



# Food Category Sources of Zinc: 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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# Table of Contents

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<b>Table of Contents</b> .....	<b>3</b>
<b>Introduction</b> .....	<b>4</b>
<b>Acknowledgments and Funding</b> .....	<b>4</b>
<b>Supplemental Data Tables: Food Category Sources of Zinc: Infants and Young Children</b> .....	<b>6</b>

# 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 Zinc: 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.

Contributors to this supplementary data analysis are recognized below.

## Federal Data Analysis Team

United States Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion

- Dana DeSilva, PhD, RD (Data Analysis Project Co-Lead)
- Janet de Jesus, MS, RD (Dietary Guidelines Project Lead; Designated Federal Officer)
- Dennis Anderson-Villaluz, MBA, RD, LDN, FAND
- Kara Beckman, PhD
- Sarah Karp, MNSP, RD, LDN
- Joe Rorabaugh-Irwin, MS, RD, LD, CDCES (Former Detailee; United States Department of Health and Human Services, Indian Health Services, Haskell Indian Health Center)

United States Department of Agriculture, Food, Nutrition, and Consumer Services, Food and Nutrition Service, Center for Nutrition Policy and Promotion

- Colleen M. Cruz, MPH, RDN (Data Analysis Project Co-Lead)
- Eve Stoodly, PhD (Dietary Guidelines Project Lead)
- Meghan Adler, MS, RDN
- Hazel Hiza, PhD, RDN
- Kevin Kuczynski, MS, RD
- Tessa Lasswell, MPH, RDN
- Chinwe Obudulu, MS, RD, LD
- TusaRebecca Pannucci, PhD, MPH, RD
- Leigh Ann Richardson, PhD, MPH (Contractor, Panum Telecom, LLC [A wholly owned subsidiary of Aretum])
- Kelley Scanlon, PhD, RD

### **Contractor Support**

Mathematica® (under contract with USDA, FNS, CNPP)

- Liz Gearan
- Sarah Bardin
- Hanzhi Zhou

### **Interagency Collaborations**

United States Department of Agriculture, Research, Education, and Economics, Agricultural Research Service

- Joseph Goldman, MA
- Alanna Moshfegh, MS, RD
- Pamela Pehrsson, PhD
- Donna Rhodes, MS, RD
- Rhonda Sebastian, MA

United States Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics

- Joseph Afful, MS (Contractor, Peraton)
- Nicholas Ansai, MPH
- Margaret Carroll, MSPH
- Cheryl Fryar, MSPH
- Heather Hamner, PhD, MS, MPH
- Cynthia Ogden, PhD, MRP
- Bryan Stierman, MD, MPH
- Anne Williams, PhD, MPH

United States Department of Health and Human Services, National Institutes of Health, National Cancer Institute

- Kevin Dodd, PhD
- Kirsten Herrick, PhD, MSc
- Audrey Goldbaum, PhD, MPH
- Lisa Kahle, BA
- Jill Reedy, PhD, MPH, RDN
- Edwina Wambogo, PhD, MPH, RDN
- Amelia Willits-Smith, PhD

**2025 Dietary Guidelines Advisory Committee: Data Analysis and Food Pattern Modeling Subcommittee**

- Heather A. Eicher-Miller, PhD (Data Analysis Chair)
- Christopher A. Taylor, PhD, RDN, LD, FAND
- Sarah L. Booth, PhD
- Steven A. Abrams, MD
- Carol Byrd-Bredbenner, PhD, RD, FAND
- Valarie Blue Bird Jernigan, DrPH, MPH
- Teresa Fung, ScD, RD
- Sameera Talegawkar, PhD
- Deirdre Tobias, ScD

**Funding:** United States Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Alexandria, VA; United States Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion, Rockville, MD.

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

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# Contents

## Tables for Ages 2 Years and Older

Table 28.1.a. Zinc: Distribution of intake (percentage) among major food categories - Mexican Americans .....	6
Table 28.1.b. Zinc: Distribution of intake (percentage) among food subcategories - Mexican Americans .....	7
Table 28.2.a. Zinc: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks .....	10
Table 28.2.b. Zinc: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks.....	11
Table 28.3.a. Zinc: Distribution of intake (percentage) among major food categories - Non-Hispanic Whites .....	14
Table 28.3.b. Zinc: Distribution of intake (percentage) among food subcategories - Non-Hispanic Whites .....	15
Table 28.4.a. Zinc: Distribution of intake (percentage) among major food categories - Other Hispanics.....	18
Table 28.4.b. Zinc: Distribution of intake (percentage) among food subcategories - Other Hispanics .....	19
Table 28.5.a. Zinc: Distribution of intake (percentage) among major food categories - Other races, including multi-racial.....	22
Table 28.5.b. Zinc: Distribution of intake (percentage) among food subcategories - Other races, including multi-racial.....	23
Table 28.6.a. Zinc: Distribution of intake (percentage) among major food categories - Households with income below 131 percent of the federal poverty level .....	26
Table 28.6.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with income below 131 percent of the federal poverty level .....	27
Table 28.7.a. Zinc: Distribution of intake (percentage) among major food categories - Households with income at or below 185 percent of the federal poverty level .....	30
Table 28.7.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with income at or below 185 percent of the federal poverty level .....	31
Table 28.8.a. Zinc: Distribution of intake (percentage) among major food categories - Households with income between 186 and 350 percent of the federal poverty level.....	34
Table 28.8.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with income between 186 and 350 percent of the federal poverty level.....	35
Table 28.9.a. Zinc: Distribution of intake (percentage) among major food categories - Households with income above 350 percent of the federal poverty level .....	38

Table 28.9.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with income above 350 percent of the federal poverty level .....	39
Table 28.10.a. Zinc: Distribution of intake (percentage) among major food categories - Households with full food security.....	42
Table 28.10.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with full food security.....	43
Table 28.11.a. Zinc: Distribution of intake (percentage) among major food categories - Households with marginal food security .....	46
Table 28.11.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with marginal food security .....	47
Table 28.12.a. Zinc: Distribution of intake (percentage) among major food categories - Households with low food security.....	50
Table 28.12.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with low food security.....	51
Table 28.13.a. Zinc: Distribution of intake (percentage) among major food categories - Households with very low food security .....	54
Table 28.13.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with very low food security .....	55
Table 28.14.a. Zinc: Distribution of intake (percentage) among major food categories - Households currently receiving SNAP benefits .....	58
Table 28.14.b. Zinc: Distribution of intake (percentage) among food subcategories - Households currently receiving SNAP benefits .....	59
Table 28.15.a. Zinc: Distribution of intake (percentage) among major food categories - Households received SNAP benefits in past 12 months .....	62
Table 28.15.b. Zinc: Distribution of intake (percentage) among food subcategories - Households received SNAP benefits in past 12 months.....	63
Table 28.16.a. Zinc: Distribution of intake (percentage) among major food categories - Households that did not receive SNAP benefits in past 12 months.....	66
Table 28.16.b. Zinc: Distribution of intake (percentage) among food subcategories - Households that did not receive SNAP benefits in past 12 months .....	67
Table 28.17.a. Zinc: Distribution of intake (percentage) among major food categories - Children currently receiving WIC benefits .....	70
Table 28.17.b. Zinc: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits .....	71



Table 28.18.a. Zinc: Distribution of intake (percentage) among major food categories - Children not currently receiving WIC benefits .....	74
Table 28.18.b. Zinc: Distribution of intake (percentage) among food subcategories - Children not currently receiving WIC benefits .....	75

## **Tables for Zinc: Ages 2 Years and Older**

**Table 28.1.a. Zinc: Distribution of intake (percentage) among major food categories - Mexican Americans**

<b>Major food category</b>	<b>Infants ages 6 through 11 months (n=166)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Dairy	8.1 (1.9)	32.0 (2.2)
Mixed dishes	13.5 (2.3)	20.8 (1.9)
Grains	6.9 (1.3)	13.7 (1.5)
Protein foods	5.9 (1.3)	12.6 (1.1)
Vegetables	6.9 (1.5)	5.6 (0.8)
Baby food	49.9 (4.1)	5.4 (1.5)
Snacks and sweets	5.0 (1.4)	5.0 (0.5)
Fruit and 100% fruit juices	2.3 (0.6)	2.4 (0.2)
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 28.1.b. Zinc: Distribution of intake (percentage) among food subcategories - Mexican Americans**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=166)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Higher fat milk/yogurt	6.1 (1.8)	27.9 (2.4)
Breakfast cereals and bars	4.3 (1.0)	10.5 (1.4)
Rice, pasta, and other grain-based mixed dishes	4.1 (1.0)	8.3 (1.2)
Eggs	3.3 (0.9)	6.1 (0.7)
Baby food	49.9 (4.1)	5.4 (1.5)
Burgers and sandwiches (incl. tacos and burritos)	*	4.4 (1.0)
Vegetables (incl. beans and peas, not starchy)	5.8 (1.4)	4.2 (0.7)
Meat, poultry, and seafood mixed dishes	*	3.4 (0.8)
Poultry (not incl. deli and mixed dishes)	*	3.2 (0.6)
Soups	7.4 (1.8)	2.8 (0.5)
Desserts and sweet snacks	1.7 (0.4)	2.7 (0.4)
Lower fat milk/yogurt	*	*
Sugar-sweetened and diet beverages	*	*
Chips, crackers, and savory snacks	*	2.0 (0.3)
Deli/cured products (meat and poultry)	*	2.0 (0.5)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=166)</b>	<b>Young children ages 12 through 23 months (n=178)</b>
Pizza	*	*
Yeast breads and tortillas	*	1.6 (0.3)
Fruit (non-juice)	2.0 (0.5)	1.6 (0.2)
Cheese	*	1.5 (0.2)
Starchy vegetables	*	1.4 (0.4)
Meats (not incl. deli and mixed dishes)	*	*
Rice and pasta	*	*
100% fruit juice	0.3 (0.1)	0.8 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Candy and sugars	*	*
Coffee and tea	<0.1 (0.0)	*
Nuts, seeds, and soy	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	*	*
Condiments and gravies	<0.1 (0.0)	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)
Waters	*	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=166)	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 28.2.a. Zinc: Distribution of intake (percentage) among major food categories - Non-Hispanic Blacks**

Major food category	Infants ages 6 through 11 months (n=159)	Young children ages 12 through 23 months (n=225)
Dairy	*	25.6 (1.9)
Mixed dishes	5.7 (1.3)	24.3 (1.9)
Grains	5.4 (1.5)	15.4 (1.2)
Protein foods	*	14.2 (1.5)
Baby food	69.6 (4.4)	7.1 (1.6)
Snacks and sweets	2.1 (0.5)	5.3 (0.6)
Vegetables	2.3 (0.6)	3.8 (0.6)
Fruit and 100% fruit juices	*	2.9 (0.3)
Beverages	*	1.4 (0.2)
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 28.2.b. Zinc: Distribution of intake (percentage) among food subcategories - Non-Hispanic Blacks**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=159)</b>	<b>Young children ages 12 through 23 months (n=225)</b>
Higher fat milk/yogurt	*	21.6 (1.8)
Breakfast cereals and bars	*	12.7 (1.3)
Burgers and sandwiches (incl. tacos and burritos)	*	7.5 (1.1)
Baby food	69.6 (4.4)	7.1 (1.6)
Meat, poultry, and seafood mixed dishes	*	6.8 (1.4)
Rice, pasta, and other grain-based mixed dishes	3.0 (0.9)	5.1 (0.7)
Poultry (not incl. deli and mixed dishes)	*	5.0 (0.7)
Pizza	*	4.5 (0.9)
Eggs	*	3.7 (0.7)
Deli/cured products (meat and poultry)	*	3.6 (0.7)
Desserts and sweet snacks	*	2.5 (0.3)
Lower fat milk/yogurt	*	2.4 (0.6)
Chips, crackers, and savory snacks	*	2.4 (0.3)
Vegetables (incl. beans and peas, not starchy)	*	2.0 (0.5)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=159)</b>	<b>Young children ages 12 through 23 months (n=225)</b>
Starchy vegetables	*	1.8 (0.4)
Fruit (non-juice)	0.5 (0.1)	1.7 (0.3)
Meats (not incl. deli and mixed dishes)	*	*
Cheese	<0.1 (0.0)	1.6 (0.5)
Sugar-sweetened and diet beverages	*	1.2 (0.2)
100% fruit juice	*	1.2 (0.2)
Rice and pasta	*	1.0 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.9 (0.2)
Yeast breads and tortillas	*	0.8 (0.2)
Candy and sugars	*	*
Soups	*	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Waters	*	0.1 (0.0)
Coffee and tea	*	*
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	<0.1 (0.0)

Food subcategory	Infants ages 6 through 11 months (n=159)	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 28.3.a. Zinc: 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	7.7 (1.2)	30.7 (1.4)
Mixed dishes	9.6 (1.2)	19.0 (1.1)
Grains	7.5 (0.9)	18.1 (1.2)
Protein foods	6.4 (1.2)	12.7 (0.9)
Baby food	55.1 (3.3)	5.3 (1.0)
Snacks and sweets	3.2 (0.9)	5.2 (0.4)
Vegetables	7.3 (1.3)	4.2 (0.5)
Fruit and 100% fruit juices	2.9 (0.6)	2.8 (0.2)
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 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 28.3.b. Zinc: 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	4.7 (0.8)	25.2 (1.3)
Breakfast cereals and bars	5.1 (0.9)	15.2 (1.1)
Burgers and sandwiches (incl. tacos and burritos)	*	7.2 (0.7)
Rice, pasta, and other grain-based mixed dishes	3.8 (0.8)	5.6 (0.7)
Baby food	55.1 (3.3)	5.3 (1.0)
Meat, poultry, and seafood mixed dishes	*	3.7 (0.7)
Deli/cured products (meat and poultry)	1.3 (0.4)	3.4 (0.6)
Cheese	2.0 (0.6)	3.4 (0.5)
Eggs	1.7 (0.4)	3.2 (0.5)
Chips, crackers, and savory snacks	*	2.9 (0.3)
Poultry (not incl. deli and mixed dishes)	2.2 (0.6)	2.8 (0.4)
Meats (not incl. deli and mixed dishes)	*	2.5 (0.6)
Fruit (non-juice)	2.8 (0.6)	2.3 (0.2)
Pizza	*	2.2 (0.4)

<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>
Vegetables (incl. beans and peas, not starchy)	4.7 (1.1)	2.1 (0.4)
Lower fat milk/yogurt	*	2.1 (0.5)
Starchy vegetables	*	2.1 (0.3)
Desserts and sweet snacks	1.2 (0.3)	1.9 (0.2)
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	1.1 (0.3)	1.5 (0.3)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.1 (0.2)
100% fruit juice	0.2 (0.0)	0.5 (0.1)
Candy and sugars	*	*
Nuts, seeds, and soy	*	*
Soups	*	*
Waters	0.1 (0.0)	0.4 (0.1)
Seafood (not incl. mixed dishes)	*	*
Rice and pasta	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	<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 28.4.a. Zinc: 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	*	34.8 (2.1)
Mixed dishes	11.8 (2.7)	21.5 (2.3)
Grains	7.2 (2.0)	15.3 (2.7)
Protein foods	*	9.8 (1.4)
Snacks and sweets	*	5.4 (0.8)
Vegetables	4.1 (1.1)	4.5 (0.9)
Baby food	62.1 (4.8)	4.0 (1.1)
Fruit and 100% fruit juices	2.4 (0.5)	2.6 (0.3)
Beverages	0.3 (0.1)	*
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 28.4.b. Zinc: 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	*	30.1 (2.4)
Breakfast cereals and bars	*	11.8 (2.8)
Rice, pasta, and other grain-based mixed dishes	*	5.0 (0.8)
Burgers and sandwiches (incl. tacos and burritos)	*	4.9 (1.3)
Poultry (not incl. deli and mixed dishes)	*	4.4 (0.8)
Pizza	*	*
Meat, poultry, and seafood mixed dishes	2.8 (0.6)	*
Baby food	62.1 (4.8)	4.0 (1.1)
Vegetables (incl. beans and peas, not starchy)	*	3.2 (0.9)
Soups	*	*
Eggs	*	2.7 (0.7)
Desserts and sweet snacks	*	2.6 (0.5)
Cheese	*	2.5 (0.6)
Chips, crackers, and savory snacks	*	2.4 (0.6)
Lower fat milk/yogurt	*	2.2 (0.7)



<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>
Yeast breads and tortillas	*	1.7 (0.4)
Fruit (non-juice)	1.4 (0.4)	1.7 (0.3)
Deli/cured products (meat and poultry)	*	*
Sugar-sweetened and diet beverages	*	*
Starchy vegetables	*	1.3 (0.3)
Rice and pasta	*	1.2 (0.3)
Meats (not incl. deli and mixed dishes)	<0.1 (0.0)	*
100% fruit juice	*	0.9 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Candy and sugars	*	*
Waters	*	0.3 (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)

Food subcategory	Infants ages 6 through 11 months (n=95)	Young children ages 12 through 23 months (n=104)
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 28.5.a. Zinc: 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	*	30.9 (2.9)
Mixed dishes	*	28.0 (3.8)
Grains	*	15.1 (1.9)
Protein foods	*	8.7 (1.5)
Baby food	*	*
Snacks and sweets	*	4.9 (0.7)
Fruit and 100% fruit juices	*	2.6 (0.4)
Vegetables	*	2.4 (0.4)
Beverages	*	*
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 28.5.b. Zinc: 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	*	27.7 (2.7)
Breakfast cereals and bars	*	11.7 (1.9)
Meat, poultry, and seafood mixed dishes	*	*
Burgers and sandwiches (incl. tacos and burritos)	*	7.2 (1.5)
Rice, pasta, and other grain-based mixed dishes	*	6.7 (1.3)
Baby food	*	*
Pizza	*	*
Poultry (not incl. deli and mixed dishes)	*	3.1 (0.8)
Desserts and sweet snacks	*	2.5 (0.6)
Cheese	*	2.5 (0.6)
Chips, crackers, and savory snacks	*	2.3 (0.4)
Eggs	*	2.3 (0.6)
Fruit (non-juice)	*	2.1 (0.4)
Meats (not incl. deli and mixed dishes)	*	*
Starchy vegetables	*	1.5 (0.4)

<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>
Deli/cured products (meat and poultry)	*	*
Yeast breads and tortillas	*	*
Rice and pasta	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Lower fat milk/yogurt	*	*
Sugar-sweetened and diet beverages	*	*
100% fruit juice	*	0.5 (0.1)
Waters	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Soups	*	*
Candy and sugars	*	*
Coffee and tea	*	*
Salad dressings	*	<0.1 (0.0)
Seafood (not incl. mixed dishes)	*	*
Spreads	*	<0.1 (0.0)

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

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

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

**Table 28.6.a. Zinc: 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=544)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Dairy	8.8 (1.0)	32.4 (0.9)
Mixed dishes	12.4 (1.3)	19.6 (0.9)
Grains	7.5 (0.8)	16.1 (0.8)
Protein foods	6.0 (0.8)	14.1 (0.8)
Snacks and sweets	3.4 (0.5)	5.2 (0.3)
Baby food	53.7 (2.2)	4.4 (0.9)
Vegetables	4.6 (0.7)	4.2 (0.4)
Fruit and 100% fruit juices	1.9 (0.2)	2.6 (0.2)
Beverages	*	1.3 (0.3)
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 28.6.b. Zinc: 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=544)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Higher fat milk/yogurt	6.9 (0.9)	27.2 (0.9)
Breakfast cereals and bars	5.0 (0.7)	12.6 (0.8)
Rice, pasta, and other grain-based mixed dishes	6.0 (0.9)	5.8 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	*	4.7 (0.5)
Eggs	2.1 (0.4)	4.4 (0.4)
Baby food	53.7 (2.2)	4.4 (0.9)
Meat, poultry, and seafood mixed dishes	2.0 (0.5)	4.2 (0.5)
Poultry (not incl. deli and mixed dishes)	1.8 (0.4)	3.7 (0.3)
Lower fat milk/yogurt	*	2.9 (0.4)
Pizza	0.5 (0.2)	2.9 (0.3)
Deli/cured products (meat and poultry)	1.1 (0.3)	2.8 (0.3)
Meats (not incl. deli and mixed dishes)	*	2.8 (0.5)
Vegetables (incl. beans and peas, not starchy)	3.0 (0.7)	2.4 (0.3)
Desserts and sweet snacks	2.0 (0.4)	2.3 (0.2)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=544)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Cheese	1.0 (0.2)	2.3 (0.2)
Chips, crackers, and savory snacks	1.3 (0.3)	2.2 (0.2)
Yeast breads and tortillas	1.7 (0.3)	1.9 (0.2)
Soups	3.0 (0.5)	1.9 (0.3)
Starchy vegetables	1.7 (0.3)	1.8 (0.2)
Fruit (non-juice)	1.3 (0.2)	1.5 (0.1)
Sugar-sweetened and diet beverages	*	1.1 (0.3)
100% fruit juice	0.6 (0.1)	1.1 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.3 (0.1)	0.8 (0.1)
Rice and pasta	0.4 (0.1)	0.8 (0.1)
Candy and sugars	*	0.7 (0.2)
Nuts, seeds, and soy	*	*
Waters	*	0.2 (0.0)
Seafood (not incl. mixed dishes)	*	*
Condiments and gravies	*	*
Coffee and tea	*	<0.1 (0.0)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=544)</b>	<b>Young children ages 12 through 23 months (n=676)</b>
Salad dressings	*	*
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 28.7.a. Zinc: 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	10.9 (3.1)	28.0 (2.4)
Mixed dishes	14.6 (3.1)	18.6 (1.6)
Protein foods	6.2 (1.5)	15.7 (1.8)
Grains	4.9 (1.2)	15.1 (1.8)
Snacks and sweets	*	6.3 (0.8)
Baby food	53.6 (4.2)	5.5 (1.6)
Vegetables	3.9 (0.8)	5.4 (1.1)
Fruit and 100% fruit juices	2.8 (0.6)	2.7 (0.3)
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 28.7.b. Zinc: 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	7.9 (2.1)	23.1 (2.4)
Breakfast cereals and bars	*	12.1 (1.8)
Rice, pasta, and other grain-based mixed dishes	*	6.5 (0.9)
Baby food	53.6 (4.2)	5.5 (1.6)
Burgers and sandwiches (incl. tacos and burritos)	*	4.7 (1.1)
Eggs	3.0 (0.9)	4.3 (1.0)
Meat, poultry, and seafood mixed dishes	*	4.0 (1.1)
Poultry (not incl. deli and mixed dishes)	*	3.8 (0.6)
Deli/cured products (meat and poultry)	*	3.8 (1.0)
Vegetables (incl. beans and peas, not starchy)	2.1 (0.6)	3.3 (0.9)
Chips, crackers, and savory snacks	*	3.3 (0.6)
Cheese	*	3.1 (0.8)
Meats (not incl. deli and mixed dishes)	*	*
Desserts and sweet snacks	*	2.8 (0.5)

<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>
Starchy vegetables	*	2.1 (0.5)
Sugar-sweetened and diet beverages	*	*
Yeast breads and tortillas	*	1.9 (0.3)
Lower fat milk/yogurt	*	1.9 (0.4)
Fruit (non-juice)	2.2 (0.6)	1.9 (0.3)
Pizza	*	*
Soups	*	*
Nuts, seeds, and soy	*	*
100% fruit juice	*	0.8 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	*
Rice and pasta	*	*
Waters	0.3 (0.1)	*
Candy and sugars	<0.1 (0.0)	*
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	<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 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 28.8.a. Zinc: 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	9.9 (1.6)	34.6 (1.5)
Grains	8.7 (1.4)	19.0 (1.6)
Mixed dishes	9.0 (1.7)	17.4 (1.3)
Protein foods	5.4 (1.3)	11.0 (1.1)
Snacks and sweets	3.9 (1.1)	4.8 (0.4)
Baby food	52.5 (3.3)	4.1 (0.9)
Vegetables	6.2 (1.4)	3.6 (0.5)
Fruit and 100% fruit juices	3.9 (1.0)	2.6 (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 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 28.8.b. Zinc: 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	6.1 (1.3)	27.8 (1.6)
Breakfast cereals and bars	5.8 (1.2)	15.5 (1.5)
Rice, pasta, and other grain-based mixed dishes	1.9 (0.5)	6.2 (0.9)
Meat, poultry, and seafood mixed dishes	*	4.5 (1.0)
Baby food	52.5 (3.3)	4.1 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	3.9 (0.7)
Poultry (not incl. deli and mixed dishes)	0.8 (0.2)	3.9 (0.6)
Cheese	1.9 (0.5)	3.5 (0.5)
Lower fat milk/yogurt	*	3.2 (0.8)
Eggs	*	2.9 (0.6)
Deli/cured products (meat and poultry)	*	2.8 (0.5)
Chips, crackers, and savory snacks	*	2.6 (0.3)
Sugar-sweetened and diet beverages	*	*
Desserts and sweet snacks	1.7 (0.4)	1.9 (0.2)



<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>
Yeast breads and tortillas	*	1.9 (0.4)
Vegetables (incl. beans and peas, not starchy)	4.3 (1.3)	1.9 (0.3)
Pizza	*	1.9 (0.3)
Fruit (non-juice)	*	1.8 (0.2)
Starchy vegetables	*	1.6 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.0 (0.3)
Soups	*	*
Rice and pasta	*	0.9 (0.2)
100% fruit juice	*	0.8 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.7 (0.1)
Nuts, seeds, and soy	*	*
Waters	*	0.3 (0.0)
Candy and sugars	*	0.2 (0.1)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	<0.1 (0.0)	*

<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>
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 28.9.a. Zinc: 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	10.0 (1.5)	36.1 (1.8)
Grains	8.7 (1.3)	17.9 (1.4)
Mixed dishes	6.2 (1.1)	17.6 (1.4)
Protein foods	5.7 (1.1)	11.3 (1.1)
Baby food	57.5 (3.8)	5.3 (0.9)
Snacks and sweets	1.7 (0.4)	3.8 (0.3)
Vegetables	7.2 (1.6)	3.8 (0.5)
Fruit and 100% fruit juices	2.5 (0.3)	3.3 (0.2)
Beverages	*	0.7 (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 28.9.b. Zinc: 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	6.4 (1.3)	29.3 (1.8)
Breakfast cereals and bars	6.1 (1.3)	13.6 (1.3)
Rice, pasta, and other grain-based mixed dishes	*	6.5 (1.0)
Baby food	57.5 (3.8)	5.3 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	4.8 (0.8)
Cheese	3.2 (0.9)	4.1 (0.6)
Meat, poultry, and seafood mixed dishes	*	4.0 (0.7)
Deli/cured products (meat and poultry)	*	3.4 (0.6)
Poultry (not incl. deli and mixed dishes)	2.2 (0.6)	3.0 (0.4)
Fruit (non-juice)	2.4 (0.3)	2.8 (0.2)
Lower fat milk/yogurt	*	2.7 (0.6)
Vegetables (incl. beans and peas, not starchy)	5.2 (1.2)	2.6 (0.6)
Eggs	1.7 (0.5)	2.4 (0.5)
Chips, crackers, and savory snacks	1.0 (0.3)	2.2 (0.2)

<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>
Yeast breads and tortillas	*	1.9 (0.3)
Meats (not incl. deli and mixed dishes)	*	*
Pizza	*	1.5 (0.4)
Desserts and sweet snacks	*	1.4 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.9 (0.3)	1.4 (0.3)
Starchy vegetables	*	1.2 (0.2)
Rice and pasta	*	1.0 (0.3)
Soups	*	*
Nuts, seeds, and soy	*	0.5 (0.1)
Waters	0.2 (0.0)	0.4 (0.1)
100% fruit juice	*	0.4 (0.1)
Candy and sugars	*	0.3 (0.1)
Seafood (not incl. mixed dishes)	*	*
Sugar-sweetened and diet beverages	*	0.2 (0.1)
Condiments and gravies	*	*
Coffee and tea	*	*

<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>
Salad dressings	<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 28.10.a. Zinc: 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	10.0 (1.0)	32.9 (0.9)
Mixed dishes	8.8 (0.9)	18.2 (0.8)
Grains	8.7 (0.9)	18.2 (0.9)
Protein foods	6.3 (0.8)	12.1 (0.6)
Baby food	54.0 (2.2)	5.1 (0.5)
Snacks and sweets	2.8 (0.5)	4.6 (0.2)
Vegetables	6.0 (0.8)	4.1 (0.3)
Fruit and 100% fruit juices	3.0 (0.4)	3.0 (0.2)
Beverages	0.5 (0.1)	1.7 (0.4)
Condiments, gravies, spreads, and salad dressings	*	0.1 (0.0)

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 28.10.b. Zinc: 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	6.5 (0.7)	26.8 (1.0)
Breakfast cereals and bars	6.3 (0.8)	14.4 (0.8)
Rice, pasta, and other grain-based mixed dishes	3.3 (0.5)	6.4 (0.5)
Baby food	54.0 (2.2)	5.1 (0.5)
Burgers and sandwiches (incl. tacos and burritos)	0.9 (0.3)	4.8 (0.4)
Meat, poultry, and seafood mixed dishes	2.4 (0.5)	4.1 (0.5)
Poultry (not incl. deli and mixed dishes)	2.0 (0.3)	3.6 (0.3)
Cheese	2.2 (0.4)	3.2 (0.3)
Eggs	2.0 (0.3)	3.0 (0.3)
Lower fat milk/yogurt	1.4 (0.3)	2.9 (0.4)
Deli/cured products (meat and poultry)	1.1 (0.3)	2.9 (0.3)
Vegetables (incl. beans and peas, not starchy)	4.1 (0.7)	2.5 (0.3)
Chips, crackers, and savory snacks	1.7 (0.4)	2.4 (0.2)
Fruit (non-juice)	2.4 (0.4)	2.2 (0.1)



<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>
Yeast breads and tortillas	1.4 (0.3)	1.9 (0.2)
Meats (not incl. deli and mixed dishes)	*	1.9 (0.3)
Desserts and sweet snacks	1.0 (0.2)	1.8 (0.1)
Pizza	*	1.8 (0.3)
Starchy vegetables	1.9 (0.4)	1.6 (0.2)
Sugar-sweetened and diet beverages	*	*
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.5 (0.1)	1.0 (0.1)
Soups	1.9 (0.4)	1.0 (0.2)
Rice and pasta	0.4 (0.1)	1.0 (0.1)
100% fruit juice	*	0.7 (0.1)
Nuts, seeds, and soy	*	0.5 (0.1)
Candy and sugars	*	0.4 (0.1)
Waters	0.3 (0.1)	0.3 (0.0)
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	<0.1 (0.0)

<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>
Condiments and gravies	*	<0.1 (0.0)
Salad dressings	*	*
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 28.11.a. Zinc: 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=194)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
Dairy	7.2 (2.0)	34.4 (1.3)
Mixed dishes	12.1 (2.1)	16.7 (1.2)
Protein foods	3.2 (0.7)	15.1 (1.5)
Grains	6.0 (1.1)	14.6 (1.5)
Snacks and sweets	3.4 (0.7)	5.4 (0.5)
Baby food	60.0 (4.1)	*
Vegetables	5.5 (1.6)	3.5 (0.4)
Fruit and 100% fruit juices	2.0 (0.4)	2.8 (0.2)
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 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 28.11.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with marginal food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=194)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
Higher fat milk/yogurt	*	29.0 (1.3)
Breakfast cereals and bars	3.0 (0.7)	11.7 (1.4)
Baby food	60.0 (4.1)	*
Burgers and sandwiches (incl. tacos and burritos)	*	4.8 (1.0)
Rice, pasta, and other grain-based mixed dishes	4.7 (1.1)	4.7 (0.7)
Eggs	*	4.5 (0.7)
Poultry (not incl. deli and mixed dishes)	*	4.4 (0.7)
Deli/cured products (meat and poultry)	*	4.0 (0.7)
Meat, poultry, and seafood mixed dishes	*	3.1 (0.8)
Cheese	*	2.9 (0.6)
Chips, crackers, and savory snacks	*	2.6 (0.3)
Pizza	*	2.6 (0.5)
Desserts and sweet snacks	*	2.5 (0.3)
Lower fat milk/yogurt	*	*
Vegetables (incl. beans and peas, not starchy)	*	2.0 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=194)</b>	<b>Young children ages 12 through 23 months (n=254)</b>
Meats (not incl. deli and mixed dishes)	*	1.9 (0.5)
Yeast breads and tortillas	*	1.8 (0.4)
Fruit (non-juice)	1.4 (0.3)	1.7 (0.2)
Soups	*	1.5 (0.3)
Starchy vegetables	1.0 (0.3)	1.4 (0.2)
100% fruit juice	0.6 (0.2)	1.1 (0.1)
Sugar-sweetened and diet beverages	*	0.9 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.6 (0.2)
Rice and pasta	*	0.5 (0.1)
Candy and sugars	*	0.3 (0.1)
Seafood (not incl. mixed dishes)	<0.1 (0.0)	*
Waters	*	0.2 (0.0)
Coffee and tea	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Salad dressings	<0.1 (0.0)	*

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

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

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

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

**Table 28.12.a. Zinc: Distribution of intake (percentage) among major food categories - Households with low food security**

Major food category	Infants ages 6 through 11 months (n=245)	Young children ages 12 through 23 months (n=278)
Dairy	9.9 (2.1)	34.6 (1.7)
Mixed dishes	12.1 (2.0)	20.8 (1.4)
Grains	6.6 (1.1)	14.3 (1.2)
Protein foods	5.6 (1.2)	12.5 (1.1)
Snacks and sweets	2.7 (0.6)	5.5 (0.5)
Vegetables	4.1 (0.8)	4.5 (0.5)
Baby food	54.5 (3.1)	4.0 (0.9)
Fruit and 100% fruit juices	2.2 (0.3)	2.5 (0.2)
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 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 28.12.b. Zinc: Distribution of intake (percentage) among food subcategories - Households with low food security**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=245)</b>	<b>Young children ages 12 through 23 months (n=278)</b>
Higher fat milk/yogurt	7.7 (1.8)	29.8 (1.7)
Breakfast cereals and bars	4.3 (1.0)	11.1 (1.2)
Rice, pasta, and other grain-based mixed dishes	4.6 (1.2)	6.1 (0.7)
Meat, poultry, and seafood mixed dishes	*	5.8 (0.9)
Eggs	3.0 (0.9)	4.0 (0.6)
Baby food	54.5 (3.1)	4.0 (0.9)
Burgers and sandwiches (incl. tacos and burritos)	*	3.3 (0.5)
Pizza	*	3.0 (0.8)
Meats (not incl. deli and mixed dishes)	*	3.0 (0.8)
Deli/cured products (meat and poultry)	*	2.7 (0.7)
Cheese	*	2.7 (0.5)
Desserts and sweet snacks	1.4 (0.3)	2.5 (0.4)
Vegetables (incl. beans and peas, not starchy)	2.8 (0.7)	2.5 (0.4)
Soups	3.2 (0.9)	2.5 (0.6)



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=245)</b>	<b>Young children ages 12 through 23 months (n=278)</b>
Chips, crackers, and savory snacks	*	2.4 (0.3)
Poultry (not incl. deli and mixed dishes)	*	2.4 (0.4)
Lower fat milk/yogurt	*	2.2 (0.5)
Starchy vegetables	1.4 (0.3)	2.0 (0.4)
Yeast breads and tortillas	1.2 (0.3)	1.9 (0.3)
Fruit (non-juice)	1.7 (0.3)	1.6 (0.2)
100% fruit juice	0.5 (0.1)	0.9 (0.1)
Sugar-sweetened and diet beverages	*	0.7 (0.2)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.6 (0.2)
Rice and pasta	*	*
Candy and sugars	*	0.5 (0.1)
Nuts, seeds, and soy	*	*
Condiments and gravies	*	*
Waters	*	0.2 (0.0)
Coffee and tea	*	*
Seafood (not incl. mixed dishes)	*	*
Salad dressings	*	*
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 28.13.a. Zinc: 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	*	31.5 (2.4)
Mixed dishes	*	18.3 (2.4)
Grains	*	18.0 (2.3)
Protein foods	*	13.2 (1.7)
Snacks and sweets	*	5.7 (0.8)
Baby food	*	*
Vegetables	*	3.7 (0.9)
Beverages	*	*
Fruit and 100% fruit juices	*	2.4 (0.3)
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 2007-March 2020, day 1 dietary recalls. The analysis used the NHANES variable 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 28.13.b. Zinc: 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	*	24.5 (2.4)
Breakfast cereals and bars	*	14.4 (2.4)
Rice, pasta, and other grain-based mixed dishes	*	6.2 (1.2)
Baby food	*	*
Lower fat milk/yogurt	*	4.4 (1.2)
Eggs	*	4.4 (1.0)
Poultry (not incl. deli and mixed dishes)	*	4.0 (1.0)
Pizza	*	*
Meat, poultry, and seafood mixed dishes	*	3.4 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	*
Desserts and sweet snacks	*	3.0 (0.7)
Cheese	*	2.7 (0.6)
Chips, crackers, and savory snacks	*	2.5 (0.5)
Meats (not incl. deli and mixed dishes)	*	*
Sugar-sweetened and diet beverages	*	*

<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>
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	2.1 (0.5)
Deli/cured products (meat and poultry)	*	*
Vegetables (incl. beans and peas, not starchy)	*	*
Starchy vegetables	*	1.6 (0.4)
Soups	*	*
Fruit (non-juice)	*	1.2 (0.2)
100% fruit juice	*	1.1 (0.2)
Yeast breads and tortillas	*	1.0 (0.2)
Rice and pasta	*	*
Candy and sugars	*	*
Seafood (not incl. mixed dishes)	*	*
Waters	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Nuts, seeds, and soy	*	*
Salad dressings	*	*
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 28.14.a. Zinc: 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	8.3 (1.5)	29.0 (1.2)
Mixed dishes	10.9 (1.5)	21.2 (1.1)
Grains	5.7 (1.0)	15.7 (1.0)
Protein foods	4.8 (0.9)	14.5 (1.2)
Snacks and sweets	3.1 (0.7)	5.6 (0.5)
Baby food	62.5 (3.1)	5.5 (1.4)
Vegetables	2.6 (0.6)	4.5 (0.5)
Fruit and 100% fruit juices	1.7 (0.3)	2.4 (0.2)
Beverages	0.3 (0.1)	1.6 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

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

Source: WWEIA, NHANES, 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 28.14.b. Zinc: 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 (1.4)	24.6 (1.3)
Breakfast cereals and bars	3.6 (0.7)	12.7 (1.1)
Rice, pasta, and other grain-based mixed dishes	5.3 (1.1)	5.7 (0.6)
Baby food	62.5 (3.1)	5.5 (1.4)
Burgers and sandwiches (incl. tacos and burritos)	*	5.4 (0.5)
Meat, poultry, and seafood mixed dishes	1.4 (0.4)	5.0 (0.7)
Pizza	*	4.0 (0.5)
Poultry (not incl. deli and mixed dishes)	1.2 (0.3)	4.0 (0.5)
Eggs	2.0 (0.5)	3.9 (0.5)
Deli/cured products (meat and poultry)	*	3.2 (0.6)
Meats (not incl. deli and mixed dishes)	*	3.2 (0.8)
Chips, crackers, and savory snacks	*	2.8 (0.3)
Lower fat milk/yogurt	*	2.6 (0.5)
Vegetables (incl. beans and peas, not starchy)	*	2.4 (0.4)



<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>
Desserts and sweet snacks	1.6 (0.4)	2.1 (0.3)
Starchy vegetables	1.1 (0.3)	2.1 (0.4)
Cheese	*	1.8 (0.3)
Yeast breads and tortillas	*	1.4 (0.3)
Fruit (non-juice)	1.3 (0.3)	1.4 (0.2)
Sugar-sweetened and diet beverages	*	*
Soups	1.8 (0.5)	1.1 (0.3)
100% fruit juice	0.4 (0.1)	1.0 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.8 (0.2)
Rice and pasta	*	0.8 (0.2)
Candy and sugars	*	*
Waters	*	0.2 (0.0)
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	<0.1 (0.0)
Condiments and gravies	<0.1 (0.0)	*
Nuts, seeds, and soy	<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>
Salad dressings	<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 28.15.a. Zinc: 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=485)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Dairy	9.7 (1.3)	30.8 (1.0)
Mixed dishes	11.8 (1.3)	19.6 (0.8)
Protein foods	6.3 (1.0)	15.4 (1.0)
Grains	6.7 (0.8)	15.2 (0.7)
Snacks and sweets	3.5 (0.6)	5.5 (0.3)
Baby food	55.1 (2.4)	4.9 (1.0)
Vegetables	3.8 (0.7)	4.3 (0.4)
Fruit and 100% fruit juices	1.8 (0.2)	2.6 (0.2)
Beverages	*	1.5 (0.4)
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 28.15.b. Zinc: 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=485)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Higher fat milk/yogurt	7.0 (1.1)	25.4 (1.1)
Breakfast cereals and bars	4.4 (0.7)	12.0 (0.8)
Rice, pasta, and other grain-based mixed dishes	5.6 (1.0)	5.8 (0.5)
Baby food	55.1 (2.4)	4.9 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	4.7 (0.5)
Meat, poultry, and seafood mixed dishes	1.6 (0.4)	4.7 (0.6)
Poultry (not incl. deli and mixed dishes)	2.0 (0.4)	4.1 (0.4)
Eggs	2.3 (0.5)	3.9 (0.4)
Deli/cured products (meat and poultry)	*	3.8 (0.5)
Meats (not incl. deli and mixed dishes)	*	3.2 (0.6)
Lower fat milk/yogurt	1.4 (0.4)	3.1 (0.4)
Pizza	*	3.1 (0.4)
Chips, crackers, and savory snacks	1.5 (0.4)	2.7 (0.2)
Vegetables (incl. beans and peas, not starchy)	2.4 (0.6)	2.4 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=485)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Cheese	1.3 (0.3)	2.3 (0.3)
Desserts and sweet snacks	1.8 (0.4)	2.2 (0.2)
Starchy vegetables	1.5 (0.2)	1.9 (0.2)
Yeast breads and tortillas	1.3 (0.2)	1.7 (0.2)
Fruit (non-juice)	1.3 (0.2)	1.5 (0.1)
Soups	2.8 (0.5)	1.4 (0.2)
Sugar-sweetened and diet beverages	*	1.3 (0.4)
100% fruit juice	0.5 (0.1)	1.1 (0.1)
Rice and pasta	0.3 (0.1)	0.8 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.7 (0.1)
Candy and sugars	*	0.6 (0.2)
Nuts, seeds, and soy	*	*
Waters	*	0.2 (0.0)
Coffee and tea	*	0.1 (0.0)
Condiments and gravies	*	*
Seafood (not incl. mixed dishes)	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=485)</b>	<b>Young children ages 12 through 23 months (n=618)</b>
Salad dressings	*	*
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 28.16.a. Zinc: 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=84)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Dairy	*	36.6 (2.4)
Mixed dishes	*	18.5 (2.0)
Grains	10.5 (2.7)	13.2 (1.2)
Protein foods	5.8 (1.3)	12.0 (1.3)
Baby food	49.5 (5.3)	5.6 (1.4)
Snacks and sweets	*	5.2 (0.6)
Vegetables	*	5.2 (1.0)
Fruit and 100% fruit juices	2.4 (0.6)	2.7 (0.4)
Beverages	*	0.9 (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 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 28.16.b. Zinc: 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=84)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Higher fat milk/yogurt	*	31.2 (2.2)
Breakfast cereals and bars	7.2 (2.1)	10.2 (1.1)
Rice, pasta, and other grain-based mixed dishes	3.6 (1.1)	6.2 (1.0)
Burgers and sandwiches (incl. tacos and burritos)	*	5.7 (1.5)
Baby food	49.5 (5.3)	5.6 (1.4)
Eggs	*	4.8 (1.0)
Poultry (not incl. deli and mixed dishes)	*	3.9 (0.7)
Cheese	*	3.4 (0.8)
Pizza	*	*
Chips, crackers, and savory snacks	*	3.0 (0.5)
Vegetables (incl. beans and peas, not starchy)	*	2.9 (0.7)
Meat, poultry, and seafood mixed dishes	*	2.9 (0.8)
Starchy vegetables	*	2.3 (0.5)
Desserts and sweet snacks	*	2.0 (0.3)
Lower fat milk/yogurt	*	*



<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=84)</b>	<b>Young children ages 12 through 23 months (n=143)</b>
Fruit (non-juice)	*	1.9 (0.4)
Deli/cured products (meat and poultry)	*	1.7 (0.5)
Yeast breads and tortillas	*	1.4 (0.4)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	1.1 (0.3)
Meats (not incl. deli and mixed dishes)	*	1.1 (0.3)
100% fruit juice	*	0.8 (0.1)
Soups	*	*
Rice and pasta	*	*
Sugar-sweetened and diet beverages	*	*
Nuts, seeds, and soy	*	*
Candy and sugars	*	*
Waters	*	0.3 (0.1)
Coffee and tea	<0.1 (0.0)	*
Condiments and gravies	*	*
Salad dressings	*	*
Seafood (not incl. mixed dishes)	*	*
Spreads	<0.1 (0.0)	*

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

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

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

**Table 28.17.a. Zinc: 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=726)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Dairy	7.2 (0.8)	33.7 (0.8)
Mixed dishes	10.3 (1.0)	18.7 (0.7)
Grains	6.8 (0.6)	15.6 (0.8)
Protein foods	6.1 (0.8)	13.8 (0.7)
Snacks and sweets	3.1 (0.4)	5.0 (0.3)
Baby food	58.9 (1.9)	4.7 (0.7)
Vegetables	4.0 (0.4)	4.1 (0.4)
Fruit and 100% fruit juices	2.1 (0.3)	2.9 (0.2)
Beverages	1.4 (0.4)	1.4 (0.3)
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 28.17.b. Zinc: Distribution of intake (percentage) among food subcategories - Children currently receiving WIC benefits**

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=726)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Higher fat milk/yogurt	5.0 (0.7)	28.2 (0.9)
Breakfast cereals and bars	4.6 (0.6)	12.4 (0.9)
Rice, pasta, and other grain-based mixed dishes	4.5 (0.7)	6.0 (0.5)
Baby food	58.9 (1.9)	4.7 (0.7)
Meat, poultry, and seafood mixed dishes	1.6 (0.3)	4.3 (0.5)
Poultry (not incl. deli and mixed dishes)	1.6 (0.3)	4.2 (0.4)
Burgers and sandwiches (incl. tacos and burritos)	*	4.0 (0.4)
Eggs	2.5 (0.5)	3.8 (0.3)
Deli/cured products (meat and poultry)	1.0 (0.3)	3.2 (0.5)
Lower fat milk/yogurt	1.0 (0.3)	2.9 (0.4)
Cheese	1.2 (0.2)	2.6 (0.3)
Vegetables (incl. beans and peas, not starchy)	2.4 (0.4)	2.5 (0.3)
Chips, crackers, and savory snacks	1.4 (0.3)	2.3 (0.2)
Soups	3.2 (0.5)	2.3 (0.3)

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=726)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
Desserts and sweet snacks	1.6 (0.3)	2.2 (0.2)
Meats (not incl. deli and mixed dishes)	0.8 (0.2)	2.2 (0.4)
Pizza	0.3 (0.1)	2.1 (0.3)
Yeast breads and tortillas	1.5 (0.2)	1.8 (0.1)
Fruit (non-juice)	1.2 (0.2)	1.7 (0.1)
Starchy vegetables	1.6 (0.2)	1.6 (0.2)
Sugar-sweetened and diet beverages	*	1.2 (0.3)
100% fruit juice	*	1.2 (0.1)
Rice and pasta	0.4 (0.1)	0.8 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	0.2 (0.1)	0.6 (0.1)
Candy and sugars	*	*
Nuts, seeds, and soy	*	0.3 (0.1)
Waters	*	0.2 (0.0)
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*

<b>Food subcategory</b>	<b>Infants ages 6 through 11 months (n=726)</b>	<b>Young children ages 12 through 23 months (n=715)</b>
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 28.18.a. Zinc: 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	*	32.9 (1.9)
Mixed dishes	*	22.0 (1.4)
Grains	*	14.4 (1.4)
Protein foods	*	13.6 (0.9)
Snacks and sweets	*	5.4 (0.5)
Vegetables	*	4.4 (0.7)
Baby food	*	3.4 (0.8)
Fruit and 100% fruit juices	*	2.5 (0.2)
Beverages	*	1.4 (0.3)
Condiments, gravies, spreads, and salad dressings	*	*

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

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

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

**Table 28.18.b. Zinc: 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	*	28.6 (1.9)
Breakfast cereals and bars	*	11.7 (1.3)
Rice, pasta, and other grain-based mixed dishes	*	6.8 (0.8)
Meat, poultry, and seafood mixed dishes	*	5.8 (1.2)
Burgers and sandwiches (incl. tacos and burritos)	*	5.3 (0.7)
Eggs	*	4.6 (0.6)
Poultry (not incl. deli and mixed dishes)	*	3.5 (0.4)
Baby food	*	3.4 (0.8)
Deli/cured products (meat and poultry)	*	3.1 (0.5)
Pizza	*	2.9 (0.6)
Desserts and sweet snacks	*	2.6 (0.4)
Chips, crackers, and savory snacks	*	2.4 (0.4)
Starchy vegetables	*	2.3 (0.4)
Cheese	*	2.3 (0.5)



<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>
Vegetables (incl. beans and peas, not starchy)	*	2.1 (0.5)
Lower fat milk/yogurt	*	2.0 (0.4)
Meats (not incl. deli and mixed dishes)	*	1.9 (0.5)
Fruit (non-juice)	*	1.6 (0.2)
Yeast breads and tortillas	*	1.3 (0.3)
Soups	*	1.2 (0.3)
Sugar-sweetened and diet beverages	*	*
100% fruit juice	*	0.9 (0.1)
Quick breads (e.g., biscuits, muffins, pancakes, waffles)	*	0.7 (0.1)
Rice and pasta	*	0.6 (0.2)
Candy and sugars	*	0.4 (0.1)
Nuts, seeds, and soy	*	*
Waters	*	0.2 (0.1)
Seafood (not incl. mixed dishes)	*	*
Coffee and tea	*	*
Condiments and gravies	*	*
Salad dressings	*	*

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