

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023

----- <i>Nutrient per 1000 kcal</i> -----																			
Gender and age (years)	Sample size ¹	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)
Males:																			
2 - 5.....	206	1567	(58.2)	34.4	(0.80)	132	(1.9)	62	(2.5)	8.2	(0.27)	38.0	(0.80)	12.6	(0.32)	12.6	(0.41)	8.6	(0.37)
6 - 11.....	301	1894	(44.4)	33.6	(0.54)	132	(1.2)	58	(1.9)	7.7	(0.30)	38.2	(0.55)	13.0	(0.37)	12.3	(0.26)	8.7	(0.20)
12 - 19.....	366	2297	(61.2)	37.6	(0.78)	123	(1.2)	52	(1.4)	7.7	(0.22)	40.1	(0.35)	13.5	(0.16)	13.3	(0.17)	9.0	(0.20)
20 - 29.....	196	2354	(117.5)	41.0	(0.71)	111	(3.6)	45	(2.7)	7.3	(0.40)	41.4	(1.28)	13.0	(0.66)	14.2	(0.54)	9.6	(0.31)
30 - 39.....	286	2368	(60.4)	38.5	(0.83)	112	(2.4)	42	(1.6)	8.1	(0.46)	40.4	(0.80)	13.1	(0.39)	13.4	(0.25)	9.4	(0.38)
40 - 49.....	260	2499	(75.8)	40.4	(1.14)	112	(1.4)	47	(1.2)	7.4	(0.28)	39.8	(0.54)	12.9	(0.31)	13.6	(0.22)	8.9	(0.23)
50 - 59.....	316	2373	(66.1)	39.1	(0.95)	112	(2.1)	50	(2.1)	7.4	(0.23)	40.8	(0.89)	12.7	(0.40)	14.2	(0.32)	9.4	(0.35)
60 - 69.....	545	2248	(57.6)	38.6	(0.55)	108	(1.0)	45	(1.3)	8.1	(0.25)	42.3	(0.55)	13.4	(0.23)	14.7	(0.24)	9.7	(0.21)
70 and over.....	512	2077	(51.4)	38.1	(0.44)	114	(1.8)	50	(1.4)	8.8	(0.24)	42.0	(0.80)	13.3	(0.28)	14.6	(0.35)	9.6	(0.24)
2 - 19.....	873	2013	(42.2)	35.6	(0.33)	128	(0.8)	56	(1.2)	7.8	(0.16)	39.1	(0.31)	13.2	(0.17)	12.8	(0.14)	8.8	(0.15)
20 and over...	2115	2330	(25.9)	39.3	(0.31)	112	(0.8)	46	(0.6)	7.9	(0.15)	41.1	(0.27)	13.1	(0.13)	14.1	(0.14)	9.4	(0.12)
2 and over...	2988	2252	(19.6)	38.4	(0.24)	116	(0.6)	49	(0.5)	7.8	(0.14)	40.6	(0.23)	13.1	(0.12)	13.8	(0.11)	9.3	(0.11)
Females:																			
2 - 5.....	192	1495	(47.5)	33.8	(0.80)	131	(2.1)	60	(1.6)	8.5	(0.32)	38.4	(0.81)	13.2	(0.29)	12.5	(0.38)	8.4	(0.26)
6 - 11.....	308	1861	(57.3)	33.0	(0.61)	131	(1.9)	58	(1.3)	8.3	(0.29)	39.0	(0.70)	13.5	(0.31)	12.4	(0.27)	8.8	(0.29)
12 - 19.....	392	1731	(45.9)	34.1	(0.61)	126	(2.8)	53	(1.8)	7.9	(0.37)	40.3	(1.06)	13.3	(0.36)	13.0	(0.32)	9.8	(0.47)
20 - 29.....	262	1939	(74.0)	37.5	(0.59)	116	(2.2)	48	(1.4)	8.1	(0.38)	42.2	(0.77)	13.1	(0.36)	14.2	(0.28)	10.5	(0.29)
30 - 39.....	370	1757	(46.9)	39.4	(0.87)	114	(1.6)	47	(1.7)	8.7	(0.44)	41.8	(0.48)	13.4	(0.33)	14.0	(0.12)	9.8	(0.26)
40 - 49.....	335	1817	(78.9)	38.8	(1.10)	118	(1.4)	51	(1.7)	8.8	(0.34)	41.2	(0.72)	13.3	(0.33)	13.9	(0.37)	9.4	(0.28)
50 - 59.....	420	1723	(31.4)	39.0	(0.60)	113	(1.3)	49	(1.2)	8.6	(0.37)	42.2	(0.58)	13.9	(0.40)	14.0	(0.20)	9.7	(0.23)
60 - 69.....	723	1673	(15.5)	37.2	(0.64)	113	(1.1)	49	(1.4)	8.8	(0.21)	42.4	(0.39)	13.4	(0.16)	14.4	(0.16)	10.0	(0.17)
70 and over.....	573	1657	(34.5)	37.3	(0.56)	116	(1.2)	52	(0.8)	8.9	(0.23)	42.0	(0.42)	13.8	(0.26)	14.1	(0.25)	9.6	(0.13)
2 - 19.....	892	1728	(26.7)	33.7	(0.43)	129	(1.8)	56	(1.1)	8.1	(0.27)	39.5	(0.65)	13.4	(0.20)	12.7	(0.24)	9.2	(0.30)
20 and over...	2683	1760	(25.1)	38.2	(0.30)	115	(0.6)	49	(0.7)	8.6	(0.21)	42.0	(0.25)	13.5	(0.19)	14.1	(0.08)	9.8	(0.08)
2 and over...	3575	1753	(20.4)	37.2	(0.25)	118	(0.8)	51	(0.6)	8.5	(0.21)	41.4	(0.29)	13.4	(0.17)	13.8	(0.10)	9.7	(0.09)
Males and females:																			
2 - 19.....	1765	1875	(26.2)	34.7	(0.23)	128	(1.1)	56	(0.9)	8.0	(0.20)	39.3	(0.45)	13.3	(0.16)	12.8	(0.17)	9.0	(0.17)
20 and over...	4798	2036	(20.7)	38.8	(0.24)	113	(0.5)	48	(0.5)	8.3	(0.16)	41.5	(0.22)	13.3	(0.14)	14.1	(0.07)	9.6	(0.07)
2 and over...	6563	1999	(16.1)	37.8	(0.17)	117	(0.6)	50	(0.5)	8.2	(0.16)	41.0	(0.24)	13.3	(0.12)	13.8	(0.08)	9.5	(0.08)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Gender and age (years)	Cholesterol		Retinol		Vitamin A (RAE)		Alpha-carotene		Beta-carotene		Beta-cryptoxanthin		Lutein + zeaxanthin		Thiamin			
	mg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	mg	(SE)		
Males:																		
2 - 5.....	131	(8.2)	212	(7.9)	280	(14.3)	131	(36.1)	714	(122.5)	50	(8.8)	2378	(242.7)	493	(45.8)	0.75	(0.019)
6 - 11.....	121	(7.4)	204	(8.3)	281	(16.0)	207	(61.1)	800	(158.6)	44	(9.6)	2067	(201.5)	441	(30.5)	0.78	(0.031)
12 - 19.....	133	(4.7)	183	(6.6)	251	(9.1)	165	(30.1)	705	(74.9)	29	(2.6)	2457	(170.0)	420	(33.2)	0.79	(0.032)
20 - 29.....	158	(10.6)	160	(15.5)	222	(17.8)	122	(24.8)	663	(80.4)	36	(7.4)	2200	(420.8)	501	(32.1)	0.69	(0.023)
30 - 39.....	156	(8.3)	163	(6.4)	249	(11.2)	186	(34.7)	920	(122.3)	37	(5.7)	2291	(314.3)	617	(62.8)	0.76	(0.031)
40 - 49.....	157	(5.4)	175	(8.1)	251	(10.5)	138	(16.9)	833	(70.9)	28	(3.6)	2337	(264.8)	629	(51.6)	0.74	(0.014)
50 - 59.....	160	(7.8)	151	(8.2)	273	(18.3)	278	(58.3)	1296	(193.7)	44	(6.0)	2057	(285.8)	851	(148.9)	0.69	(0.020)
60 - 69.....	164	(6.4)	183	(8.2)	311	(17.1)	266	(53.9)	1385	(148.4)	50	(7.3)	2093	(194.6)	755	(65.1)	0.73	(0.011)
70 and over.....	170	(7.9)	195	(8.0)	325	(13.7)	270	(27.3)	1401	(110.8)	51	(4.3)	2011	(160.5)	820	(70.9)	0.77	(0.020)
2 - 19.....	128	(3.2)	196	(4.8)	267	(5.5)	171	(25.1)	738	(65.0)	38	(3.5)	2313	(122.0)	442	(18.0)	0.78	(0.023)
20 and over...	160	(3.3)	170	(2.9)	269	(6.0)	208	(19.0)	1068	(56.7)	41	(2.2)	2173	(82.0)	690	(38.3)	0.73	(0.010)
2 and over...	153	(2.5)	176	(2.9)	269	(4.1)	199	(12.8)	988	(38.4)	40	(2.1)	2207	(76.2)	630	(29.4)	0.74	(0.011)
Females:																		
2 - 5.....	133	(13.1)	281	(58.3)	361	(62.4)	212	(54.6)	828	(140.3)	62	(8.9)	2277	(395.3)	519	(55.3)	0.77	(0.015)
6 - 11.....	123	(6.1)	191	(4.7)	256	(7.0)	140	(15.4)	694	(72.1)	42	(8.1)	2218	(249.3)	470	(23.8)	0.72	(0.012)
12 - 19.....	127	(7.1)	166	(8.0)	254	(9.6)	220	(47.0)	925	(117.6)	42	(5.3)	2464	(475.6)	560	(75.9)	0.72	(0.012)
20 - 29.....	143	(8.1)	164	(10.7)	259	(12.8)	161	(22.8)	1051	(91.3)	34	(4.8)	2460	(313.9)	786	(83.7)	0.76	(0.029)
30 - 39.....	179	(11.4)	206	(11.6)	337	(19.8)	270	(36.1)	1416	(165.5)	42	(4.8)	2415	(145.8)	870	(77.8)	0.73	(0.018)
40 - 49.....	148	(5.5)	185	(7.2)	317	(16.0)	277	(33.3)	1432	(138.5)	38	(4.0)	1833	(128.8)	829	(94.5)	0.72	(0.021)
50 - 59.....	173	(10.7)	200	(11.9)	336	(16.3)	291	(54.0)	1463	(129.5)	52	(5.3)	2346	(238.9)	854	(79.4)	0.76	(0.023)
60 - 69.....	164	(5.9)	204	(20.6)	335	(24.1)	230	(19.8)	1425	(125.9)	59	(4.7)	2326	(271.4)	929	(78.6)	0.71	(0.010)
70 and over.....	158	(5.9)	233	(13.7)	387	(16.6)	291	(31.4)	1679	(136.4)	53	(5.3)	2079	(226.1)	968	(82.8)	0.76	(0.014)
2 - 19.....	127	(4.8)	196	(12.4)	276	(9.9)	192	(24.2)	830	(62.8)	46	(3.5)	2346	(201.9)	522	(35.2)	0.73	(0.009)
20 and over...	161	(3.0)	198	(6.7)	328	(9.7)	253	(15.9)	1408	(62.0)	47	(1.8)	2256	(129.5)	873	(46.1)	0.74	(0.008)
2 and over...	154	(2.7)	198	(6.2)	317	(8.2)	239	(14.2)	1280	(58.4)	46	(1.8)	2276	(118.4)	795	(39.8)	0.74	(0.007)
Males and females:																		
2 - 19.....	128	(3.1)	196	(6.8)	271	(6.8)	181	(11.5)	782	(39.2)	42	(2.4)	2329	(124.9)	481	(18.8)	0.76	(0.013)
20 and over...	161	(2.8)	185	(4.5)	300	(7.0)	231	(10.8)	1243	(52.6)	44	(1.5)	2216	(67.6)	784	(37.0)	0.74	(0.008)
2 and over...	153	(2.3)	187	(4.3)	293	(5.6)	219	(8.8)	1136	(43.7)	43	(1.4)	2242	(65.8)	713	(30.4)	0.74	(0.008)

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----- Nutrient per 1000 kcal -----																		
Gender 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)
Males:																		
2 - 5.....	0.92	(0.027)	9.5	(0.26)	0.84	(0.021)	77	(3.9)	85	(4.1)	216	(7.2)	146	(5.2)	2.02	(0.088)	0.23	(0.029)
6 - 11.....	0.89	(0.019)	10.0	(0.32)	0.79	(0.030)	87	(5.0)	80	(3.0)	228	(10.1)	132	(4.0)	1.90	(0.082)	0.23	(0.037)
12 - 19.....	0.87	(0.025)	11.2	(0.28)	0.87	(0.028)	86	(3.1)	86	(3.2)	231	(7.7)	139	(3.3)	2.05	(0.059)	0.26	(0.041)
20 - 29.....	0.91	(0.057)	14.0	(0.82)	1.16	(0.099)	68	(6.0)	88	(2.9)	204	(11.1)	160	(5.9)	2.61	(0.353)	0.67	(0.197)
30 - 39.....	1.04	(0.041)	13.9	(0.66)	1.18	(0.110)	75	(4.2)	105	(5.7)	233	(10.4)	163	(5.8)	2.49	(0.164)	0.78	(0.160)
40 - 49.....	0.98	(0.021)	13.5	(0.69)	1.08	(0.074)	70	(2.9)	100	(2.2)	219	(5.7)	166	(4.4)	2.65	(0.177)	0.53	(0.143)
50 - 59.....	0.98	(0.069)	13.0	(0.86)	0.96	(0.085)	57	(3.3)	103	(2.8)	199	(6.5)	168	(5.3)	2.02	(0.237)	0.35*	(0.209)
60 - 69.....	0.99	(0.024)	11.9	(0.24)	0.95	(0.023)	57	(2.2)	109	(3.0)	205	(4.0)	177	(4.4)	2.15	(0.086)	0.27	(0.058)
70 and over.....	0.96	(0.014)	10.9	(0.16)	0.90	(0.020)	62	(3.1)	111	(2.8)	215	(5.4)	179	(4.7)	2.02	(0.058)	0.21	(0.021)
2 - 19.....	0.89	(0.014)	10.5	(0.19)	0.84	(0.019)	85	(2.5)	84	(1.9)	227	(5.3)	138	(1.7)	1.99	(0.034)	0.25	(0.028)
20 and over...	0.98	(0.020)	13.0	(0.29)	1.04	(0.038)	65	(1.2)	103	(1.5)	213	(2.7)	168	(1.9)	2.34	(0.096)	0.49	(0.064)
2 and over...	0.96	(0.015)	12.3	(0.20)	0.99	(0.028)	70	(1.3)	98	(1.4)	217	(3.0)	161	(1.7)	2.25	(0.075)	0.43	(0.044)
Females:																		
2 - 5.....	0.95	(0.029)	9.5	(0.26)	0.81	(0.027)	77	(3.8)	94	(4.2)	226	(6.1)	150	(10.4)	2.27	(0.277)	0.23	(0.038)
6 - 11.....	0.85	(0.011)	9.3	(0.20)	0.73	(0.023)	77	(2.5)	90	(4.0)	220	(4.2)	132	(4.3)	1.77	(0.042)	0.13	(0.019)
12 - 19.....	0.83	(0.040)	11.2	(0.31)	0.87	(0.051)	79	(3.9)	88	(2.7)	222	(7.5)	131	(3.8)	1.86	(0.119)	0.36	(0.091)
20 - 29.....	0.88	(0.030)	12.2	(0.37)	0.96	(0.052)	66	(3.8)	104	(5.8)	217	(9.9)	147	(5.2)	1.99	(0.084)	0.43	(0.068)
30 - 39.....	0.95	(0.028)	12.3	(0.45)	1.09	(0.081)	70	(3.8)	117	(5.2)	236	(10.5)	175	(8.1)	2.23	(0.123)	0.46	(0.079)
40 - 49.....	0.97	(0.028)	11.8	(0.29)	0.95	(0.052)	61	(3.1)	113	(4.6)	217	(7.5)	156	(5.5)	2.11	(0.196)	0.33	(0.063)
50 - 59.....	0.98	(0.038)	11.3	(0.22)	0.87	(0.017)	67	(3.5)	112	(4.0)	225	(6.3)	171	(6.5)	1.96	(0.102)	0.22	(0.029)
60 - 69.....	0.96	(0.014)	11.0	(0.26)	0.88	(0.020)	59	(2.2)	114	(2.9)	214	(3.1)	169	(4.4)	2.18	(0.220)	0.26	(0.056)
70 and over.....	1.01	(0.022)	10.9	(0.25)	0.87	(0.027)	66	(2.4)	111	(3.6)	223	(5.1)	171	(4.1)	2.04	(0.092)	0.24	(0.042)
2 - 19.....	0.86	(0.020)	10.3	(0.15)	0.81	(0.025)	78	(2.4)	90	(2.3)	222	(4.9)	135	(2.9)	1.91	(0.083)	0.26	(0.048)
20 and over...	0.96	(0.014)	11.6	(0.14)	0.94	(0.016)	65	(1.4)	112	(2.7)	222	(4.5)	165	(2.0)	2.08	(0.069)	0.32	(0.020)
2 and over...	0.94	(0.011)	11.3	(0.12)	0.91	(0.016)	68	(1.1)	107	(2.5)	222	(4.2)	159	(1.5)	2.05	(0.053)	0.31	(0.021)
Males and females:																		
2 - 19.....	0.87	(0.010)	10.4	(0.14)	0.83	(0.019)	81	(2.2)	87	(1.7)	224	(4.8)	137	(1.6)	1.95	(0.050)	0.25	(0.032)
20 and over...	0.97	(0.015)	12.2	(0.20)	0.99	(0.024)	65	(0.8)	107	(2.0)	218	(3.2)	167	(1.6)	2.21	(0.066)	0.40	(0.038)
2 and over...	0.95	(0.012)	11.8	(0.15)	0.95	(0.019)	69	(0.9)	102	(1.9)	219	(3.3)	160	(1.3)	2.15	(0.052)	0.37	(0.029)

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----- Nutrient per 1000 kcal -----																
Gender 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)
Males:																
2 - 5.....	68.8	(4.90)	3.5	(0.19)	4.5	(0.28)	0.4	(0.13)	35.5	(2.52)	549	(19.2)	673	(16.9)	136	(3.6)
6 - 11.....	50.5	(3.25)	2.9	(0.14)	4.1	(0.15)	0.4	(0.09)	34.4	(1.88)	504	(14.4)	639	(8.8)	126	(3.1)
12 - 19.....	36.0	(3.27)	2.5	(0.10)	4.2	(0.25)	0.5*	(0.20)	39.3	(3.02)	498	(17.2)	652	(9.3)	133	(3.4)
20 - 29.....	36.0	(3.03)	1.9	(0.17)	4.7	(0.20)	0.5	(0.13)	43.9	(2.78)	447	(12.4)	647	(10.1)	144	(4.0)
30 - 39.....	28.4	(2.13)	2.2	(0.27)	4.2	(0.16)	0.2	(0.06)	51.8	(3.09)	441	(13.7)	637	(9.8)	146	(4.0)
40 - 49.....	32.1	(1.91)	2.4	(0.18)	4.5	(0.18)	0.5	(0.13)	51.0	(4.03)	426	(13.1)	654	(13.9)	145	(4.3)
50 - 59.....	34.5	(1.95)	1.7	(0.15)	4.3	(0.15)	0.1*	(0.04)	61.9	(6.02)	395	(12.4)	616	(11.0)	144	(3.5)
60 - 69.....	41.6	(2.40)	2.5	(0.14)	4.7	(0.18)	0.4*	(0.13)	58.3	(4.04)	444	(9.0)	648	(7.4)	152	(2.8)
70 and over.....	44.5	(2.58)	2.6	(0.12)	4.7	(0.17)	0.4	(0.09)	64.7	(4.96)	440	(12.7)	659	(10.2)	151	(2.6)
2 - 19.....	47.6	(2.36)	2.8	(0.07)	4.2	(0.14)	0.4	(0.12)	36.9	(1.68)	510	(10.6)	652	(4.8)	131	(2.0)
20 and over...	35.6	(0.96)	2.2	(0.07)	4.5	(0.08)	0.4	(0.03)	54.9	(2.07)	432	(6.1)	643	(3.3)	147	(1.7)
2 and over...	38.5	(1.08)	2.4	(0.05)	4.4	(0.07)	0.4	(0.04)	50.5	(1.69)	451	(4.8)	645	(2.4)	143	(1.4)
Females:																
2 - 5.....	64.1	(4.30)	3.4	(0.15)	4.3	(0.19)	0.5*	(0.19)	38.4	(3.39)	577	(21.2)	685	(10.2)	135	(1.9)
6 - 11.....	48.7	(2.55)	2.5	(0.11)	4.1	(0.10)	0.2	(0.06)	39.5	(2.15)	492	(8.7)	627	(8.9)	126	(1.8)
12 - 19.....	41.2	(2.80)	1.9	(0.11)	4.3	(0.14)	0.4	(0.08)	48.1	(4.50)	447	(12.6)	591	(8.6)	129	(2.1)
20 - 29.....	44.3	(4.39)	1.9	(0.14)	5.1	(0.33)	0.8*	(0.30)	66.2	(4.90)	436	(14.9)	618	(11.9)	144	(6.1)
30 - 39.....	45.0	(2.72)	2.4	(0.27)	4.9	(0.23)	0.5	(0.12)	70.3	(6.34)	509	(20.6)	652	(12.0)	162	(4.2)
40 - 49.....	46.4	(3.92)	2.3	(0.16)	5.0	(0.25)	0.7	(0.14)	66.4	(6.46)	492	(10.5)	653	(15.3)	161	(3.7)
50 - 59.....	44.4	(1.67)	2.5	(0.25)	5.2	(0.26)	0.8	(0.14)	67.0	(4.79)	474	(13.9)	657	(11.4)	155	(3.8)
60 - 69.....	47.2	(1.75)	2.4	(0.17)	5.0	(0.13)	0.6	(0.09)	74.0	(5.59)	463	(10.3)	641	(9.2)	157	(2.8)
70 and over.....	48.7	(2.94)	2.8	(0.14)	5.0	(0.23)	0.8	(0.18)	73.9	(6.42)	497	(8.9)	661	(10.0)	158	(3.9)
2 - 19.....	48.1	(1.43)	2.4	(0.09)	4.2	(0.09)	0.3	(0.06)	43.4	(2.42)	487	(7.6)	621	(3.6)	129	(1.0)
20 and over...	45.9	(1.45)	2.4	(0.08)	5.0	(0.13)	0.7	(0.08)	69.6	(3.18)	478	(4.3)	647	(4.1)	156	(2.1)
2 and over...	46.4	(1.18)	2.4	(0.07)	4.9	(0.11)	0.6	(0.07)	63.8	(2.60)	480	(3.8)	641	(2.9)	150	(1.7)
Males and females:																
2 - 19.....	47.8	(1.58)	2.6	(0.07)	4.2	(0.08)	0.4	(0.07)	40.0	(1.15)	499	(7.4)	637	(3.8)	130	(1.3)
20 and over...	40.9	(1.04)	2.3	(0.06)	4.8	(0.09)	0.5	(0.05)	62.5	(2.28)	456	(4.1)	645	(2.5)	152	(1.4)
2 and over...	42.5	(0.97)	2.4	(0.05)	4.6	(0.08)	0.5	(0.04)	57.3	(1.85)	466	(3.5)	643	(1.6)	147	(1.2)

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 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																		
Gender 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)
Males:																		
2 - 5.....	6.3	(0.32)	4.4	(0.14)	0.5	(0.01)	45.9	(1.29)	1263	(25.1)	1433	(51.4)	3.6	(0.98)	17.6	(2.45)	--	--
6 - 11.....	6.6	(0.22)	4.4	(0.11)	0.5	(0.01)	48.4	(1.05)	1094	(25.9)	1471	(28.5)	6.2	(1.00)	27.1	(1.91)	--	--
12 - 19.....	6.5	(0.13)	4.9	(0.11)	0.5	(0.01)	51.9	(1.01)	1094	(21.5)	1566	(25.9)	14.0	(2.02)	20.1	(1.25)	--	--
20 - 29.....	6.0	(0.31)	5.3	(0.22)	0.6	(0.03)	58.4	(1.94)	1171	(33.8)	1730	(34.1)	44.3	(5.16)	15.0	(2.56)	--	--
30 - 39.....	6.4	(0.22)	4.9	(0.10)	0.6	(0.02)	55.1	(1.45)	1122	(37.4)	1675	(42.9)	73.1	(6.79)	12.6	(1.23)	--	--
40 - 49.....	6.2	(0.20)	5.3	(0.14)	0.6	(0.02)	57.9	(1.77)	1187	(23.8)	1611	(28.5)	71.8	(5.36)	14.2	(2.46)	--	--
50 - 59.....	5.8	(0.14)	4.8	(0.13)	0.5	(0.01)	53.6	(2.24)	1262	(39.4)	1628	(39.4)	106.7	(13.34)	17.4	(1.74)	--	--
60 - 69.....	6.5	(0.18)	5.1	(0.12)	0.6	(0.01)	54.2	(1.12)	1348	(27.2)	1579	(24.7)	103.4	(8.55)	16.4	(1.69)	--	--
70 and over.....	6.9	(0.22)	5.0	(0.08)	0.6	(0.01)	54.4	(1.26)	1348	(22.0)	1567	(13.5)	83.5	(4.37)	17.4	(1.18)	--	--
2 - 19.....	6.5	(0.10)	4.6	(0.05)	0.5	(0.01)	49.5	(0.60)	1129	(17.1)	1507	(16.4)	9.3	(1.25)	21.9	(0.98)	--	--
20 and over...	6.3	(0.05)	5.0	(0.04)	0.6	(0.01)	55.6	(0.68)	1232	(10.7)	1635	(12.7)	80.2	(3.46)	15.4	(0.56)	4.7	(0.22)
2 and over...	6.3	(0.04)	4.9	(0.04)	0.5	(0.01)	54.1	(0.52)	1207	(9.3)	1604	(10.0)	62.9	(2.90)	17.0	(0.55)	--	--
Females:																		
2 - 5.....	6.5	(0.24)	4.2	(0.10)	0.5	(0.01)	45.4	(2.01)	1244	(23.5)	1409	(31.8)	3.4	(0.74)	18.8	(2.26)	--	--
6 - 11.....	6.2	(0.10)	4.2	(0.07)	0.5	(0.01)	46.9	(1.22)	1118	(26.0)	1447	(25.6)	7.0	(1.08)	30.3	(2.69)	--	--
12 - 19.....	6.5	(0.17)	4.3	(0.14)	0.5	(0.01)	49.4	(1.24)	1085	(32.7)	1570	(33.7)	20.0	(2.11)	24.0	(3.07)	--	--
20 - 29.....	5.8	(0.12)	4.6	(0.11)	0.6	(0.02)	53.4	(1.14)	1185	(37.6)	1669	(36.6)	52.3	(4.37)	16.4	(2.02)	--	--
30 - 39.....	6.6	(0.24)	5.2	(0.10)	0.6	(0.02)	54.5	(1.57)	1258	(26.7)	1659	(20.5)	71.3	(8.14)	19.8	(1.72)	--	--
40 - 49.....	6.4	(0.22)	4.9	(0.13)	0.6	(0.02)	52.2	(1.69)	1279	(31.0)	1628	(72.7)	85.2	(7.62)	20.1	(2.27)	--	--
50 - 59.....	6.5	(0.24)	4.9	(0.10)	0.6	(0.02)	56.1	(0.84)	1309	(31.1)	1585	(36.3)	96.3	(6.21)	19.1	(1.02)	--	--
60 - 69.....	6.3	(0.08)	4.8	(0.08)	0.7	(0.03)	51.1	(1.02)	1363	(26.9)	1541	(22.8)	98.3	(4.77)	22.0	(2.32)	--	--
70 and over.....	6.9	(0.13)	4.9	(0.08)	0.6	(0.01)	53.7	(1.32)	1386	(30.8)	1505	(25.1)	89.2	(5.79)	23.1	(1.58)	--	--
2 - 19.....	6.4	(0.10)	4.3	(0.09)	0.5	(0.01)	47.8	(1.01)	1127	(18.7)	1498	(22.9)	12.5	(1.21)	25.1	(1.77)	--	--
20 and over...	6.4	(0.08)	4.9	(0.05)	0.6	(0.01)	53.5	(0.45)	1296	(16.7)	1599	(18.7)	82.1	(2.49)	20.0	(0.77)	2.5	(0.17)
2 and over...	6.4	(0.07)	4.7	(0.05)	0.6	(0.01)	52.3	(0.43)	1258	(15.2)	1576	(17.7)	66.6	(2.28)	21.2	(0.76)	--	--
Males and females:																		
2 - 19.....	6.4	(0.08)	4.5	(0.05)	0.5	(0.01)	48.7	(0.50)	1128	(13.9)	1503	(17.0)	10.8	(1.01)	23.4	(1.02)	--	--
20 and over...	6.3	(0.05)	4.9	(0.03)	0.6	(0.01)	54.5	(0.50)	1265	(11.0)	1616	(11.2)	81.2	(2.30)	17.8	(0.46)	3.6	(0.15)
2 and over...	6.4	(0.04)	4.8	(0.03)	0.6	(0.01)	53.2	(0.42)	1233	(10.1)	1590	(10.5)	64.8	(2.11)	19.1	(0.44)	--	--

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----																
Gender 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)
Males:																
2 - 5.....	0.24	(0.012)	0.17	(0.008)	0.17	(0.017)	0.31	(0.018)	0.44	(0.030)	1.16	(0.057)	6.86	(0.161)	2.75	(0.093)
6 - 11.....	0.23	(0.014)	0.16	(0.011)	0.17	(0.025)	0.30	(0.023)	0.53	(0.055)	1.17	(0.064)	7.05	(0.200)	2.96	(0.070)
12 - 19.....	0.24	(0.009)	0.17	(0.007)	0.14	(0.008)	0.28	(0.010)	0.54	(0.041)	1.21	(0.036)	7.31	(0.092)	3.12	(0.046)
20 - 29.....	0.21	(0.022)	0.14	(0.016)	0.11	(0.010)	0.23	(0.023)	0.36	(0.039)	1.08	(0.097)	7.30	(0.319)	3.10	(0.153)
30 - 39.....	0.21	(0.007)	0.15	(0.007)	0.13	(0.010)	0.26	(0.011)	0.53	(0.061)	1.16	(0.043)	7.19	(0.182)	3.01	(0.112)
40 - 49.....	0.20	(0.010)	0.15	(0.007)	0.12	(0.010)	0.25	(0.013)	0.49	(0.051)	1.13	(0.045)	7.05	(0.136)	3.02	(0.083)
50 - 59.....	0.19	(0.018)	0.13	(0.011)	0.12	(0.007)	0.23	(0.014)	0.45	(0.040)	1.03	(0.057)	7.02	(0.209)	3.06	(0.098)
60 - 69.....	0.21	(0.006)	0.15	(0.005)	0.13	(0.007)	0.26	(0.009)	0.49	(0.034)	1.14	(0.030)	7.36	(0.107)	3.17	(0.076)
70 and over.....	0.21	(0.011)	0.15	(0.007)	0.13	(0.005)	0.26	(0.009)	0.50	(0.023)	1.11	(0.031)	7.25	(0.168)	3.19	(0.080)
2 - 19.....	0.24	(0.007)	0.17	(0.005)	0.16	(0.010)	0.29	(0.009)	0.52	(0.027)	1.19	(0.028)	7.13	(0.093)	2.99	(0.044)
20 and over...	0.21	(0.004)	0.15	(0.003)	0.12	(0.003)	0.25	(0.005)	0.47	(0.015)	1.11	(0.019)	7.19	(0.070)	3.09	(0.039)
2 and over...	0.21	(0.004)	0.15	(0.003)	0.13	(0.004)	0.26	(0.006)	0.48	(0.015)	1.13	(0.018)	7.18	(0.062)	3.06	(0.035)
Females:																
2 - 5.....	0.25	(0.014)	0.18	(0.007)	0.16	(0.020)	0.30	(0.017)	0.58	(0.111)	1.23	(0.060)	7.15	(0.154)	2.82	(0.058)
6 - 11.....	0.25	(0.009)	0.18	(0.006)	0.15	(0.007)	0.29	(0.010)	0.57	(0.042)	1.23	(0.036)	7.30	(0.221)	3.06	(0.072)
12 - 19.....	0.22	(0.012)	0.15	(0.009)	0.15	(0.016)	0.27	(0.016)	0.61	(0.089)	1.16	(0.056)	7.17	(0.182)	3.12	(0.100)
20 - 29.....	0.20	(0.011)	0.14	(0.009)	0.13	(0.008)	0.25	(0.014)	0.51	(0.033)	1.08	(0.056)	7.28	(0.148)	3.00	(0.108)
30 - 39.....	0.22	(0.011)	0.15	(0.008)	0.14	(0.010)	0.27	(0.014)	0.52	(0.052)	1.17	(0.055)	7.36	(0.159)	3.06	(0.074)
40 - 49.....	0.23	(0.010)	0.17	(0.007)	0.15	(0.007)	0.29	(0.012)	0.58	(0.049)	1.21	(0.048)	7.16	(0.153)	3.03	(0.075)
50 - 59.....	0.24	(0.015)	0.17	(0.012)	0.17	(0.015)	0.31	(0.020)	0.73	(0.081)	1.28	(0.070)	7.31	(0.170)	3.17	(0.078)
60 - 69.....	0.23	(0.007)	0.16	(0.005)	0.13	(0.004)	0.27	(0.007)	0.46	(0.017)	1.16	(0.024)	7.36	(0.083)	3.15	(0.042)
70 and over.....	0.25	(0.011)	0.18	(0.008)	0.15	(0.007)	0.29	(0.012)	0.54	(0.038)	1.22	(0.044)	7.47	(0.115)	3.19	(0.057)
2 - 19.....	0.24	(0.006)	0.17	(0.005)	0.15	(0.009)	0.29	(0.008)	0.59	(0.053)	1.19	(0.027)	7.21	(0.142)	3.04	(0.068)
20 and over...	0.23	(0.006)	0.16	(0.004)	0.14	(0.004)	0.28	(0.007)	0.56	(0.026)	1.19	(0.027)	7.33	(0.081)	3.10	(0.048)
2 and over...	0.23	(0.005)	0.16	(0.003)	0.15	(0.003)	0.28	(0.005)	0.57	(0.016)	1.19	(0.021)	7.30	(0.080)	3.09	(0.048)
Males and females:																
2 - 19.....	0.24	(0.005)	0.17	(0.003)	0.15	(0.007)	0.29	(0.006)	0.55	(0.035)	1.19	(0.021)	7.17	(0.106)	3.01	(0.048)
20 and over...	0.22	(0.004)	0.15	(0.003)	0.13	(0.003)	0.26	(0.005)	0.52	(0.014)	1.15	(0.020)	7.26	(0.065)	3.09	(0.035)
2 and over...	0.22	(0.003)	0.16	(0.002)	0.14	(0.002)	0.27	(0.004)	0.52	(0.011)	1.16	(0.014)	7.24	(0.060)	3.08	(0.034)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----														
Gender 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)
Males:														
2 - 5.....	0.49	(0.022)	11.94	(0.403)	0.14	(0.004)	0.01	(0.001)	7.72	(0.354)	0.68	(0.029)	#	
6 - 11.....	0.48	(0.026)	11.70	(0.242)	0.14	(0.005)	0.01	(0.001)	7.78	(0.176)	0.71	(0.021)	0.01	(0.001)
12 - 19.....	0.56	(0.016)	12.54	(0.162)	0.16	(0.006)	0.01	(0.001)	8.01	(0.183)	0.77	(0.026)	0.01	(0.001)
20 - 29.....	0.65	(0.049)	13.33	(0.495)	0.16	(0.008)	0.02	(0.004)	8.53	(0.291)	0.82	(0.034)	0.01*	(0.002)
30 - 39.....	0.57	(0.016)	12.68	(0.239)	0.16	(0.005)	0.01	(0.001)	8.25	(0.332)	0.88	(0.051)	0.01	(0.002)
40 - 49.....	0.58	(0.022)	12.80	(0.203)	0.17	(0.013)	0.03*	(0.010)	7.82	(0.205)	0.79	(0.022)	0.01*	(0.003)
50 - 59.....	0.58	(0.025)	13.42	(0.303)	0.17	(0.005)	0.01	(0.001)	8.35	(0.310)	0.84	(0.042)	#	
60 - 69.....	0.60	(0.012)	13.79	(0.241)	0.20	(0.013)	0.05*	(0.018)	8.56	(0.185)	0.85	(0.025)	0.01	(0.001)
70 and over.....	0.57	(0.017)	13.77	(0.344)	0.16	(0.004)	0.02	(0.002)	8.44	(0.214)	0.91	(0.032)	#	
2 - 19.....	0.52	(0.011)	12.14	(0.134)	0.15	(0.004)	0.01	(#)	7.87	(0.139)	0.73	(0.016)	#	
20 and over...	0.59	(0.009)	13.26	(0.132)	0.17	(0.004)	0.02	(0.003)	8.32	(0.102)	0.85	(0.014)	0.01	(0.001)
2 and over...	0.58	(0.007)	12.99	(0.103)	0.16	(0.003)	0.02	(0.002)	8.21	(0.096)	0.82	(0.015)	0.01	(#)
Females:														
2 - 5.....	0.49	(0.024)	11.90	(0.359)	0.14	(0.006)	0.01	(0.001)	7.62	(0.242)	0.68	(0.021)	#	
6 - 11.....	0.49	(0.021)	11.77	(0.258)	0.14	(0.004)	0.01	(0.001)	7.93	(0.268)	0.76	(0.027)	#	
12 - 19.....	0.48	(0.013)	12.36	(0.304)	0.15	(0.006)	0.01	(0.002)	8.71	(0.421)	0.86	(0.043)	#	
20 - 29.....	0.58	(0.018)	13.43	(0.270)	0.18	(0.006)	0.01	(0.001)	9.34	(0.257)	0.95	(0.032)	#	
30 - 39.....	0.60	(0.018)	13.21	(0.114)	0.16	(0.005)	0.01	(0.001)	8.56	(0.230)	0.90	(0.020)	0.01*	(0.002)
40 - 49.....	0.53	(0.014)	13.22	(0.361)	0.16	(0.005)	0.01	(0.001)	8.27	(0.253)	0.85	(0.028)	#	
50 - 59.....	0.56	(0.013)	13.28	(0.199)	0.16	(0.003)	0.02	(0.003)	8.48	(0.219)	0.92	(0.024)	0.01	(0.002)
60 - 69.....	0.56	(0.009)	13.62	(0.150)	0.16	(0.005)	0.02	(0.002)	8.80	(0.152)	0.95	(0.017)	0.01	(0.001)
70 and over.....	0.55	(0.010)	13.35	(0.237)	0.16	(0.005)	0.01	(0.001)	8.39	(0.125)	0.91	(0.015)	0.01	(0.001)
2 - 19.....	0.49	(0.012)	12.07	(0.230)	0.14	(0.004)	0.01	(0.001)	8.24	(0.271)	0.79	(0.026)	#	
20 and over...	0.57	(0.008)	13.35	(0.079)	0.16	(0.002)	0.01	(0.001)	8.65	(0.082)	0.91	(0.007)	0.01	(0.001)
2 and over...	0.55	(0.007)	13.07	(0.100)	0.16	(0.002)	0.01	(0.001)	8.56	(0.083)	0.89	(0.008)	0.01	(0.001)
Males and females:														
2 - 19.....	0.50	(0.008)	12.11	(0.168)	0.15	(0.003)	0.01	(0.001)	8.05	(0.155)	0.76	(0.017)	#	
20 and over...	0.58	(0.007)	13.31	(0.071)	0.17	(0.002)	0.02	(0.001)	8.49	(0.063)	0.88	(0.008)	0.01	(#)
2 and over...	0.56	(0.006)	13.03	(0.080)	0.16	(0.002)	0.02	(0.001)	8.39	(0.073)	0.85	(0.010)	0.01	(#)

Table 41. Nutrient Intakes per 1000 kcal from Food and Beverages: Mean Energy and Mean Nutrient Amounts per 1000 kcal Consumed per Individual, by Gender and Age, in the United States, August 2021-August 2023 (continued)

----- Nutrient per 1000 kcal -----								
Gender and age (years)	PFA 20:4		PFA 20:5		PFA 22:5		PFA 22:6	
	g	(SE)	g	(SE)	g	(SE)	g	(SE)
Males:								
2 - 5.....	0.05	(0.002)	0.01	(0.002)	0.01	(0.001)	0.01*	(0.004)
6 - 11.....	0.05	(0.003)	0.02*	(0.007)	0.01	(0.003)	0.02*	(0.010)
12 - 19.....	0.06	(0.002)	0.02*	(0.005)	0.02	(0.002)	0.02*	(0.007)
20 - 29.....	0.06	(0.003)	0.02*	(0.006)	0.01	(0.002)	0.03*	(0.008)
30 - 39.....	0.06	(0.003)	0.03*	(0.011)	0.02	(0.005)	0.04*	(0.016)
40 - 49.....	0.06	(0.004)	0.04*	(0.011)	0.02	(0.003)	0.05	(0.015)
50 - 59.....	0.06	(0.002)	0.02	(0.004)	0.01	(0.002)	0.02	(0.006)
60 - 69.....	0.06	(0.002)	0.03	(0.007)	0.02	(0.003)	0.04	(0.010)
70 and over.....	0.05	(0.001)	0.02	(0.003)	0.02	(0.001)	0.03	(0.005)
2 - 19.....	0.05	(0.001)	0.01	(0.004)	0.01	(0.002)	0.02	(0.005)
20 and over...	0.06	(0.001)	0.03	(0.003)	0.02	(0.001)	0.04	(0.004)
2 and over...	0.06	(0.001)	0.02	(0.002)	0.02	(0.001)	0.03	(0.003)
Females:								
2 - 5.....	0.04	(0.003)	0.01*	(0.005)	0.01	(0.001)	0.01*	(0.005)
6 - 11.....	0.04	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01*	(0.002)
12 - 19.....	0.05	(0.003)	0.01	(0.003)	0.01	(0.001)	0.02	(0.005)
20 - 29.....	0.06	(0.002)	0.02	(0.005)	0.01	(0.002)	0.03	(0.008)
30 - 39.....	0.06	(0.002)	0.03*	(0.011)	0.02	(0.004)	0.04*	(0.015)
40 - 49.....	0.06	(0.004)	0.02*	(0.007)	0.02	(0.003)	0.03*	(0.009)
50 - 59.....	0.06	(0.002)	0.04	(0.010)	0.02	(0.004)	0.05	(0.013)
60 - 69.....	0.05	(0.002)	0.03	(0.008)	0.02	(0.003)	0.04	(0.011)
70 and over.....	0.05	(0.002)	0.03	(0.007)	0.02	(0.003)	0.04	(0.009)
2 - 19.....	0.05	(0.002)	0.01	(0.002)	0.01	(0.001)	0.01	(0.003)
20 and over...	0.06	(0.001)	0.03	(0.004)	0.02	(0.002)	0.04	(0.005)
2 and over...	0.05	(0.001)	0.02	(0.003)	0.02	(0.001)	0.03	(0.004)
Males and females:								
2 - 19.....	0.05	(0.001)	0.01	(0.002)	0.01	(0.001)	0.02	(0.002)
20 and over...	0.06	(0.001)	0.03	(0.002)	0.02	(0.001)	0.04	(0.003)
2 and over...	0.05	(0.001)	0.02	(0.002)	0.02	(0.001)	0.03	(0.003)

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.

Indicates a non-zero value too small to report.

Footnotes

¹ Sample size and mean energy includes individuals (n = 7) with zero energy intake that are excluded from estimates of mean nutrient per 1000 kcal.

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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