 59.....	6	(1.1)	1298	285	(9.7)	3*	(1.7)	288	(10.2)		--		--		--		281	(9.9)
60 and over.....	6	(1.1)	1304	278	(7.4)	1	(0.2)	280	(7.3)		--		--		--		276	(7.4)
20 and over...	6	(0.6)	3733	285	(5.7)	1*	(0.6)	286	(6.0)	167	317	(13.2)	26*	(10.1)	344	(18.1)	283	(5.6)
All Individuals:																		
2 and over...	5	(0.4)	11427	315	(2.9)	1	(0.2)	316	(3.0)	423	334	(10.0)	18	(4.4)	352	(11.7)	314	(2.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Males/Females and age	Percent reporting supplement vitamin B12 [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	28	(2.3)	925	3.66	(0.103)	6.0*	(4.82)	9.7*	(4.79)	226	3.53	(0.198)	21.2*	(16.65)	24.7*	(16.51)	3.71	(0.139)
6 - 11.....	17	(2.0)	1390	4.31	(0.113)	4.9*	(4.26)	9.2*	(4.30)	192	4.24	(0.253)	28.8*	(24.61)	33.1*	(24.75)	4.32	(0.122)
12 - 19.....	9	(1.0)	1722	4.52	(0.122)	3.9*	(1.75)	8.4	(1.75)	124	3.90	(0.289)	43.5*	(21.16)	47.4*	(21.18)	4.58	(0.127)
Males:																		
20 - 39.....	13	(1.6)	1075	6.14	(0.309)	33.1*	(12.09)	39.2*	(12.05)	118	6.51	(0.497)	250.5*	(82.89)	257.1*	(82.96)	6.09	(0.347)
40 - 59.....	24	(2.7)	1205	5.69	(0.347)	58.1	(13.63)	63.8	(13.66)	240	5.67	(0.531)	242.0	(47.59)	247.6	(47.58)	5.70	(0.423)
60 and over.....	40	(2.2)	1377	5.64	(0.341)	137.1	(18.95)	142.8	(18.86)	447	6.05	(0.451)	346.8	(39.83)	352.9	(39.82)	5.36	(0.506)
20 and over...	24	(1.3)	3657	5.84	(0.187)	70.9	(8.48)	76.8	(8.48)	805	6.01	(0.339)	291.3	(30.82)	297.3	(30.85)	5.79	(0.227)
Females:																		
20 - 39.....	19	(2.0)	1131	3.69	(0.111)	40.2*	(13.45)	43.9*	(13.47)	173	4.23	(0.268)	213.7*	(74.25)	217.9*	(74.24)	3.56	(0.136)
40 - 59.....	27	(1.6)	1298	3.81	(0.152)	99.8	(18.14)	103.6	(18.15)	309	4.29	(0.285)	370.5	(68.20)	374.8	(68.15)	3.64	(0.157)
60 and over.....	43	(2.3)	1304	3.57	(0.180)	220.8	(26.45)	224.4	(26.42)	484	3.59	(0.258)	518.2	(65.23)	521.8	(65.23)	3.55	(0.215)
20 and over...	29	(1.4)	3733	3.69	(0.100)	117.2	(10.21)	120.9	(10.21)	966	3.96	(0.179)	403.4	(33.97)	407.4	(33.94)	3.59	(0.092)
All Individuals:																		
2 and over...	24	(0.8)	11427	4.64	(0.096)	72.8	(5.87)	77.4	(5.87)	2313	4.72	(0.164)	302.4	(22.12)	307.2	(22.12)	4.61	(0.099)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n C

Males/Females and age	Percent reporting supplement vitamin C [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	30	(2.2)	925	85.4	(4.55)	18.8	(5.16)	104.1	(7.50)	243	86.0	(5.76)	61.5	(15.47)	147.5	(14.00)	85.1	(6.30)
6 - 11.....	18	(2.0)	1390	73.6	(4.19)	11.2	(2.00)	84.8	(4.57)	211	73.1	(7.97)	62.8	(11.94)	135.9	(15.22)	73.7	(4.51)
12 - 19.....	11	(0.9)	1722	63.5	(3.07)	19.1	(2.69)	82.5	(3.36)	155	76.4	(13.26)	171.7	(22.36)	248.2	(24.70)	61.9	(3.20)
Males:																		
20 - 39.....	13	(1.4)	1075	76.1	(3.88)	31.0	(6.79)	107.1	(6.47)	117	104.0	(11.57)	246.1	(37.78)	350.1	(33.15)	72.1	(4.02)
40 - 59.....	25	(2.8)	1205	86.2	(4.60)	67.6	(15.40)	153.8	(16.14)	244	87.9	(8.47)	275.2	(54.14)	363.1	(51.82)	85.6	(6.67)
60 and over.....	39	(2.2)	1377	80.8	(3.18)	112.3	(12.19)	193.1	(12.11)	442	87.9	(5.59)	289.7	(27.46)	377.6	(26.97)	76.2	(4.33)
20 and over...	24	(1.2)	3657	80.9	(2.50)	66.6	(7.05)	147.5	(6.96)	803	91.0	(4.89)	276.1	(22.05)	367.1	(20.71)	77.7	(3.15)
Females:																		
20 - 39.....	21	(2.1)	1131	71.6	(4.23)	43.9	(8.24)	115.6	(7.82)	189	73.5	(5.02)	213.5	(33.73)	287.0	(32.95)	71.1	(4.48)
40 - 59.....	29	(2.0)	1298	72.8	(2.75)	77.2	(11.47)	150.0	(11.80)	318	79.5	(6.13)	262.2	(42.72)	341.7	(44.63)	70.0	(3.50)
60 and over.....	43	(2.7)	1304	72.3	(2.90)	127.7	(12.74)	200.0	(12.82)	478	78.2	(4.28)	294.0	(23.10)	372.2	(23.51)	67.8	(3.92)
20 and over...	31	(1.6)	3733	72.3	(2.10)	81.6	(8.41)	153.8	(8.63)	985	77.6	(3.05)	265.1	(23.02)	342.6	(24.04)	69.9	(2.57)
All Individuals:																		
2 and over...	25	(0.8)	11427	75.3	(1.64)	60.3	(4.95)	135.6	(5.00)	2397	82.6	(1.91)	240.4	(15.60)	323.0	(15.22)	72.9	(1.94)

See page 23 for footnotes.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n D

Males/Females and age	Percent reporting supplement vitamin D [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)
Males and females:																		
2 - 5.....	28	(2.4)	925	5.4	(0.19)	3.1	(0.33)	8.5	(0.35)	229	5.0	(0.31)	11.1	(0.51)	16.1	(0.53)	5.6	(0.29)
6 - 11.....	17	(2.0)	1390	5.1	(0.14)	3.1	(0.77)	8.2	(0.81)	201	5.2	(0.35)	18.4	(3.38)	23.6	(3.41)	5.1	(0.17)
12 - 19.....	9	(1.1)	1722	4.3	(0.16)	2.2	(0.34)	6.5	(0.39)	133	3.7	(0.50)	23.5	(1.96)	27.1	(2.00)	4.4	(0.18)
Males:																		
20 - 39.....	13	(2.0)	1075	4.5	(0.23)	5.8	(1.45)	10.3	(1.40)	112	5.5	(0.80)	43.1	(7.81)	48.6	(7.60)	4.3	(0.20)
40 - 59.....	27	(2.7)	1205	4.8	(0.26)	16.8	(4.14)	21.5	(4.21)	286	5.0	(0.63)	61.1	(12.85)	66.1	(12.87)	4.7	(0.32)
60 and over.....	44	(2.5)	1377	5.7	(0.41)	21.1	(2.02)	26.8	(2.10)	537	6.3	(0.80)	47.9	(3.32)	54.1	(3.37)	5.3	(0.45)
20 and over...	27	(1.3)	3657	4.9	(0.17)	13.9	(1.49)	18.8	(1.50)	935	5.7	(0.47)	51.7	(4.66)	57.4	(4.69)	4.6	(0.16)
Females:																		
20 - 39.....	19	(1.7)	1131	3.5	(0.18)	6.2	(0.86)	9.7	(0.87)	177	3.7	(0.44)	32.6	(3.59)	36.3	(3.59)	3.4	(0.22)
40 - 59.....	32	(1.4)	1298	3.8	(0.17)	21.3	(4.29)	25.1	(4.30)	369	4.6	(0.34)	66.6	(12.65)	71.2	(12.64)	3.4	(0.18)
60 and over.....	58	(2.1)	1304	3.9	(0.24)	35.1	(2.24)	39.0	(2.36)	658	4.0	(0.23)	60.5	(3.78)	64.6	(3.88)	3.8	(0.35)
20 and over...	36	(1.4)	3733	3.7	(0.15)	20.4	(1.84)	24.2	(1.87)	1204	4.1	(0.23)	57.4	(5.00)	61.5	(4.96)	3.5	(0.16)
All Individuals:																		
2 and over...	28	(0.8)	11427	4.4	(0.11)	13.7	(0.94)	18.2	(0.96)	2702	4.8	(0.21)	49.8	(2.74)	54.5	(2.72)	4.3	(0.10)

See page 23 for footnotes.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n K

Males/Females and age	Percent reporting supplement vitamin K [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5	5	(1.1)	925	49.8	(2.00)	2.4*	(0.79)	52.2	(2.39)		--		--		--		49.8	(2.08)
6 - 11	4	(0.9)	1390	72.8	(6.19)	1.6	(0.39)	74.4	(6.36)		--		--		--		72.9	(6.65)
12 - 19	4	(0.9)	1722	82.7	(5.28)	1.8	(0.49)	84.4	(5.24)		--		--		--		82.4	(5.13)
Males:																		
20 - 39	7	(1.5)	1075	107.1	(4.97)	3.2	(0.83)	110.3	(5.29)		--		--		--		101.3	(5.10)
40 - 59	17	(2.0)	1205	140.3	(11.82)	7.0	(1.10)	147.3	(12.08)	169	143.2	(18.02)	41.5	(3.56)	184.7	(18.64)	139.7	(11.81)
60 and over	29	(1.8)	1377	128.3	(6.36)	10.6	(0.79)	138.8	(6.71)	311	145.7	(16.09)	36.7	(1.90)	182.5	(16.33)	121.2	(5.45)
20 and over	17	(1.1)	3657	124.6	(6.07)	6.6	(0.58)	131.2	(6.33)	542	150.3	(11.56)	39.5	(1.85)	189.8	(12.39)	119.5	(5.86)
Females:																		
20 - 39	7	(1.3)	1131	140.6	(17.11)	3.0	(0.57)	143.6	(17.08)		--		--		--		139.7	(18.25)
40 - 59	15	(1.3)	1298	124.3	(5.40)	6.5	(0.86)	130.8	(5.26)	169	133.2	(19.35)	43.1	(3.52)	176.3	(19.63)	122.7	(7.22)
60 and over	26	(2.0)	1304	115.3	(5.71)	27.9*	(18.08)	143.2	(18.29)	284	128.3	(10.63)	106.1*	(66.84)	234.4	(66.77)	110.7	(7.01)
20 and over	16	(1.1)	3733	127.1	(6.00)	12.0*	(5.78)	139.0	(7.55)	520	133.7	(7.62)	75.7*	(34.10)	209.4	(34.57)	125.8	(7.99)
All Individuals:																		
2 and over	13	(0.7)	11427	113.0	(4.81)	7.5	(2.16)	120.5	(4.48)	1188	137.3	(5.92)	56.7	(15.53)	193.9	(13.63)	109.3	(5.32)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

L y c o p e n e

Males/Females and age	Percent reporting supplement lycopene [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5	#*		925	3720	(340.7)	#*		3720	(340.7)		--		--		--		3720	(340.7)
6 - 11	#		1390	4177	(175.9)	#		4177	(175.9)		--		--		--		4179	(175.9)
12 - 19	#		1722	4892	(307.8)	1*	(0.4)	4893	(307.9)		--		--		--		4888	(308.3)
Males:																		
20 - 39	5	(1.1)	1075	5384	(403.5)	28	(6.7)	5412	(401.0)		--		--		--		5295	(419.9)
40 - 59	12	(1.8)	1205	5985	(491.8)	72	(15.9)	6058	(499.1)	119	8076	(1077.2)	598	(82.5)	8674	(1091.7)	5698	(468.2)
60 and over	21	(1.9)	1377	4999	(323.3)	165*	(67.5)	5164	(306.2)	238	5551	(989.1)	769*	(326.2)	6320	(941.8)	4848	(419.5)
20 and over	12	(0.9)	3657	5487	(269.9)	82	(15.8)	5569	(271.8)	406	6651	(703.8)	667	(137.0)	7318	(693.7)	5325	(261.5)
Females:																		
20 - 39	1*	(0.4)	1131	4522	(346.5)	13*	(8.4)	4535	(346.6)		--		--		--		4440	(324.4)
40 - 59	3	(0.6)	1298	4001	(206.5)	37*	(24.4)	4038	(210.9)		--		--		--		3956	(208.4)
60 and over	10	(1.1)	1304	4063	(348.2)	45	(9.8)	4108	(352.9)	114	4586	(821.3)	450	(74.8)	5035	(844.5)	4004	(360.9)
20 and over	4	(0.6)	3733	4198	(172.7)	32	(9.2)	4229	(171.0)	159	5403	(895.9)	704	(179.0)	6107	(864.9)	4141	(168.3)
All Individuals:																		
2 and over	6	(0.5)	11427	4730	(132.3)	43	(6.7)	4773	(132.8)	572	6306	(618.6)	676	(113.1)	6982	(608.3)	4624	(123.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

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

Males/Females and age	Percent reporting supplement lutein + zeaxanthin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	2	(0.8)	925	654	(41.5)	3*	(1.1)	657	(41.9)		--		--		--		654	(41.6)
6 - 11.....	3	(1.0)	1390	881	(140.7)	3*	(1.0)	883	(140.6)		--		--		--		870	(143.3)
12 - 19.....	1*	(0.4)	1722	890	(60.9)	5*	(2.3)	895	(61.2)		--		--		--		888	(61.6)
Males:																		
20 - 39.....	2	(0.8)	1075	1234	(89.7)	30*	(9.2)	1264	(89.7)		--		--		--		1219	(92.0)
40 - 59.....	8	(1.4)	1205	1657	(189.1)	72	(14.5)	1729	(183.2)		--		--		--		1635	(213.4)
60 and over.....	18	(2.0)	1377	1610	(116.5)	464	(132.8)	2074	(157.0)	204	1573	(279.1)	2508	(625.6)	4081	(689.1)	1619	(110.3)
20 and over...	9	(0.8)	3657	1488	(98.1)	166	(41.3)	1653	(97.0)	291	1710	(200.0)	1889	(427.7)	3600	(426.8)	1466	(107.7)
Females:																		
20 - 39.....	2*	(0.5)	1131	2098	(405.1)	30*	(20.5)	2129	(405.7)		--		--		--		2064	(414.8)
40 - 59.....	6	(0.9)	1298	1576	(92.5)	75*	(35.1)	1651	(84.5)		--		--		--		1522	(101.3)
60 and over.....	21	(2.0)	1304	1555	(113.3)	847	(242.5)	2401	(251.2)	220	1845	(262.4)	4007	(1002.9)	5852	(1050.1)	1477	(109.4)
20 and over...	9	(1.1)	3733	1747	(137.8)	301	(83.6)	2048	(153.2)	314	2104	(204.0)	3190	(735.6)	5294	(809.1)	1710	(154.9)
All Individuals:																		
2 and over...	7	(0.5)	11427	1431	(92.5)	179	(42.1)	1610	(90.4)	674	1862	(137.1)	2421	(499.9)	4283	(539.8)	1397	(101.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C a l c i u m

Males/Females and age	Percent reporting supplement calcium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	4	(0.7)	925	959	(26.9)	4	(0.7)	963	(26.8)		--		--		--		966	(28.5)
6 - 11.....	5	(0.7)	1390	1012	(25.1)	5	(0.8)	1017	(25.3)		--		--		--		1008	(25.3)
12 - 19.....	6	(1.1)	1722	965	(14.5)	15	(3.4)	979	(15.2)	90	985	(65.0)	226	(43.2)	1212	(79.0)	964	(15.8)
Males:																		
20 - 39.....	12	(1.7)	1075	1086	(27.0)	35	(6.3)	1121	(26.6)	112	1387	(95.4)	300	(29.8)	1687	(81.8)	1046	(31.9)
40 - 59.....	22	(2.4)	1205	1073	(34.0)	64	(8.8)	1137	(36.3)	230	1117	(45.7)	294	(27.3)	1411	(62.4)	1061	(39.8)
60 and over.....	37	(1.9)	1377	987	(27.5)	136	(13.6)	1122	(27.7)	436	1091	(43.0)	365	(27.7)	1456	(47.0)	925	(32.9)
20 and over...	22	(1.3)	3657	1054	(18.4)	73	(5.4)	1127	(18.7)	778	1157	(33.4)	328	(13.8)	1485	(37.9)	1024	(21.0)
Females:																		
20 - 39.....	19	(1.9)	1131	862	(15.7)	76	(14.1)	938	(21.2)	158	942	(54.3)	400	(50.4)	1342	(68.3)	843	(17.5)
40 - 59.....	30	(2.0)	1298	837	(26.4)	142	(13.2)	979	(35.0)	326	954	(56.6)	479	(31.0)	1433	(67.9)	788	(19.3)
60 and over.....	48	(2.5)	1304	796	(32.2)	305	(20.3)	1102	(43.5)	545	843	(31.5)	631	(29.2)	1474	(46.2)	753	(40.2)
20 and over...	32	(1.6)	3733	833	(17.8)	170	(11.2)	1003	(22.4)	1029	899	(32.0)	535	(23.9)	1434	(33.6)	802	(13.4)
All Individuals:																		
2 and over...	22	(0.9)	11427	951	(11.3)	95	(5.7)	1046	(13.7)	1997	1003	(18.8)	435	(17.5)	1437	(20.3)	936	(11.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Males/Females and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	#		925	1108	(21.9)	#		1108	(21.9)		--		--		--		1108	(21.9)
6 - 11.....	#		1390	1262	(26.3)	#		1263	(26.3)		--		--		--		1263	(26.2)
12 - 19.....	1	(0.4)	1722	1320	(36.5)	1*	(0.3)	1320	(36.5)		--		--		--		1315	(36.0)
Males:																		
20 - 39.....	4	(0.8)	1075	1584	(33.4)	2*	(0.5)	1586	(33.2)		--		--		--		1567	(37.3)
40 - 59.....	10	(1.7)	1205	1633	(33.9)	4	(1.0)	1638	(33.7)	99	1627	(104.3)	41	(6.7)	1668	(104.6)	1634	(34.8)
60 and over.....	22	(1.7)	1377	1475	(29.3)	9	(1.6)	1484	(29.3)	242	1581	(74.9)	40	(6.0)	1620	(75.1)	1445	(32.3)
20 and over...	11	(1.0)	3657	1571	(16.2)	5	(0.6)	1576	(15.9)	373	1649	(55.6)	41	(3.9)	1689	(55.2)	1561	(18.4)
Females:																		
20 - 39.....	4	(1.0)	1131	1213	(17.3)	4*	(2.7)	1217	(18.3)		--		--		--		1212	(17.0)
40 - 59.....	9	(1.2)	1298	1160	(28.3)	4	(0.7)	1164	(28.5)	101	1286	(119.9)	42	(4.4)	1328	(120.9)	1148	(28.9)
60 and over.....	21	(1.6)	1304	1136	(35.4)	9	(1.6)	1145	(35.6)	235	1165	(51.9)	45	(7.6)	1210	(49.8)	1128	(36.3)
20 and over...	11	(0.9)	3733	1171	(18.0)	6	(1.1)	1176	(18.5)	367	1207	(64.5)	52	(8.8)	1259	(65.0)	1166	(16.4)
All Individuals:																		
2 and over...	9	(0.6)	11427	1341	(10.4)	4	(0.6)	1345	(10.5)	773	1431	(30.4)	46	(5.7)	1477	(31.1)	1332	(12.3)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Males/Females and age	Percent reporting supplement magnesium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	1*	(0.6)	925	208	(4.2)	1*	(0.6)	209	(4.5)		--		--		--		209	(4.3)
6 - 11.....	1*	(0.4)	1390	235	(3.4)	1*	(0.5)	236	(3.5)		--		--		--		235	(3.4)
12 - 19.....	3	(0.6)	1722	250	(6.2)	5*	(2.6)	254	(7.1)		--		--		--		248	(6.2)
Males:																		
20 - 39.....	11	(1.7)	1075	333	(6.1)	15	(3.1)	348	(7.1)	86	439	(33.7)	140	(16.5)	579	(39.1)	320	(6.6)
40 - 59.....	20	(2.4)	1205	354	(7.2)	31	(9.0)	385	(13.2)	198	379	(17.0)	156	(32.5)	536	(31.4)	348	(8.2)
60 and over.....	33	(2.1)	1377	327	(5.9)	46	(6.4)	373	(8.8)	371	353	(9.9)	142	(15.8)	494	(20.5)	314	(7.3)
20 and over...	20	(1.2)	3657	339	(3.5)	29	(3.0)	368	(4.9)	655	379	(10.9)	146	(11.6)	526	(13.2)	328	(4.0)
Females:																		
20 - 39.....	10	(1.6)	1131	270	(6.5)	17	(3.5)	287	(7.8)		--		--		--		268	(6.9)
40 - 59.....	15	(1.5)	1298	271	(6.3)	19	(2.2)	290	(7.2)	177	303	(14.8)	123	(10.5)	425	(18.8)	265	(7.0)
60 and over.....	32	(2.2)	1304	263	(7.3)	61	(9.2)	324	(9.7)	337	279	(10.1)	189	(24.2)	468	(25.1)	255	(8.7)
20 and over...	19	(1.3)	3733	268	(4.5)	31	(3.2)	299	(5.6)	582	287	(11.2)	168	(13.1)	456	(15.6)	264	(4.4)
All Individuals:																		
2 and over...	15	(0.7)	11427	287	(2.7)	24	(1.7)	310	(3.5)	1300	332	(6.0)	155	(6.6)	488	(6.5)	279	(2.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

I r o n

Males/Females and age (years)	Percent reporting supplement iron [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	4	(0.9)	925	10.4	(0.33)	0.6	(0.13)	11.0	(0.33)		--		--		--		10.4	(0.33)
6 - 11.....	3	(0.7)	1390	13.8	(0.32)	0.5	(0.14)	14.3	(0.37)		--		--		--		13.8	(0.33)
12 - 19.....	3	(0.7)	1722	14.0	(0.33)	0.8*	(0.25)	14.9	(0.33)		--		--		--		14.0	(0.34)
Males:																		
20 - 39.....	5	(1.3)	1075	15.8	(0.45)	0.7	(0.17)	16.5	(0.44)		--		--		--		15.7	(0.47)
40 - 59.....	10	(1.5)	1205	16.1	(0.51)	2.0	(0.34)	18.1	(0.65)	97	16.0	(1.04)	20.3	(2.13)	36.3	(2.08)	16.2	(0.51)
60 and over.....	15	(1.4)	1377	15.6	(0.28)	3.7	(0.42)	19.4	(0.49)	181	15.8	(1.00)	25.2	(2.37)	41.0	(2.72)	15.6	(0.33)
20 and over...	10	(1.0)	3657	15.9	(0.24)	2.0	(0.21)	17.9	(0.33)	320	16.4	(0.67)	20.9	(1.46)	37.3	(1.83)	15.8	(0.24)
Females:																		
20 - 39.....	11	(1.5)	1131	11.9	(0.22)	3.0	(0.34)	14.8	(0.42)	111	13.0	(0.48)	27.5	(2.41)	40.5	(2.45)	11.8	(0.24)
40 - 59.....	15	(1.2)	1298	12.0	(0.36)	4.5	(0.65)	16.5	(0.64)	196	12.0	(0.82)	29.4	(3.49)	41.3	(3.38)	12.0	(0.43)
60 and over.....	21	(1.9)	1304	11.7	(0.30)	5.4	(0.74)	17.1	(0.73)	232	12.1	(0.49)	25.9	(2.55)	38.1	(2.79)	11.6	(0.37)
20 and over...	16	(0.9)	3733	11.9	(0.18)	4.3	(0.34)	16.1	(0.30)	539	12.3	(0.37)	27.5	(2.18)	39.8	(2.20)	11.8	(0.19)
All Individuals:																		
2 and over...	10	(0.5)	11427	13.7	(0.12)	2.6	(0.15)	16.2	(0.18)	986	13.7	(0.35)	24.8	(1.33)	38.5	(1.42)	13.7	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Z i n c

Males/Females 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.....	25	(2.0)	925	7.4	(0.16)	0.8	(0.11)	8.2	(0.17)	202	7.8	(0.23)	3.2	(0.33)	11.0	(0.24)	7.3	(0.21)
6 - 11.....	15	(1.9)	1390	9.3	(0.25)	0.6	(0.10)	9.9	(0.27)	183	9.2	(0.41)	4.1	(0.37)	13.3	(0.55)	9.3	(0.26)
12 - 19.....	7	(1.0)	1722	10.0	(0.27)	0.5	(0.12)	10.5	(0.26)	93	9.5	(0.58)	7.8	(1.18)	17.2	(1.36)	10.1	(0.28)
Males:																		
20 - 39.....	10	(1.4)	1075	12.8	(0.28)	1.3	(0.20)	14.2	(0.25)	97	14.9	(1.26)	13.3	(1.04)	28.2	(1.72)	12.6	(0.34)
40 - 59.....	21	(2.4)	1205	13.1	(0.44)	3.4	(0.48)	16.5	(0.53)	209	12.9	(0.56)	16.0	(1.49)	28.9	(1.48)	13.1	(0.51)
60 and over.....	34	(1.9)	1377	11.6	(0.22)	6.4	(0.50)	18.1	(0.49)	394	12.5	(0.45)	19.0	(0.99)	31.5	(1.05)	11.2	(0.27)
20 and over...	21	(1.3)	3657	12.6	(0.17)	3.5	(0.26)	16.1	(0.23)	700	13.1	(0.31)	16.9	(0.67)	30.0	(0.77)	12.4	(0.21)
Females:																		
20 - 39.....	15	(1.6)	1131	9.3	(0.17)	1.8	(0.33)	11.1	(0.37)	143	9.7	(0.52)	12.2	(1.24)	21.9	(1.37)	9.2	(0.21)
40 - 59.....	21	(1.4)	1298	9.0	(0.22)	2.7	(0.24)	11.8	(0.39)	246	10.3	(0.47)	13.0	(0.61)	23.2	(0.76)	8.7	(0.27)
60 and over.....	36	(2.4)	1304	8.6	(0.28)	6.7	(0.67)	15.4	(0.63)	402	8.9	(0.32)	18.5	(1.03)	27.3	(0.99)	8.5	(0.33)
20 and over...	24	(1.2)	3733	9.0	(0.12)	3.7	(0.32)	12.7	(0.34)	791	9.5	(0.29)	15.4	(0.75)	24.9	(0.68)	8.9	(0.12)
All Individuals:																		
2 and over...	20	(0.7)	11427	10.4	(0.10)	2.9	(0.20)	13.3	(0.19)	1969	10.7	(0.21)	14.3	(0.59)	25.0	(0.60)	10.3	(0.11)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C o p p e r

Males/Females and age (years)	Percent reporting supplement copper [8] %	(SE)	All Individuals [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Supplement Users [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	Non-users [7] Food mg	(SE)
Males and females:																		
2 - 5	3	(0.6)	925	0.7	(0.02)	#		0.8	(0.02)		--		--		--		0.7	(0.02)
6 - 11	3	(0.6)	1390	0.9	(0.02)	#		0.9	(0.02)		--		--		--		0.9	(0.02)
12 - 19	2	(0.6)	1722	1.0	(0.05)	#		1.0	(0.05)		--		--		--		1.0	(0.05)
Males:																		
20 - 39	8	(1.5)	1075	1.3	(0.03)	0.1	(0.02)	1.4	(0.04)		--		--		--		1.2	(0.03)
40 - 59	18	(2.1)	1205	1.4	(0.04)	0.2	(0.03)	1.6	(0.05)	176	1.5	(0.05)	1.2	(0.10)	2.7	(0.10)	1.4	(0.05)
60 and over	31	(1.8)	1377	1.3	(0.05)	0.3	(0.02)	1.6	(0.06)	355	1.4	(0.05)	1.0	(0.04)	2.4	(0.08)	1.3	(0.07)
20 and over	18	(1.2)	3657	1.3	(0.02)	0.2	(0.02)	1.5	(0.03)	600	1.5	(0.05)	1.1	(0.05)	2.6	(0.07)	1.3	(0.03)
Females:																		
20 - 39	9	(1.4)	1131	1.1	(0.02)	0.1	(0.03)	1.2	(0.04)		--		--		--		1.1	(0.03)
40 - 59	15	(1.3)	1298	1.1	(0.03)	0.2	(0.02)	1.2	(0.04)	187	1.2	(0.09)	1.2	(0.10)	2.3	(0.09)	1.0	(0.03)
60 and over	32	(2.4)	1304	1.1	(0.03)	0.3	(0.03)	1.4	(0.04)	331	1.1	(0.04)	1.1	(0.06)	2.2	(0.07)	1.1	(0.04)
20 and over	18	(1.3)	3733	1.1	(0.02)	0.2	(0.02)	1.3	(0.02)	595	1.1	(0.04)	1.2	(0.05)	2.3	(0.05)	1.1	(0.02)
All Individuals:																		
2 and over	14	(0.8)	11427	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	1290	1.3	(0.03)	1.2	(0.03)	2.4	(0.04)	1.1	(0.02)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S o d i u m

Males/Females and age	Percent reporting supplement sodium [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	7	(1.4)	925	2183	(45.0)	1	(0.2)	2184	(45.1)		--		--		--		2188	(44.4)
6 - 11.....	5	(0.9)	1390	2923	(62.4)	1	(0.1)	2924	(62.4)		--		--		--		2924	(66.3)
12 - 19.....	3	(0.9)	1722	3378	(84.8)	1	(0.2)	3379	(84.8)		--		--		--		3373	(86.1)
Males:																		
20 - 39.....	5	(0.9)	1075	4218	(95.6)	2*	(0.7)	4220	(95.7)		--		--		--		4179	(90.0)
40 - 59.....	6	(1.0)	1205	4077	(87.6)	4*	(1.5)	4082	(87.5)		--		--		--		4098	(84.0)
60 and over.....	7	(1.1)	1377	3684	(65.2)	3	(0.7)	3687	(65.3)	83	3584	(167.8)	42	(7.2)	3625	(170.0)	3692	(69.7)
20 and over...	6	(0.6)	3657	4019	(44.6)	3	(0.6)	4023	(44.7)	185	4064	(236.7)	53	(8.6)	4117	(236.0)	4017	(44.4)
Females:																		
20 - 39.....	6	(0.8)	1131	3173	(47.3)	2	(0.5)	3174	(47.2)		--		--		--		3154	(45.2)
40 - 59.....	10	(1.7)	1298	2863	(75.0)	5*	(2.7)	2868	(74.9)		--		--		--		2886	(74.3)
60 and over.....	13	(1.7)	1304	2726	(60.9)	4	(0.6)	2729	(61.1)	142	2870	(141.0)	27	(3.4)	2897	(143.4)	2704	(65.1)
20 and over...	10	(0.7)	3733	2926	(42.4)	3	(0.9)	2929	(42.4)	277	2923	(104.2)	35	(9.6)	2958	(103.3)	2926	(39.9)
All Individuals:																		
2 and over...	7	(0.5)	11427	3347	(28.3)	3	(0.5)	3349	(28.3)	631	3267	(104.5)	37	(7.3)	3305	(103.6)	3353	(29.0)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Males/Females and age (years)	Percent reporting supplement potassium [8] %	(SE)	*All Individuals* [5] Sample Size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Supplement Users* [6] Sample size	Food mg	(SE)	Supplement mg	(SE)	Food plus supplement mg	(SE)	*Non-users* [7] Food mg	(SE)
Males and females:																		
2 - 5.....	#		925	1993	(30.7)	#		1993	(30.7)		--		--		--		1992	(30.8)
6 - 11.....	#		1390	2078	(38.6)	#		2078	(38.6)		--		--		--		2080	(38.7)
12 - 19.....	1*	(0.5)	1722	2143	(51.1)	2*	(0.6)	2144	(51.1)		--		--		--		2135	(50.8)
Males:																		
20 - 39.....	6	(1.2)	1075	2766	(50.4)	7	(1.6)	2773	(50.6)		--		--		--		2722	(57.5)
40 - 59.....	13	(1.8)	1205	3009	(62.3)	13	(2.5)	3022	(62.7)	127	3131	(216.7)	99	(13.8)	3231	(219.6)	2990	(66.8)
60 and over.....	25	(1.7)	1377	2916	(47.8)	28	(2.5)	2944	(47.5)	303	2982	(89.8)	109	(7.5)	3091	(90.6)	2894	(56.9)
20 and over...	14	(1.0)	3657	2893	(31.3)	15	(1.4)	2908	(30.9)	479	3106	(107.0)	107	(6.3)	3213	(108.8)	2858	(35.5)
Females:																		
20 - 39.....	4	(1.2)	1131	2303	(51.4)	6*	(3.2)	2309	(51.8)		--		--		--		2294	(52.8)
40 - 59.....	11	(1.6)	1298	2292	(55.6)	12	(2.7)	2304	(55.6)	125	2502	(124.7)	108	(13.7)	2610	(129.8)	2265	(57.1)
60 and over.....	23	(2.1)	1304	2310	(60.6)	28	(6.0)	2338	(60.1)	259	2355	(81.5)	123	(23.0)	2478	(86.4)	2297	(70.9)
20 and over...	12	(1.2)	3733	2301	(39.2)	15	(2.4)	2316	(39.7)	421	2417	(69.2)	121	(15.6)	2539	(72.5)	2285	(41.2)
All Individuals:																		
2 and over...	10	(0.6)	11427	2472	(22.7)	12	(1.1)	2483	(22.8)	929	2775	(55.2)	114	(8.7)	2889	(59.1)	2437	(25.5)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts[1] of Selected[2] Vitamins and Minerals from Food and Beverages[3] and Dietary Supplements[4], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S e l e n i u m

Males/Females and age	Percent reporting supplement selenium [8]		All Individuals [5] Sample Size	Food		Supplement		Food plus supplement		Supplement Users [6] Sample size	Food		Supplement		Food plus supplement		Non-users [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	3	(0.8)	925	70.0	(1.24)	0.3*	(0.12)	70.4	(1.28)		--		--		--		69.9	(1.24)
6 - 11.....	1*	(0.7)	1390	91.0	(2.12)	0.2*	(0.11)	91.2	(2.19)		--		--		--		91.0	(2.21)
12 - 19.....	3	(0.9)	1722	107.1	(2.72)	1.7	(0.40)	108.8	(2.55)		--		--		--		107.7	(2.62)
Males:																		
20 - 39.....	9	(1.5)	1075	135.8	(3.35)	8.0	(1.65)	143.8	(3.54)		--		--		--		134.1	(3.44)
40 - 59.....	19	(2.1)	1205	135.7	(2.46)	14.6	(1.94)	150.3	(3.20)	187	139.6	(6.68)	78.3	(5.14)	217.9	(6.09)	134.8	(2.86)
60 and over.....	32	(2.1)	1377	121.4	(2.45)	19.7	(1.62)	141.0	(3.15)	347	131.0	(6.30)	61.1	(3.33)	192.1	(8.65)	116.8	(2.82)
20 and over...	19	(1.2)	3657	131.7	(1.60)	13.6	(1.03)	145.3	(1.56)	611	137.9	(4.58)	72.3	(2.82)	210.3	(5.22)	130.3	(1.99)
Females:																		
20 - 39.....	8	(1.5)	1131	97.4	(1.28)	3.7	(0.84)	101.1	(1.69)		--		--		--		96.3	(1.39)
40 - 59.....	16	(1.4)	1298	95.0	(2.32)	8.7	(1.48)	103.7	(3.07)	186	97.9	(8.61)	53.7	(5.89)	151.6	(10.11)	94.4	(1.95)
60 and over.....	27	(2.2)	1304	87.9	(2.00)	11.7	(1.36)	99.6	(2.14)	299	89.9	(2.89)	42.7	(2.99)	132.6	(3.41)	87.2	(2.41)
20 and over...	17	(1.2)	3733	93.6	(1.14)	7.9	(0.83)	101.5	(1.55)	562	95.8	(3.78)	46.6	(2.84)	142.4	(4.36)	93.1	(0.97)
All Individuals:																		
2 and over...	14	(0.7)	11427	107.9	(0.81)	8.4	(0.56)	116.3	(0.82)	1250	116.3	(2.71)	58.9	(2.33)	175.2	(3.23)	106.6	(1.08)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

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

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 2.76.

# 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 83 for VIF = 2.76.

Note: 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.

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-March 2020. 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 2017-2020 www.ars.usda.gov/nea/bhnrc/fsrg.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (P_DS1TOT) of NHANES 2017-March 2020. 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-March 2020/P_DS1TOT.htm.

[5] **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

[6] **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

[7] **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

[8] The weighted percentage of respondents in the male/female/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. 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-March 2020 Prepandemic

T h i a m i n

Race/ethnicity and age	Percent reporting supplement thiamin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(0.9)	1322	1.52	(0.026)	0.11*	(0.037)	1.63	(0.048)		--		--		--		1.54	(0.029)
20 and over.....	24	(1.3)	2639	1.57	(0.021)	2.69	(0.280)	4.26	(0.279)	670	1.65	(0.043)	11.30	(0.947)	12.95	(0.956)	1.54	(0.027)
2 and over...	20	(1.0)	3961	1.56	(0.018)	2.16	(0.230)	3.72	(0.228)	751	1.62	(0.042)	10.67	(0.901)	12.29	(0.910)	1.54	(0.022)
Non-Hispanic Black:																		
2 - 19.....	2	(0.7)	1074	1.36	(0.032)	0.03	(0.007)	1.39	(0.032)		--		--		--		1.36	(0.033)
20 and over.....	14	(1.1)	1988	1.45	(0.028)	2.01	(0.311)	3.46	(0.310)	284	1.54	(0.048)	14.44	(1.795)	15.98	(1.798)	1.44	(0.029)
2 and over...	11	(0.7)	3062	1.43	(0.020)	1.48	(0.213)	2.91	(0.214)	313	1.53	(0.045)	13.64	(1.693)	15.16	(1.696)	1.41	(0.021)
Non-Hispanic Asian:																		
2 - 19.....	5*	(1.2)	321	1.50	(0.026)	0.40*	(0.345)	1.91	(0.359)		--		--		--		1.50	(0.024)
20 and over.....	17	(1.5)	803	1.65	(0.072)	2.73	(0.644)	4.38	(0.651)	148	1.66	(0.066)	15.75	(3.724)	17.41	(3.720)	1.65	(0.087)
2 and over...	15	(1.2)	1124	1.62	(0.061)	2.27	(0.511)	3.90	(0.522)	167	1.65	(0.061)	15.17	(3.451)	16.82	(3.447)	1.62	(0.071)
Hispanic:																		
2 - 19.....	5	(1.1)	939	1.52	(0.051)	0.13*	(0.066)	1.65	(0.095)		--		--		--		1.52	(0.054)
20 and over.....	13	(1.3)	1600	1.63	(0.034)	1.85	(0.356)	3.49	(0.356)	201	1.54	(0.123)	14.13	(2.786)	15.67	(2.793)	1.65	(0.043)
2 and over...	10	(0.9)	2539	1.60	(0.028)	1.29	(0.245)	2.88	(0.250)	238	1.55	(0.104)	12.45	(2.423)	14.00	(2.411)	1.60	(0.032)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

Riboflavin

Race/ethnicity and age	Percent reporting supplement riboflavin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(0.9)	1322	1.84	(0.042)	0.12*	(0.037)	1.95	(0.055)		--		--		--		1.87	(0.046)
20 and over.....	24	(1.2)	2639	2.17	(0.037)	1.80	(0.188)	3.98	(0.206)	673	2.26	(0.058)	7.57	(0.557)	9.83	(0.584)	2.15	(0.039)
2 and over...	20	(1.0)	3961	2.10	(0.030)	1.46	(0.153)	3.56	(0.167)	755	2.20	(0.059)	7.19	(0.533)	9.39	(0.563)	2.08	(0.031)
Non-Hispanic Black:																		
2 - 19.....	2	(0.7)	1074	1.50	(0.036)	0.03	(0.008)	1.53	(0.037)		--		--		--		1.50	(0.036)
20 and over.....	13	(1.0)	1988	1.67	(0.033)	1.19	(0.219)	2.86	(0.225)	273	1.83	(0.076)	8.87	(1.400)	10.70	(1.390)	1.65	(0.033)
2 and over...	11	(0.7)	3062	1.63	(0.024)	0.89	(0.153)	2.51	(0.159)	302	1.82	(0.071)	8.39	(1.339)	10.21	(1.330)	1.60	(0.024)
Non-Hispanic Asian:																		
2 - 19.....	5*	(1.2)	321	1.60	(0.042)	0.08	(0.019)	1.68	(0.053)		--		--		--		1.59	(0.042)
20 and over.....	17	(1.5)	803	1.78	(0.044)	1.43	(0.299)	3.21	(0.314)	149	1.93	(0.099)	8.29	(1.692)	10.23	(1.697)	1.75	(0.041)
2 and over...	15	(1.2)	1124	1.75	(0.043)	1.17	(0.245)	2.91	(0.263)	168	1.93	(0.091)	7.81	(1.570)	9.73	(1.574)	1.71	(0.040)
Hispanic:																		
2 - 19.....	4	(1.1)	939	1.78	(0.054)	0.29*	(0.183)	2.07	(0.196)		--		--		--		1.77	(0.056)
20 and over.....	13	(1.3)	1600	2.03	(0.048)	1.38	(0.301)	3.41	(0.313)	200	2.10	(0.146)	10.52	(2.171)	12.62	(2.160)	2.02	(0.055)
2 and over...	10	(1.0)	2539	1.95	(0.037)	1.02	(0.208)	2.97	(0.214)	234	2.09	(0.131)	10.11	(2.026)	12.20	(2.015)	1.93	(0.044)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

N i a c i n

Race/ethnicity and age	Percent reporting supplement niacin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	7	(0.8)	1322	21.7	(0.66)	1.0	(0.14)	22.8	(0.63)	86	17.0	(1.20)	14.5	(0.80)	31.5	(1.62)	22.1	(0.70)
20 and over.....	26	(1.3)	2639	25.9	(0.54)	9.4	(0.99)	35.3	(1.20)	727	26.5	(1.16)	35.7	(3.46)	62.1	(3.61)	25.7	(0.59)
2 and over...	22	(1.1)	3961	25.0	(0.50)	7.7	(0.78)	32.7	(0.99)	813	25.9	(1.08)	34.3	(3.22)	60.1	(3.38)	24.8	(0.58)
Non-Hispanic Black:																		
2 - 19.....	3	(0.7)	1074	20.7	(0.39)	0.4	(0.08)	21.1	(0.41)		--		--		--		20.6	(0.42)
20 and over.....	15	(1.0)	1988	24.4	(0.33)	4.3	(0.69)	28.8	(0.72)	307	26.6	(1.14)	28.4	(3.79)	54.9	(3.75)	24.0	(0.45)
2 and over...	12	(0.7)	3062	23.4	(0.26)	3.3	(0.47)	26.7	(0.51)	345	26.4	(1.13)	27.3	(3.53)	53.7	(3.53)	23.0	(0.37)
Non-Hispanic Asian:																		
2 - 19.....	6*	(1.5)	321	19.6	(0.46)	0.8*	(0.25)	20.4	(0.50)		--		--		--		19.5	(0.48)
20 and over.....	19	(1.6)	803	24.3	(0.96)	4.9	(0.51)	29.2	(0.99)	165	24.3	(1.32)	25.4	(1.79)	49.6	(1.81)	24.3	(1.12)
2 and over...	17	(1.3)	1124	23.4	(0.87)	4.1	(0.37)	27.5	(0.96)	186	24.1	(1.22)	24.6	(1.69)	48.6	(1.74)	23.3	(0.98)
Hispanic:																		
2 - 19.....	5	(1.0)	939	20.8	(0.48)	0.9	(0.24)	21.6	(0.53)		--		--		--		20.6	(0.48)
20 and over.....	15	(1.4)	1600	27.3	(0.71)	4.9	(0.90)	32.3	(1.27)	221	25.3	(1.96)	33.9	(4.39)	59.2	(4.44)	27.7	(0.85)
2 and over...	12	(1.0)	2539	25.2	(0.46)	3.6	(0.60)	28.8	(0.78)	264	25.0	(1.67)	31.4	(4.01)	56.4	(4.21)	25.2	(0.52)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

V i t a m i n B 6

Race/ethnicity and age	Percent reporting supplement vitamin B6 [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	18	(2.0)	1322	1.74	(0.069)	0.37	(0.054)	2.11	(0.081)	236	1.43	(0.067)	2.05	(0.261)	3.49	(0.287)	1.81	(0.084)
20 and over.....	28	(1.4)	2639	2.16	(0.064)	3.01	(0.291)	5.18	(0.297)	783	2.22	(0.137)	10.59	(0.818)	12.81	(0.829)	2.14	(0.074)
2 and over...	26	(1.1)	3961	2.08	(0.059)	2.47	(0.235)	4.55	(0.243)	1019	2.11	(0.117)	9.37	(0.780)	11.49	(0.794)	2.06	(0.070)
Non-Hispanic Black:																		
2 - 19.....	10	(1.1)	1074	1.51	(0.042)	0.14	(0.016)	1.65	(0.047)	108	1.66	(0.134)	1.36	(0.099)	3.03	(0.173)	1.49	(0.043)
20 and over.....	17	(1.3)	1988	1.90	(0.042)	1.72	(0.256)	3.62	(0.255)	330	2.11	(0.090)	9.84	(1.306)	11.96	(1.286)	1.85	(0.056)
2 and over...	15	(1.1)	3062	1.80	(0.036)	1.30	(0.180)	3.10	(0.180)	438	2.03	(0.074)	8.39	(1.075)	10.43	(1.064)	1.75	(0.048)
Non-Hispanic Asian:																		
2 - 19.....	14	(2.6)	321	1.56	(0.036)	0.35*	(0.123)	1.91	(0.138)		--		--		--		1.54	(0.037)
20 and over.....	20	(1.6)	803	2.03	(0.091)	1.66	(0.428)	3.69	(0.475)	174	2.16	(0.125)	8.27	(1.972)	10.43	(2.039)	2.00	(0.100)
2 and over...	19	(1.4)	1124	1.94	(0.084)	1.40	(0.353)	3.34	(0.403)	220	2.09	(0.110)	7.42	(1.703)	9.50	(1.758)	1.91	(0.092)
Hispanic:																		
2 - 19.....	12	(0.9)	939	1.68	(0.050)	0.27	(0.062)	1.94	(0.085)	109	1.80	(0.101)	2.21	(0.513)	4.02	(0.544)	1.66	(0.056)
20 and over.....	16	(1.4)	1600	2.31	(0.059)	2.29	(0.448)	4.61	(0.472)	241	2.29	(0.200)	14.47	(2.591)	16.76	(2.614)	2.32	(0.077)
2 and over...	15	(1.0)	2539	2.10	(0.034)	1.63	(0.303)	3.73	(0.315)	350	2.16	(0.148)	11.16	(1.927)	13.32	(1.953)	2.10	(0.044)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

Folic acid

Race/ethnicity and age	Percent reporting supplement folic acid [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	18	(2.0)	1322	189	(4.6)	43	(5.3)	232	(8.0)	228	145	(8.0)	243	(14.4)	388	(13.8)	199	(6.3)
20 and over.....	28	(1.4)	2639	155	(3.8)	151	(8.6)	306	(9.4)	777	157	(5.9)	535	(14.9)	691	(15.1)	155	(4.9)
2 and over...	26	(1.1)	3961	162	(3.1)	129	(7.0)	291	(7.6)	1005	155	(5.5)	494	(14.1)	649	(13.2)	165	(3.8)
Non-Hispanic Black:																		
2 - 19.....	10	(1.1)	1074	171	(4.9)	21	(2.9)	192	(4.1)	105	150	(14.4)	212	(13.5)	363	(14.4)	174	(4.7)
20 and over.....	18	(1.3)	1988	148	(5.0)	90	(5.9)	238	(7.7)	345	146	(9.0)	492	(23.9)	637	(23.6)	149	(5.4)
2 and over...	16	(1.1)	3062	154	(4.3)	72	(4.3)	226	(5.5)	450	147	(7.3)	446	(18.9)	593	(18.1)	156	(4.5)
Non-Hispanic Asian:																		
2 - 19.....	13	(2.6)	321	194	(8.3)	38	(7.9)	232	(10.4)		--		--		--		191	(10.4)
20 and over.....	20	(1.4)	803	166	(14.5)	96	(9.2)	262	(17.2)	168	154	(13.1)	488	(26.9)	642	(29.0)	169	(18.5)
2 and over...	18	(1.3)	1124	172	(11.5)	85	(7.0)	256	(14.8)	211	162	(13.9)	460	(22.7)	623	(24.2)	174	(14.6)
Hispanic:																		
2 - 19.....	12	(0.9)	939	190	(10.0)	27	(3.3)	216	(10.1)	106	232	(39.6)	230	(25.1)	462	(39.4)	184	(9.0)
20 and over.....	15	(1.2)	1600	163	(4.0)	88	(12.2)	251	(12.6)	237	156	(16.2)	578	(54.1)	734	(67.6)	164	(6.2)
2 and over...	14	(0.9)	2539	172	(4.9)	68	(9.0)	240	(9.9)	343	177	(17.2)	484	(48.5)	660	(58.2)	171	(5.5)

See page 23 for footnotes.

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F o l a t e (D F E)

Race/ethnicity and age	Percent reporting supplement folate (DFE) [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	18	(2.0)	1322	468	(11.2)	73	(9.0)	541	(14.1)	228	382	(15.3)	413	(24.4)	795	(23.6)	487	(14.8)
20 and over.....	28	(1.4)	2639	472	(7.6)	257	(14.7)	729	(17.0)	777	482	(11.1)	909	(25.3)	1392	(24.7)	468	(9.2)
2 and over...	26	(1.1)	3961	471	(6.6)	219	(11.8)	690	(14.1)	1005	468	(10.0)	840	(23.9)	1308	(22.4)	472	(8.6)
Non-Hispanic Black:																		
2 - 19.....	10	(1.1)	1074	423	(9.7)	36	(5.0)	459	(8.6)	105	396	(29.9)	361	(22.9)	757	(29.1)	426	(9.4)
20 and over.....	18	(1.3)	1988	435	(10.4)	153	(10.0)	588	(14.9)	345	458	(19.1)	836	(40.6)	1294	(42.5)	430	(10.4)
2 and over...	16	(1.1)	3062	432	(8.2)	122	(7.3)	554	(10.5)	450	448	(14.3)	758	(32.1)	1207	(31.9)	429	(8.3)
Non-Hispanic Asian:																		
2 - 19.....	13	(2.6)	321	499	(19.9)	64	(13.5)	563	(22.5)		--		--		--		495	(23.5)
20 and over.....	20	(1.4)	803	540	(26.3)	163	(15.7)	703	(33.9)	168	562	(33.5)	830	(45.8)	1392	(56.7)	534	(31.5)
2 and over...	18	(1.3)	1124	532	(23.1)	144	(11.9)	676	(30.3)	211	557	(29.0)	782	(38.6)	1339	(44.9)	526	(27.3)
Hispanic:																		
2 - 19.....	12	(0.9)	939	482	(19.7)	46	(5.6)	528	(20.0)	106	569	(69.6)	392	(42.7)	961	(68.4)	471	(18.4)
20 and over.....	15	(1.2)	1600	509	(10.5)	150	(20.8)	659	(21.0)	237	489	(34.5)	983	(92.0)	1472	(121.1)	512	(14.8)
2 and over...	14	(0.9)	2539	500	(9.4)	116	(15.3)	616	(16.1)	343	511	(31.9)	822	(82.4)	1333	(102.6)	498	(11.0)

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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-March 2020 Prepandemic *(continued)*

C h o l i n e

Race/ethnicity and age	Percent reporting supplement choline [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	4	(0.7)	1322	246	(7.8)	#		246	(7.8)		--		--		--		246	(8.0)
20 and over.....	5	(0.6)	2639	332	(6.1)	1	(0.2)	333	(6.1)	128	347	(15.9)	17	(3.1)	364	(16.5)	332	(6.2)
2 and over...	5	(0.5)	3961	315	(4.4)	1	(0.1)	315	(4.4)	182	332	(13.4)	14	(2.6)	346	(13.7)	314	(4.5)
Non-Hispanic Black:																		
2 - 19.....	2	(0.6)	1074	228	(8.9)	#		228	(8.9)		--		--		--		227	(9.2)
20 and over.....	4	(0.6)	1988	310	(7.8)	1	(0.2)	311	(7.8)		--		--		--		308	(8.0)
2 and over...	4	(0.5)	3062	289	(7.0)	#		289	(7.0)	84	344	(23.3)	12	(2.9)	356	(23.4)	287	(7.3)
Non-Hispanic Asian:																		
2 - 19.....	5*	(1.3)	321	256	(5.9)	1*	(0.7)	257	(6.1)		--		--		--		254	(6.0)
20 and over.....	4	(0.6)	803	327	(7.5)	1*	(0.2)	328	(7.6)		--		--		--		326	(7.6)
2 and over...	4	(0.5)	1124	314	(6.8)	1*	(0.2)	314	(6.9)		--		--		--		312	(7.0)
Hispanic:																		
2 - 19.....	4	(0.8)	939	263	(7.7)	#		263	(7.7)		--		--		--		263	(7.8)
20 and over.....	3	(0.6)	1600	372	(9.5)	2*	(1.9)	375	(9.4)		--		--		--		372	(9.2)
2 and over...	4	(0.5)	2539	337	(6.8)	2*	(1.3)	338	(6.7)		--		--		--		336	(6.7)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age	Percent reporting supplement vitamin B12 [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	19	(1.8)	1322	4.32	(0.108)	8.1*	(5.03)	12.4*	(5.06)	236	3.49	(0.146)	42.4*	(26.64)	45.9*	(26.67)	4.51	(0.141)
20 and over.....	31	(1.5)	2639	4.83	(0.149)	110.3	(11.84)	115.2	(11.86)	864	4.84	(0.236)	354.9	(33.91)	359.8	(33.93)	4.83	(0.179)
2 and over...	29	(1.3)	3961	4.73	(0.127)	89.2	(9.77)	93.9	(9.79)	1100	4.65	(0.203)	312.1	(30.19)	316.8	(30.20)	4.76	(0.149)
Non-Hispanic Black:																		
2 - 19.....	10	(1.1)	1074	3.69	(0.150)	0.4	(0.05)	4.1	(0.18)	107	4.18	(0.483)	3.7	(0.46)	7.9	(0.74)	3.64	(0.142)
20 and over.....	19	(1.3)	1988	4.26	(0.178)	66.3	(14.91)	70.6	(14.91)	374	4.61	(0.679)	344.4	(82.22)	349.0	(82.19)	4.18	(0.139)
2 and over...	17	(1.1)	3062	4.11	(0.124)	48.9	(11.11)	53.1	(11.11)	481	4.54	(0.574)	290.9	(69.56)	295.4	(69.53)	4.02	(0.110)
Non-Hispanic Asian:																		
2 - 19.....	14	(2.6)	321	3.87	(0.123)	1.6*	(0.72)	5.5	(0.74)		--		--		--		3.76	(0.129)
20 and over.....	21	(1.4)	803	4.01	(0.197)	66.6	(18.48)	70.6	(18.44)	181	4.40	(0.398)	314.3	(85.14)	318.7	(84.87)	3.90	(0.228)
2 and over...	20	(1.4)	1124	3.98	(0.172)	53.9	(15.03)	57.9	(15.01)	226	4.42	(0.322)	273.8	(72.73)	278.2	(72.53)	3.87	(0.193)
Hispanic:																		
2 - 19.....	12	(0.8)	939	4.50	(0.183)	1.2*	(0.68)	5.7	(0.69)	107	4.57	(0.391)	10.5*	(5.96)	15.1*	(5.97)	4.50	(0.207)
20 and over.....	17	(1.5)	1600	4.95	(0.164)	61.6	(14.08)	66.5	(14.05)	268	5.25	(0.281)	364.7	(81.23)	370.0	(81.16)	4.89	(0.179)
2 and over...	15	(1.0)	2539	4.80	(0.132)	41.8	(9.54)	46.6	(9.52)	375	5.08	(0.245)	274.9	(60.52)	280.0	(60.48)	4.75	(0.148)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n C

Race/ethnicity and age	Percent reporting supplement vitamin C [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	21	(2.2)	1322	67.7	(3.86)	19.4	(3.24)	87.1	(5.34)	258	71.8	(6.91)	94.3	(12.26)	166.1	(12.28)	66.7	(4.86)
20 and over.....	32	(1.5)	2639	72.2	(2.69)	79.2	(8.57)	151.4	(8.79)	877	80.6	(3.26)	247.8	(20.07)	328.4	(19.94)	68.2	(3.33)
2 and over...	30	(1.2)	3961	71.2	(2.47)	66.8	(6.62)	138.1	(6.85)	1135	79.3	(2.68)	225.8	(18.04)	305.2	(18.09)	67.8	(3.04)
Non-Hispanic Black:																		
2 - 19.....	11	(1.2)	1074	77.2	(3.63)	6.6	(1.39)	83.8	(3.75)	119	99.0	(8.56)	61.3	(10.85)	160.3	(13.72)	74.6	(3.57)
20 and over.....	19	(1.4)	1988	77.1	(3.08)	43.5	(6.16)	120.6	(6.33)	360	91.4	(5.35)	231.3	(27.11)	322.6	(28.48)	73.7	(3.37)
2 and over...	17	(1.1)	3062	77.1	(2.55)	33.8	(4.33)	110.9	(4.39)	479	92.7	(5.14)	202.4	(23.19)	295.1	(24.37)	74.0	(2.74)
Non-Hispanic Asian:																		
2 - 19.....	16	(2.9)	321	67.0	(6.13)	15.4	(4.09)	82.4	(8.47)		--		--		--		68.5	(7.00)
20 and over.....	23	(1.7)	803	96.0	(5.08)	83.2	(19.88)	179.2	(20.28)	195	103.2	(4.60)	358.3	(75.98)	461.5	(78.45)	93.8	(6.59)
2 and over...	22	(1.5)	1124	90.3	(4.97)	70.0	(16.19)	160.3	(17.17)	245	97.0	(4.53)	321.7	(66.89)	418.7	(69.41)	88.5	(6.14)
Hispanic:																		
2 - 19.....	15	(1.1)	939	78.4	(3.20)	15.8	(3.51)	94.2	(5.20)	129	92.1	(6.89)	107.8	(20.41)	199.8	(18.36)	76.0	(3.52)
20 and over.....	18	(1.3)	1600	88.7	(3.24)	65.2	(12.58)	153.9	(13.46)	276	89.4	(4.91)	368.9	(62.31)	458.3	(65.21)	88.6	(3.51)
2 and over...	17	(0.9)	2539	85.3	(2.40)	49.0	(8.80)	134.3	(9.09)	405	90.2	(4.01)	293.5	(46.91)	383.7	(47.93)	84.4	(2.61)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n D

Race/ethnicity and age	Percent reporting supplement vitamin D [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	18	(2.1)	1322	4.9	(0.11)	3.4	(0.61)	8.2	(0.63)	242	4.3	(0.34)	18.2	(2.36)	22.6	(2.37)	5.0	(0.16)
20 and over.....	36	(1.5)	2639	4.2	(0.18)	21.0	(1.82)	25.3	(1.86)	1008	4.7	(0.30)	58.4	(4.27)	63.0	(4.28)	4.0	(0.17)
2 and over...	32	(1.2)	3961	4.4	(0.15)	17.4	(1.42)	21.7	(1.44)	1250	4.6	(0.27)	53.6	(3.67)	58.3	(3.68)	4.3	(0.14)
Non-Hispanic Black:																		
2 - 19.....	11	(1.2)	1074	3.8	(0.15)	1.6	(0.25)	5.4	(0.33)	113	4.1	(0.35)	15.3	(1.26)	19.4	(1.22)	3.7	(0.14)
20 and over.....	24	(1.4)	1988	3.9	(0.15)	12.7	(2.06)	16.6	(2.06)	470	4.5	(0.28)	54.0	(8.78)	58.5	(8.67)	3.7	(0.16)
2 and over...	20	(1.2)	3062	3.8	(0.11)	9.8	(1.53)	13.7	(1.53)	583	4.4	(0.25)	48.7	(7.64)	53.1	(7.55)	3.7	(0.11)
Non-Hispanic Asian:																		
2 - 19.....	14	(2.8)	321	4.8	(0.20)	2.2	(0.41)	7.0	(0.51)		--		--		--		4.4	(0.17)
20 and over.....	27	(2.3)	803	5.1	(0.37)	13.5	(1.88)	18.6	(1.72)	236	5.7	(0.51)	50.5	(5.20)	56.2	(5.02)	4.9	(0.45)
2 and over...	24	(2.0)	1124	5.1	(0.30)	11.3	(1.50)	16.4	(1.39)	283	5.9	(0.45)	46.5	(4.67)	52.4	(4.53)	4.8	(0.36)
Hispanic:																		
2 - 19.....	12	(0.9)	939	5.2	(0.26)	1.9	(0.28)	7.1	(0.30)	110	5.3	(0.33)	15.4	(1.80)	20.6	(1.74)	5.2	(0.30)
20 and over.....	20	(1.3)	1600	4.5	(0.18)	8.3	(0.73)	12.8	(0.77)	331	5.5	(0.53)	41.7	(2.80)	47.2	(2.81)	4.3	(0.20)
2 and over...	17	(1.0)	2539	4.7	(0.12)	6.2	(0.51)	10.9	(0.55)	441	5.4	(0.40)	35.5	(2.30)	41.0	(2.28)	4.6	(0.15)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n K

Race/ethnicity and age	Percent reporting supplement vitamin K [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	5	(1.2)	1322	74.7	(6.33)	2.0	(0.46)	76.7	(6.28)		--		--		--		74.8	(6.28)
20 and over.....	19	(1.2)	2639	125.9	(8.68)	12.3*	(4.51)	138.3	(8.69)	542	136.6	(8.11)	63.6*	(22.47)	200.3	(20.27)	123.4	(10.24)
2 and over...	16	(1.0)	3961	115.4	(7.64)	10.2*	(3.53)	125.6	(7.04)	598	132.8	(7.86)	62.4*	(20.80)	195.1	(18.08)	111.9	(8.56)
Non-Hispanic Black:																		
2 - 19.....	3	(0.6)	1074	75.8	(4.81)	2.1*	(1.09)	77.9	(4.71)		--		--		--		75.5	(4.89)
20 and over.....	11	(1.0)	1988	127.7	(5.85)	4.4	(0.51)	132.1	(5.87)	218	172.0	(30.91)	39.6	(2.90)	211.6	(30.80)	122.1	(5.44)
2 and over...	9	(0.7)	3062	114.0	(4.48)	3.8	(0.38)	117.8	(4.49)	243	165.6	(27.91)	42.8	(3.93)	208.4	(28.08)	109.0	(4.38)
Non-Hispanic Asian:																		
2 - 19.....	4*	(1.3)	321	76.4	(7.06)	1.9*	(0.92)	78.3	(7.33)		--		--		--		75.7	(7.68)
20 and over.....	13	(1.3)	803	151.0	(10.53)	4.8	(0.74)	155.8	(10.83)	114	216.6	(24.20)	37.1	(3.53)	253.7	(24.88)	141.2	(10.49)
2 and over...	11	(1.1)	1124	136.5	(9.57)	4.2	(0.66)	140.7	(9.92)	127	208.8	(23.34)	38.1	(3.49)	246.8	(23.46)	127.4	(9.50)
Hispanic:																		
2 - 19.....	2*	(0.6)	939	64.1	(2.23)	1.1	(0.29)	65.2	(2.16)		--		--		--		64.0	(2.27)
20 and over.....	9	(1.0)	1600	117.0	(6.18)	3.6	(0.53)	120.7	(6.25)	145	109.7	(13.41)	41.4	(5.14)	151.1	(13.03)	117.8	(6.96)
2 and over...	7	(0.7)	2539	99.7	(4.46)	2.8	(0.38)	102.5	(4.54)	169	105.1	(12.14)	42.1	(4.58)	147.1	(11.85)	99.3	(4.94)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Race/ethnicity and age	Percent reporting supplement lycopene [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	#		1322	4489	(325.8)	#		4490	(325.7)		--		--		--		4490	(326.1)
20 and over.....	10	(0.9)	2639	4717	(222.3)	72	(14.3)	4790	(222.7)	289	6333	(786.3)	728	(153.6)	7061	(767.5)	4539	(187.6)
2 and over...	8	(0.7)	3961	4670	(178.1)	58	(11.4)	4728	(178.8)	290	6327	(781.6)	726	(153.1)	7053	(762.2)	4528	(157.5)
Non-Hispanic Black:																		
2 - 19.....	#		1074	4016	(350.7)	#		4017	(350.7)		--		--		--		3990	(352.1)
20 and over.....	6	(0.8)	1988	4018	(250.8)	35	(7.6)	4053	(252.1)	108	4614	(857.7)	630	(95.5)	5245	(853.6)	3984	(280.4)
2 and over...	4	(0.5)	3062	4018	(196.6)	26	(5.5)	4043	(198.5)	109	4781	(860.1)	630	(95.0)	5411	(856.8)	3985	(216.1)
Non-Hispanic Asian:																		
2 - 19.....	#		321	4940	(684.5)	2*	(2.1)	4942	(682.7)		--		--		--		4946	(679.3)
20 and over.....	7	(1.2)	803	4812	(403.3)	31	(6.9)	4842	(403.8)		--		--		--		4714	(372.5)
2 and over...	6	(1.0)	1124	4837	(408.7)	25	(5.8)	4862	(408.3)		--		--		--		4762	(401.9)
Hispanic:																		
2 - 19.....	#		939	4459	(288.4)	2*	(1.3)	4461	(288.9)		--		--		--		4464	(290.7)
20 and over.....	4	(0.6)	1600	5769	(483.0)	22	(4.4)	5791	(484.7)		--		--		--		5766	(481.4)
2 and over...	3	(0.4)	2539	5339	(375.8)	15	(3.1)	5354	(377.2)	83	5738	(1577.8)	511	(74.2)	6249	(1643.0)	5327	(372.0)

See page 23 for footnotes.

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

Race/ethnicity and age	Percent reporting supplement lutein + zeaxanthin [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.9)	1322	841	(102.2)	4*	(1.3)	845	(102.1)		--		--		--		830	(105.1)
20 and over.....	11	(1.0)	2639	1613	(176.4)	321	(79.1)	1935	(180.5)	321	1802	(177.9)	2936	(664.4)	4738	(705.2)	1590	(199.8)
2 and over...	9	(0.8)	3961	1454	(148.5)	256	(61.8)	1710	(150.2)	353	1767	(172.8)	2762	(626.3)	4529	(672.9)	1422	(165.1)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.3)	1074	864	(55.3)	2*	(1.0)	866	(55.1)		--		--		--		864	(55.9)
20 and over.....	5	(0.6)	1988	1605	(132.1)	78*	(25.8)	1684	(129.1)	98	3021*	(1170.0)	1564	(393.8)	4585	(1088.4)	1531	(111.1)
2 and over...	4	(0.4)	3062	1410	(98.8)	58*	(18.6)	1468	(97.5)	111	2876*	(1098.7)	1472	(381.5)	4348	(1041.7)	1350	(85.3)
Non-Hispanic Asian:																		
2 - 19.....	2*	(0.9)	321	1008	(133.1)	15*	(15.0)	1023	(142.7)		--		--		--		1014	(135.7)
20 and over.....	7	(1.5)	803	2194	(173.2)	29*	(8.8)	2223	(179.0)		--		--		--		2153	(179.9)
2 and over...	6	(1.3)	1124	1963	(161.5)	27*	(8.7)	1989	(168.0)		--		--		--		1922	(169.2)
Hispanic:																		
2 - 19.....	1*	(0.3)	939	764	(38.6)	4*	(2.6)	768	(39.1)		--		--		--		767	(38.8)
20 and over.....	5	(0.8)	1600	1470	(123.0)	71*	(21.4)	1541	(128.9)	98	1749	(252.1)	1303	(305.6)	3052	(378.0)	1454	(129.9)
2 and over...	4	(0.5)	2539	1238	(89.2)	49	(14.5)	1287	(93.4)	107	1652	(233.0)	1232	(285.9)	2884	(357.3)	1221	(92.5)

See page 23 for footnotes.

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C a l c i u m

Race/ethnicity and age	Percent reporting supplement calcium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.0)	1322	1020	(14.6)	9	(2.0)	1029	(14.8)	88	882	(62.4)	146	(21.3)	1027	(58.9)	1029	(15.6)
20 and over.....	32	(1.5)	2639	965	(16.0)	150	(9.1)	1115	(18.6)	889	1019	(24.5)	470	(22.9)	1489	(31.2)	939	(17.5)
2 and over...	27	(1.2)	3961	976	(12.5)	121	(7.8)	1097	(14.8)	977	1012	(22.9)	454	(23.0)	1466	(30.3)	963	(13.6)
Non-Hispanic Black:																		
2 - 19.....	3	(0.8)	1074	797	(22.5)	5*	(1.4)	801	(22.4)		--		--		--		795	(23.0)
20 and over.....	18	(1.2)	1988	826	(17.5)	67	(7.9)	893	(20.3)	368	928	(37.9)	375	(25.1)	1303	(47.7)	804	(15.3)
2 and over...	14	(0.9)	3062	818	(12.9)	50	(5.6)	869	(15.1)	398	923	(34.2)	365	(23.9)	1288	(44.0)	801	(12.0)
Non-Hispanic Asian:																		
2 - 19.....	4*	(1.5)	321	873	(30.9)	10*	(4.3)	883	(31.4)		--		--		--		865	(30.2)
20 and over.....	23	(2.0)	803	806	(19.7)	95	(9.9)	901	(23.6)	191	887	(48.4)	419	(31.5)	1305	(56.9)	782	(18.0)
2 and over...	19	(1.7)	1124	819	(18.6)	78	(8.6)	898	(21.2)	206	893	(49.5)	410	(30.4)	1303	(58.1)	802	(16.6)
Hispanic:																		
2 - 19.....	4	(0.8)	939	1005	(30.4)	9*	(4.2)	1014	(30.8)		--		--		--		997	(31.8)
20 and over.....	17	(1.2)	1600	972	(22.4)	68	(6.6)	1039	(23.9)	280	981	(49.2)	400	(26.8)	1380	(57.1)	970	(24.5)
2 and over...	13	(1.0)	2539	983	(19.6)	49	(5.2)	1031	(21.0)	319	1003	(47.2)	382	(24.3)	1385	(53.7)	980	(21.7)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Race/ethnicity and age	Percent reporting supplement phosphorus [8]		*All Individuals* [5]						*Supplement Users* [6]						*Non-users* [7]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.4)	1322	1295	(42.5)	1*	(0.2)	1296	(42.5)		--		--		--		1293	(42.3)
20 and over.....	13	(1.0)	2639	1375	(16.0)	6	(1.2)	1381	(16.4)	379	1462	(39.4)	48	(7.8)	1510	(41.2)	1361	(17.6)
2 and over...	11	(0.9)	3961	1358	(16.0)	5	(1.0)	1363	(16.2)	395	1463	(37.0)	48	(7.7)	1511	(38.8)	1346	(18.8)
Non-Hispanic Black:																		
2 - 19.....	#		1074	1110	(24.1)	#		1111	(24.1)		--		--		--		1110	(24.2)
20 and over.....	6	(0.7)	1988	1236	(21.1)	2	(0.3)	1239	(21.1)	137	1274	(50.9)	34	(3.1)	1308	(50.4)	1234	(21.8)
2 and over...	5	(0.5)	3062	1203	(16.0)	2	(0.2)	1205	(16.0)	141	1271	(49.8)	34	(3.0)	1306	(49.3)	1200	(16.7)
Non-Hispanic Asian:																		
2 - 19.....	1*	(0.2)	321	1189	(24.8)	#		1190	(24.8)		--		--		--		1186	(24.8)
20 and over.....	9	(1.2)	803	1291	(29.0)	4	(0.9)	1295	(29.3)		--		--		--		1293	(29.0)
2 and over...	7	(1.0)	1124	1271	(26.7)	3	(0.8)	1274	(27.0)	83	1279	(90.0)	45	(6.8)	1324	(89.8)	1270	(26.6)
Hispanic:																		
2 - 19.....	#		939	1259	(30.7)	#		1260	(30.8)		--		--		--		1256	(30.7)
20 and over.....	7	(0.9)	1600	1444	(29.8)	3	(0.5)	1447	(29.9)	114	1361	(114.1)	43	(6.5)	1404	(117.6)	1450	(31.6)
2 and over...	5	(0.6)	2539	1383	(23.0)	2	(0.4)	1385	(23.1)	120	1375	(112.0)	45	(6.6)	1420	(115.3)	1384	(24.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Race/ethnicity and age	Percent reporting supplement magnesium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.6)	1322	241	(6.0)	4*	(2.3)	245	(7.2)		--		--		--		240	(6.2)
20 and over.....	23	(1.1)	2639	303	(4.0)	39	(2.9)	342	(4.9)	646	328	(7.3)	169	(9.0)	497	(9.4)	295	(4.8)
2 and over...	19	(0.9)	3961	290	(3.8)	32	(2.5)	322	(5.0)	679	326	(7.3)	167	(9.2)	493	(9.6)	282	(4.7)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.6)	1074	206	(3.9)	1*	(0.8)	207	(3.9)		--		--		--		206	(3.9)
20 and over.....	11	(1.0)	1988	262	(4.7)	14	(1.9)	275	(5.6)	224	336	(18.4)	124	(11.5)	460	(20.9)	252	(5.3)
2 and over...	8	(0.7)	3062	247	(3.9)	10	(1.3)	257	(4.5)	230	333	(18.0)	124	(11.1)	456	(20.1)	239	(4.2)
Non-Hispanic Asian:																		
2 - 19.....	1*	(0.4)	321	239	(7.2)	#		240	(7.3)		--		--		--		239	(7.0)
20 and over.....	16	(1.8)	803	321	(8.5)	16	(2.8)	337	(9.6)	132	364	(18.9)	102	(13.0)	466	(23.7)	313	(7.1)
2 and over...	13	(1.5)	1124	305	(7.6)	13	(2.4)	318	(8.6)	136	363	(18.7)	101	(12.9)	464	(23.3)	297	(6.4)
Hispanic:																		
2 - 19.....	1*	(0.4)	939	240	(5.3)	1*	(0.3)	240	(5.4)		--		--		--		238	(5.3)
20 and over.....	11	(1.0)	1600	322	(7.3)	14	(1.7)	336	(7.9)	183	346	(32.1)	127	(10.9)	473	(35.6)	319	(7.5)
2 and over...	8	(0.6)	2539	295	(4.9)	10	(1.2)	304	(5.4)	194	346	(29.8)	124	(10.4)	470	(32.3)	290	(4.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

I r o n

Race/ethnicity and age	Percent reporting supplement iron [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.6)	1322	13.2	(0.35)	0.6	(0.16)	13.8	(0.34)		--		--		--		13.3	(0.37)
20 and over.....	14	(0.9)	2639	13.8	(0.18)	3.5	(0.29)	17.3	(0.37)	402	14.0	(0.43)	24.3	(2.14)	38.2	(2.25)	13.7	(0.19)
2 and over...	12	(0.8)	3961	13.6	(0.16)	2.9	(0.24)	16.5	(0.29)	449	13.8	(0.43)	24.0	(2.03)	37.8	(2.14)	13.6	(0.18)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.6)	1074	12.4	(0.27)	0.5*	(0.20)	12.9	(0.36)		--		--		--		12.4	(0.28)
20 and over.....	9	(0.7)	1988	12.7	(0.29)	3.4	(0.34)	16.0	(0.45)	209	12.8	(0.76)	36.0	(2.29)	48.7	(2.25)	12.7	(0.31)
2 and over...	7	(0.5)	3062	12.6	(0.22)	2.6	(0.23)	15.2	(0.32)	235	12.8	(0.73)	35.1	(2.06)	47.9	(2.05)	12.6	(0.24)
Non-Hispanic Asian:																		
2 - 19.....	5*	(1.0)	321	13.0	(0.56)	1.2	(0.26)	14.2	(0.69)		--		--		--		13.0	(0.57)
20 and over.....	10	(1.2)	803	14.0	(0.61)	2.3	(0.52)	16.3	(0.81)		--		--		--		14.1	(0.66)
2 and over...	9	(1.0)	1124	13.8	(0.53)	2.1	(0.42)	15.9	(0.70)	94	12.9	(0.81)	24.0	(3.79)	36.9	(3.65)	13.9	(0.58)
Hispanic:																		
2 - 19.....	3	(0.9)	939	13.6	(0.52)	0.8	(0.23)	14.4	(0.58)		--		--		--		13.5	(0.52)
20 and over.....	9	(0.9)	1600	14.6	(0.28)	2.2	(0.31)	16.8	(0.41)	138	14.3	(0.85)	23.7	(2.70)	38.0	(2.73)	14.6	(0.32)
2 and over...	7	(0.7)	2539	14.3	(0.26)	1.7	(0.19)	16.0	(0.28)	164	14.4	(0.72)	24.0	(2.03)	38.5	(2.13)	14.3	(0.28)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

Z i n c

Race/ethnicity and age	Percent reporting supplement zinc [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	15	(2.0)	1322	9.5	(0.26)	0.7	(0.10)	10.1	(0.28)	206	8.3	(0.30)	4.4	(0.42)	12.7	(0.31)	9.7	(0.31)
20 and over.....	26	(1.4)	2639	10.8	(0.14)	4.3	(0.34)	15.1	(0.30)	745	11.2	(0.22)	16.5	(0.63)	27.7	(0.61)	10.6	(0.17)
2 and over...	24	(1.0)	3961	10.5	(0.14)	3.5	(0.27)	14.0	(0.24)	951	10.8	(0.19)	14.9	(0.73)	25.7	(0.74)	10.4	(0.18)
Non-Hispanic Black:																		
2 - 19.....	9	(1.1)	1074	8.2	(0.22)	0.4	(0.07)	8.6	(0.23)	95	8.0	(0.51)	3.9	(0.53)	12.0	(0.69)	8.3	(0.22)
20 and over.....	16	(1.2)	1988	9.6	(0.18)	2.2	(0.20)	11.8	(0.31)	309	10.3	(0.44)	13.8	(1.06)	24.0	(1.10)	9.5	(0.18)
2 and over...	14	(1.0)	3062	9.2	(0.14)	1.7	(0.14)	10.9	(0.24)	404	9.9	(0.36)	12.1	(0.86)	21.9	(0.90)	9.1	(0.15)
Non-Hispanic Asian:																		
2 - 19.....	12	(2.3)	321	8.9	(0.24)	0.6	(0.16)	9.6	(0.31)		--		--		--		9.0	(0.30)
20 and over.....	18	(1.8)	803	10.1	(0.27)	2.6	(0.46)	12.7	(0.70)	150	10.7	(0.46)	15.0	(1.74)	25.6	(1.97)	10.0	(0.27)
2 and over...	17	(1.6)	1124	9.9	(0.24)	2.2	(0.39)	12.1	(0.62)	188	10.4	(0.39)	13.6	(1.61)	24.0	(1.77)	9.8	(0.26)
Hispanic:																		
2 - 19.....	10	(0.8)	939	9.2	(0.26)	0.5	(0.13)	9.8	(0.30)	93	9.6	(0.53)	5.0	(1.29)	14.6	(1.66)	9.2	(0.28)
20 and over.....	14	(1.1)	1600	11.7	(0.28)	2.2	(0.38)	13.9	(0.42)	223	11.2	(0.86)	16.2	(2.20)	27.3	(2.21)	11.7	(0.34)
2 and over...	13	(0.7)	2539	10.9	(0.21)	1.7	(0.27)	12.5	(0.30)	316	10.7	(0.69)	13.3	(1.72)	24.0	(1.86)	10.9	(0.25)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

C o p p e r

Race/ethnicity and age	Percent reporting supplement copper[8]		*All Individuals*[5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users*[6] Sample size	Food		Supplement		Food plus supplement		*Non-users*[7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(0.5)	1322	1.0	(0.05)	#		1.0	(0.05)		--		--		--		1.0	(0.05)
20 and over.....	22	(1.3)	2639	1.2	(0.02)	0.2	(0.02)	1.4	(0.02)	618	1.3	(0.03)	1.1	(0.04)	2.4	(0.05)	1.2	(0.02)
2 and over...	18	(1.1)	3961	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	655	1.2	(0.03)	1.1	(0.04)	2.4	(0.05)	1.1	(0.03)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.6)	1074	0.8	(0.02)	#		0.8	(0.02)		--		--		--		0.8	(0.02)
20 and over.....	12	(1.1)	1988	1.1	(0.03)	0.1	(0.02)	1.2	(0.04)	234	1.3	(0.08)	1.3	(0.09)	2.6	(0.14)	1.0	(0.04)
2 and over...	9	(0.8)	3062	1.0	(0.03)	0.1	(0.01)	1.1	(0.03)	254	1.3	(0.08)	1.3	(0.09)	2.6	(0.14)	1.0	(0.03)
Non-Hispanic Asian:																		
2 - 19.....	3*	(1.1)	321	1.0	(0.04)	0.1*	(0.03)	1.1	(0.04)		--		--		--		1.0	(0.04)
20 and over.....	14	(1.7)	803	1.4	(0.05)	0.2	(0.02)	1.5	(0.06)	122	1.6	(0.10)	1.1	(0.09)	2.7	(0.17)	1.3	(0.04)
2 and over...	12	(1.3)	1124	1.3	(0.04)	0.1	(0.02)	1.4	(0.05)	132	1.6	(0.10)	1.2	(0.09)	2.7	(0.16)	1.3	(0.04)
Hispanic:																		
2 - 19.....	2*	(0.7)	939	0.9	(0.02)	#		0.9	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	11	(1.1)	1600	1.2	(0.03)	0.1	(0.02)	1.4	(0.03)	173	1.3	(0.13)	1.2	(0.10)	2.5	(0.16)	1.2	(0.03)
2 and over...	8	(0.8)	2539	1.1	(0.02)	0.1	(0.01)	1.2	(0.02)	192	1.3	(0.12)	1.2	(0.10)	2.5	(0.18)	1.1	(0.02)

See page 23 for footnotes.

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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-March 2020 Prepandemic *(continued)*

S o d i u m

Race/ethnicity and age	Percent reporting supplement sodium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	6	(1.3)	1322	3016	(93.7)	1	(0.3)	3017	(93.8)		--		--		--		3043	(101.4)
20 and over.....	9	(0.8)	2639	3424	(45.4)	3*	(1.1)	3427	(45.5)	225	3312	(173.0)	39*	(12.1)	3352	(172.0)	3434	(45.6)
2 and over...	8	(0.9)	3961	3339	(45.2)	3	(0.9)	3342	(45.4)	296	3206	(154.2)	36	(10.4)	3242	(153.9)	3351	(49.3)
Non-Hispanic Black:																		
2 - 19.....	3	(0.9)	1074	2980	(66.1)	#		2981	(66.1)		--		--		--		2974	(68.6)
20 and over.....	5	(0.7)	1988	3346	(44.9)	1*	(0.4)	3347	(44.9)		--		--		--		3336	(45.1)
2 and over...	4	(0.6)	3062	3250	(41.1)	1	(0.3)	3251	(41.1)	114	3467	(164.0)	22*	(6.8)	3489	(166.4)	3240	(42.3)
Non-Hispanic Asian:																		
2 - 19.....	5*	(2.2)	321	2910	(84.1)	1*	(0.2)	2910	(84.1)		--		--		--		2901	(84.7)
20 and over.....	6	(0.7)	803	3572	(101.5)	3	(0.7)	3575	(101.8)		--		--		--		3570	(101.2)
2 and over...	6	(0.8)	1124	3443	(93.0)	2	(0.6)	3446	(93.4)		--		--		--		3439	(93.6)
Hispanic:																		
2 - 19.....	2	(0.5)	939	2881	(43.3)	#		2882	(43.3)		--		--		--		2877	(47.8)
20 and over.....	6	(1.0)	1600	3640	(85.6)	3*	(1.0)	3643	(85.5)		--		--		--		3661	(89.6)
2 and over...	5	(0.6)	2539	3391	(60.6)	2	(0.7)	3393	(60.4)	103	3269	(239.1)	47	(11.0)	3316	(246.6)	3397	(63.2)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Race/ethnicity and age	Percent reporting supplement potassium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	1*	(0.4)	1322	2105	(57.2)	1*	(0.5)	2106	(57.2)		--		--		--		2101	(57.1)
20 and over.....	15	(1.1)	2639	2614	(37.2)	16	(1.9)	2630	(37.5)	453	2826	(76.5)	108	(9.2)	2933	(80.4)	2576	(41.9)
2 and over...	12	(0.9)	3961	2509	(32.1)	13	(1.5)	2522	(32.3)	466	2821	(74.8)	108	(9.0)	2929	(78.7)	2465	(35.8)
Non-Hispanic Black:																		
2 - 19.....	#*		1074	1916	(46.3)	#*		1916	(46.3)		--		--		--		1916	(46.3)
20 and over.....	8	(0.9)	1988	2267	(42.7)	10	(2.3)	2277	(43.6)	175	2500	(76.7)	123	(21.6)	2622	(82.9)	2247	(43.9)
2 and over...	6	(0.7)	3062	2174	(37.6)	7	(1.7)	2182	(38.3)	175	2500	(76.7)	123	(21.6)	2622	(82.9)	2154	(38.4)
Non-Hispanic Asian:																		
2 - 19.....	1*	(0.4)	321	2089	(55.1)	1	(0.2)	2090	(55.1)		--		--		--		2081	(56.3)
20 and over.....	10	(1.5)	803	2720	(78.5)	8	(1.3)	2729	(78.8)	89	3042	(211.7)	81	(5.8)	3124	(212.5)	2683	(72.8)
2 and over...	9	(1.3)	1124	2597	(68.6)	7	(1.1)	2604	(68.9)	94	3033	(209.2)	81	(5.7)	3114	(210.1)	2556	(64.8)
Hispanic:																		
2 - 19.....	#		939	2152	(52.2)	#		2153	(52.2)		--		--		--		2149	(51.9)
20 and over.....	9	(0.8)	1600	2684	(51.9)	13*	(4.7)	2698	(52.7)	140	2632	(159.1)	152*	(46.0)	2785	(183.3)	2689	(55.4)
2 and over...	6	(0.6)	2539	2510	(40.0)	9*	(3.1)	2519	(40.5)	144	2641	(155.3)	151	(44.8)	2793	(177.8)	2501	(41.8)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

S e l e n i u m

Race/ethnicity and age	Percent reporting supplement selenium [8]		*All Individuals* [5] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [6] Sample size	Food		Supplement		Food plus supplement		*Non-users* [7] Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	3	(1.1)	1322	94.3	(2.92)	1.2*	(0.39)	95.5	(2.92)		--		--		--		94.7	(3.02)
20 and over.....	21	(1.2)	2639	109.6	(1.50)	12.6	(1.01)	122.2	(1.58)	599	117.1	(3.71)	59.2	(2.36)	176.3	(3.95)	107.5	(2.12)
2 and over...	18	(1.0)	3961	106.4	(1.44)	10.3	(0.82)	116.7	(1.32)	635	115.7	(3.79)	58.2	(2.58)	173.9	(4.28)	104.4	(1.98)
Non-Hispanic Black:																		
2 - 19.....	1*	(0.6)	1074	93.8	(2.27)	0.6*	(0.31)	94.4	(2.28)		--		--		--		94.2	(2.40)
20 and over.....	12	(1.1)	1988	107.9	(1.94)	7.4	(1.04)	115.3	(2.35)	235	117.2	(4.92)	62.6	(6.00)	179.9	(8.48)	106.7	(2.20)
2 and over...	9	(0.7)	3062	104.2	(1.54)	5.6	(0.70)	109.8	(1.87)	244	115.3	(4.63)	62.1	(5.77)	177.3	(8.05)	103.1	(1.71)
Non-Hispanic Asian:																		
2 - 19.....	2*	(0.8)	321	95.4	(1.94)	0.6	(0.16)	96.0	(1.93)		--		--		--		95.0	(1.89)
20 and over.....	14	(1.6)	803	116.0	(3.61)	8.6	(1.47)	124.6	(3.94)	124	111.6	(6.74)	59.7	(6.47)	171.2	(8.70)	116.8	(3.99)
2 and over...	12	(1.3)	1124	112.0	(3.21)	7.1	(1.14)	119.0	(3.51)	132	111.5	(6.56)	58.5	(6.07)	170.1	(8.65)	112.1	(3.50)
Hispanic:																		
2 - 19.....	2*	(0.6)	939	92.7	(1.99)	0.7*	(0.34)	93.5	(2.04)		--		--		--		92.5	(2.00)
20 and over.....	10	(1.0)	1600	123.3	(3.12)	6.2	(0.71)	129.6	(2.98)	171	117.5	(7.60)	59.5	(5.42)	177.0	(7.87)	124.0	(3.50)
2 and over...	8	(0.8)	2539	113.3	(2.17)	4.4	(0.55)	117.7	(2.03)	187	116.8	(6.44)	58.1	(4.99)	174.9	(6.39)	113.0	(2.38)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

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

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 2.76.

# 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 83 for VIF = 2.76.

Note: 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.

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-March 2020. 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 2017-2020 www.ars.usda.gov/nea/bhnrc/fsrg.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (P_DS1TOT) of NHANES 2017-March 2020. 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-March 2020/P_DS1TOT.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.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic. 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-March 2020 Prepandemic

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	(0.8)	1496	1.50	(0.040)	0.16*	(0.079)	1.65	(0.092)		--		--		--		1.50	(0.040)
20 and over.....	12	(1.4)	1821	1.59	(0.049)	1.25	(0.230)	2.84	(0.242)	226	1.42	(0.089)	10.12	(1.874)	11.54	(1.857)	1.61	(0.062)
2 and over...	9	(0.9)	3317	1.56	(0.039)	0.88	(0.151)	2.43	(0.160)	271	1.42	(0.072)	9.60	(1.741)	11.02	(1.722)	1.57	(0.046)
131-350% poverty:																		
2 - 19.....	5	(1.4)	1316	1.47	(0.023)	0.07*	(0.021)	1.54	(0.032)		--		--		--		1.47	(0.024)
20 and over.....	20	(1.5)	2514	1.58	(0.029)	3.07	(0.398)	4.65	(0.390)	472	1.65	(0.068)	15.09	(1.746)	16.74	(1.726)	1.57	(0.033)
2 and over...	16	(1.2)	3830	1.56	(0.025)	2.30	(0.304)	3.86	(0.300)	522	1.65	(0.065)	14.00	(1.639)	15.65	(1.623)	1.54	(0.026)
Over 350% poverty:																		
2 - 19.....	8	(1.3)	815	1.54	(0.038)	0.15*	(0.047)	1.69	(0.062)		--		--		--		1.57	(0.038)
20 and over.....	24	(1.6)	2127	1.57	(0.023)	2.82	(0.333)	4.39	(0.331)	509	1.68	(0.059)	11.63	(1.136)	13.32	(1.137)	1.53	(0.026)
2 and over...	21	(1.4)	2942	1.56	(0.022)	2.34	(0.278)	3.90	(0.275)	571	1.65	(0.056)	10.94	(1.035)	12.59	(1.034)	1.54	(0.023)
All Individuals [10]:																		
2 - 19.....	5	(0.7)	4037	1.50	(0.014)	0.13	(0.031)	1.63	(0.036)	180	1.39	(0.077)	2.44	(0.547)	3.83	(0.560)	1.51	(0.017)
20 and over.....	20	(0.9)	7390	1.57	(0.015)	2.50	(0.187)	4.07	(0.187)	1358	1.64	(0.036)	12.21	(0.713)	13.84	(0.717)	1.56	(0.018)
2 and over...	17	(0.8)	11427	1.56	(0.012)	1.93	(0.145)	3.48	(0.145)	1538	1.62	(0.034)	11.44	(0.662)	13.06	(0.665)	1.54	(0.014)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

R i b o f l a v i n

Family income as % of poverty level and age	Percent reporting supplement riboflavin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	3	(0.8)	1496	1.78	(0.065)	0.29*	(0.163)	2.07	(0.194)		--		--		--		1.78	(0.067)
20 and over.....	12	(1.4)	1821	1.97	(0.067)	0.77	(0.140)	2.74	(0.137)	226	1.81	(0.086)	6.18	(0.914)	7.99	(0.894)	2.00	(0.075)
2 and over...	9	(0.9)	3317	1.91	(0.058)	0.60	(0.107)	2.51	(0.121)	272	1.81	(0.073)	6.56	(1.098)	8.38	(1.096)	1.92	(0.064)
131-350% poverty:																		
2 - 19.....	5	(1.4)	1316	1.71	(0.029)	0.57*	(0.490)	2.28	(0.490)		--		--		--		1.71	(0.030)
20 and over.....	20	(1.5)	2514	2.07	(0.039)	1.70	(0.230)	3.76	(0.246)	467	2.20	(0.076)	8.46	(1.022)	10.66	(1.047)	2.03	(0.044)
2 and over...	16	(1.2)	3830	1.98	(0.034)	1.41	(0.240)	3.38	(0.252)	518	2.16	(0.069)	8.64	(1.292)	10.79	(1.306)	1.94	(0.035)
Over 350% poverty:																		
2 - 19.....	8	(1.0)	815	1.84	(0.054)	0.12	(0.023)	1.96	(0.053)		--		--		--		1.87	(0.054)
20 and over.....	24	(1.5)	2127	2.15	(0.051)	2.10	(0.236)	4.25	(0.246)	509	2.32	(0.082)	8.64	(0.745)	10.96	(0.750)	2.10	(0.053)
2 and over...	21	(1.3)	2942	2.10	(0.044)	1.74	(0.195)	3.84	(0.202)	568	2.26	(0.082)	8.17	(0.688)	10.43	(0.696)	2.05	(0.045)
All Individuals [10]:																		
2 - 19.....	5	(0.7)	4037	1.77	(0.023)	0.32*	(0.170)	2.08	(0.171)	179	1.59	(0.080)	5.83*	(3.123)	7.42*	(3.126)	1.78	(0.025)
20 and over.....	20	(0.9)	7390	2.07	(0.033)	1.65	(0.134)	3.72	(0.152)	1350	2.20	(0.047)	8.09	(0.513)	10.29	(0.534)	2.04	(0.034)
2 and over...	17	(0.7)	11427	2.00	(0.027)	1.33	(0.115)	3.33	(0.133)	1529	2.16	(0.046)	7.91	(0.559)	10.07	(0.586)	1.97	(0.026)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(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.....	3	(0.8)	1496	21.0	(0.56)	0.6*	(0.19)	21.6	(0.62)		--		--		--		21.0	(0.54)
20 and over.....	13	(1.4)	1821	26.6	(1.10)	4.7	(1.05)	31.3	(1.75)	248	24.0	(1.22)	34.6	(5.62)	58.5	(5.36)	27.0	(1.41)
2 and over...	10	(0.9)	3317	24.7	(0.87)	3.3	(0.68)	28.0	(1.25)	303	23.6	(0.92)	32.7	(5.31)	56.4	(5.27)	24.8	(1.02)
131-350% poverty:																		
2 - 19.....	5	(1.4)	1316	20.5	(0.31)	0.7	(0.20)	21.2	(0.37)		--		--		--		20.3	(0.34)
20 and over.....	22	(1.6)	2514	25.9	(0.50)	8.6	(1.17)	34.5	(1.32)	512	26.6	(1.04)	39.0	(4.62)	65.5	(4.88)	25.7	(0.62)
2 and over...	18	(1.3)	3830	24.5	(0.39)	6.6	(0.90)	31.1	(1.03)	566	26.3	(0.95)	37.1	(4.15)	63.4	(4.36)	24.1	(0.46)
Over 350% poverty:																		
2 - 19.....	10	(1.3)	815	21.9	(0.73)	1.4	(0.24)	23.2	(0.63)		--		--		--		22.4	(0.76)
20 and over.....	27	(1.5)	2127	26.0	(0.56)	9.5	(1.06)	35.4	(1.23)	557	27.4	(1.45)	34.5	(4.12)	61.9	(4.54)	25.4	(0.44)
2 and over...	24	(1.3)	2942	25.2	(0.49)	8.0	(0.87)	33.2	(1.03)	626	26.6	(1.33)	33.0	(3.79)	59.6	(4.15)	24.8	(0.42)
All Individuals [10]:																		
2 - 19.....	6	(0.6)	4037	21.2	(0.35)	0.9	(0.11)	22.1	(0.34)	203	19.7	(0.86)	14.8	(0.68)	34.5	(1.27)	21.3	(0.37)
20 and over.....	23	(1.0)	7390	25.9	(0.34)	7.9	(0.59)	33.9	(0.81)	1488	26.4	(0.81)	35.0	(2.26)	61.3	(2.51)	25.8	(0.35)
2 and over...	19	(0.8)	11427	24.8	(0.29)	6.2	(0.46)	31.0	(0.66)	1691	25.9	(0.75)	33.4	(2.09)	59.2	(2.34)	24.6	(0.31)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n B 6

Family income as % of poverty level and age	Percent reporting supplement vitamin B6 [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.3)	1496	1.67	(0.061)	0.26	(0.068)	1.94	(0.106)	137	1.65	(0.089)	2.84	(0.687)	4.49	(0.717)	1.67	(0.065)
20 and over.....	15	(1.5)	1821	2.28	(0.185)	0.97	(0.131)	3.24	(0.267)	266	2.08	(0.113)	6.65	(0.748)	8.74	(0.774)	2.31	(0.224)
2 and over...	13	(0.9)	3317	2.07	(0.133)	0.73	(0.089)	2.79	(0.184)	403	1.97	(0.095)	5.70	(0.651)	7.67	(0.691)	2.08	(0.154)
131-350% poverty:																		
2 - 19.....	17	(2.1)	1316	1.60	(0.033)	0.30	(0.044)	1.90	(0.063)	196	1.56	(0.067)	1.72	(0.116)	3.28	(0.119)	1.61	(0.045)
20 and over.....	24	(1.7)	2514	2.12	(0.050)	2.73	(0.331)	4.86	(0.352)	546	2.21	(0.087)	11.40	(1.295)	13.61	(1.292)	2.10	(0.064)
2 and over...	22	(1.3)	3830	1.99	(0.040)	2.11	(0.256)	4.10	(0.273)	742	2.08	(0.069)	9.47	(1.088)	11.55	(1.093)	1.96	(0.048)
Over 350% poverty:																		
2 - 19.....	20	(1.8)	815	1.75	(0.064)	0.40	(0.072)	2.15	(0.047)	166	1.48	(0.094)	1.97	(0.329)	3.45	(0.362)	1.82	(0.082)
20 and over.....	30	(1.6)	2127	2.15	(0.067)	3.37	(0.387)	5.53	(0.383)	607	2.34	(0.184)	11.39	(1.051)	13.73	(1.028)	2.07	(0.056)
2 and over...	28	(1.3)	2942	2.08	(0.057)	2.84	(0.324)	4.92	(0.319)	773	2.23	(0.153)	10.14	(0.979)	12.37	(0.955)	2.02	(0.051)
All Individuals [10]:																		
2 - 19.....	15	(1.1)	4037	1.68	(0.035)	0.31	(0.027)	1.99	(0.042)	546	1.55	(0.053)	2.03	(0.201)	3.58	(0.234)	1.71	(0.041)
20 and over.....	25	(0.9)	7390	2.15	(0.043)	2.63	(0.198)	4.79	(0.209)	1602	2.23	(0.099)	10.72	(0.664)	12.95	(0.670)	2.12	(0.044)
2 and over...	22	(0.7)	11427	2.04	(0.037)	2.07	(0.155)	4.11	(0.165)	2148	2.12	(0.083)	9.29	(0.608)	11.41	(0.617)	2.01	(0.037)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

F o l i c a c i d

Family income as % of poverty level and age	Percent reporting supplement folic acid [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.3)	1496	196	(7.5)	23	(4.2)	219	(9.2)	137	192	(26.4)	245	(20.8)	438	(24.1)	197	(8.8)
20 and over.....	15	(1.4)	1821	164	(5.5)	83	(11.2)	248	(13.4)	269	148	(11.2)	570	(52.5)	718	(54.7)	167	(7.1)
2 and over...	13	(0.8)	3317	175	(4.4)	63	(7.2)	238	(8.0)	406	159	(11.4)	489	(39.9)	648	(41.5)	178	(5.9)
131-350% poverty:																		
2 - 19.....	17	(2.1)	1316	185	(6.5)	36	(5.8)	221	(8.4)	187	189	(20.6)	214	(15.8)	403	(24.6)	184	(6.6)
20 and over.....	24	(1.6)	2514	170	(6.5)	125	(8.5)	296	(9.8)	550	170	(13.8)	527	(21.0)	697	(27.1)	170	(7.3)
2 and over...	22	(1.2)	3830	174	(5.2)	103	(6.3)	277	(8.5)	737	174	(11.3)	466	(19.7)	640	(23.7)	174	(5.4)
Over 350% poverty:																		
2 - 19.....	20	(1.8)	815	185	(7.1)	51	(5.6)	237	(8.0)	161	141	(8.8)	256	(19.5)	397	(20.0)	196	(8.2)
20 and over.....	29	(1.6)	2127	148	(3.6)	151	(10.9)	299	(11.4)	598	158	(8.1)	518	(21.6)	676	(21.7)	144	(4.6)
2 and over...	28	(1.3)	2942	155	(3.6)	133	(9.1)	288	(9.3)	759	156	(7.3)	484	(19.7)	640	(19.4)	154	(4.1)
All Individuals [10]:																		
2 - 19.....	15	(1.0)	4037	187	(3.0)	36	(3.0)	223	(4.5)	528	169	(9.8)	239	(9.7)	409	(11.7)	190	(3.3)
20 and over.....	24	(0.9)	7390	158	(2.7)	130	(5.8)	288	(6.1)	1600	157	(5.8)	532	(12.4)	689	(13.5)	158	(3.1)
2 and over...	22	(0.7)	11427	165	(2.4)	107	(4.4)	272	(4.7)	2128	159	(5.2)	484	(12.3)	643	(12.9)	167	(2.6)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age	Percent reporting supplement folate (DFE) [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.3)	1496	477	(14.0)	39	(7.2)	516	(16.3)	137	473	(48.9)	417	(35.3)	890	(43.8)	478	(16.3)
20 and over.....	15	(1.4)	1821	474	(12.9)	142	(19.0)	616	(24.6)	269	442	(23.5)	969	(89.2)	1411	(93.5)	480	(16.2)
2 and over...	13	(0.8)	3317	475	(10.1)	107	(12.3)	582	(15.0)	406	450	(22.0)	832	(67.8)	1281	(70.4)	479	(12.8)
131-350% poverty:																		
2 - 19.....	17	(2.1)	1316	458	(12.2)	61	(9.8)	519	(15.6)	187	478	(36.2)	364	(26.8)	843	(47.2)	454	(12.7)
20 and over.....	24	(1.6)	2514	491	(12.8)	213	(14.5)	705	(17.1)	550	501	(26.4)	896	(35.7)	1396	(47.5)	488	(14.0)
2 and over...	22	(1.2)	3830	483	(9.9)	175	(10.8)	657	(14.9)	737	496	(20.9)	792	(33.5)	1288	(41.1)	479	(10.5)
Over 350% poverty:																		
2 - 19.....	20	(1.8)	815	478	(16.4)	87	(9.5)	565	(14.8)	161	381	(16.0)	436	(33.1)	817	(32.4)	503	(19.0)
20 and over.....	29	(1.6)	2127	477	(8.6)	257	(18.5)	735	(20.3)	598	502	(15.0)	881	(36.6)	1382	(35.6)	467	(9.8)
2 and over...	28	(1.3)	2942	477	(9.1)	227	(15.5)	704	(16.9)	759	486	(13.4)	822	(33.6)	1308	(32.1)	474	(10.8)
All Individuals [10]:																		
2 - 19.....	15	(1.0)	4037	467	(5.9)	61	(5.2)	528	(7.8)	528	437	(16.8)	407	(16.5)	844	(19.4)	473	(7.1)
20 and over.....	24	(0.9)	7390	480	(5.8)	221	(9.9)	701	(11.4)	1600	488	(10.2)	904	(21.1)	1392	(24.2)	477	(6.7)
2 and over...	22	(0.7)	11427	477	(5.1)	182	(7.4)	659	(9.1)	2128	480	(8.7)	823	(20.9)	1303	(23.1)	476	(6.1)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(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.....	2	(0.7)	1496	253	(10.1)	#		253	(10.1)		--		--		--		253	(10.3)
20 and over.....	2	(0.5)	1821	317	(9.0)	#		318	(9.0)		--		--		--		317	(9.2)
2 and over...	2	(0.3)	3317	295	(8.0)	#		296	(8.0)		--		--		--		295	(8.2)
131-350% poverty:																		
2 - 19.....	4	(0.8)	1316	238	(3.6)	#		238	(3.6)		--		--		--		237	(3.3)
20 and over.....	5	(0.8)	2514	332	(7.4)	2*	(0.9)	333	(8.1)	95	323	(27.3)	31*	(16.6)	353	(35.6)	332	(7.5)
2 and over...	5	(0.6)	3830	308	(5.8)	1*	(0.7)	309	(6.4)	151	310	(23.0)	25*	(13.2)	334	(30.2)	308	(5.7)
Over 350% poverty:																		
2 - 19.....	5	(1.1)	815	256	(10.1)	#		256	(10.1)		--		--		--		256	(10.1)
20 and over.....	6	(0.7)	2127	348	(7.8)	1	(0.3)	349	(7.8)	113	369	(19.4)	18	(3.6)	387	(20.1)	347	(7.7)
2 and over...	6	(0.6)	2942	331	(6.6)	1	(0.2)	332	(6.6)	155	349	(16.4)	15	(3.2)	364	(17.0)	330	(6.6)
All Individuals [10]:																		
2 - 19.....	4	(0.4)	4037	249	(4.4)	#		249	(4.4)	140	256	(17.7)	3	(0.4)	259	(17.5)	248	(4.5)
20 and over.....	5	(0.4)	7390	337	(4.4)	1	(0.3)	338	(4.5)	283	353	(12.2)	22	(5.7)	375	(14.1)	336	(4.5)
2 and over...	5	(0.4)	11427	315	(2.9)	1	(0.2)	316	(3.0)	423	334	(10.0)	18	(4.4)	352	(11.7)	314	(2.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Family income as % of poverty level and age	Percent reporting supplement vitamin B12 [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.2)	1496	4.53	(0.184)	2.5*	(1.89)	7.1	(1.91)	138	4.73	(0.332)	27.1*	(22.19)	31.8*	(22.37)	4.51	(0.203)
20 and over.....	16	(1.7)	1821	4.74	(0.260)	55.7	(9.77)	60.4	(9.73)	305	4.49	(0.415)	342.7	(57.86)	347.2	(57.91)	4.79	(0.331)
2 and over...	14	(1.0)	3317	4.67	(0.210)	37.4	(6.54)	42.1	(6.52)	443	4.54	(0.320)	269.5	(44.01)	274.0	(43.97)	4.69	(0.257)
131-350% poverty:																		
2 - 19.....	17	(2.1)	1316	4.08	(0.079)	1.4*	(0.47)	5.5	(0.52)	191	3.81	(0.269)	8.3*	(2.79)	12.1	(2.88)	4.14	(0.088)
20 and over.....	27	(2.0)	2514	4.84	(0.175)	99.4	(17.55)	104.3	(17.54)	604	4.68	(0.228)	371.2	(55.18)	375.9	(55.15)	4.90	(0.239)
2 and over...	24	(1.4)	3830	4.65	(0.135)	74.5	(13.20)	79.1	(13.20)	795	4.52	(0.179)	306.7	(47.25)	311.2	(47.22)	4.69	(0.172)
Over 350% poverty:																		
2 - 19.....	22	(2.1)	815	4.15	(0.142)	10.0*	(8.26)	14.1*	(8.23)	167	3.51	(0.174)	45.2*	(35.21)	48.7*	(35.14)	4.33	(0.161)
20 and over.....	32	(1.6)	2127	4.80	(0.149)	111.5	(15.67)	116.3	(15.67)	663	5.22	(0.346)	351.5	(44.12)	356.7	(44.11)	4.60	(0.166)
2 and over...	30	(1.5)	2942	4.68	(0.127)	93.1	(13.42)	97.8	(13.42)	830	4.99	(0.299)	310.8	(39.52)	315.8	(39.51)	4.55	(0.136)
All Individuals [10]:																		
2 - 19.....	16	(1.0)	4037	4.27	(0.074)	4.7*	(2.59)	8.9	(2.59)	542	3.88	(0.119)	29.7*	(16.36)	33.6*	(16.39)	4.34	(0.086)
20 and over.....	27	(1.1)	7390	4.75	(0.115)	94.4	(7.42)	99.2	(7.42)	1771	4.88	(0.190)	353.1	(25.14)	358.0	(25.16)	4.71	(0.121)
2 and over...	24	(0.8)	11427	4.64	(0.096)	72.8	(5.87)	77.4	(5.87)	2313	4.72	(0.164)	302.4	(22.12)	307.2	(22.12)	4.61	(0.099)

See page 23 for footnotes.

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V i t a m i n C

Family income as % of poverty level and age	Percent reporting supplement vitamin C [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	11	(1.5)	1496	67.2	(3.24)	15.1	(4.39)	82.3	(5.30)	160	76.4	(9.21)	139.3	(34.18)	215.8	(35.21)	66.1	(3.69)
20 and over.....	16	(1.6)	1821	69.9	(3.35)	44.1	(11.78)	114.0	(12.53)	296	74.6	(6.54)	276.5	(66.50)	351.1	(68.26)	68.9	(3.58)
2 and over...	14	(1.0)	3317	68.9	(2.74)	34.2	(8.02)	103.1	(8.49)	456	75.1	(4.83)	240.5	(51.68)	315.6	(53.12)	67.9	(3.09)
131-350% poverty:																		
2 - 19.....	19	(2.2)	1316	69.1	(3.69)	14.9	(3.69)	84.1	(5.22)	208	78.9	(10.05)	77.1	(15.30)	156.0	(16.89)	66.8	(3.59)
20 and over.....	28	(2.1)	2514	73.1	(1.95)	73.4	(9.98)	146.5	(9.95)	616	80.3	(4.35)	263.1	(24.09)	343.4	(24.54)	70.4	(2.47)
2 and over...	26	(1.4)	3830	72.1	(1.81)	58.5	(7.22)	130.6	(7.02)	824	80.0	(3.90)	227.4	(21.26)	307.4	(20.92)	69.4	(2.23)
Over 350% poverty:																		
2 - 19.....	23	(2.0)	815	79.2	(5.51)	22.5	(3.33)	101.7	(6.51)	192	82.5	(8.62)	98.5	(14.11)	181.0	(16.30)	78.2	(6.74)
20 and over.....	32	(1.9)	2127	82.1	(3.44)	91.8	(11.50)	173.9	(11.39)	669	89.2	(4.31)	288.2	(26.30)	377.3	(25.24)	78.9	(5.06)
2 and over...	30	(1.6)	2942	81.6	(3.15)	79.2	(9.74)	160.8	(9.81)	861	88.2	(3.62)	262.2	(23.77)	350.5	(22.80)	78.7	(4.39)
All Individuals [10]:																		
2 - 19.....	17	(1.1)	4037	71.5	(2.47)	16.4	(1.41)	87.9	(2.79)	609	78.9	(5.55)	94.0	(7.50)	172.9	(7.18)	69.9	(2.84)
20 and over.....	28	(1.2)	7390	76.5	(1.91)	74.2	(6.47)	150.7	(6.61)	1788	83.4	(2.37)	269.8	(17.13)	353.2	(16.87)	73.9	(2.43)
2 and over...	25	(0.8)	11427	75.3	(1.64)	60.3	(4.95)	135.6	(5.00)	2397	82.6	(1.91)	240.4	(15.60)	323.0	(15.22)	72.9	(1.94)

See page 23 for footnotes.

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V i t a m i n D

Family income as % of poverty level and age	Percent reporting supplement vitamin D [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	9	(1.2)	1496	5.3	(0.29)	1.5	(0.26)	6.8	(0.35)	141	6.0	(0.66)	15.9	(1.33)	21.8	(1.48)	5.2	(0.32)
20 and over.....	21	(1.6)	1821	4.1	(0.18)	8.4	(0.95)	12.5	(0.99)	378	4.3	(0.44)	40.8	(3.33)	45.1	(3.45)	4.0	(0.17)
2 and over...	17	(1.1)	3317	4.5	(0.18)	6.1	(0.62)	10.5	(0.67)	519	4.6	(0.42)	36.0	(2.80)	40.7	(2.93)	4.5	(0.19)
131-350% poverty:																		
2 - 19.....	18	(2.1)	1316	4.6	(0.16)	2.5	(0.34)	7.1	(0.35)	200	4.4	(0.40)	14.4	(0.62)	18.7	(0.53)	4.6	(0.19)
20 and over.....	30	(2.1)	2514	4.4	(0.13)	15.6	(2.25)	20.1	(2.28)	710	4.3	(0.26)	51.7	(5.44)	56.0	(5.41)	4.5	(0.20)
2 and over...	27	(1.5)	3830	4.5	(0.12)	12.3	(1.65)	16.7	(1.69)	910	4.3	(0.22)	45.5	(4.81)	49.8	(4.82)	4.5	(0.16)
Over 350% poverty:																		
2 - 19.....	22	(2.1)	815	4.7	(0.21)	4.5	(0.99)	9.2	(1.01)	174	4.5	(0.26)	20.7	(3.58)	25.2	(3.61)	4.8	(0.24)
20 and over.....	37	(1.8)	2127	4.3	(0.23)	22.7	(2.53)	27.1	(2.56)	812	5.2	(0.47)	60.7	(5.77)	66.0	(5.78)	3.8	(0.18)
2 and over...	35	(1.6)	2942	4.4	(0.20)	19.4	(2.12)	23.8	(2.14)	986	5.2	(0.41)	56.2	(5.10)	61.4	(5.11)	4.0	(0.16)
All Individuals [10]:																		
2 - 19.....	16	(1.1)	4037	4.8	(0.10)	2.7	(0.32)	7.5	(0.34)	563	4.7	(0.25)	17.0	(1.48)	21.8	(1.48)	4.8	(0.13)
20 and over.....	31	(1.1)	7390	4.3	(0.13)	17.2	(1.26)	21.5	(1.28)	2139	4.8	(0.24)	55.0	(3.28)	59.8	(3.26)	4.1	(0.12)
2 and over...	28	(0.8)	11427	4.4	(0.11)	13.7	(0.94)	18.2	(0.96)	2702	4.8	(0.21)	49.8	(2.74)	54.5	(2.72)	4.3	(0.10)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

V i t a m i n K

Family income as % of poverty level and age	Percent reporting supplement vitamin K [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.4)	1496	62.6	(4.01)	1.3*	(0.57)	63.8	(4.08)		--		--		--		62.4	(4.05)
20 and over.....	9	(1.3)	1821	106.8	(5.94)	3.3	(0.44)	110.2	(6.01)	166	121.7	(17.42)	35.1	(2.52)	156.8	(18.57)	105.3	(6.52)
2 and over...	7	(0.9)	3317	91.6	(4.88)	2.6	(0.37)	94.3	(4.94)	196	117.6	(16.15)	38.6	(3.52)	156.2	(17.13)	89.7	(5.25)
131-350% poverty:																		
2 - 19.....	6	(1.8)	1316	67.1	(3.96)	2.4	(0.68)	69.5	(4.18)		--		--		--		65.7	(3.06)
20 and over.....	16	(1.3)	2514	113.7	(3.83)	6.0	(0.47)	119.7	(3.93)	361	130.8	(9.67)	38.8	(1.76)	169.6	(10.04)	110.5	(3.83)
2 and over...	13	(1.1)	3830	101.8	(3.17)	5.1	(0.37)	106.9	(3.24)	414	125.5	(8.69)	38.7	(1.90)	164.2	(9.20)	98.2	(3.19)
Over 350% poverty:																		
2 - 19.....	4	(1.1)	815	86.6	(7.92)	2.1*	(0.75)	88.7	(7.78)		--		--		--		88.1	(8.04)
20 and over.....	20	(1.5)	2127	144.6	(12.27)	15.1*	(7.05)	159.8	(13.85)	416	153.0	(12.37)	76.7*	(33.09)	229.7	(28.97)	142.6	(15.61)
2 and over...	17	(1.2)	2942	134.1	(10.24)	12.8*	(5.75)	146.9	(11.14)	445	148.8	(11.87)	75.8*	(31.78)	224.6	(27.94)	131.1	(12.28)
All Individuals [10]:																		
2 - 19.....	4	(0.7)	4037	72.4	(3.84)	1.9	(0.29)	74.3	(3.90)	126	73.4	(14.14)	47.7	(5.89)	121.0	(12.22)	72.4	(3.84)
20 and over.....	16	(0.9)	7390	125.9	(5.65)	9.3*	(2.85)	135.2	(5.70)	1062	142.1	(6.13)	57.4	(16.93)	199.5	(15.47)	122.7	(6.56)
2 and over...	13	(0.7)	11427	113.0	(4.81)	7.5	(2.16)	120.5	(4.48)	1188	137.3	(5.92)	56.7	(15.53)	193.9	(13.63)	109.3	(5.32)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Family income as % of poverty level and age	Percent reporting supplement lycopene [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	#		1496	4869	(514.4)	1*	(1.1)	4871	(514.4)		--		--		--		4861	(515.7)
20 and over.....	4	(0.5)	1821	4715	(249.1)	23*	(6.9)	4738	(248.3)	83	4515	(1139.7)	574	(145.2)	5089	(1163.1)	4724	(266.8)
2 and over...	3	(0.3)	3317	4768	(154.4)	15	(4.5)	4784	(155.5)	87	4626	(1106.6)	578	(141.6)	5204	(1128.1)	4772	(161.3)
131-350% poverty:																		
2 - 19.....	#		1316	4125	(317.9)	#		4125	(317.9)		--		--		--		4126	(318.0)
20 and over.....	8	(1.0)	2514	4677	(289.5)	40	(5.2)	4717	(291.1)	187	5604	(1382.6)	533	(64.0)	6137	(1403.2)	4601	(263.7)
2 and over...	6	(0.8)	3830	4536	(246.7)	30	(3.9)	4566	(248.4)	188	5594	(1379.3)	533	(63.8)	6127	(1399.8)	4473	(224.9)
Over 350% poverty:																		
2 - 19.....	#		815	4391	(475.1)	1*	(0.7)	4392	(474.9)		--		--		--		4392	(476.0)
20 and over.....	11	(0.9)	2127	5079	(401.3)	66	(11.2)	5145	(404.9)	237	7443	(1097.5)	614	(95.1)	8058	(1100.1)	4795	(363.8)
2 and over...	9	(0.8)	2942	4955	(322.6)	54	(9.3)	5009	(324.3)	239	7427	(1088.1)	613	(94.7)	8041	(1090.2)	4715	(296.6)
All Individuals [10]:																		
2 - 19.....	#		4037	4407	(187.2)	1	(0.2)	4408	(187.2)		--		--		--		4405	(187.5)
20 and over.....	8	(0.6)	7390	4833	(169.5)	56	(8.7)	4889	(169.7)	565	6309	(620.4)	677	(113.8)	6986	(610.6)	4699	(149.7)
2 and over...	6	(0.5)	11427	4730	(132.3)	43	(6.7)	4773	(132.8)	572	6306	(618.6)	676	(113.1)	6982	(608.3)	4624	(123.6)

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-March 2020 Prepandemic *(continued)*

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

Family income as % of poverty level and age	Percent reporting supplement lutein + zeaxanthin [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.4)	1496	753	(46.8)	4*	(2.4)	756	(47.2)		--		--		--		756	(47.9)
20 and over.....	4	(0.7)	1821	1372	(121.0)	194*	(110.8)	1566	(99.0)	94	2497*	(1001.0)	4423*	(2223.1)	6920*	(2145.2)	1321	(116.7)
2 and over...	3	(0.4)	3317	1159	(89.8)	128*	(72.1)	1288	(63.7)	110	2255*	(878.2)	3944*	(1975.6)	6198*	(1906.7)	1123	(87.5)
131-350% poverty:																		
2 - 19.....	3	(0.9)	1316	731	(58.1)	3*	(0.9)	734	(58.1)		--		--		--		729	(59.2)
20 and over.....	10	(1.3)	2514	1439	(80.9)	311*	(105.4)	1750	(167.5)	203	1654	(292.0)	3133	(912.5)	4788	(1067.6)	1415	(81.0)
2 and over...	8	(0.9)	3830	1258	(63.9)	232*	(79.0)	1491	(126.7)	232	1586	(266.3)	2887	(837.9)	4472	(978.3)	1230	(64.4)
Over 350% poverty:																		
2 - 19.....	3*	(0.9)	815	1017	(155.1)	6*	(2.7)	1023	(155.3)		--		--		--		1002	(159.3)
20 and over.....	11	(1.0)	2127	1886	(258.4)	215	(53.3)	2101	(260.7)	238	1985	(229.5)	2022	(443.1)	4007	(573.0)	1874	(295.3)
2 and over...	9	(0.9)	2942	1728	(213.9)	177	(43.6)	1906	(215.9)	260	1963	(216.3)	1928	(427.6)	3891	(553.1)	1705	(240.8)
All Individuals [10]:																		
2 - 19.....	2	(0.5)	4037	837	(58.5)	4	(1.0)	841	(58.5)		--		--		--		833	(60.0)
20 and over.....	9	(0.7)	7390	1619	(114.0)	234	(55.9)	1854	(113.5)	605	1917	(144.3)	2573	(528.2)	4490	(564.0)	1590	(126.8)
2 and over...	7	(0.5)	11427	1431	(92.5)	179	(42.1)	1610	(90.4)	674	1862	(137.1)	2421	(499.9)	4283	(539.8)	1397	(101.2)

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-March 2020 Prepandemic *(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.....	3	(0.8)	1496	998	(37.0)	7	(1.7)	1005	(36.9)		--		--		--		999	(38.0)
20 and over.....	19	(1.8)	1821	896	(22.5)	80	(12.5)	976	(20.9)	321	923	(53.5)	425	(38.8)	1348	(39.8)	889	(22.1)
2 and over...	14	(1.2)	3317	931	(20.2)	55	(8.4)	986	(20.7)	370	927	(47.3)	406	(39.2)	1333	(33.2)	932	(21.9)
131-350% poverty:																		
2 - 19.....	6	(1.2)	1316	952	(18.8)	9	(2.0)	961	(19.3)		--		--		--		947	(20.7)
20 and over.....	26	(1.7)	2514	943	(15.6)	125	(10.8)	1068	(20.4)	619	974	(29.7)	472	(19.6)	1446	(38.0)	932	(19.2)
2 and over...	21	(1.4)	3830	945	(13.2)	95	(8.5)	1041	(17.4)	687	978	(31.3)	450	(20.4)	1428	(38.1)	937	(15.2)
Over 350% poverty:																		
2 - 19.....	7	(1.4)	815	1008	(19.4)	11*	(4.8)	1019	(21.2)		--		--		--		1013	(19.8)
20 and over.....	32	(2.0)	2127	971	(21.2)	141	(10.3)	1113	(25.7)	657	1054	(27.9)	447	(27.1)	1501	(32.0)	934	(22.8)
2 and over...	27	(1.6)	2942	978	(18.3)	118	(8.3)	1096	(21.8)	712	1048	(26.9)	434	(25.3)	1482	(30.8)	952	(19.4)
All Individuals [10]:																		
2 - 19.....	5	(0.6)	4037	979	(13.9)	9	(1.7)	988	(14.0)	190	986	(60.1)	170	(23.2)	1157	(65.6)	979	(15.0)
20 and over.....	27	(1.1)	7390	942	(14.3)	123	(7.0)	1064	(16.8)	1807	1004	(19.8)	451	(17.2)	1455	(20.8)	918	(14.9)
2 and over...	22	(0.9)	11427	951	(11.3)	95	(5.7)	1046	(13.7)	1997	1003	(18.8)	435	(17.5)	1437	(20.3)	936	(11.9)

See page 23 for footnotes.

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P h o s p h o r u s

Family income as % of poverty level and age	Percent reporting supplement phosphorus [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.3)	1496	1248	(40.8)	1*	(0.3)	1248	(40.8)		--		--		--		1243	(40.1)
20 and over.....	6	(0.8)	1821	1311	(28.8)	2	(0.2)	1312	(28.9)	115	1121	(121.0)	31	(3.4)	1152	(122.6)	1323	(31.3)
2 and over...	4	(0.5)	3317	1289	(26.9)	1	(0.2)	1290	(26.9)	124	1170	(115.9)	34	(3.9)	1204	(118.2)	1294	(28.9)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	1316	1216	(17.9)	#		1217	(17.9)		--		--		--		1217	(18.0)
20 and over.....	10	(1.1)	2514	1359	(21.1)	4	(0.5)	1363	(21.0)	250	1322	(56.7)	38	(4.8)	1360	(56.3)	1364	(22.2)
2 and over...	8	(0.8)	3830	1323	(16.3)	3	(0.4)	1326	(16.3)	263	1314	(50.6)	38	(4.7)	1353	(50.0)	1324	(17.2)
Over 350% poverty:																		
2 - 19.....	1*	(0.3)	815	1319	(56.4)	1*	(0.3)	1320	(56.4)		--		--		--		1316	(56.2)
20 and over.....	14	(1.4)	2127	1404	(18.8)	8	(1.5)	1412	(19.2)	283	1544	(48.9)	55	(8.8)	1599	(46.8)	1382	(19.1)
2 and over...	11	(1.2)	2942	1389	(19.4)	6	(1.3)	1395	(19.6)	292	1546	(48.7)	55	(8.7)	1601	(46.7)	1369	(20.7)
All Individuals [10]:																		
2 - 19.....	1	(0.2)	4037	1256	(23.8)	#		1256	(23.8)		--		--		--		1254	(23.7)
20 and over.....	11	(0.8)	7390	1368	(11.5)	5	(0.8)	1373	(11.8)	740	1429	(33.0)	46	(5.8)	1475	(33.7)	1360	(13.0)
2 and over...	9	(0.6)	11427	1341	(10.4)	4	(0.6)	1345	(10.5)	773	1431	(30.4)	46	(5.7)	1477	(31.1)	1332	(12.3)

See page 23 for footnotes.

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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*	(0.4)	1496	230	(5.3)	1*	(0.4)	230	(5.5)		--		--		--		229	(5.2)
20 and over.....	12	(1.0)	1821	279	(6.8)	16	(1.9)	295	(7.6)	190	298	(19.5)	139	(10.5)	437	(24.9)	276	(7.1)
2 and over...	8	(0.7)	3317	262	(5.2)	11	(1.3)	273	(5.8)	205	299	(18.3)	137	(10.5)	436	(23.7)	259	(5.1)
131-350% poverty:																		
2 - 19.....	2	(0.8)	1316	230	(3.8)	2*	(0.8)	232	(3.8)		--		--		--		229	(3.8)
20 and over.....	19	(1.5)	2514	296	(4.5)	33	(3.9)	328	(6.2)	432	315	(10.1)	172	(11.9)	487	(15.1)	291	(4.7)
2 and over...	15	(1.2)	3830	279	(3.5)	25	(3.0)	304	(5.2)	450	313	(9.4)	169	(12.2)	482	(14.9)	273	(3.6)
Over 350% poverty:																		
2 - 19.....	4	(1.5)	815	250	(8.0)	7*	(4.5)	257	(9.4)		--		--		--		250	(8.2)
20 and over.....	23	(1.4)	2127	319	(6.2)	36	(4.0)	355	(7.7)	475	352	(11.1)	155	(10.7)	507	(12.7)	309	(6.3)
2 and over...	20	(1.3)	2942	307	(5.5)	30	(3.4)	337	(7.1)	499	349	(11.0)	154	(10.3)	503	(12.7)	296	(5.7)
All Individuals [10]:																		
2 - 19.....	2	(0.3)	4037	236	(3.4)	3*	(1.1)	239	(3.9)		--		--		--		235	(3.5)
20 and over.....	19	(0.9)	7390	303	(3.2)	30	(2.2)	333	(4.0)	1237	334	(6.2)	157	(6.6)	491	(6.2)	295	(3.5)
2 and over...	15	(0.7)	11427	287	(2.7)	24	(1.7)	310	(3.5)	1300	332	(6.0)	155	(6.6)	488	(6.5)	279	(2.9)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

I r o n

Family income as % of poverty level and age	Percent reporting supplement iron [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	2	(0.5)	1496	13.3	(0.37)	0.6*	(0.20)	13.8	(0.42)		--		--		--		13.3	(0.38)
20 and over.....	9	(1.3)	1821	13.5	(0.39)	2.6	(0.39)	16.2	(0.56)	170	12.9	(1.01)	28.3	(2.73)	41.2	(3.35)	13.6	(0.46)
2 and over...	7	(0.9)	3317	13.4	(0.30)	1.9	(0.24)	15.4	(0.37)	206	12.9	(0.85)	28.5	(2.92)	41.3	(3.49)	13.5	(0.34)
131-350% poverty:																		
2 - 19.....	3	(1.1)	1316	12.9	(0.26)	0.5*	(0.22)	13.4	(0.27)		--		--		--		12.8	(0.27)
20 and over.....	12	(1.0)	2514	14.1	(0.25)	3.3	(0.44)	17.4	(0.46)	281	13.5	(0.49)	28.2	(2.67)	41.7	(2.98)	14.2	(0.29)
2 and over...	9	(0.8)	3830	13.8	(0.21)	2.6	(0.33)	16.4	(0.38)	312	13.5	(0.51)	27.4	(2.54)	40.9	(2.82)	13.8	(0.23)
Over 350% poverty:																		
2 - 19.....	5	(1.0)	815	13.7	(0.42)	1.0	(0.28)	14.7	(0.49)		--		--		--		13.8	(0.45)
20 and over.....	14	(1.3)	2127	13.8	(0.23)	3.2	(0.43)	17.0	(0.53)	297	14.4	(0.59)	22.0	(1.94)	36.4	(2.10)	13.7	(0.25)
2 and over...	13	(1.1)	2942	13.8	(0.22)	2.8	(0.35)	16.5	(0.41)	338	14.2	(0.55)	22.0	(1.88)	36.2	(2.04)	13.7	(0.25)
All Individuals [10]:																		
2 - 19.....	3	(0.5)	4037	13.2	(0.22)	0.7	(0.12)	13.9	(0.23)	127	12.8	(0.80)	21.4	(1.51)	34.2	(1.85)	13.2	(0.23)
20 and over.....	13	(0.7)	7390	13.8	(0.14)	3.2	(0.19)	17.0	(0.23)	859	13.8	(0.37)	25.0	(1.41)	38.9	(1.50)	13.8	(0.15)
2 and over...	10	(0.5)	11427	13.7	(0.12)	2.6	(0.15)	16.2	(0.18)	986	13.7	(0.35)	24.8	(1.33)	38.5	(1.42)	13.7	(0.14)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(continued)*

Z i n c

Family income as % of poverty level and age	Percent reporting supplement zinc [9]		*All Individuals* [6]						*Supplement Users* [7]						*Non-users* [8]	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	8	(1.1)	1496	9.3	(0.28)	0.4	(0.10)	9.8	(0.33)	121	9.1	(0.66)	5.5	(0.86)	14.6	(0.96)	9.3	(0.31)
20 and over.....	14	(1.3)	1821	10.1	(0.22)	1.9	(0.22)	12.0	(0.31)	243	9.6	(0.53)	14.0	(0.60)	23.6	(0.70)	10.2	(0.25)
2 and over...	12	(0.9)	3317	9.8	(0.19)	1.4	(0.15)	11.3	(0.24)	364	9.5	(0.38)	12.0	(0.66)	21.4	(0.65)	9.9	(0.22)
131-350% poverty:																		
2 - 19.....	16	(2.1)	1316	8.9	(0.19)	0.6	(0.15)	9.5	(0.21)	171	8.9	(0.41)	4.0	(0.62)	12.9	(0.84)	8.8	(0.21)
20 and over.....	22	(1.7)	2514	10.7	(0.19)	3.5	(0.36)	14.2	(0.38)	510	10.5	(0.48)	16.0	(0.80)	26.5	(0.95)	10.8	(0.22)
2 and over...	20	(1.2)	3830	10.3	(0.17)	2.7	(0.27)	13.0	(0.31)	681	10.2	(0.38)	13.6	(0.80)	23.8	(0.89)	10.3	(0.20)
Over 350% poverty:																		
2 - 19.....	17	(1.9)	815	9.5	(0.24)	0.8	(0.15)	10.3	(0.28)	149	8.1	(0.36)	4.8	(0.66)	12.9	(0.72)	9.8	(0.26)
20 and over.....	26	(1.4)	2127	11.1	(0.18)	4.4	(0.39)	15.5	(0.36)	570	11.8	(0.30)	16.8	(0.99)	28.6	(0.97)	10.9	(0.23)
2 and over...	25	(1.2)	2942	10.8	(0.16)	3.8	(0.33)	14.6	(0.30)	719	11.3	(0.27)	15.3	(0.94)	26.6	(0.95)	10.6	(0.20)
All Individuals [10]:																		
2 - 19.....	13	(1.0)	4037	9.2	(0.16)	0.6	(0.07)	9.8	(0.17)	478	8.7	(0.23)	4.6	(0.38)	13.3	(0.48)	9.3	(0.18)
20 and over.....	22	(1.0)	7390	10.8	(0.11)	3.6	(0.26)	14.3	(0.23)	1491	11.1	(0.24)	16.1	(0.54)	27.2	(0.52)	10.7	(0.11)
2 and over...	20	(0.7)	11427	10.4	(0.10)	2.9	(0.20)	13.3	(0.19)	1969	10.7	(0.21)	14.3	(0.59)	25.0	(0.60)	10.3	(0.11)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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-March 2020 Prepandemic *(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	(0.4)	1496	0.9	(0.02)	#		0.9	(0.02)		--		--		--		0.9	(0.02)
20 and over.....	11	(1.2)	1821	1.1	(0.03)	0.1	(0.02)	1.2	(0.03)	196	1.1	(0.08)	1.2	(0.07)	2.3	(0.12)	1.1	(0.03)
2 and over...	8	(0.9)	3317	1.0	(0.02)	0.1	(0.01)	1.1	(0.02)	226	1.1	(0.08)	1.3	(0.07)	2.4	(0.11)	1.0	(0.02)
131-350% poverty:																		
2 - 19.....	3	(1.1)	1316	0.9	(0.02)	#		0.9	(0.03)		--		--		--		0.9	(0.02)
20 and over.....	18	(1.5)	2514	1.2	(0.03)	0.2	(0.01)	1.4	(0.03)	408	1.2	(0.06)	1.1	(0.05)	2.4	(0.08)	1.2	(0.03)
2 and over...	14	(1.2)	3830	1.1	(0.02)	0.2	(0.01)	1.3	(0.03)	435	1.2	(0.05)	1.1	(0.05)	2.4	(0.08)	1.1	(0.02)
Over 350% poverty:																		
2 - 19.....	3	(0.8)	815	1.0	(0.06)	0.1*	(0.02)	1.1	(0.06)		--		--		--		1.0	(0.06)
20 and over.....	21	(1.5)	2127	1.3	(0.02)	0.3	(0.02)	1.5	(0.03)	454	1.4	(0.04)	1.2	(0.05)	2.5	(0.05)	1.3	(0.03)
2 and over...	18	(1.2)	2942	1.2	(0.03)	0.2	(0.02)	1.5	(0.03)	477	1.3	(0.04)	1.2	(0.04)	2.5	(0.05)	1.2	(0.03)
All Individuals [10]:																		
2 - 19.....	3	(0.4)	4037	0.9	(0.03)	#		1.0	(0.03)	95	0.9	(0.06)	1.6	(0.15)	2.5	(0.16)	0.9	(0.03)
20 and over.....	18	(1.0)	7390	1.2	(0.02)	0.2	(0.01)	1.4	(0.02)	1195	1.3	(0.03)	1.2	(0.03)	2.4	(0.04)	1.2	(0.02)
2 and over...	14	(0.8)	11427	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	1290	1.3	(0.03)	1.2	(0.03)	2.4	(0.04)	1.1	(0.02)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, 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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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	(0.5)	1496	2941	(80.0)	#		2941	(79.9)		--		--		--		2934	(82.0)
20 and over.....	4	(0.8)	1821	3375	(90.3)	1*	(0.3)	3376	(90.3)		--		--		--		3398	(97.1)
2 and over...	3	(0.5)	3317	3226	(71.3)	1	(0.2)	3227	(71.3)	98	2902	(272.5)	23*	(7.3)	2925	(274.7)	3237	(76.7)
131-350% poverty:																		
2 - 19.....	5	(1.4)	1316	2873	(44.2)	1	(0.2)	2874	(44.2)		--		--		--		2869	(50.3)
20 and over.....	7	(1.1)	2514	3450	(67.8)	2	(0.3)	3451	(67.9)	148	3351	(250.2)	26	(3.4)	3377	(251.5)	3457	(63.3)
2 and over...	7	(0.7)	3830	3303	(50.0)	2	(0.2)	3304	(50.1)	200	3272	(192.4)	23	(2.5)	3295	(193.1)	3305	(46.4)
Over 350% poverty:																		
2 - 19.....	7	(1.1)	815	3113	(110.3)	1	(0.3)	3115	(110.3)		--		--		--		3147	(111.0)
20 and over.....	10	(0.7)	2127	3528	(53.0)	5	(1.6)	3533	(53.0)	199	3457	(117.1)	57*	(17.2)	3514	(108.9)	3535	(60.5)
2 and over...	9	(0.7)	2942	3453	(52.4)	5	(1.4)	3458	(52.4)	262	3349	(106.3)	51	(14.9)	3400	(102.0)	3463	(58.8)
All Individuals [10]:																		
2 - 19.....	5	(0.7)	4037	2974	(54.5)	1	(0.1)	2975	(54.5)	169	2856	(143.5)	15	(2.2)	2871	(144.0)	2980	(56.8)
20 and over.....	8	(0.5)	7390	3465	(31.8)	3	(0.7)	3468	(31.8)	462	3347	(131.2)	42	(8.5)	3389	(129.8)	3475	(30.2)
2 and over...	7	(0.5)	11427	3347	(28.3)	3	(0.5)	3349	(28.3)	631	3267	(104.5)	37	(7.3)	3305	(103.6)	3353	(29.0)

See page 23 for footnotes.

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P o t a s s i u m

Family income as % of poverty level and age	Percent reporting supplement potassium [9]		*All Individuals* [6] Sample Size	Food		Supplement		Food plus supplement		*Supplement Users* [7] Sample size	Food		Supplement		Food plus supplement		*Non-users* [8] Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 19.....	1*	(0.2)	1496	2062	(62.4)	1*	(0.5)	2063	(62.5)		--		--		--		2056	(62.1)
20 and over.....	8	(1.2)	1821	2442	(57.5)	8	(1.3)	2450	(57.5)	152	2235	(179.9)	97	(14.0)	2332	(189.0)	2461	(63.7)
2 and over...	6	(0.8)	3317	2312	(48.3)	6	(0.8)	2317	(48.3)	160	2269	(182.3)	99	(12.6)	2368	(191.0)	2314	(53.1)
131-350% poverty:																		
2 - 19.....	1*	(0.5)	1316	2054	(35.7)	1*	(0.5)	2055	(35.7)		--		--		--		2055	(36.3)
20 and over.....	13	(1.3)	2514	2535	(32.1)	16	(3.5)	2551	(30.5)	306	2588	(78.5)	127	(23.9)	2715	(83.1)	2527	(36.8)
2 and over...	10	(1.0)	3830	2412	(26.4)	12	(2.5)	2425	(25.8)	313	2574	(72.2)	126	(23.4)	2700	(76.9)	2395	(29.0)
Over 350% poverty:																		
2 - 19.....	1*	(0.3)	815	2171	(65.4)	1*	(0.5)	2172	(65.5)		--		--		--		2165	(65.1)
20 and over.....	16	(1.2)	2127	2721	(54.0)	18	(2.0)	2739	(54.3)	333	3005	(116.5)	112	(7.5)	3117	(115.5)	2669	(62.2)
2 and over...	13	(1.0)	2942	2622	(47.0)	15	(1.7)	2636	(47.2)	342	3007	(115.2)	112	(7.5)	3119	(114.2)	2565	(52.0)
All Individuals [10]:																		
2 - 19.....	1	(0.2)	4037	2090	(33.8)	1*	(0.3)	2090	(33.8)		--		--		--		2086	(33.9)
20 and over.....	13	(0.8)	7390	2593	(28.7)	15	(1.5)	2608	(29.0)	900	2778	(55.8)	114	(8.9)	2892	(60.0)	2565	(33.2)
2 and over...	10	(0.6)	11427	2472	(22.7)	12	(1.1)	2483	(22.8)	929	2775	(55.2)	114	(8.7)	2889	(59.1)	2437	(25.5)

See page 23 for footnotes.

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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)	1496	95.4	(2.51)	0.7*	(0.30)	96.1	(2.64)		--		--		--		95.2	(2.46)
20 and over.....	10	(1.3)	1821	111.8	(2.35)	4.9	(0.72)	116.7	(2.46)	178	99.1	(8.64)	49.2	(3.18)	148.3	(7.83)	113.2	(2.82)
2 and over...	7	(0.8)	3317	106.2	(1.92)	3.5	(0.50)	109.6	(2.00)	196	99.9	(7.76)	49.6	(3.42)	149.5	(6.94)	106.6	(2.25)
131-350% poverty:																		
2 - 19.....	4	(1.6)	1316	89.8	(1.73)	1.0*	(0.36)	90.9	(1.82)		--		--		--		90.1	(1.92)
20 and over.....	17	(1.6)	2514	110.6	(2.36)	10.2	(1.35)	120.8	(2.72)	405	111.5	(3.09)	59.8	(4.03)	171.3	(5.53)	110.4	(2.79)
2 and over...	14	(1.1)	3830	105.3	(1.70)	7.9	(1.03)	113.2	(2.00)	439	109.4	(2.67)	57.1	(4.76)	166.5	(6.24)	104.6	(1.90)
Over 350% poverty:																		
2 - 19.....	2*	(0.9)	815	96.6	(4.51)	1.0*	(0.59)	97.6	(4.38)		--		--		--		97.4	(4.44)
20 and over.....	22	(1.3)	2127	114.6	(1.73)	13.4	(1.00)	128.0	(1.64)	451	126.9	(5.08)	62.1	(3.33)	189.1	(4.73)	111.3	(1.82)
2 and over...	18	(1.1)	2942	111.4	(1.91)	11.1	(0.88)	122.5	(1.73)	468	125.5	(5.19)	61.9	(3.28)	187.4	(4.67)	108.3	(1.98)
All Individuals [10]:																		
2 - 19.....	3	(0.7)	4037	93.9	(1.69)	0.9	(0.21)	94.9	(1.68)		--		--		--		94.1	(1.72)
20 and over.....	18	(0.9)	7390	112.4	(0.89)	10.7	(0.72)	123.1	(1.06)	1173	117.6	(2.72)	59.9	(2.20)	177.5	(3.02)	111.2	(1.20)
2 and over...	14	(0.7)	11427	107.9	(0.81)	8.4	(0.56)	116.3	(0.82)	1250	116.3	(2.71)	58.9	(2.33)	175.2	(3.23)	106.6	(1.08)

See page 23 for footnotes.

DATA SOURCE: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).**

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

Symbol Legend

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

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

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 2.76.

# 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 83 for VIF = 2.76.

Note: 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.

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-March 2020. 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 2017-2020 www.ars.usda.gov/nea/bhnrc/fsrg.

[4] **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (P_DS1TOT) of NHANES 2017-March 2020. 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-March 2020/P_DS1TOT.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 Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Sample size [1]	Energy		Nutrient per 1000 kcal															
				Protein		Carbohydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:																			
2 - 5	468	1667	(41.7)	34.7	(0.51)	133	(1.6)	64	(1.7)	7.6	(0.20)	38.0	(0.56)	13.2	(0.28)	12.4	(0.23)	8.4	(0.18)
6 - 11	701	1989	(38.4)	34.2	(0.69)	130	(1.5)	59	(1.4)	7.5	(0.24)	39.3	(0.52)	13.9	(0.28)	12.9	(0.18)	8.5	(0.22)
12 - 19	899	2299	(36.4)	38.5	(0.60)	124	(1.4)	54	(1.1)	6.8	(0.14)	39.7	(0.47)	13.7	(0.21)	13.1	(0.22)	8.8	(0.19)
20 - 29	551	2420	(80.9)	39.3	(0.80)	115	(1.7)	45	(1.4)	7.0	(0.21)	38.6	(0.72)	12.6	(0.22)	13.0	(0.22)	9.1	(0.45)
30 - 39	535	2688	(70.3)	39.0	(0.84)	115	(1.9)	48	(2.1)	7.6	(0.28)	38.9	(0.67)	12.7	(0.28)	13.5	(0.29)	8.8	(0.22)
40 - 49	613	2579	(86.3)	40.7	(0.91)	111	(1.7)	48	(1.7)	7.2	(0.25)	40.6	(0.67)	13.1	(0.23)	14.1	(0.41)	9.1	(0.29)
50 - 59	608	2545	(42.8)	38.1	(0.89)	113	(2.2)	49	(2.0)	7.6	(0.23)	39.8	(0.61)	12.6	(0.25)	13.9	(0.31)	9.4	(0.25)
60 - 69	776	2448	(57.9)	38.8	(1.03)	113	(1.6)	47	(1.3)	7.6	(0.24)	41.9	(0.60)	13.7	(0.39)	14.2	(0.26)	10.0	(0.42)
70 and over	662	2145	(43.0)	38.0	(0.62)	116	(1.4)	49	(1.0)	8.6	(0.32)	41.5	(0.47)	13.4	(0.33)	14.3	(0.18)	10.0	(0.25)
2 - 19	2068	2061	(20.9)	36.3	(0.41)	128	(0.8)	58	(0.8)	7.2	(0.11)	39.2	(0.28)	13.7	(0.14)	12.9	(0.12)	8.6	(0.13)
20 and over	3745	2483	(24.2)	39.0	(0.35)	114	(0.7)	48	(1.0)	7.6	(0.16)	40.1	(0.21)	12.9	(0.10)	13.8	(0.10)	9.3	(0.16)
2 and over	5813	2379	(20.3)	38.3	(0.33)	117	(0.6)	50	(0.8)	7.5	(0.13)	39.9	(0.18)	13.1	(0.10)	13.5	(0.09)	9.2	(0.13)
Females:																			
2 - 5	472	1417	(24.8)	36.1	(0.54)	134	(1.3)	65	(1.3)	8.6	(0.37)	37.0	(0.43)	12.8	(0.20)	12.2	(0.20)	8.0	(0.20)
6 - 11	710	1902	(37.9)	33.6	(0.66)	132	(1.3)	59	(1.1)	8.0	(0.18)	39.0	(0.41)	13.6	(0.18)	12.6	(0.16)	8.8	(0.17)
12 - 19	841	1812	(57.3)	34.7	(0.85)	127	(2.0)	55	(1.3)	7.6	(0.18)	40.3	(0.59)	13.5	(0.21)	13.0	(0.27)	9.9	(0.27)
20 - 29	605	1963	(30.3)	38.6	(0.64)	115	(1.8)	48	(1.6)	8.0	(0.26)	41.8	(0.73)	14.0	(0.24)	13.8	(0.33)	9.7	(0.29)
30 - 39	667	1916	(27.2)	38.0	(0.56)	118	(1.5)	50	(2.0)	8.5	(0.38)	40.8	(0.50)	12.9	(0.27)	14.0	(0.24)	9.8	(0.23)
40 - 49	621	1805	(44.9)	37.7	(0.61)	119	(1.9)	55	(1.3)	8.2	(0.35)	40.2	(0.74)	13.0	(0.46)	13.6	(0.31)	9.5	(0.24)
50 - 59	706	1859	(48.5)	38.9	(0.93)	117	(1.8)	51	(1.5)	8.6	(0.27)	40.3	(0.50)	13.1	(0.21)	13.9	(0.26)	9.2	(0.18)
60 - 69	744	1745	(46.9)	39.7	(0.75)	112	(2.1)	48	(1.9)	9.1	(0.45)	42.2	(0.65)	13.4	(0.35)	14.2	(0.32)	10.5	(0.33)
70 and over	619	1648	(32.0)	38.6	(0.76)	118	(1.3)	51	(1.2)	9.3	(0.22)	41.4	(0.67)	13.6	(0.41)	14.0	(0.18)	9.7	(0.16)
2 - 19	2023	1757	(31.5)	34.7	(0.55)	130	(1.1)	59	(0.8)	8.0	(0.13)	39.2	(0.33)	13.4	(0.11)	12.7	(0.14)	9.1	(0.13)
20 and over	3962	1829	(17.7)	38.6	(0.35)	116	(0.8)	51	(0.8)	8.6	(0.18)	41.1	(0.34)	13.3	(0.19)	13.9	(0.15)	9.7	(0.14)
2 and over	5985	1812	(12.1)	37.7	(0.30)	120	(0.6)	52	(0.6)	8.5	(0.15)	40.7	(0.26)	13.3	(0.15)	13.6	(0.11)	9.6	(0.12)
Males and females:																			
2 - 19	4091	1911	(19.7)	35.5	(0.41)	129	(0.8)	58	(0.6)	7.6	(0.10)	39.2	(0.23)	13.5	(0.10)	12.8	(0.08)	8.9	(0.10)
20 and over	7707	2144	(14.9)	38.8	(0.27)	115	(0.5)	49	(0.6)	8.1	(0.15)	40.6	(0.20)	13.1	(0.13)	13.8	(0.10)	9.5	(0.12)
2 and over	11798	2089	(11.3)	38.0	(0.27)	118	(0.4)	51	(0.6)	8.0	(0.13)	40.3	(0.16)	13.2	(0.11)	13.6	(0.08)	9.4	(0.10)

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	Nutrient per 1000 kcal																	
	Choles-terol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-crypto-xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Males:																		
2 - 5	120	(6.5)	281	(10.6)	346	(15.8)	103	(20.1)	699	(123.8)	53	(5.2)	2559	(340.5)	395	(33.8)	0.80	(0.019)
6 - 11	121	(5.7)	261	(11.4)	314	(12.8)	94	(12.0)	553	(57.7)	47	(8.2)	2060	(151.5)	482	(114.0)	0.82	(0.013)
12 - 19	126	(2.9)	218	(7.1)	262	(6.2)	74	(11.4)	480	(41.3)	32	(2.2)	2571	(241.9)	385	(21.2)	0.81	(0.020)
20 - 29	152	(6.5)	178	(14.2)	256	(12.0)	191	(25.9)	828	(79.2)	27	(3.5)	2012	(169.1)	563	(90.8)	0.76	(0.022)
30 - 39	145	(5.3)	162	(8.1)	251	(14.4)	149	(18.5)	970	(133.7)	41	(7.3)	2338	(299.4)	556	(66.8)	0.74	(0.019)
40 - 49	155	(6.7)	172	(8.8)	277	(22.3)	219*	(74.6)	1128	(246.4)	48	(12.0)	2279	(265.7)	793	(183.4)	0.75	(0.021)
50 - 59	145	(7.2)	180	(9.4)	277	(13.6)	153	(27.1)	1061	(107.0)	41	(7.0)	2443	(352.0)	721	(81.9)	0.74	(0.024)
60 - 69	148	(11.4)	187	(12.6)	269	(12.1)	143	(19.6)	902	(69.3)	36	(2.8)	2117	(211.6)	650	(34.3)	0.78	(0.017)
70 and over	155	(5.9)	238	(13.8)	361	(15.6)	266	(36.7)	1324	(152.2)	43	(4.6)	2343	(249.9)	865	(102.9)	0.81	(0.013)
2 - 19	123	(2.9)	246	(5.9)	297	(6.5)	87	(8.0)	551	(31.9)	42	(3.4)	2397	(142.9)	420	(42.7)	0.81	(0.012)
20 and over	150	(2.9)	184	(5.1)	279	(7.5)	185	(18.9)	1023	(79.2)	39	(3.3)	2251	(130.8)	683	(64.0)	0.76	(0.010)
2 and over	143	(1.8)	199	(4.2)	283	(5.6)	161	(15.1)	907	(65.1)	39	(2.6)	2287	(98.9)	618	(53.5)	0.77	(0.007)
Females:																		
2 - 5	130	(7.8)	287	(8.5)	382	(14.2)	264	(56.4)	967	(142.8)	77	(7.3)	2150	(204.3)	510	(35.5)	0.82	(0.019)
6 - 11	112	(4.5)	250	(18.2)	315	(19.2)	126	(17.0)	683	(51.5)	51	(5.4)	2352	(171.6)	424	(27.0)	0.81	(0.023)
12 - 19	118	(3.2)	207	(13.7)	270	(13.0)	115	(14.1)	677	(58.2)	33	(3.0)	2222	(175.6)	500	(46.5)	0.76	(0.030)
20 - 29	150	(5.3)	201	(9.5)	324	(19.6)	249	(48.1)	1335	(149.3)	44	(5.0)	2617	(357.2)	927	(108.1)	0.75	(0.023)
30 - 39	146	(7.1)	185	(10.8)	317	(13.4)	188	(32.3)	1470	(161.0)	43	(5.5)	2344	(170.8)	1329	(372.0)	0.73	(0.021)
40 - 49	160	(17.1)	210	(15.9)	332	(15.8)	234	(43.3)	1334	(149.9)	46	(8.2)	2052	(178.0)	993	(110.4)	0.75	(0.028)
50 - 59	150	(7.9)	192	(8.2)	330	(23.2)	164	(21.9)	1545	(248.8)	47	(4.0)	2413	(269.9)	977	(94.1)	0.77	(0.029)
60 - 69	163	(7.6)	202	(10.8)	350	(21.8)	205	(24.4)	1647	(181.5)	50	(4.2)	2512	(329.9)	1008	(106.0)	0.73	(0.018)
70 and over	149	(5.1)	247	(15.7)	416	(20.4)	309	(39.5)	1848	(155.6)	59	(6.1)	2547	(263.5)	1018	(94.8)	0.81	(0.016)
2 - 19	118	(2.3)	238	(8.6)	308	(9.2)	151	(9.9)	741	(33.5)	48	(2.9)	2249	(117.3)	477	(20.1)	0.79	(0.020)
20 and over	153	(4.3)	205	(6.8)	344	(8.2)	223	(19.3)	1524	(61.5)	48	(2.9)	2418	(110.8)	1043	(60.2)	0.76	(0.010)
2 and over	145	(3.3)	213	(6.1)	336	(7.2)	207	(15.3)	1347	(53.1)	48	(2.5)	2380	(85.8)	915	(47.8)	0.76	(0.008)
Males and females:																		
2 - 19	121	(2.3)	242	(5.2)	303	(6.0)	118	(7.2)	644	(29.7)	45	(2.4)	2324	(95.5)	448	(26.6)	0.80	(0.012)
20 and over	151	(3.3)	195	(5.1)	312	(6.9)	205	(17.0)	1283	(65.8)	44	(2.5)	2338	(85.9)	870	(59.2)	0.76	(0.009)
2 and over	144	(2.3)	206	(4.4)	310	(5.7)	184	(13.5)	1132	(55.9)	44	(2.1)	2334	(72.9)	770	(48.6)	0.77	(0.007)

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Nutrient per 1000 kcal

Males/Females and age (years)	Ribo-flavin mg	(SE)	Niacin mg	(SE)	Vitamin B6 mg	(SE)	Folic acid µg	(SE)	Food folate µg	(SE)	Folate (DFE) µg	(SE)	Choline mg	(SE)	Vitamin B12 µg	(SE)	Added Vitamin B12 µg	(SE)
Males:																		
2 - 5	0.99	(0.019)	10.4	(0.19)	0.92	(0.021)	97	(4.9)	75	(2.3)	239	(8.7)	139	(4.8)	2.44	(0.078)	0.46	(0.049)
6 - 11	0.95	(0.023)	10.9	(0.27)	0.86	(0.033)	108	(4.0)	77	(2.4)	259	(6.9)	129	(3.8)	2.28	(0.078)	0.54	(0.055)
12 - 19	0.92	(0.019)	12.6	(0.23)	0.97	(0.042)	101	(4.7)	76	(1.6)	247	(7.8)	134	(2.5)	2.56	(0.087)	0.58	(0.092)
20 - 29	0.92	(0.024)	13.3	(0.35)	1.09	(0.041)	94	(7.3)	94	(3.9)	253	(11.1)	159	(4.9)	2.26	(0.119)	0.48	(0.061)
30 - 39	1.08	(0.043)	14.3	(0.58)	1.23	(0.062)	77	(7.3)	95	(3.6)	225	(13.5)	157	(3.9)	2.66	(0.129)	0.95	(0.139)
40 - 49	1.13	(0.103)	14.1	(1.09)	1.15	(0.116)	69	(4.1)	100	(3.5)	216	(7.5)	164	(4.7)	2.65	(0.334)	0.81*	(0.323)
50 - 59	0.97	(0.033)	11.9	(0.35)	0.94	(0.037)	70	(4.5)	103	(3.1)	222	(9.4)	164	(5.4)	2.16	(0.120)	0.34	(0.053)
60 - 69	0.99	(0.027)	12.6	(0.56)	1.08	(0.108)	82	(4.8)	95	(1.6)	235	(8.4)	159	(6.6)	2.37	(0.132)	0.53	(0.128)
70 and over	1.03	(0.018)	11.9	(0.31)	1.02	(0.037)	80	(4.2)	105	(3.5)	240	(7.9)	175	(3.9)	2.39	(0.132)	0.36	(0.040)
2 - 19	0.95	(0.013)	11.6	(0.14)	0.92	(0.019)	102	(3.1)	76	(1.3)	249	(4.9)	133	(2.3)	2.44	(0.052)	0.54	(0.042)
20 and over	1.02	(0.024)	13.1	(0.25)	1.09	(0.028)	79	(2.1)	98	(2.1)	232	(4.3)	162	(2.0)	2.41	(0.084)	0.58	(0.062)
2 and over	1.00	(0.020)	12.7	(0.19)	1.05	(0.022)	85	(1.6)	93	(1.8)	236	(3.3)	155	(1.2)	2.42	(0.068)	0.57	(0.050)
Females:																		
2 - 5	1.05	(0.018)	10.7	(0.24)	0.98	(0.026)	94	(4.3)	86	(3.7)	245	(8.9)	152	(5.0)	2.45	(0.081)	0.43	(0.045)
6 - 11	0.95	(0.025)	10.8	(0.44)	0.88	(0.053)	108	(5.9)	79	(2.7)	261	(9.6)	125	(3.0)	2.27	(0.121)	0.56	(0.093)
12 - 19	0.86	(0.024)	11.4	(0.34)	0.89	(0.046)	94	(5.0)	86	(3.1)	243	(9.2)	124	(2.3)	1.93	(0.099)	0.45	(0.087)
20 - 29	0.91	(0.024)	11.9	(0.34)	0.99	(0.057)	75	(3.2)	100	(3.8)	227	(5.8)	155	(4.2)	2.01	(0.085)	0.36	(0.076)
30 - 39	0.97	(0.026)	12.1	(0.29)	1.02	(0.043)	74	(5.4)	111	(7.0)	237	(9.7)	156	(5.2)	1.97	(0.077)	0.43	(0.058)
40 - 49	1.06	(0.040)	11.5	(0.45)	0.95	(0.074)	79	(6.2)	111	(3.2)	245	(10.2)	168	(9.9)	2.12	(0.101)	0.46	(0.102)
50 - 59	1.06	(0.032)	11.7	(0.36)	0.97	(0.036)	70	(3.8)	109	(3.4)	228	(6.4)	163	(5.8)	2.23	(0.120)	0.35	(0.062)
60 - 69	1.02	(0.026)	11.2	(0.34)	0.92	(0.023)	63	(3.5)	119	(5.5)	226	(7.5)	175	(5.0)	2.04	(0.101)	0.21	(0.039)
70 and over	1.04	(0.022)	12.0	(0.28)	1.01	(0.046)	83	(5.2)	109	(3.3)	250	(8.2)	165	(3.2)	2.29	(0.137)	0.35	(0.061)
2 - 19	0.93	(0.015)	11.0	(0.27)	0.91	(0.033)	99	(3.4)	83	(1.6)	249	(6.0)	131	(1.6)	2.15	(0.064)	0.48	(0.055)
20 and over	1.01	(0.018)	11.7	(0.15)	0.98	(0.020)	74	(1.5)	110	(2.0)	235	(3.2)	163	(2.7)	2.11	(0.051)	0.36	(0.026)
2 and over	0.99	(0.015)	11.6	(0.13)	0.96	(0.017)	80	(1.5)	104	(1.7)	238	(3.1)	156	(2.2)	2.12	(0.043)	0.39	(0.025)
Males and females:																		
2 - 19	0.94	(0.011)	11.3	(0.16)	0.91	(0.022)	100	(2.3)	80	(1.2)	249	(4.0)	132	(1.6)	2.30	(0.041)	0.51	(0.040)
20 and over	1.01	(0.017)	12.4	(0.16)	1.03	(0.019)	76	(1.4)	104	(1.8)	234	(3.2)	163	(2.1)	2.25	(0.053)	0.47	(0.033)
2 and over	0.99	(0.015)	12.1	(0.13)	1.00	(0.016)	82	(1.1)	98	(1.6)	237	(2.5)	156	(1.4)	2.27	(0.045)	0.48	(0.029)

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females 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)
Males:																
2 - 5.....	50.3	(2.91)	3.5	(0.13)	3.9	(0.14)	0.5	(0.13)	31.0	(1.90)	609	(11.3)	711	(10.0)	134	(2.7)
6 - 11.....	38.5	(2.66)	2.8	(0.11)	4.2	(0.31)	0.7*	(0.29)	37.1	(4.89)	533	(12.9)	656	(12.0)	123	(2.2)
12 - 19.....	31.7	(1.78)	2.4	(0.09)	3.8	(0.09)	0.3	(0.06)	35.1	(2.23)	498	(10.0)	661	(6.6)	123	(2.0)
20 - 29.....	30.7	(2.26)	2.1	(0.16)	4.0	(0.34)	0.3*	(0.11)	44.7	(5.00)	452	(15.4)	647	(19.5)	138	(3.9)
30 - 39.....	32.7	(2.42)	1.7	(0.11)	4.0	(0.12)	0.4	(0.10)	46.4	(3.04)	441	(13.2)	633	(12.3)	142	(5.1)
40 - 49.....	34.7	(2.56)	1.9	(0.15)	4.3	(0.18)	0.5	(0.13)	60.6	(8.45)	520	(75.4)	666	(12.1)	158	(14.8)
50 - 59.....	40.0	(5.53)	1.9	(0.14)	4.5	(0.17)	0.6	(0.13)	59.1	(5.52)	492	(50.6)	653	(12.6)	160	(14.2)
60 - 69.....	35.3	(1.67)	2.2	(0.14)	4.2	(0.12)	0.5	(0.10)	54.4	(3.03)	433	(14.1)	643	(14.1)	143	(2.6)
70 and over.....	40.8	(2.08)	2.8	(0.22)	4.6	(0.15)	0.5	(0.13)	63.7	(4.86)	439	(11.6)	658	(9.4)	153	(2.9)
2 - 19.....	37.9	(1.61)	2.8	(0.07)	3.9	(0.11)	0.5	(0.11)	34.9	(2.46)	533	(8.1)	670	(6.5)	125	(1.3)
20 and over...	35.5	(1.26)	2.1	(0.06)	4.3	(0.10)	0.5	(0.04)	54.3	(3.47)	464	(17.5)	650	(4.0)	149	(3.9)
2 and over...	36.1	(0.93)	2.2	(0.05)	4.2	(0.08)	0.5	(0.03)	49.5	(3.02)	481	(13.5)	655	(3.9)	143	(2.9)
Females:																
2 - 5.....	63.6	(2.95)	3.7	(0.15)	3.9	(0.14)	0.4*	(0.12)	36.6	(2.44)	635	(16.8)	732	(8.9)	140	(2.7)
6 - 11.....	40.1	(2.85)	2.6	(0.13)	3.9	(0.12)	0.2	(0.04)	36.3	(2.02)	526	(10.2)	657	(9.2)	125	(1.5)
12 - 19.....	35.1	(1.44)	2.0	(0.13)	4.3	(0.17)	0.3	(0.08)	45.5	(2.75)	470	(10.8)	615	(9.2)	125	(2.0)
20 - 29.....	42.8	(3.41)	1.9	(0.14)	4.7	(0.23)	0.8	(0.16)	65.8	(5.31)	477	(12.6)	645	(11.1)	143	(3.8)
30 - 39.....	39.4	(2.93)	1.9	(0.13)	4.7	(0.20)	0.5	(0.09)	85.8	(16.09)	473	(12.5)	647	(9.4)	153	(5.3)
40 - 49.....	47.0	(7.67)	2.4	(0.21)	4.8	(0.33)	0.8*	(0.25)	75.4	(7.64)	511	(26.8)	662	(20.0)	158	(3.9)
50 - 59.....	41.9	(2.11)	2.0	(0.11)	4.7	(0.14)	0.5	(0.11)	71.6	(5.43)	476	(13.1)	660	(12.0)	159	(3.7)
60 - 69.....	44.2	(2.47)	2.3	(0.17)	4.8	(0.14)	0.4	(0.12)	75.2	(6.86)	488	(15.9)	682	(13.6)	161	(3.7)
70 and over.....	45.8	(2.68)	2.5	(0.12)	4.9	(0.13)	0.5	(0.11)	72.1	(4.10)	478	(9.5)	673	(9.2)	161	(3.4)
2 - 19.....	42.8	(1.30)	2.5	(0.08)	4.1	(0.09)	0.3	(0.05)	40.6	(1.50)	524	(5.5)	654	(6.7)	129	(1.3)
20 and over...	43.4	(1.38)	2.2	(0.08)	4.8	(0.09)	0.6	(0.07)	74.3	(3.06)	483	(8.3)	661	(6.0)	155	(1.7)
2 and over...	43.3	(1.15)	2.3	(0.07)	4.6	(0.08)	0.5	(0.05)	66.6	(2.50)	492	(6.3)	659	(4.4)	149	(1.4)
Males and females:																
2 - 19.....	40.3	(1.15)	2.6	(0.05)	4.0	(0.07)	0.4	(0.08)	37.7	(1.65)	528	(5.5)	662	(5.3)	127	(1.0)
20 and over...	39.6	(1.09)	2.1	(0.06)	4.5	(0.08)	0.5	(0.04)	64.6	(2.97)	474	(10.8)	655	(3.9)	152	(2.4)
2 and over...	39.8	(0.90)	2.3	(0.05)	4.4	(0.06)	0.5	(0.03)	58.3	(2.53)	487	(8.2)	657	(3.3)	146	(1.9)

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Nutrient per 1000 kcal

Males/Females and age (years)	Iron mg	(SE)	Zinc mg	(SE)	Copper mg	(SE)	Selenium µg	(SE)	Potassium mg	(SE)	Sodium mg	(SE)	Caffeine mg	(SE)	Theobromine mg	(SE)	Alcohol g	(SE)
Males:																		
2 - 5	6.7	(0.19)	4.8	(0.14)	0.5	(0.01)	45.8	(0.94)	1259	(22.7)	1412	(21.7)	5.6	(1.29)	20.9	(1.91)	--	--
6 - 11	7.3	(0.19)	4.9	(0.16)	0.5	(0.01)	47.3	(1.06)	1076	(22.6)	1513	(23.4)	9.0	(1.45)	30.6	(2.39)	--	--
12 - 19	7.1	(0.21)	5.2	(0.13)	0.5	(0.01)	54.7	(1.05)	1066	(14.9)	1701	(19.5)	20.4	(1.65)	20.6	(2.26)	--	--
20 - 29	6.5	(0.24)	5.2	(0.14)	0.5	(0.02)	56.8	(1.34)	1115	(22.9)	1718	(39.7)	51.1	(5.83)	11.1	(1.45)	--	--
30 - 39	6.4	(0.20)	5.3	(0.13)	0.5	(0.02)	54.0	(1.16)	1160	(26.4)	1681	(29.9)	86.6	(11.54)	12.4	(1.64)	--	--
40 - 49	6.3	(0.14)	5.3	(0.13)	0.6	(0.06)	54.7	(1.42)	1227	(26.8)	1973	(326.7)	92.8	(5.46)	15.7	(1.83)	--	--
50 - 59	6.5	(0.26)	5.4	(0.26)	0.7	(0.13)	54.4	(1.17)	1231	(23.2)	1649	(65.2)	89.5	(7.52)	20.1	(4.00)	--	--
60 - 69	6.8	(0.18)	5.1	(0.13)	0.6	(0.02)	55.2	(1.51)	1245	(23.9)	1662	(43.2)	101.1	(7.52)	18.7	(2.07)	--	--
70 and over	7.3	(0.19)	5.2	(0.10)	0.6	(0.02)	53.2	(1.20)	1405	(26.8)	1608	(20.5)	96.4	(3.72)	20.1	(1.92)	--	--
2 - 19	7.1	(0.14)	5.0	(0.10)	0.5	(0.01)	50.3	(0.65)	1110	(14.5)	1577	(14.1)	13.5	(1.14)	24.1	(1.61)	--	--
20 and over	6.6	(0.08)	5.2	(0.07)	0.6	(0.03)	54.8	(0.44)	1221	(12.8)	1719	(59.0)	84.8	(3.67)	16.1	(0.97)	5.5	(0.30)
2 and over	6.7	(0.07)	5.2	(0.05)	0.6	(0.02)	53.7	(0.42)	1194	(11.9)	1684	(45.7)	67.3	(2.83)	18.0	(0.89)	--	--
Females:																		
2 - 5	6.9	(0.24)	5.1	(0.09)	0.5	(0.01)	45.8	(0.81)	1370	(21.0)	1430	(25.7)	3.7	(0.54)	21.8	(2.51)	--	--
6 - 11	7.2	(0.28)	4.8	(0.12)	0.5	(0.01)	48.1	(1.19)	1103	(16.7)	1512	(27.0)	6.9	(0.59)	26.5	(1.17)	--	--
12 - 19	6.8	(0.25)	4.6	(0.15)	0.5	(0.01)	50.0	(0.93)	1053	(14.5)	1619	(27.8)	22.7	(2.12)	23.1	(2.35)	--	--
20 - 29	6.2	(0.17)	4.9	(0.09)	0.6	(0.02)	53.4	(0.94)	1219	(38.3)	1686	(22.1)	69.2	(9.08)	18.3	(1.77)	--	--
30 - 39	6.6	(0.15)	4.9	(0.11)	0.6	(0.02)	51.1	(1.11)	1262	(36.6)	1729	(59.9)	73.7	(5.55)	18.0	(2.01)	--	--
40 - 49	6.8	(0.25)	5.0	(0.11)	0.6	(0.02)	52.2	(1.62)	1297	(36.5)	1578	(36.7)	116.1	(16.30)	21.8	(2.70)	--	--
50 - 59	6.7	(0.13)	5.1	(0.11)	0.6	(0.02)	54.2	(1.45)	1357	(32.0)	1595	(46.3)	111.3	(9.18)	14.8	(1.00)	--	--
60 - 69	6.7	(0.19)	5.2	(0.10)	0.7	(0.02)	52.9	(1.34)	1404	(33.9)	1633	(26.9)	107.1	(8.12)	21.2	(2.63)	--	--
70 and over	7.6	(0.17)	5.2	(0.11)	0.7	(0.02)	53.7	(0.71)	1421	(25.6)	1638	(32.0)	86.6	(3.44)	22.6	(1.59)	--	--
2 - 19	7.0	(0.17)	4.8	(0.09)	0.5	(0.01)	48.4	(0.69)	1137	(13.1)	1543	(20.5)	13.4	(1.08)	23.9	(1.23)	--	--
20 and over	6.7	(0.07)	5.1	(0.03)	0.6	(0.01)	52.9	(0.54)	1324	(16.8)	1645	(15.4)	93.4	(5.32)	19.3	(0.85)	3.3	(0.31)
2 and over	6.8	(0.07)	5.0	(0.04)	0.6	(0.01)	51.9	(0.48)	1281	(14.1)	1622	(14.6)	75.3	(4.39)	20.3	(0.73)	--	--
Males and females:																		
2 - 19	7.0	(0.12)	4.9	(0.06)	0.5	(0.01)	49.4	(0.54)	1124	(11.5)	1560	(14.6)	13.4	(0.79)	24.0	(0.95)	--	--
20 and over	6.7	(0.06)	5.1	(0.04)	0.6	(0.01)	53.8	(0.34)	1274	(13.8)	1680	(31.4)	89.3	(3.96)	17.7	(0.65)	4.4	(0.22)
2 and over	6.8	(0.05)	5.1	(0.03)	0.6	(0.01)	52.8	(0.32)	1239	(12.1)	1652	(25.9)	71.4	(3.16)	19.2	(0.61)	--	--

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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 Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	SFA 4:0 g	(SE)	SFA 6:0 g	(SE)	SFA 8:0 g	(SE)	SFA 10:0 g	(SE)	SFA 12:0 g	(SE)	SFA 14:0 g	(SE)	SFA 16:0 g	(SE)	SFA 18:0 g	(SE)
Nutrient per 1000 kcal																
Males:																
2 - 5	0.27	(0.012)	0.18	(0.009)	0.15	(0.007)	0.31	(0.013)	0.48	(0.035)	1.25	(0.046)	7.16	(0.127)	2.89	(0.065)
6 - 11	0.26	(0.009)	0.18	(0.007)	0.15	(0.004)	0.29	(0.009)	0.53	(0.021)	1.23	(0.034)	7.61	(0.183)	3.19	(0.070)
12 - 19	0.24	(0.009)	0.16	(0.006)	0.13	(0.005)	0.27	(0.009)	0.48	(0.025)	1.22	(0.034)	7.50	(0.103)	3.20	(0.055)
20 - 29	0.20	(0.009)	0.13	(0.006)	0.10	(0.005)	0.22	(0.009)	0.34	(0.022)	1.04	(0.034)	6.98	(0.134)	3.07	(0.058)
30 - 39	0.20	(0.010)	0.13	(0.005)	0.11	(0.004)	0.23	(0.009)	0.37	(0.018)	1.05	(0.037)	7.03	(0.157)	3.08	(0.080)
40 - 49	0.23	(0.015)	0.15	(0.011)	0.12	(0.007)	0.26	(0.016)	0.42	(0.026)	1.11	(0.049)	7.19	(0.111)	3.13	(0.067)
50 - 59	0.20	(0.012)	0.14	(0.008)	0.12	(0.006)	0.24	(0.011)	0.45	(0.031)	1.03	(0.038)	6.93	(0.121)	2.99	(0.067)
60 - 69	0.23	(0.019)	0.16	(0.013)	0.13	(0.009)	0.26	(0.019)	0.46	(0.035)	1.14	(0.064)	7.52	(0.163)	3.28	(0.098)
70 and over	0.25	(0.011)	0.16	(0.008)	0.14	(0.008)	0.27	(0.013)	0.52	(0.046)	1.13	(0.049)	7.22	(0.139)	3.19	(0.090)
2 - 19	0.25	(0.006)	0.17	(0.004)	0.14	(0.003)	0.29	(0.006)	0.50	(0.015)	1.23	(0.024)	7.47	(0.078)	3.13	(0.035)
20 and over	0.22	(0.005)	0.15	(0.004)	0.12	(0.003)	0.24	(0.005)	0.42	(0.012)	1.08	(0.018)	7.13	(0.044)	3.11	(0.028)
2 and over	0.22	(0.005)	0.15	(0.003)	0.13	(0.002)	0.26	(0.005)	0.44	(0.009)	1.12	(0.017)	7.21	(0.046)	3.12	(0.025)
Females:																
2 - 5	0.26	(0.009)	0.18	(0.006)	0.14	(0.005)	0.30	(0.009)	0.46	(0.034)	1.20	(0.032)	6.91	(0.102)	2.86	(0.054)
6 - 11	0.27	(0.011)	0.18	(0.007)	0.14	(0.005)	0.30	(0.009)	0.50	(0.027)	1.21	(0.031)	7.45	(0.122)	3.11	(0.039)
12 - 19	0.27	(0.010)	0.18	(0.007)	0.14	(0.004)	0.29	(0.009)	0.49	(0.028)	1.21	(0.030)	7.33	(0.123)	3.10	(0.055)
20 - 29	0.26	(0.010)	0.17	(0.006)	0.15	(0.007)	0.29	(0.011)	0.53	(0.037)	1.25	(0.039)	7.63	(0.137)	3.25	(0.066)
30 - 39	0.22	(0.009)	0.15	(0.006)	0.13	(0.008)	0.26	(0.009)	0.51	(0.060)	1.09	(0.041)	7.09	(0.135)	3.02	(0.063)
40 - 49	0.22	(0.016)	0.16	(0.012)	0.15	(0.012)	0.27	(0.020)	0.56	(0.056)	1.12	(0.065)	6.97	(0.196)	3.05	(0.107)
50 - 59	0.24	(0.010)	0.16	(0.006)	0.14	(0.006)	0.28	(0.011)	0.49	(0.026)	1.16	(0.030)	7.07	(0.090)	3.10	(0.072)
60 - 69	0.24	(0.015)	0.16	(0.010)	0.14	(0.009)	0.28	(0.019)	0.50	(0.043)	1.14	(0.063)	7.23	(0.144)	3.16	(0.076)
70 and over	0.25	(0.011)	0.17	(0.008)	0.14	(0.007)	0.29	(0.012)	0.49	(0.033)	1.18	(0.051)	7.34	(0.186)	3.19	(0.109)
2 - 19	0.27	(0.006)	0.18	(0.004)	0.14	(0.003)	0.29	(0.005)	0.49	(0.022)	1.21	(0.018)	7.28	(0.062)	3.05	(0.027)
20 and over	0.24	(0.006)	0.16	(0.004)	0.14	(0.004)	0.28	(0.008)	0.51	(0.019)	1.16	(0.027)	7.22	(0.076)	3.13	(0.049)
2 and over	0.25	(0.005)	0.17	(0.004)	0.14	(0.003)	0.28	(0.006)	0.51	(0.014)	1.17	(0.021)	7.24	(0.063)	3.11	(0.039)
Males and females:																
2 - 19	0.26	(0.005)	0.18	(0.003)	0.14	(0.002)	0.29	(0.004)	0.49	(0.013)	1.22	(0.018)	7.37	(0.055)	3.09	(0.024)
20 and over	0.23	(0.005)	0.15	(0.004)	0.13	(0.003)	0.26	(0.006)	0.47	(0.013)	1.12	(0.021)	7.18	(0.052)	3.12	(0.034)
2 and over	0.24	(0.004)	0.16	(0.003)	0.13	(0.002)	0.27	(0.005)	0.47	(0.010)	1.14	(0.018)	7.22	(0.049)	3.11	(0.028)

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	MFA 16:1 g	(SE)	MFA 18:1 g	(SE)	MFA 20:1 g	(SE)	MFA 22:1 g	(SE)	PFA 18:2 g	(SE)	PFA 18:3 g	(SE)	PFA 18:4 g	(SE)
Nutrient per 1000 kcal														
Males:														
2 - 5	0.49	(0.018)	11.77	(0.215)	0.14	(0.005)	0.01	(0.002)	7.55	(0.165)	0.69	(0.022)	#	
6 - 11	0.51	(0.017)	12.19	(0.177)	0.14	(0.003)	0.01	(0.001)	7.70	(0.207)	0.71	(0.025)	#	
12 - 19	0.56	(0.016)	12.32	(0.205)	0.14	(0.004)	0.01	(0.001)	7.91	(0.167)	0.73	(0.022)	#	
20 - 29	0.59	(0.022)	12.14	(0.202)	0.15	(0.003)	0.02*	(0.007)	8.11	(0.442)	0.76	(0.021)	#	
30 - 39	0.58	(0.019)	12.62	(0.263)	0.15	(0.005)	0.01	(0.001)	7.78	(0.197)	0.82	(0.030)	#	
40 - 49	0.61	(0.043)	13.21	(0.364)	0.17	(0.010)	0.02	(0.004)	8.06	(0.261)	0.82	(0.031)	0.01	(0.001)
50 - 59	0.55	(0.026)	13.05	(0.299)	0.15	(0.006)	0.01	(0.002)	8.35	(0.231)	0.89	(0.030)	#	
60 - 69	0.55	(0.020)	13.33	(0.247)	0.16	(0.006)	0.02	(0.002)	8.82	(0.347)	0.97	(0.083)	#	
70 and over	0.53	(0.014)	13.45	(0.168)	0.17	(0.006)	0.02	(0.003)	8.75	(0.209)	0.95	(0.037)	0.01	(0.001)
2 - 19	0.53	(0.012)	12.16	(0.109)	0.14	(0.002)	0.01	(0.001)	7.76	(0.120)	0.71	(0.012)	#	
20 and over	0.57	(0.010)	12.92	(0.097)	0.16	(0.003)	0.02	(0.001)	8.28	(0.144)	0.86	(0.023)	#	
2 and over	0.56	(0.009)	12.73	(0.082)	0.15	(0.002)	0.02	(0.001)	8.15	(0.120)	0.82	(0.020)	#	
Females:														
2 - 5	0.48	(0.013)	11.57	(0.196)	0.13	(0.004)	0.01	(0.001)	7.24	(0.178)	0.68	(0.017)	#	
6 - 11	0.46	(0.014)	11.92	(0.150)	0.14	(0.003)	0.01	(0.001)	7.95	(0.150)	0.76	(0.018)	#	
12 - 19	0.51	(0.018)	12.29	(0.253)	0.14	(0.005)	0.01	(0.001)	8.84	(0.247)	0.87	(0.024)	#	
20 - 29	0.59	(0.021)	12.97	(0.315)	0.15	(0.006)	0.01	(0.001)	8.66	(0.264)	0.89	(0.031)	#	
30 - 39	0.54	(0.019)	13.19	(0.229)	0.16	(0.006)	0.02	(0.002)	8.67	(0.199)	0.91	(0.033)	#	
40 - 49	0.52	(0.013)	12.77	(0.294)	0.15	(0.008)	0.01	(0.001)	8.45	(0.218)	0.90	(0.036)	#	
50 - 59	0.54	(0.017)	13.10	(0.256)	0.14	(0.005)	0.01	(0.002)	8.12	(0.163)	0.90	(0.025)	#	
60 - 69	0.55	(0.018)	13.34	(0.305)	0.16	(0.007)	0.02*	(0.007)	9.25	(0.286)	1.05	(0.060)	0.01	(0.001)
70 and over	0.54	(0.017)	13.23	(0.174)	0.15	(0.005)	0.02	(0.003)	8.56	(0.142)	0.95	(0.025)	#	
2 - 19	0.49	(0.009)	12.02	(0.135)	0.14	(0.003)	0.01	(0.001)	8.21	(0.115)	0.79	(0.012)	#	
20 and over	0.55	(0.007)	13.10	(0.145)	0.15	(0.002)	0.01	(0.001)	8.61	(0.123)	0.93	(0.021)	#	
2 and over	0.53	(0.006)	12.85	(0.106)	0.15	(0.002)	0.01	(0.001)	8.52	(0.107)	0.90	(0.016)	#	
Males and females:														
2 - 19	0.51	(0.008)	12.09	(0.069)	0.14	(0.002)	0.01	(0.001)	7.98	(0.090)	0.75	(0.010)	#	
20 and over	0.56	(0.007)	13.01	(0.096)	0.16	(0.002)	0.02	(0.001)	8.45	(0.105)	0.90	(0.020)	#	
2 and over	0.55	(0.006)	12.80	(0.073)	0.15	(0.001)	0.01	(0.001)	8.34	(0.088)	0.86	(0.017)	#	

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.**

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Males/Females and age (years)	*Nutrient per 1000 kcal* PFA 20:4 g	(SE)	PFA 20:5 g	(SE)	PFA 22:5 g	(SE)	PFA 22:6 g	(SE)
Males:								
2 - 5	0.06	(0.002)	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	(0.003)	0.01	(0.001)	0.02	(0.004)
20 - 29	0.08	(0.003)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
30 - 39	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
40 - 49	0.07	(0.003)	0.02	(0.006)	0.02	(0.002)	0.03	(0.008)
50 - 59	0.07	(0.003)	0.02*	(0.007)	0.01	(0.003)	0.03	(0.009)
60 - 69	0.07	(0.005)	0.02	(0.004)	0.01	(0.001)	0.04	(0.006)
70 and over	0.07	(0.003)	0.02	(0.005)	0.02	(0.003)	0.05	(0.008)
2 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
20 and over	0.07	(0.001)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.001)	0.02	(0.002)	0.01	(0.001)	0.03	(0.002)
Females:								
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	(0.001)	0.01	(0.003)
12 - 19	0.06	(0.002)	0.02	(0.003)	0.01	(0.001)	0.02	(0.005)
20 - 29	0.07	(0.003)	0.01	(0.002)	0.01	(0.001)	0.02	(0.004)
30 - 39	0.07	(0.004)	0.02	(0.004)	0.01	(0.002)	0.03	(0.006)
40 - 49	0.07	(0.008)	0.02	(0.003)	0.01	(0.001)	0.03	(0.005)
50 - 59	0.06	(0.004)	0.02	(0.003)	0.01	(0.001)	0.03	(0.005)
60 - 69	0.08	(0.003)	0.02	(0.004)	0.01	(0.001)	0.04	(0.006)
70 and over	0.07	(0.003)	0.02	(0.003)	0.01	(0.001)	0.03	(0.006)
2 - 19	0.06	(0.001)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
20 and over	0.07	(0.002)	0.02	(0.001)	0.01	(#)	0.03	(0.002)
2 and over	0.07	(0.002)	0.02	(0.001)	0.01	(#)	0.03	(0.001)
Males and females:								
2 - 19	0.06	(0.001)	0.01	(0.001)	0.01	(#)	0.02	(0.001)
20 and over	0.07	(0.002)	0.02	(0.001)	0.01	(#)	0.03	(0.001)
2 and over	0.07	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.001)

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.**

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Male/Female and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic.

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

Race/ethnicity and age (years)	Sample size [1]	Energy		Nutrient per 1000 kcal															
				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)

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.**

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)*

Race/ethnicity 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)
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)

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.**

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)*

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)
Nutrient per 1000 kcal																		
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)

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.**

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)*

Race/ethnicity 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)
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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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)*

Race/ethnicity and age	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	Nutrient per 1000 kcal																	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 5.....	6.4	(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)	--	--

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Table 42. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic *(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	(0.010)	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)

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.**

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)*

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.....	0.49	(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)	#	

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.**

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)*

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	(0.002)	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)

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.**

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. 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-March 2020 Prepandemic.

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-March 2020 Prepandemic

Family income as % of poverty level and age (years)	Sample size [2]	Energy		Nutrient per 1000 kcal															
				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)
Under 131% poverty:																			
2 - 5.....	373	1632	(74.7)	35.8	(0.67)	133	(1.2)	64	(1.5)	7.4	(0.30)	37.4	(0.53)	13.1	(0.36)	12.1	(0.16)	8.1	(0.19)
6 - 11.....	514	1942	(50.2)	35.0	(1.08)	131	(2.4)	59	(1.7)	7.6	(0.32)	38.7	(0.71)	13.7	(0.26)	12.5	(0.29)	8.5	(0.24)
12 - 19.....	628	1974	(50.7)	36.7	(0.93)	126	(2.1)	56	(1.6)	7.0	(0.19)	39.2	(0.53)	13.6	(0.32)	12.9	(0.23)	8.8	(0.29)
20 and over...	1900	2150	(45.7)	36.9	(0.46)	122	(1.2)	55	(1.3)	7.7	(0.18)	39.0	(0.49)	12.6	(0.26)	13.3	(0.15)	9.1	(0.21)
2 and over...	3415	2060	(38.5)	36.6	(0.38)	124	(0.9)	56	(0.9)	7.6	(0.14)	38.9	(0.36)	12.9	(0.21)	13.0	(0.13)	8.9	(0.15)
131-350% poverty:																			
2 - 5.....	297	1513	(37.3)	35.1	(0.82)	131	(1.7)	64	(2.2)	7.8	(0.39)	38.5	(0.48)	13.3	(0.30)	12.7	(0.21)	8.4	(0.15)
6 - 11.....	467	1993	(34.3)	32.1	(0.58)	132	(1.2)	61	(1.4)	7.5	(0.17)	39.6	(0.41)	13.8	(0.18)	13.1	(0.13)	8.8	(0.23)
12 - 19.....	568	2043	(35.3)	35.5	(0.70)	126	(1.3)	54	(1.2)	7.2	(0.20)	40.4	(0.52)	13.6	(0.28)	13.2	(0.26)	9.5	(0.25)
20 and over...	2619	2139	(34.0)	38.2	(0.36)	118	(0.8)	51	(0.8)	7.8	(0.17)	40.6	(0.25)	13.2	(0.11)	13.9	(0.12)	9.4	(0.10)
2 and over...	3951	2081	(24.1)	37.2	(0.35)	121	(0.7)	53	(0.7)	7.7	(0.15)	40.4	(0.18)	13.3	(0.10)	13.7	(0.09)	9.3	(0.06)
Over 350% poverty:																			
2 - 5.....	184	1495	(42.9)	35.3	(0.91)	136	(2.0)	66	(2.3)	9.4	(0.52)	36.8	(0.69)	12.4	(0.40)	12.2	(0.29)	8.2	(0.31)
6 - 11.....	291	1930	(65.7)	34.6	(1.55)	130	(2.4)	57	(1.9)	8.1	(0.37)	39.3	(0.59)	13.9	(0.40)	12.7	(0.22)	8.7	(0.33)
12 - 19.....	356	2192	(96.6)	36.9	(1.29)	125	(2.9)	54	(1.9)	7.3	(0.30)	40.2	(0.72)	13.7	(0.35)	13.0	(0.25)	9.5	(0.52)
20 and over...	2217	2146	(31.2)	39.9	(0.51)	110	(0.9)	45	(1.0)	8.3	(0.17)	41.5	(0.27)	13.5	(0.17)	14.1	(0.15)	9.8	(0.21)
2 and over...	3048	2114	(27.2)	39.1	(0.47)	113	(0.9)	48	(0.9)	8.3	(0.16)	41.1	(0.23)	13.5	(0.15)	13.9	(0.11)	9.6	(0.20)
All Individuals[3]:																			
2 - 5.....	940	1543	(23.6)	35.4	(0.37)	133	(0.8)	65	(1.2)	8.1	(0.24)	37.5	(0.27)	13.0	(0.13)	12.3	(0.12)	8.2	(0.12)
6 - 11.....	1411	1947	(27.2)	33.9	(0.58)	131	(1.0)	59	(0.9)	7.7	(0.15)	39.1	(0.29)	13.8	(0.16)	12.7	(0.09)	8.7	(0.13)
12 - 19.....	1740	2058	(34.4)	36.6	(0.54)	125	(1.3)	55	(1.0)	7.2	(0.13)	40.0	(0.40)	13.6	(0.15)	13.1	(0.16)	9.3	(0.18)
20 and over...	7707	2144	(14.9)	38.8	(0.27)	115	(0.5)	49	(0.6)	8.1	(0.15)	40.6	(0.20)	13.1	(0.13)	13.8	(0.10)	9.5	(0.12)
2 and over...	11798	2089	(11.3)	38.0	(0.27)	118	(0.4)	51	(0.6)	8.0	(0.13)	40.3	(0.16)	13.2	(0.11)	13.6	(0.08)	9.4	(0.10)

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.**

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	Choles-terol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-crypto-xanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
(years)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Under 131% poverty:																		
2 - 5.....	137	(9.8)	278	(10.5)	339	(12.0)	92	(21.0)	652	(112.8)	60	(8.6)	2687	(413.2)	426	(40.7)	0.82	(0.015)
6 - 11.....	126	(10.2)	261	(10.7)	316	(14.2)	106	(22.2)	579	(85.0)	51	(9.7)	2179	(180.9)	452	(52.3)	0.84	(0.016)
12 - 19.....	126	(5.5)	201	(7.8)	247	(9.6)	90	(19.3)	498	(63.7)	31	(2.3)	2826	(422.1)	401	(31.1)	0.78	(0.027)
20 and over...	146	(5.5)	175	(5.2)	259	(6.4)	141	(16.6)	914	(70.4)	44	(7.2)	2300	(146.6)	764	(63.8)	0.77	(0.017)
2 and over...	140	(3.5)	197	(4.2)	270	(6.3)	126	(13.0)	795	(59.6)	44	(5.6)	2395	(95.7)	650	(49.0)	0.78	(0.013)
131-350% poverty:																		
2 - 5.....	120	(6.4)	290	(14.2)	352	(15.3)	155	(29.5)	645	(95.1)	59	(7.5)	2163	(349.0)	419	(41.4)	0.81	(0.025)
6 - 11.....	105	(3.8)	231	(7.7)	295	(9.0)	125	(17.5)	675	(68.3)	50	(5.3)	2418	(244.0)	325	(12.8)	0.77	(0.015)
12 - 19.....	120	(4.7)	214	(8.6)	270	(11.0)	107	(20.1)	604	(68.7)	31	(2.9)	2184	(234.9)	435	(66.5)	0.79	(0.022)
20 and over...	149	(3.8)	202	(6.2)	314	(8.8)	200	(22.3)	1231	(69.8)	42	(4.2)	2271	(147.9)	755	(43.5)	0.76	(0.016)
2 and over...	141	(3.3)	210	(5.4)	310	(6.7)	181	(16.8)	1082	(49.9)	43	(3.5)	2268	(127.1)	665	(33.9)	0.77	(0.012)
Over 350% poverty:																		
2 - 5.....	108	(8.6)	272	(13.2)	394	(34.7)	318*	(114.5)	1269*	(384.9)	69	(13.3)	2100	(377.3)	494	(60.6)	0.79	(0.029)
6 - 11.....	120	(10.0)	273	(25.3)	333	(27.2)	108	(16.6)	642	(101.2)	47	(5.7)	1945	(215.9)	604*	(189.3)	0.83	(0.034)
12 - 19.....	118	(4.7)	235	(23.3)	291	(23.0)	99	(25.9)	609	(70.1)	36	(5.1)	2419	(289.8)	462	(42.4)	0.80	(0.044)
20 and over...	154	(5.7)	201	(7.4)	336	(12.1)	230	(21.8)	1483	(126.8)	42	(2.9)	2447	(160.5)	1002	(128.7)	0.76	(0.012)
2 and over...	148	(4.6)	210	(6.9)	334	(11.0)	215	(18.8)	1352	(106.6)	43	(2.4)	2401	(126.5)	916	(106.2)	0.77	(0.011)
All Individuals[3]:																		
2 - 5.....	125	(5.5)	284	(7.0)	364	(12.9)	183	(37.1)	831	(127.7)	65	(4.5)	2357	(228.2)	452	(29.0)	0.81	(0.015)
6 - 11.....	117	(4.4)	256	(10.1)	314	(11.7)	110	(11.1)	616	(43.5)	49	(4.1)	2202	(100.3)	454	(61.7)	0.82	(0.013)
12 - 19.....	122	(2.3)	212	(8.8)	266	(8.1)	94	(9.5)	577	(42.3)	32	(1.7)	2398	(116.8)	442	(26.8)	0.79	(0.020)
20 and over...	151	(3.3)	195	(5.1)	312	(6.9)	205	(17.0)	1283	(65.8)	44	(2.5)	2338	(85.9)	870	(59.2)	0.76	(0.009)
2 and over...	144	(2.3)	206	(4.4)	310	(5.7)	184	(13.5)	1132	(55.9)	44	(2.1)	2334	(72.9)	770	(48.6)	0.77	(0.007)

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.**

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	Nutrient per 1000 kcal																	
	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
(years)	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																		
2 - 5.....	1.03	(0.023)	10.4	(0.21)	0.93	(0.030)	98	(4.5)	78	(3.6)	244	(8.3)	151	(7.5)	2.53	(0.067)	0.41	(0.040)
6 - 11.....	0.99	(0.027)	11.1	(0.33)	0.88	(0.031)	117	(7.2)	78	(4.3)	277	(11.5)	134	(6.8)	2.47	(0.075)	0.58	(0.044)
12 - 19.....	0.88	(0.030)	12.2	(0.44)	0.98	(0.078)	101	(5.2)	79	(3.2)	251	(9.8)	131	(4.2)	2.48	(0.153)	0.64	(0.131)
20 and over...	0.95	(0.027)	12.4	(0.25)	1.04	(0.049)	80	(2.1)	98	(2.4)	234	(4.4)	153	(3.0)	2.17	(0.082)	0.53	(0.064)
2 and over...	0.95	(0.020)	12.1	(0.19)	1.01	(0.033)	89	(2.0)	91	(2.0)	242	(4.1)	148	(2.4)	2.27	(0.066)	0.54	(0.043)
131-350% poverty:																		
2 - 5.....	1.00	(0.026)	10.7	(0.32)	0.96	(0.026)	98	(5.5)	77	(3.6)	243	(10.6)	141	(4.4)	2.46	(0.090)	0.52	(0.059)
6 - 11.....	0.90	(0.024)	10.2	(0.24)	0.80	(0.021)	100	(5.3)	73	(1.5)	242	(9.1)	119	(2.8)	2.08	(0.080)	0.43	(0.041)
12 - 19.....	0.88	(0.024)	11.5	(0.27)	0.85	(0.030)	99	(5.7)	78	(2.7)	246	(10.2)	128	(3.2)	2.13	(0.076)	0.43	(0.053)
20 and over...	1.02	(0.030)	12.6	(0.31)	1.04	(0.034)	81	(2.5)	99	(2.3)	236	(4.3)	161	(2.9)	2.34	(0.090)	0.55	(0.079)
2 and over...	1.00	(0.026)	12.2	(0.23)	1.00	(0.026)	85	(2.2)	93	(1.9)	238	(3.4)	152	(2.6)	2.30	(0.069)	0.52	(0.060)
Over 350% poverty:																		
2 - 5.....	1.01	(0.029)	10.7	(0.36)	0.94	(0.034)	89	(8.8)	88	(5.3)	238	(15.8)	140	(5.7)	2.22	(0.142)	0.33	(0.065)
6 - 11.....	0.96	(0.040)	10.9	(0.83)	0.91	(0.091)	103	(8.1)	83	(3.2)	258	(13.3)	130	(6.1)	2.21	(0.177)	0.55	(0.137)
12 - 19.....	0.92	(0.041)	12.0	(0.38)	0.94	(0.050)	96	(7.8)	84	(5.0)	245	(12.7)	128	(3.7)	2.15	(0.178)	0.49*	(0.153)
20 and over...	1.04	(0.022)	12.3	(0.25)	1.02	(0.027)	73	(2.8)	110	(2.4)	234	(4.6)	168	(3.7)	2.26	(0.068)	0.42	(0.051)
2 and over...	1.03	(0.019)	12.1	(0.21)	1.00	(0.024)	77	(2.4)	106	(2.0)	236	(4.3)	161	(3.0)	2.25	(0.062)	0.43	(0.050)
All Individuals[3]:																		
2 - 5.....	1.02	(0.015)	10.6	(0.14)	0.95	(0.016)	95	(3.1)	80	(2.1)	242	(6.1)	146	(4.0)	2.45	(0.061)	0.44	(0.036)
6 - 11.....	0.95	(0.017)	10.8	(0.30)	0.87	(0.036)	108	(3.4)	78	(1.8)	260	(5.9)	127	(2.9)	2.27	(0.063)	0.55	(0.050)
12 - 19.....	0.89	(0.018)	12.0	(0.23)	0.93	(0.038)	98	(3.7)	81	(1.9)	245	(6.2)	129	(1.8)	2.25	(0.073)	0.51	(0.077)
20 and over...	1.01	(0.017)	12.4	(0.16)	1.03	(0.019)	76	(1.4)	104	(1.8)	234	(3.2)	163	(2.1)	2.25	(0.053)	0.47	(0.033)
2 and over...	0.99	(0.015)	12.1	(0.13)	1.00	(0.016)	82	(1.1)	98	(1.6)	237	(2.5)	156	(1.4)	2.27	(0.045)	0.48	(0.029)

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.**

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-March 2020 Prepandemic *(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.....	55.2	(2.85)	3.8	(0.18)	3.5	(0.07)	0.2	(0.04)	31.0	(2.14)	621	(17.8)	720	(9.9)	132	(1.8)
6 - 11.....	36.0	(2.49)	3.0	(0.16)	3.8	(0.13)	0.4	(0.09)	35.4	(4.80)	557	(14.9)	672	(13.2)	123	(2.3)
12 - 19.....	34.4	(1.99)	2.3	(0.12)	3.8	(0.11)	0.3	(0.07)	34.3	(2.06)	482	(18.2)	633	(13.8)	123	(2.5)
20 and over...	36.0	(1.20)	2.0	(0.10)	4.1	(0.20)	0.3	(0.05)	55.6	(3.04)	449	(10.4)	630	(7.3)	141	(2.7)
2 and over...	37.3	(0.94)	2.3	(0.08)	4.0	(0.14)	0.3	(0.03)	48.3	(2.57)	480	(8.2)	642	(5.9)	135	(2.1)
131-350% poverty:																
2 - 5.....	55.1	(2.86)	3.4	(0.17)	4.0	(0.17)	0.6*	(0.19)	33.8	(3.13)	610	(16.0)	705	(11.2)	137	(3.1)
6 - 11.....	35.7	(2.43)	2.4	(0.09)	3.9	(0.12)	0.3*	(0.08)	31.0	(1.27)	494	(11.7)	629	(8.3)	119	(1.9)
12 - 19.....	32.4	(2.87)	2.1	(0.16)	3.9	(0.14)	0.3	(0.08)	37.7	(3.70)	481	(14.3)	631	(10.8)	122	(2.6)
20 and over...	39.7	(2.16)	2.2	(0.08)	4.5	(0.11)	0.6	(0.10)	57.4	(2.12)	464	(7.9)	653	(5.9)	147	(1.9)
2 and over...	39.4	(1.73)	2.3	(0.07)	4.3	(0.09)	0.5	(0.07)	51.7	(1.73)	477	(7.0)	652	(5.2)	141	(1.6)
Over 350% poverty:																
2 - 5.....	58.4	(4.02)	3.5	(0.21)	4.3	(0.27)	0.5*	(0.21)	38.5	(3.90)	630	(18.7)	741	(18.9)	143	(4.7)
6 - 11.....	45.3	(3.85)	2.6	(0.18)	4.5	(0.45)	0.7*	(0.42)	45.0	(8.20)	538	(14.2)	668	(21.0)	129	(3.9)
12 - 19.....	34.1	(2.87)	2.1	(0.23)	4.3	(0.27)	0.4	(0.12)	46.0	(4.18)	490	(17.5)	647	(10.6)	126	(1.9)
20 and over...	40.1	(1.23)	2.1	(0.11)	4.8	(0.11)	0.6	(0.07)	74.1	(6.27)	488	(17.3)	667	(6.0)	158	(3.5)
2 and over...	40.6	(1.15)	2.2	(0.10)	4.7	(0.10)	0.6	(0.07)	68.8	(5.20)	496	(14.5)	668	(5.0)	153	(2.8)
All Individuals[3]:																
2 - 5.....	56.9	(1.80)	3.6	(0.10)	3.9	(0.09)	0.4	(0.09)	33.8	(1.59)	622	(10.5)	721	(6.6)	137	(2.3)
6 - 11.....	39.3	(2.10)	2.7	(0.07)	4.0	(0.17)	0.4*	(0.16)	36.7	(2.77)	529	(7.1)	656	(8.4)	124	(1.4)
12 - 19.....	33.4	(1.20)	2.2	(0.09)	4.0	(0.08)	0.3	(0.05)	40.3	(2.01)	484	(6.8)	638	(5.1)	124	(1.4)
20 and over...	39.6	(1.09)	2.1	(0.06)	4.5	(0.08)	0.5	(0.04)	64.6	(2.97)	474	(10.8)	655	(3.9)	152	(2.4)
2 and over...	39.8	(0.90)	2.3	(0.05)	4.4	(0.06)	0.5	(0.03)	58.3	(2.53)	487	(8.2)	657	(3.3)	146	(1.9)

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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-March 2020 Prepandemic *(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.....	7.1	(0.16)	5.0	(0.12)	0.4	(0.01)	47.3	(0.93)	1303	(24.1)	1486	(24.4)	5.3	(1.18)	21.9	(2.84)	--	--
6 - 11.....	7.6	(0.17)	5.2	(0.14)	0.5	(0.01)	49.3	(1.60)	1105	(22.9)	1568	(39.0)	9.8	(1.71)	24.8	(2.69)	--	--
12 - 19.....	6.8	(0.21)	4.9	(0.14)	0.5	(0.01)	53.6	(1.16)	1053	(20.2)	1633	(21.8)	20.5	(1.53)	22.9	(2.83)	--	--
20 and over...	6.6	(0.11)	4.9	(0.06)	0.5	(0.02)	53.7	(1.00)	1221	(21.5)	1603	(15.4)	87.9	(7.23)	15.3	(1.00)	3.5	(0.37)
2 and over...	6.8	(0.09)	4.9	(0.05)	0.5	(0.01)	52.7	(0.62)	1190	(19.1)	1594	(11.3)	62.8	(4.96)	18.0	(0.87)	--	--
131-350% poverty:																		
2 - 5.....	6.7	(0.27)	4.9	(0.18)	0.5	(0.02)	45.5	(1.47)	1287	(30.9)	1379	(33.8)	4.7	(1.25)	18.7	(2.30)	--	--
6 - 11.....	6.9	(0.24)	4.5	(0.15)	0.5	(0.01)	45.3	(1.07)	1061	(15.5)	1475	(24.7)	8.5	(0.77)	29.4	(1.71)	--	--
12 - 19.....	6.9	(0.23)	4.8	(0.11)	0.5	(0.01)	50.9	(1.08)	1053	(23.3)	1624	(25.5)	24.4	(3.31)	21.9	(1.83)	--	--
20 and over...	6.8	(0.12)	5.1	(0.05)	0.6	(0.01)	53.0	(0.61)	1254	(18.4)	1641	(14.9)	90.1	(7.48)	17.9	(1.31)	3.4	(0.30)
2 and over...	6.8	(0.10)	5.0	(0.05)	0.6	(0.01)	51.7	(0.52)	1217	(14.7)	1611	(12.9)	71.2	(5.66)	19.4	(1.10)	--	--
Over 350% poverty:																		
2 - 5.....	6.8	(0.41)	5.0	(0.20)	0.5	(0.02)	43.9	(1.36)	1338	(30.5)	1423	(50.3)	3.8	(1.12)	24.0	(3.82)	--	--
6 - 11.....	7.3	(0.42)	4.8	(0.22)	0.5	(0.02)	48.7	(2.08)	1093	(36.3)	1498	(40.6)	6.1	(1.25)	31.7	(3.44)	--	--
12 - 19.....	7.2	(0.37)	4.9	(0.24)	0.5	(0.02)	51.7	(1.80)	1059	(14.4)	1696	(46.3)	18.3	(1.85)	23.2	(4.00)	--	--
20 and over...	6.7	(0.08)	5.3	(0.09)	0.6	(0.02)	54.7	(0.60)	1315	(18.1)	1740	(70.1)	92.8	(3.52)	19.2	(0.87)	5.5	(0.36)
2 and over...	6.7	(0.09)	5.2	(0.07)	0.6	(0.01)	53.7	(0.64)	1281	(16.0)	1710	(60.4)	78.3	(3.32)	20.5	(0.92)	--	--
All Individuals[3]:																		
2 - 5.....	6.8	(0.17)	4.9	(0.10)	0.5	(0.01)	45.8	(0.67)	1314	(14.9)	1421	(18.1)	4.7	(0.85)	21.4	(1.78)	--	--
6 - 11.....	7.3	(0.18)	4.9	(0.10)	0.5	(0.01)	47.7	(0.95)	1089	(16.0)	1512	(20.9)	8.0	(0.81)	28.6	(1.09)	--	--
12 - 19.....	6.9	(0.17)	4.9	(0.09)	0.5	(0.01)	52.4	(0.64)	1059	(11.3)	1660	(18.9)	21.5	(1.33)	21.9	(1.54)	--	--
20 and over...	6.7	(0.06)	5.1	(0.04)	0.6	(0.01)	53.8	(0.34)	1274	(13.8)	1680	(31.4)	89.3	(3.96)	17.7	(0.65)	4.4	(0.22)
2 and over...	6.8	(0.05)	5.1	(0.03)	0.6	(0.01)	52.8	(0.32)	1239	(12.1)	1652	(25.9)	71.4	(3.16)	19.2	(0.61)	--	--

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	*Nutrient per 1000 kcal*													
	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:																
2 - 5.....	0.26	(0.016)	0.18	(0.012)	0.15	(0.010)	0.30	(0.018)	0.43	(0.030)	1.22	(0.064)	7.22	(0.152)	2.92	(0.072)
6 - 11.....	0.25	(0.009)	0.17	(0.007)	0.14	(0.006)	0.29	(0.011)	0.50	(0.028)	1.22	(0.039)	7.51	(0.152)	3.12	(0.083)
12 - 19.....	0.24	(0.012)	0.16	(0.007)	0.13	(0.006)	0.27	(0.011)	0.47	(0.027)	1.19	(0.051)	7.46	(0.154)	3.15	(0.084)
20 and over...	0.20	(0.009)	0.14	(0.006)	0.12	(0.005)	0.24	(0.009)	0.41	(0.020)	1.03	(0.038)	6.97	(0.119)	3.01	(0.062)
2 and over...	0.22	(0.007)	0.15	(0.004)	0.12	(0.004)	0.25	(0.007)	0.43	(0.014)	1.09	(0.030)	7.12	(0.097)	3.04	(0.050)
131-350% poverty:																
2 - 5.....	0.28	(0.010)	0.18	(0.008)	0.15	(0.007)	0.31	(0.012)	0.51	(0.049)	1.27	(0.050)	7.15	(0.160)	2.92	(0.067)
6 - 11.....	0.25	(0.010)	0.17	(0.007)	0.14	(0.007)	0.28	(0.010)	0.53	(0.039)	1.18	(0.027)	7.59	(0.136)	3.16	(0.062)
12 - 19.....	0.25	(0.015)	0.17	(0.010)	0.13	(0.007)	0.27	(0.014)	0.46	(0.031)	1.20	(0.045)	7.44	(0.133)	3.20	(0.078)
20 and over...	0.23	(0.006)	0.15	(0.003)	0.13	(0.003)	0.26	(0.005)	0.47	(0.014)	1.10	(0.017)	7.23	(0.056)	3.16	(0.034)
2 and over...	0.23	(0.005)	0.16	(0.003)	0.13	(0.002)	0.26	(0.005)	0.48	(0.012)	1.13	(0.016)	7.28	(0.050)	3.15	(0.030)
Over 350% poverty:																
2 - 5.....	0.24	(0.016)	0.18	(0.011)	0.14	(0.011)	0.29	(0.018)	0.47	(0.052)	1.17	(0.066)	6.68	(0.206)	2.74	(0.084)
6 - 11.....	0.30	(0.022)	0.20	(0.014)	0.15	(0.007)	0.31	(0.018)	0.49	(0.028)	1.26	(0.064)	7.51	(0.197)	3.21	(0.098)
12 - 19.....	0.27	(0.020)	0.18	(0.013)	0.15	(0.011)	0.30	(0.020)	0.54	(0.054)	1.26	(0.069)	7.38	(0.167)	3.14	(0.067)
20 and over...	0.25	(0.007)	0.17	(0.006)	0.14	(0.006)	0.28	(0.009)	0.50	(0.028)	1.19	(0.032)	7.28	(0.065)	3.18	(0.041)
2 and over...	0.25	(0.006)	0.17	(0.005)	0.14	(0.004)	0.29	(0.008)	0.50	(0.022)	1.20	(0.027)	7.28	(0.059)	3.16	(0.036)
All Individuals[3]:																
2 - 5.....	0.26	(0.006)	0.18	(0.005)	0.15	(0.004)	0.30	(0.007)	0.47	(0.026)	1.23	(0.025)	7.04	(0.062)	2.87	(0.024)
6 - 11.....	0.26	(0.008)	0.18	(0.005)	0.14	(0.003)	0.29	(0.007)	0.51	(0.019)	1.22	(0.024)	7.53	(0.089)	3.15	(0.041)
12 - 19.....	0.25	(0.007)	0.17	(0.005)	0.14	(0.003)	0.28	(0.007)	0.48	(0.018)	1.21	(0.025)	7.42	(0.078)	3.15	(0.039)
20 and over...	0.23	(0.005)	0.15	(0.004)	0.13	(0.003)	0.26	(0.006)	0.47	(0.013)	1.12	(0.021)	7.18	(0.052)	3.12	(0.034)
2 and over...	0.24	(0.004)	0.16	(0.003)	0.13	(0.002)	0.27	(0.005)	0.47	(0.010)	1.14	(0.018)	7.22	(0.049)	3.11	(0.028)

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.**

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	*Nutrient per 1000 kcal*													
	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:														
2 - 5.....	0.51	(0.012)	11.42	(0.152)	0.13	(0.005)	0.01	(0.001)	7.33	(0.171)	0.68	(0.022)	#	
6 - 11.....	0.52	(0.032)	11.76	(0.262)	0.13	(0.006)	0.01	(0.002)	7.69	(0.211)	0.70	(0.021)	#	
12 - 19.....	0.56	(0.024)	12.11	(0.206)	0.14	(0.005)	0.01	(0.002)	7.87	(0.264)	0.74	(0.027)	#	
20 and over...	0.55	(0.011)	12.48	(0.140)	0.15	(0.003)	0.01	(0.001)	8.14	(0.213)	0.83	(0.017)	#	
2 and over...	0.54	(0.009)	12.27	(0.114)	0.14	(0.003)	0.01	(0.001)	7.99	(0.152)	0.79	(0.015)	#	
131-350% poverty:														
2 - 5.....	0.51	(0.027)	12.06	(0.204)	0.14	(0.005)	0.01	(0.003)	7.64	(0.137)	0.69	(0.025)	#	
6 - 11.....	0.46	(0.019)	12.46	(0.119)	0.15	(0.005)	0.01	(0.002)	7.93	(0.211)	0.73	(0.023)	#	
12 - 19.....	0.53	(0.019)	12.45	(0.252)	0.14	(0.005)	0.01	(0.002)	8.53	(0.237)	0.80	(0.021)	#	
20 and over...	0.55	(0.010)	13.05	(0.115)	0.16	(0.003)	0.02	(0.002)	8.39	(0.085)	0.86	(0.016)	#	
2 and over...	0.54	(0.010)	12.88	(0.084)	0.15	(0.002)	0.02	(0.002)	8.32	(0.055)	0.84	(0.012)	#	
Over 350% poverty:														
2 - 5.....	0.43	(0.022)	11.62	(0.284)	0.14	(0.007)	0.01	(0.001)	7.40	(0.287)	0.71	(0.026)	#	
6 - 11.....	0.47	(0.027)	12.03	(0.211)	0.13	(0.004)	0.01	(0.001)	7.83	(0.317)	0.76	(0.030)	#	
12 - 19.....	0.52	(0.024)	12.26	(0.227)	0.14	(0.005)	0.01	(0.001)	8.55	(0.472)	0.85	(0.048)	#	
20 and over...	0.57	(0.012)	13.29	(0.150)	0.16	(0.003)	0.02	(0.002)	8.62	(0.177)	0.94	(0.035)	#	
2 and over...	0.56	(0.010)	13.07	(0.110)	0.15	(0.002)	0.01	(0.002)	8.52	(0.170)	0.91	(0.032)	#	
All Individuals[3]:														
2 - 5.....	0.49	(0.010)	11.67	(0.116)	0.14	(0.003)	0.01	(0.001)	7.40	(0.112)	0.69	(0.013)	#	
6 - 11.....	0.48	(0.012)	12.06	(0.092)	0.14	(0.002)	0.01	(0.001)	7.82	(0.122)	0.73	(0.011)	#	
12 - 19.....	0.54	(0.011)	12.31	(0.145)	0.14	(0.003)	0.01	(0.001)	8.37	(0.161)	0.80	(0.021)	#	
20 and over...	0.56	(0.007)	13.01	(0.096)	0.16	(0.002)	0.02	(0.001)	8.45	(0.105)	0.90	(0.020)	#	
2 and over...	0.55	(0.006)	12.80	(0.073)	0.15	(0.001)	0.01	(0.001)	8.34	(0.088)	0.86	(0.017)	#	

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-March 2020 Prepandemic *(continued)*

Family income as % of poverty level and age	*Nutrient per 1000 kcal* PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
(years)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Under 131% poverty:								
2 - 5	0.06	(0.004)	0.01	(0.001)	0.01	(#)	0.01	(0.002)
6 - 11	0.06	(0.006)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19	0.06	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)
20 and over	0.07	(0.003)	0.01	(0.001)	0.01	(#)	0.02	(0.002)
2 and over	0.07	(0.002)	0.01	(0.001)	0.01	(#)	0.02	(0.001)
131-350% poverty:								
2 - 5	0.06	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)
6 - 11	0.05	(0.003)	0.01	(0.001)	0.01	(0.001)	0.01	(0.002)
12 - 19	0.06	(0.003)	0.02	(0.004)	0.01	(0.002)	0.02	(0.005)
20 and over	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.001)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
Over 350% poverty:								
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*	(0.004)	0.01	(0.001)	0.02	(0.005)
12 - 19	0.06	(0.004)	0.01*	(0.004)	0.01	(0.002)	0.02*	(0.006)
20 and over	0.07	(0.003)	0.02	(0.002)	0.01	(0.001)	0.03	(0.003)
2 and over	0.07	(0.002)	0.02	(0.002)	0.01	(0.001)	0.03	(0.002)
All Individuals[3]:								
2 - 5	0.06	(0.002)	0.01	(0.001)	0.01	(#)	0.01	(0.001)
6 - 11	0.06	(0.003)	0.01	(0.002)	0.01	(0.001)	0.01	(0.002)
12 - 19	0.06	(0.001)	0.01	(0.002)	0.01	(0.001)	0.02	(0.003)
20 and over	0.07	(0.002)	0.02	(0.001)	0.01	(#)	0.03	(0.001)
2 and over	0.07	(0.001)	0.02	(0.001)	0.01	(#)	0.03	(0.001)

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.**

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] 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 = 3) 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-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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Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Food energy

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake kcal	(SE)	All Individuals [2]: Intake from Full Service Restaurants kcal	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake kcal	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants kcal	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake kcal	(SE)
Males:																	
2 - 5	468	10	(1.7)	1667	(41.7)	58	(15.1)	3*	(0.9)	--		--		--		1611	(32.4)
6 - 11	701	9	(1.6)	1989	(38.4)	57	(10.7)	3*	(0.5)	--		--		--		1982	(41.8)
12 - 19	899	13	(1.5)	2299	(36.4)	133	(16.3)	6	(0.7)	2635	(174.5)	989	(66.0)	38	(2.4)	2246	(43.2)
20 - 39	1086	25	(1.9)	2547	(53.8)	275	(30.4)	11	(1.1)	2720	(150.2)	1108	(90.2)	41	(2.2)	2489	(56.1)
40 - 59	1221	27	(2.1)	2561	(48.4)	320	(29.8)	12	(1.1)	2803	(88.9)	1174	(64.6)	42	(2.1)	2471	(54.4)
60 and over	1438	21	(1.7)	2305	(32.4)	202	(20.7)	9	(0.9)	2455	(108.0)	966	(67.3)	39	(1.7)	2266	(35.2)
2 - 19	2068	11	(1.0)	2061	(20.9)	92	(8.5)	4	(0.4)	2393	(110.7)	815	(34.6)	34	(1.5)	2019	(20.4)
20 and over	3745	25	(1.3)	2483	(24.2)	270	(15.9)	11	(0.6)	2688	(60.2)	1099	(43.1)	41	(1.3)	2416	(30.0)
2 and over	5813	21	(1.1)	2379	(20.3)	226	(12.6)	9	(0.5)	2649	(55.0)	1062	(39.4)	40	(1.2)	2306	(22.8)
Females:																	
2 - 5	472	10	(1.2)	1417	(24.8)	43	(6.4)	3*	(0.5)	--		--		--		1400	(28.4)
6 - 11	710	13	(2.4)	1902	(37.9)	92	(18.4)	5	(0.9)	2120	(98.5)	722	(69.0)	34	(2.5)	1870	(33.6)
12 - 19	841	15	(2.0)	1812	(57.3)	115	(26.2)	6	(1.4)	2042	(156.5)	771	(90.2)	38	(2.1)	1772	(53.8)
20 - 39	1272	24	(1.8)	1940	(17.6)	193	(15.6)	10	(0.8)	2021	(38.1)	815	(34.9)	40	(1.4)	1914	(16.2)
40 - 59	1327	22	(1.8)	1834	(35.5)	176	(14.6)	10	(0.8)	1978	(63.0)	794	(35.4)	40	(1.8)	1793	(45.5)
60 and over	1363	23	(2.3)	1696	(34.0)	163	(15.8)	10	(1.0)	1774	(70.5)	717	(39.2)	40	(2.2)	1673	(35.7)
2 - 19	2023	13	(1.6)	1757	(31.5)	92	(16.7)	5	(0.9)	1991	(92.7)	701	(55.1)	35	(1.5)	1721	(28.2)
20 and over	3962	23	(1.3)	1829	(17.7)	178	(10.4)	10	(0.6)	1932	(40.5)	778	(23.2)	40	(1.3)	1798	(19.5)
2 and over	5985	21	(1.2)	1812	(12.1)	158	(10.1)	9	(0.6)	1940	(39.2)	767	(20.3)	40	(1.1)	1779	(14.1)
Males and Females:																	
2 - 19	4091	12	(1.1)	1911	(19.7)	92	(9.8)	5	(0.5)	2180	(66.4)	755	(33.4)	35	(1.0)	1874	(16.8)
20 and over	7707	24	(1.1)	2144	(14.9)	222	(10.6)	10	(0.5)	2309	(37.2)	938	(27.3)	41	(1.0)	2092	(18.1)
2 and over	11798	21	(1.0)	2089	(11.3)	191	(9.0)	9	(0.4)	2291	(31.8)	913	(24.0)	40	(0.9)	2035	(13.8)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P r o t e i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	56.9	(1.56)	2.3	(0.53)	4*	(0.9)	--		--		--		55.4	(1.38)
6 - 11	701	9	(1.6)	66.7	(1.57)	2.5	(0.44)	4	(0.6)	--		--		--		66.4	(1.53)
12 - 19	899	13	(1.5)	86.6	(2.44)	6.4	(0.91)	7	(1.0)	103.4	(8.89)	47.8	(4.72)	46	(3.9)	84.0	(2.47)
20 - 39	1086	25	(1.9)	96.6	(1.91)	11.2	(1.38)	12	(1.3)	102.3	(5.25)	45.0	(4.23)	44	(2.5)	94.6	(2.04)
40 - 59	1221	27	(2.1)	97.7	(2.18)	13.7	(1.34)	14	(1.3)	104.1	(4.14)	50.3	(2.91)	48	(1.6)	95.3	(2.71)
60 and over	1438	21	(1.7)	87.0	(1.88)	9.2	(1.17)	11	(1.3)	95.9	(5.41)	44.0	(3.75)	46	(2.4)	84.6	(1.97)
2 - 19	2068	11	(1.0)	73.6	(1.27)	4.2	(0.42)	6	(0.5)	88.3	(5.70)	37.4	(2.57)	42	(2.5)	71.8	(1.21)
20 and over	3745	25	(1.3)	94.2	(1.14)	11.5	(0.73)	12	(0.7)	101.5	(2.87)	46.8	(1.96)	46	(1.2)	91.9	(1.45)
2 and over	5813	21	(1.1)	89.2	(1.09)	9.7	(0.61)	11	(0.6)	99.8	(2.64)	45.6	(1.86)	46	(1.2)	86.3	(1.16)
Females:																	
2 - 5	472	10	(1.2)	50.0	(0.92)	1.6	(0.25)	3*	(0.5)	--		--		--		49.9	(0.96)
6 - 11	710	13	(2.4)	63.0	(1.31)	3.3	(0.86)	5	(1.3)	70.1	(4.12)	25.8	(3.36)	37	(3.5)	61.9	(1.22)
12 - 19	841	15	(2.0)	62.3	(2.91)	5.1	(1.22)	8	(1.7)	75.5	(7.37)	34.2	(4.36)	45	(2.5)	60.0	(2.64)
20 - 39	1272	24	(1.8)	72.1	(0.90)	7.7	(0.66)	11	(0.8)	77.6	(3.18)	32.5	(1.79)	42	(2.0)	70.4	(0.98)
40 - 59	1327	22	(1.8)	68.7	(1.69)	7.6	(0.77)	11	(1.0)	75.3	(2.46)	34.3	(1.68)	46	(2.4)	66.8	(2.05)
60 and over	1363	23	(2.3)	65.2	(1.59)	7.0	(0.78)	11	(1.3)	65.7	(2.46)	30.8	(1.94)	47	(2.9)	65.1	(1.65)
2 - 19	2023	13	(1.6)	59.9	(1.61)	3.8	(0.79)	6	(1.2)	69.8	(5.15)	28.6	(3.04)	41	(2.0)	58.4	(1.38)
20 and over	3962	23	(1.3)	68.8	(0.93)	7.4	(0.52)	11	(0.7)	73.2	(2.03)	32.6	(1.01)	45	(1.6)	67.5	(0.86)
2 and over	5985	21	(1.2)	66.8	(0.79)	6.6	(0.50)	10	(0.7)	72.7	(1.94)	32.0	(1.00)	44	(1.5)	65.3	(0.75)
Males and Females:																	
2 - 19	4091	12	(1.1)	66.9	(1.26)	4.0	(0.47)	6	(0.6)	78.5	(3.42)	32.7	(1.97)	42	(1.4)	65.3	(1.03)
20 and over	7707	24	(1.1)	81.0	(0.74)	9.4	(0.52)	12	(0.6)	87.3	(1.67)	39.7	(1.14)	45	(1.1)	79.1	(0.92)
2 and over	11798	21	(1.0)	77.7	(0.75)	8.1	(0.46)	10	(0.5)	86.1	(1.54)	38.7	(1.11)	45	(1.0)	75.5	(0.82)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

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

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from 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	468	10	(1.7)	222	(5.6)	7	(1.9)	3*	(0.8)	--		--		--		215	(4.4)
6 - 11	701	9	(1.6)	258	(5.9)	6	(1.1)	2*	(0.4)	--		--		--		258	(6.3)
12 - 19	899	13	(1.5)	282	(4.4)	13	(1.7)	5	(0.6)	305	(18.9)	100	(8.7)	33	(2.3)	278	(5.4)
20 - 39	1086	25	(1.9)	289	(7.1)	27	(2.9)	9	(0.9)	290	(15.8)	109	(8.7)	37	(2.0)	289	(8.0)
40 - 59	1221	27	(2.1)	285	(4.8)	29	(2.4)	10	(0.9)	296	(10.1)	105	(5.5)	35	(2.1)	281	(7.1)
60 and over	1438	21	(1.7)	260	(4.1)	18	(1.8)	7	(0.6)	256	(10.4)	86	(5.7)	33	(1.6)	261	(4.6)
2 - 19	2068	11	(1.0)	261	(2.5)	9	(0.9)	4	(0.4)	289	(13.0)	84	(4.8)	29	(1.5)	257	(2.7)
20 and over	3745	25	(1.3)	280	(3.5)	25	(1.5)	9	(0.5)	284	(7.3)	102	(4.4)	36	(1.3)	278	(4.0)
2 and over	5813	21	(1.1)	275	(2.8)	21	(1.2)	8	(0.4)	285	(6.3)	99	(3.9)	35	(1.1)	272	(3.0)
Females:																	
2 - 5	472	10	(1.2)	189	(3.8)	5	(0.7)	3*	(0.4)	--		--		--		187	(4.4)
6 - 11	710	13	(2.4)	248	(6.0)	11	(2.0)	4	(0.8)	268	(16.3)	86	(8.3)	32	(2.2)	245	(5.3)
12 - 19	841	15	(2.0)	227	(6.6)	12	(2.5)	5	(1.1)	239	(12.7)	81	(7.9)	34	(2.1)	225	(6.7)
20 - 39	1272	24	(1.8)	225	(3.3)	18	(1.6)	8	(0.7)	218	(5.1)	78	(4.4)	36	(1.8)	227	(3.8)
40 - 59	1327	22	(1.8)	213	(5.6)	16	(1.4)	8	(0.6)	213	(5.8)	72	(4.1)	34	(2.0)	213	(6.8)
60 and over	1363	23	(2.3)	194	(4.7)	15	(1.5)	8	(0.8)	189	(8.1)	67	(4.3)	35	(1.8)	195	(4.8)
2 - 19	2023	13	(1.6)	226	(3.8)	10	(1.7)	4	(0.7)	244	(7.2)	77	(4.9)	32	(1.4)	223	(3.8)
20 and over	3962	23	(1.3)	211	(2.2)	17	(1.0)	8	(0.5)	208	(4.0)	73	(2.9)	35	(1.3)	212	(2.6)
2 and over	5985	21	(1.2)	214	(1.6)	15	(1.0)	7	(0.5)	213	(3.6)	73	(2.7)	34	(1.1)	215	(1.8)
Males and Females:																	
2 - 19	4091	12	(1.1)	244	(2.4)	10	(1.0)	4	(0.4)	265	(6.8)	80	(3.2)	30	(1.0)	241	(2.2)
20 and over	7707	24	(1.1)	244	(2.1)	21	(1.0)	8	(0.4)	246	(4.2)	87	(2.8)	35	(1.0)	244	(2.4)
2 and over	11798	21	(1.0)	244	(1.6)	18	(0.8)	7	(0.3)	249	(3.4)	86	(2.4)	35	(0.9)	243	(1.7)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from 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	468	10	(1.7)	109	(4.3)	3*	(1.0)	2*	(0.8)	--		--		--		104	(3.3)
6 - 11	701	9	(1.6)	117	(3.1)	2	(0.3)	2*	(0.3)	--		--		--		117	(3.3)
12 - 19	899	13	(1.5)	125	(3.1)	5	(1.1)	4	(0.8)	144	(16.2)	39	(7.2)	27	(2.8)	122	(3.0)
20 - 39	1086	25	(1.9)	119	(5.1)	8	(1.4)	7	(1.0)	110	(9.5)	32	(4.8)	30	(2.8)	123	(5.3)
40 - 59	1221	27	(2.1)	126	(4.6)	8	(1.1)	7	(0.8)	127	(8.8)	31	(3.9)	24	(3.2)	126	(5.0)
60 and over	1438	21	(1.7)	111	(2.4)	5	(0.5)	4	(0.5)	105	(5.0)	23	(2.0)	22	(1.8)	113	(2.7)
2 - 19	2068	11	(1.0)	119	(1.7)	4	(0.5)	3	(0.4)	140	(10.9)	31	(3.9)	22	(2.0)	116	(1.6)
20 and over	3745	25	(1.3)	119	(3.0)	7	(0.8)	6	(0.6)	115	(5.3)	30	(3.0)	26	(2.1)	121	(3.0)
2 and over	5813	21	(1.1)	119	(2.4)	6	(0.6)	5	(0.5)	118	(5.2)	30	(2.7)	25	(1.8)	120	(2.2)
Females:																	
2 - 5	472	10	(1.2)	92	(2.6)	1	(0.2)	1*	(0.2)	--		--		--		92	(2.9)
6 - 11	710	13	(2.4)	112	(3.6)	5	(1.0)	4	(0.9)	127	(10.5)	36	(5.9)	28	(3.3)	110	(3.3)
12 - 19	841	15	(2.0)	99	(3.7)	4	(1.2)	4	(1.2)	104	(7.7)	28	(5.2)	27	(4.0)	98	(3.6)
20 - 39	1272	24	(1.8)	96	(3.0)	6	(0.7)	6	(0.7)	86	(4.8)	23	(2.5)	27	(2.0)	99	(3.2)
40 - 59	1327	22	(1.8)	96	(2.9)	5	(0.4)	5	(0.4)	87	(3.9)	22	(1.7)	26	(1.6)	98	(3.5)
60 and over	1363	23	(2.3)	84	(2.9)	5	(0.6)	5	(0.7)	78	(4.2)	20	(2.3)	26	(2.6)	87	(3.1)
2 - 19	2023	13	(1.6)	102	(2.3)	4	(0.8)	4	(0.8)	110	(4.5)	28	(3.4)	25	(2.5)	101	(2.3)
20 and over	3962	23	(1.3)	92	(1.4)	5	(0.3)	5	(0.4)	84	(3.0)	22	(1.3)	26	(1.2)	95	(1.6)
2 and over	5985	21	(1.2)	95	(1.1)	5	(0.3)	5	(0.4)	88	(2.4)	23	(1.2)	26	(1.1)	96	(1.1)
Males and Females:																	
2 - 19	4091	12	(1.1)	111	(1.5)	4	(0.4)	3	(0.4)	125	(6.1)	30	(2.4)	24	(1.6)	109	(1.1)
20 and over	7707	24	(1.1)	105	(1.7)	6	(0.4)	6	(0.4)	99	(2.7)	26	(1.6)	26	(1.4)	107	(1.8)
2 and over	11798	21	(1.0)	107	(1.4)	6	(0.3)	5	(0.3)	103	(2.5)	26	(1.4)	26	(1.1)	108	(1.4)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Dietary fiber

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	12.5	(0.37)	0.4	(0.11)	3*	(0.8)	--		--		--		12.4	(0.36)
6 - 11	701	9	(1.6)	14.7	(0.65)	0.3	(0.08)	2*	(0.5)	--		--		--		14.8	(0.69)
12 - 19	899	13	(1.5)	15.4	(0.39)	0.7	(0.11)	5	(0.7)	16.8	(1.52)	5.6	(0.60)	33	(4.1)	15.2	(0.43)
20 - 39	1086	25	(1.9)	17.7	(0.50)	1.7	(0.22)	10	(1.1)	17.7	(1.31)	7.0	(0.83)	39	(2.6)	17.7	(0.57)
40 - 59	1221	27	(2.1)	18.7	(0.45)	2.1	(0.26)	11	(1.3)	19.8	(1.03)	7.6	(0.67)	38	(2.4)	18.2	(0.49)
60 and over	1438	21	(1.7)	17.9	(0.47)	1.4	(0.21)	8	(1.0)	18.2	(1.09)	6.9	(0.70)	38	(2.4)	17.9	(0.47)
2 - 19	2068	11	(1.0)	14.6	(0.29)	0.5	(0.06)	4	(0.4)	15.2	(0.89)	4.8	(0.35)	32	(2.7)	14.5	(0.28)
20 and over	3745	25	(1.3)	18.1	(0.32)	1.8	(0.15)	10	(0.7)	18.7	(0.79)	7.2	(0.46)	38	(1.4)	17.9	(0.31)
2 and over	5813	21	(1.1)	17.2	(0.28)	1.5	(0.12)	8	(0.6)	18.2	(0.75)	6.9	(0.42)	38	(1.3)	17.0	(0.25)
Females:																	
2 - 5	472	10	(1.2)	12.0	(0.41)	0.4	(0.08)	3*	(0.6)	--		--		--		11.8	(0.50)
6 - 11	710	13	(2.4)	14.7	(0.40)	0.5	(0.10)	4	(0.7)	13.3	(0.85)	4.1	(0.37)	31	(2.5)	14.9	(0.41)
12 - 19	841	15	(2.0)	13.6	(0.85)	0.8	(0.15)	6	(1.1)	13.7	(0.76)	5.3	(0.60)	39	(3.5)	13.6	(1.01)
20 - 39	1272	24	(1.8)	15.5	(0.43)	1.4	(0.13)	9	(0.8)	15.7	(0.81)	5.7	(0.24)	36	(2.0)	15.4	(0.48)
40 - 59	1327	22	(1.8)	15.0	(0.54)	1.2	(0.13)	8	(0.8)	15.8	(0.72)	5.3	(0.42)	34	(2.0)	14.8	(0.61)
60 and over	1363	23	(2.3)	15.2	(0.48)	1.1	(0.13)	8	(0.8)	14.6	(0.86)	5.0	(0.36)	35	(1.9)	15.3	(0.45)
2 - 19	2023	13	(1.6)	13.6	(0.41)	0.6	(0.09)	4	(0.7)	13.6	(0.55)	4.7	(0.38)	34	(2.2)	13.6	(0.50)
20 and over	3962	23	(1.3)	15.2	(0.37)	1.2	(0.09)	8	(0.5)	15.4	(0.49)	5.4	(0.22)	35	(1.4)	15.2	(0.40)
2 and over	5985	21	(1.2)	14.9	(0.32)	1.1	(0.08)	7	(0.5)	15.2	(0.45)	5.3	(0.21)	35	(1.3)	14.8	(0.35)
Males and Females:																	
2 - 19	4091	12	(1.1)	14.1	(0.29)	0.6	(0.06)	4	(0.4)	14.4	(0.47)	4.7	(0.26)	33	(1.6)	14.1	(0.30)
20 and over	7707	24	(1.1)	16.6	(0.32)	1.5	(0.11)	9	(0.5)	17.0	(0.51)	6.3	(0.28)	37	(1.1)	16.5	(0.32)
2 and over	11798	21	(1.0)	16.0	(0.27)	1.3	(0.09)	8	(0.5)	16.7	(0.47)	6.1	(0.26)	36	(1.0)	15.8	(0.26)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Total fat

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	63.7	(2.08)	2.5	(0.65)	4*	(1.0)	--		--		--		61.4	(1.88)
6 - 11	701	9	(1.6)	79.2	(1.92)	2.7	(0.54)	3	(0.7)	--		--		--		78.7	(2.09)
12 - 19	899	13	(1.5)	93.5	(1.91)	6.0	(0.82)	6	(0.8)	113.3	(9.75)	44.7	(3.41)	40	(3.3)	90.5	(2.10)
20 - 39	1086	25	(1.9)	100.5	(2.62)	11.3	(1.40)	11	(1.2)	107.8	(6.67)	45.5	(4.64)	42	(2.8)	98.1	(2.65)
40 - 59	1221	27	(2.1)	104.4	(3.02)	14.4	(1.67)	14	(1.5)	118.9	(5.98)	52.7	(3.93)	44	(2.8)	98.9	(2.68)
60 and over	1438	21	(1.7)	97.6	(1.60)	9.7	(1.03)	10	(1.0)	108.8	(5.83)	46.6	(3.76)	43	(2.1)	94.6	(1.84)
2 - 19	2068	11	(1.0)	82.4	(1.21)	4.2	(0.42)	5	(0.5)	100.1	(5.89)	37.0	(1.90)	37	(2.1)	80.2	(1.17)
20 and over	3745	25	(1.3)	101.0	(1.14)	11.9	(0.78)	12	(0.7)	112.3	(2.95)	48.6	(2.16)	43	(1.7)	97.3	(1.36)
2 and over	5813	21	(1.1)	96.4	(1.00)	10.0	(0.62)	10	(0.6)	110.7	(2.88)	47.1	(2.01)	42	(1.6)	92.6	(1.08)
Females:																	
2 - 5	472	10	(1.2)	53.2	(1.01)	2.0	(0.35)	4*	(0.7)	--		--		--		52.4	(1.15)
6 - 11	710	13	(2.4)	75.6	(1.63)	4.0	(0.81)	5	(1.0)	87.2	(3.84)	31.3	(3.26)	36	(2.8)	73.9	(1.53)
12 - 19	841	15	(2.0)	74.7	(2.90)	5.2	(1.31)	7	(1.6)	88.4	(9.27)	35.2	(5.01)	40	(2.4)	72.3	(2.51)
20 - 39	1272	24	(1.8)	81.1	(1.14)	8.5	(0.77)	10	(0.9)	87.0	(2.01)	35.7	(1.65)	41	(1.5)	79.3	(1.32)
40 - 59	1327	22	(1.8)	75.4	(1.66)	7.9	(0.77)	10	(1.0)	84.7	(4.06)	35.5	(1.93)	42	(2.1)	72.7	(2.11)
60 and over	1363	23	(2.3)	71.8	(2.08)	7.5	(0.70)	11	(1.0)	77.3	(3.76)	33.3	(2.08)	43	(2.4)	70.2	(2.16)
2 - 19	2023	13	(1.6)	70.3	(1.58)	4.1	(0.79)	6	(1.1)	83.5	(5.52)	31.5	(2.91)	38	(1.6)	68.3	(1.37)
20 and over	3962	23	(1.3)	76.3	(1.01)	8.0	(0.52)	10	(0.7)	83.3	(2.15)	34.9	(1.12)	42	(1.4)	74.2	(1.24)
2 and over	5985	21	(1.2)	75.0	(0.70)	7.1	(0.47)	9	(0.6)	83.3	(1.99)	34.4	(0.84)	41	(1.2)	72.8	(0.93)
Males and Females:																	
2 - 19	4091	12	(1.1)	76.5	(1.00)	4.1	(0.47)	5	(0.6)	91.3	(3.90)	34.1	(1.80)	37	(1.3)	74.4	(0.91)
20 and over	7707	24	(1.1)	88.2	(0.72)	9.9	(0.52)	11	(0.6)	97.8	(1.80)	41.7	(1.29)	43	(1.2)	85.2	(0.93)
2 and over	11798	21	(1.0)	85.4	(0.60)	8.5	(0.43)	10	(0.5)	96.9	(1.64)	40.7	(1.12)	42	(1.0)	82.4	(0.78)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Saturated fat

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	22.3	(0.76)	0.8	(0.24)	4*	(1.0)	--		--		--		21.5	(0.68)
6 - 11	701	9	(1.6)	27.9	(0.73)	0.9	(0.20)	3	(0.7)	--		--		--		27.8	(0.86)
12 - 19	899	13	(1.5)	32.2	(0.62)	1.7	(0.21)	5	(0.6)	34.3	(1.93)	12.5	(0.90)	37	(2.4)	31.9	(0.73)
20 - 39	1086	25	(1.9)	32.8	(0.82)	3.4	(0.41)	10	(1.1)	34.1	(1.94)	13.7	(1.37)	40	(3.0)	32.3	(0.81)
40 - 59	1221	27	(2.1)	33.3	(0.80)	4.2	(0.51)	13	(1.5)	36.0	(1.34)	15.5	(1.28)	43	(2.5)	32.3	(0.83)
60 and over	1438	21	(1.7)	32.2	(0.76)	3.0	(0.35)	9	(1.1)	35.2	(2.07)	14.2	(1.28)	40	(2.2)	31.5	(0.98)
2 - 19	2068	11	(1.0)	28.7	(0.44)	1.2	(0.11)	4	(0.4)	31.9	(1.36)	11.0	(0.51)	35	(1.6)	28.3	(0.46)
20 and over	3745	25	(1.3)	32.8	(0.39)	3.6	(0.22)	11	(0.7)	35.1	(0.74)	14.5	(0.68)	41	(1.7)	32.1	(0.48)
2 and over	5813	21	(1.1)	31.8	(0.35)	3.0	(0.17)	9	(0.6)	34.7	(0.66)	14.1	(0.63)	41	(1.5)	31.0	(0.41)
Females:																	
2 - 5	472	10	(1.2)	18.3	(0.46)	0.6	(0.10)	3*	(0.6)	--		--		--		18.2	(0.49)
6 - 11	710	13	(2.4)	26.4	(0.52)	1.2	(0.24)	4	(0.9)	30.2	(1.73)	9.0	(0.73)	30	(1.7)	25.8	(0.44)
12 - 19	841	15	(2.0)	25.0	(0.80)	1.6	(0.41)	6	(1.5)	28.5	(3.19)	10.5	(1.64)	37	(2.5)	24.3	(0.66)
20 - 39	1272	24	(1.8)	26.5	(0.40)	2.6	(0.26)	10	(0.9)	27.9	(0.71)	11.0	(0.65)	39	(2.1)	26.0	(0.48)
40 - 59	1327	22	(1.8)	24.4	(0.61)	2.4	(0.23)	10	(0.9)	26.5	(1.30)	10.9	(0.59)	41	(2.1)	23.7	(0.83)
60 and over	1363	23	(2.3)	23.2	(0.91)	2.2	(0.22)	9	(1.0)	24.4	(1.38)	9.6	(0.70)	39	(2.5)	22.8	(0.96)
2 - 19	2023	13	(1.6)	24.0	(0.51)	1.2	(0.25)	5	(1.0)	27.6	(2.15)	9.3	(0.97)	34	(1.4)	23.5	(0.42)
20 and over	3962	23	(1.3)	24.7	(0.42)	2.4	(0.16)	10	(0.7)	26.4	(0.74)	10.6	(0.38)	40	(1.5)	24.3	(0.53)
2 and over	5985	21	(1.2)	24.6	(0.28)	2.1	(0.15)	9	(0.6)	26.6	(0.70)	10.4	(0.28)	39	(1.3)	24.1	(0.40)
Males and Females:																	
2 - 19	4091	12	(1.1)	26.4	(0.33)	1.2	(0.14)	5	(0.5)	29.6	(1.20)	10.1	(0.53)	34	(1.0)	25.9	(0.35)
20 and over	7707	24	(1.1)	28.6	(0.32)	3.0	(0.15)	10	(0.5)	30.7	(0.58)	12.5	(0.41)	41	(1.2)	28.0	(0.43)
2 and over	11798	21	(1.0)	28.1	(0.26)	2.6	(0.12)	9	(0.5)	30.6	(0.50)	12.2	(0.36)	40	(1.0)	27.4	(0.36)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Monounsaturated fat

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake g	(SE)	All Individuals [2]: Intake from Full Service Restaurants g	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake g	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	20.7	(0.71)	0.8	(0.21)	4*	(1.0)	--		--		--		20.0	(0.69)
6 - 11	701	9	(1.6)	26.0	(0.64)	0.9	(0.17)	3	(0.6)	--		--		--		25.9	(0.66)
12 - 19	899	13	(1.5)	30.9	(0.69)	2.1	(0.29)	7	(0.9)	39.3	(4.02)	15.7	(1.29)	40	(3.9)	29.6	(0.80)
20 - 39	1086	25	(1.9)	34.4	(0.95)	4.0	(0.50)	12	(1.3)	37.1	(2.41)	16.0	(1.69)	43	(2.7)	33.5	(0.99)
40 - 59	1221	27	(2.1)	36.4	(1.30)	4.8	(0.54)	13	(1.4)	41.7	(3.05)	17.7	(1.28)	42	(3.3)	34.4	(1.00)
60 and over	1438	21	(1.7)	33.1	(0.56)	3.4	(0.33)	10	(1.0)	37.6	(1.89)	16.2	(1.17)	43	(2.0)	31.9	(0.72)
2 - 19	2068	11	(1.0)	27.1	(0.45)	1.4	(0.15)	5	(0.5)	33.8	(2.46)	12.7	(0.72)	38	(2.5)	26.3	(0.42)
20 and over	3745	25	(1.3)	34.7	(0.50)	4.1	(0.28)	12	(0.8)	39.0	(1.42)	16.7	(0.81)	43	(1.9)	33.3	(0.52)
2 and over	5813	21	(1.1)	32.9	(0.43)	3.4	(0.22)	10	(0.6)	38.3	(1.39)	16.2	(0.74)	42	(1.9)	31.4	(0.40)
Females:																	
2 - 5	472	10	(1.2)	17.5	(0.40)	0.7	(0.12)	4*	(0.7)	--		--		--		17.2	(0.45)
6 - 11	710	13	(2.4)	24.4	(0.56)	1.3	(0.25)	5	(1.0)	27.7	(1.19)	9.9	(1.04)	36	(3.0)	23.9	(0.59)
12 - 19	841	15	(2.0)	24.0	(0.91)	1.8	(0.51)	8	(1.9)	29.2	(2.92)	12.3	(2.11)	42	(3.6)	23.1	(0.67)
20 - 39	1272	24	(1.8)	27.4	(0.51)	2.8	(0.26)	10	(0.9)	29.3	(0.85)	12.0	(0.58)	41	(1.4)	26.8	(0.60)
40 - 59	1327	22	(1.8)	25.7	(0.61)	2.6	(0.26)	10	(1.0)	28.9	(1.45)	11.9	(0.68)	41	(2.0)	24.7	(0.75)
60 and over	1363	23	(2.3)	24.4	(0.73)	2.5	(0.24)	10	(1.0)	26.5	(1.42)	11.2	(0.67)	42	(2.6)	23.7	(0.76)
2 - 19	2023	13	(1.6)	22.7	(0.47)	1.4	(0.30)	6	(1.2)	27.3	(1.70)	10.6	(1.19)	39	(2.4)	22.1	(0.38)
20 and over	3962	23	(1.3)	25.9	(0.37)	2.7	(0.19)	10	(0.7)	28.3	(0.83)	11.7	(0.37)	41	(1.4)	25.1	(0.45)
2 and over	5985	21	(1.2)	25.2	(0.27)	2.4	(0.17)	9	(0.6)	28.2	(0.76)	11.6	(0.29)	41	(1.2)	24.4	(0.32)
Males and Females:																	
2 - 19	4091	12	(1.1)	25.0	(0.26)	1.4	(0.17)	6	(0.7)	30.3	(1.40)	11.6	(0.72)	38	(1.7)	24.2	(0.25)
20 and over	7707	24	(1.1)	30.1	(0.31)	3.4	(0.19)	11	(0.6)	33.6	(0.78)	14.2	(0.48)	42	(1.3)	29.0	(0.37)
2 and over	11798	21	(1.0)	28.9	(0.26)	2.9	(0.16)	10	(0.5)	33.2	(0.73)	13.9	(0.41)	42	(1.1)	27.8	(0.29)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Polyunsaturated fat

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	14.0	(0.54)	0.6	(0.16)	4*	(1.1)	--		--		--		13.5	(0.50)
6 - 11	701	9	(1.6)	17.4	(0.72)	0.6	(0.13)	4	(0.7)	--		--		--		17.2	(0.76)
12 - 19	899	13	(1.5)	20.8	(0.70)	1.6	(0.24)	7	(1.1)	28.0	(3.20)	11.6	(1.11)	41	(5.2)	19.7	(0.77)
20 - 39	1086	25	(1.9)	23.0	(0.71)	2.7	(0.37)	12	(1.5)	25.3	(1.87)	11.0	(1.27)	43	(3.1)	22.3	(0.78)
40 - 59	1221	27	(2.1)	24.3	(0.93)	3.9	(0.52)	16	(1.9)	30.0	(1.85)	14.4	(1.32)	48	(3.9)	22.2	(0.81)
60 and over	1438	21	(1.7)	22.9	(0.66)	2.5	(0.29)	11	(1.2)	25.7	(1.68)	11.8	(1.18)	46	(3.2)	22.2	(0.73)
2 - 19	2068	11	(1.0)	18.2	(0.39)	1.0	(0.13)	6	(0.7)	24.0	(1.83)	9.3	(0.69)	39	(3.4)	17.5	(0.40)
20 and over	3745	25	(1.3)	23.4	(0.39)	3.1	(0.23)	13	(0.9)	27.2	(0.85)	12.5	(0.60)	46	(2.1)	22.2	(0.46)
2 and over	5813	21	(1.1)	22.1	(0.34)	2.6	(0.18)	12	(0.8)	26.8	(0.85)	12.1	(0.57)	45	(2.1)	20.9	(0.38)
Females:																	
2 - 5	472	10	(1.2)	11.6	(0.31)	0.5	(0.11)	5*	(0.9)	--		--		--		11.3	(0.33)
6 - 11	710	13	(2.4)	17.2	(0.51)	1.2	(0.25)	7	(1.4)	20.5	(1.16)	9.2	(1.42)	45	(5.2)	16.7	(0.55)
12 - 19	841	15	(2.0)	18.5	(1.27)	1.4	(0.31)	7	(1.6)	22.7	(2.77)	9.2	(1.13)	40	(2.7)	17.8	(1.33)
20 - 39	1272	24	(1.8)	19.2	(0.44)	2.2	(0.23)	12	(1.0)	21.3	(0.94)	9.4	(0.61)	44	(1.9)	18.5	(0.40)
40 - 59	1327	22	(1.8)	17.8	(0.54)	2.0	(0.22)	11	(1.2)	21.4	(1.26)	9.2	(0.61)	43	(2.8)	16.7	(0.58)
60 and over	1363	23	(2.3)	17.2	(0.45)	2.1	(0.18)	12	(1.1)	19.0	(0.82)	9.3	(0.61)	49	(2.5)	16.7	(0.49)
2 - 19	2023	13	(1.6)	16.6	(0.61)	1.1	(0.19)	7	(1.1)	20.7	(1.43)	8.6	(0.70)	41	(2.3)	16.0	(0.62)
20 and over	3962	23	(1.3)	18.1	(0.32)	2.1	(0.14)	12	(0.7)	20.6	(0.64)	9.3	(0.39)	45	(1.7)	17.3	(0.33)
2 and over	5985	21	(1.2)	17.8	(0.29)	1.9	(0.13)	11	(0.6)	20.6	(0.58)	9.2	(0.32)	45	(1.5)	17.0	(0.30)
Males and Females:																	
2 - 19	4091	12	(1.1)	17.4	(0.41)	1.1	(0.12)	6	(0.7)	22.3	(1.18)	8.9	(0.52)	40	(2.0)	16.7	(0.35)
20 and over	7707	24	(1.1)	20.7	(0.26)	2.6	(0.15)	12	(0.6)	23.9	(0.59)	10.9	(0.40)	46	(1.5)	19.7	(0.26)
2 and over	11798	21	(1.0)	19.9	(0.25)	2.2	(0.12)	11	(0.5)	23.7	(0.55)	10.6	(0.36)	45	(1.5)	18.9	(0.23)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	10	(1.7)	195	(9.9)	10*	(3.0)	5	(1.4)	--		--		--		184	(8.3)
6 - 11	701	9	(1.6)	238	(10.2)	9	(1.8)	4	(0.8)	--		--		--		237	(10.8)
12 - 19	899	13	(1.5)	286	(11.3)	25	(3.8)	9	(1.2)	387	(40.0)	184	(20.7)	47	(5.1)	271	(10.0)
20 - 39	1086	25	(1.9)	372	(12.0)	43	(5.5)	11	(1.4)	406	(34.9)	171	(17.4)	42	(3.0)	361	(10.8)
40 - 59	1221	27	(2.1)	370	(10.3)	59	(7.0)	16	(1.8)	426	(22.0)	217	(21.5)	51	(3.2)	350	(12.6)
60 and over	1438	21	(1.7)	337	(10.7)	46	(4.6)	14	(1.4)	419	(25.7)	221	(19.4)	53	(3.0)	315	(14.7)
2 - 19	2068	11	(1.0)	251	(7.0)	16	(2.0)	6	(0.7)	334	(27.7)	144	(14.0)	43	(3.9)	240	(5.8)
20 and over	3745	25	(1.3)	361	(5.7)	49	(3.1)	14	(0.9)	417	(17.5)	201	(12.1)	48	(2.1)	343	(7.4)
2 and over	5813	21	(1.1)	334	(3.8)	41	(2.6)	12	(0.8)	406	(14.8)	194	(11.4)	48	(1.9)	315	(4.7)
Females:																	
2 - 5	472	10	(1.2)	181	(10.6)	4	(0.8)	2*	(0.5)	--		--		--		180	(10.3)
6 - 11	710	13	(2.4)	211	(7.9)	12	(3.3)	6	(1.4)	259	(27.2)	97	(15.0)	37	(4.5)	204	(7.5)
12 - 19	841	15	(2.0)	215	(8.5)	20	(5.1)	9	(2.2)	280	(30.6)	134	(20.4)	48	(4.3)	204	(7.4)
20 - 39	1272	24	(1.8)	280	(8.6)	31	(3.3)	11	(1.1)	325	(22.3)	130	(10.5)	40	(2.8)	266	(10.7)
40 - 59	1327	22	(1.8)	274	(12.5)	33	(3.6)	12	(1.3)	329	(22.9)	149	(11.1)	45	(3.4)	259	(16.1)
60 and over	1363	23	(2.3)	256	(8.2)	35	(4.4)	14	(1.7)	299	(22.9)	156	(15.0)	52	(4.0)	244	(8.5)
2 - 19	2023	13	(1.6)	207	(5.3)	14	(3.2)	7	(1.4)	258	(24.4)	108	(13.8)	42	(3.0)	199	(4.3)
20 and over	3962	23	(1.3)	271	(6.4)	33	(2.5)	12	(0.8)	318	(13.6)	144	(7.9)	45	(2.6)	257	(7.0)
2 and over	5985	21	(1.2)	256	(4.7)	29	(2.2)	11	(0.8)	310	(12.1)	139	(6.4)	45	(2.4)	242	(5.3)
Males and Females:																	
2 - 19	4091	12	(1.1)	229	(5.0)	15	(1.9)	7	(0.7)	294	(16.5)	125	(9.9)	42	(2.4)	220	(3.7)
20 and over	7707	24	(1.1)	314	(5.0)	41	(1.8)	13	(0.6)	367	(10.2)	173	(6.9)	47	(1.5)	298	(6.6)
2 and over	11798	21	(1.0)	294	(3.2)	35	(1.5)	12	(0.5)	357	(8.7)	166	(6.1)	46	(1.4)	278	(4.4)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin A (RAE)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	574	(28.9)	14*	(5.7)	2*	(0.9)	--		--		--		565	(27.2)
6 - 11	701	9	(1.6)	612	(32.7)	13	(3.0)	2*	(0.5)	--		--		--		603	(32.7)
12 - 19	899	13	(1.5)	598	(17.4)	21	(2.9)	4	(0.5)	583	(39.2)	160	(13.1)	27	(2.7)	601	(23.3)
20 - 39	1086	25	(1.9)	612	(16.3)	47	(6.1)	8	(1.0)	585	(42.6)	188	(22.4)	32	(3.0)	621	(23.6)
40 - 59	1221	27	(2.1)	679	(37.2)	68	(10.7)	10	(1.2)	713	(54.9)	249	(29.6)	35	(3.4)	667	(40.7)
60 and over	1438	21	(1.7)	701	(27.7)	57	(7.0)	8	(1.1)	776	(101.6)	272	(26.4)	35	(5.2)	681	(25.3)
2 - 19	2068	11	(1.0)	598	(13.6)	17	(1.8)	3	(0.3)	629	(34.9)	151	(9.8)	24	(2.0)	594	(14.7)
20 and over	3745	25	(1.3)	661	(19.1)	57	(4.3)	9	(0.6)	680	(34.4)	232	(11.0)	34	(2.0)	654	(20.8)
2 and over	5813	21	(1.1)	645	(14.7)	47	(3.5)	7	(0.5)	674	(30.6)	221	(9.6)	33	(1.8)	637	(14.9)
Females:																	
2 - 5	472	10	(1.2)	520	(22.3)	9	(2.0)	2*	(0.4)	--		--		--		519	(25.2)
6 - 11	710	13	(2.4)	583	(25.5)	16	(3.7)	3*	(0.7)	538	(63.7)	126	(23.7)	23*	(3.9)	590	(29.7)
12 - 19	841	15	(2.0)	484	(21.2)	23	(4.9)	5	(1.1)	474	(21.9)	152	(16.8)	32	(4.0)	486	(23.6)
20 - 39	1272	24	(1.8)	592	(25.2)	53	(7.9)	9	(1.1)	647	(64.2)	223	(21.2)	34	(2.2)	575	(24.8)
40 - 59	1327	22	(1.8)	578	(23.0)	49	(5.4)	9	(1.0)	628	(59.0)	222	(19.7)	35	(2.4)	563	(29.7)
60 and over	1363	23	(2.3)	633	(27.3)	52	(8.6)	8	(1.4)	624	(49.4)	228	(31.9)	37	(3.7)	636	(31.7)
2 - 19	2023	13	(1.6)	524	(13.3)	18	(2.9)	3	(0.6)	502	(24.4)	134	(10.3)	27	(2.1)	527	(14.5)
20 and over	3962	23	(1.3)	600	(15.6)	51	(4.6)	9	(0.7)	634	(36.7)	225	(12.4)	35	(1.5)	590	(14.9)
2 and over	5985	21	(1.2)	583	(13.0)	44	(3.8)	7	(0.6)	615	(32.3)	211	(11.1)	34	(1.4)	574	(12.6)
Males and Females:																	
2 - 19	4091	12	(1.1)	562	(8.9)	17	(1.7)	3	(0.3)	562	(22.0)	142	(7.6)	25	(1.5)	561	(9.7)
20 and over	7707	24	(1.1)	629	(13.9)	54	(3.2)	9	(0.4)	657	(25.7)	228	(7.9)	35	(1.2)	620	(13.5)
2 and over	11798	21	(1.0)	613	(11.4)	45	(2.6)	7	(0.4)	644	(23.0)	216	(7.0)	34	(1.1)	605	(10.6)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Full Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake µg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1162	(227.6)	53*	(24.2)	5*	(2.2)	--		--		--		1160	(252.0)
6 - 11	701	9	(1.6)	1041	(122.1)	41*	(14.7)	4*	(1.5)	--		--		--		855	(65.6)
12 - 19	899	13	(1.5)	1087	(89.6)	86	(22.2)	8	(2.2)	1307	(196.5)	640	(146.7)	49	(8.4)	1053	(104.9)
20 - 39	1086	25	(1.9)	2014	(145.2)	207	(41.7)	10	(2.2)	1930	(233.1)	833	(166.3)	43	(5.7)	2042	(198.6)
40 - 59	1221	27	(2.1)	2490	(304.5)	315	(67.8)	13	(1.7)	2795	(309.6)	1156	(208.0)	41	(5.3)	2376	(340.6)
60 and over	1438	21	(1.7)	2312	(177.1)	253	(47.6)	11	(2.0)	2256	(193.2)	1214	(179.2)	54	(6.1)	2327	(207.3)
2 - 19	2068	11	(1.0)	1088	(63.0)	64	(11.8)	6	(1.0)	1716	(328.2)	567	(90.5)	33	(6.6)	1008	(55.9)
20 and over	3745	25	(1.3)	2264	(151.5)	258	(30.7)	11	(1.1)	2342	(173.2)	1050	(87.7)	45	(2.7)	2239	(167.8)
2 and over	5813	21	(1.1)	1975	(125.8)	210	(24.6)	11	(1.0)	2261	(169.7)	987	(79.3)	44	(2.6)	1897	(128.9)
Females:																	
2 - 5	472	10	(1.2)	1319	(194.7)	29*	(9.8)	2*	(0.8)	--		--		--		1314	(215.8)
6 - 11	710	13	(2.4)	1312	(113.7)	51*	(17.3)	4*	(1.3)	1150	(205.6)	400*	(126.8)	35	(9.4)	1336	(133.1)
12 - 19	841	15	(2.0)	1178	(104.8)	96	(20.9)	8	(1.9)	1426	(168.4)	644	(113.5)	45	(6.4)	1135	(127.7)
20 - 39	1272	24	(1.8)	2431	(217.5)	275	(48.8)	11	(1.8)	2797	(370.0)	1157	(144.9)	41	(3.7)	2318	(253.1)
40 - 59	1327	22	(1.8)	2474	(215.4)	280	(48.7)	11	(2.2)	2987	(586.8)	1265	(194.6)	42	(6.2)	2328	(264.5)
60 and over	1363	23	(2.3)	2813	(188.1)	220	(39.9)	8	(1.6)	2547	(294.9)	969	(151.9)	38	(6.2)	2891	(264.0)
2 - 19	2023	13	(1.6)	1252	(53.5)	67	(11.6)	5	(0.9)	1328	(135.3)	510	(72.1)	38	(4.2)	1241	(69.2)
20 and over	3962	23	(1.3)	2564	(120.9)	259	(31.8)	10	(1.2)	2782	(270.8)	1134	(99.0)	41	(3.0)	2499	(126.5)
2 and over	5985	21	(1.2)	2267	(101.2)	216	(25.6)	10	(1.1)	2573	(239.8)	1045	(91.4)	41	(2.8)	2187	(107.1)
Males and Females:																	
2 - 19	4091	12	(1.1)	1169	(48.7)	65	(8.2)	6	(0.7)	1510	(165.0)	537	(53.7)	36	(4.3)	1121	(51.1)
20 and over	7707	24	(1.1)	2420	(122.7)	259	(24.7)	11	(0.8)	2563	(181.9)	1092	(70.9)	43	(2.2)	2375	(127.6)
2 and over	11798	21	(1.0)	2124	(103.3)	213	(19.7)	10	(0.8)	2418	(165.2)	1016	(65.6)	42	(2.1)	2046	(104.9)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

L y c o p e n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from 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	468	10	(1.7)	4317	(537.4)	220 *	(125.2)	5 *	(2.8)	--		--		--		4332	(602.0)
6 - 11	701	9	(1.6)	3983	(292.4)	238 *	(88.6)	6 *	(2.1)	--		--		--		3934	(300.0)
12 - 19	899	13	(1.5)	6062	(630.6)	329	(74.1)	5	(1.4)	6527	(1935.0)	2454	(535.7)	38 *	(13.0)	5990	(711.1)
20 - 39	1086	25	(1.9)	5360	(400.9)	607	(134.2)	11	(2.1)	5976	(1130.5)	2442	(525.7)	41	(5.6)	5156	(304.5)
40 - 59	1221	27	(2.1)	5956	(489.4)	1012	(251.3)	17	(3.2)	7311	(1139.1)	3718	(782.0)	51	(5.0)	5449	(364.3)
60 and over	1438	21	(1.7)	4976	(311.1)	678	(129.1)	14	(2.5)	5511	(776.8)	3249	(601.6)	59	(5.7)	4835	(322.6)
2 - 19	2068	11	(1.0)	4995	(338.0)	275	(67.3)	6	(1.3)	5529	(1192.1)	2453	(496.6)	44	(9.6)	4927	(363.8)
20 and over	3745	25	(1.3)	5457	(266.2)	768	(89.9)	14	(1.2)	6378	(553.6)	3130	(338.8)	49	(2.9)	5158	(233.1)
2 and over	5813	21	(1.1)	5344	(190.5)	647	(72.8)	12	(1.1)	6268	(526.7)	3042	(308.2)	49	(3.3)	5094	(166.6)
Females:																	
2 - 5	472	10	(1.2)	3024	(295.7)	205 *	(67.1)	7 *	(2.3)	--		--		--		2899	(310.1)
6 - 11	710	13	(2.4)	4367	(357.3)	320 *	(108.2)	7 *	(2.4)	5211	(1035.8)	2493 *	(759.1)	--		4243	(400.3)
12 - 19	841	15	(2.0)	3658	(260.7)	321	(77.3)	9	(2.0)	3645	(709.9)	2159	(537.9)	59	(7.0)	3660	(279.4)
20 - 39	1272	24	(1.8)	4569	(327.5)	652 *	(201.0)	14	(3.9)	5183	(770.0)	2748	(722.4)	53	(8.0)	4378	(331.0)
40 - 59	1327	22	(1.8)	4034	(206.1)	545	(117.0)	14	(2.7)	3787	(410.5)	2463	(437.8)	65	(6.6)	4104	(271.5)
60 and over	1363	23	(2.3)	4038	(322.2)	533	(94.7)	13	(2.4)	4411	(537.0)	2351	(370.0)	53	(7.4)	3929	(346.5)
2 - 19	2023	13	(1.6)	3754	(191.1)	296	(59.3)	8	(1.6)	4230	(451.9)	2255	(391.9)	53	(5.5)	3682	(223.0)
20 and over	3962	23	(1.3)	4225	(167.8)	579	(83.5)	14	(1.8)	4491	(329.2)	2533	(278.4)	56	(3.8)	4145	(188.7)
2 and over	5985	21	(1.2)	4118	(132.9)	515	(73.7)	13	(1.7)	4454	(291.7)	2493	(263.3)	56	(3.7)	4030	(157.8)
Males and Females:																	
2 - 19	4091	12	(1.1)	4385	(185.4)	285	(51.5)	7	(1.2)	4840	(625.5)	2348	(354.9)	49	(6.4)	4322	(204.8)
20 and over	7707	24	(1.1)	4818	(162.1)	670	(61.4)	14	(1.0)	5433	(295.3)	2831	(221.2)	52	(2.6)	4627	(150.7)
2 and over	11798	21	(1.0)	4716	(126.8)	579	(53.4)	12	(1.0)	5352	(288.2)	2765	(209.4)	52	(2.8)	4547	(113.9)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1.31	(0.041)	0.04	(0.011)	3*	(0.8)	--		--		--		1.28	(0.030)
6 - 11	701	9	(1.6)	1.60	(0.041)	0.04	(0.008)	2*	(0.5)	--		--		--		1.61	(0.046)
12 - 19	899	13	(1.5)	1.82	(0.042)	0.08	(0.010)	4	(0.6)	1.97	(0.223)	0.56	(0.050)	29	(4.2)	1.80	(0.051)
20 - 39	1086	25	(1.9)	1.84	(0.044)	0.16	(0.018)	9	(1.0)	1.79	(0.081)	0.63	(0.060)	35	(2.7)	1.86	(0.057)
40 - 59	1221	27	(2.1)	1.86	(0.051)	0.21	(0.028)	11	(1.4)	1.99	(0.111)	0.77	(0.065)	39	(2.8)	1.81	(0.062)
60 and over	1438	21	(1.7)	1.80	(0.041)	0.14	(0.021)	8	(1.1)	1.76	(0.104)	0.66	(0.079)	38	(3.0)	1.81	(0.049)
2 - 19	2068	11	(1.0)	1.64	(0.027)	0.06	(0.006)	3	(0.4)	1.78	(0.135)	0.50	(0.030)	28	(2.5)	1.62	(0.025)
20 and over	3745	25	(1.3)	1.84	(0.025)	0.17	(0.011)	9	(0.6)	1.86	(0.055)	0.69	(0.030)	37	(1.4)	1.83	(0.032)
2 and over	5813	21	(1.1)	1.79	(0.020)	0.14	(0.009)	8	(0.5)	1.85	(0.052)	0.67	(0.026)	36	(1.4)	1.77	(0.024)
Females:																	
2 - 5	472	10	(1.2)	1.14	(0.032)	0.03	(0.004)	2*	(0.4)	--		--		--		1.13	(0.035)
6 - 11	710	13	(2.4)	1.50	(0.037)	0.06	(0.016)	4	(1.0)	1.52	(0.097)	0.44	(0.054)	29	(2.7)	1.49	(0.035)
12 - 19	841	15	(2.0)	1.35	(0.040)	0.07	(0.016)	5	(1.1)	1.38	(0.106)	0.48	(0.049)	35	(1.7)	1.34	(0.044)
20 - 39	1272	24	(1.8)	1.39	(0.024)	0.12	(0.008)	8	(0.6)	1.40	(0.046)	0.49	(0.032)	35	(2.4)	1.39	(0.024)
40 - 59	1327	22	(1.8)	1.34	(0.033)	0.11	(0.013)	8	(0.9)	1.39	(0.091)	0.50	(0.039)	36	(2.2)	1.33	(0.040)
60 and over	1363	23	(2.3)	1.26	(0.028)	0.11	(0.009)	8	(0.8)	1.26	(0.051)	0.47	(0.025)	37	(1.7)	1.26	(0.030)
2 - 19	2023	13	(1.6)	1.35	(0.024)	0.06	(0.012)	4	(0.8)	1.40	(0.084)	0.44	(0.043)	31	(1.7)	1.34	(0.023)
20 and over	3962	23	(1.3)	1.34	(0.017)	0.11	(0.007)	8	(0.5)	1.36	(0.041)	0.49	(0.022)	36	(1.4)	1.33	(0.018)
2 and over	5985	21	(1.2)	1.34	(0.014)	0.10	(0.007)	7	(0.5)	1.36	(0.040)	0.48	(0.019)	35	(1.2)	1.33	(0.015)
Males and Females:																	
2 - 19	4091	12	(1.1)	1.50	(0.014)	0.06	(0.007)	4	(0.5)	1.58	(0.069)	0.46	(0.028)	29	(1.7)	1.49	(0.015)
20 and over	7707	24	(1.1)	1.58	(0.014)	0.14	(0.007)	9	(0.5)	1.61	(0.034)	0.59	(0.021)	37	(1.1)	1.57	(0.019)
2 and over	11798	21	(1.0)	1.56	(0.011)	0.12	(0.006)	8	(0.4)	1.60	(0.030)	0.57	(0.018)	36	(1.0)	1.55	(0.016)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Riboflavin

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1.65	(0.062)	0.04	(0.011)	3*	(0.6)	--		--		--		1.60	(0.039)
6 - 11	701	9	(1.6)	1.86	(0.058)	0.04	(0.008)	2*	(0.4)	--		--		--		1.87	(0.063)
12 - 19	899	13	(1.5)	2.09	(0.046)	0.09	(0.010)	4	(0.5)	2.29	(0.129)	0.64	(0.039)	28	(2.4)	2.06	(0.059)
20 - 39	1086	25	(1.9)	2.47	(0.070)	0.19	(0.022)	8	(0.9)	2.46	(0.155)	0.75	(0.068)	30	(2.4)	2.47	(0.077)
40 - 59	1221	27	(2.1)	2.47	(0.090)	0.24	(0.029)	10	(1.2)	2.49	(0.107)	0.88	(0.070)	35	(2.2)	2.46	(0.114)
60 and over	1438	21	(1.7)	2.26	(0.043)	0.17	(0.016)	7	(0.7)	2.35	(0.099)	0.80	(0.056)	34	(2.1)	2.24	(0.057)
2 - 19	2068	11	(1.0)	1.92	(0.031)	0.06	(0.006)	3	(0.3)	2.13	(0.116)	0.55	(0.022)	26	(1.4)	1.90	(0.029)
20 and over	3745	25	(1.3)	2.41	(0.044)	0.20	(0.013)	8	(0.6)	2.45	(0.074)	0.81	(0.037)	33	(1.0)	2.40	(0.054)
2 and over	5813	21	(1.1)	2.29	(0.036)	0.17	(0.010)	7	(0.5)	2.41	(0.064)	0.78	(0.033)	32	(1.0)	2.26	(0.042)
Females:																	
2 - 5	472	10	(1.2)	1.46	(0.042)	0.03	(0.005)	2*	(0.3)	--		--		--		1.46	(0.044)
6 - 11	710	13	(2.4)	1.77	(0.033)	0.06	(0.012)	3	(0.7)	1.75	(0.135)	0.44	(0.045)	25	(2.5)	1.77	(0.036)
12 - 19	841	15	(2.0)	1.54	(0.063)	0.08	(0.018)	5	(1.1)	1.57	(0.100)	0.51	(0.062)	32	(2.8)	1.54	(0.066)
20 - 39	1272	24	(1.8)	1.76	(0.042)	0.14	(0.013)	8	(0.7)	1.77	(0.083)	0.58	(0.031)	33	(1.7)	1.76	(0.042)
40 - 59	1327	22	(1.8)	1.81	(0.052)	0.13	(0.011)	7	(0.6)	1.82	(0.062)	0.58	(0.025)	32	(1.3)	1.81	(0.061)
60 and over	1363	23	(2.3)	1.69	(0.045)	0.13	(0.015)	8	(0.9)	1.71	(0.064)	0.59	(0.033)	35	(2.0)	1.69	(0.050)
2 - 19	2023	13	(1.6)	1.60	(0.031)	0.06	(0.011)	4	(0.7)	1.61	(0.067)	0.45	(0.038)	28	(1.8)	1.60	(0.033)
20 and over	3962	23	(1.3)	1.76	(0.035)	0.13	(0.008)	8	(0.5)	1.76	(0.051)	0.58	(0.018)	33	(1.1)	1.75	(0.036)
2 and over	5985	21	(1.2)	1.72	(0.028)	0.12	(0.008)	7	(0.4)	1.74	(0.044)	0.56	(0.014)	32	(1.0)	1.71	(0.030)
Males and Females:																	
2 - 19	4091	12	(1.1)	1.76	(0.022)	0.06	(0.007)	3	(0.4)	1.86	(0.062)	0.50	(0.023)	27	(1.2)	1.75	(0.020)
20 and over	7707	24	(1.1)	2.07	(0.032)	0.16	(0.008)	8	(0.4)	2.10	(0.049)	0.69	(0.022)	33	(0.8)	2.06	(0.037)
2 and over	11798	21	(1.0)	2.00	(0.026)	0.14	(0.007)	7	(0.3)	2.07	(0.042)	0.67	(0.019)	32	(0.7)	1.98	(0.029)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	10	(1.7)	16.9	(0.47)	0.6	(0.14)	4*	(0.8)	--		--		--		16.5	(0.44)
6 - 11	701	9	(1.6)	21.1	(0.58)	0.7	(0.13)	3	(0.6)	--		--		--		20.9	(0.59)
12 - 19	899	13	(1.5)	27.7	(0.55)	1.8	(0.26)	6	(0.9)	31.4	(2.20)	13.3	(1.09)	42	(3.9)	27.2	(0.66)
20 - 39	1086	25	(1.9)	33.8	(1.00)	3.3	(0.42)	10	(1.2)	34.0	(1.67)	13.3	(1.27)	39	(2.9)	33.7	(1.23)
40 - 59	1221	27	(2.1)	31.4	(0.93)	3.7	(0.41)	12	(1.4)	31.7	(1.47)	13.7	(0.85)	43	(1.7)	31.2	(1.27)
60 and over	1438	21	(1.7)	27.9	(1.30)	2.5	(0.29)	9	(0.9)	29.4	(2.52)	11.8	(0.96)	40	(3.3)	27.4	(1.42)
2 - 19	2068	11	(1.0)	23.2	(0.33)	1.2	(0.13)	5	(0.5)	27.2	(1.49)	10.5	(0.66)	38	(2.2)	22.7	(0.34)
20 and over	3745	25	(1.3)	31.3	(0.58)	3.2	(0.22)	10	(0.7)	32.0	(1.16)	13.1	(0.61)	41	(1.1)	31.0	(0.75)
2 and over	5813	21	(1.1)	29.3	(0.45)	2.7	(0.18)	9	(0.6)	31.4	(1.00)	12.8	(0.56)	41	(1.1)	28.7	(0.57)
Females:																	
2 - 5	472	10	(1.2)	14.7	(0.40)	0.4	(0.08)	3*	(0.5)	--		--		--		14.7	(0.43)
6 - 11	710	13	(2.4)	20.1	(0.61)	0.9	(0.23)	5	(1.1)	21.0	(1.21)	7.3	(0.85)	35	(3.0)	19.9	(0.67)
12 - 19	841	15	(2.0)	20.3	(0.83)	1.5	(0.41)	7	(1.8)	23.7	(2.66)	10.2	(1.64)	43	(2.6)	19.7	(0.73)
20 - 39	1272	24	(1.8)	22.3	(0.40)	2.2	(0.19)	10	(0.8)	23.0	(0.87)	9.1	(0.45)	40	(1.7)	22.1	(0.43)
40 - 59	1327	22	(1.8)	20.7	(0.50)	2.0	(0.20)	10	(1.0)	21.5	(0.69)	9.0	(0.49)	42	(2.3)	20.4	(0.67)
60 and over	1363	23	(2.3)	19.2	(0.61)	1.9	(0.21)	10	(1.2)	19.0	(0.84)	8.2	(0.56)	43	(2.7)	19.2	(0.67)
2 - 19	2023	13	(1.6)	19.0	(0.53)	1.1	(0.25)	6	(1.2)	21.4	(1.80)	8.4	(1.05)	39	(2.0)	18.7	(0.48)
20 and over	3962	23	(1.3)	20.8	(0.35)	2.0	(0.13)	10	(0.6)	21.3	(0.56)	8.8	(0.27)	41	(1.4)	20.6	(0.36)
2 and over	5985	21	(1.2)	20.4	(0.27)	1.8	(0.13)	9	(0.6)	21.3	(0.50)	8.7	(0.26)	41	(1.3)	20.2	(0.29)
Males and Females:																	
2 - 19	4091	12	(1.1)	21.2	(0.35)	1.1	(0.15)	5	(0.7)	24.2	(1.08)	9.4	(0.62)	39	(1.4)	20.7	(0.28)
20 and over	7707	24	(1.1)	25.8	(0.34)	2.6	(0.14)	10	(0.5)	26.6	(0.68)	10.9	(0.35)	41	(1.0)	25.6	(0.44)
2 and over	11798	21	(1.0)	24.7	(0.29)	2.2	(0.12)	9	(0.5)	26.3	(0.58)	10.7	(0.33)	41	(0.9)	24.3	(0.36)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1.47	(0.041)	0.04	(0.009)	3*	(0.6)	--		--		--		1.43	(0.036)
6 - 11	701	9	(1.6)	1.65	(0.065)	0.04	(0.007)	2*	(0.4)	--		--		--		1.64	(0.070)
12 - 19	899	13	(1.5)	2.09	(0.065)	0.11	(0.017)	5	(0.8)	2.41	(0.244)	0.85	(0.094)	35	(3.8)	2.04	(0.067)
20 - 39	1086	25	(1.9)	2.85	(0.118)	0.23	(0.027)	8	(1.0)	2.62	(0.139)	0.93	(0.084)	35	(2.8)	2.93	(0.150)
40 - 59	1221	27	(2.1)	2.49	(0.111)	0.27	(0.029)	11	(1.3)	2.48	(0.129)	1.01	(0.058)	41	(2.2)	2.50	(0.145)
60 and over	1438	21	(1.7)	2.47	(0.251)	0.19	(0.023)	8	(0.9)	2.55	(0.387)	0.90	(0.076)	35	(5.2)	2.44	(0.294)
2 - 19	2068	11	(1.0)	1.81	(0.035)	0.07	(0.008)	4	(0.4)	2.12	(0.146)	0.66	(0.054)	31	(2.5)	1.77	(0.036)
20 and over	3745	25	(1.3)	2.62	(0.075)	0.23	(0.015)	9	(0.6)	2.55	(0.132)	0.95	(0.038)	37	(1.7)	2.64	(0.096)
2 and over	5813	21	(1.1)	2.42	(0.059)	0.19	(0.012)	8	(0.5)	2.50	(0.115)	0.91	(0.038)	37	(1.4)	2.40	(0.074)
Females:																	
2 - 5	472	10	(1.2)	1.33	(0.035)	0.03	(0.005)	2*	(0.4)	--		--		--		1.33	(0.036)
6 - 11	710	13	(2.4)	1.61	(0.067)	0.06	(0.016)	4	(1.0)	1.58	(0.106)	0.48	(0.065)	31	(3.7)	1.62	(0.078)
12 - 19	841	15	(2.0)	1.59	(0.083)	0.10	(0.027)	7	(1.7)	1.75	(0.157)	0.70	(0.108)	40	(3.5)	1.56	(0.090)
20 - 39	1272	24	(1.8)	1.83	(0.057)	0.17	(0.017)	9	(0.9)	1.89	(0.088)	0.72	(0.043)	38	(1.9)	1.81	(0.071)
40 - 59	1327	22	(1.8)	1.69	(0.055)	0.14	(0.015)	8	(0.9)	1.71	(0.073)	0.64	(0.036)	37	(2.4)	1.69	(0.071)
60 and over	1363	23	(2.3)	1.58	(0.051)	0.14	(0.017)	9	(1.3)	1.54	(0.060)	0.63	(0.041)	41	(2.7)	1.59	(0.064)
2 - 19	2023	13	(1.6)	1.54	(0.052)	0.07	(0.017)	5	(1.1)	1.63	(0.096)	0.56	(0.074)	35	(2.9)	1.53	(0.055)
20 and over	3962	23	(1.3)	1.71	(0.035)	0.15	(0.011)	9	(0.7)	1.72	(0.048)	0.66	(0.023)	39	(1.5)	1.70	(0.040)
2 and over	5985	21	(1.2)	1.67	(0.032)	0.13	(0.011)	8	(0.6)	1.71	(0.042)	0.65	(0.023)	38	(1.4)	1.66	(0.036)
Males and Females:																	
2 - 19	4091	12	(1.1)	1.68	(0.035)	0.07	(0.010)	4	(0.5)	1.86	(0.082)	0.61	(0.046)	33	(2.0)	1.65	(0.032)
20 and over	7707	24	(1.1)	2.14	(0.042)	0.19	(0.011)	9	(0.5)	2.14	(0.071)	0.81	(0.023)	38	(1.3)	2.15	(0.053)
2 and over	11798	21	(1.0)	2.03	(0.036)	0.16	(0.010)	8	(0.4)	2.10	(0.061)	0.78	(0.023)	37	(1.1)	2.02	(0.044)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Folate (DFE)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	389	(15.5)	14*	(4.7)	4*	(1.1)	--		--		--		377	(11.6)
6 - 11	701	9	(1.6)	501	(16.6)	11	(2.5)	2*	(0.5)	--		--		--		498	(18.2)
12 - 19	899	13	(1.5)	555	(17.6)	21	(2.7)	4	(0.5)	511	(31.1)	160	(14.9)	31	(3.4)	562	(20.2)
20 - 39	1086	25	(1.9)	568	(17.3)	49	(5.6)	9	(1.0)	561	(34.3)	198	(18.8)	35	(2.5)	570	(21.6)
40 - 59	1221	27	(2.1)	559	(18.6)	65	(7.6)	12	(1.3)	593	(37.8)	237	(17.0)	40	(2.2)	546	(22.9)
60 and over	1438	21	(1.7)	526	(15.0)	37	(4.8)	7	(0.9)	502	(36.4)	175	(18.2)	35	(3.3)	533	(21.9)
2 - 19	2068	11	(1.0)	502	(10.0)	17	(1.9)	3	(0.4)	514	(29.2)	147	(11.6)	29	(2.4)	500	(10.2)
20 and over	3745	25	(1.3)	553	(7.4)	51	(3.4)	9	(0.6)	559	(23.1)	208	(9.5)	37	(1.4)	551	(9.5)
2 and over	5813	21	(1.1)	540	(6.0)	42	(2.8)	8	(0.5)	553	(20.7)	200	(8.5)	36	(1.4)	537	(7.1)
Females:																	
2 - 5	472	10	(1.2)	346	(15.2)	9	(1.6)	2*	(0.5)	--		--		--		345	(16.4)
6 - 11	710	13	(2.4)	473	(12.3)	14	(2.6)	3*	(0.5)	430	(26.1)	111	(13.1)	26	(2.2)	480	(13.4)
12 - 19	841	15	(2.0)	437	(25.5)	21	(4.0)	5	(1.0)	426	(28.0)	144	(11.6)	34	(1.8)	439	(28.2)
20 - 39	1272	24	(1.8)	437	(11.5)	37	(3.1)	8	(0.7)	432	(19.7)	154	(9.6)	36	(2.8)	439	(12.2)
40 - 59	1327	22	(1.8)	415	(13.1)	35	(4.2)	8	(0.9)	425	(21.0)	157	(11.4)	37	(2.2)	413	(14.7)
60 and over	1363	23	(2.3)	393	(10.7)	34	(3.5)	9	(0.9)	381	(18.9)	149	(10.3)	39	(1.8)	396	(12.1)
2 - 19	2023	13	(1.6)	429	(11.4)	16	(2.5)	4	(0.6)	415	(15.2)	124	(7.9)	30	(1.4)	431	(12.3)
20 and over	3962	23	(1.3)	416	(7.0)	35	(2.2)	8	(0.5)	414	(10.3)	153	(7.0)	37	(1.7)	417	(8.4)
2 and over	5985	21	(1.2)	419	(6.4)	31	(2.0)	7	(0.4)	414	(9.4)	149	(6.3)	36	(1.5)	420	(7.6)
Males and Females:																	
2 - 19	4091	12	(1.1)	466	(5.8)	16	(1.7)	4	(0.4)	462	(15.0)	135	(7.1)	29	(1.5)	467	(5.9)
20 and over	7707	24	(1.1)	482	(5.3)	43	(2.3)	9	(0.5)	487	(12.6)	180	(6.8)	37	(1.2)	481	(6.7)
2 and over	11798	21	(1.0)	478	(4.7)	36	(1.9)	8	(0.4)	483	(11.0)	174	(6.0)	36	(1.2)	477	(5.7)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	10	(1.7)	227	(9.2)	9	(2.4)	4*	(1.0)	--		--		--		217	(6.6)
6 - 11	701	9	(1.6)	252	(7.6)	8	(1.5)	3*	(0.6)	--		--		--		252	(8.2)
12 - 19	899	13	(1.5)	305	(9.1)	21	(2.7)	7	(0.8)	378	(30.3)	157	(15.2)	41	(3.6)	294	(9.1)
20 - 39	1086	25	(1.9)	390	(10.0)	43	(5.3)	11	(1.2)	429	(30.7)	174	(16.1)	41	(2.2)	378	(8.8)
40 - 59	1221	27	(2.1)	407	(7.9)	57	(6.1)	14	(1.4)	454	(23.1)	209	(18.5)	46	(2.3)	389	(10.2)
60 and over	1438	21	(1.7)	371	(8.0)	42	(4.1)	11	(1.1)	425	(20.6)	202	(15.3)	48	(2.5)	357	(10.4)
2 - 19	2068	11	(1.0)	271	(5.9)	14	(1.4)	5	(0.5)	335	(20.9)	124	(9.6)	37	(2.6)	263	(5.3)
20 and over	3745	25	(1.3)	391	(4.5)	48	(2.9)	12	(0.7)	438	(16.0)	194	(10.9)	44	(1.3)	375	(5.8)
2 and over	5813	21	(1.1)	361	(3.0)	39	(2.3)	11	(0.6)	424	(13.5)	185	(10.1)	44	(1.3)	344	(3.8)
Females:																	
2 - 5	472	10	(1.2)	211	(7.5)	5	(0.9)	3*	(0.5)	--		--		--		209	(7.2)
6 - 11	710	13	(2.4)	236	(5.6)	12	(3.2)	5	(1.3)	266	(18.5)	93	(14.2)	35	(4.4)	231	(5.3)
12 - 19	841	15	(2.0)	224	(9.6)	18	(4.4)	8	(1.8)	275	(21.4)	123	(16.1)	45	(3.6)	216	(10.1)
20 - 39	1272	24	(1.8)	292	(7.3)	31	(3.0)	11	(0.9)	331	(17.3)	132	(8.7)	40	(2.2)	279	(7.4)
40 - 59	1327	22	(1.8)	290	(9.1)	31	(3.3)	11	(1.0)	333	(17.6)	139	(8.6)	42	(2.1)	278	(10.6)
60 and over	1363	23	(2.3)	280	(6.8)	32	(3.5)	11	(1.3)	303	(15.7)	142	(9.6)	47	(3.0)	273	(7.5)
2 - 19	2023	13	(1.6)	225	(4.7)	13	(2.9)	6	(1.2)	264	(17.0)	102	(11.6)	39	(2.8)	219	(4.3)
20 and over	3962	23	(1.3)	288	(5.2)	31	(2.2)	11	(0.7)	323	(11.1)	137	(5.5)	42	(1.8)	277	(5.1)
2 and over	5985	21	(1.2)	273	(4.1)	27	(2.0)	10	(0.7)	315	(9.8)	132	(4.7)	42	(1.7)	263	(3.9)
Males and Females:																	
2 - 19	4091	12	(1.1)	248	(4.3)	14	(1.6)	6	(0.6)	297	(11.0)	113	(7.6)	38	(1.8)	242	(3.5)
20 and over	7707	24	(1.1)	337	(4.0)	39	(1.7)	12	(0.5)	380	(9.8)	166	(5.8)	44	(1.0)	324	(4.6)
2 and over	11798	21	(1.0)	316	(2.7)	33	(1.4)	10	(0.4)	369	(8.3)	158	(5.0)	43	(0.9)	302	(3.0)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake µg	(SE)	All Individuals [2]: Intake from Full Service Restaurants µg	(SE)	All Individuals [2]: Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3]: Total Intake µg	(SE)	Full Service Restaurant Consumers [3]: Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3]: Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4]: Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	3.96	(0.134)	0.10	(0.026)	3*	(0.6)	--		--		--		3.80	(0.097)
6 - 11	701	9	(1.6)	4.46	(0.186)	0.09	(0.018)	2*	(0.4)	--		--		--		4.48	(0.198)
12 - 19	899	13	(1.5)	5.55	(0.154)	0.26	(0.046)	5	(0.8)	5.61	(0.576)	1.95	(0.342)	35	(4.2)	5.54	(0.176)
20 - 39	1086	25	(1.9)	6.13	(0.308)	0.44	(0.060)	7	(1.0)	5.55	(0.422)	1.77	(0.195)	32	(3.0)	6.32	(0.365)
40 - 59	1221	27	(2.1)	5.69	(0.346)	0.58	(0.045)	10	(1.0)	5.29	(0.298)	2.15	(0.131)	41	(2.6)	5.84	(0.434)
60 and over	1438	21	(1.7)	5.64	(0.333)	0.54	(0.074)	10	(1.3)	6.78	(1.112)	2.57	(0.285)	38	(7.0)	5.34	(0.331)
2 - 19	2068	11	(1.0)	4.85	(0.111)	0.17	(0.021)	4	(0.4)	5.19	(0.395)	1.52	(0.192)	29	(2.5)	4.80	(0.113)
20 and over	3745	25	(1.3)	5.84	(0.184)	0.52	(0.027)	9	(0.6)	5.75	(0.328)	2.11	(0.079)	37	(2.1)	5.87	(0.219)
2 and over	5813	21	(1.1)	5.59	(0.149)	0.43	(0.023)	8	(0.5)	5.68	(0.282)	2.03	(0.083)	36	(1.9)	5.57	(0.175)
Females:																	
2 - 5	472	10	(1.2)	3.33	(0.130)	0.06	(0.013)	2*	(0.4)	--		--		--		3.35	(0.139)
6 - 11	710	13	(2.4)	4.16	(0.145)	0.13	(0.033)	3	(0.8)	4.07	(0.450)	1.02	(0.136)	25	(3.4)	4.18	(0.160)
12 - 19	841	15	(2.0)	3.47	(0.178)	0.17	(0.029)	5	(0.9)	3.51	(0.254)	1.11	(0.092)	32	(3.1)	3.46	(0.187)
20 - 39	1272	24	(1.8)	3.71	(0.100)	0.37	(0.061)	10	(1.5)	3.88	(0.324)	1.57	(0.213)	40	(3.1)	3.66	(0.106)
40 - 59	1327	22	(1.8)	3.84	(0.148)	0.34	(0.033)	9	(1.0)	3.79	(0.240)	1.53	(0.103)	40	(4.0)	3.86	(0.190)
60 and over	1363	23	(2.3)	3.63	(0.183)	0.35	(0.045)	10	(1.2)	3.64	(0.255)	1.55	(0.181)	43	(3.3)	3.63	(0.197)
2 - 19	2023	13	(1.6)	3.67	(0.100)	0.13	(0.022)	4	(0.6)	3.63	(0.216)	1.00	(0.075)	28	(1.8)	3.67	(0.097)
20 and over	3962	23	(1.3)	3.73	(0.094)	0.35	(0.034)	9	(0.9)	3.78	(0.188)	1.55	(0.107)	41	(2.0)	3.72	(0.094)
2 and over	5985	21	(1.2)	3.72	(0.073)	0.30	(0.027)	8	(0.7)	3.76	(0.154)	1.47	(0.093)	39	(1.8)	3.71	(0.076)
Males and Females:																	
2 - 19	4091	12	(1.1)	4.27	(0.073)	0.15	(0.015)	4	(0.3)	4.36	(0.248)	1.25	(0.097)	29	(1.3)	4.25	(0.073)
20 and over	7707	24	(1.1)	4.75	(0.113)	0.43	(0.023)	9	(0.5)	4.76	(0.191)	1.83	(0.067)	38	(1.8)	4.74	(0.130)
2 and over	11798	21	(1.0)	4.63	(0.094)	0.37	(0.019)	8	(0.4)	4.71	(0.162)	1.75	(0.063)	37	(1.6)	4.61	(0.107)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	84.5	(8.75)	2.2*	(1.16)	3*	(1.3)	--		--		--		75.7	(3.16)
6 - 11	701	9	(1.6)	73.5	(6.02)	1.2*	(0.40)	2*	(0.6)	--		--		--		73.8	(6.75)
12 - 19	899	13	(1.5)	67.1	(3.64)	2.8	(0.70)	4	(1.0)	82.8	(10.83)	20.7	(5.34)	25	(6.0)	64.7	(3.98)
20 - 39	1086	25	(1.9)	76.5	(3.83)	5.6	(0.94)	7	(1.1)	83.1	(8.91)	22.5	(3.56)	27	(3.8)	74.3	(3.83)
40 - 59	1221	27	(2.1)	86.5	(4.46)	9.3	(2.18)	11	(2.3)	108.6	(12.79)	34.2	(6.58)	31	(5.1)	78.3	(3.10)
60 and over	1438	21	(1.7)	82.1	(3.23)	4.0	(0.59)	5	(0.7)	86.2	(7.02)	19.0	(2.14)	22	(2.3)	81.0	(3.31)
2 - 19	2068	11	(1.0)	72.9	(3.58)	2.1	(0.33)	3	(0.5)	95.0	(14.12)	18.9	(3.49)	20	(4.6)	70.2	(3.53)
20 and over	3745	25	(1.3)	81.6	(2.47)	6.4	(0.83)	8	(0.9)	93.7	(6.47)	26.2	(2.81)	28	(2.2)	77.6	(2.19)
2 and over	5813	21	(1.1)	79.5	(2.07)	5.4	(0.67)	7	(0.8)	93.9	(5.97)	25.2	(2.68)	27	(2.2)	75.6	(1.86)
Females:																	
2 - 5	472	10	(1.2)	87.1	(3.65)	0.8	(0.20)	1*	(0.2)	--		--		--		87.3	(3.87)
6 - 11	710	13	(2.4)	73.5	(5.00)	1.4	(0.34)	2*	(0.5)	58.5	(6.55)	10.6	(1.65)	18*	(3.8)	75.7	(5.67)
12 - 19	841	15	(2.0)	59.2	(4.03)	3.1*	(1.24)	5*	(2.0)	64.3	(12.74)	20.8	(6.13)	32	(4.5)	58.4	(4.44)
20 - 39	1272	24	(1.8)	73.2	(3.86)	5.4	(0.91)	7	(1.2)	77.9	(7.81)	22.7	(2.98)	29	(3.6)	71.8	(4.02)
40 - 59	1327	22	(1.8)	73.2	(2.89)	4.6	(0.70)	6	(0.9)	75.0	(6.96)	20.9	(2.83)	28	(3.6)	72.7	(3.25)
60 and over	1363	23	(2.3)	73.4	(2.80)	4.0	(0.56)	5	(0.8)	70.5	(5.74)	17.7	(2.16)	25	(2.9)	74.2	(3.41)
2 - 19	2023	13	(1.6)	69.9	(2.45)	2.0*	(0.65)	3*	(0.9)	65.7	(6.36)	15.4	(3.41)	24	(3.4)	70.5	(2.62)
20 and over	3962	23	(1.3)	73.3	(2.13)	4.7	(0.48)	6	(0.6)	74.7	(4.72)	20.6	(1.48)	28	(1.6)	72.8	(2.37)
2 and over	5985	21	(1.2)	72.5	(1.82)	4.1	(0.40)	6	(0.5)	73.4	(3.99)	19.8	(1.26)	27	(1.6)	72.3	(2.07)
Males and Females:																	
2 - 19	4091	12	(1.1)	71.4	(2.45)	2.1	(0.36)	3	(0.5)	79.5	(6.84)	17.1	(2.32)	21	(3.3)	70.3	(2.32)
20 and over	7707	24	(1.1)	77.3	(1.89)	5.5	(0.50)	7	(0.5)	84.2	(4.33)	23.4	(1.65)	28	(1.5)	75.1	(1.73)
2 and over	11798	21	(1.0)	75.9	(1.64)	4.7	(0.41)	6	(0.5)	83.5	(3.72)	22.5	(1.56)	27	(1.6)	73.9	(1.56)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from Full Service Restaurants µg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake µg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants µg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	5.8	(0.31)	0.1*	(0.03)	1*	(0.5)	--		--		--		5.5	(0.17)
6 - 11	701	9	(1.6)	5.4	(0.25)	0.1*	(0.02)	1*	(0.4)	--		--		--		5.5	(0.26)
12 - 19	899	13	(1.5)	5.2	(0.21)	0.1*	(0.05)	3*	(0.9)	5.2	(0.63)	1.1*	(0.34)	21	(4.8)	5.2	(0.26)
20 - 39	1086	25	(1.9)	4.5	(0.23)	0.3	(0.06)	6	(1.1)	3.8	(0.34)	1.1	(0.18)	29	(3.2)	4.7	(0.26)
40 - 59	1221	27	(2.1)	4.8	(0.26)	0.4	(0.05)	7	(1.2)	4.3	(0.36)	1.3	(0.17)	30	(3.2)	5.0	(0.35)
60 and over	1438	21	(1.7)	5.7	(0.39)	0.5	(0.10)	9	(1.6)	6.0	(0.63)	2.4	(0.44)	40	(4.9)	5.6	(0.43)
2 - 19	2068	11	(1.0)	5.4	(0.17)	0.1	(0.02)	2	(0.4)	5.7	(0.60)	0.9	(0.20)	16	(3.0)	5.3	(0.15)
20 and over	3745	25	(1.3)	4.9	(0.17)	0.4	(0.04)	7	(0.8)	4.5	(0.20)	1.5	(0.14)	33	(2.4)	5.1	(0.20)
2 and over	5813	21	(1.1)	5.0	(0.13)	0.3	(0.03)	6	(0.6)	4.7	(0.18)	1.4	(0.12)	30	(2.2)	5.1	(0.15)
Females:																	
2 - 5	472	10	(1.2)	5.0	(0.24)	0.1*	(0.02)	1*	(0.4)	--		--		--		5.1	(0.25)
6 - 11	710	13	(2.4)	4.8	(0.20)	0.1	(0.01)	1*	(0.3)	4.3	(0.67)	0.5	(0.06)	11*	(1.8)	4.9	(0.21)
12 - 19	841	15	(2.0)	3.4	(0.21)	0.1	(0.03)	3*	(0.9)	3.3	(0.41)	0.7	(0.17)	21	(5.1)	3.5	(0.23)
20 - 39	1272	24	(1.8)	3.6	(0.18)	0.3	(0.05)	8	(1.3)	3.6	(0.37)	1.2	(0.19)	32	(4.7)	3.5	(0.20)
40 - 59	1327	22	(1.8)	3.8	(0.17)	0.2	(0.04)	6	(1.0)	3.6	(0.30)	1.0	(0.15)	28	(3.6)	3.9	(0.22)
60 and over	1363	23	(2.3)	3.9	(0.23)	0.4	(0.07)	9	(2.0)	3.8	(0.34)	1.6	(0.28)	42	(5.4)	4.0	(0.26)
2 - 19	2023	13	(1.6)	4.2	(0.12)	0.1	(0.02)	2	(0.4)	3.8	(0.31)	0.6	(0.10)	16	(2.6)	4.3	(0.14)
20 and over	3962	23	(1.3)	3.8	(0.14)	0.3	(0.03)	8	(1.0)	3.7	(0.21)	1.3	(0.13)	34	(3.0)	3.8	(0.16)
2 and over	5985	21	(1.2)	3.9	(0.11)	0.2	(0.03)	6	(0.8)	3.7	(0.20)	1.2	(0.11)	32	(2.4)	3.9	(0.13)
Males and Females:																	
2 - 19	4091	12	(1.1)	4.8	(0.10)	0.1	(0.01)	2	(0.3)	4.7	(0.35)	0.7	(0.11)	16	(1.7)	4.8	(0.11)
20 and over	7707	24	(1.1)	4.3	(0.13)	0.3	(0.03)	8	(0.7)	4.1	(0.15)	1.4	(0.10)	34	(1.7)	4.4	(0.15)
2 and over	11798	21	(1.0)	4.4	(0.10)	0.3	(0.02)	6	(0.5)	4.2	(0.14)	1.3	(0.09)	31	(1.5)	4.5	(0.12)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	6.4	(0.25)	0.3	(0.07)	4*	(1.1)	--		--		--		6.1	(0.20)
6 - 11	701	9	(1.6)	8.4	(0.86)	0.2	(0.05)	3*	(0.5)	--		--		--		8.3	(0.95)
12 - 19	899	13	(1.5)	8.7	(0.28)	0.5	(0.07)	6	(0.8)	11.6	(1.16)	4.1	(0.36)	35	(4.2)	8.3	(0.28)
20 - 39	1086	25	(1.9)	9.9	(0.32)	1.0	(0.11)	10	(1.1)	10.1	(0.67)	3.8	(0.40)	38	(2.7)	9.9	(0.46)
40 - 59	1221	27	(2.1)	11.2	(0.47)	1.3	(0.16)	12	(1.4)	12.7	(0.90)	5.0	(0.39)	39	(3.5)	10.7	(0.57)
60 and over	1438	21	(1.7)	9.9	(0.21)	1.0	(0.10)	10	(1.0)	11.0	(0.66)	4.6	(0.39)	42	(3.0)	9.6	(0.23)
2 - 19	2068	11	(1.0)	8.1	(0.26)	0.4	(0.04)	5	(0.5)	10.4	(0.77)	3.4	(0.20)	33	(2.9)	7.8	(0.30)
20 and over	3745	25	(1.3)	10.4	(0.22)	1.1	(0.07)	11	(0.7)	11.3	(0.43)	4.5	(0.18)	39	(2.2)	10.1	(0.25)
2 and over	5813	21	(1.1)	9.8	(0.18)	0.9	(0.06)	9	(0.6)	11.2	(0.39)	4.3	(0.17)	39	(2.1)	9.4	(0.19)
Females:																	
2 - 5	472	10	(1.2)	5.5	(0.19)	0.2	(0.04)	4*	(0.6)	--		--		--		5.4	(0.19)
6 - 11	710	13	(2.4)	7.5	(0.22)	0.4	(0.08)	5	(1.0)	8.4	(0.59)	3.0	(0.40)	36	(4.0)	7.3	(0.25)
12 - 19	841	15	(2.0)	8.2	(0.93)	0.5	(0.11)	6	(1.5)	8.6	(0.60)	3.4	(0.38)	40	(3.0)	8.1	(1.06)
20 - 39	1272	24	(1.8)	9.0	(0.26)	0.8	(0.09)	9	(0.9)	10.0	(0.60)	3.6	(0.17)	36	(1.8)	8.6	(0.28)
40 - 59	1327	22	(1.8)	8.5	(0.28)	0.7	(0.06)	9	(0.7)	9.3	(0.40)	3.4	(0.17)	36	(2.2)	8.2	(0.39)
60 and over	1363	23	(2.3)	8.1	(0.27)	0.8	(0.08)	10	(1.0)	8.6	(0.55)	3.5	(0.23)	41	(2.9)	8.0	(0.25)
2 - 19	2023	13	(1.6)	7.4	(0.44)	0.4	(0.07)	5	(1.0)	8.2	(0.38)	3.0	(0.26)	37	(2.2)	7.3	(0.49)
20 and over	3962	23	(1.3)	8.5	(0.17)	0.8	(0.06)	9	(0.6)	9.4	(0.29)	3.5	(0.09)	37	(1.5)	8.3	(0.20)
2 and over	5985	21	(1.2)	8.3	(0.19)	0.7	(0.05)	9	(0.5)	9.2	(0.25)	3.4	(0.09)	37	(1.3)	8.0	(0.21)
Males and Females:																	
2 - 19	4091	12	(1.1)	7.8	(0.24)	0.4	(0.04)	5	(0.6)	9.2	(0.41)	3.2	(0.18)	35	(1.8)	7.5	(0.26)
20 and over	7707	24	(1.1)	9.4	(0.14)	0.9	(0.05)	10	(0.5)	10.3	(0.25)	4.0	(0.11)	38	(1.4)	9.1	(0.17)
2 and over	11798	21	(1.0)	9.0	(0.14)	0.8	(0.04)	9	(0.5)	10.2	(0.23)	3.9	(0.10)	38	(1.3)	8.7	(0.14)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	50.2	(3.04)	2.4	(0.66)	5*	(1.2)	--		--		--		48.8	(2.75)
6 - 11	701	9	(1.6)	73.9	(10.85)	3.2	(0.73)	4	(1.1)	--		--		--		61.7	(3.84)
12 - 19	899	13	(1.5)	83.0	(5.61)	7.0	(1.21)	8	(1.4)	111.2	(16.55)	52.0	(8.59)	47	(6.3)	78.6	(6.10)
20 - 39	1086	25	(1.9)	107.7	(5.04)	13.5	(1.71)	13	(1.7)	119.7	(7.66)	54.2	(6.06)	45	(3.9)	103.8	(6.73)
40 - 59	1221	27	(2.1)	139.8	(11.75)	26.0	(5.15)	19	(2.7)	171.0	(16.91)	95.5	(15.40)	56	(5.9)	128.1	(10.73)
60 and over	1438	21	(1.7)	127.8	(6.12)	14.6	(2.90)	11	(2.1)	134.5	(12.84)	70.2	(12.40)	52	(6.5)	126.0	(6.74)
2 - 19	2068	11	(1.0)	73.0	(5.32)	4.7	(0.47)	6	(0.7)	125.0	(32.94)	42.0	(4.05)	34	(9.8)	66.4	(3.43)
20 and over	3745	25	(1.3)	124.6	(5.95)	18.2	(2.02)	15	(1.2)	143.1	(7.83)	74.0	(5.38)	52	(2.9)	118.6	(6.00)
2 and over	5813	21	(1.1)	111.9	(5.38)	14.8	(1.58)	13	(1.0)	140.7	(8.55)	69.8	(4.75)	50	(3.1)	104.1	(4.89)
Females:																	
2 - 5	472	10	(1.2)	49.9	(2.75)	2.3	(0.51)	5*	(1.0)	--		--		--		48.2	(2.89)
6 - 11	710	13	(2.4)	71.4	(4.64)	4.6	(1.09)	6	(1.4)	78.5	(7.62)	36.0	(6.74)	46	(5.8)	70.4	(5.36)
12 - 19	841	15	(2.0)	81.5	(6.85)	7.6	(1.98)	9	(2.2)	105.6	(11.64)	51.0	(7.82)	48	(3.0)	77.3	(7.14)
20 - 39	1272	24	(1.8)	138.0	(15.50)	16.5	(2.69)	12	(2.0)	158.6	(10.60)	69.4	(8.30)	44	(4.4)	131.6	(20.29)
40 - 59	1327	22	(1.8)	127.6	(7.76)	13.1	(1.55)	10	(1.2)	140.2	(17.36)	59.1	(4.46)	42	(4.5)	124.0	(6.92)
60 and over	1363	23	(2.3)	119.0	(5.83)	14.7	(2.35)	12	(1.9)	130.0	(13.19)	64.9	(7.87)	50	(4.4)	115.7	(7.28)
2 - 19	2023	13	(1.6)	71.4	(3.82)	5.5	(1.06)	8	(1.3)	90.4	(5.28)	41.7	(3.88)	46	(2.3)	68.5	(3.93)
20 and over	3962	23	(1.3)	128.6	(6.13)	14.8	(1.50)	11	(1.1)	143.8	(8.15)	64.7	(4.54)	45	(2.7)	124.1	(7.58)
2 and over	5985	21	(1.2)	115.7	(5.01)	12.7	(1.16)	11	(0.9)	136.1	(7.02)	61.4	(3.77)	45	(2.4)	110.3	(5.95)
Males and Females:																	
2 - 19	4091	12	(1.1)	72.2	(3.80)	5.1	(0.58)	7	(0.7)	106.7	(15.62)	41.8	(2.49)	39	(6.5)	67.4	(2.97)
20 and over	7707	24	(1.1)	126.7	(5.57)	16.4	(1.31)	13	(0.7)	143.4	(6.15)	69.3	(3.05)	48	(2.0)	121.5	(6.21)
2 and over	11798	21	(1.0)	113.8	(4.78)	13.7	(1.05)	12	(0.7)	138.4	(6.10)	65.6	(2.71)	47	(2.1)	107.3	(4.98)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1026	(43.2)	21	(6.3)	2*	(0.6)	--		--		--		975	(24.1)
6 - 11	701	9	(1.6)	1041	(38.7)	22	(5.1)	2*	(0.5)	--		--		--		1053	(41.0)
12 - 19	899	13	(1.5)	1105	(24.1)	36	(4.6)	3	(0.4)	1034	(72.8)	270	(28.2)	26	(2.5)	1116	(28.1)
20 - 39	1086	25	(1.9)	1088	(25.6)	82	(10.3)	8	(0.9)	1039	(65.0)	330	(35.4)	32	(2.8)	1104	(28.3)
40 - 59	1221	27	(2.1)	1076	(33.8)	97	(12.6)	9	(1.1)	1110	(52.4)	357	(31.9)	32	(2.3)	1063	(34.2)
60 and over	1438	21	(1.7)	992	(27.4)	65	(10.0)	7	(1.0)	1061	(71.2)	310	(36.7)	29	(2.0)	974	(32.6)
2 - 19	2068	11	(1.0)	1067	(21.1)	28	(3.0)	3	(0.3)	1089	(80.2)	253	(18.4)	23	(1.2)	1064	(19.7)
20 and over	3745	25	(1.3)	1056	(18.2)	82	(5.4)	8	(0.5)	1072	(32.8)	336	(15.4)	31	(1.2)	1052	(19.8)
2 and over	5813	21	(1.1)	1059	(15.4)	69	(4.3)	7	(0.4)	1074	(25.7)	325	(13.2)	30	(1.1)	1055	(16.4)
Females:																	
2 - 5	472	10	(1.2)	879	(30.7)	18	(3.7)	2*	(0.5)	--		--		--		885	(33.0)
6 - 11	710	13	(2.4)	978	(27.3)	23	(4.1)	2*	(0.4)	964	(97.3)	178	(19.2)	18*	(2.5)	980	(23.7)
12 - 19	841	15	(2.0)	822	(27.2)	32	(5.6)	4	(0.6)	832	(54.6)	214	(19.1)	26	(1.9)	821	(26.2)
20 - 39	1272	24	(1.8)	879	(16.1)	60	(6.1)	7	(0.7)	869	(41.4)	252	(15.6)	29	(2.2)	882	(13.7)
40 - 59	1327	22	(1.8)	844	(25.9)	59	(6.0)	7	(0.7)	808	(41.5)	266	(20.0)	33	(2.3)	855	(33.5)
60 and over	1363	23	(2.3)	798	(28.7)	52	(5.7)	7	(0.7)	748	(37.2)	230	(20.4)	31	(2.2)	813	(29.2)
2 - 19	2023	13	(1.6)	886	(15.0)	26	(3.5)	3	(0.4)	874	(40.3)	197	(13.7)	23	(1.5)	887	(14.7)
20 and over	3962	23	(1.3)	842	(16.3)	57	(3.8)	7	(0.5)	812	(29.8)	250	(12.0)	31	(1.7)	851	(17.1)
2 and over	5985	21	(1.2)	852	(12.1)	50	(3.2)	6	(0.4)	821	(23.5)	242	(10.0)	30	(1.4)	860	(12.8)
Males and Females:																	
2 - 19	4091	12	(1.1)	978	(13.4)	27	(2.7)	3	(0.3)	975	(44.9)	224	(12.8)	23	(1.1)	978	(13.5)
20 and over	7707	24	(1.1)	945	(13.1)	69	(3.5)	7	(0.4)	941	(23.8)	293	(10.1)	31	(0.9)	946	(15.1)
2 and over	11798	21	(1.0)	953	(10.6)	59	(3.0)	6	(0.3)	946	(17.5)	283	(8.4)	30	(0.8)	955	(12.1)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	1186	(38.2)	37	(9.3)	3*	(0.7)	--		--		--		1147	(28.2)
6 - 11	701	9	(1.6)	1289	(32.6)	38	(7.1)	3*	(0.5)	--		--		--		1292	(34.4)
12 - 19	899	13	(1.5)	1505	(31.2)	89	(11.8)	6	(0.7)	1716	(129.1)	666	(53.8)	39	(3.2)	1473	(35.5)
20 - 39	1086	25	(1.9)	1588	(31.4)	163	(18.9)	10	(1.1)	1649	(90.5)	656	(57.0)	40	(2.4)	1568	(37.7)
40 - 59	1221	27	(2.1)	1634	(33.3)	199	(19.3)	12	(1.1)	1760	(65.4)	731	(40.3)	42	(1.7)	1587	(38.0)
60 and over	1438	21	(1.7)	1480	(28.3)	140	(16.8)	9	(1.1)	1625	(76.2)	669	(52.3)	41	(2.0)	1442	(34.5)
2 - 19	2068	11	(1.0)	1365	(21.9)	61	(5.8)	4	(0.4)	1558	(86.7)	542	(26.8)	35	(1.8)	1341	(20.0)
20 and over	3745	25	(1.3)	1573	(15.1)	169	(9.7)	11	(0.6)	1686	(41.6)	688	(25.0)	41	(1.2)	1536	(20.4)
2 and over	5813	21	(1.1)	1522	(14.5)	142	(7.9)	9	(0.5)	1669	(35.9)	669	(22.3)	40	(1.2)	1482	(16.8)
Females:																	
2 - 5	472	10	(1.2)	1016	(24.0)	29	(4.2)	3*	(0.4)	--		--		--		1013	(24.5)
6 - 11	710	13	(2.4)	1231	(25.1)	53	(11.8)	4	(0.9)	1312	(76.3)	410	(37.2)	31	(2.3)	1219	(24.4)
12 - 19	841	15	(2.0)	1129	(65.4)	69	(14.5)	6	(1.2)	1229	(105.8)	465	(46.9)	38	(2.1)	1111	(70.5)
20 - 39	1272	24	(1.8)	1227	(16.8)	115	(9.3)	9	(0.7)	1275	(47.3)	484	(22.3)	38	(1.8)	1212	(14.4)
40 - 59	1327	22	(1.8)	1171	(28.3)	110	(10.1)	9	(0.8)	1238	(41.5)	499	(22.8)	40	(2.1)	1152	(34.3)
60 and over	1363	23	(2.3)	1138	(31.8)	105	(10.3)	9	(1.0)	1123	(45.7)	465	(25.5)	41	(2.3)	1142	(33.1)
2 - 19	2023	13	(1.6)	1138	(34.9)	55	(10.0)	5	(0.8)	1226	(70.3)	419	(33.5)	34	(1.5)	1125	(35.5)
20 and over	3962	23	(1.3)	1180	(17.0)	110	(6.8)	9	(0.6)	1216	(33.3)	483	(14.9)	40	(1.4)	1170	(16.7)
2 and over	5985	21	(1.2)	1171	(13.0)	98	(6.4)	8	(0.5)	1218	(29.0)	474	(12.7)	39	(1.3)	1159	(15.1)
Males and Females:																	
2 - 19	4091	12	(1.1)	1254	(23.1)	58	(6.1)	5	(0.5)	1382	(52.6)	477	(23.1)	35	(1.1)	1236	(20.5)
20 and over	7707	24	(1.1)	1369	(10.4)	139	(6.6)	10	(0.5)	1451	(23.5)	585	(14.5)	40	(0.9)	1344	(13.4)
2 and over	11798	21	(1.0)	1342	(9.9)	120	(5.7)	9	(0.4)	1441	(19.1)	571	(12.6)	40	(0.8)	1316	(11.9)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	10	(1.7)	220	(6.8)	6	(1.5)	3*	(0.6)	--		--		--		215	(4.7)
6 - 11	701	9	(1.6)	238	(6.9)	6	(1.1)	2*	(0.4)	--		--		--		237	(7.0)
12 - 19	899	13	(1.5)	276	(6.9)	13	(1.7)	5	(0.6)	305	(26.6)	96	(8.5)	32	(3.4)	271	(7.4)
20 - 39	1086	25	(1.9)	333	(5.8)	29	(3.3)	9	(1.0)	349	(16.2)	117	(10.2)	34	(2.2)	328	(8.6)
40 - 59	1221	27	(2.1)	354	(7.0)	35	(3.6)	10	(1.0)	381	(16.7)	128	(7.3)	34	(1.8)	344	(7.7)
60 and over	1438	21	(1.7)	329	(5.6)	23	(2.6)	7	(0.8)	335	(13.9)	110	(8.1)	33	(1.8)	327	(6.9)
2 - 19	2068	11	(1.0)	251	(3.8)	9	(0.8)	4	(0.3)	282	(16.5)	80	(4.3)	28	(2.1)	247	(3.5)
20 and over	3745	25	(1.3)	339	(3.2)	29	(1.9)	9	(0.5)	358	(9.2)	120	(4.9)	33	(1.2)	333	(4.5)
2 and over	5813	21	(1.1)	318	(3.0)	24	(1.5)	8	(0.5)	348	(8.3)	114	(4.7)	33	(1.2)	309	(3.5)
Females:																	
2 - 5	472	10	(1.2)	195	(4.1)	5	(0.7)	2*	(0.4)	--		--		--		193	(4.7)
6 - 11	710	13	(2.4)	232	(5.0)	9	(1.8)	4	(0.8)	233	(9.6)	67	(5.3)	29	(2.2)	232	(5.0)
12 - 19	841	15	(2.0)	222	(10.5)	12	(2.6)	5	(1.1)	244	(12.8)	81	(8.4)	33	(3.0)	219	(11.3)
20 - 39	1272	24	(1.8)	272	(6.0)	22	(2.0)	8	(0.7)	288	(11.4)	94	(4.1)	33	(1.7)	267	(7.2)
40 - 59	1327	22	(1.8)	273	(7.0)	19	(1.6)	7	(0.6)	283	(9.5)	85	(3.9)	30	(1.6)	270	(7.8)
60 and over	1363	23	(2.3)	264	(6.7)	19	(2.2)	7	(0.9)	260	(11.0)	84	(4.8)	32	(2.0)	266	(6.5)
2 - 19	2023	13	(1.6)	220	(5.3)	9	(1.7)	4	(0.7)	235	(8.3)	71	(5.5)	30	(1.9)	217	(5.5)
20 and over	3962	23	(1.3)	270	(4.5)	20	(1.3)	7	(0.5)	278	(7.5)	88	(2.5)	32	(1.2)	268	(4.6)
2 and over	5985	21	(1.2)	259	(3.6)	18	(1.2)	7	(0.5)	272	(6.5)	86	(2.4)	32	(1.2)	255	(3.7)
Males and Females:																	
2 - 19	4091	12	(1.1)	236	(3.3)	9	(1.0)	4	(0.4)	257	(8.0)	75	(3.6)	29	(1.5)	233	(2.9)
20 and over	7707	24	(1.1)	303	(3.1)	25	(1.3)	8	(0.4)	318	(6.4)	104	(3.1)	33	(0.9)	299	(3.5)
2 and over	11798	21	(1.0)	287	(2.6)	21	(1.1)	7	(0.4)	309	(5.4)	100	(2.8)	32	(0.9)	282	(2.8)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Iron

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	11.0	(0.49)	0.3	(0.08)	3*	(0.7)	--		--		--		10.7	(0.40)
6 - 11	701	9	(1.6)	14.2	(0.53)	0.3	(0.06)	2*	(0.4)	--		--		--		14.1	(0.58)
12 - 19	899	13	(1.5)	15.8	(0.35)	0.7	(0.08)	4	(0.5)	16.6	(1.34)	5.2	(0.39)	32	(2.8)	15.7	(0.45)
20 - 39	1086	25	(1.9)	15.8	(0.44)	1.4	(0.17)	9	(1.0)	15.4	(0.86)	5.6	(0.56)	36	(2.3)	16.0	(0.55)
40 - 59	1221	27	(2.1)	16.2	(0.51)	1.8	(0.18)	11	(1.2)	16.4	(0.63)	6.6	(0.37)	41	(2.0)	16.1	(0.69)
60 and over	1438	21	(1.7)	15.7	(0.29)	1.2	(0.14)	7	(0.9)	15.5	(0.82)	5.6	(0.48)	36	(2.5)	15.8	(0.43)
2 - 19	2068	11	(1.0)	14.3	(0.28)	0.5	(0.05)	3	(0.3)	15.6	(1.02)	4.3	(0.19)	28	(1.7)	14.1	(0.29)
20 and over	3745	25	(1.3)	15.9	(0.24)	1.5	(0.09)	9	(0.6)	15.8	(0.49)	6.0	(0.23)	38	(1.2)	16.0	(0.31)
2 and over	5813	21	(1.1)	15.5	(0.19)	1.2	(0.07)	8	(0.5)	15.8	(0.43)	5.8	(0.21)	37	(1.1)	15.4	(0.22)
Females:																	
2 - 5	472	10	(1.2)	9.7	(0.30)	0.2	(0.04)	2*	(0.4)	--		--		--		9.7	(0.33)
6 - 11	710	13	(2.4)	13.3	(0.34)	0.4	(0.09)	3	(0.6)	12.5	(0.83)	3.3	(0.30)	27	(2.2)	13.4	(0.37)
12 - 19	841	15	(2.0)	12.2	(0.61)	0.6	(0.11)	5	(0.9)	12.2	(0.67)	4.0	(0.27)	33	(2.2)	12.2	(0.66)
20 - 39	1272	24	(1.8)	12.1	(0.23)	1.0	(0.09)	8	(0.7)	12.1	(0.63)	4.3	(0.21)	36	(2.3)	12.2	(0.23)
40 - 59	1327	22	(1.8)	12.0	(0.34)	1.0	(0.11)	9	(0.9)	12.2	(0.41)	4.7	(0.24)	38	(1.9)	11.9	(0.43)
60 and over	1363	23	(2.3)	11.7	(0.28)	1.0	(0.10)	8	(0.8)	11.6	(0.46)	4.2	(0.19)	36	(1.7)	11.7	(0.29)
2 - 19	2023	13	(1.6)	12.0	(0.29)	0.5	(0.07)	4	(0.6)	11.9	(0.41)	3.5	(0.20)	30	(1.4)	12.0	(0.31)
20 and over	3962	23	(1.3)	12.0	(0.17)	1.0	(0.07)	8	(0.6)	12.0	(0.31)	4.4	(0.14)	37	(1.3)	12.0	(0.20)
2 and over	5985	21	(1.2)	12.0	(0.15)	0.9	(0.06)	7	(0.5)	12.0	(0.28)	4.3	(0.12)	36	(1.2)	12.0	(0.18)
Males and Females:																	
2 - 19	4091	12	(1.1)	13.2	(0.21)	0.5	(0.05)	4	(0.3)	13.7	(0.53)	3.9	(0.13)	29	(1.2)	13.1	(0.20)
20 and over	7707	24	(1.1)	13.9	(0.13)	1.2	(0.07)	9	(0.5)	13.9	(0.29)	5.2	(0.14)	38	(0.9)	13.9	(0.17)
2 and over	11798	21	(1.0)	13.7	(0.12)	1.1	(0.06)	8	(0.4)	13.8	(0.25)	5.0	(0.13)	36	(0.9)	13.7	(0.14)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	7.8	(0.21)	0.3	(0.07)	3*	(0.8)	--		--		--		7.7	(0.19)
6 - 11	701	9	(1.6)	9.6	(0.42)	0.3	(0.05)	3*	(0.5)	--		--		--		9.6	(0.46)
12 - 19	899	13	(1.5)	11.8	(0.39)	0.7	(0.09)	6	(0.7)	12.6	(1.36)	5.3	(0.67)	42	(2.9)	11.7	(0.39)
20 - 39	1086	25	(1.9)	12.8	(0.27)	1.3	(0.17)	10	(1.2)	13.2	(0.75)	5.4	(0.60)	41	(2.6)	12.7	(0.30)
40 - 59	1221	27	(2.1)	13.1	(0.44)	1.7	(0.16)	13	(1.1)	13.8	(0.61)	6.1	(0.43)	45	(2.0)	12.9	(0.45)
60 and over	1438	21	(1.7)	11.6	(0.22)	1.1	(0.16)	10	(1.4)	13.1	(0.87)	5.4	(0.58)	41	(3.1)	11.2	(0.32)
2 - 19	2068	11	(1.0)	10.2	(0.23)	0.5	(0.05)	5	(0.4)	11.1	(0.79)	4.2	(0.35)	38	(1.8)	10.1	(0.24)
20 and over	3745	25	(1.3)	12.6	(0.17)	1.4	(0.09)	11	(0.7)	13.4	(0.41)	5.7	(0.26)	43	(1.4)	12.3	(0.22)
2 and over	5813	21	(1.1)	12.0	(0.16)	1.2	(0.07)	10	(0.6)	13.1	(0.40)	5.5	(0.26)	42	(1.4)	11.7	(0.17)
Females:																	
2 - 5	472	10	(1.2)	7.0	(0.18)	0.2	(0.03)	3*	(0.5)	--		--		--		7.0	(0.19)
6 - 11	710	13	(2.4)	8.9	(0.24)	0.4	(0.09)	4	(1.0)	9.1	(0.58)	2.8	(0.32)	31	(2.6)	8.9	(0.23)
12 - 19	841	15	(2.0)	8.1	(0.31)	0.5	(0.10)	6	(1.2)	8.6	(0.43)	3.5	(0.29)	41	(2.7)	8.0	(0.34)
20 - 39	1272	24	(1.8)	9.4	(0.16)	0.9	(0.10)	10	(1.0)	9.8	(0.45)	3.9	(0.31)	40	(2.4)	9.3	(0.17)
40 - 59	1327	22	(1.8)	9.1	(0.23)	1.0	(0.11)	11	(1.1)	9.5	(0.41)	4.4	(0.26)	46	(2.1)	9.0	(0.30)
60 and over	1363	23	(2.3)	8.6	(0.27)	0.8	(0.09)	9	(1.1)	8.7	(0.42)	3.4	(0.21)	39	(2.5)	8.6	(0.27)
2 - 19	2023	13	(1.6)	8.2	(0.17)	0.4	(0.07)	5	(0.8)	8.5	(0.35)	3.0	(0.20)	36	(1.6)	8.1	(0.18)
20 and over	3962	23	(1.3)	9.1	(0.12)	0.9	(0.08)	10	(0.8)	9.3	(0.31)	3.9	(0.17)	42	(1.5)	9.0	(0.11)
2 and over	5985	21	(1.2)	8.9	(0.10)	0.8	(0.07)	9	(0.7)	9.2	(0.26)	3.8	(0.15)	41	(1.3)	8.8	(0.10)
Males and Females:																	
2 - 19	4091	12	(1.1)	9.2	(0.16)	0.4	(0.04)	5	(0.4)	9.7	(0.36)	3.6	(0.18)	37	(1.2)	9.1	(0.15)
20 and over	7707	24	(1.1)	10.8	(0.10)	1.1	(0.07)	11	(0.6)	11.4	(0.22)	4.8	(0.18)	42	(1.2)	10.6	(0.14)
2 and over	11798	21	(1.0)	10.4	(0.10)	1.0	(0.06)	9	(0.5)	11.1	(0.20)	4.6	(0.17)	42	(1.1)	10.2	(0.11)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C o p p e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	0.8	(0.03)	#		3*	(0.8)	--		--		--		0.8	(0.02)
6 - 11	701	9	(1.6)	0.9	(0.03)	#		2*	(0.4)	--		--		--		0.9	(0.03)
12 - 19	899	13	(1.5)	1.1	(0.03)	0.1	(0.01)	6	(0.9)	1.4	(0.17)	0.5	(0.07)	33	(5.1)	1.0	(0.02)
20 - 39	1086	25	(1.9)	1.3	(0.03)	0.1	(0.01)	9	(0.9)	1.3	(0.04)	0.4	(0.04)	34	(2.1)	1.3	(0.04)
40 - 59	1221	27	(2.1)	1.4	(0.04)	0.1	(0.01)	10	(0.9)	1.5	(0.07)	0.5	(0.03)	34	(1.7)	1.3	(0.04)
60 and over	1438	21	(1.7)	1.3	(0.05)	0.1	(0.02)	8	(1.1)	1.5	(0.21)	0.5	(0.05)	33	(5.0)	1.3	(0.03)
2 - 19	2068	11	(1.0)	1.0	(0.02)	#		4	(0.5)	1.1	(0.10)	0.4	(0.04)	31	(3.4)	0.9	(0.01)
20 and over	3745	25	(1.3)	1.3	(0.02)	0.1	(0.01)	9	(0.6)	1.4	(0.06)	0.5	(0.02)	34	(1.7)	1.3	(0.02)
2 and over	5813	21	(1.1)	1.2	(0.02)	0.1	(0.01)	8	(0.5)	1.4	(0.05)	0.5	(0.02)	33	(1.7)	1.2	(0.02)
Females:																	
2 - 5	472	10	(1.2)	0.7	(0.02)	#		2*	(0.4)	--		--		--		0.7	(0.02)
6 - 11	710	13	(2.4)	0.9	(0.03)	#		4	(1.0)	0.9	(0.05)	0.3	(0.03)	31	(2.4)	0.9	(0.02)
12 - 19	841	15	(2.0)	0.9	(0.08)	0.1	(0.01)	6	(1.3)	1.0	(0.06)	0.4	(0.04)	35	(2.8)	0.9	(0.09)
20 - 39	1272	24	(1.8)	1.1	(0.02)	0.1	(0.01)	8	(0.7)	1.2	(0.05)	0.4	(0.02)	31	(1.9)	1.0	(0.03)
40 - 59	1327	22	(1.8)	1.1	(0.03)	0.1	(0.01)	8	(0.6)	1.1	(0.03)	0.4	(0.02)	32	(1.5)	1.1	(0.03)
60 and over	1363	23	(2.3)	1.1	(0.03)	0.1	(0.01)	7	(0.7)	1.1	(0.05)	0.3	(0.02)	31	(2.0)	1.1	(0.04)
2 - 19	2023	13	(1.6)	0.9	(0.04)	#		5	(0.9)	1.0	(0.05)	0.3	(0.03)	32	(2.1)	0.9	(0.04)
20 and over	3962	23	(1.3)	1.1	(0.02)	0.1	(0.01)	8	(0.5)	1.1	(0.03)	0.4	(0.01)	31	(1.0)	1.1	(0.02)
2 and over	5985	21	(1.2)	1.0	(0.02)	0.1	(0.01)	7	(0.5)	1.1	(0.03)	0.3	(0.01)	32	(1.0)	1.0	(0.02)
Males and Females:																	
2 - 19	4091	12	(1.1)	0.9	(0.02)	#		4	(0.5)	1.0	(0.05)	0.3	(0.03)	31	(2.2)	0.9	(0.02)
20 and over	7707	24	(1.1)	1.2	(0.01)	0.1	(0.01)	8	(0.4)	1.3	(0.03)	0.4	(0.01)	33	(1.1)	1.2	(0.02)
2 and over	11798	21	(1.0)	1.1	(0.01)	0.1	(#)	8	(0.4)	1.3	(0.03)	0.4	(0.01)	33	(1.1)	1.1	(0.01)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	10	(1.7)	75.1	(2.37)	3.6	(0.93)	5	(1.2)	--		--		--		73.0	(1.87)
6 - 11	701	9	(1.6)	92.0	(2.26)	3.4	(0.62)	4	(0.7)	--		--		--		91.7	(2.31)
12 - 19	899	13	(1.5)	122.8	(3.36)	8.9	(1.35)	7	(1.0)	138.6	(11.27)	66.4	(7.70)	48	(4.2)	120.4	(3.48)
20 - 39	1086	25	(1.9)	136.2	(3.20)	15.7	(1.89)	12	(1.3)	142.1	(7.11)	63.2	(5.63)	44	(2.7)	134.3	(3.59)
40 - 59	1221	27	(2.1)	135.4	(2.52)	19.3	(1.81)	14	(1.3)	147.0	(4.22)	70.9	(3.79)	48	(2.4)	131.1	(3.19)
60 and over	1438	21	(1.7)	122.9	(2.66)	12.8	(1.51)	10	(1.2)	131.4	(7.50)	61.5	(5.03)	47	(2.6)	120.6	(3.09)
2 - 19	2068	11	(1.0)	102.4	(1.59)	6.0	(0.62)	6	(0.6)	118.3	(7.14)	53.0	(4.39)	45	(2.8)	100.4	(1.55)
20 and over	3745	25	(1.3)	132.2	(1.55)	16.1	(0.97)	12	(0.7)	141.4	(3.71)	65.7	(2.50)	46	(1.7)	129.1	(2.00)
2 and over	5813	21	(1.1)	124.8	(1.39)	13.6	(0.82)	11	(0.6)	138.4	(3.35)	64.1	(2.44)	46	(1.6)	121.2	(1.55)
Females:																	
2 - 5	472	10	(1.2)	64.3	(1.39)	2.2	(0.34)	3*	(0.6)	--		--		--		63.7	(1.31)
6 - 11	710	13	(2.4)	89.8	(3.09)	5.0	(1.23)	6	(1.3)	101.5	(7.28)	38.7	(4.67)	38	(3.3)	88.1	(3.01)
12 - 19	841	15	(2.0)	90.6	(4.94)	7.3	(1.64)	8	(1.8)	104.5	(9.30)	48.9	(5.60)	47	(2.4)	88.2	(5.70)
20 - 39	1272	24	(1.8)	98.4	(1.49)	10.5	(0.90)	11	(0.8)	106.4	(4.09)	44.1	(2.70)	41	(2.2)	95.9	(1.79)
40 - 59	1327	22	(1.8)	95.3	(2.18)	11.0	(0.99)	12	(1.0)	107.3	(4.01)	49.5	(2.31)	46	(3.0)	91.8	(2.75)
60 and over	1363	23	(2.3)	88.4	(1.96)	10.6	(1.20)	12	(1.4)	93.3	(3.09)	46.7	(3.04)	50	(3.0)	86.9	(2.35)
2 - 19	2023	13	(1.6)	84.7	(2.68)	5.4	(1.08)	6	(1.2)	98.0	(7.63)	41.4	(3.98)	42	(1.7)	82.7	(2.91)
20 and over	3962	23	(1.3)	94.2	(1.11)	10.7	(0.69)	11	(0.7)	102.7	(2.50)	46.7	(1.59)	45	(1.8)	91.7	(1.20)
2 and over	5985	21	(1.2)	92.1	(0.99)	9.5	(0.69)	10	(0.7)	102.0	(2.53)	45.9	(1.57)	45	(1.7)	89.5	(1.27)
Males and Females:																	
2 - 19	4091	12	(1.1)	93.7	(1.66)	5.7	(0.65)	6	(0.7)	107.6	(4.86)	46.9	(3.01)	44	(1.6)	91.8	(1.52)
20 and over	7707	24	(1.1)	112.5	(0.86)	13.3	(0.65)	12	(0.6)	122.0	(2.24)	56.2	(1.53)	46	(1.3)	109.5	(1.30)
2 and over	11798	21	(1.0)	108.0	(0.80)	11.5	(0.58)	11	(0.5)	120.0	(2.07)	54.9	(1.50)	46	(1.2)	104.9	(1.10)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	2085	(63.0)	56	(12.3)	3*	(0.6)	--		--		--		2010	(44.7)
6 - 11	701	9	(1.6)	2086	(50.7)	56	(10.5)	3*	(0.5)	--		--		--		2072	(50.0)
12 - 19	899	13	(1.5)	2404	(54.9)	133	(18.3)	6	(0.7)	2833	(227.6)	991	(94.1)	35	(3.3)	2338	(53.6)
20 - 39	1086	25	(1.9)	2769	(48.1)	273	(32.5)	10	(1.1)	2869	(139.0)	1100	(106.0)	38	(2.4)	2736	(52.4)
40 - 59	1221	27	(2.1)	3011	(60.4)	343	(36.8)	11	(1.1)	3308	(153.9)	1261	(74.5)	38	(1.8)	2900	(64.6)
60 and over	1438	21	(1.7)	2932	(47.5)	247	(27.7)	8	(0.9)	3106	(115.5)	1185	(86.7)	38	(1.9)	2886	(51.6)
2 - 19	2068	11	(1.0)	2230	(40.1)	91	(8.3)	4	(0.4)	2656	(163.9)	807	(49.2)	30	(2.3)	2176	(33.2)
20 and over	3745	25	(1.3)	2900	(28.9)	290	(18.2)	10	(0.6)	3096	(80.3)	1183	(46.4)	38	(1.1)	2836	(33.5)
2 and over	5813	21	(1.1)	2735	(26.2)	241	(14.9)	9	(0.5)	3039	(73.7)	1134	(44.2)	37	(1.2)	2653	(26.6)
Females:																	
2 - 5	472	10	(1.2)	1886	(37.5)	48	(8.2)	3*	(0.5)	--		--		--		1877	(40.1)
6 - 11	710	13	(2.4)	2068	(44.5)	86	(19.9)	4	(0.9)	2121	(100.2)	669	(61.6)	32	(3.1)	2060	(43.9)
12 - 19	841	15	(2.0)	1875	(74.4)	126	(29.4)	7	(1.4)	2108	(166.8)	847	(104.1)	40	(2.6)	1834	(69.6)
20 - 39	1272	24	(1.8)	2313	(47.6)	217	(21.2)	9	(0.8)	2413	(79.5)	916	(45.6)	38	(1.4)	2282	(53.1)
40 - 59	1327	22	(1.8)	2312	(53.0)	185	(18.6)	8	(0.8)	2394	(81.4)	838	(44.4)	35	(1.9)	2289	(58.5)
60 and over	1363	23	(2.3)	2313	(55.4)	195	(21.0)	8	(1.0)	2283	(98.3)	858	(49.8)	38	(2.3)	2322	(55.8)
2 - 19	2023	13	(1.6)	1940	(38.9)	96	(19.4)	5	(0.9)	2091	(98.4)	733	(71.1)	35	(2.2)	1918	(34.7)
20 and over	3962	23	(1.3)	2313	(36.2)	200	(13.6)	9	(0.6)	2367	(57.6)	873	(22.4)	37	(1.1)	2297	(36.1)
2 and over	5985	21	(1.2)	2229	(28.8)	176	(12.9)	8	(0.6)	2327	(49.6)	853	(20.3)	37	(1.0)	2203	(28.3)
Males and Females:																	
2 - 19	4091	12	(1.1)	2088	(32.9)	93	(10.8)	4	(0.5)	2356	(86.6)	768	(43.5)	33	(1.6)	2050	(27.2)
20 and over	7707	24	(1.1)	2595	(25.9)	243	(13.1)	9	(0.5)	2731	(52.6)	1028	(28.7)	38	(0.8)	2553	(24.7)
2 and over	11798	21	(1.0)	2475	(21.3)	208	(11.1)	8	(0.4)	2679	(44.7)	992	(25.5)	37	(0.8)	2421	(19.5)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	2331	(67.1)	101	(21.4)	4*	(0.9)	--		--		--		2261	(65.8)
6 - 11	701	9	(1.6)	2993	(73.9)	119	(24.1)	4	(0.8)	--		--		--		2956	(72.4)
12 - 19	899	13	(1.5)	3821	(90.2)	303	(62.9)	8	(1.6)	4598	(411.5)	2260	(354.0)	49	(4.5)	3701	(91.0)
20 - 39	1086	25	(1.9)	4224	(90.8)	539	(65.5)	13	(1.4)	4707	(253.0)	2167	(200.8)	46	(2.8)	4064	(81.7)
40 - 59	1221	27	(2.1)	4075	(88.2)	656	(65.7)	16	(1.5)	4690	(186.4)	2410	(140.5)	51	(2.3)	3845	(88.6)
60 and over	1438	21	(1.7)	3686	(65.1)	442	(60.0)	12	(1.6)	4226	(189.3)	2115	(186.6)	50	(2.9)	3544	(78.0)
2 - 19	2068	11	(1.0)	3228	(57.0)	198	(31.6)	6	(0.9)	3958	(293.1)	1768	(201.0)	45	(2.5)	3136	(52.4)
20 and over	3745	25	(1.3)	4019	(42.3)	552	(36.5)	14	(0.9)	4584	(110.7)	2248	(99.3)	49	(1.6)	3835	(48.7)
2 and over	5813	21	(1.1)	3824	(38.0)	465	(29.8)	12	(0.7)	4503	(92.2)	2186	(89.8)	49	(1.6)	3641	(40.7)
Females:																	
2 - 5	472	10	(1.2)	2013	(45.0)	87	(14.7)	4*	(0.7)	--		--		--		1985	(51.5)
6 - 11	710	13	(2.4)	2850	(73.4)	177	(40.7)	6	(1.3)	3407	(178.7)	1383	(124.2)	41	(2.6)	2768	(62.3)
12 - 19	841	15	(2.0)	2915	(125.9)	232	(50.5)	8	(1.5)	3509	(383.3)	1561	(165.2)	44	(2.1)	2811	(116.6)
20 - 39	1272	24	(1.8)	3215	(44.1)	396	(36.6)	12	(1.0)	3526	(116.9)	1668	(87.1)	47	(1.8)	3119	(36.3)
40 - 59	1327	22	(1.8)	2865	(68.6)	363	(32.9)	13	(1.1)	3284	(101.8)	1640	(90.3)	50	(2.9)	2746	(81.7)
60 and over	1363	23	(2.3)	2728	(56.1)	336	(34.1)	12	(1.3)	2942	(108.0)	1482	(82.1)	50	(2.7)	2665	(56.7)
2 - 19	2023	13	(1.6)	2700	(72.8)	183	(34.7)	7	(1.2)	3276	(244.5)	1395	(117.5)	43	(1.5)	2613	(63.1)
20 and over	3962	23	(1.3)	2946	(38.1)	366	(25.1)	12	(0.8)	3268	(72.6)	1602	(53.6)	49	(1.7)	2851	(35.6)
2 and over	5985	21	(1.2)	2891	(30.2)	325	(23.8)	11	(0.8)	3269	(76.7)	1572	(46.7)	48	(1.5)	2792	(28.4)
Males and Females:																	
2 - 19	4091	12	(1.1)	2968	(52.9)	191	(24.7)	6	(0.8)	3596	(177.5)	1570	(111.0)	44	(1.4)	2882	(44.0)
20 and over	7707	24	(1.1)	3463	(28.1)	456	(25.1)	13	(0.7)	3925	(58.1)	1925	(61.3)	49	(1.3)	3319	(33.0)
2 and over	11798	21	(1.0)	3346	(26.2)	393	(21.5)	12	(0.6)	3880	(49.0)	1876	(53.7)	48	(1.2)	3204	(29.0)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Caffeine

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	10	(1.7)	10.2	(2.27)	0.3*	(0.13)	3*	(1.5)	--		--		--		9.5	(2.44)
6 - 11	701	9	(1.6)	18.5	(2.66)	0.4*	(0.13)	2*	(0.7)	--		--		--		17.4	(2.54)
12 - 19	899	13	(1.5)	47.0	(3.21)	2.3*	(0.82)	5*	(1.7)	73.4	(19.60)	17.1*	(5.88)	23*	(4.4)	42.9	(3.61)
20 - 39	1086	25	(1.9)	154.7	(12.51)	6.8	(1.54)	4	(1.0)	185.8	(34.72)	27.5	(5.65)	15	(4.0)	144.4	(11.89)
40 - 59	1221	27	(2.1)	210.5	(8.25)	14.2*	(5.08)	7*	(2.3)	221.2	(18.65)	52.2*	(17.64)	24	(6.7)	206.5	(7.93)
60 and over	1438	21	(1.7)	208.5	(5.45)	11.3	(1.86)	5	(0.8)	220.8	(19.01)	54.0	(9.84)	24	(4.8)	205.3	(8.65)
2 - 19	2068	11	(1.0)	29.6	(2.29)	1.2*	(0.38)	4	(1.2)	50.6	(12.13)	11.1	(3.20)	22	(3.0)	27.0	(2.22)
20 and over	3745	25	(1.3)	189.4	(6.23)	10.7	(1.97)	6	(1.0)	208.0	(12.55)	43.4	(8.08)	21	(3.2)	183.4	(5.48)
2 and over	5813	21	(1.1)	150.1	(4.87)	8.3	(1.50)	6	(0.9)	187.5	(10.71)	39.2	(7.06)	21	(3.2)	140.0	(4.30)
Females:																	
2 - 5	472	10	(1.2)	5.2	(0.71)	0.1*	(0.04)	1*	(0.8)	--		--		--		5.3	(0.74)
6 - 11	710	13	(2.4)	13.8	(1.21)	1.0*	(0.32)	7*	(2.3)	21.2	(3.43)	8.0	(2.20)	--		12.7	(1.31)
12 - 19	841	15	(2.0)	34.9	(2.64)	1.4*	(0.50)	4*	(1.4)	31.1	(6.09)	9.4*	(2.85)	30	(7.5)	35.5	(2.78)
20 - 39	1272	24	(1.8)	124.1	(9.73)	5.9*	(2.23)	5*	(1.6)	106.8	(17.09)	24.8*	(9.48)	23	(6.8)	129.5	(10.69)
40 - 59	1327	22	(1.8)	173.4	(11.03)	4.9	(1.20)	3	(0.7)	166.0	(13.74)	22.3	(5.02)	13	(3.2)	175.5	(14.04)
60 and over	1363	23	(2.3)	152.1	(7.63)	8.8	(1.54)	6	(0.9)	170.1	(19.03)	38.9	(4.76)	23	(3.4)	146.8	(9.27)
2 - 19	2023	13	(1.6)	21.6	(1.50)	1.0	(0.27)	5	(1.3)	23.7	(3.68)	7.5	(1.65)	32	(5.3)	21.3	(1.56)
20 and over	3962	23	(1.3)	149.4	(7.29)	6.5	(1.07)	4	(0.6)	145.5	(9.17)	28.3	(4.76)	19	(3.1)	150.5	(8.77)
2 and over	5985	21	(1.2)	120.4	(6.04)	5.2	(0.82)	4	(0.6)	128.0	(8.30)	25.3	(4.10)	20	(3.0)	118.5	(6.88)
Males and Females:																	
2 - 19	4091	12	(1.1)	25.7	(1.40)	1.1	(0.24)	4	(0.9)	36.3	(6.26)	9.2	(1.80)	25	(3.2)	24.2	(1.27)
20 and over	7707	24	(1.1)	168.7	(6.01)	8.5	(1.37)	5	(0.7)	176.7	(7.91)	35.9	(6.04)	20	(3.0)	166.2	(6.67)
2 and over	11798	21	(1.0)	134.9	(4.80)	6.7	(1.06)	5	(0.7)	157.5	(6.94)	32.2	(5.26)	20	(2.9)	128.9	(5.13)

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.**

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Full Service Restaurants g	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	10	(1.7)	--		--		--		--		--		--		--	
6 - 11	701	9	(1.6)	--		--		--		--		--		--		--	
12 - 19	899	13	(1.5)	--		--		--		--		--		--		--	
20 - 39	1086	25	(1.9)	17.1	(1.58)	3.1	(0.63)	18	(3.7)	28.2	(4.85)	12.6	(2.33)	45	(6.8)	13.4	(1.53)
40 - 59	1221	27	(2.1)	17.0	(1.43)	3.3	(0.56)	19	(3.0)	23.0	(2.92)	12.1	(2.17)	52	(5.7)	14.7	(1.54)
60 and over	1438	21	(1.7)	9.5	(1.02)	0.9	(0.19)	9	(2.0)	13.0	(2.38)	4.3	(0.89)	--		8.6	(0.90)
2 - 19	2068	11	(1.0)	--		--		--		--		--		--		--	
20 and over	3745	25	(1.3)	14.9	(0.82)	2.6	(0.32)	17	(1.8)	22.5	(2.31)	10.4	(1.32)	46	(2.6)	12.4	(0.84)
2 and over	5813	21	(1.1)	--		--		--		--		--		--		--	
Females:																	
2 - 5	472	10	(1.2)	--		--		--		--		--		--		--	
6 - 11	710	13	(2.4)	--		--		--		--		--		--		--	
12 - 19	841	15	(2.0)	--		--		--		--		--		--		--	
20 - 39	1272	24	(1.8)	6.6	(0.83)	2.0	(0.39)	31	(5.0)	11.3	(1.62)	8.5	(1.60)	75	(6.2)	5.1	(0.87)
40 - 59	1327	22	(1.8)	7.6	(0.76)	1.6	(0.39)	21	(4.8)	11.9	(1.98)	7.3	(1.87)	61	(8.6)	6.3	(0.81)
60 and over	1363	23	(2.3)	5.5	(1.38)	1.0*	(0.30)	18*	(6.0)	11.7*	(4.22)	4.3	(1.18)	--		3.7	(0.58)
2 - 19	2023	13	(1.6)	--		--		--		--		--		--		--	
20 and over	3962	23	(1.3)	6.6	(0.60)	1.6	(0.15)	24	(2.8)	11.6	(1.60)	6.8	(0.76)	59	(7.5)	5.1	(0.46)
2 and over	5985	21	(1.2)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	4091	12	(1.1)	--		--		--		--		--		--		--	
20 and over	7707	24	(1.1)	10.6	(0.50)	2.0	(0.19)	19	(1.6)	17.1	(1.38)	8.6	(0.87)	50	(3.0)	8.5	(0.48)
2 and over	11798	21	(1.0)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.

[3] **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from Full Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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 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-March 2020 Prepandemic

F o o d e n e r g y

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	*All Individuals* [2] Intake from Full Service Restaurants kcal	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake kcal	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants kcal	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1949	(32.7)	91	(16.0)	5	(0.8)	2367	(115.4)	802	(65.8)	34	(1.8)	1896	(25.3)
20 and over.....	2758	25	(1.4)	2135	(20.3)	233	(12.9)	11	(0.6)	2321	(41.3)	928	(30.9)	40	(1.3)	2072	(24.6)
2 and over...	4106	22	(1.4)	2097	(16.0)	205	(12.0)	10	(0.6)	2325	(35.7)	915	(27.8)	39	(1.2)	2031	(19.2)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1859	(33.8)	50	(9.3)	3	(0.5)	--		--		--		1845	(35.3)
20 and over.....	2071	19	(1.2)	2123	(31.2)	167	(15.2)	8	(0.7)	2314	(66.4)	900	(50.0)	39	(1.8)	2080	(34.8)
2 and over...	3155	16	(1.0)	2055	(24.3)	137	(12.3)	7	(0.6)	2279	(60.8)	869	(38.5)	38	(1.3)	2013	(25.2)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1812	(30.7)	155	(19.2)	9	(1.0)	--		--		--		1769	(39.2)
20 and over.....	841	25	(2.2)	1947	(39.2)	200	(18.9)	10	(0.9)	2010	(59.2)	797	(51.7)	40	(2.1)	1926	(51.2)
2 and over...	1168	25	(1.8)	1921	(35.9)	192	(15.2)	10	(0.7)	2001	(46.0)	779	(40.4)	39	(1.8)	1895	(45.0)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1870	(30.3)	99	(13.0)	5	(0.7)	2023	(109.6)	715	(40.1)	35	(1.7)	1846	(27.7)
20 and over.....	1669	22	(2.0)	2219	(44.7)	234	(24.2)	11	(1.0)	2375	(140.3)	1069	(79.3)	45	(2.2)	2175	(41.5)
2 and over...	2616	19	(1.7)	2107	(34.8)	191	(18.6)	9	(0.8)	2294	(114.3)	988	(65.8)	43	(1.8)	2063	(31.3)

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.**

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-March 2020 Prepandemic *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	67.9	(2.14)	3.8	(0.70)	6	(0.9)	83.4	(5.54)	33.9	(3.03)	41	(2.3)	65.9	(1.72)
20 and over.....	2758	25	(1.4)	80.3	(1.15)	9.8	(0.67)	12	(0.8)	86.7	(2.08)	38.9	(1.43)	45	(1.5)	78.1	(1.42)
2 and over...	4106	22	(1.4)	77.8	(1.19)	8.6	(0.63)	11	(0.7)	86.3	(2.04)	38.4	(1.42)	44	(1.4)	75.3	(1.27)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	62.6	(1.50)	2.3	(0.51)	4	(0.8)	--		--		--		61.7	(1.45)
20 and over.....	2071	19	(1.2)	76.2	(1.36)	7.0	(0.57)	9	(0.7)	82.8	(2.18)	37.5	(1.95)	45	(1.9)	74.7	(1.48)
2 and over...	3155	16	(1.0)	72.7	(1.13)	5.8	(0.47)	8	(0.6)	81.7	(2.01)	36.7	(1.52)	45	(1.6)	71.0	(1.17)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	64.9	(1.44)	6.8	(0.92)	10	(1.4)	--		--		--		63.3	(2.28)
20 and over.....	841	25	(2.2)	81.4	(2.28)	10.2	(0.99)	12	(1.1)	89.4	(5.72)	40.5	(3.28)	45	(2.8)	78.8	(2.15)
2 and over...	1168	25	(1.8)	78.3	(2.25)	9.5	(0.85)	12	(1.0)	86.1	(4.67)	38.7	(2.83)	45	(2.4)	75.7	(2.01)
Hispanic:																	
2 - 19.....	947	14	(1.9)	67.4	(1.41)	4.4	(0.57)	7	(0.8)	75.8	(4.88)	31.9	(3.51)	42	(3.0)	66.0	(1.22)
20 and over.....	1669	22	(2.0)	86.5	(1.92)	9.9	(1.05)	11	(1.2)	92.2	(5.02)	45.2	(3.25)	49	(2.1)	84.9	(2.00)
2 and over...	2616	19	(1.7)	80.4	(1.34)	8.1	(0.84)	10	(1.0)	88.4	(4.22)	42.2	(3.15)	48	(2.1)	78.5	(1.28)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake g	(SE)	All Individuals [2] Intake from Full Service Restaurants g	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake g	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants g	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	248	(3.9)	10	(1.6)	4	(0.6)	286	(11.1)	85	(6.6)	30	(1.8)	243	(3.7)
20 and over.....	2758	25	(1.4)	239	(3.0)	22	(1.3)	9	(0.6)	243	(5.0)	85	(3.4)	35	(1.3)	237	(3.2)
2 and over...	4106	22	(1.4)	241	(2.1)	19	(1.2)	8	(0.5)	247	(4.2)	85	(3.1)	35	(1.2)	239	(2.3)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	236	(4.4)	4	(0.7)	2*	(0.3)	--		--		--		236	(4.8)
20 and over.....	2071	19	(1.2)	242	(3.9)	16	(1.4)	7	(0.6)	258	(8.3)	85	(5.0)	33	(1.5)	238	(4.6)
2 and over...	3155	16	(1.0)	240	(3.1)	13	(1.2)	5	(0.5)	254	(7.6)	82	(4.0)	32	(1.2)	238	(3.4)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	236	(4.0)	17	(2.5)	7	(1.1)	--		--		--		233	(4.5)
20 and over.....	841	25	(2.2)	243	(7.5)	20	(2.1)	8	(0.8)	232	(7.6)	78	(4.9)	34	(2.1)	247	(9.6)
2 and over...	1168	25	(1.8)	242	(6.5)	19	(1.7)	8	(0.7)	234	(7.0)	78	(3.8)	33	(1.8)	245	(8.2)
Hispanic:																	
2 - 19.....	947	14	(1.9)	239	(4.2)	11	(1.7)	5	(0.7)	248	(15.9)	80	(5.2)	32	(1.6)	238	(4.0)
20 and over.....	1669	22	(2.0)	261	(4.7)	22	(2.3)	8	(0.9)	257	(14.5)	101	(7.0)	39	(2.0)	262	(4.8)
2 and over...	2616	19	(1.7)	254	(3.9)	18	(1.8)	7	(0.7)	255	(11.2)	96	(6.0)	38	(1.6)	253	(4.0)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	116	(2.3)	4	(0.7)	3	(0.6)	141	(8.8)	34	(4.5)	24	(2.5)	112	(1.8)
20 and over.....	2758	25	(1.4)	105	(2.2)	6	(0.5)	6	(0.5)	99	(3.3)	26	(2.0)	26	(1.7)	108	(2.2)
2 and over...	4106	22	(1.4)	108	(1.8)	6	(0.4)	5	(0.4)	103	(3.1)	26	(1.8)	26	(1.5)	109	(1.7)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	106	(2.7)	2	(0.4)	2*	(0.4)	--		--		--		106	(2.8)
20 and over.....	2071	19	(1.2)	108	(2.4)	5	(0.5)	5	(0.5)	115	(5.0)	29	(2.4)	25	(1.7)	106	(2.7)
2 and over...	3155	16	(1.0)	107	(2.0)	4	(0.5)	4	(0.4)	114	(4.8)	28	(2.1)	24	(1.4)	106	(2.1)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	90	(4.1)	5	(1.1)	6*	(1.1)	--		--		--		87	(4.9)
20 and over.....	841	25	(2.2)	85	(3.5)	5	(0.6)	5	(0.6)	83	(4.7)	18	(1.5)	22	(1.9)	86	(4.2)
2 and over...	1168	25	(1.8)	86	(3.0)	5	(0.5)	5	(0.5)	85	(4.5)	19	(1.3)	22	(1.6)	87	(3.5)
Hispanic:																	
2 - 19.....	947	14	(1.9)	106	(2.6)	4	(0.7)	3	(0.7)	108	(9.9)	26	(3.0)	24	(2.5)	105	(2.1)
20 and over.....	1669	22	(2.0)	106	(2.4)	6	(0.7)	6	(0.6)	98	(6.1)	28	(2.9)	29	(2.3)	108	(2.2)
2 and over...	2616	19	(1.7)	106	(2.1)	5	(0.6)	5	(0.5)	100	(5.4)	28	(2.6)	28	(1.7)	107	(1.8)

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.**

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-March 2020 Prepandemic *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	14.1	(0.59)	0.5	(0.09)	4	(0.6)	14.7	(0.79)	4.5	(0.44)	31	(3.0)	14.0	(0.61)
20 and over.....	2758	25	(1.4)	16.1	(0.37)	1.6	(0.14)	10	(0.8)	16.8	(0.62)	6.2	(0.36)	37	(1.5)	15.9	(0.37)
2 and over...	4106	22	(1.4)	15.7	(0.35)	1.3	(0.12)	9	(0.7)	16.6	(0.60)	6.0	(0.34)	36	(1.5)	15.5	(0.34)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	12.2	(0.31)	0.3	(0.04)	2	(0.3)	--		--		--		12.2	(0.28)
20 and over.....	2071	19	(1.2)	13.9	(0.23)	0.9	(0.09)	7	(0.7)	14.7	(0.47)	5.0	(0.28)	34	(1.9)	13.7	(0.24)
2 and over...	3155	16	(1.0)	13.5	(0.20)	0.8	(0.07)	6	(0.5)	14.5	(0.41)	4.8	(0.23)	33	(1.6)	13.3	(0.20)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	15.5	(0.76)	1.1	(0.16)	7	(1.1)	--		--		--		15.7	(0.73)
20 and over.....	841	25	(2.2)	20.4	(0.99)	1.5	(0.18)	7	(0.8)	19.1	(0.84)	5.8	(0.43)	31	(2.1)	20.9	(1.12)
2 and over...	1168	25	(1.8)	19.5	(0.85)	1.4	(0.14)	7	(0.6)	18.3	(0.78)	5.7	(0.34)	31	(1.8)	19.9	(0.95)
Hispanic:																	
2 - 19.....	947	14	(1.9)	14.8	(0.39)	0.7	(0.09)	5	(0.6)	14.9	(0.93)	5.4	(0.50)	36	(2.3)	14.8	(0.39)
20 and over.....	1669	22	(2.0)	19.3	(0.47)	1.7	(0.24)	9	(1.2)	18.9	(0.97)	7.8	(0.60)	41	(2.2)	19.4	(0.56)
2 and over...	2616	19	(1.7)	17.8	(0.38)	1.4	(0.17)	8	(0.9)	17.9	(0.78)	7.3	(0.47)	41	(1.8)	17.8	(0.44)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	78.6	(1.73)	4.2	(0.79)	5	(1.0)	101.0	(6.72)	36.8	(3.59)	36	(2.3)	75.8	(1.47)
20 and over.....	2758	25	(1.4)	89.6	(1.04)	10.4	(0.62)	12	(0.7)	99.5	(2.26)	41.3	(1.45)	42	(1.4)	86.3	(1.34)
2 and over...	4106	22	(1.4)	87.4	(0.91)	9.1	(0.57)	10	(0.6)	99.7	(2.07)	40.9	(1.26)	41	(1.4)	83.8	(1.13)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	75.7	(1.72)	2.6	(0.53)	3	(0.7)	--		--		--		74.2	(1.67)
20 and over.....	2071	19	(1.2)	87.9	(1.43)	7.5	(0.74)	9	(0.8)	97.2	(2.72)	40.5	(2.38)	42	(2.1)	85.7	(1.64)
2 and over...	3155	16	(1.0)	84.7	(1.17)	6.3	(0.60)	7	(0.7)	96.8	(2.60)	39.8	(1.90)	41	(1.7)	82.5	(1.27)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	69.5	(1.87)	6.6	(0.78)	9	(1.1)	--		--		--		66.9	(2.18)
20 and over.....	841	25	(2.2)	71.4	(1.37)	8.3	(0.92)	12	(1.2)	77.6	(3.36)	33.1	(3.08)	43	(2.7)	69.3	(1.87)
2 and over...	1168	25	(1.8)	71.0	(1.35)	8.0	(0.71)	11	(0.9)	77.7	(2.65)	32.5	(2.34)	42	(2.2)	68.9	(1.72)
Hispanic:																	
2 - 19.....	947	14	(1.9)	73.2	(1.41)	4.2	(0.54)	6	(0.7)	81.6	(4.45)	30.4	(1.75)	37	(2.0)	71.9	(1.30)
20 and over.....	1669	22	(2.0)	87.6	(2.19)	10.5	(1.12)	12	(1.2)	98.6	(6.03)	48.1	(3.83)	49	(2.4)	84.5	(2.09)
2 and over...	2616	19	(1.7)	83.0	(1.71)	8.5	(0.83)	10	(0.9)	94.7	(4.99)	44.0	(3.12)	46	(2.0)	80.2	(1.56)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	27.4	(0.52)	1.2	(0.23)	5	(0.8)	32.3	(1.82)	11.0	(1.01)	34	(1.8)	26.7	(0.57)
20 and over.....	2758	25	(1.4)	29.6	(0.40)	3.2	(0.19)	11	(0.7)	31.7	(0.80)	12.6	(0.51)	40	(1.4)	28.9	(0.55)
2 and over...	4106	22	(1.4)	29.1	(0.32)	2.8	(0.18)	10	(0.6)	31.7	(0.71)	12.4	(0.45)	39	(1.3)	28.4	(0.48)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	25.0	(0.83)	0.8	(0.16)	3	(0.6)	--		--		--		24.5	(0.73)
20 and over.....	2071	19	(1.2)	27.3	(0.51)	2.1	(0.21)	8	(0.8)	29.0	(0.94)	11.5	(0.68)	40	(2.0)	26.9	(0.60)
2 and over...	3155	16	(1.0)	26.7	(0.44)	1.8	(0.17)	7	(0.6)	29.2	(0.86)	11.3	(0.56)	39	(1.6)	26.2	(0.49)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	24.5	(0.68)	2.0	(0.23)	8	(0.9)	--		--		--		23.6	(0.71)
20 and over.....	841	25	(2.2)	21.6	(0.53)	2.6	(0.36)	12	(1.5)	24.1	(1.52)	10.2	(1.34)	42	(3.8)	20.7	(0.63)
2 and over...	1168	25	(1.8)	22.1	(0.51)	2.5	(0.29)	11	(1.2)	24.7	(1.30)	10.0	(1.11)	40	(3.2)	21.3	(0.59)
Hispanic:																	
2 - 19.....	947	14	(1.9)	25.1	(0.69)	1.2	(0.17)	5	(0.7)	26.4	(1.80)	9.0	(0.68)	34	(2.0)	24.9	(0.67)
20 and over.....	1669	22	(2.0)	28.0	(0.68)	3.1	(0.33)	11	(1.1)	30.5	(1.78)	14.2	(1.10)	47	(2.7)	27.3	(0.70)
2 and over...	2616	19	(1.7)	27.1	(0.55)	2.5	(0.24)	9	(0.9)	29.6	(1.45)	13.1	(0.88)	44	(2.1)	26.5	(0.53)

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.**

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-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	25.5	(0.41)	1.4	(0.29)	5	(1.1)	33.5	(2.50)	12.4	(1.45)	37	(3.1)	24.5	(0.37)
20 and over.....	2758	25	(1.4)	30.5	(0.45)	3.5	(0.23)	12	(0.7)	34.2	(1.00)	14.0	(0.54)	41	(1.6)	29.2	(0.51)
2 and over...	4106	22	(1.4)	29.5	(0.38)	3.1	(0.21)	10	(0.7)	34.1	(0.97)	13.8	(0.46)	40	(1.5)	28.1	(0.40)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	25.4	(0.53)	0.9	(0.19)	4	(0.7)	--		--		--		24.8	(0.52)
20 and over.....	2071	19	(1.2)	30.3	(0.49)	2.6	(0.26)	8	(0.9)	33.6	(1.03)	13.8	(0.84)	41	(2.3)	29.6	(0.60)
2 and over...	3155	16	(1.0)	29.0	(0.41)	2.1	(0.21)	7	(0.7)	33.4	(1.02)	13.6	(0.69)	41	(1.9)	28.2	(0.47)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	22.7	(0.75)	2.3	(0.28)	10	(1.1)	--		--		--		21.8	(0.89)
20 and over.....	841	25	(2.2)	25.4	(0.57)	3.0	(0.33)	12	(1.2)	27.8	(1.27)	11.8	(1.09)	42	(2.5)	24.6	(0.76)
2 and over...	1168	25	(1.8)	24.9	(0.55)	2.8	(0.25)	11	(0.9)	27.5	(0.97)	11.5	(0.84)	42	(2.1)	24.0	(0.70)
Hispanic:																	
2 - 19.....	947	14	(1.9)	23.9	(0.49)	1.4	(0.18)	6	(0.7)	27.0	(1.48)	10.4	(0.68)	39	(2.1)	23.4	(0.47)
20 and over.....	1669	22	(2.0)	29.9	(0.76)	3.6	(0.39)	12	(1.2)	33.8	(2.29)	16.6	(1.39)	49	(2.1)	28.9	(0.69)
2 and over...	2616	19	(1.7)	28.0	(0.60)	2.9	(0.29)	10	(0.9)	32.2	(1.89)	15.2	(1.15)	47	(1.8)	27.0	(0.54)

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.**

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-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	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.....	1348	11	(1.6)	17.9	(0.84)	1.1	(0.21)	6	(1.1)	25.2	(2.17)	9.7	(1.01)	38	(3.5)	16.9	(0.70)
20 and over.....	2758	25	(1.4)	20.8	(0.42)	2.7	(0.17)	13	(0.8)	24.2	(0.77)	10.7	(0.43)	44	(1.9)	19.6	(0.44)
2 and over...	4106	22	(1.4)	20.2	(0.43)	2.4	(0.15)	12	(0.7)	24.3	(0.71)	10.6	(0.39)	44	(1.9)	19.0	(0.40)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	17.9	(0.44)	0.7	(0.15)	4	(0.8)	--		--		--		17.6	(0.42)
20 and over.....	2071	19	(1.2)	21.7	(0.40)	2.1	(0.22)	10	(1.0)	25.3	(0.72)	11.4	(0.83)	45	(2.6)	20.8	(0.43)
2 and over...	3155	16	(1.0)	20.7	(0.31)	1.8	(0.18)	8	(0.8)	24.9	(0.69)	11.1	(0.63)	45	(2.1)	19.9	(0.31)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	15.1	(0.58)	1.7	(0.27)	11	(1.7)	--		--		--		14.5	(0.77)
20 and over.....	841	25	(2.2)	17.3	(0.46)	1.9	(0.20)	11	(1.2)	17.8	(0.66)	7.7	(0.48)	43	(1.9)	17.1	(0.60)
2 and over...	1168	25	(1.8)	16.9	(0.42)	1.9	(0.16)	11	(0.9)	17.7	(0.54)	7.7	(0.36)	44	(1.5)	16.6	(0.54)
Hispanic:																	
2 - 19.....	947	14	(1.9)	16.7	(0.39)	1.1	(0.14)	6	(0.9)	19.8	(1.27)	7.8	(0.37)	39	(2.9)	16.1	(0.41)
20 and over.....	1669	22	(2.0)	20.5	(0.58)	2.7	(0.33)	13	(1.4)	24.3	(1.57)	12.5	(1.19)	51	(2.9)	19.5	(0.53)
2 and over...	2616	19	(1.7)	19.3	(0.43)	2.2	(0.24)	11	(1.1)	23.3	(1.35)	11.4	(0.96)	49	(2.5)	18.3	(0.36)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	221	(7.0)	14	(2.7)	6	(1.1)	305	(24.1)	123	(13.4)	40	(4.2)	210	(6.4)
20 and over.....	2758	25	(1.4)	306	(7.8)	42	(2.2)	14	(0.8)	362	(12.9)	167	(9.3)	46	(2.2)	288	(10.5)
2 and over...	4106	22	(1.4)	289	(5.8)	36	(2.0)	13	(0.7)	356	(11.2)	163	(8.2)	46	(1.9)	270	(7.9)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	228	(12.8)	11	(2.6)	5	(1.0)	--		--		--		219	(11.5)
20 and over.....	2071	19	(1.2)	314	(9.0)	35	(2.9)	11	(0.9)	376	(19.3)	189	(11.8)	50	(2.6)	300	(9.0)
2 and over...	3155	16	(1.0)	292	(8.4)	29	(2.2)	10	(0.7)	371	(18.1)	182	(10.3)	49	(2.1)	277	(8.2)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	236	(9.3)	23	(2.4)	10	(0.9)	--		--		--		224	(9.9)
20 and over.....	841	25	(2.2)	277	(9.3)	38	(4.3)	14	(1.5)	336	(32.0)	152	(17.9)	45	(4.4)	257	(11.2)
2 and over...	1168	25	(1.8)	269	(7.8)	35	(3.6)	13	(1.3)	326	(24.4)	143	(14.9)	44	(3.7)	250	(9.1)
Hispanic:																	
2 - 19.....	947	14	(1.9)	247	(9.6)	18	(3.2)	7	(1.2)	279	(25.1)	128	(20.2)	46	(4.7)	241	(9.4)
20 and over.....	1669	22	(2.0)	359	(11.7)	43	(4.6)	12	(1.2)	405	(26.1)	196	(18.0)	48	(3.3)	346	(12.5)
2 and over...	2616	19	(1.7)	323	(8.4)	35	(3.7)	11	(1.1)	376	(21.0)	180	(15.3)	48	(2.9)	310	(8.1)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	597	(16.4)	16	(2.8)	3	(0.5)	600	(32.7)	144	(11.7)	24	(2.6)	596	(18.9)
20 and over.....	2758	25	(1.4)	651	(16.3)	55	(3.6)	8	(0.6)	658	(31.9)	219	(10.4)	33	(1.9)	648	(17.5)
2 and over...	4106	22	(1.4)	640	(14.2)	47	(3.2)	7	(0.5)	652	(29.1)	211	(9.1)	32	(1.7)	636	(15.0)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	452	(20.2)	10	(1.5)	2	(0.3)	--		--		--		451	(20.5)
20 and over.....	2071	19	(1.2)	541	(25.3)	40	(3.5)	7	(0.6)	579	(39.9)	213	(15.2)	37	(3.0)	533	(26.2)
2 and over...	3155	16	(1.0)	518	(16.4)	32	(2.7)	6	(0.5)	566	(32.7)	202	(15.3)	36	(2.8)	509	(17.2)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	517	(26.3)	36	(6.9)	7	(1.5)	--		--		--		510	(32.1)
20 and over.....	841	25	(2.2)	611	(30.0)	56	(9.5)	9	(1.4)	637	(82.8)	224	(28.1)	35	(3.7)	603	(33.1)
2 and over...	1168	25	(1.8)	593	(26.6)	52	(7.5)	9	(1.1)	620	(72.3)	213	(22.6)	34	(3.0)	585	(29.9)
Hispanic:																	
2 - 19.....	947	14	(1.9)	541	(23.2)	18	(3.1)	3	(0.5)	533	(50.8)	132	(15.8)	25	(1.9)	542	(22.2)
20 and over.....	1669	22	(2.0)	593	(23.0)	59	(8.0)	10	(1.1)	673	(42.5)	271	(25.3)	40	(3.2)	571	(24.1)
2 and over...	2616	19	(1.7)	576	(17.8)	46	(5.6)	8	(0.8)	641	(35.3)	239	(21.7)	37	(2.7)	561	(18.4)

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.**

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-March 2020 Prepandemic *(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.....	1348	11	(1.6)	1250	(96.4)	54	(9.8)	4	(0.7)	1684	(299.0)	477	(58.2)	28	(5.0)	1195	(96.0)
20 and over.....	2758	25	(1.4)	2450	(165.3)	246	(26.3)	10	(1.1)	2396	(187.1)	978	(72.8)	41	(3.2)	2468	(203.6)
2 and over...	4106	22	(1.4)	2207	(150.5)	207	(22.2)	9	(1.0)	2324	(177.0)	927	(67.5)	40	(2.9)	2173	(177.8)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	984	(98.5)	34*	(11.4)	3*	(1.1)	--		--		--		957	(91.8)
20 and over.....	2071	19	(1.2)	2081	(146.4)	187	(32.8)	9	(1.5)	2352	(269.6)	1006	(176.2)	43	(6.3)	2019	(156.7)
2 and over...	3155	16	(1.0)	1798	(105.9)	147	(24.7)	8	(1.3)	2222	(238.0)	935	(161.9)	42	(5.5)	1718	(111.4)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1476	(175.1)	202	(58.7)	14	(4.1)	--		--		--		1445	(197.5)
20 and over.....	841	25	(2.2)	3363	(259.2)	328	(66.4)	10	(1.5)	3360	(844.5)	1305	(203.0)	39	(6.1)	3364	(264.5)
2 and over...	1168	25	(1.8)	3002	(214.5)	304	(51.0)	10	(1.4)	3052	(707.0)	1235	(160.6)	40	(6.1)	2985	(220.2)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1010	(77.6)	66	(13.0)	7	(1.1)	1227	(164.8)	476	(75.0)	39	(5.2)	975	(76.0)
20 and over.....	1669	22	(2.0)	2234	(188.2)	323	(70.1)	14	(2.2)	2753	(330.0)	1478	(242.3)	54	(3.8)	2090	(169.9)
2 and over...	2616	19	(1.7)	1843	(133.9)	241	(49.1)	13	(1.9)	2403	(276.3)	1248	(207.1)	52	(3.7)	1709	(111.3)

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.**

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-March 2020 Prepandemic *(continued)*

Lycopene

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)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	4434	(324.5)	288	(77.4)	7	(1.9)	5262	(1169.7)	2554	(565.9)	49	(11.6)	4329	(356.0)
20 and over.....	2758	25	(1.4)	4721	(213.5)	743	(77.7)	16	(1.4)	5274	(405.8)	2954	(271.0)	56	(2.8)	4536	(211.5)
2 and over...	4106	22	(1.4)	4663	(171.5)	651	(68.8)	14	(1.3)	5273	(399.7)	2913	(252.8)	55	(3.3)	4488	(157.0)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	4027	(344.2)	104 *	(40.7)	3 *	(1.0)	--		--		--		4031	(337.6)
20 and over.....	2071	19	(1.2)	4004	(243.1)	323	(45.6)	8	(1.1)	5237	(770.8)	1737	(201.9)	33	(6.0)	3722	(230.5)
2 and over...	3155	16	(1.0)	4010	(188.1)	267	(35.2)	7	(0.9)	5081	(659.3)	1690	(167.1)	33	(5.6)	3809	(200.0)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	4938	(668.4)	644 *	(202.8)	13 *	(4.6)	--		--		--		4891	(572.4)
20 and over.....	841	25	(2.2)	4727	(400.7)	645	(98.7)	14	(2.1)	4764	(550.9)	2564	(312.4)	54	(4.3)	4714	(427.8)
2 and over...	1168	25	(1.8)	4767	(408.0)	644	(97.3)	14	(2.0)	4822	(605.9)	2619	(321.8)	54	(5.1)	4749	(410.1)
Hispanic:																	
2 - 19.....	947	14	(1.9)	4463	(282.4)	294	(77.8)	7	(1.6)	4455	(609.2)	2127	(473.8)	48	(7.0)	4464	(313.0)
20 and over.....	1669	22	(2.0)	5706	(465.5)	731	(199.7)	13	(2.9)	6583	(1348.0)	3344	(717.8)	51	(7.1)	5460	(381.0)
2 and over...	2616	19	(1.7)	5308	(364.9)	591	(154.2)	11	(2.5)	6096	(1106.2)	3065	(635.8)	50	(6.3)	5120	(298.8)

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.**

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-March 2020 Prepandemic *(continued)*

T h i a m i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1.51	(0.025)	0.05	(0.010)	4	(0.7)	1.61	(0.101)	0.48	(0.044)	30	(2.2)	1.50	(0.029)
20 and over.....	2758	25	(1.4)	1.57	(0.020)	0.15	(0.010)	9	(0.6)	1.63	(0.042)	0.59	(0.027)	36	(1.6)	1.55	(0.029)
2 and over...	4106	22	(1.4)	1.56	(0.017)	0.13	(0.009)	8	(0.6)	1.63	(0.039)	0.58	(0.024)	36	(1.5)	1.54	(0.023)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1.36	(0.032)	0.03	(0.005)	2*	(0.3)	--		--		--		1.37	(0.036)
20 and over.....	2071	19	(1.2)	1.46	(0.028)	0.10	(0.010)	7	(0.7)	1.50	(0.053)	0.53	(0.032)	36	(1.8)	1.45	(0.033)
2 and over...	3155	16	(1.0)	1.43	(0.021)	0.08	(0.007)	6	(0.5)	1.46	(0.046)	0.51	(0.024)	35	(1.5)	1.42	(0.023)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1.51	(0.026)	0.11	(0.018)	7	(1.2)	--		--		--		1.49	(0.038)
20 and over.....	841	25	(2.2)	1.64	(0.072)	0.15	(0.014)	9	(0.9)	1.56	(0.063)	0.61	(0.052)	39	(2.4)	1.67	(0.092)
2 and over...	1168	25	(1.8)	1.62	(0.061)	0.14	(0.012)	9	(0.8)	1.56	(0.045)	0.59	(0.045)	37	(2.3)	1.63	(0.077)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1.52	(0.051)	0.06	(0.008)	4	(0.5)	1.65	(0.199)	0.43	(0.035)	26	(3.2)	1.50	(0.050)
20 and over.....	1669	22	(2.0)	1.63	(0.034)	0.14	(0.016)	9	(1.0)	1.61	(0.090)	0.64	(0.052)	40	(2.0)	1.63	(0.038)
2 and over...	2616	19	(1.7)	1.59	(0.029)	0.11	(0.012)	7	(0.7)	1.62	(0.085)	0.59	(0.042)	37	(1.6)	1.59	(0.032)

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.**

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-March 2020 Prepandemic *(continued)*

Riboflavin

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1.84	(0.039)	0.06	(0.010)	3	(0.5)	1.99	(0.082)	0.54	(0.043)	27	(2.0)	1.82	(0.039)
20 and over.....	2758	25	(1.4)	2.18	(0.035)	0.18	(0.011)	8	(0.5)	2.20	(0.058)	0.70	(0.031)	32	(1.1)	2.17	(0.044)
2 and over...	4106	22	(1.4)	2.11	(0.028)	0.15	(0.010)	7	(0.5)	2.18	(0.051)	0.69	(0.028)	32	(1.0)	2.09	(0.035)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1.50	(0.036)	0.03	(0.006)	2	(0.4)	--		--		--		1.50	(0.038)
20 and over.....	2071	19	(1.2)	1.67	(0.032)	0.11	(0.008)	7	(0.5)	1.71	(0.067)	0.61	(0.029)	36	(1.9)	1.66	(0.034)
2 and over...	3155	16	(1.0)	1.63	(0.024)	0.09	(0.007)	6	(0.4)	1.69	(0.059)	0.59	(0.023)	35	(1.6)	1.62	(0.025)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1.60	(0.043)	0.11	(0.014)	7	(0.9)	--		--		--		1.57	(0.052)
20 and over.....	841	25	(2.2)	1.77	(0.041)	0.16	(0.015)	9	(0.8)	1.89	(0.094)	0.63	(0.041)	33	(2.2)	1.73	(0.057)
2 and over...	1168	25	(1.8)	1.74	(0.041)	0.15	(0.013)	9	(0.7)	1.85	(0.072)	0.61	(0.035)	33	(1.8)	1.70	(0.051)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1.77	(0.054)	0.06	(0.009)	4	(0.5)	1.86	(0.187)	0.46	(0.029)	25	(1.8)	1.76	(0.045)
20 and over.....	1669	22	(2.0)	2.02	(0.047)	0.16	(0.016)	8	(0.8)	2.01	(0.106)	0.74	(0.049)	37	(2.1)	2.02	(0.059)
2 and over...	2616	19	(1.7)	1.94	(0.037)	0.13	(0.012)	7	(0.6)	1.98	(0.086)	0.67	(0.041)	34	(1.6)	1.93	(0.040)

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.**

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-March 2020 Prepandemic *(continued)*

N i a c i n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	21.7	(0.65)	1.1	(0.23)	5	(1.0)	26.3	(1.91)	10.2	(1.07)	39	(2.1)	21.1	(0.54)
20 and over.....	2758	25	(1.4)	25.8	(0.53)	2.7	(0.17)	10	(0.7)	26.6	(0.80)	10.8	(0.43)	40	(1.3)	25.5	(0.75)
2 and over...	4106	22	(1.4)	25.0	(0.49)	2.4	(0.17)	10	(0.6)	26.6	(0.71)	10.7	(0.40)	40	(1.2)	24.5	(0.64)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	20.7	(0.39)	0.7	(0.16)	3	(0.7)	--		--		--		20.5	(0.37)
20 and over.....	2071	19	(1.2)	24.5	(0.34)	1.9	(0.15)	8	(0.6)	26.1	(0.79)	10.3	(0.48)	39	(2.1)	24.1	(0.35)
2 and over...	3155	16	(1.0)	23.5	(0.27)	1.6	(0.12)	7	(0.5)	25.6	(0.72)	10.1	(0.36)	39	(1.8)	23.1	(0.26)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	19.5	(0.43)	1.9	(0.28)	10	(1.4)	--		--		--		19.4	(0.50)
20 and over.....	841	25	(2.2)	24.2	(0.95)	2.9	(0.26)	12	(1.1)	25.1	(1.32)	11.5	(0.79)	46	(2.6)	23.9	(1.05)
2 and over...	1168	25	(1.8)	23.3	(0.86)	2.7	(0.23)	12	(1.0)	24.2	(1.08)	11.0	(0.68)	45	(2.3)	23.0	(0.93)
Hispanic:																	
2 - 19.....	947	14	(1.9)	20.7	(0.48)	1.2	(0.16)	6	(0.7)	22.7	(1.41)	8.5	(0.78)	37	(2.9)	20.4	(0.47)
20 and over.....	1669	22	(2.0)	27.2	(0.68)	2.6	(0.29)	10	(1.0)	27.2	(1.61)	12.1	(0.95)	44	(2.4)	27.2	(0.80)
2 and over...	2616	19	(1.7)	25.1	(0.45)	2.2	(0.23)	9	(0.9)	26.2	(1.35)	11.3	(0.88)	43	(2.2)	24.9	(0.47)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from Full Service Restaurants mg	(SE)	All Individuals [2] Percentages from [6] Full Service Restaurants %	(SE)	Full Service Restaurant Consumers [3] Total Intake mg	(SE)	Full Service Restaurant Consumers [3] Intake from Full Service Restaurants mg	(SE)	Full Service Restaurant Consumers [3] Percentages from [6] Full Service Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1.74	(0.069)	0.07	(0.015)	4	(0.8)	2.02	(0.146)	0.64	(0.076)	32	(2.8)	1.70	(0.065)
20 and over.....	2758	25	(1.4)	2.15	(0.062)	0.20	(0.014)	9	(0.6)	2.13	(0.094)	0.80	(0.029)	38	(1.6)	2.16	(0.084)
2 and over...	4106	22	(1.4)	2.07	(0.057)	0.17	(0.013)	8	(0.5)	2.11	(0.083)	0.78	(0.030)	37	(1.5)	2.06	(0.073)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1.51	(0.043)	0.04	(0.010)	3	(0.6)	--		--		--		1.50	(0.044)
20 and over.....	2071	19	(1.2)	1.90	(0.039)	0.14	(0.012)	7	(0.6)	2.12	(0.124)	0.74	(0.042)	35	(3.0)	1.85	(0.037)
2 and over...	3155	16	(1.0)	1.80	(0.034)	0.11	(0.009)	6	(0.5)	2.05	(0.111)	0.72	(0.034)	35	(2.6)	1.75	(0.033)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1.56	(0.035)	0.13	(0.020)	9	(1.4)	--		--		--		1.57	(0.047)
20 and over.....	841	25	(2.2)	2.02	(0.089)	0.21	(0.021)	10	(1.0)	2.02	(0.121)	0.82	(0.063)	40	(2.8)	2.03	(0.102)
2 and over...	1168	25	(1.8)	1.94	(0.082)	0.19	(0.018)	10	(0.9)	1.93	(0.110)	0.78	(0.056)	40	(2.4)	1.94	(0.093)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1.67	(0.050)	0.08	(0.011)	5	(0.6)	1.78	(0.131)	0.56	(0.068)	31	(3.1)	1.65	(0.048)
20 and over.....	1669	22	(2.0)	2.31	(0.057)	0.20	(0.019)	8	(0.9)	2.21	(0.134)	0.90	(0.057)	41	(3.0)	2.34	(0.075)
2 and over...	2616	19	(1.7)	2.10	(0.033)	0.16	(0.016)	7	(0.7)	2.11	(0.116)	0.82	(0.057)	39	(2.7)	2.10	(0.040)

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.**

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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	467	(10.8)	15	(2.7)	3	(0.6)	466	(23.0)	137	(12.5)	29	(2.3)	467	(11.9)
20 and over.....	2758	25	(1.4)	475	(7.2)	45	(3.0)	10	(0.6)	495	(16.9)	181	(7.9)	37	(1.7)	468	(9.3)
2 and over...	4106	22	(1.4)	473	(6.3)	39	(2.8)	8	(0.6)	492	(15.3)	176	(7.5)	36	(1.6)	468	(7.8)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	423	(9.4)	7	(1.2)	2*	(0.3)	--		--		--		430	(11.0)
20 and over.....	2071	19	(1.2)	438	(10.8)	29	(2.5)	7	(0.6)	442	(17.9)	156	(8.2)	35	(2.1)	437	(11.4)
2 and over...	3155	16	(1.0)	434	(8.5)	23	(1.9)	5	(0.5)	429	(15.6)	149	(5.9)	35	(1.8)	435	(8.8)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	500	(19.8)	37	(6.8)	7	(1.5)	--		--		--		499	(18.6)
20 and over.....	841	25	(2.2)	538	(25.7)	45	(5.4)	8	(1.1)	476	(14.7)	178	(12.2)	37	(2.4)	558	(33.5)
2 and over...	1168	25	(1.8)	530	(22.6)	43	(4.2)	8	(0.9)	480	(11.4)	176	(10.3)	37	(2.0)	547	(29.1)
Hispanic:																	
2 - 19.....	947	14	(1.9)	481	(19.7)	20	(2.8)	4	(0.6)	485	(47.5)	142	(14.7)	29	(2.7)	480	(19.5)
20 and over.....	1669	22	(2.0)	509	(10.2)	43	(5.4)	9	(1.0)	491	(27.2)	198	(18.7)	40	(2.3)	515	(11.6)
2 and over...	2616	19	(1.7)	500	(9.6)	36	(3.9)	7	(0.8)	489	(21.3)	185	(14.2)	38	(1.7)	503	(10.7)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	246	(7.6)	13	(2.4)	5	(0.9)	309	(16.2)	112	(12.0)	36	(3.3)	238	(6.8)
20 and over.....	2758	25	(1.4)	333	(5.6)	41	(2.1)	12	(0.6)	380	(12.1)	162	(7.4)	43	(1.3)	318	(7.0)
2 and over...	4106	22	(1.4)	316	(4.1)	35	(1.9)	11	(0.6)	372	(10.5)	157	(6.7)	42	(1.2)	300	(5.0)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	228	(8.9)	9	(1.9)	4	(0.7)	--		--		--		222	(8.4)
20 and over.....	2071	19	(1.2)	311	(7.8)	30	(2.3)	10	(0.7)	356	(13.9)	161	(8.3)	45	(2.2)	301	(7.7)
2 and over...	3155	16	(1.0)	290	(7.1)	24	(1.8)	8	(0.6)	348	(13.4)	155	(7.0)	45	(1.7)	279	(6.9)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	255	(5.5)	22	(2.9)	9	(1.1)	--		--		--		250	(7.6)
20 and over.....	841	25	(2.2)	327	(6.9)	38	(3.8)	12	(1.1)	364	(21.5)	152	(13.8)	42	(3.0)	315	(10.4)
2 and over...	1168	25	(1.8)	314	(6.4)	35	(3.3)	11	(1.0)	349	(17.0)	143	(11.9)	41	(2.6)	302	(8.0)
Hispanic:																	
2 - 19.....	947	14	(1.9)	262	(7.7)	16	(2.2)	6	(0.8)	290	(19.6)	112	(12.7)	39	(3.2)	258	(7.5)
20 and over.....	1669	22	(2.0)	371	(9.5)	41	(4.2)	11	(1.1)	408	(21.1)	187	(14.1)	46	(2.6)	361	(10.3)
2 and over...	2616	19	(1.7)	336	(6.7)	33	(3.3)	10	(0.9)	381	(16.8)	170	(12.1)	45	(2.3)	326	(6.8)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	4.32	(0.106)	0.13	(0.019)	3	(0.4)	4.41	(0.349)	1.18	(0.121)	27	(2.0)	4.31	(0.118)
20 and over.....	2758	25	(1.4)	4.83	(0.145)	0.44	(0.026)	9	(0.5)	4.75	(0.261)	1.73	(0.076)	36	(2.1)	4.86	(0.174)
2 and over...	4106	22	(1.4)	4.73	(0.123)	0.37	(0.023)	8	(0.5)	4.72	(0.235)	1.67	(0.072)	36	(1.9)	4.73	(0.149)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	3.69	(0.152)	0.09	(0.022)	3	(0.6)	--		--		--		3.71	(0.163)
20 and over.....	2071	19	(1.2)	4.25	(0.172)	0.33	(0.028)	8	(0.7)	4.47	(0.221)	1.78	(0.138)	40	(3.2)	4.20	(0.191)
2 and over...	3155	16	(1.0)	4.10	(0.120)	0.27	(0.021)	7	(0.6)	4.34	(0.190)	1.71	(0.127)	39	(3.0)	4.06	(0.130)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	3.84	(0.130)	0.28	(0.052)	7	(1.3)	--		--		--		3.83	(0.136)
20 and over.....	841	25	(2.2)	4.02	(0.185)	0.55	(0.117)	14	(2.7)	4.44	(0.487)	2.18	(0.385)	49	(4.4)	3.87	(0.226)
2 and over...	1168	25	(1.8)	3.98	(0.162)	0.50	(0.101)	12	(2.3)	4.34	(0.438)	2.02	(0.346)	47	(4.0)	3.87	(0.191)
Hispanic:																	
2 - 19.....	947	14	(1.9)	4.48	(0.184)	0.18	(0.033)	4	(0.7)	4.49	(0.493)	1.29	(0.236)	29	(3.6)	4.48	(0.173)
20 and over.....	1669	22	(2.0)	4.91	(0.164)	0.47	(0.056)	10	(1.1)	4.98	(0.333)	2.17	(0.148)	44	(2.9)	4.89	(0.196)
2 and over...	2616	19	(1.7)	4.77	(0.130)	0.38	(0.045)	8	(0.9)	4.87	(0.280)	1.97	(0.155)	40	(2.6)	4.75	(0.145)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n C

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	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.....	1348	11	(1.6)	67.6	(3.85)	2.1*	(0.65)	3*	(1.0)	91.7	(14.37)	18.7	(4.95)	20	(5.1)	64.5	(3.54)
20 and over.....	2758	25	(1.4)	72.9	(2.69)	5.3	(0.52)	7	(0.6)	81.7	(5.90)	21.2	(1.81)	26	(1.9)	69.9	(2.69)
2 and over...	4106	22	(1.4)	71.8	(2.49)	4.7	(0.48)	7	(0.6)	82.7	(5.53)	21.0	(1.79)	25	(1.9)	68.7	(2.46)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	77.2	(3.70)	1.1	(0.24)	1*	(0.3)	--		--		--		77.5	(3.97)
20 and over.....	2071	19	(1.2)	78.1	(3.31)	3.8	(0.45)	5	(0.5)	81.4	(5.32)	20.6	(1.96)	25	(2.3)	77.3	(3.48)
2 and over...	3155	16	(1.0)	77.9	(2.71)	3.1	(0.36)	4	(0.4)	80.5	(4.82)	19.8	(1.70)	25	(2.0)	77.4	(2.97)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	68.1	(6.40)	4.5*	(1.49)	7*	(2.4)	--		--		--		66.7	(7.77)
20 and over.....	841	25	(2.2)	96.5	(5.32)	5.1	(0.70)	5	(0.8)	86.7	(8.58)	20.4	(2.37)	24	(3.0)	99.7	(6.08)
2 and over...	1168	25	(1.8)	91.0	(5.13)	5.0	(0.59)	6	(0.7)	84.3	(7.20)	20.4	(2.19)	24	(2.7)	93.2	(6.03)
Hispanic:																	
2 - 19.....	947	14	(1.9)	78.5	(3.12)	1.9	(0.43)	2	(0.5)	70.4	(5.31)	13.6	(3.01)	19	(4.1)	79.8	(3.24)
20 and over.....	1669	22	(2.0)	89.3	(3.32)	7.9	(1.50)	9	(1.5)	98.2	(7.32)	36.2	(5.66)	37	(3.8)	86.8	(3.66)
2 and over...	2616	19	(1.7)	85.8	(2.49)	6.0	(1.08)	7	(1.2)	91.8	(5.72)	31.0	(4.69)	34	(3.5)	84.4	(2.74)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n D

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Full Service Restaurants µg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	4.9	(0.10)	0.1	(0.01)	1*	(0.2)	4.7	(0.40)	0.6	(0.08)	13	(1.8)	4.9	(0.13)
20 and over.....	2758	25	(1.4)	4.3	(0.17)	0.3	(0.03)	7	(0.7)	3.9	(0.18)	1.2	(0.09)	31	(1.7)	4.4	(0.20)
2 and over...	4106	22	(1.4)	4.4	(0.14)	0.3	(0.02)	6	(0.6)	3.9	(0.17)	1.1	(0.08)	29	(1.6)	4.5	(0.16)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	3.8	(0.15)	#		1*	(0.2)	--		--		--		3.8	(0.16)
20 and over.....	2071	19	(1.2)	3.9	(0.15)	0.3	(0.06)	8	(1.4)	4.5	(0.44)	1.7	(0.30)	38	(5.2)	3.7	(0.16)
2 and over...	3155	16	(1.0)	3.8	(0.11)	0.2	(0.04)	6	(1.0)	4.3	(0.38)	1.6	(0.27)	37	(4.9)	3.8	(0.12)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	4.8	(0.22)	0.2	(0.04)	4*	(0.9)	--		--		--		4.8	(0.28)
20 and over.....	841	25	(2.2)	5.1	(0.35)	0.7	(0.21)	14	(3.7)	5.9	(0.99)	2.8	(0.72)	49	(5.3)	4.9	(0.41)
2 and over...	1168	25	(1.8)	5.1	(0.29)	0.6	(0.18)	12	(3.2)	5.6	(0.84)	2.5	(0.62)	44	(5.1)	4.9	(0.32)
Hispanic:																	
2 - 19.....	947	14	(1.9)	5.2	(0.26)	0.1*	(0.04)	2*	(0.8)	5.2	(0.85)	0.9*	(0.34)	17	(5.2)	5.2	(0.23)
20 and over.....	1669	22	(2.0)	4.5	(0.19)	0.3	(0.05)	6	(1.1)	4.2	(0.28)	1.3	(0.23)	32	(4.7)	4.6	(0.24)
2 and over...	2616	19	(1.7)	4.8	(0.13)	0.2	(0.03)	5	(0.7)	4.4	(0.22)	1.2	(0.19)	28	(3.6)	4.8	(0.15)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Full Service Restaurants mg	(SE)	Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	8.2	(0.49)	0.4	(0.07)	5	(0.8)	9.9	(0.69)	3.3	(0.32)	33	(3.0)	8.0	(0.53)
20 and over.....	2758	25	(1.4)	9.5	(0.21)	1.0	(0.07)	10	(0.7)	10.3	(0.38)	3.9	(0.14)	37	(1.8)	9.2	(0.25)
2 and over...	4106	22	(1.4)	9.2	(0.23)	0.9	(0.06)	9	(0.6)	10.3	(0.34)	3.8	(0.12)	37	(1.7)	8.9	(0.22)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	7.3	(0.17)	0.3	(0.06)	3	(0.8)	--		--		--		7.2	(0.17)
20 and over.....	2071	19	(1.2)	8.9	(0.18)	0.7	(0.07)	8	(0.8)	10.3	(0.42)	4.0	(0.24)	39	(2.6)	8.6	(0.19)
2 and over...	3155	16	(1.0)	8.5	(0.12)	0.6	(0.06)	7	(0.7)	10.1	(0.38)	3.9	(0.20)	39	(2.1)	8.2	(0.13)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	7.2	(0.24)	0.7	(0.10)	9	(1.4)	--		--		--		7.0	(0.27)
20 and over.....	841	25	(2.2)	8.5	(0.26)	0.9	(0.10)	11	(1.1)	9.1	(0.35)	3.6	(0.24)	39	(2.0)	8.3	(0.31)
2 and over...	1168	25	(1.8)	8.3	(0.23)	0.9	(0.08)	10	(0.9)	8.9	(0.27)	3.5	(0.19)	39	(1.9)	8.1	(0.26)
Hispanic:																	
2 - 19.....	947	14	(1.9)	7.2	(0.19)	0.4	(0.05)	6	(0.7)	8.8	(0.64)	3.0	(0.25)	35	(2.5)	6.9	(0.17)
20 and over.....	1669	22	(2.0)	9.4	(0.29)	1.0	(0.11)	10	(1.1)	10.4	(0.44)	4.5	(0.31)	43	(2.4)	9.2	(0.34)
2 and over...	2616	19	(1.7)	8.7	(0.22)	0.8	(0.09)	9	(1.0)	10.0	(0.38)	4.2	(0.29)	41	(2.2)	8.4	(0.24)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin K

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake µg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants µg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	74.5	(6.25)	4.9	(1.02)	7	(1.0)	133.6	(30.53)	43.6	(5.70)	33	(8.8)	67.0	(4.36)
20 and over.....	2758	25	(1.4)	126.8	(8.56)	17.0	(1.77)	13	(1.2)	143.1	(8.81)	67.7	(4.38)	47	(2.8)	121.3	(10.23)
2 and over...	4106	22	(1.4)	116.2	(7.56)	14.6	(1.52)	13	(1.0)	142.1	(8.72)	65.2	(3.93)	46	(2.8)	108.8	(8.37)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	75.5	(4.79)	2.6	(0.53)	3	(0.7)	--		--		--		75.3	(5.75)
20 and over.....	2071	19	(1.2)	128.9	(5.49)	13.0	(2.26)	10	(1.8)	152.7	(17.46)	69.7	(11.60)	46	(5.5)	123.4	(5.35)
2 and over...	3155	16	(1.0)	115.1	(4.38)	10.3	(1.65)	9	(1.5)	143.4	(15.80)	65.3	(10.13)	46	(5.0)	109.8	(4.34)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	76.0	(6.71)	11.2	(2.45)	15	(3.2)	--		--		--		72.3	(7.96)
20 and over.....	841	25	(2.2)	149.3	(9.77)	18.9	(4.61)	13	(2.9)	156.9	(24.11)	75.3	(13.92)	48	(3.8)	146.8	(10.30)
2 and over...	1168	25	(1.8)	135.3	(9.00)	17.5	(3.65)	13	(2.5)	145.1	(20.18)	71.0	(11.38)	49	(3.0)	132.1	(9.71)
Hispanic:																	
2 - 19.....	947	14	(1.9)	64.0	(2.21)	4.7	(0.64)	7	(1.0)	76.7	(5.96)	33.9	(3.19)	44	(3.6)	62.0	(2.29)
20 and over.....	1669	22	(2.0)	118.2	(6.24)	15.5	(1.89)	13	(1.3)	134.1	(7.88)	70.8	(4.87)	53	(2.9)	113.8	(7.28)
2 and over...	2616	19	(1.7)	100.9	(4.56)	12.0	(1.40)	12	(1.1)	121.0	(6.88)	62.3	(4.39)	52	(2.6)	96.1	(5.01)

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.**

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-March 2020 Prepandemic *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1020	(13.3)	27	(4.2)	3	(0.4)	1057	(76.6)	243	(20.5)	23	(1.8)	1015	(14.4)
20 and over.....	2758	25	(1.4)	971	(14.6)	76	(5.4)	8	(0.6)	966	(30.8)	302	(14.3)	31	(1.1)	973	(16.1)
2 and over...	4106	22	(1.4)	981	(11.4)	66	(4.9)	7	(0.5)	975	(26.5)	296	(12.8)	30	(1.1)	983	(12.7)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	795	(22.8)	14	(2.2)	2*	(0.3)	--		--		--		801	(24.7)
20 and over.....	2071	19	(1.2)	826	(17.0)	46	(4.4)	6	(0.6)	822	(41.0)	245	(13.9)	30	(2.4)	827	(17.0)
2 and over...	3155	16	(1.0)	818	(12.7)	37	(3.5)	5	(0.4)	811	(37.2)	237	(11.5)	29	(2.0)	820	(13.5)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	868	(32.8)	49	(8.9)	6*	(1.0)	--		--		--		849	(36.1)
20 and over.....	841	25	(2.2)	802	(19.8)	58	(9.7)	7	(1.2)	837	(51.5)	231	(31.0)	28	(2.9)	790	(26.1)
2 and over...	1168	25	(1.8)	814	(18.6)	56	(7.5)	7	(0.9)	854	(39.5)	229	(24.7)	27	(2.3)	802	(23.0)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1001	(30.1)	30	(4.4)	3	(0.4)	979	(92.5)	216	(19.7)	22	(1.7)	1004	(26.1)
20 and over.....	1669	22	(2.0)	971	(21.8)	69	(9.4)	7	(1.0)	950	(61.5)	316	(32.6)	33	(2.7)	976	(23.6)
2 and over...	2616	19	(1.7)	980	(19.3)	56	(6.8)	6	(0.7)	956	(49.8)	293	(26.0)	31	(2.2)	986	(19.2)

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.**

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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1294	(41.5)	56	(9.4)	4	(0.7)	1495	(84.3)	496	(36.7)	33	(1.9)	1269	(37.4)
20 and over.....	2758	25	(1.4)	1379	(15.1)	146	(8.7)	11	(0.6)	1461	(29.4)	579	(17.5)	40	(1.2)	1351	(19.4)
2 and over...	4106	22	(1.4)	1362	(15.5)	127	(8.1)	9	(0.6)	1465	(25.4)	570	(16.0)	39	(1.2)	1332	(18.3)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1108	(24.5)	35	(7.6)	3	(0.6)	--		--		--		1098	(23.9)
20 and over.....	2071	19	(1.2)	1237	(21.0)	103	(8.4)	8	(0.7)	1344	(39.2)	554	(28.3)	41	(2.0)	1212	(22.3)
2 and over...	3155	16	(1.0)	1204	(16.3)	85	(7.0)	7	(0.6)	1329	(36.2)	542	(23.0)	41	(1.6)	1180	(16.8)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1186	(23.8)	99	(11.9)	8	(1.0)	--		--		--		1172	(28.7)
20 and over.....	841	25	(2.2)	1287	(28.5)	136	(14.1)	11	(1.0)	1395	(73.4)	542	(38.2)	39	(2.2)	1250	(32.4)
2 and over...	1168	25	(1.8)	1268	(26.4)	129	(11.3)	10	(0.8)	1368	(57.1)	525	(31.3)	38	(1.8)	1235	(27.7)
Hispanic:																	
2 - 19.....	947	14	(1.9)	1254	(30.6)	65	(8.5)	5	(0.6)	1346	(99.8)	470	(42.0)	35	(2.2)	1239	(25.4)
20 and over.....	1669	22	(2.0)	1440	(28.5)	143	(15.4)	10	(1.1)	1494	(81.2)	656	(43.9)	44	(2.2)	1425	(30.5)
2 and over...	2616	19	(1.7)	1381	(22.4)	118	(12.2)	9	(0.9)	1460	(66.3)	614	(39.9)	42	(1.9)	1362	(21.6)

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.**

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-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	241	(5.8)	8	(1.4)	3	(0.6)	270	(13.9)	73	(6.1)	27	(2.2)	237	(5.1)
20 and over.....	2758	25	(1.4)	304	(3.9)	26	(1.7)	8	(0.5)	319	(8.6)	102	(3.6)	32	(1.1)	299	(4.9)
2 and over...	4106	22	(1.4)	291	(3.8)	22	(1.5)	8	(0.5)	314	(7.8)	99	(3.4)	32	(1.1)	285	(4.2)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	206	(4.0)	5	(0.9)	2	(0.4)	--		--		--		204	(3.3)
20 and over.....	2071	19	(1.2)	261	(4.5)	17	(1.4)	6	(0.5)	278	(8.6)	91	(4.6)	33	(1.8)	257	(4.5)
2 and over...	3155	16	(1.0)	247	(3.8)	14	(1.1)	6	(0.4)	272	(8.2)	87	(3.7)	32	(1.5)	242	(3.6)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	239	(6.9)	17	(2.3)	7	(1.0)	--		--		--		238	(5.9)
20 and over.....	841	25	(2.2)	319	(8.0)	26	(2.8)	8	(0.8)	332	(11.6)	104	(6.0)	31	(1.7)	315	(9.3)
2 and over...	1168	25	(1.8)	304	(7.3)	24	(2.3)	8	(0.7)	316	(10.8)	99	(5.4)	31	(1.4)	300	(8.1)
Hispanic:																	
2 - 19.....	947	14	(1.9)	239	(5.2)	11	(1.3)	5	(0.5)	256	(15.8)	82	(7.6)	32	(2.0)	236	(4.4)
20 and over.....	1669	22	(2.0)	321	(7.0)	26	(2.8)	8	(0.9)	329	(14.4)	119	(7.9)	36	(1.7)	319	(7.6)
2 and over...	2616	19	(1.7)	295	(4.8)	21	(2.2)	7	(0.7)	312	(11.3)	110	(7.1)	35	(1.6)	291	(5.0)

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.**

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-March 2020 Prepandemic *(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.....	1348	11	(1.6)	13.2	(0.33)	0.5	(0.07)	3	(0.5)	14.2	(0.78)	4.0	(0.25)	28	(1.8)	13.0	(0.33)
20 and over.....	2758	25	(1.4)	13.8	(0.17)	1.3	(0.09)	9	(0.6)	13.9	(0.35)	5.2	(0.16)	37	(1.3)	13.7	(0.22)
2 and over...	4106	22	(1.4)	13.7	(0.15)	1.1	(0.08)	8	(0.6)	14.0	(0.32)	5.1	(0.16)	36	(1.3)	13.6	(0.18)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	12.4	(0.28)	0.2	(0.04)	2*	(0.3)	--		--		--		12.5	(0.32)
20 and over.....	2071	19	(1.2)	12.7	(0.29)	0.8	(0.06)	6	(0.6)	12.7	(0.38)	4.4	(0.20)	35	(1.7)	12.7	(0.32)
2 and over...	3155	16	(1.0)	12.6	(0.22)	0.7	(0.05)	5	(0.4)	12.5	(0.33)	4.2	(0.14)	34	(1.4)	12.6	(0.24)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	13.0	(0.58)	0.9	(0.15)	7	(1.2)	--		--		--		12.9	(0.50)
20 and over.....	841	25	(2.2)	14.0	(0.60)	1.3	(0.13)	9	(1.0)	13.1	(0.38)	5.1	(0.35)	39	(2.3)	14.3	(0.80)
2 and over...	1168	25	(1.8)	13.8	(0.53)	1.2	(0.11)	9	(0.9)	13.2	(0.27)	4.9	(0.31)	37	(2.0)	14.0	(0.69)
Hispanic:																	
2 - 19.....	947	14	(1.9)	13.5	(0.51)	0.5	(0.07)	4	(0.5)	13.8	(1.39)	3.8	(0.23)	28	(2.3)	13.5	(0.47)
20 and over.....	1669	22	(2.0)	14.6	(0.28)	1.3	(0.17)	9	(1.1)	14.6	(0.88)	6.1	(0.47)	42	(1.8)	14.6	(0.31)
2 and over...	2616	19	(1.7)	14.2	(0.26)	1.1	(0.12)	8	(0.8)	14.4	(0.69)	5.5	(0.37)	39	(1.5)	14.2	(0.29)

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.**

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-March 2020 Prepandemic *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	9.4	(0.26)	0.4	(0.06)	4	(0.6)	10.0	(0.66)	3.6	(0.35)	36	(2.1)	9.4	(0.25)
20 and over.....	2758	25	(1.4)	10.8	(0.14)	1.2	(0.10)	11	(0.9)	11.5	(0.30)	4.8	(0.24)	42	(1.6)	10.6	(0.19)
2 and over...	4106	22	(1.4)	10.5	(0.14)	1.0	(0.09)	10	(0.8)	11.3	(0.29)	4.7	(0.23)	41	(1.6)	10.3	(0.16)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	8.2	(0.21)	0.2	(0.05)	3	(0.5)	--		--		--		8.2	(0.22)
20 and over.....	2071	19	(1.2)	9.6	(0.18)	0.7	(0.06)	8	(0.7)	9.9	(0.33)	4.0	(0.19)	40	(1.7)	9.5	(0.21)
2 and over...	3155	16	(1.0)	9.2	(0.14)	0.6	(0.05)	7	(0.5)	9.8	(0.32)	3.9	(0.15)	40	(1.4)	9.2	(0.16)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	8.9	(0.24)	0.8	(0.15)	9	(1.7)	--		--		--		8.7	(0.27)
20 and over.....	841	25	(2.2)	10.0	(0.25)	1.1	(0.11)	11	(1.0)	10.6	(0.59)	4.4	(0.41)	42	(2.4)	9.9	(0.30)
2 and over...	1168	25	(1.8)	9.8	(0.24)	1.1	(0.09)	11	(0.8)	10.4	(0.50)	4.3	(0.36)	41	(2.0)	9.6	(0.26)
Hispanic:																	
2 - 19.....	947	14	(1.9)	9.2	(0.26)	0.5	(0.06)	5	(0.6)	9.5	(0.56)	3.5	(0.26)	37	(2.0)	9.2	(0.27)
20 and over.....	1669	22	(2.0)	11.6	(0.27)	1.3	(0.15)	11	(1.3)	12.3	(0.62)	5.8	(0.44)	47	(2.5)	11.4	(0.31)
2 and over...	2616	19	(1.7)	10.8	(0.20)	1.0	(0.11)	9	(1.0)	11.6	(0.49)	5.3	(0.37)	45	(2.2)	10.6	(0.23)

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.**

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-March 2020 Prepandemic *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	1.0	(0.05)	#		4	(0.7)	1.1	(0.08)	0.3	(0.04)	28	(3.0)	0.9	(0.04)
20 and over.....	2758	25	(1.4)	1.2	(0.02)	0.1	(0.01)	9	(0.6)	1.3	(0.05)	0.4	(0.02)	31	(1.5)	1.2	(0.02)
2 and over...	4106	22	(1.4)	1.2	(0.02)	0.1	(0.01)	8	(0.5)	1.3	(0.04)	0.4	(0.02)	31	(1.4)	1.1	(0.02)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	0.8	(0.02)	#		3	(0.7)	--		--		--		0.8	(0.02)
20 and over.....	2071	19	(1.2)	1.1	(0.03)	0.1	(0.01)	7	(0.6)	1.1	(0.04)	0.4	(0.02)	35	(1.8)	1.0	(0.04)
2 and over...	3155	16	(1.0)	1.0	(0.03)	0.1	(0.01)	6	(0.5)	1.1	(0.04)	0.4	(0.02)	34	(1.6)	1.0	(0.03)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	1.0	(0.04)	0.1	(0.01)	8	(1.1)	--		--		--		1.0	(0.04)
20 and over.....	841	25	(2.2)	1.4	(0.04)	0.1	(0.01)	9	(0.8)	1.4	(0.05)	0.5	(0.03)	34	(1.8)	1.4	(0.05)
2 and over...	1168	25	(1.8)	1.3	(0.04)	0.1	(0.01)	8	(0.7)	1.3	(0.05)	0.4	(0.03)	34	(1.7)	1.3	(0.04)
Hispanic:																	
2 - 19.....	947	14	(1.9)	0.9	(0.02)	#		6	(0.8)	1.0	(0.07)	0.4	(0.06)	35	(4.1)	0.9	(0.02)
20 and over.....	1669	22	(2.0)	1.2	(0.03)	0.1	(0.01)	9	(1.0)	1.3	(0.06)	0.5	(0.03)	38	(1.9)	1.2	(0.03)
2 and over...	2616	19	(1.7)	1.1	(0.02)	0.1	(0.01)	8	(0.9)	1.2	(0.05)	0.5	(0.03)	37	(2.1)	1.1	(0.02)

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.**

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-March 2020 Prepandemic *(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.....	1348	11	(1.6)	94.1	(2.89)	5.3	(0.96)	6	(1.0)	111.0	(6.98)	47.2	(4.42)	43	(2.7)	91.9	(2.85)
20 and over.....	2758	25	(1.4)	110.0	(1.51)	13.6	(0.82)	12	(0.8)	120.5	(3.20)	54.2	(1.97)	45	(1.9)	106.4	(2.11)
2 and over...	4106	22	(1.4)	106.8	(1.46)	12.0	(0.80)	11	(0.8)	119.6	(3.03)	53.5	(1.95)	45	(1.8)	103.1	(1.81)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	93.6	(2.26)	3.4	(0.77)	4	(0.8)	--		--		--		92.3	(1.92)
20 and over.....	2071	19	(1.2)	108.2	(1.98)	10.4	(0.83)	10	(0.7)	119.4	(3.34)	55.9	(3.26)	47	(2.3)	105.7	(2.07)
2 and over...	3155	16	(1.0)	104.4	(1.60)	8.6	(0.70)	8	(0.6)	118.2	(3.33)	54.4	(2.67)	46	(1.8)	101.9	(1.59)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	95.2	(1.77)	10.0	(1.30)	10	(1.4)	--		--		--		92.0	(2.57)
20 and over.....	841	25	(2.2)	115.5	(3.52)	15.1	(1.51)	13	(1.3)	123.1	(6.52)	60.2	(5.17)	49	(2.9)	112.9	(3.56)
2 and over...	1168	25	(1.8)	111.6	(3.15)	14.2	(1.27)	13	(1.1)	120.1	(4.62)	57.5	(4.25)	48	(2.5)	108.8	(3.29)
Hispanic:																	
2 - 19.....	947	14	(1.9)	92.4	(2.00)	6.6	(1.01)	7	(1.0)	104.0	(7.01)	48.1	(6.50)	46	(3.6)	90.6	(1.81)
20 and over.....	1669	22	(2.0)	122.4	(3.15)	14.1	(1.38)	12	(1.1)	129.6	(6.59)	64.5	(4.34)	50	(2.2)	120.4	(3.39)
2 and over...	2616	19	(1.7)	112.8	(2.20)	11.7	(1.16)	10	(1.0)	123.7	(5.44)	60.8	(4.39)	49	(2.2)	110.2	(2.14)

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.**

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-March 2020 Prepandemic *(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.....	1348	11	(1.6)	2104	(55.7)	86	(16.3)	4	(0.7)	2529	(140.0)	764	(74.3)	30	(2.5)	2050	(46.6)
20 and over.....	2758	25	(1.4)	2619	(34.1)	258	(16.4)	10	(0.6)	2770	(69.3)	1025	(33.7)	37	(1.0)	2568	(35.9)
2 and over...	4106	22	(1.4)	2515	(30.6)	223	(15.0)	9	(0.6)	2745	(61.9)	999	(31.0)	36	(1.1)	2448	(30.6)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	1912	(47.5)	50	(9.8)	3	(0.5)	--		--		--		1897	(48.9)
20 and over.....	2071	19	(1.2)	2269	(41.3)	166	(14.5)	7	(0.6)	2426	(70.1)	893	(49.4)	37	(2.0)	2233	(41.5)
2 and over...	3155	16	(1.0)	2177	(37.2)	136	(11.7)	6	(0.5)	2384	(62.9)	863	(38.7)	36	(1.6)	2138	(37.1)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	2093	(55.7)	173	(25.7)	8	(1.3)	--		--		--		2106	(67.9)
20 and over.....	841	25	(2.2)	2716	(73.9)	248	(25.5)	9	(0.9)	2762	(122.2)	988	(62.0)	36	(2.1)	2700	(74.7)
2 and over...	1168	25	(1.8)	2597	(66.1)	234	(22.0)	9	(0.8)	2639	(112.1)	951	(56.6)	36	(1.7)	2583	(61.7)
Hispanic:																	
2 - 19.....	947	14	(1.9)	2147	(51.3)	107	(12.8)	5	(0.6)	2298	(157.1)	778	(82.8)	34	(2.7)	2123	(46.5)
20 and over.....	1669	22	(2.0)	2680	(50.7)	250	(28.8)	9	(1.0)	2750	(148.7)	1143	(75.4)	42	(1.6)	2660	(44.1)
2 and over...	2616	19	(1.7)	2509	(39.6)	204	(22.4)	8	(0.8)	2646	(123.0)	1059	(71.0)	40	(1.5)	2477	(32.6)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Full Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants mg	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	3011	(91.2)	195	(44.0)	6	(1.3)	3964	(348.2)	1726	(222.6)	44	(2.8)	2890	(71.7)
20 and over.....	2758	25	(1.4)	3420	(42.4)	475	(32.1)	14	(0.9)	3910	(68.7)	1890	(81.3)	48	(1.9)	3255	(49.5)
2 and over...	4106	22	(1.4)	3337	(43.2)	419	(30.4)	13	(0.8)	3915	(62.5)	1873	(75.7)	48	(1.8)	3171	(45.2)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	2976	(65.1)	114	(25.4)	4	(0.8)	--		--		--		2943	(65.0)
20 and over.....	2071	19	(1.2)	3358	(45.3)	323	(27.2)	10	(0.8)	3787	(72.0)	1736	(88.8)	46	(2.0)	3260	(51.0)
2 and over...	3155	16	(1.0)	3259	(41.1)	269	(23.3)	8	(0.7)	3736	(62.0)	1705	(69.0)	46	(1.7)	3170	(44.0)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	2914	(85.8)	349	(43.4)	12	(1.4)	--		--		--		2763	(98.8)
20 and over.....	841	25	(2.2)	3582	(100.8)	476	(50.3)	13	(1.4)	3685	(190.8)	1894	(152.4)	51	(2.6)	3547	(119.1)
2 and over...	1168	25	(1.8)	3454	(92.0)	452	(43.0)	13	(1.1)	3643	(151.3)	1836	(134.1)	50	(2.3)	3393	(102.2)
Hispanic:																	
2 - 19.....	947	14	(1.9)	2870	(43.8)	187	(24.5)	7	(0.9)	3223	(139.8)	1353	(60.4)	42	(2.2)	2813	(49.0)
20 and over.....	1669	22	(2.0)	3631	(81.1)	496	(60.4)	14	(1.5)	4210	(237.3)	2271	(166.2)	54	(2.2)	3469	(77.3)
2 and over...	2616	19	(1.7)	3387	(58.1)	397	(44.5)	12	(1.2)	3984	(191.0)	2061	(137.4)	52	(1.9)	3245	(53.1)

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.**

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-March 2020 Prepandemic *(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.....	1348	11	(1.6)	32.0	(2.91)	1.3*	(0.46)	4*	(1.3)	44.9	(12.48)	11.5*	(3.64)	26	(3.3)	30.4	(2.48)
20 and over.....	2758	25	(1.4)	203.7	(6.75)	10.9	(2.15)	5	(1.0)	212.2	(10.96)	43.5	(8.92)	20	(3.8)	200.9	(7.12)
2 and over...	4106	22	(1.4)	169.0	(5.61)	9.0	(1.74)	5	(0.9)	195.0	(10.03)	40.2	(8.08)	21	(3.7)	161.5	(5.72)
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	12.8	(1.00)	0.5*	(0.18)	4*	(1.3)	--		--		--		12.3	(0.76)
20 and over.....	2071	19	(1.2)	70.5	(2.97)	2.6	(0.50)	4	(0.8)	64.1	(4.62)	13.8	(2.66)	22	(3.5)	72.0	(3.48)
2 and over...	3155	16	(1.0)	55.6	(2.30)	2.0	(0.39)	4	(0.7)	58.5	(3.74)	12.9	(2.27)	22	(3.4)	55.1	(2.58)
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	16.5	(1.72)	0.9	(0.25)	5*	(1.4)	--		--		--		14.8	(1.72)
20 and over.....	841	25	(2.2)	96.5	(4.86)	4.2	(0.49)	4	(0.5)	106.7	(7.93)	16.7	(2.05)	16	(2.1)	93.1	(5.59)
2 and over...	1168	25	(1.8)	81.2	(3.52)	3.6	(0.40)	4	(0.4)	92.0	(6.67)	14.5	(1.74)	16	(2.0)	77.7	(3.95)
Hispanic:																	
2 - 19.....	947	14	(1.9)	20.6	(1.87)	0.9	(0.23)	4	(1.0)	25.8	(5.01)	6.4	(1.09)	25	(5.1)	19.8	(1.80)
20 and over.....	1669	22	(2.0)	121.1	(5.11)	5.2	(0.84)	4	(0.6)	119.2	(10.18)	23.6	(3.73)	20	(2.3)	121.6	(5.38)
2 and over...	2616	19	(1.7)	88.9	(3.65)	3.8	(0.60)	4	(0.6)	97.8	(7.12)	19.7	(2.85)	20	(2.3)	86.8	(3.89)

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.**

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-March 2020 Prepandemic *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Full Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [3] Total Intake g	(SE)	*Full Service Restaurant Consumers* [3] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [3] Percentages from [6] Full Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	11	(1.6)	--		--		--		--		--		--		--	
20 and over.....	2758	25	(1.4)	11.1	(0.71)	2.3	(0.25)	20	(2.0)	18.6	(1.82)	9.0	(1.08)	48	(3.6)	8.6	(0.65)
2 and over...	4106	22	(1.4)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	1084	8	(1.6)	--		--		--		--		--		--		--	
20 and over.....	2071	19	(1.2)	11.7	(1.32)	1.3	(0.27)	11	(2.4)	14.2	(2.27)	6.7	(1.42)	47	(7.7)	11.1	(1.46)
2 and over...	3155	16	(1.0)	--		--		--		--		--		--		--	
Non-Hispanic Asian:																	
2 - 19.....	327	22	(2.6)	--		--		--		--		--		--		--	
20 and over.....	841	25	(2.2)	3.9	(0.40)	1.0	(0.18)	26	(3.6)	7.0	(1.17)	4.0	(0.70)	--		2.9	(0.37)
2 and over...	1168	25	(1.8)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	947	14	(1.9)	--		--		--		--		--		--		--	
20 and over.....	1669	22	(2.0)	9.3	(1.17)	1.8	(0.43)	20	(4.6)	16.0	(2.69)	8.4	(2.01)	52	(9.0)	7.5	(1.27)
2 and over...	2616	19	(1.7)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

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.

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 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. 2022. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. 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-March 2020 Prepandemic

F o o d e n e r g y

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	1883	(45.5)	62	(6.9)	3	(0.4)	2122	(144.3)	775	(65.2)	37	(1.7)	1862	(44.5)
20 and over.....	1900	14	(1.5)	2150	(45.7)	130	(21.6)	6	(0.9)	2559	(194.9)	966	(100.7)	38	(2.4)	2086	(36.6)
2 and over...	3415	12	(1.1)	2060	(38.5)	107	(15.4)	5	(0.7)	2458	(163.6)	922	(87.1)	38	(2.0)	2007	(32.0)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1908	(25.8)	82	(11.8)	4	(0.6)	2261	(131.5)	759	(45.8)	34	(2.1)	1865	(25.0)
20 and over.....	2619	22	(1.3)	2139	(34.0)	190	(15.3)	9	(0.7)	2213	(57.9)	877	(38.6)	40	(1.4)	2119	(39.5)
2 and over...	3951	19	(1.2)	2081	(24.1)	163	(12.9)	8	(0.6)	2220	(47.2)	860	(34.8)	39	(1.3)	2049	(26.1)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1966	(37.0)	133	(29.5)	7	(1.5)	2208	(102.8)	767	(67.0)	35	(1.9)	1915	(45.1)
20 and over.....	2217	29	(1.9)	2146	(31.2)	284	(17.2)	13	(0.8)	2337	(44.4)	973	(36.4)	42	(1.5)	2067	(32.8)
2 and over...	3048	27	(1.7)	2114	(27.2)	257	(16.2)	12	(0.8)	2322	(40.3)	950	(32.8)	41	(1.3)	2037	(28.7)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1911	(19.7)	92	(9.8)	5	(0.5)	2180	(66.4)	755	(33.4)	35	(1.0)	1874	(16.8)
20 and over.....	7707	24	(1.1)	2144	(14.9)	222	(10.6)	10	(0.5)	2309	(37.2)	938	(27.3)	41	(1.0)	2092	(18.1)
2 and over...	11798	21	(1.0)	2089	(11.3)	191	(9.0)	9	(0.4)	2291	(31.8)	913	(24.0)	40	(0.9)	2035	(13.8)

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.**

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-March 2020 Prepandemic *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Full Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Full Service Restaurants %	(SE)	*Full Service Restaurant Consumers* [4] Total Intake g	(SE)	*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants g	(SE)	*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	66.9	(2.16)	2.9	(0.38)	4	(0.6)	75.5	(6.16)	35.9	(4.76)	48	(3.4)	66.2	(2.22)
20 and over.....	1900	14	(1.5)	77.0	(1.72)	5.5	(0.92)	7	(1.1)	92.9	(7.49)	40.4	(4.48)	43	(2.4)	74.5	(1.38)
2 and over...	3415	12	(1.1)	73.6	(1.55)	4.6	(0.68)	6	(0.8)	88.9	(6.05)	39.3	(4.00)	44	(2.3)	71.6	(1.40)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	63.9	(0.87)	3.4	(0.54)	5	(0.8)	77.2	(5.25)	31.5	(2.65)	41	(2.3)	62.3	(1.00)
20 and over.....	2619	22	(1.3)	80.2	(1.42)	7.8	(0.68)	10	(0.8)	83.8	(2.80)	36.3	(1.75)	43	(1.7)	79.2	(1.45)
2 and over...	3951	19	(1.2)	76.1	(1.11)	6.7	(0.56)	9	(0.7)	82.9	(2.40)	35.6	(1.62)	43	(1.5)	74.6	(1.05)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	69.5	(2.67)	5.7	(1.25)	8	(1.8)	81.5	(5.67)	32.7	(2.91)	40	(2.5)	67.0	(2.92)
20 and over.....	2217	29	(1.9)	83.4	(1.14)	12.2	(0.91)	15	(1.1)	88.5	(2.02)	41.7	(1.52)	47	(1.5)	81.3	(1.49)
2 and over...	3048	27	(1.7)	80.9	(1.18)	11.0	(0.85)	14	(1.0)	87.7	(2.08)	40.7	(1.50)	46	(1.4)	78.4	(1.42)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	66.9	(1.26)	4.0	(0.47)	6	(0.6)	78.5	(3.42)	32.7	(1.97)	42	(1.4)	65.3	(1.03)
20 and over.....	7707	24	(1.1)	81.0	(0.74)	9.4	(0.52)	12	(0.6)	87.3	(1.67)	39.7	(1.14)	45	(1.1)	79.1	(0.92)
2 and over...	11798	21	(1.0)	77.7	(0.75)	8.1	(0.46)	10	(0.5)	86.1	(1.54)	38.7	(1.11)	45	(1.0)	75.5	(0.82)

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.**

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-March 2020 Prepandemic *(continued)*

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

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	241	(5.8)	7	(0.9)	3	(0.4)	265	(20.2)	82	(8.2)	31	(1.7)	239	(5.5)
20 and over.....	1900	14	(1.5)	259	(5.7)	12	(2.3)	5	(0.8)	280	(22.2)	91	(11.4)	33	(2.5)	255	(5.2)
2 and over...	3415	12	(1.1)	253	(4.7)	10	(1.7)	4	(0.6)	276	(19.4)	89	(10.0)	32	(2.0)	250	(4.2)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	245	(3.9)	9	(1.4)	4	(0.5)	284	(15.8)	86	(5.2)	30	(1.8)	240	(3.4)
20 and over.....	2619	22	(1.3)	249	(3.9)	18	(1.4)	7	(0.5)	242	(7.2)	85	(4.3)	35	(1.4)	251	(4.8)
2 and over...	3951	19	(1.2)	248	(2.9)	16	(1.2)	6	(0.5)	248	(6.6)	85	(3.9)	34	(1.3)	248	(3.3)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	249	(4.6)	13	(3.1)	5	(1.2)	260	(10.2)	77	(7.3)	30	(2.1)	247	(5.4)
20 and over.....	2217	29	(1.9)	233	(4.2)	26	(1.7)	11	(0.7)	243	(4.9)	88	(4.0)	36	(1.6)	230	(4.8)
2 and over...	3048	27	(1.7)	236	(3.5)	23	(1.6)	10	(0.7)	245	(4.0)	87	(3.6)	35	(1.4)	233	(4.0)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	244	(2.4)	10	(1.0)	4	(0.4)	265	(6.8)	80	(3.2)	30	(1.0)	241	(2.2)
20 and over.....	7707	24	(1.1)	244	(2.1)	21	(1.0)	8	(0.4)	246	(4.2)	87	(2.8)	35	(1.0)	244	(2.4)
2 and over...	11798	21	(1.0)	244	(1.6)	18	(0.8)	7	(0.3)	249	(3.4)	86	(2.4)	35	(0.9)	243	(1.7)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	109	(3.4)	3	(0.4)	2	(0.4)	127	(13.2)	34	(5.2)	27	(2.8)	108	(3.1)
20 and over.....	1900	14	(1.5)	118	(3.5)	4	(1.2)	4	(0.9)	117	(12.5)	32	(7.9)	27	(4.5)	118	(3.5)
2 and over...	3415	12	(1.1)	115	(2.9)	4	(0.9)	3	(0.7)	119	(11.9)	32	(6.8)	27	(3.4)	115	(2.7)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	112	(2.9)	3	(0.8)	3	(0.6)	135	(12.5)	32	(4.9)	24	(2.6)	109	(2.3)
20 and over.....	2619	22	(1.3)	110	(2.2)	6	(0.7)	5	(0.6)	101	(4.9)	27	(2.5)	26	(2.0)	112	(2.5)
2 and over...	3951	19	(1.2)	110	(1.8)	5	(0.6)	5	(0.5)	106	(4.7)	27	(2.3)	26	(1.6)	111	(1.9)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	112	(3.2)	5*	(1.5)	4	(1.3)	124	(9.1)	27	(5.0)	22	(3.3)	110	(2.9)
20 and over.....	2217	29	(1.9)	97	(2.6)	7	(0.6)	7	(0.6)	96	(3.2)	24	(2.2)	25	(2.1)	97	(2.8)
2 and over...	3048	27	(1.7)	99	(2.2)	7	(0.6)	7	(0.6)	99	(3.0)	25	(1.9)	25	(1.8)	100	(2.3)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	111	(1.5)	4	(0.4)	3	(0.4)	125	(6.1)	30	(2.4)	24	(1.6)	109	(1.1)
20 and over.....	7707	24	(1.1)	105	(1.7)	6	(0.4)	6	(0.4)	99	(2.7)	26	(1.6)	26	(1.4)	107	(1.8)
2 and over...	11798	21	(1.0)	107	(1.4)	6	(0.3)	5	(0.3)	103	(2.5)	26	(1.4)	26	(1.1)	108	(1.4)

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-March 2020 Prepandemic *(continued)*

D i e t a r y f i b e r

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.....	1515	8	(0.9)	13.4	(0.31)	0.4	(0.07)	3	(0.5)	13.5	(0.86)	4.7	(0.60)	35	(3.1)	13.4	(0.31)
20 and over.....	1900	14	(1.5)	15.4	(0.43)	0.7	(0.14)	5	(0.8)	18.1	(1.53)	5.4	(0.72)	30	(2.6)	15.0	(0.41)
2 and over...	3415	12	(1.1)	14.7	(0.33)	0.6	(0.10)	4	(0.6)	17.0	(1.19)	5.2	(0.57)	31	(2.2)	14.4	(0.30)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	13.8	(0.31)	0.5	(0.08)	4	(0.5)	15.5	(1.11)	5.0	(0.45)	32	(3.0)	13.6	(0.36)
20 and over.....	2619	22	(1.3)	16.1	(0.38)	1.2	(0.11)	8	(0.7)	15.5	(0.45)	5.7	(0.32)	37	(1.8)	16.3	(0.44)
2 and over...	3951	19	(1.2)	15.6	(0.31)	1.1	(0.09)	7	(0.6)	15.5	(0.43)	5.6	(0.31)	36	(1.8)	15.6	(0.33)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	15.2	(0.86)	0.8	(0.15)	5	(1.1)	13.9	(0.69)	4.4	(0.30)	32	(2.5)	15.5	(1.04)
20 and over.....	2217	29	(1.9)	17.3	(0.43)	1.9	(0.17)	11	(0.9)	17.4	(0.70)	6.6	(0.42)	38	(1.8)	17.3	(0.50)
2 and over...	3048	27	(1.7)	16.9	(0.41)	1.7	(0.15)	10	(0.8)	17.0	(0.66)	6.4	(0.37)	37	(1.6)	16.9	(0.46)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	14.1	(0.29)	0.6	(0.06)	4	(0.4)	14.4	(0.47)	4.7	(0.26)	33	(1.6)	14.1	(0.30)
20 and over.....	7707	24	(1.1)	16.6	(0.32)	1.5	(0.11)	9	(0.5)	17.0	(0.51)	6.3	(0.28)	37	(1.1)	16.5	(0.32)
2 and over...	11798	21	(1.0)	16.0	(0.27)	1.3	(0.09)	8	(0.5)	16.7	(0.47)	6.1	(0.26)	36	(1.0)	15.8	(0.26)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*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)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	74.0	(1.93)	2.7	(0.30)	4	(0.4)	84.4	(5.75)	33.9	(2.94)	40	(2.4)	73.1	(1.93)
20 and over.....	1900	14	(1.5)	84.8	(1.76)	5.9	(1.00)	7	(1.1)	111.6	(7.98)	43.9	(4.89)	39	(2.8)	80.7	(1.48)
2 and over...	3415	12	(1.1)	81.2	(1.58)	4.8	(0.70)	6	(0.8)	105.3	(6.59)	41.6	(4.14)	39	(2.4)	78.0	(1.39)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	76.9	(1.22)	3.5	(0.50)	5	(0.6)	93.5	(6.74)	32.4	(2.24)	35	(3.0)	74.9	(1.37)
20 and over.....	2619	22	(1.3)	87.9	(1.60)	8.5	(0.79)	10	(0.8)	94.1	(2.67)	39.2	(1.96)	42	(1.6)	86.2	(1.80)
2 and over...	3951	19	(1.2)	85.2	(1.13)	7.2	(0.64)	9	(0.7)	94.0	(2.12)	38.3	(1.74)	41	(1.6)	83.1	(1.22)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	79.2	(2.05)	6.4	(1.42)	8	(1.8)	95.5	(5.90)	36.8	(3.48)	39	(2.2)	75.8	(2.38)
20 and over.....	2217	29	(1.9)	90.5	(1.54)	12.5	(0.79)	14	(0.8)	98.6	(2.63)	42.9	(1.78)	44	(1.7)	87.1	(1.55)
2 and over...	3048	27	(1.7)	88.5	(1.41)	11.4	(0.74)	13	(0.8)	98.3	(2.41)	42.2	(1.60)	43	(1.5)	84.8	(1.44)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	76.5	(1.00)	4.1	(0.47)	5	(0.6)	91.3	(3.90)	34.1	(1.80)	37	(1.3)	74.4	(0.91)
20 and over.....	7707	24	(1.1)	88.2	(0.72)	9.9	(0.52)	11	(0.6)	97.8	(1.80)	41.7	(1.29)	43	(1.2)	85.2	(0.93)
2 and over...	11798	21	(1.0)	85.4	(0.60)	8.5	(0.43)	10	(0.5)	96.9	(1.64)	40.7	(1.12)	42	(1.0)	82.4	(0.78)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	25.9	(0.77)	0.8	(0.09)	3	(0.4)	27.3	(2.18)	10.2	(0.96)	37	(1.9)	25.7	(0.76)
20 and over.....	1900	14	(1.5)	27.4	(0.69)	1.7	(0.24)	6	(0.8)	34.4	(2.28)	12.5	(1.22)	36	(2.6)	26.3	(0.72)
2 and over...	3415	12	(1.1)	26.9	(0.63)	1.4	(0.17)	5	(0.6)	32.8	(1.89)	11.9	(1.07)	36	(2.3)	26.1	(0.64)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	26.3	(0.46)	1.0	(0.14)	4	(0.5)	30.4	(1.55)	9.5	(0.62)	31	(2.3)	25.9	(0.49)
20 and over.....	2619	22	(1.3)	28.7	(0.50)	2.5	(0.23)	9	(0.8)	30.0	(0.87)	11.7	(0.55)	39	(1.7)	28.3	(0.60)
2 and over...	3951	19	(1.2)	28.1	(0.36)	2.2	(0.18)	8	(0.6)	30.0	(0.68)	11.4	(0.47)	38	(1.5)	27.6	(0.43)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	27.3	(0.65)	1.9	(0.42)	7	(1.6)	30.8	(1.73)	10.9	(1.12)	35	(2.3)	26.5	(0.90)
20 and over.....	2217	29	(1.9)	29.5	(0.60)	3.8	(0.26)	13	(0.9)	31.1	(0.89)	13.1	(0.62)	42	(1.6)	28.8	(0.70)
2 and over...	3048	27	(1.7)	29.1	(0.52)	3.5	(0.24)	12	(0.8)	31.1	(0.82)	12.9	(0.57)	42	(1.5)	28.4	(0.65)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	26.4	(0.33)	1.2	(0.14)	5	(0.5)	29.6	(1.20)	10.1	(0.53)	34	(1.0)	25.9	(0.35)
20 and over.....	7707	24	(1.1)	28.6	(0.32)	3.0	(0.15)	10	(0.5)	30.7	(0.58)	12.5	(0.41)	41	(1.2)	28.0	(0.43)
2 and over...	11798	21	(1.0)	28.1	(0.26)	2.6	(0.12)	9	(0.5)	30.6	(0.50)	12.2	(0.36)	40	(1.0)	27.4	(0.36)

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.**

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-March 2020 Prepandemic *(continued)*

Monounsaturated fat

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)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	24.1	(0.66)	1.0	(0.11)	4	(0.5)	28.6	(1.88)	12.0	(1.13)	42	(2.6)	23.7	(0.67)
20 and over.....	1900	14	(1.5)	28.9	(0.68)	2.1	(0.39)	7	(1.2)	38.6	(3.12)	15.2	(2.02)	39	(3.2)	27.4	(0.56)
2 and over...	3415	12	(1.1)	27.3	(0.59)	1.7	(0.27)	6	(0.9)	36.3	(2.55)	14.5	(1.69)	40	(2.8)	26.1	(0.52)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	25.3	(0.39)	1.2	(0.17)	5	(0.7)	30.5	(2.56)	10.6	(0.86)	35	(3.5)	24.7	(0.47)
20 and over.....	2619	22	(1.3)	30.0	(0.61)	2.8	(0.26)	9	(0.8)	31.8	(0.98)	13.2	(0.64)	41	(1.5)	29.5	(0.68)
2 and over...	3951	19	(1.2)	28.8	(0.44)	2.4	(0.21)	8	(0.7)	31.6	(0.84)	12.8	(0.59)	40	(1.5)	28.2	(0.45)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	25.7	(0.59)	2.2	(0.51)	9	(1.9)	32.1	(2.20)	12.7	(1.37)	39	(2.9)	24.4	(0.61)
20 and over.....	2217	29	(1.9)	31.0	(0.61)	4.3	(0.29)	14	(0.9)	34.3	(1.17)	14.7	(0.62)	43	(1.8)	29.7	(0.60)
2 and over...	3048	27	(1.7)	30.1	(0.51)	3.9	(0.27)	13	(0.9)	34.1	(1.07)	14.5	(0.54)	42	(1.7)	28.6	(0.50)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	25.0	(0.26)	1.4	(0.17)	6	(0.7)	30.3	(1.40)	11.6	(0.72)	38	(1.7)	24.2	(0.25)
20 and over.....	7707	24	(1.1)	30.1	(0.31)	3.4	(0.19)	11	(0.6)	33.6	(0.78)	14.2	(0.48)	42	(1.3)	29.0	(0.37)
2 and over...	11798	21	(1.0)	28.9	(0.26)	2.9	(0.16)	10	(0.5)	33.2	(0.73)	13.9	(0.41)	42	(1.1)	27.8	(0.29)

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.**

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-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*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)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	16.4	(0.43)	0.7	(0.09)	4	(0.5)	20.4	(1.65)	8.5	(0.91)	42	(3.7)	16.1	(0.43)
20 and over.....	1900	14	(1.5)	19.8	(0.52)	1.6	(0.28)	8	(1.2)	27.5	(2.10)	12.0	(1.30)	44	(3.1)	18.6	(0.38)
2 and over...	3415	12	(1.1)	18.7	(0.42)	1.3	(0.20)	7	(0.9)	25.8	(1.74)	11.2	(1.11)	43	(2.7)	17.7	(0.30)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	17.6	(0.44)	1.0	(0.15)	5	(0.8)	23.3	(2.37)	8.9	(0.78)	38	(4.7)	16.9	(0.47)
20 and over.....	2619	22	(1.3)	20.4	(0.39)	2.3	(0.24)	11	(1.1)	23.2	(0.91)	10.6	(0.71)	46	(2.3)	19.7	(0.42)
2 and over...	3951	19	(1.2)	19.7	(0.29)	2.0	(0.20)	10	(0.9)	23.2	(0.79)	10.3	(0.63)	44	(2.3)	18.9	(0.29)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	18.4	(0.98)	1.7	(0.37)	9	(2.0)	23.2	(1.75)	9.6	(0.95)	41	(2.8)	17.3	(1.11)
20 and over.....	2217	29	(1.9)	21.1	(0.52)	3.2	(0.20)	15	(0.9)	23.8	(0.87)	10.9	(0.53)	46	(2.3)	20.0	(0.54)
2 and over...	3048	27	(1.7)	20.6	(0.53)	2.9	(0.19)	14	(0.8)	23.7	(0.77)	10.7	(0.50)	45	(2.2)	19.5	(0.53)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	17.4	(0.41)	1.1	(0.12)	6	(0.7)	22.3	(1.18)	8.9	(0.52)	40	(2.0)	16.7	(0.35)
20 and over.....	7707	24	(1.1)	20.7	(0.26)	2.6	(0.15)	12	(0.6)	23.9	(0.59)	10.9	(0.40)	46	(1.5)	19.7	(0.26)
2 and over...	11798	21	(1.0)	19.9	(0.25)	2.2	(0.12)	11	(0.5)	23.7	(0.55)	10.6	(0.36)	45	(1.5)	18.9	(0.23)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	241	(11.0)	13	(2.1)	5	(0.8)	300	(33.4)	163	(29.4)	54	(5.5)	236	(11.2)
20 and over.....	1900	14	(1.5)	306	(10.1)	27	(4.8)	9	(1.5)	411	(38.7)	197	(26.9)	48	(3.7)	290	(9.6)
2 and over...	3415	12	(1.1)	284	(8.5)	22	(3.4)	8	(1.1)	386	(30.2)	189	(22.3)	49	(3.4)	271	(7.7)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	215	(5.6)	12	(1.8)	5	(0.9)	263	(19.0)	108	(8.6)	41	(2.9)	209	(6.0)
20 and over.....	2619	22	(1.3)	312	(9.1)	34	(3.2)	11	(0.9)	355	(19.7)	159	(9.9)	45	(2.0)	300	(8.2)
2 and over...	3951	19	(1.2)	288	(6.9)	29	(2.5)	10	(0.8)	342	(16.6)	151	(8.6)	44	(1.7)	275	(6.3)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	233	(12.0)	20	(4.8)	9	(2.0)	313	(24.0)	118	(12.6)	38	(4.3)	217	(12.1)
20 and over.....	2217	29	(1.9)	320	(9.0)	52	(3.6)	16	(1.2)	369	(15.8)	179	(11.4)	49	(2.3)	300	(12.0)
2 and over...	3048	27	(1.7)	305	(7.4)	47	(3.4)	15	(1.1)	363	(14.4)	172	(10.3)	47	(2.0)	283	(10.1)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	229	(5.0)	15	(1.9)	7	(0.7)	294	(16.5)	125	(9.9)	42	(2.4)	220	(3.7)
20 and over.....	7707	24	(1.1)	314	(5.0)	41	(1.8)	13	(0.6)	367	(10.2)	173	(6.9)	47	(1.5)	298	(6.6)
2 and over...	11798	21	(1.0)	294	(3.2)	35	(1.5)	12	(0.5)	357	(8.7)	166	(6.1)	46	(1.4)	278	(4.4)

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.**

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-March 2020 Prepandemic *(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]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	543	(19.1)	13	(2.2)	2	(0.4)	493	(52.6)	160	(26.0)	33	(2.8)	547	(20.6)
20 and over.....	1900	14	(1.5)	524	(15.4)	26	(4.0)	5	(0.7)	626	(53.9)	193	(23.9)	31	(3.4)	508	(14.4)
2 and over...	3415	12	(1.1)	530	(12.5)	22	(2.8)	4	(0.5)	595	(41.7)	185	(21.0)	31	(3.0)	522	(12.4)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	549	(15.2)	15	(2.3)	3	(0.4)	579	(31.7)	139	(14.0)	24	(3.0)	545	(15.9)
20 and over.....	2619	22	(1.3)	632	(16.0)	49	(5.3)	8	(0.9)	682	(43.9)	225	(15.4)	33	(2.9)	618	(16.7)
2 and over...	3951	19	(1.2)	611	(12.4)	40	(4.3)	7	(0.7)	667	(38.4)	212	(13.7)	32	(2.6)	598	(11.9)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	613	(26.7)	24	(4.9)	4	(0.8)	586	(38.6)	139	(12.7)	24	(2.6)	619	(29.5)
20 and over.....	2217	29	(1.9)	679	(26.5)	68	(4.9)	10	(0.7)	649	(35.8)	234	(14.4)	36	(1.8)	691	(29.0)
2 and over...	3048	27	(1.7)	667	(23.7)	60	(4.4)	9	(0.7)	642	(33.1)	223	(13.2)	35	(1.6)	676	(25.3)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	562	(8.9)	17	(1.7)	3	(0.3)	562	(22.0)	142	(7.6)	25	(1.5)	561	(9.7)
20 and over.....	7707	24	(1.1)	629	(13.9)	54	(3.2)	9	(0.4)	657	(25.7)	228	(7.9)	35	(1.2)	620	(13.5)
2 and over...	11798	21	(1.0)	613	(11.4)	45	(2.6)	7	(0.4)	644	(23.0)	216	(7.0)	34	(1.1)	605	(10.6)

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.**

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-March 2020 Prepandemic *(continued)*

Beta carotene

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	989	(85.1)	48	(11.9)	5	(1.1)	990	(172.3)	602	(135.9)	61	(5.3)	989	(88.0)
20 and over.....	1900	14	(1.5)	1680	(120.9)	104	(20.8)	6	(1.2)	2081	(245.0)	770	(126.6)	37	(5.6)	1617	(125.0)
2 and over...	3415	12	(1.1)	1447	(96.5)	85	(15.0)	6	(1.0)	1829	(192.8)	731	(105.5)	40	(5.3)	1397	(96.5)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1182	(76.3)	66	(16.8)	6	(1.4)	1631	(208.6)	607	(126.8)	37	(7.0)	1127	(86.4)
20 and over.....	2619	22	(1.3)	2299	(120.5)	245	(39.9)	11	(1.8)	2488	(201.1)	1132	(143.7)	46	(4.8)	2246	(134.7)
2 and over...	3951	19	(1.2)	2019	(84.7)	200	(31.9)	10	(1.6)	2365	(178.0)	1057	(130.0)	45	(4.4)	1938	(89.3)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1357	(139.3)	81	(17.3)	6	(1.3)	1771	(397.6)	469	(71.8)	26	(5.3)	1270	(154.3)
20 and over.....	2217	29	(1.9)	2851	(242.8)	315	(30.4)	11	(1.0)	2670	(285.7)	1080	(82.7)	40	(3.5)	2926	(282.2)
2 and over...	3048	27	(1.7)	2586	(204.2)	274	(25.1)	11	(1.0)	2568	(266.7)	1010	(78.1)	39	(3.2)	2593	(226.8)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1169	(48.7)	65	(8.2)	6	(0.7)	1510	(165.0)	537	(53.7)	36	(4.3)	1121	(51.1)
20 and over.....	7707	24	(1.1)	2420	(122.7)	259	(24.7)	11	(0.8)	2563	(181.9)	1092	(70.9)	43	(2.2)	2375	(127.6)
2 and over...	11798	21	(1.0)	2124	(103.3)	213	(19.7)	10	(0.8)	2418	(165.2)	1016	(65.6)	42	(2.1)	2046	(104.9)

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.**

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-March 2020 Prepandemic *(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.....	1515	8	(0.9)	4870	(510.7)	163*	(48.9)	3*	(1.0)	4159	(765.7)	2031	(609.2)	49	(7.0)	4932	(551.3)
20 and over.....	1900	14	(1.5)	4692	(241.7)	266	(49.3)	6	(1.0)	5781	(924.2)	1967	(326.1)	34	(7.3)	4522	(246.6)
2 and over...	3415	12	(1.1)	4752	(148.3)	231	(36.0)	5	(0.8)	5406	(643.3)	1982	(298.1)	37	(7.1)	4665	(151.2)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	4084	(315.9)	235	(65.8)	6*	(1.8)	4057	(518.0)	2164	(486.4)	53	(8.4)	4087	(357.1)
20 and over.....	2619	22	(1.3)	4679	(290.5)	569	(68.0)	12	(1.2)	4994	(339.3)	2630	(219.5)	53	(3.0)	4592	(353.8)
2 and over...	3951	19	(1.2)	4530	(244.1)	485	(55.7)	11	(1.1)	4859	(298.0)	2563	(206.1)	53	(3.0)	4453	(284.5)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	4368	(471.2)	479	(134.1)	11	(3.3)	5933	(1419.8)	2772	(536.6)	47	(11.2)	4041	(481.3)
20 and over.....	2217	29	(1.9)	5052	(387.8)	884	(105.3)	18	(1.4)	5450	(592.3)	3028	(346.3)	56	(3.0)	4888	(385.8)
2 and over...	3048	27	(1.7)	4931	(313.2)	812	(94.7)	16	(1.4)	5505	(589.5)	2999	(328.5)	54	(3.7)	4718	(300.1)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	4385	(185.4)	285	(51.5)	7	(1.2)	4840	(625.5)	2348	(354.9)	49	(6.4)	4322	(204.8)
20 and over.....	7707	24	(1.1)	4818	(162.1)	670	(61.4)	14	(1.0)	5433	(295.3)	2831	(221.2)	52	(2.6)	4627	(150.7)
2 and over...	11798	21	(1.0)	4716	(126.8)	579	(53.4)	12	(1.0)	5352	(288.2)	2765	(209.4)	52	(2.8)	4547	(113.9)

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.**

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-March 2020 Prepandemic *(continued)*

T h i a m i n

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	1.50	(0.040)	0.04	(0.005)	2	(0.3)	1.46	(0.111)	0.44	(0.049)	30	(2.2)	1.50	(0.041)
20 and over.....	1900	14	(1.5)	1.60	(0.046)	0.08	(0.011)	5	(0.7)	1.74	(0.108)	0.61	(0.050)	35	(2.2)	1.58	(0.050)
2 and over...	3415	12	(1.1)	1.56	(0.038)	0.07	(0.008)	4	(0.5)	1.67	(0.086)	0.57	(0.044)	34	(1.9)	1.55	(0.040)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1.47	(0.022)	0.05	(0.008)	4	(0.5)	1.65	(0.084)	0.50	(0.046)	30	(3.1)	1.44	(0.026)
20 and over.....	2619	22	(1.3)	1.58	(0.027)	0.11	(0.009)	7	(0.6)	1.53	(0.047)	0.53	(0.024)	35	(2.0)	1.60	(0.036)
2 and over...	3951	19	(1.2)	1.55	(0.023)	0.10	(0.007)	6	(0.5)	1.55	(0.041)	0.53	(0.023)	34	(1.9)	1.56	(0.028)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1.54	(0.038)	0.08	(0.020)	5	(1.3)	1.51	(0.119)	0.48	(0.053)	32	(1.6)	1.55	(0.045)
20 and over.....	2217	29	(1.9)	1.57	(0.022)	0.18	(0.013)	12	(0.8)	1.64	(0.053)	0.62	(0.029)	38	(1.6)	1.54	(0.028)
2 and over...	3048	27	(1.7)	1.56	(0.020)	0.16	(0.012)	10	(0.8)	1.62	(0.046)	0.60	(0.025)	37	(1.4)	1.54	(0.025)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1.50	(0.014)	0.06	(0.007)	4	(0.5)	1.58	(0.069)	0.46	(0.028)	29	(1.7)	1.49	(0.015)
20 and over.....	7707	24	(1.1)	1.58	(0.014)	0.14	(0.007)	9	(0.5)	1.61	(0.034)	0.59	(0.021)	37	(1.1)	1.57	(0.019)
2 and over...	11798	21	(1.0)	1.56	(0.011)	0.12	(0.006)	8	(0.4)	1.60	(0.030)	0.57	(0.018)	36	(1.0)	1.55	(0.016)

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.**

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-March 2020 Prepandemic *(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]		*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.....	1515	8	(0.9)	1.78	(0.065)	0.04	(0.005)	2	(0.3)	1.90	(0.256)	0.51	(0.049)	27	(2.4)	1.77	(0.060)
20 and over.....	1900	14	(1.5)	1.97	(0.063)	0.09	(0.013)	5	(0.6)	2.16	(0.141)	0.67	(0.058)	31	(2.5)	1.95	(0.067)
2 and over...	3415	12	(1.1)	1.91	(0.056)	0.07	(0.009)	4	(0.5)	2.10	(0.117)	0.63	(0.051)	30	(1.9)	1.88	(0.059)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1.71	(0.032)	0.05	(0.008)	3	(0.4)	1.88	(0.108)	0.48	(0.038)	26	(2.3)	1.69	(0.036)
20 and over.....	2619	22	(1.3)	2.06	(0.038)	0.14	(0.011)	7	(0.6)	2.00	(0.071)	0.64	(0.031)	32	(1.6)	2.08	(0.048)
2 and over...	3951	19	(1.2)	1.98	(0.033)	0.12	(0.009)	6	(0.5)	1.98	(0.060)	0.62	(0.028)	31	(1.5)	1.97	(0.039)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1.83	(0.054)	0.09	(0.019)	5	(1.1)	1.86	(0.066)	0.52	(0.040)	28	(1.8)	1.82	(0.065)
20 and over.....	2217	29	(1.9)	2.15	(0.049)	0.22	(0.015)	10	(0.7)	2.19	(0.075)	0.75	(0.034)	34	(1.2)	2.13	(0.067)
2 and over...	3048	27	(1.7)	2.09	(0.043)	0.20	(0.014)	9	(0.7)	2.15	(0.066)	0.72	(0.031)	34	(1.2)	2.07	(0.057)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1.76	(0.022)	0.06	(0.007)	3	(0.4)	1.86	(0.062)	0.50	(0.023)	27	(1.2)	1.75	(0.020)
20 and over.....	7707	24	(1.1)	2.07	(0.032)	0.16	(0.008)	8	(0.4)	2.10	(0.049)	0.69	(0.022)	33	(0.8)	2.06	(0.037)
2 and over...	11798	21	(1.0)	2.00	(0.026)	0.14	(0.007)	7	(0.3)	2.07	(0.042)	0.67	(0.019)	32	(0.7)	1.98	(0.029)

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.**

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-March 2020 Prepandemic *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from 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.....	1515	8	(0.9)	21.0	(0.56)	0.8	(0.09)	4	(0.4)	23.5	(1.57)	9.4	(1.02)	40	(3.2)	20.7	(0.58)
20 and over.....	1900	14	(1.5)	26.5	(1.01)	1.5	(0.26)	6	(0.9)	28.5	(2.57)	11.1	(1.25)	39	(2.8)	26.2	(1.11)
2 and over...	3415	12	(1.1)	24.7	(0.81)	1.2	(0.19)	5	(0.7)	27.4	(1.98)	10.7	(1.11)	39	(2.6)	24.3	(0.88)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	20.4	(0.28)	1.0	(0.16)	5	(0.8)	23.4	(1.41)	9.0	(0.76)	39	(2.1)	20.0	(0.35)
20 and over.....	2619	22	(1.3)	25.9	(0.47)	2.1	(0.17)	8	(0.7)	25.2	(0.82)	9.9	(0.49)	39	(1.8)	26.1	(0.57)
2 and over...	3951	19	(1.2)	24.5	(0.36)	1.9	(0.14)	8	(0.6)	25.0	(0.71)	9.8	(0.44)	39	(1.7)	24.4	(0.41)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	21.8	(0.73)	1.7	(0.41)	8	(1.8)	25.0	(2.08)	9.8	(1.04)	39	(2.3)	21.2	(0.74)
20 and over.....	2217	29	(1.9)	25.7	(0.56)	3.3	(0.24)	13	(0.9)	27.2	(0.88)	11.4	(0.44)	42	(1.4)	25.1	(0.81)
2 and over...	3048	27	(1.7)	25.0	(0.49)	3.0	(0.23)	12	(0.9)	27.0	(0.77)	11.3	(0.41)	42	(1.3)	24.3	(0.67)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	21.2	(0.35)	1.1	(0.15)	5	(0.7)	24.2	(1.08)	9.4	(0.62)	39	(1.4)	20.7	(0.28)
20 and over.....	7707	24	(1.1)	25.8	(0.34)	2.6	(0.14)	10	(0.5)	26.6	(0.68)	10.9	(0.35)	41	(1.0)	25.6	(0.44)
2 and over...	11798	21	(1.0)	24.7	(0.29)	2.2	(0.12)	9	(0.5)	26.3	(0.58)	10.7	(0.33)	41	(0.9)	24.3	(0.36)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B6

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.....	1515	8	(0.9)	1.67	(0.061)	0.05	(0.008)	3	(0.5)	1.96	(0.167)	0.66	(0.086)	33	(3.8)	1.65	(0.065)
20 and over.....	1900	14	(1.5)	2.27	(0.176)	0.10	(0.014)	5	(0.6)	2.22	(0.152)	0.76	(0.063)	34	(2.4)	2.28	(0.200)
2 and over...	3415	12	(1.1)	2.07	(0.128)	0.09	(0.011)	4	(0.5)	2.16	(0.114)	0.73	(0.062)	34	(2.2)	2.06	(0.143)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1.59	(0.032)	0.06	(0.012)	4	(0.7)	1.88	(0.182)	0.59	(0.067)	31	(2.7)	1.56	(0.034)
20 and over.....	2619	22	(1.3)	2.13	(0.048)	0.16	(0.013)	8	(0.7)	2.04	(0.083)	0.76	(0.035)	37	(1.9)	2.15	(0.055)
2 and over...	3951	19	(1.2)	1.99	(0.038)	0.14	(0.011)	7	(0.6)	2.01	(0.072)	0.73	(0.032)	36	(1.8)	1.99	(0.040)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1.75	(0.063)	0.10	(0.026)	6	(1.5)	1.80	(0.122)	0.60	(0.074)	33	(2.8)	1.74	(0.073)
20 and over.....	2217	29	(1.9)	2.13	(0.065)	0.25	(0.019)	12	(0.9)	2.19	(0.106)	0.84	(0.032)	38	(1.9)	2.11	(0.093)
2 and over...	3048	27	(1.7)	2.06	(0.056)	0.22	(0.017)	11	(0.8)	2.14	(0.092)	0.81	(0.030)	38	(1.7)	2.03	(0.077)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1.68	(0.035)	0.07	(0.010)	4	(0.5)	1.86	(0.082)	0.61	(0.046)	33	(2.0)	1.65	(0.032)
20 and over.....	7707	24	(1.1)	2.14	(0.042)	0.19	(0.011)	9	(0.5)	2.14	(0.071)	0.81	(0.023)	38	(1.3)	2.15	(0.053)
2 and over...	11798	21	(1.0)	2.03	(0.036)	0.16	(0.010)	8	(0.4)	2.10	(0.061)	0.78	(0.023)	37	(1.1)	2.02	(0.044)

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.**

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-March 2020 Prepandemic *(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.....	1515	8	(0.9)	477	(13.8)	11	(2.0)	2	(0.4)	477	(51.4)	139	(22.6)	29	(3.0)	477	(14.1)
20 and over.....	1900	14	(1.5)	483	(12.0)	24	(4.2)	5	(0.8)	518	(38.1)	179	(17.4)	34	(2.0)	478	(11.7)
2 and over...	3415	12	(1.1)	481	(9.6)	20	(3.0)	4	(0.6)	509	(28.5)	169	(14.6)	33	(1.9)	477	(9.2)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	455	(12.1)	17	(2.1)	4	(0.5)	482	(27.9)	153	(13.5)	32	(2.8)	452	(13.3)
20 and over.....	2619	22	(1.3)	492	(11.7)	34	(3.0)	7	(0.6)	471	(22.0)	159	(10.2)	34	(2.7)	497	(15.1)
2 and over...	3951	19	(1.2)	483	(9.1)	30	(2.4)	6	(0.5)	473	(18.8)	158	(9.1)	34	(2.4)	485	(11.2)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	477	(16.3)	23	(4.2)	5	(0.9)	447	(20.5)	131	(10.3)	29	(2.4)	483	(18.6)
20 and over.....	2217	29	(1.9)	478	(8.3)	56	(3.9)	12	(0.8)	492	(17.9)	192	(8.5)	39	(1.6)	471	(11.6)
2 and over...	3048	27	(1.7)	477	(8.8)	50	(3.5)	11	(0.7)	487	(15.8)	185	(7.8)	38	(1.5)	474	(11.0)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	466	(5.8)	16	(1.7)	4	(0.4)	462	(15.0)	135	(7.1)	29	(1.5)	467	(5.9)
20 and over.....	7707	24	(1.1)	482	(5.3)	43	(2.3)	9	(0.5)	487	(12.6)	180	(6.8)	37	(1.2)	481	(6.7)
2 and over...	11798	21	(1.0)	478	(4.7)	36	(1.9)	8	(0.4)	483	(11.0)	174	(6.0)	36	(1.2)	477	(5.7)

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Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	253	(10.1)	11	(1.4)	4	(0.5)	296	(26.1)	135	(19.7)	46	(4.1)	250	(10.2)
20 and over.....	1900	14	(1.5)	318	(8.8)	24	(3.9)	7	(1.1)	405	(31.9)	176	(19.9)	44	(2.8)	304	(7.8)
2 and over...	3415	12	(1.1)	296	(8.0)	19	(2.8)	7	(0.9)	380	(24.6)	167	(16.8)	44	(2.6)	285	(7.3)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	237	(3.5)	11	(1.9)	5	(0.8)	287	(15.4)	105	(9.3)	37	(2.6)	231	(4.2)
20 and over.....	2619	22	(1.3)	333	(7.6)	33	(2.7)	10	(0.7)	365	(15.1)	154	(7.4)	42	(1.7)	324	(7.2)
2 and over...	3951	19	(1.2)	309	(5.8)	28	(2.2)	9	(0.6)	354	(12.9)	147	(6.8)	42	(1.5)	299	(5.4)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	256	(10.1)	18	(4.4)	7	(1.7)	304	(15.9)	106	(11.7)	35	(3.5)	246	(11.4)
20 and over.....	2217	29	(1.9)	348	(7.3)	50	(3.1)	14	(0.9)	388	(14.0)	172	(8.7)	44	(1.4)	332	(8.1)
2 and over...	3048	27	(1.7)	332	(6.2)	45	(2.9)	13	(0.9)	378	(12.4)	165	(7.9)	44	(1.4)	315	(7.1)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	248	(4.3)	14	(1.6)	6	(0.6)	297	(11.0)	113	(7.6)	38	(1.8)	242	(3.5)
20 and over.....	7707	24	(1.1)	337	(4.0)	39	(1.7)	12	(0.5)	380	(9.8)	166	(5.8)	44	(1.0)	324	(4.6)
2 and over...	11798	21	(1.0)	316	(2.7)	33	(1.4)	10	(0.4)	369	(8.3)	158	(5.0)	43	(0.9)	302	(3.0)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B12

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	4.56	(0.187)	0.13	(0.025)	3	(0.6)	4.97	(0.651)	1.60	(0.353)	32	(4.5)	4.52	(0.193)
20 and over.....	1900	14	(1.5)	4.71	(0.247)	0.24	(0.037)	5	(0.8)	5.35	(0.507)	1.79	(0.212)	34	(3.3)	4.61	(0.270)
2 and over...	3415	12	(1.1)	4.66	(0.205)	0.20	(0.028)	4	(0.6)	5.26	(0.372)	1.75	(0.207)	33	(3.1)	4.58	(0.224)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	4.06	(0.076)	0.13	(0.026)	3	(0.6)	4.64	(0.424)	1.23	(0.155)	26	(3.0)	3.99	(0.093)
20 and over.....	2619	22	(1.3)	4.87	(0.172)	0.38	(0.047)	8	(0.9)	4.92	(0.535)	1.77	(0.163)	36	(4.8)	4.86	(0.181)
2 and over...	3951	19	(1.2)	4.67	(0.131)	0.32	(0.035)	7	(0.7)	4.88	(0.455)	1.69	(0.145)	35	(4.2)	4.62	(0.132)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	4.14	(0.142)	0.18	(0.032)	4	(0.9)	3.77	(0.192)	1.06	(0.096)	28	(1.7)	4.22	(0.153)
20 and over.....	2217	29	(1.9)	4.77	(0.145)	0.54	(0.036)	11	(0.9)	4.62	(0.208)	1.86	(0.089)	40	(2.1)	4.83	(0.197)
2 and over...	3048	27	(1.7)	4.66	(0.124)	0.48	(0.032)	10	(0.8)	4.52	(0.186)	1.77	(0.087)	39	(1.9)	4.71	(0.163)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	4.27	(0.073)	0.15	(0.015)	4	(0.3)	4.36	(0.248)	1.25	(0.097)	29	(1.3)	4.25	(0.073)
20 and over.....	7707	24	(1.1)	4.75	(0.113)	0.43	(0.023)	9	(0.5)	4.76	(0.191)	1.83	(0.067)	38	(1.8)	4.74	(0.130)
2 and over...	11798	21	(1.0)	4.63	(0.094)	0.37	(0.019)	8	(0.4)	4.71	(0.162)	1.75	(0.063)	37	(1.6)	4.61	(0.107)

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Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin C

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	67.7	(3.27)	1.4	(0.35)	2	(0.5)	76.7	(6.98)	18.0	(4.40)	23	(6.0)	67.0	(3.37)
20 and over.....	1900	14	(1.5)	71.4	(3.32)	2.8	(0.58)	4	(0.8)	92.1	(14.40)	20.8	(3.35)	23	(4.3)	68.1	(2.43)
2 and over...	3415	12	(1.1)	70.1	(2.65)	2.3	(0.45)	3	(0.6)	88.6	(11.68)	20.2	(3.23)	23	(4.1)	67.7	(1.91)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	68.8	(3.71)	1.9	(0.50)	3	(0.7)	82.9	(20.50)	17.5	(4.24)	21*	(6.6)	67.1	(3.43)
20 and over.....	2619	22	(1.3)	73.5	(1.87)	4.1	(0.44)	6	(0.6)	73.6	(3.34)	19.0	(1.34)	26	(1.6)	73.5	(2.42)
2 and over...	3951	19	(1.2)	72.4	(1.80)	3.6	(0.36)	5	(0.5)	75.0	(3.82)	18.8	(1.43)	25	(1.9)	71.8	(2.07)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	79.1	(5.41)	2.9*	(1.02)	4*	(1.2)	80.0	(8.07)	16.5	(4.45)	21	(4.3)	78.9	(6.03)
20 and over.....	2217	29	(1.9)	82.5	(3.41)	7.2	(0.87)	9	(0.9)	89.7	(6.59)	24.7	(2.64)	28	(2.4)	79.5	(3.33)
2 and over...	3048	27	(1.7)	81.9	(3.11)	6.4	(0.75)	8	(0.8)	88.6	(5.78)	23.8	(2.39)	27	(2.2)	79.4	(3.05)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	71.4	(2.45)	2.1	(0.36)	3	(0.5)	79.5	(6.84)	17.1	(2.32)	21	(3.3)	70.3	(2.32)
20 and over.....	7707	24	(1.1)	77.3	(1.89)	5.5	(0.50)	7	(0.5)	84.2	(4.33)	23.4	(1.65)	28	(1.5)	75.1	(1.73)
2 and over...	11798	21	(1.0)	75.9	(1.64)	4.7	(0.41)	6	(0.5)	83.5	(3.72)	22.5	(1.56)	27	(1.6)	73.9	(1.56)

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Table 48. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants [1], by Family Income (as % of Poverty Level [2]) and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

V i t a m i n D

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	5.3	(0.29)	0.1*	(0.03)	2*	(0.6)	5.3	(1.13)	1.1*	(0.46)	21*	(6.9)	5.3	(0.29)
20 and over.....	1900	14	(1.5)	4.1	(0.17)	0.2	(0.04)	5	(1.0)	4.7	(0.37)	1.6	(0.26)	33	(4.7)	4.0	(0.17)
2 and over...	3415	12	(1.1)	4.5	(0.17)	0.2	(0.03)	4	(0.7)	4.8	(0.38)	1.5	(0.28)	30	(4.4)	4.5	(0.18)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	4.5	(0.16)	0.1	(0.01)	1*	(0.3)	5.0	(0.57)	0.6	(0.12)	12*	(2.8)	4.5	(0.17)
20 and over.....	2619	22	(1.3)	4.5	(0.13)	0.4	(0.05)	8	(1.1)	4.6	(0.28)	1.6	(0.19)	35	(3.4)	4.4	(0.16)
2 and over...	3951	19	(1.2)	4.5	(0.12)	0.3	(0.04)	6	(0.9)	4.7	(0.27)	1.5	(0.17)	32	(3.1)	4.4	(0.14)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	4.7	(0.21)	0.1	(0.02)	2*	(0.5)	4.1	(0.24)	0.5	(0.06)	13	(1.8)	4.8	(0.23)
20 and over.....	2217	29	(1.9)	4.3	(0.22)	0.4	(0.04)	8	(0.8)	3.6	(0.22)	1.2	(0.14)	33	(2.6)	4.6	(0.26)
2 and over...	3048	27	(1.7)	4.4	(0.19)	0.3	(0.03)	7	(0.7)	3.7	(0.19)	1.1	(0.13)	31	(2.3)	4.6	(0.22)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	4.8	(0.10)	0.1	(0.01)	2	(0.3)	4.7	(0.35)	0.7	(0.11)	16	(1.7)	4.8	(0.11)
20 and over.....	7707	24	(1.1)	4.3	(0.13)	0.3	(0.03)	8	(0.7)	4.1	(0.15)	1.4	(0.10)	34	(1.7)	4.4	(0.15)
2 and over...	11798	21	(1.0)	4.4	(0.10)	0.3	(0.02)	6	(0.5)	4.2	(0.14)	1.3	(0.09)	31	(1.5)	4.5	(0.12)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age	Sample Size	*All Individuals* [3] Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	7.1	(0.16)	0.3	(0.03)	4	(0.5)	8.2	(0.56)	3.5	(0.46)	43	(3.8)	7.0	(0.17)
20 and over.....	1900	14	(1.5)	8.5	(0.27)	0.5	(0.09)	6	(1.0)	10.7	(0.64)	3.9	(0.47)	37	(3.8)	8.2	(0.28)
2 and over...	3415	12	(1.1)	8.0	(0.19)	0.4	(0.06)	6	(0.7)	10.1	(0.51)	3.8	(0.40)	38	(3.4)	7.8	(0.18)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	7.4	(0.16)	0.3	(0.05)	4	(0.7)	8.8	(0.63)	3.0	(0.33)	34	(3.6)	7.2	(0.17)
20 and over.....	2619	22	(1.3)	9.2	(0.21)	0.8	(0.08)	9	(0.8)	10.1	(0.35)	3.7	(0.22)	37	(1.8)	9.0	(0.24)
2 and over...	3951	19	(1.2)	8.8	(0.15)	0.7	(0.06)	8	(0.7)	9.9	(0.29)	3.6	(0.21)	37	(1.8)	8.5	(0.17)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	9.0	(0.78)	0.6	(0.12)	6	(1.5)	10.0	(0.76)	3.2	(0.26)	32	(3.2)	8.8	(0.96)
20 and over.....	2217	29	(1.9)	10.0	(0.25)	1.2	(0.08)	12	(0.8)	10.6	(0.43)	4.1	(0.16)	39	(2.1)	9.7	(0.31)
2 and over...	3048	27	(1.7)	9.8	(0.29)	1.1	(0.07)	11	(0.8)	10.5	(0.39)	4.0	(0.14)	38	(1.9)	9.5	(0.32)
All Individuals [8]**:**																	
2 - 19.....	4091	12	(1.1)	7.8	(0.24)	0.4	(0.04)	5	(0.6)	9.2	(0.41)	3.2	(0.18)	35	(1.8)	7.5	(0.26)
20 and over.....	7707	24	(1.1)	9.4	(0.14)	0.9	(0.05)	10	(0.5)	10.3	(0.25)	4.0	(0.11)	38	(1.4)	9.1	(0.17)
2 and over...	11798	21	(1.0)	9.0	(0.14)	0.8	(0.04)	9	(0.5)	10.2	(0.23)	3.9	(0.10)	38	(1.3)	8.7	(0.14)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin K

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	62.5	(3.98)	2.8	(0.48)	5	(0.8)	69.2	(6.86)	35.4	(5.26)	51	(3.5)	61.9	(4.35)
20 and over.....	1900	14	(1.5)	107.2	(5.93)	8.8	(1.40)	8	(1.2)	159.7	(14.55)	65.2	(7.87)	41	(4.3)	99.0	(5.19)
2 and over...	3415	12	(1.1)	92.2	(4.89)	6.8	(1.00)	7	(1.0)	138.8	(11.59)	58.3	(6.95)	42	(4.1)	86.0	(4.32)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	66.8	(3.90)	4.6	(0.91)	7	(1.3)	91.7	(11.00)	42.0	(5.87)	46	(5.1)	63.7	(4.24)
20 and over.....	2619	22	(1.3)	113.2	(3.64)	13.5	(1.86)	12	(1.6)	127.7	(8.47)	62.6	(6.16)	49	(3.9)	109.2	(4.23)
2 and over...	3951	19	(1.2)	101.6	(3.05)	11.3	(1.48)	11	(1.4)	122.5	(7.01)	59.6	(5.37)	49	(3.8)	96.7	(3.48)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	86.4	(7.90)	7.8	(1.83)	9	(2.1)	142.5	(35.04)	45.4	(6.00)	32	(9.5)	74.7	(5.61)
20 and over.....	2217	29	(1.9)	146.8	(12.17)	20.6	(1.87)	14	(1.5)	148.5	(9.94)	70.7	(4.22)	48	(3.2)	146.1	(15.96)
2 and over...	3048	27	(1.7)	136.1	(10.14)	18.4	(1.65)	13	(1.3)	147.8	(9.68)	67.8	(3.94)	46	(3.1)	131.7	(12.44)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	72.2	(3.80)	5.1	(0.58)	7	(0.7)	106.7	(15.62)	41.8	(2.49)	39	(6.5)	67.4	(2.97)
20 and over.....	7707	24	(1.1)	126.7	(5.57)	16.4	(1.31)	13	(0.7)	143.4	(6.15)	69.3	(3.05)	48	(2.0)	121.5	(6.21)
2 and over...	11798	21	(1.0)	113.8	(4.78)	13.7	(1.05)	12	(0.7)	138.4	(6.10)	65.6	(2.71)	47	(2.1)	107.3	(4.98)

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.**

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-March 2020 Prepandemic *(continued)*

C a l c i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	999	(36.9)	16	(2.4)	2	(0.2)	895	(118.7)	205	(26.7)	23	(2.2)	1008	(35.9)
20 and over.....	1900	14	(1.5)	904	(20.3)	36	(4.6)	4	(0.5)	1017	(78.5)	265	(21.8)	26	(2.4)	887	(18.7)
2 and over...	3415	12	(1.1)	936	(19.4)	29	(3.2)	3	(0.3)	989	(63.0)	251	(20.0)	25	(2.0)	929	(20.0)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	950	(19.3)	26	(3.7)	3	(0.4)	1080	(94.7)	238	(19.8)	22	(2.3)	934	(17.4)
20 and over.....	2619	22	(1.3)	948	(14.7)	61	(6.7)	6	(0.7)	949	(28.9)	281	(20.7)	30	(2.1)	948	(18.4)
2 and over...	3951	19	(1.2)	949	(12.7)	52	(5.3)	5	(0.6)	968	(30.3)	275	(17.4)	28	(1.9)	944	(15.0)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1004	(19.4)	40	(7.5)	4	(0.8)	963	(40.5)	231	(23.0)	24	(1.8)	1013	(24.2)
20 and over.....	2217	29	(1.9)	971	(20.4)	91	(6.4)	9	(0.7)	935	(29.7)	311	(15.5)	33	(1.3)	986	(25.6)
2 and over...	3048	27	(1.7)	977	(17.7)	82	(6.0)	8	(0.7)	938	(25.2)	302	(13.2)	32	(1.1)	992	(21.6)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	978	(13.4)	27	(2.7)	3	(0.3)	975	(44.9)	224	(12.8)	23	(1.1)	978	(13.5)
20 and over.....	7707	24	(1.1)	945	(13.1)	69	(3.5)	7	(0.4)	941	(23.8)	293	(10.1)	31	(0.9)	946	(15.1)
2 and over...	11798	21	(1.0)	953	(10.6)	59	(3.0)	6	(0.3)	946	(17.5)	283	(8.4)	30	(0.8)	955	(12.1)

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.**

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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	1249	(40.7)	40	(4.6)	3	(0.4)	1288	(122.7)	495	(58.3)	38	(2.9)	1246	(40.8)
20 and over.....	1900	14	(1.5)	1316	(25.9)	79	(11.3)	6	(0.8)	1565	(110.5)	584	(54.2)	37	(2.6)	1277	(21.5)
2 and over...	3415	12	(1.1)	1294	(25.5)	66	(8.2)	5	(0.6)	1501	(89.0)	563	(48.2)	38	(2.3)	1266	(23.9)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	1212	(17.3)	53	(7.7)	4	(0.6)	1436	(87.7)	483	(33.1)	34	(2.3)	1184	(18.3)
20 and over.....	2619	22	(1.3)	1364	(20.4)	119	(10.6)	9	(0.7)	1411	(35.3)	552	(26.0)	39	(1.7)	1351	(23.8)
2 and over...	3951	19	(1.2)	1326	(15.3)	103	(8.7)	8	(0.6)	1415	(29.5)	542	(23.7)	38	(1.6)	1305	(16.8)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1316	(55.8)	81	(16.7)	6	(1.3)	1405	(70.5)	468	(32.1)	33	(1.6)	1297	(67.0)
20 and over.....	2217	29	(1.9)	1402	(18.4)	179	(11.3)	13	(0.8)	1467	(28.3)	613	(19.1)	42	(1.3)	1375	(23.0)
2 and over...	3048	27	(1.7)	1387	(19.0)	162	(10.6)	12	(0.8)	1460	(26.4)	596	(17.6)	41	(1.2)	1360	(23.9)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	1254	(23.1)	58	(6.1)	5	(0.5)	1382	(52.6)	477	(23.1)	35	(1.1)	1236	(20.5)
20 and over.....	7707	24	(1.1)	1369	(10.4)	139	(6.6)	10	(0.5)	1451	(23.5)	585	(14.5)	40	(0.9)	1344	(13.4)
2 and over...	11798	21	(1.0)	1342	(9.9)	120	(5.7)	9	(0.4)	1441	(19.1)	571	(12.6)	40	(0.8)	1316	(11.9)

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.**

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-March 2020 Prepandemic *(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.....	1515	8	(0.9)	230	(5.3)	7	(0.9)	3	(0.4)	246	(18.4)	85	(10.3)	35	(2.5)	228	(5.2)
20 and over.....	1900	14	(1.5)	281	(6.3)	13	(2.2)	5	(0.7)	332	(19.9)	97	(11.0)	29	(2.7)	273	(5.7)
2 and over...	3415	12	(1.1)	264	(4.8)	11	(1.6)	4	(0.6)	312	(15.5)	94	(9.7)	30	(2.5)	257	(4.4)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	230	(3.7)	8	(1.1)	3	(0.5)	267	(19.5)	73	(5.1)	27	(2.8)	225	(3.9)
20 and over.....	2619	22	(1.3)	296	(4.4)	21	(1.7)	7	(0.5)	298	(7.7)	97	(4.6)	33	(1.6)	295	(5.1)
2 and over...	3951	19	(1.2)	279	(3.4)	18	(1.4)	6	(0.5)	294	(6.9)	94	(4.4)	32	(1.6)	276	(3.6)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	250	(7.9)	12	(2.7)	5	(1.1)	259	(10.8)	72	(5.5)	28	(2.1)	248	(9.7)
20 and over.....	2217	29	(1.9)	319	(6.1)	32	(2.1)	10	(0.7)	326	(8.5)	109	(3.7)	33	(1.2)	316	(7.5)
2 and over...	3048	27	(1.7)	307	(5.5)	28	(1.8)	9	(0.6)	319	(7.5)	104	(3.3)	33	(1.1)	302	(6.4)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	236	(3.3)	9	(1.0)	4	(0.4)	257	(8.0)	75	(3.6)	29	(1.5)	233	(2.9)
20 and over.....	7707	24	(1.1)	303	(3.1)	25	(1.3)	8	(0.4)	318	(6.4)	104	(3.1)	33	(0.9)	299	(3.5)
2 and over...	11798	21	(1.0)	287	(2.6)	21	(1.1)	7	(0.4)	309	(5.4)	100	(2.8)	32	(0.9)	282	(2.8)

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.**

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-March 2020 Prepandemic *(continued)*

I r o n

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	13.3	(0.37)	0.3	(0.04)	2	(0.3)	13.8	(1.69)	3.8	(0.39)	28	(2.4)	13.2	(0.33)
20 and over.....	1900	14	(1.5)	13.6	(0.36)	0.7	(0.12)	5	(0.8)	15.5	(1.22)	5.0	(0.56)	32	(2.0)	13.4	(0.35)
2 and over...	3415	12	(1.1)	13.5	(0.29)	0.6	(0.08)	4	(0.6)	15.1	(0.99)	4.8	(0.45)	31	(1.8)	13.3	(0.28)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	12.8	(0.25)	0.5	(0.06)	4	(0.5)	14.3	(1.28)	4.2	(0.30)	29	(2.8)	12.6	(0.28)
20 and over.....	2619	22	(1.3)	14.1	(0.24)	1.0	(0.08)	7	(0.6)	13.4	(0.46)	4.6	(0.19)	34	(2.0)	14.3	(0.31)
2 and over...	3951	19	(1.2)	13.8	(0.20)	0.9	(0.07)	6	(0.5)	13.5	(0.41)	4.6	(0.17)	34	(1.9)	13.9	(0.22)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	13.7	(0.42)	0.7	(0.13)	5	(1.0)	13.3	(0.58)	3.9	(0.21)	29	(1.8)	13.8	(0.50)
20 and over.....	2217	29	(1.9)	13.8	(0.23)	1.6	(0.12)	12	(0.8)	13.8	(0.36)	5.6	(0.18)	40	(1.3)	13.7	(0.30)
2 and over...	3048	27	(1.7)	13.7	(0.22)	1.5	(0.10)	11	(0.7)	13.8	(0.32)	5.4	(0.18)	39	(1.3)	13.7	(0.27)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	13.2	(0.21)	0.5	(0.05)	4	(0.3)	13.7	(0.53)	3.9	(0.13)	29	(1.2)	13.1	(0.20)
20 and over.....	7707	24	(1.1)	13.9	(0.13)	1.2	(0.07)	9	(0.5)	13.9	(0.29)	5.2	(0.14)	38	(0.9)	13.9	(0.17)
2 and over...	11798	21	(1.0)	13.7	(0.12)	1.1	(0.06)	8	(0.4)	13.8	(0.25)	5.0	(0.13)	36	(0.9)	13.7	(0.14)

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.**

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-March 2020 Prepandemic *(continued)*

Z i n c

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	9.3	(0.29)	0.3	(0.03)	3	(0.3)	9.6	(0.60)	3.9	(0.35)	40	(2.2)	9.3	(0.30)
20 and over.....	1900	14	(1.5)	10.1	(0.21)	0.6	(0.10)	6	(1.0)	12.0	(0.89)	4.5	(0.51)	37	(2.6)	9.9	(0.18)
2 and over...	3415	12	(1.1)	9.9	(0.18)	0.5	(0.07)	5	(0.7)	11.4	(0.69)	4.3	(0.43)	38	(2.2)	9.7	(0.17)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	8.8	(0.19)	0.4	(0.08)	5	(0.9)	10.2	(1.01)	3.8	(0.45)	37	(2.5)	8.6	(0.19)
20 and over.....	2619	22	(1.3)	10.8	(0.19)	0.9	(0.09)	9	(0.8)	10.9	(0.38)	4.4	(0.24)	40	(1.7)	10.8	(0.22)
2 and over...	3951	19	(1.2)	10.3	(0.16)	0.8	(0.07)	8	(0.7)	10.8	(0.33)	4.3	(0.22)	40	(1.6)	10.2	(0.16)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	9.5	(0.24)	0.6	(0.11)	6	(1.2)	9.6	(0.38)	3.3	(0.25)	35	(2.0)	9.5	(0.28)
20 and over.....	2217	29	(1.9)	11.1	(0.17)	1.5	(0.13)	14	(1.2)	11.6	(0.30)	5.1	(0.28)	44	(1.9)	10.8	(0.24)
2 and over...	3048	27	(1.7)	10.8	(0.15)	1.3	(0.11)	12	(1.0)	11.3	(0.27)	4.9	(0.26)	43	(1.8)	10.6	(0.20)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	9.2	(0.16)	0.4	(0.04)	5	(0.4)	9.7	(0.36)	3.6	(0.18)	37	(1.2)	9.1	(0.15)
20 and over.....	7707	24	(1.1)	10.8	(0.10)	1.1	(0.07)	11	(0.6)	11.4	(0.22)	4.8	(0.18)	42	(1.2)	10.6	(0.14)
2 and over...	11798	21	(1.0)	10.4	(0.10)	1.0	(0.06)	9	(0.5)	11.1	(0.20)	4.6	(0.17)	42	(1.1)	10.2	(0.11)

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.**

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-March 2020 Prepandemic *(continued)*

C o p p e r

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	0.9	(0.02)	#		4	(0.7)	1.0	(0.08)	0.4	(0.09)	43	(5.7)	0.9	(0.02)
20 and over.....	1900	14	(1.5)	1.1	(0.03)	0.1	(0.01)	5	(0.9)	1.4	(0.08)	0.4	(0.06)	30	(3.7)	1.0	(0.02)
2 and over...	3415	12	(1.1)	1.0	(0.02)	#		5	(0.7)	1.3	(0.07)	0.4	(0.05)	32	(3.6)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	0.9	(0.02)	#		4	(0.6)	1.1	(0.12)	0.3	(0.03)	30	(4.0)	0.9	(0.01)
20 and over.....	2619	22	(1.3)	1.2	(0.03)	0.1	(0.01)	7	(0.6)	1.3	(0.10)	0.4	(0.02)	32	(2.5)	1.2	(0.03)
2 and over...	3951	19	(1.2)	1.1	(0.02)	0.1	(0.01)	7	(0.5)	1.2	(0.08)	0.4	(0.02)	32	(2.4)	1.1	(0.02)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	1.0	(0.06)	#		5	(1.2)	1.0	(0.04)	0.3	(0.03)	28	(2.4)	1.0	(0.08)
20 and over.....	2217	29	(1.9)	1.3	(0.02)	0.1	(0.01)	10	(0.7)	1.3	(0.03)	0.4	(0.02)	33	(1.1)	1.3	(0.03)
2 and over...	3048	27	(1.7)	1.2	(0.03)	0.1	(0.01)	9	(0.7)	1.3	(0.03)	0.4	(0.01)	33	(1.0)	1.2	(0.03)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	0.9	(0.02)	#		4	(0.5)	1.0	(0.05)	0.3	(0.03)	31	(2.2)	0.9	(0.02)
20 and over.....	7707	24	(1.1)	1.2	(0.01)	0.1	(0.01)	8	(0.4)	1.3	(0.03)	0.4	(0.01)	33	(1.1)	1.2	(0.02)
2 and over...	11798	21	(1.0)	1.1	(0.01)	0.1	(#)	8	(0.4)	1.3	(0.03)	0.4	(0.01)	33	(1.1)	1.1	(0.01)

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.**

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-March 2020 Prepandemic *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	95.4	(2.47)	4.3	(0.70)	5	(0.7)	103.7	(10.11)	54.2	(9.80)	52	(4.7)	94.7	(2.60)
20 and over.....	1900	14	(1.5)	111.8	(2.19)	7.8	(1.20)	7	(1.0)	138.5	(10.33)	57.7	(5.29)	42	(3.5)	107.6	(1.95)
2 and over...	3415	12	(1.1)	106.3	(1.80)	6.6	(0.91)	6	(0.8)	130.5	(7.89)	56.9	(5.21)	44	(3.6)	103.1	(1.58)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	89.2	(1.65)	4.9	(0.71)	6	(0.8)	102.4	(4.48)	45.2	(2.95)	44	(2.2)	87.6	(1.91)
20 and over.....	2619	22	(1.3)	111.2	(2.35)	11.3	(0.93)	10	(0.8)	116.9	(4.10)	52.1	(2.52)	45	(1.6)	109.6	(2.30)
2 and over...	3951	19	(1.2)	105.7	(1.68)	9.7	(0.77)	9	(0.7)	114.8	(3.50)	51.1	(2.33)	44	(1.4)	103.6	(1.52)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	96.5	(4.48)	7.8	(1.63)	8	(1.8)	112.4	(6.86)	45.2	(3.62)	40	(2.7)	93.1	(5.41)
20 and over.....	2217	29	(1.9)	114.5	(1.72)	17.2	(1.15)	15	(1.0)	123.0	(2.96)	58.9	(2.15)	48	(1.7)	110.9	(2.33)
2 and over...	3048	27	(1.7)	111.3	(1.87)	15.5	(1.08)	14	(1.0)	121.8	(2.96)	57.4	(2.06)	47	(1.6)	107.4	(2.40)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	93.7	(1.66)	5.7	(0.65)	6	(0.7)	107.6	(4.86)	46.9	(3.01)	44	(1.6)	91.8	(1.52)
20 and over.....	7707	24	(1.1)	112.5	(0.86)	13.3	(0.65)	12	(0.6)	122.0	(2.24)	56.2	(1.53)	46	(1.3)	109.5	(1.30)
2 and over...	11798	21	(1.0)	108.0	(0.80)	11.5	(0.58)	11	(0.5)	120.0	(2.07)	54.9	(1.50)	46	(1.2)	104.9	(1.10)

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.**

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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3]				*Full Service Restaurant Consumers* [4]				*Non-consumers* [5]	
				Total Intake	Intake from Full Service Restaurants	Percentages from [7] Full Service Restaurants		Total Intake	Intake from Full Service Restaurants	Percentages from [7] Full Service Restaurants		Total Intake	
(years)		%	(SE)	mg (SE)	mg (SE)	%	(SE)	mg (SE)	mg (SE)	%	(SE)	mg	(SE)
Under 131% poverty:													
2 - 19.....	1515	8	(0.9)	2066 (62.8)	70 (9.8)	3	(0.5)	2336 (200.3)	871 (102.9)	37	(3.2)	2042	(63.1)
20 and over.....	1900	14	(1.5)	2458 (53.8)	135 (23.2)	5	(0.9)	2946 (209.6)	1001 (115.6)	34	(2.4)	2382	(39.7)
2 and over...	3415	12	(1.1)	2326 (46.9)	113 (17.3)	5	(0.7)	2805 (169.4)	971 (102.4)	35	(2.3)	2263	(38.6)
131-350% poverty:													
2 - 19.....	1332	11	(1.3)	2048 (34.9)	81 (13.3)	4	(0.6)	2463 (172.4)	746 (59.4)	30	(2.5)	1997	(37.2)
20 and over.....	2619	22	(1.3)	2537 (31.7)	209 (16.0)	8	(0.6)	2558 (50.3)	964 (37.7)	38	(1.3)	2531	(41.8)
2 and over...	3951	19	(1.2)	2415 (26.0)	177 (13.9)	7	(0.5)	2545 (49.0)	933 (37.2)	37	(1.4)	2384	(29.4)
Over 350% poverty:													
2 - 19.....	831	17	(2.9)	2168 (64.7)	128 (31.0)	6	(1.4)	2353 (126.1)	739 (81.0)	31	(2.6)	2129	(76.8)
20 and over.....	2217	29	(1.9)	2716 (52.0)	311 (21.1)	11	(0.8)	2801 (74.4)	1064 (39.6)	38	(1.3)	2681	(54.6)
2 and over...	3048	27	(1.7)	2619 (45.8)	278 (19.1)	11	(0.7)	2750 (65.5)	1027 (35.0)	37	(1.2)	2570	(46.3)
All Individuals [8]:													
2 - 19.....	4091	12	(1.1)	2088 (32.9)	93 (10.8)	4	(0.5)	2356 (86.6)	768 (43.5)	33	(1.6)	2050	(27.2)
20 and over.....	7707	24	(1.1)	2595 (25.9)	243 (13.1)	9	(0.5)	2731 (52.6)	1028 (28.7)	38	(0.8)	2553	(24.7)
2 and over...	11798	21	(1.0)	2475 (21.3)	208 (11.1)	8	(0.4)	2679 (44.7)	992 (25.5)	37	(0.8)	2421	(19.5)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3]			*Full Service Restaurant Consumers* [4]			*Non-consumers* [5]	
				Total Intake	Intake from Full Service Restaurants	Percentages from [7] Full Service Restaurants	Total Intake	Intake from Full Service Restaurants	Percentages from [7] Full Service Restaurants	Total Intake	
(years)		%	(SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	mg (SE)	% (SE)	mg (SE)	
Under 131% poverty:											
2 - 19.....	1515	8	(0.9)	2944 (79.3)	111 (10.9)	4 (0.4)	3142 (164.5)	1392 (102.2)	44 (2.4)	2927 (81.0)	
20 and over.....	1900	14	(1.5)	3378 (83.3)	253 (42.6)	7 (1.2)	4225 (360.7)	1870 (198.3)	44 (2.4)	3245 (67.3)	
2 and over...	3415	12	(1.1)	3232 (67.5)	205 (29.6)	6 (0.8)	3975 (281.6)	1760 (164.6)	44 (2.1)	3134 (57.5)	
131-350% poverty:											
2 - 19.....	1332	11	(1.3)	2857 (41.1)	164 (22.3)	6 (0.8)	3551 (180.5)	1504 (75.1)	42 (1.9)	2773 (46.1)	
20 and over.....	2619	22	(1.3)	3452 (64.2)	382 (32.0)	11 (0.8)	3818 (121.3)	1767 (88.0)	46 (1.8)	3352 (64.1)	
2 and over...	3951	19	(1.2)	3303 (46.9)	327 (26.3)	10 (0.7)	3780 (94.7)	1729 (76.8)	46 (1.7)	3192 (44.3)	
Over 350% poverty:											
2 - 19.....	831	17	(2.9)	3109 (110.5)	300 (75.2)	10 (2.3)	3904 (354.0)	1733 (234.9)	44 (2.8)	2943 (115.4)	
20 and over.....	2217	29	(1.9)	3515 (54.3)	596 (44.2)	17 (1.1)	3957 (72.4)	2039 (93.0)	52 (2.0)	3333 (61.3)	
2 and over...	3048	27	(1.7)	3443 (53.1)	543 (42.0)	16 (1.1)	3951 (86.2)	2005 (89.9)	51 (1.9)	3255 (56.6)	
All Individuals [8]:											
2 - 19.....	4091	12	(1.1)	2968 (52.9)	191 (24.7)	6 (0.8)	3596 (177.5)	1570 (111.0)	44 (1.4)	2882 (44.0)	
20 and over.....	7707	24	(1.1)	3463 (28.1)	456 (25.1)	13 (0.7)	3925 (58.1)	1925 (61.3)	49 (1.3)	3319 (33.0)	
2 and over...	11798	21	(1.0)	3346 (26.2)	393 (21.5)	12 (0.6)	3880 (49.0)	1876 (53.7)	48 (1.2)	3204 (29.0)	

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.**

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-March 2020 Prepandemic *(continued)*

C a f f e i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Full Service Restaurants		*All Individuals* [3] Percentages from [7] Full Service Restaurants		*Full Service Restaurant Consumers* [4] Total Intake		*Full Service Restaurant Consumers* [4] Intake from Full Service Restaurants		*Full Service Restaurant Consumers* [4] Percentages from [7] Full Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	24.9	(1.75)	0.5	(0.10)	2*	(0.4)	37.5	(10.68)	6.7	(1.17)	18*	(5.8)	23.8	(1.94)
20 and over.....	1900	14	(1.5)	164.7	(10.36)	4.7	(1.06)	3	(0.7)	155.7	(17.10)	34.9	(7.05)	22	(4.5)	166.1	(11.75)
2 and over...	3415	12	(1.1)	117.7	(7.16)	3.3	(0.69)	3	(0.6)	128.4	(15.51)	28.4	(5.60)	22	(4.1)	116.3	(8.01)
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	26.7	(2.55)	1.6*	(0.55)	6*	(1.9)	47.7	(14.18)	14.9	(4.23)	31	(4.3)	24.2	(2.12)
20 and over.....	2619	22	(1.3)	160.0	(9.36)	7.3	(1.56)	5	(0.8)	150.9	(14.67)	33.8	(7.66)	22	(4.0)	162.5	(9.67)
2 and over...	3951	19	(1.2)	126.6	(6.93)	5.9	(1.15)	5	(0.8)	136.1	(11.69)	31.1	(6.44)	23	(3.9)	124.4	(7.19)
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	24.7	(3.71)	1.3*	(0.59)	5*	(2.1)	30.5*	(10.63)	7.8*	(3.04)	25	(3.5)	23.4	(3.34)
20 and over.....	2217	29	(1.9)	182.5	(6.96)	11.6	(2.34)	6	(1.2)	200.5	(12.92)	39.6	(7.97)	20	(3.8)	175.1	(6.71)
2 and over...	3048	27	(1.7)	154.5	(6.81)	9.7	(1.95)	6	(1.2)	181.2	(11.34)	36.0	(7.14)	20	(3.7)	144.5	(6.59)
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	25.7	(1.40)	1.1	(0.24)	4	(0.9)	36.3	(6.26)	9.2	(1.80)	25	(3.2)	24.2	(1.27)
20 and over.....	7707	24	(1.1)	168.7	(6.01)	8.5	(1.37)	5	(0.7)	176.7	(7.91)	35.9	(6.04)	20	(3.0)	166.2	(6.67)
2 and over...	11798	21	(1.0)	134.9	(4.80)	6.7	(1.06)	5	(0.7)	157.5	(6.94)	32.2	(5.26)	20	(2.9)	128.9	(5.13)

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.**

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-March 2020 Prepandemic *(continued)*

A l c o h o l

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)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	8	(0.9)	--		--		--		--		--		--		--	
20 and over.....	1900	14	(1.5)	9.5	(1.19)	0.9	(0.26)	10	(2.4)	13.0	(2.93)	6.9	(1.82)	--		9.0	(1.18)
2 and over...	3415	12	(1.1)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	1332	11	(1.3)	--		--		--		--		--		--		--	
20 and over.....	2619	22	(1.3)	7.9	(0.71)	1.3	(0.19)	17	(2.4)	12.0	(1.36)	6.1	(0.89)	51	(5.5)	6.8	(0.80)
2 and over...	3951	19	(1.2)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	831	17	(2.9)	--		--		--		--		--		--		--	
20 and over.....	2217	29	(1.9)	12.8	(0.84)	3.0	(0.34)	24	(2.4)	21.0	(1.95)	10.4	(1.30)	50	(3.9)	9.5	(0.76)
2 and over...	3048	27	(1.7)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	4091	12	(1.1)	--		--		--		--		--		--		--	
20 and over.....	7707	24	(1.1)	10.6	(0.50)	2.0	(0.19)	19	(1.6)	17.1	(1.38)	8.6	(0.87)	50	(3.0)	8.5	(0.48)
2 and over...	11798	21	(1.0)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

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-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 alchohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

Suggested Citation

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Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Food energy

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from Quick Service Restaurants kcal	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5	468	38	(3.3)	1667	(41.7)	195	(19.9)	12	(1.1)	1846	(96.6)	508	(32.2)	28	(1.6)	1556	(34.3)
6 - 11	701	35	(3.2)	1989	(38.4)	245	(16.2)	12	(0.9)	2164	(63.9)	707	(37.8)	33	(1.4)	1896	(44.5)
12 - 19	899	45	(3.5)	2299	(36.4)	519	(61.2)	23	(2.6)	2641	(48.5)	1148	(68.1)	43	(2.5)	2016	(65.3)
20 - 39	1086	54	(2.8)	2547	(53.8)	566	(39.6)	22	(1.4)	2700	(90.7)	1057	(55.8)	39	(1.5)	2369	(50.7)
40 - 59	1221	42	(3.0)	2561	(48.4)	381	(35.6)	15	(1.3)	2793	(87.5)	906	(49.4)	32	(1.5)	2392	(52.9)
60 and over	1438	30	(2.5)	2305	(32.4)	204	(20.6)	9	(0.9)	2406	(48.1)	690	(30.8)	29	(1.2)	2263	(38.8)
2 - 19	2068	40	(2.2)	2061	(20.9)	358	(28.4)	17	(1.4)	2343	(45.0)	891	(39.2)	38	(1.5)	1872	(29.4)
20 and over	3745	43	(1.9)	2483	(24.2)	399	(23.4)	16	(0.9)	2674	(49.4)	933	(35.6)	35	(1.0)	2340	(26.8)
2 and over	5813	42	(1.8)	2379	(20.3)	389	(22.4)	16	(0.9)	2596	(42.4)	923	(28.6)	36	(0.9)	2221	(22.1)
Females:																	
2 - 5	472	34	(3.3)	1417	(24.8)	152	(19.5)	11	(1.3)	1463	(36.1)	442	(28.2)	30	(1.7)	1392	(33.6)
6 - 11	710	42	(3.0)	1902	(37.9)	293	(30.6)	15	(1.5)	2077	(48.4)	699	(40.0)	34	(1.9)	1775	(50.6)
12 - 19	841	52	(3.6)	1812	(57.3)	415	(32.2)	23	(1.8)	1935	(75.9)	798	(36.6)	41	(1.7)	1679	(79.2)
20 - 39	1272	52	(2.3)	1940	(17.6)	414	(20.0)	21	(1.0)	2014	(29.5)	802	(30.2)	40	(1.3)	1861	(25.9)
40 - 59	1327	40	(2.6)	1834	(35.5)	266	(15.7)	15	(0.9)	1871	(46.7)	671	(37.2)	36	(1.5)	1810	(45.5)
60 and over	1363	24	(2.1)	1696	(34.0)	141	(17.3)	8	(0.9)	1795	(50.1)	588	(34.2)	33	(1.8)	1664	(39.6)
2 - 19	2023	45	(2.3)	1757	(31.5)	319	(23.4)	18	(1.2)	1901	(44.0)	709	(30.4)	37	(1.3)	1639	(33.6)
20 and over	3962	39	(1.6)	1829	(17.7)	280	(11.7)	15	(0.6)	1923	(23.1)	717	(23.7)	37	(1.1)	1768	(23.0)
2 and over	5985	40	(1.4)	1812	(12.1)	289	(10.8)	16	(0.6)	1918	(19.3)	715	(18.1)	37	(0.8)	1741	(17.3)
Males and Females:																	
2 - 19	4091	43	(1.6)	1911	(19.7)	339	(19.4)	18	(0.9)	2113	(36.4)	797	(28.8)	38	(1.0)	1762	(19.4)
20 and over	7707	41	(1.6)	2144	(14.9)	337	(14.6)	16	(0.6)	2302	(28.2)	826	(24.4)	36	(0.9)	2034	(19.6)
2 and over	11798	41	(1.4)	2089	(11.3)	337	(13.9)	16	(0.6)	2256	(22.2)	819	(19.0)	36	(0.7)	1972	(16.5)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Protein

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	56.9	(1.56)	6.7	(0.61)	12	(1.1)	60.8	(3.21)	17.4	(1.09)	29	(1.5)	54.6	(1.61)
6 - 11	701	35	(3.2)	66.7	(1.57)	8.9	(0.79)	13	(1.3)	71.5	(2.71)	25.6	(1.32)	36	(1.8)	64.2	(1.70)
12 - 19	899	45	(3.5)	86.6	(2.44)	19.9	(2.26)	23	(2.4)	96.2	(2.76)	44.0	(2.82)	46	(2.2)	78.7	(3.34)
20 - 39	1086	54	(2.8)	96.6	(1.91)	23.0	(1.42)	24	(1.3)	100.7	(3.13)	43.0	(1.89)	43	(1.7)	91.8	(2.36)
40 - 59	1221	42	(3.0)	97.7	(2.18)	15.2	(1.36)	16	(1.3)	100.9	(3.36)	36.1	(1.88)	36	(1.8)	95.3	(2.93)
60 and over	1438	30	(2.5)	87.0	(1.88)	8.1	(0.80)	9	(0.9)	90.7	(2.56)	27.6	(1.81)	30	(2.3)	85.4	(2.07)
2 - 19	2068	40	(2.2)	73.6	(1.27)	13.4	(1.14)	18	(1.4)	81.9	(2.08)	33.3	(1.69)	41	(1.6)	68.1	(1.42)
20 and over	3745	43	(1.9)	94.2	(1.14)	16.1	(0.89)	17	(0.8)	98.8	(1.90)	37.6	(1.28)	38	(1.1)	90.8	(1.23)
2 and over	5813	42	(1.8)	89.2	(1.09)	15.4	(0.87)	17	(0.9)	94.8	(1.71)	36.6	(1.09)	39	(1.0)	85.0	(1.04)
Females:																	
2 - 5	472	34	(3.3)	50.0	(0.92)	5.3	(0.69)	11	(1.3)	47.9	(1.62)	15.5	(1.08)	32	(2.0)	51.0	(1.32)
6 - 11	710	42	(3.0)	63.0	(1.31)	9.4	(1.03)	15	(1.6)	66.2	(1.66)	22.4	(1.32)	34	(2.0)	60.6	(1.91)
12 - 19	841	52	(3.6)	62.3	(2.91)	14.5	(1.02)	23	(2.0)	63.9	(3.47)	28.0	(1.55)	44	(2.6)	60.6	(3.80)
20 - 39	1272	52	(2.3)	72.1	(0.90)	16.1	(0.85)	22	(1.2)	74.6	(1.76)	31.1	(1.39)	42	(1.8)	69.5	(2.26)
40 - 59	1327	40	(2.6)	68.7	(1.69)	10.1	(0.59)	15	(0.8)	67.3	(1.93)	25.6	(1.77)	38	(2.4)	69.5	(2.10)
60 and over	1363	24	(2.1)	65.2	(1.59)	5.2	(0.57)	8	(0.9)	65.5	(1.15)	21.6	(1.31)	33	(1.9)	65.1	(1.99)
2 - 19	2023	45	(2.3)	59.9	(1.61)	10.9	(0.77)	18	(1.3)	62.0	(1.94)	24.2	(1.05)	39	(1.5)	58.2	(1.78)
20 and over	3962	39	(1.6)	68.8	(0.93)	10.7	(0.39)	16	(0.6)	70.4	(1.14)	27.4	(1.00)	39	(1.4)	67.8	(1.47)
2 and over	5985	40	(1.4)	66.8	(0.79)	10.7	(0.37)	16	(0.5)	68.2	(1.17)	26.6	(0.78)	39	(1.2)	65.8	(1.19)
Males and Females:																	
2 - 19	4091	43	(1.6)	66.9	(1.26)	12.2	(0.71)	18	(1.0)	71.5	(1.85)	28.6	(1.10)	40	(1.2)	63.4	(1.27)
20 and over	7707	41	(1.6)	81.0	(0.74)	13.3	(0.52)	16	(0.6)	84.7	(1.00)	32.5	(0.88)	38	(1.0)	78.5	(1.13)
2 and over	11798	41	(1.4)	77.7	(0.75)	13.0	(0.51)	17	(0.6)	81.5	(1.11)	31.6	(0.73)	39	(0.9)	75.0	(0.95)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

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

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	222	(5.6)	23	(2.5)	10	(1.0)	250	(13.4)	59	(3.7)	24	(1.6)	205	(3.8)
6 - 11	701	35	(3.2)	258	(5.9)	27	(1.7)	11	(0.8)	278	(7.4)	79	(4.5)	28	(1.5)	247	(8.0)
12 - 19	899	45	(3.5)	282	(4.4)	57	(7.1)	20	(2.5)	319	(6.5)	126	(7.9)	40	(2.8)	250	(7.9)
20 - 39	1086	54	(2.8)	289	(7.1)	59	(4.3)	21	(1.3)	305	(10.5)	111	(5.7)	36	(1.5)	272	(8.4)
40 - 59	1221	42	(3.0)	285	(4.8)	40	(3.6)	14	(1.2)	315	(11.1)	95	(5.4)	30	(1.5)	264	(6.5)
60 and over	1438	30	(2.5)	260	(4.1)	21	(2.3)	8	(0.9)	272	(6.6)	71	(3.5)	26	(1.2)	255	(5.4)
2 - 19	2068	40	(2.2)	261	(2.5)	40	(3.1)	15	(1.2)	293	(6.0)	99	(4.2)	34	(1.5)	239	(3.8)
20 and over	3745	43	(1.9)	280	(3.5)	42	(2.4)	15	(0.8)	302	(6.5)	98	(3.7)	32	(1.0)	263	(3.5)
2 and over	5813	42	(1.8)	275	(2.8)	41	(2.3)	15	(0.8)	300	(5.6)	98	(2.8)	33	(0.9)	257	(2.8)
Females:																	
2 - 5	472	34	(3.3)	189	(3.8)	18	(2.3)	9	(1.2)	195	(5.3)	52	(3.5)	27	(1.8)	186	(5.4)
6 - 11	710	42	(3.0)	248	(6.0)	34	(3.8)	14	(1.4)	268	(6.9)	81	(5.3)	30	(1.8)	234	(7.3)
12 - 19	841	52	(3.6)	227	(6.6)	47	(4.3)	21	(1.6)	244	(9.9)	91	(4.7)	37	(1.5)	208	(7.1)
20 - 39	1272	52	(2.3)	225	(3.3)	44	(2.3)	20	(1.0)	232	(4.8)	86	(3.3)	37	(1.1)	217	(3.7)
40 - 59	1327	40	(2.6)	213	(5.6)	29	(1.8)	13	(0.9)	218	(7.3)	72	(4.3)	33	(1.5)	209	(7.3)
60 and over	1363	24	(2.1)	194	(4.7)	15	(2.0)	8	(1.0)	205	(7.5)	63	(4.1)	31	(1.9)	190	(5.8)
2 - 19	2023	45	(2.3)	226	(3.8)	37	(2.9)	16	(1.1)	243	(5.9)	81	(3.7)	33	(1.1)	211	(3.1)
20 and over	3962	39	(1.6)	211	(2.2)	30	(1.4)	14	(0.6)	222	(3.3)	77	(2.6)	35	(1.0)	204	(2.8)
2 and over	5985	40	(1.4)	214	(1.6)	32	(1.3)	15	(0.6)	228	(2.7)	78	(1.9)	34	(0.8)	206	(2.2)
Males and Females:																	
2 - 19	4091	43	(1.6)	244	(2.4)	38	(2.2)	16	(0.8)	267	(4.4)	90	(3.2)	34	(1.0)	226	(2.4)
20 and over	7707	41	(1.6)	244	(2.1)	36	(1.6)	15	(0.6)	262	(3.7)	87	(2.6)	33	(0.8)	232	(2.5)
2 and over	11798	41	(1.4)	244	(1.6)	36	(1.5)	15	(0.6)	263	(2.9)	88	(1.9)	33	(0.7)	230	(2.1)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	109	(4.3)	8	(1.4)	7	(1.2)	121	(8.6)	20	(2.5)	16	(2.1)	101	(3.6)
6 - 11	701	35	(3.2)	117	(3.1)	10	(0.7)	8	(0.6)	128	(4.6)	28	(2.5)	22	(2.0)	111	(3.9)
12 - 19	899	45	(3.5)	125	(3.1)	20	(3.3)	16	(2.6)	145	(5.2)	45	(5.0)	31	(3.4)	109	(3.4)
20 - 39	1086	54	(2.8)	119	(5.1)	18	(1.5)	15	(1.2)	124	(6.1)	34	(2.0)	28	(1.5)	114	(5.6)
40 - 59	1221	42	(3.0)	126	(4.6)	14	(1.5)	11	(1.0)	139	(9.1)	33	(2.6)	24	(1.4)	117	(4.4)
60 and over	1438	30	(2.5)	111	(2.4)	6	(0.9)	6	(0.8)	117	(5.9)	22	(1.8)	19	(1.2)	109	(3.3)
2 - 19	2068	40	(2.2)	119	(1.7)	14	(1.3)	12	(1.1)	135	(4.1)	35	(2.3)	26	(1.7)	108	(1.7)
20 and over	3745	43	(1.9)	119	(3.0)	13	(0.8)	11	(0.6)	127	(4.6)	31	(1.3)	24	(0.9)	113	(2.4)
2 and over	5813	42	(1.8)	119	(2.4)	13	(0.8)	11	(0.7)	129	(3.8)	32	(1.0)	25	(0.9)	112	(1.9)
Females:																	
2 - 5	472	34	(3.3)	92	(2.6)	6	(0.9)	7	(1.0)	93	(3.8)	18	(1.6)	19	(1.8)	92	(3.5)
6 - 11	710	42	(3.0)	112	(3.6)	13	(1.9)	12	(1.6)	122	(4.8)	32	(3.1)	26	(2.1)	106	(4.1)
12 - 19	841	52	(3.6)	99	(3.7)	19	(2.7)	19	(2.3)	110	(4.9)	37	(4.0)	34	(2.9)	88	(3.9)
20 - 39	1272	52	(2.3)	96	(3.0)	16	(1.1)	17	(1.1)	101	(3.5)	32	(1.7)	32	(1.2)	92	(3.8)
40 - 59	1327	40	(2.6)	96	(2.9)	10	(0.7)	11	(0.7)	97	(5.3)	26	(2.1)	27	(1.3)	95	(3.3)
60 and over	1363	24	(2.1)	84	(2.9)	5	(0.8)	6	(0.8)	86	(3.9)	21	(2.0)	25	(2.3)	84	(3.6)
2 - 19	2023	45	(2.3)	102	(2.3)	14	(1.6)	14	(1.4)	111	(3.5)	32	(2.6)	29	(1.9)	95	(1.8)
20 and over	3962	39	(1.6)	92	(1.4)	11	(0.6)	12	(0.7)	96	(2.2)	28	(1.1)	29	(1.0)	90	(2.0)
2 and over	5985	40	(1.4)	95	(1.1)	12	(0.6)	12	(0.7)	100	(1.8)	29	(1.0)	29	(1.0)	91	(1.5)
Males and Females:																	
2 - 19	4091	43	(1.6)	111	(1.5)	14	(1.0)	13	(0.8)	122	(2.7)	33	(1.8)	27	(1.3)	102	(1.3)
20 and over	7707	41	(1.6)	105	(1.7)	12	(0.6)	11	(0.5)	112	(2.4)	30	(1.0)	26	(0.7)	101	(1.8)
2 and over	11798	41	(1.4)	107	(1.4)	13	(0.6)	12	(0.5)	115	(2.0)	30	(0.7)	27	(0.6)	101	(1.6)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Dietary fiber

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	12.5	(0.37)	1.3	(0.13)	10	(0.9)	13.6	(0.69)	3.4	(0.22)	25	(1.7)	11.8	(0.49)
6 - 11	701	35	(3.2)	14.7	(0.65)	1.5	(0.12)	10	(1.0)	14.6	(0.64)	4.3	(0.32)	30	(2.0)	14.8	(0.91)
12 - 19	899	45	(3.5)	15.4	(0.39)	3.2	(0.44)	21	(2.8)	16.7	(0.81)	7.2	(0.63)	43	(3.0)	14.3	(0.68)
20 - 39	1086	54	(2.8)	17.7	(0.50)	3.5	(0.25)	20	(1.3)	17.9	(0.82)	6.5	(0.40)	36	(1.7)	17.4	(0.58)
40 - 59	1221	42	(3.0)	18.7	(0.45)	2.5	(0.31)	14	(1.6)	19.4	(0.69)	6.0	(0.50)	31	(2.1)	18.1	(0.63)
60 and over	1438	30	(2.5)	17.9	(0.47)	1.3	(0.13)	7	(0.7)	17.2	(0.57)	4.4	(0.30)	25	(1.5)	18.2	(0.60)
2 - 19	2068	40	(2.2)	14.6	(0.29)	2.2	(0.21)	15	(1.4)	15.5	(0.49)	5.6	(0.37)	36	(1.9)	13.9	(0.46)
20 and over	3745	43	(1.9)	18.1	(0.32)	2.5	(0.17)	14	(0.9)	18.3	(0.39)	5.9	(0.29)	33	(1.3)	18.0	(0.43)
2 and over	5813	42	(1.8)	17.2	(0.28)	2.5	(0.17)	14	(0.9)	17.6	(0.36)	5.9	(0.27)	33	(1.1)	16.9	(0.39)
Females:																	
2 - 5	472	34	(3.3)	12.0	(0.41)	1.0	(0.14)	9	(1.3)	11.0	(0.60)	3.0	(0.23)	27	(2.0)	12.5	(0.65)
6 - 11	710	42	(3.0)	14.7	(0.40)	1.8	(0.19)	12	(1.2)	15.5	(0.60)	4.3	(0.31)	28	(1.4)	14.2	(0.54)
12 - 19	841	52	(3.6)	13.6	(0.85)	2.5	(0.25)	19	(1.5)	14.1	(1.44)	4.9	(0.29)	35	(2.5)	13.0	(0.65)
20 - 39	1272	52	(2.3)	15.5	(0.43)	2.5	(0.15)	16	(1.1)	14.6	(0.52)	4.9	(0.23)	33	(2.2)	16.4	(0.61)
40 - 59	1327	40	(2.6)	15.0	(0.54)	1.6	(0.11)	11	(0.8)	14.0	(0.48)	4.2	(0.30)	30	(1.8)	15.7	(0.84)
60 and over	1363	24	(2.1)	15.2	(0.48)	1.0	(0.16)	6	(1.0)	14.2	(0.62)	4.1	(0.37)	29	(2.4)	15.4	(0.62)
2 - 19	2023	45	(2.3)	13.6	(0.41)	2.0	(0.16)	14	(1.0)	14.0	(0.72)	4.4	(0.20)	31	(1.4)	13.3	(0.38)
20 and over	3962	39	(1.6)	15.2	(0.37)	1.7	(0.07)	11	(0.5)	14.3	(0.37)	4.5	(0.15)	31	(1.3)	15.8	(0.50)
2 and over	5985	40	(1.4)	14.9	(0.32)	1.8	(0.07)	12	(0.5)	14.2	(0.36)	4.5	(0.11)	31	(1.2)	15.3	(0.44)
Males and Females:																	
2 - 19	4091	43	(1.6)	14.1	(0.29)	2.1	(0.16)	15	(0.9)	14.7	(0.55)	5.0	(0.25)	34	(1.2)	13.6	(0.35)
20 and over	7707	41	(1.6)	16.6	(0.32)	2.1	(0.10)	13	(0.6)	16.3	(0.33)	5.2	(0.18)	32	(1.0)	16.8	(0.42)
2 and over	11798	41	(1.4)	16.0	(0.27)	2.1	(0.10)	13	(0.6)	15.9	(0.32)	5.2	(0.16)	32	(0.9)	16.1	(0.37)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T o t a l f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	63.7	(2.08)	8.8	(0.96)	14	(1.5)	69.7	(4.15)	22.9	(1.85)	33	(2.2)	59.9	(2.09)
6 - 11	701	35	(3.2)	79.2	(1.92)	11.3	(0.73)	14	(1.0)	87.6	(3.42)	32.6	(1.89)	37	(1.7)	74.8	(2.07)
12 - 19	899	45	(3.5)	93.5	(1.91)	23.7	(2.83)	25	(2.9)	110.7	(3.12)	52.4	(3.39)	47	(2.7)	79.4	(3.15)
20 - 39	1086	54	(2.8)	100.5	(2.62)	26.0	(1.88)	26	(1.6)	107.6	(4.21)	48.6	(2.91)	45	(1.9)	92.3	(2.59)
40 - 59	1221	42	(3.0)	104.4	(3.02)	17.9	(1.84)	17	(1.5)	115.6	(4.95)	42.5	(2.63)	37	(2.1)	96.2	(3.07)
60 and over	1438	30	(2.5)	97.6	(1.60)	9.7	(0.95)	10	(1.0)	103.6	(2.28)	33.0	(1.48)	32	(1.3)	95.1	(2.19)
2 - 19	2068	40	(2.2)	82.4	(1.21)	16.4	(1.34)	20	(1.5)	95.7	(2.34)	40.7	(2.00)	43	(1.6)	73.5	(1.44)
20 and over	3745	43	(1.9)	101.0	(1.14)	18.6	(1.15)	18	(1.1)	109.6	(2.35)	43.4	(1.82)	40	(1.4)	94.6	(1.29)
2 and over	5813	42	(1.8)	96.4	(1.00)	18.0	(1.09)	19	(1.0)	106.3	(2.09)	42.8	(1.51)	40	(1.1)	89.3	(1.03)
Females:																	
2 - 5	472	34	(3.3)	53.2	(1.01)	6.7	(0.87)	13	(1.5)	56.6	(1.60)	19.6	(1.29)	35	(1.9)	51.4	(1.34)
6 - 11	710	42	(3.0)	75.6	(1.63)	13.5	(1.32)	18	(1.7)	85.1	(2.75)	32.2	(1.78)	38	(2.2)	68.6	(2.05)
12 - 19	841	52	(3.6)	74.7	(2.90)	19.0	(1.47)	25	(2.2)	79.8	(3.45)	36.5	(1.97)	46	(2.3)	69.1	(4.51)
20 - 39	1272	52	(2.3)	81.1	(1.14)	19.3	(0.99)	24	(1.1)	86.0	(1.62)	37.4	(1.64)	43	(1.8)	75.9	(2.01)
40 - 59	1327	40	(2.6)	75.4	(1.66)	12.5	(0.80)	17	(1.1)	78.3	(2.31)	31.6	(1.70)	40	(1.9)	73.5	(2.21)
60 and over	1363	24	(2.1)	71.8	(2.08)	6.7	(0.84)	9	(1.0)	78.9	(2.67)	28.1	(1.79)	36	(2.1)	69.5	(2.41)
2 - 19	2023	45	(2.3)	70.3	(1.58)	14.6	(1.03)	21	(1.4)	77.6	(2.19)	32.4	(1.50)	42	(1.6)	64.4	(1.93)
20 and over	3962	39	(1.6)	76.3	(1.01)	13.1	(0.56)	17	(0.7)	82.0	(1.10)	33.6	(1.18)	41	(1.4)	72.6	(1.42)
2 and over	5985	40	(1.4)	75.0	(0.70)	13.5	(0.51)	18	(0.7)	80.9	(1.08)	33.3	(0.92)	41	(1.1)	70.9	(1.01)
Males and Females:																	
2 - 19	4091	43	(1.6)	76.5	(1.00)	15.5	(0.91)	20	(1.0)	86.3	(1.87)	36.4	(1.43)	42	(1.1)	69.2	(0.96)
20 and over	7707	41	(1.6)	88.2	(0.72)	15.7	(0.71)	18	(0.7)	95.9	(1.29)	38.6	(1.20)	40	(1.1)	82.9	(0.96)
2 and over	11798	41	(1.4)	85.4	(0.60)	15.7	(0.68)	18	(0.7)	93.6	(1.14)	38.0	(0.96)	41	(0.9)	79.7	(0.78)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Saturated fat

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	22.3	(0.76)	2.6	(0.27)	12	(1.3)	23.8	(1.67)	6.9	(0.43)	29	(2.3)	21.4	(0.95)
6 - 11	701	35	(3.2)	27.9	(0.73)	4.0	(0.29)	14	(1.0)	30.9	(1.19)	11.6	(0.72)	37	(2.0)	26.3	(0.96)
12 - 19	899	45	(3.5)	32.2	(0.62)	8.3	(0.96)	26	(2.8)	38.2	(1.04)	18.3	(1.17)	48	(2.7)	27.3	(1.03)
20 - 39	1086	54	(2.8)	32.8	(0.82)	8.8	(0.65)	27	(1.7)	35.4	(1.21)	16.5	(0.96)	47	(2.1)	29.7	(1.00)
40 - 59	1221	42	(3.0)	33.3	(0.80)	6.2	(0.68)	19	(1.8)	37.2	(1.23)	14.7	(1.01)	39	(2.3)	30.4	(1.05)
60 and over	1438	30	(2.5)	32.2	(0.76)	3.4	(0.33)	10	(1.1)	34.4	(0.98)	11.4	(0.47)	33	(1.4)	31.3	(1.00)
2 - 19	2068	40	(2.2)	28.7	(0.44)	5.6	(0.44)	20	(1.5)	33.2	(0.75)	14.0	(0.65)	42	(1.7)	25.6	(0.49)
20 and over	3745	43	(1.9)	32.8	(0.39)	6.4	(0.42)	19	(1.2)	35.8	(0.72)	14.9	(0.62)	41	(1.2)	30.5	(0.46)
2 and over	5813	42	(1.8)	31.8	(0.35)	6.2	(0.39)	19	(1.1)	35.2	(0.65)	14.7	(0.53)	42	(1.0)	29.3	(0.36)
Females:																	
2 - 5	472	34	(3.3)	18.3	(0.46)	2.0	(0.27)	11	(1.4)	19.1	(0.71)	5.9	(0.40)	31	(1.7)	17.9	(0.56)
6 - 11	710	42	(3.0)	26.4	(0.52)	4.4	(0.44)	17	(1.6)	29.1	(0.87)	10.5	(0.63)	36	(2.0)	24.5	(0.74)
12 - 19	841	52	(3.6)	25.0	(0.80)	6.3	(0.57)	25	(2.4)	26.5	(0.92)	12.2	(0.67)	46	(2.0)	23.3	(1.40)
20 - 39	1272	52	(2.3)	26.5	(0.40)	6.4	(0.31)	24	(1.1)	28.4	(0.59)	12.3	(0.48)	43	(1.8)	24.4	(0.68)
40 - 59	1327	40	(2.6)	24.4	(0.61)	4.1	(0.24)	17	(1.1)	25.4	(0.83)	10.3	(0.49)	41	(1.7)	23.7	(0.86)
60 and over	1363	24	(2.1)	23.2	(0.91)	2.2	(0.27)	10	(1.0)	25.2	(0.73)	9.3	(0.57)	37	(1.8)	22.6	(1.09)
2 - 19	2023	45	(2.3)	24.0	(0.51)	4.8	(0.39)	20	(1.6)	26.1	(0.74)	10.6	(0.57)	41	(1.5)	22.3	(0.69)
20 and over	3962	39	(1.6)	24.7	(0.42)	4.3	(0.18)	17	(0.8)	26.8	(0.39)	11.1	(0.32)	41	(1.2)	23.4	(0.63)
2 and over	5985	40	(1.4)	24.6	(0.28)	4.4	(0.18)	18	(0.7)	26.6	(0.38)	11.0	(0.28)	41	(0.9)	23.2	(0.42)
Males and Females:																	
2 - 19	4091	43	(1.6)	26.4	(0.33)	5.2	(0.32)	20	(1.1)	29.5	(0.55)	12.3	(0.50)	42	(1.3)	24.1	(0.35)
20 and over	7707	41	(1.6)	28.6	(0.32)	5.3	(0.25)	19	(0.8)	31.3	(0.40)	13.0	(0.36)	41	(0.9)	26.7	(0.48)
2 and over	11798	41	(1.4)	28.1	(0.26)	5.3	(0.24)	19	(0.8)	30.9	(0.34)	12.8	(0.30)	41	(0.7)	26.1	(0.36)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	20.7	(0.71)	3.0	(0.34)	15	(1.6)	22.7	(1.26)	7.9	(0.68)	35	(2.2)	19.4	(0.70)
6 - 11	701	35	(3.2)	26.0	(0.64)	3.8	(0.25)	15	(1.0)	29.3	(1.10)	11.0	(0.60)	38	(1.7)	24.3	(0.71)
12 - 19	899	45	(3.5)	30.9	(0.69)	7.7	(0.89)	25	(2.8)	36.3	(1.28)	17.0	(1.07)	47	(2.7)	26.5	(1.18)
20 - 39	1086	54	(2.8)	34.4	(0.95)	8.8	(0.67)	25	(1.6)	37.3	(1.57)	16.4	(1.06)	44	(2.1)	31.1	(0.96)
40 - 59	1221	42	(3.0)	36.4	(1.30)	6.0	(0.61)	17	(1.4)	40.6	(2.23)	14.4	(0.90)	35	(2.2)	33.3	(1.07)
60 and over	1438	30	(2.5)	33.1	(0.56)	3.3	(0.33)	10	(1.0)	35.1	(0.82)	11.1	(0.51)	31	(1.1)	32.3	(0.77)
2 - 19	2068	40	(2.2)	27.1	(0.45)	5.4	(0.43)	20	(1.5)	31.6	(0.85)	13.4	(0.63)	43	(1.6)	24.1	(0.54)
20 and over	3745	43	(1.9)	34.7	(0.50)	6.3	(0.40)	18	(1.0)	38.0	(1.04)	14.6	(0.64)	38	(1.5)	32.3	(0.44)
2 and over	5813	42	(1.8)	32.9	(0.43)	6.0	(0.37)	18	(1.0)	36.5	(0.91)	14.3	(0.53)	39	(1.2)	30.2	(0.36)
Females:																	
2 - 5	472	34	(3.3)	17.5	(0.40)	2.3	(0.29)	13	(1.5)	18.6	(0.57)	6.7	(0.42)	36	(2.0)	16.9	(0.55)
6 - 11	710	42	(3.0)	24.4	(0.56)	4.4	(0.44)	18	(1.7)	27.7	(1.08)	10.5	(0.60)	38	(2.5)	22.0	(0.64)
12 - 19	841	52	(3.6)	24.0	(0.91)	6.2	(0.44)	26	(2.3)	25.2	(0.84)	11.9	(0.63)	47	(2.1)	22.7	(1.55)
20 - 39	1272	52	(2.3)	27.4	(0.51)	6.4	(0.36)	23	(1.2)	28.6	(0.64)	12.4	(0.63)	43	(2.0)	26.0	(0.91)
40 - 59	1327	40	(2.6)	25.7	(0.61)	4.2	(0.27)	16	(1.1)	26.7	(0.78)	10.5	(0.54)	39	(1.8)	25.0	(0.82)
60 and over	1363	24	(2.1)	24.4	(0.73)	2.3	(0.29)	9	(1.0)	27.4	(1.10)	9.5	(0.72)	35	(2.6)	23.4	(0.82)
2 - 19	2023	45	(2.3)	22.7	(0.47)	4.8	(0.32)	21	(1.5)	24.9	(0.64)	10.6	(0.46)	43	(1.7)	21.0	(0.64)
20 and over	3962	39	(1.6)	25.9	(0.37)	4.4	(0.19)	17	(0.7)	27.7	(0.42)	11.2	(0.45)	40	(1.5)	24.7	(0.51)
2 and over	5985	40	(1.4)	25.2	(0.27)	4.5	(0.17)	18	(0.6)	27.0	(0.41)	11.0	(0.34)	41	(1.2)	23.9	(0.39)
Males and Females:																	
2 - 19	4091	43	(1.6)	25.0	(0.26)	5.1	(0.28)	20	(1.0)	28.1	(0.50)	12.0	(0.44)	43	(1.1)	22.6	(0.36)
20 and over	7707	41	(1.6)	30.1	(0.31)	5.3	(0.25)	17	(0.7)	32.9	(0.56)	12.9	(0.45)	39	(1.2)	28.2	(0.33)
2 and over	11798	41	(1.4)	28.9	(0.26)	5.2	(0.23)	18	(0.7)	31.7	(0.46)	12.7	(0.36)	40	(1.0)	26.9	(0.28)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	38	(3.3)	14.0	(0.54)	2.3	(0.29)	16	(1.8)	15.9	(1.00)	5.9	(0.65)	37	(2.9)	12.8	(0.41)
6 - 11	701	35	(3.2)	17.4	(0.72)	2.4	(0.18)	14	(1.2)	18.8	(1.07)	7.0	(0.55)	37	(1.9)	16.7	(0.80)
12 - 19	899	45	(3.5)	20.8	(0.70)	5.5	(0.74)	27	(3.2)	25.1	(1.06)	12.2	(0.96)	49	(2.8)	17.2	(0.91)
20 - 39	1086	54	(2.8)	23.0	(0.71)	5.9	(0.43)	26	(1.6)	24.0	(1.19)	11.1	(0.70)	46	(1.7)	21.9	(0.74)
40 - 59	1221	42	(3.0)	24.3	(0.93)	4.0	(0.44)	17	(1.6)	26.7	(1.49)	9.6	(0.69)	36	(2.6)	22.6	(0.91)
60 and over	1438	30	(2.5)	22.9	(0.66)	2.2	(0.23)	10	(0.9)	24.0	(1.58)	7.4	(0.47)	31	(2.8)	22.4	(0.56)
2 - 19	2068	40	(2.2)	18.2	(0.39)	3.8	(0.35)	21	(1.8)	21.4	(0.78)	9.4	(0.60)	44	(1.8)	16.1	(0.47)
20 and over	3745	43	(1.9)	23.4	(0.39)	4.2	(0.26)	18	(1.1)	24.9	(0.68)	9.8	(0.48)	40	(1.9)	22.3	(0.45)
2 and over	5813	42	(1.8)	22.1	(0.34)	4.1	(0.25)	19	(1.1)	24.1	(0.61)	9.7	(0.40)	40	(1.5)	20.7	(0.37)
Females:																	
2 - 5	472	34	(3.3)	11.6	(0.31)	1.8	(0.25)	15	(2.0)	13.0	(0.49)	5.1	(0.49)	40	(2.7)	10.9	(0.42)
6 - 11	710	42	(3.0)	17.2	(0.51)	3.5	(0.41)	20	(2.2)	20.4	(1.01)	8.3	(0.70)	41	(3.1)	14.9	(0.60)
12 - 19	841	52	(3.6)	18.5	(1.27)	4.8	(0.42)	26	(2.5)	20.5	(2.13)	9.2	(0.66)	45	(4.4)	16.3	(1.44)
20 - 39	1272	52	(2.3)	19.2	(0.44)	4.7	(0.26)	25	(1.3)	20.5	(0.53)	9.1	(0.44)	44	(1.8)	17.7	(0.74)
40 - 59	1327	40	(2.6)	17.8	(0.54)	3.1	(0.27)	18	(1.6)	18.6	(0.84)	7.9	(0.61)	42	(2.6)	17.2	(0.75)
60 and over	1363	24	(2.1)	17.2	(0.45)	1.6	(0.23)	9	(1.3)	18.7	(0.91)	6.7	(0.55)	36	(2.9)	16.8	(0.53)
2 - 19	2023	45	(2.3)	16.6	(0.61)	3.7	(0.27)	22	(1.6)	19.2	(1.19)	8.2	(0.46)	43	(2.6)	14.4	(0.60)
20 and over	3962	39	(1.6)	18.1	(0.32)	3.2	(0.16)	18	(1.0)	19.5	(0.39)	8.2	(0.36)	42	(1.7)	17.2	(0.45)
2 and over	5985	40	(1.4)	17.8	(0.29)	3.3	(0.13)	19	(0.9)	19.4	(0.44)	8.2	(0.26)	42	(1.5)	16.6	(0.40)
Males and Females:																	
2 - 19	4091	43	(1.6)	17.4	(0.41)	3.7	(0.24)	22	(1.1)	20.3	(0.88)	8.8	(0.43)	43	(1.4)	15.3	(0.38)
20 and over	7707	41	(1.6)	20.7	(0.26)	3.7	(0.16)	18	(0.8)	22.2	(0.42)	9.0	(0.33)	41	(1.5)	19.6	(0.31)
2 and over	11798	41	(1.4)	19.9	(0.25)	3.7	(0.16)	19	(0.8)	21.8	(0.42)	9.0	(0.27)	41	(1.2)	18.6	(0.28)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	195	(9.9)	20	(2.4)	10	(1.4)	188	(11.6)	52	(4.3)	28	(2.1)	200	(15.3)
6 - 11	701	35	(3.2)	238	(10.2)	31	(3.3)	13	(1.3)	281	(15.5)	89	(6.6)	32	(2.9)	216	(13.1)
12 - 19	899	45	(3.5)	286	(11.3)	61	(7.0)	21	(2.5)	320	(15.4)	135	(10.5)	42	(3.5)	258	(15.3)
20 - 39	1086	54	(2.8)	372	(12.0)	80	(5.6)	21	(1.2)	362	(16.0)	149	(8.9)	41	(2.3)	383	(21.5)
40 - 59	1221	42	(3.0)	370	(10.3)	58	(5.6)	16	(1.3)	386	(18.9)	138	(8.1)	36	(2.0)	359	(15.6)
60 and over	1438	30	(2.5)	337	(10.7)	29	(3.2)	9	(0.9)	349	(17.9)	97	(8.3)	28	(1.7)	332	(10.1)
2 - 19	2068	40	(2.2)	251	(7.0)	42	(3.6)	17	(1.4)	282	(10.1)	105	(6.0)	37	(2.3)	230	(8.4)
20 and over	3745	43	(1.9)	361	(5.7)	58	(3.3)	16	(0.8)	368	(8.5)	135	(4.9)	37	(1.1)	357	(7.7)
2 and over	5813	42	(1.8)	334	(3.8)	54	(3.0)	16	(0.8)	348	(6.8)	128	(4.3)	37	(1.1)	324	(5.0)
Females:																	
2 - 5	472	34	(3.3)	181	(10.6)	15	(2.2)	8	(1.2)	177	(16.5)	45	(4.0)	25	(3.1)	183	(12.6)
6 - 11	710	42	(3.0)	211	(7.9)	28	(3.0)	13	(1.5)	208	(12.6)	66	(4.3)	32	(2.9)	213	(11.1)
12 - 19	841	52	(3.6)	215	(8.5)	50	(4.5)	23	(2.4)	220	(11.0)	97	(7.5)	44	(3.0)	210	(11.3)
20 - 39	1272	52	(2.3)	280	(8.6)	58	(4.9)	21	(1.7)	271	(14.4)	113	(8.1)	41	(1.9)	289	(15.7)
40 - 59	1327	40	(2.6)	274	(12.5)	38	(2.8)	14	(1.2)	272	(18.1)	97	(9.1)	36	(4.1)	276	(16.8)
60 and over	1363	24	(2.1)	256	(8.2)	19	(2.0)	8	(0.7)	254	(12.3)	81	(5.9)	32	(2.3)	257	(10.6)
2 - 19	2023	45	(2.3)	207	(5.3)	35	(2.9)	17	(1.5)	210	(7.8)	79	(4.9)	38	(2.2)	204	(6.4)
20 and over	3962	39	(1.6)	271	(6.4)	39	(2.1)	15	(0.8)	268	(11.0)	101	(5.5)	38	(1.8)	273	(9.6)
2 and over	5985	40	(1.4)	256	(4.7)	39	(1.9)	15	(0.7)	253	(8.9)	95	(4.4)	38	(1.4)	258	(7.4)
Males and Females:																	
2 - 19	4091	43	(1.6)	229	(5.0)	39	(2.5)	17	(1.1)	245	(6.8)	92	(4.2)	37	(1.8)	218	(6.0)
20 and over	7707	41	(1.6)	314	(5.0)	48	(2.1)	15	(0.7)	318	(7.4)	118	(3.5)	37	(1.0)	312	(7.5)
2 and over	11798	41	(1.4)	294	(3.2)	46	(2.0)	16	(0.7)	300	(5.9)	112	(3.0)	37	(0.9)	290	(5.1)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

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

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	574	(28.9)	31	(5.0)	5	(0.9)	593	(41.0)	81	(9.6)	14	(1.6)	562	(34.0)
6 - 11	701	35	(3.2)	612	(32.7)	39	(3.7)	6	(0.7)	599	(44.4)	113	(8.3)	19	(2.0)	619	(33.8)
12 - 19	899	45	(3.5)	598	(17.4)	94	(11.2)	16	(1.9)	659	(47.0)	207	(17.7)	31	(3.3)	548	(26.9)
20 - 39	1086	54	(2.8)	612	(16.3)	105	(8.0)	17	(1.4)	614	(26.4)	197	(9.4)	32	(1.9)	609	(35.1)
40 - 59	1221	42	(3.0)	679	(37.2)	95	(15.1)	14	(2.0)	698	(68.0)	225	(27.1)	32	(2.8)	666	(41.6)
60 and over	1438	30	(2.5)	701	(27.7)	36	(3.3)	5	(0.5)	621	(40.0)	124	(11.1)	20	(1.4)	734	(36.2)
2 - 19	2068	40	(2.2)	598	(13.6)	62	(5.1)	10	(0.9)	628	(30.0)	154	(8.9)	25	(1.8)	577	(20.4)
20 and over	3745	43	(1.9)	661	(19.1)	82	(6.6)	12	(1.0)	644	(26.6)	192	(10.9)	30	(1.1)	673	(19.8)
2 and over	5813	42	(1.8)	645	(14.7)	77	(5.6)	12	(0.9)	640	(22.1)	183	(9.3)	29	(1.0)	649	(14.8)
Females:																	
2 - 5	472	34	(3.3)	520	(22.3)	25	(3.7)	5	(0.7)	445	(26.2)	72	(6.4)	16	(1.5)	559	(31.8)
6 - 11	710	42	(3.0)	583	(25.5)	42	(5.3)	7	(1.1)	565	(28.1)	100	(10.0)	18	(2.1)	597	(43.5)
12 - 19	841	52	(3.6)	484	(21.2)	83	(10.4)	17	(1.8)	494	(38.0)	160	(14.5)	32	(3.1)	472	(18.8)
20 - 39	1272	52	(2.3)	592	(25.2)	93	(4.7)	16	(1.0)	572	(29.1)	179	(9.5)	31	(1.9)	613	(36.6)
40 - 59	1327	40	(2.6)	578	(23.0)	54	(4.1)	9	(0.8)	520	(28.3)	137	(12.5)	26	(2.1)	616	(38.7)
60 and over	1363	24	(2.1)	633	(27.3)	32	(3.9)	5	(0.6)	514	(30.5)	133	(9.1)	26	(2.0)	671	(32.9)
2 - 19	2023	45	(2.3)	524	(13.3)	57	(6.5)	11	(1.3)	508	(18.8)	127	(11.5)	25	(2.3)	537	(21.5)
20 and over	3962	39	(1.6)	600	(15.6)	61	(2.3)	10	(0.4)	543	(20.8)	156	(7.1)	29	(1.1)	636	(21.6)
2 and over	5985	40	(1.4)	583	(13.0)	60	(2.3)	10	(0.4)	534	(16.9)	149	(6.1)	28	(1.2)	616	(18.1)
Males and Females:																	
2 - 19	4091	43	(1.6)	562	(8.9)	60	(4.6)	11	(0.8)	566	(16.5)	140	(7.9)	25	(1.4)	558	(16.0)
20 and over	7707	41	(1.6)	629	(13.9)	71	(3.3)	11	(0.6)	594	(17.2)	174	(4.8)	29	(0.7)	653	(16.6)
2 and over	11798	41	(1.4)	613	(11.4)	68	(3.1)	11	(0.5)	587	(14.0)	166	(4.5)	28	(0.7)	631	(13.4)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1162	(227.6)	54*	(17.9)	5*	(1.6)	1026	(185.8)	141*	(43.3)	14	(3.7)	1247	(324.8)
6 - 11	701	35	(3.2)	1041	(122.1)	53	(7.3)	5	(0.7)	854	(100.9)	152	(21.0)	18	(3.4)	1140	(171.1)
12 - 19	899	45	(3.5)	1087	(89.6)	199	(43.5)	18	(3.8)	1169	(110.6)	439	(88.7)	38	(6.1)	1020	(109.6)
20 - 39	1086	54	(2.8)	2014	(145.2)	266	(38.4)	13	(1.9)	1802	(182.1)	497	(68.5)	28	(3.4)	2259	(283.7)
40 - 59	1221	42	(3.0)	2490	(304.5)	378	(81.3)	15	(2.5)	2348	(345.8)	898	(171.1)	38	(3.1)	2593	(415.9)
60 and over	1438	30	(2.5)	2312	(177.1)	98	(15.1)	4	(0.7)	2088	(243.1)	333	(47.8)	16	(2.9)	2406	(230.2)
2 - 19	2068	40	(2.2)	1088	(63.0)	119	(20.8)	11	(1.8)	1049	(64.4)	296	(48.8)	28	(3.8)	1114	(93.0)
20 and over	3745	43	(1.9)	2264	(151.5)	257	(32.3)	11	(1.2)	2045	(163.2)	602	(71.7)	29	(2.3)	2428	(194.6)
2 and over	5813	42	(1.8)	1975	(125.8)	223	(26.6)	11	(1.1)	1811	(138.1)	530	(60.4)	29	(2.2)	2094	(150.7)
Females:																	
2 - 5	472	34	(3.3)	1319	(194.7)	26	(4.8)	2*	(0.5)	717	(153.3)	76	(10.1)	11*	(1.9)	1635	(284.7)
6 - 11	710	42	(3.0)	1312	(113.7)	63	(9.2)	5	(0.8)	1250	(197.4)	151	(21.7)	12	(2.1)	1357	(167.8)
12 - 19	841	52	(3.6)	1178	(104.8)	184	(30.9)	16	(3.2)	1026	(117.6)	354	(52.6)	35	(5.4)	1343	(171.1)
20 - 39	1272	52	(2.3)	2431	(217.5)	256	(31.3)	11	(1.7)	2025	(363.4)	497	(65.4)	25	(5.7)	2865	(297.8)
40 - 59	1327	40	(2.6)	2474	(215.4)	176	(23.2)	7	(1.2)	1729	(187.0)	445	(63.4)	26	(3.0)	2963	(399.6)
60 and over	1363	24	(2.1)	2813	(188.1)	115	(16.6)	4	(0.6)	1922	(202.1)	479	(56.5)	25	(3.4)	3095	(242.0)
2 - 19	2023	45	(2.3)	1252	(53.5)	111	(15.7)	9	(1.4)	1044	(75.3)	246	(32.7)	24	(3.9)	1423	(101.9)
20 and over	3962	39	(1.6)	2564	(120.9)	186	(10.9)	7	(0.5)	1904	(198.4)	476	(37.8)	25	(3.4)	2986	(169.2)
2 and over	5985	40	(1.4)	2267	(101.2)	169	(8.9)	7	(0.5)	1687	(154.9)	418	(28.5)	25	(3.0)	2659	(141.6)
Males and Females:																	
2 - 19	4091	43	(1.6)	1169	(48.7)	115	(14.6)	10	(1.3)	1046	(51.3)	270	(30.7)	26	(3.1)	1259	(82.8)
20 and over	7707	41	(1.6)	2420	(122.7)	220	(14.3)	9	(0.5)	1975	(147.6)	539	(33.4)	27	(1.7)	2726	(140.5)
2 and over	11798	41	(1.4)	2124	(103.3)	195	(12.7)	9	(0.6)	1749	(120.9)	474	(29.3)	27	(1.7)	2388	(115.3)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Lycopene

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	4317	(537.4)	556	(99.9)	13	(2.7)	4040	(818.5)	1447	(259.7)	36	(9.7)	4490	(554.3)
6 - 11	701	35	(3.2)	3983	(292.4)	540	(98.4)	14	(2.5)	3966	(448.3)	1557	(230.7)	39	(5.4)	3993	(457.9)
12 - 19	899	45	(3.5)	6062	(630.6)	1294	(170.5)	21	(4.0)	5678	(524.1)	2864	(317.5)	50	(5.6)	6379	(1096.7)
20 - 39	1086	54	(2.8)	5360	(400.9)	1071	(96.8)	20	(2.2)	4672	(288.0)	1999	(158.5)	43	(3.1)	6153	(713.2)
40 - 59	1221	42	(3.0)	5956	(489.4)	913	(118.1)	15	(2.2)	6565	(610.5)	2167	(268.5)	33	(3.9)	5512	(629.4)
60 and over	1438	30	(2.5)	4976	(311.1)	442	(66.3)	9	(1.6)	5435	(453.9)	1497	(199.9)	28	(3.9)	4784	(455.2)
2 - 19	2068	40	(2.2)	4995	(338.0)	885	(102.5)	18	(2.4)	4852	(377.6)	2200	(214.7)	45	(4.0)	5091	(512.0)
20 and over	3745	43	(1.9)	5457	(266.2)	836	(63.6)	15	(1.5)	5471	(222.7)	1957	(134.5)	36	(2.6)	5447	(372.8)
2 and over	5813	42	(1.8)	5344	(190.5)	848	(63.4)	16	(1.4)	5325	(196.9)	2014	(124.3)	38	(2.4)	5357	(262.3)
Females:																	
2 - 5	472	34	(3.3)	3024	(295.7)	327	(74.9)	11	(2.4)	2545	(318.2)	951	(171.0)	37	(6.2)	3276	(479.3)
6 - 11	710	42	(3.0)	4367	(357.3)	578	(77.2)	13	(2.1)	4771	(448.7)	1375	(186.0)	29	(3.7)	4075	(452.3)
12 - 19	841	52	(3.6)	3658	(260.7)	904	(162.6)	25	(3.8)	3046	(409.9)	1740	(324.8)	57	(5.3)	4320	(473.3)
20 - 39	1272	52	(2.3)	4569	(327.5)	820	(80.1)	18	(2.1)	4508	(363.0)	1589	(167.5)	35	(4.5)	4634	(404.3)
40 - 59	1327	40	(2.6)	4034	(206.1)	525	(58.6)	13	(1.6)	4000	(313.7)	1326	(129.6)	33	(4.4)	4057	(319.4)
60 and over	1363	24	(2.1)	4038	(322.2)	267	(46.6)	7	(1.3)	3436	(393.3)	1111	(131.2)	32	(5.7)	4229	(405.5)
2 - 19	2023	45	(2.3)	3754	(191.1)	674	(85.5)	18	(2.4)	3491	(223.7)	1499	(185.9)	43	(3.8)	3968	(325.8)
20 and over	3962	39	(1.6)	4225	(167.8)	550	(43.9)	13	(1.2)	4130	(176.2)	1408	(100.9)	34	(2.7)	4285	(237.3)
2 and over	5985	40	(1.4)	4118	(132.9)	578	(49.7)	14	(1.4)	3969	(143.0)	1431	(113.5)	36	(2.7)	4219	(202.5)
Males and Females:																	
2 - 19	4091	43	(1.6)	4385	(185.4)	781	(71.3)	18	(1.9)	4145	(205.9)	1836	(144.7)	44	(3.0)	4562	(335.0)
20 and over	7707	41	(1.6)	4818	(162.1)	688	(49.0)	14	(1.2)	4806	(130.1)	1685	(104.0)	35	(2.3)	4826	(210.7)
2 and over	11798	41	(1.4)	4716	(126.8)	710	(51.8)	15	(1.3)	4645	(105.5)	1722	(106.4)	37	(2.2)	4766	(175.1)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1.31	(0.041)	0.14	(0.013)	11	(1.0)	1.43	(0.083)	0.36	(0.031)	25	(1.9)	1.24	(0.037)
6 - 11	701	35	(3.2)	1.60	(0.041)	0.18	(0.017)	11	(1.2)	1.65	(0.060)	0.52	(0.028)	32	(1.7)	1.58	(0.050)
12 - 19	899	45	(3.5)	1.82	(0.042)	0.40	(0.048)	22	(2.6)	2.06	(0.103)	0.89	(0.070)	43	(3.4)	1.62	(0.066)
20 - 39	1086	54	(2.8)	1.84	(0.044)	0.44	(0.035)	24	(1.6)	1.98	(0.073)	0.83	(0.047)	42	(1.8)	1.69	(0.072)
40 - 59	1221	42	(3.0)	1.86	(0.051)	0.28	(0.022)	15	(1.3)	1.97	(0.084)	0.66	(0.033)	33	(1.8)	1.77	(0.060)
60 and over	1438	30	(2.5)	1.80	(0.041)	0.17	(0.021)	9	(1.1)	1.95	(0.110)	0.56	(0.041)	29	(2.6)	1.74	(0.049)
2 - 19	2068	40	(2.2)	1.64	(0.027)	0.27	(0.024)	17	(1.5)	1.81	(0.059)	0.68	(0.042)	37	(2.1)	1.52	(0.033)
20 and over	3745	43	(1.9)	1.84	(0.025)	0.31	(0.019)	17	(1.1)	1.97	(0.041)	0.72	(0.030)	36	(1.2)	1.74	(0.038)
2 and over	5813	42	(1.8)	1.79	(0.020)	0.30	(0.019)	17	(1.0)	1.93	(0.034)	0.71	(0.026)	37	(1.0)	1.68	(0.031)
Females:																	
2 - 5	472	34	(3.3)	1.14	(0.032)	0.11	(0.015)	10	(1.3)	1.12	(0.059)	0.32	(0.029)	28	(2.2)	1.15	(0.038)
6 - 11	710	42	(3.0)	1.50	(0.037)	0.19	(0.016)	13	(1.2)	1.56	(0.051)	0.45	(0.024)	29	(1.7)	1.45	(0.052)
12 - 19	841	52	(3.6)	1.35	(0.040)	0.28	(0.020)	21	(1.6)	1.45	(0.064)	0.54	(0.024)	37	(2.6)	1.23	(0.053)
20 - 39	1272	52	(2.3)	1.39	(0.024)	0.30	(0.019)	22	(1.3)	1.44	(0.033)	0.59	(0.030)	41	(1.9)	1.35	(0.042)
40 - 59	1327	40	(2.6)	1.34	(0.033)	0.19	(0.012)	14	(0.9)	1.36	(0.056)	0.49	(0.025)	36	(1.8)	1.33	(0.039)
60 and over	1363	24	(2.1)	1.26	(0.028)	0.10	(0.012)	8	(0.9)	1.31	(0.049)	0.41	(0.027)	31	(1.9)	1.25	(0.030)
2 - 19	2023	45	(2.3)	1.35	(0.024)	0.21	(0.014)	16	(1.1)	1.43	(0.034)	0.47	(0.019)	33	(1.5)	1.29	(0.030)
20 and over	3962	39	(1.6)	1.34	(0.017)	0.20	(0.008)	15	(0.7)	1.39	(0.029)	0.52	(0.017)	37	(1.1)	1.30	(0.023)
2 and over	5985	40	(1.4)	1.34	(0.014)	0.21	(0.007)	15	(0.6)	1.40	(0.023)	0.51	(0.014)	36	(0.9)	1.30	(0.020)
Males and Females:																	
2 - 19	4091	43	(1.6)	1.50	(0.014)	0.24	(0.014)	16	(0.9)	1.61	(0.024)	0.57	(0.023)	35	(1.3)	1.41	(0.024)
20 and over	7707	41	(1.6)	1.58	(0.014)	0.25	(0.011)	16	(0.7)	1.68	(0.023)	0.62	(0.018)	37	(1.0)	1.50	(0.021)
2 and over	11798	41	(1.4)	1.56	(0.011)	0.25	(0.011)	16	(0.7)	1.66	(0.017)	0.61	(0.015)	36	(0.8)	1.48	(0.018)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

R i b o f l a v i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1.65	(0.062)	0.16	(0.031)	10	(1.8)	1.75	(0.137)	0.42	(0.062)	24	(2.8)	1.59	(0.050)
6 - 11	701	35	(3.2)	1.86	(0.058)	0.18	(0.016)	9	(0.9)	1.90	(0.100)	0.51	(0.049)	27	(2.1)	1.84	(0.058)
12 - 19	899	45	(3.5)	2.09	(0.046)	0.39	(0.054)	19	(2.5)	2.35	(0.078)	0.86	(0.073)	37	(3.5)	1.89	(0.078)
20 - 39	1086	54	(2.8)	2.47	(0.070)	0.47	(0.040)	19	(1.5)	2.53	(0.100)	0.88	(0.053)	35	(2.2)	2.39	(0.121)
40 - 59	1221	42	(3.0)	2.47	(0.090)	0.33	(0.045)	13	(1.9)	2.54	(0.110)	0.78	(0.072)	31	(2.5)	2.41	(0.146)
60 and over	1438	30	(2.5)	2.26	(0.043)	0.18	(0.017)	8	(0.8)	2.40	(0.109)	0.61	(0.034)	25	(2.2)	2.20	(0.058)
2 - 19	2068	40	(2.2)	1.92	(0.031)	0.27	(0.025)	14	(1.3)	2.10	(0.058)	0.67	(0.041)	32	(2.0)	1.81	(0.041)
20 and over	3745	43	(1.9)	2.41	(0.044)	0.34	(0.025)	14	(1.1)	2.51	(0.056)	0.79	(0.035)	32	(1.3)	2.33	(0.073)
2 and over	5813	42	(1.8)	2.29	(0.036)	0.32	(0.022)	14	(1.0)	2.41	(0.046)	0.76	(0.027)	32	(1.1)	2.20	(0.057)
Females:																	
2 - 5	472	34	(3.3)	1.46	(0.042)	0.13	(0.022)	9	(1.4)	1.47	(0.071)	0.36	(0.042)	25	(2.6)	1.45	(0.041)
6 - 11	710	42	(3.0)	1.77	(0.033)	0.22	(0.031)	12	(1.7)	1.86	(0.057)	0.52	(0.051)	28	(2.4)	1.71	(0.063)
12 - 19	841	52	(3.6)	1.54	(0.063)	0.34	(0.040)	22	(2.3)	1.68	(0.099)	0.66	(0.051)	39	(2.5)	1.40	(0.060)
20 - 39	1272	52	(2.3)	1.76	(0.042)	0.34	(0.014)	19	(0.9)	1.81	(0.056)	0.65	(0.022)	36	(1.7)	1.71	(0.059)
40 - 59	1327	40	(2.6)	1.81	(0.052)	0.22	(0.012)	12	(0.7)	1.74	(0.046)	0.56	(0.031)	32	(1.5)	1.85	(0.068)
60 and over	1363	24	(2.1)	1.69	(0.045)	0.12	(0.016)	7	(0.9)	1.70	(0.064)	0.51	(0.033)	30	(1.9)	1.69	(0.049)
2 - 19	2023	45	(2.3)	1.60	(0.031)	0.25	(0.028)	16	(1.6)	1.70	(0.056)	0.57	(0.043)	33	(2.0)	1.52	(0.035)
20 and over	3962	39	(1.6)	1.76	(0.035)	0.23	(0.008)	13	(0.5)	1.76	(0.039)	0.59	(0.016)	34	(1.0)	1.75	(0.042)
2 and over	5985	40	(1.4)	1.72	(0.028)	0.24	(0.010)	14	(0.5)	1.75	(0.036)	0.59	(0.016)	34	(0.8)	1.70	(0.034)
Males and Females:																	
2 - 19	4091	43	(1.6)	1.76	(0.022)	0.26	(0.019)	15	(1.0)	1.89	(0.035)	0.62	(0.030)	33	(1.4)	1.67	(0.029)
20 and over	7707	41	(1.6)	2.07	(0.032)	0.28	(0.014)	14	(0.7)	2.14	(0.030)	0.69	(0.017)	32	(0.7)	2.02	(0.048)
2 and over	11798	41	(1.4)	2.00	(0.026)	0.28	(0.013)	14	(0.7)	2.08	(0.025)	0.67	(0.014)	32	(0.6)	1.94	(0.039)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	16.9	(0.47)	2.3	(0.23)	14	(1.2)	19.4	(1.10)	6.0	(0.49)	31	(2.0)	15.4	(0.42)
6 - 11	701	35	(3.2)	21.1	(0.58)	2.7	(0.24)	13	(1.3)	22.3	(1.07)	7.8	(0.47)	35	(2.0)	20.5	(0.58)
12 - 19	899	45	(3.5)	27.7	(0.55)	6.2	(0.70)	22	(2.4)	31.2	(0.72)	13.6	(0.83)	44	(2.3)	24.9	(0.99)
20 - 39	1086	54	(2.8)	33.8	(1.00)	7.2	(0.49)	21	(1.3)	35.5	(1.58)	13.4	(0.59)	38	(2.1)	31.9	(1.11)
40 - 59	1221	42	(3.0)	31.4	(0.93)	4.4	(0.35)	14	(1.3)	32.3	(1.40)	10.3	(0.58)	32	(1.9)	30.7	(1.59)
60 and over	1438	30	(2.5)	27.9	(1.30)	2.5	(0.25)	9	(0.9)	33.6	(3.52)	8.4	(0.56)	25	(3.5)	25.5	(0.55)
2 - 19	2068	40	(2.2)	23.2	(0.33)	4.2	(0.36)	18	(1.5)	26.2	(0.63)	10.4	(0.54)	40	(1.8)	21.2	(0.52)
20 and over	3745	43	(1.9)	31.3	(0.58)	4.9	(0.26)	16	(0.8)	34.0	(1.04)	11.4	(0.41)	33	(1.2)	29.2	(0.71)
2 and over	5813	42	(1.8)	29.3	(0.45)	4.7	(0.26)	16	(0.8)	32.2	(0.82)	11.1	(0.33)	35	(1.0)	27.2	(0.52)
Females:																	
2 - 5	472	34	(3.3)	14.7	(0.40)	1.8	(0.23)	12	(1.5)	14.1	(0.60)	5.2	(0.40)	37	(2.4)	15.1	(0.58)
6 - 11	710	42	(3.0)	20.1	(0.61)	3.1	(0.34)	15	(1.7)	21.2	(0.69)	7.3	(0.48)	34	(2.3)	19.2	(0.82)
12 - 19	841	52	(3.6)	20.3	(0.83)	4.6	(0.34)	23	(1.8)	21.8	(1.11)	8.9	(0.70)	41	(3.3)	18.6	(1.09)
20 - 39	1272	52	(2.3)	22.3	(0.40)	5.2	(0.26)	23	(1.2)	23.8	(0.70)	10.0	(0.44)	42	(2.1)	20.8	(0.62)
40 - 59	1327	40	(2.6)	20.7	(0.50)	3.1	(0.19)	15	(0.9)	20.8	(0.58)	7.7	(0.48)	37	(1.9)	20.6	(0.72)
60 and over	1363	24	(2.1)	19.2	(0.61)	1.5	(0.19)	8	(0.9)	19.5	(0.60)	6.4	(0.40)	33	(2.3)	19.1	(0.68)
2 - 19	2023	45	(2.3)	19.0	(0.53)	3.5	(0.23)	18	(1.2)	20.4	(0.68)	7.8	(0.40)	38	(1.9)	17.9	(0.59)
20 and over	3962	39	(1.6)	20.8	(0.35)	3.3	(0.13)	16	(0.7)	22.0	(0.43)	8.5	(0.30)	39	(1.5)	20.1	(0.47)
2 and over	5985	40	(1.4)	20.4	(0.27)	3.4	(0.11)	17	(0.6)	21.6	(0.32)	8.3	(0.24)	39	(1.3)	19.6	(0.39)
Males and Females:																	
2 - 19	4091	43	(1.6)	21.2	(0.35)	3.8	(0.21)	18	(0.9)	23.2	(0.56)	9.0	(0.36)	39	(1.3)	19.7	(0.43)
20 and over	7707	41	(1.6)	25.8	(0.34)	4.1	(0.15)	16	(0.6)	28.0	(0.50)	10.0	(0.29)	36	(1.0)	24.3	(0.49)
2 and over	11798	41	(1.4)	24.7	(0.29)	4.0	(0.15)	16	(0.6)	26.9	(0.44)	9.7	(0.25)	36	(0.9)	23.2	(0.38)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1.47	(0.041)	0.11	(0.011)	8	(0.7)	1.55	(0.105)	0.29	(0.022)	19	(1.1)	1.42	(0.035)
6 - 11	701	35	(3.2)	1.65	(0.065)	0.14	(0.011)	8	(0.8)	1.57	(0.106)	0.39	(0.026)	25	(1.8)	1.70	(0.069)
12 - 19	899	45	(3.5)	2.09	(0.065)	0.33	(0.039)	16	(1.8)	2.33	(0.132)	0.73	(0.058)	31	(2.5)	1.90	(0.085)
20 - 39	1086	54	(2.8)	2.85	(0.118)	0.41	(0.028)	14	(1.1)	2.89	(0.194)	0.76	(0.037)	26	(2.3)	2.81	(0.127)
40 - 59	1221	42	(3.0)	2.49	(0.111)	0.26	(0.027)	10	(1.3)	2.47	(0.131)	0.61	(0.043)	25	(1.9)	2.51	(0.165)
60 and over	1438	30	(2.5)	2.47	(0.251)	0.14	(0.015)	6	(0.8)	3.30	(0.756)	0.48	(0.044)	14	(3.9)	2.11	(0.048)
2 - 19	2068	40	(2.2)	1.81	(0.035)	0.22	(0.019)	12	(1.0)	1.95	(0.081)	0.54	(0.033)	28	(1.6)	1.72	(0.045)
20 and over	3745	43	(1.9)	2.62	(0.075)	0.28	(0.015)	11	(0.5)	2.82	(0.143)	0.65	(0.024)	23	(1.4)	2.46	(0.074)
2 and over	5813	42	(1.8)	2.42	(0.059)	0.26	(0.014)	11	(0.5)	2.62	(0.109)	0.63	(0.021)	24	(1.2)	2.27	(0.058)
Females:																	
2 - 5	472	34	(3.3)	1.33	(0.035)	0.10	(0.014)	7	(1.1)	1.19	(0.055)	0.29	(0.026)	24	(2.4)	1.40	(0.045)
6 - 11	710	42	(3.0)	1.61	(0.067)	0.16	(0.024)	10	(1.5)	1.61	(0.065)	0.39	(0.039)	24	(2.2)	1.61	(0.098)
12 - 19	841	52	(3.6)	1.59	(0.083)	0.29	(0.040)	18	(2.2)	1.73	(0.146)	0.55	(0.083)	32	(4.3)	1.43	(0.052)
20 - 39	1272	52	(2.3)	1.83	(0.057)	0.30	(0.019)	16	(1.2)	1.83	(0.088)	0.58	(0.030)	32	(2.3)	1.83	(0.071)
40 - 59	1327	40	(2.6)	1.69	(0.055)	0.17	(0.011)	10	(0.6)	1.54	(0.055)	0.44	(0.033)	29	(2.2)	1.79	(0.077)
60 and over	1363	24	(2.1)	1.58	(0.051)	0.09	(0.012)	6	(0.8)	1.42	(0.069)	0.39	(0.023)	28	(2.1)	1.63	(0.053)
2 - 19	2023	45	(2.3)	1.54	(0.052)	0.21	(0.021)	13	(1.2)	1.61	(0.083)	0.46	(0.045)	29	(2.5)	1.49	(0.049)
20 and over	3962	39	(1.6)	1.71	(0.035)	0.19	(0.009)	11	(0.6)	1.65	(0.049)	0.50	(0.023)	30	(1.6)	1.74	(0.044)
2 and over	5985	40	(1.4)	1.67	(0.032)	0.20	(0.008)	12	(0.5)	1.64	(0.041)	0.49	(0.020)	30	(1.4)	1.69	(0.036)
Males and Females:																	
2 - 19	4091	43	(1.6)	1.68	(0.035)	0.21	(0.015)	13	(0.8)	1.77	(0.063)	0.50	(0.029)	28	(1.4)	1.61	(0.040)
20 and over	7707	41	(1.6)	2.14	(0.042)	0.24	(0.009)	11	(0.4)	2.24	(0.079)	0.58	(0.019)	26	(1.1)	2.08	(0.043)
2 and over	11798	41	(1.4)	2.03	(0.036)	0.23	(0.009)	11	(0.4)	2.13	(0.063)	0.56	(0.017)	26	(1.0)	1.97	(0.035)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	389	(15.5)	38	(4.3)	10	(1.0)	421	(31.2)	99	(10.8)	23	(2.2)	369	(14.0)
6 - 11	701	35	(3.2)	501	(16.6)	53	(5.3)	11	(1.2)	492	(21.5)	153	(9.1)	31	(2.0)	507	(21.1)
12 - 19	899	45	(3.5)	555	(17.6)	112	(12.1)	20	(2.4)	605	(36.8)	249	(15.3)	41	(3.4)	513	(28.2)
20 - 39	1086	54	(2.8)	568	(17.3)	129	(10.1)	23	(1.6)	605	(25.0)	242	(13.5)	40	(1.9)	525	(25.5)
40 - 59	1221	42	(3.0)	559	(18.6)	83	(7.3)	15	(1.5)	607	(28.5)	197	(13.3)	32	(2.3)	525	(24.5)
60 and over	1438	30	(2.5)	526	(15.0)	48	(6.3)	9	(1.1)	565	(28.4)	163	(11.8)	29	(2.0)	510	(15.7)
2 - 19	2068	40	(2.2)	502	(10.0)	77	(6.5)	15	(1.3)	535	(22.7)	191	(10.5)	36	(2.1)	479	(14.0)
20 and over	3745	43	(1.9)	553	(7.4)	90	(6.2)	16	(1.1)	598	(13.7)	211	(9.3)	35	(1.2)	520	(13.6)
2 and over	5813	42	(1.8)	540	(6.0)	87	(5.9)	16	(1.1)	583	(12.3)	206	(8.4)	35	(1.1)	509	(11.3)
Females:																	
2 - 5	472	34	(3.3)	346	(15.2)	30	(4.6)	9	(1.3)	352	(42.3)	88	(9.2)	25	(3.4)	342	(14.3)
6 - 11	710	42	(3.0)	473	(12.3)	54	(4.7)	11	(1.0)	485	(15.9)	129	(7.0)	27	(1.4)	465	(18.3)
12 - 19	841	52	(3.6)	437	(25.5)	81	(7.0)	19	(1.5)	476	(42.5)	156	(7.4)	33	(3.0)	395	(15.4)
20 - 39	1272	52	(2.3)	437	(11.5)	84	(5.4)	19	(1.3)	448	(11.2)	164	(8.9)	37	(2.1)	426	(19.0)
40 - 59	1327	40	(2.6)	415	(13.1)	57	(4.3)	14	(1.0)	423	(20.6)	144	(8.8)	34	(2.4)	411	(13.7)
60 and over	1363	24	(2.1)	393	(10.7)	28	(3.6)	7	(0.9)	395	(15.0)	116	(8.2)	29	(1.9)	392	(12.2)
2 - 19	2023	45	(2.3)	429	(11.4)	61	(4.5)	14	(1.0)	458	(23.1)	137	(5.9)	30	(1.6)	406	(9.8)
20 and over	3962	39	(1.6)	416	(7.0)	58	(2.6)	14	(0.7)	429	(9.0)	148	(5.0)	34	(1.2)	408	(10.0)
2 and over	5985	40	(1.4)	419	(6.4)	59	(2.4)	14	(0.6)	437	(10.4)	145	(4.1)	33	(1.1)	407	(8.8)
Males and Females:																	
2 - 19	4091	43	(1.6)	466	(5.8)	69	(4.4)	15	(0.9)	495	(13.7)	163	(7.1)	33	(1.2)	445	(9.3)
20 and over	7707	41	(1.6)	482	(5.3)	73	(3.8)	15	(0.8)	514	(9.5)	180	(6.0)	35	(1.1)	460	(6.1)
2 and over	11798	41	(1.4)	478	(4.7)	72	(3.6)	15	(0.7)	510	(8.1)	175	(5.3)	34	(0.9)	456	(5.5)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	227	(9.2)	22	(2.4)	10	(1.1)	229	(13.7)	57	(4.1)	25	(1.6)	226	(11.7)
6 - 11	701	35	(3.2)	252	(7.6)	28	(2.4)	11	(1.0)	278	(11.7)	82	(5.4)	29	(2.1)	238	(9.2)
12 - 19	899	45	(3.5)	305	(9.1)	60	(6.7)	20	(2.1)	344	(10.6)	133	(9.0)	39	(2.5)	273	(12.4)
20 - 39	1086	54	(2.8)	390	(10.0)	78	(5.5)	20	(1.3)	392	(12.9)	145	(7.7)	37	(1.7)	389	(15.2)
40 - 59	1221	42	(3.0)	407	(7.9)	56	(5.7)	14	(1.3)	420	(15.8)	134	(8.1)	32	(1.7)	397	(10.9)
60 and over	1438	30	(2.5)	371	(8.0)	28	(2.7)	8	(0.7)	369	(8.9)	96	(6.0)	26	(1.5)	372	(10.4)
2 - 19	2068	40	(2.2)	271	(5.9)	41	(3.3)	15	(1.1)	302	(7.9)	103	(5.2)	34	(1.7)	250	(6.8)
20 and over	3745	43	(1.9)	391	(4.5)	56	(3.2)	14	(0.8)	397	(7.1)	131	(4.5)	33	(1.0)	386	(6.4)
2 and over	5813	42	(1.8)	361	(3.0)	52	(2.9)	15	(0.8)	375	(5.8)	125	(3.9)	33	(0.9)	351	(4.2)
Females:																	
2 - 5	472	34	(3.3)	211	(7.5)	18	(2.7)	9	(1.2)	205	(11.5)	53	(4.5)	26	(2.6)	214	(9.0)
6 - 11	710	42	(3.0)	236	(5.6)	31	(3.6)	13	(1.5)	243	(8.9)	73	(5.4)	30	(2.3)	230	(7.5)
12 - 19	841	52	(3.6)	224	(9.6)	50	(4.2)	22	(1.9)	232	(15.0)	96	(5.7)	41	(2.2)	217	(9.9)
20 - 39	1272	52	(2.3)	292	(7.3)	56	(3.5)	19	(1.3)	282	(9.0)	108	(5.0)	38	(1.6)	302	(12.7)
40 - 59	1327	40	(2.6)	290	(9.1)	36	(2.0)	13	(0.8)	278	(13.1)	92	(7.0)	33	(3.0)	299	(11.5)
60 and over	1363	24	(2.1)	280	(6.8)	20	(2.2)	7	(0.8)	278	(8.9)	83	(4.8)	30	(1.8)	280	(8.4)
2 - 19	2023	45	(2.3)	225	(4.7)	37	(2.9)	16	(1.3)	231	(7.6)	82	(4.0)	35	(1.6)	221	(4.5)
20 and over	3962	39	(1.6)	288	(5.2)	38	(1.5)	13	(0.5)	280	(7.1)	98	(3.8)	35	(1.4)	292	(7.2)
2 and over	5985	40	(1.4)	273	(4.1)	38	(1.5)	14	(0.5)	268	(6.6)	94	(3.1)	35	(1.1)	277	(5.7)
Males and Females:																	
2 - 19	4091	43	(1.6)	248	(4.3)	39	(2.4)	16	(0.9)	265	(6.2)	92	(3.8)	35	(1.3)	236	(4.9)
20 and over	7707	41	(1.6)	337	(4.0)	47	(1.9)	14	(0.6)	339	(5.4)	115	(3.0)	34	(0.8)	336	(6.0)
2 and over	11798	41	(1.4)	316	(2.7)	45	(1.8)	14	(0.6)	321	(4.8)	109	(2.6)	34	(0.8)	313	(4.2)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	3.96	(0.134)	0.27	(0.026)	7	(0.7)	4.01	(0.272)	0.70	(0.049)	17	(1.4)	3.93	(0.176)
6 - 11	701	35	(3.2)	4.46	(0.186)	0.41	(0.050)	9	(1.1)	4.48	(0.321)	1.19	(0.112)	27	(1.8)	4.44	(0.203)
12 - 19	899	45	(3.5)	5.55	(0.154)	0.89	(0.100)	16	(1.6)	6.20	(0.238)	1.98	(0.146)	32	(2.3)	5.01	(0.223)
20 - 39	1086	54	(2.8)	6.13	(0.308)	1.06	(0.078)	17	(1.5)	6.31	(0.462)	1.98	(0.106)	31	(2.9)	5.93	(0.362)
40 - 59	1221	42	(3.0)	5.69	(0.346)	0.68	(0.072)	12	(1.5)	5.76	(0.398)	1.62	(0.111)	28	(2.0)	5.64	(0.485)
60 and over	1438	30	(2.5)	5.64	(0.333)	0.40	(0.036)	7	(0.8)	6.23	(0.744)	1.36	(0.127)	22	(3.8)	5.39	(0.381)
2 - 19	2068	40	(2.2)	4.85	(0.111)	0.60	(0.053)	12	(1.0)	5.26	(0.170)	1.49	(0.089)	28	(1.6)	4.57	(0.144)
20 and over	3745	43	(1.9)	5.84	(0.184)	0.74	(0.041)	13	(0.8)	6.11	(0.255)	1.73	(0.062)	28	(1.2)	5.64	(0.244)
2 and over	5813	42	(1.8)	5.59	(0.149)	0.71	(0.039)	13	(0.7)	5.91	(0.198)	1.68	(0.054)	28	(1.1)	5.37	(0.188)
Females:																	
2 - 5	472	34	(3.3)	3.33	(0.130)	0.22	(0.033)	7	(0.9)	3.18	(0.181)	0.64	(0.059)	20	(1.6)	3.41	(0.155)
6 - 11	710	42	(3.0)	4.16	(0.145)	0.40	(0.054)	10	(1.4)	4.05	(0.139)	0.96	(0.083)	24	(2.0)	4.25	(0.256)
12 - 19	841	52	(3.6)	3.47	(0.178)	0.62	(0.052)	18	(1.4)	3.77	(0.306)	1.18	(0.101)	31	(3.7)	3.14	(0.162)
20 - 39	1272	52	(2.3)	3.71	(0.100)	0.71	(0.042)	19	(1.3)	3.80	(0.140)	1.38	(0.073)	36	(2.2)	3.62	(0.173)
40 - 59	1327	40	(2.6)	3.84	(0.148)	0.43	(0.029)	11	(0.7)	3.64	(0.184)	1.08	(0.093)	30	(2.6)	3.98	(0.200)
60 and over	1363	24	(2.1)	3.63	(0.183)	0.25	(0.031)	7	(1.0)	3.42	(0.206)	1.05	(0.102)	31	(3.4)	3.70	(0.210)
2 - 19	2023	45	(2.3)	3.67	(0.100)	0.46	(0.036)	13	(1.0)	3.76	(0.171)	1.03	(0.061)	27	(1.9)	3.59	(0.127)
20 and over	3962	39	(1.6)	3.73	(0.094)	0.47	(0.022)	13	(0.7)	3.67	(0.089)	1.22	(0.062)	33	(1.7)	3.77	(0.128)
2 and over	5985	40	(1.4)	3.72	(0.073)	0.47	(0.020)	13	(0.5)	3.69	(0.077)	1.17	(0.052)	32	(1.5)	3.73	(0.111)
Males and Females:																	
2 - 19	4091	43	(1.6)	4.27	(0.073)	0.53	(0.035)	12	(0.7)	4.48	(0.107)	1.25	(0.059)	28	(1.3)	4.11	(0.099)
20 and over	7707	41	(1.6)	4.75	(0.113)	0.60	(0.025)	13	(0.6)	4.90	(0.141)	1.48	(0.051)	30	(1.0)	4.64	(0.148)
2 and over	11798	41	(1.4)	4.63	(0.094)	0.59	(0.024)	13	(0.5)	4.80	(0.108)	1.42	(0.041)	30	(0.8)	4.52	(0.124)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	84.5	(8.75)	4.1	(0.74)	5	(1.0)	96.3	(18.55)	10.8	(1.75)	11*	(2.7)	77.2	(5.66)
6 - 11	701	35	(3.2)	73.5	(6.02)	2.6	(0.37)	4	(0.6)	65.5	(6.88)	7.6	(1.18)	12	(1.8)	77.8	(8.24)
12 - 19	899	45	(3.5)	67.1	(3.64)	6.3	(0.99)	9	(1.6)	65.4	(5.31)	13.9	(2.02)	21	(2.7)	68.5	(6.46)
20 - 39	1086	54	(2.8)	76.5	(3.83)	8.6	(1.06)	11	(1.3)	72.5	(5.99)	16.1	(2.27)	22	(2.8)	81.1	(4.43)
40 - 59	1221	42	(3.0)	86.5	(4.46)	6.8	(1.02)	8	(1.1)	85.3	(9.24)	16.1	(2.09)	19	(2.6)	87.4	(4.28)
60 and over	1438	30	(2.5)	82.1	(3.23)	3.1	(0.49)	4	(0.7)	70.2	(4.09)	10.4	(1.56)	15	(2.2)	87.0	(4.62)
2 - 19	2068	40	(2.2)	72.9	(3.58)	4.6	(0.50)	6	(0.8)	71.7	(5.75)	11.4	(1.12)	16	(1.9)	73.8	(4.27)
20 and over	3745	43	(1.9)	81.6	(2.47)	6.4	(0.66)	8	(0.8)	76.5	(4.95)	15.0	(1.60)	20	(1.9)	85.4	(2.32)
2 and over	5813	42	(1.8)	79.5	(2.07)	6.0	(0.55)	7	(0.7)	75.3	(4.26)	14.1	(1.33)	19	(1.5)	82.4	(2.25)
Females:																	
2 - 5	472	34	(3.3)	87.1	(3.65)	4.5	(1.17)	5	(1.3)	78.4	(7.33)	13.2	(3.16)	17	(3.4)	91.6	(5.21)
6 - 11	710	42	(3.0)	73.5	(5.00)	4.1	(1.13)	6	(1.3)	76.5	(9.97)	9.7	(2.37)	13	(2.1)	71.4	(2.96)
12 - 19	841	52	(3.6)	59.2	(4.03)	5.8	(0.64)	10	(1.0)	60.1	(5.15)	11.2	(1.15)	19	(1.8)	58.3	(5.18)
20 - 39	1272	52	(2.3)	73.2	(3.86)	7.8	(0.96)	11	(1.3)	69.4	(4.76)	15.1	(1.56)	22	(2.5)	77.3	(4.10)
40 - 59	1327	40	(2.6)	73.2	(2.89)	4.2	(0.44)	6	(0.6)	58.7	(3.89)	10.5	(1.23)	18	(1.8)	82.8	(4.64)
60 and over	1363	24	(2.1)	73.4	(2.80)	2.6	(0.47)	4	(0.7)	66.5	(4.54)	10.8	(1.48)	16	(2.3)	75.5	(3.22)
2 - 19	2023	45	(2.3)	69.9	(2.45)	5.0	(0.46)	7	(0.6)	68.1	(4.20)	11.1	(0.95)	16	(1.3)	71.3	(2.83)
20 and over	3962	39	(1.6)	73.3	(2.13)	5.0	(0.44)	7	(0.6)	65.2	(3.23)	12.8	(1.04)	20	(1.6)	78.4	(2.63)
2 and over	5985	40	(1.4)	72.5	(1.82)	5.0	(0.33)	7	(0.5)	65.9	(3.09)	12.3	(0.81)	19	(1.3)	76.9	(2.13)
Males and Females:																	
2 - 19	4091	43	(1.6)	71.4	(2.45)	4.8	(0.33)	7	(0.5)	69.8	(4.23)	11.2	(0.70)	16	(1.2)	72.6	(2.82)
20 and over	7707	41	(1.6)	77.3	(1.89)	5.7	(0.37)	7	(0.4)	70.9	(3.44)	13.9	(0.95)	20	(1.1)	81.7	(1.84)
2 and over	11798	41	(1.4)	75.9	(1.64)	5.5	(0.29)	7	(0.3)	70.6	(3.13)	13.2	(0.79)	19	(0.9)	79.6	(1.72)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	5.8	(0.31)	0.1	(0.03)	2*	(0.5)	5.7	(0.61)	0.3	(0.06)	6*	(1.4)	5.9	(0.36)
6 - 11	701	35	(3.2)	5.4	(0.25)	0.2	(0.02)	3*	(0.4)	4.8	(0.44)	0.4	(0.05)	9	(1.1)	5.6	(0.25)
12 - 19	899	45	(3.5)	5.2	(0.21)	0.4	(0.07)	8	(1.3)	5.3	(0.57)	0.9	(0.14)	17	(2.9)	5.1	(0.33)
20 - 39	1086	54	(2.8)	4.5	(0.23)	0.6	(0.05)	13	(1.2)	4.4	(0.29)	1.1	(0.07)	24	(2.5)	4.6	(0.41)
40 - 59	1221	42	(3.0)	4.8	(0.26)	0.4	(0.06)	9	(1.4)	4.5	(0.36)	1.0	(0.11)	22	(2.9)	5.0	(0.30)
60 and over	1438	30	(2.5)	5.7	(0.39)	0.2	(0.03)	4	(0.6)	4.8	(0.37)	0.8	(0.12)	16	(1.8)	6.1	(0.56)
2 - 19	2068	40	(2.2)	5.4	(0.17)	0.3	(0.03)	5	(0.6)	5.2	(0.35)	0.7	(0.08)	12	(1.5)	5.5	(0.22)
20 and over	3745	43	(1.9)	4.9	(0.17)	0.4	(0.03)	9	(0.7)	4.5	(0.17)	1.0	(0.05)	22	(1.5)	5.3	(0.22)
2 and over	5813	42	(1.8)	5.0	(0.13)	0.4	(0.03)	8	(0.6)	4.7	(0.18)	0.9	(0.05)	19	(1.3)	5.3	(0.16)
Females:																	
2 - 5	472	34	(3.3)	5.0	(0.24)	0.2	(0.05)	4*	(0.9)	4.8	(0.33)	0.6	(0.12)	13	(2.2)	5.1	(0.25)
6 - 11	710	42	(3.0)	4.8	(0.20)	0.2	(0.03)	4	(0.6)	4.4	(0.23)	0.4	(0.06)	10	(1.3)	5.1	(0.38)
12 - 19	841	52	(3.6)	3.4	(0.21)	0.4	(0.05)	10	(1.2)	3.3	(0.31)	0.7	(0.10)	20	(3.0)	3.6	(0.28)
20 - 39	1272	52	(2.3)	3.6	(0.18)	0.5	(0.04)	14	(1.5)	3.4	(0.18)	1.0	(0.07)	30	(2.3)	3.8	(0.28)
40 - 59	1327	40	(2.6)	3.8	(0.17)	0.3	(0.03)	7	(0.7)	3.3	(0.25)	0.7	(0.09)	22	(3.2)	4.2	(0.24)
60 and over	1363	24	(2.1)	3.9	(0.23)	0.2	(0.02)	4	(0.6)	3.6	(0.25)	0.6	(0.08)	18	(2.1)	4.1	(0.26)
2 - 19	2023	45	(2.3)	4.2	(0.12)	0.3	(0.02)	6	(0.5)	3.9	(0.20)	0.6	(0.05)	15	(1.1)	4.5	(0.17)
20 and over	3962	39	(1.6)	3.8	(0.14)	0.3	(0.02)	9	(0.6)	3.4	(0.12)	0.8	(0.06)	25	(1.6)	4.0	(0.19)
2 and over	5985	40	(1.4)	3.9	(0.11)	0.3	(0.02)	8	(0.5)	3.5	(0.11)	0.8	(0.05)	22	(1.2)	4.1	(0.16)
Males and Females:																	
2 - 19	4091	43	(1.6)	4.8	(0.10)	0.3	(0.02)	6	(0.5)	4.5	(0.17)	0.6	(0.05)	14	(1.1)	5.0	(0.13)
20 and over	7707	41	(1.6)	4.3	(0.13)	0.4	(0.02)	9	(0.5)	3.9	(0.10)	0.9	(0.03)	23	(0.9)	4.6	(0.17)
2 and over	11798	41	(1.4)	4.4	(0.10)	0.3	(0.02)	8	(0.4)	4.1	(0.10)	0.8	(0.03)	21	(0.8)	4.7	(0.13)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	6.4	(0.25)	0.7	(0.08)	11	(1.2)	6.8	(0.39)	1.8	(0.17)	26	(2.6)	6.1	(0.30)
6 - 11	701	35	(3.2)	8.4	(0.86)	0.8	(0.06)	9	(1.4)	7.6	(0.46)	2.3	(0.13)	30	(1.7)	8.8	(1.17)
12 - 19	899	45	(3.5)	8.7	(0.28)	1.7	(0.20)	20	(2.5)	9.8	(0.41)	3.8	(0.25)	39	(2.9)	7.9	(0.40)
20 - 39	1086	54	(2.8)	9.9	(0.32)	1.9	(0.13)	19	(1.3)	10.1	(0.43)	3.5	(0.20)	34	(1.9)	9.7	(0.40)
40 - 59	1221	42	(3.0)	11.2	(0.47)	1.4	(0.15)	12	(1.2)	11.8	(0.91)	3.3	(0.20)	28	(2.1)	10.8	(0.49)
60 and over	1438	30	(2.5)	9.9	(0.21)	0.7	(0.08)	7	(0.7)	10.1	(0.34)	2.4	(0.16)	24	(1.5)	9.8	(0.23)
2 - 19	2068	40	(2.2)	8.1	(0.26)	1.2	(0.10)	15	(1.4)	8.6	(0.19)	2.9	(0.15)	34	(1.7)	7.8	(0.43)
20 and over	3745	43	(1.9)	10.4	(0.22)	1.4	(0.09)	13	(0.8)	10.7	(0.38)	3.2	(0.14)	30	(1.2)	10.1	(0.23)
2 and over	5813	42	(1.8)	9.8	(0.18)	1.3	(0.08)	14	(0.9)	10.2	(0.31)	3.1	(0.12)	31	(1.1)	9.5	(0.22)
Females:																	
2 - 5	472	34	(3.3)	5.5	(0.19)	0.6	(0.08)	10	(1.5)	5.6	(0.25)	1.7	(0.14)	29	(2.7)	5.4	(0.32)
6 - 11	710	42	(3.0)	7.5	(0.22)	1.1	(0.13)	15	(1.7)	8.6	(0.42)	2.6	(0.24)	31	(2.3)	6.6	(0.25)
12 - 19	841	52	(3.6)	8.2	(0.93)	1.5	(0.12)	18	(1.9)	8.8	(1.75)	2.8	(0.16)	32	(6.1)	7.5	(0.43)
20 - 39	1272	52	(2.3)	9.0	(0.26)	1.6	(0.09)	18	(1.1)	9.1	(0.23)	3.1	(0.16)	34	(2.0)	8.8	(0.47)
40 - 59	1327	40	(2.6)	8.5	(0.28)	1.0	(0.06)	11	(0.7)	8.3	(0.40)	2.4	(0.14)	29	(1.9)	8.5	(0.37)
60 and over	1363	24	(2.1)	8.1	(0.27)	0.5	(0.08)	6	(0.9)	7.8	(0.32)	2.2	(0.19)	28	(2.3)	8.3	(0.31)
2 - 19	2023	45	(2.3)	7.4	(0.44)	1.2	(0.09)	16	(1.3)	8.2	(0.96)	2.6	(0.14)	31	(3.6)	6.7	(0.24)
20 and over	3962	39	(1.6)	8.5	(0.17)	1.0	(0.05)	12	(0.5)	8.6	(0.18)	2.7	(0.10)	31	(1.4)	8.5	(0.23)
2 and over	5985	40	(1.4)	8.3	(0.19)	1.1	(0.04)	13	(0.5)	8.5	(0.31)	2.6	(0.08)	31	(1.5)	8.1	(0.19)
Males and Females:																	
2 - 19	4091	43	(1.6)	7.8	(0.24)	1.2	(0.07)	15	(0.9)	8.4	(0.52)	2.7	(0.11)	33	(1.9)	7.3	(0.27)
20 and over	7707	41	(1.6)	9.4	(0.14)	1.2	(0.06)	13	(0.6)	9.7	(0.21)	2.9	(0.10)	30	(1.1)	9.3	(0.17)
2 and over	11798	41	(1.4)	9.0	(0.14)	1.2	(0.06)	13	(0.6)	9.4	(0.25)	2.9	(0.09)	31	(1.1)	8.8	(0.15)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	50.2	(3.04)	5.3	(0.58)	11	(1.3)	51.3	(4.88)	13.8	(1.41)	27	(2.5)	49.5	(3.68)
6 - 11	701	35	(3.2)	73.9	(10.85)	7.1	(0.61)	10	(1.7)	64.5	(5.47)	20.4	(1.84)	32	(2.6)	78.8	(15.98)
12 - 19	899	45	(3.5)	83.0	(5.61)	19.3	(2.30)	23	(2.8)	96.3	(5.47)	42.7	(3.42)	44	(3.3)	72.0	(7.79)
20 - 39	1086	54	(2.8)	107.7	(5.04)	23.9	(1.82)	22	(1.6)	110.5	(7.54)	44.6	(3.28)	40	(2.3)	104.6	(6.34)
40 - 59	1221	42	(3.0)	139.8	(11.75)	18.6	(2.61)	13	(2.1)	134.0	(10.26)	44.1	(4.32)	33	(2.4)	144.0	(18.77)
60 and over	1438	30	(2.5)	127.8	(6.12)	9.3	(1.42)	7	(1.1)	109.8	(6.42)	31.5	(3.83)	29	(3.3)	135.3	(7.88)
2 - 19	2068	40	(2.2)	73.0	(5.32)	12.2	(1.10)	17	(2.0)	78.0	(3.72)	30.4	(2.06)	39	(2.3)	69.6	(8.14)
20 and over	3745	43	(1.9)	124.6	(5.95)	17.9	(1.20)	14	(1.1)	118.4	(4.97)	41.8	(2.46)	35	(1.8)	129.2	(8.41)
2 and over	5813	42	(1.8)	111.9	(5.38)	16.5	(1.09)	15	(1.2)	108.9	(4.36)	39.2	(2.17)	36	(1.6)	114.1	(7.65)
Females:																	
2 - 5	472	34	(3.3)	49.9	(2.75)	4.5	(0.82)	9	(1.5)	43.1	(2.87)	12.9	(1.88)	30	(4.6)	53.5	(3.85)
6 - 11	710	42	(3.0)	71.4	(4.64)	10.5	(1.20)	15	(1.8)	74.6	(4.93)	25.0	(2.24)	34	(3.0)	69.2	(7.65)
12 - 19	841	52	(3.6)	81.5	(6.85)	16.4	(2.02)	20	(2.7)	82.2	(9.51)	31.5	(3.27)	38	(3.6)	80.8	(10.02)
20 - 39	1272	52	(2.3)	138.0	(15.50)	21.5	(2.03)	16	(2.2)	137.4	(28.55)	41.8	(3.54)	30	(6.8)	138.7	(12.00)
40 - 59	1327	40	(2.6)	127.6	(7.76)	14.2	(1.26)	11	(1.2)	100.5	(6.86)	35.9	(3.51)	36	(2.4)	145.4	(13.33)
60 and over	1363	24	(2.1)	119.0	(5.83)	7.9	(1.17)	7	(1.1)	101.1	(8.51)	33.0	(3.33)	33	(4.1)	124.6	(6.49)
2 - 19	2023	45	(2.3)	71.4	(3.82)	11.9	(1.03)	17	(1.5)	73.4	(5.24)	26.4	(1.94)	36	(2.1)	69.8	(5.18)
20 and over	3962	39	(1.6)	128.6	(6.13)	14.9	(0.82)	12	(0.9)	117.9	(13.94)	38.1	(2.13)	32	(4.3)	135.5	(6.25)
2 and over	5985	40	(1.4)	115.7	(5.01)	14.2	(0.69)	12	(0.8)	106.6	(10.73)	35.1	(1.57)	33	(3.7)	121.8	(5.35)
Males and Females:																	
2 - 19	4091	43	(1.6)	72.2	(3.80)	12.1	(0.92)	17	(1.4)	75.6	(3.92)	28.4	(1.75)	38	(1.7)	69.7	(5.60)
20 and over	7707	41	(1.6)	126.7	(5.57)	16.3	(0.68)	13	(0.8)	118.1	(8.38)	40.0	(1.63)	34	(2.5)	132.6	(5.31)
2 and over	11798	41	(1.4)	113.8	(4.78)	15.3	(0.67)	13	(0.8)	107.8	(6.82)	37.1	(1.41)	34	(2.3)	118.1	(4.86)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1026	(43.2)	72	(8.3)	7	(0.9)	1094	(108.1)	187	(15.1)	17	(2.2)	983	(34.8)
6 - 11	701	35	(3.2)	1041	(38.7)	91	(8.7)	9	(0.9)	1016	(45.3)	262	(15.0)	26	(1.5)	1055	(45.9)
12 - 19	899	45	(3.5)	1105	(24.1)	215	(22.4)	19	(2.1)	1200	(46.1)	475	(28.1)	40	(2.2)	1027	(39.2)
20 - 39	1086	54	(2.8)	1088	(25.6)	241	(16.2)	22	(1.3)	1164	(40.6)	450	(20.5)	39	(1.5)	1000	(38.7)
40 - 59	1221	42	(3.0)	1076	(33.8)	162	(19.5)	15	(1.9)	1142	(38.4)	384	(27.6)	34	(2.4)	1028	(44.6)
60 and over	1438	30	(2.5)	992	(27.4)	79	(7.2)	8	(0.8)	1002	(53.7)	269	(18.3)	27	(1.6)	988	(29.9)
2 - 19	2068	40	(2.2)	1067	(21.1)	143	(10.8)	13	(1.1)	1125	(36.5)	355	(15.7)	32	(1.5)	1027	(27.6)
20 and over	3745	43	(1.9)	1056	(18.2)	167	(11.5)	16	(1.1)	1125	(25.7)	392	(16.3)	35	(1.1)	1006	(25.1)
2 and over	5813	42	(1.8)	1059	(15.4)	161	(10.7)	15	(1.0)	1125	(23.5)	383	(14.8)	34	(1.0)	1011	(21.2)
Females:																	
2 - 5	472	34	(3.3)	879	(30.7)	62	(9.4)	7	(1.0)	873	(47.9)	180	(16.8)	21	(1.9)	882	(32.2)
6 - 11	710	42	(3.0)	978	(27.3)	107	(11.4)	11	(1.1)	998	(34.4)	254	(15.6)	25	(1.5)	964	(44.9)
12 - 19	841	52	(3.6)	822	(27.2)	158	(14.1)	19	(1.7)	831	(30.5)	303	(15.5)	37	(1.8)	813	(39.2)
20 - 39	1272	52	(2.3)	879	(16.1)	171	(8.0)	19	(1.0)	938	(23.4)	331	(13.8)	35	(1.6)	815	(24.2)
40 - 59	1327	40	(2.6)	844	(25.9)	103	(6.2)	12	(0.8)	836	(30.1)	260	(16.5)	31	(1.8)	849	(35.0)
60 and over	1363	24	(2.1)	798	(28.7)	57	(7.9)	7	(0.9)	824	(26.9)	237	(18.2)	29	(1.5)	790	(35.1)
2 - 19	2023	45	(2.3)	886	(15.0)	120	(9.9)	14	(1.1)	889	(20.0)	268	(13.5)	30	(1.3)	883	(22.7)
20 and over	3962	39	(1.6)	842	(16.3)	113	(4.7)	13	(0.6)	882	(19.4)	289	(8.5)	33	(0.9)	817	(23.5)
2 and over	5985	40	(1.4)	852	(12.1)	114	(4.9)	13	(0.5)	883	(16.2)	283	(8.3)	32	(0.9)	831	(17.1)
Males and Females:																	
2 - 19	4091	43	(1.6)	978	(13.4)	132	(8.0)	13	(0.8)	1002	(19.0)	310	(11.8)	31	(1.1)	959	(19.3)
20 and over	7707	41	(1.6)	945	(13.1)	139	(6.6)	15	(0.7)	1004	(14.7)	341	(7.9)	34	(0.8)	905	(17.8)
2 and over	11798	41	(1.4)	953	(10.6)	137	(6.2)	14	(0.7)	1004	(12.0)	333	(7.1)	33	(0.7)	917	(14.4)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	1186	(38.2)	126	(13.2)	11	(1.1)	1277	(84.3)	328	(21.1)	26	(1.4)	1130	(37.3)
6 - 11	701	35	(3.2)	1289	(32.6)	149	(11.8)	12	(1.0)	1344	(48.7)	429	(22.0)	32	(1.5)	1260	(37.2)
12 - 19	899	45	(3.5)	1505	(31.2)	326	(38.1)	22	(2.4)	1688	(38.7)	722	(43.6)	43	(2.2)	1355	(54.6)
20 - 39	1086	54	(2.8)	1588	(31.4)	362	(23.1)	23	(1.4)	1663	(50.8)	676	(29.6)	41	(1.5)	1501	(40.0)
40 - 59	1221	42	(3.0)	1634	(33.3)	249	(25.3)	15	(1.5)	1715	(50.9)	591	(34.3)	34	(1.9)	1575	(45.1)
60 and over	1438	30	(2.5)	1480	(28.3)	129	(11.8)	9	(0.8)	1509	(36.4)	436	(24.5)	29	(1.6)	1468	(36.5)
2 - 19	2068	40	(2.2)	1365	(21.9)	224	(18.4)	16	(1.3)	1505	(34.0)	558	(25.0)	37	(1.4)	1271	(28.6)
20 and over	3745	43	(1.9)	1573	(15.1)	256	(15.5)	16	(0.9)	1651	(26.1)	600	(20.8)	36	(1.0)	1515	(22.4)
2 and over	5813	42	(1.8)	1522	(14.5)	248	(15.0)	16	(0.9)	1616	(23.6)	590	(17.8)	36	(0.9)	1453	(19.4)
Females:																	
2 - 5	472	34	(3.3)	1016	(24.0)	101	(13.8)	10	(1.2)	1029	(37.7)	294	(21.0)	29	(1.9)	1009	(26.8)
6 - 11	710	42	(3.0)	1231	(25.1)	168	(17.9)	14	(1.4)	1301	(35.0)	400	(22.3)	31	(1.5)	1181	(38.8)
12 - 19	841	52	(3.6)	1129	(65.4)	246	(16.2)	22	(1.7)	1198	(102.8)	472	(18.0)	39	(3.6)	1053	(57.3)
20 - 39	1272	52	(2.3)	1227	(16.8)	265	(12.7)	22	(1.1)	1290	(24.2)	513	(17.4)	40	(1.6)	1160	(29.5)
40 - 59	1327	40	(2.6)	1171	(28.3)	164	(9.6)	14	(0.8)	1162	(31.9)	413	(28.6)	36	(2.0)	1177	(36.3)
60 and over	1363	24	(2.1)	1138	(31.8)	87	(10.7)	8	(0.9)	1153	(30.3)	363	(21.5)	32	(1.6)	1133	(38.6)
2 - 19	2023	45	(2.3)	1138	(34.9)	189	(12.7)	17	(1.1)	1202	(53.0)	421	(14.8)	35	(1.6)	1086	(28.0)
20 and over	3962	39	(1.6)	1180	(17.0)	176	(6.5)	15	(0.6)	1220	(19.2)	450	(13.7)	37	(1.1)	1155	(23.7)
2 and over	5985	40	(1.4)	1171	(13.0)	179	(6.2)	15	(0.5)	1216	(20.1)	443	(10.9)	36	(1.0)	1141	(17.3)
Males and Females:																	
2 - 19	4091	43	(1.6)	1254	(23.1)	207	(11.5)	17	(0.8)	1348	(36.7)	487	(16.5)	36	(1.0)	1184	(23.0)
20 and over	7707	41	(1.6)	1369	(10.4)	215	(9.1)	16	(0.6)	1437	(15.4)	526	(12.6)	37	(0.8)	1323	(17.3)
2 and over	11798	41	(1.4)	1342	(9.9)	213	(8.7)	16	(0.6)	1415	(16.8)	516	(10.3)	36	(0.7)	1291	(14.2)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	220	(6.8)	18	(1.8)	8	(0.8)	232	(11.4)	46	(2.7)	20	(1.2)	212	(7.6)
6 - 11	701	35	(3.2)	238	(6.9)	21	(1.6)	9	(0.8)	234	(8.4)	61	(3.5)	26	(1.3)	240	(8.4)
12 - 19	899	45	(3.5)	276	(6.9)	48	(5.8)	17	(2.0)	299	(11.0)	106	(7.9)	35	(2.1)	257	(9.2)
20 - 39	1086	54	(2.8)	333	(5.8)	59	(3.8)	18	(1.1)	342	(10.9)	110	(4.3)	32	(1.5)	323	(7.3)
40 - 59	1221	42	(3.0)	354	(7.0)	40	(4.3)	11	(1.2)	361	(12.5)	96	(5.5)	27	(1.5)	350	(8.5)
60 and over	1438	30	(2.5)	329	(5.6)	21	(1.9)	6	(0.6)	321	(9.3)	70	(3.9)	22	(1.5)	332	(7.1)
2 - 19	2068	40	(2.2)	251	(3.8)	33	(2.8)	13	(1.1)	267	(6.6)	81	(4.4)	30	(1.3)	241	(5.2)
20 and over	3745	43	(1.9)	339	(3.2)	41	(2.3)	12	(0.7)	345	(6.5)	97	(2.8)	28	(0.8)	335	(4.6)
2 and over	5813	42	(1.8)	318	(3.0)	39	(2.2)	12	(0.7)	326	(5.8)	93	(2.7)	29	(0.7)	311	(4.0)
Females:																	
2 - 5	472	34	(3.3)	195	(4.1)	15	(2.0)	8	(1.1)	185	(6.1)	45	(3.0)	24	(1.5)	200	(5.3)
6 - 11	710	42	(3.0)	232	(5.0)	27	(3.2)	11	(1.3)	242	(9.5)	63	(5.1)	26	(1.5)	224	(5.8)
12 - 19	841	52	(3.6)	222	(10.5)	40	(3.0)	18	(1.3)	227	(16.4)	76	(3.7)	34	(2.3)	218	(9.6)
20 - 39	1272	52	(2.3)	272	(6.0)	44	(2.2)	16	(0.9)	270	(9.1)	86	(3.1)	32	(1.7)	274	(7.9)
40 - 59	1327	40	(2.6)	273	(7.0)	28	(1.7)	10	(0.6)	257	(6.8)	70	(4.1)	27	(1.3)	284	(10.0)
60 and over	1363	24	(2.1)	264	(6.7)	15	(2.1)	6	(0.8)	252	(9.9)	63	(4.3)	25	(1.7)	268	(8.1)
2 - 19	2023	45	(2.3)	220	(5.3)	30	(2.2)	14	(0.9)	224	(8.6)	67	(2.9)	30	(1.2)	215	(4.6)
20 and over	3962	39	(1.6)	270	(4.5)	30	(1.2)	11	(0.5)	262	(5.4)	76	(1.9)	29	(0.9)	275	(6.1)
2 and over	5985	40	(1.4)	259	(3.6)	30	(1.1)	12	(0.4)	253	(4.7)	74	(1.6)	29	(0.9)	263	(5.0)
Males and Females:																	
2 - 19	4091	43	(1.6)	236	(3.3)	31	(2.0)	13	(0.7)	245	(6.5)	74	(2.9)	30	(0.8)	229	(3.7)
20 and over	7707	41	(1.6)	303	(3.1)	35	(1.4)	12	(0.4)	304	(4.7)	87	(1.6)	29	(0.6)	303	(4.3)
2 and over	11798	41	(1.4)	287	(2.6)	34	(1.3)	12	(0.4)	289	(4.4)	84	(1.4)	29	(0.5)	286	(3.6)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Iron

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	11.0	(0.49)	1.0	(0.09)	9	(0.9)	11.9	(0.96)	2.5	(0.18)	21	(2.0)	10.5	(0.44)
6 - 11	701	35	(3.2)	14.2	(0.53)	1.4	(0.12)	10	(1.0)	14.4	(0.54)	4.0	(0.21)	28	(1.3)	14.1	(0.68)
12 - 19	899	45	(3.5)	15.8	(0.35)	3.0	(0.34)	19	(2.3)	17.5	(0.60)	6.6	(0.42)	38	(2.6)	14.4	(0.71)
20 - 39	1086	54	(2.8)	15.8	(0.44)	3.4	(0.24)	22	(1.5)	16.6	(0.59)	6.4	(0.32)	39	(1.7)	14.9	(0.66)
40 - 59	1221	42	(3.0)	16.2	(0.51)	2.2	(0.22)	14	(1.5)	17.0	(0.87)	5.3	(0.33)	31	(1.9)	15.6	(0.62)
60 and over	1438	30	(2.5)	15.7	(0.29)	1.3	(0.15)	8	(1.0)	16.4	(0.52)	4.5	(0.27)	27	(1.7)	15.4	(0.39)
2 - 19	2068	40	(2.2)	14.3	(0.28)	2.0	(0.17)	14	(1.2)	15.5	(0.47)	5.1	(0.26)	33	(1.8)	13.4	(0.39)
20 and over	3745	43	(1.9)	15.9	(0.24)	2.4	(0.15)	15	(1.0)	16.7	(0.40)	5.7	(0.23)	34	(1.0)	15.3	(0.34)
2 and over	5813	42	(1.8)	15.5	(0.19)	2.3	(0.15)	15	(1.0)	16.4	(0.33)	5.5	(0.21)	34	(1.0)	14.9	(0.29)
Females:																	
2 - 5	472	34	(3.3)	9.7	(0.30)	0.8	(0.10)	8	(1.1)	9.3	(0.42)	2.2	(0.18)	24	(2.1)	9.9	(0.40)
6 - 11	710	42	(3.0)	13.3	(0.34)	1.5	(0.12)	11	(1.0)	13.5	(0.38)	3.5	(0.18)	26	(1.3)	13.2	(0.50)
12 - 19	841	52	(3.6)	12.2	(0.61)	2.2	(0.18)	18	(1.2)	13.1	(1.00)	4.2	(0.21)	33	(2.5)	11.2	(0.32)
20 - 39	1272	52	(2.3)	12.1	(0.23)	2.3	(0.13)	19	(1.1)	12.1	(0.24)	4.4	(0.21)	36	(1.6)	12.2	(0.38)
40 - 59	1327	40	(2.6)	12.0	(0.34)	1.5	(0.09)	13	(0.8)	12.0	(0.45)	3.8	(0.22)	32	(2.0)	12.0	(0.38)
60 and over	1363	24	(2.1)	11.7	(0.28)	0.8	(0.09)	7	(0.8)	11.4	(0.35)	3.3	(0.22)	29	(1.7)	11.8	(0.34)
2 - 19	2023	45	(2.3)	12.0	(0.29)	1.7	(0.12)	14	(0.9)	12.6	(0.54)	3.7	(0.17)	29	(1.4)	11.6	(0.25)
20 and over	3962	39	(1.6)	12.0	(0.17)	1.6	(0.06)	13	(0.5)	11.9	(0.22)	4.0	(0.14)	33	(1.1)	12.0	(0.23)
2 and over	5985	40	(1.4)	12.0	(0.15)	1.6	(0.06)	13	(0.5)	12.1	(0.24)	3.9	(0.11)	32	(1.1)	11.9	(0.21)
Males and Females:																	
2 - 19	4091	43	(1.6)	13.2	(0.21)	1.9	(0.12)	14	(0.9)	14.0	(0.35)	4.3	(0.18)	31	(1.2)	12.6	(0.27)
20 and over	7707	41	(1.6)	13.9	(0.13)	2.0	(0.09)	14	(0.6)	14.3	(0.24)	4.8	(0.15)	34	(0.9)	13.5	(0.18)
2 and over	11798	41	(1.4)	13.7	(0.12)	1.9	(0.09)	14	(0.6)	14.2	(0.21)	4.7	(0.13)	33	(0.8)	13.3	(0.17)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	7.8	(0.21)	0.7	(0.05)	9	(0.8)	7.9	(0.34)	1.8	(0.09)	22	(1.2)	7.8	(0.32)
6 - 11	701	35	(3.2)	9.6	(0.42)	1.1	(0.09)	11	(1.2)	9.7	(0.43)	3.1	(0.20)	32	(1.8)	9.6	(0.56)
12 - 19	899	45	(3.5)	11.8	(0.39)	2.4	(0.27)	20	(2.0)	13.4	(0.53)	5.3	(0.37)	39	(2.1)	10.5	(0.42)
20 - 39	1086	54	(2.8)	12.8	(0.27)	2.8	(0.19)	22	(1.5)	13.4	(0.49)	5.2	(0.26)	39	(2.2)	12.3	(0.39)
40 - 59	1221	42	(3.0)	13.1	(0.44)	1.9	(0.19)	14	(1.3)	13.6	(0.70)	4.4	(0.27)	32	(2.2)	12.8	(0.47)
60 and over	1438	30	(2.5)	11.6	(0.22)	1.0	(0.09)	9	(0.8)	12.1	(0.42)	3.4	(0.23)	28	(2.1)	11.5	(0.24)
2 - 19	2068	40	(2.2)	10.2	(0.23)	1.6	(0.14)	16	(1.2)	11.2	(0.37)	3.9	(0.22)	35	(1.4)	9.6	(0.29)
20 and over	3745	43	(1.9)	12.6	(0.17)	1.9	(0.11)	15	(0.8)	13.2	(0.35)	4.6	(0.17)	35	(1.2)	12.2	(0.18)
2 and over	5813	42	(1.8)	12.0	(0.16)	1.9	(0.11)	15	(0.8)	12.7	(0.30)	4.4	(0.14)	35	(1.0)	11.5	(0.18)
Females:																	
2 - 5	472	34	(3.3)	7.0	(0.18)	0.6	(0.08)	8	(1.1)	6.7	(0.34)	1.6	(0.14)	25	(2.1)	7.2	(0.20)
6 - 11	710	42	(3.0)	8.9	(0.24)	1.2	(0.15)	13	(1.6)	9.2	(0.35)	2.7	(0.27)	30	(2.4)	8.7	(0.33)
12 - 19	841	52	(3.6)	8.1	(0.31)	1.6	(0.12)	20	(1.5)	8.5	(0.53)	3.1	(0.17)	37	(2.9)	7.8	(0.24)
20 - 39	1272	52	(2.3)	9.4	(0.16)	1.8	(0.10)	19	(1.1)	9.4	(0.19)	3.5	(0.17)	37	(1.8)	9.4	(0.27)
40 - 59	1327	40	(2.6)	9.1	(0.23)	1.2	(0.07)	13	(0.7)	8.7	(0.23)	2.9	(0.21)	33	(2.1)	9.4	(0.34)
60 and over	1363	24	(2.1)	8.6	(0.27)	0.6	(0.07)	7	(0.8)	8.4	(0.20)	2.6	(0.19)	31	(2.2)	8.7	(0.32)
2 - 19	2023	45	(2.3)	8.2	(0.17)	1.2	(0.09)	15	(1.1)	8.4	(0.31)	2.8	(0.14)	33	(1.8)	7.9	(0.14)
20 and over	3962	39	(1.6)	9.1	(0.12)	1.2	(0.05)	13	(0.6)	9.0	(0.13)	3.1	(0.14)	35	(1.5)	9.1	(0.19)
2 and over	5985	40	(1.4)	8.9	(0.10)	1.2	(0.05)	14	(0.5)	8.8	(0.11)	3.0	(0.11)	34	(1.2)	8.9	(0.16)
Males and Females:																	
2 - 19	4091	43	(1.6)	9.2	(0.16)	1.4	(0.09)	15	(0.9)	9.8	(0.30)	3.3	(0.15)	34	(1.2)	8.8	(0.17)
20 and over	7707	41	(1.6)	10.8	(0.10)	1.6	(0.07)	15	(0.6)	11.1	(0.19)	3.8	(0.13)	35	(1.1)	10.5	(0.14)
2 and over	11798	41	(1.4)	10.4	(0.10)	1.5	(0.07)	15	(0.6)	10.8	(0.18)	3.7	(0.11)	34	(0.9)	10.1	(0.14)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C o p p e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	0.8	(0.03)	0.1	(0.01)	9	(1.0)	0.8	(0.04)	0.2	(0.01)	22	(1.6)	0.8	(0.04)
6 - 11	701	35	(3.2)	0.9	(0.03)	0.1	(0.01)	10	(1.3)	0.9	(0.04)	0.3	(0.03)	29	(2.2)	0.9	(0.03)
12 - 19	899	45	(3.5)	1.1	(0.03)	0.2	(0.02)	18	(2.0)	1.2	(0.06)	0.4	(0.03)	36	(2.3)	1.0	(0.04)
20 - 39	1086	54	(2.8)	1.3	(0.03)	0.2	(0.02)	17	(1.2)	1.3	(0.04)	0.4	(0.02)	32	(1.5)	1.3	(0.04)
40 - 59	1221	42	(3.0)	1.4	(0.04)	0.2	(0.02)	11	(1.4)	1.5	(0.09)	0.4	(0.03)	26	(1.8)	1.3	(0.04)
60 and over	1438	30	(2.5)	1.3	(0.05)	0.1	(0.01)	6	(0.7)	1.3	(0.06)	0.3	(0.01)	22	(1.6)	1.4	(0.07)
2 - 19	2068	40	(2.2)	1.0	(0.02)	0.1	(0.01)	14	(1.1)	1.0	(0.03)	0.3	(0.02)	32	(1.4)	0.9	(0.02)
20 and over	3745	43	(1.9)	1.3	(0.02)	0.2	(0.01)	12	(0.7)	1.3	(0.04)	0.4	(0.01)	28	(1.0)	1.3	(0.03)
2 and over	5813	42	(1.8)	1.2	(0.02)	0.2	(0.01)	12	(0.7)	1.3	(0.03)	0.4	(0.01)	28	(0.8)	1.2	(0.03)
Females:																	
2 - 5	472	34	(3.3)	0.7	(0.02)	0.1	(0.01)	8	(1.2)	0.7	(0.03)	0.2	(0.01)	26	(2.0)	0.7	(0.02)
6 - 11	710	42	(3.0)	0.9	(0.03)	0.1	(0.02)	13	(1.6)	0.9	(0.04)	0.3	(0.02)	28	(2.0)	0.8	(0.02)
12 - 19	841	52	(3.6)	0.9	(0.08)	0.2	(0.01)	16	(1.4)	1.0	(0.15)	0.3	(0.02)	30	(3.9)	0.9	(0.05)
20 - 39	1272	52	(2.3)	1.1	(0.02)	0.2	(0.01)	14	(0.8)	1.1	(0.03)	0.3	(0.01)	29	(1.4)	1.1	(0.04)
40 - 59	1327	40	(2.6)	1.1	(0.03)	0.1	(0.01)	10	(0.7)	1.0	(0.04)	0.3	(0.02)	26	(1.4)	1.1	(0.03)
60 and over	1363	24	(2.1)	1.1	(0.03)	0.1	(0.01)	5	(0.6)	1.0	(0.04)	0.2	(0.02)	23	(1.8)	1.1	(0.04)
2 - 19	2023	45	(2.3)	0.9	(0.04)	0.1	(0.01)	14	(1.1)	0.9	(0.08)	0.3	(0.01)	29	(2.2)	0.8	(0.03)
20 and over	3962	39	(1.6)	1.1	(0.02)	0.1	(#)	10	(0.4)	1.0	(0.02)	0.3	(0.01)	27	(0.9)	1.1	(0.03)
2 and over	5985	40	(1.4)	1.0	(0.02)	0.1	(#)	11	(0.4)	1.0	(0.03)	0.3	(0.01)	27	(1.0)	1.1	(0.02)
Males and Females:																	
2 - 19	4091	43	(1.6)	0.9	(0.02)	0.1	(0.01)	14	(0.8)	1.0	(0.05)	0.3	(0.01)	30	(1.3)	0.9	(0.02)
20 and over	7707	41	(1.6)	1.2	(0.01)	0.1	(0.01)	11	(0.5)	1.2	(0.02)	0.3	(0.01)	27	(0.8)	1.2	(0.02)
2 and over	11798	41	(1.4)	1.1	(0.01)	0.1	(0.01)	12	(0.5)	1.1	(0.03)	0.3	(0.01)	28	(0.7)	1.1	(0.02)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	38	(3.3)	75.1	(2.37)	9.1	(0.85)	12	(1.2)	79.1	(4.08)	23.8	(1.83)	30	(1.9)	72.6	(2.52)
6 - 11	701	35	(3.2)	92.0	(2.26)	13.2	(1.22)	14	(1.3)	101.0	(3.33)	38.1	(1.92)	38	(1.7)	87.2	(2.72)
12 - 19	899	45	(3.5)	122.8	(3.36)	28.5	(3.23)	23	(2.6)	134.3	(2.75)	63.1	(4.03)	47	(2.6)	113.4	(5.57)
20 - 39	1086	54	(2.8)	136.2	(3.20)	32.8	(2.11)	24	(1.4)	139.8	(4.59)	61.2	(2.70)	44	(1.6)	132.2	(3.91)
40 - 59	1221	42	(3.0)	135.4	(2.52)	21.3	(1.76)	16	(1.3)	140.7	(4.37)	50.6	(2.62)	36	(1.9)	131.6	(3.57)
60 and over	1438	30	(2.5)	122.9	(2.66)	12.3	(1.48)	10	(1.1)	126.5	(3.38)	41.7	(2.89)	33	(2.1)	121.3	(3.12)
2 - 19	2068	40	(2.2)	102.4	(1.59)	19.3	(1.65)	19	(1.5)	113.5	(1.88)	47.9	(2.44)	42	(1.8)	94.9	(2.19)
20 and over	3745	43	(1.9)	132.2	(1.55)	23.0	(1.26)	17	(0.9)	137.5	(2.53)	53.7	(1.84)	39	(1.1)	128.2	(1.69)
2 and over	5813	42	(1.8)	124.8	(1.39)	22.0	(1.25)	18	(0.9)	131.8	(2.12)	52.4	(1.60)	40	(1.0)	119.7	(1.47)
Females:																	
2 - 5	472	34	(3.3)	64.3	(1.39)	7.1	(0.93)	11	(1.3)	62.5	(2.46)	20.7	(1.61)	33	(2.3)	65.2	(2.20)
6 - 11	710	42	(3.0)	89.8	(3.09)	13.1	(1.33)	15	(1.5)	96.7	(5.65)	31.3	(1.75)	32	(2.6)	84.8	(2.80)
12 - 19	841	52	(3.6)	90.6	(4.94)	20.1	(1.54)	22	(2.0)	94.3	(9.05)	38.7	(2.08)	41	(4.4)	86.6	(3.81)
20 - 39	1272	52	(2.3)	98.4	(1.49)	22.3	(1.26)	23	(1.2)	101.4	(2.90)	43.2	(2.04)	43	(1.8)	95.1	(3.26)
40 - 59	1327	40	(2.6)	95.3	(2.18)	14.3	(0.83)	15	(0.9)	95.7	(3.01)	36.1	(2.45)	38	(2.7)	94.9	(2.72)
60 and over	1363	24	(2.1)	88.4	(1.96)	7.4	(0.84)	8	(0.9)	90.4	(3.78)	30.8	(2.03)	34	(2.3)	87.7	(2.43)
2 - 19	2023	45	(2.3)	84.7	(2.68)	15.0	(1.11)	18	(1.3)	89.8	(4.76)	33.5	(1.54)	37	(2.1)	80.5	(2.11)
20 and over	3962	39	(1.6)	94.2	(1.11)	15.0	(0.55)	16	(0.6)	97.3	(2.07)	38.4	(1.41)	39	(1.5)	92.2	(1.56)
2 and over	5985	40	(1.4)	92.1	(0.99)	15.0	(0.51)	16	(0.5)	95.4	(2.48)	37.2	(1.07)	39	(1.4)	89.8	(1.10)
Males and Females:																	
2 - 19	4091	43	(1.6)	93.7	(1.66)	17.2	(1.03)	18	(0.9)	101.2	(2.80)	40.4	(1.63)	40	(1.2)	88.1	(1.76)
20 and over	7707	41	(1.6)	112.5	(0.86)	18.8	(0.74)	17	(0.6)	117.6	(1.47)	46.1	(1.29)	39	(1.1)	109.0	(1.34)
2 and over	11798	41	(1.4)	108.0	(0.80)	18.4	(0.73)	17	(0.6)	113.6	(1.66)	44.7	(1.09)	39	(0.9)	104.2	(1.02)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Potassium

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	2085	(63.0)	200	(22.6)	10	(1.0)	2254	(159.0)	520	(38.9)	23	(1.3)	1981	(55.4)
6 - 11	701	35	(3.2)	2086	(50.7)	207	(15.4)	10	(0.8)	2120	(97.1)	598	(38.8)	28	(1.7)	2067	(48.0)
12 - 19	899	45	(3.5)	2404	(54.9)	462	(54.6)	19	(2.2)	2627	(81.5)	1023	(72.2)	39	(2.3)	2220	(86.5)
20 - 39	1086	54	(2.8)	2769	(48.1)	561	(37.9)	20	(1.3)	2818	(88.6)	1047	(51.1)	37	(1.5)	2713	(72.4)
40 - 59	1221	42	(3.0)	3011	(60.4)	403	(43.1)	13	(1.3)	3091	(119.3)	957	(61.9)	31	(1.6)	2953	(59.5)
60 and over	1438	30	(2.5)	2932	(47.5)	206	(17.8)	7	(0.6)	2874	(60.3)	697	(43.4)	24	(1.5)	2956	(59.7)
2 - 19	2068	40	(2.2)	2230	(40.1)	321	(26.1)	14	(1.1)	2405	(71.6)	799	(40.3)	33	(1.4)	2112	(46.5)
20 and over	3745	43	(1.9)	2900	(28.9)	405	(24.1)	14	(0.8)	2922	(54.5)	947	(36.2)	32	(1.0)	2882	(36.6)
2 and over	5813	42	(1.8)	2735	(26.2)	384	(22.3)	14	(0.8)	2801	(51.6)	912	(31.5)	33	(0.9)	2687	(29.8)
Females:																	
2 - 5	472	34	(3.3)	1886	(37.5)	174	(25.0)	9	(1.3)	1841	(65.5)	506	(41.5)	27	(2.1)	1910	(55.2)
6 - 11	710	42	(3.0)	2068	(44.5)	263	(35.2)	13	(1.6)	2211	(68.5)	627	(54.4)	28	(2.1)	1964	(66.0)
12 - 19	841	52	(3.6)	1875	(74.4)	384	(22.5)	20	(1.4)	1939	(102.6)	738	(34.5)	38	(2.1)	1806	(84.8)
20 - 39	1272	52	(2.3)	2313	(47.6)	429	(22.1)	19	(1.1)	2299	(59.9)	832	(30.0)	36	(1.7)	2329	(63.8)
40 - 59	1327	40	(2.6)	2312	(53.0)	275	(14.8)	12	(0.7)	2167	(61.7)	693	(38.4)	32	(1.6)	2408	(75.1)
60 and over	1363	24	(2.1)	2313	(55.4)	151	(20.6)	7	(0.9)	2217	(66.4)	629	(40.4)	28	(1.9)	2344	(65.8)
2 - 19	2023	45	(2.3)	1940	(38.9)	299	(19.6)	15	(1.0)	2006	(52.6)	666	(24.0)	33	(1.2)	1887	(43.7)
20 and over	3962	39	(1.6)	2313	(36.2)	291	(11.0)	13	(0.5)	2238	(39.3)	746	(22.0)	33	(1.2)	2361	(49.7)
2 and over	5985	40	(1.4)	2229	(28.8)	293	(9.9)	13	(0.5)	2180	(34.1)	726	(16.3)	33	(0.9)	2262	(41.1)
Males and Females:																	
2 - 19	4091	43	(1.6)	2088	(32.9)	310	(16.5)	15	(0.7)	2198	(52.1)	730	(24.0)	33	(1.0)	2006	(37.4)
20 and over	7707	41	(1.6)	2595	(25.9)	346	(13.9)	13	(0.5)	2583	(36.5)	847	(20.8)	33	(0.8)	2604	(35.2)
2 and over	11798	41	(1.4)	2475	(21.3)	337	(13.0)	14	(0.5)	2489	(34.6)	819	(17.1)	33	(0.7)	2466	(28.1)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	2331	(67.1)	319	(30.8)	14	(1.3)	2501	(134.6)	832	(62.4)	33	(1.7)	2225	(74.9)
6 - 11	701	35	(3.2)	2993	(73.9)	434	(36.4)	14	(1.3)	3193	(116.1)	1252	(69.7)	39	(1.4)	2887	(90.1)
12 - 19	899	45	(3.5)	3821	(90.2)	959	(113.7)	25	(2.8)	4405	(134.9)	2123	(141.3)	48	(3.1)	3339	(118.6)
20 - 39	1086	54	(2.8)	4224	(90.8)	1046	(70.8)	25	(1.4)	4444	(145.3)	1953	(100.7)	44	(1.7)	3970	(130.5)
40 - 59	1221	42	(3.0)	4075	(88.2)	716	(66.6)	18	(1.5)	4436	(138.7)	1700	(98.5)	38	(1.8)	3812	(97.7)
60 and over	1438	30	(2.5)	3686	(65.1)	382	(40.6)	10	(1.1)	3899	(109.8)	1293	(82.6)	33	(1.9)	3597	(81.9)
2 - 19	2068	40	(2.2)	3228	(57.0)	647	(56.8)	20	(1.7)	3670	(94.5)	1610	(86.2)	44	(2.0)	2930	(58.9)
20 and over	3745	43	(1.9)	4019	(42.3)	742	(44.9)	18	(1.0)	4334	(77.9)	1736	(70.4)	40	(1.2)	3783	(55.5)
2 and over	5813	42	(1.8)	3824	(38.0)	719	(44.6)	19	(1.1)	4178	(69.8)	1707	(62.0)	41	(1.1)	3567	(42.9)
Females:																	
2 - 5	472	34	(3.3)	2013	(45.0)	255	(33.9)	13	(1.5)	2063	(64.7)	740	(62.0)	36	(2.4)	1986	(68.2)
6 - 11	710	42	(3.0)	2850	(73.4)	457	(39.7)	16	(1.5)	3072	(125.6)	1088	(46.5)	35	(2.2)	2689	(81.2)
12 - 19	841	52	(3.6)	2915	(125.9)	728	(54.8)	25	(2.2)	3076	(173.8)	1400	(82.3)	46	(2.7)	2741	(180.6)
20 - 39	1272	52	(2.3)	3215	(44.1)	754	(38.9)	23	(1.2)	3369	(64.5)	1461	(63.8)	43	(1.7)	3051	(78.5)
40 - 59	1327	40	(2.6)	2865	(68.6)	473	(26.1)	17	(1.0)	2973	(96.7)	1194	(74.0)	40	(2.2)	2794	(80.4)
60 and over	1363	24	(2.1)	2728	(56.1)	248	(30.8)	9	(1.1)	2938	(98.3)	1034	(65.1)	35	(2.4)	2661	(63.3)
2 - 19	2023	45	(2.3)	2700	(72.8)	538	(36.7)	20	(1.4)	2908	(101.1)	1196	(54.1)	41	(1.7)	2530	(85.9)
20 and over	3962	39	(1.6)	2946	(38.1)	503	(20.3)	17	(0.7)	3152	(56.8)	1288	(46.6)	41	(1.3)	2815	(49.0)
2 and over	5985	40	(1.4)	2891	(30.2)	511	(18.8)	18	(0.7)	3090	(51.0)	1265	(36.2)	41	(1.0)	2755	(40.2)
Males and Females:																	
2 - 19	4091	43	(1.6)	2968	(52.9)	593	(36.0)	20	(1.1)	3274	(88.3)	1395	(58.6)	43	(1.3)	2742	(52.3)
20 and over	7707	41	(1.6)	3463	(28.1)	618	(27.6)	18	(0.7)	3748	(49.8)	1514	(48.3)	40	(1.0)	3266	(38.9)
2 and over	11798	41	(1.4)	3346	(26.2)	612	(27.3)	18	(0.8)	3632	(46.9)	1485	(42.2)	41	(0.9)	3145	(32.4)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Caffeine

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	38	(3.3)	10.2	(2.27)	3.0*	(1.40)	30*	(9.3)	15.8	(4.32)	7.8*	(3.29)	50	(10.6)	6.6	(1.62)
6 - 11	701	35	(3.2)	18.5	(2.66)	2.9	(0.40)	15	(2.9)	23.3	(2.14)	8.2	(1.26)	35	(5.3)	15.9	(3.61)
12 - 19	899	45	(3.5)	47.0	(3.21)	10.0	(2.09)	21	(4.4)	64.5	(5.90)	22.1	(3.43)	34	(5.7)	32.5	(4.95)
20 - 39	1086	54	(2.8)	154.7	(12.51)	26.6	(4.07)	17	(2.6)	150.8	(9.47)	49.7	(6.99)	33	(3.7)	159.1	(24.67)
40 - 59	1221	42	(3.0)	210.5	(8.25)	23.1	(3.46)	11	(1.6)	210.2	(13.91)	55.0	(7.65)	26	(3.4)	210.8	(8.56)
60 and over	1438	30	(2.5)	208.5	(5.45)	12.7	(2.46)	6	(1.2)	203.5	(15.20)	42.9	(7.93)	21	(3.9)	210.6	(7.91)
2 - 19	2068	40	(2.2)	29.6	(2.29)	6.1	(0.92)	21	(3.2)	42.7	(3.89)	15.2	(1.78)	36	(4.0)	20.8	(2.63)
20 and over	3745	43	(1.9)	189.4	(6.23)	21.4	(2.12)	11	(1.2)	181.5	(7.16)	50.2	(4.59)	28	(2.2)	195.3	(9.60)
2 and over	5813	42	(1.8)	150.1	(4.87)	17.7	(1.65)	12	(1.2)	148.9	(5.26)	41.9	(3.51)	28	(2.1)	151.0	(7.30)
Females:																	
2 - 5	472	34	(3.3)	5.2	(0.71)	0.4*	(0.14)	8*	(2.1)	5.9	(1.13)	1.3	(0.36)	22*	(4.6)	4.9	(0.65)
6 - 11	710	42	(3.0)	13.8	(1.21)	3.1	(0.61)	23	(3.7)	19.0	(1.99)	7.4	(1.36)	39	(5.0)	10.0	(1.36)
12 - 19	841	52	(3.6)	34.9	(2.64)	12.4	(1.81)	36	(3.8)	42.5	(5.28)	23.9	(3.54)	56	(4.8)	26.6	(2.38)
20 - 39	1272	52	(2.3)	124.1	(9.73)	27.7	(1.81)	22	(1.9)	133.7	(11.72)	53.6	(3.19)	40	(3.6)	113.9	(10.54)
40 - 59	1327	40	(2.6)	173.4	(11.03)	22.2	(3.85)	13	(2.1)	175.1	(11.33)	56.1	(7.83)	32	(3.9)	172.3	(14.37)
60 and over	1363	24	(2.1)	152.1	(7.63)	9.0	(1.57)	6	(1.0)	158.9	(10.21)	37.6	(5.51)	24	(3.4)	149.9	(9.35)
2 - 19	2023	45	(2.3)	21.6	(1.50)	6.8	(0.87)	31	(2.9)	29.3	(2.77)	15.1	(1.77)	52	(3.7)	15.3	(1.42)
20 and over	3962	39	(1.6)	149.4	(7.29)	20.1	(1.94)	13	(1.3)	152.7	(7.75)	51.4	(3.44)	34	(1.9)	147.3	(8.23)
2 and over	5985	40	(1.4)	120.4	(6.04)	17.1	(1.55)	14	(1.3)	121.6	(6.79)	42.3	(2.83)	35	(1.9)	119.7	(6.88)
Males and Females:																	
2 - 19	4091	43	(1.6)	25.7	(1.40)	6.5	(0.70)	25	(2.4)	35.8	(2.68)	15.2	(1.51)	42	(2.9)	18.2	(1.55)
20 and over	7707	41	(1.6)	168.7	(6.01)	20.7	(1.64)	12	(1.1)	167.2	(5.74)	50.8	(2.86)	30	(1.5)	169.7	(7.80)
2 and over	11798	41	(1.4)	134.9	(4.80)	17.4	(1.28)	13	(1.0)	135.2	(4.50)	42.1	(2.27)	31	(1.4)	134.7	(6.26)

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.**

Table 49. Quick Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Quick Service Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*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)
Males:																	
2 - 5	468	38	(3.3)	--		--		--		--		--		--		--	
6 - 11	701	35	(3.2)	--		--		--		--		--		--		--	
12 - 19	899	45	(3.5)	--		--		--		--		--		--		--	
20 - 39	1086	54	(2.8)	17.1	(1.58)	0.6*	(0.35)	4*	(2.1)	18.8	(2.91)	1.1*	(0.65)	6*	(3.4)	15.1	(1.87)
40 - 59	1221	42	(3.0)	17.0	(1.43)	0.3*	(0.14)	2*	(0.9)	17.3	(2.62)	0.7*	(0.32)	4*	(1.8)	16.7	(1.87)
60 and over	1438	30	(2.5)	9.5	(1.02)	#		#		7.1	(0.94)	0.1*	(0.05)	1*	(0.7)	10.6	(1.54)
2 - 19	2068	40	(2.2)	--		--		--		--		--		--		--	
20 and over	3745	43	(1.9)	14.9	(0.82)	0.3*	(0.14)	2*	(0.9)	16.0	(1.79)	0.8*	(0.33)	5*	(1.9)	14.1	(1.19)
2 and over	5813	42	(1.8)	--		--		--		--		--		--		--	
Females:																	
2 - 5	472	34	(3.3)	--		--		--		--		--		--		--	
6 - 11	710	42	(3.0)	--		--		--		--		--		--		--	
12 - 19	841	52	(3.6)	--		--		--		--		--		--		--	
20 - 39	1272	52	(2.3)	6.6	(0.83)	0.1*	(0.05)	2*	(0.8)	5.1	(0.90)	0.3*	(0.10)	5*	(1.8)	8.1	(1.30)
40 - 59	1327	40	(2.6)	7.6	(0.76)	#		#		6.6	(1.00)	0.1*	(0.05)	1*	(0.8)	8.2	(1.06)
60 and over	1363	24	(2.1)	5.5	(1.38)	#		#		3.1	(0.57)	0.1*	(0.04)	--		6.2	(1.73)
2 - 19	2023	45	(2.3)	--		--		--		--		--		--		--	
20 and over	3962	39	(1.6)	6.6	(0.60)	0.1*	(0.02)	1*	(0.3)	5.2	(0.61)	0.2*	(0.05)	3*	(1.0)	7.4	(0.94)
2 and over	5985	40	(1.4)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	4091	43	(1.6)	--		--		--		--		--		--		--	
20 and over	7707	41	(1.6)	10.6	(0.50)	0.2*	(0.07)	2*	(0.7)	10.6	(1.08)	0.5*	(0.18)	4*	(1.6)	10.5	(0.89)
2 and over	11798	41	(1.4)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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 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-March 2020 Prepandemic

F o o d e n e r g y

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake kcal	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants kcal	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake kcal	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants kcal	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	1949	(32.7)	321	(26.0)	16	(1.2)	2160	(63.7)	765	(41.4)	35	(1.5)	1796	(28.1)
20 and over.....	2758	40	(2.4)	2135	(20.3)	306	(21.1)	14	(0.9)	2255	(40.2)	766	(30.1)	34	(1.2)	2054	(29.1)
2 and over...	4106	40	(2.1)	2097	(16.0)	309	(19.5)	15	(0.9)	2235	(36.5)	766	(25.2)	34	(1.1)	2004	(24.6)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1859	(33.8)	384	(18.1)	21	(0.9)	2045	(52.0)	854	(33.9)	42	(1.3)	1708	(38.9)
20 and over.....	2071	45	(1.3)	2123	(31.2)	447	(26.6)	21	(1.2)	2354	(38.4)	990	(41.6)	42	(1.5)	1933	(46.9)
2 and over...	3155	45	(1.2)	2055	(24.3)	431	(21.4)	21	(1.1)	2274	(28.4)	955	(30.7)	42	(1.3)	1875	(35.3)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1812	(30.7)	235	(33.0)	13	(1.8)	1923	(61.7)	659	(69.5)	34	(2.9)	1750	(38.3)
20 and over.....	841	38	(2.1)	1947	(39.2)	254	(19.5)	13	(0.9)	2069	(49.4)	671	(49.3)	32	(2.0)	1872	(62.1)
2 and over...	1168	37	(1.9)	1921	(35.9)	251	(18.6)	13	(0.9)	2043	(46.9)	669	(50.1)	33	(2.0)	1848	(51.1)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1870	(30.3)	379	(36.5)	20	(2.0)	2086	(58.0)	864	(46.6)	41	(2.6)	1702	(37.1)
20 and over.....	1669	42	(1.7)	2219	(44.7)	402	(21.6)	18	(0.9)	2455	(84.5)	967	(38.2)	39	(1.2)	2051	(47.3)
2 and over...	2616	42	(1.5)	2107	(34.8)	394	(21.1)	19	(0.9)	2332	(62.9)	933	(29.7)	40	(1.1)	1942	(38.7)

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.**

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-March 2020 Prepandemic *(continued)*

P r o t e i n

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	67.9	(2.14)	10.9	(0.89)	16	(1.3)	72.3	(2.98)	26.1	(1.43)	36	(1.7)	64.6	(2.28)
20 and over.....	2758	40	(2.4)	80.3	(1.15)	11.6	(0.75)	15	(0.8)	82.3	(1.74)	29.1	(1.01)	35	(1.4)	78.9	(1.78)
2 and over...	4106	40	(2.1)	77.8	(1.19)	11.5	(0.70)	15	(0.8)	80.2	(1.93)	28.5	(0.91)	36	(1.3)	76.1	(1.55)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	62.6	(1.50)	14.2	(0.71)	23	(1.2)	66.3	(2.05)	31.7	(1.38)	48	(1.8)	59.6	(1.72)
20 and over.....	2071	45	(1.3)	76.2	(1.36)	18.0	(1.20)	24	(1.6)	81.2	(2.00)	39.8	(1.96)	49	(2.1)	72.1	(1.97)
2 and over...	3155	45	(1.2)	72.7	(1.13)	17.0	(0.95)	23	(1.4)	77.4	(1.56)	37.7	(1.52)	49	(1.9)	68.8	(1.57)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	64.9	(1.44)	8.8	(1.14)	13	(1.8)	67.6	(2.30)	24.5	(2.25)	36	(2.8)	63.4	(1.99)
20 and over.....	841	38	(2.1)	81.4	(2.28)	11.2	(1.09)	14	(1.1)	87.5	(4.72)	29.7	(2.97)	34	(2.8)	77.7	(2.57)
2 and over...	1168	37	(1.9)	78.3	(2.25)	10.8	(0.97)	14	(1.0)	83.9	(4.33)	28.7	(2.72)	34	(2.6)	74.9	(2.11)
Hispanic:																	
2 - 19.....	947	44	(2.5)	67.4	(1.41)	14.7	(1.59)	22	(2.4)	73.9	(2.29)	33.6	(2.17)	45	(3.0)	62.3	(1.57)
20 and over.....	1669	42	(1.7)	86.5	(1.92)	16.6	(1.10)	19	(1.1)	94.7	(3.55)	40.1	(2.00)	42	(1.6)	80.7	(2.21)
2 and over...	2616	42	(1.5)	80.4	(1.34)	16.0	(1.01)	20	(1.1)	87.8	(2.47)	37.9	(1.52)	43	(1.3)	75.0	(1.61)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	248	(3.9)	38	(3.2)	15	(1.1)	275	(7.5)	90	(5.3)	33	(1.6)	228	(3.3)
20 and over.....	2758	40	(2.4)	239	(3.0)	33	(2.2)	14	(0.9)	255	(5.2)	82	(3.3)	32	(1.2)	228	(3.8)
2 and over...	4106	40	(2.1)	241	(2.1)	34	(2.1)	14	(0.8)	259	(4.4)	84	(2.6)	32	(1.0)	228	(3.0)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	236	(4.4)	41	(2.1)	17	(0.8)	257	(7.1)	90	(3.6)	35	(1.1)	218	(4.9)
20 and over.....	2071	45	(1.3)	242	(3.9)	45	(2.5)	19	(1.0)	269	(4.5)	100	(4.0)	37	(1.4)	219	(5.4)
2 and over...	3155	45	(1.2)	240	(3.1)	44	(2.1)	18	(0.9)	266	(3.6)	97	(2.9)	37	(1.2)	219	(3.8)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	236	(4.0)	26	(3.4)	11	(1.5)	244	(7.5)	73	(6.7)	30	(2.3)	232	(5.7)
20 and over.....	841	38	(2.1)	243	(7.5)	27	(2.2)	11	(0.8)	248	(5.9)	72	(5.7)	29	(2.0)	241	(11.3)
2 and over...	1168	37	(1.9)	242	(6.5)	27	(2.1)	11	(0.8)	247	(5.2)	72	(5.6)	29	(2.0)	239	(9.5)
Hispanic:																	
2 - 19.....	947	44	(2.5)	239	(4.2)	41	(3.6)	17	(1.6)	262	(9.0)	93	(4.2)	36	(2.2)	222	(4.9)
20 and over.....	1669	42	(1.7)	261	(4.7)	42	(2.0)	16	(0.8)	281	(7.9)	101	(3.4)	36	(1.0)	246	(5.8)
2 and over...	2616	42	(1.5)	254	(3.9)	42	(2.1)	16	(0.9)	275	(7.0)	99	(2.7)	36	(1.0)	238	(4.7)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	116	(2.3)	15	(1.7)	13	(1.3)	131	(4.4)	36	(3.5)	27	(2.2)	105	(1.7)
20 and over.....	2758	40	(2.4)	105	(2.2)	11	(0.9)	11	(0.8)	111	(3.2)	29	(1.4)	26	(1.1)	102	(2.9)
2 and over...	4106	40	(2.1)	108	(1.8)	12	(0.8)	11	(0.8)	115	(2.7)	30	(1.1)	26	(0.9)	102	(2.4)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	106	(2.7)	13	(0.8)	13	(0.8)	115	(4.3)	30	(1.7)	26	(1.5)	99	(2.3)
20 and over.....	2071	45	(1.3)	108	(2.4)	14	(0.7)	13	(0.7)	120	(3.0)	32	(1.0)	27	(1.1)	98	(3.3)
2 and over...	3155	45	(1.2)	107	(2.0)	14	(0.6)	13	(0.6)	119	(2.6)	31	(0.8)	26	(0.9)	98	(2.4)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	90	(4.1)	8	(1.2)	9	(1.4)	93	(3.8)	23	(2.7)	25	(2.8)	88	(6.0)
20 and over.....	841	38	(2.1)	85	(3.5)	9	(0.8)	10	(0.7)	90	(3.7)	23	(2.0)	26	(1.7)	83	(4.0)
2 and over...	1168	37	(1.9)	86	(3.0)	9	(0.8)	10	(0.7)	91	(3.1)	23	(2.0)	25	(1.7)	84	(3.4)
Hispanic:																	
2 - 19.....	947	44	(2.5)	106	(2.6)	14	(1.4)	13	(1.3)	115	(5.7)	32	(2.4)	28	(2.2)	99	(2.3)
20 and over.....	1669	42	(1.7)	106	(2.4)	14	(0.8)	13	(0.7)	113	(3.8)	34	(1.5)	30	(1.1)	100	(2.6)
2 and over...	2616	42	(1.5)	106	(2.1)	14	(0.8)	13	(0.8)	114	(3.6)	33	(1.4)	29	(1.2)	100	(2.3)

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.**

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-March 2020 Prepandemic *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	14.1	(0.59)	2.0	(0.19)	14	(1.2)	14.9	(0.99)	4.8	(0.32)	32	(1.9)	13.5	(0.61)
20 and over.....	2758	40	(2.4)	16.1	(0.37)	1.9	(0.14)	12	(0.8)	15.8	(0.54)	4.8	(0.22)	30	(1.4)	16.3	(0.47)
2 and over...	4106	40	(2.1)	15.7	(0.35)	1.9	(0.13)	12	(0.7)	15.6	(0.55)	4.8	(0.20)	31	(1.4)	15.8	(0.44)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	12.2	(0.31)	2.2	(0.13)	18	(1.2)	12.9	(0.31)	4.9	(0.23)	38	(2.0)	11.7	(0.41)
20 and over.....	2071	45	(1.3)	13.9	(0.23)	2.6	(0.15)	19	(1.1)	14.0	(0.30)	5.9	(0.26)	42	(1.7)	13.8	(0.34)
2 and over...	3155	45	(1.2)	13.5	(0.20)	2.5	(0.13)	19	(1.0)	13.7	(0.25)	5.6	(0.21)	41	(1.6)	13.3	(0.27)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	15.5	(0.76)	1.6	(0.18)	10	(1.3)	15.1	(0.61)	4.5	(0.35)	30	(2.1)	15.7	(1.13)
20 and over.....	841	38	(2.1)	20.4	(0.99)	1.7	(0.14)	8	(0.7)	18.6	(0.90)	4.4	(0.28)	24	(2.0)	21.5	(1.36)
2 and over...	1168	37	(1.9)	19.5	(0.85)	1.7	(0.13)	9	(0.6)	18.0	(0.72)	4.4	(0.26)	25	(1.8)	20.4	(1.15)
Hispanic:																	
2 - 19.....	947	44	(2.5)	14.8	(0.39)	2.5	(0.33)	17	(2.4)	15.5	(0.61)	5.7	(0.51)	37	(3.5)	14.3	(0.68)
20 and over.....	1669	42	(1.7)	19.3	(0.47)	2.7	(0.15)	14	(0.9)	19.3	(0.65)	6.5	(0.25)	33	(1.6)	19.2	(0.71)
2 and over...	2616	42	(1.5)	17.8	(0.38)	2.6	(0.18)	15	(1.2)	18.1	(0.49)	6.2	(0.27)	34	(1.7)	17.7	(0.59)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	78.6	(1.73)	14.3	(1.19)	18	(1.3)	88.1	(3.38)	34.2	(1.93)	39	(1.7)	71.8	(1.42)
20 and over.....	2758	40	(2.4)	89.6	(1.04)	14.2	(1.05)	16	(1.1)	95.1	(2.01)	35.5	(1.51)	37	(1.6)	86.0	(1.44)
2 and over...	4106	40	(2.1)	87.4	(0.91)	14.2	(0.97)	16	(1.0)	93.6	(1.95)	35.2	(1.30)	38	(1.3)	83.2	(1.21)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	75.7	(1.72)	18.4	(0.93)	24	(1.2)	85.4	(2.30)	41.0	(1.91)	48	(1.8)	67.8	(2.26)
20 and over.....	2071	45	(1.3)	87.9	(1.43)	21.8	(1.40)	25	(1.4)	100.2	(2.41)	48.2	(2.30)	48	(1.6)	77.7	(1.86)
2 and over...	3155	45	(1.2)	84.7	(1.17)	20.9	(1.11)	25	(1.2)	96.4	(1.75)	46.3	(1.75)	48	(1.4)	75.2	(1.61)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	69.5	(1.87)	10.8	(1.73)	16	(2.3)	77.2	(3.60)	30.3	(4.02)	39	(4.1)	65.3	(2.04)
20 and over.....	841	38	(2.1)	71.4	(1.37)	11.1	(0.82)	16	(1.2)	79.2	(2.20)	29.4	(1.88)	37	(2.2)	66.7	(1.96)
2 and over...	1168	37	(1.9)	71.0	(1.35)	11.1	(0.79)	16	(1.1)	78.8	(2.02)	29.5	(2.05)	37	(2.2)	66.4	(1.78)
Hispanic:																	
2 - 19.....	947	44	(2.5)	73.2	(1.41)	17.5	(1.83)	24	(2.4)	84.5	(2.22)	40.0	(2.58)	47	(3.0)	64.5	(1.74)
20 and over.....	1669	42	(1.7)	87.6	(2.19)	18.7	(1.10)	21	(1.1)	99.6	(4.08)	45.0	(2.09)	45	(1.5)	79.1	(2.49)
2 and over...	2616	42	(1.5)	83.0	(1.71)	18.3	(1.04)	22	(1.1)	94.6	(2.84)	43.3	(1.62)	46	(1.2)	74.5	(1.97)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	27.4	(0.52)	4.9	(0.41)	18	(1.4)	30.3	(0.91)	11.7	(0.64)	39	(1.6)	25.3	(0.53)
20 and over.....	2758	40	(2.4)	29.6	(0.40)	4.9	(0.39)	17	(1.3)	31.7	(0.58)	12.3	(0.50)	39	(1.3)	28.2	(0.62)
2 and over...	4106	40	(2.1)	29.1	(0.32)	4.9	(0.35)	17	(1.1)	31.4	(0.53)	12.2	(0.44)	39	(1.1)	27.6	(0.47)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	25.0	(0.83)	6.0	(0.33)	24	(1.2)	28.1	(1.15)	13.2	(0.63)	47	(1.7)	22.4	(0.97)
20 and over.....	2071	45	(1.3)	27.3	(0.51)	6.8	(0.45)	25	(1.5)	31.5	(0.78)	15.0	(0.73)	48	(1.8)	23.8	(0.64)
2 and over...	3155	45	(1.2)	26.7	(0.44)	6.6	(0.34)	25	(1.2)	30.6	(0.65)	14.6	(0.54)	48	(1.6)	23.5	(0.57)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	24.5	(0.68)	3.9	(0.57)	16	(2.3)	27.0	(1.09)	10.9	(1.26)	41	(3.9)	23.1	(0.77)
20 and over.....	841	38	(2.1)	21.6	(0.53)	3.5	(0.22)	16	(1.0)	24.0	(0.75)	9.3	(0.52)	39	(1.9)	20.1	(0.66)
2 and over...	1168	37	(1.9)	22.1	(0.51)	3.6	(0.21)	16	(0.9)	24.6	(0.64)	9.6	(0.57)	39	(2.0)	20.7	(0.63)
Hispanic:																	
2 - 19.....	947	44	(2.5)	25.1	(0.69)	5.8	(0.65)	23	(2.4)	28.6	(1.01)	13.3	(0.95)	46	(3.1)	22.3	(0.61)
20 and over.....	1669	42	(1.7)	28.0	(0.68)	6.3	(0.40)	22	(1.3)	32.2	(1.12)	15.1	(0.77)	47	(1.6)	25.0	(0.79)
2 and over...	2616	42	(1.5)	27.1	(0.55)	6.1	(0.39)	23	(1.3)	31.0	(0.82)	14.5	(0.59)	47	(1.4)	24.2	(0.62)

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.**

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-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	Intake from Quick Service Restaurants g	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	25.5	(0.41)	4.7	(0.35)	18	(1.3)	28.5	(0.89)	11.1	(0.55)	39	(1.7)	23.3	(0.46)
20 and over.....	2758	40	(2.4)	30.5	(0.45)	4.7	(0.36)	15	(1.1)	32.6	(0.86)	11.7	(0.55)	36	(1.7)	29.0	(0.48)
2 and over...	4106	40	(2.1)	29.5	(0.38)	4.7	(0.32)	16	(1.0)	31.7	(0.77)	11.6	(0.47)	36	(1.5)	27.9	(0.41)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	25.4	(0.53)	6.3	(0.31)	25	(1.2)	28.5	(0.66)	13.9	(0.67)	49	(1.8)	22.8	(0.77)
20 and over.....	2071	45	(1.3)	30.3	(0.49)	7.6	(0.51)	25	(1.5)	34.6	(0.94)	16.7	(0.85)	48	(1.7)	26.8	(0.65)
2 and over...	3155	45	(1.2)	29.0	(0.41)	7.2	(0.41)	25	(1.3)	33.0	(0.70)	16.0	(0.67)	49	(1.4)	25.8	(0.58)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	22.7	(0.75)	3.5	(0.60)	15	(2.5)	24.6	(1.41)	9.7	(1.40)	39	(4.0)	21.6	(1.03)
20 and over.....	841	38	(2.1)	25.4	(0.57)	3.8	(0.31)	15	(1.2)	28.2	(0.90)	10.0	(0.67)	36	(2.2)	23.7	(0.81)
2 and over...	1168	37	(1.9)	24.9	(0.55)	3.7	(0.28)	15	(1.1)	27.5	(0.85)	10.0	(0.70)	36	(2.2)	23.3	(0.74)
Hispanic:																	
2 - 19.....	947	44	(2.5)	23.9	(0.49)	5.8	(0.61)	24	(2.5)	27.7	(0.68)	13.3	(0.86)	48	(3.0)	21.0	(0.75)
20 and over.....	1669	42	(1.7)	29.9	(0.76)	6.3	(0.38)	21	(1.2)	33.9	(1.54)	15.2	(0.73)	45	(1.5)	27.1	(0.85)
2 and over...	2616	42	(1.5)	28.0	(0.60)	6.1	(0.34)	22	(1.1)	31.9	(1.05)	14.5	(0.54)	46	(1.2)	25.2	(0.72)

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.**

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-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	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.....	1348	42	(2.3)	17.9	(0.84)	3.5	(0.35)	19	(1.5)	20.8	(1.76)	8.3	(0.67)	40	(2.3)	15.8	(0.61)
20 and over.....	2758	40	(2.4)	20.8	(0.42)	3.3	(0.23)	16	(1.1)	21.6	(0.71)	8.2	(0.41)	38	(2.1)	20.2	(0.49)
2 and over...	4106	40	(2.1)	20.2	(0.43)	3.3	(0.22)	16	(1.1)	21.5	(0.77)	8.2	(0.35)	38	(1.8)	19.3	(0.47)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	17.9	(0.44)	4.5	(0.29)	25	(1.6)	20.6	(0.58)	10.0	(0.66)	48	(2.4)	15.8	(0.61)
20 and over.....	2071	45	(1.3)	21.7	(0.40)	5.4	(0.32)	25	(1.4)	24.4	(0.64)	11.8	(0.55)	49	(1.5)	19.4	(0.60)
2 and over...	3155	45	(1.2)	20.7	(0.31)	5.1	(0.26)	25	(1.2)	23.4	(0.46)	11.4	(0.42)	48	(1.3)	18.4	(0.49)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	15.1	(0.58)	2.5	(0.48)	16	(2.7)	17.7	(1.16)	6.9	(1.19)	39	(4.7)	13.7	(0.53)
20 and over.....	841	38	(2.1)	17.3	(0.46)	2.7	(0.27)	16	(1.5)	19.1	(0.78)	7.2	(0.67)	38	(2.7)	16.2	(0.67)
2 and over...	1168	37	(1.9)	16.9	(0.42)	2.7	(0.26)	16	(1.5)	18.9	(0.75)	7.2	(0.70)	38	(2.7)	15.7	(0.53)
Hispanic:																	
2 - 19.....	947	44	(2.5)	16.7	(0.39)	4.2	(0.45)	25	(2.6)	19.6	(0.66)	9.7	(0.76)	49	(3.1)	14.3	(0.54)
20 and over.....	1669	42	(1.7)	20.5	(0.58)	4.3	(0.25)	21	(1.0)	23.3	(1.20)	10.3	(0.50)	44	(1.8)	18.6	(0.68)
2 and over...	2616	42	(1.5)	19.3	(0.43)	4.3	(0.23)	22	(1.0)	22.1	(0.84)	10.1	(0.45)	46	(1.4)	17.2	(0.50)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from Quick Service Restaurants mg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	221	(7.0)	34	(3.4)	16	(1.5)	237	(9.6)	82	(5.6)	34	(2.4)	209	(9.4)
20 and over.....	2758	40	(2.4)	306	(7.8)	42	(3.3)	14	(1.1)	302	(11.2)	106	(5.2)	35	(1.7)	309	(11.4)
2 and over...	4106	40	(2.1)	289	(5.8)	41	(2.9)	14	(1.0)	288	(9.5)	101	(4.6)	35	(1.5)	289	(8.5)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	228	(12.8)	48	(3.1)	21	(1.6)	232	(13.0)	107	(6.3)	46	(2.9)	225	(15.5)
20 and over.....	2071	45	(1.3)	314	(9.0)	66	(4.4)	21	(1.4)	329	(12.5)	145	(7.5)	44	(2.0)	303	(11.9)
2 and over...	3155	45	(1.2)	292	(8.4)	61	(3.3)	21	(1.3)	304	(10.4)	135	(5.7)	45	(1.9)	282	(10.5)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	236	(9.3)	28	(4.1)	12	(1.8)	272	(26.4)	78	(10.2)	29	(5.5)	216	(11.0)
20 and over.....	841	38	(2.1)	277	(9.3)	40	(4.7)	15	(1.6)	308	(21.2)	106	(12.5)	34	(3.1)	258	(11.7)
2 and over...	1168	37	(1.9)	269	(7.8)	38	(4.1)	14	(1.4)	302	(15.1)	101	(11.4)	33	(2.9)	249	(9.0)
Hispanic:																	
2 - 19.....	947	44	(2.5)	247	(9.6)	47	(5.3)	19	(2.4)	266	(14.4)	108	(8.4)	41	(3.5)	231	(12.0)
20 and over.....	1669	42	(1.7)	359	(11.7)	61	(4.2)	17	(1.1)	378	(18.7)	146	(7.4)	39	(1.6)	345	(15.7)
2 and over...	2616	42	(1.5)	323	(8.4)	56	(3.5)	17	(1.0)	341	(13.4)	133	(5.7)	39	(1.3)	310	(10.0)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	597	(16.4)	61	(7.8)	10	(1.3)	603	(29.7)	146	(13.5)	24	(2.3)	592	(27.0)
20 and over.....	2758	40	(2.4)	651	(16.3)	68	(5.6)	11	(0.9)	610	(26.2)	171	(8.3)	28	(1.0)	678	(20.6)
2 and over...	4106	40	(2.1)	640	(14.2)	67	(5.1)	10	(0.8)	608	(22.0)	166	(7.9)	27	(1.1)	661	(17.1)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	452	(20.2)	55	(4.0)	12	(1.0)	436	(25.5)	122	(7.6)	28	(1.7)	466	(24.5)
20 and over.....	2071	45	(1.3)	541	(25.3)	78	(5.8)	14	(1.0)	506	(24.8)	172	(10.3)	34	(1.8)	571	(37.8)
2 and over...	3155	45	(1.2)	518	(16.4)	72	(4.4)	14	(0.8)	488	(17.1)	159	(7.4)	33	(1.5)	543	(25.4)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	517	(26.3)	47	(8.1)	9	(1.7)	550	(46.0)	132	(16.8)	24	(3.6)	498	(28.7)
20 and over.....	841	38	(2.1)	611	(30.0)	63	(8.1)	10	(1.3)	574	(25.0)	165	(19.0)	29	(3.0)	635	(49.4)
2 and over...	1168	37	(1.9)	593	(26.6)	60	(6.5)	10	(1.1)	569	(21.7)	159	(15.5)	28	(2.6)	608	(40.9)
Hispanic:																	
2 - 19.....	947	44	(2.5)	541	(23.2)	65	(6.0)	12	(1.3)	565	(35.8)	148	(10.6)	26	(2.7)	522	(21.1)
20 and over.....	1669	42	(1.7)	593	(23.0)	81	(5.7)	14	(1.1)	582	(30.4)	195	(10.9)	33	(1.6)	601	(27.0)
2 and over...	2616	42	(1.5)	576	(17.8)	76	(4.9)	13	(1.0)	576	(24.0)	179	(8.7)	31	(1.3)	576	(20.3)

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.**

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-March 2020 Prepandemic *(continued)*

Beta carotene

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	1250	(96.4)	114	(25.5)	9	(2.1)	1114	(93.7)	272	(55.2)	24	(5.3)	1349	(160.3)
20 and over.....	2758	40	(2.4)	2450	(165.3)	208	(23.8)	8	(0.8)	2021	(235.4)	521	(52.7)	26	(2.4)	2735	(197.3)
2 and over...	4106	40	(2.1)	2207	(150.5)	189	(21.4)	9	(0.9)	1830	(202.8)	468	(48.6)	26	(2.6)	2462	(172.4)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	984	(98.5)	100	(14.2)	10	(2.0)	829	(89.6)	222	(31.2)	27	(4.6)	1110	(145.7)
20 and over.....	2071	45	(1.3)	2081	(146.4)	249	(34.5)	12	(1.4)	1560	(160.0)	550	(70.5)	35	(2.4)	2511	(253.3)
2 and over...	3155	45	(1.2)	1798	(105.9)	210	(26.1)	12	(1.3)	1372	(109.8)	466	(52.4)	34	(2.4)	2148	(184.7)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1476	(175.1)	101*	(33.8)	7*	(2.7)	1397	(199.3)	284*	(85.2)	20*	(6.7)	1520	(256.1)
20 and over.....	841	38	(2.1)	3363	(259.2)	249	(71.2)	7	(2.1)	2782	(274.9)	656	(174.2)	24	(5.2)	3717	(365.4)
2 and over...	1168	37	(1.9)	3002	(214.5)	220	(58.1)	7	(1.9)	2530	(233.6)	588	(145.2)	23	(4.8)	3285	(301.7)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1010	(77.6)	139	(17.6)	14	(2.1)	1027	(118.4)	318	(32.0)	31	(4.5)	996	(69.1)
20 and over.....	1669	42	(1.7)	2234	(188.2)	248	(29.3)	11	(1.4)	1960	(176.5)	596	(67.0)	30	(3.2)	2430	(242.2)
2 and over...	2616	42	(1.5)	1843	(133.9)	213	(21.3)	12	(1.3)	1651	(129.7)	504	(46.8)	31	(2.8)	1983	(165.6)

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.**

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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	4434	(324.5)	688	(114.8)	16	(3.0)	4160	(355.9)	1641	(238.4)	39	(4.7)	4632	(561.3)
20 and over.....	2758	40	(2.4)	4721	(213.5)	611	(69.4)	13	(1.7)	4637	(202.3)	1529	(145.3)	33	(3.6)	4777	(260.1)
2 and over...	4106	40	(2.1)	4663	(171.5)	627	(75.9)	13	(1.8)	4537	(178.1)	1553	(155.0)	34	(3.5)	4749	(230.1)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	4027	(344.2)	828	(110.0)	21	(2.8)	3950	(366.9)	1841	(230.7)	47	(4.9)	4090	(467.2)
20 and over.....	2071	45	(1.3)	4004	(243.1)	940	(113.6)	23	(2.8)	4086	(294.9)	2080	(227.6)	51	(3.2)	3936	(354.3)
2 and over...	3155	45	(1.2)	4010	(188.1)	911	(93.4)	23	(2.4)	4051	(199.8)	2018	(181.8)	50	(3.0)	3976	(298.6)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	4938	(668.4)	595	(129.9)	12	(2.0)	4125	(430.2)	1668	(277.3)	40	(4.9)	5389	(935.3)
20 and over.....	841	38	(2.1)	4727	(400.7)	537	(92.5)	11	(1.6)	4918	(553.4)	1416	(243.6)	29	(4.1)	4610	(411.7)
2 and over...	1168	37	(1.9)	4767	(408.0)	548	(89.2)	11	(1.5)	4773	(489.5)	1462	(227.9)	31	(4.0)	4764	(433.4)
Hispanic:																	
2 - 19.....	947	44	(2.5)	4463	(282.4)	1015	(117.8)	23	(2.5)	4234	(410.8)	2314	(210.4)	55	(4.3)	4642	(355.0)
20 and over.....	1669	42	(1.7)	5706	(465.5)	892	(85.0)	16	(1.9)	5650	(496.5)	2147	(163.1)	38	(3.5)	5745	(639.2)
2 and over...	2616	42	(1.5)	5308	(364.9)	931	(75.5)	18	(1.7)	5180	(380.5)	2203	(122.5)	43	(3.4)	5401	(488.9)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	1.51	(0.025)	0.23	(0.020)	15	(1.3)	1.64	(0.051)	0.54	(0.032)	33	(1.9)	1.42	(0.038)
20 and over.....	2758	40	(2.4)	1.57	(0.020)	0.23	(0.017)	15	(1.1)	1.67	(0.035)	0.58	(0.024)	35	(1.3)	1.51	(0.031)
2 and over...	4106	40	(2.1)	1.56	(0.017)	0.23	(0.016)	15	(1.0)	1.66	(0.028)	0.57	(0.021)	35	(1.1)	1.49	(0.026)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1.36	(0.032)	0.26	(0.016)	19	(1.2)	1.44	(0.047)	0.57	(0.032)	40	(1.6)	1.29	(0.041)
20 and over.....	2071	45	(1.3)	1.46	(0.028)	0.31	(0.023)	21	(1.4)	1.57	(0.041)	0.69	(0.038)	44	(1.9)	1.36	(0.039)
2 and over...	3155	45	(1.2)	1.43	(0.021)	0.30	(0.019)	21	(1.3)	1.54	(0.034)	0.66	(0.032)	43	(1.7)	1.34	(0.030)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1.51	(0.026)	0.18	(0.024)	12	(1.7)	1.54	(0.061)	0.50	(0.045)	33	(2.0)	1.49	(0.037)
20 and over.....	841	38	(2.1)	1.64	(0.072)	0.20	(0.018)	12	(1.2)	1.65	(0.053)	0.53	(0.052)	32	(2.8)	1.64	(0.116)
2 and over...	1168	37	(1.9)	1.62	(0.061)	0.20	(0.015)	12	(1.0)	1.63	(0.048)	0.53	(0.046)	32	(2.4)	1.61	(0.096)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1.52	(0.051)	0.29	(0.033)	19	(2.2)	1.66	(0.081)	0.66	(0.058)	40	(3.4)	1.41	(0.051)
20 and over.....	1669	42	(1.7)	1.63	(0.034)	0.30	(0.020)	19	(1.2)	1.77	(0.057)	0.73	(0.036)	41	(1.7)	1.53	(0.051)
2 and over...	2616	42	(1.5)	1.59	(0.029)	0.30	(0.018)	19	(1.2)	1.73	(0.044)	0.71	(0.032)	41	(1.7)	1.49	(0.038)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	1.84	(0.039)	0.27	(0.028)	14	(1.4)	2.00	(0.058)	0.63	(0.048)	32	(2.0)	1.72	(0.053)
20 and over.....	2758	40	(2.4)	2.18	(0.035)	0.27	(0.020)	13	(0.9)	2.21	(0.033)	0.68	(0.023)	31	(1.0)	2.15	(0.062)
2 and over...	4106	40	(2.1)	2.11	(0.028)	0.27	(0.019)	13	(0.9)	2.17	(0.030)	0.67	(0.020)	31	(0.9)	2.07	(0.051)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1.50	(0.036)	0.25	(0.014)	17	(0.9)	1.55	(0.054)	0.55	(0.027)	36	(1.2)	1.46	(0.044)
20 and over.....	2071	45	(1.3)	1.67	(0.032)	0.32	(0.017)	19	(1.0)	1.78	(0.049)	0.71	(0.025)	40	(1.4)	1.58	(0.044)
2 and over...	3155	45	(1.2)	1.63	(0.024)	0.30	(0.013)	19	(0.9)	1.72	(0.040)	0.67	(0.018)	39	(1.1)	1.55	(0.032)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1.60	(0.043)	0.17	(0.023)	11	(1.4)	1.69	(0.072)	0.48	(0.046)	28	(2.2)	1.55	(0.046)
20 and over.....	841	38	(2.1)	1.77	(0.041)	0.23	(0.015)	13	(0.8)	1.82	(0.071)	0.61	(0.038)	33	(1.7)	1.74	(0.081)
2 and over...	1168	37	(1.9)	1.74	(0.041)	0.22	(0.014)	13	(0.7)	1.80	(0.056)	0.58	(0.036)	32	(1.6)	1.71	(0.070)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1.77	(0.054)	0.29	(0.026)	16	(1.7)	1.91	(0.096)	0.65	(0.037)	34	(2.8)	1.67	(0.048)
20 and over.....	1669	42	(1.7)	2.02	(0.047)	0.31	(0.020)	15	(0.8)	2.21	(0.100)	0.75	(0.035)	34	(0.9)	1.88	(0.040)
2 and over...	2616	42	(1.5)	1.94	(0.037)	0.30	(0.019)	16	(0.8)	2.11	(0.081)	0.72	(0.028)	34	(1.0)	1.82	(0.030)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	21.7	(0.65)	3.5	(0.29)	16	(1.3)	23.7	(0.93)	8.3	(0.52)	35	(1.9)	20.2	(0.79)
20 and over.....	2758	40	(2.4)	25.8	(0.53)	3.6	(0.23)	14	(0.8)	27.6	(0.70)	9.0	(0.36)	33	(1.3)	24.6	(0.73)
2 and over...	4106	40	(2.1)	25.0	(0.49)	3.6	(0.22)	14	(0.8)	26.8	(0.69)	8.9	(0.32)	33	(1.2)	23.7	(0.61)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	20.7	(0.39)	4.5	(0.23)	22	(1.1)	22.5	(0.64)	10.1	(0.49)	45	(1.8)	19.2	(0.42)
20 and over.....	2071	45	(1.3)	24.5	(0.34)	5.5	(0.37)	22	(1.6)	26.5	(0.55)	12.2	(0.62)	46	(1.8)	22.8	(0.77)
2 and over...	3155	45	(1.2)	23.5	(0.27)	5.2	(0.30)	22	(1.4)	25.5	(0.38)	11.6	(0.49)	46	(1.7)	21.9	(0.58)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	19.5	(0.43)	2.8	(0.40)	14	(2.0)	20.7	(0.99)	7.8	(0.75)	38	(2.2)	18.9	(0.47)
20 and over.....	841	38	(2.1)	24.2	(0.95)	3.3	(0.33)	14	(1.2)	25.8	(1.22)	8.7	(0.92)	34	(2.8)	23.2	(1.17)
2 and over...	1168	37	(1.9)	23.3	(0.86)	3.2	(0.29)	14	(1.1)	24.9	(1.12)	8.6	(0.82)	34	(2.5)	22.3	(0.98)
Hispanic:																	
2 - 19.....	947	44	(2.5)	20.7	(0.48)	4.6	(0.44)	22	(2.1)	23.1	(0.76)	10.4	(0.62)	45	(2.8)	18.8	(0.55)
20 and over.....	1669	42	(1.7)	27.2	(0.68)	5.0	(0.32)	18	(0.9)	31.1	(1.38)	11.9	(0.60)	38	(1.4)	24.4	(0.70)
2 and over...	2616	42	(1.5)	25.1	(0.45)	4.8	(0.28)	19	(0.9)	28.4	(0.90)	11.4	(0.44)	40	(1.1)	22.7	(0.46)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	1.74	(0.069)	0.20	(0.022)	11	(1.2)	1.88	(0.114)	0.48	(0.046)	25	(2.3)	1.63	(0.077)
20 and over.....	2758	40	(2.4)	2.15	(0.062)	0.20	(0.013)	9	(0.5)	2.25	(0.123)	0.51	(0.023)	23	(1.4)	2.09	(0.054)
2 and over...	4106	40	(2.1)	2.07	(0.057)	0.20	(0.013)	10	(0.5)	2.17	(0.107)	0.50	(0.021)	23	(1.3)	2.00	(0.047)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1.51	(0.043)	0.24	(0.013)	16	(0.8)	1.53	(0.063)	0.53	(0.030)	35	(1.5)	1.49	(0.042)
20 and over.....	2071	45	(1.3)	1.90	(0.039)	0.32	(0.018)	17	(1.1)	1.93	(0.050)	0.70	(0.030)	36	(1.6)	1.87	(0.081)
2 and over...	3155	45	(1.2)	1.80	(0.034)	0.30	(0.014)	16	(1.0)	1.83	(0.032)	0.66	(0.022)	36	(1.4)	1.77	(0.063)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1.56	(0.035)	0.15	(0.019)	9	(1.2)	1.56	(0.083)	0.41	(0.037)	26	(2.0)	1.56	(0.041)
20 and over.....	841	38	(2.1)	2.02	(0.089)	0.20	(0.024)	10	(1.0)	2.05	(0.107)	0.53	(0.064)	26	(2.5)	2.01	(0.116)
2 and over...	1168	37	(1.9)	1.94	(0.082)	0.19	(0.021)	10	(0.9)	1.96	(0.094)	0.51	(0.057)	26	(2.3)	1.92	(0.097)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1.67	(0.050)	0.25	(0.028)	15	(1.8)	1.75	(0.093)	0.57	(0.040)	33	(2.9)	1.61	(0.049)
20 and over.....	1669	42	(1.7)	2.31	(0.057)	0.30	(0.018)	13	(0.6)	2.54	(0.133)	0.72	(0.034)	28	(1.4)	2.14	(0.077)
2 and over...	2616	42	(1.5)	2.10	(0.033)	0.28	(0.014)	13	(0.6)	2.28	(0.085)	0.67	(0.024)	29	(1.2)	1.98	(0.049)

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.**

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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	467	(10.8)	64	(6.4)	14	(1.3)	501	(25.8)	153	(10.7)	31	(1.9)	442	(13.8)
20 and over.....	2758	40	(2.4)	475	(7.2)	67	(5.3)	14	(1.0)	503	(12.4)	169	(7.6)	34	(1.3)	456	(8.7)
2 and over...	4106	40	(2.1)	473	(6.3)	67	(5.0)	14	(1.0)	503	(11.7)	165	(6.9)	33	(1.2)	453	(7.6)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	423	(9.4)	73	(6.0)	17	(1.4)	442	(16.5)	163	(12.1)	37	(2.1)	407	(17.4)
20 and over.....	2071	45	(1.3)	438	(10.8)	88	(7.4)	20	(1.5)	470	(15.6)	195	(13.4)	42	(2.2)	411	(11.0)
2 and over...	3155	45	(1.2)	434	(8.5)	84	(6.6)	19	(1.4)	463	(14.0)	187	(11.8)	40	(2.0)	410	(8.8)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	500	(19.8)	60	(9.4)	12	(1.8)	512	(22.4)	167	(18.4)	33	(2.6)	493	(30.6)
20 and over.....	841	38	(2.1)	538	(25.7)	57	(5.7)	11	(1.2)	519	(10.3)	150	(15.2)	29	(2.9)	549	(42.0)
2 and over...	1168	37	(1.9)	530	(22.6)	57	(4.8)	11	(1.0)	517	(7.8)	153	(12.9)	30	(2.5)	538	(36.6)
Hispanic:																	
2 - 19.....	947	44	(2.5)	481	(19.7)	82	(7.5)	17	(1.8)	513	(30.7)	187	(10.3)	36	(3.3)	456	(21.4)
20 and over.....	1669	42	(1.7)	509	(10.2)	90	(5.9)	18	(1.2)	558	(21.3)	216	(10.1)	39	(1.8)	475	(15.5)
2 and over...	2616	42	(1.5)	500	(9.6)	87	(5.5)	17	(1.2)	543	(17.2)	207	(7.9)	38	(1.7)	469	(12.6)

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.**

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-March 2020 Prepandemic *(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)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	246	(7.6)	36	(3.2)	15	(1.2)	266	(11.2)	86	(5.3)	32	(1.8)	231	(7.9)
20 and over.....	2758	40	(2.4)	333	(5.6)	42	(2.8)	13	(0.9)	329	(8.5)	105	(3.7)	32	(1.2)	336	(8.5)
2 and over...	4106	40	(2.1)	316	(4.1)	41	(2.5)	13	(0.8)	316	(8.4)	101	(3.5)	32	(1.1)	316	(6.3)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	228	(8.9)	45	(2.1)	20	(1.2)	234	(9.4)	100	(4.4)	43	(1.9)	223	(10.7)
20 and over.....	2071	45	(1.3)	311	(7.8)	62	(3.8)	20	(1.3)	321	(10.0)	136	(6.1)	42	(1.8)	303	(10.5)
2 and over...	3155	45	(1.2)	290	(7.1)	57	(2.9)	20	(1.1)	299	(8.5)	127	(4.5)	42	(1.7)	282	(8.6)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	255	(5.5)	26	(4.1)	10	(1.6)	278	(14.2)	74	(10.7)	27	(4.5)	243	(8.5)
20 and over.....	841	38	(2.1)	327	(6.9)	38	(3.5)	12	(1.0)	339	(15.4)	100	(9.6)	29	(2.4)	320	(11.6)
2 and over...	1168	37	(1.9)	314	(6.4)	36	(3.3)	11	(1.0)	328	(12.9)	95	(9.5)	29	(2.4)	305	(8.3)
Hispanic:																	
2 - 19.....	947	44	(2.5)	262	(7.7)	46	(4.5)	18	(2.0)	281	(12.1)	105	(5.7)	37	(3.0)	248	(9.3)
20 and over.....	1669	42	(1.7)	371	(9.5)	57	(3.5)	15	(0.9)	389	(15.8)	138	(5.9)	35	(1.0)	358	(11.6)
2 and over...	2616	42	(1.5)	336	(6.7)	54	(2.9)	16	(0.9)	353	(11.6)	127	(4.3)	36	(1.0)	324	(7.9)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B12

Race/ethnicity and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from 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)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	4.32	(0.106)	0.49	(0.045)	11	(1.0)	4.66	(0.139)	1.16	(0.086)	25	(2.0)	4.07	(0.167)
20 and over.....	2758	40	(2.4)	4.83	(0.145)	0.54	(0.038)	11	(0.8)	4.87	(0.181)	1.34	(0.060)	28	(1.2)	4.82	(0.197)
2 and over...	4106	40	(2.1)	4.73	(0.123)	0.53	(0.035)	11	(0.7)	4.82	(0.144)	1.31	(0.055)	27	(1.0)	4.67	(0.168)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	3.69	(0.152)	0.58	(0.031)	16	(1.0)	3.64	(0.185)	1.29	(0.061)	35	(1.5)	3.73	(0.156)
20 and over.....	2071	45	(1.3)	4.25	(0.172)	0.78	(0.055)	18	(1.5)	4.50	(0.206)	1.73	(0.095)	38	(2.4)	4.04	(0.247)
2 and over...	3155	45	(1.2)	4.10	(0.120)	0.73	(0.044)	18	(1.2)	4.28	(0.154)	1.61	(0.077)	38	(1.9)	3.96	(0.188)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	3.84	(0.130)	0.34	(0.046)	9	(1.2)	3.96	(0.270)	0.96	(0.092)	24	(2.3)	3.78	(0.147)
20 and over.....	841	38	(2.1)	4.02	(0.185)	0.45	(0.046)	11	(1.1)	4.03	(0.273)	1.19	(0.128)	30	(2.9)	4.01	(0.284)
2 and over...	1168	37	(1.9)	3.98	(0.162)	0.43	(0.040)	11	(0.9)	4.01	(0.208)	1.15	(0.115)	29	(2.5)	3.96	(0.237)
Hispanic:																	
2 - 19.....	947	44	(2.5)	4.48	(0.184)	0.66	(0.090)	15	(1.9)	4.70	(0.255)	1.49	(0.145)	32	(3.2)	4.31	(0.176)
20 and over.....	1669	42	(1.7)	4.91	(0.164)	0.78	(0.059)	16	(1.0)	5.51	(0.281)	1.88	(0.114)	34	(1.4)	4.48	(0.202)
2 and over...	2616	42	(1.5)	4.77	(0.130)	0.74	(0.053)	16	(0.8)	5.24	(0.199)	1.75	(0.090)	33	(1.2)	4.43	(0.161)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n C

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	67.6	(3.85)	4.1	(0.51)	6	(0.8)	69.1	(7.72)	9.8	(1.12)	14	(1.6)	66.5	(3.84)
20 and over.....	2758	40	(2.4)	72.9	(2.69)	4.9	(0.51)	7	(0.6)	67.1	(5.43)	12.3	(1.21)	18	(1.6)	76.7	(2.75)
2 and over...	4106	40	(2.1)	71.8	(2.49)	4.8	(0.41)	7	(0.5)	67.6	(5.39)	11.8	(1.04)	17	(1.3)	74.7	(2.48)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	77.2	(3.70)	5.1	(0.82)	7	(1.0)	76.4	(6.19)	11.4	(1.78)	15	(2.1)	78.0	(3.76)
20 and over.....	2071	45	(1.3)	78.1	(3.31)	8.4	(0.71)	11	(1.1)	74.1	(4.09)	18.6	(1.55)	25	(2.2)	81.3	(4.53)
2 and over...	3155	45	(1.2)	77.9	(2.71)	7.6	(0.54)	10	(0.8)	74.7	(3.47)	16.8	(1.08)	22	(1.7)	80.5	(3.56)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	68.1	(6.40)	4.8	(0.79)	7	(1.6)	66.6	(7.75)	13.5	(1.90)	20	(2.3)	68.9	(10.53)
20 and over.....	841	38	(2.1)	96.5	(5.32)	6.0	(1.09)	6	(1.1)	91.0	(6.71)	15.9	(3.17)	17	(3.1)	99.8	(5.41)
2 and over...	1168	37	(1.9)	91.0	(5.13)	5.8	(0.93)	6	(1.0)	86.5	(5.71)	15.5	(2.69)	18	(2.8)	93.7	(5.44)
Hispanic:																	
2 - 19.....	947	44	(2.5)	78.5	(3.12)	6.2	(0.70)	8	(1.0)	72.6	(4.04)	14.2	(1.08)	20	(1.7)	83.1	(3.90)
20 and over.....	1669	42	(1.7)	89.3	(3.32)	6.9	(0.59)	8	(0.7)	80.6	(3.29)	16.5	(1.38)	20	(1.8)	95.5	(4.53)
2 and over...	2616	42	(1.5)	85.8	(2.49)	6.7	(0.47)	8	(0.6)	77.9	(2.48)	15.7	(1.01)	20	(1.4)	91.6	(3.35)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin D

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	4.9	(0.10)	0.3	(0.04)	6	(0.8)	4.7	(0.27)	0.7	(0.08)	15	(1.7)	5.0	(0.22)
20 and over.....	2758	40	(2.4)	4.3	(0.17)	0.3	(0.03)	8	(0.8)	3.9	(0.12)	0.9	(0.05)	23	(1.0)	4.5	(0.23)
2 and over...	4106	40	(2.1)	4.4	(0.14)	0.3	(0.02)	8	(0.6)	4.0	(0.11)	0.8	(0.04)	21	(0.9)	4.6	(0.19)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	3.8	(0.15)	0.2	(0.02)	6	(0.5)	3.3	(0.19)	0.5	(0.05)	16	(1.0)	4.1	(0.18)
20 and over.....	2071	45	(1.3)	3.9	(0.15)	0.4	(0.04)	10	(1.1)	3.7	(0.22)	0.9	(0.08)	24	(2.3)	4.0	(0.19)
2 and over...	3155	45	(1.2)	3.8	(0.11)	0.4	(0.03)	9	(0.8)	3.6	(0.17)	0.8	(0.06)	22	(1.8)	4.0	(0.13)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	4.8	(0.22)	0.1	(0.02)	3*	(0.4)	4.6	(0.38)	0.4	(0.07)	9*	(1.8)	4.8	(0.32)
20 and over.....	841	38	(2.1)	5.1	(0.35)	0.3	(0.03)	6	(0.8)	4.5	(0.39)	0.9	(0.10)	19	(2.5)	5.5	(0.49)
2 and over...	1168	37	(1.9)	5.1	(0.29)	0.3	(0.03)	6	(0.6)	4.5	(0.33)	0.8	(0.09)	17	(2.3)	5.4	(0.39)
Hispanic:																	
2 - 19.....	947	44	(2.5)	5.2	(0.26)	0.3	(0.02)	5	(0.5)	5.0	(0.43)	0.6	(0.05)	12	(1.5)	5.4	(0.26)
20 and over.....	1669	42	(1.7)	4.5	(0.19)	0.4	(0.04)	10	(1.0)	4.1	(0.23)	1.1	(0.08)	26	(2.3)	4.9	(0.31)
2 and over...	2616	42	(1.5)	4.8	(0.13)	0.4	(0.03)	8	(0.7)	4.4	(0.22)	0.9	(0.06)	21	(1.7)	5.0	(0.22)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	8.2	(0.49)	1.1	(0.11)	14	(1.4)	8.9	(1.03)	2.7	(0.18)	30	(3.1)	7.7	(0.51)
20 and over.....	2758	40	(2.4)	9.5	(0.21)	1.1	(0.09)	11	(0.8)	9.6	(0.33)	2.7	(0.14)	28	(1.6)	9.4	(0.24)
2 and over...	4106	40	(2.1)	9.2	(0.23)	1.1	(0.08)	12	(0.8)	9.5	(0.43)	2.7	(0.12)	28	(1.5)	9.0	(0.23)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	7.3	(0.17)	1.3	(0.07)	18	(1.1)	7.7	(0.15)	2.9	(0.16)	38	(2.3)	6.9	(0.30)
20 and over.....	2071	45	(1.3)	8.9	(0.18)	1.7	(0.10)	19	(1.0)	9.5	(0.29)	3.7	(0.18)	39	(1.4)	8.4	(0.21)
2 and over...	3155	45	(1.2)	8.5	(0.12)	1.6	(0.08)	19	(0.9)	9.0	(0.20)	3.5	(0.14)	39	(1.2)	8.0	(0.17)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	7.2	(0.24)	0.9	(0.13)	12	(1.7)	7.7	(0.51)	2.5	(0.27)	32	(2.4)	6.9	(0.29)
20 and over.....	841	38	(2.1)	8.5	(0.26)	0.9	(0.09)	11	(1.1)	8.8	(0.33)	2.4	(0.17)	27	(2.2)	8.4	(0.35)
2 and over...	1168	37	(1.9)	8.3	(0.23)	0.9	(0.08)	11	(0.9)	8.6	(0.27)	2.4	(0.15)	28	(1.9)	8.1	(0.30)
Hispanic:																	
2 - 19.....	947	44	(2.5)	7.2	(0.19)	1.3	(0.12)	18	(1.6)	7.8	(0.22)	2.9	(0.18)	37	(2.4)	6.7	(0.29)
20 and over.....	1669	42	(1.7)	9.4	(0.29)	1.5	(0.08)	15	(0.8)	9.7	(0.45)	3.5	(0.14)	36	(1.3)	9.2	(0.41)
2 and over...	2616	42	(1.5)	8.7	(0.22)	1.4	(0.07)	16	(0.7)	9.1	(0.31)	3.3	(0.12)	36	(1.0)	8.5	(0.30)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin K

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	74.5	(6.25)	11.6	(1.27)	16	(1.9)	79.0	(7.42)	27.7	(2.64)	35	(2.8)	71.2	(8.51)
20 and over.....	2758	40	(2.4)	126.8	(8.56)	14.6	(1.25)	12	(1.2)	117.2	(12.78)	36.6	(2.69)	31	(3.7)	133.2	(8.44)
2 and over...	4106	40	(2.1)	116.2	(7.56)	14.0	(1.13)	12	(1.2)	109.1	(11.02)	34.7	(2.36)	32	(3.5)	121.0	(7.65)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	75.5	(4.79)	12.5	(0.92)	17	(1.7)	69.1	(3.10)	27.8	(2.12)	40	(2.3)	80.8	(8.48)
20 and over.....	2071	45	(1.3)	128.9	(5.49)	22.5	(1.92)	17	(1.2)	111.1	(6.07)	49.9	(3.70)	45	(2.0)	143.5	(8.18)
2 and over...	3155	45	(1.2)	115.1	(4.38)	19.9	(1.44)	17	(1.2)	100.3	(4.37)	44.2	(2.70)	44	(1.7)	127.2	(6.71)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	76.0	(6.71)	8.4	(1.24)	11	(1.9)	80.9	(11.98)	23.5	(3.20)	29	(5.0)	73.3	(8.14)
20 and over.....	841	38	(2.1)	149.3	(9.77)	14.4	(2.01)	10	(1.4)	134.3	(10.49)	38.0	(5.17)	28	(3.7)	158.5	(11.46)
2 and over...	1168	37	(1.9)	135.3	(9.00)	13.3	(1.74)	10	(1.3)	124.5	(9.60)	35.4	(4.46)	28	(3.5)	141.7	(10.26)
Hispanic:																	
2 - 19.....	947	44	(2.5)	64.0	(2.21)	14.0	(1.57)	22	(2.4)	72.3	(3.27)	32.0	(2.60)	44	(3.2)	57.6	(2.74)
20 and over.....	1669	42	(1.7)	118.2	(6.24)	19.1	(1.43)	16	(1.3)	125.4	(10.14)	46.0	(3.11)	37	(2.8)	113.1	(6.21)
2 and over...	2616	42	(1.5)	100.9	(4.56)	17.5	(1.15)	17	(1.3)	107.8	(7.06)	41.4	(2.24)	38	(2.3)	95.8	(4.60)

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.**

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-March 2020 Prepandemic *(continued)*

C a l c i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	1020	(13.3)	130	(11.0)	13	(1.0)	1037	(30.3)	309	(16.1)	30	(1.3)	1007	(25.8)
20 and over.....	2758	40	(2.4)	971	(14.6)	134	(9.7)	14	(1.0)	1026	(23.3)	335	(10.2)	33	(0.9)	935	(20.2)
2 and over...	4106	40	(2.1)	981	(11.4)	133	(8.6)	14	(0.9)	1029	(19.2)	330	(8.8)	32	(0.8)	949	(16.3)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	795	(22.8)	125	(9.2)	16	(1.1)	804	(37.3)	277	(19.2)	34	(1.3)	788	(36.5)
20 and over.....	2071	45	(1.3)	826	(17.0)	159	(11.0)	19	(1.2)	905	(26.0)	352	(18.5)	39	(2.0)	762	(18.0)
2 and over...	3155	45	(1.2)	818	(12.7)	150	(9.4)	18	(1.1)	879	(22.1)	333	(16.2)	38	(1.7)	769	(11.5)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	868	(32.8)	99	(13.8)	11	(1.7)	912	(42.2)	278	(22.8)	31	(2.4)	844	(37.0)
20 and over.....	841	38	(2.1)	802	(19.8)	103	(7.9)	13	(0.9)	854	(34.8)	273	(18.9)	32	(1.9)	770	(27.9)
2 and over...	1168	37	(1.9)	814	(18.6)	103	(7.0)	13	(0.8)	865	(28.0)	274	(15.9)	32	(1.6)	784	(24.9)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1001	(30.1)	150	(16.3)	15	(1.7)	1058	(50.7)	343	(25.5)	32	(2.7)	956	(27.1)
20 and over.....	1669	42	(1.7)	971	(21.8)	159	(11.6)	16	(1.2)	1044	(34.7)	383	(21.9)	37	(1.6)	918	(29.1)
2 and over...	2616	42	(1.5)	980	(19.3)	156	(11.7)	16	(1.2)	1049	(29.2)	370	(18.4)	35	(1.5)	930	(25.8)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	1294	(41.5)	196	(16.1)	15	(1.1)	1402	(68.4)	468	(25.1)	33	(1.9)	1216	(39.8)
20 and over.....	2758	40	(2.4)	1379	(15.1)	195	(13.8)	14	(0.9)	1422	(28.6)	488	(17.1)	34	(1.1)	1350	(25.3)
2 and over...	4106	40	(2.1)	1362	(15.5)	195	(12.7)	14	(0.8)	1417	(31.6)	484	(15.1)	34	(1.1)	1324	(21.6)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1108	(24.5)	228	(10.8)	21	(1.0)	1181	(34.9)	507	(18.5)	43	(1.3)	1049	(31.6)
20 and over.....	2071	45	(1.3)	1237	(21.0)	276	(18.5)	22	(1.5)	1340	(34.5)	610	(30.5)	46	(2.0)	1152	(29.3)
2 and over...	3155	45	(1.2)	1204	(16.3)	264	(14.9)	22	(1.3)	1299	(26.8)	584	(23.7)	45	(1.8)	1125	(21.5)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1186	(23.8)	149	(19.8)	13	(1.6)	1226	(46.4)	417	(33.7)	34	(2.2)	1164	(23.1)
20 and over.....	841	38	(2.1)	1287	(28.5)	170	(13.1)	13	(0.9)	1364	(46.4)	447	(33.3)	33	(2.4)	1240	(42.6)
2 and over...	1168	37	(1.9)	1268	(26.4)	166	(11.9)	13	(0.9)	1339	(39.6)	442	(30.2)	33	(2.2)	1225	(35.1)
Hispanic:																	
2 - 19.....	947	44	(2.5)	1254	(30.6)	235	(23.4)	19	(2.0)	1362	(49.8)	535	(31.2)	39	(2.8)	1170	(31.7)
20 and over.....	1669	42	(1.7)	1440	(28.5)	259	(16.2)	18	(1.0)	1573	(55.9)	623	(30.1)	40	(1.3)	1346	(32.0)
2 and over...	2616	42	(1.5)	1381	(22.4)	251	(15.2)	18	(1.1)	1503	(43.6)	594	(23.3)	40	(1.2)	1291	(26.3)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	241	(5.8)	30	(2.7)	13	(1.0)	252	(11.7)	72	(4.4)	29	(1.5)	233	(6.4)
20 and over.....	2758	40	(2.4)	304	(3.9)	33	(2.2)	11	(0.7)	304	(8.0)	83	(2.0)	27	(0.8)	304	(5.6)
2 and over...	4106	40	(2.1)	291	(3.8)	33	(2.0)	11	(0.6)	293	(8.1)	81	(1.9)	27	(0.8)	290	(5.1)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	206	(4.0)	32	(1.5)	16	(0.8)	214	(4.0)	72	(3.0)	34	(1.2)	199	(6.3)
20 and over.....	2071	45	(1.3)	261	(4.5)	42	(2.4)	16	(0.9)	262	(6.1)	93	(3.7)	36	(1.5)	261	(7.1)
2 and over...	3155	45	(1.2)	247	(3.8)	40	(1.9)	16	(0.8)	249	(4.8)	88	(2.9)	35	(1.2)	245	(5.3)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	239	(6.9)	22	(2.6)	9	(1.2)	231	(7.7)	63	(5.2)	27	(2.1)	243	(9.6)
20 and over.....	841	38	(2.1)	319	(8.0)	30	(2.2)	9	(0.6)	316	(9.2)	78	(5.4)	25	(1.7)	322	(10.9)
2 and over...	1168	37	(1.9)	304	(7.3)	28	(2.0)	9	(0.6)	301	(8.2)	75	(5.0)	25	(1.6)	306	(9.8)
Hispanic:																	
2 - 19.....	947	44	(2.5)	239	(5.2)	36	(3.9)	15	(1.7)	251	(10.2)	82	(5.3)	33	(2.6)	230	(6.1)
20 and over.....	1669	42	(1.7)	321	(7.0)	41	(2.1)	13	(0.6)	330	(11.3)	99	(3.5)	30	(1.0)	315	(8.2)
2 and over...	2616	42	(1.5)	295	(4.8)	39	(2.2)	13	(0.8)	303	(8.3)	93	(3.0)	31	(1.0)	289	(6.1)

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.**

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-March 2020 Prepandemic *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from 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.....	1348	42	(2.3)	13.2	(0.33)	1.7	(0.16)	13	(1.1)	14.1	(0.59)	4.1	(0.25)	29	(1.6)	12.5	(0.43)
20 and over.....	2758	40	(2.4)	13.8	(0.17)	1.8	(0.13)	13	(0.9)	14.0	(0.32)	4.5	(0.19)	32	(1.2)	13.6	(0.24)
2 and over...	4106	40	(2.1)	13.7	(0.15)	1.8	(0.12)	13	(0.9)	14.1	(0.31)	4.4	(0.17)	32	(1.1)	13.4	(0.22)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	12.4	(0.28)	2.0	(0.12)	16	(1.0)	12.7	(0.32)	4.4	(0.22)	35	(1.6)	12.1	(0.42)
20 and over.....	2071	45	(1.3)	12.7	(0.29)	2.5	(0.19)	19	(1.3)	13.6	(0.42)	5.4	(0.32)	40	(1.9)	12.0	(0.33)
2 and over...	3155	45	(1.2)	12.6	(0.22)	2.3	(0.16)	19	(1.1)	13.4	(0.31)	5.2	(0.26)	39	(1.6)	12.0	(0.25)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	13.0	(0.58)	1.4	(0.18)	11	(1.5)	13.5	(0.65)	4.0	(0.35)	29	(2.8)	12.7	(0.75)
20 and over.....	841	38	(2.1)	14.0	(0.60)	1.5	(0.13)	11	(0.9)	13.5	(0.33)	3.9	(0.35)	29	(2.3)	14.3	(1.05)
2 and over...	1168	37	(1.9)	13.8	(0.53)	1.5	(0.11)	11	(0.8)	13.5	(0.27)	3.9	(0.32)	29	(2.2)	14.0	(0.89)
Hispanic:																	
2 - 19.....	947	44	(2.5)	13.5	(0.51)	2.2	(0.24)	16	(2.0)	14.4	(0.85)	5.0	(0.33)	34	(3.5)	12.8	(0.42)
20 and over.....	1669	42	(1.7)	14.6	(0.28)	2.4	(0.15)	16	(1.0)	15.5	(0.49)	5.8	(0.24)	37	(1.5)	13.9	(0.38)
2 and over...	2616	42	(1.5)	14.2	(0.26)	2.3	(0.15)	16	(1.0)	15.2	(0.43)	5.5	(0.21)	36	(1.5)	13.6	(0.31)

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.**

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-March 2020 Prepandemic *(continued)*

Z i n c

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	9.4	(0.26)	1.3	(0.11)	14	(1.1)	10.2	(0.49)	3.1	(0.20)	30	(2.1)	8.9	(0.27)
20 and over.....	2758	40	(2.4)	10.8	(0.14)	1.4	(0.10)	13	(0.8)	10.9	(0.25)	3.5	(0.15)	32	(1.3)	10.8	(0.22)
2 and over...	4106	40	(2.1)	10.5	(0.14)	1.4	(0.09)	13	(0.8)	10.8	(0.24)	3.4	(0.14)	32	(1.2)	10.4	(0.21)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	8.2	(0.21)	1.5	(0.08)	19	(1.0)	8.5	(0.22)	3.4	(0.14)	40	(1.4)	8.0	(0.30)
20 and over.....	2071	45	(1.3)	9.6	(0.18)	2.0	(0.13)	21	(1.2)	10.2	(0.27)	4.5	(0.21)	44	(1.7)	9.1	(0.21)
2 and over...	3155	45	(1.2)	9.2	(0.14)	1.9	(0.10)	21	(1.0)	9.8	(0.22)	4.2	(0.17)	43	(1.4)	8.8	(0.17)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	8.9	(0.24)	1.0	(0.12)	11	(1.4)	8.9	(0.39)	2.7	(0.28)	31	(2.6)	8.9	(0.32)
20 and over.....	841	38	(2.1)	10.0	(0.25)	1.2	(0.11)	12	(0.9)	10.3	(0.40)	3.2	(0.29)	31	(2.2)	9.9	(0.32)
2 and over...	1168	37	(1.9)	9.8	(0.24)	1.2	(0.10)	12	(0.9)	10.1	(0.37)	3.1	(0.27)	31	(2.1)	9.7	(0.28)
Hispanic:																	
2 - 19.....	947	44	(2.5)	9.2	(0.26)	1.7	(0.22)	19	(2.3)	9.8	(0.42)	4.0	(0.32)	41	(3.2)	8.8	(0.32)
20 and over.....	1669	42	(1.7)	11.6	(0.27)	2.0	(0.13)	17	(1.0)	12.7	(0.48)	4.8	(0.25)	38	(1.4)	10.8	(0.30)
2 and over...	2616	42	(1.5)	10.8	(0.20)	1.9	(0.13)	18	(1.0)	11.7	(0.34)	4.6	(0.20)	39	(0.9)	10.2	(0.25)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	1.0	(0.05)	0.1	(0.01)	13	(1.2)	1.1	(0.10)	0.3	(0.02)	28	(2.5)	0.9	(0.03)
20 and over.....	2758	40	(2.4)	1.2	(0.02)	0.1	(0.01)	10	(0.7)	1.2	(0.03)	0.3	(0.01)	26	(1.0)	1.2	(0.03)
2 and over...	4106	40	(2.1)	1.2	(0.02)	0.1	(0.01)	11	(0.7)	1.1	(0.04)	0.3	(0.01)	26	(0.9)	1.2	(0.03)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	0.8	(0.02)	0.1	(0.01)	16	(0.9)	0.8	(0.02)	0.3	(0.01)	35	(1.5)	0.8	(0.03)
20 and over.....	2071	45	(1.3)	1.1	(0.03)	0.2	(0.01)	16	(1.0)	1.1	(0.04)	0.4	(0.02)	34	(1.6)	1.1	(0.05)
2 and over...	3155	45	(1.2)	1.0	(0.03)	0.2	(0.01)	16	(0.9)	1.0	(0.03)	0.3	(0.01)	34	(1.4)	1.0	(0.04)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	1.0	(0.04)	0.1	(0.01)	9	(1.2)	1.0	(0.04)	0.3	(0.02)	26	(1.9)	1.0	(0.06)
20 and over.....	841	38	(2.1)	1.4	(0.04)	0.1	(0.01)	8	(0.6)	1.3	(0.04)	0.3	(0.02)	22	(1.6)	1.4	(0.06)
2 and over...	1168	37	(1.9)	1.3	(0.04)	0.1	(0.01)	8	(0.6)	1.2	(0.04)	0.3	(0.02)	23	(1.5)	1.3	(0.05)
Hispanic:																	
2 - 19.....	947	44	(2.5)	0.9	(0.02)	0.1	(0.02)	16	(1.7)	0.9	(0.03)	0.3	(0.02)	34	(2.6)	0.8	(0.03)
20 and over.....	1669	42	(1.7)	1.2	(0.03)	0.2	(0.01)	13	(0.6)	1.3	(0.05)	0.4	(0.01)	29	(1.0)	1.2	(0.03)
2 and over...	2616	42	(1.5)	1.1	(0.02)	0.2	(0.01)	13	(0.7)	1.2	(0.04)	0.4	(0.01)	31	(0.7)	1.1	(0.02)

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.**

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-March 2020 Prepandemic *(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.....	1348	42	(2.3)	94.1	(2.89)	15.7	(1.43)	17	(1.5)	102.6	(5.21)	37.5	(2.46)	37	(2.4)	87.9	(2.58)
20 and over.....	2758	40	(2.4)	110.0	(1.51)	16.6	(1.08)	15	(0.9)	113.3	(2.54)	41.6	(1.72)	37	(1.6)	107.8	(2.23)
2 and over...	4106	40	(2.1)	106.8	(1.46)	16.4	(1.04)	15	(0.9)	111.0	(2.94)	40.7	(1.53)	37	(1.5)	103.9	(1.73)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	93.6	(2.26)	20.2	(1.14)	22	(1.2)	100.1	(4.15)	44.9	(2.09)	45	(2.2)	88.2	(3.28)
20 and over.....	2071	45	(1.3)	108.2	(1.98)	25.3	(1.69)	23	(1.6)	113.9	(3.15)	56.0	(2.75)	49	(2.1)	103.6	(2.79)
2 and over...	3155	45	(1.2)	104.4	(1.60)	24.0	(1.38)	23	(1.4)	110.3	(2.55)	53.1	(2.22)	48	(1.5)	99.6	(2.58)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	95.2	(1.77)	12.4	(1.53)	13	(1.6)	97.4	(3.14)	34.8	(2.95)	36	(2.7)	93.9	(2.59)
20 and over.....	841	38	(2.1)	115.5	(3.52)	16.0	(1.62)	14	(1.2)	124.4	(6.46)	42.1	(4.36)	34	(3.0)	110.1	(3.79)
2 and over...	1168	37	(1.9)	111.6	(3.15)	15.3	(1.37)	14	(1.1)	119.5	(5.81)	40.8	(3.91)	34	(2.7)	106.9	(3.12)
Hispanic:																	
2 - 19.....	947	44	(2.5)	92.4	(2.00)	20.1	(1.96)	22	(2.2)	100.0	(2.67)	45.8	(2.63)	46	(2.7)	86.5	(2.89)
20 and over.....	1669	42	(1.7)	122.4	(3.15)	23.7	(1.57)	19	(1.1)	133.2	(5.22)	57.1	(2.68)	43	(1.3)	114.7	(3.84)
2 and over...	2616	42	(1.5)	112.8	(2.20)	22.6	(1.39)	20	(1.1)	122.2	(3.52)	53.4	(2.02)	44	(1.1)	105.9	(2.83)

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.**

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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	2104	(55.7)	293	(22.4)	14	(1.0)	2232	(91.7)	698	(37.1)	31	(1.6)	2011	(66.0)
20 and over.....	2758	40	(2.4)	2619	(34.1)	318	(20.5)	12	(0.8)	2578	(65.6)	795	(25.9)	31	(1.1)	2646	(44.5)
2 and over...	4106	40	(2.1)	2515	(30.6)	313	(18.2)	12	(0.7)	2505	(67.1)	775	(22.4)	31	(1.0)	2521	(38.9)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	1912	(47.5)	341	(18.1)	18	(1.0)	2020	(72.7)	759	(40.7)	38	(1.7)	1824	(47.9)
20 and over.....	2071	45	(1.3)	2269	(41.3)	439	(25.3)	19	(1.2)	2350	(54.2)	972	(40.3)	41	(1.7)	2203	(60.7)
2 and over...	3155	45	(1.2)	2177	(37.2)	414	(20.2)	19	(1.0)	2265	(44.5)	917	(31.2)	40	(1.6)	2105	(45.6)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	2093	(55.7)	211	(26.0)	10	(1.3)	2121	(99.4)	592	(46.8)	28	(1.9)	2078	(64.6)
20 and over.....	841	38	(2.1)	2716	(73.9)	275	(19.7)	10	(0.7)	2686	(85.0)	727	(51.3)	27	(1.9)	2734	(105.7)
2 and over...	1168	37	(1.9)	2597	(66.1)	263	(18.3)	10	(0.6)	2583	(81.4)	702	(48.1)	27	(1.8)	2605	(83.0)
Hispanic:																	
2 - 19.....	947	44	(2.5)	2147	(51.3)	361	(34.4)	17	(1.8)	2277	(97.2)	824	(43.4)	36	(2.6)	2045	(57.3)
20 and over.....	1669	42	(1.7)	2680	(50.7)	402	(21.5)	15	(0.8)	2731	(98.4)	967	(39.6)	35	(1.1)	2644	(52.6)
2 and over...	2616	42	(1.5)	2509	(39.6)	389	(20.3)	15	(0.8)	2580	(78.8)	920	(30.4)	36	(1.1)	2457	(40.7)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	3011	(91.2)	541	(46.2)	18	(1.4)	3280	(154.3)	1291	(79.4)	39	(1.9)	2817	(88.9)
20 and over.....	2758	40	(2.4)	3420	(42.4)	550	(40.8)	16	(1.1)	3637	(80.3)	1377	(67.7)	38	(1.5)	3276	(62.4)
2 and over...	4106	40	(2.1)	3337	(43.2)	548	(38.4)	16	(1.1)	3561	(79.3)	1359	(59.4)	38	(1.4)	3185	(53.6)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	2976	(65.1)	705	(41.4)	24	(1.3)	3291	(89.6)	1567	(75.3)	48	(1.7)	2720	(88.3)
20 and over.....	2071	45	(1.3)	3358	(45.3)	841	(56.4)	25	(1.7)	3753	(67.9)	1861	(94.5)	50	(2.1)	3032	(75.1)
2 and over...	3155	45	(1.2)	3259	(41.1)	806	(47.0)	25	(1.5)	3634	(59.3)	1786	(77.8)	49	(1.8)	2951	(64.8)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	2914	(85.8)	423	(57.5)	15	(2.1)	3126	(116.9)	1185	(106.7)	38	(2.6)	2797	(120.3)
20 and over.....	841	38	(2.1)	3582	(100.8)	494	(46.3)	14	(1.2)	3914	(207.7)	1302	(118.9)	33	(2.7)	3379	(112.8)
2 and over...	1168	37	(1.9)	3454	(92.0)	480	(39.4)	14	(1.1)	3771	(191.9)	1281	(108.2)	34	(2.5)	3264	(92.0)
Hispanic:																	
2 - 19.....	947	44	(2.5)	2870	(43.8)	693	(70.2)	24	(2.4)	3304	(69.6)	1581	(95.3)	48	(2.7)	2531	(56.5)
20 and over.....	1669	42	(1.7)	3631	(81.1)	759	(48.7)	21	(1.1)	4092	(163.8)	1826	(92.4)	45	(1.7)	3303	(87.2)
2 and over...	2616	42	(1.5)	3387	(58.1)	738	(46.3)	22	(1.2)	3831	(114.0)	1745	(73.0)	46	(1.5)	3062	(65.0)

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.**

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-March 2020 Prepandemic *(continued)*

C a f f e i n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake mg	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants mg	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	32.0	(2.91)	8.1	(1.33)	25	(3.5)	46.1	(5.07)	19.4	(2.95)	42	(4.2)	21.9	(3.09)
20 and over.....	2758	40	(2.4)	203.7	(6.75)	24.0	(2.44)	12	(1.3)	200.7	(8.29)	60.0	(3.99)	30	(2.0)	205.8	(8.76)
2 and over...	4106	40	(2.1)	169.0	(5.61)	20.8	(1.95)	12	(1.3)	168.2	(7.07)	51.4	(3.28)	31	(1.9)	169.5	(7.44)
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	12.8	(1.00)	3.4	(0.66)	27	(3.8)	18.0	(1.97)	7.6	(1.46)	42	(6.0)	8.6	(1.01)
20 and over.....	2071	45	(1.3)	70.5	(2.97)	10.3	(1.06)	15	(1.4)	76.4	(3.63)	22.7	(2.22)	30	(2.3)	65.8	(3.93)
2 and over...	3155	45	(1.2)	55.6	(2.30)	8.5	(0.79)	15	(1.2)	61.3	(3.18)	18.8	(1.74)	31	(2.1)	50.9	(2.94)
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	16.5	(1.72)	2.9	(0.63)	17	(4.0)	20.2	(2.79)	8.1	(1.61)	40	(7.7)	14.4	(1.70)
20 and over.....	841	38	(2.1)	96.5	(4.86)	14.7	(1.77)	15	(1.8)	109.0	(6.16)	38.9	(3.67)	36	(2.7)	88.9	(5.40)
2 and over...	1168	37	(1.9)	81.2	(3.52)	12.5	(1.42)	15	(1.8)	92.8	(3.96)	33.3	(2.83)	36	(2.7)	74.3	(4.36)
Hispanic:																	
2 - 19.....	947	44	(2.5)	20.6	(1.87)	5.9	(1.11)	29	(4.0)	29.3	(4.13)	13.6	(2.67)	46	(4.2)	13.8	(1.80)
20 and over.....	1669	42	(1.7)	121.1	(5.11)	16.8	(1.91)	14	(1.4)	129.2	(5.33)	40.4	(4.10)	31	(2.5)	115.3	(6.24)
2 and over...	2616	42	(1.5)	88.9	(3.65)	13.3	(1.40)	15	(1.4)	96.1	(3.94)	31.5	(3.02)	33	(2.3)	83.7	(5.04)

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.**

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-March 2020 Prepandemic *(continued)*

A l c o h o l

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	*All Individuals* [2] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [2] Percentages from [6] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [3] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [3] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [3] Percentages from [6] Quick Service Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	42	(2.3)	--		--		--		--		--		--		--	
20 and over.....	2758	40	(2.4)	11.1	(0.71)	0.2*	(0.11)	2*	(0.9)	10.8	(1.48)	0.6*	(0.27)	6*	(2.2)	11.3	(1.21)
2 and over...	4106	40	(2.1)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	1084	45	(1.8)	--		--		--		--		--		--		--	
20 and over.....	2071	45	(1.3)	11.7	(1.32)	0.1*	(0.07)	1*	(0.5)	10.2	(1.10)	0.3*	(0.15)	3*	(1.3)	12.9	(2.42)
2 and over...	3155	45	(1.2)	--		--		--		--		--		--		--	
Non-Hispanic Asian:																	
2 - 19.....	327	36	(3.5)	--		--		--		--		--		--		--	
20 and over.....	841	38	(2.1)	3.9	(0.40)	0.1*	(0.12)	3*	(2.9)	4.8	(0.88)	0.3*	(0.31)	--		3.4	(0.44)
2 and over...	1168	37	(1.9)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	947	44	(2.5)	--		--		--		--		--		--		--	
20 and over.....	1669	42	(1.7)	9.3	(1.17)	0.1*	(0.05)	1*	(0.6)	11.0	(2.30)	0.2*	(0.13)	2*	(1.2)	8.1	(1.00)
2 and over...	2616	42	(1.5)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **Quick Service Restaurants** include source coded as: "Restaurant fast food/pizza", "Cafeteria NOT in a K-12 school", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Quick Service Restaurants.

[3] **Quick Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Quick Service Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from Quick Service Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from Quick Service Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from Quick Service Restaurants to total daily nutrient intake from all sources.

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 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-March 2020 Prepandemic

Food energy

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	1883	(45.5)	344	(27.2)	18	(1.4)	2111	(56.5)	821	(34.9)	39	(2.0)	1718	(48.1)
20 and over.....	1900	39	(2.0)	2150	(45.7)	351	(20.9)	16	(0.8)	2426	(98.4)	908	(49.5)	37	(1.5)	1976	(29.1)
2 and over...	3415	40	(1.7)	2060	(38.5)	349	(19.2)	17	(0.9)	2314	(68.2)	877	(32.3)	38	(1.4)	1892	(26.9)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1908	(25.8)	326	(25.2)	17	(1.2)	2070	(46.8)	764	(31.6)	37	(1.1)	1787	(32.7)
20 and over.....	2619	42	(2.5)	2139	(34.0)	357	(26.0)	17	(1.0)	2340	(42.7)	853	(30.4)	36	(1.1)	1995	(31.6)
2 and over...	3951	42	(2.0)	2081	(24.1)	350	(21.5)	17	(0.9)	2271	(34.6)	831	(24.4)	37	(0.9)	1943	(22.8)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1966	(37.0)	330	(29.3)	17	(1.4)	2161	(81.5)	750	(47.4)	35	(1.7)	1812	(49.1)
20 and over.....	2217	42	(2.2)	2146	(31.2)	324	(20.3)	15	(0.9)	2215	(58.6)	778	(33.4)	35	(1.3)	2097	(39.3)
2 and over...	3048	42	(2.1)	2114	(27.2)	325	(18.2)	15	(0.8)	2205	(57.5)	773	(30.6)	35	(1.1)	2048	(35.6)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1911	(19.7)	339	(19.4)	18	(0.9)	2113	(36.4)	797	(28.8)	38	(1.0)	1762	(19.4)
20 and over.....	7707	41	(1.6)	2144	(14.9)	337	(14.6)	16	(0.6)	2302	(28.2)	826	(24.4)	36	(0.9)	2034	(19.6)
2 and over...	11798	41	(1.4)	2089	(11.3)	337	(13.9)	16	(0.6)	2256	(22.2)	819	(19.0)	36	(0.7)	1972	(16.5)

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.**

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-March 2020 Prepandemic *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3]				*Quick Service Restaurant Consumers* [4]				*Non-consumers* [5]	
				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)	g	(SE)	g (SE)	% (SE)	g	(SE)	g (SE)	% (SE)	g	(SE)
Under 131% poverty:													
2 - 19.....	1515	42	(2.3)	66.9	(2.16)	13.1 (1.15)	20 (1.6)	72.7	(2.62)	31.3 (1.54)	43 (2.0)	62.7	(2.41)
20 and over.....	1900	39	(2.0)	77.0	(1.72)	13.9 (0.84)	18 (0.9)	86.3	(3.75)	35.9 (2.23)	42 (2.0)	71.1	(1.51)
2 and over...	3415	40	(1.7)	73.6	(1.55)	13.6 (0.78)	19 (1.0)	81.5	(2.56)	34.3 (1.42)	42 (1.7)	68.4	(1.28)
131-350% poverty:													
2 - 19.....	1332	43	(2.1)	63.9	(0.87)	11.3 (0.95)	18 (1.4)	67.2	(1.73)	26.4 (1.39)	39 (1.6)	61.5	(0.96)
20 and over.....	2619	42	(2.5)	80.2	(1.42)	14.5 (1.03)	18 (1.1)	86.9	(1.55)	34.7 (1.06)	40 (1.2)	75.4	(1.57)
2 and over...	3951	42	(2.0)	76.1	(1.11)	13.7 (0.82)	18 (1.0)	81.9	(1.37)	32.6 (0.92)	40 (1.1)	72.0	(1.21)
Over 350% poverty:													
2 - 19.....	831	44	(3.3)	69.5	(2.67)	11.5 (1.03)	17 (1.5)	72.6	(3.59)	26.1 (1.67)	36 (2.0)	67.0	(3.31)
20 and over.....	2217	42	(2.2)	83.4	(1.14)	12.4 (0.73)	15 (0.9)	82.2	(2.07)	29.8 (1.34)	36 (1.5)	84.2	(1.59)
2 and over...	3048	42	(2.1)	80.9	(1.18)	12.2 (0.67)	15 (0.8)	80.4	(2.19)	29.1 (1.19)	36 (1.2)	81.3	(1.45)
All Individuals [8]:													
2 - 19.....	4091	43	(1.6)	66.9	(1.26)	12.2 (0.71)	18 (1.0)	71.5	(1.85)	28.6 (1.10)	40 (1.2)	63.4	(1.27)
20 and over.....	7707	41	(1.6)	81.0	(0.74)	13.3 (0.52)	16 (0.6)	84.7	(1.00)	32.5 (0.88)	38 (1.0)	78.5	(1.13)
2 and over...	11798	41	(1.4)	77.7	(0.75)	13.0 (0.51)	17 (0.6)	81.5	(1.11)	31.6 (0.73)	39 (0.9)	75.0	(0.95)

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.**

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-March 2020 Prepandemic *(continued)*

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

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	241	(5.8)	37	(3.1)	15	(1.3)	265	(8.4)	88	(4.2)	33	(2.2)	223	(5.9)
20 and over.....	1900	39	(2.0)	259	(5.7)	37	(2.3)	14	(0.9)	288	(12.3)	97	(5.0)	34	(1.7)	240	(4.2)
2 and over...	3415	40	(1.7)	253	(4.7)	37	(2.2)	15	(0.9)	280	(9.5)	94	(3.5)	34	(1.6)	235	(3.3)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	245	(3.9)	37	(2.8)	15	(1.1)	264	(6.8)	86	(3.4)	33	(1.1)	231	(5.1)
20 and over.....	2619	42	(2.5)	249	(3.9)	37	(2.7)	15	(0.9)	269	(6.2)	89	(3.3)	33	(0.9)	235	(4.1)
2 and over...	3951	42	(2.0)	248	(2.9)	37	(2.2)	15	(0.8)	268	(5.0)	88	(2.6)	33	(0.8)	234	(3.3)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	249	(4.6)	39	(3.7)	16	(1.3)	276	(9.4)	88	(5.9)	32	(1.6)	228	(6.0)
20 and over.....	2217	42	(2.2)	233	(4.2)	35	(2.2)	15	(0.9)	246	(6.8)	83	(3.8)	34	(1.4)	225	(4.9)
2 and over...	3048	42	(2.1)	236	(3.5)	35	(1.9)	15	(0.8)	252	(6.3)	84	(3.4)	33	(1.2)	225	(4.4)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	244	(2.4)	38	(2.2)	16	(0.8)	267	(4.4)	90	(3.2)	34	(1.0)	226	(2.4)
20 and over.....	7707	41	(1.6)	244	(2.1)	36	(1.6)	15	(0.6)	262	(3.7)	87	(2.6)	33	(0.8)	232	(2.5)
2 and over...	11798	41	(1.4)	244	(1.6)	36	(1.5)	15	(0.6)	263	(2.9)	88	(1.9)	33	(0.7)	230	(2.1)

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.**

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-March 2020 Prepandemic *(continued)*

Total sugars

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	109	(3.4)	12	(1.2)	11	(1.1)	118	(5.3)	29	(2.0)	24	(2.2)	103	(3.3)
20 and over.....	1900	39	(2.0)	118	(3.5)	13	(0.9)	11	(0.8)	131	(9.4)	32	(2.1)	25	(1.9)	110	(2.8)
2 and over...	3415	40	(1.7)	115	(2.9)	12	(0.9)	11	(0.8)	126	(7.2)	31	(1.7)	25	(1.8)	108	(2.2)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	112	(2.9)	14	(1.1)	13	(0.9)	123	(4.6)	34	(1.7)	27	(1.3)	104	(3.5)
20 and over.....	2619	42	(2.5)	110	(2.2)	13	(1.0)	12	(0.8)	117	(3.5)	31	(1.3)	26	(1.0)	104	(2.2)
2 and over...	3951	42	(2.0)	110	(1.8)	13	(0.8)	12	(0.7)	119	(2.9)	31	(1.1)	26	(0.9)	104	(2.0)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	112	(3.2)	15	(2.1)	13	(1.6)	129	(5.4)	34	(3.9)	27	(2.7)	99	(2.2)
20 and over.....	2217	42	(2.2)	97	(2.6)	12	(1.0)	12	(0.9)	100	(4.2)	28	(1.9)	28	(1.4)	94	(2.8)
2 and over...	3048	42	(2.1)	99	(2.2)	12	(0.9)	12	(0.9)	106	(3.8)	29	(1.9)	28	(1.3)	95	(2.3)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	111	(1.5)	14	(1.0)	13	(0.8)	122	(2.7)	33	(1.8)	27	(1.3)	102	(1.3)
20 and over.....	7707	41	(1.6)	105	(1.7)	12	(0.6)	11	(0.5)	112	(2.4)	30	(1.0)	26	(0.7)	101	(1.8)
2 and over...	11798	41	(1.4)	107	(1.4)	13	(0.6)	12	(0.5)	115	(2.0)	30	(0.7)	27	(0.6)	101	(1.6)

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.**

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-March 2020 Prepandemic *(continued)*

Dietary fiber

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	13.4	(0.31)	2.3	(0.23)	17	(1.7)	14.4	(0.45)	5.4	(0.38)	38	(3.0)	12.7	(0.49)
20 and over.....	1900	39	(2.0)	15.4	(0.43)	2.2	(0.13)	14	(0.7)	15.4	(0.63)	5.6	(0.30)	37	(1.5)	15.4	(0.54)
2 and over...	3415	40	(1.7)	14.7	(0.33)	2.2	(0.14)	15	(0.9)	15.0	(0.43)	5.5	(0.23)	37	(1.5)	14.5	(0.42)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	13.8	(0.31)	1.9	(0.17)	14	(1.1)	14.3	(0.48)	4.5	(0.24)	31	(1.2)	13.5	(0.34)
20 and over.....	2619	42	(2.5)	16.1	(0.38)	2.1	(0.18)	13	(1.0)	16.1	(0.46)	5.1	(0.25)	32	(1.4)	16.2	(0.55)
2 and over...	3951	42	(2.0)	15.6	(0.31)	2.1	(0.15)	13	(0.9)	15.6	(0.39)	4.9	(0.22)	32	(1.2)	15.5	(0.45)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	15.2	(0.86)	2.1	(0.21)	14	(1.3)	15.8	(1.36)	4.7	(0.34)	30	(2.2)	14.8	(0.85)
20 and over.....	2217	42	(2.2)	17.3	(0.43)	2.1	(0.13)	12	(0.7)	16.5	(0.69)	5.1	(0.24)	31	(1.2)	17.9	(0.49)
2 and over...	3048	42	(2.1)	16.9	(0.41)	2.1	(0.12)	13	(0.7)	16.4	(0.68)	5.0	(0.22)	31	(1.2)	17.3	(0.45)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	14.1	(0.29)	2.1	(0.16)	15	(0.9)	14.7	(0.55)	5.0	(0.25)	34	(1.2)	13.6	(0.35)
20 and over.....	7707	41	(1.6)	16.6	(0.32)	2.1	(0.10)	13	(0.6)	16.3	(0.33)	5.2	(0.18)	32	(1.0)	16.8	(0.42)
2 and over...	11798	41	(1.4)	16.0	(0.27)	2.1	(0.10)	13	(0.6)	15.9	(0.32)	5.2	(0.16)	32	(0.9)	16.1	(0.37)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	74.0	(1.93)	16.1	(1.22)	22	(1.6)	85.7	(2.02)	38.4	(1.53)	45	(1.9)	65.6	(2.31)
20 and over.....	1900	39	(2.0)	84.8	(1.76)	16.3	(1.00)	19	(0.9)	97.8	(4.04)	42.1	(2.46)	43	(1.7)	76.7	(1.28)
2 and over...	3415	40	(1.7)	81.2	(1.58)	16.2	(0.88)	20	(0.9)	93.5	(2.71)	40.8	(1.56)	44	(1.4)	73.1	(1.42)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	76.9	(1.22)	15.1	(1.24)	20	(1.4)	85.0	(2.02)	35.3	(1.69)	42	(1.4)	70.9	(1.48)
20 and over.....	2619	42	(2.5)	87.9	(1.60)	16.8	(1.29)	19	(1.3)	97.5	(1.73)	40.1	(1.64)	41	(1.4)	81.0	(1.73)
2 and over...	3951	42	(2.0)	85.2	(1.13)	16.4	(1.08)	19	(1.1)	94.4	(1.44)	38.9	(1.33)	41	(1.1)	78.5	(1.22)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	79.2	(2.05)	14.6	(1.30)	18	(1.5)	87.5	(4.33)	33.1	(2.26)	38	(2.0)	72.7	(2.54)
20 and over.....	2217	42	(2.2)	90.5	(1.54)	15.1	(1.02)	17	(1.1)	94.0	(2.78)	36.2	(1.62)	39	(1.4)	87.9	(1.88)
2 and over...	3048	42	(2.1)	88.5	(1.41)	15.0	(0.91)	17	(1.0)	92.8	(2.77)	35.6	(1.44)	38	(1.2)	85.3	(1.67)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	76.5	(1.00)	15.5	(0.91)	20	(1.0)	86.3	(1.87)	36.4	(1.43)	42	(1.1)	69.2	(0.96)
20 and over.....	7707	41	(1.6)	88.2	(0.72)	15.7	(0.71)	18	(0.7)	95.9	(1.29)	38.6	(1.20)	40	(1.1)	82.9	(0.96)
2 and over...	11798	41	(1.4)	85.4	(0.60)	15.7	(0.68)	18	(0.7)	93.6	(1.14)	38.0	(0.96)	41	(0.9)	79.7	(0.78)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	25.9	(0.77)	5.4	(0.43)	21	(1.6)	29.7	(0.88)	13.0	(0.62)	44	(2.3)	23.1	(0.89)
20 and over.....	1900	39	(2.0)	27.4	(0.69)	5.3	(0.33)	20	(0.9)	31.8	(1.26)	13.8	(0.79)	43	(1.4)	24.6	(0.67)
2 and over...	3415	40	(1.7)	26.9	(0.63)	5.4	(0.31)	20	(0.9)	31.1	(0.89)	13.5	(0.53)	43	(1.2)	24.1	(0.62)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	26.3	(0.46)	4.8	(0.38)	18	(1.4)	28.1	(0.72)	11.3	(0.54)	40	(1.5)	25.1	(0.67)
20 and over.....	2619	42	(2.5)	28.7	(0.50)	5.6	(0.41)	19	(1.3)	32.1	(0.52)	13.3	(0.48)	41	(1.4)	26.2	(0.59)
2 and over...	3951	42	(2.0)	28.1	(0.36)	5.4	(0.35)	19	(1.1)	31.1	(0.48)	12.8	(0.40)	41	(1.0)	25.9	(0.45)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	27.3	(0.65)	5.2	(0.50)	19	(1.7)	30.8	(1.34)	11.9	(0.87)	39	(2.0)	24.5	(0.94)
20 and over.....	2217	42	(2.2)	29.5	(0.60)	5.2	(0.39)	18	(1.4)	30.8	(0.88)	12.5	(0.59)	41	(1.3)	28.6	(0.81)
2 and over...	3048	42	(2.1)	29.1	(0.52)	5.2	(0.35)	18	(1.2)	30.8	(0.88)	12.4	(0.55)	40	(1.1)	27.9	(0.64)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	26.4	(0.33)	5.2	(0.32)	20	(1.1)	29.5	(0.55)	12.3	(0.50)	42	(1.3)	24.1	(0.35)
20 and over.....	7707	41	(1.6)	28.6	(0.32)	5.3	(0.25)	19	(0.8)	31.3	(0.40)	13.0	(0.36)	41	(0.9)	26.7	(0.48)
2 and over...	11798	41	(1.4)	28.1	(0.26)	5.3	(0.24)	19	(0.8)	30.9	(0.34)	12.8	(0.30)	41	(0.7)	26.1	(0.36)

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.**

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-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	*All Individuals* [3] Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake g	(SE)	*All Individuals* [3] Intake from Quick Service Restaurants g	(SE)	*All Individuals* [3] Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake g	(SE)	*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants g	(SE)	*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	24.1	(0.66)	5.3	(0.40)	22	(1.5)	28.0	(0.67)	12.8	(0.47)	45	(1.8)	21.3	(0.82)
20 and over.....	1900	39	(2.0)	28.9	(0.68)	5.5	(0.37)	19	(1.0)	33.4	(1.54)	14.3	(0.91)	43	(2.0)	26.0	(0.54)
2 and over...	3415	40	(1.7)	27.3	(0.59)	5.5	(0.31)	20	(0.9)	31.5	(1.02)	13.7	(0.57)	44	(1.5)	24.5	(0.58)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	25.3	(0.39)	5.0	(0.41)	20	(1.5)	28.0	(0.66)	11.7	(0.59)	42	(1.7)	23.3	(0.53)
20 and over.....	2619	42	(2.5)	30.0	(0.61)	5.6	(0.45)	19	(1.2)	33.5	(0.65)	13.5	(0.60)	40	(1.5)	27.5	(0.67)
2 and over...	3951	42	(2.0)	28.8	(0.44)	5.5	(0.37)	19	(1.1)	32.1	(0.54)	13.0	(0.50)	41	(1.3)	26.5	(0.49)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	25.7	(0.59)	4.7	(0.41)	18	(1.5)	28.0	(1.20)	10.7	(0.70)	38	(2.0)	23.9	(0.85)
20 and over.....	2217	42	(2.2)	31.0	(0.61)	5.0	(0.36)	16	(1.1)	32.4	(1.19)	12.1	(0.59)	37	(1.5)	30.0	(0.65)
2 and over...	3048	42	(2.1)	30.1	(0.51)	5.0	(0.31)	17	(1.0)	31.6	(1.04)	11.8	(0.50)	37	(1.2)	29.0	(0.60)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	25.0	(0.26)	5.1	(0.28)	20	(1.0)	28.1	(0.50)	12.0	(0.44)	43	(1.1)	22.6	(0.36)
20 and over.....	7707	41	(1.6)	30.1	(0.31)	5.3	(0.25)	17	(0.7)	32.9	(0.56)	12.9	(0.45)	39	(1.2)	28.2	(0.33)
2 and over...	11798	41	(1.4)	28.9	(0.26)	5.2	(0.23)	18	(0.7)	31.7	(0.46)	12.7	(0.36)	40	(1.0)	26.9	(0.28)

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.**

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-March 2020 Prepandemic *(continued)*

Polyunsaturated fat

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	16.4	(0.43)	3.8	(0.30)	23	(1.7)	19.4	(0.50)	9.1	(0.45)	47	(1.9)	14.3	(0.56)
20 and over.....	1900	39	(2.0)	19.8	(0.52)	3.8	(0.23)	19	(1.1)	22.5	(1.02)	9.8	(0.61)	44	(2.0)	18.1	(0.57)
2 and over...	3415	40	(1.7)	18.7	(0.42)	3.8	(0.20)	20	(1.0)	21.4	(0.66)	9.6	(0.40)	45	(1.6)	16.9	(0.48)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	17.6	(0.44)	3.9	(0.41)	22	(1.9)	20.6	(0.83)	9.1	(0.69)	44	(1.9)	15.3	(0.35)
20 and over.....	2619	42	(2.5)	20.4	(0.39)	4.0	(0.33)	20	(1.4)	22.4	(0.58)	9.5	(0.48)	43	(1.6)	19.1	(0.46)
2 and over...	3951	42	(2.0)	19.7	(0.29)	4.0	(0.28)	20	(1.3)	21.9	(0.48)	9.4	(0.40)	43	(1.3)	18.1	(0.32)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	18.4	(0.98)	3.3	(0.33)	18	(1.6)	20.4	(2.19)	7.5	(0.60)	37	(3.1)	16.7	(0.98)
20 and over.....	2217	42	(2.2)	21.1	(0.52)	3.5	(0.22)	16	(1.0)	21.9	(0.83)	8.3	(0.41)	38	(2.0)	20.6	(0.50)
2 and over...	3048	42	(2.1)	20.6	(0.53)	3.4	(0.20)	17	(0.9)	21.6	(0.96)	8.1	(0.37)	38	(1.8)	19.9	(0.50)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	17.4	(0.41)	3.7	(0.24)	22	(1.1)	20.3	(0.88)	8.8	(0.43)	43	(1.4)	15.3	(0.38)
20 and over.....	7707	41	(1.6)	20.7	(0.26)	3.7	(0.16)	18	(0.8)	22.2	(0.42)	9.0	(0.33)	41	(1.5)	19.6	(0.31)
2 and over...	11798	41	(1.4)	19.9	(0.25)	3.7	(0.16)	19	(0.8)	21.8	(0.42)	9.0	(0.27)	41	(1.2)	18.6	(0.28)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	241	(11.0)	41	(4.3)	17	(1.8)	252	(10.9)	98	(6.6)	39	(3.0)	233	(15.1)
20 and over.....	1900	39	(2.0)	306	(10.1)	45	(2.8)	15	(0.9)	329	(20.1)	117	(7.2)	36	(2.0)	292	(9.6)
2 and over...	3415	40	(1.7)	284	(8.5)	44	(2.6)	15	(0.9)	302	(13.2)	110	(4.8)	37	(1.8)	272	(8.2)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	215	(5.6)	38	(3.3)	18	(1.6)	221	(7.0)	89	(5.1)	40	(2.0)	210	(8.4)
20 and over.....	2619	42	(2.5)	312	(9.1)	52	(3.8)	17	(1.1)	329	(8.2)	124	(4.7)	38	(1.4)	300	(13.7)
2 and over...	3951	42	(2.0)	288	(6.9)	48	(2.9)	17	(0.9)	301	(7.9)	115	(3.6)	38	(1.2)	278	(9.8)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	233	(12.0)	36	(3.7)	15	(1.5)	256	(16.4)	82	(6.7)	32	(2.8)	216	(15.8)
20 and over.....	2217	42	(2.2)	320	(9.0)	48	(4.2)	15	(1.3)	309	(16.7)	114	(7.7)	37	(1.9)	328	(10.3)
2 and over...	3048	42	(2.1)	305	(7.4)	46	(3.6)	15	(1.1)	299	(13.7)	108	(6.6)	36	(1.6)	308	(8.4)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	229	(5.0)	39	(2.5)	17	(1.1)	245	(6.8)	92	(4.2)	37	(1.8)	218	(6.0)
20 and over.....	7707	41	(1.6)	314	(5.0)	48	(2.1)	15	(0.7)	318	(7.4)	118	(3.5)	37	(1.0)	312	(7.5)
2 and over...	11798	41	(1.4)	294	(3.2)	46	(2.0)	16	(0.7)	300	(5.9)	112	(3.0)	37	(0.9)	290	(5.1)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin A (RAE)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	543	(19.1)	62	(9.6)	11	(1.7)	544	(30.5)	147	(18.0)	27	(3.3)	541	(22.1)
20 and over.....	1900	39	(2.0)	524	(15.4)	64	(3.3)	12	(0.7)	522	(26.2)	164	(9.7)	31	(1.4)	526	(19.5)
2 and over...	3415	40	(1.7)	530	(12.5)	63	(4.6)	12	(0.8)	530	(18.4)	158	(9.3)	30	(1.5)	531	(15.1)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	549	(15.2)	57	(5.6)	10	(1.0)	563	(33.6)	133	(10.3)	24	(2.1)	538	(17.0)
20 and over.....	2619	42	(2.5)	632	(16.0)	72	(4.6)	11	(0.7)	600	(26.8)	171	(6.3)	29	(1.2)	654	(23.0)
2 and over...	3951	42	(2.0)	611	(12.4)	68	(4.0)	11	(0.7)	591	(22.3)	162	(6.0)	27	(1.0)	626	(18.0)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	613	(26.7)	62	(8.6)	10	(1.4)	628	(35.9)	141	(13.4)	23	(2.1)	602	(35.2)
20 and over.....	2217	42	(2.2)	679	(26.5)	74	(7.3)	11	(1.1)	613	(37.2)	177	(13.3)	29	(1.5)	725	(25.8)
2 and over...	3048	42	(2.1)	667	(23.7)	72	(6.7)	11	(1.0)	616	(32.5)	170	(11.9)	28	(1.5)	704	(22.4)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	562	(8.9)	60	(4.6)	11	(0.8)	566	(16.5)	140	(7.9)	25	(1.4)	558	(16.0)
20 and over.....	7707	41	(1.6)	629	(13.9)	71	(3.3)	11	(0.6)	594	(17.2)	174	(4.8)	29	(0.7)	653	(16.6)
2 and over...	11798	41	(1.4)	613	(11.4)	68	(3.1)	11	(0.5)	587	(14.0)	166	(4.5)	28	(0.7)	631	(13.4)

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.**

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-March 2020 Prepandemic *(continued)*

Beta carotene

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.....	1515	42	(2.3)	989	(85.1)	136	(36.7)	14	(3.5)	875	(97.6)	325	(77.9)	37	(7.3)	1071	(110.3)
20 and over.....	1900	39	(2.0)	1680	(120.9)	191	(22.9)	11	(1.3)	1408	(134.6)	495	(60.6)	35	(4.0)	1852	(158.8)
2 and over...	3415	40	(1.7)	1447	(96.5)	173	(22.3)	12	(1.5)	1219	(90.9)	435	(52.3)	36	(3.8)	1598	(128.5)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1182	(76.3)	106	(22.4)	9	(2.1)	1258	(112.4)	248	(48.7)	20	(4.6)	1125	(93.1)
20 and over.....	2619	42	(2.5)	2299	(120.5)	217	(16.3)	9	(0.5)	1790	(145.6)	517	(32.8)	29	(2.1)	2665	(180.6)
2 and over...	3951	42	(2.0)	2019	(84.7)	189	(14.7)	9	(0.6)	1655	(106.5)	449	(28.4)	27	(1.8)	2283	(122.0)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1357	(139.3)	105	(24.8)	8	(1.9)	1027	(78.8)	239	(48.6)	23	(4.9)	1615	(255.1)
20 and over.....	2217	42	(2.2)	2851	(242.8)	227	(32.8)	8	(1.3)	2286	(292.1)	546	(72.2)	24	(3.8)	3256	(267.5)
2 and over...	3048	42	(2.1)	2586	(204.2)	206	(28.5)	8	(1.2)	2052	(243.8)	489	(62.2)	24	(3.8)	2974	(222.4)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1169	(48.7)	115	(14.6)	10	(1.3)	1046	(51.3)	270	(30.7)	26	(3.1)	1259	(82.8)
20 and over.....	7707	41	(1.6)	2420	(122.7)	220	(14.3)	9	(0.5)	1975	(147.6)	539	(33.4)	27	(1.7)	2726	(140.5)
2 and over...	11798	41	(1.4)	2124	(103.3)	195	(12.7)	9	(0.6)	1749	(120.9)	474	(29.3)	27	(1.7)	2388	(115.3)

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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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6] %	(SE)	*All Individuals* [3] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Quick Service Restaurant Consumers* [4] Total Intake µg	(SE)	Intake from Quick Service Restaurants µg	(SE)	Percentages from [7] Quick Service Restaurants %	(SE)	*Non-consumers* [5] Total Intake µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	4870	(510.7)	937	(114.2)	19	(2.9)	4547	(282.3)	2236	(185.2)	49	(4.5)	5104	(808.5)
20 and over.....	1900	39	(2.0)	4692	(241.7)	718	(69.2)	15	(1.6)	5071	(368.7)	1858	(149.4)	37	(3.9)	4453	(357.2)
2 and over...	3415	40	(1.7)	4752	(148.3)	792	(74.5)	17	(1.6)	4885	(202.6)	1992	(138.2)	41	(3.5)	4664	(255.8)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	4084	(315.9)	577	(64.3)	14	(2.1)	3978	(497.6)	1351	(128.5)	34	(4.8)	4162	(371.0)
20 and over.....	2619	42	(2.5)	4679	(290.5)	708	(64.3)	15	(1.5)	4545	(359.2)	1690	(116.4)	37	(3.0)	4776	(348.4)
2 and over...	3951	42	(2.0)	4530	(244.1)	675	(50.8)	15	(1.4)	4401	(307.5)	1604	(90.0)	36	(2.6)	4624	(271.0)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	4368	(471.2)	839	(162.7)	19	(4.2)	3929	(411.6)	1907	(359.6)	49	(7.9)	4713	(701.7)
20 and over.....	2217	42	(2.2)	5052	(387.8)	663	(65.9)	13	(1.8)	4855	(349.3)	1591	(156.3)	33	(4.1)	5193	(493.6)
2 and over...	3048	42	(2.1)	4931	(313.2)	694	(73.8)	14	(1.9)	4683	(277.6)	1650	(168.0)	35	(4.3)	5111	(419.1)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	4385	(185.4)	781	(71.3)	18	(1.9)	4145	(205.9)	1836	(144.7)	44	(3.0)	4562	(335.0)
20 and over.....	7707	41	(1.6)	4818	(162.1)	688	(49.0)	14	(1.2)	4806	(130.1)	1685	(104.0)	35	(2.3)	4826	(210.7)
2 and over...	11798	41	(1.4)	4716	(126.8)	710	(51.8)	15	(1.3)	4645	(105.5)	1722	(106.4)	37	(2.2)	4766	(175.1)

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.**

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-March 2020 Prepandemic *(continued)*

T h i a m i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	1.50	(0.040)	0.26	(0.021)	17	(1.4)	1.64	(0.061)	0.61	(0.030)	37	(2.1)	1.39	(0.043)
20 and over.....	1900	39	(2.0)	1.60	(0.046)	0.26	(0.017)	16	(1.1)	1.76	(0.097)	0.68	(0.038)	39	(2.5)	1.50	(0.055)
2 and over...	3415	40	(1.7)	1.56	(0.038)	0.26	(0.015)	17	(1.0)	1.72	(0.068)	0.66	(0.026)	38	(1.9)	1.46	(0.040)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1.47	(0.022)	0.21	(0.018)	14	(1.2)	1.51	(0.040)	0.50	(0.028)	33	(1.5)	1.44	(0.037)
20 and over.....	2619	42	(2.5)	1.58	(0.027)	0.27	(0.021)	17	(1.3)	1.70	(0.045)	0.64	(0.024)	38	(1.3)	1.50	(0.039)
2 and over...	3951	42	(2.0)	1.55	(0.023)	0.25	(0.016)	16	(1.1)	1.65	(0.037)	0.60	(0.020)	37	(1.1)	1.49	(0.034)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1.54	(0.038)	0.24	(0.022)	15	(1.4)	1.71	(0.070)	0.54	(0.036)	32	(1.9)	1.40	(0.047)
20 and over.....	2217	42	(2.2)	1.57	(0.022)	0.24	(0.014)	15	(0.9)	1.64	(0.034)	0.58	(0.023)	35	(1.5)	1.51	(0.031)
2 and over...	3048	42	(2.1)	1.56	(0.020)	0.24	(0.013)	15	(0.8)	1.66	(0.034)	0.57	(0.021)	35	(1.3)	1.50	(0.028)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1.50	(0.014)	0.24	(0.014)	16	(0.9)	1.61	(0.024)	0.57	(0.023)	35	(1.3)	1.41	(0.024)
20 and over.....	7707	41	(1.6)	1.58	(0.014)	0.25	(0.011)	16	(0.7)	1.68	(0.023)	0.62	(0.018)	37	(1.0)	1.50	(0.021)
2 and over...	11798	41	(1.4)	1.56	(0.011)	0.25	(0.011)	16	(0.7)	1.66	(0.017)	0.61	(0.015)	36	(0.8)	1.48	(0.018)

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.**

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-March 2020 Prepandemic *(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]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	1.78	(0.065)	0.25	(0.028)	14	(1.4)	1.89	(0.103)	0.59	(0.043)	31	(2.3)	1.70	(0.064)
20 and over.....	1900	39	(2.0)	1.97	(0.063)	0.27	(0.013)	13	(0.6)	2.09	(0.091)	0.69	(0.036)	33	(1.8)	1.90	(0.076)
2 and over...	3415	40	(1.7)	1.91	(0.056)	0.26	(0.015)	14	(0.8)	2.02	(0.070)	0.65	(0.028)	32	(1.7)	1.84	(0.061)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1.71	(0.032)	0.25	(0.023)	14	(1.3)	1.79	(0.066)	0.58	(0.041)	32	(1.7)	1.65	(0.030)
20 and over.....	2619	42	(2.5)	2.06	(0.038)	0.30	(0.020)	15	(1.0)	2.18	(0.062)	0.72	(0.015)	33	(1.1)	1.98	(0.053)
2 and over...	3951	42	(2.0)	1.98	(0.033)	0.29	(0.016)	15	(0.9)	2.08	(0.051)	0.68	(0.016)	33	(0.9)	1.90	(0.046)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1.83	(0.054)	0.28	(0.035)	15	(1.7)	2.03	(0.092)	0.63	(0.056)	31	(2.1)	1.67	(0.061)
20 and over.....	2217	42	(2.2)	2.15	(0.049)	0.29	(0.023)	13	(1.1)	2.17	(0.054)	0.69	(0.036)	32	(1.4)	2.14	(0.069)
2 and over...	3048	42	(2.1)	2.09	(0.043)	0.29	(0.022)	14	(1.1)	2.14	(0.056)	0.68	(0.034)	32	(1.2)	2.06	(0.057)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1.76	(0.022)	0.26	(0.019)	15	(1.0)	1.89	(0.035)	0.62	(0.030)	33	(1.4)	1.67	(0.029)
20 and over.....	7707	41	(1.6)	2.07	(0.032)	0.28	(0.014)	14	(0.7)	2.14	(0.030)	0.69	(0.017)	32	(0.7)	2.02	(0.048)
2 and over...	11798	41	(1.4)	2.00	(0.026)	0.28	(0.013)	14	(0.7)	2.08	(0.025)	0.67	(0.014)	32	(0.6)	1.94	(0.039)

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.**

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-March 2020 Prepandemic *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	21.0	(0.56)	4.2	(0.38)	20	(1.7)	23.3	(0.84)	10.1	(0.55)	43	(1.9)	19.3	(0.69)
20 and over.....	1900	39	(2.0)	26.5	(1.01)	4.3	(0.28)	16	(1.1)	31.4	(2.30)	11.1	(0.73)	35	(3.2)	23.5	(0.71)
2 and over...	3415	40	(1.7)	24.7	(0.81)	4.3	(0.26)	17	(1.1)	28.5	(1.59)	10.8	(0.49)	38	(2.6)	22.1	(0.57)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	20.4	(0.28)	3.6	(0.33)	18	(1.5)	21.9	(0.73)	8.4	(0.52)	38	(1.7)	19.2	(0.48)
20 and over.....	2619	42	(2.5)	25.9	(0.47)	4.4	(0.32)	17	(1.2)	28.3	(0.84)	10.6	(0.36)	38	(1.4)	24.2	(0.57)
2 and over...	3951	42	(2.0)	24.5	(0.36)	4.2	(0.26)	17	(1.0)	26.7	(0.68)	10.1	(0.32)	38	(1.2)	23.0	(0.49)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	21.8	(0.73)	3.5	(0.30)	16	(1.4)	23.3	(1.03)	8.0	(0.54)	34	(2.3)	20.7	(1.04)
20 and over.....	2217	42	(2.2)	25.7	(0.56)	3.8	(0.21)	15	(0.9)	26.8	(0.64)	9.1	(0.44)	34	(1.5)	25.0	(0.84)
2 and over...	3048	42	(2.1)	25.0	(0.49)	3.8	(0.19)	15	(0.8)	26.1	(0.63)	8.9	(0.38)	34	(1.4)	24.2	(0.76)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	21.2	(0.35)	3.8	(0.21)	18	(0.9)	23.2	(0.56)	9.0	(0.36)	39	(1.3)	19.7	(0.43)
20 and over.....	7707	41	(1.6)	25.8	(0.34)	4.1	(0.15)	16	(0.6)	28.0	(0.50)	10.0	(0.29)	36	(1.0)	24.3	(0.49)
2 and over...	11798	41	(1.4)	24.7	(0.29)	4.0	(0.15)	16	(0.6)	26.9	(0.44)	9.7	(0.25)	36	(0.9)	23.2	(0.38)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B6

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	1.67	(0.061)	0.24	(0.036)	15	(1.9)	1.77	(0.117)	0.58	(0.073)	33	(3.0)	1.60	(0.058)
20 and over.....	1900	39	(2.0)	2.27	(0.176)	0.25	(0.017)	11	(1.2)	2.66	(0.400)	0.64	(0.052)	24	(4.2)	2.02	(0.070)
2 and over...	3415	40	(1.7)	2.07	(0.128)	0.25	(0.019)	12	(1.2)	2.35	(0.270)	0.62	(0.043)	26	(3.6)	1.88	(0.060)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1.59	(0.032)	0.19	(0.018)	12	(1.0)	1.65	(0.072)	0.46	(0.032)	28	(1.7)	1.55	(0.033)
20 and over.....	2619	42	(2.5)	2.13	(0.048)	0.25	(0.019)	12	(0.9)	2.19	(0.092)	0.60	(0.025)	28	(1.5)	2.08	(0.068)
2 and over...	3951	42	(2.0)	1.99	(0.038)	0.24	(0.016)	12	(0.8)	2.05	(0.066)	0.57	(0.022)	28	(1.3)	1.95	(0.057)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1.75	(0.063)	0.19	(0.018)	11	(1.1)	1.81	(0.090)	0.43	(0.031)	24	(2.1)	1.70	(0.087)
20 and over.....	2217	42	(2.2)	2.13	(0.065)	0.22	(0.013)	11	(0.7)	2.15	(0.109)	0.54	(0.026)	25	(1.5)	2.12	(0.072)
2 and over...	3048	42	(2.1)	2.06	(0.056)	0.22	(0.012)	11	(0.6)	2.09	(0.093)	0.52	(0.023)	25	(1.5)	2.04	(0.064)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1.68	(0.035)	0.21	(0.015)	13	(0.8)	1.77	(0.063)	0.50	(0.029)	28	(1.4)	1.61	(0.040)
20 and over.....	7707	41	(1.6)	2.14	(0.042)	0.24	(0.009)	11	(0.4)	2.24	(0.079)	0.58	(0.019)	26	(1.1)	2.08	(0.043)
2 and over...	11798	41	(1.4)	2.03	(0.036)	0.23	(0.009)	11	(0.4)	2.13	(0.063)	0.56	(0.017)	26	(1.0)	1.97	(0.035)

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.**

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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	477	(13.8)	77	(6.8)	16	(1.4)	519	(22.3)	183	(11.0)	35	(2.6)	447	(13.9)
20 and over.....	1900	39	(2.0)	483	(12.0)	76	(5.1)	16	(1.1)	516	(22.4)	197	(10.0)	38	(1.8)	463	(14.8)
2 and over...	3415	40	(1.7)	481	(9.6)	76	(4.9)	16	(1.0)	517	(17.4)	192	(7.7)	37	(1.5)	458	(10.1)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	455	(12.1)	60	(5.7)	13	(1.3)	450	(17.3)	141	(9.3)	31	(1.7)	460	(17.9)
20 and over.....	2619	42	(2.5)	492	(11.7)	77	(6.2)	16	(1.2)	523	(23.0)	183	(8.5)	35	(1.5)	469	(14.8)
2 and over...	3951	42	(2.0)	483	(9.1)	73	(5.2)	15	(1.0)	505	(18.1)	172	(7.2)	34	(1.2)	466	(12.8)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	477	(16.3)	70	(7.0)	15	(1.4)	541	(37.7)	160	(11.7)	30	(2.3)	427	(21.7)
20 and over.....	2217	42	(2.2)	478	(8.3)	72	(4.6)	15	(0.9)	507	(12.1)	173	(7.9)	34	(1.5)	456	(9.2)
2 and over...	3048	42	(2.1)	477	(8.8)	72	(4.2)	15	(0.8)	513	(14.1)	170	(7.3)	33	(1.4)	451	(9.2)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	466	(5.8)	69	(4.4)	15	(0.9)	495	(13.7)	163	(7.1)	33	(1.2)	445	(9.3)
20 and over.....	7707	41	(1.6)	482	(5.3)	73	(3.8)	15	(0.8)	514	(9.5)	180	(6.0)	35	(1.1)	460	(6.1)
2 and over...	11798	41	(1.4)	478	(4.7)	72	(3.6)	15	(0.7)	510	(8.1)	175	(5.3)	34	(0.9)	456	(5.5)

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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-March 2020 Prepandemic *(continued)*

C h o l i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	253	(10.1)	40	(4.0)	16	(1.6)	268	(11.7)	96	(6.2)	36	(2.5)	243	(12.5)
20 and over.....	1900	39	(2.0)	318	(8.8)	45	(2.7)	14	(0.8)	333	(16.9)	116	(7.3)	35	(1.8)	309	(7.1)
2 and over...	3415	40	(1.7)	296	(8.0)	43	(2.5)	15	(0.8)	310	(11.4)	109	(4.7)	35	(1.6)	287	(7.0)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	237	(3.5)	38	(3.0)	16	(1.3)	246	(6.6)	89	(4.2)	36	(1.6)	231	(5.3)
20 and over.....	2619	42	(2.5)	333	(7.6)	50	(3.4)	15	(0.9)	344	(6.1)	119	(3.4)	35	(1.0)	326	(11.0)
2 and over...	3951	42	(2.0)	309	(5.8)	47	(2.7)	15	(0.8)	319	(6.1)	112	(2.8)	35	(0.9)	302	(8.1)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	256	(10.1)	37	(3.7)	14	(1.2)	277	(14.9)	84	(6.6)	30	(1.9)	239	(10.6)
20 and over.....	2217	42	(2.2)	348	(7.3)	46	(3.4)	13	(1.0)	338	(13.3)	111	(5.6)	33	(1.4)	356	(6.8)
2 and over...	3048	42	(2.1)	332	(6.2)	45	(3.1)	13	(0.9)	327	(12.1)	106	(5.3)	32	(1.2)	336	(5.5)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	248	(4.3)	39	(2.4)	16	(0.9)	265	(6.2)	92	(3.8)	35	(1.3)	236	(4.9)
20 and over.....	7707	41	(1.6)	337	(4.0)	47	(1.9)	14	(0.6)	339	(5.4)	115	(3.0)	34	(0.8)	336	(6.0)
2 and over...	11798	41	(1.4)	316	(2.7)	45	(1.8)	14	(0.6)	321	(4.8)	109	(2.6)	34	(0.8)	313	(4.2)

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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-March 2020 Prepandemic *(continued)*

Vitamin B12

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	4.56	(0.187)	0.64	(0.070)	14	(1.4)	4.77	(0.249)	1.52	(0.109)	32	(2.0)	4.41	(0.231)
20 and over.....	1900	39	(2.0)	4.71	(0.247)	0.64	(0.044)	14	(1.1)	5.31	(0.528)	1.66	(0.131)	31	(3.7)	4.32	(0.179)
2 and over...	3415	40	(1.7)	4.66	(0.205)	0.64	(0.040)	14	(1.0)	5.12	(0.350)	1.61	(0.084)	31	(2.8)	4.35	(0.164)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	4.06	(0.076)	0.45	(0.035)	11	(0.9)	4.00	(0.179)	1.06	(0.055)	27	(1.4)	4.10	(0.106)
20 and over.....	2619	42	(2.5)	4.87	(0.172)	0.64	(0.047)	13	(1.1)	5.21	(0.201)	1.53	(0.062)	29	(1.7)	4.63	(0.246)
2 and over...	3951	42	(2.0)	4.67	(0.131)	0.59	(0.038)	13	(0.9)	4.90	(0.147)	1.41	(0.052)	29	(1.5)	4.49	(0.193)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	4.14	(0.142)	0.50	(0.054)	12	(1.3)	4.61	(0.222)	1.13	(0.109)	24	(2.5)	3.77	(0.165)
20 and over.....	2217	42	(2.2)	4.77	(0.145)	0.57	(0.042)	12	(1.0)	4.57	(0.172)	1.37	(0.078)	30	(1.7)	4.91	(0.201)
2 and over...	3048	42	(2.1)	4.66	(0.124)	0.56	(0.037)	12	(0.9)	4.58	(0.158)	1.32	(0.070)	29	(1.4)	4.71	(0.167)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	4.27	(0.073)	0.53	(0.035)	12	(0.7)	4.48	(0.107)	1.25	(0.059)	28	(1.3)	4.11	(0.099)
20 and over.....	7707	41	(1.6)	4.75	(0.113)	0.60	(0.025)	13	(0.6)	4.90	(0.141)	1.48	(0.051)	30	(1.0)	4.64	(0.148)
2 and over...	11798	41	(1.4)	4.63	(0.094)	0.59	(0.024)	13	(0.5)	4.80	(0.108)	1.42	(0.041)	30	(0.8)	4.52	(0.124)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin C

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	67.7	(3.27)	5.3	(0.81)	8	(1.3)	67.2	(3.78)	12.6	(1.68)	19	(2.9)	68.2	(4.08)
20 and over.....	1900	39	(2.0)	71.4	(3.32)	5.8	(0.54)	8	(0.7)	71.0	(6.64)	14.9	(1.81)	21	(2.6)	71.6	(2.64)
2 and over...	3415	40	(1.7)	70.1	(2.65)	5.6	(0.46)	8	(0.6)	69.6	(4.67)	14.1	(1.24)	20	(2.0)	70.5	(2.54)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	68.8	(3.71)	3.8	(0.36)	5	(0.5)	66.5	(6.34)	8.8	(1.01)	13	(1.5)	70.5	(3.43)
20 and over.....	2619	42	(2.5)	73.5	(1.87)	5.2	(0.30)	7	(0.5)	64.6	(2.72)	12.4	(0.71)	19	(1.2)	80.0	(2.86)
2 and over...	3951	42	(2.0)	72.4	(1.80)	4.8	(0.25)	7	(0.4)	65.1	(2.69)	11.5	(0.65)	18	(1.1)	77.6	(2.39)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	79.1	(5.41)	5.1	(0.69)	6	(0.8)	78.1	(8.54)	11.6	(1.42)	15	(1.6)	79.9	(5.57)
20 and over.....	2217	42	(2.2)	82.5	(3.41)	6.3	(0.84)	8	(0.9)	74.5	(6.15)	15.1	(1.97)	20	(1.9)	88.1	(3.23)
2 and over...	3048	42	(2.1)	81.9	(3.11)	6.1	(0.66)	7	(0.7)	75.2	(5.84)	14.4	(1.64)	19	(1.7)	86.7	(3.12)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	71.4	(2.45)	4.8	(0.33)	7	(0.5)	69.8	(4.23)	11.2	(0.70)	16	(1.2)	72.6	(2.82)
20 and over.....	7707	41	(1.6)	77.3	(1.89)	5.7	(0.37)	7	(0.4)	70.9	(3.44)	13.9	(0.95)	20	(1.1)	81.7	(1.84)
2 and over...	11798	41	(1.4)	75.9	(1.64)	5.5	(0.29)	7	(0.3)	70.6	(3.13)	13.2	(0.79)	19	(0.9)	79.6	(1.72)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n D

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	5.3	(0.29)	0.3	(0.06)	5	(1.2)	4.9	(0.49)	0.6	(0.13)	13	(3.0)	5.6	(0.33)
20 and over.....	1900	39	(2.0)	4.1	(0.17)	0.3	(0.02)	8	(0.5)	3.9	(0.25)	0.8	(0.07)	21	(1.8)	4.3	(0.21)
2 and over...	3415	40	(1.7)	4.5	(0.17)	0.3	(0.03)	7	(0.6)	4.3	(0.24)	0.7	(0.07)	18	(1.8)	4.7	(0.20)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	4.5	(0.16)	0.3	(0.02)	6	(0.5)	4.2	(0.29)	0.6	(0.06)	15	(1.3)	4.8	(0.17)
20 and over.....	2619	42	(2.5)	4.5	(0.13)	0.4	(0.04)	9	(1.0)	4.3	(0.18)	1.0	(0.06)	23	(1.5)	4.6	(0.17)
2 and over...	3951	42	(2.0)	4.5	(0.12)	0.4	(0.03)	8	(0.7)	4.3	(0.16)	0.9	(0.05)	21	(1.3)	4.6	(0.15)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	4.7	(0.21)	0.3	(0.03)	6	(0.7)	4.9	(0.34)	0.7	(0.06)	14	(1.3)	4.5	(0.18)
20 and over.....	2217	42	(2.2)	4.3	(0.22)	0.4	(0.04)	8	(0.9)	3.7	(0.19)	0.9	(0.07)	24	(1.7)	4.8	(0.31)
2 and over...	3048	42	(2.1)	4.4	(0.19)	0.4	(0.03)	8	(0.7)	3.9	(0.17)	0.8	(0.06)	21	(1.3)	4.7	(0.26)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	4.8	(0.10)	0.3	(0.02)	6	(0.5)	4.5	(0.17)	0.6	(0.05)	14	(1.1)	5.0	(0.13)
20 and over.....	7707	41	(1.6)	4.3	(0.13)	0.4	(0.02)	9	(0.5)	3.9	(0.10)	0.9	(0.03)	23	(0.9)	4.6	(0.17)
2 and over...	11798	41	(1.4)	4.4	(0.10)	0.3	(0.02)	8	(0.4)	4.1	(0.10)	0.8	(0.03)	21	(0.8)	4.7	(0.13)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	7.1	(0.16)	1.2	(0.10)	16	(1.4)	7.7	(0.17)	2.8	(0.15)	36	(1.6)	6.7	(0.27)
20 and over.....	1900	39	(2.0)	8.5	(0.27)	1.2	(0.07)	14	(0.8)	9.2	(0.37)	3.2	(0.16)	34	(1.7)	8.1	(0.33)
2 and over...	3415	40	(1.7)	8.0	(0.19)	1.2	(0.07)	15	(0.8)	8.7	(0.23)	3.0	(0.12)	35	(1.3)	7.6	(0.22)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	7.4	(0.16)	1.2	(0.12)	16	(1.5)	7.9	(0.29)	2.7	(0.20)	34	(1.9)	6.9	(0.16)
20 and over.....	2619	42	(2.5)	9.2	(0.21)	1.2	(0.10)	13	(0.9)	9.5	(0.35)	3.0	(0.13)	31	(1.5)	9.1	(0.25)
2 and over...	3951	42	(2.0)	8.8	(0.15)	1.2	(0.08)	14	(0.9)	9.1	(0.27)	2.9	(0.12)	32	(1.3)	8.5	(0.19)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	9.0	(0.78)	1.2	(0.11)	13	(1.6)	9.7	(1.55)	2.6	(0.17)	27	(4.2)	8.5	(0.84)
20 and over.....	2217	42	(2.2)	10.0	(0.25)	1.2	(0.08)	12	(0.8)	9.8	(0.41)	2.8	(0.14)	29	(1.3)	10.1	(0.24)
2 and over...	3048	42	(2.1)	9.8	(0.29)	1.2	(0.07)	12	(0.6)	9.8	(0.56)	2.8	(0.12)	28	(1.3)	9.8	(0.26)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	7.8	(0.24)	1.2	(0.07)	15	(0.9)	8.4	(0.52)	2.7	(0.11)	33	(1.9)	7.3	(0.27)
20 and over.....	7707	41	(1.6)	9.4	(0.14)	1.2	(0.06)	13	(0.6)	9.7	(0.21)	2.9	(0.10)	30	(1.1)	9.3	(0.17)
2 and over...	11798	41	(1.4)	9.0	(0.14)	1.2	(0.06)	13	(0.6)	9.4	(0.25)	2.9	(0.09)	31	(1.1)	8.8	(0.15)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n K

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	62.5	(3.98)	12.5	(1.46)	20	(2.5)	68.3	(3.25)	29.8	(2.60)	44	(2.9)	58.3	(6.12)
20 and over.....	1900	39	(2.0)	107.2	(5.93)	15.7	(0.81)	15	(1.0)	100.8	(5.43)	40.7	(3.07)	40	(3.3)	111.3	(8.25)
2 and over...	3415	40	(1.7)	92.2	(4.89)	14.6	(0.80)	16	(1.1)	89.3	(3.54)	36.8	(2.14)	41	(2.5)	94.1	(6.98)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	66.8	(3.90)	12.0	(1.24)	18	(1.7)	77.8	(6.88)	28.1	(2.25)	36	(3.0)	58.6	(2.72)
20 and over.....	2619	42	(2.5)	113.2	(3.64)	17.1	(1.67)	15	(1.4)	102.0	(3.73)	41.0	(2.68)	40	(2.5)	121.2	(5.83)
2 and over...	3951	42	(2.0)	101.6	(3.05)	15.9	(1.38)	16	(1.3)	95.8	(3.12)	37.7	(2.07)	39	(2.0)	105.7	(4.40)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	86.4	(7.90)	11.6	(1.56)	13	(2.0)	80.1	(8.59)	26.4	(2.92)	33	(2.4)	91.4	(12.75)
20 and over.....	2217	42	(2.2)	146.8	(12.17)	16.3	(1.09)	11	(1.1)	137.7	(20.56)	39.1	(2.85)	28	(4.3)	153.3	(9.41)
2 and over...	3048	42	(2.1)	136.1	(10.14)	15.5	(1.08)	11	(1.1)	127.0	(17.29)	36.7	(2.78)	29	(4.0)	142.7	(8.18)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	72.2	(3.80)	12.1	(0.92)	17	(1.4)	75.6	(3.92)	28.4	(1.75)	38	(1.7)	69.7	(5.60)
20 and over.....	7707	41	(1.6)	126.7	(5.57)	16.3	(0.68)	13	(0.8)	118.1	(8.38)	40.0	(1.63)	34	(2.5)	132.6	(5.31)
2 and over...	11798	41	(1.4)	113.8	(4.78)	15.3	(0.67)	13	(0.8)	107.8	(6.82)	37.1	(1.41)	34	(2.3)	118.1	(4.86)

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.**

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-March 2020 Prepandemic *(continued)*

C a l c i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	999	(36.9)	137	(13.6)	14	(1.4)	1041	(54.8)	326	(21.8)	31	(2.7)	969	(41.3)
20 and over.....	1900	39	(2.0)	904	(20.3)	137	(7.8)	15	(0.7)	1000	(40.2)	355	(20.6)	35	(1.5)	844	(23.0)
2 and over...	3415	40	(1.7)	936	(19.4)	137	(8.5)	15	(0.8)	1015	(29.6)	344	(16.0)	34	(1.5)	885	(19.6)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	950	(19.3)	120	(9.5)	13	(1.0)	980	(32.6)	281	(16.6)	29	(1.5)	928	(24.0)
20 and over.....	2619	42	(2.5)	948	(14.7)	143	(10.2)	15	(1.0)	1027	(24.6)	342	(8.8)	33	(1.1)	891	(20.1)
2 and over...	3951	42	(2.0)	949	(12.7)	138	(8.2)	14	(0.9)	1015	(20.7)	327	(8.7)	32	(0.9)	900	(18.7)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1004	(19.4)	139	(13.7)	14	(1.3)	1037	(33.1)	316	(21.0)	30	(1.7)	978	(30.5)
20 and over.....	2217	42	(2.2)	971	(20.4)	141	(10.5)	15	(1.1)	995	(28.2)	339	(16.3)	34	(1.2)	954	(23.7)
2 and over...	3048	42	(2.1)	977	(17.7)	141	(9.3)	14	(1.0)	1003	(24.6)	335	(14.4)	33	(1.1)	958	(19.2)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	978	(13.4)	132	(8.0)	13	(0.8)	1002	(19.0)	310	(11.8)	31	(1.1)	959	(19.3)
20 and over.....	7707	41	(1.6)	945	(13.1)	139	(6.6)	15	(0.7)	1004	(14.7)	341	(7.9)	34	(0.8)	905	(17.8)
2 and over...	11798	41	(1.4)	953	(10.6)	137	(6.2)	14	(0.7)	1004	(12.0)	333	(7.1)	33	(0.7)	917	(14.4)

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.**

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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	1249	(40.7)	216	(19.3)	17	(1.5)	1351	(52.8)	515	(27.1)	38	(2.3)	1175	(46.8)
20 and over.....	1900	39	(2.0)	1316	(25.9)	222	(13.0)	17	(0.8)	1447	(57.4)	574	(32.5)	40	(1.5)	1234	(18.9)
2 and over...	3415	40	(1.7)	1294	(25.5)	220	(12.8)	17	(0.9)	1413	(40.0)	553	(22.0)	39	(1.4)	1215	(21.1)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	1212	(17.3)	194	(14.8)	16	(1.1)	1276	(31.1)	454	(18.7)	36	(1.2)	1163	(20.7)
20 and over.....	2619	42	(2.5)	1364	(20.4)	229	(16.2)	17	(1.1)	1464	(26.2)	546	(14.5)	37	(1.1)	1291	(24.1)
2 and over...	3951	42	(2.0)	1326	(15.3)	220	(13.1)	17	(0.9)	1417	(20.7)	523	(12.4)	37	(0.9)	1260	(19.4)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1316	(55.8)	201	(17.0)	15	(1.3)	1434	(98.6)	457	(26.9)	32	(2.4)	1223	(43.6)
20 and over.....	2217	42	(2.2)	1402	(18.4)	207	(13.6)	15	(1.0)	1410	(31.8)	496	(22.3)	35	(1.2)	1396	(25.8)
2 and over...	3048	42	(2.1)	1387	(19.0)	206	(12.2)	15	(0.8)	1415	(40.0)	489	(20.1)	35	(1.1)	1366	(21.0)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	1254	(23.1)	207	(11.5)	17	(0.8)	1348	(36.7)	487	(16.5)	36	(1.0)	1184	(23.0)
20 and over.....	7707	41	(1.6)	1369	(10.4)	215	(9.1)	16	(0.6)	1437	(15.4)	526	(12.6)	37	(0.8)	1323	(17.3)
2 and over...	11798	41	(1.4)	1342	(9.9)	213	(8.7)	16	(0.6)	1415	(16.8)	516	(10.3)	36	(0.7)	1291	(14.2)

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.**

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-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	230	(5.3)	32	(3.2)	14	(1.3)	243	(8.2)	76	(4.9)	31	(2.1)	220	(6.3)
20 and over.....	1900	39	(2.0)	281	(6.3)	34	(1.8)	12	(0.6)	286	(11.2)	87	(4.9)	31	(1.6)	278	(5.7)
2 and over...	3415	40	(1.7)	264	(4.8)	33	(1.9)	13	(0.7)	271	(7.6)	84	(3.6)	31	(1.4)	259	(4.3)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	230	(3.7)	30	(2.5)	13	(1.0)	236	(7.5)	70	(3.6)	30	(1.0)	225	(3.3)
20 and over.....	2619	42	(2.5)	296	(4.4)	37	(2.8)	12	(0.9)	300	(7.0)	87	(2.6)	29	(1.0)	293	(5.7)
2 and over...	3951	42	(2.0)	279	(3.4)	35	(2.2)	13	(0.7)	284	(5.4)	83	(2.1)	29	(0.8)	276	(4.8)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	250	(7.9)	31	(2.8)	12	(1.1)	258	(14.9)	70	(4.4)	27	(1.5)	243	(7.6)
20 and over.....	2217	42	(2.2)	319	(6.1)	36	(2.3)	11	(0.7)	312	(10.4)	86	(3.6)	28	(0.9)	325	(7.1)
2 and over...	3048	42	(2.1)	307	(5.5)	35	(2.0)	11	(0.6)	302	(10.0)	83	(3.2)	28	(0.8)	311	(6.2)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	236	(3.3)	31	(2.0)	13	(0.7)	245	(6.5)	74	(2.9)	30	(0.8)	229	(3.7)
20 and over.....	7707	41	(1.6)	303	(3.1)	35	(1.4)	12	(0.4)	304	(4.7)	87	(1.6)	29	(0.6)	303	(4.3)
2 and over...	11798	41	(1.4)	287	(2.6)	34	(1.3)	12	(0.4)	289	(4.4)	84	(1.4)	29	(0.5)	286	(3.6)

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.**

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-March 2020 Prepandemic *(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.....	1515	42	(2.3)	13.3	(0.37)	2.0	(0.18)	15	(1.4)	14.3	(0.67)	4.7	(0.26)	33	(2.6)	12.5	(0.36)
20 and over.....	1900	39	(2.0)	13.6	(0.36)	2.0	(0.11)	15	(0.9)	14.2	(0.59)	5.2	(0.26)	36	(1.4)	13.3	(0.47)
2 and over...	3415	40	(1.7)	13.5	(0.29)	2.0	(0.11)	15	(0.9)	14.2	(0.45)	5.0	(0.17)	35	(1.3)	13.0	(0.36)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	12.8	(0.25)	1.6	(0.14)	13	(1.0)	12.7	(0.52)	3.8	(0.22)	30	(1.2)	12.9	(0.31)
20 and over.....	2619	42	(2.5)	14.1	(0.24)	2.1	(0.16)	15	(1.1)	14.6	(0.41)	5.0	(0.20)	34	(1.3)	13.8	(0.37)
2 and over...	3951	42	(2.0)	13.8	(0.20)	2.0	(0.13)	14	(0.9)	14.1	(0.37)	4.7	(0.17)	33	(1.1)	13.6	(0.30)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	13.7	(0.42)	1.9	(0.18)	14	(1.3)	15.3	(0.73)	4.2	(0.29)	28	(1.9)	12.4	(0.55)
20 and over.....	2217	42	(2.2)	13.8	(0.23)	1.9	(0.12)	14	(0.9)	14.0	(0.37)	4.6	(0.20)	33	(1.3)	13.6	(0.28)
2 and over...	3048	42	(2.1)	13.7	(0.22)	1.9	(0.11)	14	(0.8)	14.2	(0.38)	4.5	(0.19)	32	(1.2)	13.4	(0.27)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	13.2	(0.21)	1.9	(0.12)	14	(0.9)	14.0	(0.35)	4.3	(0.18)	31	(1.2)	12.6	(0.27)
20 and over.....	7707	41	(1.6)	13.9	(0.13)	2.0	(0.09)	14	(0.6)	14.3	(0.24)	4.8	(0.15)	34	(0.9)	13.5	(0.18)
2 and over...	11798	41	(1.4)	13.7	(0.12)	1.9	(0.09)	14	(0.6)	14.2	(0.21)	4.7	(0.13)	33	(0.8)	13.3	(0.17)

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.**

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-March 2020 Prepandemic *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	9.3	(0.29)	1.6	(0.15)	17	(1.5)	9.8	(0.35)	3.7	(0.21)	38	(1.8)	9.0	(0.34)
20 and over.....	1900	39	(2.0)	10.1	(0.21)	1.6	(0.10)	16	(0.9)	10.8	(0.42)	4.2	(0.29)	39	(1.9)	9.7	(0.21)
2 and over...	3415	40	(1.7)	9.9	(0.18)	1.6	(0.09)	16	(0.9)	10.4	(0.26)	4.0	(0.18)	39	(1.5)	9.5	(0.20)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	8.8	(0.19)	1.3	(0.09)	14	(1.1)	8.9	(0.35)	2.9	(0.14)	33	(1.3)	8.8	(0.18)
20 and over.....	2619	42	(2.5)	10.8	(0.19)	1.7	(0.12)	16	(1.0)	11.6	(0.30)	4.0	(0.16)	35	(1.4)	10.2	(0.21)
2 and over...	3951	42	(2.0)	10.3	(0.16)	1.6	(0.10)	15	(0.9)	10.9	(0.26)	3.7	(0.13)	34	(1.2)	9.9	(0.18)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	9.5	(0.24)	1.4	(0.15)	15	(1.5)	10.4	(0.52)	3.2	(0.30)	30	(2.5)	8.8	(0.32)
20 and over.....	2217	42	(2.2)	11.1	(0.17)	1.5	(0.10)	13	(0.9)	10.8	(0.31)	3.6	(0.18)	33	(1.4)	11.2	(0.23)
2 and over...	3048	42	(2.1)	10.8	(0.15)	1.5	(0.09)	14	(0.8)	10.7	(0.31)	3.5	(0.17)	33	(1.2)	10.8	(0.21)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	9.2	(0.16)	1.4	(0.09)	15	(0.9)	9.8	(0.30)	3.3	(0.15)	34	(1.2)	8.8	(0.17)
20 and over.....	7707	41	(1.6)	10.8	(0.10)	1.6	(0.07)	15	(0.6)	11.1	(0.19)	3.8	(0.13)	35	(1.1)	10.5	(0.14)
2 and over...	11798	41	(1.4)	10.4	(0.10)	1.5	(0.07)	15	(0.6)	10.8	(0.18)	3.7	(0.11)	34	(0.9)	10.1	(0.14)

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.**

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-March 2020 Prepandemic *(continued)*

C o p p e r

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	0.9	(0.02)	0.1	(0.01)	14	(1.5)	0.9	(0.03)	0.3	(0.02)	33	(2.1)	0.8	(0.03)
20 and over.....	1900	39	(2.0)	1.1	(0.03)	0.1	(0.01)	12	(0.5)	1.1	(0.04)	0.3	(0.02)	31	(1.5)	1.1	(0.03)
2 and over...	3415	40	(1.7)	1.0	(0.02)	0.1	(0.01)	13	(0.7)	1.0	(0.03)	0.3	(0.01)	32	(1.3)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	0.9	(0.02)	0.1	(0.01)	13	(1.0)	0.9	(0.04)	0.3	(0.01)	29	(1.5)	0.9	(0.01)
20 and over.....	2619	42	(2.5)	1.2	(0.03)	0.1	(0.01)	12	(0.8)	1.2	(0.03)	0.3	(0.01)	28	(1.2)	1.2	(0.04)
2 and over...	3951	42	(2.0)	1.1	(0.02)	0.1	(0.01)	12	(0.7)	1.1	(0.03)	0.3	(0.01)	28	(1.1)	1.1	(0.03)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	1.0	(0.06)	0.1	(0.02)	13	(1.3)	1.2	(0.13)	0.3	(0.03)	27	(2.8)	0.9	(0.03)
20 and over.....	2217	42	(2.2)	1.3	(0.02)	0.1	(0.01)	10	(0.8)	1.2	(0.04)	0.3	(0.02)	26	(1.0)	1.3	(0.03)
2 and over...	3048	42	(2.1)	1.2	(0.03)	0.1	(0.01)	11	(0.7)	1.2	(0.05)	0.3	(0.01)	26	(0.7)	1.2	(0.03)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	0.9	(0.02)	0.1	(0.01)	14	(0.8)	1.0	(0.05)	0.3	(0.01)	30	(1.3)	0.9	(0.02)
20 and over.....	7707	41	(1.6)	1.2	(0.01)	0.1	(0.01)	11	(0.5)	1.2	(0.02)	0.3	(0.01)	27	(0.8)	1.2	(0.02)
2 and over...	11798	41	(1.4)	1.1	(0.01)	0.1	(0.01)	12	(0.5)	1.1	(0.03)	0.3	(0.01)	28	(0.7)	1.1	(0.02)

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.**

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-March 2020 Prepandemic *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	95.4	(2.47)	19.1	(1.86)	20	(1.8)	104.3	(3.37)	45.5	(2.72)	44	(2.1)	89.0	(3.12)
20 and over.....	1900	39	(2.0)	111.8	(2.19)	19.4	(1.18)	17	(0.9)	122.8	(5.02)	50.2	(3.00)	41	(2.3)	104.8	(1.88)
2 and over...	3415	40	(1.7)	106.3	(1.80)	19.3	(1.18)	18	(1.0)	116.3	(3.08)	48.5	(2.02)	42	(1.8)	99.7	(1.45)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	89.2	(1.65)	15.3	(1.29)	17	(1.4)	93.4	(3.21)	35.8	(1.96)	38	(1.5)	86.1	(1.88)
20 and over.....	2619	42	(2.5)	111.2	(2.35)	20.4	(1.41)	18	(1.1)	119.8	(2.67)	48.8	(1.53)	41	(1.4)	105.0	(2.42)
2 and over...	3951	42	(2.0)	105.7	(1.68)	19.1	(1.11)	18	(1.0)	113.1	(2.15)	45.5	(1.31)	40	(1.1)	100.3	(1.82)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	96.5	(4.48)	16.8	(1.53)	17	(1.6)	104.6	(7.89)	38.1	(2.61)	36	(3.1)	90.1	(4.16)
20 and over.....	2217	42	(2.2)	114.5	(1.72)	17.8	(1.01)	16	(0.9)	114.5	(3.04)	42.7	(2.01)	37	(1.6)	114.4	(2.07)
2 and over...	3048	42	(2.1)	111.3	(1.87)	17.6	(0.94)	16	(0.8)	112.7	(3.68)	41.8	(1.80)	37	(1.4)	110.2	(1.82)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	93.7	(1.66)	17.2	(1.03)	18	(0.9)	101.2	(2.80)	40.4	(1.63)	40	(1.2)	88.1	(1.76)
20 and over.....	7707	41	(1.6)	112.5	(0.86)	18.8	(0.74)	17	(0.6)	117.6	(1.47)	46.1	(1.29)	39	(1.1)	109.0	(1.34)
2 and over...	11798	41	(1.4)	108.0	(0.80)	18.4	(0.73)	17	(0.6)	113.6	(1.66)	44.7	(1.09)	39	(0.9)	104.2	(1.02)

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.**

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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	2066	(62.8)	321	(31.5)	16	(1.5)	2200	(92.1)	766	(47.4)	35	(2.6)	1969	(70.2)
20 and over.....	1900	39	(2.0)	2458	(53.8)	353	(20.0)	14	(0.8)	2556	(91.0)	914	(53.1)	36	(1.7)	2396	(50.4)
2 and over...	3415	40	(1.7)	2326	(46.9)	342	(19.8)	15	(0.8)	2430	(70.4)	861	(37.3)	35	(1.7)	2258	(39.3)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	2048	(34.9)	302	(21.6)	15	(1.0)	2158	(62.8)	706	(26.3)	33	(1.3)	1965	(37.7)
20 and over.....	2619	42	(2.5)	2537	(31.7)	356	(25.2)	14	(1.0)	2546	(48.6)	851	(24.9)	33	(1.1)	2531	(44.2)
2 and over...	3951	42	(2.0)	2415	(26.0)	343	(21.0)	14	(0.9)	2447	(39.1)	814	(21.7)	33	(1.0)	2391	(37.4)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	2168	(64.7)	297	(25.4)	14	(1.1)	2252	(103.4)	674	(41.7)	30	(1.6)	2102	(71.1)
20 and over.....	2217	42	(2.2)	2716	(52.0)	345	(22.0)	13	(0.8)	2614	(89.0)	827	(37.9)	32	(1.2)	2788	(58.0)
2 and over...	3048	42	(2.1)	2619	(45.8)	336	(19.0)	13	(0.7)	2547	(83.2)	799	(33.2)	31	(1.0)	2671	(52.0)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	2088	(32.9)	310	(16.5)	15	(0.7)	2198	(52.1)	730	(24.0)	33	(1.0)	2006	(37.4)
20 and over.....	7707	41	(1.6)	2595	(25.9)	346	(13.9)	13	(0.5)	2583	(36.5)	847	(20.8)	33	(0.8)	2604	(35.2)
2 and over...	11798	41	(1.4)	2475	(21.3)	337	(13.0)	14	(0.5)	2489	(34.6)	819	(17.1)	33	(0.7)	2466	(28.1)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	2944	(79.3)	635	(52.7)	22	(1.8)	3305	(90.3)	1514	(70.2)	46	(2.2)	2683	(93.4)
20 and over.....	1900	39	(2.0)	3378	(83.3)	637	(41.5)	19	(1.1)	3851	(179.6)	1649	(100.7)	43	(1.7)	3080	(66.7)
2 and over...	3415	40	(1.7)	3232	(67.5)	636	(39.1)	20	(1.1)	3657	(119.5)	1601	(66.8)	44	(1.6)	2951	(54.7)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	2857	(41.1)	537	(42.8)	19	(1.3)	3060	(83.9)	1258	(61.0)	41	(1.3)	2706	(45.3)
20 and over.....	2619	42	(2.5)	3452	(64.2)	659	(47.2)	19	(1.2)	3793	(80.2)	1573	(56.3)	41	(1.3)	3207	(62.7)
2 and over...	3951	42	(2.0)	3303	(46.9)	628	(38.6)	19	(1.1)	3606	(65.1)	1493	(46.3)	41	(1.1)	3083	(48.4)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	3109	(110.5)	583	(55.0)	19	(1.7)	3400	(213.4)	1325	(98.4)	39	(2.7)	2880	(130.0)
20 and over.....	2217	42	(2.2)	3515	(54.3)	579	(34.9)	16	(1.0)	3631	(85.2)	1388	(62.3)	38	(1.5)	3433	(76.8)
2 and over...	3048	42	(2.1)	3443	(53.1)	579	(33.5)	17	(0.9)	3588	(98.4)	1376	(59.8)	38	(1.4)	3338	(69.4)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	2968	(52.9)	593	(36.0)	20	(1.1)	3274	(88.3)	1395	(58.6)	43	(1.3)	2742	(52.3)
20 and over.....	7707	41	(1.6)	3463	(28.1)	618	(27.6)	18	(0.7)	3748	(49.8)	1514	(48.3)	40	(1.0)	3266	(38.9)
2 and over...	11798	41	(1.4)	3346	(26.2)	612	(27.3)	18	(0.8)	3632	(46.9)	1485	(42.2)	41	(0.9)	3145	(32.4)

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.**

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-March 2020 Prepandemic *(continued)*

C a f f e i n e

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from Quick Service Restaurants		*All Individuals* [3] Percentages from [7] Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Total Intake		*Quick Service Restaurant Consumers* [4] Intake from Quick Service Restaurants		*Quick Service Restaurant Consumers* [4] Percentages from [7] Quick Service Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	42	(2.3)	24.9	(1.75)	5.7	(0.88)	23	(3.2)	31.8	(2.74)	13.5	(1.64)	42	(3.3)	19.9	(2.42)
20 and over.....	1900	39	(2.0)	164.7	(10.36)	17.0	(2.15)	10	(1.2)	171.2	(17.85)	43.9	(4.43)	26	(2.4)	160.6	(18.67)
2 and over...	3415	40	(1.7)	117.7	(7.16)	13.2	(1.50)	11	(1.1)	121.8	(13.57)	33.1	(3.21)	27	(2.4)	115.0	(12.84)
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	26.7	(2.55)	7.9	(1.38)	30	(3.2)	40.2	(5.81)	18.5	(2.75)	46	(3.1)	16.7	(1.80)
20 and over.....	2619	42	(2.5)	160.0	(9.36)	19.5	(2.63)	12	(1.7)	150.4	(11.02)	46.6	(4.41)	31	(2.5)	166.9	(11.33)
2 and over...	3951	42	(2.0)	126.6	(6.93)	16.6	(2.11)	13	(1.8)	122.3	(8.07)	39.4	(3.70)	32	(2.3)	129.7	(8.65)
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	24.7	(3.71)	5.3	(1.13)	22	(4.5)	33.3	(5.41)	12.1	(2.40)	36	(6.2)	17.9	(4.21)
20 and over.....	2217	42	(2.2)	182.5	(6.96)	23.7	(2.19)	13	(1.4)	182.1	(8.77)	56.9	(4.15)	31	(2.2)	182.8	(10.39)
2 and over...	3048	42	(2.1)	154.5	(6.81)	20.4	(1.83)	13	(1.4)	154.5	(8.38)	48.6	(3.42)	31	(2.1)	154.5	(9.39)
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	25.7	(1.40)	6.5	(0.70)	25	(2.4)	35.8	(2.68)	15.2	(1.51)	42	(2.9)	18.2	(1.55)
20 and over.....	7707	41	(1.6)	168.7	(6.01)	20.7	(1.64)	12	(1.1)	167.2	(5.74)	50.8	(2.86)	30	(1.5)	169.7	(7.80)
2 and over...	11798	41	(1.4)	134.9	(4.80)	17.4	(1.28)	13	(1.0)	135.2	(4.50)	42.1	(2.27)	31	(1.4)	134.7	(6.26)

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.**

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-March 2020 Prepandemic *(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.....	1515	42	(2.3)	--		--		--		--		--		--		--	
20 and over.....	1900	39	(2.0)	9.5	(1.19)	#		1*	(0.4)	10.1	(1.86)	0.1*	(0.10)	1*	(0.9)	9.1	(1.43)
2 and over...	3415	40	(1.7)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	1332	43	(2.1)	--		--		--		--		--		--		--	
20 and over.....	2619	42	(2.5)	7.9	(0.71)	#		1*	(0.3)	8.6	(1.13)	0.1*	(0.05)	1*	(0.6)	7.4	(0.89)
2 and over...	3951	42	(2.0)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	831	44	(3.3)	--		--		--		--		--		--		--	
20 and over.....	2217	42	(2.2)	12.8	(0.84)	0.3*	(0.17)	2*	(1.3)	11.6	(1.87)	0.8*	(0.42)	7*	(3.3)	13.7	(1.63)
2 and over...	3048	42	(2.1)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	4091	43	(1.6)	--		--		--		--		--		--		--	
20 and over.....	7707	41	(1.6)	10.6	(0.50)	0.2*	(0.07)	2*	(0.7)	10.6	(1.08)	0.5*	(0.18)	4*	(1.6)	10.5	(0.89)
2 and over...	11798	41	(1.4)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

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-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 alchohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

Suggested Citation

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Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Food energy

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake kcal	(SE)	Intake from All Restaurants kcal	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake kcal	(SE)
Males:																	
2 - 5	468	45	(2.8)	1667	(41.7)	253	(25.3)	15	(1.3)	1837	(88.7)	569	(49.1)	31	(2.0)	1531	(34.0)
6 - 11	701	41	(3.1)	1989	(38.4)	302	(16.0)	15	(0.8)	2139	(58.9)	736	(31.9)	34	(1.2)	1885	(45.4)
12 - 19	899	53	(3.2)	2299	(36.4)	651	(61.7)	28	(2.5)	2578	(50.4)	1219	(63.3)	47	(2.2)	1978	(72.2)
20 - 39	1086	66	(2.5)	2547	(53.8)	842	(61.0)	33	(2.0)	2651	(75.8)	1282	(69.5)	48	(1.7)	2348	(68.0)
40 - 59	1221	56	(2.6)	2561	(48.4)	701	(48.3)	27	(1.7)	2744	(70.6)	1250	(48.2)	46	(1.3)	2327	(55.6)
60 and over	1438	44	(2.9)	2305	(32.4)	405	(34.6)	18	(1.4)	2406	(58.8)	926	(49.3)	39	(1.7)	2227	(50.8)
2 - 19	2068	47	(2.1)	2061	(20.9)	450	(28.9)	22	(1.4)	2303	(41.9)	949	(37.9)	41	(1.4)	1843	(33.2)
20 and over	3745	56	(1.9)	2483	(24.2)	668	(32.8)	27	(1.2)	2629	(31.6)	1192	(35.1)	45	(1.0)	2297	(28.7)
2 and over	5813	54	(1.8)	2379	(20.3)	615	(28.6)	26	(1.1)	2558	(29.5)	1139	(28.7)	45	(0.9)	2169	(22.1)
Females:																	
2 - 5	472	40	(3.0)	1417	(24.8)	195	(19.9)	14	(1.3)	1491	(32.6)	492	(23.6)	33	(1.6)	1368	(37.6)
6 - 11	710	50	(3.1)	1902	(37.9)	386	(34.9)	20	(1.7)	2079	(50.6)	768	(34.1)	37	(1.5)	1723	(48.0)
12 - 19	841	60	(2.5)	1812	(57.3)	530	(28.5)	29	(1.2)	1966	(82.0)	889	(43.3)	45	(1.6)	1586	(42.1)
20 - 39	1272	65	(2.4)	1940	(17.6)	608	(24.2)	31	(1.2)	2000	(27.2)	940	(32.8)	47	(1.3)	1829	(35.0)
40 - 59	1327	52	(2.3)	1834	(35.5)	442	(19.4)	24	(1.1)	1886	(35.7)	843	(30.5)	45	(1.3)	1777	(56.5)
60 and over	1363	42	(2.7)	1696	(34.0)	304	(23.5)	18	(1.3)	1747	(43.0)	716	(24.9)	41	(1.3)	1658	(44.7)
2 - 19	2023	52	(1.9)	1757	(31.5)	411	(23.5)	23	(1.1)	1924	(49.0)	786	(29.7)	41	(1.0)	1573	(21.0)
20 and over	3962	54	(1.9)	1829	(17.7)	458	(14.7)	25	(0.8)	1901	(21.9)	853	(19.3)	45	(0.9)	1745	(27.7)
2 and over	5985	53	(1.6)	1812	(12.1)	447	(13.6)	25	(0.7)	1906	(19.6)	838	(15.8)	44	(0.7)	1705	(20.6)
Males and Females:																	
2 - 19	4091	50	(1.6)	1911	(19.7)	431	(22.3)	23	(1.0)	2108	(36.2)	865	(29.1)	41	(0.9)	1717	(21.0)
20 and over	7707	55	(1.7)	2144	(14.9)	559	(21.0)	26	(0.9)	2259	(18.8)	1020	(20.5)	45	(0.7)	2003	(20.3)
2 and over	11798	54	(1.5)	2089	(11.3)	529	(18.1)	25	(0.8)	2226	(15.2)	986	(15.6)	44	(0.6)	1930	(16.5)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Protein

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	56.9	(1.56)	8.9	(0.84)	16	(1.4)	61.1	(3.05)	20.1	(1.61)	33	(2.2)	53.6	(1.68)
6 - 11	701	41	(3.1)	66.7	(1.57)	11.3	(0.78)	17	(1.2)	71.4	(2.72)	27.6	(1.16)	39	(1.7)	63.4	(1.62)
12 - 19	899	53	(3.2)	86.6	(2.44)	26.3	(2.41)	30	(2.3)	96.3	(3.07)	49.3	(2.57)	51	(2.0)	75.5	(3.34)
20 - 39	1086	66	(2.5)	96.6	(1.91)	34.2	(2.46)	35	(2.2)	99.6	(2.95)	52.1	(2.83)	52	(2.2)	90.7	(2.70)
40 - 59	1221	56	(2.6)	97.7	(2.18)	28.9	(2.09)	30	(2.0)	100.7	(2.69)	51.5	(2.14)	51	(1.5)	93.8	(3.20)
60 and over	1438	44	(2.9)	87.0	(1.88)	17.3	(1.58)	20	(1.7)	91.8	(3.51)	39.6	(2.19)	43	(2.3)	83.3	(2.73)
2 - 19	2068	47	(2.1)	73.6	(1.27)	17.6	(1.22)	24	(1.5)	82.1	(2.21)	37.2	(1.64)	45	(1.6)	66.1	(1.52)
20 and over	3745	56	(1.9)	94.2	(1.14)	27.6	(1.39)	29	(1.3)	98.2	(1.55)	49.1	(1.32)	50	(1.1)	89.1	(1.41)
2 and over	5813	54	(1.8)	89.2	(1.09)	25.1	(1.26)	28	(1.2)	94.7	(1.54)	46.5	(1.22)	49	(1.0)	82.6	(1.08)
Females:																	
2 - 5	472	40	(3.0)	50.0	(0.92)	6.9	(0.71)	14	(1.3)	49.2	(1.53)	17.4	(0.97)	35	(2.2)	50.4	(1.38)
6 - 11	710	50	(3.1)	63.0	(1.31)	12.7	(1.34)	20	(1.9)	66.7	(1.58)	25.3	(1.38)	38	(1.6)	59.2	(2.00)
12 - 19	841	60	(2.5)	62.3	(2.91)	19.6	(1.11)	32	(1.3)	66.1	(4.00)	32.9	(2.23)	50	(2.5)	56.7	(2.44)
20 - 39	1272	65	(2.4)	72.1	(0.90)	23.8	(0.89)	33	(1.1)	74.6	(1.49)	36.8	(1.18)	49	(1.6)	67.7	(2.10)
40 - 59	1327	52	(2.3)	68.7	(1.69)	17.7	(0.97)	26	(1.3)	68.6	(1.66)	33.9	(1.60)	49	(1.9)	68.7	(2.40)
60 and over	1363	42	(2.7)	65.2	(1.59)	12.2	(0.92)	19	(1.5)	65.1	(1.52)	28.7	(1.25)	44	(1.7)	65.3	(2.13)
2 - 19	2023	52	(1.9)	59.9	(1.61)	14.6	(0.94)	24	(1.2)	63.6	(2.36)	28.0	(1.41)	44	(1.2)	55.8	(1.29)
20 and over	3962	54	(1.9)	68.8	(0.93)	18.1	(0.63)	26	(0.8)	70.3	(1.10)	33.8	(0.79)	48	(1.1)	67.1	(1.40)
2 and over	5985	53	(1.6)	66.8	(0.79)	17.4	(0.61)	26	(0.8)	68.8	(1.09)	32.5	(0.73)	47	(0.9)	64.5	(1.08)
Males and Females:																	
2 - 19	4091	50	(1.6)	66.9	(1.26)	16.2	(0.88)	24	(1.1)	72.5	(2.02)	32.4	(1.19)	45	(1.0)	61.3	(1.09)
20 and over	7707	55	(1.7)	81.0	(0.74)	22.7	(0.91)	28	(1.0)	84.1	(0.76)	41.4	(0.75)	49	(0.8)	77.4	(1.15)
2 and over	11798	54	(1.5)	77.7	(0.75)	21.1	(0.81)	27	(0.9)	81.5	(0.95)	39.4	(0.69)	48	(0.7)	73.3	(0.91)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

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

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	222	(5.6)	29	(3.1)	13	(1.2)	246	(11.9)	66	(5.9)	27	(1.9)	202	(3.4)
6 - 11	701	41	(3.1)	258	(5.9)	33	(1.7)	13	(0.7)	274	(6.7)	81	(3.6)	30	(1.3)	247	(8.3)
12 - 19	899	53	(3.2)	282	(4.4)	71	(7.1)	25	(2.5)	310	(6.3)	132	(7.4)	43	(2.5)	249	(8.4)
20 - 39	1086	66	(2.5)	289	(7.1)	86	(6.3)	30	(1.9)	295	(8.7)	132	(6.9)	45	(1.6)	278	(11.8)
40 - 59	1221	56	(2.6)	285	(4.8)	69	(4.4)	24	(1.6)	303	(8.3)	122	(4.3)	40	(1.3)	262	(7.8)
60 and over	1438	44	(2.9)	260	(4.1)	39	(3.2)	15	(1.2)	266	(5.7)	89	(4.4)	33	(1.3)	255	(6.1)
2 - 19	2068	47	(2.1)	261	(2.5)	49	(3.2)	19	(1.3)	287	(5.2)	104	(4.1)	36	(1.5)	238	(4.2)
20 and over	3745	56	(1.9)	280	(3.5)	67	(3.4)	24	(1.1)	291	(4.9)	119	(3.7)	41	(1.0)	264	(3.8)
2 and over	5813	54	(1.8)	275	(2.8)	62	(3.0)	23	(1.0)	290	(4.3)	116	(2.9)	40	(0.9)	257	(2.8)
Females:																	
2 - 5	472	40	(3.0)	189	(3.8)	23	(2.4)	12	(1.2)	199	(4.7)	57	(3.0)	29	(1.5)	183	(6.1)
6 - 11	710	50	(3.1)	248	(6.0)	45	(4.2)	18	(1.5)	267	(7.9)	89	(4.3)	33	(1.4)	229	(6.7)
12 - 19	841	60	(2.5)	227	(6.6)	59	(3.8)	26	(1.3)	245	(9.6)	100	(5.0)	41	(1.6)	200	(4.8)
20 - 39	1272	65	(2.4)	225	(3.3)	63	(2.7)	28	(1.2)	227	(4.0)	97	(3.8)	43	(1.4)	221	(5.3)
40 - 59	1327	52	(2.3)	213	(5.6)	45	(2.2)	21	(1.0)	215	(5.3)	85	(3.6)	39	(1.4)	210	(8.8)
60 and over	1363	42	(2.7)	194	(4.7)	30	(2.6)	16	(1.2)	193	(5.7)	72	(3.1)	37	(1.3)	194	(5.9)
2 - 19	2023	52	(1.9)	226	(3.8)	47	(2.9)	21	(1.0)	244	(5.9)	89	(3.4)	37	(1.0)	205	(2.7)
20 and over	3962	54	(1.9)	211	(2.2)	47	(1.6)	22	(0.8)	215	(2.7)	87	(2.2)	40	(0.8)	207	(3.5)
2 and over	5985	53	(1.6)	214	(1.6)	47	(1.5)	22	(0.7)	221	(2.5)	87	(1.8)	39	(0.7)	206	(2.7)
Males and Females:																	
2 - 19	4091	50	(1.6)	244	(2.4)	48	(2.5)	20	(0.9)	265	(4.2)	96	(3.3)	36	(1.0)	222	(2.9)
20 and over	7707	55	(1.7)	244	(2.1)	56	(2.2)	23	(0.8)	253	(2.7)	103	(2.2)	41	(0.7)	234	(2.8)
2 and over	11798	54	(1.5)	244	(1.6)	54	(1.9)	22	(0.8)	255	(2.1)	101	(1.6)	40	(0.6)	231	(2.2)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from 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	468	45	(2.8)	109	(4.3)	10	(1.7)	9	(1.3)	121	(8.0)	23	(3.1)	19	(2.1)	99	(3.3)
6 - 11	701	41	(3.1)	117	(3.1)	12	(0.7)	10	(0.6)	127	(4.4)	28	(2.0)	22	(1.7)	110	(4.1)
12 - 19	899	53	(3.2)	125	(3.1)	25	(3.4)	20	(2.5)	139	(4.7)	48	(4.2)	34	(2.8)	108	(3.9)
20 - 39	1086	66	(2.5)	119	(5.1)	26	(2.3)	22	(1.6)	119	(5.1)	40	(2.7)	34	(1.6)	120	(7.7)
40 - 59	1221	56	(2.6)	126	(4.6)	22	(1.9)	18	(1.3)	134	(7.6)	40	(2.9)	30	(1.4)	116	(5.1)
60 and over	1438	44	(2.9)	111	(2.4)	11	(1.0)	10	(0.9)	113	(4.1)	26	(1.5)	23	(1.3)	110	(3.6)
2 - 19	2068	47	(2.1)	119	(1.7)	18	(1.4)	15	(1.1)	132	(3.5)	37	(2.0)	28	(1.4)	107	(1.9)
20 and over	3745	56	(1.9)	119	(3.0)	21	(1.3)	17	(0.9)	123	(3.9)	37	(1.8)	30	(1.0)	115	(2.6)
2 and over	5813	54	(1.8)	119	(2.4)	20	(1.1)	17	(0.8)	125	(3.3)	37	(1.3)	30	(0.7)	113	(2.1)
Females:																	
2 - 5	472	40	(3.0)	92	(2.6)	7	(1.0)	8	(1.0)	95	(3.3)	18	(1.6)	19	(1.7)	91	(3.7)
6 - 11	710	50	(3.1)	112	(3.6)	18	(2.0)	16	(1.6)	123	(5.3)	36	(2.5)	29	(1.6)	102	(3.5)
12 - 19	841	60	(2.5)	99	(3.7)	24	(2.7)	24	(2.1)	109	(5.0)	40	(3.9)	36	(2.9)	85	(3.7)
20 - 39	1272	65	(2.4)	96	(3.0)	22	(1.3)	23	(1.3)	96	(3.2)	34	(1.9)	35	(1.5)	97	(4.5)
40 - 59	1327	52	(2.3)	96	(2.9)	15	(0.9)	16	(0.8)	94	(4.2)	29	(1.9)	31	(1.4)	97	(4.1)
60 and over	1363	42	(2.7)	84	(2.9)	10	(1.1)	11	(1.2)	80	(2.8)	23	(1.6)	29	(1.8)	88	(3.7)
2 - 19	2023	52	(1.9)	102	(2.3)	18	(1.6)	18	(1.3)	111	(3.4)	35	(2.4)	31	(1.7)	92	(1.9)
20 and over	3962	54	(1.9)	92	(1.4)	16	(0.7)	17	(0.8)	91	(1.9)	30	(0.9)	32	(0.8)	94	(2.2)
2 and over	5985	53	(1.6)	95	(1.1)	16	(0.7)	17	(0.8)	96	(1.7)	31	(0.9)	32	(0.9)	93	(1.7)
Males and Females:																	
2 - 19	4091	50	(1.6)	111	(1.5)	18	(1.3)	16	(1.0)	121	(2.6)	36	(2.0)	30	(1.3)	100	(1.5)
20 and over	7707	55	(1.7)	105	(1.7)	18	(0.8)	17	(0.7)	107	(2.1)	33	(1.0)	31	(0.6)	104	(1.9)
2 and over	11798	54	(1.5)	107	(1.4)	18	(0.7)	17	(0.6)	110	(1.7)	34	(0.7)	31	(0.5)	103	(1.6)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Dietary fiber

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	12.5	(0.37)	1.7	(0.16)	14	(1.1)	13.2	(0.65)	3.8	(0.32)	29	(2.4)	11.9	(0.50)
6 - 11	701	41	(3.1)	14.7	(0.65)	1.8	(0.12)	13	(1.0)	14.3	(0.54)	4.5	(0.26)	31	(1.6)	15.0	(0.96)
12 - 19	899	53	(3.2)	15.4	(0.39)	4.0	(0.43)	26	(2.7)	16.5	(0.73)	7.5	(0.58)	45	(2.8)	14.2	(0.73)
20 - 39	1086	66	(2.5)	17.7	(0.50)	5.2	(0.41)	30	(2.0)	17.5	(0.76)	8.0	(0.54)	46	(2.0)	18.1	(0.79)
40 - 59	1221	56	(2.6)	18.7	(0.45)	4.6	(0.43)	25	(2.1)	19.1	(0.57)	8.2	(0.49)	43	(2.1)	18.2	(0.67)
60 and over	1438	44	(2.9)	17.9	(0.47)	2.7	(0.28)	15	(1.3)	17.9	(0.62)	6.2	(0.41)	35	(1.6)	17.9	(0.56)
2 - 19	2068	47	(2.1)	14.6	(0.29)	2.8	(0.21)	19	(1.3)	15.2	(0.44)	5.9	(0.34)	39	(1.8)	14.0	(0.46)
20 and over	3745	56	(1.9)	18.1	(0.32)	4.3	(0.28)	24	(1.3)	18.1	(0.38)	7.7	(0.34)	42	(1.3)	18.1	(0.41)
2 and over	5813	54	(1.8)	17.2	(0.28)	3.9	(0.25)	23	(1.2)	17.5	(0.35)	7.3	(0.30)	42	(1.2)	16.9	(0.36)
Females:																	
2 - 5	472	40	(3.0)	12.0	(0.41)	1.4	(0.15)	12	(1.4)	11.6	(0.58)	3.6	(0.23)	31	(1.7)	12.3	(0.73)
6 - 11	710	50	(3.1)	14.7	(0.40)	2.3	(0.21)	16	(1.2)	15.1	(0.49)	4.6	(0.25)	31	(1.3)	14.4	(0.55)
12 - 19	841	60	(2.5)	13.6	(0.85)	3.3	(0.23)	24	(1.2)	14.2	(1.25)	5.6	(0.31)	39	(2.6)	12.7	(0.72)
20 - 39	1272	65	(2.4)	15.5	(0.43)	3.9	(0.17)	25	(1.2)	14.9	(0.53)	6.0	(0.24)	40	(2.5)	16.6	(0.64)
40 - 59	1327	52	(2.3)	15.0	(0.54)	2.8	(0.19)	19	(1.2)	14.5	(0.43)	5.4	(0.32)	37	(1.6)	15.6	(0.94)
60 and over	1363	42	(2.7)	15.2	(0.48)	2.1	(0.21)	14	(1.2)	14.1	(0.56)	5.0	(0.31)	35	(1.3)	15.9	(0.61)
2 - 19	2023	52	(1.9)	13.6	(0.41)	2.6	(0.14)	19	(0.8)	14.1	(0.61)	4.9	(0.19)	35	(1.3)	13.1	(0.40)
20 and over	3962	54	(1.9)	15.2	(0.37)	3.0	(0.12)	20	(0.7)	14.6	(0.34)	5.6	(0.17)	38	(1.3)	16.0	(0.56)
2 and over	5985	53	(1.6)	14.9	(0.32)	2.9	(0.11)	19	(0.6)	14.5	(0.33)	5.4	(0.14)	38	(1.2)	15.3	(0.48)
Males and Females:																	
2 - 19	4091	50	(1.6)	14.1	(0.29)	2.7	(0.15)	19	(0.9)	14.6	(0.49)	5.4	(0.24)	37	(1.2)	13.6	(0.35)
20 and over	7707	55	(1.7)	16.6	(0.32)	3.6	(0.18)	22	(0.9)	16.3	(0.31)	6.6	(0.20)	40	(0.9)	17.0	(0.44)
2 and over	11798	54	(1.5)	16.0	(0.27)	3.4	(0.16)	21	(0.8)	15.9	(0.30)	6.3	(0.17)	40	(0.9)	16.1	(0.38)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Total fat

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	63.7	(2.08)	11.3	(1.20)	18	(1.7)	69.8	(4.03)	25.4	(2.48)	36	(2.7)	58.7	(2.25)
6 - 11	701	41	(3.1)	79.2	(1.92)	14.0	(0.75)	18	(1.0)	86.7	(3.19)	34.0	(1.69)	39	(1.4)	74.1	(2.11)
12 - 19	899	53	(3.2)	93.5	(1.91)	29.7	(2.79)	32	(2.7)	107.3	(2.99)	55.6	(3.11)	52	(2.2)	77.7	(3.48)
20 - 39	1086	66	(2.5)	100.5	(2.62)	37.3	(2.95)	37	(2.4)	105.6	(3.67)	56.9	(3.57)	54	(2.2)	90.8	(3.08)
40 - 59	1221	56	(2.6)	104.4	(3.02)	32.3	(2.50)	31	(1.9)	114.3	(4.15)	57.5	(2.85)	50	(1.4)	91.7	(3.08)
60 and over	1438	44	(2.9)	97.6	(1.60)	19.5	(1.76)	20	(1.8)	104.2	(3.03)	44.5	(2.73)	43	(2.1)	92.4	(3.07)
2 - 19	2068	47	(2.1)	82.4	(1.21)	20.5	(1.33)	25	(1.5)	93.9	(2.17)	43.3	(1.90)	46	(1.5)	72.1	(1.61)
20 and over	3745	56	(1.9)	101.0	(1.14)	30.5	(1.53)	30	(1.4)	108.3	(1.62)	54.3	(1.76)	50	(1.3)	91.7	(1.53)
2 and over	5813	54	(1.8)	96.4	(1.00)	28.0	(1.31)	29	(1.2)	105.2	(1.58)	52.0	(1.44)	49	(1.0)	86.2	(1.17)
Females:																	
2 - 5	472	40	(3.0)	53.2	(1.01)	8.7	(0.91)	16	(1.6)	57.5	(1.41)	22.0	(1.13)	38	(1.9)	50.3	(1.44)
6 - 11	710	50	(3.1)	75.6	(1.63)	17.5	(1.51)	23	(1.8)	85.1	(2.54)	34.8	(1.62)	41	(1.8)	65.9	(2.04)
12 - 19	841	60	(2.5)	74.7	(2.90)	24.2	(1.32)	32	(1.4)	82.0	(4.05)	40.6	(2.19)	50	(1.9)	63.9	(2.40)
20 - 39	1272	65	(2.4)	81.1	(1.14)	27.8	(1.25)	34	(1.3)	85.5	(1.37)	43.0	(1.64)	50	(1.6)	73.1	(2.66)
40 - 59	1327	52	(2.3)	75.4	(1.66)	20.4	(0.99)	27	(1.3)	79.1	(2.15)	38.9	(1.64)	49	(1.4)	71.4	(2.68)
60 and over	1363	42	(2.7)	71.8	(2.08)	14.3	(1.14)	20	(1.4)	76.1	(2.40)	33.7	(1.43)	44	(1.5)	68.6	(2.67)
2 - 19	2023	52	(1.9)	70.3	(1.58)	18.7	(1.04)	27	(1.2)	79.0	(2.52)	35.8	(1.42)	45	(1.1)	60.9	(1.17)
20 and over	3962	54	(1.9)	76.3	(1.01)	21.1	(0.69)	28	(0.8)	81.1	(1.10)	39.4	(0.93)	49	(1.1)	70.8	(1.79)
2 and over	5985	53	(1.6)	75.0	(0.70)	20.6	(0.61)	27	(0.8)	80.6	(1.05)	38.6	(0.74)	48	(0.8)	68.5	(1.32)
Males and Females:																	
2 - 19	4091	50	(1.6)	76.5	(1.00)	19.6	(1.03)	26	(1.1)	86.2	(1.84)	39.4	(1.40)	46	(1.0)	66.9	(0.99)
20 and over	7707	55	(1.7)	88.2	(0.72)	25.6	(0.96)	29	(1.0)	94.5	(0.86)	46.7	(0.97)	49	(0.9)	80.6	(1.19)
2 and over	11798	54	(1.5)	85.4	(0.60)	24.2	(0.83)	28	(0.9)	92.7	(0.82)	45.1	(0.73)	49	(0.7)	77.1	(0.97)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Saturated fat

Males/Females and age (years)	Sample Size	All Individuals [2]: Percent Reporting [5] %	(SE)	All Individuals [2]: Total Intake g	(SE)	All Individuals [2]: Intake from All Restaurants g	(SE)	All Individuals [2]: Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3]: Total Intake g	(SE)	All Restaurant Consumers [3]: Intake from All Restaurants g	(SE)	All Restaurant Consumers [3]: Percentages from [6] All Restaurants %	(SE)	Non-consumers [4]: Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	22.3	(0.76)	3.5	(0.35)	16	(1.5)	24.0	(1.57)	7.8	(0.68)	33	(2.5)	21.0	(1.04)
6 - 11	701	41	(3.1)	27.9	(0.73)	4.9	(0.28)	18	(1.0)	30.2	(1.09)	11.9	(0.61)	40	(1.5)	26.3	(1.08)
12 - 19	899	53	(3.2)	32.2	(0.62)	9.9	(0.93)	31	(2.7)	36.5	(1.01)	18.6	(1.07)	51	(2.4)	27.3	(1.22)
20 - 39	1086	66	(2.5)	32.8	(0.82)	12.2	(0.91)	37	(2.3)	34.5	(1.11)	18.6	(1.09)	54	(2.3)	29.4	(1.07)
40 - 59	1221	56	(2.6)	33.3	(0.80)	10.4	(0.83)	31	(2.1)	36.5	(1.12)	18.6	(1.02)	51	(1.9)	29.2	(1.03)
60 and over	1438	44	(2.9)	32.2	(0.76)	6.3	(0.59)	20	(2.0)	34.0	(0.90)	14.4	(0.88)	42	(1.9)	30.9	(1.35)
2 - 19	2068	47	(2.1)	28.7	(0.44)	6.9	(0.43)	24	(1.4)	32.2	(0.70)	14.5	(0.60)	45	(1.6)	25.5	(0.57)
20 and over	3745	56	(1.9)	32.8	(0.39)	9.9	(0.49)	30	(1.4)	35.1	(0.52)	17.7	(0.57)	50	(1.2)	29.9	(0.57)
2 and over	5813	54	(1.8)	31.8	(0.35)	9.2	(0.43)	29	(1.2)	34.5	(0.50)	17.0	(0.49)	49	(1.0)	28.6	(0.44)
Females:																	
2 - 5	472	40	(3.0)	18.3	(0.46)	2.6	(0.29)	14	(1.5)	19.4	(0.63)	6.6	(0.40)	34	(2.0)	17.6	(0.60)
6 - 11	710	50	(3.1)	26.4	(0.52)	5.6	(0.50)	21	(1.7)	29.1	(0.82)	11.1	(0.63)	38	(1.8)	23.7	(0.71)
12 - 19	841	60	(2.5)	25.0	(0.80)	7.9	(0.52)	32	(1.7)	27.0	(1.18)	13.2	(0.72)	49	(1.8)	22.0	(0.96)
20 - 39	1272	65	(2.4)	26.5	(0.40)	9.0	(0.41)	34	(1.3)	28.1	(0.52)	13.9	(0.54)	49	(1.6)	23.5	(0.87)
40 - 59	1327	52	(2.3)	24.4	(0.61)	6.5	(0.29)	27	(1.2)	25.5	(0.70)	12.4	(0.44)	49	(1.3)	23.1	(1.11)
60 and over	1363	42	(2.7)	23.2	(0.91)	4.4	(0.36)	19	(1.4)	24.3	(0.87)	10.4	(0.47)	43	(1.3)	22.4	(1.17)
2 - 19	2023	52	(1.9)	24.0	(0.51)	6.0	(0.40)	25	(1.4)	26.4	(0.85)	11.5	(0.56)	43	(1.3)	21.4	(0.56)
20 and over	3962	54	(1.9)	24.7	(0.42)	6.7	(0.23)	27	(1.0)	26.3	(0.43)	12.5	(0.26)	48	(0.9)	22.9	(0.81)
2 and over	5985	53	(1.6)	24.6	(0.28)	6.6	(0.21)	27	(0.9)	26.3	(0.41)	12.3	(0.24)	47	(0.7)	22.6	(0.62)
Males and Females:																	
2 - 19	4091	50	(1.6)	26.4	(0.33)	6.4	(0.35)	24	(1.1)	29.2	(0.52)	12.9	(0.48)	44	(1.2)	23.6	(0.41)
20 and over	7707	55	(1.7)	28.6	(0.32)	8.3	(0.31)	29	(1.1)	30.6	(0.29)	15.1	(0.28)	49	(0.8)	26.2	(0.61)
2 and over	11798	54	(1.5)	28.1	(0.26)	7.8	(0.28)	28	(0.9)	30.3	(0.27)	14.6	(0.24)	48	(0.6)	25.5	(0.49)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	20.7	(0.71)	3.9	(0.41)	19	(1.8)	22.7	(1.24)	8.7	(0.86)	38	(2.8)	19.0	(0.78)
6 - 11	701	41	(3.1)	26.0	(0.64)	4.7	(0.25)	18	(1.0)	29.0	(1.07)	11.5	(0.54)	40	(1.5)	24.0	(0.69)
12 - 19	899	53	(3.2)	30.9	(0.69)	9.8	(0.88)	32	(2.7)	35.4	(1.21)	18.3	(1.00)	52	(2.1)	25.8	(1.32)
20 - 39	1086	66	(2.5)	34.4	(0.95)	12.7	(1.06)	37	(2.4)	36.4	(1.30)	19.4	(1.31)	53	(2.4)	30.6	(1.06)
40 - 59	1221	56	(2.6)	36.4	(1.30)	10.9	(0.86)	30	(1.7)	39.7	(1.77)	19.4	(0.99)	49	(1.6)	32.1	(1.14)
60 and over	1438	44	(2.9)	33.1	(0.56)	6.6	(0.59)	20	(1.8)	35.4	(0.97)	15.2	(0.88)	43	(1.9)	31.3	(1.15)
2 - 19	2068	47	(2.1)	27.1	(0.45)	6.8	(0.43)	25	(1.5)	31.0	(0.83)	14.4	(0.62)	46	(1.4)	23.6	(0.60)
20 and over	3745	56	(1.9)	34.7	(0.50)	10.4	(0.56)	30	(1.4)	37.3	(0.73)	18.5	(0.66)	49	(1.4)	31.4	(0.56)
2 and over	5813	54	(1.8)	32.9	(0.43)	9.5	(0.47)	29	(1.2)	36.0	(0.68)	17.6	(0.53)	49	(1.1)	29.2	(0.43)
Females:																	
2 - 5	472	40	(3.0)	17.5	(0.40)	3.0	(0.30)	17	(1.6)	18.9	(0.52)	7.5	(0.37)	39	(2.0)	16.6	(0.58)
6 - 11	710	50	(3.1)	24.4	(0.56)	5.7	(0.50)	23	(1.9)	27.6	(0.95)	11.3	(0.54)	41	(2.1)	21.2	(0.71)
12 - 19	841	60	(2.5)	24.0	(0.91)	8.0	(0.45)	33	(1.4)	26.1	(1.18)	13.4	(0.83)	51	(1.8)	20.9	(0.86)
20 - 39	1272	65	(2.4)	27.4	(0.51)	9.2	(0.44)	34	(1.3)	28.6	(0.53)	14.3	(0.56)	50	(1.7)	25.2	(1.15)
40 - 59	1327	52	(2.3)	25.7	(0.61)	6.8	(0.35)	26	(1.3)	26.9	(0.76)	13.0	(0.56)	48	(1.4)	24.3	(0.95)
60 and over	1363	42	(2.7)	24.4	(0.73)	4.8	(0.39)	20	(1.4)	26.3	(0.91)	11.4	(0.52)	43	(1.8)	22.9	(0.93)
2 - 19	2023	52	(1.9)	22.7	(0.47)	6.2	(0.34)	27	(1.3)	25.4	(0.75)	11.8	(0.49)	46	(1.3)	19.8	(0.41)
20 and over	3962	54	(1.9)	25.9	(0.37)	7.0	(0.25)	27	(0.8)	27.5	(0.41)	13.1	(0.34)	48	(1.2)	24.0	(0.63)
2 and over	5985	53	(1.6)	25.2	(0.27)	6.8	(0.22)	27	(0.8)	27.0	(0.40)	12.8	(0.27)	48	(1.0)	23.1	(0.46)
Males and Females:																	
2 - 19	4091	50	(1.6)	25.0	(0.26)	6.5	(0.33)	26	(1.2)	28.1	(0.51)	13.0	(0.44)	46	(1.1)	21.8	(0.37)
20 and over	7707	55	(1.7)	30.1	(0.31)	8.6	(0.36)	29	(1.0)	32.3	(0.38)	15.8	(0.39)	49	(1.0)	27.5	(0.45)
2 and over	11798	54	(1.5)	28.9	(0.26)	8.1	(0.30)	28	(0.9)	31.4	(0.34)	15.2	(0.29)	48	(0.8)	26.0	(0.36)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	14.0	(0.54)	2.9	(0.36)	21	(2.2)	15.8	(1.01)	6.4	(0.79)	41	(3.6)	12.5	(0.38)
6 - 11	701	41	(3.1)	17.4	(0.72)	3.1	(0.19)	18	(1.1)	18.9	(0.95)	7.4	(0.48)	39	(1.6)	16.4	(0.80)
12 - 19	899	53	(3.2)	20.8	(0.70)	7.1	(0.74)	34	(3.0)	24.6	(1.01)	13.3	(0.88)	54	(2.2)	16.4	(0.94)
20 - 39	1086	66	(2.5)	23.0	(0.71)	8.7	(0.72)	38	(2.7)	23.9	(1.04)	13.2	(0.90)	55	(2.0)	21.3	(1.15)
40 - 59	1221	56	(2.6)	24.3	(0.93)	8.0	(0.68)	33	(2.2)	27.0	(1.30)	14.2	(0.83)	53	(1.8)	20.8	(0.91)
60 and over	1438	44	(2.9)	22.9	(0.66)	4.6	(0.45)	20	(1.8)	24.8	(1.31)	10.6	(0.81)	43	(3.5)	21.5	(0.62)
2 - 19	2068	47	(2.1)	18.2	(0.39)	4.8	(0.35)	27	(1.7)	21.2	(0.71)	10.2	(0.56)	48	(1.5)	15.5	(0.48)
20 and over	3745	56	(1.9)	23.4	(0.39)	7.3	(0.38)	31	(1.5)	25.2	(0.51)	13.0	(0.47)	51	(1.6)	21.2	(0.51)
2 and over	5813	54	(1.8)	22.1	(0.34)	6.7	(0.32)	30	(1.3)	24.3	(0.49)	12.4	(0.38)	51	(1.3)	19.6	(0.40)
Females:																	
2 - 5	472	40	(3.0)	11.6	(0.31)	2.3	(0.26)	20	(2.0)	13.3	(0.47)	5.8	(0.39)	44	(2.2)	10.5	(0.42)
6 - 11	710	50	(3.1)	17.2	(0.51)	4.7	(0.45)	27	(2.2)	20.4	(0.83)	9.3	(0.57)	46	(2.4)	14.0	(0.56)
12 - 19	841	60	(2.5)	18.5	(1.27)	6.1	(0.35)	33	(1.8)	21.3	(2.01)	10.3	(0.62)	48	(3.8)	14.4	(0.64)
20 - 39	1272	65	(2.4)	19.2	(0.44)	6.9	(0.36)	36	(1.5)	20.5	(0.50)	10.7	(0.50)	52	(2.0)	16.8	(0.85)
40 - 59	1327	52	(2.3)	17.8	(0.54)	5.2	(0.31)	29	(1.8)	19.0	(0.75)	9.8	(0.56)	52	(1.8)	16.4	(0.81)
60 and over	1363	42	(2.7)	17.2	(0.45)	3.7	(0.30)	22	(1.7)	18.3	(0.57)	8.8	(0.42)	48	(2.0)	16.5	(0.65)
2 - 19	2023	52	(1.9)	16.6	(0.61)	4.8	(0.25)	29	(1.3)	19.7	(1.12)	9.2	(0.38)	47	(2.1)	13.2	(0.26)
20 and over	3962	54	(1.9)	18.1	(0.32)	5.3	(0.18)	30	(0.9)	19.4	(0.34)	10.0	(0.31)	51	(1.3)	16.5	(0.50)
2 and over	5985	53	(1.6)	17.8	(0.29)	5.2	(0.15)	29	(0.8)	19.5	(0.37)	9.8	(0.23)	50	(1.2)	15.8	(0.38)
Males and Females:																	
2 - 19	4091	50	(1.6)	17.4	(0.41)	4.8	(0.27)	28	(1.1)	20.4	(0.82)	9.7	(0.39)	48	(1.1)	14.5	(0.30)
20 and over	7707	55	(1.7)	20.7	(0.26)	6.3	(0.23)	30	(1.0)	22.3	(0.33)	11.4	(0.29)	51	(1.2)	18.7	(0.34)
2 and over	11798	54	(1.5)	19.9	(0.25)	5.9	(0.20)	30	(0.8)	21.9	(0.35)	11.1	(0.21)	51	(0.9)	17.6	(0.27)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Cholesterol

Males/Females and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	195	(9.9)	30	(3.8)	15	(1.9)	205	(14.3)	66	(7.4)	32	(2.8)	188	(14.9)
6 - 11	701	41	(3.1)	238	(10.2)	40	(3.5)	17	(1.4)	277	(14.7)	97	(6.2)	35	(2.9)	211	(13.6)
12 - 19	899	53	(3.2)	286	(11.3)	86	(7.9)	30	(2.6)	325	(13.6)	161	(9.6)	49	(3.0)	242	(15.2)
20 - 39	1086	66	(2.5)	372	(12.0)	122	(9.7)	33	(2.2)	370	(17.7)	186	(12.5)	50	(2.4)	376	(25.2)
40 - 59	1221	56	(2.6)	370	(10.3)	117	(9.4)	32	(2.1)	392	(13.8)	209	(13.2)	53	(2.0)	342	(14.8)
60 and over	1438	44	(2.9)	337	(10.7)	75	(6.0)	22	(1.9)	371	(12.3)	171	(12.7)	46	(2.4)	310	(14.9)
2 - 19	2068	47	(2.1)	251	(7.0)	58	(4.3)	23	(1.5)	287	(9.6)	123	(6.4)	43	(2.3)	218	(8.4)
20 and over	3745	56	(1.9)	361	(5.7)	107	(4.7)	30	(1.2)	378	(7.3)	191	(7.6)	50	(1.6)	340	(10.2)
2 and over	5813	54	(1.8)	334	(3.8)	95	(4.0)	28	(1.1)	359	(5.9)	176	(6.1)	49	(1.4)	306	(5.9)
Females:																	
2 - 5	472	40	(3.0)	181	(10.6)	19	(2.5)	11	(1.3)	184	(15.0)	49	(3.9)	27	(3.2)	179	(12.9)
6 - 11	710	50	(3.1)	211	(7.9)	40	(4.3)	19	(1.8)	219	(12.0)	80	(5.0)	36	(1.9)	204	(11.1)
12 - 19	841	60	(2.5)	215	(8.5)	70	(5.4)	33	(2.1)	230	(14.1)	118	(10.0)	51	(2.6)	194	(10.7)
20 - 39	1272	65	(2.4)	280	(8.6)	89	(5.7)	32	(1.7)	283	(11.5)	138	(6.5)	49	(1.6)	275	(15.8)
40 - 59	1327	52	(2.3)	274	(12.5)	71	(4.8)	26	(1.9)	282	(14.5)	136	(9.3)	48	(3.2)	266	(20.9)
60 and over	1363	42	(2.7)	256	(8.2)	55	(4.9)	21	(1.9)	273	(11.4)	129	(6.1)	47	(2.5)	244	(10.5)
2 - 19	2023	52	(1.9)	207	(5.3)	50	(4.0)	24	(1.7)	219	(10.3)	95	(6.6)	43	(1.7)	193	(6.4)
20 and over	3962	54	(1.9)	271	(6.4)	72	(3.4)	27	(1.1)	280	(8.5)	135	(4.7)	48	(1.4)	260	(10.4)
2 and over	5985	53	(1.6)	256	(4.7)	67	(3.0)	26	(1.0)	266	(7.6)	126	(3.9)	47	(1.1)	245	(8.3)
Males and Females:																	
2 - 19	4091	50	(1.6)	229	(5.0)	54	(3.4)	24	(1.3)	252	(7.1)	109	(4.7)	43	(1.6)	207	(4.7)
20 and over	7707	55	(1.7)	314	(5.0)	89	(3.0)	28	(0.9)	328	(5.0)	162	(4.0)	49	(1.0)	298	(9.7)
2 and over	11798	54	(1.5)	294	(3.2)	81	(2.5)	27	(0.8)	312	(4.4)	151	(3.1)	48	(0.8)	274	(6.6)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin A (RAE)

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	574	(28.9)	45	(7.1)	8	(1.1)	598	(36.7)	102	(14.1)	17	(2.1)	555	(34.9)
6 - 11	701	41	(3.1)	612	(32.7)	52	(4.0)	8	(0.7)	624	(47.1)	126	(7.5)	20	(1.7)	603	(32.2)
12 - 19	899	53	(3.2)	598	(17.4)	115	(11.4)	19	(2.0)	643	(38.5)	215	(14.7)	33	(3.0)	547	(32.2)
20 - 39	1086	66	(2.5)	612	(16.3)	152	(9.4)	25	(1.7)	609	(25.7)	232	(11.9)	38	(2.3)	617	(45.7)
40 - 59	1221	56	(2.6)	679	(37.2)	163	(19.2)	24	(2.0)	706	(51.2)	290	(28.4)	41	(2.4)	645	(43.7)
60 and over	1438	44	(2.9)	701	(27.7)	93	(8.3)	13	(1.4)	698	(54.0)	213	(15.5)	31	(2.8)	703	(28.4)
2 - 19	2068	47	(2.1)	598	(13.6)	79	(5.3)	13	(0.9)	629	(25.8)	167	(8.0)	27	(1.5)	570	(22.9)
20 and over	3745	56	(1.9)	661	(19.1)	139	(7.7)	21	(1.1)	663	(22.6)	248	(10.4)	37	(1.2)	658	(20.5)
2 and over	5813	54	(1.8)	645	(14.7)	124	(6.4)	19	(0.9)	655	(19.5)	230	(9.2)	35	(1.0)	633	(13.9)
Females:																	
2 - 5	472	40	(3.0)	520	(22.3)	34	(4.3)	6	(0.8)	471	(22.6)	85	(7.4)	18	(1.7)	551	(33.9)
6 - 11	710	50	(3.1)	583	(25.5)	58	(6.9)	10	(1.5)	568	(24.8)	116	(11.4)	20	(2.2)	599	(48.6)
12 - 19	841	60	(2.5)	484	(21.2)	106	(9.6)	22	(1.7)	495	(33.5)	178	(13.5)	36	(3.2)	467	(20.4)
20 - 39	1272	65	(2.4)	592	(25.2)	146	(9.4)	25	(1.2)	593	(34.3)	225	(13.5)	38	(1.9)	590	(42.0)
40 - 59	1327	52	(2.3)	578	(23.0)	104	(7.3)	18	(1.4)	559	(24.1)	198	(15.6)	35	(2.1)	598	(44.0)
60 and over	1363	42	(2.7)	633	(27.3)	84	(9.1)	13	(1.4)	565	(30.4)	197	(16.7)	35	(2.1)	683	(36.7)
2 - 19	2023	52	(1.9)	524	(13.3)	75	(6.6)	14	(1.3)	514	(17.5)	143	(10.7)	28	(2.2)	535	(23.2)
20 and over	3962	54	(1.9)	600	(15.6)	112	(5.2)	19	(0.8)	575	(20.8)	209	(9.2)	36	(1.0)	629	(22.7)
2 and over	5985	53	(1.6)	583	(13.0)	104	(4.4)	18	(0.7)	561	(17.0)	195	(7.7)	35	(1.0)	607	(18.5)
Males and Females:																	
2 - 19	4091	50	(1.6)	562	(8.9)	77	(4.9)	14	(0.8)	570	(15.0)	155	(7.4)	27	(1.3)	554	(17.7)
20 and over	7707	55	(1.7)	629	(13.9)	125	(5.1)	20	(0.8)	618	(16.5)	228	(6.5)	37	(0.7)	642	(16.4)
2 and over	11798	54	(1.5)	613	(11.4)	114	(4.2)	19	(0.6)	607	(14.3)	212	(5.7)	35	(0.7)	620	(13.0)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Beta carotene

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from All Restaurants µg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake µg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants µg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1162	(227.6)	107	(30.4)	9*	(2.8)	1053	(166.9)	241	(66.1)	23	(5.3)	1251	(361.1)
6 - 11	701	41	(3.1)	1041	(122.1)	93	(15.7)	9	(1.6)	1274	(291.2)	227	(36.2)	18	(4.1)	878	(89.9)
12 - 19	899	53	(3.2)	1087	(89.6)	284	(49.0)	26	(4.5)	1148	(110.0)	532	(84.5)	46	(6.3)	1018	(125.2)
20 - 39	1086	66	(2.5)	2014	(145.2)	473	(49.1)	24	(2.7)	1815	(153.4)	721	(77.5)	40	(5.2)	2393	(354.9)
40 - 59	1221	56	(2.6)	2490	(304.5)	693	(123.9)	28	(2.6)	2530	(270.8)	1235	(199.8)	49	(3.8)	2438	(454.5)
60 and over	1438	44	(2.9)	2312	(177.1)	352	(51.9)	15	(2.2)	2253	(184.3)	803	(83.9)	36	(4.3)	2358	(250.6)
2 - 19	2068	47	(2.1)	1088	(63.0)	183	(23.4)	17	(1.8)	1165	(91.8)	385	(47.4)	33	(3.5)	1018	(78.2)
20 and over	3745	56	(1.9)	2264	(151.5)	515	(50.3)	23	(1.7)	2161	(144.2)	918	(77.9)	42	(2.7)	2396	(203.8)
2 and over	5813	54	(1.8)	1975	(125.8)	433	(41.5)	22	(1.6)	1946	(129.2)	803	(69.7)	41	(2.6)	2008	(143.5)
Females:																	
2 - 5	472	40	(3.0)	1319	(194.7)	55	(10.6)	4*	(1.0)	888	(134.9)	140	(24.8)	16	(3.3)	1602	(304.0)
6 - 11	710	50	(3.1)	1312	(113.7)	115	(20.4)	9	(1.7)	1252	(164.7)	228	(38.8)	18	(3.3)	1373	(187.2)
12 - 19	841	60	(2.5)	1178	(104.8)	280	(32.0)	24	(3.7)	1120	(97.6)	470	(53.6)	42	(5.5)	1264	(211.1)
20 - 39	1272	65	(2.4)	2431	(217.5)	531	(56.2)	22	(2.5)	2322	(330.3)	822	(89.2)	35	(5.7)	2631	(352.6)
40 - 59	1327	52	(2.3)	2474	(215.4)	456	(56.8)	18	(2.9)	2152	(241.2)	871	(117.2)	40	(4.1)	2828	(473.7)
60 and over	1363	42	(2.7)	2813	(188.1)	335	(40.7)	12	(1.7)	2166	(175.1)	789	(89.5)	36	(3.5)	3290	(335.7)
2 - 19	2023	52	(1.9)	1252	(53.5)	178	(18.9)	14	(1.7)	1124	(69.1)	340	(36.8)	30	(3.8)	1393	(124.0)
20 and over	3962	54	(1.9)	2564	(120.9)	445	(32.5)	17	(1.3)	2228	(206.5)	830	(63.3)	37	(3.2)	2953	(206.8)
2 and over	5985	53	(1.6)	2267	(101.2)	384	(26.5)	17	(1.2)	1983	(167.6)	721	(51.8)	36	(3.0)	2591	(170.2)
Males and Females:																	
2 - 19	4091	50	(1.6)	1169	(48.7)	180	(17.0)	15	(1.4)	1144	(60.3)	362	(32.9)	32	(3.1)	1193	(86.9)
20 and over	7707	55	(1.7)	2420	(122.7)	479	(33.1)	20	(1.1)	2195	(155.9)	873	(51.3)	40	(2.0)	2692	(151.1)
2 and over	11798	54	(1.5)	2124	(103.3)	408	(27.0)	19	(1.0)	1965	(132.0)	761	(45.4)	39	(1.9)	2309	(119.4)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

L y c o p e n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	4317	(537.4)	776	(151.6)	18	(3.7)	4138	(736.3)	1743	(322.8)	42	(9.9)	4461	(615.8)
6 - 11	701	41	(3.1)	3983	(292.4)	778	(123.5)	20	(2.9)	4013	(430.7)	1893	(270.1)	47	(4.5)	3963	(495.2)
12 - 19	899	53	(3.2)	6062	(630.6)	1623	(193.6)	27	(4.7)	6003	(541.3)	3038	(310.9)	51	(6.5)	6130	(1207.2)
20 - 39	1086	66	(2.5)	5360	(400.9)	1678	(183.4)	31	(2.9)	5216	(484.3)	2556	(255.5)	49	(2.8)	5633	(636.2)
40 - 59	1221	56	(2.6)	5956	(489.4)	1925	(283.3)	32	(3.1)	6681	(619.1)	3430	(473.0)	51	(4.7)	5029	(701.9)
60 and over	1438	44	(2.9)	4976	(311.1)	1120	(134.6)	23	(2.9)	5602	(422.2)	2559	(296.5)	46	(4.6)	4489	(447.8)
2 - 19	2068	47	(2.1)	4995	(338.0)	1160	(121.6)	23	(2.8)	5053	(369.5)	2448	(221.5)	48	(4.0)	4942	(539.8)
20 and over	3745	56	(1.9)	5457	(266.2)	1605	(87.2)	29	(1.3)	5811	(254.7)	2860	(167.6)	49	(1.8)	5005	(412.7)
2 and over	5813	54	(1.8)	5344	(190.5)	1495	(79.1)	28	(1.3)	5648	(225.6)	2771	(144.9)	49	(1.6)	4988	(294.1)
Females:																	
2 - 5	472	40	(3.0)	3024	(295.7)	533	(88.8)	18	(3.0)	2856	(314.0)	1345	(206.2)	47	(5.7)	3134	(483.4)
6 - 11	710	50	(3.1)	4367	(357.3)	897	(127.9)	21	(3.1)	4649	(371.9)	1785	(253.6)	38	(4.4)	4083	(499.7)
12 - 19	841	60	(2.5)	3658	(260.7)	1226	(197.3)	34	(4.5)	3154	(407.5)	2057	(333.2)	65	(4.5)	4400	(490.6)
20 - 39	1272	65	(2.4)	4569	(327.5)	1472	(202.2)	32	(3.5)	4646	(429.0)	2278	(309.6)	49	(4.9)	4428	(442.1)
40 - 59	1327	52	(2.3)	4034	(206.1)	1070	(138.5)	27	(3.3)	3850	(271.6)	2043	(241.2)	53	(5.9)	4237	(437.1)
60 and over	1363	42	(2.7)	4038	(322.2)	800	(112.2)	20	(3.1)	3823	(360.3)	1885	(219.3)	49	(5.7)	4197	(431.4)
2 - 19	2023	52	(1.9)	3754	(191.1)	969	(98.8)	26	(2.9)	3576	(225.2)	1855	(197.3)	52	(3.4)	3948	(374.8)
20 and over	3962	54	(1.9)	4225	(167.8)	1129	(89.3)	27	(2.1)	4183	(195.9)	2104	(153.2)	50	(3.3)	4273	(252.2)
2 and over	5985	53	(1.6)	4118	(132.9)	1093	(83.7)	27	(2.1)	4048	(158.3)	2049	(145.0)	51	(3.0)	4198	(225.7)
Males and Females:																	
2 - 19	4091	50	(1.6)	4385	(185.4)	1066	(85.4)	24	(2.4)	4291	(214.0)	2142	(159.3)	50	(2.9)	4478	(359.7)
20 and over	7707	55	(1.7)	4818	(162.1)	1358	(68.3)	28	(1.3)	4985	(149.0)	2477	(113.6)	50	(1.5)	4616	(222.4)
2 and over	11798	54	(1.5)	4716	(126.8)	1289	(64.5)	27	(1.4)	4833	(130.4)	2403	(106.1)	50	(1.4)	4580	(187.1)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

T h i a m i n

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1.31	(0.041)	0.18	(0.018)	14	(1.2)	1.41	(0.071)	0.40	(0.040)	29	(2.3)	1.23	(0.038)
6 - 11	701	41	(3.1)	1.60	(0.041)	0.22	(0.016)	14	(1.1)	1.63	(0.049)	0.54	(0.024)	33	(1.5)	1.59	(0.052)
12 - 19	899	53	(3.2)	1.82	(0.042)	0.48	(0.049)	26	(2.7)	2.01	(0.089)	0.89	(0.064)	44	(3.3)	1.61	(0.075)
20 - 39	1086	66	(2.5)	1.84	(0.044)	0.60	(0.043)	33	(2.0)	1.91	(0.059)	0.91	(0.046)	48	(1.9)	1.72	(0.090)
40 - 59	1221	56	(2.6)	1.86	(0.051)	0.49	(0.035)	26	(1.9)	1.92	(0.065)	0.86	(0.036)	45	(1.7)	1.77	(0.064)
60 and over	1438	44	(2.9)	1.80	(0.041)	0.30	(0.032)	17	(1.6)	1.87	(0.094)	0.70	(0.052)	37	(2.9)	1.74	(0.064)
2 - 19	2068	47	(2.1)	1.64	(0.027)	0.33	(0.025)	20	(1.5)	1.78	(0.053)	0.69	(0.039)	39	(2.0)	1.52	(0.037)
20 and over	3745	56	(1.9)	1.84	(0.025)	0.48	(0.022)	26	(1.2)	1.91	(0.029)	0.85	(0.019)	45	(1.1)	1.75	(0.041)
2 and over	5813	54	(1.8)	1.79	(0.020)	0.44	(0.020)	25	(1.1)	1.88	(0.024)	0.81	(0.019)	43	(0.9)	1.68	(0.031)
Females:																	
2 - 5	472	40	(3.0)	1.14	(0.032)	0.14	(0.015)	12	(1.3)	1.16	(0.054)	0.34	(0.026)	30	(2.0)	1.13	(0.039)
6 - 11	710	50	(3.1)	1.50	(0.037)	0.24	(0.022)	16	(1.4)	1.53	(0.044)	0.49	(0.026)	32	(1.6)	1.46	(0.059)
12 - 19	841	60	(2.5)	1.35	(0.040)	0.35	(0.015)	26	(1.2)	1.46	(0.061)	0.59	(0.023)	40	(2.3)	1.17	(0.043)
20 - 39	1272	65	(2.4)	1.39	(0.024)	0.42	(0.020)	30	(1.4)	1.42	(0.032)	0.65	(0.030)	46	(1.7)	1.34	(0.052)
40 - 59	1327	52	(2.3)	1.34	(0.033)	0.30	(0.017)	23	(1.2)	1.34	(0.045)	0.58	(0.024)	43	(1.5)	1.35	(0.046)
60 and over	1363	42	(2.7)	1.26	(0.028)	0.21	(0.014)	16	(1.2)	1.28	(0.036)	0.48	(0.019)	38	(1.3)	1.25	(0.029)
2 - 19	2023	52	(1.9)	1.35	(0.024)	0.27	(0.013)	20	(0.9)	1.43	(0.037)	0.52	(0.017)	36	(1.1)	1.26	(0.028)
20 and over	3962	54	(1.9)	1.34	(0.017)	0.31	(0.009)	24	(0.8)	1.36	(0.025)	0.59	(0.017)	43	(0.8)	1.31	(0.026)
2 and over	5985	53	(1.6)	1.34	(0.014)	0.30	(0.009)	23	(0.7)	1.38	(0.021)	0.57	(0.014)	41	(0.7)	1.30	(0.023)
Males and Females:																	
2 - 19	4091	50	(1.6)	1.50	(0.014)	0.30	(0.015)	20	(1.0)	1.60	(0.021)	0.60	(0.022)	38	(1.2)	1.40	(0.025)
20 and over	7707	55	(1.7)	1.58	(0.014)	0.39	(0.013)	25	(0.9)	1.63	(0.019)	0.72	(0.010)	44	(0.7)	1.51	(0.026)
2 and over	11798	54	(1.5)	1.56	(0.011)	0.37	(0.012)	24	(0.8)	1.62	(0.014)	0.69	(0.010)	43	(0.5)	1.48	(0.021)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

R i b o f l a v i n

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1.65	(0.062)	0.20	(0.033)	12	(1.7)	1.75	(0.125)	0.46	(0.061)	26	(2.3)	1.58	(0.047)
6 - 11	701	41	(3.1)	1.86	(0.058)	0.22	(0.017)	12	(0.9)	1.89	(0.089)	0.53	(0.039)	28	(1.7)	1.84	(0.061)
12 - 19	899	53	(3.2)	2.09	(0.046)	0.47	(0.055)	23	(2.6)	2.30	(0.067)	0.89	(0.062)	38	(3.1)	1.85	(0.087)
20 - 39	1086	66	(2.5)	2.47	(0.070)	0.66	(0.051)	27	(1.9)	2.52	(0.085)	1.00	(0.059)	40	(2.3)	2.36	(0.122)
40 - 59	1221	56	(2.6)	2.47	(0.090)	0.57	(0.057)	23	(2.4)	2.48	(0.086)	1.01	(0.078)	41	(2.6)	2.45	(0.178)
60 and over	1438	44	(2.9)	2.26	(0.043)	0.35	(0.026)	15	(1.2)	2.39	(0.071)	0.79	(0.043)	33	(2.1)	2.16	(0.075)
2 - 19	2068	47	(2.1)	1.92	(0.031)	0.33	(0.026)	17	(1.3)	2.07	(0.053)	0.70	(0.037)	34	(1.8)	1.79	(0.046)
20 and over	3745	56	(1.9)	2.41	(0.044)	0.54	(0.029)	22	(1.3)	2.48	(0.041)	0.96	(0.037)	39	(1.5)	2.32	(0.078)
2 and over	5813	54	(1.8)	2.29	(0.036)	0.49	(0.025)	21	(1.2)	2.39	(0.034)	0.90	(0.030)	38	(1.3)	2.17	(0.060)
Females:																	
2 - 5	472	40	(3.0)	1.46	(0.042)	0.16	(0.023)	11	(1.5)	1.49	(0.065)	0.39	(0.039)	26	(2.5)	1.44	(0.044)
6 - 11	710	50	(3.1)	1.77	(0.033)	0.27	(0.033)	15	(1.9)	1.83	(0.056)	0.54	(0.045)	30	(2.2)	1.71	(0.071)
12 - 19	841	60	(2.5)	1.54	(0.063)	0.42	(0.036)	27	(1.8)	1.67	(0.093)	0.70	(0.047)	42	(2.2)	1.35	(0.051)
20 - 39	1272	65	(2.4)	1.76	(0.042)	0.47	(0.018)	27	(0.9)	1.79	(0.054)	0.73	(0.024)	41	(1.5)	1.70	(0.058)
40 - 59	1327	52	(2.3)	1.81	(0.052)	0.35	(0.017)	19	(0.9)	1.75	(0.038)	0.67	(0.028)	38	(1.3)	1.88	(0.079)
60 and over	1363	42	(2.7)	1.69	(0.045)	0.26	(0.021)	15	(1.2)	1.70	(0.050)	0.60	(0.023)	35	(1.2)	1.69	(0.053)
2 - 19	2023	52	(1.9)	1.60	(0.031)	0.31	(0.026)	20	(1.5)	1.69	(0.052)	0.60	(0.039)	35	(1.7)	1.50	(0.037)
20 and over	3962	54	(1.9)	1.76	(0.035)	0.36	(0.010)	21	(0.6)	1.75	(0.036)	0.68	(0.014)	39	(0.7)	1.76	(0.047)
2 and over	5985	53	(1.6)	1.72	(0.028)	0.35	(0.011)	20	(0.6)	1.74	(0.032)	0.66	(0.015)	38	(0.6)	1.70	(0.038)
Males and Females:																	
2 - 19	4091	50	(1.6)	1.76	(0.022)	0.32	(0.021)	18	(1.1)	1.88	(0.030)	0.65	(0.030)	34	(1.3)	1.65	(0.029)
20 and over	7707	55	(1.7)	2.07	(0.032)	0.45	(0.017)	22	(0.9)	2.11	(0.023)	0.82	(0.019)	39	(0.9)	2.02	(0.052)
2 and over	11798	54	(1.5)	2.00	(0.026)	0.42	(0.015)	21	(0.8)	2.06	(0.021)	0.78	(0.016)	38	(0.7)	1.93	(0.041)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

N i a c i n

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5.....	468	45	(2.8)	16.9	(0.47)	2.9	(0.29)	17	(1.5)	19.1	(0.97)	6.6	(0.58)	34	(2.6)	15.1	(0.42)
6 - 11.....	701	41	(3.1)	21.1	(0.58)	3.4	(0.24)	16	(1.2)	22.6	(1.08)	8.3	(0.42)	37	(2.0)	20.1	(0.58)
12 - 19.....	899	53	(3.2)	27.7	(0.55)	7.9	(0.72)	29	(2.4)	31.0	(0.77)	14.9	(0.73)	48	(2.2)	24.0	(1.06)
20 - 39.....	1086	66	(2.5)	33.8	(1.00)	10.5	(0.75)	31	(2.0)	35.0	(1.23)	16.0	(0.80)	46	(2.4)	31.6	(1.19)
40 - 59.....	1221	56	(2.6)	31.4	(0.93)	8.1	(0.56)	26	(2.1)	31.7	(0.97)	14.4	(0.57)	46	(1.9)	31.0	(1.84)
60 and over.....	1438	44	(2.9)	27.9	(1.30)	4.9	(0.44)	18	(1.4)	31.3	(2.63)	11.3	(0.65)	36	(3.6)	25.2	(0.64)
2 - 19.....	2068	47	(2.1)	23.2	(0.33)	5.4	(0.36)	23	(1.5)	26.2	(0.64)	11.3	(0.48)	43	(1.6)	20.6	(0.55)
20 and over...	3745	56	(1.9)	31.3	(0.58)	8.1	(0.39)	26	(1.1)	33.0	(0.79)	14.4	(0.38)	44	(1.3)	29.0	(0.73)
2 and over...	5813	54	(1.8)	29.3	(0.45)	7.4	(0.36)	25	(1.1)	31.5	(0.64)	13.7	(0.34)	44	(1.2)	26.6	(0.55)
Females:																	
2 - 5.....	472	40	(3.0)	14.7	(0.40)	2.2	(0.22)	15	(1.5)	14.5	(0.56)	5.6	(0.32)	39	(2.0)	14.9	(0.60)
6 - 11.....	710	50	(3.1)	20.1	(0.61)	4.0	(0.40)	20	(2.0)	21.1	(0.57)	7.9	(0.42)	38	(1.9)	19.1	(0.95)
12 - 19.....	841	60	(2.5)	20.3	(0.83)	6.1	(0.43)	30	(1.5)	22.4	(1.34)	10.3	(0.87)	46	(3.0)	17.1	(0.63)
20 - 39.....	1272	65	(2.4)	22.3	(0.40)	7.3	(0.28)	33	(1.3)	23.5	(0.61)	11.3	(0.40)	48	(1.9)	20.3	(0.58)
40 - 59.....	1327	52	(2.3)	20.7	(0.50)	5.1	(0.27)	24	(1.3)	20.6	(0.41)	9.6	(0.38)	47	(1.7)	20.7	(0.86)
60 and over.....	1363	42	(2.7)	19.2	(0.61)	3.4	(0.26)	18	(1.5)	19.1	(0.52)	8.0	(0.36)	42	(1.9)	19.2	(0.77)
2 - 19.....	2023	52	(1.9)	19.0	(0.53)	4.6	(0.30)	24	(1.2)	20.7	(0.85)	8.8	(0.49)	43	(1.5)	17.2	(0.52)
20 and over...	3962	54	(1.9)	20.8	(0.35)	5.3	(0.16)	26	(0.9)	21.4	(0.37)	10.0	(0.24)	46	(1.2)	20.0	(0.49)
2 and over...	5985	53	(1.6)	20.4	(0.27)	5.2	(0.16)	25	(0.8)	21.3	(0.28)	9.7	(0.21)	46	(1.0)	19.4	(0.39)
Males and Females:																	
2 - 19.....	4091	50	(1.6)	21.2	(0.35)	5.0	(0.27)	24	(1.1)	23.4	(0.64)	10.0	(0.39)	43	(1.0)	19.0	(0.44)
20 and over...	7707	55	(1.7)	25.8	(0.34)	6.7	(0.24)	26	(0.9)	27.1	(0.38)	12.1	(0.24)	45	(0.9)	24.2	(0.52)
2 and over...	11798	54	(1.5)	24.7	(0.29)	6.3	(0.22)	25	(0.8)	26.3	(0.35)	11.7	(0.20)	44	(0.7)	22.9	(0.40)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B6

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1.47	(0.041)	0.15	(0.014)	10	(0.8)	1.55	(0.094)	0.34	(0.028)	22	(1.6)	1.40	(0.035)
6 - 11	701	41	(3.1)	1.65	(0.065)	0.18	(0.013)	11	(0.8)	1.61	(0.094)	0.43	(0.026)	27	(1.9)	1.68	(0.075)
12 - 19	899	53	(3.2)	2.09	(0.065)	0.44	(0.045)	21	(2.0)	2.31	(0.120)	0.83	(0.059)	36	(2.5)	1.84	(0.089)
20 - 39	1086	66	(2.5)	2.85	(0.118)	0.64	(0.042)	22	(1.7)	2.84	(0.155)	0.97	(0.049)	34	(2.6)	2.87	(0.158)
40 - 59	1221	56	(2.6)	2.49	(0.111)	0.53	(0.046)	21	(2.3)	2.43	(0.094)	0.95	(0.053)	39	(2.4)	2.57	(0.200)
60 and over	1438	44	(2.9)	2.47	(0.251)	0.33	(0.028)	13	(1.3)	2.95	(0.517)	0.75	(0.044)	25	(4.7)	2.09	(0.064)
2 - 19	2068	47	(2.1)	1.81	(0.035)	0.29	(0.022)	16	(1.2)	1.96	(0.072)	0.62	(0.033)	31	(1.7)	1.68	(0.048)
20 and over	3745	56	(1.9)	2.62	(0.075)	0.51	(0.025)	20	(1.0)	2.72	(0.111)	0.91	(0.027)	34	(1.7)	2.48	(0.090)
2 and over	5813	54	(1.8)	2.42	(0.059)	0.46	(0.023)	19	(0.9)	2.56	(0.086)	0.85	(0.025)	33	(1.5)	2.26	(0.068)
Females:																	
2 - 5	472	40	(3.0)	1.33	(0.035)	0.13	(0.014)	9	(1.1)	1.23	(0.052)	0.32	(0.021)	26	(1.8)	1.40	(0.049)
6 - 11	710	50	(3.1)	1.61	(0.067)	0.23	(0.028)	14	(1.8)	1.61	(0.056)	0.45	(0.034)	28	(1.8)	1.61	(0.115)
12 - 19	841	60	(2.5)	1.59	(0.083)	0.39	(0.047)	25	(2.4)	1.76	(0.139)	0.66	(0.087)	37	(4.1)	1.34	(0.047)
20 - 39	1272	65	(2.4)	1.83	(0.057)	0.47	(0.022)	26	(1.3)	1.84	(0.073)	0.73	(0.029)	40	(2.1)	1.81	(0.070)
40 - 59	1327	52	(2.3)	1.69	(0.055)	0.32	(0.019)	19	(1.1)	1.56	(0.044)	0.60	(0.032)	39	(1.9)	1.83	(0.097)
60 and over	1363	42	(2.7)	1.58	(0.051)	0.24	(0.018)	15	(1.4)	1.47	(0.044)	0.56	(0.024)	38	(2.0)	1.66	(0.066)
2 - 19	2023	52	(1.9)	1.54	(0.052)	0.28	(0.026)	18	(1.4)	1.63	(0.080)	0.54	(0.048)	33	(2.2)	1.45	(0.053)
20 and over	3962	54	(1.9)	1.71	(0.035)	0.35	(0.014)	20	(0.9)	1.66	(0.038)	0.65	(0.019)	39	(1.3)	1.76	(0.047)
2 and over	5985	53	(1.6)	1.67	(0.032)	0.33	(0.014)	20	(0.8)	1.65	(0.034)	0.62	(0.020)	38	(1.2)	1.69	(0.037)
Males and Females:																	
2 - 19	4091	50	(1.6)	1.68	(0.035)	0.29	(0.019)	17	(1.0)	1.79	(0.060)	0.57	(0.031)	32	(1.3)	1.57	(0.040)
20 and over	7707	55	(1.7)	2.14	(0.042)	0.43	(0.017)	20	(0.7)	2.18	(0.058)	0.78	(0.016)	36	(1.0)	2.10	(0.049)
2 and over	11798	54	(1.5)	2.03	(0.036)	0.39	(0.016)	19	(0.7)	2.10	(0.049)	0.73	(0.016)	35	(0.9)	1.96	(0.040)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from All Restaurants µg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake µg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants µg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	389	(15.5)	52	(6.7)	13	(1.3)	414	(26.8)	117	(15.2)	28	(2.5)	369	(15.5)
6 - 11	701	41	(3.1)	501	(16.6)	65	(5.1)	13	(1.2)	500	(22.7)	157	(8.1)	31	(2.0)	502	(21.9)
12 - 19	899	53	(3.2)	555	(17.6)	134	(12.1)	24	(2.5)	593	(31.6)	251	(14.6)	42	(3.2)	511	(31.1)
20 - 39	1086	66	(2.5)	568	(17.3)	179	(12.8)	31	(2.0)	585	(20.7)	272	(13.9)	47	(2.0)	535	(32.2)
40 - 59	1221	56	(2.6)	559	(18.6)	147	(10.2)	26	(2.0)	593	(20.8)	263	(9.8)	44	(2.1)	516	(25.2)
60 and over	1438	44	(2.9)	526	(15.0)	85	(9.3)	16	(1.6)	540	(22.4)	193	(13.4)	36	(2.3)	516	(23.3)
2 - 19	2068	47	(2.1)	502	(10.0)	93	(6.4)	19	(1.3)	531	(19.8)	197	(9.8)	37	(2.0)	476	(14.3)
20 and over	3745	56	(1.9)	553	(7.4)	141	(7.2)	26	(1.3)	578	(10.2)	251	(6.6)	44	(1.2)	522	(13.8)
2 and over	5813	54	(1.8)	540	(6.0)	129	(6.6)	24	(1.2)	567	(9.8)	240	(6.7)	42	(1.2)	509	(11.0)
Females:																	
2 - 5	472	40	(3.0)	346	(15.2)	39	(4.1)	11	(1.3)	358	(37.1)	99	(7.7)	28	(3.1)	337	(14.5)
6 - 11	710	50	(3.1)	473	(12.3)	69	(5.4)	14	(1.1)	472	(14.2)	136	(7.2)	29	(1.4)	474	(19.7)
12 - 19	841	60	(2.5)	437	(25.5)	103	(5.4)	23	(1.3)	472	(37.8)	172	(6.6)	36	(2.8)	385	(16.0)
20 - 39	1272	65	(2.4)	437	(11.5)	121	(6.3)	28	(1.5)	445	(12.2)	187	(9.7)	42	(2.2)	422	(21.8)
40 - 59	1327	52	(2.3)	415	(13.1)	92	(6.0)	22	(1.3)	415	(17.6)	175	(8.7)	42	(2.0)	416	(15.7)
60 and over	1363	42	(2.7)	393	(10.7)	62	(5.0)	16	(1.2)	389	(12.7)	145	(7.0)	37	(1.5)	395	(13.9)
2 - 19	2023	52	(1.9)	429	(11.4)	78	(4.2)	18	(0.8)	454	(21.0)	149	(5.2)	33	(1.3)	403	(11.3)
20 and over	3962	54	(1.9)	416	(7.0)	93	(3.2)	22	(0.8)	422	(7.6)	173	(5.3)	41	(1.2)	410	(12.1)
2 and over	5985	53	(1.6)	419	(6.4)	89	(3.0)	21	(0.7)	429	(8.4)	168	(4.5)	39	(1.1)	408	(10.5)
Males and Females:																	
2 - 19	4091	50	(1.6)	466	(5.8)	86	(4.3)	18	(0.9)	491	(11.7)	172	(6.3)	35	(1.1)	442	(9.3)
20 and over	7707	55	(1.7)	482	(5.3)	116	(4.8)	24	(0.9)	498	(7.9)	212	(4.4)	42	(0.9)	462	(7.1)
2 and over	11798	54	(1.5)	478	(4.7)	109	(4.3)	23	(0.8)	497	(6.9)	203	(4.2)	41	(0.8)	457	(5.8)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C h o l i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	45	(2.8)	227	(9.2)	30	(3.2)	13	(1.3)	240	(14.5)	68	(6.0)	28	(1.9)	217	(10.5)
6 - 11	701	41	(3.1)	252	(7.6)	36	(2.7)	14	(1.1)	275	(10.4)	88	(5.1)	32	(2.1)	236	(9.7)
12 - 19	899	53	(3.2)	305	(9.1)	81	(7.4)	27	(2.1)	342	(10.7)	152	(8.7)	44	(2.3)	262	(13.2)
20 - 39	1086	66	(2.5)	390	(10.0)	121	(9.4)	31	(2.1)	396	(13.8)	184	(11.7)	46	(2.1)	380	(15.6)
40 - 59	1221	56	(2.6)	407	(7.9)	113	(9.0)	28	(2.0)	419	(12.2)	202	(11.7)	48	(1.7)	391	(11.5)
60 and over	1438	44	(2.9)	371	(8.0)	71	(5.4)	19	(1.5)	389	(8.8)	161	(9.9)	41	(2.1)	358	(13.9)
2 - 19	2068	47	(2.1)	271	(5.9)	55	(3.8)	20	(1.2)	302	(7.9)	117	(5.5)	39	(1.7)	242	(7.2)
20 and over	3745	56	(1.9)	391	(4.5)	104	(4.7)	27	(1.1)	402	(6.0)	185	(6.7)	46	(1.3)	376	(8.2)
2 and over	5813	54	(1.8)	361	(3.0)	92	(4.0)	25	(1.0)	381	(5.0)	170	(5.5)	45	(1.2)	338	(4.8)
Females:																	
2 - 5	472	40	(3.0)	211	(7.5)	24	(2.8)	11	(1.3)	212	(10.8)	60	(4.0)	28	(2.5)	210	(9.1)
6 - 11	710	50	(3.1)	236	(5.6)	43	(4.6)	18	(1.7)	247	(8.5)	85	(5.2)	34	(1.5)	225	(8.4)
12 - 19	841	60	(2.5)	224	(9.6)	68	(4.5)	30	(1.5)	240	(15.0)	114	(8.1)	48	(2.2)	202	(7.7)
20 - 39	1272	65	(2.4)	292	(7.3)	87	(4.3)	30	(1.3)	291	(8.6)	135	(4.9)	46	(1.3)	292	(11.2)
40 - 59	1327	52	(2.3)	290	(9.1)	67	(4.1)	23	(1.3)	289	(11.2)	128	(7.4)	44	(2.3)	292	(12.6)
60 and over	1363	42	(2.7)	280	(6.8)	52	(4.0)	19	(1.5)	287	(8.3)	123	(3.9)	43	(1.6)	275	(9.2)
2 - 19	2023	52	(1.9)	225	(4.7)	50	(3.5)	22	(1.3)	237	(8.4)	96	(5.3)	40	(1.3)	212	(3.6)
20 and over	3962	54	(1.9)	288	(5.2)	69	(2.8)	24	(0.9)	289	(6.5)	130	(3.3)	45	(1.1)	285	(7.1)
2 and over	5985	53	(1.6)	273	(4.1)	65	(2.6)	24	(0.8)	278	(6.1)	122	(3.0)	44	(0.9)	268	(5.6)
Males and Females:																	
2 - 19	4091	50	(1.6)	248	(4.3)	53	(3.1)	21	(1.0)	269	(6.3)	106	(4.3)	39	(1.2)	228	(4.1)
20 and over	7707	55	(1.7)	337	(4.0)	86	(3.0)	26	(0.8)	345	(4.3)	157	(3.6)	45	(0.8)	328	(7.0)
2 and over	11798	54	(1.5)	316	(2.7)	78	(2.5)	25	(0.7)	328	(4.0)	146	(2.8)	44	(0.7)	302	(4.7)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin B12

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	3.96	(0.134)	0.37	(0.042)	9	(1.0)	4.13	(0.246)	0.83	(0.086)	20	(2.0)	3.82	(0.161)
6 - 11	701	41	(3.1)	4.46	(0.186)	0.51	(0.050)	11	(1.1)	4.46	(0.282)	1.24	(0.097)	28	(1.6)	4.45	(0.217)
12 - 19	899	53	(3.2)	5.55	(0.154)	1.16	(0.121)	21	(1.9)	6.08	(0.196)	2.16	(0.167)	36	(2.5)	4.94	(0.258)
20 - 39	1086	66	(2.5)	6.13	(0.308)	1.50	(0.102)	24	(1.9)	6.19	(0.371)	2.28	(0.131)	37	(2.8)	6.03	(0.436)
40 - 59	1221	56	(2.6)	5.69	(0.346)	1.27	(0.090)	22	(2.1)	5.57	(0.308)	2.26	(0.107)	41	(1.9)	5.84	(0.594)
60 and over	1438	44	(2.9)	5.64	(0.333)	0.94	(0.087)	17	(1.7)	6.46	(0.674)	2.14	(0.163)	33	(4.4)	5.00	(0.306)
2 - 19	2068	47	(2.1)	4.85	(0.111)	0.77	(0.063)	16	(1.2)	5.22	(0.152)	1.63	(0.103)	31	(1.7)	4.51	(0.163)
20 and over	3745	56	(1.9)	5.84	(0.184)	1.26	(0.054)	22	(1.1)	6.03	(0.205)	2.24	(0.065)	37	(1.5)	5.59	(0.259)
2 and over	5813	54	(1.8)	5.59	(0.149)	1.14	(0.050)	20	(1.0)	5.86	(0.165)	2.11	(0.061)	36	(1.3)	5.28	(0.202)
Females:																	
2 - 5	472	40	(3.0)	3.33	(0.130)	0.28	(0.036)	8	(1.0)	3.26	(0.159)	0.71	(0.064)	22	(1.9)	3.38	(0.167)
6 - 11	710	50	(3.1)	4.16	(0.145)	0.54	(0.059)	13	(1.5)	4.10	(0.150)	1.06	(0.074)	26	(1.8)	4.23	(0.287)
12 - 19	841	60	(2.5)	3.47	(0.178)	0.78	(0.056)	23	(1.8)	3.74	(0.277)	1.31	(0.100)	35	(3.6)	3.07	(0.192)
20 - 39	1272	65	(2.4)	3.71	(0.100)	1.09	(0.061)	29	(1.4)	3.77	(0.134)	1.68	(0.096)	45	(2.2)	3.60	(0.139)
40 - 59	1327	52	(2.3)	3.84	(0.148)	0.77	(0.039)	20	(1.3)	3.65	(0.147)	1.46	(0.084)	40	(2.9)	4.06	(0.250)
60 and over	1363	42	(2.7)	3.63	(0.183)	0.60	(0.052)	17	(1.5)	3.57	(0.198)	1.42	(0.087)	40	(2.3)	3.68	(0.216)
2 - 19	2023	52	(1.9)	3.67	(0.100)	0.59	(0.037)	16	(1.0)	3.77	(0.162)	1.14	(0.056)	30	(1.7)	3.55	(0.133)
20 and over	3962	54	(1.9)	3.73	(0.094)	0.83	(0.035)	22	(1.0)	3.68	(0.103)	1.54	(0.054)	42	(1.3)	3.79	(0.131)
2 and over	5985	53	(1.6)	3.72	(0.073)	0.78	(0.030)	21	(0.8)	3.70	(0.078)	1.45	(0.048)	39	(1.2)	3.73	(0.115)
Males and Females:																	
2 - 19	4091	50	(1.6)	4.27	(0.073)	0.68	(0.040)	16	(0.8)	4.48	(0.097)	1.37	(0.060)	31	(1.1)	4.06	(0.104)
20 and over	7707	55	(1.7)	4.75	(0.113)	1.04	(0.038)	22	(0.9)	4.84	(0.116)	1.89	(0.047)	39	(1.0)	4.63	(0.158)
2 and over	11798	54	(1.5)	4.63	(0.094)	0.95	(0.032)	21	(0.7)	4.76	(0.091)	1.78	(0.040)	37	(0.9)	4.48	(0.134)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin C

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake mg	(SE)	All Individuals [2] Intake from All Restaurants mg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake mg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants mg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	84.5	(8.75)	6.3	(1.28)	7	(1.5)	99.6	(16.92)	14.2	(2.78)	14	(3.2)	72.4	(3.87)
6 - 11	701	41	(3.1)	73.5	(6.02)	3.9	(0.69)	5	(1.1)	65.4	(6.49)	9.4	(1.77)	14	(2.8)	79.2	(9.29)
12 - 19	899	53	(3.2)	67.1	(3.64)	9.1	(1.34)	13	(2.1)	66.8	(4.99)	16.9	(2.19)	25	(3.1)	67.4	(7.28)
20 - 39	1086	66	(2.5)	76.5	(3.83)	14.2	(1.44)	19	(1.5)	72.8	(5.09)	21.6	(2.33)	30	(2.2)	83.6	(4.68)
40 - 59	1221	56	(2.6)	86.5	(4.46)	16.1	(2.57)	19	(2.5)	89.7	(7.49)	28.7	(4.15)	32	(3.4)	82.5	(5.19)
60 and over	1438	44	(2.9)	82.1	(3.23)	7.0	(0.79)	9	(1.0)	78.6	(4.11)	16.1	(1.33)	20	(1.9)	84.8	(4.33)
2 - 19	2068	47	(2.1)	72.9	(3.58)	6.7	(0.60)	9	(1.1)	72.9	(5.05)	14.2	(1.13)	19	(2.1)	73.0	(4.61)
20 and over	3745	56	(1.9)	81.6	(2.47)	12.8	(1.16)	16	(1.2)	80.0	(3.94)	22.9	(1.99)	29	(1.5)	83.6	(2.79)
2 and over	5813	54	(1.8)	79.5	(2.07)	11.3	(0.94)	14	(1.0)	78.4	(3.43)	21.0	(1.67)	27	(1.3)	80.6	(2.67)
Females:																	
2 - 5	472	40	(3.0)	87.1	(3.65)	5.3	(1.21)	6	(1.3)	80.4	(6.81)	13.4	(2.79)	17	(2.9)	91.4	(5.88)
6 - 11	710	50	(3.1)	73.5	(5.00)	5.4	(1.17)	7	(1.2)	73.7	(8.75)	10.8	(1.99)	15	(1.8)	73.3	(3.58)
12 - 19	841	60	(2.5)	59.2	(4.03)	8.9	(1.06)	15	(1.5)	62.9	(5.64)	14.9	(2.09)	24	(2.7)	53.9	(4.51)
20 - 39	1272	65	(2.4)	73.2	(3.86)	13.2	(1.10)	18	(1.4)	71.3	(5.24)	20.4	(1.53)	29	(2.5)	76.7	(4.04)
40 - 59	1327	52	(2.3)	73.2	(2.89)	8.8	(0.74)	12	(1.0)	64.2	(3.11)	16.8	(1.15)	26	(1.9)	83.2	(4.32)
60 and over	1363	42	(2.7)	73.4	(2.80)	6.6	(0.68)	9	(1.0)	66.2	(3.49)	15.6	(1.33)	24	(2.0)	78.7	(3.98)
2 - 19	2023	52	(1.9)	69.9	(2.45)	7.0	(0.69)	10	(0.8)	69.1	(4.04)	13.4	(1.31)	19	(1.7)	70.7	(2.91)
20 and over	3962	54	(1.9)	73.3	(2.13)	9.7	(0.56)	13	(0.6)	67.7	(2.74)	18.1	(0.85)	27	(1.2)	79.7	(2.69)
2 and over	5985	53	(1.6)	72.5	(1.82)	9.1	(0.46)	13	(0.5)	68.0	(2.56)	17.0	(0.73)	25	(1.1)	77.6	(2.11)
Males and Females:																	
2 - 19	4091	50	(1.6)	71.4	(2.45)	6.9	(0.37)	10	(0.6)	71.0	(3.77)	13.8	(0.65)	19	(1.3)	71.9	(2.77)
20 and over	7707	55	(1.7)	77.3	(1.89)	11.2	(0.73)	14	(0.7)	73.7	(2.70)	20.4	(1.17)	28	(1.0)	81.5	(1.96)
2 and over	11798	54	(1.5)	75.9	(1.64)	10.2	(0.57)	13	(0.6)	73.1	(2.46)	19.0	(0.96)	26	(1.0)	79.1	(1.76)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin D

Males/Females and age (years)	Sample Size	All Individuals [2] Percent Reporting [5] %	(SE)	All Individuals [2] Total Intake µg	(SE)	All Individuals [2] Intake from All Restaurants µg	(SE)	All Individuals [2] Percentages from [6] All Restaurants %	(SE)	All Restaurant Consumers [3] Total Intake µg	(SE)	All Restaurant Consumers [3] Intake from All Restaurants µg	(SE)	All Restaurant Consumers [3] Percentages from [6] All Restaurants %	(SE)	Non-consumers [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	5.8	(0.31)	0.2	(0.04)	4*	(0.7)	5.8	(0.56)	0.5	(0.08)	8*	(1.5)	5.8	(0.35)
6 - 11	701	41	(3.1)	5.4	(0.25)	0.2	(0.03)	4	(0.5)	4.8	(0.40)	0.5	(0.07)	11	(1.4)	5.7	(0.27)
12 - 19	899	53	(3.2)	5.2	(0.21)	0.5	(0.08)	11	(1.6)	5.4	(0.47)	1.0	(0.13)	19	(2.6)	5.0	(0.37)
20 - 39	1086	66	(2.5)	4.5	(0.23)	0.8	(0.07)	19	(1.5)	4.3	(0.27)	1.3	(0.11)	30	(2.7)	4.9	(0.51)
40 - 59	1221	56	(2.6)	4.8	(0.26)	0.8	(0.07)	16	(1.6)	4.4	(0.28)	1.4	(0.10)	31	(2.1)	5.2	(0.37)
60 and over	1438	44	(2.9)	5.7	(0.39)	0.7	(0.11)	13	(1.6)	5.3	(0.38)	1.7	(0.24)	31	(3.3)	6.0	(0.61)
2 - 19	2068	47	(2.1)	5.4	(0.17)	0.4	(0.04)	7	(0.7)	5.3	(0.29)	0.8	(0.07)	15	(1.4)	5.5	(0.24)
20 and over	3745	56	(1.9)	4.9	(0.17)	0.8	(0.05)	16	(0.9)	4.6	(0.15)	1.4	(0.07)	31	(1.3)	5.4	(0.27)
2 and over	5813	54	(1.8)	5.0	(0.13)	0.7	(0.03)	14	(0.7)	4.7	(0.14)	1.3	(0.06)	27	(1.2)	5.4	(0.18)
Females:																	
2 - 5	472	40	(3.0)	5.0	(0.24)	0.3	(0.06)	5	(1.1)	4.9	(0.30)	0.7	(0.13)	14	(2.4)	5.1	(0.26)
6 - 11	710	50	(3.1)	4.8	(0.20)	0.2	(0.03)	5	(0.6)	4.4	(0.25)	0.5	(0.04)	11	(1.1)	5.2	(0.42)
12 - 19	841	60	(2.5)	3.4	(0.21)	0.5	(0.05)	13	(1.4)	3.3	(0.28)	0.8	(0.08)	23	(2.9)	3.6	(0.31)
20 - 39	1272	65	(2.4)	3.6	(0.18)	0.8	(0.05)	22	(1.7)	3.4	(0.16)	1.2	(0.08)	36	(2.2)	3.9	(0.32)
40 - 59	1327	52	(2.3)	3.8	(0.17)	0.5	(0.04)	13	(1.2)	3.4	(0.19)	1.0	(0.09)	29	(2.7)	4.3	(0.28)
60 and over	1363	42	(2.7)	3.9	(0.23)	0.5	(0.07)	13	(2.0)	3.8	(0.25)	1.2	(0.16)	32	(3.5)	4.1	(0.31)
2 - 19	2023	52	(1.9)	4.2	(0.12)	0.3	(0.02)	8	(0.5)	3.9	(0.18)	0.7	(0.04)	17	(0.9)	4.5	(0.19)
20 and over	3962	54	(1.9)	3.8	(0.14)	0.6	(0.04)	16	(1.2)	3.5	(0.11)	1.1	(0.06)	33	(1.3)	4.1	(0.23)
2 and over	5985	53	(1.6)	3.9	(0.11)	0.6	(0.03)	14	(0.9)	3.6	(0.10)	1.0	(0.05)	29	(1.1)	4.2	(0.19)
Males and Females:																	
2 - 19	4091	50	(1.6)	4.8	(0.10)	0.4	(0.02)	7	(0.5)	4.6	(0.15)	0.7	(0.04)	16	(0.9)	5.0	(0.15)
20 and over	7707	55	(1.7)	4.3	(0.13)	0.7	(0.03)	16	(0.9)	4.0	(0.09)	1.3	(0.05)	32	(1.1)	4.7	(0.21)
2 and over	11798	54	(1.5)	4.4	(0.10)	0.6	(0.02)	14	(0.7)	4.2	(0.08)	1.1	(0.04)	28	(0.9)	4.8	(0.15)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	6.4	(0.25)	0.9	(0.11)	15	(1.5)	7.0	(0.37)	2.1	(0.23)	31	(3.1)	5.9	(0.26)
6 - 11	701	41	(3.1)	8.4	(0.86)	1.0	(0.07)	12	(1.5)	7.9	(0.47)	2.5	(0.14)	31	(1.8)	8.7	(1.30)
12 - 19	899	53	(3.2)	8.7	(0.28)	2.3	(0.21)	26	(2.5)	9.8	(0.42)	4.2	(0.23)	43	(2.5)	7.5	(0.39)
20 - 39	1086	66	(2.5)	9.9	(0.32)	2.8	(0.20)	28	(2.0)	10.0	(0.34)	4.3	(0.25)	43	(2.0)	9.8	(0.62)
40 - 59	1221	56	(2.6)	11.2	(0.47)	2.7	(0.24)	24	(1.9)	11.9	(0.66)	4.9	(0.27)	41	(2.3)	10.4	(0.59)
60 and over	1438	44	(2.9)	9.9	(0.21)	1.7	(0.16)	17	(1.5)	10.2	(0.32)	3.8	(0.26)	38	(2.1)	9.6	(0.27)
2 - 19	2068	47	(2.1)	8.1	(0.26)	1.6	(0.11)	19	(1.5)	8.7	(0.23)	3.3	(0.15)	38	(1.6)	7.6	(0.50)
20 and over	3745	56	(1.9)	10.4	(0.22)	2.5	(0.12)	24	(1.2)	10.7	(0.28)	4.4	(0.14)	41	(1.2)	9.9	(0.29)
2 and over	5813	54	(1.8)	9.8	(0.18)	2.2	(0.11)	23	(1.2)	10.3	(0.24)	4.2	(0.12)	40	(1.2)	9.3	(0.26)
Females:																	
2 - 5	472	40	(3.0)	5.5	(0.19)	0.8	(0.08)	14	(1.6)	5.8	(0.24)	1.9	(0.13)	33	(2.5)	5.3	(0.31)
6 - 11	710	50	(3.1)	7.5	(0.22)	1.5	(0.16)	20	(1.9)	8.5	(0.33)	3.0	(0.21)	35	(2.0)	6.4	(0.26)
12 - 19	841	60	(2.5)	8.2	(0.93)	2.0	(0.11)	24	(2.4)	8.9	(1.53)	3.3	(0.20)	37	(6.3)	7.1	(0.36)
20 - 39	1272	65	(2.4)	9.0	(0.26)	2.4	(0.13)	27	(1.2)	9.2	(0.28)	3.8	(0.14)	41	(1.8)	8.4	(0.48)
40 - 59	1327	52	(2.3)	8.5	(0.28)	1.7	(0.09)	20	(1.1)	8.6	(0.28)	3.2	(0.15)	38	(1.6)	8.3	(0.43)
60 and over	1363	42	(2.7)	8.1	(0.27)	1.3	(0.11)	16	(1.4)	8.1	(0.32)	3.1	(0.15)	38	(1.9)	8.2	(0.30)
2 - 19	2023	52	(1.9)	7.4	(0.44)	1.6	(0.09)	21	(1.4)	8.3	(0.83)	3.0	(0.13)	36	(3.5)	6.4	(0.21)
20 and over	3962	54	(1.9)	8.5	(0.17)	1.8	(0.07)	22	(0.7)	8.7	(0.16)	3.4	(0.10)	39	(1.1)	8.3	(0.27)
2 and over	5985	53	(1.6)	8.3	(0.19)	1.8	(0.06)	21	(0.6)	8.6	(0.27)	3.3	(0.08)	39	(1.4)	7.9	(0.20)
Males and Females:																	
2 - 19	4091	50	(1.6)	7.8	(0.24)	1.6	(0.09)	20	(1.1)	8.5	(0.45)	3.1	(0.12)	37	(1.8)	7.0	(0.31)
20 and over	7707	55	(1.7)	9.4	(0.14)	2.1	(0.09)	23	(0.9)	9.7	(0.16)	3.9	(0.09)	40	(1.0)	9.1	(0.21)
2 and over	11798	54	(1.5)	9.0	(0.14)	2.0	(0.08)	22	(0.8)	9.4	(0.20)	3.7	(0.08)	40	(1.0)	8.5	(0.17)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Vitamin K

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from All Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants µg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	50.2	(3.04)	7.6	(0.99)	15	(1.8)	52.4	(4.58)	17.2	(2.36)	33	(3.8)	48.4	(3.74)
6 - 11	701	41	(3.1)	73.9	(10.85)	10.2	(1.12)	14	(2.5)	91.4	(26.58)	24.9	(2.81)	27*	(8.2)	61.6	(5.28)
12 - 19	899	53	(3.2)	83.0	(5.61)	26.3	(2.85)	32	(3.3)	95.1	(6.02)	49.2	(3.97)	52	(3.5)	69.1	(8.82)
20 - 39	1086	66	(2.5)	107.7	(5.04)	37.3	(2.47)	35	(2.4)	109.9	(6.46)	56.9	(3.46)	52	(2.6)	103.5	(8.19)
40 - 59	1221	56	(2.6)	139.8	(11.75)	44.6	(5.30)	32	(2.4)	145.0	(9.47)	79.4	(7.96)	55	(3.0)	133.2	(17.37)
60 and over	1438	44	(2.9)	127.8	(6.12)	23.9	(3.69)	19	(2.6)	123.7	(8.26)	54.7	(5.90)	44	(4.0)	130.9	(8.35)
2 - 19	2068	47	(2.1)	73.0	(5.32)	17.0	(1.29)	23	(2.4)	85.6	(8.40)	35.8	(2.22)	42	(4.8)	61.6	(4.41)
20 and over	3745	56	(1.9)	124.6	(5.95)	36.0	(2.39)	29	(1.4)	125.2	(5.35)	64.2	(3.29)	51	(1.5)	123.8	(7.93)
2 and over	5813	54	(1.8)	111.9	(5.38)	31.3	(1.93)	28	(1.4)	116.6	(5.15)	58.1	(2.85)	50	(1.7)	106.3	(6.20)
Females:																	
2 - 5	472	40	(3.0)	49.9	(2.75)	6.7	(1.01)	14	(1.8)	47.4	(2.85)	17.0	(1.97)	36	(3.8)	51.5	(3.97)
6 - 11	710	50	(3.1)	71.4	(4.64)	15.1	(1.43)	21	(1.9)	74.9	(3.79)	30.1	(1.99)	40	(2.6)	67.9	(8.59)
12 - 19	841	60	(2.5)	81.5	(6.85)	23.9	(1.88)	29	(2.0)	86.5	(8.59)	40.2	(3.65)	46	(3.9)	74.1	(8.37)
20 - 39	1272	65	(2.4)	138.0	(15.50)	38.0	(3.05)	28	(3.1)	143.2	(23.38)	58.8	(4.54)	41	(7.0)	128.7	(12.30)
40 - 59	1327	52	(2.3)	127.6	(7.76)	27.3	(2.07)	21	(1.9)	110.1	(8.83)	52.1	(4.20)	47	(3.3)	146.9	(11.95)
60 and over	1363	42	(2.7)	119.0	(5.83)	22.6	(2.63)	19	(2.2)	110.8	(8.38)	53.3	(5.37)	48	(2.9)	125.0	(8.48)
2 - 19	2023	52	(1.9)	71.4	(3.82)	17.4	(1.02)	24	(0.8)	76.5	(4.57)	33.2	(1.96)	43	(2.2)	65.8	(4.38)
20 and over	3962	54	(1.9)	128.6	(6.13)	29.6	(1.28)	23	(1.2)	124.4	(10.13)	55.3	(2.53)	44	(3.8)	133.5	(5.89)
2 and over	5985	53	(1.6)	115.7	(5.01)	26.9	(1.05)	23	(1.0)	113.7	(8.21)	50.4	(1.91)	44	(3.3)	117.9	(4.93)
Males and Females:																	
2 - 19	4091	50	(1.6)	72.2	(3.80)	17.2	(1.00)	24	(1.4)	80.9	(5.22)	34.5	(1.66)	43	(2.6)	63.6	(3.76)
20 and over	7707	55	(1.7)	126.7	(5.57)	32.7	(1.49)	26	(1.0)	124.8	(7.34)	59.7	(1.93)	48	(2.1)	129.0	(5.08)
2 and over	11798	54	(1.5)	113.8	(4.78)	29.0	(1.24)	26	(1.0)	115.2	(6.36)	54.2	(1.69)	47	(2.0)	112.3	(4.21)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C a l c i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1026	(43.2)	93	(10.5)	9	(1.0)	1083	(94.9)	210	(19.9)	19	(1.9)	979	(34.6)
6 - 11	701	41	(3.1)	1041	(38.7)	113	(7.7)	11	(0.8)	1004	(41.5)	275	(10.0)	27	(1.1)	1067	(48.2)
12 - 19	899	53	(3.2)	1105	(24.1)	251	(22.5)	23	(2.0)	1164	(42.5)	469	(27.5)	40	(2.1)	1037	(48.6)
20 - 39	1086	66	(2.5)	1088	(25.6)	323	(20.4)	30	(1.7)	1131	(39.2)	492	(23.3)	44	(1.9)	1005	(45.1)
40 - 59	1221	56	(2.6)	1076	(33.8)	259	(21.9)	24	(2.0)	1115	(36.6)	461	(28.1)	41	(1.9)	1026	(48.7)
60 and over	1438	44	(2.9)	992	(27.4)	144	(13.0)	15	(1.3)	1022	(46.7)	329	(22.3)	32	(1.5)	970	(37.7)
2 - 19	2068	47	(2.1)	1067	(21.1)	171	(10.7)	16	(1.0)	1101	(32.6)	361	(15.0)	33	(1.3)	1035	(32.7)
20 and over	3745	56	(1.9)	1056	(18.2)	250	(12.6)	24	(1.2)	1101	(21.2)	445	(14.1)	40	(1.1)	999	(27.0)
2 and over	5813	54	(1.8)	1059	(15.4)	230	(11.1)	22	(1.1)	1101	(18.7)	427	(13.2)	39	(1.0)	1010	(22.0)
Females:																	
2 - 5	472	40	(3.0)	879	(30.7)	80	(10.6)	9	(1.2)	882	(43.5)	202	(19.3)	23	(2.2)	878	(35.2)
6 - 11	710	50	(3.1)	978	(27.3)	129	(12.4)	13	(1.2)	1000	(39.4)	257	(16.2)	26	(1.6)	956	(42.5)
12 - 19	841	60	(2.5)	822	(27.2)	190	(12.3)	23	(1.4)	828	(29.8)	318	(13.8)	38	(1.6)	814	(37.6)
20 - 39	1272	65	(2.4)	879	(16.1)	231	(9.4)	26	(1.1)	905	(23.1)	357	(13.3)	39	(1.5)	831	(27.8)
40 - 59	1327	52	(2.3)	844	(25.9)	162	(7.8)	19	(1.0)	827	(21.7)	309	(15.1)	37	(1.8)	863	(42.6)
60 and over	1363	42	(2.7)	798	(28.7)	109	(9.9)	14	(1.1)	787	(30.9)	257	(14.0)	33	(1.0)	806	(36.8)
2 - 19	2023	52	(1.9)	886	(15.0)	146	(9.8)	17	(1.0)	891	(18.5)	280	(13.1)	31	(1.3)	880	(21.7)
20 and over	3962	54	(1.9)	842	(16.3)	170	(4.9)	20	(0.7)	850	(18.5)	316	(7.8)	37	(0.8)	832	(27.7)
2 and over	5985	53	(1.6)	852	(12.1)	164	(5.2)	19	(0.6)	859	(15.5)	308	(7.7)	36	(0.8)	843	(20.5)
Males and Females:																	
2 - 19	4091	50	(1.6)	978	(13.4)	159	(7.9)	16	(0.8)	993	(16.6)	319	(11.4)	32	(1.0)	963	(22.1)
20 and over	7707	55	(1.7)	945	(13.1)	208	(7.4)	22	(0.9)	974	(13.4)	380	(6.6)	39	(0.7)	911	(19.3)
2 and over	11798	54	(1.5)	953	(10.6)	197	(6.5)	21	(0.7)	978	(10.5)	367	(6.4)	37	(0.7)	924	(15.5)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	1186	(38.2)	163	(16.7)	14	(1.2)	1270	(78.0)	365	(31.3)	29	(1.7)	1119	(38.6)
6 - 11	701	41	(3.1)	1289	(32.6)	187	(11.1)	14	(0.9)	1332	(45.7)	454	(18.1)	34	(1.3)	1259	(38.4)
12 - 19	899	53	(3.2)	1505	(31.2)	416	(38.5)	28	(2.3)	1664	(38.4)	778	(38.8)	47	(1.9)	1324	(57.4)
20 - 39	1086	66	(2.5)	1588	(31.4)	525	(36.0)	33	(2.1)	1637	(48.0)	800	(40.8)	49	(2.1)	1494	(44.3)
40 - 59	1221	56	(2.6)	1634	(33.3)	448	(33.5)	27	(2.0)	1706	(43.6)	799	(36.4)	47	(1.7)	1541	(48.3)
60 and over	1438	44	(2.9)	1480	(28.3)	268	(23.4)	18	(1.5)	1546	(43.9)	613	(36.6)	40	(1.9)	1428	(48.6)
2 - 19	2068	47	(2.1)	1365	(21.9)	285	(18.8)	21	(1.3)	1489	(33.5)	602	(24.1)	40	(1.3)	1254	(31.4)
20 and over	3745	56	(1.9)	1573	(15.1)	425	(20.7)	27	(1.3)	1641	(20.3)	758	(19.9)	46	(1.1)	1486	(22.8)
2 and over	5813	54	(1.8)	1522	(14.5)	391	(18.6)	26	(1.1)	1608	(19.5)	724	(17.5)	45	(1.0)	1421	(18.2)
Females:																	
2 - 5	472	40	(3.0)	1016	(24.0)	130	(14.5)	13	(1.3)	1044	(36.5)	327	(20.5)	31	(2.1)	998	(27.9)
6 - 11	710	50	(3.1)	1231	(25.1)	220	(21.5)	18	(1.6)	1304	(33.2)	438	(22.3)	34	(1.4)	1158	(38.9)
12 - 19	841	60	(2.5)	1129	(65.4)	315	(13.6)	28	(1.5)	1213	(95.7)	528	(22.9)	44	(3.3)	1005	(35.0)
20 - 39	1272	65	(2.4)	1227	(16.8)	380	(14.3)	31	(1.1)	1269	(24.4)	587	(19.7)	46	(1.6)	1150	(31.0)
40 - 59	1327	52	(2.3)	1171	(28.3)	274	(14.1)	23	(1.1)	1174	(25.9)	524	(26.0)	45	(1.8)	1168	(40.7)
60 and over	1363	42	(2.7)	1138	(31.8)	193	(15.0)	17	(1.3)	1127	(30.3)	454	(16.1)	40	(1.1)	1145	(41.1)
2 - 19	2023	52	(1.9)	1138	(34.9)	244	(13.2)	21	(1.0)	1214	(50.8)	467	(16.5)	38	(1.4)	1055	(20.5)
20 and over	3962	54	(1.9)	1180	(17.0)	286	(9.0)	24	(0.8)	1203	(19.6)	534	(12.4)	44	(0.9)	1154	(25.0)
2 and over	5985	53	(1.6)	1171	(13.0)	277	(8.5)	24	(0.7)	1205	(17.0)	519	(10.3)	43	(0.8)	1131	(18.5)
Males and Females:																	
2 - 19	4091	50	(1.6)	1254	(23.1)	265	(13.3)	21	(0.8)	1347	(34.8)	532	(17.0)	40	(0.9)	1161	(21.0)
20 and over	7707	55	(1.7)	1369	(10.4)	353	(13.0)	26	(0.9)	1419	(12.0)	644	(10.9)	45	(0.8)	1310	(17.1)
2 and over	11798	54	(1.5)	1342	(9.9)	332	(11.4)	25	(0.8)	1403	(12.7)	620	(8.8)	44	(0.6)	1272	(13.2)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	220	(6.8)	23	(2.3)	11	(0.9)	228	(10.2)	53	(4.4)	23	(1.6)	213	(8.2)
6 - 11	701	41	(3.1)	238	(6.9)	27	(1.6)	11	(0.7)	238	(8.8)	65	(3.0)	27	(1.1)	238	(8.2)
12 - 19	899	53	(3.2)	276	(6.9)	61	(5.9)	22	(2.1)	296	(10.8)	114	(7.3)	39	(2.0)	253	(10.5)
20 - 39	1086	66	(2.5)	333	(5.8)	88	(5.6)	26	(1.7)	340	(8.8)	134	(6.1)	39	(1.9)	319	(8.3)
40 - 59	1221	56	(2.6)	354	(7.0)	75	(5.9)	21	(1.6)	359	(10.6)	134	(6.1)	37	(1.5)	348	(8.6)
60 and over	1438	44	(2.9)	329	(5.6)	44	(3.6)	13	(1.0)	329	(9.2)	99	(5.2)	30	(1.6)	329	(8.7)
2 - 19	2068	47	(2.1)	251	(3.8)	42	(2.8)	17	(1.1)	265	(6.5)	88	(4.1)	33	(1.3)	238	(5.9)
20 and over	3745	56	(1.9)	339	(3.2)	71	(3.5)	21	(1.0)	344	(4.6)	126	(3.4)	37	(1.1)	333	(4.6)
2 and over	5813	54	(1.8)	318	(3.0)	64	(3.1)	20	(0.9)	327	(4.5)	118	(3.1)	36	(0.9)	306	(3.9)
Females:																	
2 - 5	472	40	(3.0)	195	(4.1)	20	(2.0)	10	(1.1)	192	(5.9)	51	(2.5)	26	(1.4)	197	(6.0)
6 - 11	710	50	(3.1)	232	(5.0)	35	(3.5)	15	(1.4)	239	(7.9)	70	(3.9)	29	(1.1)	224	(6.1)
12 - 19	841	60	(2.5)	222	(10.5)	52	(2.9)	23	(1.0)	231	(14.8)	87	(4.8)	38	(2.4)	210	(7.5)
20 - 39	1272	65	(2.4)	272	(6.0)	67	(2.8)	25	(1.0)	272	(7.8)	103	(3.7)	38	(1.9)	272	(8.2)
40 - 59	1327	52	(2.3)	273	(7.0)	47	(2.6)	17	(0.9)	262	(5.9)	89	(4.3)	34	(1.3)	285	(9.7)
60 and over	1363	42	(2.7)	264	(6.7)	34	(2.8)	13	(1.1)	252	(7.6)	81	(3.1)	32	(1.0)	273	(8.3)
2 - 19	2023	52	(1.9)	220	(5.3)	39	(2.2)	18	(0.8)	227	(7.8)	76	(3.0)	33	(1.2)	211	(3.9)
20 and over	3962	54	(1.9)	270	(4.5)	50	(1.7)	18	(0.6)	264	(4.5)	93	(1.8)	35	(0.8)	277	(6.4)
2 and over	5985	53	(1.6)	259	(3.6)	48	(1.6)	18	(0.6)	256	(4.1)	89	(1.7)	35	(0.8)	262	(5.1)
Males and Females:																	
2 - 19	4091	50	(1.6)	236	(3.3)	41	(2.1)	17	(0.8)	246	(5.9)	81	(2.8)	33	(0.8)	226	(3.9)
20 and over	7707	55	(1.7)	303	(3.1)	60	(2.3)	20	(0.7)	303	(3.4)	109	(1.9)	36	(0.7)	303	(4.1)
2 and over	11798	54	(1.5)	287	(2.6)	55	(2.0)	19	(0.6)	291	(3.5)	103	(1.6)	35	(0.6)	283	(3.3)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

I r o n

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	11.0	(0.49)	1.3	(0.12)	12	(1.0)	11.8	(0.82)	2.9	(0.25)	24	(2.1)	10.4	(0.47)
6 - 11	701	41	(3.1)	14.2	(0.53)	1.7	(0.11)	12	(0.9)	14.6	(0.53)	4.2	(0.17)	29	(1.2)	14.0	(0.74)
12 - 19	899	53	(3.2)	15.8	(0.35)	3.7	(0.35)	23	(2.4)	17.2	(0.58)	6.9	(0.42)	40	(2.7)	14.2	(0.79)
20 - 39	1086	66	(2.5)	15.8	(0.44)	4.8	(0.35)	30	(2.0)	16.1	(0.53)	7.4	(0.39)	46	(1.9)	15.4	(0.87)
40 - 59	1221	56	(2.6)	16.2	(0.51)	4.1	(0.32)	25	(2.2)	16.7	(0.60)	7.2	(0.32)	43	(2.2)	15.6	(0.76)
60 and over	1438	44	(2.9)	15.7	(0.29)	2.5	(0.23)	16	(1.5)	16.0	(0.45)	5.7	(0.32)	36	(1.7)	15.5	(0.55)
2 - 19	2068	47	(2.1)	14.3	(0.28)	2.5	(0.17)	18	(1.3)	15.4	(0.44)	5.3	(0.26)	35	(1.8)	13.3	(0.43)
20 and over	3745	56	(1.9)	15.9	(0.24)	3.9	(0.21)	24	(1.3)	16.3	(0.30)	6.9	(0.21)	43	(1.2)	15.5	(0.39)
2 and over	5813	54	(1.8)	15.5	(0.19)	3.6	(0.19)	23	(1.2)	16.1	(0.25)	6.6	(0.20)	41	(1.1)	14.9	(0.30)
Females:																	
2 - 5	472	40	(3.0)	9.7	(0.30)	1.0	(0.10)	10	(1.1)	9.6	(0.39)	2.5	(0.15)	26	(1.9)	9.8	(0.43)
6 - 11	710	50	(3.1)	13.3	(0.34)	1.9	(0.15)	14	(1.2)	13.3	(0.36)	3.8	(0.16)	29	(1.2)	13.3	(0.56)
12 - 19	841	60	(2.5)	12.2	(0.61)	2.8	(0.15)	23	(1.0)	13.0	(0.89)	4.7	(0.20)	36	(2.5)	11.0	(0.33)
20 - 39	1272	65	(2.4)	12.1	(0.23)	3.3	(0.14)	27	(1.2)	12.1	(0.28)	5.1	(0.20)	42	(1.6)	12.2	(0.43)
40 - 59	1327	52	(2.3)	12.0	(0.34)	2.6	(0.14)	21	(1.2)	11.9	(0.34)	4.9	(0.20)	41	(1.9)	12.1	(0.48)
60 and over	1363	42	(2.7)	11.7	(0.28)	1.7	(0.13)	15	(1.0)	11.5	(0.31)	4.1	(0.17)	36	(1.2)	11.9	(0.35)
2 - 19	2023	52	(1.9)	12.0	(0.29)	2.1	(0.11)	18	(0.8)	12.5	(0.49)	4.1	(0.15)	32	(1.1)	11.4	(0.29)
20 and over	3962	54	(1.9)	12.0	(0.17)	2.6	(0.09)	21	(0.7)	11.9	(0.19)	4.8	(0.12)	40	(1.0)	12.0	(0.27)
2 and over	5985	53	(1.6)	12.0	(0.15)	2.5	(0.08)	21	(0.7)	12.0	(0.19)	4.6	(0.11)	38	(1.0)	11.9	(0.24)
Males and Females:																	
2 - 19	4091	50	(1.6)	13.2	(0.21)	2.3	(0.12)	18	(0.9)	13.9	(0.32)	4.7	(0.17)	34	(1.1)	12.4	(0.29)
20 and over	7707	55	(1.7)	13.9	(0.13)	3.2	(0.13)	23	(1.0)	14.0	(0.18)	5.8	(0.12)	42	(0.8)	13.6	(0.21)
2 and over	11798	54	(1.5)	13.7	(0.12)	3.0	(0.12)	22	(0.8)	14.0	(0.16)	5.6	(0.11)	40	(0.7)	13.3	(0.19)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

Z i n c

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	7.8	(0.21)	0.9	(0.08)	12	(1.1)	7.9	(0.32)	2.1	(0.17)	27	(2.0)	7.8	(0.34)
6 - 11	701	41	(3.1)	9.6	(0.42)	1.4	(0.09)	14	(1.1)	9.7	(0.39)	3.3	(0.17)	34	(1.4)	9.6	(0.62)
12 - 19	899	53	(3.2)	11.8	(0.39)	3.1	(0.32)	26	(2.2)	13.1	(0.53)	5.8	(0.44)	44	(2.4)	10.4	(0.52)
20 - 39	1086	66	(2.5)	12.8	(0.27)	4.1	(0.29)	32	(2.0)	13.1	(0.44)	6.3	(0.36)	48	(2.3)	12.3	(0.39)
40 - 59	1221	56	(2.6)	13.1	(0.44)	3.5	(0.28)	27	(1.9)	13.5	(0.59)	6.3	(0.32)	46	(1.6)	12.6	(0.50)
60 and over	1438	44	(2.9)	11.6	(0.22)	2.1	(0.20)	18	(1.7)	12.2	(0.40)	4.9	(0.24)	40	(1.8)	11.2	(0.41)
2 - 19	2068	47	(2.1)	10.2	(0.23)	2.1	(0.16)	20	(1.4)	11.0	(0.35)	4.3	(0.25)	39	(1.7)	9.5	(0.35)
20 and over	3745	56	(1.9)	12.6	(0.17)	3.3	(0.17)	27	(1.2)	13.0	(0.26)	6.0	(0.17)	46	(1.2)	12.0	(0.20)
2 and over	5813	54	(1.8)	12.0	(0.16)	3.0	(0.16)	25	(1.2)	12.6	(0.24)	5.6	(0.17)	44	(1.0)	11.3	(0.19)
Females:																	
2 - 5	472	40	(3.0)	7.0	(0.18)	0.8	(0.08)	11	(1.2)	6.9	(0.31)	1.9	(0.13)	28	(2.2)	7.1	(0.22)
6 - 11	710	50	(3.1)	8.9	(0.24)	1.5	(0.17)	17	(1.7)	9.2	(0.33)	3.0	(0.24)	33	(1.9)	8.7	(0.34)
12 - 19	841	60	(2.5)	8.1	(0.31)	2.2	(0.10)	27	(1.3)	8.5	(0.48)	3.6	(0.20)	42	(2.9)	7.6	(0.25)
20 - 39	1272	65	(2.4)	9.4	(0.16)	2.7	(0.12)	29	(1.1)	9.4	(0.18)	4.2	(0.17)	44	(1.3)	9.3	(0.27)
40 - 59	1327	52	(2.3)	9.1	(0.23)	2.1	(0.13)	23	(1.3)	8.7	(0.21)	4.0	(0.22)	46	(2.0)	9.6	(0.40)
60 and over	1363	42	(2.7)	8.6	(0.27)	1.4	(0.11)	16	(1.4)	8.6	(0.26)	3.3	(0.15)	39	(1.7)	8.7	(0.33)
2 - 19	2023	52	(1.9)	8.2	(0.17)	1.6	(0.09)	20	(1.0)	8.5	(0.29)	3.1	(0.14)	37	(1.5)	7.8	(0.15)
20 and over	3962	54	(1.9)	9.1	(0.12)	2.1	(0.09)	23	(0.9)	9.0	(0.14)	3.9	(0.11)	44	(1.1)	9.2	(0.19)
2 and over	5985	53	(1.6)	8.9	(0.10)	2.0	(0.08)	23	(0.8)	8.9	(0.11)	3.8	(0.10)	42	(0.9)	8.9	(0.16)
Males and Females:																	
2 - 19	4091	50	(1.6)	9.2	(0.16)	1.9	(0.10)	20	(0.9)	9.7	(0.27)	3.7	(0.15)	38	(1.1)	8.7	(0.20)
20 and over	7707	55	(1.7)	10.8	(0.10)	2.7	(0.12)	25	(1.0)	11.0	(0.12)	4.9	(0.11)	45	(0.9)	10.5	(0.16)
2 and over	11798	54	(1.5)	10.4	(0.10)	2.5	(0.11)	24	(0.9)	10.7	(0.13)	4.7	(0.11)	44	(0.7)	10.0	(0.14)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C o p p e r

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from 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	468	45	(2.8)	0.8	(0.03)	0.1	(0.01)	12	(1.1)	0.8	(0.04)	0.2	(0.02)	26	(2.1)	0.8	(0.04)
6 - 11	701	41	(3.1)	0.9	(0.03)	0.1	(0.01)	13	(1.3)	0.9	(0.04)	0.3	(0.02)	30	(1.8)	0.9	(0.04)
12 - 19	899	53	(3.2)	1.1	(0.03)	0.3	(0.03)	24	(2.2)	1.2	(0.05)	0.5	(0.03)	40	(2.2)	0.9	(0.04)
20 - 39	1086	66	(2.5)	1.3	(0.03)	0.3	(0.02)	26	(1.8)	1.3	(0.03)	0.5	(0.03)	39	(1.8)	1.3	(0.05)
40 - 59	1221	56	(2.6)	1.4	(0.04)	0.3	(0.03)	22	(1.8)	1.4	(0.07)	0.5	(0.04)	37	(1.7)	1.3	(0.04)
60 and over	1438	44	(2.9)	1.3	(0.05)	0.2	(0.02)	14	(1.3)	1.4	(0.10)	0.4	(0.03)	31	(2.8)	1.3	(0.04)
2 - 19	2068	47	(2.1)	1.0	(0.02)	0.2	(0.01)	18	(1.3)	1.0	(0.03)	0.4	(0.02)	35	(1.5)	0.9	(0.03)
20 and over	3745	56	(1.9)	1.3	(0.02)	0.3	(0.02)	21	(1.1)	1.4	(0.03)	0.5	(0.02)	36	(1.3)	1.3	(0.02)
2 and over	5813	54	(1.8)	1.2	(0.02)	0.3	(0.01)	20	(1.0)	1.3	(0.03)	0.5	(0.02)	36	(1.1)	1.2	(0.02)
Females:																	
2 - 5	472	40	(3.0)	0.7	(0.02)	0.1	(0.01)	11	(1.2)	0.7	(0.03)	0.2	(0.01)	28	(1.9)	0.7	(0.02)
6 - 11	710	50	(3.1)	0.9	(0.03)	0.1	(0.02)	17	(1.6)	0.9	(0.03)	0.3	(0.02)	32	(1.7)	0.8	(0.02)
12 - 19	841	60	(2.5)	0.9	(0.08)	0.2	(0.01)	22	(1.5)	1.0	(0.13)	0.4	(0.02)	35	(4.0)	0.9	(0.04)
20 - 39	1272	65	(2.4)	1.1	(0.02)	0.2	(0.01)	22	(0.9)	1.1	(0.03)	0.4	(0.01)	35	(1.6)	1.1	(0.04)
40 - 59	1327	52	(2.3)	1.1	(0.03)	0.2	(0.01)	17	(1.0)	1.0	(0.03)	0.4	(0.02)	34	(1.3)	1.1	(0.04)
60 and over	1363	42	(2.7)	1.1	(0.03)	0.1	(0.01)	12	(0.9)	1.0	(0.03)	0.3	(0.01)	30	(1.1)	1.1	(0.05)
2 - 19	2023	52	(1.9)	0.9	(0.04)	0.2	(0.01)	18	(0.9)	0.9	(0.07)	0.3	(0.01)	33	(2.1)	0.8	(0.02)
20 and over	3962	54	(1.9)	1.1	(0.02)	0.2	(0.01)	17	(0.6)	1.0	(0.02)	0.4	(0.01)	34	(0.8)	1.1	(0.03)
2 and over	5985	53	(1.6)	1.0	(0.02)	0.2	(0.01)	18	(0.6)	1.0	(0.02)	0.3	(0.01)	33	(0.9)	1.0	(0.02)
Males and Females:																	
2 - 19	4091	50	(1.6)	0.9	(0.02)	0.2	(0.01)	18	(0.8)	1.0	(0.05)	0.3	(0.01)	34	(1.2)	0.9	(0.02)
20 and over	7707	55	(1.7)	1.2	(0.01)	0.2	(0.01)	19	(0.8)	1.2	(0.02)	0.4	(0.01)	35	(0.7)	1.2	(0.02)
2 and over	11798	54	(1.5)	1.1	(0.01)	0.2	(0.01)	19	(0.7)	1.2	(0.02)	0.4	(0.01)	35	(0.6)	1.1	(0.02)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S e l e n i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Males:																	
2 - 5	468	45	(2.8)	75.1	(2.37)	12.8	(1.34)	17	(1.6)	80.1	(4.13)	28.6	(2.79)	36	(2.7)	71.1	(2.52)
6 - 11	701	41	(3.1)	92.0	(2.26)	16.7	(1.22)	18	(1.3)	100.1	(3.09)	40.5	(1.70)	41	(1.6)	86.4	(2.85)
12 - 19	899	53	(3.2)	122.8	(3.36)	37.4	(3.52)	30	(2.7)	134.0	(3.53)	70.1	(3.60)	52	(2.4)	110.0	(5.62)
20 - 39	1086	66	(2.5)	136.2	(3.20)	48.5	(3.48)	36	(2.2)	138.6	(4.40)	73.8	(3.90)	53	(2.1)	131.7	(4.74)
40 - 59	1221	56	(2.6)	135.4	(2.52)	40.6	(2.71)	30	(1.9)	140.5	(3.32)	72.4	(2.65)	52	(1.5)	129.0	(3.45)
60 and over	1438	44	(2.9)	122.9	(2.66)	25.1	(2.40)	20	(1.8)	126.8	(4.09)	57.4	(3.52)	45	(2.2)	119.8	(3.91)
2 - 19	2068	47	(2.1)	102.4	(1.59)	25.2	(1.81)	25	(1.6)	113.4	(2.42)	53.2	(2.46)	47	(1.8)	92.4	(2.27)
20 and over	3745	56	(1.9)	132.2	(1.55)	39.1	(1.83)	30	(1.3)	136.6	(2.15)	69.7	(1.73)	51	(1.2)	126.4	(1.89)
2 and over	5813	54	(1.8)	124.8	(1.39)	35.7	(1.68)	29	(1.2)	131.6	(2.00)	66.1	(1.68)	50	(1.1)	116.9	(1.58)
Females:																	
2 - 5	472	40	(3.0)	64.3	(1.39)	9.3	(0.93)	15	(1.3)	65.5	(2.53)	23.6	(1.43)	36	(2.3)	63.5	(2.02)
6 - 11	710	50	(3.1)	89.8	(3.09)	18.1	(1.81)	20	(1.8)	96.7	(4.99)	36.0	(1.97)	37	(2.4)	82.9	(2.94)
12 - 19	841	60	(2.5)	90.6	(4.94)	27.4	(1.43)	30	(1.8)	97.1	(8.14)	46.0	(2.71)	47	(4.2)	81.1	(2.19)
20 - 39	1272	65	(2.4)	98.4	(1.49)	32.8	(1.30)	33	(1.1)	102.0	(2.21)	50.7	(1.74)	50	(1.6)	91.6	(3.22)
40 - 59	1327	52	(2.3)	95.3	(2.18)	25.3	(1.35)	27	(1.4)	97.0	(2.46)	48.2	(2.27)	50	(2.2)	93.3	(3.55)
60 and over	1363	42	(2.7)	88.4	(1.96)	18.0	(1.46)	20	(1.8)	91.3	(2.65)	42.4	(1.94)	46	(2.1)	86.2	(2.94)
2 - 19	2023	52	(1.9)	84.7	(2.68)	20.5	(1.26)	24	(1.2)	91.8	(4.48)	39.2	(1.78)	43	(1.8)	76.9	(1.48)
20 and over	3962	54	(1.9)	94.2	(1.11)	25.7	(0.90)	27	(0.9)	97.8	(1.59)	47.9	(1.20)	49	(1.2)	90.1	(1.82)
2 and over	5985	53	(1.6)	92.1	(0.99)	24.5	(0.85)	27	(0.8)	96.4	(1.85)	45.9	(1.05)	48	(1.2)	87.1	(1.44)
Males and Females:																	
2 - 19	4091	50	(1.6)	93.7	(1.66)	22.9	(1.26)	24	(1.1)	102.3	(2.84)	46.0	(1.68)	45	(1.0)	85.2	(1.42)
20 and over	7707	55	(1.7)	112.5	(0.86)	32.1	(1.19)	29	(1.0)	116.9	(1.00)	58.6	(1.04)	50	(0.9)	107.1	(1.72)
2 and over	11798	54	(1.5)	108.0	(0.80)	29.9	(1.07)	28	(0.9)	113.7	(1.25)	55.8	(0.94)	49	(0.7)	101.5	(1.34)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	2085	(63.0)	255	(25.8)	12	(1.0)	2240	(140.9)	573	(47.1)	26	(1.5)	1961	(55.4)
6 - 11	701	41	(3.1)	2086	(50.7)	263	(16.8)	13	(0.8)	2143	(97.2)	641	(36.0)	30	(1.6)	2046	(44.2)
12 - 19	899	53	(3.2)	2404	(54.9)	595	(58.3)	25	(2.2)	2617	(82.6)	1114	(70.7)	43	(2.2)	2160	(95.0)
20 - 39	1086	66	(2.5)	2769	(48.1)	834	(60.4)	30	(1.9)	2792	(76.5)	1271	(71.0)	46	(1.8)	2725	(82.7)
40 - 59	1221	56	(2.6)	3011	(60.4)	747	(61.0)	25	(1.8)	3084	(94.8)	1330	(71.2)	43	(1.6)	2917	(67.8)
60 and over	1438	44	(2.9)	2932	(47.5)	453	(35.5)	15	(1.2)	2988	(71.0)	1035	(51.5)	35	(1.6)	2887	(69.2)
2 - 19	2068	47	(2.1)	2230	(40.1)	412	(27.9)	18	(1.2)	2404	(70.7)	869	(40.5)	36	(1.5)	2073	(48.1)
20 and over	3745	56	(1.9)	2900	(28.9)	695	(34.9)	24	(1.1)	2937	(37.4)	1239	(39.9)	42	(1.0)	2851	(39.3)
2 and over	5813	54	(1.8)	2735	(26.2)	625	(30.5)	23	(1.0)	2822	(39.7)	1159	(35.0)	41	(1.0)	2632	(27.7)
Females:																	
2 - 5	472	40	(3.0)	1886	(37.5)	222	(26.3)	12	(1.3)	1881	(65.1)	561	(37.6)	30	(1.9)	1890	(60.3)
6 - 11	710	50	(3.1)	2068	(44.5)	349	(38.8)	17	(1.7)	2181	(58.9)	695	(46.3)	32	(1.7)	1953	(71.8)
12 - 19	841	60	(2.5)	1875	(74.4)	510	(25.7)	27	(1.0)	1980	(109.8)	855	(53.5)	43	(2.3)	1720	(44.6)
20 - 39	1272	65	(2.4)	2313	(47.6)	646	(27.8)	28	(1.1)	2306	(51.0)	1000	(37.0)	43	(1.8)	2326	(68.9)
40 - 59	1327	52	(2.3)	2312	(53.0)	460	(25.1)	20	(1.1)	2224	(51.8)	878	(42.4)	39	(1.6)	2409	(75.6)
60 and over	1363	42	(2.7)	2313	(55.4)	346	(28.2)	15	(1.3)	2222	(61.5)	815	(29.6)	37	(1.3)	2381	(67.7)
2 - 19	2023	52	(1.9)	1940	(38.9)	395	(21.0)	20	(0.8)	2027	(57.3)	757	(30.6)	37	(1.1)	1846	(33.2)
20 and over	3962	54	(1.9)	2313	(36.2)	491	(16.4)	21	(0.7)	2259	(33.7)	915	(18.8)	40	(0.9)	2376	(51.3)
2 and over	5985	53	(1.6)	2229	(28.8)	469	(15.0)	21	(0.7)	2207	(29.3)	880	(15.6)	40	(0.7)	2253	(40.4)
Males and Females:																	
2 - 19	4091	50	(1.6)	2088	(32.9)	404	(19.4)	19	(0.8)	2210	(52.3)	811	(26.1)	37	(0.9)	1967	(35.8)
20 and over	7707	55	(1.7)	2595	(25.9)	589	(22.5)	23	(0.8)	2593	(26.5)	1074	(21.2)	41	(0.7)	2598	(34.0)
2 and over	11798	54	(1.5)	2475	(21.3)	545	(19.1)	22	(0.7)	2509	(26.9)	1017	(16.8)	41	(0.6)	2437	(24.7)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

S o d i u m

Males/Females and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	2331	(67.1)	420	(38.2)	18	(1.6)	2536	(132.9)	943	(79.3)	37	(2.4)	2167	(76.9)
6 - 11	701	41	(3.1)	2993	(73.9)	553	(37.0)	18	(1.2)	3228	(127.4)	1347	(63.9)	42	(1.2)	2829	(86.2)
12 - 19	899	53	(3.2)	3821	(90.2)	1262	(116.7)	33	(2.7)	4308	(121.0)	2362	(143.5)	55	(2.3)	3263	(129.6)
20 - 39	1086	66	(2.5)	4224	(90.8)	1585	(119.1)	38	(2.3)	4423	(137.5)	2415	(141.8)	55	(2.2)	3844	(135.5)
40 - 59	1221	56	(2.6)	4075	(88.2)	1372	(97.1)	34	(2.1)	4462	(121.8)	2445	(99.6)	55	(1.7)	3580	(89.3)
60 and over	1438	44	(2.9)	3686	(65.1)	823	(74.5)	22	(2.0)	4005	(135.7)	1881	(117.2)	47	(2.6)	3438	(117.2)
2 - 19	2068	47	(2.1)	3228	(57.0)	846	(58.4)	26	(1.6)	3641	(92.9)	1785	(83.9)	49	(1.6)	2855	(62.4)
20 and over	3745	56	(1.9)	4019	(42.3)	1294	(65.1)	32	(1.4)	4343	(59.2)	2306	(67.8)	53	(1.3)	3604	(52.5)
2 and over	5813	54	(1.8)	3824	(38.0)	1184	(56.9)	31	(1.3)	4192	(56.1)	2194	(55.9)	52	(1.1)	3394	(36.5)
Females:																	
2 - 5	472	40	(3.0)	2013	(45.0)	342	(34.0)	17	(1.5)	2121	(59.5)	862	(54.9)	41	(2.4)	1942	(77.1)
6 - 11	710	50	(3.1)	2850	(73.4)	634	(55.4)	22	(1.8)	3122	(120.2)	1261	(57.0)	40	(2.0)	2575	(76.2)
12 - 19	841	60	(2.5)	2915	(125.9)	960	(51.5)	33	(1.5)	3184	(189.9)	1611	(95.4)	51	(2.4)	2519	(80.4)
20 - 39	1272	65	(2.4)	3215	(44.1)	1150	(51.5)	36	(1.4)	3377	(65.0)	1779	(68.7)	53	(1.5)	2920	(73.9)
40 - 59	1327	52	(2.3)	2865	(68.6)	836	(38.3)	29	(1.3)	2986	(72.9)	1596	(67.2)	53	(1.6)	2732	(98.4)
60 and over	1363	42	(2.7)	2728	(56.1)	584	(46.5)	21	(1.7)	2877	(75.0)	1377	(55.0)	48	(1.8)	2617	(69.1)
2 - 19	2023	52	(1.9)	2700	(72.8)	721	(40.0)	27	(1.2)	2991	(115.7)	1379	(60.4)	46	(1.2)	2381	(44.2)
20 and over	3962	54	(1.9)	2946	(38.1)	869	(32.6)	29	(1.0)	3126	(49.7)	1620	(46.1)	52	(1.1)	2739	(50.3)
2 and over	5985	53	(1.6)	2891	(30.2)	835	(29.9)	29	(0.9)	3096	(46.3)	1567	(39.5)	51	(0.9)	2656	(37.0)
Males and Females:																	
2 - 19	4091	50	(1.6)	2968	(52.9)	784	(42.2)	26	(1.1)	3306	(90.5)	1575	(60.1)	48	(0.9)	2634	(41.3)
20 and over	7707	55	(1.7)	3463	(28.1)	1073	(43.5)	31	(1.1)	3726	(38.6)	1958	(44.3)	53	(0.9)	3143	(38.5)
2 and over	11798	54	(1.5)	3346	(26.2)	1005	(37.7)	30	(1.0)	3634	(38.7)	1874	(35.9)	52	(0.7)	3013	(28.0)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

C a f f e i n e

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Males:																	
2 - 5	468	45	(2.8)	10.2	(2.27)	3.3*	(1.35)	32	(8.5)	14.6	(3.86)	7.4*	(2.84)	51	(9.5)	6.6	(1.68)
6 - 11	701	41	(3.1)	18.5	(2.66)	3.3	(0.39)	18	(3.0)	24.6	(3.10)	8.0	(1.09)	33	(5.3)	14.2	(3.27)
12 - 19	899	53	(3.2)	47.0	(3.21)	12.3	(2.29)	26	(4.7)	60.1	(5.26)	23.0	(3.34)	38	(5.1)	31.9	(6.02)
20 - 39	1086	66	(2.5)	154.7	(12.51)	33.5	(4.02)	22	(2.6)	161.2	(14.70)	51.0	(5.75)	32	(3.7)	142.2	(18.21)
40 - 59	1221	56	(2.6)	210.5	(8.25)	37.3	(6.63)	18	(2.8)	207.7	(12.27)	66.6	(11.74)	32	(4.9)	214.2	(9.82)
60 and over	1438	44	(2.9)	208.5	(5.45)	23.9	(2.75)	11	(1.2)	214.2	(12.56)	54.7	(7.79)	26	(3.6)	204.1	(12.09)
2 - 19	2068	47	(2.1)	29.6	(2.29)	7.4	(1.05)	25	(3.4)	40.7	(3.69)	15.5	(1.86)	38	(3.7)	19.6	(2.91)
20 and over	3745	56	(1.9)	189.4	(6.23)	32.1	(2.65)	17	(1.3)	189.2	(7.13)	57.2	(5.42)	30	(2.3)	189.8	(8.23)
2 and over	5813	54	(1.8)	150.1	(4.87)	26.0	(2.02)	17	(1.3)	157.1	(5.76)	48.2	(4.09)	31	(2.2)	142.0	(6.36)
Females:																	
2 - 5	472	40	(3.0)	5.2	(0.71)	0.5	(0.11)	9	(1.5)	6.0	(1.13)	1.2	(0.25)	21	(3.2)	4.7	(0.66)
6 - 11	710	50	(3.1)	13.8	(1.21)	4.1	(0.62)	30	(3.5)	18.4	(1.76)	8.2	(1.15)	45	(4.2)	9.2	(1.45)
12 - 19	841	60	(2.5)	34.9	(2.64)	13.8	(1.91)	40	(4.1)	39.9	(4.43)	23.2	(3.26)	58	(5.1)	27.5	(2.68)
20 - 39	1272	65	(2.4)	124.1	(9.73)	33.6	(2.88)	27	(1.9)	124.1	(11.14)	51.9	(4.28)	42	(3.5)	124.1	(14.57)
40 - 59	1327	52	(2.3)	173.4	(11.03)	27.1	(4.37)	16	(2.4)	172.2	(6.76)	51.8	(7.58)	30	(3.8)	174.8	(19.00)
60 and over	1363	42	(2.7)	152.1	(7.63)	17.9	(2.41)	12	(1.5)	163.2	(11.07)	42.1	(3.97)	26	(2.7)	143.8	(11.24)
2 - 19	2023	52	(1.9)	21.6	(1.50)	7.8	(0.92)	36	(3.2)	27.6	(2.34)	14.9	(1.66)	54	(3.9)	15.1	(1.46)
20 and over	3962	54	(1.9)	149.4	(7.29)	26.5	(2.35)	18	(1.4)	149.5	(6.50)	49.5	(3.65)	33	(2.3)	149.2	(11.52)
2 and over	5985	53	(1.6)	120.4	(6.04)	22.3	(1.84)	19	(1.4)	122.4	(5.93)	41.8	(2.90)	34	(2.2)	118.1	(9.06)
Males and Females:																	
2 - 19	4091	50	(1.6)	25.7	(1.40)	7.6	(0.81)	29	(2.7)	34.0	(2.46)	15.2	(1.49)	45	(3.1)	17.5	(1.75)
20 and over	7707	55	(1.7)	168.7	(6.01)	29.2	(2.05)	17	(1.1)	169.0	(5.07)	53.3	(3.88)	32	(2.0)	168.2	(9.26)
2 and over	11798	54	(1.5)	134.9	(4.80)	24.1	(1.58)	18	(1.1)	139.4	(4.32)	44.9	(2.95)	32	(1.9)	129.7	(7.17)

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.**

Table 53. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants [1], by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic *(continued)*

A l c o h o l

Males/Females and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Males:																	
2 - 5	468	45	(2.8)	--		--		--		--		--		--		--	
6 - 11	701	41	(3.1)	--		--		--		--		--		--		--	
12 - 19	899	53	(3.2)	--		--		--		--		--		--		--	
20 - 39	1086	66	(2.5)	17.1	(1.58)	3.7	(0.81)	22	(4.8)	20.2	(2.48)	5.7	(1.23)	28	(5.3)	11.2	(2.09)
40 - 59	1221	56	(2.6)	17.0	(1.43)	3.6	(0.57)	21	(3.0)	18.5	(2.21)	6.4	(0.96)	34	(5.5)	15.0	(1.94)
60 and over	1438	44	(2.9)	9.5	(1.02)	0.9	(0.19)	10	(1.9)	9.2	(1.21)	2.1	(0.45)	23	(4.2)	9.7	(1.47)
2 - 19	2068	47	(2.1)	--		--		--		--		--		--		--	
20 and over	3745	56	(1.9)	14.9	(0.82)	2.9	(0.37)	19	(2.2)	17.1	(1.50)	5.1	(0.66)	30	(3.0)	12.0	(1.21)
2 and over	5813	54	(1.8)	--		--		--		--		--		--		--	
Females:																	
2 - 5	472	40	(3.0)	--		--		--		--		--		--		--	
6 - 11	710	50	(3.1)	--		--		--		--		--		--		--	
12 - 19	841	60	(2.5)	--		--		--		--		--		--		--	
20 - 39	1272	65	(2.4)	6.6	(0.83)	2.2	(0.40)	33	(5.0)	6.7	(0.92)	3.3	(0.62)	50	(5.4)	6.4	(1.54)
40 - 59	1327	52	(2.3)	7.6	(0.76)	1.6	(0.38)	22	(4.8)	8.7	(1.10)	3.1	(0.72)	36	(7.1)	6.3	(1.11)
60 and over	1363	42	(2.7)	5.5	(1.38)	1.0*	(0.30)	18*	(6.1)	7.0*	(2.42)	2.3	(0.66)	33*	(13.1)	4.4	(0.75)
2 - 19	2023	52	(1.9)	--		--		--		--		--		--		--	
20 and over	3962	54	(1.9)	6.6	(0.60)	1.6	(0.15)	25	(2.8)	7.4	(0.75)	3.0	(0.30)	41	(4.4)	5.6	(0.69)
2 and over	5985	53	(1.6)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19	4091	50	(1.6)	--		--		--		--		--		--		--	
20 and over	7707	55	(1.7)	10.6	(0.50)	2.2	(0.21)	21	(1.9)	12.2	(0.86)	4.1	(0.40)	33	(2.5)	8.6	(0.74)
2 and over	11798	54	(1.5)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the male/female/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

Abbreviations

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

Notes Applicable to All Tables in Series: *What We Eat in America,* NHANES 2017-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 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-March 2020 Prepandemic

F o o d e n e r g y

Race/ethnicity and age	Sample Size	Percent Reporting [5]		Total Intake		Intake from All Restaurants		Percentages from All Restaurants [6]		Total Intake		Intake from All Restaurants		Percentages from All Restaurants [6]		Total Intake	
		All Individuals [2]								*All Restaurant Consumers* [3]						*Non-consumers* [4]	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	1949	(32.7)	411	(33.5)	21	(1.4)	2181	(63.2)	848	(45.4)	39	(1.3)	1731	(26.3)
20 and over.....	2758	55	(2.5)	2135	(20.3)	540	(27.9)	25	(1.2)	2227	(27.5)	988	(22.5)	44	(0.9)	2023	(33.5)
2 and over...	4106	53	(2.2)	2097	(16.0)	514	(25.1)	24	(1.1)	2219	(24.9)	962	(18.6)	43	(0.8)	1958	(27.2)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1859	(33.8)	434	(17.9)	23	(0.8)	2033	(45.4)	876	(27.1)	43	(1.1)	1689	(43.9)
20 and over.....	2071	56	(1.6)	2123	(31.2)	615	(25.6)	29	(1.1)	2300	(34.1)	1100	(31.6)	48	(1.2)	1899	(47.7)
2 and over...	3155	54	(1.4)	2055	(24.3)	568	(20.8)	28	(1.0)	2237	(29.6)	1047	(23.5)	47	(1.0)	1839	(35.3)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1812	(30.7)	391	(41.9)	22	(2.3)	1909	(54.7)	780	(51.0)	41	(2.2)	1714	(38.1)
20 and over.....	841	52	(2.4)	1947	(39.2)	455	(28.4)	23	(1.2)	2019	(45.6)	866	(44.7)	43	(1.9)	1867	(82.1)
2 and over...	1168	52	(2.0)	1921	(35.9)	442	(25.6)	23	(1.1)	1999	(39.9)	850	(40.9)	43	(1.7)	1836	(64.4)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1870	(30.3)	477	(35.9)	26	(1.9)	2047	(53.1)	911	(36.6)	45	(2.0)	1675	(44.9)
20 and over.....	1669	56	(2.2)	2219	(44.7)	635	(37.7)	29	(1.5)	2381	(69.7)	1139	(53.5)	48	(1.6)	2013	(45.6)
2 and over...	2616	55	(1.8)	2107	(34.8)	585	(30.7)	28	(1.3)	2279	(53.9)	1069	(41.0)	47	(1.3)	1900	(39.4)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	67.9	(2.14)	14.8	(1.17)	22	(1.4)	74.3	(3.44)	30.4	(1.58)	41	(1.3)	61.8	(1.80)
20 and over.....	2758	55	(2.5)	80.3	(1.15)	21.4	(1.19)	27	(1.3)	82.1	(1.25)	39.3	(0.77)	48	(1.0)	78.1	(1.90)
2 and over...	4106	53	(2.2)	77.8	(1.19)	20.1	(1.08)	26	(1.2)	80.7	(1.53)	37.6	(0.78)	47	(0.8)	74.4	(1.52)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	62.6	(1.50)	16.6	(0.74)	26	(1.0)	66.8	(1.96)	33.5	(1.09)	50	(1.4)	58.5	(1.79)
20 and over.....	2071	56	(1.6)	76.2	(1.36)	25.0	(1.22)	33	(1.6)	80.5	(1.84)	44.7	(1.66)	56	(1.8)	70.7	(2.19)
2 and over...	3155	54	(1.4)	72.7	(1.13)	22.8	(0.94)	31	(1.4)	77.3	(1.56)	42.1	(1.19)	54	(1.5)	67.2	(1.69)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	64.9	(1.44)	15.6	(1.46)	24	(2.2)	68.1	(2.06)	31.1	(1.73)	46	(2.0)	61.6	(2.60)
20 and over.....	841	52	(2.4)	81.4	(2.28)	21.4	(1.69)	26	(1.7)	86.7	(4.39)	40.8	(3.10)	47	(2.5)	75.7	(3.20)
2 and over...	1168	52	(2.0)	78.3	(2.25)	20.3	(1.51)	26	(1.6)	83.2	(3.90)	39.0	(2.81)	47	(2.3)	72.9	(2.39)
Hispanic:																	
2 - 19.....	947	52	(2.4)	67.4	(1.41)	19.1	(1.67)	28	(2.4)	73.6	(2.46)	36.5	(2.13)	50	(2.5)	60.6	(1.63)
20 and over.....	1669	56	(2.2)	86.5	(1.92)	26.5	(1.63)	31	(1.7)	92.0	(2.86)	47.6	(2.42)	52	(1.7)	79.6	(2.56)
2 and over...	2616	55	(1.8)	80.4	(1.34)	24.2	(1.39)	30	(1.5)	86.3	(2.20)	44.2	(1.98)	51	(1.5)	73.2	(1.69)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake g	(SE)	Intake from 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.....	1348	48	(2.3)	248	(3.9)	47	(4.0)	19	(1.4)	275	(7.0)	97	(5.6)	35	(1.5)	222	(3.9)
20 and over.....	2758	55	(2.5)	239	(3.0)	54	(3.0)	23	(1.2)	245	(3.9)	100	(2.6)	41	(0.9)	231	(4.4)
2 and over...	4106	53	(2.2)	241	(2.1)	53	(2.7)	22	(1.1)	251	(3.3)	99	(2.1)	40	(0.8)	229	(3.6)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	236	(4.4)	45	(2.0)	19	(0.8)	253	(6.3)	91	(3.1)	36	(1.0)	219	(5.6)
20 and over.....	2071	56	(1.6)	242	(3.9)	61	(2.5)	25	(1.0)	261	(4.0)	109	(3.1)	42	(1.3)	217	(5.7)
2 and over...	3155	54	(1.4)	240	(3.1)	57	(2.1)	24	(0.9)	259	(3.4)	105	(2.4)	40	(1.0)	217	(3.7)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	236	(4.0)	43	(4.5)	18	(2.0)	243	(7.8)	87	(5.4)	36	(2.1)	229	(5.7)
20 and over.....	841	52	(2.4)	243	(7.5)	47	(3.0)	19	(1.0)	241	(5.6)	89	(4.2)	37	(1.8)	246	(14.7)
2 and over...	1168	52	(2.0)	242	(6.5)	46	(2.7)	19	(1.0)	242	(4.8)	89	(3.8)	37	(1.5)	243	(11.9)
Hispanic:																	
2 - 19.....	947	52	(2.4)	239	(4.2)	52	(3.6)	22	(1.6)	256	(7.9)	99	(3.3)	39	(1.7)	220	(6.3)
20 and over.....	1669	56	(2.2)	261	(4.7)	64	(3.5)	25	(1.4)	271	(7.0)	115	(4.9)	42	(1.5)	248	(5.7)
2 and over...	2616	55	(1.8)	254	(3.9)	60	(3.0)	24	(1.2)	266	(5.8)	110	(3.8)	41	(1.2)	239	(4.9)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from 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.....	1348	48	(2.3)	116	(2.3)	19	(2.2)	16	(1.7)	131	(4.2)	39	(3.7)	29	(2.2)	101	(1.9)
20 and over.....	2758	55	(2.5)	105	(2.2)	18	(1.1)	17	(0.9)	105	(2.6)	33	(1.3)	31	(0.9)	106	(3.0)
2 and over...	4106	53	(2.2)	108	(1.8)	18	(1.0)	17	(0.9)	110	(2.2)	34	(1.0)	31	(0.6)	105	(2.6)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	106	(2.7)	15	(0.9)	14	(0.8)	113	(4.0)	30	(1.6)	27	(1.4)	98	(2.6)
20 and over.....	2071	56	(1.6)	108	(2.4)	20	(0.9)	18	(0.9)	116	(2.7)	35	(1.2)	30	(1.2)	98	(3.6)
2 and over...	3155	54	(1.4)	107	(2.0)	19	(0.8)	17	(0.8)	115	(2.3)	34	(0.9)	30	(1.0)	98	(2.5)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	90	(4.1)	13	(1.7)	15	(1.9)	95	(5.0)	27	(2.6)	28	(2.8)	85	(7.8)
20 and over.....	841	52	(2.4)	85	(3.5)	13	(1.1)	16	(0.9)	87	(3.8)	25	(1.6)	29	(1.3)	83	(4.9)
2 and over...	1168	52	(2.0)	86	(3.0)	13	(1.1)	15	(0.9)	89	(3.4)	26	(1.6)	29	(1.2)	84	(3.9)
Hispanic:																	
2 - 19.....	947	52	(2.4)	106	(2.6)	18	(1.6)	17	(1.5)	111	(5.0)	34	(2.2)	30	(1.8)	99	(3.2)
20 and over.....	1669	56	(2.2)	106	(2.4)	20	(1.2)	19	(1.1)	108	(3.7)	36	(1.9)	34	(1.3)	103	(2.6)
2 and over...	2616	55	(1.8)	106	(2.1)	19	(1.1)	18	(1.0)	109	(3.3)	36	(1.6)	33	(1.2)	102	(2.2)

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.**

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-March 2020 Prepandemic *(continued)*

D i e t a r y f i b e r

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	14.1	(0.59)	2.5	(0.21)	18	(1.2)	14.8	(0.87)	5.2	(0.31)	35	(1.9)	13.4	(0.65)
20 and over.....	2758	55	(2.5)	16.1	(0.37)	3.5	(0.24)	22	(1.2)	15.8	(0.45)	6.4	(0.27)	40	(1.5)	16.5	(0.50)
2 and over...	4106	53	(2.2)	15.7	(0.35)	3.3	(0.21)	21	(1.1)	15.7	(0.47)	6.2	(0.23)	39	(1.4)	15.8	(0.47)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	12.2	(0.31)	2.4	(0.12)	20	(1.0)	12.9	(0.35)	4.9	(0.20)	38	(2.0)	11.6	(0.35)
20 and over.....	2071	56	(1.6)	13.9	(0.23)	3.6	(0.16)	26	(1.2)	14.2	(0.31)	6.4	(0.22)	45	(1.7)	13.5	(0.37)
2 and over...	3155	54	(1.4)	13.5	(0.20)	3.3	(0.13)	24	(1.0)	13.9	(0.26)	6.1	(0.18)	44	(1.6)	13.0	(0.29)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	15.5	(0.76)	2.7	(0.24)	18	(1.8)	14.8	(0.61)	5.4	(0.25)	36	(1.9)	16.1	(1.10)
20 and over.....	841	52	(2.4)	20.4	(0.99)	3.1	(0.23)	15	(1.0)	18.7	(0.77)	6.0	(0.28)	32	(1.6)	22.4	(1.61)
2 and over...	1168	52	(2.0)	19.5	(0.85)	3.1	(0.19)	16	(0.9)	17.9	(0.65)	5.9	(0.22)	33	(1.4)	21.2	(1.35)
Hispanic:																	
2 - 19.....	947	52	(2.4)	14.8	(0.39)	3.2	(0.30)	22	(2.3)	15.2	(0.58)	6.2	(0.42)	41	(2.7)	14.4	(0.74)
20 and over.....	1669	56	(2.2)	19.3	(0.47)	4.4	(0.29)	23	(1.6)	18.9	(0.55)	7.9	(0.38)	42	(1.7)	19.7	(0.84)
2 and over...	2616	55	(1.8)	17.8	(0.38)	4.0	(0.23)	23	(1.5)	17.8	(0.43)	7.4	(0.31)	41	(1.4)	17.9	(0.66)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	78.6	(1.73)	18.5	(1.51)	24	(1.6)	89.3	(3.26)	38.1	(2.11)	43	(1.5)	68.5	(1.39)
20 and over.....	2758	55	(2.5)	89.6	(1.04)	24.6	(1.24)	27	(1.3)	94.6	(1.38)	45.0	(1.00)	48	(1.1)	83.7	(1.83)
2 and over...	4106	53	(2.2)	87.4	(0.91)	23.3	(1.11)	27	(1.2)	93.6	(1.35)	43.7	(0.79)	47	(0.8)	80.3	(1.48)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	75.7	(1.72)	21.1	(0.93)	28	(1.1)	85.6	(1.89)	42.6	(1.57)	50	(1.5)	66.0	(2.40)
20 and over.....	2071	56	(1.6)	87.9	(1.43)	29.3	(1.37)	33	(1.3)	97.8	(2.03)	52.4	(1.81)	54	(1.3)	75.3	(2.25)
2 and over...	3155	54	(1.4)	84.7	(1.17)	27.2	(1.10)	32	(1.2)	94.9	(1.71)	50.1	(1.37)	53	(1.1)	72.7	(1.94)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	69.5	(1.87)	17.4	(2.12)	25	(2.8)	75.7	(2.68)	34.7	(2.83)	46	(2.9)	63.3	(1.96)
20 and over.....	841	52	(2.4)	71.4	(1.37)	19.5	(1.31)	27	(1.7)	76.8	(2.09)	37.1	(2.19)	48	(2.3)	65.4	(2.57)
2 and over...	1168	52	(2.0)	71.0	(1.35)	19.1	(1.13)	27	(1.5)	76.6	(1.81)	36.6	(1.97)	48	(2.1)	65.0	(2.21)
Hispanic:																	
2 - 19.....	947	52	(2.4)	73.2	(1.41)	21.7	(1.79)	30	(2.3)	82.5	(2.18)	41.5	(2.10)	50	(2.3)	63.0	(2.00)
20 and over.....	1669	56	(2.2)	87.6	(2.19)	29.2	(1.81)	33	(1.8)	96.6	(3.13)	52.4	(2.69)	54	(1.7)	76.3	(2.76)
2 and over...	2616	55	(1.8)	83.0	(1.71)	26.8	(1.44)	32	(1.4)	92.3	(2.41)	49.0	(2.04)	53	(1.3)	71.8	(2.17)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	27.4	(0.52)	6.1	(0.49)	22	(1.6)	30.4	(0.82)	12.7	(0.66)	42	(1.6)	24.4	(0.64)
20 and over.....	2758	55	(2.5)	29.6	(0.40)	8.1	(0.44)	27	(1.4)	31.2	(0.43)	14.8	(0.33)	47	(0.9)	27.6	(0.78)
2 and over...	4106	53	(2.2)	29.1	(0.32)	7.7	(0.39)	26	(1.3)	31.1	(0.37)	14.4	(0.30)	46	(0.7)	26.9	(0.64)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	25.0	(0.83)	6.7	(0.35)	27	(1.0)	28.0	(0.98)	13.6	(0.56)	49	(1.5)	22.0	(1.02)
20 and over.....	2071	56	(1.6)	27.3	(0.51)	8.9	(0.43)	33	(1.4)	30.3	(0.67)	16.0	(0.59)	53	(1.5)	23.5	(0.77)
2 and over...	3155	54	(1.4)	26.7	(0.44)	8.4	(0.33)	31	(1.2)	29.7	(0.61)	15.4	(0.43)	52	(1.3)	23.1	(0.68)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	24.5	(0.68)	5.9	(0.65)	24	(2.6)	26.4	(0.96)	11.7	(0.80)	44	(2.6)	22.6	(0.75)
20 and over.....	841	52	(2.4)	21.6	(0.53)	6.1	(0.45)	28	(1.8)	23.4	(0.85)	11.6	(0.80)	50	(2.6)	19.5	(0.88)
2 and over...	1168	52	(2.0)	22.1	(0.51)	6.1	(0.37)	27	(1.4)	24.0	(0.72)	11.6	(0.69)	48	(2.3)	20.1	(0.80)
Hispanic:																	
2 - 19.....	947	52	(2.4)	25.1	(0.69)	7.1	(0.66)	28	(2.4)	27.7	(0.99)	13.5	(0.81)	49	(2.5)	22.2	(0.69)
20 and over.....	1669	56	(2.2)	28.0	(0.68)	9.4	(0.56)	34	(1.8)	31.0	(0.87)	16.8	(0.82)	54	(1.8)	24.2	(0.90)
2 and over...	2616	55	(1.8)	27.1	(0.55)	8.6	(0.48)	32	(1.5)	30.0	(0.73)	15.8	(0.64)	53	(1.5)	23.5	(0.70)

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.**

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-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	25.5	(0.41)	6.1	(0.48)	24	(1.7)	28.9	(0.87)	12.5	(0.66)	43	(1.7)	22.3	(0.50)
20 and over.....	2758	55	(2.5)	30.5	(0.45)	8.2	(0.45)	27	(1.3)	32.2	(0.59)	15.0	(0.40)	47	(1.2)	28.3	(0.65)
2 and over...	4106	53	(2.2)	29.5	(0.38)	7.8	(0.39)	26	(1.2)	31.6	(0.54)	14.5	(0.31)	46	(1.0)	27.0	(0.52)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	25.4	(0.53)	7.2	(0.31)	28	(1.1)	28.8	(0.60)	14.5	(0.52)	51	(1.5)	22.1	(0.77)
20 and over.....	2071	56	(1.6)	30.3	(0.49)	10.1	(0.47)	33	(1.3)	33.8	(0.77)	18.1	(0.64)	54	(1.3)	25.9	(0.84)
2 and over...	3155	54	(1.4)	29.0	(0.41)	9.4	(0.39)	32	(1.2)	32.6	(0.65)	17.3	(0.51)	53	(1.1)	24.8	(0.73)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	22.7	(0.75)	5.7	(0.74)	25	(2.9)	24.5	(0.92)	11.4	(1.02)	47	(2.9)	20.9	(1.06)
20 and over.....	841	52	(2.4)	25.4	(0.57)	6.8	(0.49)	27	(1.8)	27.4	(0.77)	12.9	(0.83)	47	(2.5)	23.1	(1.01)
2 and over...	1168	52	(2.0)	24.9	(0.55)	6.6	(0.42)	26	(1.6)	26.9	(0.69)	12.6	(0.74)	47	(2.2)	22.7	(0.91)
Hispanic:																	
2 - 19.....	947	52	(2.4)	23.9	(0.49)	7.2	(0.60)	30	(2.4)	27.1	(0.68)	13.8	(0.70)	51	(2.4)	20.5	(0.84)
20 and over.....	1669	56	(2.2)	29.9	(0.76)	9.9	(0.64)	33	(1.8)	32.8	(1.18)	17.8	(1.00)	54	(1.7)	26.3	(0.95)
2 and over...	2616	55	(1.8)	28.0	(0.60)	9.1	(0.50)	32	(1.5)	31.1	(0.88)	16.6	(0.74)	53	(1.4)	24.4	(0.80)

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-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*All Restaurant Consumers* [3] Total Intake g	(SE)	Intake from All Restaurants g	(SE)	Percentages from All Restaurants [6] %	(SE)	*Non-consumers* [4] Total Intake g	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	17.9	(0.84)	4.6	(0.43)	26	(1.7)	21.3	(1.64)	9.4	(0.67)	44	(1.9)	14.7	(0.43)
20 and over.....	2758	55	(2.5)	20.8	(0.42)	6.0	(0.28)	29	(1.3)	22.0	(0.55)	10.9	(0.32)	50	(1.6)	19.3	(0.59)
2 and over...	4106	53	(2.2)	20.2	(0.43)	5.7	(0.26)	28	(1.1)	21.9	(0.61)	10.6	(0.25)	49	(1.4)	18.3	(0.47)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	17.9	(0.44)	5.2	(0.33)	29	(1.6)	20.7	(0.56)	10.5	(0.67)	50	(2.3)	15.2	(0.60)
20 and over.....	2071	56	(1.6)	21.7	(0.40)	7.5	(0.35)	35	(1.4)	24.3	(0.54)	13.4	(0.45)	55	(1.3)	18.3	(0.67)
2 and over...	3155	54	(1.4)	20.7	(0.31)	6.9	(0.29)	33	(1.2)	23.4	(0.44)	12.7	(0.34)	54	(1.0)	17.4	(0.53)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	15.1	(0.58)	4.2	(0.62)	28	(3.3)	17.0	(0.87)	8.3	(0.93)	49	(3.5)	13.1	(0.59)
20 and over.....	841	52	(2.4)	17.3	(0.46)	4.7	(0.32)	27	(1.9)	18.3	(0.59)	8.9	(0.53)	49	(2.3)	16.2	(0.84)
2 and over...	1168	52	(2.0)	16.9	(0.42)	4.6	(0.32)	27	(1.7)	18.1	(0.54)	8.8	(0.54)	49	(2.2)	15.6	(0.65)
Hispanic:																	
2 - 19.....	947	52	(2.4)	16.7	(0.39)	5.3	(0.42)	32	(2.3)	19.4	(0.58)	10.1	(0.59)	52	(2.4)	13.7	(0.57)
20 and over.....	1669	56	(2.2)	20.5	(0.58)	7.0	(0.50)	34	(1.9)	22.9	(0.94)	12.6	(0.74)	55	(1.7)	17.6	(0.73)
2 and over...	2616	55	(1.8)	19.3	(0.43)	6.5	(0.37)	34	(1.5)	21.8	(0.69)	11.8	(0.58)	54	(1.3)	16.3	(0.53)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	221	(7.0)	48	(4.6)	22	(1.9)	248	(10.3)	99	(6.5)	40	(2.3)	195	(9.4)
20 and over.....	2758	55	(2.5)	306	(7.8)	85	(4.1)	28	(1.4)	316	(7.3)	155	(5.3)	49	(1.3)	294	(14.9)
2 and over...	4106	53	(2.2)	289	(5.8)	77	(3.5)	27	(1.3)	304	(6.4)	145	(4.4)	48	(1.1)	272	(11.4)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	228	(12.8)	58	(4.3)	26	(1.6)	240	(13.4)	118	(6.9)	49	(2.6)	215	(16.0)
20 and over.....	2071	56	(1.6)	314	(9.0)	101	(4.9)	32	(1.5)	336	(11.6)	180	(7.0)	54	(1.8)	287	(11.2)
2 and over...	3155	54	(1.4)	292	(8.4)	90	(3.7)	31	(1.4)	313	(10.8)	166	(5.1)	53	(1.7)	267	(10.1)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	236	(9.3)	50	(5.0)	21	(2.1)	269	(19.9)	101	(6.4)	37	(4.3)	203	(13.7)
20 and over.....	841	52	(2.4)	277	(9.3)	78	(7.5)	28	(2.5)	315	(21.7)	149	(14.7)	47	(3.4)	235	(17.4)
2 and over...	1168	52	(2.0)	269	(7.8)	73	(6.5)	27	(2.2)	306	(16.4)	140	(13.0)	46	(3.1)	229	(13.2)
Hispanic:																	
2 - 19.....	947	52	(2.4)	247	(9.6)	65	(6.4)	26	(2.7)	266	(12.9)	124	(9.5)	47	(3.2)	225	(12.3)
20 and over.....	1669	56	(2.2)	359	(11.7)	103	(6.5)	29	(1.7)	379	(14.0)	185	(10.0)	49	(1.9)	334	(16.7)
2 and over...	2616	55	(1.8)	323	(8.4)	91	(5.4)	28	(1.4)	345	(11.1)	167	(7.9)	48	(1.6)	297	(10.5)

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.**

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-March 2020 Prepandemic *(continued)*

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

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from 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.....	1348	48	(2.3)	597	(16.4)	77	(8.4)	13	(1.4)	614	(26.2)	160	(12.6)	26	(2.2)	580	(29.1)
20 and over.....	2758	55	(2.5)	651	(16.3)	124	(7.1)	19	(1.1)	634	(22.3)	226	(9.0)	36	(1.2)	671	(21.7)
2 and over...	4106	53	(2.2)	640	(14.2)	114	(6.4)	18	(1.0)	630	(19.8)	214	(8.4)	34	(1.1)	651	(18.4)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	452	(20.2)	64	(3.7)	14	(0.8)	441	(25.1)	130	(6.5)	30	(1.8)	464	(25.7)
20 and over.....	2071	56	(1.6)	541	(25.3)	117	(7.9)	22	(1.3)	526	(22.1)	210	(12.1)	40	(2.3)	560	(41.8)
2 and over...	3155	54	(1.4)	518	(16.4)	104	(5.9)	20	(1.1)	506	(14.7)	191	(9.1)	38	(1.9)	533	(27.9)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	517	(26.3)	83	(10.2)	16	(2.4)	540	(38.4)	165	(12.8)	30	(3.3)	493	(37.1)
20 and over.....	841	52	(2.4)	611	(30.0)	119	(11.6)	19	(1.6)	611	(38.6)	226	(18.7)	37	(2.3)	612	(51.2)
2 and over...	1168	52	(2.0)	593	(26.6)	112	(9.7)	19	(1.4)	598	(33.0)	215	(15.7)	36	(1.9)	588	(42.8)
Hispanic:																	
2 - 19.....	947	52	(2.4)	541	(23.2)	83	(6.8)	15	(1.4)	555	(34.6)	158	(9.0)	29	(2.1)	525	(21.2)
20 and over.....	1669	56	(2.2)	593	(23.0)	140	(10.0)	24	(1.4)	590	(26.2)	251	(15.8)	43	(1.7)	597	(34.2)
2 and over...	2616	55	(1.8)	576	(17.8)	122	(7.4)	21	(1.1)	579	(22.5)	223	(11.8)	38	(1.2)	573	(24.2)

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.**

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-March 2020 Prepandemic *(continued)*

Beta carotene

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	1250	(96.4)	168	(27.9)	13	(2.2)	1234	(111.3)	346	(52.6)	28	(4.8)	1266	(162.0)
20 and over.....	2758	55	(2.5)	2450	(165.3)	454	(42.4)	19	(1.7)	2195	(198.2)	832	(64.3)	38	(2.8)	2756	(235.9)
2 and over...	4106	53	(2.2)	2207	(150.5)	396	(37.0)	18	(1.6)	2018	(176.8)	742	(59.4)	37	(2.8)	2423	(197.5)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	984	(98.5)	134	(17.0)	14	(2.1)	922	(156.5)	270	(35.5)	29	(4.8)	1044	(148.7)
20 and over.....	2071	56	(1.6)	2081	(146.4)	436	(60.8)	21	(2.6)	1766	(157.4)	780	(102.7)	44	(3.3)	2481	(274.7)
2 and over...	3155	54	(1.4)	1798	(105.9)	358	(45.6)	20	(2.3)	1567	(114.1)	659	(78.7)	42	(3.1)	2071	(195.4)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1476	(175.1)	303	(61.5)	21	(5.0)	1538	(152.0)	605	(99.4)	39	(7.5)	1414	(302.0)
20 and over.....	841	52	(2.4)	3363	(259.2)	577	(91.9)	17	(2.1)	3164	(407.7)	1099	(153.8)	35	(3.4)	3582	(328.1)
2 and over...	1168	52	(2.0)	3002	(214.5)	524	(73.5)	17	(1.9)	2864	(334.9)	1008	(125.4)	35	(3.0)	3150	(280.1)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1010	(77.6)	205	(20.9)	20	(2.2)	1048	(115.5)	391	(34.0)	37	(4.4)	968	(66.7)
20 and over.....	1669	56	(2.2)	2234	(188.2)	571	(80.0)	26	(2.2)	2110	(204.5)	1023	(136.6)	49	(3.7)	2392	(288.4)
2 and over...	2616	55	(1.8)	1843	(133.9)	454	(56.0)	25	(1.9)	1784	(162.1)	830	(101.0)	46	(3.3)	1913	(177.6)

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.**

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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from 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.....	1348	48	(2.3)	4434	(324.5)	977	(138.0)	22	(3.7)	4336	(392.0)	2014	(259.5)	46	(5.2)	4527	(611.7)
20 and over.....	2758	55	(2.5)	4721	(213.5)	1354	(76.0)	29	(1.7)	4855	(220.9)	2480	(131.5)	51	(2.2)	4560	(271.5)
2 and over...	4106	53	(2.2)	4663	(171.5)	1278	(77.2)	27	(1.8)	4760	(199.7)	2394	(123.9)	50	(2.2)	4553	(237.1)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	4027	(344.2)	931	(113.5)	23	(2.8)	3957	(363.2)	1882	(225.2)	48	(4.8)	4096	(490.2)
20 and over.....	2071	56	(1.6)	4004	(243.1)	1263	(113.6)	32	(2.6)	4232	(332.3)	2260	(185.0)	53	(3.8)	3714	(383.7)
2 and over...	3155	54	(1.4)	4010	(188.1)	1178	(90.0)	29	(2.4)	4167	(232.0)	2171	(150.1)	52	(3.4)	3823	(337.7)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	4938	(668.4)	1239	(221.2)	25	(4.6)	4668	(723.8)	2472	(417.3)	53	(7.6)	5208	(796.5)
20 and over.....	841	52	(2.4)	4727	(400.7)	1181	(150.5)	25	(2.7)	4768	(498.7)	2251	(255.2)	47	(4.9)	4682	(457.2)
2 and over...	1168	52	(2.0)	4767	(408.0)	1192	(136.4)	25	(2.2)	4749	(496.6)	2291	(218.4)	48	(3.8)	4787	(456.6)
Hispanic:																	
2 - 19.....	947	52	(2.4)	4463	(282.4)	1308	(128.3)	29	(2.3)	4336	(380.4)	2496	(184.0)	58	(3.0)	4603	(390.7)
20 and over.....	1669	56	(2.2)	5706	(465.5)	1623	(231.5)	28	(3.2)	5819	(604.0)	2910	(348.3)	50	(4.2)	5563	(521.9)
2 and over...	2616	55	(1.8)	5308	(364.9)	1522	(177.5)	29	(2.6)	5364	(487.4)	2783	(273.3)	52	(3.1)	5240	(406.0)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	1.51	(0.025)	0.28	(0.023)	19	(1.4)	1.65	(0.043)	0.58	(0.031)	35	(1.8)	1.39	(0.038)
20 and over.....	2758	55	(2.5)	1.57	(0.020)	0.38	(0.019)	24	(1.2)	1.62	(0.028)	0.70	(0.014)	43	(0.9)	1.52	(0.038)
2 and over...	4106	53	(2.2)	1.56	(0.017)	0.36	(0.018)	23	(1.1)	1.62	(0.023)	0.68	(0.013)	42	(0.7)	1.49	(0.031)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1.36	(0.032)	0.28	(0.016)	21	(1.1)	1.42	(0.040)	0.58	(0.029)	41	(1.5)	1.30	(0.045)
20 and over.....	2071	56	(1.6)	1.46	(0.028)	0.41	(0.020)	28	(1.2)	1.54	(0.033)	0.74	(0.028)	48	(1.6)	1.35	(0.045)
2 and over...	3155	54	(1.4)	1.43	(0.021)	0.38	(0.017)	26	(1.1)	1.51	(0.029)	0.70	(0.025)	46	(1.5)	1.34	(0.033)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1.51	(0.026)	0.29	(0.030)	19	(2.1)	1.53	(0.047)	0.57	(0.035)	37	(1.8)	1.48	(0.043)
20 and over.....	841	52	(2.4)	1.64	(0.072)	0.36	(0.021)	22	(1.5)	1.60	(0.048)	0.68	(0.045)	42	(2.3)	1.69	(0.152)
2 and over...	1168	52	(2.0)	1.62	(0.061)	0.34	(0.017)	21	(1.2)	1.59	(0.039)	0.66	(0.037)	41	(1.9)	1.65	(0.124)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1.52	(0.051)	0.35	(0.033)	23	(2.2)	1.62	(0.075)	0.67	(0.051)	41	(2.8)	1.41	(0.056)
20 and over.....	1669	56	(2.2)	1.63	(0.034)	0.44	(0.026)	27	(1.6)	1.70	(0.047)	0.80	(0.040)	47	(1.7)	1.54	(0.053)
2 and over...	2616	55	(1.8)	1.59	(0.029)	0.41	(0.023)	26	(1.5)	1.68	(0.041)	0.76	(0.037)	45	(1.7)	1.49	(0.041)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	1.84	(0.039)	0.33	(0.034)	18	(1.6)	2.01	(0.051)	0.67	(0.049)	34	(2.0)	1.68	(0.048)
20 and over.....	2758	55	(2.5)	2.18	(0.035)	0.45	(0.024)	21	(1.1)	2.19	(0.024)	0.82	(0.024)	38	(1.1)	2.16	(0.068)
2 and over...	4106	53	(2.2)	2.11	(0.028)	0.42	(0.022)	20	(1.1)	2.16	(0.021)	0.80	(0.022)	37	(0.9)	2.05	(0.054)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1.50	(0.036)	0.28	(0.014)	19	(0.8)	1.53	(0.048)	0.57	(0.025)	37	(1.3)	1.47	(0.050)
20 and over.....	2071	56	(1.6)	1.67	(0.032)	0.43	(0.019)	26	(1.1)	1.75	(0.047)	0.78	(0.024)	44	(1.5)	1.57	(0.053)
2 and over...	3155	54	(1.4)	1.63	(0.024)	0.39	(0.014)	24	(0.9)	1.70	(0.039)	0.73	(0.017)	43	(1.2)	1.54	(0.037)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1.60	(0.043)	0.28	(0.027)	18	(1.7)	1.66	(0.073)	0.56	(0.034)	34	(1.6)	1.54	(0.061)
20 and over.....	841	52	(2.4)	1.77	(0.041)	0.39	(0.021)	22	(1.0)	1.82	(0.072)	0.74	(0.035)	41	(1.4)	1.72	(0.113)
2 and over...	1168	52	(2.0)	1.74	(0.041)	0.37	(0.019)	21	(0.9)	1.79	(0.058)	0.71	(0.030)	39	(1.3)	1.69	(0.092)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1.77	(0.054)	0.35	(0.027)	20	(1.7)	1.87	(0.088)	0.67	(0.031)	36	(2.2)	1.66	(0.053)
20 and over.....	1669	56	(2.2)	2.02	(0.047)	0.47	(0.025)	23	(1.0)	2.12	(0.077)	0.85	(0.037)	40	(1.0)	1.89	(0.049)
2 and over...	2616	55	(1.8)	1.94	(0.037)	0.43	(0.022)	22	(1.0)	2.05	(0.065)	0.79	(0.030)	39	(0.9)	1.82	(0.037)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	21.7	(0.65)	4.6	(0.40)	21	(1.5)	24.3	(1.14)	9.6	(0.58)	39	(1.5)	19.2	(0.73)
20 and over.....	2758	55	(2.5)	25.8	(0.53)	6.3	(0.32)	24	(1.1)	26.8	(0.50)	11.6	(0.24)	43	(1.1)	24.6	(0.82)
2 and over...	4106	53	(2.2)	25.0	(0.49)	6.0	(0.30)	24	(1.0)	26.3	(0.54)	11.2	(0.22)	43	(0.9)	23.4	(0.65)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	20.7	(0.39)	5.2	(0.23)	25	(0.9)	22.5	(0.62)	10.5	(0.36)	47	(1.2)	18.9	(0.40)
20 and over.....	2071	56	(1.6)	24.5	(0.34)	7.4	(0.38)	30	(1.6)	26.1	(0.42)	13.3	(0.54)	51	(1.9)	22.4	(0.74)
2 and over...	3155	54	(1.4)	23.5	(0.27)	6.8	(0.29)	29	(1.3)	25.2	(0.34)	12.6	(0.39)	50	(1.5)	21.4	(0.54)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	19.5	(0.43)	4.7	(0.48)	24	(2.3)	20.5	(0.84)	9.4	(0.62)	46	(1.6)	18.6	(0.64)
20 and over.....	841	52	(2.4)	24.2	(0.95)	6.2	(0.48)	26	(1.8)	25.2	(1.15)	11.8	(0.89)	47	(2.6)	23.0	(1.51)
2 and over...	1168	52	(2.0)	23.3	(0.86)	5.9	(0.44)	25	(1.7)	24.3	(1.01)	11.4	(0.80)	47	(2.3)	22.2	(1.25)
Hispanic:																	
2 - 19.....	947	52	(2.4)	20.7	(0.48)	5.7	(0.45)	28	(2.1)	22.9	(0.74)	11.0	(0.58)	48	(2.3)	18.2	(0.61)
20 and over.....	1669	56	(2.2)	27.2	(0.68)	7.6	(0.50)	28	(1.5)	29.2	(1.10)	13.6	(0.74)	47	(1.6)	24.7	(0.80)
2 and over...	2616	55	(1.8)	25.1	(0.45)	7.0	(0.41)	28	(1.3)	27.2	(0.75)	12.8	(0.59)	47	(1.4)	22.5	(0.49)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin B6

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	1.74	(0.069)	0.27	(0.028)	16	(1.4)	1.91	(0.111)	0.56	(0.048)	29	(1.9)	1.57	(0.070)
20 and over.....	2758	55	(2.5)	2.15	(0.062)	0.41	(0.024)	19	(1.0)	2.18	(0.087)	0.74	(0.019)	34	(1.5)	2.12	(0.064)
2 and over...	4106	53	(2.2)	2.07	(0.057)	0.38	(0.022)	18	(0.8)	2.13	(0.081)	0.71	(0.020)	33	(1.2)	2.00	(0.056)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1.51	(0.043)	0.28	(0.015)	19	(0.8)	1.54	(0.062)	0.57	(0.027)	37	(1.2)	1.48	(0.042)
20 and over.....	2071	56	(1.6)	1.90	(0.039)	0.45	(0.023)	24	(1.4)	1.96	(0.054)	0.81	(0.030)	41	(1.9)	1.82	(0.083)
2 and over...	3155	54	(1.4)	1.80	(0.034)	0.41	(0.017)	23	(1.1)	1.86	(0.041)	0.76	(0.020)	41	(1.5)	1.72	(0.061)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1.56	(0.035)	0.28	(0.025)	18	(1.7)	1.55	(0.067)	0.56	(0.031)	36	(1.9)	1.57	(0.056)
20 and over.....	841	52	(2.4)	2.02	(0.089)	0.41	(0.036)	20	(1.5)	2.02	(0.100)	0.77	(0.063)	38	(2.4)	2.03	(0.150)
2 and over...	1168	52	(2.0)	1.94	(0.082)	0.38	(0.032)	20	(1.4)	1.93	(0.088)	0.73	(0.057)	38	(2.1)	1.94	(0.124)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1.67	(0.050)	0.33	(0.029)	20	(1.8)	1.75	(0.087)	0.62	(0.040)	36	(2.4)	1.59	(0.051)
20 and over.....	1669	56	(2.2)	2.31	(0.057)	0.49	(0.026)	21	(1.1)	2.39	(0.104)	0.89	(0.038)	37	(1.3)	2.20	(0.095)
2 and over...	2616	55	(1.8)	2.10	(0.033)	0.44	(0.022)	21	(0.9)	2.19	(0.070)	0.81	(0.032)	37	(1.1)	2.00	(0.057)

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.**

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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	467	(10.8)	80	(6.6)	17	(1.4)	499	(22.7)	164	(9.9)	33	(1.7)	436	(14.4)
20 and over.....	2758	55	(2.5)	475	(7.2)	113	(6.8)	24	(1.3)	491	(10.5)	207	(6.7)	42	(1.3)	455	(10.8)
2 and over...	4106	53	(2.2)	473	(6.3)	106	(6.2)	22	(1.2)	493	(9.9)	199	(6.4)	40	(1.2)	451	(9.3)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	423	(9.4)	81	(5.9)	19	(1.3)	431	(15.8)	163	(11.4)	38	(2.0)	414	(19.9)
20 and over.....	2071	56	(1.6)	438	(10.8)	117	(6.5)	27	(1.3)	460	(14.0)	210	(10.2)	46	(1.9)	410	(12.1)
2 and over...	3155	54	(1.4)	434	(8.5)	108	(5.8)	25	(1.2)	453	(12.9)	199	(9.6)	44	(1.8)	411	(9.4)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	500	(19.8)	96	(8.7)	19	(1.9)	508	(20.0)	192	(10.6)	38	(1.7)	491	(33.3)
20 and over.....	841	52	(2.4)	538	(25.7)	102	(6.8)	19	(1.5)	502	(10.3)	194	(11.3)	39	(2.5)	577	(54.3)
2 and over...	1168	52	(2.0)	530	(22.6)	101	(5.6)	19	(1.3)	503	(8.6)	193	(8.3)	38	(1.9)	559	(46.8)
Hispanic:																	
2 - 19.....	947	52	(2.4)	481	(19.7)	101	(7.0)	21	(1.8)	506	(29.1)	194	(8.8)	38	(2.6)	454	(21.2)
20 and over.....	1669	56	(2.2)	509	(10.2)	133	(9.0)	26	(1.8)	529	(15.3)	239	(12.6)	45	(1.8)	485	(17.2)
2 and over...	2616	55	(1.8)	500	(9.6)	123	(7.2)	25	(1.5)	522	(13.4)	225	(9.7)	43	(1.7)	474	(13.7)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l i n e

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	246	(7.6)	49	(4.4)	20	(1.5)	273	(11.2)	101	(6.4)	37	(1.8)	221	(6.9)
20 and over.....	2758	55	(2.5)	333	(5.6)	83	(4.0)	25	(1.3)	338	(6.2)	152	(4.6)	45	(1.1)	328	(10.7)
2 and over...	4106	53	(2.2)	316	(4.1)	76	(3.6)	24	(1.1)	326	(6.1)	142	(3.9)	44	(0.9)	304	(7.8)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	228	(8.9)	53	(2.6)	23	(1.0)	239	(9.9)	108	(4.1)	45	(1.8)	217	(10.7)
20 and over.....	2071	56	(1.6)	311	(7.8)	92	(4.4)	29	(1.4)	325	(9.6)	164	(5.8)	50	(1.9)	293	(10.0)
2 and over...	3155	54	(1.4)	290	(7.1)	82	(3.3)	28	(1.2)	305	(9.0)	151	(4.2)	49	(1.6)	271	(7.9)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	255	(5.5)	48	(5.6)	19	(2.1)	275	(11.4)	97	(8.3)	35	(3.7)	235	(11.6)
20 and over.....	841	52	(2.4)	327	(6.9)	76	(5.9)	23	(1.7)	345	(14.8)	145	(11.2)	42	(2.5)	308	(16.6)
2 and over...	1168	52	(2.0)	314	(6.4)	71	(5.5)	23	(1.6)	332	(12.4)	136	(10.6)	41	(2.3)	293	(11.4)
Hispanic:																	
2 - 19.....	947	52	(2.4)	262	(7.7)	61	(4.9)	23	(2.1)	280	(10.6)	117	(5.8)	42	(2.5)	244	(9.7)
20 and over.....	1669	56	(2.2)	371	(9.5)	98	(5.7)	26	(1.4)	387	(12.2)	176	(8.2)	45	(1.5)	352	(12.5)
2 and over...	2616	55	(1.8)	336	(6.7)	86	(4.5)	26	(1.2)	354	(9.4)	158	(6.3)	45	(1.3)	315	(8.4)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	4.32	(0.106)	0.62	(0.049)	14	(1.0)	4.66	(0.117)	1.28	(0.079)	28	(1.6)	4.00	(0.171)
20 and over.....	2758	55	(2.5)	4.83	(0.145)	0.97	(0.052)	20	(1.1)	4.83	(0.155)	1.78	(0.047)	37	(1.2)	4.84	(0.216)
2 and over...	4106	53	(2.2)	4.73	(0.123)	0.90	(0.046)	19	(0.9)	4.80	(0.124)	1.69	(0.044)	35	(1.0)	4.65	(0.187)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	3.69	(0.152)	0.67	(0.039)	18	(1.2)	3.63	(0.180)	1.36	(0.069)	37	(1.8)	3.74	(0.160)
20 and over.....	2071	56	(1.6)	4.25	(0.172)	1.11	(0.068)	26	(1.8)	4.45	(0.180)	1.99	(0.105)	45	(2.6)	3.99	(0.314)
2 and over...	3155	54	(1.4)	4.10	(0.120)	1.00	(0.052)	24	(1.5)	4.26	(0.146)	1.84	(0.082)	43	(2.1)	3.92	(0.230)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	3.84	(0.130)	0.62	(0.075)	16	(1.9)	3.85	(0.238)	1.25	(0.123)	32	(2.5)	3.83	(0.174)
20 and over.....	841	52	(2.4)	4.02	(0.185)	1.00	(0.132)	25	(2.9)	4.21	(0.286)	1.91	(0.240)	45	(4.1)	3.81	(0.366)
2 and over...	1168	52	(2.0)	3.98	(0.162)	0.93	(0.118)	23	(2.6)	4.14	(0.234)	1.79	(0.213)	43	(3.6)	3.81	(0.295)
Hispanic:																	
2 - 19.....	947	52	(2.4)	4.48	(0.184)	0.83	(0.098)	19	(2.0)	4.67	(0.277)	1.59	(0.140)	34	(2.6)	4.27	(0.179)
20 and over.....	1669	56	(2.2)	4.91	(0.164)	1.25	(0.086)	26	(1.5)	5.20	(0.208)	2.25	(0.128)	43	(1.5)	4.54	(0.241)
2 and over...	2616	55	(1.8)	4.77	(0.130)	1.12	(0.069)	23	(1.1)	5.04	(0.167)	2.05	(0.101)	41	(1.1)	4.45	(0.186)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin C

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake mg	(SE)	*All Individuals* [2] Intake from All Restaurants mg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants mg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	67.6	(3.85)	6.2	(0.69)	9	(1.0)	71.8	(6.95)	12.8	(1.27)	18	(1.9)	63.7	(3.32)
20 and over.....	2758	55	(2.5)	72.9	(2.69)	10.3	(0.89)	14	(1.0)	69.8	(4.00)	18.8	(1.53)	27	(1.4)	76.6	(3.13)
2 and over...	4106	53	(2.2)	71.8	(2.49)	9.4	(0.75)	13	(0.8)	70.2	(4.07)	17.7	(1.33)	25	(1.3)	73.7	(2.62)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	77.2	(3.70)	6.2	(0.93)	8	(1.1)	75.3	(5.82)	12.5	(1.82)	17	(1.9)	79.2	(4.18)
20 and over.....	2071	56	(1.6)	78.1	(3.31)	12.3	(0.85)	16	(1.2)	75.9	(3.96)	21.9	(1.40)	29	(2.0)	80.8	(4.97)
2 and over...	3155	54	(1.4)	77.9	(2.71)	10.7	(0.63)	14	(0.9)	75.8	(3.35)	19.7	(1.01)	26	(1.6)	80.3	(3.83)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	68.1	(6.40)	9.3	(1.79)	14	(3.3)	72.6	(4.97)	18.7	(2.97)	26	(4.4)	63.5	(12.05)
20 and over.....	841	52	(2.4)	96.5	(5.32)	11.1	(1.58)	12	(1.6)	91.8	(6.77)	21.2	(3.02)	23	(2.9)	101.6	(5.77)
2 and over...	1168	52	(2.0)	91.0	(5.13)	10.8	(1.36)	12	(1.5)	88.3	(5.63)	20.8	(2.67)	24	(2.7)	94.0	(5.98)
Hispanic:																	
2 - 19.....	947	52	(2.4)	78.5	(3.12)	8.1	(0.82)	10	(1.1)	71.6	(3.33)	15.4	(1.21)	22	(1.6)	86.0	(4.21)
20 and over.....	1669	56	(2.2)	89.3	(3.32)	14.8	(1.65)	17	(1.6)	84.2	(3.57)	26.5	(2.56)	31	(2.4)	95.8	(5.19)
2 and over...	2616	55	(1.8)	85.8	(2.49)	12.6	(1.18)	15	(1.2)	80.3	(2.61)	23.1	(1.91)	29	(1.8)	92.5	(3.92)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin D

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	Intake from All Restaurants µg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	4.9	(0.10)	0.4	(0.04)	8	(0.9)	4.7	(0.24)	0.8	(0.07)	16	(1.6)	5.0	(0.25)
20 and over.....	2758	55	(2.5)	4.3	(0.17)	0.6	(0.04)	15	(1.3)	3.9	(0.12)	1.2	(0.06)	30	(1.2)	4.7	(0.28)
2 and over...	4106	53	(2.2)	4.4	(0.14)	0.6	(0.03)	13	(1.0)	4.1	(0.11)	1.1	(0.05)	27	(1.1)	4.8	(0.22)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	3.8	(0.15)	0.3	(0.02)	8	(0.4)	3.3	(0.18)	0.6	(0.04)	17	(0.9)	4.2	(0.19)
20 and over.....	2071	56	(1.6)	3.9	(0.15)	0.7	(0.06)	19	(1.6)	3.9	(0.22)	1.3	(0.10)	33	(2.7)	3.8	(0.24)
2 and over...	3155	54	(1.4)	3.8	(0.11)	0.6	(0.05)	16	(1.2)	3.8	(0.16)	1.1	(0.07)	30	(2.2)	3.9	(0.16)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	4.8	(0.22)	0.3	(0.03)	7*	(0.8)	4.5	(0.38)	0.6	(0.05)	14	(1.1)	5.0	(0.44)
20 and over.....	841	52	(2.4)	5.1	(0.35)	1.0	(0.22)	20	(3.7)	5.1	(0.46)	2.0	(0.40)	39	(5.2)	5.2	(0.58)
2 and over...	1168	52	(2.0)	5.1	(0.29)	0.9	(0.19)	18	(3.2)	5.0	(0.39)	1.7	(0.33)	35	(4.6)	5.2	(0.44)
Hispanic:																	
2 - 19.....	947	52	(2.4)	5.2	(0.26)	0.4	(0.05)	7	(0.9)	5.0	(0.41)	0.7	(0.08)	14	(1.6)	5.5	(0.26)
20 and over.....	1669	56	(2.2)	4.5	(0.19)	0.7	(0.06)	16	(1.5)	4.1	(0.19)	1.3	(0.12)	32	(2.5)	5.1	(0.39)
2 and over...	2616	55	(1.8)	4.8	(0.13)	0.6	(0.04)	13	(1.0)	4.4	(0.18)	1.1	(0.08)	26	(1.6)	5.2	(0.27)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	8.2	(0.49)	1.5	(0.13)	18	(1.7)	9.1	(0.89)	3.1	(0.19)	34	(3.1)	7.4	(0.55)
20 and over.....	2758	55	(2.5)	9.5	(0.21)	2.0	(0.12)	22	(1.2)	9.6	(0.25)	3.7	(0.12)	39	(1.4)	9.3	(0.30)
2 and over...	4106	53	(2.2)	9.2	(0.23)	1.9	(0.11)	21	(1.0)	9.5	(0.33)	3.6	(0.10)	38	(1.3)	8.9	(0.27)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	7.3	(0.17)	1.6	(0.10)	21	(1.4)	7.9	(0.14)	3.2	(0.18)	40	(2.2)	6.7	(0.31)
20 and over.....	2071	56	(1.6)	8.9	(0.18)	2.4	(0.12)	27	(1.1)	9.7	(0.29)	4.4	(0.14)	45	(1.1)	7.9	(0.28)
2 and over...	3155	54	(1.4)	8.5	(0.12)	2.2	(0.10)	26	(1.0)	9.3	(0.22)	4.1	(0.12)	44	(0.9)	7.5	(0.23)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	7.2	(0.24)	1.6	(0.16)	22	(2.1)	7.7	(0.43)	3.1	(0.23)	40	(2.4)	6.7	(0.25)
20 and over.....	841	52	(2.4)	8.5	(0.26)	1.8	(0.14)	21	(1.6)	8.8	(0.32)	3.5	(0.19)	39	(2.1)	8.2	(0.36)
2 and over...	1168	52	(2.0)	8.3	(0.23)	1.8	(0.12)	21	(1.4)	8.6	(0.28)	3.4	(0.16)	39	(1.8)	7.9	(0.29)
Hispanic:																	
2 - 19.....	947	52	(2.4)	7.2	(0.19)	1.7	(0.12)	23	(1.5)	7.9	(0.24)	3.2	(0.16)	41	(1.8)	6.4	(0.31)
20 and over.....	1669	56	(2.2)	9.4	(0.29)	2.4	(0.16)	26	(1.5)	9.7	(0.33)	4.4	(0.21)	45	(1.4)	9.1	(0.49)
2 and over...	2616	55	(1.8)	8.7	(0.22)	2.2	(0.12)	25	(1.1)	9.2	(0.24)	4.0	(0.17)	44	(1.1)	8.2	(0.34)

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-March 2020 Prepandemic *(continued)*

Vitamin K

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	*All Individuals* [2] Total Intake µg	(SE)	*All Individuals* [2] Intake from All Restaurants µg	(SE)	*All Individuals* [2] Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake µg	(SE)	*All Restaurant Consumers* [3] Intake from All Restaurants µg	(SE)	*All Restaurant Consumers* [3] Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake µg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	74.5	(6.25)	16.6	(1.61)	22	(1.8)	88.4	(10.32)	34.1	(2.90)	39	(4.2)	61.4	(4.65)
20 and over.....	2758	55	(2.5)	126.8	(8.56)	31.6	(2.36)	25	(1.9)	124.4	(10.45)	57.9	(3.22)	47	(3.5)	129.7	(8.97)
2 and over...	4106	53	(2.2)	116.2	(7.56)	28.6	(2.04)	25	(1.7)	117.8	(9.57)	53.6	(2.80)	45	(3.2)	114.4	(7.23)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	75.5	(4.79)	15.1	(0.91)	20	(1.9)	71.0	(3.88)	30.6	(2.14)	43	(2.3)	80.0	(10.06)
20 and over.....	2071	56	(1.6)	128.9	(5.49)	35.5	(3.62)	28	(2.6)	121.9	(6.77)	63.5	(5.87)	52	(3.5)	137.7	(8.25)
2 and over...	3155	54	(1.4)	115.1	(4.38)	30.2	(2.62)	26	(2.3)	109.9	(5.20)	55.8	(4.23)	51	(2.9)	121.3	(6.59)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	76.0	(6.71)	19.6	(2.66)	26	(3.7)	85.7	(8.52)	39.1	(4.01)	46	(5.8)	66.3	(7.99)
20 and over.....	841	52	(2.4)	149.3	(9.77)	33.4	(5.70)	22	(3.6)	144.5	(14.25)	63.5	(10.09)	44	(4.1)	154.7	(12.57)
2 and over...	1168	52	(2.0)	135.3	(9.00)	30.7	(4.69)	23	(3.3)	133.7	(12.00)	59.0	(8.23)	44	(3.7)	137.1	(11.00)
Hispanic:																	
2 - 19.....	947	52	(2.4)	64.0	(2.21)	18.7	(1.46)	29	(2.2)	71.6	(3.29)	35.7	(1.97)	50	(2.3)	55.7	(3.07)
20 and over.....	1669	56	(2.2)	118.2	(6.24)	34.6	(2.61)	29	(1.9)	122.9	(7.95)	62.0	(3.70)	50	(2.8)	112.3	(7.73)
2 and over...	2616	55	(1.8)	100.9	(4.56)	29.5	(1.92)	29	(1.7)	107.2	(6.02)	54.0	(2.84)	50	(2.2)	93.3	(5.27)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	1020	(13.3)	157	(11.0)	15	(1.0)	1042	(25.8)	324	(14.1)	31	(1.2)	998	(28.8)
20 and over.....	2758	55	(2.5)	971	(14.6)	210	(11.0)	22	(1.2)	996	(21.3)	384	(8.9)	39	(0.8)	942	(22.2)
2 and over...	4106	53	(2.2)	981	(11.4)	199	(9.4)	20	(1.0)	1004	(17.6)	373	(8.0)	37	(0.8)	955	(18.4)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	795	(22.8)	138	(8.5)	17	(1.0)	799	(34.8)	279	(17.3)	35	(1.3)	792	(39.1)
20 and over.....	2071	56	(1.6)	826	(17.0)	205	(10.6)	25	(1.1)	875	(23.0)	366	(15.9)	42	(1.8)	765	(19.8)
2 and over...	3155	54	(1.4)	818	(12.7)	188	(8.8)	23	(1.0)	857	(20.6)	346	(14.3)	40	(1.6)	773	(13.2)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	868	(32.8)	148	(13.8)	17	(1.7)	902	(50.7)	296	(17.1)	33	(2.0)	834	(41.9)
20 and over.....	841	52	(2.4)	802	(19.8)	162	(12.2)	20	(1.3)	833	(32.7)	308	(20.3)	37	(1.8)	767	(38.5)
2 and over...	1168	52	(2.0)	814	(18.6)	159	(9.8)	20	(1.1)	846	(27.2)	306	(15.0)	36	(1.6)	780	(30.6)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1001	(30.1)	180	(17.2)	18	(1.8)	1023	(47.8)	344	(23.0)	34	(2.2)	977	(28.6)
20 and over.....	1669	56	(2.2)	971	(21.8)	228	(15.5)	24	(1.6)	1004	(29.7)	409	(23.6)	41	(1.7)	929	(35.3)
2 and over...	2616	55	(1.8)	980	(19.3)	213	(14.1)	22	(1.4)	1010	(26.9)	389	(20.1)	39	(1.5)	945	(29.4)

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.**

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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Race/ethnicity and age (years)	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	1294	(41.5)	252	(19.9)	19	(1.3)	1417	(63.1)	520	(25.9)	37	(1.6)	1179	(33.2)
20 and over.....	2758	55	(2.5)	1379	(15.1)	341	(18.1)	25	(1.3)	1411	(22.3)	624	(13.3)	44	(1.0)	1340	(27.5)
2 and over...	4106	53	(2.2)	1362	(15.5)	323	(16.2)	24	(1.1)	1412	(23.3)	605	(11.6)	43	(0.8)	1304	(22.2)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1108	(24.5)	263	(11.4)	24	(0.9)	1184	(32.6)	531	(13.8)	45	(1.1)	1034	(30.7)
20 and over.....	2071	56	(1.6)	1237	(21.0)	379	(18.5)	31	(1.5)	1325	(29.8)	678	(25.6)	51	(1.9)	1125	(34.1)
2 and over...	3155	54	(1.4)	1204	(16.3)	349	(14.7)	29	(1.2)	1292	(25.3)	643	(18.8)	50	(1.6)	1099	(24.1)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1186	(23.8)	248	(24.0)	21	(2.0)	1210	(46.9)	495	(27.5)	41	(1.9)	1163	(27.9)
20 and over.....	841	52	(2.4)	1287	(28.5)	306	(21.5)	24	(1.4)	1350	(46.3)	583	(34.7)	43	(2.0)	1217	(53.1)
2 and over...	1168	52	(2.0)	1268	(26.4)	295	(19.0)	23	(1.3)	1324	(38.4)	567	(30.2)	43	(1.8)	1206	(40.7)
Hispanic:																	
2 - 19.....	947	52	(2.4)	1254	(30.6)	300	(24.1)	24	(2.0)	1340	(49.7)	572	(28.2)	43	(2.2)	1160	(33.9)
20 and over.....	1669	56	(2.2)	1440	(28.5)	402	(24.5)	28	(1.6)	1520	(43.1)	722	(34.6)	47	(1.6)	1340	(37.2)
2 and over...	2616	55	(1.8)	1381	(22.4)	370	(20.7)	27	(1.4)	1464	(36.9)	676	(28.1)	46	(1.4)	1280	(28.1)

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.**

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-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Race/ethnicity and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	241	(5.8)	39	(3.1)	16	(1.1)	254	(10.4)	79	(4.2)	31	(1.4)	228	(5.9)
20 and over.....	2758	55	(2.5)	304	(3.9)	59	(3.1)	19	(1.0)	303	(5.8)	108	(2.3)	35	(0.9)	305	(6.3)
2 and over...	4106	53	(2.2)	291	(3.8)	55	(2.7)	19	(0.9)	294	(6.2)	103	(2.1)	35	(0.8)	288	(5.5)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	206	(4.0)	37	(1.5)	18	(0.7)	216	(5.2)	75	(1.9)	35	(1.2)	196	(4.9)
20 and over.....	2071	56	(1.6)	261	(4.5)	59	(2.7)	23	(1.0)	265	(5.8)	105	(3.6)	40	(1.5)	257	(7.5)
2 and over...	3155	54	(1.4)	247	(3.8)	53	(2.2)	22	(0.9)	253	(5.0)	98	(2.8)	39	(1.2)	239	(5.3)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	239	(6.9)	39	(3.6)	16	(1.7)	236	(8.2)	78	(3.8)	33	(1.8)	243	(8.0)
20 and over.....	841	52	(2.4)	319	(8.0)	56	(4.0)	18	(1.1)	318	(9.0)	107	(5.6)	34	(1.6)	321	(11.8)
2 and over...	1168	52	(2.0)	304	(7.3)	53	(3.5)	17	(1.0)	303	(8.0)	101	(4.9)	34	(1.4)	306	(10.1)
Hispanic:																	
2 - 19.....	947	52	(2.4)	239	(5.2)	47	(3.7)	20	(1.6)	248	(9.5)	90	(4.4)	36	(1.8)	228	(6.5)
20 and over.....	1669	56	(2.2)	321	(7.0)	67	(3.7)	21	(1.1)	324	(9.1)	120	(5.2)	37	(1.2)	318	(9.4)
2 and over...	2616	55	(1.8)	295	(4.8)	61	(3.1)	21	(1.0)	301	(6.8)	111	(4.2)	37	(1.1)	288	(6.5)

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.**

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-March 2020 Prepandemic *(continued)*

I r o n

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from 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.....	1348	48	(2.3)	13.2	(0.33)	2.2	(0.17)	17	(1.2)	14.2	(0.57)	4.5	(0.24)	32	(1.4)	12.2	(0.46)
20 and over.....	2758	55	(2.5)	13.8	(0.17)	3.1	(0.19)	23	(1.3)	13.8	(0.27)	5.7	(0.15)	41	(1.0)	13.7	(0.28)
2 and over...	4106	53	(2.2)	13.7	(0.15)	2.9	(0.17)	21	(1.2)	13.9	(0.26)	5.5	(0.15)	39	(0.9)	13.4	(0.26)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	12.4	(0.28)	2.2	(0.11)	18	(0.9)	12.5	(0.28)	4.5	(0.19)	36	(1.5)	12.2	(0.48)
20 and over.....	2071	56	(1.6)	12.7	(0.29)	3.3	(0.17)	26	(1.2)	13.3	(0.34)	5.9	(0.25)	44	(1.7)	11.9	(0.37)
2 and over...	3155	54	(1.4)	12.6	(0.22)	3.0	(0.14)	24	(1.0)	13.1	(0.26)	5.5	(0.21)	42	(1.4)	12.0	(0.27)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	13.0	(0.58)	2.4	(0.20)	18	(1.9)	13.5	(0.71)	4.7	(0.22)	35	(2.1)	12.5	(0.74)
20 and over.....	841	52	(2.4)	14.0	(0.60)	2.8	(0.17)	20	(1.3)	13.2	(0.31)	5.3	(0.30)	40	(2.0)	14.8	(1.38)
2 and over...	1168	52	(2.0)	13.8	(0.53)	2.7	(0.14)	20	(1.2)	13.3	(0.26)	5.2	(0.25)	39	(1.8)	14.3	(1.17)
Hispanic:																	
2 - 19.....	947	52	(2.4)	13.5	(0.51)	2.7	(0.22)	20	(1.9)	14.2	(0.80)	5.2	(0.27)	36	(2.8)	12.8	(0.43)
20 and over.....	1669	56	(2.2)	14.6	(0.28)	3.7	(0.23)	25	(1.5)	14.9	(0.40)	6.7	(0.32)	45	(1.6)	14.2	(0.43)
2 and over...	2616	55	(1.8)	14.2	(0.26)	3.4	(0.19)	24	(1.3)	14.7	(0.35)	6.2	(0.25)	42	(1.4)	13.7	(0.34)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	9.4	(0.26)	1.7	(0.13)	18	(1.1)	10.1	(0.45)	3.5	(0.20)	35	(1.8)	8.8	(0.29)
20 and over.....	2758	55	(2.5)	10.8	(0.14)	2.6	(0.17)	24	(1.4)	10.9	(0.16)	4.8	(0.13)	44	(1.0)	10.8	(0.25)
2 and over...	4106	53	(2.2)	10.5	(0.14)	2.4	(0.15)	23	(1.2)	10.7	(0.17)	4.5	(0.14)	42	(0.9)	10.3	(0.22)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	8.2	(0.21)	1.8	(0.08)	22	(1.0)	8.5	(0.23)	3.6	(0.14)	42	(1.4)	7.9	(0.31)
20 and over.....	2071	56	(1.6)	9.6	(0.18)	2.8	(0.13)	29	(1.3)	10.0	(0.23)	5.0	(0.19)	49	(1.7)	9.0	(0.28)
2 and over...	3155	54	(1.4)	9.2	(0.14)	2.5	(0.10)	27	(1.0)	9.7	(0.20)	4.6	(0.14)	48	(1.3)	8.7	(0.23)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	8.9	(0.24)	1.8	(0.20)	20	(2.4)	9.1	(0.35)	3.6	(0.29)	40	(2.6)	8.7	(0.35)
20 and over.....	841	52	(2.4)	10.0	(0.25)	2.3	(0.17)	23	(1.4)	10.2	(0.40)	4.4	(0.30)	43	(2.0)	9.8	(0.43)
2 and over...	1168	52	(2.0)	9.8	(0.24)	2.2	(0.15)	23	(1.2)	10.0	(0.37)	4.3	(0.28)	42	(1.8)	9.6	(0.37)
Hispanic:																	
2 - 19.....	947	52	(2.4)	9.2	(0.26)	2.2	(0.22)	24	(2.2)	9.7	(0.41)	4.3	(0.28)	44	(2.6)	8.7	(0.37)
20 and over.....	1669	56	(2.2)	11.6	(0.27)	3.3	(0.19)	28	(1.5)	12.3	(0.40)	5.9	(0.27)	48	(1.6)	10.7	(0.30)
2 and over...	2616	55	(1.8)	10.8	(0.20)	2.9	(0.16)	27	(1.3)	11.5	(0.31)	5.4	(0.21)	47	(1.2)	10.0	(0.25)

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.**

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-March 2020 Prepandemic *(continued)*

C o p p e r

Race/ethnicity and age (years)	Sample Size	*All Individuals* [2] Percent Reporting [5] %	(SE)	Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*All Restaurant Consumers* [3] Total Intake mg	(SE)	Intake from All Restaurants mg	(SE)	Percentages from [6] All Restaurants %	(SE)	*Non-consumers* [4] Total Intake mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	1.0	(0.05)	0.2	(0.01)	17	(1.3)	1.1	(0.09)	0.3	(0.02)	32	(2.3)	0.9	(0.03)
20 and over.....	2758	55	(2.5)	1.2	(0.02)	0.2	(0.01)	19	(1.1)	1.2	(0.03)	0.4	(0.01)	34	(1.1)	1.2	(0.02)
2 and over...	4106	53	(2.2)	1.2	(0.02)	0.2	(0.01)	18	(1.0)	1.2	(0.04)	0.4	(0.01)	34	(1.0)	1.1	(0.02)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	0.8	(0.02)	0.2	(0.01)	19	(0.7)	0.8	(0.02)	0.3	(0.01)	37	(1.0)	0.8	(0.03)
20 and over.....	2071	56	(1.6)	1.1	(0.03)	0.2	(0.01)	22	(1.1)	1.1	(0.03)	0.4	(0.02)	40	(1.5)	1.0	(0.06)
2 and over...	3155	54	(1.4)	1.0	(0.03)	0.2	(0.01)	22	(0.9)	1.0	(0.03)	0.4	(0.01)	39	(1.1)	1.0	(0.04)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	1.0	(0.04)	0.2	(0.01)	17	(1.6)	1.0	(0.04)	0.3	(0.01)	34	(1.5)	1.0	(0.06)
20 and over.....	841	52	(2.4)	1.4	(0.04)	0.2	(0.01)	16	(0.9)	1.3	(0.04)	0.4	(0.02)	33	(1.7)	1.4	(0.07)
2 and over...	1168	52	(2.0)	1.3	(0.04)	0.2	(0.01)	17	(0.9)	1.2	(0.04)	0.4	(0.02)	33	(1.5)	1.4	(0.06)
Hispanic:																	
2 - 19.....	947	52	(2.4)	0.9	(0.02)	0.2	(0.02)	22	(1.8)	0.9	(0.04)	0.4	(0.02)	39	(2.0)	0.8	(0.03)
20 and over.....	1669	56	(2.2)	1.2	(0.03)	0.3	(0.02)	21	(1.1)	1.3	(0.04)	0.5	(0.02)	37	(1.3)	1.2	(0.03)
2 and over...	2616	55	(1.8)	1.1	(0.02)	0.2	(0.01)	21	(1.0)	1.2	(0.03)	0.4	(0.02)	38	(1.0)	1.1	(0.03)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	94.1	(2.89)	21.1	(1.72)	22	(1.6)	104.3	(5.06)	43.4	(2.42)	42	(2.0)	84.5	(2.27)
20 and over.....	2758	55	(2.5)	110.0	(1.51)	30.3	(1.59)	28	(1.4)	113.3	(1.79)	55.4	(1.23)	49	(1.1)	106.0	(2.81)
2 and over...	4106	53	(2.2)	106.8	(1.46)	28.4	(1.47)	27	(1.3)	111.6	(2.17)	53.2	(1.17)	48	(1.0)	101.2	(2.17)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	93.6	(2.26)	23.5	(1.18)	25	(1.0)	100.9	(3.93)	47.6	(1.64)	47	(1.7)	86.4	(3.16)
20 and over.....	2071	56	(1.6)	108.2	(1.98)	35.7	(1.70)	33	(1.6)	113.7	(2.79)	63.9	(2.39)	56	(1.9)	101.4	(2.91)
2 and over...	3155	54	(1.4)	104.4	(1.60)	32.6	(1.35)	31	(1.3)	110.6	(2.19)	60.0	(1.81)	54	(1.2)	97.1	(2.57)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	95.2	(1.77)	22.4	(2.00)	24	(2.1)	99.5	(3.44)	44.7	(2.08)	45	(1.9)	90.8	(3.48)
20 and over.....	841	52	(2.4)	115.5	(3.52)	31.1	(2.34)	27	(1.8)	122.2	(5.84)	59.2	(4.42)	48	(2.8)	108.0	(4.69)
2 and over...	1168	52	(2.0)	111.6	(3.15)	29.4	(2.00)	26	(1.6)	118.0	(4.87)	56.6	(3.77)	48	(2.4)	104.6	(3.84)
Hispanic:																	
2 - 19.....	947	52	(2.4)	92.4	(2.00)	26.7	(2.26)	29	(2.4)	100.4	(3.00)	51.0	(2.96)	51	(2.4)	83.6	(2.73)
20 and over.....	1669	56	(2.2)	122.4	(3.15)	37.8	(2.32)	31	(1.7)	129.5	(4.06)	67.8	(3.43)	52	(1.8)	113.4	(4.16)
2 and over...	2616	55	(1.8)	112.8	(2.20)	34.3	(1.95)	30	(1.5)	120.6	(2.95)	62.7	(2.76)	52	(1.5)	103.4	(2.84)

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.**

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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Race/ethnicity and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	2104	(55.7)	379	(28.8)	18	(1.1)	2272	(88.4)	781	(40.0)	34	(1.4)	1946	(58.0)
20 and over.....	2758	55	(2.5)	2619	(34.1)	576	(29.8)	22	(1.2)	2597	(46.8)	1054	(25.5)	41	(0.9)	2645	(46.2)
2 and over...	4106	53	(2.2)	2515	(30.6)	536	(25.8)	21	(1.0)	2537	(49.8)	1004	(21.3)	40	(0.8)	2489	(38.1)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	1912	(47.5)	392	(18.4)	20	(0.9)	2017	(70.1)	791	(33.4)	39	(1.4)	1809	(48.2)
20 and over.....	2071	56	(1.6)	2269	(41.3)	605	(28.4)	27	(1.3)	2355	(54.1)	1083	(37.1)	46	(1.7)	2161	(61.1)
2 and over...	3155	54	(1.4)	2177	(37.2)	550	(22.4)	25	(1.1)	2275	(47.8)	1014	(27.9)	45	(1.4)	2060	(43.0)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	2093	(55.7)	385	(36.8)	18	(2.0)	2102	(87.1)	768	(45.9)	37	(2.3)	2084	(76.0)
20 and over.....	841	52	(2.4)	2716	(73.9)	524	(36.3)	19	(1.2)	2703	(84.7)	998	(54.3)	37	(1.8)	2730	(109.7)
2 and over...	1168	52	(2.0)	2597	(66.1)	497	(33.3)	19	(1.1)	2592	(77.7)	955	(50.6)	37	(1.6)	2601	(78.9)
Hispanic:																	
2 - 19.....	947	52	(2.4)	2147	(51.3)	469	(34.4)	22	(1.7)	2251	(90.4)	894	(39.0)	40	(1.9)	2032	(62.7)
20 and over.....	1669	56	(2.2)	2680	(50.7)	652	(38.0)	24	(1.3)	2687	(84.9)	1168	(55.6)	43	(1.3)	2671	(57.0)
2 and over...	2616	55	(1.8)	2509	(39.6)	593	(31.1)	24	(1.2)	2553	(69.0)	1084	(44.5)	42	(1.2)	2456	(38.0)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Race/ethnicity and age	Sample Size	Percent Reporting [5]		*All Individuals* [2] Total Intake		*All Individuals* [2] Intake from All Restaurants		*All Individuals* [2] Percentages from [6] All Restaurants		*All Restaurant Consumers* [3] Total Intake		*All Restaurant Consumers* [3] Intake from All Restaurants		*All Restaurant Consumers* [3] Percentages from [6] All Restaurants		*Non-consumers* [4] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Non-Hispanic White:																	
2 - 19.....	1348	48	(2.3)	3011	(91.2)	736	(65.2)	24	(1.7)	3368	(164.4)	1518	(94.7)	45	(1.4)	2675	(65.8)
20 and over.....	2758	55	(2.5)	3420	(42.4)	1026	(58.5)	30	(1.5)	3642	(61.2)	1878	(56.4)	52	(1.2)	3153	(64.0)
2 and over...	4106	53	(2.2)	3337	(43.2)	967	(52.5)	29	(1.4)	3592	(62.7)	1812	(46.7)	50	(1.0)	3046	(48.1)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	2976	(65.1)	818	(41.5)	27	(1.1)	3297	(82.6)	1653	(58.3)	50	(1.1)	2662	(91.4)
20 and over.....	2071	56	(1.6)	3358	(45.3)	1164	(54.9)	35	(1.6)	3699	(57.6)	2083	(76.0)	56	(1.8)	2925	(80.1)
2 and over...	3155	54	(1.4)	3259	(41.1)	1075	(45.2)	33	(1.4)	3604	(54.2)	1981	(59.6)	55	(1.5)	2850	(69.4)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	2914	(85.8)	771	(72.3)	26	(2.5)	3205	(96.9)	1540	(82.4)	48	(1.9)	2622	(126.1)
20 and over.....	841	52	(2.4)	3582	(100.8)	970	(70.7)	27	(1.8)	3815	(189.0)	1848	(124.3)	48	(2.9)	3325	(149.5)
2 and over...	1168	52	(2.0)	3454	(92.0)	932	(62.5)	27	(1.6)	3702	(168.5)	1791	(109.1)	48	(2.5)	3185	(120.0)
Hispanic:																	
2 - 19.....	947	52	(2.4)	2870	(43.8)	880	(69.8)	31	(2.4)	3253	(66.1)	1679	(81.3)	52	(2.3)	2448	(69.9)
20 and over.....	1669	56	(2.2)	3631	(81.1)	1255	(89.5)	35	(2.0)	4017	(124.0)	2250	(129.5)	56	(2.0)	3143	(92.3)
2 and over...	2616	55	(1.8)	3387	(58.1)	1135	(70.8)	34	(1.7)	3783	(92.6)	2075	(99.2)	55	(1.6)	2909	(68.5)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	32.0	(2.91)	9.4	(1.59)	29	(3.9)	42.8	(4.68)	19.4	(2.96)	45	(4.4)	22.0	(3.31)
20 and over.....	2758	55	(2.5)	203.7	(6.75)	34.9	(2.94)	17	(1.4)	203.1	(6.94)	63.9	(5.76)	31	(2.7)	204.5	(10.24)
2 and over...	4106	53	(2.2)	169.0	(5.61)	29.7	(2.36)	18	(1.4)	173.6	(6.38)	55.7	(4.57)	32	(2.5)	163.7	(8.23)
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	12.8	(1.00)	3.9	(0.75)	30	(4.2)	17.5	(1.95)	7.9	(1.46)	45	(5.6)	8.3	(1.09)
20 and over.....	2071	56	(1.6)	70.5	(2.97)	12.8	(1.30)	18	(1.8)	73.7	(3.41)	22.9	(2.23)	31	(2.4)	66.6	(4.51)
2 and over...	3155	54	(1.4)	55.6	(2.30)	10.5	(1.00)	19	(1.7)	60.4	(2.94)	19.4	(1.82)	32	(2.2)	50.0	(3.29)
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	16.5	(1.72)	3.7	(0.59)	23	(3.7)	18.8	(2.58)	7.5	(1.12)	40	(6.4)	14.1	(1.73)
20 and over.....	841	52	(2.4)	96.5	(4.86)	18.9	(1.90)	20	(1.9)	108.6	(5.91)	36.1	(2.69)	33	(2.3)	83.2	(5.77)
2 and over...	1168	52	(2.0)	81.2	(3.52)	16.0	(1.50)	20	(1.8)	92.1	(4.36)	30.8	(2.11)	33	(2.3)	69.4	(4.66)
Hispanic:																	
2 - 19.....	947	52	(2.4)	20.6	(1.87)	6.8	(1.22)	33	(4.3)	27.7	(3.19)	13.0	(2.29)	47	(4.5)	12.9	(1.82)
20 and over.....	1669	56	(2.2)	121.1	(5.11)	21.9	(2.34)	18	(1.6)	126.1	(5.69)	39.3	(3.98)	31	(2.4)	114.7	(7.69)
2 and over...	2616	55	(1.8)	88.9	(3.65)	17.1	(1.72)	19	(1.6)	95.9	(3.92)	31.3	(2.85)	33	(2.3)	80.5	(6.04)

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.**

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-March 2020 Prepandemic *(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.....	1348	48	(2.3)	--		--		--		--		--		--		--	
20 and over.....	2758	55	(2.5)	11.1	(0.71)	2.5	(0.30)	23	(2.3)	13.0	(1.19)	4.6	(0.56)	35	(3.3)	8.9	(0.81)
2 and over...	4106	53	(2.2)	--		--		--		--		--		--		--	
Non-Hispanic Black:																	
2 - 19.....	1084	49	(1.8)	--		--		--		--		--		--		--	
20 and over.....	2071	56	(1.6)	11.7	(1.32)	1.4	(0.28)	12	(2.4)	10.7	(1.01)	2.5	(0.50)	23	(4.0)	13.0	(2.91)
2 and over...	3155	54	(1.4)	--		--		--		--		--		--		--	
Non-Hispanic Asian:																	
2 - 19.....	327	50	(3.4)	--		--		--		--		--		--		--	
20 and over.....	841	52	(2.4)	3.9	(0.40)	1.1	(0.22)	29	(4.3)	5.2	(0.72)	2.2	(0.40)	--		2.5	(0.42)
2 and over...	1168	52	(2.0)	--		--		--		--		--		--		--	
Hispanic:																	
2 - 19.....	947	52	(2.4)	--		--		--		--		--		--		--	
20 and over.....	1669	56	(2.2)	9.3	(1.17)	1.9	(0.43)	20	(4.6)	11.9	(1.84)	3.4	(0.71)	29	(6.4)	6.1	(0.77)
2 and over...	2616	55	(1.8)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

Footnotes

[1] Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as:"Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".

[2] **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.

[3] **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.

[4] **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.

[5] The weighted percentage of respondents in the race/ethnicity/age group who reported at least one food/beverage item from All Restaurants.

[6] Percentages are estimated as a ratio of total nutrient intake from All Restaurants to total daily nutrient intake from all sources.

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 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. 2022. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Race/Ethnicity and Age, *What We Eat in America,* NHANES 2017-March 2020 Prepandemic. 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-March 2020 Prepandemic

F o o d e n e r g y

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
		All Individuals [3]								*All Restaurant Consumers* [4]						*Non-consumers* [5]	
(years)		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	1883	(45.5)	406	(29.5)	22	(1.5)	2095	(50.5)	868	(31.1)	41	(1.7)	1695	(52.8)
20 and over.....	1900	47	(2.4)	2150	(45.7)	482	(35.7)	22	(1.3)	2381	(83.1)	1032	(63.0)	43	(1.6)	1947	(33.3)
2 and over...	3415	47	(2.0)	2060	(38.5)	456	(30.1)	22	(1.2)	2285	(60.1)	977	(42.5)	43	(1.3)	1863	(27.9)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1908	(25.8)	409	(30.2)	21	(1.5)	2071	(49.4)	840	(38.3)	41	(1.4)	1753	(35.1)
20 and over.....	2619	55	(2.2)	2139	(34.0)	547	(33.4)	26	(1.3)	2279	(41.2)	993	(30.3)	44	(1.0)	1968	(39.0)
2 and over...	3951	53	(1.8)	2081	(24.1)	512	(27.4)	25	(1.1)	2232	(31.6)	958	(25.6)	43	(0.9)	1909	(28.0)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1966	(37.0)	463	(38.0)	24	(1.7)	2167	(67.0)	852	(44.4)	39	(1.5)	1726	(49.5)
20 and over.....	2217	59	(2.5)	2146	(31.2)	608	(33.1)	28	(1.5)	2202	(37.9)	1039	(31.7)	47	(1.1)	2067	(41.0)
2 and over...	3048	58	(2.2)	2114	(27.2)	583	(28.5)	28	(1.3)	2196	(37.4)	1008	(27.8)	46	(0.9)	2001	(36.9)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1911	(19.7)	431	(22.3)	23	(1.0)	2108	(36.2)	865	(29.1)	41	(0.9)	1717	(21.0)
20 and over.....	7707	55	(1.7)	2144	(14.9)	559	(21.0)	26	(0.9)	2259	(18.8)	1020	(20.5)	45	(0.7)	2003	(20.3)
2 and over...	11798	54	(1.5)	2089	(11.3)	529	(18.1)	25	(0.8)	2226	(15.2)	986	(15.6)	44	(0.6)	1930	(16.5)

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.**

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-March 2020 Prepandemic *(continued)*

P r o t e i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	66.9	(2.16)	16.0	(1.27)	24	(1.8)	72.9	(2.37)	34.2	(1.56)	47	(1.8)	61.6	(2.53)
20 and over.....	1900	47	(2.4)	77.0	(1.72)	19.3	(1.50)	25	(1.6)	85.6	(3.31)	41.5	(2.87)	48	(2.2)	69.5	(1.60)
2 and over...	3415	47	(2.0)	73.6	(1.55)	18.2	(1.28)	25	(1.5)	81.3	(2.39)	39.0	(1.98)	48	(1.8)	66.8	(1.28)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	63.9	(0.87)	14.7	(1.11)	23	(1.6)	68.0	(1.66)	30.2	(1.50)	44	(1.5)	60.1	(1.06)
20 and over.....	2619	55	(2.2)	80.2	(1.42)	22.4	(1.42)	28	(1.5)	85.4	(1.82)	40.7	(1.19)	48	(1.2)	73.9	(1.64)
2 and over...	3951	53	(1.8)	76.1	(1.11)	20.5	(1.12)	27	(1.3)	81.4	(1.49)	38.3	(1.03)	47	(1.0)	70.1	(1.26)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	69.5	(2.67)	17.2	(1.46)	25	(2.1)	75.1	(3.54)	31.6	(1.78)	42	(2.1)	62.9	(3.25)
20 and over.....	2217	59	(2.5)	83.4	(1.14)	24.6	(1.46)	29	(1.7)	82.4	(1.49)	42.0	(1.32)	51	(1.3)	84.7	(1.68)
2 and over...	3048	58	(2.2)	80.9	(1.18)	23.3	(1.27)	29	(1.5)	81.2	(1.64)	40.3	(1.20)	50	(1.1)	80.5	(1.42)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	66.9	(1.26)	16.2	(0.88)	24	(1.1)	72.5	(2.02)	32.4	(1.19)	45	(1.0)	61.3	(1.09)
20 and over.....	7707	55	(1.7)	81.0	(0.74)	22.7	(0.91)	28	(1.0)	84.1	(0.76)	41.4	(0.75)	49	(0.8)	77.4	(1.15)
2 and over...	11798	54	(1.5)	77.7	(0.75)	21.1	(0.81)	27	(0.9)	81.5	(0.95)	39.4	(0.69)	48	(0.7)	73.3	(0.91)

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.**

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-March 2020 Prepandemic *(continued)*

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

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	241	(5.8)	44	(3.3)	18	(1.4)	263	(7.5)	93	(3.7)	36	(1.9)	221	(6.2)
20 and over.....	1900	47	(2.4)	259	(5.7)	50	(3.7)	19	(1.3)	279	(10.4)	107	(6.4)	38	(1.7)	241	(4.8)
2 and over...	3415	47	(2.0)	253	(4.7)	48	(3.2)	19	(1.2)	273	(8.2)	102	(4.4)	37	(1.4)	234	(3.4)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	245	(3.9)	46	(3.4)	19	(1.3)	264	(7.3)	95	(4.3)	36	(1.3)	227	(5.5)
20 and over.....	2619	55	(2.2)	249	(3.9)	56	(3.4)	22	(1.1)	259	(5.0)	101	(3.3)	39	(0.9)	238	(5.3)
2 and over...	3951	53	(1.8)	248	(2.9)	53	(2.9)	21	(1.0)	260	(4.0)	100	(2.8)	38	(0.8)	235	(4.1)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	249	(4.6)	52	(4.4)	21	(1.5)	273	(7.6)	96	(5.1)	35	(1.4)	221	(6.3)
20 and over.....	2217	59	(2.5)	233	(4.2)	60	(3.5)	26	(1.5)	239	(4.8)	103	(3.5)	43	(1.3)	226	(6.2)
2 and over...	3048	58	(2.2)	236	(3.5)	59	(3.0)	25	(1.3)	245	(4.3)	102	(2.9)	42	(1.1)	225	(5.5)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	244	(2.4)	48	(2.5)	20	(0.9)	265	(4.2)	96	(3.3)	36	(1.0)	222	(2.9)
20 and over.....	7707	55	(1.7)	244	(2.1)	56	(2.2)	23	(0.8)	253	(2.7)	103	(2.2)	41	(0.7)	234	(2.8)
2 and over...	11798	54	(1.5)	244	(1.6)	54	(1.9)	22	(0.8)	255	(2.1)	101	(1.6)	40	(0.6)	231	(2.2)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l s u g a r s

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	109	(3.4)	15	(1.4)	14	(1.3)	117	(4.7)	32	(1.9)	27	(2.0)	102	(3.5)
20 and over.....	1900	47	(2.4)	118	(3.5)	17	(1.7)	14	(1.2)	126	(7.6)	36	(3.1)	29	(1.9)	111	(3.1)
2 and over...	3415	47	(2.0)	115	(2.9)	16	(1.4)	14	(1.1)	123	(6.0)	35	(2.2)	28	(1.6)	108	(2.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	112	(2.9)	18	(1.6)	16	(1.3)	122	(4.8)	37	(2.5)	30	(1.6)	103	(3.9)
20 and over.....	2619	55	(2.2)	110	(2.2)	19	(1.3)	17	(1.0)	111	(2.9)	34	(1.7)	30	(1.1)	107	(2.9)
2 and over...	3951	53	(1.8)	110	(1.8)	18	(1.1)	17	(0.9)	114	(2.4)	34	(1.4)	30	(1.0)	106	(2.4)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	112	(3.2)	20	(2.3)	18	(1.7)	127	(4.9)	37	(3.4)	29	(2.0)	95	(2.5)
20 and over.....	2217	59	(2.5)	97	(2.6)	19	(1.4)	20	(1.3)	97	(3.3)	32	(1.8)	33	(1.3)	96	(3.2)
2 and over...	3048	58	(2.2)	99	(2.2)	19	(1.2)	19	(1.1)	102	(3.0)	33	(1.5)	32	(1.1)	96	(2.7)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	111	(1.5)	18	(1.3)	16	(1.0)	121	(2.6)	36	(2.0)	30	(1.3)	100	(1.5)
20 and over.....	7707	55	(1.7)	105	(1.7)	18	(0.8)	17	(0.7)	107	(2.1)	33	(1.0)	31	(0.6)	104	(1.9)
2 and over...	11798	54	(1.5)	107	(1.4)	18	(0.7)	17	(0.6)	110	(1.7)	34	(0.7)	31	(0.5)	103	(1.6)

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.**

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-March 2020 Prepandemic *(continued)*

D i e t a r y f i b e r

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	13.4	(0.31)	2.6	(0.24)	20	(1.7)	14.2	(0.42)	5.6	(0.33)	40	(2.5)	12.8	(0.52)
20 and over.....	1900	47	(2.4)	15.4	(0.43)	2.9	(0.23)	19	(1.2)	15.7	(0.63)	6.2	(0.42)	40	(1.8)	15.1	(0.57)
2 and over...	3415	47	(2.0)	14.7	(0.33)	2.8	(0.20)	19	(1.2)	15.2	(0.44)	6.0	(0.30)	40	(1.6)	14.3	(0.42)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	13.8	(0.31)	2.5	(0.18)	18	(1.2)	14.2	(0.44)	5.1	(0.27)	35	(1.3)	13.4	(0.34)
20 and over.....	2619	55	(2.2)	16.1	(0.38)	3.4	(0.24)	21	(1.3)	15.8	(0.40)	6.1	(0.23)	39	(1.4)	16.6	(0.66)
2 and over...	3951	53	(1.8)	15.6	(0.31)	3.1	(0.20)	20	(1.1)	15.4	(0.34)	5.9	(0.21)	38	(1.2)	15.7	(0.48)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	15.2	(0.86)	2.8	(0.23)	19	(1.6)	15.5	(1.15)	5.2	(0.31)	34	(2.4)	14.9	(1.02)
20 and over.....	2217	59	(2.5)	17.3	(0.43)	4.1	(0.27)	24	(1.4)	16.6	(0.60)	7.0	(0.29)	42	(1.3)	18.3	(0.56)
2 and over...	3048	58	(2.2)	16.9	(0.41)	3.8	(0.23)	23	(1.2)	16.4	(0.61)	6.7	(0.26)	41	(1.4)	17.6	(0.54)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	14.1	(0.29)	2.7	(0.15)	19	(0.9)	14.6	(0.49)	5.4	(0.24)	37	(1.2)	13.6	(0.35)
20 and over.....	7707	55	(1.7)	16.6	(0.32)	3.6	(0.18)	22	(0.9)	16.3	(0.31)	6.6	(0.20)	40	(0.9)	17.0	(0.44)
2 and over...	11798	54	(1.5)	16.0	(0.27)	3.4	(0.16)	21	(0.8)	15.9	(0.30)	6.3	(0.17)	40	(0.9)	16.1	(0.38)

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.**

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-March 2020 Prepandemic *(continued)*

T o t a l f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	74.0	(1.93)	18.8	(1.31)	25	(1.7)	84.8	(1.88)	40.2	(1.39)	47	(1.7)	64.5	(2.53)
20 and over.....	1900	47	(2.4)	84.8	(1.76)	22.2	(1.70)	26	(1.6)	97.2	(3.16)	47.6	(3.06)	49	(1.8)	74.0	(1.44)
2 and over...	3415	47	(2.0)	81.2	(1.58)	21.1	(1.39)	26	(1.4)	93.0	(2.25)	45.1	(2.04)	48	(1.4)	70.8	(1.41)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	76.9	(1.22)	18.6	(1.44)	24	(1.7)	84.9	(2.01)	38.2	(1.92)	45	(1.6)	69.3	(1.57)
20 and over.....	2619	55	(2.2)	87.9	(1.60)	25.3	(1.63)	29	(1.5)	95.9	(1.93)	45.9	(1.59)	48	(1.3)	78.1	(1.85)
2 and over...	3951	53	(1.8)	85.2	(1.13)	23.6	(1.33)	28	(1.3)	93.4	(1.47)	44.2	(1.33)	47	(1.1)	75.7	(1.37)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	79.2	(2.05)	20.9	(1.79)	26	(2.0)	88.8	(3.71)	38.5	(2.25)	43	(1.8)	67.8	(2.65)
20 and over.....	2217	59	(2.5)	90.5	(1.54)	27.6	(1.52)	31	(1.6)	92.9	(1.88)	47.2	(1.56)	51	(1.2)	87.1	(1.98)
2 and over...	3048	58	(2.2)	88.5	(1.41)	26.4	(1.31)	30	(1.4)	92.2	(1.92)	45.8	(1.32)	50	(0.9)	83.4	(1.84)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	76.5	(1.00)	19.6	(1.03)	26	(1.1)	86.2	(1.84)	39.4	(1.40)	46	(1.0)	66.9	(0.99)
20 and over.....	7707	55	(1.7)	88.2	(0.72)	25.6	(0.96)	29	(1.0)	94.5	(0.86)	46.7	(0.97)	49	(0.9)	80.6	(1.19)
2 and over...	11798	54	(1.5)	85.4	(0.60)	24.2	(0.83)	28	(0.9)	92.7	(0.82)	45.1	(0.73)	49	(0.7)	77.1	(0.97)

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.**

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-March 2020 Prepandemic *(continued)*

S a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3]				*All Restaurant Consumers* [4]				*Non-consumers* [5]	
				Total Intake		Intake from All Restaurants	Percentages from [7] All Restaurants	Total Intake		Intake from All Restaurants	Percentages from [7] All Restaurants	Total Intake	
		%	(SE)	g	(SE)	g (SE)	% (SE)	g	(SE)	g (SE)	% (SE)	g	(SE)
Under 131% poverty:													
2 - 19.....	1515	47	(2.1)	25.9	(0.77)	6.2 (0.46)	24 (1.7)	29.1	(0.82)	13.3 (0.52)	46 (1.9)	23.0	(0.98)
20 and over.....	1900	47	(2.4)	27.4	(0.69)	7.0 (0.50)	26 (1.5)	31.5	(0.99)	15.1 (0.88)	48 (1.8)	23.8	(0.75)
2 and over...	3415	47	(2.0)	26.9	(0.63)	6.8 (0.42)	25 (1.3)	30.7	(0.74)	14.5 (0.59)	47 (1.3)	23.5	(0.65)
131-350% poverty:													
2 - 19.....	1332	49	(2.1)	26.3	(0.46)	5.9 (0.44)	22 (1.7)	28.1	(0.71)	12.0 (0.61)	43 (1.9)	24.6	(0.66)
20 and over.....	2619	55	(2.2)	28.7	(0.50)	8.1 (0.48)	28 (1.4)	31.2	(0.57)	14.7 (0.42)	47 (1.2)	25.5	(0.70)
2 and over...	3951	53	(1.8)	28.1	(0.36)	7.5 (0.40)	27 (1.2)	30.5	(0.46)	14.1 (0.38)	46 (1.0)	25.3	(0.54)
Over 350% poverty:													
2 - 19.....	831	54	(3.2)	27.3	(0.65)	7.1 (0.57)	26 (2.0)	30.5	(1.00)	13.1 (0.75)	43 (1.7)	23.4	(1.14)
20 and over.....	2217	59	(2.5)	29.5	(0.60)	9.1 (0.54)	31 (1.8)	30.2	(0.61)	15.5 (0.57)	51 (1.2)	28.5	(0.94)
2 and over...	3048	58	(2.2)	29.1	(0.52)	8.7 (0.47)	30 (1.6)	30.3	(0.59)	15.1 (0.51)	50 (1.0)	27.5	(0.79)
All Individuals [8]:													
2 - 19.....	4091	50	(1.6)	26.4	(0.33)	6.4 (0.35)	24 (1.1)	29.2	(0.52)	12.9 (0.48)	44 (1.2)	23.6	(0.41)
20 and over.....	7707	55	(1.7)	28.6	(0.32)	8.3 (0.31)	29 (1.1)	30.6	(0.29)	15.1 (0.28)	49 (0.8)	26.2	(0.61)
2 and over...	11798	54	(1.5)	28.1	(0.26)	7.8 (0.28)	28 (0.9)	30.3	(0.27)	14.6 (0.24)	48 (0.6)	25.5	(0.49)

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.**

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-March 2020 Prepandemic *(continued)*

M o n o u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	24.1	(0.66)	6.3	(0.43)	26	(1.7)	27.8	(0.63)	13.5	(0.45)	48	(1.7)	20.8	(0.90)
20 and over.....	1900	47	(2.4)	28.9	(0.68)	7.6	(0.64)	26	(1.7)	33.1	(1.22)	16.2	(1.19)	49	(2.1)	25.2	(0.55)
2 and over...	3415	47	(2.0)	27.3	(0.59)	7.1	(0.51)	26	(1.5)	31.3	(0.86)	15.3	(0.80)	49	(1.6)	23.7	(0.56)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	25.3	(0.39)	6.1	(0.47)	24	(1.7)	27.9	(0.67)	12.6	(0.65)	45	(1.7)	22.9	(0.58)
20 and over.....	2619	55	(2.2)	30.0	(0.61)	8.5	(0.57)	28	(1.5)	32.8	(0.71)	15.4	(0.56)	47	(1.3)	26.6	(0.70)
2 and over...	3951	53	(1.8)	28.8	(0.44)	7.9	(0.46)	27	(1.3)	31.7	(0.55)	14.8	(0.48)	47	(1.2)	25.6	(0.52)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	25.7	(0.59)	6.9	(0.61)	27	(2.1)	28.6	(1.11)	12.7	(0.78)	45	(1.8)	22.3	(0.96)
20 and over.....	2217	59	(2.5)	31.0	(0.61)	9.3	(0.56)	30	(1.7)	31.9	(0.80)	15.9	(0.60)	50	(1.3)	29.8	(0.79)
2 and over...	3048	58	(2.2)	30.1	(0.51)	8.9	(0.47)	30	(1.5)	31.4	(0.72)	15.4	(0.49)	49	(1.0)	28.3	(0.73)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	25.0	(0.26)	6.5	(0.33)	26	(1.2)	28.1	(0.51)	13.0	(0.44)	46	(1.1)	21.8	(0.37)
20 and over.....	7707	55	(1.7)	30.1	(0.31)	8.6	(0.36)	29	(1.0)	32.3	(0.38)	15.8	(0.39)	49	(1.0)	27.5	(0.45)
2 and over...	11798	54	(1.5)	28.9	(0.26)	8.1	(0.30)	28	(0.9)	31.4	(0.34)	15.2	(0.29)	48	(0.8)	26.0	(0.36)

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-March 2020 Prepandemic *(continued)*

P o l y u n s a t u r a t e d f a t

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	16.4	(0.43)	4.5	(0.33)	27	(1.9)	19.4	(0.53)	9.6	(0.45)	50	(1.9)	13.8	(0.56)
20 and over.....	1900	47	(2.4)	19.8	(0.52)	5.4	(0.42)	27	(1.6)	22.7	(0.82)	11.6	(0.74)	51	(1.8)	17.2	(0.54)
2 and over...	3415	47	(2.0)	18.7	(0.42)	5.1	(0.34)	27	(1.5)	21.6	(0.59)	11.0	(0.52)	51	(1.5)	16.1	(0.42)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	17.6	(0.44)	4.9	(0.46)	28	(2.0)	20.5	(0.76)	10.0	(0.69)	49	(1.9)	14.8	(0.39)
20 and over.....	2619	55	(2.2)	20.4	(0.39)	6.3	(0.45)	31	(1.8)	22.5	(0.59)	11.4	(0.51)	51	(1.7)	17.9	(0.41)
2 and over...	3951	53	(1.8)	19.7	(0.29)	5.9	(0.37)	30	(1.6)	22.1	(0.46)	11.1	(0.42)	50	(1.4)	17.0	(0.30)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	18.4	(0.98)	5.0	(0.48)	27	(2.4)	21.1	(1.85)	9.1	(0.64)	43	(3.1)	15.1	(0.83)
20 and over.....	2217	59	(2.5)	21.1	(0.52)	6.6	(0.33)	31	(1.5)	21.9	(0.60)	11.3	(0.37)	52	(1.6)	20.1	(0.55)
2 and over...	3048	58	(2.2)	20.6	(0.53)	6.3	(0.29)	31	(1.3)	21.7	(0.71)	11.0	(0.33)	50	(1.5)	19.2	(0.50)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	17.4	(0.41)	4.8	(0.27)	28	(1.1)	20.4	(0.82)	9.7	(0.39)	48	(1.1)	14.5	(0.30)
20 and over.....	7707	55	(1.7)	20.7	(0.26)	6.3	(0.23)	30	(1.0)	22.3	(0.33)	11.4	(0.29)	51	(1.2)	18.7	(0.34)
2 and over...	11798	54	(1.5)	19.9	(0.25)	5.9	(0.20)	30	(0.8)	21.9	(0.35)	11.1	(0.21)	51	(0.9)	17.6	(0.27)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l e s t e r o l

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	241	(11.0)	54	(4.8)	23	(2.0)	256	(9.3)	116	(6.9)	45	(2.8)	227	(15.3)
20 and over.....	1900	47	(2.4)	306	(10.1)	72	(6.1)	23	(1.8)	338	(16.2)	154	(10.4)	46	(2.1)	278	(9.4)
2 and over...	3415	47	(2.0)	284	(8.5)	66	(5.0)	23	(1.6)	311	(11.6)	141	(7.3)	45	(1.8)	261	(8.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	215	(5.6)	50	(3.9)	23	(1.9)	230	(7.1)	102	(5.6)	44	(2.1)	201	(8.5)
20 and over.....	2619	55	(2.2)	312	(9.1)	86	(5.4)	28	(1.4)	335	(9.6)	156	(5.6)	47	(1.4)	284	(12.6)
2 and over...	3951	53	(1.8)	288	(6.9)	77	(4.1)	27	(1.2)	311	(8.4)	144	(4.3)	46	(1.1)	261	(9.2)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	233	(12.0)	56	(6.0)	24	(2.4)	265	(14.7)	104	(8.0)	39	(2.8)	195	(17.6)
20 and over.....	2217	59	(2.5)	320	(9.0)	100	(6.2)	31	(1.9)	322	(10.6)	171	(8.8)	53	(1.8)	318	(14.9)
2 and over...	3048	58	(2.2)	305	(7.4)	92	(5.2)	30	(1.7)	312	(8.9)	160	(7.6)	51	(1.6)	294	(12.8)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	229	(5.0)	54	(3.4)	24	(1.3)	252	(7.1)	109	(4.7)	43	(1.6)	207	(4.7)
20 and over.....	7707	55	(1.7)	314	(5.0)	89	(3.0)	28	(0.9)	328	(5.0)	162	(4.0)	49	(1.0)	298	(9.7)
2 and over...	11798	54	(1.5)	294	(3.2)	81	(2.5)	27	(0.8)	312	(4.4)	151	(3.1)	48	(0.8)	274	(6.6)

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.**

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-March 2020 Prepandemic *(continued)*

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

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	543	(19.1)	74	(10.4)	14	(1.8)	538	(26.9)	159	(17.2)	30	(2.8)	547	(25.9)
20 and over.....	1900	47	(2.4)	524	(15.4)	90	(6.0)	17	(1.1)	541	(24.9)	192	(12.1)	35	(1.6)	510	(20.8)
2 and over...	3415	47	(2.0)	530	(12.5)	84	(6.3)	16	(1.1)	540	(18.3)	181	(10.4)	33	(1.5)	522	(16.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	549	(15.2)	72	(6.1)	13	(1.1)	570	(31.0)	148	(10.5)	26	(2.4)	529	(16.5)
20 and over.....	2619	55	(2.2)	632	(16.0)	120	(6.8)	19	(1.1)	617	(24.0)	219	(8.3)	35	(1.6)	649	(23.2)
2 and over...	3951	53	(1.8)	611	(12.4)	108	(5.4)	18	(0.9)	607	(21.0)	202	(7.5)	33	(1.5)	616	(17.7)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	613	(26.7)	86	(9.9)	14	(1.6)	627	(36.3)	159	(12.7)	25	(2.0)	597	(38.8)
20 and over.....	2217	59	(2.5)	679	(26.5)	142	(9.8)	21	(1.4)	637	(33.4)	243	(13.2)	38	(1.4)	738	(26.9)
2 and over...	3048	58	(2.2)	667	(23.7)	132	(8.5)	20	(1.3)	635	(29.9)	229	(11.8)	36	(1.4)	711	(23.9)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	562	(8.9)	77	(4.9)	14	(0.8)	570	(15.0)	155	(7.4)	27	(1.3)	554	(17.7)
20 and over.....	7707	55	(1.7)	629	(13.9)	125	(5.1)	20	(0.8)	618	(16.5)	228	(6.5)	37	(0.7)	642	(16.4)
2 and over...	11798	54	(1.5)	613	(11.4)	114	(4.2)	19	(0.6)	607	(14.3)	212	(5.7)	35	(0.7)	620	(13.0)

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.**

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-March 2020 Prepandemic *(continued)*

B e t a c a r o t e n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	989	(85.1)	185	(42.7)	19	(3.9)	885	(94.0)	394	(79.9)	45	(6.5)	1080	(117.6)
20 and over.....	1900	47	(2.4)	1680	(120.9)	295	(28.5)	18	(1.7)	1545	(129.1)	633	(60.3)	41	(2.8)	1798	(162.3)
2 and over...	3415	47	(2.0)	1447	(96.5)	258	(27.3)	18	(1.8)	1323	(91.5)	553	(51.6)	42	(3.0)	1557	(126.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1182	(76.3)	172	(31.6)	15	(2.9)	1322	(104.7)	353	(63.9)	27	(5.8)	1049	(91.8)
20 and over.....	2619	55	(2.2)	2299	(120.5)	462	(43.8)	20	(1.8)	1929	(113.3)	838	(72.5)	43	(3.2)	2752	(236.6)
2 and over...	3951	53	(1.8)	2019	(84.7)	389	(36.4)	19	(1.6)	1790	(90.9)	728	(64.1)	41	(3.1)	2282	(154.5)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1357	(139.3)	186	(31.7)	14	(2.5)	1239	(142.7)	343	(49.1)	28	(4.2)	1496	(269.9)
20 and over.....	2217	59	(2.5)	2851	(242.8)	543	(52.0)	19	(2.0)	2541	(288.5)	927	(75.7)	36	(3.6)	3289	(312.7)
2 and over...	3048	58	(2.2)	2586	(204.2)	479	(43.4)	19	(1.9)	2324	(248.2)	830	(66.2)	36	(3.5)	2945	(251.1)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1169	(48.7)	180	(17.0)	15	(1.4)	1144	(60.3)	362	(32.9)	32	(3.1)	1193	(86.9)
20 and over.....	7707	55	(1.7)	2420	(122.7)	479	(33.1)	20	(1.1)	2195	(155.9)	873	(51.3)	40	(2.0)	2692	(151.1)
2 and over...	11798	54	(1.5)	2124	(103.3)	408	(27.0)	19	(1.0)	1965	(132.0)	761	(45.4)	39	(1.9)	2309	(119.4)

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.**

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-March 2020 Prepandemic *(continued)*

L y c o p e n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	4870	(510.7)	1100	(116.8)	23	(3.2)	4498	(281.5)	2350	(182.9)	52	(4.4)	5198	(867.9)
20 and over.....	1900	47	(2.4)	4692	(241.7)	984	(78.1)	21	(1.7)	5282	(400.9)	2109	(137.2)	40	(4.0)	4176	(332.7)
2 and over...	3415	47	(2.0)	4752	(148.3)	1023	(74.5)	22	(1.6)	5017	(234.1)	2191	(121.3)	44	(3.6)	4519	(247.4)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	4084	(315.9)	812	(97.8)	20	(3.2)	3904	(441.0)	1669	(187.4)	43	(6.0)	4254	(416.6)
20 and over.....	2619	55	(2.2)	4679	(290.5)	1276	(101.6)	27	(2.1)	4580	(279.4)	2319	(132.6)	51	(2.0)	4801	(418.4)
2 and over...	3951	53	(1.8)	4530	(244.1)	1160	(81.1)	26	(2.0)	4426	(267.7)	2170	(118.9)	49	(2.4)	4650	(305.1)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	4368	(471.2)	1319	(209.6)	30	(5.7)	4570	(588.5)	2428	(360.8)	53	(7.5)	4128	(717.4)
20 and over.....	2217	59	(2.5)	5052	(387.8)	1548	(114.9)	31	(2.1)	5128	(316.0)	2644	(210.3)	52	(2.6)	4945	(590.7)
2 and over...	3048	58	(2.2)	4931	(313.2)	1507	(102.4)	31	(2.2)	5035	(278.7)	2608	(184.4)	52	(2.7)	4788	(500.7)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	4385	(185.4)	1066	(85.4)	24	(2.4)	4291	(214.0)	2142	(159.3)	50	(2.9)	4478	(359.7)
20 and over.....	7707	55	(1.7)	4818	(162.1)	1358	(68.3)	28	(1.3)	4985	(149.0)	2477	(113.6)	50	(1.5)	4616	(222.4)
2 and over...	11798	54	(1.5)	4716	(126.8)	1289	(64.5)	27	(1.4)	4833	(130.4)	2403	(106.1)	50	(1.4)	4580	(187.1)

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.**

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-March 2020 Prepandemic *(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.....	1515	47	(2.1)	1.50	(0.040)	0.29	(0.022)	20	(1.4)	1.61	(0.053)	0.62	(0.026)	39	(1.6)	1.39	(0.047)
20 and over.....	1900	47	(2.4)	1.60	(0.046)	0.35	(0.024)	22	(1.5)	1.73	(0.085)	0.74	(0.041)	43	(2.3)	1.48	(0.065)
2 and over...	3415	47	(2.0)	1.56	(0.038)	0.33	(0.020)	21	(1.3)	1.69	(0.060)	0.70	(0.028)	41	(1.7)	1.45	(0.045)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1.47	(0.022)	0.27	(0.019)	18	(1.3)	1.51	(0.038)	0.55	(0.027)	36	(1.4)	1.43	(0.039)
20 and over.....	2619	55	(2.2)	1.58	(0.027)	0.38	(0.024)	24	(1.5)	1.63	(0.037)	0.70	(0.020)	43	(1.2)	1.52	(0.052)
2 and over...	3951	53	(1.8)	1.55	(0.023)	0.35	(0.019)	23	(1.3)	1.61	(0.032)	0.66	(0.019)	41	(1.1)	1.50	(0.042)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1.54	(0.038)	0.32	(0.027)	21	(1.8)	1.68	(0.060)	0.59	(0.036)	35	(2.1)	1.37	(0.045)
20 and over.....	2217	59	(2.5)	1.57	(0.022)	0.42	(0.020)	27	(1.3)	1.59	(0.029)	0.72	(0.019)	45	(1.2)	1.54	(0.035)
2 and over...	3048	58	(2.2)	1.56	(0.020)	0.41	(0.018)	26	(1.1)	1.60	(0.026)	0.70	(0.016)	44	(1.0)	1.50	(0.030)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1.50	(0.014)	0.30	(0.015)	20	(1.0)	1.60	(0.021)	0.60	(0.022)	38	(1.2)	1.40	(0.025)
20 and over.....	7707	55	(1.7)	1.58	(0.014)	0.39	(0.013)	25	(0.9)	1.63	(0.019)	0.72	(0.010)	44	(0.7)	1.51	(0.026)
2 and over...	11798	54	(1.5)	1.56	(0.011)	0.37	(0.012)	24	(0.8)	1.62	(0.014)	0.69	(0.010)	43	(0.5)	1.48	(0.021)

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.**

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-March 2020 Prepandemic *(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]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	1.78	(0.065)	0.29	(0.029)	16	(1.5)	1.87	(0.095)	0.61	(0.041)	33	(1.9)	1.70	(0.070)
20 and over.....	1900	47	(2.4)	1.97	(0.063)	0.36	(0.022)	18	(1.1)	2.08	(0.082)	0.76	(0.040)	37	(2.0)	1.88	(0.086)
2 and over...	3415	47	(2.0)	1.91	(0.056)	0.33	(0.021)	17	(1.0)	2.01	(0.063)	0.71	(0.031)	35	(1.6)	1.82	(0.067)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1.71	(0.032)	0.30	(0.025)	18	(1.4)	1.79	(0.061)	0.62	(0.039)	34	(1.8)	1.63	(0.035)
20 and over.....	2619	55	(2.2)	2.06	(0.038)	0.44	(0.022)	21	(1.2)	2.11	(0.051)	0.80	(0.017)	38	(1.1)	2.01	(0.067)
2 and over...	3951	53	(1.8)	1.98	(0.033)	0.40	(0.018)	20	(1.0)	2.04	(0.044)	0.76	(0.016)	37	(0.9)	1.90	(0.056)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1.83	(0.054)	0.37	(0.039)	20	(2.0)	2.00	(0.082)	0.68	(0.051)	34	(2.1)	1.62	(0.060)
20 and over.....	2217	59	(2.5)	2.15	(0.049)	0.51	(0.032)	24	(1.6)	2.15	(0.045)	0.86	(0.038)	40	(1.5)	2.15	(0.085)
2 and over...	3048	58	(2.2)	2.09	(0.043)	0.48	(0.028)	23	(1.4)	2.12	(0.046)	0.83	(0.034)	39	(1.2)	2.05	(0.068)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1.76	(0.022)	0.32	(0.021)	18	(1.1)	1.88	(0.030)	0.65	(0.030)	34	(1.3)	1.65	(0.029)
20 and over.....	7707	55	(1.7)	2.07	(0.032)	0.45	(0.017)	22	(0.9)	2.11	(0.023)	0.82	(0.019)	39	(0.9)	2.02	(0.052)
2 and over...	11798	54	(1.5)	2.00	(0.026)	0.42	(0.015)	21	(0.8)	2.06	(0.021)	0.78	(0.016)	38	(0.7)	1.93	(0.041)

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.**

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-March 2020 Prepandemic *(continued)*

N i a c i n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	21.0	(0.56)	5.0	(0.41)	24	(1.8)	23.3	(0.74)	10.7	(0.54)	46	(1.7)	18.9	(0.75)
20 and over.....	1900	47	(2.4)	26.5	(1.01)	5.8	(0.46)	22	(1.7)	30.2	(1.96)	12.4	(0.90)	41	(3.4)	23.4	(0.77)
2 and over...	3415	47	(2.0)	24.7	(0.81)	5.5	(0.40)	22	(1.6)	27.9	(1.39)	11.8	(0.63)	42	(2.7)	21.9	(0.61)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	20.4	(0.28)	4.6	(0.36)	22	(1.7)	21.9	(0.66)	9.4	(0.49)	43	(1.5)	18.9	(0.53)
20 and over.....	2619	55	(2.2)	25.9	(0.47)	6.6	(0.41)	25	(1.5)	27.2	(0.73)	12.0	(0.36)	44	(1.3)	24.3	(0.73)
2 and over...	3951	53	(1.8)	24.5	(0.36)	6.1	(0.33)	25	(1.3)	26.0	(0.60)	11.4	(0.31)	44	(1.1)	22.8	(0.60)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	21.8	(0.73)	5.2	(0.45)	24	(2.1)	24.1	(1.09)	9.6	(0.59)	40	(2.3)	19.2	(0.95)
20 and over.....	2217	59	(2.5)	25.7	(0.56)	7.1	(0.39)	28	(1.5)	26.2	(0.55)	12.2	(0.38)	47	(1.3)	25.0	(1.05)
2 and over...	3048	58	(2.2)	25.0	(0.49)	6.8	(0.34)	27	(1.4)	25.9	(0.51)	11.8	(0.34)	46	(1.1)	23.9	(0.89)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	21.2	(0.35)	5.0	(0.27)	24	(1.1)	23.4	(0.64)	10.0	(0.39)	43	(1.0)	19.0	(0.44)
20 and over.....	7707	55	(1.7)	25.8	(0.34)	6.7	(0.24)	26	(0.9)	27.1	(0.38)	12.1	(0.24)	45	(0.9)	24.2	(0.52)
2 and over...	11798	54	(1.5)	24.7	(0.29)	6.3	(0.22)	25	(0.8)	26.3	(0.35)	11.7	(0.20)	44	(0.7)	22.9	(0.40)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n B 6

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	1.67	(0.061)	0.30	(0.038)	18	(2.0)	1.79	(0.102)	0.63	(0.067)	35	(2.6)	1.57	(0.063)
20 and over.....	1900	47	(2.4)	2.27	(0.176)	0.35	(0.025)	15	(1.6)	2.55	(0.339)	0.75	(0.055)	29	(4.4)	2.02	(0.078)
2 and over...	3415	47	(2.0)	2.07	(0.128)	0.33	(0.026)	16	(1.5)	2.30	(0.235)	0.71	(0.045)	31	(3.6)	1.87	(0.065)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1.59	(0.032)	0.26	(0.022)	16	(1.2)	1.65	(0.070)	0.53	(0.035)	32	(1.6)	1.53	(0.037)
20 and over.....	2619	55	(2.2)	2.13	(0.048)	0.42	(0.027)	20	(1.3)	2.14	(0.075)	0.76	(0.026)	35	(1.4)	2.10	(0.084)
2 and over...	3951	53	(1.8)	1.99	(0.038)	0.38	(0.023)	19	(1.2)	2.03	(0.056)	0.70	(0.024)	35	(1.3)	1.95	(0.069)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1.75	(0.063)	0.29	(0.027)	17	(1.8)	1.84	(0.083)	0.54	(0.036)	29	(2.4)	1.64	(0.091)
20 and over.....	2217	59	(2.5)	2.13	(0.065)	0.47	(0.030)	22	(1.4)	2.12	(0.078)	0.80	(0.029)	38	(1.7)	2.15	(0.097)
2 and over...	3048	58	(2.2)	2.06	(0.056)	0.44	(0.026)	21	(1.3)	2.07	(0.068)	0.76	(0.025)	37	(1.5)	2.05	(0.083)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1.68	(0.035)	0.29	(0.019)	17	(1.0)	1.79	(0.060)	0.57	(0.031)	32	(1.3)	1.57	(0.040)
20 and over.....	7707	55	(1.7)	2.14	(0.042)	0.43	(0.017)	20	(0.7)	2.18	(0.058)	0.78	(0.016)	36	(1.0)	2.10	(0.049)
2 and over...	11798	54	(1.5)	2.03	(0.036)	0.39	(0.016)	19	(0.7)	2.10	(0.049)	0.73	(0.016)	35	(0.9)	1.96	(0.040)

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.**

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-March 2020 Prepandemic *(continued)*

F o l a t e (D F E)

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	477	(13.8)	88	(7.0)	18	(1.4)	513	(20.3)	187	(9.0)	37	(2.0)	446	(14.3)
20 and over.....	1900	47	(2.4)	483	(12.0)	100	(7.4)	21	(1.5)	507	(21.3)	215	(11.2)	42	(1.6)	462	(16.4)
2 and over...	3415	47	(2.0)	481	(9.6)	96	(6.3)	20	(1.3)	509	(16.5)	206	(8.0)	40	(1.4)	457	(10.0)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	455	(12.1)	77	(6.2)	17	(1.4)	450	(16.6)	158	(9.3)	35	(1.7)	461	(19.2)
20 and over.....	2619	55	(2.2)	492	(11.7)	111	(7.3)	23	(1.4)	504	(17.7)	202	(6.9)	40	(1.6)	476	(18.2)
2 and over...	3951	53	(1.8)	483	(9.1)	103	(5.9)	21	(1.2)	492	(14.2)	192	(6.2)	39	(1.3)	472	(15.3)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	477	(16.3)	93	(7.3)	20	(1.6)	529	(30.8)	171	(11.0)	32	(2.3)	416	(22.5)
20 and over.....	2217	59	(2.5)	478	(8.3)	128	(7.2)	27	(1.3)	490	(11.9)	219	(7.0)	45	(1.4)	460	(13.9)
2 and over...	3048	58	(2.2)	477	(8.8)	122	(6.4)	26	(1.2)	497	(12.6)	211	(6.8)	42	(1.3)	451	(12.5)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	466	(5.8)	86	(4.3)	18	(0.9)	491	(11.7)	172	(6.3)	35	(1.1)	442	(9.3)
20 and over.....	7707	55	(1.7)	482	(5.3)	116	(4.8)	24	(0.9)	498	(7.9)	212	(4.4)	42	(0.9)	462	(7.1)
2 and over...	11798	54	(1.5)	478	(4.7)	109	(4.3)	23	(0.8)	497	(6.9)	203	(4.2)	41	(0.8)	457	(5.8)

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.**

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-March 2020 Prepandemic *(continued)*

C h o l i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	253	(10.1)	51	(4.4)	20	(1.7)	269	(10.2)	109	(5.9)	40	(2.2)	239	(13.0)
20 and over.....	1900	47	(2.4)	318	(8.8)	69	(5.2)	22	(1.4)	341	(14.6)	148	(9.5)	43	(1.7)	298	(6.8)
2 and over...	3415	47	(2.0)	296	(8.0)	63	(4.3)	21	(1.3)	317	(10.6)	135	(6.4)	43	(1.5)	278	(7.0)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	237	(3.5)	50	(3.6)	21	(1.5)	251	(6.3)	102	(5.0)	41	(1.6)	224	(5.6)
20 and over.....	2619	55	(2.2)	333	(7.6)	83	(4.8)	25	(1.2)	347	(7.8)	151	(4.4)	44	(1.2)	317	(10.8)
2 and over...	3951	53	(1.8)	309	(5.8)	75	(3.8)	24	(1.1)	325	(6.9)	140	(3.8)	43	(1.1)	291	(7.8)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	256	(10.1)	55	(5.5)	22	(1.9)	282	(13.2)	101	(7.2)	36	(2.1)	225	(11.5)
20 and over.....	2217	59	(2.5)	348	(7.3)	97	(5.6)	28	(1.6)	345	(9.5)	165	(7.0)	48	(1.4)	353	(8.7)
2 and over...	3048	58	(2.2)	332	(6.2)	89	(4.9)	27	(1.5)	335	(8.6)	154	(6.3)	46	(1.2)	328	(7.6)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	248	(4.3)	53	(3.1)	21	(1.0)	269	(6.3)	106	(4.3)	39	(1.2)	228	(4.1)
20 and over.....	7707	55	(1.7)	337	(4.0)	86	(3.0)	26	(0.8)	345	(4.3)	157	(3.6)	45	(0.8)	328	(7.0)
2 and over...	11798	54	(1.5)	316	(2.7)	78	(2.5)	25	(0.7)	328	(4.0)	146	(2.8)	44	(0.7)	302	(4.7)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n B 1 2

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	4.56	(0.187)	0.76	(0.075)	17	(1.5)	4.78	(0.215)	1.63	(0.113)	34	(1.8)	4.36	(0.250)
20 and over.....	1900	47	(2.4)	4.71	(0.247)	0.88	(0.066)	19	(1.6)	5.28	(0.446)	1.89	(0.150)	36	(3.8)	4.21	(0.177)
2 and over...	3415	47	(2.0)	4.66	(0.205)	0.84	(0.059)	18	(1.4)	5.11	(0.303)	1.80	(0.105)	35	(2.8)	4.26	(0.169)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	4.06	(0.076)	0.59	(0.047)	14	(1.1)	4.10	(0.173)	1.21	(0.075)	29	(1.9)	4.02	(0.149)
20 and over.....	2619	55	(2.2)	4.87	(0.172)	1.02	(0.067)	21	(1.5)	5.16	(0.238)	1.86	(0.079)	36	(1.9)	4.52	(0.189)
2 and over...	3951	53	(1.8)	4.67	(0.131)	0.91	(0.051)	20	(1.2)	4.92	(0.173)	1.71	(0.065)	35	(1.6)	4.38	(0.156)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	4.14	(0.142)	0.68	(0.057)	16	(1.5)	4.47	(0.211)	1.25	(0.087)	28	(2.1)	3.75	(0.183)
20 and over.....	2217	59	(2.5)	4.77	(0.145)	1.11	(0.066)	23	(1.6)	4.52	(0.149)	1.90	(0.074)	42	(1.8)	5.12	(0.275)
2 and over...	3048	58	(2.2)	4.66	(0.124)	1.04	(0.056)	22	(1.4)	4.51	(0.133)	1.80	(0.070)	40	(1.5)	4.85	(0.218)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	4.27	(0.073)	0.68	(0.040)	16	(0.8)	4.48	(0.097)	1.37	(0.060)	31	(1.1)	4.06	(0.104)
20 and over.....	7707	55	(1.7)	4.75	(0.113)	1.04	(0.038)	22	(0.9)	4.84	(0.116)	1.89	(0.047)	39	(1.0)	4.63	(0.158)
2 and over...	11798	54	(1.5)	4.63	(0.094)	0.95	(0.032)	21	(0.7)	4.76	(0.091)	1.78	(0.040)	37	(0.9)	4.48	(0.134)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin C

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	67.7	(3.27)	6.7	(0.89)	10	(1.4)	67.6	(3.59)	14.3	(1.63)	21	(2.9)	67.9	(4.33)
20 and over.....	1900	47	(2.4)	71.4	(3.32)	8.6	(0.79)	12	(1.0)	70.9	(6.12)	18.4	(1.85)	26	(2.4)	71.8	(2.88)
2 and over...	3415	47	(2.0)	70.1	(2.65)	8.0	(0.66)	11	(0.9)	69.8	(4.43)	17.0	(1.32)	24	(2.0)	70.5	(2.76)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	68.8	(3.71)	5.7	(0.60)	8	(0.9)	65.6	(5.42)	11.7	(1.45)	18	(2.2)	71.9	(4.00)
20 and over.....	2619	55	(2.2)	73.5	(1.87)	9.3	(0.63)	13	(1.0)	66.7	(1.80)	16.9	(0.88)	25	(1.3)	81.9	(3.81)
2 and over...	3951	53	(1.8)	72.4	(1.80)	8.4	(0.55)	12	(0.8)	66.5	(1.86)	15.7	(0.88)	24	(1.2)	79.1	(3.11)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	79.1	(5.41)	7.9	(1.13)	10	(1.2)	80.8	(7.68)	14.6	(1.84)	18	(1.9)	77.0	(5.29)
20 and over.....	2217	59	(2.5)	82.5	(3.41)	13.5	(1.44)	16	(1.4)	79.1	(4.63)	23.1	(2.24)	29	(1.7)	87.2	(3.77)
2 and over...	3048	58	(2.2)	81.9	(3.11)	12.5	(1.18)	15	(1.2)	79.4	(4.47)	21.7	(1.88)	27	(1.6)	85.3	(3.38)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	71.4	(2.45)	6.9	(0.37)	10	(0.6)	71.0	(3.77)	13.8	(0.65)	19	(1.3)	71.9	(2.77)
20 and over.....	7707	55	(1.7)	77.3	(1.89)	11.2	(0.73)	14	(0.7)	73.7	(2.70)	20.4	(1.17)	28	(1.0)	81.5	(1.96)
2 and over...	11798	54	(1.5)	75.9	(1.64)	10.2	(0.57)	13	(0.6)	73.1	(2.46)	19.0	(0.96)	26	(1.0)	79.1	(1.76)

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.**

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-March 2020 Prepandemic *(continued)*

V i t a m i n D

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	5.3	(0.29)	0.4	(0.07)	7	(1.4)	4.9	(0.42)	0.8	(0.13)	15	(3.0)	5.7	(0.36)
20 and over.....	1900	47	(2.4)	4.1	(0.17)	0.5	(0.04)	13	(1.1)	4.1	(0.24)	1.1	(0.08)	28	(2.1)	4.2	(0.23)
2 and over...	3415	47	(2.0)	4.5	(0.17)	0.5	(0.04)	10	(1.0)	4.4	(0.21)	1.0	(0.08)	23	(1.9)	4.7	(0.21)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	4.5	(0.16)	0.3	(0.02)	7	(0.4)	4.3	(0.27)	0.7	(0.04)	15	(1.2)	4.7	(0.19)
20 and over.....	2619	55	(2.2)	4.5	(0.13)	0.8	(0.07)	17	(1.7)	4.4	(0.17)	1.4	(0.10)	31	(1.9)	4.5	(0.26)
2 and over...	3951	53	(1.8)	4.5	(0.12)	0.7	(0.05)	15	(1.3)	4.4	(0.15)	1.2	(0.08)	28	(1.7)	4.6	(0.21)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	4.7	(0.21)	0.4	(0.04)	8	(0.9)	4.8	(0.32)	0.7	(0.06)	15	(1.4)	4.6	(0.20)
20 and over.....	2217	59	(2.5)	4.3	(0.22)	0.7	(0.05)	17	(1.2)	3.7	(0.17)	1.2	(0.09)	33	(1.5)	5.2	(0.38)
2 and over...	3048	58	(2.2)	4.4	(0.19)	0.7	(0.04)	15	(1.0)	3.9	(0.15)	1.1	(0.08)	29	(1.5)	5.1	(0.31)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	4.8	(0.10)	0.4	(0.02)	7	(0.5)	4.6	(0.15)	0.7	(0.04)	16	(0.9)	5.0	(0.15)
20 and over.....	7707	55	(1.7)	4.3	(0.13)	0.7	(0.03)	16	(0.9)	4.0	(0.09)	1.3	(0.05)	32	(1.1)	4.7	(0.21)
2 and over...	11798	54	(1.5)	4.4	(0.10)	0.6	(0.02)	14	(0.7)	4.2	(0.08)	1.1	(0.04)	28	(0.9)	4.8	(0.15)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin E (alphatocopherol)

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	7.1	(0.16)	1.4	(0.11)	20	(1.5)	7.7	(0.18)	3.1	(0.14)	40	(1.5)	6.5	(0.30)
20 and over.....	1900	47	(2.4)	8.5	(0.27)	1.7	(0.13)	21	(1.4)	9.3	(0.32)	3.7	(0.24)	40	(2.0)	7.8	(0.39)
2 and over...	3415	47	(2.0)	8.0	(0.19)	1.6	(0.11)	20	(1.2)	8.8	(0.21)	3.5	(0.17)	40	(1.5)	7.4	(0.24)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	7.4	(0.16)	1.5	(0.14)	20	(1.7)	7.9	(0.26)	3.1	(0.20)	39	(1.9)	6.8	(0.17)
20 and over.....	2619	55	(2.2)	9.2	(0.21)	2.0	(0.14)	22	(1.3)	9.5	(0.27)	3.7	(0.15)	39	(1.4)	8.9	(0.27)
2 and over...	3951	53	(1.8)	8.8	(0.15)	1.9	(0.11)	22	(1.2)	9.1	(0.20)	3.6	(0.13)	39	(1.2)	8.3	(0.19)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	9.0	(0.78)	1.7	(0.15)	19	(2.4)	9.8	(1.26)	3.2	(0.17)	32	(4.4)	8.1	(1.03)
20 and over.....	2217	59	(2.5)	10.0	(0.25)	2.4	(0.14)	24	(1.4)	9.9	(0.31)	4.1	(0.15)	41	(1.3)	10.0	(0.34)
2 and over...	3048	58	(2.2)	9.8	(0.29)	2.3	(0.12)	23	(1.2)	9.9	(0.43)	3.9	(0.12)	39	(1.4)	9.7	(0.36)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	7.8	(0.24)	1.6	(0.09)	20	(1.1)	8.5	(0.45)	3.1	(0.12)	37	(1.8)	7.0	(0.31)
20 and over.....	7707	55	(1.7)	9.4	(0.14)	2.1	(0.09)	23	(0.9)	9.7	(0.16)	3.9	(0.09)	40	(1.0)	9.1	(0.21)
2 and over...	11798	54	(1.5)	9.0	(0.14)	2.0	(0.08)	22	(0.8)	9.4	(0.20)	3.7	(0.08)	40	(1.0)	8.5	(0.17)

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.**

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-March 2020 Prepandemic *(continued)*

Vitamin K

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	62.5	(3.98)	15.3	(1.69)	25	(2.9)	67.9	(2.96)	32.7	(2.71)	48	(2.9)	57.7	(6.65)
20 and over.....	1900	47	(2.4)	107.2	(5.93)	24.5	(1.61)	23	(1.4)	110.4	(6.77)	52.6	(3.43)	48	(2.1)	104.4	(7.80)
2 and over...	3415	47	(2.0)	92.2	(4.89)	21.4	(1.36)	23	(1.5)	96.1	(4.62)	45.9	(2.42)	48	(1.9)	88.7	(6.26)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	66.8	(3.90)	16.6	(1.68)	25	(2.1)	77.3	(6.02)	34.0	(3.03)	44	(3.7)	56.8	(2.96)
20 and over.....	2619	55	(2.2)	113.2	(3.64)	30.7	(2.45)	27	(2.0)	107.0	(4.23)	55.7	(3.47)	52	(2.4)	120.8	(6.81)
2 and over...	3951	53	(1.8)	101.6	(3.05)	27.2	(1.99)	27	(1.8)	100.2	(3.54)	50.8	(2.85)	51	(2.2)	103.1	(4.92)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	86.4	(7.90)	19.5	(1.84)	23	(2.4)	96.7	(13.38)	35.8	(2.94)	37	(5.2)	74.2	(6.65)
20 and over.....	2217	59	(2.5)	146.8	(12.17)	36.9	(2.48)	25	(2.3)	141.8	(15.15)	63.1	(3.12)	44	(4.6)	153.8	(11.35)
2 and over...	3048	58	(2.2)	136.1	(10.14)	33.8	(2.21)	25	(2.2)	134.3	(13.32)	58.5	(2.96)	44	(4.2)	138.5	(8.48)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	72.2	(3.80)	17.2	(1.00)	24	(1.4)	80.9	(5.22)	34.5	(1.66)	43	(2.6)	63.6	(3.76)
20 and over.....	7707	55	(1.7)	126.7	(5.57)	32.7	(1.49)	26	(1.0)	124.8	(7.34)	59.7	(1.93)	48	(2.1)	129.0	(5.08)
2 and over...	11798	54	(1.5)	113.8	(4.78)	29.0	(1.24)	26	(1.0)	115.2	(6.36)	54.2	(1.69)	47	(2.0)	112.3	(4.21)

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.**

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-March 2020 Prepandemic *(continued)*

C a l c i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	999	(36.9)	153	(14.1)	15	(1.5)	1013	(49.8)	327	(20.2)	32	(2.3)	987	(45.6)
20 and over.....	1900	47	(2.4)	904	(20.3)	173	(11.1)	19	(1.1)	982	(35.9)	371	(21.1)	38	(1.5)	836	(23.3)
2 and over...	3415	47	(2.0)	936	(19.4)	166	(10.9)	18	(1.0)	993	(26.6)	356	(16.6)	36	(1.4)	887	(20.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	950	(19.3)	146	(10.7)	15	(1.1)	979	(30.2)	300	(17.2)	31	(1.7)	922	(23.7)
20 and over.....	2619	55	(2.2)	948	(14.7)	204	(12.1)	22	(1.3)	993	(21.8)	371	(11.0)	37	(1.3)	893	(26.7)
2 and over...	3951	53	(1.8)	949	(12.7)	190	(9.7)	20	(1.1)	990	(19.2)	355	(10.0)	36	(1.2)	901	(23.8)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1004	(19.4)	179	(15.2)	18	(1.5)	1028	(27.8)	330	(21.5)	32	(1.8)	976	(37.2)
20 and over.....	2217	59	(2.5)	971	(20.4)	232	(12.8)	24	(1.4)	964	(22.0)	397	(12.9)	41	(1.2)	982	(28.0)
2 and over...	3048	58	(2.2)	977	(17.7)	223	(10.8)	23	(1.2)	974	(19.5)	385	(12.0)	40	(1.1)	980	(22.9)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	978	(13.4)	159	(7.9)	16	(0.8)	993	(16.6)	319	(11.4)	32	(1.0)	963	(22.1)
20 and over.....	7707	55	(1.7)	945	(13.1)	208	(7.4)	22	(0.9)	974	(13.4)	380	(6.6)	39	(0.7)	911	(19.3)
2 and over...	11798	54	(1.5)	953	(10.6)	197	(6.5)	21	(0.7)	978	(10.5)	367	(6.4)	37	(0.7)	924	(15.5)

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.**

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-March 2020 Prepandemic *(continued)*

P h o s p h o r u s

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	1249	(40.7)	255	(20.4)	20	(1.6)	1334	(46.8)	546	(25.0)	41	(2.0)	1174	(50.9)
20 and over.....	1900	47	(2.4)	1316	(25.9)	301	(21.0)	23	(1.3)	1437	(49.2)	645	(38.1)	45	(1.6)	1210	(20.0)
2 and over...	3415	47	(2.0)	1294	(25.5)	285	(18.7)	22	(1.2)	1403	(35.8)	611	(26.5)	44	(1.4)	1198	(21.3)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	1212	(17.3)	246	(17.2)	20	(1.3)	1286	(29.4)	506	(20.5)	39	(1.3)	1140	(20.0)
20 and over.....	2619	55	(2.2)	1364	(20.4)	348	(21.3)	26	(1.4)	1436	(26.5)	632	(17.8)	44	(1.1)	1275	(29.9)
2 and over...	3951	53	(1.8)	1326	(15.3)	323	(17.1)	24	(1.2)	1402	(20.5)	604	(15.4)	43	(1.0)	1238	(23.8)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1316	(55.8)	282	(22.4)	21	(1.8)	1432	(82.7)	520	(26.6)	36	(2.4)	1177	(48.5)
20 and over.....	2217	59	(2.5)	1402	(18.4)	385	(21.2)	27	(1.5)	1403	(22.9)	659	(19.8)	47	(1.3)	1401	(26.0)
2 and over...	3048	58	(2.2)	1387	(19.0)	367	(18.1)	26	(1.3)	1408	(27.1)	635	(17.6)	45	(1.0)	1358	(21.1)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	1254	(23.1)	265	(13.3)	21	(0.8)	1347	(34.8)	532	(17.0)	40	(0.9)	1161	(21.0)
20 and over.....	7707	55	(1.7)	1369	(10.4)	353	(13.0)	26	(0.9)	1419	(12.0)	644	(10.9)	45	(0.8)	1310	(17.1)
2 and over...	11798	54	(1.5)	1342	(9.9)	332	(11.4)	25	(0.8)	1403	(12.7)	620	(8.8)	44	(0.6)	1272	(13.2)

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.**

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-March 2020 Prepandemic *(continued)*

M a g n e s i u m

Family income as % of poverty level and age	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
(years)		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	230	(5.3)	39	(3.4)	17	(1.4)	242	(7.4)	83	(4.5)	34	(1.7)	219	(6.9)
20 and over.....	1900	47	(2.4)	281	(6.3)	47	(3.4)	17	(1.0)	291	(10.7)	101	(6.8)	35	(1.8)	273	(6.1)
2 and over...	3415	47	(2.0)	264	(4.8)	44	(3.1)	17	(1.0)	274	(7.5)	95	(4.9)	35	(1.5)	255	(4.1)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	230	(3.7)	38	(2.8)	17	(1.1)	236	(6.8)	78	(3.8)	33	(1.2)	223	(3.6)
20 and over.....	2619	55	(2.2)	296	(4.4)	58	(3.6)	19	(1.1)	296	(6.4)	105	(3.4)	35	(1.1)	296	(7.1)
2 and over...	3951	53	(1.8)	279	(3.4)	53	(2.9)	19	(1.0)	282	(4.9)	99	(2.9)	35	(1.0)	276	(5.5)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	250	(7.9)	43	(3.5)	17	(1.4)	261	(12.7)	80	(4.0)	31	(1.7)	237	(8.9)
20 and over.....	2217	59	(2.5)	319	(6.1)	68	(4.0)	21	(1.3)	312	(8.0)	116	(3.8)	37	(1.2)	329	(7.6)
2 and over...	3048	58	(2.2)	307	(5.5)	63	(3.4)	21	(1.1)	304	(7.9)	110	(3.3)	36	(1.0)	311	(7.0)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	236	(3.3)	41	(2.1)	17	(0.8)	246	(5.9)	81	(2.8)	33	(0.8)	226	(3.9)
20 and over.....	7707	55	(1.7)	303	(3.1)	60	(2.3)	20	(0.7)	303	(3.4)	109	(1.9)	36	(0.7)	303	(4.1)
2 and over...	11798	54	(1.5)	287	(2.6)	55	(2.0)	19	(0.6)	291	(3.5)	103	(1.6)	35	(0.6)	283	(3.3)

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.**

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-March 2020 Prepandemic *(continued)*

I r o n

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	13.3	(0.37)	2.3	(0.19)	17	(1.4)	14.2	(0.63)	4.9	(0.23)	35	(2.2)	12.5	(0.37)
20 and over.....	1900	47	(2.4)	13.6	(0.36)	2.7	(0.20)	20	(1.4)	14.2	(0.57)	5.7	(0.35)	40	(1.5)	13.1	(0.54)
2 and over...	3415	47	(2.0)	13.5	(0.29)	2.5	(0.17)	19	(1.2)	14.2	(0.43)	5.5	(0.24)	38	(1.3)	12.9	(0.39)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	12.8	(0.25)	2.1	(0.16)	16	(1.1)	12.8	(0.53)	4.3	(0.23)	34	(1.4)	12.8	(0.33)
20 and over.....	2619	55	(2.2)	14.1	(0.24)	3.1	(0.19)	22	(1.4)	14.2	(0.31)	5.6	(0.16)	40	(1.3)	14.1	(0.45)
2 and over...	3951	53	(1.8)	13.8	(0.20)	2.8	(0.15)	21	(1.1)	13.9	(0.28)	5.3	(0.14)	38	(1.2)	13.7	(0.35)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	13.7	(0.42)	2.5	(0.19)	19	(1.5)	14.9	(0.65)	4.7	(0.25)	31	(1.8)	12.2	(0.63)
20 and over.....	2217	59	(2.5)	13.8	(0.23)	3.5	(0.21)	26	(1.5)	13.7	(0.31)	6.1	(0.19)	44	(1.3)	13.8	(0.31)
2 and over...	3048	58	(2.2)	13.7	(0.22)	3.4	(0.19)	24	(1.3)	13.9	(0.31)	5.8	(0.19)	42	(1.2)	13.5	(0.31)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	13.2	(0.21)	2.3	(0.12)	18	(0.9)	13.9	(0.32)	4.7	(0.17)	34	(1.1)	12.4	(0.29)
20 and over.....	7707	55	(1.7)	13.9	(0.13)	3.2	(0.13)	23	(1.0)	14.0	(0.18)	5.8	(0.12)	42	(0.8)	13.6	(0.21)
2 and over...	11798	54	(1.5)	13.7	(0.12)	3.0	(0.12)	22	(0.8)	14.0	(0.16)	5.6	(0.11)	40	(0.7)	13.3	(0.19)

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.**

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-March 2020 Prepandemic *(continued)*

Z i n c

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	9.3	(0.29)	1.9	(0.16)	20	(1.6)	9.7	(0.32)	4.0	(0.20)	41	(1.6)	9.0	(0.38)
20 and over.....	1900	47	(2.4)	10.1	(0.21)	2.2	(0.16)	22	(1.4)	10.8	(0.39)	4.8	(0.34)	44	(2.1)	9.6	(0.20)
2 and over...	3415	47	(2.0)	9.9	(0.18)	2.1	(0.14)	21	(1.3)	10.4	(0.25)	4.5	(0.23)	43	(1.6)	9.4	(0.19)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	8.8	(0.19)	1.7	(0.13)	19	(1.4)	8.9	(0.34)	3.4	(0.21)	39	(1.6)	8.7	(0.21)
20 and over.....	2619	55	(2.2)	10.8	(0.19)	2.6	(0.17)	24	(1.4)	11.3	(0.26)	4.8	(0.16)	42	(1.4)	10.2	(0.22)
2 and over...	3951	53	(1.8)	10.3	(0.16)	2.4	(0.13)	23	(1.2)	10.8	(0.22)	4.5	(0.14)	41	(1.2)	9.8	(0.18)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	9.5	(0.24)	2.0	(0.17)	21	(1.8)	10.3	(0.47)	3.6	(0.25)	35	(2.3)	8.6	(0.39)
20 and over.....	2217	59	(2.5)	11.1	(0.17)	3.0	(0.21)	27	(1.9)	10.8	(0.23)	5.1	(0.21)	47	(1.5)	11.4	(0.27)
2 and over...	3048	58	(2.2)	10.8	(0.15)	2.8	(0.18)	26	(1.6)	10.7	(0.23)	4.9	(0.20)	45	(1.2)	10.8	(0.25)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	9.2	(0.16)	1.9	(0.10)	20	(0.9)	9.7	(0.27)	3.7	(0.15)	38	(1.1)	8.7	(0.20)
20 and over.....	7707	55	(1.7)	10.8	(0.10)	2.7	(0.12)	25	(1.0)	11.0	(0.12)	4.9	(0.11)	45	(0.9)	10.5	(0.16)
2 and over...	11798	54	(1.5)	10.4	(0.10)	2.5	(0.11)	24	(0.9)	10.7	(0.13)	4.7	(0.11)	44	(0.7)	10.0	(0.14)

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.**

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-March 2020 Prepandemic *(continued)*

C o p p e r

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	0.9	(0.02)	0.2	(0.01)	18	(1.5)	0.9	(0.03)	0.3	(0.02)	37	(1.9)	0.8	(0.03)
20 and over.....	1900	47	(2.4)	1.1	(0.03)	0.2	(0.01)	17	(1.2)	1.1	(0.03)	0.4	(0.03)	35	(2.0)	1.1	(0.03)
2 and over...	3415	47	(2.0)	1.0	(0.02)	0.2	(0.01)	17	(1.1)	1.0	(0.02)	0.4	(0.02)	36	(1.6)	1.0	(0.02)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	0.9	(0.02)	0.1	(0.01)	17	(1.0)	0.9	(0.03)	0.3	(0.02)	34	(1.2)	0.9	(0.01)
20 and over.....	2619	55	(2.2)	1.2	(0.03)	0.2	(0.01)	19	(1.1)	1.2	(0.04)	0.4	(0.01)	34	(1.4)	1.2	(0.04)
2 and over...	3951	53	(1.8)	1.1	(0.02)	0.2	(0.01)	19	(0.9)	1.1	(0.03)	0.4	(0.01)	34	(1.2)	1.1	(0.03)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	1.0	(0.06)	0.2	(0.02)	18	(1.6)	1.1	(0.11)	0.3	(0.02)	31	(2.7)	0.9	(0.04)
20 and over.....	2217	59	(2.5)	1.3	(0.02)	0.3	(0.02)	20	(1.4)	1.2	(0.03)	0.4	(0.02)	36	(1.3)	1.3	(0.03)
2 and over...	3048	58	(2.2)	1.2	(0.03)	0.2	(0.02)	20	(1.1)	1.2	(0.04)	0.4	(0.02)	35	(0.9)	1.3	(0.03)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	0.9	(0.02)	0.2	(0.01)	18	(0.8)	1.0	(0.05)	0.3	(0.01)	34	(1.2)	0.9	(0.02)
20 and over.....	7707	55	(1.7)	1.2	(0.01)	0.2	(0.01)	19	(0.8)	1.2	(0.02)	0.4	(0.01)	35	(0.7)	1.2	(0.02)
2 and over...	11798	54	(1.5)	1.1	(0.01)	0.2	(0.01)	19	(0.7)	1.2	(0.02)	0.4	(0.01)	35	(0.6)	1.1	(0.02)

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.**

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-March 2020 Prepandemic *(continued)*

S e l e n i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	95.4	(2.47)	23.4	(2.03)	25	(2.0)	104.4	(2.89)	50.0	(2.75)	48	(2.1)	87.6	(3.21)
20 and over.....	1900	47	(2.4)	111.8	(2.19)	27.2	(1.98)	24	(1.5)	122.7	(4.43)	58.3	(3.60)	47	(2.3)	102.2	(2.12)
2 and over...	3415	47	(2.0)	106.3	(1.80)	25.9	(1.79)	24	(1.5)	116.5	(2.84)	55.5	(2.54)	48	(1.8)	97.3	(1.50)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	89.2	(1.65)	20.2	(1.46)	23	(1.6)	94.2	(3.00)	41.6	(1.93)	44	(1.6)	84.5	(2.12)
20 and over.....	2619	55	(2.2)	111.2	(2.35)	31.7	(1.98)	28	(1.5)	117.8	(2.81)	57.5	(1.69)	49	(1.2)	103.1	(2.50)
2 and over...	3951	53	(1.8)	105.7	(1.68)	28.8	(1.55)	27	(1.3)	112.4	(2.16)	53.9	(1.45)	48	(1.0)	98.0	(1.89)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	96.5	(4.48)	24.6	(2.06)	25	(2.3)	106.9	(6.69)	45.3	(2.51)	42	(3.2)	84.0	(3.98)
20 and over.....	2217	59	(2.5)	114.5	(1.72)	35.0	(1.81)	31	(1.6)	114.7	(2.13)	59.8	(1.75)	52	(1.2)	114.1	(2.65)
2 and over...	3048	58	(2.2)	111.3	(1.87)	33.1	(1.58)	30	(1.4)	113.4	(2.57)	57.4	(1.60)	51	(1.1)	108.3	(2.32)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	93.7	(1.66)	22.9	(1.26)	24	(1.1)	102.3	(2.84)	46.0	(1.68)	45	(1.0)	85.2	(1.42)
20 and over.....	7707	55	(1.7)	112.5	(0.86)	32.1	(1.19)	29	(1.0)	116.9	(1.00)	58.6	(1.04)	50	(0.9)	107.1	(1.72)
2 and over...	11798	54	(1.5)	108.0	(0.80)	29.9	(1.07)	28	(0.9)	113.7	(1.25)	55.8	(0.94)	49	(0.7)	101.5	(1.34)

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.**

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-March 2020 Prepandemic *(continued)*

P o t a s s i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	2066	(62.8)	391	(34.1)	19	(1.7)	2197	(80.9)	835	(44.4)	38	(2.2)	1951	(75.6)
20 and over.....	1900	47	(2.4)	2458	(53.8)	488	(37.3)	20	(1.3)	2587	(91.1)	1047	(71.8)	40	(1.9)	2345	(50.7)
2 and over...	3415	47	(2.0)	2326	(46.9)	456	(32.4)	20	(1.2)	2455	(71.2)	975	(51.6)	40	(1.7)	2213	(37.0)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	2048	(34.9)	383	(26.2)	19	(1.2)	2162	(58.0)	786	(36.3)	36	(1.6)	1940	(41.3)
20 and over.....	2619	55	(2.2)	2537	(31.7)	565	(32.2)	22	(1.2)	2533	(40.6)	1026	(24.9)	41	(0.9)	2542	(60.4)
2 and over...	3951	53	(1.8)	2415	(26.0)	519	(27.5)	22	(1.1)	2448	(32.9)	972	(24.8)	40	(1.0)	2376	(45.2)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	2168	(64.7)	424	(34.9)	20	(1.5)	2286	(94.4)	782	(42.0)	34	(1.7)	2027	(80.4)
20 and over.....	2217	59	(2.5)	2716	(52.0)	655	(38.2)	24	(1.4)	2639	(66.2)	1120	(40.5)	42	(1.2)	2824	(57.4)
2 and over...	3048	58	(2.2)	2619	(45.8)	614	(31.9)	23	(1.2)	2580	(63.6)	1063	(34.0)	41	(1.1)	2671	(53.1)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	2088	(32.9)	404	(19.4)	19	(0.8)	2210	(52.3)	811	(26.1)	37	(0.9)	1967	(35.8)
20 and over.....	7707	55	(1.7)	2595	(25.9)	589	(22.5)	23	(0.8)	2593	(26.5)	1074	(21.2)	41	(0.7)	2598	(34.0)
2 and over...	11798	54	(1.5)	2475	(21.3)	545	(19.1)	22	(0.7)	2509	(26.9)	1017	(16.8)	41	(0.6)	2437	(24.7)

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.**

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-March 2020 Prepandemic *(continued)*

S o d i u m

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	2944	(79.3)	746	(53.3)	25	(1.8)	3276	(80.7)	1594	(61.4)	49	(2.0)	2652	(98.3)
20 and over.....	1900	47	(2.4)	3378	(83.3)	890	(69.9)	26	(1.7)	3822	(163.5)	1907	(126.1)	50	(1.9)	2989	(71.7)
2 and over...	3415	47	(2.0)	3232	(67.5)	842	(57.9)	26	(1.5)	3638	(112.0)	1802	(84.3)	50	(1.6)	2876	(51.2)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	2857	(41.1)	701	(50.6)	25	(1.6)	3109	(84.2)	1440	(64.6)	46	(1.5)	2618	(45.5)
20 and over.....	2619	55	(2.2)	3452	(64.2)	1041	(65.4)	30	(1.5)	3742	(77.9)	1891	(60.1)	51	(1.2)	3097	(58.5)
2 and over...	3951	53	(1.8)	3303	(46.9)	956	(51.8)	29	(1.3)	3598	(60.4)	1788	(49.8)	50	(1.1)	2965	(43.7)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	3109	(110.5)	883	(88.0)	28	(2.4)	3481	(186.4)	1626	(112.6)	47	(2.2)	2667	(112.7)
20 and over.....	2217	59	(2.5)	3515	(54.3)	1174	(67.1)	33	(1.7)	3660	(56.8)	2006	(69.2)	55	(1.5)	3311	(75.8)
2 and over...	3048	58	(2.2)	3443	(53.1)	1122	(60.8)	33	(1.5)	3630	(69.0)	1943	(64.5)	54	(1.3)	3187	(58.8)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	2968	(52.9)	784	(42.2)	26	(1.1)	3306	(90.5)	1575	(60.1)	48	(0.9)	2634	(41.3)
20 and over.....	7707	55	(1.7)	3463	(28.1)	1073	(43.5)	31	(1.1)	3726	(38.6)	1958	(44.3)	53	(0.9)	3143	(38.5)
2 and over...	11798	54	(1.5)	3346	(26.2)	1005	(37.7)	30	(1.0)	3634	(38.7)	1874	(35.9)	52	(0.7)	3013	(28.0)

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.**

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-March 2020 Prepandemic *(continued)*

C a f f e i n e

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3] Total Intake		*All Individuals* [3] Intake from All Restaurants		*All Individuals* [3] Percentages from [7] All Restaurants		*All Restaurant Consumers* [4] Total Intake		*All Restaurant Consumers* [4] Intake from All Restaurants		*All Restaurant Consumers* [4] Percentages from [7] All Restaurants		*Non-consumers* [5] Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	24.9	(1.75)	6.2	(0.89)	25	(3.3)	31.9	(2.73)	13.3	(1.55)	42	(4.2)	18.8	(2.63)
20 and over.....	1900	47	(2.4)	164.7	(10.36)	21.7	(2.35)	13	(1.3)	171.8	(14.88)	46.5	(3.55)	27	(2.1)	158.4	(21.24)
2 and over...	3415	47	(2.0)	117.7	(7.16)	16.5	(1.65)	14	(1.3)	124.7	(11.91)	35.3	(2.65)	28	(2.1)	111.5	(14.61)
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	26.7	(2.55)	9.5	(1.65)	36	(3.8)	37.8	(5.29)	19.6	(3.07)	52	(3.2)	16.3	(1.93)
20 and over.....	2619	55	(2.2)	160.0	(9.36)	26.8	(2.47)	17	(1.4)	150.7	(9.42)	48.7	(4.54)	32	(2.0)	171.3	(12.86)
2 and over...	3951	53	(1.8)	126.6	(6.93)	22.5	(1.87)	18	(1.4)	125.0	(7.21)	42.0	(3.36)	34	(1.9)	128.5	(9.68)
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	24.7	(3.71)	6.7	(1.38)	27	(4.8)	31.1	(5.49)	12.3	(2.39)	39	(5.2)	17.1	(4.81)
20 and over.....	2217	59	(2.5)	182.5	(6.96)	35.3	(3.68)	19	(2.1)	187.0	(8.05)	60.2	(6.12)	32	(3.2)	176.1	(8.58)
2 and over...	3048	58	(2.2)	154.5	(6.81)	30.2	(3.12)	20	(2.1)	161.0	(7.83)	52.2	(5.19)	32	(3.1)	145.6	(7.95)
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	25.7	(1.40)	7.6	(0.81)	29	(2.7)	34.0	(2.46)	15.2	(1.49)	45	(3.1)	17.5	(1.75)
20 and over.....	7707	55	(1.7)	168.7	(6.01)	29.2	(2.05)	17	(1.1)	169.0	(5.07)	53.3	(3.88)	32	(2.0)	168.2	(9.26)
2 and over...	11798	54	(1.5)	134.9	(4.80)	24.1	(1.58)	18	(1.1)	139.4	(4.32)	44.9	(2.95)	32	(1.9)	129.7	(7.17)

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.**

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-March 2020 Prepandemic *(continued)*

A l c o h o l

Family income as % of poverty level and age (years)	Sample Size	Percent Reporting [6]		*All Individuals* [3]						*All Restaurant Consumers* [4]						*Non-consumers* [5]	
				Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake		Intake from All Restaurants		Percentages from [7] All Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Under 131% poverty:																	
2 - 19.....	1515	47	(2.1)	--		--		--		--		--		--		--	
20 and over.....	1900	47	(2.4)	9.5	(1.19)	1.0	(0.28)	10	(2.6)	10.1	(1.74)	2.1	(0.59)	21	(4.5)	9.0	(1.55)
2 and over...	3415	47	(2.0)	--		--		--		--		--		--		--	
131-350% poverty:																	
2 - 19.....	1332	49	(2.1)	--		--		--		--		--		--		--	
20 and over.....	2619	55	(2.2)	7.9	(0.71)	1.4	(0.19)	17	(2.4)	8.9	(0.93)	2.5	(0.36)	28	(4.0)	6.7	(1.04)
2 and over...	3951	53	(1.8)	--		--		--		--		--		--		--	
Over 350% poverty:																	
2 - 19.....	831	54	(3.2)	--		--		--		--		--		--		--	
20 and over.....	2217	59	(2.5)	12.8	(0.84)	3.4	(0.44)	26	(3.2)	14.9	(1.34)	5.7	(0.78)	39	(4.0)	10.0	(1.35)
2 and over...	3048	58	(2.2)	--		--		--		--		--		--		--	
All Individuals [8]:																	
2 - 19.....	4091	50	(1.6)	--		--		--		--		--		--		--	
20 and over.....	7707	55	(1.7)	10.6	(0.50)	2.2	(0.21)	21	(1.9)	12.2	(0.86)	4.1	(0.40)	33	(2.5)	8.6	(0.74)
2 and over...	11798	54	(1.5)	--		--		--		--		--		--		--	

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.**

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 2.76.

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 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 83 for VIF = 2.76.

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-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 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. 2022. All Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. Available: www.ars.usda.gov/nea/bhnrc/fsrg.