



# Food Category Sources of Total Choline: Infants and Young Children

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: Mathematica®

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## Introduction

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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.<sup>1</sup> 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.<sup>2-7</sup> 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 Total Choline: Infants and Young Children, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis question:

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

## Acknowledgments and Funding

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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 Total Choline: Infants and Young Children

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## **Tables for Total Choline: 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.

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

**Table 22.1.a. Total choline: Distribution of intake (percentage) among major food categories - Mexican Americans**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=165)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Dairy	7.1 (1.9)	31.5 (2.1)
Protein foods	13.0 (2.7)	26.7 (2.1)
Mixed dishes	14.3 (2.4)	15.3 (1.6)
Vegetables	8.7 (1.8)	6.2 (0.9)
Grains	2.1 (0.5)	5.4 (0.9)
Fruit and 100% fruit juices	4.8 (1.1)	4.9 (0.5)
Snacks and sweets	*	4.1 (0.6)
Baby food	45.9 (4.2)	3.8 (0.9)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 22.1.b. Total choline: Distribution of intake (percentage) among food subcategories - Mexican Americans**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=165)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Higher fat milk/yogurt	6.2 (1.8)	28.6 (2.2)
Eggs	9.6 (2.6)	19.7 (2.3)
Rice, pasta, and other grain-based mixed dishes	3.3 (0.9)	4.8 (0.7)
Poultry (not incl. deli and mixed dishes)	*	4.3 (0.8)
Vegetables (incl. beans and peas, not starchy)	6.7 (1.6)	4.1 (0.7)
Baby food	45.9 (4.2)	3.8 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	3.6 (0.9)
Soups	9.2 (2.0)	3.4 (0.7)
Fruit (non-juice)	4.2 (1.1)	3.3 (0.5)
Breakfast cereals and bars	*	3.1 (0.5)
Desserts and sweet snacks	1.3 (0.3)	2.8 (0.5)
Lower fat milk/yogurt	*	2.6 (0.8)
Meat, poultry, and seafood mixed dishes	*	2.6 (0.5)
Sugar-sweetened and diet beverages	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=165)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Starchy vegetables	2.0 (0.6)	2.1 (0.6)
100% fruit juice	0.6 (0.2)	1.6 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Deli/cured products (meat and poultry)	*	1.4 (0.3)
Chips, crackers, and savory snacks	*	1.0 (0.2)
Pizza	*	*
Meats (not incl. deli and mixed dishes)	*	*
Yeast breads and tortillas	0.7 (0.2)	0.6 (0.1)
Seafood (not incl. mixed dishes)	*	*
Rice and pasta	*	*
Cheese	*	0.3 (0.1)
Candy and sugars	*	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	*	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=165)	Young children ages 12 through 23 months (n=178)
Spreads	<0.1 (0.0)	<0.1 (0.0)

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

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

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

**Table 22.2.a. Total choline: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=158)</b>	<b>Young children ages 12 through 23 months (n=225)</b>
Dairy	9.7 (2.8)	28.4 (1.9)
Protein foods	5.7 (1.6)	22.9 (2.3)
Mixed dishes	5.7 (1.3)	18.7 (1.7)
Grains	*	8.9 (0.8)
Fruit and 100% fruit juices	2.6 (0.6)	5.6 (0.5)
Vegetables	3.8 (0.8)	5.6 (0.7)
Baby food	67.6 (4.4)	4.7 (1.2)
Snacks and sweets	1.9 (0.5)	3.8 (0.5)
Beverages	*	1.4 (0.3)
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.2.b. Total choline: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=158)</b>	<b>Young children ages 12 through 23 months (n=225)</b>
Higher fat milk/yogurt	*	24.8 (1.9)
Eggs	*	10.9 (1.7)
Poultry (not incl. deli and mixed dishes)	*	7.5 (1.0)
Breakfast cereals and bars	0.7 (0.2)	6.6 (0.8)
Meat, poultry, and seafood mixed dishes	*	5.9 (1.2)
Burgers and sandwiches (incl. tacos and burritos)	*	5.7 (1.0)
Baby food	67.6 (4.4)	4.7 (1.2)
Rice, pasta, and other grain-based mixed dishes	2.3 (0.7)	4.1 (0.6)
Starchy vegetables	3.1 (0.8)	3.3 (0.6)
Lower fat milk/yogurt	*	3.2 (0.9)
Pizza	*	2.9 (0.6)
Fruit (non-juice)	1.4 (0.4)	2.8 (0.2)
100% fruit juice	*	2.8 (0.4)
Deli/cured products (meat and poultry)	*	2.6 (0.4)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=158)</b>	<b>Young children ages 12 through 23 months (n=225)</b>
Vegetables (incl. beans and peas, not starchy)	*	2.3 (0.4)
Desserts and sweet snacks	*	2.1 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Sugar-sweetened and diet beverages	*	1.4 (0.3)
Chips, crackers, and savory snacks	*	1.3 (0.2)
Meats (not incl. deli and mixed dishes)	*	1.3 (0.4)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Candy and sugars	*	0.4 (0.1)
Yeast breads and tortillas	*	0.4 (0.1)
Rice and pasta	*	*
Cheese	<0.1 (0.0)	0.3 (0.1)
Soups	*	*
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

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

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

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

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

**Table 22.3.a. Total choline: Distribution of intake (percentage) among major food categories - Non-Hispanic Whites**

Major food category	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Dairy	6.8 (1.0)	35.1 (1.8)
Protein foods	12.3 (1.9)	21.1 (1.4)
Mixed dishes	8.5 (1.1)	15.4 (1.0)
Grains	3.2 (0.5)	7.3 (0.6)
Vegetables	9.6 (1.5)	5.9 (0.7)
Fruit and 100% fruit juices	5.8 (0.8)	5.4 (0.4)
Snacks and sweets	*	4.1 (0.4)
Baby food	51.4 (3.4)	3.9 (0.8)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES 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 22.3.b. Total choline: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=266)</b>	<b>Young children ages 12 through 23 months (n=293)</b>
Higher fat milk/yogurt	5.4 (0.9)	31.4 (1.9)
Eggs	6.0 (1.4)	10.3 (1.4)
Burgers and sandwiches (incl. tacos and burritos)	*	5.8 (0.6)
Poultry (not incl. deli and mixed dishes)	3.6 (0.8)	4.9 (0.6)
Breakfast cereals and bars	0.9 (0.2)	4.4 (0.5)
Rice, pasta, and other grain-based mixed dishes	3.2 (0.7)	4.2 (0.6)
Fruit (non-juice)	5.4 (0.8)	4.1 (0.4)
Baby food	51.4 (3.4)	3.9 (0.8)
Meat, poultry, and seafood mixed dishes	*	3.4 (0.7)
Deli/cured products (meat and poultry)	*	3.0 (0.6)
Starchy vegetables	3.5 (0.9)	3.0 (0.4)
Lower fat milk/yogurt	*	2.9 (0.8)
Vegetables (incl. beans and peas, not starchy)	6.0 (1.2)	2.8 (0.6)
Desserts and sweet snacks	*	2.1 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=266)</b>	<b>Young children ages 12 through 23 months (n=293)</b>
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.8 (0.5)	2.0 (0.4)
Meats (not incl. deli and mixed dishes)	*	1.9 (0.4)
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.5 (0.2)
Pizza	*	1.4 (0.3)
100% fruit juice	*	1.3 (0.3)
Yeast breads and tortillas	0.4 (0.1)	0.8 (0.1)
Cheese	0.5 (0.2)	0.8 (0.1)
Candy and sugars	*	*
Seafood (not incl. mixed dishes)	*	*
Soups	*	*
Nuts, seeds, and soy	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	*
Spreads	*	<0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.4.a. Total choline: Distribution of intake (percentage) among major food categories - Other Hispanics**

Major food category	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Dairy	*	37.5 (2.2)
Mixed dishes	12.2 (2.3)	19.5 (2.5)
Protein foods	*	17.6 (2.5)
Grains	*	6.5 (1.2)
Vegetables	5.0 (1.2)	5.6 (0.9)
Fruit and 100% fruit juices	6.5 (1.3)	5.3 (0.7)
Snacks and sweets	*	4.2 (0.6)
Baby food	57.2 (4.5)	2.5 (0.7)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	<0.1 (0.0)	<0.1 (0.0)

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

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

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

**Table 22.4.b. Total choline: Distribution of intake (percentage) among food subcategories - Other Hispanics**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=95)</b>	<b>Young children ages 12 through 23 months (n=104)</b>
Higher fat milk/yogurt	4.1 (1.2)	34.7 (2.4)
Eggs	*	8.5 (2.1)
Poultry (not incl. deli and mixed dishes)	*	6.4 (1.3)
Soups	3.3 (1.0)	*
Breakfast cereals and bars	*	4.9 (1.2)
Meat, poultry, and seafood mixed dishes	2.8 (0.7)	4.1 (1.2)
Rice, pasta, and other grain-based mixed dishes	*	3.9 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	3.3 (0.8)
Vegetables (incl. beans and peas, not starchy)	3.1 (0.9)	3.3 (0.6)
Pizza	*	*
Fruit (non-juice)	3.9 (0.9)	2.9 (0.5)
Desserts and sweet snacks	*	2.5 (0.5)
Baby food	57.2 (4.5)	2.5 (0.7)
Lower fat milk/yogurt	*	2.3 (0.6)
100% fruit juice	*	2.3 (0.4)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=95)</b>	<b>Young children ages 12 through 23 months (n=104)</b>
Starchy vegetables	*	2.3 (0.5)
Deli/cured products (meat and poultry)	*	*
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.2 (0.3)
Yeast breads and tortillas	*	0.7 (0.2)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Candy and sugars	*	*
Cheese	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Rice and pasta	*	0.2 (0.1)
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	<0.1 (0.0)	<0.1 (0.0)

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

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

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

**Table 22.5.a. Total choline: Distribution of intake (percentage) among major food categories - Other races, including multi-racial**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=56)</b>	<b>Young children ages 12 through 23 months (n=79)</b>
Dairy	*	37.0 (3.6)
Mixed dishes	*	21.1 (3.2)
Protein foods	*	17.0 (2.9)
Grains	*	7.5 (1.3)
Fruit and 100% fruit juices	*	5.2 (0.9)
Snacks and sweets	*	4.3 (0.8)
Vegetables	*	4.0 (0.7)
Baby food	*	*
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 22.5.b. Total choline: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=56)</b>	<b>Young children ages 12 through 23 months (n=79)</b>
Higher fat milk/yogurt	*	34.9 (3.6)
Eggs	*	8.6 (2.1)
Meat, poultry, and seafood mixed dishes	*	*
Burgers and sandwiches (incl. tacos and burritos)	*	5.8 (1.4)
Poultry (not incl. deli and mixed dishes)	*	5.2 (1.3)
Rice, pasta, and other grain-based mixed dishes	*	5.0 (1.2)
Breakfast cereals and bars	*	4.9 (1.3)
Fruit (non-juice)	*	4.1 (0.8)
Baby food	*	*
Desserts and sweet snacks	*	3.0 (0.8)
Pizza	*	*
Starchy vegetables	*	2.7 (0.7)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Deli/cured products (meat and poultry)	*	*
Meats (not incl. deli and mixed dishes)	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=56)</b>	<b>Young children ages 12 through 23 months (n=79)</b>
Vegetables (incl. beans and peas, not starchy)	*	1.3 (0.3)
Lower fat milk/yogurt	*	*
Chips, crackers, and savory snacks	*	1.2 (0.2)
100% fruit juice	*	1.1 (0.3)
Cheese	*	*
Rice and pasta	*	*
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	*	*
Seafood (not incl. mixed dishes)	*	*
Candy and sugars	*	*
Condiments and gravies	*	*
Coffee and tea	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	<0.1 (0.0)
Soups	*	*
Waters	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.6.a. Total choline: Distribution of intake (percentage) among major food categories - Households with income below 131 percent of the federal poverty level**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=542)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Dairy	9.2 (1.2)	35.8 (1.0)
Protein foods	10.6 (1.3)	24.7 (1.3)
Mixed dishes	11.6 (1.1)	15.3 (0.8)
Grains	3.1 (0.4)	6.0 (0.4)
Vegetables	6.3 (0.8)	5.5 (0.4)
Fruit and 100% fruit juices	4.3 (0.5)	5.2 (0.3)
Snacks and sweets	2.7 (0.4)	3.8 (0.2)
Baby food	51.8 (2.4)	2.5 (0.5)
Beverages	*	1.0 (0.3)
Condiments, gravies, spreads, and salad dressings	*	0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.6.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with income below 131 percent of the federal poverty level**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=542)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Higher fat milk/yogurt	7.7 (1.1)	31.6 (1.0)
Eggs	6.0 (1.1)	13.9 (1.1)
Poultry (not incl. deli and mixed dishes)	2.7 (0.5)	5.4 (0.5)
Rice, pasta, and other grain-based mixed dishes	5.2 (0.8)	4.4 (0.4)
Breakfast cereals and bars	1.6 (0.3)	3.7 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	3.6 (0.5)
Lower fat milk/yogurt	*	3.6 (0.6)
Meat, poultry, and seafood mixed dishes	2.1 (0.6)	3.5 (0.5)
Starchy vegetables	3.1 (0.6)	2.9 (0.3)
Fruit (non-juice)	2.8 (0.4)	2.8 (0.2)
Vegetables (incl. beans and peas, not starchy)	3.1 (0.6)	2.6 (0.2)
Baby food	51.8 (2.4)	2.5 (0.5)
Meats (not incl. deli and mixed dishes)	*	2.4 (0.4)
100% fruit juice	1.5 (0.3)	2.4 (0.2)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=542)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Deli/cured products (meat and poultry)	1.1 (0.3)	2.3 (0.2)
Desserts and sweet snacks	1.6 (0.3)	2.0 (0.2)
Pizza	*	1.9 (0.2)
Soups	3.3 (0.5)	1.9 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.2 (0.2)
Chips, crackers, and savory snacks	1.0 (0.2)	1.2 (0.1)
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	1.0 (0.2)	0.9 (0.1)
Candy and sugars	*	0.6 (0.2)
Seafood (not incl. mixed dishes)	*	*
Cheese	0.4 (0.1)	0.6 (0.1)
Rice and pasta	*	0.2 (0.0)
Nuts, seeds, and soy	*	*
Coffee and tea	*	<0.1 (0.0)
Condiments and gravies	*	<0.1 (0.0)
Salad dressings	*	*

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

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.7.a. Total choline: Distribution of intake (percentage) among major food categories - Households with income at or below 185 percent of the federal poverty level**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=124)</b>	<b>Young children ages 12 through 23 months (n=164)</b>
Dairy	8.2 (2.2)	31.0 (2.7)
Protein foods	13.9 (2.6)	24.3 (2.4)
Mixed dishes	12.9 (2.8)	15.1 (1.7)
Grains	1.4 (0.3)	6.6 (0.9)
Vegetables	5.8 (1.2)	6.1 (0.9)
Snacks and sweets	*	5.4 (0.8)
Fruit and 100% fruit juices	6.7 (1.9)	4.9 (0.5)
Baby food	49.4 (4.4)	*
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 22.7.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with income at or below 185 percent of the federal poverty level**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=124)</b>	<b>Young children ages 12 through 23 months (n=164)</b>
Higher fat milk/yogurt	7.5 (2.1)	27.8 (2.8)
Eggs	8.6 (2.1)	13.0 (2.5)
Poultry (not incl. deli and mixed dishes)	*	5.3 (0.8)
Rice, pasta, and other grain-based mixed dishes	4.3 (1.3)	4.9 (0.7)
Baby food	49.4 (4.4)	*
Breakfast cereals and bars	0.5 (0.1)	4.2 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	4.0 (0.9)
Vegetables (incl. beans and peas, not starchy)	2.4 (0.7)	3.6 (0.8)
Deli/cured products (meat and poultry)	*	3.5 (1.0)
Desserts and sweet snacks	*	3.4 (0.7)
Fruit (non-juice)	*	3.4 (0.5)
Meat, poultry, and seafood mixed dishes	*	3.3 (0.8)
Starchy vegetables	*	2.5 (0.4)
Lower fat milk/yogurt	*	2.2 (0.6)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=124)</b>	<b>Young children ages 12 through 23 months (n=164)</b>
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.8 (0.5)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	*	1.5 (0.2)
Pizza	*	*
Soups	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Cheese	*	*
Yeast breads and tortillas	*	0.9 (0.2)
Nuts, seeds, and soy	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Candy and sugars	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	*
Spreads	*	*

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

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

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

**Table 22.8.a. Total choline: Distribution of intake (percentage) among major food categories - Households with income between 186 and 350 percent of the federal poverty level**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=235)</b>	<b>Young children ages 12 through 23 months (n=276)</b>
Dairy	11.2 (2.0)	39.3 (1.9)
Protein foods	9.2 (1.9)	19.4 (1.7)
Mixed dishes	9.0 (1.8)	14.0 (1.0)
Grains	3.7 (0.9)	6.9 (0.6)
Fruit and 100% fruit juices	6.6 (1.2)	5.4 (0.5)
Vegetables	7.5 (1.5)	5.0 (0.7)
Snacks and sweets	*	4.0 (0.4)
Baby food	49.5 (3.8)	3.1 (0.8)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES 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 22.8.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with income between 186 and 350 percent of the federal poverty level**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=235)</b>	<b>Young children ages 12 through 23 months (n=276)</b>
Higher fat milk/yogurt	7.8 (1.6)	34.8 (1.9)
Eggs	6.0 (1.6)	8.8 (1.5)
Poultry (not incl. deli and mixed dishes)	1.4 (0.3)	6.3 (1.0)
Rice, pasta, and other grain-based mixed dishes	1.8 (0.5)	4.6 (0.7)
Breakfast cereals and bars	1.2 (0.3)	4.0 (0.5)
Meat, poultry, and seafood mixed dishes	*	3.9 (0.8)
Lower fat milk/yogurt	*	3.7 (1.0)
Fruit (non-juice)	5.2 (1.0)	3.3 (0.3)
Deli/cured products (meat and poultry)	*	3.2 (0.7)
Baby food	49.5 (3.8)	3.1 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	2.9 (0.5)
Starchy vegetables	2.2 (0.7)	2.6 (0.5)
Vegetables (incl. beans and peas, not starchy)	5.3 (1.3)	2.4 (0.3)
Sugar-sweetened and diet beverages	*	*



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=235)</b>	<b>Young children ages 12 through 23 months (n=276)</b>
Desserts and sweet snacks	1.1 (0.2)	2.1 (0.3)
100% fruit juice	*	2.1 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.6 (0.4)
Soups	*	*
Chips, crackers, and savory snacks	*	1.4 (0.2)
Pizza	*	1.2 (0.2)
Yeast breads and tortillas	0.5 (0.1)	0.9 (0.2)
Cheese	*	0.8 (0.2)
Meats (not incl. deli and mixed dishes)	*	0.7 (0.2)
Candy and sugars	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Rice and pasta	*	*
Nuts, seeds, and soy	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.9.a. Total choline: Distribution of intake (percentage) among major food categories - Households with income above 350 percent of the federal poverty level**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=198)</b>	<b>Young children ages 12 through 23 months (n=271)</b>
Dairy	8.7 (1.7)	39.7 (1.9)
Protein foods	11.9 (2.0)	18.2 (1.5)
Mixed dishes	5.8 (1.0)	14.0 (1.2)
Grains	3.4 (0.5)	8.1 (0.8)
Fruit and 100% fruit juices	6.1 (0.9)	6.1 (0.4)
Vegetables	10.5 (1.9)	5.7 (0.8)
Baby food	52.0 (3.8)	4.4 (0.8)
Snacks and sweets	1.4 (0.3)	3.1 (0.3)
Beverages	*	0.3 (0.1)
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 22.9.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with income above 350 percent of the federal poverty level**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=198)</b>	<b>Young children ages 12 through 23 months (n=271)</b>
Higher fat milk/yogurt	6.9 (1.5)	35.3 (2.0)
Eggs	6.2 (1.6)	7.6 (1.3)
Fruit (non-juice)	5.8 (0.8)	5.0 (0.4)
Poultry (not incl. deli and mixed dishes)	3.4 (0.8)	5.0 (0.6)
Baby food	52.0 (3.8)	4.4 (0.8)
Rice, pasta, and other grain-based mixed dishes	*	4.3 (0.7)
Meat, poultry, and seafood mixed dishes	2.1 (0.6)	4.0 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	3.9 (0.7)
Breakfast cereals and bars	1.2 (0.2)	3.7 (0.5)
Vegetables (incl. beans and peas, not starchy)	7.6 (1.5)	3.6 (0.9)
Lower fat milk/yogurt	*	3.3 (0.7)
Deli/cured products (meat and poultry)	*	3.1 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.4 (0.4)	2.8 (0.6)
Starchy vegetables	*	2.1 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=198)</b>	<b>Young children ages 12 through 23 months (n=271)</b>
Desserts and sweet snacks	*	1.5 (0.2)
Meats (not incl. deli and mixed dishes)	*	*
Chips, crackers, and savory snacks	*	1.2 (0.2)
Cheese	*	1.2 (0.2)
Yeast breads and tortillas	*	1.1 (0.2)
100% fruit juice	*	1.1 (0.1)
Pizza	*	*
Soups	*	*
Seafood (not incl. mixed dishes)	*	*
Nuts, seeds, and soy	*	*
Rice and pasta	*	*
Sugar-sweetened and diet beverages	*	0.3 (0.1)
Candy and sugars	*	0.3 (0.1)
Condiments and gravies	*	*
Coffee and tea	*	*
Salad dressings	<0.1 (0.0)	*
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	<0.1 (0.0)

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

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

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

**Table 22.10.a. Total choline: Distribution of intake (percentage) among major food categories - Households with full food security**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=670)</b>	<b>Young children ages 12 through 23 months (n=859)</b>
Dairy	9.5 (0.9)	37.0 (1.0)
Protein foods	11.5 (1.3)	20.4 (1.0)
Mixed dishes	8.4 (0.9)	14.8 (0.7)
Grains	3.1 (0.3)	7.4 (0.4)
Fruit and 100% fruit juices	6.4 (0.7)	5.8 (0.3)
Vegetables	8.3 (1.0)	5.7 (0.4)
Snacks and sweets	2.1 (0.4)	3.7 (0.2)
Baby food	50.3 (2.3)	3.6 (0.5)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	0.2 (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 22.10.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with full food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=670)</b>	<b>Young children ages 12 through 23 months (n=859)</b>
Higher fat milk/yogurt	7.1 (0.8)	32.4 (1.1)
Eggs	6.4 (1.0)	9.6 (0.9)
Poultry (not incl. deli and mixed dishes)	3.0 (0.5)	5.7 (0.4)
Rice, pasta, and other grain-based mixed dishes	2.9 (0.5)	4.6 (0.4)
Breakfast cereals and bars	1.3 (0.2)	4.1 (0.3)
Burgers and sandwiches (incl. tacos and burritos)	0.7 (0.2)	4.0 (0.4)
Fruit (non-juice)	5.1 (0.6)	4.0 (0.2)
Lower fat milk/yogurt	1.8 (0.5)	3.7 (0.5)
Meat, poultry, and seafood mixed dishes	2.5 (0.5)	3.7 (0.4)
Baby food	50.3 (2.3)	3.6 (0.5)
Vegetables (incl. beans and peas, not starchy)	5.6 (0.8)	3.2 (0.4)
Deli/cured products (meat and poultry)	1.0 (0.2)	2.8 (0.3)
Starchy vegetables	2.7 (0.5)	2.5 (0.2)
Desserts and sweet snacks	0.9 (0.1)	1.9 (0.2)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=670)</b>	<b>Young children ages 12 through 23 months (n=859)</b>
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.0 (0.2)	1.8 (0.3)
100% fruit juice	1.3 (0.4)	1.8 (0.2)
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.4 (0.1)
Soups	2.1 (0.4)	1.4 (0.3)
Meats (not incl. deli and mixed dishes)	0.5 (0.1)	1.4 (0.3)
Pizza	*	1.2 (0.2)
Yeast breads and tortillas	0.7 (0.1)	1.0 (0.1)
Cheese	0.7 (0.2)	0.9 (0.1)
Candy and sugars	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	*	0.5 (0.2)
Nuts, seeds, and soy	*	0.4 (0.1)
Rice and pasta	*	0.4 (0.1)
Condiments and gravies	*	0.1 (0.0)
Coffee and tea	*	<0.1 (0.0)
Salad dressings	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=670)</b>	<b>Young children ages 12 through 23 months (n=859)</b>
Waters	<0.1 (0.0)	*
Spreads	<0.1 (0.0)	<0.1 (0.0)

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

Source: WWEIA, NHANES, 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 22.11.a. Total choline: Distribution of intake (percentage) among major food categories - Households with marginal food security**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=193)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
Dairy	7.7 (2.3)	38.3 (1.7)
Protein foods	6.7 (1.4)	25.4 (2.2)
Mixed dishes	11.2 (2.0)	12.2 (0.9)
Fruit and 100% fruit juices	4.2 (0.8)	5.3 (0.5)
Grains	*	5.0 (0.6)
Vegetables	6.1 (1.4)	4.9 (0.5)
Snacks and sweets	2.3 (0.4)	4.0 (0.4)
Baby food	58.1 (4.2)	*
Beverages	*	1.0 (0.3)
Condiments, gravies, spreads, and salad dressings	*	<0.1 (0.0)

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

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

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

**Table 22.11.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with marginal food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=193)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
Higher fat milk/yogurt	*	34.6 (1.6)
Eggs	4.1 (1.2)	13.6 (2.0)
Poultry (not incl. deli and mixed dishes)	1.6 (0.5)	5.9 (0.7)
Rice, pasta, and other grain-based mixed dishes	4.3 (1.0)	3.8 (0.6)
Deli/cured products (meat and poultry)	*	3.6 (0.7)
Fruit (non-juice)	2.8 (0.6)	3.2 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	3.1 (0.7)
Breakfast cereals and bars	*	3.0 (0.5)
Lower fat milk/yogurt	*	*
Baby food	58.1 (4.2)	*
Starchy vegetables	2.5 (0.7)	2.6 (0.4)
Desserts and sweet snacks	1.3 (0.3)	2.5 (0.3)
Vegetables (incl. beans and peas, not starchy)	*	2.4 (0.3)
Meat, poultry, and seafood mixed dishes	*	2.3 (0.5)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=193)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
100% fruit juice	1.5 (0.4)	2.1 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.7 (0.5)
Soups	*	1.6 (0.3)
Pizza	*	1.5 (0.3)
Chips, crackers, and savory snacks	*	1.3 (0.2)
Sugar-sweetened and diet beverages	*	1.0 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.0 (0.3)
Yeast breads and tortillas	*	0.8 (0.1)
Cheese	*	0.8 (0.2)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Candy and sugars	*	0.2 (0.1)
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	<0.1 (0.0)
Nuts, seeds, and soy	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=193)	Young children ages 12 through 23 months (n=254)
Spreads	*	*

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

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

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

**Table 22.12.a. Total choline: Distribution of intake (percentage) among major food categories - Households with low food security**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=243)</b>	<b>Young children ages 12 through 23 months (n=278)</b>
Dairy	9.8 (2.0)	37.3 (1.9)
Protein foods	11.0 (2.1)	22.2 (1.8)
Mixed dishes	10.9 (2.0)	16.5 (1.2)
Grains	3.0 (0.7)	5.9 (0.7)
Vegetables	5.8 (0.9)	5.1 (0.6)
Fruit and 100% fruit juices	5.1 (0.9)	4.8 (0.5)
Snacks and sweets	2.5 (0.6)	4.3 (0.4)
Baby food	51.6 (3.2)	2.9 (0.8)
Beverages	*	0.8 (0.2)
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 22.12.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with low food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=243)</b>	<b>Young children ages 12 through 23 months (n=278)</b>
Higher fat milk/yogurt	8.9 (2.0)	34.5 (1.9)
Eggs	7.8 (1.9)	13.1 (1.7)
Meat, poultry, and seafood mixed dishes	*	5.0 (0.8)
Rice, pasta, and other grain-based mixed dishes	*	4.7 (0.7)
Poultry (not incl. deli and mixed dishes)	*	4.1 (0.8)
Breakfast cereals and bars	*	3.6 (0.6)
Fruit (non-juice)	4.1 (0.8)	3.0 (0.4)
Starchy vegetables	2.5 (0.5)	2.9 (0.5)
Baby food	51.6 (3.2)	2.9 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	2.5 (0.4)
Desserts and sweet snacks	*	2.4 (0.4)
Meats (not incl. deli and mixed dishes)	*	2.4 (0.7)
Soups	3.2 (0.7)	2.3 (0.6)
Vegetables (incl. beans and peas, not starchy)	3.3 (0.7)	2.2 (0.3)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=243)</b>	<b>Young children ages 12 through 23 months (n=278)</b>
Lower fat milk/yogurt	*	*
Deli/cured products (meat and poultry)	*	2.1 (0.5)
Pizza	*	*
100% fruit juice	1.0 (0.3)	1.9 (0.2)
Chips, crackers, and savory snacks	*	1.4 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Yeast breads and tortillas	*	0.9 (0.1)
Cheese	*	0.8 (0.1)
Sugar-sweetened and diet beverages	*	0.7 (0.2)
Candy and sugars	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	*	*
Nuts, seeds, and soy	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.13.a. Total choline: Distribution of intake (percentage) among major food categories - Households with very low food security**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=72)</b>	<b>Young children ages 12 through 23 months (n=94)</b>
Dairy	*	34.8 (2.9)
Protein foods	*	24.6 (2.9)
Mixed dishes	*	15.4 (2.4)
Grains	*	7.0 (1.0)
Vegetables	*	5.0 (1.0)
Fruit and 100% fruit juices	*	4.9 (0.7)
Snacks and sweets	*	4.0 (0.6)
Baby food	*	*
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 22.13.b. Total choline: Distribution of intake (percentage) among food subcategories - Households with very low food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=72)</b>	<b>Young children ages 12 through 23 months (n=94)</b>
Higher fat milk/yogurt	*	28.7 (2.9)
Eggs	*	14.2 (2.9)
Lower fat milk/yogurt	*	5.5 (1.5)
Poultry (not incl. deli and mixed dishes)	*	5.5 (1.2)
Rice, pasta, and other grain-based mixed dishes	*	5.0 (1.1)
Breakfast cereals and bars	*	3.8 (0.9)
Meat, poultry, and seafood mixed dishes	*	3.0 (0.8)
Desserts and sweet snacks	*	2.8 (0.6)
Pizza	*	*
Baby food	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.6 (0.7)
Starchy vegetables	*	2.6 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
100% fruit juice	*	2.5 (0.5)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=72)</b>	<b>Young children ages 12 through 23 months (n=94)</b>
Fruit (non-juice)	*	2.4 (0.5)
Soups	*	*
Meats (not incl. deli and mixed dishes)	*	*
Deli/cured products (meat and poultry)	*	*
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.0 (0.2)
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.6 (0.2)
Yeast breads and tortillas	*	0.5 (0.1)
Candy and sugars	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	*
Waters	*	<0.1 (0.0)
Spreads	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.14.a. Total choline: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=289)</b>	<b>Young children ages 12 through 23 months (n=345)</b>
Dairy	8.1 (1.5)	32.9 (1.6)
Protein foods	10.2 (1.5)	24.3 (1.8)
Mixed dishes	9.6 (1.4)	16.6 (1.0)
Grains	3.2 (0.9)	6.9 (0.6)
Vegetables	4.1 (0.7)	5.7 (0.5)
Fruit and 100% fruit juices	3.9 (0.8)	5.0 (0.5)
Snacks and sweets	2.1 (0.4)	3.9 (0.3)
Baby food	58.8 (3.2)	3.3 (0.8)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 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 22.14.b. Total choline: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=289)</b>	<b>Young children ages 12 through 23 months (n=345)</b>
Higher fat milk/yogurt	6.1 (1.3)	29.2 (1.7)
Eggs	6.2 (1.4)	12.6 (1.4)
Poultry (not incl. deli and mixed dishes)	2.5 (0.6)	5.9 (0.8)
Breakfast cereals and bars	1.1 (0.3)	5.0 (0.5)
Rice, pasta, and other grain-based mixed dishes	4.1 (0.9)	4.5 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	4.1 (0.5)
Meat, poultry, and seafood mixed dishes	*	4.1 (0.6)
Starchy vegetables	2.4 (0.5)	3.4 (0.5)
Lower fat milk/yogurt	*	3.3 (0.7)
Baby food	58.8 (3.2)	3.3 (0.8)
Fruit (non-juice)	3.0 (0.8)	2.8 (0.4)
Pizza	*	2.7 (0.4)
Deli/cured products (meat and poultry)	*	2.6 (0.7)
Meats (not incl. deli and mixed dishes)	*	2.5 (0.6)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=289)</b>	<b>Young children ages 12 through 23 months (n=345)</b>
Vegetables (incl. beans and peas, not starchy)	*	2.4 (0.3)
100% fruit juice	0.9 (0.2)	2.2 (0.3)
Desserts and sweet snacks	1.2 (0.3)	2.0 (0.3)
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	1.2 (0.1)
Soups	2.3 (0.6)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.1 (0.2)
Candy and sugars	*	*
Yeast breads and tortillas	*	0.7 (0.2)
Seafood (not incl. mixed dishes)	*	*
Cheese	*	0.4 (0.1)
Rice and pasta	*	0.2 (0.0)
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)

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

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

Source: WWEIA, NHANES, 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 22.15.a. Total choline: Distribution of intake (percentage) among major food categories - Households received SNAP benefits in past 12 months**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=484)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Dairy	9.6 (1.3)	35.2 (1.2)
Protein foods	11.9 (1.5)	24.9 (1.4)
Mixed dishes	10.5 (1.2)	15.4 (0.8)
Grains	3.3 (0.6)	6.0 (0.4)
Vegetables	5.6 (0.7)	5.5 (0.4)
Fruit and 100% fruit juices	4.1 (0.6)	5.0 (0.3)
Snacks and sweets	2.5 (0.4)	3.9 (0.3)
Baby food	52.3 (2.5)	2.7 (0.5)
Beverages	0.2 (0.1)	1.2 (0.3)
Condiments, gravies, spreads, and salad dressings	*	0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES 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 22.15.b. Total choline: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=484)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Higher fat milk/yogurt	7.6 (1.2)	30.3 (1.2)
Eggs	6.9 (1.3)	12.6 (1.1)
Poultry (not incl. deli and mixed dishes)	3.1 (0.6)	5.9 (0.6)
Rice, pasta, and other grain-based mixed dishes	4.6 (0.9)	4.4 (0.4)
Lower fat milk/yogurt	1.6 (0.4)	4.3 (0.7)
Meat, poultry, and seafood mixed dishes	1.7 (0.4)	4.0 (0.5)
Breakfast cereals and bars	1.5 (0.3)	3.9 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	3.7 (0.4)
Deli/cured products (meat and poultry)	1.0 (0.3)	3.3 (0.5)
Starchy vegetables	3.1 (0.5)	2.9 (0.3)
Fruit (non-juice)	3.0 (0.5)	2.8 (0.2)
Baby food	52.3 (2.5)	2.7 (0.5)
Meats (not incl. deli and mixed dishes)	*	2.6 (0.5)
Vegetables (incl. beans and peas, not starchy)	2.6 (0.6)	2.5 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=484)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
100% fruit juice	1.1 (0.2)	2.2 (0.2)
Pizza	*	2.1 (0.3)
Desserts and sweet snacks	1.4 (0.3)	2.0 (0.2)
Chips, crackers, and savory snacks	1.0 (0.2)	1.3 (0.2)
Soups	2.9 (0.5)	1.3 (0.3)
Sugar-sweetened and diet beverages	*	1.2 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.1 (0.2)
Yeast breads and tortillas	0.9 (0.2)	0.9 (0.1)
Candy and sugars	*	0.6 (0.2)
Cheese	0.4 (0.1)	0.6 (0.1)
Seafood (not incl. mixed dishes)	*	*
Nuts, seeds, and soy	*	*
Rice and pasta	*	0.2 (0.0)
Coffee and tea	*	<0.1 (0.0)
Condiments and gravies	*	<0.1 (0.0)
Salad dressings	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=484)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES 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 22.16.a. Total choline: Distribution of intake (percentage) among major food categories - Households that did not receive SNAP benefits in past 12 months**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=83)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Dairy	*	39.3 (2.4)
Protein foods	12.4 (2.9)	22.4 (2.4)
Mixed dishes	*	13.1 (1.5)
Vegetables	*	6.6 (1.0)
Grains	4.9 (1.4)	5.5 (0.9)
Fruit and 100% fruit juices	5.1 (1.0)	5.0 (0.6)
Snacks and sweets	3.1 (0.8)	3.8 (0.6)
Baby food	46.7 (5.8)	*
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 22.16.b. Total choline: Distribution of intake (percentage) among food subcategories - Households that did not receive SNAP benefits in past 12 months**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=83)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Higher fat milk/yogurt	*	36.2 (2.7)
Eggs	*	13.4 (2.4)
Poultry (not incl. deli and mixed dishes)	*	5.8 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	4.3 (1.2)
Rice, pasta, and other grain-based mixed dishes	*	3.7 (0.6)
Vegetables (incl. beans and peas, not starchy)	*	3.5 (0.7)
Baby food	46.7 (5.8)	*
Starchy vegetables	*	3.1 (0.7)
Fruit (non-juice)	3.8 (1.0)	2.9 (0.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Lower fat milk/yogurt	*	2.4 (0.7)
Breakfast cereals and bars	*	2.3 (0.4)
Meat, poultry, and seafood mixed dishes	*	2.3 (0.6)
100% fruit juice	*	2.1 (0.4)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=83)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Desserts and sweet snacks	*	1.9 (0.5)
Pizza	*	*
Chips, crackers, and savory snacks	*	1.7 (0.4)
Deli/cured products (meat and poultry)	*	1.6 (0.4)
Meats (not incl. deli and mixed dishes)	*	1.1 (0.3)
Soups	*	*
Cheese	*	0.8 (0.2)
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	*	0.6 (0.1)
Seafood (not incl. mixed dishes)	*	*
Candy and sugars	*	*
Nuts, seeds, and soy	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*
Rice and pasta	*	*

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 22.17.a. Total choline: Distribution of intake (percentage) among major food categories - Children currently receiving WIC benefits**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=723)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Dairy	7.0 (0.9)	37.4 (0.9)
Protein foods	11.5 (1.4)	22.9 (1.1)
Mixed dishes	9.9 (0.9)	15.1 (0.7)
Grains	2.6 (0.3)	5.7 (0.4)
Fruit and 100% fruit juices	4.3 (0.5)	5.6 (0.3)
Vegetables	5.4 (0.5)	5.3 (0.4)
Snacks and sweets	2.5 (0.4)	4.0 (0.3)
Baby food	56.4 (2.4)	2.8 (0.5)
Beverages	0.3 (0.1)	1.2 (0.3)
Condiments, gravies, spreads, and salad dressings	*	0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 22.17.b. Total choline: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=723)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Higher fat milk/yogurt	5.5 (0.9)	33.0 (1.0)
Eggs	7.1 (1.3)	11.7 (0.9)
Poultry (not incl. deli and mixed dishes)	2.5 (0.4)	5.7 (0.5)
Rice, pasta, and other grain-based mixed dishes	4.0 (0.6)	4.3 (0.3)
Lower fat milk/yogurt	1.1 (0.3)	3.8 (0.7)
Breakfast cereals and bars	1.2 (0.2)	3.7 (0.4)
Meat, poultry, and seafood mixed dishes	1.7 (0.3)	3.7 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	3.2 (0.4)
Fruit (non-juice)	2.6 (0.3)	3.2 (0.2)
Deli/cured products (meat and poultry)	1.1 (0.3)	2.9 (0.5)
Vegetables (incl. beans and peas, not starchy)	2.6 (0.4)	2.8 (0.3)
Baby food	56.4 (2.4)	2.8 (0.5)
Soups	3.5 (0.5)	2.7 (0.5)
100% fruit juice	1.7 (0.4)	2.4 (0.2)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=723)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Starchy vegetables	2.8 (0.4)	2.4 (0.3)
Desserts and sweet snacks	1.3 (0.2)	2.2 (0.2)
Meats (not incl. deli and mixed dishes)	*	1.8 (0.3)
Chips, crackers, and savory snacks	1.0 (0.3)	1.3 (0.2)
Pizza	0.3 (0.1)	1.2 (0.2)
Sugar-sweetened and diet beverages	0.3 (0.1)	1.1 (0.3)
Yeast breads and tortillas	0.9 (0.2)	0.9 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.4 (0.1)	0.9 (0.1)
Cheese	0.5 (0.1)	0.7 (0.1)
Seafood (not incl. mixed dishes)	*	*
Candy and sugars	*	*
Nuts, seeds, and soy	*	0.2 (0.0)
Rice and pasta	0.1 (0.0)	*
Coffee and tea	*	<0.1 (0.0)
Condiments and gravies	*	<0.1 (0.0)
Salad dressings	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=723)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Waters	<0.1 (0.0)	<0.1 (0.0)
Spreads	*	*

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

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

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

**Table 22.18.a. Total choline: Distribution of intake (percentage) among major food categories - Children not currently receiving WIC benefits**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=65)</b>	<b>Young children ages 12 through 23 months (n=292)</b>
Dairy	*	36.2 (2.0)
Protein foods	*	24.3 (1.7)
Mixed dishes	*	16.5 (1.3)
Grains	*	5.3 (0.5)
Vegetables	*	5.2 (0.7)
Fruit and 100% fruit juices	*	4.9 (0.4)
Snacks and sweets	*	3.9 (0.4)
Baby food	*	2.4 (0.7)
Beverages	*	1.1 (0.2)
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 22.18.b. Total choline: Distribution of intake (percentage) among food subcategories - Children not currently receiving WIC benefits**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=65)</b>	<b>Young children ages 12 through 23 months (n=292)</b>
Higher fat milk/yogurt	*	32.5 (2.1)
Eggs	*	14.8 (1.6)
Rice, pasta, and other grain-based mixed dishes	*	5.1 (0.6)
Poultry (not incl. deli and mixed dishes)	*	4.9 (0.6)
Meat, poultry, and seafood mixed dishes	*	4.4 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	4.1 (0.8)
Breakfast cereals and bars	*	3.5 (0.5)
Lower fat milk/yogurt	*	3.2 (0.8)
Fruit (non-juice)	*	3.0 (0.4)
Starchy vegetables	*	3.0 (0.4)
Deli/cured products (meat and poultry)	*	2.6 (0.4)
Desserts and sweet snacks	*	2.5 (0.4)
Baby food	*	2.4 (0.7)
Vegetables (incl. beans and peas, not starchy)	*	2.2 (0.4)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=65)</b>	<b>Young children ages 12 through 23 months (n=292)</b>
100% fruit juice	*	1.9 (0.3)
Pizza	*	1.8 (0.4)
Meats (not incl. deli and mixed dishes)	*	1.4 (0.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.1 (0.3)
Chips, crackers, and savory snacks	*	1.1 (0.1)
Soups	*	1.1 (0.3)
Sugar-sweetened and diet beverages	*	1.0 (0.2)
Yeast breads and tortillas	*	0.6 (0.1)
Cheese	*	0.6 (0.1)
Seafood (not incl. mixed dishes)	*	*
Candy and sugars	*	0.3 (0.1)
Nuts, seeds, and soy	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*
Waters	*	<0.1 (0.0)
Spreads	*	*

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

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

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

## References

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