Table 2a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years) ‡	Sample size	***Fruit***			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
		cup eq (SE)			
Non-Hispanic White:					
2 - 19.....	716	1.26 (0.102)	0.37 (0.074)	0.63 (0.061)	0.26 (0.021)
20 and over.....	2969	0.89 (0.048)	0.24 (0.024)	0.49 (0.029)	0.15 (0.009)
2 and over...	3685	0.96 (0.052)	0.27 (0.030)	0.52 (0.032)	0.17 (0.009)
Non-Hispanic Black:					
2 - 19.....	261	0.99 (0.072)	0.21 (0.055)	0.43 (0.047)	0.36 (0.037)
20 and over.....	555	0.87 (0.042)	0.19 (0.025)	0.35 (0.035)	0.33 (0.027)
2 and over...	816	0.90 (0.043)	0.19 (0.020)	0.37 (0.036)	0.34 (0.026)
Non-Hispanic Asian:					
2 - 19.....	123	0.94 (0.073)	0.20* (0.063)	0.56 (0.072)	0.18* (0.054)
20 and over.....	199	1.28 (0.073)	0.43 (0.051)	0.71 (0.058)	0.15 (0.028)
2 and over...	322	1.17 (0.051)	0.35 (0.043)	0.66 (0.049)	0.16 (0.032)
Hispanic:					
2 - 19.....	513	1.27 (0.105)	0.25 (0.034)	0.63 (0.052)	0.39 (0.058)
20 and over.....	776	0.92 (0.117)	0.19 (0.029)	0.52 (0.070)	0.22 (0.032)
2 and over...	1289	1.03 (0.106)	0.21 (0.025)	0.55 (0.057)	0.27 (0.039)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Includes intact fruit 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 August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023

Race/ethnicity 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)								
Non-Hispanic White:									
2 - 19.....	0.88 (0.048)	0.33 (0.047)	0.29 (0.048)	0.03 (0.008)	0.28 (0.019)	0.20 (0.015)	0.08 (0.013)	0.07 (0.010)	0.20 (0.014)
20 and over.....	1.48 (0.060)	0.44 (0.024)	0.39 (0.022)	0.05 (0.005)	0.35 (0.016)	0.25 (0.012)	0.10 (0.006)	0.18 (0.017)	0.51 (0.026)
2 and over...	1.36 (0.056)	0.42 (0.024)	0.37 (0.023)	0.05 (0.004)	0.33 (0.014)	0.24 (0.011)	0.10 (0.005)	0.16 (0.015)	0.45 (0.022)
Non-Hispanic Black:									
2 - 19.....	0.85 (0.056)	0.40 (0.035)	0.34 (0.030)	0.06* (0.019)	0.24 (0.032)	0.20 (0.024)	0.04* (0.014)	0.08* (0.024)	0.13 (0.035)
20 and over.....	1.27 (0.046)	0.46 (0.042)	0.39 (0.040)	0.07 (0.012)	0.28 (0.024)	0.21 (0.018)	0.07 (0.012)	0.15 (0.012)	0.39 (0.036)
2 and over...	1.17 (0.038)	0.44 (0.034)	0.38 (0.034)	0.06 (0.009)	0.27 (0.023)	0.21 (0.017)	0.06 (0.009)	0.13 (0.013)	0.33 (0.030)
Non-Hispanic Asian:									
2 - 19.....	1.16 (0.067)	0.40 (0.063)	0.35 (0.058)	0.05* (0.020)	0.37 (0.062)	0.21 (0.023)	0.16* (0.064)	0.07* (0.023)	0.32 (0.042)
20 and over.....	2.05 (0.200)	0.41 (0.073)	0.30 (0.051)	0.12* (0.049)	0.39 (0.046)	0.29 (0.043)	0.10 (0.011)	0.43 (0.085)	0.80 (0.060)
2 and over...	1.76 (0.128)	0.41 (0.053)	0.31 (0.036)	0.10* (0.037)	0.38 (0.033)	0.26 (0.029)	0.12 (0.022)	0.31 (0.052)	0.64 (0.038)
Hispanic:									
2 - 19.....	0.81 (0.044)	0.30 (0.033)	0.23 (0.031)	0.07 (0.010)	0.24 (0.013)	0.18 (0.013)	0.06 (0.005)	0.06 (0.011)	0.22 (0.027)
20 and over.....	1.35 (0.049)	0.37 (0.033)	0.29 (0.031)	0.08 (0.023)	0.32 (0.016)	0.25 (0.010)	0.07 (0.009)	0.12 (0.014)	0.54 (0.032)
2 and over...	1.18 (0.045)	0.35 (0.031)	0.27 (0.028)	0.07 (0.017)	0.29 (0.015)	0.23 (0.010)	0.06 (0.007)	0.10 (0.011)	0.44 (0.025)

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

DATA SOURCES: ***What We Eat in America,*** **NHANES August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023

Race/ethnicity and age (years) ‡	***Grains***		
	Total Grains	Whole Grains	Refined Grains
	oz eq (SE)		
Non-Hispanic White:			
2 - 19.....	6.83 (0.229)	0.91 (0.064)	5.93 (0.203)
20 and over.....	6.06 (0.128)	0.85 (0.047)	5.20 (0.098)
2 and over...	6.20 (0.130)	0.86 (0.043)	5.34 (0.100)
Non-Hispanic Black:			
2 - 19.....	6.01 (0.328)	0.66 (0.112)	5.36 (0.339)
20 and over.....	5.32 (0.169)	0.63 (0.072)	4.69 (0.174)
2 and over...	5.49 (0.156)	0.64 (0.061)	4.85 (0.144)
Non-Hispanic Asian:			
2 - 19.....	7.35 (0.475)	1.05 (0.193)	6.31 (0.363)
20 and over.....	7.52 (0.665)	1.47 (0.355)	6.05 (0.373)
2 and over...	7.47 (0.434)	1.33 (0.236)	6.13 (0.256)
Hispanic:			
2 - 19.....	6.36 (0.261)	0.70 (0.054)	5.66 (0.239)
20 and over.....	6.11 (0.192)	0.62 (0.045)	5.49 (0.180)
2 and over...	6.19 (0.134)	0.64 (0.033)	5.54 (0.132)

‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023

Race/ethnicity and age (years) ‡	***Dairy***							
	Total Dairy †		Milk		Cheese		Yogurt	
	cup eq (SE)							
Non-Hispanic White:								
2 - 19.....	1.82	(0.046)	0.96	(0.028)	0.80	(0.035)	0.06	(0.007)
20 and over.....	1.53	(0.048)	0.56	(0.028)	0.90	(0.038)	0.07	(0.007)
2 and over...	1.58	(0.037)	0.63	(0.025)	0.88	(0.028)	0.07	(0.006)
Non-Hispanic Black:								
2 - 19.....	1.19	(0.107)	0.48	(0.075)	0.69	(0.083)	0.02*	(0.008)
20 and over.....	0.90	(0.067)	0.33	(0.044)	0.54	(0.050)	0.03	(0.008)
2 and over...	0.97	(0.066)	0.37	(0.047)	0.58	(0.034)	0.03	(0.006)
Non-Hispanic Asian:								
2 - 19.....	1.48	(0.128)	0.81	(0.066)	0.61	(0.112)	0.07*	(0.021)
20 and over.....	1.13	(0.097)	0.48	(0.075)	0.54	(0.076)	0.11	(0.024)
2 and over...	1.24	(0.073)	0.59	(0.062)	0.56	(0.051)	0.09	(0.019)
Hispanic:								
2 - 19.....	1.73	(0.128)	0.96	(0.095)	0.72	(0.066)	0.05	(0.015)
20 and over.....	1.12	(0.061)	0.41	(0.034)	0.66	(0.050)	0.05	(0.012)
2 and over...	1.31	(0.042)	0.58	(0.036)	0.68	(0.031)	0.05	(0.011)

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

DATA SOURCES: ***What We Eat in America,*** **NHANES August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023

Race/ethnicity and age (years) ‡	**Total Protein Foods †**	***Protein Foods*** *(continues on next page)*						
		Meat, Poultry, and Seafood						
		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 - 19.....	4.04 (0.148)	3.08 (0.140)	0.87 (0.058)	1.21 (0.126)	0.82 (0.086)	0.11* (0.040)	0.07* (0.024)	#
20 and over.....	6.00 (0.082)	4.25 (0.083)	1.35 (0.071)	1.40 (0.078)	0.95 (0.041)	0.36 (0.044)	0.19 (0.025)	#
2 and over...	5.63 (0.079)	4.03 (0.077)	1.26 (0.062)	1.36 (0.061)	0.93 (0.043)	0.31 (0.040)	0.17 (0.022)	#
Non-Hispanic Black:								
2 - 19.....	3.89 (0.243)	3.13 (0.216)	0.91 (0.154)	1.42 (0.123)	0.62 (0.083)	0.13 (0.034)	0.04* (0.020)	0.00 (0.000)
20 and over.....	6.24 (0.217)	4.94 (0.191)	1.48 (0.154)	1.86 (0.192)	0.85 (0.082)	0.58 (0.078)	0.14 (0.041)	0.03* (0.024)
2 and over...	5.66 (0.177)	4.49 (0.155)	1.34 (0.138)	1.75 (0.162)	0.79 (0.059)	0.47 (0.058)	0.12 (0.031)	0.02* (0.018)
Non-Hispanic Asian:								
2 - 19.....	3.23 (0.342)	2.66 (0.326)	0.81 (0.144)	1.15 (0.228)	0.51* (0.222)	0.13* (0.045)	0.03* (0.022)	0.02* (0.022)
20 and over.....	5.59 (0.389)	3.84 (0.256)	1.23 (0.171)	1.54 (0.286)	0.27 (0.059)	0.37 (0.101)	0.39* (0.169)	0.04* (0.035)
2 and over...	4.82 (0.282)	3.46 (0.237)	1.09 (0.144)	1.42 (0.235)	0.35 (0.073)	0.29 (0.079)	0.27* (0.118)	0.04* (0.031)
Hispanic:								
2 - 19.....	4.25 (0.227)	3.33 (0.202)	1.10 (0.141)	1.36 (0.141)	0.65 (0.043)	0.18 (0.041)	0.04* (0.020)	0.00 (0.000)
20 and over.....	5.95 (0.220)	4.60 (0.206)	1.62 (0.128)	1.72 (0.100)	0.65 (0.068)	0.43 (0.062)	0.14 (0.025)	0.04* (0.030)
2 and over...	5.41 (0.199)	4.20 (0.199)	1.46 (0.133)	1.60 (0.082)	0.65 (0.054)	0.35 (0.051)	0.11 (0.020)	0.03* (0.021)

*** 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; eggs; nuts and seeds; and soy products. Beans, peas, and lentils 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 August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023 (continued)

Race/ethnicity and age (years) ‡	*Protein Foods*		
	Eggs, Nuts and Seeds, and Soy Products		
	Eggs	Nuts and Seeds	Soy Products †
	oz eq (SE)		
Non-Hispanic White:			
2 - 19.....	0.44 (0.043)	0.49 (0.049)	0.03 (0.008)
20 and over.....	0.67 (0.035)	1.00 (0.050)	0.07 (0.010)
2 and over...	0.63 (0.031)	0.91 (0.039)	0.06 (0.008)
Non-Hispanic Black:			
2 - 19.....	0.45 (0.076)	0.31* (0.095)	#
20 and over.....	0.63 (0.032)	0.64 (0.095)	0.03* (0.019)
2 and over...	0.59 (0.035)	0.56 (0.084)	0.02* (0.014)
Non-Hispanic Asian:			
2 - 19.....	0.25 (0.058)	0.22 (0.043)	0.09* (0.049)
20 and over.....	0.57 (0.070)	0.99 (0.270)	0.19 (0.054)
2 and over...	0.47 (0.042)	0.74 (0.181)	0.16 (0.046)
Hispanic:			
2 - 19.....	0.56 (0.070)	0.36 (0.053)	0.01* (0.003)
20 and over.....	0.77 (0.047)	0.54 (0.053)	0.03 (0.010)
2 and over...	0.71 (0.021)	0.48 (0.033)	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.
† Soy products excludes soy milk and soy yogurt.
‡ Does not include Other Race - Including Multi-Racial - or individuals missing race/ethnicity data.

DATA SOURCES: ***What We Eat in America,*** **NHANES August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.**

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 2f. Beans, Peas, and Lentils: 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, August 2021-August 2023

Race/ethnicity and age (years) ‡	***Beans, Peas, and Lentils*** †			
	Beans, Peas, and Lentils as Vegetable		Beans, Peas, and Lentils as Protein	
	cup eq	(SE)	oz eq	(SE)
Non-Hispanic White:				
2 - 19.....	0.04	(0.010)	0.16	(0.038)
20 and over.....	0.10	(0.012)	0.39	(0.049)
2 and over...	0.09	(0.010)	0.35	(0.040)
Non-Hispanic Black:				
2 - 19.....	0.05	(0.011)	0.18	(0.046)
20 and over.....	0.09	(0.016)	0.33	(0.060)
2 and over...	0.08	(0.013)	0.30	(0.052)
Non-Hispanic Asian:				
2 - 19.....	0.29*	(0.087)	1.10*	(0.341)
20 and over.....	0.40	(0.096)	1.53	(0.363)
2 and over...	0.36	(0.089)	1.39	(0.343)
Hispanic:				
2 - 19.....	0.14	(0.029)	0.56	(0.115)
20 and over.....	0.19	(0.020)	0.73	(0.077)
2 and over...	0.17	(0.015)	0.68	(0.061)

*** Indicates an estimate with a relative standard error greater than 30%.**
† Beans, Peas, and Lentils 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 August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2021-2023.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. 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, August 2021-August 2023

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 - 19.....	27.74	(1.115)	33.59	(1.215)	16.21	(0.429)	0.05*	(0.037)
20 and over.....	33.34	(0.632)	36.18	(0.650)	15.03	(0.505)	0.67	(0.043)
2 and over...	32.29	(0.622)	35.69	(0.464)	15.25	(0.419)	0.55	(0.034)
Non-Hispanic Black:								
2 - 19.....	27.92	(0.878)	25.64	(1.900)	13.24	(0.726)	0.00	(0.000)
20 and over.....	30.63	(1.225)	28.65	(1.228)	15.29	(0.769)	0.51	(0.104)
2 and over...	29.97	(0.978)	27.91	(1.157)	14.79	(0.639)	0.38	(0.078)
Non-Hispanic Asian:								
2 - 19.....	27.88	(1.470)	27.73	(2.565)	9.99	(0.574)	0.00	(0.000)
20 and over.....	34.57	(2.267)	29.47	(4.886)	10.11	(0.701)	0.24	(0.058)
2 and over...	32.39	(1.624)	28.90	(3.141)	10.07	(0.533)	0.16	(0.043)
Hispanic:								
2 - 19.....	27.67	(1.307)	28.85	(1.314)	13.54	(0.827)	#	
20 and over.....	29.48	(1.403)	27.91	(1.410)	13.85	(1.010)	0.48	(0.038)
2 and over...	28.91	(1.067)	28.20	(1.050)	13.75	(0.887)	0.33	(0.027)

*** 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 August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1 dietary intake data, weighted.**
Food Patterns Equivalents Database (FPED) 2021-2023.

Suggested Citation: U.S. Department of Agriculture, Agricultural Research Service. 2026. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.