Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	Sample size	*Fruit*			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		cup eq (SE)			
Males:					
2 - 5	468	1.59 (0.155)	0.35 (0.061)	0.65 (0.070)	0.59 (0.098)
6 - 11	701	1.12 (0.109)	0.27 (0.052)	0.56 (0.079)	0.29 (0.028)
12 - 19	899	0.79 (0.072)	0.19 (0.043)	0.33 (0.031)	0.27 (0.036)
20 - 29	551	0.72 (0.097)	0.13 (0.033)	0.37 (0.060)	0.22 (0.047)
30 - 39	535	0.87 (0.096)	0.23* (0.074)	0.47 (0.062)	0.17 (0.032)
40 - 49	613	0.96 (0.102)	0.29 (0.058)	0.44 (0.074)	0.23 (0.043)
50 - 59	608	1.00 (0.092)	0.30 (0.052)	0.48 (0.066)	0.22 (0.024)
60 - 69	776	0.88 (0.072)	0.19 (0.031)	0.48 (0.060)	0.21 (0.032)
70 and over	662	1.21 (0.088)	0.28 (0.059)	0.62 (0.061)	0.31 (0.040)
2 - 19	2068	1.07 (0.070)	0.25 (0.030)	0.48 (0.036)	0.34 (0.027)
20 and over	3745	0.93 (0.038)	0.24 (0.018)	0.47 (0.031)	0.22 (0.014)
2 and over	5813	0.96 (0.031)	0.24 (0.017)	0.47 (0.023)	0.25 (0.013)
Females:					
2 - 5	472	1.54 (0.068)	0.38 (0.047)	0.72 (0.057)	0.45 (0.053)
6 - 11	710	1.09 (0.093)	0.33 (0.057)	0.49 (0.052)	0.27 (0.029)
12 - 19	841	0.76 (0.079)	0.13 (0.018)	0.40 (0.067)	0.22 (0.026)
20 - 29	605	0.66 (0.051)	0.19 (0.023)	0.31 (0.043)	0.16 (0.022)
30 - 39	667	0.84 (0.061)	0.19 (0.024)	0.47 (0.042)	0.18 (0.032)
40 - 49	621	0.81 (0.080)	0.17 (0.025)	0.46 (0.051)	0.19 (0.031)
50 - 59	706	0.93 (0.076)	0.26 (0.033)	0.49 (0.059)	0.17 (0.023)
60 - 69	744	0.92 (0.071)	0.27 (0.028)	0.45 (0.055)	0.20 (0.028)
70 and over	619	0.93 (0.061)	0.29 (0.045)	0.46 (0.037)	0.18 (0.024)
2 - 19	2023	1.04 (0.053)	0.25 (0.033)	0.50 (0.039)	0.29 (0.020)
20 and over	3962	0.85 (0.031)	0.23 (0.012)	0.44 (0.022)	0.18 (0.011)
2 and over	5985	0.89 (0.029)	0.23 (0.013)	0.45 (0.020)	0.20 (0.008)
Males and females:					
2 - 19	4091	1.05 (0.051)	0.25 (0.027)	0.49 (0.030)	0.32 (0.019)
20 and over	7707	0.89 (0.027)	0.23 (0.011)	0.45 (0.019)	0.20 (0.010)
2 and over	11798	0.93 (0.024)	0.24 (0.013)	0.46 (0.016)	0.23 (0.009)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1b Vegetables: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	***Vegetables***								
		Starchy Vegetables			*Red and Orange Vegetables*				
	Total Vegetables †	Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
	cup eq (SE)								
Males:									
2 - 5	0.61 (0.033)	0.26 (0.022)	0.22 (0.022)	0.05 (0.010)	0.21 (0.025)	0.15 (0.012)	0.06* (0.024)	0.03 (0.010)	0.10 (0.014)
6 - 11	0.73 (0.038)	0.27 (0.021)	0.24 (0.019)	0.03 (0.006)	0.22 (0.023)	0.18 (0.019)	0.04 (0.007)	0.06 (0.016)	0.18 (0.013)
12 - 19	0.98 (0.039)	0.37 (0.034)	0.34 (0.032)	0.03 (0.009)	0.31 (0.021)	0.27 (0.020)	0.04 (0.005)	0.06 (0.010)	0.24 (0.027)
20 - 29	1.28 (0.065)	0.39 (0.043)	0.36 (0.043)	0.04 (0.007)	0.34 (0.022)	0.27 (0.019)	0.07 (0.007)	0.10 (0.020)	0.44 (0.045)
30 - 39	1.63 (0.063)	0.52 (0.038)	0.44 (0.033)	0.08* (0.027)	0.45 (0.027)	0.34 (0.023)	0.11 (0.018)	0.14 (0.025)	0.51 (0.033)
40 - 49	1.57 (0.090)	0.44 (0.047)	0.39 (0.045)	0.05 (0.009)	0.42 (0.043)	0.31 (0.034)	0.11 (0.032)	0.16 (0.028)	0.55 (0.065)
50 - 59	1.68 (0.118)	0.43 (0.048)	0.36 (0.039)	0.07 (0.015)	0.41 (0.032)	0.32 (0.028)	0.08 (0.012)	0.14 (0.017)	0.70 (0.072)
60 - 69	1.53 (0.085)	0.53 (0.057)	0.45 (0.050)	0.08 (0.012)	0.35 (0.023)	0.28 (0.022)	0.07 (0.010)	0.15 (0.030)	0.50 (0.044)
70 and over	1.75 (0.066)	0.61 (0.041)	0.51 (0.045)	0.10 (0.017)	0.41 (0.031)	0.29 (0.033)	0.12 (0.014)	0.12 (0.019)	0.60 (0.052)
2 - 19	0.82 (0.026)	0.31 (0.019)	0.28 (0.019)	0.03 (0.004)	0.26 (0.014)	0.21 (0.013)	0.05 (0.006)	0.05 (0.008)	0.19 (0.013)
20 and over	1.56 (0.038)	0.48 (0.022)	0.41 (0.023)	0.07 (0.006)	0.40 (0.014)	0.30 (0.013)	0.09 (0.007)	0.13 (0.011)	0.55 (0.027)
2 and over	1.38 (0.030)	0.44 (0.019)	0.38 (0.019)	0.06 (0.005)	0.36 (0.011)	0.28 (0.009)	0.08 (0.006)	0.12 (0.010)	0.46 (0.023)
Females:									
2 - 5	0.66 (0.046)	0.23 (0.022)	0.19 (0.021)	0.04 (0.007)	0.21 (0.022)	0.13 (0.010)	0.08 (0.019)	0.05 (0.011)	0.16 (0.017)
6 - 11	0.83 (0.045)	0.34 (0.027)	0.29 (0.021)	0.05 (0.010)	0.25 (0.018)	0.19 (0.013)	0.06 (0.010)	0.05 (0.010)	0.19 (0.018)
12 - 19	0.99 (0.040)	0.36 (0.031)	0.31 (0.035)	0.05 (0.011)	0.25 (0.015)	0.19 (0.014)	0.06 (0.007)	0.09 (0.021)	0.29 (0.029)
20 - 29	1.60 (0.084)	0.51 (0.047)	0.44 (0.044)	0.07 (0.009)	0.37 (0.024)	0.25 (0.021)	0.12 (0.019)	0.16 (0.023)	0.56 (0.052)
30 - 39	1.55 (0.097)	0.42 (0.042)	0.36 (0.040)	0.07 (0.012)	0.36 (0.031)	0.27 (0.025)	0.09 (0.015)	0.22 (0.052)	0.55 (0.033)
40 - 49	1.38 (0.096)	0.34 (0.033)	0.26 (0.031)	0.07 (0.010)	0.33 (0.037)	0.23 (0.021)	0.10 (0.021)	0.25 (0.048)	0.46 (0.036)
50 - 59	1.56 (0.093)	0.40 (0.024)	0.34 (0.023)	0.06 (0.009)	0.35 (0.020)	0.26 (0.014)	0.09 (0.013)	0.19 (0.047)	0.62 (0.054)
60 - 69	1.44 (0.085)	0.39 (0.039)	0.30 (0.038)	0.09 (0.010)	0.37 (0.032)	0.26 (0.026)	0.12 (0.016)	0.15 (0.021)	0.53 (0.047)
70 and over	1.43 (0.079)	0.44 (0.047)	0.35 (0.027)	0.10 (0.024)	0.37 (0.025)	0.23 (0.018)	0.14 (0.016)	0.13 (0.014)	0.49 (0.034)
2 - 19	0.86 (0.028)	0.32 (0.019)	0.28 (0.019)	0.05 (0.007)	0.24 (0.010)	0.18 (0.010)	0.06 (0.005)	0.07 (0.012)	0.23 (0.017)
20 and over	1.50 (0.048)	0.42 (0.021)	0.34 (0.017)	0.07 (0.007)	0.36 (0.014)	0.25 (0.009)	0.11 (0.008)	0.18 (0.016)	0.54 (0.026)
2 and over	1.36 (0.039)	0.40 (0.017)	0.33 (0.015)	0.07 (0.006)	0.33 (0.011)	0.23 (0.008)	0.10 (0.007)	0.16 (0.013)	0.47 (0.020)
Males and females:									
2 - 19	0.84 (0.020)	0.32 (0.014)	0.28 (0.014)	0.04 (0.003)	0.25 (0.009)	0.20 (0.008)	0.05 (0.005)	0.06 (0.007)	0.21 (0.013)
20 and over	1.53 (0.038)	0.45 (0.015)	0.38 (0.014)	0.07 (0.006)	0.38 (0.012)	0.27 (0.009)	0.10 (0.006)	0.16 (0.011)	0.54 (0.023)
2 and over	1.37 (0.030)	0.42 (0.012)	0.35 (0.012)	0.06 (0.004)	0.35 (0.009)	0.26 (0.007)	0.09 (0.006)	0.14 (0.009)	0.46 (0.019)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Vegetables does not include legumes.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1c. Grains: Mean Daily Food Patterns Ounce Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	*Grains*		
	Total Grains	Whole Grains	Refined Grains
	oz eq (SE)		
Males:			
2 - 5	5.41 (0.183)	0.69 (0.059)	4.72 (0.177)
6 - 11	7.54 (0.310)	0.92 (0.102)	6.62 (0.258)
12 - 19	8.15 (0.208)	0.85 (0.074)	7.30 (0.235)
20 - 29	8.04 (0.330)	0.53 (0.054)	7.51 (0.310)
30 - 39	8.32 (0.305)	1.07 (0.150)	7.25 (0.244)
40 - 49	7.60 (0.286)	0.77 (0.102)	6.83 (0.246)
50 - 59	7.27 (0.246)	0.89 (0.099)	6.38 (0.251)
60 - 69	7.38 (0.218)	1.12 (0.085)	6.25 (0.238)
70 and over	6.08 (0.196)	1.17 (0.105)	4.92 (0.171)
2 - 19	7.37 (0.126)	0.84 (0.037)	6.53 (0.129)
20 and over	7.52 (0.105)	0.90 (0.051)	6.61 (0.106)
2 and over	7.48 (0.085)	0.89 (0.042)	6.59 (0.089)
Females:			
2 - 5	4.59 (0.176)	0.79 (0.113)	3.80 (0.138)
6 - 11	6.90 (0.200)	0.99 (0.056)	5.91 (0.196)
12 - 19	6.46 (0.197)	0.77 (0.101)	5.69 (0.198)
20 - 29	6.09 (0.172)	0.55 (0.067)	5.54 (0.164)
30 - 39	5.97 (0.186)	0.71 (0.109)	5.26 (0.224)
40 - 49	5.24 (0.209)	0.65 (0.065)	4.59 (0.190)
50 - 59	5.48 (0.198)	0.79 (0.083)	4.69 (0.213)
60 - 69	4.82 (0.191)	0.77 (0.095)	4.04 (0.156)
70 and over	4.84 (0.192)	0.92 (0.082)	3.92 (0.162)
2 - 19	6.20 (0.110)	0.85 (0.055)	5.36 (0.098)
20 and over	5.44 (0.085)	0.73 (0.034)	4.71 (0.071)
2 and over	5.61 (0.064)	0.75 (0.028)	4.85 (0.057)
Males and females:			
2 - 19	6.79 (0.084)	0.84 (0.033)	5.95 (0.088)
20 and over	6.44 (0.085)	0.81 (0.035)	5.62 (0.080)
2 and over	6.52 (0.064)	0.82 (0.026)	5.70 (0.063)

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1d. Dairy: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	*Dairy*							
	Total Dairy †		Fluid Milk		Cheese		Yogurt	
	cup eq (SE)							
Males:								
2 - 5	2.12	(0.086)	1.37	(0.086)	0.64	(0.062)	0.10	(0.014)
6 - 11	1.92	(0.083)	1.15	(0.068)	0.70	(0.034)	0.05*	(0.016)
12 - 19	2.13	(0.065)	1.07	(0.048)	1.00	(0.050)	0.03	(0.007)
20 - 29	1.66	(0.096)	0.62	(0.065)	0.97	(0.066)	0.03	(0.009)
30 - 39	1.68	(0.100)	0.56	(0.078)	1.02	(0.067)	0.06	(0.018)
40 - 49	1.71	(0.144)	0.61	(0.066)	0.97	(0.083)	0.06*	(0.022)
50 - 59	1.66	(0.091)	0.71	(0.086)	0.83	(0.053)	0.07	(0.020)
60 - 69	1.61	(0.128)	0.66	(0.068)	0.80	(0.078)	0.06	(0.015)
70 and over	1.45	(0.097)	0.85	(0.072)	0.50	(0.046)	0.07	(0.015)
2 - 19	2.06	(0.053)	1.16	(0.047)	0.83	(0.032)	0.05	(0.008)
20 and over	1.64	(0.051)	0.66	(0.035)	0.87	(0.023)	0.06	(0.007)
2 and over	1.74	(0.039)	0.78	(0.027)	0.86	(0.021)	0.06	(0.006)
Females:								
2 - 5	1.76	(0.081)	1.16	(0.074)	0.48	(0.025)	0.12	(0.014)
6 - 11	1.86	(0.069)	1.04	(0.050)	0.72	(0.040)	0.10	(0.021)
12 - 19	1.40	(0.050)	0.63	(0.041)	0.73	(0.037)	0.03	(0.006)
20 - 29	1.37	(0.048)	0.49	(0.039)	0.82	(0.041)	0.03	(0.005)
30 - 39	1.26	(0.071)	0.44	(0.042)	0.71	(0.047)	0.06	(0.011)
40 - 49	1.20	(0.059)	0.46	(0.042)	0.61	(0.047)	0.08	(0.018)
50 - 59	1.24	(0.068)	0.50	(0.047)	0.63	(0.047)	0.07	(0.015)
60 - 69	1.29	(0.118)	0.55	(0.069)	0.64	(0.079)	0.09	(0.017)
70 and over	1.19	(0.055)	0.59	(0.043)	0.49	(0.051)	0.07	(0.013)
2 - 19	1.63	(0.034)	0.88	(0.027)	0.67	(0.025)	0.07	(0.008)
20 and over	1.26	(0.035)	0.50	(0.023)	0.65	(0.023)	0.07	(0.005)
2 and over	1.34	(0.027)	0.59	(0.017)	0.66	(0.016)	0.07	(0.005)
Males and females:								
2 - 19	1.85	(0.032)	1.02	(0.026)	0.75	(0.023)	0.06	(0.004)
20 and over	1.44	(0.032)	0.58	(0.022)	0.76	(0.020)	0.06	(0.004)
2 and over	1.54	(0.024)	0.68	(0.018)	0.75	(0.016)	0.06	(0.004)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	***Protein Foods*** *(continues on next page)*							
		Meat, Poultry, and Seafood						
	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low *n*-3	Seafood High *n*-3	Organ Meat
	oz eq (SE)							
Males:								
2 - 5	3.25 (0.215)	2.49 (0.181)	0.44 (0.054)	1.10 (0.132)	0.77 (0.110)	0.15 (0.041)	0.03* (0.015)	#
6 - 11	4.10 (0.191)	3.16 (0.182)	0.83 (0.094)	1.31 (0.151)	0.86 (0.058)	0.13* (0.048)	0.03* (0.010)	0.01* (0.005)
12 - 19	5.88 (0.257)	4.87 (0.284)	1.73 (0.295)	1.82 (0.153)	0.99 (0.095)	0.27 (0.074)	0.06 (0.016)	#
20 - 29	7.10 (0.390)	5.71 (0.287)	1.99 (0.162)	2.14 (0.243)	1.22 (0.107)	0.22 (0.041)	0.14* (0.050)	#
30 - 39	7.87 (0.301)	6.21 (0.276)	2.26 (0.195)	2.03 (0.222)	1.35 (0.114)	0.48 (0.087)	0.08 (0.022)	0.01* (0.004)
40 - 49	8.06 (0.464)	6.20 (0.349)	2.47 (0.181)	1.95 (0.185)	1.10 (0.148)	0.50 (0.064)	0.16* (0.067)	0.02* (0.009)
50 - 59	7.63 (0.368)	5.67 (0.368)	2.05 (0.310)	1.75 (0.178)	1.04 (0.090)	0.60 (0.088)	0.15* (0.070)	0.09* (0.061)
60 - 69	7.21 (0.353)	5.63 (0.305)	2.06 (0.281)	1.28 (0.152)	1.33 (0.201)	0.71 (0.123)	0.24 (0.057)	0.01* (0.004)
70 and over	6.38 (0.256)	4.54 (0.182)	1.51 (0.096)	1.08 (0.139)	1.06 (0.097)	0.46 (0.085)	0.42* (0.138)	0.02* (0.018)
2 - 19	4.72 (0.151)	3.79 (0.170)	1.15 (0.134)	1.50 (0.110)	0.90 (0.036)	0.20 (0.039)	0.04 (0.008)	#
20 and over	7.41 (0.146)	5.70 (0.123)	2.07 (0.088)	1.75 (0.095)	1.19 (0.054)	0.49 (0.040)	0.19 (0.029)	0.02* (0.011)
2 and over	6.75 (0.130)	5.23 (0.114)	1.85 (0.081)	1.68 (0.088)	1.12 (0.044)	0.42 (0.033)	0.15 (0.022)	0.02* (0.008)
Females:								
2 - 5	2.93 (0.089)	2.06 (0.113)	0.42 (0.056)	0.99 (0.075)	0.56 (0.103)	0.06 (0.016)	0.02* (0.009)	#
6 - 11	3.66 (0.145)	2.85 (0.176)	0.69 (0.071)	1.20 (0.133)	0.75 (0.058)	0.17 (0.040)	0.03* (0.016)	0.01* (0.008)
12 - 19	4.28 (0.394)	3.41 (0.286)	0.71 (0.069)	1.63 (0.227)	0.66 (0.078)	0.31* (0.122)	0.09* (0.031)	#
20 - 29	5.40 (0.181)	4.22 (0.161)	1.37 (0.162)	1.71 (0.157)	0.61 (0.079)	0.41 (0.119)	0.10* (0.037)	0.01* (0.013)
30 - 39	5.31 (0.190)	3.89 (0.162)	1.21 (0.127)	1.53 (0.101)	0.78 (0.081)	0.28 (0.046)	0.09 (0.024)	0.01* (0.004)
40 - 49	5.01 (0.184)	3.59 (0.232)	1.07 (0.113)	1.48 (0.163)	0.63 (0.082)	0.29 (0.047)	0.11 (0.033)	0.01* (0.007)
50 - 59	5.45 (0.223)	3.88 (0.212)	1.42 (0.166)	1.18 (0.109)	0.66 (0.082)	0.44 (0.130)	0.16 (0.040)	0.01* (0.005)
60 - 69	5.44 (0.246)	3.53 (0.172)	1.06 (0.120)	1.15 (0.095)	0.72 (0.107)	0.46 (0.077)	0.14* (0.048)	0.01* (0.005)
70 and over	4.83 (0.199)	3.47 (0.196)	1.01 (0.093)	1.07 (0.111)	0.81 (0.066)	0.39 (0.050)	0.17* (0.060)	0.02* (0.013)
2 - 19	3.78 (0.216)	2.94 (0.181)	0.64 (0.049)	1.35 (0.133)	0.67 (0.043)	0.21 (0.059)	0.06 (0.015)	#
20 and over	5.25 (0.105)	3.78 (0.083)	1.20 (0.066)	1.36 (0.052)	0.70 (0.037)	0.38 (0.040)	0.13 (0.014)	0.01* (0.004)
2 and over	4.92 (0.108)	3.59 (0.087)	1.07 (0.061)	1.36 (0.059)	0.69 (0.029)	0.34 (0.036)	0.11 (0.011)	0.01* (0.003)
Males and females:								
2 - 19	4.26 (0.164)	3.37 (0.161)	0.90 (0.077)	1.43 (0.110)	0.79 (0.028)	0.21 (0.033)	0.05 (0.008)	#
20 and over	6.29 (0.092)	4.71 (0.081)	1.62 (0.068)	1.55 (0.057)	0.93 (0.034)	0.43 (0.033)	0.16 (0.014)	0.02* (0.006)
2 and over	5.81 (0.096)	4.39 (0.086)	1.45 (0.063)	1.52 (0.064)	0.90 (0.027)	0.38 (0.026)	0.13 (0.011)	0.01* (0.005)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.
† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1e. Protein Foods: Mean Daily Food Patterns Ounce Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic (*continued*)

Males/Females and age (years)	*Protein Foods*		
	Eggs, Nuts and Seeds, and Soybean Products		
	Eggs	Nuts and Seeds	Soybean Products †
	oz eq (SE)		
Males:			
2 - 5	0.33 (0.036)	0.37 (0.061)	0.06* (0.025)
6 - 11	0.42 (0.044)	0.45 (0.071)	0.07 (0.021)
12 - 19	0.42 (0.045)	0.49 (0.128)	0.09 (0.019)
20 - 29	0.76 (0.092)	0.51 (0.138)	0.12* (0.046)
30 - 39	0.74 (0.069)	0.76 (0.089)	0.15 (0.040)
40 - 49	0.70 (0.062)	1.08 (0.220)	0.08* (0.026)
50 - 59	0.70 (0.060)	1.15 (0.143)	0.11* (0.037)
60 - 69	0.61 (0.085)	0.90 (0.166)	0.07 (0.016)
70 and over	0.70 (0.051)	1.09 (0.138)	0.05 (0.011)
2 - 19	0.40 (0.024)	0.45 (0.065)	0.08 (0.012)
20 and over	0.71 (0.029)	0.90 (0.074)	0.10 (0.013)
2 and over	0.63 (0.018)	0.79 (0.054)	0.09 (0.010)
Females:			
2 - 5	0.42 (0.048)	0.43 (0.073)	0.02 (0.007)
6 - 11	0.36 (0.031)	0.40 (0.065)	0.05 (0.012)
12 - 19	0.29 (0.028)	0.53* (0.211)	0.05* (0.016)
20 - 29	0.57 (0.061)	0.49 (0.075)	0.12 (0.032)
30 - 39	0.59 (0.074)	0.68 (0.084)	0.14 (0.022)
40 - 49	0.68 (0.110)	0.67 (0.119)	0.08* (0.023)
50 - 59	0.59 (0.058)	0.91 (0.072)	0.08* (0.024)
60 - 69	0.63 (0.055)	1.17 (0.227)	0.10* (0.034)
70 and over	0.50 (0.037)	0.82 (0.070)	0.04 (0.011)
2 - 19	0.34 (0.021)	0.47 (0.098)	0.04 (0.008)
20 and over	0.59 (0.034)	0.78 (0.047)	0.09 (0.012)
2 and over	0.54 (0.027)	0.71 (0.045)	0.08 (0.010)
Males and females:			
2 - 19	0.37 (0.017)	0.46 (0.067)	0.06 (0.008)
20 and over	0.65 (0.027)	0.84 (0.047)	0.10 (0.011)
2 and over	0.58 (0.019)	0.75 (0.042)	0.09 (0.009)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1f. Legumes: Mean Daily Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	*Legumes* †			
	Legumes as Vegetable		Legumes as Protein	
	cup eq	(SE)	oz eq	(SE)
Males:				
2 - 5	0.05	(0.012)	0.22	(0.048)
6 - 11	0.06	(0.008)	0.23	(0.031)
12 - 19	0.08	(0.017)	0.32	(0.070)
20 - 29	0.13	(0.023)	0.51	(0.092)
30 - 39	0.18	(0.026)	0.73	(0.103)
40 - 49	0.14	(0.017)	0.55	(0.070)
50 - 59	0.18	(0.039)	0.72	(0.155)
60 - 69	0.08	(0.013)	0.31	(0.051)
70 and over	0.11	(0.019)	0.46	(0.075)
2 - 19	0.07	(0.008)	0.27	(0.032)
20 and over	0.14	(0.012)	0.56	(0.049)
2 and over	0.12	(0.010)	0.49	(0.041)
Females:				
2 - 5	0.05	(0.010)	0.20	(0.039)
6 - 11	0.05	(0.009)	0.21	(0.036)
12 - 19	0.06	(0.008)	0.23	(0.031)
20 - 29	0.10	(0.016)	0.42	(0.062)
30 - 39	0.10	(0.016)	0.41	(0.064)
40 - 49	0.10	(0.016)	0.40	(0.066)
50 - 59	0.10	(0.016)	0.40	(0.063)
60 - 69	0.12	(0.029)	0.49	(0.115)
70 and over	0.07	(0.012)	0.29	(0.047)
2 - 19	0.05	(0.006)	0.22	(0.022)
20 and over	0.10	(0.010)	0.40	(0.041)
2 and over	0.09	(0.009)	0.36	(0.034)
Males and females:				
2 - 19	0.06	(0.005)	0.24	(0.020)
20 and over	0.12	(0.010)	0.48	(0.041)
2 and over	0.11	(0.008)	0.42	(0.034)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 1g. Oils and Other Components: Mean Daily Food Patterns Gram Equivalents of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Male/Female and Age, in the United States, 2017-March 2020 Prepandemic

Males/Females and age (years)	*Oils and Other Components*							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	g	(SE)	g	(SE)	tsp eq	(SE)	no. drinks	(SE)
Males:								
2 - 5	19.56	(0.755)	29.97	(1.296)	12.87	(0.711)	0.00	(0.000)
6 - 11	23.43	(1.321)	39.12	(1.347)	17.81	(0.662)	#	
12 - 19	30.89	(1.196)	41.12	(1.025)	20.85	(0.685)	0.05*	(0.020)
20 - 29	31.89	(1.680)	39.50	(1.673)	18.31	(0.827)	1.07	(0.166)
30 - 39	35.59	(1.213)	44.25	(2.072)	22.26	(1.827)	1.39	(0.142)
40 - 49	37.01	(3.138)	42.84	(1.466)	20.92	(1.654)	1.07	(0.138)
50 - 59	37.30	(1.948)	41.08	(1.284)	20.18	(1.201)	1.35	(0.145)
60 - 69	31.93	(1.596)	48.52	(2.484)	18.37	(0.969)	0.81	(0.126)
70 and over	31.37	(1.365)	38.15	(1.960)	14.54	(0.618)	0.54	(0.057)
2 - 19	25.99	(0.686)	38.09	(0.791)	18.14	(0.362)	0.02*	(0.009)
20 and over	34.30	(0.809)	42.35	(0.648)	19.28	(0.623)	1.06	(0.059)
2 and over	32.26	(0.669)	41.30	(0.599)	19.00	(0.504)	0.81	(0.042)
Females:								
2 - 5	16.71	(0.653)	23.99	(0.715)	10.05	(0.513)	0.00	(0.000)
6 - 11	25.01	(0.890)	35.20	(0.887)	16.86	(0.511)	0.00	(0.000)
12 - 19	26.87	(1.505)	32.30	(0.906)	16.45	(0.662)	0.06*	(0.018)
20 - 29	28.46	(1.287)	36.22	(0.728)	15.67	(0.909)	0.45	(0.059)
30 - 39	29.00	(1.266)	32.04	(1.276)	15.46	(0.917)	0.49	(0.089)
40 - 49	26.58	(1.285)	30.94	(1.541)	15.65	(0.750)	0.50	(0.060)
50 - 59	26.31	(1.085)	31.48	(1.228)	14.38	(0.784)	0.58	(0.081)
60 - 69	27.04	(1.365)	29.39	(1.583)	12.20	(1.064)	0.51*	(0.158)
70 and over	23.40	(0.723)	30.22	(1.551)	11.37	(0.383)	0.28	(0.056)
2 - 19	24.08	(0.718)	31.47	(0.646)	15.21	(0.448)	0.03*	(0.008)
20 and over	26.86	(0.651)	31.82	(0.734)	14.19	(0.346)	0.47	(0.043)
2 and over	26.23	(0.541)	31.74	(0.572)	14.42	(0.281)	0.37	(0.034)
Males and females:								
2 - 19	25.05	(0.538)	34.83	(0.484)	16.70	(0.291)	0.02	(0.006)
20 and over	30.44	(0.629)	36.89	(0.608)	16.64	(0.413)	0.76	(0.036)
2 and over	29.17	(0.535)	36.41	(0.526)	16.65	(0.349)	0.58	(0.026)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with NHANES 2017-March 2020 Prepandemic.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2023. Food Patterns Equivalents Intakes from Foods: Mean Amounts Consumed per Individuals, by Male/Female and Age, *What We Eat in America*, NHANES 2017-March 2020 Prepandemic. Available at: www.ars.usda.gov/nea/bhnrc/fsrg

Table 2a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	Sample size	***Fruit***			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		cup eq (SE)			
Non-Hispanic White:					
2 - 5.....	344	1.67 (0.147)	0.42 (0.074)	0.75 (0.077)	0.51 (0.095)
6 - 11.....	442	1.12 (0.124)	0.36 (0.067)	0.52 (0.080)	0.23 (0.032)
12 - 19.....	562	0.71 (0.110)	0.15* (0.048)	0.38 (0.078)	0.18 (0.025)
20 and over...	2758	0.80 (0.040)	0.22 (0.015)	0.42 (0.027)	0.17 (0.014)
2 and over...	4106	0.86 (0.035)	0.23 (0.018)	0.44 (0.021)	0.19 (0.012)
Non-Hispanic Black:					
2 - 5.....	257	1.26 (0.108)	0.18 (0.026)	0.46 (0.054)	0.63 (0.075)
6 - 11.....	386	0.89 (0.075)	0.15 (0.018)	0.42 (0.052)	0.31 (0.031)
12 - 19.....	441	0.70 (0.072)	0.12 (0.025)	0.29 (0.045)	0.29 (0.037)
20 and over...	2071	0.84 (0.047)	0.19 (0.021)	0.37 (0.027)	0.29 (0.026)
2 and over...	3155	0.85 (0.040)	0.18 (0.016)	0.37 (0.024)	0.31 (0.021)
Non-Hispanic Asian:					
2 - 5.....	58	1.29* (0.217)	0.23* (0.039)	0.78* (0.172)	0.28* (0.089)
6 - 11.....	106	1.31 (0.189)	0.23 (0.040)	0.90 (0.184)	0.18* (0.069)
12 - 19.....	163	0.95 (0.174)	0.20 (0.037)	0.39 (0.084)	0.37* (0.148)
20 and over...	841	1.35 (0.100)	0.32 (0.044)	0.81 (0.089)	0.22 (0.028)
2 and over...	1168	1.31 (0.087)	0.30 (0.037)	0.78 (0.081)	0.23 (0.037)
Hispanic:					
2 - 5.....	190	1.66 (0.162)	0.40 (0.093)	0.67 (0.094)	0.58 (0.056)
6 - 11.....	336	1.22 (0.081)	0.27 (0.027)	0.56 (0.057)	0.39 (0.037)
12 - 19.....	421	0.87 (0.062)	0.20 (0.039)	0.36 (0.050)	0.31 (0.034)
20 and over...	1669	1.12 (0.064)	0.31 (0.048)	0.54 (0.031)	0.27 (0.022)
2 and over...	2616	1.13 (0.058)	0.29 (0.035)	0.53 (0.033)	0.31 (0.016)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Includes intact fruit (whole or cut) only; excludes fruit juice.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	***Vegetables***								
		Starchy Vegetables			*Red and Orange Vegetables*				
	Total Vegetables †	Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
	cup eq (SE)								
Non-Hispanic White:									
2 - 5.....	0.62 (0.059)	0.23 (0.031)	0.19 (0.030)	0.04 (0.009)	0.22 (0.038)	0.13 (0.013)	0.09* (0.039)	0.04 (0.010)	0.12 (0.019)
6 - 11.....	0.76 (0.058)	0.30 (0.032)	0.27 (0.028)	0.03 (0.008)	0.23 (0.029)	0.17 (0.024)	0.06 (0.009)	0.05 (0.015)	0.18 (0.013)
12 - 19.....	1.02 (0.065)	0.38 (0.035)	0.35 (0.036)	0.03 (0.007)	0.29 (0.022)	0.24 (0.023)	0.05 (0.009)	0.09 (0.027)	0.26 (0.042)
20 and over...	1.56 (0.052)	0.46 (0.021)	0.39 (0.020)	0.06 (0.007)	0.39 (0.015)	0.28 (0.011)	0.11 (0.009)	0.17 (0.016)	0.55 (0.032)
2 and over...	1.41 (0.046)	0.43 (0.018)	0.37 (0.018)	0.06 (0.006)	0.36 (0.014)	0.26 (0.010)	0.10 (0.008)	0.15 (0.015)	0.48 (0.029)
Non-Hispanic Black:									
2 - 5.....	0.75 (0.042)	0.39 (0.030)	0.34 (0.025)	0.05 (0.015)	0.19 (0.021)	0.14 (0.016)	0.05 (0.014)	0.07 (0.016)	0.09 (0.012)
6 - 11.....	0.85 (0.037)	0.43 (0.030)	0.38 (0.025)	0.05* (0.016)	0.22 (0.013)	0.19 (0.015)	0.02 (0.005)	0.08 (0.017)	0.13 (0.013)
12 - 19.....	0.89 (0.064)	0.42 (0.036)	0.37 (0.034)	0.05 (0.013)	0.23 (0.027)	0.19 (0.022)	0.04 (0.007)	0.06 (0.012)	0.18 (0.033)
20 and over...	1.31 (0.034)	0.50 (0.027)	0.42 (0.026)	0.08 (0.009)	0.28 (0.010)	0.21 (0.009)	0.07 (0.006)	0.14 (0.009)	0.39 (0.020)
2 and over...	1.19 (0.026)	0.48 (0.020)	0.41 (0.020)	0.07 (0.008)	0.27 (0.008)	0.20 (0.007)	0.06 (0.004)	0.12 (0.007)	0.33 (0.017)
Non-Hispanic Asian:									
2 - 5.....	0.66* (0.087)	0.27* (0.057)	0.21* (0.026)	0.06* (0.033)	0.20* (0.037)	0.14* (0.028)	0.06* (0.023)	0.04* (0.015)	0.15* (0.049)
6 - 11.....	0.99 (0.100)	0.29 (0.052)	0.21 (0.025)	0.08* (0.038)	0.29 (0.031)	0.23 (0.021)	0.06* (0.017)	0.06* (0.033)	0.35 (0.066)
12 - 19.....	1.19 (0.074)	0.29 (0.054)	0.25 (0.039)	0.04* (0.017)	0.31 (0.037)	0.23 (0.037)	0.08 (0.009)	0.16* (0.051)	0.43 (0.037)
20 and over...	1.69 (0.055)	0.35 (0.019)	0.26 (0.018)	0.09 (0.011)	0.38 (0.025)	0.24 (0.018)	0.14 (0.013)	0.24 (0.028)	0.73 (0.029)
2 and over...	1.56 (0.047)	0.34 (0.022)	0.25 (0.017)	0.09 (0.013)	0.36 (0.022)	0.23 (0.017)	0.13 (0.011)	0.21 (0.025)	0.65 (0.026)
Hispanic:									
2 - 5.....	0.60 (0.044)	0.21 (0.029)	0.17 (0.025)	0.04* (0.014)	0.20 (0.017)	0.15 (0.014)	0.05 (0.012)	0.03* (0.014)	0.16 (0.020)
6 - 11.....	0.74 (0.043)	0.24 (0.028)	0.20 (0.026)	0.04 (0.009)	0.25 (0.022)	0.20 (0.017)	0.04 (0.010)	0.04* (0.018)	0.21 (0.033)
12 - 19.....	0.94 (0.047)	0.34 (0.037)	0.27 (0.025)	0.07 (0.018)	0.28 (0.018)	0.24 (0.015)	0.04 (0.007)	0.04 (0.011)	0.27 (0.030)
20 and over...	1.54 (0.043)	0.42 (0.028)	0.32 (0.022)	0.09 (0.010)	0.40 (0.020)	0.32 (0.016)	0.08 (0.009)	0.14 (0.016)	0.58 (0.023)
2 and over...	1.30 (0.034)	0.37 (0.021)	0.29 (0.016)	0.08 (0.009)	0.36 (0.014)	0.28 (0.011)	0.07 (0.006)	0.10 (0.012)	0.47 (0.017)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Vegetables does not include legumes.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	*Grains*		
	Total Grains	Whole Grains	Refined Grains
	oz eq (SE)		
Non-Hispanic White:			
2 - 5	4.92 (0.197)	0.82 (0.128)	4.10 (0.137)
6 - 11	7.19 (0.292)	0.95 (0.086)	6.24 (0.266)
12 - 19	7.43 (0.235)	0.90 (0.106)	6.52 (0.258)
20 and over	6.16 (0.123)	0.87 (0.049)	5.29 (0.111)
2 and over	6.29 (0.097)	0.88 (0.039)	5.41 (0.092)
Non-Hispanic Black:			
2 - 5	4.45 (0.230)	0.59 (0.049)	3.86 (0.213)
6 - 11	6.89 (0.250)	0.84 (0.084)	6.05 (0.219)
12 - 19	6.86 (0.244)	0.63 (0.060)	6.23 (0.225)
20 and over	6.01 (0.119)	0.62 (0.034)	5.38 (0.131)
2 and over	6.10 (0.092)	0.64 (0.027)	5.46 (0.102)
Non-Hispanic Asian:			
2 - 5	5.63* (0.314)	0.67* (0.140)	4.96* (0.359)
6 - 11	7.66 (0.391)	1.09 (0.125)	6.58 (0.349)
12 - 19	7.78 (0.383)	1.25 (0.230)	6.52 (0.338)
20 and over	7.07 (0.245)	1.14 (0.071)	5.94 (0.266)
2 and over	7.12 (0.193)	1.12 (0.064)	5.99 (0.200)
Hispanic:			
2 - 5	5.04 (0.274)	0.60 (0.089)	4.44 (0.260)
6 - 11	7.48 (0.228)	0.99 (0.085)	6.49 (0.269)
12 - 19	7.26 (0.254)	0.59 (0.054)	6.66 (0.242)
20 and over	7.59 (0.157)	0.57 (0.028)	7.01 (0.154)
2 and over	7.35 (0.125)	0.62 (0.021)	6.73 (0.121)

*** Indicates an estimate with a relative standard error greater than 30%.**
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	***Dairy***			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
	cup eq (SE)			
Non-Hispanic White:				
2 - 5	2.01 (0.060)	1.23 (0.072)	0.63 (0.036)	0.13 (0.018)
6 - 11	1.86 (0.098)	1.08 (0.051)	0.67 (0.048)	0.09 (0.019)
12 - 19	1.97 (0.061)	0.99 (0.052)	0.93 (0.053)	0.02* (0.008)
20 and over	1.56 (0.033)	0.63 (0.027)	0.81 (0.029)	0.07 (0.006)
2 and over	1.64 (0.024)	0.72 (0.022)	0.81 (0.023)	0.07 (0.005)
Non-Hispanic Black:				
2 - 5	1.21 (0.071)	0.83 (0.072)	0.34 (0.053)	0.03 (0.008)
6 - 11	1.44 (0.071)	0.77 (0.052)	0.63 (0.047)	0.03 (0.006)
12 - 19	1.39 (0.095)	0.54 (0.052)	0.82 (0.077)	0.02* (0.008)
20 and over	1.10 (0.040)	0.40 (0.029)	0.65 (0.027)	0.02 (0.003)
2 and over	1.17 (0.032)	0.47 (0.023)	0.65 (0.026)	0.02 (0.002)
Non-Hispanic Asian:				
2 - 5	2.04* (0.184)	1.49* (0.159)	0.36* (0.060)	0.17* (0.063)
6 - 11	1.77 (0.176)	1.11 (0.162)	0.53 (0.050)	0.11 (0.022)
12 - 19	1.40 (0.114)	0.70 (0.056)	0.61 (0.093)	0.06 (0.017)
20 and over	1.12 (0.057)	0.62 (0.043)	0.35 (0.037)	0.10 (0.019)
2 and over	1.22 (0.051)	0.69 (0.037)	0.38 (0.035)	0.10 (0.017)
Hispanic:				
2 - 5	2.11 (0.178)	1.51 (0.181)	0.49 (0.069)	0.10 (0.020)
6 - 11	2.14 (0.123)	1.21 (0.072)	0.85 (0.070)	0.07 (0.014)
12 - 19	1.69 (0.079)	0.81 (0.069)	0.84 (0.058)	0.03* (0.009)
20 and over	1.33 (0.037)	0.48 (0.032)	0.76 (0.031)	0.05 (0.005)
2 and over	1.52 (0.042)	0.67 (0.036)	0.76 (0.027)	0.05 (0.004)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	***Protein Foods*** *(continues on next page)*							
		Meat, Poultry, and Seafood						
	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low *n*-3	Seafood High *n*-3	Organ Meat
	oz eq (SE)							
Non-Hispanic White:								
2 - 5.....	3.16 (0.139)	2.27 (0.143)	0.40 (0.054)	0.97 (0.122)	0.79 (0.129)	0.08* (0.025)	0.03* (0.014)	0.00 (0.000)
6 - 11.....	3.91 (0.207)	2.99 (0.220)	0.67 (0.086)	1.23 (0.168)	0.90 (0.089)	0.15* (0.057)	0.03* (0.022)	0.01* (0.008)
12 - 19.....	5.26 (0.531)	4.14 (0.419)	1.26 (0.237)	1.74 (0.243)	0.92 (0.071)	0.18* (0.080)	0.04* (0.018)	#
20 and over...	6.15 (0.131)	4.48 (0.116)	1.58 (0.104)	1.37 (0.068)	1.02 (0.049)	0.36 (0.043)	0.13 (0.021)	0.01* (0.008)
2 and over...	5.79 (0.140)	4.25 (0.119)	1.44 (0.097)	1.38 (0.079)	1.00 (0.039)	0.32 (0.034)	0.11 (0.017)	0.01* (0.006)
Non-Hispanic Black:								
2 - 5.....	3.20 (0.232)	2.81 (0.186)	0.51 (0.083)	1.45 (0.170)	0.68 (0.063)	0.11* (0.036)	0.05* (0.027)	#
6 - 11.....	4.32 (0.194)	3.65 (0.189)	0.82 (0.082)	1.54 (0.124)	0.99 (0.133)	0.27* (0.089)	0.03* (0.015)	0.01* (0.008)
12 - 19.....	5.13 (0.344)	4.50 (0.296)	1.04 (0.161)	2.11 (0.243)	0.85 (0.085)	0.42* (0.130)	0.07* (0.030)	0.01* (0.007)
20 and over...	6.50 (0.161)	5.28 (0.140)	1.33 (0.088)	2.18 (0.084)	1.01 (0.060)	0.60 (0.057)	0.15 (0.018)	0.02 (0.006)
2 and over...	5.97 (0.143)	4.91 (0.122)	1.21 (0.074)	2.08 (0.063)	0.97 (0.052)	0.52 (0.055)	0.12 (0.014)	0.02 (0.004)
Non-Hispanic Asian:								
2 - 5.....	2.61* (0.420)	1.75* (0.491)	0.31* (0.091)	0.91* (0.391)	0.30* (0.111)	0.20* (0.101)	0.02* (0.020)	0.00* (0.000)
6 - 11.....	3.25 (0.311)	2.44 (0.323)	0.56 (0.113)	1.15 (0.218)	0.51 (0.111)	0.20* (0.079)	0.02* (0.018)	0.00 (0.000)
12 - 19.....	4.69 (0.328)	3.71 (0.440)	1.16 (0.294)	1.64 (0.176)	0.41* (0.221)	0.33 (0.080)	0.17* (0.081)	0.00 (0.000)
20 and over...	6.29 (0.291)	4.64 (0.358)	1.46 (0.098)	1.64 (0.203)	0.39 (0.053)	0.69 (0.133)	0.42 (0.072)	0.03* (0.019)
2 and over...	5.81 (0.301)	4.30 (0.365)	1.33 (0.113)	1.58 (0.179)	0.40 (0.057)	0.61 (0.114)	0.36 (0.058)	0.02* (0.015)
Hispanic:								
2 - 5.....	3.00 (0.217)	2.15 (0.172)	0.48 (0.088)	1.09 (0.123)	0.41 (0.078)	0.15* (0.064)	0.01* (0.007)	0.00 (0.000)
6 - 11.....	3.58 (0.181)	2.72 (0.178)	0.81 (0.114)	1.24 (0.173)	0.55 (0.058)	0.11 (0.032)	0.01* (0.008)	#
12 - 19.....	4.87 (0.271)	4.12 (0.264)	1.31 (0.160)	1.61 (0.208)	0.63 (0.090)	0.47* (0.167)	0.10* (0.045)	0.00 (0.000)
20 and over...	6.59 (0.215)	5.13 (0.182)	2.02 (0.088)	1.69 (0.099)	0.75 (0.056)	0.48 (0.053)	0.17 (0.042)	0.03* (0.012)
2 and over...	5.78 (0.153)	4.53 (0.142)	1.68 (0.072)	1.59 (0.084)	0.69 (0.042)	0.42 (0.048)	0.13 (0.031)	0.02* (0.008)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.
† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.**

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

Table 2e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Race/ethnicity and age (years) ‡	*Protein Foods*		
	Eggs, Nuts and Seeds, and Soybean Products		
	Eggs	Nuts and Seeds	Soybean Products †
	oz eq (SE)		
Non-Hispanic White:			
2 - 5.....	0.32 (0.031)	0.53 (0.097)	0.05* (0.025)
6 - 11.....	0.36 (0.052)	0.50 (0.048)	0.06* (0.023)
12 - 19.....	0.32 (0.037)	0.72* (0.286)	0.08* (0.028)
20 and over...	0.61 (0.043)	0.96 (0.071)	0.10 (0.015)
2 and over...	0.55 (0.035)	0.89 (0.065)	0.09 (0.012)
Non-Hispanic Black:			
2 - 5.....	0.20 (0.037)	0.18 (0.052)	0.02 (0.005)
6 - 11.....	0.32 (0.046)	0.31* (0.114)	0.04 (0.008)
12 - 19.....	0.38 (0.062)	0.23* (0.079)	0.02* (0.007)
20 and over...	0.59 (0.031)	0.59 (0.051)	0.04 (0.006)
2 and over...	0.52 (0.028)	0.50 (0.044)	0.04 (0.005)
Non-Hispanic Asian:			
2 - 5.....	0.31* (0.059)	0.55* (0.190)	0.01* (0.008)
6 - 11.....	0.52 (0.105)	0.24 (0.060)	0.05* (0.020)
12 - 19.....	0.58 (0.119)	0.34 (0.062)	0.06* (0.025)
20 and over...	0.61 (0.050)	0.95 (0.108)	0.09 (0.018)
2 and over...	0.59 (0.049)	0.84 (0.091)	0.08 (0.013)
Hispanic:			
2 - 5.....	0.59 (0.092)	0.25 (0.060)	0.02* (0.011)
6 - 11.....	0.49 (0.044)	0.32 (0.067)	0.05 (0.010)
12 - 19.....	0.36 (0.042)	0.32 (0.056)	0.07* (0.023)
20 and over...	0.86 (0.041)	0.50 (0.051)	0.10 (0.022)
2 and over...	0.73 (0.029)	0.44 (0.038)	0.08 (0.014)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Soy products excluding calcium fortified soy milk and raw soybeans.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	*Legumes* †			
	Legumes as Vegetable		Legumes as Protein	
	cup eq	(SE)	oz eq	(SE)
Non-Hispanic White:				
2 - 5.....	0.02	(0.005)	0.09	(0.021)
6 - 11.....	0.03	(0.004)	0.14	(0.018)
12 - 19.....	0.03	(0.004)	0.11	(0.017)
20 and over...	0.09	(0.009)	0.35	(0.038)
2 and over...	0.08	(0.008)	0.30	(0.030)
Non-Hispanic Black:				
2 - 5.....	0.02	(0.003)	0.08	(0.013)
6 - 11.....	0.05	(0.013)	0.19	(0.052)
12 - 19.....	0.06	(0.013)	0.22	(0.054)
20 and over...	0.07	(0.009)	0.30	(0.034)
2 and over...	0.07	(0.006)	0.27	(0.026)
Non-Hispanic Asian:				
2 - 5.....	0.10*	(0.037)	0.39*	(0.148)
6 - 11.....	0.09*	(0.039)	0.38*	(0.155)
12 - 19.....	0.11*	(0.034)	0.43*	(0.135)
20 and over...	0.21	(0.057)	0.85	(0.229)
2 and over...	0.19	(0.051)	0.77	(0.202)
Hispanic:				
2 - 5.....	0.12	(0.019)	0.47	(0.077)
6 - 11.....	0.11	(0.019)	0.43	(0.074)
12 - 19.....	0.16	(0.028)	0.64	(0.112)
20 and over...	0.25	(0.017)	0.99	(0.070)
2 and over...	0.21	(0.013)	0.84	(0.054)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 2g. Oils and Other Components: Mean Amounts of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-March 2020 Prepandemic

Race/ethnicity and age (years) ‡	*Oils and Other Components*							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	g	(SE)	g	(SE)	tsp eq	(SE)	no. drinks	(SE)
Non-Hispanic White:								
2 - 5.....	18.25	(0.555)	27.57	(0.828)	11.70	(0.703)	0.00	(0.000)
6 - 11.....	24.20	(1.076)	38.11	(1.519)	18.19	(0.878)	0.00	(0.000)
12 - 19.....	30.03	(2.174)	38.69	(1.097)	20.49	(0.861)	0.06*	(0.018)
20 and over...	30.56	(0.956)	38.37	(0.799)	16.77	(0.516)	0.80	(0.051)
2 and over...	29.55	(0.870)	37.92	(0.710)	16.99	(0.444)	0.64	(0.043)
Non-Hispanic Black:								
2 - 5.....	17.79	(1.151)	23.64	(1.111)	11.91	(0.499)	0.00	(0.000)
6 - 11.....	25.46	(1.010)	35.67	(1.562)	17.92	(0.761)	#	
12 - 19.....	30.15	(1.520)	36.48	(1.937)	19.02	(1.043)	0.02*	(0.011)
20 and over...	31.76	(0.781)	35.61	(0.790)	18.28	(0.516)	0.84	(0.095)
2 and over...	30.29	(0.620)	35.09	(0.706)	18.00	(0.428)	0.62	(0.070)
Non-Hispanic Asian:								
2 - 5.....	17.60*	(1.632)	26.63*	(1.369)	7.52*	(0.859)	0.00*	(0.000)
6 - 11.....	21.95	(1.875)	35.17	(2.028)	11.21	(0.912)	0.00	(0.000)
12 - 19.....	24.70	(1.892)	32.31	(2.034)	13.29	(0.802)	0.02*	(0.016)
20 and over...	27.93	(0.991)	23.59	(0.823)	9.67	(0.483)	0.28	(0.029)
2 and over...	26.86	(0.872)	25.21	(0.811)	10.00	(0.418)	0.23	(0.023)
Hispanic:								
2 - 5.....	18.09	(1.115)	26.08	(1.609)	11.58	(1.184)	0.00	(0.000)
6 - 11.....	23.96	(1.029)	35.51	(1.320)	16.16	(0.416)	0.00	(0.000)
12 - 19.....	26.78	(1.457)	34.17	(1.216)	15.44	(0.533)	0.08*	(0.034)
20 and over...	29.52	(1.000)	36.14	(1.052)	16.13	(0.484)	0.67	(0.084)
2 and over...	27.75	(0.783)	35.07	(0.746)	15.70	(0.422)	0.47	(0.057)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2023. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic. Available at: www.ars.usda.gov/nea/bhnrc/fsrg**

Table 4a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	Sample size	*Fruit*			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		cup eq (SE)			
Under 131% poverty:					
2 - 5.....	373	1.43 (0.125)	0.33 (0.092)	0.54 (0.066)	0.56 (0.077)
6 - 11.....	514	1.00 (0.069)	0.18 (0.026)	0.53 (0.054)	0.29 (0.036)
12 - 19.....	628	0.66 (0.077)	0.15 (0.028)	0.28 (0.052)	0.24 (0.031)
20 and over...	1900	0.82 (0.052)	0.17 (0.019)	0.41 (0.039)	0.24 (0.027)
2 and over...	3415	0.86 (0.046)	0.18 (0.016)	0.41 (0.033)	0.27 (0.023)
131-350% poverty:					
2 - 5.....	297	1.55 (0.155)	0.36 (0.065)	0.64 (0.069)	0.55 (0.129)
6 - 11.....	467	1.16 (0.064)	0.35 (0.061)	0.53 (0.061)	0.27 (0.034)
12 - 19.....	568	0.73 (0.074)	0.12 (0.018)	0.35 (0.052)	0.26 (0.054)
20 and over...	2619	0.83 (0.033)	0.20 (0.016)	0.44 (0.025)	0.19 (0.018)
2 and over...	3951	0.89 (0.027)	0.21 (0.014)	0.45 (0.021)	0.23 (0.017)
Over 350% poverty:					
2 - 5.....	184	1.81 (0.178)	0.42 (0.071)	0.99 (0.116)	0.40 (0.059)
6 - 11.....	291	1.20 (0.152)	0.37 (0.083)	0.55 (0.097)	0.27 (0.051)
12 - 19.....	356	0.87 (0.133)	0.23* (0.084)	0.37 (0.061)	0.27 (0.051)
20 and over...	2217	0.95 (0.050)	0.28 (0.026)	0.49 (0.033)	0.18 (0.014)
2 and over...	3048	0.99 (0.044)	0.28 (0.028)	0.50 (0.028)	0.20 (0.012)
All Individuals:					
2 - 5.....	940	1.57 (0.084)	0.36 (0.046)	0.68 (0.048)	0.52 (0.060)
6 - 11.....	1411	1.11 (0.065)	0.30 (0.040)	0.53 (0.038)	0.28 (0.023)
12 - 19.....	1740	0.78 (0.060)	0.16 (0.027)	0.37 (0.038)	0.25 (0.023)
20 and over...	7707	0.89 (0.027)	0.23 (0.011)	0.45 (0.019)	0.20 (0.010)
2 and over...	11798	0.93 (0.024)	0.24 (0.013)	0.46 (0.016)	0.23 (0.009)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Includes intact fruit (whole or cut) only; excludes fruit juice.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	***Vegetables***								
	Total Vegetables †	*Starchy Vegetables*			*Red and Orange Vegetables*				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
	cup eq (SE)								
Under 131% poverty:									
2 - 5.....	0.64 (0.040)	0.29 (0.025)	0.24 (0.026)	0.04 (0.011)	0.19 (0.017)	0.15 (0.014)	0.03 (0.009)	0.04* (0.014)	0.13 (0.019)
6 - 11.....	0.77 (0.042)	0.31 (0.022)	0.27 (0.020)	0.04 (0.007)	0.24 (0.026)	0.19 (0.019)	0.05 (0.012)	0.05* (0.014)	0.17 (0.020)
12 - 19.....	0.92 (0.043)	0.34 (0.028)	0.28 (0.023)	0.06 (0.014)	0.29 (0.037)	0.26 (0.035)	0.04 (0.008)	0.05 (0.009)	0.23 (0.022)
20 and over...	1.34 (0.050)	0.46 (0.024)	0.39 (0.020)	0.07 (0.010)	0.32 (0.015)	0.25 (0.012)	0.06 (0.005)	0.11 (0.013)	0.45 (0.024)
2 and over...	1.16 (0.032)	0.41 (0.017)	0.35 (0.014)	0.06 (0.008)	0.29 (0.010)	0.24 (0.008)	0.06 (0.004)	0.09 (0.010)	0.37 (0.016)
131-350% poverty:									
2 - 5.....	0.58 (0.063)	0.25 (0.032)	0.21 (0.029)	0.04 (0.009)	0.18 (0.017)	0.13 (0.014)	0.05 (0.009)	0.03 (0.007)	0.12 (0.024)
6 - 11.....	0.78 (0.065)	0.33 (0.042)	0.29 (0.039)	0.04 (0.006)	0.24 (0.020)	0.18 (0.013)	0.07 (0.012)	0.03 (0.007)	0.18 (0.024)
12 - 19.....	0.96 (0.054)	0.42 (0.031)	0.38 (0.033)	0.04 (0.009)	0.25 (0.015)	0.20 (0.015)	0.06 (0.009)	0.07* (0.025)	0.22 (0.020)
20 and over...	1.48 (0.033)	0.49 (0.025)	0.41 (0.021)	0.07 (0.006)	0.36 (0.015)	0.26 (0.013)	0.10 (0.008)	0.14 (0.014)	0.50 (0.028)
2 and over...	1.31 (0.028)	0.45 (0.021)	0.39 (0.019)	0.07 (0.005)	0.33 (0.012)	0.24 (0.010)	0.09 (0.006)	0.11 (0.011)	0.42 (0.022)
Over 350% poverty:									
2 - 5.....	0.68 (0.082)	0.20 (0.032)	0.17 (0.033)	0.03 (0.009)	0.27 (0.069)	0.13 (0.015)	0.15* (0.072)	0.06* (0.019)	0.15 (0.027)
6 - 11.....	0.80 (0.047)	0.28 (0.026)	0.24 (0.026)	0.04* (0.013)	0.23 (0.030)	0.20 (0.032)	0.04 (0.007)	0.08* (0.026)	0.20 (0.016)
12 - 19.....	1.12 (0.088)	0.37 (0.047)	0.33 (0.054)	0.04* (0.015)	0.32 (0.027)	0.26 (0.036)	0.06 (0.013)	0.12 (0.037)	0.31 (0.050)
20 and over...	1.68 (0.067)	0.44 (0.025)	0.37 (0.021)	0.07 (0.010)	0.42 (0.021)	0.30 (0.017)	0.12 (0.009)	0.21 (0.025)	0.61 (0.032)
2 and over...	1.54 (0.058)	0.41 (0.024)	0.35 (0.022)	0.06 (0.008)	0.40 (0.019)	0.29 (0.016)	0.11 (0.009)	0.19 (0.021)	0.54 (0.029)
All Individuals:									
2 - 5.....	0.63 (0.032)	0.25 (0.018)	0.21 (0.016)	0.04 (0.007)	0.21 (0.022)	0.14 (0.007)	0.07 (0.021)	0.04 (0.006)	0.13 (0.013)
6 - 11.....	0.78 (0.032)	0.30 (0.019)	0.26 (0.015)	0.04 (0.006)	0.24 (0.017)	0.19 (0.014)	0.05 (0.006)	0.05 (0.009)	0.19 (0.013)
12 - 19.....	0.99 (0.029)	0.37 (0.020)	0.32 (0.020)	0.04 (0.005)	0.28 (0.012)	0.23 (0.012)	0.05 (0.004)	0.08 (0.012)	0.27 (0.024)
20 and over...	1.53 (0.038)	0.45 (0.015)	0.38 (0.014)	0.07 (0.006)	0.38 (0.012)	0.27 (0.009)	0.10 (0.006)	0.16 (0.011)	0.54 (0.023)
2 and over...	1.37 (0.030)	0.42 (0.012)	0.35 (0.012)	0.06 (0.004)	0.35 (0.009)	0.26 (0.007)	0.09 (0.006)	0.14 (0.009)	0.46 (0.019)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Vegetables does not include legumes.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4c. Grains: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	***Grains***			
	Total Grains		Whole Grains	Refined Grains
	oz eq (SE)			
Under 131% poverty:				
2 - 5	5.29	(0.274)	0.59 (0.061)	4.70 (0.262)
6 - 11	7.30	(0.235)	0.90 (0.065)	6.40 (0.236)
12 - 19	7.00	(0.236)	0.69 (0.081)	6.31 (0.245)
20 and over	6.64	(0.185)	0.66 (0.047)	5.98 (0.191)
2 and over	6.66	(0.149)	0.69 (0.037)	5.97 (0.153)
131-350% poverty:				
2 - 5	4.76	(0.189)	0.72 (0.075)	4.04 (0.163)
6 - 11	7.23	(0.158)	0.91 (0.063)	6.33 (0.174)
12 - 19	7.38	(0.256)	0.85 (0.075)	6.54 (0.280)
20 and over	6.47	(0.130)	0.81 (0.036)	5.66 (0.140)
2 and over	6.54	(0.088)	0.81 (0.030)	5.73 (0.094)
Over 350% poverty:				
2 - 5	5.04	(0.226)	0.97 (0.182)	4.07 (0.192)
6 - 11	7.22	(0.451)	1.02 (0.145)	6.20 (0.466)
12 - 19	7.66	(0.372)	0.92 (0.137)	6.74 (0.382)
20 and over	6.27	(0.140)	0.89 (0.063)	5.38 (0.105)
2 and over	6.40	(0.124)	0.90 (0.055)	5.50 (0.095)
All Individuals:				
2 - 5	5.00	(0.138)	0.74 (0.072)	4.26 (0.126)
6 - 11	7.23	(0.163)	0.95 (0.054)	6.28 (0.164)
12 - 19	7.31	(0.131)	0.81 (0.059)	6.50 (0.164)
20 and over	6.44	(0.085)	0.81 (0.035)	5.62 (0.080)
2 and over	6.52	(0.064)	0.82 (0.026)	5.70 (0.063)

‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4d. Dairy: Mean Amounts of Food Patterns Cup Equivalents
Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	*Dairy*							
	Total Dairy †		Fluid Milk		Cheese		Yogurt	
	cup eq (SE)							
Under 131% poverty:								
2 - 5.....	2.14	(0.180)	1.47	(0.157)	0.56	(0.080)	0.10	(0.023)
6 - 11.....	2.09	(0.126)	1.19	(0.092)	0.84	(0.059)	0.05	(0.012)
12 - 19.....	1.77	(0.096)	0.86	(0.076)	0.85	(0.048)	0.03*	(0.009)
20 and over...	1.36	(0.045)	0.58	(0.034)	0.73	(0.044)	0.04	(0.007)
2 and over...	1.56	(0.052)	0.76	(0.041)	0.74	(0.036)	0.04	(0.005)
131-350% poverty:								
2 - 5.....	1.79	(0.087)	1.08	(0.063)	0.60	(0.053)	0.09	(0.014)
6 - 11.....	1.83	(0.072)	1.06	(0.054)	0.65	(0.028)	0.10	(0.019)
12 - 19.....	1.73	(0.083)	0.83	(0.054)	0.87	(0.072)	0.02*	(0.006)
20 and over...	1.45	(0.036)	0.63	(0.024)	0.73	(0.029)	0.05	(0.007)
2 and over...	1.53	(0.032)	0.71	(0.022)	0.73	(0.025)	0.05	(0.005)
Over 350% poverty:								
2 - 5.....	1.87	(0.125)	1.17	(0.113)	0.54	(0.044)	0.14	(0.022)
6 - 11.....	1.79	(0.116)	1.02	(0.075)	0.69	(0.071)	0.06	(0.016)
12 - 19.....	1.88	(0.117)	0.94	(0.093)	0.88	(0.081)	0.04*	(0.013)
20 and over...	1.48	(0.052)	0.54	(0.034)	0.81	(0.029)	0.09	(0.009)
2 and over...	1.55	(0.041)	0.62	(0.032)	0.80	(0.025)	0.08	(0.007)
All Individuals:								
2 - 5.....	1.94	(0.059)	1.26	(0.058)	0.56	(0.033)	0.11	(0.012)
6 - 11.....	1.89	(0.065)	1.09	(0.039)	0.71	(0.031)	0.07	(0.008)
12 - 19.....	1.77	(0.035)	0.85	(0.029)	0.87	(0.030)	0.03	(0.005)
20 and over...	1.44	(0.032)	0.58	(0.022)	0.76	(0.020)	0.06	(0.004)
2 and over...	1.54	(0.024)	0.68	(0.018)	0.75	(0.016)	0.06	(0.004)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	***Protein Foods*** *(continues on next page)*							
		Meat, Poultry, and Seafood						
	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low *n*-3	Seafood High *n*-3	Organ Meat
	oz eq (SE)							
Under 131% poverty:								
2 - 5.....	3.22 (0.158)	2.59 (0.151)	0.52 (0.066)	1.21 (0.120)	0.69 (0.081)	0.15* (0.053)	0.02* (0.009)	#
6 - 11.....	3.97 (0.366)	3.15 (0.326)	0.90 (0.117)	1.23 (0.223)	0.84 (0.080)	0.16* (0.051)	0.01* (0.003)	0.01* (0.009)
12 - 19.....	4.78 (0.259)	3.97 (0.246)	1.23 (0.143)	1.58 (0.208)	0.63 (0.058)	0.45 (0.124)	0.08* (0.025)	#
20 and over...	5.89 (0.142)	4.65 (0.155)	1.62 (0.103)	1.66 (0.114)	0.85 (0.052)	0.41 (0.041)	0.08 (0.015)	0.02* (0.008)
2 and over...	5.31 (0.137)	4.22 (0.142)	1.40 (0.081)	1.57 (0.101)	0.80 (0.038)	0.37 (0.039)	0.07 (0.012)	0.01* (0.006)
131-350% poverty:								
2 - 5.....	3.09 (0.196)	2.17 (0.126)	0.36 (0.051)	1.02 (0.102)	0.71 (0.146)	0.07* (0.022)	0.02* (0.009)	0.00 (0.000)
6 - 11.....	3.75 (0.196)	2.90 (0.217)	0.77 (0.079)	1.12 (0.133)	0.90 (0.098)	0.10 (0.017)	0.02* (0.012)	#
12 - 19.....	4.69 (0.209)	3.77 (0.224)	1.13 (0.127)	1.45 (0.178)	0.93 (0.093)	0.16 (0.039)	0.09* (0.032)	#
20 and over...	6.22 (0.133)	4.73 (0.126)	1.62 (0.091)	1.47 (0.061)	1.03 (0.045)	0.46 (0.065)	0.15 (0.023)	0.01* (0.003)
2 and over...	5.67 (0.098)	4.33 (0.094)	1.42 (0.079)	1.41 (0.053)	0.99 (0.036)	0.38 (0.046)	0.12 (0.019)	0.01* (0.002)
Over 350% poverty:								
2 - 5.....	3.10 (0.151)	2.21 (0.206)	0.40 (0.097)	1.02 (0.145)	0.66 (0.177)	0.09* (0.039)	0.04* (0.025)	#
6 - 11.....	3.96 (0.262)	2.93 (0.325)	0.71 (0.130)	1.25 (0.276)	0.70 (0.113)	0.21* (0.094)	0.05* (0.024)	0.01* (0.011)
12 - 19.....	5.53 (0.632)	4.38 (0.422)	1.05 (0.141)	2.11 (0.350)	0.94 (0.101)	0.23* (0.135)	0.04* (0.023)	#
20 and over...	6.52 (0.164)	4.72 (0.142)	1.63 (0.085)	1.52 (0.093)	0.94 (0.062)	0.43 (0.054)	0.18 (0.029)	0.02* (0.013)
2 and over...	6.16 (0.168)	4.49 (0.136)	1.48 (0.075)	1.53 (0.110)	0.91 (0.055)	0.39 (0.046)	0.16 (0.023)	0.02* (0.010)
All Individuals:								
2 - 5.....	3.09 (0.105)	2.28 (0.101)	0.43 (0.040)	1.05 (0.071)	0.67 (0.075)	0.11 (0.020)	0.03* (0.010)	#
6 - 11.....	3.88 (0.140)	3.01 (0.149)	0.76 (0.071)	1.26 (0.115)	0.80 (0.046)	0.15 (0.034)	0.03* (0.011)	0.01* (0.005)
12 - 19.....	5.09 (0.278)	4.15 (0.247)	1.23 (0.140)	1.73 (0.164)	0.83 (0.045)	0.29 (0.068)	0.08 (0.017)	#
20 and over...	6.29 (0.092)	4.71 (0.081)	1.62 (0.068)	1.55 (0.057)	0.93 (0.034)	0.43 (0.033)	0.16 (0.014)	0.02* (0.006)
2 and over...	5.81 (0.096)	4.39 (0.086)	1.45 (0.063)	1.52 (0.064)	0.90 (0.027)	0.38 (0.026)	0.13 (0.011)	0.01* (0.005)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.
† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America*, NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic (continued)

Family income as % of poverty level and age (years) ‡	*Protein Foods*					
	Eggs, Nuts and Seeds, and Soybean Products					
	Eggs		Nuts and Seeds		Soybean Products †	
	oz eq (SE)					
Under 131% poverty:						
2 - 5.....	0.43	(0.065)	0.18	(0.045)	0.02	(0.005)
6 - 11.....	0.45	(0.057)	0.31	(0.067)	0.06	(0.012)
12 - 19.....	0.37	(0.045)	0.36	(0.089)	0.08*	(0.036)
20 and over...	0.62	(0.039)	0.57	(0.107)	0.05	(0.010)
2 and over...	0.55	(0.030)	0.48	(0.073)	0.05	(0.009)
131-350% poverty:						
2 - 5.....	0.35	(0.048)	0.48	(0.070)	0.08*	(0.037)
6 - 11.....	0.30	(0.027)	0.49	(0.073)	0.05*	(0.015)
12 - 19.....	0.38	(0.047)	0.48*	(0.145)	0.05	(0.014)
20 and over...	0.64	(0.037)	0.78	(0.066)	0.08	(0.014)
2 and over...	0.56	(0.030)	0.71	(0.056)	0.07	(0.010)
Over 350% poverty:						
2 - 5.....	0.29	(0.050)	0.58	(0.140)	0.02*	(0.010)
6 - 11.....	0.43	(0.076)	0.51	(0.103)	0.08*	(0.034)
12 - 19.....	0.36	(0.055)	0.71*	(0.370)	0.08*	(0.028)
20 and over...	0.66	(0.049)	1.00	(0.070)	0.14	(0.022)
2 and over...	0.61	(0.040)	0.94	(0.071)	0.13	(0.018)
All Individuals:						
2 - 5.....	0.37	(0.029)	0.40	(0.058)	0.04*	(0.015)
6 - 11.....	0.39	(0.032)	0.42	(0.035)	0.06	(0.014)
12 - 19.....	0.36	(0.026)	0.51	(0.144)	0.07	(0.014)
20 and over...	0.65	(0.027)	0.84	(0.047)	0.10	(0.011)
2 and over...	0.58	(0.019)	0.75	(0.042)	0.09	(0.009)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Soy products excluding calcium fortified soy milk and raw soybeans.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4f. Legumes: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	*Legumes* †			
	Legumes as Vegetable		Legumes as Protein	
	cup eq	(SE)	oz eq	(SE)
Under 131% poverty:				
2 - 5	0.07	(0.014)	0.28	(0.058)
6 - 11	0.05	(0.011)	0.21	(0.045)
12 - 19	0.10	(0.026)	0.39	(0.105)
20 and over	0.13	(0.014)	0.52	(0.054)
2 and over	0.11	(0.009)	0.45	(0.037)
131-350% poverty:				
2 - 5	0.03*	(0.011)	0.12*	(0.045)
6 - 11	0.06*	(0.022)	0.22*	(0.088)
12 - 19	0.06	(0.010)	0.24	(0.042)
20 and over	0.11	(0.012)	0.43	(0.047)
2 and over	0.09	(0.010)	0.38	(0.038)
Over 350% poverty:				
2 - 5	0.07	(0.015)	0.26	(0.058)
6 - 11	0.05	(0.015)	0.21	(0.060)
12 - 19	0.04	(0.010)	0.18	(0.039)
20 and over	0.10	(0.011)	0.42	(0.043)
2 and over	0.10	(0.009)	0.38	(0.037)
All Individuals:				
2 - 5	0.05	(0.008)	0.21	(0.031)
6 - 11	0.06	(0.005)	0.22	(0.022)
12 - 19	0.07	(0.010)	0.28	(0.042)
20 and over	0.12	(0.010)	0.48	(0.041)
2 and over	0.11	(0.008)	0.42	(0.034)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

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

Table 4g. Oils and Other Components: Mean Amounts of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years) ‡	*Oils and Other Components*							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	g	(SE)	g	(SE)	tsp eq	(SE)	no. drinks	(SE)
Under 131% poverty:								
2 - 5.....	17.99	(1.163)	29.90	(2.316)	12.41	(0.969)	0.00	(0.000)
6 - 11.....	23.03	(0.869)	36.71	(1.625)	17.07	(0.576)	#	
12 - 19.....	25.67	(1.197)	35.59	(1.098)	18.35	(0.812)	0.10*	(0.041)
20 and over...	28.43	(0.997)	36.31	(1.269)	20.21	(0.708)	0.68	(0.085)
2 and over...	26.60	(0.725)	35.74	(1.064)	18.97	(0.579)	0.47	(0.055)
131-350% poverty:								
2 - 5.....	18.71	(0.618)	27.00	(1.238)	11.20	(0.720)	0.00	(0.000)
6 - 11.....	25.34	(1.094)	38.80	(1.328)	19.08	(0.667)	0.00	(0.000)
12 - 19.....	29.35	(1.126)	36.31	(1.282)	18.93	(0.692)	0.03*	(0.022)
20 and over...	29.66	(0.706)	37.48	(0.785)	17.76	(0.535)	0.57	(0.051)
2 and over...	28.65	(0.529)	36.88	(0.589)	17.63	(0.444)	0.43	(0.039)
Over 350% poverty:								
2 - 5.....	18.11	(0.928)	24.14	(1.283)	10.79	(0.969)	0.00	(0.000)
6 - 11.....	24.87	(1.767)	36.33	(1.493)	16.28	(1.170)	0.00	(0.000)
12 - 19.....	31.20	(2.467)	40.19	(1.764)	19.39	(1.099)	0.05*	(0.016)
20 and over...	31.90	(1.039)	37.44	(0.990)	14.13	(0.500)	0.92	(0.060)
2 and over...	30.93	(0.930)	37.14	(0.857)	14.58	(0.452)	0.76	(0.052)
All Individuals:								
2 - 5.....	18.15	(0.504)	27.01	(0.682)	11.47	(0.468)	0.00	(0.000)
6 - 11.....	24.19	(0.558)	37.22	(0.932)	17.35	(0.475)	#	
12 - 19.....	28.90	(1.127)	36.76	(0.586)	18.67	(0.475)	0.05	(0.014)
20 and over...	30.44	(0.629)	36.89	(0.608)	16.64	(0.413)	0.76	(0.036)
2 and over...	29.17	(0.535)	36.41	(0.526)	16.65	(0.349)	0.58	(0.026)

*** Indicates an estimate with a relative standard error greater than 30%.**
 # Indicates a non-zero value that is too small to report.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) for use with WWEIA, NHANES 2017-March 2020 Prepandemic.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2023. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Family Income as % of Poverty Level and Age, ***What We Eat in America,*** **NHANES 2017-March 2020 Prepandemic. Available at: www.ars.usda.gov/nea/bhnrc/fsrg**