Current Intakes: Ages 2 Through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

Healthy Eating Index Score (on a scale of 0-100)

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

- **Added Sugars**: Limit: 10% of total energy
  - Males: 61%
  - Females: 57%
  - Average Intakes:
    - Males: 173 kcal
    - Females: 158 kcal

- **Saturated Fat**: Limit: 10% of total energy
  - Males: 87%
  - Females: 88%
  - Average Intakes:
    - Males: 191 kcal
    - Females: 177 kcal

- **Sodium**: Limit: 1,200 mg
  - Males: 97%
  - Females: 95%
  - Average Intakes:
    - Males: 2,274 mg
    - Females: 2,061 mg

**NOTE:** Children ages 2 through 3 should reduce sodium intake if above 1,200 mg/day and those age 4 should reduce intake if above 1,500 mg/day.

**Data Sources:** Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3). Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.
Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 2 Through 4

Data Sources: Average Intakes: Analysis of What We Eat in America, NHANES NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3).

*NOTE:* Estimates may be less precise than others due to small sample size and/or large relative standard error.