



Infants and Toddlers: Food Group and Nutrient Intakes

2020 Dietary Guidelines Advisory Committee
Supplementary Data Analysis

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

United States Department of Agriculture (USDA)

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

United States Department of Health and Human Services (HHS)

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

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

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INTRODUCTION

The Data Supplement for Infants and Toddlers: Food Group and Nutrient Intakes 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: Chapter 1), available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report>.

The Advisory Committee, with support from Federal staff, developed a protocol, or plan, that described how the scientific questions would be addressed using data analysis. The protocol included an *analytic framework* that described the overall scope and the approach used to answer the question and an *analytic plan* that detailed the data and subsequent analysis to be considered. More information on the data analyses conducted for the 2020 Dietary Guidelines Advisory Committee, including the protocols, is available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report/data-analysis>.

The Committee examined a collection of analyses to answer these questions. Key nationally representative, Federal data sources included the National Health and Nutrition Examination Survey (NHANES), the National Health Interview Survey (NHIS), and Surveillance, Epidemiology and End Results (SEER). More information about the data source used in the analysis is available at the bottom of each table of results (pages 7-19).

The Committee developed conclusion statements for each question answered using data analysis. The conclusion statements describe the state of the science, based on the evidence considered, in order to answer the specific question examined. The conclusion statements are described in the 2020 Dietary Guidelines Advisory Committee's Scientific Report, available at: <https://www.dietaryguidelines.gov/2020-advisory-committee-report>.

The results of the data analyses for Infants and Toddlers: Food Group and Nutrient Intakes are displayed in figures 1-5 and tables 1-8 on the following pages.

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Figure 1. Breastfeeding initiation, duration, and exclusivity; National Immunization Survey 2017-2018, among infants born in 2015

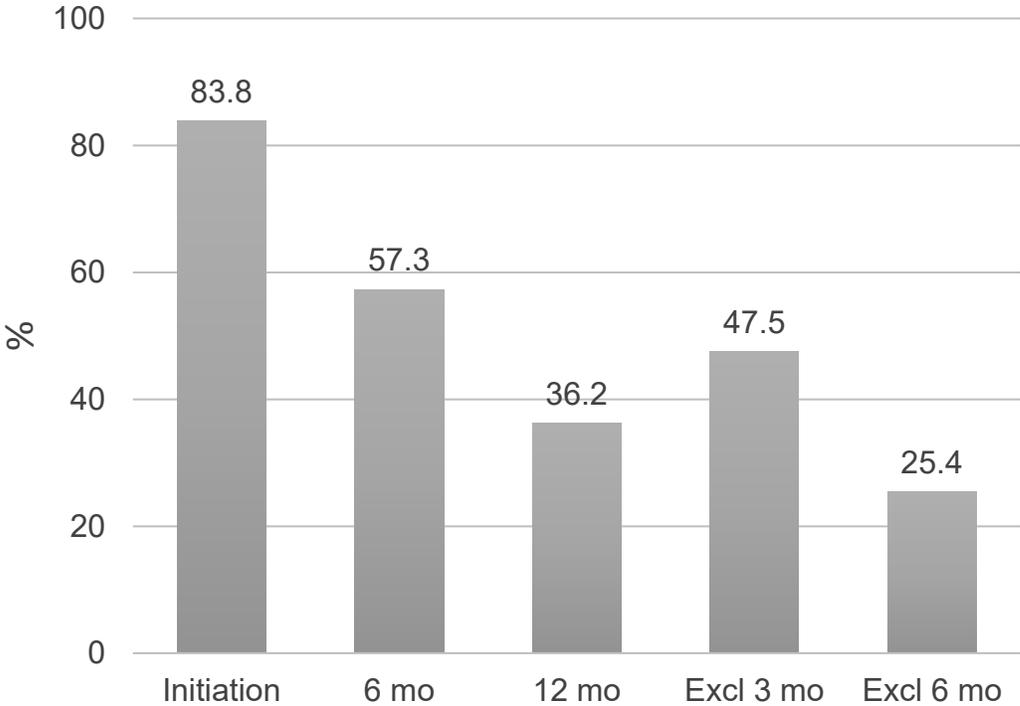


Figure 2. Breastfeeding initiation and duration by race/ethnicity; National Immunization Survey 2017-2018, among infants born in 2015

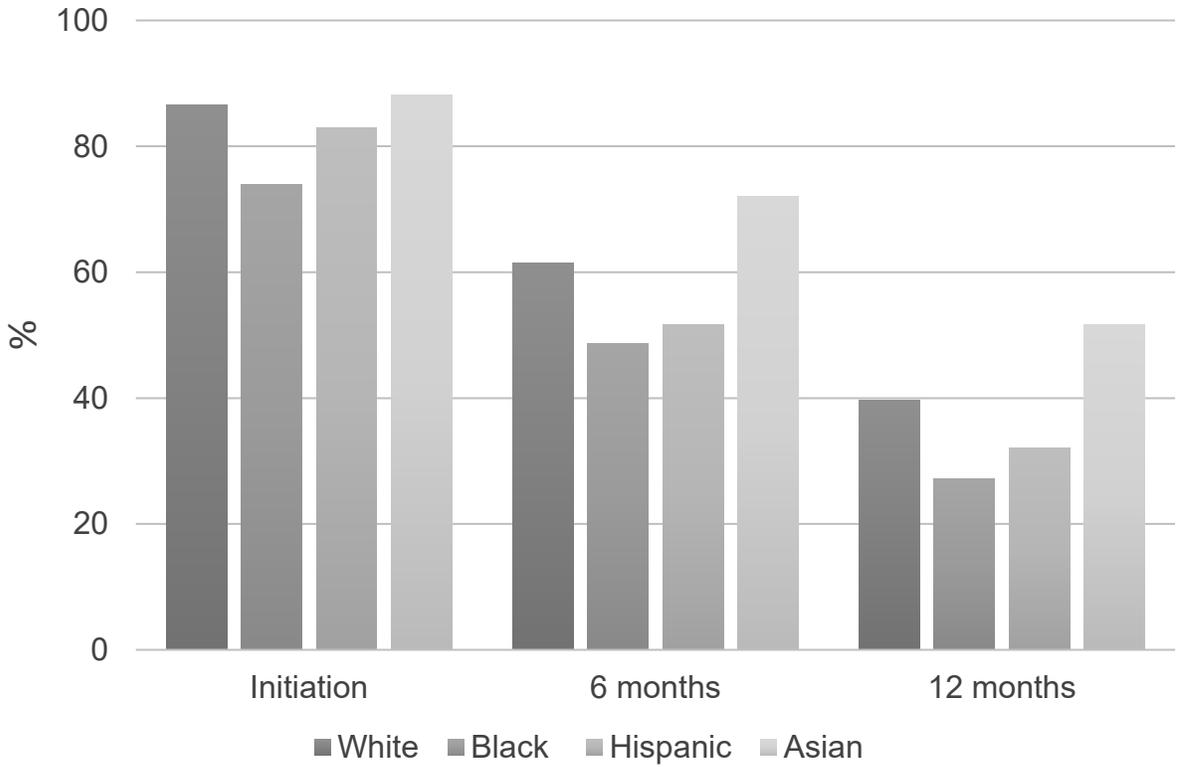


Figure 3. Breastfeeding exclusivity by race/ethnicity; National Immunization Survey 2017-2018, among infants born in 2015

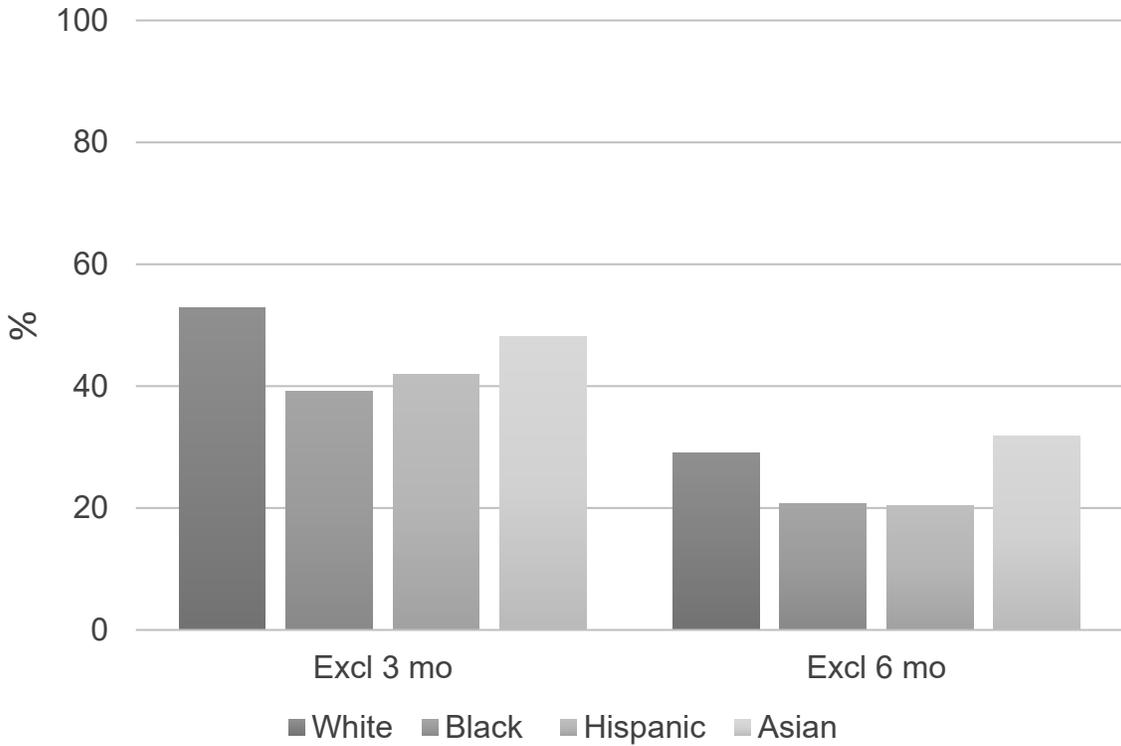


Figure 4. Timing of introduction of complementary foods and beverages; National Survey of Children’s Health, 2016-2018

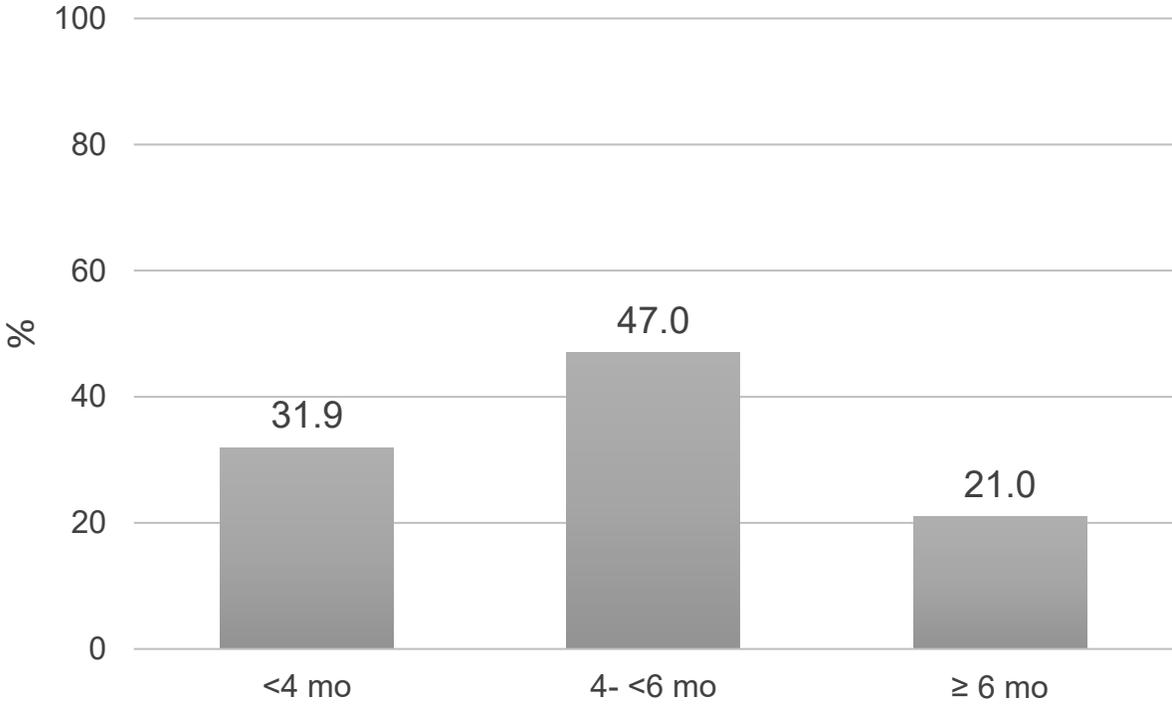


Figure 5. Introduction to complementary foods and beverages <4 months, by milk source at 4 months; National Survey of Children’s Health, 2016-2018

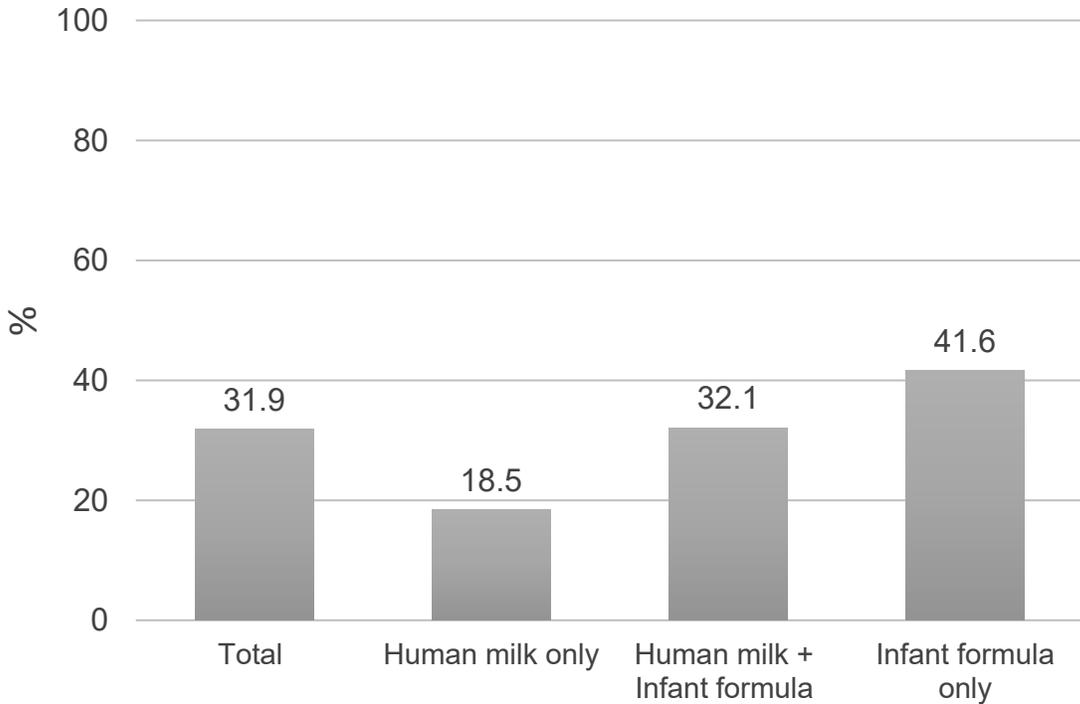


Table 1. Percentage of infants 6-11 months old reporting FPED quantities from complementary foods by milk reporting status, day 1, 2007-2016

	Percentages and standard errors					
	All infants 6-11 mo.		Human milk group		Formula group	
	(N = 988)		(N = 141)		(N = 847)	
	%	se	%	se	%	se
Fruit:						
Total.....	84	(1.3)	75	(3.7)	86	(1.1)
Citrus, melon, berry.....	18	(1.4)	18	(2.4)	17	(1.7)
Other fruit.....	74	(1.8)	70	(3.6)	75	(1.9)
Juice.....	40	(2.2)	20	(4.4)	45	(2.2)
Grain:						
Total.....	89	(1.2)	81	(3.1)	91	(1.1)
Whole.....	59	(2.4)	51	(4.1)	61	(2.7)
Refined.....	80	(1.7)	68	(4.5)	83	(1.7)
Oil.....	57	(2.1)	46	(4.5)	59	(2.4)
Solid fat.....	60	(1.6)	49	(3.9)	62	(1.7)
Added sugars.....	63	(2.1)	55	(4.3)	64	(2.0)
Vegetables:						
Total excluding legumes.....	79	(1.7)	76	(3.8)	80	(1.7)
Total starchy.....	42	(1.7)	37	(4.6)	43	(2.1)
Potatoes.....	27	(1.1)	18	(3.7)	29	(1.5)
Other starchy.....	30	(1.7)	28	(4.3)	31	(2.0)
Total red / orange.....	64	(2.0)	59	(4.6)	66	(2.1)
Tomatoes.....	18	(1.6)	12	(2.7)	19	(1.9)
Other red / orange.....	57	(2.1)	55	(5.3)	57	(2.2)
Dark green.....	6	(1.3)	6†	(1.9)	6	(1.5)
Other.....	29	(2.1)	36	(5.3)	28	(2.4)
Legume.....	6	(0.8)	6†	(1.6)	6	(0.9)
Total including legumes.....	80	(1.6)	76	(3.8)	81	(1.7)
Protein foods:						
Total excluding legumes.....	47	(2.1)	33	(3.7)	50	(2.3)
Total meat, poultry, seafood.....	41	(1.8)	25	(3.7)	44	(2.1)
Meat (beef, veal, pork, etc.)....	14	(1.1)	7†	(2.4)	16	(1.3)
Poultry.....	28	(1.7)	18	(3.6)	30	(2.0)
Cured meat.....	7	(1.0)	3†	(0.9)	8	(1.3)
Total fish and seafood.....	1†	(0.4)	#		1†	(0.4)
Eggs.....	19	(1.7)	17	(3.1)	19	(1.7)
Peanuts, nuts, seeds.....	2	(0.6)	3†	(1.3)	2	(0.7)
Soy products except soy milk..	3	(0.7)	2†	(1.2)	3	(0.8)
Legumes computed as protein...	6	(0.8)	6†	(1.6)	6	(0.9)
Total including legumes.....	49	(2.2)	35	(3.4)	51	(2.4)
Dairy:						
Total.....	45	(1.8)	40	(4.2)	46	(1.7)
Fluid milk.....	34	(1.3)	24	(3.2)	36	(1.4)
Cheese.....	19	(1.2)	10	(2.5)	21	(1.4)
Yogurt.....	11	(1.5)	17	(3.1)	10	(1.4)

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

indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.

Complementary foods include all foods and beverages except human milk and infant formula.

Milk reporting status determined by the report of human milk on either day 1 or day 2.

Table 2. Percentage of children 12-23 months old reporting FPED quantities, day 1, 2007-2016

	Percentages and standard errors	
	(N = 1242)	
	%	se
Fruit:		
Total.....	94	(0.7)
Citrus, melon, berry.....	40	(1.9)
Other fruit.....	75	(1.6)
Juice.....	66	(1.9)
Grain:		
Total.....	99†	(0.3)
Whole.....	73	(2.0)
Refined.....	99	(0.4)
Oil.....	97	(0.5)
Solid fat.....	100†	(0.2)
Added sugars.....	98	(0.5)
Vegetables:		
Total excluding legumes.....	90	(1.4)
Total starchy.....	55	(1.7)
Potatoes.....	42	(1.6)
Other starchy.....	27	(1.7)
Total red / orange.....	70	(2.1)
Tomatoes.....	53	(2.1)
Other red / orange.....	34	(2.0)
Dark green.....	13	(1.2)
Other.....	56	(1.7)
Legume.....	14	(1.4)
Total including legumes.....	92	(1.2)
Protein foods:		
Total excluding legumes.....	95	(0.7)
Total meat, poultry, seafood.....	87	(1.3)
Meat (beef, veal, pork, etc.)....	38	(2.1)
Poultry.....	47	(2.1)
Cured meat.....	38	(1.6)
Total fish and seafood.....	6	(0.7)
Eggs.....	57	(1.9)
Peanuts, nuts, seeds.....	22	(1.6)
Soy products except soy milk..	8	(0.6)
Legumes computed as protein...	15	(1.4)
Total including legumes.....	96	(0.7)
Dairy:		
Total.....	99	(0.3)
Fluid milk.....	96	(0.5)
Cheese.....	66	(2.2)
Yogurt.....	22	(1.4)

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

indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016 and the appropriate Food Patterns Equivalents Databases

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

Table 3. Mean intake of FPED quantities from complementary foods of infants 6-11 months old by milk reporting status, day 1, 2007-2016

	Means and standard errors					
	All infants 6-11 mo. (N = 988)		Human milk group (N = 154)		Formula group (N = 834)	
	Mean	se	Mean	se	Mean	se
Fruit (cup eq):						
Total.....	0.62	(0.021)	0.44	(0.042)	0.66	(0.024)
Citrus, melon, berry.....	0.03	(0.007)	0.03	(0.010)	0.03	(0.009)
Other fruit.....	0.40	(0.019)	0.36	(0.038)	0.41	(0.021)
Juice.....	0.19	(0.012)	0.05†	(0.018)	0.22	(0.012)
Grain (oz eq):						
Total.....	1.07	(0.035)	0.74	(0.066)	1.14	(0.050)
Whole.....	0.32	(0.020)	0.26	(0.046)	0.33	(0.024)
Refined.....	0.75	(0.036)	0.48	(0.031)	0.81	(0.045)
Oil (g).....	1.7	(0.16)	1.7	(0.36)	1.7	(0.18)
Solid fat (g).....	3.3	(0.21)	1.6	(0.22)	3.7	(0.25)
Added sugars (tsp eq).....	1.0	(0.07)	0.9	(0.13)	1.0	(0.07)
Vegetables (oz eq):						
Total excluding legumes.....	0.39	(0.018)	0.33	(0.039)	0.40	(0.022)
Total starchy.....	0.11	(0.006)	0.08	(0.013)	0.11	(0.009)
Potatoes.....	0.05	(0.003)	0.03	(0.009)	0.06	(0.005)
Other starchy.....	0.05	(0.005)	0.04	(0.008)	0.05	(0.006)
Total red / orange.....	0.21	(0.012)	0.16	(0.023)	0.22	(0.014)
Tomatoes.....	0.03	(0.003)	0.01†	(0.004)	0.03	(0.004)
Other red / orange.....	0.18	(0.013)	0.15	(0.023)	0.19	(0.015)
Dark green.....	0.01	(0.003)	0.01†	(0.005)	0.01†	(0.003)
Other.....	0.07	(0.007)	0.08	(0.020)	0.06	(0.008)
Legume.....	0.01	(0.002)	0.02†	(0.007)	0.01	(0.002)
Total including legumes.....	0.40	(0.018)	0.34	(0.038)	0.41	(0.023)
Protein foods (oz eq):						
Total excluding legumes.....	0.48	(0.039)	0.30	(0.051)	0.52	(0.045)
Total meat, poultry, seafood.....	0.39	(0.034)	0.22	(0.041)	0.44	(0.040)
Meat (beef, veal, pork, etc.)....	0.12	(0.014)	0.06†	(0.022)	0.13	(0.016)
Poultry.....	0.21	(0.024)	0.14	(0.028)	0.22	(0.028)
Cured meat.....	0.06	(0.018)	0.01†	(0.011)	0.08	(0.022)
Total fish and seafood.....	0.01†	(0.003)	#		0.01†	(0.004)
Eggs.....	0.07	(0.011)	0.04†	(0.014)	0.08	(0.013)
Peanuts, nuts, seeds.....	0.01†	(0.005)	0.03†	(0.020)	0.01†	(0.003)
Soy products except soy milk..	0.01†	(0.002)	0.01†	(0.010)	#	
Legumes computed as protein...	0.05	(0.010)	0.06†	(0.028)	0.05	(0.010)
Total including legumes.....	0.53	(0.039)	0.37	(0.041)	0.57	(0.045)
Dairy (cup eq):						
Total.....	0.26	(0.021)	0.12	(0.025)	0.30	(0.024)
Fluid milk.....	0.17	(0.018)	0.03	(0.010)	0.20	(0.022)
Cheese.....	0.05	(0.007)	0.03†	(0.013)	0.06	(0.008)
Yogurt.....	0.04	(0.006)	0.05	(0.013)	0.04	(0.006)

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

indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.

Complementary foods include all foods and beverages except human milk and infant formula.

Milk reporting status determined by the report of human milk on day 1.

SOURCE: WWEIA 2007-2016 and the appropriate Food Patterns Equivalents Databases

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

Table 4. Mean intake of FPED quantities of children 12-23 months old, day 1, 2007-2016

	Means and standard errors	
	(N = 1242)	
	Mean	se
Fruit (cup eq):		
Total.....	1.25	(0.042)
Citrus, melon, berry.....	0.15	(0.012)
Other fruit.....	0.54	(0.027)
Juice.....	0.56	(0.035)
Grain (oz eq):		
Total.....	3.07	(0.092)
Whole.....	0.50	(0.027)
Refined.....	2.56	(0.083)
Oil (g).....	8.4	(0.22)
Solid fat (g).....	24.7	(0.55)
Added sugars (tsp eq).....	6.2	(0.20)
Vegetables (oz eq):		
Total excluding legumes.....	0.52	(0.017)
Total starchy.....	0.18	(0.010)
Potatoes.....	0.13	(0.008)
Other starchy.....	0.05	(0.005)
Total red / orange.....	0.18	(0.009)
Tomatoes.....	0.11	(0.008)
Other red / orange.....	0.07	(0.006)
Dark green.....	0.03	(0.004)
Other.....	0.13	(0.011)
Legume.....	0.04	(0.005)
Total including legumes.....	0.56	(0.018)
Protein foods (oz eq):		
Total excluding legumes.....	1.94	(0.052)
Total meat, poultry, seafood.....	1.50	(0.041)
Meat (beef, veal, pork, etc.)....	0.34	(0.025)
Poultry.....	0.68	(0.042)
Cured meat.....	0.41	(0.026)
Total fish and seafood.....	0.08	(0.012)
Eggs.....	0.28	(0.018)
Peanuts, nuts, seeds.....	0.14	(0.018)
Soy products except soy milk..	0.02	(0.003)
Legumes computed as protein...	0.17	(0.020)
Total including legumes.....	2.11	(0.057)
Dairy (cup eq):		
Total.....	2.56	(0.072)
Fluid milk.....	2.11	(0.054)
Cheese.....	0.35	(0.031)
Yogurt.....	0.09	(0.007)

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

indicates a non-zero value too small to present.

Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016 and the appropriate Food Patterns Equivalents Databases

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

Table 5. Mean daily intake of nutrients from complementary foods of infants 6-11 months old by milk reporting status, day 1, 2007-2016

	Means and standard errors					
	All infants 6-11 mo.		Human milk group		Formula group	
	(N = 988)		(N = 154)		(N = 834)	
	Mean	se	Mean	se	Mean	se
Energy (kcal).....	321	(9.5)	224	(12.8)	344	(11.8)
Protein (g).....	9.9	(0.45)	6.6	(0.45)	10.7	(0.53)
Carbohydrate (g).....	54	(1.4)	39	(2.5)	58	(1.7)
Total sugars (g).....	24	(0.7)	17	(1.3)	26	(0.8)
Dietary fiber (g).....	4.6	(0.15)	4.0	(0.31)	4.7	(0.18)
Total fat (g).....	7.7	(0.40)	5.2	(0.47)	8.3	(0.47)
Saturated fat (g).....	2.6	(0.14)	1.5	(0.14)	2.9	(0.16)
Monounsaturated fat (g).....	2.6	(0.14)	2.0	(0.24)	2.7	(0.17)
Polyunsaturated fat (g).....	1.6	(0.09)	1.2	(0.12)	1.7	(0.11)
PFA 18:2 (g).....	1.4	(0.08)	1.0	(0.10)	1.5	(0.10)
PFA 18:3 (g).....	0.2	(0.01)	0.1	(0.01)	0.2	(0.01)
Cholesterol (mg).....	31	(2.9)	17	(3.3)	35	(3.4)
Retinol (mcg).....	53	(3.9)	31	(6.5)	58	(4.2)
Vitamin A, RAE (mcg).....	237	(12.3)	209	(26.8)	244	(13.0)
Alpha-carotene (mcg).....	513	(35.9)	446	(68.4)	529	(38.8)
Beta-carotene (mcg).....	1946	(131.2)	1908	(282.7)	1955	(139.0)
Beta-cryptoxanthin (mcg).....	24	(1.8)	27	(7.8)	24	(1.6)
Lycopene (mcg).....	496	(57.2)	271†	(105.3)	550	(69.0)
Lutein + zeaxanthin (mcg).....	665	(52.5)	583	(76.6)	684	(62.4)
Thiamin (mg).....	0.45	(0.014)	0.33	(0.037)	0.48	(0.018)
Riboflavin (mg).....	0.58	(0.016)	0.39	(0.041)	0.62	(0.017)
Niacin (mg).....	6.0	(0.19)	4.4	(0.39)	6.3	(0.24)
Vitamin B6 (mg).....	0.41	(0.015)	0.32	(0.021)	0.44	(0.017)
Folic acid (mcg).....	28	(1.6)	20	(3.2)	30	(2.1)
Food folate (mcg).....	38	(1.7)	34	(3.3)	39	(2.0)
Folate, DFE (mcg).....	86	(3.7)	69	(7.8)	90	(4.5)
Total choline (mg).....	48	(2.4)	31	(2.7)	51	(2.8)
Vitamin B12 (mcg).....	0.70	(0.045)	0.42	(0.040)	0.77	(0.056)
Vitamin C (mg).....	43.2	(1.74)	25.3	(3.03)	47.4	(2.14)
Vitamin D (mcg).....	1.04	(0.074)	0.44	(0.067)	1.19	(0.095)
Alpha-tocopherol (mg).....	1.96	(0.060)	1.56	(0.128)	2.05	(0.080)
Vitamin K (mcg).....	16.4	(1.19)	15.5	(2.20)	16.7	(1.23)
Calcium (mg).....	236	(8.3)	150	(15.3)	256	(10.1)
Phosphorus (mg).....	229	(7.7)	156	(12.8)	246	(8.6)
Magnesium (mg).....	59	(1.7)	45	(3.6)	62	(1.9)
Iron (mg).....	8.0	(0.29)	5.8	(0.64)	8.5	(0.36)
Zinc (mg).....	2.3	(0.08)	1.7	(0.19)	2.4	(0.10)
Copper (mg).....	0.24	(0.008)	0.19	(0.012)	0.25	(0.010)
Selenium (mcg).....	13.4	(0.68)	8.3	(0.73)	14.6	(0.79)
Potassium (mg).....	573	(16.6)	424	(27.2)	609	(19.7)
Sodium (mg).....	319	(20.2)	224	(19.9)	342	(24.3)
Caffeine (mg).....	0.2	(0.05)	#		0.3	(0.06)
Theobromine (mg).....	0.7	(0.17)	0.4†	(0.27)	0.8	(0.21)

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

indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.

Complementary foods include all foods and beverages except human milk and infant formula.

Milk reporting status determined by the report of human milk on day 1.

SOURCE: WWEIA 2007-2016

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Table 6. Mean daily intake of nutrients from complementary foods and dietary supplements of infants 6-11 months old by milk reporting status, day 1, 2007-2016

	All infants 6-11 mo. (N = 984)				Human milk group (N = 140)				Formula group (N = 844)			
	Percentage reporting supplements		Mean total intake		Percentage reporting supplements		Mean total intake		Percentage reporting supplements		Mean total intake	
	Mean	se	Mean	se	Mean	se	Mean	se	Mean	se	Mean	se
Thiamin (mg).....	4	(0.6)	0.48	(0.013)	5†	(1.9)	0.33	(0.041)	4	(0.5)	0.51	(0.017)
Riboflavin (mg).....	4	(0.6)	0.61	(0.015)	5†	(1.9)	0.40	(0.044)	4	(0.5)	0.65	(0.018)
Niacin (mg).....	4	(0.6)	6.3	(0.18)	5†	(1.9)	4.5	(0.45)	4	(0.5)	6.7	(0.22)
Vitamin B6 (mg).....	4	(0.6)	0.43	(0.015)	5†	(1.9)	0.32	(0.023)	4	(0.6)	0.46	(0.018)
Folic acid (mcg).....	#		28	(1.6)	0		19	(2.5)	#		30	(2.0)
Folate, DFE (mcg).....	#		86	(3.8)	0		62	(5.6)	#		91	(4.7)
Total choline (mg).....	0		48	(2.4)	0		29	(2.6)	0		52	(2.8)
Vitamin B12 (mcg).....	3	(0.6)	0.79	(0.050)	3†	(1.6)	0.45	(0.068)	3	(0.5)	0.86	(0.062)
Vitamin C (mg).....	6	(1.1)	45.6	(1.80)	5†	(2.0)	23.3	(2.20)	6	(1.1)	50.3	(2.21)
Vitamin D (mcg).....	9	(1.3)	2.11	(0.175)	20	(3.4)	2.53	(0.429)	7	(1.2)	2.03	(0.175)
Vitamin K (mcg).....	#		17.9	(1.61)	0		14.9	(2.34)	#		18.5	(1.92)
Calcium (mg).....	#		238	(8.3)	1†	(1.4)	141	(15.1)	#		258	(10.1)
Phosphorus (mg).....	#		229	(7.7)	0		138	(10.8)	#		249	(8.8)
Magnesium (mg).....	#		59	(1.7)	0		40	(3.2)	#		63	(1.9)
Iron (mg).....	1†	(0.3)	8.2	(0.29)	3†	(1.3)	5.9	(0.70)	#		8.7	(0.37)
Zinc (mg).....	#		2.3	(0.08)	0		1.6	(0.17)	#		2.4	(0.11)
Copper (mg).....	#		0.24	(0.008)	0		0.17	(0.012)	#		0.25	(0.010)
Selenium (mcg).....	#		13.5	(0.68)	0		7.7	(0.71)	#		14.7	(0.78)
Potassium (mg).....	#		574	(16.4)	0		388	(24.0)	#		614	(20.0)
Sodium (mg).....	#		320	(20.2)	0		202	(20.6)	#		345	(24.3)

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

indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.

Excludes children without complete day 1 dietary supplement data.

Complementary foods include all foods and beverages except human milk and infant formula.

Milk reporting status determined by the report of human milk on either day 1 or day 2.

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SOURCE: WWEIA 2007-2016 and the appropriate 24-hr dietary supplement files

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Table 7. Mean daily intake of nutrients of children 12-23 months old, day 1, 2007-2016

	Means and standard errors	
	(N = 1242)	
	Mean	se
Energy (kcal).....	1204	(22.7)
Protein (g).....	45.8	(0.87)
Carbohydrate (g).....	156	(3.3)
Total sugars (g).....	88	(1.7)
Dietary fiber (g).....	8.5	(0.21)
Total fat (g).....	45.7	(0.84)
Saturated fat (g).....	18.6	(0.34)
Monounsaturated fat (g).....	14.8	(0.27)
Polyunsaturated fat (g).....	8.0	(0.18)
PFA 18:2 (g).....	6.9	(0.16)
PFA 18:3 (g).....	0.9	(0.02)
Cholesterol (mg).....	159	(3.6)
Retinol (mcg).....	466	(10.8)
Vitamin A, RAE (mcg).....	581	(13.2)
Alpha-carotene (mcg).....	291	(22.6)
Beta-carotene (mcg).....	1190	(67.1)
Beta-cryptoxanthin (mcg).....	74	(8.3)
Lycopene (mcg).....	2212	(149.1)
Lutein + zeaxanthin (mcg).....	569	(24.1)
Thiamin (mg).....	1.01	(0.020)
Riboflavin (mg).....	1.75	(0.031)
Niacin (mg).....	11.4	(0.25)
Vitamin B6 (mg).....	1.12	(0.020)
Folic acid (mcg).....	114	(4.0)
Food folate (mcg).....	107	(2.3)
Folate, DFE (mcg).....	300	(8.0)
Total choline (mg).....	201	(3.1)
Vitamin B12 (mcg).....	4.03	(0.108)
Vitamin C (mg).....	77.7	(2.12)
Vitamin D (mcg).....	8.18	(0.183)
Alpha-tocopherol (mg).....	4.08	(0.107)
Vitamin K (mcg).....	37.1	(1.54)
Calcium (mg).....	1016	(24.7)
Phosphorus (mg).....	972	(20.9)
Magnesium (mg).....	169	(3.3)
Iron (mg).....	9.2	(0.20)
Zinc (mg).....	6.8	(0.11)
Copper (mg).....	0.67	(0.017)
Selenium (mcg).....	60.5	(1.28)
Potassium (mg).....	1818	(31.9)
Sodium (mg).....	1586	(37.9)
Caffeine (mg).....	2.9	(0.29)
Theobromine (mg).....	12.6	(1.03)

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 an estimate that may be less precise than others due to small sample size and/or large relative standard error. Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016

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Table 8. Mean daily intake of nutrients from foods, beverages, and dietary supplements of children 12-23 months old, day 1, 2007-2016

Children 12-23 months (N = 1230)				
	Percentage reporting supplements		Mean total intake	
	%	se	Mean	se
Thiamin (mg).....	6	(1.1)	1.07	(0.024)
Riboflavin (mg).....	6	(1.0)	1.81	(0.034)
Niacin (mg).....	6	(1.0)	12.0	(0.32)
Vitamin B6 (mg).....	11	(1.1)	1.22	(0.033)
Folic acid (mcg).....	8	(0.7)	129	(5.1)
Folate, DFE (mcg).....	8	(0.7)	326	(9.6)
Total choline (mg).....	5	(0.8)	202	(3.1)
Vitamin B12 (mcg).....	11	(1.0)	4.43	(0.124)
Vitamin C (mg).....	13	(1.4)	85.9	(3.25)
Vitamin D (mcg).....	13	(1.3)	9.45	(0.265)
Vitamin K (mcg).....	1†	(0.4)	37.4	(1.60)
Calcium (mg).....	3	(0.8)	1020	(24.9)
Phosphorus (mg).....	2	(0.5)	974	(21.2)
Magnesium (mg).....	3	(0.6)	169	(3.3)
Iron (mg).....	3	(0.7)	9.7	(0.25)
Zinc (mg).....	8	(0.7)	7.2	(0.14)
Copper (mg).....	2	(0.6)	0.71	(0.021)
Selenium (mcg).....	#		60.4	(1.29)
Potassium (mg).....	#		1817	(32.1)
Sodium (mg).....	3	(0.6)	1586	(38.1)

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 an estimate that may be less precise than others due to small sample size and/or large relative standard error.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2007-2016

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