Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002

Race/ethnicity and age (years)	N	Food energy (kcal)	Protein (g)	Carbo-hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Monoun-saturated fat (g)	Polyun-saturated fat (g)	Chole-sterol (mg)
Non-Hispanic White:											
2 - 5.....	295	1599	53.8	222	125	9.9	57.5	21.6	21.5	9.9	169
6 - 11.....	345	1929	64.1	268	143	12.2	69.5	24.7	26.8	12.7	194
12 - 19.....	686	2363	80.6	323	178	13.9	84.0	29.8	32.0	15.7	267
20 and over.....	2494	2238	82.8	274	134	16.2	85.4	27.7	31.2	17.1	285
2 and over.....	3820	2196	79.7	276	139	15.3	82.7	27.4	30.5	16.2	270
Non-Hispanic Black:											
2 - 5.....	231	1779	57.4	243	130	10.8	66.3	23.2	25.6	12.0	211
6 - 11.....	381	2065	69.4	273	137	12.2	79.5	27.1	31.1	15.0	239
12 - 19.....	700	2247	74.3	300	163	12.0	85.0	28.2	33.5	16.4	263
20 and over.....	890	2200	79.7	272	140	13.4	81.3	24.9	31.0	17.7	312
2 and over.....	2202	2165	76.3	274	142	12.9	80.7	25.5	31.1	16.9	290
Mexican American:											
2 - 5.....	231	1656	59.5	227	124	12.0	59.3	22.3	21.7	10.3	229
6 - 11.....	317	2086	72.5	282	146	13.8	77.0	27.1	29.3	14.4	266
12 - 19.....	715	2293	79.2	308	158	15.3	84.5	28.8	32.5	16.2	277
20 and over.....	997	2236	86.6	285	133	18.3	79.1	25.8	29.7	15.8	324
2 and over.....	2260	2172	81.1	283	138	16.7	77.9	26.1	29.3	15.2	300
All individuals[4]:											
2 - 5.....	856	1644	56.3	228	126	10.5	58.8	21.8	22.0	10.2	186
6 - 11.....	1136	1986	67.0	272	144	12.3	72.7	25.8	28.0	13.3	219
12 - 19.....	2297	2336	79.4	317	171	13.8	84.1	29.3	32.3	15.9	267
20 and over.....	4744	2216	82.0	275	134	16.0	83.2	26.8	30.6	16.9	287
2 and over.....	9033	2178	78.9	277	139	15.1	81.0	26.7	30.1	16.1	273

NOTES: # indicates an estimate with a relative standard error greater than 30%.
* indicates a non-zero value too small to print.
[1] SFA = saturated fatty acid.
[2] MFA = monounsaturated fatty acid.
[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha-carotene (mcg)	Beta-carotene (mcg)	Beta-crypto-xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Non-Hispanic White:								
2 - 5.....	4.2	440	542	290	1020	116	3491	612
6 - 11.....	5.1	472	591	278	1227	97	5910	633
12 - 19.....	6.7	540	661	282	1228	136	6896	880
20 and over.....	7.3	447	638	398	2009	142	6822	1532
2 and over.....	6.9	459	632	371	1816	137	6597	1348
Non-Hispanic Black:								
2 - 5.....	4.7	388	478	#188	898	144	4528	808
6 - 11.....	5.9	411	501	126	914	163	6126	1030
12 - 19.....	6.3	369	471	127	1059	145	7042	992
20 and over.....	6.6	409	623	325	2313	149	4497	1785
2 and over.....	6.4	402	578	265	1881	150	5058	1523
Mexican American:								
2 - 5.....	4.3	417	523	254	1032	186	5342	658
6 - 11.....	5.8	495	600	239	1038	146	5405	744
12 - 19.....	6.3	392	502	250	1093	147	6626	816
20 and over.....	6.6	321	489	376	1737	169	6520	1198
2 and over.....	6.3	364	509	327	1480	164	6280	1029
All individuals[4]:								
2 - 5.....	4.3	445	545	263	995	134	4079	653
6 - 11.....	5.4	470	586	243	1209	114	5761	736
12 - 19.....	6.6	477	592	247	1165	143	6713	878
20 and over.....	7.1	422	613	394	2008	148	6466	1505
2 and over.....	6.7	434	605	355	1779	144	6299	1313

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[2] MFA = monounsaturated fatty acid.
[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Non-Hispanic White:										
2 - 5.....	1.24	1.97	14.5	1.29	193	125	453	4.46	75.8	31.4
6 - 11.....	1.50	2.11	18.7	1.49	235	135	534	4.70	71.0	37.6
12 - 19.....	1.75	2.41	23.1	1.93	251	172	599	5.85	84.0	55.1
20 and over.....	1.66	2.33	23.2	1.92	200	224	564	5.58	89.4	91.4
2 and over.....	1.64	2.30	22.4	1.86	208	207	560	5.49	86.7	80.4
Non-Hispanic Black:										
2 - 5.....	1.35	1.86	17.4	1.51	198	134	471	4.27	117.9	43.8
6 - 11.....	1.62	2.04	21.0	1.64	238	154	558	4.72	100.0	57.0
12 - 19.....	1.55	1.94	21.9	1.68	223	150	528	4.82	108.0	61.9
20 and over.....	1.52	1.81	23.0	1.78	174	202	497	5.49	103.3	107.2
2 and over.....	1.52	1.86	22.3	1.73	190	184	507	5.23	104.4	90.9
Mexican American:										
2 - 5.....	1.31	2.08	15.1	1.52	199	157	495	4.90	101.2	32.4
6 - 11.....	1.59	2.23	20.0	1.67	237	169	572	5.62	96.5	46.6
12 - 19.....	1.60	2.07	21.7	1.79	231	176	568	5.31	94.3	49.2
20 and over.....	1.59	2.02	22.3	1.91	199	228	566	5.05	117.0	68.3
2 and over.....	1.56	2.06	21.2	1.83	209	206	560	5.15	109.4	59.2
All individuals[4]:										
2 - 5.....	1.29	2.01	15.4	1.41	204	133	480	4.65	87.5	34.0
6 - 11.....	1.52	2.12	19.2	1.54	233	144	540	4.87	79.3	43.4
12 - 19.....	1.70	2.25	22.7	1.86	247	170	589	5.51	90.9	54.5
20 and over.....	1.62	2.20	22.9	1.88	197	221	555	5.48	94.3	90.2
2 and over.....	1.60	2.19	22.1	1.82	206	203	554	5.39	92.2	78.5

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[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (mcg)
Non-Hispanic White:									
2 - 5.....	954	1080	191	11.5	8.9	0.8	2295	1978	67.3
6 - 11.....	964	1194	215	14.0	10.2	1.0	3001	2118	81.6
12 - 19.....	1096	1431	259	16.9	13.0	1.2	3405	2526	102.9
20 and over.....	911	1375	289	15.9	12.3	1.3	3486	2833	109.2
2 and over.....	937	1353	275	15.6	12.1	1.3	3381	2703	104.4
Non-Hispanic Black:									
2 - 5.....	763	999	189	13.3	9.0	0.9	2734	2051	76.4
6 - 11.....	822	1159	211	15.2	10.6	1.0	3373	2176	91.3
12 - 19.....	789	1171	214	14.9	11.2	1.1	3430	2204	92.2
20 and over.....	642	1169	241	14.3	10.9	1.3	3288	2343	104.6
2 and over.....	692	1158	230	14.5	10.8	1.2	3286	2286	99.6
Mexican American:									
2 - 5.....	1006	1153	210	13.0	9.5	0.9	2389	2285	74.6
6 - 11.....	986	1286	234	15.5	11.2	1.2	3130	2347	92.6
12 - 19.....	936	1323	250	15.8	12.2	1.2	3425	2391	100.2
20 and over.....	861	1399	294	15.5	12.7	1.4	3176	2768	111.4
2 and over.....	902	1349	272	15.3	12.1	1.3	3136	2610	103.8
All individuals[4]:									
2 - 5.....	954	1102	198	12.3	9.1	0.8	2399	2087	71.7
6 - 11.....	958	1212	218	14.3	10.5	1.0	3065	2172	86.9
12 - 19.....	1005	1362	251	16.4	12.5	1.2	3416	2450	101.7
20 and over.....	859	1336	281	15.6	12.0	1.3	3418	2745	108.2
2 and over.....	891	1315	267	15.4	11.8	1.3	3329	2621	103.5

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[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	SFA[1] 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Non-Hispanic White:								
2 - 5.....	0.60	0.36	0.28	0.47	0.64	2.17	11.18	5.20
6 - 11.....	0.60	0.32	0.25	0.45	0.70	2.21	13.10	6.34
12 - 19.....	0.75	0.40	0.30	0.55	0.82	2.70	15.72	7.59
20 and over.....	0.61	0.32	0.26	0.47	0.78	2.39	14.92	7.11
2 and over.....	0.62	0.33	0.26	0.48	0.77	2.40	14.68	7.01
Non-Hispanic Black:								
2 - 5.....	0.47	0.31	0.27	0.39	0.63	2.03	12.49	5.98
6 - 11.....	0.54	0.31	0.25	0.42	0.60	2.21	14.78	7.15
12 - 19.....	0.54	0.30	0.23	0.40	0.62	2.24	15.55	7.53
20 and over.....	0.39	0.22	0.18	0.31	0.61	1.78	13.98	6.65
2 and over.....	0.43	0.25	0.20	0.34	0.61	1.91	14.21	6.80
Mexican American:								
2 - 5.....	0.58	0.39	0.32	0.46	0.59	2.23	11.74	5.41
6 - 11.....	0.62	0.36	0.29	0.47	0.64	2.41	14.68	6.89
12 - 19.....	0.63	0.34	0.26	0.46	0.65	2.53	15.70	7.46
20 and over.....	0.48	0.27	0.24	0.38	0.66	2.15	14.28	6.63
2 and over.....	0.53	0.31	0.25	0.41	0.65	2.25	14.32	6.68
All individuals[4]:								
2 - 5.....	0.58	0.36	0.29	0.46	0.62	2.16	11.41	5.31
6 - 11.....	0.61	0.34	0.26	0.46	0.68	2.30	13.77	6.60
12 - 19.....	0.69	0.37	0.28	0.51	0.75	2.58	15.67	7.54
20 and over.....	0.56	0.30	0.24	0.44	0.74	2.26	14.54	6.90
2 and over.....	0.58	0.31	0.25	0.45	0.73	2.29	14.43	6.86

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[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	MFA[2] 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA[3] 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Non-Hispanic White:											
2 - 5.....	0.84	20.26	0.13	0.02	8.78	0.87	#*	0.05	0.01	*	0.03
6 - 11.....	1.04	25.21	0.16	0.02	11.26	1.05	#*	0.08	0.01	0.01	0.03
12 - 19.....	1.31	29.88	0.18	0.03	13.77	1.38	*	0.11	0.01	0.01	0.03
20 and over.....	1.33	29.17	0.22	#0.06	15.06	1.54	0.01	0.13	0.04	0.02	0.07
2 and over.....	1.28	28.50	0.21	0.05	14.32	1.45	*	0.12	0.04	0.01	0.06
Non-Hispanic Black:											
2 - 5.....	1.03	24.02	0.15	0.03	10.48	1.07	#*	0.09	0.02	0.01	0.04
6 - 11.....	1.30	29.11	0.19	0.03	13.12	1.26	*	0.11	0.02	0.01	0.04
12 - 19.....	1.44	31.17	0.23	0.04	14.24	1.36	*	0.14	0.03	0.02	0.05
20 and over.....	1.41	28.87	0.29	0.06	15.47	1.53	0.01	0.18	0.06	0.03	0.11
2 and over.....	1.38	28.94	0.26	0.05	14.72	1.44	0.01	0.16	0.05	0.03	0.09
Mexican American:											
2 - 5.....	0.85	20.38	0.10	0.01	8.98	0.99	#*	0.08	0.01	0.01	0.03
6 - 11.....	1.18	27.51	0.16	0.02	12.70	1.25	*	0.10	0.02	0.01	0.03
12 - 19.....	1.37	30.37	0.18	0.02	14.27	1.45	#*	0.12	0.02	0.01	0.05
20 and over.....	1.36	27.70	0.19	0.03	13.94	1.37	*	0.15	0.04	0.02	0.07
2 and over.....	1.29	27.42	0.17	0.02	13.37	1.33	*	0.13	0.03	0.01	0.06
All individuals[4]:											
2 - 5.....	0.85	20.67	0.13	0.02	9.00	0.92	#*	0.06	0.02	0.01	0.03
6 - 11.....	1.11	26.29	0.16	0.02	11.77	1.13	*	0.09	0.02	0.01	0.03
12 - 19.....	1.33	30.20	0.19	0.03	13.93	1.38	*	0.12	0.02	0.01	0.04
20 and over.....	1.33	28.57	0.22	0.06	14.86	1.51	0.01	0.13	0.05	0.02	0.08
2 and over.....	1.28	28.12	0.21	0.05	14.15	1.43	*	0.12	0.04	0.02	0.07

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[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2. Nutrient Intakes: Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Non-Hispanic White:			
2 - 5	16.2	53.3	#*
6 - 11	27.6	69.8	#*
12 - 19	72.3	68.5	3.5
20 and over	206.5	49.9	12.3
2 and over	168.9	53.6	9.8
Non-Hispanic Black:			
2 - 5	7.5	41.9	#*
6 - 11	14.0	50.8	#*
12 - 19	27.2	44.0	1.0
20 and over	91.3	30.4	12.5
2 and over	67.9	35.5	8.6
Mexican American:			
2 - 5	10.6	62.8	0.0
6 - 11	23.4	68.1	#*
12 - 19	53.5	50.2	1.6
20 and over	106.1	26.0	9.7
2 and over	78.3	38.7	6.3
All individuals[4]:			
2 - 5	13.7	54.9	#*
6 - 11	24.6	67.5	#*
12 - 19	61.8	61.0	2.7
20 and over	179.4	44.0	11.5
2 and over	142.1	48.8	8.8

NOTES: # indicates an estimate with a relative standard error greater than 30%.
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[2] MFA = monounsaturated fatty acid.
[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002

Race/ethnicity and age (years)	N	Food energy (kcal)	Protein (g)	Carbo-hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Monoun-saturated fat (g)	Polyun-saturated fat (g)	Chole-sterol (mg)
Non-Hispanic White:											
2 - 5.....	295	32.7	1.34	4.9	4.5	0.26	1.43	0.64	0.61	0.29	6.9
6 - 11.....	345	34.1	1.58	5.7	4.0	0.25	1.40	0.42	0.58	0.48	9.0
12 - 19.....	686	43.8	1.43	6.9	5.7	0.43	2.12	0.85	0.83	0.47	8.6
20 and over.....	2494	25.6	1.24	3.7	2.3	0.38	0.89	0.38	0.35	0.24	6.1
2 and over.....	3820	21.6	1.12	2.7	1.5	0.35	0.63	0.29	0.23	0.16	4.5
Non-Hispanic Black:											
2 - 5.....	231	53.7	1.64	8.1	5.9	0.54	2.86	1.04	1.19	0.52	11.7
6 - 11.....	381	42.6	1.87	6.2	2.7	0.35	2.02	0.57	0.67	0.71	10.7
12 - 19.....	700	31.3	1.52	6.0	4.7	0.35	1.56	0.55	0.68	0.43	8.1
20 and over.....	890	47.6	1.76	6.6	5.5	0.35	1.98	0.58	0.90	0.54	7.5
2 and over.....	2202	31.5	1.24	4.5	3.7	0.26	1.33	0.37	0.60	0.35	5.3
Mexican American:											
2 - 5.....	231	47.4	1.70	8.7	4.5	0.75	1.47	0.51	0.79	0.27	11.4
6 - 11.....	317	54.2	2.14	7.8	5.0	0.43	2.24	0.86	0.86	0.52	12.6
12 - 19.....	715	36.5	1.57	4.9	2.9	0.49	1.82	0.59	0.78	0.49	9.4
20 and over.....	997	34.2	2.39	6.3	4.2	0.44	2.12	0.75	0.87	0.33	7.5
2 and over.....	2260	29.5	1.69	4.8	3.2	0.33	1.50	0.52	0.63	0.28	4.6
All individuals[4]:											
2 - 5.....	856	21.1	0.67	4.0	3.1	0.24	0.69	0.28	0.29	0.23	4.5
6 - 11.....	1136	31.7	1.10	5.0	3.5	0.23	1.13	0.35	0.40	0.40	8.7
12 - 19.....	2297	27.8	1.09	4.1	3.6	0.35	1.66	0.65	0.62	0.38	7.2
20 and over.....	4744	21.3	0.91	3.0	2.1	0.31	0.76	0.32	0.32	0.21	3.7
2 and over.....	9033	16.1	0.76	2.1	1.4	0.28	0.54	0.25	0.22	0.13	2.7

NOTES: * indicates a non-zero value too small to print.
[1] SFA = saturated fatty acid.
[2] MFA = monounsaturated fatty acid.
[3] PFA = polyunsaturated fatty acid.
[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha-carotene (mcg)	Beta-carotene (mcg)	Beta-crypto-xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Non-Hispanic White:								
2 - 5.....	0.16	20.5	18.3	39.5	115.0	18.1	536.3	40.3
6 - 11.....	0.18	19.4	27.7	36.6	158.1	12.1	665.3	58.4
12 - 19.....	0.23	33.2	35.8	62.6	177.7	15.4	641.6	112.0
20 and over.....	0.20	15.3	22.8	32.0	135.0	7.5	402.7	112.4
2 and over.....	0.16	14.3	21.8	30.8	118.7	7.0	302.6	91.4
Non-Hispanic Black:								
2 - 5.....	0.23	13.6	27.0	59.3	178.2	15.9	524.4	138.6
6 - 11.....	0.31	24.3	21.0	17.2	89.1	17.8	914.0	125.0
12 - 19.....	0.20	27.8	37.4	29.1	133.5	13.0	544.3	101.6
20 and over.....	0.23	50.3	47.6	61.9	205.8	15.0	339.8	217.7
2 and over.....	0.14	36.3	35.7	42.5	159.1	10.6	333.3	171.9
Mexican American:								
2 - 5.....	0.15	24.0	41.1	71.9	197.6	31.1	660.1	68.3
6 - 11.....	0.24	70.0	74.3	53.7	149.6	20.3	335.2	68.0
12 - 19.....	0.17	19.6	25.8	39.7	109.6	13.0	327.1	51.7
20 and over.....	0.18	11.8	18.0	46.2	122.1	18.1	376.8	81.7
2 and over.....	0.16	16.5	23.1	38.1	98.5	14.0	253.6	54.4
All individuals[4]:								
2 - 5.....	0.11	19.2	16.2	27.7	89.3	12.2	342.5	45.7
6 - 11.....	0.17	13.6	19.3	24.7	146.5	10.8	532.8	49.9
12 - 19.....	0.15	17.0	18.2	39.2	102.5	9.7	448.6	72.7
20 and over.....	0.15	14.3	19.4	23.5	98.5	6.8	316.8	91.6
2 and over.....	0.12	11.3	16.4	21.6	84.4	6.2	230.9	73.1

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Non-Hispanic White:										
2 - 5.....	0.021	0.050	0.33	0.026	9.6	4.7	14.8	0.141	7.25	1.52
6 - 11.....	0.049	0.070	0.67	0.058	19.5	4.7	36.3	0.135	4.84	2.89
12 - 19.....	0.049	0.094	0.56	0.071	12.7	6.1	26.3	0.224	4.75	4.92
20 and over.....	0.041	0.056	0.51	0.053	6.9	5.2	15.4	0.180	3.47	5.32
2 and over.....	0.038	0.055	0.48	0.051	6.7	5.1	15.4	0.151	3.02	4.21
Non-Hispanic Black:										
2 - 5.....	0.033	0.060	0.41	0.045	7.5	6.5	14.0	0.155	10.51	6.88
6 - 11.....	0.040	0.061	0.61	0.049	12.4	6.0	22.0	0.180	5.28	6.58
12 - 19.....	0.040	0.065	0.64	0.072	12.5	6.0	25.5	0.299	6.80	5.46
20 and over.....	0.046	0.047	0.67	0.070	10.1	7.1	21.0	0.566	7.60	9.95
2 and over.....	0.033	0.036	0.51	0.050	8.8	5.7	17.5	0.382	5.88	8.39
Mexican American:										
2 - 5.....	0.068	0.082	0.75	0.075	17.6	11.2	40.2	0.184	8.49	2.66
6 - 11.....	0.052	0.095	0.72	0.070	14.6	7.2	28.6	0.717	6.01	4.47
12 - 19.....	0.031	0.052	0.69	0.057	9.5	4.8	16.8	0.214	4.78	2.82
20 and over.....	0.046	0.057	0.68	0.060	7.3	5.3	15.7	0.187	3.57	3.58
2 and over.....	0.038	0.052	0.58	0.051	7.3	4.3	16.2	0.173	2.70	2.53
All individuals[4]:										
2 - 5.....	0.020	0.042	0.33	0.034	9.8	3.2	17.8	0.128	4.49	2.05
6 - 11.....	0.033	0.043	0.44	0.038	11.0	4.2	21.7	0.108	3.97	2.46
12 - 19.....	0.030	0.050	0.35	0.045	7.8	4.9	16.5	0.111	3.53	3.36
20 and over.....	0.032	0.043	0.41	0.042	5.1	4.1	11.8	0.170	3.24	4.34
2 and over.....	0.028	0.038	0.35	0.037	4.6	4.0	10.9	0.126	2.76	3.41

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium (mg)	Potassium (mg)	Selenium (mcg)
Non-Hispanic White:									
2 - 5.....	35.7	22.5	4.7	0.26	0.23	0.03	50.5	66.7	1.59
6 - 11.....	25.9	27.5	5.7	0.43	0.33	0.02	84.8	71.0	2.75
12 - 19.....	50.2	38.7	7.0	0.51	0.35	0.03	78.9	69.7	1.64
20 and over.....	22.8	22.7	6.2	0.36	0.21	0.03	47.7	58.2	2.14
2 and over.....	21.4	21.9	6.0	0.33	0.20	0.02	41.4	58.5	1.85
Non-Hispanic Black:									
2 - 5.....	33.9	30.6	5.9	0.43	0.25	0.03	109.1	73.4	2.98
6 - 11.....	23.6	29.4	5.4	0.51	0.33	0.03	80.7	57.3	3.31
12 - 19.....	27.5	26.2	5.2	0.48	0.34	0.04	70.7	54.6	2.03
20 and over.....	17.7	29.2	6.2	0.42	0.35	0.09	70.4	61.0	2.62
2 and over.....	12.2	19.6	4.4	0.31	0.23	0.07	53.5	43.8	2.01
Mexican American:									
2 - 5.....	57.1	34.2	8.0	0.89	0.39	0.03	93.1	88.7	2.42
6 - 11.....	44.1	41.8	6.5	0.70	0.42	0.13	70.1	56.3	2.93
12 - 19.....	26.0	20.2	6.5	0.33	0.24	0.03	80.2	63.1	2.17
20 and over.....	23.3	29.3	6.1	0.53	0.56	0.03	72.4	64.7	3.93
2 and over.....	24.2	24.7	4.7	0.46	0.38	0.04	63.0	52.7	2.64
All individuals[4]:									
2 - 5.....	32.6	18.8	3.6	0.31	0.17	0.02	34.9	40.5	0.93
6 - 11.....	19.4	20.1	4.2	0.27	0.21	0.02	64.4	53.0	2.35
12 - 19.....	27.9	24.6	4.9	0.28	0.21	0.02	60.2	48.4	1.58
20 and over.....	17.7	17.0	4.5	0.28	0.16	0.03	35.8	41.1	1.64
2 and over.....	15.3	15.2	4.2	0.24	0.14	0.02	28.5	40.7	1.39

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[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	SFA[1] 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Non-Hispanic White:								
2 - 5.....	0.026	0.016	0.011	0.020	0.045	0.082	0.312	0.181
6 - 11.....	0.021	0.011	0.013	0.018	0.062	0.061	0.231	0.118
12 - 19.....	0.037	0.021	0.017	0.030	0.056	0.109	0.412	0.216
20 and over.....	0.018	0.009	0.005	0.012	0.018	0.052	0.196	0.083
2 and over.....	0.015	0.008	0.005	0.010	0.018	0.041	0.149	0.062
Non-Hispanic Black:								
2 - 5.....	0.022	0.016	0.018	0.020	0.059	0.099	0.559	0.307
6 - 11.....	0.026	0.016	0.012	0.018	0.018	0.070	0.311	0.127
12 - 19.....	0.017	0.012	0.011	0.013	0.039	0.053	0.307	0.185
20 and over.....	0.016	0.008	0.005	0.009	0.031	0.047	0.300	0.193
2 and over.....	0.013	0.006	0.004	0.006	0.018	0.029	0.206	0.129
Mexican American:								
2 - 5.....	0.032	0.021	0.017	0.023	0.034	0.088	0.241	0.158
6 - 11.....	0.031	0.017	0.013	0.021	0.029	0.103	0.451	0.228
12 - 19.....	0.032	0.017	0.013	0.022	0.033	0.093	0.296	0.131
20 and over.....	0.030	0.020	0.015	0.023	0.043	0.093	0.373	0.186
2 and over.....	0.025	0.016	0.012	0.019	0.031	0.071	0.266	0.131
All individuals[4]:								
2 - 5.....	0.016	0.011	0.007	0.012	0.023	0.046	0.145	0.079
6 - 11.....	0.016	0.010	0.011	0.014	0.039	0.046	0.197	0.074
12 - 19.....	0.027	0.016	0.013	0.021	0.041	0.083	0.320	0.160
20 and over.....	0.013	0.007	0.005	0.009	0.017	0.042	0.163	0.077
2 and over.....	0.011	0.006	0.005	0.008	0.014	0.035	0.129	0.058

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[4] "All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	MFA[2] 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA[3] 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Non-Hispanic White:											
2 - 5.....	0.043	0.568	0.007	0.003	0.256	0.026	*	0.005	0.002	0.001	0.003
6 - 11.....	0.033	0.538	0.007	0.002	0.415	0.041	0.001	0.005	0.004	0.001	0.007
12 - 19.....	0.037	0.771	0.007	0.004	0.398	0.053	*	0.005	0.002	0.001	0.003
20 and over.....	0.019	0.340	0.015	0.020	0.212	0.025	*	0.002	0.005	0.001	0.005
2 and over.....	0.016	0.223	0.012	0.016	0.147	0.019	*	0.002	0.004	0.001	0.004
Non-Hispanic Black:											
2 - 5.....	0.064	1.104	0.009	0.004	0.447	0.055	0.001	0.005	0.005	0.003	0.007
6 - 11.....	0.044	0.616	0.007	0.003	0.593	0.069	0.001	0.005	0.003	0.001	0.003
12 - 19.....	0.044	0.618	0.007	0.005	0.403	0.035	0.001	0.005	0.003	0.001	0.003
20 and over.....	0.039	0.870	0.034	0.011	0.444	0.054	0.001	0.006	0.007	0.003	0.009
2 and over.....	0.030	0.580	0.023	0.008	0.293	0.033	0.001	0.004	0.005	0.002	0.007
Mexican American:											
2 - 5.....	0.037	0.745	0.005	0.001	0.252	0.015	*	0.006	0.003	0.001	0.006
6 - 11.....	0.040	0.825	0.005	0.002	0.472	0.051	*	0.005	0.004	0.001	0.005
12 - 19.....	0.033	0.745	0.007	0.002	0.437	0.039	0.001	0.004	0.005	0.002	0.007
20 and over.....	0.047	0.805	0.007	0.002	0.296	0.034	0.001	0.005	0.006	0.002	0.007
2 and over.....	0.033	0.583	0.005	0.001	0.262	0.025	0.001	0.003	0.004	0.001	0.005
All individuals[4]:											
2 - 5.....	0.026	0.278	0.005	0.002	0.208	0.020	0.001	0.004	0.004	0.001	0.005
6 - 11.....	0.023	0.369	0.005	0.002	0.348	0.032	*	0.004	0.003	*	0.005
12 - 19.....	0.025	0.577	0.004	0.002	0.327	0.043	*	0.003	0.002	0.001	0.003
20 and over.....	0.017	0.310	0.012	0.014	0.189	0.020	*	0.002	0.004	0.001	0.005
2 and over.....	0.013	0.210	0.009	0.011	0.118	0.014	*	0.001	0.003	0.001	0.004

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Table 2se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, by Race/Ethnicity and Age, One Day, 2001-2002 -- continued

Race/ethnicity and age (years)	Caffeine (mg)	Theo-bromine (mg)	Alcohol (g)
Non-Hispanic White:			
2 - 5.....	3.97	5.52	0.03
6 - 11.....	2.75	5.98	0.01
12 - 19.....	5.56	7.53	1.02
20 and over.....	9.68	3.92	1.09
2 and over.....	8.28	3.30	0.99
Non-Hispanic Black:			
2 - 5.....	1.23	6.02	*
6 - 11.....	1.63	2.60	0.01
12 - 19.....	2.36	4.30	0.27
20 and over.....	7.82	2.82	1.67
2 and over.....	6.24	1.97	1.13
Mexican American:			
2 - 5.....	1.73	5.93	0.00
6 - 11.....	2.25	7.16	0.01
12 - 19.....	3.66	3.78	0.42
20 and over.....	5.73	2.60	1.01
2 and over.....	4.45	2.69	0.64
All individuals[4]:			
2 - 5.....	2.55	4.75	0.02
6 - 11.....	2.05	4.24	0.01
12 - 19.....	3.92	5.75	0.60
20 and over.....	7.30	2.64	0.93
2 and over.....	5.96	2.34	0.79

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