



Food Category Sources: All Life Stages

2020 Dietary Guidelines Advisory Committee
Supplementary Data Analysis

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U.S. Department of Agriculture
1400 Independence Avenue SW
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U.S. Department of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201

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:

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Agricultural Research Service; Research, Education, and Economics

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

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Data Analysis and Food Pattern Modeling Cross-Cutting Working Group:

- Regan Bailey, PhD, MPH, RD, Purdue University, Working Group Chair
- Jamy Ard, MD, Wake Forest School of Medicine
- Teresa Davis, PhD, Baylor College of Medicine
- Timothy Naimi, MD, MPH, Boston University
- Jamie Stang, PhD, MPH, RD, University of Minnesota
- Barbara Schneeman, PhD, University of California, Davis, Chair of the 2020 Dietary Guidelines Advisory Committee

Data Analysis Team:

- TusaRebecca Pannucci, PhD, MPH, RD, Center for Nutrition Policy and Promotion, Food and Nutrition Service, U.S. Department of Agriculture (USDA), Team Lead
- Jaspreet Ahuja, Methods of Application of Food Composition Laboratory, Agricultural Research Service, USDA
- Joseph Goldman, MA, Food Surveys Research Group, Agricultural Research Service, USDA
- Heather C. Hamner, PhD, MS, MPH, Division of Nutrition, Physical Activity, and Obesity, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services (HHS)
- Kirsten Herrick, PhD, MSc, National Cancer Institute, National Institutes of Health, HHS
- Hazel Hiza, PhD, RD, Center for Nutrition Policy and Promotion, Food and Nutrition Service, USDA
- Kristin Koegel, MBA, RD, Center for Nutrition Policy and Promotion, Food and Nutrition Service, USDA
- Kevin Kuczynski, MS, RD, Center for Nutrition Policy and Promotion, Food and Nutrition Service, USDA
- Alanna Moshfegh, MS, RD, Food Surveys Research Group, Agricultural Research Service, USDA
- Melissa Nickle, MS, Food Surveys Research Group, Agricultural Research Service, USDA
- Lauren O'Conner, PhD, MPH, National Cancer Institute, National Institutes of Health, HHS
- Cynthia Ogden, PhD, MRP, National Center for Health Statistics, Centers for Disease Control and Prevention, HHS
- Jill Reedy, PhD, MPH, RD, National Cancer Institute, National Institutes of Health, HHS
- Donna Rhodes, MS, RD, Food Surveys Research Group, Agricultural Research Service, USDA

- Marissa Shams-White, PhD, MS, MPH, National Cancer Institute, National Institutes of Health, HHS
- Cheyenne Swanson, MS (through February 2020), Panum Group
- Edwina Wambogo, PhD, MPH, RD, Office of Dietary Supplements, National Institutes of Health, HHS

Federal Liaison:

- Kellie O. Casavale, PhD, RD, Center for Food Safety and Applied Nutrition, Office of Nutrition and Food Labeling, HHS

Project Leadership:

- Eve Stoodly, PhD, Designated Federal Officer and Director, Office of Nutrition Guidance and Analysis, Center for Nutrition Policy and Promotion, Food and Nutrition Service, USDA
- Janet de Jesus, MS, RD, Nutrition Advisor, Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, HHS

INTRODUCTION

The Data Supplement for Food Category Sources: All Life Stages includes the results of the data analyses conducted for the 2020 Dietary Guidelines Advisory Committee by the data analysis team. The findings are further summarized within the Scientific Report of the 2020 Dietary Guidelines Advisory Committee (see Part D: Chapters 1, 10, 11, 12, and 13), available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report>.

The Advisory Committee, with support from Federal staff, developed a protocol, or plan, that described how the scientific questions would be addressed 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 about the data source used in the analysis is included in each report within this data supplement.

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 described in the 2020 Dietary Guidelines Advisory Committee's Scientific Report, available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report>.

LIST OF INCLUDED RESULTS

The Data Analysis Supplement for Food Category Sources: All Life Stages includes the following reports:

Section 1. Sources of Food Group Intakes

Section 2: Sources of Nutrients

Section 3. Sources of Energy

Section 4. Sources of Energy by Race/Ethnicity and Income

Section 5. Food Sources of Food Group Intakes Among Infants and Toddlers

Section 6. Food Sources of Nutrients Among Infants and Toddlers



SOURCES OF FOOD GROUP INTAKES

NHANES 2013-16

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The following individuals represent the team who produced this analysis:

Edwina Wambogo¹

Jill Reedy¹

Marissa Shams-White¹

National Cancer Institute, NIH

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Sources of food group intake among the U.S. population, 2013-16

Objective

The purpose of this research was to identify the major contributors to food group intake among the U.S. population.

Methods

We used the 2013-16 National Health and Nutrition Examination Survey (NHANES) data to determine the weighted population contribution of food categories to energy intake. We categorized the NHANES dietary data into 150 mutually exclusive What We Eat In America (WWEIA) Food Categories [1]. We further regrouped these 150 food categories into 9 major categories and 36 sub-categories. The focus of the food categorization system is to group similar foods and beverages on the basis of usage and nutrient content. Each food within the categories is linked to the food codes in the Food and Nutrient Database for Dietary Studies (FNDDS), which provides ingredient proportions and nutrient values [2]. Additionally, the Food Patterns Equivalents Database (FPED) data [3], was used to determine food groupings.

Table A.

List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories.

Table 1.1 - 14.9

There are 87 tables for the percentage contribution of various food groups to total fruits, total vegetables, total grains, whole grains, refined grains, total proteins, red meat, cured meats, total dairy, milk, cheese, oils, solid fats, and added sugars intake.

Figure 1.1 - 14.9

There are 87 figures for the percentage contribution of various food groups to total fruits, total vegetables, total grains, whole grains, refined grains, total proteins, red meat, cured meats, total dairy, milk, cheese, oils, solid fats, and added sugars intake.

Selected Key Findings

Total fruits:

By major category: Overall, the top source of total fruits intake was fruits and fruit juice. All sex-age groups consumed most of their fruits as whole fruit, compared to 100% fruit juice. Compared to other age groups, adults aged 51 years and older consumed the largest proportion of their fruits as whole fruit. Females of all age groups, also consumed a larger proportion of their fruits as whole fruit, compared to males.

For most age groups, the second largest source of fruit intake was beverages (Not Incl. Milk and 100% Fruit Juice). However, snacks and sweets was the second largest source for adults 51 years and older.

By subcategory: The top five sources included fruit; 100% fruit juice; sugar-sweetened and diet vegetables; desserts and sweet snacks; and breakfast cereals and bars.

Total Vegetables:

By major category: Overall, the top two sources were vegetables and mixed dishes. Children and adolescents 6-19 years, and males 20-40 years, obtained most of their vegetables from mixed dishes. Males 2-19 years, and females 6-11 years, consumed a larger proportion of starchy vegetables, compared to dark green vegetables, orange vegetables, and legumes.

By subcategory: The top five sources included vegetables; starchy vegetables; burgers and sandwiches; rice, pasta, and other-grain based mixed dishes; and chips, crackers, and savory snacks.

Total grains:

By major category: Overall, the top sources were mixed dishes and grains.

By sub-category: Overall, the top source was burgers and sandwiches. Yeast breads and tortillas provided the second largest proportion of total grains intake among adults 41 years and older, and rice, pasta and other grain-based mixed dishes for those aged 2-40 years.

Whole grains:

By major category: Overall, the top sources were grains and mixed dishes. Although mixed dishes was the second top source for most males, except those aged 41-50 years, snacks and sweets was the second top source of whole grains for females.

By sub-category: Overall, the top source was breakfast cereals and cereal bars. The second top source for males was burgers and sandwiches. For females, chips, crackers, and savory snacks provided the second top source, except for females 12-19 years, and females 51 years and older, who also obtained the second largest proportion of whole grains from burgers and sandwiches.

Refined grains:

By major category: Overall, the top source was mixed dishes. Grains was the second top source for all sex-age groups, except for children 2-5 years, whose second top source was snacks and sweets.

By sub-category: The top sources were burgers and sandwiches for most sex-age groups; yeast breads and tortillas for adults 41 years and older; and rice, pasta, and other grain based mixed dishes for those 12-40 years. Chips, crackers, and savory snacks provided the second largest proportion of refined grains for males 2-5 years, and females 6-11 years.

Total proteins:

By major category: The two top sources of total protein foods intake, for all sex-age groups, were mixed dishes and protein foods.

By sub-category: Burgers and sandwiches provided the largest proportion of total proteins for all sex-age groups. The other two sources were poultry (not Incl. deli) and meat, poultry and seafood mixed dishes.

Total dairy:

By major category: Overall, the top two sources were dairy and mixed dishes. For adults 20-50 years, mixed dishes provided the largest proportion of total dairy intake.

By sub-category: Overall, the top five sources were high fat milk/yogurt; burgers and sandwiches; cheese; low-fat milk/yogurt; and pizza. For many sex-age groups, the top source was higher fat milk/yogurt. However, for males 20-70 years and females 20-40 years, the top source was burgers and sandwiches. For children 2-11 years, both male and female, the second top source was low-fat milk/yogurt.

Solid fats:

By major category: Overall, the top source of solid fats intake was mixed dishes. However, for females aged 2-5 years, the top source of solid fats intake was dairy. For males 2-5 years, dairy was the second top source, and for most other sex-age groups, the second top source was snacks and sweets.

By sub-category: Overall, the top five sources of solid fat were burgers and sandwiches; desserts and sweet snacks; rice, pasta, and other grain-based mixed dishes; higher fat milk/yogurt; and pizza.

Added sugars:

By major category: Overall, the top source was beverages (not Incl. milk and 100% juice). However, for children 2-11 years and for adults 71 years and older, snacks and sweets was the top source of added sugars intake.

By sub-category: Overall, the top five sources of added sugars were sugar-sweetened and diet beverages; desserts and sweet snacks; coffee and tea; candy and sugars; and breakfast cereals and bars. For adults 20 years and older, coffee and tea provided a larger proportion of added sugars.

Table A: List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories

Major categories (n=9) and sub-categories (n=36) for DGAC analyses of contributions of food category intake to energy intake.

MAJOR CATEGORY	SUB-CATEGORY	WWEIA CATEGORY	SPECIFIC CATEGORY FROM WWEIA
<u>DAIRY</u>			
	LOW-FAT MILK/YOGURT		
		1006	Milk, low-fat
		1008	Milk, nonfat
		1206	Flavored milk, low-fat
		1208	Flavored milk, nonfat
		1404	Milk substitutes
	HIGHER FAT MILK/YOGURT		
		1002	Milk, whole
		1004	Milk, reduced fat
		1202	Flavored milk, whole
		1204	Flavored milk, reduced fat
		1402	Milk shakes and other dairy drinks
		1820	Yogurt, regular
		1822	Yogurt, Greek
	CHEESE		
		1602	Cheese
		1604	Cottage/ricotta cheese
<u>PROTEIN FOODS</u>			
	MEATS (Not Incl. Deli and Mixed Dishes)		
		2002	Beef, excludes ground
		2004	Ground beef
		2006	Pork
		2008	Lamb, goat, game
		2010	Liver and organ meats
	DELI/CURED PRODUCTS (Meat and Poultry)		
		2602	Cold cuts and cured meats
		2604	Bacon
		2606	Frankfurters
		2608	Sausages
	POULTRY (Not Incl. Deli and Mixed Dishes)		

2202	Chicken, whole pieces
2204	Chicken patties, nuggets and tenders
2206	Turkey, duck, other poultry

SEAFOOD (Not Incl. Mixed Dishes)

2402	Fish
2404	Shellfish

EGGS

2502	Eggs and omelets
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NUTS, SEEDS, AND SOY

2804	Nuts and seeds
2806	Processed soy products

MIXED DISHES**PIZZA**

3602	Pizza
------	-------

BURGERS AND SANDWICHES (Incl. Tacos and Burritos)

3702	Burgers (single code)
3704	Chicken/turkey sandwiches (single code)
3706	Egg/breakfast sandwiches (single code)
3708	Other sandwiches (single code+ combo codes)
3502	Burritos and Tacos
3703	Frankfurter sandwiches (single code + combo codes)
3720	Cheese sandwiches (single code + combo codes)
3722	Peanut butter and jelly sandwiches (single code + combo codes)

MEAT, POULTRY, SEAFOOD MIXED DISHES

3002	Meat mixed dishes
3004	Poultry mixed dishes
3006	Seafood mixed dishes
3404	Stir-fry and soy-based sauce mixtures

RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES

3202	Rice mixed dishes
3204	Pasta mixed dishes, excludes macaroni and cheese
3206	Macaroni and cheese
3208	Turnovers and other grain-based items
3402	Fried rice and lo/chow mein
3406	Egg rolls, dumplings, sushi
3506	Other Mexican mixed dishes

	SOUPS	
	3802	Soups
<u>GRAINS</u>		
	RICE AND PASTA	
	4002	Rice
	4004	Pasta, noodles, cooked grains
	YEAST BREADS AND TORTILLAS	
	4202	Yeast breads
	4204	Rolls and buns
	4206	Bagels and English muffins
	4208	Tortillas
	QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	
	4402	Biscuits, muffins, quick breads
	4404	Pancakes, waffles, French toast
	BREAKFAST CEREALS AND BARS	
	4602	Ready-to-eat cereal, higher sugar (>21.2g/100g)
	4604	Ready-to-eat cereal, lower sugar (≤21.2g/100g)
	4802	Oatmeal
	4804	Grits and other cooked cereals
	5402	Cereal bars
	5404	Nutrition bars
<u>SNACKS AND SWEETS</u>		
	CHIPS, CRACKERS, AND SAVORY SNACKS	
	5002	Potato chips
	5004	Tortilla, corn, other chips
	5006	Popcorn
	5008	Pretzels/snack mix
	5202	Crackers, excludes saltines
	5204	Saltine crackers
	3504	Nachos
	DESSERTS AND SWEET SNACKS	
	5502	Cakes and pies
	5504	Cookies and brownies
	5506	Doughnuts, sweet rolls, pastries
	5802	Ice cream and frozen dairy desserts
	5804	Pudding
	5806	Gelatins, ices, sorbets
	CANDY AND SUGARS	
	5702	Candy containing chocolate
	5704	Candy not containing chocolate
	8802	Sugars and honey

8804	Sugar substitutes
8806	Jams, syrups, toppings

FRUITS and FRUIT JUICE

FRUIT (Non-Juice)

6002	Apples
6004	Bananas
6006	Grapes
6008	Peaches and nectarines
6010	Berries
6012	Citrus fruits
6014	Melons
6016	Dried fruits
6018	Other fruits and fruit salads

100% FRUIT JUICE

7002	Citrus juice
7004	Apple juice
7006	Other fruit juice

VEGETABLES

VEGETABLES (Incl. Beans and Peas, not Starchy)

6402	Tomatoes
6404	Carrots
6406	Other red and orange vegetables
6408	Dark green vegetables, excludes lettuce
6410	Lettuce and lettuce salads (Incl. combo codes)
6412	String beans
6414	Onions
8410	Pasta sauces, tomato-based
6420	Other vegetables and combinations
6422	Vegetable mixed dishes
7008	Vegetable juice
2802	Beans, peas, legumes

STARCHY VEGETABLES

6416	Corn
6418	Other starchy vegetables
6802	White potatoes, baked or boiled
6804	French fries and other fried white potatoes
6806	Mashed potatoes and white potato mixtures

BEVERAGES (NOT INCL. MILK AND 100% FRUIT JUICE) *

SUGAR-SWEETENED AND DIET BEVERAGES

7102	Diet soft drinks
7104	Diet sport and energy drinks
7106	Other diet drinks
7202	Soft drinks
7204	Fruit drinks
7206	Sport and energy drinks
7208	Nutritional beverages
7802	Flavored or carbonated water
7220	Smoothies and grain drinks
COFFEE AND TEA	
7302	Coffee
7304	Tea
ALCOHOLIC BEVERAGES	
7502	Beer
7504	Wine
7506	Liquor and cocktails
WATERS	
7702	Tap water
7704	Bottled water
7804	Enhanced or fortified water
<u>CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS</u>	
CONDIMENTS AND GRAVIES	
8402	Tomato-based condiments
8404	Soy-based condiments
8406	Mustard and other condiments
8408	Olives, pickles, pickled vegetables
8412	Dips, gravies, other sauces
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8002	Butter and animal fats
8004	Margarine
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*Note: Each data table in this section has a figure that directly corresponds with the data in the table. Figures do not include a description as it would be a direct repetition of the data in the preceding tables.

Percent of total fruits intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of USDA Food Pattern total fruits intake from WWEIA Food Categories, regrouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 1. 1: Males and Females - Distribution of total fruits intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUITS+FRUIT JUICE	62.54	74.02	68.78	66.80	56.17	56.80	62.56	67.21
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	11.02	11.19	13.89	11.38	14.65	10.39	8.34	6.64
SNACKS AND SWEETS	7.43	3.22	5.26	6.03	6.03	9.29	9.07	10.66
GRAINS	5.19	1.18	2.10	3.67	5.84	9.18	6.22	3.29
MIXED DISHES	3.37	2.50	2.52	4.39	4.44	3.85	2.76	2.04
DAIRY	2.60	2.43	2.40	1.32	2.63	2.45	3.36	2.36
VEGETABLES	1.63	0.01	0.02	0.92	1.83	2.75	2.36	1.24
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.94	0.53	0.67	0.96	1.55	1.34	0.60	0.34
PROTEIN FOODS	0.76	0.55	0.46	0.27	0.91	0.94	0.82	0.93
TOTAL*	95.48	95.65	96.08	95.74	94.05	96.98	96.08	94.71

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 1. 2: Males and Females - Distribution of total fruits intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUIT (Non-Juice)	49.85	51.73	49.01	50.63	44.96	46.90	53.22	55.40
100% FRUIT JUICE	12.69	22.30	19.77	16.17	11.21	9.90	9.34	11.81
SUGAR-SWEETENED AND DIET BEVERAGES	8.35	7.14	12.88	10.18	10.89	7.50	5.64	4.83
DESSERTS AND SWEET SNACKS	5.55	2.87	4.20	4.78	4.94	6.86	6.02	8.00
BREAKFAST CEREALS AND BARS	3.12	0.68	0.93	2.25	4.04	6.40	2.98	1.85
HIGHER FAT MILK/YOGURT	2.59	2.43	2.40	1.32	2.63	2.45	3.35	2.35
CANDY AND SUGARS	1.80	0.36	1.06	1.24	1.08	2.28	2.78	2.66
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.63	0.01	0.02	0.92	1.83	2.75	2.36	1.24
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	1.41	2.35	1.58	1.94	1.41	1.10	1.25	0.85
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.32	0.45	1.05	1.17	1.02	2.10	1.94	0.51
WATERS	1.22	4.05	0.72	0.41	1.74	0.87	0.76	1.04
CONDIMENTS AND GRAVIES	0.94	0.53	0.67	0.96	1.55	1.34	0.60	0.34
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.82	0.10	0.15	0.73	1.16	1.62	0.77	0.31
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.78	0.05	0.42	0.98	1.37	0.80	0.47	0.74
NUTS, SEEDS, AND SOY	0.76	0.55	0.46	0.27	0.91	0.94	0.82	0.93
COFFEE AND TEA	0.76	0.00	0.18	0.61	0.77	1.17	1.12	0.48
YEAST BREADS AND TORTILLAS	0.72	0.05	0.12	0.24	0.74	0.64	1.28	0.78
ALCOHOLIC BEVERAGES	0.69	0.00	0.11	0.18	1.24	0.85	0.82	0.30
PIZZA	0.33	0.01	0.37	0.73	0.43	0.27	0.24	0.14
CHIPS, CRACKERS, AND SAVORY SNACKS	0.09	0.00	0.00	0.00	0.00	0.15	0.27	0.00
SOUPS	0.04	0.00	0.00	0.01	0.07	0.05	0.05	0.00
RICE AND PASTA	0.04	0.00	0.00	0.00	0.04	0.05	0.02	0.16
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

(continued from previous page)

LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	95.48	95.65	96.08	95.74	94.05	96.98	96.08	94.71

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 1. 3: Males - Distribution of total fruits intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUITS+FRUIT JUICE	61.21	72.64	67.23	66.85	54.87	53.41	62.23	64.17
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	11.05	11.76	13.91	9.39	16.06	9.68	7.53	6.45
SNACKS AND SWEETS	8.35	3.49	5.28	7.95	6.52	11.68	11.27	11.52
GRAINS	5.25	1.36	1.97	3.91	5.67	11.29	6.41	3.01
MIXED DISHES	3.59	3.12	2.88	4.32	5.05	2.82	3.32	1.68
DAIRY	1.78	2.22	3.16	0.97	2.01	1.14	1.40	2.05
VEGETABLES	1.41	0.00	0.01	0.06	0.94	3.89	2.32	1.86
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.05	0.67	0.61	1.02	1.51	2.10	0.65	0.71
PROTEIN FOODS	0.81	0.13	0.72	0.49	0.69	1.25	0.83	1.79
TOTAL*	94.50	95.38	95.77	94.95	93.32	97.26	95.96	93.25

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 1. 4: Males - Distribution of total fruits intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUIT (Non-Juice)	47.17	49.11	46.75	48.76	43.09	42.84	50.72	52.38
100% FRUIT JUICE	14.04	23.53	20.49	18.09	11.79	10.57	11.51	11.79
SUGAR-SWEETENED AND DIET BEVERAGES	8.29	7.01	12.62	8.03	11.93	7.51	5.22	4.94
DESSERTS AND SWEET SNACKS	6.05	2.98	3.89	6.08	5.78	9.26	6.72	7.56
BREAKFAST CEREALS AND BARS	3.18	0.83	0.78	2.48	4.20	8.05	2.81	1.56
CANDY AND SUGARS	2.19	0.50	1.39	1.86	0.74	2.42	4.10	3.96
HIGHER FAT MILK/YOGURT	1.78	2.22	3.16	0.97	2.01	1.14	1.40	2.04
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	1.55	2.92	1.98	2.12	1.52	0.96	1.37	0.60
WATERS	1.49	4.75	0.98	0.36	2.25	0.85	0.52	0.82
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.41	0.00	0.01	0.06	0.94	3.89	2.32	1.86
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.20	0.51	1.04	1.28	0.67	2.24	1.96	0.23
CONDIMENTS AND GRAVIES	1.05	0.67	0.61	1.02	1.51	2.10	0.65	0.71
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.88	0.08	0.45	1.42	1.59	0.87	0.61	0.31
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.84	0.11	0.18	0.12	1.52	0.77	1.06	0.67
YEAST BREADS AND TORTILLAS	0.82	0.01	0.15	0.15	0.80	0.97	1.61	0.86
NUTS, SEEDS, AND SOY	0.81	0.13	0.72	0.49	0.69	1.25	0.83	1.79
ALCOHOLIC BEVERAGES	0.64	0.00	0.16	0.26	1.18	0.87	0.66	0.47
COFFEE AND TEA	0.62	0.00	0.14	0.74	0.70	0.46	1.14	0.23
PIZZA	0.32	0.01	0.27	0.64	0.43	0.16	0.27	0.11

CHIPS, CRACKERS, AND SAVORY SNACKS	0.11	0.00	0.00	0.00	0.00	0.00	0.45	0.00
RICE AND PASTA	0.04	0.00	0.00	0.00	0.00	0.03	0.02	0.37
SOUPS	0.01	0.00	0.00	0.01	0.00	0.04	0.01	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	94.50	95.38	95.77	94.95	93.32	97.26	95.96	93.25

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 1. 5: Females - Distribution of total fruits intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUITS+FRUIT JUICE	63.61	75.31	70.52	66.74	57.52	59.37	62.84	69.46
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	10.98	10.66	13.86	13.42	13.18	10.93	9.05	6.78
SNACKS AND SWEETS	6.31	2.98	5.23	4.06	5.52	7.47	7.13	10.02
GRAINS	4.95	1.02	2.25	3.42	6.02	7.58	6.04	3.50
DAIRY	3.32	2.63	1.53	1.69	3.27	3.44	5.08	2.58
MIXED DISHES	3.09	1.93	2.11	4.46	3.81	4.63	2.28	2.30
VEGETABLES	1.78	0.02	0.03	1.81	2.75	1.88	2.39	0.79
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.80	0.41	0.73	0.89	1.60	0.76	0.56	0.07
PROTEIN FOODS	0.69	0.95	0.17	0.05	1.14	0.71	0.81	0.30
TOTAL*	95.51	95.90	96.44	96.54	94.81	96.77	96.18	95.79

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 1. 6: Females - Distribution of total fruits intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
FRUIT (Non-Juice)	51.94	54.17	51.55	52.54	46.92	49.99	55.42	57.64
100% FRUIT JUICE	11.67	21.14	18.97	14.20	10.61	9.38	7.42	11.82
SUGAR-SWEETENED AND DIET BEVERAGES	8.22	7.26	13.17	12.37	9.80	7.50	6.01	4.74
DESSERTS AND SWEET SNACKS	4.85	2.76	4.55	3.44	4.07	5.03	5.41	8.33
HIGHER FAT MILK/YOGURT	3.31	2.63	1.53	1.69	3.27	3.44	5.06	2.58
BREAKFAST CEREALS AND BARS	2.94	0.54	1.11	2.02	3.87	5.14	3.13	2.06
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.78	0.02	0.03	1.81	2.75	1.88	2.39	0.79
CANDY AND SUGARS	1.39	0.22	0.69	0.61	1.45	2.18	1.62	1.69
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.38	0.38	1.06	1.05	1.38	1.98	1.91	0.72
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	1.27	1.82	1.13	1.76	1.30	1.21	1.13	1.04
WATERS	1.21	3.40	0.41	0.46	1.21	0.89	0.97	1.20
COFFEE AND TEA	0.85	0.00	0.24	0.48	0.86	1.70	1.10	0.66
CONDIMENTS AND GRAVIES	0.79	0.41	0.73	0.89	1.60	0.76	0.55	0.07
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.77	0.09	0.12	1.35	0.79	2.27	0.51	0.04
ALCOHOLIC BEVERAGES	0.70	0.00	0.04	0.10	1.31	0.84	0.97	0.17
NUTS, SEEDS, AND SOY	0.69	0.95	0.17	0.05	1.14	0.71	0.81	0.30
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.65	0.02	0.39	0.53	1.15	0.74	0.35	1.06
YEAST BREADS AND TORTILLAS	0.60	0.10	0.08	0.34	0.68	0.39	0.99	0.72
PIZZA	0.33	0.00	0.47	0.82	0.42	0.35	0.20	0.16
SOUPS	0.07	0.00	0.00	0.00	0.15	0.06	0.08	0.00

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CHIPS, CRACKERS, AND SAVORY SNACKS	0.06	0.00	0.00	0.00	0.00	0.26	0.11	0.00
RICE AND PASTA	0.03	0.00	0.00	0.00	0.09	0.06	0.01	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	95.51	95.90	96.44	96.54	94.81	96.77	96.18	95.79

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 1. 1: Males and Females - Distribution of total fruits intake (percentages) across major categories

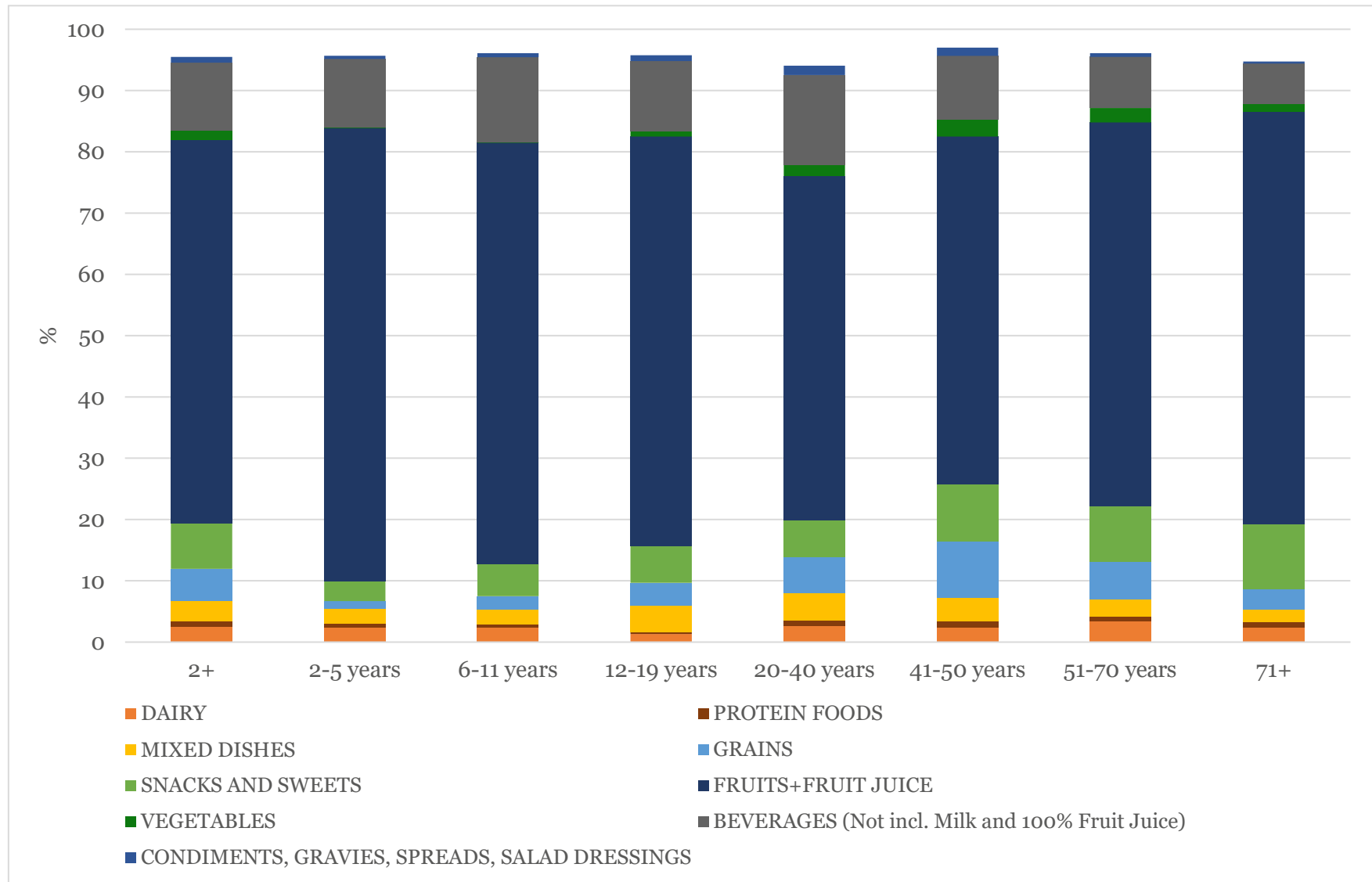


Figure 1. 2: Males and Females - Distribution of total fruits intake (percentages) across top 10 sub-categories

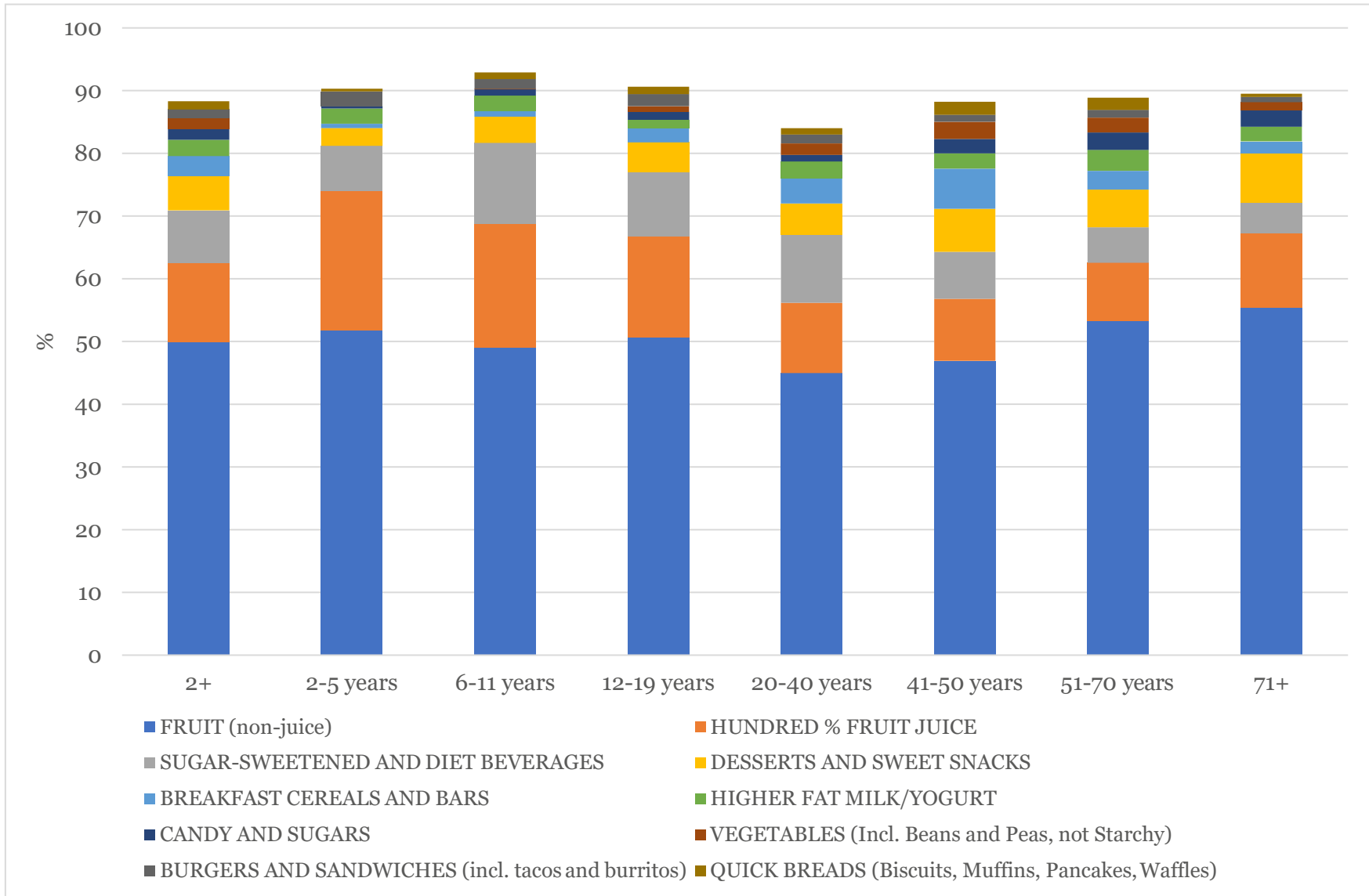


Figure 1. 3: Males - Distribution of total fruits intake (percentages) across major categories

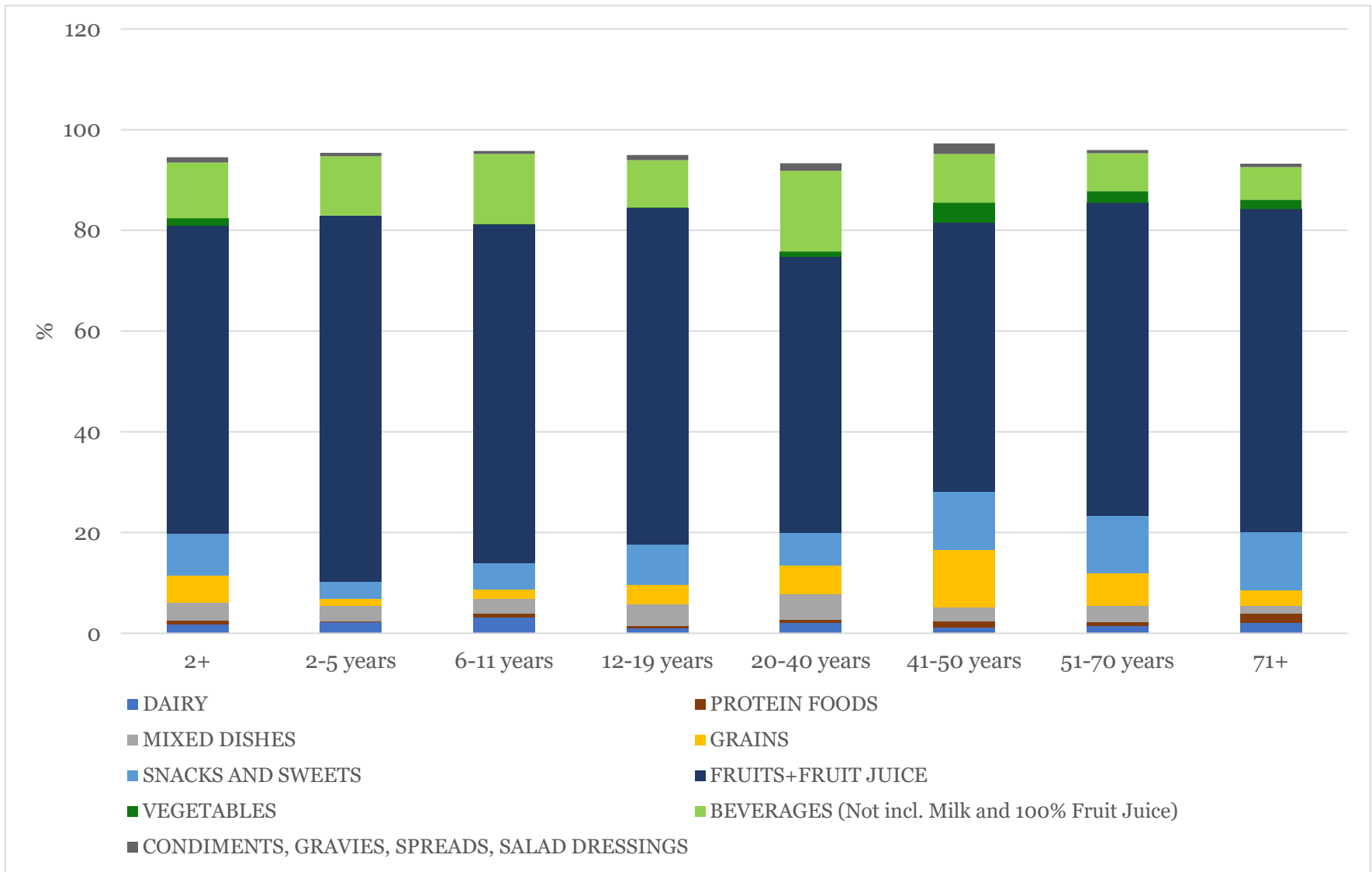


Figure 1. 4: Males - Distribution of total fruits intake (percentages) across top 10 sub-categories

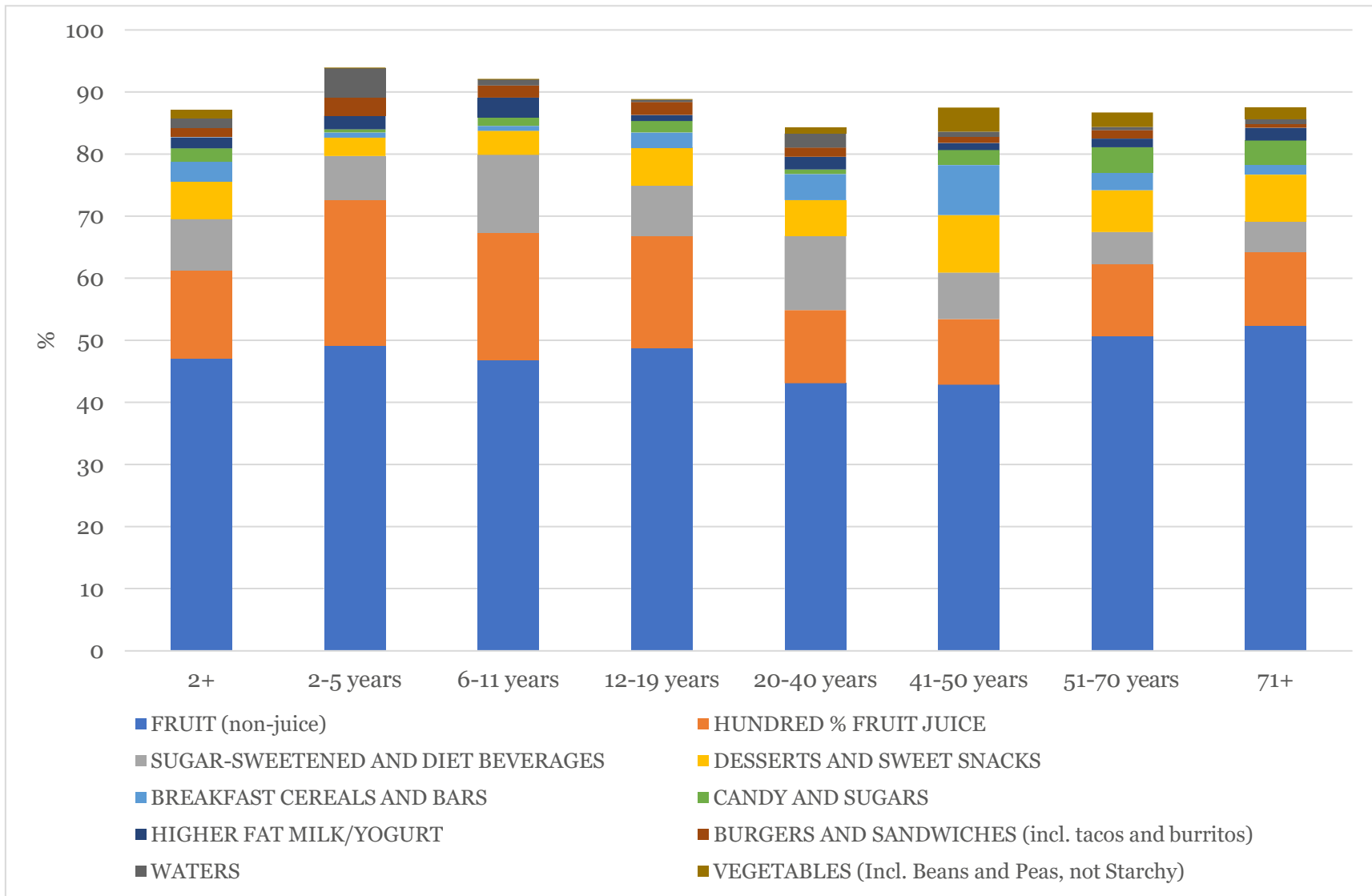


Figure 1. 5: Females - Distribution of total fruits intake (percentages) across major categories

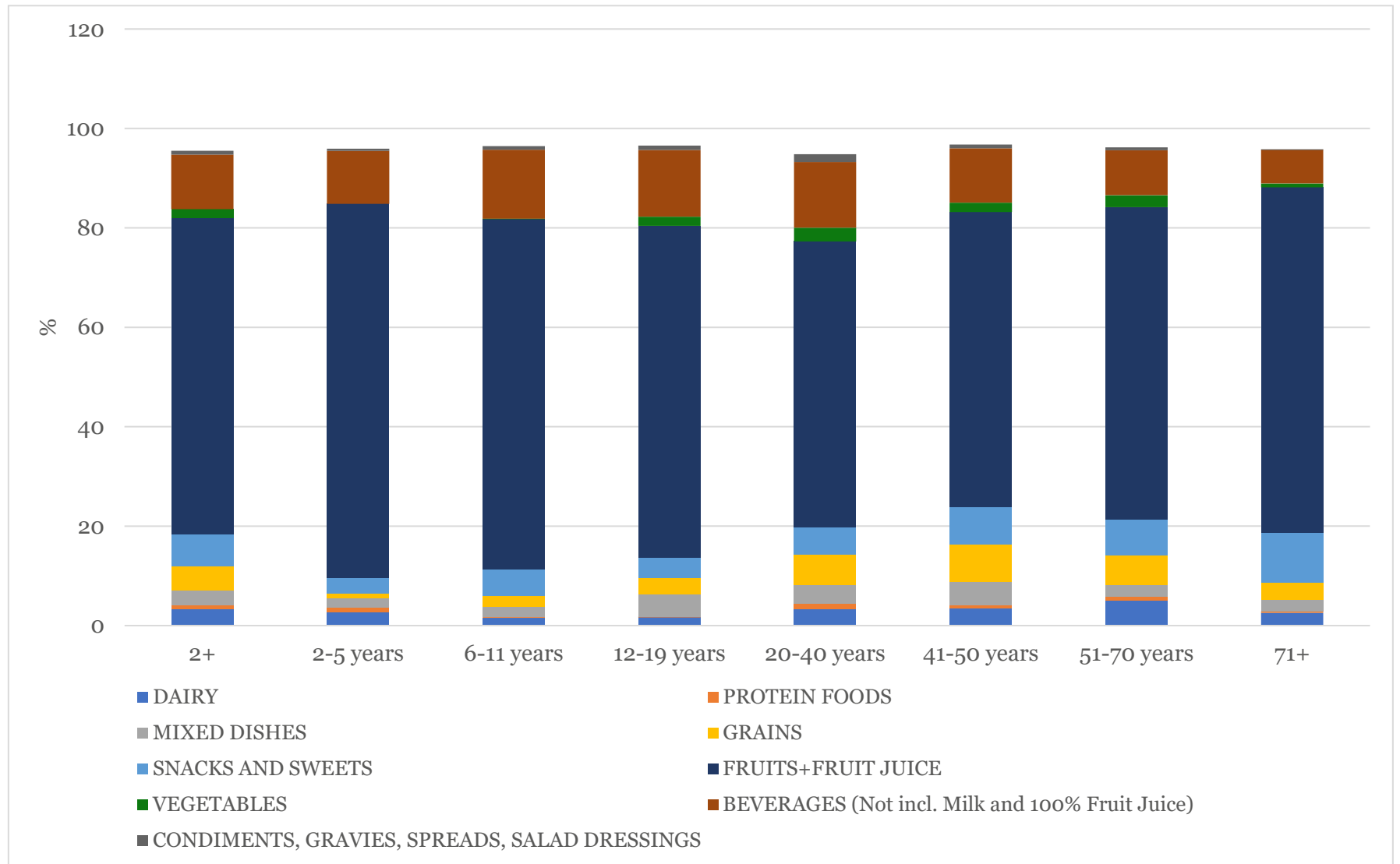
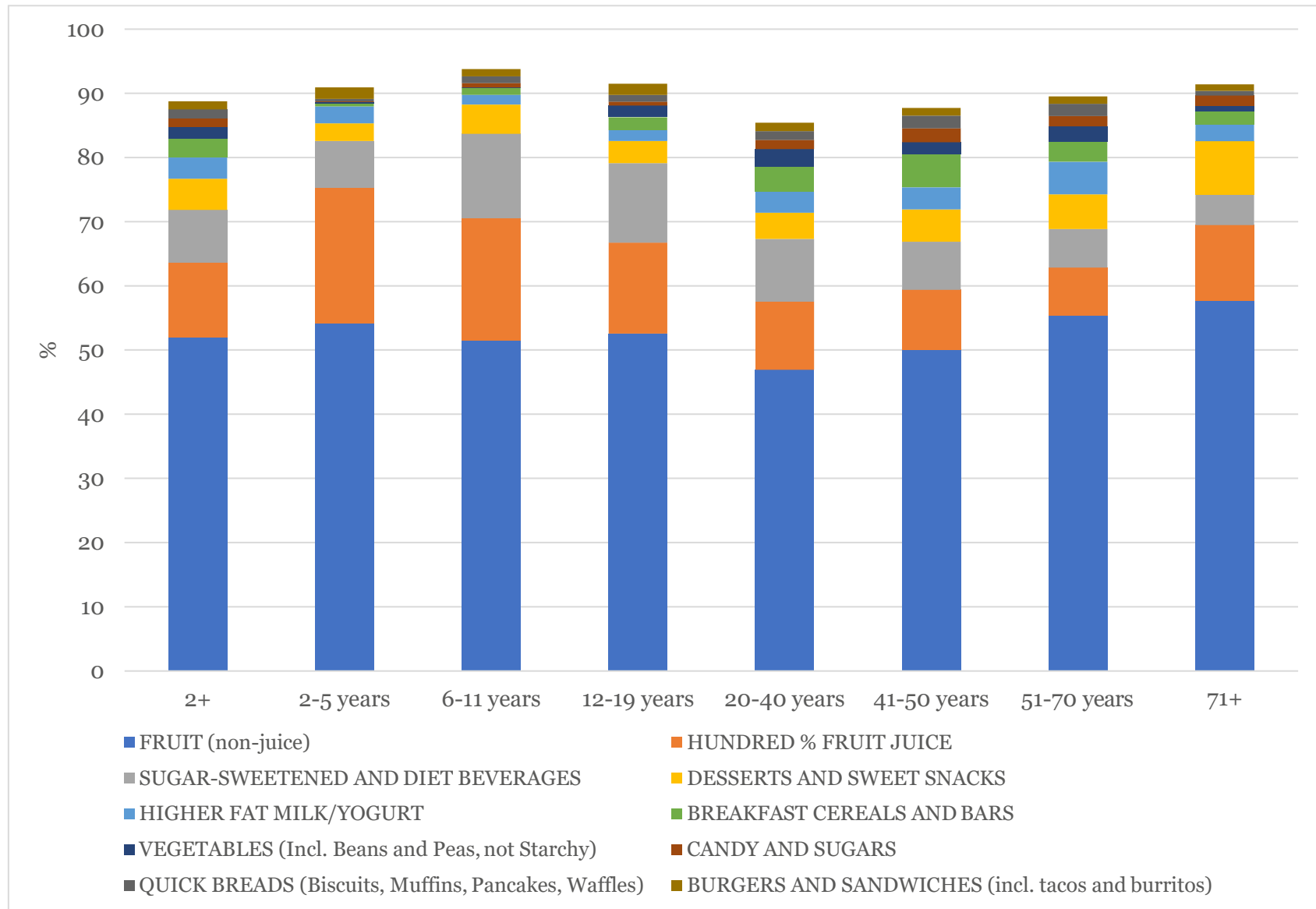


Figure 1. 6: Females - Distribution of total fruits intake (percentages) across top 10 sub-categories



Percent of total vegetables intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total vegetables from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for 2 years and older by age/sex group, based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The overall sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 2. 1: Males and Females – Distribution of total vegetables intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES	45.02	41.92	38.34	37.66	41.37	46.72	50.89	53.72
MIXED DISHES	40.26	38.47	43.77	46.35	42.90	39.73	35.86	35.95
SNACKS AND SWEETS	7.02	10.71	11.10	9.20	6.39	6.16	6.03	4.86
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.87	6.77	4.80	5.12	6.08	4.67	4.03	2.50
PROTEIN FOODS	1.20	0.75	0.75	0.74	1.50	1.09	1.43	0.96

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BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.54	0.36	0.51	0.04	0.72	0.63	0.55	0.49
FRUITS+FRUIT JUICE	0.13	0.22	0.20	0.01	0.12	0.25	0.09	0.13
GRAINS	0.09	0.04	0.05	0.15	0.07	0.11	0.11	0.08
DAIRY	0.00	0.00	0.00	0.00	0.00	0.01	0.01	0.00
TOTAL*	99.14	99.24	99.52	99.27	99.14	99.36	99.00	98.69

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 2: Males and Females - Distribution of total vegetables intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES (Incl. Beans and Peas, not Starchy)	26.98	21.02	18.65	18.77	24.17	29.53	32.83	35.89
STARCHY VEGETABLES	18.04	20.90	19.70	18.89	17.20	17.19	18.06	17.83
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	14.38	8.81	13.76	18.17	17.33	13.76	12.27	11.13
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	9.67	13.77	11.38	10.75	10.11	9.71	8.07	7.78
CHIPS, CRACKERS, AND SAVORY SNACKS	6.87	10.63	10.97	9.16	6.33	5.97	5.73	4.64
MEAT, POULTRY, SEAFOOD MIXED DISHES	6.62	4.23	5.36	5.15	5.96	7.58	7.72	8.30
PIZZA	5.78	7.92	10.05	9.94	6.55	4.44	3.27	2.53
CONDIMENTS AND GRAVIES	4.85	6.77	4.76	5.11	6.06	4.66	3.98	2.49

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SOUPS	3.81	3.74	3.22	2.34	2.94	4.24	4.54	6.20
EGGS	0.68	0.30	0.26	0.39	0.86	0.76	0.74	0.78
SUGAR-SWEETENED AND DIET BEVERAGES	0.42	0.24	0.51	0.03	0.57	0.53	0.39	0.33
POULTRY (Not Incl. Deli and Mixed Dishes)	0.34	0.41	0.36	0.30	0.56	0.26	0.22	0.07
DESSERTS AND SWEET SNACKS	0.16	0.08	0.13	0.04	0.06	0.19	0.30	0.22
NUTS, SEEDS, AND SOY	0.14	0.04	0.08	0.04	0.02	0.01	0.42	0.07
100% FRUIT JUICE	0.12	0.20	0.20	0.01	0.11	0.25	0.08	0.13
ALCOHOLIC BEVERAGES	0.08	0.00	0.00	0.00	0.11	0.08	0.10	0.14
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.05	0.04	0.04	0.13	0.02	0.00	0.09	0.03
WATERS	0.03	0.13	0.00	0.00	0.04	0.01	0.06	0.01
YEAST BREADS AND TORTILLAS	0.03	0.00	0.01	0.02	0.03	0.08	0.02	0.04
SALAD DRESSINGS	0.03	0.00	0.04	0.01	0.02	0.02	0.06	0.02
SEAFOOD (Not Incl. Mixed Dishes)	0.02	0.00	0.01	0.00	0.03	0.04	0.03	0.03
MEATS (Not Incl. Deli and Mixed Dishes)	0.02	0.00	0.03	0.01	0.03	0.01	0.02	0.01
BREAKFAST CEREALS AND BARS	0.01	0.00	0.00	0.00	0.02	0.02	0.00	0.01
FRUIT (Non-Juice)	0.01	0.02	0.00	0.00	0.01	0.00	0.01	0.01
COFFEE AND TEA	0.01	0.00	0.00	0.01	0.01	0.00	0.01	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.14	99.24	99.52	99.27	99.14	99.36	99.00	98.69

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 2. 3: Males - Distribution of total vegetables intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	42.59	38.99	44.88	49.56	46.95	42.49	37.58	35.35
VEGETABLES	41.71	40.65	36.21	35.17	36.13	43.39	48.22	54.81
SNACKS AND SWEETS	7.69	11.95	12.58	8.60	7.34	6.49	7.06	4.54
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	5.11	6.03	4.16	5.06	6.86	5.29	4.29	2.44
PROTEIN FOODS	1.13	0.85	0.70	0.75	1.56	1.06	1.04	1.08
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.47	0.27	0.87	0.01	0.54	0.47	0.48	0.49
FRUITS+FRUIT JUICE	0.10	0.38	0.36	0.01	0.02	0.14	0.06	0.13
GRAINS	0.07	0.08	0.01	0.23	0.07	0.03	0.04	0.04

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DAIRY	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
TOTAL*	98.87	99.20	99.78	99.37	99.46	99.34	98.78	98.87

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 2. 4: Males - Distribution of total vegetables intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES (Incl. Beans and Peas, not Starchy)	23.62	19.64	17.69	16.80	19.96	25.97	29.21	34.54
STARCHY VEGETABLES	18.09	21.01	18.52	18.37	16.17	17.42	19.01	20.27
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	16.11	10.10	13.64	20.54	20.23	15.13	14.27	11.36
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	10.33	14.22	10.72	10.68	10.60	12.10	8.73	8.06
CHIPS, CRACKERS, AND SAVORY SNACKS	7.54	11.81	12.42	8.53	7.30	6.27	6.75	4.48
MEAT, POULTRY, SEAFOOD MIXED DISHES	6.56	3.24	6.34	5.80	6.50	6.74	6.95	8.51
PIZZA	6.12	8.44	10.64	10.28	7.31	4.06	3.45	1.68
CONDIMENTS AND GRAVIES	5.08	6.03	4.16	5.06	6.83	5.27	4.18	2.43
SOUPS	3.46	3.00	3.54	2.25	2.30	4.45	4.18	5.74

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EGGS	0.57	0.32	0.21	0.42	0.80	0.58	0.44	0.86
POULTRY (Not Incl. Deli and Mixed Dishes)	0.41	0.46	0.43	0.29	0.68	0.41	0.19	0.15
SUGAR-SWEETENED AND DIET BEVERAGES	0.32	0.25	0.87	0.01	0.44	0.28	0.21	0.17
DESSERTS AND SWEET SNACKS	0.15	0.	0.16	0.06	0.04	0.22	0.31	0.06
ALCOHOLIC BEVERAGES	0.11	0.00	0.00	0.00	0.08	0.17	0.16	0.32
100% FRUIT JUICE	0.10	0.38	0.36	0.01	0.02	0.14	0.06	0.12
NUTS, SEEDS, AND SOY	0.08	0.07	0.00	0.02	0.00	0.00	0.32	0.00
SALAD DRESSINGS	0.04	0.00	0.01	0.00	0.03	0.01	0.11	0.01
SEAFOOD (Not Incl. Mixed Dishes)	0.04	0.00	0.01	0.00	0.03	0.06	0.05	0.06
WATERS	0.03	0.02	0.00	0.00	0.01	0.02	0.12	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.03	0.08	0.00	0.23	0.00	0.00	0.01	0.01
MEATS (Not Incl. Deli and Mixed Dishes)	0.03	0.00	0.06	0.01	0.04	0.01	0.03	0.01
BREAKFAST CEREALS AND BARS	0.02	0.00	0.00	0.00	0.04	0.02	0.00	0.03
YEAST BREADS AND TORTILLAS	0.02	0.00	0.01	0.00	0.02	0.00	0.03	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.01
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.87	99.20	99.78	99.37	99.46	99.34	98.78	98.87

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 2. 5: Females - Distribution of total vegetables intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES	48.28	43.09	40.85	40.15	47.24	49.77	53.32	52.86
MIXED DISHES	37.58	37.98	42.46	43.13	38.36	37.19	34.29	36.42
SNACKS AND SWEETS	6.25	9.58	9.36	9.80	5.33	5.86	5.09	5.11
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.53	7.44	5.56	5.18	5.21	4.11	3.80	2.56
PROTEIN FOODS	1.25	0.65	0.81	0.74	1.43	1.11	1.78	0.86
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.59	0.45	0.07	0.07	0.93	0.77	0.61	0.48
FRUITS+FRUIT JUICE	0.16	0.07	0.00	0.02	0.22	0.36	0.12	0.14
GRAINS	0.11	0.00	0.09	0.07	0.07	0.18	0.17	0.12
DAIRY	0.00	0.00	0.00	0.00	0.00	0.01	0.01	0.00
TOTAL*	98.76	99.27	99.21	99.17	98.78	99.37	99.19	98.55

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 2. 6: Females - Distribution of total vegetables intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES (Incl. Beans and Peas, not Starchy)	30.20	22.28	19.78	20.74	28.89	32.80	36.13	36.97
STARCHY VEGETABLES	18.08	20.80	21.07	19.41	18.35	16.97	17.19	15.89
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	12.32	7.63	13.91	15.79	14.09	12.50	10.44	10.96
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	9.04	13.36	12.15	10.82	9.56	7.51	7.46	7.56
MEAT, POULTRY, SEAFOOD MIXED DISHES	6.69	5.14	4.20	4.50	5.36	8.35	8.42	8.12
CHIPS, CRACKERS, AND SAVORY SNACKS	6.09	9.55	9.27	9.79	5.25	5.70	4.81	4.77
PIZZA	5.37	7.45	9.37	9.59	5.69	4.79	3.11	3.21
CONDIMENTS AND GRAVIES	4.51	7.44	5.47	5.17	5.19	4.09	3.79	2.54
SOUPS	4.16	4.41	2.83	2.44	3.65	4.05	4.87	6.57

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EGGS	0.79	0.28	0.33	0.36	0.92	0.93	1.02	0.72
SUGAR-SWEETENED AND DIET BEVERAGES	0.51	0.23	0.07	0.05	0.72	0.76	0.55	0.45
POULTRY (Not Incl. Deli and Mixed Dishes)	0.26	0.36	0.29	0.30	0.43	0.12	0.24	0.01
NUTS, SEEDS, AND SOY	0.18	0.01	0.17	0.07	0.04	0.03	0.52	0.12
DESSERTS AND SWEET SNACKS	0.16	0.03	0.09	0.01	0.08	0.16	0.28	0.35
100% FRUIT JUICE	0.15	0.03	0.00	0.02	0.21	0.36	0.10	0.13
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.07	0.00	0.09	0.04	0.03	0.01	0.16	0.04
ALCOHOLIC BEVERAGES	0.05	0.00	0.00	0.00	0.13	0.00	0.05	0.00
YEAST BREADS AND TORTILLAS	0.04	0.00	0.00	0.03	0.04	0.16	0.00	0.07
WATERS	0.03	0.22	0.00	0.00	0.07	0.00	0.00	0.03
SALAD DRESSINGS	0.02	0.00	0.08	0.02	0.01	0.02	0.01	0.02
FRUIT (Non-Juice)	0.01	0.04	0.00	0.00	0.01	0.00	0.02	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.01	0.00	0.02	0.00	0.03	0.01	0.00	0.00
COFFEE AND TEA	0.01	0.00	0.00	0.02	0.02	0.01	0.01	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.01	0.00	0.00	0.00	0.01	0.02	0.01	0.01
CHEESE	0.00	0.00	0.00	0.00	0.00	0.01	0.01	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.76	99.27	99.21	99.17	98.78	99.37	99.19	98.55

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - othe

Figure 2. 1: Males and Females - Distribution of total vegetables intake (percentages) across major categories

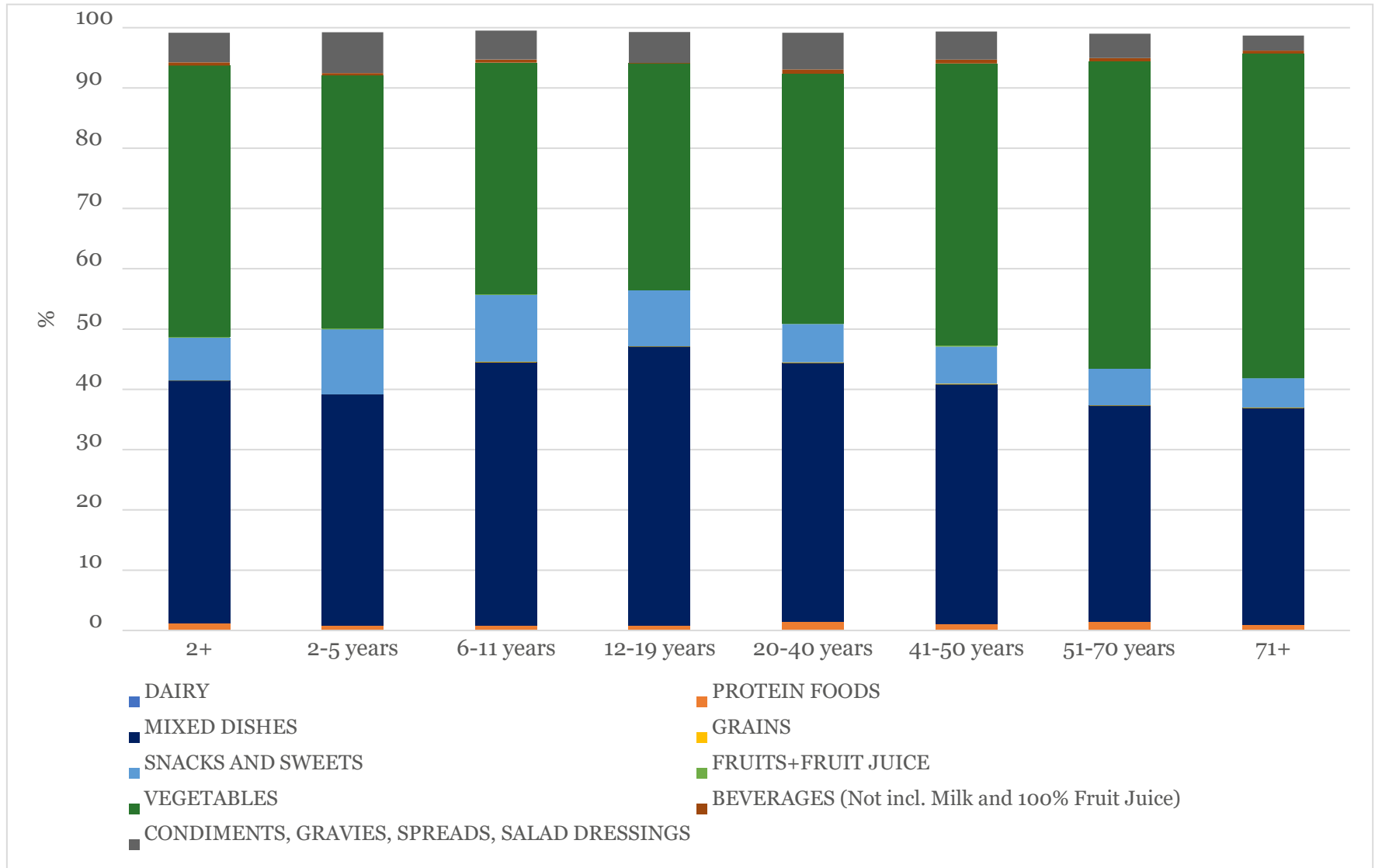


Figure 2. 2: Males and Females – Distribution of total vegetables intake (percentages) across top 10 sub-categories

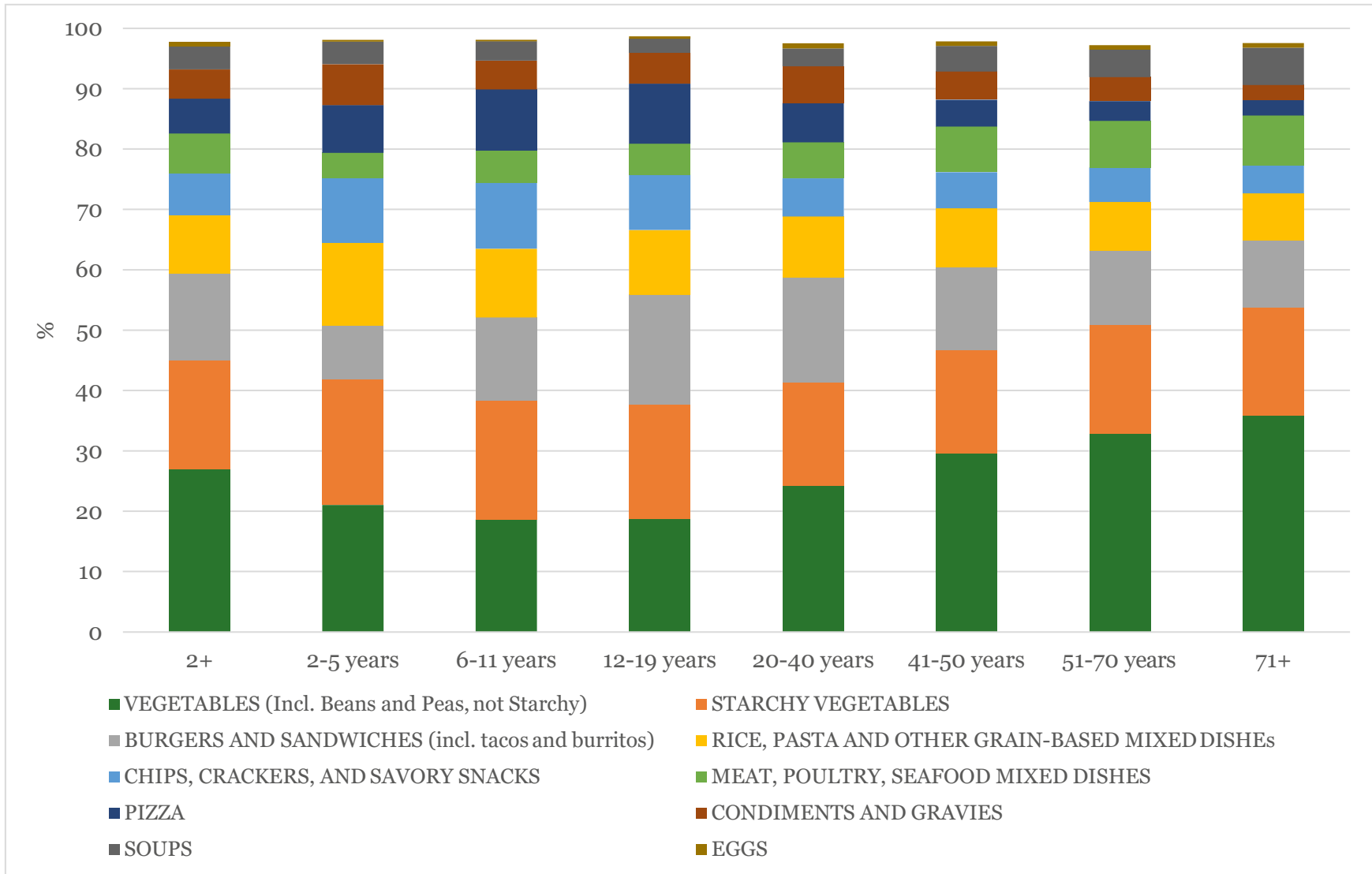


Figure 2. 3: Males - Distribution of total vegetables intake (percentages) across major categories

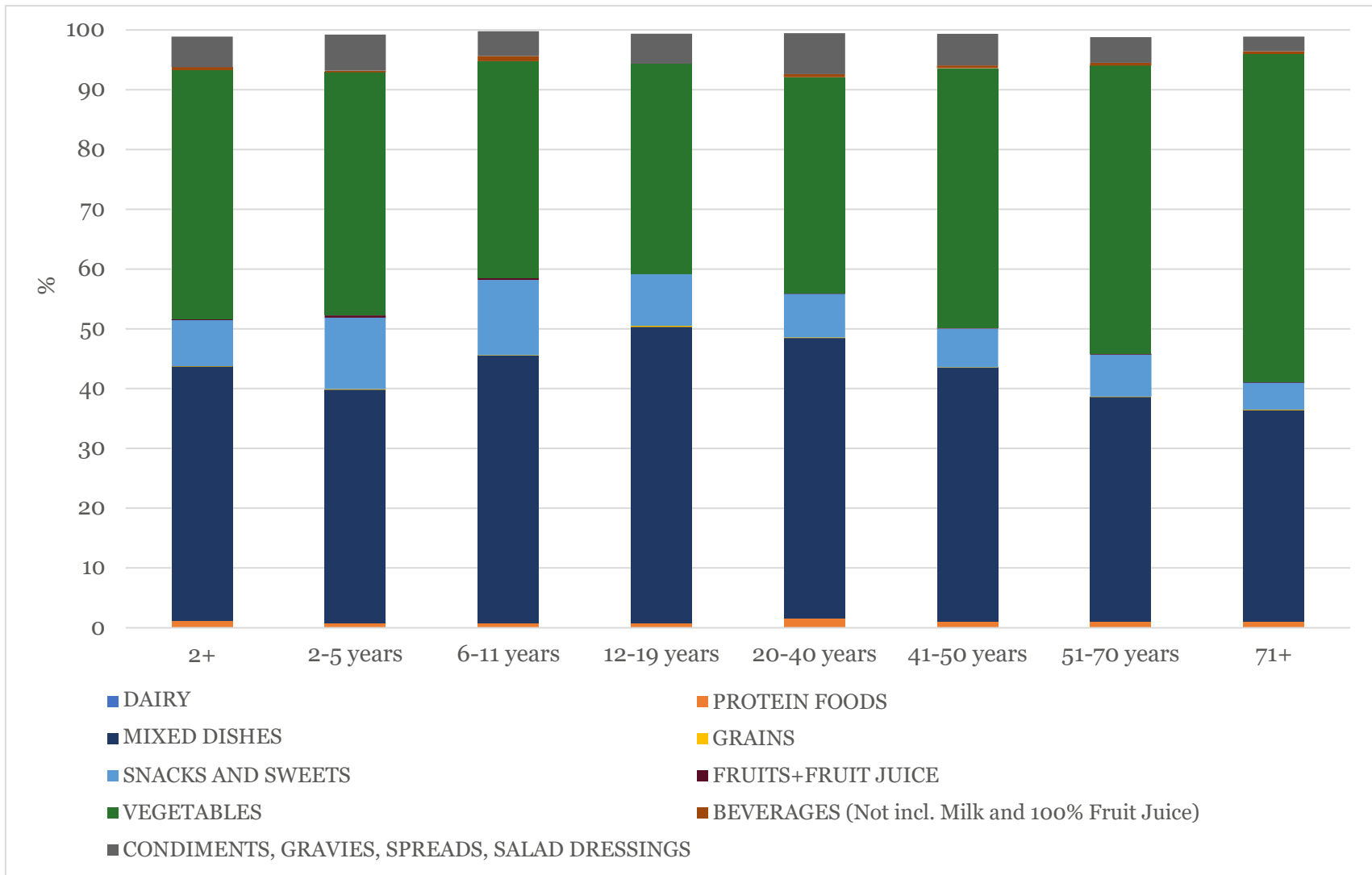


Figure 2. 4: Males- Distribution of total vegetables intake (percentages) across top 10 sub-categories

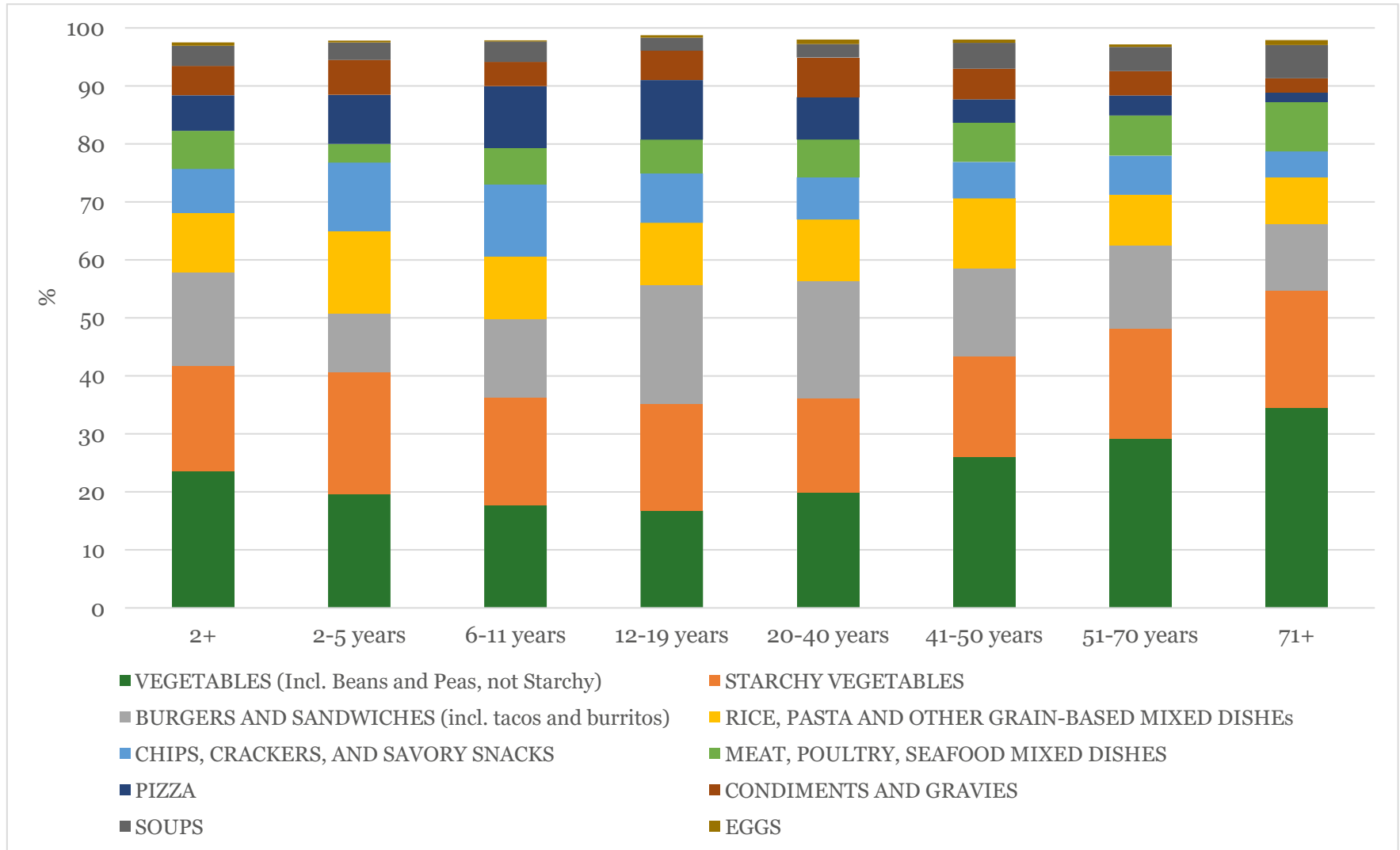


Figure 2. 5: Females – Distribution of total vegetables intake (percentages) across major categories

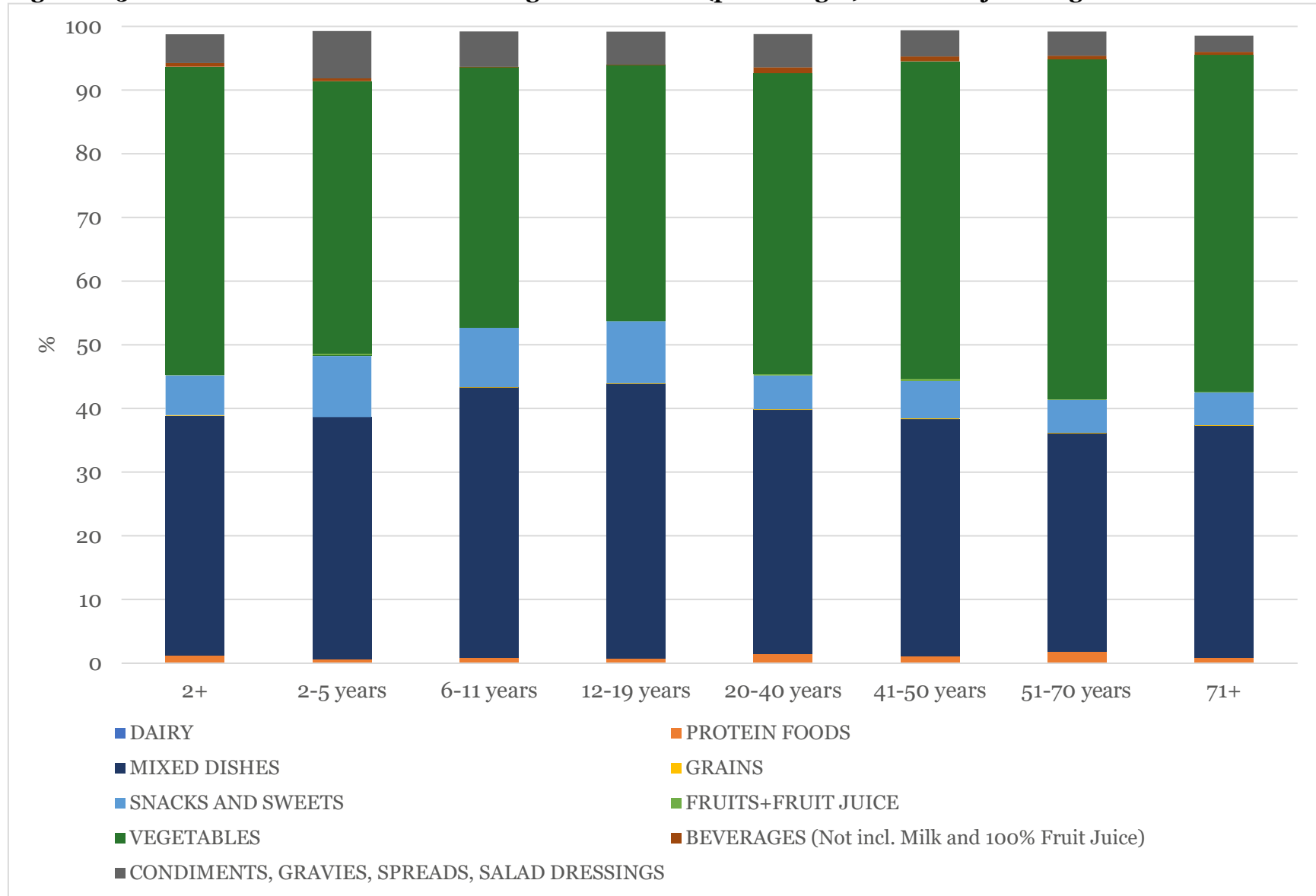
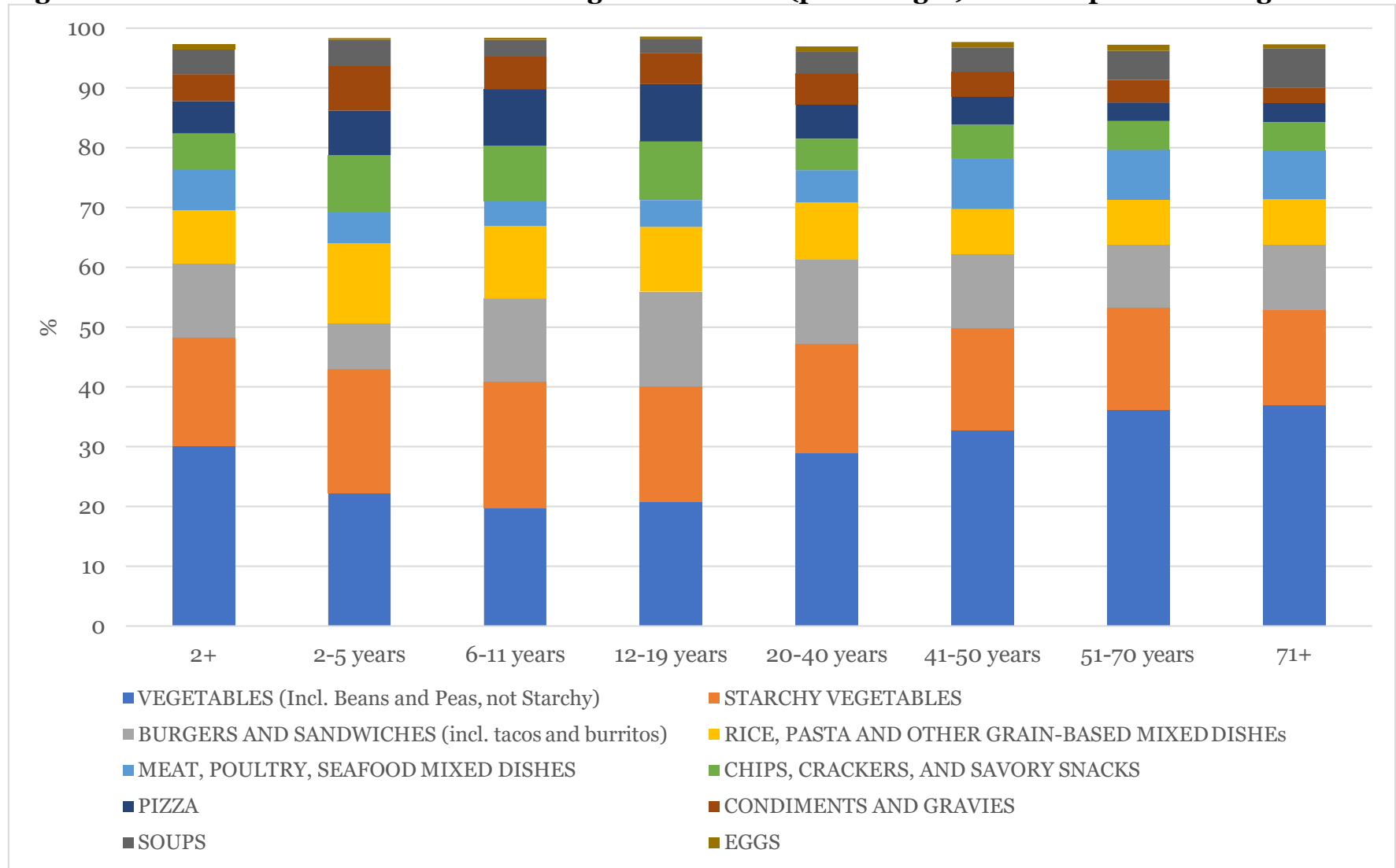


Figure 2. 6: Females - Distribution of total vegetables intake (percentages) across top 10 sub-categories



Percent of total grains intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total grains from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 3. 1: Males and Females - Distribution of total grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	45.99	39.99	45.15	49.95	51.77	45.58	42.46	38.01
GRAINS	29.19	28.73	27.21	25.40	25.19	29.67	32.78	37.46
SNACKS AND SWEETS	18.97	24.86	22.35	18.26	17.07	18.71	18.96	19.59
PROTEIN FOODS	3.68	4.93	4.26	4.41	3.79	4.19	3.03	2.31
VEGETABLES	1.01	0.31	0.19	0.68	1.22	1.04	1.37	0.85
DAIRY	0.19	0.07	0.32	0.62	0.19	0.09	0.11	0.02
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.19	0.12	0.13	0.19	0.22	0.12	0.20	0.23
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.09	0.05	0.05	0.12	0.12	0.11	0.06	0.04
FRUITS+FRUIT JUICE	0.01	0.00	0.02	0.00	0.01	0.00	0.00	0.01
TOTAL*	99.31	99.05	99.67	99.63	99.58	99.52	98.97	98.50

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 3. 2: Males and Females - Distribution of total grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	24.97	19.03	21.70	25.06	27.97	25.61	24.35	22.82
YEAST BREADS AND TORTILLAS	12.46	8.35	9.56	8.67	10.89	14.01	14.84	18.08
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	10.86	11.62	10.85	11.25	12.39	11.16	9.85	7.70
DESSERTS AND SWEET SNACKS	9.62	11.67	10.33	8.56	7.98	9.19	9.96	13.86
CHIPS, CRACKERS, AND SAVORY SNACKS	9.27	13.15	11.88	9.63	8.98	9.48	8.95	5.68
BREAKFAST CEREALS AND BARS	7.63	10.14	7.79	8.05	5.54	6.56	8.56	10.95
PIZZA	6.35	6.73	9.39	10.38	7.57	5.46	3.87	2.83
RICE AND PASTA	4.71	3.81	3.42	3.84	5.74	5.01	4.68	3.98
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.38	6.43	6.45	4.84	3.02	4.09	4.71	4.46
POULTRY (Not Incl. Deli and Mixed Dishes)	2.54	4.13	3.57	3.82	2.68	2.50	1.65	1.16
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.41	1.07	1.65	1.86	2.47	2.32	2.90	3.11
SOUPS	1.40	1.54	1.57	1.41	1.37	1.03	1.50	1.54
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.88	0.23	0.13	0.59	1.03	0.84	1.28	0.73
SEAFOOD (Not Incl. Mixed Dishes)	0.78	0.48	0.38	0.39	0.74	1.26	0.92	0.87
MEATS (Not Incl. Deli and Mixed Dishes)	0.27	0.21	0.26	0.19	0.27	0.29	0.32	0.22
CONDIMENTS AND GRAVIES	0.19	0.12	0.13	0.19	0.22	0.12	0.20	0.23
CHEESE	0.18	0.05	0.31	0.60	0.18	0.06	0.08	0.01
STARCHY VEGETABLES	0.13	0.08	0.05	0.09	0.19	0.20	0.08	0.12

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SUGAR-SWEETENED AND DIET BEVERAGES	0.09	0.05	0.05	0.12	0.12	0.11	0.06	0.03
CANDY AND SUGARS	0.07	0.04	0.14	0.07	0.11	0.04	0.05	0.05
NUTS, SEEDS, AND SOY	0.06	0.10	0.05	0.01	0.03	0.13	0.06	0.04
EGGS	0.03	0.00	0.00	0.00	0.06	0.01	0.07	0.01
HIGHER FAT MILK/YOGURT	0.01	0.01	0.00	0.02	0.00	0.00	0.03	0.01
FRUIT (Non-Juice)	0.00	0.00	0.02	0.00	0.01	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.02	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.31	99.05	99.67	99.63	99.58	99.52	98.97	98.50

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 3. 3: Males - Distribution of total grains intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	48.34	40.84	47.93	51.74	55.73	48.42	43.97	40.25
GRAINS	28.10	28.07	25.13	24.29	23.76	29.20	32.75	37.29
SNACKS AND SWEETS	17.52	25.69	21.75	17.87	14.59	16.41	18.22	17.28
PROTEIN FOODS	3.74	4.44	4.38	4.53	4.02	4.58	2.71	2.41
VEGETABLES	0.87	0.19	0.14	0.56	1.11	0.96	1.16	0.74
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.16	0.05	0.11	0.18	0.13	0.10	0.22	0.16
DAIRY	0.13	0.09	0.25	0.26	0.20	0.06	0.03	0.02
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.07	0.04	0.04	0.12	0.07	0.13	0.03	0.01
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.02	0.00	0.00	0.02
TOTAL*	98.93	99.40	99.72	99.55	99.64	99.86	99.09	98.20

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 3. 4: Males - Distribution of total grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	27.01	20.63	23.10	26.97	31.09	28.60	26.20	25.07
YEAST BREADS AND TORTILLAS	12.25	8.78	8.00	8.27	10.28	15.00	15.60	18.36
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	10.79	11.13	10.49	10.15	12.54	12.37	9.16	8.04
DESSERTS AND SWEET SNACKS	9.00	11.74	10.06	8.75	6.95	8.80	9.74	12.51
CHIPS, CRACKERS, AND SAVORY SNACKS	8.45	13.92	11.47	9.06	7.55	7.57	8.44	4.71
BREAKFAST CEREALS AND BARS	7.10	8.22	7.73	7.70	5.37	5.64	7.65	11.24
PIZZA	6.75	7.11	10.61	11.03	8.26	4.77	4.28	1.95
RICE AND PASTA	4.54	3.90	2.97	3.40	5.35	5.24	4.74	3.52
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.22	7.17	6.43	4.93	2.75	3.33	4.76	4.17
POULTRY (Not Incl. Deli and Mixed Dishes)	2.63	3.70	3.72	3.93	2.89	2.48	1.62	1.19
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.44	0.73	1.87	2.25	2.68	1.61	2.85	3.51
SOUPS	1.36	1.23	1.86	1.34	1.17	1.08	1.48	1.69
SEAFOOD (Not Incl. Mixed Dishes)	0.75	0.56	0.28	0.37	0.77	1.47	0.72	1.02
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.73	0.18	0.06	0.47	0.83	0.83	1.08	0.63
MEATS (Not Incl. Deli and Mixed Dishes)	0.29	0.16	0.37	0.21	0.33	0.33	0.34	0.10
CONDIMENTS AND GRAVIES	0.16	0.05	0.11	0.18	0.13	0.10	0.22	0.16
STARCHY VEGETABLES	0.14	0.02	0.08	0.09	0.28	0.12	0.08	0.12
CHEESE	0.12	0.09	0.24	0.23	0.20	0.04	0.03	0.00
CANDY AND SUGARS	0.07	0.03	0.22	0.06	0.09	0.04	0.03	0.06
SUGAR-SWEETENED AND DIET BEVERAGES	0.07	0.04	0.04	0.12	0.07	0.12	0.03	0.01
NUTS, SEEDS, AND SOY	0.05	0.01	0.00	0.01	0.01	0.28	0.02	0.08

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EGGS	0.01	0.01	0.01	0.00	0.02	0.02	0.01	0.00
HIGHER FAT MILK/YOGURT	0.01	0.00	0.00	0.03	0.00	0.01	0.00	0.01
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.02	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.93	99.40	99.72	99.55	99.64	99.86	99.09	98.20

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 3. 5: Females - Distribution of total grains intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	42.90	39.21	41.98	48.11	47.29	43.02	41.08	36.24
GRAINS	30.14	29.34	29.58	26.54	26.81	30.09	32.82	37.60
SNACKS AND SWEETS	20.41	24.09	23.04	18.65	19.87	20.79	19.64	21.40
PROTEIN FOODS	3.60	5.38	4.13	4.29	3.52	3.84	3.32	2.22
VEGETABLES	1.12	0.41	0.24	0.80	1.35	1.11	1.55	0.93
DAIRY	0.26	0.05	0.39	0.99	0.18	0.12	0.19	0.01
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.22	0.19	0.15	0.21	0.32	0.14	0.17	0.28
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.11	0.05	0.06	0.12	0.18	0.09	0.08	0.06
FRUITS+FRUIT JUICE	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.77	98.72	99.61	99.71	99.52	99.21	98.86	98.73

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 3. 6: Females - Distribution of total grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	22.32	17.55	20.10	23.09	24.43	22.91	22.65	21.06
YEAST BREADS AND TORTILLAS	12.56	7.96	11.33	9.09	11.58	13.12	14.15	17.85
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	10.92	12.07	11.25	12.37	12.23	10.08	10.47	7.44
DESSERTS AND SWEET SNACKS	10.19	11.60	10.64	8.36	9.15	9.54	10.15	14.92
CHIPS, CRACKERS, AND SAVORY SNACKS	10.15	12.44	12.35	10.21	10.60	11.20	9.43	6.44
BREAKFAST CEREALS AND BARS	8.20	11.91	7.85	8.42	5.74	7.38	9.38	10.72
PIZZA	5.85	6.38	7.99	9.72	6.79	6.08	3.49	3.53
RICE AND PASTA	4.88	3.72	3.94	4.30	6.17	4.81	4.62	4.35
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.50	5.74	6.47	4.74	3.32	4.78	4.66	4.68
POULTRY (Not Incl. Deli and Mixed Dishes)	2.46	4.52	3.40	3.71	2.44	2.52	1.69	1.13
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.37	1.38	1.40	1.46	2.24	2.96	2.95	2.79
SOUPS	1.44	1.83	1.23	1.48	1.60	0.99	1.51	1.42
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.01	0.27	0.22	0.71	1.26	0.84	1.47	0.81
SEAFOOD (Not Incl. Mixed Dishes)	0.79	0.39	0.48	0.41	0.72	1.06	1.11	0.76
MEATS (Not Incl. Deli and Mixed Dishes)	0.24	0.27	0.13	0.17	0.20	0.25	0.30	0.31
CHEESE	0.23	0.03	0.39	0.98	0.16	0.08	0.13	0.01
CONDIMENTS AND GRAVIES	0.22	0.19	0.15	0.21	0.32	0.14	0.17	0.28
STARCHY VEGETABLES	0.11	0.14	0.02	0.09	0.09	0.27	0.08	0.12
SUGAR-SWEETENED AND DIET BEVERAGES	0.11	0.05	0.06	0.12	0.18	0.09	0.08	0.05
CANDY AND SUGARS	0.07	0.05	0.04	0.08	0.13	0.05	0.07	0.03

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NUTS, SEEDS, AND SOY	0.06	0.19	0.11	0.00	0.05	0.00	0.10	0.00
EGGS	0.06	0.00	0.00	0.00	0.10	0.00	0.11	0.01
HIGHER FAT MILK/YOGURT	0.02	0.02	0.00	0.00	0.01	0.00	0.05	0.00
LOW-FAT MILK/YOGURT	0.01	0.00	0.00	0.00	0.00	0.04	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.03	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.76	98.72	99.61	99.71	99.51	99.21	98.86	98.73

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 3. 1: Males and Females – Distribution of total grains intake (percentages) across major categories

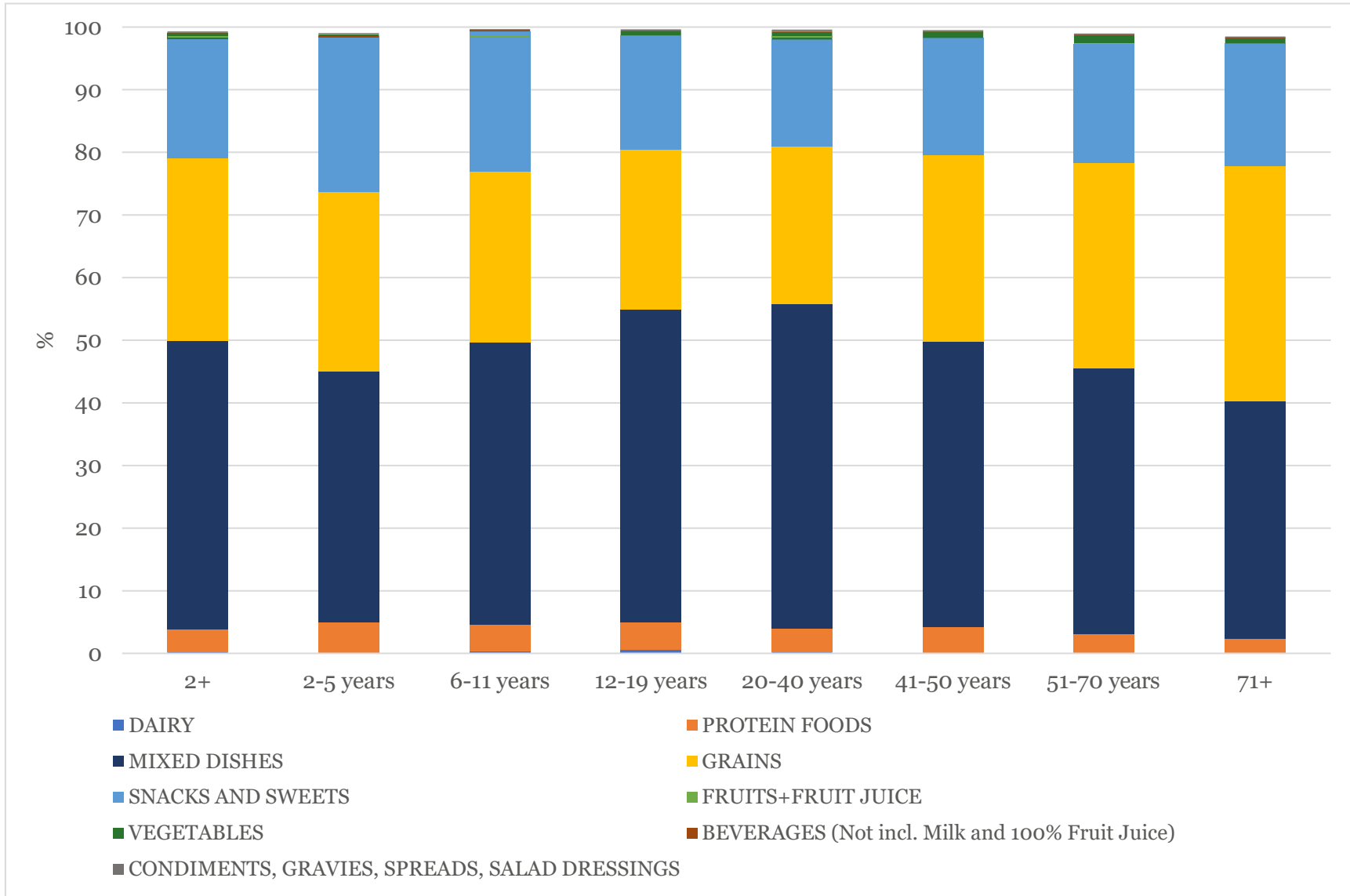


Figure 3. 2: Males and Females – Distribution of total grains intake (percentages) across top 10 sub-categories

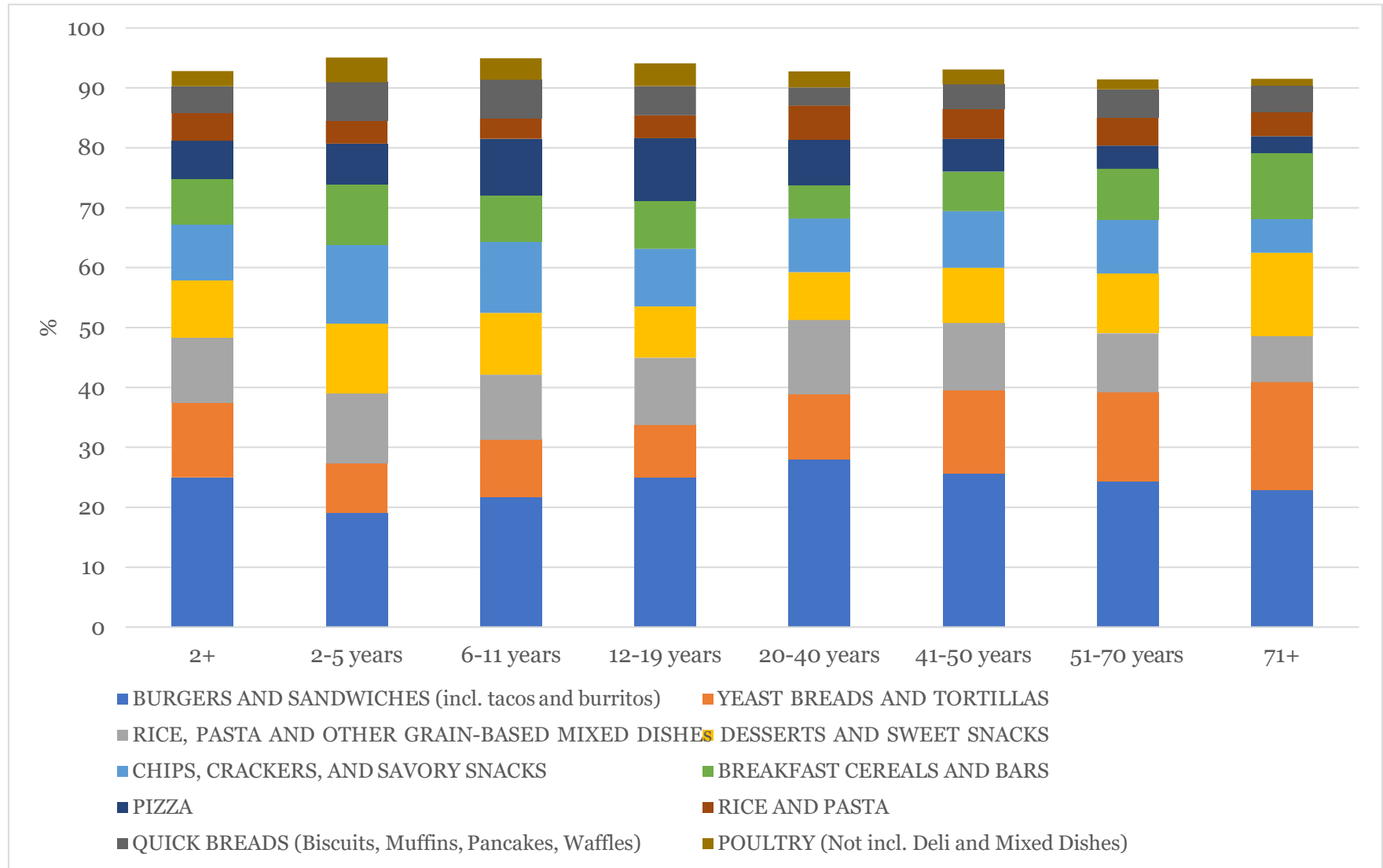


Figure 3. 3: Males - Distribution of total grains intake (percentages) across major categories

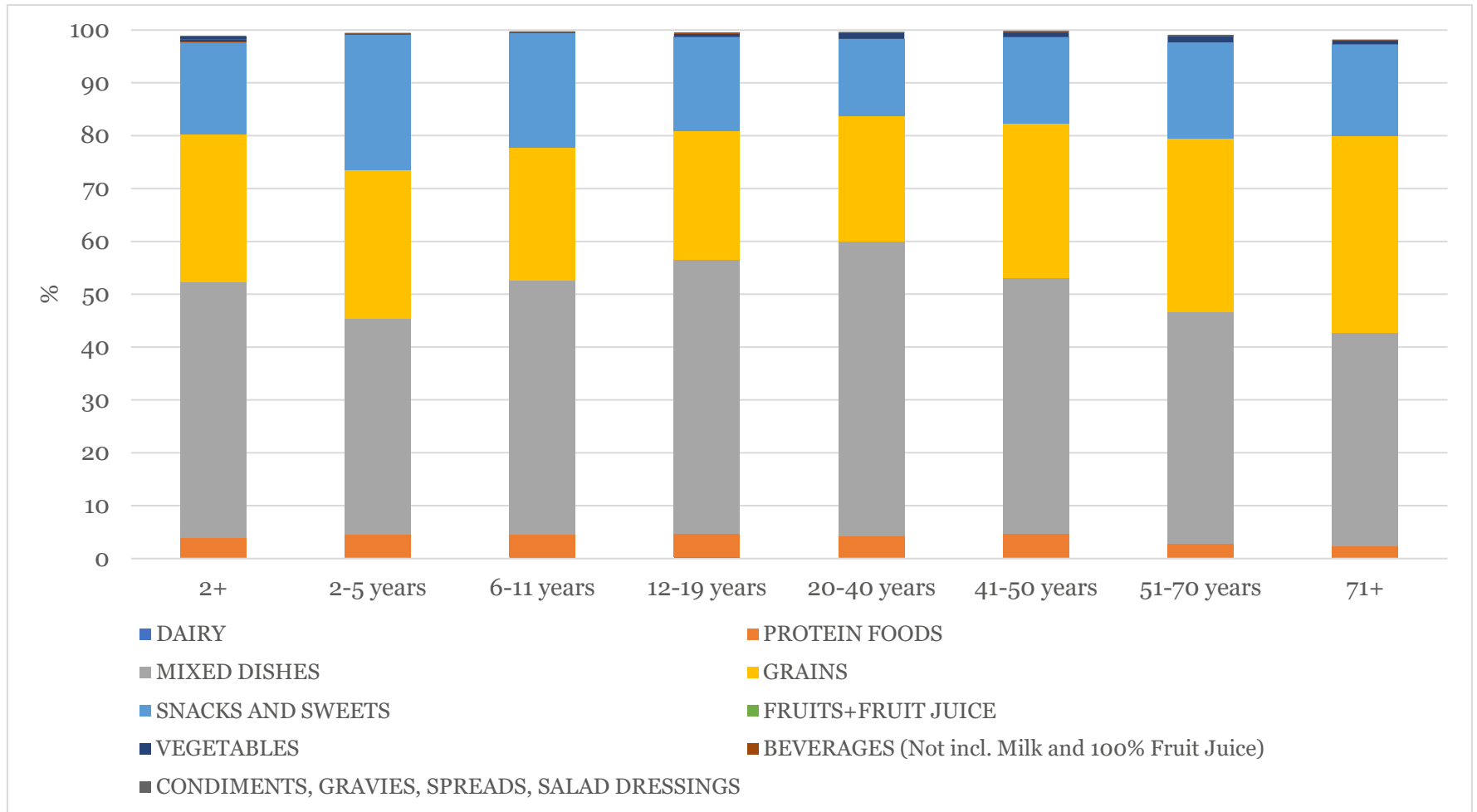


Figure 3. 4: Males - Distribution of total grains intake (percentages) across top 10 sub-categories

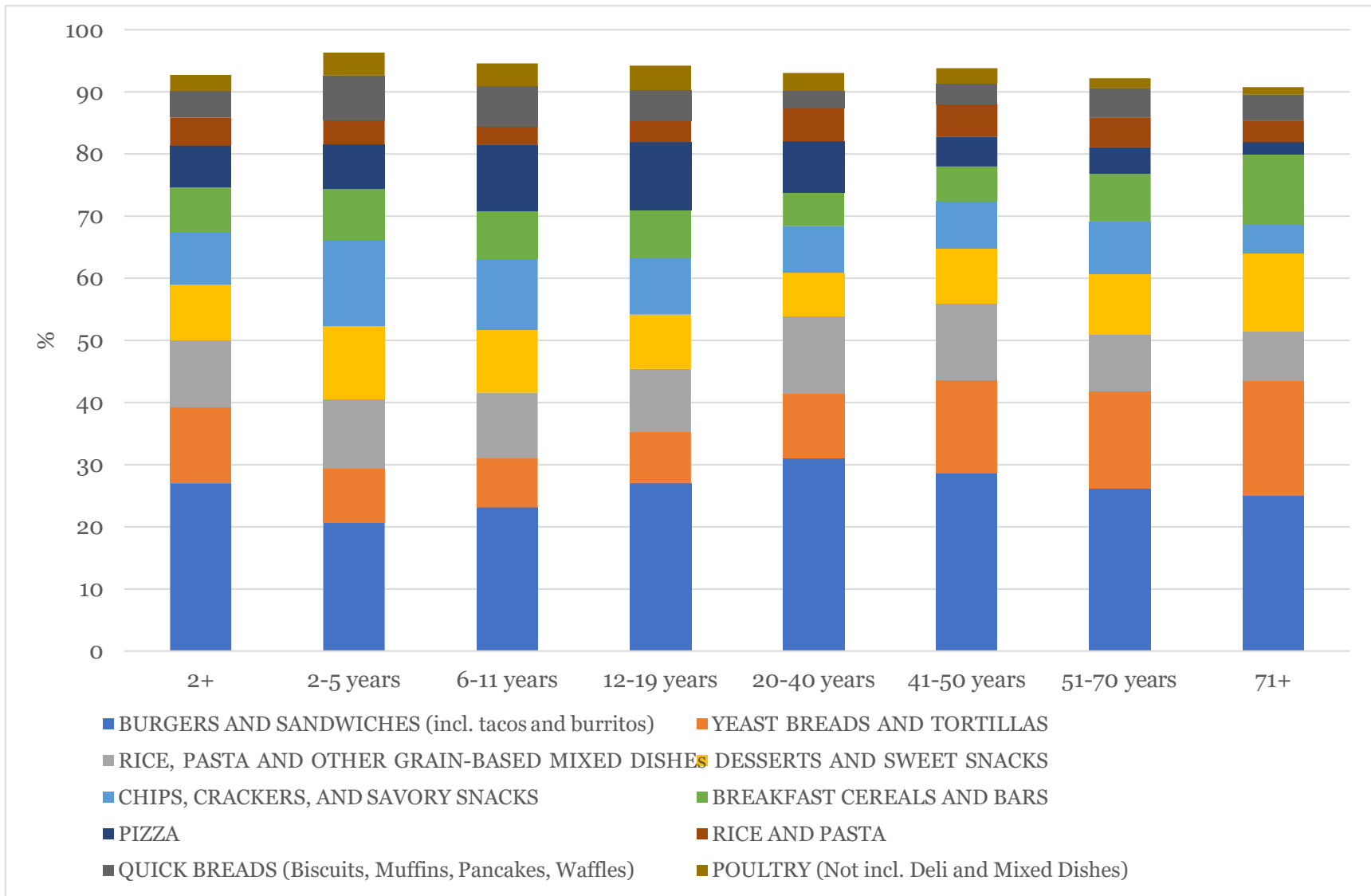


Figure 3. 5: Females - Distribution of total grains intake (percentages) across major categories

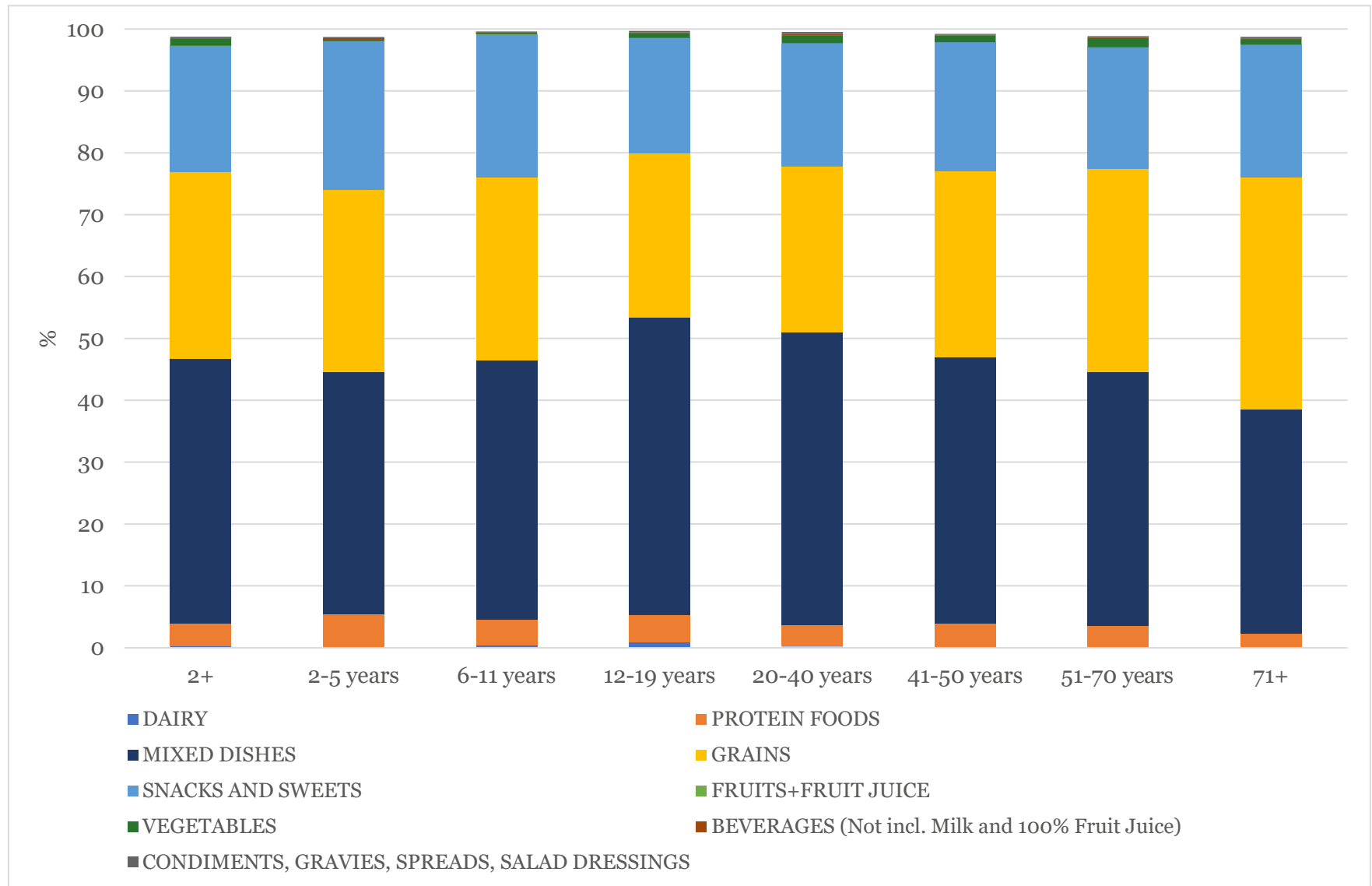
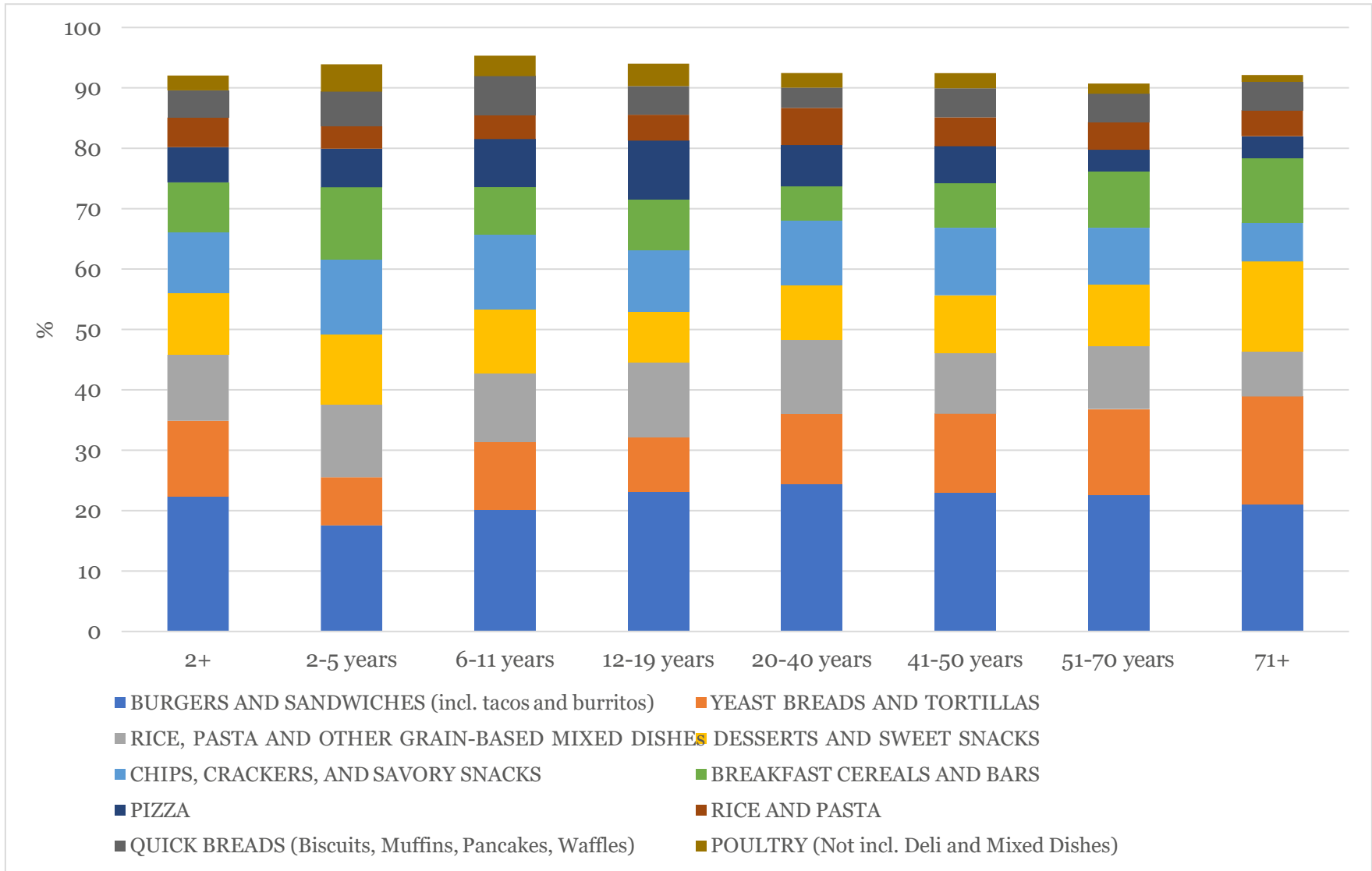


Figure 3. 6: Females – Distribution of total grains intake (percentages) across top 10 sub-categories



Percent of total whole grains intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of whole grains from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 4. 1: Males and Females- Distribution of total whole grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
GRAINS	54.83	55.27	51.25	50.51	51.48	54.41	57.13	64.44
MIXED DISHES	22.30	21.95	24.00	28.57	23.97	18.77	20.68	18.79
SNACKS AND SWEETS	20.42	21.34	19.88	17.08	21.70	23.45	20.98	16.11
PROTEIN FOODS	1.46	0.82	4.51	3.29	0.95	1.66	0.57	0.44
VEGETABLES	0.45	0.02	0.17	0.19	0.90	1.11	0.21	0.04
BEVERAGES (Not Incl. Milk and 100%)	0.17	0.03	0.06	0.16	0.15	0.27	0.25	0.06

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Fruit Juice)								
DAIRY	0.05	0.05	0.07	0.05	0.04	0.10	0.03	0.04
FRUITS+F RUIT JUICE	0.01	0.00	0.00	0.00	0.03	0.00	0.02	0.00
CONDIME NTS, GRAVIES, SPREADS, SALAD DRESSIN GS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.69	99.47	99.94	99.84	99.22	99.77	99.88	99.93

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 2: Males and Females - Distribution of total whole grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BREAKFAST CEREALS AND BARS	36.06	42.15	40.46	39.13	32.92	34.14	33.86	40.34
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	19.02	17.37	17.91	20.23	20.95	17.34	19.01	17.19
CHIPS, CRACKERS, AND SAVORY SNACKS	16.19	13.94	16.60	15.24	18.25	19.04	16.37	9.74
YEAST BREADS AND TORTILLAS	14.49	8.99	7.54	8.47	13.19	15.88	18.69	20.89
DESSERTS AND SWEET SNACKS	4.24	7.39	3.27	1.84	3.45	4.41	4.61	6.38
RICE AND PASTA	3.12	2.15	1.18	1.79	4.39	3.84	3.45	2.23

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RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.85	2.54	1.54	2.87	2.29	1.27	1.55	1.07
PIZZA	1.18	2.04	4.39	5.23	0.14	0.06	0.08	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.16	1.98	2.08	1.12	0.98	0.56	1.13	0.98
POULTRY (Not Incl. Deli and Mixed Dishes)	0.80	0.69	4.08	3.14	0.04	0.10	0.01	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.66	0.07	0.44	0.15	0.92	1.57	0.56	0.44
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.41	0.00	0.01	0.16	0.82	1.11	0.21	0.04
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.26	0.00	0.17	0.23	0.59	0.11	0.04	0.53
SUGAR-SWEETENED AND DIET BEVERAGES	0.16	0.03	0.06	0.16	0.15	0.22	0.25	0.01
HIGHER FAT MILK/YOGURT	0.04	0.05	0.07	0.05	0.04	0.00	0.03	0.04
STARCHY VEGETABLES	0.04	0.02	0.16	0.03	0.08	0.00	0.00	0.00
COFFEE AND TEA	0.01	0.00	0.00	0.00	0.00	0.05	0.00	0.00
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.03	0.00	0.00	0.00
100 FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.00
LOW-FAT MILK/YOGURT	0.01	0.00	0.00	0.00	0.00	0.10	0.00	0.00
WATERS	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.05
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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NUTS, SEEDS, AND SOY	0.00	0.05	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.69	99.47	99.94	99.84	99.22	99.77	99.88	99.93

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES

Table 4. 3: Males - Distribution of total whole grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
GRAINS	53.13	52.51	49.29	50.11	50.62	51.89	55.22	64.33
MIXED DISHES	24.48	24.79	27.54	29.71	26.57	21.83	22.78	20.91
SNACKS AND SWEETS	19.18	21.68	17.99	15.52	19.89	23.57	20.94	14.10
PROTEIN FOODS	1.58	0.26	4.70	4.05	1.05	2.54	0.24	0.42
VEGETABLES	0.45	0.05	0.30	0.30	1.10	0.00	0.44	0.00

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BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.11	0.00	0.03	0.16	0.05	0.11	0.26	0.01
DAIRY	0.05	0.00	0.06	0.10	0.00	0.00	0.05	0.09
FRUITS+FRUIT JUICE	0.02	0.00	0.00	0.00	0.07	0.00	0.00	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
GRAINS	53.13	52.51	49.29	50.11	50.62	51.89	55.22	64.33

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 4: Males - Distribution of total whole grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BREAKFAST CEREALS AND BARS	35.46	37.81	40.29	36.94	34.55	30.88	32.07	42.97
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	21.27	20.70	21.24	21.75	23.87	20.31	21.04	19.82
CHIPS, CRACKERS, AND SAVORY SNACKS	15.31	14.39	15.41	14.39	17.59	17.96	15.90	8.48
YEAST BREADS AND TORTILLAS	13.52	10.06	5.84	10.31	12.15	15.15	18.11	18.47

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DESSERTS AND SWEET SNACKS	3.87	7.29	2.58	1.14	2.30	5.62	5.03	5.62
RICE AND PASTA	2.88	2.18	0.88	1.79	2.76	5.34	3.73	2.59
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.82	2.38	1.11	3.43	1.95	1.40	1.67	0.92
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.27	2.46	2.27	1.06	1.16	0.52	1.32	0.30
PIZZA	1.19	1.71	4.89	4.53	0.19	0.06	0.07	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.91	0.15	4.37	3.80	0.00	0.15	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.68	0.11	0.33	0.25	1.05	2.38	0.23	0.41
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.40	0.00	0.01	0.27	1.01	0.00	0.44	0.00
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.20	0.00	0.30	0.00	0.56	0.06	0.01	0.16
SUGAR-SWEETENED AND DIET BEVERAGES	0.10	0.00	0.03	0.16	0.05	0.00	0.26	0.01
STARCHY VEGETABLES	0.06	0.05	0.29	0.03	0.09	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.05	0.00	0.06	0.10	0.00	0.00	0.05	0.09
FRUIT (Non-Juice)	0.02	0.00	0.00	0.00	0.07	0.00	0.00	0.00
COFFEE AND TEA	0.01	0.00	0.00	0.00	0.00	0.11	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100 FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.99	99.28	99.91	99.94	99.35	99.94	99.94	99.86

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES

Table 4. 5: Females - Distribution of total whole grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
GRAINS	56.27	57.77	53.62	50.93	52.39	56.49	58.77	64.53
SNACKS AND SWEETS	21.18	21.03	22.15	18.69	23.64	23.34	21.02	17.74
MIXED DISHES	19.58	19.38	19.75	27.38	21.18	16.25	18.87	17.09
PROTEIN FOODS	1.29	1.33	4.28	2.49	0.84	0.94	0.86	0.45

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VEGETABLES	0.42	0.00	0.00	0.07	0.70	2.03	0.01	0.08
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.21	0.06	0.10	0.16	0.25	0.40	0.24	0.09
DAIRY	0.06	0.09	0.08	0.00	0.09	0.19	0.01	0.01
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.04	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.02	99.64	99.97	99.72	99.09	99.63	99.83	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 6: Females - Distribution of total whole grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BREAKFAST CEREALS AND BARS	36.68	46.07	40.66	41.40	31.18	36.82	35.40	38.21
CHIPS, CRACKERS, AND SAVORY SNACKS	16.59	13.54	18.04	16.12	18.95	19.94	16.77	10.76
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	16.30	14.36	13.92	18.66	17.81	14.88	17.26	15.06

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YEAST BREADS AND TORTILLAS	15.26	8.03	9.58	6.55	14.30	16.49	19.18	22.85
DESSERTS AND SWEET SNACKS	4.59	7.49	4.10	2.57	4.68	3.40	4.24	6.99
RICE AND PASTA	3.26	2.12	1.53	1.80	6.14	2.60	3.22	1.94
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.86	2.68	2.05	2.30	2.66	1.16	1.45	1.19
PIZZA	1.11	2.34	3.78	5.95	0.09	0.05	0.09	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.07	1.55	1.86	1.19	0.78	0.58	0.97	1.53
POULTRY (Not Incl. Deli and Mixed Dishes)	0.66	1.18	3.72	2.44	0.07	0.05	0.02	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.62	0.04	0.56	0.05	0.77	0.89	0.84	0.45
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.40	0.00	0.00	0.05	0.63	2.03	0.01	0.08
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.32	0.00	0.00	0.47	0.62	0.14	0.07	0.84
SUGAR-SWEETENED AND DIET BEVERAGES	0.20	0.06	0.10	0.16	0.25	0.40	0.24	0.00
HIGHER FAT MILK/YOGURT	0.04	0.09	0.08	0.00	0.09	0.00	0.01	0.01
LOW-FAT MILK/YOGURT	0.02	0.00	0.00	0.00	0.00	0.19	0.00	0.00
STARCHY VEGETABLES	0.02	0.00	0.00	0.02	0.07	0.00	0.00	0.00
100 FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.03	0.00
NUTS, SEEDS, AND SOY	0.01	0.10	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.09
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.02	99.64	99.97	99.72	99.09	99.63	99.83	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 4. 1: Males and Females - Distribution of total whole grains intake (percentages) across major categories

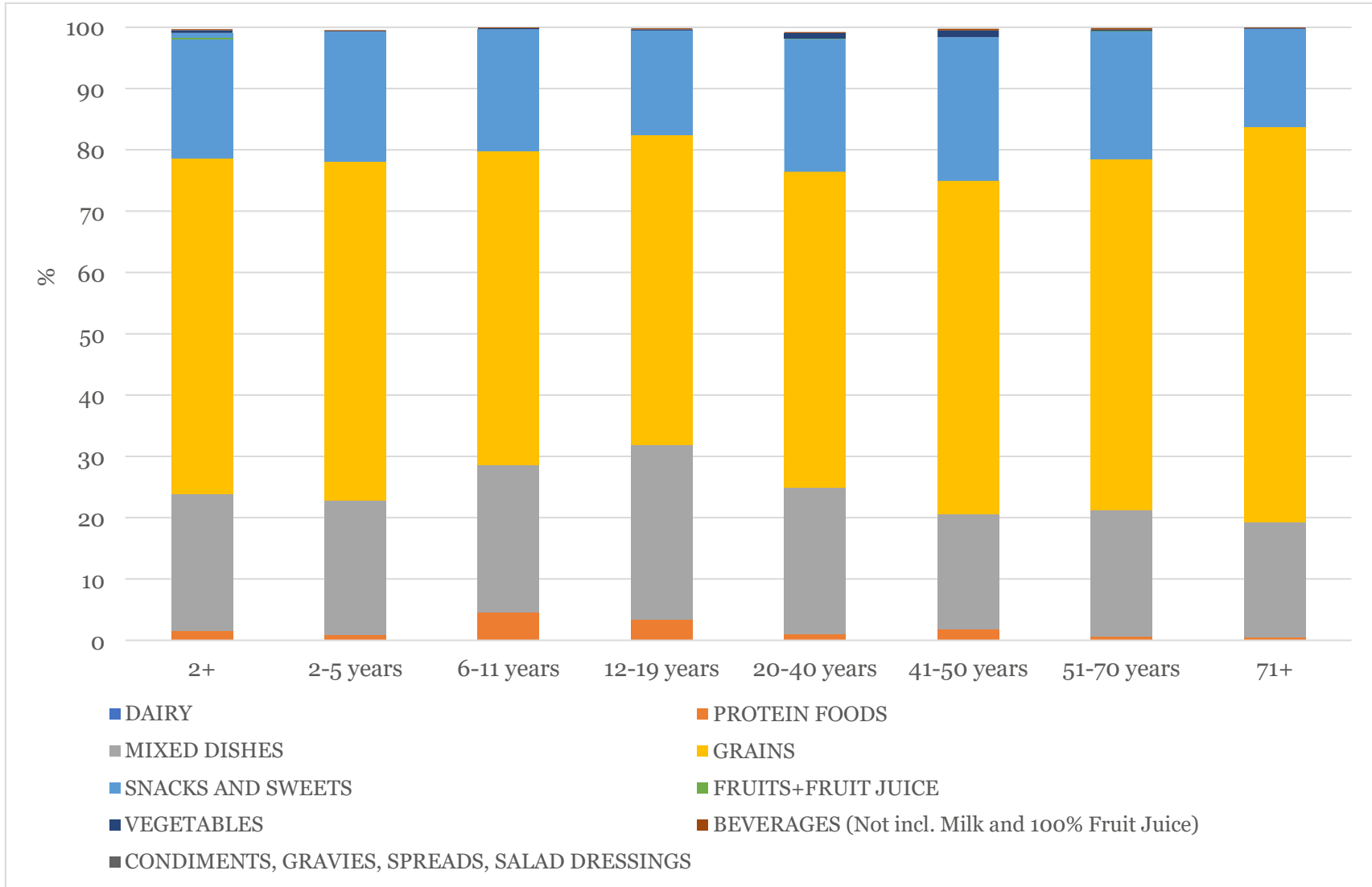


Figure 4. 2: Males and Females - Distribution of total whole grains intake (percentages) across top 10 sub-categories

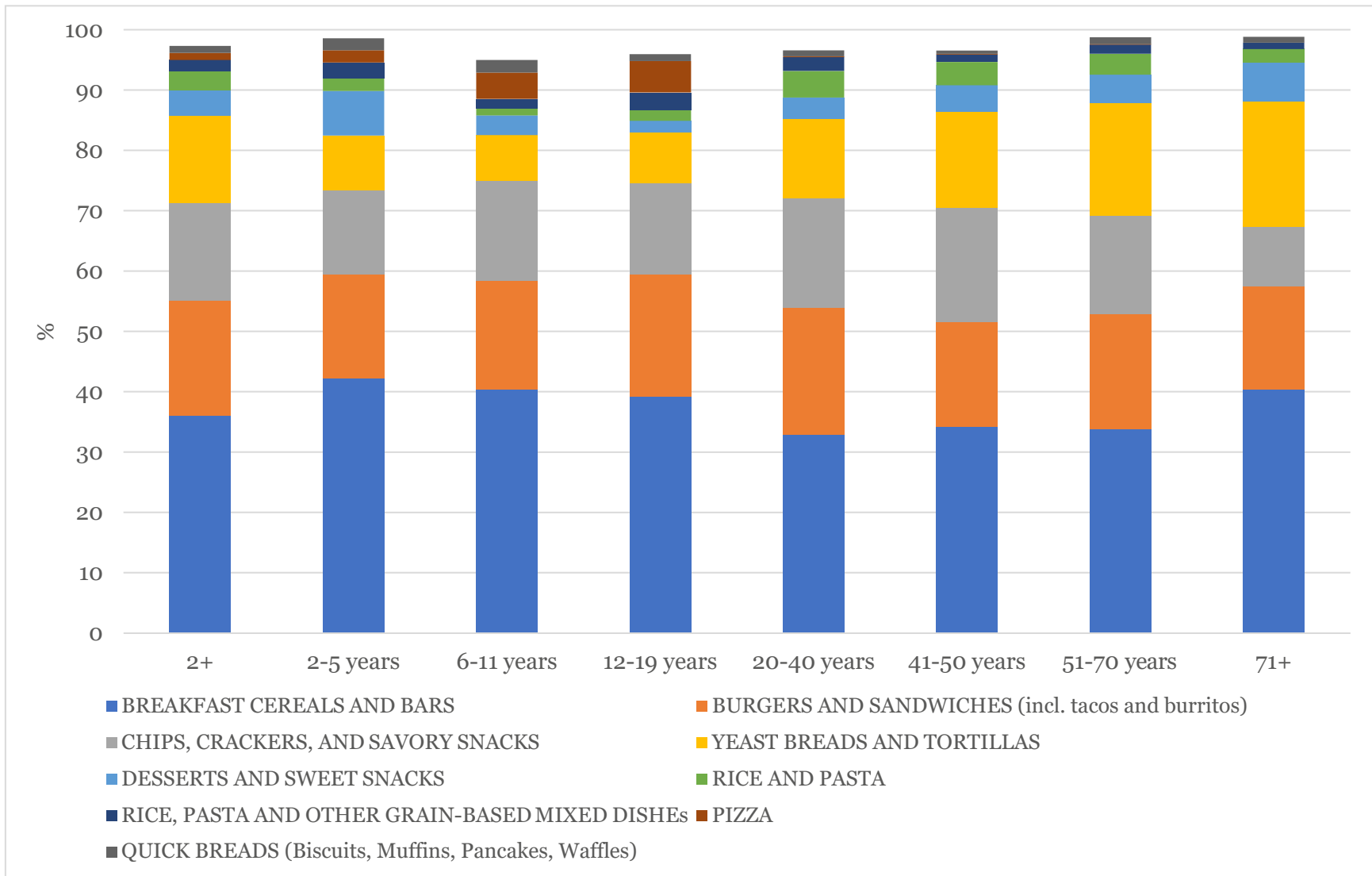


Figure 4. 3: Males - Distribution of total whole grains intake (percentages) across major categories

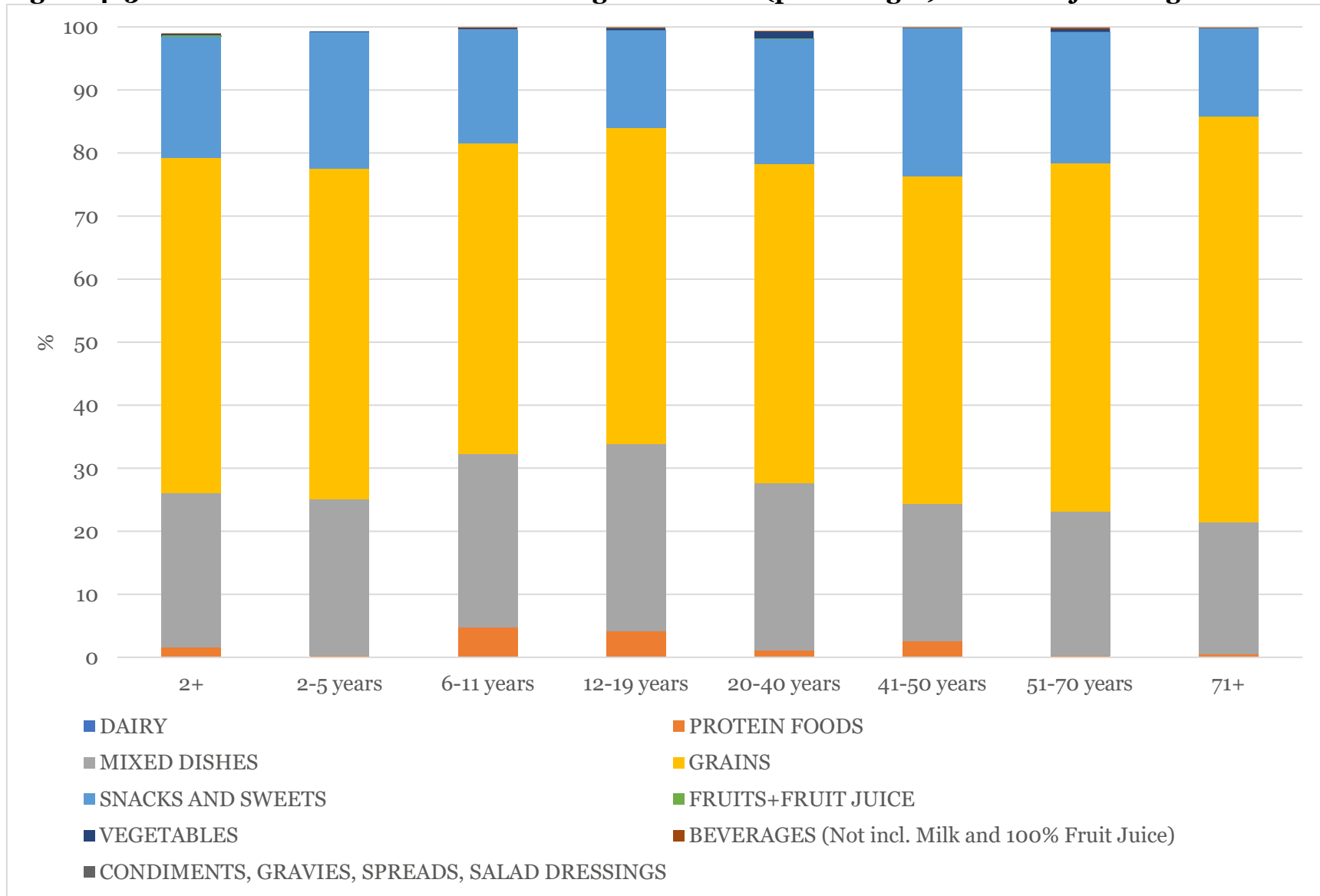


Figure 4. 4: Males - Distribution of total whole grains intake (percentages) across top 10 sub-categories

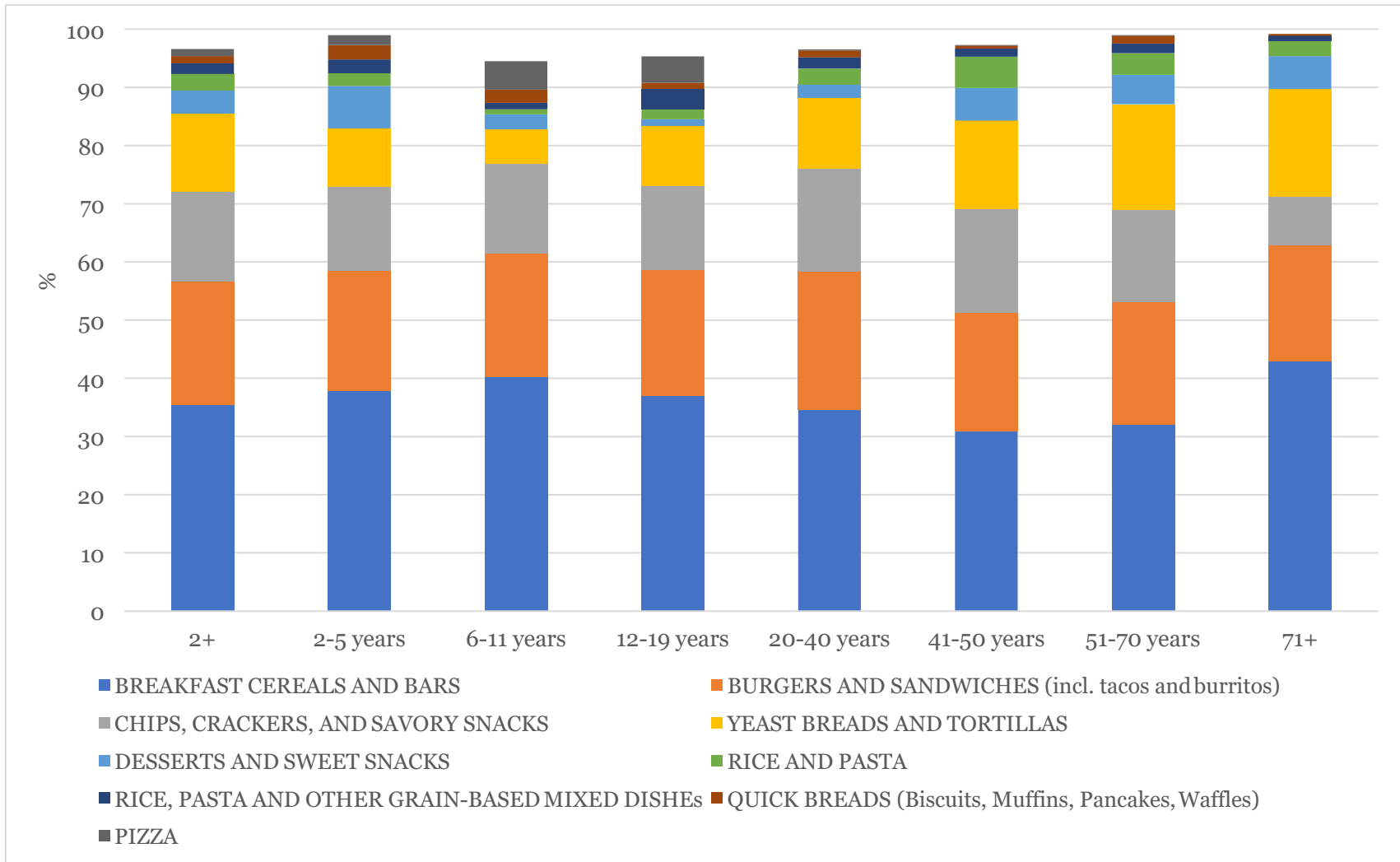


Figure 4. 5: Females - Distribution of total whole grains intake (percentages) across major categories

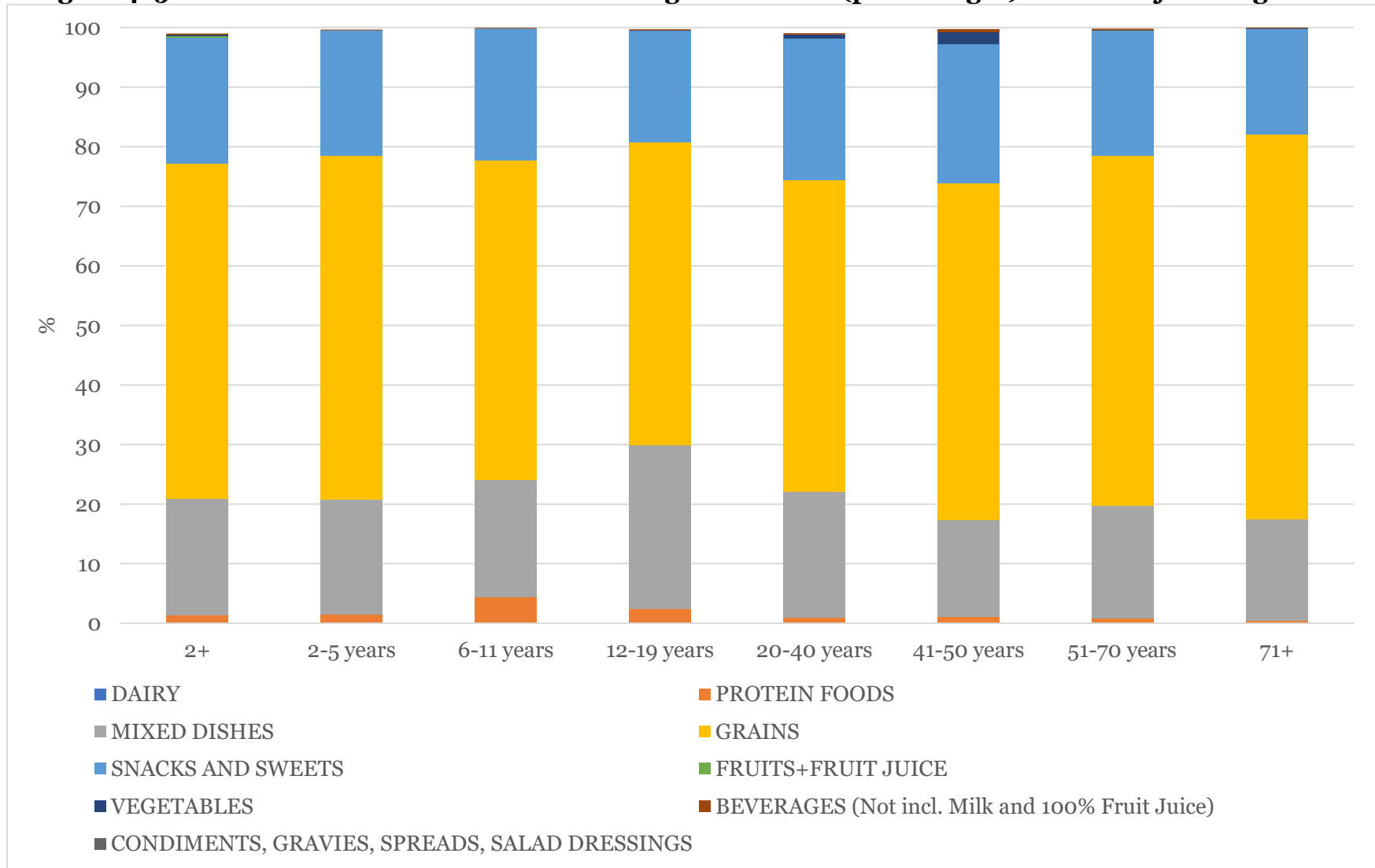
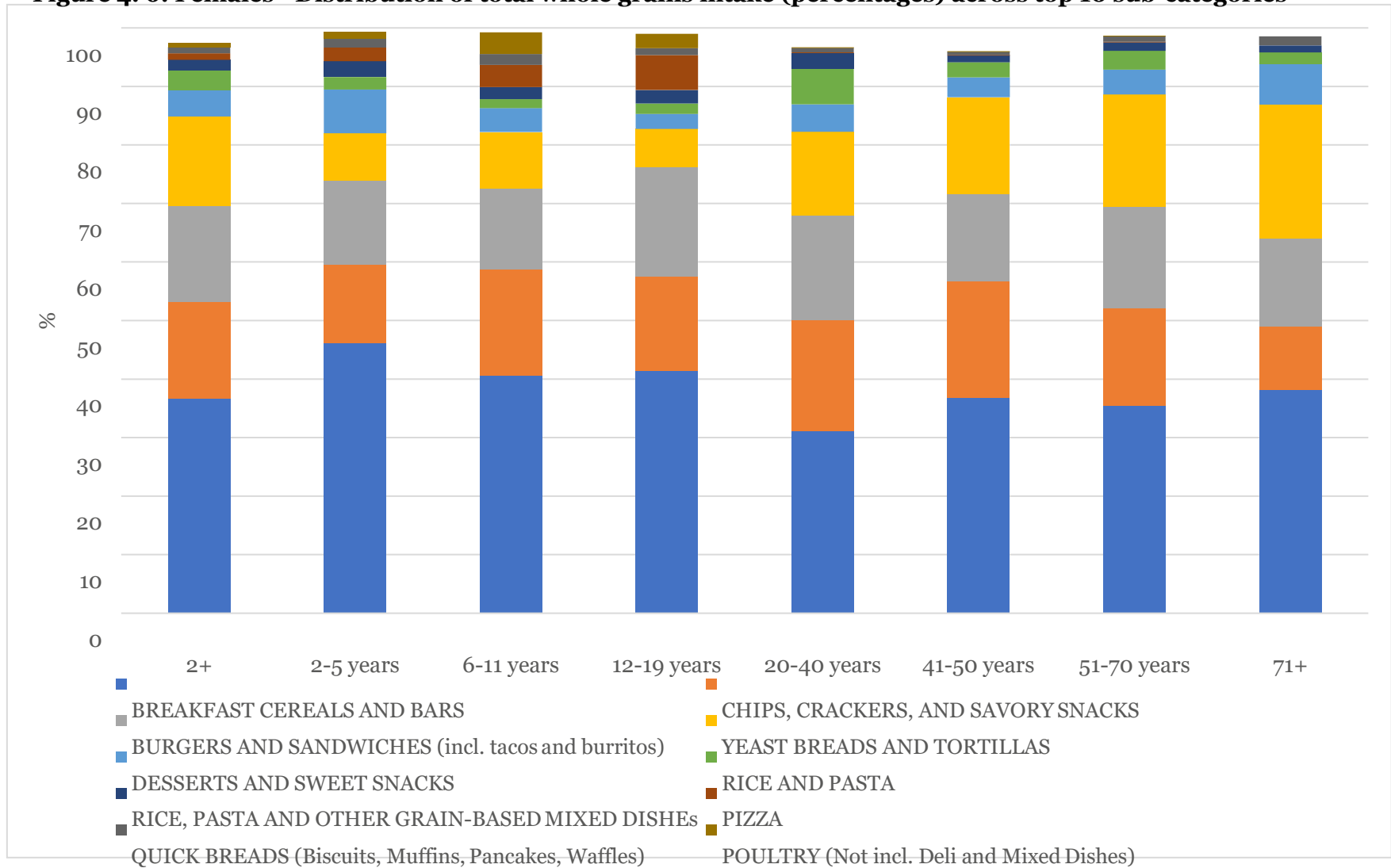


Figure 4. 6: Females - Distribution of total whole grains intake (percentages) across top 10 sub-categories



Percent of total refined grains intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total refined grains from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 5. 1: Males and Females- Distribution of total refined grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	48.48	41.50	46.93	51.35	54.19	48.68	45.22	41.19
GRAINS	25.13	24.18	23.98	22.88	22.09	26.08	27.72	30.46
SNACKS AND SWEETS	19.67	26.78	23.31	18.92	17.13	18.21	20.18	21.93
PROTEIN FOODS	4.26	5.75	4.62	4.82	4.29	5.05	3.59	3.04
VEGETABLES	1.12	0.43	0.25	0.82	1.20	1.02	1.63	1.06
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.24	0.13	0.14	0.29	0.24	0.17	0.25	0.34
DAIRY	0.21	0.06	0.34	0.53	0.29	0.09	0.12	0.01
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.08	0.05	0.05	0.07	0.14	0.12	0.03	0.04
FRUITS+FRUIT JUICE	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.01
TOTAL*	99.19	98.88	99.65	99.69	99.57	99.43	98.74	98.08

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 5. 2: Males and Females - Distribution of total refined grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	25.06	17.70	21.29	25.32	28.24	26.24	24.16	23.01
YEAST BREADS AND TORTILLAS	12.02	7.70	9.57	8.55	10.60	13.37	14.47	16.45
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	11.97	12.69	11.82	11.42	13.34	12.39	11.29	9.21
DESSERTS AND SWEET SNACKS	11.13	13.11	11.67	9.96	8.89	10.40	12.07	16.49
CHIPS, CRACKERS, AND SAVORY SNACKS	8.44	13.62	11.49	8.88	8.06	7.75	8.05	5.39
PIZZA	6.93	7.45	10.13	10.86	8.31	6.00	4.43	3.16
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.87	7.18	6.92	5.45	3.42	4.53	5.23	5.16
RICE AND PASTA	4.43	3.74	3.57	3.84	5.20	4.99	4.17	3.76
BREAKFAST CEREALS AND BARS	3.81	5.56	3.92	5.04	2.87	3.19	3.85	5.09
POULTRY (Not Incl. Deli and Mixed Dishes)	2.90	4.75	3.88	4.15	3.08	2.86	2.02	1.52
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.86	1.38	1.92	2.17	2.76	2.84	3.52	3.88
SOUPS	1.66	2.28	1.78	1.59	1.54	1.21	1.82	1.93
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.96	0.31	0.17	0.71	0.99	0.81	1.54	0.88
SEAFOOD (Not Incl. Mixed Dishes)	0.91	0.57	0.41	0.46	0.77	1.54	1.06	1.18
MEATS (Not Incl. Deli and Mixed Dishes)	0.33	0.28	0.27	0.20	0.29	0.51	0.37	0.28
CONDIMENTS AND GRAVIES	0.24	0.13	0.14	0.29	0.24	0.17	0.25	0.34
CHEESE	0.20	0.06	0.34	0.53	0.28	0.06	0.09	0.01
STARCHY VEGETABLES	0.15	0.13	0.08	0.11	0.21	0.21	0.09	0.18

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CANDY AND SUGARS	0.10	0.05	0.15	0.08	0.18	0.05	0.05	0.05
SUGAR-SWEETENED AND DIET BEVERAGES	0.08	0.05	0.05	0.07	0.14	0.12	0.03	0.04
NUTS, SEEDS, AND SOY	0.08	0.13	0.06	0.02	0.08	0.14	0.07	0.05
EGGS	0.04	0.01	0.00	0.00	0.07	0.01	0.07	0.01
HIGHER FAT MILK/YOGURT	0.01	0.00	0.00	0.00	0.01	0.00	0.03	0.00
LOW-FAT MILK/YOGURT	0.01	0.00	0.00	0.00	0.01	0.02	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.02
FRUIT (Non-Juice)	0.00	0.00	0.02	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.19	98.88	99.65	99.69	99.57	99.43	98.74	98.08

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 5. 3: Males - Distribution of total refined grains intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	50.65	41.54	49.42	53.43	57.84	50.61	46.63	43.82
GRAINS	24.68	25.06	22.34	21.65	21.05	26.66	28.65	30.28
SNACKS AND SWEETS	17.93	27.21	22.37	18.47	14.64	15.90	18.65	19.12
PROTEIN FOODS	4.29	5.02	4.94	4.92	4.52	5.28	3.30	3.01
VEGETABLES	0.98	0.36	0.17	0.71	1.07	1.03	1.37	1.11
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.18	0.05	0.13	0.18	0.16	0.12	0.26	0.18
DAIRY	0.14	0.09	0.27	0.30	0.21	0.07	0.03	0.01
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.08	0.04	0.04	0.02	0.11	0.18	0.01	0.01
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
TOTAL*	98.92	99.36	99.68	99.69	99.60	99.85	98.92	97.55

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 5. 4: Males - Distribution of total refined grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	27.05	19.16	21.96	27.36	31.32	28.75	26.29	24.92
YEAST BREADS AND TORTILLAS	11.96	7.89	8.30	7.89	9.97	14.33	15.59	17.57
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	11.89	11.91	11.67	10.51	13.38	13.31	10.55	9.99
DESSERTS AND SWEET SNACKS	10.34	13.06	11.36	10.29	7.78	9.87	11.47	15.13
CHIPS, CRACKERS, AND SAVORY SNACKS	7.48	14.11	10.77	8.11	6.69	5.99	7.14	3.92
PIZZA	7.36	8.19	11.45	11.36	9.04	5.17	4.90	2.20
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.74	8.13	6.92	5.23	3.18	3.87	5.45	4.91
RICE AND PASTA	4.34	3.86	3.22	3.37	5.13	5.25	4.15	3.07
BREAKFAST CEREALS AND BARS	3.63	5.18	3.90	5.16	2.77	3.22	3.47	4.74
POULTRY (Not Incl. Deli and Mixed Dishes)	2.98	4.20	4.21	4.22	3.28	2.63	1.99	1.57
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.81	0.92	2.26	2.70	2.80	2.12	3.26	4.49
SOUPS	1.54	1.36	2.08	1.49	1.30	1.25	1.63	2.21
SEAFOOD (Not Incl. Mixed Dishes)	0.87	0.64	0.33	0.43	0.77	1.83	0.85	1.20
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.81	0.32	0.07	0.59	0.78	0.90	1.28	0.89
MEATS (Not Incl. Deli and Mixed Dishes)	0.35	0.16	0.39	0.24	0.35	0.53	0.42	0.11
CONDIMENTS AND GRAVIES	0.18	0.05	0.13	0.18	0.16	0.12	0.26	0.18
STARCHY VEGETABLES	0.17	0.04	0.10	0.12	0.29	0.13	0.10	0.22
CHEESE	0.13	0.09	0.27	0.30	0.20	0.05	0.03	0.00
CANDY AND SUGARS	0.10	0.03	0.24	0.07	0.16	0.04	0.04	0.07
NUTS, SEEDS, AND SOY	0.08	0.01	0.00	0.03	0.10	0.28	0.02	0.10

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SUGAR-SWEETENED AND DIET BEVERAGES	0.08	0.04	0.04	0.02	0.11	0.18	0.01	0.01
EGGS	0.01	0.01	0.01	0.00	0.02	0.02	0.01	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.01	0.01	0.00	0.01
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.01	0.00	0.01
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.92	99.36	99.68	99.69	99.60	99.85	98.92	97.55

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES

Table 5. 5: Females - Distribution of total refined grains intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	45.62	41.47	44.10	49.28	49.98	46.94	43.91	39.09
GRAINS	25.47	23.36	25.85	24.11	23.29	25.56	26.86	30.60
SNACKS AND SWEETS	21.50	26.38	24.39	19.36	19.99	20.28	21.59	24.17
PROTEIN FOODS	4.22	6.42	4.27	4.71	4.02	4.84	3.87	3.07
VEGETABLES	1.22	0.51	0.34	0.93	1.36	1.01	1.87	1.02
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.29	0.20	0.16	0.40	0.34	0.23	0.24	0.47
DAIRY	0.29	0.03	0.41	0.77	0.39	0.11	0.19	0.01
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.09	0.06	0.06	0.11	0.17	0.07	0.05	0.05
FRUITS+FRUIT JUICE	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.70	98.44	99.61	99.68	99.54	99.05	98.58	98.49

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 5. 6: Females - Distribution of total refined grains intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	22.48	16.35	20.53	23.27	24.70	23.98	22.20	21.50
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	12.05	13.42	11.98	12.32	13.28	11.57	11.97	8.59
YEAST BREADS AND TORTILLAS	11.98	7.51	11.02	9.21	11.33	12.50	13.44	15.56
DESSERTS AND SWEET SNACKS	11.88	13.15	12.04	9.62	10.16	10.89	12.63	17.57
CHIPS, CRACKERS, AND SAVORY SNACKS	9.53	13.17	12.31	9.65	9.64	9.33	8.89	6.56
PIZZA	6.41	6.76	8.62	10.37	7.47	6.75	3.99	3.92
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.97	6.31	6.92	5.67	3.69	5.13	5.04	5.37
RICE AND PASTA	4.54	3.63	3.96	4.30	5.27	4.76	4.19	4.30
BREAKFAST CEREALS AND BARS	3.98	5.91	3.95	4.92	3.00	3.17	4.20	5.37
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.89	1.81	1.54	1.64	2.72	3.49	3.75	3.39
POULTRY (Not Incl. Deli and Mixed Dishes)	2.86	5.27	3.51	4.07	2.85	3.07	2.04	1.47
SOUPS	1.79	3.12	1.43	1.68	1.81	1.16	2.00	1.70
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.09	0.30	0.28	0.83	1.24	0.73	1.78	0.87
SEAFOOD (Not Incl. Mixed Dishes)	0.92	0.51	0.50	0.48	0.76	1.27	1.25	1.16
MEATS (Not Incl. Deli and Mixed Dishes)	0.30	0.40	0.14	0.16	0.22	0.49	0.33	0.41
CONDIMENTS AND GRAVIES	0.29	0.20	0.16	0.40	0.34	0.23	0.24	0.47
CHEESE	0.26	0.03	0.41	0.76	0.37	0.08	0.14	0.01
STARCHY VEGETABLES	0.13	0.21	0.06	0.10	0.11	0.28	0.09	0.15
CANDY AND SUGARS	0.10	0.06	0.05	0.09	0.20	0.06	0.07	0.04

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SUGAR-SWEETENED AND DIET BEVERAGES	0.09	0.06	0.06	0.11	0.17	0.07	0.05	0.05
NUTS, SEEDS, AND SOY	0.07	0.25	0.12	0.01	0.06	0.00	0.12	0.00
EGGS	0.07	0.00	0.00	0.00	0.13	0.00	0.12	0.02
HIGHER FAT MILK/YOGURT	0.02	0.01	0.00	0.00	0.00	0.00	0.06	0.00
LOW-FAT MILK/YOGURT	0.01	0.00	0.00	0.00	0.02	0.03	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01
FRUIT (Non-Juice)	0.00	0.00	0.04	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.70	98.44	99.61	99.68	99.54	99.05	98.58	98.49

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 5. 1: Males and Females - Distribution of total refined grains intake (percentages) across major categories

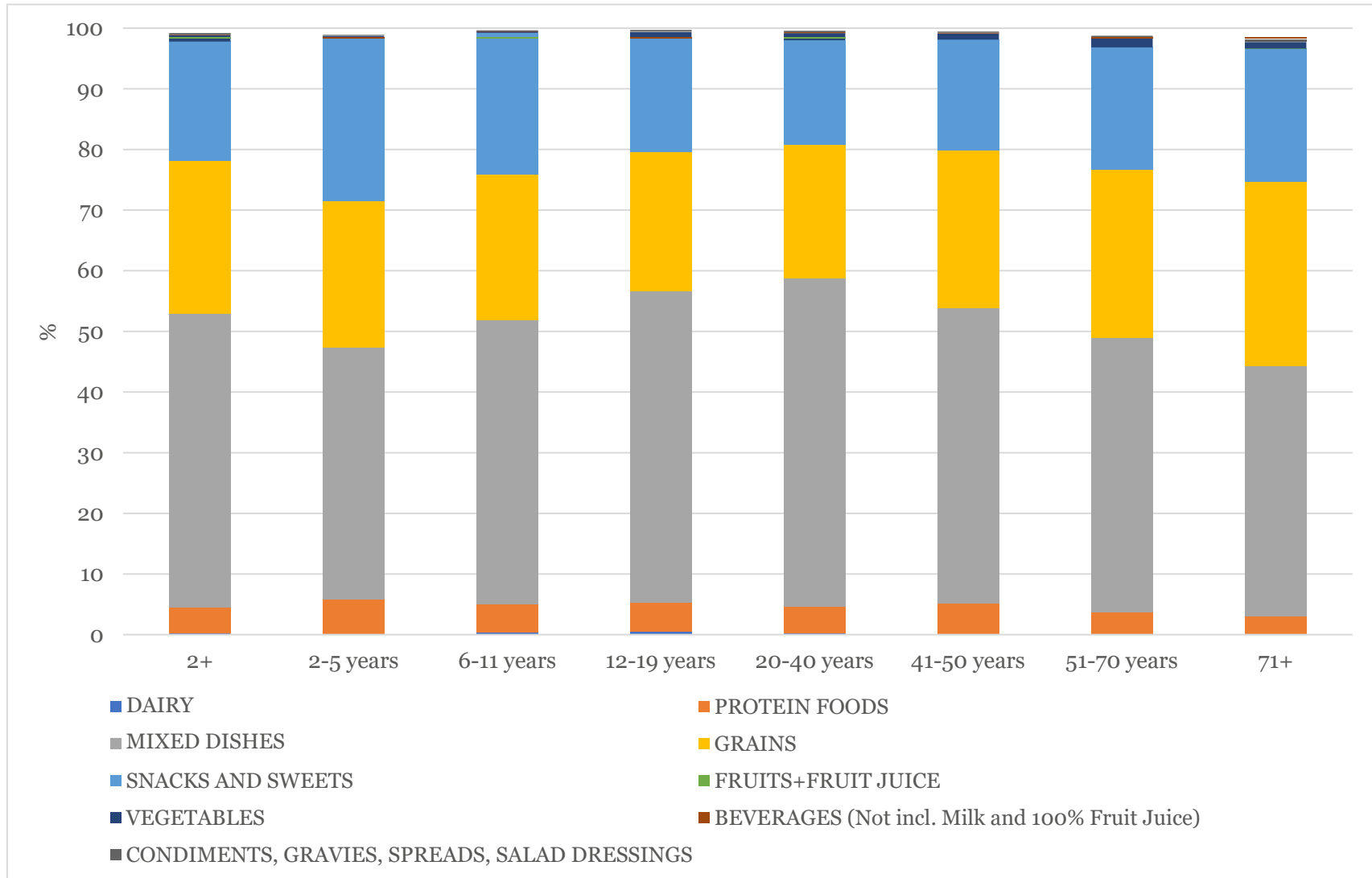


Figure 5. 2: Males and Females - Distribution of total refined grains intake (percentages) across top 10 sub-categories

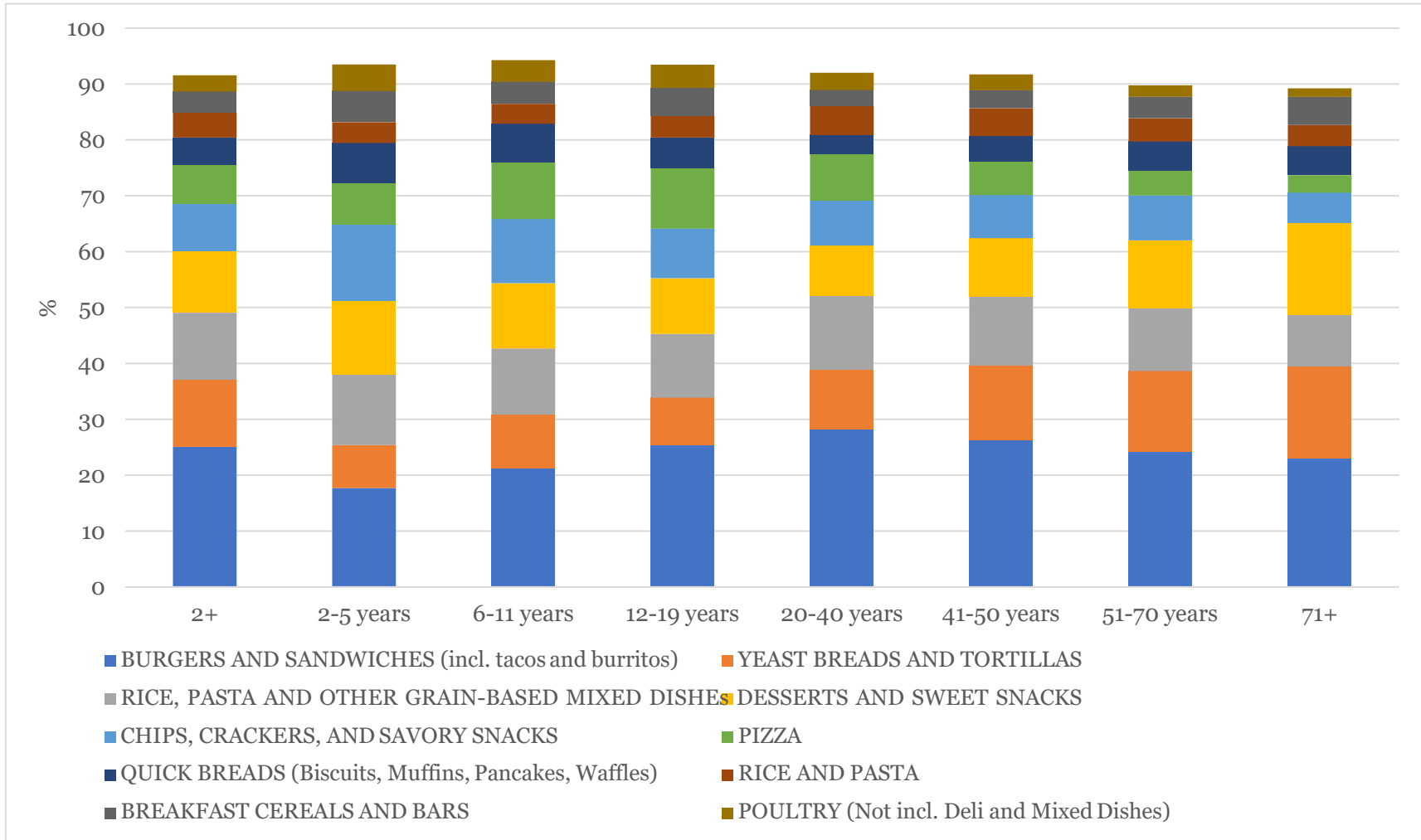


Figure 5. 3: Males - Distribution of total refined grains intake (percentages) across major categories

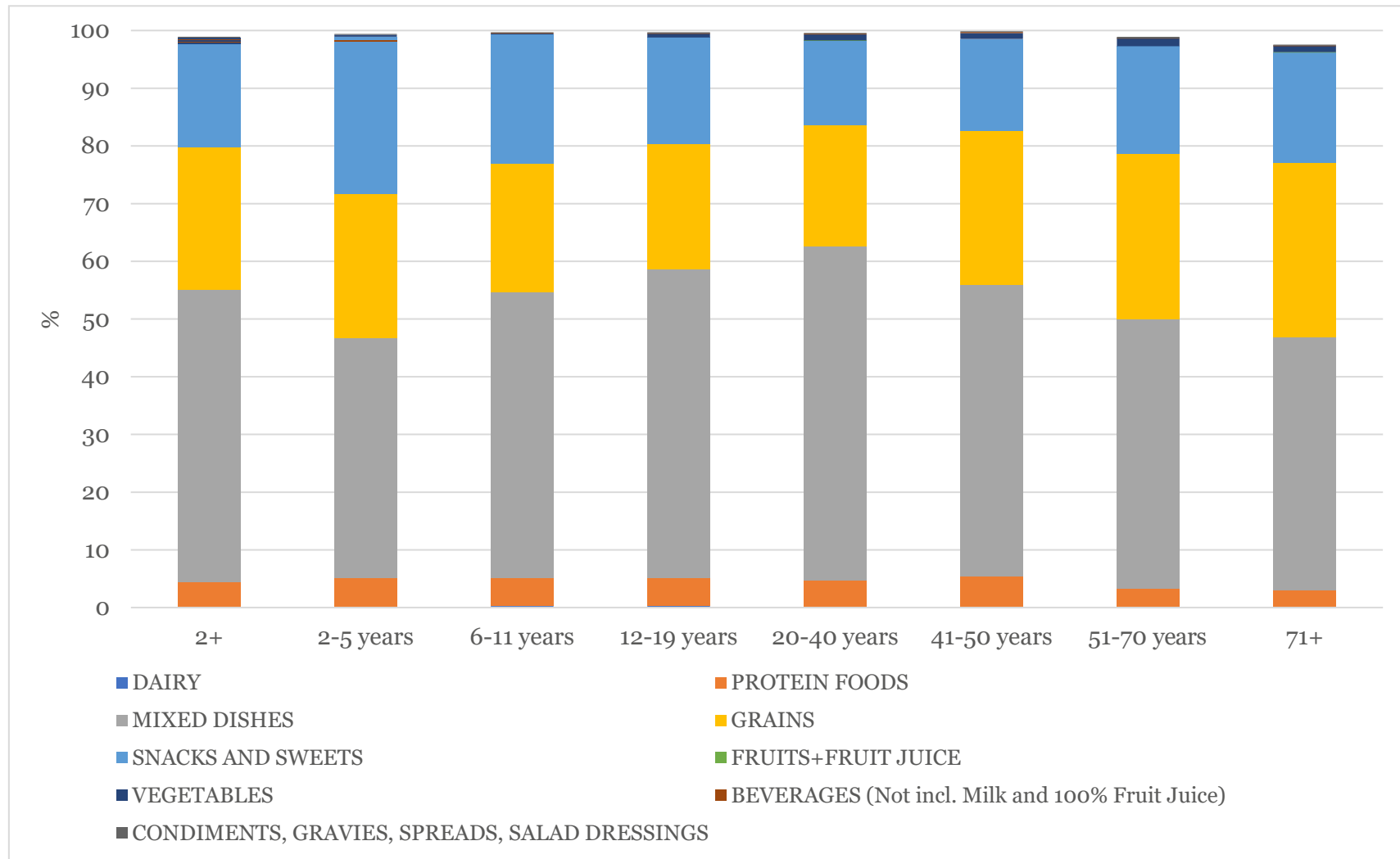


Figure 5. 4: Males - Distribution of total refined grains intake (percentages) across top 10 sub-categories

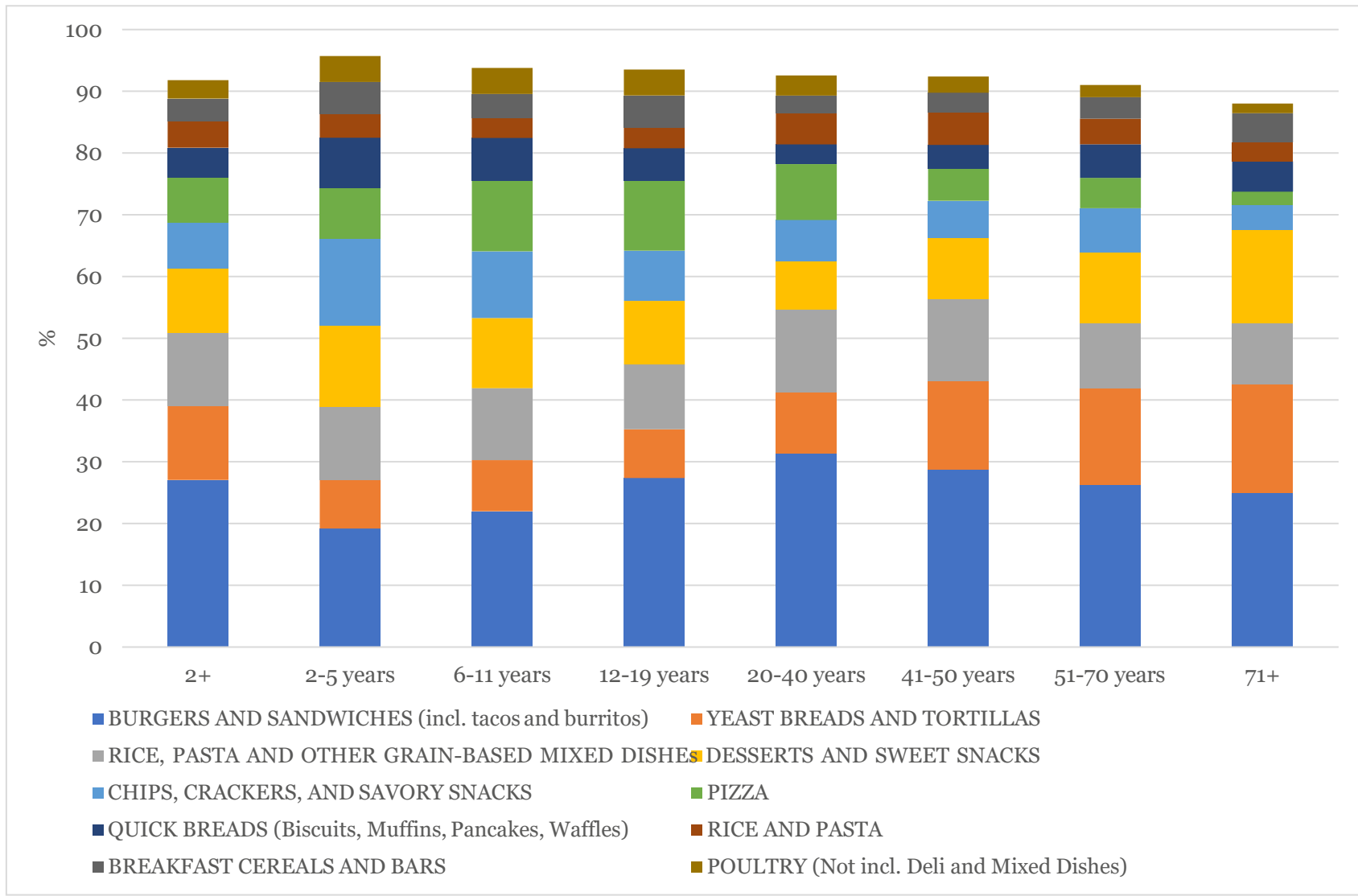


Figure 5. 5: Females - Distribution of total refined grains intake (percentages) across major categories

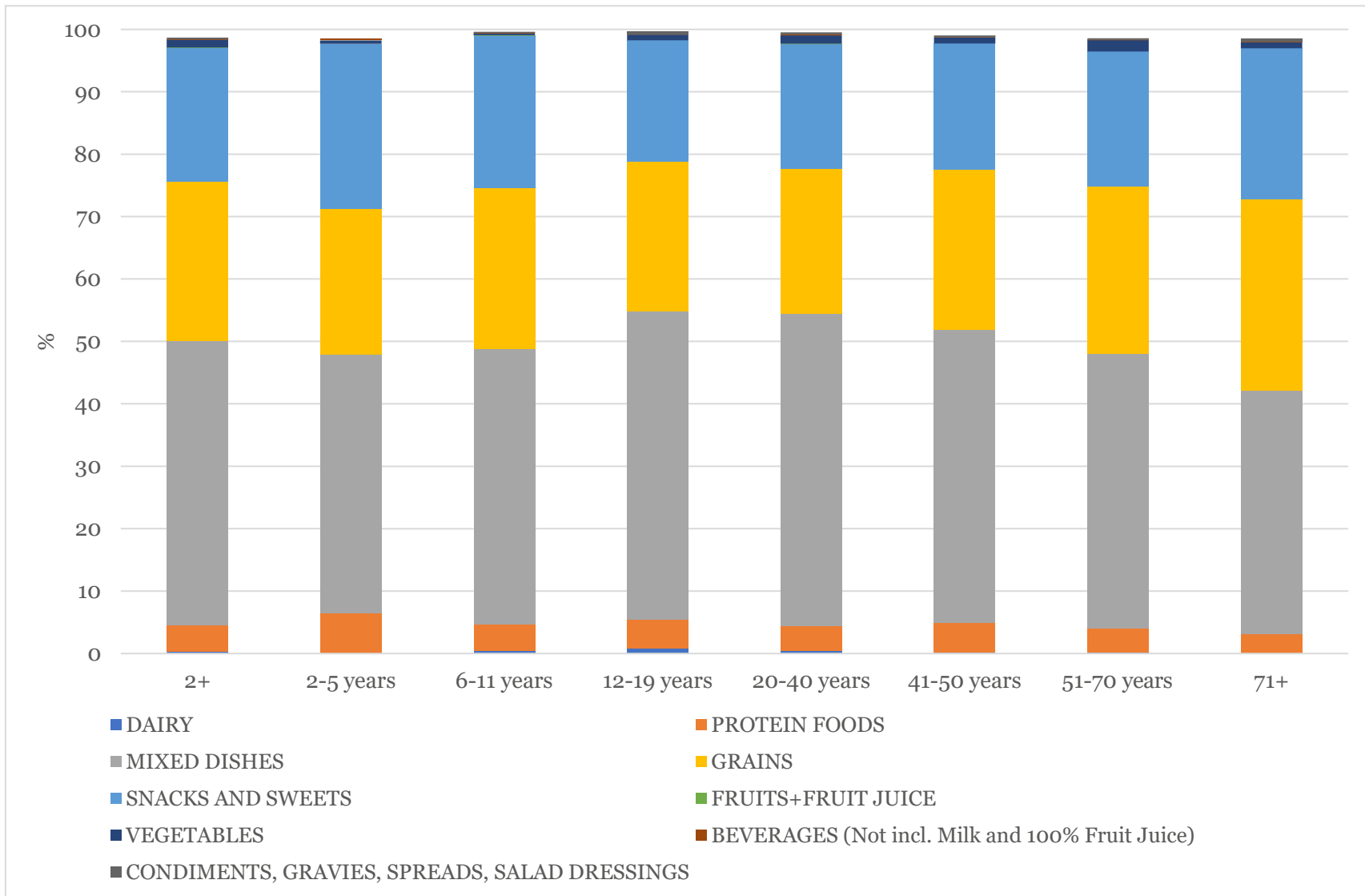
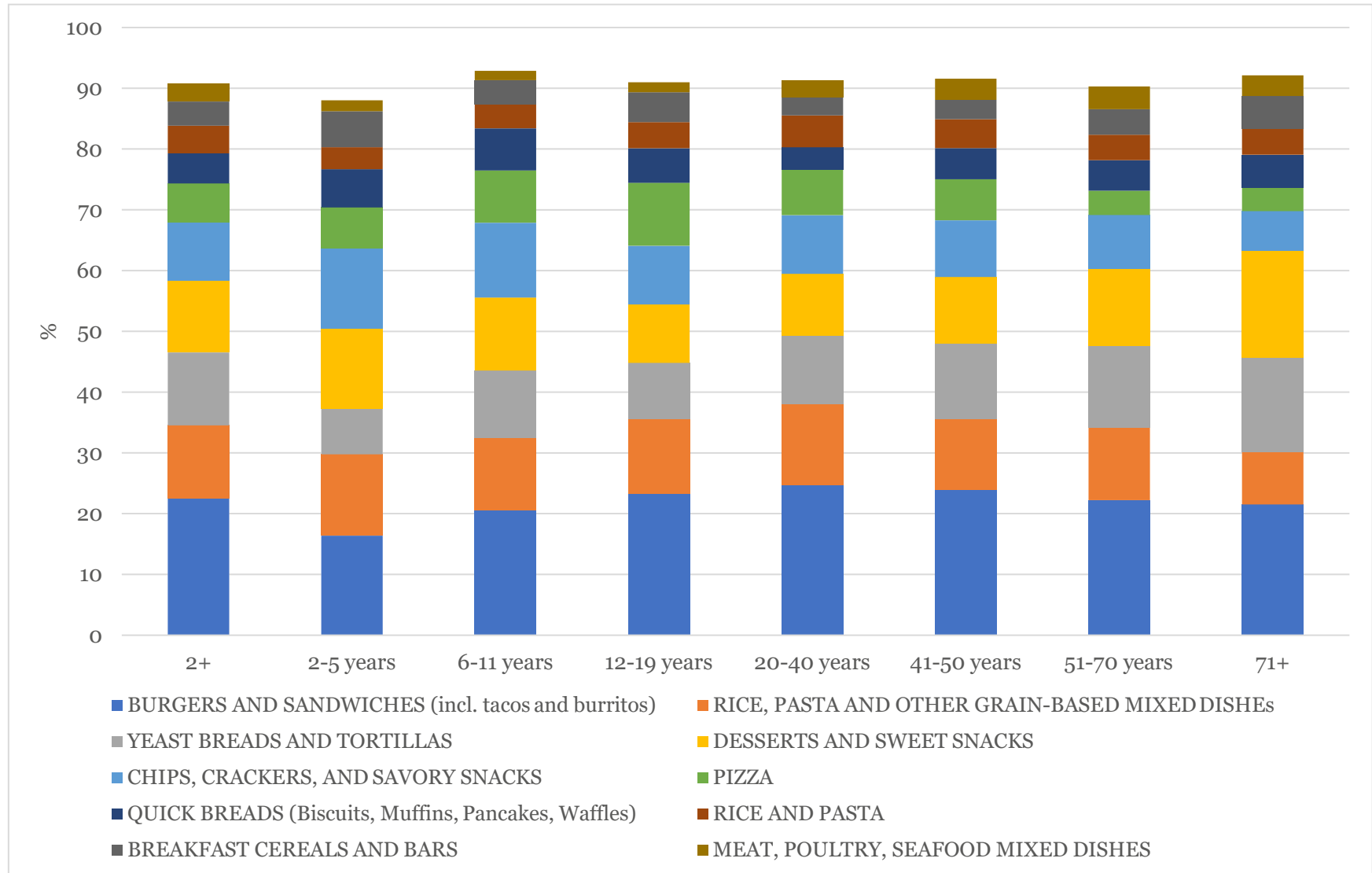


Figure 5. 6: Females - Distribution of total refined grains intake (percentages) across top 10 sub-categories



Percent of total protein foods intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total protein foods from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 6. 1: Males and Females- Distribution of total protein intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	47.79	41.27	50.79	54.62	49.28	46.95	45.00	44.89
PROTEIN FOODS	42.62	50.49	39.88	35.38	40.98	43.22	45.42	45.81
SNACKS AND SWEETS	3.48	3.96	4.14	4.36	3.21	2.74	3.31	3.93
VEGETABLES	2.93	0.38	1.32	2.01	3.28	3.65	3.55	2.98
GRAINS	2.21	2.89	3.50	3.10	2.08	2.11	1.71	1.49
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.53	0.36	0.08	0.10	0.76	0.73	0.54	0.57
DAIRY	0.21	0.33	0.12	0.18	0.15	0.31	0.25	0.23

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CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.17	0.30	0.12	0.20	0.18	0.23	0.15	0.04
FRUITS+FRUIT JUICE	0.05	0.03	0.01	0.00	0.05	0.07	0.06	0.07
TOTAL*	99.99	99.99	99.98	99.96	99.98	100.00	99.99	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 6. 2: Males and Females - Distribution of total protein intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	28.60	26.10	31.70	33.81	30.44	27.00	25.62	25.90
POULTRY (Not Incl. Deli and Mixed Dishes)	13.26	19.83	16.77	14.95	14.07	11.76	11.36	9.43
MEAT, POULTRY, SEAFOOD MIXED DISHES	9.08	4.98	7.31	7.95	8.29	10.07	10.50	11.34
MEATS (Not Incl. Deli and Mixed Dishes)	8.16	5.18	5.85	7.83	8.17	8.73	8.95	9.28
NUTS, SEEDS, AND SOY	6.19	3.21	3.29	2.94	5.09	6.90	9.15	8.38
EGGS	5.84	8.86	4.95	4.03	5.84	5.64	5.85	7.46
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.35	5.65	5.78	6.02	5.74	5.72	4.96	3.28
DELI/CURED PRODUCTS (Meat and Poultry)	4.59	10.59	6.72	3.30	3.32	3.85	4.76	5.44
SEAFOOD (Not Incl. Mixed Dishes)	4.58	2.82	2.30	2.34	4.49	6.35	5.35	5.83

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VEGETABLES (Incl. Beans and Peas, not Starchy)	2.75	0.35	1.06	1.81	3.03	3.59	3.40	2.81
PIZZA	2.70	2.39	4.01	5.21	3.09	2.07	1.46	1.81
SOUPS	2.07	2.14	2.00	1.64	1.72	2.10	2.46	2.57
DESSERTS AND SWEET SNACKS	1.97	2.38	2.76	2.42	1.59	1.60	1.80	2.69
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.06	2.21	2.66	1.74	0.63	0.92	0.71	0.66
BREAKFAST CEREALS AND BARS	1.02	0.42	0.76	1.29	1.33	1.15	0.85	0.62
CANDY AND SUGARS	0.98	0.77	0.96	1.03	1.07	0.77	1.07	0.84
CHIPS, CRACKERS, AND SAVORY SNACKS	0.53	0.81	0.42	0.92	0.55	0.37	0.44	0.40
SUGAR-SWEETENED AND DIET BEVERAGES	0.46	0.36	0.06	0.09	0.68	0.57	0.44	0.55
STARCHY VEGETABLES	0.18	0.03	0.26	0.20	0.25	0.06	0.15	0.18
LOW-FAT MILK/YOGURT	0.18	0.27	0.10	0.17	0.15	0.29	0.14	0.20
CONDIMENTS AND GRAVIES	0.13	0.28	0.11	0.09	0.12	0.22	0.13	0.03
RICE AND PASTA	0.07	0.07	0.06	0.07	0.12	0.02	0.05	0.04
YEAST BREADS AND TORTILLAS	0.06	0.20	0.02	0.01	0.01	0.03	0.09	0.18
COFFEE AND TEA	0.05	0.00	0.02	0.00	0.03	0.13	0.09	0.01
SALAD DRESSINGS	0.04	0.02	0.02	0.11	0.07	0.01	0.02	0.01
FRUIT (Non-Juice)	0.04	0.03	0.01	0.00	0.04	0.07	0.04	0.07
HIGHER FAT MILK/YOGURT	0.02	0.06	0.01	0.01	0.00	0.02	0.06	0.01
WATERS	0.02	0.00	0.00	0.00	0.06	0.02	0.01	0.01
CHEESE	0.01	0.00	0.01	0.01	0.00	0.00	0.04	0.02
100% FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.99	99.99	99.98	99.96	99.98	100.00	99.99	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 6. 3: Males - Distribution of total protein intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	49.71	42.81	54.09	57.00	52.21	48.13	46.95	43.71
PROTEIN FOODS	42.15	48.63	37.23	35.06	40.24	42.72	45.26	48.32
SNACKS AND SWEETS	2.99	3.52	3.96	3.86	2.52	2.67	2.94	3.09
VEGETABLES	2.32	0.37	1.19	1.08	2.45	3.34	2.83	3.09
GRAINS	1.94	3.13	3.25	2.62	1.78	1.97	1.35	0.93
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.39	0.64	0.06	0.10	0.58	0.42	0.29	0.62
DAIRY	0.20	0.52	0.16	0.18	0.08	0.52	0.16	0.12
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.15	0.37	0.07	0.09	0.11	0.23	0.14	0.02
FRUITS+FRUIT JUICE	0.03	0.02	0.01	0.00	0.04	0.02	0.06	0.08
TOTAL*	99.89	100.00	100.00	100.00	100.00	100.00	99.98	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 6. 4: Males - Distribution of total protein intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	30.94	29.19	34.00	35.91	32.92	29.60	28.22	28.46
POULTRY (Not Incl. Deli and Mixed Dishes)	13.61	18.64	16.63	14.79	14.24	12.59	11.64	10.23
MEAT, POULTRY, SEAFOOD MIXED DISHES	8.74	4.65	7.95	9.30	8.23	8.35	9.95	9.80
MEATS (Not Incl. Deli and Mixed Dishes)	8.64	3.80	4.81	8.29	8.95	9.12	10.47	9.37
EGGS	5.66	9.00	4.44	4.42	5.29	4.82	5.37	8.91
NUTS, SEEDS, AND SOY	5.38	2.44	2.73	2.49	4.51	6.43	8.07	8.05
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.32	5.59	5.49	5.01	5.97	6.70	4.65	2.94

DELI/CURED PRODUCTS (Meat and Poultry)	4.73	11.36	6.63	3.03	3.11	3.98	5.04	5.74
SEAFOOD (Not Incl. Mixed Dishes)	4.13	3.39	2.00	2.04	4.15	5.78	4.68	6.02
PIZZA	2.85	2.19	4.54	5.77	3.48	1.54	1.71	0.64
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.13	0.36	1.07	0.93	2.12	3.26	2.64	2.90
SOUPS	1.86	1.20	2.11	1.01	1.61	1.94	2.41	1.87
DESSERTS AND SWEET SNACKS	1.66	2.00	2.29	2.15	1.33	1.44	1.67	1.76
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.04	2.28	2.61	1.78	0.60	0.70	0.63	0.55
CANDY AND SUGARS	0.89	0.78	1.12	0.85	0.94	0.78	0.89	0.89
BREAKFAST CEREALS AND BARS	0.83	0.41	0.59	0.83	1.14	1.24	0.61	0.34
CHIPS, CRACKERS, AND SAVORY SNACKS	0.44	0.75	0.54	0.86	0.25	0.45	0.37	0.44
SUGAR-SWEETENED AND DIET BEVERAGES	0.36	0.64	0.03	0.10	0.57	0.23	0.29	0.62
STARCHY VEGETABLES	0.19	0.01	0.11	0.15	0.32	0.07	0.19	0.19
LOW-FAT MILK/YOGURT	0.17	0.40	0.13	0.17	0.07	0.48	0.07	0.11
CONDIMENTS AND GRAVIES	0.13	0.35	0.05	0.08	0.10	0.22	0.11	0.02
RICE AND PASTA	0.04	0.06	0.01	0.02	0.03	0.01	0.08	0.01
HIGHER FAT MILK/YOGURT	0.04	0.12	0.00	0.00	0.00	0.03	0.10	0.00
YEAST BREADS AND TORTILLAS	0.03	0.38	0.04	0.00	0.00	0.01	0.03	0.03
COFFEE AND TEA	0.03	0.00	0.03	0.00	0.01	0.19	0.00	0.00
FRUIT (Non-Juice)	0.02	0.02	0.01	0.00	0.04	0.02	0.01	0.08
SALAD DRESSINGS	0.02	0.02	0.01	0.01	0.01	0.01	0.03	0.01
100% FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.04	0.00
CHEESE	0.00	0.00	0.02	0.02	0.00	0.00	0.00	0.01
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.89	100.00	100.00	100.00	100.00	100.00	99.98	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 6. 5: Females - Distribution of total protein intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	45.43	39.83	46.99	52.14	45.96	45.89	43.23	45.81
PROTEIN FOODS	43.36	52.22	42.95	35.72	41.82	43.67	45.56	43.85
SNACKS AND SWEETS	3.93	4.36	4.36	4.88	3.99	2.81	3.65	4.58
VEGETABLES	3.47	0.40	1.48	2.99	4.23	3.93	4.20	2.90
GRAINS	2.49	2.67	3.80	3.61	2.43	2.25	2.04	1.93
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.66	0.10	0.10	0.09	0.96	1.00	0.77	0.53
DAIRY	0.24	0.16	0.07	0.19	0.24	0.13	0.32	0.31
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.20	0.23	0.19	0.30	0.26	0.23	0.16	0.06

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FRUITS+FRUIT JUICE	0.06	0.03	0.01	0.00	0.05	0.13	0.07	0.07
TOTAL*	99.84	99.99	99.95	99.91	99.95	100.00	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 6. 6: Females - Distribution of total protein intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	25.79	23.23	29.04	31.61	27.63	24.65	23.26	23.89
POULTRY (Not Incl. Deli and Mixed Dishes)	13.07	20.94	16.93	15.12	13.88	11.00	11.10	8.79
MEAT, POULTRY, SEAFOOD MIXED DISHES	9.44	5.29	6.57	6.54	8.36	11.62	11.00	12.55
MEATS (Not Incl. Deli and Mixed Dishes)	7.61	6.47	7.06	7.35	7.28	8.38	7.56	9.21
NUTS, SEEDS, AND SOY	6.87	3.91	3.93	3.41	5.75	7.32	10.13	8.63
EGGS	6.24	8.73	5.54	3.62	6.48	6.38	6.29	6.33
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.34	5.71	6.12	7.08	5.47	4.84	5.23	3.54
SEAFOOD (Not Incl. Mixed Dishes)	4.95	2.29	2.66	2.65	4.88	6.86	5.97	5.68

DELI/CURED PRODUCTS (Meat and Poultry)	4.62	9.88	6.83	3.57	3.57	3.72	4.51	5.20
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.31	0.34	1.05	2.72	4.06	3.89	4.08	2.73
PIZZA	2.53	2.58	3.39	4.63	2.65	2.54	1.24	2.72
SOUPS	2.33	3.01	1.87	2.29	1.85	2.24	2.50	3.12
DESSERTS AND SWEET SNACKS	2.27	2.74	3.30	2.70	1.88	1.74	1.93	3.42
BREAKFAST CEREALS AND BARS	1.20	0.43	0.96	1.77	1.53	1.06	1.07	0.84
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.10	2.16	2.71	1.69	0.66	1.11	0.78	0.74
CANDY AND SUGARS	1.05	0.75	0.77	1.21	1.21	0.77	1.24	0.79
CHIPS, CRACKERS, AND SAVORY SNACKS	0.61	0.86	0.29	0.97	0.89	0.30	0.49	0.37
SUGAR-SWEETENED AND DIET BEVERAGES	0.55	0.10	0.10	0.09	0.80	0.88	0.58	0.49
LOW-FAT MILK/YOGURT	0.20	0.15	0.05	0.17	0.24	0.12	0.21	0.27
STARCHY VEGETABLES	0.16	0.05	0.44	0.26	0.17	0.04	0.11	0.17
CONDIMENTS AND GRAVIES	0.14	0.21	0.17	0.09	0.14	0.21	0.14	0.04
RICE AND PASTA	0.10	0.07	0.12	0.12	0.23	0.02	0.03	0.07
YEAST BREADS AND TORTILLAS	0.08	0.02	0.01	0.02	0.01	0.05	0.16	0.29
COFFEE AND TEA	0.07	0.00	0.00	0.00	0.04	0.08	0.17	0.03
SALAD DRESSINGS	0.07	0.02	0.02	0.21	0.13	0.02	0.02	0.02
FRUIT (Non-Juice)	0.06	0.03	0.01	0.00	0.05	0.13	0.07	0.06
WATERS	0.04	0.00	0.00	0.00	0.12	0.04	0.02	0.01
CHEESE	0.02	0.00	0.00	0.00	0.00	0.00	0.08	0.03
HIGHER FAT MILK/YOGURT	0.01	0.01	0.01	0.01	0.00	0.00	0.03	0.02
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.84	99.99	99.95	99.91	99.95	100.00	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 6. 1: Males and Females - Distribution of total protein intake (percentages) across major categories

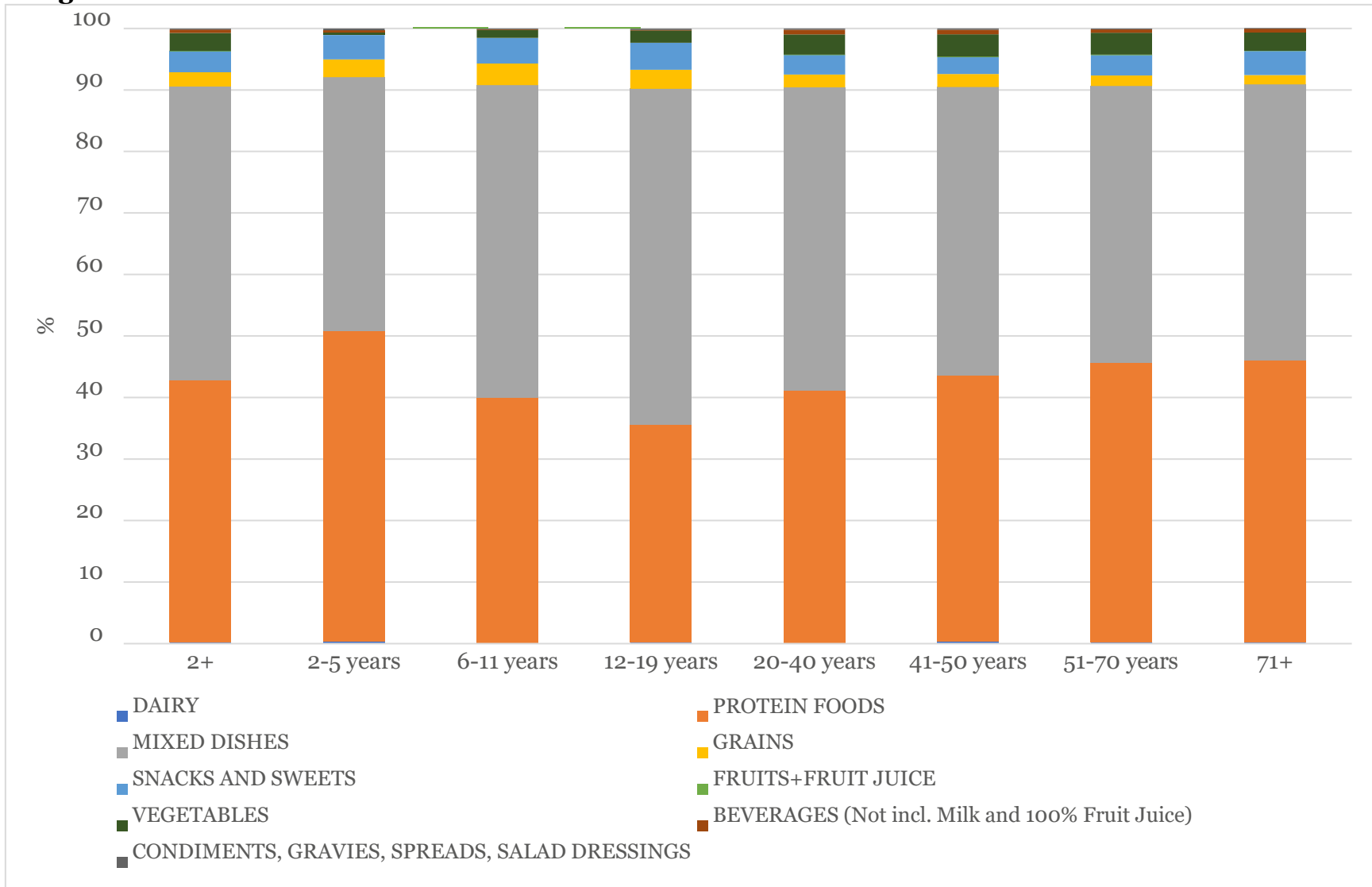


Figure 6. 2: Males and Females - Distribution of total protein intake (percentages) across top 10 sub-categories

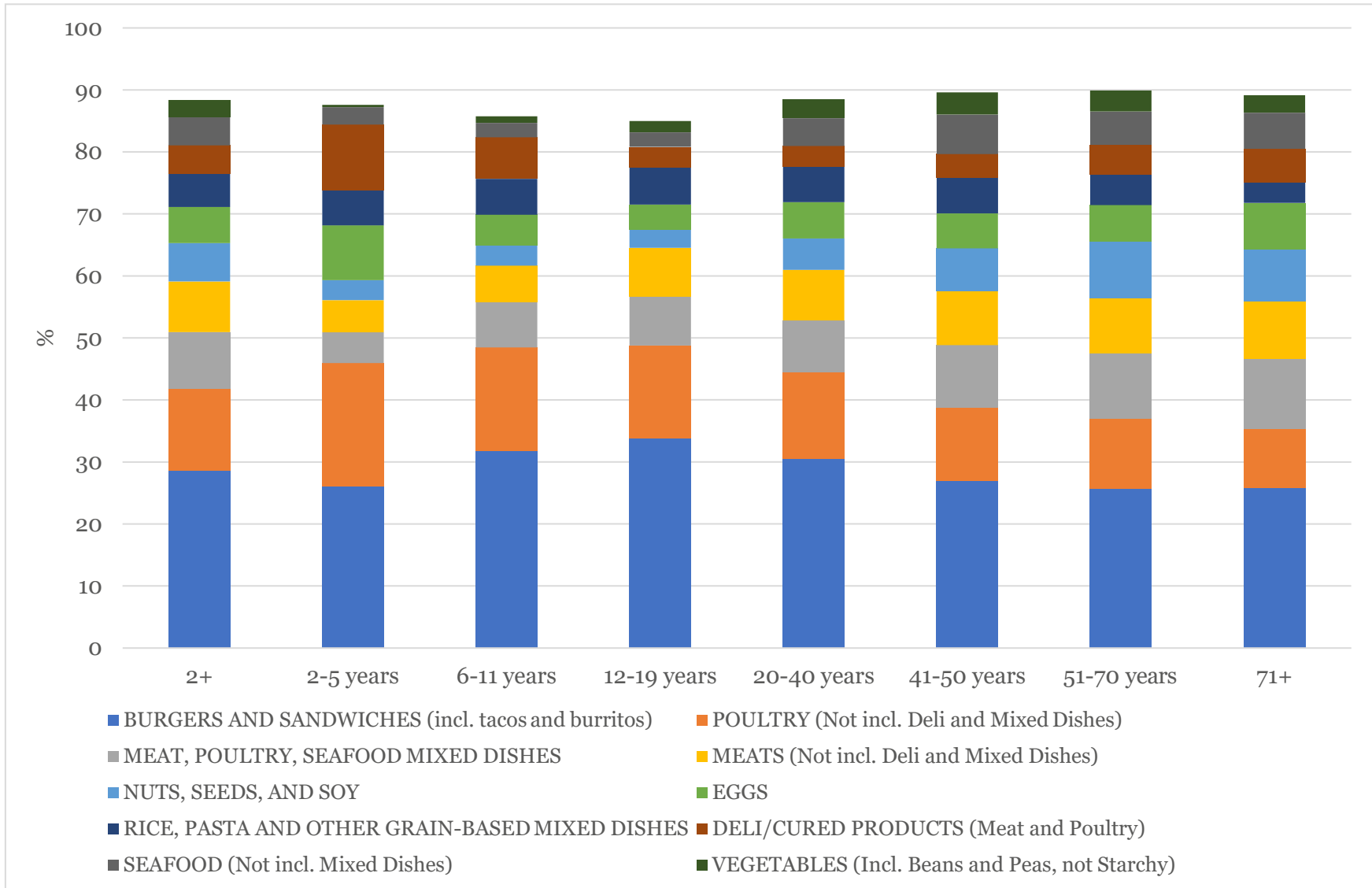


Figure 6. 3: Males - Distribution of total protein intake (percentages) across major categories

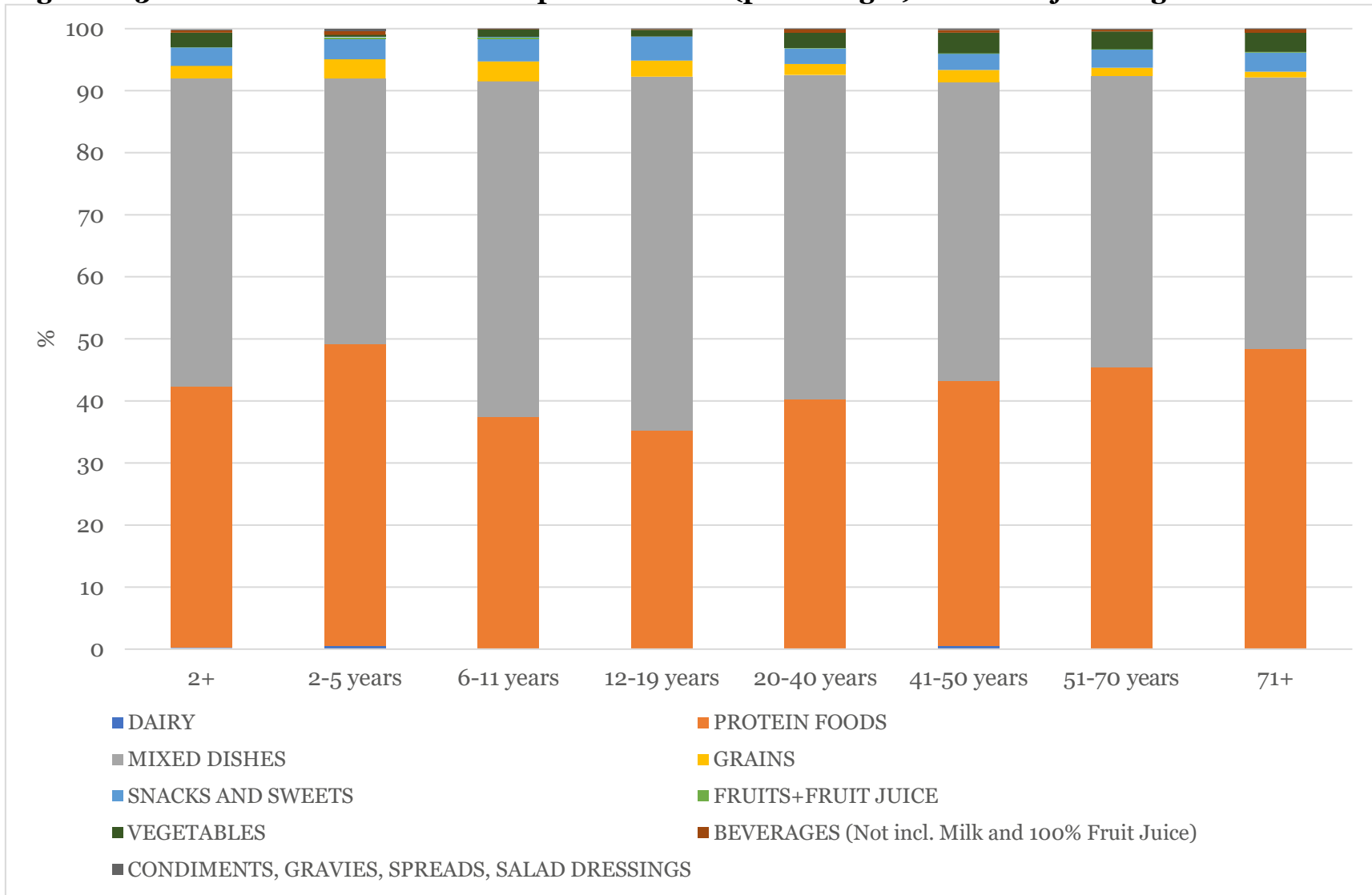


Figure 6. 4: Males - Distribution of total protein intake (percentages) across top 10 sub-categories

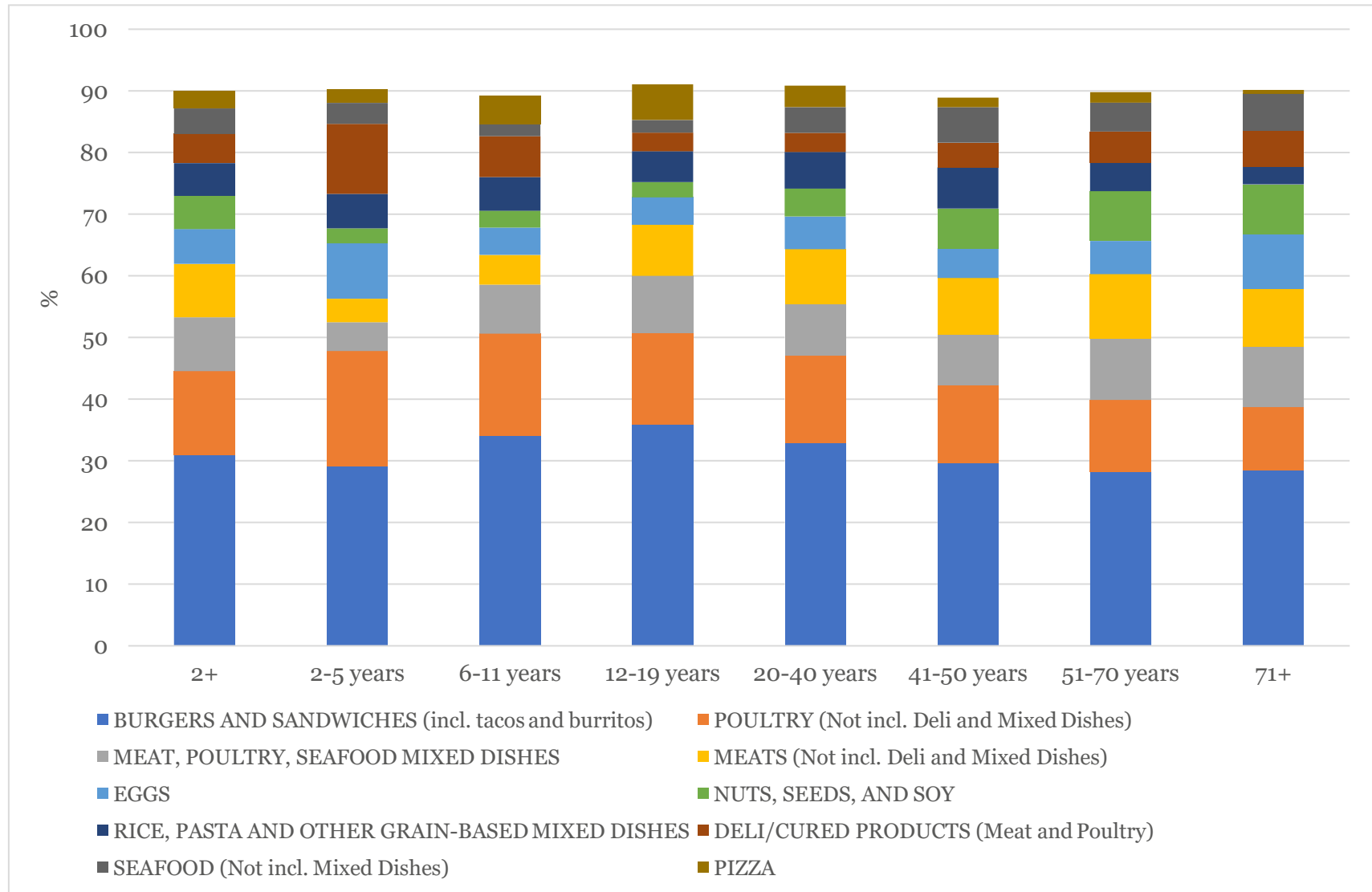


Figure 6. 5: Females - Distribution of total protein intake (percentages) across major categories

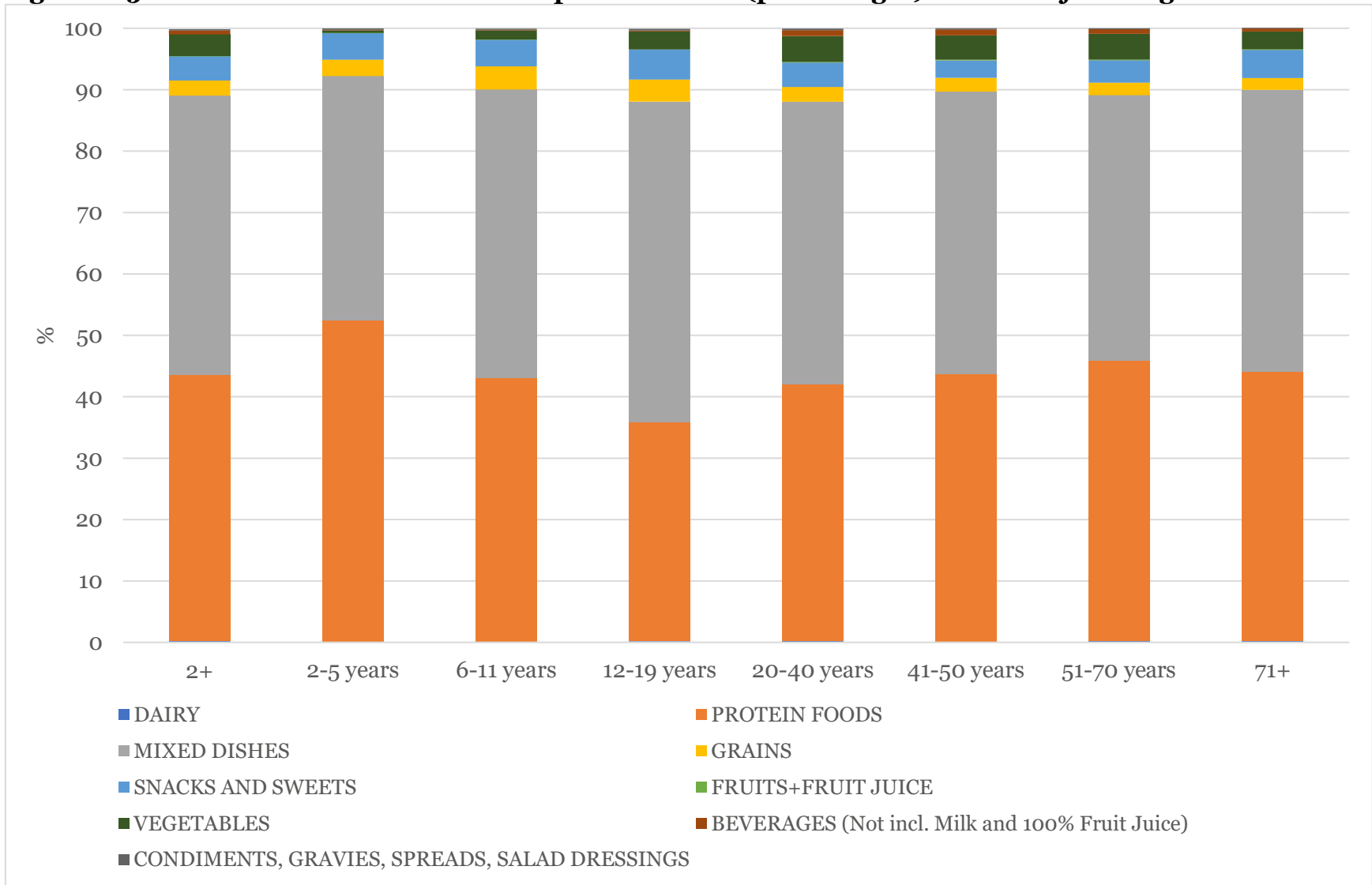
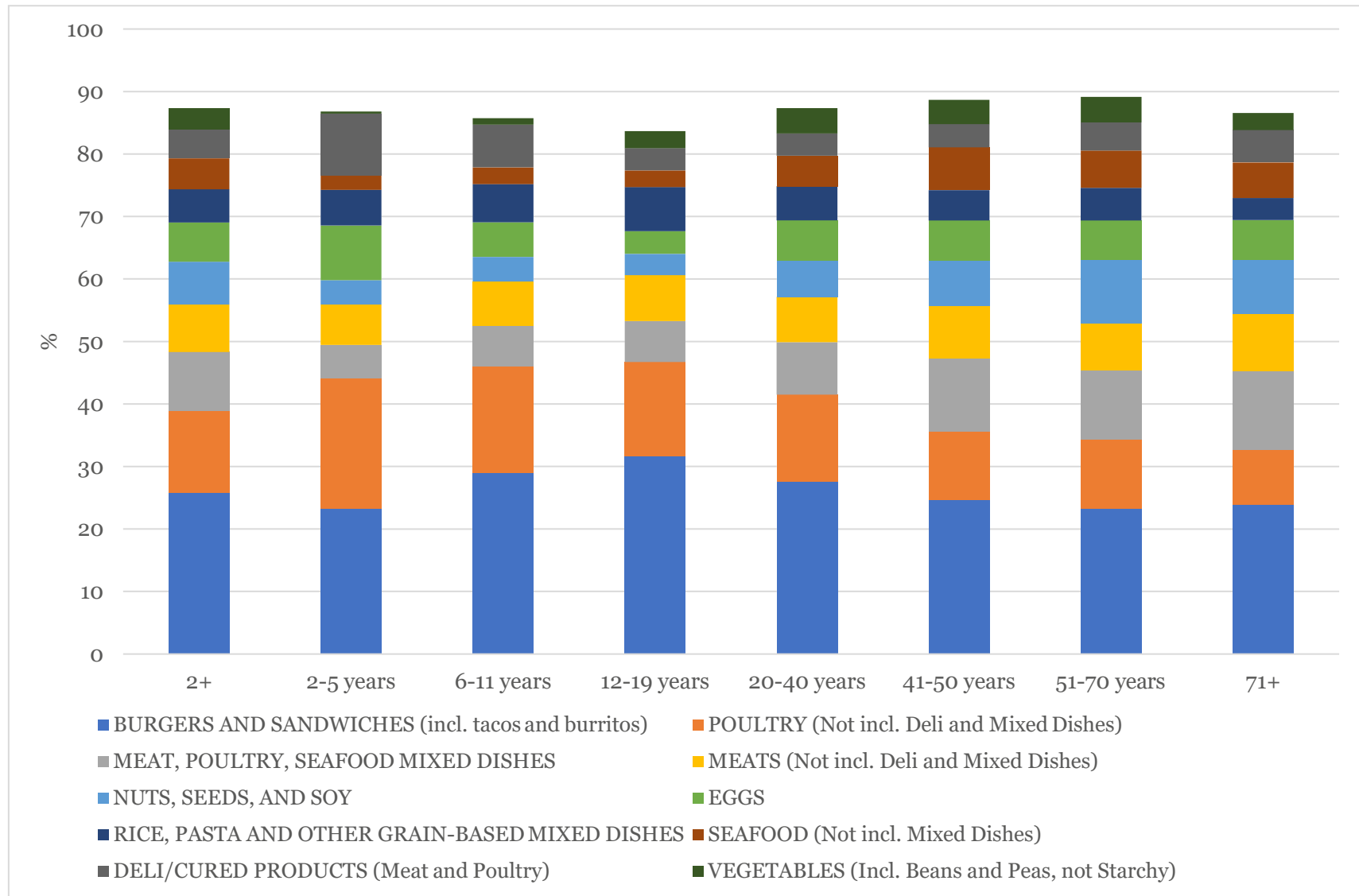


Figure 6. 6: Females - Distribution of total protein intake (percentages) across top 10 sub-categories



Percent of red meat intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of red meat from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 7. 1: Males and Females- Distribution of red meat intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	69.30	74.67	78.31	72.86	70.23	69.76	64.74	64.47
PROTEIN FOODS	28.12	24.40	19.87	24.23	26.80	28.51	32.19	33.49
VEGETABLES	1.82	0.73	1.04	1.28	2.11	0.69	2.66	2.03
SNACKS AND SWEETS	0.73	0.19	0.84	1.68	0.84	0.96	0.39	0.00
DAIRY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
GRAINS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEVERAGES (Not Incl. Milk)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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and 100% Fruit Juice)								
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.98	99.99	100.00	100.00	99.97	99.92	99.97	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 7. 2: Males and Females - Distribution of red meat intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	36.16	38.06	42.18	42.01	39.62	35.14	31.19	27.79
MEATS (Not Incl. Deli and Mixed Dishes)	28.12	24.40	19.87	24.23	26.80	28.51	32.19	33.49
MEAT, POULTRY, SEAFOOD MIXED DISHES	14.96	10.41	13.84	11.53	13.06	15.39	17.83	19.25
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	12.73	22.43	16.41	14.17	12.46	12.32	11.00	9.98
PIZZA	3.03	1.45	2.80	3.31	3.55	3.99	2.09	3.15
SOUPS	2.43	2.31	3.08	1.85	1.54	2.91	2.62	4.30
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.60	0.65	0.97	1.02	1.49	0.69	2.63	2.03
CHIPS, CRACKERS, AND SAVORY SNACKS	0.73	0.19	0.84	1.68	0.84	0.96	0.39	0.00

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STARCHY VEGETABLES	0.22	0.08	0.07	0.25	0.62	0.00	0.02	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.98	99.99	100.00	100.00	99.97	99.92	99.97	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 7. 3: Males - Distribution of red meat intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	70.48	78.65	81.33	74.55	71.41	70.22	65.92	62.04
PROTEIN FOODS	27.52	20.01	16.49	22.85	26.57	27.37	32.96	35.28
VEGETABLES	1.31	1.25	1.40	1.21	1.48	0.77	0.96	2.67
SNACKS AND SWEETS	0.66	0.21	0.91	1.45	0.53	1.64	0.14	0.00
DAIRY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
GRAINS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.97	100.00	100.00	100.00	99.99	100.00	99.99	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 7. 4: Males - Distribution of red meat intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	38.76	41.00	42.55	45.43	42.38	36.74	34.22	30.45
MEATS (Not Incl. Deli and Mixed Dishes)	27.52	20.01	16.49	22.85	26.57	27.37	32.96	35.28
MEAT, POULTRY, SEAFOOD MIXED DISHES	14.21	10.77	14.82	11.15	11.57	14.03	17.51	18.48
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	12.65	23.91	17.71	12.42	12.40	13.68	10.43	9.10
PIZZA	2.92	1.87	2.76	3.88	3.99	3.23	1.67	1.10
SOUPS	1.94	1.10	3.49	1.66	1.07	2.53	2.09	2.90
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.01	1.09	1.27	0.96	0.70	0.77	0.93	2.67

CHIPS, CRACKERS, AND SAVORY SNACKS	0.66	0.21	0.91	1.45	0.53	1.64	0.14	0.00
STARCHY VEGETABLES	0.29	0.17	0.13	0.25	0.79	0.00	0.03	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100 FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.97	100.00	100.00	100.00	99.99	100.00	99.99	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 7. 5: Females - Distribution of red meat intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	67.85	71.38	74.67	70.62	68.58	69.27	63.44	66.40
PROTEIN FOODS	28.80	28.04	23.96	26.05	27.11	29.73	31.34	32.06
VEGETABLES	2.40	0.29	0.60	1.37	2.98	0.60	4.51	1.52
SNACKS AND SWEETS	0.80	0.17	0.75	1.98	1.27	0.24	0.66	0.00
DAIRY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
GRAINS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.85	99.88	99.98	100.00	99.94	99.84	99.95	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 7. 6: Females- Distribution of red meat intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	32.71	35.64	41.73	37.45	35.76	33.42	27.86	25.67
MEATS (Not Incl. Deli and Mixed Dishes)	28.80	28.04	23.96	26.05	27.11	29.73	31.34	32.06
MEAT, POULTRY, SEAFOOD MIXED DISHES	16.08	10.11	12.66	12.03	15.14	16.85	18.19	19.87
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	12.93	21.21	14.84	16.50	12.54	10.86	11.63	10.68
PIZZA	3.13	1.11	2.86	2.55	2.94	4.82	2.55	4.77
SOUPS	3.00	3.32	2.58	2.09	2.20	3.32	3.21	5.40
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.27	0.29	0.60	1.11	2.59	0.60	4.50	1.52

CHIPS, CRACKERS, AND SAVORY SNACKS	0.80	0.17	0.75	1.98	1.27	0.24	0.66	0.00
STARCHY VEGETABLES	0.13	0.00	0.00	0.26	0.39	0.00	0.02	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.85	99.88	99.98	100.00	99.94	99.84	99.95	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 7. 1: Males and Females - Distribution of red meat intake (percentages) across major categories

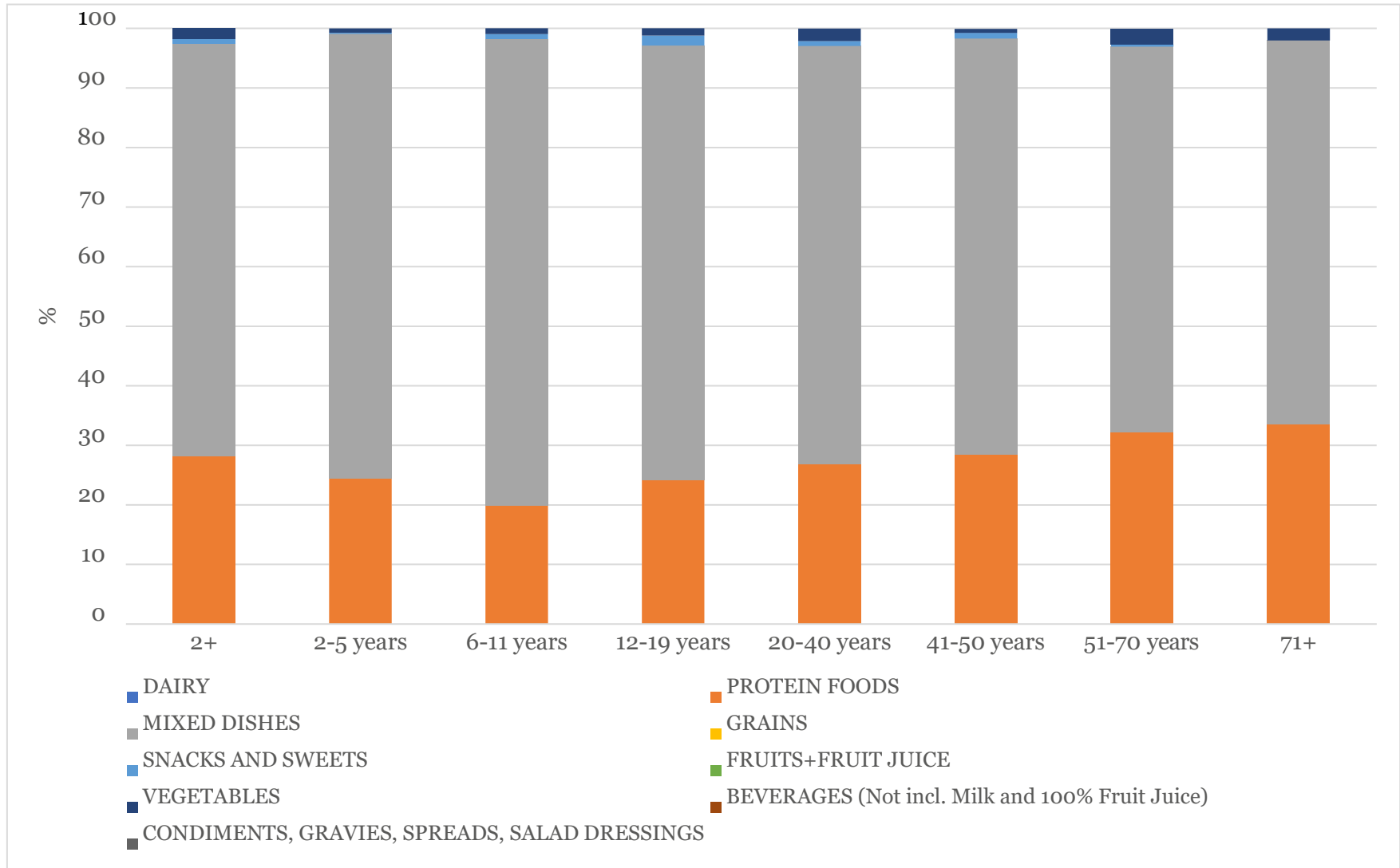


Figure 7. 2: Males and Females - Distribution of red meat intake (percentages) across top 10 sub-categories

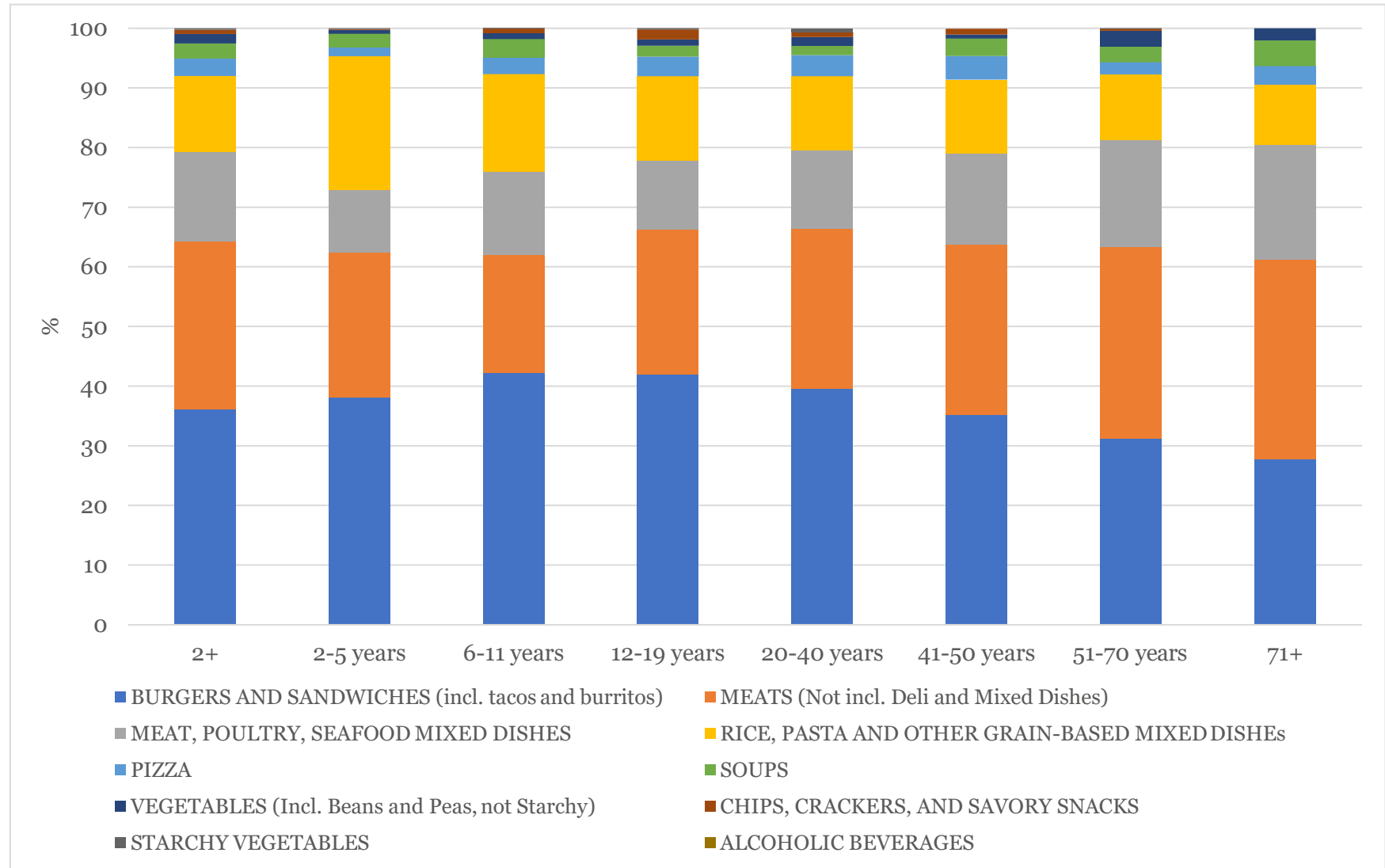


Figure 7. 3: Males - Distribution of red meat intake (percentages) across major categories

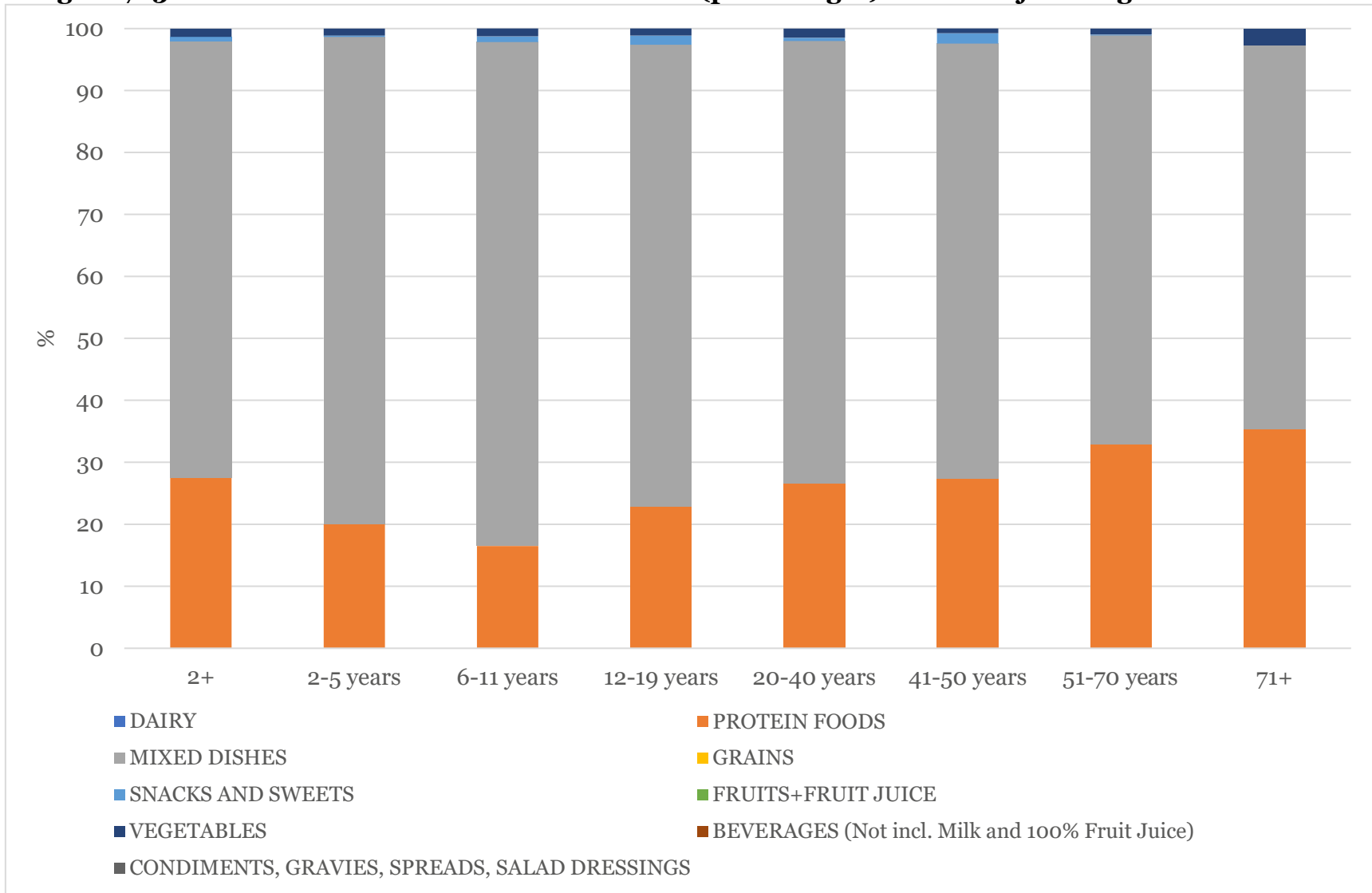


Figure 7. 4: Males - Distribution of red meat intake (percentages) across top 10 sub-categories

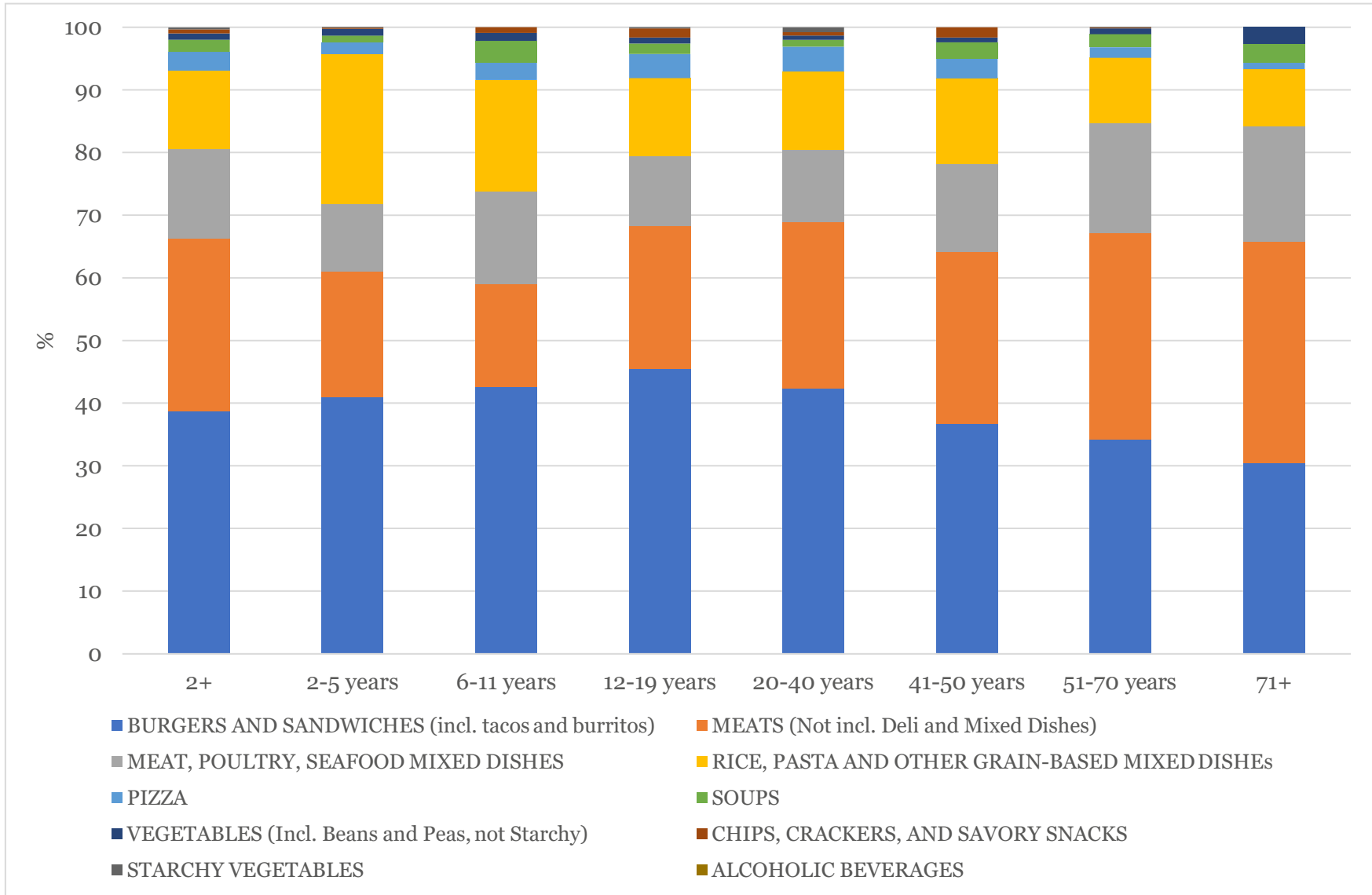


Figure 7. 5: Females - Distribution of red meat intake (percentages) across major categories

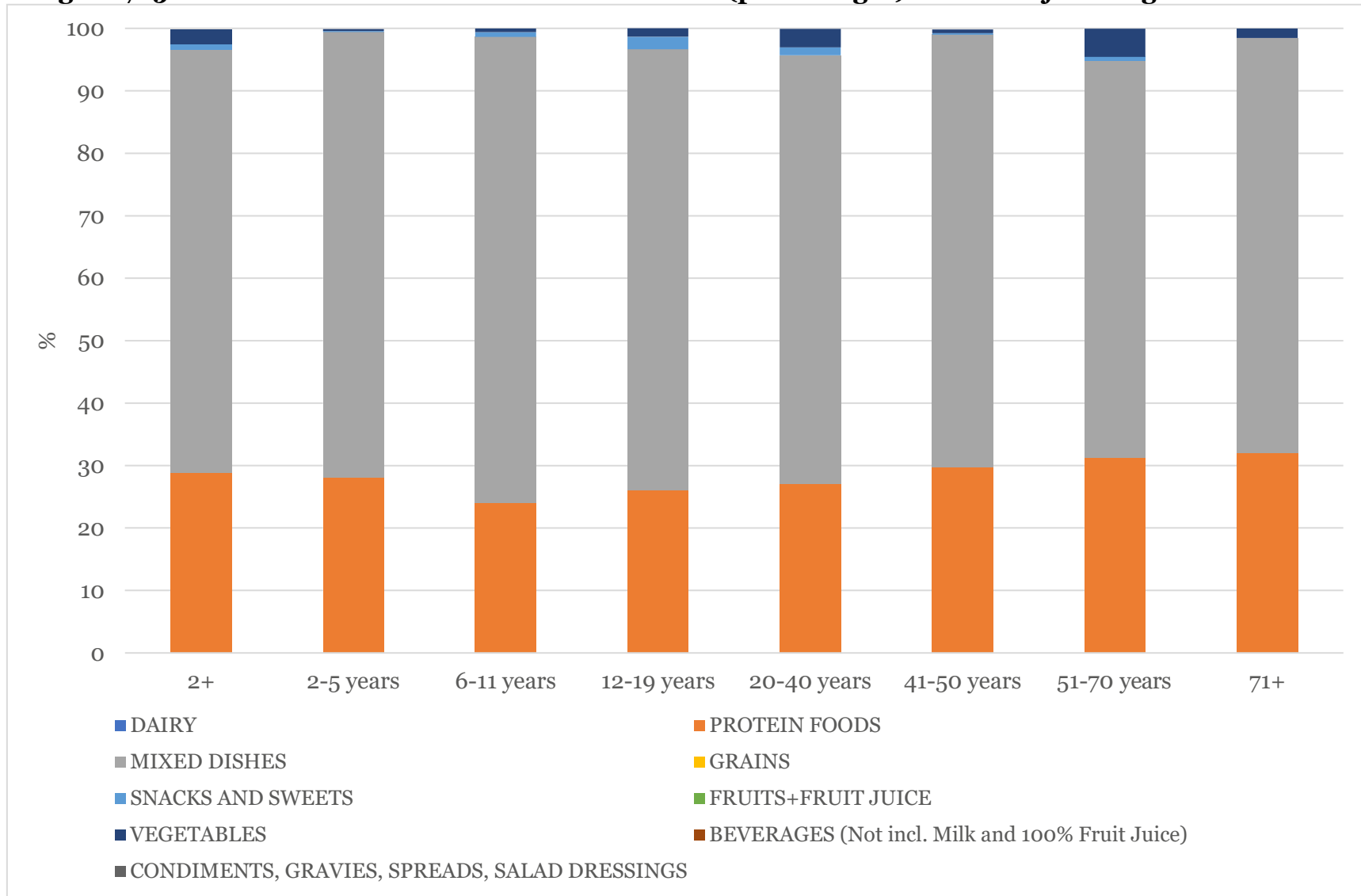
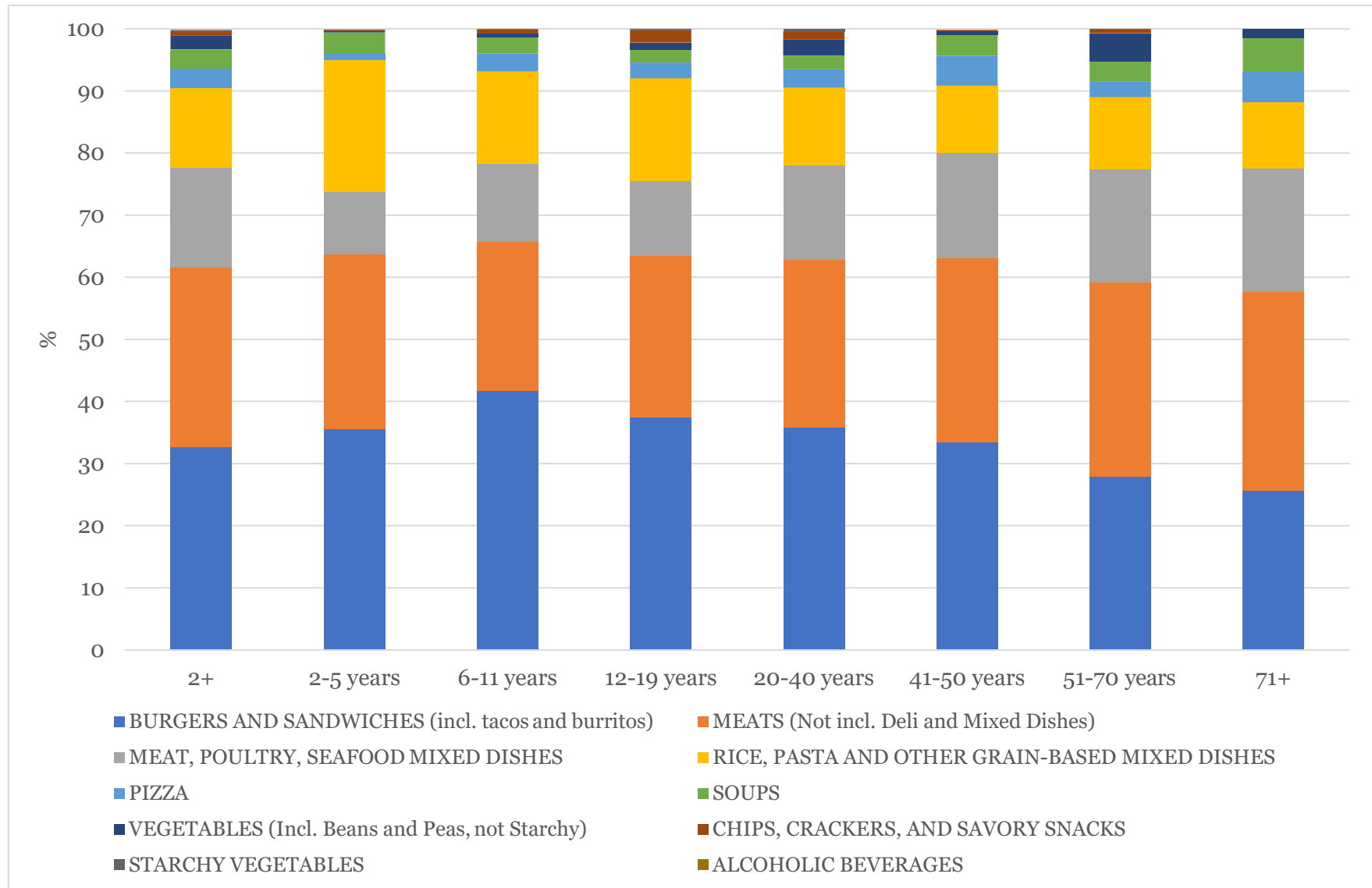


Figure 7. 6: Females - Distribution of red meat intake (percentages) across top 10 sub-categories



Percent of cured meats intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of cured meats from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 8. 1: Males and Females- Distribution of cured meats intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	68.42	53.42	70.29	77.63	72.08	69.51	63.93	62.86
PROTEIN FOODS	28.55	44.86	27.13	18.76	24.72	27.97	32.90	33.73
VEGETABLES	3.00	1.71	2.55	3.50	3.28	2.40	3.15	3.13
DAIRY	0.06	0.00	0.00	0.00	0.00	0.00	0.15	0.24
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01

GRAINS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SNACKS AND SWEETS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.99	99.98	99.89	100.00	99.89	100.00	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 8. 2: Males and Females - Distribution of cured meats intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	48.38	37.46	45.78	48.29	48.86	50.25	49.58	50.30
DELI/CURED PRODUCTS (Meat and Poultry)	25.60	41.05	25.54	16.87	21.24	24.82	30.09	30.11
PIZZA	14.41	11.31	19.58	24.14	17.22	14.37	7.88	7.46
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	2.95	3.03	2.93	4.41	3.84	2.35	1.83	2.14
EGGS	2.84	3.60	1.54	1.83	3.47	3.07	2.60	3.39
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.45	1.34	0.90	2.87	3.00	2.15	2.40	3.01
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.47	0.85	1.76	0.60	1.05	1.05	2.58	1.50

(continued from previous page)

SOUPS	1.22	0.77	0.25	0.18	1.11	1.50	2.06	1.46
STARCHY VEGETABLES	0.55	0.37	1.65	0.62	0.28	0.25	0.75	0.12
MEATS (Not Incl. Deli and Mixed Dishes)	0.07	0.20	0.06	0.01	0.01	0.08	0.13	0.06
CHEESE	0.06	0.00	0.00	0.00	0.00	0.00	0.15	0.24
POULTRY (Not Incl. Deli and Mixed Dishes)	0.04	0.00	0.00	0.05	0.00	0.00	0.08	0.16
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.03
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHIPS, CRACKERS, AND SAVORY SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.99	99.98	99.89	100.00	99.89	100.00	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 8. 3: Males - Distribution of cured meats intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	70.17	54.09	71.51	80.69	76.44	71.92	63.27	63.99
PROTEIN FOODS	27.25	45.27	25.48	17.07	20.83	26.19	33.43	33.70
VEGETABLES	2.61	0.69	3.04	2.13	2.77	1.88	3.45	2.27
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.05
DAIRY	0.00	0.00	0.01	0.01	0.00	0.00	0.00	0.01
GRAINS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SNACKS AND SWEETS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	100.00	100.00	99.89	100.00	99.99	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 8. 4: Males - Distribution of cured meats intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	50.27	38.43	46.66	48.08	52.34	56.28	50.01	55.64
DELI/CURED PRODUCTS (Meat and Poultry)	24.44	40.69	23.98	15.10	17.80	23.62	31.00	29.11
PIZZA	14.51	10.97	20.31	26.43	17.91	11.73	7.96	4.00
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	3.06	3.47	2.72	5.51	3.97	2.34	1.44	1.24
EGGS	2.75	4.27	1.46	1.86	3.02	2.57	2.42	4.44
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.06	0.69	0.82	1.87	2.48	1.85	2.57	2.26
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.42	0.63	1.58	0.56	1.28	0.32	2.50	1.97
SOUPS	0.91	0.59	0.24	0.11	0.95	1.25	1.36	1.13
STARCHY VEGETABLES	0.55	0.00	2.22	0.25	0.29	0.03	0.88	0.01

MEATS (Not Incl. Deli and Mixed Dishes)	0.04	0.30	0.04	0.02	0.02	0.00	0.01	0.13
POULTRY (Not Incl. Deli and Mixed Dishes)	0.02	0.00	0.00	0.09	0.00	0.00	0.00	0.03
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.05
CHEESE	0.00	0.00	0.01	0.01	0.00	0.00	0.00	0.01
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHIPS, CRACKERS, AND SAVORY SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	100.00	100.00	99.89	100.00	99.99	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 8. 5: Females - Distribution of cured meats intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	65.7	52.7	68.7	73.9	66.4	67.2	64.7	61.7
PROTEIN FOODS	30.7	44.4	29.2	20.8	29.8	29.7	32.3	33.8
VEGETABLES	3.4	2.8	1.9	5.2	3.9	2.9	2.8	4.0
DAIRY	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.5
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
GRAINS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SNACKS AND SWEETS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
FRUITS+FRUIT JUICE	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
TOTAL*	100.00	99.93	99.91	99.88	100.00	99.79	100.00	99.96

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 8. 6: Females - Distribution of cured meats intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	45.46	36.40	44.65	48.56	44.36	44.47	49.09	45.08
DELI/CURED PRODUCTS (Meat and Poultry)	27.54	41.45	27.52	19.03	25.70	25.96	29.06	31.10
PIZZA	14.30	11.68	18.64	21.34	16.33	16.91	7.79	10.84
EGGS	2.99	2.86	1.64	1.79	4.05	3.56	2.80	2.37
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	2.93	2.54	3.20	3.07	3.68	2.35	2.27	3.01
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.89	2.05	1.01	4.10	3.67	2.44	2.21	3.74

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SOUPS	1.56	0.97	0.26	0.28	1.32	1.73	2.86	1.77
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.49	1.09	1.99	0.65	0.75	1.75	2.66	1.04
STARCHY VEGETABLES	0.54	0.78	0.91	1.07	0.26	0.47	0.60	0.23
CHEESE	0.13	0.00	0.00	0.00	0.00	0.00	0.32	0.46
MEATS (Not Incl. Deli and Mixed Dishes)	0.10	0.10	0.09	0.00	0.00	0.16	0.25	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.07	0.00	0.00	0.00	0.00	0.00	0.17	0.30
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST CEREALS AND BARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHIPS, CRACKERS, AND SAVORY SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DESSERTS AND SWEET SNACKS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.0	99.93	99.91	99.88	100.00	99.79	100.00	99.96

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - othe

Figure 8. 1: Males and Females - Distribution of cured meats intake (percentages) across major categories

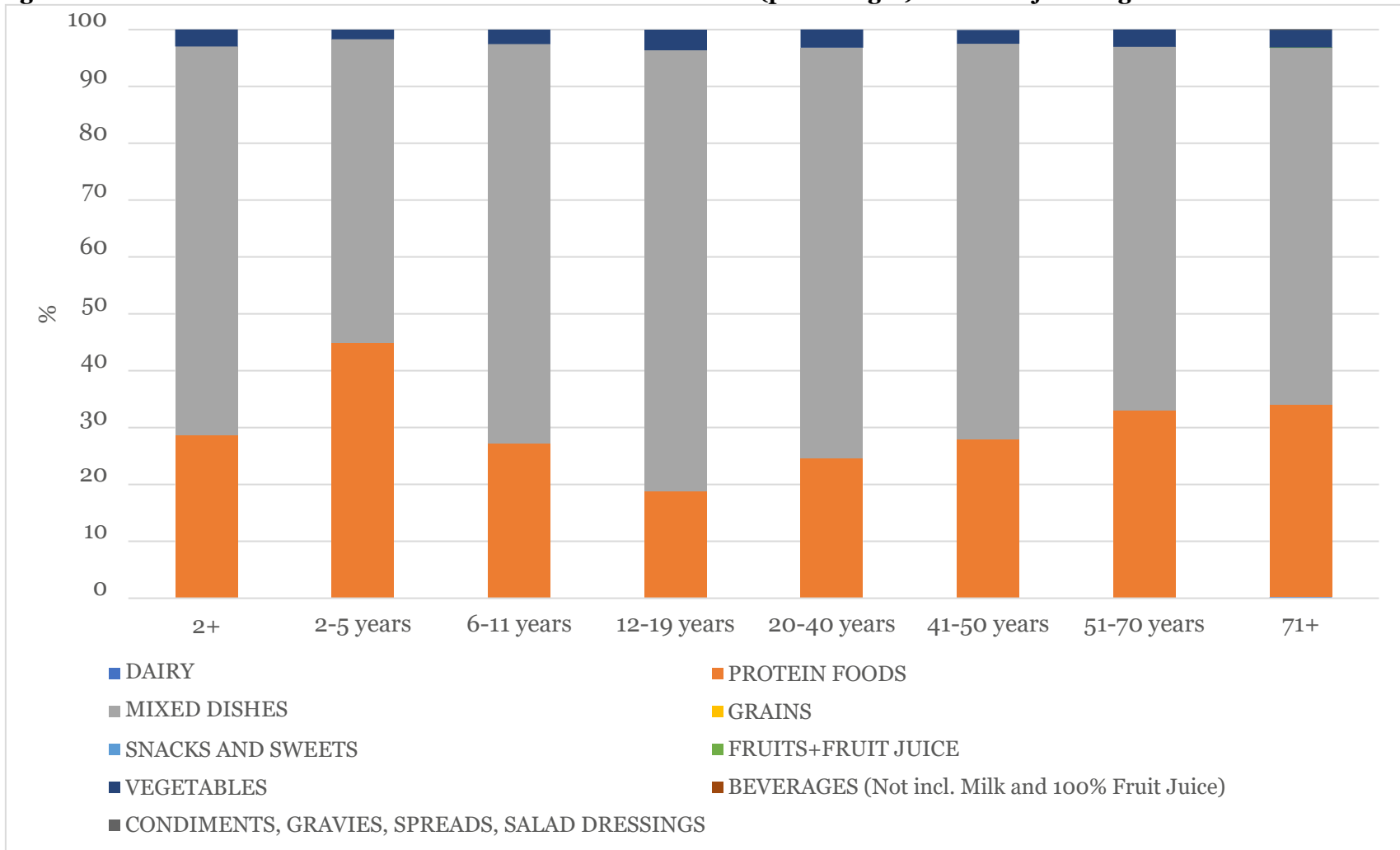


Figure 8. 2: Males and Females - Distribution of cured meats intake (percentages) across top 10 sub-categories

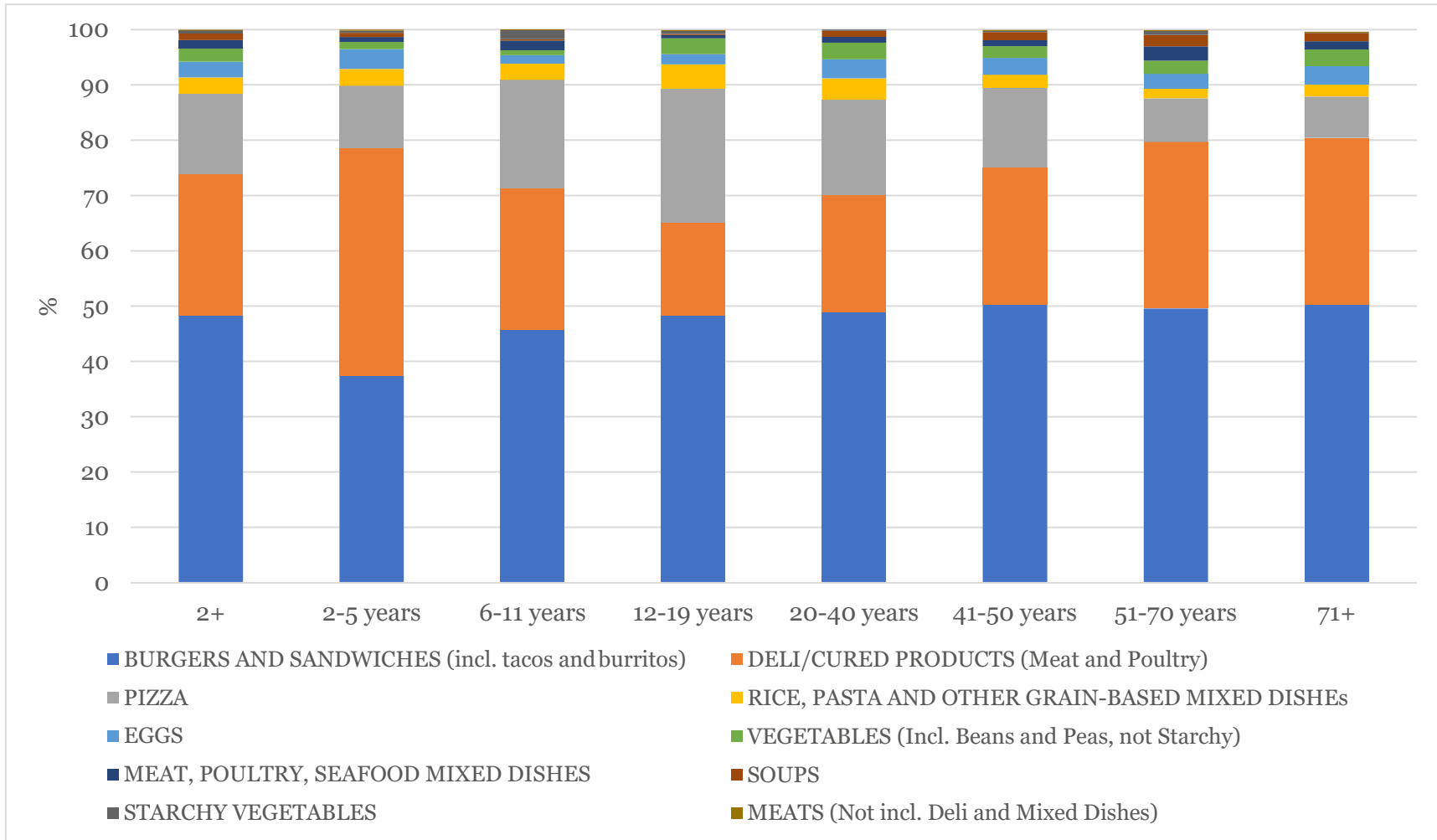


Figure 8. 3: Males - Distribution of cured meats intake (percentages) across major categories

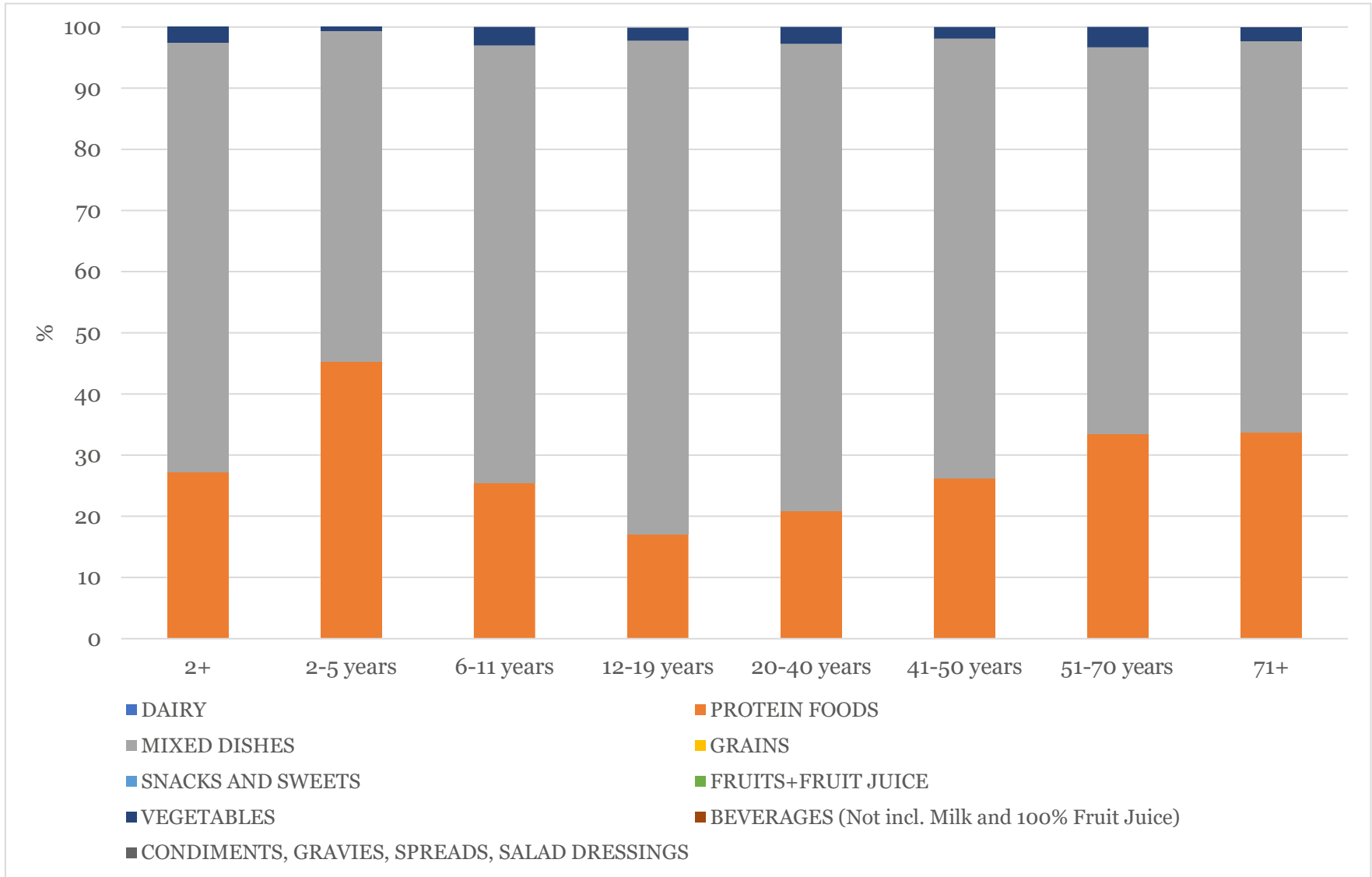


Figure 8. 4: Males - Distribution of cured meats intake (percentages) across top 10 sub-categories

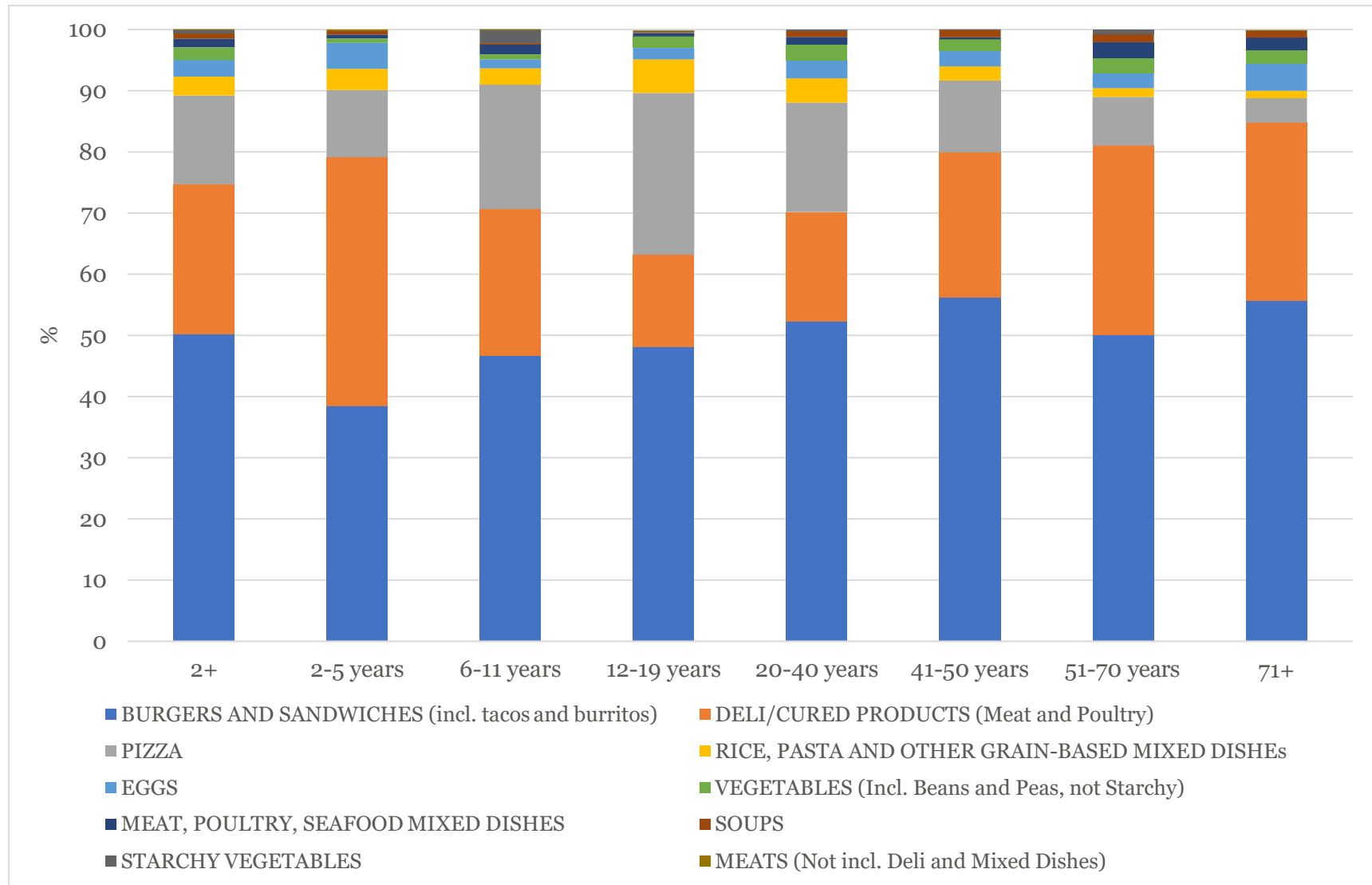


Figure 8. 5: Females - Distribution of cured meats intake (percentages) across major categories

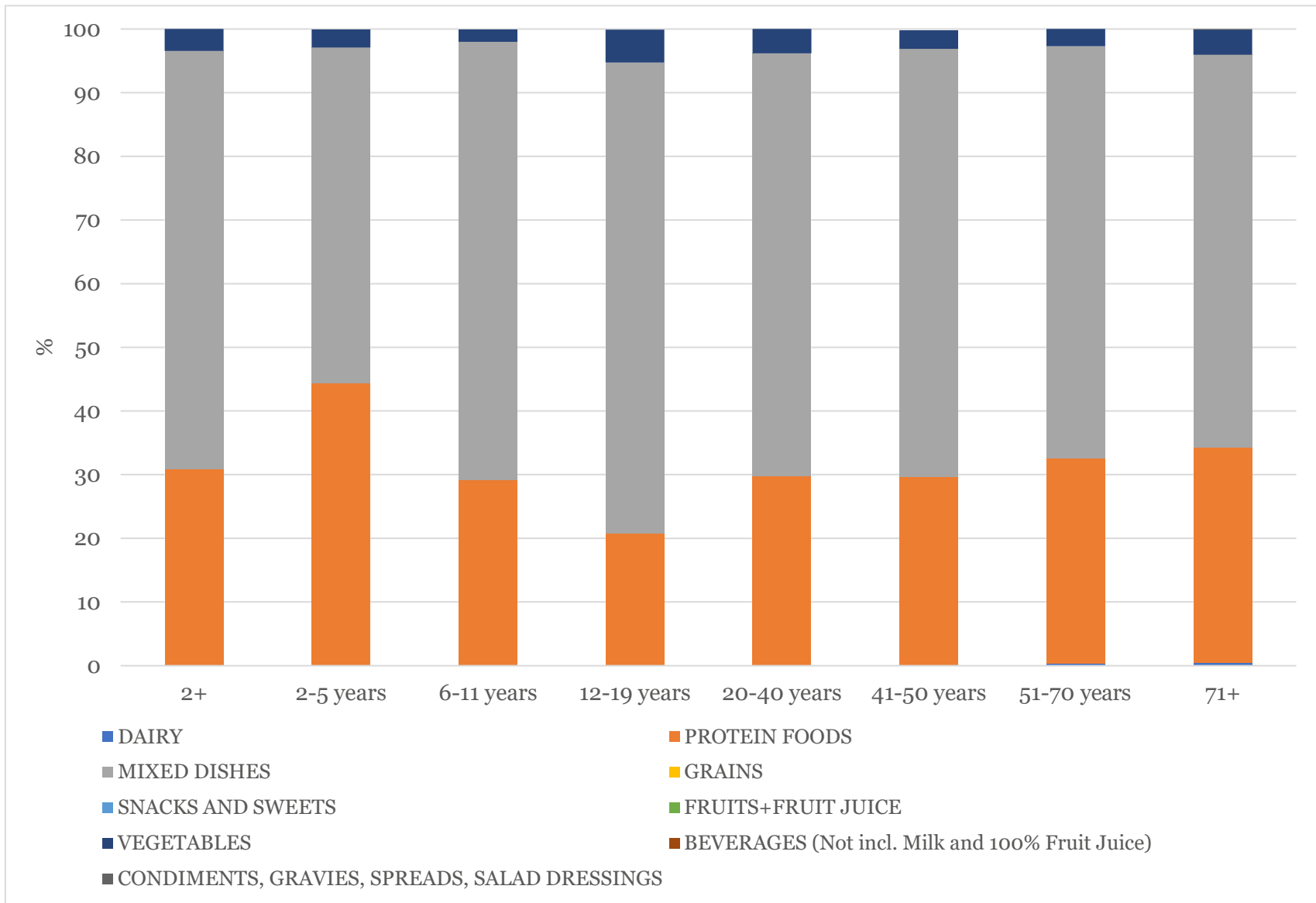
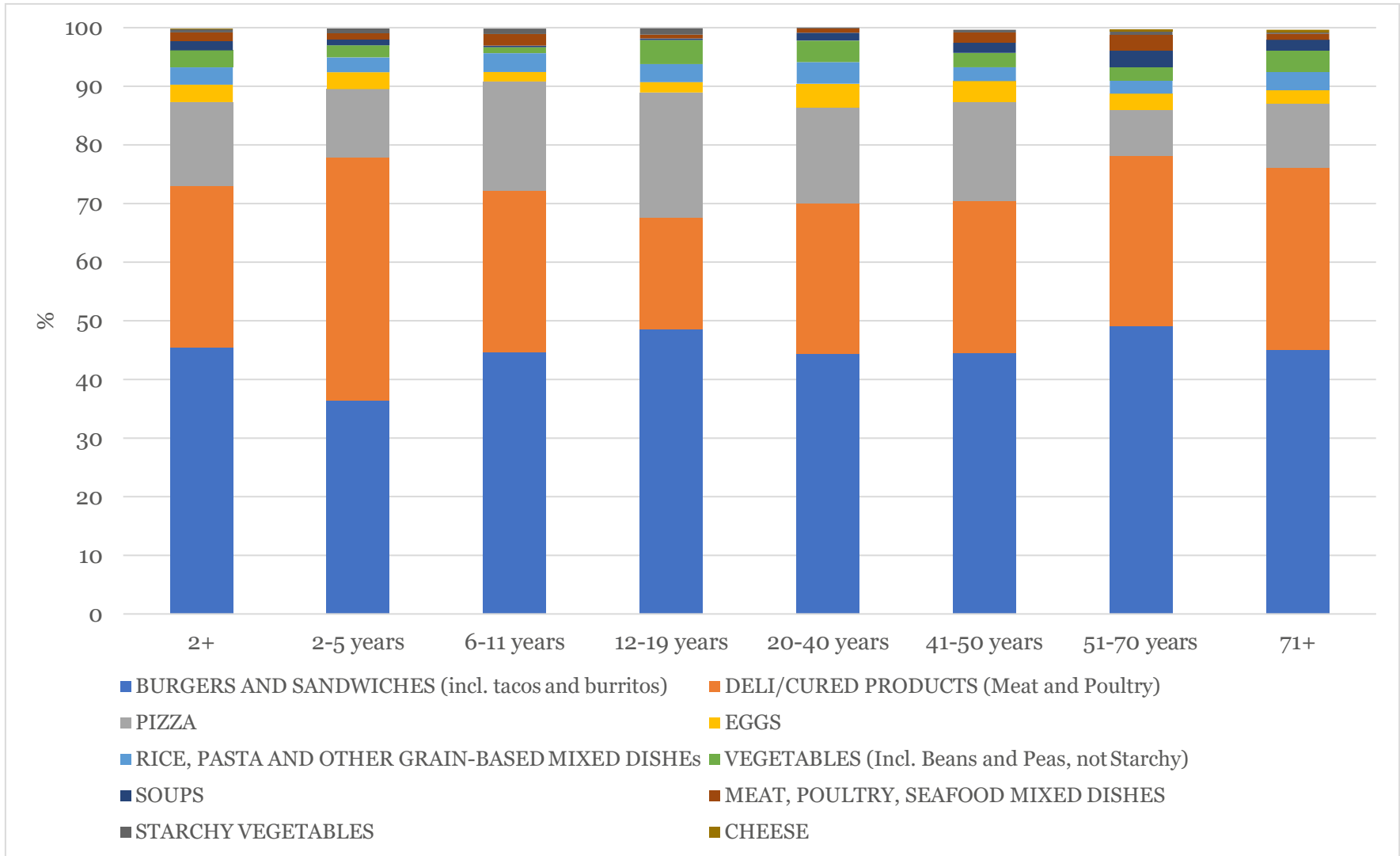


Figure 8. 6: Females - Distribution of cured meats intake (percentages) across top 10 sub-categories



Percent of total dairy intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of dairy from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 9. 1: Males and Females - Distribution of total dairy intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	37.10	67.41	53.76	42.13	27.11	29.18	36.62	40.69
MIXED DISHES	32.26	19.40	28.34	35.11	40.98	34.55	27.81	22.51
SNACKS AND SWEETS	10.18	5.82	9.06	9.23	9.06	10.60	11.47	14.19
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	8.04	0.93	1.20	3.69	9.82	11.44	9.96	8.22
VEGETABLES	4.33	1.01	1.47	3.45	4.98	5.22	5.08	4.65
GRAINS	4.16	2.67	3.72	3.72	3.60	4.61	4.95	4.83
PROTEIN FOODS	3.16	2.43	1.72	1.98	3.71	3.69	3.31	3.62
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.62	0.14	0.44	0.59	0.67	0.68	0.66	0.73
FRUITS+FRUIT JUICE	0.02	0.00	0.00	0.01	0.01	0.00	0.01	0.13
TOTAL*	99.86	99.80	99.71	99.91	99.94	99.96	99.87	99.56

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 9. 2: Males and Females - Distribution of total dairy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	20.45	44.82	31.18	25.28	14.29	16.56	18.04	21.31
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	17.39	8.09	11.97	16.13	23.00	19.32	16.38	12.38
CHEESE	8.80	9.41	6.90	6.83	8.98	6.84	11.01	8.73
LOW-FAT MILK/YOGURT	7.39	12.73	15.45	9.78	3.44	5.25	6.94	10.21
PIZZA	7.34	6.38	9.38	11.23	9.33	7.20	4.55	3.16
DESSERTS AND SWEET SNACKS	6.94	3.94	6.08	5.86	6.32	6.46	7.68	11.38
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.35	4.67	6.08	6.41	6.55	4.96	4.06	4.32
COFFEE AND TEA	5.31	0.18	0.40	2.57	5.86	8.02	7.22	5.33
SUGAR-SWEETENED AND DIET BEVERAGES	2.72	0.75	0.80	1.13	3.95	3.39	2.73	2.89
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.67	0.39	0.58	1.73	3.23	3.34	3.26	2.78
EGGS	2.47	2.17	1.57	1.57	2.87	2.80	2.49	2.83
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.34	1.76	2.47	2.64	1.78	2.67	2.74	2.30
CANDY AND SUGARS	2.13	0.99	1.59	2.02	1.75	2.38	2.73	2.58
STARCHY VEGETABLES	1.66	0.62	0.89	1.72	1.74	1.87	1.82	1.87
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.48	0.22	0.58	1.11	1.32	2.04	2.03	1.60
BREAKFAST CEREALS AND BARS	1.45	0.77	0.88	0.83	1.35	1.68	1.80	2.11
CHIPS, CRACKERS, AND SAVORY SNACKS	1.11	0.89	1.39	1.34	0.98	1.76	1.06	0.23
SOUPS	0.70	0.03	0.32	0.23	0.78	1.02	0.79	1.05
CONDIMENTS AND GRAVIES	0.48	0.13	0.42	0.56	0.58	0.54	0.40	0.43

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POULTRY (Not Incl. Deli and Mixed Dishes)	0.45	0.16	0.08	0.35	0.52	0.59	0.50	0.48
YEAST BREADS AND TORTILLAS	0.35	0.14	0.31	0.19	0.47	0.26	0.39	0.39
SEAFOOD (Not Incl. Mixed Dishes)	0.15	0.05	0.04	0.02	0.10	0.25	0.24	0.26
SALAD DRESSINGS	0.08	0.00	0.02	0.01	0.06	0.06	0.20	0.01
SPREADS	0.06	0.01	0.01	0.02	0.03	0.08	0.06	0.29
MEATS (Not Incl. Deli and Mixed Dishes)	0.03	0.00	0.01	0.02	0.06	0.00	0.04	0.03
NUTS, SEEDS, AND SOY	0.03	0.02	0.02	0.02	0.06	0.04	0.02	0.01
DELI/CURED PRODUCTS (Meat and Poultry)	0.03	0.02	0.00	0.00	0.10	0.00	0.01	0.00
RICE AND PASTA	0.02	0.00	0.05	0.07	0.00	0.00	0.02	0.03
FRUIT (Non-Juice)	0.02	0.00	0.00	0.01	0.01	0.00	0.00	0.13
ALCOHOLIC BEVERAGES	0.01	0.00	0.00	0.00	0.01	0.03	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.86	99.80	99.71	99.91	99.94	99.96	99.87	99.56

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 9. 3: Males - Distribution of total dairy intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	36.89	65.84	54.47	43.52	26.85	27.60	34.16	40.82
MIXED DISHES	34.80	21.30	28.71	36.16	45.41	36.45	31.18	23.40
SNACKS AND SWEETS	9.71	5.66	8.31	9.38	7.81	11.52	12.10	12.65
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	7.00	1.05	1.31	2.36	8.37	9.65	9.32	8.82
GRAINS	4.04	2.70	3.39	3.76	3.39	4.56	5.36	3.96
VEGETABLES	3.72	0.80	1.64	2.72	3.60	5.56	4.51	4.76
PROTEIN FOODS	3.22	2.39	1.52	1.65	3.94	4.40	2.96	4.57
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.41	0.08	0.38	0.35	0.53	0.33	0.42	0.45
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.09
TOTAL*	99.78	99.82	99.72	99.90	99.91	100.06	100.01	99.53

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 9. 4: Males - Distribution of total dairy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	21.32	44.52	31.33	27.64	15.04	16.15	16.99	21.76
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	19.86	9.08	12.12	17.48	26.95	22.95	19.30	14.03
CHEESE	7.75	8.80	6.31	5.59	7.92	5.77	10.04	7.72
PIZZA	7.58	7.85	9.80	11.23	10.05	5.92	4.94	2.20
LOW-FAT MILK/YOGURT	7.38	12.11	16.69	10.05	3.42	5.43	6.49	10.76
DESSERTS AND SWEET SNACKS	6.55	3.48	5.38	6.30	5.72	6.96	7.43	11.10
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.23	4.12	5.86	6.04	6.59	4.62	3.86	4.29
COFFEE AND TEA	4.53	0.23	0.35	1.18	4.78	7.08	6.89	5.79
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.48	2.25	2.33	2.87	1.89	2.67	3.20	2.18
SUGAR-SWEETENED AND DIET BEVERAGES	2.45	0.83	0.96	1.18	3.57	2.50	2.44	3.03
EGGS	2.41	2.07	1.35	1.39	2.88	3.19	2.02	3.72
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.07	0.40	0.59	1.30	1.90	3.70	2.48	3.02
CANDY AND SUGARS	1.96	0.99	1.77	1.85	1.34	2.35	3.13	1.37
STARCHY VEGETABLES	1.64	0.40	1.05	1.42	1.70	1.86	2.03	1.74
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.44	0.23	0.39	1.25	1.21	1.60	2.29	1.75
CHIPS, CRACKERS, AND SAVORY SNACKS	1.20	1.19	1.16	1.22	0.75	2.21	1.54	0.18
BREAKFAST CEREALS AND BARS	1.16	0.31	0.77	0.71	0.92	1.63	1.70	1.36
SOUPS	0.69	0.02	0.54	0.16	0.61	1.36	0.79	1.12
POULTRY (Not Incl. Deli and Mixed Dishes)	0.50	0.25	0.09	0.20	0.59	0.78	0.56	0.77

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YEAST BREADS AND TORTILLAS	0.39	0.13	0.28	0.18	0.59	0.25	0.46	0.34
CONDIMENTS AND GRAVIES	0.33	0.08	0.35	0.34	0.50	0.20	0.31	0.20
SEAFOOD (Not Incl. Mixed Dishes)	0.17	0.03	0.05	0.01	0.12	0.38	0.33	0.04
DELI/CURED PRODUCTS (Meat and Poultry)	0.06	0.02	0.00	0.00	0.18	0.00	0.01	0.00
SPREADS	0.05	0.00	0.01	0.01	0.01	0.01	0.09	0.23
MEATS (Not Incl. Deli and Mixed Dishes)	0.04	0.00	0.00	0.02	0.11	0.00	0.02	0.01
NUTS, SEEDS, AND SOY	0.04	0.00	0.03	0.03	0.06	0.05	0.02	0.03
SALAD DRESSINGS	0.03	0.00	0.03	0.00	0.02	0.12	0.02	0.02
ALCOHOLIC BEVERAGES	0.01	0.00	0.00	0.00	0.02	0.07	0.00	0.00
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.09
RICE AND PASTA	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.08
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.78	99.82	99.72	99.90	99.91	100.06	100.01	99.53

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 9. 5: Females - Distribution of total dairy intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	38.33	68.86	52.95	40.68	27.40	30.59	38.86	40.59
MIXED DISHES	29.13	17.64	27.92	34.02	36.10	32.86	24.75	21.80
SNACKS AND SWEETS	10.42	5.97	9.92	9.07	10.43	9.78	10.91	15.39
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	8.85	0.81	1.07	5.09	11.42	13.03	10.53	7.75
VEGETABLES	4.87	1.21	1.27	4.22	6.50	4.91	5.60	4.56
GRAINS	4.23	2.65	4.09	3.68	3.83	4.66	4.58	5.52
PROTEIN FOODS	3.07	2.46	1.95	2.33	3.45	3.05	3.63	2.86
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.81	0.19	0.52	0.84	0.82	1.00	0.88	0.95
FRUITS+FRUIT JUICE	0.03	0.00	0.00	0.01	0.02	0.01	0.00	0.17
TOTAL*	99.74	99.79	99.70	99.93	99.97	99.88	99.74	99.59

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 9. 6: Females - Distribution of total dairy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	20.80	45.09	30.99	22.79	13.45	16.92	18.98	20.96
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	14.50	7.18	11.80	14.72	18.64	16.09	13.73	11.08
CHEESE	9.73	9.97	7.58	8.13	10.14	7.80	11.89	9.52
LOW-FAT MILK/YOGURT	7.28	13.30	14.03	9.50	3.45	5.08	7.35	9.79
DESSERTS AND SWEET SNACKS	7.15	4.36	6.88	5.40	6.98	6.01	7.91	11.59
PIZZA	6.97	5.03	8.90	11.23	8.54	8.34	4.19	3.91
COFFEE AND TEA	5.92	0.13	0.47	4.02	7.06	8.86	7.53	4.98
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.46	5.18	6.34	6.80	6.51	5.27	4.24	4.34
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.19	0.39	0.57	2.17	4.70	3.03	3.97	2.59
SUGAR-SWEETENED AND DIET BEVERAGES	2.93	0.69	0.60	1.07	4.36	4.18	3.00	2.77
EGGS	2.50	2.26	1.82	1.76	2.86	2.45	2.93	2.14
CANDY AND SUGARS	2.25	0.99	1.38	2.20	2.21	2.41	2.37	3.53
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.17	1.31	2.63	2.40	1.66	2.67	2.32	2.40
BREAKFAST CEREALS AND BARS	1.71	1.19	1.00	0.95	1.82	1.72	1.90	2.69
STARCHY VEGETABLES	1.67	0.82	0.71	2.05	1.80	1.88	1.64	1.97
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.50	0.21	0.81	0.96	1.45	2.44	1.79	1.49
CHIPS, CRACKERS, AND SAVORY SNACKS	1.02	0.62	1.66	1.47	1.24	1.36	0.63	0.27
SOUPS	0.69	0.04	0.07	0.31	0.96	0.72	0.80	0.99
CONDIMENTS AND GRAVIES	0.60	0.17	0.50	0.79	0.67	0.86	0.48	0.60

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POULTRY (Not Incl. Deli and Mixed Dishes)	0.38	0.07	0.07	0.52	0.44	0.43	0.45	0.26
YEAST BREADS AND TORTILLAS	0.31	0.15	0.35	0.20	0.35	0.27	0.34	0.42
SEAFOOD (Not Incl. Mixed Dishes)	0.13	0.06	0.03	0.02	0.08	0.13	0.16	0.42
SALAD DRESSINGS	0.13	0.00	0.00	0.02	0.11	0.02	0.36	0.01
SPREADS	0.08	0.01	0.02	0.03	0.04	0.13	0.03	0.34
RICE AND PASTA	0.03	0.00	0.11	0.14	0.01	0.00	0.03	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.03	0.00	0.03	0.02	0.01	0.01	0.06	0.04
NUTS, SEEDS, AND SOY	0.03	0.04	0.01	0.01	0.05	0.03	0.03	0.00
FRUIT (Non-Juice)	0.03	0.00	0.00	0.01	0.02	0.01	0.00	0.17
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.74	99.79	99.70	99.93	99.97	99.88	99.74	99.59

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 9. 1: Males and Females - Distribution of total dairy intake (percentages) across major categories

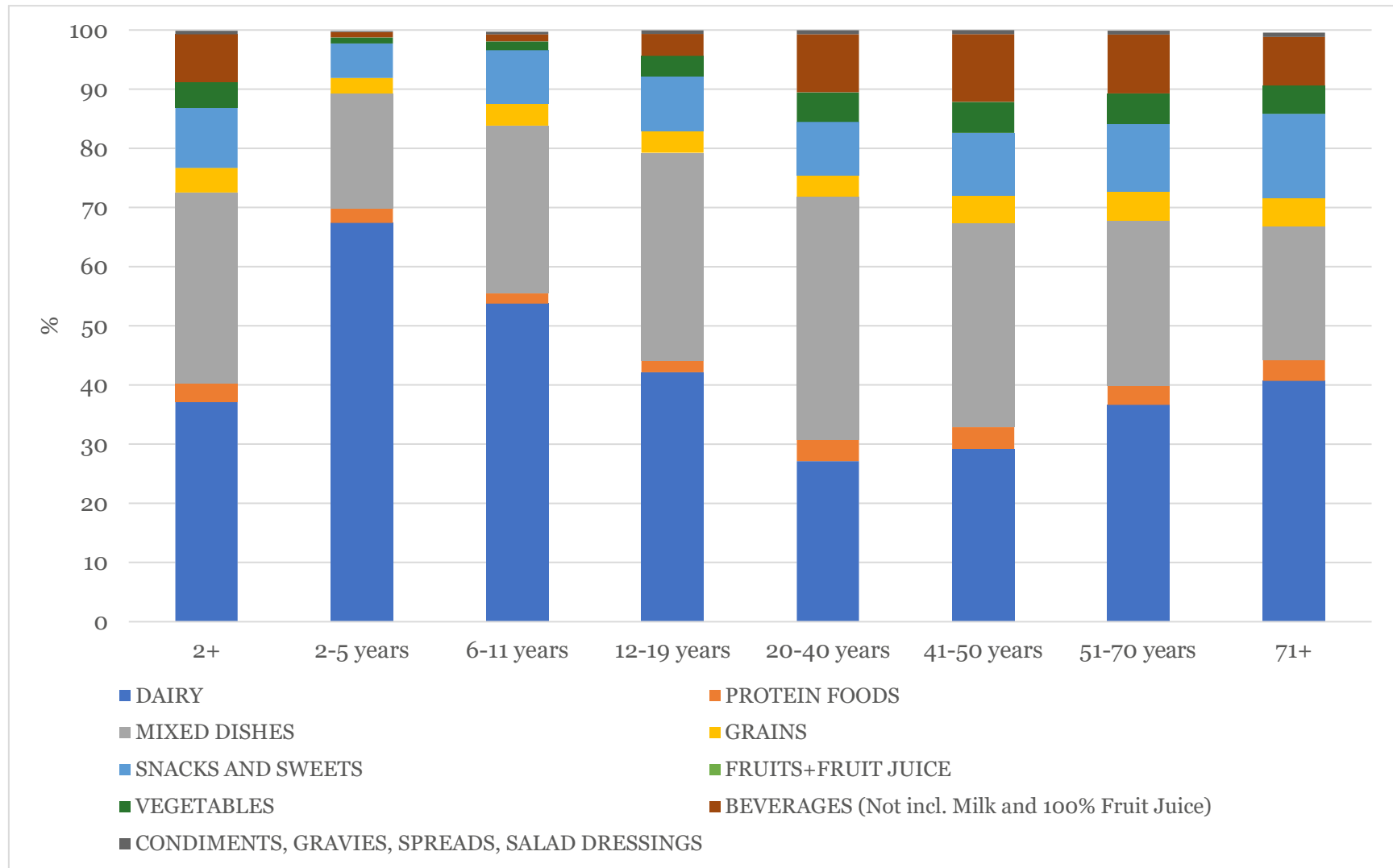


Figure 9. 2: Males and Females - Distribution of total dairy intake (percentages) across top 10 sub-categories

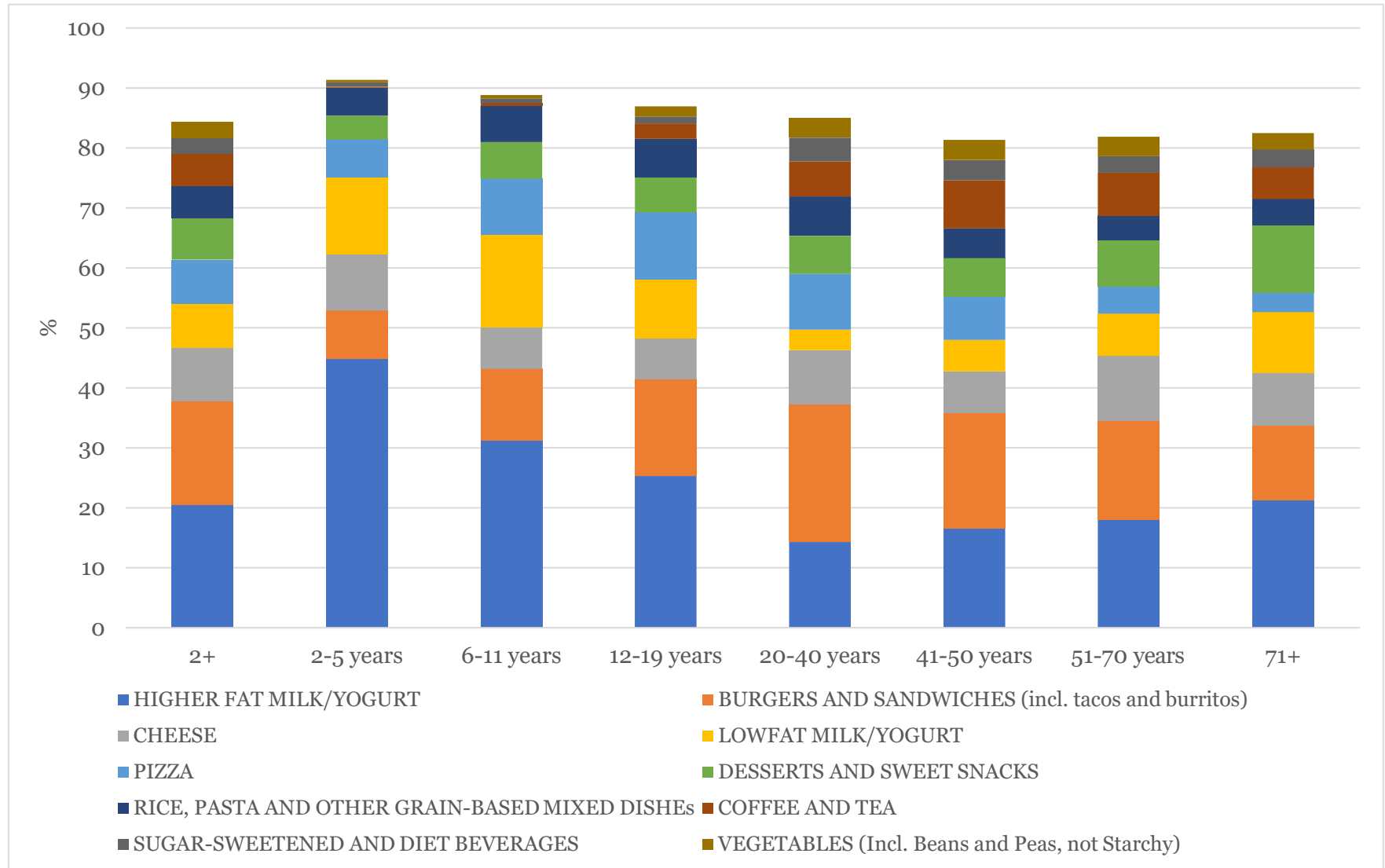


Figure 9. 3: Males - Distribution of total dairy intake (percentages) across major categories

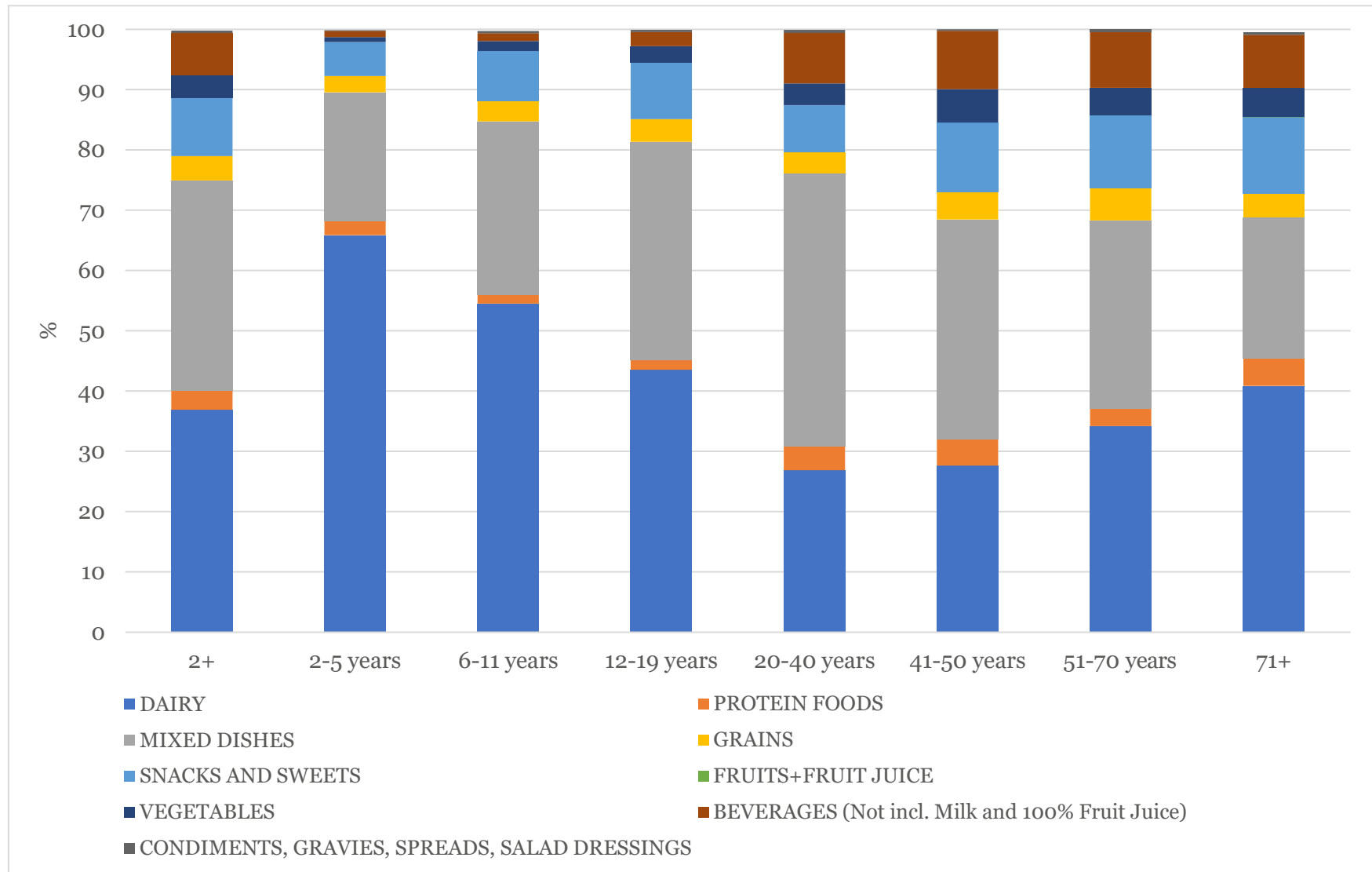


Figure 9. 4: Males - Distribution of total dairy intake (percentages) across top 10 sub-categories

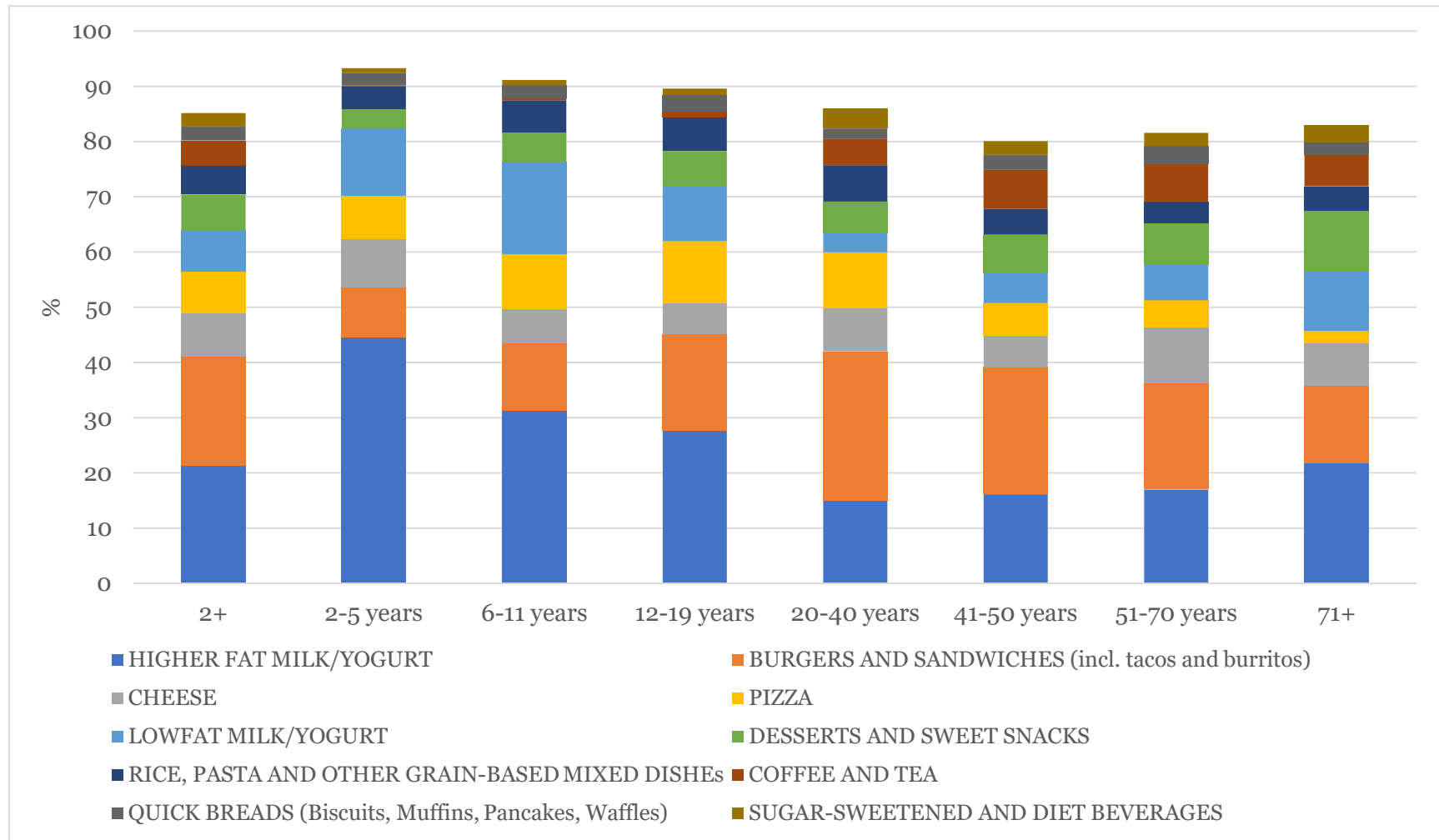


Figure 9. 5: Females - Distribution of total dairy intake (percentages) across major categories

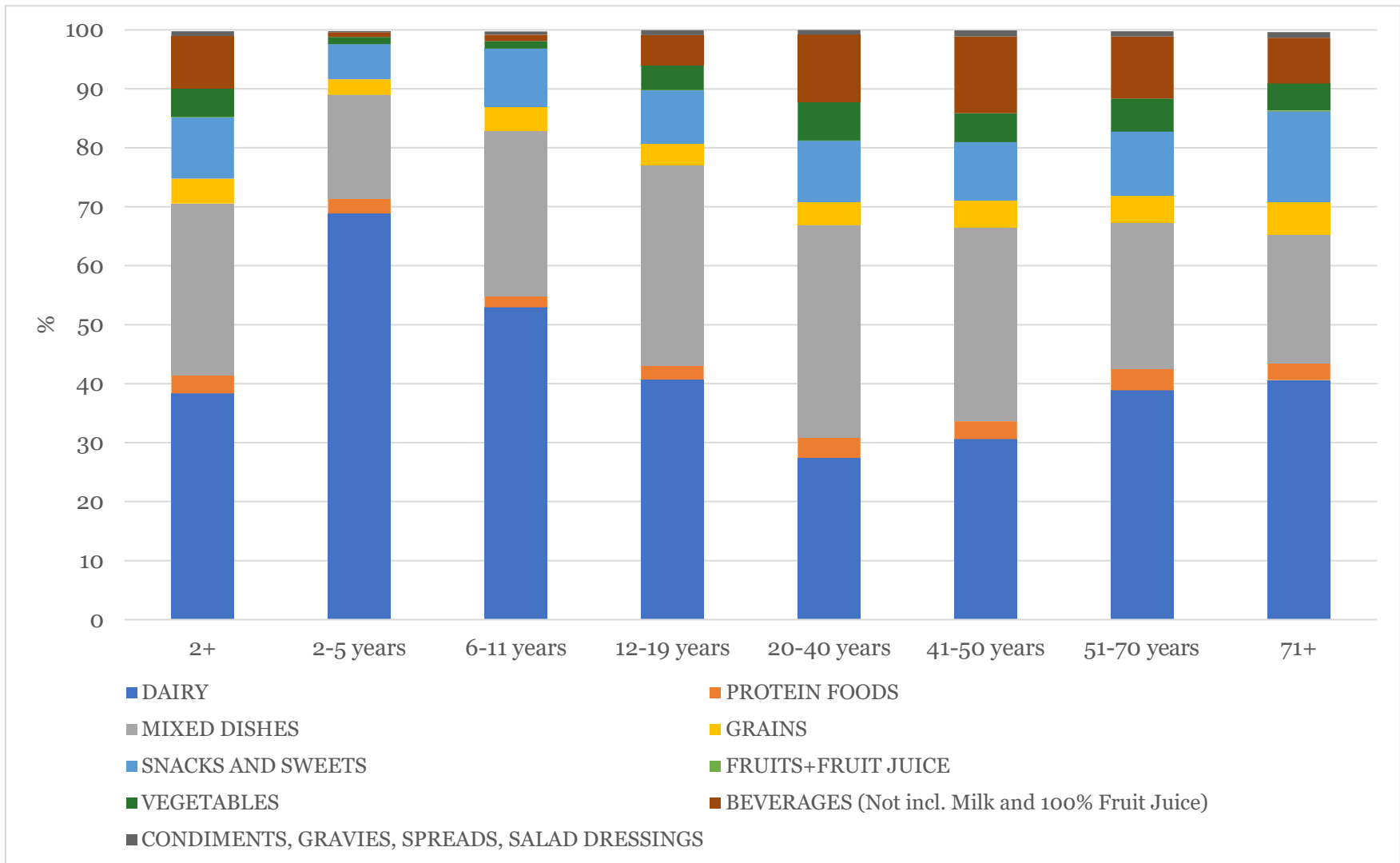
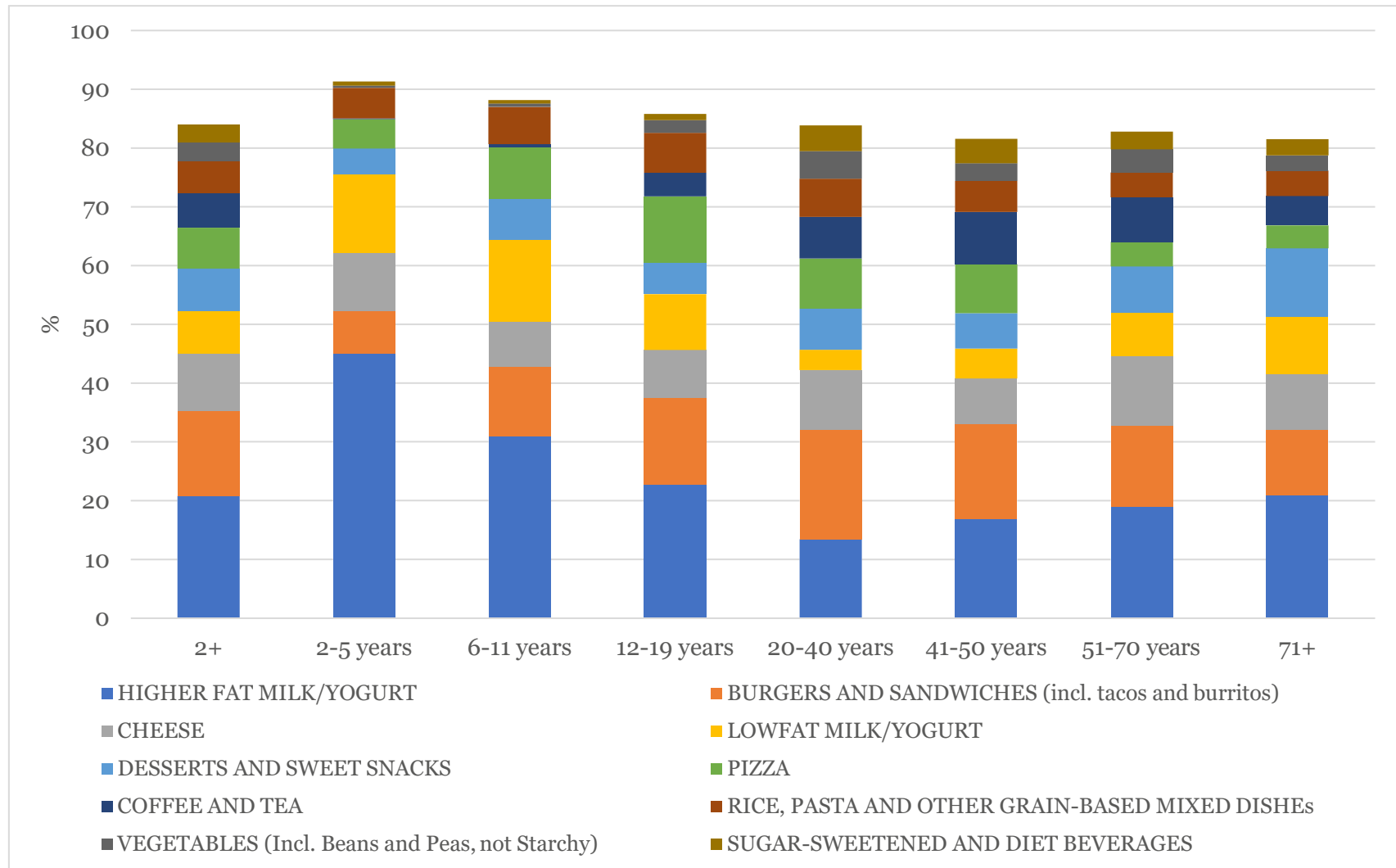


Figure 9. 6: Females - Distribution of total dairy intake (percentages) across top 10 sub-categories



Percent of milk intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of milk from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 10. 1: Males and Females- Distribution of milk intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	39.68	76.30	66.68	54.67	27.53	29.62	31.87	40.65
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	13.52	1.09	1.96	5.73	17.41	20.16	17.71	10.79
SNACKS AND SWEETS	12.58	5.00	7.51	9.81	15.40	13.32	14.04	12.88
MIXED DISHES	8.47	2.01	4.21	7.45	11.73	9.41	8.84	6.74
GRAINS	8.20	5.83	7.37	7.60	8.40	8.03	9.25	8.00
PROTEIN FOODS	5.73	4.13	2.89	3.81	7.43	7.33	5.67	5.15
VEGETABLES	2.81	0.76	1.25	2.78	3.49	3.61	2.86	2.53
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.05	0.12	0.48	0.85	1.53	1.27	0.89	1.22
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.03	0.00	0.01	0.04
TOTAL*	92.05	95.24	92.34	92.71	92.94	92.75	91.15	88.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 10. 2: Males and Females- Distribution of milk intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	26.62	56.82	42.65	37.91	19.65	20.46	19.82	24.51
LOW-FAT MILK/YOGURT	13.06	19.48	24.03	16.75	7.88	9.15	12.05	16.14
COFFEE AND TEA	10.75	0.28	0.78	4.37	12.93	16.85	15.08	8.65
DESSERTS AND SWEET SNACKS	6.66	2.88	3.98	5.55	8.08	7.04	6.86	8.00
CANDY AND SUGARS	5.56	2.10	3.09	3.94	6.78	5.51	7.03	4.87
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	5.07	4.25	4.94	5.53	5.07	4.85	5.38	4.60
EGGS	4.18	3.54	2.41	2.79	5.30	4.95	4.12	4.00
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	3.28	0.55	1.21	2.66	5.24	3.75	3.18	2.07
BREAKFAST CEREALS AND BARS	2.79	1.56	2.20	1.71	3.01	2.83	3.54	2.72
SUGAR-SWEETENED AND DIET BEVERAGES	2.76	0.81	1.18	1.37	4.48	3.27	2.64	2.13
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	2.24	1.14	1.84	3.38	3.40	1.77	1.61	1.14
STARCHY VEGETABLES	2.17	0.63	1.09	2.17	2.70	2.64	2.25	1.89
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.05	0.28	0.87	1.11	1.99	2.42	3.08	2.26
POULTRY (Not Incl. Deli and Mixed Dishes)	1.06	0.28	0.18	0.77	1.56	1.88	0.91	0.73
SOUPS	0.90	0.04	0.29	0.29	1.09	1.48	0.97	1.26
CONDIMENTS AND GRAVIES	0.80	0.11	0.45	0.76	1.23	1.09	0.64	0.46
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.64	0.14	0.15	0.62	0.79	0.97	0.61	0.64
CHIPS, CRACKERS, AND SAVORY SNACKS	0.36	0.02	0.44	0.33	0.54	0.76	0.15	0.02
YEAST BREADS AND TORTILLAS	0.29	0.02	0.16	0.19	0.29	0.35	0.28	0.64
SEAFOOD (Not Incl. Mixed Dishes)	0.27	0.07	0.16	0.07	0.21	0.38	0.45	0.29

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SPREADS	0.24	0.01	0.02	0.07	0.29	0.18	0.24	0.77
NUTS, SEEDS, AND SOY	0.14	0.23	0.06	0.16	0.19	0.11	0.14	0.06
MEATS (Not Incl. Deli and Mixed Dishes)	0.07	0.01	0.03	0.02	0.16	0.01	0.05	0.06
RICE AND PASTA	0.05	0.00	0.06	0.17	0.03	0.00	0.05	0.04
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.03	0.00	0.00	0.04
SALAD DRESSINGS	0.01	0.00	0.00	0.03	0.01	0.00	0.01	0.00
ALCOHOLIC BEVERAGES	0.01	0.00	0.00	0.00	0.01	0.04	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.05	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.01	0.00	0.00	0.01	0.01
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	92.05	95.24	92.34	92.71	92.94	92.75	91.15	88.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 10. 3: Males - Distribution of milk intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	43.29	75.62	69.33	59.53	31.12	33.02	33.01	43.58
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	12.01	1.13	2.17	3.91	16.00	17.03	16.67	11.04
SNACKS AND SWEETS	11.79	5.29	7.78	9.33	13.36	13.05	15.37	9.46
MIXED DISHES	8.18	2.29	3.73	6.95	11.51	9.20	8.70	6.85
GRAINS	7.84	6.98	6.43	7.27	8.18	7.40	9.40	6.89
PROTEIN FOODS	5.79	3.92	2.47	3.77	7.92	9.00	4.64	6.56
VEGETABLES	2.88	0.52	1.11	2.31	3.40	4.28	3.29	2.44
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.81	0.06	0.44	0.64	1.51	0.52	0.70	0.68
FRUITS+FRUIT JUICE	0.02	0.00	0.00	0.00	0.02	0.00	0.02	0.08
TOTAL*	92.62	95.81	93.47	93.72	93.01	93.49	91.80	87.58

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 10. 4: Males - Distribution of milk intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	29.84	57.02	43.20	42.44	22.59	23.27	21.18	27.09
LOW-FAT MILK/YOGURT	13.44	18.59	26.13	17.09	8.53	9.75	11.83	16.48
COFFEE AND TEA	9.51	0.30	0.82	2.62	11.50	14.53	14.72	9.13
DESSERTS AND SWEET SNACKS	6.48	3.68	3.48	5.51	7.62	7.05	7.56	6.87
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	5.21	5.52	4.63	5.83	5.10	5.33	5.63	4.44
CANDY AND SUGARS	5.07	1.58	3.77	3.48	5.55	5.77	7.51	2.59
EGGS	4.12	3.50	1.99	2.96	5.44	5.60	3.24	5.36
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	3.27	0.69	0.98	2.28	5.58	3.43	3.36	2.07
SUGAR-SWEETENED AND DIET BEVERAGES	2.48	0.82	1.35	1.29	4.48	2.41	1.95	1.91
BREAKFAST CEREALS AND BARS	2.39	1.43	1.76	1.25	2.79	1.83	3.46	2.06
STARCHY VEGETABLES	2.27	0.36	1.00	1.75	2.63	3.05	2.93	1.66
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	2.08	1.29	1.65	3.35	3.16	1.69	1.27	1.00
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.00	0.30	0.62	1.16	2.03	2.13	3.12	2.57
POULTRY (Not Incl. Deli and Mixed Dishes)	1.24	0.36	0.26	0.68	1.78	2.82	0.92	0.96
SOUPS	0.83	0.02	0.47	0.16	0.74	1.95	0.95	1.21
CONDIMENTS AND GRAVIES	0.63	0.06	0.42	0.57	1.22	0.48	0.48	0.22
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.61	0.16	0.11	0.56	0.77	1.23	0.36	0.78
CHIPS, CRACKERS, AND SAVORY SNACKS	0.25	0.04	0.53	0.34	0.20	0.23	0.30	0.00

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SEAFOOD (Not Incl. Mixed Dishes)	0.25	0.05	0.10	0.07	0.23	0.52	0.40	0.05
YEAST BREADS AND TORTILLAS	0.24	0.04	0.04	0.19	0.30	0.24	0.30	0.30
SPREADS	0.17	0.00	0.02	0.07	0.26	0.04	0.20	0.45
NUTS, SEEDS, AND SOY	0.09	0.00	0.03	0.04	0.18	0.06	0.06	0.14
MEATS (Not Incl. Deli and Mixed Dishes)	0.09	0.01	0.00	0.02	0.29	0.00	0.02	0.04
ALCOHOLIC BEVERAGES	0.02	0.00	0.00	0.00	0.02	0.09	0.00	0.00
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.02	0.00	0.00	0.08
SALAD DRESSINGS	0.01	0.00	0.01	0.00	0.02	0.00	0.02	0.00
RICE AND PASTA	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.08
DELI/CURED PRODUCTS (Meat and Poultry)	0.01	0.00	0.09	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.00
CHEESE	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	92.62	95.81	93.47	93.72	93.01	93.49	91.80	87.58

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES**Table 10. 5: Females- Distribution of milk intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	37.44	76.91	63.59	49.45	23.75	26.70	30.84	38.31
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	14.59	1.06	1.71	7.68	18.91	22.85	18.66	10.58
SNACKS AND SWEETS	12.99	4.74	7.19	10.33	17.55	13.54	12.84	15.62
MIXED DISHES	8.58	1.76	4.77	7.99	11.95	9.60	8.97	6.64
GRAINS	8.38	4.78	8.46	7.95	8.62	8.57	9.12	8.89
PROTEIN FOODS	5.59	4.32	3.39	3.85	6.91	5.89	6.59	4.02
VEGETABLES	2.73	0.99	1.40	3.29	3.59	3.04	2.48	2.61
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.25	0.17	0.52	1.08	1.56	1.91	1.06	1.66
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.01	0.03	0.01	0.00	0.00
TOTAL*	91.55	94.73	91.03	91.63	92.88	92.11	90.56	88.33

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 10. 6: Females- Distribution of milk intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	24.91	56.63	42.01	33.06	16.55	18.05	18.58	22.45
LOW-FAT MILK/YOGURT	12.52	20.28	21.58	16.39	7.20	8.64	12.25	15.86
COFFEE AND TEA	11.60	0.25	0.72	6.23	14.44	18.84	15.40	8.27
DESSERTS AND SWEET SNACKS	6.66	2.16	4.57	5.59	8.57	7.04	6.22	8.90
CANDY AND SUGARS	5.88	2.57	2.29	4.43	8.08	5.29	6.60	6.69
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	4.83	3.10	5.30	5.22	5.04	4.43	5.15	4.72
EGGS	4.20	3.57	2.91	2.61	5.16	4.39	4.91	2.91
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	3.19	0.43	1.47	3.07	4.89	4.02	3.02	2.07
BREAKFAST CEREALS AND BARS	3.13	1.68	2.72	2.19	3.24	3.70	3.61	3.25
SUGAR-SWEETENED AND DIET BEVERAGES	2.99	0.81	0.99	1.45	4.47	4.01	3.26	2.32
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	2.38	1.01	2.06	3.42	3.66	1.84	1.92	1.25
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.06	0.27	1.16	1.07	1.94	2.67	3.04	2.02
STARCHY VEGETABLES	2.06	0.87	1.20	2.61	2.76	2.29	1.64	2.07
SOUPS	0.94	0.06	0.09	0.44	1.46	1.06	0.99	1.30
CONDIMENTS AND GRAVIES	0.94	0.15	0.49	0.97	1.23	1.62	0.78	0.65
POULTRY (Not Incl. Deli and Mixed Dishes)	0.86	0.21	0.09	0.86	1.33	1.07	0.89	0.54
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.67	0.11	0.20	0.68	0.82	0.75	0.84	0.53
CHIPS, CRACKERS, AND SAVORY SNACKS	0.45	0.01	0.33	0.31	0.91	1.22	0.02	0.03
YEAST BREADS AND TORTILLAS	0.33	0.01	0.31	0.19	0.28	0.43	0.27	0.92

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SPREADS	0.31	0.01	0.03	0.06	0.32	0.30	0.27	1.02
SEAFOOD (Not Incl. Mixed Dishes)	0.29	0.09	0.23	0.07	0.19	0.26	0.50	0.49
NUTS, SEEDS, AND SOY	0.19	0.44	0.08	0.28	0.20	0.16	0.22	0.00
RICE AND PASTA	0.09	0.00	0.13	0.36	0.06	0.00	0.09	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.04	0.01	0.07	0.02	0.02	0.02	0.07	0.07
FRUIT (Non-Juice)	0.01	0.00	0.00	0.01	0.03	0.01	0.00	0.00
SALAD DRESSINGS	0.01	0.00	0.00	0.05	0.01	0.00	0.01	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	91.55	94.73	91.03	91.63	92.88	92.11	90.56	88.33

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 10. 1: Males and Females- Distribution of milk intake (percentages) across major categories

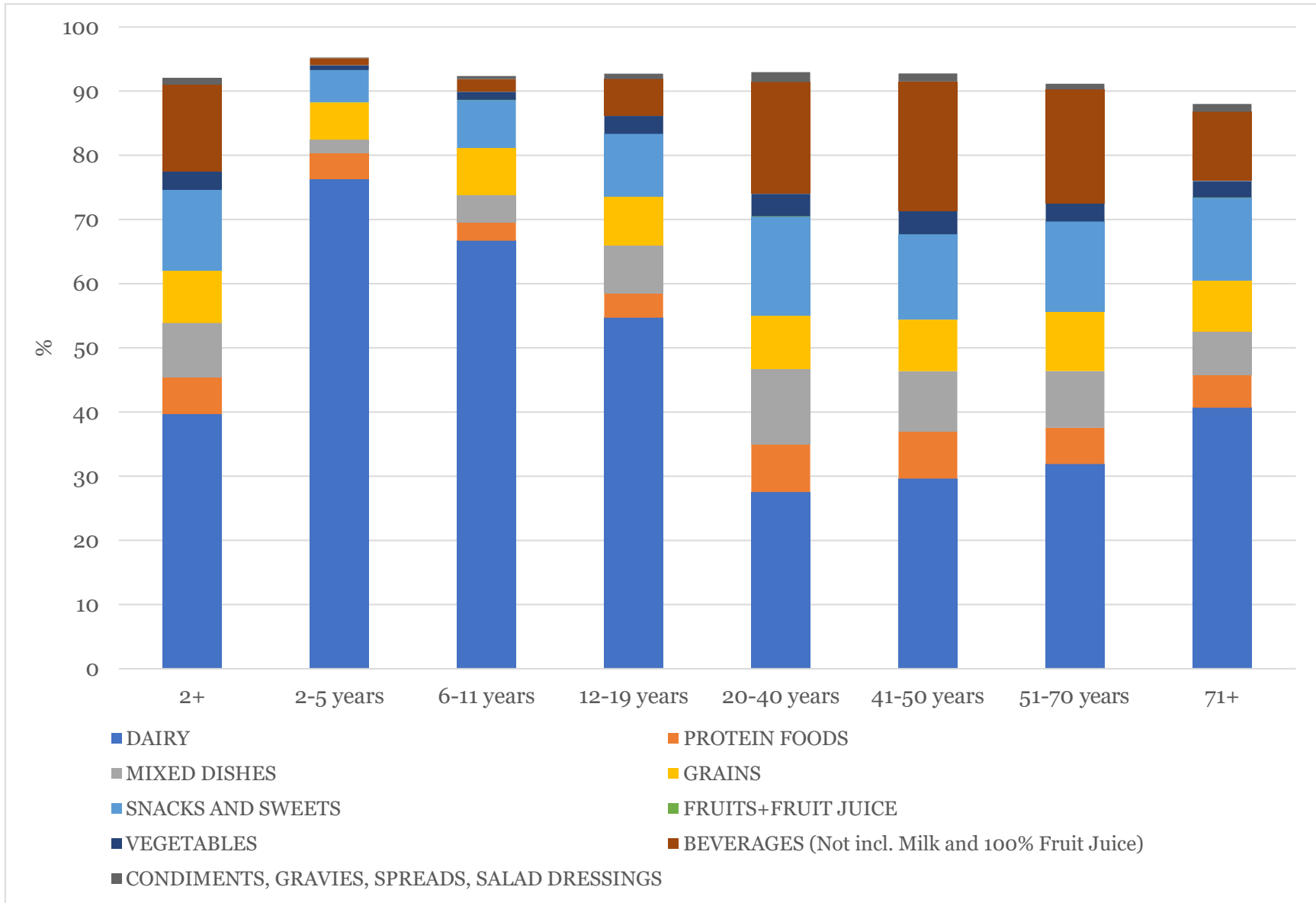


Figure 10. 2: Males and Females- Distribution of milk intake (percentages) across top 10 sub-categories

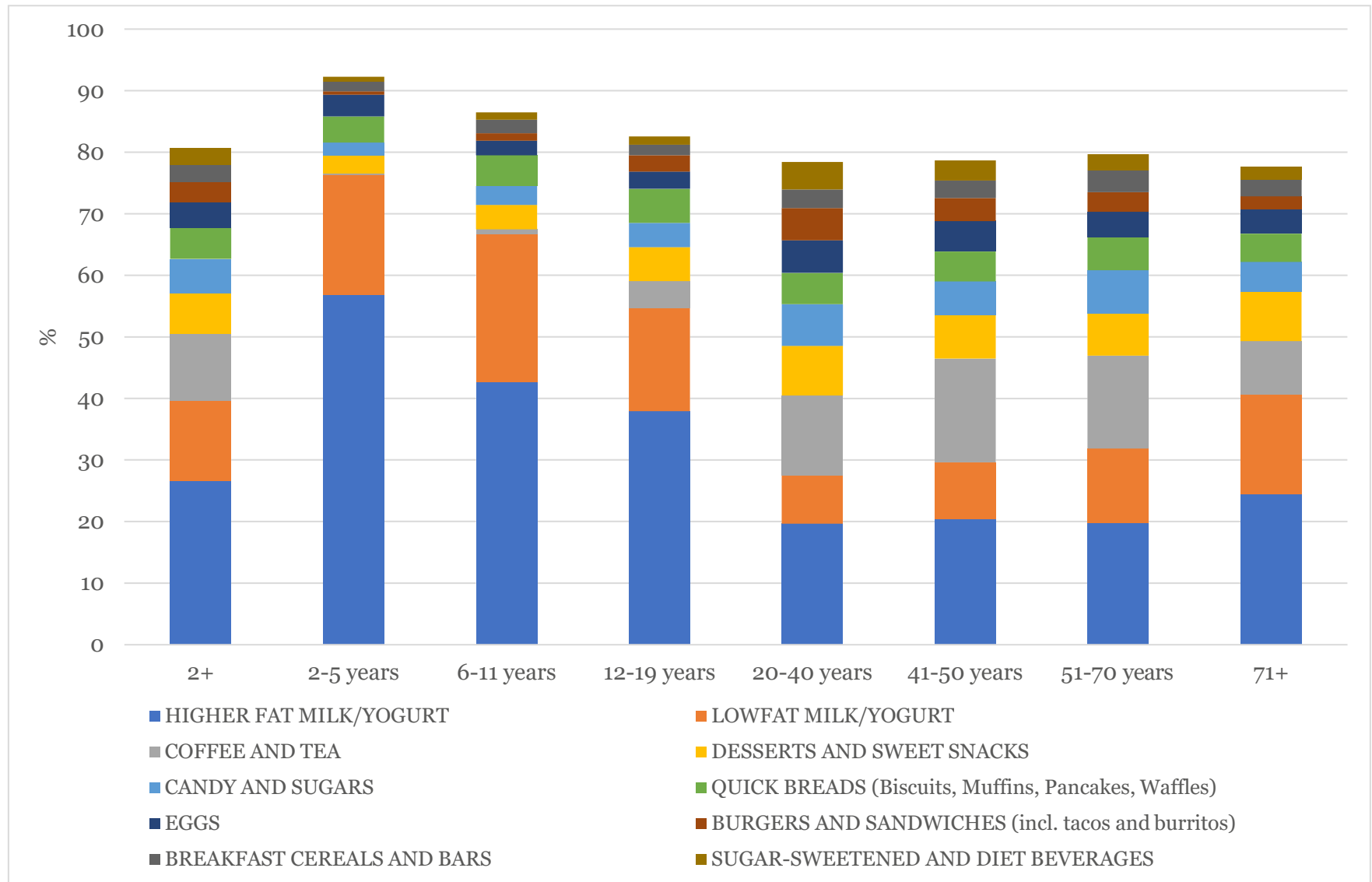


Figure 10. 3: Males - Distribution of milk intake (percentages) across major categories

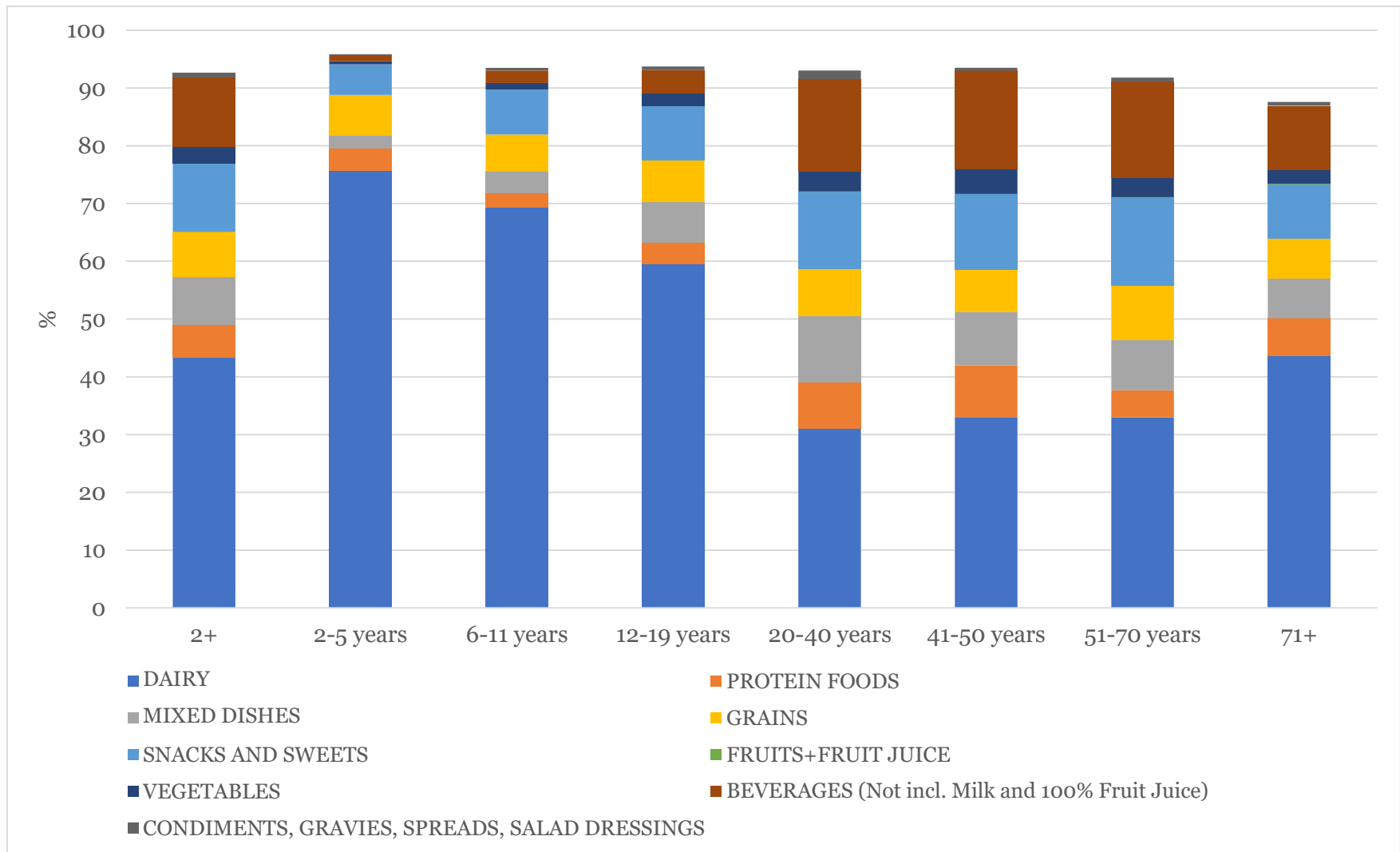


Figure 10. 4: Males - Distribution of milk intake (percentages) across top 10 sub-categories

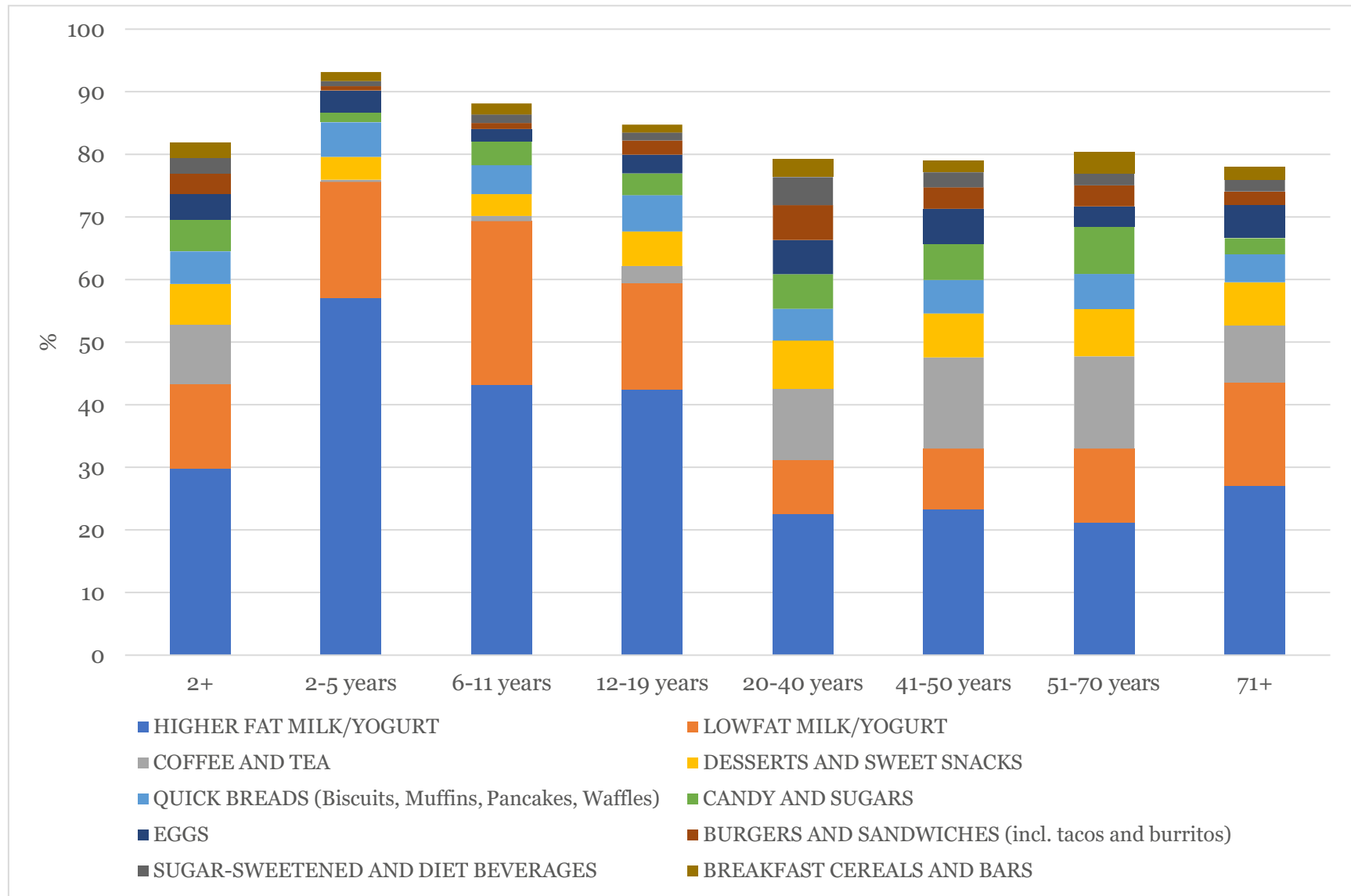


Figure 10. 5: Females- Distribution of milk intake (percentages) across major categories

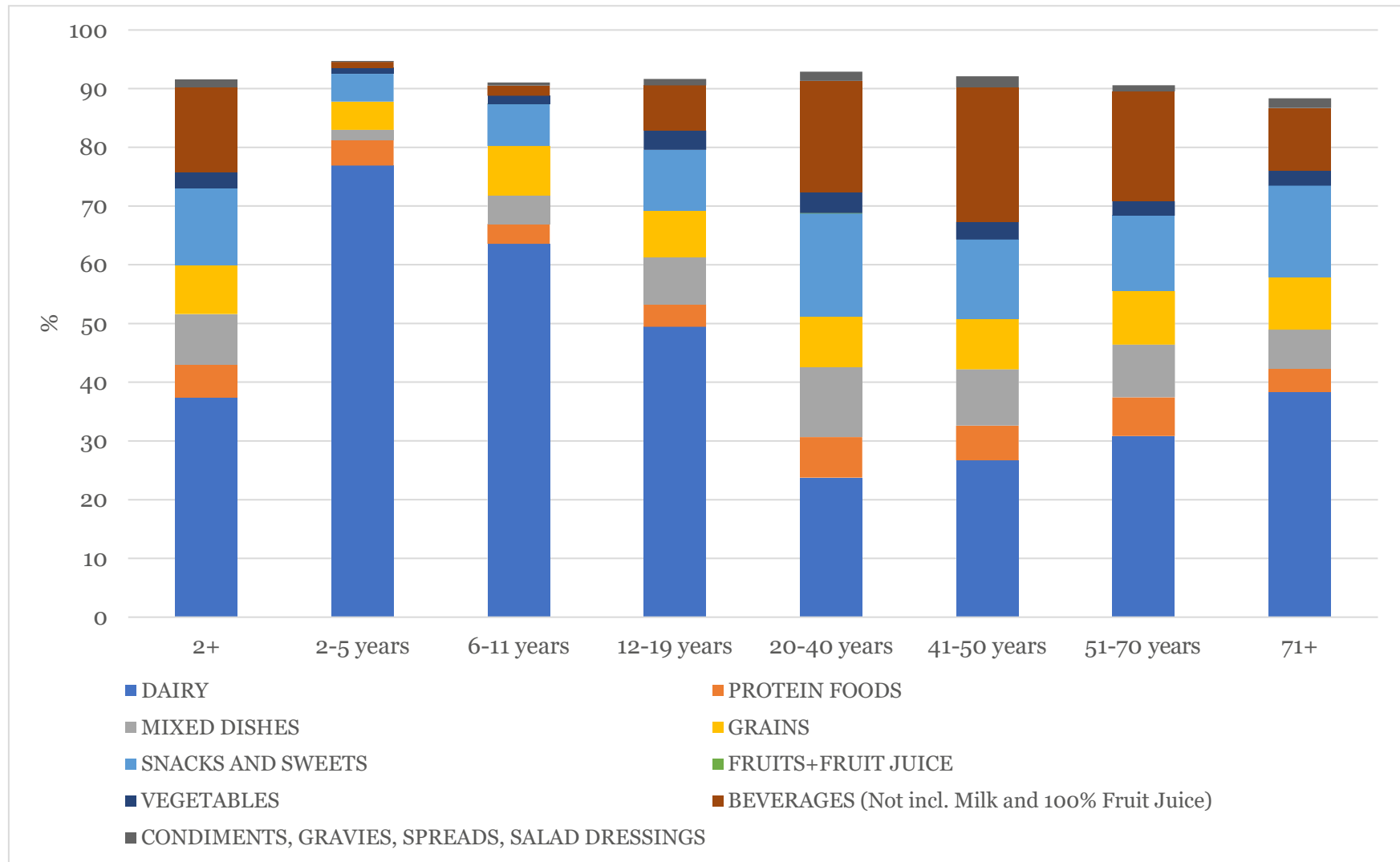
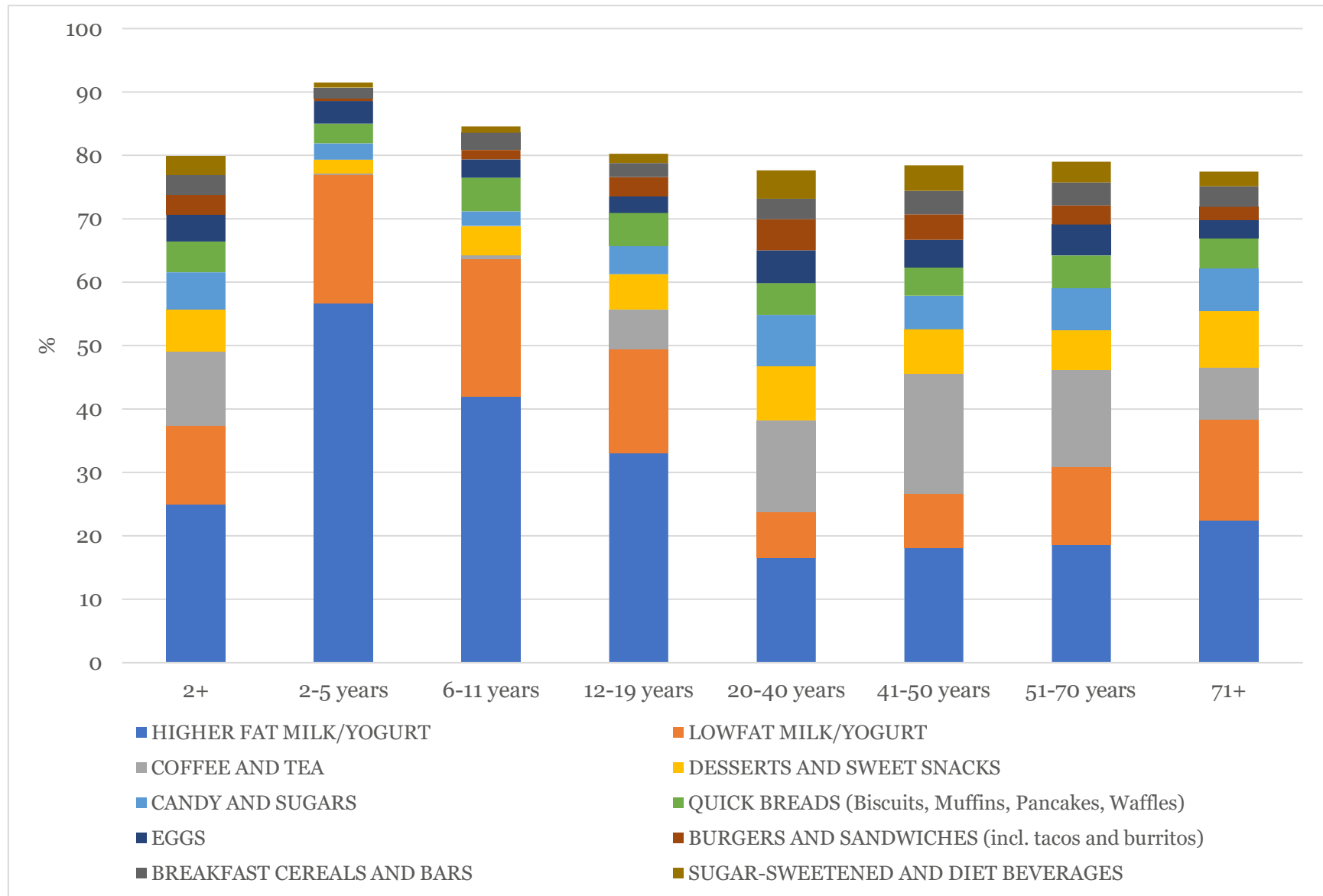


Figure 10. 6: Females- Distribution of milk intake (percentages) across top 10 sub-categories



Percent of cheese intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of cheese from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 11. 1: Males and Females- Distribution of cheese intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	64.23	59.56	68.58	72.28	68.12	66.08	56.56	55.52
DAIRY	20.25	27.81	18.16	15.46	16.75	15.72	26.37	26.96
VEGETABLES	7.39	1.54	3.21	5.35	7.29	8.78	9.76	10.42
SNACKS AND SWEETS	4.02	7.91	6.85	4.68	2.80	5.08	2.91	3.25
PROTEIN FOODS	2.51	1.93	1.58	1.50	3.08	3.24	2.44	2.32
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.96	0.61	0.81	0.52	1.21	0.77	1.17	0.70

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GRAINS	0.72	0.57	0.98	0.40	0.87	0.47	0.76	0.66
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.10
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.94	100.00	100.00	100.00	100.00	99.98	99.93

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 11. 2: Males and Females- Distribution of cheese intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	35.97	24.41	29.72	34.11	40.16	39.95	35.67	32.48
CHEESE	20.25	27.81	18.16	15.46	16.75	15.72	26.37	26.96
PIZZA	14.52	17.73	22.73	22.52	14.98	12.67	9.27	7.53
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	11.94	17.14	15.40	13.81	11.42	10.55	9.67	12.65
VEGETABLES (Incl. Beans and Peas, not Starchy)	5.74	1.24	2.00	3.67	5.87	7.22	7.69	7.65
CHIPS, CRACKERS, AND SAVORY SNACKS	3.92	7.91	6.85	4.57	2.69	4.72	2.87	3.24
EGGS	2.46	1.88	1.57	1.50	2.96	3.24	2.40	2.32
STARCHY VEGETABLES	1.64	0.30	1.21	1.69	1.42	1.56	2.07	2.77

MEAT, POULTRY, SEAFOOD MIXED DISHES	1.26	0.23	0.47	1.42	0.89	2.33	1.41	1.87
CONDIMENTS AND GRAVIES	0.83	0.61	0.79	0.51	1.14	0.69	0.79	0.69
YEAST BREADS AND TORTILLAS	0.55	0.55	0.86	0.34	0.71	0.37	0.51	0.31
SOUPS	0.55	0.04	0.25	0.41	0.67	0.58	0.53	0.99
SALAD DRESSINGS	0.13	0.00	0.02	0.01	0.07	0.08	0.39	0.01
DESSERTS AND SWEET SNACKS	0.10	0.00	0.00	0.11	0.11	0.36	0.05	0.02
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.10	0.01	0.02	0.05	0.02	0.08	0.20	0.34
BREAKFAST CEREALS AND BARS	0.06	0.01	0.10	0.01	0.14	0.02	0.04	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.05	0.05	0.00	0.00	0.12	0.00	0.04	0.00
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.10
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.94	100.00	100.00	100.00	100.00	99.98	99.93

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 11. 3: Males - Distribution of cheese intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	68.99	62.65	70.83	77.68	73.90	69.83	61.86	59.48
DAIRY	17.74	24.98	17.34	12.81	14.61	13.85	23.36	21.76
VEGETABLES	5.61	2.03	3.30	3.33	4.82	7.96	7.25	10.51
SNACKS AND SWEETS	3.76	7.52	5.64	4.13	1.86	4.29	3.55	3.56
PROTEIN FOODS	2.57	1.61	1.35	1.33	3.16	3.53	2.55	3.21
GRAINS	0.72	0.68	0.90	0.34	1.05	0.36	0.60	0.68
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.56	0.63	0.55	0.44	0.61	0.25	0.82	0.25
FRUITS+FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.96	100.00	99.91	100.00	100.00	100.00	99.99	99.49

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 11. 4: Males - Distribution of cheese intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	40.23	26.95	30.40	38.99	45.27	46.39	40.89	36.72
CHEESE	17.74	24.98	17.34	12.81	14.61	13.85	23.36	21.76
PIZZA	15.39	19.41	24.83	23.49	15.97	11.01	10.39	6.04
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	11.76	16.02	14.81	13.01	11.27	10.33	9.01	13.66
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.14	1.68	1.74	2.10	3.45	7.03	5.45	7.49
CHIPS, CRACKERS, AND SAVORY SNACKS	3.66	7.52	5.64	4.02	1.76	3.91	3.51	3.53
EGGS	2.48	1.53	1.35	1.33	2.93	3.53	2.47	3.21
STARCHY VEGETABLES	1.47	0.36	1.56	1.22	1.37	0.93	1.81	3.02
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.99	0.18	0.32	1.74	0.55	1.13	1.22	2.17
YEAST BREADS AND TORTILLAS	0.64	0.67	0.88	0.34	0.89	0.36	0.59	0.26
SOUPS	0.62	0.08	0.47	0.46	0.84	0.97	0.35	0.90
CONDIMENTS AND GRAVIES	0.51	0.63	0.51	0.44	0.61	0.10	0.72	0.22

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DESSERTS AND SWEET SNACKS	0.10	0.00	0.00	0.12	0.10	0.39	0.04	0.03
DELI/CURED PRODUCTS (Meat and Poultry)	0.09	0.07	0.00	0.00	0.23	0.00	0.08	0.00
BREAKFAST CEREALS AND BARS	0.05	0.00	0.02	0.00	0.16	0.00	0.00	0.00
SALAD DRESSINGS	0.05	0.00	0.04	0.00	0.00	0.16	0.10	0.03
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.03	0.01	0.00	0.01	0.00	0.00	0.01	0.42
FRUIT (Non-Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.96	100.00	99.91	100.00	100.00	100.00	99.99	99.49

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 11. 5: Females - Distribution of cheese intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	59.16	56.68	65.97	66.79	61.59	62.66	51.82	52.35
DAIRY	22.98	30.46	19.12	18.16	19.18	17.42	29.07	31.10
VEGETABLES	9.05	1.07	3.11	7.42	10.08	9.53	12.01	10.35
SNACKS AND SWEETS	4.49	8.28	8.27	5.24	3.86	5.80	2.34	3.01
PROTEIN FOODS	2.41	2.24	1.84	1.67	2.99	2.98	2.34	1.62
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.33	0.60	1.12	0.59	1.89	1.24	1.48	1.06
GRAINS	0.71	0.48	1.07	0.46	0.67	0.58	0.89	0.63
FRUITS+FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.16
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.80	100.00	100.00	100.00	100.00	99.96	100.28

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 11. 6: Females - Distribution of cheese intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	31.12	22.04	28.94	29.15	34.38	34.07	31.00	29.10
CHEESE	22.98	30.46	19.12	18.16	19.18	17.42	29.07	31.10
PIZZA	13.64	16.17	20.29	21.54	13.86	14.19	8.27	8.72
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	12.40	18.19	16.09	14.63	11.60	10.75	10.26	11.84
VEGETABLES (Incl. Beans and Peas, not Starchy)	7.22	0.83	2.30	5.26	8.61	7.40	9.70	7.78
CHIPS, CRACKERS, AND SAVORY SNACKS	4.39	8.28	8.27	5.13	3.74	5.46	2.29	3.01
EGGS	2.41	2.21	1.83	1.67	2.99	2.98	2.34	1.62

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STARCHY VEGETABLES	1.83	0.24	0.80	2.16	1.47	2.13	2.31	2.57
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.54	0.27	0.64	1.10	1.27	3.42	1.58	1.63
CONDIMENTS AND GRAVIES	1.13	0.60	1.12	0.58	1.73	1.23	0.85	1.06
YEAST BREADS AND TORTILLAS	0.47	0.44	0.83	0.34	0.51	0.38	0.44	0.35
SOUPS	0.46	0.01	0.01	0.36	0.47	0.24	0.69	1.06
SALAD DRESSINGS	0.20	0.00	0.00	0.02	0.15	0.01	0.64	0.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.17	0.01	0.04	0.10	0.05	0.15	0.38	0.28
DESSERTS AND SWEET SNACKS	0.10	0.00	0.00	0.11	0.12	0.33	0.05	0.00
BREAKFAST CEREALS AND BARS	0.08	0.03	0.20	0.02	0.11	0.04	0.08	0.00
FRUIT (Non-Juice)	0.01	0.00	0.00	0.00	0.00	0.00	0.01	0.16
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.03	0.01	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CANDY AND SUGARS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
COFFEE AND TEA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
HIGHER FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LOW-FAT MILK/YOGURT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEATS (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not Incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not Incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUGAR-SWEETENED AND DIET BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	100.00	99.80	100.00	100.00	100.00	100.00	99.96	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

2020 Dietary Guidelines Advisory Committee

Data Supplement: Food Category Sources

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

Figure 11. 1: Males and Females - Distribution of cheese intake (percentages) across major categories

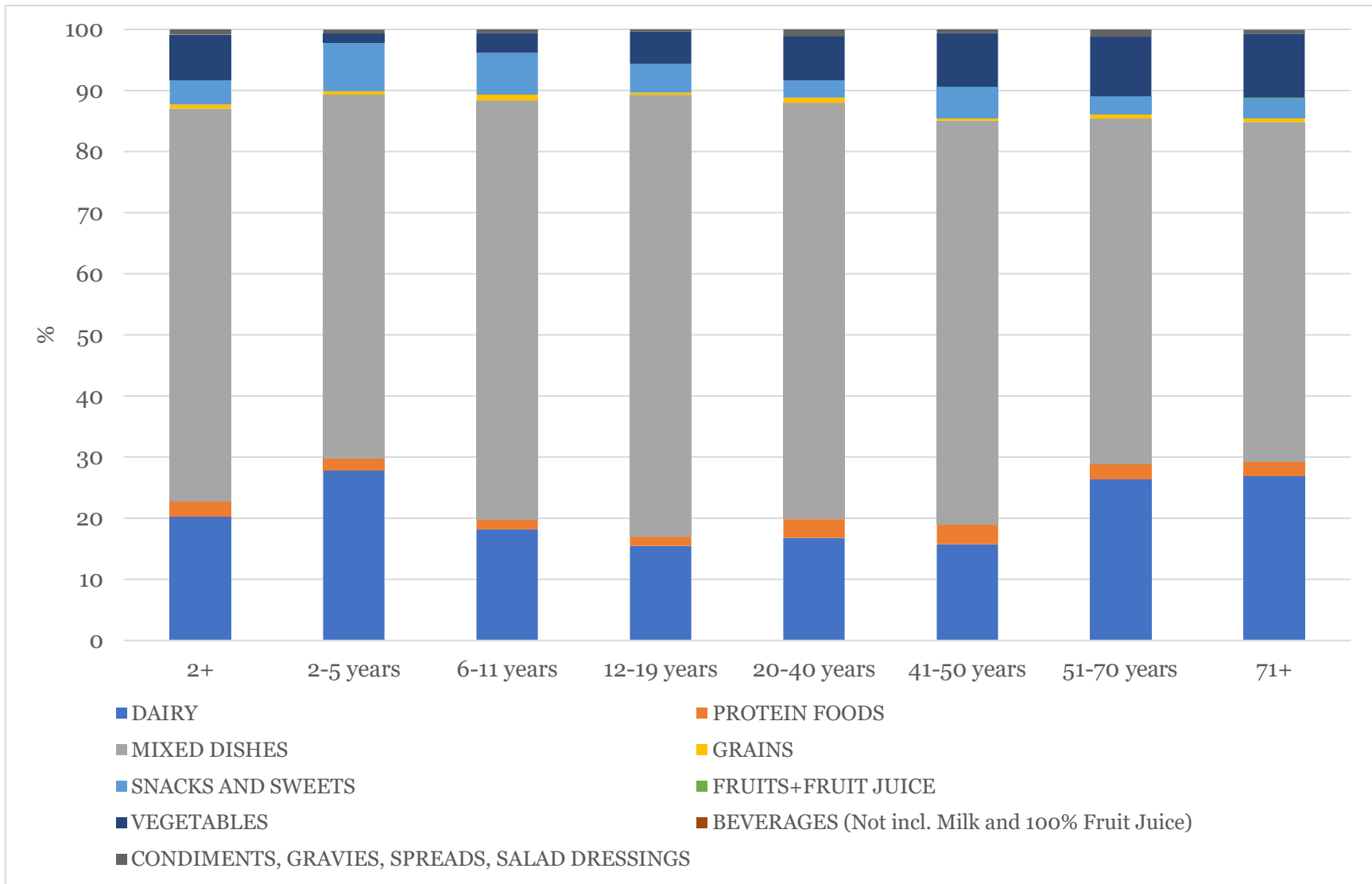


Figure 11. 2: Males and Females - Distribution of cheese intake (percentages) across top 10 sub-categories

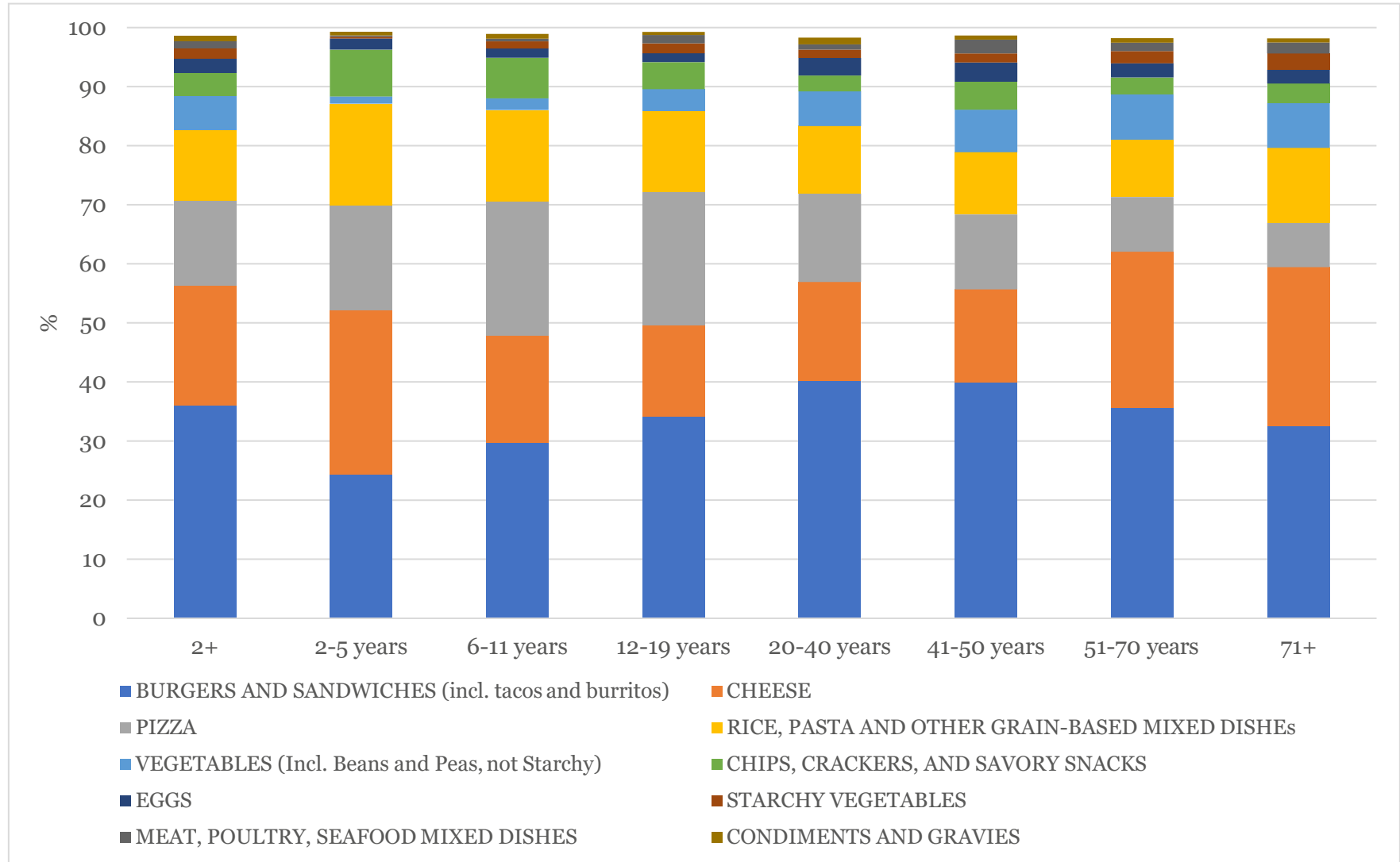


Figure 11. 3: Males - Distribution of cheese intake (percentages) across major categories

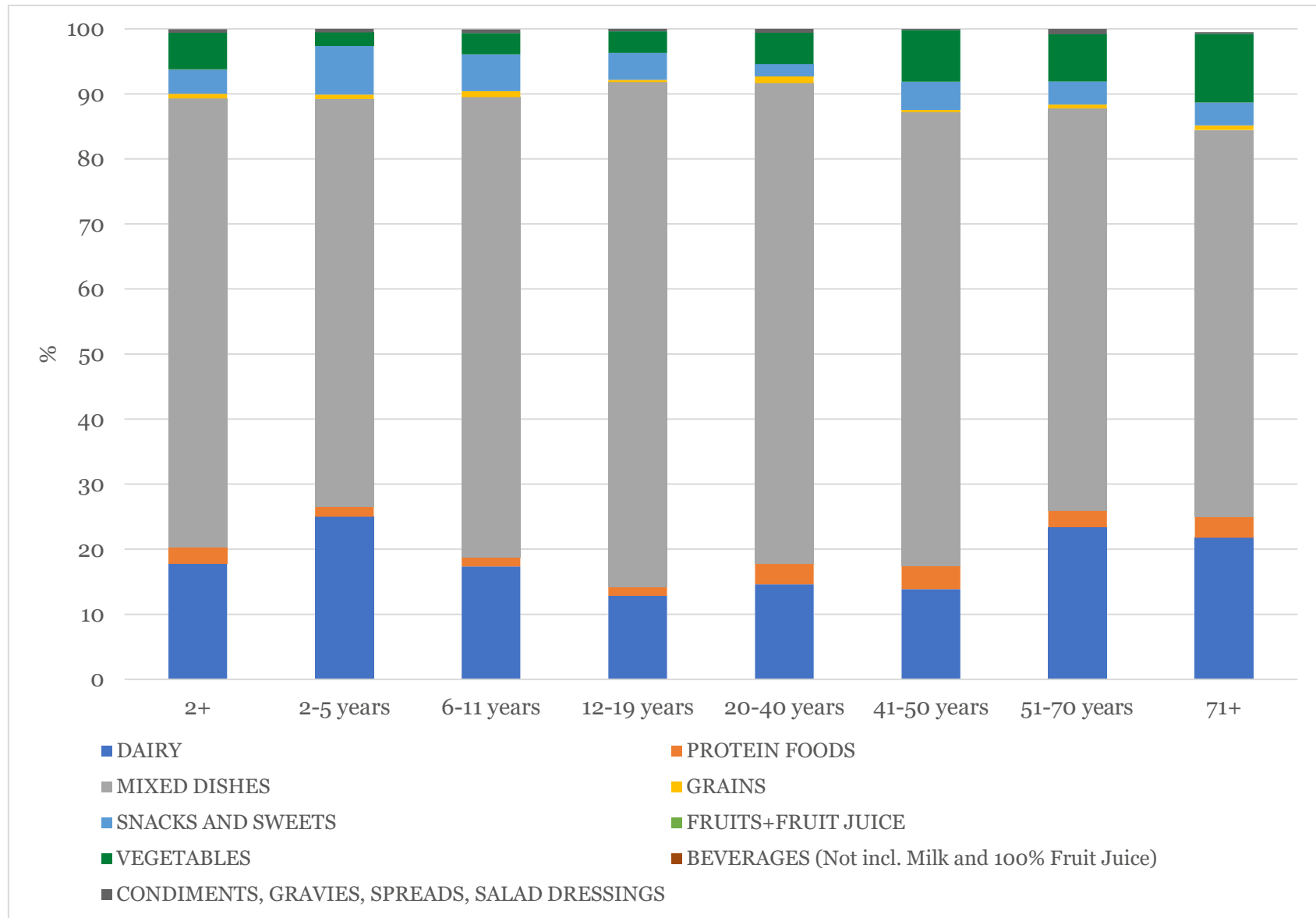


Figure 11. 4: Males - Distribution of cheese intake (percentages) across top 10 sub-categories

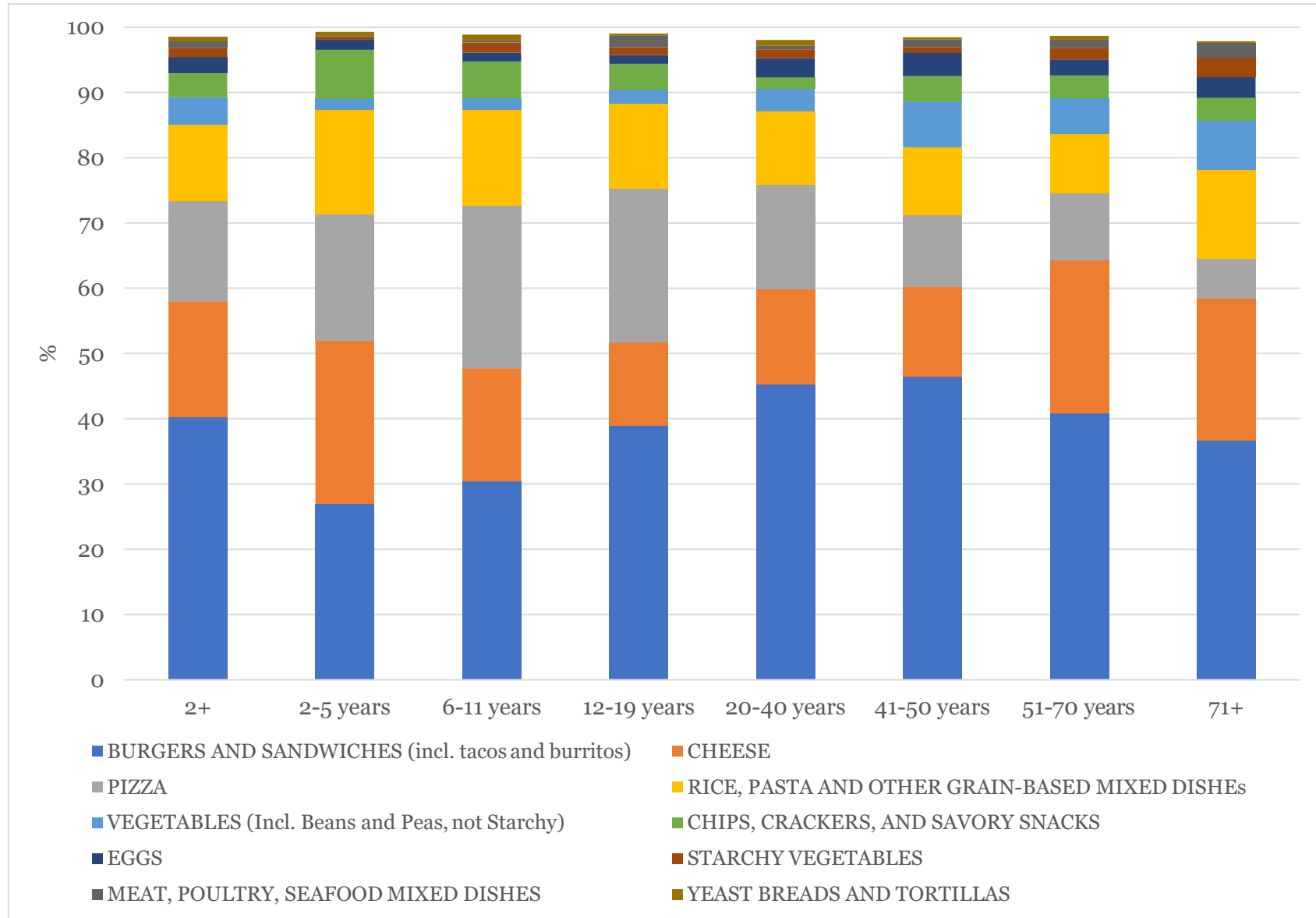


Figure 11. 5: Females - Distribution of cheese intake (percentages) across major categories

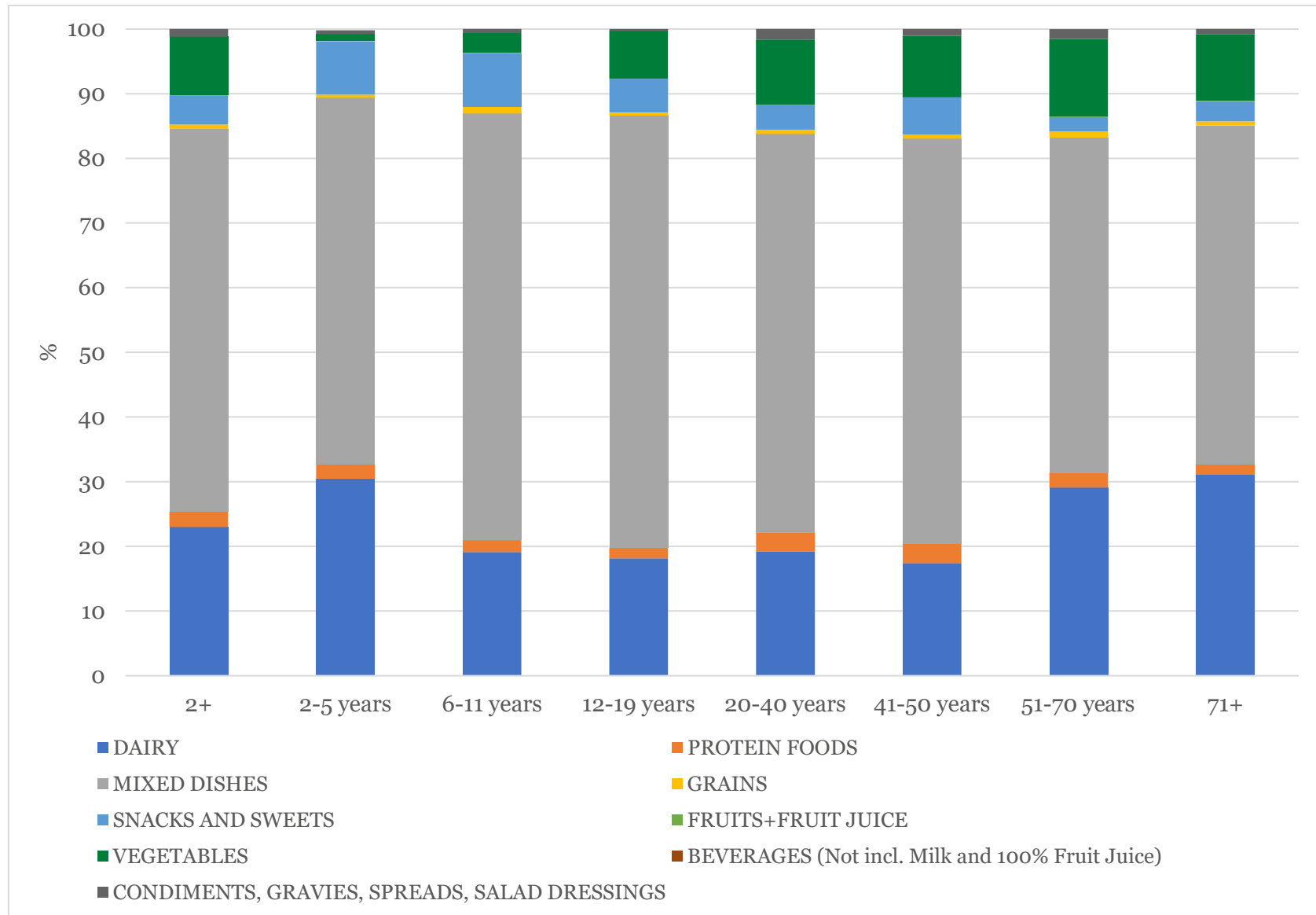
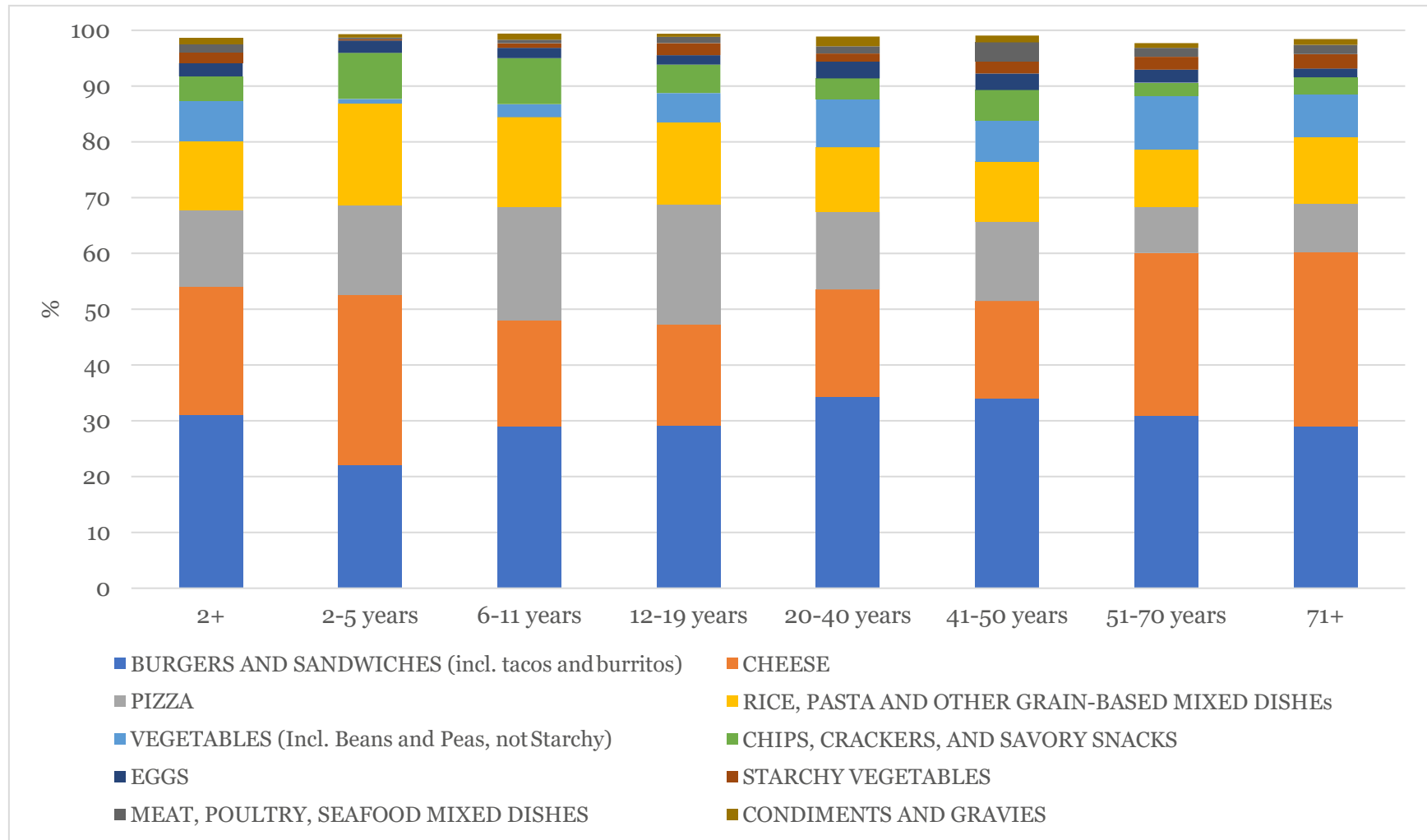


Figure 11. 6: Females - Distribution of cheese intake (percentages) across top 10 sub-categories



Percent of oils intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of oils from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 12. 1: Males and Females - Distribution of oils intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	33.09	30.86	33.20	37.10	35.71	30.61	31.01	30.82
SNACKS AND SWEETS	19.35	30.74	26.87	23.23	17.22	18.14	17.35	15.22
VEGETABLES	17.35	9.16	11.43	13.04	18.03	20.81	19.19	20.31
PROTEIN FOODS	15.82	15.18	13.03	12.55	15.41	17.23	17.69	16.66
GRAINS	9.10	11.09	11.94	10.27	8.18	7.86	8.82	9.41
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	3.89	2.10	2.96	2.70	3.97	4.38	4.19	5.35

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BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.77	0.22	0.04	0.13	0.90	0.61	1.00	1.71
DAIRY	0.49	0.49	0.47	0.95	0.44	0.24	0.55	0.29
FRUITS+FRUIT JUICE	0.10	0.09	0.05	0.00	0.12	0.08	0.12	0.22
TOTAL*	99.96	99.92	99.98	99.97	99.98	99.95	99.93	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 12. 2: Males and Females - Distribution of oils intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	17.09	15.73	16.39	19.45	18.73	15.05	15.85	16.98
CHIPS, CRACKERS, AND SAVORY SNACKS	14.44	23.11	21.19	18.86	13.41	13.63	11.91	9.46
VEGETABLES (Incl. Beans and Peas, not Starchy)	10.16	2.74	5.14	6.27	9.83	13.27	12.27	14.28
STARCHY VEGETABLES	7.19	6.41	6.29	6.78	8.21	7.54	6.92	6.03
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.91	7.78	7.19	6.88	7.50	7.43	6.32	5.35
NUTS, SEEDS, AND SOY	6.23	2.69	3.12	2.93	5.03	7.42	9.25	8.46
POULTRY (Not Incl. Deli and Mixed Dishes)	4.87	8.02	6.52	6.97	5.21	4.28	3.57	2.45
MEAT, POULTRY, SEAFOOD MIXED DISHES	4.19	2.55	3.05	3.24	4.14	4.26	5.12	4.69
DESSERTS AND SWEET SNACKS	3.95	7.12	4.61	3.32	2.93	3.62	4.34	4.88
PIZZA	3.80	3.91	5.71	6.80	4.31	2.56	2.49	2.19

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YEAST BREADS AND TORTILLAS	3.40	3.09	3.12	3.30	2.94	3.07	3.78	4.83
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.84	5.50	5.51	3.72	1.82	2.19	2.75	2.18
EGGS	2.52	2.68	1.90	1.44	3.06	3.00	2.20	2.88
BREAKFAST CEREALS AND BARS	1.96	1.71	2.30	2.51	2.39	1.58	1.51	1.57
SEAFOOD (Not Incl. Mixed Dishes)	1.90	1.25	1.19	1.02	1.94	2.37	2.18	2.41
SALAD DRESSINGS	1.42	1.30	1.47	1.42	1.57	1.37	1.39	1.14
CONDIMENTS AND GRAVIES	1.41	0.61	0.95	1.00	1.86	1.86	1.36	0.91
SOUPS	1.11	0.90	0.86	0.72	1.02	1.30	1.23	1.60
SPREADS	1.05	0.19	0.54	0.28	0.54	1.15	1.44	3.30
CANDY AND SUGARS	0.95	0.52	1.07	1.04	0.88	0.88	1.10	0.88
RICE AND PASTA	0.90	0.80	1.01	0.74	1.03	1.02	0.77	0.82
SUGAR-SWEETENED AND DIET BEVERAGES	0.67	0.22	0.03	0.11	0.80	0.54	0.76	1.67
MEATS (Not Incl. Deli and Mixed Dishes)	0.26	0.52	0.29	0.19	0.16	0.16	0.40	0.18
LOW-FAT MILK/YOGURT	0.24	0.42	0.10	0.15	0.24	0.19	0.31	0.24
CHEESE	0.23	0.06	0.38	0.79	0.20	0.04	0.18	0.04
FRUIT (Non-Juice)	0.10	0.09	0.05	0.00	0.12	0.08	0.10	0.22
COFFEE AND TEA	0.09	0.00	0.00	0.01	0.07	0.06	0.21	0.04
DELI/CURED PRODUCTS (Meat and Poultry)	0.05	0.02	0.02	0.00	0.01	0.01	0.08	0.27
HIGHER FAT MILK/YOGURT	0.02	0.01	0.00	0.00	0.00	0.01	0.06	0.01
WATERS	0.01	0.00	0.00	0.00	0.02	0.02	0.01	0.00
ALCOHOLIC BEVERAGES	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.02	0.00
TOTAL*	99.96	99.92	99.98	99.97	99.98	99.95	99.93	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 12. 3: Males - Distribution of oils intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	35.74	30.98	36.02	40.15	40.24	32.94	32.35	31.29
SNACKS AND SWEETS	19.45	32.59	26.86	23.11	16.50	17.76	17.77	15.14
VEGETABLES	15.95	8.61	10.64	11.70	15.48	19.97	18.39	21.37
PROTEIN FOODS	15.44	12.47	12.29	12.29	15.24	17.46	17.28	18.08
GRAINS	8.69	12.17	10.80	9.97	7.65	7.34	8.71	7.85
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	3.54	2.18	2.80	2.02	3.60	3.87	4.21	4.84
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.62	0.35	0.03	0.13	0.82	0.39	0.83	1.16
DAIRY	0.38	0.59	0.49	0.62	0.33	0.21	0.36	0.13
FRUITS+FRUIT JUICE	0.07	0.03	0.05	0.00	0.10	0.05	0.07	0.12
TOTAL*	99.87	99.97	99.99	100.00	99.97	99.99	99.96	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 12. 4: Males - Distribution of oils intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	19.26	17.18	18.18	21.35	21.79	17.00	17.94	19.05
CHIPS, CRACKERS, AND SAVORY SNACKS	14.89	24.61	21.74	18.38	13.27	13.28	12.68	10.15
VEGETABLES (Incl. Beans and Peas, not Starchy)	8.38	1.96	4.35	5.06	7.07	11.47	10.87	14.72
STARCHY VEGETABLES	7.56	6.65	6.29	6.65	8.41	8.50	7.52	6.65
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.00	6.94	7.12	6.20	7.82	8.10	6.21	5.12
NUTS, SEEDS, AND SOY	5.73	1.68	2.86	2.43	4.41	7.41	9.12	8.78
POULTRY (Not Incl. Deli and Mixed Dishes)	5.24	6.47	6.58	7.29	5.90	4.66	3.79	2.94
MEAT, POULTRY, SEAFOOD MIXED DISHES	4.30	2.04	3.38	4.35	4.74	3.96	4.54	4.49

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PIZZA	4.25	4.10	6.48	7.54	5.13	2.61	2.75	1.31
DESSERTS AND SWEET SNACKS	3.64	7.51	3.96	3.55	2.49	3.41	4.06	4.16
YEAST BREADS AND TORTILLAS	3.29	3.77	2.68	3.12	2.98	2.85	3.83	4.05
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.79	6.10	5.30	4.13	1.45	1.96	2.75	2.07
EGGS	2.44	2.90	1.50	1.46	2.97	2.66	1.98	3.56
BREAKFAST CEREALS AND BARS	1.82	1.48	2.23	2.04	2.43	1.45	1.34	1.24
SEAFOOD (Not Incl. Mixed Dishes)	1.74	1.30	1.03	0.92	1.80	2.61	1.84	2.32
CONDIMENTS AND GRAVIES	1.39	0.58	0.85	0.77	1.80	1.85	1.43	1.01
SALAD DRESSINGS	1.20	1.37	1.34	1.01	1.26	1.17	1.38	0.55
SPREADS	0.96	0.23	0.60	0.24	0.54	0.85	1.40	3.28
SOUPS	0.92	0.72	0.86	0.72	0.76	1.27	0.91	1.32
CANDY AND SUGARS	0.92	0.47	1.17	1.18	0.75	1.07	1.03	0.84
RICE AND PASTA	0.78	0.82	0.59	0.67	0.79	1.07	0.79	0.50
SUGAR-SWEETENED AND DIET BEVERAGES	0.57	0.35	0.03	0.12	0.79	0.36	0.69	1.16
MEATS (Not Incl. Deli and Mixed Dishes)	0.23	0.10	0.31	0.20	0.16	0.11	0.48	0.03
LOW-FAT MILK/YOGURT	0.18	0.54	0.06	0.19	0.11	0.13	0.23	0.09
CHEESE	0.17	0.03	0.43	0.43	0.22	0.05	0.06	0.01
FRUIT (Non-Juice)	0.06	0.03	0.05	0.00	0.10	0.05	0.04	0.12
DELI/CURED PRODUCTS (Meat and Poultry)	0.06	0.03	0.01	0.00	0.01	0.00	0.07	0.44
COFFEE AND TEA	0.04	0.00	0.00	0.01	0.03	0.03	0.09	0.00
HIGHER FAT MILK/YOGURT	0.02	0.02	0.00	0.00	0.00	0.02	0.07	0.02
ALCOHOLIC BEVERAGES	0.01	0.00	0.00	0.00	0.00	0.00	0.04	0.00
100% FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.03	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.87	99.97	99.99	100.00	99.97	99.99	99.96	99.99

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 12. 5: Females - Distribution of oils intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	30.32	30.75	29.98	33.99	30.60	28.50	29.80	30.44
SNACKS AND SWEETS	19.47	29.04	26.87	23.35	18.02	18.47	16.97	15.28
VEGETABLES	18.54	9.66	12.33	14.41	20.91	21.58	19.92	19.46
PROTEIN FOODS	16.09	17.68	13.88	12.82	15.60	17.03	18.06	15.53
GRAINS	9.52	10.10	13.24	10.58	8.78	8.32	8.92	10.65
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.17	2.02	3.15	3.39	4.39	4.83	4.18	5.76
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	0.90	0.09	0.04	0.12	0.98	0.81	1.16	2.14
DAIRY	0.63	0.40	0.45	1.28	0.57	0.27	0.72	0.42
FRUITS+FRUIT JUICE	0.13	0.14	0.05	0.00	0.14	0.10	0.16	0.30
TOTAL*	99.79	99.87	99.97	99.94	99.99	99.91	99.89	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 12. 6: Females - Distribution of oils intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	14.70	14.38	14.35	17.52	15.29	13.29	13.96	15.34
CHIPS, CRACKERS, AND SAVORY SNACKS	14.21	21.72	20.56	19.35	13.57	13.96	11.22	8.91
VEGETABLES (Incl. Beans and Peas, not Starchy)	11.75	3.46	6.04	7.50	12.93	14.91	13.54	13.93
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.90	8.55	7.27	7.57	7.13	6.82	6.41	5.53
STARCHY VEGETABLES	6.80	6.19	6.28	6.91	7.98	6.68	6.38	5.53
NUTS, SEEDS, AND SOY	6.57	3.63	3.41	3.45	5.74	7.43	9.37	8.21
POULTRY (Not Incl. Deli and Mixed Dishes)	4.54	9.46	6.46	6.65	4.42	3.93	3.37	2.07
DESSERTS AND SWEET SNACKS	4.31	6.76	5.36	3.09	3.43	3.80	4.59	5.45

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MEAT, POULTRY, SEAFOOD MIXED DISHES	4.09	3.01	2.66	2.12	3.47	4.53	5.64	4.85
YEAST BREADS AND TORTILLAS	3.51	2.45	3.62	3.49	2.89	3.26	3.74	5.45
PIZZA	3.31	3.73	4.83	6.05	3.39	2.51	2.26	2.89
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.91	4.95	5.74	3.31	2.24	2.40	2.76	2.27
EGGS	2.65	2.47	2.35	1.43	3.17	3.31	2.41	2.34
BREAKFAST CEREALS AND BARS	2.07	1.92	2.39	2.99	2.34	1.69	1.67	1.84
SEAFOOD (Not Incl. Mixed Dishes)	2.02	1.20	1.37	1.12	2.09	2.15	2.49	2.49
SALAD DRESSINGS	1.62	1.24	1.63	1.83	1.92	1.54	1.40	1.61
CONDIMENTS AND GRAVIES	1.43	0.63	1.06	1.23	1.94	1.86	1.31	0.84
SOUPS	1.32	1.07	0.86	0.72	1.32	1.33	1.53	1.83
SPREADS	1.13	0.15	0.47	0.33	0.54	1.42	1.48	3.31
RICE AND PASTA	1.04	0.78	1.49	0.80	1.30	0.97	0.75	1.08
CANDY AND SUGARS	0.95	0.56	0.95	0.91	1.02	0.71	1.16	0.91
SUGAR-SWEETENED AND DIET BEVERAGES	0.74	0.09	0.04	0.10	0.82	0.70	0.83	2.07
LOW-FAT MILK/YOGURT	0.33	0.32	0.14	0.12	0.38	0.24	0.38	0.36
CHEESE	0.29	0.08	0.32	1.15	0.19	0.03	0.29	0.06
MEATS (Not Incl. Deli and Mixed Dishes)	0.27	0.90	0.27	0.17	0.17	0.20	0.33	0.30
COFFEE AND TEA	0.13	0.00	0.00	0.02	0.12	0.08	0.32	0.07
FRUIT (Non-Juice)	0.13	0.14	0.05	0.00	0.14	0.10	0.16	0.30
DELI/CURED PRODUCTS (Meat and Poultry)	0.04	0.01	0.02	0.00	0.01	0.02	0.10	0.13
WATERS	0.02	0.00	0.00	0.00	0.05	0.03	0.01	0.01
HIGHER FAT MILK/YOGURT	0.01	0.00	0.00	0.01	0.00	0.00	0.04	0.01
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ALCOHOLIC BEVERAGES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.79	99.87	99.97	99.94	99.99	99.91	99.89	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 12. 1: Males and Females - Distribution of oils intake (percentages) across major categories

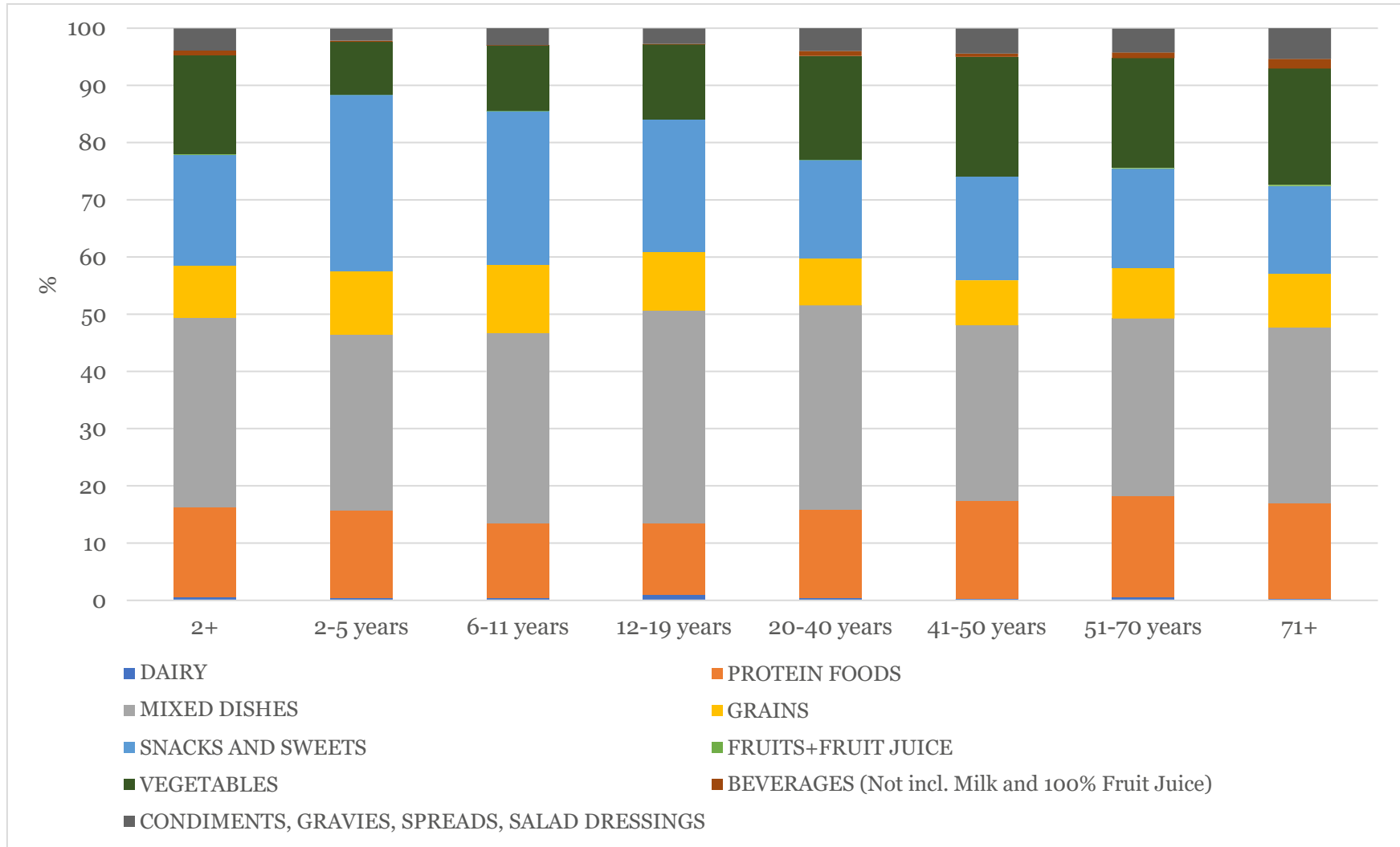


Figure 12. 2: Males and Females - Distribution of oils intake (percentages) across top 10 sub-categories

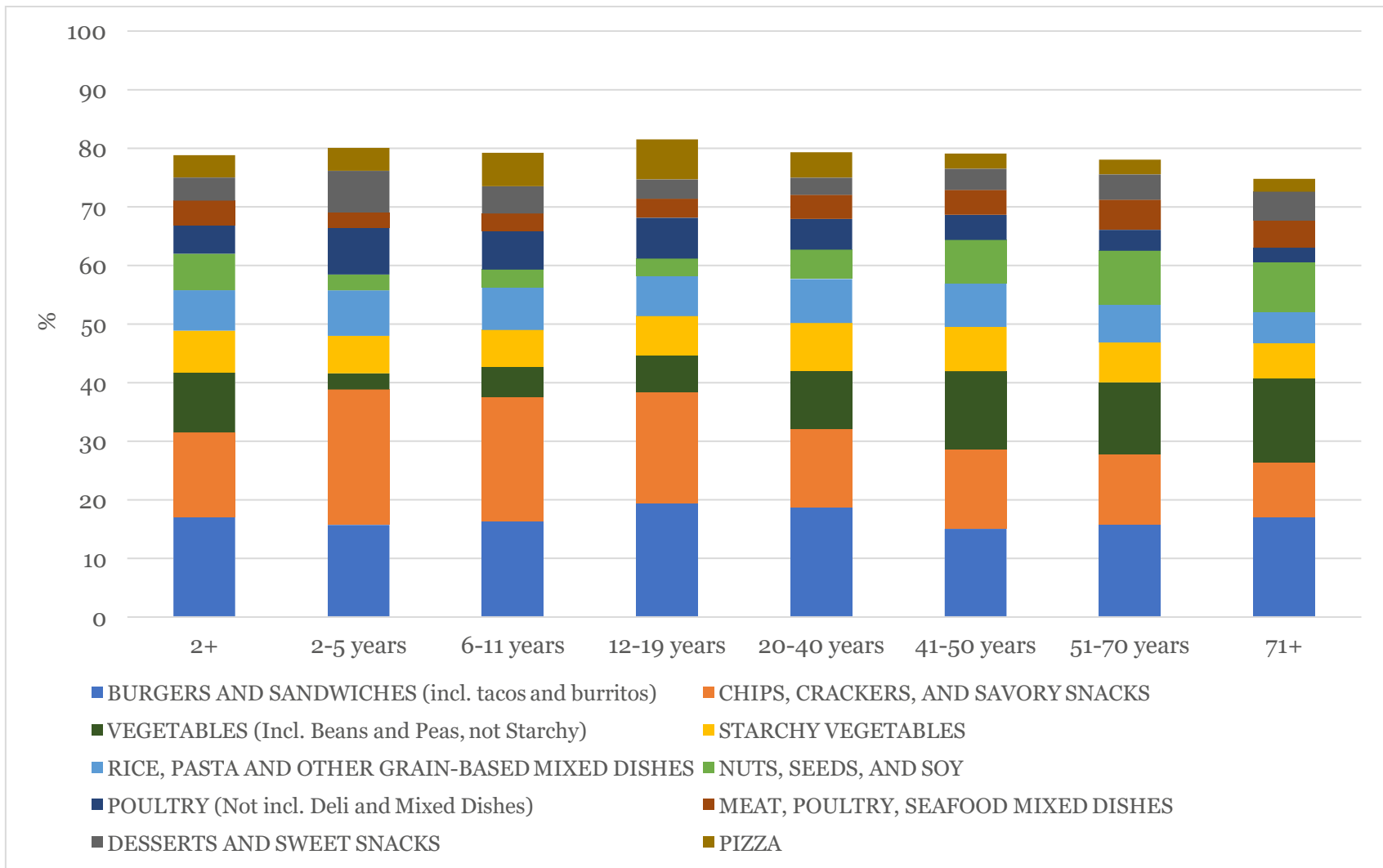


Figure 12. 3: Males - Distribution of oils intake (percentages) across major categories

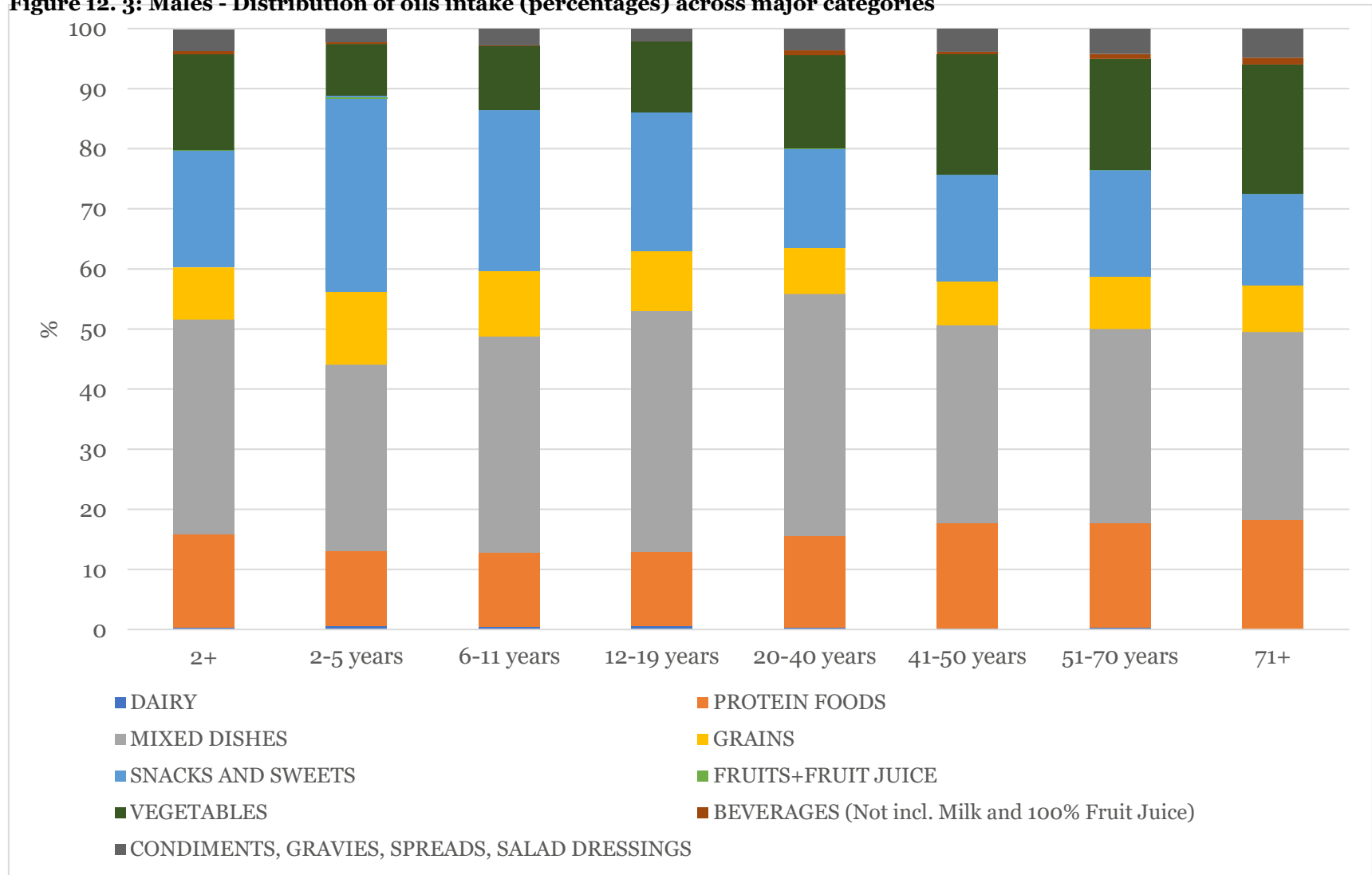


Figure 12. 4: Males - Distribution of oils intake (percentages) across top 10 sub-categories

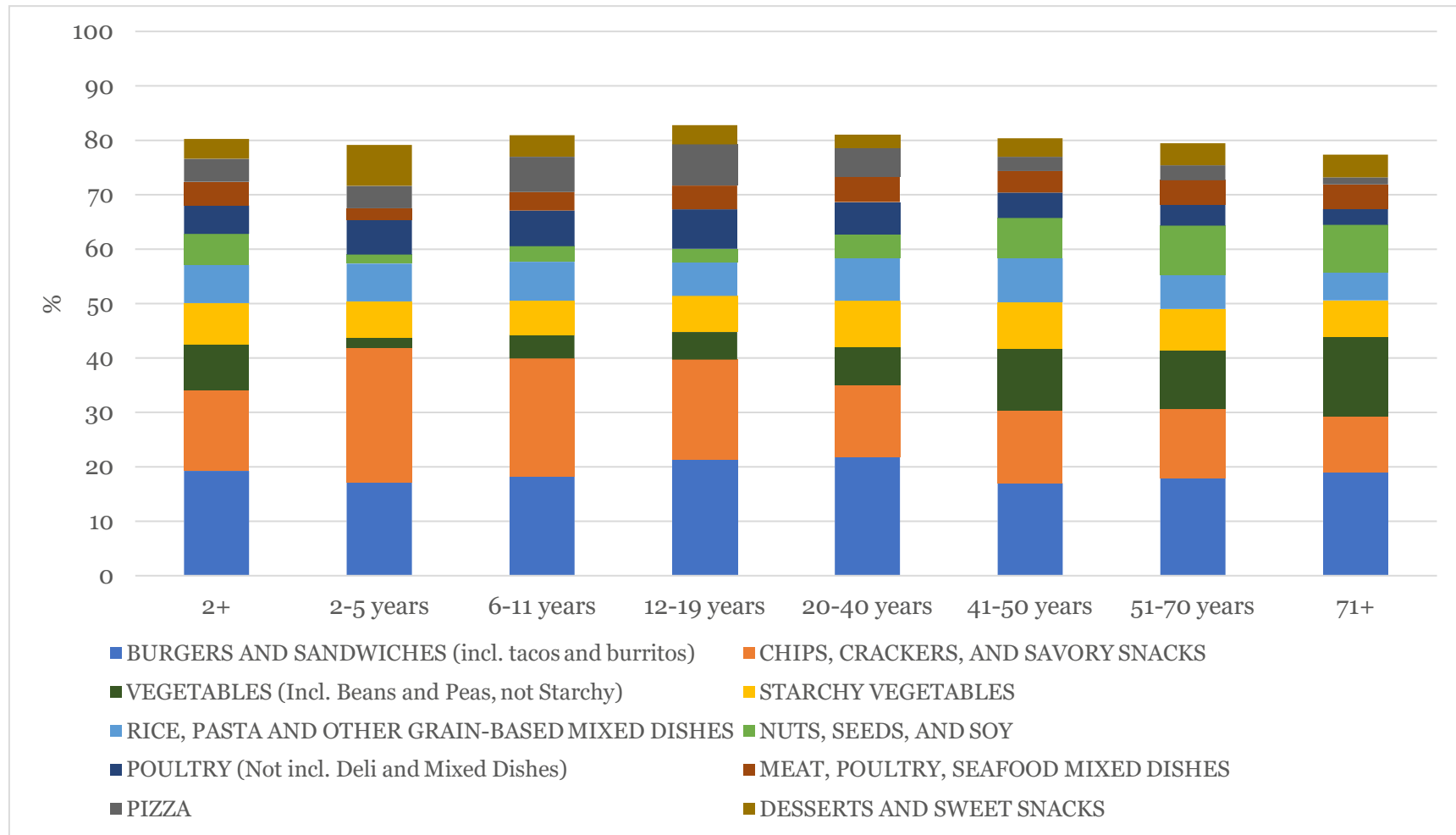


Figure 12. 5: Females - Distribution of oils intake (percentages) across major categories

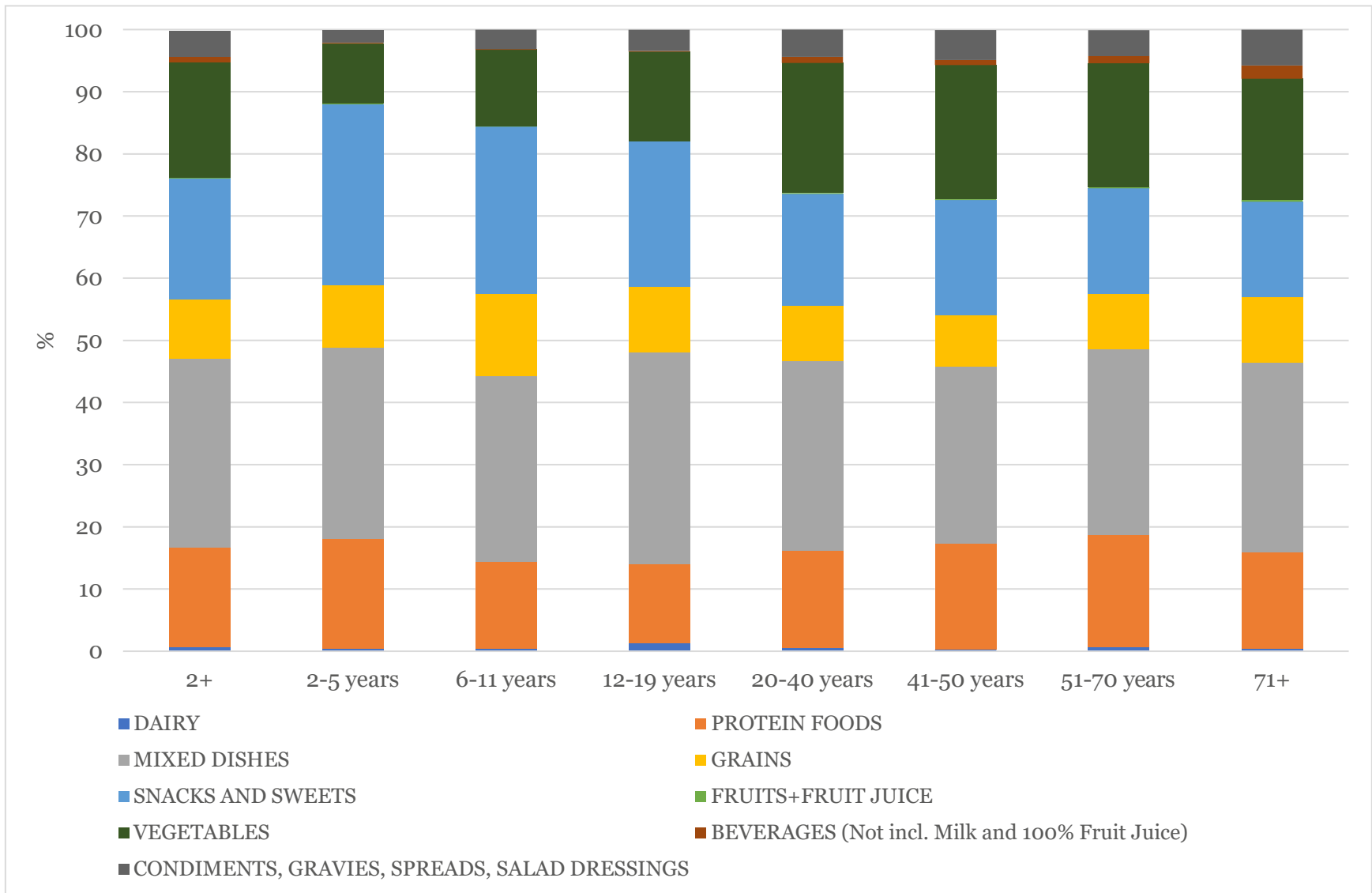
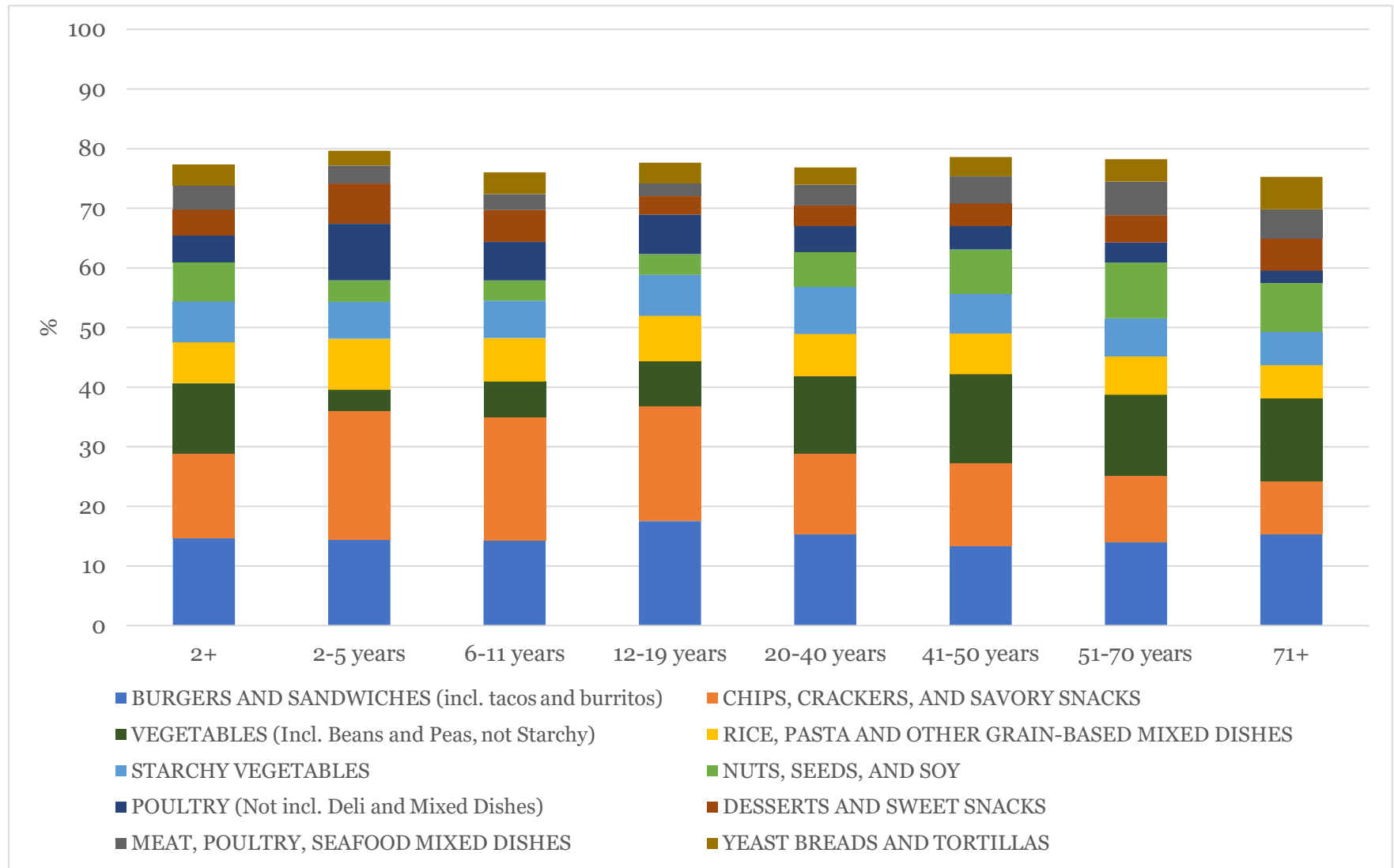


Figure 12. 6: Females - Distribution of oils intake (percentages) across top 10 sub-categories



Percent of solid fats intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of solid fats from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 13. 1: Males and Females - Distribution of solid fats intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	35.34	28.01	36.98	39.66	41.00	35.56	31.11	27.01
SNACKS AND SWEETS	22.06	22.29	25.61	22.96	18.83	20.98	22.65	27.39
PROTEIN FOODS	11.96	13.07	9.05	8.64	13.27	12.67	12.57	11.25
DAIRY	11.63	26.47	15.95	13.84	9.33	9.05	10.43	10.80
VEGETABLES	5.72	2.99	3.23	5.40	6.35	5.66	6.47	6.02
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	5.08	2.78	4.11	3.30	3.51	5.01	6.80	9.48

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BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	4.26	0.37	0.40	1.46	4.39	6.35	6.41	3.86
GRAINS	3.84	3.90	4.62	4.70	3.20	4.55	3.46	4.04
FRUITS+FRUIT JUICE	0.08	0.03	0.05	0.01	0.08	0.16	0.09	0.09
TOTAL*	99.97	99.92	99.99	99.97	99.95	99.98	99.98	99.94

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 13. 2: Males and Females - Distribution of solid fats intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	18.51	12.01	16.90	19.14	22.32	19.67	16.97	13.89
DESSERTS AND SWEET SNACKS	16.61	15.73	19.23	17.12	13.84	15.30	17.17	22.93
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.85	7.93	8.22	7.92	7.80	6.33	5.63	4.97
HIGHER FAT MILK/YOGURT	6.66	18.85	10.95	9.07	4.70	5.20	4.93	5.94
PIZZA	5.55	5.54	8.13	9.01	6.72	4.85	3.44	2.37
CHEESE	4.34	6.33	3.88	3.62	4.35	3.35	4.96	4.18
SPREADS	4.20	2.38	3.33	2.35	2.72	4.27	5.58	8.80
EGGS	3.84	3.78	2.54	2.37	4.37	4.02	3.99	4.56
COFFEE AND TEA	3.70	0.12	0.22	1.18	3.66	5.52	5.86	3.35

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DELI/CURED PRODUCTS (Meat and Poultry)	3.21	5.66	3.60	2.30	2.94	2.79	3.57	3.04
CANDY AND SUGARS	3.10	2.89	3.15	3.30	2.85	3.01	3.43	2.88
STARCHY VEGETABLES	3.10	2.11	2.36	3.64	3.54	2.55	3.14	3.01
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.91	0.74	2.23	2.00	2.64	3.21	3.68	4.07
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.62	0.88	0.87	1.76	2.80	3.11	3.33	3.00
CHIPS, CRACKERS, AND SAVORY SNACKS	2.35	3.67	3.22	2.53	2.14	2.67	2.05	1.58
MEATS (Not Incl. Deli and Mixed Dishes)	2.12	0.61	0.87	1.42	2.46	2.53	2.68	1.78
POULTRY (Not Incl. Deli and Mixed Dishes)	2.09	2.35	1.71	2.13	2.68	2.32	1.62	1.37
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.72	2.06	2.43	2.54	1.27	1.92	1.35	1.99
SOUPS	1.52	1.80	1.49	1.59	1.51	1.50	1.39	1.71
BREAKFAST CEREALS AND BARS	1.23	1.13	1.30	1.05	0.95	1.74	1.24	1.50
CONDIMENTS AND GRAVIES	0.80	0.36	0.71	0.86	0.69	0.70	1.13	0.61
YEAST BREADS AND TORTILLAS	0.72	0.54	0.74	1.00	0.76	0.78	0.65	0.44
LOW-FAT MILK/YOGURT	0.63	1.29	1.12	1.16	0.29	0.51	0.54	0.68
SUGAR-SWEETENED AND DIET BEVERAGES	0.52	0.25	0.18	0.28	0.66	0.78	0.50	0.51
NUTS, SEEDS, AND SOY	0.37	0.26	0.20	0.25	0.43	0.48	0.43	0.21
SEAFOOD (Not Incl. Mixed Dishes)	0.33	0.40	0.13	0.18	0.39	0.54	0.27	0.29
RICE AND PASTA	0.17	0.18	0.14	0.11	0.22	0.11	0.22	0.11
SALAD DRESSINGS	0.08	0.04	0.07	0.09	0.11	0.04	0.09	0.07
FRUIT (Non-Juice)	0.08	0.03	0.05	0.01	0.08	0.16	0.09	0.09
ALCOHOLIC BEVERAGES	0.04	0.00	0.00	0.00	0.07	0.04	0.04	0.00
WATERS	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.97	99.92	99.99	99.97	99.95	99.98	99.98	99.94

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

MALES**Table 13. 3: Males - Distribution of solid fats intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	37.79	28.75	38.60	41.59	44.93	37.54	33.74	27.99
SNACKS AND SWEETS	20.60	22.65	24.50	21.91	16.14	20.05	22.49	26.31
PROTEIN FOODS	12.94	14.16	9.27	9.11	14.18	13.33	13.80	14.12
DAIRY	11.71	24.13	16.54	13.77	9.39	8.18	9.38	10.92
VEGETABLES	5.36	2.89	3.19	4.72	5.68	5.62	6.13	6.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	4.37	2.50	2.82	2.80	2.86	4.91	6.50	8.21
GRAINS	3.76	4.32	4.73	5.14	3.13	4.41	3.22	3.66
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	3.29	0.46	0.30	0.90	3.60	5.88	4.68	2.62
FRUITS+FRUIT JUICE	0.04	0.06	0.05	0.01	0.02	0.07	0.05	0.05
TOTAL*	99.85	99.92	99.99	99.96	99.93	99.99	99.99	99.88

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 13. 4: Males - Distribution of solid fats intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5 years	6-11 years	12-19 years	20-40 years	41-50 years	51-70 years	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	20.75	13.38	17.64	21.34	25.81	22.86	19.03	15.02
DESSERTS AND SWEET SNACKS	15.52	15.58	17.67	16.45	12.14	14.99	16.85	22.80
HIGHER FAT MILK/YOGURT	7.38	17.76	11.26	10.07	5.26	5.00	4.76	6.45
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.68	7.13	8.09	7.46	7.61	6.28	5.37	4.84
PIZZA	5.86	6.27	8.79	9.32	7.40	3.95	3.88	1.48
EGGS	3.76	3.81	2.42	2.57	3.97	3.95	3.85	5.28
CHEESE	3.74	5.35	4.12	2.69	3.84	2.63	4.18	3.67

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SPREADS	3.61	2.22	2.02	1.82	2.26	4.27	5.43	7.64
DELI/CURED PRODUCTS (Meat and Poultry)	3.53	6.23	3.89	2.19	2.96	2.81	4.42	3.76
STARCHY VEGETABLES	3.11	1.83	2.37	3.32	3.53	2.33	3.46	2.86
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.05	0.72	2.44	1.90	2.90	2.67	4.16	4.70
COFFEE AND TEA	2.83	0.18	0.15	0.60	3.03	4.95	4.42	2.25
CANDY AND SUGARS	2.72	2.69	3.62	2.96	2.16	2.87	3.32	1.69
MEATS (Not Incl. Deli and Mixed Dishes)	2.52	0.52	0.76	1.61	3.22	2.47	3.30	2.59
POULTRY (Not Incl. Deli and Mixed Dishes)	2.47	2.66	1.87	2.26	3.14	3.27	1.72	1.96
CHIPS, CRACKERS, AND SAVORY SNACKS	2.36	4.38	3.20	2.50	1.84	2.19	2.32	1.81
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.26	1.05	0.81	1.41	2.14	3.29	2.68	3.15
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.82	2.61	2.64	2.88	1.28	1.81	1.57	1.82
SOUPS	1.44	1.25	1.65	1.58	1.22	1.79	1.31	1.95
BREAKFAST CEREALS AND BARS	1.07	1.03	1.29	1.04	0.82	1.80	0.90	1.22
YEAST BREADS AND TORTILLAS	0.74	0.48	0.72	1.16	0.90	0.75	0.49	0.53
CONDIMENTS AND GRAVIES	0.70	0.25	0.73	0.97	0.51	0.62	1.02	0.44
LOW-FAT MILK/YOGURT	0.59	1.02	1.16	1.01	0.29	0.55	0.43	0.80
SUGAR-SWEETENED AND DIET BEVERAGES	0.43	0.28	0.15	0.29	0.50	0.86	0.25	0.37
SEAFOOD (Not Incl. Mixed Dishes)	0.36	0.64	0.15	0.14	0.50	0.68	0.18	0.34
NUTS, SEEDS, AND SOY	0.29	0.31	0.17	0.34	0.38	0.15	0.33	0.19
RICE AND PASTA	0.14	0.20	0.09	0.07	0.13	0.04	0.25	0.10
SALAD DRESSINGS	0.06	0.03	0.06	0.02	0.09	0.02	0.06	0.13
FRUIT (Non-Juice)	0.03	0.06	0.05	0.01	0.02	0.07	0.04	0.05
ALCOHOLIC BEVERAGES	0.03	0.00	0.00	0.01	0.07	0.07	0.01	0.00

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100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.00
WATERS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.85	99.92	99.99	99.96	99.93	99.99	99.99	99.88

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

FEMALES

Table 13. 5: Females - Distribution of solid fats intake (percentages) across major categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	32.35	27.33	35.11	37.66	36.53	33.76	28.71	26.24
SNACKS AND SWEETS	23.26	21.97	26.88	24.04	21.87	21.83	22.80	28.23
DAIRY	12.47	28.65	15.28	13.91	9.27	9.84	11.38	10.70
PROTEIN FOODS	10.95	12.05	8.79	8.15	12.24	12.08	11.44	9.00
VEGETABLES	6.08	3.08	3.28	6.10	7.11	5.69	6.77	6.02
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	5.68	3.03	5.59	3.83	4.26	5.10	7.07	10.48
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	5.12	0.29	0.52	2.05	5.29	6.78	7.99	4.84

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GRAINS	3.87	3.52	4.48	4.23	3.28	4.68	3.68	4.35
FRUITS+FRUIT JUICE	0.12	0.00	0.05	0.01	0.15	0.24	0.13	0.12
TOTAL*	99.90	99.91	99.99	99.98	99.99	99.98	99.98	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Table 13. 6: Females - Distribution of solid fats intake (percentages) across sub-categories

DGAC sub-categories	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DESSERTS AND SWEET SNACKS	17.44	15.87	21.01	17.83	15.78	15.58	17.47	23.02
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	15.83	10.74	16.06	16.86	18.37	16.77	15.09	13.00
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.02	8.66	8.37	8.40	8.01	6.37	5.86	5.07
HIGHER FAT MILK/YOGURT	6.86	19.87	10.60	8.03	4.06	5.37	5.08	5.54
PIZZA	5.16	4.85	7.38	8.70	5.96	5.67	3.03	3.07
CHEESE	4.93	7.24	3.60	4.58	4.93	4.00	5.66	4.57
SPREADS	4.70	2.52	4.83	2.91	3.24	4.27	5.72	9.72
COFFEE AND TEA	4.45	0.06	0.30	1.79	4.38	6.04	7.18	4.22

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EGGS	3.95	3.75	2.68	2.16	4.82	4.09	4.13	3.99
CANDY AND SUGARS	3.43	3.08	2.62	3.65	3.63	3.15	3.53	3.82
STARCHY VEGETABLES	3.11	2.36	2.35	3.98	3.55	2.75	2.85	3.13
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.97	0.72	0.94	2.12	3.55	2.94	3.92	2.89
DELI/CURED PRODUCTS (Meat and Poultry)	2.90	5.13	3.26	2.41	2.91	2.77	2.79	2.47
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.77	0.76	1.98	2.10	2.35	3.71	3.25	3.58
CHIPS, CRACKERS, AND SAVORY SNACKS	2.38	3.01	3.25	2.56	2.47	3.11	1.80	1.39
POULTRY (Not Incl. Deli and Mixed Dishes)	1.71	2.06	1.52	1.99	2.16	1.45	1.54	0.91
MEATS (Not Incl. Deli and Mixed Dishes)	1.68	0.70	1.00	1.21	1.60	2.58	2.12	1.15
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.60	1.55	2.19	2.18	1.27	2.02	1.15	2.13
SOUPS	1.57	2.31	1.32	1.60	1.84	1.23	1.47	1.52
BREAKFAST CEREALS AND BARS	1.37	1.21	1.32	1.07	1.09	1.69	1.55	1.72
CONDIMENTS AND GRAVIES	0.89	0.47	0.69	0.76	0.89	0.77	1.22	0.75
YEAST BREADS AND TORTILLAS	0.69	0.58	0.77	0.84	0.60	0.81	0.79	0.37
LOW-FAT MILK/YOGURT	0.67	1.54	1.07	1.30	0.28	0.47	0.64	0.58
SUGAR-SWEETENED AND DIET BEVERAGES	0.62	0.22	0.22	0.27	0.83	0.71	0.73	0.62
NUTS, SEEDS, AND SOY	0.43	0.22	0.22	0.16	0.47	0.77	0.51	0.23
SEAFOOD (Not Incl. Mixed Dishes)	0.28	0.19	0.11	0.22	0.27	0.41	0.35	0.25
RICE AND PASTA	0.21	0.17	0.19	0.14	0.31	0.16	0.19	0.13
FRUIT (Non-Juice)	0.12	0.00	0.05	0.01	0.15	0.24	0.13	0.12
SALAD DRESSINGS	0.10	0.04	0.08	0.16	0.13	0.06	0.12	0.01
ALCOHOLIC BEVERAGES	0.04	0.00	0.00	0.00	0.07	0.02	0.08	0.00
WATERS	0.00	0.00	0.00	0.00	0.01	0.01	0.00	0.00
100% FRUIT JUICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.90	99.91	99.99	99.98	99.99	99.98	99.98	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category - other

Figure 13. 1: Males and Females - Distribution of solid fats intake (percentages) across major categories

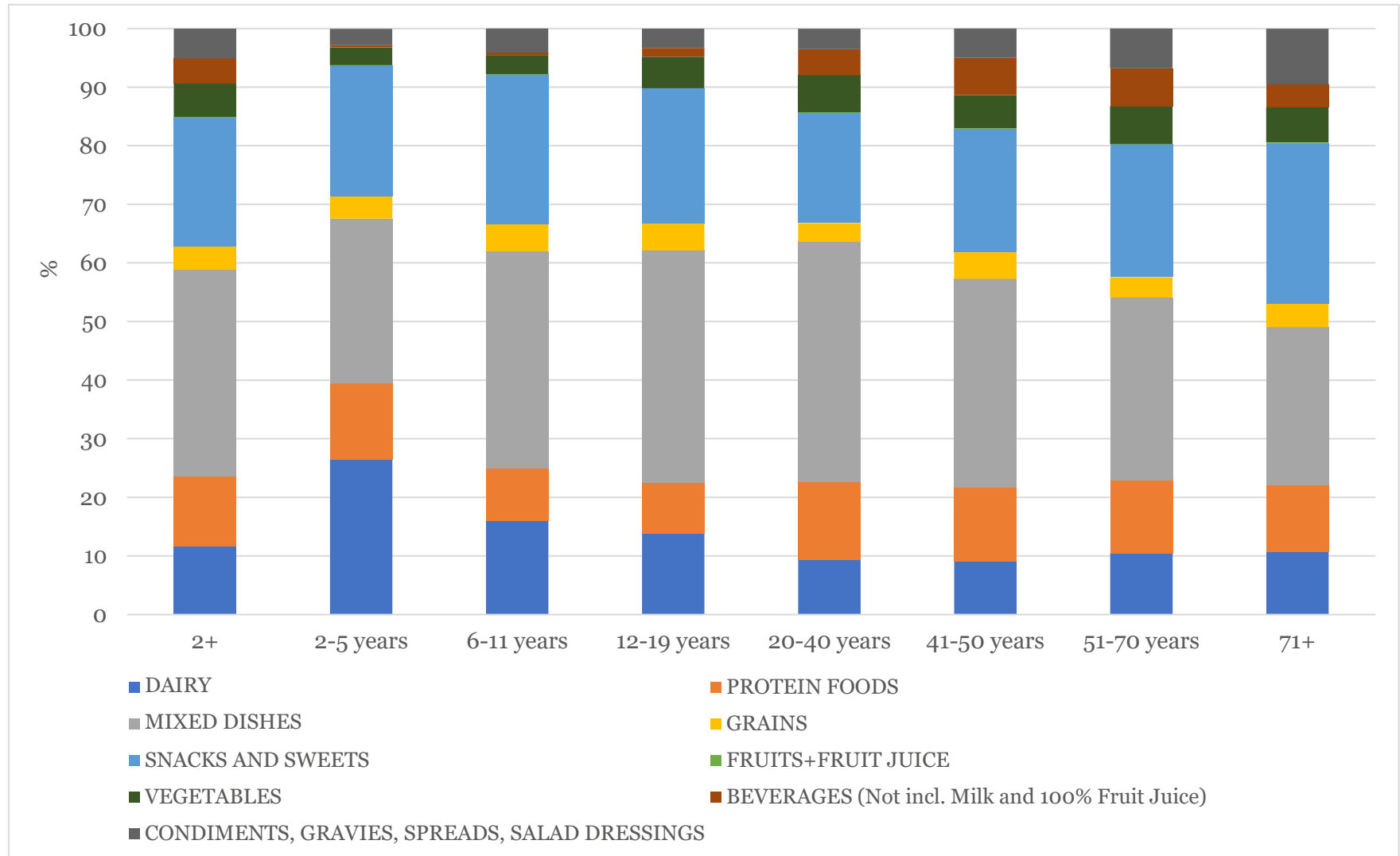


Figure 13. 2: Males and Females - Distribution of solid fats intake (percentages) across top 10 sub-categories

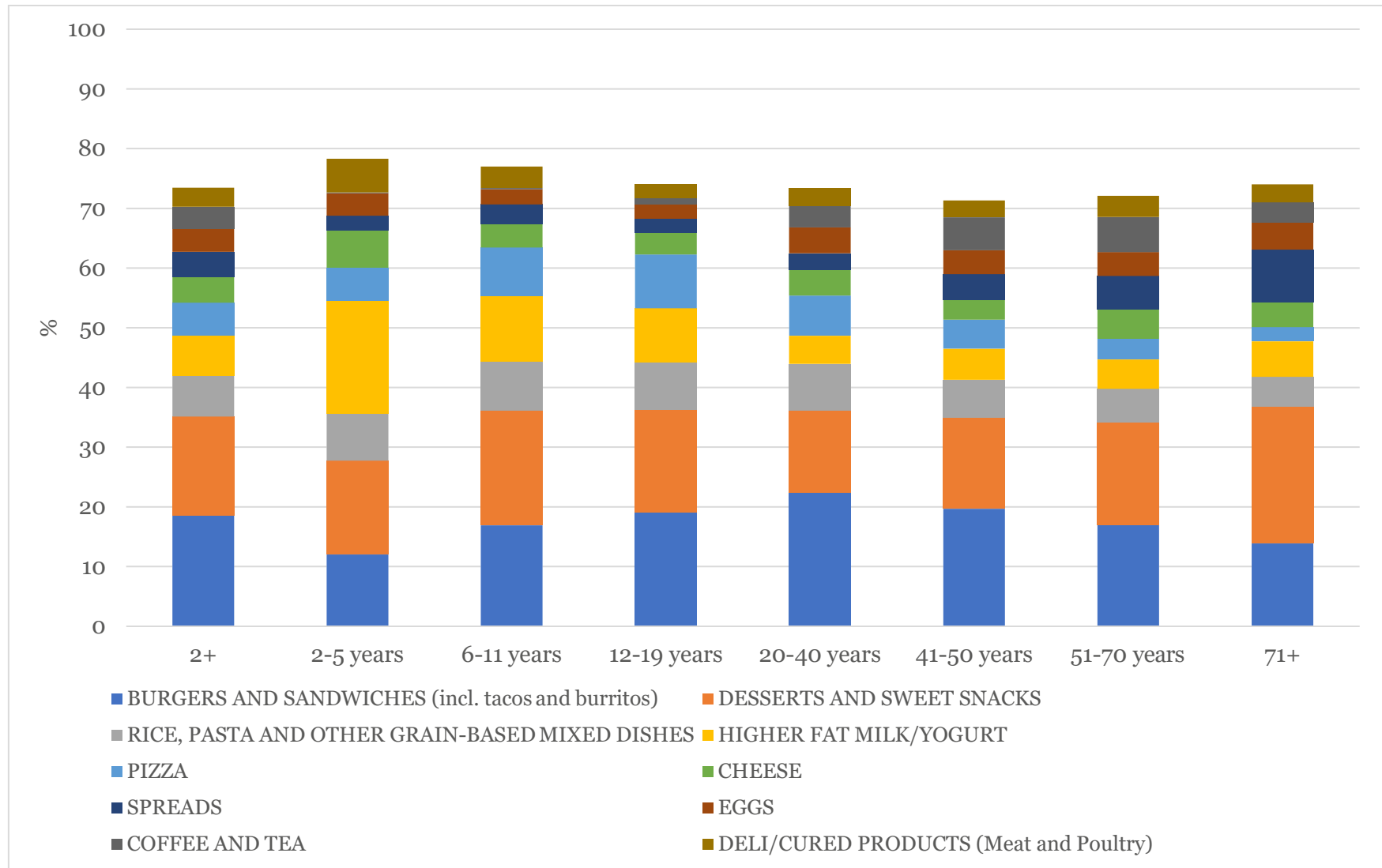


Figure 13. 3: Males - Distribution of solid fats intake (percentages) across major categories

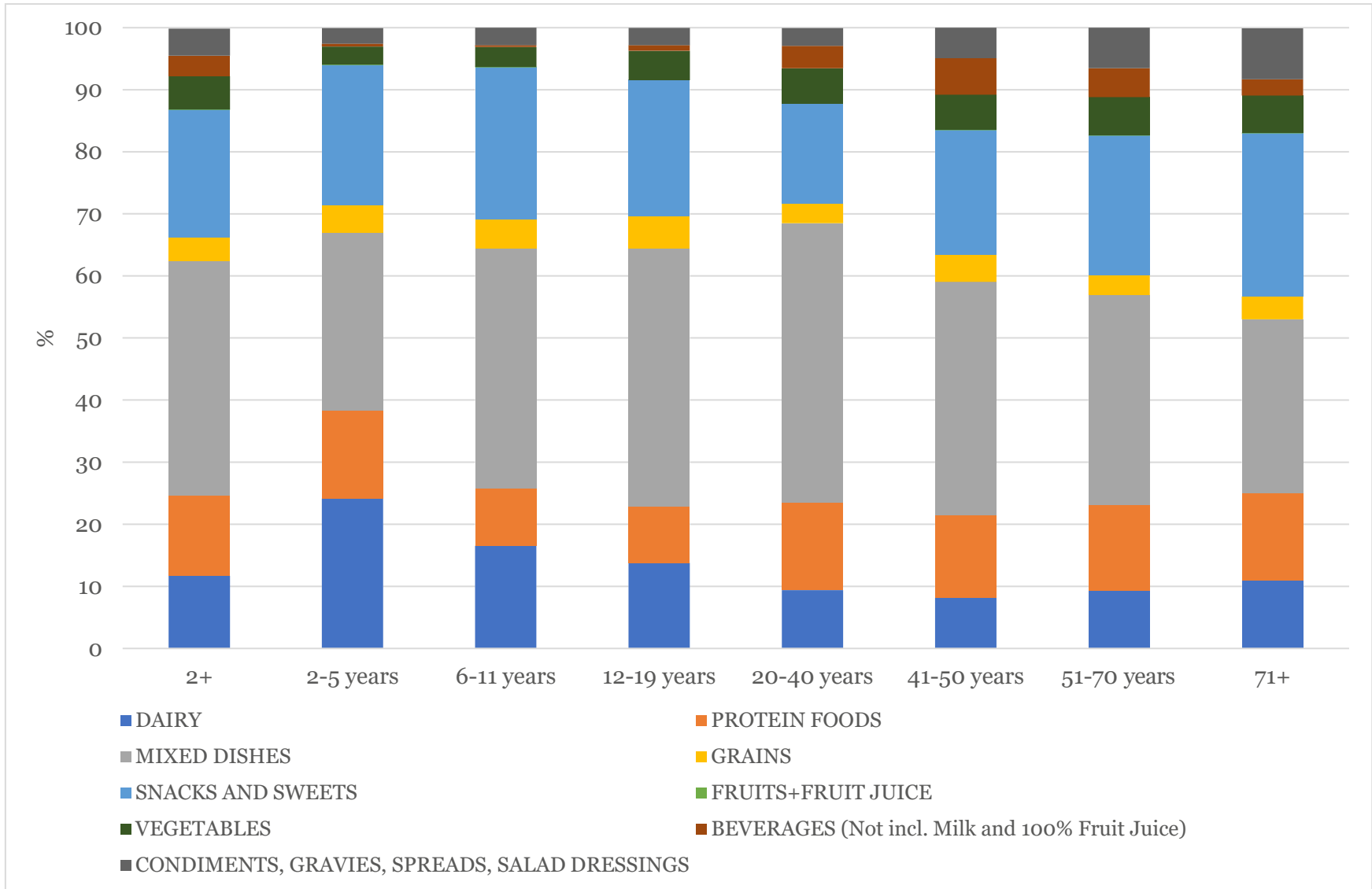


Figure 13. 4: Males - Distribution of solid fats intake (percentages) across top 10 sub-categories

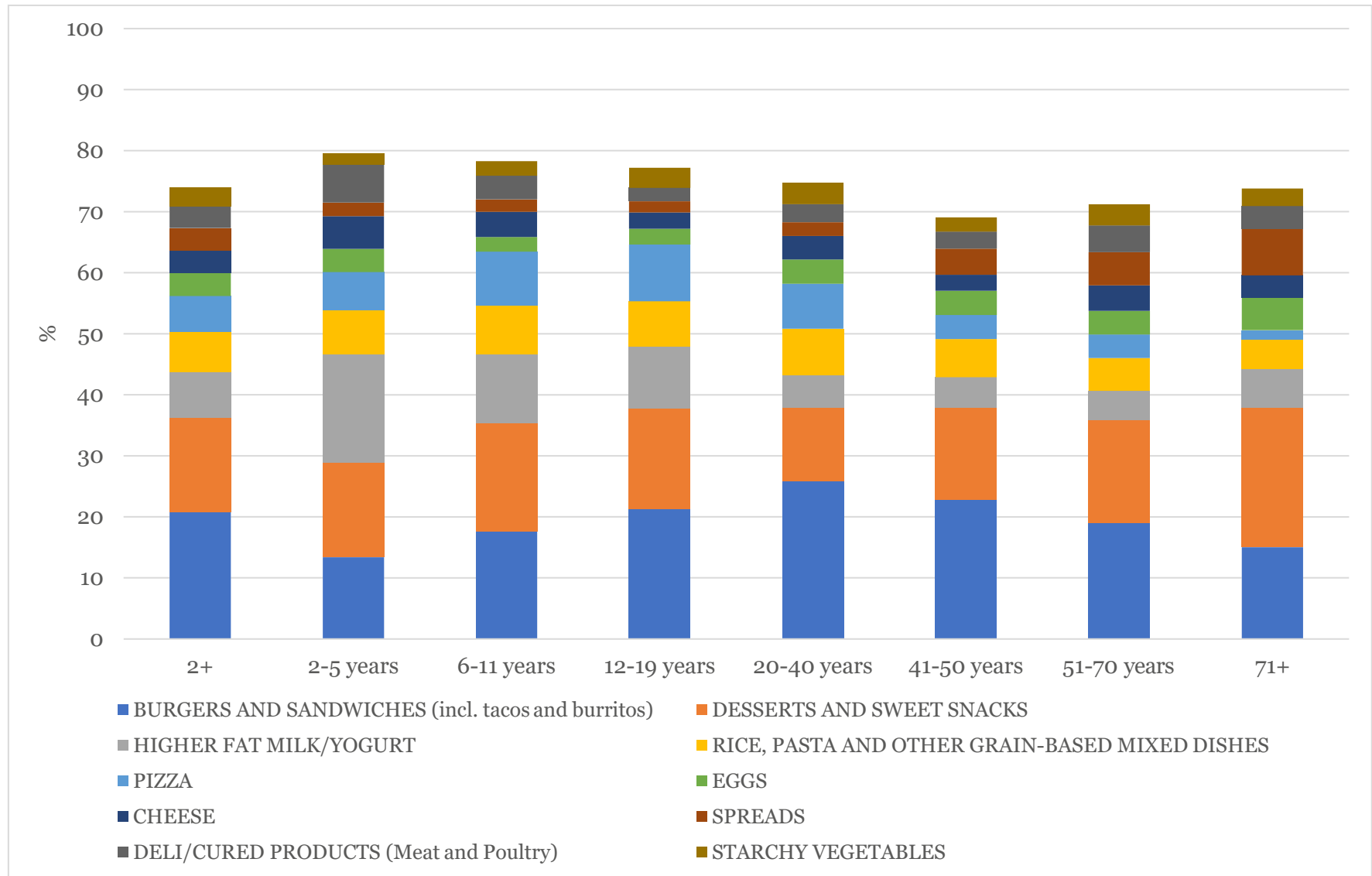
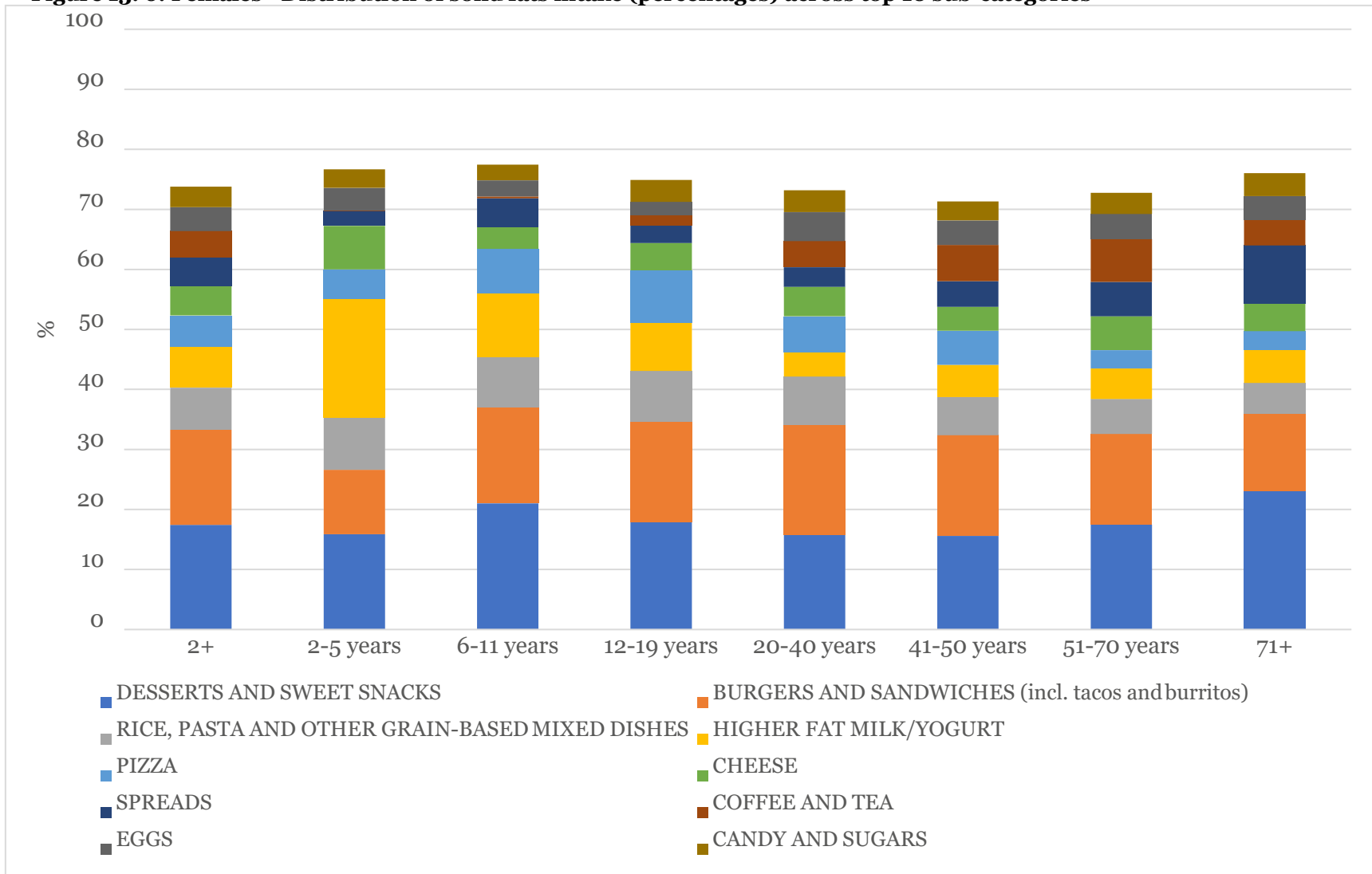


Figure 13. 6: Females - Distribution of solid fats intake (percentages) across top 10 sub-categories



Percent of added sugars intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of added sugars from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 14. 1: Males and Females- Distribution of added sugars intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	37.11	18.95	28.34	39.96	47.02	42.40	33.03	25.35
SNACKS AND SWEETS	28.81	37.95	35.17	25.67	22.44	25.37	31.82	37.74
GRAINS	12.24	16.69	14.27	14.27	10.08	10.62	12.28	14.16
MIXED DISHES	10.26	9.80	9.32	10.36	10.53	9.40	10.59	10.74
DAIRY	4.80	11.03	8.68	5.00	3.39	4.62	4.10	3.97
VEGETABLES	2.39	0.45	0.61	1.16	2.02	3.70	3.23	3.48

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CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.58	1.47	1.41	1.58	1.77	1.57	1.55	1.26
PROTEIN FOODS	1.57	1.53	1.05	0.80	1.84	1.40	1.95	1.38
FRUITS+FRUIT JUICE	0.97	1.73	0.99	1.02	0.51	0.63	1.16	1.82
TOTAL*	99.72	99.60	99.82	99.82	99.61	99.71	99.72	99.90

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 2: Males and Females- Distribution of added sugars intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	24.11	16.41	25.17	32.14	32.09	25.31	16.54	12.84
DESSERTS AND SWEET SNACKS	18.80	23.33	22.21	16.05	14.25	17.43	20.50	27.72
COFFEE AND TEA	11.10	1.97	3.02	7.30	11.94	14.90	14.33	11.13
CANDY AND SUGARS	8.97	12.63	12.14	8.78	7.33	7.34	9.86	9.02
BREAKFAST CEREALS AND BARS	7.40	11.67	9.61	10.09	6.39	6.23	6.48	7.00
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	7.29	7.53	6.88	7.08	7.30	6.40	7.79	7.60
HIGHER FAT MILK/YOGURT	3.64	8.50	5.80	2.95	2.89	3.58	3.32	3.07

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YEAST BREADS AND TORTILLAS	2.73	1.48	1.61	1.54	2.43	2.51	3.63	4.66
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.32	0.44	0.59	0.96	1.97	3.66	3.17	3.37
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.09	3.54	3.04	2.65	1.26	1.87	2.15	2.43
ALCOHOLIC BEVERAGES	1.72	0.00	0.07	0.44	2.81	1.95	2.00	1.29
CONDIMENTS AND GRAVIES	1.23	1.37	1.19	1.22	1.39	1.31	1.15	0.77
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.18	1.05	0.73	0.98	1.48	1.52	0.98	1.04
LOW-FAT MILK/YOGURT	1.15	2.53	2.88	2.05	0.50	1.04	0.78	0.90
CHIPS, CRACKERS, AND SAVORY SNACKS	1.04	1.98	0.81	0.84	0.86	0.60	1.46	1.00
FRUIT (Non-Juice)	0.89	1.72	0.95	1.01	0.39	0.54	1.07	1.71
PIZZA	0.80	0.85	1.19	1.34	0.82	0.57	0.59	0.64
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.78	0.21	0.41	0.93	0.77	0.66	1.00	0.81
NUTS, SEEDS, AND SOY	0.61	0.53	0.44	0.28	0.64	0.63	0.80	0.60
POULTRY (Not Incl. Deli and Mixed Dishes)	0.44	0.32	0.31	0.22	0.69	0.37	0.39	0.36
DELI/CURED PRODUCTS (Meat and Poultry)	0.25	0.58	0.19	0.13	0.28	0.11	0.30	0.22
SALAD DRESSINGS	0.24	0.09	0.15	0.28	0.34	0.22	0.25	0.06
SOUPS	0.22	0.16	0.10	0.03	0.16	0.25	0.23	0.65
WATERS	0.18	0.57	0.07	0.08	0.18	0.24	0.16	0.10
SEAFOOD (Not Incl. Mixed Dishes)	0.15	0.06	0.07	0.13	0.12	0.18	0.24	0.10
SPREADS	0.11	0.01	0.08	0.08	0.04	0.04	0.16	0.43
MEATS (Not Incl. Deli and Mixed Dishes)	0.10	0.04	0.04	0.03	0.09	0.11	0.16	0.10
100% FRUIT JUICE	0.08	0.01	0.04	0.01	0.11	0.08	0.10	0.11
STARCHY VEGETABLES	0.07	0.01	0.02	0.20	0.05	0.04	0.06	0.11
EGGS	0.02	0.00	0.00	0.00	0.02	0.00	0.07	0.00

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RICE AND PASTA	0.02	0.00	0.00	0.00	0.01	0.01	0.02	0.07
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.72	99.60	99.82	99.82	99.61	99.71	99.72	99.90

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 3: Males and Females - Distribution of added sugars intake (percentages) across beverage categories

Beverage category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	24.11	16.41	25.17	32.14	32.09	25.31	16.54	12.84
COFFEE AND TEA	11.10	1.97	3.02	7.30	11.94	14.90	14.33	11.13
HIGHER FAT MILK/YOGURT	3.64	8.50	5.80	2.95	2.89	3.58	3.32	3.07
ALCOHOLIC BEVERAGES	1.72	0.00	0.07	0.44	2.81	1.95	2.00	1.29
LOW-FAT MILK/YOGURT	1.15	2.53	2.88	2.05	0.50	1.04	0.78	0.90
WATERS	0.18	0.57	0.07	0.08	0.18	0.24	0.16	0.10

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100% FRUIT JUICE	0.08	0.01	0.04	0.01	0.11	0.08	0.10	0.11
TOTAL*	41.99	29.98	37.06	44.97	50.53	47.10	37.22	29.43

*Results do not include baby foods, infant formulas and WWEIA category – other

MALES

Table 14. 4: Males - Distribution of added sugars intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	38.37	19.66	29.66	40.06	49.69	44.83	33.66	25.02
SNACKS AND SWEETS	26.97	36.91	34.25	24.73	20.03	23.06	30.84	35.46
GRAINS	12.24	15.92	13.53	14.65	9.33	10.15	12.78	15.82
MIXED DISHES	11.39	10.75	9.61	11.45	12.04	10.67	11.91	12.00
DAIRY	4.59	10.99	9.02	4.81	3.32	5.04	2.72	3.19

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VEGETABLES	2.03	0.49	0.36	1.20	1.35	3.20	3.13	3.36
PROTEIN FOODS	1.57	1.58	1.11	0.73	1.70	1.13	2.07	1.90
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.48	1.42	1.38	1.10	1.75	1.49	1.36	1.78
FRUITS+FRUIT JUICE	0.90	1.64	0.99	1.11	0.39	0.29	1.17	1.42
TOTAL*	99.54	99.36	99.91	99.84	99.61	99.85	99.65	99.95

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 5: Males - Distribution of added sugars intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	26.40	16.81	26.59	34.17	35.88	28.56	17.71	12.79
DESSERTS AND SWEET SNACKS	17.68	22.84	20.53	15.78	12.63	16.17	20.18	27.59
COFFEE AND TEA	10.29	2.02	2.97	5.72	11.13	13.82	14.36	10.77
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	8.35	8.43	7.15	7.91	8.65	7.24	9.15	9.33
CANDY AND SUGARS	8.33	12.13	13.06	7.92	6.70	6.65	9.30	6.79

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BREAKFAST CEREALS AND BARS	7.35	10.92	9.53	10.36	6.09	6.03	6.15	7.91
HIGHER FAT MILK/YOGURT	3.42	8.20	5.84	2.46	2.87	3.65	2.33	2.44
YEAST BREADS AND TORTILLAS	2.82	1.54	1.18	1.41	2.17	2.45	4.31	5.62
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.05	3.45	2.82	2.88	1.08	1.66	2.29	2.13
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.96	0.49	0.36	0.90	1.31	3.18	3.08	3.25
ALCOHOLIC BEVERAGES	1.48	0.00	0.05	0.12	2.60	2.13	1.41	1.40
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.25	0.99	0.73	0.82	1.60	1.71	1.01	1.34
CONDIMENTS AND GRAVIES	1.23	1.32	1.20	1.00	1.51	1.28	1.06	1.14
LOW-FAT MILK/YOGURT	1.17	2.80	3.18	2.35	0.45	1.38	0.39	0.75
CHIPS, CRACKERS, AND SAVORY SNACKS	0.96	1.94	0.66	1.03	0.69	0.25	1.36	1.08
FRUIT (Non-Juice)	0.82	1.64	0.97	1.10	0.24	0.29	1.06	1.32
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.81	0.26	0.38	1.32	0.75	0.82	1.02	0.64
PIZZA	0.80	0.87	1.21	1.37	0.93	0.47	0.55	0.28
POULTRY (Not Incl. Deli and Mixed Dishes)	0.53	0.42	0.34	0.19	0.76	0.47	0.51	0.68
NUTS, SEEDS, AND SOY	0.50	0.34	0.50	0.15	0.48	0.35	0.76	0.76
DELI/CURED PRODUCTS (Meat and Poultry)	0.29	0.73	0.20	0.18	0.21	0.15	0.43	0.27
WATERS	0.19	0.83	0.05	0.06	0.08	0.31	0.18	0.07
SOUPS	0.18	0.19	0.14	0.04	0.11	0.42	0.17	0.41
SALAD DRESSINGS	0.15	0.08	0.15	0.09	0.21	0.17	0.14	0.06
SEAFOOD (Not Incl. Mixed Dishes)	0.14	0.07	0.03	0.17	0.14	0.10	0.22	0.10
SPREADS	0.11	0.01	0.04	0.01	0.03	0.03	0.17	0.59
MEATS (Not Incl. Deli and Mixed Dishes)	0.09	0.02	0.04	0.05	0.08	0.06	0.16	0.09
100% FRUIT JUICE	0.08	0.00	0.02	0.00	0.15	0.00	0.11	0.10
STARCHY VEGETABLES	0.07	0.00	0.00	0.30	0.04	0.02	0.06	0.10
RICE AND PASTA	0.02	0.00	0.00	0.00	0.00	0.00	0.03	0.16
EGGS	0.01	0.00	0.00	0.00	0.03	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.54	99.36	99.91	99.84	99.61	99.85	99.65	99.95

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 6: Males - Distribution of added sugars intake (percentages) across beverage categories

Beverage category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	26.40	16.81	26.59	34.17	35.88	28.56	17.71	12.79
COFFEE AND TEA	10.29	2.02	2.97	5.72	11.13	13.82	14.36	10.77
HIGHER FAT MILK/YOGURT	3.42	8.20	5.84	2.46	2.87	3.65	2.33	2.44
ALCOHOLIC BEVERAGES	1.48	0.00	0.05	0.12	2.60	2.13	1.41	1.40
LOW-FAT MILK/YOGURT	1.17	2.80	3.18	2.35	0.45	1.38	0.39	0.75
WATERS	0.19	0.83	0.05	0.06	0.08	0.31	0.18	0.07
100% FRUIT JUICE	0.08	0.00	0.02	0.00	0.15	0.00	0.11	0.10
TOTAL*	43.04	30.65	38.70	44.87	53.15	49.87	36.49	28.31

*Results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 14. 7: Females - Distribution of added sugars intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not Incl. Milk and 100% Fruit Juice)	35.17	18.29	26.83	39.86	44.07	40.18	32.45	25.61
SNACKS AND SWEETS	30.67	38.91	36.21	26.62	25.11	27.47	32.72	39.53
GRAINS	12.43	17.40	15.11	13.89	10.91	11.05	11.82	12.86
MIXED DISHES	9.00	8.93	8.98	9.26	8.87	8.25	9.39	9.75
DAIRY	5.24	11.06	8.29	5.21	3.47	4.24	5.36	4.58
VEGETABLES	2.71	0.42	0.88	1.12	2.76	4.15	3.32	3.57
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.63	1.52	1.45	2.06	1.79	1.64	1.73	0.85
PROTEIN FOODS	1.57	1.48	0.98	0.86	1.99	1.66	1.85	0.97
FRUITS+FRUIT JUICE	1.10	1.80	0.98	0.93	0.64	0.93	1.15	2.14
TOTAL*	99.51	99.82	99.72	99.81	99.60	99.58	99.79	99.86

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 8: Females - Distribution of added sugars intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Yearso							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	21.47	16.04	23.55	30.07	27.86	22.34	15.48	12.88
DESSERTS AND SWEET SNACKS	19.91	23.79	24.14	16.32	16.04	18.58	20.80	27.82
COFFEE AND TEA	11.61	1.93	3.08	8.92	12.85	15.88	14.30	11.41
CANDY AND SUGARS	9.58	13.10	11.09	9.66	8.03	7.96	10.37	10.78
BREAKFAST CEREALS AND BARS	7.59	12.37	9.69	9.81	6.73	6.42	6.79	6.29
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	6.12	6.71	6.56	6.24	5.80	5.63	6.55	6.24

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HIGHER FAT MILK/YOGURT	4.06	8.77	5.75	3.46	2.91	3.51	4.21	3.56
YEAST BREADS AND TORTILLAS	2.67	1.43	2.11	1.67	2.71	2.56	3.00	3.90
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.64	0.40	0.85	1.02	2.70	4.10	3.25	3.46
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.16	3.61	3.31	2.41	1.45	2.06	2.03	2.66
ALCOHOLIC BEVERAGES	1.89	0.00	0.10	0.77	3.05	1.79	2.53	1.20
CONDIMENTS AND GRAVIES	1.20	1.42	1.18	1.44	1.26	1.34	1.24	0.48
CHIPS, CRACKERS, AND SAVORY SNACKS	1.18	2.02	0.98	0.65	1.05	0.93	1.55	0.93
LOW-FAT MILK/YOGURT	1.17	2.29	2.54	1.75	0.56	0.72	1.14	1.02
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	1.11	1.10	0.74	1.15	1.36	1.35	0.94	0.81
FRUIT (Non-Juice)	1.02	1.79	0.92	0.91	0.57	0.77	1.07	2.01
PIZZA	0.80	0.82	1.17	1.32	0.70	0.65	0.63	0.92
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.72	0.17	0.45	0.53	0.79	0.52	0.98	0.95
NUTS, SEEDS, AND SOY	0.71	0.70	0.37	0.42	0.83	0.89	0.84	0.47
POULTRY (Not Incl. Deli and Mixed Dishes)	0.34	0.23	0.27	0.25	0.61	0.29	0.28	0.10
SALAD DRESSINGS	0.32	0.10	0.14	0.47	0.48	0.26	0.35	0.07
SOUPS	0.24	0.14	0.07	0.02	0.21	0.10	0.29	0.83
DELI/CURED PRODUCTS (Meat and Poultry)	0.22	0.44	0.18	0.08	0.36	0.08	0.17	0.19
WATERS	0.20	0.32	0.10	0.09	0.30	0.17	0.14	0.12
SEAFOOD (Not Incl. Mixed Dishes)	0.16	0.06	0.12	0.09	0.09	0.24	0.26	0.09
SPREADS	0.11	0.00	0.13	0.15	0.05	0.04	0.14	0.30
MEATS (Not Incl. Deli and Mixed Dishes)	0.10	0.05	0.04	0.02	0.09	0.15	0.16	0.11
100% FRUIT JUICE	0.08	0.01	0.07	0.02	0.07	0.16	0.08	0.12
STARCHY VEGETABLES	0.07	0.02	0.03	0.10	0.06	0.06	0.07	0.12
EGGS	0.04	0.00	0.00	0.00	0.01	0.00	0.13	0.00

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RICE AND PASTA	0.01	0.00	0.00	0.00	0.02	0.02	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01
TOTAL*	99.51	99.82	99.72	99.81	99.60	99.58	99.79	99.86

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 14. 9: Females - Distribution of added sugars intake (percentages) across beverage categories

Beverage category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
SUGAR-SWEETENED AND DIET BEVERAGES	21.47	16.04	23.55	30.07	27.86	22.34	15.48	12.88
COFFEE AND TEA	11.61	1.93	3.08	8.92	12.85	15.88	14.30	11.41
HIGHER FAT MILK/YOGURT	4.06	8.77	5.75	3.46	2.91	3.51	4.21	3.56
ALCOHOLIC BEVERAGES	1.89	0.00	0.10	0.77	3.05	1.79	2.53	1.20
LOW-FAT MILK/YOGURT	1.17	2.29	2.54	1.75	0.56	0.72	1.14	1.02
WATERS	0.20	0.32	0.10	0.09	0.30	0.17	0.14	0.12
100 FRUIT JUICE	0.08	0.01	0.07	0.02	0.07	0.16	0.08	0.12
TOTAL*	40.49	29.36	35.18	45.08	47.61	44.58	37.88	30.31

*Results do not include baby foods, infant formulas and WWEIA category – other

Figure 14. 2: Males and Females - Distribution of added sugars intake (percentages) across top 10 sub-categories

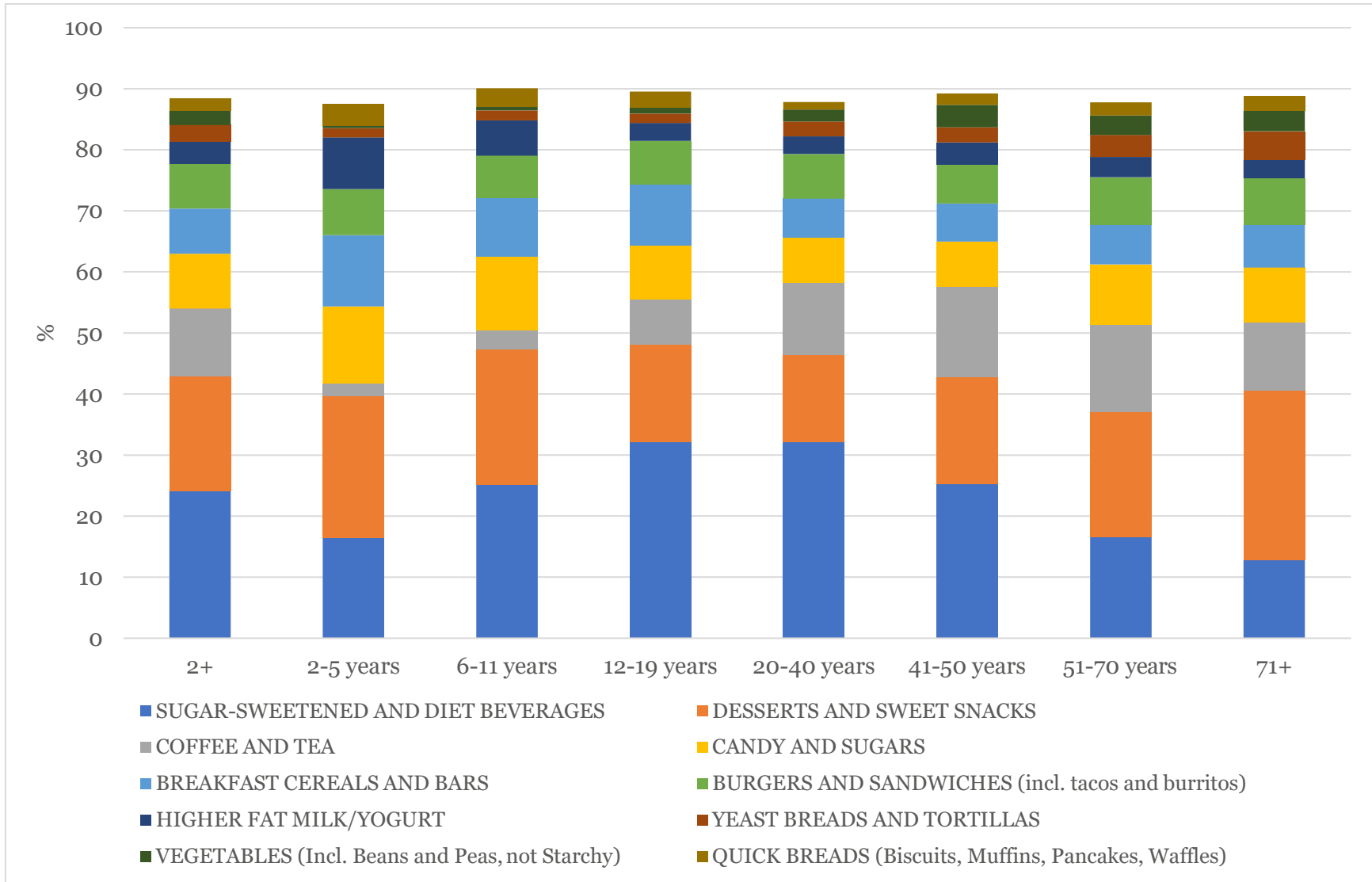


Figure 14. 3: Males and Females - Distribution of added sugars intake (percentages) across beverage categories

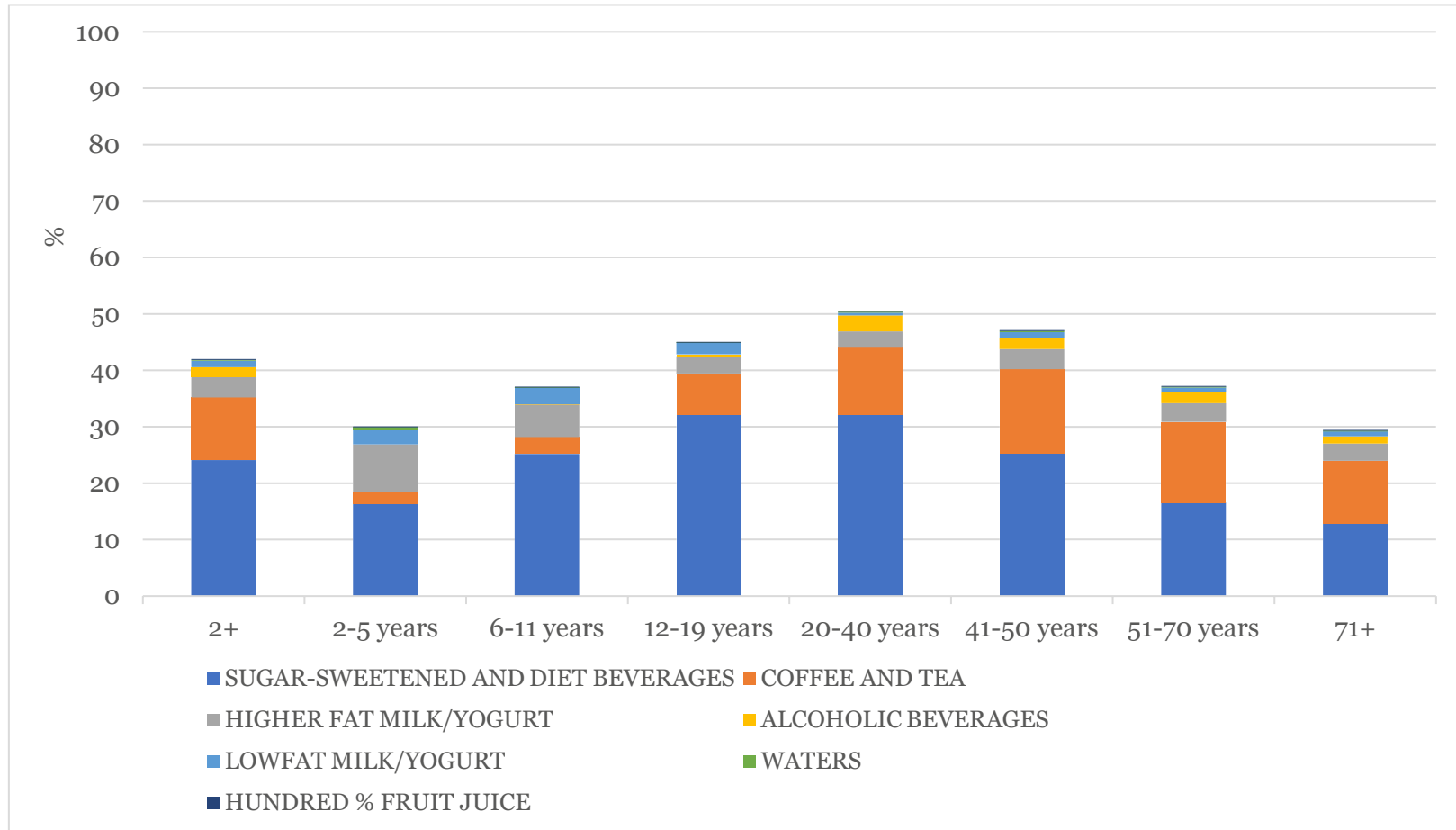


Figure 14. 4: Males - Distribution of added sugars intake (percentages) across major categories

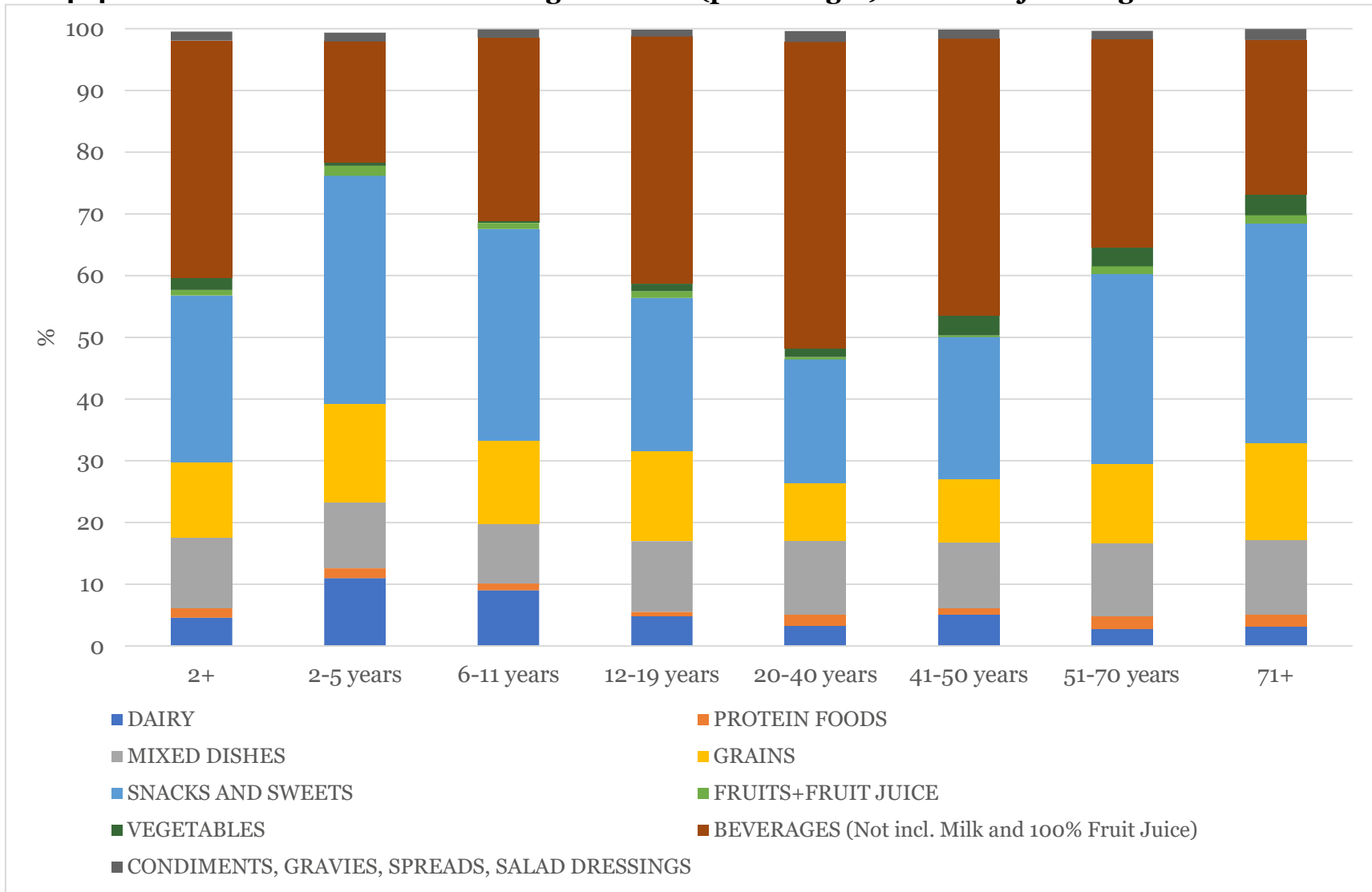


Figure 14. 5: Males - Distribution of added sugars intake (percentages) across top 10 sub-categories

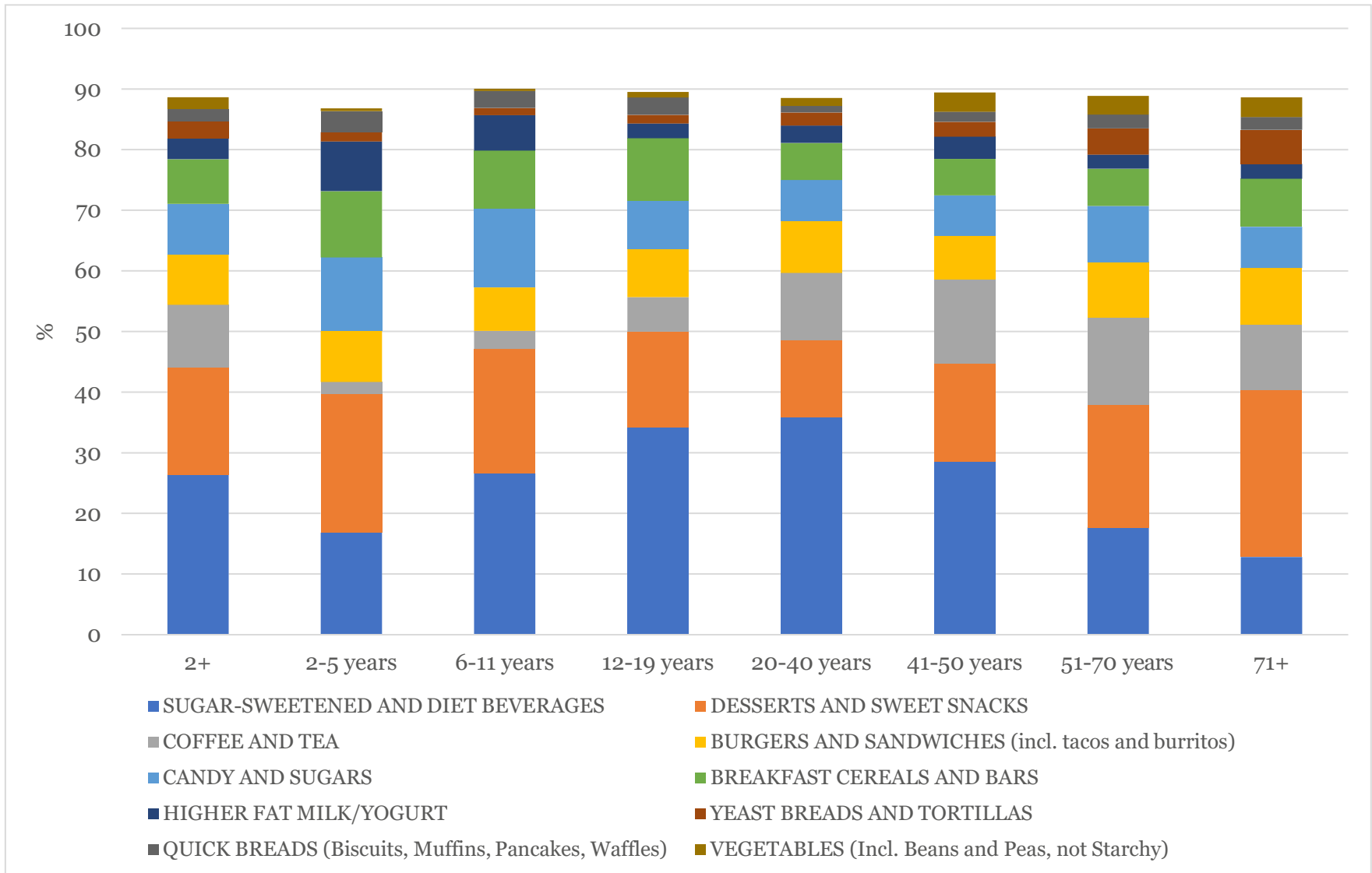


Figure 14. 6: Males - Distribution of added sugars intake (percentages) across beverage categories

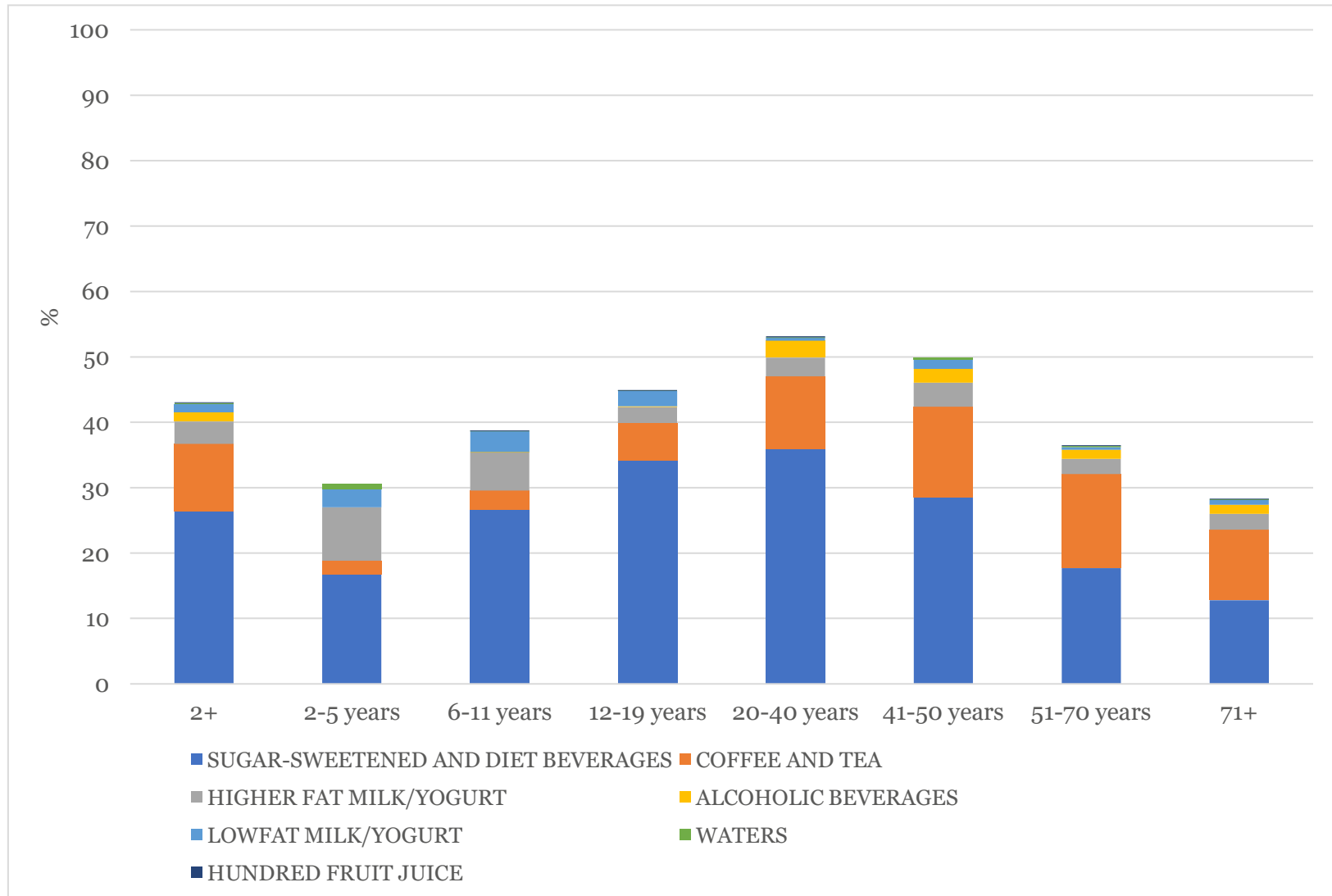


Figure 14. 7: Females - Distribution of added sugars intake (percentages) across major categories

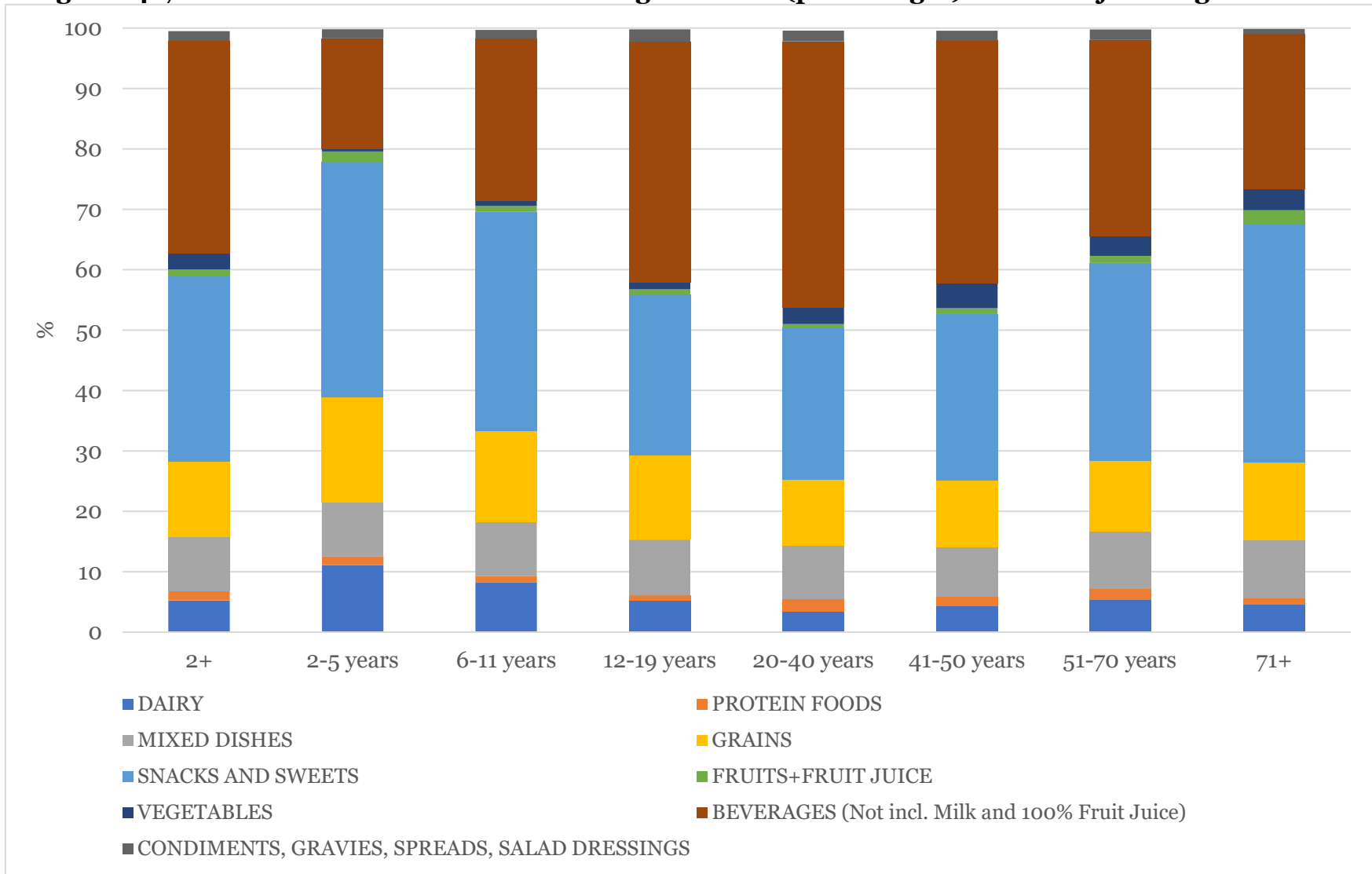


Figure 14. 8: Females - Distribution of added sugars intake (percentages) across top 10 sub-categories

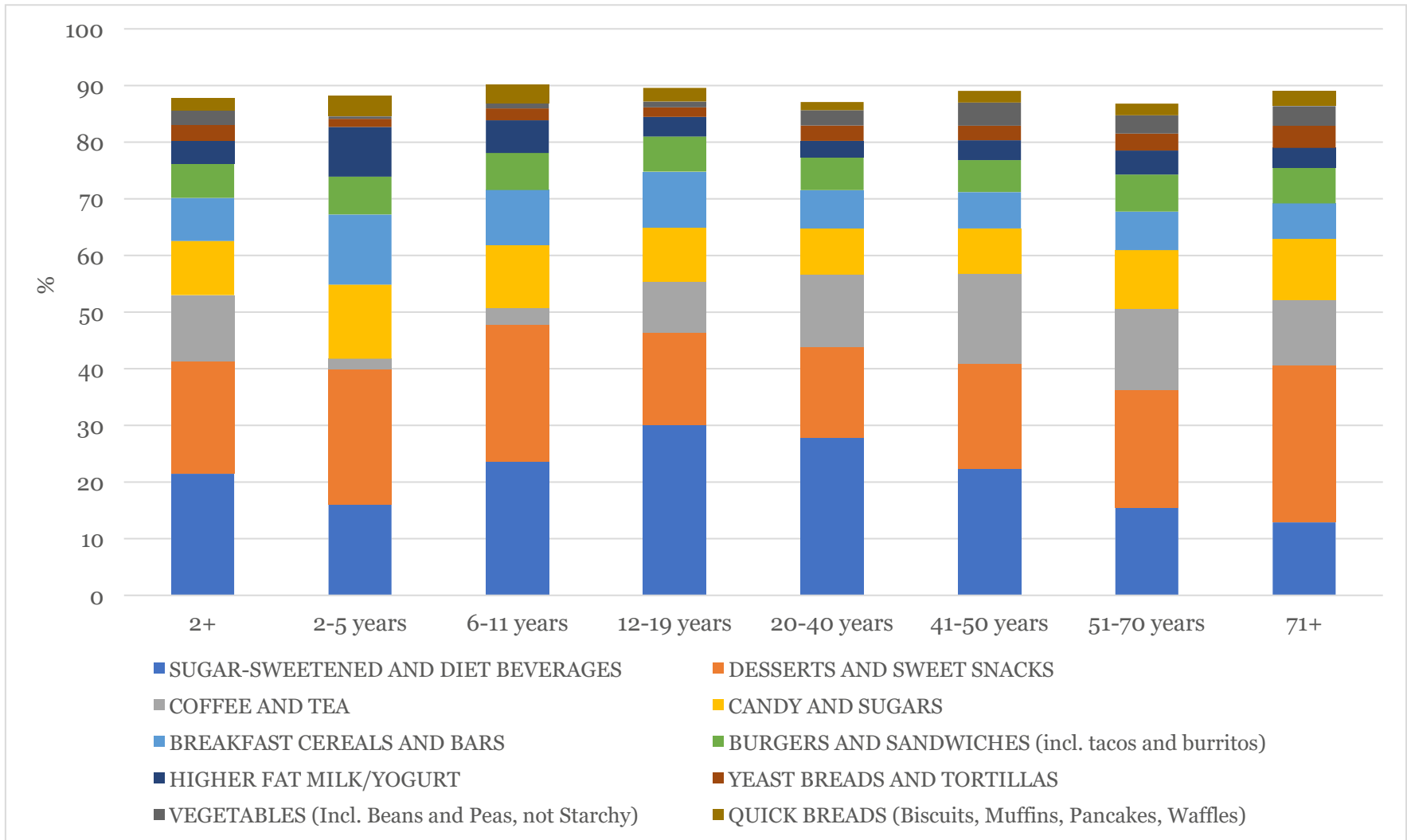
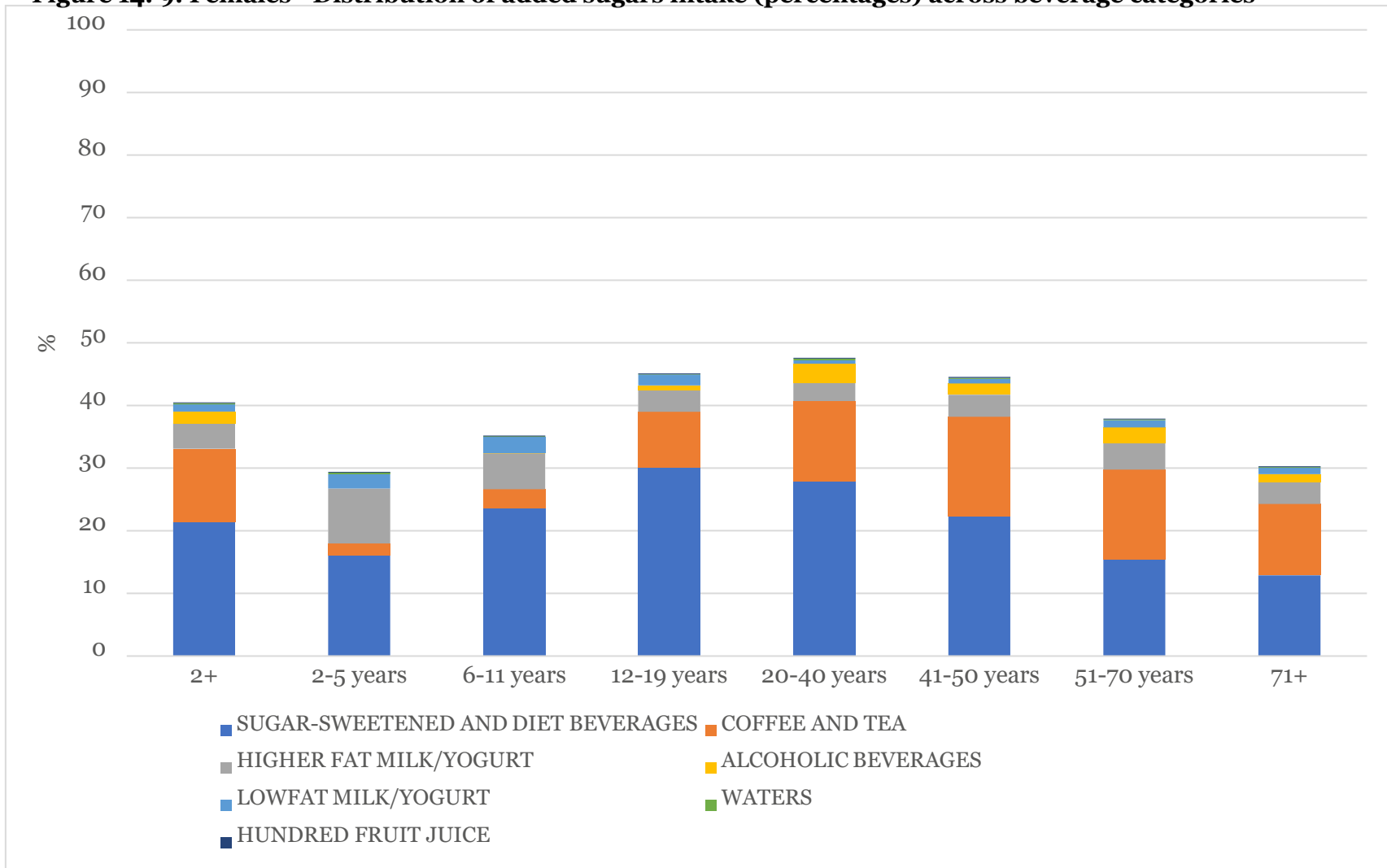


Figure 14. 9: Females - Distribution of added sugars intake (percentages) across beverage categories



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SOURCES OF NUTRIENTS

NHANES 2013-16

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The following individuals represent the team who produced this analysis:

Edwina Wambogo¹

Jill Reedy¹

Marissa Shams-White¹

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Sources of nutrient intakes among the U.S. population, 2013-16

Objective

The purpose of this research was to identify the major contributors to caffeine, calcium, potassium, sodium, dietary fiber, and vitamin D intake among the U.S. population.

Methods

We used the 2013-16 National Health and Nutrition Examination Survey (NHANES) data to determine the weighted population contribution of food categories to energy intake. We categorized the NHANES dietary data into 150 mutually exclusive What We Eat In America (WWEIA) Food Categories [1]. We further regrouped these 150 food categories into 9 major categories and 36 sub-categories. The focus of the food categorization system is to group similar foods and beverages on the basis of usage and nutrient content. Each food within the categories is linked to the food codes in the Food and Nutrient Database for Dietary Studies (FNDDS), which provides ingredient proportions and nutrient values [2]. Additionally, the Food Patterns Equivalents Database (FPED) data [3], was used to determine food groupings.

Table A.

List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories.

Table 1.1 – 6.6

There are 36 tables for the percentage contribution of various food groups to caffeine, calcium, potassium, sodium, dietary fiber, and vitamin D intake.

Figure 1.1 – 6.6

There are 36 figures for the percentage contribution of various food groups to caffeine, calcium, potassium, sodium, dietary fiber, and vitamin D intake.

Note

Rankings depend in part on how ubiquitously the specific food is consumed. Foods that are the richest sources of a nutrient are not necessarily the major contributors. Because some foods are commonly consumed in the population they result in a significant contribution to the total intake.

Selected Key Findings

Caffeine:

By major category: Beverages, not including milk and 100% juice, contributed the most caffeine for those 12 years and older. For children 2-11 years, the major source of caffeine was snacks and sweets. Dairy also contributed significantly more caffeine for children 2-11 years, compared to other age groups. Similar findings were seen in stratified analyses by sex.

By sub-category: The top source of caffeine for adults 20 years and older was coffee and tea; the top source for children 2-11 years was desserts and sweet snacks; and the top source for adolescents 12-19 years was sugar-sweetened and diet beverages. Findings were similar by sex, except the major contributor for females 12-19 years was coffee and tea, not sugar-sweetened and diet beverages.

Calcium:

By major category: There were some differences in top sources of calcium by age group. Although dairy provided the highest proportion of calcium for children 2-11 years, mixed dishes was the top source of calcium for those 12 years and older. Nevertheless, dairy as a source of calcium was higher with older age groups from 20 years on, and provided the second largest proportion of calcium for adults 71 years and older. Beverages, not including milk and 100% juice, was the second top source of calcium for adults 20-50 years. Similar findings were seen for males in stratified analyses, but dairy was the second source of calcium for those 51-70 years. For females, beverages, not including milk and 100% juice, was the second top source of calcium for those 20-70 years. Mixed dishes category was still the top source of calcium for females 12 years and older, and dairy for females 2-11 years.

By sub-category: Burgers and sandwiches was the top source of calcium for those 12 years and older. For children 2-11 years, higher fat milk/yogurt was the top source of calcium, but burgers and sandwiches sub-category was also a major contributor to calcium intake for this age group. Higher fat milk/yogurt also contributed more to calcium intake for adolescents 12-19 years and adults 71 years and older. Pizza contributed more to calcium intake in the younger age groups, while non-starchy vegetables, including beans and peas, contributed more to calcium intake for adults 41 years and older. Similar findings were seen in stratified analyses by sex.

Potassium:

By major category: Mixed dishes was the top source of potassium for all age groups, followed by dairy for children and adolescents 2-19 years, and vegetables for adults 20-40 years and 71 years and older. Beverages, not including milk and 100% juice, was the second top source of potassium for adults 41-70 years. Similar findings were seen for males and females. Mixed dishes remained the top source of potassium for most age groups, except for children 2-5 years, for whom dairy was the top source of potassium.

By sub-category: Burgers and sandwiches was the top source of potassium for those 6-50 years; higher fat milk/yogurt was the top source for children 2-5 years; and coffee and tea was the top source for adults 51 years and older.

Sodium:

By major category: The top source of sodium for all age groups was mixed dishes, followed by protein foods. Compared to other age groups, dairy provided more sodium for children 2-5 years. Similar findings were seen among males and females, except grains provided more sodium for females 6-11 years, compared to protein foods.

By sub-category: For all age groups, burgers and sandwiches provided the highest proportion of sodium intake, followed by rice, pasta, and other grain-based mixed dishes for those 2-40 years, and non-starchy vegetables, including beans and peas, for adults 41 years and older. For males, pizza was the second top source of sodium for children and adolescents 6-19 years, and non-starchy vegetables, including beans and peas, for adults 51 years and older. For females, burgers and sandwiches remained the top source of sodium intake, and rice, pasta, and grain-based mixed dishes was the second top source of sodium until age 40 years, after which, the second top source of sodium was non-starchy vegetables, including beans and peas. Pizza was a top three source of sodium for females 6-19 years.

Dietary fiber:

By major category: Mixed dishes was the top source of dietary fiber for all age groups. The second top source of dietary fiber for children and adolescents 2-19 years was grains, while vegetables was the second top source for adults 20 years and older. Similar findings were seen among males and females.

By sub-category: Although fruits (non-juice) contributed the most to dietary fiber among children 2-5 years, burgers and sandwiches was the top source of dietary fiber for those 6-40 years. Non-starchy vegetables, including beans and peas, contributed the most for adults 41 years and older.

Vitamin D:

By major category: The contribution of dairy to vitamin D intake went down with age until age 40 years and then began to increase with age. Dairy contributed significantly more to vitamin D intake for children 2-5 years and 6-11 years. The second top source of vitamin D for most age groups was mixed dishes, except for children 2-5 years and adults 71 years and older, whose second top source of vitamin D was protein foods. For females, protein foods and grains contributed an equal proportion to vitamin D intake for children 2-5 years, and mixed dishes was the second top source of vitamin D for those 6 years and older.

By sub-category: Higher fat milk/yogurt was the top source of vitamin D for children and adolescents 2-18 years, and for adults 71 years and older. Burgers and sandwiches was the major contributor of vitamin D for adults 20-70 years. Similar findings were also seen among males and females, except burgers and sandwiches was only a top source of vitamin D for females 20-50 years, and higher fat milk/yogurt for all other females.

Table A: List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories

Major categories (n=9) and sub-categories (n=36) for DGAC analyses of contributions of food category intake to energy intake.

MAJOR CATEGORY	SUB-CATEGORY	WWEIA CATEGORY	SPECIFIC CATEGORY FROM WWEIA
<u>DAIRY</u>			
	LOW-FAT MILK/YOGURT		
		1006	Milk, low-fat
		1008	Milk, nonfat
		1206	Flavored milk, low-fat
		1208	Flavored milk, nonfat
		1404	Milk substitutes
	HIGHER FAT MILK/YOGURT		
		1002	Milk, whole
		1004	Milk, reduced fat
		1202	Flavored milk, whole
		1204	Flavored milk, reduced fat
		1402	Milk shakes and other dairy drinks
		1820	Yogurt, regular
		1822	Yogurt, Greek
	CHEESE		
		1602	Cheese
		1604	Cottage/ricotta cheese
<u>PROTEIN FOODS</u>			
	MEATS (Not Incl. Deli and Mixed Dishes)		
		2002	Beef, excludes ground
		2004	Ground beef
		2006	Pork
		2008	Lamb, goat, game
		2010	Liver and organ meats
	DELI/CURED PRODUCTS (Meat and Poultry)		
		2602	Cold cuts and cured meats
		2604	Bacon
		2606	Frankfurters
		2608	Sausages
	POULTRY (Not Incl. Deli and Mixed Dishes)		

2202	Chicken, whole pieces
2204	Chicken patties, nuggets and tenders
2206	Turkey, duck, other poultry

SEAFOOD (Not Incl. Mixed Dishes)

2402	Fish
2404	Shellfish

EGGS

2502	Eggs and omelets
------	------------------

NUTS, SEEDS, AND SOY

2804	Nuts and seeds
2806	Processed soy products

MIXED DISHES**PIZZA**

3602	Pizza
------	-------

BURGERS AND SANDWICHES (Incl. Tacos and Burritos)

3702	Burgers (single code)
3704	Chicken/turkey sandwiches (single code)
3706	Egg/breakfast sandwiches (single code)
3708	Other sandwiches (single code+ combo codes)
3502	Burritos and Tacos
3703	Frankfurter sandwiches (single code + combo codes)
3720	Cheese sandwiches (single code + combo codes)
3722	Peanut butter and jelly sandwiches (single code + combo codes)

MEAT, POULTRY, SEAFOOD MIXED DISHES

3002	Meat mixed dishes
3004	Poultry mixed dishes
3006	Seafood mixed dishes
3404	Stir-fry and soy-based sauce mixtures

RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES

3202	Rice mixed dishes
3204	Pasta mixed dishes, excludes macaroni and cheese
3206	Macaroni and cheese
3208	Turnovers and other grain-based items
3402	Fried rice and lo/chow mein
3406	Egg rolls, dumplings, sushi
3506	Other Mexican mixed dishes

	SOUPS	
	3802	Soups
<u>GRAINS</u>		
	RICE AND PASTA	
	4002	Rice
	4004	Pasta, noodles, cooked grains
	YEAST BREADS AND TORTILLAS	
	4202	Yeast breads
	4204	Rolls and buns
	4206	Bagels and English muffins
	4208	Tortillas
	QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	
	4402	Biscuits, muffins, quick breads
	4404	Pancakes, waffles, French toast
	BREAKFAST CEREALS AND BARS	
	4602	Ready-to-eat cereal, higher sugar (>21.2g/100g)
	4604	Ready-to-eat cereal, lower sugar (≤21.2g/100g)
	4802	Oatmeal
	4804	Grits and other cooked cereals
	5402	Cereal bars
	5404	Nutrition bars
<u>SNACKS AND SWEETS</u>		
	CHIPS, CRACKERS, AND SAVORY SNACKS	
	5002	Potato chips
	5004	Tortilla, corn, other chips
	5006	Popcorn
	5008	Pretzels/snack mix
	5202	Crackers, excludes saltines
	5204	Saltine crackers
	3504	Nachos
	DESSERTS AND SWEET SNACKS	
	5502	Cakes and pies
	5504	Cookies and brownies
	5506	Doughnuts, sweet rolls, pastries
	5802	Ice cream and frozen dairy desserts
	5804	Pudding
	5806	Gelatins, ices, sorbets
	CANDY AND SUGARS	
	5702	Candy containing chocolate
	5704	Candy not containing chocolate
	8802	Sugars and honey

8804	Sugar substitutes
8806	Jams, syrups, toppings

FRUITS and FRUIT JUICE

FRUIT (Non-Juice)

6002	Apples
6004	Bananas
6006	Grapes
6008	Peaches and nectarines
6010	Berries
6012	Citrus fruits
6014	Melons
6016	Dried fruits
6018	Other fruits and fruit salads

100% FRUIT JUICE

7002	Citrus juice
7004	Apple juice
7006	Other fruit juice

VEGETABLES

VEGETABLES (Incl. Beans and Peas, not Starchy)

6402	Tomatoes
6404	Carrots
6406	Other red and orange vegetables
6408	Dark green vegetables, excludes lettuce
6410	Lettuce and lettuce salads (Incl. combo codes)
6412	String beans
6414	Onions
8410	Pasta sauces, tomato-based
6420	Other vegetables and combinations
6422	Vegetable mixed dishes
7008	Vegetable juice
2802	Beans, peas, legumes

STARCHY VEGETABLES

6416	Corn
6418	Other starchy vegetables
6802	White potatoes, baked or boiled
6804	French fries and other fried white potatoes
6806	Mashed potatoes and white potato mixtures

BEVERAGES (NOT INCL. MILK AND 100% FRUIT JUICE) *

SUGAR-SWEETENED AND DIET BEVERAGES

7102	Diet soft drinks
7104	Diet sport and energy drinks
7106	Other diet drinks
7202	Soft drinks
7204	Fruit drinks
7206	Sport and energy drinks
7208	Nutritional beverages
7802	Flavored or carbonated water
7220	Smoothies and grain drinks
COFFEE AND TEA	
7302	Coffee
7304	Tea
ALCOHOLIC BEVERAGES	
7502	Beer
7504	Wine
7506	Liquor and cocktails
WATERS	
7702	Tap water
7704	Bottled water
7804	Enhanced or fortified water
<u>CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS</u>	
CONDIMENTS AND GRAVIES	
8402	Tomato-based condiments
8404	Soy-based condiments
8406	Mustard and other condiments
8408	Olives, pickles, pickled vegetables
8412	Dips, gravies, other sauces
SPREADS	
8002	Butter and animal fats
8004	Margarine
8006	Cream cheese, sour cream, whipped cream
8008	Cream and cream substitutes
SALAD DRESSINGS	
8010	Mayonnaise
8012	Salad dressings and vegetable oils

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*Note: Each data table in this section has a figure that directly corresponds with the data in the table. Figures do not include a description as it would be a direct repetition of the data in the preceding tables.

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*Note: Each data table in this section has a figure that directly corresponds with the data in the table. Figures do not include a description as it would be a direct repetition of the data in the preceding tables.

Percent of caffeine intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of caffeine from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from What We Eat in America, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 1. 1: Males and Females - Distribution of total caffeine intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	81.24	26.08	32.05	61.32	87.07	90.66	92.88	90.78
SNACKS AND SWEETS	12.91	46.60	39.33	26.59	9.99	7.30	5.57	6.86
DAIRY	3.58	20.64	19.65	6.91	1.02	1.28	0.86	1.50
GRAINS	1.88	5.03	8.21	4.63	1.52	0.44	0.57	0.56
PROTEIN FOODS	0.19	0.79	0.41	0.21	0.35	0.01	0.07	0.01
MIXED DISHES	0.08	0.28	0.20	0.26	0.05	0.07	0.00	0.10
FRUITS+FRUIT JUICE	0.06	0.25	0.13	0.00	0.01	0.23	0.01	0.01
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.95	99.68	99.99	99.93	100.00	99.99	99.97	99.83

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 1. 2: Males and Females - Distribution of total caffeine intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
COFFEE AND TEA	58.75	14.41	13.20	29.18	55.30	67.78	75.92	81.99
SUGAR-SWEETENED AND DIET BEVERAGES	21.91	11.67	18.86	32.07	30.63	22.18	16.53	8.39
DESSERTS AND SWEET SNACKS	8.19	32.71	27.40	17.53	6.03	4.80	2.52	4.40
CANDY AND SUGARS	4.68	13.87	11.68	8.92	3.92	2.50	3.04	2.46
HIGHER FAT MILK/YOGURT	2.06	14.51	9.80	3.66	0.79	0.75	0.49	0.69
LOWFAT MILK/YOGURT	1.52	6.13	9.84	3.25	0.23	0.53	0.37	0.81
BREAKFAST CEREALS AND BARS	1.37	3.67	5.02	2.52	1.39	0.42	0.56	0.56
ALCOHOLIC BEVERAGES	0.57	0.00	0.00	0.08	1.14	0.70	0.41	0.37
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.51	1.37	3.19	2.11	0.12	0.02	0.00	0.00
NUTS, SEEDS, AND SOY	0.19	0.79	0.41	0.21	0.35	0.01	0.07	0.01
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	0.05	0.17	0.11	0.26	0.00	0.00	0.00	0.08
CHIPS, CRACKERS, AND SAVORY SNACKS	0.04	0.02	0.26	0.14	0.04	0.00	0.01	0.00
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.04	0.11	0.09	0.00	0.05	0.07	0.00	0.02
FRUIT (Non-Juice)	0.03	0.25	0.13	0.00	0.01	0.08	0.00	0.01
100 % FRUIT JUICE	0.02	0.00	0.00	0.00	0.00	0.15	0.01	0.00
WATERS	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.03
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

(continued from previous page)

MEATS (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.95	99.68	99.99	99.93	100.00	99.99	99.97	99.83

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 1. 3: Males - Distribution of total caffeine intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	80.82	24.75	32.19	59.65	88.30	91.30	93.75	89.75
SNACKS AND SWEETS	12.72	45.08	38.78	27.00	8.93	6.10	4.64	7.38
DAIRY	4.15	21.94	21.04	7.28	1.43	1.85	0.77	1.72
GRAINS	1.91	7.11	6.99	5.46	0.99	0.57	0.59	0.75
PROTEIN FOODS	0.21	0.00	0.75	0.11	0.33	0.01	0.15	0.01
MIXED DISHES	0.10	0.30	0.24	0.50	0.01	0.15	0.00	0.00
FRUITS+FRUIT JUICE	0.02	0.43	0.00	0.00	0.00	0.02	0.02	0.00
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.93	99.60	99.98	100.00	100.00	100.00	99.94	99.62

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 1. 4: Males - Distribution of total caffeine intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
COFFEE AND TEA	55.86	13.94	11.64	24.13	53.80	65.08	74.82	81.09
SUGAR-SWEETENED AND DIET BEVERAGES	24.26	10.81	20.55	35.46	33.37	25.20	18.35	7.94
DESSERTS AND SWEET SNACKS	8.47	29.68	27.29	19.18	5.74	3.79	2.45	4.97
CANDY AND SUGARS	4.20	15.37	11.34	7.60	3.14	2.31	2.18	2.42
HIGHER FAT MILK/YOGURT	2.35	15.66	9.27	3.61	1.20	0.89	0.61	0.76
LOWFAT MILK/YOGURT	1.80	6.28	11.78	3.67	0.22	0.96	0.17	0.96
BREAKFAST CEREALS AND BARS	1.29	5.50	3.53	2.83	0.81	0.55	0.59	0.74
ALCOHOLIC BEVERAGES	0.69	0.00	0.00	0.06	1.12	1.02	0.58	0.71
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.63	1.61	3.46	2.63	0.18	0.02	0.01	0.00
NUTS, SEEDS, AND SOY	0.21	0.00	0.75	0.11	0.33	0.01	0.15	0.01
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	0.06	0.15	0.07	0.50	0.00	0.00	0.00	0.00
CHIPS, CRACKERS, AND SAVORY SNACKS	0.05	0.03	0.15	0.22	0.05	0.00	0.01	0.00
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.04	0.15	0.17	0.00	0.01	0.15	0.00	0.00
FRUIT (Non-Juice)	0.02	0.43	0.00	0.00	0.00	0.02	0.00	0.00
100 % FRUIT JUICE	0.01	0.00	0.00	0.00	0.00	0.00	0.02	0.00
WATERS	0.00	0.00	0.00	0.00	0.01	0.00	0.01	0.00
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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MEATS (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.93	99.60	99.98	100.00	100.00	100.00	99.94	99.62

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 1. 5: Females - Distribution of total caffeine intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	81.08	27.35	31.89	63.05	85.72	90.07	92.08	91.61
SNACKS AND SWEETS	13.53	48.02	39.99	26.16	11.13	8.41	6.44	6.44
DAIRY	3.17	19.42	18.00	6.54	0.58	0.75	0.94	1.33
GRAINS	1.86	3.08	9.65	3.77	2.09	0.32	0.54	0.41
PROTEIN FOODS	0.18	1.54	0.02	0.30	0.36	0.01	0.00	0.00
FRUITS+FRUIT JUICE	0.09	0.08	0.28	0.00	0.01	0.42	0.00	0.03
MIXED DISHES	0.07	0.26	0.16	0.02	0.10	0.00	0.00	0.18
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00
VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.97	99.75	100.00	99.85	100.00	99.98	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 1. 6: Females - Distribution of total caffeine intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
COFFEE AND TEA	61.14	14.86	15.04	34.40	56.93	70.26	76.93	82.71
SUGAR-SWEETENED AND DIET BEVERAGES	19.46	12.49	16.85	28.55	27.64	19.39	14.85	8.76
DESSERTS AND SWEET SNACKS	8.28	35.56	27.53	15.83	6.34	5.73	2.60	3.95
CANDY AND SUGARS	5.21	12.46	12.08	10.28	4.77	2.68	3.84	2.49
HIGHER FAT MILK/YOGURT	1.89	13.43	10.44	3.72	0.35	0.63	0.39	0.64
BREAKFAST CEREALS AND BARS	1.48	1.94	6.78	2.21	2.03	0.30	0.54	0.41
LOWFAT MILK/YOGURT	1.28	5.99	7.57	2.82	0.23	0.13	0.55	0.69
ALCOHOLIC BEVERAGES	0.46	0.00	0.00	0.10	1.16	0.41	0.26	0.09
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.38	1.14	2.88	1.56	0.06	0.01	0.00	0.00
NUTS, SEEDS, AND SOY	0.18	1.54	0.02	0.30	0.36	0.01	0.00	0.00
FRUIT (Non-Juice)	0.05	0.08	0.28	0.00	0.01	0.14	0.00	0.03
100 % FRUIT JUICE	0.04	0.00	0.00	0.00	0.00	0.28	0.00	0.00
CHIPS, CRACKERS, AND SAVORY SNACKS	0.04	0.00	0.38	0.05	0.02	0.01	0.00	0.00
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	0.03	0.19	0.16	0.02	0.00	0.00	0.00	0.15
MEAT, POULTRY, SEAFOOD MIXED DISHES	0.03	0.07	0.01	0.00	0.10	0.00	0.00	0.03
WATERS	0.02	0.00	0.00	0.00	0.00	0.00	0.03	0.05
CONDIMENTS AND GRAVIES	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00
CHEESE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DELI/CURED PRODUCTS (Meat and Poultry)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EGGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

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MEATS (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
POULTRY (Not incl. Deli and Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE AND PASTA	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SALAD DRESSINGS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SEAFOOD (Not incl. Mixed Dishes)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SOUPS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STARCHY VEGETABLES	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VEGETABLES (Incl. Beans and Peas, not Starchy)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
YEAST BREADS AND TORTILLAS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.97	99.75	100.00	99.85	100.00	99.98	100.00	100.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 1. 1: Males and Females - Distribution of total caffeine intake (percentages) across major categories

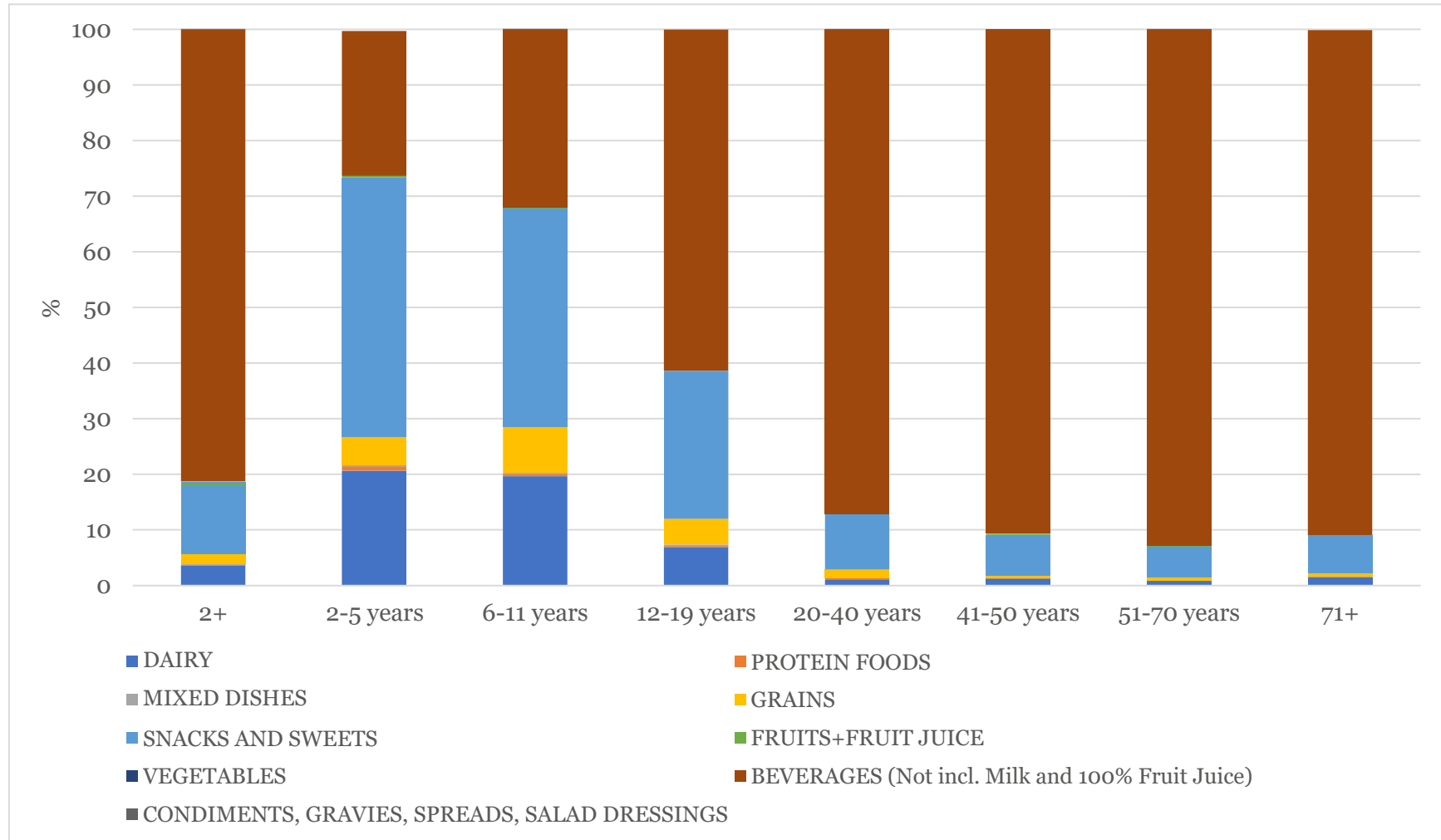


Figure 1. 2: Males and Females - Distribution of total caffeine intake (percentages) across top 10 sub-categories

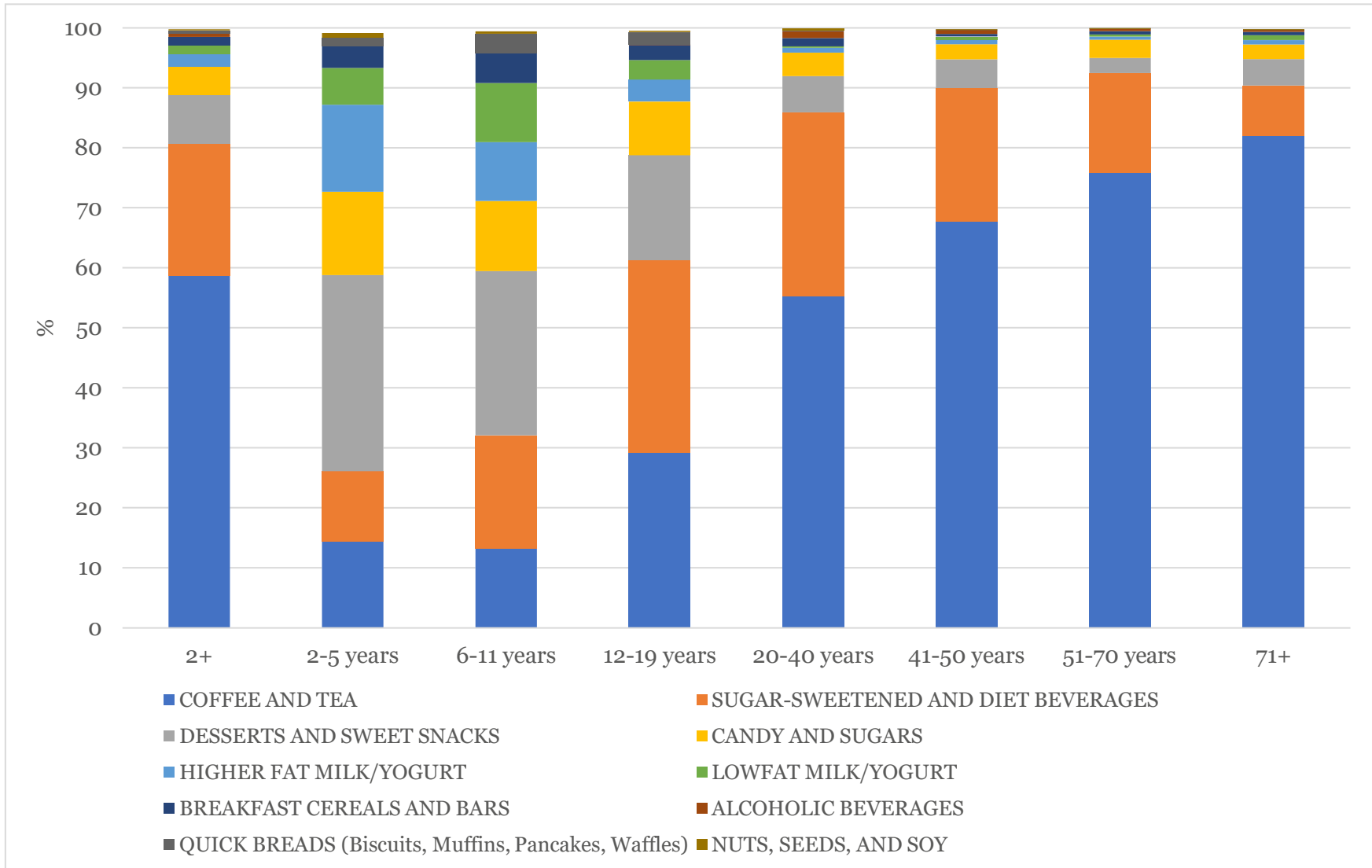


Figure 1. 3: Males - Distribution of total caffeine intake (percentages) across major categories

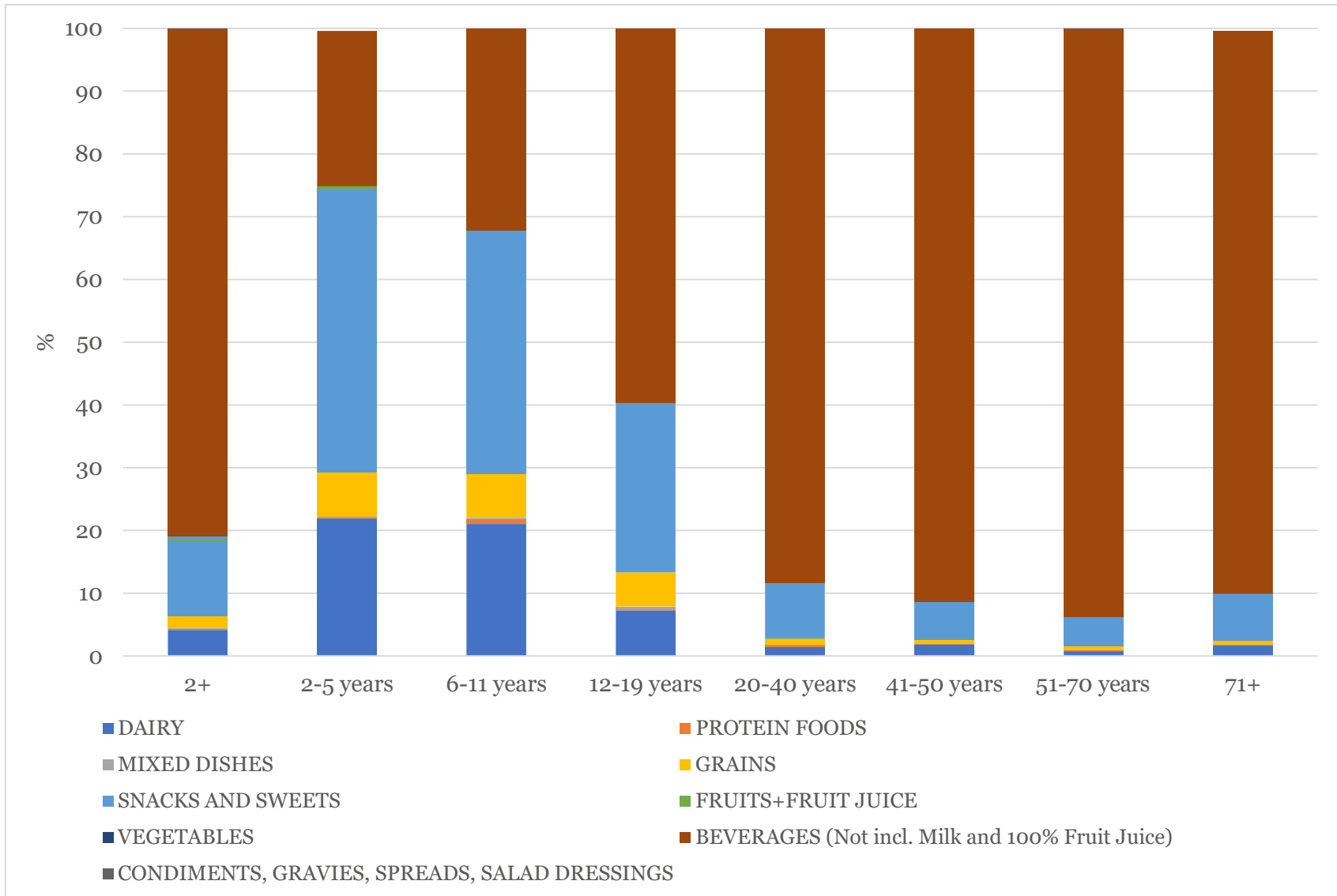


Figure 1. 4: Males - Distribution of total caffeine intake (percentages) across top 10 sub-categories

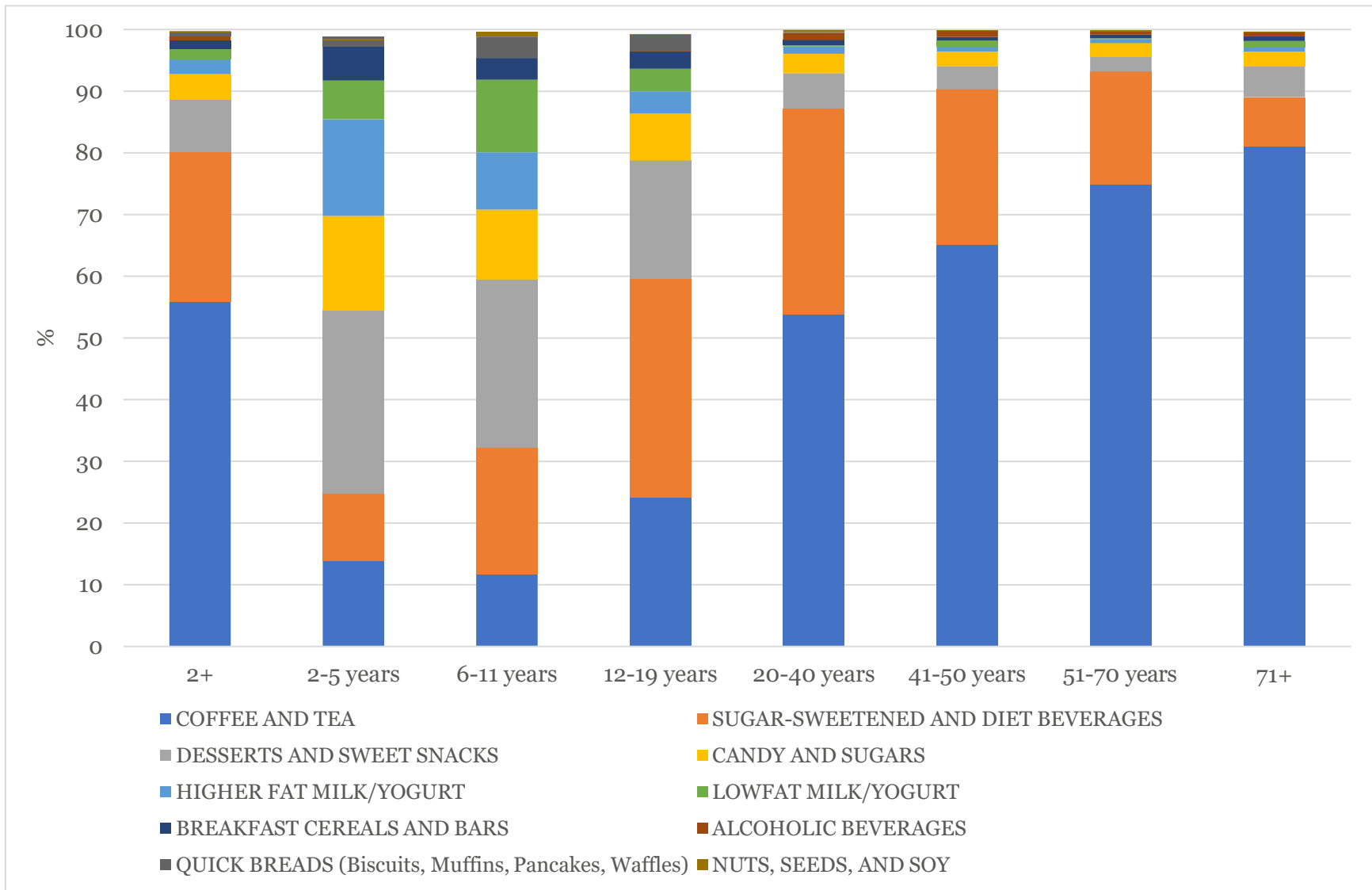


Figure 1. 5: Females - Distribution of total caffeine intake (percentages) across major categories

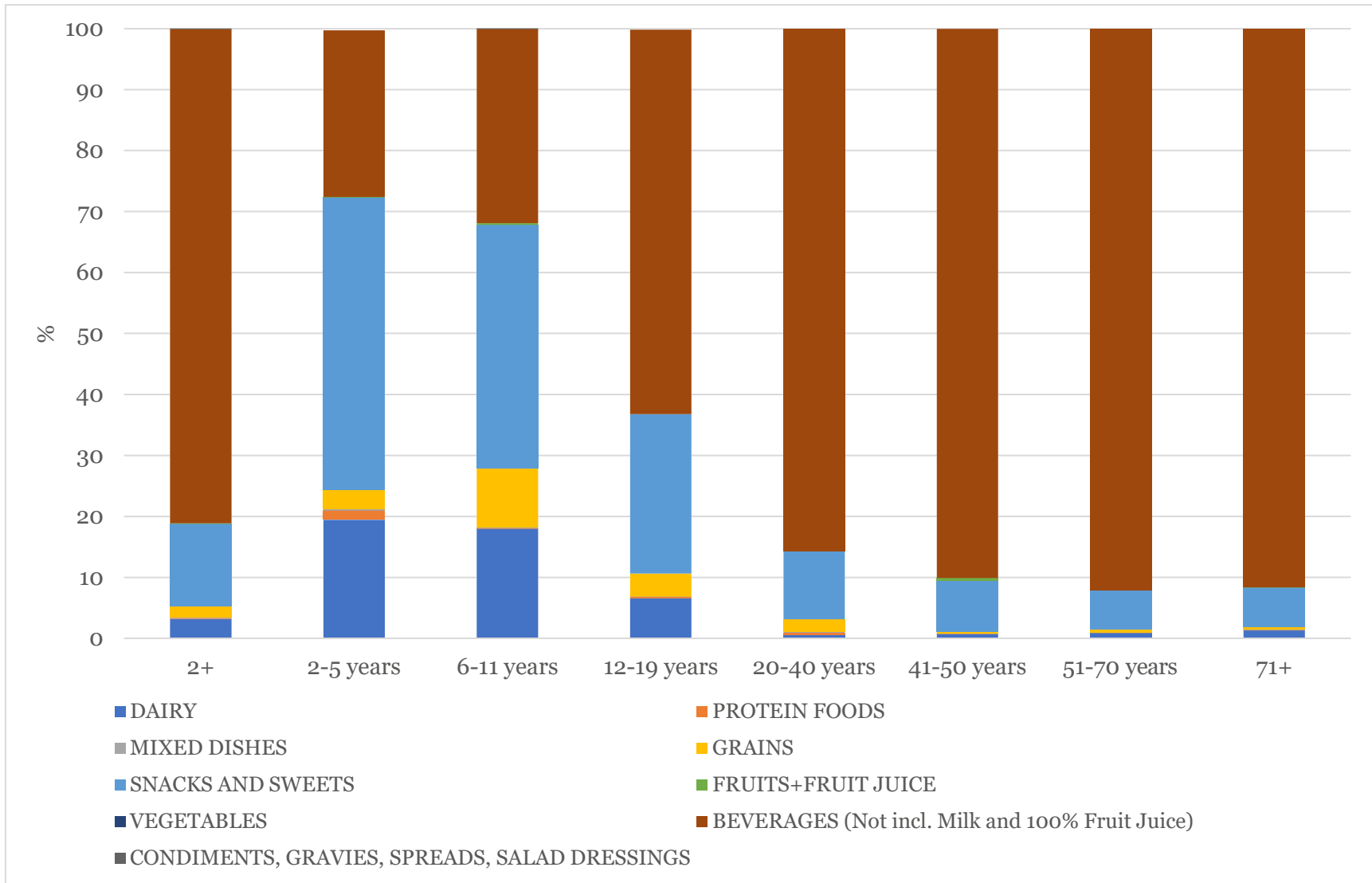
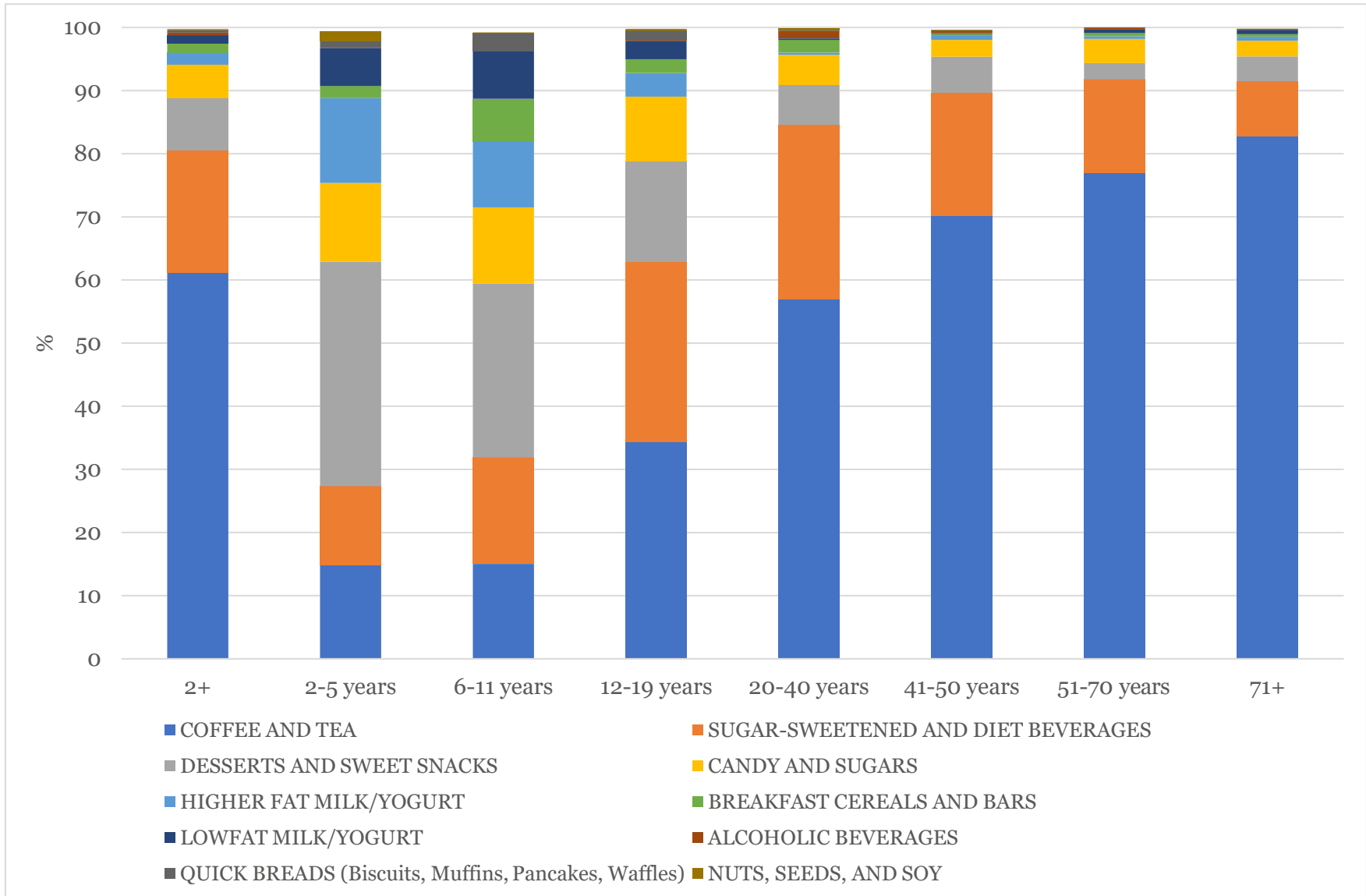


Figure 1. 6: Females - Distribution of total caffeine intake (percentages) across top 10 sub-categories



Percent of calcium intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of calcium from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from What WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 2. 1: Males and Females – Distribution of total calcium intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	30.41	21.23	29.40	34.27	35.18	31.35	27.41	24.13
DAIRY	20.86	45.84	33.79	25.29	14.94	15.23	18.90	21.50
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	16.34	4.90	6.37	11.03	19.86	20.97	18.60	14.42
GRAINS	8.81	8.70	10.58	9.12	7.15	8.21	9.44	11.08
SNACKS AND SWEETS	7.53	6.91	9.04	7.86	6.38	7.03	7.77	9.66
VEGETABLES	6.46	2.58	2.87	4.77	6.68	7.48	7.84	7.96
PROTEIN FOODS	5.30	3.68	3.26	3.97	5.66	6.12	5.92	5.62
FRUITS+FRUIT JUICE	2.52	4.04	3.05	2.23	2.12	2.17	2.36	3.76
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.96	0.46	0.80	0.88	1.14	0.95	0.98	0.94
TOTAL*	99.19	98.34	99.15	99.42	99.12	99.52	99.21	99.08

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 2: Males and Females - Distribution of total calcium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	17.44	11.19	14.92	18.38	20.78	17.86	16.42	14.07
HIGHER FAT MILK/YOGURT	11.33	29.76	19.04	14.80	7.62	8.48	9.20	11.20
WATERS	8.35	3.34	4.12	7.18	10.21	10.04	9.00	6.35
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.95	4.56	5.85	5.60	5.49	5.36	4.08	3.80
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.95	1.79	1.86	3.05	5.10	6.04	6.24	6.22
LOWFAT MILK/YOGURT	4.89	9.66	10.31	6.40	2.62	3.45	4.37	6.00
PIZZA	4.89	4.53	6.92	7.96	6.03	4.34	2.98	2.09
DESSERTS AND SWEET SNACKS	4.82	3.99	5.48	4.59	3.90	4.31	5.09	7.78
CHEESE	4.64	6.42	4.43	4.10	4.70	3.29	5.32	4.30
SUGAR-SWEETENED AND DIET BEVERAGES	3.71	1.43	1.94	2.31	4.69	4.66	3.75	3.76
COFFEE AND TEA	3.32	0.12	0.30	1.45	3.66	4.70	4.52	3.77
YEAST BREADS AND TORTILLAS	3.29	1.77	2.58	2.61	2.78	3.63	4.00	4.69
BREAKFAST CEREALS AND BARS	3.18	4.37	4.21	3.44	2.59	2.41	3.16	4.28
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.03	0.46	1.01	1.66	1.93	2.35	2.60	2.54
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.94	2.34	3.49	2.70	1.32	1.73	1.88	1.77
EGGS	1.92	1.68	1.29	1.16	2.12	2.13	2.00	2.44
CHIPS, CRACKERS, AND SAVORY SNACKS	1.85	2.24	2.61	2.37	1.68	1.95	1.75	1.00
STARCHY VEGETABLES	1.51	0.79	1.01	1.72	1.58	1.44	1.59	1.75
100 % FRUIT JUICE	1.28	2.58	1.77	1.17	1.09	1.12	0.97	1.89
FRUIT (Non-Juice)	1.25	1.46	1.28	1.06	1.02	1.06	1.39	1.87

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SOUPS	1.10	0.49	0.70	0.68	0.96	1.44	1.32	1.63
POULTRY (Not incl. Deli and Mixed Dishes)	1.00	0.75	0.83	1.32	1.22	1.02	0.87	0.58
ALCOHOLIC BEVERAGES	0.97	0.00	0.00	0.08	1.31	1.58	1.32	0.54
NUTS, SEEDS, AND SOY	0.91	0.23	0.30	0.44	0.84	1.16	1.39	0.98
CANDY AND SUGARS	0.85	0.69	0.95	0.91	0.80	0.77	0.93	0.89
CONDIMENTS AND GRAVIES	0.69	0.34	0.51	0.66	0.87	0.68	0.69	0.49
SEAFOOD (Not incl. Mixed Dishes)	0.66	0.21	0.22	0.32	0.66	1.01	0.78	0.86
MEATS (Not incl. Deli and Mixed Dishes)	0.55	0.20	0.28	0.50	0.62	0.61	0.63	0.49
RICE AND PASTA	0.40	0.21	0.30	0.37	0.47	0.45	0.40	0.34
DELI/CURED PRODUCTS (Meat and Poultry)	0.25	0.61	0.34	0.22	0.20	0.18	0.25	0.27
SPREADS	0.23	0.09	0.24	0.18	0.21	0.23	0.25	0.43
SALAD DRESSINGS	0.05	0.04	0.05	0.04	0.06	0.04	0.05	0.02
TOTAL*	99.19	98.34	99.15	99.42	99.12	99.52	99.21	99.08

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 2. 3: Males - Distribution of total calcium intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	32.58	22.62	30.43	35.98	38.85	34.46	30.11	24.60
DAIRY	21.01	43.78	34.70	26.54	14.83	14.94	17.92	21.18
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	14.67	5.33	6.30	9.48	18.58	18.34	16.86	13.19
GRAINS	8.57	8.87	9.65	9.00	6.81	8.16	9.65	11.44
SNACKS AND SWEETS	7.04	6.77	8.64	7.54	5.57	6.76	8.06	8.93
VEGETABLES	5.74	2.53	2.70	3.96	5.55	7.33	7.27	8.25
PROTEIN FOODS	5.43	3.69	3.05	3.94	5.79	6.66	6.04	7.07
FRUITS+FRUIT JUICE	2.40	4.20	2.97	2.15	2.08	2.03	2.25	3.39
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.91	0.53	0.67	0.69	1.10	0.95	1.01	0.82
TOTAL*	98.35	98.32	99.11	99.27	99.17	99.63	99.18	98.87

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 4: Males - Distribution of total calcium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	19.49	12.38	15.35	20.02	23.99	20.90	18.86	15.46
HIGHER FAT MILK/YOGURT	12.07	28.56	19.34	16.72	8.31	8.46	8.78	11.32
WATERS	7.13	3.51	3.95	6.41	9.29	8.62	7.16	5.02
PIZZA	5.12	5.29	7.55	8.28	6.59	3.60	3.26	1.41
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.90	4.22	5.70	5.23	5.50	6.11	3.79	3.83
LOWFAT MILK/YOGURT	4.79	9.36	11.27	6.55	2.34	3.67	4.01	6.00
DESSERTS AND SWEET SNACKS	4.46	3.70	5.10	4.54	3.45	4.17	5.09	7.39
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.23	1.87	1.60	2.45	4.00	5.86	5.54	6.30
CHEESE	4.15	5.86	4.08	3.26	4.18	2.81	5.13	3.87
SUGAR-SWEETENED AND DIET BEVERAGES	3.45	1.69	2.15	2.27	4.56	3.52	3.54	3.63
YEAST BREADS AND TORTILLAS	3.26	2.07	2.05	2.34	2.69	3.85	4.41	4.94
BREAKFAST CEREALS AND BARS	2.99	3.90	3.97	3.39	2.41	2.40	2.82	4.32
COFFEE AND TEA	2.79	0.13	0.20	0.68	3.09	3.78	4.30	3.71
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.03	0.38	0.97	1.84	1.99	2.21	2.85	2.21
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.93	2.67	3.37	2.96	1.29	1.37	1.97	1.83
EGGS	1.89	1.62	1.17	1.20	2.00	2.22	1.87	3.20
CHIPS, CRACKERS, AND SAVORY SNACKS	1.82	2.38	2.48	2.09	1.49	1.92	2.07	0.87
STARCHY VEGETABLES	1.51	0.66	1.10	1.51	1.55	1.48	1.73	1.95
100 % FRUIT JUICE	1.32	2.80	1.72	1.20	1.22	1.14	1.04	1.79
ALCOHOLIC BEVERAGES	1.30	0.00	0.00	0.12	1.64	2.41	1.85	0.82

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POULTRY (Not incl. Deli and Mixed Dishes)	1.13	0.82	0.90	1.39	1.41	1.27	0.96	0.77
FRUIT (Non-Juice)	1.07	1.40	1.24	0.95	0.86	0.88	1.21	1.59
SOUPS	1.05	0.36	0.86	0.61	0.77	1.64	1.34	1.70
NUTS, SEEDS, AND SOY	0.83	0.19	0.23	0.35	0.77	1.06	1.36	1.02
CANDY AND SUGARS	0.76	0.69	1.06	0.91	0.63	0.67	0.89	0.66
CONDIMENTS AND GRAVIES	0.66	0.41	0.45	0.55	0.85	0.66	0.73	0.44
SEAFOOD (Not incl. Mixed Dishes)	0.66	0.32	0.16	0.28	0.67	1.20	0.72	1.08
MEATS (Not incl. Deli and Mixed Dishes)	0.64	0.18	0.26	0.56	0.74	0.68	0.83	0.63
RICE AND PASTA	0.40	0.24	0.26	0.31	0.43	0.55	0.45	0.35
DELI/CURED PRODUCTS (Meat and Poultry)	0.27	0.57	0.32	0.16	0.20	0.22	0.31	0.37
SPREADS	0.20	0.07	0.16	0.11	0.18	0.25	0.25	0.36
SALAD DRESSINGS	0.04	0.05	0.06	0.02	0.06	0.04	0.03	0.02
TOTAL*	98.35	98.32	99.11	99.27	99.17	99.63	99.18	98.87

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES

Table 2. 5: Females - Distribution of total calcium intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	27.33	19.93	28.23	32.52	31.05	28.53	24.94	23.77
DAIRY	21.38	47.75	32.75	24.02	15.06	15.49	19.78	21.74
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	17.45	4.50	6.44	12.61	21.31	23.37	20.18	15.39
GRAINS	8.86	8.54	11.64	9.25	7.54	8.25	9.25	10.79
SNACKS AND SWEETS	7.79	7.05	9.50	8.19	7.29	7.28	7.51	10.24
VEGETABLES	6.99	2.63	3.06	5.59	7.96	7.61	8.36	7.74
PROTEIN FOODS	5.03	3.67	3.50	4.00	5.51	5.63	5.81	4.48
FRUITS+FRUIT JUICE	2.61	3.89	3.15	2.32	2.16	2.31	2.46	4.06
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.99	0.40	0.94	1.07	1.18	0.95	0.96	1.03
TOTAL*	98.44	98.36	99.20	99.57	99.06	99.42	99.24	99.24

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 6: Females - Distribution of total calcium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	14.80	10.07	14.43	16.71	17.14	15.10	14.19	12.99
HIGHER FAT MILK/YOGURT	11.44	30.89	18.70	12.82	6.84	8.51	9.59	11.12
WATERS	9.27	3.18	4.32	7.96	11.24	11.33	10.68	7.39
VEGETABLES (Incl. Beans and Peas, not Starchy)	5.51	1.72	2.15	3.66	6.34	6.20	6.88	6.15
CHEESE	5.03	6.93	4.84	4.96	5.29	3.74	5.49	4.63
DESSERTS AND SWEET SNACKS	5.02	4.25	5.92	4.64	4.42	4.43	5.09	8.08
LOWFAT MILK/YOGURT	4.92	9.93	9.22	6.24	2.93	3.25	4.69	5.99
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.91	4.89	6.01	5.97	5.47	4.67	4.35	3.78
PIZZA	4.52	3.82	6.20	7.63	5.40	5.02	2.72	2.62
SUGAR-SWEETENED AND DIET BEVERAGES	3.86	1.20	1.70	2.36	4.85	5.69	3.94	3.86
COFFEE AND TEA	3.72	0.11	0.41	2.25	4.30	5.53	4.72	3.82
BREAKFAST CEREALS AND BARS	3.35	4.81	4.48	3.49	2.79	2.41	3.47	4.24
YEAST BREADS AND TORTILLAS	3.22	1.50	3.20	2.88	2.89	3.43	3.63	4.50
MEAT, POULTRY, SEAFOOD MIXED DISHES	1.98	0.54	1.06	1.47	1.86	2.49	2.37	2.81
EGGS	1.92	1.73	1.42	1.12	2.26	2.05	2.12	1.85
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.91	2.04	3.62	2.44	1.36	2.06	1.81	1.72
CHIPS, CRACKERS, AND SAVORY SNACKS	1.86	2.11	2.77	2.65	1.89	1.98	1.46	1.10
STARCHY VEGETABLES	1.48	0.90	0.91	1.92	1.62	1.42	1.47	1.59
FRUIT (Non-Juice)	1.39	1.52	1.32	1.17	1.21	1.21	1.56	2.09
100 % FRUIT JUICE	1.22	2.37	1.83	1.14	0.95	1.09	0.90	1.97
SOUPS	1.11	0.61	0.52	0.74	1.17	1.26	1.30	1.57
NUTS, SEEDS, AND SOY	0.96	0.27	0.38	0.53	0.91	1.26	1.41	0.94

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CANDY AND SUGARS	0.92	0.69	0.82	0.90	0.98	0.86	0.96	1.06
POULTRY (Not incl. Deli and Mixed Dishes)	0.84	0.69	0.76	1.25	1.00	0.80	0.79	0.43
CONDIMENTS AND GRAVIES	0.68	0.27	0.58	0.78	0.90	0.69	0.65	0.52
SEAFOOD (Not incl. Mixed Dishes)	0.63	0.12	0.28	0.36	0.64	0.84	0.84	0.69
ALCOHOLIC BEVERAGES	0.60	0.00	0.00	0.05	0.93	0.82	0.84	0.31
MEATS (Not incl. Deli and Mixed Dishes)	0.44	0.21	0.31	0.44	0.49	0.55	0.45	0.38
RICE AND PASTA	0.38	0.19	0.34	0.44	0.51	0.36	0.34	0.33
SPREADS	0.25	0.10	0.32	0.24	0.23	0.22	0.24	0.48
DELI/CURED PRODUCTS (Meat and Poultry)	0.23	0.66	0.35	0.28	0.20	0.14	0.20	0.19
SALAD DRESSINGS	0.05	0.03	0.04	0.05	0.06	0.04	0.07	0.03
TOTAL*	98.44	98.36	99.20	99.57	99.06	99.42	99.24	99.24

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 2. 1: Males and Females - Distribution of total calcium intake (percentages) across major categories

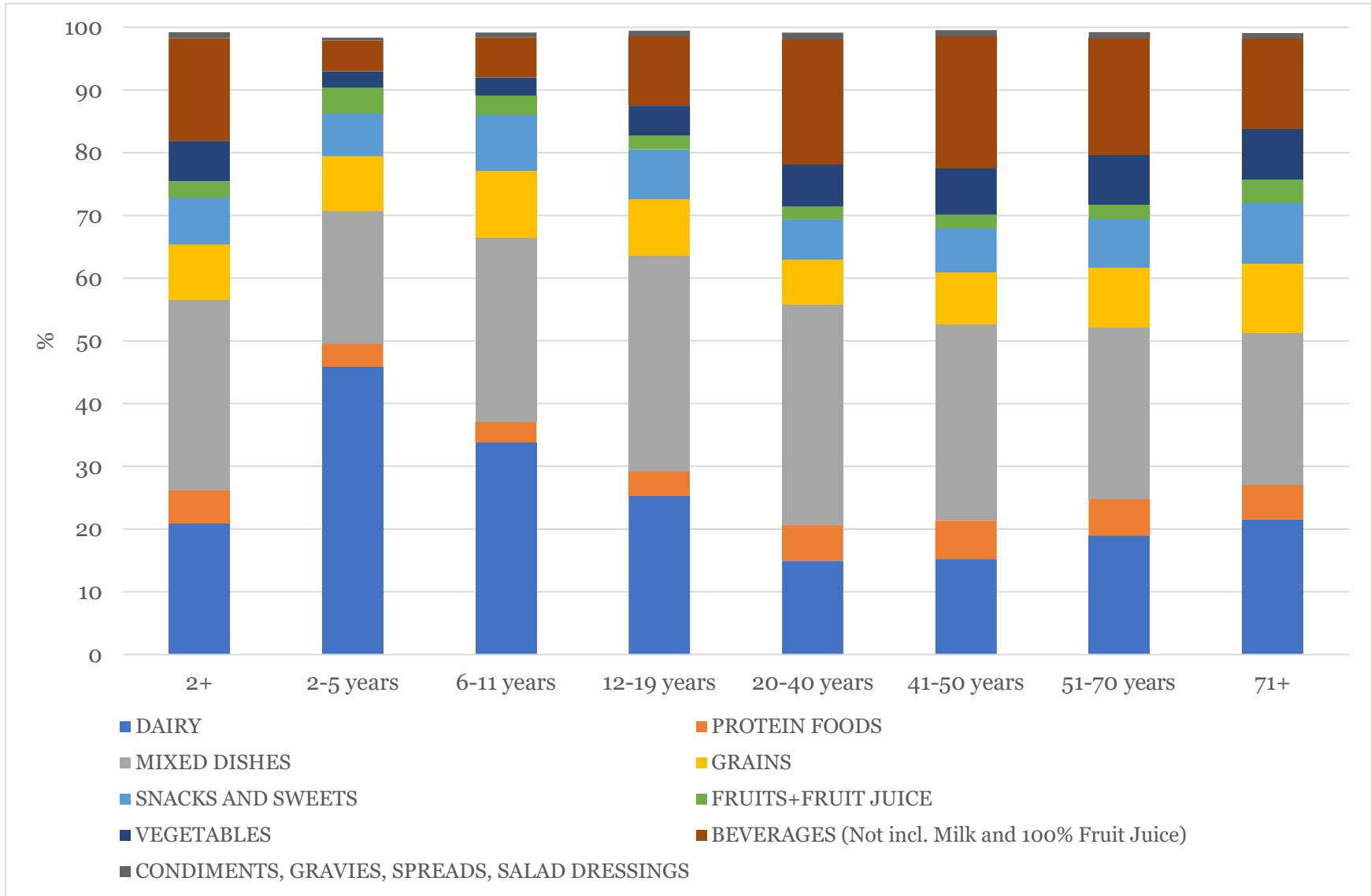


Figure 2. 2: Males and Females – Distribution of total calcium intake (percentages) across top 10 sub-categories

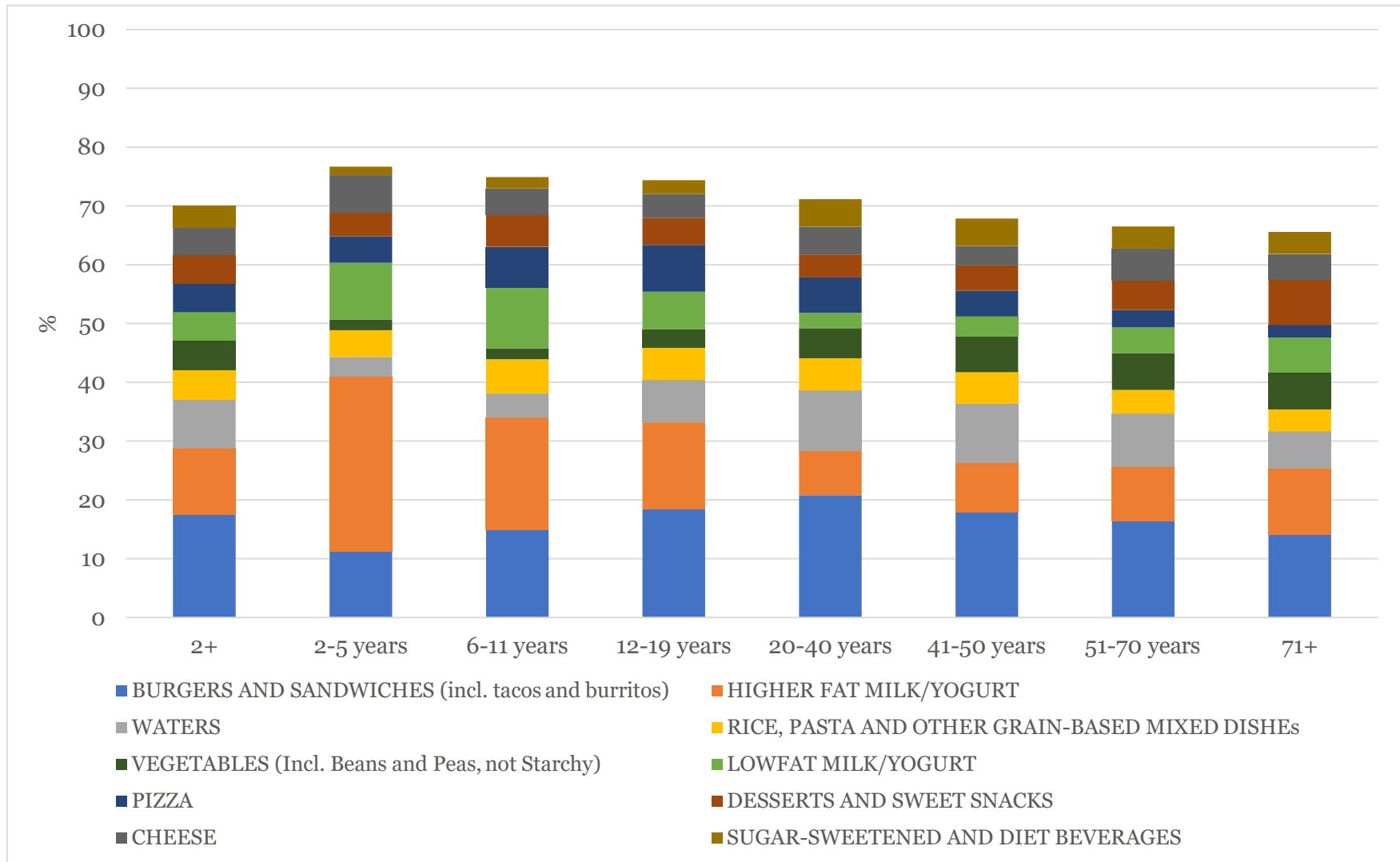


Figure 2. 3: Males - Distribution of total calcium intake (percentages) across major categories

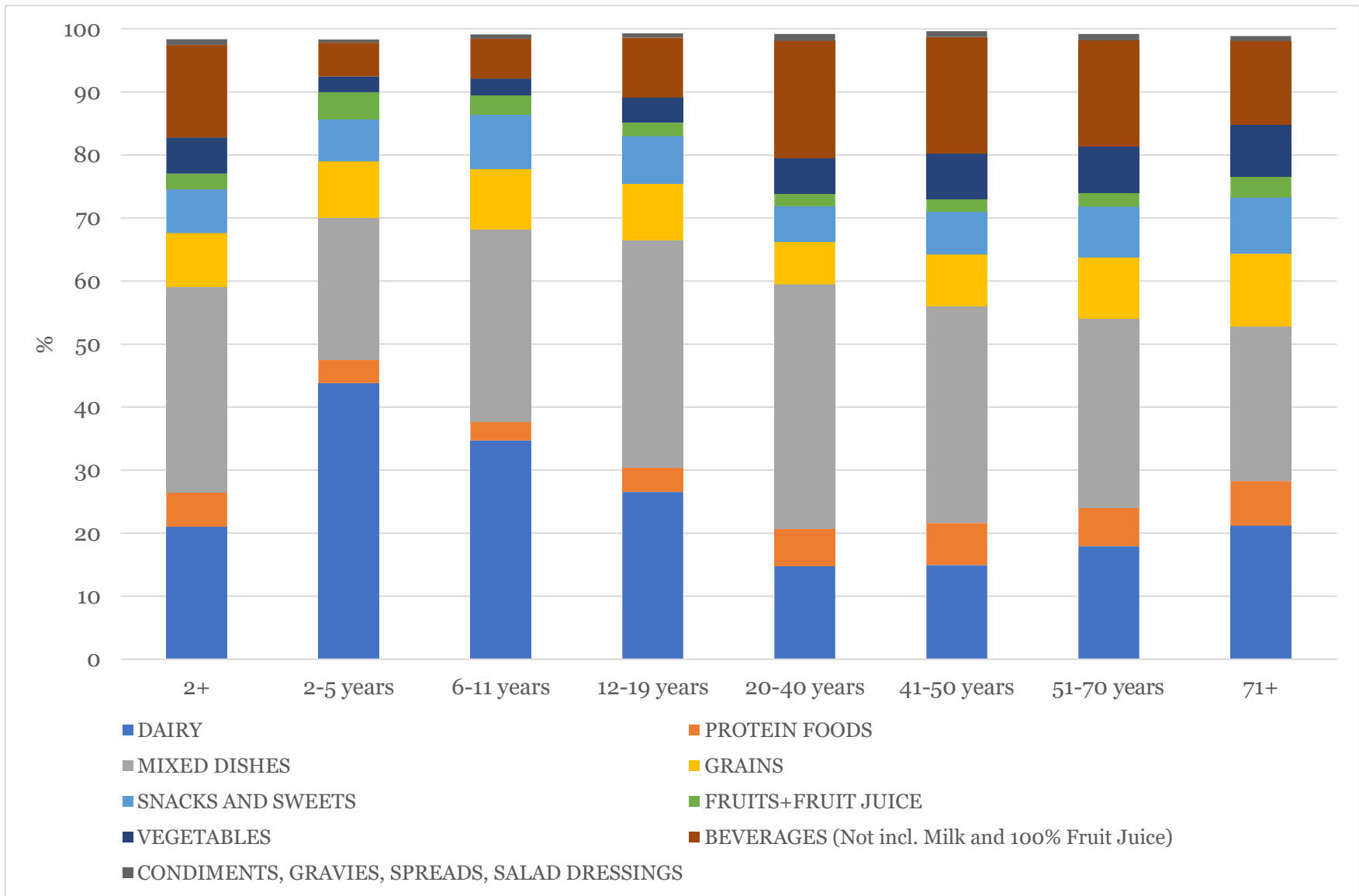


Figure 2. 4: Males - Distribution of total calcium intake (percentages) across top 10 sub-categories

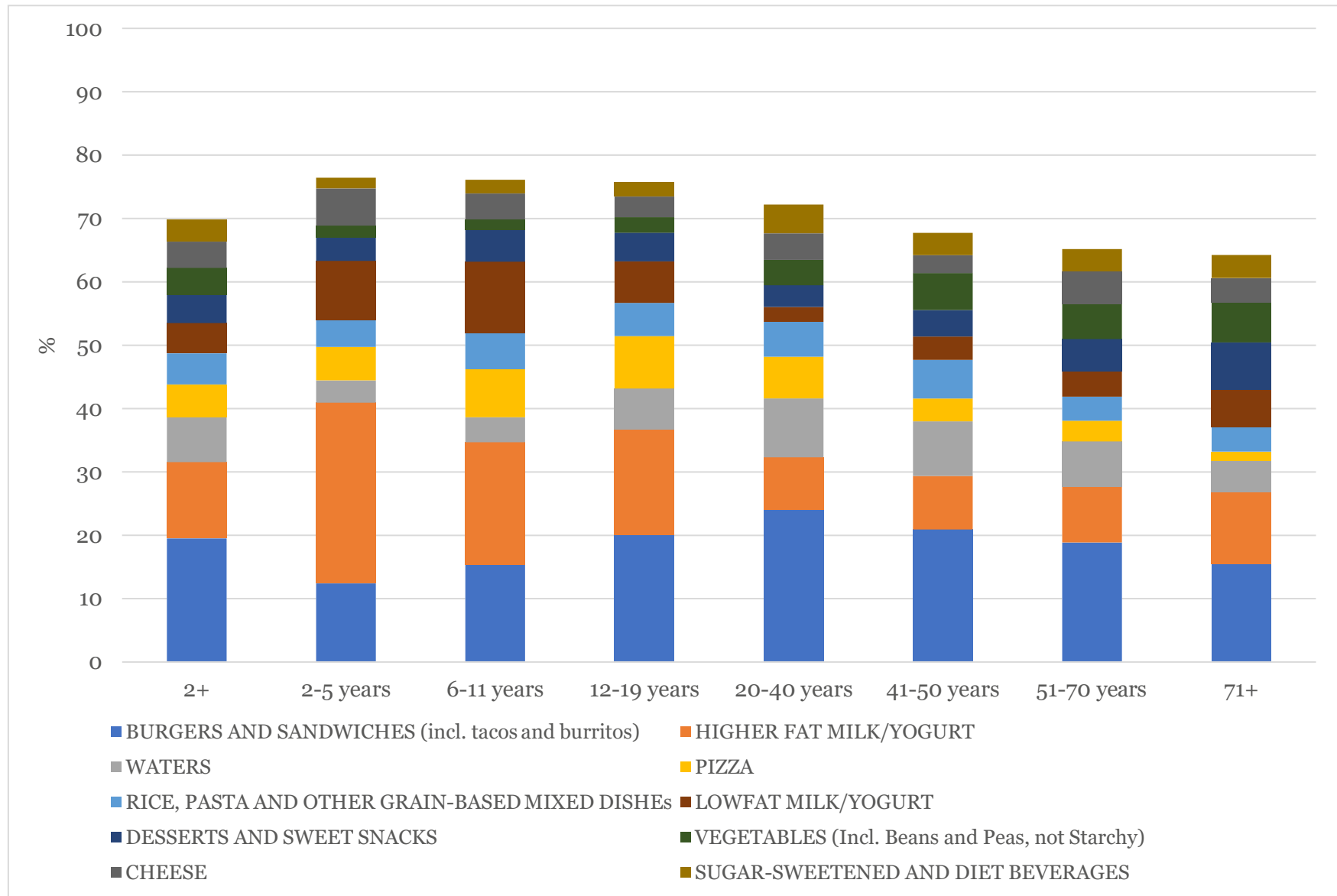


Figure 2. 5: Females – Distribution of total calcium intake (percentages) across major categories

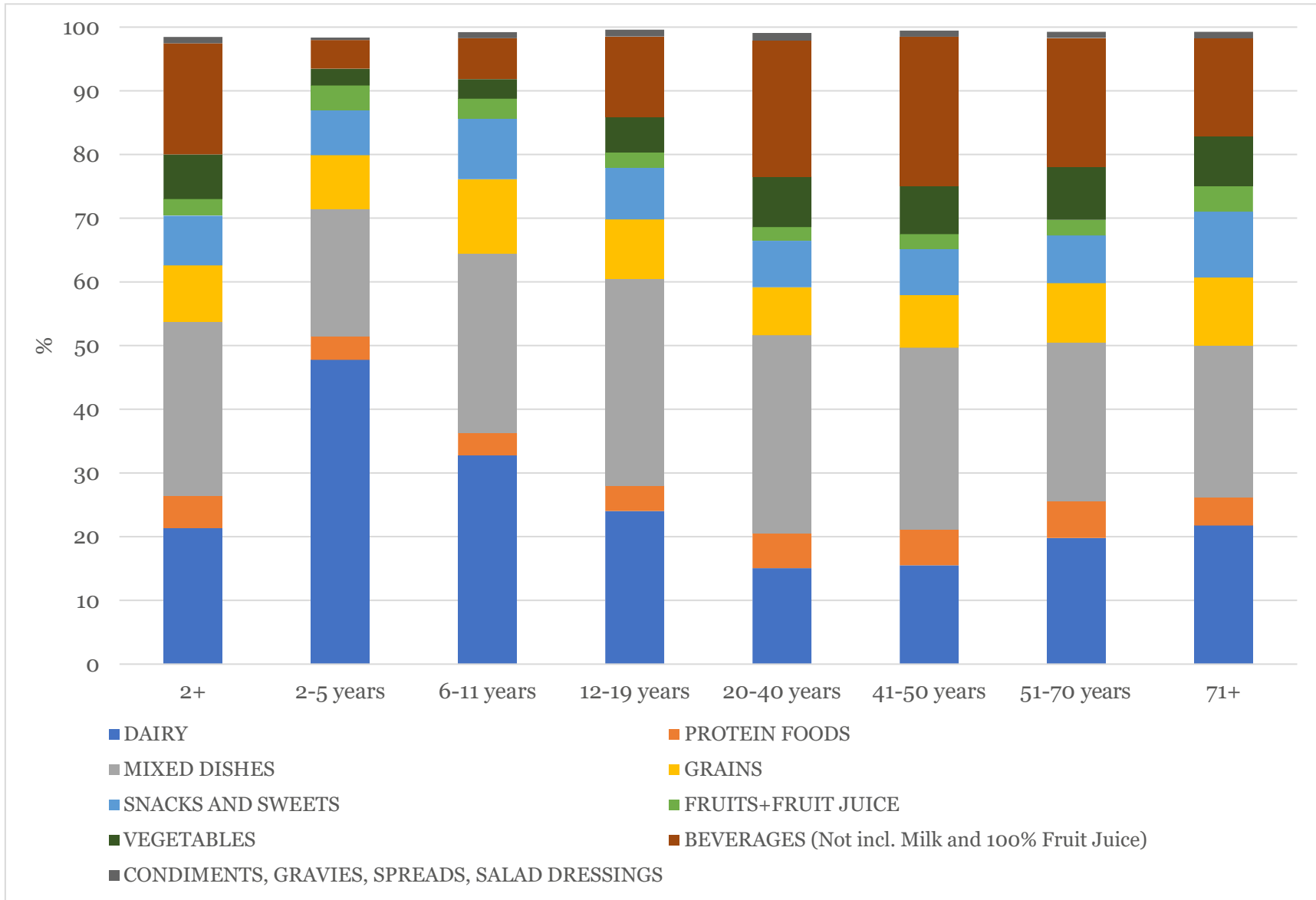
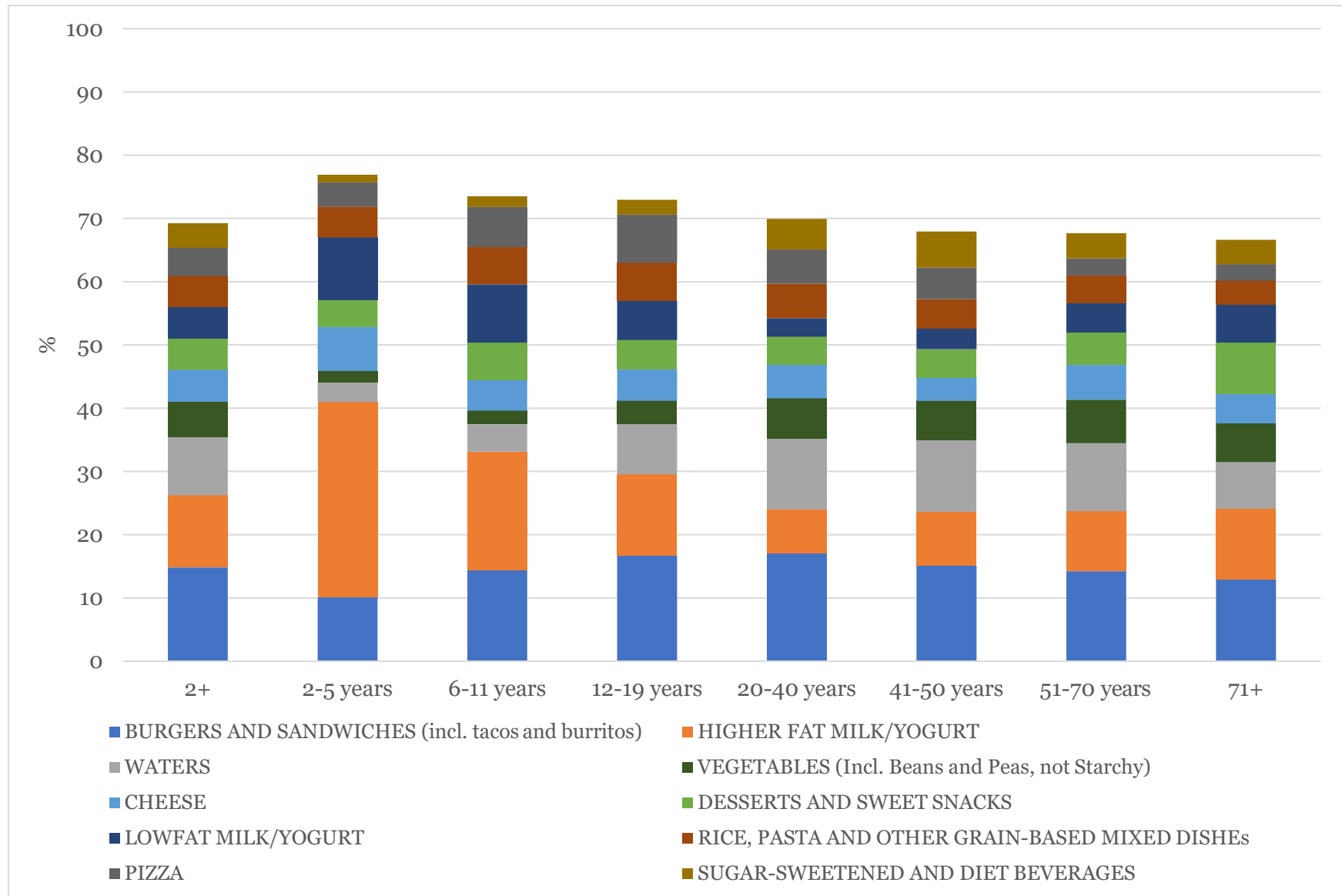


Figure 2. 6: Females - Distribution of total calcium intake (percentages) across top 10 sub-categories



Percent of potassium intakes, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of potassium from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 3. 1: Males and Females - Distribution of total potassium intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	26.29	18.52	26.12	30.51	29.65	26.58	23.86	21.65
VEGETABLES	14.35	8.7	9.49	11.74	14.89	15.53	16.24	16.45
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	13.02	4.44	4.19	6.26	13.81	17.16	17.05	14.37
PROTEIN FOODS	12.05	9.91	9.58	10.76	13.22	12.84	12.56	10.86
DAIRY	9.52	24.89	19.5	13.52	6.03	6.43	7.21	8.66
SNACKS AND SWEETS	8.44	9.72	12.06	10.33	7.53	7.33	7.77	8.46
FRUITS+FRUIT JUICE	8.12	15.36	10.02	8.24	6.71	6.2	7.59	10.78
GRAINS	5.13	5.29	6.21	5.54	4.41	4.96	5.11	6.13
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.41	0.79	1.12	1.37	1.82	1.63	1.28	0.87
TOTAL*	98.34	97.61	98.30	98.28	98.08	98.65	98.67	98.23

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 3. 2: Males and Females - Distribution of total potassium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	12.83	8.45	12.19	15.18	15.54	12.34	11.26	9.72
VEGETABLES (Incl. Beans and Peas, not Starchy)	8.16	4.21	4.23	5.24	8.25	9.58	9.98	10.09
COFFEE AND TEA	7.48	0.38	0.63	2.72	6.46	10.35	11.82	10.28
HIGHER FAT MILK/YOGURT	6.36	18.36	11.88	9.11	4.23	4.46	4.63	5.43
STARCHY VEGETABLES	6.19	4.49	5.26	6.51	6.64	5.95	6.26	6.36
FRUIT (Non-Juice)	6.01	9.95	6.74	5.68	4.89	4.73	6.19	8.32
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.51	4.58	5	5.29	4.84	4.93	3.86	3.27
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.94	1.48	2.68	3.31	3.84	4.6	4.7	4.4
DESSERTS AND SWEET SNACKS	3.82	4.09	5.49	4.35	3.03	3.29	3.56	5.48
POULTRY (Not incl. Deli and Mixed Dishes)	3.82	3.79	3.9	4.59	4.62	3.62	3.24	2.28
CHIPS, CRACKERS, AND SAVORY SNACKS	3.68	4.57	5.3	4.82	3.63	3.31	3.28	2.19
SUGAR-SWEETENED AND DIET BEVERAGES	3.4	2.91	3.39	3.17	4.33	3.6	2.72	2.75
PIZZA	2.95	2.68	4.51	5.37	3.64	2.29	1.64	1.23
LOWFAT MILK/YOGURT	2.58	5.67	7.02	3.86	1.25	1.61	1.89	2.69
MEATS (Not incl. Deli and Mixed Dishes)	2.38	1.01	1.57	2.56	2.76	2.52	2.44	2.13
BREAKFAST CEREALS AND BARS	2.37	2.88	2.89	2.63	1.91	2.02	2.44	3.04
100 FRUIT JUICE	2.11	5.41	3.28	2.57	1.83	1.47	1.4	2.45
SOUPS	2.06	1.33	1.74	1.36	1.79	2.41	2.39	3.02

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ALCOHOLIC BEVERAGES	1.93	0	0.01	0.21	2.89	3.05	2.31	1.22
NUTS, SEEDS, AND SOY	1.68	0.72	0.8	0.82	1.43	2.17	2.47	1.88
SEAFOOD (Not incl. Mixed Dishes)	1.48	0.63	0.58	0.77	1.67	2.05	1.69	1.65
YEAST BREADS AND TORTILLAS	1.44	0.94	1.33	1.13	1.34	1.58	1.56	1.96
DELI/CURED PRODUCTS (Meat and Poultry)	1.35	2.35	1.66	1.08	1.22	1.13	1.41	1.39
EGGS	1.34	1.4	1.07	0.94	1.53	1.36	1.3	1.54
CONDIMENTS AND GRAVIES	1.25	0.7	0.92	1.21	1.66	1.48	1.13	0.64
CANDY AND SUGARS	0.94	1.05	1.28	1.16	0.88	0.72	0.93	0.79
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.83	1.11	1.56	1.26	0.59	0.81	0.64	0.72
CHEESE	0.58	0.86	0.6	0.56	0.54	0.36	0.69	0.55
RICE AND PASTA	0.5	0.37	0.43	0.52	0.57	0.54	0.47	0.41
WATERS	0.21	1.15	0.17	0.17	0.13	0.15	0.19	0.13
SPREADS	0.13	0.06	0.16	0.12	0.12	0.11	0.12	0.21
SALAD DRESSINGS	0.04	0.03	0.04	0.04	0.05	0.03	0.03	0.02
TOTAL*	98.34	97.61	98.30	98.28	98.08	98.65	98.67	98.23

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 3. 3: Males - Distribution of total potassium intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	27.65	19.22	27.36	32.15	32.18	28.79	25.10	21.49
VEGETABLES	12.88	8.36	8.47	10.22	12.87	14.15	15.22	17.03
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	12.58	5.15	4.41	5.36	13.79	16.36	17.11	14.50
PROTEIN FOODS	12.42	9.69	9.03	10.97	13.89	13.79	13.02	12.44
DAIRY	10.01	23.57	20.60	15.03	6.36	6.81	6.37	8.74
SNACKS AND SWEETS	8.03	9.98	12.15	9.92	6.81	6.71	7.94	7.87
FRUITS+FRUIT JUICE	7.66	15.23	9.61	7.96	6.22	5.27	7.58	9.01
GRAINS	4.91	5.39	5.63	5.36	4.23	4.85	4.98	5.98
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.39	0.83	0.96	1.19	1.76	1.78	1.36	0.94
TOTAL*	97.53	97.43	98.23	98.15	98.12	98.51	98.68	98.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 3. 4: Males - Distribution of total potassium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	14.24	9.29	13.13	16.70	17.79	14.05	12.59	10.59
HIGHER FAT MILK/YOGURT	6.89	17.30	12.16	10.53	4.66	4.75	4.06	5.61
VEGETABLES (Incl. Beans and Peas, not Starchy)	6.81	4.10	3.61	4.06	6.63	8.11	8.64	9.87
COFFEE AND TEA	6.66	0.37	0.56	1.89	5.90	9.06	11.55	9.88
STARCHY VEGETABLES	6.07	4.26	4.87	6.15	6.25	6.04	6.58	7.16
FRUIT (Non-Juice)	5.44	9.40	6.42	5.25	4.27	3.84	6.01	6.80
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.57	4.59	4.39	4.85	4.94	6.17	3.77	3.58
POULTRY (Not incl. Deli and Mixed Dishes)	4.06	3.81	3.96	4.94	4.99	4.02	3.30	2.62
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.88	1.25	2.90	3.75	3.94	4.20	4.78	3.90
CHIPS, CRACKERS, AND SAVORY SNACKS	3.66	4.92	5.58	4.43	3.50	3.01	3.61	2.03
DESSERTS AND SWEET SNACKS	3.53	3.96	5.13	4.36	2.61	3.07	3.50	5.23
SUGAR-SWEETENED AND DIET BEVERAGES	3.34	3.41	3.68	3.02	4.42	2.90	2.53	2.76
PIZZA	3.10	3.03	4.94	5.65	4.04	1.87	1.73	0.72
MEATS (Not incl. Deli and Mixed Dishes)	2.66	0.76	1.30	2.72	3.27	2.89	2.93	2.39
LOWFAT MILK/YOGURT	2.64	5.51	7.91	4.10	1.20	1.81	1.73	2.70
ALCOHOLIC BEVERAGES	2.36	0.00	0.00	0.26	3.36	4.28	2.89	1.71
BREAKFAST CEREALS AND BARS	2.26	2.69	2.81	2.49	1.91	1.85	2.22	3.20
100 FRUIT JUICE	2.22	5.83	3.19	2.71	1.94	1.43	1.58	2.22
SOUPS	1.86	1.07	2.00	1.20	1.47	2.50	2.22	2.70

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NUTS, SEEDS, AND SOY	1.57	0.48	0.66	0.67	1.35	2.23	2.45	1.93
SEAFOOD (Not incl. Mixed Dishes)	1.42	0.83	0.49	0.69	1.65	2.23	1.56	1.65
DELI/CURED PRODUCTS (Meat and Poultry)	1.41	2.40	1.69	0.98	1.18	1.19	1.57	1.81
YEAST BREADS AND TORTILLAS	1.37	1.07	0.97	1.04	1.28	1.69	1.62	1.79
EGGS	1.30	1.41	0.93	0.96	1.44	1.23	1.22	2.04
CONDIMENTS AND GRAVIES	1.25	0.76	0.80	1.10	1.62	1.63	1.23	0.71
CANDY AND SUGARS	0.84	1.11	1.45	1.14	0.70	0.64	0.83	0.61
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.80	1.22	1.48	1.33	0.55	0.69	0.68	0.59
CHEESE	0.49	0.76	0.53	0.41	0.50	0.25	0.59	0.43
RICE AND PASTA	0.48	0.41	0.38	0.49	0.49	0.63	0.46	0.40
WATERS	0.22	1.37	0.17	0.18	0.11	0.12	0.14	0.15
SPREADS	0.11	0.04	0.12	0.07	0.10	0.12	0.11	0.22
SALAD DRESSINGS	0.03	0.02	0.04	0.02	0.05	0.03	0.02	0.02
TOTAL*	97.53	97.43	98.23	98.15	98.12	98.51	98.68	98.00

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 3. 5: Females - Distribution of total potassium intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	24.18	17.87	24.70	28.84	26.80	24.58	22.74	21.78
VEGETABLES	15.48	9.01	10.66	13.30	17.17	16.78	17.18	15.99
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	13.07	3.78	3.94	7.19	13.83	17.89	16.99	14.27
PROTEIN FOODS	11.40	10.11	10.22	10.54	12.47	11.97	12.13	9.62
DAIRY	9.62	26.11	18.24	11.99	5.66	6.09	7.98	8.59
SNACKS AND SWEETS	8.64	9.46	11.96	10.76	8.34	7.88	7.61	8.93
FRUITS+FRUIT JUICE	8.63	15.47	10.49	8.54	7.28	7.04	7.60	12.16
GRAINS	5.27	5.20	6.86	5.72	4.61	5.05	5.22	6.25
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.38	0.74	1.31	1.55	1.89	1.49	1.21	0.81
TOTAL*	97.67	97.77	98.37	98.42	98.04	98.78	98.66	98.41

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 3. 6: Females - Distribution of total potassium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	10.99	7.67	11.11	13.62	13.00	10.79	10.05	9.04
VEGETABLES (Incl. Beans and Peas, not Starchy)	9.31	4.32	4.94	6.44	10.07	10.91	11.21	10.27
COFFEE AND TEA	8.01	0.39	0.70	3.57	7.11	11.52	12.08	10.60
FRUIT (Non-Juice)	6.58	10.46	7.10	6.11	5.58	5.55	6.35	9.52
HIGHER FAT MILK/YOGURT	6.47	19.34	11.57	7.65	3.76	4.21	5.15	5.28
STARCHY VEGETABLES	6.17	4.70	5.71	6.87	7.09	5.87	5.97	5.73
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.36	4.58	5.70	5.74	4.73	3.81	3.94	3.03
DESSERTS AND SWEET SNACKS	4.01	4.21	5.90	4.35	3.49	3.49	3.62	5.68
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.89	1.69	2.43	2.86	3.71	4.97	4.63	4.80
CHIPS, CRACKERS, AND SAVORY SNACKS	3.62	4.25	4.98	5.22	3.77	3.60	2.97	2.32
POULTRY (Not incl. Deli and Mixed Dishes)	3.50	3.78	3.83	4.24	4.19	3.25	3.17	2.01
SUGAR-SWEETENED AND DIET BEVERAGES	3.40	2.44	3.07	3.32	4.22	4.24	2.89	2.74
PIZZA	2.72	2.35	4.03	5.08	3.20	2.68	1.56	1.63
LOWFAT MILK/YOGURT	2.48	5.82	6.00	3.62	1.30	1.42	2.04	2.67
BREAKFAST CEREALS AND BARS	2.46	3.05	2.97	2.76	1.91	2.19	2.64	2.91
SOUPS	2.22	1.57	1.44	1.54	2.16	2.33	2.55	3.27
100 FRUIT JUICE	2.05	5.02	3.39	2.42	1.69	1.50	1.24	2.64
MEATS (Not incl. Deli and Mixed Dishes)	2.03	1.25	1.88	2.39	2.19	2.18	2.00	1.92
NUTS, SEEDS, AND SOY	1.72	0.95	0.96	0.96	1.51	2.11	2.49	1.84
SEAFOOD (Not incl. Mixed Dishes)	1.49	0.44	0.69	0.85	1.69	1.89	1.82	1.66

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YEAST BREADS AND TORTILLAS	1.47	0.83	1.74	1.23	1.42	1.48	1.51	2.10
ALCOHOLIC BEVERAGES	1.42	0.00	0.01	0.15	2.35	1.95	1.78	0.83
EGGS	1.37	1.39	1.24	0.93	1.63	1.48	1.38	1.14
DELI/CURED PRODUCTS (Meat and Poultry)	1.29	2.31	1.63	1.18	1.26	1.07	1.27	1.05
CONDIMENTS AND GRAVIES	1.20	0.64	1.05	1.32	1.70	1.35	1.04	0.59
CANDY AND SUGARS	1.01	1.00	1.08	1.19	1.08	0.79	1.02	0.93
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	0.83	1.00	1.65	1.18	0.63	0.92	0.61	0.83
CHEESE	0.66	0.96	0.67	0.71	0.60	0.46	0.78	0.64
RICE AND PASTA	0.51	0.33	0.49	0.55	0.65	0.46	0.47	0.41
WATERS	0.23	0.95	0.16	0.16	0.15	0.19	0.25	0.11
SPREADS	0.14	0.07	0.21	0.17	0.14	0.10	0.13	0.21
SALAD DRESSINGS	0.04	0.03	0.05	0.06	0.06	0.04	0.04	0.02
TOTAL*	97.67	97.77	98.37	98.42	98.04	98.78	98.66	98.41

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 3. 1: Males and Females – Distribution of total potassium intake (percentages) across major categories

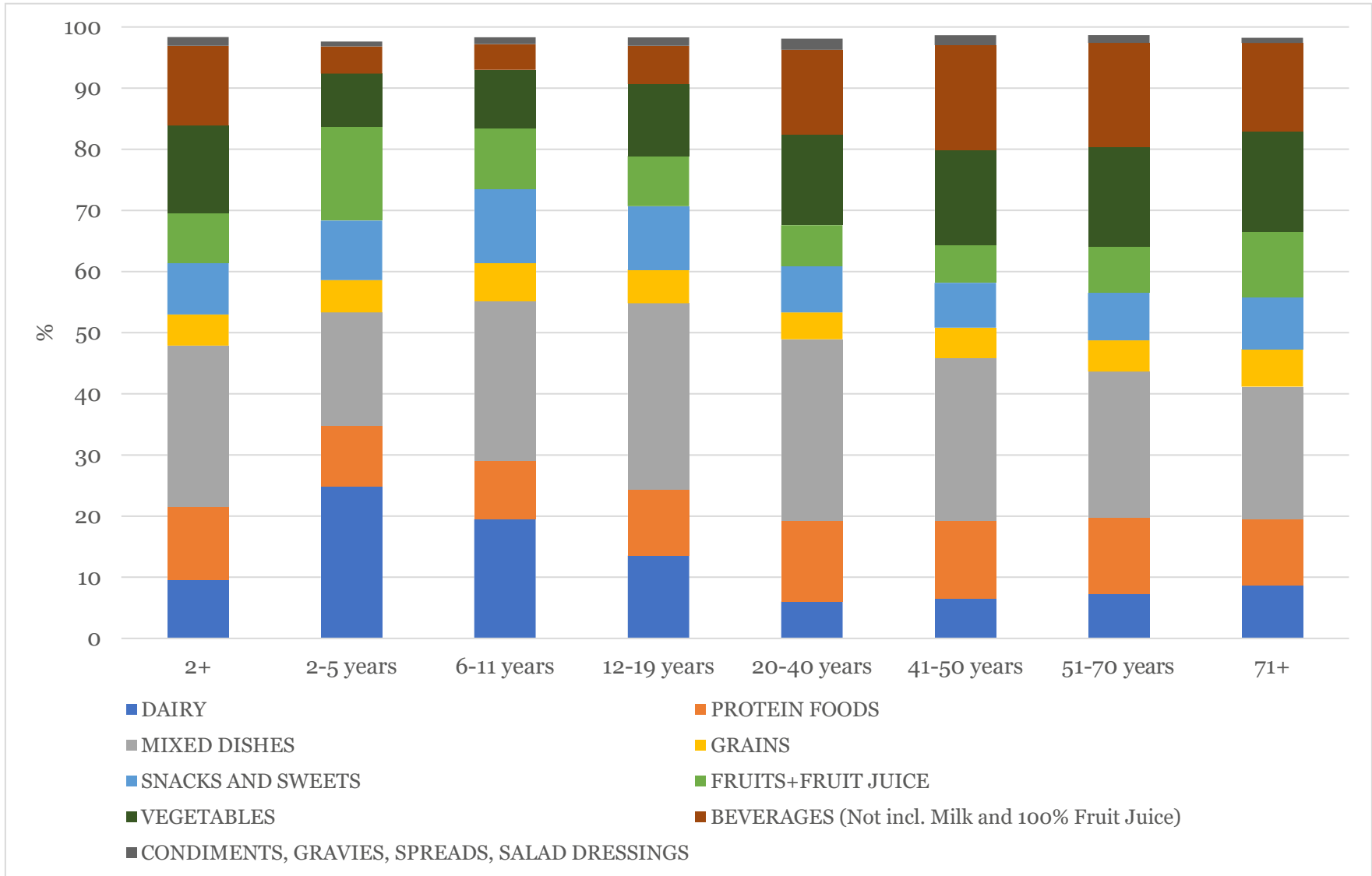


Figure 3. 2: Males and Females – Distribution of total potassium intake (percentages) top 10 across sub-categories

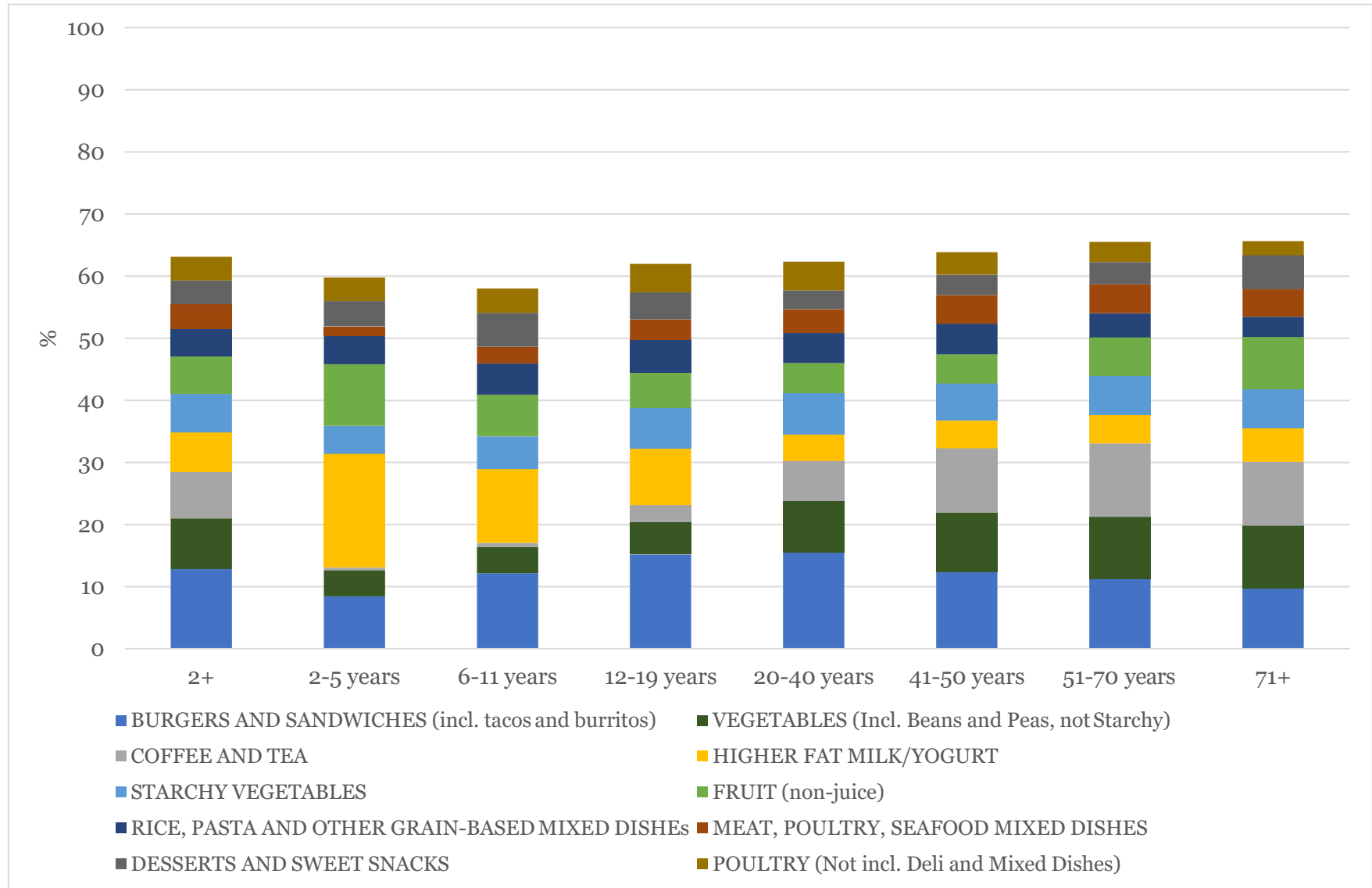


Figure 3. 3: Males - Distribution of total potassium intake (percentages) across major categories

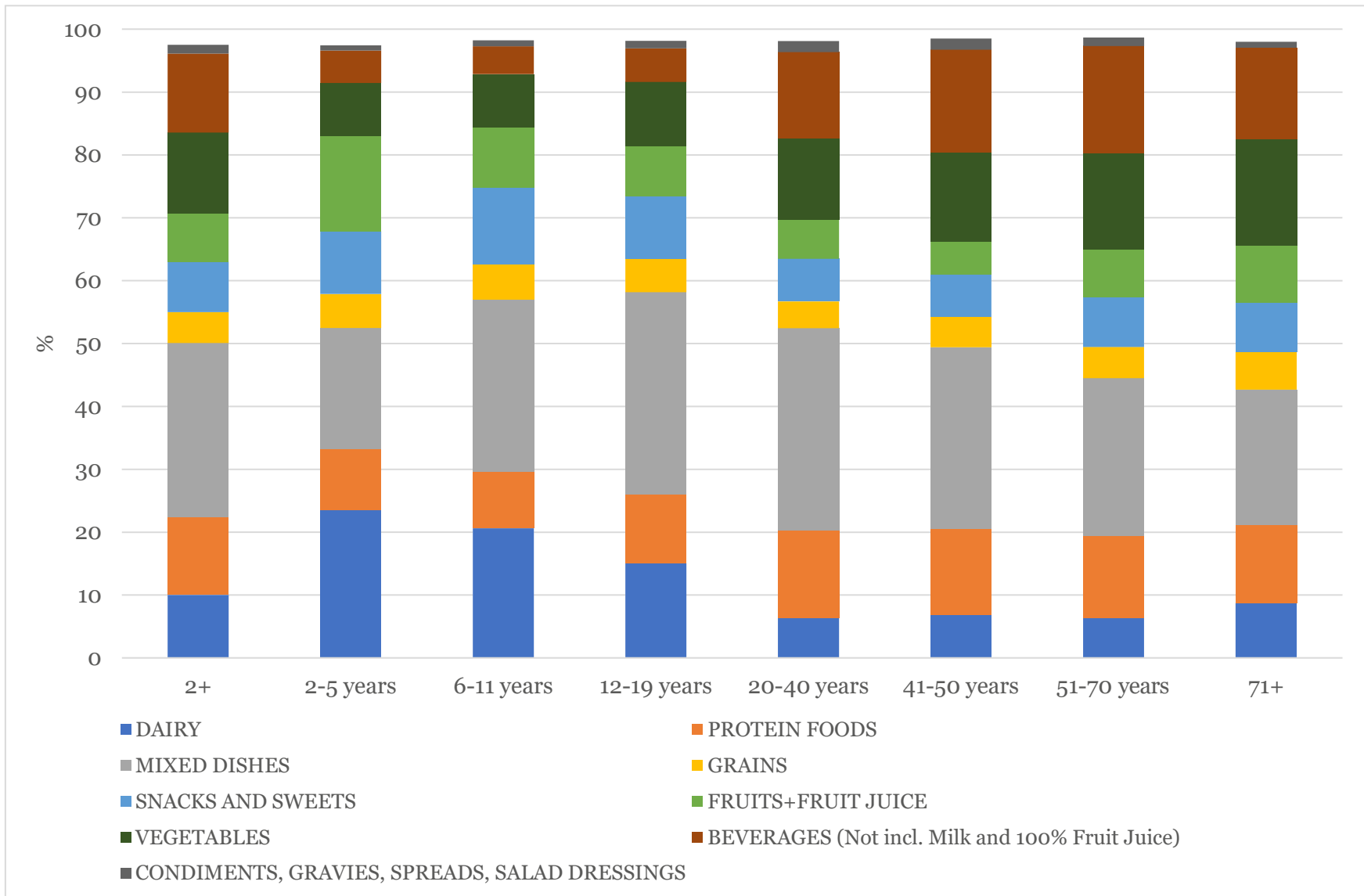


Figure 3. 4: Males - Distribution of total potassium intake (percentages) across top 10 sub-categories

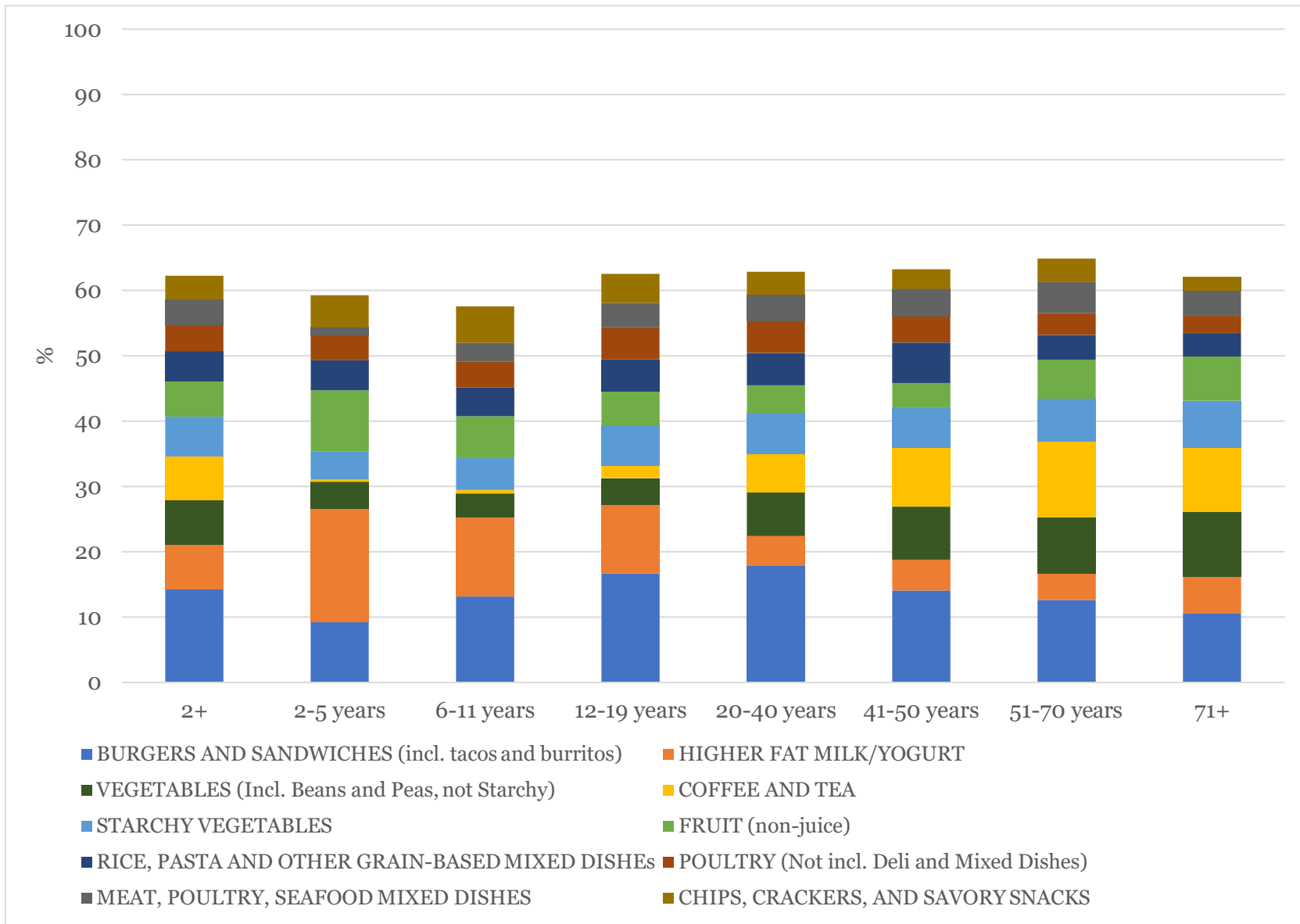


Figure 3. 5: Females - Distribution of total potassium intake (percentages) across major categories

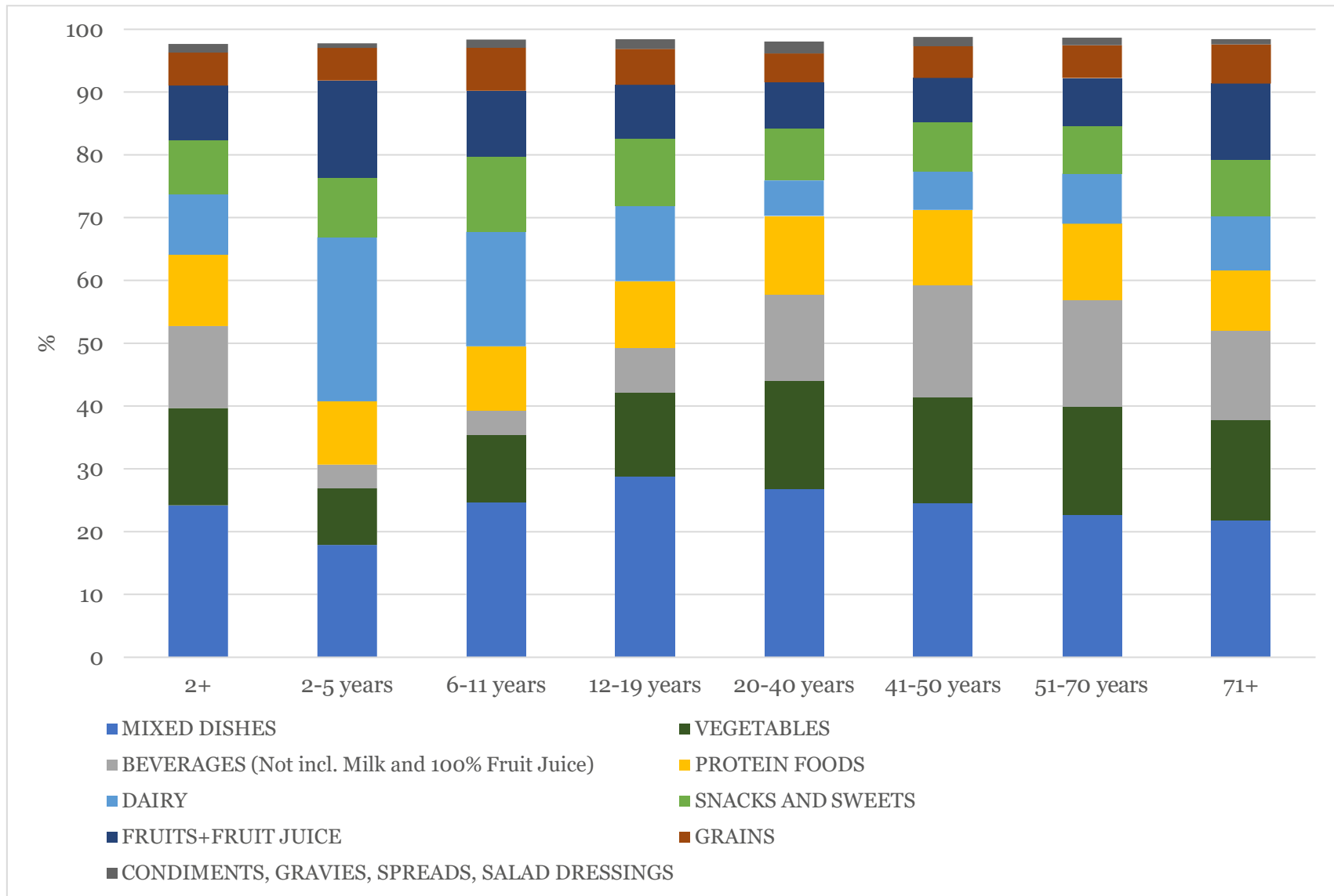
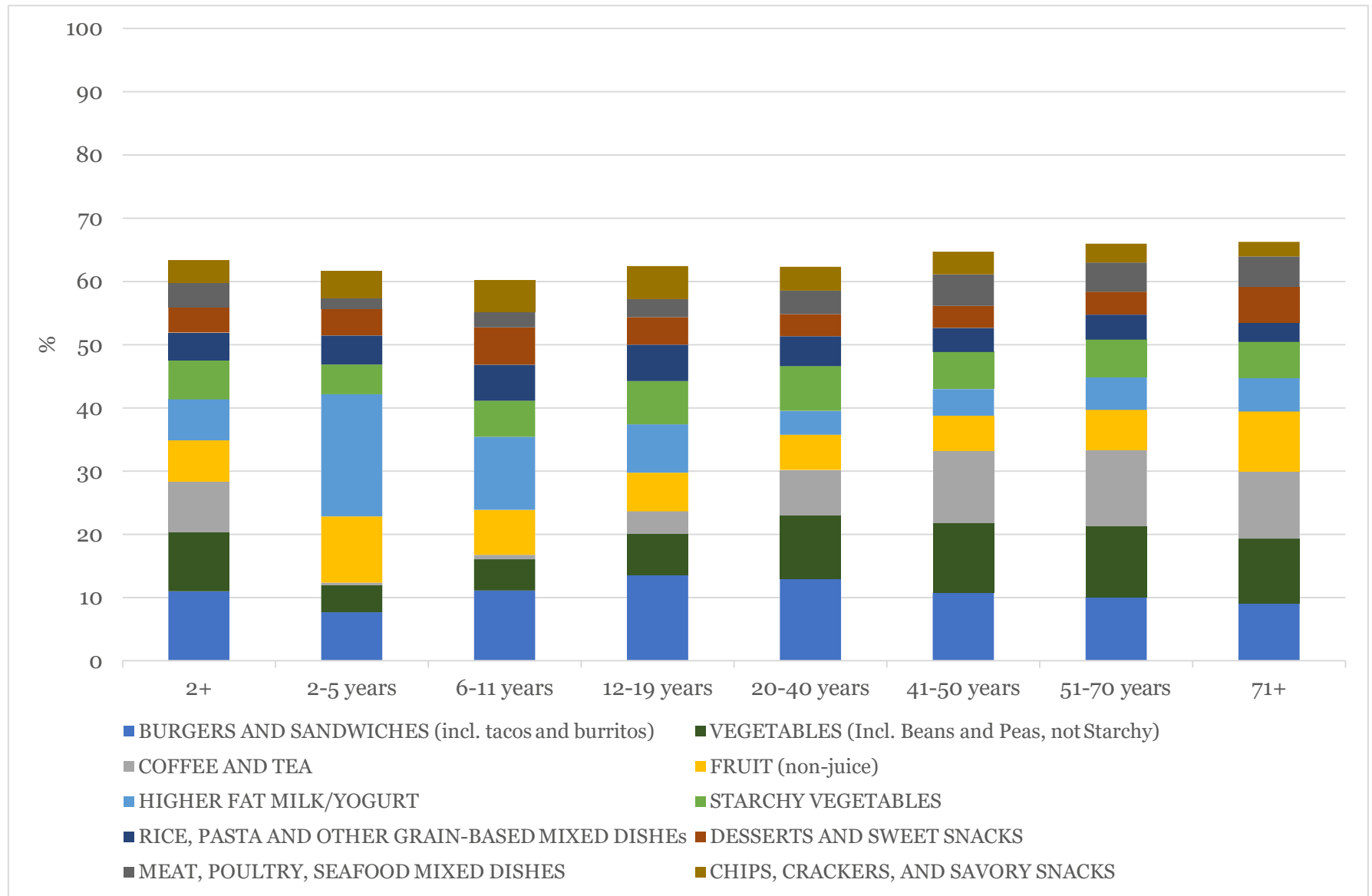


Figure 3. 6: Females – Distribution of total potassium intake (percentages) across top 10 sub-categories



Percent of sodium intakes, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of sodium from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from What

WWEIA, NHANES 2013-16. Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 4. 1: Males and Females- Distribution of total sodium intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	42.52	35.69	43.58	46.46	45.47	42.39	40.02	38.66
PROTEIN FOODS	14.92	16.55	12.94	12.79	15.31	15.74	15.62	14.09
VEGETABLES	10.67	5.99	6.04	7.97	10.33	11.66	13.08	13.64
GRAINS	10.00	12.10	12.44	10.58	8.24	9.67	9.89	12.08
SNACKS AND SWEETS	8.75	13.08	12.03	9.74	7.24	7.55	8.40	9.49
DAIRY	4.76	11.51	7.60	5.45	3.40	3.29	4.43	4.78
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	4.55	1.91	2.17	3.52	5.67	5.74	4.74	3.76
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	3.65	2.52	2.99	3.34	4.21	3.84	3.68	3.21
FRUITS+FRUIT JUICE	0.15	0.33	0.16	0.12	0.11	0.12	0.13	0.26
TOTAL*	99.96	99.67	99.94	99.98	99.99	99.99	99.98	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 2: Males and Females - Distribution of total sodium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	21.12	16.03	20.20	22.91	23.38	21.09	19.86	19.21
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.84	8.72	8.75	8.42	8.54	8.00	6.88	6.06
VEGETABLES (Incl. Beans and Peas, not Starchy)	6.94	3.09	3.08	4.38	6.76	8.15	8.91	9.03
PIZZA	5.09	5.54	7.88	8.41	5.96	4.25	3.13	2.30
POULTRY (Not incl. Deli and Mixed Dishes)	4.99	6.27	5.47	5.71	5.55	5.02	4.36	2.98
MEAT, POULTRY, SEAFOOD MIXED DISHES	4.92	2.13	3.63	3.89	4.59	5.33	6.04	6.16
CHIPS, CRACKERS, AND SAVORY SNACKS	4.16	7.26	6.25	5.13	3.66	3.62	3.73	2.91
DESSERTS AND SWEET SNACKS	4.12	4.93	5.04	4.07	3.17	3.62	4.22	6.22
STARCHY VEGETABLES	3.73	2.90	2.96	3.59	3.57	3.50	4.17	4.61
SOUPS	3.56	3.26	3.11	2.83	3.00	3.72	4.11	4.94
YEAST BREADS AND TORTILLAS	3.42	2.73	3.31	2.87	2.76	3.57	3.92	4.95
CONDIMENTS AND GRAVIES	2.89	1.97	2.33	2.72	3.57	3.18	2.77	1.94
BREAKFAST CEREALS AND BARS	2.80	4.55	3.87	3.42	2.11	2.28	2.57	3.62
DELI/CURED PRODUCTS (Meat and Poultry)	2.69	4.90	3.07	1.96	2.22	2.51	2.97	2.89
EGGS	2.47	2.94	1.85	1.58	2.71	2.37	2.54	3.13
MEATS (Not incl. Deli and Mixed Dishes)	2.37	1.16	1.46	2.32	2.55	2.66	2.58	2.40
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.02	3.23	3.67	2.64	1.37	1.97	1.71	2.03
SUGAR-SWEETENED AND DIET BEVERAGES	1.98	1.11	1.41	1.98	2.65	2.39	1.60	1.40

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HIGHER FAT MILK/YOGURT	1.98	6.42	3.45	2.53	1.23	1.48	1.50	1.82
CHEESE	1.92	3.15	1.97	1.76	1.78	1.24	2.26	1.88
RICE AND PASTA	1.76	1.58	1.59	1.64	2.00	1.85	1.69	1.47
SEAFOOD (Not incl. Mixed Dishes)	1.68	0.85	0.70	0.85	1.73	2.38	2.00	2.00
WATERS	1.31	0.75	0.66	1.04	1.52	1.54	1.45	1.20
COFFEE AND TEA	0.88	0.04	0.10	0.41	0.87	1.29	1.25	1.00
LOWFAT MILK/YOGURT	0.86	1.94	2.18	1.16	0.39	0.57	0.67	1.08
NUTS, SEEDS, AND SOY	0.71	0.42	0.40	0.37	0.54	0.79	1.18	0.68
CANDY AND SUGARS	0.47	0.89	0.74	0.54	0.41	0.31	0.45	0.36
SPREADS	0.45	0.22	0.32	0.24	0.26	0.40	0.62	1.09
ALCOHOLIC BEVERAGES	0.38	0.00	0.00	0.09	0.63	0.52	0.44	0.16
SALAD DRESSINGS	0.32	0.34	0.34	0.38	0.38	0.26	0.29	0.18
FRUIT (Non-Juice)	0.08	0.12	0.07	0.06	0.05	0.07	0.08	0.18
100 % FRUIT JUICE	0.07	0.20	0.10	0.07	0.06	0.05	0.05	0.08
TOTAL*	99.96	99.67	99.94	99.98	99.99	99.99	99.98	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 4. 3: Males - Distribution of total sodium intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	44.25	36.31	45.83	48.33	48.61	44.50	41.85	39.22
PROTEIN FOODS	15.26	16.26	12.57	13.10	15.68	16.47	15.98	15.95
GRAINS	9.63	12.52	11.55	10.16	7.80	9.55	9.89	11.43
VEGETABLES	9.50	5.36	5.42	6.91	8.68	10.58	12.21	14.03
SNACKS AND SWEETS	8.11	13.67	11.61	9.41	6.19	6.73	8.16	8.26
DAIRY	4.64	10.40	7.76	5.45	3.23	3.23	3.73	4.53
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	4.32	2.21	2.30	3.46	5.78	4.95	4.36	3.17
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	3.48	2.47	2.71	3.07	3.93	3.91	3.69	3.21
FRUITS+FRUIT JUICE	0.13	0.32	0.16	0.10	0.09	0.07	0.12	0.18
TOTAL*	99.30	99.53	99.91	99.99	99.99	99.99	99.99	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 4: Males - Distribution of total sodium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	23.13	17.64	21.35	24.95	26.40	23.58	22.19	21.04
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.71	8.40	8.20	7.58	8.40	9.04	6.53	6.17
VEGETABLES (Incl. Beans and Peas, not Starchy)	5.86	2.75	2.60	3.46	5.41	7.26	7.68	9.22
PIZZA	5.38	6.09	8.75	8.90	6.59	3.61	3.37	1.51
POULTRY (Not incl. Deli and Mixed Dishes)	5.25	6.04	5.62	6.10	5.91	5.31	4.49	3.36
MEAT, POULTRY, SEAFOOD MIXED DISHES	4.77	1.74	4.11	4.37	4.78	4.56	5.80	5.57
CHIPS, CRACKERS, AND SAVORY SNACKS	3.91	7.54	6.01	4.75	3.19	3.16	3.69	2.61
DESSERTS AND SWEET SNACKS	3.73	5.19	4.77	4.10	2.65	3.30	4.01	5.39
STARCHY VEGETABLES	3.64	2.61	2.82	3.45	3.27	3.32	4.53	4.81
SOUPS	3.25	2.44	3.43	2.53	2.44	3.72	3.96	4.94
YEAST BREADS AND TORTILLAS	3.25	3.13	2.87	2.53	2.61	3.64	4.05	4.47
CONDIMENTS AND GRAVIES	2.86	1.97	2.14	2.70	3.39	3.32	2.93	2.11
DELI/CURED PRODUCTS (Meat and Poultry)	2.74	4.91	3.17	1.74	2.06	2.48	3.22	3.55
BREAKFAST CEREALS AND BARS	2.73	4.24	3.83	3.40	2.04	2.31	2.37	3.77
MEATS (Not incl. Deli and Mixed Dishes)	2.62	0.79	1.22	2.54	2.95	2.98	3.10	2.54
EGGS	2.39	3.03	1.70	1.66	2.49	2.19	2.33	3.82
HIGHER FAT MILK/YOGURT	2.18	5.88	3.56	2.96	1.35	1.54	1.29	1.97
SUGAR-SWEETENED AND DIET BEVERAGES	2.10	1.43	1.58	2.27	2.89	2.15	1.69	1.21

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QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.94	3.47	3.51	2.71	1.30	1.62	1.70	1.83
RICE AND PASTA	1.71	1.68	1.34	1.52	1.84	1.98	1.77	1.34
SEAFOOD (Not incl. Mixed Dishes)	1.62	1.12	0.57	0.79	1.78	2.64	1.74	2.06
CHEESE	1.61	2.71	1.79	1.28	1.52	0.99	1.86	1.57
WATERS	1.09	0.74	0.65	0.92	1.38	1.18	1.13	0.86
LOWFAT MILK/YOGURT	0.85	1.81	2.41	1.22	0.36	0.69	0.58	0.98
COFFEE AND TEA	0.70	0.05	0.07	0.23	0.78	0.95	1.07	0.87
NUTS, SEEDS, AND SOY	0.63	0.37	0.28	0.27	0.48	0.86	1.11	0.62
CANDY AND SUGARS	0.46	0.94	0.83	0.56	0.35	0.28	0.46	0.26
ALCOHOLIC BEVERAGES	0.43	0.00	0.00	0.05	0.73	0.67	0.47	0.23
SPREADS	0.37	0.20	0.21	0.20	0.19	0.39	0.56	0.97
SALAD DRESSINGS	0.25	0.30	0.36	0.17	0.34	0.19	0.20	0.13
100 % FRUIT JUICE	0.07	0.22	0.10	0.06	0.06	0.04	0.04	0.07
FRUIT (Non-Juice)	0.06	0.10	0.06	0.04	0.03	0.04	0.08	0.11
TOTAL*	99.30	99.53	99.91	99.99	99.99	99.99	99.99	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES

Table 4. 5: Females - Distribution of total sodium intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	39.84	35.11	41.00	44.55	41.93	40.47	38.35	38.23
PROTEIN FOODS	14.45	16.82	13.36	12.48	14.89	15.07	15.29	12.62
VEGETABLES	11.69	6.58	6.74	9.05	12.20	12.63	13.87	13.34
GRAINS	10.27	11.70	13.45	11.01	8.74	9.78	9.89	12.60
SNACKS AND SWEETS	9.32	12.54	12.51	10.08	8.42	8.30	8.61	10.45
DAIRY	5.20	12.54	7.43	5.45	3.60	3.35	5.06	4.97
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	4.66	1.63	2.01	3.57	5.54	6.45	5.09	4.22
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	3.72	2.57	3.31	3.62	4.53	3.78	3.67	3.22
FRUITS+FRUIT JUICE	0.17	0.33	0.16	0.15	0.13	0.17	0.14	0.32
TOTAL*	99.33	99.81	99.97	99.96	99.98	99.99	99.97	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 4. 6: Females - Distribution of total sodium intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	18.47	14.54	18.89	20.83	19.97	18.83	17.74	17.78
VEGETABLES (Incl. Beans and Peas, not Starchy)	7.90	3.41	3.62	5.32	8.30	8.96	10.02	8.88
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.89	9.02	9.38	9.28	8.71	7.05	7.20	5.97
MEAT, POULTRY, SEAFOOD MIXED DISHES	4.98	2.49	3.09	3.41	4.36	6.03	6.26	6.63
POULTRY (Not incl. Deli and Mixed Dishes)	4.70	6.48	5.28	5.31	5.15	4.75	4.23	2.68
PIZZA	4.69	5.03	6.90	7.91	5.25	4.82	2.90	2.92
DESSERTS AND SWEET SNACKS	4.43	4.70	5.36	4.04	3.76	3.92	4.40	6.88
CHIPS, CRACKERS, AND SAVORY SNACKS	4.41	6.99	6.52	5.51	4.18	4.04	3.77	3.14
SOUPS	3.81	4.03	2.75	3.13	3.63	3.72	4.24	4.93
STARCHY VEGETABLES	3.79	3.16	3.12	3.73	3.90	3.67	3.85	4.46
YEAST BREADS AND TORTILLAS	3.52	2.36	3.81	3.23	2.93	3.50	3.81	5.33
BREAKFAST CEREALS AND BARS	2.88	4.84	3.91	3.43	2.18	2.25	2.75	3.50
CONDIMENTS AND GRAVIES	2.84	1.96	2.55	2.73	3.78	3.05	2.63	1.81
DELI/CURED PRODUCTS (Meat and Poultry)	2.65	4.90	2.95	2.19	2.40	2.54	2.74	2.37
EGGS	2.57	2.86	2.02	1.50	2.95	2.54	2.73	2.59
CHEESE	2.23	3.57	2.19	2.26	2.07	1.46	2.62	2.12
HIGHER FAT MILK/YOGURT	2.10	6.92	3.32	2.09	1.10	1.42	1.69	1.69
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	2.08	3.00	3.85	2.58	1.45	2.30	1.71	2.19

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MEATS (Not incl. Deli and Mixed Dishes)	2.07	1.50	1.73	2.10	2.10	2.37	2.11	2.28
SUGAR-SWEETENED AND DIET BEVERAGES	1.83	0.82	1.22	1.68	2.38	2.61	1.51	1.56
RICE AND PASTA	1.80	1.49	1.88	1.77	2.19	1.73	1.61	1.58
SEAFOOD (Not incl. Mixed Dishes)	1.68	0.60	0.84	0.90	1.67	2.15	2.23	1.96
WATERS	1.50	0.76	0.67	1.17	1.67	1.86	1.73	1.47
COFFEE AND TEA	1.02	0.04	0.12	0.59	0.97	1.60	1.42	1.09
LOWFAT MILK/YOGURT	0.87	2.06	1.92	1.10	0.43	0.47	0.75	1.16
NUTS, SEEDS, AND SOY	0.77	0.48	0.53	0.48	0.62	0.73	1.25	0.74
SPREADS	0.51	0.23	0.46	0.28	0.33	0.40	0.68	1.19
CANDY AND SUGARS	0.48	0.84	0.62	0.53	0.48	0.34	0.44	0.43
SALAD DRESSINGS	0.38	0.38	0.31	0.60	0.43	0.33	0.36	0.22
ALCOHOLIC BEVERAGES	0.31	0.00	0.00	0.13	0.51	0.38	0.42	0.10
FRUIT (Non-Juice)	0.10	0.14	0.07	0.08	0.06	0.10	0.09	0.23
100 % FRUIT JUICE	0.08	0.19	0.10	0.07	0.07	0.07	0.05	0.10
TOTAL*	99.33	99.81	99.97	99.96	99.98	99.99	99.97	99.98

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 4. 1: Males and Females - Distribution of total sodium intake (percentages) across major categories

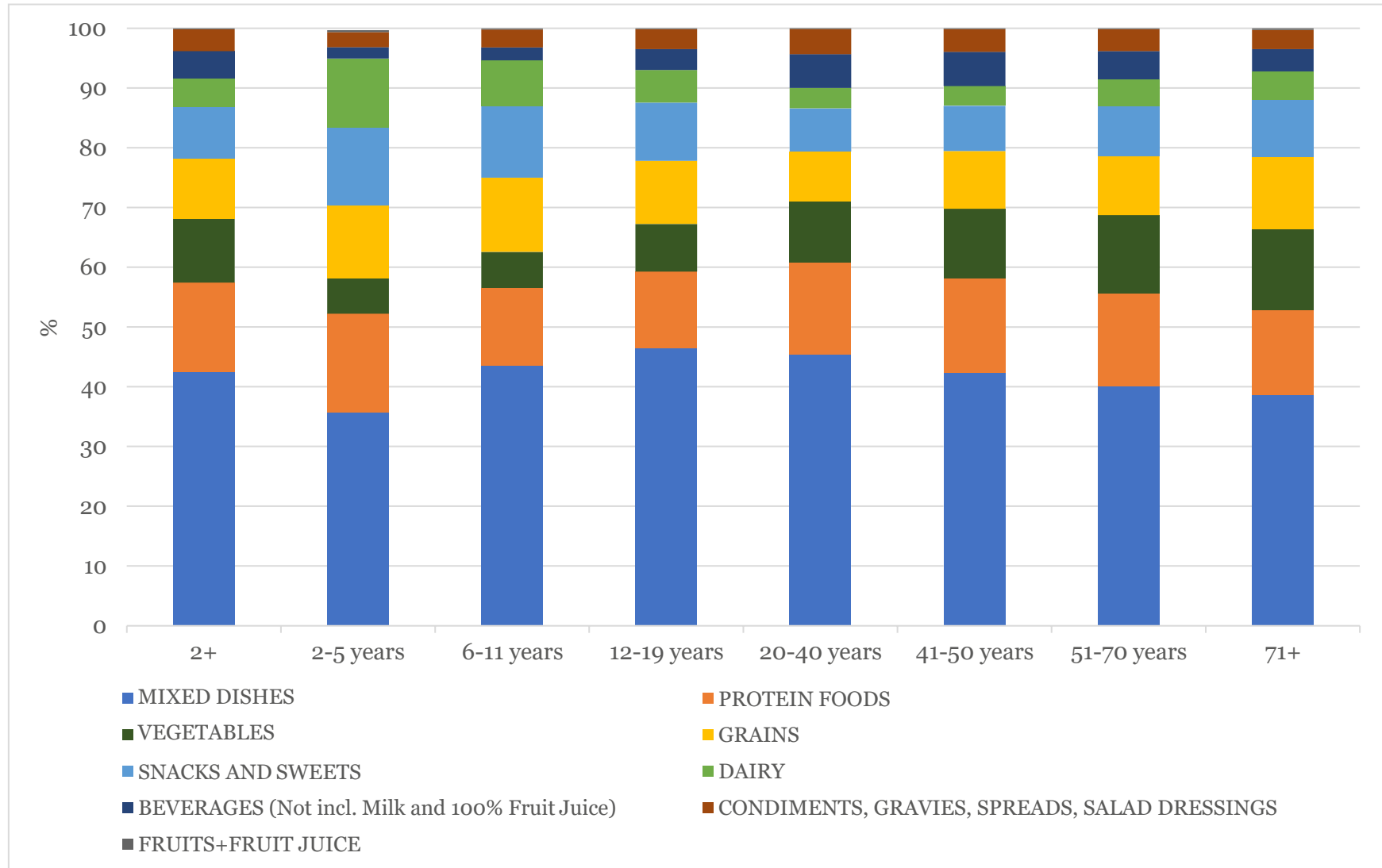


Figure 4. 2: Males and Females - Distribution of total sodium intake (percentages) across top 10 sub-categories

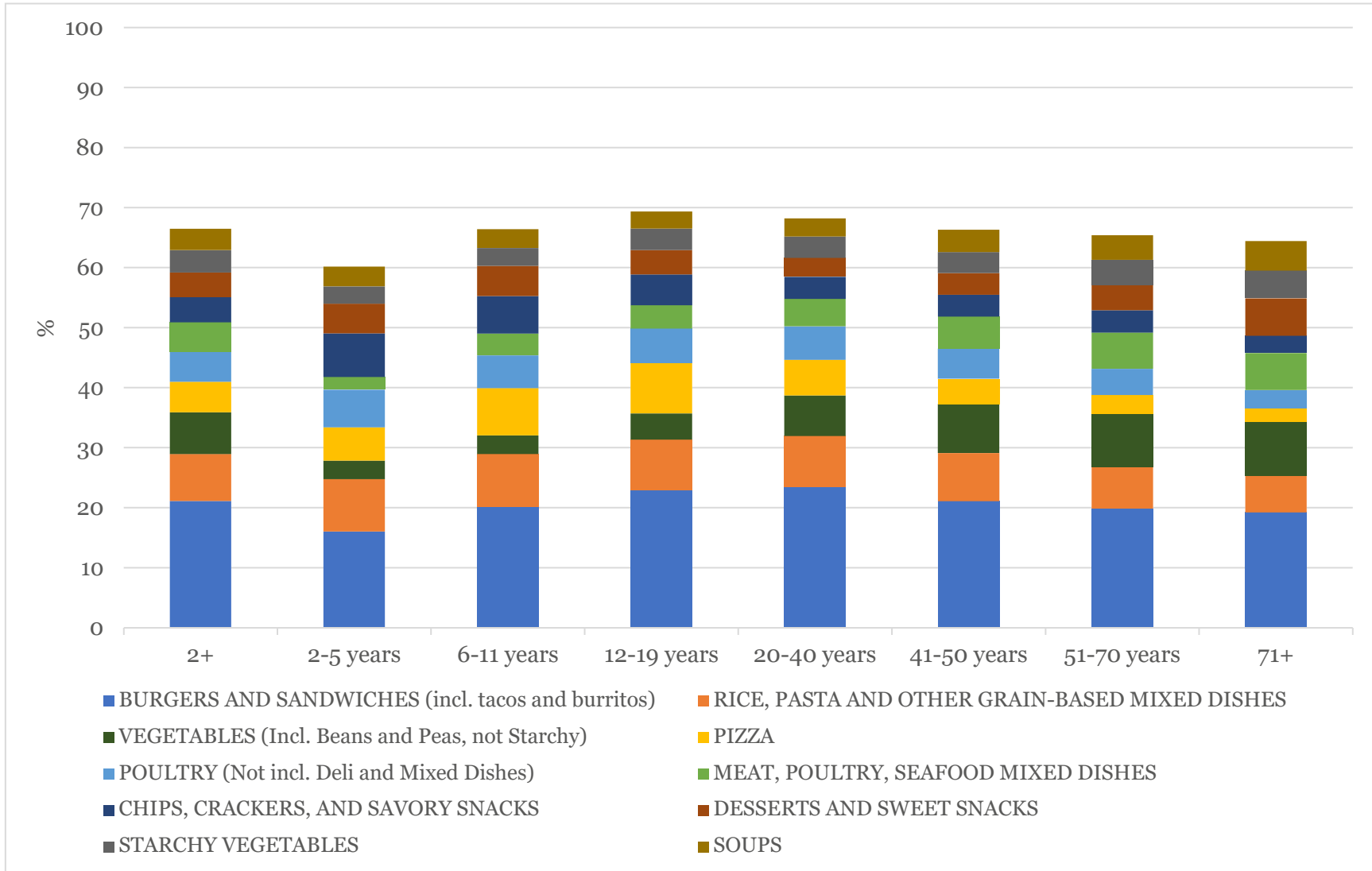


Figure 4. 3: Males - Distribution of total sodium intake (percentages) across major categories

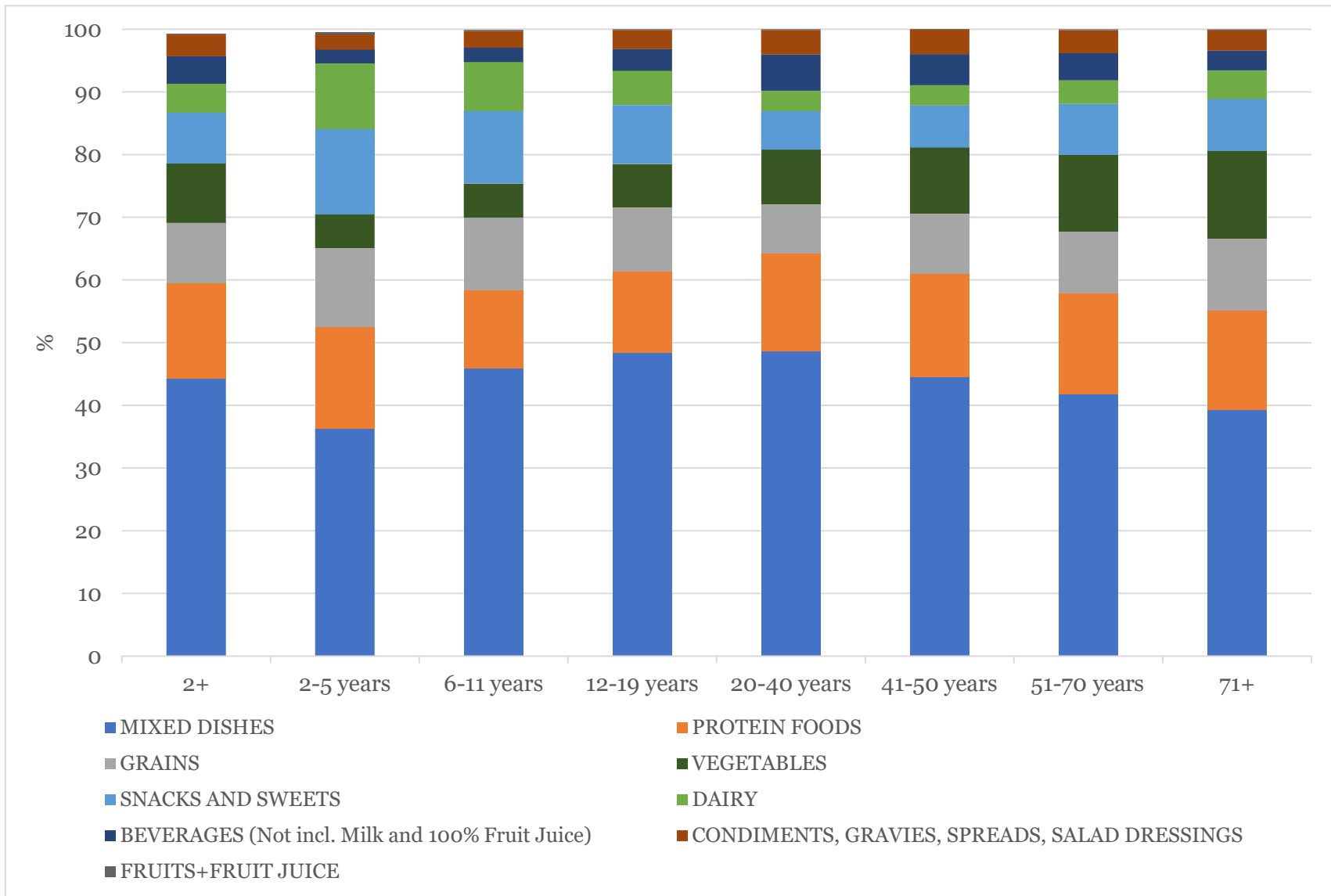


Figure 4. 4: Males - Distribution of total sodium intake (percentages) across top 10 sub-categories

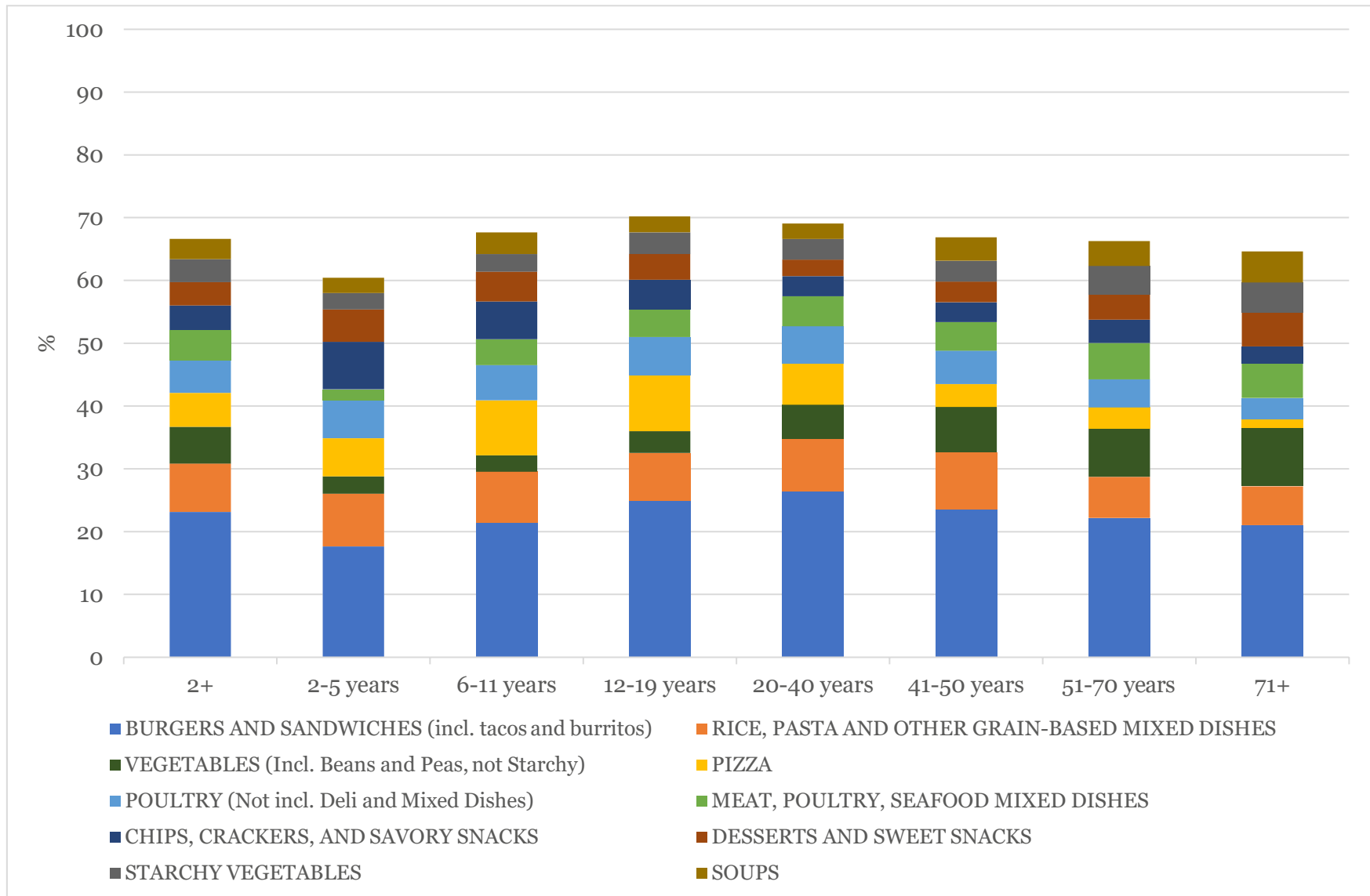


Figure 4. 5: Females - Distribution of total sodium intake (percentages) across major categories

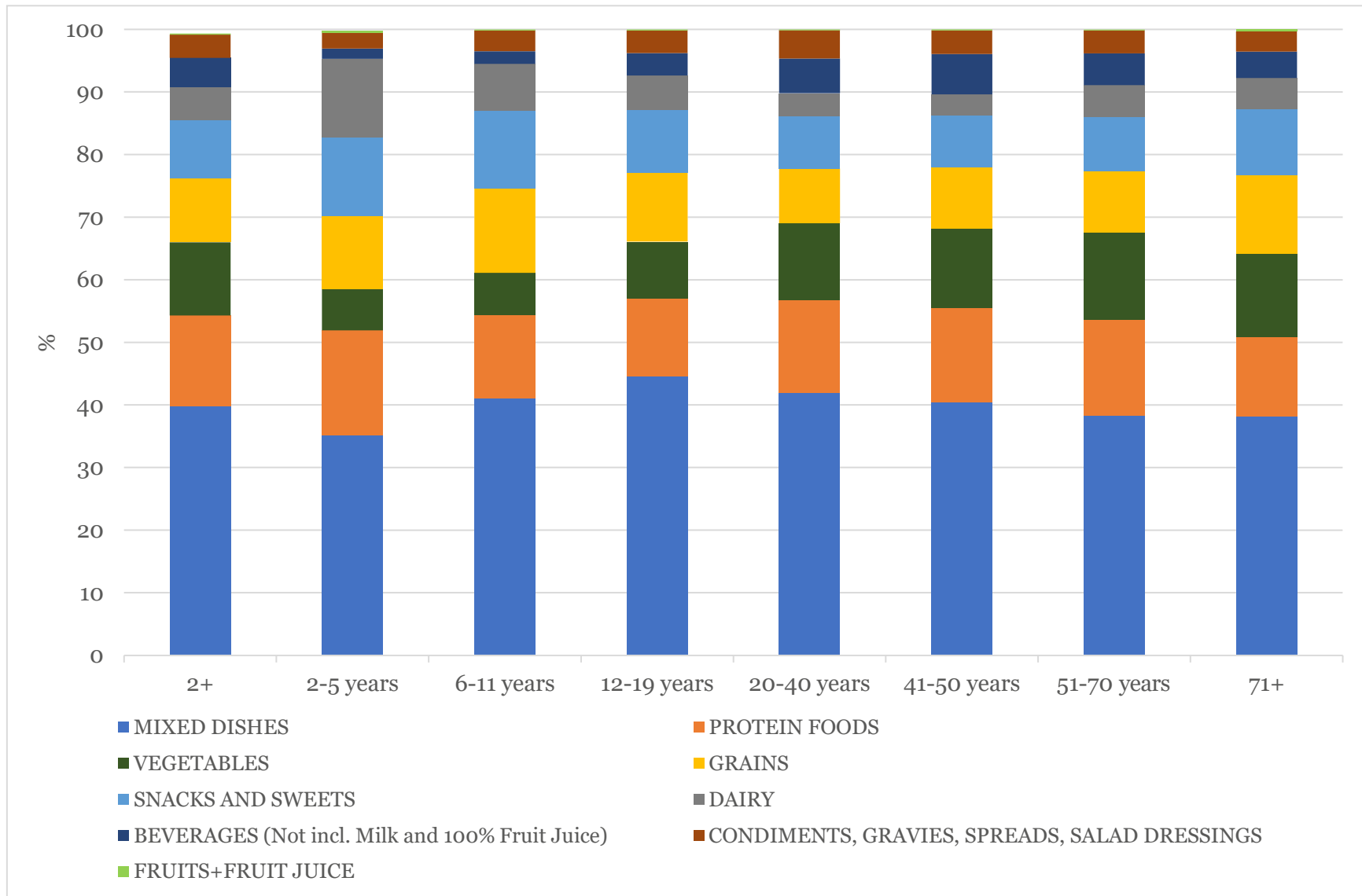
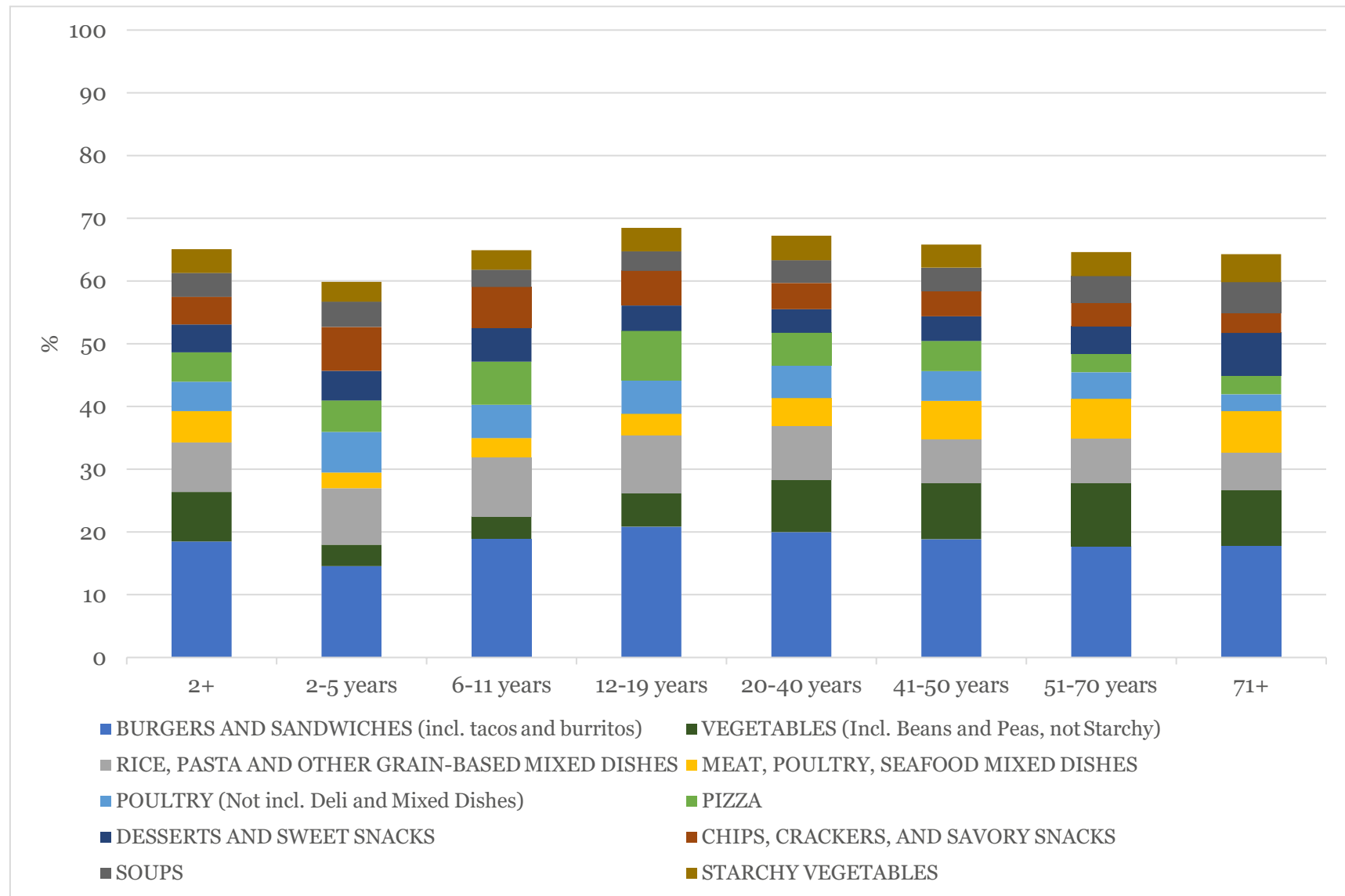


Figure 4. 6: Females - Distribution of total sodium intake (percentages) across top 10 sub-categories



Percent of dietary fiber intakes, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of dietary fiber from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 5. 1: Males and Females- Distribution of total dietary fiber intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	32.38	27.43	32.97	37.31	36.36	32.25	29.02	25.93
VEGETABLES	19.61	13.25	12.22	14.52	20.37	21.81	22.79	21.66
GRAINS	15.73	17.13	18.00	15.75	13.41	15.00	16.25	19.66
SNACKS AND SWEETS	12.88	15.32	17.05	14.49	11.84	12.01	12.26	11.88
FRUITS+FRUIT JUICE	10.22	18.86	12.02	10.25	8.32	8.10	9.99	13.26
PROTEIN FOODS	4.46	3.43	3.55	3.61	4.18	5.31	5.32	4.10
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	1.89	1.10	1.13	1.06	2.37	2.28	1.93	1.93
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.31	0.54	0.63	1.01	1.90	1.54	1.31	0.62
DAIRY	1.16	2.19	2.14	1.66	0.84	1.46	0.84	0.53
TOTAL*	99.64	99.26	99.72	99.64	99.58	99.76	99.72	99.57

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 5. 2: Males and Females - Distribution of total dietary fiber intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	14.42	11.01	13.54	16.22	17.00	13.79	13.15	11.46
VEGETABLES (Incl. Beans and Peas, not Starchy)	12.47	7.46	6.52	7.64	12.66	14.67	15.33	14.76
FRUIT (Non-Juice)	9.46	16.97	10.92	9.39	7.58	7.62	9.51	12.41
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.81	8.85	8.34	8.81	8.63	8.36	6.62	5.54
STARCHY VEGETABLES	7.14	5.79	5.70	6.87	7.71	7.14	7.46	6.90
BREAKFAST CEREALS AND BARS	7.11	9.13	8.93	7.83	5.53	5.93	7.37	9.37
CHIPS, CRACKERS, AND SAVORY SNACKS	6.18	7.95	8.83	7.56	6.25	6.01	5.43	3.23
YEAST BREADS AND TORTILLAS	5.53	4.21	4.80	4.24	5.07	6.01	6.15	7.53
DESSERTS AND SWEET SNACKS	5.44	6.44	6.89	5.61	4.53	4.87	5.28	7.40
PIZZA	4.69	4.66	7.06	8.13	5.64	3.98	2.74	1.94
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.27	1.37	2.16	2.51	3.05	3.85	3.97	4.19
NUTS, SEEDS, AND SOY	2.79	1.16	1.28	1.32	2.41	3.63	4.08	3.15
SOUPS	2.18	1.54	1.86	1.65	2.03	2.28	2.54	2.81
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.78	2.63	3.23	2.42	1.28	1.76	1.45	1.67
SUGAR-SWEETENED AND DIET BEVERAGES	1.47	0.74	1.05	0.90	1.93	1.67	1.31	1.67
RICE AND PASTA	1.31	1.17	1.04	1.26	1.54	1.31	1.29	1.10
CONDIMENTS AND GRAVIES	1.30	0.54	0.62	1.00	1.87	1.53	1.29	0.60
CANDY AND SUGARS	1.26	0.93	1.34	1.32	1.06	1.13	1.56	1.24

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POULTRY (Not incl. Deli and Mixed Dishes)	1.07	1.84	1.86	1.88	1.08	0.86	0.63	0.45
HIGHER FAT MILK/YOGURT	0.88	1.81	1.73	1.07	0.61	1.25	0.64	0.35
100 % FRUIT JUICE	0.75	1.88	1.10	0.86	0.74	0.48	0.49	0.85
SEAFOOD (Not incl. Mixed Dishes)	0.31	0.28	0.21	0.22	0.28	0.52	0.30	0.29
COFFEE AND TEA	0.30	0.02	0.04	0.13	0.31	0.47	0.45	0.17
LOWFAT MILK/YOGURT	0.17	0.35	0.24	0.21	0.12	0.16	0.14	0.17
EGGS	0.13	0.04	0.04	0.06	0.17	0.17	0.16	0.13
CHEESE	0.11	0.02	0.17	0.37	0.12	0.04	0.06	0.02
MEATS (Not incl. Deli and Mixed Dishes)	0.10	0.08	0.13	0.08	0.12	0.10	0.10	0.06
WATERS	0.07	0.35	0.04	0.01	0.05	0.06	0.08	0.07
DELI/CURED PRODUCTS (Meat and Poultry)	0.06	0.03	0.03	0.06	0.12	0.03	0.05	0.02
ALCOHOLIC BEVERAGES	0.06	0.00	0.00	0.02	0.08	0.08	0.08	0.03
SALAD DRESSINGS	0.02	0.00	0.01	0.01	0.02	0.01	0.02	0.01
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.64	99.26	99.72	99.64	99.58	99.76	99.72	99.57

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 5. 3: Males - Distribution of total dietary fiber intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	34.60	28.41	35.47	39.42	39.81	35.15	30.74	26.64
VEGETABLES	18.32	12.25	11.29	12.60	18.51	20.69	22.18	22.69
GRAINS	15.49	17.21	16.60	15.83	13.14	14.90	16.26	20.64
SNACKS AND SWEETS	12.57	16.11	17.21	14.62	10.94	11.17	12.88	10.89
FRUITS+FRUIT JUICE	9.68	18.04	11.82	10.18	7.76	7.34	9.34	11.12
PROTEIN FOODS	4.37	2.96	3.29	3.67	4.29	5.62	5.06	4.32
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	1.65	1.21	1.22	0.89	2.28	1.80	1.32	1.88
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.37	0.71	0.52	0.87	1.98	1.63	1.42	0.74
DAIRY	1.12	2.27	2.27	1.50	0.88	1.51	0.55	0.55
TOTAL*	99.15	99.16	99.70	99.59	99.58	99.82	99.75	99.48

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 5. 4: Males - Distribution of total dietary fiber intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	16.10	12.06	15.11	18.00	19.49	15.71	14.42	13.10
VEGETABLES (Incl. Beans and Peas, not Starchy)	11.13	6.78	5.76	6.22	11.09	13.20	14.23	14.67
FRUIT (Non-Juice)	8.85	16.07	10.76	9.27	6.92	6.82	8.77	10.36
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	8.17	8.99	7.92	8.46	8.98	10.40	6.70	5.80
STARCHY VEGETABLES	7.19	5.47	5.53	6.38	7.42	7.50	7.95	8.02
BREAKFAST CEREALS AND BARS	6.91	8.63	8.86	7.75	5.53	5.28	6.80	10.39
CHIPS, CRACKERS, AND SAVORY SNACKS	6.20	8.84	9.19	7.30	6.09	5.46	5.77	2.94
YEAST BREADS AND TORTILLAS	5.50	4.48	3.69	4.27	4.98	6.61	6.57	7.36
DESSERTS AND SWEET SNACKS	5.20	6.35	6.53	6.01	3.97	4.70	5.52	6.97
PIZZA	5.05	5.14	7.93	8.87	6.28	3.49	3.00	1.28
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.27	0.92	2.49	2.64	3.38	3.19	4.09	3.90
NUTS, SEEDS, AND SOY	2.57	0.70	1.03	1.14	2.33	3.76	3.82	3.24
SOUPS	2.02	1.30	2.02	1.46	1.67	2.36	2.54	2.55
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.75	2.83	3.14	2.57	1.23	1.38	1.51	1.73
CONDIMENTS AND GRAVIES	1.35	0.71	0.51	0.86	1.95	1.62	1.41	0.72
RICE AND PASTA	1.33	1.28	0.91	1.23	1.39	1.63	1.38	1.16
SUGAR-SWEETENED AND DIET BEVERAGES	1.30	0.81	1.15	0.75	1.88	1.45	0.86	1.61
POULTRY (Not incl. Deli and Mixed Dishes)	1.18	1.86	1.84	2.08	1.20	0.94	0.71	0.45
CANDY AND SUGARS	1.16	0.92	1.49	1.31	0.88	1.01	1.59	0.98
HIGHER FAT MILK/YOGURT	0.88	1.89	1.82	1.11	0.66	1.28	0.45	0.34

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100 % FRUIT JUICE	0.83	1.97	1.06	0.91	0.84	0.52	0.57	0.76
SEAFOOD (Not incl. Mixed Dishes)	0.31	0.28	0.17	0.22	0.29	0.67	0.23	0.38
COFFEE AND TEA	0.21	0.02	0.03	0.13	0.29	0.24	0.27	0.17
LOWFAT MILK/YOGURT	0.16	0.34	0.26	0.24	0.09	0.21	0.08	0.20
MEATS (Not incl. Deli and Mixed Dishes)	0.12	0.05	0.19	0.09	0.15	0.11	0.13	0.03
EGGS	0.11	0.04	0.02	0.07	0.16	0.11	0.09	0.18
DELI/CURED PRODUCTS (Meat and Poultry)	0.09	0.03	0.05	0.07	0.16	0.02	0.09	0.02
CHEESE	0.08	0.03	0.18	0.15	0.13	0.02	0.01	0.01
WATERS	0.08	0.38	0.04	0.01	0.03	0.03	0.08	0.06
ALCOHOLIC BEVERAGES	0.06	0.00	0.00	0.01	0.08	0.09	0.10	0.05
SALAD DRESSINGS	0.02	0.00	0.01	0.01	0.03	0.01	0.01	0.02
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.15	99.16	99.70	99.59	99.58	99.82	99.75	99.48

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES

Table 5. 5: Females - Distribution of total dietary fiber intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	29.60	26.53	30.11	35.15	32.46	29.61	27.46	25.38
VEGETABLES	20.72	14.18	13.28	16.47	22.47	22.82	23.35	20.85
GRAINS	15.88	17.06	19.60	15.66	13.71	15.10	16.25	18.89
SNACKS AND SWEETS	13.01	14.59	16.87	14.36	12.86	12.78	11.70	12.65
FRUITS+FRUIT JUICE	10.99	19.62	12.24	10.31	8.95	8.79	10.59	14.93
PROTEIN FOODS	4.45	3.87	3.85	3.54	4.05	5.03	5.57	3.92
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	2.12	1.01	1.03	1.22	2.48	2.72	2.47	1.97
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.23	0.38	0.76	1.15	1.80	1.45	1.21	0.52
DAIRY	1.22	2.12	2.00	1.82	0.80	1.41	1.11	0.51
TOTAL*	99.22	99.36	99.74	99.69	99.58	99.71	99.70	99.64

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 5. 6: Females - Distribution of total dietary fiber intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
VEGETABLES (Incl. Beans and Peas, not Starchy)	13.68	8.08	7.39	9.10	14.43	16.01	16.33	14.83
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	12.40	10.03	11.75	14.40	14.20	12.03	11.99	10.18
FRUIT (Non-Juice)	10.27	17.81	11.10	9.50	8.32	8.34	10.18	14.02
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	7.41	8.72	8.82	9.17	8.24	6.50	6.55	5.34
BREAKFAST CEREALS AND BARS	7.33	9.60	9.01	7.91	5.52	6.52	7.88	8.56
STARCHY VEGETABLES	7.03	6.09	5.89	7.37	8.04	6.81	7.02	6.02
CHIPS, CRACKERS, AND SAVORY SNACKS	6.10	7.12	8.42	7.83	6.44	6.52	5.11	3.46
DESSERTS AND SWEET SNACKS	5.59	6.53	7.29	5.20	5.17	5.03	5.06	7.74
YEAST BREADS AND TORTILLAS	5.49	3.95	6.06	4.20	5.16	5.47	5.76	7.66
PIZZA	4.25	4.22	6.08	7.37	4.92	4.42	2.51	2.46
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.24	1.79	1.78	2.37	2.67	4.45	3.86	4.41
NUTS, SEEDS, AND SOY	2.91	1.59	1.56	1.50	2.50	3.52	4.31	3.08
SOUPS	2.31	1.76	1.68	1.84	2.43	2.21	2.54	3.00
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.78	2.45	3.34	2.25	1.32	2.11	1.40	1.63
SUGAR-SWEETENED AND DIET BEVERAGES	1.60	0.67	0.94	1.05	1.99	1.88	1.71	1.71
CANDY AND SUGARS	1.32	0.94	1.16	1.33	1.25	1.23	1.53	1.45
RICE AND PASTA	1.29	1.07	1.19	1.30	1.70	1.01	1.21	1.05
CONDIMENTS AND GRAVIES	1.21	0.38	0.74	1.13	1.78	1.43	1.17	0.52
POULTRY (Not incl. Deli and Mixed Dishes)	0.97	1.81	1.89	1.67	0.94	0.78	0.56	0.45
HIGHER FAT MILK/YOGURT	0.90	1.74	1.63	1.04	0.55	1.23	0.81	0.35

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100 % FRUIT JUICE	0.72	1.81	1.14	0.80	0.63	0.45	0.41	0.91
COFFEE AND TEA	0.38	0.01	0.05	0.14	0.34	0.69	0.61	0.18
SEAFOOD (Not incl. Mixed Dishes)	0.30	0.29	0.26	0.21	0.27	0.39	0.37	0.22
LOWFAT MILK/YOGURT	0.18	0.37	0.21	0.18	0.16	0.11	0.20	0.14
EGGS	0.15	0.04	0.06	0.04	0.18	0.22	0.22	0.08
CHEESE	0.14	0.02	0.16	0.60	0.10	0.06	0.09	0.02
WATERS	0.09	0.33	0.04	0.01	0.07	0.08	0.08	0.07
MEATS (Not incl. Deli and Mixed Dishes)	0.08	0.11	0.06	0.07	0.09	0.09	0.08	0.08
ALCOHOLIC BEVERAGES	0.05	0.00	0.00	0.02	0.09	0.08	0.07	0.01
DELI/CURED PRODUCTS (Meat and Poultry)	0.03	0.03	0.02	0.04	0.06	0.04	0.02	0.01
SALAD DRESSINGS	0.02	0.00	0.01	0.01	0.02	0.02	0.04	0.01
SPREADS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.22	99.36	99.74	99.69	99.58	99.71	99.70	99.64

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 5. 1: Males and Females - Distribution of total dietary fiber intake (percentages) across major categories

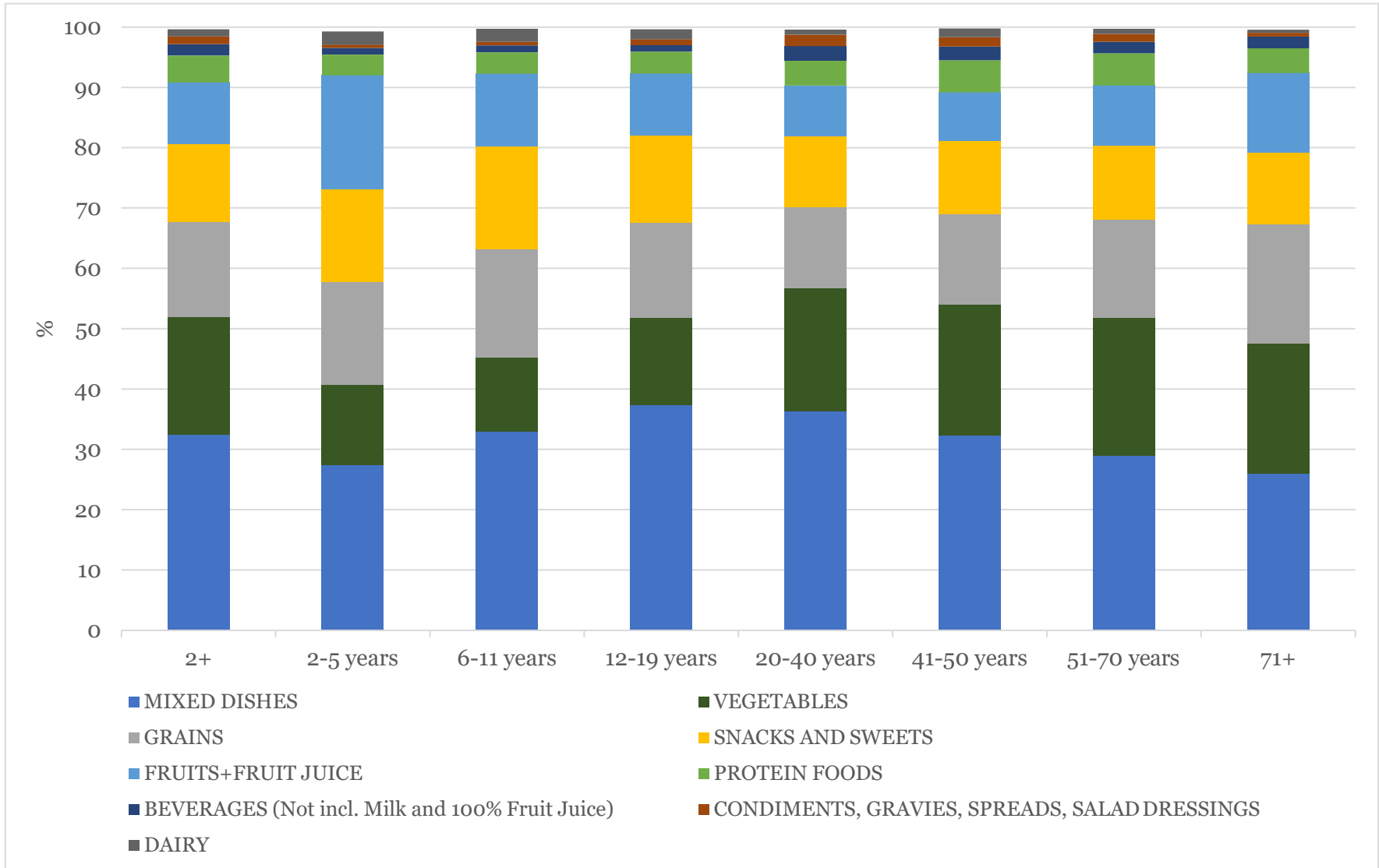


Figure 5. 2: Males and Females - Distribution of total dietary fiber intake (percentages) across top 10 sub-categories

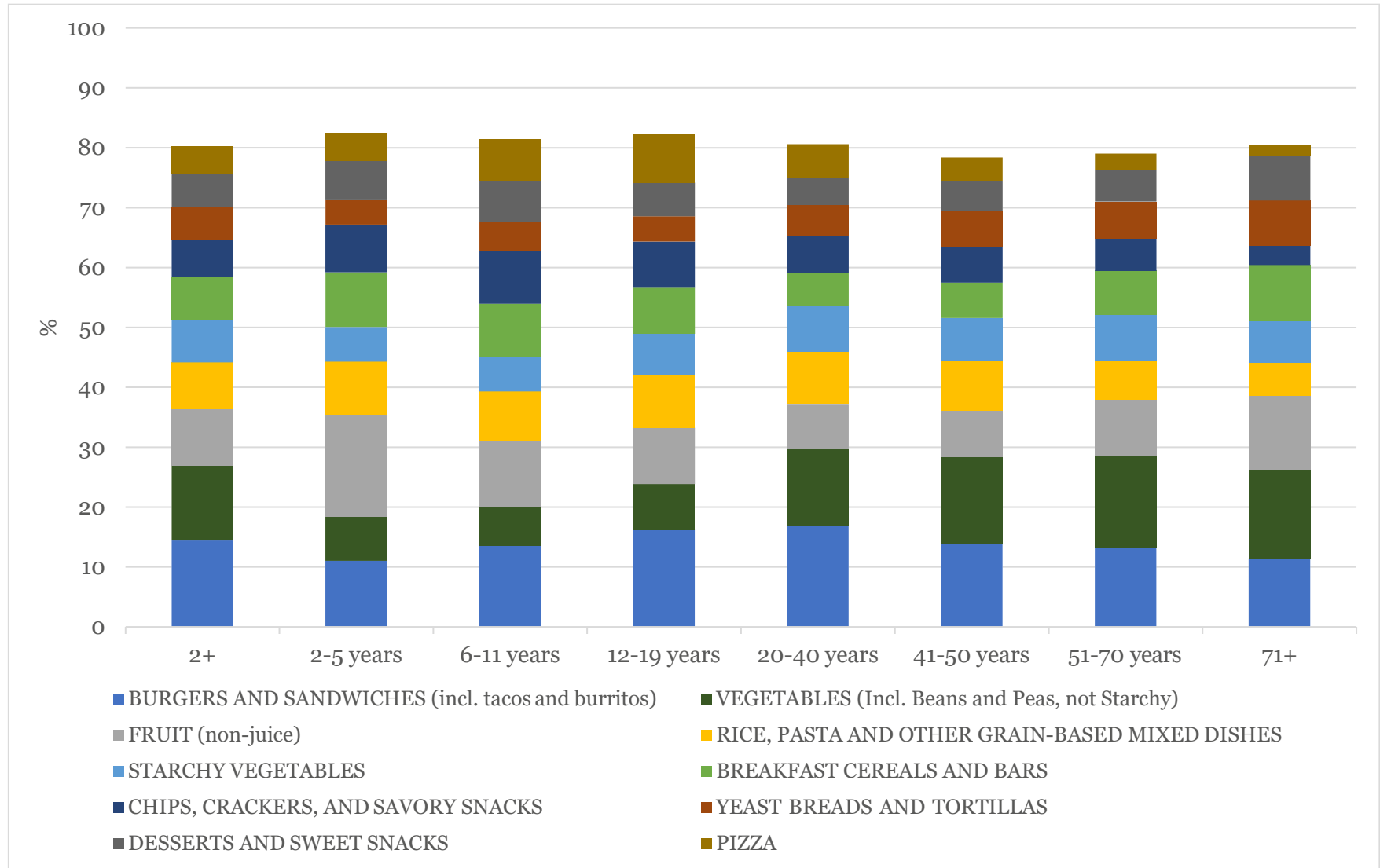


Figure 5. 3: Males - Distribution of total dietary fiber intake (percentages) across major categories

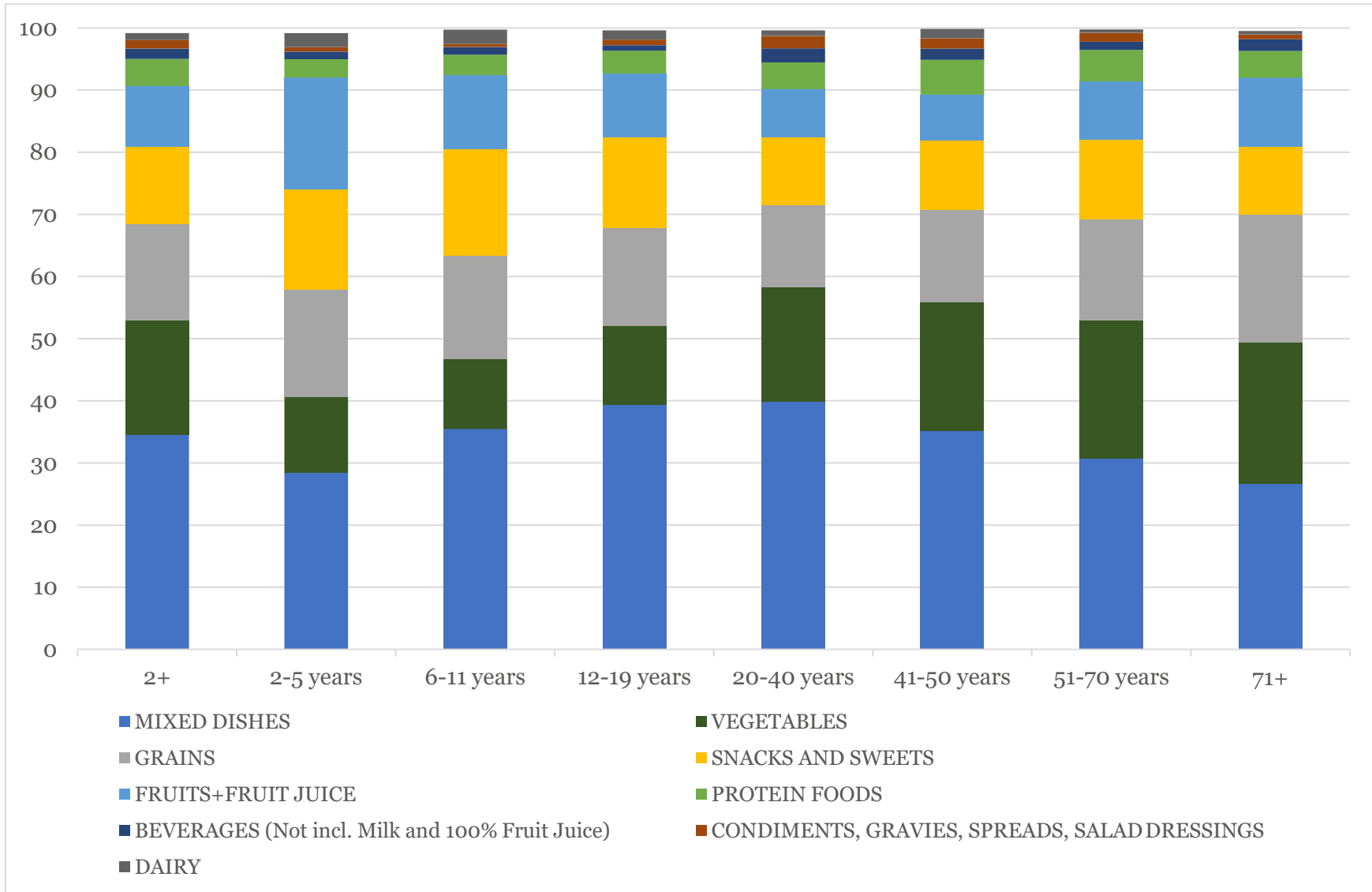


Figure 5. 4: Males - Distribution of total dietary fiber intake (percentages) across top 10 sub-categories

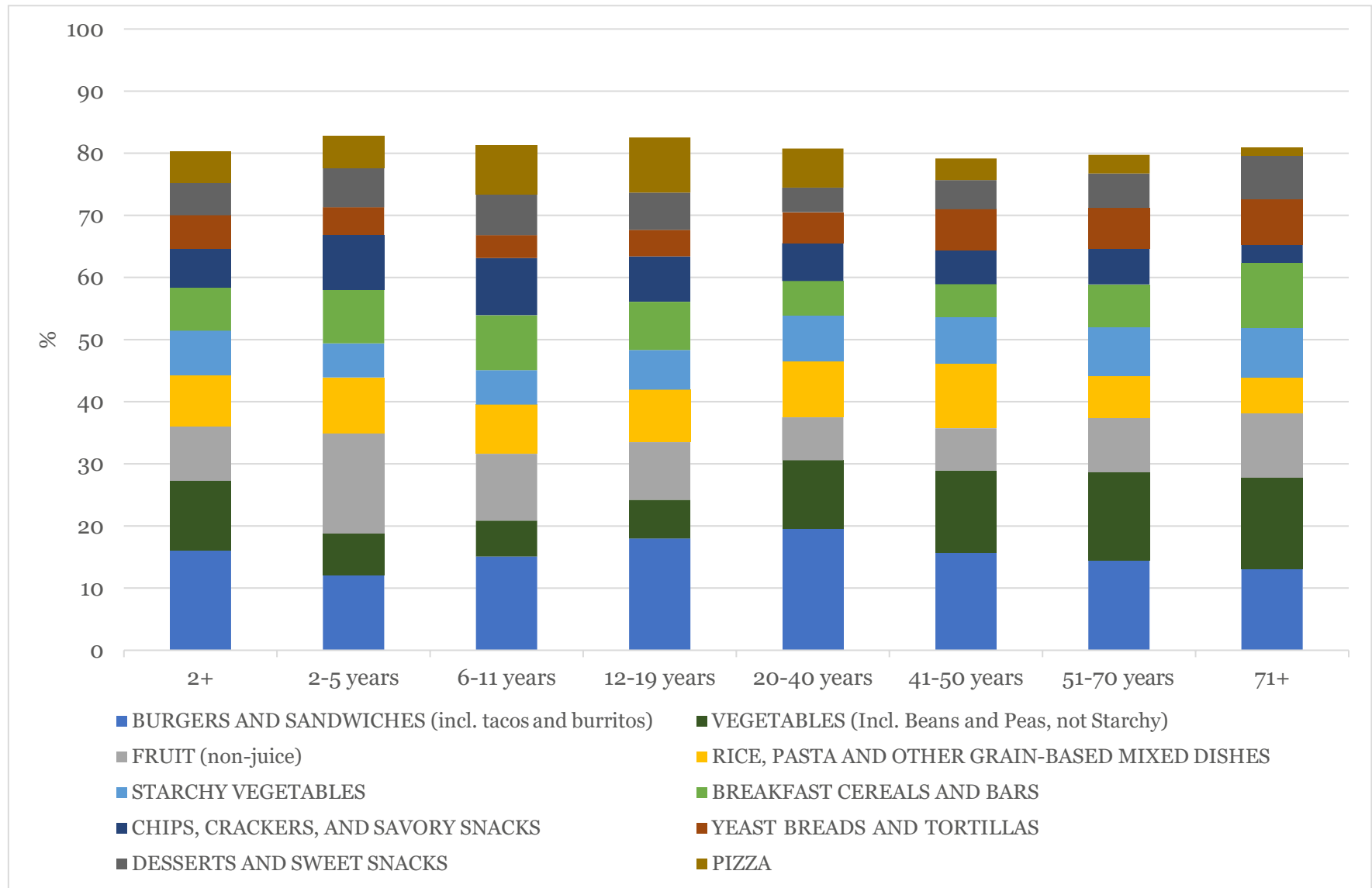


Figure 5. 5: Females - Distribution of total dietary fiber intake (percentages) across major categories

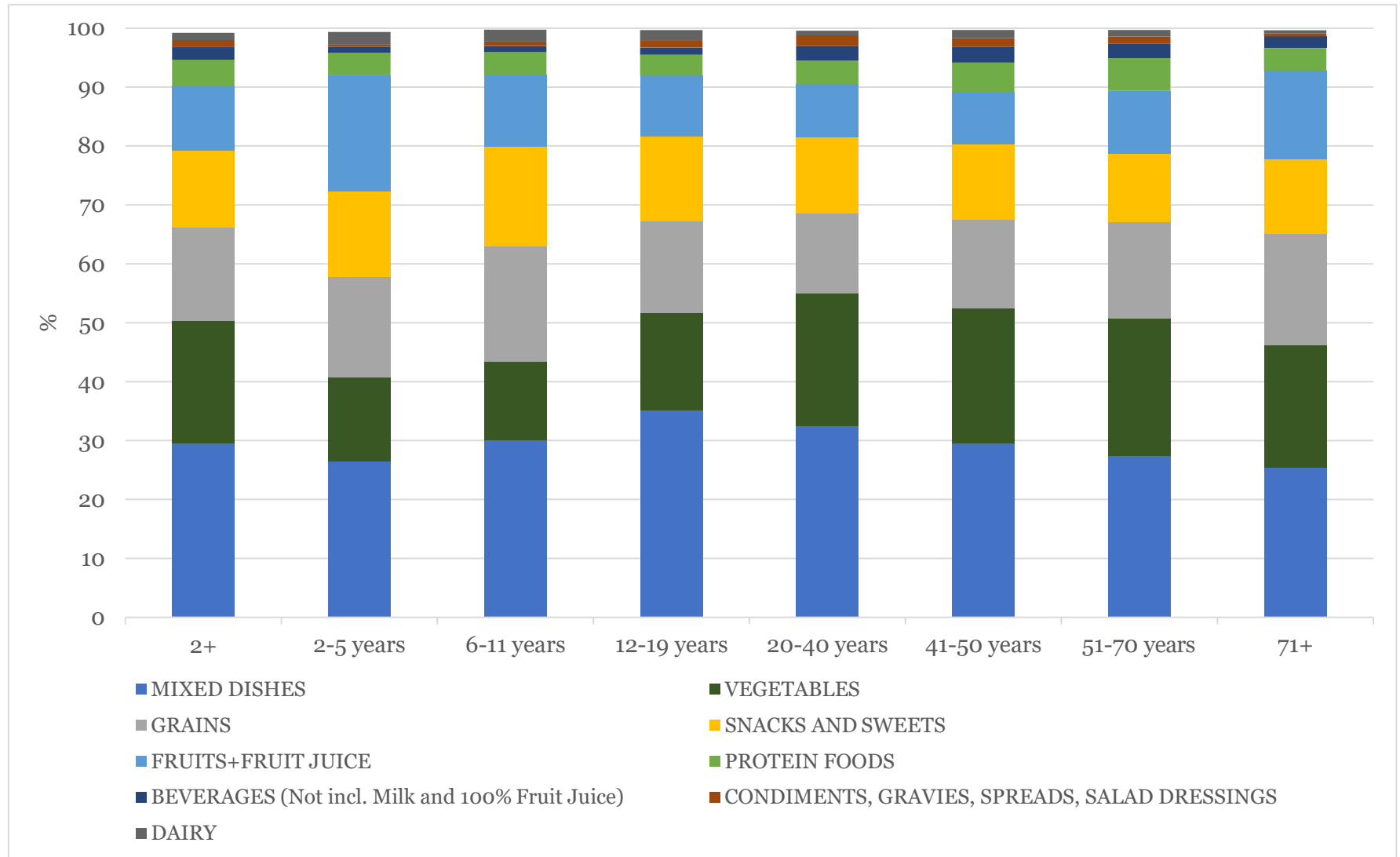
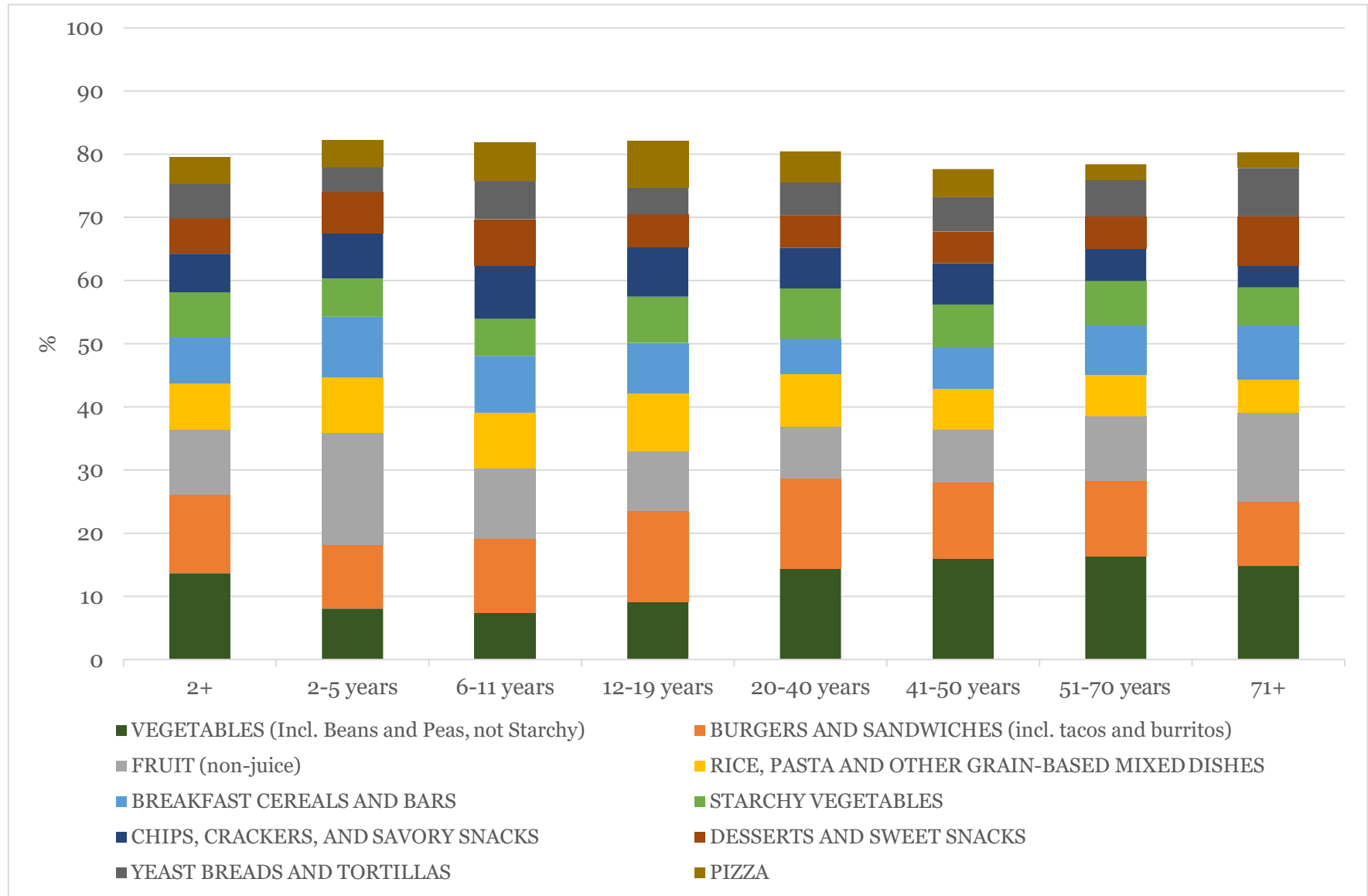


Figure 5. 6: Females - Distribution of total dietary fiber intake (percentages) across top 10 sub-categories



Percent of vitamin D intakes, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of vitamin D from WWEIA Food Categories, re-grouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 6. 1: Males and Females - Distribution of total vitamin D intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	28.66	60.76	50.83	37.51	20.01	20.90	24.51	28.57
MIXED DISHES	25.12	9.70	17.18	24.92	31.41	27.49	24.71	19.81
PROTEIN FOODS	19.60	12.23	11.79	13.56	21.54	22.45	22.22	20.84
GRAINS	8.63	11.17	12.17	11.47	6.61	6.87	8.02	10.99
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	7.75	1.06	1.24	3.41	10.34	10.48	8.88	7.70
SNACKS AND SWEETS	3.79	1.78	3.08	3.42	3.49	4.22	4.38	4.70
VEGETABLES	3.73	0.50	1.01	3.39	4.13	5.27	4.30	3.48
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.23	0.20	1.00	1.06	0.93	1.01	1.77	1.93
FRUITS+FRUIT JUICE	0.76	0.90	0.84	0.65	0.69	0.94	0.53	1.34
TOTAL*	99.25	98.29	99.14	99.38	99.13	99.63	99.32	99.37

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 6. 2: Males and Females - Distribution of total vitamin D intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	17.76	43.52	30.85	23.40	12.27	13.31	14.28	17.26
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	16.53	7.22	11.75	16.18	21.26	17.33	15.72	13.28
LOWFAT MILK/YOGURT	8.03	14.54	17.35	11.20	4.31	5.48	7.23	9.29
EGGS	7.71	5.97	4.51	4.50	8.36	8.13	8.79	9.96
BREAKFAST CEREALS AND BARS	6.48	9.67	9.57	8.67	4.59	5.12	5.75	9.04
COFFEE AND TEA	4.39	0.13	0.40	2.10	5.42	6.38	5.61	3.78
SEAFOOD (Not incl. Mixed Dishes)	4.01	1.20	1.26	1.70	4.35	5.91	4.83	4.89
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.00	1.80	3.14	4.72	5.46	4.27	3.38	2.08
DESSERTS AND SWEET SNACKS	3.59	1.71	3.00	3.09	3.24	3.77	4.32	4.65
SUGAR-SWEETENED AND DIET BEVERAGES	3.22	0.83	0.80	1.31	4.74	3.91	3.10	3.80
POULTRY (Not incl. Deli and Mixed Dishes)	2.97	1.71	2.67	3.83	3.69	3.13	2.70	1.20
CHEESE	2.86	2.70	2.63	2.90	3.43	2.11	3.00	2.02
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.78	0.40	1.40	2.34	2.74	3.44	3.63	2.69
MEATS (Not incl. Deli and Mixed Dishes)	2.51	0.75	1.13	1.83	3.00	3.09	2.98	1.88
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.42	0.22	0.43	1.77	2.73	3.88	2.86	2.01
DELI/CURED PRODUCTS (Meat and Poultry)	2.40	2.60	2.21	1.71	2.14	2.20	2.92	2.91
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.73	1.34	2.26	2.35	1.56	1.39	1.76	1.61
STARCHY VEGETABLES	1.31	0.28	0.58	1.61	1.40	1.40	1.44	1.48

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SOUPS	1.12	0.16	0.43	0.40	1.10	1.76	1.42	1.51
SPREADS	0.76	0.07	0.62	0.30	0.41	0.66	1.30	1.59
100 % FRUIT JUICE	0.74	0.90	0.80	0.64	0.67	0.93	0.52	1.26
PIZZA	0.68	0.12	0.46	1.28	0.85	0.69	0.57	0.26
CONDIMENTS AND GRAVIES	0.38	0.11	0.35	0.71	0.37	0.33	0.38	0.32
YEAST BREADS AND TORTILLAS	0.27	0.11	0.17	0.27	0.30	0.22	0.33	0.21
CHIPS, CRACKERS, AND SAVORY SNACKS	0.17	0.05	0.07	0.31	0.21	0.41	0.04	0.01
RICE AND PASTA	0.15	0.04	0.16	0.18	0.15	0.14	0.18	0.13
ALCOHOLIC BEVERAGES	0.10	0.00	0.00	0.01	0.16	0.08	0.16	0.05
SALAD DRESSINGS	0.08	0.01	0.04	0.05	0.16	0.02	0.09	0.02
WATERS	0.04	0.10	0.04	0.00	0.02	0.10	0.01	0.07
CANDY AND SUGARS	0.03	0.02	0.01	0.02	0.04	0.04	0.02	0.03
FRUIT (Non-Juice)	0.02	0.00	0.04	0.00	0.02	0.01	0.01	0.08
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	99.25	98.29	99.14	99.38	99.13	99.63	99.32	99.37

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

MALES**Table 6. 3: Males - Distribution of total vitamin D intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	28.89	58.69	51.80	39.75	19.71	20.75	23.34	27.78
MIXED DISHES	26.85	10.70	18.14	25.12	34.52	30.89	27.51	19.00
PROTEIN FOODS	19.74	13.35	11.21	13.69	21.77	22.85	22.78	24.55
GRAINS	8.30	11.13	11.62	11.49	6.44	5.61	8.17	11.39
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	6.48	1.25	1.36	2.26	9.39	7.89	7.42	6.82
SNACKS AND SWEETS	3.36	1.80	2.54	2.89	2.87	4.45	4.33	3.95
VEGETABLES	3.10	0.48	1.08	2.78	2.87	5.69	3.71	3.17
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	0.92	0.16	0.56	0.56	0.84	0.74	1.46	1.49
FRUITS+FRUIT JUICE	0.76	0.81	0.91	0.62	0.81	0.95	0.54	1.11
TOTAL*	98.41	98.39	99.23	99.17	99.22	99.82	99.26	99.26

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 6. 4: Males - Distribution of total vitamin D intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	18.62	42.58	31.05	26.30	12.98	13.57	13.39	16.88
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	18.57	8.15	12.48	16.62	24.41	20.82	18.74	13.84
LOWFAT MILK/YOGURT	7.83	13.64	18.54	11.26	3.90	5.68	6.85	9.31
EGGS	7.61	5.57	4.49	4.93	7.97	7.52	8.90	12.36
BREAKFAST CEREALS AND BARS	6.25	9.25	9.53	8.58	4.27	4.55	5.69	10.15
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	3.85	1.80	3.15	4.12	5.30	4.83	3.06	1.86
SEAFOOD (Not incl. Mixed Dishes)	3.70	1.79	0.99	1.54	4.24	5.66	4.21	5.24
COFFEE AND TEA	3.43	0.11	0.36	0.95	4.50	5.04	4.66	3.16
DESSERTS AND SWEET SNACKS	3.15	1.71	2.46	2.57	2.71	3.63	4.25	3.91
POULTRY (Not incl. Deli and Mixed Dishes)	2.97	2.26	2.28	3.63	3.90	3.69	2.35	1.29
MEATS (Not incl. Deli and Mixed Dishes)	2.93	1.13	1.13	1.90	3.57	3.31	4.04	1.93
SUGAR-SWEETENED AND DIET BEVERAGES	2.89	1.13	0.93	1.31	4.75	2.55	2.52	3.57
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.66	0.48	1.30	2.54	2.91	2.80	3.65	2.01
DELI/CURED PRODUCTS (Meat and Poultry)	2.54	2.61	2.32	1.68	2.10	2.67	3.29	3.73
CHEESE	2.44	2.46	2.21	2.19	2.83	1.50	3.10	1.60
VEGETABLES (Incl. Beans and Peas, not Starchy)	1.82	0.20	0.42	1.48	1.67	4.08	1.98	1.81
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.69	1.62	1.81	2.50	1.66	0.95	2.06	1.03
STARCHY VEGETABLES	1.28	0.28	0.65	1.30	1.20	1.61	1.72	1.36
SOUPS	0.98	0.11	0.59	0.19	0.77	1.86	1.52	1.13
PIZZA	0.78	0.17	0.62	1.64	1.12	0.59	0.53	0.15

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100 % FRUIT JUICE	0.75	0.81	0.91	0.62	0.80	0.95	0.54	1.07
SPREADS	0.58	0.09	0.28	0.17	0.25	0.65	1.13	1.31
CONDIMENTS AND GRAVIES	0.28	0.07	0.25	0.36	0.44	0.06	0.26	0.17
YEAST BREADS AND TORTILLAS	0.23	0.19	0.14	0.37	0.34	0.09	0.22	0.13
CHIPS, CRACKERS, AND SAVORY SNACKS	0.19	0.06	0.06	0.29	0.15	0.75	0.05	0.01
RICE AND PASTA	0.13	0.07	0.14	0.04	0.17	0.03	0.20	0.09
ALCOHOLIC BEVERAGES	0.11	0.00	0.00	0.00	0.13	0.09	0.22	0.09
SALAD DRESSINGS	0.07	0.00	0.03	0.02	0.15	0.03	0.07	0.01
WATERS	0.04	0.02	0.07	0.00	0.01	0.21	0.02	0.00
CANDY AND SUGARS	0.03	0.04	0.02	0.03	0.01	0.07	0.03	0.02
FRUIT (Non-Juice)	0.01	0.00	0.01	0.00	0.01	0.00	0.00	0.04
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.41	98.39	99.23	99.17	99.22	99.82	99.26	99.26

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

FEMALES**Table 6. 5: Females - Distribution of total vitamin D intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
DAIRY	29.14	62.66	49.72	35.14	20.34	21.05	25.58	29.21
MIXED DISHES	22.47	8.79	16.08	24.72	27.86	24.38	22.17	20.47
PROTEIN FOODS	18.83	11.20	12.45	13.42	21.27	22.09	21.70	17.87
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	8.73	0.88	1.10	4.63	11.43	12.84	10.21	8.40
GRAINS	8.72	11.20	12.79	11.45	6.80	8.01	7.88	10.66
VEGETABLES	4.23	0.52	0.93	4.02	5.55	4.89	4.84	3.73
SNACKS AND SWEETS	4.07	1.75	3.71	3.97	4.19	4.01	4.43	5.29
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.49	0.23	1.51	1.58	1.03	1.26	2.06	2.29
FRUITS+FRUIT JUICE	0.73	0.98	0.76	0.67	0.55	0.94	0.51	1.53
TOTAL*	98.41	98.20	99.03	99.61	99.02	99.46	99.38	99.46

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 6. 6: Females - Distribution of total vitamin D intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
HIGHER FAT MILK/YOGURT	17.89	44.39	30.62	20.34	11.45	13.08	15.09	17.57
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	13.86	6.36	10.91	15.72	17.66	14.15	12.97	12.83
LOWFAT MILK/YOGURT	8.07	15.36	15.99	11.14	4.78	5.30	7.58	9.27
EGGS	7.63	6.33	4.54	4.04	8.79	8.69	8.69	8.04
BREAKFAST CEREALS AND BARS	6.56	10.05	9.62	8.77	4.95	5.64	5.81	8.16
COFFEE AND TEA	5.16	0.15	0.45	3.32	6.46	7.61	6.47	4.28
SEAFOOD (Not incl. Mixed Dishes)	4.18	0.66	1.56	1.86	4.48	6.13	5.40	4.61
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	4.03	1.81	3.13	5.35	5.63	3.76	3.66	2.25
DESSERTS AND SWEET SNACKS	3.90	1.71	3.61	3.64	3.84	3.89	4.38	5.24
SUGAR-SWEETENED AND DIET BEVERAGES	3.44	0.56	0.64	1.31	4.72	5.15	3.63	3.98
CHEESE	3.18	2.92	3.11	3.66	4.11	2.67	2.91	2.36
VEGETABLES (Incl. Beans and Peas, not Starchy)	2.93	0.24	0.44	2.08	3.93	3.69	3.65	2.16
POULTRY (Not incl. Deli and Mixed Dishes)	2.86	1.21	3.12	4.03	3.45	2.62	3.03	1.12
MEAT, POULTRY, SEAFOOD MIXED DISHES	2.81	0.33	1.51	2.14	2.55	4.02	3.62	3.22
DELI/CURED PRODUCTS (Meat and Poultry)	2.18	2.58	2.09	1.75	2.18	1.77	2.58	2.25
MEATS (Not incl. Deli and Mixed Dishes)	1.98	0.41	1.13	1.75	2.36	2.89	2.01	1.84
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.70	1.09	2.78	2.19	1.46	1.79	1.48	2.07
STARCHY VEGETABLES	1.30	0.27	0.49	1.94	1.62	1.20	1.19	1.57
SOUPS	1.22	0.22	0.26	0.61	1.48	1.67	1.32	1.82
SPREADS	0.92	0.06	1.00	0.43	0.58	0.68	1.45	1.82

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100 % FRUIT JUICE	0.69	0.98	0.68	0.67	0.51	0.91	0.49	1.41
PIZZA	0.55	0.08	0.28	0.90	0.53	0.78	0.60	0.35
CONDIMENTS AND GRAVIES	0.48	0.14	0.47	1.07	0.29	0.57	0.49	0.44
YEAST BREADS AND TORTILLAS	0.29	0.04	0.21	0.16	0.26	0.34	0.43	0.27
RICE AND PASTA	0.17	0.02	0.19	0.32	0.13	0.24	0.16	0.16
CHIPS, CRACKERS, AND SAVORY SNACKS	0.14	0.04	0.08	0.34	0.27	0.10	0.03	0.01
ALCOHOLIC BEVERAGES	0.09	0.00	0.00	0.01	0.20	0.08	0.10	0.01
SALAD DRESSINGS	0.09	0.02	0.04	0.08	0.16	0.01	0.11	0.02
FRUIT (Non-Juice)	0.04	0.00	0.08	0.00	0.04	0.02	0.02	0.12
WATERS	0.04	0.17	0.01	0.00	0.05	0.00	0.01	0.13
CANDY AND SUGARS	0.03	0.00	0.01	0.00	0.08	0.01	0.01	0.04
NUTS, SEEDS, AND SOY	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL*	98.41	98.20	99.03	99.61	99.02	99.46	99.38	99.46

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 6. 1: Males and Females - Distribution of total vitamin D intake (percentages) across major categories

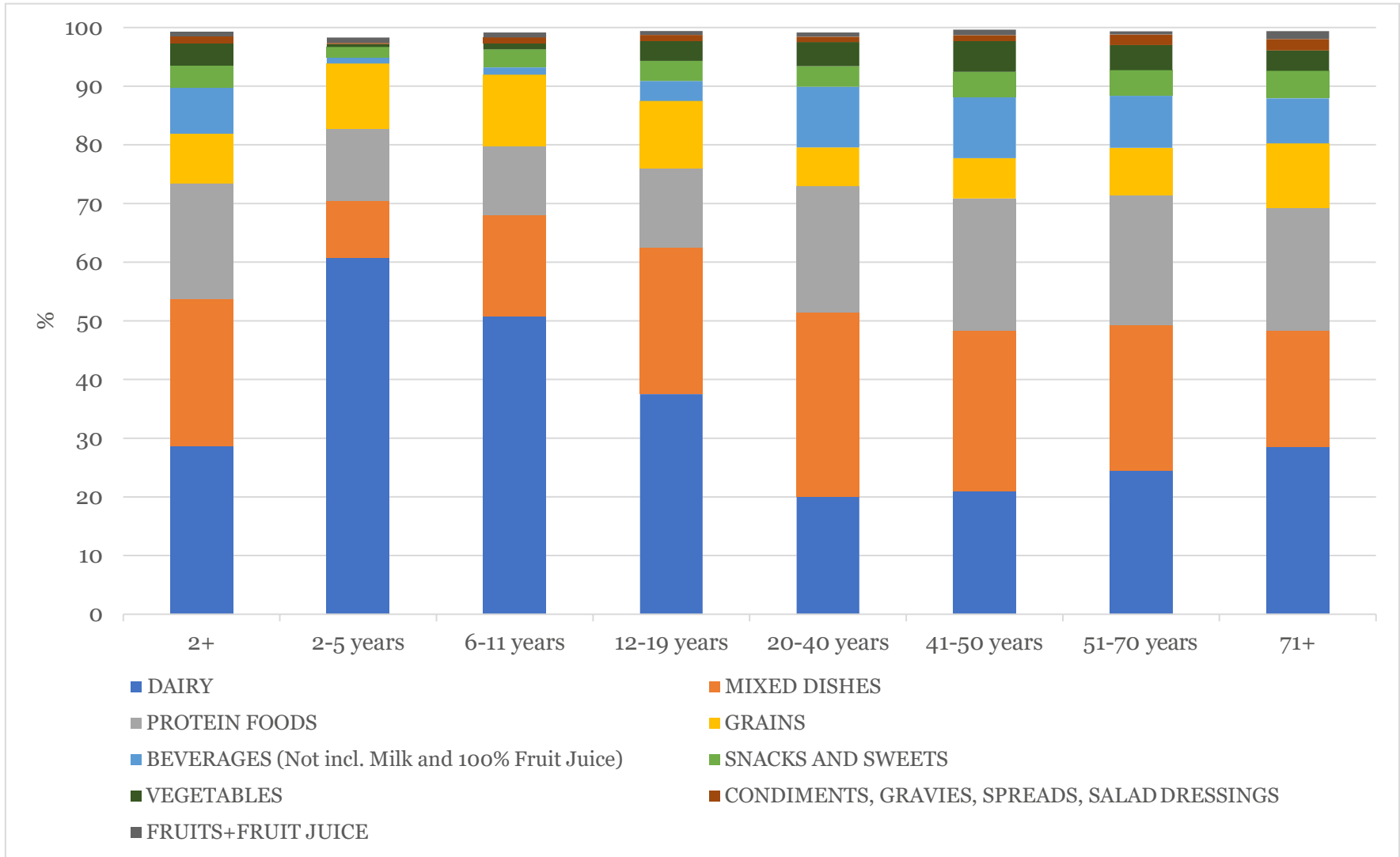


Figure 6. 2: Males and Females - Distribution of total vitamin D intake (percentages) across top 10 sub-categories

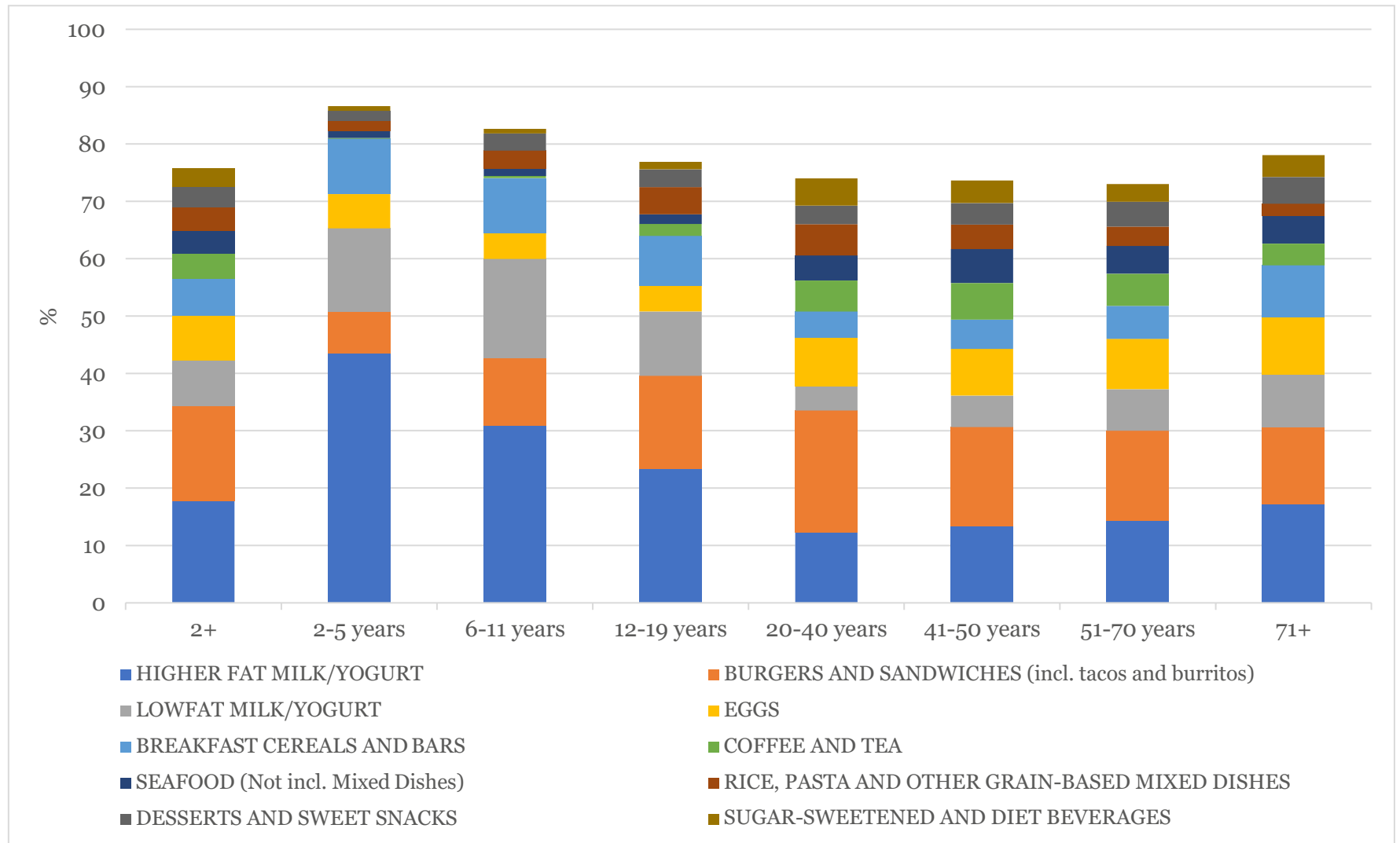


Figure 6. 3: Males - Distribution of total vitamin D intake (percentages) across major categories

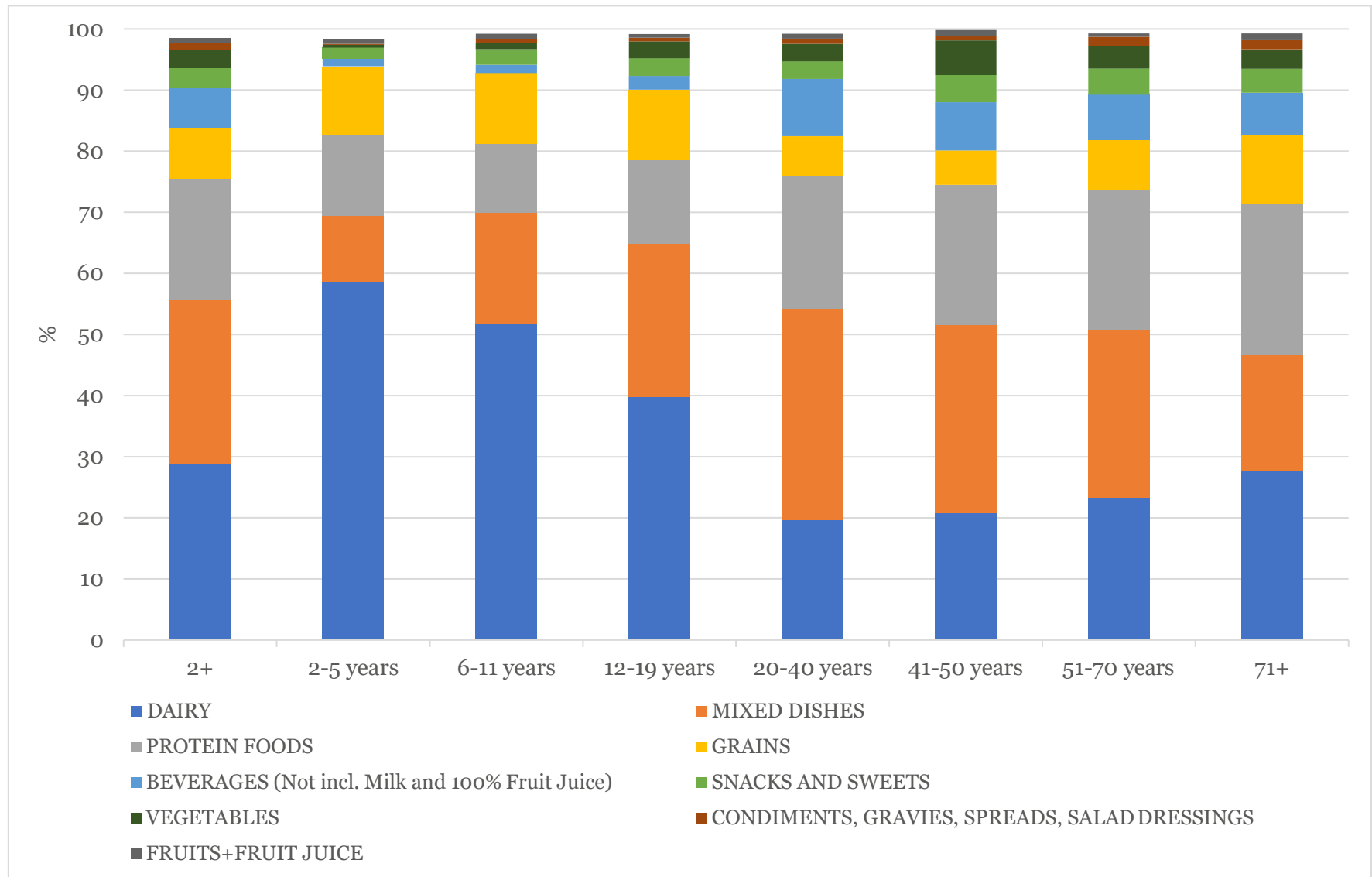


Figure 6. 4: Males - Distribution of total vitamin D intake (percentages) across top 10 sub-categories

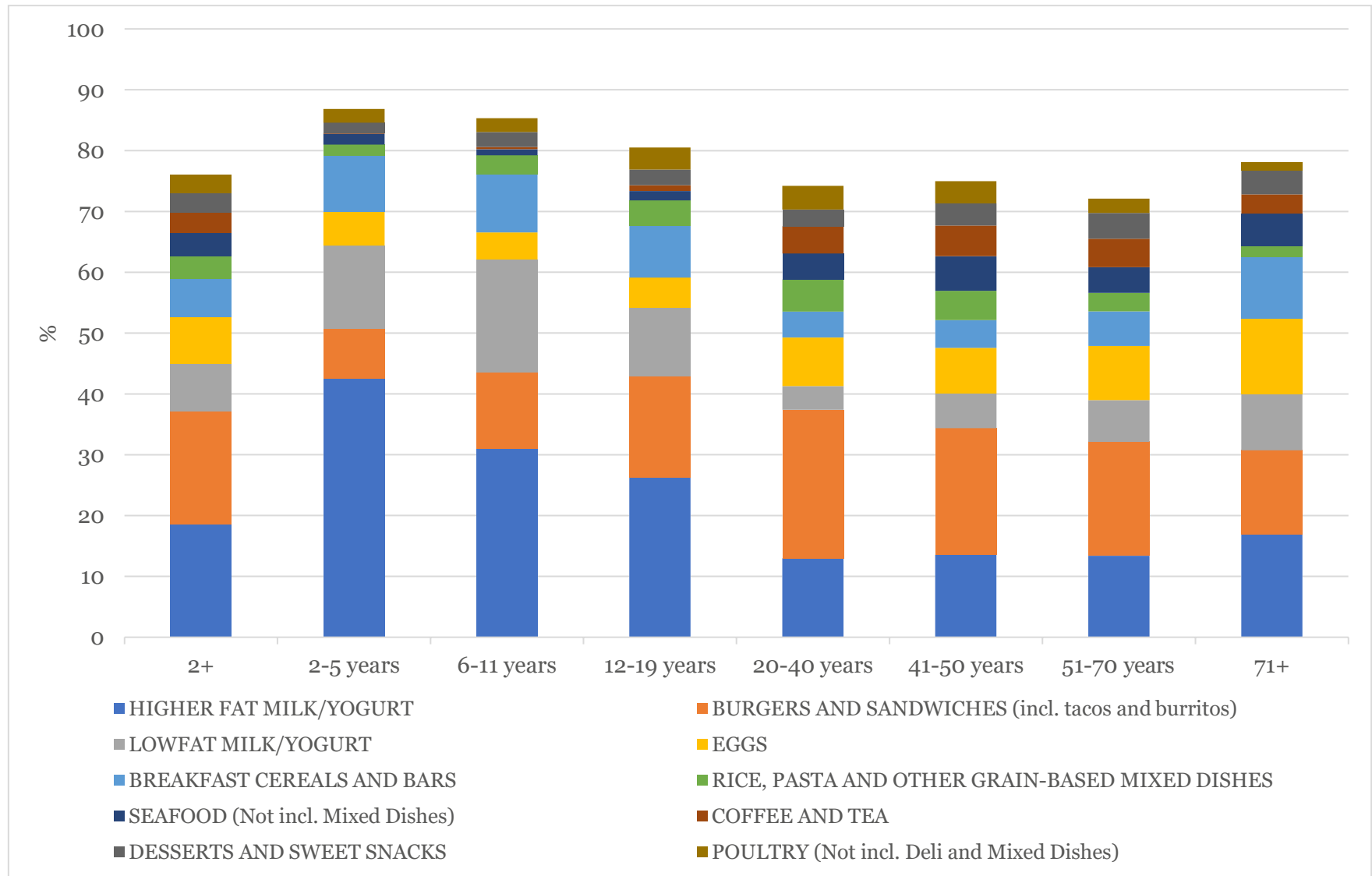


Figure 6. 5: Females - Distribution of total vitamin D intake (percentages) across major categories

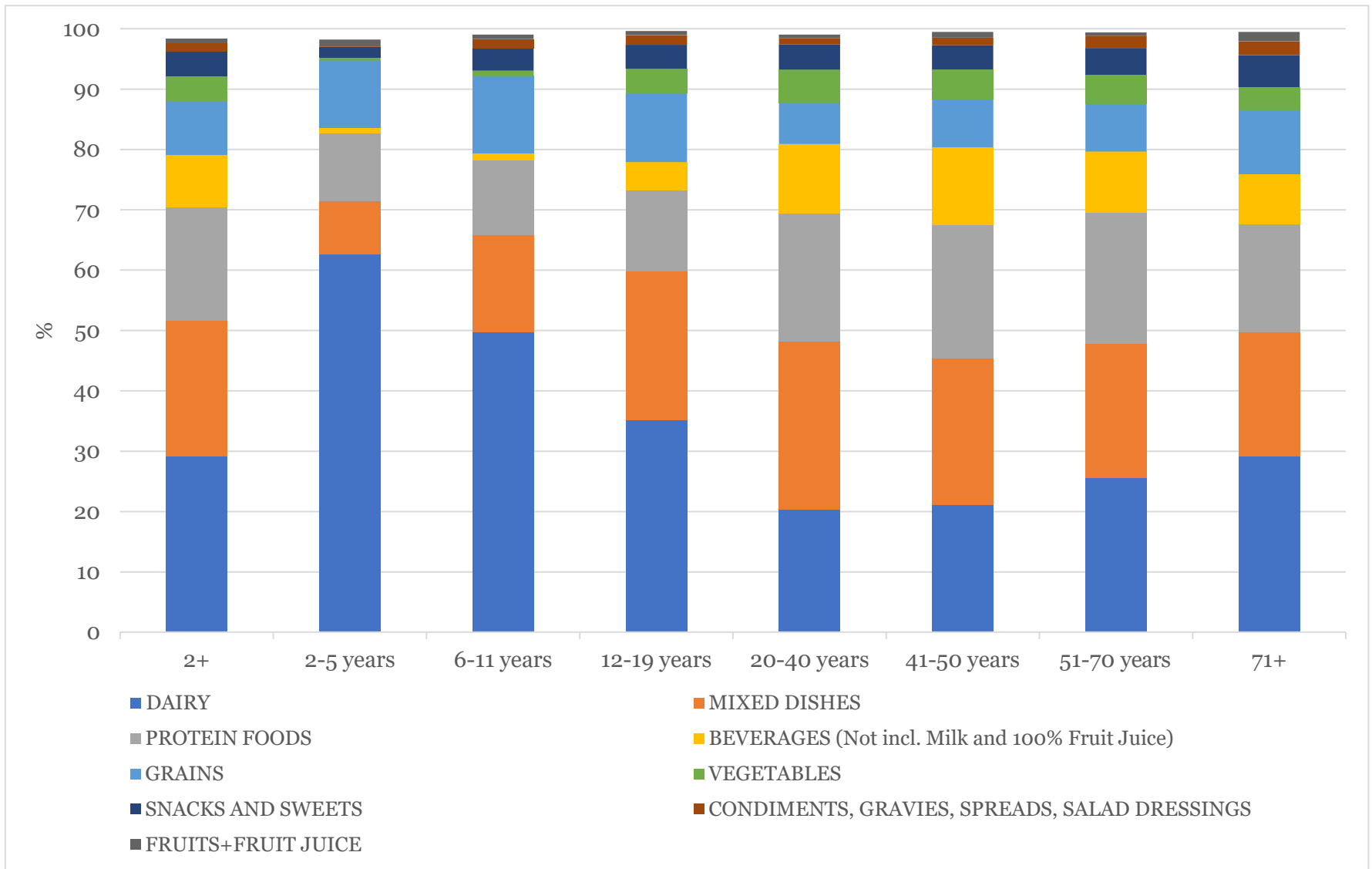
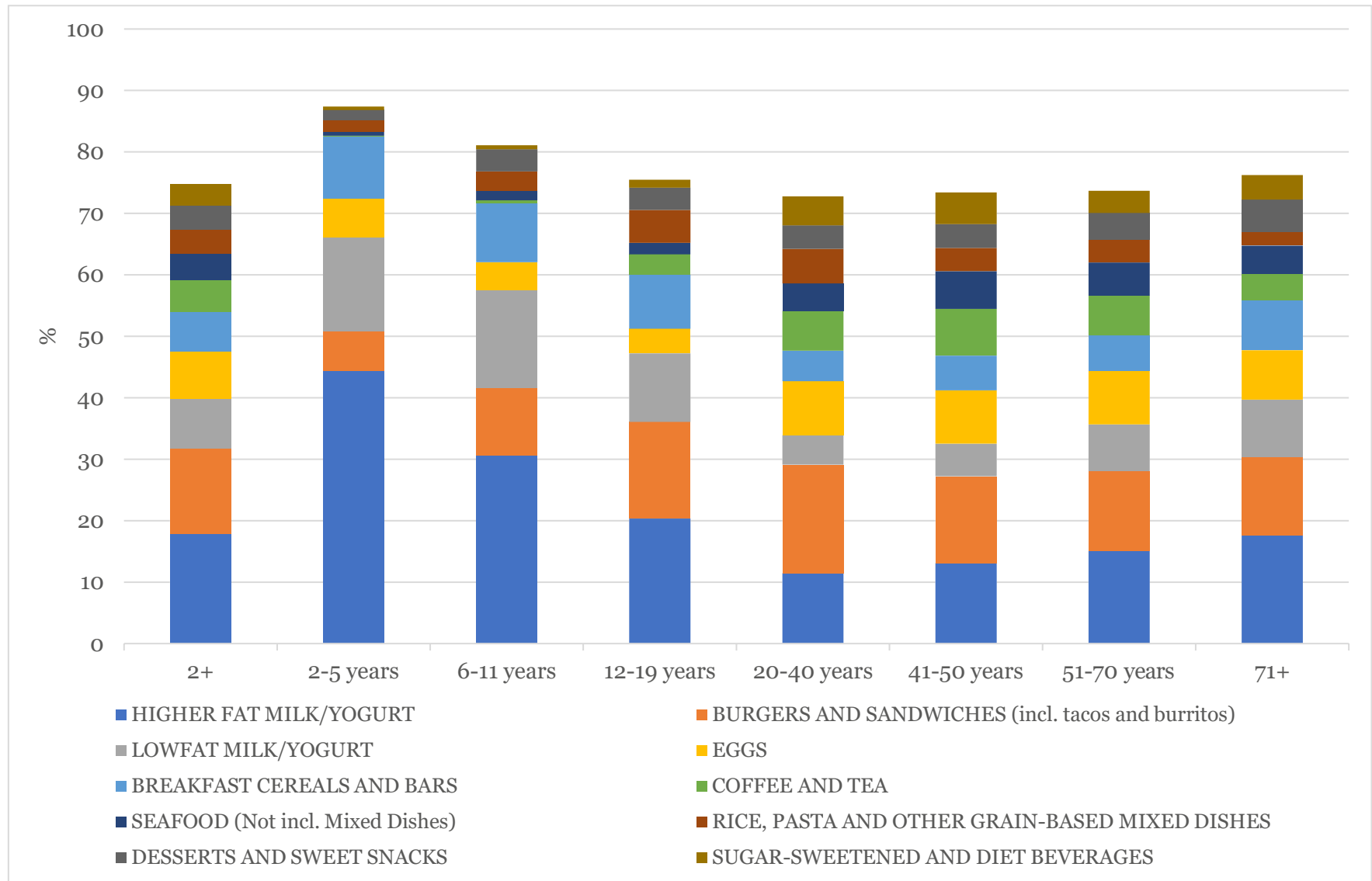


Figure 6. 6: Females - Distribution of total vitamin D intake (percentages) across top 10 sub-categories



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SOURCES OF ENERGY INTAKE

NHANES 2013-16

Acknowledgements

The following individuals represent the team who produced this analysis:

Edwina Wambogo¹

Jill Reedy¹

Marissa Shams-White¹

¹National Cancer Institute, NIH

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Sources of energy intake among the U.S. population, 2013-16

Objective

The purpose of this research was to identify top sources of energy among the U.S. population.

Methods

We used the 2013-16 National Health and Nutrition Examination Survey (NHANES) data to determine the weighted population contribution of food categories to energy intake. We categorized the NHANES dietary data into 150 mutually exclusive What We Eat In America (WWEIA) Food Categories [1]. We further regrouped these 150 food categories into 9 major categories and 36 sub-categories. The focus of the food categorization system is to group similar foods and beverages on the basis of usage and nutrient content. Each food within the categories is linked to the food codes in the Food and Nutrient Database for Dietary Studies (FNDDS), which provides ingredient proportions and nutrient values [2].

Table A

List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of WWEIA Food Categories

Tables 1-6

There are six tables for percent of total energy intake for sex-age groups of the U.S. population from the WWEIA Food Categories

Figures 1-6

There are six figures for the percent of total energy intake for sex-age groups of the U.S. population from the WWEIA Food Categories

Selected Key Findings

By major category: The top source of energy for all sex-age groups was mixed dishes. The second top source of energy was snacks and sweets, except for females 20-40 and males 20-50 years, whose second top source of energy intake was beverages (Not incl. Milk and 100% Juice).

By sub-category: The top sources of energy for all sex-age groups were burgers and sandwiches; desserts and sweet snacks; rice, pasta, and grain-based mixed dishes; and

sugar-sweetened and diet beverages. Alcoholic beverages contributed more to energy intake among males than females 20 years and older.

Table A: List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories

Major categories (n=9) and sub-categories (n=36) for DGAC analyses of contributions of food category intake to energy intake.

MAJOR CATEGORY	SUB-CATEGORY	WWEIA CATEGORY	SPECIFIC CATEGORY FROM WWEIA
<u>DAIRY</u>			
	LOW-FAT MILK/YOGURT		
		1006	Milk, low-fat
		1008	Milk, nonfat
		1206	Flavored milk, low-fat
		1208	Flavored milk, nonfat
		1404	Milk substitutes
	HIGHER FAT MILK/YOGURT		
		1002	Milk, whole
		1004	Milk, reduced fat
		1202	Flavored milk, whole
		1204	Flavored milk, reduced fat
		1402	Milk shakes and other dairy drinks
		1820	Yogurt, regular
		1822	Yogurt, Greek
	CHEESE		
		1602	Cheese
		1604	Cottage/ricotta cheese
<u>PROTEIN FOODS</u>			
	MEATS (Not Incl. Deli and Mixed Dishes)		
		2002	Beef, excludes ground
		2004	Ground beef
		2006	Pork
		2008	Lamb, goat, game
		2010	Liver and organ meats
	DELI/CURED PRODUCTS (Meat and Poultry)		
		2602	Cold cuts and cured meats
		2604	Bacon
		2606	Frankfurters
		2608	Sausages
	POULTRY (Not Incl. Deli and Mixed Dishes)		

2202	Chicken, whole pieces
2204	Chicken patties, nuggets and tenders
2206	Turkey, duck, other poultry

SEAFOOD (Not Incl. Mixed Dishes)

2402	Fish
2404	Shellfish

EGGS

2502	Eggs and omelets
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NUTS, SEEDS, AND SOY

2804	Nuts and seeds
2806	Processed soy products

MIXED DISHES**PIZZA**

3602	Pizza
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BURGERS AND SANDWICHES (Incl. Tacos and Burritos)

3702	Burgers (single code)
3704	Chicken/turkey sandwiches (single code)
3706	Egg/breakfast sandwiches (single code)
3708	Other sandwiches (single code+ combo codes)
3502	Burritos and Tacos
3703	Frankfurter sandwiches (single code + combo codes)
3720	Cheese sandwiches (single code + combo codes)
3722	Peanut butter and jelly sandwiches (single code + combo codes)

MEAT, POULTRY, SEAFOOD MIXED DISHES

3002	Meat mixed dishes
3004	Poultry mixed dishes
3006	Seafood mixed dishes
3404	Stir-fry and soy-based sauce mixtures

RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES

3202	Rice mixed dishes
3204	Pasta mixed dishes, excludes macaroni and cheese
3206	Macaroni and cheese
3208	Turnovers and other grain-based items
3402	Fried rice and lo/chow mein
3406	Egg rolls, dumplings, sushi
3506	Other Mexican mixed dishes

SOUPS	3802	Soups
<u>GRAINS</u>		
RICE AND PASTA		
	4002	Rice
	4004	Pasta, noodles, cooked grains
YEAST BREADS AND TORTILLAS		
	4202	Yeast breads
	4204	Rolls and buns
	4206	Bagels and English muffins
	4208	Tortillas
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)		
	4402	Biscuits, muffins, quick breads
	4404	Pancakes, waffles, French toast
BREAKFAST CEREALS AND BARS		
	4602	Ready-to-eat cereal, higher sugar (>21.2g/100g)
	4604	Ready-to-eat cereal, lower sugar (≤21.2g/100g)
	4802	Oatmeal
	4804	Grits and other cooked cereals
	5402	Cereal bars
	5404	Nutrition bars
<u>SNACKS AND SWEETS</u>		
CHIPS, CRACKERS, AND SAVORY SNACKS		
	5002	Potato chips
	5004	Tortilla, corn, other chips
	5006	Popcorn
	5008	Pretzels/snack mix
	5202	Crackers, excludes saltines
	5204	Saltine crackers
	3504	Nachos
DESSERTS AND SWEET SNACKS		
	5502	Cakes and pies
	5504	Cookies and brownies
	5506	Doughnuts, sweet rolls, pastries
	5802	Ice cream and frozen dairy desserts
	5804	Pudding
	5806	Gelatins, ices, sorbets
CANDY AND SUGARS		
	5702	Candy containing chocolate
	5704	Candy not containing chocolate
	8802	Sugars and honey

8804 Sugar substitutes
8806 Jams, syrups, toppings

FRUITS and FRUIT JUICE

FRUIT (Non-Juice)

6002 Apples
6004 Bananas
6006 Grapes
6008 Peaches and nectarines
6010 Berries
6012 Citrus fruits
6014 Melons
6016 Dried fruits
6018 Other fruits and fruit salads

100% FRUIT JUICE

7002 Citrus juice
7004 Apple juice
7006 Other fruit juice

VEGETABLES

VEGETABLES (Incl. Beans and Peas, not Starchy)

6402 Tomatoes
6404 Carrots
6406 Other red and orange vegetables
6408 Dark green vegetables, excludes lettuce
6410 Lettuce and lettuce salads (Incl. combo codes)
6412 String beans
6414 Onions
8410 Pasta sauces, tomato-based
6420 Other vegetables and combinations
6422 Vegetable mixed dishes
7008 Vegetable juice
2802 Beans, peas, legumes

STARCHY VEGETABLES

6416 Corn
6418 Other starchy vegetables
6802 White potatoes, baked or boiled
6804 French fries and other fried white potatoes
6806 Mashed potatoes and white potato mixtures

BEVERAGES (NOT INCL. MILK AND 100% FRUIT JUICE) *

SUGAR-SWEETENED AND DIET BEVERAGES

7102	Diet soft drinks
7104	Diet sport and energy drinks
7106	Other diet drinks
7202	Soft drinks
7204	Fruit drinks
7206	Sport and energy drinks
7208	Nutritional beverages
7802	Flavored or carbonated water
7220	Smoothies and grain drinks
COFFEE AND TEA	
7302	Coffee
7304	Tea
ALCOHOLIC BEVERAGES	
7502	Beer
7504	Wine
7506	Liquor and cocktails
WATERS	
7702	Tap water
7704	Bottled water
7804	Enhanced or fortified water
<u>CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS</u>	
CONDIMENTS AND GRAVIES	
8402	Tomato-based condiments
8404	Soy-based condiments
8406	Mustard and other condiments
8408	Olives, pickles, pickled vegetables
8412	Dips, gravies, other sauces
SPREADS	
8002	Butter and animal fats
8004	Margarine
8006	Cream cheese, sour cream, whipped cream
8008	Cream and cream substitutes
SALAD DRESSINGS	
8010	Mayonnaise
8012	Salad dressings and vegetable oils

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*Note: Each data table in this section has a figure that directly corresponds with the data in the table. Figures do not include a description as it would be a direct repetition of the data in the preceding tables.

Percent of total energy intake, 2013-16, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total energy intakes from WWEIA Food Categories, regrouped into DGAC major categories and sub-categories as described elsewhere, for individuals 2 years and older based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children have been excluded. The sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 2: Males and Females - Distribution of energy intake (percentages) across major categories

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	29.91	24.44	30.76	33.97	32.52	29.25	27.80	26.09
SNACKS AND SWEETS	15.45	20.01	20.94	16.74	12.82	13.84	15.19	17.46
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	12.40	4.40	6.05	9.66	15.93	15.72	12.84	9.07
PROTEIN FOODS	11.77	10.48	8.93	9.61	12.26	12.66	12.90	11.70
GRAINS	10.46	11.31	12.12	11.00	8.97	10.26	10.61	12.23
VEGETABLES	7.95	4.42	4.75	6.22	8.17	8.86	9.23	9.34
DAIRY	6.06	15.30	10.20	7.41	4.22	4.48	5.24	5.76
FRUITS+FRUIT JUICE	3.84	7.55	4.38	3.64	3.00	3.01	3.81	5.34
CONDIMENTS, GRAVIES, SPREADS, AND SALAD DRESSINGS	1.78	1.06	1.49	1.38	1.68	1.71	2.08	2.53
TOTAL*	99.61	98.97	99.62	99.63	99.58	99.78	99.69	99.52

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWEIA category – other

Table 3: Males and Females - Distribution of energy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	14.76	10.96	14.15	16.38	16.40	14.33	14.01	13.18
DESSERTS AND SWEET SNACKS	8.25	9.61	10.46	8.21	6.35	7.36	8.42	12.19
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.40	6.94	7.11	7.09	6.95	6.59	5.60	4.88
SUGAR-SWEETENED AND DIET BEVERAGES	5.96	3.35	5.31	7.18	7.98	6.50	4.46	3.72
CHIPS, CRACKERS, AND SAVORY SNACKS	4.85	7.36	6.90	5.84	4.47	4.54	4.41	3.19
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.39	1.66	1.87	2.72	4.42	5.41	5.52	5.54
PIZZA	3.87	3.95	5.75	6.53	4.57	3.14	2.41	1.85
HIGHER FAT MILK/YOGURT	3.71	10.88	6.26	4.67	2.45	2.92	2.94	3.35
BREAKFAST CEREALS AND BARS	3.61	4.88	4.53	4.30	2.87	3.08	3.54	4.48
POULTRY (Not incl. Deli and Mixed Dishes)	3.58	4.11	3.81	4.23	4.11	3.41	3.09	2.27
STARCHY VEGETABLES	3.55	2.76	2.88	3.50	3.74	3.45	3.71	3.80
MEAT, POULTRY, AND SEAFOOD MIXED DISHES	3.43	1.38	2.33	2.72	3.34	3.65	4.19	4.29
YEAST BREADS AND TORTILLAS	3.34	2.40	3.03	2.75	2.94	3.61	3.79	4.51
ALCOHOLIC BEVERAGES	3.33	0.00	0.03	0.36	4.73	4.99	4.30	2.36
COFFEE AND TEA	2.98	0.35	0.61	2.06	3.10	4.12	3.99	2.92
FRUIT (Non-Juice)	2.81	4.69	2.85	2.43	2.16	2.32	3.09	4.07
CANDY AND SUGARS	2.35	3.04	3.58	2.69	2.00	1.94	2.35	2.08
NUTS, SEEDS, AND SOY	2.01	0.82	0.85	0.92	1.69	2.51	3.02	2.48
MEATS (Not incl. Deli and Mixed Dishes)	1.96	0.86	1.14	1.83	2.16	2.16	2.18	1.96
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.80	2.69	3.11	2.39	1.22	1.76	1.63	1.73

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EGGS	1.79	1.88	1.28	1.16	1.99	1.86	1.79	2.23
RICE AND PASTA	1.70	1.35	1.45	1.56	1.94	1.81	1.65	1.51
SOUPS	1.44	1.21	1.41	1.24	1.26	1.53	1.59	1.89
CHEESE	1.28	1.96	1.20	1.19	1.28	0.83	1.45	1.25
DELI/CURED PRODUCTS (Meat and Poultry)	1.26	2.15	1.36	0.90	1.11	1.10	1.43	1.38
SEAFOOD (Not incl. Mixed Dishes)	1.17	0.65	0.50	0.57	1.20	1.62	1.39	1.39
LOW-FAT MILK/YOGURT	1.08	2.46	2.73	1.56	0.49	0.72	0.85	1.16
100 % FRUIT JUICE	1.03	2.86	1.53	1.21	0.84	0.69	0.72	1.27
SPREADS	0.80	0.38	0.66	0.46	0.50	0.71	1.05	1.91
CONDIMENTS AND GRAVIES	0.71	0.44	0.59	0.65	0.83	0.76	0.75	0.44
SALAD DRESSINGS	0.28	0.23	0.24	0.26	0.35	0.24	0.28	0.19
WATERS	0.13	0.70	0.10	0.06	0.13	0.11	0.10	0.07
TOTAL*	99.61	98.97	99.62	99.63	99.58	99.78	99.69	99.52

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWEIA category – other

MALES**Table 4: Males - Distribution of energy intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	31.29	25.19	32.39	35.88	35.16	30.45	29.11	26.45
SNACKS AND SWEETS	14.33	20.54	20.52	16.26	11.25	12.41	14.79	15.81
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	12.93	4.73	6.54	9.33	16.78	17.11	13.65	9.57
PROTEIN FOODS	11.96	10.12	8.58	9.86	12.69	13.13	13.02	13.65
GRAINS	9.96	11.54	11.23	10.65	8.36	9.92	10.52	11.77
VEGETABLES	7.07	4.17	4.24	5.27	6.85	8.10	8.71	9.70
DAIRY	6.12	14.27	10.66	7.72	4.24	4.43	4.33	5.73
FRUITS+FRUIT JUICE	3.53	7.29	4.21	3.49	2.72	2.51	3.56	4.39
CONDIMENTS, GRAVIES, SPREADS, AND SALAD DRESSINGS	1.61	1.03	1.25	1.14	1.48	1.71	2.03	2.33
TOTAL*	98.80	98.89	99.62	99.59	99.55	99.79	99.73	99.40

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWEIA category – other

Table 5: Males - Distribution of energy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	16.16	12.09	15.07	18.16	18.53	15.90	15.43	14.49
DESSERTS AND SWEET SNACKS	7.54	9.66	9.69	8.20	5.45	6.84	8.07	11.30
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.31	6.60	6.84	6.38	6.90	7.31	5.36	5.04
SUGAR-SWEETENED AND DIET BEVERAGES	6.17	3.57	5.86	7.50	8.35	6.75	4.45	3.58
CHIPS, CRACKERS, AND SAVORY SNACKS	4.61	7.79	6.84	5.45	3.99	3.88	4.53	2.97
PIZZA	4.11	4.44	6.39	6.95	5.13	2.50	2.68	1.14
ALCOHOLIC BEVERAGES	4.02	0.00	0.02	0.35	5.49	6.86	5.34	3.26
HIGHER FAT MILK/YOGURT	3.95	10.12	6.47	5.28	2.61	2.92	2.45	3.44
POULTRY (Not incl. Deli and Mixed Dishes)	3.79	4.06	3.92	4.50	4.47	3.71	3.08	2.70
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.60	1.54	1.51	1.98	3.31	4.66	4.86	5.53
STARCHY VEGETABLES	3.47	2.63	2.74	3.29	3.54	3.45	3.85	4.17
MEAT, POULTRY, AND SEAFOOD MIXED DISHES	3.42	1.12	2.58	3.22	3.59	3.18	4.21	3.96
BREAKFAST CEREALS AND BARS	3.37	4.51	4.43	4.14	2.71	2.75	3.20	4.52
YEAST BREADS AND TORTILLAS	3.20	2.71	2.52	2.54	2.77	3.68	3.92	4.26
COFFEE AND TEA	2.59	0.34	0.58	1.44	2.82	3.43	3.78	2.66
FRUIT (Non-Juice)	2.46	4.28	2.73	2.25	1.82	1.85	2.80	3.30
MEATS (Not incl. Deli and Mixed Dishes)	2.21	0.64	0.95	1.99	2.63	2.36	2.64	2.28
CANDY AND SUGARS	2.19	3.09	3.98	2.60	1.80	1.70	2.19	1.54
NUTS, SEEDS, AND SOY	1.83	0.55	0.70	0.81	1.55	2.43	2.88	2.68
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.74	2.91	3.02	2.53	1.11	1.48	1.69	1.53
EGGS	1.71	1.89	1.16	1.22	1.82	1.69	1.63	2.79

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RICE AND PASTA	1.65	1.42	1.25	1.44	1.78	2.01	1.71	1.46
DELI/CURED PRODUCTS (Meat and Poultry)	1.31	2.18	1.42	0.82	1.05	1.15	1.59	1.78
SOUPS	1.30	0.94	1.53	1.16	1.01	1.56	1.44	1.83
CHEESE	1.10	1.75	1.16	0.85	1.17	0.64	1.20	1.14
SEAFOOD (Not incl. Mixed Dishes)	1.10	0.79	0.41	0.52	1.18	1.79	1.19	1.41
LOW-FAT MILK/YOGURT	1.07	2.40	3.03	1.59	0.46	0.88	0.68	1.16
100% FRUIT JUICE	1.06	3.01	1.48	1.24	0.90	0.66	0.76	1.09
SPREADS	0.69	0.35	0.44	0.35	0.40	0.72	1.01	1.82
CONDIMENTS AND GRAVIES	0.68	0.45	0.55	0.62	0.77	0.77	0.78	0.41
SALAD DRESSINGS	0.24	0.23	0.27	0.16	0.32	0.22	0.24	0.10
WATERS	0.15	0.83	0.08	0.04	0.12	0.09	0.09	0.07
TOTAL*	98.80	98.89	99.62	99.59	99.55	99.79	99.73	99.40

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWELIA category – other

FEMALES**Table 6: Females - Distribution of energy intake (percentages) across major categories**

DGAC major category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
MIXED DISHES	27.78	23.75	28.89	32.02	29.54	28.16	26.60	25.81
SNACKS AND SWEETS	16.26	19.52	21.43	17.23	14.60	15.14	15.55	18.75
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	11.51	4.09	5.49	10.01	14.98	14.45	12.10	8.68
PROTEIN FOODS	11.34	10.81	9.32	9.35	11.76	12.24	12.79	10.16
GRAINS	10.78	11.11	13.15	11.36	9.65	10.56	10.70	12.59
VEGETABLES	8.64	4.65	5.33	7.20	9.65	9.54	9.71	9.06
DAIRY	6.47	16.25	9.66	7.09	4.19	4.52	6.06	5.79
FRUITS+FRUIT JUICE	4.20	7.79	4.58	3.79	3.33	3.46	4.03	6.09
CONDIMENTS, GRAVIES, SPREADS, AND SALAD DRESSINGS	1.90	1.09	1.76	1.63	1.90	1.71	2.12	2.69
TOTAL*	98.87	99.05	99.63	99.67	99.61	99.77	99.66	99.61

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWEIA category – other

Table 7: Females - Distribution of energy intake (percentages) across sub-categories

DGAC sub-category	Age Groups (Years)							
	2+	2-5	6-11	12-19	20-40	41-50	51-70	71+
	%							
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)	12.91	9.91	13.11	14.57	13.99	12.91	12.71	12.16
DESSERTS AND SWEET SNACKS	8.77	9.56	11.34	8.22	7.37	7.83	8.74	12.89
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.41	7.26	7.42	7.82	7.00	5.95	5.82	4.76
SUGAR-SWEETENED AND DIET BEVERAGES	5.59	3.15	4.69	6.86	7.56	6.28	4.48	3.83
VEGETABLES (Incl. Beans and Peas, not Starchy)	5.07	1.77	2.29	3.48	5.68	6.09	6.13	5.55
CHIPS, CRACKERS, AND SAVORY SNACKS	5.02	6.96	6.97	6.24	5.01	5.14	4.31	3.36
HIGHER FAT MILK/YOGURT	3.94	11.58	6.02	4.04	2.25	2.93	3.38	3.29
BREAKFAST CEREALS AND BARS	3.82	5.24	4.64	4.47	3.06	3.37	3.86	4.45
STARCHY VEGETABLES	3.57	2.88	3.04	3.72	3.97	3.45	3.59	3.51
PIZZA	3.54	3.50	5.03	6.10	3.94	3.73	2.17	2.41
YEAST BREADS AND TORTILLAS	3.41	2.11	3.62	2.96	3.12	3.55	3.66	4.71
MEAT, POULTRY, AND SEAFOOD MIXED DISHES	3.36	1.63	2.06	2.21	3.07	4.08	4.17	4.54
POULTRY (Not incl. Deli and Mixed Dishes)	3.32	4.16	3.69	3.95	3.69	3.15	3.09	1.94
COFFEE AND TEA	3.26	0.35	0.64	2.70	3.41	4.75	4.17	3.13
FRUIT (Non-Juice)	3.17	5.07	2.99	2.61	2.54	2.75	3.35	4.68
ALCOHOLIC BEVERAGES	2.51	0.00	0.04	0.38	3.87	3.29	3.35	1.65
CANDY AND SUGARS	2.46	3.00	3.12	2.78	2.23	2.16	2.50	2.50
NUTS, SEEDS, AND SOY	2.11	1.08	1.01	1.04	1.86	2.58	3.14	2.32
EGGS	1.86	1.86	1.41	1.09	2.19	2.02	1.93	1.78
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.83	2.48	3.22	2.25	1.35	2.01	1.58	1.89
RICE AND PASTA	1.71	1.28	1.66	1.68	2.12	1.63	1.59	1.54

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MEATS (Not incl. Deli and Mixed Dishes)	1.65	1.06	1.34	1.67	1.63	1.98	1.76	1.70
SOUPS	1.56	1.45	1.27	1.31	1.54	1.50	1.72	1.93
CHEESE	1.45	2.16	1.25	1.54	1.41	1.01	1.69	1.34
DELI/CURED PRODUCTS (Meat and Poultry)	1.21	2.12	1.28	0.97	1.18	1.05	1.29	1.06
SEAFOOD (Not incl. Mixed Dishes)	1.19	0.52	0.60	0.63	1.22	1.46	1.58	1.36
LOW-FAT MILK/YOGURT	1.07	2.51	2.39	1.52	0.52	0.58	0.99	1.16
100% FRUIT JUICE	1.04	2.71	1.59	1.18	0.78	0.71	0.68	1.41
SPREADS	0.88	0.42	0.90	0.58	0.61	0.69	1.08	1.98
CONDIMENTS AND GRAVIES	0.71	0.43	0.64	0.69	0.89	0.76	0.72	0.46
SALAD DRESSINGS	0.31	0.24	0.22	0.36	0.39	0.25	0.32	0.25
WATERS	0.15	0.59	0.13	0.07	0.14	0.13	0.10	0.07
TOTAL*	98.87	99.05	99.63	99.67	99.61	99.77	99.66	99.61

*Totals are less than 100% because results do not include baby foods, infant formulas, and WWELA category – other

Figure 1: Males and Females - Distribution of energy intake (percentages) across major categories

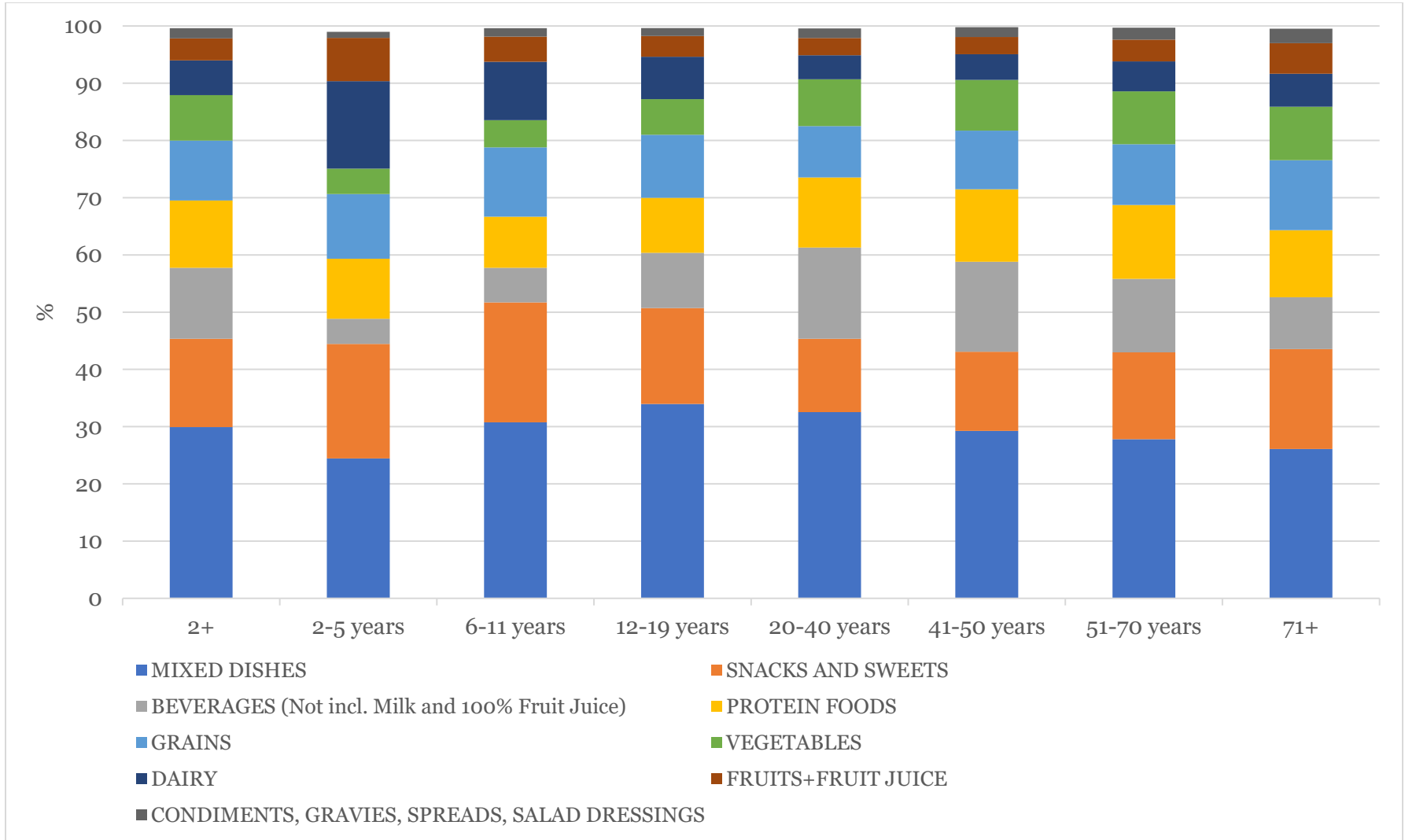


Figure 2: Males and Females - Distribution of energy intake (percentages) across top 10 sub-categories

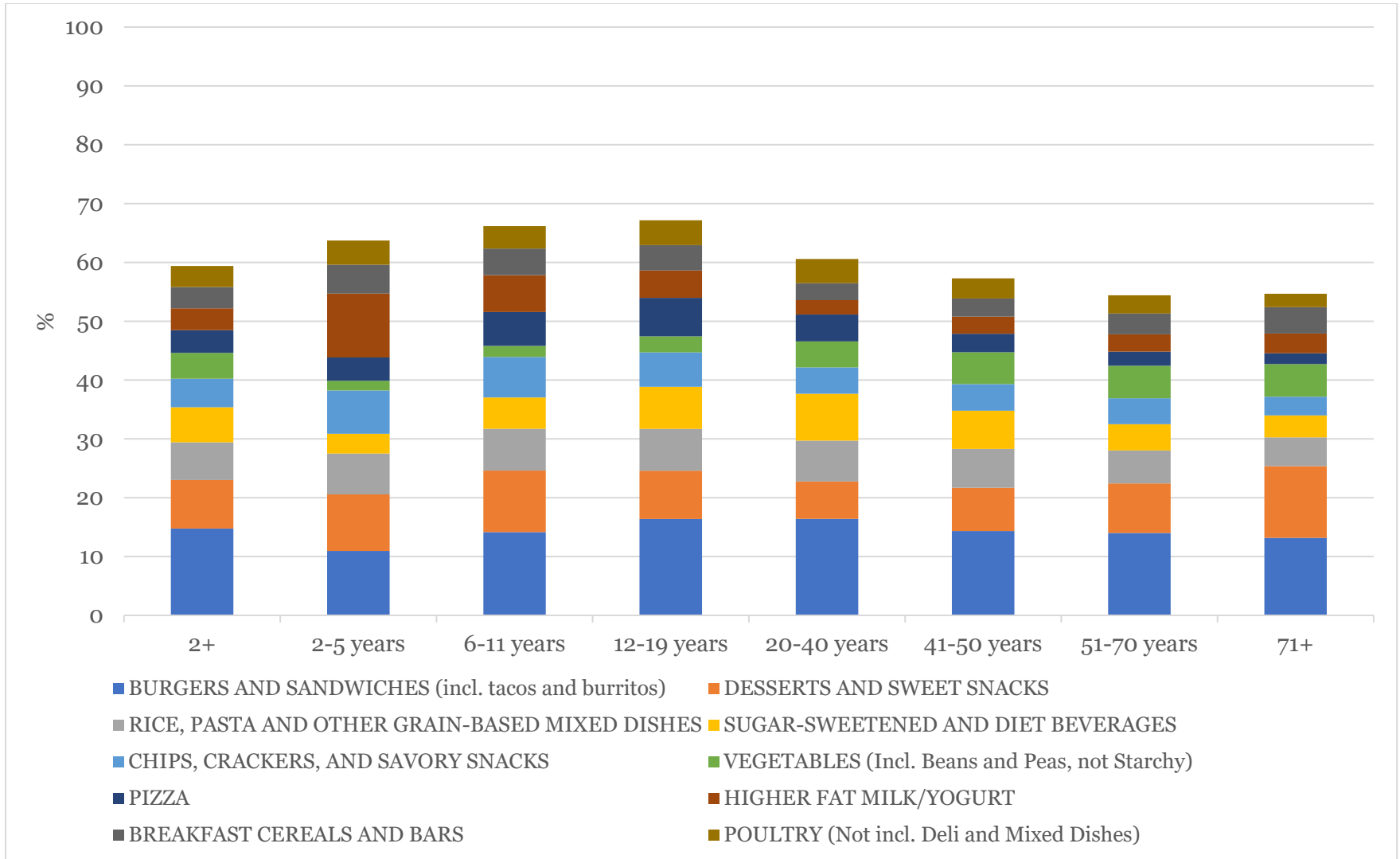


Figure 3: Males - Distribution of energy intake (percentages) across major categories

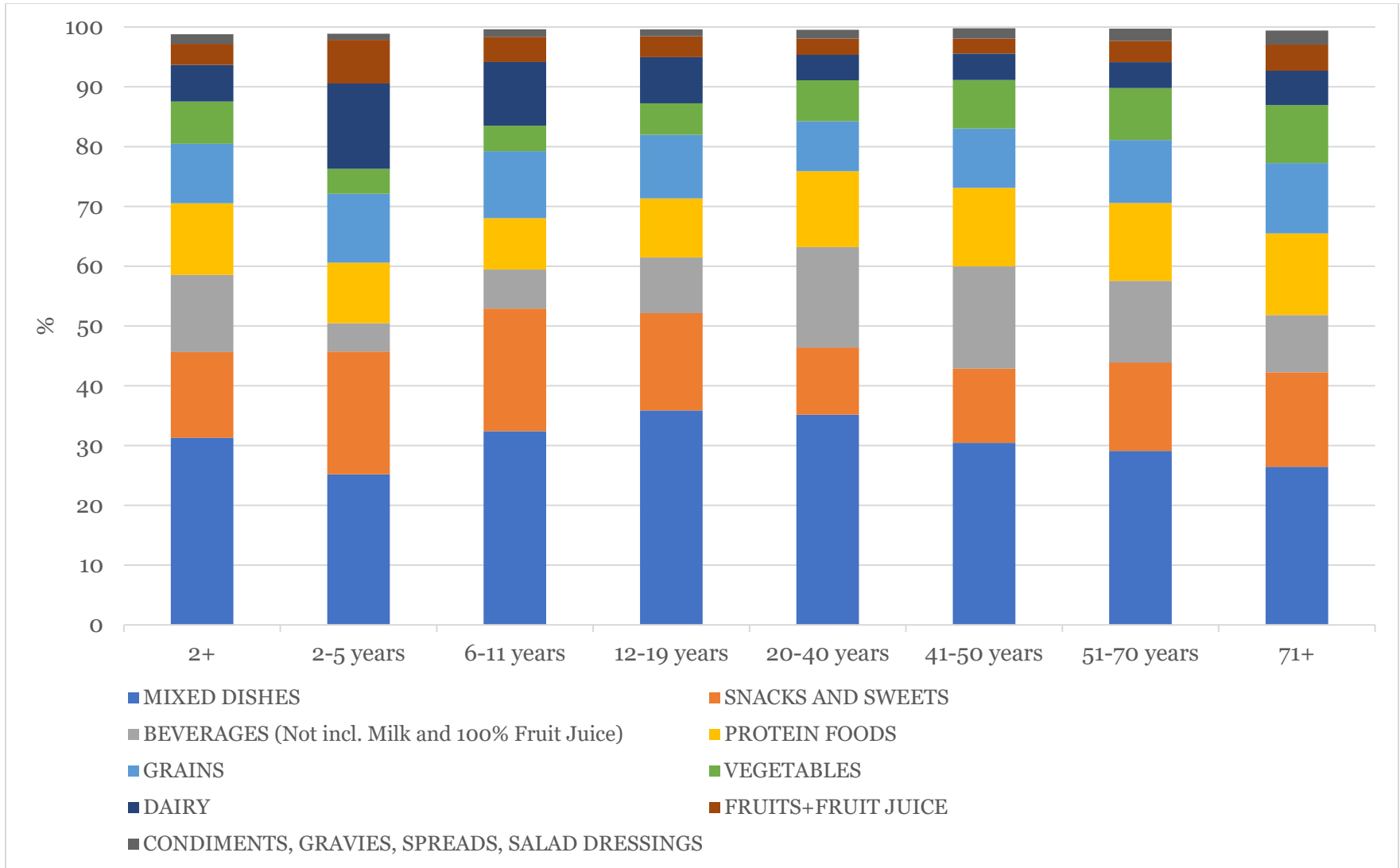


Figure 4: Males - Distribution of energy intake (percentages) across top 10 sub-categories

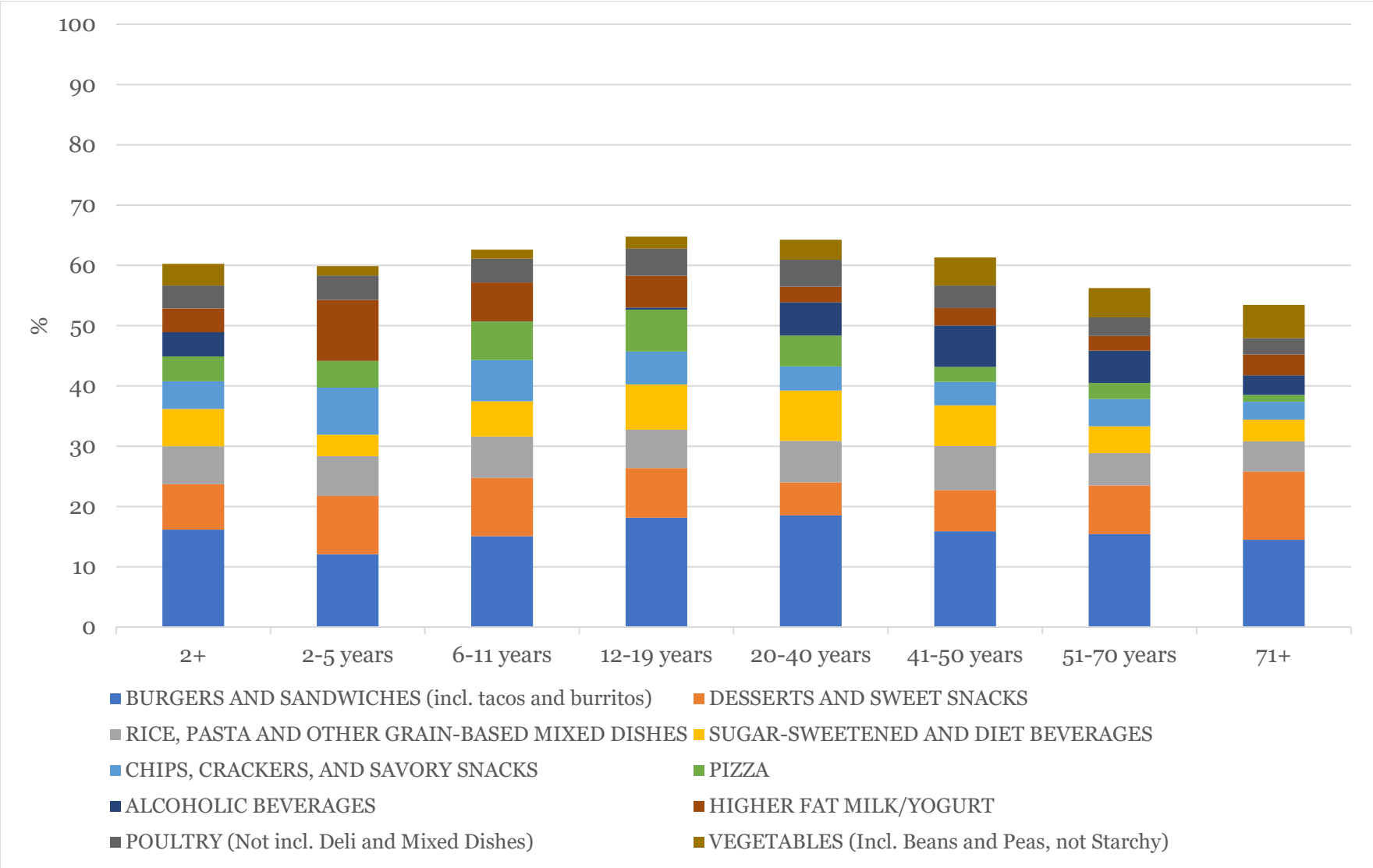


Figure 5: Females - Distribution of energy intake (percentages) across major categories

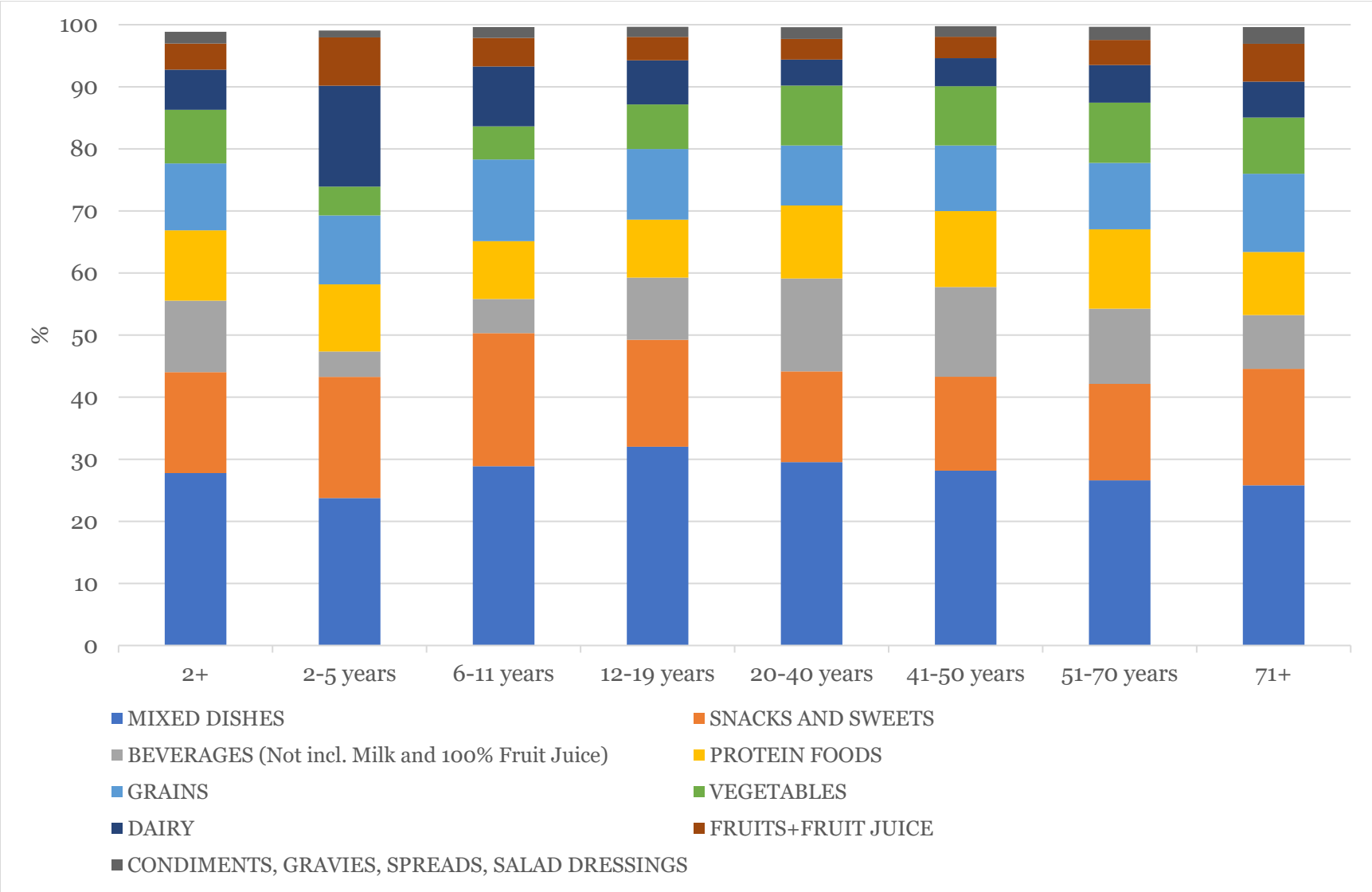
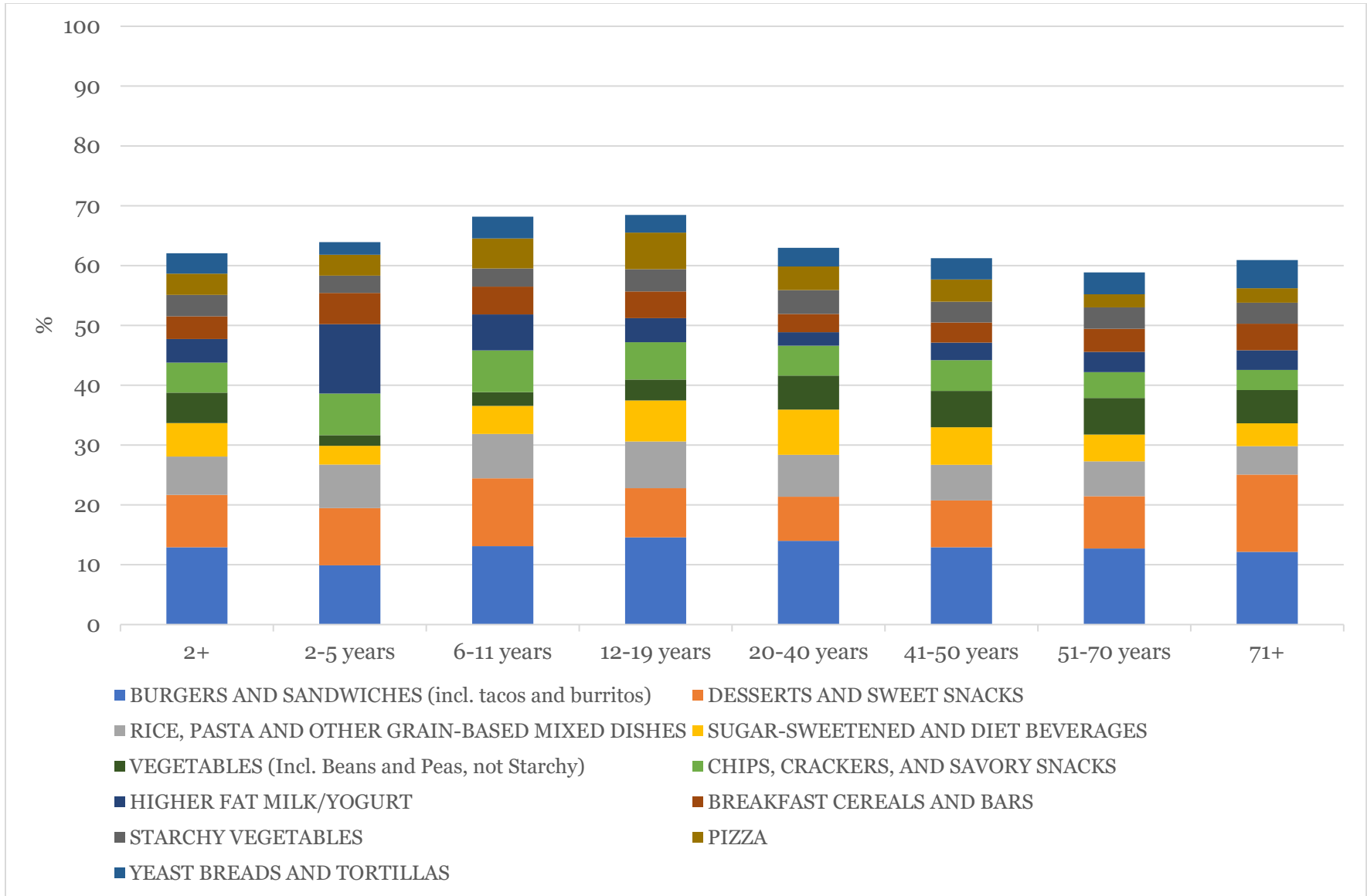


Figure 6: Females - Distribution of energy intake (percentages) across top 10 sub-categories



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SOURCES OF ENERGY INTAKE, BY RACE/ETHNICITY AND INCOME

NHANES 2013-16

Acknowledgements

The following individuals represent the team who produced this analysis:

Edwina Wambogo¹

Jill Reedy¹

Marissa Shams-White¹

National Cancer Institute, NIH

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Sources of energy intake by race/ethnicity and income among the U.S. population, 2013-16

Objective

The purpose of this research was to identify the major contributors to energy intake by race/ethnicity and income among the U.S. population.

Methods

We used the 2013-16 National Health and Nutrition Examination Survey (NHANES) data to determine the weighted population contribution of food categories to energy intake. We categorized the NHANES dietary data into 150 mutually exclusive What We Eat In America (WWEIA) Food Categories [1]. We further regrouped these 150 food categories into 9 major categories and 36 sub-categories. The focus of the food categorization system is to group similar foods and beverages on the basis of usage and nutrient content. Each food within the categories is linked to the food codes in the Food and Nutrient Database for Dietary Studies (FNDDS), which provides ingredient proportions and nutrient values [2]. Additionally, the Food Patterns Equivalents Database (FPED) data [3], was used to determine food groupings.

Table A.

List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories.

Table 1.1 – 2-6

There are 8 tables for the percentage contribution of various food groups to total energy intake, by race/ethnicity, and by income.

Figure 1.1 – 2.6

There are 8 figures for the percentage contribution of various food groups to total energy intake, by race/ethnicity, and by income.

Selected Key Findings

Race/ethnicity:

By major category: Mixed dishes contributed the most to energy intake for all race/ethnic groups. Snacks and sweets category was the next major contributor to energy intake for non-Hispanic whites, Mexican Americans, non-Hispanic blacks and other race/ethnic groups. Non-Hispanic Asians obtained the second largest proportion of their energy intake from grains, and the contribution of beverages to their energy intake was much lower than for other groups.

By sub-category: Burgers and sandwiches was the largest contributor to energy intake for all race/ethnic groups. Sugar-sweetened and diet beverages contributed more to energy intake for Mexican Americans, other Hispanics, non-Hispanic blacks and other race/ethnic groups, and the least to energy intake of non-Hispanic Asians.

Income:

By major category: For both income groups, the top two sources of energy were mixed dishes and snacks and sweets. Dairy provided a larger proportion of energy for children 2-11 years, compared to other age groups

By sub-category: Burgers and sandwiches was the top sub-category contributor to energy intake for all age groups, followed by desserts and sweet snacks. Sugar-sweetened and diet beverages contributed more to energy intake for those adolescents 12-19 years. Overall, soft drinks contributed more to energy intake for the income category $\leq 185\%$ of the poverty index ratio, compared to those with incomes $>185\%$ of the poverty index ratio.

Table A: List of specific foods: Major categories and sub-categories for Dietary Guidelines 2020 analysis – Assignment of What We Eat In America (WWEIA) Food Categories

Major categories (n=9) and sub-categories (n=36) for DGAC analyses of contributions of food category intake to energy intake.

MAJOR CATEGORY	SUB-CATEGORY	WWEIA CATEGORY	SPECIFIC CATEGORY FROM WWEIA
<u>DAIRY</u>			
	LOW-FAT MILK/YOGURT		
		1006	Milk, low-fat
		1008	Milk, nonfat
		1206	Flavored milk, low-fat
		1208	Flavored milk, nonfat
		1404	Milk substitutes
	HIGHER FAT MILK/YOGURT		
		1002	Milk, whole
		1004	Milk, reduced fat
		1202	Flavored milk, whole
		1204	Flavored milk, reduced fat
		1402	Milk shakes and other dairy drinks
		1820	Yogurt, regular
		1822	Yogurt, Greek
	CHEESE		
		1602	Cheese
		1604	Cottage/ricotta cheese
<u>PROTEIN FOODS</u>			
	MEATS (Not Incl. Deli and Mixed Dishes)		
		2002	Beef, excludes ground
		2004	Ground beef
		2006	Pork
		2008	Lamb, goat, game
		2010	Liver and organ meats
	DELI/CURED PRODUCTS (Meat and Poultry)		
		2602	Cold cuts and cured meats
		2604	Bacon
		2606	Frankfurters

	2608	Sausages
POULTRY (Not Incl. Deli and Mixed Dishes)		
	2202	Chicken, whole pieces
	2204	Chicken patties, nuggets and tenders
	2206	Turkey, duck, other poultry
SEAFOOD (Not Incl. Mixed Dishes)		
	2402	Fish
	2404	Shellfish
EGGS		
	2502	Eggs and omelets
NUTS, SEEDS, AND SOY		
	2804	Nuts and seeds
	2806	Processed soy products
<u>MIXED DISHES</u>		
PIZZA		
	3602	Pizza
BURGERS AND SANDWICHES (Incl. Tacos and Burritos)		
	3702	Burgers (single code)
	3704	Chicken/turkey sandwiches (single code)
	3706	Egg/breakfast sandwiches (single code)
	3708	Other sandwiches (single code+ combo codes)
	3502	Burritos and Tacos
	3703	Frankfurter sandwiches (single code + combo codes)
	3720	Cheese sandwiches (single code + combo codes)
	3722	Peanut butter and jelly sandwiches (single code + combo codes)
MEAT, POULTRY, SEAFOOD MIXED DISHES		
	3002	Meat mixed dishes
	3004	Poultry mixed dishes
	3006	Seafood mixed dishes
	3404	Stir-fry and soy-based sauce mixtures
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES		
	3202	Rice mixed dishes
	3204	Pasta mixed dishes, excludes macaroni and cheese
	3206	Macaroni and cheese
	3208	Turnovers and other grain-based items
	3402	Fried rice and lo/chow mein

	3406	Egg rolls, dumplings, sushi
	3506	Other Mexican mixed dishes
SOUPS		
	3802	Soups
<u>GRAINS</u>		
RICE AND PASTA		
	4002	Rice
	4004	Pasta, noodles, cooked grains
YEAST BREADS AND TORTILLAS		
	4202	Yeast breads
	4204	Rolls and buns
	4206	Bagels and English muffins
	4208	Tortillas
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)		
	4402	Biscuits, muffins, quick breads
	4404	Pancakes, waffles, French toast
BREAKFAST CEREALS AND BARS		
	4602	Ready-to-eat cereal, higher sugar (>21.2g/100g)
	4604	Ready-to-eat cereal, lower sugar (≤21.2g/100g)
	4802	Oatmeal
	4804	Grits and other cooked cereals
	5402	Cereal bars
	5404	Nutrition bars
<u>SNACKS AND SWEETS</u>		
CHIPS, CRACKERS, AND SAVORY SNACKS		
	5002	Potato chips
	5004	Tortilla, corn, other chips
	5006	Popcorn
	5008	Pretzels/snack mix
	5202	Crackers, excludes saltines
	5204	Saltine crackers
	3504	Nachos
DESSERTS AND SWEET SNACKS		
	5502	Cakes and pies
	5504	Cookies and brownies
	5506	Doughnuts, sweet rolls, pastries
	5802	Ice cream and frozen dairy desserts
	5804	Pudding
	5806	Gelatins, ices, sorbets
CANDY AND SUGARS		
	5702	Candy containing chocolate

5704	Candy not containing chocolate
8802	Sugars and honey
8804	Sugar substitutes
8806	Jams, syrups, toppings

FRUITS and FRUIT JUICE

FRUIT (Non-Juice)

6002	Apples
6004	Bananas
6006	Grapes
6008	Peaches and nectarines
6010	Berries
6012	Citrus fruits
6014	Melons
6016	Dried fruits
6018	Other fruits and fruit salads

100% FRUIT JUICE

7002	Citrus juice
7004	Apple juice
7006	Other fruit juice

VEGETABLES

VEGETABLES (Incl. Beans and Peas, not Starchy)

6402	Tomatoes
6404	Carrots
6406	Other red and orange vegetables
6408	Dark green vegetables, excludes lettuce
6410	Lettuce and lettuce salads (Incl. combo codes)
6412	String beans
6414	Onions
8410	Pasta sauces, tomato-based
6420	Other vegetables and combinations
6422	Vegetable mixed dishes
7008	Vegetable juice
2802	Beans, peas, legumes

STARCHY VEGETABLES

6416	Corn
6418	Other starchy vegetables
6802	White potatoes, baked or boiled
6804	French fries and other fried white potatoes
6806	Mashed potatoes and white potato mixtures

BEVERAGES (NOT INCL. MILK AND 100% FRUIT JUICE) ***SUGAR-SWEETENED AND DIET BEVERAGES**

7102	Diet soft drinks
7104	Diet sport and energy drinks
7106	Other diet drinks
7202	Soft drinks
7204	Fruit drinks
7206	Sport and energy drinks
7208	Nutritional beverages
7802	Flavored or carbonated water
7220	Smoothies and grain drinks

COFFEE AND TEA

7302	Coffee
7304	Tea

ALCOHOLIC BEVERAGES

7502	Beer
7504	Wine
7506	Liquor and cocktails

WATERS

7702	Tap water
7704	Bottled water
7804	Enhanced or fortified water

CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS**CONDIMENTS AND GRAVIES**

8402	Tomato-based condiments
8404	Soy-based condiments
8406	Mustard and other condiments
8408	Olives, pickles, pickled vegetables
8412	Dips, gravies, other sauces

SPREADS

8002	Butter and animal fats
8004	Margarine
8006	Cream cheese, sour cream, whipped cream
8008	Cream and cream substitutes

SALAD DRESSINGS

8010	Mayonnaise
8012	Salad dressings and vegetable oils

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*Note: Each data table in this section has a figure that directly corresponds with the data in the table. Figures do not include a description as it would be a direct repetition of the data in the preceding tables.

Percent of total energy intake, 2013-16, by race/ethnicity, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total energy intake from WWEIA Food Categories, regrouped into DGAC major categories and subcategories as described elsewhere, for 2 years and older by racial/ethnic group, based on the day 1 dietary recalls from WWEIA, NHANES 2013-16. Breastfed children, and pregnant and lactating women have been excluded. The overall sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES, ages 2+)

Table 1. 1: Males and Females - Distribution of total energy intake (percentages) across major categories

DGAC major category	RACIAL/ETHNIC GROUP					
	NON-HISPANIC WHITES	MEXICAN AMERICANS	OTHER HISPANICS	NON-HISPANIC BLACKS	NON-HISPANIC ASIANS	OTHER RACE/ETHNIC GROUPS
	%					
MIXED DISHES	29.92	33.48	30.20	28.12	26.70	29.32
SNACKS AND SWEETS	15.97	14.01	13.78	16.47	12.04	15.41
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	12.71	11.64	12.71	13.01	7.75	13.66
PROTEIN FOODS	10.99	10.98	11.69	14.77	14.64	13.29
GRAINS	9.70	10.73	11.76	9.66	19.39	9.67
VEGETABLES	8.24	7.09	7.65	7.99	7.32	6.81
DAIRY	6.56	6.08	5.71	4.12	5.08	6.08
FRUITS+FRUIT JUICE	3.56	4.25	4.46	3.93	5.33	3.60
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	2.04	1.14	1.35	1.39	1.33	1.88
TOTAL*	99.69	99.40	99.32	99.46	99.58	99.73

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 1. 2: Males and Females - Distribution of total energy intake (percentages) across sub-categories

DGAC sub-category	RACIAL/ETHNIC GROUP					
	NON-HISPANIC WHITES	MEXICAN AMERICANS	OTHER HISPANICS	NON-HISPANIC BLACKS	NON-HISPANIC ASIANS	OTHER RACE/ETHNIC GROUPS
	%					
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	15.51	17.30	13.51	13.51	7.35	11.86
DESSERTS AND SWEET SNACKS	8.46	7.99	8.37	8.17	6.96	7.43
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	5.83	7.74	7.87	6.55	7.53	7.34
SUGAR-SWEETENED AND DIET BEVERAGES	5.55	7.15	7.08	7.41	2.95	7.00
CHIPS, CRACKERS, AND SAVORY SNACKS	4.98	4.41	3.51	5.68	3.25	5.94
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.60	4.18	4.43	3.70	5.06	2.88
PIZZA	3.93	3.52	4.17	3.94	2.53	5.16
ALCOHOLIC BEVERAGES	3.91	1.93	2.32	2.93	1.72	2.97
BREAKFAST CEREALS AND BARS	3.90	3.18	2.95	3.32	2.68	3.52
HIGHER FAT MILK/YOGURT	3.80	4.08	3.73	2.83	3.49	4.11
STARCHY VEGETABLES	3.65	2.91	3.22	4.29	2.27	3.93
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.61	2.54	2.89	2.93	5.00	3.34
COFFEE AND TEA	3.14	2.35	3.13	2.51	2.99	3.44
YEAST BREADS AND TORTILLAS	3.03	5.32	3.85	2.35	5.01	2.69

Table 1. 2 Continued: Males and Females - Distribution of total energy intake (percentages) across sub-categories

DGAC sub-category	RACIAL/ETHNIC GROUP					
	NON-HISPANIC WHITES	MEXICAN AMERICANS	OTHER HISPANICS	NON-HISPANIC BLACKS	NON-HISPANIC ASIANS	OTHER RACE/ETHNIC GROUPS
	%					
POULTRY (Not incl. Deli and Mixed Dishes)	2.86	3.52	4.22	6.54	3.93	4.66
FRUIT (Non-Juice)	2.72	2.98	3.01	2.31	4.43	2.63
CANDY AND SUGARS	2.54	1.61	1.91	2.61	1.83	2.04
NUTS, SEEDS, AND SOY	2.30	1.08	1.03	1.33	3.00	2.39
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.87	1.22	1.71	2.19	1.42	1.78
MEATS (Not incl. Deli and Mixed Dishes)	1.82	2.03	2.19	2.08	2.75	2.17
EGGS	1.67	2.64	2.11	1.48	1.95	1.51
CHEESE	1.52	1.06	1.04	0.77	0.52	1.12
DELI/CURED PRODUCTS (Meat and Poultry)	1.37	0.74	0.88	1.50	0.86	1.48
LOWFAT MILK/YOGURT	1.23	0.94	0.94	0.52	1.06	0.86
SOUPS	1.04	2.37	1.77	1.20	4.29	1.61
SPREADS	1.02	0.38	0.49	0.42	0.34	0.61
SEAFOOD (Not incl. Mixed Dishes)	0.98	0.97	1.25	1.83	2.15	1.08
RICE AND PASTA	0.90	1.01	3.24	1.80	10.28	1.68
100% FRUIT JUICE	0.85	1.27	1.45	1.62	0.89	0.97
CONDIMENTS AND GRAVIES	0.75	0.54	0.57	0.65	0.71	0.91
SALAD DRESSINGS	0.28	0.21	0.30	0.32	0.27	0.37
WATERS	0.11	0.21	0.17	0.16	0.10	0.24
TOTAL*	99.69	99.40	99.32	99.46	99.58	99.73

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Figure 1. 1: Males and Females - Distribution of total energy intake (percentages) across major categories

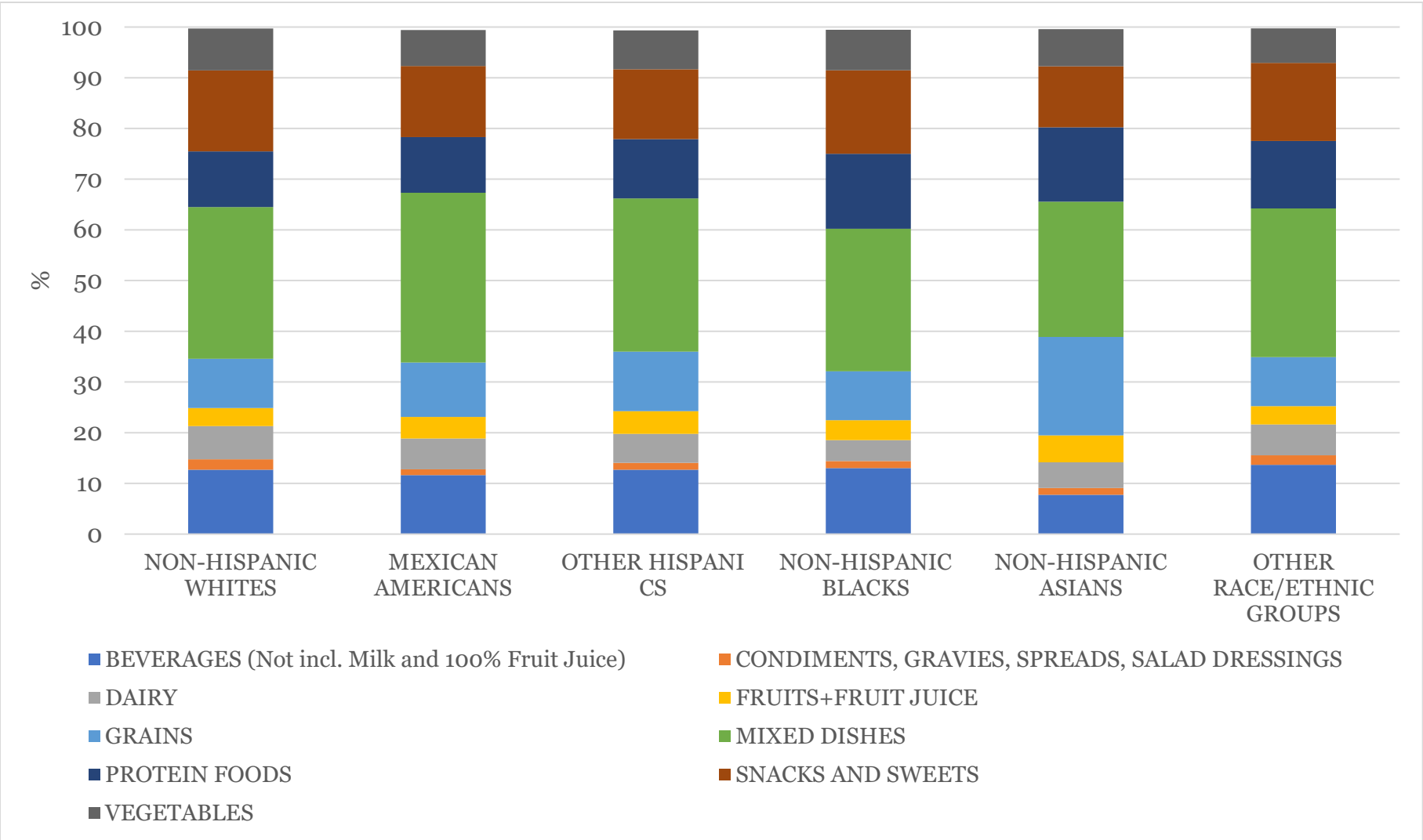
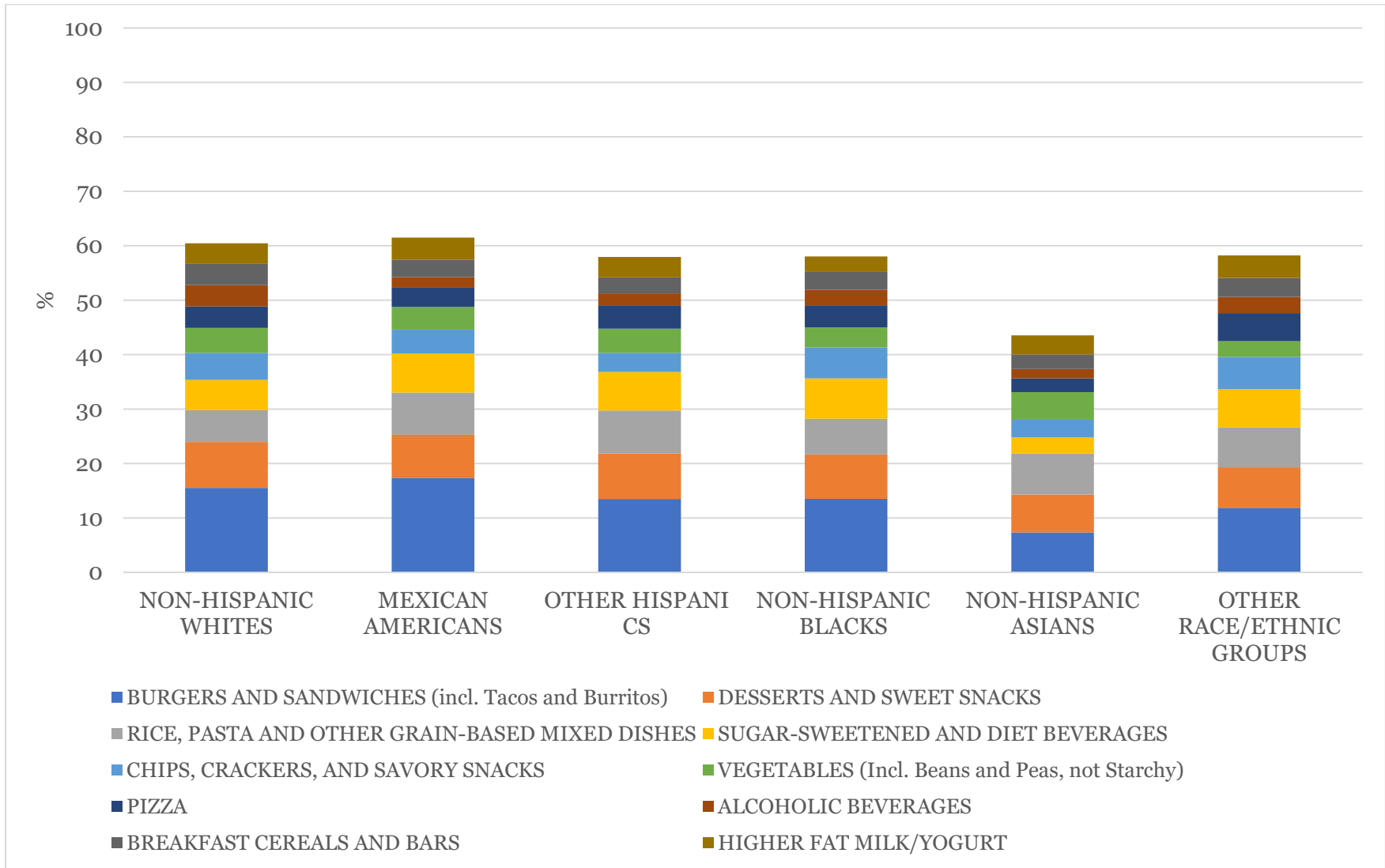


Figure 1. 2: Males and Females - Distribution of total energy intake (percentages) across top 10 sub-categories



Percent of total energy intake, 2013-16, by income, for U.S. population ages 2 years and older, from WWEIA Food Categories

These data are estimates of the percent of total energy intake from WWEIA Food Categories, regrouped into DGAC major categories and subcategories as described elsewhere, for 2 years and older by age/income group, based on the day 1 dietary recalls from WWEIA, NHANES 2013-16.

Breastfed children, and pregnant and lactating women have been excluded. The overall sample size is 15,807.

WHOLE SAMPLE (MALES + FEMALES)

Table 2. 1: Males and Females – Distribution of total energy intake (percentages) across major categories - Income >185% of the Poverty Index Ratio

DGAC major category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
MIXED DISHES	29.60	27.39	33.80	29.41
SNACKS AND SWEETS	15.64	21.85	17.59	14.50
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	12.10	4.88	9.08	13.51
PROTEIN FOODS	11.91	9.31	8.22	12.73
GRAINS	10.44	11.97	11.66	10.07
VEGETABLES	8.31	4.58	6.01	9.13
DAIRY	5.99	12.44	7.98	4.81
FRUITS+FRUIT JUICE	3.73	5.48	4.00	3.44
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.95	1.59	1.37	2.07
TOTAL*	99.66	99.49	99.71	99.68

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 2: Males and Females - Distribution of total energy intake (percentages) across sub-categories - Income >185% of the Poverty Index Ratio

DGAC sub-category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	14.90	13.46	17.00	14.85
DESSERTS AND SWEET SNACKS	8.19	10.34	8.96	7.79
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.24	6.45	6.61	6.17
SUGAR-SWEETENED AND DIET BEVERAGES	5.18	4.06	6.73	5.15
CHIPS, CRACKERS, AND SAVORY SNACKS	5.00	7.59	5.87	4.52
VEGETABLES (Incl. Beans and Peas, not Starchy)	4.68	1.77	2.68	5.35
ALCOHOLIC BEVERAGES	3.91	0.03	0.42	4.89
PIZZA	3.74	4.75	6.42	3.27
BREAKFAST CEREALS AND BARS	3.73	4.26	4.68	3.54
STARCHY VEGETABLES	3.63	2.81	3.33	3.78
HIGHER FAT MILK/YOGURT	3.50	8.00	4.89	2.67
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.46	1.80	2.81	3.78
POULTRY (Not incl. Deli and Mixed Dishes)	3.34	3.55	3.63	3.28
YEAST BREADS AND TORTILLAS	3.21	2.77	2.47	3.36
COFFEE AND TEA	2.88	0.47	1.90	3.35
FRUIT (Non-Juice)	2.84	3.79	2.61	2.73
NUTS, SEEDS, AND SOY	2.45	1.10	0.89	2.84
CANDY AND SUGARS	2.44	3.93	2.77	2.19
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.98	3.53	2.98	1.63
MEATS (Not incl. Deli and Mixed Dishes)	1.91	0.89	1.53	2.10
EGGS	1.76	1.45	0.84	1.92
RICE AND PASTA	1.51	1.41	1.54	1.53

Table 2. 2 Continued: Males and Females - Distribution of total energy intake (percentages) across sub-categories - Income >185% of the Poverty Index Ratio

DGAC sub-category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
CHEESE	1.33	1.61	1.33	1.29
DELI/CURED PRODUCTS (Meat and Poultry)	1.30	1.81	0.79	1.29
SOUPS	1.26	0.94	0.96	1.34
LOWFAT MILK/YOGURT	1.16	2.83	1.77	0.85
SEAFOOD (Not incl. Mixed Dishes)	1.14	0.51	0.55	1.30
SPREADS	0.90	0.77	0.59	0.95
100% FRUIT JUICE	0.89	1.70	1.38	0.71
CONDIMENTS AND GRAVIES	0.78	0.60	0.64	0.82
SALAD DRESSINGS	0.28	0.22	0.15	0.30
WATERS	0.13	0.31	0.03	0.11
TOTAL*	99.66	99.49	99.71	99.68

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 3: Males and Females- Percent contribution of sugar sweetened and diet beverages to total energy consumption- *Income >185% of the Poverty Index Ratio*

DGAC beverage category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
Soft drinks	2.68	1.58	3.66	2.73
Fruit drinks	0.74	1.64	1.61	0.50
Nutritional beverages	0.64	0.17	0.24	0.75
Smoothies and grain drinks	0.52	0.30	0.29	0.58
Sport and energy drinks	0.45	0.30	0.82	0.42
Diet soft drinks	0.08	0.01	0.01	0.09
Diet sport and energy drinks	0.03	0.01	0.05	0.03
Flavored or carbonated water	0.03	0.04	0.02	0.03
Other diet drinks	0.01	0.01	0.01	0.01
TOTAL	5.18	4.06	6.73	5.15

Table 2. 4: Males and Females - Distribution of total energy intake (percentages) across major categories - Income \leq 185% of the Poverty Index Ratio

DGAC major category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
MIXED DISHES	30.79	29.13	34.56	30.45
SNACKS AND SWEETS	15.08	19.63	15.99	13.79
BEVERAGES (Not incl. Milk and 100% Fruit Juice)	13.12	5.88	10.55	15.39
PROTEIN FOODS	11.36	9.80	10.65	11.88
GRAINS	10.21	11.43	10.04	9.95
VEGETABLES	7.35	4.73	6.33	8.19
DAIRY	6.28	11.87	6.80	4.82
FRUITS+FRUIT JUICE	3.82	5.71	3.24	3.47
CONDIMENTS, GRAVIES, SPREADS, SALAD DRESSINGS	1.52	1.09	1.38	1.66
TOTAL*	99.53	99.26	99.55	99.59

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

**Table 2. 5: Males and Females - Distribution of total energy intake (percentages) across sub-categories-
Income \leq 185% of the Poverty Index Ratio**

DGAC sub-category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
BURGERS AND SANDWICHES (incl. Tacos and Burritos)	14.79	12.37	16.08	15.12
DESSERTS AND SWEET SNACKS	8.17	10.15	7.43	7.84
SUGAR-SWEETENED AND DIET BEVERAGES	7.30	4.96	7.78	7.78
RICE, PASTA AND OTHER GRAIN-BASED MIXED DISHES	6.73	7.58	7.50	6.37
CHIPS, CRACKERS, AND SAVORY SNACKS	4.65	6.69	5.98	3.90
PIZZA	4.21	5.21	6.69	3.47
HIGHER FAT MILK/YOGURT	4.11	8.02	4.51	3.08
VEGETABLES (Incl. Beans and Peas, not Starchy)	3.87	1.85	2.64	4.60
POULTRY (Not incl. Deli and Mixed Dishes)	3.85	4.39	4.65	3.56
YEAST BREADS AND TORTILLAS	3.51	2.89	2.93	3.77
STARCHY VEGETABLES	3.48	2.88	3.69	3.59
MEAT, POULTRY, SEAFOOD MIXED DISHES	3.38	2.16	2.84	3.78
BREAKFAST CEREALS AND BARS	3.36	5.02	3.87	2.86
COFFEE AND TEA	3.15	0.55	2.39	3.93
FRUIT (Non-Juice)	2.57	3.21	2.22	2.48
ALCOHOLIC BEVERAGES	2.51	0.00	0.29	3.56
CANDY AND SUGARS	2.25	2.80	2.58	2.05
MEATS (Not incl. Deli and Mixed Dishes)	1.96	1.21	2.04	2.13
EGGS	1.85	1.54	1.53	1.99
RICE AND PASTA	1.82	1.36	1.43	2.01
SOUPS	1.69	1.80	1.45	1.72
QUICK BREADS (Biscuits, Muffins, Pancakes, Waffles)	1.52	2.16	1.81	1.30
NUTS, SEEDS, AND SOY	1.32	0.58	0.87	1.58
100% FRUIT JUICE	1.25	2.50	1.02	0.99

Table 2. 5 Continued: Males and Females - Distribution of total energy intake (percentages) across sub-categories-Income $\leq 185\%$ of the Poverty Index Ratio

DGAC sub-category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
CHEESE	1.22	1.41	0.99	1.21
SEAFOOD (Not incl. Mixed Dishes)	1.21	0.65	0.57	1.47
DELI/CURED PRODUCTS (Meat and Poultry)	1.17	1.43	0.99	1.15
LOWFAT MILK/YOGURT	0.96	2.44	1.30	0.53
SPREADS	0.63	0.33	0.31	0.76
CONDIMENTS AND GRAVIES	0.62	0.47	0.69	0.64
SALAD DRESSINGS	0.28	0.29	0.38	0.26
WATERS	0.15	0.37	0.09	0.11
TOTAL*	99.53	99.26	99.55	99.59

*Totals are less than 100% because results do not include baby foods, infant formulas and WWEIA category – other

Table 2. 6: Males and Females - Percent contribution of sugar-sweetened and diet beverages to total energy intake - *Income > 185% of the Poverty Index Ratio*

DGAC beverage category	Age Groups (Years)			
	2+	2-11	12-19	20+
	%			
Soft drinks	4.35	2.02	4.72	4.84
Fruit drinks	1.33	2.33	1.82	0.98
Sport and energy drinks	0.56	0.34	0.74	0.57
Nutritional beverages	0.50	0.02	0.11	0.70
Smoothies and grain drinks	0.48	0.23	0.34	0.58
Diet soft drinks	0.04	0.01	0.01	0.05
Other diet drinks	0.02	0.02	0.04	0.02
Flavored or carbonated water	0.01	0.00	0.00	0.02
Diet sport and energy drinks	0.01	0.00	0.01	0.02
TOTAL	7.30	4.96	7.78	7.78

Figure 2. 1: Males and Females - Distribution of total energy intake (percentages) across major categories-*Income >185% of the Poverty Index Ratio*

Figure 2. 1: Males and Females - Distribution of total energy intake (percentages) across major categories-Income >185% of the Poverty Index Ratio

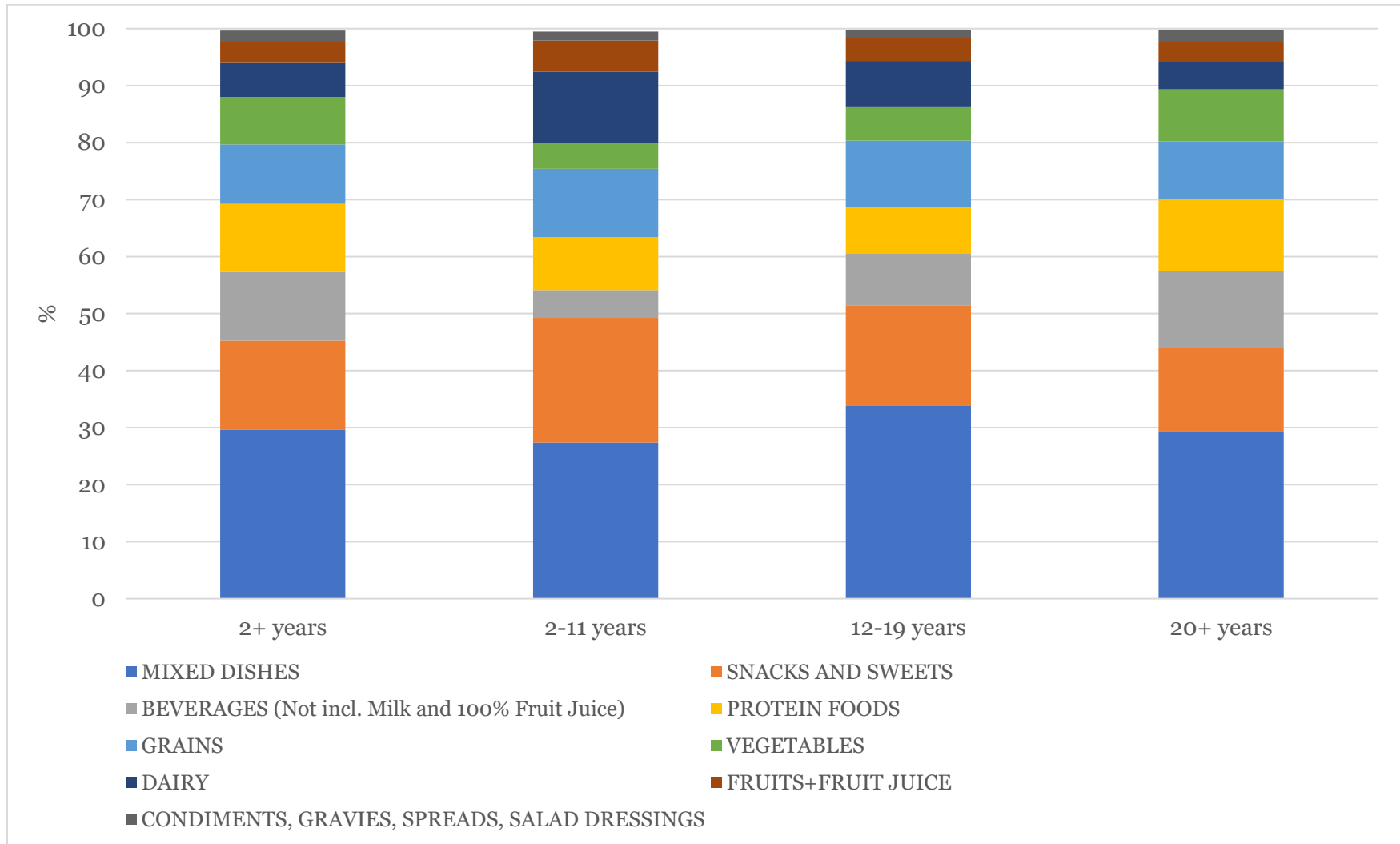


Figure 2. 2: Males and Females – Distribution of total energy intake (percentages) across top 10 sub-categories - Income >185% of the Poverty Index Ratio

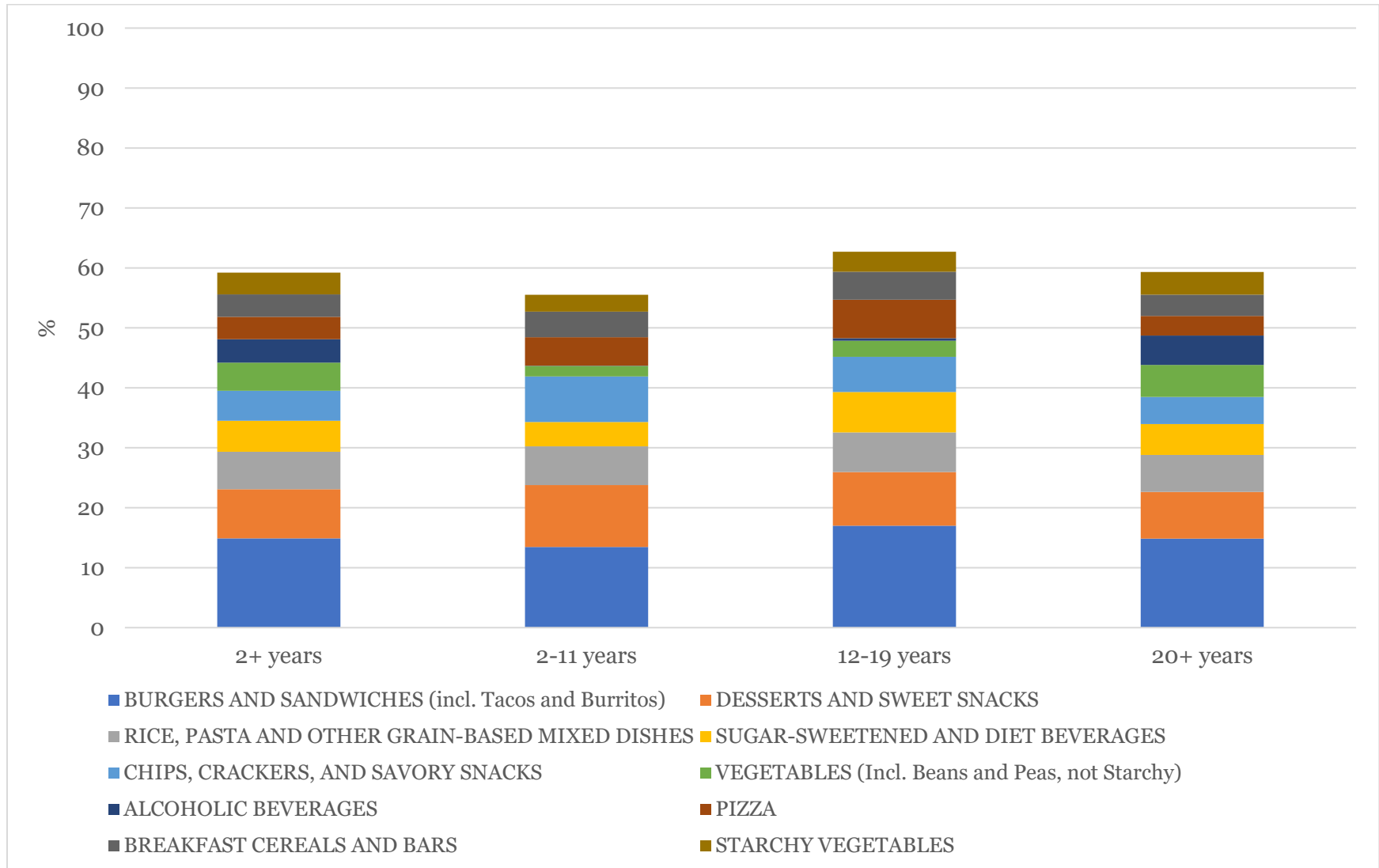


Figure 2. 3: Males and Females- Percent contribution of sugar sweetened and diet beverages to total energy consumption- *Income >185% of the Poverty Index Ratio*

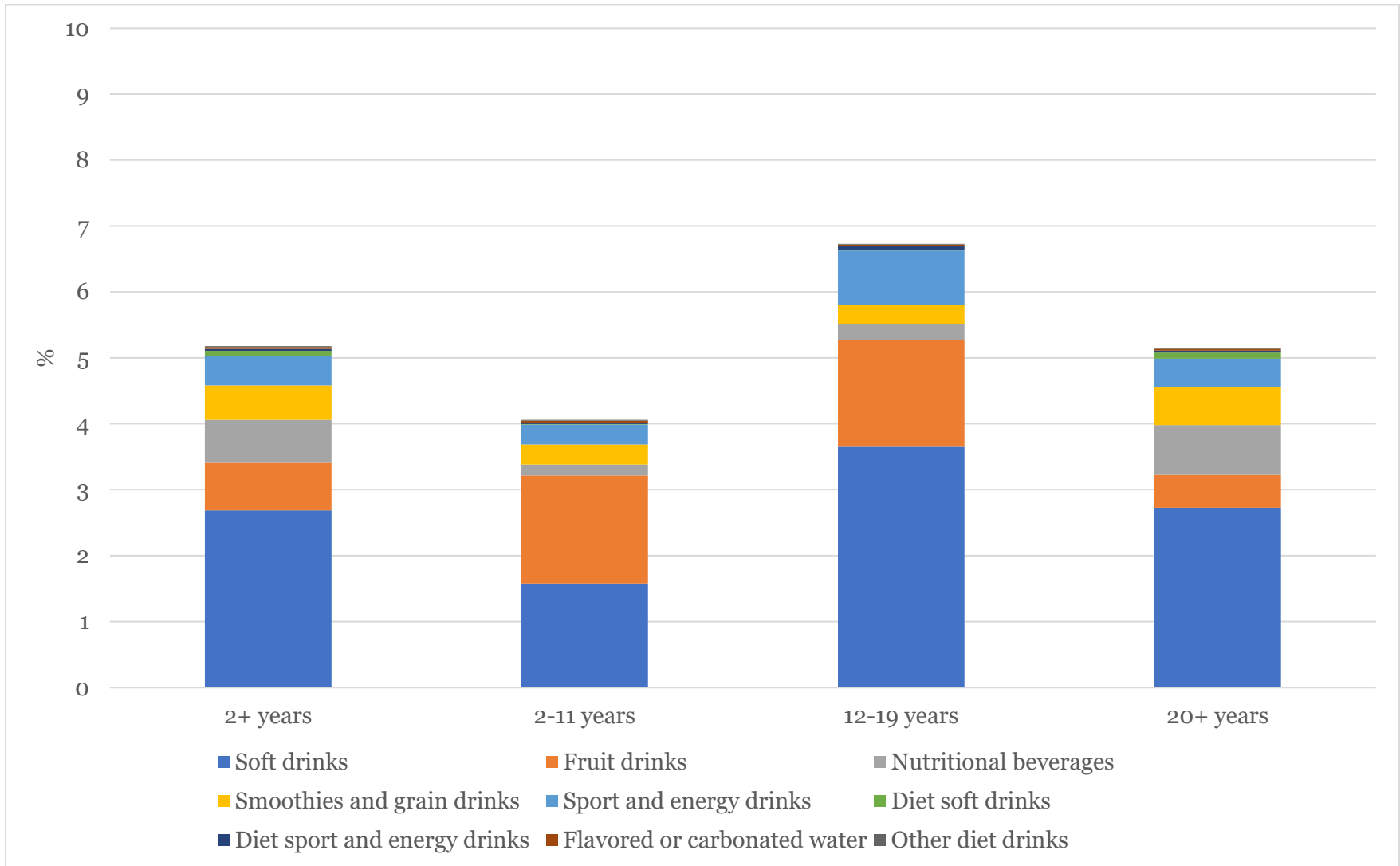


Figure 2. 4: Males and Females - Distribution of total energy intake (percentages) across major categories - Income \leq 185% of the Poverty Index Ratio

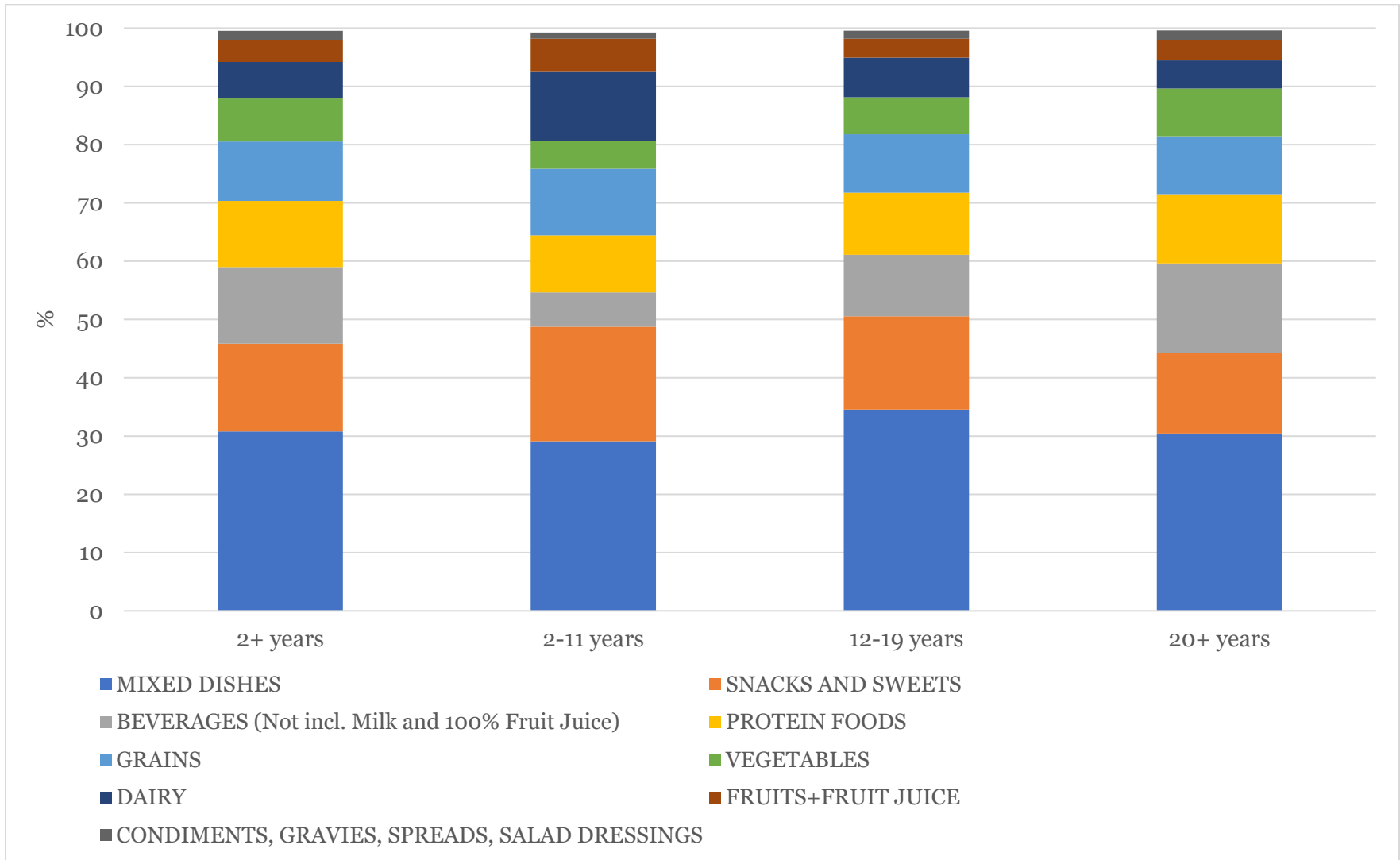


Figure 2. 5: Males and Females - Distribution of total energy intake (percentages) across top 10 sub-categories - Income \leq 185% of the Poverty Index Ratio

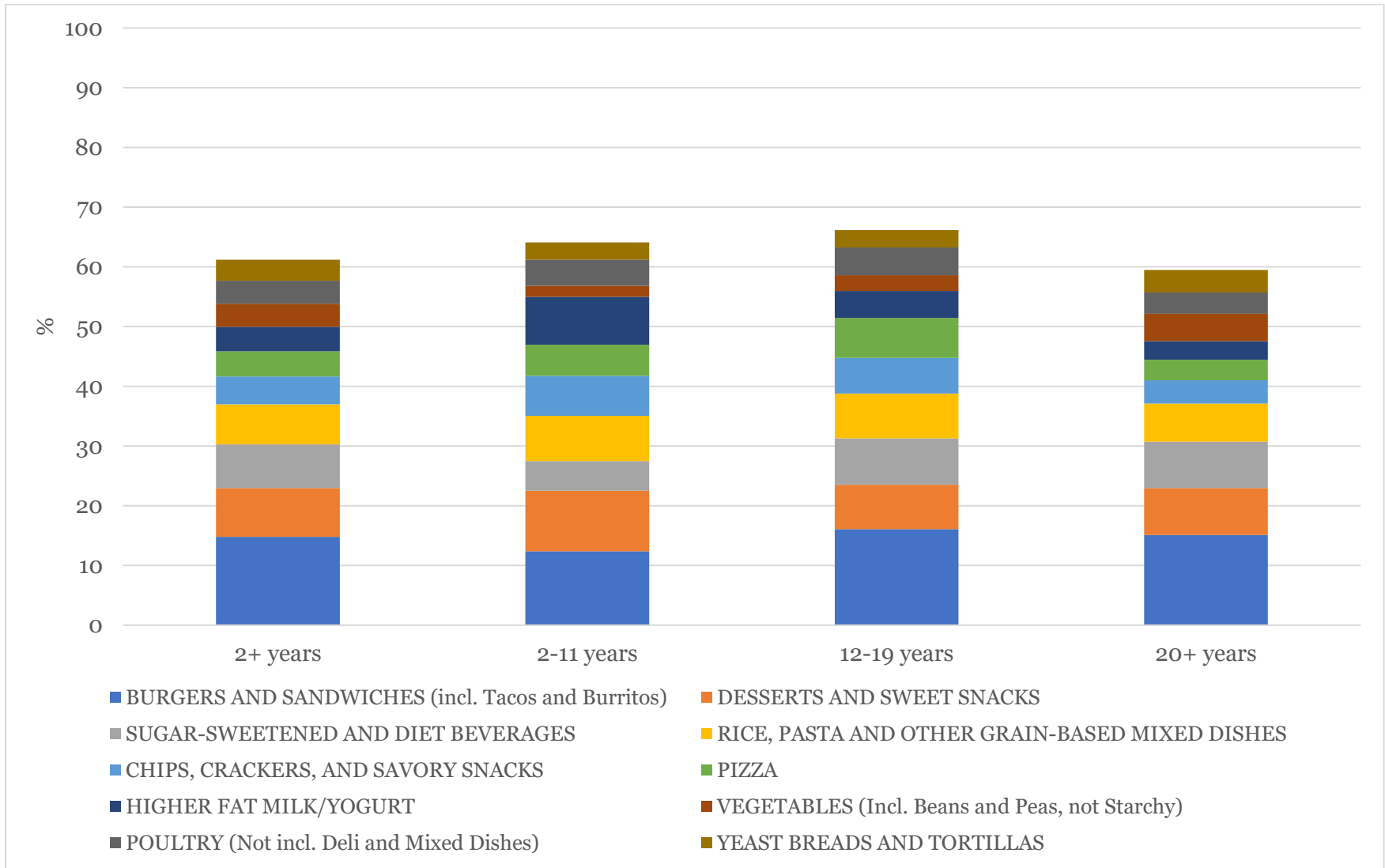
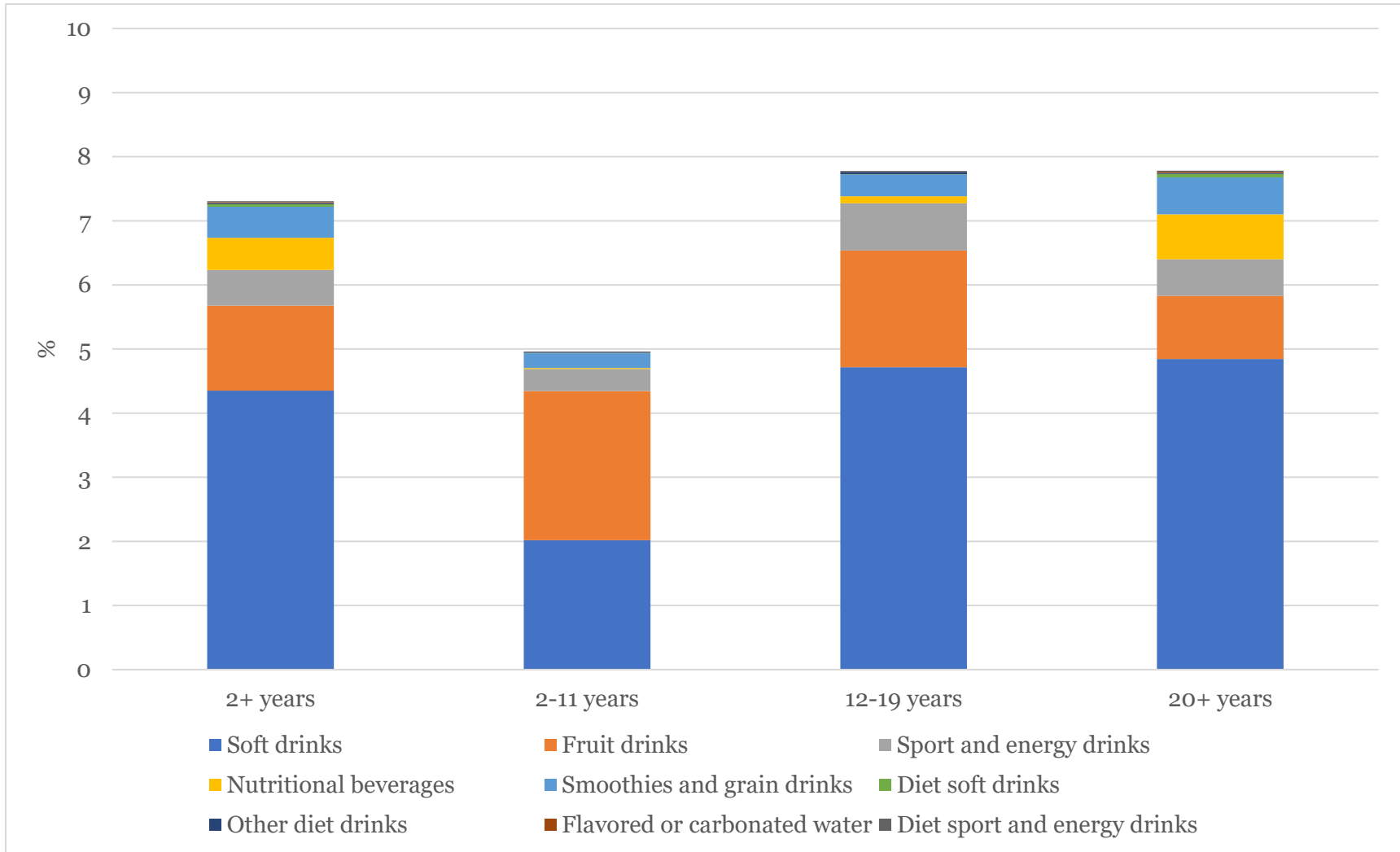


Figure 2. 6: Males and Females - Percent contribution of sugar-sweetened and diet beverages to total energy intake - *Income ≤185% of the Poverty Index Ratio*



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Food Sources of Food Group Intakes Among Infants and Toddlers

NHANES 2007-16

Acknowledgements:

Prepared by National Cancer Institute, NIH

Food Sources of Food Group Intakes Among Infants and Toddlers, 2007-16

- Objective
- Methods
- Figure
 - What We Eat in America Food Categories
- Tables
 - Footnotes for Tables
 - Tables 1-16

Objective

The purpose of this research was to identify the contributions of food categories to food group intakes among infants and toddlers.

Methods

We used the 2007-16 National Health and Nutrition Examination Survey data to determine the weighted population contribution of food categories to intakes of food groups, including total fruit, total vegetables, total grains, total protein foods, total dairy, oils, solid fats, and added sugars. The dietary intake data collected in the surveys were categorized by the U.S. Department of Agriculture into approximately 150 specific What We Eat in America (WWEIA) food categories, including 46 food subcategories, and 15 major food categories (see Figure).

Footnotes for All Tables*

- **Description:** All tables include the percent contribution, cumulative percent contribution, mean, and standard error of the mean.
- **Format and sample size:** For infants, there are three tables for each food group: the first table is for all infants 6-11 months (n=1988), and the second and third tables are stratified by infant milk source: infants consuming human milk (n=153) and infants consuming any formula (n=802). For toddlers, there is one table for each food group: all toddlers 12-23 months (n=1242).
- **Food categories:** Because of limited sample size, we used the major food categories for infants 6-11 months and the food subcategories for toddlers 12-23 months.
- **Exclusions:** Human milk and infant formula were excluded from all analyses. Thus, these analyses include food group intake from complementary foods and beverages, not total intake.



MILK AND DAIRY

Milk

Milk, whole
Milk, reduced fat
Milk, lowfat
Milk, nonfat

Flavored Milk

Flavored milk, whole
Flavored milk, reduced fat
Flavored milk, lowfat
Flavored milk, nonfat

Dairy Drinks and Substitutes

Milk shakes and other dairy drinks
Milk substitutes

Cheese

Cheese
Cottage/ricotta cheese

Yogurt

Yogurt, regular
Yogurt, Greek

PROTEIN FOODS

Meats

Beef, excludes ground
Ground beef
Pork
Lamb, goat, game
Liver and organ meats

Poultry

Chicken, whole pieces
Chicken patties, nuggets and tenders
Turkey, duck, other poultry

Seafood

Fish
Shellfish

Eggs

Eggs and omelets

Cured Meats/Poultry

Cold cuts and cured meats
Bacon
Frankfurters
Sausages

Plant-based Protein Foods

Beans, peas, legumes
Nuts and seeds
Processed soy products

MIXED DISHES

Mixed Dishes - Meat, Poultry, Seafood

Meat mixed dishes
Poultry mixed dishes
Seafood mixed dishes

Mixed Dishes - Grain-based

Rice mixed dishes
Pasta dishes, excludes macaroni and cheese
Macaroni and cheese
Turnovers and other grain-based items

Mixed Dishes - Asian

Fried rice and lo/chow mein
Stir-fry and soy-based sauce mixtures
Egg rolls, dumplings, sushi

Mixed Dishes - Mexican

Burritos and tacos
Nachos
Other Mexican mixed dishes

Mixed Dishes - Pizza

Pizza

Mixed Dishes - Sandwiches (single code)

Burgers
Chicken/turkey sandwiches
Egg/breakfast sandwiches
Frankfurter sandwiches
Other sandwiches

Mixed Dishes - Soups

Soups

GRAINS

Cooked Grains

Rice
Pasta, noodles, cooked grains
Breads, Rolls, Tortillas
Yeast breads
Rolls and buns
Bagels and English muffins
Tortillas

Quick Breads and Bread Products

Biscuits, muffins, quick breads
Pancakes, waffles, French toast

Ready-to-Eat Cereals

Ready-to-eat cereal, high sugar (>21.2g/100g)
Ready-to-eat cereal, low sugar (≤21.2g/100g)

Cooked Cereals

Oatmeal
Grits and other cooked cereals

SNACKS AND SWEETS

Savory Snacks

Potato chips
Tortilla, corn, other chips
Popcorn
Pretzels/snack mix

Crackers

Crackers, excludes saltines
Saltine crackers

Snack/Meal Bars

Cereal bars
Nutrition bars

Sweet Bakery Products

Cakes and pies
Cookies and brownies
Doughnuts, sweet rolls, pastries

Candy

Candy containing chocolate
Candy not containing chocolate

Other Desserts

Ice cream and frozen dairy desserts
Pudding
Gelatin, ices, sorbets

FRUIT

Fruits

Apples
Bananas
Grapes
Peaches and nectarines
Berries
Citrus fruits
Melons
Dried fruits
Other fruits and fruit salads

VEGETABLES

Vegetables, excluding Potatoes

Tomatoes
Carrots
Other red and orange vegetables
Dark green vegetables, excludes lettuce
Lettuce and lettuce salads
String beans
Onions
Corn
Other starchy vegetables
Other vegetables and combinations
Vegetable mixed dishes

White Potatoes

White potatoes, baked or boiled
French fries and other fried white potatoes
Mashed potatoes and white potato mixtures

BEVERAGES, NONALCOHOLIC

100% Juice

Citrus juice
Apple juice
Other fruit juice
Vegetable juice

Diet Beverages

Diet soft drinks
Diet sport and energy drinks
Other diet drinks

Sweetened Beverages

Soft drinks
Fruit drinks
Sport and energy drinks
Nutritional beverages
Smoothies and grain drinks

Coffee and Tea

Coffee
Tea

ALCOHOLIC BEVERAGES

Alcoholic Beverages

Beer
Wine
Liquor and cocktails

WATER

Plain Water

Tap water
Bottled water

Flavored or Enhanced Water

Flavored or carbonated water
Enhanced or fortified water

FATS AND OILS

Fats and Oils

Butter and animal fats
Margarine
Cream cheese, sour and whipped cream
Cream and cream substitutes
Mayonnaise
Salad dressings and vegetable oils

CONDIMENTS AND SAUCES

Condiments and Sauces

Tomato-based condiments
Soy-based condiments
Mustard and other condiments
Olives, pickles, pickled vegetables
Pasta sauces, tomato-based
Dips, gravies, other sauces

SUGARS

Sugars

Sugars and honey
Sugar substitutes
Jams, syrups, toppings

INFANT FORMULA & BABY FOOD

Baby Foods

Baby food: cereals
Baby food: fruit
Baby food: vegetable
Baby food: meat and dinners
Baby food: yogurt
Baby food: snacks and sweets

Baby Beverages

Baby juice
Baby water

Infant Formulas

Formula, ready-to-feed
Formula, prepared from powder
Formula, prepared from concentrate

Human Milk

Human milk

OTHER

Protein and nutritional powders
Not included in a food category

Table 1. Food Sources of Total Fruit Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	59.27	59.28	0.36	0.02
2	Fruit	26.10	85.38	0.16	0.02
3	Beverages, Nonalcoholic	13.73	99.11	0.08	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Milk and Dairy; Grains; Mixed Dishes; Sugars; Condiments and Sauces; Protein Foods; Vegetables; Water; Fats and Oils; Other

Table 1a. Food Sources of Total Fruit Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Fruit	56.48	56.48	0.25	0.05
2	Infant Formula & Baby Food	37.69	94.17	0.164	0.03
3	Beverages, Nonalcoholic	4.49	98.66	0.02	0.01

Contributing less than 2% in descending order: Milk and Dairy; Grains; Snacks and Sweets; Condiments and Sauces; Sugars; Protein Foods; Mixed Dishes; Vegetables; Water; Fats and Oils

Table 1b. Food Sources of Total Fruit Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	66.01	66.01	0.42	0.03
2	Fruit	19.34	85.35	0.12	0.01
3	Beverages, Nonalcoholic	13.80	99.15	0.09	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Milk and Dairy; Grains; Mixed Dishes; Sugars; Protein Foods; Vegetables; Water; Fats and Oils; Condiments and Sauces; Other

Table 2. Food Sources of Total Vegetables Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	58.53	58.53	0.23	0.01
2	Vegetables	28.25	86.78	0.11	0.01
3	Mixed Dishes	11.89	98.67	0.05	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Protein Foods; Condiments and Sauces; Grains; Beverages, Nonalcoholic; Other; Milk and Dairy; Fruit; Water; Fats and Oils; Sugars

Table 2a. Food Sources of Total Vegetables Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Vegetables	55.27	55.27	0.19	0.05
2	Infant Formula & Baby Food	32.43	87.69	0.11	0.03
3	Mixed Dishes	10.08	97.78	0.03	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Protein Foods; Condiments and Sauces; Grains; Beverages, Nonalcoholic; Milk and Dairy; Fruit; Water; Fats and Oils; Sugars

Table 2b. Food Sources of Total Vegetables Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	65.83	65.83	0.26	0.02
2	Vegetables	21.30	87.13	0.08	0.01
3	Mixed Dishes	11.73	98.86	0.05	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Condiments and Sauces; Protein Foods; Beverages, Nonalcoholic; Milk and Dairy; Grains; Fruit; Water; Fats and Oils; Sugars; Other

Table 3. Food Sources of Total Grains Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	52.92	52.92	0.57	0.03
2	Grains	19.55	72.46	0.21	0.02
3	Mixed Dishes	13.71	86.18	0.15	0.02
4	Snacks and Sweets	12.20	98.37	0.13	0.01

Contributing less than 2% in descending order: Protein Foods; Milk and Dairy; Condiments and Sauces; Vegetables, Beverages, Nonalcoholic; Fruit; Water; Fats and Oils; Sugars; Others

Table 3a. Food Sources of Total Grains Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	48.79	48.79	0.38	0.04
2	Grains	25.45	74.25	0.20	0.06
3	Snacks and Sweets	15.04	89.29	0.12	0.03
4	Mixed Dishes	7.96	97.25	0.06	0.02
5	Protein Foods	2.72	99.97	0.02	0.02

Contributing less than 2% in descending order: Milk and Dairy; Condiments and Sauces; Fruit; Vegetables; Beverages, Nonalcoholic; Water; Fats and Oils; Sugars

Table 3b. Food Sources of Total Grains Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Infant Formula & Baby Food	56.91	56.91	0.62	0.03
2	Grains	16.78	73.69	0.18	0.02
3	Mixed Dishes	13.90	87.59	0.15	0.02
4	Snacks and Sweets	11.11	98.70	0.12	0.01

Contributing less than 2% in descending order: Protein Foods; Milk and Dairy; Condiments and Sauces; Vegetables; Beverages, Nonalcoholic; Fruit; Water; Fats and Oils; Sugars; Other

Table 4. Food Sources of Total Protein Foods Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Protein Foods	48.33	48.33	0.23	0.03
2	Infant Formula & Baby Food	29.02	77.35	0.14	0.02
3	Mixed Dishes	20.69	98.04	0.10	0.01

Contributing less than 2% in descending order: Milk and Dairy; Snacks and Sweets; Grains; Vegetables; Beverages, Nonalcoholic; Condiments and Sauces; Fruit; Water; Fats and Oils; Sugars; Other

Table 4a. Food Sources of Total Protein Foods Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Protein Foods	45.12	45.12	0.15	0.05
2	Mixed Dishes	29.14	74.26	0.10	0.04
3	Infant Formula & Baby Food	22.15	96.41	0.07	0.03

Contributing less than 2% in descending order: Milk and Dairy; Grains; Snacks and Sweets; Condiments and Sauces; Vegetables; Fruit; Beverages, Nonalcoholic; Water; Fats and Oils; Sugars

Table 4b. Food Sources of Total Protein Foods Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Protein Foods	46.81	46.81	0.21	0.03
2	Infant Formula & Baby Food	31.60	78.41	0.143	0.02
3	Mixed Dishes	19.73	98.15	0.09	0.02

Contributing less than 2% in descending order: Snacks and Sweets; Milk and Dairy; Grains; Vegetables; Beverages, Nonalcoholic; Condiments and Sauces; Fruit; Water; Fats and Oils; Sugars; Other

Table 5. Food Sources of Total Dairy Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	75.63	75.63	0.20	0.02
2	Infant Formula & Baby Food	11.61	87.24	0.03	0.00
3	Mixed Dishes	6.90	94.15	0.02	0.00

Contributing less than 2% in descending order: Snacks and Sweets; Grains; Protein Foods; Vegetables; Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Other; Fruit; Water; Sugars

Table 5a. Food Sources of Total Dairy Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	76.81	76.81	0.12	0.04
2	Infant Formula & Baby Food	14.41	91.22	0.02	0.01
3	Mixed Dishes	2.05	93.27	0.00	0.00

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Grains; Snacks and Sweets; Protein Foods; Vegetables; Condiments and Sauces; Fruit; Water; Fats and Oils; Sugars

Table 5b. Food Sources of Total Dairy Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	60.90	60.90	0.11	0.01
2	Infant Formula & Baby Food	17.30	78.20	0.03	0.00
3	Mixed Dishes	12.61	90.81	0.02	0.00
4	Snacks and Sweets	3.05	93.87	0.01	0.00
5	Grains	2.66	96.53	0.01	0.00
6	Protein Foods	2.04	98.57	0.00	0.00

Contributing less than 2% in descending order: Vegetables; Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Other; Fruit; Water; Sugars

Table 6. Food Sources of Oils Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Mixed Dishes	22.18	22.18	0.37	0.05
2	Vegetables	20.63	42.81	0.345	0.09
3	Snacks and Sweets	18.92	61.74	0.32	0.04
4	Protein Foods	17.25	78.99	0.29	0.06
5	Infant Formula & Baby Food	9.24	88.23	0.15	0.02
6	Grains	7.30	95.53	0.12	0.03

Contributing less than 2% in descending order: Milk and Dairy; Condiments and Sauces; Fats and Oils; Fruit; Beverages, Nonalcoholic; Water; Sugars; Other

Table 6a. Food Sources of Oils Among All Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Vegetables	50.73	50.73	1.00	0.44
2	Protein Foods	14.44	65.18	0.29	0.12
3	Snacks and Sweets	10.90	76.07	0.22	0.10
4	Mixed Dishes	9.05	85.12	0.18	0.05
5	Grains	6.09	91.21	0.12	0.05
6	Infant Formula & Baby Food	4.33	95.55	0.09	0.03
7	Condiments and Sauces	2.63	98.18	0.05	0.05

Contributing less than 2% in descending order: Milk and Dairy; Fruit; Beverages, Nonalcoholic; Water; Fats and Oils; Sugars

Table 6b. Food Sources of Oils Among All Infants 6-11 Months Consuming Formula, 2007- 2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Mixed Dishes	26.70	26.70	0.40	0.06
2	Snacks and Sweets	21.69	48.38	0.33	0.05
3	Protein Foods	16.90	65.28	0.25	0.07
4	Vegetables	11.97	77.26	0.18	0.05
5	Infant Formula & Baby Food	11.67	88.93	0.18	0.02
6	Grains	7.52	96.45	0.11	0.04

Contributing less than 2% in descending order: Condiments and Sauces; Milk and Dairy; Fats and Oils; Beverages, Nonalcoholic; Fruit; Water; Sugars; Other

Table 7. Food Sources of Solid Fats Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	35.43	35.43	1.19	0.15
2	Mixed Dishes	17.31	52.74	0.58	0.10
3	Protein Foods	16.86	69.60	0.57	0.09
4	Snacks and Sweets	10.71	80.31	0.36	0.05
5	Infant Formula & Baby Food	9.28	89.59	0.31	0.03
6	Vegetables	5.17	94.76	0.17	0.03
7	Grains	3.25	98.01	0.11	0.02

Contributing less than 2% in descending order: Fats and Oils; Condiments and Sauces; Beverages, Nonalcoholic; Sugars; Fruit; Other; Water

Table 7a. Food Sources of Solid Fats Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	40.11	40.11	0.79	0.26
2	Protein Foods	16.88	56.99	0.33	0.14
3	Mixed Dishes	12.75	69.74	0.25	0.10
4	Snacks and Sweets	11.80	81.54	0.23	0.07
5	Vegetables	6.46	87.60	0.13	0.06
6	Infant Formula & Baby Food	5.46	93.46	0.11	0.04
7	Grains	5.11	98.57	0.10	0.04

Contributing less than 2% in descending order: Fats and Oils; Beverages, Nonalcoholic; Condiments and Sauces; Fruit; Water; Sugars

Table 7b. Food Sources of Solid Fats Among Infants 6-11 Months Consuming Solid Fats, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	23.20	23.20	0.67	0.10
2	Mixed Dishes	21.35	44.56	0.61	0.12
3	Protein Foods	19.04	63.60	0.55	0.10
4	Snacks and Sweets	12.72	76.32	0.37	0.06
5	Infant Formula & Baby Food	12.03	88.35	0.35	0.04
6	Vegetables	6.27	94.62	0.18	0.03
7	Grains	3.56	98.19	0.10	0.02

Contributing less than 2% in descending order: Fats and Oils; Condiments and Sauces; Beverages, Nonalcoholic; Sugars; Fruit; Other; Water

Table 8. Food Sources of Added Sugars Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Snacks and Sweets	23.36	23.36	0.23	0.03
2	Milk and Dairy	19.63	42.99	0.19	0.04
3	Infant Formula & Baby Food	18.66	61.64	0.19	0.02
4	Beverages, Nonalcoholic	13.15	74.79	0.13	0.03
5	Grains	10.74	85.53	0.11	0.02
6	Fruit	8.36	93.89	0.08	0.02
7	Mixed Dishes	2.45	96.34	0.02	0.01

Contributing less than 2% in descending order: Sugars; Protein Foods; Other; Water; Vegetables; Condiments and Sauces; Fats and Oils

Table 8a. Food Sources of Added Sugars Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Milk and Dairy	27.80	27.80	0.28	0.12
2	Grains	17.34	45.15	0.17	0.07
3	Fruit	15.65	60.79	0.16	0.05
4	Snacks and Sweets	15.46	76.25	0.15	0.05
5	Infant Formula & Baby Food	13.80	90.05	0.14	0.03
6	Beverages, Nonalcoholic	5.99	96.04	0.06	0.03
7	Mixed Dishes	2.26	98.30	0.02	0.01

Contributing less than 2% in descending order: Protein Foods; Sugars; Condiments and Sauces; Vegetables; Water; Fats and Oils

Table 8b. Food Sources of Added Sugars Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean	SE Mean
1	Snacks and Sweets	24.97	24.97	0.23	0.04
2	Infant Formula & Baby Food	19.86	44.83	0.18	0.02
3	Milk and Dairy	18.72	63.55	0.17	0.05
4	Beverages, Nonalcoholic	15.75	79.30	0.14	0.03
5	Grains	7.74	87.04	0.07	0.01
6	Fruit	6.83	93.86	0.06	0.02
7	Mixed Dishes	2.45	96.31	0.02	0.01

Contributing less than 2% in descending order: Sugars; Protein Foods; Water; Vegetables; Other; Condiments and Sauces; Fats and Oils

Table 9. Food Sources of Total Fruits Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Fruits	46.84	46.84	0.59	0.03
2	100% Juice	40.08	86.92	0.50	0.03
3	Baby Foods	3.70	90.62	0.05	0.01
4	Baby Beverages	3.54	94.16	0.04	0.01
5	Candy	2.19	96.35	0.04	0.01

Contributing less than 2% in descending order: Sweetened Beverages; Yogurt; Other Desserts; Sweet Bakery Products; Sugars; Quick Breads and Bread Products; Snack/Meal Bars; Ready-to-eat Cereals; Cooked Cereals; Breads, Rolls, Tortillas; Plant-based Protein Foods; Condiments and Sauces; Mixed Dishes – Pizza; Mixed Dishes – Sandwiches; Mixed Dishes - Meat, Poultry, Seafood; Mixed Dishes – Mexican; Vegetables, excluding Potatoes; Mixed Dishes – Grain-based; Seafood; Diet Beverages

Table 10. Food Sources of Total Vegetables Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Vegetables, excluding Potatoes	35.28	35.29	0.18	0.01
2	White Potatoes	17.42	52.71	0.09	0.01
3	Mixed Dishes - Grain-based	10.36	63.07	0.05	0.01
4	Baby Foods	7.86	70.94	0.04	0.01
5	Mixed Dishes - Meat, Poultry, Seafood	7.37	78.31	0.04	0.01
6	Mixed Dishes - Soup	6.66	84.97	0.03	0.01
7	Savory Snacks	4.53	89.50	0.02	0.00
8	Condiments and Sauces	2.16	91.65	0.01	0.00

Contributing less than 2% in descending order: Mixed Dishes – Mexican; Mixed Dishes – Pizza; Mixed Dishes – Asian; 100% Juice; Mixed Dishes – Sandwiches; Eggs; Plant-based Protein Foods; Sweetened Beverages; Sweet Bakery Products; Poultry; Quick Breads and Bread Products; Breads, Rolls, Tortillas; Baby Beverages; Fats and Oils; Not included in a food category; Seafood: Diet Beverages

Table 11. Food Sources of Total Grains Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Breads, Rolls, Tortillas	18.07	18.07	0.56	0.03
2	Mixed Dishes - Grain-based	11.25	29.32	0.35	0.02
3	Sweet Bakery Products	10.38	39.70	0.32	0.02
4	Crackers	8.91	48.61	0.27	0.02
5	Ready-to-eat Cereals	6.20	54.81	0.19	0.02
6	Savory Snacks	5.46	60.27	0.17	0.02
7	Baby Foods	5.28	65.55	0.16	0.02
8	Quick Breads and Bread Products	5.20	70.75	0.16	0.02
9	Mixed Dishes - Mexican	4.38	75.13	0.13	0.03
10	Mixed Dishes - Pizza	4.22	79.35	0.13	0.01
11	Cooked Cereals	4.05	83.39	0.12	0.02
12	Cooked Grains	3.95	87.34	0.12	0.01
13	Poultry	3.37	90.71	0.10	0.01
14	Mixed Dishes - Sandwiches	2.79	93.50	0.09	0.01

Contributing less than 2% in descending order: Mixed Dishes - Meat, Poultry, Seafood; Mixed Dishes – Soup; Snack/Meal Bars; Mixed Dishes – Asian; Sweetened Beverages; Other Desserts; Vegetables, excluding Potatoes; Seafood; Meats; Dairy Drinks and Substitutes; Condiments and Sauces; White Potatoes; Not included in a food category; Candy; Plant-based Protein Foods; Cured Meats/Poultry

Table 12. Food Sources of Total Protein Foods Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Poultry	26.03	26.03	0.51	0.04
2	Cured Meats/Poultry	17.23	43.26	0.34	0.03
3	Eggs	14.04	57.30	0.27	0.02
4	Mixed Dishes - Meat, Poultry, Seafood	10.34	67.64	0.20	0.03
5	Meats	6.75	74.40	0.13	0.02
6	Plant-based Protein Foods	5.43	79.83	0.11	0.02
7	Mixed Dishes - Sandwiches	3.60	83.43	0.07	0.01
8	Mixed Dishes - Grain-based	3.38	86.82	0.7	0.01
9	Mixed Dishes - Soup	2.63	89.44	0.05	0.01
10	Seafood	2.18	91.62	0.04	0.01

Contributing less than 2% in descending order: Baby Food; Mixed Dishes – Mexican; Mixed Dishes – Asian; Quick Breads and Bread Products; Mixed Dishes – Pizza; Sweet Bakery Products; Condiments and Sauces; Dairy Drinks and Substitutes; Crackers; Snack/Meal Bars; Candy; Ready-to-eat Cereals; White Potatoes; Sweetened Beverages; Breads, Rolls, Tortillas; Vegetables, excluding Potatoes; Cooked Grains; Savory Snacks; Other Desserts; Fats and Oils; Cooked Cereals; Fruits; Not included in a food category; Sugars

Table 13. Food Sources of Total Dairy Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Milk	73.37	73.37	1.89	0.06
2	Cheese	7.51	80.88	0.19	0.02
3	Yogurt	3.11	83.99	0.08	0.01
4	Mixed Dishes - Grain-based	2.38	86.36	0.06	0.01
5	Dairy Drinks and Substitutes	2.33	88.70	0.06	0.01
6	Flavored Milk	2.01	90.71	0.05	0.01

Contributing less than 2% in descending order: Mixed Dishes – Pizza; Mixed Dishes – Mexican; Cooked Cereals; Eggs; Baby Foods; Other Desserts; White Potatoes; Mixed Dishes - Meat, Poultry, Seafood; Mixed Dishes – Sandwiches; Quick Breads and Bread Products; Not included in a food category; Sweetened Beverages; Sweet Bakery Products; Protein and nutritional powders; Candy; Mixed Dishes – Soup; Savory Snacks; Crackers; Vegetables, excluding Potatoes; Breads, Rolls, Tortillas; Snack/Meal Bars; Cured Meats/Poultry; Condiments and Sauces; Poultry; Ready-to-eat Cereals; Coffee and Tea; Seafood; Plant-based Protein Foods; Sugars; Fats and Oils

Table 14. Food Sources of Oils Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Savory Snacks	12.116	12.12	1.00	0.09
2	Poultry	10.73	22.84	0.89	0.10
3	Crackers	10.44	33.28	0.86	0.08
4	White Potatoes	9.03	42.31	0.75	0.10
5	Mixed Dishes - Grain-based	8.03	50.34	0.66	0.06
6	Plant-based Protein Foods	7.84	58.18	0.66	0.10
7	Breads, Rolls, Tortillas	4.93	63.10	0.41	0.06
8	Eggs	4.08	67.19	0.34	0.03
9	Fats and Oils	3.71	70.90	0.31	0.05
10	Mixed Dishes - Meat, Poultry, Seafood	3.19	74.09	0.26	0.04
11	Vegetables, excluding Potatoes	2.91	76.99	0.24	0.05
12	Quick Breads and Bread Products	2.89	79.89	0.24	0.04
13	Sweet Bakery Products	2.63	82.51	0.22	0.03
14	Mixed Dishes - Sandwiches	2.56	85.07	0.21	0.04
15	Mixed Dishes - Soup	2.12	87.19	0.18	0.03

Contributing less than 2% in descending order: Mixed Dishes – Pizza; Dairy Drinks and Substitutes; Mixed Dishes – Mexican; Baby Foods; Condiments and Sauces; Cooked Grains; Snack/Meal Bars; Mixed Dishes – Asian; Seafood; Ready-to-eat Cereals; Cooked Cereals; Sweetened Beverages; Candy; Meats; Other Desserts; Cured Meats/Poultry; Fruits; Sugars

Table 15. Food Sources of Solid Fats Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Milk	43.08	43.08	10.64	0.35
2	Sweet Bakery Products	7.55	50.63	1.86	0.13
3	Cheese	6.68	57.30	1.65	0.17
4	Cured Meats/Poultry	5.6	62.96	1.40	0.19
5	Mixed Dishes - Grain-based	5.16	68.12	1.27	0.13
6	Eggs	4.12	72.23	1.02	0.08
7	Mixed Dishes - Mexican	2.55	74.78	0.63	0.14
8	Mixed Dishes - Pizza	2.47	77.25	0.61	0.07
9	Poultry	2.14	79.39	0.53	0.08

Contributing less than 2% in descending order: Fats and Oils; Mixed Dishes – Sandwiches; Mixed Dishes - Meat, Poultry, Seafood; Crackers; Quick Breads and Bread Products; Other Desserts; White Potatoes; Yogurt; Flavored Milk; Mixed Dishes – Soup; Candy; Baby Foods; Vegetables, excluding Potatoes; Meats; Cooked Cereals; Savory Snacks; Breads, Rolls, Tortillas; Snack/Meal Bars; Plant-based Protein Foods; Condiments and Sauces; Dairy Drinks and Substitutes; Mixed Dishes - Asian; Sweetened Beverages; Ready-to-eat Cereals; Not included in a food category; Cooked Grains; Seafood; Sugars; Fruits; Protein and nutritional powders; Coffee and Tea

Table 16. Food Sources of Added Sugars Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean	SE Mean
1	Sweetened Beverages	26.94	26.94	1.61	0.16
2	Sweet Bakery Products	14.96	41.90	0.90	0.06
3	Yogurt	7.24	49.15	0.43	0.05
4	Ready-to-eat Cereals	6.28	55.43	0.38	0.03
5	Candy	5.49	60.91	0.33	0.03
6	Other Desserts	5.13	66.04	0.31	0.04
7	Sugars	3.98	70.02	0.24	0.03
8	Fruits	3.79	73.81	0.23	0.03
9	Flavored Milk	3.01	76.82	0.18	0.04
10	Dairy Drinks and Substitutes	2.89	79.72	0.17	0.03
11	Baby Foods	2.58	82.30	0.15	0.02
12	Coffee and Tea	2.40	84.70	0.14	0.03
13	Snack/Meal Bars	2.13	86.84	0.13	0.02
14	Breads, Rolls, Tortillas	2.09	88.93	0.13	0.01
15	Quick Breads and Bread Products	2.08	91.00	0.12	0.02

Contributing less than 2% in descending order: Cooked Cereals; Crackers; Mixed Dishes - Sandwiches; Mixed Dishes - Grain-based; Not included in a food category; Plant-based Protein Foods; Condiments and Sauces; Cured Meats/Poultry; Protein and nutritional powders; Mixed Dishes – Pizza; Flavored or Enhanced Water; Vegetables, excluding Potatoes; Mixed Dishes – Meat, Poultry, Seafood; Poultry; Savory Snacks; Mixed Dishes – Mexican; Fats and Oils; Mixed Dishes – Soup; Seafood; Mixed Dishes – Asian; White Potatoes; Meats; Eggs



Food Sources of Nutrients Among Infants and Toddlers

NHANES 2007-16

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Food Sources of Nutrients Among Infants and Toddlers, 2007-16

- Objective
- Methods
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Objective

The purpose of this research was to identify the contributions of food categories to nutrient intake among infants and toddlers.

Methods

We used the 2007-16 National Health and Nutrition Examination Survey data to determine the weighted population contribution of food categories to intakes of nutrients, including calcium, potassium, sodium, fiber, vitamin D, iron, zinc, vitamin E, and choline. The dietary intake data collected in the surveys were categorized by the U.S. Department of Agriculture into approximately 150 specific What We Eat in America (WWEIA) food categories, including 46 food subcategories, and 15 major food categories (see Figure).

Footnotes for All Tables*

- **Description:** All tables include the percent contribution, cumulative percent contribution, mean, and standard error of the mean.
- **Format and sample size:** For infants, there are three tables for each nutrient: the first table is for all infants 6-11 months (n=1988), and the second and third tables are stratified by infant milk source: infants consuming human milk (n=153) and infants consuming any formula (n=802). For toddlers, there is one table for each nutrient: all toddlers 12-23 months (n=1242).
- **Food categories:** Because of limited sample size, we used the major food categories for infants 6-11 months and the food subcategories for toddlers 12-23 months.
- **Exclusions:** Human milk and infant formula were excluded from all analyses. Thus, these analyses include nutrient intake from complementary foods and beverages, not total nutrient intake.



MILK AND DAIRY

Milk

Milk, whole
Milk, reduced fat
Milk, lowfat
Milk, nonfat

Flavored Milk

Flavored milk, whole
Flavored milk, reduced fat
Flavored milk, lowfat
Flavored milk, nonfat

Dairy Drinks and Substitutes

Milk shakes and other dairy drinks
Milk substitutes

Cheese

Cheese
Cottage/ricotta cheese

Yogurt

Yogurt, regular
Yogurt, Greek

PROTEIN FOODS

Meats

Beef, excludes ground
Ground beef
Pork
Lamb, goat, game
Liver and organ meats

Poultry

Chicken, whole pieces
Chicken patties, nuggets and tenders
Turkey, duck, other poultry

Seafood

Fish
Shellfish

Eggs

Eggs and omelets

Cured Meats/Poultry

Cold cuts and cured meats
Bacon
Frankfurters
Sausages

Plant-based Protein Foods

Beans, peas, legumes
Nuts and seeds
Processed soy products

MIXED DISHES

Mixed Dishes - Meat, Poultry, Seafood

Meat mixed dishes
Poultry mixed dishes
Seafood mixed dishes

Mixed Dishes - Grain-based

Rice mixed dishes
Pasta dishes, excludes macaroni and cheese
Macaroni and cheese
Turnovers and other grain-based items

Mixed Dishes - Asian

Fried rice and lo/chow mein
Stir-fry and soy-based sauce mixtures
Egg rolls, dumplings, sushi

Mixed Dishes - Mexican

Burritos and tacos
Nachos
Other Mexican mixed dishes

Mixed Dishes - Pizza

Pizza

Mixed Dishes - Sandwiches (single code)

Burgers
Chicken/turkey sandwiches
Egg/breakfast sandwiches
Frankfurter sandwiches
Other sandwiches

Mixed Dishes - Soups

Soups

GRAINS

Cooked Grains

Rice
Pasta, noodles, cooked grains

Breads, Rolls, Tortillas

Yeast breads
Rolls and buns
Bagels and English muffins
Tortillas

Quick Breads and Bread Products

Biscuits, muffins, quick breads
Pancakes, waffles, French toast

Ready-to-Eat Cereals

Ready-to-eat cereal, high sugar (>21.2g/100g)
Ready-to-eat cereal, low sugar (:S21.2g/100g)

Cooked Cereals

Oatmeal
Grits and other cooked cereals

SNACKS AND SWEETS

Savory Snacks

Potato chips
Tortilla, corn, other chips
Popcorn
Pretzels/snack mix

Crackers

Crackers, excludes saltines
Saltine crackers

Snack/M Meal Bars

Cereal bars
Nutrition bars

Sweet Bakery Products

Cakes and pies
Cookies and brownies
Doughnuts, sweet rolls, pastries

Candy

Candy containing chocolate
Candy not containing chocolate

Other Desserts

Ice cream and frozen dairy desserts
Pudding
Gelatins, ices, sorbets

FRUIT

Fruits

Apples
Bananas
Grapes
Peaches and nectarines
Berries
Citrus fruits
Melons
Dried fruits
Other fruits and fruit salads

VEGETABLES

Vegetables, excluding Potatoes

Tomatoes
Carrots
Other red and orange vegetables
Dark green vegetables, excludes lettuce
Lettuce and lettuce salads
String beans
Onions
Corn
Other starchy vegetables
Other vegetables and combinations
Vegetable mixed dishes
White Potatoes
White potatoes, baked or boiled
French fries and other fried white potatoes
Mashed potatoes and white potato mixtures

BEVERAGES, NONALCOHOLIC

100% Juice

Citrus juice
Apple juice
Other fruit juice
Vegetable juice

Diet Beverages

Diet soft drinks
Diet sport and energy drinks
Other diet drinks

Sweetened Beverages

Soft drinks
Fruit drinks
Sport and energy drinks
Nutritional beverages
Smoothies and grain drinks

Coffee and Tea

Coffee
Tea

ALCOHOLIC BEVERAGES

Alcoholic Beverages

Beer
Wine
Liquor and cocktails

WATER

Plain Water

Tap water
Bottled water

Flavored or Enhanced Water

Flavored or carbonated water
Enhanced or fortified water

FATS AND OILS

Fats and Oils

Butter and animal fats
Margarine
Cream cheese, sour and whipped cream
Cream and cream substitutes
Mayonnaise
Salad dressings and vegetable oils

CONDIMENTS AND SAUCES

Condiments and Sauces

Tomato-based condiments
Soy-based condiments
Mustard and other condiments
Olives, pickles, pickled vegetables
Pasta sauces, tomato-based
Dips, gravies, other sauces

SUGARS

Sugars

Sugars and honey
Sugar substitutes
Jams, syrups, toppings

INFANT FORMULA & BABY FOOD

Baby Foods

Baby food: cereals
Baby food: fruit
Baby food: vegetable
Baby food: meat and dinners
Baby food: yogurt
Baby food: snacks and sweets

Baby Beverages

Baby juice
Baby water

Infant Formulas

Formula, ready-to-feed
Formula, prepared from powder
Formula, prepared from concentrate

Human Milk

Human milk

OTHER

Protein and nutritional powders
Not included in a food category

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	52.23	52.23	125.29	6.47
2	Milk and Dairy	28.03	80.26	67.25	8.15
3	Grains	4.93	85.19	11.82	1.37
4	Mixed Dishes	4.35	89.54	10.43	1.61
5	Beverages, Nonalcoholic	2.45	91.99	5.89	0.97
6	Protein Foods	2.16	94.15	5.18	0.76

Contributing less than 2% in descending order: Vegetables, Snacks and Sweets, Water, Fruit, Condiments and Sauces, Fats and Oils, Other, Sugars

Table 1a. Food Sources of Calcium Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	47.03	47.03	76.46	8.01
2	Milk and Dairy	29.66	76.68	48.22	14.47
3	Grains	7.09	83.77	11.52	3.53
4	Vegetables	4.85	88.62	7.88	1.62
5	Protein Foods	2.49	91.11	4.05	1.01
6	Mixed Dishes	2.48	93.59	4.04	1.22
7	Fruit	2.05	95.64	3.33	0.90

Less than 2%: Water; Snacks and Sweets; Beverages, Nonalcoholic; Condiments and Sauces; Sugars; Fats and Oils

Table 1b. Food Sources of Calcium Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	62.57	62.57	140.04	7.77
2	Milk and Dairy	17.21	79.78	38.52	5.61
3	Mixed Dishes	5.13	84.91	11.49	1.94
4	Grains	4.75	89.66	10.63	1.33
5	Beverages, Nonalcoholic	2.48	92.14	5.55	0.94
6	Protein Foods	2.12	94.26	4.74	0.86
7	Snacks and Sweets	2.00	96.26	4.48	0.58

Contributing less than 2% in descending order: Vegetables; Water; Fruit; Condiments and Sauces; Fats and Oils; Other; Sugars

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	48.26	48.26	280.97	11.97
2	Milk and Dairy	11.18	59.44	65.09	7.86
3	Fruit	9.11	68.55	53.04	5.85
4	vegetables	8.54	77.08	49.70	5.88
5	Mixed Dishes	7.89	84.97	45.93	5.10
6	Protein Foods	5.49	90.46	31.95	4.58
7	Beverages, Nonalcoholic	5.13	95.59	29.85	3.32
8	Grains	2.71	98.30	15.77	1.59

Contributing less than 2% in descending order: Snacks and Sweets; Condiments and Sauces; Sugars; Fats and Oils; Other; Water

Table 2a. Food Sources of Potassium Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	32.35	32.35	145.89	19.76
2	Vegetables	20.86	53.20	94.06	22.20
3	Fruit	17.62	70.82	79.46	14.35
4	Milk and Dairy	8.60	79.42	38.78	13.19
5	Mixed Dishes	6.91	86.33	31.16	10.36
6	Protein Foods	6.02	92.35	27.13	8.09
7	Grains	4.07	96.41	18.35	5.78

Contributing less than 2% in descending order: Snacks and Sweets; Beverages, Nonalcoholic; Condiments and Sauces; Water; Sugars; Fats and Oils

Table 2b. Food Sources of Potassium Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	56.89	56.89	318.50	12.53
2	Mixed Dishes	8.34	65.23	46.68	5.87
3	Fruit	7.38	72.61	41.30	4.73

4	Vegetables	6.64	79.25	37.20	4.21
5	Milk and Dairy	5.83	85.08	32.63	4.16
6	Beverages, Nonalcoholic	5.50	90.58	30.78	3.63
7	Protein Foods	5.29	95.87	29.64	5.09
8	Grains	2.40	98.27	13.44	1.24

Contributing less than 2% in descending order: Snacks and Sweets; Condiments and Sauces; Sugars; Fats and Oils; Other; Water

Table 3. Food Sources of Sodium Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Mixed Dishes	27.20	27.20	85.84	9.84
2	Protein Foods	16.22	43.42	51.18	6.51
3	Vegetables	11.99	55.41	37.84	4.47
4	Infant Formula & Baby Food	11.66	67.07	36.80	2.71
5	Grains	11.41	78.48	36.02	3.82
6	Milk and Dairy	10.88	89.36	34.33	4.22
7	Snacks and Sweets	7.26	96.62	22.93	2.14

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Fruit, Sugars; Other

Table 3a. Food Sources of Sodium Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Mixed Dishes	23.22	23.22	57.80	18.60
2	Vegetables	22.38	45.59	55.71	15.55
3	Grains	14.29	59.89	35.589	12.01
4	Protein Foods	13.44	73.33	33.46	9.00
5	Milk and Dairy	9.29	82.62	23.12	7.63
6	Infant Formula & Baby Food	7.83	90.45	19.50	4.28
7	Snacks and Sweets	7.362	97.81	18.33	4.23
8	Water	0.75	98.56	1.87	0.41

Contributing less than 2% in descending order: Water; Beverages, Nonalcoholic; Fruit; Condiments and Sauces; Fats and Oils; Sugars

Table 3b. Food Sources of Sodium Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Mixed Dishes	28.98	28.99	86.46	10.72
2	Protein Foods	16.36	45.35	48.81	7.08
3	Infant Formula & Baby Food	13.89	59.24	41.42	3.15
4	Vegetables	10.74	69.98	32.03	3.60
5	Grains	10.73	80.70	32.00	3.33
6	Milk and Dairy	8.02	88.73	23.93	3.91
7	Snacks and Sweets	7.51	96.24	22.40	2.23

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Condiments and Sauces; Water; Fats and Oils; Fruit; Sugars; Other

Table 4. Food Sources of Fiber Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (g)	SE Mean
1	Infant Formula & Baby Food	55.57	55.57	2.61	0.12
2	Fruit	11.07	66.63	0.52	0.06
3	Vegetables	10.87	77.50	0.51	0.07
4	Mixed Dishes	7.24	84.75	0.34	0.04
5	Grains	6.81	91.56	0.32	0.03
6	Protein Foods	4.26	95.82	0.20	0.06
7	Snacks and Sweets	2.43	98.24	0.11	0.02
Rank	Major Food Category	%	Cumulative %	Mean (g)	SE Mean
1	Infant Formula & Baby Food	55.57	55.57	2.61	0.12
2	Fruit	11.07	66.63	0.52	0.06
3	Vegetables	10.87	77.50	0.51	0.07
4	Mixed Dishes	7.24	84.75	0.34	0.04
5	Grains	6.81	91.56	0.32	0.03
6	Protein Foods	4.26	95.82	0.20	0.06
7	Snacks and Sweets	2.43	98.24	0.11	0.02

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Milk and Dairy; Condiments and Sauces; Sugars; Other; Water; Fats and Oils

Table 4a. Food Sources of Fiber Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (g)	SE Mean
1	Infant Formula & Baby Food	31.18	31.18	1.34	0.19
2	Vegetables	26.42	57.60	1.14	0.31
3	Fruit	18.94	76.54	0.82	0.16
4	Grains	8.70	85.24	0.38	0.12
5	Protein Foods	6.99	92.23	0.30	0.16
6	Mixed Dishes	4.24	96.47	0.18	0.05
7	Snacks and Sweets	2.40	98.879	0.10	0.03

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Milk and Dairy; Condiments and Sauces; Water; Fats and Oils; Sugars

Table 4b. Food Sources of Fiber Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (g)	SE Mean
1	Infant Formula & Baby Food	63.44	63.44	2.96	0.13
2	Fruit	8.44	71.88	0.39	0.04
3	Mixed Dishes	7.48	79.36	0.35	0.04
4	Vegetables	7.29	86.65	0.34	0.04
5	Grains	5.71	92.35	0.267	0.03
6	Protein Foods	3.66	96.01	0.17	0.06
7	Snacks and Sweets	2.288	98.30	0.11	0.01

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Milk and Dairy; Condiments and Sauces; Sugars; Other; Water; Fats and Oils

Table 5. Food Sources of Vitamin D Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mcg)	SE Mean
1	Milk and Dairy	48.46	48.46	0.53	0.08
2	Infant Formula & Baby Food	34.73	83.19	0.38	0.06
3	Protein Foods	7.95	91.14	0.09	0.01
4	Grains	5.01	96.15	0.05	0.01
5	Mixed Dishes	2.44	98.59	0.03	0.01

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Vegetables; Snacks and Sweets; Fats and Oils; Condiments and Sauces; Other; Fruit; Water; Sugars

Table 5a. Food Sources of Vitamin D Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mcg)	SE Mean
1	Infant Formula & Baby Food	37.79	37.79	0.22	0.06
2	Milk and Dairy	36.80	74.58	0.22	0.08
3	Grains	11.25	85.83	0.07	0.02
4	Protein Foods	10.11	95.95	0.06	0.03
5	Mixed Dishes	1.69	97.64	0.01	0.00

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Vegetables; Snacks and Sweets; Condiments and Sauces; Fruit; Water; Fats and Oils; Sugars

Table 5b. Food Sources of Vitamin D Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mcg)	SE Mean
1	Infant Formula & Baby Food	50.93	50.93	0.43	0.07
2	Milk and Dairy	28.63	79.56	0.24	0.04
3	Protein Foods	9.90	89.46	0.08	0.01
4	Grains	5.31	94.77	0.04	0.01
5	Mixed Dishes	3.45	98.21	0.03	0.01

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Vegetables; Snacks and Sweets; Fats and Oils; Condiments and Sauces; Other; Fruit; Water; Sugars

Table 6. Food Sources of Iron Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	82.69	82.69	6.70	0.36
2	Grains	7.12	89.81	0.58	0.07
3	Mixed Dishes	3.34	93.15	0.27	0.03
4	Protein Foods	2.238	95.39	0.18	0.03

Contributing less than 2% in descending order: Snacks and Sweets; Vegetables; Fruit; Milk and Dairy; Beverages, Nonalcoholic; Condiments and Sauces; Sugars; Other; Fats and Oils; Water

Table 6a. Food Sources of Iron Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	73.84	73.84	4.28	0.48
2	Grains	12.18	86.02	0.71	0.23
3	Vegetables	3.58	89.60	0.21	0.05
4	Protein Foods	3.25	92.86	0.19	0.07
5	Mixed Dishes	2.83	95.69	0.164	0.06

Contributing less than 2% in descending order: Snacks and Sweets; Fruit; Milk and Dairy; Beverages, Nonalcoholic; Condiments and Sauces; Sugars; Water; Fats and Oils

Table 6b. Food Sources of Iron Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	86.12	86.12	7.44	0.43
2	Grains	5.28	91.40	0.46	0.05
3	Mixed Dishes	3.16	94.55	0.27	0.03

Contributing less than 2% in descending order: Protein Foods; Snacks and Sweets; Vegetables; Fruit; Beverages, Nonalcoholic; Milk and Dairy; Condiments and Sauces; Sugars; Other; Fats and Oils; Water

Table 7. Food Sources of Zinc Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	55.09	55.09	1.28	0.09
2	Grains	10.61	65.70	0.25	0.04
3	Milk and Dairy	10.55	76.25	0.25	0.03
4	Mixed Dishes	9.05	85.30	0.21	0.03
5	Protein Foods	8.20	93.51	0.19	0.03
6	Vegetables	2.87	96.38	0.07	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Fruit; Beverages, Nonalcoholic; Water; Condiments and Sauces; Other; Sugars; fats and oil

Table 7a. Food Sources of Zinc Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	47.01	47.01	0.89	0.15
2	Grains	16.30	63.32	0.31	0.11
3	Milk and Dairy	10.19	73.50	0.19	0.06
4	Mixed Dishes	8.70	82.20	0.16	0.06
5	Vegetables	7.00	89.20	0.13	0.03
6	Protein Foods	6.51	95.71	0.12	0.04
7	Fruit	2.17	97.87	0.04	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Beverages, Nonalcoholic; Water; Condiments and Sauces; Sugars; Fats and Oils

Table 7b. Food Sources of Zinc Among Infants 6-11 Months Consuming Formula, 2007- 2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	62.82	62.82	1.40	0.11
2	Mixed Dishes	9.11	71.94	0.20	0.03
3	Grains	8.19	80.12	0.18	0.02
4	Protein Foods	7.69	87.81	0.17	0.03
5	Milk and Dairy	6.54	94.36	0.15	0.02
6	Vegetables	2.19	96.55	0.05	0.01

Contributing less than 2% in descending order: Snacks and Sweets; Fruit; Beverages, Nonalcoholic; Water; Condiments and Sauces; Sugars; Fats and Oils; Other

Table 8. Food Sources of Vitamin E Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	65.60	65.60	1.31	0.06
2	Mixed Dishes	7.81	73.41	0.16	0.02
3	Vegetables	5.98	79.38	0.12	0.02
4	Protein Foods	5.02	84.40	0.10	0.02
5	Milk and Dairy	4.61	89.01	0.09	0.05
6	Snacks and Sweets	3.73	92.75	0.07	0.01
7	Fruit	3.14	95.89	0.06	0.01
8	Grains	2.12	98.00	0.04	0.01

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Fats and Oils; Water; Condiments and Sauces; Sugars; Other

Table 8a. Food Sources of Vitamin E Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	50.24	50.24	0.80	0.08
2	Vegetables	18.01	68.25	0.29	0.08
3	Milk and Dairy	7.16	75.41	0.11	0.10
4	Fruit	7.09	82.50	0.11	0.02
5	Mixed Dishes	5.48	87.98	0.09	0.03
6	Protein Foods	5.30	93.27	0.08	0.03
7	Snacks and Sweets	3.06	96.33	0.05	0.02
8	Grains	2.77	99.10	0.04	0.01

Contributing less than 2% in descending order: Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Sugars; Water

Table 8b. Food Sources of Vitamin E Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	71.09	71.09	1.47	0.07
2	Mixed Dishes	7.64	78.76	0.16	0.02
3	Protein Foods	4.53	83.29	0.09	0.02
4	Snacks and Sweets	3.76	87.05	0.08	0.01
5	Vegetables	3.70	90.75	0.08	0.01
6	Milk and Dairy	3.48	94.23	0.07	0.06
7	Fruit	2.23	96.46	0.05	0.01

Contributing less than 2% in descending order: Grains; Beverages, Nonalcoholic; Water; Fats and Oils; Condiments and Sauces; Sugars; Other

Table 9. Food Sources of Choline Among All Infants 6-11 Months, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	34.88	34.88	16.55	0.81
2	Protein Foods	25.00	59.88	11.86	1.65
3	Milk and Dairy	14.45	74.32	6.86	0.86
4	Mixed Dishes	10.07	84.40	4.78	0.58
5	Vegetables	5.82	90.22	2.76	0.29
6	Fruit	3.47	93.69	1.65	0.18
7	Grains	3.13	96.81	1.48	0.17

Contributing less than 2% in descending order: Snacks and Sweets; Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Sugars; Other; Water

Table 9a. Food Sources of Choline Among Infants 6-11 Months Consuming Human Milk, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	25.72	25.72	8.71	1.30
2	Protein Foods	24.24	49.96	8.21	3.10
3	Vegetables	13.79	63.75	4.67	1.05
4	Mixed Dishes	10.40	74.15	3.52	1.09
5	Milk and Dairy	10.31	84.46	3.49	1.19
6	Fruit	7.56	92.02	2.56	0.46
7	Grains	5.32	97.34	1.80	0.61

Contributing less than 2% in descending order: Snacks and Sweets; Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Sugars; Water

Table 9b. Food Sources of Choline Among Infants 6-11 Months Consuming Formula, 2007-2016*

Rank	Major Food Category	%	Cumulative %	Mean (mg)	SE Mean
1	Infant Formula & Baby Food	42.03	42.03	18.61	0.98
2	Protein Foods	25.68	67.71	11.367	1.87
3	Mixed Dishes	10.84	78.56	4.80	0.66
4	Milk and Dairy	7.38	85.94	3.267	0.43
5	Vegetables	4.94	90.88	2.19	0.23
6	Fruit	2.88	93.75	1.27	0.15
7	Grains	2.82	96.57	1.25	0.15

Contributing less than 2% in descending order: Snacks and Sweets; Beverages, Nonalcoholic; Condiments and Sauces; Fats and Oils; Sugars; Other; Water

Table 10. Food Sources of Calcium Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Milk	53.89	53.89	527.92	16.05
2	Cheese	6.51	60.39	63.73	6.67
3	100% Juice	3.51	63.90	34.41	3.00
4	Yogurt	3.37	67.27	32.99	3.30
5	Baby Foods	2.88	70.15	28.23	2.39
6	Dairy Drinks and Substitutes	2.83	72.98	27.73	5.17
7	Mixed Dishes - Grain-based	2.82	75.80	27.63	3.51

Contributing less than 2% in descending order: Ready-to-eat Cereals; Breads, Rolls, Tortillas; Cooked Cereals; Flavored Milk; Mixed Dishes – Mexican; Eggs; Plain Water; Mixed Dishes – Pizza; Quick Breads; Fruits; Mixed Dishes - Sandwiches; Vegetables, excluding Potatoes; Sweetened Beverages; Mixed Dishes - Meat, Poultry, Seafood; Other Desserts; Sweet Bakery Products; White Potatoes; Crackers; Snack/Meal Bars; Plant-based Protein Foods; Mixed Dishes – Soup; Savory Snacks; Cured Meats/Poultry; Poultry; Baby Beverages; Not included in a food category; Candy; Condiments and Sauces; Cooked Grains; Diet Beverages; Meats; Protein and nutritional powders; Fats and Oils; Mixed Dishes – Asian; Seafoods; Sugars; Coffee and Tea; Flavored or Enhanced Water

Table 11. Food Sources of Potassium Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Milk	34.80	34.80	618.95	18.72
2	Fruits	9.77	44.57	173.83	8.50
3	100% Juice	8.41	52.98	149.51	9.80
4	Mixed Dishes - Grain-based	3.59	56.57	63.91	4.91
5	Vegetables, excluding Potatoes	3.22	59.79	57.23	4.29
6	White Potatoes	3.19	62.98	56.78	5.04
7	Poultry	2.93	65.92	52.15	4.08
8	Baby Foods	2.84	68.75	50.42	4.74
9	Yogurt	2.41	71.16	42.86	4.29
10	Mixed Dishes - Meat, Poultry, Seafood	2.22	73.38	39.45	5.16
11	Sweetened Beverages	2.16	75.54	38.42	4.66
12	Cured Meats/Poultry	2.03	77.57	36.16	3.55

Contributing less than 2% in descending order: Plant-based Protein Foods; Mixed Dishes – Soup; Eggs; Ready-to-eat Cereals; Savory Snacks; Breads, Rolls, Tortillas; Dairy Drinks and Substitutes; Cooked Cereals; Flavored Milk; Sweet Bakery Products; Meats; Mixed Dishes – Pizza; Cheese; Mixed Dishes – Mexican; Mixed Dishes – Sandwiches; Other Desserts; Baby Beverages; Quick Breads and Bread Products; Crackers; Condiments and Sauces; Candy; Snack/Meal Bars; Mixed Dishes – Asian; Cooked Grains; Seafood; Not included in a food category; Coffee and Tea; Protein and nutritional powders; Sugars; Fats and Oils; Diet Beverages; Flavored or Enhanced Water

Table 12. Food Sources of Sodium Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Milk	12.74	12.74	201.53	6.12
2	Mixed Dishes - Grain-based	8.69	21.43	137.44	9.60
3	Cured Meats/Poultry	7.18	28.61	113.49	11.44
4	Poultry	6.42	35.03	101.55	7.82
5	Breads, Rolls, Tortillas	4.62	39.65	73.04	4.69
6	Cheese	4.52	44.17	71.53	7.97
7	Mixed Dishes - Soup	4.42	48.59	69.88	8.37
8	Mixed Dishes - Meat, Poultry, Seafood	4.36	52.95	68.92	9.07
9	Eggs	3.84	56.79	60.77	4.67
10	Vegetables, excluding Potatoes	3.50	60.29	55.36	4.03
11	Crackers	3.40	63.70	53.83	4.22
12	Sweet Bakery Products	3.00	66.70	47.42	2.77
13	Mixed Dishes - Pizza	2.88	69.57	45.48	5.17
14	White Potatoes	2.64	72.22	41.82	4.46
15	Mixed Dishes - Mexican	2.60	74.82	41.12	7.85
16	Quick Breads and Bread Products	2.47	77.28	38.99	4.40
17	Ready-to-eat Cereals	2.45	79.73	38.70	2.81
18	Savory Snacks	2.44	82.17	38.58	4.08
19	Mixed Dishes – Sandwiches	2.20	84.38	34.92	6.05

Contributing less than 2% in descending order: Cooked Cereals; Plant-based Protein Foods; Cooked Grains; Condiments and Sauces; Baby Foods; Sweetened Beverages; Meats; Yogurt; Dairy Drinks and Substitutes; Mixed Dishes – Asian; Fats and Oils; Candy; Plain Water; 100% Juice; Other Desserts; Flavored Milk; Seafood; Snack/Meal Bars; Fruits; Not included in a food category; Baby Beverages; Protein and nutritional powders; Sugars; Diet Beverages; Coffee and Tea; Flavored or Enhanced Water

Table 13. Food Sources of Fiber Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (g)	SE Mean
1	Fruits	21.39	21.39	1.83	0.10
2	Vegetables, excluding Potatoes	8.51	29.90	0.73	0.05
3	Mixed Dishes - Grain-based	7.71	37.61	0.66	0.05
4	Breads, Rolls, Tortillas	6.66	44.27	0.57	0.03
5	Ready-to-eat Cereals	6.33	50.61	0.54	0.05
6	Plant-based Protein Foods	6.33	56.93	0.54	0.07
7	Baby Foods	6.07	63.00	0.52	0.05
8	White Potatoes	3.65	66.65	0.31	0.03
9	Cooked Cereals	3.63	70.29	0.31	0.04
10	100% Juice	3.32	73.61	0.28	0.02
11	Sweet Bakery Products	2.98	76.59	0.26	0.02
12	Savory Snacks	2.51	79.10	0.21	0.02
13	Mixed Dishes - Meat, Poultry, Seafood	2.25	81.35	0.19	0.03
14	Mixed Dishes - Mexican	2.08	83.43	0.18	0.03

Contributing less than 2% in descending order: Crackers; Mixed Dishes – Pizza; Mixed Dishes – Soup; Quick Breads and Bread Products; Poultry; Mixed Dishes – Sandwiches; Cooked Grains; Snack/Meal Bars; Sweetened Beverages; Condiments and Sauces; Dairy Drinks and Substitutes; Flavored Milk; Other Desserts; Mixed Dishes – Asian; Yogurt; Candy; Sugars; Baby Beverages; Seafood; Not included in a food category; Eggs; Cured Meats/Poultry; Meats; Coffee and Tea; Protein and nutritional powders; Fats and Oils; Cheese

Table 14. Food Sources of Vitamin D Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mcg)	SE Mean
1	Milk	76.15	76.15	5.90	0.18
2	Eggs	3.68	79.84	0.29	0.02
3	Ready-to-eat Cereals	3.04	82.87	0.24	0.02
4	Dairy Drinks and Substitutes	2.67	85.54	0.21	0.04
5	Yogurt	2.12	87.66	0.16	0.02
6	12: Flavored Milk	2.08	89.74	0.16	0.03

Contributing less than 2% in descending order: Cheese; Mixed Dishes - Grain-based; Cured Meats/Poultry; Cooked Cereals; 100% Juice; Baby Foods; Baby Foods; Mixed Dishes - Meat, Poultry, Seafood; Seafood; Poultry; Mixed Dishes – Sandwiches; White Potatoes; Sweetened Beverages; Quick Breads and Bread Products ; Not included in a food category; Mixed Dishes – Soup; Meats; Mixed Dishes – Mexican; Sweet Bakery Products; Fats and Oils; Other Desserts; Vegetables, excluding Potatoes; Snack/Meal Bars; Mixed Dishes – Asian; Breads, Rolls, Tortillas; Condiments and Sauces; Mixed Dishes - Pizza; Cooked Grains; Plant-based Protein Foods; Savory Snacks; Coffee and Tea

Table 15. Food Sources of Iron Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Ready-to-eat Cereals	20.85	20.85	1.82	0.15
2	Baby Foods	13.84	34.69	1.21	0.12
3	Cooked Cereals	6.56	41.25	0.57	0.08
4	Mixed Dishes - Grain-based	5.70	46.95	0.50	0.03
5	Breads, Rolls, Tortillas	5.49	52.44	0.48	0.03
6	Sweet Bakery Products	4.86	57.30	0.42	0.03
7	Crackers	3.04	60.33	0.26	0.02
8	Fruits	2.73	63.06	0.24	0.01
9	Eggs	2.71	65.77	0.24	0.02
10	Quick Breads and Bread Products	2.46	68.23	0.21	0.03
11	Mixed Dishes - Meat, Poultry, Seafood	2.44	70.67	0.21	0.03
12	Plant-based Protein Foods	2.24	72.91	0.19	0.03
13	Vegetables, excluding Potatoes	2.16	75.07	0.19	0.01
14	100% Juice	2.10	77.18	0.18	0.01

Contributing less than 2% in descending order: Poultry; Mixed Dishes – Pizza; Mixed Dishes – Soup; Mixed Dishes – Mexican; Milk; Savory Snacks; Mixed Dishes – Sandwiches; Cured Meats/Poultry; Cooked Grains; Sweetened Beverages; White Potatoes; Snack/Meal Bars; Meats; Dairy Drinks and Substitutes; Baby Beverages; Cheese; Condiments and Sauces; Candy; Other Desserts; Mixed Dishes – Asian; Protein and nutritional powders; Not included in a food category; Flavored Milk; Yogurt; Seafood; Coffee and Tea; sugars; Fats and Oils; Diet Beverages; Flavored or Enhanced Water

Table 16. Food Sources of Zinc Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Milk	27.30	27.30	1.80	0.06
2	Ready-to-eat Cereals	12.72	40.04	0.84	0.06
3	Baby Foods	4.92	44.95	0.32	0.05
4	Mixed Dishes - Grain-based	4.65	49.60	0.31	0.02
5	Mixed Dishes - Meat, Poultry, Seafood	3.88	53.48	0.26	0.04
6	Cheese	3.57	57.05	0.24	0.03
7	Poultry	3.26	60.31	0.21	0.02
8	Cured Meats/Poultry	3.18	63.49	0.21	0.02
9	Eggs	3.08	66.57	0.20	0.02
10	Meats	2.88	69.45	0.19	0.02
11	Breads, Rolls, Tortillas	2.49	71.94	0.16	0.01
12	Yogurt	2.43	74.37	0.16	0.02
13	Plant-based Protein Foods	2.06	76.43	0.14	0.02

Contributing less than 2% in descending order: Cooked Cereals; Fruits; Mixed Dishes – Pizza; Mixed Dishes – Mexican; Vegetables, excluding Potatoes; Mixed Dishes – Sandwiches; Mixed Dishes – Soup; Sweet Bakery Products; Flavored Milk; Savory Snacks; White Potatoes; Dairy Drinks and Substitutes; Cheese; Crackers; 100% Juice; Snack/Meal Bars; Cooked Grains; Sweetened Beverages; Quick Breads and Bread Products; Other Desserts; Condiments and Sauces; Mixed Dishes – Asian; Protein and nutritional powders; Not included in a food category; Candy; Baby Beverages; Plain Water; Seafood; Sugars; Coffee and Tea; Fats and Oils; Flavored or Enhanced Water; Diet Beverages

Table 17. Food Sources of Vitamin E Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Mixed Dishes - Grain-based	9.05	9.05	0.33	0.03
2	Milk	7.59	16.64	0.27	0.01
3	Baby Foods	6.30	22.94	0.23	0.02
4	Fruits	5.73	28.68	0.21	0.01
5	Plant-based Protein Foods	5.36	34.04	0.20	0.03
6	Savory Snacks	5.12	39.16	0.19	0.02
7	Eggs	5.09	44.25	0.19	0.01
8	Poultry	4.48	48.74	0.16	0.01
9	Vegetables, excluding Potatoes	4.34	53.08	0.16	0.01
10	Sweet Bakery Products	4.27	57.35	0.16	0.01
11	Crackers	4.08	61.43	0.15	0.01
12	Dairy Drinks and Substitutes	3.82	65.25	0.14	0.01
13	Mixed Dishes – Meat, Poultry, Seafood	3.05	68.30	0.11	0.01
14	Sweetened Beverages	3.02	71.33	0.11	0.04
15	Ready-to-eat Cereals	2.90	74.23	0.11	0.01
16	White Potatoes	2.56	76.79	0.09	0.02
17	Mixed Dishes – Soup	2.05	78.83	0.07	0.01
18	100% Juice	2.03	80.86	0.07	0.01

Contributing less than 2% in descending order: Mixed Dishes – Pizza; Breads, Rolls, Tortillas; Quick Breads and Bread Products; Fats and Oils; Mixed Dishes – Sandwiches; Mixed Dishes – Mexican; Condiments and Sauces; Cheese; Cured Meats/Poultry; Cooked Cereal; Seafood: Baby Beverages; Snack/M Meal Bars; Protein and nutritional powders; Candy; Cooked Grains; Mixed Dishes – Asian; Other Desserts; Not included in a food category; Meats: Flavored or Enhanced Water; Yogurt; Flavored Milk; Sugars; Diet Beverages: Coffee and Tea

Table 18. Food Sources of Choline Among All Toddlers 12-23 Months, 2007-2016*

Rank	Food Subcategory	%	Cumulative %	Mean (mg)	SE Mean
1	Milk	34.81	34.81	68.038	2.07
2	Eggs	16.44	51.25	32.13	2.58
3	Poultry	5.22	56.47	10.21	0.83
4	Mixed Dishes – Meat, Poultry, Seafood	3.30	59.78	6.46	0.84
5	Cured Meats/Poultry	3.13	62.91	6.13	0.61
6	Mixed Dishes - Grain-based	3.09	66.00	6.03	0.41
7	Fruits	2.86	68.86	5.58	0.26
8	Vegetables, excluding Potatoes	2.34	71.20	4.58	0.32

Less than 2%: Baby Foods; Meats; 100% Juice; Dairy Drinks and Substitutes; Yogurt; Plant-based Protein Foods; Mixed Dishes – Soup; White Potatoes; Quick Breads and Bread Products; Sweet Bakery Products; Breads, Rolls, Tortillas; Mixed Dishes – Sandwiches; Cooked Cereals; Cheese; Flavored Milk; Mixed Dishes – Pizza; Ready-to-eat Cereals; Mixed Dishes – Mexican; Other Desserts; Sweetened Beverages; Savory Snacks; Seafood; Crackers; Mixed Dishes – Asian; Snack/Meal Bars; Condiments and Sauces; Candy; Cooked Grains; Not included in a food category; Protein and nutritional powders; Baby Beverages; Fats and Oils; Sugars; Coffee and Tea; Diet Beverages