



# Patterns of Beverage Intake: Individuals Ages 6 Months 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

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# Table of Contents

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<b>Table of Contents</b> .....	<b>3</b>
<b>Introduction</b> .....	<b>4</b>
<b>Acknowledgments and Funding</b> .....	<b>4</b>
<b>Supplemental Data Tables: Patterns of Beverage Intake</b> .....	<b>6</b>
<b>References</b> .....	<b>17</b>

# Introduction

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

## United States Department of Health and Human Services (HHS)

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

## United States Department of Agriculture (USDA)

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

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

This supplemental report, *Patterns of Beverage Intake: Individuals Ages 6 Months 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 patterns of food and beverage intake?

# 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 collected and analyzed 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: Patterns of Beverage Intake: Individuals Ages 6 Months and Older

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**Table 3b Contribution to total daily intake of FPED quantities from beverages on a day by gender, day 1, 2015-2018**

**Adults 20-64**

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 7327)		(N = 3500)		(N = 3827)			
	%	se	%	se	%	se	Diff	p
<b>Fruit (cup eq):</b>								
Total.....	30	(1.3)	33	(2.2)	28	(1.4)	4	0.0941
Citrus, melon, berry.....	14	(2.1)	15	(3.8)	14	(2.0)	1	0.7574
Other fruit.....	6	(0.5)	4	(0.6)	7	(0.9)	-3	0.0090
Juice.....	96	(0.4)	97	(0.6)	96	(0.4)	#	0.9818
<b>Grain (oz eq):</b>								
Total.....	#		#		#		#	0.9318
<b>Oil (g):</b>								
Total.....	1	(0.2)	1	(0.2)	1	(0.2)	-0	0.3721
<b>Solid fat (g):</b>								
Total.....	7	(0.3)	7	(0.4)	8	(0.6)	-1	0.0628
<b>Added sugars (tsp eq):</b>								
Total.....	58	(1.0)	60	(1.2)	56	(1.2)	4	0.0048
<b>Vegetables (cup eq):</b>								
Total.....	2	(0.2)	1	(0.2)	2	(0.3)	-0	0.2062
Total starchy.....	0		0		0		0	
Total red / orange.....	3	(0.5)	3	(0.7)	3	(0.6)	1	0.4401
Tomatoes.....	4	(0.7)	4	(0.9)	3	(0.9)	1	0.4488
Other red / orange.....	1†	(0.3)	1†	(0.3)	1†	(0.4)	-0	0.3634
Dark green.....	8	(1.1)	6	(1.2)	9	(1.8)	-3	0.1834
Other.....	1†	(0.2)	#		1†	(0.3)	-0	0.8344
Legume.....	0		0		0		0	
<b>Protein foods (oz eq):</b>								
Total.....	1	(0.1)	1	(0.2)	1	(0.2)	-0	0.6505
Total meat, poultry, seafood.....	0		0		0		0	
Eggs.....	#		1†	(0.2)	#		1	0.0303
Peanuts, nuts, seeds.....	3	(0.6)	2†	(1.0)	3	(0.4)	-0	0.7844
Soy products except soy milk..	36	(5.4)	39	(8.4)	33	(6.4)	6	0.5782
<b>Dairy (cup eq):</b>								
Total.....	26	(0.9)	26	(1.2)	26	(1.2)	-1	0.5725
Fluid milk.....	59	(1.1)	60	(1.7)	58	(1.6)	2	0.3553
Cheese.....	0		0		0		0	
Yogurt.....	10	(2.2)	11†	(3.4)	9	(2.2)	2	0.6769

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.

\* highlights differences significant at p < 0.001.

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

**Table 3d Contribution to total daily intake of FPED quantities from beverages on a day by gender, day 1, 2015-2018**

**Adults 65 and older**

	Percentages and standard errors						Paired comparisons	
	Males and females		Males		Females		M vs F	
	(N = 2431)		(N = 1222)		(N = 1209)			
	%	se	%	se	%	se	Diff	p
<b>Fruit (cup eq):</b>								
Total.....	25	(1.8)	27	(2.2)	23	(2.3)	3	0.2324
Citrus, melon, berry.....	9	(2.1)	9†	(3.5)	8	(1.6)	2	0.5757
Other fruit.....	2	(0.5)	2†	(0.7)	2†	(0.6)	-0	0.7696
Juice.....	98	(0.5)	98†	(0.4)	97†	(0.9)	1	0.4560
<b>Grain (oz eq):</b>								
Total.....	#		#		#		#	0.6821
<b>Oil (g):</b>								
Total.....	1	(0.2)	1†	(0.1)	2†	(0.4)	-1	0.0276
<b>Solid fat (g):</b>								
Total.....	7	(0.5)	7	(0.7)	7	(0.7)	#	0.8756
<b>Added sugars (tsp eq):</b>								
Total.....	36	(1.6)	37	(1.5)	36	(2.5)	#	0.9406
<b>Vegetables (cup eq):</b>								
Total.....	2	(0.4)	2	(0.6)	2	(0.4)	#	0.7457
<b>Total starchy:</b>								
Total.....	0		0		0		0	
<b>Total red / orange:</b>								
Total.....	6	(1.5)	8	(2.5)	5	(1.4)	4	0.1907
Tomatoes.....	9	(2.0)	11	(3.2)	6†	(2.0)	4	0.2189
Other red / orange.....	1†	(0.5)	#		1†	(0.8)	-1	0.4095
<b>Dark green:</b>								
Total.....	5	(1.3)	4†	(2.1)	7	(1.8)	-3	0.3233
<b>Other:</b>								
Total.....	#		#		1†	(0.3)	-0	0.2059
<b>Legume:</b>								
Total.....	0		0		0		0	
<b>Protein foods (oz eq):</b>								
Total.....	1†	(0.1)	#		1†	(0.2)	-1	0.0155
<b>Total meat, poultry, seafood:</b>								
Total.....	0		0		0		0	
<b>Eggs:</b>								
Total.....	0		0		0		0	
<b>Peanuts, nuts, seeds:</b>								
Total.....	1†	(0.3)	1†	(0.2)	1†	(0.4)	-1	0.1013
<b>Soy products except soy milk:</b>								
Total.....	41	(8.2)	38	(10.5)	42	(10.2)	-4	0.7650
<b>Dairy (cup eq):</b>								
Total.....	28	(1.8)	30	(2.6)	27	(2.1)	3	0.3254
<b>Fluid milk:</b>								
Total.....	50	(2.0)	50	(2.5)	49	(2.6)	1	0.7758
<b>Cheese:</b>								
Total.....	0		0		0		0	
<b>Yogurt:</b>								
Total.....	8†	(1.9)	11†	(3.9)	7†	(2.0)	3	0.4418

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.

\* highlights differences significant at p < 0.001.

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



**Table 4. Percentage reporting beverage types on a day by pregnancy/lactation status, females 20-44, day 1, 2015-2018**

	Not pregnant or lactating		Pregnant		Lactating	
	(N = 1874)		(N = 111)		(N = 78)	
	%	se	%	se	%	se
Water.....	87	(1.1)	89†	(3.4)	88†	(4.7)
Milk, milk drinks, milk substitutes.....	13	(1.1)	29	(5.5)	21†	(6.9)
Coffee / tea.....	63	(1.6)	41	(5.0)	57	(7.9)
Sweetened beverages.....	46	(1.8)	56	(6.0)	43	(6.8)
Soft drinks.....	30	(2.0)	38	(5.3)	26	(4.8)
Fruit drinks.....	10	(0.9)	20	(5.3)	17†	(5.2)
Sport/energy, nutritional, smoothies, grain drinks.....	12	(1.2)	8†	(2.6)	13†	(2.9)
100% juice.....	12	(1.0)	15†	(4.6)	10†	(2.1)
Diet beverages.....	10	(1.2)	4†	(2.0)	7†	(5.6)
Alcoholic beverages.....	21	(1.4)	4†	(1.8)	16†	(6.3)
Beer.....	9	(1.0)	1†	(0.7)	3†	(1.9)
Wine.....	8	(0.8)	2†	(1.5)	11†	(6.2)
Spirits, mixed drinks.....	6	(0.7)	1†	(0.7)	2†	(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.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

SOURCE: WWEIA 2015-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table 5. Mean daily intake in fluid ounces by consumers of beverage types on a day by pregnancy/lactation status, females 20-44, day 1, 2015-2018**

	Not pregnant or lactating		Pregnant		Lactating	
	oz	se	oz	se	oz	se
All beverages.....	79	(1.8)	85	(6.1)	77	(6.5)
Water.....	55	(1.6)	69	(7.3)	59†	(6.0)
Milk, milk drinks, milk substitutes.....	11	(0.6)	14†	(1.8)	9†	(1.5)
Coffee / tea.....	21	(0.8)	15†	(1.2)	18†	(1.8)
Sweetened beverages.....	19	(0.6)	18†	(1.6)	19†	(2.6)
Soft drinks.....	17	(0.7)	17†	(1.9)	17†	(2.0)
Fruit drinks.....	14	(0.8)	11†	(1.0)	10†	(1.3)
Sport/energy, nutritional, smoothies, grain drinks.....	17	(0.9)	13†	(1.9)	18†	(2.8)
100% juice.....	10	(0.5)	13†	(1.8)	7†	(0.8)
Diet beverages.....	25	(2.7)	26†	(13.0)	25†	(4.4)
Alcoholic beverages.....	19	(1.0)	20†	(8.3)	9†	(2.3)
Beer.....	28	(2.2)	38†	(25.8)	15†	(2.9)
Wine.....	11	(1.6)	15†	(0.0)	8†	(3.0)
Spirits, mixed drinks.....	12	(1.3)	8†	(2.3)	1†	(0.0)

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.

Definition of beverage types follows protocol described in the FSRG Data Brief No. 21: Beverage Choices Among Adults: What We Eat in America, NHANES 2015-2016.

SOURCE: WWEIA 2015-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table6a. Contribution to total daily intake of nutrients from beverages on a day by pregnancy/lactation status, females 20-44, day 1, 2015-2018**

	Not pregnant or lactating		Pregnant		Lactating	
	(N = 1873)		(N = 111)		(N = 78)	
	%	se	%	se	%	se
Energy (kcal).....	17	(0.5)	13†	(1.3)	11†	(1.1)
Protein (g).....	7	(0.5)	7†	(1.3)	5†	(1.1)
Carbohydrate (g).....	25	(0.7)	20	(2.0)	17†	(1.9)
Total sugars (g).....	48	(1.2)	41	(3.2)	37	(3.9)
Dietary fiber (g).....	4	(0.4)	3†	(0.7)	2†	(0.7)
Total fat (g).....	5	(0.2)	4†	(0.8)	4†	(0.9)
Saturated fat (g).....	6	(0.4)	6†	(1.4)	6†	(1.5)
Monounsaturated fat (g).....	4	(0.3)	4†	(0.6)	4†	(0.8)
Polyunsaturated fat (g).....	3	(0.2)	2†	(0.4)	1†	(0.4)
PFA 18:2 (g).....	2	(0.2)	2†	(0.3)	1†	(0.3)
PFA 18:3 (g).....	5	(0.5)	3†	(0.7)	2†	(0.5)
Cholesterol (mg).....	3	(0.2)	4†	(1.0)	3†	(0.9)
Retinol (mcg).....	20	(1.8)	19	(3.1)	16†	(3.9)
Vitamin A, RAE (mcg).....	14	(1.2)	16†	(2.6)	12†	(2.7)
Alpha-carotene (mcg).....	3†	(1.4)	1†	(0.4)	#	
Beta-carotene (mcg).....	6	(1.0)	4†	(2.2)	1†	(0.7)
Beta-cryptoxanthin (mcg).....	11	(1.3)	13†	(6.6)	3†	(2.0)
Lycopene (mcg).....	3†	(1.2)	5†	(5.2)	#	
Lutein + zeaxanthin (mcg).....	11	(2.1)	7†	(4.1)	1†	(0.2)
Thiamin (mg).....	10	(0.6)	6†	(0.8)	6†	(1.2)
Riboflavin (mg).....	26	(1.1)	19	(2.5)	15†	(2.2)
Niacin (mg).....	14	(1.1)	5†	(0.6)	7†	(1.7)
Vitamin B6 (mg).....	20	(1.8)	8†	(1.1)	11†	(3.9)
Folic acid (mcg).....	5	(1.2)	2†	(0.8)	2†	(1.4)
Food folate (mcg).....	13	(0.8)	8†	(1.6)	6†	(0.9)
Folate, DFE (mcg).....	9	(0.7)	4†	(0.6)	3†	(1.2)
Total choline (mg).....	12	(0.6)	11†	(1.8)	7†	(1.5)
Vitamin B12 (mcg).....	21	(1.3)	18	(2.9)	13†	(2.9)
Vitamin C (mg).....	32	(1.5)	32	(4.8)	22†	(4.4)
Vitamin D (mcg).....	28	(1.9)	32	(5.0)	19†	(6.6)
Alpha-tocopherol (mg).....	11	(0.9)	9†	(2.6)	8†	(2.4)
Vitamin K (mcg).....	8	(1.2)	5†	(2.5)	2†	(0.9)
Calcium (mg).....	29	(1.1)	28	(3.6)	25†	(2.4)
Phosphorus (mg).....	13	(0.6)	13†	(2.0)	9†	(1.7)
Magnesium (mg).....	26	(0.8)	23	(1.4)	18†	(1.7)
Iron (mg).....	7	(0.6)	4†	(0.6)	5†	(1.1)
Zinc (mg).....	11	(0.7)	10†	(1.3)	8†	(1.4)
Copper (mg).....	23	(0.8)	22	(1.6)	18†	(1.4)
Selenium (mcg).....	4	(0.3)	4†	(0.8)	3†	(0.6)
Potassium (mg).....	20	(0.6)	18	(1.8)	14†	(1.4)
Sodium (mg).....	6	(0.2)	5†	(0.6)	5†	(0.5)
Caffeine (mg).....	98	(0.3)	96†	(1.2)	97†	(0.9)
Theobromine (mg).....	22	(2.3)	23†	(7.1)	9†	(3.8)

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

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table 6b. Contribution to total daily intake of FPED quantities from beverages on a day, females 20-44, day 1, 2015-2018**

	Not pregnant or lactating		Pregnant		Lactating	
	(N = 1873)		(N = 111)		(N = 78)	
	%	se	%	se	%	se
<b>Fruit (cup eq):</b>						
Total.....	30	(1.6)	22†	(5.0)	21†	(5.6)
Citrus, melon, berry.....	15	(3.4)	11†	(4.9)	26†	(10.5)
Other fruit.....	8	(1.3)	3†	(1.6)	3†	(2.0)
Juice.....	96	(0.5)	98†	(0.8)	98†	(0.9)
<b>Grain (oz eq):</b>						
Total.....	#		0		#	
<b>Oil (g):</b>						
Total.....	1	(0.3)	#		1†	(0.3)
<b>Solid fat (g):</b>						
Total.....	7	(0.5)	6†	(1.4)	7†	(1.8)
<b>Added sugars (tsp eq):</b>						
Total.....	58	(1.3)	48	(4.2)	44	(4.8)
<b>Vegetables (oz eq):</b>						
Total.....	2	(0.5)	1†	(0.6)	#	
Total starchy.....	0		0		0	
Total red / orange.....	4†	(1.2)	0		2†	(1.7)
Tomatoes.....	5†	(1.6)	0		2†	(2.3)
Other red / orange.....	1†	(0.5)	0		0	
Dark green.....	11	(2.0)	6†	(4.5)	0	
Other.....	1†	(0.7)	0		0	
Legume.....	0		0		0	
<b>Protein foods (oz eq):</b>						
Total.....	1	(0.3)	#		1†	(0.4)
Total meat, poultry, seafood.....	0		0		0	
Eggs.....	#		0		0	
Peanuts, nuts, seeds.....	4	(0.6)	#		2†	(0.8)
Soy products except soy milk..	36	(9.9)	0		33†	(21.6)
<b>Dairy (cup eq):</b>						
Total.....	24	(2.0)	29	(6.1)	24†	(4.7)
Fluid milk.....	56	(2.5)	61	(5.7)	52†	(4.5)
Cheese.....	0		0		0	
Yogurt.....	9†	(2.9)	14†	(6.5)	31†	(16.1)

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.

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 6/6/23

**Table 7. Percentage of infants and children consuming beverage types at least once on the day, day 1, 2009-2018**

	6-11 months old		12-23 months old	
	(N = 902)		(N = 1148)	
	%	se	%	se
Human milk.....	29	(2.1)	9	(1.3)
Infant formula.....	77	(2.2)	9	(1.3)
Whole milk.....	4	(0.8)	63	(2.0)
Reduced/low/nonfat milk.....	3	(0.8)	22	(1.1)
Flavored milk.....	1†	(0.2)	6	(0.8)
Milk substitutes.....	1†	(0.3)	6	(0.7)
100% juice.....	28	(2.1)	50	(1.7)
Sweetened beverages.....	6	(0.7)	27	(1.6)
Other beverages.....	2	(0.7)	10	(1.1)
Plain water.....	59	(1.9)	78	(1.3)

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 = 229 (6-11 mo), 101 (12-23 mo)).

SOURCE: WWEIA 2009-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table8. Contribution to daily totals (excluding contributions from human milk or infant formula) from beverage types, children 6-23 months old, day 1, 2009-2018**

	Whole milk		Reduced fat, lowfat or nonfat milk		Flavored milk		Milk substitutes		100% juice		Sweetened beverages		Other beverages		Plain water		All beverage types		
	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se	
Infants 6-11 months old:																			
Energy (kcal).....	3	(0.6)	1†	(0.2)	#		#		3	(0.3)	1†	(0.2)	#		0		8	(1.0)	
Protein (g).....	4	(1.0)	2	(0.6)	#		#		#		#		#		0		8	(1.3)	
Carbohydrate (g).....	1†	(0.3)	1†	(0.2)	#		#		4	(0.4)	1†	(0.3)	#		0		8	(0.9)	
Total sugars (g).....	3	(0.7)	2	(0.4)	#		1†	(0.3)	7	(0.8)	2	(0.5)	#		0		16	(1.9)	
Added sugars (tsp).....	0		0		2†	(0.7)	3†	(2.0)	#		13	(2.7)	2†	(1.3)	0		19	(4.2)	
Dietary fiber (g).....	0		0		#		#		1†	(0.1)	#		0		0		1†	(0.2)	
Total fat (g).....	5	(1.2)	1	(0.3)	#		#		#		#		#		0		8	(1.4)	
Saturated fat (g).....	9	(2.0)	3	(0.6)	1†	(0.3)	#		#		#		#		0		13	(2.2)	
Monounsaturated fat (g)....	4	(0.9)	1†	(0.2)	#		#		#		#		#		0		6	(1.1)	
Polyunsaturated fat (g)....	1	(0.3)	#		#		#		#		#		#		0		2	(0.4)	
Cholesterol (mg).....	4	(1.0)	2†	(0.4)	#		0		0		0		0		0		6	(1.2)	
Vitamin D (mcg).....	14	(3.1)	7	(1.6)	1†	(0.5)	2†	(1.1)	1†	(0.3)	0		0		0		24	(4.1)	
Calcium (mg).....	7	(1.6)	4	(0.9)	1†	(0.2)	2†	(1.1)	2	(0.4)	#		#		1†	(0.1)	16	(2.5)	
Potassium (mg).....	3	(0.8)	2	(0.5)	#		#		4	(0.4)	1†	(0.2)	#		0		10	(1.3)	
Children 12-23 months old:																			
Energy (kcal).....	17	(0.5)	4	(0.3)	1†	(0.2)	1†	(0.2)	5	(0.3)	3	(0.3)	#		0		30	(0.6)	
Protein (g).....	22	(0.7)	7	(0.5)	1†	(0.2)	1†	(0.2)	1†	(#)	#		#		0		32	(0.7)	
Carbohydrate (g).....	10	(0.4)	3	(0.2)	1†	(0.2)	1†	(0.2)	9	(0.4)	5	(0.5)	1†	(0.1)	0		29	(0.7)	
Total sugars (g).....	20	(0.8)	6	(0.5)	2	(0.3)	1	(0.3)	14	(0.7)	8	(0.8)	1†	(0.2)	0		52	(1.1)	
Added sugars (tsp).....	#		0		3	(0.5)	3	(0.7)	0		24	(2.0)	3	(0.7)	0		33	(2.2)	
Dietary fiber (g).....	#		0		#		1†	(0.1)	3	(0.2)	1†	(0.1)	#		0		5	(0.3)	
Total fat (g).....	24	(0.7)	4	(0.3)	1†	(0.2)	1†	(0.2)	#		#		#		0		29	(0.6)	
Saturated fat (g).....	34	(0.8)	6	(0.5)	1	(0.2)	#		#		#		#		0		42	(0.7)	
Monounsaturated fat (g)....	18	(0.6)	3	(0.2)	1†	(0.1)	1†	(0.2)	#		#		#		0		23	(0.6)	
Polyunsaturated fat (g)....	7	(0.2)	1†	(0.1)	#		2	(0.5)	1†	(#)	#		#		0		11	(0.5)	
Cholesterol (mg).....	20	(0.8)	4	(0.4)	1†	(0.1)	0		0		#		#		0		26	(1.0)	
Vitamin D (mcg).....	55	(1.5)	16	(1.1)	2	(0.4)	3	(0.7)	1†	(0.1)	#		#		0		77	(0.8)	
Calcium (mg).....	38	(1.2)	12	(0.9)	2	(0.3)	3	(0.7)	3	(0.3)	1†	(0.1)	#		1	(0.1)	60	(0.9)	
Potassium (mg).....	24	(0.9)	8	(0.6)	1†	(0.2)	1	(0.3)	8	(0.4)	2	(0.3)	#		0		45	(1.0)	

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 < 0.5%  
 Sample based on age at Mobile Examination Center, includes breast-fed children (n = 229 (6-11 mo), 101 (12-23 mo)).

SOURCE: WWEIA 2009-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table 9. Distribution of daily dietary component intake (excluding that of human milk or infant formula) by beverage types, children 6-23 months old, day 1, 2009-2018**

	Whole milk		Reduced fat, lowfat or nonfat milk		Flavored milk		Milk substitutes		100% juice		Sweetened beverages		Other beverages		Plain water	
	%	se	%	se	%	se	%	se	%	se	%	se	%	se	%	se
Infants 6-11 months old:																
Energy (kcal).....	34	(5.2)	14	(2.7)	4†	(1.7)	3†	(1.8)	33	(3.8)	10	(2.1)	1†	(0.9)	0	
Protein (g).....	57	(6.4)	32	(6.3)	5†	(1.9)	2†	(0.9)	5†	(1.1)	#		#		0	
Carbohydrate (g).....	16	(3.3)	9	(1.8)	4†	(1.6)	3†	(1.9)	50	(4.0)	16	(2.8)	2†	(1.4)	0	
Total sugars (g).....	19	(3.6)	10	(1.9)	3†	(1.4)	3†	(2.0)	47	(4.1)	16	(2.8)	2†	(1.5)	0	
Added sugars (tsp).....	0		0		8†	(3.8)	14†	(8.4)	#		67†	(10.0)	10†	(6.6)	0	
Dietary fiber (g).....	0		0		13†	(6.8)	12†	(7.8)	70	(8.3)	6†	(2.0)	0		0	
Total fat (g).....	69	(4.7)	18	(4.2)	5†	(2.4)	4†	(2.0)	3†	(0.6)	#		#		0	
Saturated fat (g).....	72	(4.7)	20	(4.6)	6†	(2.7)	1†	(1.2)	1†	(0.2)	#		#		0	
Monounsaturated fat (g)....	68	(5.0)	18	(4.4)	6†	(2.5)	7†	(4.1)	1†	(0.2)	#		#		0	
Polyunsaturated fat (g)....	57	(5.5)	10	(2.4)	4†	(1.7)	13†	(5.6)	14	(2.7)	1†	(0.5)	#		0	
Cholesterol (mg).....	68	(5.2)	26	(5.7)	6†	(2.9)	0		0		0		0		0	
Vitamin D (mcg).....	59	(6.2)	28	(5.7)	3†	(1.8)	8†	(3.8)	2†	(1.6)	0		0		0	
Calcium (mg).....	41	(5.6)	23	(4.5)	3†	(1.5)	11†	(5.8)	12	(3.5)	1†	(0.4)	#		8	(1.5)
Potassium (mg).....	33	(5.4)	18	(3.4)	3†	(1.4)	2†	(1.2)	35	(3.7)	8	(2.0)	1†	(0.4)	0	
Children 12-23 months old:																
Energy (kcal).....	55	(1.6)	13	(1.0)	3	(0.5)	3	(0.6)	16	(0.9)	9	(0.8)	1†	(0.2)	0	
Protein (g).....	69	(1.9)	22	(1.5)	3	(0.5)	3	(0.7)	2	(0.1)	1†	(0.1)	#		0	
Carbohydrate (g).....	34	(1.3)	11	(0.8)	3	(0.5)	3	(0.6)	30	(1.6)	17	(1.5)	2	(0.4)	0	
Total sugars (g).....	38	(1.4)	12	(0.9)	3	(0.5)	2	(0.5)	27	(1.5)	16	(1.5)	2	(0.4)	0	
Added sugars (tsp).....	#		0		9	(1.5)	10	(2.4)	0		73	(2.5)	9	(1.8)	0	
Dietary fiber (g).....	#		0		10	(2.4)	14	(2.8)	64	(2.9)	13	(1.5)	#		0	
Total fat (g).....	80	(1.4)	13	(1.0)	3	(0.5)	2	(0.5)	1	(0.1)	1†	(0.1)	#		0	
Saturated fat (g).....	82	(1.3)	14	(1.1)	3	(0.5)	1†	(0.1)	#		#		#		0	
Monounsaturated fat (g)....	79	(1.5)	14	(1.1)	3	(0.5)	3	(0.7)	#		1†	(0.2)	#		0	
Polyunsaturated fat (g)....	66	(3.4)	7	(0.5)	2	(0.4)	18	(3.5)	5	(0.3)	3	(0.7)	#		0	
Cholesterol (mg).....	80	(1.4)	17	(1.3)	3	(0.5)	0		0		#		#		0	
Vitamin D (mcg).....	72	(1.9)	20	(1.4)	2	(0.5)	4	(0.9)	1†	(0.2)	#		#		0	
Calcium (mg).....	63	(1.9)	20	(1.4)	3	(0.4)	6	(1.1)	4	(0.5)	1	(0.2)	#		2	(0.1)
Potassium (mg).....	54	(1.8)	18	(1.2)	2	(0.4)	3	(0.6)	17	(0.9)	5	(0.6)	1†	(0.1)	0	

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 < 0.5%.  
Sample based on age at Mobile Examination Center, includes breast-fed children (n = 229 (6-11 mo), 101 (12-23 mo)).

SOURCE: WWEIA 2009-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23

**Table 10. Mean daily contribution from beverage types, children 6-23 months old, day 1, 2009-2018**

	Infant milk type			Other beverage types								Total		
	Human milk	Infant formula	Total	Whole milk	Other plain milk	Flavored milk	Milk subs	100% juice	Sweetened bevs	Other bevs	Plain water	Total	All beverages	All beverages + all foods
Infants 6-11 months old:														
Energy (kcal).....	103	375	479	9	4	1†	1†	8	3	#	0†	25	504	806
Protein (g).....	1.5	8.4	10.0	0.4	0.2	#	#	#	#	#	0.0†	0.8	10.7	20.2
Carbohydrate (g).....	10	40	51	1	#	#	#	2	1	#	0†	4	55	104
Total sugars (g).....	10	39	49	1	#	#	#	2	1	#	0†	4	53	73
Added sugars (tsp).....	0.0	#	#	0.0†	0.0†	#	#	#	0.1	#	0.0†	0.2	0.2	1.0
Dietary fiber (g).....	0.0	#	#	0.0†	0.0†	#	#	#	#	0.0†	0.0†	0.1	0.1	4.6
Total fat (g).....	6.5	20.1	26.5	0.5	0.1	#	#	#	#	#	0.0†	0.7	27.2	35.1
Saturated fat (g).....	3.0	8.5	11.5	0.3	0.1	#	#	#	#	#	0.0†	0.4	11.9	14.4
Monounsaturated fat (g)....	2.5	6.6	9.0	0.1	#	#	#	#	#	#	0.0†	0.2	9.2	11.9
Polyunsaturated fat (g)....	0.7	4.2	4.9	#	#	#	#	#	#	#	0.0†	#	4.9	6.7
Cholesterol (mg).....	20	8	28	1	1	#	0†	0†	0†	0†	0†	2	30	60
Vitamin D (mcg).....	0.2	5.7	5.9	0.2	0.1	#	#	#	0.0†	0.0†	0.0†	0.3	6.2	7.1
Calcium (mg).....	48	335	382	16	9	1†	4†	5	1	#	3	39	421	623
Potassium (mg).....	76	408	484	19	11	2†	1†	21	5	#	0†	59	543	1057
Children 12-23 months old:														
Energy (kcal).....	18	30	48	193	47	11	9	54	31	3	0	348	396	1211
Protein (g).....	0.3	0.8	1.0	10.1	3.2	0.4	0.5	0.3	0.1	#	0.0	14.5	15.6	46.2
Carbohydrate (g).....	2	3	5	15	5	2	1	13	7	1	0	44	49	156
Total sugars (g).....	2	3	5	16	5	1	1	11	7	1	0	42	46	85
Added sugars (tsp).....	0.0	#	#	#	0.0†	0.2	0.2	0.0	1.4	0.2	0.0	2.0	2.0	6.0
Dietary fiber (g).....	0.0	#	#	#	0.0†	#	0.1	0.3	0.1	#	0.0	0.4	0.4	8.8
Total fat (g).....	1.1	1.6	2.7	10.3	1.7	0.4	0.3	0.1	0.1	#	0.0†	12.9	15.6	46.5
Saturated fat (g).....	0.5	0.7	1.2	5.9	1.0	0.2	#	#	#	#	0.0†	7.3	8.5	18.7
Monounsaturated fat (g)....	0.4	0.5	0.9	2.5	0.4	0.1	0.1	#	#	#	0.0†	3.2	4.1	14.8
Polyunsaturated fat (g)....	0.1	0.3	0.4	0.6	0.1	#	0.2	#	#	#	0.0	0.9	1.3	8.5
Cholesterol (mg).....	4	1	4	33	7	1	0	0	#	#	0†	41	45	163
Vitamin D (mcg).....	#	0.4	0.5	4.0	1.1	0.1	0.2	0.1	#	#	0.0†	5.6	6.1	7.8
Calcium (mg).....	8	34	42	366	118	15	32	25	7	1†	13	578	620	1008
Potassium (mg).....	13	36	50	430	141	18	24	134	41	4	0	792	842	1825

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 = 229 (6-11 mo), 101 (12-23 mo)).

SOURCE: WWEIA 2009-2018

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/6/23



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