

Table 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002

Sex and age (years)	Food energy (%)	Protein (%)	Carbo- hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun- saturated fat (%)	Polyun- saturated fat (%)	Chole- sterol (%)
Males:										
2 - 5.....	19	20	21	21	20	17	19	15	16	31
6 - 11.....	19	19	21	22	18	16	18	15	15	29
12 - 19.....	15	15	16	17	16	13	14	13	12	27
20 - 29.....	13	13	15	16	15	13	14	12	11	20
30 - 39.....	15	14	17	17	17	15	15	14	15	23
40 - 49.....	14	14	16	16	15	15	15	14	14	29
50 - 59.....	16	16	18	18	18	17	16	16	15	33
60 - 69.....	18	16	21	22	18	18	16	16	16	26
70 and over.....	21	18	26	27	27	20	18	18	18	31
20 and over.....	15	14	17	18	17	16	15	14	14	26
Females:										
2 - 5.....	20	21	21	22	20	18	20	16	15	38
6 - 11.....	18	17	19	21	17	15	16	14	14	28
12 - 19.....	15	15	17	17	15	13	14	12	12	25
20 - 29.....	14	14	15	16	14	13	14	12	11	22
30 - 39.....	14	14	16	16	15	14	14	12	12	26
40 - 49.....	17	16	19	20	17	17	17	16	14	28
50 - 59.....	16	15	19	19	18	15	14	13	13	24
60 - 69.....	18	15	22	25	18	16	15	15	13	23
70 and over.....	21	18	25	26	23	18	18	15	16	24
20 and over.....	16	15	18	19	17	15	15	14	13	25
Males and females:										
2 and over.....	16	15	18	19	17	15	15	14	14	26

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha- carotene (%)	Beta- carotene (%)	Beta-crypto- xanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Males:								
2 - 5.....	15	41	36	6	9	31	4	20
6 - 11.....	14	47	40	6	8	32	2	18
12 - 19.....	15	38	34	5	8	39	5	18
20 - 29.....	15	30	26	12	11	36	8	16
30 - 39.....	17	31	25	2	7	25	6	14
40 - 49.....	16	33	24	4	4	37	5	11
50 - 59.....	18	35	27	9	7	39	6	10
60 - 69.....	23	34	27	8	7	33	6	10
70 and over.....	27	41	31	4	8	47	8	9
20 and over.....	18	33	26	6	7	34	6	12
Females:								
2 - 5.....	19	43	36	7	8	31	2	22
6 - 11.....	13	42	36	4	19	37	2	19
12 - 19.....	11	38	32	5	7	40	1	14
20 - 29.....	15	33	25	3	5	35	6	9
30 - 39.....	16	31	23	2	4	37	4	10
40 - 49.....	16	32	22	5	7	30	6	10
50 - 59.....	17	34	25	6	8	31	9	7
60 - 69.....	18	34	24	2	4	49	3	8
70 and over.....	24	37	27	6	9	36	4	6
20 and over.....	17	33	24	4	6	36	6	8
Males and females:								
2 and over.....	17	35	28	5	7	35	5	11

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Thiamin (%)	Ribo- flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Males:										
2 - 5.....	30	33	26	33	44	24	38	34	22	10
6 - 11.....	32	36	27	35	47	22	41	37	23	10
12 - 19.....	26	29	21	27	39	21	34	30	27	8
20 - 29.....	20	23	15	19	32	16	26	20	21	9
30 - 39.....	21	25	16	19	31	17	26	20	21	11
40 - 49.....	21	25	16	20	31	16	25	21	22	6
50 - 59.....	24	28	19	25	37	20	29	23	24	7
60 - 69.....	26	30	21	27	41	19	32	22	28	8
70 and over.....	30	34	25	32	43	23	35	28	36	6
20 and over.....	23	26	17	22	34	18	27	22	24	8
Females:										
2 - 5.....	31	35	28	36	46	23	40	39	21	11
6 - 11.....	28	32	23	30	42	22	37	36	26	9
12 - 19.....	25	29	21	26	36	18	31	30	26	7
20 - 29.....	22	26	18	23	34	17	28	27	21	5
30 - 39.....	22	27	17	22	35	18	28	22	24	6
40 - 49.....	23	27	18	22	32	19	26	25	24	8
50 - 59.....	24	27	19	24	37	17	28	24	19	6
60 - 69.....	27	31	22	27	41	21	32	26	28	5
70 and over.....	30	34	26	33	44	21	35	31	30	6
20 and over.....	24	28	19	24	36	19	29	25	24	6
Males and females:										
2 and over.....	24	28	19	25	37	19	30	26	24	7

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Males:									
2 - 5.....	28	25	23	34	28	18	18	23	22
6 - 11.....	30	26	22	35	28	17	18	22	22
12 - 19.....	24	20	18	29	21	15	15	19	17
20 - 29.....	20	17	15	24	17	12	13	16	14
30 - 39.....	22	18	17	25	17	14	15	18	16
40 - 49.....	19	17	16	23	17	13	14	18	17
50 - 59.....	23	21	20	28	19	17	17	21	18
60 - 69.....	26	20	20	29	21	16	17	21	18
70 and over.....	27	25	27	36	23	21	18	25	21
20 and over.....	22	19	18	26	18	14	15	19	17
Females:									
2 - 5.....	29	26	23	35	31	18	18	22	23
6 - 11.....	27	23	20	31	26	15	16	21	20
12 - 19.....	23	19	18	28	20	15	14	18	17
20 - 29.....	22	18	17	25	21	14	14	17	15
30 - 39.....	21	18	18	24	18	15	13	19	17
40 - 49.....	23	20	19	24	18	17	16	20	18
50 - 59.....	22	20	20	27	19	17	15	19	17
60 - 69.....	25	21	23	30	20	17	15	22	19
70 and over.....	28	24	26	35	28	20	16	24	21
20 and over.....	23	20	20	27	20	16	14	20	17
Males and females:									
2 and over.....	23	20	19	27	20	15	15	20	18

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	SFA ² 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Males:								
2 - 5.....	22	26	28	24	26	21	18	17
6 - 11.....	23	27	28	25	22	20	17	16
12 - 19.....	16	19	21	18	18	15	14	13
20 - 29.....	15	19	19	17	19	15	13	13
30 - 39.....	16	18	21	18	22	16	15	15
40 - 49.....	15	17	17	16	16	14	15	14
50 - 59.....	17	18	19	17	18	15	16	16
60 - 69.....	14	17	17	16	17	14	16	16
70 and over.....	20	22	20	20	19	18	18	17
20 and over.....	16	18	19	17	19	15	15	15
Females:								
2 - 5.....	22	26	26	24	21	21	19	18
6 - 11.....	19	24	26	22	21	19	16	15
12 - 19.....	16	19	20	17	15	15	14	13
20 - 29.....	16	19	22	18	19	16	14	13
30 - 39.....	15	17	19	16	21	14	13	13
40 - 49.....	19	21	21	20	19	18	17	17
50 - 59.....	15	18	20	17	22	15	14	14
60 - 69.....	17	20	19	18	17	15	15	15
70 and over.....	23	25	24	24	22	20	17	16
20 and over.....	17	19	21	18	20	16	15	14
Males and females:								
2 and over.....	17	20	21	19	19	16	15	14

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	MFA ³ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁴ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)
Males:											
2 - 5.....	13	15	13	13	16	18	31	28	26	13	26
6 - 11.....	13	15	11	9	15	16	8	23	10	4	17
12 - 19.....	12	13	14	6	13	12	5	21	12	5	19
20 - 29.....	12	12	10	4	12	12	3	15	6	4	9
30 - 39.....	13	14	12	7	15	14	3	19	6	5	11
40 - 49.....	14	14	13	4	14	13	1	23	3	2	9
50 - 59.....	15	16	14	4	15	13	*	25	2	1	8
60 - 69.....	14	17	15	8	17	15	2	20	3	2	7
70 and over.....	15	18	16	9	19	16	2	24	6	3	13
20 and over.....	13	15	13	5	14	13	2	21	4	3	9
Females:											
2 - 5.....	16	16	15	18	15	18	34	32	29	16	32
6 - 11.....	12	14	12	8	14	15	4	22	6	1	13
12 - 19.....	11	12	10	15	12	12	20	20	14	8	15
20 - 29.....	13	12	11	9	11	12	2	17	4	3	9
30 - 39.....	11	12	11	6	13	13	2	20	5	4	9
40 - 49.....	14	17	9	2	15	14	13	21	8	4	12
50 - 59.....	12	13	12	8	13	14	3	18	4	1	8
60 - 69.....	12	15	13	6	14	11	1	17	3	1	7
70 and over.....	14	15	11	10	16	16	7	17	6	4	7
20 and over.....	13	14	11	4	13	13	5	19	5	3	9
Males and females:											
2 and over.....	13	14	12	5	14	14	4	20	6	3	10

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9. Nutrient Intakes: Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Caffeine (%)	Theo- bromine (%)	Alcohol (%)
Males:			
2 - 5.....	5	18	0
6 - 11.....	10	21	21
12 - 19.....	7	10	*
20 - 29.....	18	15	*
30 - 39.....	28	9	*
40 - 49.....	33	5	*
50 - 59.....	32	12	*
60 - 69.....	39	12	*
70 and over.....	42	10	3
20 and over.....	31	10	*
Females:			
2 - 5.....	15	26	0
6 - 11.....	7	12	0
12 - 19.....	8	10	*
20 - 29.....	18	12	0
30 - 39.....	31	8	0
40 - 49.....	36	13	*
50 - 59.....	31	7	0
60 - 69.....	39	13	*
70 and over.....	48	18	0
20 and over.....	33	11	*
Males and females:			
2 and over.....	30	12	*

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002

Sex and age (years)	Food energy (%)	Protein (%)	Carbo- hydrate (%)	Total sugars (%)	Dietary fiber (%)	Total fat (%)	Saturated fat (%)	Monoun- saturated fat (%)	Polyun- saturated fat (%)	Chole- sterol (%)
Males:										
2 - 5.....	0.6	0.8	0.5	0.8	0.7	0.8	0.9	0.8	1.1	2.2
6 - 11.....	0.8	0.7	0.8	1.0	1.1	0.9	1.0	1.0	0.9	1.9
12 - 19.....	0.6	0.7	0.8	1.1	1.0	0.6	0.7	0.6	0.6	1.6
20 - 29.....	1.0	1.0	1.1	1.6	1.1	1.2	1.3	1.1	1.2	2.1
30 - 39.....	0.7	0.7	0.8	0.8	1.3	0.9	1.0	1.0	1.1	1.4
40 - 49.....	0.8	0.8	0.8	0.9	0.9	0.9	1.1	0.8	0.8	2.6
50 - 59.....	1.2	1.6	0.9	1.5	1.3	2.2	2.0	2.5	2.5	6.0
60 - 69.....	0.7	0.9	0.7	0.8	1.2	0.9	0.9	1.1	1.1	2.7
70 and over.....	0.8	0.6	1.1	1.1	2.0	0.7	0.9	0.6	1.0	1.7
20 and over.....	0.4	0.5	0.4	0.7	0.6	0.5	0.5	0.6	0.7	1.5
Females:										
2 - 5.....	0.8	1.0	0.8	1.0	1.5	0.8	1.0	0.8	0.8	2.5
6 - 11.....	0.8	0.9	1.1	1.4	1.3	0.7	0.7	0.8	1.1	3.2
12 - 19.....	0.5	0.4	0.6	0.6	0.9	0.4	0.5	0.4	0.6	1.8
20 - 29.....	0.8	0.8	1.0	1.4	0.8	0.5	0.6	0.5	0.6	1.7
30 - 39.....	0.6	0.7	0.7	0.9	0.9	0.9	0.9	0.9	1.1	2.5
40 - 49.....	0.9	0.8	1.0	1.3	1.2	1.1	1.3	1.3	1.0	2.3
50 - 59.....	0.6	0.8	0.9	1.4	1.2	0.6	0.9	0.5	0.8	2.2
60 - 69.....	1.2	0.8	1.4	1.3	1.8	1.1	1.1	1.3	1.4	2.5
70 and over.....	0.7	0.8	1.0	1.5	1.6	0.8	1.1	0.8	1.1	2.1
20 and over.....	0.4	0.4	0.5	0.7	0.6	0.4	0.5	0.3	0.4	1.3
Males and females:										
2 and over.....	0.2	0.3	0.3	0.4	0.4	0.3	0.3	0.3	0.3	0.9

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Vitamin E (alpha-toc) (%)	Retinol (%)	Vitamin A (RAE) (%)	Alpha- carotene (%)	Beta- carotene (%)	Beta-crypto- xanthin (%)	Lycopene (%)	Lutein + zeaxanthin (%)
Males:								
2 - 5.....	1.1	1.7	1.5	2.1	1.7	3.2	0.8	1.7
6 - 11.....	0.6	2.0	1.6	2.5	2.0	4.1	1.2	1.9
12 - 19.....	1.6	2.9	2.5	1.0	1.6	3.8	1.3	2.3
20 - 29.....	1.8	3.4	2.0	7.3	4.3	5.7	1.4	2.4
30 - 39.....	1.7	3.0	1.9	0.7	1.4	4.6	2.1	1.5
40 - 49.....	2.4	2.3	1.7	1.2	1.0	5.3	2.0	1.6
50 - 59.....	1.7	2.8	2.5	5.4	2.8	4.8	2.8	2.4
60 - 69.....	3.0	2.3	2.2	3.5	2.6	4.1	2.0	1.6
70 and over.....	2.2	2.3	2.2	0.6	1.6	4.0	3.2	1.3
20 and over.....	1.0	1.5	1.1	1.5	1.1	2.3	1.0	1.0
Females:								
2 - 5.....	3.0	1.9	1.7	3.1	2.2	3.2	0.9	3.0
6 - 11.....	1.1	1.6	1.5	1.4	8.5	5.9	0.7	1.7
12 - 19.....	0.6	1.9	1.2	1.6	1.7	3.1	0.4	0.9
20 - 29.....	2.1	2.5	1.9	1.0	1.5	5.3	1.2	1.8
30 - 39.....	1.7	2.3	1.8	0.7	1.0	4.3	1.6	1.6
40 - 49.....	1.0	1.8	1.2	1.2	1.4	5.0	2.6	2.0
50 - 59.....	1.6	2.4	1.8	3.2	1.1	5.0	4.3	1.0
60 - 69.....	2.1	3.3	2.0	0.3	0.7	5.3	1.9	0.9
70 and over.....	3.1	2.7	1.5	2.8	0.9	3.8	3.0	1.3
20 and over.....	0.8	1.2	0.9	0.7	0.4	2.0	1.0	0.9
Males and females:								
2 and over.....	0.5	0.6	0.6	0.8	0.6	1.1	0.6	0.8

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Thiamin (%)	Ribo- flavin (%)	Niacin (%)	Vit. B6 (%)	Folic acid (%)	Food folate (%)	Folate (DFE) (%)	Vit. B12 (%)	Vit. C (%)	Vit. K (%)
Males:										
2 - 5.....	1.0	1.0	1.0	1.1	1.5	0.9	1.2	1.1	1.5	0.9
6 - 11.....	0.8	0.7	0.6	0.6	2.0	1.1	1.7	1.2	1.9	0.9
12 - 19.....	1.2	1.6	1.2	1.5	2.7	1.0	2.0	1.6	2.0	1.5
20 - 29.....	1.0	1.2	0.9	1.2	3.2	1.5	2.1	1.7	2.0	2.1
30 - 39.....	1.3	1.0	1.3	1.8	4.1	0.7	2.7	1.1	2.2	1.6
40 - 49.....	1.1	1.2	1.2	1.8	3.2	1.1	1.9	1.6	1.9	0.8
50 - 59.....	1.6	1.6	1.3	1.7	3.9	1.3	2.4	2.4	2.3	1.7
60 - 69.....	1.6	1.5	1.8	2.1	3.5	0.8	2.2	2.9	2.5	1.1
70 and over.....	1.5	1.3	1.5	2.7	3.5	1.3	2.7	2.4	2.0	0.9
20 and over.....	0.6	0.7	0.7	0.9	2.3	0.5	1.4	0.9	1.1	0.8
Females:										
2 - 5.....	0.9	1.4	1.0	1.4	1.8	1.3	1.4	1.6	1.7	1.6
6 - 11.....	1.0	1.1	1.0	1.0	2.4	1.5	1.9	1.1	2.9	1.2
12 - 19.....	1.0	0.6	0.7	0.9	2.0	0.7	1.5	1.4	1.6	0.6
20 - 29.....	1.5	1.4	1.4	1.6	2.8	1.8	2.4	1.7	3.6	0.8
30 - 39.....	1.2	1.1	1.2	1.8	3.5	0.9	2.4	1.6	2.7	1.2
40 - 49.....	1.3	1.2	0.9	1.5	3.1	0.8	1.7	2.0	2.2	1.7
50 - 59.....	1.1	1.4	1.0	1.3	2.6	1.1	1.8	2.8	2.4	0.7
60 - 69.....	1.9	1.6	1.6	2.4	4.2	2.3	2.5	2.9	2.7	0.5
70 and over.....	2.1	1.9	1.7	2.5	3.3	0.8	2.4	3.0	2.0	0.9
20 and over.....	0.6	0.6	0.6	0.9	1.5	0.6	1.0	1.0	1.1	0.5
Males and females:										
2 and over.....	0.4	0.5	0.4	0.6	1.3	0.4	0.9	0.5	0.7	0.5

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Calcium (%)	Phosphorus (%)	Magnesium (%)	Iron (%)	Zinc (%)	Copper (%)	Sodium (%)	Potassium (%)	Selenium (%)
Males:									
2 - 5.....	1.1	0.8	0.6	1.2	0.8	0.6	0.7	0.7	1.0
6 - 11.....	1.1	0.8	0.7	1.1	0.9	0.9	0.8	0.6	0.6
12 - 19.....	1.9	1.2	1.0	2.0	1.1	0.7	0.6	1.1	0.7
20 - 29.....	1.7	1.3	1.1	1.9	1.3	0.8	1.0	1.3	0.9
30 - 39.....	1.3	0.8	0.9	2.0	1.5	0.9	0.7	0.8	0.8
40 - 49.....	1.5	1.0	0.7	1.7	1.6	0.7	1.1	0.8	1.1
50 - 59.....	1.3	1.5	1.3	1.8	2.0	1.5	2.3	1.4	1.9
60 - 69.....	2.4	1.0	0.9	2.1	2.2	1.2	1.2	0.7	1.1
70 and over.....	1.3	0.9	1.7	2.3	1.9	1.3	1.0	1.1	0.9
20 and over.....	0.6	0.4	0.4	1.1	0.9	0.3	0.5	0.4	0.5
Females:									
2 - 5.....	1.7	1.2	1.1	1.5	1.4	1.1	0.9	1.1	1.2
6 - 11.....	1.2	1.0	1.0	0.9	1.3	1.0	0.8	1.1	1.3
12 - 19.....	0.9	0.5	0.6	1.1	0.9	0.8	0.5	0.6	0.7
20 - 29.....	1.2	0.8	0.9	1.9	1.7	1.0	0.8	1.0	0.9
30 - 39.....	1.0	0.7	0.8	1.3	1.5	0.9	0.7	0.8	0.8
40 - 49.....	1.6	0.9	1.0	1.2	1.1	0.9	1.1	1.0	1.1
50 - 59.....	1.5	0.9	1.0	1.5	1.3	1.0	1.1	1.1	1.0
60 - 69.....	1.5	1.0	1.3	2.5	2.0	1.2	1.0	0.8	1.2
70 and over.....	2.8	1.1	1.2	2.1	2.4	1.1	0.9	1.0	0.9
20 and over.....	0.7	0.4	0.5	0.7	0.6	0.5	0.4	0.5	0.5
Males and females:									
2 and over.....	0.5	0.3	0.3	0.7	0.5	0.3	0.3	0.4	0.3

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	SFA ² 4:0 (%)	SFA 6:0 (%)	SFA 8:0 (%)	SFA 10:0 (%)	SFA 12:0 (%)	SFA 14:0 (%)	SFA 16:0 (%)	SFA 18:0 (%)
Males:								
2 - 5.....	1.3	1.7	2.1	1.4	2.4	1.2	0.9	0.8
6 - 11.....	1.3	1.3	1.2	1.2	1.0	1.2	1.0	1.1
12 - 19.....	1.4	1.7	1.5	1.4	1.4	1.0	0.6	0.6
20 - 29.....	2.1	2.1	2.3	2.1	3.9	1.8	1.2	1.2
30 - 39.....	1.6	1.7	2.2	1.6	2.9	1.5	1.0	1.1
40 - 49.....	2.2	2.4	2.2	2.0	1.7	1.6	1.1	0.9
50 - 59.....	1.5	1.6	1.5	1.2	1.8	1.3	2.2	2.1
60 - 69.....	1.2	1.3	1.2	1.1	2.0	1.0	0.9	1.1
70 and over.....	2.2	2.3	2.4	1.9	2.2	1.6	0.8	0.8
20 and over.....	0.8	0.7	0.7	0.7	1.0	0.6	0.5	0.5
Females:								
2 - 5.....	1.9	2.0	2.2	1.8	1.9	1.6	0.9	1.0
6 - 11.....	1.4	1.4	1.2	1.2	2.1	1.0	0.8	0.6
12 - 19.....	1.3	1.5	1.7	1.4	1.2	1.0	0.5	0.5
20 - 29.....	1.2	1.3	1.1	1.0	1.9	1.0	0.7	0.6
30 - 39.....	1.4	1.5	1.5	1.5	2.7	1.2	0.8	0.8
40 - 49.....	2.2	2.0	1.5	1.7	2.0	1.6	1.2	1.4
50 - 59.....	1.4	1.9	2.8	2.1	4.7	1.6	0.7	0.8
60 - 69.....	1.8	2.1	2.0	1.8	2.3	1.3	1.1	1.1
70 and over.....	2.4	2.6	2.6	2.4	2.6	2.0	1.0	0.9
20 and over.....	0.8	0.9	0.9	0.8	1.1	0.8	0.4	0.5
Males and females:								
2 and over.....	0.5	0.6	0.6	0.5	0.7	0.5	0.3	0.3

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	MFA ³ 16:1 (%)	MFA 18:1 (%)	MFA 20:1 (%)	MFA 22:1 (%)	PFA ⁴ 18:2 (%)	PFA 18:3 (%)	PFA 18:4 (%)	PFA 20:4 (%)	PFA 20:5 (%)	PFA 22:5 (%)	PFA 22:6 (%)	
Males:												
2 - 5.....	1.2	0.8	1.6	4.4	1.1	1.0	24.0	2.6	15.1	9.8	9.9	
6 - 11.....	1.1	1.0	1.1	2.5	0.9	1.0	4.9	1.9	2.9	1.3	3.5	
12 - 19.....	0.6	0.7	1.4	1.4	0.6	0.5	3.6	1.7	5.0	2.4	2.7	
20 - 29.....	1.2	1.1	1.6	1.1	1.2	1.2	0.8	2.2	1.7	0.9	1.8	
30 - 39.....	1.2	1.0	1.0	1.3	1.1	1.4	1.9	1.6	2.7	1.5	1.7	
40 - 49.....	1.4	0.8	1.3	0.8	0.8	1.1	0.6	2.1	0.5	0.7	1.4	
50 - 59.....	2.3	2.6	3.0	1.7	2.5	2.1	0.1	5.5	0.6	0.5	2.1	
60 - 69.....	1.2	1.1	1.7	2.1	1.1	1.2	1.3	2.3	1.2	1.1	1.5	
70 and over.....	0.7	0.6	1.4	3.0	1.0	1.3	1.5	1.8	2.0	2.0	2.4	
20 and over.....	0.6	0.6	0.8	0.7	0.7	0.8	0.5	1.4	0.7	0.4	0.8	
Females:												
2 - 5.....	1.3	0.8	2.1	5.9	0.8	1.0	25.0	3.8	15.6	11.0	10.8	
6 - 11.....	1.2	0.8	1.9	1.7	1.1	0.8	1.7	3.2	1.3	0.9	2.9	
12 - 19.....	0.6	0.4	0.6	4.3	0.6	0.7	3.2	1.6	2.2	1.3	1.9	
20 - 29.....	1.0	0.5	0.9	2.5	0.7	0.7	0.6	2.2	1.1	1.0	1.8	
30 - 39.....	1.0	0.9	1.6	1.9	1.1	2.1	1.3	2.1	1.6	1.4	2.2	
40 - 49.....	1.6	1.3	3.3	1.3	1.0	1.4	6.8	1.7	4.8	1.9	4.6	
50 - 59.....	1.1	0.5	2.1	2.2	0.8	2.3	1.8	1.8	1.3	0.8	1.9	
60 - 69.....	0.9	1.4	1.8	2.1	1.5	1.3	0.7	1.8	1.0	0.4	1.3	
70 and over.....	0.8	0.8	1.5	5.5	1.1	1.6	5.7	2.1	4.0	3.4	2.0	
20 and over.....	0.5	0.3	1.2	1.8	0.4	0.6	1.2	1.1	1.4	0.7	1.3	
Males and females:												
2 and over.....	0.4	0.3	0.5	1.2	0.3	0.4	0.9	0.8	0.9	0.6	0.8	

NOTES: * indicates a non-zero value too small to print.
¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."
² SFA = saturated fatty acid.
³ MFA = monounsaturated fatty acid.
⁴ PFA = polyunsaturated fatty acid.

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

Table 9se. Nutrient Intakes: Standard Error of the Percentage Contribution from Foods Eaten at Breakfast¹, One Day, 2001-2002 -- continued

Sex and age (years)	Caffeine (%)	Theo- bromine (%)	Alcohol (%)
Males:			
2 - 5.....	2.0	3.8	
6 - 11.....	2.9	2.4	13.1
12 - 19.....	1.0	1.8	0.0
20 - 29.....	3.6	4.1	0.4
30 - 39.....	2.8	1.4	0.1
40 - 49.....	2.3	2.6	0.2
50 - 59.....	3.2	5.3	0.0
60 - 69.....	2.0	4.5	0.0
70 and over.....	3.5	2.3	2.8
20 and over.....	1.4	2.0	0.2
Females:			
2 - 5.....	3.5	4.7	
6 - 11.....	2.6	2.2	
12 - 19.....	1.2	2.1	0.0
20 - 29.....	2.0	3.4	
30 - 39.....	4.4	2.1	
40 - 49.....	3.6	2.2	0.0
50 - 59.....	3.5	2.2	
60 - 69.....	3.2	5.6	0.3
70 and over.....	2.5	2.9	
20 and over.....	1.6	1.2	0.0
Males and females:			
2 and over.....	1.0	0.9	0.1

NOTES: * indicates a non-zero value too small to print.

¹ Breakfast includes intake at occasion described by respondents as "breakfast" or the Spanish terms "desayuno" or "almuerzo."

² SFA = saturated fatty acid.

³ MFA = monounsaturated fatty acid.

⁴ PFA = polyunsaturated fatty acid.

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.