Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Infants and Young Children

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: 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 and Nutrients and Dietary Components: Infants and Young Children: 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/

Table of Contents

Introduction

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

United States Department of Health and Human Services (HHS)

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

United States Department of Agriculture (USDA)

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

A collection of federal data sources, including the National Health and Nutrition Examination Survey (NHANES), informed the Committee's work. The Federal Data Analysis Plan described the data analysis process and strategy and specified the analyses that would be used to support the Committee in answering the data analysis questions.[1] Data analysis results for the 2025 Committee are summarized in the Federal Data Analysis Reports and synthesized in the 2025 Committee's Scientific Report however should not be interpreted as dietary guidance.[2-7] The Committee's Scientific Report also includes conclusion statements which describe the state of the science based on the evidence considered for each data analysis question.

This supplemental report, Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Infants and Young Children, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis question:

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

Acknowledgments and Funding

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

Contributors to the supplementary data analysis are recognized below.

Federal Data Analysis Team

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

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

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

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

Interagency Collaborations

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

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

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

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

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

- Kevin Dodd, PhD
- Kirsten Herrick, PhD, MSc
- Audrey Goldbaum, PhD, MPH
- Lisa Kahle, BA

- Jill Reedy, PhD, MPH, RDN
- Edwina Wambogo, PhD, MPH, RDN
- Amelia Willits-Smith, PhD

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

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

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

Supplemental Data Tables: Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Infants and Young Children

Table 1. Percentage of infants 6-11 months old reporting FPED quantities from complementary foods by milk reporting status, day 1, 2009-2018

	Percentages and standard errors					
	All infants 6-11 mo. (N = 902)		Human milk group (N = 142)		Formula group (N = 760)	
	%	se	%	se	%	se
Fruit:						
Total	84	(1.3)	77	(3.1)	85	(1.3)
Citrus, melon, berry	19	(1.3)	22	(4.5)	19	(1.3)
Other fruit	74	(1.8)	74	(2.8)	74	(2.0)
Juice	35	(2.5)	14	(3.1)	40	(2.7)
Grain:						
Total	88	(1.1)	82	(4.2)	90	(1.0)
Whole	60	(2.1)	53	(3.9)	62	(2.6)
Refined	79	(1.8)	68	(5.2)	81	(1.5)
Oil	56	(2.6)	50	(4.5)	58	(3.1)
Solid fat	60	(1.7)	52	(3.8)	63	(1.9)
Added sugars	64	(1.7)	58	(3.6)	66	(1.8)
Vegetables:						
Total excluding legumes	79	(1.5)	78	(3.9)	79	(1.8)
Total starchy	41	(1.4)	35	(5.8)	43	(1.7)
Potatoes	25	(1.2)	16	(3.3)	27	(1.4)
Other starchy	29	(1.2)	27	(5.3)	30	(1.5)
Total red / orange	65	(1.7)	65	(4.2)	65	(1.9)
Tomatoes	17	(1.5)	13	(3.0)	18	(1.8)
Other red / orange	57	(1.8)	60	(4.0)	57	(2.0)
Dark green	6	(1.2)	9	(2.3)	5	(1.4)
Other	28	(1.9)	36	(5.4)	26	(2.1)
Legume	6	(0.8)	7†	(2.1)	6	(1.1)
Total including legumes	79	(1.5)	78	(3.9)	80	(1.8)
Protein foods:						
Total excluding legumes	48	(1.8)	39	(4.0)	50	(2.3)
Total meat, poultry, seafood	42	(1.7)	32	(3.5)	45	(2.2)
Meat (beef, veal, pork, etc.)	14	(1.2)	9	(2.8)	15	(1.3)
Poultry	29	(1.1)	23	(3.0)	30	(1.3)
Cured meat	7	(1.1)	4†	(1.4)	8	(1.3)
Total fish and seafood	1†	(0.4)	1†	(1.1)	1†	(0.4)
Eggs	19	(1.8)	19	(3.2)	19	(1.8)
Peanuts, nuts, seeds	3	(0.6)	5†	(2.0)	3	(0.5)
Soy products except soy milk	3	(0.8)	2†	(0.8)	4	(1.0)
Legumes computed as protein	6	(0.9)	7†	(2.1)	6	(1.1)
Total including legumes	49	(1.8)	41	(3.6)	51	(2.3)
Dairy:						
Total	46	(1.8)	42	(3.1)	47	(1.9)
Fluid milk	34	(1.7)	26	(2.8)	35	(1.8)
Cheese	20	(1.7)	13	(3.7)	21	(1.9)
Yogurt	12	(1.6)	19	(3.4)	11	(1.5)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.
Complementary foods include all foods and beverages except human milk and infant formula.
Milk reporting status determined by the report of human milk on either day 1 or day 2.

SOURCE: WWEIA 2009-2018 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

Table 2. Percentage of children 12-23 months old reporting FPED quantities, day 1, 2009-2018

	Percentages and standard errors (N = 1148)	
	%	se
Fruit:		
Total	94	(0.7)
Citrus, melon, berry	44	(1.7)
Other fruit	75	(2.2)
Juice	65	(1.8)
Grain:		
Total	99†	(0.2)
Whole	73	(2.0)
Refined	99	(0.4)
Oil	97	(0.6)
Solid fat	100†	(0.1)
Added sugars	98	(0.5)
Vegetables:		
Total excluding legumes	90	(0.7)
Total starchy	55	(1.6)
Potatoes	41	(1.3)
Other starchy	26	(1.9)
Total red / orange	69	(1.5)
Tomatoes	54	(1.5)
Other red / orange	34	(1.8)
Dark green	14	(1.2)
Other	54	(1.5)
Legume	15	(1.5)
Total including legumes	91	(0.6)
Protein foods:		
Total excluding legumes	95	(0.7)
Total meat, poultry, seafood	86	(1.2)
Meat (beef, veal, pork, etc.)	36	(2.1)
Poultry	48	(1.9)
Cured meat	40	(1.8)
Total fish and seafood	5	(0.8)
Eggs	57	(1.8)
Peanuts, nuts, seeds	24	(1.8)
Soy products except soy milk	9	(0.7)
Legumes computed as protein	15	(1.5)
Total including legumes	96	(0.7)
Dairy:		
Total	98	(0.4)
Fluid milk	96	(0.7)
Cheese	68	(2.2)
Yogurt	24	(2.1)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2009-2018 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

Table 3. Mean intake of FPED quantities from complementary foods of infants 6-11 months old by milk reporting status, day 1, 2009-2018

	Means and standard errors					
	All infants 6-11 mo. (N = 902)		Human milk group (N = 142)		Formula group (N = 760)	
	Mean	se	Mean	se	Mean	se
Fruit (cup eq):						
Total	0.55	(0.021)	0.40	(0.034)	0.59	(0.026)
Citrus, melon, berry	0.03	(0.003)	0.05	(0.012)	0.03	(0.003)
Other fruit	0.37	(0.021)	0.33	(0.030)	0.38	(0.025)
Juice	0.15	(0.014)	0.02	(0.006)	0.18	(0.016)
Grain (oz eq):						
Total	1.08	(0.039)	0.73	(0.085)	1.16	(0.051)
Whole	0.33	(0.020)	0.24	(0.043)	0.35	(0.024)
Refined	0.75	(0.034)	0.49	(0.068)	0.82	(0.043)
Oil (g)	1.9	(0.19)	1.9	(0.34)	1.9	(0.23)
Solid fat (g)	3.2	(0.21)	1.7	(0.31)	3.6	(0.26)
Added sugars (tsp eq)	1.0	(0.07)	0.8	(0.10)	1.0	(0.09)
Vegetables (cup eq):						
Total excluding legumes	0.38	(0.017)	0.35	(0.035)	0.39	(0.022)
Total starchy	0.10	(0.005)	0.07	(0.015)	0.11	(0.007)
Potatoes	0.05	(0.004)	0.03	(0.007)	0.06	(0.005)
Other starchy	0.05	(0.004)	0.04	(0.010)	0.05	(0.006)
Total red / orange	0.21	(0.013)	0.19	(0.016)	0.21	(0.015)
Tomatoes	0.02	(0.003)	0.01†	(0.004)	0.03	(0.003)
Other red / orange	0.18	(0.013)	0.17	(0.016)	0.19	(0.016)
Dark green	0.01	(0.003)	0.02†	(0.009)	0.01†	(0.003)
Other	0.06	(0.006)	0.08	(0.019)	0.06	(0.008)
Legume	0.01	(0.003)	0.01†	(0.005)	0.01	(0.004)
Total including legumes	0.40	(0.018)	0.36	(0.035)	0.40	(0.023)
Protein foods (oz eq):						
Total excluding legumes	0.52	(0.038)	0.43	(0.093)	0.54	(0.044)
Total meat, poultry, seafood	0.43	(0.034)	0.35	(0.089)	0.45	(0.040)
Meat (beef, veal, pork, etc.)	0.11	(0.015)	0.06†	(0.023)	0.13	(0.016)
Poultry	0.26	(0.020)	0.25†	(0.082)	0.26	(0.026)
Cured meat	0.05	(0.012)	0.02†	(0.012)	0.06	(0.014)
Total fish and seafood	0.01†	(0.004)	0.01†	(0.012)	0.01†	(0.003)
Eggs	0.07	(0.010)	0.05	(0.016)	0.07	(0.011)
Peanuts, nuts, seeds	0.01†	(0.006)	0.02†	(0.010)	0.01†	(0.007)
Soy products except soy milk	0.01†	(0.002)	0.01†	(0.009)	0.01†	(0.002)
Legumes computed as protein	0.05	(0.012)	0.04†	(0.018)	0.06	(0.015)
Total including legumes	0.57	(0.040)	0.48	(0.093)	0.60	(0.047)
Dairy (cup eq):						
Total	0.24	(0.015)	0.12	(0.023)	0.27	(0.019)
Fluid milk	0.14	(0.018)	0.02	(0.006)	0.17	(0.022)
Cheese	0.06	(0.009)	0.03†	(0.012)	0.06	(0.011)
Yogurt	0.04	(0.007)	0.06	(0.015)	0.04	(0.008)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.
Complementary foods include all foods and beverages except human milk and infant formula.
Milk reporting status determined by the report of human milk on either day 1 or day 2.

SOURCE: WWEIA 2009-2018 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 8/16/24

Table 4. Mean intake of FPED quantities of children 12-23 months old, day 1, 2009-2018

	Means and standard errors (N = 1148)	
	Mean	**se**
Fruit (cup eq):		
Total	1.22	(0.051)
Citrus, melon, berry	0.17	(0.015)
Other fruit	0.54	(0.033)
Juice	0.51	(0.023)
Grain (oz eq):		
Total	3.22	(0.098)
Whole	0.55	(0.029)
Refined	2.66	(0.091)
Oil (g)	9.3	(0.28)
Solid fat (g)	24.2	(0.64)
Added sugars (tsp eq)	6.0	(0.21)
Vegetables (cup eq):		
Total excluding legumes	0.51	(0.020)
Total starchy	0.19	(0.009)
Potatoes	0.13	(0.007)
Other starchy	0.05	(0.008)
Total red / orange	0.18	(0.010)
Tomatoes	0.10	(0.007)
Other red / orange	0.07	(0.006)
Dark green	0.03	(0.003)
Other	0.12	(0.009)
Legume	0.04	(0.006)
Total including legumes	0.56	(0.020)
Protein foods (oz eq):		
Total excluding legumes	2.01	(0.051)
Total meat, poultry, seafood	1.51	(0.032)
Meat (beef, veal, pork, etc.)	0.33	(0.025)
Poultry	0.68	(0.041)
Cured meat	0.43	(0.027)
Total fish and seafood	0.07	(0.013)
Eggs	0.31	(0.023)
Peanuts, nuts, seeds	0.17	(0.020)
Soy products except soy milk	0.02	(0.002)
Legumes computed as protein	0.18	(0.024)
Total including legumes	2.18	(0.059)
Dairy (cup eq):		
Total	2.49	(0.079)
Fluid milk	2.00	(0.063)
Cheese	0.39	(0.030)
Yogurt	0.10	(0.009)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2009-2018 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 8/16/24

Table 5. Mean daily intake of nutrients from complementary foods of infants 6-11 months old by milk reporting status, day 1, 2009-2018

	Means and standard errors					
	All infants 6-11 mo. (N = 902)		Human milk group (N = 142)		Formula group (N = 760)	
	Mean	se	Mean	se	Mean	se
Energy (kcal)	317	(8.5)	223	(17.4)	340	(11.4)
Protein (g)	10.1	(0.41)	7.7	(0.91)	10.7	(0.51)
Carbohydrate (g)	53	(1.2)	37	(3.0)	57	(1.6)
Total sugars (g)	23	(0.7)	15	(1.3)	25	(0.8)
Dietary fiber (g)	4.6	(0.15)	4.0	(0.31)	4.7	(0.20)
Total fat (g)	7.9	(0.37)	5.6	(0.57)	8.5	(0.47)
Saturated fat (g)	2.6	(0.13)	1.6	(0.21)	2.9	(0.16)
Monounsaturated fat (g)	2.7	(0.13)	2.1	(0.25)	2.8	(0.17)
Polyunsaturated fat (g)	1.7	(0.10)	1.3	(0.13)	1.8	(0.12)
PFA 18:2 (g)	1.5	(0.09)	1.1	(0.12)	1.6	(0.11)
PFA 18:3 (g)	0.2	(0.01)	0.1	(0.01)	0.2	(0.01)
Cholesterol (mg)	31	(2.4)	25	(4.1)	33	(2.7)
Retinol (mcg)	49	(3.0)	25	(3.8)	55	(3.6)
Vitamin A, RAE (mcg)	248	(14.3)	256	(26.3)	246	(15.1)
Alpha-carotene (mcg)	528	(33.3)	485	(65.3)	539	(42.4)
Beta-carotene (mcg)	2111	(161.8)	2510	(287.2)	2014	(158.4)
Beta-cryptoxanthin (mcg)	24	(2.7)	23†	(8.4)	24	(3.2)
Lycopene (mcg)	419	(56.3)	312†	(106.9)	445	(66.2)
Lutein + zeaxanthin (mcg)	669	(66.9)	691	(162.2)	664	(69.2)
Thiamin (mg)	0.42	(0.014)	0.30	(0.039)	0.45	(0.014)
Riboflavin (mg)	0.54	(0.014)	0.39	(0.045)	0.58	(0.015)
Niacin (mg)	5.9	(0.19)	4.4	(0.43)	6.2	(0.20)
Vitamin B6 (mg)	0.43	(0.013)	0.33	(0.030)	0.45	(0.016)
Folic acid (mcg)	31	(1.2)	19	(3.1)	34	(1.5)
Food folate (mcg)	38	(1.5)	34	(3.4)	39	(2.1)
Folate, DFE (mcg)	90	(2.7)	66	(7.8)	96	(3.6)
Total choline (mg)	47	(2.1)	36	(3.2)	50	(2.5)
Vitamin B12 (mcg)	0.76	(0.032)	0.48	(0.071)	0.83	(0.038)
Vitamin C (mg)	38.7	(1.63)	22.4	(2.05)	42.7	(2.11)
Vitamin D (mcg)	1.15	(0.074)	0.61	(0.128)	1.28	(0.090)
Alpha-tocopherol (mg)	2.08	(0.068)	1.66	(0.144)	2.18	(0.098)
Vitamin K (mcg)	17.6	(1.74)	22.6†	(6.81)	16.3	(1.45)
Calcium (mg)	234	(4.9)	152	(18.1)	254	(7.0)
Phosphorus (mg)	228	(6.4)	160	(15.2)	244	(8.1)
Magnesium (mg)	57	(1.6)	43	(3.7)	60	(1.9)
Iron (mg)	8.1	(0.29)	5.6	(0.73)	8.7	(0.33)
Zinc (mg)	2.5	(0.09)	1.7	(0.19)	2.7	(0.10)
Copper (mg)	0.23	(0.006)	0.18	(0.014)	0.24	(0.008)
Selenium (mcg)	13.5	(0.70)	9.6	(1.08)	14.4	(0.83)
Potassium (mg)	565	(14.4)	430	(32.6)	598	(18.8)
Sodium (mg)	320	(16.9)	230	(25.9)	341	(21.6)
Caffeine (mg)	0.3†	(0.14)	0.1†	(0.04)	0.3†	(0.17)
Theobromine (mg)	0.7†	(0.22)	0.6†	(0.37)	0.8	(0.23)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.
Complementary foods include all foods and beverages except human milk and infant formula.
Milk reporting status determined by the report of human milk on either day 1 or day 2.

SOURCE: WWEIA 2009-2018
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

Table 6. Mean daily intake of nutrients from complementary foods and dietary supplements of infants 6-11 months old by milk reporting status, day 1, 2009-2018

	All infants 6-11 mo. (N = 898)				Human milk group (N = 141)				Formula group (N = 757)			
	Percentage reporting supplements		Mean total intake		Percentage reporting supplements		Mean total intake		Percentage reporting supplements		Mean total intake	
	Mean	se	Mean	se	Mean	se	Mean	se	Mean	se	Mean	se
Thiamin (mg)	5	(0.7)	0.45	(0.016)	6†	(2.6)	0.34	(0.041)	5	(0.8)	0.48	(0.016)
Riboflavin (mg)	5	(0.7)	0.58	(0.016)	6†	(2.6)	0.43	(0.045)	5	(0.8)	0.61	(0.016)
Niacin (mg)	5	(0.7)	6.3	(0.22)	6†	(2.6)	4.9	(0.44)	5	(0.8)	6.6	(0.23)
Vitamin B6 (mg)	5	(0.7)	0.45	(0.015)	6†	(2.6)	0.36	(0.028)	5	(0.8)	0.48	(0.017)
Folic acid (mcg)	1†	(0.4)	31	(1.4)	2†	(1.6)	20	(3.4)	#		34	(1.6)
Folate, DFE (mcg)	1†	(0.4)	92	(3.0)	2†	(1.6)	69	(7.8)	#		97	(3.8)
Total choline (mg)	#		48	(2.1)	2†	(1.6)	37	(3.2)	0		50	(2.5)
Vitamin B12 (mcg)	4	(0.7)	0.87	(0.034)	5†	(2.4)	0.57	(0.076)	4	(0.7)	0.94	(0.036)
Vitamin C (mg)	7	(1.0)	41.8	(1.63)	6†	(2.6)	24.3	(2.15)	7	(1.2)	46.0	(2.09)
Vitamin D (mcg)	12	(1.4)	2.63	(0.270)	23	(4.9)	3.19	(0.626)	9	(1.4)	2.50	(0.289)
Vitamin K (mcg)	#		19.1	(2.24)	2†	(1.6)	22.9	(6.77)	#		18.2	(2.43)
Calcium (mg)	#		235	(5.0)	2†	(1.6)	154	(17.5)	#		255	(7.1)
Phosphorus (mg)	#		228	(6.5)	0		161	(14.9)	#		245	(8.1)
Magnesium (mg)	1†	(0.7)	58	(1.7)	2†	(1.6)	44	(3.6)	1†	(0.5)	61	(2.1)
Iron (mg)	1†	(0.4)	8.3	(0.34)	4†	(1.9)	6.1	(0.73)	#		8.8	(0.38)
Zinc (mg)	1†	(0.4)	2.5	(0.09)	2†	(1.6)	1.8	(0.20)	1†	(0.3)	2.7	(0.10)
Copper (mg)	#		0.23	(0.006)	2†	(1.6)	0.18	(0.013)	#		0.24	(0.008)
Selenium (mcg)	#		13.6	(0.72)	2†	(1.6)	10.1	(1.08)	#		14.5	(0.84)
Potassium (mg)	#		567	(14.5)	0		432	(31.6)	#		599	(19.1)
Sodium (mg)	#		321	(17.2)	0		230	(26.1)	#		342	(21.9)

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
# indicates a non-zero value too small to present. Sample based on age at Mobile Examination Center.
Excludes children without complete day 1 dietary supplement data.
Complementary foods include all foods and beverages except human milk and infant formula.
Milk reporting status determined by the report of human milk on either day 1 or day 2.

SOURCE: WWEIA 2009-2018 and the appropriate 24-hr dietary supplement files
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

Table 7. Mean daily intake of nutrients of children 12-23 months old, day 1, 2009-2018

	Means and standard errors (N = 1148)	
	Mean	**se**
Energy (kcal)	1211	(19.5)
Protein (g)	46.2	(0.75)
Carbohydrate (g)	156	(3.0)
Total sugars (g)	85	(1.8)
Dietary fiber (g)	8.8	(0.26)
Total fat (g)	46.5	(0.87)
Saturated fat (g)	18.7	(0.37)
Monounsaturated fat (g)	14.8	(0.28)
Polyunsaturated fat (g)	8.5	(0.16)
PFA 18:2 (g)	7.3	(0.15)
PFA 18:3 (g)	0.9	(0.02)
Cholesterol (mg)	163	(4.9)
Retinol (mcg)	458	(12.0)
Vitamin A, RAE (mcg)	578	(17.6)
Alpha-carotene (mcg)	295	(22.1)
Beta-carotene (mcg)	1257	(93.8)
Beta-cryptoxanthin (mcg)	69	(10.9)
Lycopene (mcg)	2118	(152.8)
Lutein + zeaxanthin (mcg)	604	(34.0)
Thiamin (mg)	1.02	(0.020)
Riboflavin (mg)	1.69	(0.030)
Niacin (mg)	11.6	(0.21)
Vitamin B6 (mg)	1.14	(0.020)
Folic acid (mcg)	115	(3.5)
Food folate (mcg)	107	(2.4)
Folate, DFE (mcg)	302	(7.6)
Total choline (mg)	207	(3.3)
Vitamin B12 (mcg)	4.00	(0.112)
Vitamin C (mg)	72.1	(2.14)
Vitamin D (mcg)	7.82	(0.177)
Alpha-tocopherol (mg)	4.35	(0.122)
Vitamin K (mcg)	39.5	(1.59)
Calcium (mg)	1008	(25.1)
Phosphorus (mg)	984	(20.4)
Magnesium (mg)	172	(3.4)
Iron (mg)	9.1	(0.19)
Zinc (mg)	6.8	(0.11)
Copper (mg)	0.66	(0.020)
Selenium (mcg)	60.5	(1.06)
Potassium (mg)	1825	(31.5)
Sodium (mg)	1604	(35.0)
Caffeine (mg)	2.9	(0.31)
Theobromine (mg)	11.9	(0.89)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36. Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: † indicates an estimate that may be less precise than others due to small sample size and/or large relative standard error.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 101).

SOURCE: WWEIA 2009-2018
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

Table 8. Mean daily intake of nutrients from foods, beverages, and dietary supplements of children 12-23 months old, day 1, 2009-2018

	Children 12-23 months (N = 1134)			
	Percentage reporting supplements		Mean total intake	
	%	se	Mean	se
Thiamin (mg)	6	(1.0)	1.08	(0.023)
Riboflavin (mg)	6	(1.0)	1.76	(0.034)
Niacin (mg)	6	(1.0)	12.3	(0.24)
Vitamin B6 (mg)	12	(1.2)	1.26	(0.031)
Folic acid (mcg)	8	(0.9)	130	(4.0)
Folate, DFE (mcg)	8	(0.9)	328	(8.5)
Total choline (mg)	4	(0.7)	207	(3.4)
Vitamin B12 (mcg)	11	(1.1)	4.42	(0.141)
Vitamin C (mg)	14	(1.4)	82.6	(3.82)
Vitamin D (mcg)	14	(1.3)	9.27	(0.265)
Vitamin K (mcg)	1	(0.3)	39.7	(1.64)
Calcium (mg)	3	(0.7)	1013	(25.4)
Phosphorus (mg)	1	(0.5)	986	(20.9)
Magnesium (mg)	2	(0.5)	172	(3.4)
Iron (mg)	4	(0.6)	9.7	(0.20)
Zinc (mg)	8	(1.0)	7.2	(0.13)
Copper (mg)	2	(0.5)	0.70	(0.024)
Selenium (mcg)	#		60.4	(1.08)
Potassium (mg)	#		1825	(31.6)
Sodium (mg)	3	(0.5)	1604	(36.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36. Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 99). Excludes children without complete day 1 dietary supplement data.

SOURCE: WWEIA 2009-2018 and the appropriate 24-hr dietary supplement files
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/5/23

References

1. Cruz CM, DeSilva D, Beckman K, et al. *Federal Data Analysis Plan 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 and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2023. https://www.dietaryguidelines.gov
2. 2025 Dietary Guidelines Advisory Committee. *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; 2024. https://doi.org/10.52570/DGAC2025
3. Cruz CM, DeSilva D, Beckman K, et al. *Federal Data Analysis Report for the 2025 Dietary Guidelines Advisory Committee: Current Patterns of Food and Beverage Intake*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2024. https://doi.org/10.52570/DA.DGAC2025.DA01
4. Cruz CM, DeSilva D, Beckman K, et al. *Federal Data Analysis Report for the 2025 Dietary Guidelines Advisory Committee: Prevalence of Nutrition-Related Chronic Health Conditions*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2024. https://doi.org/10.52570/DA.DGAC2025.DA04
5. DeSilva D, Cruz CM, Beckman K, et al. *Federal Data Analysis Report for the 2025 Dietary Guidelines Advisory Committee: Current Intakes of Nutrients and Dietary Components*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2024. https://doi.org/10.52570/DA.DGAC2025.DA03
6. DeSilva D, Cruz CM, Beckman K, et al. *Federal Data Analysis Report for the 2025 Dietary Guidelines Advisory Committee: Current Intakes of Food Groups*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2024. https://doi.org/10.52570/DA.DGAC2025.DA02
7. DeSilva D, Cruz CM, Beckman K, et al. *Federal Data Analysis Report for the 2025 Dietary Guidelines Advisory Committee: Nutritional Biomarker Outcomes*. U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, Office of Disease Prevention and Health Promotion and U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion; 2024. https://doi.org/10.52570/DA.DGAC2025.DA05