



Food Category Sources of Iron: Infants and Young Children

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: Mathematica®

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Introduction

The 2025 Dietary Guidelines Advisory Committee (Committee) used data analysis to describe the current health and dietary intakes in the United States. The federal data analysis team and interagency collaborations supported the work of the Committee by analyzing data on specific topics and questions. The federal data analysis team included expert scientists with advanced degrees in nutrition, statistics, and epidemiology from the following Departments and agencies:

United States Department of Health and Human Services (HHS)

- Office of Disease Prevention and Health Promotion (ODPHP), Office of the Assistant Secretary for Health (OASH)
- National Cancer Institute, National Institutes of Health
- National Center for Health Statistics, Centers for Disease Control and Prevention

United States Department of Agriculture (USDA)

- Center for Nutrition Policy and Promotion (CNPP), Food and Nutrition Service (FNS), Food, Nutrition, and Consumer Services
- Agricultural Research Service, Research, Education, and Economics

A collection of federal data sources, including the National Health and Nutrition Examination Survey (NHANES), informed the Committee's work. The Federal Data Analysis Plan described the data analysis process and strategy specified the analyses that would be used to support the Committee in answering the data analysis questions.¹ Data analysis results for the 2025 Committee are summarized in the Federal Data Analysis Reports and synthesized in the 2025 Committee's Scientific Report, however should not be interpreted as dietary guidance.²⁻⁷ The Committee's Scientific Report also includes conclusion statements which describe the state of the science based on the evidence considered for each data analysis question.

This supplemental report, Food Category Sources of Iron: Infants and Young Children, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis question:

- What are the current intakes of food groups, nutrients, and dietary components?

Acknowledgments and Funding

The federal data analysis team supported the Committee by facilitating, executing, and documenting the work necessary to analyze federal data on dietary intake, nutrients and/or dietary components of public health concern, and nutrition-related chronic health conditions. The federal data analysis team was comprised of staff from ODPHP and CNPP, along with project leadership, and was supported by interagency collaborators who collect and analyze the federal data. Contractor support was also provided for analysis of food category sources of nutrients, dietary components, and food groups. The Committee members were involved in identifying additional data analysis topics and needs, synthesizing analysis results, and writing conclusion statements for the Scientific Report.

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Supplemental Data Tables: Food Category Sources of Iron: Infants and Young Children

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Tables for Iron: Infants and Young Children (Ages 6 through 23 Months)

Note: The following tables for infants and young children (ages 6 through 23 months) were produced but not included because all estimates were unreliable.

- Iron: Distribution of intake (percentage) among major food categories - Non-Hispanic Asians
- Iron: Distribution of intake (percentage) among food subcategories - Non-Hispanic Asians
- Iron: Distribution of intake (percentage) among major food categories - Households not currently receiving SNAP benefits
- Iron: Distribution of intake (percentage) among food subcategories - Households not currently receiving SNAP benefits

Table 17.1.a. Iron: Distribution of intake (percentage) among major food categories - Mexican Americans

Major food category	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Grains	8.2 (1.6)	24.6 (2.5)
Mixed dishes	11.9 (1.9)	24.1 (1.9)
Snacks and sweets	6.9 (1.5)	11.4 (1.1)
Protein foods	4.1 (0.8)	11.2 (1.2)
Vegetables	6.9 (1.7)	8.7 (1.3)
Baby food	58.0 (4.0)	7.9 (1.9)
Fruit and 100% fruit juices	2.7 (0.7)	5.6 (0.6)
Beverages	*	3.7 (1.1)
Dairy	0.9 (0.3)	2.8 (0.4)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.1.b. Iron: Distribution of intake (percentage) among food subcategories - Mexican Americans

Food subcategory	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Breakfast cereals and bars	5.5 (1.3)	18.0 (2.5)
Rice, pasta, and other grain-based mixed dishes	3.9 (0.9)	10.8 (1.4)
Baby food	58.0 (4.0)	7.9 (1.9)
Vegetables (incl. beans and peas, not starchy)	6.2 (1.7)	7.0 (1.2)
Desserts and sweet snacks	3.0 (0.7)	6.8 (1.0)
Eggs	3.1 (0.8)	6.8 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	4.7 (1.0)
Chips, crackers, and savory snacks	*	4.2 (0.5)
Soups	6.5 (1.7)	3.6 (0.7)
Fruit (non-juice)	*	3.4 (0.5)
Sugar-sweetened and diet beverages	*	*
Meat, poultry, and seafood mixed dishes	*	3.0 (0.7)
Yeast breads and tortillas	1.3 (0.3)	2.5 (0.5)
Poultry (not incl. deli and mixed dishes)	*	2.4 (0.5)

Food subcategory	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Higher fat milk/yogurt	*	2.2 (0.3)
100% fruit juice	*	2.2 (0.2)
Pizza	*	*
Rice and pasta	*	1.8 (0.5)
Starchy vegetables	*	*
Deli/cured products (meat and poultry)	*	1.2 (0.3)
Coffee and tea	<0.1 (0.0)	*
Meats (not incl. deli and mixed dishes)	*	*
Candy and sugars	*	*
Lower fat milk/yogurt	*	*
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.2 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Spreads	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.2.a. Iron: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks

Major food category	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Grains	7.4 (1.7)	29.5 (2.2)
Mixed dishes	6.3 (1.7)	23.3 (1.8)
Snacks and sweets	*	11.4 (0.9)
Protein foods	*	10.6 (1.4)
Baby food	73.3 (4.3)	10.3 (2.7)
Fruit and 100% fruit juices	2.3 (0.6)	5.5 (0.5)
Vegetables	*	4.6 (0.7)
Beverages	*	2.5 (0.4)
Dairy	*	2.3 (0.4)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.2.b. Iron: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks

Food subcategory	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Breakfast cereals and bars	*	23.0 (2.2)
Baby food	73.3 (4.3)	10.3 (2.7)
Burgers and sandwiches (incl. tacos and burritos)	*	7.4 (1.1)
Desserts and sweet snacks	1.5 (0.4)	6.3 (0.8)
Rice, pasta, and other grain-based mixed dishes	*	5.9 (0.9)
Chips, crackers, and savory snacks	*	4.5 (0.7)
Pizza	*	4.5 (0.9)
Meat, poultry, and seafood mixed dishes	*	4.4 (0.9)
Eggs	*	3.9 (0.8)
Poultry (not incl. deli and mixed dishes)	*	3.5 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	3.3 (0.7)
100% fruit juice	*	3.2 (0.5)
Vegetables (incl. beans and peas, not starchy)	*	2.9 (0.5)
Sugar-sweetened and diet beverages	*	2.5 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Fruit (non-juice)	*	2.4 (0.3)
Deli/cured products (meat and poultry)	*	2.2 (0.5)
Yeast breads and tortillas	*	1.7 (0.4)
Starchy vegetables	*	1.7 (0.4)
Rice and pasta	*	1.5 (0.3)
Higher fat milk/yogurt	*	1.2 (0.2)
Soups	*	*
Lower fat milk/yogurt	*	*
Meats (not incl. deli and mixed dishes)	*	*
Candy and sugars	*	*
Cheese	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Spreads	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.3.a. Iron: Distribution of intake (percentage) among major food categories - Non-Hispanic Whites

Major food category	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Grains	10.2 (1.2)	32.1 (2.0)
Mixed dishes	8.1 (1.1)	21.5 (1.4)
Snacks and sweets	4.1 (0.9)	13.0 (0.8)
Protein foods	3.8 (0.8)	9.7 (0.9)
Baby food	61.9 (3.3)	7.3 (1.5)
Fruit and 100% fruit juices	4.0 (0.8)	5.5 (0.4)
Vegetables	6.3 (1.2)	5.3 (0.6)
Dairy	*	3.7 (0.4)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.3.b. Iron: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites

Food subcategory	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Breakfast cereals and bars	5.7 (1.0)	24.3 (2.1)
Burgers and sandwiches (incl. tacos and burritos)	*	9.1 (0.9)
Chips, crackers, and savory snacks	*	7.4 (0.7)
Baby food	61.9 (3.3)	7.3 (1.5)
Rice, pasta, and other grain-based mixed dishes	3.4 (0.7)	6.2 (0.7)
Desserts and sweet snacks	1.8 (0.5)	4.9 (0.5)
Eggs	1.6 (0.5)	4.1 (0.7)
Fruit (non-juice)	3.7 (0.8)	4.0 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	2.9 (0.6)	3.8 (0.7)
Yeast breads and tortillas	1.5 (0.4)	3.5 (0.6)
Vegetables (incl. beans and peas, not starchy)	3.8 (0.9)	3.3 (0.6)
Meat, poultry, and seafood mixed dishes	*	3.0 (0.7)
Pizza	*	2.5 (0.5)
Deli/cured products (meat and poultry)	*	2.0 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Starchy vegetables	*	2.0 (0.2)
Higher fat milk/yogurt	0.4 (0.1)	1.9 (0.3)
Poultry (not incl. deli and mixed dishes)	*	1.9 (0.2)
Sugar-sweetened and diet beverages	*	*
100% fruit juice	0.3 (0.1)	1.5 (0.3)
Lower fat milk/yogurt	*	*
Meats (not incl. deli and mixed dishes)	*	1.0 (0.2)
Candy and sugars	*	0.6 (0.1)
Soups	*	0.6 (0.2)
Rice and pasta	*	*
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.4 (0.1)
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Coffee and tea	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	*	*
Spreads	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.4.a. Iron: Distribution of intake (percentage) among major food categories - Other Hispanics

Major food category	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Grains	9.2 (2.4)	27.2 (3.7)
Mixed dishes	10.1 (2.5)	25.3 (2.4)
Snacks and sweets	*	14.4 (1.5)
Protein foods	*	8.0 (1.3)
Baby food	65.5 (4.9)	7.5 (2.0)
Vegetables	3.4 (0.8)	7.4 (1.7)
Fruit and 100% fruit juices	3.0 (0.7)	5.2 (0.7)
Dairy	*	2.7 (0.4)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.4.b. Iron: Distribution of intake (percentage) among food subcategories - Other Hispanics

Food subcategory	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Breakfast cereals and bars	*	20.1 (3.8)
Desserts and sweet snacks	*	8.6 (1.5)
Rice, pasta, and other grain-based mixed dishes	*	7.5 (1.1)
Baby food	65.5 (4.9)	7.5 (2.0)
Burgers and sandwiches (incl. tacos and burritos)	*	6.4 (1.9)
Vegetables (incl. beans and peas, not starchy)	3.0 (0.8)	5.4 (1.6)
Chips, crackers, and savory snacks	*	5.0 (0.9)
Pizza	*	*
Soups	*	*
Yeast breads and tortillas	*	3.3 (0.9)
Fruit (non-juice)	*	3.0 (0.5)
Meat, poultry, and seafood mixed dishes	2.0 (0.5)	*
Poultry (not incl. deli and mixed dishes)	*	3.0 (0.7)
Eggs	*	3.0 (0.8)
Rice and pasta	*	2.4 (0.7)

Food subcategory	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Sugar-sweetened and diet beverages	*	*
100% fruit juice	*	2.2 (0.3)
Higher fat milk/yogurt	*	2.0 (0.4)
Starchy vegetables	*	2.0 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Deli/cured products (meat and poultry)	*	*
Candy and sugars	*	*
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
Lower fat milk/yogurt	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Cheese	*	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.5.a. Iron: Distribution of intake (percentage) among major food categories - Other races, including multi-racial

Major food category	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Mixed dishes	*	29.8 (3.8)
Grains	*	29.6 (3.8)
Snacks and sweets	*	12.2 (1.9)
Baby food	*	*
Protein foods	*	6.7 (1.2)
Fruit and 100% fruit juices	*	5.0 (0.7)
Vegetables	*	3.0 (0.5)
Dairy	*	2.2 (0.5)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.5.b. Iron: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial

Food subcategory	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Breakfast cereals and bars	*	22.8 (4.1)
Baby food	*	*
Rice, pasta, and other grain-based mixed dishes	*	8.6 (2.1)
Burgers and sandwiches (incl. tacos and burritos)	*	7.7 (1.4)
Meat, poultry, and seafood mixed dishes	*	*
Desserts and sweet snacks	*	6.2 (1.2)
Pizza	*	*
Chips, crackers, and savory snacks	*	5.6 (1.3)
Fruit (non-juice)	*	3.8 (0.7)
Eggs	*	2.6 (0.7)
Yeast breads and tortillas	*	*
Poultry (not incl. deli and mixed dishes)	*	2.3 (0.7)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Rice and pasta	*	*
Vegetables (incl. beans and peas, not starchy)	*	1.5 (0.4)
Higher fat milk/yogurt	*	1.4 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Starchy vegetables	*	1.4 (0.3)
Sugar-sweetened and diet beverages	*	*
100% fruit juice	*	1.2 (0.4)
Soups	*	*
Deli/cured products (meat and poultry)	*	*
Meats (not incl. deli and mixed dishes)	*	*
Candy and sugars	*	*
Cheese	*	*
Condiments and gravies	*	*
Lower fat milk/yogurt	*	*
Nuts, seeds, and soy	*	*
Coffee and tea	*	*
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Seafood (not incl. mixed dishes)	*	*
Spreads	*	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIDRETH3 to define subgroups for race and/or ethnicity.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.6.a. Iron: Distribution of intake (percentage) among major food categories - Households with income below 131 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Grains	9.3 (1.1)	30.5 (1.3)
Mixed dishes	10.6 (1.0)	21.9 (1.0)
Snacks and sweets	5.2 (0.6)	12.1 (0.6)
Protein foods	3.6 (0.5)	10.6 (0.7)
Baby food	62.9 (2.2)	7.8 (1.5)
Vegetables	4.1 (0.7)	6.0 (0.5)
Fruit and 100% fruit juices	2.7 (0.4)	5.2 (0.3)
Dairy	1.1 (0.2)	3.5 (0.3)
Beverages	0.3 (0.1)	2.1 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.6.b. Iron: Distribution of intake (percentage) among food subcategories - Households with income below 131 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Breakfast cereals and bars	6.2 (1.0)	22.4 (1.4)
Baby food	62.9 (2.2)	7.8 (1.5)
Rice, pasta, and other grain-based mixed dishes	5.2 (0.7)	7.5 (0.6)
Desserts and sweet snacks	3.2 (0.5)	6.5 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	5.1 (0.5)
Eggs	1.8 (0.3)	4.9 (0.5)
Chips, crackers, and savory snacks	1.8 (0.3)	4.8 (0.4)
Yeast breads and tortillas	2.0 (0.3)	4.2 (0.5)
Vegetables (incl. beans and peas, not starchy)	2.8 (0.7)	3.6 (0.4)
Meat, poultry, and seafood mixed dishes	*	3.2 (0.3)
Soups	2.6 (0.4)	3.2 (0.4)
Pizza	*	3.0 (0.4)
100% fruit juice	1.2 (0.2)	2.7 (0.2)
Poultry (not incl. deli and mixed dishes)	0.9 (0.2)	2.6 (0.2)

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.5 (0.3)
Fruit (non-juice)	1.5 (0.3)	2.5 (0.2)
Starchy vegetables	1.3 (0.3)	2.3 (0.3)
Higher fat milk/yogurt	0.6 (0.1)	2.1 (0.1)
Sugar-sweetened and diet beverages	*	1.9 (0.4)
Deli/cured products (meat and poultry)	*	1.7 (0.2)
Rice and pasta	0.4 (0.1)	1.5 (0.2)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	1.1 (0.2)
Lower fat milk/yogurt	*	1.0 (0.3)
Candy and sugars	*	0.8 (0.1)
Cheese	0.1 (0.0)	0.4 (0.0)
Condiments and gravies	*	*
Coffee and tea	*	*
Seafood (not incl. mixed dishes)	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Waters	*	<0.1 (0.0)
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.7.a. Iron: Distribution of intake (percentage) among major food categories - Households with income at or below 185 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
Grains	7.5 (1.7)	30.9 (2.6)
Mixed dishes	10.7 (2.4)	19.0 (1.6)
Snacks and sweets	*	13.9 (1.7)
Protein foods	3.0 (0.6)	11.3 (1.2)
Baby food	66.8 (4.0)	7.6 (1.8)
Vegetables	3.0 (0.7)	6.2 (1.1)
Fruit and 100% fruit juices	3.4 (0.9)	5.7 (0.7)
Dairy	*	2.9 (0.4)
Beverages	*	2.4 (0.7)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.7.b. Iron: Distribution of intake (percentage) among food subcategories - Households with income at or below 185 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
Breakfast cereals and bars	5.0 (1.5)	22.6 (2.5)
Baby food	66.8 (4.0)	7.6 (1.8)
Rice, pasta, and other grain-based mixed dishes	*	7.4 (0.9)
Chips, crackers, and savory snacks	*	7.4 (1.4)
Desserts and sweet snacks	*	6.2 (1.1)
Burgers and sandwiches (incl. tacos and burritos)	*	4.7 (0.8)
Vegetables (incl. beans and peas, not starchy)	*	4.7 (1.1)
Yeast breads and tortillas	*	4.5 (0.7)
Eggs	2.0 (0.5)	4.0 (0.8)
Fruit (non-juice)	*	3.4 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Poultry (not incl. deli and mixed dishes)	*	3.0 (0.5)
Meat, poultry, and seafood mixed dishes	*	2.6 (0.8)
Sugar-sweetened and diet beverages	*	*

Food subcategory	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
100% fruit juice	0.6 (0.2)	2.3 (0.4)
Pizza	*	*
Deli/cured products (meat and poultry)	*	2.2 (0.6)
Soups	2.3 (0.7)	2.0 (0.5)
Higher fat milk/yogurt	*	1.9 (0.3)
Starchy vegetables	*	1.5 (0.3)
Meats (not incl. deli and mixed dishes)	*	*
Rice and pasta	*	*
Lower fat milk/yogurt	*	*
Nuts, seeds, and soy	*	*
Cheese	*	0.5 (0.1)
Candy and sugars	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	<0.1 (0.0)	*
Waters	<0.1 (0.0)	*
Spreads	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.8.a. Iron: Distribution of intake (percentage) among major food categories - Households with income between 186 and 350 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Grains	11.5 (1.6)	32.3 (2.3)
Mixed dishes	7.2 (1.5)	19.9 (1.6)
Snacks and sweets	5.2 (1.1)	13.1 (0.9)
Protein foods	3.7 (0.9)	8.7 (1.1)
Baby food	61.6 (3.2)	7.6 (1.4)
Fruit and 100% fruit juices	4.6 (1.1)	5.8 (0.5)
Vegetables	4.8 (1.2)	5.1 (0.7)
Dairy	0.9 (0.2)	3.6 (0.4)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.8.b. Iron: Distribution of intake (percentage) among food subcategories - Households with income between 186 and 350 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Breakfast cereals and bars	7.3 (1.4)	23.3 (2.2)
Baby food	61.6 (3.2)	7.6 (1.4)
Rice, pasta, and other grain-based mixed dishes	1.8 (0.5)	7.5 (1.0)
Chips, crackers, and savory snacks	*	6.8 (0.7)
Desserts and sweet snacks	2.3 (0.6)	5.8 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	5.3 (0.9)
Yeast breads and tortillas	1.2 (0.3)	4.7 (0.8)
Meat, poultry, and seafood mixed dishes	*	3.8 (1.0)
Eggs	*	3.5 (0.8)
Fruit (non-juice)	3.5 (1.0)	3.4 (0.4)
Vegetables (incl. beans and peas, not starchy)	*	3.3 (0.5)
Sugar-sweetened and diet beverages	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.6 (0.5)
Poultry (not incl. deli and mixed dishes)	0.4 (0.1)	2.5 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Pizza	*	2.4 (0.4)
100% fruit juice	*	2.4 (0.3)
Higher fat milk/yogurt	*	2.0 (0.2)
Deli/cured products (meat and poultry)	*	1.8 (0.4)
Starchy vegetables	*	1.8 (0.3)
Rice and pasta	*	1.6 (0.4)
Lower fat milk/yogurt	*	*
Soups	*	*
Candy and sugars	*	0.6 (0.2)
Meats (not incl. deli and mixed dishes)	*	*
Cheese	*	0.5 (0.1)
Nuts, seeds, and soy	*	*
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	*
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.9.a. Iron: Distribution of intake (percentage) among major food categories - Households with income above 350 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Grains	11.3 (1.7)	33.1 (2.1)
Mixed dishes	5.9 (1.3)	19.5 (1.6)
Snacks and sweets	2.7 (0.5)	11.1 (0.7)
Baby food	65.6 (3.7)	10.1 (1.5)
Protein foods	3.9 (1.0)	9.2 (1.0)
Fruit and 100% fruit juices	2.8 (0.4)	6.6 (0.4)
Vegetables	6.3 (1.4)	5.9 (0.8)
Dairy	1.1 (0.3)	3.8 (0.4)
Beverages	*	0.5 (0.1)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.9.b. Iron: Distribution of intake (percentage) among food subcategories - Households with income above 350 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Breakfast cereals and bars	6.6 (1.5)	22.2 (1.9)
Baby food	65.6 (3.7)	10.1 (1.5)
Rice, pasta, and other grain-based mixed dishes	*	7.9 (1.1)
Burgers and sandwiches (incl. tacos and burritos)	*	6.0 (1.1)
Chips, crackers, and savory snacks	1.4 (0.4)	6.0 (0.6)
Fruit (non-juice)	2.6 (0.3)	5.3 (0.4)
Desserts and sweet snacks	*	4.6 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	2.7 (0.7)	4.6 (0.8)
Yeast breads and tortillas	*	4.3 (0.6)
Vegetables (incl. beans and peas, not starchy)	4.1 (1.1)	4.3 (0.8)
Eggs	*	3.3 (0.8)
Meat, poultry, and seafood mixed dishes	*	3.1 (0.6)
Higher fat milk/yogurt	0.5 (0.1)	2.4 (0.3)
Poultry (not incl. deli and mixed dishes)	*	2.3 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Deli/cured products (meat and poultry)	*	2.0 (0.3)
Rice and pasta	*	*
Pizza	*	1.7 (0.5)
Starchy vegetables	*	1.6 (0.2)
100% fruit juice	*	1.3 (0.2)
Lower fat milk/yogurt	*	*
Soups	*	0.9 (0.2)
Meats (not incl. deli and mixed dishes)	*	0.7 (0.2)
Sugar-sweetened and diet beverages	*	0.5 (0.1)
Candy and sugars	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.5 (0.1)
Nuts, seeds, and soy	*	0.4 (0.1)
Condiments and gravies	*	*
Coffee and tea	*	*
Salad dressings	<0.1 (0.0)	*
Waters	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Spreads	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable INDFMPIR to define subgroups for household income as a percent of the federal poverty level.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.10.a. Iron: Distribution of intake (percentage) among major food categories - Households with full food security

Major food category	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Grains	10.6 (1.1)	33.3 (1.3)
Mixed dishes	7.8 (0.9)	19.6 (0.9)
Snacks and sweets	4.0 (0.5)	11.6 (0.5)
Protein foods	4.0 (0.6)	9.1 (0.6)
Baby food	63.3 (2.2)	8.6 (0.8)
Fruit and 100% fruit juices	3.6 (0.5)	6.1 (0.3)
Vegetables	5.1 (0.8)	5.8 (0.4)
Dairy	1.1 (0.2)	3.7 (0.2)
Beverages	*	1.9 (0.4)
Condiments, gravies, spreads, and salad dressings	*	0.2 (0.1)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.10.b. Iron: Distribution of intake (percentage) among food subcategories - Households with full food security

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Breakfast cereals and bars	7.0 (1.0)	23.6 (1.4)
Baby food	63.3 (2.2)	8.6 (0.8)
Rice, pasta, and other grain-based mixed dishes	3.3 (0.6)	7.6 (0.5)
Chips, crackers, and savory snacks	2.0 (0.4)	5.9 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	1.0 (0.3)	5.7 (0.5)
Desserts and sweet snacks	1.9 (0.3)	5.2 (0.4)
Yeast breads and tortillas	1.8 (0.3)	4.5 (0.4)
Fruit (non-juice)	2.7 (0.4)	4.1 (0.2)
Vegetables (incl. beans and peas, not starchy)	3.5 (0.6)	3.9 (0.4)
Eggs	1.7 (0.3)	3.5 (0.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.3 (0.3)	3.3 (0.4)
Meat, poultry, and seafood mixed dishes	1.8 (0.4)	2.9 (0.3)
Poultry (not incl. deli and mixed dishes)	1.0 (0.2)	2.5 (0.2)
Higher fat milk/yogurt	0.6 (0.1)	2.1 (0.2)

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Pizza	*	2.0 (0.3)
100% fruit juice	0.9 (0.3)	2.0 (0.2)
Starchy vegetables	1.6 (0.4)	1.9 (0.2)
Sugar-sweetened and diet beverages	*	1.8 (0.4)
Rice and pasta	0.4 (0.1)	1.8 (0.3)
Deli/cured products (meat and poultry)	*	1.7 (0.2)
Soups	1.5 (0.3)	1.4 (0.2)
Lower fat milk/yogurt	*	1.2 (0.3)
Meats (not incl. deli and mixed dishes)	*	0.8 (0.1)
Candy and sugars	*	0.6 (0.1)
Nuts, seeds, and soy	*	0.4 (0.1)
Cheese	0.3 (0.1)	0.4 (0.1)
Seafood (not incl. mixed dishes)	*	*
Condiments and gravies	*	0.2 (0.1)
Coffee and tea	*	*
Salad dressings	*	*

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Waters	*	*
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.11.a. Iron: Distribution of intake (percentage) among major food categories - Households with marginal food security

Major food category	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Grains	8.4 (1.8)	26.0 (2.2)
Mixed dishes	9.6 (1.8)	20.1 (1.5)
Snacks and sweets	4.5 (0.8)	14.5 (1.2)
Protein foods	1.9 (0.5)	12.1 (1.5)
Baby food	68.1 (4.0)	*
Fruit and 100% fruit juices	2.5 (0.6)	5.6 (0.5)
Vegetables	*	5.1 (0.6)
Dairy	*	3.4 (0.5)
Beverages	*	1.6 (0.3)
Condiments, gravies, spreads, and salad dressings	*	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.11.b. Iron: Distribution of intake (percentage) among food subcategories - Households with marginal food security

Food subcategory	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Breakfast cereals and bars	3.8 (1.0)	19.2 (2.3)
Baby food	68.1 (4.0)	*
Desserts and sweet snacks	2.8 (0.7)	8.2 (0.9)
Rice, pasta, and other grain-based mixed dishes	4.3 (1.1)	6.5 (1.0)
Chips, crackers, and savory snacks	*	5.8 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	5.5 (1.1)
Eggs	1.0 (0.3)	5.0 (0.9)
Yeast breads and tortillas	*	4.1 (0.7)
Vegetables (incl. beans and peas, not starchy)	*	3.5 (0.5)
Poultry (not incl. deli and mixed dishes)	*	3.2 (0.4)
Pizza	*	3.0 (0.6)
Fruit (non-juice)	*	2.9 (0.3)
Deli/cured products (meat and poultry)	*	2.7 (0.6)
Meat, poultry, and seafood mixed dishes	*	2.6 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
100% fruit juice	*	2.6 (0.3)
Soups	*	2.5 (0.5)
Higher fat milk/yogurt	*	2.2 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.7 (0.4)
Starchy vegetables	*	1.7 (0.2)
Sugar-sweetened and diet beverages	*	1.6 (0.3)
Meats (not incl. deli and mixed dishes)	*	0.9 (0.2)
Rice and pasta	*	0.9 (0.2)
Lower fat milk/yogurt	*	*
Candy and sugars	*	*
Cheese	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Condiments and gravies	*	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Spreads	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.12.a. Iron: Distribution of intake (percentage) among major food categories - Households with low food security

Major food category	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Grains	9.0 (1.7)	27.1 (2.0)
Mixed dishes	9.0 (1.4)	24.8 (1.6)
Snacks and sweets	5.5 (1.4)	12.4 (0.9)
Protein foods	3.3 (0.8)	10.0 (0.9)
Baby food	65.6 (3.0)	8.1 (1.4)
Vegetables	3.5 (0.8)	5.9 (0.8)
Fruit and 100% fruit juices	2.8 (0.5)	5.4 (0.4)
Dairy	*	3.7 (0.5)
Beverages	*	2.1 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.12.b. Iron: Distribution of intake (percentage) among food subcategories - Households with low food security

Food subcategory	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Breakfast cereals and bars	5.6 (1.4)	20.2 (2.0)
Baby food	65.6 (3.0)	8.1 (1.4)
Rice, pasta, and other grain-based mixed dishes	3.7 (0.8)	7.8 (0.9)
Chips, crackers, and savory snacks	*	6.0 (0.8)
Desserts and sweet snacks	2.0 (0.5)	5.5 (0.7)
Meat, poultry, and seafood mixed dishes	*	5.3 (1.2)
Eggs	2.3 (0.7)	4.9 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	4.1 (0.7)
Soups	*	4.1 (0.9)
Yeast breads and tortillas	1.2 (0.3)	4.0 (0.6)
Vegetables (incl. beans and peas, not starchy)	2.6 (0.8)	4.0 (0.7)
Pizza	*	3.6 (0.9)
Fruit (non-juice)	2.1 (0.5)	2.8 (0.4)
100% fruit juice	0.7 (0.2)	2.6 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Higher fat milk/yogurt	*	2.5 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.0 (0.5)
Sugar-sweetened and diet beverages	*	1.9 (0.4)
Starchy vegetables	0.8 (0.2)	1.9 (0.3)
Poultry (not incl. deli and mixed dishes)	*	1.8 (0.3)
Deli/cured products (meat and poultry)	*	1.8 (0.5)
Meats (not incl. deli and mixed dishes)	*	1.2 (0.3)
Rice and pasta	*	0.9 (0.2)
Candy and sugars	*	0.8 (0.2)
Lower fat milk/yogurt	*	*
Condiments and gravies	*	*
Cheese	*	0.4 (0.1)
Coffee and tea	*	*
Nuts, seeds, and soy	*	*
Seafood (not incl. mixed dishes)	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Spreads	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.13.a. Iron: Distribution of intake (percentage) among major food categories - Households with very low food security

Major food category	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Grains	*	34.3 (2.9)
Mixed dishes	*	19.8 (2.3)
Snacks and sweets	*	12.7 (1.7)
Protein foods	*	10.2 (1.3)
Baby food	*	*
Vegetables	*	5.7 (1.4)
Fruit and 100% fruit juices	*	5.3 (0.7)
Beverages	*	*
Dairy	*	2.6 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.13.b. Iron: Distribution of intake (percentage) among food subcategories - Households with very low food security

Food subcategory	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Breakfast cereals and bars	*	23.5 (3.3)
Rice, pasta, and other grain-based mixed dishes	*	8.2 (1.4)
Desserts and sweet snacks	*	7.2 (1.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	7.1 (1.6)
Baby food	*	*
Chips, crackers, and savory snacks	*	5.2 (0.9)
Eggs	*	4.7 (1.0)
Vegetables (incl. beans and peas, not starchy)	*	*
Pizza	*	*
Sugar-sweetened and diet beverages	*	*
Burgers and sandwiches (incl. tacos and burritos)	*	3.3 (1.0)
100% fruit juice	*	3.1 (0.5)
Meat, poultry, and seafood mixed dishes	*	*
Yeast breads and tortillas	*	2.5 (0.5)
Poultry (not incl. deli and mixed dishes)	*	2.4 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Fruit (non-juice)	*	2.2 (0.4)
Starchy vegetables	*	2.2 (0.6)
Soups	*	*
Higher fat milk/yogurt	*	1.5 (0.3)
Deli/cured products (meat and poultry)	*	*
Rice and pasta	*	*
Meats (not incl. deli and mixed dishes)	*	*
Seafood (not incl. mixed dishes)	*	*
Lower fat milk/yogurt	*	*
Cheese	*	0.5 (0.1)
Candy and sugars	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	*
Waters	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSDHH to define subgroups for household food security.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.14.a. Iron: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits

Major food category	Infants ages 6 through 11 months (n=289)	Young children ages 12 through 23 months (n=345)
Grains	7.5 (1.1)	29.4 (1.9)
Mixed dishes	9.1 (1.3)	22.7 (1.3)
Snacks and sweets	4.9 (1.2)	13.0 (1.0)
Protein foods	3.5 (0.7)	10.6 (1.1)
Baby food	68.5 (3.1)	8.7 (2.4)
Vegetables	2.7 (0.7)	5.8 (0.7)
Fruit and 100% fruit juices	2.2 (0.3)	4.8 (0.4)
Dairy	*	2.9 (0.4)
Beverages	*	2.0 (0.5)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD230 to define subgroups for households currently receiving SNAP. In NHANES, this question was asked only of households that reported ever receiving SNAP. The FSD230 variable is not available in NHANES 2007-2010, so the analysis for this subgroup is based on WWEIA, NHANES 2011-March 2020.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.14.b. Iron: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits

Food subcategory	Infants ages 6 through 11 months (n=289)	Young children ages 12 through 23 months (n=345)
Breakfast cereals and bars	4.7 (0.8)	22.6 (2.0)
Baby food	68.5 (3.1)	8.7 (2.4)
Rice, pasta, and other grain-based mixed dishes	4.7 (0.9)	6.9 (0.7)
Chips, crackers, and savory snacks	*	6.3 (0.8)
Desserts and sweet snacks	2.2 (0.5)	5.9 (0.6)
Burgers and sandwiches (incl. tacos and burritos)	*	5.9 (0.7)
Eggs	2.0 (0.5)	4.3 (0.5)
Pizza	*	4.1 (0.6)
Meat, poultry, and seafood mixed dishes	*	3.7 (0.6)
Vegetables (incl. beans and peas, not starchy)	*	3.5 (0.6)
Yeast breads and tortillas	1.4 (0.4)	2.9 (0.6)
Poultry (not incl. deli and mixed dishes)	*	2.7 (0.4)
Fruit (non-juice)	1.4 (0.3)	2.5 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.4 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=289)	Young children ages 12 through 23 months (n=345)
100% fruit juice	0.8 (0.1)	2.3 (0.2)
Starchy vegetables	0.8 (0.2)	2.2 (0.4)
Sugar-sweetened and diet beverages	*	2.0 (0.5)
Deli/cured products (meat and poultry)	*	2.0 (0.5)
Soups	1.4 (0.4)	2.0 (0.5)
Higher fat milk/yogurt	*	1.7 (0.2)
Rice and pasta	*	1.5 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.2 (0.3)
Lower fat milk/yogurt	*	*
Candy and sugars	*	0.8 (0.2)
Condiments and gravies	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.3 (0.1)
Coffee and tea	*	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=289)	Young children ages 12 through 23 months (n=345)
Waters	*	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD230 to define subgroups for households currently receiving SNAP. In NHANES, this question was asked only of households that reported ever receiving SNAP. The FSD230 variable is not available in NHANES 2007-2010, so the analysis for this subgroup is based on WWEIA, NHANES 2011-March 2020.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.15.a. Iron: Distribution of intake (percentage) among major food categories - Households received SNAP benefits in past 12 months

Major food category	Infants ages 6 through 11 months (n=485)	Young children ages 12 through 23 months (n=618)
Grains	9.1 (1.1)	29.2 (1.4)
Mixed dishes	9.6 (1.0)	21.4 (1.0)
Snacks and sweets	5.7 (0.9)	12.9 (0.7)
Protein foods	3.7 (0.5)	10.9 (0.8)
Baby food	64.7 (2.3)	8.6 (1.6)
Vegetables	3.3 (0.7)	5.8 (0.5)
Fruit and 100% fruit juices	2.2 (0.3)	5.1 (0.3)
Dairy	1.2 (0.2)	3.6 (0.3)
Beverages	0.3 (0.1)	2.1 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variables FSQ012 and FSQ171 to define subgroups for households receiving SNAP in past 12 months.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.15.b. Iron: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months

Food subcategory	Infants ages 6 through 11 months (n=485)	Young children ages 12 through 23 months (n=618)
Breakfast cereals and bars	5.8 (0.9)	21.4 (1.4)
Baby food	64.7 (2.3)	8.6 (1.6)
Rice, pasta, and other grain-based mixed dishes	4.7 (0.8)	7.3 (0.6)
Desserts and sweet snacks	2.8 (0.5)	6.3 (0.4)
Chips, crackers, and savory snacks	2.7 (0.7)	5.8 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	5.1 (0.6)
Eggs	2.0 (0.4)	4.2 (0.4)
Yeast breads and tortillas	1.9 (0.3)	4.0 (0.5)
Vegetables (incl. beans and peas, not starchy)	2.4 (0.6)	3.6 (0.4)
Meat, poultry, and seafood mixed dishes	0.9 (0.3)	3.4 (0.4)
Pizza	*	3.2 (0.5)
Poultry (not incl. deli and mixed dishes)	0.9 (0.2)	2.8 (0.3)
Fruit (non-juice)	1.4 (0.2)	2.6 (0.2)
100% fruit juice	0.8 (0.1)	2.5 (0.2)

Food subcategory	Infants ages 6 through 11 months (n=485)	Young children ages 12 through 23 months (n=618)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.4 (0.3)
Soups	2.4 (0.4)	2.4 (0.4)
Deli/cured products (meat and poultry)	*	2.3 (0.3)
Starchy vegetables	0.9 (0.2)	2.2 (0.3)
Sugar-sweetened and diet beverages	*	2.0 (0.4)
Higher fat milk/yogurt	0.7 (0.2)	2.0 (0.2)
Rice and pasta	0.4 (0.1)	1.4 (0.2)
Meats (not incl. deli and mixed dishes)	*	1.3 (0.2)
Lower fat milk/yogurt	*	1.2 (0.3)
Candy and sugars	*	0.7 (0.1)
Cheese	*	0.4 (0.0)
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=485)	Young children ages 12 through 23 months (n=618)
Waters	*	<0.1 (0.0)
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variables FSQ012 and FSQ171 to define subgroups for households receiving SNAP in past 12 months.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.16.a. Iron: Distribution of intake (percentage) among major food categories - Households that did not receive SNAP benefits in past 12 months

Major food category	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Grains	12.2 (2.8)	27.4 (2.3)
Mixed dishes	10.6 (2.9)	22.0 (2.1)
Snacks and sweets	6.3 (1.7)	12.5 (1.3)
Protein foods	3.4 (1.0)	10.1 (1.1)
Baby food	56.0 (5.0)	9.8 (2.7)
Vegetables	*	7.6 (1.2)
Fruit and 100% fruit juices	3.3 (0.7)	5.7 (0.7)
Dairy	*	3.6 (0.8)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variables FSQ012 and FSQ171 to define subgroups for households receiving SNAP in past 12 months.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.16.b. Iron: Distribution of intake (percentage) among food subcategories - Households that did not receive SNAP benefits in past 12 months

Food subcategory	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Breakfast cereals and bars	7.4 (2.1)	18.3 (2.2)
Baby food	56.0 (5.0)	9.8 (2.7)
Rice, pasta, and other grain-based mixed dishes	3.2 (1.0)	8.2 (1.3)
Burgers and sandwiches (incl. tacos and burritos)	*	7.1 (1.6)
Chips, crackers, and savory snacks	*	6.9 (0.9)
Vegetables (incl. beans and peas, not starchy)	*	5.3 (1.1)
Desserts and sweet snacks	*	5.1 (0.7)
Eggs	*	5.0 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	4.6 (1.0)
Fruit (non-juice)	*	3.7 (0.7)
Yeast breads and tortillas	*	3.6 (0.9)
Pizza	*	*
Poultry (not incl. deli and mixed dishes)	*	2.9 (0.5)
Meat, poultry, and seafood mixed dishes	*	2.5 (0.7)

Food subcategory	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Higher fat milk/yogurt	*	2.4 (0.7)
Starchy vegetables	*	2.3 (0.5)
100% fruit juice	*	2.0 (0.3)
Sugar-sweetened and diet beverages	*	*
Deli/cured products (meat and poultry)	*	1.3 (0.4)
Rice and pasta	*	*
Soups	*	*
Lower fat milk/yogurt	*	*
Meats (not incl. deli and mixed dishes)	*	0.6 (0.2)
Cheese	*	0.5 (0.1)
Candy and sugars	*	*
Nuts, seeds, and soy	*	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)
Seafood (not incl. mixed dishes)	*	*
Spreads	<0.1 (0.0)	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variables FSQ012 and FSQ171 to define subgroups for households receiving SNAP in past 12 months.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.17.a. Iron: Distribution of intake (percentage) among major food categories - Children currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=724)	Young children ages 12 through 23 months (n=715)
Grains	8.4 (0.8)	31.0 (1.5)
Mixed dishes	8.2 (0.8)	21.3 (0.9)
Snacks and sweets	4.6 (0.5)	11.8 (0.5)
Protein foods	3.5 (0.5)	10.4 (0.6)
Baby food	68.4 (1.8)	8.0 (1.0)
Vegetables	3.3 (0.4)	6.1 (0.5)
Fruit and 100% fruit juices	2.4 (0.4)	5.9 (0.3)
Dairy	0.9 (0.2)	3.5 (0.2)
Beverages	0.3 (0.1)	1.8 (0.3)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD660ZC to define subgroups for children currently receiving WIC benefits.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.17.b. Iron: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=724)	Young children ages 12 through 23 months (n=715)
Breakfast cereals and bars	5.7 (0.7)	23.8 (1.7)
Baby food	68.4 (1.8)	8.0 (1.0)
Rice, pasta, and other grain-based mixed dishes	3.8 (0.5)	7.8 (0.5)
Desserts and sweet snacks	2.4 (0.4)	6.3 (0.4)
Chips, crackers, and savory snacks	2.0 (0.4)	4.9 (0.3)
Burgers and sandwiches (incl. tacos and burritos)	*	4.5 (0.5)
Eggs	2.0 (0.4)	4.4 (0.4)
Vegetables (incl. beans and peas, not starchy)	2.3 (0.5)	4.2 (0.4)
Yeast breads and tortillas	1.8 (0.3)	3.8 (0.3)
Soups	2.4 (0.4)	3.5 (0.5)
Meat, poultry, and seafood mixed dishes	1.0 (0.2)	3.2 (0.4)
Fruit (non-juice)	1.1 (0.2)	3.0 (0.2)
100% fruit juice	1.3 (0.4)	2.9 (0.2)
Poultry (not incl. deli and mixed dishes)	0.7 (0.1)	2.8 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=724)	Young children ages 12 through 23 months (n=715)
Higher fat milk/yogurt	0.5 (0.1)	2.3 (0.1)
Pizza	*	2.3 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.9 (0.3)
Deli/cured products (meat and poultry)	*	1.9 (0.3)
Starchy vegetables	1.0 (0.2)	1.8 (0.2)
Sugar-sweetened and diet beverages	0.3 (0.1)	1.7 (0.3)
Rice and pasta	0.4 (0.1)	1.5 (0.3)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.9 (0.2)
Lower fat milk/yogurt	*	0.8 (0.2)
Candy and sugars	*	0.6 (0.1)
Cheese	0.2 (0.0)	0.4 (0.1)
Nuts, seeds, and soy	*	0.2 (0.1)
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=724)	Young children ages 12 through 23 months (n=715)
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD660ZC to define subgroups for children currently receiving WIC benefits.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.18.a. Iron: Distribution of intake (percentage) among major food categories - Children not currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Grains	*	25.8 (2.0)
Mixed dishes	*	25.0 (1.7)
Snacks and sweets	*	12.6 (1.0)
Protein foods	*	11.1 (1.2)
Baby food	*	6.3 (1.6)
Vegetables	*	6.1 (0.8)
Fruit and 100% fruit juices	*	5.8 (0.5)
Dairy	*	3.7 (0.6)
Beverages	*	3.2 (0.7)
Condiments, gravies, spreads, and salad dressings	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD660ZC to define subgroups for children currently receiving WIC benefits.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

Table 17.18.b. Iron: Distribution of intake (percentage) among food subcategories - Children not currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Breakfast cereals and bars	*	19.0 (1.9)
Rice, pasta, and other grain-based mixed dishes	*	9.1 (1.1)
Baby food	*	6.3 (1.6)
Chips, crackers, and savory snacks	*	6.1 (0.9)
Desserts and sweet snacks	*	6.0 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	5.6 (0.7)
Eggs	*	5.2 (0.8)
Meat, poultry, and seafood mixed dishes	*	4.8 (1.0)
Pizza	*	3.8 (0.7)
Vegetables (incl. beans and peas, not starchy)	*	3.5 (0.6)
Yeast breads and tortillas	*	3.2 (0.5)
Fruit (non-juice)	*	3.0 (0.3)
Sugar-sweetened and diet beverages	*	2.9 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.8 (0.5)

Food subcategory	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
100% fruit juice	*	2.7 (0.4)
Poultry (not incl. deli and mixed dishes)	*	2.6 (0.3)
Starchy vegetables	*	2.6 (0.4)
Deli/cured products (meat and poultry)	*	2.1 (0.4)
Higher fat milk/yogurt	*	1.8 (0.3)
Soups	*	1.7 (0.4)
Lower fat milk/yogurt	*	*
Rice and pasta	*	0.9 (0.2)
Meats (not incl. deli and mixed dishes)	*	0.8 (0.2)
Candy and sugars	*	0.5 (0.1)
Coffee and tea	*	*
Condiments and gravies	*	*
Cheese	*	0.3 (0.1)
Nuts, seeds, and soy	*	*
Seafood (not incl. mixed dishes)	*	*
Salad dressings	*	*
Waters	*	<0.1 (0.0)
Spreads	*	*

Notes: The analysis sample includes infants ages 6 through 11 months and young children ages 12 through 23 months. The analysis includes intake from complementary foods, and thus, excludes intake from infant formula and human milk. The WWEIA category 'other' is also excluded.

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable FSD660ZC to define subgroups for children currently receiving WIC benefits.

* Point estimate is unreliable because the sample size is small or the coefficient of variation is large.

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