



# Mean Intakes of Food Groups, Subgroups, and Components: Individuals Ages 2 Years and Older

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: United States Department of Agriculture; Research, Education, and Economics; Agricultural Research Service

**Suggested citation:** Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee. November 2024. *Mean Intakes of Food Groups, Subgroups, and Components: Individuals Ages 2 Years and Older: Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion. Available at: <https://www.dietaryguidelines.gov/2025-advisory-committee-report/data-analysis>

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

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

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## Introduction

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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, Mean Intakes of Food Groups, Subgroups, and Components: Individuals Ages 2 Years and Older, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis question:

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

## Acknowledgments and Funding

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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 the supplementary data analysis are recognized below.

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## Supplemental Data Tables: Mean Intakes of Food Groups, Subgroups, and Components: Individuals Ages 2 Years and Older

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**Table FS1a. Fruit:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

HH with full food security	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Children:</b>					
2 - 5.....	1713	1.42 (0.049)	0.29 (0.025)	0.63 (0.026)	0.51 (0.037)
6 - 11.....	2533	1.12 (0.047)	0.28 (0.024)	0.52 (0.026)	0.32 (0.023)
<b>Males:</b>					
12 - 19.....	1524	0.95 (0.068)	0.18 (0.031)	0.43 (0.033)	0.34 (0.040)
20 - 39.....	2096	0.92 (0.048)	0.18 (0.023)	0.46 (0.032)	0.28 (0.018)
40 - 59.....	2248	0.97 (0.045)	0.23 (0.020)	0.51 (0.035)	0.23 (0.018)
60 and over.....	2703	1.08 (0.044)	0.25 (0.019)	0.55 (0.025)	0.27 (0.023)
70 and over....	1397	1.17 (0.051)	0.27 (0.031)	0.60 (0.032)	0.30 (0.025)
2 - 19.....	3603	1.13 (0.046)	0.24 (0.019)	0.50 (0.024)	0.39 (0.025)
20 and over...	7047	0.99 (0.026)	0.22 (0.011)	0.51 (0.019)	0.26 (0.012)
2 and over...	1065	1.02 (0.023)	0.22 (0.011)	0.51 (0.016)	0.29 (0.010)
<b>Females:</b>					
12 - 19.....	1443	0.78 (0.053)	0.16 (0.018)	0.37 (0.039)	0.25 (0.025)
20 - 39.....	2172	0.95 (0.039)	0.24 (0.023)	0.49 (0.021)	0.22 (0.015)
40 - 59.....	2398	0.90 (0.041)	0.27 (0.022)	0.45 (0.025)	0.18 (0.014)
60 and over.....	2633	0.99 (0.028)	0.28 (0.014)	0.52 (0.022)	0.19 (0.012)
70 and over....	1359	1.07 (0.039)	0.31 (0.023)	0.55 (0.026)	0.22 (0.014)
2 - 19.....	3610	1.00 (0.032)	0.22 (0.018)	0.48 (0.025)	0.30 (0.016)
20 and over...	7203	0.94 (0.024)	0.26 (0.012)	0.49 (0.015)	0.20 (0.008)
2 and over...	1081	0.96 (0.020)	0.25 (0.010)	0.48 (0.013)	0.22 (0.007)
<b>Males and females:</b>					
2 - 19.....	7213	1.07 (0.030)	0.23 (0.014)	0.49 (0.019)	0.35 (0.017)
20 and over...	1425	0.97 (0.020)	0.24 (0.010)	0.50 (0.013)	0.23 (0.008)
2 and over...	2146	0.99 (0.017)	0.24 (0.009)	0.49 (0.010)	0.25 (0.006)

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1b. Vegetables:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

<i>Vegetables</i>									
HH with full food security	Total Vegetables †	Starchy Vegetables			Red and Orange Vegetables				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Children:</b>									
2 - 5.....	0.66 (0.028)	0.23 (0.016)	0.18 (0.014)	0.05 (0.006)	0.23 (0.014)	0.15 (0.007)	0.08 (0.014)	0.06 (0.006)	0.14 (0.009)
6 - 11.....	0.83 (0.027)	0.32 (0.018)	0.27 (0.015)	0.05 (0.005)	0.26 (0.011)	0.20 (0.010)	0.06 (0.006)	0.05 (0.006)	0.20 (0.010)
<b>Males:</b>									
12 - 19.....	1.13 (0.033)	0.42 (0.028)	0.38 (0.026)	0.04 (0.007)	0.35 (0.018)	0.30 (0.017)	0.05 (0.006)	0.07 (0.012)	0.30 (0.018)
20 - 39.....	1.60 (0.037)	0.45 (0.021)	0.40 (0.020)	0.06 (0.007)	0.42 (0.013)	0.33 (0.011)	0.09 (0.006)	0.16 (0.014)	0.58 (0.022)
40 - 59.....	1.80 (0.054)	0.51 (0.023)	0.43 (0.021)	0.08 (0.008)	0.45 (0.019)	0.34 (0.016)	0.12 (0.011)	0.17 (0.012)	0.67 (0.028)
60 and over....	1.72 (0.041)	0.53 (0.026)	0.44 (0.023)	0.09 (0.010)	0.43 (0.014)	0.32 (0.013)	0.10 (0.007)	0.15 (0.014)	0.62 (0.030)
70 and over....	1.69 (0.049)	0.54 (0.027)	0.44 (0.026)	0.10 (0.009)	0.43 (0.019)	0.33 (0.019)	0.11 (0.008)	0.13 (0.014)	0.59 (0.030)
2 - 19.....	0.93 (0.017)	0.34 (0.013)	0.30 (0.012)	0.04 (0.004)	0.30 (0.011)	0.23 (0.010)	0.06 (0.005)	0.06 (0.008)	0.23 (0.009)
20 and over...	1.71 (0.029)	0.50 (0.014)	0.42 (0.013)	0.08 (0.005)	0.43 (0.010)	0.33 (0.009)	0.10 (0.005)	0.16 (0.008)	0.62 (0.017)
2 and over...	1.53 (0.024)	0.46 (0.012)	0.39 (0.011)	0.07 (0.004)	0.40 (0.008)	0.31 (0.007)	0.10 (0.005)	0.14 (0.007)	0.53 (0.014)
<b>Females:</b>									
12 - 19.....	1.06 (0.046)	0.39 (0.022)	0.33 (0.022)	0.05 (0.007)	0.27 (0.012)	0.21 (0.011)	0.06 (0.006)	0.09 (0.018)	0.31 (0.023)
20 - 39.....	1.55 (0.046)	0.39 (0.023)	0.33 (0.022)	0.07 (0.006)	0.37 (0.015)	0.26 (0.012)	0.11 (0.010)	0.22 (0.020)	0.57 (0.024)
40 - 59.....	1.60 (0.049)	0.36 (0.016)	0.29 (0.015)	0.07 (0.007)	0.38 (0.015)	0.26 (0.012)	0.11 (0.009)	0.24 (0.023)	0.62 (0.025)
60 and over....	1.50 (0.036)	0.39 (0.019)	0.31 (0.016)	0.08 (0.008)	0.38 (0.014)	0.26 (0.013)	0.12 (0.006)	0.17 (0.010)	0.56 (0.021)
70 and over....	1.43 (0.049)	0.40 (0.026)	0.31 (0.019)	0.09 (0.012)	0.38 (0.018)	0.25 (0.013)	0.12 (0.010)	0.15 (0.012)	0.51 (0.021)
2 - 19.....	0.91 (0.027)	0.34 (0.014)	0.28 (0.014)	0.06 (0.005)	0.25 (0.009)	0.19 (0.008)	0.06 (0.004)	0.07 (0.009)	0.24 (0.011)
20 and over...	1.55 (0.032)	0.38 (0.013)	0.31 (0.011)	0.07 (0.004)	0.38 (0.011)	0.26 (0.008)	0.11 (0.005)	0.21 (0.012)	0.58 (0.016)
2 and over...	1.41 (0.028)	0.37 (0.011)	0.30 (0.009)	0.07 (0.004)	0.35 (0.009)	0.25 (0.007)	0.10 (0.005)	0.18 (0.010)	0.51 (0.014)
<b>Males and females:</b>									
2 - 19.....	0.92 (0.017)	0.34 (0.011)	0.29 (0.010)	0.05 (0.004)	0.28 (0.008)	0.21 (0.007)	0.06 (0.004)	0.07 (0.006)	0.23 (0.008)
20 and over...	1.63 (0.025)	0.44 (0.011)	0.36 (0.009)	0.07 (0.004)	0.40 (0.008)	0.29 (0.006)	0.11 (0.004)	0.18 (0.008)	0.60 (0.014)
2 and over...	1.47 (0.021)	0.42 (0.009)	0.35 (0.008)	0.07 (0.003)	0.38 (0.007)	0.28 (0.005)	0.10 (0.004)	0.16 (0.007)	0.52 (0.012)

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.



**Table FS1c. Grains: Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic**

HH with full food security	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Children:</b>			
2 - 5.....	5.10 (0.089)	0.80 (0.046)	4.30 (0.079)
6 - 11.....	7.13 (0.120)	0.92 (0.037)	6.21 (0.119)
<b>Males:</b>			
12 - 19.....	8.43 (0.174)	0.94 (0.057)	7.49 (0.165)
20 - 39.....	8.00 (0.140)	0.93 (0.052)	7.06 (0.131)
40 - 59.....	7.36 (0.137)	1.01 (0.053)	6.35 (0.135)
60 and over....	6.71 (0.119)	1.24 (0.051)	5.47 (0.111)
70 and over....	6.13 (0.112)	1.27 (0.059)	4.87 (0.107)
2 - 19.....	7.46 (0.096)	0.90 (0.035)	6.56 (0.090)
20 and over...	7.37 (0.073)	1.05 (0.034)	6.32 (0.070)
2 and over...	7.39 (0.059)	1.02 (0.028)	6.37 (0.057)
<b>Females:</b>			
12 - 19.....	6.36 (0.142)	0.80 (0.064)	5.56 (0.137)
20 - 39.....	6.11 (0.103)	0.84 (0.044)	5.27 (0.089)
40 - 59.....	5.53 (0.103)	0.84 (0.035)	4.69 (0.098)
60 and over....	4.97 (0.090)	0.93 (0.041)	4.04 (0.080)
70 and over....	4.95 (0.109)	0.97 (0.047)	3.98 (0.100)
2 - 19.....	6.19 (0.080)	0.84 (0.037)	5.34 (0.078)
20 and over...	5.52 (0.057)	0.87 (0.020)	4.65 (0.051)
2 and over...	5.66 (0.045)	0.86 (0.017)	4.80 (0.044)
<b>Males and females:</b>			
2 - 19.....	6.83 (0.061)	0.87 (0.028)	5.96 (0.059)
20 and over...	6.43 (0.051)	0.96 (0.022)	5.47 (0.048)
2 and over...	6.51 (0.041)	0.94 (0.019)	5.57 (0.039)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1d. Dairy:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

HH with full food security	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Children:</b>				
2 - 5.....	2.01 (0.056)	1.34 (0.045)	0.55 (0.026)	0.10 (0.008)
6 - 11.....	2.05 (0.052)	1.20 (0.037)	0.76 (0.026)	0.08 (0.007)
<b>Males:</b>				
12 - 19.....	2.39 (0.086)	1.30 (0.060)	1.02 (0.053)	0.03 (0.006)
20 - 39.....	1.96 (0.059)	0.71 (0.047)	1.10 (0.038)	0.07 (0.010)
40 - 59.....	1.76 (0.056)	0.74 (0.037)	0.92 (0.033)	0.07 (0.009)
60 and over....	1.57 (0.041)	0.82 (0.034)	0.64 (0.027)	0.07 (0.009)
70 and over....	1.51 (0.056)	0.88 (0.045)	0.53 (0.029)	0.06 (0.009)
2 - 19.....	2.27 (0.052)	1.32 (0.037)	0.86 (0.030)	0.06 (0.006)
20 and over...	1.77 (0.030)	0.75 (0.022)	0.90 (0.018)	0.07 (0.005)
2 and over...	1.88 (0.027)	0.88 (0.018)	0.89 (0.016)	0.07 (0.004)
<b>Females:</b>				
12 - 19.....	1.64 (0.053)	0.81 (0.042)	0.78 (0.041)	0.04 (0.006)
20 - 39.....	1.43 (0.036)	0.54 (0.024)	0.78 (0.023)	0.07 (0.006)
40 - 59.....	1.33 (0.039)	0.56 (0.027)	0.64 (0.025)	0.10 (0.008)
60 and over....	1.30 (0.040)	0.65 (0.024)	0.52 (0.027)	0.10 (0.008)
70 and over....	1.29 (0.033)	0.71 (0.028)	0.45 (0.024)	0.09 (0.010)
2 - 19.....	1.78 (0.037)	1.01 (0.030)	0.70 (0.023)	0.06 (0.005)
20 and over...	1.35 (0.025)	0.58 (0.015)	0.64 (0.014)	0.09 (0.004)
2 and over...	1.44 (0.022)	0.67 (0.014)	0.65 (0.011)	0.08 (0.004)
<b>Males and females:</b>				
2 - 19.....	2.03 (0.035)	1.16 (0.025)	0.78 (0.020)	0.06 (0.004)
20 and over...	1.56 (0.021)	0.67 (0.015)	0.77 (0.013)	0.08 (0.004)
2 and over...	1.66 (0.020)	0.78 (0.013)	0.77 (0.011)	0.08 (0.003)

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH with full food security	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Children:</b>								
2 - 5.....	2.93 (0.076)	2.19 (0.073)	0.44 (0.028)	0.88 (0.044)	0.69 (0.056)	0.15 (0.037)	0.04 (0.010)	#
6 - 11.....	3.93 (0.097)	3.05 (0.094)	0.83 (0.046)	1.11 (0.073)	0.90 (0.045)	0.16 (0.022)	0.04 (0.008)	0.01* (0.003)
<b>Males:</b>								
12 - 19.....	6.35 (0.204)	5.30 (0.218)	2.01 (0.183)	1.86 (0.192)	1.13 (0.102)	0.22 (0.038)	0.07 (0.020)	0.01* (0.003)
20 - 39.....	8.00 (0.200)	6.28 (0.163)	2.12 (0.095)	2.22 (0.109)	1.35 (0.077)	0.42 (0.065)	0.17 (0.045)	0.01* (0.004)
40 - 59.....	8.02 (0.183)	6.14 (0.155)	2.27 (0.122)	1.81 (0.087)	1.25 (0.065)	0.56 (0.056)	0.21 (0.043)	0.04* (0.018)
60 and over.....	6.61 (0.123)	4.90 (0.100)	1.74 (0.076)	1.21 (0.073)	1.13 (0.065)	0.53 (0.051)	0.24 (0.036)	0.04* (0.019)
70 and over....	6.20 (0.158)	4.52 (0.120)	1.56 (0.076)	1.08 (0.086)	1.05 (0.073)	0.51 (0.062)	0.30 (0.070)	0.03* (0.011)
2 - 19.....	4.95 (0.130)	4.00 (0.129)	1.30 (0.088)	1.43 (0.109)	1.02 (0.061)	0.19 (0.024)	0.06 (0.010)	0.01* (0.002)
20 and over...	7.58 (0.103)	5.81 (0.088)	2.06 (0.061)	1.76 (0.059)	1.25 (0.044)	0.50 (0.038)	0.21 (0.023)	0.03* (0.009)
2 and over...	6.99 (0.089)	5.40 (0.076)	1.89 (0.055)	1.69 (0.056)	1.20 (0.038)	0.43 (0.030)	0.18 (0.018)	0.02 (0.007)
<b>Females:</b>								
12 - 19.....	4.18 (0.231)	3.30 (0.168)	0.87 (0.070)	1.39 (0.123)	0.75 (0.055)	0.23 (0.059)	0.06 (0.013)	#
20 - 39.....	5.37 (0.105)	3.97 (0.093)	1.17 (0.070)	1.52 (0.061)	0.73 (0.038)	0.41 (0.048)	0.13 (0.021)	0.01* (0.005)
40 - 59.....	5.40 (0.123)	3.85 (0.107)	1.17 (0.057)	1.38 (0.070)	0.71 (0.041)	0.41 (0.048)	0.17 (0.027)	0.01* (0.002)
60 and over.....	4.88 (0.111)	3.42 (0.084)	1.06 (0.049)	1.00 (0.044)	0.70 (0.039)	0.44 (0.036)	0.20 (0.023)	0.01* (0.005)
70 and over....	4.48 (0.114)	3.25 (0.114)	0.98 (0.054)	1.00 (0.062)	0.66 (0.037)	0.40 (0.047)	0.19 (0.038)	0.02* (0.008)
2 - 19.....	3.71 (0.128)	2.87 (0.103)	0.75 (0.043)	1.16 (0.072)	0.73 (0.035)	0.19 (0.029)	0.05 (0.008)	#
20 and over...	5.22 (0.070)	3.74 (0.061)	1.14 (0.037)	1.29 (0.036)	0.71 (0.024)	0.42 (0.028)	0.17 (0.016)	0.01 (0.002)
2 and over...	4.90 (0.067)	3.56 (0.057)	1.05 (0.033)	1.26 (0.037)	0.72 (0.019)	0.37 (0.024)	0.14 (0.013)	0.01 (0.002)
<b>Males and females:</b>								
2 - 19.....	4.34 (0.097)	3.44 (0.097)	1.03 (0.050)	1.30 (0.074)	0.88 (0.036)	0.19 (0.021)	0.05 (0.007)	0.01* (0.002)
20 and over...	6.37 (0.066)	4.75 (0.060)	1.59 (0.040)	1.52 (0.039)	0.97 (0.026)	0.46 (0.029)	0.19 (0.016)	0.02 (0.004)
2 and over...	5.93 (0.062)	4.47 (0.057)	1.47 (0.037)	1.47 (0.041)	0.95 (0.022)	0.40 (0.023)	0.16 (0.012)	0.02 (0.003)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

HH with full food security	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Children:</b>			
2 - 5.....	0.32 (0.020)	0.39 (0.040)	0.03 (0.004)
6 - 11.....	0.37 (0.020)	0.46 (0.035)	0.06 (0.009)
<b>Males:</b>			
12 - 19.....	0.45 (0.041)	0.55 (0.075)	0.06 (0.011)
20 - 39.....	0.68 (0.039)	0.88 (0.071)	0.17 (0.022)
40 - 59.....	0.65 (0.035)	1.13 (0.089)	0.10 (0.014)
60 and over....	0.63 (0.031)	1.03 (0.074)	0.05 (0.007)
70 and over....	0.63 (0.034)	1.00 (0.082)	0.05 (0.007)
2 - 19.....	0.41 (0.022)	0.49 (0.042)	0.05 (0.007)
20 and over...	0.65 (0.022)	1.01 (0.049)	0.11 (0.010)
2 and over...	0.60 (0.017)	0.90 (0.038)	0.10 (0.008)
<b>Females:</b>			
12 - 19.....	0.29 (0.022)	0.53 (0.127)	0.06 (0.008)
20 - 39.....	0.56 (0.030)	0.71 (0.045)	0.13 (0.013)
40 - 59.....	0.52 (0.037)	0.93 (0.060)	0.10 (0.016)
60 and over....	0.50 (0.023)	0.90 (0.068)	0.06 (0.008)
70 and over....	0.45 (0.024)	0.72 (0.044)	0.05 (0.007)
2 - 19.....	0.31 (0.014)	0.47 (0.059)	0.05 (0.005)
20 and over...	0.52 (0.019)	0.85 (0.037)	0.10 (0.008)
2 and over...	0.48 (0.016)	0.77 (0.032)	0.09 (0.007)
<b>Males and females:</b>			
2 - 19.....	0.36 (0.012)	0.48 (0.035)	0.05 (0.004)
20 and over...	0.59 (0.016)	0.93 (0.031)	0.10 (0.007)
2 and over...	0.54 (0.013)	0.83 (0.027)	0.09 (0.005)

† Soy products excluding calcium fortified soy milk and raw soybeans.

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1f. Legumes:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

HH with full food security	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Children:</b>		
2 - 5.....	0.05 (0.005)	0.19 (0.020)
6 - 11.....	0.05 (0.005)	0.20 (0.021)
<b>Males:</b>		
12 - 19.....	0.08 (0.012)	0.31 (0.048)
20 - 39.....	0.14 (0.011)	0.58 (0.044)
40 - 59.....	0.14 (0.011)	0.58 (0.043)
60 and over.....	0.12 (0.011)	0.48 (0.044)
70 and over....	0.11 (0.013)	0.44 (0.051)
2 - 19.....	0.06 (0.005)	0.24 (0.020)
20 and over...	0.14 (0.007)	0.55 (0.027)
2 and over...	0.12 (0.006)	0.48 (0.022)
<b>Females:</b>		
12 - 19.....	0.07 (0.007)	0.28 (0.030)
20 - 39.....	0.10 (0.008)	0.41 (0.031)
40 - 59.....	0.09 (0.008)	0.37 (0.030)
60 and over.....	0.09 (0.009)	0.35 (0.035)
70 and over....	0.07 (0.007)	0.26 (0.028)
2 - 19.....	0.06 (0.005)	0.24 (0.018)
20 and over...	0.09 (0.005)	0.38 (0.021)
2 and over...	0.09 (0.005)	0.35 (0.019)
<b>Males and females:</b>		
2 - 19.....	0.06 (0.004)	0.24 (0.015)
20 and over...	0.12 (0.005)	0.46 (0.021)
2 and over...	0.10 (0.004)	0.41 (0.018)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS1g. Oils and Other Components:** Mean Amounts and Standard errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household with Full Food Security, in the United States, 2011-March 2020 Prepandemic

HH with full food security	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Children:</b>				
2 - 5.....	16.58 (0.371)	26.67 (0.614)	11.30 (0.241)	0.00 (0.000)
6 - 11.....	21.82 (0.513)	37.30 (0.673)	17.41 (0.347)	0.00 (0.000)
<b>Males:</b>				
12 - 19.....	28.99 (1.071)	42.38 (1.201)	22.33 (0.677)	0.08* (0.028)
20 - 39.....	33.11 (0.577)	42.65 (0.914)	19.70 (0.642)	1.23 (0.071)
40 - 59.....	34.88 (1.147)	41.86 (0.905)	19.20 (0.603)	1.25 (0.092)
60 and over.....	29.42 (0.775)	39.69 (0.784)	15.41 (0.368)	0.65 (0.040)
70 and over....	27.64 (0.815)	37.12 (1.089)	14.23 (0.410)	0.57 (0.042)
2 - 19.....	24.13 (0.639)	38.43 (0.739)	19.01 (0.379)	0.04* (0.013)
20 and over...	32.62 (0.462)	41.46 (0.526)	18.21 (0.361)	1.06 (0.044)
2 and over...	30.72 (0.394)	40.79 (0.484)	18.39 (0.319)	0.83 (0.035)
<b>Females:</b>				
12 - 19.....	24.91 (1.067)	32.09 (0.795)	16.94 (0.444)	0.04 (0.011)
20 - 39.....	27.40 (0.691)	32.16 (0.523)	14.91 (0.405)	0.58 (0.047)
40 - 59.....	26.46 (0.642)	30.56 (0.747)	14.03 (0.434)	0.64 (0.052)
60 and over.....	24.04 (0.563)	29.00 (0.749)	12.06 (0.310)	0.37 (0.050)
70 and over....	22.26 (0.503)	28.81 (0.795)	11.78 (0.279)	0.26 (0.028)
2 - 19.....	21.97 (0.557)	31.60 (0.425)	15.24 (0.253)	0.02 (0.005)
20 and over...	25.93 (0.398)	30.52 (0.460)	13.63 (0.242)	0.53 (0.031)
2 and over...	25.09 (0.358)	30.75 (0.373)	13.98 (0.197)	0.42 (0.025)
<b>Males and females:</b>				
2 - 19.....	23.06 (0.418)	35.06 (0.506)	17.15 (0.258)	0.03 (0.007)
20 and over...	29.21 (0.351)	35.88 (0.402)	15.88 (0.242)	0.79 (0.030)
2 and over...	27.87 (0.312)	35.70 (0.369)	16.15 (0.214)	0.62 (0.024)

\* Indicates an estimate with a relative standard error greater than 30%.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2a. Fruit:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Children:</b>					
2 - 5.....	522	1.35 (0.096)	0.23 (0.066)	0.46 (0.043)	0.65 (0.062)
6 - 11.....	697	1.02 (0.069)	0.17 (0.023)	0.44 (0.045)	0.42 (0.037)
<b>Males:</b>					
12 - 19.....	413	0.83 (0.104)	0.13* (0.040)	0.36 (0.059)	0.34 (0.056)
20 - 39.....	500	0.94 (0.095)	0.15 (0.034)	0.38 (0.047)	0.42 (0.073)
40 - 59.....	433	0.85 (0.104)	0.21* (0.067)	0.44 (0.050)	0.20 (0.028)
60 and over.....	364	0.72 (0.082)	0.19 (0.045)	0.32 (0.040)	0.21 (0.049)
70 and over....	147	0.92 (0.150)	0.27* (0.097)	0.34 (0.065)	0.30* (0.098)
2 - 19.....	1034	1.03 (0.065)	0.15 (0.028)	0.42 (0.036)	0.46 (0.039)
20 and over...	1297	0.87 (0.068)	0.18 (0.034)	0.39 (0.029)	0.31 (0.041)
2 and over...	2331	0.92 (0.053)	0.17 (0.022)	0.40 (0.023)	0.35 (0.032)
<b>Females:</b>					
12 - 19.....	393	0.87 (0.120)	0.21 (0.054)	0.37 (0.073)	0.30 (0.044)
20 - 39.....	584	0.70 (0.058)	0.14 (0.025)	0.33 (0.045)	0.23 (0.027)
40 - 59.....	515	0.81 (0.073)	0.23 (0.037)	0.36 (0.036)	0.22 (0.037)
60 and over.....	392	0.93 (0.093)	0.24 (0.045)	0.46 (0.056)	0.23 (0.045)
70 and over....	153	0.99 (0.134)	0.22 (0.063)	0.49 (0.078)	0.27 (0.073)
2 - 19.....	991	1.01 (0.075)	0.21 (0.035)	0.40 (0.052)	0.39 (0.031)
20 and over...	1491	0.78 (0.045)	0.19 (0.020)	0.37 (0.026)	0.23 (0.021)
2 and over...	2482	0.84 (0.041)	0.20 (0.019)	0.37 (0.025)	0.27 (0.018)
<b>Males and females:</b>					
2 - 19.....	2025	1.02 (0.059)	0.18 (0.027)	0.41 (0.035)	0.43 (0.027)
20 and over...	2788	0.83 (0.039)	0.18 (0.018)	0.38 (0.018)	0.26 (0.023)
2 and over...	4813	0.88 (0.034)	0.18 (0.015)	0.39 (0.018)	0.31 (0.019)

\* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2b. Vegetables:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	<i>Vegetables</i>								
	Total Vegetables †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Children:</b>									
2 - 5.....	0.64 (0.031)	0.27 (0.019)	0.22 (0.017)	0.05 (0.009)	0.18 (0.017)	0.15 (0.015)	0.03 (0.007)	0.03 (0.008)	0.15 (0.018)
6 - 11.....	0.85 (0.046)	0.33 (0.025)	0.28 (0.024)	0.04 (0.007)	0.26 (0.014)	0.21 (0.012)	0.05 (0.006)	0.05* (0.019)	0.21 (0.023)
<b>Males:</b>									
12 - 19.....	1.04 (0.065)	0.37 (0.045)	0.32 (0.042)	0.04* (0.015)	0.34 (0.026)	0.30 (0.024)	0.04 (0.009)	0.04 (0.012)	0.29 (0.028)
20 - 39.....	1.41 (0.082)	0.50 (0.048)	0.43 (0.046)	0.07 (0.015)	0.38 (0.026)	0.31 (0.022)	0.07 (0.010)	0.11 (0.024)	0.42 (0.030)
40 - 59.....	1.59 (0.109)	0.44 (0.052)	0.29 (0.031)	0.15 (0.043)	0.42 (0.033)	0.30 (0.031)	0.12 (0.015)	0.13 (0.028)	0.59 (0.068)
60 and over....	1.48 (0.108)	0.52 (0.065)	0.46 (0.063)	0.06 (0.014)	0.40 (0.058)	0.30 (0.054)	0.09 (0.022)	0.10 (0.016)	0.46 (0.064)
70 and over....	1.63 (0.142)	0.57 (0.099)	0.53 (0.100)	0.04* (0.012)	0.46 (0.106)	0.35 (0.098)	0.11* (0.044)	0.10 (0.024)	0.50 (0.102)
2 - 19.....	0.88 (0.032)	0.34 (0.023)	0.29 (0.022)	0.04 (0.008)	0.27 (0.014)	0.23 (0.012)	0.04 (0.006)	0.05 (0.013)	0.23 (0.019)
20 and over...	1.49 (0.070)	0.48 (0.032)	0.39 (0.027)	0.10 (0.020)	0.40 (0.022)	0.31 (0.019)	0.09 (0.008)	0.12 (0.016)	0.49 (0.028)
2 and over...	1.29 (0.051)	0.44 (0.024)	0.36 (0.020)	0.08 (0.015)	0.36 (0.015)	0.28 (0.014)	0.07 (0.006)	0.10 (0.012)	0.41 (0.021)
<b>Females:</b>									
12 - 19.....	0.83 (0.062)	0.33 (0.044)	0.27 (0.037)	0.05 (0.015)	0.20 (0.016)	0.15 (0.016)	0.05 (0.008)	0.06* (0.019)	0.25 (0.028)
20 - 39.....	1.35 (0.065)	0.38 (0.030)	0.31 (0.028)	0.07 (0.012)	0.32 (0.019)	0.25 (0.017)	0.07 (0.012)	0.22 (0.045)	0.44 (0.028)
40 - 59.....	1.35 (0.062)	0.41 (0.038)	0.33 (0.033)	0.08 (0.013)	0.33 (0.028)	0.23 (0.023)	0.09 (0.015)	0.17 (0.049)	0.45 (0.035)
60 and over....	1.18 (0.065)	0.38 (0.041)	0.29 (0.038)	0.09 (0.017)	0.28 (0.026)	0.17 (0.019)	0.11 (0.017)	0.12 (0.022)	0.40 (0.032)
70 and over....	1.05 (0.099)	0.34 (0.047)	0.25 (0.037)	0.09* (0.027)	0.29 (0.042)	0.17 (0.034)	0.12 (0.023)	0.07* (0.021)	0.36 (0.052)
2 - 19.....	0.80 (0.032)	0.31 (0.020)	0.26 (0.018)	0.05 (0.009)	0.23 (0.013)	0.18 (0.011)	0.05 (0.006)	0.05 (0.009)	0.22 (0.018)
20 and over...	1.32 (0.036)	0.39 (0.023)	0.31 (0.021)	0.08 (0.007)	0.31 (0.013)	0.23 (0.012)	0.09 (0.009)	0.18 (0.027)	0.44 (0.018)
2 and over...	1.18 (0.031)	0.37 (0.018)	0.30 (0.016)	0.07 (0.006)	0.29 (0.011)	0.21 (0.009)	0.08 (0.007)	0.14 (0.021)	0.38 (0.015)
<b>Males and females:</b>									
2 - 19.....	0.84 (0.024)	0.32 (0.015)	0.28 (0.014)	0.05 (0.006)	0.25 (0.010)	0.20 (0.009)	0.04 (0.004)	0.05 (0.009)	0.22 (0.014)
20 and over...	1.40 (0.037)	0.43 (0.017)	0.35 (0.016)	0.09 (0.010)	0.35 (0.013)	0.26 (0.012)	0.09 (0.005)	0.15 (0.016)	0.46 (0.016)
2 and over...	1.23 (0.030)	0.40 (0.014)	0.33 (0.013)	0.07 (0.008)	0.32 (0.010)	0.25 (0.010)	0.08 (0.004)	0.12 (0.012)	0.39 (0.013)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.



**Table FS2c. Grains: Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic**

HH with marginal food security	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Children:</b>			
2 - 5.....	4.80 (0.125)	0.66 (0.049)	4.15 (0.125)
6 - 11.....	7.34 (0.238)	0.93 (0.081)	6.41 (0.215)
<b>Males:</b>			
12 - 19.....	8.48 (0.408)	1.07 (0.124)	7.41 (0.385)
20 - 39.....	8.66 (0.333)	0.73 (0.082)	7.93 (0.321)
40 - 59.....	7.42 (0.348)	0.76 (0.132)	6.66 (0.314)
60 and over....	6.70 (0.251)	1.03 (0.108)	5.66 (0.260)
70 and over....	6.44 (0.391)	0.99 (0.170)	5.45 (0.369)
2 - 19.....	7.43 (0.231)	0.92 (0.058)	6.51 (0.222)
20 and over...	7.89 (0.191)	0.79 (0.058)	7.10 (0.192)
2 and over...	7.75 (0.171)	0.83 (0.041)	6.92 (0.170)
<b>Females:</b>			
12 - 19.....	5.88 (0.258)	0.63 (0.082)	5.25 (0.232)
20 - 39.....	6.15 (0.235)	0.64 (0.082)	5.51 (0.239)
40 - 59.....	5.53 (0.195)	0.67 (0.088)	4.86 (0.173)
60 and over....	5.07 (0.228)	0.88 (0.097)	4.18 (0.219)
70 and over....	4.66 (0.340)	1.02 (0.130)	3.64 (0.328)
2 - 19.....	5.89 (0.151)	0.74 (0.058)	5.16 (0.129)
20 and over...	5.72 (0.139)	0.70 (0.057)	5.02 (0.141)
2 and over...	5.77 (0.107)	0.71 (0.045)	5.06 (0.107)
<b>Males and females:</b>			
2 - 19.....	6.69 (0.151)	0.83 (0.045)	5.86 (0.137)
20 and over...	6.72 (0.124)	0.74 (0.043)	5.98 (0.130)
2 and over...	6.71 (0.104)	0.77 (0.033)	5.95 (0.105)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2d. Dairy:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Children:</b>				
2 - 5.....	2.19 (0.093)	1.44 (0.073)	0.63 (0.042)	0.11 (0.026)
6 - 11.....	2.13 (0.113)	1.25 (0.072)	0.82 (0.056)	0.05 (0.013)
<b>Males:</b>				
12 - 19.....	2.30 (0.139)	1.14 (0.101)	1.14 (0.107)	0.01* (0.004)
20 - 39.....	1.78 (0.107)	0.61 (0.066)	1.09 (0.075)	0.04 (0.010)
40 - 59.....	1.45 (0.134)	0.71 (0.113)	0.67 (0.073)	0.04 (0.010)
60 and over....	1.54 (0.140)	0.88 (0.116)	0.60 (0.081)	0.03* (0.011)
70 and over....	1.66 (0.214)	1.07 (0.160)	0.51 (0.091)	0.03* (0.021)
2 - 19.....	2.26 (0.096)	1.27 (0.065)	0.93 (0.067)	0.05 (0.013)
20 and over...	1.62 (0.084)	0.69 (0.062)	0.86 (0.050)	0.04 (0.006)
2 and over...	1.82 (0.070)	0.87 (0.049)	0.88 (0.045)	0.04 (0.007)
<b>Females:</b>				
12 - 19.....	1.49 (0.097)	0.66 (0.064)	0.75 (0.073)	0.06* (0.040)
20 - 39.....	1.38 (0.060)	0.52 (0.041)	0.79 (0.058)	0.05 (0.008)
40 - 59.....	1.31 (0.088)	0.54 (0.045)	0.70 (0.080)	0.05 (0.016)
60 and over....	1.14 (0.121)	0.57 (0.062)	0.44 (0.075)	0.11* (0.034)
70 and over....	1.12 (0.154)	0.52 (0.064)	0.50 (0.139)	0.08* (0.031)
2 - 19.....	1.81 (0.066)	1.00 (0.046)	0.73 (0.035)	0.07 (0.019)
20 and over...	1.31 (0.051)	0.54 (0.030)	0.69 (0.045)	0.06 (0.010)
2 and over...	1.44 (0.044)	0.66 (0.029)	0.70 (0.032)	0.06 (0.009)
<b>Males and females:</b>				
2 - 19.....	2.04 (0.067)	1.14 (0.041)	0.83 (0.041)	0.06 (0.012)
20 and over...	1.45 (0.055)	0.61 (0.035)	0.77 (0.037)	0.05 (0.006)
2 and over...	1.63 (0.049)	0.76 (0.030)	0.79 (0.031)	0.05 (0.006)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH with marginal food security	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Children:</b>								
2 - 5.....	2.91 (0.128)	2.15 (0.120)	0.52 (0.061)	0.78 (0.069)	0.74 (0.064)	0.08 (0.022)	0.03* (0.012)	#
6 - 11.....	3.96 (0.195)	3.16 (0.169)	0.96 (0.106)	1.26 (0.124)	0.75 (0.098)	0.14 (0.036)	0.03* (0.017)	0.01* (0.009)
<b>Males:</b>								
12 - 19.....	5.86 (0.556)	4.57 (0.307)	1.57 (0.153)	1.63 (0.231)	1.14 (0.162)	0.17 (0.049)	0.05* (0.030)	#
20 - 39.....	7.83 (0.326)	6.59 (0.282)	2.71 (0.226)	1.93 (0.166)	1.47 (0.152)	0.39 (0.067)	0.09* (0.042)	#
40 - 59.....	7.83 (0.469)	6.52 (0.442)	2.34 (0.238)	1.85 (0.211)	1.26 (0.100)	0.84* (0.366)	0.17* (0.061)	0.04* (0.017)
60 and over.....	6.51 (0.409)	4.99 (0.331)	1.42 (0.174)	1.62 (0.247)	1.33 (0.140)	0.45 (0.128)	0.14* (0.062)	0.03* (0.011)
70 and over....	6.55 (0.716)	4.95 (0.445)	1.28 (0.262)	1.97 (0.395)	1.50 (0.264)	0.15* (0.051)	0.05* (0.022)	#
2 - 19.....	4.65 (0.286)	3.63 (0.192)	1.14 (0.094)	1.34 (0.130)	0.97 (0.098)	0.13 (0.031)	0.05* (0.017)	0.01* (0.004)
20 and over...	7.61 (0.237)	6.30 (0.202)	2.37 (0.151)	1.85 (0.132)	1.37 (0.088)	0.56 (0.126)	0.13 (0.030)	0.02* (0.007)
2 and over...	6.68 (0.200)	5.46 (0.159)	1.98 (0.106)	1.69 (0.111)	1.24 (0.070)	0.43 (0.088)	0.10 (0.021)	0.01* (0.005)
<b>Females:</b>								
12 - 19.....	3.64 (0.271)	3.04 (0.242)	1.11 (0.166)	1.06 (0.126)	0.57 (0.080)	0.24* (0.076)	0.03* (0.014)	0.01* (0.012)
20 - 39.....	5.31 (0.172)	4.21 (0.137)	1.54 (0.126)	1.46 (0.134)	0.77 (0.115)	0.33 (0.051)	0.12 (0.034)	#
40 - 59.....	4.70 (0.174)	3.65 (0.136)	1.03 (0.113)	1.19 (0.123)	0.86 (0.123)	0.44 (0.078)	0.11 (0.029)	0.01* (0.007)
60 and over.....	4.37 (0.290)	3.22 (0.245)	0.83 (0.087)	1.02 (0.113)	0.70 (0.084)	0.53 (0.127)	0.13* (0.045)	#
70 and over....	3.71 (0.419)	2.57 (0.309)	0.64 (0.118)	0.82 (0.139)	0.63 (0.144)	0.34* (0.108)	0.13* (0.066)	#
2 - 19.....	3.47 (0.178)	2.78 (0.158)	0.91 (0.078)	1.03 (0.087)	0.62 (0.058)	0.18 (0.042)	0.03* (0.008)	0.01* (0.006)
20 and over...	4.91 (0.130)	3.82 (0.106)	1.22 (0.072)	1.28 (0.084)	0.79 (0.083)	0.41 (0.047)	0.12 (0.020)	0.01* (0.003)
2 and over...	4.52 (0.112)	3.54 (0.091)	1.14 (0.059)	1.21 (0.063)	0.74 (0.062)	0.35 (0.036)	0.09 (0.015)	0.01* (0.003)
<b>Males and females:</b>								
2 - 19.....	4.08 (0.182)	3.22 (0.139)	1.03 (0.070)	1.19 (0.087)	0.80 (0.061)	0.16 (0.025)	0.04 (0.010)	0.01* (0.004)
20 and over...	6.16 (0.137)	4.97 (0.114)	1.75 (0.082)	1.54 (0.078)	1.06 (0.068)	0.48 (0.065)	0.12 (0.017)	0.01 (0.004)
2 and over...	5.55 (0.118)	4.46 (0.091)	1.54 (0.063)	1.44 (0.067)	0.98 (0.053)	0.38 (0.047)	0.10 (0.013)	0.01 (0.003)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Children:</b>			
2 - 5.....	0.38 (0.046)	0.29 (0.036)	0.09* (0.042)
6 - 11.....	0.39 (0.045)	0.36 (0.055)	0.06 (0.011)
<b>Males:</b>			
12 - 19.....	0.46 (0.074)	0.75* (0.324)	0.08* (0.024)
20 - 39.....	0.69 (0.075)	0.48 (0.093)	0.07 (0.018)
40 - 59.....	0.68 (0.086)	0.57 (0.104)	0.05* (0.018)
60 and over....	0.56 (0.070)	0.93 (0.215)	0.02* (0.012)
70 and over....	0.54 (0.092)	1.03* (0.387)	0.04* (0.026)
2 - 19.....	0.41 (0.045)	0.52 (0.147)	0.09 (0.021)
20 and over...	0.66 (0.052)	0.59 (0.071)	0.06 (0.011)
2 and over...	0.58 (0.041)	0.56 (0.077)	0.07 (0.010)
<b>Females:</b>			
12 - 19.....	0.38 (0.064)	0.18 (0.028)	0.04* (0.013)
20 - 39.....	0.54 (0.054)	0.50 (0.071)	0.06 (0.014)
40 - 59.....	0.53 (0.055)	0.46 (0.067)	0.05* (0.022)
60 and over....	0.48 (0.056)	0.63 (0.103)	0.05* (0.017)
70 and over....	0.38 (0.066)	0.72 (0.194)	0.04* (0.016)
2 - 19.....	0.39 (0.038)	0.26 (0.037)	0.05 (0.009)
20 and over...	0.52 (0.034)	0.51 (0.048)	0.05 (0.009)
2 and over...	0.49 (0.029)	0.44 (0.036)	0.05 (0.008)
<b>Males and females:</b>			
2 - 19.....	0.40 (0.032)	0.39 (0.079)	0.07 (0.011)
20 and over...	0.59 (0.031)	0.55 (0.048)	0.06 (0.007)
2 and over...	0.53 (0.025)	0.50 (0.047)	0.06 (0.006)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2f. Legumes:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Children:</b>		
2 - 5.....	0.06 (0.010)	0.23 (0.040)
6 - 11.....	0.08 (0.011)	0.32 (0.045)
<b>Males:</b>		
12 - 19.....	0.10 (0.020)	0.41 (0.078)
20 - 39.....	0.15 (0.023)	0.60 (0.092)
40 - 59.....	0.21 (0.042)	0.84 (0.168)
60 and over.....	0.13 (0.023)	0.53 (0.094)
70 and over....	0.11 (0.027)	0.43 (0.110)
2 - 19.....	0.08 (0.012)	0.34 (0.047)
20 and over...	0.17 (0.020)	0.67 (0.080)
2 and over...	0.14 (0.015)	0.57 (0.060)
<b>Females:</b>		
12 - 19.....	0.06 (0.016)	0.26 (0.064)
20 - 39.....	0.07 (0.008)	0.29 (0.032)
40 - 59.....	0.09 (0.022)	0.38 (0.089)
60 and over.....	0.11 (0.015)	0.43 (0.060)
70 and over....	0.13 (0.032)	0.52 (0.130)
2 - 19.....	0.07 (0.011)	0.27 (0.044)
20 and over...	0.09 (0.009)	0.35 (0.037)
2 and over...	0.08 (0.007)	0.33 (0.028)
<b>Males and females:</b>		
2 - 19.....	0.08 (0.009)	0.31 (0.035)
20 and over...	0.12 (0.012)	0.50 (0.049)
2 and over...	0.11 (0.009)	0.44 (0.038)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS2g. Oils and Other Components:** Mean Amounts and Standard errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household with Marginal Food Security, in the United States, 2011-March 2020 Prepandemic

HH with marginal food security	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Children:</b>				
2 - 5.....	16.55 (0.539)	28.78 (1.042)	11.85 (0.547)	0.00 (0.000)
6 - 11.....	22.74 (0.935)	37.77 (1.713)	18.41 (0.706)	0.00 (0.000)
<b>Males:</b>				
12 - 19.....	30.64 (2.649)	42.18 (1.862)	21.76 (1.512)	0.11* (0.044)
20 - 39.....	30.48 (1.468)	46.83 (2.220)	26.16 (1.541)	1.23 (0.198)
40 - 59.....	27.72 (1.483)	41.70 (1.968)	22.33 (1.427)	1.32 (0.206)
60 and over.....	31.24 (2.157)	40.29 (2.545)	16.81 (1.309)	0.73 (0.164)
70 and over....	32.96 (4.031)	42.82 (3.729)	15.97 (1.877)	0.56* (0.218)
2 - 19.....	24.81 (1.286)	38.81 (1.372)	18.87 (0.753)	0.05* (0.020)
20 and over...	29.62 (0.924)	43.92 (1.185)	23.26 (0.861)	1.18 (0.134)
2 and over...	28.10 (0.865)	42.31 (0.946)	21.87 (0.672)	0.82 (0.097)
<b>Females:</b>				
12 - 19.....	22.01 (1.779)	28.32 (1.695)	16.96 (0.870)	0.07* (0.041)
20 - 39.....	25.05 (1.008)	35.49 (1.252)	18.36 (0.790)	0.41 (0.063)
40 - 59.....	22.56 (1.161)	32.62 (1.561)	17.02 (0.961)	0.36 (0.068)
60 and over.....	19.92 (1.158)	26.33 (1.807)	11.77 (0.791)	0.18* (0.071)
70 and over....	18.53 (1.880)	24.41 (2.303)	11.52 (0.973)	0.20* (0.126)
2 - 19.....	20.96 (0.969)	30.08 (0.952)	15.69 (0.528)	0.03* (0.018)
20 and over...	23.17 (0.638)	32.70 (0.804)	16.62 (0.546)	0.35 (0.040)
2 and over...	22.57 (0.527)	31.99 (0.600)	16.37 (0.407)	0.26 (0.029)
<b>Males and females:</b>				
2 - 19.....	22.95 (0.783)	34.60 (0.903)	17.33 (0.533)	0.04* (0.014)
20 and over...	26.15 (0.577)	37.88 (0.706)	19.68 (0.517)	0.73 (0.066)
2 and over...	25.22 (0.501)	36.92 (0.567)	19.00 (0.407)	0.53 (0.048)

\* Indicates an estimate with a relative standard error greater than 30%.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3a. Fruit:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with low food security	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Children:</b>					
2 - 5.....	575	1.33 (0.123)	0.20 (0.037)	0.60 (0.075)	0.52 (0.058)
6 - 11.....	876	0.98 (0.058)	0.18 (0.022)	0.50 (0.041)	0.30 (0.021)
<b>Males:</b>					
12 - 19.....	476	0.82 (0.074)	0.14 (0.035)	0.37 (0.042)	0.31 (0.041)
20 - 39.....	549	0.75 (0.056)	0.11 (0.015)	0.38 (0.042)	0.26 (0.033)
40 - 59.....	453	0.98 (0.100)	0.24 (0.057)	0.41 (0.050)	0.34 (0.047)
60 and over.....	363	0.79 (0.072)	0.13 (0.025)	0.42 (0.054)	0.24 (0.040)
70 and over....	131	0.75 (0.113)	0.10* (0.033)	0.38 (0.071)	0.27 (0.056)
2 - 19.....	1233	1.03 (0.073)	0.18 (0.027)	0.49 (0.045)	0.36 (0.029)
20 and over...	1365	0.84 (0.047)	0.15 (0.022)	0.40 (0.030)	0.28 (0.024)
2 and over...	2598	0.91 (0.042)	0.16 (0.017)	0.43 (0.027)	0.31 (0.020)
<b>Females:</b>					
12 - 19.....	466	0.70 (0.068)	0.13 (0.031)	0.35 (0.051)	0.22 (0.033)
20 - 39.....	657	0.81 (0.074)	0.18 (0.031)	0.37 (0.034)	0.26 (0.047)
40 - 59.....	564	0.81 (0.081)	0.18 (0.039)	0.44 (0.044)	0.19 (0.026)
60 and over.....	422	0.93 (0.080)	0.15 (0.029)	0.56 (0.063)	0.22 (0.037)
70 and over....	158	0.84 (0.098)	0.11 (0.027)	0.49 (0.071)	0.24 (0.050)
2 - 19.....	1160	0.89 (0.046)	0.15 (0.017)	0.43 (0.029)	0.31 (0.026)
20 and over...	1643	0.83 (0.049)	0.18 (0.020)	0.43 (0.026)	0.23 (0.025)
2 and over...	2803	0.85 (0.036)	0.17 (0.014)	0.43 (0.019)	0.25 (0.019)
<b>Males and females:</b>					
2 - 19.....	2393	0.96 (0.049)	0.17 (0.017)	0.46 (0.030)	0.34 (0.021)
20 and over...	3008	0.83 (0.033)	0.17 (0.015)	0.41 (0.021)	0.25 (0.017)
2 and over...	5401	0.88 (0.029)	0.17 (0.012)	0.43 (0.018)	0.28 (0.014)

\* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3b. Vegetables: Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic**

HH with low food security	<i>Vegetables</i>								
	Total Vegetables †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Children:</b>									
2 - 5.....	0.64 (0.035)	0.26 (0.019)	0.21 (0.017)	0.05 (0.011)	0.18 (0.016)	0.14 (0.013)	0.04 (0.007)	0.03* (0.011)	0.16 (0.023)
6 - 11.....	0.82 (0.046)	0.31 (0.023)	0.26 (0.021)	0.05 (0.007)	0.25 (0.013)	0.21 (0.011)	0.04 (0.005)	0.04 (0.008)	0.22 (0.026)
<b>Males:</b>									
12 - 19.....	0.97 (0.065)	0.39 (0.037)	0.34 (0.032)	0.05 (0.011)	0.29 (0.022)	0.24 (0.021)	0.05 (0.009)	0.06 (0.011)	0.23 (0.024)
20 - 39.....	1.33 (0.065)	0.47 (0.050)	0.42 (0.047)	0.05 (0.010)	0.35 (0.027)	0.30 (0.022)	0.05 (0.010)	0.06 (0.011)	0.44 (0.036)
40 - 59.....	1.48 (0.078)	0.48 (0.044)	0.38 (0.040)	0.10 (0.018)	0.43 (0.040)	0.36 (0.035)	0.07 (0.012)	0.05 (0.012)	0.51 (0.032)
60 and over....	1.35 (0.127)	0.54 (0.068)	0.39 (0.053)	0.15 (0.040)	0.25 (0.022)	0.19 (0.019)	0.06 (0.009)	0.11 (0.032)	0.45 (0.083)
70 and over....	1.48 (0.254)	0.61 (0.099)	0.41 (0.088)	0.19* (0.081)	0.22 (0.039)	0.16 (0.031)	0.07 (0.019)	0.09* (0.049)	0.55* (0.180)
2 - 19.....	0.84 (0.035)	0.34 (0.021)	0.29 (0.019)	0.05 (0.006)	0.25 (0.012)	0.21 (0.011)	0.04 (0.005)	0.05 (0.007)	0.20 (0.014)
20 and over...	1.38 (0.047)	0.48 (0.031)	0.40 (0.028)	0.08 (0.010)	0.36 (0.021)	0.30 (0.018)	0.06 (0.007)	0.07 (0.008)	0.47 (0.025)
2 and over...	1.19 (0.028)	0.43 (0.021)	0.36 (0.019)	0.07 (0.007)	0.32 (0.015)	0.27 (0.013)	0.05 (0.005)	0.06 (0.006)	0.37 (0.018)
<b>Females:</b>									
12 - 19.....	0.89 (0.053)	0.33 (0.028)	0.27 (0.025)	0.07 (0.015)	0.27 (0.031)	0.21 (0.017)	0.06* (0.026)	0.05 (0.012)	0.24 (0.023)
20 - 39.....	1.44 (0.096)	0.47 (0.054)	0.39 (0.050)	0.08 (0.015)	0.38 (0.062)	0.26 (0.018)	0.13* (0.059)	0.11 (0.017)	0.47 (0.032)
40 - 59.....	1.27 (0.068)	0.40 (0.037)	0.32 (0.034)	0.08 (0.013)	0.32 (0.024)	0.24 (0.019)	0.08 (0.013)	0.10 (0.017)	0.45 (0.033)
60 and over....	1.17 (0.058)	0.40 (0.033)	0.30 (0.029)	0.09 (0.013)	0.28 (0.019)	0.20 (0.018)	0.08 (0.009)	0.14 (0.025)	0.35 (0.032)
70 and over....	1.21 (0.115)	0.38 (0.062)	0.29 (0.053)	0.09 (0.021)	0.28 (0.033)	0.21 (0.033)	0.07 (0.015)	0.11 (0.025)	0.44 (0.070)
2 - 19.....	0.81 (0.041)	0.30 (0.019)	0.24 (0.016)	0.05 (0.008)	0.24 (0.015)	0.19 (0.011)	0.05 (0.012)	0.04 (0.008)	0.23 (0.024)
20 and over...	1.33 (0.052)	0.43 (0.030)	0.35 (0.029)	0.08 (0.009)	0.34 (0.030)	0.24 (0.012)	0.10 (0.027)	0.11 (0.011)	0.44 (0.020)
2 and over...	1.18 (0.039)	0.39 (0.022)	0.32 (0.020)	0.07 (0.007)	0.31 (0.022)	0.23 (0.010)	0.09 (0.020)	0.09 (0.008)	0.38 (0.015)
<b>Males and females:</b>									
2 - 19.....	0.83 (0.030)	0.32 (0.015)	0.27 (0.013)	0.05 (0.006)	0.25 (0.010)	0.20 (0.008)	0.05 (0.007)	0.05 (0.005)	0.21 (0.016)
20 and over...	1.35 (0.038)	0.46 (0.023)	0.37 (0.021)	0.08 (0.008)	0.35 (0.020)	0.27 (0.011)	0.08 (0.016)	0.09 (0.007)	0.45 (0.016)
2 and over...	1.18 (0.027)	0.41 (0.016)	0.34 (0.015)	0.07 (0.006)	0.32 (0.014)	0.25 (0.009)	0.07 (0.011)	0.08 (0.006)	0.38 (0.012)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.



**Table FS3c. Grains: Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic**

HH with low food security	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Children:</b>			
2 - 5.....	5.25 (0.239)	0.66 (0.059)	4.58 (0.225)
6 - 11.....	7.21 (0.183)	0.81 (0.062)	6.40 (0.192)
<b>Males:</b>			
12 - 19.....	8.12 (0.308)	0.78 (0.094)	7.34 (0.348)
20 - 39.....	8.68 (0.328)	0.70 (0.079)	7.98 (0.330)
40 - 59.....	8.06 (0.387)	0.71 (0.091)	7.35 (0.349)
60 and over....	6.07 (0.257)	0.82 (0.093)	5.25 (0.244)
70 and over....	5.51 (0.357)	0.99 (0.164)	4.52 (0.321)
2 - 19.....	7.42 (0.176)	0.82 (0.044)	6.60 (0.181)
20 and over...	8.07 (0.218)	0.72 (0.056)	7.35 (0.220)
2 and over...	7.84 (0.156)	0.76 (0.043)	7.08 (0.160)
<b>Females:</b>			
12 - 19.....	6.20 (0.246)	0.45 (0.051)	5.75 (0.244)
20 - 39.....	6.39 (0.210)	0.62 (0.078)	5.77 (0.209)
40 - 59.....	5.66 (0.225)	0.64 (0.050)	5.02 (0.233)
60 and over....	5.17 (0.178)	0.77 (0.062)	4.39 (0.169)
70 and over....	5.05 (0.235)	0.76 (0.085)	4.29 (0.224)
2 - 19.....	6.02 (0.140)	0.55 (0.040)	5.47 (0.145)
20 and over...	5.91 (0.134)	0.65 (0.048)	5.26 (0.142)
2 and over...	5.94 (0.112)	0.63 (0.038)	5.32 (0.117)
<b>Males and females:</b>			
2 - 19.....	6.75 (0.130)	0.69 (0.032)	6.06 (0.137)
20 and over...	6.87 (0.127)	0.68 (0.039)	6.19 (0.134)
2 and over...	6.83 (0.106)	0.69 (0.032)	6.14 (0.113)

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3d. Dairy:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with low food security	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Children:</b>				
2 - 5.....	2.11 (0.102)	1.44 (0.093)	0.59 (0.050)	0.08 (0.013)
6 - 11.....	2.09 (0.090)	1.28 (0.069)	0.76 (0.048)	0.04 (0.008)
<b>Males:</b>				
12 - 19.....	2.25 (0.133)	1.18 (0.090)	1.01 (0.082)	0.02* (0.007)
20 - 39.....	1.82 (0.111)	0.70 (0.059)	1.07 (0.073)	0.04* (0.015)
40 - 59.....	1.67 (0.110)	0.67 (0.052)	0.91 (0.083)	0.03* (0.017)
60 and over....	1.15 (0.105)	0.67 (0.082)	0.43 (0.045)	0.02* (0.008)
70 and over....	0.86 (0.106)	0.49 (0.069)	0.33 (0.054)	0.02* (0.015)
2 - 19.....	2.23 (0.091)	1.33 (0.073)	0.83 (0.047)	0.04 (0.006)
20 and over...	1.66 (0.072)	0.68 (0.036)	0.92 (0.049)	0.04 (0.009)
2 and over...	1.87 (0.058)	0.92 (0.036)	0.89 (0.036)	0.04 (0.007)
<b>Females:</b>				
12 - 19.....	1.46 (0.081)	0.79 (0.075)	0.63 (0.047)	0.03* (0.009)
20 - 39.....	1.39 (0.048)	0.53 (0.029)	0.77 (0.047)	0.05 (0.009)
40 - 59.....	1.27 (0.070)	0.57 (0.049)	0.60 (0.047)	0.08 (0.015)
60 and over....	1.12 (0.109)	0.66 (0.090)	0.41 (0.041)	0.03 (0.008)
70 and over....	0.92 (0.091)	0.53 (0.074)	0.32 (0.041)	0.04* (0.014)
2 - 19.....	1.74 (0.054)	1.03 (0.042)	0.66 (0.039)	0.04 (0.006)
20 and over...	1.30 (0.037)	0.57 (0.028)	0.65 (0.028)	0.05 (0.007)
2 and over...	1.43 (0.033)	0.71 (0.025)	0.65 (0.021)	0.05 (0.005)
<b>Males and females:</b>				
2 - 19.....	2.00 (0.059)	1.19 (0.047)	0.75 (0.035)	0.04 (0.005)
20 and over...	1.46 (0.041)	0.62 (0.024)	0.77 (0.029)	0.05 (0.007)
2 and over...	1.64 (0.035)	0.81 (0.023)	0.76 (0.023)	0.04 (0.005)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH with low food security	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Children:</b>								
2 - 5.....	3.13 (0.150)	2.52 (0.144)	0.54 (0.059)	1.21 (0.145)	0.67 (0.066)	0.09* (0.036)	0.01* (0.010)	#
6 - 11.....	3.74 (0.138)	3.11 (0.129)	0.92 (0.062)	1.20 (0.105)	0.79 (0.049)	0.17 (0.032)	0.03* (0.013)	#
<b>Males:</b>								
12 - 19.....	5.51 (0.325)	4.59 (0.279)	1.64 (0.167)	1.60 (0.162)	0.95 (0.128)	0.32* (0.151)	0.06* (0.027)	0.01* (0.013)
20 - 39.....	7.48 (0.276)	6.32 (0.255)	2.31 (0.161)	2.09 (0.206)	1.23 (0.129)	0.55 (0.108)	0.11 (0.033)	0.03* (0.034)
40 - 59.....	7.18 (0.231)	5.84 (0.221)	2.31 (0.195)	1.71 (0.155)	1.00 (0.085)	0.67 (0.134)	0.09* (0.034)	0.05* (0.029)
60 and over.....	5.91 (0.287)	4.51 (0.231)	1.61 (0.168)	1.40 (0.202)	1.02 (0.113)	0.39* (0.122)	0.07 (0.018)	0.02* (0.012)
70 and over....	5.12 (0.474)	3.61 (0.298)	1.36 (0.218)	0.98 (0.194)	1.01 (0.146)	0.22 (0.062)	0.03* (0.020)	0.01* (0.005)
2 - 19.....	4.46 (0.156)	3.70 (0.143)	1.18 (0.081)	1.39 (0.103)	0.86 (0.069)	0.23 (0.064)	0.03* (0.014)	0.01* (0.006)
20 and over...	7.14 (0.169)	5.88 (0.157)	2.20 (0.115)	1.85 (0.119)	1.12 (0.071)	0.57 (0.072)	0.10 (0.022)	0.04* (0.020)
2 and over...	6.16 (0.130)	5.09 (0.120)	1.83 (0.084)	1.69 (0.086)	1.02 (0.046)	0.44 (0.054)	0.07 (0.015)	0.03* (0.013)
<b>Females:</b>								
12 - 19.....	3.93 (0.218)	3.24 (0.193)	0.93 (0.105)	1.31 (0.158)	0.60 (0.064)	0.31 (0.073)	0.07* (0.031)	0.02* (0.012)
20 - 39.....	5.19 (0.175)	4.13 (0.171)	1.36 (0.131)	1.49 (0.115)	0.85 (0.082)	0.32 (0.047)	0.10* (0.039)	0.02 (0.004)
40 - 59.....	5.19 (0.228)	3.96 (0.220)	1.35 (0.159)	1.50 (0.155)	0.68 (0.073)	0.37 (0.057)	0.05* (0.017)	0.01* (0.005)
60 and over.....	4.41 (0.193)	3.35 (0.172)	1.21 (0.135)	1.04 (0.103)	0.71 (0.069)	0.29 (0.055)	0.08* (0.024)	0.03* (0.017)
70 and over....	3.79 (0.258)	2.93 (0.267)	0.94 (0.190)	0.89 (0.149)	0.72 (0.135)	0.26* (0.084)	0.09* (0.044)	0.02* (0.014)
2 - 19.....	3.58 (0.116)	2.93 (0.104)	0.80 (0.061)	1.23 (0.086)	0.64 (0.045)	0.20 (0.038)	0.05* (0.018)	0.01* (0.005)
20 and over...	5.05 (0.124)	3.93 (0.128)	1.33 (0.100)	1.42 (0.084)	0.76 (0.047)	0.33 (0.034)	0.08 (0.020)	0.02 (0.004)
2 and over...	4.61 (0.097)	3.64 (0.102)	1.17 (0.077)	1.36 (0.069)	0.73 (0.037)	0.29 (0.028)	0.07 (0.014)	0.01 (0.003)
<b>Males and females:</b>								
2 - 19.....	4.04 (0.106)	3.33 (0.092)	1.00 (0.056)	1.32 (0.072)	0.76 (0.042)	0.22 (0.041)	0.04 (0.012)	0.01* (0.004)
20 and over...	5.98 (0.108)	4.80 (0.108)	1.72 (0.084)	1.61 (0.078)	0.92 (0.043)	0.43 (0.039)	0.09 (0.014)	0.03* (0.009)
2 and over...	5.34 (0.083)	4.32 (0.082)	1.48 (0.063)	1.51 (0.060)	0.87 (0.032)	0.36 (0.031)	0.07 (0.011)	0.02* (0.006)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with low food security	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Children:</b>			
2 - 5.....	0.36 (0.042)	0.22 (0.032)	0.02 (0.006)
6 - 11.....	0.36 (0.031)	0.21 (0.025)	0.06 (0.011)
<b>Males:</b>			
12 - 19.....	0.47 (0.053)	0.33 (0.072)	0.12* (0.045)
20 - 39.....	0.61 (0.064)	0.53 (0.125)	0.02* (0.007)
40 - 59.....	0.73 (0.079)	0.55 (0.087)	0.06* (0.023)
60 and over....	0.56 (0.056)	0.78 (0.229)	0.07* (0.053)
70 and over....	0.62 (0.103)	0.88* (0.485)	0.02* (0.013)
2 - 19.....	0.41 (0.035)	0.26 (0.027)	0.09 (0.021)
20 and over...	0.64 (0.041)	0.57 (0.075)	0.04 (0.010)
2 and over...	0.56 (0.027)	0.46 (0.049)	0.06 (0.010)
<b>Females:</b>			
12 - 19.....	0.30 (0.038)	0.29 (0.060)	0.09* (0.044)
20 - 39.....	0.50 (0.056)	0.45 (0.064)	0.11 (0.028)
40 - 59.....	0.66 (0.054)	0.54 (0.099)	0.03* (0.010)
60 and over....	0.59 (0.060)	0.44 (0.084)	0.03* (0.013)
70 and over....	0.50 (0.074)	0.33 (0.083)	0.03* (0.012)
2 - 19.....	0.34 (0.024)	0.25 (0.031)	0.06* (0.020)
20 and over...	0.57 (0.038)	0.48 (0.049)	0.07 (0.015)
2 and over...	0.50 (0.028)	0.41 (0.034)	0.06 (0.012)
<b>Males and females:</b>			
2 - 19.....	0.37 (0.022)	0.26 (0.021)	0.07 (0.015)
20 and over...	0.60 (0.029)	0.52 (0.044)	0.05 (0.009)
2 and over...	0.53 (0.020)	0.44 (0.029)	0.06 (0.008)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3f. Legumes:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with low food security	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Children:</b>		
2 - 5.....	0.06 (0.009)	0.23 (0.037)
6 - 11.....	0.10 (0.019)	0.40 (0.075)
<b>Males:</b>		
12 - 19.....	0.09 (0.023)	0.38 (0.093)
20 - 39.....	0.20 (0.026)	0.81 (0.103)
40 - 59.....	0.25 (0.042)	1.02 (0.167)
60 and over.....	0.16 (0.023)	0.66 (0.094)
70 and over....	0.18 (0.043)	0.73 (0.172)
2 - 19.....	0.09 (0.013)	0.36 (0.053)
20 and over...	0.21 (0.019)	0.86 (0.076)
2 and over...	0.17 (0.013)	0.68 (0.051)
<b>Females:</b>		
12 - 19.....	0.06 (0.010)	0.24 (0.041)
20 - 39.....	0.12 (0.016)	0.48 (0.065)
40 - 59.....	0.12 (0.016)	0.49 (0.063)
60 and over.....	0.14 (0.021)	0.57 (0.086)
70 and over....	0.20 (0.043)	0.79 (0.172)
2 - 19.....	0.07 (0.008)	0.28 (0.031)
20 and over...	0.12 (0.010)	0.50 (0.039)
2 and over...	0.11 (0.008)	0.43 (0.030)
<b>Males and females:</b>		
2 - 19.....	0.08 (0.009)	0.32 (0.034)
20 and over...	0.16 (0.011)	0.66 (0.046)
2 and over...	0.14 (0.008)	0.55 (0.033)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS3g. Oils and Other Components:** Mean Amounts and Standard errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household with Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with low food security	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Children:</b>				
2 - 5.....	16.01 (0.857)	28.76 (1.238)	12.31 (0.738)	0.00 (0.000)
6 - 11.....	22.11 (0.852)	36.20 (1.238)	17.72 (0.575)	0.00 (0.000)
<b>Males:</b>				
12 - 19.....	25.44 (1.149)	40.74 (1.984)	20.40 (1.067)	0.04* (0.014)
20 - 39.....	30.84 (1.605)	42.06 (1.657)	25.24 (1.268)	0.95 (0.116)
40 - 59.....	29.09 (1.380)	42.85 (2.157)	23.44 (1.464)	1.22 (0.158)
60 and over.....	24.33 (1.539)	32.09 (1.986)	13.55 (1.084)	0.73 (0.135)
70 and over....	23.95 (3.308)	29.69 (2.553)	11.88 (1.476)	0.49* (0.204)
2 - 19.....	22.47 (0.664)	37.83 (1.276)	18.04 (0.544)	0.02* (0.006)
20 and over...	29.25 (0.956)	40.84 (1.239)	22.86 (0.867)	1.01 (0.088)
2 and over...	26.78 (0.626)	39.75 (0.931)	21.10 (0.646)	0.65 (0.056)
<b>Females:</b>				
12 - 19.....	22.55 (1.047)	29.79 (1.815)	17.81 (1.046)	0.06* (0.020)
20 - 39.....	25.08 (1.037)	34.72 (1.272)	18.00 (0.704)	0.41 (0.076)
40 - 59.....	23.23 (1.074)	31.37 (1.569)	16.47 (0.818)	0.42 (0.085)
60 and over.....	19.70 (0.907)	29.02 (1.701)	11.96 (0.888)	0.12 (0.030)
70 and over....	17.94 (1.171)	26.48 (2.071)	11.39 (1.384)	0.04* (0.021)
2 - 19.....	20.57 (0.598)	30.15 (1.009)	16.09 (0.571)	0.03* (0.009)
20 and over...	23.46 (0.657)	32.50 (0.885)	16.38 (0.536)	0.36 (0.050)
2 and over...	22.61 (0.511)	31.81 (0.702)	16.29 (0.449)	0.26 (0.035)
<b>Males and females:</b>				
2 - 19.....	21.56 (0.464)	34.16 (0.916)	17.11 (0.419)	0.02 (0.005)
20 and over...	26.03 (0.530)	36.21 (0.770)	19.26 (0.589)	0.65 (0.057)
2 and over...	24.57 (0.395)	35.54 (0.627)	18.55 (0.465)	0.44 (0.039)

\* Indicates an estimate with a relative standard error greater than 30%.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4a. Fruit:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Children:</b>					
2 - 5.....	238	1.58 (0.131)	0.21 (0.039)	0.80 (0.094)	0.58 (0.072)
6 - 11.....	453	1.09 (0.090)	0.18 (0.051)	0.56 (0.071)	0.36 (0.034)
<b>Males:</b>					
12 - 19.....	249	0.92 (0.197)	0.25* (0.113)	0.37 (0.080)	0.30 (0.062)
20 - 39.....	373	0.80 (0.124)	0.12 (0.034)	0.26 (0.050)	0.42* (0.128)
40 - 59.....	311	0.60 (0.077)	0.10* (0.033)	0.26 (0.037)	0.24 (0.055)
60 and over....	243	0.87 (0.139)	0.18* (0.065)	0.43 (0.106)	0.25 (0.057)
70 and over....	77	1.11* (0.349)	0.19* (0.121)	0.63* (0.315)	0.29* (0.133)
2 - 19.....	615	1.10 (0.126)	0.23 (0.062)	0.52 (0.071)	0.35 (0.037)
20 and over...	927	0.74 (0.063)	0.12 (0.023)	0.29 (0.033)	0.33 (0.066)
2 and over...	1542	0.84 (0.058)	0.15 (0.027)	0.35 (0.037)	0.34 (0.048)
<b>Females:</b>					
12 - 19.....	273	0.80 (0.107)	0.14 (0.035)	0.36 (0.078)	0.31 (0.049)
20 - 39.....	359	0.66 (0.068)	0.15 (0.029)	0.24 (0.042)	0.27 (0.046)
40 - 59.....	391	0.66 (0.068)	0.10 (0.018)	0.37 (0.042)	0.19 (0.043)
60 and over....	217	0.90 (0.167)	0.20* (0.095)	0.43 (0.074)	0.27 (0.063)
70 and over....	65	1.04* (0.324)	0.31* (0.264)	0.31* (0.096)	0.42* (0.169)
2 - 19.....	598	1.04 (0.076)	0.15 (0.022)	0.50 (0.056)	0.39 (0.039)
20 and over...	967	0.70 (0.049)	0.14 (0.021)	0.32 (0.028)	0.24 (0.025)
2 and over...	1565	0.79 (0.044)	0.14 (0.017)	0.37 (0.026)	0.28 (0.022)
<b>Males and females:</b>					
2 - 19.....	1213	1.07 (0.074)	0.19 (0.034)	0.51 (0.047)	0.37 (0.027)
20 and over...	1894	0.72 (0.040)	0.13 (0.016)	0.30 (0.026)	0.28 (0.036)
2 and over...	3107	0.81 (0.040)	0.15 (0.019)	0.36 (0.027)	0.31 (0.026)

\* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4b. Vegetables:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	<i>Vegetables</i>								
	<b>Total Vegetables</b> †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Children:</b>									
2 - 5.....	0.60 (0.043)	0.27 (0.028)	0.24 (0.028)	0.03 (0.006)	0.17 (0.024)	0.13 (0.021)	0.03 (0.008)	0.05 (0.009)	0.12 (0.016)
6 - 11.....	0.88 (0.088)	0.26 (0.027)	0.22 (0.024)	0.05 (0.012)	0.29 (0.030)	0.22 (0.024)	0.08 (0.020)	0.09* (0.029)	0.23 (0.036)
<b>Males:</b>									
12 - 19.....	1.18 (0.097)	0.40 (0.064)	0.32 (0.051)	0.09* (0.034)	0.36 (0.034)	0.28 (0.027)	0.08 (0.019)	0.08* (0.027)	0.33 (0.052)
20 - 39.....	1.31 (0.084)	0.45 (0.060)	0.40 (0.055)	0.05 (0.011)	0.39 (0.028)	0.33 (0.025)	0.06 (0.012)	0.06 (0.012)	0.41 (0.036)
40 - 59.....	1.48 (0.154)	0.59 (0.115)	0.52 (0.114)	0.07 (0.012)	0.33 (0.038)	0.24 (0.028)	0.09 (0.027)	0.08* (0.023)	0.49 (0.063)
60 and over....	1.30 (0.096)	0.52 (0.070)	0.43 (0.054)	0.09* (0.038)	0.31 (0.036)	0.22 (0.025)	0.09 (0.027)	0.08* (0.027)	0.39 (0.045)
70 and over....	1.50 (0.175)	0.63 (0.134)	0.56 (0.132)	0.07* (0.031)	0.27 (0.040)	0.19 (0.052)	0.07* (0.030)	0.10* (0.062)	0.50 (0.102)
2 - 19.....	1.03 (0.065)	0.33 (0.032)	0.27 (0.026)	0.07 (0.017)	0.33 (0.024)	0.25 (0.021)	0.08 (0.015)	0.09 (0.023)	0.28 (0.034)
20 and over...	1.37 (0.080)	0.51 (0.054)	0.45 (0.052)	0.06 (0.010)	0.36 (0.020)	0.28 (0.016)	0.08 (0.011)	0.07 (0.011)	0.44 (0.032)
2 and over...	1.27 (0.060)	0.46 (0.042)	0.40 (0.041)	0.06 (0.009)	0.35 (0.016)	0.27 (0.013)	0.08 (0.010)	0.07 (0.010)	0.39 (0.025)
<b>Females:</b>									
12 - 19.....	0.83 (0.058)	0.25 (0.035)	0.23 (0.034)	0.02 (0.006)	0.23 (0.021)	0.20 (0.020)	0.03 (0.008)	0.07* (0.022)	0.28 (0.028)
20 - 39.....	1.37 (0.093)	0.50 (0.056)	0.44 (0.053)	0.06 (0.013)	0.33 (0.030)	0.25 (0.024)	0.08 (0.017)	0.09 (0.016)	0.46 (0.060)
40 - 59.....	1.27 (0.072)	0.44 (0.035)	0.35 (0.032)	0.09 (0.016)	0.29 (0.017)	0.24 (0.017)	0.05 (0.007)	0.15 (0.033)	0.39 (0.037)
60 and over....	1.09 (0.074)	0.39 (0.066)	0.33 (0.063)	0.06 (0.017)	0.26 (0.028)	0.21 (0.026)	0.05 (0.012)	0.06* (0.019)	0.38 (0.049)
70 and over....	1.20* (0.143)	0.45* (0.110)	0.37* (0.108)	0.08* (0.023)	0.29* (0.054)	0.23* (0.046)	0.06* (0.024)	0.06* (0.029)	0.41* (0.068)
2 - 19.....	0.75 (0.037)	0.25 (0.022)	0.23 (0.021)	0.03 (0.006)	0.22 (0.017)	0.17 (0.013)	0.04 (0.008)	0.06 (0.014)	0.21 (0.017)
20 and over...	1.29 (0.053)	0.46 (0.029)	0.38 (0.027)	0.08 (0.009)	0.30 (0.016)	0.24 (0.014)	0.06 (0.009)	0.11 (0.015)	0.42 (0.034)
2 and over...	1.14 (0.043)	0.41 (0.023)	0.34 (0.021)	0.06 (0.007)	0.28 (0.013)	0.22 (0.011)	0.06 (0.007)	0.09 (0.012)	0.36 (0.026)
<b>Males and females:</b>									
2 - 19.....	0.89 (0.037)	0.29 (0.019)	0.25 (0.016)	0.05 (0.009)	0.27 (0.016)	0.21 (0.013)	0.06 (0.009)	0.08 (0.014)	0.25 (0.019)
20 and over...	1.33 (0.046)	0.48 (0.033)	0.41 (0.031)	0.07 (0.007)	0.33 (0.013)	0.26 (0.011)	0.07 (0.007)	0.09 (0.009)	0.43 (0.022)
2 and over...	1.21 (0.036)	0.43 (0.026)	0.37 (0.025)	0.06 (0.006)	0.31 (0.011)	0.25 (0.009)	0.07 (0.006)	0.08 (0.007)	0.38 (0.018)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.



**Table FS4c. Grains: Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic**

HH with very low food security	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Children:</b>			
2 - 5.....	4.78 (0.258)	0.64 (0.086)	4.14 (0.232)
6 - 11.....	7.11 (0.249)	0.76 (0.077)	6.34 (0.235)
<b>Males:</b>			
12 - 19.....	7.47 (0.332)	0.58 (0.087)	6.89 (0.324)
20 - 39.....	8.71 (0.442)	0.61 (0.127)	8.11 (0.449)
40 - 59.....	7.32 (0.336)	0.75 (0.120)	6.57 (0.368)
60 and over....	6.85 (0.445)	1.09 (0.190)	5.76 (0.335)
70 and over....	5.84 (0.560)	0.94 (0.240)	4.90 (0.458)
2 - 19.....	7.05 (0.231)	0.64 (0.059)	6.41 (0.219)
20 and over...	7.94 (0.290)	0.73 (0.074)	7.21 (0.281)
2 and over...	7.69 (0.207)	0.70 (0.060)	6.99 (0.200)
<b>Females:</b>			
12 - 19.....	6.40 (0.327)	0.59 (0.076)	5.81 (0.305)
20 - 39.....	6.06 (0.276)	0.49 (0.085)	5.57 (0.277)
40 - 59.....	5.23 (0.169)	0.68 (0.075)	4.55 (0.157)
60 and over....	5.14 (0.344)	0.83 (0.092)	4.31 (0.325)
70 and over....	5.40* (0.345)	0.90* (0.166)	4.49* (0.349)
2 - 19.....	6.16 (0.203)	0.67 (0.065)	5.49 (0.190)
20 and over...	5.58 (0.160)	0.62 (0.050)	4.96 (0.153)
2 and over...	5.74 (0.128)	0.63 (0.043)	5.10 (0.120)
<b>Males and females:</b>			
2 - 19.....	6.61 (0.151)	0.66 (0.043)	5.96 (0.146)
20 and over...	6.73 (0.163)	0.67 (0.049)	6.05 (0.153)
2 and over...	6.69 (0.126)	0.67 (0.040)	6.03 (0.117)

\* Indicates an estimate with a relative standard error greater than 30%.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4d. Dairy:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Children:</b>				
2 - 5.....	1.93 (0.121)	1.30 (0.092)	0.54 (0.068)	0.09 (0.023)
6 - 11.....	2.09 (0.098)	1.22 (0.062)	0.82 (0.064)	0.04 (0.009)
<b>Males:</b>				
12 - 19.....	1.98 (0.145)	1.02 (0.113)	0.95 (0.082)	0.01* (0.004)
20 - 39.....	1.87 (0.140)	0.63 (0.076)	1.20 (0.112)	0.02* (0.007)
40 - 59.....	1.91 (0.168)	0.96 (0.130)	0.90 (0.099)	0.03* (0.013)
60 and over....	1.37 (0.129)	0.81 (0.097)	0.50 (0.079)	0.02* (0.008)
70 and over....	1.27 (0.195)	0.92 (0.177)	0.31 (0.082)	0.02* (0.013)
2 - 19.....	2.05 (0.098)	1.17 (0.069)	0.84 (0.058)	0.03 (0.005)
20 and over...	1.81 (0.092)	0.78 (0.065)	0.99 (0.069)	0.02 (0.006)
2 and over...	1.88 (0.066)	0.89 (0.055)	0.95 (0.052)	0.02 (0.005)
<b>Females:</b>				
12 - 19.....	1.50 (0.154)	0.67 (0.085)	0.79 (0.106)	0.02* (0.008)
20 - 39.....	1.39 (0.102)	0.55 (0.057)	0.79 (0.074)	0.03* (0.010)
40 - 59.....	1.22 (0.073)	0.63 (0.050)	0.53 (0.047)	0.03 (0.009)
60 and over....	1.08 (0.124)	0.58 (0.067)	0.42 (0.070)	0.06* (0.023)
70 and over....	1.01* (0.224)	0.51* (0.093)	0.40* (0.137)	0.07* (0.033)
2 - 19.....	1.73 (0.089)	0.94 (0.056)	0.74 (0.062)	0.04 (0.010)
20 and over...	1.28 (0.064)	0.59 (0.037)	0.63 (0.041)	0.04 (0.007)
2 and over...	1.40 (0.058)	0.68 (0.033)	0.66 (0.035)	0.04 (0.006)
<b>Males and females:</b>				
2 - 19.....	1.90 (0.067)	1.06 (0.046)	0.79 (0.043)	0.03 (0.006)
20 and over...	1.53 (0.055)	0.68 (0.042)	0.80 (0.035)	0.03 (0.005)
2 and over...	1.63 (0.044)	0.78 (0.037)	0.80 (0.027)	0.03 (0.004)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH with very low food security	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Children:</b>								
2 - 5.....	3.00 (0.179)	2.20 (0.160)	0.43 (0.077)	0.97 (0.130)	0.70 (0.103)	0.09* (0.039)	#	0.01* (0.004)
6 - 11.....	3.98 (0.192)	3.37 (0.182)	1.27 (0.144)	1.03 (0.106)	0.87 (0.091)	0.19 (0.046)	0.01* (0.005)	#
<b>Males:</b>								
12 - 19.....	5.33 (0.398)	4.34 (0.341)	1.46 (0.219)	1.69 (0.204)	0.81 (0.115)	0.30* (0.094)	0.07* (0.020)	0.01* (0.013)
20 - 39.....	7.57 (0.537)	6.16 (0.465)	1.92 (0.194)	2.31 (0.327)	1.25 (0.124)	0.60* (0.276)	0.07* (0.023)	0.02* (0.009)
40 - 59.....	6.39 (0.399)	5.10 (0.326)	1.93 (0.220)	1.54 (0.209)	1.15 (0.154)	0.39 (0.084)	0.08* (0.035)	0.01* (0.004)
60 and over.....	6.83 (0.984)	5.58 (0.987)	2.70* (0.932)	1.41 (0.206)	1.04 (0.137)	0.26* (0.097)	0.16* (0.070)	0.01* (0.009)
70 and over....	5.41 (0.571)	4.26 (0.567)	1.51 (0.348)	1.19 (0.352)	0.99 (0.232)	0.28* (0.167)	0.30* (0.200)	0.00* (0.000)
2 - 19.....	4.45 (0.230)	3.68 (0.203)	1.22 (0.144)	1.33 (0.121)	0.87 (0.080)	0.22 (0.052)	0.04 (0.010)	0.01* (0.006)
20 and over...	7.04 (0.310)	5.70 (0.259)	2.04 (0.157)	1.90 (0.159)	1.19 (0.089)	0.47 (0.139)	0.09 (0.023)	0.01* (0.005)
2 and over...	6.30 (0.249)	5.12 (0.216)	1.80 (0.124)	1.74 (0.130)	1.10 (0.070)	0.40 (0.101)	0.07 (0.017)	0.01* (0.004)
<b>Females:</b>								
12 - 19.....	4.19 (0.291)	3.52 (0.261)	1.07 (0.115)	1.29 (0.171)	0.73 (0.122)	0.35* (0.156)	0.07* (0.040)	0.01* (0.010)
20 - 39.....	5.11 (0.227)	4.35 (0.206)	1.37 (0.131)	1.57 (0.138)	0.90 (0.111)	0.40 (0.090)	0.11* (0.044)	#
40 - 59.....	4.34 (0.254)	3.55 (0.219)	1.27 (0.159)	1.11 (0.117)	0.66 (0.095)	0.36 (0.076)	0.13* (0.054)	0.03* (0.018)
60 and over.....	4.39 (0.265)	3.47 (0.253)	1.40 (0.207)	1.11 (0.164)	0.75 (0.115)	0.19* (0.065)	0.02* (0.009)	0.00* (0.000)
70 and over....	4.38* (0.559)	3.43* (0.483)	1.82* (0.478)	0.66* (0.157)	0.82* (0.215)	0.12* (0.066)	0.01* (0.013)	0.00* (0.000)
2 - 19.....	3.88 (0.170)	3.16 (0.169)	1.01 (0.073)	1.14 (0.112)	0.71 (0.071)	0.25* (0.079)	0.04* (0.019)	0.01* (0.005)
20 and over...	4.69 (0.158)	3.89 (0.149)	1.33 (0.099)	1.31 (0.089)	0.78 (0.070)	0.35 (0.049)	0.10 (0.029)	0.01* (0.007)
2 and over...	4.47 (0.136)	3.70 (0.126)	1.25 (0.080)	1.27 (0.075)	0.76 (0.055)	0.32 (0.046)	0.09 (0.025)	0.01* (0.005)
<b>Males and females:</b>								
2 - 19.....	4.17 (0.144)	3.42 (0.124)	1.12 (0.082)	1.24 (0.083)	0.79 (0.055)	0.23 (0.047)	0.04 (0.010)	0.01* (0.004)
20 and over...	5.83 (0.185)	4.77 (0.168)	1.68 (0.103)	1.60 (0.103)	0.98 (0.056)	0.41 (0.076)	0.10 (0.016)	0.01* (0.005)
2 and over...	5.37 (0.155)	4.40 (0.140)	1.52 (0.084)	1.50 (0.085)	0.93 (0.045)	0.36 (0.059)	0.08 (0.013)	0.01* (0.004)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4e. Protein Foods:** Mean Amounts and Standard errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Children:</b>			
2 - 5.....	0.44 (0.077)	0.33 (0.079)	0.04* (0.022)
6 - 11.....	0.33 (0.045)	0.23 (0.041)	0.05* (0.030)
<b>Males:</b>			
12 - 19.....	0.44 (0.069)	0.51 (0.138)	0.04* (0.014)
20 - 39.....	0.69 (0.083)	0.66 (0.190)	0.06* (0.020)
40 - 59.....	0.74 (0.109)	0.54 (0.151)	0.02* (0.008)
60 and over....	0.71 (0.098)	0.51* (0.184)	0.03* (0.013)
70 and over....	0.76 (0.174)	0.38* (0.131)	0.01* (0.007)
2 - 19.....	0.36 (0.046)	0.39 (0.069)	0.03 (0.007)
20 and over...	0.71 (0.060)	0.59 (0.120)	0.04 (0.011)
2 and over...	0.61 (0.045)	0.53 (0.087)	0.04 (0.008)
<b>Females:</b>			
12 - 19.....	0.40 (0.070)	0.22* (0.068)	0.05* (0.016)
20 - 39.....	0.41 (0.051)	0.27 (0.040)	0.07* (0.035)
40 - 59.....	0.41 (0.045)	0.35 (0.065)	0.04 (0.010)
60 and over....	0.53 (0.072)	0.37* (0.121)	0.02* (0.008)
70 and over....	0.51* (0.135)	0.43* (0.228)	0.01* (0.007)
2 - 19.....	0.42 (0.054)	0.23 (0.046)	0.06* (0.032)
20 and over...	0.43 (0.032)	0.32 (0.032)	0.05* (0.017)
2 and over...	0.43 (0.027)	0.29 (0.025)	0.05 (0.015)
<b>Males and females:</b>			
2 - 19.....	0.39 (0.037)	0.31 (0.046)	0.05* (0.018)
20 and over...	0.56 (0.037)	0.45 (0.061)	0.05 (0.010)
2 and over...	0.52 (0.028)	0.41 (0.047)	0.05 (0.009)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4f. Legumes:** Mean Amounts and Standard errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Children:</b>		
2 - 5.....	0.05 (0.012)	0.18 (0.050)
6 - 11.....	0.09 (0.018)	0.37 (0.073)
<b>Males:</b>		
12 - 19.....	0.10 (0.029)	0.41 (0.112)
20 - 39.....	0.13 (0.029)	0.53 (0.114)
40 - 59.....	0.14 (0.027)	0.56 (0.110)
60 and over.....	0.20 (0.039)	0.81 (0.156)
70 and over....	0.27* (0.085)	1.07* (0.339)
2 - 19.....	0.10 (0.018)	0.39 (0.072)
20 and over...	0.15 (0.015)	0.58 (0.061)
2 and over...	0.13 (0.014)	0.53 (0.055)
<b>Females:</b>		
12 - 19.....	0.07 (0.018)	0.29 (0.071)
20 - 39.....	0.12 (0.026)	0.49 (0.102)
40 - 59.....	0.12 (0.021)	0.48 (0.083)
60 and over.....	0.10 (0.023)	0.39 (0.093)
70 and over....	0.10* (0.036)	0.38* (0.145)
2 - 19.....	0.07 (0.012)	0.27 (0.050)
20 and over...	0.12 (0.015)	0.47 (0.061)
2 and over...	0.10 (0.013)	0.42 (0.052)
<b>Males and females:</b>		
2 - 19.....	0.08 (0.012)	0.33 (0.047)
20 and over...	0.13 (0.012)	0.52 (0.049)
2 and over...	0.12 (0.011)	0.47 (0.043)

\* Indicates an estimate with a relative standard error greater than 30%.

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table FS4g. Oils and Other Components:** Mean Amounts and Standard errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household with Very Low Food Security, in the United States, 2011-March 2020 Prepandemic

HH with very low food security	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Children:</b>				
2 - 5.....	15.86 (1.040)	26.21 (1.478)	10.83 (0.677)	0.00 (0.000)
6 - 11.....	20.93 (1.064)	35.33 (1.578)	17.16 (0.978)	#
<b>Males:</b>				
12 - 19.....	28.15 (2.084)	36.61 (2.384)	20.84 (1.526)	0.14* (0.084)
20 - 39.....	33.48 (2.805)	46.47 (2.450)	28.19 (1.653)	1.42 (0.352)
40 - 59.....	30.49 (2.650)	43.54 (2.762)	26.09 (2.480)	1.07 (0.199)
60 and over.....	22.71 (2.136)	38.67 (2.632)	21.98 (5.789)	1.27* (0.529)
70 and over....	19.28 (2.135)	28.67 (3.042)	10.55 (1.208)	0.47* (0.255)
2 - 19.....	23.18 (1.172)	34.92 (1.380)	18.33 (0.840)	0.06* (0.039)
20 and over...	30.85 (1.758)	44.29 (1.696)	26.53 (1.555)	1.27 (0.236)
2 and over...	28.67 (1.326)	41.63 (1.220)	24.20 (1.104)	0.93 (0.183)
<b>Females:</b>				
12 - 19.....	22.84 (1.482)	34.51 (2.033)	17.85 (1.037)	0.04* (0.022)
20 - 39.....	25.29 (1.284)	35.72 (1.377)	21.91 (1.139)	0.54 (0.154)
40 - 59.....	20.90 (0.879)	28.27 (1.275)	18.25 (1.116)	0.45 (0.080)
60 and over.....	18.44 (1.256)	29.51 (2.050)	13.28 (1.309)	0.12* (0.051)
70 and over....	19.25* (2.210)	31.74* (4.053)	13.29* (2.667)	0.04* (0.028)
2 - 19.....	21.11 (0.851)	32.68 (1.360)	15.75 (0.892)	0.02* (0.011)
20 and over...	22.47 (0.717)	31.75 (0.946)	19.11 (0.676)	0.44 (0.071)
2 and over...	22.11 (0.565)	32.00 (0.696)	18.21 (0.598)	0.33 (0.053)
<b>Males and females:</b>				
2 - 19.....	22.16 (0.787)	33.82 (1.042)	17.06 (0.623)	0.04* (0.020)
20 and over...	26.53 (0.999)	37.83 (1.047)	22.71 (0.840)	0.84 (0.124)
2 and over...	25.33 (0.798)	36.72 (0.714)	21.15 (0.643)	0.62 (0.093)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each individual's household food security status is identified by the NHANES variable FSDHH from the Food Security questionnaire for the appropriate survey cycle.

**Table SYa. Fruit:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Males:</b>					
2 - 5.....	624	1.30 (0.071)	0.18 (0.031)	0.51 (0.041)	0.60 (0.041)
6 - 11.....	820	1.04 (0.068)	0.16 (0.021)	0.54 (0.056)	0.34 (0.025)
12 - 19.....	742	0.85 (0.084)	0.19 (0.047)	0.29 (0.027)	0.38 (0.055)
20 - 29.....	365	0.76 (0.081)	0.10 (0.028)	0.33 (0.047)	0.33 (0.059)
30 - 39.....	413	1.01 (0.159)	0.24 (0.070)	0.39 (0.092)	0.38* (0.131)
40 - 49.....	316	0.63 (0.085)	0.14* (0.048)	0.31 (0.047)	0.18 (0.036)
50 - 59.....	361	0.71 (0.084)	0.12 (0.030)	0.32 (0.062)	0.26 (0.052)
60 - 69.....	368	0.80 (0.070)	0.18 (0.038)	0.37 (0.055)	0.25 (0.040)
70 and over.....	216	1.14 (0.176)	0.16 (0.037)	0.66 (0.134)	0.33 (0.069)
2 - 19.....	2186	1.03 (0.044)	0.18 (0.021)	0.44 (0.022)	0.42 (0.025)
20 and over...	2039	0.81 (0.048)	0.16 (0.022)	0.36 (0.032)	0.29 (0.038)
2 and over...	4225	0.90 (0.034)	0.16 (0.015)	0.39 (0.023)	0.34 (0.025)
<b>Females:</b>					
2 - 5.....	604	1.22 (0.078)	0.19 (0.039)	0.45 (0.038)	0.58 (0.048)
6 - 11.....	798	0.97 (0.063)	0.19 (0.034)	0.46 (0.042)	0.32 (0.026)
12 - 19.....	745	0.66 (0.058)	0.10 (0.019)	0.31 (0.044)	0.25 (0.028)
20 - 29.....	518	0.71 (0.080)	0.11 (0.020)	0.25 (0.044)	0.35 (0.063)
30 - 39.....	546	0.75 (0.076)	0.10 (0.017)	0.37 (0.048)	0.28 (0.040)
40 - 49.....	392	0.61 (0.060)	0.14 (0.028)	0.28 (0.033)	0.19 (0.032)
50 - 59.....	432	0.78 (0.123)	0.29* (0.107)	0.28 (0.046)	0.21 (0.047)
60 - 69.....	423	0.91 (0.075)	0.18 (0.030)	0.48 (0.055)	0.26 (0.050)
70 and over.....	280	1.01 (0.106)	0.21* (0.079)	0.49 (0.064)	0.31 (0.054)
2 - 19.....	2147	0.91 (0.038)	0.16 (0.019)	0.40 (0.023)	0.36 (0.024)
20 and over...	2591	0.77 (0.036)	0.17 (0.024)	0.33 (0.019)	0.27 (0.020)
2 and over...	4738	0.81 (0.028)	0.16 (0.018)	0.35 (0.015)	0.30 (0.015)
<b>Males and females:</b>					
2 - 19.....	4333	0.97 (0.033)	0.17 (0.014)	0.42 (0.017)	0.39 (0.019)
20 and over...	4630	0.78 (0.031)	0.16 (0.018)	0.34 (0.019)	0.28 (0.020)
2 and over...	8963	0.85 (0.024)	0.16 (0.013)	0.37 (0.014)	0.32 (0.015)

\* Indicates an estimate with a relative standard error greater than 30%.

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYb. Vegetables:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Vegetables</i>								
	Total Vegetables †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Males:</b>									
2 - 5.....	0.64 (0.025)	0.30 (0.020)	0.25 (0.017)	0.05 (0.009)	0.19 (0.011)	0.15 (0.011)	0.04 (0.006)	0.04 (0.008)	0.11 (0.008)
6 - 11.....	0.83 (0.035)	0.33 (0.022)	0.27 (0.021)	0.05 (0.008)	0.26 (0.015)	0.22 (0.014)	0.05 (0.007)	0.05 (0.014)	0.19 (0.016)
12 - 19.....	1.08 (0.044)	0.43 (0.031)	0.37 (0.027)	0.07 (0.016)	0.35 (0.032)	0.31 (0.031)	0.04 (0.007)	0.06 (0.010)	0.24 (0.016)
20 - 29.....	1.34 (0.088)	0.51 (0.069)	0.45 (0.068)	0.06 (0.013)	0.36 (0.031)	0.31 (0.031)	0.05 (0.011)	0.07 (0.015)	0.39 (0.035)
30 - 39.....	1.28 (0.055)	0.44 (0.038)	0.40 (0.038)	0.04 (0.007)	0.35 (0.029)	0.30 (0.028)	0.05 (0.012)	0.07 (0.014)	0.41 (0.027)
40 - 49.....	1.35 (0.077)	0.53 (0.053)	0.47 (0.054)	0.07 (0.012)	0.36 (0.036)	0.31 (0.034)	0.05 (0.009)	0.04 (0.010)	0.41 (0.036)
50 - 59.....	1.43 (0.116)	0.52 (0.077)	0.43 (0.081)	0.09 (0.020)	0.34 (0.046)	0.27 (0.042)	0.07 (0.012)	0.13 (0.026)	0.44 (0.050)
60 - 69.....	1.39 (0.135)	0.45 (0.051)	0.37 (0.049)	0.08 (0.019)	0.34 (0.035)	0.22 (0.025)	0.11 (0.028)	0.13 (0.031)	0.47 (0.083)
70 and over....	1.48 (0.180)	0.59 (0.102)	0.50 (0.102)	0.09 (0.018)	0.32 (0.038)	0.26 (0.036)	0.07 (0.012)	0.09 (0.026)	0.47 (0.105)
2 - 19.....	0.88 (0.021)	0.36 (0.016)	0.31 (0.014)	0.06 (0.007)	0.28 (0.013)	0.24 (0.013)	0.04 (0.004)	0.05 (0.006)	0.19 (0.009)
20 and over...	1.36 (0.048)	0.50 (0.031)	0.43 (0.031)	0.07 (0.007)	0.35 (0.016)	0.29 (0.015)	0.06 (0.006)	0.09 (0.008)	0.42 (0.021)
2 and over...	1.17 (0.032)	0.44 (0.021)	0.38 (0.021)	0.06 (0.005)	0.32 (0.011)	0.27 (0.010)	0.06 (0.004)	0.07 (0.006)	0.33 (0.014)
<b>Females:</b>									
2 - 5.....	0.67 (0.043)	0.28 (0.021)	0.23 (0.017)	0.05 (0.011)	0.20 (0.023)	0.16 (0.021)	0.03 (0.005)	0.05* (0.018)	0.15 (0.015)
6 - 11.....	0.80 (0.039)	0.30 (0.028)	0.25 (0.022)	0.05 (0.010)	0.26 (0.019)	0.21 (0.017)	0.05 (0.008)	0.05 (0.009)	0.18 (0.016)
12 - 19.....	0.89 (0.043)	0.36 (0.033)	0.31 (0.027)	0.05 (0.012)	0.23 (0.013)	0.18 (0.012)	0.04 (0.007)	0.05 (0.010)	0.26 (0.024)
20 - 29.....	1.07 (0.050)	0.38 (0.032)	0.33 (0.029)	0.05 (0.009)	0.27 (0.021)	0.22 (0.019)	0.05 (0.009)	0.08 (0.014)	0.34 (0.027)
30 - 39.....	1.20 (0.059)	0.39 (0.039)	0.32 (0.038)	0.06 (0.012)	0.31 (0.020)	0.26 (0.019)	0.06 (0.009)	0.09 (0.015)	0.41 (0.028)
40 - 49.....	1.31 (0.076)	0.45 (0.045)	0.36 (0.045)	0.09 (0.014)	0.34 (0.027)	0.25 (0.025)	0.09 (0.019)	0.09 (0.024)	0.44 (0.043)
50 - 59.....	1.21 (0.115)	0.36 (0.036)	0.30 (0.031)	0.07 (0.014)	0.26 (0.029)	0.20 (0.025)	0.06 (0.017)	0.15* (0.054)	0.43 (0.068)
60 - 69.....	1.32 (0.087)	0.47 (0.048)	0.39 (0.045)	0.08 (0.014)	0.28 (0.023)	0.18 (0.015)	0.10 (0.021)	0.16 (0.027)	0.40 (0.042)
70 and over....	1.24 (0.081)	0.37 (0.045)	0.29 (0.042)	0.07 (0.014)	0.30 (0.026)	0.20 (0.023)	0.10 (0.015)	0.09 (0.017)	0.48 (0.049)
2 - 19.....	0.80 (0.027)	0.32 (0.017)	0.27 (0.014)	0.05 (0.007)	0.23 (0.010)	0.19 (0.009)	0.04 (0.004)	0.05 (0.007)	0.20 (0.013)
20 and over...	1.21 (0.027)	0.40 (0.017)	0.33 (0.015)	0.07 (0.006)	0.29 (0.011)	0.22 (0.009)	0.07 (0.007)	0.11 (0.012)	0.41 (0.019)
2 and over...	1.08 (0.022)	0.37 (0.012)	0.31 (0.010)	0.06 (0.005)	0.27 (0.008)	0.21 (0.007)	0.06 (0.005)	0.09 (0.009)	0.34 (0.015)
<b>Males and females:</b>									
2 - 19.....	0.84 (0.018)	0.34 (0.012)	0.29 (0.011)	0.05 (0.005)	0.26 (0.009)	0.21 (0.009)	0.04 (0.003)	0.05 (0.005)	0.20 (0.009)
20 and over...	1.27 (0.027)	0.44 (0.017)	0.37 (0.016)	0.07 (0.005)	0.32 (0.010)	0.25 (0.009)	0.07 (0.004)	0.10 (0.009)	0.41 (0.016)
2 and over...	1.12 (0.020)	0.40 (0.013)	0.34 (0.012)	0.06 (0.004)	0.30 (0.007)	0.24 (0.007)	0.06 (0.003)	0.08 (0.006)	0.34 (0.012)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.



**Table SYc. Grains:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Males:</b>			
2 - 5.....	5.85 (0.206)	0.72 (0.045)	5.13 (0.193)
6 - 11.....	7.28 (0.201)	0.89 (0.071)	6.40 (0.183)
12 - 19.....	8.15 (0.236)	0.78 (0.073)	7.37 (0.234)
20 - 29.....	8.95 (0.464)	0.75 (0.090)	8.20 (0.468)
30 - 39.....	8.58 (0.309)	0.78 (0.136)	7.80 (0.283)
40 - 49.....	7.94 (0.326)	0.70 (0.114)	7.24 (0.270)
50 - 59.....	6.80 (0.320)	0.72 (0.076)	6.08 (0.302)
60 - 69.....	7.26 (0.354)	1.15 (0.170)	6.10 (0.304)
70 and over....	5.62 (0.365)	0.84 (0.111)	4.79 (0.309)
2 - 19.....	7.26 (0.129)	0.81 (0.043)	6.46 (0.126)
20 and over...	7.86 (0.152)	0.79 (0.049)	7.07 (0.153)
2 and over...	7.62 (0.108)	0.80 (0.036)	6.83 (0.110)
<b>Females:</b>			
2 - 5.....	4.71 (0.131)	0.58 (0.046)	4.13 (0.133)
6 - 11.....	7.04 (0.218)	0.83 (0.067)	6.21 (0.199)
12 - 19.....	6.14 (0.169)	0.55 (0.062)	5.59 (0.164)
20 - 29.....	6.33 (0.252)	0.56 (0.071)	5.78 (0.217)
30 - 39.....	6.16 (0.242)	0.56 (0.069)	5.59 (0.249)
40 - 49.....	5.37 (0.255)	0.63 (0.075)	4.73 (0.266)
50 - 59.....	4.79 (0.237)	0.63 (0.075)	4.16 (0.208)
60 - 69.....	4.97 (0.208)	0.81 (0.070)	4.16 (0.197)
70 and over....	4.90 (0.205)	0.79 (0.092)	4.11 (0.174)
2 - 19.....	6.07 (0.097)	0.65 (0.033)	5.42 (0.093)
20 and over...	5.56 (0.112)	0.63 (0.033)	4.93 (0.104)
2 and over...	5.73 (0.082)	0.64 (0.023)	5.09 (0.077)
<b>Males and females:</b>			
2 - 19.....	6.68 (0.093)	0.73 (0.028)	5.95 (0.090)
20 and over...	6.56 (0.096)	0.70 (0.031)	5.86 (0.096)
2 and over...	6.60 (0.075)	0.71 (0.024)	5.89 (0.073)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYd. Dairy:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Males:</b>				
2 - 5.....	2.11 (0.105)	1.41 (0.097)	0.62 (0.053)	0.07 (0.011)
6 - 11.....	2.26 (0.086)	1.40 (0.075)	0.81 (0.055)	0.03 (0.006)
12 - 19.....	2.19 (0.100)	1.07 (0.069)	1.10 (0.073)	0.02 (0.005)
20 - 29.....	1.96 (0.131)	0.65 (0.066)	1.22 (0.109)	0.02* (0.007)
30 - 39.....	1.79 (0.114)	0.77 (0.087)	0.97 (0.076)	0.03* (0.013)
40 - 49.....	2.01 (0.153)	0.99 (0.118)	0.96 (0.080)	0.03* (0.015)
50 - 59.....	1.51 (0.096)	0.69 (0.085)	0.71 (0.081)	0.06* (0.026)
60 - 69.....	1.63 (0.160)	0.98 (0.160)	0.60 (0.072)	0.03* (0.011)
70 and over....	1.16 (0.123)	0.67 (0.098)	0.39 (0.049)	0.07* (0.035)
2 - 19.....	2.20 (0.058)	1.28 (0.049)	0.87 (0.040)	0.03 (0.004)
20 and over...	1.75 (0.053)	0.78 (0.044)	0.89 (0.043)	0.04 (0.007)
2 and over...	1.93 (0.040)	0.98 (0.030)	0.89 (0.032)	0.04 (0.005)
<b>Females:</b>				
2 - 5.....	1.91 (0.075)	1.29 (0.056)	0.54 (0.046)	0.07 (0.013)
6 - 11.....	1.92 (0.057)	1.11 (0.040)	0.75 (0.039)	0.05 (0.010)
12 - 19.....	1.44 (0.064)	0.69 (0.048)	0.73 (0.047)	0.01 (0.003)
20 - 29.....	1.46 (0.081)	0.62 (0.055)	0.81 (0.056)	0.02 (0.006)
30 - 39.....	1.51 (0.089)	0.58 (0.062)	0.86 (0.065)	0.03 (0.009)
40 - 49.....	1.20 (0.068)	0.62 (0.059)	0.52 (0.044)	0.05 (0.013)
50 - 59.....	1.19 (0.080)	0.56 (0.062)	0.55 (0.049)	0.06 (0.017)
60 - 69.....	1.16 (0.076)	0.65 (0.061)	0.44 (0.039)	0.06 (0.017)
70 and over....	1.11 (0.080)	0.68 (0.068)	0.37 (0.045)	0.04 (0.009)
2 - 19.....	1.73 (0.042)	0.99 (0.028)	0.69 (0.029)	0.04 (0.006)
20 and over...	1.31 (0.036)	0.61 (0.029)	0.64 (0.023)	0.04 (0.004)
2 and over...	1.45 (0.030)	0.73 (0.024)	0.66 (0.018)	0.04 (0.004)
<b>Males and females:</b>				
2 - 19.....	1.97 (0.041)	1.14 (0.032)	0.78 (0.028)	0.04 (0.004)
20 and over...	1.51 (0.037)	0.68 (0.031)	0.75 (0.028)	0.04 (0.004)
2 and over...	1.67 (0.031)	0.84 (0.023)	0.76 (0.022)	0.04 (0.003)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYe. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH currently receiving SNAP	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Males:</b>								
2 - 5.....	3.36 (0.164)	2.77 (0.152)	0.56 (0.051)	1.18 (0.126)	0.82 (0.069)	0.16* (0.053)	0.05* (0.024)	#
6 - 11.....	4.01 (0.162)	3.39 (0.135)	1.10 (0.078)	1.18 (0.097)	0.92 (0.066)	0.17 (0.032)	0.02* (0.008)	#
12 - 19.....	5.13 (0.221)	4.14 (0.181)	1.44 (0.093)	1.50 (0.124)	1.04 (0.121)	0.12 (0.027)	0.04* (0.014)	#
20 - 29.....	7.64 (0.507)	6.36 (0.446)	2.22 (0.204)	2.42 (0.334)	1.09 (0.125)	0.52 (0.131)	0.08* (0.032)	0.03* (0.027)
30 - 39.....	7.90 (0.334)	6.63 (0.298)	2.48 (0.195)	2.04 (0.268)	1.42 (0.209)	0.59 (0.116)	0.10 (0.028)	0.01* (0.003)
40 - 49.....	7.17 (0.298)	5.90 (0.243)	2.18 (0.220)	1.84 (0.218)	1.28 (0.196)	0.49 (0.120)	0.11* (0.044)	0.01* (0.003)
50 - 59.....	6.46 (0.260)	5.30 (0.274)	1.86 (0.229)	1.72 (0.185)	1.14 (0.136)	0.45 (0.093)	0.08 (0.019)	0.05* (0.029)
60 - 69.....	7.13 (0.523)	5.64 (0.564)	2.25 (0.568)	1.55 (0.224)	1.22 (0.146)	0.48 (0.127)	0.12 (0.033)	0.02* (0.010)
70 and over....	5.72 (0.302)	4.47 (0.268)	1.34 (0.178)	1.80 (0.268)	0.91 (0.121)	0.32* (0.104)	0.08* (0.040)	0.02* (0.019)
2 - 19.....	4.28 (0.107)	3.52 (0.104)	1.10 (0.048)	1.30 (0.076)	0.94 (0.058)	0.15 (0.022)	0.03 (0.009)	#
20 and over...	7.20 (0.174)	5.93 (0.153)	2.15 (0.101)	1.95 (0.120)	1.21 (0.079)	0.50 (0.054)	0.09 (0.016)	0.03* (0.009)
2 and over...	6.05 (0.130)	4.98 (0.113)	1.73 (0.064)	1.70 (0.084)	1.10 (0.050)	0.36 (0.034)	0.07 (0.011)	0.02* (0.005)
<b>Females:</b>								
2 - 5.....	2.84 (0.126)	2.27 (0.122)	0.61 (0.063)	0.94 (0.085)	0.60 (0.052)	0.09 (0.022)	0.04* (0.016)	#
6 - 11.....	3.72 (0.153)	3.07 (0.143)	0.99 (0.093)	1.08 (0.100)	0.79 (0.064)	0.18 (0.039)	0.03* (0.012)	#
12 - 19.....	4.05 (0.168)	3.48 (0.184)	1.07 (0.094)	1.35 (0.137)	0.67 (0.064)	0.33 (0.066)	0.05* (0.019)	0.01* (0.007)
20 - 29.....	4.91 (0.190)	4.11 (0.183)	1.34 (0.102)	1.39 (0.106)	0.82 (0.091)	0.47 (0.087)	0.06* (0.020)	0.03* (0.015)
30 - 39.....	4.91 (0.168)	4.06 (0.144)	1.31 (0.113)	1.44 (0.136)	0.81 (0.074)	0.39 (0.056)	0.11* (0.032)	0.01* (0.007)
40 - 49.....	5.08 (0.266)	4.14 (0.238)	1.20 (0.146)	1.49 (0.137)	0.68 (0.063)	0.61 (0.112)	0.14* (0.054)	0.02* (0.010)
50 - 59.....	4.98 (0.355)	3.84 (0.273)	1.26 (0.205)	1.01 (0.140)	1.07 (0.163)	0.38 (0.074)	0.10* (0.050)	0.01* (0.009)
60 - 69.....	4.88 (0.211)	3.95 (0.195)	1.18 (0.141)	1.29 (0.136)	0.96 (0.125)	0.43 (0.067)	0.07 (0.018)	0.03* (0.018)
70 and over....	4.38 (0.260)	3.54 (0.275)	1.29 (0.212)	0.99 (0.121)	0.61 (0.075)	0.53* (0.228)	0.10* (0.033)	0.02* (0.012)
2 - 19.....	3.62 (0.101)	3.02 (0.107)	0.92 (0.051)	1.15 (0.075)	0.69 (0.036)	0.22 (0.032)	0.04 (0.010)	0.01* (0.003)
20 and over...	4.90 (0.106)	3.98 (0.091)	1.27 (0.067)	1.29 (0.063)	0.84 (0.051)	0.46 (0.042)	0.10 (0.015)	0.02 (0.005)
2 and over...	4.49 (0.082)	3.67 (0.079)	1.16 (0.050)	1.25 (0.052)	0.79 (0.037)	0.38 (0.032)	0.08 (0.011)	0.01 (0.004)
<b>Males and females:</b>								
2 - 19.....	3.96 (0.084)	3.28 (0.088)	1.01 (0.041)	1.23 (0.065)	0.82 (0.038)	0.18 (0.018)	0.04 (0.007)	#
20 and over...	5.90 (0.086)	4.83 (0.081)	1.66 (0.064)	1.58 (0.070)	1.00 (0.045)	0.48 (0.038)	0.10 (0.011)	0.02 (0.005)
2 and over...	5.21 (0.072)	4.28 (0.071)	1.43 (0.047)	1.45 (0.054)	0.94 (0.030)	0.37 (0.027)	0.07 (0.008)	0.01 (0.003)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYe. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Males:</b>			
2 - 5.....	0.32 (0.040)	0.23 (0.033)	0.03 (0.009)
6 - 11.....	0.34 (0.039)	0.24 (0.041)	0.04 (0.008)
12 - 19.....	0.44 (0.046)	0.48 (0.114)	0.08* (0.028)
20 - 29.....	0.58 (0.080)	0.56* (0.180)	0.13* (0.063)
30 - 39.....	0.74 (0.092)	0.49 (0.094)	0.03* (0.010)
40 - 49.....	0.74 (0.099)	0.47 (0.128)	0.05* (0.020)
50 - 59.....	0.69 (0.107)	0.41 (0.066)	0.05* (0.026)
60 - 69.....	0.69 (0.090)	0.78 (0.158)	0.02* (0.008)
70 and over....	0.72 (0.101)	0.51 (0.100)	0.03* (0.011)
2 - 19.....	0.37 (0.024)	0.33 (0.047)	0.06 (0.011)
20 and over...	0.69 (0.037)	0.52 (0.062)	0.06 (0.016)
2 and over...	0.56 (0.025)	0.44 (0.046)	0.06 (0.010)
<b>Females:</b>			
2 - 5.....	0.34 (0.031)	0.22 (0.033)	0.02* (0.010)
6 - 11.....	0.34 (0.031)	0.25 (0.046)	0.06 (0.018)
12 - 19.....	0.29 (0.034)	0.24 (0.050)	0.04 (0.008)
20 - 29.....	0.41 (0.039)	0.32 (0.095)	0.06* (0.021)
30 - 39.....	0.44 (0.051)	0.35 (0.054)	0.06* (0.018)
40 - 49.....	0.53 (0.065)	0.38 (0.073)	0.02* (0.009)
50 - 59.....	0.49 (0.078)	0.62 (0.131)	0.02* (0.008)
60 - 69.....	0.61 (0.069)	0.31 (0.046)	0.01* (0.004)
70 and over....	0.51 (0.066)	0.30 (0.053)	0.03* (0.011)
2 - 19.....	0.32 (0.023)	0.24 (0.030)	0.04 (0.011)
20 and over...	0.48 (0.025)	0.40 (0.036)	0.04 (0.007)
2 and over...	0.43 (0.019)	0.34 (0.026)	0.04 (0.006)
<b>Males and females:</b>			
2 - 19.....	0.35 (0.018)	0.28 (0.029)	0.05 (0.008)
20 and over...	0.57 (0.022)	0.45 (0.036)	0.05 (0.008)
2 and over...	0.49 (0.016)	0.39 (0.030)	0.05 (0.006)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYf. Legumes:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Males:</b>		
2 - 5.....	0.05 (0.008)	0.22 (0.032)
6 - 11.....	0.07 (0.011)	0.27 (0.045)
12 - 19.....	0.09 (0.015)	0.36 (0.058)
20 - 29.....	0.13 (0.029)	0.53 (0.116)
30 - 39.....	0.19 (0.032)	0.76 (0.128)
40 - 49.....	0.19 (0.035)	0.77 (0.139)
50 - 59.....	0.23 (0.053)	0.94 (0.213)
60 - 69.....	0.18 (0.026)	0.72 (0.105)
70 and over.....	0.14 (0.030)	0.55 (0.121)
2 - 19.....	0.07 (0.008)	0.29 (0.030)
20 and over...	0.18 (0.015)	0.73 (0.060)
2 and over...	0.14 (0.010)	0.56 (0.040)
<b>Females:</b>		
2 - 5.....	0.05 (0.009)	0.19 (0.037)
6 - 11.....	0.10 (0.014)	0.41 (0.057)
12 - 19.....	0.09 (0.012)	0.36 (0.050)
20 - 29.....	0.08 (0.011)	0.34 (0.046)
30 - 39.....	0.12 (0.016)	0.48 (0.064)
40 - 49.....	0.14 (0.025)	0.55 (0.101)
50 - 59.....	0.08 (0.019)	0.31 (0.077)
60 - 69.....	0.10 (0.013)	0.38 (0.052)
70 and over.....	0.10 (0.019)	0.41 (0.076)
2 - 19.....	0.08 (0.007)	0.33 (0.030)
20 and over...	0.10 (0.008)	0.41 (0.032)
2 and over...	0.09 (0.007)	0.38 (0.026)
<b>Males and females:</b>		
2 - 19.....	0.08 (0.005)	0.31 (0.022)
20 and over...	0.14 (0.010)	0.55 (0.039)
2 and over...	0.12 (0.007)	0.46 (0.028)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.  
 Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.  
 Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SYg. Oils and Other Components:** Mean Amounts and Standard Errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH currently receiving SNAP	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Males:</b>				
2 - 5.....	18.90 (0.873)	30.96 (1.243)	13.67 (0.738)	0.00 (0.000)
6 - 11.....	20.60 (0.716)	37.33 (0.990)	18.16 (0.559)	#
12 - 19.....	28.62 (1.000)	39.88 (1.346)	21.63 (0.803)	0.05* (0.027)
20 - 29.....	36.45 (3.244)	43.60 (2.595)	28.67 (1.523)	1.02 (0.164)
30 - 39.....	29.16 (1.259)	47.79 (1.950)	31.70 (1.789)	1.65 (0.344)
40 - 49.....	31.62 (3.127)	48.82 (2.611)	29.19 (1.540)	1.30 (0.205)
50 - 59.....	26.13 (0.977)	40.85 (1.892)	26.08 (2.593)	1.33 (0.288)
60 - 69.....	28.03 (2.161)	37.52 (2.516)	20.51 (3.962)	1.27 (0.377)
70 and over.....	24.16 (2.015)	34.68 (2.887)	14.51 (1.501)	0.42 (0.080)
2 - 19.....	23.27 (0.521)	36.74 (0.780)	18.38 (0.396)	0.02* (0.010)
20 and over...	30.15 (1.139)	43.66 (1.037)	27.19 (0.973)	1.27 (0.144)
2 and over...	27.42 (0.772)	40.92 (0.751)	23.71 (0.611)	0.78 (0.093)
<b>Females:</b>				
2 - 5.....	15.87 (0.807)	26.63 (0.878)	11.94 (0.562)	0.00 (0.000)
6 - 11.....	21.75 (0.724)	34.83 (1.015)	16.60 (0.498)	0.00 (0.000)
12 - 19.....	23.68 (1.011)	31.85 (1.203)	17.69 (0.708)	0.05* (0.016)
20 - 29.....	26.22 (1.227)	34.68 (1.420)	21.54 (0.946)	0.34 (0.067)
30 - 39.....	23.54 (1.109)	35.23 (1.572)	20.27 (0.928)	0.45 (0.102)
40 - 49.....	22.67 (1.179)	29.46 (1.633)	20.30 (1.598)	0.23 (0.054)
50 - 59.....	20.79 (1.323)	28.75 (1.538)	17.30 (0.894)	0.44 (0.078)
60 - 69.....	20.53 (1.077)	28.13 (1.743)	12.28 (0.880)	0.30 (0.079)
70 and over.....	16.48 (0.992)	24.53 (1.319)	10.61 (0.628)	0.09* (0.033)
2 - 19.....	20.97 (0.544)	31.50 (0.666)	15.81 (0.376)	0.02* (0.006)
20 and over...	22.54 (0.520)	31.20 (0.627)	18.27 (0.469)	0.34 (0.033)
2 and over...	22.03 (0.366)	31.30 (0.473)	17.48 (0.357)	0.24 (0.022)
<b>Males and females:</b>				
2 - 19.....	22.15 (0.415)	34.19 (0.586)	17.13 (0.299)	0.02* (0.006)
20 and over...	25.85 (0.563)	36.62 (0.659)	22.15 (0.529)	0.75 (0.066)
2 and over...	24.53 (0.412)	35.76 (0.500)	20.36 (0.359)	0.49 (0.044)

\* Indicates an estimate with a relative standard error greater than 30%.  
# Indicates a non-zero value that is too small to report.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.  
Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.  
Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNa. Fruit:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Males:</b>					
2 - 5.....	889	1.54 (0.087)	0.29 (0.037)	0.64 (0.040)	0.61 (0.064)
6 - 11.....	1479	1.16 (0.072)	0.28 (0.033)	0.53 (0.046)	0.35 (0.023)
12 - 19.....	1908	0.93 (0.061)	0.17 (0.026)	0.44 (0.032)	0.32 (0.030)
20 - 29.....	1381	0.87 (0.056)	0.14 (0.018)	0.42 (0.035)	0.31 (0.028)
30 - 39.....	1334	0.93 (0.045)	0.18 (0.033)	0.46 (0.030)	0.28 (0.028)
40 - 49.....	1385	0.91 (0.059)	0.21 (0.028)	0.47 (0.043)	0.22 (0.022)
50 - 59.....	1366	1.04 (0.046)	0.26 (0.028)	0.53 (0.030)	0.26 (0.023)
60 - 69.....	1538	0.96 (0.055)	0.22 (0.022)	0.50 (0.034)	0.24 (0.029)
70 and over....	1530	1.13 (0.048)	0.27 (0.030)	0.57 (0.029)	0.29 (0.023)
2 - 19.....	4276	1.12 (0.044)	0.23 (0.017)	0.51 (0.025)	0.38 (0.021)
20 and over...	8534	0.97 (0.023)	0.21 (0.011)	0.49 (0.017)	0.27 (0.011)
2 and over...	1281	1.00 (0.020)	0.22 (0.010)	0.49 (0.014)	0.29 (0.009)
<b>Females:</b>					
2 - 5.....	919	1.39 (0.047)	0.28 (0.023)	0.70 (0.040)	0.41 (0.029)
6 - 11.....	1452	1.07 (0.050)	0.26 (0.029)	0.49 (0.032)	0.32 (0.028)
12 - 19.....	1819	0.82 (0.047)	0.18 (0.020)	0.38 (0.034)	0.26 (0.020)
20 - 29.....	1333	0.88 (0.046)	0.23 (0.022)	0.43 (0.028)	0.22 (0.024)
30 - 39.....	1358	0.93 (0.051)	0.24 (0.027)	0.50 (0.026)	0.19 (0.018)
40 - 49.....	1523	0.86 (0.042)	0.21 (0.017)	0.45 (0.027)	0.20 (0.019)
50 - 59.....	1504	0.92 (0.055)	0.28 (0.023)	0.47 (0.037)	0.18 (0.017)
60 - 69.....	1495	0.91 (0.041)	0.25 (0.017)	0.50 (0.033)	0.16 (0.015)
70 and over....	1448	1.06 (0.036)	0.30 (0.021)	0.54 (0.024)	0.22 (0.015)
2 - 19.....	4190	1.02 (0.029)	0.23 (0.016)	0.48 (0.020)	0.31 (0.014)
20 and over...	8661	0.92 (0.023)	0.25 (0.010)	0.48 (0.013)	0.19 (0.009)
2 and over...	1285	0.94 (0.019)	0.24 (0.009)	0.48 (0.012)	0.22 (0.007)
<b>Males and females:</b>					
2 - 19.....	8466	1.07 (0.028)	0.23 (0.013)	0.50 (0.018)	0.35 (0.014)
20 and over...	1719	0.95 (0.019)	0.23 (0.008)	0.48 (0.011)	0.23 (0.008)
2 and over...	2566	0.97 (0.016)	0.23 (0.008)	0.49 (0.010)	0.26 (0.006)

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNb. Vegetables:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Vegetables</i>								
	Total Vegetables †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Males:</b>									
2 - 5.....	0.65 (0.029)	0.23 (0.018)	0.18 (0.017)	0.05 (0.007)	0.22 (0.018)	0.15 (0.009)	0.08 (0.016)	0.05 (0.010)	0.14 (0.015)
6 - 11.....	0.83 (0.030)	0.30 (0.020)	0.26 (0.018)	0.04 (0.005)	0.27 (0.014)	0.20 (0.011)	0.07 (0.008)	0.06 (0.010)	0.20 (0.013)
12 - 19.....	1.11 (0.029)	0.40 (0.024)	0.36 (0.023)	0.04 (0.006)	0.34 (0.012)	0.28 (0.012)	0.05 (0.006)	0.07 (0.011)	0.30 (0.016)
20 - 29.....	1.42 (0.050)	0.40 (0.025)	0.35 (0.023)	0.04 (0.005)	0.38 (0.013)	0.31 (0.012)	0.07 (0.006)	0.13 (0.016)	0.51 (0.028)
30 - 39.....	1.71 (0.039)	0.53 (0.027)	0.45 (0.026)	0.08 (0.013)	0.44 (0.017)	0.34 (0.014)	0.10 (0.009)	0.16 (0.016)	0.58 (0.024)
40 - 49.....	1.73 (0.053)	0.47 (0.030)	0.39 (0.027)	0.08 (0.011)	0.46 (0.024)	0.33 (0.019)	0.13 (0.018)	0.16 (0.018)	0.64 (0.032)
50 - 59.....	1.84 (0.071)	0.53 (0.032)	0.44 (0.029)	0.09 (0.012)	0.45 (0.026)	0.34 (0.022)	0.11 (0.012)	0.15 (0.014)	0.70 (0.040)
60 - 69.....	1.71 (0.053)	0.53 (0.044)	0.43 (0.034)	0.10 (0.018)	0.41 (0.020)	0.31 (0.020)	0.10 (0.010)	0.15 (0.022)	0.61 (0.044)
70 and over....	1.69 (0.047)	0.54 (0.027)	0.44 (0.026)	0.10 (0.010)	0.43 (0.017)	0.32 (0.016)	0.11 (0.008)	0.13 (0.013)	0.59 (0.027)
2 - 19.....	0.93 (0.016)	0.33 (0.012)	0.29 (0.012)	0.04 (0.004)	0.29 (0.008)	0.23 (0.008)	0.06 (0.005)	0.06 (0.007)	0.24 (0.009)
20 and over...	1.68 (0.026)	0.49 (0.013)	0.42 (0.013)	0.08 (0.005)	0.43 (0.009)	0.33 (0.008)	0.10 (0.005)	0.15 (0.007)	0.61 (0.016)
2 and over...	1.51 (0.021)	0.46 (0.011)	0.39 (0.010)	0.07 (0.004)	0.40 (0.007)	0.30 (0.006)	0.09 (0.004)	0.13 (0.006)	0.52 (0.013)
<b>Females:</b>									
2 - 5.....	0.64 (0.037)	0.22 (0.020)	0.17 (0.017)	0.05 (0.007)	0.21 (0.015)	0.13 (0.009)	0.08 (0.013)	0.05 (0.007)	0.16 (0.015)
6 - 11.....	0.86 (0.039)	0.34 (0.023)	0.27 (0.019)	0.06 (0.008)	0.25 (0.013)	0.19 (0.011)	0.06 (0.007)	0.05 (0.006)	0.22 (0.017)
12 - 19.....	1.01 (0.038)	0.36 (0.019)	0.31 (0.019)	0.05 (0.006)	0.26 (0.011)	0.21 (0.010)	0.05 (0.005)	0.09 (0.015)	0.30 (0.021)
20 - 29.....	1.59 (0.050)	0.45 (0.029)	0.39 (0.027)	0.06 (0.006)	0.37 (0.018)	0.26 (0.013)	0.11 (0.011)	0.18 (0.017)	0.58 (0.031)
30 - 39.....	1.59 (0.062)	0.38 (0.024)	0.30 (0.023)	0.08 (0.009)	0.39 (0.032)	0.26 (0.017)	0.13 (0.025)	0.26 (0.034)	0.56 (0.021)
40 - 49.....	1.51 (0.052)	0.37 (0.019)	0.29 (0.018)	0.07 (0.007)	0.36 (0.018)	0.25 (0.011)	0.11 (0.012)	0.22 (0.023)	0.57 (0.027)
50 - 59.....	1.62 (0.055)	0.38 (0.018)	0.30 (0.016)	0.08 (0.008)	0.38 (0.018)	0.27 (0.014)	0.11 (0.010)	0.24 (0.030)	0.62 (0.029)
60 - 69.....	1.52 (0.051)	0.37 (0.022)	0.29 (0.022)	0.08 (0.008)	0.37 (0.022)	0.27 (0.018)	0.11 (0.011)	0.18 (0.015)	0.59 (0.031)
70 and over....	1.41 (0.046)	0.40 (0.026)	0.31 (0.019)	0.09 (0.012)	0.37 (0.016)	0.25 (0.012)	0.12 (0.009)	0.14 (0.011)	0.49 (0.019)
2 - 19.....	0.89 (0.025)	0.32 (0.013)	0.27 (0.013)	0.05 (0.005)	0.25 (0.008)	0.19 (0.007)	0.06 (0.004)	0.07 (0.008)	0.25 (0.012)
20 and over...	1.54 (0.029)	0.39 (0.012)	0.32 (0.010)	0.08 (0.004)	0.37 (0.010)	0.26 (0.007)	0.11 (0.006)	0.21 (0.011)	0.57 (0.013)
2 and over...	1.40 (0.025)	0.38 (0.010)	0.31 (0.009)	0.07 (0.003)	0.35 (0.009)	0.25 (0.006)	0.10 (0.005)	0.18 (0.010)	0.50 (0.012)
<b>Males and females:</b>									
2 - 19.....	0.91 (0.015)	0.33 (0.010)	0.28 (0.009)	0.05 (0.003)	0.27 (0.006)	0.21 (0.006)	0.06 (0.003)	0.07 (0.005)	0.24 (0.009)
20 and over...	1.61 (0.022)	0.44 (0.010)	0.36 (0.009)	0.08 (0.003)	0.40 (0.007)	0.29 (0.006)	0.11 (0.004)	0.18 (0.008)	0.59 (0.013)
2 and over...	1.45 (0.019)	0.42 (0.008)	0.35 (0.008)	0.07 (0.003)	0.37 (0.006)	0.27 (0.005)	0.10 (0.004)	0.15 (0.007)	0.51 (0.011)

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.



**Table Snc. Grains:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Males:</b>			
2 - 5.....	5.24 (0.107)	0.76 (0.043)	4.48 (0.090)
6 - 11.....	7.52 (0.187)	0.92 (0.055)	6.61 (0.164)
12 - 19.....	8.36 (0.141)	0.93 (0.053)	7.42 (0.140)
20 - 29.....	8.11 (0.185)	0.73 (0.050)	7.38 (0.168)
30 - 39.....	8.14 (0.171)	1.03 (0.079)	7.11 (0.153)
40 - 49.....	7.71 (0.198)	0.90 (0.071)	6.81 (0.173)
50 - 59.....	7.20 (0.162)	1.04 (0.066)	6.16 (0.158)
60 - 69.....	7.14 (0.179)	1.17 (0.071)	5.97 (0.175)
70 and over.....	6.15 (0.117)	1.26 (0.057)	4.89 (0.105)
2 - 19.....	7.48 (0.087)	0.90 (0.031)	6.58 (0.081)
20 and over...	7.47 (0.069)	1.00 (0.031)	6.47 (0.070)
2 and over...	7.47 (0.058)	0.98 (0.025)	6.49 (0.059)
<b>Females:</b>			
2 - 5.....	4.72 (0.124)	0.82 (0.064)	3.90 (0.102)
6 - 11.....	6.78 (0.130)	0.90 (0.045)	5.89 (0.128)
12 - 19.....	6.33 (0.132)	0.76 (0.058)	5.58 (0.129)
20 - 29.....	6.11 (0.117)	0.71 (0.047)	5.39 (0.125)
30 - 39.....	6.14 (0.135)	0.90 (0.064)	5.24 (0.130)
40 - 49.....	5.60 (0.112)	0.67 (0.037)	4.93 (0.111)
50 - 59.....	5.63 (0.124)	0.95 (0.053)	4.69 (0.117)
60 - 69.....	5.05 (0.133)	0.88 (0.055)	4.17 (0.127)
70 and over.....	4.95 (0.108)	0.98 (0.044)	3.97 (0.101)
2 - 19.....	6.15 (0.073)	0.81 (0.035)	5.33 (0.070)
20 and over...	5.59 (0.051)	0.85 (0.019)	4.74 (0.048)
2 and over...	5.71 (0.042)	0.84 (0.017)	4.87 (0.042)
<b>Males and females:</b>			
2 - 19.....	6.82 (0.056)	0.86 (0.024)	5.97 (0.055)
20 and over...	6.51 (0.047)	0.92 (0.021)	5.59 (0.048)
2 and over...	6.58 (0.039)	0.91 (0.018)	5.67 (0.040)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNd. Dairy:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Males:</b>				
2 - 5.....	2.17 (0.080)	1.45 (0.067)	0.60 (0.044)	0.11 (0.014)
6 - 11.....	2.17 (0.065)	1.28 (0.047)	0.80 (0.036)	0.08 (0.010)
12 - 19.....	2.36 (0.068)	1.28 (0.049)	1.01 (0.044)	0.02 (0.005)
20 - 29.....	1.99 (0.093)	0.74 (0.069)	1.14 (0.056)	0.06 (0.008)
30 - 39.....	1.83 (0.070)	0.64 (0.044)	1.06 (0.045)	0.07 (0.016)
40 - 49.....	1.81 (0.077)	0.71 (0.042)	0.99 (0.046)	0.07 (0.013)
50 - 59.....	1.67 (0.071)	0.75 (0.057)	0.83 (0.043)	0.06 (0.009)
60 - 69.....	1.57 (0.062)	0.74 (0.040)	0.73 (0.042)	0.07 (0.013)
70 and over.....	1.51 (0.055)	0.89 (0.043)	0.53 (0.029)	0.06 (0.008)
2 - 19.....	2.26 (0.045)	1.31 (0.033)	0.86 (0.027)	0.06 (0.005)
20 and over...	1.75 (0.030)	0.74 (0.021)	0.90 (0.018)	0.06 (0.004)
2 and over...	1.86 (0.026)	0.87 (0.018)	0.89 (0.017)	0.06 (0.004)
<b>Females:</b>				
2 - 5.....	1.96 (0.059)	1.31 (0.054)	0.53 (0.027)	0.11 (0.010)
6 - 11.....	1.94 (0.054)	1.12 (0.040)	0.74 (0.034)	0.07 (0.011)
12 - 19.....	1.63 (0.052)	0.81 (0.039)	0.76 (0.035)	0.04 (0.008)
20 - 29.....	1.41 (0.033)	0.51 (0.022)	0.81 (0.029)	0.05 (0.005)
30 - 39.....	1.39 (0.048)	0.54 (0.030)	0.72 (0.030)	0.08 (0.009)
40 - 49.....	1.35 (0.045)	0.56 (0.030)	0.65 (0.031)	0.10 (0.010)
50 - 59.....	1.33 (0.047)	0.56 (0.033)	0.65 (0.030)	0.08 (0.010)
60 - 69.....	1.30 (0.059)	0.59 (0.033)	0.58 (0.041)	0.11 (0.014)
70 and over.....	1.27 (0.037)	0.68 (0.027)	0.46 (0.029)	0.09 (0.009)
2 - 19.....	1.80 (0.037)	1.01 (0.029)	0.71 (0.021)	0.07 (0.006)
20 and over...	1.34 (0.021)	0.57 (0.013)	0.65 (0.014)	0.08 (0.004)
2 and over...	1.44 (0.020)	0.67 (0.013)	0.66 (0.011)	0.08 (0.004)
<b>Males and females:</b>				
2 - 19.....	2.03 (0.032)	1.16 (0.024)	0.78 (0.018)	0.06 (0.004)
20 and over...	1.54 (0.019)	0.65 (0.013)	0.77 (0.013)	0.07 (0.003)
2 and over...	1.65 (0.018)	0.76 (0.013)	0.77 (0.011)	0.07 (0.002)

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.  
 Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.  
 Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNe. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
<i>Meat, Poultry, and Seafood</i>								
HH not currently receiving SNAP	Total Protein Foods †	Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Males:</b>								
2 - 5.....	3.01 (0.114)	2.25 (0.105)	0.41 (0.039)	0.87 (0.071)	0.78 (0.080)	0.16* (0.062)	0.03* (0.010)	#
6 - 11.....	4.17 (0.133)	3.22 (0.123)	0.88 (0.066)	1.18 (0.096)	0.97 (0.064)	0.14 (0.028)	0.04 (0.010)	0.01* (0.004)
12 - 19.....	6.36 (0.203)	5.28 (0.199)	1.98 (0.164)	1.86 (0.170)	1.09 (0.091)	0.27 (0.047)	0.08 (0.018)	0.01* (0.004)
20 - 29.....	7.71 (0.272)	6.18 (0.211)	2.12 (0.090)	2.22 (0.149)	1.32 (0.076)	0.37 (0.080)	0.13 (0.033)	#
30 - 39.....	8.11 (0.209)	6.39 (0.200)	2.21 (0.135)	2.09 (0.121)	1.39 (0.119)	0.49 (0.066)	0.18* (0.072)	0.02* (0.012)
40 - 49.....	8.11 (0.263)	6.32 (0.200)	2.28 (0.130)	1.91 (0.131)	1.28 (0.096)	0.56 (0.063)	0.25 (0.071)	0.04* (0.019)
50 - 59.....	7.88 (0.234)	6.02 (0.234)	2.32 (0.170)	1.67 (0.100)	1.18 (0.067)	0.64 (0.111)	0.17 (0.041)	0.04* (0.026)
60 - 69.....	6.91 (0.186)	5.22 (0.165)	1.90 (0.126)	1.34 (0.101)	1.18 (0.094)	0.55 (0.076)	0.20 (0.035)	0.05* (0.033)
70 and over....	6.18 (0.156)	4.50 (0.115)	1.55 (0.074)	1.09 (0.079)	1.08 (0.070)	0.48 (0.057)	0.29 (0.065)	0.02* (0.010)
2 - 19.....	4.98 (0.117)	4.00 (0.116)	1.31 (0.080)	1.44 (0.101)	0.99 (0.054)	0.21 (0.027)	0.06 (0.010)	0.01* (0.002)
20 and over...	7.55 (0.097)	5.84 (0.090)	2.09 (0.055)	1.76 (0.058)	1.25 (0.037)	0.51 (0.043)	0.20 (0.020)	0.03 (0.008)
2 and over...	6.98 (0.085)	5.43 (0.078)	1.92 (0.049)	1.69 (0.054)	1.19 (0.033)	0.44 (0.035)	0.17 (0.016)	0.02 (0.006)
<b>Females:</b>								
2 - 5.....	2.81 (0.076)	1.99 (0.083)	0.42 (0.042)	0.86 (0.060)	0.61 (0.056)	0.09 (0.022)	0.02* (0.005)	#
6 - 11.....	3.66 (0.109)	2.85 (0.104)	0.78 (0.065)	1.09 (0.076)	0.76 (0.041)	0.18 (0.024)	0.04 (0.011)	0.01* (0.004)
12 - 19.....	4.09 (0.202)	3.22 (0.141)	0.89 (0.059)	1.32 (0.105)	0.72 (0.050)	0.23 (0.055)	0.06 (0.012)	0.01* (0.003)
20 - 29.....	5.30 (0.136)	4.09 (0.115)	1.30 (0.090)	1.59 (0.088)	0.68 (0.051)	0.38 (0.064)	0.13 (0.031)	0.01* (0.006)
30 - 39.....	5.54 (0.136)	4.00 (0.117)	1.20 (0.077)	1.47 (0.081)	0.83 (0.051)	0.36 (0.048)	0.14 (0.026)	#
40 - 49.....	5.16 (0.133)	3.76 (0.116)	1.17 (0.062)	1.36 (0.074)	0.70 (0.048)	0.35 (0.042)	0.17 (0.034)	0.01* (0.004)
50 - 59.....	5.37 (0.141)	3.82 (0.143)	1.18 (0.085)	1.39 (0.098)	0.67 (0.057)	0.43 (0.066)	0.15 (0.034)	0.01* (0.003)
60 - 69.....	5.24 (0.159)	3.55 (0.099)	1.16 (0.067)	1.00 (0.065)	0.72 (0.062)	0.47 (0.052)	0.20 (0.036)	0.01* (0.003)
70 and over....	4.38 (0.111)	3.15 (0.107)	0.94 (0.052)	0.97 (0.057)	0.67 (0.037)	0.36 (0.037)	0.19 (0.036)	0.02* (0.008)
2 - 19.....	3.69 (0.112)	2.85 (0.085)	0.76 (0.041)	1.15 (0.065)	0.71 (0.031)	0.19 (0.028)	0.04 (0.007)	0.01* (0.002)
20 and over...	5.18 (0.068)	3.74 (0.058)	1.16 (0.034)	1.30 (0.034)	0.71 (0.023)	0.39 (0.025)	0.16 (0.014)	0.01 (0.002)
2 and over...	4.86 (0.063)	3.55 (0.053)	1.08 (0.030)	1.27 (0.034)	0.71 (0.020)	0.35 (0.022)	0.14 (0.012)	0.01 (0.002)
<b>Males and females:</b>								
2 - 19.....	4.35 (0.094)	3.44 (0.086)	1.04 (0.045)	1.30 (0.068)	0.85 (0.035)	0.20 (0.022)	0.05 (0.007)	0.01 (0.002)
20 and over...	6.34 (0.061)	4.77 (0.060)	1.62 (0.037)	1.53 (0.038)	0.97 (0.022)	0.45 (0.029)	0.18 (0.014)	0.02 (0.004)
2 and over...	5.91 (0.057)	4.48 (0.054)	1.49 (0.033)	1.48 (0.039)	0.95 (0.020)	0.40 (0.024)	0.15 (0.011)	0.02 (0.003)

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNe. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Males:</b>			
2 - 5.....	0.34 (0.033)	0.37 (0.039)	0.05* (0.018)
6 - 11.....	0.40 (0.026)	0.48 (0.056)	0.07 (0.013)
12 - 19.....	0.46 (0.034)	0.55 (0.063)	0.06 (0.010)
20 - 29.....	0.67 (0.050)	0.71 (0.094)	0.14 (0.028)
30 - 39.....	0.67 (0.042)	0.91 (0.066)	0.14 (0.025)
40 - 49.....	0.66 (0.039)	1.05 (0.118)	0.08 (0.015)
50 - 59.....	0.65 (0.043)	1.11 (0.111)	0.10 (0.020)
60 - 69.....	0.61 (0.042)	1.03 (0.120)	0.06 (0.012)
70 and over....	0.62 (0.034)	1.01 (0.083)	0.05 (0.007)
2 - 19.....	0.41 (0.020)	0.49 (0.039)	0.06 (0.007)
20 and over...	0.65 (0.018)	0.96 (0.046)	0.10 (0.009)
2 and over...	0.60 (0.014)	0.86 (0.037)	0.09 (0.007)
<b>Females:</b>			
2 - 5.....	0.36 (0.027)	0.43 (0.049)	0.03 (0.005)
6 - 11.....	0.36 (0.024)	0.41 (0.041)	0.05 (0.007)
12 - 19.....	0.32 (0.022)	0.48 (0.106)	0.07 (0.011)
20 - 29.....	0.57 (0.036)	0.54 (0.052)	0.10 (0.016)
30 - 39.....	0.55 (0.043)	0.83 (0.064)	0.15 (0.021)
40 - 49.....	0.55 (0.049)	0.74 (0.062)	0.10 (0.018)
50 - 59.....	0.51 (0.031)	0.95 (0.091)	0.09 (0.017)
60 - 69.....	0.55 (0.036)	1.06 (0.123)	0.08 (0.016)
70 and over....	0.45 (0.023)	0.74 (0.043)	0.05 (0.007)
2 - 19.....	0.34 (0.015)	0.45 (0.053)	0.05 (0.006)
20 and over...	0.53 (0.017)	0.81 (0.035)	0.10 (0.007)
2 and over...	0.49 (0.015)	0.73 (0.030)	0.09 (0.006)
<b>Males and females:</b>			
2 - 19.....	0.38 (0.012)	0.47 (0.037)	0.06 (0.005)
20 and over...	0.59 (0.014)	0.89 (0.031)	0.10 (0.006)
2 and over...	0.54 (0.012)	0.80 (0.027)	0.09 (0.005)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.

Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNf. Legumes:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Males:</b>		
2 - 5.....	0.05 (0.007)	0.20 (0.029)
6 - 11.....	0.06 (0.006)	0.25 (0.025)
12 - 19.....	0.08 (0.012)	0.34 (0.049)
20 - 29.....	0.13 (0.013)	0.51 (0.050)
30 - 39.....	0.18 (0.015)	0.71 (0.061)
40 - 49.....	0.15 (0.012)	0.60 (0.049)
50 - 59.....	0.15 (0.017)	0.61 (0.070)
60 - 69.....	0.13 (0.019)	0.51 (0.074)
70 and over.....	0.12 (0.012)	0.46 (0.048)
2 - 19.....	0.07 (0.006)	0.28 (0.024)
20 and over...	0.14 (0.007)	0.57 (0.026)
2 and over...	0.13 (0.006)	0.51 (0.022)
<b>Females:</b>		
2 - 5.....	0.05 (0.006)	0.20 (0.025)
6 - 11.....	0.05 (0.007)	0.21 (0.026)
12 - 19.....	0.06 (0.006)	0.25 (0.022)
20 - 29.....	0.09 (0.010)	0.36 (0.038)
30 - 39.....	0.12 (0.011)	0.48 (0.042)
40 - 49.....	0.10 (0.008)	0.40 (0.034)
50 - 59.....	0.09 (0.009)	0.37 (0.034)
60 - 69.....	0.11 (0.014)	0.43 (0.056)
70 and over.....	0.08 (0.008)	0.30 (0.032)
2 - 19.....	0.06 (0.003)	0.23 (0.014)
20 and over...	0.10 (0.005)	0.39 (0.019)
2 and over...	0.09 (0.004)	0.36 (0.016)
<b>Males and females:</b>		
2 - 19.....	0.06 (0.004)	0.25 (0.015)
20 and over...	0.12 (0.005)	0.48 (0.019)
2 and over...	0.11 (0.004)	0.43 (0.016)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table SNg. Oils and Other Components:** Mean Amounts and Standard Errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars; and Number of Alcoholic Drinks Consumed per Individual from a Household Not Currently Receiving SNAP or Food Stamp Benefits, in the United States, 2011-March 2020 Prepandemic

HH not currently receiving SNAP	<i>Oils and Other Components</i>			
	Oils	Solid Fats	Added Sugars	Alcoholic Drinks
<b>Males:</b>				
2 - 5.....	16.52 (0.403)	28.58 (0.905)	12.05 (0.324)	0.00 (0.000)
6 - 11.....	22.16 (0.860)	39.44 (0.943)	18.66 (0.477)	0.00 (0.000)
12 - 19.....	28.59 (1.011)	42.18 (0.915)	21.96 (0.575)	0.09 (0.025)
20 - 29.....	30.76 (0.852)	43.15 (1.105)	19.87 (0.654)	1.12 (0.084)
30 - 39.....	34.48 (0.827)	42.65 (1.220)	20.90 (0.784)	1.27 (0.095)
40 - 49.....	33.65 (1.478)	42.34 (1.203)	19.66 (0.899)	1.19 (0.098)
50 - 59.....	34.62 (1.124)	41.20 (1.175)	18.65 (0.592)	1.29 (0.144)
60 - 69.....	30.50 (1.169)	41.82 (1.238)	16.51 (0.539)	0.73 (0.061)
70 and over.....	27.83 (0.832)	37.01 (1.076)	14.10 (0.403)	0.57 (0.044)
2 - 19.....	24.11 (0.631)	38.65 (0.611)	18.95 (0.348)	0.04 (0.012)
20 and over...	32.16 (0.433)	41.55 (0.448)	18.51 (0.304)	1.06 (0.036)
2 and over...	30.36 (0.383)	40.90 (0.396)	18.61 (0.265)	0.83 (0.029)
<b>Females:</b>				
2 - 5.....	15.61 (0.496)	24.76 (0.611)	9.80 (0.349)	0.00 (0.000)
6 - 11.....	22.22 (0.613)	35.07 (0.771)	16.43 (0.428)	0.00 (0.000)
12 - 19.....	24.12 (0.926)	31.45 (0.802)	17.03 (0.443)	0.05 (0.012)
20 - 29.....	26.75 (0.782)	33.87 (0.618)	15.51 (0.480)	0.55 (0.060)
30 - 39.....	27.16 (0.794)	31.81 (0.660)	14.92 (0.485)	0.58 (0.050)
40 - 49.....	25.36 (0.695)	31.45 (0.764)	14.94 (0.438)	0.57 (0.045)
50 - 59.....	26.62 (0.807)	30.68 (0.795)	13.51 (0.523)	0.66 (0.068)
60 - 69.....	25.39 (0.834)	29.33 (0.851)	12.36 (0.542)	0.44 (0.072)
70 and over.....	22.24 (0.520)	28.89 (0.807)	11.91 (0.304)	0.26 (0.029)
2 - 19.....	21.78 (0.504)	31.24 (0.421)	15.36 (0.282)	0.02 (0.006)
20 and over...	25.64 (0.383)	31.04 (0.376)	13.89 (0.210)	0.52 (0.026)
2 and over...	24.82 (0.334)	31.08 (0.304)	14.20 (0.172)	0.41 (0.021)
<b>Males and females:</b>				
2 - 19.....	22.96 (0.435)	35.01 (0.437)	17.19 (0.251)	0.03 (0.006)
20 and over...	28.83 (0.337)	36.19 (0.344)	16.15 (0.198)	0.78 (0.025)
2 and over...	27.56 (0.297)	35.93 (0.312)	16.38 (0.175)	0.62 (0.020)

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Current household SNAP / Food Stamp status is identified by the NHANES variable FSD230 and filtering variables from the Food Security questionnaire for the appropriate survey cycle.

**Table Wa. Fruit:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents  
Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	Sample size	<i>Fruit</i>			
		Total Fruit	Citrus, Melons, Berries †	Other Fruit †	Fruit Juice
<b>Yes:</b>					
Males.....	416	1.54 (0.077)	0.26 (0.056)	0.60 (0.059)	0.68 (0.053)
Females.....	421	1.38 (0.081)	0.18 (0.025)	0.54 (0.050)	0.66 (0.057)
Children.....	837	1.46 (0.060)	0.22 (0.035)	0.57 (0.042)	0.67 (0.042)
<b>No:</b>					
Males.....	1127	1.45 (0.079)	0.27 (0.032)	0.60 (0.037)	0.58 (0.054)
Females.....	1139	1.34 (0.047)	0.28 (0.023)	0.64 (0.035)	0.42 (0.030)
Children.....	2266	1.39 (0.044)	0.27 (0.022)	0.62 (0.025)	0.50 (0.033)

† Includes intact fruit (whole or cut) only; excludes fruit juice.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table Wb. Vegetables:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents  
Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	<i>Vegetables</i>								
	Total Vegetables †	<i>Starchy Vegetables</i>			<i>Red and Orange Vegetables</i>				
		Total Starchy	Potatoes	Other Starchy	Total Red and Orange	Tomatoes	Other Red and Orange	Dark Green	Other
<b>Yes:</b>									
Males.....	0.69 (0.039)	0.30 (0.022)	0.25 (0.021)	0.05 (0.011)	0.20 (0.017)	0.15 (0.015)	0.05 (0.009)	0.05* (0.014)	0.14 (0.017)
Females.....	0.65 (0.053)	0.24 (0.027)	0.20 (0.018)	0.05* (0.015)	0.21 (0.022)	0.16 (0.020)	0.04 (0.007)	0.04* (0.023)	0.16 (0.020)
Children.....	0.67 (0.030)	0.27 (0.017)	0.22 (0.014)	0.05 (0.009)	0.20 (0.014)	0.15 (0.012)	0.05 (0.006)	0.04 (0.013)	0.15 (0.012)
<b>No:</b>									
Males.....	0.64 (0.024)	0.24 (0.015)	0.19 (0.014)	0.05 (0.006)	0.22 (0.016)	0.15 (0.009)	0.07 (0.014)	0.05 (0.008)	0.13 (0.012)
Females.....	0.66 (0.032)	0.24 (0.017)	0.19 (0.015)	0.05 (0.006)	0.21 (0.015)	0.14 (0.010)	0.07 (0.011)	0.05 (0.007)	0.16 (0.013)
Children.....	0.65 (0.022)	0.24 (0.012)	0.19 (0.011)	0.05 (0.005)	0.21 (0.012)	0.14 (0.007)	0.07 (0.011)	0.05 (0.005)	0.14 (0.009)

\* Indicates an estimate with a relative standard error greater than 30%.

† Total Vegetables does not include legumes.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.



**Table Wc. Grains: Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic**

Currently receiving WIC benefits	<i>Grains</i>		
	Total Grains	Whole Grains	Refined Grains
<b>Yes:</b>			
Males.....	5.33 (0.244)	0.65 (0.056)	4.68 (0.218)
Females.....	4.44 (0.176)	0.56 (0.073)	3.88 (0.164)
Children.....	4.88 (0.168)	0.61 (0.046)	4.28 (0.153)
<b>No:</b>			
Males.....	5.45 (0.110)	0.78 (0.041)	4.67 (0.099)
Females.....	4.78 (0.093)	0.79 (0.051)	4.00 (0.088)
Children.....	5.11 (0.074)	0.78 (0.037)	4.33 (0.067)

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table Wd. Dairy:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	<i>Dairy</i>			
	Total Dairy †	Fluid Milk	Cheese	Yogurt
<b>Yes:</b>				
Males.....	2.04 (0.090)	1.43 (0.083)	0.52 (0.040)	0.08 (0.013)
Females.....	1.97 (0.092)	1.42 (0.073)	0.48 (0.040)	0.07 (0.014)
Children.....	2.01 (0.074)	1.42 (0.063)	0.50 (0.031)	0.08 (0.010)
<b>No:</b>				
Males.....	2.18 (0.072)	1.44 (0.061)	0.63 (0.039)	0.11 (0.012)
Females.....	1.93 (0.054)	1.28 (0.049)	0.54 (0.027)	0.10 (0.009)
Children.....	2.06 (0.045)	1.36 (0.036)	0.58 (0.024)	0.11 (0.008)

† Total Dairy includes fluid milk, cheese, yogurt, and miscellaneous dairy (not in table). Fluid Milk includes calcium fortified soy milk.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table We. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents  
Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

<i>Protein Foods (continues on next page)</i>								
Currently receiving WIC benefits	Total Protein Foods †	<i>Meat, Poultry, and Seafood</i>						
		Total Meat, Poultry, and Seafood	Meat	Poultry	Cured Meat	Seafood Low n-3	Seafood High n-3	Organ Meat
<b>Yes:</b>								
Males.....	3.18 (0.171)	2.64 (0.168)	0.52 (0.065)	1.13 (0.106)	0.71 (0.085)	0.19 (0.054)	0.09* (0.033)	#
Females.....	2.66 (0.151)	2.04 (0.138)	0.51 (0.056)	0.90 (0.111)	0.51 (0.051)	0.08* (0.025)	0.03* (0.020)	#
Children.....	2.92 (0.105)	2.34 (0.099)	0.52 (0.047)	1.02 (0.076)	0.61 (0.046)	0.13 (0.029)	0.06* (0.022)	#
<b>No:</b>								
Males.....	3.10 (0.109)	2.35 (0.097)	0.44 (0.038)	0.91 (0.075)	0.82 (0.070)	0.16* (0.054)	0.02* (0.009)	#
Females.....	2.87 (0.073)	2.09 (0.073)	0.48 (0.040)	0.88 (0.057)	0.62 (0.052)	0.09 (0.019)	0.02 (0.006)	#
Children.....	2.98 (0.068)	2.22 (0.062)	0.46 (0.025)	0.90 (0.045)	0.72 (0.043)	0.12 (0.029)	0.02 (0.006)	#

\* Indicates an estimate with a relative standard error greater than 30%.

# Indicates a non-zero value that is too small to report.

† Total Protein Foods includes total meat, poultry, and seafood (finfish, shellfish, and other seafood); eggs; nuts and seeds; and soybean products. Legumes are not included.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table We. Protein Foods:** Mean Amounts and Standard Errors of Food Patterns Ounce Equivalents  
Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	<i>Protein Foods</i>		
	<i>Eggs, Nuts and Seeds, and Soybean Products</i>		
	Eggs	Nuts and Seeds	Soybean Products †
<b>Yes:</b>			
Males.....	0.34 (0.037)	0.19 (0.026)	0.02* (0.006)
Females.....	0.39 (0.039)	0.22 (0.045)	0.01* (0.004)
Children.....	0.36 (0.029)	0.20 (0.025)	0.02 (0.004)
<b>No:</b>			
Males.....	0.33 (0.030)	0.36 (0.037)	0.05 (0.016)
Females.....	0.35 (0.023)	0.40 (0.045)	0.03 (0.006)
Children.....	0.34 (0.019)	0.38 (0.034)	0.04 (0.009)

\* Indicates an estimate with a relative standard error greater than 30%.

† Soy products excluding calcium fortified soy milk and raw soybeans.

DATA SOURCES: *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted.  
Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table Wf. Legumes:** Mean Amounts and Standard Errors of Food Patterns Cup Equivalents (as Vegetables) and Ounce Equivalents (as Protein Foods) Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	<i>Legumes</i> †	
	Legumes as Vegetable	Legumes as Protein
<b>Yes:</b>		
Males.....	0.08 (0.012)	0.31 (0.047)
Females.....	0.06 (0.011)	0.26 (0.042)
Children.....	0.07 (0.009)	0.28 (0.034)
<b>No:</b>		
Males.....	0.05 (0.007)	0.18 (0.026)
Females.....	0.04 (0.006)	0.18 (0.023)
Children.....	0.05 (0.004)	0.18 (0.017)

† Legumes are not included in Total Protein Foods or Total Vegetables. One cup equivalent of vegetable equals 4 oz equivalents of Protein Foods.

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic.

Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

**Table Wg. Oils and Other Components:** Mean Amounts and Standard Errors of Food Patterns Gram of Oils and Solid Fats; Teaspoon Equivalents of Added Sugars Consumed per Child 2-5 Years Old by WIC status, in the United States, 2011-March 2020 Prepandemic

Currently receiving WIC benefits	<i>Oils and Other Components</i>		
	Oils	Solid Fats	Added Sugars
<b>Yes:</b>			
Males.....	17.96 (1.186)	27.35 (1.239)	10.44 (0.482)
Females.....	15.03 (0.975)	24.49 (0.865)	10.35 (0.631)
Children.....	16.50 (0.811)	25.93 (0.768)	10.40 (0.403)
<b>No:</b>			
Males.....	17.00 (0.384)	29.83 (0.842)	13.13 (0.344)
Females.....	15.87 (0.418)	25.62 (0.574)	10.54 (0.342)
Children.....	16.43 (0.279)	27.70 (0.513)	11.82 (0.249)

**DATA SOURCES:** *What We Eat in America*, NHANES 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic, excluding breast-fed children, day 1 dietary intake data, weighted. Food Patterns Equivalents Database (FPED) 2011-2012, 2013-2014, 2015-2016, 2017-March 2020 Prepandemic. Each child's WIC benefits status is identified by the NHANES variable FSD660ZC and filtering variables for the appropriate survey cycle.

## References

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