

Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002

Sex and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Monoun- saturated fat (g)	Polyun- saturated fat (g)	Chole- sterol (mg)
Males:											
2 - 5.....	423	1733	59.6	241	135	10.8	61.5	23.0	23.0	10.5	191
6 - 11.....	568	2108	72.0	289	153	12.9	76.7	27.4	29.5	13.8	230
12 - 19.....	1139	2684	93.2	361	195	15.5	96.2	33.6	37.1	17.8	316
20 - 29.....	383	2901	103.4	364	184	16.9	100.1	33.7	37.9	19.3	342
30 - 39.....	354	2872	108.6	351	172	18.1	107.5	35.4	40.2	21.0	388
40 - 49.....	429	2748	102.5	319	150	19.0	105.4	33.9	39.1	20.7	360
50 - 59.....	339	2426	89.1	292	146	17.3	93.6	29.6	34.0	18.9	340
60 - 69.....	316	2211	87.8	261	117	17.7	87.2	26.7	31.8	18.5	312
70 and over.....	429	1889	74.0	233	105	16.7	72.7	23.0	26.0	14.9	270
20 and over.....	2250	2621	97.7	316	154	17.8	98.1	31.8	36.4	19.5	346
Females:											
2 - 5.....	433	1560	53.3	216	117	10.3	56.2	20.7	21.0	9.9	180
6 - 11.....	568	1856	61.7	254	133	11.6	68.5	24.0	26.4	12.9	207
12 - 19.....	1158	1981	65.3	273	146	12.1	71.8	24.9	27.5	13.9	216
20 - 29.....	533	2055	72.0	272	135	13.7	73.5	24.6	28.0	14.6	243
30 - 39.....	462	2014	72.0	259	133	13.8	75.3	24.5	27.7	15.4	254
40 - 49.....	417	1874	68.7	233	114	14.5	72.8	22.9	26.5	15.1	244
50 - 59.....	303	1751	68.0	219	104	15.0	67.7	21.1	24.0	14.5	225
60 - 69.....	345	1640	62.5	208	91	15.4	63.3	19.4	22.5	13.9	215
70 and over.....	434	1437	54.5	189	89	13.7	53.9	16.3	18.9	12.3	185
20 and over.....	2494	1845	67.6	236	115	14.3	69.4	22.1	25.3	14.5	233
Males and females:											
2 and over.....	9033	2178	78.9	277	139	15.1	81.0	26.7	30.1	16.1	273

NOTES: # indicates an estimate with a relative standard error greater than 30%.
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¹ SFA = saturated fatty acid.
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³ PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha- carotene (mcg)	Beta- carotene (mcg)	Beta-crypto- xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Males:								
2 - 5.....	4.4	456	544	202	872	156	4436	676
6 - 11.....	5.5	527	644	248	1209	102	6154	818
12 - 19.....	7.4	544	656	215	1142	170	7774	950
20 - 29.....	7.9	507	646	294	1418	161	9983	1014
30 - 39.....	8.5	503	698	449	2000	213	9397	1363
40 - 49.....	8.5	425	628	439	2145	126	7433	1489
50 - 59.....	7.6	474	683	459	2198	140	6822	1739
60 - 69.....	8.3	485	663	350	1863	178	5863	1632
70 and over.....	6.8	456	654	312	2131	156	5091	1834
20 and over.....	8.0	473	661	397	1956	160	7872	1458
Females:								
2 - 5.....	4.3	435	546	321	1110	113	3741	631
6 - 11.....	5.2	408	525	238	1209	126	5340	649
12 - 19.....	5.7	410	526	280	1188	116	5635	803
20 - 29.....	6.1	356	495	274	1464	105	5938	1238
30 - 39.....	6.6	402	585	437	1896	144	5129	1391
40 - 49.....	6.3	346	567	492	2317	150	4629	1620
50 - 59.....	6.5	388	595	342	2239	127	5560	1611
60 - 69.....	6.2	387	611	391	2393	153	5601	1796
70 and over.....	5.6	386	606	398	2348	155	4025	1925
20 and over.....	6.3	375	570	391	2056	137	5176	1548
Males and females:								
2 and over.....	6.7	434	605	355	1779	144	6299	1313

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Males:										
2 - 5.....	1.36	2.12	16.2	1.47	215	141	505	4.90	95.6	34.4
6 - 11.....	1.64	2.34	20.7	1.69	260	152	593	5.53	78.2	48.7
12 - 19.....	1.97	2.63	26.5	2.18	279	194	668	6.68	100.7	58.6
20 - 29.....	2.00	2.59	29.8	2.39	256	245	680	7.13	119.2	61.4
30 - 39.....	2.00	2.68	30.1	2.37	253	258	688	7.08	111.7	80.8
40 - 49.....	1.97	2.65	28.2	2.33	222	262	640	6.37	93.9	96.8
50 - 59.....	1.71	2.47	24.4	2.08	179	251	555	6.51	100.8	105.1
60 - 69.....	1.72	2.37	24.3	1.99	197	243	579	6.72	96.4	91.7
70 and over.....	1.58	2.21	21.1	1.95	196	214	547	5.52	91.6	106.7
20 and over.....	1.88	2.55	27.2	2.24	223	250	629	6.64	103.7	88.5
Females:										
2 - 5.....	1.23	1.91	14.8	1.34	194	126	455	4.41	80.0	33.6
6 - 11.....	1.40	1.90	17.6	1.39	204	136	483	4.17	80.4	37.7
12 - 19.....	1.42	1.87	18.9	1.52	214	146	509	4.33	80.8	50.3
20 - 29.....	1.49	1.84	20.7	1.58	211	174	532	4.22	83.0	69.9
30 - 39.....	1.47	1.97	19.9	1.59	181	201	508	4.76	84.7	86.7
40 - 49.....	1.34	1.87	18.3	1.53	150	197	452	4.53	83.0	93.1
50 - 59.....	1.33	1.92	18.6	1.58	158	204	472	4.30	89.7	106.2
60 - 69.....	1.33	1.82	18.2	1.54	167	209	493	4.41	95.5	103.2
70 and over.....	1.27	1.72	16.1	1.46	159	181	452	4.12	82.9	106.2
20 and over.....	1.39	1.87	18.9	1.55	173	194	487	4.42	85.7	91.7
Males and females:										
2 and over.....	1.60	2.19	22.1	1.82	206	203	554	5.39	92.2	78.5

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (mcg)
Males:									
2 - 5.....	1019	1162	209	12.9	9.7	0.9	2511	2198	75.0
6 - 11.....	1053	1311	230	15.6	11.7	1.1	3272	2302	91.7
12 - 19.....	1169	1590	289	19.0	15.1	1.4	3992	2818	118.2
20 - 29.....	1088	1659	329	19.3	15.0	1.7	4144	3077	131.9
30 - 39.....	1085	1717	339	19.5	15.7	1.7	4449	3277	139.7
40 - 49.....	983	1633	341	18.1	15.3	1.6	4225	3276	135.5
50 - 59.....	902	1453	311	16.4	12.9	1.4	3704	3163	112.8
60 - 69.....	857	1384	305	17.3	13.2	1.5	3567	3016	119.2
70 and over.....	798	1234	276	15.3	12.3	1.2	3039	2798	101.1
20 and over.....	982	1565	324	18.0	14.4	1.6	3997	3151	127.1
Females:									
2 - 5.....	892	1045	188	11.6	8.6	0.8	2293	1982	68.4
6 - 11.....	857	1106	204	12.9	9.3	1.0	2843	2032	81.6
12 - 19.....	838	1131	212	13.8	9.9	1.0	2831	2076	85.0
20 - 29.....	800	1176	236	14.3	10.5	1.2	3129	2187	100.3
30 - 39.....	809	1223	248	13.5	10.3	1.1	3165	2422	95.5
40 - 49.....	728	1148	251	12.8	10.0	1.2	2889	2462	90.8
50 - 59.....	751	1119	253	13.2	9.8	1.1	2727	2517	89.4
60 - 69.....	655	1024	239	13.3	9.5	1.1	2656	2415	84.4
70 and over.....	654	933	213	12.4	8.2	0.9	2380	2217	74.3
20 and over.....	746	1126	242	13.3	9.9	1.1	2886	2373	90.9
Males and females:									
2 and over.....	891	1315	267	15.4	11.8	1.3	3329	2621	103.5

†Sodium estimate adjusted for salt used in food preparation. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

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Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	SFA ¹ 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Males:								
2 - 5.....	0.61	0.38	0.31	0.49	0.63	2.30	12.01	5.57
6 - 11.....	0.65	0.36	0.28	0.49	0.71	2.47	14.64	7.02
12 - 19.....	0.77	0.41	0.31	0.57	0.82	2.93	18.05	8.71
20 - 29.....	0.72	0.38	0.30	0.53	0.82	2.93	18.34	8.71
30 - 39.....	0.74	0.38	0.29	0.54	0.88	2.97	19.32	9.24
40 - 49.....	0.68	0.37	0.30	0.54	0.89	2.83	18.54	8.79
50 - 59.....	0.61	0.33	0.26	0.48	0.81	2.49	16.17	7.59
60 - 69.....	0.50	0.28	0.23	0.41	0.72	2.11	14.65	7.01
70 and over.....	0.49	0.29	0.25	0.42	0.64	1.92	12.48	5.90
20 and over.....	0.65	0.35	0.28	0.51	0.82	2.67	17.34	8.23
Females:								
2 - 5.....	0.55	0.34	0.27	0.43	0.62	2.02	10.84	5.07
6 - 11.....	0.57	0.31	0.24	0.43	0.64	2.11	12.84	6.15
12 - 19.....	0.60	0.32	0.24	0.44	0.69	2.23	13.25	6.35
20 - 29.....	0.53	0.28	0.22	0.40	0.64	2.07	13.23	6.46
30 - 39.....	0.54	0.28	0.23	0.42	0.75	2.11	13.20	6.26
40 - 49.....	0.48	0.26	0.22	0.39	0.74	1.96	12.34	5.84
50 - 59.....	0.45	0.24	0.20	0.36	0.64	1.80	11.46	5.33
60 - 69.....	0.38	0.21	0.18	0.32	0.63	1.58	10.60	4.92
70 and over.....	0.35	0.20	0.16	0.29	0.49	1.34	8.85	4.14
20 and over.....	0.47	0.25	0.21	0.37	0.66	1.88	11.97	5.68
Males and females:								
2 and over.....	0.58	0.31	0.25	0.45	0.73	2.29	14.43	6.86

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Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Males:											
2 - 5.....	0.90	21.60	0.13	0.03	9.26	0.97	*	0.06	0.02	0.01	0.04
6 - 11.....	1.19	27.61	0.16	0.03	12.11	1.21	#*	0.09	0.01	0.01	0.03
12 - 19.....	1.57	34.60	0.23	0.04	15.65	1.55	*	0.14	0.02	0.01	0.04
20 - 29.....	1.73	35.29	0.25	0.05	16.94	1.73	*	0.16	0.04	0.02	0.07
30 - 39.....	1.82	37.46	0.25	0.04	18.43	1.89	*	0.18	0.05	0.02	0.09
40 - 49.....	1.74	36.51	0.29	0.07	18.26	1.82	0.01	0.17	0.05	0.02	0.10
50 - 59.....	1.53	31.65	0.28	#0.08	16.60	1.73	0.01	0.16	0.06	0.03	0.12
60 - 69.....	1.32	29.71	0.23	0.05	16.29	1.66	#0.01	0.14	0.06	0.02	0.11
70 and over.....	1.08	24.32	0.18	0.04	13.16	1.34	#0.01	0.12	0.04	0.02	0.06
20 and over.....	1.62	33.90	0.26	0.06	17.11	1.74	0.01	0.16	0.05	0.02	0.09
Females:											
2 - 5.....	0.81	19.79	0.12	0.02	8.75	0.87	#*	0.07	#0.02	0.01	0.03
6 - 11.....	1.02	24.86	0.16	0.02	11.42	1.05	#*	0.08	0.02	0.01	0.03
12 - 19.....	1.09	25.73	0.15	0.02	12.19	1.21	*	0.09	0.02	0.01	0.03
20 - 29.....	1.18	26.21	0.17	0.02	12.85	1.24	*	0.12	0.03	0.01	0.06
30 - 39.....	1.16	25.89	0.19	0.04	13.50	1.38	#0.01	0.11	0.04	0.02	0.08
40 - 49.....	1.10	24.56	#0.26	#0.15	13.38	1.34	*	0.11	#0.06	0.02	0.08
50 - 59.....	1.01	22.45	0.18	0.03	12.85	1.35	#*	0.10	0.03	0.02	0.07
60 - 69.....	0.91	21.08	0.16	#0.03	12.29	1.25	#0.01	0.10	#0.03	0.01	0.06
70 and over.....	0.75	17.71	0.15	0.04	10.88	1.17	#0.01	0.08	0.05	0.01	0.07
20 and over.....	1.05	23.67	0.19	#0.06	12.81	1.30	*	0.11	0.04	0.02	0.07
Males and females:											
2 and over.....	1.28	28.12	0.21	0.05	14.15	1.43	*	0.12	0.04	0.02	0.07

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Table 1. Nutrient Intakes: Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	15.2	59.5	#*
6 - 11.....	26.1	68.0	#*
12 - 19.....	74.3	71.3	4.4
20 - 29.....	151.9	44.5	23.3
30 - 39.....	215.0	51.1	15.2
40 - 49.....	240.1	48.6	23.2
50 - 59.....	243.0	49.0	15.8
60 - 69.....	203.8	40.9	11.3
70 and over.....	160.1	31.5	7.9
20 and over.....	207.7	46.1	17.8
Females:			
2 - 5.....	12.3	50.5	#*
6 - 11.....	23.0	66.9	#*
12 - 19.....	49.1	50.6	1.0
20 - 29.....	91.4	52.6	#6.4
30 - 39.....	168.9	45.8	6.6
40 - 49.....	190.0	43.3	7.5
50 - 59.....	190.6	42.8	5.2
60 - 69.....	153.0	24.9	#4.3
70 and over.....	118.5	29.2	2.5
20 and over.....	153.4	42.0	5.8
Males and females:			
2 and over.....	142.1	48.8	8.8

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Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002

Sex and age (years)	N	Food energy (kcal)	Protein (g)	Carbo- hydrate (g)	Total sugars (g)	Dietary fiber (g)	Total fat (g)	Saturated fat (g)	Monoun- saturated fat (g)	Polyun- saturated fat (g)	Chole- sterol (mg)
Males:											
2 - 5.....	423	35.6	1.02	5.4	3.3	0.34	1.54	0.69	0.60	0.35	5.9
6 - 11.....	568	54.1	1.77	8.0	4.8	0.36	2.37	0.77	0.94	0.62	9.8
12 - 19.....	1139	36.0	2.17	4.6	4.9	0.57	2.48	0.98	0.92	0.51	12.7
20 - 29.....	383	83.8	3.99	10.5	7.7	0.71	4.49	1.58	1.72	0.90	18.8
30 - 39.....	354	52.8	2.76	9.2	7.2	0.50	2.91	1.12	1.18	0.62	13.6
40 - 49.....	429	54.3	2.45	7.9	5.4	0.70	2.77	1.18	1.15	0.56	13.8
50 - 59.....	339	60.5	2.18	9.2	8.4	1.04	3.49	1.23	1.32	0.83	30.4
60 - 69.....	316	98.5	3.55	12.2	7.4	0.83	5.10	1.47	1.96	1.21	21.7
70 and over.....	429	30.3	1.35	4.6	3.5	0.53	2.13	0.73	0.84	0.58	11.5
20 and over.....	2250	35.2	1.33	5.4	3.7	0.44	1.42	0.55	0.56	0.33	8.0
Females:											
2 - 5.....	433	27.2	1.22	5.1	3.6	0.36	1.00	0.31	0.44	0.29	6.7
6 - 11.....	568	42.7	0.98	5.9	4.5	0.35	2.11	0.69	0.83	0.63	10.5
12 - 19.....	1158	30.7	1.29	5.5	4.3	0.29	1.23	0.44	0.50	0.35	7.9
20 - 29.....	533	51.9	1.74	5.3	2.9	0.39	2.34	0.84	1.06	0.37	8.9
30 - 39.....	462	48.7	2.24	6.0	4.6	0.43	2.49	0.97	1.00	0.62	13.3
40 - 49.....	417	38.6	2.02	5.6	5.0	0.43	2.29	0.74	0.90	0.66	11.3
50 - 59.....	303	32.5	1.91	4.5	2.8	0.62	1.74	0.66	0.63	0.50	9.3
60 - 69.....	345	45.2	1.63	7.1	4.3	0.71	1.92	0.74	0.75	0.48	15.6
70 and over.....	434	29.2	1.33	4.9	2.8	0.63	0.96	0.41	0.39	0.32	5.4
20 and over.....	2494	18.0	1.08	2.4	1.6	0.22	0.75	0.27	0.31	0.25	3.7
Males and females:											
2 and over.....	9033	16.1	0.76	2.1	1.4	0.28	0.54	0.25	0.22	0.13	2.7

NOTES: * indicates a non-zero value too small to print.
¹SFA = saturated fatty acid.
²MFA = monounsaturated fatty acid.
³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Vitamin E (alpha-toc) (mg)	Retinol (mcg)	Vitamin A (mcg RAE)	Alpha- carotene (mcg)	Beta- carotene (mcg)	Beta-crypto- xanthin (mcg)	Lycopene (mcg)	Lutein + zeaxanthin (mcg)
Males:								
2 - 5.....	0.15	19.4	21.4	39.4	109.2	14.0	471.4	51.9
6 - 11.....	0.21	19.4	26.7	37.9	138.9	9.6	674.8	68.5
12 - 19.....	0.26	24.1	30.0	37.1	142.3	15.3	661.4	137.5
20 - 29.....	0.39	63.5	68.9	34.5	152.3	31.7	2077.9	122.3
30 - 39.....	0.25	53.8	59.0	93.6	230.0	37.4	962.7	67.0
40 - 49.....	0.33	25.5	34.3	72.6	266.4	9.2	769.4	157.6
50 - 59.....	0.32	33.4	46.2	116.9	288.3	12.4	700.1	270.9
60 - 69.....	0.66	23.2	21.7	48.2	147.1	24.6	570.8	125.2
70 and over.....	0.29	21.2	26.6	22.4	211.4	11.9	525.9	211.2
20 and over.....	0.18	22.2	28.2	32.2	115.6	11.1	510.1	90.5
Females:								
2 - 5.....	0.18	24.5	20.9	66.7	175.3	11.7	500.5	68.3
6 - 11.....	0.26	17.8	25.6	43.6	247.4	16.9	451.3	51.7
12 - 19.....	0.15	18.3	18.2	64.1	121.1	8.1	325.0	51.4
20 - 29.....	0.13	16.6	21.9	22.1	157.0	15.2	511.3	253.4
30 - 39.....	0.29	42.0	48.9	86.5	226.7	21.4	496.4	152.4
40 - 49.....	0.30	26.1	42.1	75.1	314.9	18.7	722.7	170.3
50 - 59.....	0.42	20.5	38.7	60.6	268.4	14.8	925.9	168.3
60 - 69.....	0.27	26.1	32.5	49.7	197.2	14.4	846.9	128.6
70 and over.....	0.32	21.0	30.5	51.4	233.5	11.1	375.3	314.8
20 and over.....	0.16	13.8	16.2	19.9	96.7	8.0	246.1	116.1
Males and females:								
2 and over.....	0.12	11.3	16.4	21.6	84.4	6.2	230.9	73.1

NOTES: * indicates a non-zero value too small to print.
¹SFA = saturated fatty acid.
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³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Thiamin (mg)	Ribo- flavin (mg)	Niacin (mg)	Vit. B6 (mg)	Folic acid (mcg)	Food folate (mcg)	Folate (mcg DFE)	Vit. B12 (mcg)	Vit. C (mg)	Vit. K (mcg)
Males:										
2 - 5.....	0.034	0.059	0.44	0.037	13.5	4.1	25.0	0.128	5.57	2.14
6 - 11.....	0.058	0.069	0.68	0.056	17.4	4.7	32.7	0.185	3.86	3.66
12 - 19.....	0.047	0.073	0.56	0.072	8.1	7.1	18.6	0.225	4.78	6.26
20 - 29.....	0.099	0.134	1.24	0.120	13.0	13.6	27.3	0.655	13.57	4.24
30 - 39.....	0.081	0.080	1.19	0.086	17.1	9.7	34.7	0.324	11.04	3.78
40 - 49.....	0.059	0.078	0.73	0.091	12.9	6.6	23.6	0.243	7.06	7.94
50 - 59.....	0.056	0.088	0.59	0.076	12.7	9.3	26.1	0.314	6.74	12.48
60 - 69.....	0.090	0.111	0.84	0.060	14.7	10.1	28.6	0.548	6.95	7.69
70 and over.....	0.046	0.039	0.60	0.077	11.5	7.7	21.2	0.311	4.71	11.28
20 and over.....	0.046	0.061	0.53	0.056	7.9	5.2	17.3	0.232	4.98	4.41
Females:										
2 - 5.....	0.024	0.045	0.45	0.048	8.6	4.8	16.5	0.176	4.37	3.16
6 - 11.....	0.023	0.041	0.34	0.038	6.5	5.4	13.7	0.108	5.96	2.65
12 - 19.....	0.023	0.053	0.46	0.044	10.2	4.3	20.4	0.154	4.16	1.94
20 - 29.....	0.038	0.048	0.78	0.066	7.0	5.7	15.0	0.178	4.28	9.81
30 - 39.....	0.058	0.076	0.67	0.056	10.9	7.5	23.3	0.401	5.88	7.52
40 - 49.....	0.033	0.056	0.57	0.045	4.6	6.2	11.5	0.474	6.67	9.67
50 - 59.....	0.051	0.060	0.70	0.060	12.3	8.7	25.0	0.323	6.11	10.82
60 - 69.....	0.044	0.049	0.54	0.056	10.6	10.6	22.7	0.371	6.30	7.25
70 and over.....	0.036	0.053	0.69	0.062	9.1	6.4	20.4	0.274	4.26	13.55
20 and over.....	0.028	0.039	0.40	0.036	4.2	4.4	10.6	0.180	2.63	5.38
Males and females:										
2 and over.....	0.028	0.038	0.35	0.037	4.6	4.0	10.9	0.126	2.76	3.41

NOTES: * indicates a non-zero value too small to print.
¹SFA = saturated fatty acid.
²MFA = monounsaturated fatty acid.
³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Sodium [†] (mg)	Potassium (mg)	Selenium (mcg)
Males:									
2 - 5.....	40.6	28.4	4.1	0.46	0.24	0.02	74.7	46.5	1.45
6 - 11.....	31.7	36.6	5.9	0.41	0.31	0.03	127.2	71.7	3.29
12 - 19.....	39.8	36.1	7.1	0.41	0.45	0.03	91.9	80.9	2.57
20 - 29.....	60.8	65.4	13.8	0.73	0.67	0.11	129.3	156.7	5.07
30 - 39.....	39.7	39.9	8.7	0.75	0.47	0.08	95.0	69.2	3.16
40 - 49.....	36.1	41.4	6.4	0.64	0.49	0.04	141.5	74.6	4.56
50 - 59.....	45.6	44.8	12.6	0.69	0.44	0.06	93.0	110.9	3.73
60 - 69.....	48.8	54.6	12.9	0.86	0.69	0.05	167.1	113.1	5.01
70 and over.....	23.0	23.3	6.3	0.36	0.63	0.03	102.4	58.1	3.12
20 and over.....	24.4	24.7	6.3	0.44	0.24	0.04	52.1	58.9	2.70
Females:									
2 - 5.....	33.5	21.6	4.7	0.34	0.25	0.03	35.4	57.8	1.78
6 - 11.....	26.5	23.1	4.7	0.22	0.21	0.02	54.2	57.7	2.27
12 - 19.....	27.4	24.8	5.6	0.32	0.27	0.02	46.6	46.3	1.95
20 - 29.....	27.9	24.0	5.2	0.32	0.26	0.03	83.7	49.3	3.71
30 - 39.....	38.2	39.9	8.1	0.45	0.44	0.04	92.1	66.5	3.55
40 - 49.....	34.2	33.6	5.7	0.28	0.25	0.04	91.6	61.3	3.64
50 - 59.....	26.2	27.3	8.4	0.45	0.26	0.05	75.5	73.4	2.98
60 - 69.....	13.0	21.4	8.3	0.51	0.37	0.05	87.9	63.2	2.54
70 and over.....	27.5	23.5	7.4	0.39	0.31	0.03	57.0	67.0	2.56
20 and over.....	19.0	18.2	4.0	0.20	0.16	0.02	41.3	41.2	1.73
Males and females:									
2 and over.....	15.3	15.2	4.2	0.24	0.14	0.02	28.5	40.7	1.39

†Sodium estimate adjusted for salt used in food preparation. Details available at: www.ars.usda.gov/ba/bhnrc/fsrg.

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¹SFA = saturated fatty acid.
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³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	SFA ¹ 4:0 (g)	SFA 6:0 (g)	SFA 8:0 (g)	SFA 10:0 (g)	SFA 12:0 (g)	SFA 14:0 (g)	SFA 16:0 (g)	SFA 18:0 (g)
Males:								
2 - 5.....	0.029	0.020	0.015	0.021	0.032	0.096	0.341	0.173
6 - 11.....	0.027	0.018	0.017	0.023	0.054	0.078	0.413	0.193
12 - 19.....	0.033	0.020	0.019	0.029	0.057	0.112	0.494	0.252
20 - 29.....	0.053	0.027	0.019	0.037	0.055	0.174	0.818	0.416
30 - 39.....	0.046	0.029	0.019	0.031	0.067	0.140	0.570	0.255
40 - 49.....	0.040	0.023	0.019	0.030	0.058	0.133	0.619	0.331
50 - 59.....	0.050	0.025	0.018	0.033	0.070	0.150	0.661	0.270
60 - 69.....	0.041	0.024	0.019	0.030	0.064	0.139	0.808	0.365
70 and over.....	0.029	0.016	0.023	0.025	0.064	0.096	0.398	0.154
20 and over.....	0.022	0.013	0.009	0.016	0.023	0.070	0.282	0.122
Females:								
2 - 5.....	0.019	0.011	0.010	0.012	0.033	0.045	0.182	0.083
6 - 11.....	0.028	0.015	0.011	0.020	0.043	0.084	0.380	0.152
12 - 19.....	0.025	0.015	0.013	0.020	0.039	0.071	0.223	0.094
20 - 29.....	0.030	0.017	0.012	0.020	0.053	0.087	0.435	0.242
30 - 39.....	0.035	0.020	0.016	0.032	0.057	0.120	0.461	0.235
40 - 49.....	0.032	0.017	0.012	0.021	0.058	0.108	0.384	0.161
50 - 59.....	0.030	0.016	0.014	0.023	0.059	0.092	0.340	0.153
60 - 69.....	0.022	0.012	0.014	0.019	0.056	0.082	0.378	0.189
70 and over.....	0.018	0.010	0.010	0.016	0.052	0.057	0.183	0.106
20 and over.....	0.014	0.007	0.005	0.011	0.028	0.041	0.130	0.064
Males and females:								
2 and over.....	0.011	0.006	0.005	0.008	0.014	0.035	0.129	0.058

NOTES: * indicates a non-zero value too small to print.

¹SFA = saturated fatty acid.

²MFA = monounsaturated fatty acid.

³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD), www.ars.usda.gov/ba/bhnrc/fsrg.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	MFA ² 16:1 (g)	MFA 18:1 (g)	MFA 20:1 (g)	MFA 22:1 (g)	PFA ³ 18:2 (g)	PFA 18:3 (g)	PFA 18:4 (g)	PFA 20:4 (g)	PFA 20:5 (g)	PFA 22:5 (g)	PFA 22:6 (g)
Males:											
2 - 5.....	0.038	0.580	0.007	0.003	0.314	0.036	0.001	0.005	0.004	0.002	0.006
6 - 11.....	0.046	0.867	0.008	0.003	0.533	0.053	*	0.004	0.003	0.001	0.007
12 - 19.....	0.047	0.844	0.006	0.004	0.435	0.061	*	0.006	0.002	0.001	0.003
20 - 29.....	0.076	1.615	0.020	0.010	0.805	0.083	0.001	0.006	0.007	0.001	0.012
30 - 39.....	0.050	1.095	0.008	0.004	0.549	0.057	0.001	0.008	0.010	0.002	0.009
40 - 49.....	0.057	1.073	0.009	0.012	0.500	0.059	0.002	0.008	0.009	0.003	0.016
50 - 59.....	0.069	1.214	0.021	0.026	0.699	0.091	0.003	0.012	0.012	0.006	0.021
60 - 69.....	0.059	1.898	0.021	0.010	1.139	0.089	0.003	0.010	0.017	0.005	0.026
70 and over.....	0.029	0.789	0.013	0.005	0.534	0.047	0.002	0.008	0.007	0.003	0.010
20 and over.....	0.025	0.529	0.007	0.006	0.293	0.028	*	0.003	0.004	0.001	0.006
Females:											
2 - 5.....	0.042	0.401	0.006	0.004	0.250	0.024	0.001	0.005	0.005	0.001	0.007
6 - 11.....	0.034	0.775	0.009	0.002	0.570	0.044	0.001	0.004	0.004	0.001	0.005
12 - 19.....	0.023	0.481	0.005	0.002	0.320	0.032	*	0.003	0.002	0.001	0.003
20 - 29.....	0.046	0.997	0.008	0.002	0.321	0.031	0.001	0.006	0.006	0.002	0.008
30 - 39.....	0.054	0.944	0.012	0.007	0.539	0.085	0.002	0.006	0.009	0.003	0.016
40 - 49.....	0.055	0.770	0.085	0.111	0.600	0.070	0.001	0.005	0.019	0.003	0.016
50 - 59.....	0.042	0.590	0.020	0.004	0.433	0.060	0.002	0.007	0.010	0.003	0.014
60 - 69.....	0.043	0.703	0.011	0.010	0.419	0.047	0.003	0.006	0.010	0.002	0.013
70 and over.....	0.031	0.372	0.021	0.010	0.304	0.033	0.002	0.004	0.009	0.002	0.011
20 and over.....	0.021	0.282	0.021	0.025	0.226	0.023	0.001	0.003	0.005	0.001	0.005
Males and females:											
2 and over.....	0.013	0.210	0.009	0.011	0.118	0.014	*	0.001	0.003	0.001	0.004

NOTES: * indicates a non-zero value too small to print.
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³PFA = polyunsaturated fatty acid.

SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

Table 1se. Nutrient Intakes: Standard Error of the Mean Amount Consumed per Individual, One Day, 2001-2002 -- continued

Sex and age (years)	Caffeine (mg)	Theo- bromine (mg)	Alcohol (g)
Males:			
2 - 5.....	3.72	6.89	0.04
6 - 11.....	2.38	5.92	*
12 - 19.....	6.45	9.54	1.25
20 - 29.....	18.15	8.19	4.94
30 - 39.....	18.31	6.18	1.79
40 - 49.....	18.05	5.35	2.91
50 - 59.....	18.23	10.33	2.14
60 - 69.....	29.30	5.07	1.67
70 and over.....	12.79	4.03	0.90
20 and over.....	9.68	2.50	1.48
Females:			
2 - 5.....	2.29	4.94	*
6 - 11.....	2.81	4.79	0.01
12 - 19.....	2.78	4.47	0.28
20 - 29.....	11.24	9.65	1.96
30 - 39.....	12.02	6.00	0.90
40 - 49.....	13.47	5.23	0.76
50 - 59.....	17.00	5.91	0.83
60 - 69.....	14.08	4.75	1.37
70 and over.....	5.44	2.74	0.55
20 and over.....	8.07	3.48	0.60
Males and females:			
2 and over.....	5.96	2.34	0.79

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SOURCE: What We Eat in America, NHANES, 2001-2002, individuals 2 years and over (excluding breast-fed children), MEC sampling weights.

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