



Food Group and Nutrient Distribution: All Life Stages

2020 Dietary Guidelines Advisory Committee
Supplementary Data Analysis

Published date: July 15, 2020

U.S. Department of Agriculture
1400 Independence Avenue SW
Washington, DC 20250

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:

United States Department of Agriculture (USDA)

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

United States Department of Health and Human Services (HHS)

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

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

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

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

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ACKNOWLEDGEMENTS

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 Stody, 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 analyses 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 analyses. 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>.

The results of the data analyses for Food Group and Nutrient Distribution: All Life Stages are contained in the 5 Portable Document Formats (PDF) included in this data supplement.

LIST OF INCLUDED RESULTS

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

Section 1: Current Intake Analyses: pg 6

Section 2: Food Group Intake Distributions: pg 24

Section 3: Added Sugars Intake Distributions: pg 65

Section 4: Food Group and Nutrient Distributions for Infants and Toddlers: pg 67

To access the analyses, click the section title(s) above.

Section 1

Table 1.1. Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	1.29 (0.04)	38.0 (2.99)	0.00 (0.00)	62.0 (2.99)
	2-3	356	1.29 (0.03)	36.9 (2.55)	0.00 (0.00)	63.1 (2.55)
	4-8	867	1.13 (0.05)	48.6 (3.27)	41.6 (2.42)	9.79 (1.49)
	9-13	843	0.99 (0.05)	80.1 (2.08)	10.9 (0.95)	8.99 (1.20)
	14-18	790	0.93 (0.06)	88.5 (1.69)	4.85 (0.53)	6.64 (1.20)
	19-30	1029	0.88 (0.04)	89.2 (1.28)	4.64 (0.38)	6.14 (0.93)
	31-50	1622	0.88 (0.04)	89.3 (1.20)	4.51 (0.37)	6.16 (0.87)
	51-70	1606	1.00 (0.04)	87.0 (1.05)	5.58 (0.33)	7.42 (0.82)
	71+	698	1.04 (0.04)	86.7 (1.15)	5.56 (0.37)	7.76 (0.85)
	19+	4955	0.94 (0.03)	88.3 (0.99)	5.00 (0.27)	6.73 (0.77)
Female	1	177	1.19 (0.06)	43.1 (3.74)	0.00 (0.00)	56.9 (3.74)
	2-3	367	1.20 (0.04)	43.5 (2.90)	0.00 (0.00)	56.5 (2.90)
	4-8	818	1.05 (0.03)	53.5 (2.04)	26.3 (1.34)	20.2 (1.81)
	9-13	815	0.89 (0.03)	84.9 (1.29)	9.33 (0.62)	5.78 (0.76)
	14-18	813	0.77 (0.04)	86.9 (1.43)	7.31 (0.65)	5.76 (0.83)
	19-30	1097	0.85 (0.04)	83.8 (1.35)	8.65 (0.59)	7.56 (0.83)
	31-50	1831	0.85 (0.03)	84.3 (1.33)	8.56 (0.64)	7.14 (0.75)
	51-70	1708	0.97 (0.04)	80.1 (1.52)	10.6 (0.62)	9.39 (0.98)
	71+	724	1.06 (0.03)	77.0 (1.56)	11.9 (0.63)	11.1 (1.05)
	19+	5360	0.92 (0.03)	81.9 (1.13)	9.66 (0.51)	8.46 (0.70)
	Pregnant	97	1.34 (0.18)	63.9 (7.96)	0.00 (0.00)	36.1 (7.96)
	Lactating	82	1.05 (0.12)	77.8 (4.92)	0.00 (0.00)	22.2 (4.92)
All	1+	16379	0.94 (0.02)	81.1 (0.78)	10.1 (0.35)	8.80 (0.50)

Table 1.2. Total vegetables including beans and peas: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.63 (0.03)	88.4 (2.36)	0.00 (0.00)	11.6 (2.36)
	2-3	356	0.69 (0.02)	84.7 (2.46)	0.00 (0.00)	15.3 (2.46)
	4-8	867	0.87 (0.03)	93.3 (36.5)	6.61 (9.44)	0.12 (46.0)
	9-13	843	1.04 (0.02)	99.3 (67.9)	0.66 (0.94)	0.02 (68.8)
	14-18	790	1.19 (0.04)	98.5 (85.2)	1.46 (2.09)	0.00 (87.3)
	19-30	1029	1.62 (0.04)	97.4 (118)	2.42 (3.46)	0.17 (122)
	31-50	1622	1.79 (0.04)	95.1 (122)	4.52 (6.46)	0.41 (129)
	51-70	1606	1.82 (0.04)	85.6 (111)	12.9 (18.5)	1.53 (129)
	71+	698	1.85 (0.04)	84.6 (111)	13.9 (19.8)	1.57 (130)
	19+	4955	1.76 (0.03)	91.5 (116)	7.70 (11.0)	0.84 (127)
Female	1	177	0.62 (0.03)	89.7 (2.11)	0.00 (0.00)	10.3 (2.11)
	2-3	367	0.66 (0.03)	86.6 (2.20)	0.00 (0.00)	13.4 (2.20)
	4-8	818	0.85 (0.03)	94.2 (34.8)	5.69 (8.13)	0.10 (42.9)
	9-13	815	0.98 (0.03)	87.6 (43.4)	12.3 (17.6)	0.12 (61.0)
	14-18	813	1.06 (0.04)	98.8 (69.5)	0.91 (1.30)	0.25 (70.8)
	19-30	1097	1.48 (0.04)	93.0 (99.0)	4.84 (6.91)	2.17 (106)
	31-50	1831	1.58 (0.04)	90.9 (102)	6.04 (8.63)	3.05 (111)
	51-70	1708	1.57 (0.05)	76.6 (81.4)	20.6 (29.4)	2.89 (111)
	71+	724	1.54 (0.04)	78.2 (82.5)	19.2 (27.5)	2.57 (110)
	19+	5360	1.55 (0.04)	85.0 (92.3)	12.2 (17.5)	2.76 (110)
	Pregnant	97	1.58 (0.10)	90.2 (2.28)	0.00 (0.00)	9.79 (2.28)
	Lactating	82	1.72 (0.21)	87.5 (7.26)	0.00 (0.00)	12.5 (7.26)
All	1+	16379	1.49 (0.02)	89.5 (90.6)	8.99 (12.8)	1.47 (103)

Table 1.3. Dark-green vegetables: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.04 (0.01)	86.5 (3.62)	0.00 (0.00)	13.5 (3.62)
	2-3	356	0.04 (0.01)	82.9 (3.23)	0.00 (0.00)	17.1 (3.23)
	4-8	867	0.05 (0.01)	92.3 (11.0)	4.58 (6.54)	3.10 (4.42)
	9-13	843	0.06 (0.01)	95.8 (6.02)	3.19 (4.56)	1.04 (1.46)
	14-18	790	0.06 (0.01)	94.4 (7.94)	3.86 (5.51)	1.74 (2.43)
	19-30	1029	0.13 (0.01)	88.7 (15.6)	3.75 (5.36)	7.53 (10.3)
	31-50	1622	0.15 (0.01)	86.1 (19.2)	4.41 (6.30)	9.53 (12.9)
	51-70	1606	0.16 (0.01)	75.0 (34.8)	14.2 (20.2)	10.8 (14.6)
	71+	698	0.17 (0.02)	73.8 (36.5)	14.8 (21.2)	11.3 (15.3)
	19+	4955	0.15 (0.01)	81.9 (25.2)	8.48 (12.1)	9.65 (13.1)
Female	1	177	0.04 (0.01)	84.7 (4.05)	0.00 (0.00)	15.3 (4.05)
	2-3	367	0.05 (0.01)	80.9 (3.16)	0.00 (0.00)	19.1 (3.16)
	4-8	818	0.06 (0.01)	91.1 (12.7)	5.21 (7.44)	3.71 (5.30)
	9-13	815	0.07 (0.01)	87.2 (18.2)	9.11 (13.0)	3.67 (5.15)
	14-18	813	0.08 (0.01)	89.6 (14.6)	4.14 (5.91)	6.26 (8.71)
	19-30	1097	0.19 (0.01)	70.2 (40.8)	8.71 (12.4)	21.1 (28.3)
	31-50	1831	0.19 (0.01)	70.0 (41.0)	8.82 (12.6)	21.1 (28.4)
	51-70	1708	0.20 (0.02)	67.0 (45.4)	9.57 (13.7)	23.4 (31.7)
	71+	724	0.18 (0.01)	71.1 (40.2)	9.24 (13.2)	19.6 (27.0)
	19+	5360	0.19 (0.01)	69.2 (42.3)	9.09 (13.0)	21.7 (29.3)
	Pregnant	97	0.21 (0.06)	65.2 (9.86)	0.00 (0.00)	34.8 (9.86)
	Lactating	82	0.35 (0.10)	46.2 (11.1)	0.00 (0.00)	53.9 (11.1)
All	1+	16379	0.14 (0.01)	78.9 (29.2)	8.15 (11.6)	12.9 (17.5)

Table 1.4. Total red and orange vegetables: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.18 (0.01)	96.1 (1.22)	0.00 (0.00)	3.92 (1.22)
	2-3	356	0.19 (0.01)	94.4 (1.75)	0.00 (0.00)	5.56 (1.75)
	4-8	867	0.26 (0.01)	90.1 (14.1)	9.64 (13.8)	0.23 (0.29)
	9-13	843	0.31 (0.01)	95.0 (7.13)	5.01 (7.16)	0.04 (0.05)
	14-18	790	0.33 (0.01)	99.1 (1.17)	0.88 (1.26)	0.04 (0.13)
	19-30	1029	0.40 (0.01)	98.5 (1.53)	1.25 (1.79)	0.22 (0.45)
	31-50	1622	0.42 (0.01)	97.8 (2.23)	1.85 (2.64)	0.33 (0.63)
	51-70	1606	0.42 (0.01)	96.0 (4.67)	3.25 (4.64)	0.74 (0.46)
	71+	698	0.44 (0.02)	94.9 (5.86)	4.08 (5.83)	1.04 (0.60)
	19+	4955	0.42 (0.01)	97.1 (3.22)	2.39 (3.41)	0.51 (0.48)
Female	1	177	0.16 (0.01)	97.7 (0.97)	0.00 (0.00)	2.32 (0.97)
	2-3	367	0.18 (0.01)	96.0 (1.64)	0.00 (0.00)	4.00 (1.64)
	4-8	818	0.24 (0.01)	93.3 (9.63)	6.63 (9.47)	0.12 (0.15)
	9-13	815	0.27 (0.01)	89.0 (15.6)	10.8 (15.5)	0.13 (0.14)
	14-18	813	0.26 (0.01)	99.6 (0.47)	0.20 (0.29)	0.19 (0.19)
	19-30	1097	0.33 (0.01)	98.6 (1.74)	0.66 (0.94)	0.79 (0.81)
	31-50	1831	0.34 (0.01)	98.3 (1.98)	0.74 (1.06)	0.93 (0.94)
	51-70	1708	0.36 (0.01)	86.7 (18.2)	11.7 (16.7)	1.59 (1.56)
	71+	724	0.36 (0.02)	87.0 (17.9)	11.4 (16.3)	1.63 (1.68)
	19+	5360	0.35 (0.01)	93.1 (9.29)	5.67 (8.10)	1.21 (1.21)
	Pregnant	97	0.33 (0.03)	98.6 (1.18)	0.00 (0.00)	1.45 (1.18)
	Lactating	82	0.35 (0.04)	98.7 (1.12)	0.00 (0.00)	1.30 (1.12)
All	1+	16379	0.35 (0.01)	95.0 (6.61)	4.28 (6.11)	0.75 (0.52)

Table 1.5. Beans and peas (legumes): Estimated percentage of persons below, at, or above recommendation¹

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.06 (0.01)	73.3 (4.24)	0.00 (0.00)	26.7 (4.24)
	2-3	356	0.05 (0.01)	76.2 (3.26)	0.00 (0.00)	23.8 (3.26)
	4-8	867	0.06 (0.01)	71.2 (4.02)	24.8 (3.53)	3.98 (1.14)
	9-13	843	0.07 (0.01)	86.1 (1.89)	12.3 (1.62)	1.58 (0.45)
	14-18	790	0.08 (0.01)	92.3 (1.49)	6.29 (1.04)	1.41 (0.48)
	19-30	1029	0.15 (0.01)	87.0 (2.37)	7.27 (1.05)	5.73 (1.41)
	31-50	1622	0.16 (0.01)	85.5 (1.75)	7.83 (0.72)	6.69 (1.16)
	51-70	1606	0.14 (0.01)	79.2 (2.52)	13.0 (1.41)	7.77 (1.36)
	71+	698	0.12 (0.01)	83.6 (2.97)	10.9 (1.72)	5.50 (1.42)
	19+	4955	0.15 (0.01)	83.6 (1.85)	9.68 (0.89)	6.69 (1.15)
Female	1	177	0.06 (0.01)	74.6 (4.33)	0.00 (0.00)	25.4 (4.33)
	2-3	367	0.05 (0.00)	79.9 (2.60)	0.00 (0.00)	20.2 (2.60)
	4-8	818	0.06 (0.01)	72.5 (3.39)	23.9 (2.98)	3.55 (1.10)
	9-13	815	0.07 (0.01)	64.8 (3.32)	32.8 (3.02)	2.48 (0.57)
	14-18	813	0.08 (0.01)	93.2 (1.88)	3.85 (0.95)	2.94 (0.95)
	19-30	1097	0.11 (0.01)	87.4 (1.80)	6.43 (0.78)	6.15 (1.14)
	31-50	1831	0.11 (0.01)	87.5 (1.79)	6.48 (0.70)	6.03 (1.17)
	51-70	1708	0.09 (0.01)	81.6 (2.31)	14.9 (1.69)	3.54 (0.80)
	71+	724	0.08 (0.01)	83.3 (2.37)	13.7 (1.79)	3.01 (0.75)
	19+	5360	0.10 (0.00)	85.0 (1.49)	10.1 (0.89)	4.86 (0.81)
	Pregnant	97	0.09 (0.02)	90.7 (3.38)	0.00 (0.00)	9.30 (3.38)
	Lactating	82	0.17 (0.05)	71.7 (11.6)	0.00 (0.00)	28.3 (11.6)
All	1+	16379	0.11 (0.00)	83.3 (1.11)	10.9 (0.70)	5.78 (0.58)

¹ Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

Table 1.6. Total starchy vegetables: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.21 (0.02)	82.8 (4.54)	0.00 (0.00)	17.2 (4.54)
	2-3	356	0.24 (0.01)	72.2 (4.29)	0.00 (0.00)	27.8 (4.29)
	4-8	867	0.31 (0.02)	90.2 (13.8)	8.41 (12.0)	1.36 (1.82)
	9-13	843	0.36 (0.02)	87.9 (16.0)	11.2 (15.9)	0.98 (0.43)
	14-18	790	0.41 (0.03)	89.0 (12.3)	9.87 (14.1)	1.10 (2.13)
	19-30	1029	0.45 (0.02)	93.0 (5.26)	5.34 (7.63)	1.63 (2.83)
	31-50	1622	0.46 (0.02)	91.9 (5.92)	6.09 (8.70)	2.00 (3.25)
	51-70	1606	0.53 (0.02)	78.0 (23.0)	16.0 (22.8)	6.10 (1.82)
	71+	698	0.54 (0.02)	76.4 (24.6)	17.1 (24.4)	6.53 (1.95)
	19+	4955	0.49 (0.02)	86.1 (13.2)	10.2 (14.6)	3.70 (2.11)
Female	1	177	0.20 (0.01)	85.4 (3.54)	0.00 (0.00)	14.6 (3.54)
	2-3	367	0.23 (0.01)	76.5 (4.27)	0.00 (0.00)	23.5 (4.27)
	4-8	818	0.30 (0.02)	92.0 (11.3)	7.00 (10.0)	0.97 (1.31)
	9-13	815	0.34 (0.01)	85.6 (20.3)	13.6 (19.5)	0.80 (0.79)
	14-18	813	0.37 (0.02)	95.1 (6.36)	3.41 (4.87)	1.53 (1.52)
	19-30	1097	0.38 (0.02)	94.5 (6.96)	3.72 (5.31)	1.74 (1.68)
	31-50	1831	0.39 (0.01)	93.8 (7.90)	4.16 (5.94)	2.07 (1.98)
	51-70	1708	0.37 (0.02)	87.3 (17.5)	11.3 (16.1)	1.39 (1.42)
	71+	724	0.39 (0.02)	85.3 (20.3)	13.0 (18.6)	1.70 (1.76)
	19+	5360	0.38 (0.01)	90.7 (12.4)	7.53 (10.8)	1.73 (1.70)
	Pregnant	97	0.38 (0.05)	94.3 (3.44)	0.00 (0.00)	5.73 (3.44)
	Lactating	82	0.29 (0.08)	98.6 (3.08)	0.00 (0.00)	1.43 (3.08)
All	1+	16379	0.41 (0.01)	88.4 (13.6)	9.28 (13.3)	2.35 (0.71)

Table 1.7. Other vegetables: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.14 (0.01)	85.5 (3.58)	0.00 (0.00)	14.5 (3.58)
	2-3	356	0.14 (0.01)	84.1 (3.50)	0.00 (0.00)	15.9 (3.50)
	4-8	867	0.19 (0.01)	94.1 (8.38)	5.55 (7.93)	0.32 (0.46)
	9-13	843	0.26 (0.01)	92.9 (9.90)	6.24 (8.91)	0.86 (0.99)
	14-18	790	0.34 (0.02)	89.8 (13.9)	9.74 (13.9)	0.44 (0.21)
	19-30	1029	0.51 (0.02)	82.5 (19.6)	13.8 (19.7)	3.73 (0.87)
	31-50	1622	0.60 (0.01)	71.5 (28.9)	20.2 (28.9)	8.28 (1.27)
	51-70	1606	0.56 (0.02)	57.4 (52.7)	26.2 (37.4)	16.5 (15.4)
	71+	698	0.55 (0.02)	59.6 (50.7)	25.6 (36.5)	14.9 (14.3)
	19+	4955	0.56 (0.01)	68.3 (36.7)	21.2 (30.2)	10.5 (6.48)
Female	1	177	0.14 (0.01)	83.9 (4.80)	0.00 (0.00)	16.1 (4.80)
	2-3	367	0.14 (0.01)	83.3 (4.51)	0.00 (0.00)	16.8 (4.51)
	4-8	818	0.19 (0.01)	93.5 (9.23)	6.05 (8.64)	0.41 (0.58)
	9-13	815	0.25 (0.01)	81.8 (25.6)	16.3 (23.3)	1.86 (2.26)
	14-18	813	0.29 (0.02)	90.4 (12.9)	5.50 (7.86)	4.09 (5.04)
	19-30	1097	0.49 (0.02)	66.0 (40.7)	14.0 (20.0)	20.0 (20.7)
	31-50	1831	0.55 (0.02)	58.7 (47.8)	15.5 (22.1)	25.8 (25.7)
	51-70	1708	0.55 (0.02)	48.7 (62.3)	25.5 (36.4)	25.9 (25.9)
	71+	724	0.53 (0.02)	51.4 (60.7)	25.7 (36.7)	22.9 (24.0)
	19+	5360	0.53 (0.02)	56.0 (52.7)	19.8 (28.2)	24.3 (24.5)
	Pregnant	97	0.57 (0.06)	56.1 (7.66)	0.00 (0.00)	43.9 (7.66)
	Lactating	82	0.62 (0.11)	49.1 (13.5)	0.00 (0.00)	50.9 (13.5)
All	1+	16379	0.47 (0.01)	68.5 (37.7)	17.8 (25.4)	13.7 (12.4)

Table 1.8. Total grains: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	4.04 (0.10)	18.5 (2.46)	0.00 (0.00)	81.5 (2.46)
	2-3	356	4.82 (0.09)	10.0 (1.42)	0.00 (0.00)	90.0 (1.42)
	4-8	867	6.74 (0.11)	4.73 (0.94)	31.4 (1.55)	63.9 (2.13)
	9-13	843	7.63 (0.09)	8.42 (1.04)	69.0 (1.59)	22.6 (1.43)
	14-18	790	8.08 (0.20)	22.6 (2.70)	55.2 (1.98)	22.2 (2.22)
	19-30	1029	8.08 (0.14)	52.0 (2.15)	25.9 (1.04)	22.1 (1.75)
	31-50	1622	7.72 (0.14)	42.7 (2.23)	38.7 (1.52)	18.5 (1.70)
	51-70	1606	6.97 (0.12)	37.8 (2.24)	51.0 (2.05)	11.3 (1.02)
	71+	698	6.78 (0.17)	40.5 (2.88)	49.7 (2.21)	9.78 (1.44)
	19+	4955	7.46 (0.09)	43.1 (1.54)	40.8 (1.50)	16.1 (1.16)
Female	1	177	3.66 (0.09)	28.7 (2.60)	0.00 (0.00)	71.3 (2.60)
	2-3	367	4.36 (0.11)	17.3 (1.93)	0.00 (0.00)	82.7 (1.93)
	4-8	818	6.15 (0.12)	9.16 (1.48)	40.0 (1.85)	50.8 (2.62)
	9-13	815	6.56 (0.10)	19.3 (1.70)	42.7 (1.66)	38.0 (2.36)
	14-18	813	6.22 (0.12)	49.4 (2.39)	31.9 (1.28)	18.7 (1.77)
	19-30	1097	6.10 (0.11)	51.9 (2.20)	30.8 (1.17)	17.3 (1.62)
	31-50	1831	5.87 (0.08)	56.3 (1.51)	17.1 (0.53)	26.6 (1.44)
	51-70	1708	5.16 (0.08)	50.5 (1.75)	33.6 (1.11)	15.9 (1.36)
	71+	724	5.14 (0.09)	50.7 (1.99)	33.9 (1.29)	15.4 (1.28)
	19+	5360	5.59 (0.05)	52.8 (1.07)	27.5 (0.79)	19.7 (1.06)
	Pregnant	97	7.22 (0.40)	30.6 (6.65)	0.00 (0.00)	69.4 (6.65)
	Lactating	82	7.89 (0.50)	21.4 (7.01)	0.00 (0.00)	78.6 (7.01)
All	1+	16379	6.50 (0.04)	41.2 (0.77)	36.9 (0.76)	21.9 (0.68)

Table 1.9. Whole grains: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.68 (0.04)	95.3 (1.52)	0.00 (0.00)	4.75 (1.52)
	2-3	356	0.77 (0.04)	92.1 (1.75)	0.00 (0.00)	7.88 (1.75)
	4-8	867	0.94 (0.05)	94.8 (1.54)	4.75 (1.26)	0.49 (0.31)
	9-13	843	0.95 (0.04)	98.9 (0.43)	1.05 (0.39)	0.07 (0.05)
	14-18	790	0.94 (0.05)	98.0 (0.78)	2.00 (0.73)	0.04 (0.05)
	19-30	1029	0.87 (0.04)	99.7 (0.18)	0.24 (0.15)	0.06 (0.04)
	31-50	1622	0.89 (0.04)	99.1 (0.37)	0.87 (0.33)	0.06 (0.05)
	51-70	1606	1.17 (0.05)	95.7 (0.81)	4.14 (0.71)	0.15 (0.11)
	71+	698	1.25 (0.06)	95.2 (1.13)	4.65 (1.01)	0.20 (0.13)
	19+	4955	1.01 (0.03)	97.7 (0.50)	2.17 (0.44)	0.10 (0.07)
Female	1	177	0.58 (0.03)	98.0 (0.77)	0.00 (0.00)	2.01 (0.77)
	2-3	367	0.67 (0.03)	94.8 (1.27)	0.00 (0.00)	5.21 (1.27)
	4-8	818	0.80 (0.03)	97.3 (0.79)	2.50 (0.68)	0.16 (0.12)
	9-13	815	0.80 (0.03)	98.8 (0.32)	1.13 (0.25)	0.12 (0.07)
	14-18	813	0.73 (0.04)	99.4 (0.18)	0.48 (0.14)	0.09 (0.05)
	19-30	1097	0.78 (0.03)	99.0 (0.32)	0.85 (0.25)	0.17 (0.08)
	31-50	1831	0.74 (0.03)	99.2 (0.23)	0.52 (0.10)	0.33 (0.13)
	51-70	1708	0.89 (0.03)	99.0 (0.26)	0.61 (0.12)	0.36 (0.15)
	71+	724	0.91 (0.03)	99.0 (0.34)	0.67 (0.18)	0.32 (0.16)
	19+	5360	0.82 (0.02)	99.1 (0.25)	0.63 (0.13)	0.31 (0.12)
	Pregnant	97	1.27 (0.17)	95.3 (2.31)	0.00 (0.00)	4.68 (2.31)
	Lactating	82	1.33 (0.19)	94.7 (2.13)	0.00 (0.00)	5.29 (2.13)
All	1+	16379	0.89 (0.02)	98.2 (0.33)	1.64 (0.27)	0.20 (0.07)

Table 1.10. Refined grains: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	3.42 (0.09)	1.29 (0.51)	0.00 (0.00)	98.7 (0.51)
	2-3	356	4.09 (0.08)	0.65 (0.24)	0.00 (0.00)	99.4 (0.24)
	4-8	867	5.80 (0.09)	0.14 (0.08)	2.43 (0.59)	97.4 (0.66)
	9-13	843	6.71 (0.07)	0.11 (0.07)	10.9 (1.28)	89.0 (1.32)
	14-18	790	7.23 (0.18)	2.68 (0.82)	17.1 (1.79)	80.3 (2.57)
	19-30	1029	7.23 (0.12)	8.67 (1.20)	10.9 (0.56)	80.5 (1.65)
	31-50	1622	6.83 (0.13)	7.25 (1.18)	17.7 (1.06)	75.0 (2.09)
	51-70	1606	5.80 (0.13)	8.61 (1.53)	31.4 (1.38)	60.0 (2.59)
	71+	698	5.54 (0.16)	10.5 (1.77)	33.9 (1.72)	55.7 (3.02)
	19+	4955	6.46 (0.09)	8.36 (1.19)	22.2 (0.76)	69.5 (1.71)
Female	1	177	3.14 (0.09)	2.81 (0.84)	0.00 (0.00)	97.2 (0.84)
	2-3	367	3.72 (0.09)	1.46 (0.48)	0.00 (0.00)	98.5 (0.48)
	4-8	818	5.35 (0.11)	0.32 (0.19)	4.59 (0.90)	95.1 (1.07)
	9-13	815	5.80 (0.10)	1.72 (0.41)	6.07 (0.71)	92.2 (1.03)
	14-18	813	5.57 (0.11)	8.64 (1.42)	14.6 (1.04)	76.8 (2.33)
	19-30	1097	5.32 (0.11)	10.8 (1.44)	16.6 (0.87)	72.6 (2.10)
	31-50	1831	5.13 (0.08)	12.8 (1.21)	8.32 (0.35)	78.9 (1.43)
	51-70	1708	4.28 (0.08)	7.05 (1.10)	29.1 (1.25)	63.8 (1.88)
	71+	724	4.23 (0.09)	7.30 (1.28)	29.9 (1.27)	62.8 (2.14)
	19+	5360	4.78 (0.05)	9.79 (1.06)	19.6 (0.54)	70.6 (1.23)
	Pregnant	97	5.80 (0.55)	7.53 (4.18)	0.00 (0.00)	92.5 (4.18)
	Lactating	82	6.43 (0.40)	3.68 (1.99)	0.00 (0.00)	96.3 (1.99)
All	1+	16379	5.62 (0.04)	7.46 (0.62)	18.4 (0.38)	74.2 (0.86)

Table 1.11. Total protein foods excluding beans and peas: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	2.52 (0.12)	34.3 (4.94)	0.00 (0.00)	65.7 (4.94)
	2-3	356	2.92 (0.11)	22.8 (3.37)	0.00 (0.00)	77.2 (3.37)
	4-8	867	3.70 (0.09)	32.0 (2.74)	58.7 (2.94)	9.36 (1.90)
	9-13	843	4.71 (0.12)	64.4 (2.32)	19.1 (1.09)	16.5 (1.53)
	14-18	790	5.97 (0.16)	46.7 (2.56)	23.4 (1.27)	29.9 (2.48)
	19-30	1029	7.53 (0.19)	39.2 (2.46)	7.22 (0.45)	53.6 (2.63)
	31-50	1622	7.73 (0.18)	29.7 (1.99)	14.5 (0.79)	55.8 (2.25)
	51-70	1606	7.40 (0.16)	26.4 (2.10)	22.4 (1.24)	51.2 (2.29)
	71+	698	6.99 (0.14)	31.6 (1.86)	23.1 (1.29)	45.3 (2.07)
	19+	4955	7.50 (0.13)	31.1 (1.63)	16.2 (0.89)	52.7 (1.74)
Female	1	177	2.28 (0.10)	42.3 (4.59)	0.00 (0.00)	57.7 (4.59)
	2-3	367	2.60 (0.06)	32.2 (3.01)	0.00 (0.00)	67.8 (3.01)
	4-8	818	3.38 (0.09)	41.6 (2.86)	48.3 (2.62)	10.1 (2.06)
	9-13	815	3.72 (0.09)	62.6 (2.61)	31.5 (1.97)	5.91 (0.97)
	14-18	813	3.91 (0.13)	79.0 (2.65)	15.7 (1.58)	5.24 (1.18)
	19-30	1097	5.14 (0.09)	50.7 (2.08)	28.8 (1.25)	20.5 (1.97)
	31-50	1831	5.29 (0.09)	47.3 (1.89)	21.6 (0.94)	31.1 (1.97)
	51-70	1708	5.22 (0.11)	49.0 (2.34)	21.2 (0.84)	29.8 (2.52)
	71+	724	4.93 (0.10)	55.6 (2.38)	20.6 (0.84)	23.8 (2.32)
	19+	5360	5.19 (0.07)	49.6 (1.45)	22.9 (0.91)	27.6 (1.78)
	Pregnant	97	5.30 (0.29)	46.7 (6.47)	0.00 (0.00)	53.3 (6.47)
	Lactating	82	7.00 (0.52)	15.9 (6.06)	0.00 (0.00)	84.1 (6.06)
All	1+	16379	5.76 (0.07)	43.1 (1.12)	23.6 (0.68)	33.3 (1.02)

Table 1.12.Total seafood: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.09 (0.02)	97.3 (1.59)	0.00 (0.00)	2.68 (1.59)
	2-3	356	0.14 (0.04)	93.5 (3.11)	0.00 (0.00)	6.52 (3.11)
	4-8	867	0.20 (0.04)	95.6 (2.12)	3.10 (1.16)	1.32 (1.05)
	9-13	843	0.24 (0.03)	98.1 (0.86)	0.94 (0.32)	0.94 (0.55)
	14-18	790	0.28 (0.04)	97.5 (1.09)	1.53 (0.56)	0.93 (0.56)
	19-30	1029	0.53 (0.08)	93.4 (2.30)	1.32 (0.32)	5.25 (2.02)
	31-50	1622	0.76 (0.09)	83.6 (3.60)	4.96 (0.87)	11.4 (2.90)
	51-70	1606	0.73 (0.10)	81.3 (4.20)	8.67 (1.24)	10.0 (3.17)
	71+	698	0.73 (0.07)	81.7 (2.80)	8.55 (1.21)	9.76 (1.98)
	19+	4955	0.69 (0.07)	85.0 (2.87)	5.66 (0.73)	9.34 (2.33)
Female	1	177	0.09 (0.02)	97.3 (1.51)	0.00 (0.00)	2.67 (1.51)
	2-3	367	0.12 (0.02)	94.8 (2.09)	0.00 (0.00)	5.22 (2.09)
	4-8	818	0.20 (0.03)	95.5 (2.06)	3.22 (1.11)	1.28 (1.01)
	9-13	815	0.22 (0.02)	96.6 (1.23)	2.39 (0.63)	0.97 (0.64)
	14-18	813	0.22 (0.03)	98.9 (0.60)	0.66 (0.28)	0.48 (0.34)
	19-30	1097	0.52 (0.05)	89.6 (2.07)	4.51 (0.61)	5.88 (1.66)
	31-50	1831	0.60 (0.04)	86.4 (2.08)	3.20 (0.41)	10.4 (1.88)
	51-70	1708	0.64 (0.05)	85.0 (2.85)	3.53 (0.54)	11.5 (2.56)
	71+	724	0.62 (0.06)	86.2 (3.46)	3.38 (0.56)	10.4 (3.07)
	19+	5360	0.60 (0.04)	86.6 (2.18)	3.60 (0.45)	9.84 (1.97)
	Pregnant	97	0.47 (0.13)	92.1 (5.10)	0.00 (0.00)	7.88 (5.10)
	Lactating	82	0.80 (0.27)	77.0 (14.1)	0.00 (0.00)	23.0 (14.1)
All	1+	16379	0.54 (0.04)	88.4 (1.52)	4.04 (0.39)	7.55 (1.24)

Table 1.13. Meat, poultry, and eggs: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	2.19 (0.10)	23.2 (4.35)	0.00 (0.00)	76.8 (4.35)
	2-3	356	2.58 (0.10)	15.3 (2.92)	0.00 (0.00)	84.7 (2.92)
	4-8	867	3.29 (0.08)	15.4 (1.93)	51.5 (2.31)	33.1 (2.26)
	9-13	843	4.26 (0.10)	39.5 (2.00)	22.4 (0.81)	38.1 (2.16)
	14-18	790	5.48 (0.14)	23.8 (2.20)	20.3 (1.01)	55.9 (2.48)
	19-30	1029	6.66 (0.19)	20.6 (1.95)	5.97 (0.42)	73.5 (2.21)
	31-50	1622	6.81 (0.17)	15.4 (1.75)	9.63 (0.52)	75.0 (2.06)
	51-70	1606	6.31 (0.17)	14.5 (1.98)	16.8 (0.96)	68.7 (2.67)
	71+	698	5.95 (0.12)	18.0 (1.85)	18.5 (0.76)	63.5 (1.95)
	19+	4955	6.53 (0.14)	16.6 (1.63)	12.0 (0.53)	71.4 (1.90)
Female	1	177	2.00 (0.10)	29.1 (4.23)	0.00 (0.00)	70.9 (4.23)
	2-3	367	2.28 (0.07)	22.2 (2.82)	0.00 (0.00)	77.8 (2.82)
	4-8	818	3.02 (0.08)	21.4 (2.58)	45.5 (2.23)	33.1 (2.67)
	9-13	815	3.32 (0.07)	35.7 (2.34)	40.2 (1.53)	24.1 (1.78)
	14-18	813	3.48 (0.11)	53.6 (3.26)	24.0 (1.53)	22.4 (2.67)
	19-30	1097	4.42 (0.08)	29.1 (2.24)	25.4 (1.35)	45.5 (1.84)
	31-50	1831	4.52 (0.06)	27.0 (2.18)	17.8 (0.97)	55.2 (1.76)
	51-70	1708	4.28 (0.11)	31.9 (2.53)	19.2 (1.08)	49.0 (2.74)
	71+	724	4.09 (0.08)	36.2 (2.16)	19.7 (1.26)	44.1 (2.17)
	19+	5360	4.36 (0.05)	30.2 (1.81)	20.1 (1.08)	49.7 (1.44)
	Pregnant	97	4.49 (0.25)	26.9 (4.44)	0.00 (0.00)	73.1 (4.44)
	Lactating	82	5.59 (0.52)	10.3 (5.18)	0.00 (0.00)	89.7 (5.18)
All	1+	16379	4.98 (0.07)	25.2 (1.24)	20.8 (0.59)	54.0 (1.15)

Table 1.14. Nuts and seeds: Estimated percentage of persons below, at, or above recommendation¹

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	0.29 (0.04)	46.7 (4.75)	0.00 (0.00)	53.3 (4.75)
	2-3	356	0.31 (0.03)	44.0 (4.25)	0.00 (0.00)	56.0 (4.25)
	4-8	867	0.36 (0.04)	60.5 (3.62)	19.5 (2.04)	20.0 (2.79)
	9-13	843	0.39 (0.04)	79.2 (2.31)	4.92 (0.49)	15.9 (2.03)
	14-18	790	0.46 (0.04)	77.3 (1.88)	4.18 (0.43)	18.6 (1.63)
	19-30	1029	0.68 (0.07)	71.9 (2.71)	0.00 (0.00)	28.1 (2.71)
	31-50	1622	0.81 (0.05)	61.8 (2.07)	5.40 (0.46)	32.8 (1.82)
	51-70	1606	1.01 (0.09)	52.1 (2.36)	6.38 (0.46)	41.5 (2.33)
	71+	698	1.06 (0.08)	49.8 (3.01)	6.42 (0.56)	43.7 (2.79)
	19+	4955	0.87 (0.06)	59.8 (1.93)	4.54 (0.35)	35.6 (1.79)
Female	1	177	0.27 (0.03)	49.3 (4.03)	0.00 (0.00)	50.7 (4.03)
	2-3	367	0.32 (0.03)	44.3 (4.36)	0.00 (0.00)	55.7 (4.36)
	4-8	818	0.33 (0.02)	63.3 (2.54)	18.5 (1.95)	18.2 (1.83)
	9-13	815	0.36 (0.03)	73.7 (2.33)	6.84 (0.49)	19.5 (2.04)
	14-18	813	0.38 (0.04)	79.4 (2.11)	4.37 (0.35)	16.3 (1.89)
	19-30	1097	0.60 (0.05)	66.4 (2.55)	5.79 (0.37)	27.8 (2.40)
	31-50	1831	0.66 (0.05)	62.9 (2.26)	0.00 (0.00)	37.1 (2.26)
	51-70	1708	0.84 (0.09)	52.8 (3.60)	0.00 (0.00)	47.2 (3.60)
	71+	724	0.78 (0.06)	54.5 (2.97)	0.00 (0.00)	45.5 (2.97)
	19+	5360	0.72 (0.05)	59.2 (2.20)	1.20 (0.09)	39.6 (2.19)
	Pregnant	97	0.86 (0.18)	52.8 (8.05)	0.00 (0.00)	47.2 (8.05)
	Lactating	82	1.22 (0.38)	38.8 (10.8)	0.00 (0.00)	61.2 (10.8)
All	1+	16379	0.69 (0.03)	61.6 (1.34)	5.25 (0.29)	33.2 (1.23)

¹ Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the "meeting" column may be zero.

Table 1.15.Total dairy: Estimated percentage of persons below, at, or above recommendation¹

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	2.46 (0.06)	34.1 (2.71)	0.00 (0.00)	66.0 (2.71)
	2-3	356	2.20 (0.05)	45.2 (2.06)	0.00 (0.00)	54.8 (2.06)
	4-8	867	2.18 (0.05)	68.0 (2.48)	15.6 (0.76)	16.4 (1.90)
	9-13	843	2.27 (0.05)	79.2 (1.82)	0.00 (0.00)	20.8 (1.82)
	14-18	790	2.30 (0.08)	76.2 (2.23)	0.00 (0.00)	23.9 (2.23)
	19-30	1029	1.98 (0.05)	84.4 (1.30)	0.00 (0.00)	15.6 (1.30)
	31-50	1622	1.85 (0.04)	87.1 (0.90)	0.00 (0.00)	12.9 (0.90)
	51-70	1606	1.66 (0.04)	91.2 (0.86)	0.00 (0.00)	8.82 (0.86)
	71+	698	1.64 (0.04)	91.7 (0.96)	0.00 (0.00)	8.29 (0.96)
	19+	4955	1.80 (0.03)	88.2 (0.74)	0.00 (0.00)	11.8 (0.74)
Female	1	177	2.22 (0.06)	43.9 (2.79)	0.00 (0.00)	56.1 (2.79)
	2-3	367	2.04 (0.05)	52.3 (2.36)	0.00 (0.00)	47.7 (2.36)
	4-8	818	1.93 (0.05)	77.4 (2.11)	12.3 (0.77)	10.3 (1.49)
	9-13	815	1.85 (0.04)	79.6 (1.61)	10.8 (0.62)	9.64 (1.08)
	14-18	813	1.62 (0.06)	94.3 (0.97)	0.00 (0.00)	5.74 (0.97)
	19-30	1097	1.44 (0.04)	96.4 (0.58)	0.00 (0.00)	3.60 (0.58)
	31-50	1831	1.39 (0.03)	97.0 (0.42)	0.00 (0.00)	3.05 (0.42)
	51-70	1708	1.32 (0.03)	97.7 (0.40)	0.00 (0.00)	2.35 (0.40)
	71+	724	1.31 (0.03)	97.9 (0.34)	0.00 (0.00)	2.08 (0.34)
	19+	5360	1.37 (0.02)	97.2 (0.37)	0.00 (0.00)	2.81 (0.37)
	Pregnant	97	1.85 (0.15)	89.7 (3.17)	0.00 (0.00)	10.3 (3.17)
	Lactating	82	1.55 (0.29)	95.1 (4.44)	0.00 (0.00)	4.90 (4.44)
All	1+	16379	1.69 (0.02)	88.4 (0.44)	2.04 (0.07)	9.61 (0.40)

¹ Recommendations may vary based on sex, age, and activity levels. When the recommendation is a single value for a particular sex/age category, individuals are unlikely to meet the recommendation exactly. Therefore, values in the “meeting” column may be zero.

Table 1.16.Oils: Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	12.1 (0.39)	74.9 (2.92)	0.00 (0.00)	25.1 (2.92)
	2-3	356	14.6 (0.35)	57.6 (2.32)	0.00 (0.00)	42.4 (2.32)
	4-8	867	19.8 (0.43)	37.4 (2.63)	47.9 (2.44)	14.7 (1.80)
	9-13	843	23.2 (0.51)	50.6 (2.34)	38.7 (1.47)	10.7 (1.50)
	14-18	790	26.2 (0.84)	57.7 (3.30)	40.3 (2.84)	2.00 (0.63)
	19-30	1029	30.7 (0.62)	55.6 (2.26)	32.0 (1.43)	12.4 (1.53)
	31-50	1622	31.5 (0.49)	46.5 (1.61)	39.5 (1.52)	14.1 (1.55)
	51-70	1606	30.8 (0.60)	41.4 (1.91)	29.9 (1.39)	28.8 (2.04)
	71+	698	29.6 (0.76)	45.2 (2.84)	29.4 (1.52)	25.4 (2.20)
	19+	4955	30.9 (0.43)	46.8 (1.42)	33.6 (1.33)	19.6 (1.46)
Female	1	177	11.6 (0.40)	79.0 (2.83)	0.00 (0.00)	21.0 (2.83)
	2-3	367	13.8 (0.38)	63.5 (2.53)	0.00 (0.00)	36.5 (2.53)
	4-8	818	18.9 (0.44)	42.8 (2.73)	36.5 (2.00)	20.7 (2.16)
	9-13	815	21.0 (0.42)	32.6 (2.21)	53.2 (1.68)	14.2 (1.45)
	14-18	813	22.2 (0.63)	63.0 (2.82)	22.1 (1.32)	14.9 (1.75)
	19-30	1097	25.6 (0.47)	48.1 (2.04)	26.5 (1.01)	25.4 (1.70)
	31-50	1831	25.3 (0.44)	49.2 (1.91)	19.9 (0.70)	30.9 (1.69)
	51-70	1708	24.8 (0.65)	42.5 (2.68)	28.5 (0.99)	29.0 (2.58)
	71+	724	23.4 (0.60)	48.2 (2.91)	28.3 (1.14)	23.6 (2.26)
	19+	5360	24.9 (0.41)	46.6 (1.75)	25.2 (0.84)	28.2 (1.65)
	Pregnant	97	29.0 (2.59)	33.6 (9.65)	0.00 (0.00)	66.4 (9.65)
	Lactating	82	31.7 (2.07)	24.9 (6.67)	0.00 (0.00)	75.1 (6.67)
All	1+	16379	26.1 (0.26)	47.7 (0.97)	30.6 (0.69)	21.8 (0.93)

Table 1.17. Energy from Solid Fats and Added Sugars (SoFAS): Estimated percentage of persons below, at, or above recommendation

	Age (years)	N	Mean (SE)	% with intake below recommendation (SE)	% with intake meeting recommendation (SE)	% with intake above recommendation (SE)
Male	1	218	380 (9.08)	0.15 (0.11)	0.00 (0.00)	99.9 (0.11)
	2-3	356	419 (8.00)	0.08 (0.06)	0.00 (0.00)	99.9 (0.06)
	4-8	867	560 (7.67)	0.01 (0.01)	1.81 (0.55)	98.2 (0.55)
	9-13	843	645 (8.80)	0.05 (0.02)	6.93 (0.94)	93.0 (0.94)
	14-18	790	704 (15.1)	3.14 (0.45)	36.2 (1.55)	60.6 (1.85)
	19-30	1029	728 (13.1)	6.28 (0.61)	12.1 (0.54)	81.7 (1.06)
	31-50	1622	706 (15.0)	3.52 (0.45)	17.4 (1.06)	79.1 (1.45)
	51-70	1606	641 (10.2)	4.96 (0.47)	13.5 (0.60)	81.5 (0.98)
	71+	698	611 (12.2)	6.06 (0.60)	15.6 (0.88)	78.4 (1.38)
	19+	4955	681 (9.77)	4.90 (0.42)	14.7 (0.54)	80.4 (0.86)
Female	1	177	337 (10.6)	0.59 (0.27)	0.00 (0.00)	99.4 (0.27)
	2-3	367	375 (8.63)	0.27 (0.13)	0.00 (0.00)	99.7 (0.13)
	4-8	818	496 (8.10)	0.02 (0.02)	0.20 (0.08)	99.8 (0.09)
	9-13	815	538 (8.87)	0.20 (0.05)	4.65 (0.68)	95.2 (0.72)
	14-18	813	536 (13.3)	1.42 (0.29)	16.0 (1.33)	82.6 (1.60)
	19-30	1097	537 (9.25)	1.49 (0.29)	16.0 (1.06)	82.6 (1.31)
	31-50	1831	524 (7.56)	1.67 (0.26)	8.39 (0.63)	89.9 (0.87)
	51-70	1708	489 (9.37)	0.87 (0.18)	12.2 (0.95)	87.0 (1.11)
	71+	724	481 (10.0)	0.87 (0.18)	12.7 (1.16)	86.4 (1.32)
	19+	5360	510 (6.97)	1.27 (0.21)	11.8 (0.75)	87.0 (0.94)
	Pregnant	97	594 (45.9)	0.98 (0.58)	0.00 (0.00)	99.0 (0.58)
	Lactating	82	569 (45.7)	1.16 (0.73)	0.00 (0.00)	98.8 (0.73)
All	1+	16379	583 (5.71)	2.49 (0.18)	12.4 (0.42)	85.2 (0.56)

Section 2

Table 2.1. Total fruit: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	1.3 (0.04)	0.4 (0.04)	0.5 (0.04)	0.8 (0.04)	1.2 (0.04)	1.7 (0.06)	2.2 (0.08)	2.5 (0.10)
	2-3	356	1.3 (0.03)	0.4 (0.04)	0.5 (0.04)	0.8 (0.04)	1.2 (0.04)	1.7 (0.04)	2.2 (0.06)	2.5 (0.07)
	4-8	867	1.1 (0.05)	0.3 (0.03)	0.4 (0.04)	0.7 (0.04)	1.0 (0.05)	1.5 (0.06)	2.0 (0.08)	2.3 (0.09)
	9-13	843	1.0 (0.05)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.8 (0.05)	1.4 (0.06)	1.9 (0.08)	2.4 (0.09)
	14-18	790	0.9 (0.06)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.05)	1.3 (0.09)	2.1 (0.14)	2.8 (0.18)
	19-30	1029	0.9 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.6 (0.03)	1.2 (0.06)	2.1 (0.11)	2.7 (0.15)
	31-50	1622	0.9 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.6 (0.03)	1.2 (0.06)	2.1 (0.10)	2.7 (0.14)
	51-70	1606	1.0 (0.04)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.04)	1.4 (0.05)	2.2 (0.08)	2.9 (0.12)
	71+	698	1.0 (0.04)	0.1 (0.01)	0.1 (0.02)	0.4 (0.03)	0.8 (0.05)	1.4 (0.06)	2.3 (0.09)	2.9 (0.12)
	19+	4955	0.9 (0.03)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.03)	1.3 (0.04)	2.1 (0.08)	2.8 (0.12)
Females	1	177	1.2 (0.06)	0.4 (0.04)	0.5 (0.04)	0.7 (0.05)	1.1 (0.06)	1.5 (0.07)	2.0 (0.09)	2.3 (0.12)
	2-3	367	1.2 (0.04)	0.4 (0.04)	0.5 (0.04)	0.7 (0.04)	1.1 (0.04)	1.5 (0.06)	2.0 (0.08)	2.4 (0.10)
	4-8	818	1.0 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.9 (0.03)	1.4 (0.04)	1.9 (0.06)	2.2 (0.08)
	9-13	815	0.9 (0.03)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.8 (0.03)	1.2 (0.04)	1.7 (0.06)	2.1 (0.07)
	14-18	813	0.8 (0.04)	0.1 (0.01)	0.1 (0.01)	0.3 (0.03)	0.6 (0.04)	1.1 (0.06)	1.7 (0.08)	2.1 (0.09)
	19-30	1097	0.9 (0.04)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.04)	1.2 (0.05)	1.8 (0.07)	2.3 (0.07)
	31-50	1831	0.8 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.04)	1.2 (0.05)	1.8 (0.06)	2.2 (0.07)
	51-70	1708	1.0 (0.04)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.8 (0.04)	1.3 (0.05)	2.0 (0.06)	2.4 (0.07)
	71+	724	1.1 (0.03)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.9 (0.03)	1.4 (0.05)	2.1 (0.07)	2.5 (0.08)
	19+	5360	0.9 (0.03)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.7 (0.03)	1.3 (0.04)	1.9 (0.05)	2.3 (0.06)
	Pregnant	97	1.3 (0.18)	0.2 (0.06)	0.3 (0.08)	0.7 (0.12)	1.2 (0.18)	1.8 (0.24)	2.6 (0.30)	3.1 (0.35)
	Lactating	82	1.0 (0.12)	0.2 (0.06)	0.3 (0.07)	0.5 (0.10)	0.9 (0.12)	1.4 (0.15)	2.0 (0.19)	2.4 (0.21)
All	1+	16379	0.9 (0.02)	0.1 (0.01)	0.1 (0.01)	0.4 (0.01)	0.8 (0.02)	1.3 (0.03)	2.0 (0.04)	2.5 (0.06)

1: Number of persons in sample.

2: Standard errors (df=30)

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

Table 2.2. Total whole fruit: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.8 (0.03)	0.1 (0.03)	0.2 (0.03)	0.4 (0.03)	0.7 (0.04)	1.1 (0.04)	1.4 (0.07)	1.7 (0.08)
	2-3	356	0.8 (0.03)	0.1 (0.03)	0.2 (0.03)	0.4 (0.03)	0.7 (0.03)	1.1 (0.04)	1.4 (0.06)	1.7 (0.07)
	4-8	867	0.7 (0.04)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.6 (0.04)	1.0 (0.05)	1.4 (0.07)	1.7 (0.08)
	9-13	843	0.6 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	0.9 (0.05)	1.4 (0.07)	1.7 (0.08)
	14-18	790	0.6 (0.05)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.8 (0.07)	1.5 (0.14)	2.0 (0.19)
	19-30	1029	0.6 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.03)	0.8 (0.06)	1.5 (0.10)	2.0 (0.14)
	31-50	1622	0.6 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.4 (0.03)	0.9 (0.05)	1.6 (0.10)	2.1 (0.14)
	51-70	1606	0.7 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	1.0 (0.05)	1.8 (0.08)	2.3 (0.11)
	71+	698	0.8 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	1.1 (0.05)	1.8 (0.06)	2.4 (0.09)
	19+	4955	0.7 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.4 (0.02)	0.9 (0.04)	1.6 (0.08)	2.2 (0.11)
Females	1	177	0.7 (0.04)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.7 (0.04)	1.0 (0.06)	1.4 (0.08)	1.6 (0.11)
	2-3	367	0.8 (0.03)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.7 (0.03)	1.0 (0.05)	1.4 (0.08)	1.7 (0.10)
	4-8	818	0.7 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.6 (0.03)	0.9 (0.05)	1.3 (0.07)	1.6 (0.10)
	9-13	815	0.6 (0.02)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.02)	0.9 (0.04)	1.3 (0.06)	1.6 (0.07)
	14-18	813	0.5 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.03)	0.8 (0.05)	1.3 (0.06)	1.6 (0.07)
	19-30	1097	0.6 (0.03)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.9 (0.05)	1.5 (0.06)	1.9 (0.07)
	31-50	1831	0.6 (0.03)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.03)	0.9 (0.05)	1.5 (0.06)	1.8 (0.07)
	51-70	1708	0.8 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.1 (0.05)	1.6 (0.06)	2.0 (0.08)
	71+	724	0.8 (0.03)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.7 (0.03)	1.2 (0.04)	1.7 (0.07)	2.1 (0.09)
	19+	5360	0.7 (0.02)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.03)	1.0 (0.04)	1.6 (0.05)	2.0 (0.06)
	Pregnant	97	1.2 (0.15)	0.1 (0.04)	0.2 (0.06)	0.5 (0.10)	1.0 (0.15)	1.6 (0.20)	2.4 (0.26)	2.9 (0.31)
	Lactating	82	0.7 (0.11)	0.1 (0.03)	0.2 (0.05)	0.3 (0.08)	0.6 (0.10)	1.0 (0.16)	1.5 (0.21)	1.9 (0.24)
All	1+	16379	0.7 (0.02)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.5 (0.02)	1.0 (0.03)	1.5 (0.05)	2.0 (0.06)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

Table 2.3. Citrus, melon, berries: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.05)	0.7 (0.06)	
	2-3	356	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.5 (0.04)	0.6 (0.05)	
	4-8	867	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.04)	0.7 (0.05)	
	9-13	843	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.05)	0.7 (0.06)	
	14-18	790	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.5 (0.07)	0.8 (0.11)	
	19-30	1029	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.5 (0.05)	0.8 (0.09)	
	31-50	1622	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.06)	0.9 (0.10)	
	51-70	1606	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.03)	0.6 (0.06)	1.0 (0.09)	
	71+	698	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.7 (0.06)	1.1 (0.10)	
	19+	4955	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.6 (0.05)	0.9 (0.08)	
Females	1	177	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.05)	0.6 (0.07)	
	2-3	367	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.04)	0.6 (0.06)	
	4-8	818	0.2 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.3 (0.02)	0.5 (0.04)	0.7 (0.05)	
	9-13	815	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.03)	0.7 (0.05)	
	14-18	813	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.7 (0.07)	
	19-30	1097	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.05)	0.8 (0.07)	
	31-50	1831	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.6 (0.05)	0.8 (0.08)	
	51-70	1708	0.3 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.05)	1.0 (0.07)	
	71+	724	0.3 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.04)	1.0 (0.06)	
		19+	5360	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.04)	0.9 (0.06)
		Pregnant	97	0.3 (0.07)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.05)	0.4 (0.10)	0.8 (0.17)	1.2 (0.23)
	Lactating	82	0.2 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.06)	0.6 (0.09)	0.8 (0.12)	
All	1+	16379	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	0.9 (0.05)	

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

Table 2.4. Other fruits: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.6 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.8 (0.04)	1.1 (0.06)	1.3 (0.09)
	2-3	356	0.6 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.8 (0.03)	1.1 (0.06)	1.3 (0.08)
	4-8	867	0.5 (0.03)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.7 (0.04)	1.0 (0.06)	1.3 (0.08)
	9-13	843	0.4 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.03)	1.0 (0.05)	1.3 (0.07)
	14-18	790	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.6 (0.05)	1.1 (0.10)	1.5 (0.14)
	19-30	1029	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.6 (0.04)	1.1 (0.08)	1.5 (0.12)
	31-50	1622	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.6 (0.04)	1.1 (0.08)	1.5 (0.12)
	51-70	1606	0.5 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.03)	1.2 (0.06)	1.6 (0.09)
	71+	698	0.5 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.7 (0.04)	1.2 (0.06)	1.7 (0.08)
	19+	4955	0.5 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.2 (0.06)	1.6 (0.10)
Females	1	177	0.6 (0.04)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.5 (0.03)	0.7 (0.05)	1.1 (0.07)	1.3 (0.09)
	2-3	367	0.6 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.8 (0.04)	1.1 (0.07)	1.3 (0.09)
	4-8	818	0.5 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.0 (0.06)	1.2 (0.08)
	9-13	815	0.4 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.02)	0.9 (0.04)	1.2 (0.06)
	14-18	813	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.9 (0.05)	1.2 (0.07)
	19-30	1097	0.4 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.04)	1.0 (0.06)	1.4 (0.07)
	31-50	1831	0.4 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.0 (0.04)	1.3 (0.06)
	51-70	1708	0.5 (0.03)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.04)	1.1 (0.06)	1.4 (0.08)
	71+	724	0.5 (0.02)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.8 (0.04)	1.2 (0.06)	1.5 (0.08)
	19+	5360	0.5 (0.02)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.1 (0.04)	1.4 (0.06)
	Pregnant	97	0.8 (0.14)	0.1 (0.02)	0.1 (0.04)	0.3 (0.07)	0.7 (0.12)	1.2 (0.19)	1.8 (0.27)	2.2 (0.33)
	Lactating	82	0.5 (0.09)	0.0 (0.02)	0.1 (0.03)	0.2 (0.05)	0.4 (0.08)	0.7 (0.13)	1.0 (0.19)	1.4 (0.22)
All	1+	16379	0.5 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.01)	0.6 (0.02)	1.1 (0.04)	1.4 (0.05)

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

Table 2.5. Fruit juice: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.5 (0.04)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.7 (0.05)	1.1 (0.07)	1.4 (0.10)
	2-3	356	0.5 (0.03)	0.0 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.7 (0.04)	1.1 (0.06)	1.4 (0.08)
	4-8	867	0.4 (0.02)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	0.9 (0.05)	1.2 (0.07)
	9-13	843	0.4 (0.02)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.9 (0.05)	1.2 (0.07)
	14-18	790	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.5 (0.05)	1.0 (0.08)	1.5 (0.11)
	19-30	1029	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.4 (0.03)	0.9 (0.05)	1.3 (0.08)
	31-50	1622	0.3 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.03)	0.8 (0.04)	1.2 (0.06)
	51-70	1606	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.03)	0.7 (0.04)	1.1 (0.07)
	71+	698	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	0.8 (0.06)	1.2 (0.09)
19+	4955	0.3 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.8 (0.03)	1.2 (0.05)	
Females	1	177	0.5 (0.04)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.7 (0.06)	1.0 (0.09)	1.3 (0.11)
	2-3	367	0.5 (0.04)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.6 (0.05)	1.0 (0.08)	1.3 (0.10)
	4-8	818	0.4 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.04)	0.9 (0.06)	1.1 (0.08)
	9-13	815	0.3 (0.02)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.4 (0.03)	0.8 (0.04)	1.1 (0.06)
	14-18	813	0.3 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.8 (0.06)	1.2 (0.10)
	19-30	1097	0.3 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.7 (0.03)	1.1 (0.05)
	31-50	1831	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.0 (0.04)
	51-70	1708	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	0.8 (0.06)
	71+	724	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.6 (0.04)	1.0 (0.05)
	19+	5360	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.6 (0.02)	1.0 (0.03)
	Pregnant	97	0.2 (0.06)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.03)	0.2 (0.08)	0.6 (0.16)	0.9 (0.23)
Lactating	82	0.3 (0.07)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.04)	0.4 (0.10)	0.8 (0.18)	1.2 (0.26)	
All	1+	16379	0.3 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.01)	0.8 (0.01)	1.1 (0.03)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked fruit; 1/2 cup dried fruit; or 1 cup juice.

Table 2.6. Total vegetables including beans and peas: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.6 (0.03)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.8 (0.04)	1.0 (0.05)	1.2 (0.06)	
	2-3	356	0.7 (0.02)	0.3 (0.02)	0.3 (0.02)	0.5 (0.02)	0.6 (0.02)	0.9 (0.03)	1.1 (0.05)	1.3 (0.06)	
	4-8	867	0.9 (0.03)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	1.1 (0.03)	1.4 (0.05)	1.6 (0.06)	
	9-13	843	1.0 (0.02)	0.4 (0.02)	0.5 (0.02)	0.7 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.05)	1.9 (0.05)	
	14-18	790	1.2 (0.04)	0.5 (0.04)	0.6 (0.04)	0.8 (0.04)	1.1 (0.04)	1.5 (0.05)	1.8 (0.06)	2.1 (0.06)	
	19-30	1029	1.6 (0.04)	0.8 (0.03)	0.9 (0.03)	1.2 (0.03)	1.6 (0.04)	2.0 (0.05)	2.4 (0.06)	2.7 (0.07)	
	31-50	1622	1.8 (0.04)	0.9 (0.04)	1.0 (0.04)	1.3 (0.04)	1.7 (0.04)	2.2 (0.04)	2.7 (0.06)	3.0 (0.07)	
	51-70	1606	1.8 (0.04)	0.9 (0.04)	1.1 (0.04)	1.4 (0.04)	1.7 (0.04)	2.2 (0.04)	2.7 (0.06)	3.0 (0.07)	
	71+	698	1.8 (0.04)	0.9 (0.05)	1.1 (0.05)	1.4 (0.04)	1.8 (0.05)	2.2 (0.05)	2.7 (0.06)	3.0 (0.08)	
	19+	4955	1.8 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.7 (0.03)	2.1 (0.03)	2.6 (0.05)	2.9 (0.06)	
Females	1	177	0.6 (0.03)	0.2 (0.02)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.04)	1.0 (0.05)	1.2 (0.06)	
	2-3	367	0.7 (0.03)	0.2 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.04)	1.1 (0.05)	1.2 (0.06)	
	4-8	818	0.8 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.04)	1.1 (0.04)	1.3 (0.05)	1.5 (0.06)	
	9-13	815	1.0 (0.03)	0.4 (0.02)	0.5 (0.03)	0.7 (0.03)	0.9 (0.03)	1.2 (0.03)	1.6 (0.04)	1.8 (0.06)	
	14-18	813	1.1 (0.04)	0.3 (0.03)	0.4 (0.03)	0.7 (0.03)	1.0 (0.04)	1.4 (0.05)	1.8 (0.07)	2.0 (0.08)	
	19-30	1097	1.5 (0.04)	0.5 (0.03)	0.7 (0.03)	1.0 (0.03)	1.4 (0.04)	1.9 (0.05)	2.3 (0.06)	2.7 (0.08)	
	31-50	1831	1.6 (0.04)	0.6 (0.03)	0.8 (0.03)	1.1 (0.03)	1.5 (0.04)	2.0 (0.05)	2.5 (0.08)	2.8 (0.09)	
	51-70	1708	1.6 (0.05)	0.6 (0.04)	0.8 (0.04)	1.1 (0.04)	1.5 (0.05)	2.0 (0.06)	2.4 (0.08)	2.8 (0.09)	
	71+	724	1.5 (0.04)	0.6 (0.05)	0.8 (0.04)	1.1 (0.04)	1.5 (0.04)	1.9 (0.05)	2.4 (0.06)	2.7 (0.07)	
		19+	5360	1.6 (0.04)	0.6 (0.03)	0.8 (0.03)	1.1 (0.03)	1.5 (0.04)	1.9 (0.05)	2.4 (0.06)	2.7 (0.08)
		Pregnant	97	1.6 (0.10)	0.6 (0.12)	0.8 (0.11)	1.1 (0.09)	1.5 (0.09)	2.0 (0.10)	2.5 (0.12)	2.8 (0.14)
	Lactating	82	1.7 (0.21)	0.8 (0.13)	0.9 (0.13)	1.2 (0.17)	1.6 (0.21)	2.1 (0.25)	2.6 (0.30)	2.9 (0.33)	
All	1+	16379	1.5 (0.02)	0.5 (0.02)	0.7 (0.02)	1.0 (0.02)	1.4 (0.02)	1.9 (0.03)	2.4 (0.04)	2.7 (0.04)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens; 1 cup cooked dry beans or peas.

Table 2.7. Total vegetables excluding beans and peas: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.6 (0.03)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.7 (0.04)	0.9 (0.05)	1.1 (0.07)
	2-3	356	0.6 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	1.0 (0.05)	1.2 (0.06)
	4-8	867	0.8 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.05)	1.5 (0.06)
	9-13	843	1.0 (0.02)	0.4 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.02)	1.2 (0.03)	1.5 (0.04)	1.8 (0.05)
	14-18	790	1.1 (0.04)	0.5 (0.04)	0.6 (0.04)	0.8 (0.04)	1.1 (0.04)	1.4 (0.04)	1.7 (0.05)	2.0 (0.06)
	19-30	1029	1.5 (0.04)	0.7 (0.03)	0.8 (0.03)	1.1 (0.03)	1.4 (0.04)	1.8 (0.05)	2.2 (0.06)	2.5 (0.08)
	31-50	1622	1.6 (0.04)	0.8 (0.04)	0.9 (0.04)	1.2 (0.04)	1.6 (0.04)	2.0 (0.04)	2.4 (0.06)	2.8 (0.08)
	51-70	1606	1.7 (0.04)	0.8 (0.04)	1.0 (0.04)	1.2 (0.04)	1.6 (0.04)	2.0 (0.04)	2.5 (0.06)	2.8 (0.07)
	71+	698	1.7 (0.04)	0.9 (0.05)	1.0 (0.05)	1.3 (0.04)	1.6 (0.04)	2.1 (0.05)	2.5 (0.06)	2.8 (0.08)
	19+	4955	1.6 (0.03)	0.8 (0.03)	0.9 (0.03)	1.2 (0.03)	1.5 (0.03)	2.0 (0.03)	2.4 (0.05)	2.7 (0.06)
Females	1	177	0.6 (0.03)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.5 (0.03)	0.7 (0.04)	0.9 (0.05)	1.1 (0.06)
	2-3	367	0.6 (0.03)	0.2 (0.02)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.04)	1.0 (0.04)	1.1 (0.05)
	4-8	818	0.8 (0.03)	0.3 (0.03)	0.4 (0.03)	0.5 (0.04)	0.7 (0.04)	1.0 (0.04)	1.2 (0.05)	1.4 (0.06)
	9-13	815	0.9 (0.03)	0.4 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.03)	1.1 (0.03)	1.4 (0.04)	1.6 (0.05)
	14-18	813	1.0 (0.04)	0.4 (0.03)	0.5 (0.03)	0.7 (0.03)	0.9 (0.04)	1.2 (0.05)	1.6 (0.06)	1.8 (0.08)
	19-30	1097	1.4 (0.03)	0.6 (0.03)	0.7 (0.03)	1.0 (0.03)	1.3 (0.03)	1.7 (0.04)	2.1 (0.05)	2.4 (0.07)
	31-50	1831	1.5 (0.04)	0.7 (0.03)	0.8 (0.03)	1.1 (0.03)	1.4 (0.03)	1.8 (0.05)	2.2 (0.07)	2.5 (0.09)
	51-70	1708	1.5 (0.05)	0.7 (0.04)	0.8 (0.04)	1.1 (0.04)	1.4 (0.05)	1.8 (0.05)	2.2 (0.07)	2.5 (0.08)
	71+	724	1.5 (0.04)	0.7 (0.04)	0.8 (0.04)	1.1 (0.04)	1.4 (0.04)	1.8 (0.04)	2.2 (0.05)	2.5 (0.06)
	19+	5360	1.4 (0.03)	0.6 (0.03)	0.8 (0.03)	1.0 (0.03)	1.4 (0.03)	1.8 (0.04)	2.2 (0.06)	2.5 (0.07)
	Pregnant	97	1.5 (0.08)	0.6 (0.08)	0.8 (0.08)	1.1 (0.08)	1.4 (0.08)	1.8 (0.09)	2.3 (0.11)	2.5 (0.13)
	Lactating	82	1.5 (0.21)	0.7 (0.12)	0.8 (0.13)	1.1 (0.16)	1.4 (0.20)	1.8 (0.24)	2.3 (0.29)	2.6 (0.32)
All	1+	16379	1.4 (0.02)	0.5 (0.02)	0.6 (0.02)	0.9 (0.02)	1.3 (0.02)	1.7 (0.02)	2.2 (0.03)	2.5 (0.04)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

Table 2.8. Dark-green vegetables: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)
	2-3	356	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)
	4-8	867	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	9-13	843	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	14-18	790	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	19-30	1029	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.01)	0.3 (0.03)	0.4 (0.04)
	31-50	1622	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.5 (0.04)
	51-70	1606	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.5 (0.04)
	71+	698	0.2 (0.02)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	0.5 (0.05)
19+	4955	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.5 (0.03)	
Females	1	177	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)
	2-3	367	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	4-8	818	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	9-13	815	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	14-18	813	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.05)
	19-30	1097	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.6 (0.04)
	31-50	1831	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.03)	0.6 (0.04)
	51-70	1708	0.2 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.04)	0.7 (0.05)
	71+	724	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.6 (0.04)
	19+	5360	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.03)	0.6 (0.04)
	Pregnant	97	0.2 (0.06)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.05)	0.3 (0.09)	0.5 (0.13)	0.7 (0.17)
Lactating	82	0.3 (0.10)	0.0 (0.01)	0.0 (0.02)	0.1 (0.04)	0.2 (0.09)	0.5 (0.15)	0.8 (0.22)	1.1 (0.28)	
All	1+	16379	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.2 (0.01)	0.4 (0.02)	0.5 (0.03)

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

Table 2.9. Total red and orange vegetables: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.3 (0.02)
	2-3	356	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	4-8	867	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.03)
	9-13	843	0.3 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.01)	0.6 (0.02)
	14-18	790	0.3 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	19-30	1029	0.4 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	31-50	1622	0.4 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.01)	0.4 (0.01)	0.5 (0.01)	0.7 (0.03)	0.8 (0.04)
	51-70	1606	0.4 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.01)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)
	71+	698	0.4 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.7 (0.03)	0.8 (0.04)
	19+	4955	0.4 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.01)	0.4 (0.01)	0.5 (0.01)	0.7 (0.03)	0.8 (0.04)
Females	1	177	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.02)
	2-3	367	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.03)
	4-8	818	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)
	9-13	815	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)
	14-18	813	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.02)	0.5 (0.03)
	19-30	1097	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.6 (0.02)	0.6 (0.03)
	31-50	1831	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.03)	0.7 (0.04)
	51-70	1708	0.4 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	71+	724	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	19+	5360	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.03)	0.7 (0.04)
	Pregnant	97	0.3 (0.03)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)	0.6 (0.05)	0.7 (0.07)
	Lactating	82	0.3 (0.04)	0.1 (0.02)	0.2 (0.03)	0.2 (0.03)	0.3 (0.04)	0.4 (0.04)	0.6 (0.05)	0.6 (0.06)
All	1+	16379	0.4 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

Table 2.10. Tomatoes: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	2-3	356	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)
	4-8	867	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)
	9-13	843	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)
	14-18	790	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.5 (0.03)
	19-30	1029	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	31-50	1622	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.03)	0.6 (0.04)
	51-70	1606	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
	71+	698	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.01)	0.4 (0.02)	0.6 (0.03)	0.6 (0.04)
	19+	4955	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
Females	1	177	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	2-3	367	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)
	4-8	818	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.02)
	9-13	815	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.3 (0.01)	0.4 (0.02)
	14-18	813	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.4 (0.02)
	19-30	1097	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)
	31-50	1831	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)
	51-70	1708	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)
	71+	724	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)
	19+	5360	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)
	Pregnant	97	0.3 (0.03)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.2 (0.03)	0.3 (0.03)	0.4 (0.04)	0.5 (0.05)
	Lactating	82	0.2 (0.03)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.4 (0.05)	0.5 (0.05)
All	1+	16379	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.5 (0.01)	0.6 (0.02)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

Table 2.11. Other red and orange vegetables, excluding tomatoes: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)
	2-3	356	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)
	4-8	867	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	9-13	843	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	14-18	790	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	19-30	1029	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	31-50	1622	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	51-70	1606	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
	71+	698	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)
	19+	4955	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
Females	1	177	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	2-3	367	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	4-8	818	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	9-13	815	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	14-18	813	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	19-30	1097	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	31-50	1831	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	51-70	1708	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.03)
	71+	724	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	19+	5360	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	Pregnant	97	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.2 (0.05)	0.3 (0.06)
	Lactating	82	0.1 (0.03)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.2 (0.05)	0.3 (0.06)	0.4 (0.08)
All	1+	16379	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.00)	0.2 (0.01)	0.3 (0.02)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice.

Table 2.12. Total starchy vegetables: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.2 (0.02)	0.1 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.3 (0.03)	0.4 (0.03)
	2-3	356	0.2 (0.01)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.4 (0.03)
	4-8	867	0.3 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	9-13	843	0.4 (0.02)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	14-18	790	0.4 (0.03)	0.1 (0.02)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.5 (0.04)	0.7 (0.05)	0.9 (0.06)
	19-30	1029	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.6 (0.03)	0.8 (0.05)	0.9 (0.06)
	31-50	1622	0.5 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.4 (0.03)	0.6 (0.03)	0.8 (0.05)	1.0 (0.06)
	51-70	1606	0.5 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.05)	1.0 (0.07)
	71+	698	0.5 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.03)	0.9 (0.05)	1.1 (0.07)
	19+	4955	0.5 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.04)	1.0 (0.06)
Females	1	177	0.2 (0.01)	0.1 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)
	2-3	367	0.2 (0.01)	0.1 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.4 (0.03)
	4-8	818	0.3 (0.02)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	9-13	815	0.3 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	14-18	813	0.4 (0.02)	0.1 (0.01)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.6 (0.04)	0.7 (0.05)
	19-30	1097	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	31-50	1831	0.4 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	51-70	1708	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	71+	724	0.4 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)	0.7 (0.04)
	19+	5360	0.4 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)	0.7 (0.03)
	Pregnant	97	0.4 (0.05)	0.1 (0.03)	0.2 (0.03)	0.2 (0.04)	0.3 (0.05)	0.5 (0.07)	0.6 (0.08)	0.7 (0.09)
	Lactating	82	0.3 (0.08)	0.1 (0.04)	0.1 (0.04)	0.2 (0.06)	0.3 (0.08)	0.4 (0.09)	0.5 (0.11)	0.6 (0.12)
All	1+	16379	0.4 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.4 (0.01)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table 2.13. White potatoes: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.2 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.3 (0.03)
	2-3	356	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	4-8	867	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.03)	0.5 (0.04)
	9-13	843	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.03)	0.7 (0.03)
	14-18	790	0.4 (0.03)	0.1 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.03)	0.6 (0.04)	0.7 (0.05)
	19-30	1029	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.5 (0.03)	0.7 (0.04)	0.8 (0.05)
	31-50	1622	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.5 (0.03)	0.7 (0.04)	0.8 (0.04)
	51-70	1606	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.7 (0.04)	0.8 (0.05)
	71+	698	0.4 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.7 (0.04)	0.8 (0.05)
	19+	4955	0.4 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.7 (0.03)	0.8 (0.04)
Females	1	177	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.3 (0.03)
	2-3	367	0.2 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	4-8	818	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)
	9-13	815	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	14-18	813	0.3 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.03)	0.5 (0.03)	0.6 (0.04)
	19-30	1097	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.04)
	31-50	1831	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)
	51-70	1708	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.6 (0.03)
	71+	724	0.3 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.6 (0.03)
	19+	5360	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.03)
	Pregnant	97	0.3 (0.05)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.3 (0.05)	0.4 (0.06)	0.6 (0.07)	0.6 (0.08)
	Lactating	82	0.2 (0.07)	0.1 (0.03)	0.1 (0.04)	0.1 (0.05)	0.2 (0.07)	0.3 (0.08)	0.4 (0.10)	0.5 (0.10)
All	1+	16379	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.02)	0.7 (0.03)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table 2.14. Other starchy vegetables, excluding white potatoes: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.0 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	2-3	356	0.0 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	4-8	867	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	9-13	843	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	14-18	790	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	19-30	1029	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	
	31-50	1622	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	
	51-70	1606	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)	
	71+	698	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	
	19+	4955	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	
Females	1	177	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	2-3	367	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	4-8	818	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	9-13	815	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	14-18	813	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	
	19-30	1097	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	
	31-50	1831	0.1 (0.01)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	
	51-70	1708	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	
	71+	724	0.1 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	
	19+	5360	0.1 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	
	Pregnant	97	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.1 (0.02)
	Lactating	82	0.1 (0.02)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.1 (0.04)	0.1 (0.05)	
All	1+	16379	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables.

Table 2.15. Other vegetables: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)
	2-3	356	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.02)
	4-8	867	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.03)
	9-13	843	0.3 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.5 (0.03)
	14-18	790	0.3 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.7 (0.03)
	19-30	1029	0.5 (0.02)	0.2 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.6 (0.02)	0.8 (0.03)	0.9 (0.04)
	31-50	1622	0.6 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.7 (0.02)	1.0 (0.03)	1.1 (0.04)
	51-70	1606	0.6 (0.02)	0.2 (0.01)	0.3 (0.01)	0.4 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.04)	1.0 (0.05)
	71+	698	0.5 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.04)	1.0 (0.05)
	19+	4955	0.6 (0.01)	0.2 (0.01)	0.3 (0.01)	0.4 (0.01)	0.5 (0.01)	0.7 (0.02)	0.9 (0.03)	1.0 (0.04)
Females	1	177	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)
	2-3	367	0.1 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)
	4-8	818	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)
	9-13	815	0.2 (0.01)	0.1 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)
	14-18	813	0.3 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.6 (0.04)	0.7 (0.05)
	19-30	1097	0.5 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.04)	1.0 (0.05)
	31-50	1831	0.5 (0.02)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)
	51-70	1708	0.6 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)
	71+	724	0.5 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.04)	1.0 (0.05)
	19+	5360	0.5 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.04)	1.1 (0.05)
	Pregnant	97	0.6 (0.06)	0.2 (0.04)	0.2 (0.04)	0.4 (0.05)	0.5 (0.05)	0.7 (0.07)	1.0 (0.08)	1.1 (0.11)
	Lactating	82	0.6 (0.11)	0.2 (0.05)	0.3 (0.06)	0.4 (0.08)	0.6 (0.10)	0.8 (0.13)	1.0 (0.17)	1.2 (0.19)
All	1+	16379	0.5 (0.01)	0.1 (0.01)	0.1 (0.01)	0.3 (0.01)	0.4 (0.01)	0.6 (0.01)	0.9 (0.02)	1.0 (0.03)

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 cup equivalent = 1 cup cut-up raw or cooked vegetables; 1/2 cup dried vegetables; 1 cup juice; 2 cups raw leafy greens.

Table 2.16. Beans and peas (legumes): Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)
	2-3	356	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	4-8	867	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	9-13	843	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	14-18	790	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)
	19-30	1029	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.5 (0.04)
	31-50	1622	0.2 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.03)	0.5 (0.04)
	51-70	1606	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.4 (0.04)
	71+	698	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	0.4 (0.04)
	19+	4955	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.03)
Females	1	177	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)
	2-3	367	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)
	4-8	818	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)
	9-13	815	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	14-18	813	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.2 (0.03)
	19-30	1097	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)
	31-50	1831	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)
	51-70	1708	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
	71+	724	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.2 (0.02)
	19+	5360	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)
	Pregnant	97	0.1 (0.02)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)
	Lactating	82	0.2 (0.05)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.1 (0.04)	0.2 (0.06)	0.4 (0.08)	0.4 (0.09)
All	1+	16379	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.00)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup cooked dry beans or peas.

Table 2.17. Total grains: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	4.0 (0.10)	2.3 (0.09)	2.6 (0.08)	3.2 (0.08)	3.9 (0.09)	4.8 (0.13)	5.6 (0.17)	6.1 (0.20)	
	2-3	356	4.8 (0.09)	2.6 (0.09)	3.0 (0.09)	3.7 (0.09)	4.7 (0.10)	5.8 (0.12)	6.9 (0.15)	7.5 (0.17)	
	4-8	867	6.7 (0.11)	4.0 (0.13)	4.5 (0.11)	5.5 (0.10)	6.6 (0.11)	7.9 (0.14)	9.1 (0.19)	9.9 (0.23)	
	9-13	843	7.6 (0.09)	4.6 (0.13)	5.2 (0.11)	6.2 (0.09)	7.4 (0.09)	8.8 (0.11)	10.4 (0.15)	11.4 (0.18)	
	14-18	790	8.1 (0.20)	4.1 (0.22)	4.8 (0.21)	6.2 (0.21)	7.9 (0.20)	9.7 (0.22)	11.6 (0.27)	12.8 (0.31)	
	19-30	1029	8.1 (0.14)	4.1 (0.16)	4.9 (0.15)	6.2 (0.14)	7.9 (0.14)	9.7 (0.17)	11.6 (0.24)	12.8 (0.29)	
	31-50	1622	7.7 (0.14)	3.9 (0.16)	4.5 (0.15)	5.8 (0.14)	7.5 (0.15)	9.3 (0.18)	11.2 (0.24)	12.4 (0.28)	
	51-70	1606	7.0 (0.12)	3.4 (0.17)	4.0 (0.16)	5.2 (0.15)	6.7 (0.13)	8.5 (0.13)	10.2 (0.17)	11.4 (0.22)	
	71+	698	6.8 (0.17)	3.3 (0.17)	3.9 (0.18)	5.1 (0.17)	6.5 (0.17)	8.3 (0.19)	10.0 (0.23)	11.1 (0.28)	
	19+	4955	7.5 (0.09)	3.7 (0.15)	4.3 (0.14)	5.6 (0.11)	7.2 (0.09)	9.1 (0.12)	10.9 (0.19)	12.1 (0.24)	
Females	1	177	3.7 (0.09)	2.1 (0.08)	2.3 (0.08)	2.9 (0.08)	3.6 (0.08)	4.3 (0.11)	5.1 (0.15)	5.6 (0.18)	
	2-3	367	4.4 (0.11)	2.3 (0.08)	2.6 (0.08)	3.3 (0.09)	4.2 (0.10)	5.2 (0.14)	6.3 (0.18)	7.0 (0.21)	
	4-8	818	6.2 (0.12)	3.6 (0.13)	4.1 (0.12)	4.9 (0.11)	6.0 (0.12)	7.2 (0.15)	8.4 (0.20)	9.1 (0.23)	
	9-13	815	6.6 (0.10)	3.8 (0.12)	4.3 (0.11)	5.3 (0.10)	6.5 (0.10)	7.7 (0.12)	8.9 (0.16)	9.7 (0.19)	
	14-18	813	6.2 (0.12)	3.2 (0.13)	3.7 (0.13)	4.7 (0.12)	6.0 (0.12)	7.5 (0.14)	9.0 (0.18)	9.9 (0.21)	
	19-30	1097	6.1 (0.11)	3.0 (0.12)	3.6 (0.11)	4.6 (0.11)	5.9 (0.11)	7.4 (0.14)	8.9 (0.18)	9.8 (0.21)	
	31-50	1831	5.9 (0.08)	2.9 (0.09)	3.4 (0.09)	4.4 (0.07)	5.7 (0.07)	7.1 (0.10)	8.6 (0.15)	9.5 (0.18)	
	51-70	1708	5.2 (0.08)	2.5 (0.09)	2.9 (0.09)	3.8 (0.08)	5.0 (0.08)	6.3 (0.10)	7.6 (0.14)	8.5 (0.18)	
	71+	724	5.1 (0.09)	2.5 (0.11)	2.9 (0.11)	3.8 (0.10)	5.0 (0.09)	6.3 (0.10)	7.6 (0.13)	8.4 (0.16)	
		19+	5360	5.6 (0.05)	2.7 (0.09)	3.2 (0.08)	4.2 (0.06)	5.4 (0.05)	6.8 (0.08)	8.2 (0.12)	9.2 (0.16)
		Pregnant	97	7.2 (0.40)	3.9 (0.35)	4.5 (0.37)	5.6 (0.37)	7.0 (0.39)	8.6 (0.43)	10.2 (0.46)	11.2 (0.50)
	Lactating	82	7.9 (0.50)	4.4 (0.37)	5.0 (0.40)	6.2 (0.44)	7.7 (0.50)	9.3 (0.56)	11.0 (0.65)	12.0 (0.63)	
All	1+	16379	6.5 (0.04)	3.0 (0.06)	3.6 (0.06)	4.7 (0.05)	6.2 (0.05)	7.9 (0.06)	9.7 (0.09)	10.9 (0.14)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

Table 2.18. Whole grains: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.7 (0.04)	0.1 (0.03)	0.2 (0.03)	0.4 (0.03)	0.6 (0.04)	0.9 (0.06)	1.2 (0.08)	1.5 (0.11)	
	2-3	356	0.8 (0.04)	0.2 (0.03)	0.2 (0.03)	0.4 (0.03)	0.7 (0.04)	1.0 (0.05)	1.4 (0.08)	1.7 (0.11)	
	4-8	867	0.9 (0.05)	0.2 (0.03)	0.3 (0.04)	0.5 (0.04)	0.8 (0.04)	1.3 (0.06)	1.7 (0.10)	2.0 (0.13)	
	9-13	843	1.0 (0.04)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.04)	1.3 (0.05)	1.9 (0.09)	2.2 (0.12)	
	14-18	790	0.9 (0.05)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.8 (0.06)	1.4 (0.07)	2.0 (0.11)	2.5 (0.15)	
	19-30	1029	0.9 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.6 (0.04)	1.3 (0.06)	2.0 (0.10)	2.4 (0.14)	
	31-50	1622	0.9 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.7 (0.05)	1.3 (0.07)	2.0 (0.09)	2.5 (0.12)	
	51-70	1606	1.2 (0.05)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	1.0 (0.07)	1.7 (0.07)	2.4 (0.09)	2.9 (0.12)	
	71+	698	1.2 (0.06)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	1.1 (0.07)	1.8 (0.08)	2.5 (0.11)	3.0 (0.16)	
	19+	4955	1.0 (0.03)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.8 (0.04)	1.5 (0.05)	2.2 (0.08)	2.7 (0.11)	
Females	1	177	0.6 (0.03)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.8 (0.04)	1.1 (0.06)	1.3 (0.08)	
	2-3	367	0.7 (0.03)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.6 (0.03)	0.9 (0.04)	1.3 (0.06)	1.5 (0.09)	
	4-8	818	0.8 (0.03)	0.2 (0.02)	0.2 (0.03)	0.4 (0.03)	0.7 (0.03)	1.1 (0.05)	1.5 (0.07)	1.8 (0.09)	
	9-13	815	0.8 (0.03)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.03)	1.1 (0.04)	1.6 (0.06)	1.9 (0.07)	
	14-18	813	0.7 (0.04)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	1.0 (0.05)	1.6 (0.07)	2.0 (0.09)	
	19-30	1097	0.8 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.1 (0.05)	1.7 (0.07)	2.1 (0.10)	
	31-50	1831	0.7 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.03)	1.1 (0.04)	1.6 (0.06)	2.0 (0.08)	
	51-70	1708	0.9 (0.03)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.7 (0.03)	1.2 (0.04)	1.8 (0.06)	2.2 (0.08)	
	71+	724	0.9 (0.03)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.8 (0.04)	1.3 (0.04)	1.8 (0.06)	2.2 (0.08)	
		19+	5360	0.8 (0.02)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.7 (0.02)	1.2 (0.03)	1.7 (0.05)	2.1 (0.07)
		Pregnant	97	1.3 (0.17)	0.2 (0.07)	0.3 (0.09)	0.6 (0.14)	1.1 (0.17)	1.7 (0.22)	2.5 (0.29)	2.9 (0.35)
		Lactating	82	1.3 (0.19)	0.2 (0.08)	0.3 (0.12)	0.6 (0.17)	1.2 (0.19)	1.9 (0.24)	2.6 (0.26)	3.0 (0.28)
All	1+	16379	0.9 (0.02)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.7 (0.02)	1.3 (0.03)	1.9 (0.05)	2.3 (0.07)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

Table 2.19. Refined grains: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	3.4 (0.09)	1.9 (0.09)	2.2 (0.09)	2.7 (0.08)	3.3 (0.09)	4.1 (0.12)	4.8 (0.17)	5.3 (0.20)	
	2-3	356	4.1 (0.08)	2.1 (0.08)	2.5 (0.08)	3.1 (0.08)	4.0 (0.08)	4.9 (0.11)	5.9 (0.14)	6.4 (0.17)	
	4-8	867	5.8 (0.09)	3.3 (0.11)	3.8 (0.10)	4.7 (0.08)	5.7 (0.09)	6.8 (0.12)	8.0 (0.18)	8.6 (0.22)	
	9-13	843	6.7 (0.07)	3.9 (0.13)	4.4 (0.11)	5.4 (0.09)	6.5 (0.08)	7.8 (0.09)	9.3 (0.13)	10.4 (0.17)	
	14-18	790	7.2 (0.18)	3.5 (0.21)	4.1 (0.21)	5.4 (0.20)	7.0 (0.19)	8.8 (0.19)	10.6 (0.23)	11.8 (0.27)	
	19-30	1029	7.2 (0.12)	3.5 (0.15)	4.1 (0.14)	5.4 (0.12)	7.0 (0.12)	8.8 (0.16)	10.6 (0.23)	11.8 (0.28)	
	31-50	1622	6.8 (0.13)	3.2 (0.15)	3.8 (0.15)	5.0 (0.14)	6.6 (0.13)	8.4 (0.16)	10.2 (0.23)	11.4 (0.28)	
	51-70	1606	5.8 (0.13)	2.6 (0.16)	3.1 (0.15)	4.2 (0.15)	5.5 (0.14)	7.1 (0.15)	8.8 (0.19)	9.9 (0.23)	
	71+	698	5.5 (0.16)	2.5 (0.14)	3.0 (0.15)	4.0 (0.15)	5.3 (0.16)	6.8 (0.18)	8.4 (0.24)	9.5 (0.29)	
	19+	4955	6.5 (0.09)	2.9 (0.14)	3.5 (0.13)	4.6 (0.11)	6.2 (0.09)	8.0 (0.11)	9.8 (0.18)	11.0 (0.24)	
Females	1	177	3.1 (0.09)	1.7 (0.08)	1.9 (0.08)	2.4 (0.08)	3.1 (0.08)	3.7 (0.11)	4.4 (0.16)	4.9 (0.19)	
	2-3	367	3.7 (0.09)	1.9 (0.08)	2.2 (0.08)	2.8 (0.08)	3.6 (0.09)	4.5 (0.12)	5.4 (0.17)	6.0 (0.20)	
	4-8	818	5.3 (0.11)	3.0 (0.12)	3.4 (0.11)	4.2 (0.10)	5.2 (0.10)	6.4 (0.14)	7.4 (0.18)	8.0 (0.22)	
	9-13	815	5.8 (0.10)	3.2 (0.11)	3.7 (0.11)	4.6 (0.10)	5.7 (0.10)	6.8 (0.13)	8.0 (0.16)	8.8 (0.19)	
	14-18	813	5.6 (0.11)	2.6 (0.14)	3.1 (0.13)	4.1 (0.12)	5.3 (0.12)	6.8 (0.14)	8.3 (0.18)	9.3 (0.22)	
	19-30	1097	5.3 (0.11)	2.4 (0.12)	2.9 (0.12)	3.9 (0.11)	5.1 (0.11)	6.5 (0.13)	8.0 (0.18)	8.9 (0.22)	
	31-50	1831	5.1 (0.08)	2.3 (0.09)	2.8 (0.09)	3.7 (0.08)	4.9 (0.08)	6.3 (0.12)	7.8 (0.17)	8.7 (0.22)	
	51-70	1708	4.3 (0.08)	1.8 (0.09)	2.2 (0.09)	3.0 (0.08)	4.1 (0.08)	5.3 (0.11)	6.6 (0.16)	7.5 (0.20)	
	71+	724	4.2 (0.09)	1.8 (0.10)	2.2 (0.10)	3.0 (0.09)	4.0 (0.09)	5.2 (0.11)	6.5 (0.15)	7.4 (0.19)	
		19+	5360	4.8 (0.05)	2.0 (0.09)	2.5 (0.08)	3.4 (0.06)	4.5 (0.05)	5.9 (0.08)	7.4 (0.14)	8.3 (0.18)
		Pregnant	97	5.8 (0.55)	2.8 (0.41)	3.2 (0.44)	4.3 (0.49)	5.6 (0.55)	7.1 (0.62)	8.6 (0.69)	9.6 (0.74)
	Lactating	82	6.4 (0.40)	3.2 (0.29)	3.7 (0.31)	4.8 (0.35)	6.2 (0.40)	7.7 (0.46)	9.4 (0.55)	10.4 (0.51)	
All	1+	16379	5.6 (0.04)	2.4 (0.06)	2.9 (0.06)	3.9 (0.05)	5.3 (0.05)	7.0 (0.06)	8.7 (0.09)	9.9 (0.13)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce dry pasta, rice, or cereal (approximately 1/2 cup cooked pasta, rice, or cereal or 1 cup ready-to-eat cereal flakes); 1 slice bread; 1 small roll; 1/2 English muffin or bagel.

Table 2.20. Total protein foods including beans and peas: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	2.8 (0.12)	1.2 (0.13)	1.5 (0.13)	2.0 (0.13)	2.6 (0.13)	3.4 (0.14)	4.2 (0.17)	4.7 (0.20)	
	2-3	356	3.1 (0.11)	1.4 (0.12)	1.7 (0.12)	2.2 (0.12)	3.0 (0.11)	3.9 (0.14)	4.8 (0.20)	5.3 (0.25)	
	4-8	867	3.9 (0.10)	1.9 (0.12)	2.3 (0.11)	2.9 (0.10)	3.8 (0.09)	4.8 (0.13)	5.8 (0.20)	6.5 (0.25)	
	9-13	843	5.0 (0.12)	2.3 (0.13)	2.7 (0.12)	3.5 (0.11)	4.6 (0.12)	6.1 (0.15)	7.8 (0.22)	9.0 (0.30)	
	14-18	790	6.2 (0.17)	2.8 (0.17)	3.4 (0.16)	4.5 (0.15)	6.0 (0.16)	7.7 (0.22)	9.4 (0.32)	10.5 (0.40)	
	19-30	1029	8.1 (0.19)	4.0 (0.17)	4.7 (0.16)	6.1 (0.15)	7.8 (0.18)	9.8 (0.26)	11.9 (0.39)	13.2 (0.48)	
	31-50	1622	8.4 (0.18)	4.2 (0.17)	5.0 (0.15)	6.3 (0.13)	8.1 (0.16)	10.1 (0.26)	12.2 (0.40)	13.5 (0.50)	
	51-70	1606	7.9 (0.15)	3.9 (0.18)	4.6 (0.17)	6.0 (0.14)	7.6 (0.14)	9.6 (0.21)	11.6 (0.33)	13.0 (0.43)	
	71+	698	7.5 (0.13)	3.7 (0.17)	4.3 (0.16)	5.6 (0.13)	7.2 (0.12)	9.1 (0.20)	11.0 (0.31)	12.3 (0.39)	
	19+	4955	8.1 (0.13)	4.0 (0.16)	4.7 (0.14)	6.1 (0.11)	7.8 (0.11)	9.8 (0.20)	11.8 (0.34)	13.2 (0.43)	
Females	1	177	2.5 (0.10)	1.1 (0.12)	1.3 (0.12)	1.8 (0.11)	2.4 (0.11)	3.1 (0.12)	3.9 (0.16)	4.4 (0.19)	
	2-3	367	2.8 (0.07)	1.2 (0.11)	1.5 (0.11)	2.0 (0.09)	2.6 (0.07)	3.5 (0.08)	4.3 (0.14)	4.9 (0.19)	
	4-8	818	3.6 (0.09)	1.7 (0.11)	2.0 (0.10)	2.7 (0.09)	3.5 (0.09)	4.4 (0.13)	5.4 (0.19)	6.0 (0.25)	
	9-13	815	4.0 (0.09)	2.0 (0.10)	2.3 (0.10)	3.0 (0.09)	3.9 (0.09)	4.9 (0.11)	5.9 (0.14)	6.6 (0.15)	
	14-18	813	4.2 (0.13)	2.1 (0.11)	2.4 (0.11)	3.2 (0.12)	4.1 (0.13)	5.1 (0.14)	6.2 (0.17)	6.9 (0.19)	
	19-30	1097	5.6 (0.10)	2.9 (0.09)	3.4 (0.09)	4.3 (0.08)	5.4 (0.09)	6.7 (0.13)	8.0 (0.19)	8.8 (0.24)	
	31-50	1831	5.7 (0.10)	3.1 (0.10)	3.6 (0.09)	4.4 (0.08)	5.5 (0.09)	6.8 (0.12)	8.1 (0.18)	9.0 (0.23)	
	51-70	1708	5.6 (0.10)	3.0 (0.09)	3.4 (0.08)	4.3 (0.08)	5.4 (0.10)	6.7 (0.14)	7.9 (0.19)	8.8 (0.24)	
	71+	724	5.2 (0.10)	2.8 (0.09)	3.2 (0.09)	4.0 (0.09)	5.1 (0.10)	6.3 (0.13)	7.5 (0.17)	8.3 (0.21)	
		19+	5360	5.6 (0.07)	3.0 (0.08)	3.4 (0.07)	4.3 (0.06)	5.4 (0.07)	6.7 (0.10)	8.0 (0.16)	8.8 (0.21)
		Pregnant	97	5.8 (0.29)	3.1 (0.20)	3.6 (0.21)	4.5 (0.24)	5.6 (0.28)	6.9 (0.34)	8.2 (0.39)	9.0 (0.44)
		Lactating	82	7.7 (0.56)	4.5 (0.39)	5.1 (0.40)	6.2 (0.47)	7.5 (0.56)	9.0 (0.63)	10.5 (0.74)	11.4 (0.79)
All	1+	16379	6.2 (0.06)	2.5 (0.06)	3.1 (0.06)	4.2 (0.06)	5.8 (0.06)	7.7 (0.08)	9.9 (0.18)	11.3 (0.28)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1/4 cup cooked dry beans, peas, or tofu; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

Table 2.21. Total protein foods excluding beans and peas: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	2.5 (0.12)	1.1 (0.11)	1.3 (0.12)	1.8 (0.12)	2.4 (0.12)	3.1 (0.14)	3.9 (0.17)	4.4 (0.20)	
	2-3	356	2.9 (0.11)	1.3 (0.11)	1.5 (0.11)	2.1 (0.11)	2.8 (0.11)	3.6 (0.14)	4.5 (0.19)	5.0 (0.23)	
	4-8	867	3.7 (0.09)	1.8 (0.11)	2.2 (0.10)	2.8 (0.09)	3.6 (0.09)	4.5 (0.12)	5.4 (0.18)	6.1 (0.23)	
	9-13	843	4.7 (0.12)	2.1 (0.11)	2.5 (0.11)	3.3 (0.10)	4.3 (0.11)	5.7 (0.15)	7.4 (0.22)	8.7 (0.31)	
	14-18	790	6.0 (0.16)	2.5 (0.16)	3.1 (0.15)	4.2 (0.14)	5.7 (0.15)	7.4 (0.21)	9.2 (0.31)	10.4 (0.40)	
	19-30	1029	7.5 (0.19)	3.5 (0.18)	4.2 (0.18)	5.5 (0.17)	7.2 (0.19)	9.2 (0.25)	11.3 (0.37)	12.6 (0.46)	
	31-50	1622	7.7 (0.18)	3.6 (0.17)	4.3 (0.16)	5.7 (0.15)	7.4 (0.16)	9.5 (0.25)	11.5 (0.38)	12.9 (0.47)	
	51-70	1606	7.4 (0.16)	3.4 (0.18)	4.1 (0.17)	5.4 (0.15)	7.1 (0.15)	9.1 (0.22)	11.1 (0.34)	12.5 (0.44)	
	71+	698	7.0 (0.14)	3.2 (0.16)	3.8 (0.15)	5.1 (0.13)	6.7 (0.13)	8.6 (0.21)	10.6 (0.32)	11.8 (0.41)	
	19+	4955	7.5 (0.13)	3.5 (0.16)	4.2 (0.15)	5.5 (0.12)	7.2 (0.12)	9.2 (0.20)	11.3 (0.33)	12.6 (0.42)	
Females	1	177	2.3 (0.10)	1.0 (0.10)	1.2 (0.10)	1.6 (0.10)	2.2 (0.10)	2.8 (0.11)	3.5 (0.15)	4.0 (0.18)	
	2-3	367	2.6 (0.06)	1.1 (0.10)	1.3 (0.09)	1.8 (0.08)	2.5 (0.07)	3.2 (0.08)	4.0 (0.13)	4.6 (0.18)	
	4-8	818	3.4 (0.09)	1.6 (0.11)	1.9 (0.10)	2.5 (0.09)	3.3 (0.09)	4.1 (0.12)	5.0 (0.18)	5.6 (0.22)	
	9-13	815	3.7 (0.09)	1.8 (0.10)	2.1 (0.10)	2.8 (0.10)	3.6 (0.09)	4.5 (0.10)	5.5 (0.13)	6.2 (0.15)	
	14-18	813	3.9 (0.13)	1.8 (0.11)	2.2 (0.11)	2.9 (0.12)	3.7 (0.13)	4.8 (0.15)	5.8 (0.19)	6.5 (0.22)	
	19-30	1097	5.1 (0.09)	2.6 (0.10)	3.0 (0.10)	3.9 (0.09)	5.0 (0.09)	6.2 (0.13)	7.5 (0.19)	8.3 (0.24)	
	31-50	1831	5.3 (0.09)	2.7 (0.10)	3.2 (0.10)	4.0 (0.08)	5.1 (0.08)	6.3 (0.12)	7.6 (0.18)	8.5 (0.23)	
	51-70	1708	5.2 (0.11)	2.7 (0.09)	3.1 (0.08)	4.0 (0.08)	5.0 (0.10)	6.3 (0.15)	7.5 (0.22)	8.4 (0.27)	
	71+	724	4.9 (0.10)	2.5 (0.10)	3.0 (0.10)	3.7 (0.09)	4.8 (0.09)	5.9 (0.13)	7.1 (0.19)	7.9 (0.23)	
		19+	5360	5.2 (0.07)	2.7 (0.09)	3.1 (0.08)	3.9 (0.06)	5.0 (0.06)	6.2 (0.11)	7.5 (0.17)	8.3 (0.23)
		Pregnant	97	5.3 (0.29)	2.7 (0.19)	3.2 (0.21)	4.1 (0.24)	5.1 (0.28)	6.4 (0.35)	7.6 (0.43)	8.4 (0.48)
	Lactating	82	7.0 (0.52)	4.0 (0.39)	4.5 (0.39)	5.5 (0.44)	6.8 (0.52)	8.2 (0.59)	9.7 (0.71)	10.6 (0.74)	
All	1+	16379	5.8 (0.07)	2.3 (0.07)	2.8 (0.06)	3.9 (0.06)	5.3 (0.06)	7.2 (0.09)	9.3 (0.18)	10.8 (0.28)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg; 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

Table 2.22. Total meat, poultry, seafood, and eggs: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	2.2 (0.10)	0.8 (0.09)	1.1 (0.09)	1.5 (0.10)	2.0 (0.11)	2.8 (0.13)	3.5 (0.15)	4.0 (0.18)
	2-3	356	2.6 (0.10)	1.0 (0.09)	1.2 (0.09)	1.7 (0.10)	2.4 (0.10)	3.3 (0.12)	4.1 (0.16)	4.7 (0.20)
	4-8	867	3.3 (0.08)	1.5 (0.08)	1.8 (0.08)	2.3 (0.07)	3.1 (0.07)	4.1 (0.10)	5.0 (0.16)	5.7 (0.20)
	9-13	843	4.3 (0.10)	1.8 (0.07)	2.1 (0.07)	2.8 (0.07)	3.9 (0.09)	5.3 (0.14)	6.9 (0.20)	8.2 (0.26)
	14-18	790	5.5 (0.14)	2.2 (0.14)	2.7 (0.14)	3.8 (0.13)	5.2 (0.14)	6.8 (0.18)	8.6 (0.27)	9.7 (0.34)
	19-30	1029	6.7 (0.19)	2.9 (0.15)	3.5 (0.14)	4.8 (0.15)	6.4 (0.18)	8.2 (0.25)	10.2 (0.37)	11.4 (0.45)
	31-50	1622	6.8 (0.17)	3.0 (0.15)	3.7 (0.15)	4.9 (0.14)	6.5 (0.16)	8.4 (0.23)	10.4 (0.34)	11.7 (0.41)
	51-70	1606	6.3 (0.17)	2.7 (0.17)	3.3 (0.16)	4.5 (0.16)	6.0 (0.17)	7.8 (0.21)	9.7 (0.28)	11.0 (0.35)
	71+	698	6.0 (0.12)	2.5 (0.14)	3.1 (0.14)	4.2 (0.12)	5.6 (0.11)	7.4 (0.16)	9.2 (0.24)	10.4 (0.32)
	19+	4955	6.5 (0.14)	2.8 (0.14)	3.4 (0.14)	4.6 (0.12)	6.2 (0.13)	8.1 (0.19)	10.0 (0.29)	11.3 (0.37)
Females	1	177	2.0 (0.10)	0.7 (0.09)	0.9 (0.09)	1.3 (0.09)	1.9 (0.10)	2.5 (0.11)	3.2 (0.14)	3.7 (0.16)
	2-3	367	2.3 (0.07)	0.8 (0.08)	1.1 (0.08)	1.5 (0.07)	2.1 (0.08)	2.9 (0.09)	3.7 (0.12)	4.3 (0.16)
	4-8	818	3.0 (0.08)	1.3 (0.09)	1.6 (0.09)	2.1 (0.08)	2.9 (0.08)	3.8 (0.11)	4.7 (0.15)	5.3 (0.19)
	9-13	815	3.3 (0.07)	1.5 (0.08)	1.8 (0.08)	2.4 (0.07)	3.2 (0.07)	4.1 (0.09)	5.1 (0.11)	5.7 (0.13)
	14-18	813	3.5 (0.11)	1.5 (0.11)	1.9 (0.11)	2.5 (0.11)	3.3 (0.11)	4.3 (0.14)	5.3 (0.19)	6.0 (0.22)
	19-30	1097	4.4 (0.08)	2.1 (0.12)	2.5 (0.11)	3.3 (0.10)	4.2 (0.08)	5.4 (0.10)	6.6 (0.16)	7.3 (0.22)
	31-50	1831	4.5 (0.06)	2.2 (0.13)	2.6 (0.12)	3.3 (0.09)	4.3 (0.07)	5.5 (0.08)	6.7 (0.15)	7.4 (0.21)
	51-70	1708	4.3 (0.11)	2.0 (0.11)	2.4 (0.11)	3.2 (0.10)	4.1 (0.10)	5.2 (0.14)	6.4 (0.21)	7.1 (0.26)
	71+	724	4.1 (0.08)	1.9 (0.11)	2.3 (0.10)	3.0 (0.09)	3.9 (0.08)	5.0 (0.11)	6.1 (0.18)	6.8 (0.23)
	19+	5360	4.4 (0.05)	2.1 (0.11)	2.5 (0.10)	3.2 (0.08)	4.2 (0.06)	5.3 (0.08)	6.5 (0.15)	7.2 (0.21)
	Pregnant	97	4.5 (0.25)	2.1 (0.15)	2.5 (0.16)	3.3 (0.20)	4.3 (0.24)	5.5 (0.32)	6.6 (0.39)	7.4 (0.45)
	Lactating	82	5.6 (0.52)	2.9 (0.37)	3.4 (0.37)	4.3 (0.44)	5.4 (0.52)	6.7 (0.60)	8.0 (0.72)	8.9 (0.75)
All	1+	16379	5.0 (0.07)	1.9 (0.07)	2.3 (0.07)	3.2 (0.06)	4.5 (0.06)	6.2 (0.09)	8.2 (0.17)	9.6 (0.25)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean meat, poultry, or fish; 1 egg.

Table 2.23. Meat: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.4 (0.03)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.3 (0.04)	0.5 (0.04)	0.7 (0.07)	0.9 (0.09)
	2-3	356	0.5 (0.03)	0.1 (0.03)	0.2 (0.04)	0.3 (0.04)	0.4 (0.04)	0.6 (0.05)	0.9 (0.08)	1.1 (0.12)
	4-8	867	0.8 (0.03)	0.2 (0.04)	0.3 (0.05)	0.4 (0.05)	0.7 (0.05)	1.1 (0.05)	1.5 (0.09)	1.7 (0.14)
	9-13	843	1.3 (0.04)	0.3 (0.07)	0.5 (0.07)	0.7 (0.06)	1.1 (0.04)	1.7 (0.07)	2.3 (0.11)	2.8 (0.15)
	14-18	790	1.8 (0.09)	0.6 (0.08)	0.8 (0.08)	1.2 (0.08)	1.7 (0.09)	2.3 (0.11)	3.0 (0.15)	3.4 (0.19)
	19-30	1029	2.0 (0.06)	0.7 (0.08)	0.9 (0.08)	1.3 (0.07)	1.9 (0.07)	2.6 (0.09)	3.3 (0.13)	3.8 (0.17)
	31-50	1622	2.0 (0.06)	0.7 (0.09)	0.9 (0.09)	1.3 (0.08)	1.9 (0.07)	2.6 (0.08)	3.4 (0.12)	3.9 (0.17)
	51-70	1606	2.1 (0.09)	0.7 (0.08)	0.9 (0.08)	1.4 (0.08)	2.0 (0.10)	2.7 (0.13)	3.5 (0.18)	4.0 (0.22)
	71+	698	1.9 (0.09)	0.6 (0.08)	0.8 (0.08)	1.2 (0.09)	1.8 (0.10)	2.4 (0.12)	3.1 (0.15)	3.6 (0.18)
	19+	4955	2.0 (0.06)	0.7 (0.08)	0.9 (0.08)	1.3 (0.07)	1.9 (0.07)	2.6 (0.08)	3.4 (0.12)	3.9 (0.17)
Females	1	177	0.4 (0.03)	0.1 (0.03)	0.1 (0.03)	0.2 (0.03)	0.4 (0.03)	0.5 (0.04)	0.7 (0.06)	0.9 (0.09)
	2-3	367	0.5 (0.03)	0.1 (0.03)	0.2 (0.03)	0.2 (0.04)	0.4 (0.04)	0.6 (0.04)	0.8 (0.07)	1.0 (0.10)
	4-8	818	0.8 (0.04)	0.2 (0.04)	0.3 (0.05)	0.4 (0.05)	0.7 (0.05)	1.1 (0.05)	1.5 (0.10)	1.7 (0.15)
	9-13	815	1.0 (0.04)	0.3 (0.05)	0.4 (0.05)	0.6 (0.05)	0.9 (0.04)	1.3 (0.05)	1.7 (0.08)	1.9 (0.11)
	14-18	813	1.0 (0.06)	0.4 (0.04)	0.5 (0.05)	0.7 (0.05)	1.0 (0.06)	1.3 (0.08)	1.6 (0.10)	1.9 (0.12)
	19-30	1097	1.1 (0.05)	0.4 (0.06)	0.5 (0.06)	0.8 (0.06)	1.1 (0.06)	1.5 (0.07)	1.8 (0.09)	2.1 (0.12)
	31-50	1831	1.2 (0.05)	0.5 (0.06)	0.6 (0.06)	0.8 (0.05)	1.2 (0.06)	1.6 (0.07)	2.0 (0.10)	2.2 (0.13)
	51-70	1708	1.1 (0.06)	0.4 (0.07)	0.5 (0.08)	0.8 (0.07)	1.1 (0.06)	1.4 (0.06)	1.8 (0.07)	2.0 (0.09)
	71+	724	1.2 (0.06)	0.5 (0.06)	0.6 (0.07)	0.8 (0.06)	1.1 (0.07)	1.5 (0.08)	1.8 (0.10)	2.1 (0.13)
	19+	5360	1.2 (0.04)	0.4 (0.06)	0.6 (0.06)	0.8 (0.05)	1.1 (0.04)	1.5 (0.04)	1.9 (0.07)	2.1 (0.09)
	Pregnant	97	1.4 (0.19)	0.6 (0.13)	0.7 (0.15)	1.0 (0.17)	1.4 (0.20)	1.8 (0.22)	2.2 (0.25)	2.5 (0.27)
	Lactating	82	1.3 (0.41)	0.5 (0.22)	0.6 (0.26)	0.9 (0.34)	1.2 (0.42)	1.7 (0.50)	2.1 (0.56)	2.4 (0.61)
All	1+	16379	1.5 (0.03)	0.4 (0.04)	0.5 (0.04)	0.8 (0.04)	1.3 (0.03)	1.9 (0.05)	2.6 (0.08)	3.2 (0.11)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean meat.

Table 2.24. Poultry: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.7 (0.06)	0.3 (0.05)	0.4 (0.05)	0.5 (0.05)	0.7 (0.06)	0.9 (0.08)	1.1 (0.10)	1.3 (0.12)	
	2-3	356	0.8 (0.05)	0.3 (0.05)	0.4 (0.05)	0.6 (0.05)	0.8 (0.06)	1.1 (0.07)	1.3 (0.11)	1.5 (0.13)	
	4-8	867	1.0 (0.05)	0.4 (0.06)	0.5 (0.06)	0.7 (0.05)	0.9 (0.06)	1.3 (0.08)	1.6 (0.11)	1.8 (0.14)	
	9-13	843	1.3 (0.08)	0.4 (0.06)	0.5 (0.06)	0.8 (0.06)	1.1 (0.07)	1.6 (0.10)	2.3 (0.18)	2.9 (0.26)	
	14-18	790	1.8 (0.15)	0.5 (0.07)	0.6 (0.08)	1.0 (0.10)	1.5 (0.14)	2.3 (0.19)	3.1 (0.26)	3.7 (0.33)	
	19-30	1029	2.2 (0.09)	0.7 (0.08)	0.9 (0.08)	1.3 (0.08)	1.9 (0.09)	2.8 (0.12)	3.7 (0.19)	4.4 (0.25)	
	31-50	1622	2.1 (0.09)	0.6 (0.07)	0.8 (0.08)	1.2 (0.08)	1.8 (0.08)	2.7 (0.11)	3.6 (0.18)	4.3 (0.24)	
	51-70	1606	1.6 (0.07)	0.4 (0.05)	0.5 (0.05)	0.9 (0.05)	1.4 (0.05)	2.1 (0.10)	2.9 (0.17)	3.5 (0.24)	
	71+	698	1.4 (0.06)	0.4 (0.05)	0.5 (0.05)	0.8 (0.05)	1.2 (0.05)	1.8 (0.08)	2.6 (0.13)	3.1 (0.18)	
	19+	4955	1.9 (0.06)	0.5 (0.05)	0.7 (0.06)	1.0 (0.05)	1.6 (0.05)	2.4 (0.09)	3.4 (0.16)	4.0 (0.22)	
Females	1	177	0.7 (0.06)	0.3 (0.04)	0.4 (0.05)	0.5 (0.05)	0.7 (0.06)	0.9 (0.08)	1.1 (0.10)	1.2 (0.12)	
	2-3	367	0.8 (0.05)	0.3 (0.04)	0.4 (0.04)	0.5 (0.05)	0.7 (0.05)	1.0 (0.07)	1.2 (0.10)	1.4 (0.12)	
	4-8	818	1.0 (0.05)	0.4 (0.05)	0.5 (0.05)	0.6 (0.05)	0.9 (0.05)	1.2 (0.07)	1.5 (0.10)	1.7 (0.13)	
	9-13	815	1.1 (0.04)	0.4 (0.04)	0.5 (0.04)	0.7 (0.04)	1.0 (0.04)	1.4 (0.06)	1.7 (0.08)	2.0 (0.10)	
	14-18	813	1.2 (0.07)	0.4 (0.05)	0.5 (0.06)	0.8 (0.07)	1.1 (0.08)	1.5 (0.09)	2.0 (0.10)	2.2 (0.12)	
	19-30	1097	1.5 (0.06)	0.6 (0.04)	0.7 (0.05)	1.0 (0.05)	1.4 (0.07)	1.9 (0.09)	2.4 (0.12)	2.7 (0.16)	
	31-50	1831	1.5 (0.05)	0.6 (0.05)	0.7 (0.05)	1.0 (0.05)	1.4 (0.06)	1.9 (0.07)	2.3 (0.09)	2.6 (0.12)	
	51-70	1708	1.2 (0.08)	0.4 (0.05)	0.5 (0.05)	0.8 (0.06)	1.1 (0.08)	1.5 (0.10)	2.0 (0.12)	2.3 (0.13)	
	71+	724	1.0 (0.06)	0.3 (0.04)	0.4 (0.05)	0.6 (0.05)	0.9 (0.06)	1.3 (0.08)	1.7 (0.09)	1.9 (0.11)	
		19+	5360	1.3 (0.05)	0.5 (0.04)	0.6 (0.05)	0.8 (0.05)	1.2 (0.06)	1.7 (0.07)	2.2 (0.09)	2.5 (0.11)
		Pregnant	97	1.5 (0.19)	0.6 (0.12)	0.8 (0.14)	1.0 (0.18)	1.4 (0.21)	1.9 (0.23)	2.3 (0.25)	2.5 (0.27)
	Lactating	82	2.0 (0.31)	0.8 (0.17)	1.0 (0.20)	1.4 (0.25)	1.9 (0.31)	2.5 (0.37)	3.0 (0.44)	3.4 (0.49)	
All	1+	16379	1.5 (0.04)	0.4 (0.03)	0.6 (0.03)	0.8 (0.03)	1.3 (0.04)	1.9 (0.05)	2.6 (0.08)	3.2 (0.12)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean poultry.

Table 2.25. Total seafood: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.1 (0.02)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.2 (0.05)	0.3 (0.08)	
	2-3	356	0.1 (0.04)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.2 (0.04)	0.3 (0.09)	0.5 (0.14)	
	4-8	867	0.2 (0.04)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.03)	0.2 (0.05)	0.5 (0.09)	0.7 (0.15)	
	9-13	843	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.04)	0.5 (0.07)	0.8 (0.10)	
	14-18	790	0.3 (0.04)	0.0 (0.01)	0.0 (0.02)	0.1 (0.02)	0.2 (0.03)	0.3 (0.05)	0.6 (0.09)	0.9 (0.13)	
	19-30	1029	0.5 (0.08)	0.1 (0.02)	0.1 (0.03)	0.2 (0.04)	0.4 (0.06)	0.7 (0.10)	1.2 (0.17)	1.6 (0.25)	
	31-50	1622	0.8 (0.09)	0.1 (0.03)	0.1 (0.04)	0.3 (0.05)	0.5 (0.08)	1.0 (0.13)	1.7 (0.21)	2.2 (0.29)	
	51-70	1606	0.7 (0.10)	0.1 (0.03)	0.2 (0.03)	0.3 (0.05)	0.5 (0.07)	0.9 (0.12)	1.6 (0.22)	2.1 (0.32)	
	71+	698	0.7 (0.07)	0.1 (0.03)	0.2 (0.04)	0.3 (0.05)	0.5 (0.07)	0.9 (0.09)	1.6 (0.14)	2.1 (0.21)	
	19+	4955	0.7 (0.07)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.5 (0.06)	0.9 (0.10)	1.5 (0.17)	2.0 (0.25)	
Females	1	177	0.1 (0.02)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.0 (0.02)	0.1 (0.02)	0.2 (0.05)	0.3 (0.07)	
	2-3	367	0.1 (0.02)	0.0 (0.01)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.06)	0.4 (0.10)	
	4-8	818	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.2 (0.04)	0.5 (0.08)	0.7 (0.13)	
	9-13	815	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.5 (0.06)	0.7 (0.09)	
	14-18	813	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.03)	0.3 (0.04)	0.5 (0.06)	0.7 (0.09)	
	19-30	1097	0.5 (0.05)	0.1 (0.02)	0.1 (0.03)	0.2 (0.04)	0.4 (0.05)	0.7 (0.06)	1.2 (0.11)	1.5 (0.15)	
	31-50	1831	0.6 (0.04)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.4 (0.05)	0.8 (0.06)	1.3 (0.10)	1.7 (0.15)	
	51-70	1708	0.6 (0.05)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.5 (0.06)	0.9 (0.08)	1.4 (0.14)	1.7 (0.20)	
	71+	724	0.6 (0.06)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.5 (0.06)	0.8 (0.09)	1.3 (0.16)	1.7 (0.22)	
		19+	5360	0.6 (0.04)	0.1 (0.02)	0.1 (0.03)	0.2 (0.04)	0.4 (0.05)	0.8 (0.06)	1.3 (0.11)	1.7 (0.16)
		Pregnant	97	0.5 (0.13)	0.1 (0.03)	0.1 (0.04)	0.2 (0.07)	0.3 (0.11)	0.6 (0.18)	1.0 (0.28)	1.4 (0.34)
	Lactating	82	0.8 (0.27)	0.1 (0.08)	0.2 (0.10)	0.3 (0.15)	0.6 (0.26)	1.1 (0.38)	1.7 (0.51)	2.0 (0.59)	
All	1+	16379	0.5 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.7 (0.05)	1.2 (0.09)	1.7 (0.13)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1 ounce cooked lean fish.

Table 2.26. Eggs: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.4 (0.04)	0.1 (0.03)	0.2 (0.03)	0.2 (0.04)	0.4 (0.04)	0.6 (0.04)	0.8 (0.08)	1.0 (0.12)
	2-3	356	0.4 (0.03)	0.1 (0.03)	0.2 (0.03)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.8 (0.06)	0.9 (0.11)
	4-8	867	0.4 (0.02)	0.1 (0.03)	0.1 (0.03)	0.2 (0.04)	0.3 (0.03)	0.5 (0.03)	0.7 (0.04)	0.9 (0.07)
	9-13	843	0.4 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.02)	0.8 (0.04)	1.1 (0.06)
	14-18	790	0.5 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.6 (0.04)	1.1 (0.06)	1.5 (0.09)
	19-30	1029	0.6 (0.03)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.8 (0.05)	1.4 (0.08)	1.9 (0.11)
	31-50	1622	0.7 (0.03)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.9 (0.04)	1.5 (0.07)	2.0 (0.10)
	51-70	1606	0.7 (0.04)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.04)	1.0 (0.05)	1.6 (0.08)	2.1 (0.11)
	71+	698	0.8 (0.04)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.6 (0.03)	1.0 (0.05)	1.7 (0.09)	2.2 (0.12)
	19+	4955	0.7 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.9 (0.03)	1.5 (0.05)	2.0 (0.09)
Females	1	177	0.4 (0.05)	0.1 (0.03)	0.2 (0.03)	0.2 (0.03)	0.4 (0.04)	0.5 (0.06)	0.8 (0.11)	1.0 (0.16)
	2-3	367	0.4 (0.04)	0.1 (0.02)	0.1 (0.03)	0.2 (0.03)	0.3 (0.03)	0.5 (0.05)	0.7 (0.10)	0.9 (0.15)
	4-8	818	0.4 (0.03)	0.1 (0.03)	0.1 (0.03)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.7 (0.07)	0.8 (0.11)
	9-13	815	0.4 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	0.5 (0.02)	0.7 (0.05)	0.9 (0.07)
	14-18	813	0.3 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.04)	0.9 (0.06)
	19-30	1097	0.5 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.1 (0.05)	1.5 (0.07)
	31-50	1831	0.5 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.1 (0.04)	1.5 (0.06)
	51-70	1708	0.6 (0.02)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.03)	1.2 (0.04)	1.6 (0.06)
	71+	724	0.6 (0.03)	0.1 (0.02)	0.1 (0.02)	0.3 (0.02)	0.5 (0.03)	0.8 (0.04)	1.3 (0.06)	1.6 (0.08)
	19+	5360	0.6 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.02)	1.2 (0.03)	1.5 (0.05)
	Pregnant	97	0.5 (0.12)	0.1 (0.03)	0.1 (0.03)	0.2 (0.06)	0.4 (0.10)	0.7 (0.15)	1.1 (0.22)	1.5 (0.27)
	Lactating	82	0.8 (0.10)	0.1 (0.03)	0.2 (0.03)	0.4 (0.06)	0.6 (0.08)	1.0 (0.12)	1.6 (0.19)	2.0 (0.26)
All	1+	16379	0.6 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.01)	0.7 (0.02)	1.2 (0.03)	1.6 (0.05)

1: Number of persons in sample.

2: Standard errors (df=30)

3: 1 ounce equivalent = 1 egg.

Table 2.27. Soy products: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	
	2-3	356	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	
	4-8	867	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	
	9-13	843	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	
	14-18	790	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.4 (0.07)	
	19-30	1029	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.06)	0.7 (0.12)	
	31-50	1622	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.02)	0.2 (0.04)	0.5 (0.08)	
	51-70	1606	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.3 (0.07)	
	71+	698	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.03)	0.2 (0.06)	
	19+	4955	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	
Females	1	177	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.0 (0.01)	
	2-3	367	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	
	4-8	818	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	
	9-13	815	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	
	14-18	813	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.4 (0.05)	
	19-30	1097	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.04)	0.5 (0.07)	
	31-50	1831	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	
	51-70	1708	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.03)	0.3 (0.05)	
	71+	724	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.04)	
		19+	5360	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)
		Pregnant	97	0.1 (0.06)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.05)	0.3 (0.16)	0.6 (0.29)
	Lactating	82	0.1 (0.07)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.05)	0.2 (0.19)	0.5 (0.37)	
All	1+	16379	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.4 (0.03)	

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 ounce equivalent = 1/4 cup cooked dry beans or tofu.

Table 2.28. Nuts and seeds: Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.3 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.4 (0.05)	0.7 (0.10)	1.0 (0.14)
	2-3	356	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.8 (0.08)	1.1 (0.12)
	4-8	867	0.4 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.5 (0.05)	0.9 (0.10)	1.2 (0.15)
	9-13	843	0.4 (0.04)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.05)	1.0 (0.10)	1.4 (0.14)
	14-18	790	0.5 (0.04)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.5 (0.05)	1.2 (0.11)	1.9 (0.18)
	19-30	1029	0.7 (0.07)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.3 (0.05)	0.8 (0.09)	1.8 (0.17)	2.6 (0.27)
	31-50	1622	0.8 (0.05)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	1.0 (0.07)	2.1 (0.16)	3.1 (0.26)
	51-70	1606	1.0 (0.09)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.05)	1.3 (0.11)	2.5 (0.24)	3.6 (0.39)
	71+	698	1.1 (0.08)	0.0 (0.01)	0.1 (0.02)	0.2 (0.04)	0.6 (0.06)	1.3 (0.11)	2.6 (0.21)	3.7 (0.33)
	19+	4955	0.9 (0.06)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.4 (0.04)	1.1 (0.07)	2.2 (0.17)	3.3 (0.28)
Females	1	177	0.3 (0.03)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.04)	0.7 (0.08)	0.9 (0.12)
	2-3	367	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.04)	0.8 (0.08)	1.1 (0.12)
	4-8	818	0.3 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.8 (0.07)	1.1 (0.12)
	9-13	815	0.4 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.5 (0.04)	0.9 (0.08)	1.3 (0.12)
	14-18	813	0.4 (0.04)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.2 (0.02)	0.5 (0.05)	1.0 (0.10)	1.5 (0.15)
	19-30	1097	0.6 (0.05)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.03)	0.8 (0.07)	1.5 (0.14)	2.1 (0.21)
	31-50	1831	0.7 (0.05)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.03)	0.9 (0.06)	1.7 (0.12)	2.3 (0.19)
	51-70	1708	0.8 (0.09)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.5 (0.06)	1.1 (0.12)	2.0 (0.21)	2.7 (0.30)
	71+	724	0.8 (0.06)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.05)	1.1 (0.08)	1.9 (0.15)	2.5 (0.22)
	19+	5360	0.7 (0.05)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.4 (0.03)	1.0 (0.07)	1.8 (0.14)	2.5 (0.22)
	Pregnant	97	0.9 (0.18)	0.0 (0.01)	0.1 (0.02)	0.2 (0.07)	0.5 (0.14)	1.2 (0.25)	2.1 (0.40)	2.9 (0.53)
	Lactating	82	1.2 (0.38)	0.1 (0.03)	0.1 (0.06)	0.3 (0.14)	0.8 (0.29)	1.7 (0.52)	2.8 (0.81)	3.7 (1.04)
All	1+	16379	0.7 (0.03)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.9 (0.04)	1.8 (0.09)	2.5 (0.15)

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 ounce equivalent = 1 tablespoon peanut butter; 1/2 ounce nuts or seeds.

Table 2.29. Total protein from beans and peas (legumes): Means, percentiles and standard errors of usual intake, 2013-2016

			oz equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.04)	0.5 (0.07)	0.7 (0.09)
	2-3	356	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.03)	0.5 (0.05)	0.7 (0.07)
	4-8	867	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.6 (0.06)	0.8 (0.08)
	9-13	843	0.3 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.06)	0.9 (0.08)
	14-18	790	0.3 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.07)	1.0 (0.11)
	19-30	1029	0.6 (0.05)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.8 (0.08)	1.3 (0.13)	1.8 (0.18)
	31-50	1622	0.6 (0.04)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.05)	1.4 (0.10)	1.9 (0.15)
	51-70	1606	0.6 (0.04)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.7 (0.06)	1.3 (0.10)	1.7 (0.14)
	71+	698	0.5 (0.05)	0.1 (0.01)	0.1 (0.02)	0.2 (0.03)	0.3 (0.04)	0.6 (0.07)	1.1 (0.12)	1.5 (0.16)
	19+	4955	0.6 (0.03)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.03)	0.8 (0.05)	1.3 (0.09)	1.8 (0.14)
Females	1	177	0.2 (0.03)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.1 (0.02)	0.3 (0.04)	0.5 (0.07)	0.7 (0.11)
	2-3	367	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.6 (0.07)
	4-8	818	0.2 (0.02)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.06)	0.7 (0.08)
	9-13	815	0.3 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	0.7 (0.05)	0.9 (0.07)
	14-18	813	0.3 (0.04)	0.0 (0.01)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.05)	0.7 (0.09)	1.0 (0.11)
	19-30	1097	0.4 (0.03)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.03)	0.6 (0.04)	0.9 (0.07)	1.3 (0.09)
	31-50	1831	0.4 (0.03)	0.1 (0.01)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.04)	0.9 (0.07)	1.2 (0.10)
	51-70	1708	0.4 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	0.8 (0.06)	1.0 (0.08)
	71+	724	0.3 (0.03)	0.0 (0.01)	0.1 (0.01)	0.1 (0.02)	0.2 (0.02)	0.4 (0.04)	0.7 (0.06)	1.0 (0.08)
	19+	5360	0.4 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.03)	0.9 (0.05)	1.1 (0.07)
	Pregnant	97	0.4 (0.07)	0.0 (0.02)	0.1 (0.02)	0.1 (0.04)	0.3 (0.06)	0.5 (0.09)	0.8 (0.14)	1.1 (0.17)
	Lactating	82	0.7 (0.18)	0.1 (0.05)	0.2 (0.07)	0.3 (0.11)	0.5 (0.17)	0.9 (0.25)	1.4 (0.33)	1.8 (0.38)
All	1+	16379	0.4 (0.02)	0.0 (0.01)	0.1 (0.01)	0.1 (0.01)	0.3 (0.01)	0.6 (0.03)	1.0 (0.05)	1.4 (0.07)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 ounce equivalent = 1/4 cup cooked dry beans or peas.

Table 2.30. Total dairy: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	2.5 (0.06)	1.1 (0.07)	1.4 (0.06)	1.8 (0.06)	2.4 (0.06)	3.0 (0.07)	3.7 (0.09)	4.1 (0.12)	
	2-3	356	2.2 (0.05)	0.9 (0.04)	1.1 (0.04)	1.6 (0.04)	2.1 (0.05)	2.7 (0.06)	3.4 (0.09)	3.8 (0.11)	
	4-8	867	2.2 (0.05)	0.9 (0.04)	1.1 (0.04)	1.5 (0.04)	2.1 (0.05)	2.7 (0.07)	3.3 (0.10)	3.8 (0.12)	
	9-13	843	2.3 (0.05)	0.9 (0.03)	1.1 (0.04)	1.6 (0.04)	2.2 (0.05)	2.8 (0.07)	3.6 (0.09)	4.1 (0.11)	
	14-18	790	2.3 (0.08)	0.8 (0.05)	1.0 (0.06)	1.4 (0.06)	2.1 (0.08)	2.9 (0.10)	3.9 (0.13)	4.4 (0.15)	
	19-30	1029	2.0 (0.05)	0.6 (0.04)	0.8 (0.04)	1.2 (0.05)	1.8 (0.05)	2.6 (0.07)	3.4 (0.08)	4.0 (0.10)	
	31-50	1622	1.9 (0.04)	0.5 (0.03)	0.7 (0.04)	1.1 (0.04)	1.7 (0.04)	2.4 (0.05)	3.2 (0.07)	3.8 (0.08)	
	51-70	1606	1.7 (0.04)	0.5 (0.03)	0.6 (0.03)	1.0 (0.04)	1.5 (0.04)	2.2 (0.05)	2.9 (0.07)	3.4 (0.09)	
	71+	698	1.6 (0.04)	0.5 (0.03)	0.6 (0.04)	1.0 (0.04)	1.5 (0.05)	2.1 (0.06)	2.9 (0.08)	3.4 (0.10)	
	19+	4955	1.8 (0.03)	0.5 (0.03)	0.7 (0.03)	1.1 (0.03)	1.6 (0.03)	2.3 (0.03)	3.1 (0.06)	3.7 (0.08)	
Females	1	177	2.2 (0.06)	1.0 (0.06)	1.2 (0.06)	1.6 (0.06)	2.1 (0.06)	2.7 (0.07)	3.4 (0.08)	3.8 (0.10)	
	2-3	367	2.0 (0.05)	0.8 (0.05)	1.0 (0.05)	1.4 (0.05)	2.0 (0.05)	2.6 (0.06)	3.2 (0.08)	3.6 (0.09)	
	4-8	818	1.9 (0.05)	0.8 (0.04)	1.0 (0.04)	1.3 (0.04)	1.8 (0.05)	2.4 (0.06)	3.0 (0.08)	3.4 (0.10)	
	9-13	815	1.9 (0.04)	0.7 (0.03)	0.9 (0.04)	1.2 (0.04)	1.7 (0.04)	2.4 (0.05)	3.0 (0.07)	3.4 (0.08)	
	14-18	813	1.6 (0.06)	0.6 (0.04)	0.7 (0.04)	1.1 (0.05)	1.5 (0.06)	2.1 (0.07)	2.7 (0.09)	3.1 (0.10)	
	19-30	1097	1.4 (0.04)	0.5 (0.02)	0.6 (0.03)	0.9 (0.03)	1.3 (0.04)	1.8 (0.05)	2.4 (0.07)	2.8 (0.08)	
	31-50	1831	1.4 (0.03)	0.5 (0.02)	0.6 (0.02)	0.9 (0.03)	1.3 (0.03)	1.8 (0.04)	2.3 (0.05)	2.7 (0.06)	
	51-70	1708	1.3 (0.03)	0.4 (0.02)	0.6 (0.02)	0.8 (0.03)	1.2 (0.03)	1.7 (0.04)	2.2 (0.06)	2.6 (0.07)	
	71+	724	1.3 (0.03)	0.4 (0.02)	0.6 (0.03)	0.8 (0.03)	1.2 (0.03)	1.7 (0.04)	2.2 (0.05)	2.6 (0.06)	
		19+	5360	1.4 (0.02)	0.4 (0.02)	0.6 (0.02)	0.9 (0.02)	1.3 (0.02)	1.8 (0.03)	2.3 (0.04)	2.7 (0.06)
		Pregnant	97	1.8 (0.15)	0.7 (0.09)	0.9 (0.10)	1.2 (0.12)	1.7 (0.15)	2.3 (0.18)	3.0 (0.22)	3.5 (0.22)
	Lactating	82	1.6 (0.29)	0.5 (0.14)	0.7 (0.17)	1.0 (0.22)	1.4 (0.29)	2.0 (0.35)	2.6 (0.41)	3.0 (0.46)	
All	1+	16379	1.7 (0.02)	0.5 (0.02)	0.7 (0.02)	1.0 (0.02)	1.5 (0.02)	2.2 (0.02)	2.9 (0.03)	3.4 (0.04)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup of milk or yogurt; the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

Table 2.31. Milk: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	1.8 (0.06)	0.5 (0.04)	0.7 (0.04)	1.1 (0.05)	1.7 (0.05)	2.4 (0.07)	3.1 (0.11)	3.6 (0.12)
	2-3	356	1.5 (0.04)	0.4 (0.03)	0.5 (0.04)	0.9 (0.04)	1.4 (0.05)	2.0 (0.06)	2.7 (0.08)	3.2 (0.10)
	4-8	867	1.3 (0.04)	0.3 (0.03)	0.4 (0.04)	0.7 (0.04)	1.2 (0.04)	1.7 (0.05)	2.4 (0.07)	2.8 (0.09)
	9-13	843	1.3 (0.03)	0.2 (0.02)	0.3 (0.02)	0.6 (0.02)	1.1 (0.03)	1.7 (0.05)	2.5 (0.08)	3.0 (0.11)
	14-18	790	1.3 (0.06)	0.1 (0.02)	0.2 (0.02)	0.5 (0.04)	1.0 (0.05)	1.7 (0.08)	2.7 (0.14)	3.5 (0.18)
	19-30	1029	0.7 (0.04)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.5 (0.03)	1.0 (0.05)	1.7 (0.08)	2.3 (0.11)
	31-50	1622	0.7 (0.03)	0.0 (0.01)	0.1 (0.01)	0.2 (0.01)	0.5 (0.02)	1.0 (0.03)	1.7 (0.06)	2.2 (0.10)
	51-70	1606	0.8 (0.02)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.6 (0.02)	1.1 (0.03)	1.8 (0.05)	2.3 (0.08)
	71+	698	0.9 (0.04)	0.1 (0.01)	0.1 (0.02)	0.3 (0.02)	0.6 (0.03)	1.1 (0.05)	1.9 (0.08)	2.4 (0.10)
	19+	4955	0.8 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.5 (0.02)	1.0 (0.03)	1.7 (0.05)	2.3 (0.08)
Females	1	177	1.7 (0.06)	0.4 (0.04)	0.6 (0.05)	1.0 (0.06)	1.5 (0.07)	2.2 (0.08)	2.9 (0.10)	3.3 (0.13)
	2-3	367	1.4 (0.05)	0.3 (0.04)	0.5 (0.04)	0.8 (0.05)	1.3 (0.06)	1.9 (0.07)	2.6 (0.09)	3.1 (0.11)
	4-8	818	1.2 (0.04)	0.2 (0.03)	0.4 (0.03)	0.6 (0.04)	1.0 (0.04)	1.6 (0.05)	2.2 (0.07)	2.6 (0.09)
	9-13	815	1.1 (0.03)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.9 (0.03)	1.4 (0.04)	2.0 (0.06)	2.5 (0.08)
	14-18	813	0.8 (0.04)	0.1 (0.01)	0.2 (0.02)	0.4 (0.02)	0.7 (0.03)	1.1 (0.05)	1.6 (0.07)	2.1 (0.09)
	19-30	1097	0.6 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.02)	0.8 (0.03)	1.2 (0.04)	1.6 (0.06)
	31-50	1831	0.6 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.4 (0.01)	0.8 (0.02)	1.2 (0.04)	1.5 (0.05)
	51-70	1708	0.6 (0.03)	0.1 (0.01)	0.1 (0.01)	0.3 (0.02)	0.5 (0.02)	0.8 (0.03)	1.3 (0.05)	1.6 (0.06)
	71+	724	0.7 (0.02)	0.1 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.9 (0.03)	1.3 (0.05)	1.7 (0.06)
	19+	5360	0.6 (0.02)	0.1 (0.01)	0.1 (0.01)	0.2 (0.01)	0.5 (0.01)	0.8 (0.02)	1.2 (0.03)	1.6 (0.05)
	Pregnant	97	1.0 (0.13)	0.2 (0.04)	0.3 (0.06)	0.5 (0.08)	0.8 (0.12)	1.3 (0.17)	1.9 (0.22)	2.4 (0.26)
	Lactating	82	0.8 (0.17)	0.1 (0.05)	0.2 (0.07)	0.3 (0.10)	0.6 (0.16)	1.0 (0.22)	1.5 (0.31)	1.9 (0.36)
All	1+	16379	0.8 (0.01)	0.1 (0.00)	0.1 (0.01)	0.3 (0.01)	0.6 (0.01)	1.1 (0.02)	1.8 (0.03)	2.3 (0.05)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = 1 cup of milk.

Table 2.32. Yogurt: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.05)	0.4 (0.06)
	2-3	356	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.4 (0.05)	
	4-8	867	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	0.4 (0.04)	
	9-13	843	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.04)	
	14-18	790	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.1 (0.04)	
	19-30	1029	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.04)	0.3 (0.06)	
	31-50	1622	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.3 (0.06)	
	51-70	1606	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.04)	0.3 (0.06)	
	71+	698	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.05)	0.3 (0.07)	
	19+	4955	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.3 (0.06)	
Females	1	177	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.4 (0.05)	
	2-3	367	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.03)	0.4 (0.04)	
	4-8	818	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.2 (0.02)	0.3 (0.03)	
	9-13	815	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.3 (0.02)	
	14-18	813	0.0 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.2 (0.03)	
	19-30	1097	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	
	31-50	1831	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.4 (0.03)	
	51-70	1708	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.01)	0.3 (0.02)	0.4 (0.03)	
	71+	724	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.02)	0.3 (0.03)	0.5 (0.04)	
	19+	5360	0.1 (0.01)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.3 (0.02)	0.4 (0.03)	
	Pregnant	97	0.1 (0.02)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.03)	0.2 (0.06)	0.3 (0.07)	
	Lactating	82	0.1 (0.03)	0.0 (0.00)	0.0 (0.00)	0.0 (0.01)	0.1 (0.04)	0.3 (0.10)	0.5 (0.14)	
All	1+	16379	0.1 (0.00)	0.0 (0.00)	0.0 (0.00)	0.0 (0.00)	0.1 (0.01)	0.2 (0.02)	0.4 (0.03)	

1: Number of persons in sample.

2: Standard errors (df=31)

3: 1 cup equivalent = 1 cup of yogurt.

Table 2.33. Cheese: Means, percentiles and standard errors of usual intake, 2013-2016

			cup equivalents ³							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	0.5 (0.03)	0.2 (0.02)	0.2 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.04)	0.7 (0.05)	0.9 (0.07)
	2-3	356	0.5 (0.03)	0.2 (0.03)	0.3 (0.03)	0.4 (0.03)	0.5 (0.03)	0.7 (0.04)	0.8 (0.05)	1.0 (0.07)
	4-8	867	0.8 (0.04)	0.3 (0.03)	0.4 (0.03)	0.5 (0.03)	0.7 (0.03)	1.0 (0.05)	1.2 (0.07)	1.3 (0.08)
	9-13	843	0.9 (0.03)	0.4 (0.03)	0.5 (0.03)	0.6 (0.03)	0.9 (0.03)	1.1 (0.04)	1.4 (0.06)	1.6 (0.07)
	14-18	790	1.0 (0.05)	0.3 (0.04)	0.4 (0.04)	0.6 (0.04)	1.0 (0.05)	1.3 (0.06)	1.6 (0.08)	1.9 (0.09)
	19-30	1029	1.1 (0.04)	0.3 (0.03)	0.5 (0.03)	0.7 (0.04)	1.1 (0.04)	1.5 (0.05)	1.8 (0.07)	2.0 (0.08)
	31-50	1622	1.0 (0.02)	0.3 (0.03)	0.4 (0.04)	0.6 (0.04)	1.0 (0.03)	1.3 (0.03)	1.7 (0.05)	1.9 (0.06)
	51-70	1606	0.7 (0.03)	0.2 (0.03)	0.2 (0.03)	0.4 (0.03)	0.7 (0.03)	1.0 (0.03)	1.3 (0.05)	1.5 (0.06)
	71+	698	0.7 (0.03)	0.1 (0.02)	0.2 (0.03)	0.4 (0.03)	0.6 (0.04)	0.9 (0.04)	1.2 (0.06)	1.4 (0.07)
	19+	4955	0.9 (0.02)	0.2 (0.03)	0.3 (0.03)	0.5 (0.03)	0.8 (0.02)	1.2 (0.03)	1.6 (0.05)	1.8 (0.06)
Females	1	177	0.4 (0.02)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.03)	0.7 (0.04)	0.7 (0.05)
	2-3	367	0.5 (0.03)	0.2 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.03)	0.8 (0.05)	0.9 (0.06)
	4-8	818	0.7 (0.03)	0.3 (0.03)	0.3 (0.03)	0.5 (0.03)	0.6 (0.03)	0.8 (0.03)	1.0 (0.05)	1.2 (0.07)
	9-13	815	0.7 (0.02)	0.3 (0.02)	0.4 (0.02)	0.5 (0.02)	0.7 (0.02)	0.9 (0.03)	1.1 (0.04)	1.2 (0.05)
	14-18	813	0.7 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.04)	0.7 (0.04)	0.9 (0.04)	1.1 (0.06)	1.2 (0.08)
	19-30	1097	0.8 (0.03)	0.3 (0.03)	0.4 (0.03)	0.6 (0.04)	0.8 (0.03)	0.9 (0.03)	1.1 (0.05)	1.2 (0.07)
	31-50	1831	0.7 (0.02)	0.2 (0.02)	0.3 (0.02)	0.5 (0.03)	0.7 (0.03)	0.9 (0.03)	1.0 (0.04)	1.1 (0.06)
	51-70	1708	0.6 (0.02)	0.2 (0.02)	0.2 (0.02)	0.4 (0.03)	0.6 (0.03)	0.7 (0.02)	0.9 (0.03)	1.0 (0.05)
	71+	724	0.5 (0.02)	0.1 (0.02)	0.2 (0.02)	0.3 (0.03)	0.5 (0.03)	0.7 (0.02)	0.8 (0.03)	0.9 (0.05)
	19+	5360	0.6 (0.02)	0.2 (0.02)	0.3 (0.02)	0.4 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.1 (0.05)
	Pregnant	97	0.8 (0.09)	0.3 (0.09)	0.4 (0.10)	0.6 (0.10)	0.8 (0.09)	0.9 (0.09)	1.1 (0.11)	1.2 (0.13)
	Lactating	82	0.8 (0.17)	0.3 (0.10)	0.3 (0.12)	0.6 (0.16)	0.8 (0.18)	1.1 (0.19)	1.3 (0.20)	1.4 (0.20)
All	1+	16379	0.8 (0.01)	0.2 (0.01)	0.3 (0.02)	0.5 (0.02)	0.7 (0.01)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)

1: Number of persons in sample.

2: Standard errors (df=32)

3: 1 cup equivalent = the amount of cheese that contains the same amount of calcium (302 mg) as 1 cup of skim milk (generally 1.5 ounces natural cheese or 2 ounces processed cheese).

2020 Dietary Guidelines Advisory Committee

Data Supplement: Food Groups and Nutrient Distributions

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

Table 2.34. Oils: Means, percentiles and standard errors of usual intake, 2013-2016

		grams									
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	12.1 (0.39)	5.4 (0.35)	6.6 (0.34)	8.6 (0.33)	11.5 (0.38)	15.0 (0.51)	18.7 (0.75)	21.0 (0.95)	
	2-3	356	14.6 (0.35)	6.4 (0.36)	7.7 (0.36)	10.3 (0.36)	13.8 (0.36)	18.2 (0.43)	22.6 (0.59)	25.3 (0.73)	
	4-8	867	19.8 (0.43)	9.9 (0.52)	11.6 (0.49)	14.9 (0.45)	19.1 (0.43)	23.9 (0.54)	29.0 (0.82)	32.3 (1.00)	
	9-13	843	23.2 (0.51)	11.5 (0.39)	13.4 (0.38)	17.1 (0.38)	21.9 (0.47)	27.9 (0.69)	34.5 (0.98)	39.2 (1.22)	
	14-18	790	26.2 (0.84)	11.7 (0.67)	14.2 (0.68)	18.8 (0.71)	25.0 (0.82)	32.3 (1.06)	39.9 (1.39)	45.0 (1.72)	
	19-30	1029	30.7 (0.62)	14.4 (0.66)	17.2 (0.64)	22.4 (0.58)	29.5 (0.61)	37.5 (0.80)	45.9 (1.18)	51.4 (1.47)	
	31-50	1622	31.5 (0.49)	15.0 (0.60)	17.7 (0.55)	23.0 (0.46)	30.0 (0.45)	38.4 (0.73)	47.0 (1.16)	52.8 (1.51)	
	51-70	1606	30.8 (0.60)	14.6 (0.65)	17.3 (0.60)	22.5 (0.54)	29.4 (0.55)	37.5 (0.83)	46.0 (1.32)	51.7 (1.68)	
	71+	698	29.6 (0.76)	14.0 (0.84)	16.5 (0.82)	21.5 (0.78)	28.2 (0.77)	36.1 (0.89)	44.4 (1.17)	49.9 (1.46)	
	19+	4955	30.9 (0.43)	14.6 (0.62)	17.3 (0.56)	22.6 (0.45)	29.5 (0.40)	37.7 (0.64)	46.2 (1.08)	51.8 (1.42)	
Females	1	177	11.6 (0.40)	5.1 (0.36)	6.1 (0.36)	8.3 (0.36)	11.0 (0.39)	14.3 (0.51)	17.7 (0.70)	20.1 (0.89)	
	2-3	367	13.8 (0.38)	5.9 (0.36)	7.1 (0.36)	9.6 (0.36)	13.0 (0.38)	17.1 (0.48)	21.5 (0.64)	24.5 (0.80)	
	4-8	818	18.9 (0.44)	9.3 (0.55)	10.9 (0.54)	14.0 (0.49)	18.2 (0.45)	22.9 (0.53)	27.7 (0.74)	30.9 (0.94)	
	9-13	815	21.0 (0.42)	10.4 (0.39)	12.2 (0.39)	15.6 (0.39)	20.1 (0.42)	25.3 (0.51)	31.0 (0.65)	34.7 (0.76)	
	14-18	813	22.2 (0.63)	10.2 (0.58)	12.2 (0.58)	16.1 (0.61)	21.2 (0.65)	27.2 (0.72)	33.6 (0.85)	37.9 (1.02)	
	19-30	1097	25.6 (0.47)	12.1 (0.45)	14.4 (0.45)	18.7 (0.46)	24.5 (0.47)	31.2 (0.58)	38.2 (0.78)	42.9 (0.95)	
	31-50	1831	25.3 (0.44)	12.1 (0.45)	14.3 (0.45)	18.5 (0.42)	24.2 (0.43)	30.9 (0.54)	37.8 (0.75)	42.5 (0.93)	
	51-70	1708	24.8 (0.65)	11.6 (0.47)	13.8 (0.50)	18.0 (0.53)	23.6 (0.63)	30.3 (0.81)	37.2 (1.08)	41.9 (1.29)	
	71+	724	23.4 (0.60)	11.0 (0.49)	13.1 (0.51)	17.0 (0.53)	22.3 (0.60)	28.5 (0.72)	35.1 (0.92)	39.4 (1.10)	
		19+	5360	24.9 (0.41)	11.8 (0.41)	14.0 (0.40)	18.2 (0.38)	23.8 (0.40)	30.4 (0.53)	37.4 (0.77)	42.0 (0.95)
		Pregnant	97	29.0 (2.59)	14.3 (1.86)	16.8 (2.01)	21.7 (2.25)	27.9 (2.54)	35.2 (2.93)	42.7 (3.34)	47.5 (3.59)
	Lactating	82	31.7 (2.07)	16.2 (1.43)	18.9 (1.55)	24.0 (1.76)	30.8 (2.13)	37.9 (2.38)	46.2 (2.62)	51.6 (2.84)	
All	1+	16379	26.1 (0.26)	11.2 (0.21)	13.6 (0.23)	18.3 (0.25)	24.6 (0.26)	32.3 (0.34)	40.6 (0.60)	46.1 (0.84)	

1: Number of persons in sample.

2: Standard errors (df=32)

Table 2.35. Solid fats: Means, percentiles and standard errors of usual intake, 2013-2016

			grams								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	27.1 (0.76)	14.1 (0.74)	16.4 (0.71)	20.6 (0.69)	26.0 (0.72)	32.6 (0.95)	39.1 (1.31)	43.3 (1.59)	
	2-3	356	27.9 (0.60)	14.7 (0.66)	16.9 (0.65)	21.3 (0.59)	26.9 (0.60)	33.5 (0.80)	39.9 (1.10)	44.4 (1.43)	
	4-8	867	34.1 (0.55)	18.0 (0.73)	20.9 (0.68)	26.2 (0.57)	33.0 (0.53)	40.7 (0.77)	48.7 (1.20)	53.8 (1.56)	
	9-13	843	38.2 (0.64)	20.1 (0.60)	23.4 (0.58)	29.3 (0.53)	36.8 (0.60)	45.6 (0.88)	54.9 (1.23)	61.3 (1.56)	
	14-18	790	40.8 (0.87)	18.9 (0.56)	22.7 (0.58)	29.9 (0.63)	39.3 (0.84)	49.9 (1.13)	60.8 (1.62)	67.8 (1.83)	
	19-30	1029	42.7 (0.87)	20.2 (0.54)	24.0 (0.59)	31.5 (0.64)	41.2 (0.82)	52.2 (1.15)	63.4 (1.52)	70.7 (1.80)	
	31-50	1622	41.5 (0.80)	19.3 (0.70)	23.1 (0.69)	30.3 (0.72)	39.8 (0.79)	51.0 (1.01)	62.2 (1.28)	69.8 (1.51)	
	51-70	1606	40.0 (0.75)	18.6 (0.62)	22.3 (0.61)	29.3 (0.64)	38.3 (0.74)	49.0 (0.96)	59.9 (1.28)	67.1 (1.51)	
	71+	698	39.3 (0.77)	18.3 (0.68)	21.9 (0.64)	28.6 (0.66)	37.8 (0.77)	48.1 (0.96)	59.0 (1.29)	66.1 (1.58)	
	19+	4955	41.1 (0.59)	19.1 (0.53)	22.9 (0.51)	30.0 (0.48)	39.4 (0.56)	50.3 (0.83)	61.5 (1.16)	68.9 (1.44)	
Females	1	177	24.4 (0.78)	12.3 (0.68)	14.4 (0.69)	18.5 (0.68)	23.6 (0.76)	29.4 (0.98)	35.5 (1.36)	39.4 (1.63)	
	2-3	367	25.5 (0.61)	13.1 (0.58)	15.2 (0.55)	19.3 (0.52)	24.6 (0.59)	30.7 (0.80)	36.9 (1.18)	40.9 (1.49)	
	4-8	818	30.7 (0.54)	15.7 (0.66)	18.3 (0.62)	23.2 (0.51)	29.6 (0.50)	37.0 (0.76)	44.3 (1.14)	49.0 (1.47)	
	9-13	815	32.0 (0.59)	15.3 (0.67)	18.4 (0.66)	24.1 (0.62)	31.1 (0.57)	38.9 (0.70)	46.8 (1.02)	52.0 (1.24)	
	14-18	813	30.4 (0.98)	13.0 (0.75)	15.8 (0.78)	21.5 (0.86)	28.9 (0.98)	37.7 (1.15)	47.1 (1.40)	53.2 (1.58)	
	19-30	1097	31.1 (0.62)	13.2 (0.52)	16.2 (0.53)	22.0 (0.54)	29.6 (0.59)	38.6 (0.78)	48.0 (1.10)	54.3 (1.35)	
	31-50	1831	30.7 (0.40)	13.0 (0.48)	15.9 (0.48)	21.5 (0.43)	29.1 (0.40)	38.0 (0.50)	47.3 (0.70)	53.7 (0.92)	
	51-70	1708	30.1 (0.48)	12.7 (0.47)	15.6 (0.48)	21.2 (0.46)	28.5 (0.48)	37.4 (0.62)	46.6 (0.85)	52.7 (1.03)	
	71+	724	30.5 (0.63)	13.1 (0.54)	15.9 (0.53)	21.6 (0.57)	29.0 (0.62)	37.7 (0.78)	47.0 (1.02)	53.0 (1.20)	
		19+	5360	30.5 (0.36)	13.0 (0.45)	15.8 (0.43)	21.5 (0.38)	29.0 (0.36)	37.9 (0.49)	47.2 (0.73)	53.4 (0.95)
		Pregnant	97	34.0 (2.70)	14.8 (1.82)	18.0 (1.97)	24.3 (2.26)	32.5 (2.65)	42.1 (3.25)	52.2 (3.67)	58.4 (3.76)
	Lactating	82	36.3 (2.82)	16.5 (1.76)	19.9 (2.01)	26.4 (2.38)	35.0 (2.85)	44.2 (3.28)	55.0 (3.78)	61.8 (4.09)	
All	1+	16379	35.1 (0.33)	15.0 (0.34)	18.3 (0.31)	24.6 (0.26)	33.1 (0.28)	43.4 (0.47)	54.4 (0.79)	61.7 (1.00)	

1: Number of persons in sample.

2: Standard errors (df=32)

Table 2.36. Energy from solid fats: Means, percentiles and standard errors of usual intake, 2013-2016

		kilocalories									
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	243.6 (6.79)	127.1 (6.66)	148.0 (6.44)	185.6 (6.17)	233.9 (6.47)	292.7 (8.52)	351.9 (11.72)	388.8 (14.29)	
	2-3	356	250.7 (5.36)	132.3 (6.00)	152.6 (5.83)	191.8 (5.33)	242.1 (5.35)	301.2 (7.22)	358.7 (9.89)	399.1 (12.81)	
	4-8	867	306.7 (4.94)	162.3 (6.58)	188.1 (6.10)	235.8 (5.11)	297.5 (4.80)	366.3 (6.88)	438.0 (10.82)	484.4 (13.99)	
	9-13	843	344.3 (5.73)	181.2 (5.45)	210.4 (5.28)	264.1 (4.81)	331.0 (5.39)	410.0 (7.82)	494.3 (10.92)	551.3 (13.90)	
	14-18	790	367.0 (7.82)	170.1 (5.41)	204.5 (5.54)	268.7 (5.91)	353.5 (7.63)	449.3 (10.04)	547.4 (14.22)	610.7 (16.07)	
	19-30	1029	384.2 (7.88)	182.1 (5.01)	216.0 (5.37)	283.3 (5.84)	370.6 (7.46)	469.9 (10.30)	570.6 (13.65)	636.5 (16.16)	
	31-50	1622	373.8 (7.26)	174.0 (6.35)	207.7 (6.35)	272.3 (6.55)	357.7 (7.26)	458.6 (9.20)	559.9 (11.60)	628.6 (13.69)	
	51-70	1606	360.0 (6.72)	167.4 (5.49)	200.4 (5.44)	263.4 (5.78)	345.0 (6.64)	440.7 (8.65)	538.8 (11.58)	604.2 (13.73)	
	71+	698	353.9 (6.97)	164.3 (6.10)	196.7 (5.74)	257.4 (5.86)	340.1 (6.98)	433.0 (8.67)	530.8 (11.77)	594.9 (14.38)	
	19+	4955	369.8 (5.39)	172.3 (4.76)	205.7 (4.57)	270.1 (4.37)	354.4 (5.16)	453.0 (7.56)	553.4 (10.55)	619.9 (13.06)	
Females	1	177	219.6 (6.99)	110.8 (6.11)	130.0 (6.25)	166.3 (6.15)	212.5 (6.83)	264.6 (8.79)	319.3 (12.18)	354.1 (14.57)	
	2-3	367	229.2 (5.48)	117.9 (5.24)	137.0 (5.02)	173.6 (4.70)	221.1 (5.34)	276.2 (7.17)	332.2 (10.62)	367.8 (13.36)	
	4-8	818	276.0 (4.89)	141.7 (5.96)	165.2 (5.64)	209.1 (4.63)	266.7 (4.54)	333.2 (6.89)	398.2 (10.28)	440.8 (13.27)	
	9-13	815	288.2 (5.27)	138.0 (5.99)	165.8 (5.89)	216.6 (5.52)	279.7 (5.13)	349.8 (6.31)	421.2 (9.22)	467.7 (11.18)	
	14-18	813	274.0 (8.75)	116.7 (6.68)	142.3 (6.87)	193.4 (7.60)	260.5 (8.68)	339.3 (10.22)	423.8 (12.64)	478.9 (14.29)	
	19-30	1097	280.2 (5.54)	119.2 (4.73)	145.7 (4.79)	197.5 (4.85)	266.5 (5.33)	347.1 (7.02)	431.9 (9.87)	488.9 (12.07)	
	31-50	1831	276.0 (3.63)	117.4 (4.39)	142.9 (4.35)	193.7 (3.91)	262.0 (3.62)	342.5 (4.50)	426.2 (6.30)	483.9 (8.28)	
	51-70	1708	271.0 (4.41)	114.5 (4.32)	139.9 (4.37)	190.5 (4.18)	256.8 (4.41)	336.6 (5.63)	419.8 (7.65)	474.8 (9.36)	
	71+	724	273.9 (5.74)	117.6 (4.85)	143.2 (4.83)	194.0 (5.16)	261.0 (5.70)	339.3 (7.11)	422.8 (9.27)	476.3 (10.90)	
		19+	5360	274.9 (3.29)	116.8 (4.05)	142.5 (3.93)	193.3 (3.48)	261.1 (3.29)	341.3 (4.39)	424.8 (6.61)	480.7 (8.54)
		Pregnant	97	305.7 (23.78)	133.3 (16.05)	161.8 (17.42)	218.7 (19.94)	291.8 (23.26)	378.2 (28.56)	469.2 (32.23)	525.3 (33.00)
	Lactating	82	326.2 (24.50)	147.7 (15.37)	178.7 (17.55)	237.3 (20.64)	314.3 (24.87)	397.2 (28.53)	494.1 (33.08)	555.0 (35.72)	
All	1+	16379	315.5 (3.00)	135.3 (3.08)	164.6 (2.78)	221.3 (2.34)	298.3 (2.56)	390.8 (4.28)	489.4 (7.11)	555.1 (9.07)	

1: Number of persons in sample.

2: Standard errors (df=32)

Table 2.37. Added sugars: Means, percentiles and standard errors of usual intake, 2013-2016

			teaspoons ³								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	8.3 (0.31)	3.0 (0.25)	3.9 (0.27)	5.4 (0.28)	7.7 (0.30)	10.6 (0.39)	13.7 (0.50)	15.7 (0.61)	
	2-3	356	10.5 (0.30)	3.8 (0.26)	4.7 (0.27)	6.7 (0.28)	9.7 (0.30)	13.4 (0.39)	17.2 (0.55)	19.9 (0.67)	
	4-8	867	15.8 (0.33)	6.8 (0.36)	8.3 (0.35)	11.1 (0.32)	15.0 (0.32)	19.5 (0.43)	24.4 (0.64)	27.5 (0.78)	
	9-13	843	18.9 (0.34)	7.2 (0.35)	9.1 (0.36)	12.6 (0.34)	17.2 (0.33)	23.1 (0.42)	30.4 (0.58)	36.3 (0.88)	
	14-18	790	21.4 (0.66)	5.6 (0.33)	7.8 (0.37)	12.3 (0.45)	19.2 (0.60)	28.0 (0.88)	38.1 (1.25)	45.1 (1.44)	
	19-30	1029	20.9 (0.50)	5.5 (0.29)	7.5 (0.32)	11.9 (0.37)	18.6 (0.47)	27.3 (0.68)	37.2 (0.95)	44.1 (1.22)	
	31-50	1622	20.4 (0.60)	5.2 (0.28)	7.2 (0.32)	11.4 (0.40)	18.0 (0.54)	26.8 (0.80)	36.8 (1.14)	44.0 (1.41)	
	51-70	1606	17.8 (0.43)	4.2 (0.23)	5.9 (0.26)	9.7 (0.30)	15.5 (0.40)	23.4 (0.58)	32.5 (0.87)	39.1 (1.15)	
	71+	698	16.5 (0.48)	3.8 (0.24)	5.3 (0.27)	8.8 (0.35)	14.4 (0.46)	21.8 (0.62)	30.5 (0.91)	36.7 (1.15)	
	19+	4955	19.3 (0.40)	4.7 (0.22)	6.5 (0.24)	10.6 (0.27)	16.9 (0.34)	25.4 (0.54)	35.1 (0.88)	41.9 (1.13)	
Females	1	177	7.3 (0.34)	2.5 (0.23)	3.2 (0.25)	4.7 (0.27)	6.7 (0.33)	9.3 (0.43)	12.1 (0.59)	13.9 (0.71)	
	2-3	367	9.3 (0.31)	3.1 (0.23)	3.9 (0.24)	5.8 (0.25)	8.5 (0.29)	11.9 (0.42)	15.7 (0.61)	18.3 (0.79)	
	4-8	818	13.9 (0.31)	5.8 (0.30)	7.1 (0.29)	9.6 (0.29)	13.1 (0.31)	17.4 (0.43)	21.8 (0.62)	24.7 (0.80)	
	9-13	815	15.8 (0.31)	5.9 (0.25)	7.6 (0.27)	10.6 (0.26)	14.7 (0.30)	19.7 (0.43)	25.3 (0.61)	29.3 (0.74)	
	14-18	813	16.7 (0.44)	4.9 (0.23)	6.5 (0.26)	10.0 (0.32)	15.0 (0.41)	21.6 (0.59)	29.0 (0.76)	34.3 (0.97)	
	19-30	1097	15.9 (0.33)	4.5 (0.18)	6.1 (0.20)	9.4 (0.22)	14.3 (0.28)	20.6 (0.44)	27.8 (0.67)	32.9 (0.86)	
	31-50	1831	15.3 (0.37)	4.3 (0.19)	5.7 (0.21)	8.9 (0.27)	13.7 (0.34)	19.9 (0.48)	26.9 (0.67)	32.0 (0.85)	
	51-70	1708	13.7 (0.39)	3.6 (0.18)	4.9 (0.21)	7.8 (0.26)	12.1 (0.36)	17.9 (0.53)	24.6 (0.74)	29.2 (0.93)	
	71+	724	13.2 (0.36)	3.4 (0.18)	4.7 (0.21)	7.5 (0.26)	11.7 (0.33)	17.3 (0.47)	23.7 (0.65)	28.1 (0.79)	
		19+	5360	14.6 (0.29)	3.9 (0.16)	5.3 (0.17)	8.4 (0.20)	13.0 (0.26)	19.1 (0.40)	26.0 (0.59)	30.9 (0.77)
		Pregnant	97	18.0 (1.78)	5.3 (0.84)	7.1 (1.04)	11.0 (1.36)	16.3 (1.73)	23.3 (2.21)	31.3 (2.72)	36.5 (3.02)
	Lactating	82	15.5 (1.47)	4.3 (0.70)	5.8 (0.81)	9.1 (1.11)	14.0 (1.43)	20.0 (1.77)	27.3 (2.41)	32.2 (2.59)	
All	1+	16379	16.7 (0.23)	4.4 (0.12)	5.9 (0.14)	9.4 (0.15)	14.6 (0.19)	21.5 (0.30)	29.9 (0.47)	36.2 (0.64)	

1: Number of persons in sample.

2: Standard errors (df=32)

3: One teaspoon of added sugars = the same amount of total sugars as 1 teaspoon (4 g) of table sugar (sucrose).

Table 2.38. Energy from added sugars: Means, percentiles and standard errors of usual intake, 2013-2016

			kilocalories								
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)	
Males	1	218	133.5 (4.88)	48.7 (4.04)	62.0 (4.34)	86.8 (4.52)	122.8 (4.79)	169.3 (6.28)	219.5 (8.00)	252.2 (9.84)	
	2-3	356	167.7 (4.77)	60.5 (4.18)	76.1 (4.36)	107.6 (4.52)	154.9 (4.78)	214.8 (6.23)	275.7 (8.88)	318.0 (10.75)	
	4-8	867	252.8 (5.25)	109.5 (5.82)	132.6 (5.62)	178.4 (5.14)	240.2 (5.16)	311.9 (6.97)	390.4 (10.31)	440.5 (12.51)	
	9-13	843	302.4 (5.31)	115.7 (5.42)	146.1 (5.61)	201.8 (5.24)	275.9 (5.20)	369.4 (6.70)	486.5 (9.55)	581.7 (13.87)	
	14-18	790	343.7 (10.04)	90.3 (5.29)	124.6 (5.73)	196.9 (6.94)	307.7 (9.23)	449.3 (13.36)	611.0 (19.36)	723.9 (22.30)	
	19-30	1029	334.0 (8.04)	87.6 (4.75)	119.5 (5.21)	190.5 (5.99)	297.9 (7.59)	437.0 (10.99)	594.7 (15.15)	705.0 (19.46)	
	31-50	1622	326.9 (9.71)	83.9 (4.52)	114.9 (5.02)	182.8 (6.35)	287.9 (8.66)	429.1 (12.85)	588.8 (18.23)	703.2 (22.63)	
	51-70	1606	283.9 (6.97)	67.9 (3.69)	95.0 (4.19)	155.3 (4.77)	247.8 (6.45)	373.9 (9.34)	519.6 (14.04)	624.5 (18.57)	
	71+	698	263.8 (7.70)	61.2 (3.86)	85.4 (4.34)	141.0 (5.59)	229.7 (7.38)	348.2 (9.89)	488.0 (14.57)	586.5 (18.53)	
	19+	4955	308.1 (6.38)	75.8 (3.56)	104.7 (3.87)	169.8 (4.28)	270.2 (5.42)	405.8 (8.78)	560.7 (14.12)	670.2 (18.11)	
Females	1	177	116.6 (5.41)	39.7 (3.61)	51.2 (3.97)	75.0 (4.41)	107.9 (5.24)	148.7 (6.90)	194.0 (9.59)	222.8 (11.37)	
	2-3	367	148.3 (4.88)	49.0 (3.73)	62.6 (3.86)	92.2 (3.99)	135.6 (4.69)	190.2 (6.71)	250.9 (9.83)	292.8 (12.68)	
	4-8	818	222.4 (4.98)	92.4 (4.81)	113.0 (4.76)	153.6 (4.58)	209.8 (4.88)	278.1 (6.79)	348.6 (9.88)	394.8 (12.73)	
	9-13	815	252.6 (4.95)	95.0 (4.08)	121.6 (4.28)	170.0 (4.21)	235.4 (4.74)	314.3 (6.86)	404.1 (9.80)	468.5 (11.95)	
	14-18	813	266.8 (7.01)	78.0 (3.59)	103.4 (4.13)	160.0 (4.99)	240.3 (6.55)	344.8 (9.44)	464.2 (12.22)	548.0 (15.60)	
	19-30	1097	254.4 (5.22)	72.1 (2.83)	97.0 (3.13)	149.9 (3.57)	229.2 (4.51)	329.9 (7.11)	444.8 (10.67)	526.9 (13.78)	
	31-50	1831	244.9 (5.86)	68.6 (3.08)	91.7 (3.43)	142.7 (4.34)	219.5 (5.52)	319.0 (7.63)	431.3 (10.68)	512.1 (13.49)	
	51-70	1708	219.6 (6.29)	57.4 (2.84)	78.7 (3.29)	124.7 (4.22)	194.1 (5.74)	287.0 (8.49)	393.1 (11.85)	468.0 (14.99)	
	71+	724	211.5 (5.75)	55.1 (2.90)	75.8 (3.35)	120.4 (4.15)	187.7 (5.34)	276.4 (7.52)	379.1 (10.44)	449.2 (12.62)	
		19+	5360	234.3 (4.64)	62.9 (2.51)	85.5 (2.76)	134.4 (3.23)	208.7 (4.14)	305.9 (6.38)	416.4 (9.48)	494.5 (12.26)
		Pregnant	97	288.2 (28.24)	83.9 (13.36)	112.7 (16.46)	175.8 (21.56)	260.6 (27.49)	372.4 (35.16)	499.0 (43.22)	584.7 (47.94)
	Lactating	82	247.8 (22.90)	69.3 (11.03)	92.9 (12.62)	145.7 (17.32)	224.7 (22.44)	319.6 (27.70)	436.1 (37.66)	514.7 (40.58)	
All	1+	16379	266.4 (3.62)	70.2 (1.97)	95.2 (2.16)	150.0 (2.44)	233.0 (3.09)	344.5 (4.76)	478.8 (7.58)	578.7 (10.30)	

1: Number of persons in sample.

2: Standard errors (df=32)

Table 2.39. Energy from solid fats and added sugars: Means, percentiles and standard errors of usual intake, 2013-2016

			kilocalories							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	380.3 (9.08)	205.0 (9.07)	236.9 (8.65)	291.7 (8.10)	364.6 (8.62)	453.9 (11.85)	545.0 (16.41)	602.3 (20.63)
	2-3	356	419.2 (8.00)	226.0 (8.78)	259.0 (8.29)	320.2 (7.60)	403.5 (7.73)	501.3 (11.00)	599.7 (15.68)	663.7 (19.11)
	4-8	867	559.8 (7.67)	305.7 (11.45)	349.9 (10.74)	434.2 (9.06)	543.0 (8.12)	664.8 (9.66)	792.1 (14.61)	873.8 (19.00)
	9-13	843	645.5 (8.80)	337.5 (10.55)	392.2 (11.17)	490.6 (9.44)	614.2 (8.59)	764.1 (10.11)	935.8 (14.59)	1063.3 (19.98)
	14-18	790	704.2 (15.06)	293.4 (10.10)	362.5 (10.04)	493.6 (11.24)	670.9 (14.30)	876.0 (19.48)	1090.5 (26.42)	1232.1 (29.25)
	19-30	1029	728.4 (13.06)	309.6 (8.59)	377.8 (8.88)	513.0 (9.69)	695.3 (12.65)	905.6 (17.40)	1124.2 (23.54)	1269.0 (27.44)
	31-50	1622	705.9 (14.99)	294.1 (9.58)	360.2 (10.28)	489.8 (11.71)	667.2 (14.49)	880.6 (19.26)	1100.5 (24.52)	1251.2 (27.80)
	51-70	1606	641.5 (10.22)	258.7 (7.30)	321.2 (7.28)	442.6 (7.86)	605.3 (9.89)	800.8 (13.59)	1007.9 (18.92)	1150.6 (24.09)
	71+	698	610.9 (12.22)	243.7 (8.07)	302.2 (8.11)	416.8 (9.47)	577.3 (12.16)	764.4 (15.58)	966.3 (21.13)	1100.9 (25.69)
	19+	4955	680.6 (9.77)	277.9 (6.58)	342.1 (6.58)	470.3 (6.75)	642.6 (8.97)	850.9 (13.90)	1067.8 (19.82)	1212.1 (24.10)
Females	1	177	336.7 (10.63)	176.6 (8.45)	204.2 (8.60)	257.6 (8.76)	325.2 (10.10)	403.1 (13.63)	485.6 (19.26)	535.9 (22.73)
	2-3	367	375.3 (8.63)	196.6 (8.00)	225.9 (7.70)	283.6 (7.40)	360.4 (8.23)	451.1 (11.54)	543.1 (16.36)	606.8 (20.10)
	4-8	818	495.5 (8.10)	264.0 (9.78)	303.8 (9.31)	379.3 (8.34)	478.7 (8.08)	594.2 (10.73)	710.1 (15.03)	783.1 (18.92)
	9-13	815	538.2 (8.87)	268.0 (10.63)	320.0 (11.01)	409.9 (10.15)	520.6 (9.02)	645.9 (10.36)	778.2 (14.04)	867.9 (17.76)
	14-18	813	536.0 (13.28)	225.2 (9.89)	274.6 (10.60)	375.6 (11.56)	507.9 (13.23)	665.0 (16.35)	833.2 (19.65)	944.8 (23.04)
	19-30	1097	536.9 (9.25)	223.2 (7.97)	274.6 (8.32)	374.9 (8.55)	509.3 (9.14)	667.2 (11.21)	834.7 (15.07)	947.6 (18.19)
	31-50	1831	523.8 (7.56)	216.7 (7.05)	265.4 (7.27)	363.6 (7.38)	496.2 (7.73)	652.8 (9.24)	817.8 (11.97)	931.0 (14.94)
	51-70	1708	489.4 (9.37)	196.3 (7.21)	243.3 (7.47)	336.4 (8.04)	460.7 (9.36)	612.3 (11.87)	771.2 (15.30)	877.3 (18.51)
	71+	724	481.4 (10.00)	194.4 (8.05)	241.0 (8.42)	332.4 (8.86)	455.3 (9.93)	601.0 (12.09)	758.3 (15.20)	859.9 (17.90)
	19+	5360	509.8 (6.97)	207.4 (6.66)	255.9 (6.78)	351.8 (6.61)	481.6 (7.01)	636.7 (8.84)	799.3 (11.94)	909.7 (14.82)
	Pregnant	97	594.4 (45.93)	253.8 (30.70)	308.5 (33.82)	422.3 (39.32)	564.4 (44.76)	736.4 (53.73)	917.3 (62.26)	1030.7 (64.03)
	Lactating	82	569.1 (45.74)	244.7 (27.75)	297.0 (31.41)	403.4 (38.55)	544.7 (46.18)	701.7 (53.60)	880.4 (63.57)	992.8 (69.10)
All	1+	16379	582.6 (5.71)	235.9 (4.69)	289.5 (4.51)	395.5 (4.44)	542.4 (5.06)	724.6 (7.46)	928.5 (12.28)	1069.4 (16.00)

1: Number of persons in sample.

2: Standard errors (df=32)

Table 2.40. Energy: Means, percentiles and standard errors of usual intake, 2013-2016

			kilocalories							
	Age (Years)	N ¹	Mean (SE) ²	5% (SE)	10% (SE)	25% (SE)	50% (SE)	75% (SE)	90% (SE)	95% (SE)
Males	1	218	1371.2 (18.51)	962.2 (21.68)	1043.4 (20.41)	1180.6 (18.31)	1349.4 (18.41)	1544.4 (21.67)	1729.9 (25.67)	1847.9 (30.15)
	2-3	356	1486.7 (18.42)	1024.9 (19.82)	1112.0 (18.59)	1264.6 (18.46)	1463.0 (18.68)	1685.7 (23.14)	1891.6 (28.77)	2017.6 (34.26)
	4-8	867	1847.5 (18.96)	1269.0 (20.09)	1378.9 (19.00)	1581.7 (16.84)	1827.0 (18.67)	2085.7 (24.45)	2344.1 (33.95)	2502.1 (40.22)
	9-13	843	2090.4 (22.40)	1418.5 (21.55)	1542.4 (20.69)	1763.8 (20.23)	2028.1 (21.83)	2345.4 (28.25)	2715.6 (35.61)	2985.7 (41.56)
	14-18	790	2273.5 (31.29)	1349.4 (37.40)	1526.7 (36.41)	1842.8 (33.59)	2233.7 (32.49)	2655.1 (33.90)	3071.8 (43.69)	3339.6 (47.48)
	19-30	1029	2577.7 (28.22)	1576.1 (29.80)	1766.6 (27.87)	2112.4 (25.51)	2538.5 (28.05)	2993.5 (36.81)	3441.4 (48.77)	3725.4 (56.67)
	31-50	1622	2550.0 (25.49)	1562.1 (27.51)	1748.5 (23.99)	2081.6 (21.83)	2501.4 (24.27)	2965.8 (33.92)	3416.4 (46.16)	3709.2 (55.78)
	51-70	1606	2361.6 (22.47)	1409.2 (27.93)	1591.7 (24.25)	1915.8 (21.59)	2313.2 (21.39)	2754.7 (30.12)	3197.1 (44.06)	3483.5 (55.42)
	71+	698	2236.4 (26.77)	1333.2 (33.78)	1500.8 (30.80)	1806.2 (28.63)	2192.0 (27.95)	2614.5 (30.05)	3034.3 (38.97)	3299.3 (48.14)
	19+	4955	2463.3 (17.12)	1476.8 (25.14)	1662.1 (21.89)	1999.3 (16.84)	2415.1 (15.82)	2876.3 (25.89)	3327.8 (40.05)	3613.5 (49.22)
Females	1	177	1245.2 (20.53)	865.0 (19.78)	937.1 (18.94)	1070.3 (18.10)	1229.1 (19.99)	1399.4 (24.58)	1571.6 (30.72)	1680.7 (36.16)
	2-3	367	1348.6 (19.85)	917.2 (17.59)	999.3 (17.59)	1143.3 (17.25)	1325.2 (19.43)	1528.9 (25.17)	1727.1 (32.16)	1857.7 (38.80)
	4-8	818	1678.2 (19.29)	1137.7 (17.86)	1241.0 (16.97)	1426.1 (16.55)	1656.5 (19.48)	1908.1 (24.96)	2142.4 (32.25)	2286.8 (38.39)
	9-13	815	1777.4 (18.81)	1181.4 (23.19)	1309.5 (21.02)	1519.5 (17.98)	1759.8 (18.32)	2015.5 (22.10)	2267.0 (29.92)	2431.8 (33.96)
	14-18	813	1737.0 (30.73)	1057.2 (31.01)	1185.6 (30.39)	1422.8 (30.27)	1704.8 (30.98)	2017.0 (33.87)	2329.4 (37.34)	2525.5 (41.48)
	19-30	1097	1895.3 (20.09)	1171.3 (23.73)	1310.7 (23.03)	1559.7 (21.42)	1864.1 (20.17)	2194.1 (22.57)	2521.3 (27.46)	2730.4 (31.52)
	31-50	1831	1864.4 (16.03)	1153.7 (24.00)	1288.1 (22.01)	1531.4 (19.19)	1833.0 (16.35)	2161.7 (16.18)	2481.9 (19.31)	2692.4 (22.85)
	51-70	1708	1755.6 (14.60)	1065.6 (20.78)	1197.4 (18.39)	1433.5 (15.91)	1721.9 (14.58)	2042.3 (17.57)	2354.9 (22.68)	2558.9 (28.52)
	71+	724	1703.7 (22.32)	1033.5 (25.23)	1161.8 (23.98)	1391.4 (22.30)	1673.2 (21.94)	1980.6 (24.47)	2287.1 (28.67)	2477.3 (32.65)
	19+	5360	1814.8 (10.28)	1105.9 (19.80)	1240.4 (17.66)	1483.0 (13.89)	1781.8 (10.68)	2109.7 (11.55)	2432.0 (16.67)	2637.4 (21.05)
	Pregnant	97	2057.1 (99.41)	1295.3 (90.69)	1437.0 (90.63)	1714.3 (92.78)	2025.3 (98.36)	2372.1(107.72)	2708.1(115.26)	2920.8(117.65)
	Lactating	82	2192.2 (71.16)	1408.0 (58.34)	1561.9 (60.65)	1834.7 (65.72)	2172.6 (71.20)	2502.5 (81.40)	2871.7 (87.25)	3091.7 (90.76)
All	1+	16379	2056.1 (9.24)	1171.0 (13.32)	1319.5 (11.66)	1599.8 (9.17)	1969.5 (7.60)	2424.9 (10.41)	2918.5 (22.82)	3237.0 (34.19)

1: Number of persons in sample.

2: Standard errors (df=32)

Section 3

Table 3.1. Estimated Mean and Percentiles of Calories from Added Sugar as a Percent of Total Calories per Day By Subpopulation

Subpopulation	N	Mean (SE)	Pctile5 (SE)	Pctile10 (SE)	Pctile25 (SE)	Pctile50 (SE)	Pctile75 (SE)	Pctile90 (SE)	Pctile95 (SE)	<=10%	>10%	SE 10%
Males 1-3	574	10.51 (0.30)	4.62 (0.32)	5.61 (0.32)	7.49 (0.31)	10.02 (0.31)	13.01 (0.35)	16.06 (0.46)	18.11 (0.59)	50%	50%	0.03
Males 4-8	867	13.48 (0.30)	7.19 (0.36)	8.33 (0.33)	10.44 (0.30)	13.08 (0.31)	16.11 (0.37)	19.11 (0.54)	21.08 (0.67)	21%	79%	0.02
Males 9-13	843	14.26 (0.25)	6.53 (0.23)	8.02 (0.25)	10.52 (0.24)	13.59 (0.25)	17.14 (0.34)	21.14 (0.47)	24.24 (0.56)	21%	79%	0.02
Males 14-18	790	14.82 (0.41)	5.09 (0.27)	6.56 (0.29)	9.53 (0.34)	13.68 (0.41)	18.87 (0.52)	24.47 (0.69)	28.27 (0.86)	28%	72%	0.02
Males 19-30	1029	12.72 (0.29)	4.24 (0.23)	5.52 (0.25)	8.13 (0.27)	11.75 (0.30)	16.27 (0.36)	21.14 (0.49)	24.49 (0.62)	38%	62%	0.02
Males 31-50	1622	12.50 (0.31)	4.09 (0.24)	5.36 (0.25)	7.93 (0.28)	11.54 (0.31)	16.02 (0.39)	20.82 (0.52)	24.10 (0.65)	40%	60%	0.02
Males 51-70	1606	11.77 (0.26)	3.68 (0.19)	4.84 (0.20)	7.32 (0.22)	10.79 (0.24)	15.17 (0.32)	19.95 (0.50)	23.24 (0.67)	44%	56%	0.02
Males 71+	698	11.54 (0.31)	3.39 (0.22)	4.58 (0.23)	7.04 (0.25)	10.56 (0.31)	14.93 (0.40)	19.77 (0.56)	23.07 (0.68)	46%	54%	0.02
Males 19+	4955	12.22 (0.22)	3.90 (0.19)	5.12 (0.20)	7.68 (0.20)	11.24 (0.21)	15.71 (0.28)	20.56 (0.43)	23.84 (0.55)	41%	59%	0.01
Females 1-3	544	10.35 (0.31)	4.26 (0.31)	5.26 (0.30)	7.19 (0.31)	9.81 (0.32)	12.97 (0.41)	16.15 (0.54)	18.23 (0.66)	52%	48%	0.03
Females 4-8	818	13.15 (0.25)	6.73 (0.29)	7.87 (0.27)	9.99 (0.23)	12.78 (0.24)	15.82 (0.35)	18.94 (0.54)	20.99 (0.67)	25%	75%	0.02
Females 9-13	815	14.17 (0.25)	6.53 (0.23)	7.90 (0.23)	10.38 (0.20)	13.49 (0.23)	17.15 (0.34)	21.16 (0.49)	24.00 (0.62)	22%	78%	0.02
Females 14-18	813	15.21 (0.44)	5.63 (0.26)	7.18 (0.28)	10.19 (0.32)	14.25 (0.41)	19.25 (0.59)	24.43 (0.81)	28.05 (1.02)	24%	76%	0.02
Females 19-30	1097	13.21 (0.24)	4.78 (0.19)	6.10 (0.18)	8.72 (0.18)	12.33 (0.21)	16.73 (0.35)	21.44 (0.54)	24.60 (0.74)	34%	66%	0.01
Females 31-50	1831	12.85 (0.32)	4.55 (0.20)	5.86 (0.21)	8.45 (0.22)	11.99 (0.28)	16.31 (0.42)	20.92 (0.64)	24.09 (0.80)	36%	64%	0.02
Females 51-70	1708	12.18 (0.31)	4.08 (0.20)	5.32 (0.20)	7.84 (0.22)	11.32 (0.28)	15.54 (0.42)	20.17 (0.60)	23.24 (0.77)	41%	59%	0.02
Females 71+	724	12.09 (0.32)	4.03 (0.19)	5.29 (0.21)	7.73 (0.22)	11.19 (0.27)	15.47 (0.41)	20.07 (0.64)	23.21 (0.83)	41%	59%	0.02
Females 19+	5360	12.61 (0.25)	4.35 (0.16)	5.64 (0.16)	8.21 (0.16)	11.73 (0.21)	16.05 (0.35)	20.68 (0.56)	23.83 (0.73)	38%	62%	0.01
All 1+	16379	12.70 (0.16)	4.38 (0.13)	5.70 (0.13)	8.33 (0.13)	11.86 (0.14)	16.10 (0.21)	20.71 (0.33)	23.91 (0.44)	37%	63%	0.01

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Section 4

Table 4.1. Energy (kcal): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----									
				5th	10th	25th	50th	75th	90th	95th			
Human milk group.....	141	654	(14)		402‡ (11)	449 (11)	534 (11)	641 (14)	760 (17)	876 (22)	951‡ (25)		
Formula group.....	847	840	(13)		534 (12)	590 (11)	696 (11)	825 (12)	968 (16)	1108 (21)	1200 (24)		
All.....	988	808	(12)		488 (10)	549 (10)	658 (10)	793 (12)	941 (15)	1085 (20)	1178 (24)		

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

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Table 4.2. Protein (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----															
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th							
Human milk group.....	141	12.4	(0.5)		6.0† (0.2)	6.9 (0.2)	8.8 (0.3)	11.5 (0.4)	15.0 (0.6)	18.9 (0.9)	21.7† (1.1)						
Formula group.....	847	21.7	(0.5)		10.3 (0.3)	11.9 (0.3)	15.3 (0.3)	20.1 (0.4)	26.2 (0.7)	33.3 (1.1)	38.6 (1.4)						
All.....	988	20.0	(0.5)		8.3 (0.3)	10.0 (0.3)	13.5 (0.3)	18.4 (0.4)	24.8 (0.6)	32.0 (1.0)	37.2 (1.3)						

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

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

Table 4.3. Protein (g/kg body weight): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----											EAR	%	se					
				5th	10th	25th	50th	75th	90th	95th	<EAR											
Human milk group.....	141	1.38	(0.05)		0.66†	(0.03)	0.77	(0.03)	0.98	(0.03)	1.28	(0.05)	1.66	(0.07)	2.10	(0.10)	2.41†	(0.12)		1.00	27	(2.8)
Formula group.....	847	2.41	(0.06)		1.14	(0.03)	1.32	(0.03)	1.70	(0.03)	2.23	(0.05)	2.92	(0.08)	3.70	(0.12)	4.28	(0.15)		1.00	<3	
All.....	988	2.23	(0.05)		0.93	(0.03)	1.12	(0.03)	1.50	(0.04)	2.05	(0.05)	2.75	(0.07)	3.55	(0.11)	4.13	(0.15)		1.00	7	(0.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

EAR = Estimated Average Requirement. Based on reference weight of 9 kg.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.4 Carbohydrate (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	81	(3)		47†	(2)	53	(2)	64	(2)	78	(3)	95	(3)	111	(3)	122†	(4)		95	25	(3.5)
Formula group.....	847	111	(2)		67	(2)	75	(2)	90	(2)	109	(2)	130	(2)	151	(3)	164	(3)		95	68	(2.5)
All.....	988	106	(2)		59	(2)	68	(2)	84	(2)	103	(2)	125	(2)	147	(2)	161	(3)		95	61	(2.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.5. Total sugars (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														
				5th	10th	25th	50th	75th	90th	95th								
Human milk group.....	141	60	(1)		39†	(1)	43	(1)	50	(1)	59	(1)	69	(1)	79	(1)	85†	(2)
Formula group.....	847	77	(1)		52	(1)	56	(1)	65	(1)	76	(1)	88	(1)	99	(1)	107	(2)
All.....	988	74	(1)		47	(1)	52	(1)	62	(1)	73	(1)	86	(1)	98	(1)	105	(2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.6. Dietary fiber (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														
				5th	10th	25th	50th	75th	90th	95th								
Human milk group.....	141	3.8	(0.3)		0.6‡	(0.1)	1.0	(0.2)	1.9	(0.2)	3.3	(0.3)	5.2	(0.4)	7.2	(0.5)	8.6‡	(0.6)
Formula group.....	847	4.8	(0.1)		1.0	(0.1)	1.5	(0.1)	2.6	(0.1)	4.3	(0.1)	6.4	(0.2)	8.8	(0.2)	10.4	(0.3)
All.....	988	4.6	(0.1)		0.9	(0.1)	1.4	(0.1)	2.5	(0.1)	4.1	(0.1)	6.2	(0.1)	8.5	(0.2)	10.2	(0.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.7. Total fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI		
				5th	10th	25th	50th	75th	90th	95th	AI	%	se					
Human milk group.....	141	32.9	(0.5)		20.7‡ (0.5)	23.0 (0.4)	27.1 (0.4)	32.3 (0.5)	38.1 (0.7)	43.6 (1.0)	47.1‡ (1.2)		30.0	62	(2.2)			
Formula group.....	847	35.1	(0.5)		22.2 (0.5)	24.6 (0.4)	29.0 (0.4)	34.5 (0.5)	40.4 (0.7)	46.3 (1.0)	50.1 (1.3)		30.0	71	(1.7)			
All.....	988	34.7	(0.5)		21.9 (0.4)	24.3 (0.4)	28.7 (0.3)	34.1 (0.4)	40.1 (0.7)	45.9 (1.0)	49.7 (1.2)		30.0	69	(1.6)			

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.8. Saturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												
				5th	10th	25th	50th	75th	90th	95th						
Human milk group.....	141	14.3	(0.2)		8.4† (0.2)	9.5 (0.2)	11.5 (0.1)	14.0 (0.2)	16.7 (0.3)	19.4 (0.5)	21.1† (0.5)					
Formula group.....	847	14.3	(0.3)		8.4 (0.2)	9.5 (0.2)	11.5 (0.2)	14.0 (0.2)	16.7 (0.4)	19.5 (0.5)	21.2 (0.6)					
All.....	988	14.3	(0.2)		8.4 (0.2)	9.5 (0.2)	11.5 (0.1)	14.0 (0.2)	16.7 (0.3)	19.4 (0.5)	21.2 (0.6)					

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.9. Monounsaturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												
				5th	10th	25th	50th	75th	90th	95th						
Human milk group.....	141	12.4	(0.2)		6.7‡ (0.2)	7.8 (0.2)	9.8 (0.2)	12.2 (0.2)	14.8 (0.3)	17.3 (0.4)	18.9‡ (0.5)					
Formula group.....	847	11.7	(0.2)		6.2 (0.2)	7.2 (0.2)	9.1 (0.2)	11.5 (0.2)	14.0 (0.3)	16.5 (0.4)	18.0 (0.5)					
All.....	988	11.8	(0.2)		6.3 (0.2)	7.3 (0.2)	9.2 (0.2)	11.6 (0.2)	14.2 (0.3)	16.7 (0.4)	18.2 (0.4)					

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.10. Polyunsaturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														
				5th	10th	25th	50th	75th	90th	95th								
Human milk group.....	141	4.4	(0.1)		2.6†	(0.1)	2.9	(0.1)	3.5	(0.1)	4.3	(0.1)	5.2	(0.2)	6.2	(0.2)	6.8†	(0.2)
Formula group.....	847	7.1	(0.1)		4.1	(0.1)	4.6	(0.1)	5.6	(0.1)	6.9	(0.1)	8.3	(0.2)	9.9	(0.2)	10.9	(0.3)
All.....	988	6.6	(0.1)		3.4	(0.1)	3.9	(0.1)	5.0	(0.1)	6.4	(0.1)	8.0	(0.2)	9.6	(0.2)	10.6	(0.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.11. Linoleic acid 18:2 (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														>AI				
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	3.5	(0.1)		1.9†	(0.1)	2.2	(0.1)	2.7	(0.1)	3.3	(0.1)	4.1	(0.1)	4.9	(0.2)	5.5†	(0.2)		4.6	15	(2.8)
Formula group.....	847	6.3	(0.1)		3.5	(0.1)	4.0	(0.1)	4.9	(0.1)	6.0	(0.1)	7.4	(0.1)	8.8	(0.2)	9.8	(0.3)		4.6	80	(2.0)
All.....	988	5.8	(0.1)		2.7	(0.1)	3.2	(0.1)	4.2	(0.1)	5.6	(0.1)	7.1	(0.1)	8.5	(0.2)	9.5	(0.3)		4.6	69	(2.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.12. Linolenic 18:3 (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI		
				5th	10th	25th	50th	75th	90th	95th	AI	%	se					
Human milk group.....	141	0.45	(0.01)		0.26‡ (0.01)	0.30 (0.01)	0.36 (0.01)	0.44 (0.01)	0.53 (0.02)	0.63 (0.02)	0.70‡ (0.03)		0.50	32	(3.3)			
Formula group.....	847	0.66	(0.01)		0.39 (0.01)	0.43 (0.01)	0.52 (0.01)	0.63 (0.01)	0.77 (0.01)	0.91 (0.02)	1.01 (0.02)		0.50	79	(2.0)			
All.....	988	0.62	(0.01)		0.34 (0.01)	0.39 (0.01)	0.48 (0.01)	0.60 (0.01)	0.74 (0.01)	0.89 (0.02)	0.99 (0.02)		0.50	71	(1.8)			

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.13. Cholesterol (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														
				5th	10th	25th	50th	75th	90th	95th								
Human milk group.....	141	133	(5)		25†	(2)	37	(2)	63	(2)	108	(3)	176	(7)	258	(13)	320†	(19)
Formula group.....	847	46	(3)		4	(1)	7	(1)	15	(1)	32	(1)	61	(3)	103	(7)	137	(11)
All.....	988	62	(2)		5	(1)	8	(1)	18	(1)	40	(2)	80	(3)	141	(6)	194	(10)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.14. Vitamin A (µg RAE): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	593	(27)		347‡	(24)	392	(25)	474	(25)	579	(26)	697	(31)	812	(37)	886‡	(41)		500	69	(5.8)
Formula group.....	847	697	(14)		417	(22)	469	(21)	563	(18)	682	(15)	814	(14)	946	(18)	1032	(22)		500	86	(2.9)
All.....	988	679	(14)		399	(21)	450	(20)	544	(18)	663	(15)	796	(14)	928	(18)	1016	(22)		500	83	(3.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

RAE = Retinol Activity Equivalents; AI = Adequate Intake (AI)

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.15. Retinol (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----													>UL					
				5th	10th	25th	50th	75th	90th	95th	UL	%	se									
Human milk group.....	141	412	(7)		215†	(13)	254	(11)	323	(8)	406	(7)	494	(9)	575	(14)	625†	(17)		600	7‡	(1.5)
Formula group.....	847	504	(7)		291	(14)	334	(12)	410	(9)	499	(7)	593	(10)	681	(15)	736	(19)		600	23	(2.2)
All.....	988	488	(7)		270	(12)	313	(11)	392	(8)	483	(7)	579	(10)	668	(15)	725	(19)		600	21	(2.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

UL = Tolerable Upper Intake Level

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.16. Thiamin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	0.35	(0.02)		0.14†	(0.01)	0.17	(0.01)	0.23	(0.02)	0.32	(0.02)	0.44	(0.03)	0.57	(0.04)	0.66†	(0.05)		0.30	56	(5.7)
Formula group.....	847	0.93	(0.02)		0.40	(0.02)	0.49	(0.02)	0.65	(0.02)	0.87	(0.02)	1.14	(0.02)	1.44	(0.03)	1.65	(0.04)		0.30	>97	
All.....	988	0.83	(0.02)		0.24	(0.02)	0.32	(0.02)	0.52	(0.02)	0.78	(0.02)	1.07	(0.02)	1.38	(0.03)	1.59	(0.04)		0.30	91	(1.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.17. Riboflavin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	0.57	(0.03)		0.27†	(0.01)	0.32	(0.02)	0.41	(0.02)	0.53	(0.03)	0.69	(0.04)	0.85	(0.05)	0.96†	(0.06)		0.40	77	(3.5)
Formula group.....	847	1.30	(0.02)		0.66	(0.03)	0.77	(0.02)	0.98	(0.02)	1.25	(0.02)	1.56	(0.03)	1.89	(0.04)	2.12	(0.05)		0.40	>97	
All.....	988	1.17	(0.02)		0.42	(0.02)	0.53	(0.02)	0.80	(0.02)	1.14	(0.02)	1.48	(0.03)	1.83	(0.04)	2.06	(0.05)		0.40	96	(0.7)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.18. Niacin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----															>AI			
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	4.8	(0.3)		1.9‡	(0.2)	2.3	(0.2)	3.2	(0.2)	4.4	(0.3)	6.0	(0.4)	7.8	(0.5)	9.0‡	(0.6)		4.0	59	(5.4)
Formula group.....	847	11.5	(0.2)		5.1	(0.2)	6.1	(0.2)	8.1	(0.2)	10.8	(0.2)	14.2	(0.3)	17.8	(0.4)	20.3	(0.4)		4.0	>97	
All.....	988	10.3	(0.2)		3.2	(0.2)	4.2	(0.2)	6.6	(0.2)	9.8	(0.3)	13.4	(0.3)	17.1	(0.4)	19.6	(0.4)		4.0	91	(1.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.19. Vitamin B6 (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	0.34	(0.02)		0.15†	(0.01)	0.18	(0.01)	0.24	(0.01)	0.32	(0.02)	0.43	(0.02)	0.54	(0.03)	0.62‡	(0.03)		0.30	56	(4.5)
Formula group.....	847	0.75	(0.01)		0.35	(0.01)	0.42	(0.01)	0.54	(0.01)	0.71	(0.01)	0.91	(0.02)	1.12	(0.02)	1.27	(0.03)		0.30	>97	
All.....	988	0.68	(0.01)		0.24	(0.01)	0.30	(0.01)	0.45	(0.01)	0.64	(0.01)	0.86	(0.02)	1.08	(0.02)	1.23	(0.03)		0.30	90	(1.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:mzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

Table 4.20. Folate (µg DFE): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----															>AI			
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	91	(4)		42‡	(2)	49	(2)	64	(3)	85	(4)	112	(6)	141	(8)	161‡	(10)		80	56	(4.5)
Formula group.....	847	216	(4)		104	(5)	122	(4)	157	(4)	204	(4)	262	(6)	325	(9)	369	(12)		80	>97	
All.....	988	194	(4)		66	(3)	84	(4)	128	(4)	185	(5)	248	(6)	313	(8)	357	(11)		80	91	(1.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

DFE = Dietary Folate Equivalents; AI = Adequate Intake (AI)

Table 4.21. Folic acid (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														
				5th	10th	25th	50th	75th	90th	95th								
Human milk group.....	141	16	(2)		2†	(#)	3	(#)	7	(1)	13	(1)	22	(2)	34	(3)	42†	(4)
Formula group.....	847	103	(2)		37	(3)	48	(3)	69	(2)	97	(2)	130	(3)	164	(4)	187	(6)
All.....	988	87	(2)		7	(1)	15	(1)	47	(3)	85	(3)	122	(3)	157	(4)	181	(5)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.22. Food folate (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----									
				5th	10th	25th	50th	75th	90th	95th			
Human milk group.....	141	66	(2)		20‡ (2)	27 (2)	41 (2)	61 (2)	86 (3)	113 (4)	131‡ (5)		
Formula group.....	847	41	(2)		9 (1)	13 (1)	22 (1)	36 (2)	54 (3)	76 (3)	91 (4)		
All.....	988	45	(2)		10 (1)	14 (1)	24 (1)	39 (2)	60 (2)	85 (3)	102 (4)		

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.23. Choline (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

----- Percentiles (se) -----																						
																		>AI				
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	137	(4)		75†	(2)	85	(2)	104	(2)	130	(3)	162	(5)	196	(7)	219†	(9)		150	33	(3.0)
Formula group.....	847	133	(3)		73	(2)	82	(2)	102	(2)	127	(3)	158	(4)	192	(6)	215	(7)		150	31	(2.7)
All.....	988	134	(3)		73	(1)	83	(2)	102	(2)	128	(2)	159	(4)	193	(5)	216	(7)		150	31	(2.4)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

Table 4.24. Vitamin B12 (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----															>AI					
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	0.63	(0.02)		0.26†	(0.01)	0.31	(0.01)	0.42	(0.01)	0.58	(0.02)	0.78	(0.03)	1.02	(0.04)	1.19†	(0.06)		0.50	62	(2.8)
Formula group.....	847	2.16	(0.05)		0.94	(0.04)	1.12	(0.04)	1.48	(0.04)	2.00	(0.04)	2.66	(0.06)	3.40	(0.09)	3.94	(0.13)		0.50	>97	
All.....	988	1.89	(0.05)		0.44	(0.02)	0.60	(0.02)	1.13	(0.04)	1.78	(0.05)	2.49	(0.06)	3.25	(0.09)	3.79	(0.12)		0.50	93	(0.6)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.25. Vitamin C (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----															>AI				
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	57.9	(2.2)		25.8‡ (2.0)	30.9 (2.0)	40.9 (2.0)	54.6 (2.2)	71.4 (2.7)	88.9 (3.7)	100.7‡ (4.6)		50.0	58	(4.0)						
Formula group.....	847	97.2	(2.3)		47.9 (2.7)	56.0 (2.6)	71.9 (2.4)	93.1 (2.3)	117.8 (2.9)	143.6 (4.1)	161.3 (5.2)		50.0	94	(1.5)						
All.....	988	90.3	(2.1)		38.1 (2.3)	46.9 (2.2)	63.7 (2.3)	86.2 (2.2)	112.2 (2.7)	138.9 (3.9)	156.7 (4.9)		50.0	88	(1.7)						

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.26. Vitamin D (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----														>AI			>UL				
				5th	10th	25th	50th	75th	90th	95th	AI	%	se	UL	%	se									
Human milk group.....	141	1.2	(#)		0.4‡	(#)	0.5	(#)	0.8	(#)	1.1	(#)	1.5	(0.1)	2.0	(0.1)	2.3†	(0.1)		10	<3			38	<3
Formula group.....	847	8.3	(0.1)		3.9	(0.3)	4.8	(0.3)	6.4	(0.2)	8.2	(0.2)	10.1	(0.2)	11.9	(0.3)	13.2	(0.3)		10	26	(2.1)		38	<3
All.....	988	7.1	(0.2)		0.8	(#)	1.2	(0.1)	4.7	(0.3)	7.5	(0.2)	9.6	(0.2)	11.6	(0.3)	12.8	(0.3)		10	21	(1.8)		38	<3

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.27. Vitamin E as alpha-tocopherol (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI						
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	2.08	(0.11)		0.66‡	(0.07)	0.87	(0.08)	1.29	(0.09)	1.90	(0.11)	2.68	(0.14)	3.51	(0.17)	4.07‡	(0.21)		5.00	<3	
Formula group.....	847	7.70	(0.14)		3.51	(0.18)	4.29	(0.16)	5.73	(0.14)	7.48	(0.14)	9.42	(0.17)	11.35	(0.21)	12.65	(0.25)		5.00	83	(1.6)
All.....	988	6.71	(0.13)		1.37	(0.10)	2.00	(0.13)	4.27	(0.19)	6.76	(0.15)	8.95	(0.16)	10.99	(0.20)	12.31	(0.24)		5.00	69	(1.5)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

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

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.28. Vitamin K (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI					
				5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	14.9	(1.5)		4.2‡	(0.8)	5.6	(0.9)	8.6	(1.1)	13.3	(1.5)	19.4	(1.9)	26.3	(2.8)	31.1‡	(3.4)		2.5	>97
Formula group.....	847	58.7	(1.9)		24.7	(1.9)	30.3	(1.9)	41.2	(1.9)	55.7	(1.9)	72.8	(2.3)	90.7	(3.6)	103.2	(4.6)		2.5	>97
All.....	988	51.0	(2.0)		9.2	(1.3)	14.1	(1.7)	30.5	(2.1)	49.6	(2.1)	68.5	(2.3)	87.3	(3.4)	99.9	(4.4)		2.5	>97

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.29. Calcium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

----- Percentiles (se) -----																		>AI			>UL				
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se	UL	%	se		
Human milk group.....	141	341	(12)		189‡	(8)	214	(8)	262	(9)	326	(11)	405	(14)	487	(19)	543‡	(22)		260	76	(3.2)		1500	<3
Formula group.....	847	684	(12)		379	(12)	431	(12)	529	(11)	658	(11)	809	(16)	967	(23)	1078	(30)		260	>97			1500	<3
All.....	988	624	(12)		266	(10)	322	(11)	450	(12)	606	(12)	772	(15)	937	(22)	1048	(29)		260	95	(0.7)		1500	<3

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.30. Phosphorus (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

----- Percentiles (se) -----																						
			----- Percentiles (se) -----															>AI				
N	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se										
Human milk group.....	141	223	(11)		100‡	(6)	118	(7)	154	(8)	206	(11)	273	(14)	348	(19)	401‡	(23)		275	24	(3.8)
Formula group.....	847	499	(11)		227	(9)	267	(8)	350	(8)	465	(9)	610	(15)	771	(22)	888	(30)		275	89	(1.2)
All.....	988	450	(11)		154	(8)	195	(9)	290	(10)	419	(11)	573	(14)	739	(22)	856	(28)		275	78	(1.7)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.31. Magnesium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----													>AI					
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	59	(3)		25†	(2)	30	(2)	41	(2)	56	(3)	74	(4)	93	(5)	105†	(6)		75	24	(4.0)
Formula group.....	847	105	(2)		51	(2)	60	(2)	77	(2)	101	(2)	128	(3)	157	(3)	176	(4)		75	77	(2.2)
All.....	988	97	(2)		39	(2)	48	(2)	67	(2)	93	(2)	122	(3)	151	(3)	171	(4)		75	68	(2.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.32. Iron (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----																< EAR			Above UL		
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	EAR	%	se	UL	%	se							
Human milk group.....	141	5.0	(0.5)	1.1† (0.2)	1.5 (0.2)	2.6 (0.3)	4.3 (0.4)	6.7 (0.6)	9.4 (0.9)	11.2† (1.1)	6.9	77	(4.7)	40	<3								
Formula group.....	847	17.2	(0.4)	6.2 (0.5)	8.0 (0.5)	11.5 (0.5)	16.2 (0.5)	21.8 (0.5)	27.7 (0.6)	31.9 (0.8)	6.9	7	(1.3)	40	<3								
All.....	988	15.1	(0.4)	2.7 (0.3)	4.3 (0.4)	8.5 (0.5)	14.2 (0.5)	20.4 (0.5)	26.6 (0.6)	30.8 (0.8)	6.9	19	(1.6)	40	<3								

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

EAR = Estimated Average Requirement; UL = Tolerable Upper Intake Level

Table 4.33. Zinc (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----																< EAR			Above UL		
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	EAR	%	se	UL	%	se							
Human milk group.....	141	2.5	(0.1)	1.2† (0.1)	1.4 (0.1)	1.8 (0.1)	2.4 (0.1)	3.1 (0.1)	3.8 (0.2)	4.3† (0.2)	2.5	54	(4.8)	5.0	<3								
Formula group.....	847	6.7	(0.1)	3.4 (0.1)	4.0 (0.1)	5.1 (0.1)	6.5 (0.1)	8.0 (0.2)	9.6 (0.2)	10.7 (0.3)	2.5	<3		5.0	77	(1.8)							
All.....	988	6.0	(0.1)	1.9 (0.1)	2.5 (0.1)	4.1 (0.2)	5.9 (0.1)	7.7 (0.2)	9.3 (0.2)	10.4 (0.3)	2.5	10	(1.2)	5.0	64	(1.9)							

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

EAR = Estimated Average Requirement; UL = Tolerable Upper Intake Level

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.34. Copper (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----												>AI					
				5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	0.51	(0.01)		0.32†	(0.01)	0.36	(0.01)	0.42	(0.01)	0.50	(0.01)	0.59	(0.01)	0.67	(0.02)	0.73†	(0.02)		0.22	>97
Formula group.....	847	0.70	(0.01)		0.46	(0.01)	0.51	(0.01)	0.59	(0.01)	0.69	(0.01)	0.80	(0.01)	0.90	(0.02)	0.97	(0.02)		0.22	>97
All.....	988	0.67	(0.01)		0.40	(0.01)	0.46	(0.01)	0.55	(0.01)	0.66	(0.01)	0.77	(0.01)	0.88	(0.02)	0.95	(0.02)		0.22	>97

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

Table 4.35. Selenium (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

----- Percentiles (se) -----																		>AI			>UL		
	N	Mean	se		5th	10th	25th	50th	75th	90th	95th		AI	%	se	UL	%	se					
Human milk group.....	141	19.7	(0.8)		8.8† (0.3)	10.3 (0.3)	13.4 (0.4)	18.0 (0.7)	24.1 (1.0)	31.0 (1.5)	36.1† (1.9)		20.0	40	(3.5)	60.0	<3						
Formula group.....	847	26.4	(0.7)		11.7 (0.4)	13.7 (0.4)	17.9 (0.4)	24.1 (0.6)	32.2 (0.9)	41.8 (1.5)	49.0 (2.0)		20.0	66	(2.0)	60.0	<3						
All.....	988	25.2	(0.7)		10.9 (0.3)	12.8 (0.3)	16.9 (0.4)	22.9 (0.6)	30.9 (0.9)	40.3 (1.4)	47.5 (1.9)		20.0	62	(2.1)	60.0	<3						

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.36. Sodium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

	N	Mean	se	----- Percentiles (se) -----													>AI					
				5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	305	(19)		84‡	(5)	107	(6)	159	(9)	248	(14)	385	(24)	567	(40)	713‡	(52)		370	27	(2.9)
Formula group.....	847	496	(22)		134	(5)	171	(6)	257	(9)	401	(15)	624	(28)	926	(48)	1177	(67)		370	55	(2.2)
All.....	988	463	(19)		118	(5)	152	(6)	233	(8)	370	(13)	584	(25)	875	(44)	1121	(62)		370	50	(2.1)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

2020 Dietary Guidelines Advisory Committee
 Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.37. Potassium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2007-2016

		----- Percentiles (se) -----																				
														>AI								
	N	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se									
Human milk group.....	141	714	(27)		390†	(16)	444	(18)	547	(21)	684	(26)	849	(32)	1019	(40)	1133†	(46)		860	24	(3.7)
Formula group.....	847	1144	(19)		646	(21)	728	(19)	891	(19)	1103	(19)	1351	(21)	1608	(26)	1784	(32)		860	78	(2.1)
All.....	988	1068	(17)		528	(17)	621	(18)	799	(16)	1030	(18)	1293	(20)	1560	(24)	1737	(30)		860	69	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

AI = Adequate Intake (AI)

Table 4.38. Thiamin (mg): Percentage reporting dietary supplements containing thiamin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	N	Percentage reporting thiamin supplement		Mean total intake		----- Percentiles (se) -----													>AI			
		%	se	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se							
Human milk group.....	141	7‡	(2.2)	0.38	(0.03)	0.14†	(0.01)	0.17	(0.01)	0.23	(0.02)	0.33	(0.02)	0.47	(0.04)	0.66	(0.05)	0.80†	(0.06)	0.30	57	(5.6)
Formula group.....	842	4	(0.6)	0.95	(0.02)	0.41	(0.02)	0.49	(0.02)	0.66	(0.02)	0.88	(0.02)	1.16	(0.02)	1.47	(0.03)	1.68	(0.04)	0.30	>97	
All.....	983	4	(0.6)	0.85	(0.02)	0.24	(0.02)	0.32	(0.02)	0.53	(0.02)	0.80	(0.02)	1.09	(0.02)	1.41	(0.03)	1.63	(0.04)	0.30	91	(1.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.39. Riboflavin (mg): Percentage reporting dietary supplements containing riboflavin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	----- Percentiles (se) -----																						
	Percentage reporting riboflavin supplement			Mean total intake		Percentiles (se)															>AI		
	N	%	se	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	7‡	(2.2)	0.60	(0.03)	0.28†	(0.01)	0.32	(0.02)	0.41	(0.02)	0.55	(0.03)	0.72	(0.05)	0.95	(0.06)	1.10†	(0.06)	0.40	77	(3.6)	
Formula group.....	842	4	(0.6)	1.32	(0.02)	0.66	(0.03)	0.77	(0.02)	0.99	(0.02)	1.27	(0.02)	1.59	(0.03)	1.93	(0.04)	2.16	(0.05)	0.40	>97		
All.....	983	4	(0.6)	1.19	(0.02)	0.42	(0.02)	0.54	(0.03)	0.82	(0.03)	1.16	(0.02)	1.51	(0.03)	1.86	(0.04)	2.10	(0.05)	0.40	96	(0.7)	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.40. Niacin (mg): Percentage reporting dietary supplements containing niacin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	----- Percentiles (se) -----																						
	Percentage reporting niacin supplement			Mean total intake		----- Percentiles (se) -----															>AI		
	N	%	se	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	7‡	(2.2)	5.3	(0.4)	1.9†	(0.2)	2.3	(0.2)	3.2	(0.2)	4.5	(0.3)	6.4	(0.5)	9.2	(0.8)	11.5†	(0.8)	4.0	60	(5.5)	
Formula group.....	842	4	(0.6)	11.8	(0.3)	5.1	(0.2)	6.1	(0.2)	8.2	(0.2)	11.0	(0.2)	14.5	(0.3)	18.3	(0.4)	20.9	(0.5)	4.0	>97		
All.....	983	4	(0.6)	10.6	(0.2)	3.2	(0.2)	4.3	(0.3)	6.7	(0.3)	10.0	(0.3)	13.6	(0.3)	17.5	(0.4)	20.2	(0.5)	4.0	91	(1.2)	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
 Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025
<https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
 † indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
 Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
 AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 1/17/20 16_total_usual_nut.pdf

Table 4.41. Vitamin B6 (mg): Percentage reporting dietary supplements containing vitamin B6, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	----- Percentiles (se) -----																					
	Percentage reporting vitamin B6 supplement			Mean total intake		5th	10th	25th	50th	75th	90th	95th	>AI									
	N	%	se	Mean	se								AI	%	se							
Human milk group.....	141	7‡	(2.2)	0.37	(0.02)	0.15†	(0.01)	0.18	(0.01)	0.24	(0.01)	0.33	(0.02)	0.45	(0.03)	0.61	(0.04)	0.72†	(0.05)	0.30	57	(4.5)
Formula group.....	842	4	(0.6)	0.76	(0.02)	0.36	(0.02)	0.42	(0.02)	0.55	(0.02)	0.72	(0.02)	0.92	(0.02)	1.15	(0.03)	1.30	(0.04)	0.30	>97	
All.....	983	4	(0.6)	0.69	(0.01)	0.24	(0.01)	0.31	(0.01)	0.46	(0.02)	0.66	(0.01)	0.88	(0.02)	1.10	(0.03)	1.26	(0.04)	0.30	90	(1.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.42. Vitamin B12 (µg): Percentage reporting dietary supplements containing vitamin B12, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	----- Percentiles (se) -----																						
	Percentage reporting vitamin B12 supplement			Mean total intake		Percentiles (se)										>AI							
	N	%	se	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se								
Human milk group.....	141	4‡	(1.7)	0.71	(0.04)	0.26†	(0.01)	0.31	(0.01)	0.42	(0.01)	0.58	(0.02)	0.81	(0.03)	1.12	(0.07)	1.49†	(0.52)	0.50	62	(2.7)	
Formula group.....	842	3	(0.6)	2.23	(0.06)	0.94	(0.04)	1.12	(0.03)	1.50	(0.04)	2.03	(0.05)	2.71	(0.07)	3.51	(0.10)	4.08	(0.13)	0.50	>97		
All.....	983	3	(0.5)	1.96	(0.05)	0.44	(0.02)	0.61	(0.03)	1.15	(0.05)	1.82	(0.05)	2.55	(0.06)	3.35	(0.10)	3.94	(0.13)	0.50	93	(0.6)	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.43. Vitamin C (mg): Percentage reporting dietary supplements containing vitamin C, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting

	N	Percentage reporting vitamin C supplement			Mean total intake		----- Percentiles (se) -----										>AI					
		%	se	Mean	se	5th	10th	25th	50th	75th	90th	95th	AI	%	se							
Human milk group.....	141	7‡	(2.3)	60.5	(2.2)	26.1†	(2.0)	31.1	(2.1)	41.4	(2.1)	55.8	(2.3)	73.7	(2.6)	93.4	(3.6)	107.3†	(4.4)	50.0	60	(3.9)
Formula group.....	842	6	(1.0)	99.4	(2.4)	48.7	(2.9)	56.9	(2.8)	73.3	(2.5)	94.7	(2.4)	119.8	(3.0)	146.2	(4.3)	164.2	(5.5)	50.0	94	(1.5)
All.....	983	6	(0.9)	92.6	(2.1)	38.5	(2.4)	47.5	(2.4)	65.1	(2.4)	88.1	(2.3)	114.3	(2.8)	141.6	(3.9)	160.5	(5.0)	50.0	88	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI)

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>

Table 4.44. Vitamin D (µg): Percentage reporting dietary supplements containing vitamin D, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status

	Percentage reporting vitamin D supplement			Mean total intake	
	N	%	se	Mean	se
Human milk group.....	141	30	(4.5)	3.8	(0.5)
Formula group.....	842	7	(1.0)	9.0	(0.2)
All.....	983	11	(1.2)	8.1	(0.2)

----- Percentiles (se) -----														
5th	10th	25th	50th	75th	90th	95th	>AI			>UL				
							AI	%	se	UL	%	se		
0.5† (#)	0.6 (#)	0.9 (0.1)	1.4 (0.1)	3.9 (3.2)	10.8 (0.2)	11.5† (0.2)	10	15	(2.9)	38	<3			
4.0 (0.3)	5.0 (0.2)	6.6 (0.2)	8.5 (0.2)	10.5 (0.2)	12.9 (0.4)	14.9 (0.6)	10	30	(2.3)	38	<3			
0.9 (0.1)	1.6 (0.2)	5.5 (0.2)	8.0 (0.2)	10.3 (0.2)	12.5 (0.4)	14.6 (0.6)	10	27	(2.1)	38	<3			

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.

Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 <https://doi.org/10.1093/cdn/nzy025>); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.

† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method. Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.

AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2007-2016 and the appropriate 30-day dietary supplement files.

2020 Dietary Guidelines Advisory Committee
Data Supplement: Food Groups and Nutrient Distributions
<https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>