Table 4a. Fruit: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years) ‡	Sample size	***Fruit***							
		Total Fruit		Citrus, Melons, Berries †		Other Fruit †		Fruit Juice	
		cup eq (SE)							
Under 131% poverty:									
2 - 19.....	540	1.26	(0.072)	0.25	(0.034)	0.62	(0.046)	0.39	(0.042)
20 and over.....	892	0.73	(0.051)	0.16	(0.018)	0.37	(0.024)	0.20	(0.025)
2 and over...	1432	0.89	(0.049)	0.19	(0.016)	0.44	(0.027)	0.26	(0.023)
131-350% poverty:									
2 - 19.....	584	1.14	(0.068)	0.25	(0.037)	0.58	(0.045)	0.31	(0.032)
20 and over.....	1577	0.81	(0.027)	0.20	(0.016)	0.43	(0.017)	0.19	(0.023)
2 and over...	2161	0.90	(0.025)	0.21	(0.014)	0.47	(0.018)	0.22	(0.021)
Over 350% poverty:									
2 - 19.....	435	1.28	(0.126)	0.46	(0.093)	0.59	(0.075)	0.24	(0.023)
20 and over.....	1774	1.02	(0.063)	0.31	(0.027)	0.57	(0.048)	0.15	(0.008)
2 and over...	2209	1.07	(0.058)	0.33	(0.034)	0.57	(0.043)	0.16	(0.009)
All Individuals:									
2 - 19.....	1765	1.20	(0.053)	0.30	(0.039)	0.60	(0.041)	0.30	(0.019)
20 and over.....	4798	0.91	(0.042)	0.24	(0.016)	0.49	(0.029)	0.18	(0.010)
2 and over...	6563	0.98	(0.042)	0.25	(0.018)	0.52	(0.030)	0.21	(0.011)

† Includes intact fruit only; excludes fruit juice.
‡ Individuals with missing income data are included only in the all individuals category.

DATA SOURCES: ***What We Eat in America,*** **NHANES 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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4b. Vegetables: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years) ‡	***Vegetables***								
	Total Vegetables †	*Starchy Vegetables*			*Red and Orange Vegetables*				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
	cup eq (SE)								
Under 131% poverty:									
2 - 19.....	0.78 (0.042)	0.29 (0.036)	0.25 (0.033)	0.05 (0.011)	0.25 (0.017)	0.19 (0.018)	0.06 (0.010)	0.06 (0.013)	0.18 (0.018)
20 and over.....	1.15 (0.045)	0.41 (0.040)	0.35 (0.036)	0.07 (0.016)	0.27 (0.014)	0.21 (0.010)	0.06 (0.010)	0.10 (0.014)	0.37 (0.025)
2 and over...	1.04 (0.037)	0.38 (0.030)	0.32 (0.026)	0.06 (0.013)	0.27 (0.010)	0.21 (0.008)	0.06 (0.008)	0.09 (0.011)	0.31 (0.020)
131-350% poverty:									
2 - 19.....	0.90 (0.035)	0.34 (0.032)	0.30 (0.032)	0.05 (0.008)	0.28 (0.032)	0.20 (0.028)	0.08 (0.017)	0.06 (0.012)	0.22 (0.024)
20 and over.....	1.39 (0.044)	0.43 (0.018)	0.37 (0.018)	0.06 (0.006)	0.32 (0.014)	0.24 (0.013)	0.08 (0.007)	0.16 (0.025)	0.48 (0.018)
2 and over...	1.27 (0.036)	0.41 (0.020)	0.35 (0.020)	0.06 (0.005)	0.31 (0.016)	0.23 (0.013)	0.08 (0.007)	0.13 (0.020)	0.42 (0.014)
Over 350% poverty:									
2 - 19.....	0.89 (0.046)	0.30 (0.031)	0.26 (0.034)	0.04 (0.013)	0.28 (0.015)	0.19 (0.010)	0.09 (0.014)	0.09 (0.018)	0.23 (0.026)
20 and over.....	1.68 (0.075)	0.45 (0.030)	0.39 (0.033)	0.06 (0.008)	0.39 (0.021)	0.27 (0.017)	0.11 (0.008)	0.23 (0.016)	0.62 (0.043)
2 and over...	1.54 (0.067)	0.43 (0.027)	0.37 (0.030)	0.06 (0.008)	0.37 (0.018)	0.26 (0.014)	0.11 (0.008)	0.20 (0.013)	0.54 (0.037)
All Individuals:									
2 - 19.....	0.88 (0.024)	0.33 (0.024)	0.29 (0.024)	0.05 (0.005)	0.27 (0.014)	0.19 (0.010)	0.07 (0.009)	0.07 (0.008)	0.21 (0.011)
20 and over.....	1.45 (0.044)	0.43 (0.015)	0.36 (0.018)	0.06 (0.006)	0.33 (0.013)	0.25 (0.009)	0.09 (0.005)	0.17 (0.016)	0.51 (0.021)
2 and over...	1.32 (0.038)	0.41 (0.014)	0.35 (0.016)	0.06 (0.005)	0.32 (0.011)	0.23 (0.008)	0.09 (0.004)	0.15 (0.012)	0.44 (0.017)

† Total Vegetables does not include beans, peas, and lentils.
‡ Individuals with missing income data are included only in the all individuals category.

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4c. Grains: Mean Amounts of Food Patterns Ounce Equivalents
Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years) ‡	***Grains***					
	Total Grains		Whole Grains		Refined Grains	
	oz eq (SE)					
Under 131% poverty:						
2 - 19.....	6.45	(0.201)	0.64	(0.045)	5.82	(0.200)
20 and over.....	5.99	(0.200)	0.65	(0.055)	5.34	(0.224)
2 and over...	6.13	(0.154)	0.64	(0.041)	5.49	(0.175)
131-350% poverty:						
2 - 19.....	6.49	(0.218)	0.82	(0.054)	5.68	(0.203)
20 and over.....	6.10	(0.125)	0.78	(0.033)	5.33	(0.134)
2 and over...	6.20	(0.098)	0.79	(0.026)	5.42	(0.100)
Over 350% poverty:						
2 - 19.....	7.05	(0.246)	0.91	(0.117)	6.14	(0.172)
20 and over.....	6.11	(0.184)	0.95	(0.094)	5.16	(0.120)
2 and over...	6.28	(0.172)	0.94	(0.080)	5.34	(0.115)
All Individuals:						
2 - 19.....	6.62	(0.164)	0.83	(0.035)	5.80	(0.143)
20 and over.....	6.06	(0.091)	0.82	(0.045)	5.24	(0.067)
2 and over...	6.19	(0.082)	0.82	(0.039)	5.37	(0.059)

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

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4d. Dairy: Mean Amounts of Food Patterns Cup Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years) ‡	***Dairy***							
	Total Dairy †		Milk		Cheese		Yogurt	
	cup eq (SE)							
Under 131% poverty:								
2 - 19.....	1.70	(0.078)	0.91	(0.079)	0.74	(0.050)	0.05	(0.013)
20 and over.....	1.21	(0.083)	0.45	(0.042)	0.72	(0.056)	0.04	(0.006)
2 and over...	1.35	(0.052)	0.58	(0.033)	0.72	(0.032)	0.04	(0.007)
131-350% poverty:								
2 - 19.....	1.72	(0.090)	0.94	(0.049)	0.73	(0.053)	0.04	(0.006)
20 and over.....	1.42	(0.056)	0.53	(0.031)	0.83	(0.045)	0.06	(0.006)
2 and over...	1.49	(0.052)	0.63	(0.027)	0.81	(0.039)	0.05	(0.005)
Over 350% poverty:								
2 - 19.....	1.67	(0.060)	0.77	(0.049)	0.82	(0.031)	0.07	(0.011)
20 and over.....	1.42	(0.048)	0.52	(0.025)	0.82	(0.031)	0.08	(0.010)
2 and over...	1.47	(0.040)	0.57	(0.025)	0.82	(0.023)	0.08	(0.008)
All Individuals:								
2 - 19.....	1.69	(0.050)	0.88	(0.037)	0.75	(0.027)	0.05	(0.005)
20 and over.....	1.36	(0.039)	0.50	(0.025)	0.79	(0.025)	0.06	(0.007)
2 and over...	1.43	(0.031)	0.59	(0.021)	0.78	(0.019)	0.06	(0.006)

† Total Dairy includes milk, cheese, and yogurt. Milk and yogurt include soy milk and soy yogurt.
‡ Individuals with missing income data are included only in the all individuals category.

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Protein Foods *(continues on next page)*

Family income as % of poverty level and age (years) ‡	**Total Protein Foods †**	*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)							
Under 131% poverty:								
2 - 19.....	4.26 (0.239)	3.18 (0.181)	0.88 (0.112)	1.37 (0.121)	0.77 (0.080)	0.12 (0.026)	0.03* (0.017)	#
20 and over.....	5.59 (0.150)	4.28 (0.115)	1.41 (0.094)	1.40 (0.100)	0.95 (0.042)	0.34 (0.064)	0.16 (0.030)	0.02* (0.016)
2 and over...	5.19 (0.113)	3.95 (0.075)	1.25 (0.067)	1.39 (0.069)	0.89 (0.035)	0.28 (0.046)	0.12 (0.020)	0.02* (0.012)
131-350% poverty:								
2 - 19.....	4.11 (0.170)	3.33 (0.154)	1.00 (0.099)	1.34 (0.098)	0.82 (0.108)	0.12 (0.031)	0.06* (0.025)	0.01* (0.005)
20 and over.....	5.83 (0.127)	4.38 (0.125)	1.41 (0.112)	1.56 (0.095)	0.90 (0.066)	0.37 (0.031)	0.15 (0.028)	0.01* (0.003)
2 and over...	5.40 (0.113)	4.12 (0.106)	1.31 (0.100)	1.50 (0.070)	0.88 (0.062)	0.31 (0.027)	0.12 (0.022)	0.01* (0.002)
Over 350% poverty:								
2 - 19.....	3.95 (0.221)	2.95 (0.201)	0.79 (0.084)	1.20 (0.119)	0.69 (0.065)	0.18* (0.077)	0.09 (0.028)	0.00 (0.000)
20 and over.....	6.32 (0.107)	4.36 (0.089)	1.40 (0.048)	1.55 (0.089)	0.78 (0.049)	0.41 (0.053)	0.22 (0.020)	0.01* (0.005)
2 and over...	5.88 (0.122)	4.10 (0.101)	1.29 (0.049)	1.48 (0.067)	0.76 (0.047)	0.37 (0.054)	0.19 (0.018)	0.01* (0.004)
All Individuals:								
2 - 19.....	4.01 (0.124)	3.14 (0.121)	0.93 (0.058)	1.28 (0.071)	0.73 (0.058)	0.14 (0.027)	0.06 (0.011)	#
20 and over.....	5.99 (0.060)	4.36 (0.070)	1.41 (0.059)	1.51 (0.073)	0.85 (0.037)	0.39 (0.035)	0.19 (0.016)	0.01* (0.006)
2 and over...	5.53 (0.069)	4.08 (0.072)	1.30 (0.056)	1.46 (0.051)	0.82 (0.036)	0.33 (0.031)	0.16 (0.013)	0.01* (0.005)

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

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.**

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Table 4e. Protein Foods: Mean Amounts of Food Patterns Ounce Equivalents Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023 (continued)

Family income as % of poverty level and age (years) ‡	***Protein Foods***		
	Eggs, Nuts and Seeds, and Soy Products		
	Eggs	Nuts and Seeds	Soy Products †
	oz eq (SE)		
Under 131% poverty:			
2 - 19.....	0.56 (0.067)	0.51 (0.068)	0.01* (0.005)
20 and over.....	0.62 (0.069)	0.65 (0.090)	0.04* (0.022)
2 and over...	0.60 (0.055)	0.61 (0.060)	0.03* (0.016)
131-350% poverty:			
2 - 19.....	0.40 (0.025)	0.36 (0.043)	0.02* (0.007)
20 and over.....	0.65 (0.031)	0.74 (0.070)	0.05 (0.011)
2 and over...	0.59 (0.023)	0.65 (0.054)	0.04 (0.008)
Over 350% poverty:			
2 - 19.....	0.48 (0.053)	0.47 (0.056)	0.05* (0.016)
20 and over.....	0.71 (0.048)	1.16 (0.060)	0.08 (0.008)
2 and over...	0.67 (0.042)	1.03 (0.050)	0.08 (0.009)
All Individuals:			
2 - 19.....	0.45 (0.021)	0.40 (0.019)	0.02 (0.005)
20 and over.....	0.68 (0.026)	0.88 (0.052)	0.07 (0.008)
2 and over...	0.63 (0.020)	0.77 (0.040)	0.06 (0.007)

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

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4f. Beans, Peas, and Lentils: Mean Amounts of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level 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)
Under 131% poverty:				
2 - 19.....	0.07	(0.010)	0.28	(0.039)
20 and over.....	0.11	(0.011)	0.43	(0.042)
2 and over...	0.10	(0.009)	0.39	(0.034)
131-350% poverty:				
2 - 19.....	0.07	(0.019)	0.26	(0.076)
20 and over.....	0.11	(0.014)	0.43	(0.057)
2 and over...	0.10	(0.014)	0.39	(0.056)
Over 350% poverty:				
2 - 19.....	0.09	(0.022)	0.36	(0.087)
20 and over.....	0.14	(0.027)	0.55	(0.106)
2 and over...	0.13	(0.025)	0.52	(0.097)
All Individuals:				
2 - 19.....	0.08	(0.012)	0.33	(0.049)
20 and over.....	0.13	(0.011)	0.49	(0.045)
2 and over...	0.12	(0.010)	0.45	(0.041)

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

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 4g. Oils and Other Components: Mean Amounts of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual, by Family Income as % of Poverty Level and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years) ‡	*Oils and Other Components*							
	Oils		Solid Fats		Added Sugars		Alcoholic Drinks	
	g	(SE)	g	(SE)	tsp eq	(SE)	no. drinks	(SE)
Under 131% poverty:								
2 - 19.....	26.46	(0.846)	29.12	(1.486)	14.20	(0.766)	0.11*	(0.074)
20 and over.....	27.41	(0.570)	31.24	(0.893)	16.70	(0.926)	0.47	(0.094)
2 and over...	27.12	(0.495)	30.61	(0.658)	15.95	(0.776)	0.36	(0.063)
131-350% poverty:								
2 - 19.....	27.92	(1.165)	32.86	(1.257)	16.13	(0.863)	0.01*	(0.014)
20 and over.....	32.44	(0.697)	34.91	(1.255)	15.63	(0.634)	0.59	(0.068)
2 and over...	31.33	(0.575)	34.41	(0.967)	15.75	(0.595)	0.44	(0.052)
Over 350% poverty:								
2 - 19.....	29.10	(1.055)	30.90	(1.228)	14.51	(0.593)	0.00	(0.000)
20 and over.....	35.55	(0.723)	33.96	(0.553)	13.27	(0.514)	0.65	(0.048)
2 and over...	34.35	(0.756)	33.39	(0.466)	13.50	(0.508)	0.53	(0.043)
All Individuals:								
2 - 19.....	27.80	(0.822)	30.94	(0.680)	14.80	(0.376)	0.03*	(0.018)
20 and over.....	32.47	(0.461)	33.65	(0.671)	14.69	(0.419)	0.59	(0.023)
2 and over...	31.38	(0.472)	33.02	(0.470)	14.71	(0.357)	0.46	(0.019)

*** Indicates an estimate with a relative standard error greater than 30%.**
‡ Individuals with missing income data are included only in the all individuals category.

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 Family Income as % of Poverty Level and Age, *What We Eat in America,* NHANES August 2021-August 2023. Available at: www.ars.usda.gov/nea/bhnrc/fsrg.