Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Percent reporting[4] %	(SE)	Energy %	(SE)	Protein %	(SE)	Carbo-hydrate %	(SE)	Total sugars %	(SE)	Dietary fiber %	(SE)	Total fat %	(SE)	Saturated fat %	(SE)	Mono-unsaturated fat %	(SE)	Poly-unsaturated fat %	(SE)
Under 131% poverty:																				
2 - 19..............	90	(1.3)	32	(1.1)	38	(1.1)	28	(1.1)	20	(1.6)	30	(0.9)	36	(1.3)	37	(1.6)	36	(1.5)	34	(1.4)
20 and over.........	87	(1.7)	33	(1.2)	42	(1.3)	30	(1.0)	22	(1.1)	36	(1.3)	34	(1.4)	35	(1.9)	34	(1.3)	32	(1.1)
2 and over...	88	(1.3)	33	(0.8)	41	(0.9)	29	(0.8)	21	(0.9)	34	(1.0)	35	(1.0)	36	(1.4)	35	(0.9)	33	(0.8)
131-350% poverty:																				
2 - 19..............	92	(0.9)	31	(0.8)	38	(0.9)	28	(0.8)	21	(1.0)	31	(1.1)	32	(1.0)	31	(1.0)	33	(1.0)	31	(1.5)
20 and over.........	90	(1.0)	35	(1.2)	42	(1.3)	31	(0.9)	24	(1.0)	36	(0.9)	37	(1.7)	37	(1.8)	36	(1.7)	37	(1.8)
2 and over...	90	(0.8)	34	(0.9)	42	(1.0)	31	(0.6)	23	(0.7)	35	(0.7)	36	(1.3)	35	(1.3)	36	(1.3)	35	(1.3)
Over 350% poverty:																				
2 - 19..............	94	(1.9)	32	(1.0)	39	(0.9)	29	(1.0)	21	(1.3)	33	(1.5)	34	(1.5)	32	(1.4)	34	(1.5)	34	(2.3)
20 and over.........	93	(0.9)	36	(0.6)	42	(0.8)	33	(0.7)	24	(0.8)	35	(1.0)	37	(0.9)	38	(1.1)	36	(0.9)	36	(0.8)
2 and over...	93	(0.8)	35	(0.5)	41	(0.7)	32	(0.6)	24	(0.6)	35	(1.0)	37	(0.7)	37	(1.0)	36	(0.7)	36	(0.6)
All Individuals[5]:																				
2 - 19..............	92	(0.7)	32	(0.5)	39	(0.6)	28	(0.4)	21	(0.6)	31	(0.7)	33	(0.8)	33	(0.7)	34	(0.8)	33	(1.1)
20 and over.........	90	(0.6)	35	(0.4)	42	(0.6)	31	(0.4)	23	(0.5)	35	(0.5)	36	(0.7)	37	(0.8)	36	(0.6)	36	(0.6)
2 and over...	91	(0.5)	34	(0.3)	41	(0.4)	31	(0.3)	23	(0.4)	35	(0.4)	36	(0.5)	36	(0.6)	35	(0.4)	35	(0.4)

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, August 2021-August 2023 *(continued)*

Family income as % of poverty level and age (years)	Choles-terol %	(SE)	Vitamin A (RAE) %	(SE)	Beta-carotene %	(SE)	Lycopene %	(SE)	Thiamin %	(SE)	Ribo-flavin %	(SE)	Niacin %	(SE)	Vitamin B6 %	(SE)	Folate (DFE) %	(SE)
Under 131% poverty:																		
2 - 19..............	38	(2.8)	32	(2.2)	43	(3.7)	54	(4.8)	33	(1.3)	29	(2.2)	37	(1.1)	32	(1.2)	34	(1.5)
20 and over.........	34	(1.3)	41	(4.7)	54	(2.1)	55	(3.9)	37	(1.2)	31	(1.7)	38	(1.2)	33	(1.7)	37	(1.7)
2 and over...	35	(1.5)	38	(3.7)	52	(2.2)	55	(2.5)	36	(0.8)	30	(1.4)	38	(1.0)	33	(1.4)	36	(1.0)
131-350% poverty:																		
2 - 19..............	34	(1.9)	26	(2.0)	38	(4.8)	59	(3.5)	31	(0.8)	27	(0.9)	38	(1.0)	35	(1.3)	34	(1.1)
20 and over.........	35	(1.3)	35	(1.3)	48	(3.0)	56	(3.3)	37	(1.0)	28	(1.0)	38	(1.0)	34	(0.9)	38	(1.2)
2 and over...	35	(1.0)	33	(1.2)	46	(2.7)	57	(2.0)	36	(0.7)	28	(0.8)	38	(0.8)	34	(0.7)	37	(0.8)
Over 350% poverty:																		
2 - 19..............	32	(2.0)	28	(1.8)	40	(4.7)	51	(4.2)	33	(0.9)	29	(1.5)	39	(1.2)	37	(1.6)	34	(1.2)
20 and over.........	36	(1.5)	38	(1.0)	51	(2.2)	55	(2.4)	38	(0.8)	29	(0.7)	40	(0.7)	38	(0.8)	37	(0.7)
2 and over...	35	(1.4)	36	(0.9)	50	(1.9)	54	(2.0)	37	(0.7)	29	(0.6)	40	(0.6)	38	(0.8)	37	(0.7)
All Individuals[5]:																		
2 - 19..............	34	(1.4)	29	(1.3)	41	(2.7)	55	(2.1)	33	(0.6)	28	(1.0)	38	(0.6)	35	(0.7)	34	(0.7)
20 and over.........	34	(1.0)	37	(0.9)	50	(1.4)	54	(1.7)	37	(0.5)	29	(0.5)	38	(0.4)	36	(0.7)	37	(0.5)
2 and over...	34	(0.9)	35	(0.9)	49	(1.3)	54	(1.3)	36	(0.4)	28	(0.4)	38	(0.4)	35	(0.5)	36	(0.4)

DATA SOURCE: *What We Eat in America*, NHANES August 2021-August 2023, individuals 2 years and over (excluding breast-fed children), day 1. Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, August 2021-August 2023 *(continued)*

Family income as % of poverty level and age (years)	Choline %	(SE)	Vitamin B12 %	(SE)	Vitamin C %	(SE)	Vitamin D %	(SE)	Vitamin E (alpha-tocopherol) %	(SE)	Vitamin K %	(SE)	Calcium %	(SE)	Phosphorus %	(SE)	Magnesium %	(SE)
Under 131% poverty:																		
2 - 19..............	34	(2.2)	31	(1.4)	19	(1.9)	20	(2.5)	32	(1.7)	42	(3.1)	26	(1.6)	32	(1.1)	27	(1.1)
20 and over..........	34	(1.2)	41	(5.6)	29	(1.6)	27	(2.2)	31	(1.1)	41	(2.0)	29	(1.6)	36	(1.2)	30	(0.9)
2 and over...	34	(1.2)	39	(4.4)	26	(1.2)	25	(1.8)	31	(0.9)	41	(1.9)	28	(1.0)	35	(0.9)	29	(0.8)
131-350% poverty:																		
2 - 19..............	32	(1.1)	30	(1.5)	24	(2.0)	19	(2.3)	32	(1.2)	41	(2.3)	24	(1.6)	31	(0.8)	29	(0.8)
20 and over..........	35	(1.0)	35	(1.4)	32	(1.2)	30	(1.9)	34	(1.4)	47	(1.6)	30	(1.1)	37	(1.2)	31	(0.9)
2 and over...	34	(0.8)	34	(1.1)	30	(1.2)	27	(1.6)	34	(1.1)	46	(1.2)	29	(1.0)	36	(1.0)	30	(0.7)
Over 350% poverty:																		
2 - 19..............	33	(1.6)	33	(1.3)	29	(1.5)	23	(2.9)	31	(1.8)	44	(1.9)	26	(1.1)	33	(1.0)	31	(0.9)
20 and over..........	35	(1.0)	38	(0.9)	34	(1.4)	31	(1.5)	33	(0.6)	46	(1.7)	29	(0.8)	36	(0.9)	30	(0.9)
2 and over...	35	(0.9)	37	(0.7)	33	(1.1)	29	(1.5)	33	(0.6)	45	(1.5)	28	(0.8)	36	(0.8)	30	(0.8)
All Individuals[5]:																		
2 - 19..............	33	(1.1)	31	(1.0)	25	(1.2)	20	(1.5)	32	(0.9)	43	(1.1)	25	(0.9)	32	(0.7)	29	(0.6)
20 and over..........	34	(0.7)	37	(1.4)	32	(0.9)	30	(1.3)	33	(0.5)	45	(0.9)	29	(0.6)	36	(0.5)	30	(0.4)
2 and over...	34	(0.6)	36	(1.2)	31	(0.8)	28	(1.3)	33	(0.4)	45	(0.8)	28	(0.5)	35	(0.4)	30	(0.3)

Table 24. Dinner[1]: Percentages[2] of Selected Nutrients Contributed by Food and Beverages Consumed at Dinner, by Family Income (as % of Poverty Level[3]) and Age, in the United States, August 2021-August 2023 *(continued)*

Family income as % of poverty level and age (years)	Iron %	(SE)	Zinc %	(SE)	Copper %	(SE)	Selenium %	(SE)	Potassium %	(SE)	Sodium %	(SE)	Caffeine %	(SE)	Alcohol %	(SE)
Under 131% poverty:																
2 - 19..............	31	(1.4)	38	(1.2)	29	(1.3)	42	(1.4)	30	(1.2)	39	(1.4)	24	(5.5)	--	--
20 and over.........	35	(1.2)	41	(1.5)	37	(4.4)	42	(1.9)	35	(1.0)	41	(1.3)	10	(1.3)	32	(6.8)
2 and over...	34	(0.7)	40	(1.0)	35	(3.4)	42	(1.5)	34	(0.9)	40	(0.9)	11	(1.0)	--	--
131-350% poverty:																
2 - 19..............	29	(1.3)	37	(1.3)	30	(0.9)	40	(1.0)	32	(0.6)	37	(0.8)	20	(1.5)	--	--
20 and over.........	35	(1.2)	41	(1.5)	32	(0.9)	43	(1.3)	35	(0.7)	42	(1.2)	6	(0.7)	34	(4.6)
2 and over...	34	(0.9)	40	(1.2)	31	(0.8)	42	(0.9)	35	(0.6)	41	(0.8)	7	(0.6)	--	--
Over 350% poverty:																
2 - 19..............	30	(0.7)	37	(0.8)	31	(1.0)	41	(1.3)	35	(0.8)	39	(1.2)	18	(3.2)	--	--
20 and over.........	35	(0.9)	40	(0.9)	32	(1.0)	42	(1.1)	35	(0.7)	44	(0.8)	5	(0.5)	39	(2.9)
2 and over...	34	(0.8)	40	(0.8)	32	(1.0)	41	(1.0)	35	(0.7)	43	(0.7)	5	(0.5)	--	--
All Individuals[5]:																
2 - 19..............	30	(0.6)	37	(0.6)	30	(0.5)	41	(0.6)	32	(0.7)	39	(0.7)	20	(1.4)	--	--
20 and over.........	35	(0.4)	40	(0.7)	33	(0.8)	41	(0.8)	35	(0.4)	42	(0.3)	6	(0.5)	35	(2.1)
2 and over...	34	(0.3)	40	(0.6)	32	(0.7)	41	(0.6)	35	(0.4)	41	(0.2)	7	(0.5)	--	--

Footnotes

[1] Dinner includes eating occasions designated by the respondent as "dinner", "supper", or the Spanish equivalent "cena." Please note these eating occasions include consumption of beverages including water.

[2] Percentages are estimated as a ratio of total nutrients from dinner for all individuals to total daily nutrient intakes for all individuals. Total daily nutrient intakes are available from: www.ars.usda.gov/nea/bhnrc/fsrg. See Table 4. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Family Income (as % of Poverty Level) and Age, in the United States, August 2021-August 2023.

[3] The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, http://aspe.hhs.gov/poverty/.

[4] The percentage of respondents in the income/age group who reported consuming at least one item at an eating occasion designated as dinner.

[5] Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES August 2021-August 2023

Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) August 2021-August 2023. The 24-hour dietary recalls were conducted via telephone by trained interviewers using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2021-2023 www.ars.usda.gov/nea/bhnrc/fsrg.

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

Suggested Citation

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