



Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Pregnant and Lactating Individuals

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

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Introduction

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

United States Department of Health and Human Services (HHS)

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

United States Department of Agriculture (USDA)

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

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

This supplemental report, Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Pregnant and Lactating Individuals, 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.

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Supplemental Data Tables: Mean Intakes of Food Groups, Subgroups, and Components and Nutrients and Dietary Components: Pregnant and Lactating Individuals

Table 1. Mean daily intake of FPED quantities from foods and beverages on a day by pregnancy/lactation status, females 20-44, day 1, 2015-2018

| | Means and standard errors | | | | | |
|-----------------------------------|------------------------------|---------|-----------|---------|-----------|---------|
| | Not pregnant or lactating | | Pregnant | | Lactating | |
| | (N = 1874) | | (N = 111) | | (N = 78) | |
| | Mean | se | Mean | se | Mean | se |
| Fruit (cup eq): | | | | | | |
| Total..... | 0.79 | (0.045) | 1.39 | (0.198) | 0.83 | (0.149) |
| Citrus, melon, berry..... | 0.20 | (0.022) | 0.33 | (0.076) | 0.17 | (0.050) |
| Other fruit..... | 0.41 | (0.028) | 0.81 | (0.143) | 0.54 | (0.139) |
| Juice..... | 0.18 | (0.013) | 0.26 | (0.076) | 0.11 | (0.027) |
| Grain (oz eq): | | | | | | |
| Total..... | 5.77 | (0.093) | 7.78 | (0.793) | 7.77 | (0.752) |
| Whole..... | 0.69 | (0.048) | 1.23 | (0.198) | 1.34 | (0.304) |
| Refined..... | 5.07 | (0.100) | 6.54 | (0.762) | 6.43 | (0.764) |
| Oil (g)..... | 27.7 | (0.84) | 30.5 | (2.91) | 31.2 | (2.59) |
| Solid fat (g)..... | 31.3 | (0.57) | 38.3 | (3.78) | 34.1 | (2.27) |
| Added sugars (tsp eq)..... | 15.1 | (0.50) | 17.1 | (1.23) | 16.1 | (1.64) |
| Vegetables (cup eq): | | | | | | |
| Total excluding legumes..... | 1.55 | (0.054) | 1.32 | (0.109) | 1.42 | (0.138) |
| Total starchy..... | 0.43 | (0.023) | 0.38 | (0.076) | 0.29 | (0.076) |
| Potatoes..... | 0.35 | (0.023) | 0.31 | (0.058) | 0.24 | (0.070) |
| Other starchy..... | 0.07 | (0.007) | 0.07† | (0.031) | 0.05† | (0.020) |
| Total red / orange..... | 0.35 | (0.023) | 0.29 | (0.041) | 0.39 | (0.048) |
| Tomatoes..... | 0.23 | (0.010) | 0.23 | (0.041) | 0.30 | (0.045) |
| Other red / orange..... | 0.11 | (0.019) | 0.06 | (0.015) | 0.09 | (0.025) |
| Dark green..... | 0.21 | (0.023) | 0.21† | (0.073) | 0.25† | (0.111) |
| Other..... | 0.56 | (0.024) | 0.45 | (0.066) | 0.49 | (0.055) |
| Legume..... | 0.10 | (0.009) | 0.14† | (0.049) | 0.21† | (0.063) |
| Total including legumes..... | 1.64 | (0.056) | 1.46 | (0.107) | 1.62 | (0.126) |
| Protein foods (oz eq): | | | | | | |
| Total excluding legumes..... | 5.38 | (0.117) | 4.60 | (0.328) | 6.76 | (0.509) |
| Total meat, poultry, seafood..... | 4.00 | (0.077) | 3.62 | (0.267) | 4.99 | (0.537) |
| Meat (beef, veal, pork, etc.).... | 1.23 | (0.060) | 0.82 | (0.187) | 0.90 | (0.201) |
| Poultry..... | 1.53 | (0.075) | 1.69 | (0.247) | 2.02 | (0.291) |
| Cured meat..... | 0.73 | (0.041) | 0.62 | (0.167) | 0.71† | (0.216) |
| Total fish and seafood..... | 0.50 | (0.056) | 0.49† | (0.176) | 1.29† | (0.401) |
| Seafood low in n-3..... | 0.38 | (0.046) | 0.25† | (0.137) | 0.76 | (0.211) |
| Seafood high in n-3..... | 0.12 | (0.025) | 0.24† | (0.111) | 0.53† | (0.287) |
| Eggs..... | 0.59 | (0.035) | 0.44 | (0.097) | 0.79 | (0.202) |
| Peanuts, nuts, seeds..... | 0.65 | (0.059) | 0.45 | (0.104) | 0.87† | (0.277) |
| Soy products except soy milk.. | 0.14 | (0.019) | 0.10† | (0.061) | 0.11† | (0.055) |
| Legumes computed as protein... | 0.39 | (0.034) | 0.58† | (0.197) | 0.82† | (0.252) |
| Total including legumes..... | 5.77 | (0.121) | 5.18 | (0.319) | 7.59 | (0.476) |
| Dairy (cup eq): | | | | | | |
| Total..... | 1.27 | (0.029) | 2.04 | (0.211) | 1.36 | (0.187) |
| Fluid milk..... | 0.48 | (0.024) | 0.93 | (0.129) | 0.59 | (0.146) |
| Cheese..... | 0.68 | (0.028) | 0.99 | (0.214) | 0.72 | (0.117) |
| Yogurt..... | 0.07 | (0.007) | 0.10 | (0.029) | 0.03† | (0.013) |

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.

SOURCE: WWEIA 2015-2018 and the appropriate Food Patterns Equivalents Databases
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 8/16/24

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