

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity and age (years)	Sample size	Energy		Protein		Carbo-hydrate		Total sugars		Dietary fiber		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat	
		kcal	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:																			
2 - 19.....	716	1943	(33.5)	65.5	(1.43)	247	(4.8)	112	(2.3)	14.8	(0.45)	77.7	(1.73)	27.0	(0.68)	24.9	(0.57)	17.3	(0.64)
20 and over.....	2969	2084	(25.8)	78.5	(1.15)	229	(3.7)	98	(1.8)	16.3	(0.56)	89.4	(1.01)	29.3	(0.43)	30.0	(0.37)	20.5	(0.27)
2 and over...	3685	2057	(21.0)	76.1	(0.95)	233	(3.2)	101	(1.3)	16.0	(0.50)	87.2	(0.72)	28.8	(0.29)	29.0	(0.29)	19.9	(0.29)
Non-Hispanic Black:																			
2 - 19.....	261	1688	(40.7)	57.1	(2.58)	213	(4.6)	89	(4.0)	12.2	(0.38)	68.5	(2.42)	21.8	(1.04)	22.9	(0.70)	16.7	(0.57)
20 and over.....	555	1892	(53.6)	71.8	(1.96)	215	(6.6)	95	(3.6)	13.5	(0.50)	78.3	(2.39)	24.0	(0.83)	27.5	(0.85)	18.5	(0.67)
2 and over...	816	1842	(43.6)	68.2	(1.45)	215	(5.3)	94	(3.2)	13.2	(0.38)	75.9	(2.07)	23.5	(0.76)	26.4	(0.72)	18.0	(0.54)
Non-Hispanic Asian:																			
2 - 19.....	123	1832	(80.6)	63.8	(4.00)	238	(8.3)	82	(3.4)	18.2	(1.58)	70.3	(4.45)	24.3	(1.90)	23.4	(1.64)	15.5	(1.06)
20 and over.....	199	2163	(185.3)	80.3	(5.50)	267	(22.5)	86	(3.8)	24.5	(3.20)	85.2	(8.95)	25.9	(3.14)	29.7	(3.13)	19.7	(1.39)
2 and over...	322	2055	(127.4)	74.9	(3.77)	258	(16.0)	85	(3.1)	22.5	(2.52)	80.3	(6.03)	25.4	(2.09)	27.6	(2.23)	18.3	(0.93)
Hispanic:																			
2 - 19.....	513	1837	(74.9)	65.8	(2.92)	231	(10.0)	102	(5.0)	14.9	(0.73)	73.2	(3.12)	24.5	(1.08)	23.9	(1.09)	16.7	(0.75)
20 and over.....	776	1914	(52.1)	75.4	(2.05)	222	(4.7)	92	(2.7)	16.2	(0.44)	76.5	(3.28)	23.8	(1.09)	26.3	(1.12)	17.9	(0.79)
2 and over...	1289	1890	(41.2)	72.4	(1.65)	225	(4.1)	95	(2.4)	15.8	(0.22)	75.4	(2.53)	24.0	(0.81)	25.6	(0.89)	17.5	(0.62)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lycopene		Lutein + zeaxanthin		Thiamin	
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	240	(11.2)	416	(19.5)	551	(28.3)	317	(37.2)	1417	(137.4)	70	(6.7)	4803	(470.2)	838	(55.2)	1.45	(0.054)
20 and over.....	321	(8.0)	403	(7.6)	617	(12.1)	428	(25.2)	2310	(113.8)	79	(4.3)	4473	(231.4)	1418	(63.9)	1.52	(0.026)
2 and over...	306	(6.4)	406	(7.5)	604	(11.5)	407	(21.1)	2142	(104.4)	77	(4.0)	4535	(243.7)	1309	(61.0)	1.50	(0.027)
Non-Hispanic Black:																		
2 - 19.....	225	(20.8)	283	(23.6)	384	(25.7)	166	(42.7)	1088	(135.3)	76	(8.1)	4688	(656.6)	902	(107.7)	1.24	(0.046)
20 and over.....	316	(11.8)	357	(55.9)	540	(57.5)	296	(57.3)	2007	(155.5)	84	(6.4)	3912	(399.5)	1428	(138.5)	1.32	(0.033)
2 and over...	294	(11.3)	339	(42.4)	502	(43.8)	264	(44.9)	1782	(116.5)	82	(4.5)	4102	(360.8)	1300	(109.4)	1.30	(0.024)
Non-Hispanic Asian:																		
2 - 19.....	182	(22.0)	298	(36.1)	539	(82.6)	853*	(292.4)	2429	(638.5)	49	(6.8)	5118	(621.5)	961	(157.0)	1.51	(0.084)
20 and over.....	290	(27.0)	322	(42.0)	670	(92.7)	568	(54.7)	3831	(623.9)	125	(16.7)	5233	(600.7)	3827*	(1286.9)	1.76	(0.163)
2 and over...	255	(17.3)	314	(28.0)	627	(55.2)	660	(105.0)	3374	(339.7)	100	(10.7)	5195	(445.0)	2894	(836.7)	1.67	(0.105)
Hispanic:																		
2 - 19.....	266	(18.2)	333	(15.9)	451	(17.6)	282	(22.4)	1225	(64.0)	79	(13.0)	3396	(303.3)	845	(66.8)	1.36	(0.069)
20 and over.....	333	(13.6)	314	(20.0)	495	(18.9)	411	(20.9)	1931	(56.7)	83	(8.4)	4162	(267.8)	1280	(77.3)	1.35	(0.037)
2 and over...	312	(8.5)	320	(13.2)	481	(12.1)	371	(19.2)	1709	(50.7)	81	(7.5)	3921	(241.6)	1143	(49.2)	1.35	(0.023)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Ribo-flavin		Niacin		Vitamin B6		Folic acid		Food folate		Folate (DFE)		Choline		Vitamin B12		Added Vitamin B12	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)	µg	(SE)	µg	(SE)
Non-Hispanic White:																		
2 - 19.....	1.75	(0.040)	19.9	(0.50)	1.55	(0.044)	153	(5.6)	154	(5.4)	413	(11.2)	256	(7.5)	3.87	(0.132)	0.55	(0.067)
20 and over.....	2.07	(0.038)	24.9	(0.44)	2.00	(0.065)	133	(3.2)	211	(6.2)	437	(10.7)	335	(5.8)	4.62	(0.159)	0.92	(0.101)
2 and over...	2.01	(0.032)	23.9	(0.35)	1.92	(0.053)	137	(2.9)	200	(5.6)	432	(9.9)	320	(4.9)	4.47	(0.123)	0.85	(0.080)
Non-Hispanic Black:																		
2 - 19.....	1.35	(0.060)	17.6	(0.59)	1.27	(0.052)	137	(9.0)	142	(5.6)	372	(17.5)	231	(14.3)	2.81	(0.247)	0.29	(0.034)
20 and over.....	1.51	(0.054)	22.1	(0.66)	1.67	(0.088)	120	(4.3)	188	(5.3)	391	(10.8)	309	(9.5)	4.21	(0.601)	0.42	(0.078)
2 and over...	1.47	(0.044)	21.0	(0.48)	1.57	(0.071)	124	(3.9)	176	(4.1)	386	(9.0)	290	(8.7)	3.87	(0.459)	0.39	(0.063)
Non-Hispanic Asian:																		
2 - 19.....	1.43	(0.100)	18.5	(1.08)	1.48	(0.072)	182	(12.4)	216	(18.0)	526	(34.2)	227	(15.0)	2.99	(0.283)	0.35	(0.084)
20 and over.....	1.74	(0.113)	23.7	(1.78)	1.94	(0.116)	168	(13.3)	334	(43.3)	619	(62.1)	334	(19.8)	4.21	(0.799)	0.38	(0.110)
2 and over...	1.64	(0.077)	22.0	(1.19)	1.79	(0.081)	172	(10.4)	296	(32.6)	589	(47.2)	299	(13.9)	3.81	(0.589)	0.37	(0.070)
Hispanic:																		
2 - 19.....	1.61	(0.094)	18.5	(0.95)	1.52	(0.077)	151	(11.8)	167	(8.3)	423	(26.3)	272	(14.6)	3.65	(0.168)	0.37	(0.056)
20 and over.....	1.72	(0.065)	23.4	(0.82)	1.98	(0.082)	124	(3.8)	208	(7.3)	419	(12.0)	334	(10.3)	4.22	(0.203)	0.71	(0.098)
2 and over...	1.68	(0.044)	21.9	(0.70)	1.84	(0.065)	133	(4.0)	195	(3.6)	420	(7.7)	315	(6.3)	4.04	(0.161)	0.60	(0.067)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Vitamin C		Vitamin D		Vitamin E (alpha-tocopherol)		Added Vitamin E		Vitamin K		Calcium		Phosphorus		Magnesium	
	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	83.4	(6.12)	5.0	(0.14)	8.0	(0.27)	0.7	(0.15)	73.5	(4.30)	972	(17.4)	1231	(20.9)	245	(4.5)
20 and over.....	73.8	(2.39)	4.8	(0.18)	9.7	(0.27)	1.0	(0.09)	117.8	(3.93)	944	(14.8)	1342	(19.8)	302	(6.5)
2 and over...	75.6	(2.41)	4.9	(0.15)	9.3	(0.24)	1.0	(0.08)	109.5	(3.92)	949	(11.8)	1321	(16.2)	291	(5.5)
Non-Hispanic Black:																
2 - 19.....	80.1	(6.25)	3.3	(0.29)	7.5	(0.24)	0.6	(0.16)	74.4	(7.07)	747	(38.7)	1007	(44.6)	202	(5.0)
20 and over.....	85.6	(4.51)	4.1	(0.27)	9.3	(0.39)	1.1	(0.25)	112.2	(4.82)	755	(29.5)	1123	(28.4)	254	(5.3)
2 and over...	84.2	(4.44)	3.9	(0.21)	8.8	(0.29)	1.0	(0.18)	103.0	(4.26)	753	(23.6)	1095	(24.8)	242	(3.7)
Non-Hispanic Asian:																
2 - 19.....	67.6	(8.89)	3.9	(0.44)	8.5	(0.75)	1.1*	(0.52)	80.4	(8.95)	829	(60.7)	1168	(67.9)	254	(14.6)
20 and over.....	113.3	(6.96)	4.3	(0.36)	11.3	(1.51)	0.6	(0.13)	254.1	(59.43)	829	(43.9)	1335	(89.6)	365	(40.4)
2 and over...	98.4	(4.07)	4.2	(0.34)	10.4	(1.07)	0.7	(0.20)	197.5	(37.71)	829	(33.6)	1280	(63.5)	329	(27.2)
Hispanic:																
2 - 19.....	88.1	(5.44)	5.2	(0.40)	7.7	(0.28)	0.6	(0.15)	69.5	(4.02)	947	(48.7)	1202	(53.6)	242	(10.3)
20 and over.....	76.3	(5.88)	4.1	(0.21)	8.8	(0.31)	0.8	(0.18)	102.9	(4.71)	822	(27.2)	1226	(32.6)	285	(7.1)
2 and over...	80.0	(4.72)	4.4	(0.18)	8.4	(0.19)	0.8	(0.14)	92.4	(3.31)	862	(14.0)	1218	(18.6)	271	(3.7)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	Iron		Zinc		Copper		Selenium		Potassium		Sodium		Caffeine		Theobromine		Alcohol	
	mg	(SE)	mg	(SE)	mg	(SE)	µg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	g	(SE)
Non-Hispanic White:																		
2 - 19.....	12.4	(0.24)	8.5	(0.18)	1.0	(0.02)	93.1	(2.92)	2107	(38.8)	2830	(68.9)	21.6	(3.38)	58.4	(5.94)	--	--
20 and over.....	13.0	(0.22)	10.1	(0.18)	1.2	(0.03)	111.3	(1.94)	2547	(49.7)	3264	(50.1)	176.0	(4.38)	43.0	(1.21)	9.2	(0.59)
2 and over...	12.9	(0.19)	9.8	(0.14)	1.1	(0.02)	107.8	(1.72)	2464	(45.6)	3182	(42.1)	147.0	(3.42)	45.9	(1.68)	--	--
Non-Hispanic Black:																		
2 - 19.....	10.6	(0.48)	7.0	(0.38)	0.8	(0.02)	82.8	(4.62)	1775	(43.6)	2552	(92.5)	12.6	(2.11)	29.3	(4.78)	--	--
20 and over.....	11.3	(0.27)	8.9	(0.26)	1.1	(0.11)	100.1	(2.59)	2175	(41.3)	3039	(79.5)	74.2	(6.55)	25.6	(2.64)	7.0	(1.47)
2 and over...	11.1	(0.25)	8.4	(0.23)	1.0	(0.08)	95.9	(2.10)	2077	(36.0)	2920	(61.1)	59.1	(5.39)	26.5	(2.12)	--	--
Non-Hispanic Asian:																		
2 - 19.....	12.2	(0.72)	8.5	(0.59)	1.0	(0.05)	86.1	(5.46)	2148	(94.7)	2951	(210.6)	17.2	(3.40)	38.7	(6.45)	--	--
20 and over.....	14.4	(1.29)	10.4	(0.71)	1.5	(0.14)	122.0	(12.86)	2893	(199.0)	3721	(284.8)	89.4	(8.53)	19.4	(2.44)	3.3	(0.78)
2 and over...	13.7	(0.96)	9.8	(0.50)	1.3	(0.10)	110.3	(8.01)	2650	(133.8)	3470	(189.7)	65.9	(6.78)	25.7	(1.84)	--	--
Hispanic:																		
2 - 19.....	11.9	(0.64)	8.6	(0.38)	0.9	(0.04)	90.2	(3.73)	2114	(87.4)	2762	(143.3)	18.8	(1.69)	40.3	(4.10)	--	--
20 and over.....	11.8	(0.27)	9.6	(0.30)	1.1	(0.03)	105.5	(3.94)	2339	(56.5)	3014	(110.9)	102.6	(7.66)	26.1	(2.43)	6.7	(0.56)
2 and over...	11.8	(0.19)	9.3	(0.22)	1.0	(0.02)	100.7	(3.13)	2268	(32.7)	2935	(96.4)	76.3	(6.71)	30.6	(1.90)	--	--

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	SFA 4:0		SFA 6:0		SFA 8:0		SFA 10:0		SFA 12:0		SFA 14:0		SFA 16:0		SFA 18:0	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:																
2 - 19.....	0.51	(0.022)	0.36	(0.016)	0.33	(0.023)	0.62	(0.027)	1.13	(0.090)	2.52	(0.097)	14.35	(0.345)	6.18	(0.169)
20 and over.....	0.51	(0.014)	0.36	(0.010)	0.31	(0.008)	0.61	(0.015)	1.16	(0.037)	2.63	(0.060)	15.76	(0.212)	6.80	(0.090)
2 and over...	0.51	(0.010)	0.36	(0.007)	0.31	(0.008)	0.61	(0.012)	1.16	(0.035)	2.61	(0.043)	15.50	(0.133)	6.69	(0.068)
Non-Hispanic Black:																
2 - 19.....	0.34	(0.019)	0.23	(0.014)	0.21	(0.013)	0.40	(0.021)	0.87	(0.120)	1.75	(0.087)	12.05	(0.665)	5.22	(0.244)
20 and over.....	0.32	(0.017)	0.23	(0.012)	0.20	(0.016)	0.39	(0.023)	0.83	(0.089)	1.84	(0.088)	13.58	(0.449)	5.79	(0.208)
2 and over...	0.33	(0.015)	0.23	(0.011)	0.20	(0.012)	0.40	(0.019)	0.84	(0.072)	1.82	(0.073)	13.21	(0.427)	5.65	(0.186)
Non-Hispanic Asian:																
2 - 19.....	0.42	(0.035)	0.30	(0.027)	0.38	(0.076)	0.59	(0.068)	1.37*	(0.416)	2.24	(0.249)	12.99	(0.980)	5.17	(0.384)
20 and over.....	0.44	(0.088)	0.32	(0.067)	0.29	(0.052)	0.56	(0.101)	1.09	(0.187)	2.33	(0.381)	14.47	(1.629)	5.46	(0.534)
2 and over...	0.44	(0.058)	0.32	(0.043)	0.32	(0.045)	0.57	(0.070)	1.18	(0.166)	2.30	(0.240)	13.99	(1.090)	5.36	(0.379)
Hispanic:																
2 - 19.....	0.44	(0.025)	0.31	(0.018)	0.26	(0.016)	0.51	(0.026)	0.96	(0.076)	2.19	(0.103)	13.41	(0.590)	5.59	(0.259)
20 and over.....	0.35	(0.014)	0.25	(0.011)	0.22	(0.012)	0.44	(0.020)	0.87	(0.085)	1.98	(0.098)	13.23	(0.559)	5.59	(0.296)
2 and over...	0.38	(0.009)	0.27	(0.006)	0.23	(0.009)	0.46	(0.011)	0.90	(0.066)	2.04	(0.060)	13.29	(0.428)	5.59	(0.231)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	MFA 16:1		MFA 18:1		MFA 20:1		MFA 22:1		PFA 18:2		PFA 18:3		PFA 18:4	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:														
2 - 19.....	0.97	(0.026)	23.69	(0.550)	0.29	(0.008)	0.02	(0.002)	15.52	(0.563)	1.46	(0.072)	0.01	(0.001)
20 and over.....	1.19	(0.015)	28.36	(0.354)	0.36	(0.007)	0.04	(0.005)	18.14	(0.228)	1.87	(0.033)	0.01	(0.001)
2 and over...	1.15	(0.011)	27.48	(0.282)	0.34	(0.006)	0.04	(0.004)	17.64	(0.247)	1.79	(0.038)	0.01	(0.001)
Non-Hispanic Black:														
2 - 19.....	0.92	(0.059)	21.55	(0.641)	0.29	(0.012)	0.03	(0.006)	14.98	(0.487)	1.36	(0.062)	0.01*	(0.003)
20 and over.....	1.21	(0.050)	25.87	(0.823)	0.34	(0.012)	0.03	(0.002)	16.30	(0.593)	1.64	(0.060)	0.01	(0.002)
2 and over...	1.14	(0.045)	24.81	(0.694)	0.33	(0.010)	0.03	(0.002)	15.98	(0.484)	1.57	(0.046)	0.01	(0.001)
Non-Hispanic Asian:														
2 - 19.....	0.90	(0.102)	22.21	(1.535)	0.26	(0.026)	0.02	(0.004)	13.79	(0.921)	1.41	(0.105)	0.01*	(0.003)
20 and over.....	1.20	(0.146)	28.00	(2.991)	0.40	(0.062)	0.09*	(0.051)	17.20	(1.214)	1.89	(0.117)	0.03*	(0.013)
2 and over...	1.10	(0.105)	26.12	(2.118)	0.35	(0.045)	0.06*	(0.035)	16.09	(0.819)	1.74	(0.074)	0.02*	(0.009)
Hispanic:														
2 - 19.....	0.96	(0.046)	22.69	(1.040)	0.26	(0.012)	0.01	(0.001)	14.93	(0.693)	1.47	(0.067)	0.01	(0.001)
20 and over.....	1.12	(0.045)	24.90	(1.076)	0.29	(0.010)	0.02	(0.003)	15.70	(0.736)	1.63	(0.062)	0.01	(0.001)
2 and over...	1.07	(0.033)	24.20	(0.847)	0.28	(0.010)	0.02	(0.002)	15.46	(0.582)	1.58	(0.052)	0.01	(0.001)

Table 2. Nutrient Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, August 2021-August 2023 (continued)

Race/ethnicity and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Non-Hispanic White:								
2 - 19.....	0.09	(0.003)	0.02	(0.006)	0.02	(0.003)	0.02*	(0.008)
20 and over.....	0.11	(0.002)	0.05	(0.007)	0.04	(0.003)	0.07	(0.009)
2 and over...	0.11	(0.002)	0.05	(0.005)	0.03	(0.002)	0.06	(0.008)
Non-Hispanic Black:								
2 - 19.....	0.09	(0.007)	0.02*	(0.005)	0.02	(0.003)	0.02*	(0.007)
20 and over.....	0.12	(0.004)	0.05	(0.010)	0.04	(0.004)	0.08	(0.014)
2 and over...	0.12	(0.004)	0.05	(0.008)	0.03	(0.003)	0.06	(0.010)
Non-Hispanic Asian:								
2 - 19.....	0.07	(0.009)	0.02*	(0.005)	0.02	(0.003)	0.02*	(0.006)
20 and over.....	0.10	(0.009)	0.10*	(0.046)	0.03	(0.006)	0.14*	(0.057)
2 and over...	0.09	(0.008)	0.08*	(0.032)	0.03	(0.005)	0.10*	(0.040)
Hispanic:								
2 - 19.....	0.09	(0.005)	0.02	(0.006)	0.02	(0.002)	0.02	(0.006)
20 and over.....	0.11	(0.003)	0.04	(0.006)	0.03	(0.002)	0.06	(0.008)
2 and over...	0.10	(0.004)	0.03	(0.005)	0.03	(0.002)	0.05	(0.007)

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means are as follows:

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 1.66.

Abbreviations

SE = standard error; RAE = retinol activity equivalents; DFE = dietary folate equivalents. SFA = saturated fatty acid; MFA = monounsaturated fatty acid; PFA = polyunsaturated fatty acid.

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.

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