Current Intakes: Ages 12 Through 23 Months

Average Intakes of Added Sugars, Saturated Fat, and Sodium

**Added Sugars**
Limit: Avoid
Average Intakes
104 kcals

**Saturated Fat**
Limit: N/A
Average Intakes
167 kcals

**Sodium**
Limit: 1,200 mg
Average Intakes
1,586 mg

Data Sources: Average Intakes: Analysis of What We Eat in America, NHANES 2007-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3).
Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 12 Through 23 Months

Data Sources: Average Intakes: Analysis of What We Eat in America, NHANES NHANES 2007-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3).