



Beverages: All Life Stages

2020 Dietary Guidelines Advisory Committee
Supplementary Data Analysis

Published date: July 15, 2020

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Washington, DC 20250

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Data analysis was used by the 2020 Dietary Guidelines Advisory Committee to describe the current health and dietary intakes of Americans. The data analysis team supported the work of the 2020 Dietary Guidelines Advisory Committee by conducting the analyses. The team, which is comprised of Federal scientists with advanced degrees in nutrition, statistics, and epidemiology, included scientists from the following Departments and agencies:

United States Department of Agriculture (USDA)

Center for Nutrition Policy and Promotion; Food and Nutrition Service; Food, Nutrition, and Consumer Services
Agricultural Research Service; Research, Education, and Economics

United States Department of Health and Human Services (HHS)

Office of Disease Prevention and Health Promotion; Office of the Assistant Secretary for Health
National Cancer Institute; National Institutes of Health
National Center for Health Statistics; Centers for Disease Control and Prevention

The results of the data analyses for the 2020 Advisory Committee Project are available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>. Data analyses were used to address topics and supporting scientific questions from USDA and HHS. The results should not be interpreted as dietary guidance. To view the results in the context of the 2020 Advisory Committee's Scientific Report visit: www.DietaryGuidelines.gov.

Suggested citation for this data supplement: 2020 Dietary Guidelines Advisory Committee and Data Analysis Team. *Data Supplement: Beverages All Life Stages*. 2020 Dietary Guidelines Advisory Committee Project. Washington, DC: U.S. Department of Agriculture and U.S. Department of Health and Human Services.

Related citation: Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

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ACKNOWLEDGEMENTS

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INTRODUCTION

The Data Supplement for Beverages All Life Stages includes the results of the data analyses conducted for questions that looked at current beverage consumption:

- What is the relationship between beverage consumption and achieving nutrient and food group recommendations?
- What is the relationship between alcohol consumption and achieving nutrient and food group recommendations?

The data analysis was conducted for the 2020 Dietary Guidelines Advisory Committee by the data analysis team. The Committee, with support from Federal staff, developed a protocol, or plan, that described how the questions looking at beverage consumption would be answered using data analysis. The protocol included an *analytic framework* that described the overall scope and the approach used to answer the question and an *analytic plan* that detailed the data and subsequent analysis to be considered. More information on the data analyses conducted for the 2020 Dietary Guidelines Advisory Committee, including the protocols, is available at:

<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>.

The Committee examined a collection of analyses to answer these questions. Key nationally representative, Federal data sources included the National Health and Nutrition Examination Survey (NHANES), the National Health Interview Survey (NHIS), and Surveillance, Epidemiology and End Results (SEER). More information on the data source used in the analysis is available at the bottom of each table of results (pages 7-20).

The Committee developed conclusion statements for each question answered using data analysis. The conclusion statements describe the state of the science, based on the evidence considered, in order to answer the specific question examined. The conclusion statements are available in the 2020 Dietary Guidelines Advisory Committee's Scientific Report, available at:

<https://www.dietaryguidelines.gov/2020-advisory-committee-report>.

The results of the data analyses for current beverage consumption are displayed in tables 1-10 on the following pages.

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Table 1. Percentage reporting beverage types on a day by sex, day 1, 2013-2016

	Adults 20-64								Adults 65 and older							
	Percentages and standard errors						Paired comparisons		Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F		Males and females		Males		Females		M vs F	
	(N = 7748)		(N = 3704)		(N = 4044)		M vs F		(N = 2316)		(N = 1125)		(N = 1191)		M vs F	
%	se	%	se	%	se	Diff	p	%	se	%	se	%	se	Diff	p	
Water.....	85	(0.8)	81	(1.2)	88	(0.9)	-6	0.0001*	84	(1.2)	79	(2.1)	88	(1.0)	-9	0.0001*
Milk, milk drinks, milk substitutes.....	17	(0.7)	19	(0.7)	16	(1.1)	3	0.0413	21	(1.4)	22	(1.9)	21	(1.9)	1	0.8083
Coffee / tea.....	64	(1.5)	63	(1.8)	66	(1.4)	-3	0.0243	81	(1.8)	81	(1.9)	80	(2.2)	1	0.6401
Sweetened beverages.....	47	(1.1)	50	(1.5)	43	(1.2)	7	0.0001*	29	(1.5)	31	(2.0)	27	(1.6)	4	0.0609
Soft drinks.....	32	(1.0)	35	(1.2)	29	(1.2)	7	0.0000*	16	(0.9)	16	(1.5)	15	(0.9)	1	0.6491
Fruit drinks.....	10	(0.5)	10	(0.7)	10	(0.6)	#	0.7629	7	(0.7)	8	(1.0)	7	(1.0)	2	0.2460
Sport/energy, nutritional, smoothies, grain drinks.....	12	(0.5)	14	(0.8)	10	(0.7)	3	0.0040	7	(0.7)	8	(1.2)	7	(1.0)	2	0.2525
100% juice.....	15	(0.6)	16	(0.9)	14	(0.6)	2	0.0446	24	(1.1)	25	(2.0)	23	(1.8)	2	0.5267
Diet beverages.....	15	(0.8)	16	(1.0)	14	(1.0)	1	0.2255	18	(1.4)	18	(2.5)	17	(1.5)	1	0.6228
Alcoholic beverages.....	26	(1.0)	32	(1.5)	21	(1.0)	11	0.0000*	19	(1.5)	25	(2.3)	15	(1.4)	11	0.0000*
Beer.....	15	(0.6)	23	(1.0)	8	(0.5)	16	0.0000*	6	(0.8)	10	(1.5)	2	(0.4)	8	0.0000*
Wine.....	7	(0.7)	5	(0.8)	9	(0.8)	-5	0.0000*	10	(1.1)	11	(1.6)	9	(1.2)	2	0.2812
Spirits, mixed drinks.....	7	(0.5)	8	(0.7)	5	(0.6)	2	0.0070	5	(0.8)	7	(1.3)	4	(0.9)	3	0.0569

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.

indicates a non-zero value too small to present.

* highlights differences significant at p < 0.001.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

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<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 2. Mean daily intake in fluid ounces by consumers of beverage types on a day by sex, day 1, 2013-2016

	Adults 20-64									Adults 65 and older								
	Means and standard errors						Paired comparisons			Means and standard errors						Paired comparisons		
	Males and females		Males		Females		M vs F		Males and females		Males		Females		M vs F			
	oz	se	oz	se	oz	se	Diff	p	oz	se	oz	se	oz	se	Diff	p		
All beverages.....	88	(1.4)	97	(1.9)	79	(1.2)	17	0.0000*	66	(1.5)	69	(2.5)	64	(1.6)	5	0.0660		
Water.....	53	(0.9)	55	(1.3)	51	(0.9)	4	0.0114	39	(1.6)	38	(2.6)	40	(1.6)	-2	0.5930		
Milk, milk drinks, milk substitutes.....	14	(0.7)	16	(1.1)	12	(0.6)	4	0.0007*	12	(0.6)	14	(1.1)	11	(0.5)	3	0.0066		
Coffee / tea.....	27	(0.5)	29	(0.7)	24	(0.6)	5	0.0000*	24	(0.6)	26	(1.0)	21	(0.6)	5	0.0001*		
Sweetened beverages.....	22	(0.5)	26	(0.9)	19	(0.5)	7	0.0000*	14	(0.5)	17	(0.8)	12	(0.5)	5	0.0001*		
Soft drinks.....	21	(0.6)	23	(0.9)	17	(0.6)	6	0.0000*	14	(0.7)	17	(1.2)	11	(0.5)	6	0.0001*		
Fruit drinks.....	15	(0.5)	17	(0.9)	14	(0.6)	3	0.0211	12	(0.7)	14	(0.9)	10	(0.9)	4	0.0063		
Sport/energy, nutritional, smoothies, grain drinks.....	20	(0.7)	23	(1.3)	17	(0.6)	6	0.0008*	14	(0.9)	15	(1.6)	13	(1.4)	2	0.4958		
100% juice.....	12	(0.3)	13	(0.5)	10	(0.3)	3	0.0000*	9	(0.3)	9	(0.5)	8	(0.3)	#	0.2892		
Diet beverages.....	26	(0.9)	27	(1.1)	24	(1.2)	3	0.0887	17	(1.0)	16	(0.9)	17	(1.7)	-1	0.4678		
Alcoholic beverages.....	29	(1.4)	36	(1.9)	18	(0.9)	18	0.0000*	14	(0.7)	17	(1.1)	9	(0.5)	8	0.0000*		
Beer.....	38	(2.0)	43	(2.3)	26	(2.1)	16	0.0000*	23	(1.2)	26	(1.2)	13†	(1.3)	13	0.0000*		
Wine.....	9	(0.6)	9	(0.7)	10	(0.8)	-1	0.2078	8	(0.5)	9	(0.7)	7	(0.6)	1	0.0948		
Spirits, mixed drinks.....	14	(0.8)	13	(1.3)	14	(1.5)	-1	0.6313	10	(1.2)	11†	(1.9)	10†	(0.9)	1	0.7689		

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.

indicates a non-zero value too small to present.

* highlights differences significant at $p < 0.001$.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

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<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 3a. Contribution to total daily intake of nutrients from beverages on a day by sex, day 1, 2013-2016

Adults 20-64 years

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 7748)		(N = 3704)		(N = 4044)			
	%	se	%	se	%	se	Diff	p
Energy (kcal).....	18	(0.4)	20	(0.5)	17	(0.3)	3	0.0000*
Protein (g).....	8	(0.3)	8	(0.3)	7	(0.3)	1	0.1496
Carbohydrate (g).....	26	(0.6)	28	(0.8)	24	(0.5)	4	0.0003*
Total sugars (g).....	49	(0.9)	52	(1.2)	46	(1.0)	6	0.0000*
Dietary fiber (g).....	4	(0.2)	3	(0.2)	4	(0.3)	-1	0.0889
Total fat (g).....	5	(0.2)	5	(0.2)	5	(0.2)	-0	0.5214
Saturated fat (g).....	6	(0.3)	6	(0.4)	6	(0.4)	-0	0.9436
Monounsaturated fat (g).....	4	(0.1)	4	(0.2)	4	(0.2)	-0	0.0959
Polyunsaturated fat (g).....	2	(0.2)	2	(0.3)	3	(0.1)	-0	0.3084
PFA 18:2 (g).....	2	(0.2)	2	(0.3)	2	(0.1)	-0	0.3320
PFA 18:3 (g).....	4	(0.2)	3	(0.2)	4	(0.3)	-1	0.0336
Cholesterol (mg).....	3	(0.1)	3	(0.2)	3	(0.2)	#	0.7789
Retinol (mcg).....	19	(0.9)	19	(1.2)	19	(1.0)	-0	0.9167
Vitamin A, RAE (mcg).....	15	(0.6)	15	(0.9)	14	(0.7)	1	0.4792
Alpha-carotene (mcg).....	4	(1.0)	5	(1.1)	4†	(1.6)	#	0.8302
Beta-carotene (mcg).....	5	(0.7)	5	(0.7)	6	(0.8)	-1	0.1663
Beta-cryptoxanthin (mcg).....	14	(0.7)	17	(1.3)	11	(0.8)	6	0.0021
Lycopene (mcg).....	3	(0.6)	3	(0.9)	2†	(0.7)	1	0.3777
Lutein + zeaxanthin (mcg).....	7	(0.9)	5	(1.2)	9	(1.2)	-4	0.0109
Thiamin (mg).....	10	(0.3)	10	(0.3)	10	(0.4)	1	0.1984
Riboflavin (mg).....	29	(0.6)	31	(0.8)	27	(0.7)	4	0.0003*
Niacin (mg).....	14	(0.6)	17	(0.9)	11	(0.6)	5	0.0000*
Vitamin B6 (mg).....	20	(0.9)	23	(1.3)	15	(0.9)	8	0.0000*
Folic acid (mcg).....	4	(0.5)	4	(0.8)	4	(0.6)	-1	0.4618
Food folate (mcg).....	17	(0.4)	19	(0.6)	14	(0.5)	5	0.0000*
Folate, DFE (mcg).....	9	(0.3)	10	(0.5)	9	(0.4)	2	0.0367
Total choline (mg).....	14	(0.4)	16	(0.6)	12	(0.4)	4	0.0000*
Vitamin B12 (mcg).....	20	(0.9)	22	(1.2)	17	(0.7)	5	0.0002*
Vitamin C (mg).....	37	(1.1)	40	(1.5)	34	(1.2)	6	0.0040
Vitamin D (mcg).....	29	(1.3)	29	(1.5)	29	(1.6)	-0	0.9669
Alpha-tocopherol (mg).....	9	(0.5)	8	(0.8)	10	(0.7)	-2	0.1022
Vitamin K (mcg).....	5	(0.6)	4	(0.8)	7	(0.8)	-3	0.0110
Calcium (mg).....	28	(0.4)	27	(0.5)	29	(0.6)	-2	0.0454
Phosphorus (mg).....	15	(0.3)	15	(0.4)	14	(0.5)	1	0.0199
Magnesium (mg).....	26	(0.4)	26	(0.6)	26	(0.4)	1	0.4288
Iron (mg).....	7	(0.3)	7	(0.4)	7	(0.3)	-1	0.3152
Zinc (mg).....	11	(0.4)	10	(0.5)	11	(0.5)	-1	0.0730
Copper (mg).....	22	(0.4)	21	(0.6)	22	(0.4)	-1	0.2068
Selenium (mcg).....	5	(0.2)	5	(0.2)	4	(0.2)	#	0.2905
Potassium (mg).....	22	(0.3)	22	(0.5)	22	(0.4)	1	0.2504
Sodium (mg).....	6	(0.1)	6	(0.2)	6	(0.1)	#	0.6019
Caffeine (mg).....	99	(#)	99	(0.1)	99	(0.1)	#	0.0594
Theobromine (mg).....	24	(1.3)	26	(2.3)	22	(1.3)	3	0.2427

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
indicates a non-zero value too small to present. * highlights differences significant at p < 0.001.

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

Table 3b. Contribution to total daily intake of FPED quantities from beverages on a day by sex, day 1, 2013-2016

Adults 20-64 years

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 7748)		(N = 3704)		(N = 4044)			
	%	se	%	se	%	se	Diff	p
Fruit (cup eq):								
Total.....	32	(1.0)	34	(1.8)	29	(1.0)	5	0.0222
Citrus, melon, berry.....	13	(1.6)	14	(2.4)	12	(1.9)	1	0.6518
Other fruit.....	5	(0.6)	3	(0.8)	7	(0.8)	-4	0.0015
Juice.....	97	(0.3)	97	(0.5)	97	(0.3)	-0	0.6508
Grain (oz eq):								
Total.....	#		#		#		-0	0.1610
Oil (g):								
Total.....	1	(0.1)	1	(0.2)	1	(0.2)	-0	0.4852
Solid fat (g):								
Total.....	7	(0.3)	7	(0.5)	7	(0.4)	-1	0.2470
Added sugars (tsp eq):								
Total.....	58	(1.0)	61	(1.2)	54	(1.2)	6	0.0000*
Vegetables (oz eq):								
Total.....	1	(0.2)	1	(0.2)	2	(0.3)	-1	0.0871
Total starchy:								
Total.....	#		#		#		-0	0.1431
Total red / orange:								
Total.....	3	(0.4)	3	(0.7)	2	(0.5)	1	0.3914
 Tomatoes:								
Total.....	3	(0.5)	3	(0.9)	2	(0.7)	1	0.4326
 Other red / orange:								
Total.....	1	(0.4)	1†	(0.5)	1†	(0.7)	-0	0.9558
Dark green:								
Total.....	6	(1.1)	4†	(1.7)	8	(1.4)	-5	0.0423
Other:								
Total.....	#		#		#		-0	0.4428
Legume:								
Total.....	#		#		0		#	0.3210
Protein foods (oz eq):								
Total.....	1	(0.1)	1	(0.2)	1	(0.1)	-0	0.1932
 Total meat, poultry, seafood:								
Total.....	0		0		0		0	
 Eggs:								
Total.....	#		#		#		#	0.5473
 Peanuts, nuts, seeds:								
Total.....	2	(0.3)	1†	(0.4)	2	(0.4)	-1	0.0110
 Soy products except soy milk:								
Total.....	32	(5.0)	33	(7.0)	30	(5.6)	2	0.7684
Dairy (cup eq):								
Total.....	26	(0.7)	26	(1.0)	26	(1.1)	1	0.5934
 Fluid milk:								
Total.....	57	(1.1)	59	(1.6)	56	(1.4)	3	0.1162
 Cheese:								
Total.....	0		0		0		0	
 Yogurt:								
Total.....	9	(1.5)	9	(1.8)	9	(2.1)	-1	0.8358

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
 # indicates a non-zero value too small to present.
 * highlights differences significant at p < 0.001.

Table 3c. Contribution to total daily intake of nutrients from beverages on a day by sex, day 1, 2013-2016

Adults 65 years and older

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 2316)		(N = 1125)		(N = 1191)			
	%	se	%	se	%	se	Diff	p
Energy (kcal).....	13	(0.5)	14	(0.7)	12	(0.5)	2	0.0311
Protein (g).....	8	(0.3)	8	(0.7)	8	(0.5)	#	0.9874
Carbohydrate (g).....	17	(0.6)	18	(0.8)	17	(0.8)	2	0.1386
Total sugars (g).....	33	(0.9)	35	(1.1)	31	(1.3)	4	0.0338
Dietary fiber (g).....	4	(0.3)	4	(0.5)	4	(0.3)	-0	0.9419
Total fat (g).....	5	(0.2)	5	(0.4)	5	(0.4)	-0	0.6812
Saturated fat (g).....	7	(0.5)	7	(0.7)	7	(0.7)	-0	0.9869
Monounsaturated fat (g).....	4	(0.2)	4	(0.3)	4	(0.4)	-1	0.3064
Polyunsaturated fat (g).....	2	(0.1)	2	(0.2)	2	(0.3)	-0	0.5621
PFA 18:2 (g).....	2	(0.1)	2	(0.2)	2	(0.2)	-0	0.4737
PFA 18:3 (g).....	4	(0.4)	4	(0.8)	4	(0.7)	-0	0.9833
Cholesterol (mg).....	3	(0.2)	3	(0.3)	3	(0.3)	-0	0.6078
Retinol (mcg).....	18	(1.0)	18	(1.7)	18	(1.3)	-0	0.9088
Vitamin A, RAE (mcg).....	14	(0.8)	14	(1.3)	14	(1.0)	#	0.9084
Alpha-carotene (mcg).....	7†	(2.5)	4	(0.9)	10†	(4.3)	-6	0.2289
Beta-carotene (mcg).....	5	(1.0)	5	(0.9)	6	(1.6)	-1	0.4749
Beta-cryptoxanthin (mcg).....	14	(1.4)	17	(1.6)	12	(1.9)	5	0.0379
Lycopene (mcg).....	15	(2.5)	16	(3.4)	14	(3.3)	2	0.6361
Lutein + zeaxanthin (mcg).....	6	(1.1)	7†	(2.0)	5	(1.2)	2	0.5214
Thiamin (mg).....	10	(0.3)	10	(0.6)	10	(0.4)	-0	0.9181
Riboflavin (mg).....	27	(0.8)	28	(1.3)	26	(0.6)	2	0.1406
Niacin (mg).....	9	(0.8)	10	(1.4)	8	(0.4)	2	0.1303
Vitamin B6 (mg).....	10	(0.4)	10	(0.8)	9	(0.5)	2	0.1381
Folic acid (mcg).....	4	(0.6)	3	(0.7)	5	(0.9)	-2	0.1671
Food folate (mcg).....	15	(0.5)	17	(0.7)	13	(0.5)	4	0.0002*
Folate, DFE (mcg).....	8	(0.4)	8	(0.7)	8	(0.5)	#	0.9430
Total choline (mg).....	13	(0.5)	14	(0.8)	12	(0.5)	2	0.0629
Vitamin B12 (mcg).....	14	(0.8)	14	(1.3)	14	(0.8)	-0	0.9758
Vitamin C (mg).....	37	(1.5)	39	(2.3)	36	(1.8)	4	0.1862
Vitamin D (mcg).....	28	(1.4)	28	(2.1)	28	(1.8)	#	0.9415
Alpha-tocopherol (mg).....	9	(0.7)	8	(1.1)	11	(1.0)	-3	0.0901
Vitamin K (mcg).....	5	(0.6)	5	(1.2)	4	(0.7)	1	0.6954
Calcium (mg).....	28	(0.9)	27	(1.3)	28	(1.2)	-1	0.5119
Phosphorus (mg).....	14	(0.5)	14	(0.9)	14	(0.7)	#	0.7213
Magnesium (mg).....	23	(0.9)	24	(1.5)	23	(0.8)	#	0.9532
Iron (mg).....	6	(0.3)	6	(0.6)	6	(0.5)	-1	0.5347
Zinc (mg).....	10	(0.4)	10	(0.8)	11	(0.6)	-1	0.3113
Copper (mg).....	19	(0.5)	18	(0.9)	20	(0.6)	-3	0.0571
Selenium (mcg).....	5	(0.2)	5	(0.4)	5	(0.4)	-0	0.8369
Potassium (mg).....	23	(0.5)	23	(0.7)	22	(0.6)	1	0.1591
Sodium (mg).....	5	(0.2)	5	(0.3)	5	(0.2)	-0	0.1569
Caffeine (mg).....	99	(0.1)	99†	(0.1)	99†	(0.1)	#	0.0019
Theobromine (mg).....	19	(2.2)	19	(2.5)	19	(3.0)	#	0.9423

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
indicates a non-zero value too small to present. * highlights differences significant at p < 0.001.

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Data Supplement: Beverages All Life Stages

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 3d. Contribution to total daily intake of FPED quantities from beverages on a day by sex, day 1, 2013-2016

Adults 65 years and older

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 2316)		(N = 1125)		(N = 1191)			
	%	se	%	se	%	se	Diff	p
Fruit (cup eq):								
Total.....	25	(1.6)	28	(2.0)	22	(1.9)	6	0.0198
Citrus, melon, berry.....	9	(2.4)	12†	(4.0)	7	(1.9)	5	0.1895
Other fruit.....	2	(0.5)	3†	(0.8)	2†	(0.6)	1	0.4244
Juice.....	98	(0.3)	98†	(0.4)	98†	(0.4)	#	0.8885
Grain (oz eq):								
Total.....	#		#		#		-0	0.7139
Oil (g):								
Oil (g).....	1	(0.3)	1†	(0.2)	2	(0.5)	-1	0.2102
Solid fat (g):								
Solid fat (g).....	7	(0.4)	7	(0.6)	7	(0.8)	-0	0.7891
Added sugars (tsp eq):								
Added sugars (tsp eq).....	35	(1.2)	37	(1.4)	33	(1.8)	4	0.0473
Vegetables (oz eq):								
Total.....	3	(0.4)	3	(0.6)	3	(0.6)	1	0.5724
Total starchy.....	0		0		0		0	
Total red / orange.....	10	(1.6)	10	(2.2)	9	(2.1)	1	0.6227
Tomatoes.....	13	(2.1)	14	(2.8)	12	(3.0)	2	0.6364
Other red / orange.....	2†	(1.0)	#		3†	(1.7)	-3	0.1243
Dark green.....	4	(1.1)	5†	(2.5)	3†	(1.3)	1	0.6342
Other.....	1†	(0.4)	1†	(0.8)	1†	(0.3)	#	0.5771
Legume.....	0		0		0		0	
Protein foods (oz eq):								
Total.....	1†	(0.1)	#		1†	(0.1)	-0	0.5580
Total meat, poultry, seafood.....	0		0		0		0	
Eggs.....	#		0		#		-0	0.3257
Peanuts, nuts, seeds.....	1†	(0.4)	1†	(0.7)	2†	(0.5)	-0	0.7050
Soy products except soy milk..	31	(5.9)	39	(10.1)	26	(7.3)	14	0.2840
Dairy (cup eq):								
Total.....	30	(1.4)	31	(2.3)	29	(1.7)	2	0.5603
Fluid milk.....	51	(1.4)	51	(2.2)	52	(2.1)	-1	0.7777
Cheese.....	0		0		0		0	
Yogurt.....	7†	(1.6)	10†	(3.9)	5†	(1.5)	5	0.1841

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
 # indicates a non-zero value too small to present.
 * highlights differences significant at p < 0.001.

SOURCE: WWEIA 2013-2016 and the appropriate Food Patterns Equivalents Databases

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

Table 4. Percentage reporting beverage types on a day by pregnancy/lactation status, females 20-44 years, day 1, 2013-2016

	Not pregnant or lactating		Pregnant		Lactating			
	(N = 2060)		(N = 125)		(N = 78)			
	%	se	%	se	%	se		
Water.....	87	(1.1)		85	(4.9)		94†	(2.9)
Milk, milk drinks, milk substitutes.....	14	(1.0)		33	(5.5)		26	(7.4)
Coffee / tea.....	57	(1.8)		43	(6.2)		60	(9.0)
Sweetened beverages.....	50	(1.7)		54	(6.3)		34	(6.1)
Soft drinks.....	33	(1.7)		34	(5.5)		19†	(5.1)
Fruit drinks.....	11	(0.7)		19	(4.3)		9†	(3.4)
Sport/energy, nutritional, smoothies, grain drinks.....	12	(0.9)		9†	(3.0)		12†	(2.9)
100% juice.....	14	(0.9)		16	(4.3)		22†	(5.7)
Diet beverages.....	12	(1.2)		7†	(3.6)		9†	(5.9)
Alcoholic beverages.....	22	(1.4)		4†	(1.7)		8†	(3.9)
Beer.....	9	(0.9)		2†	(0.6)		3†	(1.9)
Wine.....	9	(0.8)		2†	(1.5)		5†	(3.4)
Spirits, mixed drinks.....	6	(0.8)		0†			0†	

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error. # indicates a non-zero value too small to present.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

Table 5. Mean daily intake in fluid ounces by consumers of beverage types on a day by pregnancy/lactation status, females 20-44 years, day 1, 2013-2016

	Not pregnant or lactating		Pregnant		Lactating			
	oz	se	oz	se	oz	se		
All beverages.....	78	(1.7)		79	(4.6)		87	(6.1)
Water.....	53	(1.5)		61	(5.0)		65	(6.2)
Milk, milk drinks, milk substitutes.....	11	(0.6)		13†	(1.4)		10†	(1.6)
Coffee / tea.....	21	(0.6)		18†	(2.2)		23†	(3.6)
Sweetened beverages.....	19	(0.6)		19	(1.6)		14†	(1.5)
Soft drinks.....	18	(0.6)		19†	(2.1)		12†	(1.0)
Fruit drinks.....	14	(0.8)		12†	(1.1)		11†	(0.8)
Sport/energy, nutritional, smoothies, grain drinks.....	17	(0.8)		14†	(3.0)		13†	(2.7)
100% juice.....	11	(0.4)		12†	(1.4)		8†	(0.7)
Diet beverages.....	23	(1.7)		28†	(14.7)		28†	(6.1)
Alcoholic beverages.....	21	(1.3)		18†	(7.5)		8†	(3.2)
Beer.....	29	(2.8)		24†	(15.3)		15†	(2.9)
Wine.....	10	(1.5)		13†	(2.2)		4†	(2.5)
Spirits, mixed drinks.....	15	(2.0)						

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error. # indicates a non-zero value too small to present.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

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Table 6a. Contribution to total daily intake of nutrients from beverages on a day by pregnancy/lactation status, females 20-44 years, day 1, 2013-2016

	Not pregnant or lactating		Pregnant		Lactating	
	(N = 2060)		(N = 125)		(N = 78)	
	%	se	%	se	%	se
Energy (kcal).....	18	(0.5)	15	(1.4)	9†	(1.3)
Protein (g).....	7	(0.4)	8†	(1.2)	6†	(1.3)
Carbohydrate (g).....	25	(0.6)	23	(2.0)	14†	(1.9)
Total sugars (g).....	49	(1.1)	43	(3.4)	30	(3.7)
Dietary fiber (g).....	4	(0.4)	3†	(0.8)	2†	(0.7)
Total fat (g).....	5	(0.3)	5†	(1.1)	5†	(1.0)
Saturated fat (g).....	6	(0.5)	7†	(1.7)	7†	(1.7)
Monounsaturated fat (g).....	4	(0.2)	4†	(0.9)	4†	(0.9)
Polyunsaturated fat (g).....	2	(0.2)	3†	(0.8)	2†	(0.5)
PFA 18:2 (g).....	2	(0.2)	3†	(0.8)	2†	(0.5)
PFA 18:3 (g).....	4	(0.5)	3†	(0.8)	3†	(0.6)
Cholesterol (mg).....	3	(0.3)	4†	(1.0)	4†	(1.0)
Retinol (mcg).....	19	(1.8)	25	(4.7)	19†	(4.2)
Vitamin A, RAE (mcg).....	14	(1.3)	19	(4.1)	13†	(2.8)
Alpha-carotene (mcg).....	3†	(1.2)	1†	(0.5)	#	
Beta-carotene (mcg).....	6	(1.0)	2†	(1.5)	1†	(0.9)
Beta-cryptoxanthin (mcg).....	13	(1.5)	12†	(3.6)	9†	(2.5)
Lycopene (mcg).....	3†	(1.2)	0		0	
Lutein + zeaxanthin (mcg).....	10	(1.8)	6†	(3.2)	3†	(2.3)
Thiamin (mg).....	9	(0.5)	7†	(1.1)	7†	(1.2)
Riboflavin (mg).....	26	(1.0)	22	(2.9)	19†	(2.8)
Niacin (mg).....	13	(1.1)	6†	(0.9)	6†	(1.5)
Vitamin B6 (mg).....	19	(1.7)	10†	(1.3)	9†	(3.1)
Folic acid (mcg).....	5	(1.1)	2†	(0.9)	2†	(1.4)
Food folate (mcg).....	14	(0.7)	10†	(1.7)	8†	(1.6)
Folate, DFE (mcg).....	9	(0.6)	6†	(0.8)	4†	(1.2)
Total choline (mg).....	12	(0.6)	11†	(1.6)	9†	(1.6)
Vitamin B12 (mcg).....	19	(1.3)	22	(2.6)	14†	(3.0)
Vitamin C (mg).....	36	(1.1)	32	(4.0)	27	(6.1)
Vitamin D (mcg).....	28	(1.7)	36	(4.9)	26†	(8.8)
Alpha-tocopherol (mg).....	10	(1.0)	8†	(2.1)	8†	(2.6)
Vitamin K (mcg).....	8	(1.1)	5†	(2.2)	3†	(1.3)
Calcium (mg).....	28	(1.0)	31	(2.9)	29	(3.2)
Phosphorus (mg).....	14	(0.6)	14†	(1.8)	10†	(2.0)
Magnesium (mg).....	26	(0.7)	23	(1.6)	19†	(2.2)
Iron (mg).....	7	(0.5)	6†	(1.3)	4†	(1.0)
Zinc (mg).....	11	(0.7)	13†	(1.8)	8†	(1.6)
Copper (mg).....	23	(0.7)	21	(1.7)	20†	(1.9)
Selenium (mcg).....	4	(0.3)	5†	(0.8)	4†	(0.8)
Potassium (mg).....	20	(0.5)	19	(1.6)	17†	(2.1)
Sodium (mg).....	6	(0.2)	6†	(0.7)	5†	(0.5)
Caffeine (mg).....	99	(0.1)	96†	(1.1)	98†	(0.7)
Theobromine (mg).....	20	(1.9)	22†	(7.4)	17†	(5.2)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
indicates a non-zero value too small to present.

SOURCE: WWEIA 2013-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

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<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 6b. Contribution to total daily intake of FPED quantities from beverages on a day, females 20-44 years, day 1, 2013-2016

	Not pregnant or lactating		Pregnant		Lactating	
	(N = 2060)		(N = 125)		(N = 78)	
	%	se	%	se	%	se
Fruit (cup eq):						
Total.....	32	(1.3)	21	(4.5)	28	(6.7)
Citrus, melon, berry.....	15	(2.8)	9†	(5.3)	21†	(9.7)
Other fruit.....	8	(1.2)	2†	(1.4)	4†	(2.2)
Juice.....	97	(0.4)	98†	(1.0)	98†	(0.8)
Grain (oz eq):						
Total.....	#		#		#	
Oil (g).....						
	1	(0.2)	#		1†	(0.3)
Solid fat (g).....						
	6	(0.5)	7†	(1.6)	9†	(2.0)
Added sugars (tsp eq).....						
	58	(1.4)	48	(4.7)	31	(5.2)
Vegetables (oz eq):						
Total.....	2	(0.4)	2†	(1.2)	#	
Total starchy.....	#		0		0	
Total red / orange.....	2†	(0.8)	0		0	
Tomatoes.....	3†	(1.0)	0		0	
Other red / orange.....	1†	(0.4)	0		0	
Dark green.....	9	(2.0)	4†	(3.1)	2†	(2.0)
Other.....	#		3†	(3.0)	0	
Legume.....	0		0		0	
Protein foods (oz eq):						
Total.....	1	(0.3)	#		1†	(0.4)
Total meat, poultry, seafood.....	0		0		0	
Eggs.....	0		0		0	
Peanuts, nuts, seeds.....	3	(0.4)	#		1†	(0.8)
Soy products except soy milk..	32	(9.4)	10†	(8.6)	15†	(17.2)
Dairy (cup eq):						
Total.....	24	(1.7)	35	(4.5)	28	(4.9)
Fluid milk.....	55	(2.2)	68	(4.0)	54	(5.2)
Cheese.....	0		0		0	
Yogurt.....	11	(2.9)	19†	(13.1)	22†	(13.0)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
indicates a non-zero value too small to present.

SOURCE: WWEIA 2013-2016 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20

Table 7. Percentage of infants and children consuming beverage types at least once on the day, day 1, 2007-2016

	6-11 months old		12-23 months old	
	(N = 988)		(N = 1242)	
	%	se	%	se
Human milk.....	27	(1.6)	8	(1.0)
Infant formula.....	78	(1.5)	8	(1.0)
Whole milk.....	5	(0.7)	64	(1.9)
Reduced/low/nonfat milk.....	4	(0.9)	23	(1.1)
Flavored milk.....	1†	(0.2)	6	(1.0)
Milk substitutes.....	1†	(0.4)	5	(0.5)
100% juice.....	34	(2.0)	54	(1.9)
Sweetened beverages.....	5	(0.6)	29	(1.4)
Other beverages.....	2	(0.6)	10	(1.0)
Plain water.....	59	(2.0)	75	(1.6)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
 # indicates a non-zero value too small to present.
 Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016
 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 2/19/20

Table 8. Contribution to daily totals (excluding contributions from human milk or infant formula) from beverage types, children 6-23 months old, day 1, 2007-2016

	Whole milk		Reduced fat, lowfat or nonfat milk		Flavored milk		Milk substitutes		100% juice		Sweetened beverages		Other beverages		Plain water		All beverage types		
	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se	
Infants 6-11 months old:																			
Energy (kcal).....	3	(0.6)	1†	(0.3)	#		#		3	(0.3)	1†	(0.1)	#		0		9	(0.8)	
Protein (g).....	6	(1.0)	3	(0.7)	#		1†	(0.5)	#		#		#		0		10	(1.1)	
Carbohydrate (g).....	2	(0.3)	1†	(0.2)	#		#		4	(0.5)	1†	(0.2)	#		0		8	(0.7)	
Total sugars (g).....	3	(0.7)	2	(0.4)	#		1†	(0.4)	8	(0.9)	2	(0.4)	#		0		17	(1.4)	
Added sugars (tsp).....	0		0		2†	(0.6)	3†	(2.1)	0		12	(2.3)	1†	(0.4)	0		18	(2.1)	
Dietary fiber (g).....	0		0		#		#		1†	(0.1)	#		0		0		1	(0.2)	
Total fat (g).....	7	(1.2)	2	(0.5)	#		1†	(0.3)	#		#		#		0		10	(1.3)	
Saturated fat (g).....	12	(1.9)	3	(0.9)	1†	(0.3)	#		#		#		#		0		16	(1.9)	
Monounsaturated fat (g)....	5	(0.9)	2	(0.4)	#		1†	(0.4)	#		#		#		0		8	(1.1)	
Polyunsaturated fat (g)....	2	(0.3)	#		#		1†	(0.8)	#		#		#		0		4	(0.9)	
Cholesterol (mg).....	5	(1.0)	2	(0.6)	#		0		0		#		0		0		8	(1.2)	
Vitamin D (mcg).....	20	(3.0)	9	(2.2)	1†	(0.4)	3†	(1.8)	1†	(0.3)	#		0		0		33	(3.6)	
Calcium (mg).....	8	(1.4)	4	(1.1)	1†	(0.2)	2†	(1.2)	2	(0.4)	#		#		1	(0.1)	19	(2.2)	
Potassium (mg).....	4	(0.7)	2	(0.5)	#		1†	(0.4)	4	(0.5)	1†	(0.2)	#		0		12	(1.1)	
Children 12-23 months old:																			
Energy (kcal).....	18	(0.7)	4	(0.3)	1	(0.2)	1†	(0.1)	5	(0.3)	3	(0.2)	#		0		32	(0.5)	
Protein (g).....	24	(0.9)	7	(0.5)	1	(0.3)	1†	(0.2)	1†	(#)	#		#		0		34	(0.7)	
Carbohydrate (g).....	11	(0.5)	3	(0.2)	1	(0.3)	1†	(0.1)	10	(0.6)	6	(0.4)	1†	(0.1)	0		32	(0.7)	
Total sugars (g).....	20	(0.8)	6	(0.4)	2	(0.5)	1†	(0.2)	15	(0.9)	9	(0.7)	1†	(0.2)	0		54	(0.8)	
Added sugars (tsp).....	#		0		3	(0.8)	3	(0.6)	0		27	(1.6)	3	(0.7)	0		35	(1.7)	
Dietary fiber (g).....	0		0		1†	(0.2)	1†	(0.1)	3	(0.2)	1†	(0.1)	#		0		5	(0.2)	
Total fat (g).....	25	(1.0)	4	(0.3)	1†	(0.2)	1†	(0.1)	#		#		#		0		31	(0.8)	
Saturated fat (g).....	36	(1.4)	6	(0.5)	1	(0.3)	#		#		#		#		0		44	(1.0)	
Monounsaturated fat (g)....	20	(0.8)	4	(0.3)	1†	(0.1)	1†	(0.1)	#		#		#		0		25	(0.7)	
Polyunsaturated fat (g)....	9	(0.4)	1†	(0.1)	#		2	(0.4)	1†	(#)	#		#		0		12	(0.5)	
Cholesterol (mg).....	21	(0.9)	5	(0.4)	1†	(0.2)	0		0		#		#		0		27	(0.9)	
Vitamin D (mcg).....	57	(1.7)	16	(1.2)	2	(0.6)	3	(0.5)	1†	(0.2)	#		#		0		79	(0.6)	
Calcium (mg).....	39	(1.5)	12	(0.9)	2	(0.5)	3	(0.5)	4	(0.3)	1†	(0.1)	#		1	(0.1)	62	(0.8)	
Potassium (mg).....	25	(1.0)	8	(0.6)	1	(0.3)	1	(0.2)	8	(0.5)	2	(0.2)	#		0		46	(0.8)	

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
 # indicates a non-zero value < 0.5%
 Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 2/14/20

Table 9. Distribution of daily dietary component intake (excluding that of human milk or infant formula) by beverage types, children 6-23 months old, day 1, 2007-2016

	Whole milk		Reduced fat, lowfat or nonfat milk		Flavored milk		Milk substitutes		100% juice		Sweetened beverages		Other beverages		Plain water		
	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se	
Infants 6-11 months old:																	
Energy (kcal).....	36	(4.4)	14	(3.3)	4†	(1.5)	5†	(2.9)	32	(3.3)	9	(1.7)	1†	(0.3)	0		
Protein (g).....	57	(5.8)	28	(6.6)	4†	(1.6)	6†	(4.7)	4†	(0.7)	#		#		0		
Carbohydrate (g).....	18	(2.8)	9	(2.0)	3†	(1.4)	4†	(2.4)	51	(3.7)	14	(2.6)	1†	(0.4)	0		
Total sugars (g).....	21	(3.1)	10	(2.3)	3†	(1.2)	4†	(2.2)	47	(3.9)	14	(2.5)	1†	(0.4)	0		
Added sugars (tsp).....	0		0		9†	(3.3)	18†	(10.8)	0		66†	(10.5)	8†	(2.2)	0		
Dietary fiber (g).....	0		0		12†	(6.1)	14†	(7.9)	69	(8.5)	5†	(1.4)	0		0		
Total fat (g).....	69	(4.8)	18	(5.0)	4†	(2.0)	5†	(3.3)	3†	(0.5)	#		#		0		
Saturated fat (g).....	72	(5.4)	20	(5.3)	5†	(2.2)	2†	(1.2)	1†	(0.2)	#		#		0		
Monounsaturated fat (g)....	68	(4.9)	20	(5.5)	4†	(2.0)	7†	(4.2)	1†	(0.1)	#		#		0		
Polyunsaturated fat (g).....	49	(11.5)	8†	(3.4)	3†	(1.3)	28†	(16.2)	11	(2.6)	1†	(0.2)	#		0		
Cholesterol (mg).....	70	(6.1)	25	(6.0)	5†	(2.4)	0		0		#		0		0		
Vitamin D (mcg).....	60	(5.5)	26	(6.3)	3†	(1.4)	9†	(5.2)	2†	(1.0)	#		0		0		
Calcium (mg).....	44	(4.7)	22	(5.3)	3†	(1.3)	11†	(5.9)	12	(2.2)	1†	(0.4)	#		7	(1.0)	
Potassium (mg).....	35	(4.6)	17	(3.8)	3†	(1.2)	4†	(3.1)	34	(3.1)	6	(1.6)	1†	(0.2)	0		
Children 12-23 months old:																	
Energy (kcal).....	55	(1.8)	13	(1.0)	3	(0.7)	2	(0.4)	16	(0.9)	9	(0.7)	1†	(0.2)	0		
Protein (g).....	70	(2.1)	22	(1.6)	3	(0.8)	3	(0.6)	2	(0.1)	1†	(0.1)	#		0		
Carbohydrate (g).....	34	(1.5)	10	(0.7)	4	(0.9)	2	(0.4)	31	(1.5)	18	(1.3)	2	(0.4)	0		
Total sugars (g).....	38	(1.6)	11	(0.8)	3	(0.9)	2	(0.3)	27	(1.4)	17	(1.3)	2	(0.4)	0		
Added sugars (tsp).....	#		0		9	(2.1)	7	(1.5)	0		75	(2.8)	8	(1.9)	0		
Dietary fiber (g).....	0		0		12	(3.4)	11	(2.3)	64	(3.1)	14	(1.8)	#		0		
Total fat (g).....	80	(1.6)	13	(1.2)	3	(0.6)	2	(0.4)	1	(0.1)	1†	(0.1)	#		0		
Saturated fat (g).....	81	(1.6)	14	(1.3)	3	(0.6)	#		#		#		#		0		
Monounsaturated fat (g)....	79	(1.7)	14	(1.3)	3	(0.6)	3	(0.5)	#		1†	(0.1)	#		0		
Polyunsaturated fat (g).....	70	(3.1)	7	(0.6)	2	(0.5)	14	(3.0)	5	(0.3)	2	(0.5)	#		0		
Cholesterol (mg).....	79	(1.7)	18	(1.5)	3	(0.6)	0		0		#		#		0		
Vitamin D (mcg).....	72	(1.9)	20	(1.5)	3	(0.7)	3	(0.7)	1	(0.2)	#		#		0		
Calcium (mg).....	63	(1.8)	20	(1.5)	3	(0.8)	4	(0.8)	6	(0.5)	1	(0.2)	#		2	(0.1)	
Potassium (mg).....	54	(1.9)	17	(1.2)	3	(0.7)	2	(0.5)	18	(0.9)	5	(0.5)	1†	(0.1)	0		

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
indicates a non-zero value < 0.5%.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 2/14/20

Table 10. Mean daily contribution from beverage types, children 6-23 months old, day 1, 2007-2016

	Infant milk type			Other beverage types								Total		
	Human milk	Infant formula	Total	Whole milk	Other plain milk	Flavored milk	Milk subs	100% juice	Sweetened bevs	Other bevs	Plain water	Total	All beverages	All beverages + all foods
Infants 6-11 months old:														
Energy (kcal).....	95	381	476	11	4	1†	1†	10	3	#	0	30	506	807
Protein (g).....	1.4	8.5	9.9	0.6	0.3	#	0.1†	#	#	#	0.0†	1.0	10.9	20.0
Carbohydrate (g).....	9	41	50	1	#	#	#	2	1	#	0	5	55	106
Total sugars (g).....	9	39	49	1	#	#	#	2	1	#	0	4	53	74
Added sugars (tsp).....	0.0	#	#	0.0†	0.0†	#	#	0.0†	0.1	#	0.0	0.2	0.2	1.0
Dietary fiber (g).....	0.0	#	#	0.0†	0.0†	#	#	#	#	0.0	0.0	0.1	0.1	4.6
Total fat (g).....	6.0	20.4	26.3	0.6	0.1	#	#	#	#	#	0.0†	0.8	27.2	34.6
Saturated fat (g).....	2.7	8.7	11.4	0.3	0.1	#	#	#	#	#	0.0†	0.5	11.8	14.2
Monounsaturated fat (g)....	2.3	6.8	9.0	0.1	#	#	#	#	#	#	0.0†	0.2	9.2	11.8
Polyunsaturated fat (g)....	0.7	4.2	4.9	#	#	#	#	#	#	#	0.0†	0.1	5.0	6.7
Cholesterol (mg).....	19	9	28	2	1	#	0†	0†	#	0†	0†	3	30	59
Vitamin D (mcg).....	0.2	5.8	5.9	0.2	0.1	#	#	#	#	0.0†	0.0†	0.4	6.3	7.1
Calcium (mg).....	44	336	379	20	10	1†	5†	6	1	#	3	46	425	622
Potassium (mg).....	70	412	482	24	12	2†	3†	24	4	#	0†	69	551	1064
Children 12-23 months old:														
Energy (kcal).....	15	28	43	205	48	12	8	60	34	3	0	371	415	1204
Protein (g).....	0.2	0.7	0.9	10.6	3.3	0.5	0.4	0.3	0.1	#	0.0	15.2	16.1	45.8
Carbohydrate (g).....	1	3	5	16	5	2	1	15	8	1	0	48	52	156
Total sugars (g).....	1	3	4	17	5	2	1	12	8	1	0	45	50	88
Added sugars (tsp).....	0.0	#	#	#	0.0†	0.2	0.2	0.0	1.6	0.2	0.0	2.2	2.2	6.2
Dietary fiber (g).....	0.0	#	#	0.0†	0.0†	0.1†	#	0.3	0.1	#	0.0†	0.4	0.4	8.5
Total fat (g).....	0.9	1.5	2.4	10.9	1.8	0.4	0.3	0.2	0.1	#	0.0†	13.6	16.0	45.7
Saturated fat (g).....	0.4	0.6	1.1	6.3	1.1	0.2	#	#	#	#	0.0†	7.7	8.8	18.6
Monounsaturated fat (g)....	0.4	0.5	0.9	2.7	0.5	0.1	0.1	#	#	#	0.0†	3.4	4.3	14.8
Polyunsaturated fat (g)....	0.1	0.3	0.4	0.7	0.1	#	0.1	#	#	#	0.0	0.9	1.3	8.0
Cholesterol (mg).....	3	1	4	33	7	1	0	0	#	#	0†	42	46	159
Vitamin D (mcg).....	#	0.4	0.5	4.4	1.2	0.2	0.2	0.1	#	#	0.0†	6.1	6.5	8.2
Calcium (mg).....	7	30	36	382	122	18	27	35	9	1†	12	606	642	1016
Potassium (mg).....	11	33	44	445	144	22	20	148	39	4	0	821	865	1818

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
 # indicates a non-zero value too small to present.
 Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 2/18/20

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Beverages All Life Stages
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>