



Food Category Sources of Total Fat: Infants and Young Children

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: Mathematica®

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Introduction

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

United States Department of Health and Human Services (HHS)

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

United States Department of Agriculture (USDA)

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

A collection of federal data sources, including the National Health and Nutrition Examination Survey (NHANES), informed the Committee's work. The Federal Data Analysis Plan described the data analysis process and strategy 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 Total Fat: Infants and Young Children, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis question:

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

Acknowledgments and Funding

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

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

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

Table 23.1.a. Total fat: Distribution of intake (percentage) among major food categories - Mexican Americans

Major food category	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Dairy	8.2 (2.0)	29.3 (2.4)
Mixed dishes	16.7 (2.5)	22.3 (2.3)
Protein foods	9.0 (1.9)	17.8 (1.6)
Snacks and sweets	10.5 (2.0)	14.2 (1.3)
Grains	3.2 (0.8)	6.8 (0.9)
Vegetables	6.9 (1.2)	4.4 (0.8)
Baby food	43.2 (4.5)	2.7 (0.8)
Beverages	*	*
Fruit and 100% fruit juices	*	1.1 (0.1)
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 23.1.b. Total fat: Distribution of intake (percentage) among food subcategories - Mexican Americans

Food subcategory	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Higher fat milk/yogurt	*	26.7 (2.5)
Eggs	6.3 (1.8)	10.0 (1.2)
Rice, pasta, and other grain-based mixed dishes	5.5 (1.2)	9.4 (1.4)
Desserts and sweet snacks	4.6 (0.9)	7.6 (1.0)
Chips, crackers, and savory snacks	5.8 (1.6)	5.9 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	5.4 (1.2)
Poultry (not incl. deli and mixed dishes)	*	4.2 (0.8)
Breakfast cereals and bars	*	3.3 (0.5)
Soups	9.2 (1.8)	3.0 (0.6)
Baby food	43.2 (4.5)	2.7 (0.8)
Meat, poultry, and seafood mixed dishes	*	2.6 (0.6)
Deli/cured products (meat and poultry)	*	2.5 (0.6)
Starchy vegetables	*	2.5 (0.6)
Pizza	*	*
Vegetables (incl. beans and peas, not starchy)	4.6 (0.9)	1.9 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=164)	Young children ages 12 through 23 months (n=178)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Cheese	*	1.5 (0.3)
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	*	1.3 (0.3)
Lower fat milk/yogurt	*	*
Candy and sugars	*	*
Fruit (non-juice)	*	0.7 (0.1)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	*	0.4 (0.1)
Rice and pasta	*	*
Seafood (not incl. mixed dishes)	*	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

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

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

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

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

Table 23.2.a. Total fat: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks

Major food category	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Mixed dishes	6.8 (1.5)	24.2 (1.7)
Dairy	*	22.7 (1.9)
Protein foods	5.6 (1.6)	18.6 (1.9)
Snacks and sweets	6.2 (1.5)	14.3 (1.2)
Grains	*	9.1 (0.8)
Vegetables	4.3 (0.9)	5.3 (0.8)
Baby food	65.4 (4.6)	4.1 (1.1)
Fruit and 100% fruit juices	*	1.0 (0.1)
Beverages	*	*
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 23.2.b. Total fat: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks

Food subcategory	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Higher fat milk/yogurt	*	19.8 (1.8)
Burgers and sandwiches (incl. tacos and burritos)	*	8.9 (1.3)
Poultry (not incl. deli and mixed dishes)	3.4 (1.0)	8.8 (1.4)
Chips, crackers, and savory snacks	*	7.2 (0.8)
Desserts and sweet snacks	*	6.4 (0.8)
Breakfast cereals and bars	*	5.3 (0.7)
Rice, pasta, and other grain-based mixed dishes	3.3 (0.9)	5.3 (0.8)
Pizza	*	4.8 (0.9)
Meat, poultry, and seafood mixed dishes	*	4.6 (0.9)
Eggs	*	4.5 (0.9)
Baby food	65.4 (4.6)	4.1 (1.1)
Deli/cured products (meat and poultry)	*	4.0 (0.8)
Starchy vegetables	3.8 (0.9)	3.9 (0.7)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.2 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=158)	Young children ages 12 through 23 months (n=225)
Cheese	<0.1 (0.0)	*
Vegetables (incl. beans and peas, not starchy)	*	1.3 (0.3)
Lower fat milk/yogurt	*	*
Yeast breads and tortillas	*	*
Candy and sugars	*	0.7 (0.2)
Soups	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Sugar-sweetened and diet beverages	*	*
Meats (not incl. deli and mixed dishes)	*	0.6 (0.2)
100% fruit juice	*	0.6 (0.1)
Rice and pasta	*	0.6 (0.1)
Fruit (non-juice)	*	0.4 (0.0)
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	<0.1 (0.0)	<0.1 (0.0)

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

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

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

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

Table 23.3.a. Total fat: 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	10.0 (1.5)	31.0 (1.6)
Mixed dishes	10.9 (1.4)	21.8 (1.3)
Protein foods	7.7 (1.3)	15.2 (1.1)
Snacks and sweets	6.3 (1.2)	13.8 (0.9)
Grains	5.7 (0.9)	8.2 (0.7)
Vegetables	9.9 (1.8)	4.9 (0.6)
Baby food	46.2 (3.5)	2.8 (0.7)
Fruit and 100% fruit juices	*	1.1 (0.2)
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 23.3.b. Total fat: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites

Food subcategory	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Higher fat milk/yogurt	5.6 (1.0)	25.7 (1.5)
Burgers and sandwiches (incl. tacos and burritos)	*	9.4 (1.0)
Chips, crackers, and savory snacks	3.4 (1.0)	7.5 (0.8)
Rice, pasta, and other grain-based mixed dishes	5.0 (1.0)	6.7 (0.8)
Desserts and sweet snacks	2.8 (0.6)	5.3 (0.5)
Poultry (not incl. deli and mixed dishes)	2.3 (0.5)	4.6 (0.6)
Deli/cured products (meat and poultry)	1.5 (0.4)	4.3 (0.8)
Eggs	2.8 (0.7)	4.2 (0.6)
Cheese	3.4 (1.0)	3.9 (0.6)
Breakfast cereals and bars	1.6 (0.4)	3.6 (0.4)
Meat, poultry, and seafood mixed dishes	*	3.0 (0.6)
Starchy vegetables	*	3.0 (0.4)
Baby food	46.2 (3.5)	2.8 (0.7)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	2.9 (0.7)	2.4 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=266)	Young children ages 12 through 23 months (n=293)
Pizza	*	2.4 (0.4)
Yeast breads and tortillas	*	2.0 (0.5)
Vegetables (incl. beans and peas, not starchy)	6.6 (1.6)	1.9 (0.5)
Lower fat milk/yogurt	*	1.4 (0.4)
Candy and sugars	*	*
Meats (not incl. deli and mixed dishes)	*	1.0 (0.2)
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	*	0.8 (0.2)
Nuts, seeds, and soy	*	*
Soups	*	*
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	*	*
100% fruit juice	0.1 (0.0)	0.3 (0.0)
Rice and pasta	*	*
Coffee and tea	*	*
Salad dressings	<0.1 (0.0)	<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 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 23.4.a. Total fat: 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	6.4 (1.8)	32.6 (2.1)
Mixed dishes	14.0 (3.2)	23.9 (2.2)
Snacks and sweets	*	13.8 (2.0)
Protein foods	*	13.4 (1.9)
Grains	3.8 (1.0)	6.8 (0.9)
Vegetables	5.6 (1.6)	5.5 (1.1)
Baby food	52.1 (4.6)	*
Fruit and 100% fruit juices	*	1.0 (0.1)
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 23.4.b. Total fat: Distribution of intake (percentage) among food subcategories - Other Hispanics

Food subcategory	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Higher fat milk/yogurt	*	28.7 (2.3)
Desserts and sweet snacks	*	7.7 (1.3)
Poultry (not incl. deli and mixed dishes)	*	6.8 (1.7)
Burgers and sandwiches (incl. tacos and burritos)	*	6.6 (1.7)
Rice, pasta, and other grain-based mixed dishes	*	6.1 (1.0)
Chips, crackers, and savory snacks	*	5.4 (1.1)
Pizza	*	*
Breakfast cereals and bars	*	3.9 (0.9)
Soups	*	*
Eggs	*	3.4 (0.8)
Meat, poultry, and seafood mixed dishes	2.3 (0.6)	*
Starchy vegetables	*	3.1 (0.8)
Cheese	*	3.1 (0.9)
Vegetables (incl. beans and peas, not starchy)	*	2.4 (0.7)
Deli/cured products (meat and poultry)	*	*

Food subcategory	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
Baby food	52.1 (4.6)	*
Yeast breads and tortillas	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Lower fat milk/yogurt	*	*
Rice and pasta	*	*
Sugar-sweetened and diet beverages	*	*
Candy and sugars	*	*
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
Fruit (non-juice)	*	0.5 (0.1)
100% fruit juice	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
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 23.5.a. Total fat: Distribution of intake (percentage) among major food categories - Other races, including multi-racial

Major food category	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Dairy	*	31.1 (3.4)
Mixed dishes	*	28.9 (3.6)
Snacks and sweets	*	12.4 (1.6)
Protein foods	*	10.1 (1.6)
Grains	*	8.3 (1.1)
Vegetables	*	5.4 (1.0)
Baby food	*	*
Fruit and 100% fruit juices	*	1.0 (0.2)
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 23.5.b. Total fat: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial

Food subcategory	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Higher fat milk/yogurt	*	27.9 (3.2)
Rice, pasta, and other grain-based mixed dishes	*	9.2 (2.1)
Desserts and sweet snacks	*	7.3 (1.3)
Burgers and sandwiches (incl. tacos and burritos)	*	7.2 (1.4)
Meat, poultry, and seafood mixed dishes	*	*
Pizza	*	*
Chips, crackers, and savory snacks	*	4.8 (1.0)
Breakfast cereals and bars	*	4.5 (1.1)
Poultry (not incl. deli and mixed dishes)	*	4.5 (1.1)
Starchy vegetables	*	4.1 (1.0)
Eggs	*	3.1 (0.7)
Cheese	*	2.9 (0.8)
Baby food	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Deli/cured products (meat and poultry)	*	*

Food subcategory	Infants ages 6 through 11 months (n=56)	Young children ages 12 through 23 months (n=79)
Vegetables (incl. beans and peas, not starchy)	*	*
Yeast breads and tortillas	*	*
Fruit (non-juice)	*	0.7 (0.1)
Rice and pasta	*	*
Meats (not incl. deli and mixed dishes)	*	*
Soups	*	*
Sugar-sweetened and diet beverages	*	*
Candy and sugars	*	*
Lower fat milk/yogurt	*	*
Nuts, seeds, and soy	*	*
100% fruit juice	*	0.3 (0.1)
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	*
Salad dressings	*	<0.1 (0.0)
Waters	*	<0.1 (0.0)
Spreads	*	<0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 23.6.a. Total fat: Distribution of intake (percentage) among major food categories - Households with income below 131 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Dairy	9.4 (1.2)	31.9 (1.1)
Mixed dishes	14.4 (1.3)	20.1 (0.9)
Protein foods	7.5 (1.0)	17.2 (1.0)
Snacks and sweets	9.4 (0.9)	13.9 (0.7)
Grains	4.7 (0.6)	7.2 (0.5)
Vegetables	6.3 (1.0)	5.0 (0.4)
Baby food	46.2 (2.5)	2.4 (0.6)
Fruit and 100% fruit juices	1.5 (0.3)	1.1 (0.1)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	0.5 (0.1)	0.6 (0.1)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 23.6.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with income below 131 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Higher fat milk/yogurt	7.4 (1.1)	27.4 (1.1)
Desserts and sweet snacks	5.0 (0.7)	6.4 (0.5)
Rice, pasta, and other grain-based mixed dishes	7.3 (1.0)	6.4 (0.5)
Chips, crackers, and savory snacks	3.9 (0.5)	6.1 (0.4)
Eggs	3.2 (0.7)	6.1 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	5.4 (0.6)
Poultry (not incl. deli and mixed dishes)	2.2 (0.4)	5.4 (0.5)
Deli/cured products (meat and poultry)	1.4 (0.3)	3.7 (0.5)
Starchy vegetables	4.0 (0.7)	3.6 (0.4)
Breakfast cereals and bars	2.2 (0.5)	3.5 (0.4)
Pizza	0.7 (0.2)	3.2 (0.4)
Meat, poultry, and seafood mixed dishes	*	3.0 (0.4)
Cheese	1.4 (0.3)	2.9 (0.3)
Baby food	46.2 (2.5)	2.4 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Soups	3.6 (0.5)	2.1 (0.3)
Yeast breads and tortillas	1.4 (0.2)	1.7 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.7 (0.3)
Lower fat milk/yogurt	0.6 (0.2)	1.6 (0.3)
Vegetables (incl. beans and peas, not starchy)	2.2 (0.6)	1.5 (0.2)
Candy and sugars	*	*
Meats (not incl. deli and mixed dishes)	*	1.3 (0.3)
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	1.0 (0.3)	0.6 (0.1)
100% fruit juice	0.5 (0.1)	0.5 (0.0)
Nuts, seeds, and soy	*	*
Seafood (not incl. mixed dishes)	*	0.4 (0.1)
Rice and pasta	*	0.4 (0.1)
Condiments and gravies	*	*
Salad dressings	*	*
Spreads	*	0.2 (0.0)
Coffee and tea	*	*

Food subcategory	Infants ages 6 through 11 months (n=542)	Young children ages 12 through 23 months (n=676)
Waters	<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 23.7.a. Total fat: Distribution of intake (percentage) among major food categories - Households with income at or below 185 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
Dairy	11.8 (3.4)	27.8 (2.2)
Mixed dishes	17.4 (3.5)	20.1 (2.0)
Protein foods	8.6 (1.9)	18.9 (1.9)
Snacks and sweets	*	16.4 (1.6)
Grains	1.8 (0.4)	6.4 (0.8)
Vegetables	5.7 (1.4)	4.8 (0.7)
Baby food	47.8 (4.3)	*
Fruit and 100% fruit juices	*	0.9 (0.1)
Condiments, gravies, spreads, and salad dressings	*	*
Beverages	*	*

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

Food subcategory	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
Higher fat milk/yogurt	8.3 (2.3)	23.4 (2.3)
Chips, crackers, and savory snacks	*	9.2 (1.5)
Rice, pasta, and other grain-based mixed dishes	6.8 (1.9)	8.0 (1.2)
Desserts and sweet snacks	*	6.9 (0.9)
Poultry (not incl. deli and mixed dishes)	*	6.4 (1.1)
Eggs	*	5.9 (1.2)
Burgers and sandwiches (incl. tacos and burritos)	*	5.6 (1.2)
Deli/cured products (meat and poultry)	*	*
Cheese	*	3.7 (0.9)
Breakfast cereals and bars	*	3.5 (0.6)
Baby food	47.8 (4.3)	*
Starchy vegetables	*	2.9 (0.5)
Meat, poultry, and seafood mixed dishes	*	2.8 (0.8)
Pizza	*	*

Food subcategory	Infants ages 6 through 11 months (n=124)	Young children ages 12 through 23 months (n=164)
Vegetables (incl. beans and peas, not starchy)	*	1.9 (0.5)
Soups	*	1.6 (0.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Yeast breads and tortillas	*	1.2 (0.2)
Meats (not incl. deli and mixed dishes)	*	*
Nuts, seeds, and soy	*	*
Lower fat milk/yogurt	*	*
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	*	0.6 (0.1)
Salad dressings	*	*
Spreads	*	*
Candy and sugars	*	*
100% fruit juice	*	0.3 (0.1)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Waters	<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 23.8.a. Total fat: Distribution of intake (percentage) among major food categories - Households with income between 186 and 350 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Dairy	12.4 (2.0)	35.6 (1.7)
Mixed dishes	10.4 (2.1)	19.7 (1.4)
Protein foods	8.5 (1.7)	14.3 (1.4)
Snacks and sweets	8.9 (1.6)	13.7 (0.9)
Grains	5.9 (1.4)	7.9 (0.8)
Vegetables	6.4 (1.5)	3.5 (0.5)
Baby food	42.9 (3.8)	2.2 (0.5)
Beverages	*	*
Fruit and 100% fruit juices	*	1.2 (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 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 23.8.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with income between 186 and 350 percent of the federal poverty level

Food subcategory	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Higher fat milk/yogurt	7.5 (1.5)	30.3 (1.9)
Rice, pasta, and other grain-based mixed dishes	2.7 (0.7)	7.7 (1.2)
Chips, crackers, and savory snacks	4.5 (1.2)	7.0 (0.6)
Desserts and sweet snacks	4.3 (1.0)	6.1 (0.6)
Poultry (not incl. deli and mixed dishes)	1.5 (0.4)	5.2 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	5.0 (0.9)
Deli/cured products (meat and poultry)	*	4.2 (0.9)
Cheese	3.5 (1.0)	3.8 (0.6)
Meat, poultry, and seafood mixed dishes	*	3.7 (0.7)
Eggs	3.9 (1.1)	3.7 (0.7)
Breakfast cereals and bars	*	3.5 (0.4)
Starchy vegetables	*	2.3 (0.5)
Pizza	*	2.2 (0.3)
Baby food	42.9 (3.8)	2.2 (0.5)

Food subcategory	Infants ages 6 through 11 months (n=235)	Young children ages 12 through 23 months (n=276)
Yeast breads and tortillas	*	2.0 (0.5)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.9 (0.4)
Lower fat milk/yogurt	*	*
Sugar-sweetened and diet beverages	*	*
Vegetables (incl. beans and peas, not starchy)	*	1.2 (0.2)
Soups	*	*
Fruit (non-juice)	*	0.8 (0.2)
Candy and sugars	*	0.5 (0.1)
Nuts, seeds, and soy	*	*
100% fruit juice	*	0.5 (0.1)
Rice and pasta	*	*
Spreads	*	*
Meats (not incl. deli and mixed dishes)	*	*
Salad dressings	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	*	*
Waters	<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 23.9.a. Total fat: Distribution of intake (percentage) among major food categories - Households with income above 350 percent of the federal poverty level

Major food category	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Dairy	12.9 (2.1)	36.1 (1.8)
Mixed dishes	6.1 (1.2)	18.8 (1.5)
Protein foods	6.6 (1.1)	14.8 (1.1)
Snacks and sweets	4.8 (0.9)	11.2 (0.9)
Grains	5.6 (0.7)	8.2 (0.7)
Vegetables	10.2 (2.1)	5.1 (0.7)
Baby food	50.8 (3.7)	3.0 (0.6)
Condiments, gravies, spreads, and salad dressings	*	1.4 (0.3)
Fruit and 100% fruit juices	2.4 (0.5)	1.1 (0.1)
Beverages	*	*

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

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Higher fat milk/yogurt	8.0 (1.7)	30.0 (1.9)
Rice, pasta, and other grain-based mixed dishes	2.7 (0.8)	6.7 (1.0)
Chips, crackers, and savory snacks	2.7 (0.7)	6.4 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	6.3 (1.1)
Poultry (not incl. deli and mixed dishes)	2.5 (0.6)	5.1 (0.7)
Cheese	4.4 (1.3)	4.9 (0.7)
Desserts and sweet snacks	2.0 (0.6)	4.3 (0.5)
Deli/cured products (meat and poultry)	*	4.0 (0.7)
Eggs	2.6 (0.7)	3.5 (0.6)
Meat, poultry, and seafood mixed dishes	1.8 (0.5)	3.1 (0.6)
Breakfast cereals and bars	1.9 (0.5)	3.0 (0.4)
Baby food	50.8 (3.7)	3.0 (0.6)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	2.1 (0.5)	2.7 (0.5)
Vegetables (incl. beans and peas, not starchy)	7.8 (1.9)	2.6 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Starchy vegetables	*	2.5 (0.4)
Pizza	*	1.8 (0.5)
Yeast breads and tortillas	*	1.7 (0.3)
Lower fat milk/yogurt	*	1.2 (0.3)
Nuts, seeds, and soy	*	*
Fruit (non-juice)	2.3 (0.5)	0.9 (0.1)
Spreads	*	0.9 (0.2)
Soups	*	*
Meats (not incl. deli and mixed dishes)	*	0.7 (0.2)
Rice and pasta	*	*
Candy and sugars	*	0.5 (0.1)
Seafood (not incl. mixed dishes)	*	*
Condiments and gravies	*	*
Sugar-sweetened and diet beverages	*	*
Salad dressings	<0.1 (0.0)	*
100% fruit juice	*	0.2 (0.0)
Coffee and tea	*	*

Food subcategory	Infants ages 6 through 11 months (n=198)	Young children ages 12 through 23 months (n=271)
Waters	<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 23.10.a. Total fat: Distribution of intake (percentage) among major food categories - Households with full food security

Major food category	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Dairy	12.0 (1.3)	33.3 (0.9)
Mixed dishes	9.6 (1.0)	19.8 (0.8)
Protein foods	7.9 (0.9)	15.7 (0.7)
Snacks and sweets	6.6 (0.7)	13.1 (0.6)
Grains	5.3 (0.5)	7.9 (0.4)
Vegetables	7.6 (0.9)	4.6 (0.4)
Baby food	47.1 (2.3)	2.7 (0.4)
Fruit and 100% fruit juices	3.1 (0.6)	1.2 (0.1)
Condiments, gravies, spreads, and salad dressings	0.6 (0.1)	1.0 (0.1)
Beverages	*	*

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 23.10.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with full food security

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Higher fat milk/yogurt	7.9 (0.9)	28.0 (1.0)
Rice, pasta, and other grain-based mixed dishes	3.8 (0.5)	7.2 (0.6)
Chips, crackers, and savory snacks	3.4 (0.6)	6.8 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	6.1 (0.6)
Poultry (not incl. deli and mixed dishes)	2.3 (0.3)	5.6 (0.5)
Desserts and sweet snacks	3.0 (0.4)	5.5 (0.3)
Eggs	3.3 (0.6)	4.2 (0.4)
Deli/cured products (meat and poultry)	1.2 (0.3)	3.8 (0.5)
Cheese	3.2 (0.7)	3.7 (0.4)
Breakfast cereals and bars	2.1 (0.3)	3.6 (0.3)
Meat, poultry, and seafood mixed dishes	2.3 (0.5)	3.1 (0.4)
Starchy vegetables	2.9 (0.6)	2.7 (0.2)
Baby food	47.1 (2.3)	2.7 (0.4)
Pizza	*	2.1 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	1.5 (0.3)	2.0 (0.3)
Vegetables (incl. beans and peas, not starchy)	4.7 (0.9)	1.9 (0.3)
Yeast breads and tortillas	1.4 (0.3)	1.7 (0.3)
Lower fat milk/yogurt	0.9 (0.3)	1.6 (0.2)
Soups	2.1 (0.4)	1.3 (0.2)
Nuts, seeds, and soy	*	0.9 (0.2)
Candy and sugars	*	0.8 (0.2)
Fruit (non-juice)	2.4 (0.5)	0.8 (0.1)
Meats (not incl. deli and mixed dishes)	*	0.8 (0.1)
Sugar-sweetened and diet beverages	*	*
Rice and pasta	0.3 (0.1)	0.6 (0.1)
Spreads	0.4 (0.1)	0.5 (0.1)
Seafood (not incl. mixed dishes)	*	0.4 (0.1)
100% fruit juice	*	0.4 (0.0)
Condiments and gravies	*	*
Salad dressings	*	*

Food subcategory	Infants ages 6 through 11 months (n=670)	Young children ages 12 through 23 months (n=859)
Coffee and tea	*	*
Waters	<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 23.11.a. Total fat: Distribution of intake (percentage) among major food categories - Households with marginal food security

Major food category	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Dairy	8.9 (2.2)	34.8 (1.9)
Protein foods	5.0 (1.2)	19.3 (1.7)
Mixed dishes	13.2 (2.3)	16.9 (1.4)
Snacks and sweets	8.0 (1.3)	14.0 (0.9)
Grains	*	6.1 (0.7)
Vegetables	7.4 (2.0)	3.9 (0.5)
Baby food	52.2 (4.4)	*
Fruit and 100% fruit juices	0.9 (0.2)	1.0 (0.1)
Condiments, gravies, spreads, and salad dressings	*	0.7 (0.2)
Beverages	*	*

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 23.11.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with marginal food security

Food subcategory	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Higher fat milk/yogurt	*	29.7 (1.9)
Desserts and sweet snacks	4.1 (0.9)	6.9 (0.7)
Chips, crackers, and savory snacks	3.9 (1.0)	6.6 (0.6)
Poultry (not incl. deli and mixed dishes)	*	6.5 (0.9)
Eggs	*	6.2 (1.0)
Rice, pasta, and other grain-based mixed dishes	6.1 (1.3)	5.4 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	5.2 (1.3)
Deli/cured products (meat and poultry)	*	4.9 (1.0)
Cheese	*	3.7 (0.7)
Starchy vegetables	3.2 (0.9)	2.9 (0.4)
Baby food	52.2 (4.4)	*
Pizza	*	2.7 (0.6)
Breakfast cereals and bars	0.7 (0.2)	2.6 (0.4)
Meat, poultry, and seafood mixed dishes	*	2.1 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=194)	Young children ages 12 through 23 months (n=254)
Yeast breads and tortillas	*	1.6 (0.4)
Soups	*	1.5 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Lower fat milk/yogurt	*	*
Meats (not incl. deli and mixed dishes)	*	*
Vegetables (incl. beans and peas, not starchy)	*	1.0 (0.2)
Fruit (non-juice)	0.5 (0.1)	0.6 (0.1)
Candy and sugars	*	*
100% fruit juice	0.4 (0.1)	0.5 (0.1)
Sugar-sweetened and diet beverages	*	*
Spreads	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Rice and pasta	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	*
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	*	*
Waters	<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 23.12.a. Total fat: Distribution of intake (percentage) among major food categories - Households with low food security

Major food category	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Dairy	10.5 (1.9)	33.9 (1.9)
Mixed dishes	15.3 (2.2)	21.5 (1.4)
Protein foods	7.6 (1.6)	14.6 (1.3)
Snacks and sweets	8.4 (1.6)	14.3 (1.1)
Grains	4.7 (1.1)	6.4 (0.7)
Vegetables	5.1 (1.2)	5.1 (0.7)
Baby food	45.9 (3.3)	2.1 (0.5)
Fruit and 100% fruit juices	1.9 (0.4)	1.0 (0.1)
Condiments, gravies, spreads, and salad dressings	*	*
Beverages	*	*

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 23.12.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with low food security

Food subcategory	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Higher fat milk/yogurt	7.8 (1.7)	29.7 (1.9)
Rice, pasta, and other grain-based mixed dishes	6.1 (1.4)	7.2 (1.0)
Chips, crackers, and savory snacks	*	7.0 (0.8)
Desserts and sweet snacks	3.8 (0.9)	6.3 (0.8)
Eggs	4.8 (1.4)	5.8 (0.9)
Meat, poultry, and seafood mixed dishes	*	4.3 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	4.0 (0.7)
Starchy vegetables	3.3 (0.9)	3.7 (0.7)
Poultry (not incl. deli and mixed dishes)	*	3.6 (0.6)
Deli/cured products (meat and poultry)	*	3.5 (0.9)
Pizza	*	3.4 (0.9)
Breakfast cereals and bars	*	3.3 (0.5)
Cheese	*	3.3 (0.6)
Soups	4.0 (1.1)	2.6 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=242)	Young children ages 12 through 23 months (n=278)
Baby food	45.9 (3.3)	2.1 (0.5)
Yeast breads and tortillas	0.9 (0.2)	1.6 (0.4)
Vegetables (incl. beans and peas, not starchy)	*	1.5 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.3 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.1 (0.3)
Candy and sugars	*	1.0 (0.3)
Lower fat milk/yogurt	*	*
Fruit (non-juice)	1.4 (0.4)	0.6 (0.1)
Nuts, seeds, and soy	*	*
Spreads	*	*
100% fruit juice	0.5 (0.1)	0.4 (0.1)
Sugar-sweetened and diet beverages	*	*
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	*	*
Rice and pasta	*	0.2 (0.1)
Coffee and tea	*	*
Salad dressings	*	*
Waters	<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 23.13.a. Total fat: Distribution of intake (percentage) among major food categories - Households with very low food security

Major food category	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Dairy	*	29.7 (2.4)
Mixed dishes	*	20.1 (2.4)
Protein foods	*	16.3 (1.8)
Snacks and sweets	*	13.9 (1.6)
Grains	*	9.9 (1.7)
Vegetables	*	5.2 (1.1)
Baby food	*	*
Fruit and 100% fruit juices	*	1.0 (0.2)
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 23.13.b. Total fat: Distribution of intake (percentage) among food subcategories - Households with very low food security

Food subcategory	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Higher fat milk/yogurt	*	24.4 (2.5)
Desserts and sweet snacks	*	6.9 (1.3)
Rice, pasta, and other grain-based mixed dishes	*	6.8 (1.4)
Eggs	*	6.7 (1.6)
Chips, crackers, and savory snacks	*	6.6 (1.0)
Poultry (not incl. deli and mixed dishes)	*	4.9 (1.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	4.8 (1.4)
Burgers and sandwiches (incl. tacos and burritos)	*	4.3 (1.2)
Pizza	*	*
Breakfast cereals and bars	*	3.8 (1.1)
Starchy vegetables	*	3.6 (0.9)
Cheese	*	3.4 (0.8)
Meat, poultry, and seafood mixed dishes	*	*
Deli/cured products (meat and poultry)	*	*
Baby food	*	*

Food subcategory	Infants ages 6 through 11 months (n=72)	Young children ages 12 through 23 months (n=94)
Lower fat milk/yogurt	*	1.9 (0.5)
Soups	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Meats (not incl. deli and mixed dishes)	*	*
Yeast breads and tortillas	*	*
Sugar-sweetened and diet beverages	*	*
100% fruit juice	*	0.7 (0.1)
Seafood (not incl. mixed dishes)	*	*
Candy and sugars	*	*
Fruit (non-juice)	*	0.4 (0.1)
Rice and pasta	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Spreads	*	*
Salad dressings	*	*
Coffee and tea	*	*
Waters	*	<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 23.14.a. Total fat: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits

Major food category	Infants ages 6 through 11 months (n=288)	Young children ages 12 through 23 months (n=345)
Dairy	7.6 (1.4)	27.4 (1.7)
Mixed dishes	13.1 (1.8)	22.3 (1.1)
Protein foods	7.1 (1.2)	17.1 (1.4)
Snacks and sweets	8.2 (1.2)	15.2 (1.0)
Grains	4.4 (1.1)	7.6 (0.7)
Vegetables	4.5 (1.0)	5.5 (0.6)
Baby food	54.0 (3.4)	*
Fruit and 100% fruit juices	1.1 (0.2)	0.9 (0.1)
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 23.14.b. Total fat: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits

Food subcategory	Infants ages 6 through 11 months (n=288)	Young children ages 12 through 23 months (n=345)
Higher fat milk/yogurt	5.6 (1.3)	24.1 (1.8)
Chips, crackers, and savory snacks	3.9 (0.9)	7.9 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	6.6 (0.8)
Rice, pasta, and other grain-based mixed dishes	7.0 (1.4)	6.4 (0.6)
Desserts and sweet snacks	4.2 (0.8)	5.9 (0.6)
Poultry (not incl. deli and mixed dishes)	2.6 (0.7)	5.7 (0.8)
Eggs	3.1 (0.8)	5.3 (0.7)
Deli/cured products (meat and poultry)	*	4.3 (0.9)
Pizza	*	4.2 (0.6)
Breakfast cereals and bars	1.5 (0.4)	4.1 (0.5)
Starchy vegetables	3.0 (0.6)	4.0 (0.6)
Meat, poultry, and seafood mixed dishes	*	3.8 (0.6)
Baby food	54.0 (3.4)	*
Cheese	*	2.0 (0.4)

Food subcategory	Infants ages 6 through 11 months (n=288)	Young children ages 12 through 23 months (n=345)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.7 (0.4)
Candy and sugars	*	*
Vegetables (incl. beans and peas, not starchy)	*	1.5 (0.3)
Yeast breads and tortillas	0.9 (0.2)	1.4 (0.4)
Meats (not incl. deli and mixed dishes)	*	1.4 (0.4)
Lower fat milk/yogurt	0.9 (0.3)	1.3 (0.3)
Soups	2.2 (0.6)	1.3 (0.3)
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	0.8 (0.2)	0.5 (0.1)
100% fruit juice	0.3 (0.1)	0.5 (0.0)
Seafood (not incl. mixed dishes)	*	*
Rice and pasta	*	0.4 (0.1)
Condiments and gravies	<0.1 (0.0)	*
Coffee and tea	*	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=288)	Young children ages 12 through 23 months (n=345)
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 23.15.a. Total fat: 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=484)	Young children ages 12 through 23 months (n=618)
Dairy	9.8 (1.3)	30.0 (1.3)
Mixed dishes	13.6 (1.4)	19.9 (0.9)
Protein foods	8.0 (1.1)	18.5 (1.1)
Snacks and sweets	9.1 (1.0)	14.9 (0.7)
Grains	4.5 (0.8)	7.2 (0.5)
Vegetables	6.0 (0.9)	5.0 (0.4)
Baby food	47.1 (2.5)	2.4 (0.6)
Fruit and 100% fruit juices	1.3 (0.2)	1.0 (0.1)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	0.6 (0.1)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES 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 23.15.b. Total fat: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months

Food subcategory	Infants ages 6 through 11 months (n=484)	Young children ages 12 through 23 months (n=618)
Higher fat milk/yogurt	7.2 (1.2)	25.3 (1.4)
Chips, crackers, and savory snacks	4.4 (0.6)	7.5 (0.5)
Desserts and sweet snacks	4.5 (0.7)	6.1 (0.4)
Rice, pasta, and other grain-based mixed dishes	6.8 (1.1)	6.1 (0.5)
Poultry (not incl. deli and mixed dishes)	2.4 (0.5)	5.9 (0.6)
Burgers and sandwiches (incl. tacos and burritos)	*	5.6 (0.6)
Eggs	3.6 (0.7)	5.5 (0.5)
Deli/cured products (meat and poultry)	1.3 (0.3)	4.9 (0.7)
Breakfast cereals and bars	1.9 (0.4)	3.7 (0.4)
Starchy vegetables	4.1 (0.7)	3.5 (0.4)
Meat, poultry, and seafood mixed dishes	1.4 (0.4)	3.4 (0.4)
Pizza	0.8 (0.2)	3.3 (0.4)
Cheese	1.7 (0.4)	2.8 (0.3)
Baby food	47.1 (2.5)	2.4 (0.6)

Food subcategory	Infants ages 6 through 11 months (n=484)	Young children ages 12 through 23 months (n=618)
Lower fat milk/yogurt	*	1.9 (0.3)
Yeast breads and tortillas	1.1 (0.2)	1.6 (0.3)
Soups	3.5 (0.6)	1.6 (0.2)
Vegetables (incl. beans and peas, not starchy)	*	1.5 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.5 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.5 (0.3)
Candy and sugars	*	*
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	0.9 (0.2)	0.5 (0.0)
100% fruit juice	0.4 (0.1)	0.5 (0.0)
Nuts, seeds, and soy	*	*
Rice and pasta	*	0.4 (0.1)
Seafood (not incl. mixed dishes)	*	*
Condiments and gravies	*	*
Spreads	*	0.2 (0.0)
Salad dressings	*	*
Coffee and tea	*	*

Food subcategory	Infants ages 6 through 11 months (n=484)	Young children ages 12 through 23 months (n=618)
Waters	<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 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 23.16.a. Total fat: Distribution of intake (percentage) among major food categories - Households that did not receive SNAP benefits in past 12 months

Major food category	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Dairy	*	35.1 (2.8)
Mixed dishes	12.2 (3.3)	20.4 (2.3)
Protein foods	9.6 (2.4)	15.2 (1.5)
Snacks and sweets	11.0 (3.2)	12.9 (1.5)
Grains	*	6.5 (0.8)
Vegetables	*	5.3 (0.9)
Baby food	40.6 (5.4)	*
Fruit and 100% fruit juices	*	1.1 (0.2)
Condiments, gravies, spreads, and salad dressings	*	*
Beverages	*	*

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

Food subcategory	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Higher fat milk/yogurt	*	30.6 (2.5)
Burgers and sandwiches (incl. tacos and burritos)	*	7.7 (2.0)
Chips, crackers, and savory snacks	*	7.3 (1.2)
Rice, pasta, and other grain-based mixed dishes	*	7.0 (1.3)
Poultry (not incl. deli and mixed dishes)	*	6.0 (0.9)
Eggs	*	5.8 (1.1)
Desserts and sweet snacks	*	5.1 (0.7)
Starchy vegetables	*	3.9 (0.8)
Cheese	*	3.5 (0.9)
Pizza	*	*
Baby food	40.6 (5.4)	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.5 (0.7)
Breakfast cereals and bars	*	2.3 (0.4)
Meat, poultry, and seafood mixed dishes	*	*

Food subcategory	Infants ages 6 through 11 months (n=83)	Young children ages 12 through 23 months (n=143)
Deli/cured products (meat and poultry)	*	1.8 (0.5)
Yeast breads and tortillas	*	*
Vegetables (incl. beans and peas, not starchy)	*	1.4 (0.3)
Lower fat milk/yogurt	*	*
Nuts, seeds, and soy	*	*
Soups	*	*
Fruit (non-juice)	*	0.6 (0.2)
Meats (not incl. deli and mixed dishes)	*	*
100% fruit juice	*	0.5 (0.1)
Candy and sugars	*	*
Seafood (not incl. mixed dishes)	*	*
Sugar-sweetened and diet beverages	*	*
Condiments and gravies	*	*
Spreads	*	*
Coffee and tea	<0.1 (0.0)	*
Salad dressings	*	*
Waters	<0.1 (0.0)	<0.1 (0.0)
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 23.17.a. Total fat: Distribution of intake (percentage) among major food categories - Children currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=723)	Young children ages 12 through 23 months (n=715)
Dairy	7.6 (0.9)	33.9 (0.9)
Mixed dishes	12.9 (1.1)	19.6 (0.9)
Protein foods	8.1 (1.0)	17.1 (0.9)
Snacks and sweets	8.8 (0.8)	13.7 (0.7)
Grains	3.9 (0.4)	6.6 (0.4)
Vegetables	5.2 (0.6)	4.5 (0.4)
Baby food	51.5 (2.2)	2.3 (0.4)
Fruit and 100% fruit juices	1.6 (0.4)	1.2 (0.1)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	0.5 (0.1)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 23.17.b. Total fat: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=723)	Young children ages 12 through 23 months (n=715)
Higher fat milk/yogurt	5.3 (0.9)	29.1 (1.0)
Chips, crackers, and savory snacks	4.2 (0.6)	6.6 (0.4)
Rice, pasta, and other grain-based mixed dishes	5.7 (0.8)	6.5 (0.6)
Desserts and sweet snacks	4.2 (0.6)	6.2 (0.4)
Poultry (not incl. deli and mixed dishes)	1.9 (0.3)	5.8 (0.5)
Eggs	4.2 (0.8)	5.4 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	4.9 (0.6)
Deli/cured products (meat and poultry)	1.4 (0.3)	3.9 (0.7)
Breakfast cereals and bars	1.6 (0.3)	3.5 (0.3)
Cheese	1.7 (0.3)	3.2 (0.4)
Meat, poultry, and seafood mixed dishes	1.5 (0.3)	3.1 (0.4)
Starchy vegetables	3.6 (0.5)	2.9 (0.3)
Soups	4.0 (0.6)	2.7 (0.4)
Pizza	0.6 (0.2)	2.3 (0.3)

Food subcategory	Infants ages 6 through 11 months (n=723)	Young children ages 12 through 23 months (n=715)
Baby food	51.5 (2.2)	2.3 (0.4)
Vegetables (incl. beans and peas, not starchy)	1.7 (0.4)	1.6 (0.2)
Lower fat milk/yogurt	*	1.6 (0.3)
Yeast breads and tortillas	1.3 (0.2)	1.4 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.7 (0.2)	1.3 (0.2)
Meats (not incl. deli and mixed dishes)	*	1.1 (0.3)
Candy and sugars	*	*
Sugar-sweetened and diet beverages	*	*
Fruit (non-juice)	0.7 (0.1)	0.6 (0.1)
100% fruit juice	*	0.6 (0.0)
Nuts, seeds, and soy	*	0.5 (0.2)
Rice and pasta	*	0.4 (0.1)
Seafood (not incl. mixed dishes)	*	0.3 (0.1)
Salad dressings	*	0.2 (0.0)
Spreads	*	0.2 (0.1)
Condiments and gravies	*	*

Food subcategory	Infants ages 6 through 11 months (n=723)	Young children ages 12 through 23 months (n=715)
Coffee and tea	*	*
Waters	<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 23.18.a. Total fat: Distribution of intake (percentage) among major food categories - Children not currently receiving WIC benefits

Major food category	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Dairy	*	31.1 (1.9)
Mixed dishes	*	22.6 (1.6)
Protein foods	*	16.8 (1.1)
Snacks and sweets	*	13.9 (1.1)
Grains	*	6.4 (0.6)
Vegetables	*	5.3 (0.7)
Baby food	*	*
Fruit and 100% fruit juices	*	0.8 (0.1)
Condiments, gravies, spreads, and salad dressings	*	*
Beverages	*	0.3 (0.1)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 23.18.b. Total fat: Distribution of intake (percentage) among food subcategories - Children not currently receiving WIC benefits

Food subcategory	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Higher fat milk/yogurt	*	27.0 (2.0)
Rice, pasta, and other grain-based mixed dishes	*	8.1 (1.1)
Desserts and sweet snacks	*	6.7 (0.7)
Chips, crackers, and savory snacks	*	6.3 (0.9)
Eggs	*	6.2 (0.7)
Burgers and sandwiches (incl. tacos and burritos)	*	6.1 (0.9)
Poultry (not incl. deli and mixed dishes)	*	5.5 (0.7)
Starchy vegetables	*	4.0 (0.6)
Meat, poultry, and seafood mixed dishes	*	3.9 (0.8)
Deli/cured products (meat and poultry)	*	3.6 (0.6)
Breakfast cereals and bars	*	3.4 (0.5)
Pizza	*	3.2 (0.6)
Cheese	*	2.5 (0.5)
Baby food	*	*

Food subcategory	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.5 (0.2)
Lower fat milk/yogurt	*	1.5 (0.4)
Yeast breads and tortillas	*	1.3 (0.3)
Vegetables (incl. beans and peas, not starchy)	*	1.2 (0.3)
Soups	*	1.2 (0.3)
Candy and sugars	*	0.8 (0.2)
Meats (not incl. deli and mixed dishes)	*	0.7 (0.2)
Spreads	*	*
Fruit (non-juice)	*	0.4 (0.0)
Nuts, seeds, and soy	*	*
Seafood (not incl. mixed dishes)	*	*
100% fruit juice	*	0.4 (0.1)
Sugar-sweetened and diet beverages	*	*
Salad dressings	*	*
Rice and pasta	*	0.2 (0.1)
Condiments and gravies	*	*
Coffee and tea	*	*

Food subcategory	Infants ages 6 through 11 months (n=65)	Young children ages 12 through 23 months (n=292)
Waters	*	<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.

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