Food Category Sources of Refined Grains: Individuals Ages 6 Months and Older

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®

Suggested citation: Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee. November 2024. *Food Category Sources of Refined Grains: Individuals Ages 6 Months and Older: Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee.* U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion. Available at: https://www.dietaryguidelines.gov/2025-advisory-committee-report/data-analysis

Related citations: 2025 Dietary Guidelines Advisory Committee. 2024. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and Secretary of Agriculture*. U.S. Department of Health and Human Services. https://doi.org/10.52570/DGAC2025

Cruz CM, DeSilva D, Beckman K, Kuczynski K, Lasswell T, Obudulu C, Pannucci T, Rorabaugh-Irwin J, Stoody E, de Jesus J. *Federal Data Analysis Plan for the 2025 Dietary Guidelines Advisory Committee*. June 2023. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion. Available at: https://www.dietaryguidelines.gov/

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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 and 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 Refined Grains: Individuals Ages 6 Months and Older, 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 Refined Grains: Individuals Ages 6 Months and Older

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Tables for Refined Grains: 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.

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

Table 5.1.a. Refined Grains: Distribution of intake (percentage) among major food categories - Mexican Americans

Major food category	Infants ages 6 through 11 months (n=150)	Young children ages 12 through 23 months (n=174)
Mixed dishes	21.6 (3.5)	38.7 (3.0)
Snacks and sweets	18.0 (3.6)	30.2 (2.3)
Grains	12.7 (2.5)	22.5 (2.3)
Protein foods	*	*
Baby food	45.7 (5.0)	2.9 (0.8)
Beverages	<0.1 (0.0)	*
Vegetables	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.1.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Mexican Americans

Food subcategory	Infants ages 6 through 11 months (n=150)	Young children ages 12 through 23 months (n=174)
Rice, pasta, and other grain-based mixed dishes	9.7 (2.0)	21.9 (2.3)
Desserts and sweet snacks	7.5 (1.5)	16.6 (2.1)
Chips, crackers, and savory snacks	10.5 (2.8)	13.6 (1.9)
Yeast breads and tortillas	9.9 (2.2)	9.9 (1.6)
Burgers and sandwiches (incl. tacos and burritos)	*	7.5 (1.3)
Breakfast cereals and bars	*	5.0 (1.3)
Poultry (not incl. deli and mixed dishes)	*	*
Rice and pasta	*	*
Soups	7.9 (1.8)	3.9 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Pizza	*	3.5 (1.0)
Baby food	45.7 (5.0)	2.9 (0.8)
Meat, poultry, and seafood mixed dishes	*	1.9 (0.5)
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	*	*

Food subcategory	Infants ages 6 through 11 months (n=150)	Young children ages 12 through 23 months (n=174)
Eggs	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Spreads	<0.1 (0.0)	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	*	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*

Food subcategory	Infants ages 6 through 11 months (n=150)	Young children ages 12 through 23 months (n=174)
Cheese	<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 5.2.a. Refined Grains: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks

Major food category	Infants ages 6 through 11 months (n=127)	Young children ages 12 through 23 months (n=218)
Mixed dishes	15.4 (3.0)	38.7 (2.7)
Snacks and sweets	16.2 (3.0)	26.0 (2.5)
Grains	10.6 (2.5)	21.5 (2.4)
Protein foods	*	8.6 (1.3)
Baby food	54.5 (5.1)	*
Vegetables	*	*
Dairy	<0.1 (0.0)	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)
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 5.2.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks

Food subcategory	Infants ages 6 through 11 months (n=127)	Young children ages 12 through 23 months (n=218)
Burgers and sandwiches (incl. tacos and burritos)	*	14.0 (2.0)
Chips, crackers, and savory snacks	11.9 (2.9)	13.8 (2.0)
Desserts and sweet snacks	*	12.1 (1.5)
Rice, pasta, and other grain-based mixed dishes	6.9 (1.8)	12.1 (1.7)
Poultry (not incl. deli and mixed dishes)	*	7.8 (1.2)
Pizza	*	7.7 (1.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	7.2 (1.7)
Breakfast cereals and bars	*	6.6 (1.5)
Baby food	54.5 (5.1)	*
Rice and pasta	*	4.2 (0.7)
Yeast breads and tortillas	*	3.5 (0.9)
Meat, poultry, and seafood mixed dishes	*	3.3 (0.8)
Soups	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=127)	Young children ages 12 through 23 months (n=218)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*
Eggs	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=127)	Young children ages 12 through 23 months (n=218)
Cheese	<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 5.3.a. Refined Grains: Distribution of intake (percentage) among major food categories - Non-Hispanic Whites

Major food category	Infants ages 6 through 11 months (n=218)	Young children ages 12 through 23 months (n=292)
Mixed dishes	15.1 (2.5)	37.2 (2.5)
Snacks and sweets	14.0 (2.2)	31.0 (1.7)
Grains	16.0 (2.2)	19.5 (1.9)
Protein foods	*	5.5 (1.3)
Baby food	52.5 (4.1)	5.4 (1.5)
Vegetables	*	*
Dairy	<0.1 (0.0)	*
Fruit and 100% fruit juices	*	*
Beverages	<0.1 (0.0)	<0.1 (0.0)
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 5.3.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites

Food subcategory	Infants ages 6 through 11 months (n=218)	Young children ages 12 through 23 months (n=292)
Chips, crackers, and savory snacks	8.2 (2.0)	21.7 (1.8)
Burgers and sandwiches (incl. tacos and burritos)	*	14.5 (1.6)
Rice, pasta, and other grain-based mixed dishes	8.9 (1.8)	14.5 (1.8)
Desserts and sweet snacks	5.8 (1.1)	9.2 (1.0)
Yeast breads and tortillas	4.8 (1.1)	6.4 (1.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	8.6 (2.0)	6.4 (1.1)
Breakfast cereals and bars	*	5.4 (1.2)
Baby food	52.5 (4.1)	5.4 (1.5)
Poultry (not incl. deli and mixed dishes)	*	4.9 (1.2)
Pizza	*	4.5 (0.8)
Meat, poultry, and seafood mixed dishes	*	*
Rice and pasta	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Soups	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=218)	Young children ages 12 through 23 months (n=292)
Lower fat milk/yogurt	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Starchy vegetables	*	*
Cheese	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Fruit (non-juice)	*	*
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)
Spreads	<0.1 (0.0)	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=218)	Young children ages 12 through 23 months (n=292)
Eggs	<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 5.4.a. Refined Grains: Distribution of intake (percentage) among major food categories - Other Hispanics

Major food category	Infants ages 6 through 11 months (n=78)	Young children ages 12 through 23 months (n=102)
Mixed dishes	18.4 (4.6)	40.0 (3.0)
Snacks and sweets	19.0 (4.4)	25.3 (2.9)
Grains	14.1 (3.6)	22.4 (2.6)
Protein foods	*	5.7 (1.5)
Baby food	45.7 (5.8)	3.7 (1.1)
Vegetables	*	*
Beverages	<0.1 (0.0)	*
Dairy	<0.1 (0.0)	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.4.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Other Hispanics

Food subcategory	Infants ages 6 through 11 months (n=78)	Young children ages 12 through 23 months (n=102)
Rice, pasta, and other grain-based mixed dishes	*	15.6 (2.3)
Desserts and sweet snacks	*	13.6 (2.4)
Chips, crackers, and savory snacks	*	11.7 (2.6)
Burgers and sandwiches (incl. tacos and burritos)	*	10.7 (2.8)
Yeast breads and tortillas	*	8.8 (1.8)
Pizza	*	7.3 (2.1)
Rice and pasta	*	6.6 (1.8)
Poultry (not incl. deli and mixed dishes)	*	*
Breakfast cereals and bars	*	*
Soups	*	*
Baby food	45.7 (5.8)	3.7 (1.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Meat, poultry, and seafood mixed dishes	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=78)	Young children ages 12 through 23 months (n=102)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*
Eggs	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=78)	Young children ages 12 through 23 months (n=102)
Cheese	<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 5.5.a. Refined Grains: Distribution of intake (percentage) among major food categories - Other races, including multi-racial

Major food category	Infants ages 6 through 11 months (n=49)	Young children ages 12 through 23 months (n=78)
Mixed dishes	*	48.6 (5.0)
Snacks and sweets	*	23.1 (3.6)
Grains	*	19.4 (3.6)
Baby food	*	*
Protein foods	*	*
Vegetables	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	<0.1 (0.0)
Beverages	*	<0.1 (0.0)
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 5.5.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial

Food subcategory	Infants ages 6 through 11 months (n=49)	Young children ages 12 through 23 months (n=78)
Rice, pasta, and other grain-based mixed dishes	*	18.0 (3.4)
Chips, crackers, and savory snacks	*	11.9 (2.8)
Desserts and sweet snacks	*	11.1 (2.7)
Pizza	*	*
Burgers and sandwiches (incl. tacos and burritos)	*	10.1 (1.9)
Meat, poultry, and seafood mixed dishes	*	*
Breakfast cereals and bars	*	*
Rice and pasta	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Baby food	*	*
Yeast breads and tortillas	*	*
Poultry (not incl. deli and mixed dishes)	*	*
Soups	*	*
Deli/cured products (meat and poultry)	*	*
Starchy vegetables	*	*
Sugar-sweetened and diet beverages	*	<0.1 (0.0)
Coffee and tea	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=49)	Young children ages 12 through 23 months (n=78)
Candy and sugars	*	<0.1 (0.0)
Higher fat milk/yogurt	*	<0.1 (0.0)
Vegetables (incl. beans and peas, not starchy)	*	*
Condiments and gravies	*	<0.1 (0.0)
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	*	<0.1 (0.0)
Nuts, seeds, and soy	*	<0.1 (0.0)
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Seafood (not incl. mixed dishes)	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	*	<0.1 (0.0)
100% fruit juice	*	<0.1 (0.0)
Eggs	*	<0.1 (0.0)
Cheese	*	<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 5.6.a. Refined Grains: 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=475)	Young children ages 12 through 23 months (n=663)
Mixed dishes	20.0 (1.6)	35.9 (1.7)
Snacks and sweets	16.7 (1.4)	27.3 (1.4)
Grains	15.8 (1.5)	24.7 (1.3)
Protein foods	1.4 (0.4)	5.9 (0.7)
Baby food	44.8 (2.3)	5.5 (1.6)
Vegetables	*	0.4 (0.1)
Beverages	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	*
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 5.6.b. Refined Grains: 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=475)	Young children ages 12 through 23 months (n=663)
Rice, pasta, and other grain-based mixed dishes	11.3 (1.4)	15.2 (1.2)
Chips, crackers, and savory snacks	8.3 (1.1)	14.6 (1.1)
Desserts and sweet snacks	8.4 (1.1)	12.7 (0.9)
Yeast breads and tortillas	8.6 (1.0)	11.5 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	9.1 (1.0)
Pizza	*	5.7 (0.8)
Baby food	44.8 (2.3)	5.5 (1.6)
Breakfast cereals and bars	*	5.0 (0.6)
Poultry (not incl. deli and mixed dishes)	1.3 (0.4)	5.0 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	2.0 (0.5)	4.6 (0.6)
Rice and pasta	2.2 (0.6)	3.7 (0.5)
Soups	3.6 (0.7)	3.6 (0.5)
Meat, poultry, and seafood mixed dishes	*	2.4 (0.4)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=475)	Young children ages 12 through 23 months (n=663)
Meats (not incl. deli and mixed dishes)	*	*
Sugar-sweetened and diet beverages	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Seafood (not incl. mixed dishes)	*	*
Starchy vegetables	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Condiments and gravies	*	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	*	*
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=475)	Young children ages 12 through 23 months (n=663)
Eggs	<0.1 (0.0)	<0.1 (0.0)
Cheese	<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 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 5.7.a. Refined Grains: 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=106)	Young children ages 12 through 23 months (n=163)
Mixed dishes	23.1 (4.8)	35.1 (3.0)
Snacks and sweets	11.6 (2.6)	31.0 (3.1)
Grains	7.8 (1.9)	20.9 (2.3)
Protein foods	*	6.9 (1.5)
Baby food	55.9 (5.5)	*
Dairy	<0.1 (0.0)	*
Beverages	<0.1 (0.0)	*
Vegetables	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 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 5.7.b. Refined Grains: 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=106)	Young children ages 12 through 23 months (n=163)
Rice, pasta, and other grain-based mixed dishes	13.2 (3.7)	19.3 (2.6)
Chips, crackers, and savory snacks	8.3 (2.5)	19.1 (3.1)
Desserts and sweet snacks	*	11.9 (1.5)
Yeast breads and tortillas	5.6 (1.6)	10.6 (1.5)
Burgers and sandwiches (incl. tacos and burritos)	*	8.4 (1.8)
Poultry (not incl. deli and mixed dishes)	*	6.6 (1.5)
Breakfast cereals and bars	*	4.9 (0.9)
Baby food	55.9 (5.5)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Pizza	*	*
Soups	*	2.4 (0.7)
Meat, poultry, and seafood mixed dishes	*	*
Rice and pasta	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Cheese	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=106)	Young children ages 12 through 23 months (n=163)
Vegetables (incl. beans and peas, not starchy)	<0.1 (0.0)	*
Deli/cured products (meat and poultry)	*	*
Lower fat milk/yogurt	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*

Food subcategory	Infants ages 6 through 11 months (n=106)	Young children ages 12 through 23 months (n=163)
Eggs	<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 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 5.8.a. Refined Grains: 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=202)	Young children ages 12 through 23 months (n=272)
Mixed dishes	13.2 (2.4)	34.4 (2.5)
Snacks and sweets	16.0 (2.3)	31.3 (2.1)
Grains	16.9 (2.8)	24.7 (2.1)
Protein foods	*	5.2 (1.3)
Baby food	52.0 (3.8)	3.8 (0.9)
Dairy	*	*
Vegetables	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	*
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 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 5.8.b. Refined Grains: 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=202)	Young children ages 12 through 23 months (n=272)
Chips, crackers, and savory snacks	8.6 (2.0)	19.8 (1.9)
Rice, pasta, and other grain-based mixed dishes	5.3 (1.2)	16.6 (2.5)
Desserts and sweet snacks	7.4 (1.7)	11.4 (1.3)
Yeast breads and tortillas	7.2 (2.0)	11.4 (1.7)
Burgers and sandwiches (incl. tacos and burritos)	*	8.3 (1.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	5.1 (1.1)
Pizza	*	4.9 (0.8)
Poultry (not incl. deli and mixed dishes)	*	4.5 (1.2)
Breakfast cereals and bars	*	4.4 (0.9)
Rice and pasta	*	3.8 (1.0)
Baby food	52.0 (3.8)	3.8 (0.9)
Meat, poultry, and seafood mixed dishes	*	2.9 (0.8)
Soups	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=202)	Young children ages 12 through 23 months (n=272)
Lower fat milk/yogurt	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*
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)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*

Food subcategory	Infants ages 6 through 11 months (n=202)	Young children ages 12 through 23 months (n=272)
Eggs	<0.1 (0.0)	*
Cheese	*	<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 5.9.a. Refined Grains: 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=160)	Young children ages 12 through 23 months (n=269)
Mixed dishes	10.4 (2.4)	31.6 (2.7)
Snacks and sweets	13.4 (2.3)	28.2 (2.0)
Grains	18.9 (2.7)	27.0 (2.1)
Protein foods	*	5.8 (1.0)
Baby food	53.9 (4.1)	5.5 (1.1)
Vegetables	*	*
Dairy	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)
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 5.9.b. Refined Grains: 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=160)	Young children ages 12 through 23 months (n=269)
Chips, crackers, and savory snacks	9.3 (2.4)	17.9 (1.9)
Rice, pasta, and other grain-based mixed dishes	*	14.7 (2.0)
Desserts and sweet snacks	4.1 (1.1)	10.3 (1.2)
Yeast breads and tortillas	7.3 (2.0)	10.0 (1.3)
Burgers and sandwiches (incl. tacos and burritos)	*	8.6 (1.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	8.9 (2.4)	7.8 (1.2)
Baby food	53.9 (4.1)	5.5 (1.1)
Poultry (not incl. deli and mixed dishes)	*	5.2 (1.0)
Breakfast cereals and bars	*	4.7 (1.3)
Rice and pasta	*	4.5 (1.2)
Meat, poultry, and seafood mixed dishes	*	3.7 (0.9)
Pizza	*	3.3 (0.9)
Vegetables (incl. beans and peas, not starchy)	*	*
Soups	*	*

Food subcategory	Infants ages 6 through 11 months (n=160)	Young children ages 12 through 23 months (n=269)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Lower fat milk/yogurt	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*
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)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=160)	Young children ages 12 through 23 months (n=269)
Eggs	<0.1 (0.0)	*
Cheese	*	<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 5.10.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with full food security

Major food category	Infants ages 6 through 11 months (n=576)	Young children ages 12 through 23 months (n=850)
Mixed dishes	14.1 (1.5)	34.5 (1.6)
Snacks and sweets	13.9 (1.4)	28.6 (1.1)
Grains	16.8 (1.3)	25.4 (1.3)
Protein foods	*	5.7 (0.7)
Baby food	52.1 (2.3)	4.4 (0.6)
Vegetables	*	*
Dairy	*	*
Beverages	*	*
Fruit and 100% fruit juices	*	*
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 5.10.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with full food security

Food subcategory	Infants ages 6 through 11 months (n=576)	Young children ages 12 through 23 months (n=850)
Chips, crackers, and savory snacks	8.4 (1.3)	17.4 (1.2)
Rice, pasta, and other grain-based mixed dishes	8.2 (1.1)	16.3 (1.2)
Desserts and sweet snacks	5.5 (0.7)	11.2 (0.8)
Yeast breads and tortillas	8.5 (1.0)	10.7 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	9.1 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.8 (1.0)	5.5 (0.7)
Poultry (not incl. deli and mixed dishes)	1.5 (0.4)	5.3 (0.7)
Breakfast cereals and bars	*	4.9 (0.7)
Baby food	52.1 (2.3)	4.4 (0.6)
Rice and pasta	1.7 (0.4)	4.3 (0.7)
Pizza	*	4.0 (0.5)
Meat, poultry, and seafood mixed dishes	2.1 (0.6)	3.1 (0.4)
Soups	1.5 (0.4)	2.1 (0.3)
Vegetables (incl. beans and peas, not starchy)	*	*

Food subcategory	Infants ages 6 through 11 months (n=576)	Young children ages 12 through 23 months (n=850)
Lower fat milk/yogurt	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	*	*
Sugar-sweetened and diet beverages	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*
Fruit (non-juice)	*	*
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)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*
Eggs	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=576)	Young children ages 12 through 23 months (n=850)
Cheese	*	<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 5.11.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with marginal food security

Major food category	Infants ages 6 through 11 months (n=168)	Young children ages 12 through 23 months (n=249)
Mixed dishes	15.4 (2.7)	30.9 (2.1)
Snacks and sweets	15.2 (2.3)	30.9 (2.5)
Grains	13.8 (2.7)	22.6 (2.2)
Protein foods	*	7.6 (1.4)
Baby food	53.7 (4.6)	*
Dairy	*	*
Beverages	*	*
Vegetables	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.11.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with marginal food security

Food subcategory	Infants ages 6 through 11 months (n=168)	Young children ages 12 through 23 months (n=249)
Chips, crackers, and savory snacks	8.5 (1.7)	16.9 (2.0)
Desserts and sweet snacks	6.6 (1.6)	13.9 (1.5)
Rice, pasta, and other grain-based mixed dishes	8.2 (2.0)	12.3 (1.7)
Yeast breads and tortillas	4.9 (1.4)	11.2 (1.6)
Burgers and sandwiches (incl. tacos and burritos)	*	7.8 (1.6)
Baby food	53.7 (4.6)	*
Poultry (not incl. deli and mixed dishes)	*	6.5 (1.1)
Pizza	*	5.6 (1.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Breakfast cereals and bars	*	4.2 (0.8)
Soups	*	3.6 (0.8)
Rice and pasta	*	2.5 (0.5)
Meat, poultry, and seafood mixed dishes	*	1.6 (0.4)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=168)	Young children ages 12 through 23 months (n=249)
Cheese	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*
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)

Food subcategory	Infants ages 6 through 11 months (n=168)	Young children ages 12 through 23 months (n=249)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*
Eggs	<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 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 5.12.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with low food security

Major food category	Infants ages 6 through 11 months (n=205)	Young children ages 12 through 23 months (n=272)
Mixed dishes	21.8 (2.8)	37.8 (2.3)
Snacks and sweets	16.0 (2.9)	28.1 (2.1)
Grains	13.7 (2.6)	23.5 (1.9)
Baby food	47.2 (3.9)	5.2 (1.2)
Protein foods	*	4.7 (1.0)
Vegetables	*	*
Beverages	<0.1 (0.0)	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.12.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with low food security

Food subcategory	Infants ages 6 through 11 months (n=205)	Young children ages 12 through 23 months (n=272)
Chips, crackers, and savory snacks	9.3 (2.7)	16.8 (1.9)
Rice, pasta, and other grain-based mixed dishes	10.4 (2.0)	16.1 (1.8)
Yeast breads and tortillas	6.0 (1.3)	12.0 (1.4)
Desserts and sweet snacks	6.7 (1.3)	11.3 (1.4)
Burgers and sandwiches (incl. tacos and burritos)	*	8.0 (1.5)
Pizza	*	6.4 (1.5)
Breakfast cereals and bars	*	5.9 (1.2)
Baby food	47.2 (3.9)	5.2 (1.2)
Soups	4.3 (1.1)	4.1 (0.8)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	3.5 (0.8)
Poultry (not incl. deli and mixed dishes)	*	3.3 (0.7)
Meat, poultry, and seafood mixed dishes	*	*
Rice and pasta	*	2.1 (0.5)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*

Food subcategory	Infants ages 6 through 11 months (n=205)	Young children ages 12 through 23 months (n=272)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*

Food subcategory	Infants ages 6 through 11 months (n=205)	Young children ages 12 through 23 months (n=272)
Eggs	<0.1 (0.0)	*
Cheese	<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 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 5.13.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with very low food security

Major food category	Infants ages 6 through 11 months (n=61)	Young children ages 12 through 23 months (n=92)
Mixed dishes	*	34.0 (3.8)
Snacks and sweets	*	30.2 (3.9)
Grains	*	27.0 (3.4)
Protein foods	*	*
Baby food	*	*
Vegetables	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	<0.1 (0.0)
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 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 5.13.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with very low food security

Food subcategory	Infants ages 6 through 11 months (n=61)	Young children ages 12 through 23 months (n=92)
Rice, pasta, and other grain-based mixed dishes	*	15.9 (2.8)
Chips, crackers, and savory snacks	*	15.2 (3.2)
Desserts and sweet snacks	*	15.0 (2.8)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	10.8 (2.5)
Yeast breads and tortillas	*	8.6 (1.8)
Burgers and sandwiches (incl. tacos and burritos)	*	*
Pizza	*	*
Breakfast cereals and bars	*	4.7 (1.2)
Poultry (not incl. deli and mixed dishes)	*	*
Baby food	*	*
Meat, poultry, and seafood mixed dishes	*	*
Rice and pasta	*	*
Soups	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Deli/cured products (meat and poultry)	*	*

Food subcategory	Infants ages 6 through 11 months (n=61)	Young children ages 12 through 23 months (n=92)
Meats (not incl. deli and mixed dishes)	*	*
Starchy vegetables	*	*
Sugar-sweetened and diet beverages	*	*
Coffee and tea	*	<0.1 (0.0)
Candy and sugars	*	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Condiments and gravies	*	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	*	<0.1 (0.0)
Nuts, seeds, and soy	*	<0.1 (0.0)
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Seafood (not incl. mixed dishes)	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)
100% fruit juice	*	<0.1 (0.0)
Eggs	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=61)	Young children ages 12 through 23 months (n=92)
Cheese	*	<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 5.14.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits

Major food category	Infants ages 6 through 11 months (n=245)	Young children ages 12 through 23 months (n=336)
Mixed dishes	21.3 (2.6)	38.8 (2.1)
Snacks and sweets	16.2 (2.1)	29.1 (1.7)
Grains	11.5 (1.7)	20.1 (1.8)
Baby food	47.9 (3.9)	*
Protein foods	*	5.6 (1.0)
Vegetables	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	*
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 5.14.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits

Food subcategory	Infants ages 6 through 11 months (n=245)	Young children ages 12 through 23 months (n=336)
Chips, crackers, and savory snacks	9.0 (1.7)	18.2 (1.5)
Rice, pasta, and other grain-based mixed dishes	12.1 (1.9)	15.6 (1.7)
Desserts and sweet snacks	7.2 (1.3)	10.8 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	10.6 (1.3)
Pizza	*	7.4 (1.1)
Yeast breads and tortillas	5.8 (1.4)	6.9 (1.4)
Baby food	47.9 (3.9)	*
Breakfast cereals and bars	*	5.6 (0.7)
Poultry (not incl. deli and mixed dishes)	*	4.7 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	4.1 (0.8)
Rice and pasta	*	3.5 (0.6)
Soups	2.5 (0.7)	2.7 (0.6)
Meat, poultry, and seafood mixed dishes	*	2.6 (0.6)
Deli/cured products (meat and poultry)	*	*

Food subcategory	Infants ages 6 through 11 months (n=245)	Young children ages 12 through 23 months (n=336)
Vegetables (incl. beans and peas, not starchy)	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Starchy vegetables	*	*
Eggs	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
Meats (not incl. deli and mixed dishes)	*	*

Food subcategory	Infants ages 6 through 11 months (n=245)	Young children ages 12 through 23 months (n=336)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Cheese	<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 5.15.a. Refined Grains: 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=418)	Young children ages 12 through 23 months (n=607)
Mixed dishes	20.0 (1.9)	35.9 (1.6)
Snacks and sweets	16.8 (1.6)	29.3 (1.3)
Grains	15.0 (1.5)	23.2 (1.5)
Protein foods	1.6 (0.4)	6.1 (0.8)
Baby food	46.2 (2.7)	*
Vegetables	*	0.5 (0.1)
Beverages	<0.1 (0.0)	*
Dairy	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.15.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months

Food subcategory	Infants ages 6 through 11 months (n=418)	Young children ages 12 through 23 months (n=607)
Chips, crackers, and savory snacks	9.5 (1.2)	16.8 (1.1)
Rice, pasta, and other grain-based mixed dishes	10.8 (1.5)	15.2 (1.3)
Desserts and sweet snacks	7.3 (1.0)	12.5 (0.8)
Yeast breads and tortillas	8.0 (1.2)	10.3 (1.1)
Burgers and sandwiches (incl. tacos and burritos)	*	8.9 (1.1)
Pizza	*	6.1 (0.8)
Breakfast cereals and bars	*	5.3 (0.7)
Poultry (not incl. deli and mixed dishes)	1.6 (0.4)	5.2 (0.7)
Baby food	46.2 (2.7)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	4.2 (0.5)
Rice and pasta	2.3 (0.6)	3.5 (0.5)
Soups	3.6 (0.6)	2.9 (0.4)
Meat, poultry, and seafood mixed dishes	*	2.7 (0.5)
Vegetables (incl. beans and peas, not starchy)	*	*

Food subcategory	Infants ages 6 through 11 months (n=418)	Young children ages 12 through 23 months (n=607)
Deli/cured products (meat and poultry)	*	*
Meats (not incl. deli and mixed dishes)	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Starchy vegetables	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=418)	Young children ages 12 through 23 months (n=607)
Eggs	<0.1 (0.0)	*
Cheese	<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 5.16.a. Refined Grains: 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=74)	Young children ages 12 through 23 months (n=142)
Mixed dishes	*	38.7 (4.2)
Snacks and sweets	*	27.4 (3.1)
Grains	*	23.5 (3.4)
Protein foods	*	5.9 (1.1)
Baby food	*	*
Vegetables	*	*
Dairy	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	<0.1 (0.0)
Beverages	*	<0.1 (0.0)
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 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 5.16.b. Refined Grains: 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=74)	Young children ages 12 through 23 months (n=142)
Rice, pasta, and other grain-based mixed dishes	*	19.7 (3.4)
Chips, crackers, and savory snacks	*	18.5 (2.4)
Burgers and sandwiches (incl. tacos and burritos)	*	12.6 (3.1)
Desserts and sweet snacks	*	8.9 (1.3)
Yeast breads and tortillas	*	8.5 (1.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	6.9 (1.5)
Breakfast cereals and bars	*	*
Poultry (not incl. deli and mixed dishes)	*	5.4 (1.1)
Baby food	*	*
Pizza	*	*
Rice and pasta	*	*
Meat, poultry, and seafood mixed dishes	*	*
Soups	*	*
Deli/cured products (meat and poultry)	*	*
Seafood (not incl. mixed dishes)	*	*
Meats (not incl. deli and mixed dishes)	*	*

Food subcategory	Infants ages 6 through 11 months (n=74)	Young children ages 12 through 23 months (n=142)
Starchy vegetables	*	*
Sugar-sweetened and diet beverages	*	<0.1 (0.0)
Coffee and tea	*	<0.1 (0.0)
Candy and sugars	*	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Vegetables (incl. beans and peas, not starchy)	*	*
Condiments and gravies	*	<0.1 (0.0)
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	*	<0.1 (0.0)
Nuts, seeds, and soy	*	<0.1 (0.0)
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)
100% fruit juice	*	<0.1 (0.0)
Eggs	*	<0.1 (0.0)
Cheese	*	<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 5.17.a. Refined Grains: Distribution of intake (percentage) among major food categories - Children currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=627)	Young children ages 12 through 23 months (n=702)
Mixed dishes	17.2 (1.6)	36.8 (1.6)
Snacks and sweets	14.5 (1.3)	27.3 (1.2)
Grains	13.8 (1.3)	24.5 (1.4)
Protein foods	1.3 (0.3)	6.1 (0.8)
Baby food	52.5 (2.2)	4.2 (0.7)
Vegetables	*	*
Beverages	*	*
Dairy	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)
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 5.17.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=627)	Young children ages 12 through 23 months (n=702)
Rice, pasta, and other grain-based mixed dishes	9.0 (1.1)	17.7 (1.4)
Chips, crackers, and savory snacks	8.2 (1.1)	14.2 (1.1)
Desserts and sweet snacks	6.3 (0.9)	13.1 (0.8)
Yeast breads and tortillas	8.0 (0.9)	11.5 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	7.8 (1.0)
Breakfast cereals and bars	*	5.5 (0.7)
Poultry (not incl. deli and mixed dishes)	1.3 (0.3)	5.4 (0.7)
Pizza	1.2 (0.3)	4.5 (0.6)
Soups	4.0 (0.6)	4.3 (0.6)
Baby food	52.5 (2.2)	4.2 (0.7)
Rice and pasta	2.2 (0.5)	4.0 (0.7)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.6 (0.4)	3.5 (0.5)
Meat, poultry, and seafood mixed dishes	1.4 (0.4)	2.5 (0.4)
Vegetables (incl. beans and peas, not starchy)	*	*

Food subcategory	Infants ages 6 through 11 months (n=627)	Young children ages 12 through 23 months (n=702)
Sugar-sweetened and diet beverages	*	*
Meats (not incl. deli and mixed dishes)	*	*
Seafood (not incl. mixed dishes)	*	*
Deli/cured products (meat and poultry)	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Condiments and gravies	*	*
Lower fat milk/yogurt	*	*
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	<0.1 (0.0)
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)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*

Food subcategory	Infants ages 6 through 11 months (n=627)	Young children ages 12 through 23 months (n=702)
Eggs	<0.1 (0.0)	*
Cheese	<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 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 5.18.a. Refined Grains: Distribution of intake (percentage) among major food categories - Children not currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=60)	Young children ages 12 through 23 months (n=289)
Mixed dishes	*	38.8 (2.8)
Snacks and sweets	*	29.8 (2.1)
Grains	*	19.2 (1.7)
Protein foods	*	7.3 (1.4)
Baby food	*	*
Dairy	*	*
Vegetables	*	*
Fruit and 100% fruit juices	*	<0.1 (0.0)
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 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 5.18.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Children not currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=60)	Young children ages 12 through 23 months (n=289)
Chips, crackers, and savory snacks	*	17.6 (2.1)
Rice, pasta, and other grain-based mixed dishes	*	16.8 (1.9)
Desserts and sweet snacks	*	12.1 (1.4)
Burgers and sandwiches (incl. tacos and burritos)	*	9.5 (1.5)
Yeast breads and tortillas	*	8.4 (1.2)
Pizza	*	6.2 (1.1)
Poultry (not incl. deli and mixed dishes)	*	5.9 (1.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	4.4 (0.8)
Baby food	*	*
Meat, poultry, and seafood mixed dishes	*	4.2 (1.1)
Breakfast cereals and bars	*	3.9 (0.7)
Rice and pasta	*	2.4 (0.6)
Soups	*	2.1 (0.5)
Seafood (not incl. mixed dishes)	*	*

Food subcategory	Infants ages 6 through 11 months (n=60)	Young children ages 12 through 23 months (n=289)
Deli/cured products (meat and poultry)	*	*
Cheese	*	*
Starchy vegetables	*	*
Sugar-sweetened and diet beverages	*	*
Coffee and tea	*	<0.1 (0.0)
Candy and sugars	*	*
Higher fat milk/yogurt	*	<0.1 (0.0)
Vegetables (incl. beans and peas, not starchy)	*	*
Condiments and gravies	*	*
Lower fat milk/yogurt	*	<0.1 (0.0)
Fruit (non-juice)	*	<0.1 (0.0)
Nuts, seeds, and soy	*	<0.1 (0.0)
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=60)	Young children ages 12 through 23 months (n=289)
Eggs	*	<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 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.

Tables for Refined Grains: Ages 2 Years and Older

Table 5.19.a. Refined Grains: Distribution of intake (percentage) among major food categories - Females

Major food category	Age groups (years)									
	2+ (n=17,333)	19+ (n=11,165)	2-4 (n=1,219)	5-8 (n=1,444)	9-13 (n=1,842)	14-18 (n=1,663)	19-30 (n=2,114)	31-59 (n=5,404)	60+ (n=3,647)	71+ (n=1,564)
Mixed dishes	51.7 (0.4)	52.4 (0.5)	43.5 (1.2)	47.9 (1.2)	48.4 (1.4)	54.9 (1.0)	59.3 (1.4)	53.0 (0.6)	46.8 (0.8)	44.0 (0.9)
Snacks and sweets	21.9 (0.3)	21.3 (0.4)	27.6 (1.2)	25.5 (0.8)	24.4 (1.1)	20.9 (0.9)	18.1 (0.9)	20.6 (0.6)	24.4 (0.8)	26.0 (1.0)
Grains	20.9 (0.4)	21.2 (0.4)	21.9 (1.2)	20.0 (1.0)	21.5 (1.1)	17.7 (0.8)	16.2 (0.8)	21.5 (0.6)	24.0 (0.7)	26.2 (0.9)
Protein foods	3.9 (0.1)	3.6 (0.2)	5.8 (0.5)	5.4 (0.5)	4.6 (0.5)	5.0 (0.5)	4.5 (0.5)	3.3 (0.2)	3.3 (0.3)	3.0 (0.3)
Vegetables	1.2 (0.1)	1.3 (0.1)	0.6 (0.2)	0.5 (0.1)	*	0.8 (0.2)	1.3 (0.2)	1.3 (0.1)	1.4 (0.2)	0.8 (0.2)
Dairy	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	0.2 (0.0)	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIAGENDR to define subgroups for sex.

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

Table 5.19.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Females

Food subcategory	Age groups (years)									
	2+ (n=17,333)	**19+ (n=11,165)**	**2-4 (n=1,219)**	**5-8 (n=1,444)**	**9-13 (n=1,842)**	**14-18 (n=1,663)**	**19-30 (n=2,114)**	**31-59 (n=5,404)**	**60+ (n=3,647)**	**71+ (n=1,564)**
Burgers and sandwiches (incl. tacos and burritos)	25.9 (0.5)	27.0 (0.6)	17.0 (1.1)	20.9 (0.8)	20.9 (1.1)	27.1 (1.1)	28.4 (1.2)	26.8 (0.7)	26.6 (0.9)	26.2 (1.0)
Rice, pasta, and other grain-based mixed dishes	13.3 (0.3)	13.1 (0.3)	15.8 (0.9)	14.3 (0.9)	12.5 (0.7)	13.1 (1.0)	16.2 (1.0)	13.6 (0.5)	10.3 (0.5)	8.3 (0.6)
Desserts and sweet snacks	11.8 (0.3)	11.8 (0.3)	12.5 (0.8)	13.1 (0.8)	11.7 (0.5)	10.9 (0.8)	9.7 (0.7)	10.7 (0.4)	15.0 (0.7)	17.3 (0.8)
Chips, crackers, and savory snacks	10.0 (0.2)	9.4 (0.3)	15.0 (1.0)	12.2 (0.7)	12.7 (0.9)	9.9 (0.6)	8.2 (0.5)	9.9 (0.5)	9.4 (0.5)	8.7 (0.7)
Yeast breads and tortillas	8.9 (0.3)	9.6 (0.3)	6.7 (0.7)	7.3 (0.8)	7.0 (0.5)	6.3 (0.6)	5.8 (0.5)	9.9 (0.5)	11.6 (0.5)	11.9 (0.6)
Pizza	6.2 (0.2)	5.4 (0.2)	5.7 (0.5)	8.7 (0.8)	9.7 (1.0)	10.1 (0.9)	7.7 (0.6)	5.8 (0.4)	3.3 (0.4)	2.9 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.9 (0.2)	4.6 (0.2)	6.8 (0.7)	6.4 (0.7)	6.7 (0.8)	4.9 (0.7)	3.6 (0.4)	4.6 (0.3)	5.2 (0.4)	5.8 (0.5)
Meat, poultry, and seafood mixed dishes	4.3 (0.2)	4.7 (0.3)	2.5 (0.3)	2.4 (0.3)	3.4 (0.5)	2.7 (0.4)	5.1 (0.5)	4.8 (0.3)	4.4 (0.4)	4.4 (0.5)
Breakfast cereals and bars	3.9 (0.1)	3.7 (0.2)	5.6 (0.7)	4.1 (0.4)	4.7 (0.5)	4.1 (0.5)	3.2 (0.4)	3.5 (0.2)	4.5 (0.3)	5.5 (0.5)
Rice and pasta	3.2 (0.2)	3.3 (0.3)	2.9 (0.4)	2.2 (0.3)	3.0 (0.6)	2.4 (0.4)	3.7 (0.5)	3.5 (0.3)	2.7 (0.3)	3.0 (0.5)
Poultry (not incl. deli and mixed dishes)	2.7 (0.1)	2.2 (0.1)	5.0 (0.5)	4.4 (0.5)	3.7 (0.4)	4.4 (0.5)	3.2 (0.4)	2.1 (0.2)	1.6 (0.2)	1.4 (0.2)
Soups	2.0 (0.1)	2.0 (0.2)	2.6 (0.6)	1.6 (0.3)	1.9 (0.4)	1.9 (0.2)	1.8 (0.2)	2.0 (0.3)	2.3 (0.2)	2.2 (0.3)
Vegetables (incl. beans and peas, not starchy)	0.9 (0.1)	1.0 (0.1)	*	0.4 (0.1)	*	0.7 (0.2)	1.0 (0.2)	1.0 (0.1)	1.1 (0.2)	0.5 (0.1)

Food subcategory	Age groups (years)									
	2+ (n=17,333)	**19+ (n=11,165)**	**2-4 (n=1,219)**	**5-8 (n=1,444)**	**9-13 (n=1,842)**	**14-18 (n=1,663)**	**19-30 (n=2,114)**	**31-59 (n=5,404)**	**60+ (n=3,647)**	**71+ (n=1,564)**
Seafood (not incl. mixed dishes)	0.8 (0.1)	0.9 (0.1)	0.5 (0.1)	*	0.4 (0.1)	0.4 (0.1)	0.6 (0.2)	0.8 (0.1)	1.1 (0.2)	1.0 (0.1)
Meats (not incl. deli and mixed dishes)	0.2 (0.0)	0.3 (0.0)	*	*	0.1 (0.0)	*	*	0.2 (0.1)	0.4 (0.1)	*
Starchy vegetables	0.2 (0.0)	0.3 (0.1)	*	<0.1 (0.0)	*	*	*	*	0.3 (0.1)	*
Cheese	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	0.2 (0.0)	*	*
Eggs	*	*	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*
Higher fat milk/yogurt	*	*	*	<0.1 (0.0)	*	*	*	*	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	*	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	*	*	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=17,333)	**19+ (n=11,165)**	**2-4 (n=1,219)**	**5-8 (n=1,444)**	**9-13 (n=1,842)**	**14-18 (n=1,663)**	**19-30 (n=2,114)**	**31-59 (n=5,404)**	**60+ (n=3,647)**	**71+ (n=1,564)**
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIAGENDR to define subgroups for sex.

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

Table 5.20.a. Refined Grains: Distribution of intake (percentage) among major food categories - Males

Major food category	Age groups (years)									
	2+ (n=17,289)	**19+ (n=10,992)**	**2-4 (n=1,187)**	**5-8 (n=1,567)**	**9-13 (n=1,821)**	**14-18 (n=1,722)**	**19-30 (n=2,257)**	**31-59 (n=5,040)**	**60+ (n=3,695)**	**71+ (n=1,582)**
Mixed dishes	55.7 (0.5)	56.9 (0.6)	41.7 (1.3)	50.7 (1.2)	52.8 (1.3)	58.8 (1.2)	63.5 (1.1)	57.9 (0.8)	49.0 (0.8)	47.0 (1.2)
Grains	19.9 (0.4)	20.1 (0.5)	22.3 (0.8)	19.8 (1.0)	18.4 (0.8)	17.4 (1.0)	17.3 (1.1)	19.3 (0.7)	24.3 (0.6)	25.4 (1.0)
Snacks and sweets	19.0 (0.3)	17.8 (0.4)	28.5 (1.1)	24.1 (0.9)	24.1 (1.2)	17.8 (0.9)	14.3 (0.7)	17.1 (0.6)	22.4 (0.6)	23.1 (1.1)
Protein foods	4.2 (0.2)	3.9 (0.2)	7.0 (0.8)	4.9 (0.4)	4.1 (0.5)	5.2 (0.5)	3.8 (0.4)	4.3 (0.3)	3.1 (0.3)	3.3 (0.3)
Vegetables	1.0 (0.1)	1.1 (0.1)	*	*	0.3 (0.1)	0.5 (0.1)	0.7 (0.2)	1.3 (0.2)	1.2 (0.2)	1.0 (0.2)
Dairy	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIAGENDR to define subgroups for sex.

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

Table 5.20.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Males

Food subcategory	Age groups (years)									
	2+ (n=17,289)	**19+ (n=10,992)**	**2-4 (n=1,187)**	**5-8 (n=1,567)**	**9-13 (n=1,821)**	**14-18 (n=1,722)**	**19-30 (n=2,257)**	**31-59 (n=5,040)**	**60+ (n=3,695)**	**71+ (n=1,582)**
Burgers and sandwiches (incl. tacos and burritos)	30.3 (0.4)	31.9 (0.5)	18.6 (1.2)	23.5 (0.9)	25.6 (1.1)	29.6 (1.3)	33.1 (1.1)	32.7 (0.8)	29.3 (1.0)	28.2 (1.3)
Rice, pasta, and other grain-based mixed dishes	12.1 (0.3)	12.0 (0.3)	12.1 (0.8)	12.6 (1.0)	11.5 (0.6)	12.5 (0.9)	14.0 (0.8)	12.4 (0.5)	9.7 (0.5)	8.5 (0.7)
Desserts and sweet snacks	10.8 (0.2)	10.5 (0.3)	14.1 (0.8)	13.4 (0.9)	12.0 (0.6)	8.8 (0.6)	6.5 (0.4)	10.1 (0.4)	14.8 (0.5)	16.8 (0.9)
Yeast breads and tortillas	8.8 (0.3)	9.5 (0.3)	7.0 (0.6)	5.8 (0.6)	6.6 (0.5)	6.3 (0.6)	7.3 (0.6)	9.8 (0.4)	10.9 (0.5)	12.1 (0.7)
Chips, crackers, and savory snacks	8.1 (0.2)	7.2 (0.2)	14.3 (0.9)	10.4 (0.8)	12.0 (1.2)	9.0 (0.7)	7.7 (0.5)	6.9 (0.4)	7.4 (0.4)	6.3 (0.5)
Pizza	7.7 (0.3)	6.7 (0.3)	7.7 (0.7)	10.6 (0.9)	11.5 (0.8)	12.0 (1.0)	9.7 (0.7)	7.0 (0.5)	3.5 (0.4)	2.6 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.3 (0.2)	3.8 (0.2)	7.6 (0.7)	6.5 (0.5)	5.6 (0.5)	4.3 (0.6)	2.7 (0.3)	3.3 (0.2)	5.8 (0.5)	6.0 (0.6)
Meat, poultry, and seafood mixed dishes	4.1 (0.2)	4.6 (0.2)	2.1 (0.3)	2.4 (0.5)	2.5 (0.2)	2.9 (0.5)	5.1 (0.5)	4.4 (0.3)	4.6 (0.4)	5.6 (0.5)
Breakfast cereals and bars	3.7 (0.1)	3.4 (0.1)	4.6 (0.4)	4.8 (0.4)	4.1 (0.3)	4.7 (0.4)	3.2 (0.3)	2.9 (0.2)	4.7 (0.3)	5.0 (0.4)
Rice and pasta	3.2 (0.2)	3.4 (0.3)	3.1 (0.4)	2.8 (0.4)	2.1 (0.3)	2.2 (0.3)	4.2 (0.6)	3.3 (0.3)	2.9 (0.3)	2.4 (0.4)
Poultry (not incl. deli and mixed dishes)	3.0 (0.2)	2.6 (0.2)	5.7 (0.7)	3.9 (0.4)	3.3 (0.4)	4.4 (0.5)	3.2 (0.3)	2.8 (0.2)	1.6 (0.2)	1.7 (0.3)
Soups	1.6 (0.1)	1.6 (0.1)	1.2 (0.2)	1.6 (0.2)	1.7 (0.2)	1.8 (0.3)	1.6 (0.2)	1.4 (0.2)	2.0 (0.2)	2.1 (0.3)
Vegetables (incl. beans and peas, not starchy)	0.8 (0.1)	0.9 (0.1)	*	*	0.2 (0.1)	*	0.4 (0.1)	1.2 (0.2)	0.9 (0.2)	0.8 (0.2)

Food subcategory	Age groups (years)									
	2+ (n=17,289)	**19+ (n=10,992)**	**2-4 (n=1,187)**	**5-8 (n=1,567)**	**9-13 (n=1,821)**	**14-18 (n=1,722)**	**19-30 (n=2,257)**	**31-59 (n=5,040)**	**60+ (n=3,695)**	**71+ (n=1,582)**
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.8 (0.1)	0.6 (0.1)	0.3 (0.1)	0.3 (0.1)	0.5 (0.1)	*	0.9 (0.1)	1.0 (0.2)	1.2 (0.2)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.3 (0.1)	*	*	*	*	*	0.4 (0.1)	0.4 (0.1)	*
Starchy vegetables	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	0.1 (0.0)	0.3 (0.0)	0.3 (0.1)
Candy and sugars	0.1 (0.0)	*	*	*	*	*	*	*	*	*
Cheese	0.1 (0.0)	*	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Lower fat milk/yogurt	<0.1 (0.0)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Fruit (non-juice)	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	*	*	*	*	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	0.5 (0.1)	*	*	*	*	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=17,289)	**19+ (n=10,992)**	**2-4 (n=1,187)**	**5-8 (n=1,567)**	**9-13 (n=1,821)**	**14-18 (n=1,722)**	**19-30 (n=2,257)**	**31-59 (n=5,040)**	**60+ (n=3,695)**	**71+ (n=1,582)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Eggs	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-March 2020, day 1 dietary recalls. The analysis used the NHANES variable RIAGENDR to define subgroups for sex.

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

Table 5.21.a. Refined Grains: Distribution of intake (percentage) among major food categories - Mexican Americans

Major food category	Age groups (years)									
	2+ (n=5,276)	**19+ (n=2,897)**	**2-4 (n=426)**	**5-8 (n=571)**	**9-13 (n=717)**	**14-18 (n=665)**	**19-30 (n=653)**	**31-59 (n=1,474)**	**60+ (n=770)**	**71+ (n=213)**
Mixed dishes	53.9 (0.8)	54.6 (0.9)	42.1 (1.5)	53.2 (1.8)	53.0 (2.1)	57.8 (1.9)	60.6 (1.8)	53.2 (1.3)	46.1 (1.5)	43.6 (2.4)
Grains	23.7 (0.7)	25.0 (0.9)	24.8 (1.4)	20.9 (1.9)	20.6 (1.2)	20.2 (1.7)	21.0 (1.6)	25.9 (1.2)	30.7 (1.5)	33.6 (3.3)
Snacks and sweets	17.7 (0.5)	16.1 (0.6)	24.8 (1.4)	21.1 (1.4)	21.8 (1.5)	16.6 (0.8)	14.6 (1.2)	16.2 (0.8)	19.4 (1.2)	21.1 (1.9)
Protein foods	3.2 (0.2)	2.5 (0.2)	6.9 (1.0)	3.9 (0.6)	3.7 (0.5)	3.9 (0.7)	2.5 (0.6)	2.7 (0.3)	1.9 (0.3)	1.3 (0.4)
Vegetables	1.1 (0.1)	1.4 (0.2)	*	0.5 (0.2)	*	1.0 (0.3)	*	1.5 (0.3)	1.7 (0.4)	*
Beverages	0.3 (0.0)	0.3 (0.1)	*	*	*	*	*	0.2 (0.1)	*	*
Dairy	0.1 (0.0)	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.21.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Mexican Americans

Food subcategory	Age groups (years)									
	2+ (n=5,276)	19+ (n=2,897)	2-4 (n=426)	5-8 (n=571)	9-13 (n=717)	14-18 (n=665)	19-30 (n=653)	31-59 (n=1,474)	60+ (n=770)	71+ (n=213)
Burgers and sandwiches (incl. tacos and burritos)	29.1 (0.8)	31.5 (0.8)	19.1 (1.6)	22.1 (1.2)	25.7 (1.5)	28.8 (2.4)	33.8 (1.6)	30.8 (1.1)	29.1 (1.6)	27.2 (2.4)
Yeast breads and tortillas	15.6 (0.7)	18.4 (0.8)	13.5 (1.4)	8.9 (1.8)	10.5 (1.0)	10.6 (1.0)	13.2 (1.1)	19.8 (1.3)	25.0 (1.3)	28.0 (2.9)
Rice, pasta, and other grain-based mixed dishes	14.1 (0.5)	13.8 (0.6)	13.6 (1.8)	16.0 (1.5)	13.0 (1.5)	15.2 (1.2)	13.3 (1.4)	14.6 (0.6)	11.3 (0.9)	9.2 (1.8)
Desserts and sweet snacks	10.9 (0.4)	10.8 (0.5)	14.0 (1.2)	12.3 (1.2)	11.7 (1.0)	7.5 (0.7)	7.7 (0.8)	11.6 (0.7)	15.2 (1.1)	16.6 (1.6)
Chips, crackers, and savory snacks	6.8 (0.3)	5.2 (0.3)	10.8 (1.2)	8.8 (0.9)	10.1 (1.2)	9.0 (0.7)	6.7 (0.8)	4.6 (0.4)	4.2 (0.3)	4.5 (1.1)
Pizza	6.1 (0.4)	4.3 (0.5)	4.2 (0.8)	10.6 (1.1)	11.2 (1.4)	10.3 (1.1)	7.4 (1.1)	3.1 (0.5)	1.8 (0.4)	*
Breakfast cereals and bars	3.3 (0.2)	2.4 (0.2)	4.4 (0.6)	6.1 (0.7)	4.7 (0.6)	4.9 (0.7)	2.9 (0.5)	2.2 (0.3)	1.8 (0.3)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	3.0 (0.2)	2.6 (0.3)	4.9 (1.1)	4.1 (0.7)	3.8 (0.6)	2.9 (0.5)	2.5 (0.5)	2.6 (0.4)	2.9 (0.5)	*
Meat, poultry, and seafood mixed dishes	2.5 (0.2)	3.1 (0.4)	1.5 (0.3)	*	1.5 (0.2)	1.3 (0.3)	4.2 (0.9)	2.8 (0.3)	1.6 (0.3)	*
Poultry (not incl. deli and mixed dishes)	2.2 (0.2)	1.4 (0.2)	6.2 (1.0)	3.6 (0.6)	2.8 (0.5)	3.1 (0.8)	1.6 (0.4)	1.4 (0.2)	0.8 (0.2)	*
Soups	2.1 (0.2)	1.9 (0.3)	3.7 (0.7)	2.8 (0.5)	1.6 (0.2)	2.1 (0.4)	1.9 (0.5)	1.8 (0.4)	2.3 (0.3)	2.7 (0.4)
Rice and pasta	1.7 (0.2)	1.6 (0.3)	2.0 (0.5)	1.8 (0.5)	1.6 (0.5)	*	2.3 (0.6)	1.3 (0.2)	0.9 (0.2)	1.0 (0.3)
Vegetables (incl. beans and peas, not starchy)	1.1 (0.1)	1.3 (0.2)	*	*	*	*	*	1.5 (0.3)	1.7 (0.4)	*
Seafood (not incl. mixed dishes)	0.5 (0.1)	0.7 (0.1)	*	*	*	*	*	0.8 (0.2)	*	*

Food subcategory	Age groups (years)									
	2+ (n=5,276)	**19+ (n=2,897)**	**2-4 (n=426)**	**5-8 (n=571)**	**9-13 (n=717)**	**14-18 (n=665)**	**19-30 (n=653)**	**31-59 (n=1,474)**	**60+ (n=770)**	**71+ (n=213)**
Sugar-sweetened and diet beverages	0.3 (0.0)	0.3 (0.1)	*	*	*	*	*	0.2 (0.1)	*	*
Eggs	0.2 (0.0)	0.2 (0.1)	*	*	*	*	*	0.2 (0.1)	*	*
Meats (not incl. deli and mixed dishes)	0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	*	*	*	*	*	*	*	*	*	*
Higher fat milk/yogurt	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*
Fruit (non-juice)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	*	*	*	*	*	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=5,276)	**19+ (n=2,897)**	**2-4 (n=426)**	**5-8 (n=571)**	**9-13 (n=717)**	**14-18 (n=665)**	**19-30 (n=653)**	**31-59 (n=1,474)**	**60+ (n=770)**	**71+ (n=213)**
100% fruit juice	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Cheese	*	*	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.22.a. Refined Grains: Distribution of intake (percentage) among major food categories - Non-Hispanic Asians

Major food category	Age groups (years)									
	2+ (n=3,594)	**19+ (n=2,459)**	**2-4 (n=200)**	**5-8 (n=245)**	**9-13 (n=310)**	**14-18 (n=380)**	**19-30 (n=549)**	**31-59 (n=1,355)**	**60+ (n=555)**	**71+ (n=185)**
Mixed dishes	46.0 (0.8)	46.1 (0.9)	36.0 (3.0)	40.5 (1.9)	48.4 (2.7)	52.5 (2.5)	54.5 (2.0)	43.6 (1.2)	42.3 (2.0)	36.6 (2.3)
Grains	35.3 (0.9)	36.5 (0.9)	35.3 (2.9)	35.3 (2.3)	30.6 (2.7)	25.8 (2.2)	27.4 (1.9)	38.8 (1.2)	41.4 (2.1)	45.2 (2.8)
Snacks and sweets	14.4 (0.5)	13.0 (0.5)	25.5 (2.0)	20.6 (1.3)	17.8 (1.8)	17.2 (1.3)	12.9 (1.2)	13.0 (0.7)	13.3 (1.0)	13.8 (1.8)
Protein foods	2.9 (0.2)	2.9 (0.3)	2.2 (0.6)	2.9 (0.8)	2.3 (0.5)	3.3 (0.7)	3.7 (0.6)	2.8 (0.3)	2.3 (0.6)	*
Vegetables	1.2 (0.2)	1.3 (0.2)	*	*	*	*	*	1.6 (0.3)	*	*
Dairy	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.22.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Non-Hispanic Asians

Food subcategory	Age groups (years)									
	2+ (n=3,594)	**19+ (n=2,459)**	**2-4 (n=200)**	**5-8 (n=245)**	**9-13 (n=310)**	**14-18 (n=380)**	**19-30 (n=549)**	**31-59 (n=1,355)**	**60+ (n=555)**	**71+ (n=185)**
Rice and pasta	19.1 (0.7)	20.4 (0.8)	19.5 (2.8)	13.9 (1.6)	13.7 (2.9)	12.2 (1.6)	18.2 (1.5)	20.0 (1.0)	23.8 (1.8)	25.9 (3.2)
Rice, pasta, and other grain-based mixed dishes	15.5 (0.6)	15.1 (0.7)	16.2 (2.7)	17.7 (1.3)	14.0 (1.7)	19.5 (1.9)	17.5 (1.9)	14.6 (0.8)	13.4 (1.3)	10.6 (1.6)
Burgers and sandwiches (incl. tacos and burritos)	14.7 (0.7)	15.0 (0.7)	5.7 (1.4)	9.3 (1.2)	15.3 (1.6)	19.3 (2.2)	18.8 (1.5)	14.0 (0.9)	12.9 (1.2)	11.3 (1.9)
Yeast breads and tortillas	11.0 (0.6)	11.6 (0.7)	7.8 (1.3)	10.1 (1.7)	9.0 (1.9)	7.6 (1.3)	5.8 (1.0)	13.7 (1.0)	13.1 (1.5)	13.9 (2.4)
Desserts and sweet snacks	9.3 (0.4)	8.8 (0.4)	13.9 (2.9)	11.8 (1.1)	11.2 (1.4)	9.8 (1.0)	6.7 (0.8)	9.3 (0.7)	10.1 (0.9)	10.9 (1.6)
Meat, poultry, and seafood mixed dishes	7.2 (0.6)	7.7 (0.6)	4.5 (1.0)	4.0 (0.7)	7.0 (1.3)	4.5 (1.0)	8.8 (1.0)	7.1 (0.7)	8.0 (1.1)	8.3 (1.7)
Chips, crackers, and savory snacks	4.9 (0.3)	4.1 (0.3)	11.4 (2.9)	8.8 (1.3)	6.4 (0.9)	7.3 (1.1)	5.9 (0.9)	3.7 (0.3)	3.2 (0.6)	2.9 (0.8)
Pizza	4.7 (0.3)	4.0 (0.4)	7.2 (1.9)	7.8 (1.5)	7.9 (1.4)	7.1 (1.7)	5.7 (0.9)	3.8 (0.5)	2.7 (0.7)	*
Soups	3.9 (0.3)	4.2 (0.3)	*	*	4.2 (1.0)	*	3.7 (0.6)	4.1 (0.5)	5.2 (0.8)	4.0 (1.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	3.2 (0.3)	2.8 (0.4)	*	7.9 (1.2)	4.7 (0.8)	2.4 (0.6)	*	3.1 (0.4)	2.8 (0.7)	*
Breakfast cereals and bars	2.1 (0.2)	1.7 (0.2)	3.2 (0.6)	*	*	*	1.2 (0.3)	2.0 (0.3)	1.7 (0.3)	*
Poultry (not incl. deli and mixed dishes)	1.9 (0.2)	1.7 (0.2)	2.0 (0.6)	2.7 (0.8)	2.0 (0.4)	2.6 (0.6)	2.9 (0.6)	1.6 (0.3)	*	*
Vegetables (incl. beans and peas, not starchy)	1.2 (0.2)	1.3 (0.2)	*	*	*	*	*	1.6 (0.3)	*	*
Seafood (not incl. mixed dishes)	0.7 (0.2)	0.8 (0.2)	*	*	*	*	*	0.8 (0.2)	*	*

Food subcategory	Age groups (years)									
	2+ (n=3,594)	19+ (n=2,459)	2-4 (n=200)	5-8 (n=245)	9-13 (n=310)	14-18 (n=380)	19-30 (n=549)	31-59 (n=1,355)	60+ (n=555)	71+ (n=185)
Meats (not incl. deli and mixed dishes)	*	*	*	<0.1 (0.0)	*	*	*	*	*	*
Eggs	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*
Cheese	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	*	*	*	*	*	*	*	*	*	*
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=3,594)	**19+ (n=2,459)**	**2-4 (n=200)**	**5-8 (n=245)**	**9-13 (n=310)**	**14-18 (n=380)**	**19-30 (n=549)**	**31-59 (n=1,355)**	**60+ (n=555)**	**71+ (n=185)**
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	<0.1 (0.0)	*	*	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.23.a. Refined Grains: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks

Major food category	Age groups (years)									
	2+ (n=8,530)	**19+ (n=5,290)**	**2-4 (n=647)**	**5-8 (n=780)**	**9-13 (n=957)**	**14-18 (n=856)**	**19-30 (n=1,064)**	**31-59 (n=2,483)**	**60+ (n=1,743)**	**71+ (n=535)**
Mixed dishes	50.6 (0.6)	51.0 (0.7)	44.9 (1.4)	50.5 (1.2)	49.6 (1.4)	51.8 (1.7)	57.8 (1.4)	52.1 (0.9)	40.4 (0.9)	34.6 (1.6)
Snacks and sweets	20.7 (0.3)	19.7 (0.4)	23.4 (1.0)	23.5 (1.1)	25.4 (1.2)	21.0 (1.2)	18.2 (1.0)	19.2 (0.7)	22.9 (0.9)	25.1 (1.6)
Grains	20.5 (0.5)	21.1 (0.5)	21.2 (1.3)	18.7 (1.2)	17.8 (1.2)	18.4 (1.6)	15.0 (0.9)	20.6 (0.8)	29.3 (1.1)	33.4 (1.7)
Protein foods	7.4 (0.3)	7.2 (0.3)	10.0 (0.8)	6.7 (0.5)	6.9 (0.7)	8.2 (0.9)	8.1 (0.7)	7.2 (0.5)	6.4 (0.5)	6.0 (0.8)
Vegetables	0.6 (0.1)	0.7 (0.1)	*	*	*	0.3 (0.1)	*	0.7 (0.1)	1.0 (0.2)	*
Dairy	0.1 (0.0)	0.1 (0.0)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.23.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks

	Age groups (years)									
Food subcategory	**2+ (n=8,530)**	**19+ (n=5,290)**	**2-4 (n=647)**	**5-8 (n=780)**	**9-13 (n=957)**	**14-18 (n=856)**	**19-30 (n=1,064)**	**31-59 (n=2,483)**	**60+ (n=1,743)**	**71+ (n=535)**
Burgers and sandwiches (incl. tacos and burritos)	25.9 (0.5)	27.0 (0.6)	18.0 (1.4)	25.1 (1.2)	21.8 (1.3)	25.4 (1.4)	27.9 (1.4)	28.0 (0.7)	23.2 (0.6)	19.3 (1.2)
Rice, pasta, and other grain-based mixed dishes	12.1 (0.4)	12.2 (0.5)	15.7 (1.4)	11.6 (1.0)	10.6 (0.8)	10.6 (1.0)	15.4 (1.1)	12.0 (0.6)	9.0 (0.5)	7.3 (0.9)
Desserts and sweet snacks	11.7 (0.3)	11.7 (0.3)	12.4 (0.9)	12.4 (0.7)	12.7 (0.9)	10.0 (0.9)	9.8 (0.7)	11.3 (0.5)	15.2 (0.7)	17.2 (1.4)
Chips, crackers, and savory snacks	8.8 (0.3)	7.8 (0.3)	11.0 (1.0)	11.1 (0.7)	12.5 (1.1)	10.9 (0.9)	8.1 (0.6)	7.7 (0.4)	7.7 (0.6)	7.9 (0.8)
Pizza	6.5 (0.3)	5.3 (0.4)	6.2 (0.9)	8.9 (0.6)	10.6 (0.7)	10.6 (0.9)	8.2 (0.7)	5.5 (0.5)	1.8 (0.3)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	6.4 (0.3)	6.1 (0.4)	7.1 (0.8)	7.4 (1.1)	6.8 (0.7)	7.6 (1.1)	4.6 (0.7)	5.9 (0.4)	8.5 (0.8)	8.9 (1.3)
Yeast breads and tortillas	6.2 (0.3)	7.1 (0.4)	4.5 (0.5)	4.1 (0.5)	3.7 (0.5)	3.3 (0.6)	4.0 (0.5)	7.1 (0.5)	10.6 (0.8)	13.9 (1.4)
Poultry (not incl. deli and mixed dishes)	5.4 (0.2)	5.2 (0.3)	8.3 (0.8)	5.5 (0.4)	5.3 (0.6)	6.4 (0.8)	6.9 (0.7)	5.0 (0.4)	3.5 (0.4)	3.2 (0.7)
Breakfast cereals and bars	4.6 (0.2)	4.4 (0.2)	6.5 (0.7)	5.5 (0.5)	4.8 (0.5)	4.7 (0.5)	3.5 (0.5)	3.9 (0.3)	6.5 (0.5)	7.3 (0.9)
Meat, poultry, and seafood mixed dishes	4.3 (0.2)	4.8 (0.3)	2.9 (0.6)	2.5 (0.4)	4.3 (0.8)	2.7 (0.4)	4.5 (0.6)	4.8 (0.4)	5.2 (0.5)	5.3 (0.8)
Rice and pasta	3.3 (0.3)	3.5 (0.3)	3.1 (0.6)	1.7 (0.4)	2.5 (0.5)	2.9 (0.7)	2.8 (0.5)	3.8 (0.4)	3.6 (0.4)	3.2 (0.7)
Soups	1.9 (0.2)	1.7 (0.2)	2.2 (0.4)	2.3 (0.5)	2.3 (0.4)	2.5 (0.6)	1.9 (0.3)	1.8 (0.2)	1.3 (0.2)	1.7 (0.4)
Seafood (not incl. mixed dishes)	1.4 (0.1)	1.6 (0.2)	1.1 (0.3)	0.4 (0.1)	0.8 (0.2)	*	0.9 (0.2)	1.6 (0.2)	2.1 (0.3)	2.2 (0.5)
Vegetables (incl. beans and peas, not starchy)	0.5 (0.1)	0.6 (0.1)	*	*	*	*	0.3 (0.1)	0.6 (0.1)	0.7 (0.1)	*

Food subcategory	Age groups (years)									
	2+ (n=8,530)	**19+ (n=5,290)**	**2-4 (n=647)**	**5-8 (n=780)**	**9-13 (n=957)**	**14-18 (n=856)**	**19-30 (n=1,064)**	**31-59 (n=2,483)**	**60+ (n=1,743)**	**71+ (n=535)**
Meats (not incl. deli and mixed dishes)	0.4 (0.1)	0.4 (0.1)	*	*	*	*	*	0.4 (0.1)	0.7 (0.2)	*
Candy and sugars	*	*	*	*	*	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	0.1 (0.0)	*	*	0.5 (0.1)	*	*	*	*	*	*
Starchy vegetables	0.1 (0.0)	*	*	*	*	*	*	<0.1 (0.0)	*	*
Cheese	0.1 (0.0)	0.1 (0.0)	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=8,530)	**19+ (n=5,290)**	**2-4 (n=647)**	**5-8 (n=780)**	**9-13 (n=957)**	**14-18 (n=856)**	**19-30 (n=1,064)**	**31-59 (n=2,483)**	**60+ (n=1,743)**	**71+ (n=535)**
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.24.a. Refined Grains: Distribution of intake (percentage) among major food categories - Non-Hispanic Whites

	Age groups (years)									
Major food category	**2+ (n=11,833)**	**19+ (n=8,330)**	**2-4 (n=695)**	**5-8 (n=851)**	**9-13 (n=1,018)**	**14-18 (n=939)**	**19-30 (n=1,415)**	**31-59 (n=3,632)**	**60+ (n=3,283)**	**71+ (n=1,904)**
Mixed dishes	55.1 (0.5)	56.2 (0.5)	42.4 (1.4)	48.1 (1.6)	49.7 (1.5)	58.6 (1.1)	64.0 (1.4)	57.9 (0.7)	49.3 (0.7)	46.9 (1.0)
Snacks and sweets	21.8 (0.4)	20.9 (0.4)	31.1 (1.1)	27.0 (1.0)	26.0 (1.3)	20.2 (0.8)	16.6 (0.9)	20.1 (0.6)	24.6 (0.7)	25.7 (0.8)
Grains	18.0 (0.4)	18.0 (0.4)	19.7 (1.2)	18.7 (1.2)	19.3 (1.2)	15.4 (1.0)	14.4 (1.2)	16.9 (0.5)	21.7 (0.5)	23.4 (0.8)
Protein foods	3.6 (0.2)	3.3 (0.2)	6.0 (0.8)	5.4 (0.7)	4.1 (0.7)	4.7 (0.5)	3.5 (0.4)	3.5 (0.3)	3.0 (0.3)	3.0 (0.2)
Vegetables	1.2 (0.1)	1.3 (0.1)	*	*	*	0.7 (0.2)	1.1 (0.2)	1.4 (0.2)	1.3 (0.2)	1.0 (0.2)
Dairy	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.24.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites

	Age groups (years)									
Food subcategory	**2+ (n=11,833)**	**19+ (n=8,330)**	**2-4 (n=695)**	**5-8 (n=851)**	**9-13 (n=1,018)**	**14-18 (n=939)**	**19-30 (n=1,415)**	**31-59 (n=3,632)**	**60+ (n=3,283)**	**71+ (n=1,904)**
Burgers and sandwiches (incl. tacos and burritos)	30.0 (0.4)	31.5 (0.5)	18.8 (1.2)	22.6 (1.3)	22.9 (1.3)	30.2 (1.3)	33.4 (1.4)	32.1 (0.7)	29.5 (0.9)	29.0 (1.0)
Rice, pasta, and other grain-based mixed dishes	12.0 (0.3)	11.9 (0.3)	13.0 (1.0)	12.7 (1.3)	11.7 (0.8)	12.5 (1.0)	14.7 (1.1)	12.5 (0.5)	9.6 (0.5)	8.0 (0.6)
Desserts and sweet snacks	11.6 (0.3)	11.4 (0.3)	13.9 (0.9)	13.9 (0.9)	11.8 (0.7)	10.4 (0.8)	7.8 (0.6)	10.2 (0.5)	15.2 (0.6)	17.5 (0.8)
Chips, crackers, and savory snacks	10.1 (0.3)	9.4 (0.3)	17.2 (1.1)	12.7 (0.9)	14.0 (1.2)	9.7 (0.7)	8.7 (0.6)	9.8 (0.4)	9.3 (0.4)	8.1 (0.6)
Yeast breads and tortillas	7.8 (0.2)	8.3 (0.3)	5.1 (0.6)	6.2 (0.7)	6.2 (0.6)	5.2 (0.6)	5.5 (0.5)	8.0 (0.4)	10.3 (0.4)	11.1 (0.6)
Pizza	7.4 (0.3)	6.7 (0.3)	7.4 (0.7)	9.5 (1.1)	10.7 (1.1)	11.4 (1.1)	9.6 (0.7)	7.5 (0.5)	3.8 (0.4)	3.1 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.7 (0.2)	4.3 (0.3)	8.4 (1.0)	7.0 (0.6)	7.0 (0.7)	4.7 (0.6)	3.1 (0.4)	3.9 (0.3)	5.5 (0.4)	5.8 (0.5)
Meat, poultry, and seafood mixed dishes	4.1 (0.2)	4.5 (0.2)	2.0 (0.4)	2.3 (0.6)	2.9 (0.6)	3.0 (0.5)	5.0 (0.6)	4.4 (0.4)	4.3 (0.3)	4.8 (0.4)
Breakfast cereals and bars	4.0 (0.1)	3.9 (0.2)	5.2 (0.6)	3.9 (0.4)	4.5 (0.5)	4.3 (0.6)	3.5 (0.4)	3.4 (0.3)	4.8 (0.3)	5.5 (0.4)
Poultry (not incl. deli and mixed dishes)	2.5 (0.1)	2.1 (0.1)	4.9 (0.8)	4.0 (0.7)	3.3 (0.6)	4.3 (0.5)	2.7 (0.3)	2.2 (0.2)	1.5 (0.2)	1.5 (0.2)
Soups	1.6 (0.1)	1.6 (0.1)	*	0.9 (0.2)	1.5 (0.3)	1.5 (0.3)	1.4 (0.2)	1.4 (0.2)	2.1 (0.2)	2.1 (0.3)
Rice and pasta	1.5 (0.2)	1.6 (0.2)	0.9 (0.2)	1.6 (0.4)	*	1.2 (0.3)	2.2 (0.6)	1.6 (0.2)	1.1 (0.2)	1.0 (0.2)
Vegetables (incl. beans and peas, not starchy)	0.9 (0.1)	1.0 (0.1)	*	*	*	0.6 (0.2)	0.7 (0.1)	1.1 (0.2)	1.0 (0.2)	0.7 (0.1)

Food subcategory	Age groups (years)									
	2+ (n=11,833)	**19+ (n=8,330)**	**2-4 (n=695)**	**5-8 (n=851)**	**9-13 (n=1,018)**	**14-18 (n=939)**	**19-30 (n=1,415)**	**31-59 (n=3,632)**	**60+ (n=3,283)**	**71+ (n=1,904)**
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.7 (0.1)	0.5 (0.1)	*	0.2 (0.1)	*	*	0.7 (0.1)	1.0 (0.2)	1.0 (0.2)
Meats (not incl. deli and mixed dishes)	0.3 (0.0)	0.3 (0.1)	*	*	*	*	*	*	0.4 (0.1)	*
Starchy vegetables	0.3 (0.0)	0.3 (0.1)	*	*	*	*	*	*	0.3 (0.1)	0.4 (0.1)
Cheese	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	*	*
Candy and sugars	0.1 (0.0)	*	*	*	*	*	*	<0.1 (0.0)	*	*
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Fruit (non-juice)	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=11,833)	**19+ (n=8,330)**	**2-4 (n=695)**	**5-8 (n=851)**	**9-13 (n=1,018)**	**14-18 (n=939)**	**19-30 (n=1,415)**	**31-59 (n=3,632)**	**60+ (n=3,283)**	**71+ (n=1,904)**
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	*	<0.1 (0.0)	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.25.a. Refined Grains: Distribution of intake (percentage) among major food categories - Other Hispanics

Major food category	Age groups (years)									
	2+ (n=3,641)	19+ (n=2,335)	2-4 (n=255)	5-8 (n=332)	9-13 (n=407)	14-18 (n=312)	19-30 (n=442)	31-59 (n=1,096)	60+ (n=797)	71+ (n=227)
Mixed dishes	51.7 (1.0)	52.5 (1.1)	42.9 (2.6)	50.8 (1.9)	49.3 (2.7)	54.2 (2.8)	59.1 (2.2)	52.3 (1.3)	42.8 (1.8)	41.7 (3.1)
Grains	26.3 (0.8)	27.9 (0.9)	27.4 (2.1)	20.0 (1.6)	21.6 (2.0)	20.8 (1.9)	22.4 (1.8)	28.3 (1.2)	35.2 (1.7)	40.4 (3.5)
Snacks and sweets	17.5 (0.5)	15.8 (0.6)	23.7 (2.3)	22.9 (1.6)	23.3 (1.5)	19.1 (1.6)	14.0 (0.9)	15.7 (1.0)	18.6 (1.0)	16.3 (1.9)
Protein foods	3.0 (0.3)	2.3 (0.3)	4.7 (1.1)	5.1 (0.8)	4.6 (0.8)	4.8 (1.0)	3.1 (0.6)	2.0 (0.3)	1.9 (0.4)	1.2 (0.3)
Vegetables	1.0 (0.2)	1.1 (0.2)	*	*	*	*	*	1.2 (0.2)	*	*
Dairy	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Beverages	*	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.25.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Other Hispanics

Food subcategory	Age groups (years)									
	2+ (n=3,641)	19+ (n=2,335)	2-4 (n=255)	5-8 (n=332)	9-13 (n=407)	14-18 (n=312)	19-30 (n=442)	31-59 (n=1,096)	60+ (n=797)	71+ (n=227)
Burgers and sandwiches (incl. tacos and burritos)	24.9 (1.0)	25.6 (1.1)	18.0 (2.4)	23.7 (1.8)	23.6 (1.8)	25.5 (2.7)	27.9 (2.2)	25.9 (1.5)	21.0 (1.5)	19.9 (3.2)
Rice, pasta, and other grain-based mixed dishes	13.8 (0.7)	14.3 (0.8)	16.7 (2.6)	12.7 (1.5)	12.0 (1.5)	10.7 (1.6)	14.9 (1.6)	14.3 (1.0)	13.4 (1.1)	11.5 (1.6)
Yeast breads and tortillas	12.0 (0.8)	13.4 (0.8)	9.4 (2.2)	6.4 (1.4)	8.2 (1.4)	10.1 (1.8)	9.1 (1.3)	14.4 (1.2)	17.1 (1.2)	17.2 (2.0)
Desserts and sweet snacks	10.7 (0.4)	9.9 (0.5)	12.5 (1.6)	14.4 (1.7)	12.0 (1.1)	11.6 (1.2)	8.5 (0.8)	9.6 (0.8)	13.1 (0.9)	12.9 (1.7)
Rice and pasta	7.4 (0.8)	8.3 (0.9)	8.5 (1.4)	4.0 (0.8)	4.7 (1.1)	3.2 (0.6)	8.5 (1.3)	7.6 (0.7)	10.2 (1.7)	13.8 (3.7)
Pizza	6.9 (0.6)	5.7 (0.6)	4.9 (1.2)	10.6 (1.3)	9.8 (1.4)	12.7 (2.1)	9.5 (1.2)	5.2 (0.7)	1.4 (0.4)	*
Chips, crackers, and savory snacks	6.8 (0.3)	5.8 (0.4)	11.2 (1.8)	8.5 (1.1)	11.2 (1.4)	7.4 (1.1)	5.5 (0.6)	6.0 (0.7)	5.4 (0.6)	3.3 (0.8)
Meat, poultry, and seafood mixed dishes	4.4 (0.4)	5.1 (0.5)	1.6 (0.4)	2.1 (0.6)	2.4 (0.6)	3.6 (0.9)	5.6 (1.0)	5.2 (0.5)	4.3 (0.9)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	3.8 (0.3)	3.5 (0.4)	5.5 (0.9)	5.9 (0.8)	4.4 (0.9)	3.5 (0.8)	2.3 (0.4)	3.7 (0.5)	4.8 (0.8)	6.1 (1.6)
Breakfast cereals and bars	3.0 (0.2)	2.6 (0.3)	4.1 (0.6)	3.7 (0.4)	4.2 (0.6)	4.0 (0.9)	2.5 (0.6)	2.5 (0.5)	3.1 (0.5)	*
Poultry (not incl. deli and mixed dishes)	2.4 (0.2)	1.7 (0.3)	4.0 (0.9)	4.1 (0.7)	4.0 (0.8)	4.5 (1.0)	2.7 (0.6)	1.4 (0.3)	1.3 (0.3)	*
Soups	1.7 (0.2)	1.7 (0.2)	1.6 (0.5)	*	1.6 (0.4)	*	1.1 (0.3)	1.8 (0.3)	2.6 (0.4)	2.6 (0.7)
Vegetables (incl. beans and peas, not starchy)	0.8 (0.1)	0.8 (0.2)	*	*	*	*	*	1.0 (0.2)	*	*
Seafood (not incl. mixed dishes)	0.4 (0.1)	0.4 (0.1)	*	*	*	*	*	0.4 (0.1)	*	*

Food subcategory	Age groups (years)									
	2+ (n=3,641)	19+ (n=2,335)	2-4 (n=255)	5-8 (n=332)	9-13 (n=407)	14-18 (n=312)	19-30 (n=442)	31-59 (n=1,096)	60+ (n=797)	71+ (n=227)
Cheese	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Sugar-sweetened and diet beverages	*	*	*	*	*	*	*	*	*	*
Starchy vegetables	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	*	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=3,641)	**19+ (n=2,335)**	**2-4 (n=255)**	**5-8 (n=332)**	**9-13 (n=407)**	**14-18 (n=312)**	**19-30 (n=442)**	**31-59 (n=1,096)**	**60+ (n=797)**	**71+ (n=227)**
Meats (not incl. deli and mixed dishes)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.26.a. Refined Grains: Distribution of intake (percentage) among major food categories - Other races, including multi-racial

Major food category	Age groups (years)									
	2+ (n=1,748)	19+ (n=846)	2-4 (n=183)	5-8 (n=232)	9-13 (n=254)	14-18 (n=233)	19-30 (n=248)	31-59 (n=404)	60+ (n=194)	71+ (n=82)
Mixed dishes	54.5 (1.5)	54.5 (2.1)	44.4 (4.7)	54.6 (2.8)	57.7 (3.1)	57.9 (2.8)	60.5 (2.8)	53.6 (3.2)	49.4 (3.5)	47.3 (5.8)
Snacks and sweets	20.1 (1.1)	19.5 (1.5)	29.3 (5.6)	22.8 (2.1)	18.9 (2.4)	17.8 (2.2)	15.9 (1.9)	19.2 (2.3)	24.9 (3.1)	26.9 (4.9)
Grains	18.3 (0.9)	18.3 (1.4)	20.0 (2.7)	18.1 (1.8)	19.0 (1.5)	16.8 (2.1)	14.0 (1.6)	19.5 (2.2)	20.4 (3.1)	22.5 (5.0)
Protein foods	5.7 (0.6)	6.2 (0.8)	5.8 (1.1)	4.0 (0.7)	3.6 (1.0)	6.4 (1.8)	8.0 (1.8)	6.0 (1.2)	4.4 (1.1)	*
Vegetables	0.8 (0.2)	1.1 (0.3)	*	*	*	*	*	*	*	*
Dairy	0.3 (0.1)	*	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.26.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial

Food subcategory	Age groups (years)									
	2+ (n=1,748)	19+ (n=846)	2-4 (n=183)	5-8 (n=232)	9-13 (n=254)	14-18 (n=233)	19-30 (n=248)	31-59 (n=404)	60+ (n=194)	71+ (n=82)
Burgers and sandwiches (incl. tacos and burritos)	25.5 (1.0)	26.1 (1.4)	14.4 (2.9)	20.9 (2.3)	28.4 (3.5)	28.6 (3.6)	25.6 (2.6)	25.2 (2.1)	29.1 (3.5)	24.4 (4.8)
Rice, pasta, and other grain-based mixed dishes	14.8 (1.1)	15.7 (1.4)	12.5 (2.2)	15.1 (2.8)	13.6 (2.4)	10.7 (1.7)	20.2 (2.5)	15.3 (2.0)	11.5 (1.9)	15.8 (4.6)
Desserts and sweet snacks	10.7 (0.6)	11.0 (0.9)	9.5 (1.4)	11.5 (1.3)	10.8 (1.5)	8.7 (1.3)	7.0 (1.2)	10.4 (1.1)	17.4 (2.6)	18.6 (5.0)
Chips, crackers, and savory snacks	9.4 (0.8)	8.5 (1.0)	*	11.2 (1.9)	8.0 (1.5)	9.1 (1.9)	8.8 (1.6)	8.7 (1.7)	7.5 (1.3)	8.2 (2.2)
Yeast breads and tortillas	7.4 (0.8)	8.4 (1.2)	4.7 (1.0)	6.0 (1.4)	5.6 (1.1)	4.9 (0.8)	5.0 (1.1)	9.8 (2.0)	8.8 (2.0)	*
Pizza	7.4 (0.7)	5.3 (0.8)	10.4 (2.0)	11.2 (2.3)	11.3 (2.1)	12.6 (2.2)	8.5 (2.3)	5.1 (1.1)	*	*
Meat, poultry, and seafood mixed dishes	4.7 (0.6)	5.4 (0.9)	4.8 (1.2)	3.8 (0.8)	2.2 (0.6)	3.0 (0.9)	3.8 (1.0)	6.5 (1.6)	4.5 (1.3)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.4 (0.5)	3.8 (0.6)	6.7 (1.3)	4.4 (1.0)	6.8 (1.4)	4.8 (1.4)	3.1 (0.8)	4.1 (0.9)	3.8 (1.0)	*
Poultry (not incl. deli and mixed dishes)	4.0 (0.5)	3.8 (0.5)	4.8 (1.1)	3.6 (0.7)	3.3 (1.0)	*	5.4 (1.4)	4.1 (0.9)	*	*
Breakfast cereals and bars	3.9 (0.4)	3.5 (0.6)	5.4 (1.4)	4.4 (0.5)	4.0 (0.5)	4.6 (0.9)	*	3.6 (0.8)	*	*
Rice and pasta	2.7 (0.3)	2.6 (0.4)	*	*	*	*	2.6 (0.8)	2.0 (0.4)	*	*
Soups	2.2 (0.4)	1.9 (0.5)	*	*	2.3 (0.6)	3.1 (0.8)	*	*	*	*
Seafood (not incl. mixed dishes)	1.2 (0.3)	1.6 (0.5)	*	*	*	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=1,748)	**19+ (n=846)**	**2-4 (n=183)**	**5-8 (n=232)**	**9-13 (n=254)**	**14-18 (n=233)**	**19-30 (n=248)**	**31-59 (n=404)**	**60+ (n=194)**	**71+ (n=82)**
Vegetables (incl. beans and peas, not starchy)	*	*	*	*	*	*	*	*	*	*
Meats (not incl. deli and mixed dishes)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Cheese	0.3 (0.1)	*	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	*	*	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	*	*	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=1,748)	**19+ (n=846)**	**2-4 (n=183)**	**5-8 (n=232)**	**9-13 (n=254)**	**14-18 (n=233)**	**19-30 (n=248)**	**31-59 (n=404)**	**60+ (n=194)**	**71+ (n=82)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Eggs	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.27.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with income below 131 percent of the federal poverty level

Major food category	Age groups (years)									
	2+ (n=11,519)	19+ (n=6,469)	2-4 (n=1,057)	5-8 (n=1,288)	9-13 (n=1,444)	14-18 (n=1,261)	19-30 (n=1,615)	31-59 (n=2,914)	60+ (n=1,940)	71+ (n=756)
Mixed dishes	54.2 (0.6)	55.0 (0.8)	44.7 (1.3)	50.8 (1.4)	53.3 (1.3)	58.6 (1.2)	61.0 (1.3)	55.7 (1.0)	44.5 (1.1)	40.9 (1.5)
Grains	21.1 (0.5)	21.7 (0.6)	22.9 (1.2)	19.5 (1.2)	19.6 (0.9)	18.4 (1.2)	17.0 (0.9)	21.6 (0.9)	29.1 (1.1)	31.7 (1.5)
Snacks and sweets	18.7 (0.4)	17.4 (0.4)	24.4 (1.1)	23.5 (1.0)	22.4 (1.1)	16.6 (0.8)	16.0 (0.8)	16.8 (0.6)	21.1 (0.9)	23.2 (1.4)
Protein foods	4.6 (0.2)	4.3 (0.3)	7.2 (1.0)	5.2 (0.4)	4.2 (0.4)	5.5 (0.5)	4.8 (0.5)	4.2 (0.3)	3.7 (0.5)	2.9 (0.6)
Vegetables	1.0 (0.1)	1.3 (0.2)	*	0.5 (0.1)	0.3 (0.1)	0.5 (0.1)	0.8 (0.2)	1.5 (0.3)	1.5 (0.3)	*
Dairy	0.2 (0.0)	0.2 (0.1)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	0.1 (0.0)	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.27.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with income below 131 percent of the federal poverty level

	Age groups (years)									
Food subcategory	**2+ (n=11,519)**	**19+ (n=6,469)**	**2-4 (n=1,057)**	**5-8 (n=1,288)**	**9-13 (n=1,444)**	**14-18 (n=1,261)**	**19-30 (n=1,615)**	**31-59 (n=2,914)**	**60+ (n=1,940)**	**71+ (n=756)**
Burgers and sandwiches (incl. tacos and burritos)	27.4 (0.5)	28.9 (0.6)	19.5 (1.0)	23.6 (1.1)	23.7 (1.0)	28.2 (1.5)	30.3 (1.0)	29.3 (0.9)	25.8 (1.1)	24.4 (1.2)
Rice, pasta, and other grain-based mixed dishes	13.3 (0.4)	13.3 (0.5)	13.5 (1.0)	12.9 (0.8)	12.5 (0.8)	14.5 (1.0)	15.2 (1.0)	13.7 (0.6)	9.4 (0.8)	8.1 (1.0)
Desserts and sweet snacks	11.0 (0.3)	10.8 (0.3)	13.2 (0.8)	12.4 (0.8)	11.6 (0.8)	8.6 (0.5)	8.7 (0.6)	10.6 (0.4)	14.3 (0.8)	15.7 (1.1)
Yeast breads and tortillas	9.9 (0.4)	10.8 (0.5)	8.5 (1.0)	7.8 (1.0)	7.8 (0.7)	7.9 (0.7)	7.3 (0.6)	11.5 (0.7)	14.2 (0.8)	14.9 (1.1)
Chips, crackers, and savory snacks	7.6 (0.2)	6.5 (0.3)	11.1 (0.9)	10.9 (0.8)	10.7 (1.0)	7.9 (0.6)	7.0 (0.5)	6.1 (0.4)	6.7 (0.4)	7.5 (0.9)
Pizza	7.3 (0.4)	6.2 (0.4)	7.1 (0.7)	9.0 (0.8)	11.2 (0.8)	10.8 (1.1)	9.2 (0.9)	6.0 (0.4)	2.2 (0.4)	*
Meat, poultry, and seafood mixed dishes	4.0 (0.3)	4.5 (0.3)	2.4 (0.5)	2.7 (0.4)	3.6 (0.8)	2.4 (0.4)	4.7 (0.6)	4.4 (0.4)	4.7 (0.5)	3.8 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	3.9 (0.2)	3.6 (0.2)	5.2 (0.7)	4.4 (0.5)	4.9 (0.5)	3.8 (0.5)	3.3 (0.3)	3.2 (0.3)	5.1 (0.7)	5.5 (0.9)
Breakfast cereals and bars	3.8 (0.2)	3.1 (0.2)	5.8 (0.5)	5.5 (0.4)	4.9 (0.4)	4.4 (0.4)	2.7 (0.4)	2.6 (0.2)	5.1 (0.5)	7.1 (1.0)
Rice and pasta	3.6 (0.3)	4.2 (0.3)	3.3 (0.5)	1.7 (0.3)	2.0 (0.3)	2.2 (0.4)	3.7 (0.6)	4.3 (0.5)	4.8 (0.5)	4.2 (0.6)
Poultry (not incl. deli and mixed dishes)	3.4 (0.2)	2.9 (0.2)	6.0 (0.9)	4.1 (0.4)	3.3 (0.4)	4.5 (0.5)	4.0 (0.5)	2.7 (0.3)	1.6 (0.2)	1.2 (0.3)
Soups	2.2 (0.1)	2.1 (0.2)	2.1 (0.3)	2.6 (0.4)	2.5 (0.4)	2.8 (0.5)	1.6 (0.2)	2.2 (0.3)	2.4 (0.3)	2.6 (0.5)
Vegetables (incl. beans and peas, not starchy)	0.7 (0.1)	0.9 (0.1)	*	0.4 (0.1)	0.2 (0.1)	0.4 (0.1)	0.5 (0.1)	1.2 (0.3)	1.0 (0.2)	*

Food subcategory	Age groups (years)									
	2+ (n=11,519)	**19+ (n=6,469)**	**2-4 (n=1,057)**	**5-8 (n=1,288)**	**9-13 (n=1,444)**	**14-18 (n=1,261)**	**19-30 (n=1,615)**	**31-59 (n=2,914)**	**60+ (n=1,940)**	**71+ (n=756)**
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.9 (0.1)	0.5 (0.1)	*	0.4 (0.1)	0.4 (0.1)	*	0.9 (0.2)	1.3 (0.3)	1.2 (0.3)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.4 (0.1)	*	*	*	*	*	*	*	*
Starchy vegetables	0.3 (0.1)	0.3 (0.1)	*	*	*	*	*	*	*	*
Cheese	0.2 (0.0)	0.2 (0.1)	*	*	*	*	*	*	*	*
Candy and sugars	0.1 (0.0)	*	*	*	*	<0.1 (0.0)	*	*	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	0.1 (0.0)	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Fruit (non-juice)	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	*	*	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=11,519)	**19+ (n=6,469)**	**2-4 (n=1,057)**	**5-8 (n=1,288)**	**9-13 (n=1,444)**	**14-18 (n=1,261)**	**19-30 (n=1,615)**	**31-59 (n=2,914)**	**60+ (n=1,940)**	**71+ (n=756)**
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	*	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.28.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with income at or below 185 percent of the federal poverty level

Major food category	Age groups (years)									
	2+ (n=4,208)	19+ (n=2,669)	2-4 (n=273)	5-8 (n=374)	9-13 (n=463)	14-18 (n=429)	19-30 (n=543)	31-59 (n=1,120)	60+ (n=1,006)	71+ (n=496)
Mixed dishes	53.3 (0.8)	54.1 (1.0)	45.7 (1.7)	54.6 (2.9)	47.8 (2.6)	54.0 (2.4)	60.8 (2.1)	57.2 (1.5)	44.2 (1.6)	39.8 (2.1)
Grains	20.5 (0.7)	21.0 (0.9)	16.6 (1.4)	16.9 (1.7)	21.4 (2.0)	19.2 (2.1)	15.5 (1.4)	21.1 (1.4)	25.5 (1.3)	28.7 (1.7)
Snacks and sweets	20.2 (0.7)	19.2 (0.9)	29.8 (2.6)	21.6 (2.0)	24.1 (1.6)	19.2 (1.9)	16.9 (1.6)	16.4 (1.0)	25.1 (1.4)	26.2 (1.8)
Protein foods	4.5 (0.3)	4.0 (0.3)	6.4 (1.1)	5.4 (1.1)	5.1 (0.8)	6.9 (1.5)	4.7 (0.8)	3.9 (0.4)	3.7 (0.5)	3.6 (0.6)
Vegetables	1.0 (0.1)	1.2 (0.2)	*	*	*	*	1.5 (0.4)	1.0 (0.2)	1.4 (0.3)	*
Dairy	0.4 (0.1)	*	*	*	*	*	*	*	*	*
Beverages	*	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.28.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with income at or below 185 percent of the federal poverty level

	Age groups (years)									
Food subcategory	**2+ (n=4,208)**	**19+ (n=2,669)**	**2-4 (n=273)**	**5-8 (n=374)**	**9-13 (n=463)**	**14-18 (n=429)**	**19-30 (n=543)**	**31-59 (n=1,120)**	**60+ (n=1,006)**	**71+ (n=496)**
Burgers and sandwiches (incl. tacos and burritos)	28.7 (0.8)	30.7 (1.1)	17.5 (2.2)	23.7 (2.4)	23.0 (1.8)	26.4 (2.6)	30.8 (1.7)	32.6 (1.6)	27.9 (1.9)	25.2 (2.2)
Rice, pasta, and other grain-based mixed dishes	12.5 (0.7)	12.0 (0.8)	17.5 (2.1)	17.2 (2.7)	10.1 (1.3)	13.6 (1.6)	14.9 (1.5)	12.6 (1.1)	8.6 (0.8)	7.2 (1.2)
Desserts and sweet snacks	12.1 (0.5)	12.1 (0.7)	16.7 (1.8)	11.3 (1.2)	12.0 (1.3)	10.2 (1.5)	9.2 (1.3)	10.1 (0.8)	17.4 (1.1)	17.9 (1.5)
Yeast breads and tortillas	8.3 (0.4)	9.1 (0.5)	5.3 (0.8)	5.9 (1.1)	6.4 (1.1)	5.3 (1.0)	6.2 (0.8)	9.1 (0.7)	11.6 (0.9)	12.5 (1.2)
Chips, crackers, and savory snacks	8.0 (0.5)	7.0 (0.5)	13.0 (2.5)	10.1 (1.5)	11.9 (1.4)	8.9 (1.1)	7.6 (0.9)	6.2 (0.8)	7.6 (0.9)	8.3 (1.0)
Pizza	6.4 (0.5)	5.5 (0.5)	7.0 (1.2)	10.0 (1.8)	9.5 (1.4)	9.1 (1.5)	9.2 (1.4)	5.3 (0.7)	2.7 (0.5)	2.5 (0.7)
Breakfast cereals and bars	4.6 (0.3)	4.3 (0.3)	4.1 (0.8)	4.7 (0.7)	4.8 (1.1)	6.6 (1.2)	3.8 (0.7)	3.8 (0.6)	5.6 (0.7)	6.4 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.5 (0.4)	4.2 (0.4)	4.7 (1.0)	4.8 (1.0)	6.8 (1.0)	4.5 (0.9)	2.9 (0.5)	3.9 (0.6)	5.7 (0.7)	7.1 (1.1)
Meat, poultry, and seafood mixed dishes	3.9 (0.3)	4.3 (0.4)	1.6 (0.4)	2.3 (0.6)	3.4 (0.8)	3.5 (0.8)	4.8 (0.8)	4.7 (0.6)	3.1 (0.5)	3.0 (0.7)
Rice and pasta	3.2 (0.4)	3.4 (0.4)	2.5 (0.6)	1.5 (0.4)	3.3 (0.8)	*	2.6 (0.7)	4.4 (0.7)	2.6 (0.4)	2.7 (0.5)
Poultry (not incl. deli and mixed dishes)	3.0 (0.2)	2.4 (0.2)	5.1 (1.1)	3.9 (0.9)	4.2 (0.8)	5.9 (1.4)	3.2 (0.7)	2.4 (0.4)	1.9 (0.4)	2.2 (0.6)
Soups	1.7 (0.2)	1.7 (0.3)	*	*	*	1.2 (0.3)	1.2 (0.3)	2.0 (0.5)	1.9 (0.4)	1.9 (0.4)
Seafood (not incl. mixed dishes)	1.0 (0.2)	1.0 (0.2)	*	*	*	*	*	*	1.4 (0.4)	*

Food subcategory	Age groups (years)									
	2+ (n=4,208)	**19+ (n=2,669)**	**2-4 (n=273)**	**5-8 (n=374)**	**9-13 (n=463)**	**14-18 (n=429)**	**19-30 (n=543)**	**31-59 (n=1,120)**	**60+ (n=1,006)**	**71+ (n=496)**
Vegetables (incl. beans and peas, not starchy)	0.8 (0.1)	1.0 (0.2)	*	*	*	*	*	0.8 (0.2)	1.2 (0.3)	*
Cheese	0.4 (0.1)	*	*	*	*	*	*	*	*	*
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	*	*	*	*	*	*	*	*	*
Starchy vegetables	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	0.2 (0.0)	*	*
Sugar-sweetened and diet beverages	*	*	*	*	*	*	*	*	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)	*	*	0.1 (0.0)	*	*	<0.1 (0.0)	*	*
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	*	*	<0.1 (0.0)	*	*	*	<0.1 (0.0)	*	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=4,208)	**19+ (n=2,669)**	**2-4 (n=273)**	**5-8 (n=374)**	**9-13 (n=463)**	**14-18 (n=429)**	**19-30 (n=543)**	**31-59 (n=1,120)**	**60+ (n=1,006)**	**71+ (n=496)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.29.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with income between 186 and 350 percent of the federal poverty level

Major food category	Age groups (years)									
	2+ (n=7,229)	19+ (n=4,726)	2-4 (n=467)	5-8 (n=567)	9-13 (n=789)	14-18 (n=680)	19-30 (n=921)	31-59 (n=2,156)	60+ (n=1,649)	71+ (n=764)
Mixed dishes	54.1 (0.7)	55.5 (0.9)	40.4 (2.4)	45.6 (2.1)	49.6 (1.7)	57.9 (1.4)	61.7 (1.8)	57.4 (1.2)	48.3 (1.4)	47.4 (1.7)
Snacks and sweets	21.4 (0.5)	20.1 (0.6)	30.4 (2.2)	25.7 (1.5)	26.8 (1.5)	20.8 (1.1)	16.3 (1.5)	19.1 (0.8)	24.3 (1.0)	26.5 (1.5)
Grains	19.4 (0.6)	19.5 (0.7)	21.7 (1.5)	21.3 (1.8)	19.1 (1.3)	15.5 (1.3)	17.3 (1.5)	18.2 (0.9)	23.2 (1.1)	22.4 (1.3)
Protein foods	4.0 (0.3)	3.6 (0.3)	6.7 (0.9)	6.5 (1.3)	3.9 (0.8)	4.7 (0.7)	3.4 (0.5)	4.0 (0.5)	3.1 (0.4)	3.1 (0.6)
Vegetables	0.9 (0.1)	1.1 (0.1)	*	*	*	*	1.0 (0.2)	1.2 (0.2)	0.9 (0.2)	0.6 (0.2)
Dairy	0.2 (0.0)	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.29.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with income between 186 and 350 percent of the federal poverty level

	Age groups (years)									
Food subcategory	**2+ (n=7,229)**	**19+ (n=4,726)**	**2-4 (n=467)**	**5-8 (n=567)**	**9-13 (n=789)**	**14-18 (n=680)**	**19-30 (n=921)**	**31-59 (n=2,156)**	**60+ (n=1,649)**	**71+ (n=764)**
Burgers and sandwiches (incl. tacos and burritos)	29.1 (0.7)	30.7 (1.0)	16.4 (1.8)	22.9 (1.6)	25.4 (1.7)	27.9 (1.5)	30.7 (1.5)	31.2 (1.3)	30.0 (1.4)	29.3 (1.7)
Rice, pasta, and other grain-based mixed dishes	12.1 (0.5)	12.2 (0.6)	13.9 (1.6)	10.6 (1.1)	10.1 (0.9)	12.7 (1.3)	15.4 (1.3)	13.2 (1.0)	8.4 (0.8)	8.0 (1.1)
Desserts and sweet snacks	11.8 (0.5)	11.8 (0.5)	11.0 (1.6)	14.1 (1.5)	12.3 (0.9)	10.3 (0.9)	8.1 (1.2)	10.7 (0.6)	16.1 (0.8)	18.8 (1.2)
Chips, crackers, and savory snacks	9.5 (0.4)	8.2 (0.4)	19.3 (2.5)	11.5 (1.3)	14.4 (1.3)	10.4 (0.9)	8.1 (0.9)	8.2 (0.7)	8.2 (0.7)	7.6 (0.9)
Yeast breads and tortillas	8.1 (0.4)	8.8 (0.4)	5.3 (0.7)	5.5 (0.9)	7.3 (0.9)	5.1 (0.9)	7.0 (0.9)	8.7 (0.6)	10.3 (0.7)	10.2 (1.0)
Pizza	7.4 (0.3)	6.5 (0.4)	6.3 (1.0)	9.0 (1.4)	10.3 (1.2)	13.2 (1.2)	8.6 (1.0)	7.1 (0.6)	4.1 (0.8)	3.5 (1.0)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.7 (0.3)	4.1 (0.4)	8.0 (1.3)	8.1 (1.1)	5.6 (0.7)	5.0 (0.8)	2.6 (0.5)	3.7 (0.5)	5.9 (0.6)	5.4 (0.6)
Meat, poultry, and seafood mixed dishes	4.1 (0.3)	4.5 (0.4)	2.6 (0.6)	2.0 (0.5)	2.7 (0.5)	3.0 (0.6)	5.0 (0.9)	4.5 (0.5)	4.3 (0.5)	4.9 (0.7)
Breakfast cereals and bars	3.8 (0.2)	3.6 (0.3)	4.8 (0.7)	4.7 (0.8)	4.1 (0.6)	3.7 (0.7)	3.5 (0.7)	3.2 (0.4)	4.4 (0.4)	4.1 (0.5)
Poultry (not incl. deli and mixed dishes)	2.9 (0.2)	2.4 (0.3)	5.8 (0.9)	5.4 (1.3)	3.3 (0.7)	4.3 (0.7)	2.6 (0.5)	2.9 (0.5)	1.6 (0.2)	1.5 (0.3)
Rice and pasta	2.8 (0.2)	2.9 (0.3)	3.6 (0.7)	3.0 (0.7)	2.2 (0.6)	1.7 (0.4)	4.1 (0.6)	2.6 (0.3)	2.7 (0.5)	*
Soups	1.4 (0.1)	1.5 (0.1)	*	1.2 (0.3)	1.1 (0.2)	1.1 (0.3)	1.9 (0.5)	1.4 (0.2)	1.5 (0.2)	1.7 (0.3)
Vegetables (incl. beans and peas, not starchy)	0.7 (0.1)	0.8 (0.1)	*	*	*	*	0.7 (0.2)	1.0 (0.2)	0.6 (0.1)	*

Food subcategory	Age groups (years)									
	2+ (n=7,229)	**19+ (n=4,726)**	**2-4 (n=467)**	**5-8 (n=567)**	**9-13 (n=789)**	**14-18 (n=680)**	**19-30 (n=921)**	**31-59 (n=2,156)**	**60+ (n=1,649)**	**71+ (n=764)**
Seafood (not incl. mixed dishes)	0.5 (0.1)	0.6 (0.1)	*	*	0.3 (0.1)	*	*	0.6 (0.1)	0.8 (0.2)	*
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.4 (0.1)	*	*	*	*	*	*	*	*
Starchy vegetables	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	0.2 (0.0)	*	*
Cheese	0.1 (0.0)	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*
Coffee and tea	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*	*
Higher fat milk/yogurt	*	*	*	<0.1 (0.0)	*	*	*	*	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	*	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=7,229)	**19+ (n=4,726)**	**2-4 (n=467)**	**5-8 (n=567)**	**9-13 (n=789)**	**14-18 (n=680)**	**19-30 (n=921)**	**31-59 (n=2,156)**	**60+ (n=1,649)**	**71+ (n=764)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Eggs	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	0.2 (0.0)	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.30.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with income above 350 percent of the federal poverty level

Major food category	Age groups (years)									
	2+ (n=8,512)	19+ (n=6,133)	2-4 (n=427)	5-8 (n=562)	9-13 (n=692)	14-18 (n=698)	19-30 (n=911)	31-59 (n=3,273)	60+ (n=1,949)	71+ (n=768)
Mixed dishes	53.8 (0.6)	54.7 (0.6)	39.1 (2.1)	48.4 (2.6)	49.6 (1.8)	56.3 (1.7)	64.0 (2.0)	54.6 (0.9)	49.8 (1.1)	48.5 (1.7)
Snacks and sweets	21.0 (0.5)	20.2 (0.6)	32.2 (1.6)	27.2 (1.4)	23.8 (1.7)	21.2 (1.4)	14.7 (0.8)	20.1 (0.8)	23.3 (0.8)	23.3 (1.2)
Grains	20.1 (0.4)	20.2 (0.5)	22.8 (1.5)	19.9 (1.7)	20.8 (1.7)	17.2 (1.3)	16.2 (1.6)	20.2 (0.8)	22.5 (0.8)	24.5 (1.3)
Protein foods	3.5 (0.2)	3.4 (0.2)	5.3 (1.2)	4.1 (0.6)	4.5 (0.7)	4.1 (0.7)	3.7 (0.6)	3.5 (0.3)	2.8 (0.4)	2.7 (0.4)
Vegetables	1.2 (0.2)	1.3 (0.2)	*	*	*	*	0.9 (0.2)	1.4 (0.2)	1.5 (0.3)	1.0 (0.2)
Dairy	0.2 (0.1)	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.30.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with income above 350 percent of the federal poverty level

	Age groups (years)									
Food subcategory	**2+ (n=8,512)**	**19+ (n=6,133)**	**2-4 (n=427)**	**5-8 (n=562)**	**9-13 (n=692)**	**14-18 (n=698)**	**19-30 (n=911)**	**31-59 (n=3,273)**	**60+ (n=1,949)**	**71+ (n=768)**
Burgers and sandwiches (incl. tacos and burritos)	28.0 (0.5)	29.1 (0.5)	16.3 (1.8)	19.9 (1.5)	21.4 (1.5)	29.7 (2.1)	33.0 (2.2)	29.0 (0.8)	27.3 (1.0)	28.0 (1.6)
Rice, pasta, and other grain-based mixed dishes	12.7 (0.4)	12.7 (0.4)	12.5 (1.4)	14.5 (2.0)	13.3 (1.1)	10.9 (1.1)	15.3 (1.2)	12.6 (0.6)	11.5 (0.8)	9.3 (1.0)
Desserts and sweet snacks	10.8 (0.3)	10.5 (0.4)	14.6 (1.2)	13.9 (1.4)	11.0 (0.9)	10.8 (1.0)	6.4 (0.6)	9.9 (0.5)	13.8 (0.8)	15.6 (1.1)
Chips, crackers, and savory snacks	10.2 (0.4)	9.6 (0.4)	17.6 (1.4)	12.9 (1.1)	12.8 (1.5)	10.4 (1.3)	8.2 (0.7)	10.1 (0.6)	9.3 (0.5)	7.7 (0.9)
Yeast breads and tortillas	8.6 (0.3)	9.3 (0.4)	6.0 (0.8)	5.8 (0.8)	5.0 (0.8)	5.6 (0.9)	5.2 (0.7)	9.6 (0.6)	10.8 (0.7)	12.3 (1.0)
Pizza	6.9 (0.4)	6.2 (0.4)	6.7 (1.1)	10.4 (1.7)	11.1 (1.6)	10.7 (1.6)	8.3 (1.0)	6.8 (0.6)	3.9 (0.5)	2.8 (0.8)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	5.1 (0.3)	4.6 (0.3)	10.1 (1.3)	8.0 (1.1)	8.7 (1.2)	5.1 (0.8)	3.5 (0.7)	4.3 (0.4)	5.8 (0.7)	6.3 (1.0)
Meat, poultry, and seafood mixed dishes	4.4 (0.3)	4.8 (0.3)	1.8 (0.5)	*	2.4 (0.6)	3.1 (0.6)	5.6 (0.9)	4.7 (0.4)	4.7 (0.6)	6.0 (0.9)
Breakfast cereals and bars	3.6 (0.2)	3.6 (0.2)	4.2 (0.8)	3.0 (0.6)	3.9 (0.6)	4.2 (0.7)	3.1 (0.5)	3.4 (0.3)	4.1 (0.3)	4.5 (0.5)
Rice and pasta	2.8 (0.3)	2.8 (0.3)	2.4 (0.5)	3.1 (0.7)	3.2 (0.8)	2.4 (0.5)	4.3 (1.3)	2.8 (0.3)	1.7 (0.3)	1.4 (0.4)
Poultry (not incl. deli and mixed dishes)	2.3 (0.2)	2.0 (0.1)	4.5 (1.1)	3.2 (0.5)	3.7 (0.7)	3.7 (0.7)	2.9 (0.4)	2.0 (0.2)	1.4 (0.3)	1.2 (0.3)
Soups	1.8 (0.2)	1.8 (0.2)	*	*	1.4 (0.3)	1.8 (0.4)	1.7 (0.3)	1.6 (0.2)	2.4 (0.3)	2.3 (0.5)
Vegetables (incl. beans and peas, not starchy)	1.0 (0.1)	1.1 (0.1)	*	*	*	*	0.6 (0.2)	1.2 (0.2)	1.3 (0.3)	0.6 (0.2)

Food subcategory	Age groups (years)									
	2+ (n=8,512)	**19+ (n=6,133)**	**2-4 (n=427)**	**5-8 (n=562)**	**9-13 (n=692)**	**14-18 (n=698)**	**19-30 (n=911)**	**31-59 (n=3,273)**	**60+ (n=1,949)**	**71+ (n=768)**
Seafood (not incl. mixed dishes)	0.8 (0.1)	0.9 (0.1)	*	*	*	*	*	1.0 (0.2)	1.1 (0.3)	0.9 (0.3)
Meats (not incl. deli and mixed dishes)	*	*	*	*	*	*	*	*	*	*
Starchy vegetables	*	*	*	*	*	*	*	*	*	*
Cheese	0.2 (0.1)	*	<0.1 (0.0)	*	*	*	*	*	*	*
Candy and sugars	*	*	*	*	*	*	*	<0.1 (0.0)	*	*
Eggs	*	*	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	*	*	*	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	*	*	*	*	0.4 (0.1)	*	<0.1 (0.0)	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=8,512)	19+ (n=6,133)	2-4 (n=427)	5-8 (n=562)	9-13 (n=692)	14-18 (n=698)	19-30 (n=911)	31-59 (n=3,273)	60+ (n=1,949)	71+ (n=768)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.31.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with full food security

Major food category	Age groups (years)									
	2+ (n=20,834)	19+ (n=13,971)	2-4 (n=1,329)	5-8 (n=1,666)	9-13 (n=2,005)	14-18 (n=1,863)	19-30 (n=2,427)	31-59 (n=6,354)	60+ (n=5,190)	71+ (n=2,450)
Mixed dishes	53.2 (0.4)	54.1 (0.5)	40.7 (1.1)	47.8 (1.3)	49.7 (1.0)	57.2 (0.9)	61.9 (1.2)	55.1 (0.6)	48.1 (0.7)	45.3 (0.9)
Snacks and sweets	21.2 (0.4)	20.3 (0.4)	29.7 (1.0)	25.8 (0.9)	25.0 (0.9)	20.0 (0.7)	15.7 (0.7)	19.8 (0.6)	23.8 (0.6)	25.1 (0.8)
Grains	20.4 (0.4)	20.6 (0.4)	22.6 (1.0)	20.7 (1.0)	19.9 (1.0)	16.7 (0.9)	16.8 (1.1)	19.9 (0.6)	23.7 (0.6)	25.5 (0.8)
Protein foods	3.9 (0.2)	3.6 (0.2)	6.2 (0.6)	5.2 (0.5)	4.3 (0.5)	4.9 (0.5)	4.1 (0.4)	3.7 (0.3)	3.1 (0.3)	3.1 (0.2)
Vegetables	1.0 (0.1)	1.2 (0.1)	0.5 (0.1)	0.3 (0.0)	*	0.8 (0.2)	0.9 (0.2)	1.2 (0.1)	1.2 (0.2)	0.9 (0.1)
Dairy	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.31.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with full food security

	Age groups (years)									
Food subcategory	**2+ (n=20,834)**	**19+ (n=13,971)**	**2-4 (n=1,329)**	**5-8 (n=1,666)**	**9-13 (n=2,005)**	**14-18 (n=1,863)**	**19-30 (n=2,427)**	**31-59 (n=6,354)**	**60+ (n=5,190)**	**71+ (n=2,450)**
Burgers and sandwiches (incl. tacos and burritos)	27.9 (0.4)	29.2 (0.5)	16.3 (1.0)	21.0 (0.9)	23.1 (1.0)	28.8 (1.2)	31.1 (1.2)	29.5 (0.6)	27.7 (0.8)	27.1 (0.9)
Rice, pasta, and other grain-based mixed dishes	12.5 (0.3)	12.5 (0.3)	13.4 (0.9)	13.4 (1.1)	12.3 (0.6)	12.3 (0.8)	16.0 (0.9)	12.8 (0.4)	10.0 (0.5)	8.1 (0.5)
Desserts and sweet snacks	11.5 (0.2)	11.3 (0.3)	13.3 (0.8)	13.6 (0.8)	11.9 (0.5)	10.2 (0.7)	7.2 (0.4)	10.5 (0.4)	15.0 (0.5)	17.4 (0.7)
Chips, crackers, and savory snacks	9.6 (0.2)	8.9 (0.3)	16.4 (1.0)	11.9 (0.8)	13.1 (0.8)	9.7 (0.6)	8.4 (0.5)	9.3 (0.4)	8.7 (0.4)	7.7 (0.5)
Yeast breads and tortillas	8.7 (0.2)	9.3 (0.3)	6.3 (0.6)	6.2 (0.5)	6.3 (0.5)	5.8 (0.6)	6.2 (0.5)	9.4 (0.4)	11.0 (0.4)	12.0 (0.6)
Pizza	6.8 (0.3)	6.0 (0.3)	6.9 (0.6)	9.8 (0.9)	9.9 (0.9)	11.6 (0.8)	8.3 (0.6)	6.7 (0.4)	3.6 (0.4)	2.9 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.8 (0.2)	4.3 (0.2)	8.0 (0.8)	7.4 (0.6)	7.0 (0.6)	4.3 (0.5)	3.1 (0.3)	3.9 (0.3)	5.6 (0.4)	5.9 (0.5)
Meat, poultry, and seafood mixed dishes	4.2 (0.2)	4.6 (0.2)	2.4 (0.3)	2.5 (0.5)	2.8 (0.5)	2.8 (0.4)	4.9 (0.4)	4.6 (0.3)	4.5 (0.3)	5.1 (0.4)
Breakfast cereals and bars	3.9 (0.1)	3.8 (0.2)	5.1 (0.5)	4.3 (0.4)	4.1 (0.4)	4.3 (0.4)	3.3 (0.3)	3.4 (0.2)	4.7 (0.3)	5.4 (0.4)
Rice and pasta	3.0 (0.2)	3.1 (0.3)	3.1 (0.4)	2.8 (0.4)	2.6 (0.5)	2.3 (0.3)	4.1 (0.6)	3.2 (0.3)	2.4 (0.3)	2.3 (0.4)
Poultry (not incl. deli and mixed dishes)	2.6 (0.1)	2.2 (0.1)	5.1 (0.6)	4.1 (0.5)	3.5 (0.5)	4.3 (0.5)	3.2 (0.3)	2.3 (0.2)	1.5 (0.1)	1.4 (0.2)
Soups	1.7 (0.1)	1.8 (0.1)	1.7 (0.5)	1.0 (0.1)	1.6 (0.2)	1.6 (0.2)	1.6 (0.2)	1.6 (0.2)	2.2 (0.2)	2.2 (0.2)
Vegetables (incl. beans and peas, not starchy)	0.9 (0.1)	1.0 (0.1)	*	0.2 (0.1)	*	0.7 (0.2)	0.7 (0.1)	1.0 (0.1)	1.0 (0.2)	0.7 (0.1)

Food subcategory	Age groups (years)									
	2+ (n=20,834)	**19+ (n=13,971)**	**2-4 (n=1,329)**	**5-8 (n=1,666)**	**9-13 (n=2,005)**	**14-18 (n=1,863)**	**19-30 (n=2,427)**	**31-59 (n=6,354)**	**60+ (n=5,190)**	**71+ (n=2,450)**
Seafood (not incl. mixed dishes)	0.8 (0.1)	0.9 (0.1)	0.5 (0.1)	*	0.3 (0.1)	0.4 (0.1)	*	0.9 (0.1)	1.1 (0.2)	1.1 (0.2)
Meats (not incl. deli and mixed dishes)	0.2 (0.0)	0.3 (0.0)	*	*	*	*	*	*	0.4 (0.1)	*
Starchy vegetables	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	0.2 (0.0)	0.3 (0.1)
Cheese	0.2 (0.0)	0.2 (0.0)	*	*	*	*	*	*	*	*
Candy and sugars	0.1 (0.0)	0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	*	*	*	*	*	*
Fruit (non-juice)	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	0.4 (0.1)	0.3 (0.1)	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=20,834)	**19+ (n=13,971)**	**2-4 (n=1,329)**	**5-8 (n=1,666)**	**9-13 (n=2,005)**	**14-18 (n=1,863)**	**19-30 (n=2,427)**	**31-59 (n=6,354)**	**60+ (n=5,190)**	**71+ (n=2,450)**
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Eggs	<0.1 (0.0)	*	*	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.32.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with marginal food security

Major food category	Age groups (years)									
	2+ (n=4,669)	19+ (n=2,756)	2-4 (n=396)	5-8 (n=461)	9-13 (n=543)	14-18 (n=513)	19-30 (n=690)	31-59 (n=1,330)	60+ (n=736)	71+ (n=266)
Mixed dishes	55.2 (1.0)	56.7 (1.2)	46.8 (2.0)	50.0 (2.0)	48.0 (3.0)	58.8 (2.0)	62.7 (1.9)	57.7 (1.4)	43.6 (1.8)	42.6 (2.3)
Grains	20.1 (0.8)	20.1 (0.9)	22.2 (1.6)	19.7 (1.8)	21.0 (1.9)	18.1 (1.7)	16.1 (1.5)	20.7 (1.0)	25.6 (1.8)	26.5 (2.7)
Snacks and sweets	19.1 (0.6)	17.5 (0.8)	24.5 (1.9)	23.8 (1.6)	26.8 (2.6)	18.1 (1.4)	15.4 (1.2)	16.3 (0.9)	24.8 (2.1)	25.0 (2.5)
Protein foods	3.8 (0.3)	3.6 (0.3)	5.8 (0.7)	4.7 (0.6)	4.0 (0.6)	3.7 (0.7)	3.7 (0.5)	3.4 (0.4)	4.1 (0.7)	4.2 (1.0)
Vegetables	1.4 (0.2)	1.7 (0.2)	*	0.8 (0.2)	*	0.7 (0.2)	1.7 (0.4)	1.6 (0.3)	*	*
Dairy	0.3 (0.1)	*	*	*	*	*	*	*	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	0.1 (0.0)	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.32.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with marginal food security

Food subcategory	Age groups (years)									
	2+ (n=4,669)	19+ (n=2,756)	2-4 (n=396)	5-8 (n=461)	9-13 (n=543)	14-18 (n=513)	19-30 (n=690)	31-59 (n=1,330)	60+ (n=736)	71+ (n=266)
Burgers and sandwiches (incl. tacos and burritos)	28.3 (0.7)	30.3 (1.0)	19.4 (1.6)	22.2 (1.6)	20.5 (1.6)	28.9 (2.2)	32.2 (1.8)	30.9 (1.5)	25.2 (1.6)	24.6 (2.4)
Rice, pasta, and other grain-based mixed dishes	12.9 (0.6)	12.9 (0.8)	15.4 (1.6)	13.2 (1.4)	11.3 (1.4)	13.1 (1.5)	14.5 (1.3)	13.3 (1.0)	8.9 (1.4)	9.2 (2.6)
Desserts and sweet snacks	11.0 (0.4)	10.7 (0.5)	12.1 (1.2)	13.6 (1.6)	13.0 (1.2)	8.8 (1.0)	9.0 (1.0)	10.0 (0.6)	15.8 (1.5)	14.8 (1.9)
Yeast breads and tortillas	8.6 (0.5)	9.4 (0.6)	6.9 (1.1)	6.9 (1.3)	7.1 (1.2)	5.7 (1.1)	7.0 (1.0)	9.9 (0.7)	12.1 (1.2)	12.0 (2.0)
Chips, crackers, and savory snacks	8.0 (0.4)	6.7 (0.5)	12.3 (1.7)	10.2 (0.8)	13.7 (2.7)	9.2 (0.9)	6.3 (0.6)	6.2 (0.7)	8.9 (1.1)	10.2 (2.0)
Pizza	7.6 (0.7)	6.3 (0.8)	7.7 (1.4)	9.5 (1.4)	11.8 (1.6)	12.4 (1.9)	9.1 (1.3)	6.1 (0.9)	2.2 (0.6)	*
Meat, poultry, and seafood mixed dishes	4.3 (0.4)	4.9 (0.5)	2.3 (0.6)	3.0 (0.6)	3.2 (0.7)	2.8 (0.6)	5.2 (1.2)	4.7 (0.6)	4.8 (0.8)	3.4 (0.9)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.2 (0.4)	3.6 (0.4)	7.1 (1.1)	4.6 (0.9)	5.7 (1.2)	5.5 (1.1)	3.0 (0.5)	3.9 (0.5)	4.0 (0.7)	4.4 (1.0)
Rice and pasta	3.8 (0.4)	4.2 (0.5)	3.4 (0.8)	2.3 (0.5)	3.0 (0.8)	2.1 (0.6)	4.0 (0.8)	4.2 (0.6)	4.7 (0.7)	5.0 (1.3)
Breakfast cereals and bars	3.5 (0.2)	2.9 (0.3)	4.8 (0.6)	5.9 (0.7)	5.1 (1.0)	4.7 (0.7)	2.0 (0.3)	2.7 (0.3)	4.7 (0.8)	5.1 (1.2)
Poultry (not incl. deli and mixed dishes)	2.8 (0.2)	2.5 (0.2)	4.3 (0.7)	4.0 (0.6)	3.2 (0.6)	3.2 (0.7)	2.8 (0.5)	2.5 (0.3)	2.1 (0.4)	2.5 (0.6)
Soups	2.1 (0.3)	2.3 (0.4)	1.9 (0.5)	2.2 (0.6)	1.1 (0.2)	1.6 (0.4)	1.7 (0.4)	2.6 (0.6)	2.5 (0.5)	2.4 (0.5)
Vegetables (incl. beans and peas, not starchy)	1.1 (0.2)	1.4 (0.2)	*	*	*	0.7 (0.2)	1.2 (0.3)	1.4 (0.3)	*	*

Food subcategory	Age groups (years)									
	2+ (n=4,669)	19+ (n=2,756)	2-4 (n=396)	5-8 (n=461)	9-13 (n=543)	14-18 (n=513)	19-30 (n=690)	31-59 (n=1,330)	60+ (n=736)	71+ (n=266)
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.8 (0.1)	*	*	*	*	*	0.6 (0.1)	1.5 (0.4)	*
Starchy vegetables	0.3 (0.1)	*	*	*	*	*	*	*	*	*
Cheese	0.3 (0.1)	*	*	*	*	*	*	*	*	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	0.2 (0.0)	0.2 (0.0)	*	*	*	<0.1 (0.0)	*	*	0.4 (0.1)	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	0.1 (0.0)	*	*	*	*
Coffee and tea	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=4,669)	**19+ (n=2,756)**	**2-4 (n=396)**	**5-8 (n=461)**	**9-13 (n=543)**	**14-18 (n=513)**	**19-30 (n=690)**	**31-59 (n=1,330)**	**60+ (n=736)**	**71+ (n=266)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.33.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with low food security

Major food category	Age groups (years)									
	2+ (n=5,223)	19+ (n=2,943)	2-4 (n=450)	5-8 (n=556)	9-13 (n=688)	14-18 (n=586)	19-30 (n=684)	31-59 (n=1,501)	60+ (n=758)	71+ (n=243)
Mixed dishes	54.4 (0.8)	55.7 (0.9)	43.9 (2.2)	52.3 (2.1)	53.2 (1.7)	53.7 (1.9)	58.6 (2.0)	56.8 (1.3)	47.4 (1.6)	43.8 (2.6)
Grains	21.5 (0.6)	22.5 (0.6)	20.6 (1.8)	16.7 (1.4)	20.4 (1.3)	20.2 (1.5)	19.2 (1.3)	21.9 (1.0)	30.0 (1.6)	32.6 (2.6)
Snacks and sweets	18.5 (0.6)	16.4 (0.8)	27.2 (1.7)	24.7 (1.8)	21.7 (1.2)	19.7 (1.6)	16.4 (1.8)	16.0 (1.0)	17.8 (1.4)	19.6 (2.3)
Protein foods	4.5 (0.3)	4.1 (0.4)	7.5 (1.3)	4.9 (0.8)	4.3 (0.6)	5.8 (0.8)	5.1 (0.7)	3.7 (0.4)	3.5 (0.5)	*
Vegetables	0.8 (0.1)	1.0 (0.2)	*	*	*	*	*	1.2 (0.2)	1.3 (0.3)	*
Dairy	*	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.33.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with low food security

	Age groups (years)									
Food subcategory	**2+ (n=5,223)**	**19+ (n=2,943)**	**2-4 (n=450)**	**5-8 (n=556)**	**9-13 (n=688)**	**14-18 (n=586)**	**19-30 (n=684)**	**31-59 (n=1,501)**	**60+ (n=758)**	**71+ (n=243)**
Burgers and sandwiches (incl. tacos and burritos)	27.9 (0.7)	30.1 (0.9)	19.9 (2.0)	24.4 (1.7)	23.9 (1.5)	24.0 (1.8)	28.8 (1.8)	31.5 (1.3)	27.7 (1.5)	27.4 (2.5)
Rice, pasta, and other grain-based mixed dishes	13.4 (0.5)	13.4 (0.7)	14.8 (1.6)	13.3 (1.5)	11.5 (1.1)	14.6 (1.5)	14.3 (1.2)	13.6 (0.8)	11.3 (1.3)	10.9 (1.6)
Desserts and sweet snacks	10.9 (0.5)	10.2 (0.5)	15.1 (1.5)	13.9 (1.6)	11.6 (1.0)	9.4 (1.1)	9.5 (1.6)	9.9 (0.6)	12.5 (1.1)	14.4 (1.9)
Yeast breads and tortillas	10.0 (0.5)	11.3 (0.6)	8.3 (1.5)	5.7 (1.0)	8.6 (1.2)	7.1 (1.0)	8.9 (1.0)	11.4 (0.8)	14.8 (1.1)	15.0 (2.0)
Chips, crackers, and savory snacks	7.5 (0.4)	6.1 (0.6)	12.1 (1.4)	10.8 (1.2)	10.0 (1.1)	10.2 (1.1)	6.9 (0.9)	5.9 (0.8)	5.3 (0.7)	5.2 (0.9)
Pizza	7.2 (0.4)	5.9 (0.6)	5.2 (1.0)	9.9 (1.1)	13.8 (1.4)	9.3 (1.4)	8.2 (1.3)	5.8 (0.7)	2.7 (0.7)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.7 (0.4)	4.4 (0.5)	4.9 (0.9)	5.8 (0.9)	4.4 (0.6)	6.2 (1.0)	3.3 (0.7)	4.5 (0.7)	5.8 (0.9)	7.4 (1.9)
Meat, poultry, and seafood mixed dishes	3.9 (0.3)	4.7 (0.4)	1.7 (0.3)	1.5 (0.3)	2.4 (0.7)	2.9 (0.6)	5.7 (0.8)	4.4 (0.7)	3.9 (0.8)	*
Breakfast cereals and bars	3.6 (0.3)	3.2 (0.3)	5.0 (0.6)	3.6 (0.4)	4.7 (0.6)	4.9 (0.9)	4.0 (0.8)	2.6 (0.3)	3.7 (0.6)	2.9 (0.8)
Poultry (not incl. deli and mixed dishes)	3.3 (0.3)	2.8 (0.3)	6.9 (1.3)	3.5 (0.6)	3.8 (0.5)	4.2 (0.8)	3.8 (0.7)	2.5 (0.4)	2.3 (0.4)	*
Rice and pasta	3.2 (0.3)	3.6 (0.4)	2.3 (0.7)	1.6 (0.4)	*	2.0 (0.5)	3.0 (0.6)	3.3 (0.5)	5.7 (1.1)	*
Soups	1.9 (0.2)	1.6 (0.2)	2.3 (0.6)	3.1 (0.6)	1.6 (0.3)	*	1.7 (0.4)	1.5 (0.3)	1.8 (0.3)	*
Vegetables (incl. beans and peas, not starchy)	0.7 (0.1)	0.8 (0.2)	*	*	*	*	*	1.1 (0.2)	*	*

Food subcategory	Age groups (years)									
	2+ (n=5,223)	19+ (n=2,943)	2-4 (n=450)	5-8 (n=556)	9-13 (n=688)	14-18 (n=586)	19-30 (n=684)	31-59 (n=1,501)	60+ (n=758)	71+ (n=243)
Seafood (not incl. mixed dishes)	0.6 (0.1)	0.7 (0.1)	*	*	*	*	*	0.6 (0.1)	0.7 (0.2)	*
Meats (not incl. deli and mixed dishes)	0.4 (0.1)	*	*	*	*	*	*	*	*	*
Cheese	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Starchy vegetables	0.1 (0.0)	0.2 (0.0)	*	*	*	*	*	0.2 (0.0)	*	*
Sugar-sweetened and diet beverages	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Higher fat milk/yogurt	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*
Lower fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*
Deli/cured products (meat and poultry)	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=5,223)	19+ (n=2,943)	2-4 (n=450)	5-8 (n=556)	9-13 (n=688)	14-18 (n=586)	19-30 (n=684)	31-59 (n=1,501)	60+ (n=758)	71+ (n=243)
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.34.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households with very low food security

Major food category	Age groups (years)									
	2+ (n=2,995)	19+ (n=1,858)	2-4 (n=184)	5-8 (n=271)	9-13 (n=356)	14-18 (n=326)	19-30 (n=439)	31-59 (n=973)	60+ (n=446)	71+ (n=108)
Mixed dishes	55.6 (1.0)	55.7 (1.2)	48.2 (3.3)	55.7 (3.0)	56.0 (2.5)	57.9 (2.7)	62.5 (2.5)	53.9 (1.7)	48.7 (2.3)	49.1 (4.4)
Grains	19.4 (0.8)	19.5 (0.9)	20.8 (2.3)	20.1 (3.1)	18.2 (1.7)	18.1 (2.2)	14.4 (1.5)	20.9 (1.3)	24.4 (2.0)	25.6 (4.1)
Snacks and sweets	18.7 (0.7)	18.7 (0.8)	22.4 (3.0)	17.5 (1.8)	20.5 (2.4)	16.3 (1.5)	18.3 (1.9)	17.8 (0.8)	22.4 (2.6)	22.1 (4.5)
Protein foods	4.7 (0.3)	4.2 (0.4)	7.4 (1.3)	6.3 (1.1)	4.7 (0.9)	6.5 (1.2)	3.6 (0.7)	5.0 (0.5)	2.7 (0.4)	*
Vegetables	1.3 (0.3)	1.7 (0.4)	*	*	*	*	*	2.2 (0.6)	*	*
Dairy	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.34.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households with very low food security

Food subcategory	Age groups (years)									
	2+ (n=2,995)	**19+ (n=1,858)**	**2-4 (n=184)**	**5-8 (n=271)**	**9-13 (n=356)**	**14-18 (n=326)**	**19-30 (n=439)**	**31-59 (n=973)**	**60+ (n=446)**	**71+ (n=108)**
Burgers and sandwiches (incl. tacos and burritos)	29.9 (0.9)	30.4 (1.1)	22.5 (2.8)	28.2 (2.7)	28.1 (2.5)	31.9 (2.9)	31.0 (1.9)	29.2 (1.4)	33.5 (2.8)	34.5 (5.2)
Rice, pasta, and other grain-based mixed dishes	12.3 (0.7)	12.3 (0.9)	14.0 (2.5)	12.8 (1.6)	10.5 (1.4)	13.0 (1.7)	12.4 (1.7)	13.1 (1.1)	9.1 (1.6)	*
Desserts and sweet snacks	11.0 (0.5)	11.2 (0.7)	12.6 (2.7)	9.1 (1.0)	10.8 (1.4)	10.2 (1.2)	10.4 (1.6)	10.3 (0.6)	16.0 (2.6)	14.7 (4.1)
Yeast breads and tortillas	9.4 (0.6)	9.9 (0.8)	6.8 (1.2)	*	6.8 (1.1)	8.3 (1.6)	5.7 (1.0)	11.6 (1.2)	11.8 (1.6)	12.6 (3.1)
Chips, crackers, and savory snacks	7.6 (0.4)	7.3 (0.6)	9.7 (1.9)	8.4 (1.3)	9.4 (1.5)	6.1 (1.1)	7.7 (1.4)	7.4 (0.9)	6.4 (1.0)	7.4 (1.8)
Pizza	7.1 (0.7)	6.8 (0.8)	6.6 (1.6)	9.4 (1.7)	8.5 (1.7)	7.7 (1.8)	12.1 (1.8)	5.1 (0.8)	2.3 (0.7)	*
Meat, poultry, and seafood mixed dishes	4.2 (0.4)	4.5 (0.6)	*	*	*	3.1 (0.9)	4.8 (1.1)	4.9 (0.7)	2.8 (0.6)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	3.7 (0.3)	3.7 (0.4)	4.4 (1.2)	3.3 (0.7)	4.7 (1.1)	*	2.7 (0.6)	3.5 (0.6)	6.4 (1.3)	*
Breakfast cereals and bars	3.5 (0.2)	2.8 (0.3)	5.9 (1.1)	5.4 (1.0)	5.5 (0.8)	4.4 (0.8)	3.1 (0.7)	2.6 (0.4)	3.2 (0.7)	*
Poultry (not incl. deli and mixed dishes)	3.4 (0.3)	2.9 (0.3)	6.0 (1.1)	5.5 (1.1)	3.4 (0.7)	5.9 (1.2)	3.3 (0.7)	3.0 (0.5)	1.4 (0.2)	*
Rice and pasta	2.8 (0.4)	3.1 (0.4)	3.7 (1.0)	*	*	2.6 (0.7)	3.0 (0.8)	3.3 (0.6)	3.0 (0.7)	*
Soups	2.0 (0.3)	1.7 (0.3)	*	2.7 (0.8)	4.2 (1.1)	2.2 (0.6)	2.1 (0.6)	1.6 (0.4)	1.0 (0.3)	*
Vegetables (incl. beans and peas, not starchy)	1.0 (0.3)	*	*	*	*	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=2,995)	**19+ (n=1,858)**	**2-4 (n=184)**	**5-8 (n=271)**	**9-13 (n=356)**	**14-18 (n=326)**	**19-30 (n=439)**	**31-59 (n=973)**	**60+ (n=446)**	**71+ (n=108)**
Seafood (not incl. mixed dishes)	0.5 (0.1)	0.6 (0.1)	*	*	*	*	*	0.7 (0.2)	*	*
Meats (not incl. deli and mixed dishes)	*	*	*	*	*	*	*	*	*	*
Starchy vegetables	*	*	*	*	*	*	*	*	*	*
Sugar-sweetened and diet beverages	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Candy and sugars	*	*	*	*	*	*	*	*	*	*
Cheese	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Higher fat milk/yogurt	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=2,995)	**19+ (n=1,858)**	**2-4 (n=184)**	**5-8 (n=271)**	**9-13 (n=356)**	**14-18 (n=326)**	**19-30 (n=439)**	**31-59 (n=973)**	**60+ (n=446)**	**71+ (n=108)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.35.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits

Major food category	Age groups (years)									
	2+ (n=8,653)	19+ (n=4,514)	2-4 (n=930)	5-8 (n=1,128)	9-13 (n=1,201)	14-18 (n=880)	19-30 (n=1,051)	31-59 (n=2,221)	60+ (n=1,242)	71+ (n=430)
Mixed dishes	54.1 (0.8)	54.7 (1.0)	44.6 (1.4)	52.8 (1.6)	53.6 (1.2)	58.5 (1.6)	59.7 (1.5)	55.5 (1.4)	45.2 (1.3)	39.9 (2.0)
Grains	20.7 (0.5)	21.7 (0.7)	21.7 (1.0)	18.4 (1.1)	19.1 (1.0)	16.9 (1.3)	17.2 (1.2)	21.2 (0.9)	30.0 (1.5)	34.4 (2.1)
Snacks and sweets	19.0 (0.5)	17.6 (0.6)	25.6 (1.3)	22.2 (1.2)	21.7 (1.1)	18.2 (1.1)	17.2 (1.1)	17.1 (0.7)	19.6 (1.0)	21.0 (1.8)
Protein foods	4.7 (0.3)	4.2 (0.3)	7.3 (0.9)	5.6 (0.6)	5.0 (0.5)	5.6 (0.6)	4.4 (0.6)	4.4 (0.4)	3.3 (0.4)	3.4 (0.7)
Vegetables	1.1 (0.1)	1.5 (0.2)	*	0.5 (0.1)	0.3 (0.1)	0.5 (0.1)	1.1 (0.3)	1.6 (0.3)	1.9 (0.4)	*
Dairy	0.2 (0.1)	*	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Beverages	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

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.

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

Table 5.35.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits

Food subcategory	Age groups (years)									
	2+ (n=8,653)	19+ (n=4,514)	2-4 (n=930)	5-8 (n=1,128)	9-13 (n=1,201)	14-18 (n=880)	19-30 (n=1,051)	31-59 (n=2,221)	60+ (n=1,242)	71+ (n=430)
Burgers and sandwiches (incl. tacos and burritos)	27.7 (0.6)	29.6 (0.8)	17.8 (1.0)	24.0 (1.1)	23.5 (1.2)	30.1 (1.7)	31.7 (1.5)	29.5 (1.1)	26.7 (1.4)	22.1 (1.7)
Rice, pasta, and other grain-based mixed dishes	13.0 (0.4)	12.6 (0.5)	15.8 (1.2)	15.5 (1.1)	11.9 (0.9)	12.6 (1.0)	14.0 (1.1)	13.0 (0.8)	9.5 (0.8)	9.3 (1.5)
Desserts and sweet snacks	10.8 (0.3)	10.6 (0.4)	12.4 (0.7)	11.6 (0.8)	12.1 (0.8)	8.6 (0.6)	8.7 (0.8)	10.6 (0.6)	13.5 (0.9)	14.2 (1.5)
Yeast breads and tortillas	8.8 (0.4)	10.0 (0.6)	6.9 (0.9)	5.8 (0.7)	7.2 (0.8)	6.8 (0.9)	6.5 (0.6)	10.3 (0.7)	14.3 (1.4)	17.1 (1.9)
Chips, crackers, and savory snacks	8.1 (0.3)	6.9 (0.4)	13.1 (1.1)	10.5 (0.9)	9.5 (0.9)	9.5 (0.9)	8.3 (0.7)	6.4 (0.5)	6.0 (0.5)	6.7 (1.0)
Pizza	7.1 (0.4)	5.8 (0.5)	6.2 (0.8)	8.7 (0.7)	11.8 (1.0)	10.1 (1.2)	7.8 (0.9)	6.1 (0.8)	1.7 (0.4)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.3 (0.3)	4.1 (0.4)	5.6 (0.5)	5.1 (0.7)	5.1 (0.6)	3.3 (0.5)	3.0 (0.3)	4.2 (0.5)	5.2 (0.6)	5.8 (1.4)
Breakfast cereals and bars	4.2 (0.2)	3.7 (0.3)	6.1 (0.5)	5.4 (0.4)	4.5 (0.5)	4.9 (0.5)	4.0 (0.7)	3.1 (0.3)	4.9 (0.5)	5.6 (0.9)
Meat, poultry, and seafood mixed dishes	4.1 (0.4)	4.7 (0.4)	2.8 (0.5)	2.3 (0.3)	4.0 (0.9)	2.7 (0.6)	5.0 (0.9)	4.6 (0.6)	4.6 (0.5)	4.1 (0.8)
Poultry (not incl. deli and mixed dishes)	3.5 (0.2)	2.9 (0.2)	6.0 (0.8)	4.1 (0.5)	4.1 (0.5)	4.4 (0.6)	3.6 (0.5)	3.0 (0.3)	1.8 (0.3)	1.8 (0.5)
Rice and pasta	3.4 (0.3)	3.9 (0.4)	3.2 (0.5)	2.0 (0.4)	2.3 (0.5)	1.9 (0.4)	3.8 (0.8)	3.5 (0.4)	5.5 (0.6)	6.0 (1.0)
Soups	2.2 (0.2)	2.0 (0.2)	2.1 (0.3)	2.4 (0.4)	2.5 (0.5)	3.1 (0.7)	1.2 (0.2)	2.3 (0.4)	2.6 (0.3)	3.1 (0.8)
Vegetables (incl. beans and peas, not starchy)	0.8 (0.1)	1.1 (0.2)	*	*	*	0.4 (0.1)	*	1.2 (0.3)	1.3 (0.3)	*

Food subcategory	Age groups (years)									
	2+ (n=8,653)	**19+ (n=4,514)**	**2-4 (n=930)**	**5-8 (n=1,128)**	**9-13 (n=1,201)**	**14-18 (n=880)**	**19-30 (n=1,051)**	**31-59 (n=2,221)**	**60+ (n=1,242)**	**71+ (n=430)**
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.8 (0.1)	*	*	0.3 (0.1)	0.5 (0.2)	*	0.8 (0.1)	0.8 (0.2)	0.9 (0.2)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.3 (0.1)	*	*	*	*	*	*	0.6 (0.2)	*
Starchy vegetables	0.3 (0.1)	0.4 (0.1)	<0.1 (0.0)	*	*	*	*	*	*	*
Cheese	0.2 (0.1)	*	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Sugar-sweetened and diet beverages	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)	*	*	*	*
Higher fat milk/yogurt	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	*	*	*	*	*	*
Deli/cured products (meat and poultry)	<0.1 (0.0)	*	*	0.2 (0.1)	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=8,653)	**19+ (n=4,514)**	**2-4 (n=930)**	**5-8 (n=1,128)**	**9-13 (n=1,201)**	**14-18 (n=880)**	**19-30 (n=1,051)**	**31-59 (n=2,221)**	**60+ (n=1,242)**	**71+ (n=430)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Eggs	*	*	*	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

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.

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

Table 5.36.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households not currently receiving SNAP benefits

Major food category	Age groups (years)									
	2+ (n=1,071)	19+ (n=610)	2-4 (n=86)	5-8 (n=100)	9-13 (n=151)	14-18 (n=124)	19-30 (n=173)	31-59 (n=350)	60+ (n=87)	71+ (n=13)
Mixed dishes	54.3 (2.1)	55.5 (2.4)	50.5 (3.8)	44.4 (5.4)	54.6 (3.3)	55.6 (4.1)	52.4 (3.9)	58.4 (3.4)	50.3 (3.9)	*
Snacks and sweets	20.3 (1.6)	19.1 (1.9)	26.0 (2.9)	29.4 (5.0)	21.4 (2.0)	17.8 (2.7)	22.6 (4.2)	15.8 (2.1)	24.8 (4.1)	*
Grains	18.7 (1.5)	19.4 (1.8)	18.5 (3.1)	17.9 (4.1)	19.1 (2.9)	14.3 (3.2)	18.2 (3.1)	19.8 (2.0)	21.7 (4.5)	*
Protein foods	5.1 (0.7)	4.6 (0.9)	4.1 (1.1)	5.4 (1.0)	4.5 (1.2)	*	5.2 (1.4)	4.4 (1.3)	*	*
Vegetables	*	*	*	*	*	*	*	1.3 (0.4)	*	*
Dairy	*	*	*	*	*	*	*	*	<0.1 (0.0)	*
Fruit and 100% fruit juices	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Beverages	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

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.

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

Table 5.36.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households not currently receiving SNAP benefits

Food subcategory	Age groups (years)									
	2+ (n=1,071)	19+ (n=610)	2-4 (n=86)	5-8 (n=100)	9-13 (n=151)	14-18 (n=124)	19-30 (n=173)	31-59 (n=350)	60+ (n=87)	71+ (n=13)
Burgers and sandwiches (incl. tacos and burritos)	29.6 (1.9)	33.0 (2.3)	23.1 (4.0)	20.8 (3.9)	22.8 (4.2)	22.9 (4.2)	29.2 (3.4)	35.0 (3.4)	35.9 (4.1)	*
Desserts and sweet snacks	12.9 (1.6)	12.7 (1.9)	12.9 (2.3)	20.1 (5.0)	10.8 (1.3)	10.2 (2.9)	14.3 (4.2)	10.7 (2.0)	18.5 (5.3)	*
Rice, pasta, and other grain-based mixed dishes	11.1 (1.0)	10.6 (1.2)	13.2 (3.6)	7.6 (1.5)	13.7 (2.6)	14.2 (3.8)	9.5 (1.3)	12.7 (1.8)	*	*
Pizza	8.6 (1.2)	6.7 (1.3)	11.6 (2.9)	*	10.0 (2.5)	15.9 (3.7)	*	5.4 (1.2)	*	*
Yeast breads and tortillas	8.5 (1.0)	9.6 (1.2)	*	*	6.5 (1.8)	4.8 (1.3)	7.6 (2.0)	10.4 (1.4)	13.4 (3.6)	*
Chips, crackers, and savory snacks	7.4 (0.8)	6.3 (1.0)	13.1 (2.2)	9.3 (2.1)	10.5 (1.8)	7.6 (2.1)	8.2 (2.3)	5.1 (1.0)	*	*
Breakfast cereals and bars	4.4 (0.5)	3.6 (0.6)	4.1 (0.8)	*	6.7 (1.2)	*	*	*	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.0 (0.7)	4.2 (1.0)	6.0 (1.7)	4.4 (1.2)	3.4 (0.9)	*	*	3.3 (0.7)	*	*
Meat, poultry, and seafood mixed dishes	3.9 (0.7)	4.3 (0.9)	*	*	*	*	4.6 (1.4)	4.5 (1.3)	*	*
Poultry (not incl. deli and mixed dishes)	3.4 (0.6)	2.8 (0.6)	3.9 (1.1)	4.1 (0.8)	*	*	*	2.2 (0.7)	*	*
Rice and pasta	1.8 (0.3)	2.0 (0.4)	*	*	*	*	*	2.6 (0.7)	*	*
Seafood (not incl. mixed dishes)	*	*	*	*	*	*	*	*	*	*
Soups	1.0 (0.2)	0.9 (0.2)	*	*	*	*	*	*	*	*

Food subcategory	Age groups (years)									
	2+ (n=1,071)	19+ (n=610)	2-4 (n=86)	5-8 (n=100)	9-13 (n=151)	14-18 (n=124)	19-30 (n=173)	31-59 (n=350)	60+ (n=87)	71+ (n=13)
Vegetables (incl. beans and peas, not starchy)	*	*	*	*	*	*	*	*	*	*
Starchy vegetables	*	*	<0.1 (0.0)	*	*	*	*	*	*	*
Cheese	*	*	*	*	*	*	*	*	<0.1 (0.0)	*
Meats (not incl. deli and mixed dishes)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	*
Deli/cured products (meat and poultry)	*	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)	*	*
Sugar-sweetened and diet beverages	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*
Coffee and tea	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Candy and sugars	*	*	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*
Higher fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Fruit (non-juice)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Nuts, seeds, and soy	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*

Food subcategory	Age groups (years)									
	2+ (n=1,071)	**19+ (n=610)**	**2-4 (n=86)**	**5-8 (n=100)**	**9-13 (n=151)**	**14-18 (n=124)**	**19-30 (n=173)**	**31-59 (n=350)**	**60+ (n=87)**	**71+ (n=13)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
100% fruit juice	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*
Eggs	*	*	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

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.

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

Table 5.37.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households received SNAP benefits in past 12 months

Major food category	Age groups (years)									
	2+ (n=9,747)	**19+ (n=5,141)**	**2-4 (n=1,016)**	**5-8 (n=1,228)**	**9-13 (n=1,355)**	**14-18 (n=1,007)**	**19-30 (n=1,230)**	**31-59 (n=2,579)**	**60+ (n=1,332)**	**71+ (n=445)**
Mixed dishes	54.1 (0.8)	54.9 (1.0)	45.2 (1.3)	51.9 (1.6)	53.8 (1.2)	58.3 (1.5)	58.3 (1.6)	56.0 (1.3)	45.6 (1.3)	39.7 (2.0)
Grains	20.4 (0.5)	21.4 (0.6)	21.4 (0.9)	18.3 (1.2)	19.1 (1.0)	16.4 (1.2)	17.5 (1.1)	20.9 (0.8)	29.3 (1.5)	34.1 (2.0)
Snacks and sweets	19.2 (0.5)	17.8 (0.5)	25.6 (1.1)	23.0 (1.2)	21.7 (1.0)	18.1 (1.1)	18.1 (1.2)	17.0 (0.7)	20.0 (0.9)	21.5 (1.9)
Protein foods	4.8 (0.3)	4.2 (0.3)	7.0 (0.8)	5.6 (0.6)	4.9 (0.5)	6.2 (0.8)	4.5 (0.6)	4.4 (0.4)	3.3 (0.4)	3.5 (0.7)
Vegetables	1.1 (0.1)	1.5 (0.2)	*	*	0.3 (0.1)	0.5 (0.1)	1.2 (0.3)	1.5 (0.3)	1.8 (0.4)	*
Dairy	0.3 (0.0)	0.2 (0.1)	*	*	*	*	*	*	*	*
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*	*	<0.1 (0.0)
Beverages	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.37.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months

Food subcategory	Age groups (years)									
	2+ (n=9,747)	**19+ (n=5,141)**	**2-4 (n=1,016)**	**5-8 (n=1,228)**	**9-13 (n=1,355)**	**14-18 (n=1,007)**	**19-30 (n=1,230)**	**31-59 (n=2,579)**	**60+ (n=1,332)**	**71+ (n=445)**
Burgers and sandwiches (incl. tacos and burritos)	27.9 (0.7)	30.0 (0.9)	18.3 (1.1)	23.6 (1.1)	23.4 (1.1)	28.8 (1.6)	31.1 (1.3)	30.2 (1.2)	27.4 (1.4)	22.3 (1.8)
Rice, pasta, and other grain-based mixed dishes	12.8 (0.4)	12.3 (0.5)	15.5 (1.1)	14.6 (1.1)	12.1 (0.8)	13.4 (1.1)	13.2 (1.0)	12.9 (0.7)	9.0 (0.7)	9.0 (1.4)
Desserts and sweet snacks	11.1 (0.4)	10.9 (0.4)	12.5 (0.7)	12.6 (1.0)	11.9 (0.8)	8.8 (0.7)	9.7 (1.0)	10.6 (0.6)	13.9 (0.8)	15.0 (1.6)
Yeast breads and tortillas	8.8 (0.4)	9.9 (0.5)	6.8 (0.8)	6.0 (0.8)	7.1 (0.6)	6.4 (0.8)	6.8 (0.6)	10.3 (0.6)	14.3 (1.3)	16.6 (1.9)
Chips, crackers, and savory snacks	8.1 (0.3)	6.8 (0.4)	13.1 (1.1)	10.4 (0.8)	9.7 (0.8)	9.2 (0.9)	8.3 (0.7)	6.3 (0.5)	6.0 (0.5)	6.4 (0.9)
Pizza	7.3 (0.4)	5.9 (0.5)	6.7 (0.7)	9.2 (0.8)	11.5 (1.0)	10.9 (1.3)	8.0 (1.0)	6.0 (0.7)	2.2 (0.5)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.3 (0.3)	4.1 (0.4)	5.6 (0.5)	5.0 (0.6)	4.8 (0.6)	3.1 (0.4)	3.4 (0.5)	4.1 (0.5)	5.2 (0.6)	6.2 (1.4)
Breakfast cereals and bars	4.2 (0.2)	3.7 (0.3)	5.9 (0.5)	5.4 (0.4)	4.8 (0.4)	5.2 (0.6)	4.1 (0.7)	3.2 (0.3)	4.7 (0.5)	5.5 (0.9)
Meat, poultry, and seafood mixed dishes	4.1 (0.3)	4.7 (0.4)	2.6 (0.5)	2.3 (0.3)	4.3 (0.8)	2.6 (0.5)	4.9 (0.8)	4.7 (0.5)	4.4 (0.5)	4.2 (0.8)
Poultry (not incl. deli and mixed dishes)	3.5 (0.2)	2.9 (0.2)	5.8 (0.8)	4.1 (0.4)	3.9 (0.4)	4.9 (0.8)	3.6 (0.5)	2.9 (0.3)	1.8 (0.3)	1.9 (0.5)
Rice and pasta	3.2 (0.3)	3.7 (0.4)	3.1 (0.5)	1.9 (0.3)	2.3 (0.4)	1.7 (0.3)	3.3 (0.6)	3.4 (0.4)	5.2 (0.6)	5.7 (1.0)
Soups	2.1 (0.2)	1.9 (0.2)	2.0 (0.3)	2.2 (0.4)	2.6 (0.5)	2.6 (0.6)	1.1 (0.2)	2.1 (0.3)	2.5 (0.3)	3.0 (0.7)
Vegetables (incl. beans and peas, not starchy)	0.8 (0.1)	1.0 (0.2)	*	*	*	0.4 (0.1)	0.7 (0.2)	1.2 (0.3)	1.2 (0.3)	*

Food subcategory	Age groups (years)									
	2+ (n=9,747)	**19+ (n=5,141)**	**2-4 (n=1,016)**	**5-8 (n=1,228)**	**9-13 (n=1,355)**	**14-18 (n=1,007)**	**19-30 (n=1,230)**	**31-59 (n=2,579)**	**60+ (n=1,332)**	**71+ (n=445)**
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.8 (0.1)	*	*	0.4 (0.1)	0.6 (0.2)	*	1.0 (0.2)	0.8 (0.2)	0.8 (0.2)
Meats (not incl. deli and mixed dishes)	0.3 (0.1)	0.3 (0.1)	*	*	*	*	*	0.4 (0.1)	0.5 (0.1)	*
Starchy vegetables	0.3 (0.1)	0.4 (0.1)	<0.1 (0.0)	*	*	*	*	*	*	*
Cheese	0.3 (0.0)	0.2 (0.1)	*	*	*	*	*	*	<0.1 (0.0)	<0.1 (0.0)
Deli/cured products (meat and poultry)	0.1 (0.0)	*	*	0.3 (0.1)	*	*	*	*	*	<0.1 (0.0)
Sugar-sweetened and diet beverages	<0.1 (0.0)	*	*	*	*	*	*	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)	*	*	*	*
Higher fat milk/yogurt	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	<0.1 (0.0)	*	*
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)
Lower fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	*
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	*	*	*	*	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=9,747)	**19+ (n=5,141)**	**2-4 (n=1,016)**	**5-8 (n=1,228)**	**9-13 (n=1,355)**	**14-18 (n=1,007)**	**19-30 (n=1,230)**	**31-59 (n=2,579)**	**60+ (n=1,332)**	**71+ (n=445)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Eggs	*	*	*	*	*	*	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.38.a. Refined Grains: Distribution of intake (percentage) among major food categories - Households that did not receive SNAP benefits in past 12 months

Major food category	Age groups (years)									
	2+ (n=4,664)	19+ (n=2,900)	2-4 (n=260)	5-8 (n=383)	9-13 (n=611)	14-18 (n=510)	19-30 (n=562)	31-59 (n=1,500)	60+ (n=838)	71+ (n=265)
Mixed dishes	55.3 (0.7)	56.2 (0.9)	44.0 (3.3)	49.2 (2.2)	53.9 (1.8)	56.3 (2.0)	62.9 (2.4)	56.9 (1.3)	48.2 (2.2)	40.7 (2.8)
Snacks and sweets	20.4 (0.6)	19.5 (0.6)	25.3 (1.5)	25.2 (2.3)	22.8 (1.3)	21.8 (1.8)	15.5 (1.4)	18.8 (1.0)	24.9 (1.6)	27.9 (3.1)
Grains	18.4 (0.6)	18.5 (0.8)	21.3 (2.0)	19.0 (1.8)	18.5 (1.3)	15.4 (1.5)	15.4 (1.7)	18.4 (1.1)	21.7 (1.7)	26.8 (2.8)
Protein foods	4.8 (0.4)	4.6 (0.5)	8.9 (1.7)	5.3 (0.8)	4.1 (0.5)	5.4 (0.7)	5.0 (0.9)	4.9 (0.7)	3.5 (0.5)	*
Vegetables	0.9 (0.1)	1.0 (0.1)	*	*	*	*	*	0.8 (0.2)	*	*
Dairy	0.2 (0.1)	*	*	*	*	*	*	*	*	<0.1 (0.0)
Fruit and 100% fruit juices	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Beverages	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*
Condiments, gravies, spreads, and salad dressings	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.38.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Households that did not receive SNAP benefits in past 12 months

	Age groups (years)									
Food subcategory	**2+ (n=4,664)**	**19+ (n=2,900)**	**2-4 (n=260)**	**5-8 (n=383)**	**9-13 (n=611)**	**14-18 (n=510)**	**19-30 (n=562)**	**31-59 (n=1,500)**	**60+ (n=838)**	**71+ (n=265)**
Burgers and sandwiches (incl. tacos and burritos)	28.9 (0.8)	30.3 (1.0)	16.5 (2.1)	24.2 (2.3)	25.5 (1.7)	28.1 (2.3)	29.4 (2.3)	30.7 (1.5)	30.3 (2.1)	24.4 (2.7)
Rice, pasta, and other grain-based mixed dishes	13.2 (0.7)	13.6 (0.9)	14.1 (2.1)	12.3 (1.6)	11.5 (1.0)	12.4 (1.4)	17.4 (3.4)	14.3 (1.1)	8.1 (1.2)	6.9 (1.3)
Desserts and sweet snacks	11.5 (0.4)	11.2 (0.5)	13.1 (1.5)	12.6 (1.4)	11.5 (1.0)	12.7 (1.3)	8.2 (0.9)	10.4 (0.8)	16.1 (1.5)	19.8 (2.2)
Chips, crackers, and savory snacks	8.8 (0.4)	8.1 (0.5)	12.1 (1.2)	12.5 (1.7)	11.2 (1.1)	9.0 (1.4)	7.1 (1.0)	8.3 (0.7)	8.7 (0.9)	8.0 (1.9)
Yeast breads and tortillas	8.3 (0.5)	9.0 (0.6)	7.3 (1.2)	5.7 (0.9)	6.2 (0.8)	5.1 (0.8)	5.7 (0.9)	9.2 (1.0)	11.8 (1.0)	14.1 (1.9)
Pizza	7.4 (0.5)	6.2 (0.5)	9.0 (1.3)	8.8 (1.0)	13.0 (1.2)	10.7 (1.4)	9.2 (1.6)	5.5 (0.6)	5.0 (1.2)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	4.6 (0.4)	4.2 (0.4)	6.6 (1.6)	6.7 (1.0)	5.2 (0.8)	5.0 (1.1)	3.7 (0.7)	4.6 (0.6)	3.9 (0.9)	4.3 (1.3)
Meat, poultry, and seafood mixed dishes	3.8 (0.4)	4.3 (0.5)	*	2.2 (0.5)	2.3 (0.5)	2.8 (0.6)	5.0 (1.2)	4.2 (0.7)	3.7 (0.7)	4.9 (1.4)
Poultry (not incl. deli and mixed dishes)	3.5 (0.3)	3.3 (0.4)	7.3 (1.6)	4.4 (0.7)	3.1 (0.4)	4.4 (0.6)	4.3 (0.8)	3.5 (0.7)	1.7 (0.3)	*
Breakfast cereals and bars	3.0 (0.2)	2.5 (0.2)	3.7 (0.5)	4.5 (0.7)	5.6 (1.0)	3.0 (0.4)	2.7 (0.5)	2.2 (0.3)	3.1 (0.4)	*
Rice and pasta	2.6 (0.3)	2.7 (0.4)	3.7 (0.8)	2.2 (0.6)	*	*	*	2.4 (0.5)	2.9 (0.7)	*
Soups	1.9 (0.2)	1.9 (0.3)	*	1.7 (0.4)	1.6 (0.3)	2.4 (0.6)	1.9 (0.5)	2.2 (0.5)	1.0 (0.2)	1.1 (0.3)
Vegetables (incl. beans and peas, not starchy)	0.7 (0.1)	0.9 (0.1)	*	*	*	*	*	0.7 (0.2)	*	*

Food subcategory	Age groups (years)									
	2+ (n=4,664)	19+ (n=2,900)	2-4 (n=260)	5-8 (n=383)	9-13 (n=611)	14-18 (n=510)	19-30 (n=562)	31-59 (n=1,500)	60+ (n=838)	71+ (n=265)
Seafood (not incl. mixed dishes)	0.7 (0.1)	0.7 (0.1)	*	*	*	*	*	0.7 (0.1)	1.1 (0.3)	*
Meats (not incl. deli and mixed dishes)	0.4 (0.1)	0.5 (0.1)	*	*	*	*	*	*	*	*
Cheese	0.2 (0.1)	*	*	*	*	*	*	*	*	<0.1 (0.0)
Deli/cured products (meat and poultry)	*	*	*	*	*	*	*	*	*	<0.1 (0.0)
Starchy vegetables	0.1 (0.0)	0.2 (0.0)	*	*	*	*	*	0.1 (0.0)	*	*
Sugar-sweetened and diet beverages	*	*	*	*	<0.1 (0.0)	*	<0.1 (0.0)	*	*	*
Coffee and tea	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)
Candy and sugars	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*	*	<0.1 (0.0)	*	*
Higher fat milk/yogurt	*	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	*	<0.1 (0.0)	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Condiments and gravies	*	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Fruit (non-juice)	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	<0.1 (0.0)
Salad dressings	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Age groups (years)									
	2+ (n=4,664)	**19+ (n=2,900)**	**2-4 (n=260)**	**5-8 (n=383)**	**9-13 (n=611)**	**14-18 (n=510)**	**19-30 (n=562)**	**31-59 (n=1,500)**	**60+ (n=838)**	**71+ (n=265)**
Waters	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)	<0.1 (0.0)
Eggs	*	*	<0.1 (0.0)	*	<0.1 (0.0)	<0.1 (0.0)	*	*	*	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.39.a. Refined Grains: Distribution of intake (percentage) among major food categories - Children 2 to 4 years currently receiving WIC benefits

Major food category	Age groups (years) 2-4 (n=806)
Mixed dishes	44.3 (1.4)
Snacks and sweets	24.9 (1.1)
Grains	22.7 (1.3)
Protein foods	7.2 (1.0)
Vegetables	*
Beverages	*
Dairy	*
Fruits and fruit juice	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.39.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Children 2 to 4 years currently receiving WIC benefits

Food subcategory	Age groups (years)
	2-4 (n=806)
Burgers and sandwiches (incl. tacos and burritos)	17.7 (1.4)
Rice, pasta, and other grain-based mixed dishes	16.9 (1.3)
Desserts and sweet snacks	13.2 (0.9)
Chips, crackers, and savory snacks	11.6 (0.8)
Yeast breads and tortillas	8.8 (1.0)
Poultry (not incl. deli and mixed dishes)	6.0 (0.9)
Breakfast cereals and bars	5.6 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	5.0 (0.7)
Pizza	4.9 (0.7)
Rice and pasta	3.3 (0.6)
Soups	2.9 (0.4)
Meat, poultry, and seafood mixed dishes	1.9 (0.4)
Seafood (not incl. mixed dishes)	*

Food subcategory	Age groups (years)
	2-4 (n=806)
Vegetables (incl. beans and peas, not starchy)	*
Deli/cured products (meat and poultry)	*
Sugar-sweetened and diet beverages	*
Coffee and tea	<0.1 (0.0)
Candy and sugars	*
Higher fat milk/yogurt	*
Alcoholic beverages	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)
Nuts, seeds, and soy	*
Salad dressings	<0.1 (0.0)
Waters	<0.1 (0.0)
Spreads	<0.1 (0.0)
Meats (not incl. deli and mixed dishes)	*
100% fruit juice	<0.1 (0.0)

Food subcategory	Age groups (years)
	2-4 (n=806)
Starchy vegetables	*
Eggs	*
Cheese	*

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.40.a. Refined Grains: Distribution of intake (percentage) among major food categories - Children 2 to 4 years not currently receiving WIC benefits

Major food category	Age groups (years) 2-4 (n=582)
Mixed dishes	42.8 (1.8)
Snacks and sweets	28.0 (2.2)
Grains	21.8 (1.2)
Protein foods	6.4 (0.7)
Vegetables	*
Dairy	*
Beverages	*
Fruits and fruit juice	<0.1 (0.0)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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 5.40.b. Refined Grains: Distribution of intake (percentage) among food subcategories - Children 2 to 4 years not currently receiving WIC benefits

Food subcategory	Age groups (years)
	2-4 (n=582)
Burgers and sandwiches (incl. tacos and burritos)	18.5 (1.5)
Desserts and sweet snacks	14.6 (1.2)
Chips, crackers, and savory snacks	13.3 (2.4)
Rice, pasta, and other grain-based mixed dishes	11.4 (1.3)
Pizza	8.1 (1.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	6.8 (0.9)
Yeast breads and tortillas	6.5 (0.9)
Breakfast cereals and bars	5.3 (0.7)
Poultry (not incl. deli and mixed dishes)	5.0 (0.6)
Rice and pasta	3.3 (0.5)
Meat, poultry, and seafood mixed dishes	3.0 (0.6)
Soups	1.8 (0.4)
Seafood (not incl. mixed dishes)	*

Food subcategory	Age groups (years)
	2-4 (n=582)
Vegetables (incl. beans and peas, not starchy)	*
Meats (not incl. deli and mixed dishes)	*
Deli/cured products (meat and poultry)	*
Starchy vegetables	*
Cheese	*
Sugar-sweetened and diet beverages	*
Coffee and tea	<0.1 (0.0)
Candy and sugars	*
Higher fat milk/yogurt	<0.1 (0.0)
Alcoholic beverages	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)
Lower fat milk/yogurt	<0.1 (0.0)
Fruit (non-juice)	<0.1 (0.0)
Nuts, seeds, and soy	<0.1 (0.0)
Salad dressings	<0.1 (0.0)
Waters	<0.1 (0.0)

Food subcategory	Age groups (years)
	2-4 (n=582)
Spreads	<0.1 (0.0)
100% fruit juice	<0.1 (0.0)
Eggs	<0.1 (0.0)

Notes: The analysis sample is based on individuals ages 2 years and older, excluding pregnant and lactating females and children that consumed human milk. The analysis excludes infant formula, baby foods, and the WWEIA category 'other.'

Source: WWEIA, NHANES, 2011-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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