Table 1a. Fruit: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Male/Female and Age, in the United States, 2013-2014

Males/Females and age (years)	Sample size	*Fruit*			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		Mean (Standard Error)			
Males:					
2 - 5	337	1.46 (0.092)	0.24 (0.061)	0.63 (0.036)	0.58 (0.044)
6 - 11	537	1.11 (0.102)	0.26 (0.056)	0.48 (0.048)	0.38 (0.033)
12 - 19	646	0.98 (0.099)	0.19 (0.055)	0.43 (0.048)	0.36 (0.047)
20 - 29	424	0.79 (0.095)	0.11 (0.030)	0.36 (0.056)	0.32 (0.032)
30 - 39	429	0.86 (0.070)	0.21 (0.045)	0.39 (0.044)	0.27 (0.039)
40 - 49	410	0.78 (0.069)	0.12 (0.027)	0.43 (0.038)	0.23 (0.038)
50 - 59	398	1.01 (0.097)	0.25 (0.042)	0.48 (0.060)	0.27 (0.047)
60 - 69	395	0.89 (0.100)	0.21 (0.041)	0.47 (0.059)	0.21 (0.032)
70 and over	358	1.10 (0.076)	0.22 (0.027)	0.58 (0.049)	0.31 (0.050)
2 - 19	1520	1.12 (0.074)	0.22 (0.020)	0.48 (0.035)	0.41 (0.033)
20 and over	2414	0.89 (0.043)	0.18 (0.011)	0.44 (0.031)	0.27 (0.020)
2 and over	3934	0.95 (0.034)	0.19 (0.009)	0.45 (0.025)	0.30 (0.017)
Females:					
2 - 5	339	1.20 (0.073)	0.17 (0.024)	0.54 (0.040)	0.49 (0.061)
6 - 11	510	1.00 (0.088)	0.20 (0.026)	0.43 (0.047)	0.37 (0.064)
12 - 19	650	0.70 (0.063)	0.19 (0.028)	0.32 (0.033)	0.19 (0.025)
20 - 29	430	0.86 (0.055)	0.21 (0.027)	0.39 (0.043)	0.27 (0.037)
30 - 39	463	0.93 (0.062)	0.21 (0.032)	0.47 (0.040)	0.26 (0.015)
40 - 49	487	0.85 (0.052)	0.26 (0.033)	0.43 (0.030)	0.16 (0.014)
50 - 59	439	0.84 (0.094)	0.20 (0.033)	0.45 (0.068)	0.18 (0.028)
60 - 69	433	0.88 (0.057)	0.27 (0.035)	0.45 (0.045)	0.15 (0.021)
70 and over	381	1.16 (0.062)	0.27 (0.033)	0.61 (0.034)	0.28 (0.031)
2 - 19	1499	0.90 (0.033)	0.19 (0.015)	0.40 (0.018)	0.31 (0.029)
20 and over	2633	0.91 (0.036)	0.23 (0.015)	0.46 (0.020)	0.21 (0.011)
2 and over	4132	0.91 (0.029)	0.22 (0.013)	0.45 (0.017)	0.24 (0.012)
Males and females:					
2 - 19	3019	1.01 (0.041)	0.21 (0.014)	0.44 (0.021)	0.36 (0.023)
20 and over	5047	0.90 (0.033)	0.21 (0.011)	0.45 (0.020)	0.24 (0.011)
2 and over	8066	0.93 (0.026)	0.21 (0.010)	0.45 (0.016)	0.27 (0.011)

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: ***What We Eat in America,*** **NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014

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
	Mean (Standard Error)								
Males:									
2 - 5	0.67 (0.056)	0.23 (0.031)	0.17 (0.018)	0.06 (0.017)	0.21 (0.027)	0.14 (0.015)	0.07* (0.023)	0.06* (0.017)	0.17 (0.038)
6 - 11	0.90 (0.057)	0.35 (0.049)	0.31 (0.044)	0.04 (0.009)	0.28 (0.019)	0.21 (0.016)	0.07 (0.013)	0.05 (0.012)	0.21 (0.017)
12 - 19	1.15 (0.053)	0.40 (0.054)	0.35 (0.052)	0.05* (0.019)	0.32 (0.024)	0.26 (0.023)	0.06 (0.013)	0.07 (0.020)	0.35 (0.024)
20 - 29	1.45 (0.114)	0.40 (0.054)	0.36 (0.048)	0.04 (0.007)	0.40 (0.022)	0.32 (0.018)	0.08 (0.014)	0.15 (0.028)	0.50 (0.046)
30 - 39	1.54 (0.069)	0.46 (0.026)	0.41 (0.028)	0.05 (0.011)	0.44 (0.034)	0.32 (0.031)	0.12 (0.009)	0.13 (0.023)	0.50 (0.027)
40 - 49	1.66 (0.074)	0.46 (0.054)	0.37 (0.047)	0.09* (0.028)	0.46 (0.032)	0.36 (0.028)	0.11 (0.023)	0.11 (0.025)	0.63 (0.034)
50 - 59	1.68 (0.090)	0.59 (0.038)	0.49 (0.035)	0.10 (0.016)	0.40 (0.038)	0.31 (0.035)	0.09 (0.011)	0.15 (0.034)	0.54 (0.040)
60 - 69	1.59 (0.081)	0.48 (0.028)	0.40 (0.031)	0.08 (0.015)	0.46 (0.045)	0.35 (0.050)	0.11 (0.016)	0.12 (0.021)	0.53 (0.027)
70 and over	1.71 (0.115)	0.53 (0.061)	0.45 (0.055)	0.08 (0.018)	0.46 (0.028)	0.35 (0.023)	0.11 (0.018)	0.16 (0.029)	0.56 (0.056)
2 - 19	0.97 (0.020)	0.35 (0.021)	0.30 (0.020)	0.05 (0.011)	0.29 (0.012)	0.22 (0.011)	0.07 (0.010)	0.06 (0.013)	0.26 (0.012)
20 and over	1.59 (0.049)	0.48 (0.019)	0.41 (0.017)	0.07 (0.007)	0.43 (0.014)	0.33 (0.013)	0.10 (0.005)	0.14 (0.013)	0.54 (0.013)
2 and over	1.44 (0.038)	0.45 (0.017)	0.39 (0.016)	0.07 (0.006)	0.40 (0.009)	0.30 (0.010)	0.09 (0.004)	0.12 (0.010)	0.47 (0.010)
Females:									
2 - 5	0.61 (0.054)	0.22 (0.032)	0.17 (0.022)	0.05* (0.016)	0.20 (0.022)	0.15 (0.021)	0.04 (0.005)	0.04 (0.012)	0.15 (0.020)
6 - 11	0.79 (0.079)	0.26 (0.033)	0.21 (0.030)	0.05 (0.011)	0.25 (0.023)	0.20 (0.021)	0.05 (0.008)	0.06 (0.011)	0.22 (0.032)
12 - 19	1.01 (0.073)	0.34 (0.028)	0.29 (0.024)	0.05 (0.007)	0.27 (0.022)	0.20 (0.009)	0.07 (0.021)	0.10 (0.026)	0.30 (0.030)
20 - 29	1.31 (0.052)	0.38 (0.026)	0.32 (0.025)	0.06 (0.011)	0.30 (0.017)	0.23 (0.012)	0.08 (0.017)	0.14 (0.023)	0.49 (0.030)
30 - 39	1.47 (0.078)	0.31 (0.035)	0.27 (0.035)	0.04 (0.006)	0.37 (0.039)	0.28 (0.030)	0.09 (0.019)	0.27 (0.060)	0.52 (0.041)
40 - 49	1.59 (0.079)	0.38 (0.036)	0.31 (0.036)	0.07 (0.013)	0.40 (0.031)	0.27 (0.015)	0.13 (0.027)	0.17 (0.029)	0.64 (0.051)
50 - 59	1.47 (0.074)	0.36 (0.041)	0.29 (0.035)	0.07 (0.013)	0.33 (0.022)	0.23 (0.015)	0.10 (0.010)	0.26 (0.051)	0.52 (0.029)
60 - 69	1.32 (0.068)	0.31 (0.021)	0.23 (0.024)	0.08 (0.015)	0.34 (0.031)	0.24 (0.026)	0.10 (0.016)	0.17 (0.017)	0.50 (0.040)
70 and over	1.33 (0.048)	0.34 (0.047)	0.27 (0.037)	0.07 (0.016)	0.37 (0.040)	0.25 (0.025)	0.12 (0.021)	0.14 (0.015)	0.49 (0.042)
2 - 19	0.85 (0.041)	0.29 (0.021)	0.24 (0.017)	0.05 (0.006)	0.25 (0.012)	0.19 (0.009)	0.06 (0.010)	0.08 (0.013)	0.24 (0.015)
20 and over	1.42 (0.032)	0.35 (0.014)	0.28 (0.012)	0.07 (0.005)	0.35 (0.017)	0.25 (0.012)	0.10 (0.010)	0.20 (0.014)	0.53 (0.017)
2 and over	1.29 (0.033)	0.34 (0.012)	0.27 (0.011)	0.06 (0.004)	0.33 (0.014)	0.24 (0.010)	0.09 (0.009)	0.17 (0.013)	0.46 (0.015)
Males and females:									
2 - 19	0.91 (0.025)	0.32 (0.017)	0.27 (0.016)	0.05 (0.007)	0.27 (0.007)	0.21 (0.007)	0.06 (0.008)	0.07 (0.008)	0.25 (0.011)
20 and over	1.51 (0.029)	0.42 (0.013)	0.35 (0.012)	0.07 (0.005)	0.39 (0.011)	0.29 (0.009)	0.10 (0.005)	0.17 (0.010)	0.53 (0.012)
2 and over	1.36 (0.025)	0.39 (0.011)	0.33 (0.011)	0.06 (0.004)	0.36 (0.007)	0.27 (0.007)	0.09 (0.005)	0.14 (0.008)	0.47 (0.010)

*** 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014

Males/Females and age (years)	*Grains*			
	Total Grains	Whole Grains	Refined Grains	
	Mean (Standard Error)			
Males:				
2 - 5	5.76 (0.241)	0.94 (0.072)	4.83 (0.220)	
6 - 11	7.34 (0.229)	0.87 (0.088)	6.47 (0.184)	
12 - 19	8.09 (0.252)	0.95 (0.090)	7.14 (0.222)	
20 - 29	8.26 (0.269)	0.77 (0.104)	7.49 (0.232)	
30 - 39	7.93 (0.231)	0.77 (0.053)	7.16 (0.242)	
40 - 49	7.69 (0.435)	0.89 (0.128)	6.80 (0.375)	
50 - 59	7.16 (0.225)	1.04 (0.109)	6.12 (0.229)	
60 - 69	7.02 (0.318)	1.11 (0.099)	5.91 (0.324)	
70 and over	5.99 (0.175)	1.39 (0.087)	4.60 (0.179)	
2 - 19	7.38 (0.157)	0.92 (0.060)	6.46 (0.137)	
20 and over	7.46 (0.116)	0.96 (0.049)	6.51 (0.115)	
2 and over	7.44 (0.094)	0.95 (0.040)	6.49 (0.096)	
Females:				
2 - 5	4.81 (0.228)	0.78 (0.078)	4.04 (0.210)	
6 - 11	6.77 (0.275)	0.80 (0.082)	5.97 (0.280)	
12 - 19	6.02 (0.219)	0.65 (0.077)	5.36 (0.200)	
20 - 29	5.93 (0.211)	0.63 (0.051)	5.30 (0.226)	
30 - 39	6.41 (0.219)	0.78 (0.062)	5.63 (0.206)	
40 - 49	6.06 (0.221)	0.66 (0.061)	5.40 (0.259)	
50 - 59	5.47 (0.190)	0.97 (0.088)	4.50 (0.163)	
60 - 69	5.50 (0.253)	0.98 (0.078)	4.52 (0.252)	
70 and over	4.95 (0.150)	0.96 (0.064)	3.99 (0.167)	
2 - 19	6.00 (0.126)	0.73 (0.061)	5.27 (0.126)	
20 and over	5.75 (0.100)	0.82 (0.022)	4.93 (0.099)	
2 and over	5.81 (0.088)	0.80 (0.024)	5.01 (0.088)	
Males and females:				
2 - 19	6.71 (0.116)	0.83 (0.048)	5.88 (0.108)	
20 and over	6.58 (0.063)	0.89 (0.028)	5.69 (0.069)	
2 and over	6.61 (0.062)	0.87 (0.028)	5.74 (0.068)	

DATA SOURCES: ***What We Eat in America,*** **NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014

Males/Females and age (years)	*Dairy*							
	Total Dairy †		Fluid Milk		Cheese		Yogurt	
	Mean (Standard Error)							
Males:								
2 - 5	2.04	(0.095)	1.34	(0.101)	0.59	(0.068)	0.10	(0.022)
6 - 11	2.53	(0.118)	1.49	(0.081)	0.95	(0.096)	0.08	(0.016)
12 - 19	2.40	(0.126)	1.35	(0.079)	0.99	(0.080)	0.02*	(0.008)
20 - 29	2.53	(0.206)	1.02	(0.211)	1.34	(0.127)	0.05	(0.014)
30 - 39	1.85	(0.084)	0.73	(0.072)	0.99	(0.040)	0.08*	(0.025)
40 - 49	1.82	(0.103)	0.83	(0.062)	0.92	(0.074)	0.05	(0.011)
50 - 59	1.63	(0.080)	0.70	(0.051)	0.82	(0.082)	0.05	(0.011)
60 - 69	1.70	(0.099)	0.81	(0.084)	0.78	(0.080)	0.07*	(0.021)
70 and over	1.55	(0.089)	0.92	(0.065)	0.57	(0.066)	0.04	(0.013)
2 - 19	2.38	(0.082)	1.40	(0.043)	0.90	(0.050)	0.06	(0.010)
20 and over	1.89	(0.049)	0.83	(0.042)	0.94	(0.029)	0.06	(0.006)
2 and over	2.01	(0.036)	0.97	(0.033)	0.93	(0.020)	0.06	(0.005)
Females:								
2 - 5	2.03	(0.117)	1.37	(0.099)	0.57	(0.076)	0.08	(0.015)
6 - 11	1.90	(0.067)	1.07	(0.042)	0.75	(0.051)	0.07	(0.010)
12 - 19	1.61	(0.095)	0.79	(0.058)	0.76	(0.065)	0.05	(0.009)
20 - 29	1.51	(0.085)	0.60	(0.053)	0.84	(0.060)	0.05	(0.008)
30 - 39	1.53	(0.067)	0.58	(0.049)	0.84	(0.064)	0.05	(0.012)
40 - 49	1.40	(0.074)	0.57	(0.040)	0.72	(0.058)	0.08	(0.016)
50 - 59	1.25	(0.063)	0.52	(0.044)	0.62	(0.056)	0.09	(0.014)
60 - 69	1.29	(0.085)	0.58	(0.039)	0.55	(0.051)	0.13	(0.031)
70 and over	1.34	(0.078)	0.74	(0.052)	0.46	(0.050)	0.09	(0.017)
2 - 19	1.79	(0.067)	1.01	(0.045)	0.71	(0.043)	0.06	(0.006)
20 and over	1.39	(0.026)	0.59	(0.014)	0.68	(0.022)	0.08	(0.007)
2 and over	1.48	(0.026)	0.69	(0.019)	0.69	(0.013)	0.08	(0.006)
Males and females:								
2 - 19	2.09	(0.052)	1.21	(0.026)	0.81	(0.038)	0.06	(0.007)
20 and over	1.63	(0.030)	0.71	(0.022)	0.81	(0.024)	0.07	(0.006)
2 and over	1.74	(0.027)	0.83	(0.021)	0.81	(0.015)	0.07	(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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014

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
	Mean (Standard Error)							
Males:								
2 - 5	2.96 (0.246)	2.28 (0.235)	0.38 (0.043)	0.74 (0.090)	0.81 (0.106)	0.28* (0.195)	0.07* (0.036)	#
6 - 11	3.99 (0.211)	3.30 (0.189)	1.14 (0.120)	1.20 (0.161)	0.82 (0.069)	0.11 (0.028)	0.02* (0.006)	0.01* (0.009)
12 - 19	6.64 (0.435)	5.54 (0.428)	2.05 (0.191)	2.22 (0.464)	1.01 (0.069)	0.20* (0.078)	0.04* (0.015)	0.02* (0.010)
20 - 29	8.08 (0.456)	6.56 (0.483)	2.14 (0.167)	2.35 (0.309)	1.37 (0.146)	0.58* (0.180)	0.12* (0.048)	#
30 - 39	7.89 (0.285)	6.41 (0.285)	2.27 (0.155)	2.12 (0.190)	1.42 (0.252)	0.48* (0.172)	0.11 (0.026)	0.02* (0.016)
40 - 49	8.02 (0.366)	6.48 (0.294)	2.03 (0.214)	1.89 (0.120)	1.36 (0.196)	0.70 (0.152)	0.40* (0.199)	0.10* (0.070)
50 - 59	7.82 (0.352)	5.90 (0.270)	1.95 (0.200)	1.84 (0.162)	1.15 (0.116)	0.73* (0.231)	0.18* (0.061)	0.05* (0.033)
60 - 69	6.43 (0.350)	4.84 (0.292)	1.48 (0.164)	1.58 (0.165)	1.11 (0.111)	0.46 (0.117)	0.18* (0.081)	0.02 (0.005)
70 and over	6.38 (0.251)	4.66 (0.219)	1.51 (0.172)	1.25 (0.122)	1.18 (0.143)	0.45* (0.158)	0.26* (0.082)	0.02* (0.013)
2 - 19	4.99 (0.247)	4.12 (0.255)	1.41 (0.099)	1.57 (0.252)	0.90 (0.049)	0.19 (0.056)	0.04 (0.010)	0.01* (0.006)
20 and over	7.56 (0.185)	5.94 (0.183)	1.94 (0.084)	1.90 (0.113)	1.28 (0.091)	0.58 (0.109)	0.20 (0.038)	0.04* (0.013)
2 and over	6.91 (0.165)	5.48 (0.164)	1.81 (0.066)	1.82 (0.099)	1.18 (0.066)	0.48 (0.089)	0.16 (0.028)	0.03* (0.011)
Females:								
2 - 5	2.61 (0.145)	2.00 (0.158)	0.46 (0.039)	0.70 (0.108)	0.71 (0.078)	0.10* (0.030)	0.03* (0.021)	#
6 - 11	3.49 (0.182)	2.75 (0.169)	0.81 (0.085)	1.01 (0.124)	0.70 (0.066)	0.19 (0.058)	0.04* (0.021)	#
12 - 19	3.92 (0.248)	3.23 (0.215)	1.01 (0.125)	1.22 (0.120)	0.74 (0.092)	0.20* (0.060)	0.05* (0.016)	0.03* (0.018)
20 - 29	4.97 (0.230)	3.93 (0.209)	1.12 (0.125)	1.41 (0.115)	0.84 (0.101)	0.40 (0.118)	0.15* (0.052)	0.02* (0.012)
30 - 39	5.67 (0.293)	4.28 (0.234)	1.30 (0.165)	1.45 (0.143)	0.88 (0.079)	0.49 (0.084)	0.16 (0.041)	#
40 - 49	5.29 (0.174)	3.97 (0.164)	1.33 (0.102)	1.37 (0.081)	0.57 (0.074)	0.49 (0.112)	0.20 (0.053)	0.02* (0.011)
50 - 59	5.37 (0.161)	4.05 (0.226)	0.97 (0.108)	1.61 (0.227)	0.82 (0.133)	0.44 (0.122)	0.20* (0.090)	0.01* (0.006)
60 - 69	5.26 (0.349)	3.73 (0.214)	1.10 (0.113)	0.99 (0.076)	0.77 (0.087)	0.57 (0.138)	0.27* (0.085)	0.02* (0.010)
70 and over	4.18 (0.156)	3.05 (0.149)	0.93 (0.085)	0.93 (0.066)	0.64 (0.090)	0.38 (0.096)	0.13* (0.041)	0.03* (0.019)
2 - 19	3.50 (0.147)	2.81 (0.127)	0.83 (0.069)	1.04 (0.078)	0.72 (0.057)	0.17 (0.037)	0.04* (0.013)	0.01* (0.009)
20 and over	5.16 (0.100)	3.87 (0.102)	1.13 (0.042)	1.32 (0.060)	0.76 (0.038)	0.46 (0.066)	0.19 (0.031)	0.02 (0.003)
2 and over	4.78 (0.091)	3.63 (0.096)	1.06 (0.038)	1.26 (0.060)	0.75 (0.036)	0.40 (0.055)	0.15 (0.024)	0.01 (0.004)
Males and females:								
2 - 19	4.27 (0.164)	3.49 (0.168)	1.13 (0.059)	1.31 (0.139)	0.81 (0.044)	0.18 (0.041)	0.04 (0.009)	0.01* (0.006)
20 and over	6.32 (0.104)	4.87 (0.110)	1.52 (0.044)	1.60 (0.069)	1.01 (0.053)	0.52 (0.078)	0.19 (0.025)	0.03 (0.006)
2 and over	5.83 (0.100)	4.54 (0.109)	1.43 (0.040)	1.53 (0.069)	0.96 (0.043)	0.44 (0.066)	0.16 (0.020)	0.02 (0.006)

*** 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014 (*continued*)

Males/Females and age (years)	*Protein Foods*					
	Eggs, Nuts and Seeds, and Soybean Products					
	Eggs		Nuts and Seeds		Soybean Products †	
	Mean (Standard Error)					
Males:						
2 - 5	0.34	(0.025)	0.31	(0.038)	0.03*	(0.014)
6 - 11	0.36	(0.046)	0.29	(0.063)	0.04	(0.011)
12 - 19	0.50	(0.042)	0.55	(0.141)	0.05	(0.012)
20 - 29	0.63	(0.074)	0.72	(0.180)	0.17	(0.041)
30 - 39	0.63	(0.063)	0.75	(0.147)	0.10	(0.024)
40 - 49	0.65	(0.043)	0.84	(0.139)	0.04	(0.013)
50 - 59	0.69	(0.079)	1.13	(0.250)	0.09*	(0.035)
60 - 69	0.57	(0.070)	1.00	(0.275)	0.03*	(0.011)
70 and over	0.69	(0.086)	0.99	(0.083)	0.04*	(0.013)
2 - 19	0.42	(0.024)	0.41	(0.081)	0.04	(0.007)
20 and over	0.64	(0.029)	0.89	(0.076)	0.08	(0.013)
2 and over	0.59	(0.024)	0.77	(0.064)	0.07	(0.010)
Females:						
2 - 5	0.31	(0.034)	0.28	(0.057)	0.03*	(0.015)
6 - 11	0.32	(0.026)	0.36	(0.065)	0.06*	(0.023)
12 - 19	0.26	(0.029)	0.35	(0.063)	0.08	(0.017)
20 - 29	0.49	(0.055)	0.46	(0.089)	0.08	(0.023)
30 - 39	0.52	(0.060)	0.77	(0.118)	0.10	(0.022)
40 - 49	0.46	(0.044)	0.80	(0.103)	0.05	(0.013)
50 - 59	0.49	(0.065)	0.78	(0.097)	0.05	(0.014)
60 - 69	0.48	(0.037)	1.00	(0.262)	0.05*	(0.016)
70 and over	0.41	(0.042)	0.66	(0.066)	0.06	(0.018)
2 - 19	0.29	(0.019)	0.33	(0.039)	0.07	(0.015)
20 and over	0.48	(0.020)	0.74	(0.062)	0.07	(0.008)
2 and over	0.44	(0.015)	0.65	(0.049)	0.07	(0.009)
Males and females:						
2 - 19	0.36	(0.010)	0.37	(0.045)	0.05	(0.010)
20 and over	0.56	(0.021)	0.82	(0.060)	0.07	(0.007)
2 and over	0.51	(0.016)	0.71	(0.050)	0.07	(0.007)

*** 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.

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, 2013-2014

Males/Females and age (years)	*Legumes* †			
	Legumes as Vegetable (cups)		Legumes as Protein (oz)	
	Mean (Standard Error)			
Males:				
2 - 5	0.06	(0.012)	0.23	(0.047)
6 - 11	0.07	(0.017)	0.26	(0.066)
12 - 19	0.09	(0.022)	0.35	(0.089)
20 - 29	0.11	(0.013)	0.46	(0.051)
30 - 39	0.18	(0.024)	0.71	(0.098)
40 - 49	0.15	(0.019)	0.61	(0.076)
50 - 59	0.14	(0.018)	0.56	(0.071)
60 - 69	0.15	(0.024)	0.61	(0.096)
70 and over	0.11	(0.025)	0.45	(0.100)
2 - 19	0.07	(0.007)	0.30	(0.027)
20 and over	0.14	(0.007)	0.57	(0.028)
2 and over	0.12	(0.006)	0.50	(0.024)
Females:				
2 - 5	0.04	(0.010)	0.17	(0.040)
6 - 11	0.08	(0.016)	0.33	(0.065)
12 - 19	0.07	(0.011)	0.29	(0.043)
20 - 29	0.10	(0.013)	0.41	(0.052)
30 - 39	0.12	(0.015)	0.49	(0.060)
40 - 49	0.10	(0.011)	0.42	(0.044)
50 - 59	0.07	(0.018)	0.30	(0.074)
60 - 69	0.07	(0.008)	0.28	(0.033)
70 and over	0.07	(0.012)	0.27	(0.047)
2 - 19	0.07	(0.008)	0.28	(0.032)
20 and over	0.09	(0.005)	0.36	(0.021)
2 and over	0.09	(0.005)	0.34	(0.022)
Males and females:				
2 - 19	0.07	(0.007)	0.29	(0.026)
20 and over	0.12	(0.005)	0.46	(0.021)
2 and over	0.11	(0.005)	0.42	(0.020)

† 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 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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, 2013-2014

Males/Females and age (years)	*Oils and Other Components*			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
	Mean (Standard Error)			
Males:				
2 - 5	15.18 (0.562)	27.59 (0.834)	12.16 (0.514)	0.00 (0.000)
6 - 11	19.07 (1.160)	40.24 (1.678)	18.33 (0.784)	0.00 (0.000)
12 - 19	26.33 (1.690)	41.33 (1.561)	22.66 (0.995)	0.09* (0.058)
20 - 29	30.79 (1.493)	46.90 (2.097)	23.93 (1.450)	1.14 (0.142)
30 - 39	31.12 (1.198)	41.53 (1.742)	23.92 (1.413)	1.26 (0.217)
40 - 49	29.25 (1.210)	40.33 (2.034)	21.48 (1.683)	1.19 (0.184)
50 - 59	30.75 (2.001)	41.35 (1.556)	18.56 (1.160)	1.30 (0.323)
60 - 69	30.70 (1.920)	38.33 (1.655)	15.64 (0.826)	0.98 (0.125)
70 and over	24.66 (1.298)	36.11 (2.121)	13.61 (1.162)	0.52 (0.067)
2 - 19	21.62 (1.083)	38.30 (0.982)	19.11 (0.544)	0.04* (0.025)
20 and over	29.89 (0.668)	41.31 (0.678)	20.15 (0.592)	1.11 (0.091)
2 and over	27.80 (0.587)	40.55 (0.549)	19.88 (0.552)	0.84 (0.075)
Females:				
2 - 5	14.42 (0.842)	25.02 (1.161)	10.18 (0.599)	0.00 (0.000)
6 - 11	19.90 (0.932)	33.01 (1.071)	15.54 (0.647)	0.00 (0.000)
12 - 19	20.88 (1.241)	28.84 (1.330)	16.29 (0.811)	0.04* (0.019)
20 - 29	24.29 (1.166)	32.80 (1.544)	18.48 (0.878)	0.66 (0.166)
30 - 39	25.58 (1.017)	32.38 (1.119)	17.91 (0.746)	0.47 (0.076)
40 - 49	24.48 (0.674)	32.13 (1.261)	15.24 (0.828)	0.50 (0.062)
50 - 59	25.06 (1.068)	28.90 (1.103)	14.20 (0.897)	0.52 (0.085)
60 - 69	24.25 (1.510)	28.37 (1.303)	12.00 (0.690)	0.41 (0.051)
70 and over	20.87 (0.451)	27.77 (1.296)	12.02 (0.664)	0.25 (0.040)
2 - 19	19.18 (0.644)	29.36 (0.534)	14.74 (0.541)	0.02* (0.009)
20 and over	24.24 (0.435)	30.53 (0.387)	15.16 (0.407)	0.48 (0.047)
2 and over	23.07 (0.329)	30.26 (0.369)	15.06 (0.385)	0.38 (0.038)
Males and females:				
2 - 19	20.43 (0.792)	33.96 (0.700)	16.99 (0.430)	0.03* (0.014)
20 and over	26.98 (0.479)	35.76 (0.445)	17.58 (0.368)	0.79 (0.060)
2 and over	25.40 (0.389)	35.32 (0.402)	17.43 (0.360)	0.60 (0.051)

*** Indicates an estimate with a relative standard error greater than 30%.**

DATA SOURCES: ***What We Eat in America*, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2013-2014.**

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Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis

Fruit Components (cup eq.)	Foods
Total Fruit (F_TOTAL)	Includes the sum of all foods in the Fruit components listed below:
Citrus, Melons, and Berries (F_CITMLB)	Blackberries Blueberries Boysenberries Calamondin Cantaloupe Casaba Cranberries Dewberries Grapefruit Honeydew Huckleberries Juneberries Kiwi fruit Kumquats Lemons Limes Loganberries Mandarins Mulberries Oranges Raspberries Strawberries Tangelos Tangerines Watermelon Youngberries
Other Fruits (F_OTHER)	Apples Apricots Bananas Cherries Currants Dates Figs Grapes Guava Lychees Mangoes Nectarines Papayas Passion fruits Peaches Pears Persimmons Pineapple Plums (Ciruelas) Pomegranates Prunes Raisins Rhubarb Soursop (Guanabana) Starfruit (Carambola) Tamarind
Fruit Juice (F_JUICE)	Citrus and non-citrus fruit juices

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Vegetables Components (cup eq.)	Foods
Total Vegetables (V_TOTAL)	Includes the sum of all foods in the Vegetables components listed below except Beans and Peas (Legumes):
Dark Green Vegetables (V_DRKGR)	Arugula Basil Beet greens Bitter melon leaves Broccoli Broccoli raab Chinese Cabbage (Pak-choi) Chrysanthemum garland Chard Chicory leaves Cilantro (Coriander) Collards Cress Dandelion greens Endive Escarole Greens Horseradish leaves Kale Lambsquarters Leaves of grapes, pumpkin, squash, sweet potato, swamp cabbage, taro, and thistle Lettuce (Boston, butterhead, green or red leaf, cos or romaine) Mustard cabbage Mustard greens Parsley Poke greens Spinach Turnip greens Watercress
Total Red and Orange Vegetables (V_REDOR _TOTAL)	Includes the sum of all foods in the Tomatoes and Other Red and Orange Vegetables components listed below:
Tomatoes (V_REDOR _TOMATO)	Tomatoes (canned, cooked, raw, stewed) Tomatoes, dried Tomato juice Tomato paste Tomato puree Tomato sauce

Vegetables Components (cont.) (cup eq.)	Foods
Other Red and Orange Vegetables (V_REDOR _OTHER)	Calabaza (Spanish pumpkin) Carrots Carrot juice Red colored bell, and nonbell peppers Pimiento Pumpkin Squash (most winter varieties) Sweet potatoes
Total Starchy Vegetables (V_STARCHY _TOTAL)	Includes the sum of all foods in the Potatoes and Other Starchy Vegetables components listed below:
Potatoes (V_STARCHY _POTATO)	White potatoes White potato flour White potato flakes
Other Starchy Vegetables (V_STARCHY _OTHER)	Breadfruit Burdock Cassava (Yuca blanca) Corn, sweet (raw) Dasheen Green bananas Hominy Jicama (Yam beans) Lima beans, immature Lotus root Parsnips Immature peas (e.g., immature cowpeas, blackeye peas, green peas, pigeon peas) Plantains Salsify Tannier Tapioca Taro Water chestnuts Yams

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Vegetables Components (cont.) (cup eq.)	Foods
Other Vegetables (V_OTHER)	Alfalfa sprouts Artichoke Asparagus Avocado Bamboo shoots Beans (green, yellow, snap, string) Bean sprouts Beets Bitter melon (bitter gourd, balsam pear) Broccoflower Brussels sprouts Cabbage Cactus (Nopales) Capers Cauliflower Celeriac Celery Chayote (Christophine) Chinese cabbage (Pei-tsai) Chinese okra (Luffa) Chives Cucumber Eggplant Fennel bulb Flowers, edible Garlic Ginger root Horseradish pods Jute Kohlrabi Leeks Lettuce (varieties not in dark green category) Mushrooms Okra Olives Onions Palm hearts Peas, podded Peppers, bell and nonbell peppers (not red or orange in color) Pokeberry shoots Radicchio Radish Rutabaga Scallions Seaweed Snow peas Sprouted beans (e.g. mung, soybean) Squash (green, sequin, spaghetti, yellow, zucchini, most summer varieties) Tomatillos Tomatoes, green Turnips Winter melon (Wax gourd)

Vegetables Components (cont.) (cup eq.)	Foods
Beans and Peas (Legumes) (V_LEGUMES)	Includes all mature beans and peas (legumes) such as: Black beans Blackeye peas Brown beans Bayo beans Calico beans Carob Chickpeas (Garbanzo beans) Cowpeas Fava beans Kidney beans Lentils Mature lima beans Mung beans Navy beans Pink beans Pinto beans Red Mexican beans Soybeans* (raw) Split peas White beans

*Products such as edamame made from raw soybeans are placed under Legumes.

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Grains Components (oz. eq.)	Foods
Total Grains (G_TOTAL)	Includes the sum of all foods in the Grains components listed below:
Whole Grains (G_WHOLE)	Amaranth Barley, whole Barley flour (from whole barley) Barley meal Brown rice Brown rice flour Buckwheat groats Bulgur Corn, whole grain Corn meal or flour (whole grain) Millett Oats Oat flour Oatmeal Popcorn Quinoa Rye, whole grain Rye flour (dark) Triticale Wheat Whole wheat flour Whole grain cracked wheat Wild rice
Refined Grains (G_REFINED)	Barley, pearled Barley, pearled, flour Barley malt flour Bran (all grains) Corn flour or meal, degermed Corn grits Cream of wheat Couscous Farina Masa Oat flour, debranned Rice (milled, not whole grain) Rice, milled, flour Rye flour (light and medium) Semolina Wheat flour and cracked wheat (not whole grain) Wheat germ

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Protein Foods Components (oz. eq.)	Foods
Total Protein Foods (PF_ TOTAL)	Includes the sum of all foods in the Protein Foods components listed below except Beans and Peas:
Total Meat, Poultry, and Seafood (PF_MPS_TOTAL)	Includes the sum of all foods in the Meat, Cured Meat, Organ Meat, Poultry, Seafood High in *n*-3, and Seafood Low in *n*-3 components listed below:
Meat (PF_MEAT)	Armadillo Bacon (not cured) Bear Beaver Beef Bison Caribou Game meat (other) Goat Ground hog Ham (not cured) Lamb Moose Opossum Oxtail Pork Rabbit Raccoon Squirrel Veal Venison Wild pig

Protein Foods Components (cont.) (oz. eq.)	Foods
Cured Meat (PF_CUREDMEAT)	Bacon Beef sausage Beef luncheon meat Blood sausage Bockwurst Bologna Bratwurst Braunschweiger Capicola Cervelat Chicken sticks Chicken luncheon meat Chicken or turkey loaf Chorizo Cold cut deli meat Corned beef Chipped beef Dutch brand loaf Frankfurters Ham (cured, smoked, deli, deviled, loaf, luncheon meat, minced) Head cheese Honey loaf Hotdogs Italian sausage Jerky (all meat types) Kielbasa Knockwurst Liverwurst Meat spreads Meat sticks Mettwurst Mortadella Pastrami Pepperoni Pepper loaf Polish sausage Pork luncheon meat Pork sausage Potted meats Salami Sandwich loaf Souse Thuringer Turkey luncheon meat Turkey sausage Turkey, smoked Turkey sticks Veal loaf Vienna sausage
Organ Meat (PF_ORGAN)	Brain Chitterlings Giblets Gizzard Heart Kidney Liver Stomach Sweetbreads Thymus Tongue Tripe

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Protein Foods Components (cont.) (oz. eq.)	Foods	
Poultry (PF_POULT)	Chicken Cornish game hen Dove Duck Goose	Ostrich Pheasant Quail Turkey
Seafood High in *n*-3 Fatty Acids (PF_SEAFD_HI)	Anchovy Barracuda Caviar (Roe) Cisco Herring Mackerel Pompano Ray Salmon	Sardine Sea bass Shad Shark Swordfish Trout Tuna (albacore & bluefin)
Seafood Low in *n*-3 Fatty Acids (PF_SEAFD_LOW)	Abalone Carp Catfish Clams Cod Crab Crayfish Croaker Eel Flounder Frog legs Haddock Halibut Lobster Mullet Mussels Ocean perch Octopus Oyster	Perch Pike Pollock Porgy Scallop Scup Shrimp Snail Snapper Sole Squid Sturgeon Tilapia Tuna (excludes albacore & bluefin) Turtle Whitefish Whiting

Protein Foods Components (cont.) (oz. eq.)	Foods	
Eggs (PF_EGGS)	Eggs, whole (chicken, duck, goose, quail, and other birds)	Egg white Egg yolk Egg substitute Egg, dried
Soy Products (PF_SOY)	Miso Natto Soybean curd or tofu Soybean flour Soybean meal	Soybean protein isolate and concentrate Soy milk (soymilk), not calcium fortified Soy nuts
Nuts and Seeds (PF_NUTSDS)	Almonds Almond butter Almond paste Brazil nuts Cashew Cashew butter Chestnuts Flax seeds Hazelnuts Macadamia nuts Peanuts Peanut butter	Peanut flour Pecans Pine nuts Pistachios Pumpkin seeds Squash seeds Sesame butter (tahini) Sesame seeds Sesame paste Sunflower seeds Walnuts
Beans and Peas (Legumes) (PF_LEGUMES)	See under Vegetables, Beans and Peas component for the list of foods	

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Dairy Components (cup eq.)	Foods
Total Dairy (D_TOTAL)	Includes the sum of all foods in the Dairy components listed below, plus the following: Whey
Milk (D_MILK)	Includes fluid milk and calcium added soy milk of all fat-types such as: Buttermilk Evaporated milk Filled milk Milk, dry Milk, evaporated Milk, fluid Goat milk, fluid Soy milk (soymilk), calcium added
Yogurt (D_YOGURT)	Includes yogurt of all fat-types and yogurt present in flavored and frozen yogurt

Dairy Components (cont.) (cup eq.)	Foods
Cheese (D_CHEESE)	Includes natural and processed cheeses of all fat-types such as: American cheese Blue cheese Brick cheese Brie cheese Camembert cheese Cheddar cheese Colby cheese Colby Jack cheese Cottage cheese Cream cheese, fat free Edam cheese Feta cheese Fontina cheese Goat cheese Gouda cheese Gruyere cheese Limburger cheese Mexican cheese blend Monterey cheese Mozzarella cheese Muenster cheese Parmesan cheese Pasteurized cheese Port de salut cheese Provolone cheese Ricotta cheese Romano cheese Roquefort cheese Swiss cheese Queso anejo Queso asadero Queso chihuahua Queso del pais, blanco Queso fresco

Appendix 1: List of Foods Included in the Food Patterns Components, Units, and FPID/FPED 2013-14 Variable Names in Parenthesis (Continued)

Oils Component (grams)	Foods
Oils (OILS)	Includes fats naturally present in seafood, nuts, seeds, olives, avocados, and the following: Almond oil Canola oil Corn oil Cottonseed oil Fish oil Flaxseed oil Olive oil Peanut oil Rapeseed oil Safflower oil Sesame oil Spreads Soybean oil Sunflower oil Vegetable oil Walnut oil Wheat germ oil

Added Sugars Component (tsp. eq.)	Foods
Added Sugars (ADD_SUGARS)	Brown Sugar Cane syrup Confectioners' sugar Corn Syrups Corn syrup solids Dextrose Fructose Fruit juice concentrates (undiluted) Fruit syrups Granulated sugar Honey Maple syrup Molasses Pancake syrups Powdered sugar Raw sugar Sorghum syrups White sugar (cane and beet)

Solid Fats Component (grams)	Foods
Solid Fats (SOLID_FATS)	Includes fats naturally present in milk products, meat, poultry, eggs and the following: Butter Cocoa butter Cocoa fat Coconut oil Cream Cream substitute Cream Cheese, regular and low-fat Fully or partially hydrogenated oils Ghee Lard Palm oil Tallow Shortening (animal and vegetable) Sour cream

Alcoholic Drinks Component (no. of drinks)	Foods
Alcoholic Drinks (A_DRINKS)	Includes: Beer Wine Distilled spirits Alcohol (ethanol) present in cocktails and other alcoholic beverages Alcohol (ethanol) added to foods after cooking