

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023

F o o d e n e r g y																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)	kcal	(SE)	%	(SE)	kcal	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1567	(58.2)	46	(10.8)	3*	(0.7)	--		--				1597	(64.0)
6 - 11.....	301	10	(1.8)	1894	(44.4)	57	(13.3)	3*	(0.7)	--		--				1901	(45.8)
12 - 19.....	366	8	(1.6)	2297	(61.2)	67	(19.4)	3*	(0.8)	--		--				2297	(69.6)
20 - 39.....	482	24	(2.9)	2362	(59.1)	248	(46.2)	11	(1.9)	2526	(120.6)	1019	(117.4)	40	(5.3)	2309	(63.9)
40 - 59.....	576	20	(2.4)	2434	(35.7)	229	(36.6)	9	(1.5)	2587	(84.4)	1131	(69.6)	44	(2.6)	2395	(38.6)
60 and over.....	1057	20	(1.5)	2169	(46.3)	169	(19.1)	8	(0.8)	2216	(45.3)	865	(47.6)	39	(2.0)	2158	(53.7)
2 - 19.....	873	9	(1.5)	2013	(42.2)	59	(12.5)	3	(0.6)	1878	(88.3)	631	(51.2)	34	(2.6)	2027	(45.1)
20 and over...	2115	22	(1.3)	2330	(25.9)	218	(21.8)	9	(1.0)	2462	(62.8)	1014	(53.0)	41	(2.7)	2293	(24.8)
2 and over...	2988	19	(1.1)	2252	(19.6)	179	(17.7)	8	(0.8)	2390	(51.8)	966	(46.7)	40	(2.4)	2221	(22.6)
Females:																	
2 - 5.....	192	13	(2.1)	1495	(47.5)	49	(10.2)	3*	(0.7)	--		--				1525	(48.2)
6 - 11.....	308	13	(3.2)	1861	(57.3)	96	(26.6)	5	(1.4)	--		--				1815	(41.1)
12 - 19.....	392	13	(1.9)	1731	(45.9)	86	(15.6)	5	(0.9)	1980	(86.7)	668	(50.5)	34	(3.0)	1694	(45.6)
20 - 39.....	632	22	(2.2)	1846	(43.8)	167	(19.3)	9	(1.1)	1911	(50.7)	764	(39.1)	40	(1.8)	1827	(56.1)
40 - 59.....	755	19	(2.0)	1765	(48.6)	113	(13.9)	6	(0.7)	1815	(62.9)	602	(37.8)	33	(1.6)	1754	(52.9)
60 and over.....	1296	20	(1.3)	1665	(20.1)	134	(8.5)	8	(0.5)	1719	(42.4)	676	(39.6)	39	(2.0)	1652	(24.2)
2 - 19.....	892	13	(1.7)	1728	(26.7)	82	(11.3)	5	(0.6)	1910	(81.4)	634	(32.9)	33	(2.4)	1701	(25.1)
20 and over...	2683	20	(1.1)	1760	(25.1)	138	(7.5)	8	(0.4)	1820	(27.4)	686	(18.6)	38	(1.2)	1745	(26.9)
2 and over...	3575	19	(1.1)	1753	(20.4)	126	(7.8)	7	(0.4)	1834	(32.5)	678	(16.6)	37	(1.2)	1735	(20.9)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1875	(26.2)	71	(10.6)	4	(0.5)	1896	(63.2)	633	(33.9)	33	(2.0)	1873	(26.7)
20 and over...	4798	21	(0.9)	2036	(20.7)	177	(12.0)	9	(0.6)	2142	(38.2)	850	(28.7)	40	(1.4)	2008	(19.9)
2 and over...	6563	19	(0.9)	1999	(16.1)	152	(11.1)	8	(0.5)	2108	(35.1)	820	(25.2)	39	(1.3)	1974	(15.8)

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 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

P r o t e i n																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	54.7	(2.70)	2.0	(0.53)	4*	(1.0)	--	--	--	--	--	--	56.6	(2.90)
6 - 11.....	301	10	(1.8)	63.2	(1.31)	2.3	(0.54)	4*	(0.8)	--	--	--	--	--	--	63.6	(1.32)
12 - 19.....	366	8	(1.6)	83.8	(2.58)	2.8	(0.73)	3*	(0.8)	--	--	--	--	--	--	83.9	(2.71)
20 - 39.....	482	24	(2.9)	91.8	(2.96)	10.7	(1.81)	12	(1.9)	92.8	(5.03)	44.0	(4.46)	47	(5.2)	91.5	(2.98)
40 - 59.....	576	20	(2.4)	93.2	(1.60)	9.7	(1.55)	10	(1.7)	96.2	(4.23)	47.7	(3.08)	50	(3.2)	92.5	(1.80)
60 and over.....	1057	20	(1.5)	81.7	(1.69)	6.8	(0.89)	8	(1.0)	79.6	(2.54)	34.7	(2.70)	44	(2.7)	82.2	(1.69)
2 - 19.....	873	9	(1.5)	71.0	(1.61)	2.5	(0.50)	3	(0.7)	63.1	(2.43)	26.1	(2.18)	41	(3.2)	71.8	(1.78)
20 and over...	2115	22	(1.3)	89.3	(1.25)	9.2	(0.87)	10	(1.0)	90.4	(2.85)	42.7	(2.12)	47	(3.0)	89.0	(1.15)
2 and over...	2988	19	(1.1)	84.8	(0.97)	7.5	(0.72)	9	(0.9)	87.0	(2.59)	40.6	(1.92)	47	(2.8)	84.3	(0.96)
Females:																	
2 - 5.....	192	13	(2.1)	50.3	(1.79)	2.0	(0.51)	4*	(1.0)	--	--	--	--	--	--	51.2	(1.84)
6 - 11.....	308	13	(3.2)	60.1	(1.79)	3.3	(0.86)	6	(1.4)	--	--	--	--	--	--	59.7	(1.73)
12 - 19.....	392	13	(1.9)	57.5	(2.11)	3.6	(0.66)	6	(1.1)	69.1	(3.40)	27.9	(2.57)	40	(2.7)	55.8	(2.13)
20 - 39.....	632	22	(2.2)	69.7	(1.95)	6.8	(0.80)	10	(1.2)	70.9	(2.49)	31.1	(2.05)	44	(2.2)	69.3	(2.23)
40 - 59.....	755	19	(2.0)	66.3	(1.97)	4.8	(0.52)	7	(0.8)	67.2	(1.79)	25.6	(1.68)	38	(2.2)	66.1	(2.47)
60 and over.....	1296	20	(1.3)	60.6	(0.95)	5.2	(0.35)	9	(0.6)	59.9	(1.62)	26.4	(1.38)	44	(2.5)	60.8	(1.13)
2 - 19.....	892	13	(1.7)	57.0	(1.16)	3.2	(0.43)	6	(0.7)	62.2	(2.00)	24.6	(1.40)	40	(1.5)	56.2	(1.17)
20 and over...	2683	20	(1.1)	65.6	(1.05)	5.6	(0.25)	9	(0.4)	66.3	(0.83)	27.9	(0.97)	42	(1.5)	65.5	(1.21)
2 and over...	3575	19	(1.1)	63.7	(0.94)	5.1	(0.26)	8	(0.4)	65.6	(0.86)	27.4	(0.87)	42	(1.4)	63.3	(1.04)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	64.2	(1.08)	2.8	(0.41)	4	(0.6)	62.6	(1.48)	25.3	(1.43)	40	(1.7)	64.4	(1.20)
20 and over...	4798	21	(0.9)	77.1	(0.90)	7.3	(0.45)	10	(0.6)	78.3	(1.75)	35.3	(1.17)	45	(1.5)	76.8	(0.85)
2 and over...	6563	19	(0.9)	74.1	(0.73)	6.3	(0.43)	8	(0.5)	76.1	(1.60)	33.9	(1.09)	45	(1.4)	73.6	(0.72)

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 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C a r b o h y d r a t e																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	204	(8.3)	4	(1.1)	2*	(0.6)	--	--	--	--	--	--	207	(9.2)
6 - 11.....	301	10	(1.8)	248	(6.6)	6	(1.4)	3*	(0.6)	--	--	--	--	--	--	249	(6.9)
12 - 19.....	366	8	(1.6)	282	(8.3)	7*	(2.3)	2*	(0.8)	--	--	--	--	--	--	283	(9.5)
20 - 39.....	482	24	(2.9)	259	(6.1)	21	(4.0)	8	(1.6)	267	(16.1)	87	(9.8)	33	(4.5)	256	(8.1)
40 - 59.....	576	20	(2.4)	273	(4.6)	20	(3.0)	7	(1.1)	269	(11.2)	100	(6.4)	37	(2.3)	274	(5.8)
60 and over.....	1057	20	(1.5)	238	(4.5)	16	(1.6)	7	(0.6)	237	(4.6)	81	(4.7)	34	(1.8)	238	(6.0)
2 - 19.....	873	9	(1.5)	255	(5.2)	6	(1.4)	2	(0.5)	236	(11.6)	66	(7.0)	28	(2.9)	256	(5.3)
20 and over...	2115	22	(1.3)	257	(3.1)	19	(1.8)	7	(0.8)	260	(7.4)	90	(4.1)	34	(2.2)	257	(3.3)
2 and over...	2988	19	(1.1)	257	(2.3)	16	(1.5)	6	(0.6)	257	(6.3)	87	(3.8)	34	(1.8)	257	(2.8)
Females:																	
2 - 5.....	192	13	(2.1)	195	(6.7)	5	(1.1)	3*	(0.6)	--	--	--	--	--	--	199	(6.8)
6 - 11.....	308	13	(3.2)	243	(10.0)	11*	(3.3)	5	(1.3)	--	--	--	--	--	--	233	(5.1)
12 - 19.....	392	13	(1.9)	216	(6.7)	8	(1.5)	4	(0.7)	231	(11.0)	66	(5.0)	28	(2.4)	214	(7.7)
20 - 39.....	632	22	(2.2)	211	(6.3)	16	(2.0)	8	(1.1)	209	(8.0)	74	(5.1)	35	(1.7)	212	(8.2)
40 - 59.....	755	19	(2.0)	203	(6.4)	11	(1.5)	5	(0.7)	204	(10.0)	57	(4.7)	28	(1.6)	202	(6.4)
60 and over.....	1296	20	(1.3)	189	(2.7)	13	(0.8)	7	(0.4)	183	(5.0)	63	(4.0)	35	(1.9)	191	(2.8)
2 - 19.....	892	13	(1.7)	221	(4.5)	9	(1.2)	4	(0.6)	244	(17.4)	67	(4.0)	27	(2.5)	217	(4.0)
20 and over...	2683	20	(1.1)	201	(3.3)	13	(0.9)	7	(0.4)	199	(4.7)	65	(2.2)	33	(0.9)	202	(3.4)
2 and over...	3575	19	(1.1)	206	(2.9)	12	(0.9)	6	(0.4)	206	(5.8)	66	(2.0)	32	(0.9)	205	(2.8)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	238	(3.5)	7	(1.1)	3	(0.5)	240	(11.0)	67	(3.9)	28	(1.8)	238	(3.3)
20 and over...	4798	21	(0.9)	228	(2.7)	16	(1.2)	7	(0.5)	230	(4.3)	77	(2.8)	34	(1.3)	228	(2.7)
2 and over...	6563	19	(0.9)	231	(2.2)	14	(1.1)	6	(0.5)	231	(4.3)	76	(2.6)	33	(1.1)	231	(2.2)

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 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

T o t a l s u g a r s																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	94	(5.1)	1	(0.3)	1 *	(0.3)	--	--	--	--	--	--	96	(5.2)
6 - 11.....	301	10	(1.8)	111	(5.5)	2	(0.4)	2 *	(0.4)	--	--	--	--	--	--	112	(5.8)
12 - 19.....	366	8	(1.6)	120	(4.0)	3 *	(1.2)	2 *	(1.0)	--	--	--	--	--	--	120	(4.7)
20 - 39.....	482	24	(2.9)	100	(3.0)	6	(1.6)	6	(1.7)	110	(8.3)	25	(4.8)	23	(4.3)	96	(3.5)
40 - 59.....	576	20	(2.4)	119	(3.7)	7	(2.0)	6	(1.7)	113	(8.1)	34	(8.8)	30	(6.3)	121	(4.0)
60 and over.....	1057	20	(1.5)	102	(2.8)	5	(0.6)	4	(0.5)	99	(3.7)	23	(2.4)	24	(2.2)	103	(3.5)
2 - 19.....	873	9	(1.5)	112	(2.8)	2	(0.6)	2	(0.5)	106	(6.3)	23	(3.8)	22	(3.7)	112	(2.9)
20 and over...	2115	22	(1.3)	107	(1.6)	6	(0.8)	6	(0.8)	108	(3.1)	28	(2.9)	26	(2.7)	107	(1.8)
2 and over...	2988	19	(1.1)	108	(1.4)	5	(0.6)	5	(0.6)	108	(2.6)	27	(2.5)	25	(2.3)	108	(1.6)
Females:																	
2 - 5.....	192	13	(2.1)	88	(3.2)	2	(0.5)	2 *	(0.6)	--	--	--	--	--	--	90	(3.5)
6 - 11.....	308	13	(3.2)	109	(6.1)	4 *	(1.5)	4 *	(1.2)	--	--	--	--	--	--	101	(2.6)
12 - 19.....	392	13	(1.9)	92	(3.6)	3	(0.5)	3 *	(0.6)	100	(8.1)	20	(2.6)	20 *	(2.5)	91	(3.8)
20 - 39.....	632	22	(2.2)	86	(2.1)	5	(0.9)	5	(1.0)	85	(4.7)	21	(3.1)	25	(2.8)	86	(2.3)
40 - 59.....	755	19	(2.0)	88	(3.7)	3	(0.6)	4	(0.6)	84	(6.9)	17	(2.1)	20	(1.7)	89	(3.8)
60 and over.....	1296	20	(1.3)	84	(1.9)	4	(0.3)	4	(0.3)	77	(3.2)	19	(1.9)	24	(2.0)	86	(2.0)
2 - 19.....	892	13	(1.7)	97	(2.5)	3	(0.5)	3	(0.5)	116	(14.1)	23	(2.4)	20	(2.7)	94	(2.3)
20 and over...	2683	20	(1.1)	86	(2.0)	4	(0.4)	4	(0.4)	82	(2.9)	19	(1.4)	23	(1.2)	87	(2.0)
2 and over...	3575	19	(1.1)	88	(1.5)	4	(0.4)	4	(0.4)	88	(3.5)	20	(1.2)	22	(1.2)	89	(1.4)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	105	(1.6)	3	(0.4)	2	(0.4)	112	(8.5)	23	(1.6)	21	(1.7)	104	(1.8)
20 and over...	4798	21	(0.9)	96	(1.3)	5	(0.5)	5	(0.5)	95	(1.8)	23	(1.8)	24	(1.8)	96	(1.4)
2 and over...	6563	19	(0.9)	98	(1.0)	4	(0.4)	4	(0.4)	98	(1.7)	23	(1.6)	24	(1.5)	98	(1.1)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

		D i e t a r y f i b e r															
		————— <i>All Individuals</i> ² —————					—— <i>Full Service Restaurant Consumers</i> ³ ——					<i>Non-consumers</i> ⁴					
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	13.1	(0.94)	0.3	(0.07)	2*	(0.6)	--	--	--	--	--	--	13.7	(1.06)
6 - 11.....	301	10	(1.8)	14.4	(0.55)	0.4	(0.09)	3*	(0.6)	--	--	--	--	--	--	14.5	(0.54)
12 - 19.....	366	8	(1.6)	17.1	(0.47)	0.4*	(0.13)	3*	(0.8)	--	--	--	--	--	--	17.2	(0.53)
20 - 39.....	482	24	(2.9)	17.7	(1.02)	1.3	(0.21)	8	(1.1)	18.5	(2.72)	5.5	(0.41)	30	(5.0)	17.4	(0.77)
40 - 59.....	576	20	(2.4)	17.4	(0.53)	1.5	(0.31)	9	(1.8)	19.2	(0.91)	7.6	(0.79)	40	(5.1)	17.0	(0.68)
60 and over.....	1057	20	(1.5)	17.9	(0.43)	1.1	(0.14)	6	(0.8)	16.3	(0.63)	5.9	(0.52)	36	(2.4)	18.3	(0.54)
2 - 19.....	873	9	(1.5)	15.4	(0.42)	0.4	(0.08)	2	(0.6)	13.1	(0.83)	4.0	(0.44)	30	(3.1)	15.6	(0.41)
20 and over...	2115	22	(1.3)	17.7	(0.50)	1.4	(0.13)	8	(0.8)	18.1	(1.32)	6.3	(0.39)	35	(4.0)	17.5	(0.41)
2 and over...	2988	19	(1.1)	17.1	(0.42)	1.1	(0.11)	7	(0.7)	17.5	(1.15)	6.0	(0.33)	34	(3.6)	17.0	(0.37)
Females:																	
2 - 5.....	192	13	(2.1)	12.4	(0.48)	0.3	(0.06)	2*	(0.5)	--	--	--	--	--	--	12.9	(0.57)
6 - 11.....	308	13	(3.2)	15.1	(0.75)	0.6*	(0.19)	4*	(1.1)	--	--	--	--	--	--	15.1	(0.73)
12 - 19.....	392	13	(1.9)	13.6	(0.67)	0.5	(0.09)	4	(0.7)	15.8	(1.16)	4.1	(0.32)	26	(2.6)	13.2	(0.78)
20 - 39.....	632	22	(2.2)	15.7	(1.25)	1.3	(0.17)	8	(1.5)	14.3	(0.73)	5.9	(0.34)	41	(2.5)	16.0	(1.49)
40 - 59.....	755	19	(2.0)	15.1	(0.63)	0.8	(0.13)	5	(0.8)	16.5	(1.39)	4.4	(0.43)	27	(2.7)	14.7	(0.52)
60 and over.....	1296	20	(1.3)	14.3	(0.26)	1.0	(0.07)	7	(0.4)	13.2	(0.46)	4.8	(0.30)	36	(2.2)	14.5	(0.26)
2 - 19.....	892	13	(1.7)	13.8	(0.45)	0.5	(0.07)	4	(0.5)	14.3	(0.67)	3.8	(0.21)	27	(1.3)	13.8	(0.52)
20 and over...	2683	20	(1.1)	15.0	(0.57)	1.0	(0.08)	7	(0.6)	14.7	(0.71)	5.1	(0.23)	35	(1.5)	15.1	(0.60)
2 and over...	3575	19	(1.1)	14.8	(0.53)	0.9	(0.08)	6	(0.5)	14.6	(0.67)	4.9	(0.20)	34	(1.3)	14.8	(0.55)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	14.6	(0.39)	0.4	(0.06)	3	(0.5)	13.8	(0.57)	3.9	(0.23)	28	(1.4)	14.7	(0.42)
20 and over...	4798	21	(0.9)	16.3	(0.51)	1.2	(0.09)	7	(0.6)	16.4	(0.89)	5.7	(0.24)	35	(2.3)	16.3	(0.45)
2 and over...	6563	19	(0.9)	15.9	(0.45)	1.0	(0.08)	6	(0.6)	16.0	(0.77)	5.4	(0.21)	34	(2.0)	15.9	(0.41)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

		T o t a l f a t															
		————— <i>All Individuals</i> ² —————					—— <i>Full Service Restaurant Consumers</i> ³ ——					<i>Non-consumers</i> ⁴					
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	60.5	(2.43)	2.4	(0.58)	4*	(1.0)	--	--	--	--	--	--	61.8	(2.70)
6 - 11.....	301	10	(1.8)	73.6	(2.23)	2.5	(0.66)	3*	(0.9)	--	--	--	--	--	--	73.4	(2.35)
12 - 19.....	366	8	(1.6)	93.5	(2.28)	3.1	(0.87)	3*	(0.9)	--	--	--	--	--	--	93.3	(2.52)
20 - 39.....	482	24	(2.9)	98.8	(3.20)	11.3	(2.26)	11	(2.2)	105.3	(7.65)	46.3	(6.22)	44	(6.6)	96.7	(3.11)
40 - 59.....	576	20	(2.4)	99.4	(2.12)	10.3	(1.84)	10	(1.8)	112.5	(4.54)	50.6	(3.78)	45	(3.4)	96.1	(2.00)
60 and over.....	1057	20	(1.5)	93.3	(2.79)	7.8	(1.04)	8	(0.9)	97.4	(3.38)	40.2	(2.69)	41	(2.4)	92.3	(2.97)
2 - 19.....	873	9	(1.5)	80.1	(1.88)	2.8	(0.59)	3	(0.7)	76.8	(4.35)	29.2	(2.34)	38	(2.7)	80.5	(2.06)
20 and over...	2115	22	(1.3)	97.4	(1.37)	9.9	(1.07)	10	(1.2)	105.5	(3.76)	46.1	(2.83)	44	(3.6)	95.2	(1.52)
2 and over...	2988	19	(1.1)	93.2	(1.07)	8.2	(0.87)	9	(1.0)	101.9	(3.25)	44.0	(2.54)	43	(3.2)	91.2	(1.33)
Females:																	
2 - 5.....	192	13	(2.1)	58.2	(2.47)	2.2	(0.51)	4*	(0.8)	--	--	--	--	--	--	59.4	(2.65)
6 - 11.....	308	13	(3.2)	73.5	(2.45)	4.3	(1.17)	6	(1.6)	--	--	--	--	--	--	72.7	(2.46)
12 - 19.....	392	13	(1.9)	71.1	(2.87)	4.2	(0.84)	6	(1.1)	88.0	(5.55)	32.6	(3.34)	37	(4.7)	68.6	(2.75)
20 - 39.....	632	22	(2.2)	77.9	(1.83)	7.4	(0.91)	9	(1.2)	80.2	(2.56)	33.8	(2.46)	42	(2.5)	77.3	(2.27)
40 - 59.....	755	19	(2.0)	75.1	(1.95)	5.3	(0.65)	7	(0.8)	79.2	(3.03)	28.5	(2.05)	36	(2.2)	74.2	(2.27)
60 and over.....	1296	20	(1.3)	71.6	(0.98)	6.4	(0.49)	9	(0.7)	77.0	(2.90)	32.5	(2.29)	42	(2.3)	70.3	(1.11)
2 - 19.....	892	13	(1.7)	69.4	(1.58)	3.9	(0.55)	6	(0.7)	77.5	(2.12)	29.7	(2.00)	38	(3.1)	68.2	(1.67)
20 and over...	2683	20	(1.1)	75.0	(1.10)	6.4	(0.34)	9	(0.4)	78.9	(1.37)	31.8	(1.21)	40	(1.5)	74.0	(1.21)
2 and over...	3575	19	(1.1)	73.7	(0.90)	5.8	(0.37)	8	(0.5)	78.7	(1.30)	31.4	(1.10)	40	(1.5)	72.6	(1.00)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	74.9	(1.40)	3.3	(0.52)	4	(0.7)	77.2	(2.59)	29.5	(1.88)	38	(2.5)	74.6	(1.52)
20 and over...	4798	21	(0.9)	85.8	(0.95)	8.1	(0.56)	9	(0.7)	92.2	(2.28)	38.9	(1.42)	42	(1.8)	84.1	(0.99)
2 and over...	6563	19	(0.9)	83.3	(0.75)	7.0	(0.52)	8	(0.6)	90.1	(2.01)	37.6	(1.25)	42	(1.6)	81.7	(0.83)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

S a t u r a t e d f a t																	
————— <i>All Individuals</i> ² ————— ——— <i>Full Service Restaurant Consumers</i> ³ ——— <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	20.1	(0.83)	0.7	(0.19)	3*	(0.9)	--	--	--	--	--	--	20.7	(0.96)
6 - 11.....	301	10	(1.8)	25.1	(1.00)	0.8	(0.23)	3*	(0.9)	--	--	--	--	--	--	25.1	(1.09)
12 - 19.....	366	8	(1.6)	31.9	(0.79)	0.9	(0.26)	3*	(0.8)	--	--	--	--	--	--	31.8	(0.96)
20 - 39.....	482	24	(2.9)	32.0	(1.23)	3.2	(0.64)	10	(2.0)	32.0	(2.42)	13.3	(1.78)	41	(6.1)	32.0	(1.24)
40 - 59.....	576	20	(2.4)	31.8	(0.83)	3.0	(0.56)	9	(1.7)	34.4	(1.64)	14.9	(1.29)	43	(3.9)	31.2	(0.84)
60 and over.....	1057	20	(1.5)	29.6	(0.91)	2.2	(0.29)	7	(0.9)	30.3	(1.28)	11.2	(0.70)	37	(2.0)	29.4	(0.95)
2 - 19.....	873	9	(1.5)	27.2	(0.65)	0.9	(0.18)	3	(0.6)	25.4	(1.39)	9.1	(0.68)	36	(2.7)	27.4	(0.75)
20 and over...	2115	22	(1.3)	31.2	(0.58)	2.8	(0.31)	9	(1.1)	32.3	(1.34)	13.2	(0.78)	41	(3.4)	30.9	(0.60)
2 and over...	2988	19	(1.1)	30.2	(0.40)	2.4	(0.26)	8	(0.9)	31.5	(1.18)	12.7	(0.71)	40	(3.1)	30.0	(0.44)
Females:																	
2 - 5.....	192	13	(2.1)	20.0	(0.82)	0.6	(0.13)	3*	(0.6)	--	--	--	--	--	--	20.5	(0.92)
6 - 11.....	308	13	(3.2)	25.5	(0.82)	1.3	(0.39)	5	(1.6)	--	--	--	--	--	--	25.4	(0.89)
12 - 19.....	392	13	(1.9)	24.0	(0.97)	1.3	(0.27)	5	(1.0)	31.7	(3.42)	10.0	(1.05)	32	(5.2)	22.8	(0.91)
20 - 39.....	632	22	(2.2)	24.6	(0.67)	2.1	(0.29)	9	(1.2)	25.1	(0.99)	9.6	(0.93)	38	(2.8)	24.5	(0.76)
40 - 59.....	755	19	(2.0)	24.6	(0.74)	1.6	(0.20)	6	(0.8)	24.9	(0.68)	8.3	(0.61)	34	(2.1)	24.5	(0.87)
60 and over.....	1296	20	(1.3)	23.3	(0.49)	1.8	(0.15)	8	(0.6)	24.4	(1.04)	9.2	(0.67)	38	(2.4)	23.0	(0.56)
2 - 19.....	892	13	(1.7)	23.7	(0.50)	1.2	(0.17)	5	(0.7)	26.9	(1.56)	9.1	(0.62)	34	(3.2)	23.2	(0.55)
20 and over...	2683	20	(1.1)	24.2	(0.46)	1.8	(0.10)	8	(0.4)	24.8	(0.54)	9.1	(0.43)	37	(1.6)	24.0	(0.51)
2 and over...	3575	19	(1.1)	24.1	(0.34)	1.7	(0.11)	7	(0.4)	25.1	(0.49)	9.1	(0.38)	36	(1.5)	23.8	(0.41)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	25.5	(0.46)	1.0	(0.15)	4	(0.6)	26.2	(1.30)	9.1	(0.51)	35	(2.4)	25.4	(0.52)
20 and over...	4798	21	(0.9)	27.6	(0.42)	2.3	(0.16)	8	(0.6)	28.6	(0.80)	11.2	(0.40)	39	(1.7)	27.3	(0.45)
2 and over...	6563	19	(0.9)	27.1	(0.29)	2.0	(0.15)	7	(0.5)	28.2	(0.71)	10.9	(0.37)	39	(1.6)	26.8	(0.34)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

M o n o u n s a t u r a t e d f a t																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	20.0	(0.94)	0.8	(0.22)	4*	(1.1)	--	--	--	--	--	--	20.3	(1.04)
6 - 11.....	301	10	(1.8)	23.8	(0.81)	0.8	(0.23)	3*	(0.9)	--	--	--	--	--	--	23.7	(0.86)
12 - 19.....	366	8	(1.6)	30.9	(0.76)	1.1	(0.32)	4*	(1.0)	--	--	--	--	--	--	30.8	(0.79)
20 - 39.....	482	24	(2.9)	33.2	(1.27)	3.8	(0.74)	11	(2.2)	35.9	(3.10)	15.6	(2.01)	43	(6.8)	32.3	(1.24)
40 - 59.....	576	20	(2.4)	34.1	(0.76)	3.6	(0.67)	11	(1.9)	39.9	(1.74)	17.9	(1.45)	45	(3.4)	32.7	(0.73)
60 and over.....	1057	20	(1.5)	32.5	(1.06)	2.7	(0.37)	8	(1.0)	33.8	(1.30)	13.8	(1.05)	41	(2.6)	32.3	(1.15)
2 - 19.....	873	9	(1.5)	26.3	(0.61)	1.0	(0.21)	4	(0.8)	25.8	(1.44)	10.1	(0.91)	39	(2.9)	26.4	(0.65)
20 and over...	2115	22	(1.3)	33.3	(0.53)	3.4	(0.38)	10	(1.2)	36.6	(1.47)	15.9	(1.03)	43	(3.6)	32.4	(0.59)
2 and over...	2988	19	(1.1)	31.6	(0.41)	2.8	(0.31)	9	(1.0)	35.3	(1.26)	15.2	(0.93)	43	(3.3)	30.8	(0.51)
Females:																	
2 - 5.....	192	13	(2.1)	18.9	(0.88)	0.7	(0.18)	4*	(0.9)	--	--	--	--	--	--	19.3	(0.99)
6 - 11.....	308	13	(3.2)	23.3	(0.80)	1.3	(0.36)	6	(1.5)	--	--	--	--	--	--	23.2	(0.74)
12 - 19.....	392	13	(1.9)	22.8	(0.95)	1.5	(0.32)	6	(1.3)	28.1	(1.87)	11.2	(1.32)	40	(4.2)	22.0	(0.87)
20 - 39.....	632	22	(2.2)	26.0	(0.62)	2.6	(0.35)	10	(1.4)	27.1	(0.92)	11.7	(0.95)	43	(2.9)	25.7	(0.77)
40 - 59.....	755	19	(2.0)	25.2	(0.69)	1.8	(0.24)	7	(0.9)	27.2	(1.51)	9.5	(0.80)	35	(2.2)	24.8	(0.77)
60 and over.....	1296	20	(1.3)	24.1	(0.28)	2.2	(0.16)	9	(0.7)	25.6	(0.85)	10.9	(0.82)	43	(2.5)	23.7	(0.35)
2 - 19.....	892	13	(1.7)	22.2	(0.56)	1.3	(0.19)	6	(0.8)	24.6	(0.74)	9.8	(0.82)	40	(3.1)	21.8	(0.58)
20 and over...	2683	20	(1.1)	25.1	(0.33)	2.2	(0.12)	9	(0.4)	26.6	(0.57)	10.8	(0.46)	40	(1.6)	24.8	(0.34)
2 and over...	3575	19	(1.1)	24.5	(0.30)	2.0	(0.13)	8	(0.5)	26.3	(0.51)	10.6	(0.42)	40	(1.6)	24.1	(0.30)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	24.3	(0.48)	1.1	(0.18)	5	(0.7)	25.1	(0.75)	9.9	(0.74)	39	(2.7)	24.2	(0.51)
20 and over...	4798	21	(0.9)	29.1	(0.32)	2.8	(0.20)	10	(0.7)	31.6	(0.91)	13.3	(0.53)	42	(1.9)	28.4	(0.31)
2 and over...	6563	19	(0.9)	28.0	(0.26)	2.4	(0.19)	9	(0.6)	30.7	(0.78)	12.8	(0.47)	42	(1.7)	27.4	(0.27)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

P o l y u n s a t u r a t e d f a t																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	13.7	(0.85)	0.6	(0.12)	5*	(1.0)	--	--	--	--	--	--	13.8	(0.99)
6 - 11.....	301	10	(1.8)	16.7	(0.60)	0.6	(0.14)	4*	(0.9)	--	--	--	--	--	--	16.7	(0.59)
12 - 19.....	366	8	(1.6)	20.6	(0.76)	0.7*	(0.23)	3*	(1.0)	--	--	--	--	--	--	20.5	(0.73)
20 - 39.....	482	24	(2.9)	22.7	(0.76)	3.1	(0.69)	14	(2.7)	26.0	(1.70)	12.7	(2.05)	49	(7.3)	21.7	(0.79)
40 - 59.....	576	20	(2.4)	22.5	(0.57)	2.5	(0.47)	11	(2.1)	26.3	(1.52)	12.6	(1.06)	48	(3.8)	21.6	(0.53)
60 and over.....	1057	20	(1.5)	21.3	(0.73)	2.2	(0.29)	10	(1.2)	23.3	(0.82)	11.1	(0.84)	48	(3.1)	20.8	(0.79)
2 - 19.....	873	9	(1.5)	17.9	(0.59)	0.7	(0.14)	4	(0.8)	17.6	(1.45)	6.9	(0.70)	39	(3.4)	17.9	(0.60)
20 and over...	2115	22	(1.3)	22.2	(0.32)	2.6	(0.29)	12	(1.3)	25.4	(0.78)	12.2	(0.92)	48	(3.8)	21.4	(0.38)
2 and over...	2988	19	(1.1)	21.2	(0.34)	2.1	(0.23)	10	(1.0)	24.4	(0.67)	11.6	(0.78)	47	(3.4)	20.4	(0.41)
Females:																	
2 - 5.....	192	13	(2.1)	12.8	(0.71)	0.6	(0.15)	5*	(1.1)	--	--	--	--	--	--	13.0	(0.74)
6 - 11.....	308	13	(3.2)	16.7	(0.91)	1.2	(0.36)	7	(2.0)	--	--	--	--	--	--	16.2	(0.88)
12 - 19.....	392	13	(1.9)	16.9	(0.95)	1.0	(0.20)	6	(1.1)	18.5	(0.90)	7.8	(1.06)	42	(4.5)	16.7	(1.05)
20 - 39.....	632	22	(2.2)	18.8	(0.50)	1.9	(0.21)	10	(1.2)	19.5	(0.89)	8.9	(0.59)	46	(2.7)	18.6	(0.66)
40 - 59.....	755	19	(2.0)	17.2	(0.53)	1.4	(0.17)	8	(0.8)	18.8	(1.05)	7.6	(0.62)	40	(2.7)	16.8	(0.54)
60 and over.....	1296	20	(1.3)	16.6	(0.26)	1.8	(0.15)	11	(0.8)	19.0	(0.85)	9.0	(0.72)	48	(2.4)	16.0	(0.24)
2 - 19.....	892	13	(1.7)	16.0	(0.61)	1.0	(0.15)	6	(0.8)	17.6	(0.74)	7.7	(0.77)	44	(3.5)	15.8	(0.66)
20 and over...	2683	20	(1.1)	17.5	(0.30)	1.7	(0.10)	10	(0.5)	19.1	(0.45)	8.5	(0.32)	45	(1.7)	17.1	(0.33)
2 and over...	3575	19	(1.1)	17.2	(0.29)	1.6	(0.11)	9	(0.6)	18.9	(0.47)	8.4	(0.34)	45	(1.7)	16.8	(0.30)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	17.0	(0.47)	0.8	(0.14)	5	(0.8)	17.6	(0.82)	7.4	(0.67)	42	(3.0)	16.9	(0.48)
20 and over...	4798	21	(0.9)	19.8	(0.21)	2.2	(0.15)	11	(0.7)	22.3	(0.53)	10.4	(0.42)	47	(1.9)	19.2	(0.20)
2 and over...	6563	19	(0.9)	19.2	(0.23)	1.8	(0.14)	10	(0.6)	21.6	(0.47)	10.0	(0.34)	46	(1.7)	18.6	(0.24)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C h o l e s t e r o l																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	210	(16.9)	13*	(7.4)	6*	(3.4)	--	--	--	--	--	--	213	(18.0)
6 - 11.....	301	10	(1.8)	229	(13.2)	12	(3.4)	5	(1.5)	--	--	--	--	--	--	229	(15.0)
12 - 19.....	366	8	(1.6)	305	(17.9)	9	(2.5)	3*	(0.8)	--	--	--	--	--	--	307	(18.3)
20 - 39.....	482	24	(2.9)	378	(26.4)	38	(5.7)	10	(1.8)	377	(44.0)	155	(15.5)	41	(7.7)	378	(28.1)
40 - 59.....	576	20	(2.4)	371	(10.6)	49	(10.2)	13	(2.5)	420	(20.2)	241	(24.0)	57	(4.7)	359	(11.2)
60 and over.....	1057	20	(1.5)	351	(11.5)	37	(6.0)	11	(1.5)	399	(22.7)	189	(19.3)	47	(4.2)	340	(11.8)
2 - 19.....	873	9	(1.5)	260	(9.4)	11	(3.1)	4	(1.2)	236	(24.6)	113	(23.6)	48	(6.0)	263	(11.2)
20 and over...	2115	22	(1.3)	368	(9.3)	41	(5.0)	11	(1.5)	397	(17.9)	192	(15.9)	48	(5.6)	360	(11.6)
2 and over...	2988	19	(1.1)	341	(7.3)	34	(4.3)	10	(1.3)	377	(15.4)	182	(14.8)	48	(5.3)	333	(8.5)
Females:																	
2 - 5.....	192	13	(2.1)	199	(17.5)	10*	(3.9)	5*	(2.0)	--	--	--	--	--	--	201	(20.1)
6 - 11.....	308	13	(3.2)	227	(7.6)	12*	(3.8)	5*	(1.8)	--	--	--	--	--	--	224	(10.8)
12 - 19.....	392	13	(1.9)	219	(16.5)	15	(3.0)	7	(1.2)	344	(35.1)	113	(18.0)	33	(4.0)	200	(15.9)
20 - 39.....	632	22	(2.2)	287	(9.6)	27	(4.6)	9	(1.5)	303	(20.9)	124	(17.7)	41	(4.9)	283	(14.0)
40 - 59.....	755	19	(2.0)	278	(10.6)	22	(3.4)	8	(1.2)	285	(24.8)	119	(12.8)	42	(4.0)	276	(10.3)
60 and over.....	1296	20	(1.3)	264	(7.4)	28	(3.7)	11	(1.3)	298	(16.0)	144	(15.0)	48	(4.5)	256	(9.3)
2 - 19.....	892	13	(1.7)	218	(8.0)	13	(2.1)	6	(0.8)	280	(22.1)	100	(10.7)	36	(2.6)	208	(8.3)
20 and over...	2683	20	(1.1)	277	(5.5)	26	(2.1)	9	(0.7)	296	(12.4)	129	(10.8)	44	(3.2)	272	(6.5)
2 and over...	3575	19	(1.1)	264	(4.9)	23	(1.8)	9	(0.6)	293	(10.5)	124	(9.6)	42	(2.8)	257	(5.8)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	240	(6.3)	12	(2.2)	5	(0.9)	261	(19.6)	105	(14.3)	40	(3.7)	237	(8.0)
20 and over...	4798	21	(0.9)	321	(5.9)	33	(2.7)	10	(0.9)	346	(11.5)	160	(9.2)	46	(3.4)	314	(7.3)
2 and over...	6563	19	(0.9)	302	(4.7)	28	(2.5)	9	(0.8)	334	(10.3)	153	(8.9)	46	(3.2)	295	(5.7)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n A (R A E)																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	440	(25.3)	11 *	(4.8)	3 *	(1.1)	--	--	--	--	--	--	465	(29.8)
6 - 11.....	301	10	(1.8)	516	(28.7)	13	(3.9)	3 *	(0.8)	--	--	--	--	--	--	526	(30.0)
12 - 19.....	366	8	(1.6)	582	(25.4)	15 *	(6.0)	3 *	(1.0)	--	--	--	--	--	--	585	(29.3)
20 - 39.....	482	24	(2.9)	577	(36.3)	42	(8.9)	7	(1.4)	511	(46.2)	171	(22.4)	33	(4.5)	598	(40.4)
40 - 59.....	576	20	(2.4)	620	(23.9)	53	(11.4)	9	(1.8)	671	(84.4)	262	(44.8)	39	(5.4)	607	(25.0)
60 and over.....	1057	20	(1.5)	654	(15.4)	40	(4.8)	6	(0.8)	590	(42.9)	203	(17.6)	34	(2.9)	669	(21.6)
2 - 19.....	873	9	(1.5)	531	(16.1)	14	(3.5)	3	(0.7)	423	(39.7)	144	(26.8)	34	(5.5)	542	(17.8)
20 and over...	2115	22	(1.3)	614	(16.6)	45	(4.4)	7	(0.7)	584	(37.5)	209	(13.0)	36	(2.8)	623	(16.6)
2 and over...	2988	19	(1.1)	594	(11.7)	37	(3.4)	6	(0.6)	564	(31.8)	201	(11.6)	36	(2.5)	601	(12.0)
Females:																	
2 - 5.....	192	13	(2.1)	518	(73.4)	10	(2.6)	2 *	(0.6)	--	--	--	--	--	--	541	(83.8)
6 - 11.....	308	13	(3.2)	484	(19.7)	25 *	(9.7)	5 *	(1.9)	--	--	--	--	--	--	473	(18.0)
12 - 19.....	392	13	(1.9)	430	(16.1)	18	(4.2)	4	(1.0)	509	(35.6)	139	(24.0)	27	(4.6)	418	(18.0)
20 - 39.....	632	22	(2.2)	544	(33.4)	39	(4.8)	7	(1.0)	544	(31.6)	179	(14.2)	33	(2.1)	544	(40.0)
40 - 59.....	755	19	(2.0)	544	(23.0)	38	(5.4)	7	(0.9)	536	(26.5)	203	(17.4)	38	(3.0)	546	(25.7)
60 and over.....	1296	20	(1.3)	602	(44.8)	38	(3.4)	6	(0.7)	509	(25.8)	190	(12.0)	37	(2.2)	625	(56.0)
2 - 19.....	892	13	(1.7)	465	(15.9)	19	(3.3)	4	(0.7)	498	(34.4)	145	(15.2)	29	(1.9)	460	(15.5)
20 and over...	2683	20	(1.1)	563	(22.5)	38	(2.4)	7	(0.5)	531	(18.1)	190	(6.9)	36	(1.5)	571	(26.9)
2 and over...	3575	19	(1.1)	541	(18.5)	34	(2.2)	6	(0.4)	525	(17.4)	183	(5.6)	35	(1.3)	545	(21.3)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	499	(13.4)	16	(2.5)	3	(0.5)	465	(26.1)	145	(12.8)	31	(2.1)	503	(14.2)
20 and over...	4798	21	(0.9)	588	(17.0)	41	(2.5)	7	(0.5)	557	(19.3)	199	(7.0)	36	(1.3)	596	(19.5)
2 and over...	6563	19	(0.9)	567	(13.6)	36	(2.2)	6	(0.4)	544	(16.9)	192	(6.1)	35	(1.2)	572	(15.0)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

B e t a c a r o t e n e																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1105	(200.0)	21*	(11.3)	2*	(1.0)	--	--	--	--	--	--	1182	(227.1)
6 - 11.....	301	10	(1.8)	1372	(282.0)	26*	(11.1)	2*	(0.8)	--	--	--	--	--	--	1409	(302.2)
12 - 19.....	366	8	(1.6)	1591	(217.8)	78*	(44.0)	5*	(2.9)	--	--	--	--	--	--	1568	(241.6)
20 - 39.....	482	24	(2.9)	1812	(208.6)	208	(62.2)	11	(3.2)	1785	(203.1)	853	(182.9)	48	(7.4)	1821	(238.1)
40 - 59.....	576	20	(2.4)	2304	(196.1)	266*	(85.7)	12*	(3.8)	2864	(602.9)	1313*	(414.4)	46	(12.4)	2162	(219.4)
60 and over.....	1057	20	(1.5)	2666	(171.7)	177	(33.4)	7	(1.3)	1993	(199.9)	905	(179.6)	45	(5.8)	2829	(220.5)
2 - 19.....	873	9	(1.5)	1418	(148.7)	49*	(20.5)	3*	(1.5)	1216	(297.9)	520*	(211.3)	43	(10.6)	1439	(158.7)
20 and over...	2115	22	(1.3)	2232	(131.3)	218	(26.7)	10	(1.4)	2188	(215.6)	1015	(111.3)	46	(4.7)	2245	(152.9)
2 and over...	2988	19	(1.1)	2034	(94.3)	177	(19.2)	9	(1.1)	2067	(190.2)	954	(101.3)	46	(4.5)	2026	(108.1)
Females:																	
2 - 5.....	192	13	(2.1)	1150	(204.2)	16*	(5.2)	1*	(0.5)	--	--	--	--	--	--	1210	(228.7)
6 - 11.....	308	13	(3.2)	1279	(164.4)	109*	(48.5)	9*	(3.0)	--	--	--	--	--	--	1162	(104.6)
12 - 19.....	392	13	(1.9)	1451	(171.9)	66*	(28.3)	5*	(1.9)	1503	(333.7)	512*	(197.4)	34	(6.8)	1443	(188.9)
20 - 39.....	632	22	(2.2)	2255	(224.2)	227	(36.5)	10	(1.9)	2258	(272.6)	1039	(130.3)	46	(3.4)	2255	(281.8)
40 - 59.....	755	19	(2.0)	2273	(191.1)	222	(42.3)	10	(1.8)	2486	(269.6)	1189	(161.0)	48	(6.7)	2224	(203.9)
60 and over.....	1296	20	(1.3)	2364	(132.9)	190	(16.6)	8	(0.7)	1873	(202.8)	961	(70.2)	51	(4.3)	2485	(160.3)
2 - 19.....	892	13	(1.7)	1335	(111.0)	71	(14.7)	5	(0.9)	1541	(222.9)	545	(88.7)	35	(4.0)	1305	(107.5)
20 and over...	2683	20	(1.1)	2296	(114.0)	213	(20.8)	9	(1.0)	2204	(186.3)	1060	(70.9)	48	(3.6)	2320	(121.9)
2 and over...	3575	19	(1.1)	2083	(110.8)	182	(17.3)	9	(0.9)	2101	(186.1)	980	(62.9)	47	(3.2)	2079	(114.4)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1378	(101.7)	60	(11.8)	4	(0.8)	1400	(163.8)	534	(86.0)	38	(4.2)	1375	(100.0)
20 and over...	4798	21	(0.9)	2265	(109.1)	216	(17.6)	10	(0.9)	2196	(137.0)	1037	(72.1)	47	(2.8)	2284	(123.8)
2 and over...	6563	19	(0.9)	2059	(93.3)	179	(13.1)	9	(0.7)	2084	(125.5)	967	(61.8)	46	(2.8)	2053	(100.6)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

L y c o p e n e																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	3943	(629.8)	187*	(129.2)	5*	(3.9)	--	--	--	--	--	--	3970	(830.8)
6 - 11.....	301	10	(1.8)	3865	(367.3)	180*	(86.6)	5*	(2.3)	--	--	--	--	--	--	3887	(367.9)
12 - 19.....	366	8	(1.6)	5434	(372.2)	210*	(71.2)	4*	(1.3)	--	--	--	--	--	--	5582	(430.0)
20 - 39.....	482	24	(2.9)	5039	(410.5)	381	(90.7)	8	(2.0)	4757	(1265.7)	1567	(273.5)	33*	(10.3)	5130	(469.5)
40 - 59.....	576	20	(2.4)	5396	(602.9)	580	(139.6)	11	(2.4)	5695	(672.4)	2861	(515.7)	50	(9.3)	5320	(735.8)
60 and over.....	1057	20	(1.5)	4466	(319.4)	511	(85.5)	11	(2.0)	4462	(596.7)	2618	(465.7)	59	(6.4)	4467	(313.1)
2 - 19.....	873	9	(1.5)	4610	(282.3)	195*	(63.2)	4*	(1.4)	3683	(695.9)	2076*	(627.5)	56	(7.9)	4706	(320.7)
20 and over...	2115	22	(1.3)	4991	(269.1)	487	(56.2)	10	(1.1)	4979	(651.5)	2265	(223.6)	45	(6.3)	4995	(264.2)
2 and over...	2988	19	(1.1)	4898	(232.5)	416	(41.5)	8	(0.9)	4819	(515.2)	2241	(187.2)	47	(6.1)	4916	(231.0)
Females:																	
2 - 5.....	192	13	(2.1)	3458	(742.8)	223*	(72.4)	6*	(2.6)	--	--	--	--	--	--	3339	(687.6)
6 - 11.....	308	13	(3.2)	4115	(529.4)	281*	(135.2)	7*	(2.6)	--	--	--	--	--	--	4008	(499.8)
12 - 19.....	392	13	(1.9)	4410	(813.5)	216*	(77.5)	5*	(2.3)	4093	(658.9)	1671*	(522.6)	--	--	4457	(880.6)
20 - 39.....	632	22	(2.2)	4435	(367.3)	397	(90.0)	9	(2.2)	3776	(784.2)	1819	(303.3)	48	(5.9)	4619	(421.6)
40 - 59.....	755	19	(2.0)	3529	(201.6)	354	(100.6)	10	(2.8)	3675	(607.5)	1894	(461.7)	52	(7.4)	3495	(229.7)
60 and over.....	1296	20	(1.3)	3497	(274.9)	356	(53.1)	10	(1.7)	3354	(452.5)	1798	(266.4)	54	(5.9)	3533	(335.8)
2 - 19.....	892	13	(1.7)	4127	(409.5)	239	(62.8)	6	(1.6)	4370	(425.7)	1840	(472.8)	42	(10.3)	4091	(436.9)
20 and over...	2683	20	(1.1)	3831	(201.7)	370	(51.2)	10	(1.3)	3610	(389.0)	1835	(225.3)	51	(4.7)	3887	(224.5)
2 and over...	3575	19	(1.1)	3897	(196.1)	341	(41.7)	9	(1.1)	3728	(346.5)	1836	(177.2)	49	(4.5)	3935	(224.8)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	4376	(287.5)	217	(53.2)	5	(1.3)	4071	(422.2)	1943	(397.9)	48	(7.6)	4414	(313.8)
20 and over...	4798	21	(0.9)	4393	(165.6)	427	(41.8)	10	(0.8)	4296	(333.6)	2050	(175.7)	48	(3.0)	4419	(164.6)
2 and over...	6563	19	(0.9)	4389	(152.8)	378	(32.8)	9	(0.7)	4265	(268.0)	2035	(130.5)	48	(2.8)	4418	(145.9)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

T h i a m i n																	
————— <i>All Individuals</i> ² ————— ——— <i>Full Service Restaurant Consumers</i> ³ ——— <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1.19	(0.045)	0.03	*(0.010)	3*	(0.9)	--	--	--	--	--	--	1.23	(0.050)
6 - 11.....	301	10	(1.8)	1.45	(0.051)	0.05	(0.014)	3*	(1.0)	--	--	--	--	--	--	1.46	(0.056)
12 - 19.....	366	8	(1.6)	1.79	(0.089)	0.04	(0.011)	2*	(0.6)	--	--	--	--	--	--	1.82	(0.093)
20 - 39.....	482	24	(2.9)	1.72	(0.082)	0.15	(0.029)	9	(1.6)	1.59	(0.108)	0.61	(0.068)	38	(4.8)	1.75	(0.094)
40 - 59.....	576	20	(2.4)	1.72	(0.043)	0.14	(0.023)	8	(1.4)	1.66	(0.091)	0.71	(0.069)	43	(3.3)	1.74	(0.050)
60 and over.....	1057	20	(1.5)	1.58	(0.026)	0.11	(0.014)	7	(0.9)	1.51	(0.047)	0.57	(0.036)	38	(2.4)	1.60	(0.034)
2 - 19.....	873	9	(1.5)	1.55	(0.050)	0.04	(0.008)	3	(0.6)	1.29	(0.060)	0.45	(0.028)	35	(2.2)	1.58	(0.053)
20 and over...	2115	22	(1.3)	1.68	(0.036)	0.14	(0.014)	8	(0.9)	1.59	(0.057)	0.63	(0.034)	40	(2.7)	1.70	(0.034)
2 and over...	2988	19	(1.1)	1.65	(0.035)	0.11	(0.011)	7	(0.8)	1.56	(0.049)	0.61	(0.032)	39	(2.5)	1.67	(0.034)
Females:																	
2 - 5.....	192	13	(2.1)	1.17	(0.050)	0.03	(0.005)	3*	(0.5)	--	--	--	--	--	--	1.20	(0.058)
6 - 11.....	308	13	(3.2)	1.31	(0.036)	0.07	(0.018)	5	(1.3)	--	--	--	--	--	--	1.30	(0.036)
12 - 19.....	392	13	(1.9)	1.22	(0.046)	0.05	(0.010)	4	(0.8)	1.25	(0.062)	0.42	(0.039)	33	(2.8)	1.22	(0.050)
20 - 39.....	632	22	(2.2)	1.37	(0.068)	0.12	(0.019)	9	(1.6)	1.32	(0.072)	0.55	(0.070)	42	(3.7)	1.38	(0.085)
40 - 59.....	755	19	(2.0)	1.27	(0.042)	0.08	(0.011)	6	(0.8)	1.33	(0.072)	0.44	(0.036)	33	(2.1)	1.25	(0.043)
60 and over.....	1296	20	(1.3)	1.19	(0.015)	0.09	(0.007)	8	(0.6)	1.16	(0.035)	0.47	(0.033)	40	(2.3)	1.20	(0.018)
2 - 19.....	892	13	(1.7)	1.24	(0.027)	0.05	(0.007)	4	(0.5)	1.23	(0.054)	0.41	(0.031)	33	(1.8)	1.24	(0.030)
20 and over...	2683	20	(1.1)	1.28	(0.026)	0.10	(0.007)	8	(0.6)	1.27	(0.034)	0.49	(0.020)	39	(1.6)	1.28	(0.030)
2 and over...	3575	19	(1.1)	1.27	(0.024)	0.09	(0.006)	7	(0.5)	1.26	(0.031)	0.48	(0.019)	38	(1.4)	1.27	(0.027)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1.40	(0.030)	0.05	(0.007)	3	(0.5)	1.25	(0.042)	0.43	(0.022)	34	(1.2)	1.42	(0.033)
20 and over...	4798	21	(0.9)	1.47	(0.027)	0.12	(0.008)	8	(0.6)	1.43	(0.037)	0.56	(0.021)	39	(1.4)	1.48	(0.027)
2 and over...	6563	19	(0.9)	1.46	(0.025)	0.10	(0.007)	7	(0.5)	1.41	(0.033)	0.54	(0.019)	38	(1.3)	1.47	(0.026)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

R i b o f l a v i n																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1.45	(0.055)	0.03	(0.010)	2*	(0.7)	--	--	--	--	--	--	1.52	(0.060)
6 - 11.....	301	10	(1.8)	1.68	(0.043)	0.05	(0.013)	3*	(0.8)	--	--	--	--	--	--	1.71	(0.045)
12 - 19.....	366	8	(1.6)	2.01	(0.090)	0.04	(0.011)	2*	(0.5)	--	--	--	--	--	--	2.04	(0.095)
20 - 39.....	482	24	(2.9)	2.27	(0.072)	0.16	(0.031)	7	(1.3)	2.16	(0.112)	0.66	(0.075)	30	(3.5)	2.30	(0.099)
40 - 59.....	576	20	(2.4)	2.34	(0.061)	0.17	(0.030)	7	(1.3)	2.46	(0.169)	0.85	(0.067)	34	(2.9)	2.31	(0.053)
60 and over.....	1057	20	(1.5)	2.06	(0.047)	0.13	(0.022)	6	(1.0)	2.02	(0.078)	0.67	(0.080)	33	(3.6)	2.07	(0.057)
2 - 19.....	873	9	(1.5)	1.79	(0.053)	0.04	(0.008)	2	(0.5)	1.38	(0.068)	0.44	(0.031)	32	(3.1)	1.83	(0.058)
20 and over...	2115	22	(1.3)	2.23	(0.037)	0.16	(0.015)	7	(0.7)	2.22	(0.072)	0.72	(0.034)	33	(1.7)	2.23	(0.037)
2 and over...	2988	19	(1.1)	2.12	(0.032)	0.13	(0.012)	6	(0.6)	2.12	(0.056)	0.69	(0.032)	32	(1.4)	2.12	(0.035)
Females:																	
2 - 5.....	192	13	(2.1)	1.42	(0.049)	0.04	(0.009)	3*	(0.6)	--	--	--	--	--	--	1.46	(0.053)
6 - 11.....	308	13	(3.2)	1.55	(0.036)	0.07*	(0.022)	4*	(1.4)	--	--	--	--	--	--	1.54	(0.036)
12 - 19.....	392	13	(1.9)	1.40	(0.056)	0.06	(0.011)	4	(0.8)	1.64	(0.072)	0.47	(0.038)	29	(2.1)	1.36	(0.061)
20 - 39.....	632	22	(2.2)	1.64	(0.064)	0.11	(0.012)	7	(0.8)	1.61	(0.039)	0.51	(0.024)	32	(1.4)	1.65	(0.077)
40 - 59.....	755	19	(2.0)	1.65	(0.054)	0.09	(0.011)	5	(0.7)	1.66	(0.079)	0.47	(0.035)	29	(2.1)	1.64	(0.058)
60 and over.....	1296	20	(1.3)	1.61	(0.034)	0.10	(0.007)	6	(0.4)	1.58	(0.039)	0.50	(0.029)	32	(1.8)	1.62	(0.042)
2 - 19.....	892	13	(1.7)	1.45	(0.029)	0.06	(0.009)	4	(0.6)	1.54	(0.057)	0.45	(0.036)	29	(1.8)	1.44	(0.030)
20 and over...	2683	20	(1.1)	1.63	(0.038)	0.10	(0.005)	6	(0.3)	1.61	(0.032)	0.50	(0.017)	31	(1.1)	1.64	(0.043)
2 and over...	3575	19	(1.1)	1.59	(0.031)	0.09	(0.005)	6	(0.3)	1.60	(0.029)	0.49	(0.014)	31	(1.0)	1.59	(0.033)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1.62	(0.029)	0.05	(0.007)	3	(0.4)	1.47	(0.047)	0.45	(0.025)	30	(1.5)	1.64	(0.031)
20 and over...	4798	21	(0.9)	1.92	(0.034)	0.13	(0.008)	7	(0.4)	1.92	(0.049)	0.61	(0.019)	32	(0.9)	1.92	(0.034)
2 and over...	6563	19	(0.9)	1.85	(0.030)	0.11	(0.007)	6	(0.4)	1.86	(0.043)	0.59	(0.019)	32	(0.8)	1.85	(0.030)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

N i a c i n																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	15.1	(0.59)	0.6	(0.15)	4*	(1.0)	--	--	--	--	--	--	15.4	(0.69)
6 - 11.....	301	10	(1.8)	18.9	(0.61)	0.6	(0.13)	3*	(0.7)	--	--	--	--	--	--	19.0	(0.59)
12 - 19.....	366	8	(1.6)	25.0	(1.01)	0.9	(0.22)	3*	(0.8)	--	--	--	--	--	--	25.2	(1.04)
20 - 39.....	482	24	(2.9)	31.3	(1.66)	3.1	(0.55)	10	(1.6)	30.7	(2.31)	12.9	(1.32)	42	(2.4)	31.4	(1.77)
40 - 59.....	576	20	(2.4)	30.6	(0.73)	2.7	(0.43)	9	(1.4)	32.0	(2.31)	13.3	(1.09)	41	(3.0)	30.2	(0.80)
60 and over.....	1057	20	(1.5)	24.2	(0.58)	1.8	(0.23)	8	(0.8)	23.1	(0.65)	9.4	(0.73)	41	(2.8)	24.5	(0.68)
2 - 19.....	873	9	(1.5)	20.9	(0.65)	0.7	(0.14)	3	(0.6)	17.9	(0.83)	7.5	(0.64)	42	(2.5)	21.2	(0.69)
20 and over...	2115	22	(1.3)	28.9	(0.54)	2.6	(0.26)	9	(0.9)	29.1	(1.00)	12.1	(0.60)	42	(1.4)	28.9	(0.61)
2 and over...	2988	19	(1.1)	27.0	(0.39)	2.1	(0.20)	8	(0.8)	27.7	(0.95)	11.5	(0.54)	42	(1.3)	26.8	(0.46)
Females:																	
2 - 5.....	192	13	(2.1)	14.1	(0.52)	0.6	(0.17)	4*	(1.2)	--	--	--	--	--	--	14.4	(0.58)
6 - 11.....	308	13	(3.2)	16.8	(0.54)	1.0	(0.25)	6	(1.4)	--	--	--	--	--	--	16.5	(0.41)
12 - 19.....	392	13	(1.9)	18.6	(0.75)	1.0	(0.18)	6	(1.0)	20.8	(1.36)	7.9	(0.74)	38	(3.2)	18.3	(0.82)
20 - 39.....	632	22	(2.2)	21.9	(0.77)	2.0	(0.22)	9	(1.1)	23.1	(0.85)	9.0	(0.54)	39	(2.7)	21.6	(0.85)
40 - 59.....	755	19	(2.0)	19.4	(0.60)	1.4	(0.18)	7	(0.9)	20.0	(1.20)	7.4	(0.71)	37	(2.6)	19.3	(0.68)
60 and over.....	1296	20	(1.3)	17.5	(0.25)	1.4	(0.08)	8	(0.5)	17.2	(0.50)	7.3	(0.46)	42	(2.8)	17.6	(0.29)
2 - 19.....	892	13	(1.7)	17.1	(0.41)	0.9	(0.13)	5	(0.7)	18.6	(0.87)	7.1	(0.56)	38	(2.0)	16.9	(0.44)
20 and over...	2683	20	(1.1)	19.7	(0.36)	1.6	(0.08)	8	(0.4)	20.3	(0.56)	8.0	(0.33)	39	(1.7)	19.5	(0.38)
2 and over...	3575	19	(1.1)	19.1	(0.32)	1.5	(0.08)	8	(0.4)	20.0	(0.52)	7.8	(0.32)	39	(1.6)	18.9	(0.33)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	19.1	(0.32)	0.8	(0.12)	4	(0.6)	18.3	(0.47)	7.3	(0.41)	40	(1.7)	19.2	(0.35)
20 and over...	4798	21	(0.9)	24.2	(0.34)	2.1	(0.14)	9	(0.5)	24.7	(0.82)	10.0	(0.40)	41	(0.8)	24.0	(0.33)
2 and over...	6563	19	(0.9)	23.0	(0.27)	1.8	(0.12)	8	(0.5)	23.8	(0.73)	9.6	(0.36)	41	(0.8)	22.8	(0.25)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n B 6																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1.29	(0.046)	0.04	(0.010)	3*	(0.8)	--	--	--	--	--	--	1.33	(0.055)
6 - 11.....	301	10	(1.8)	1.47	(0.061)	0.04	(0.011)	3*	(0.7)	--	--	--	--	--	--	1.48	(0.064)
12 - 19.....	366	8	(1.6)	1.91	(0.075)	0.05	(0.015)	3*	(0.7)	--	--	--	--	--	--	1.94	(0.082)
20 - 39.....	482	24	(2.9)	2.58	(0.202)	0.23	(0.037)	9	(1.2)	2.66	(0.414)	0.95	(0.091)	36	(3.2)	2.56	(0.170)
40 - 59.....	576	20	(2.4)	2.35	(0.093)	0.19	(0.027)	8	(1.2)	2.48	(0.202)	0.95	(0.067)	38	(3.6)	2.32	(0.110)
60 and over.....	1057	20	(1.5)	1.97	(0.051)	0.14	(0.020)	7	(0.9)	1.83	(0.067)	0.73	(0.064)	40	(3.1)	2.00	(0.061)
2 - 19.....	873	9	(1.5)	1.64	(0.050)	0.05	(0.009)	3	(0.5)	1.33	(0.047)	0.49	(0.044)	37	(2.7)	1.67	(0.056)
20 and over...	2115	22	(1.3)	2.32	(0.072)	0.19	(0.016)	8	(0.7)	2.38	(0.155)	0.89	(0.042)	38	(2.2)	2.31	(0.065)
2 and over...	2988	19	(1.1)	2.15	(0.056)	0.16	(0.013)	7	(0.6)	2.25	(0.143)	0.84	(0.036)	38	(2.0)	2.13	(0.051)
Females:																	
2 - 5.....	192	13	(2.1)	1.20	(0.042)	0.04	(0.013)	3*	(1.1)	--	--	--	--	--	--	1.23	(0.042)
6 - 11.....	308	13	(3.2)	1.33	(0.059)	0.06	(0.017)	4	(1.2)	--	--	--	--	--	--	1.31	(0.045)
12 - 19.....	392	13	(1.9)	1.42	(0.083)	0.06	(0.012)	5	(0.9)	1.63	(0.233)	0.50	(0.042)	30	(4.6)	1.39	(0.089)
20 - 39.....	632	22	(2.2)	1.83	(0.101)	0.15	(0.019)	8	(1.3)	2.07	(0.226)	0.70	(0.051)	34	(4.4)	1.76	(0.092)
40 - 59.....	755	19	(2.0)	1.52	(0.054)	0.10	(0.013)	6	(0.8)	1.57	(0.140)	0.52	(0.049)	33	(3.1)	1.50	(0.058)
60 and over.....	1296	20	(1.3)	1.39	(0.021)	0.11	(0.006)	8	(0.5)	1.34	(0.051)	0.55	(0.027)	41	(2.3)	1.41	(0.026)
2 - 19.....	892	13	(1.7)	1.35	(0.047)	0.06	(0.009)	4	(0.7)	1.44	(0.124)	0.44	(0.034)	31	(2.9)	1.33	(0.048)
20 and over...	2683	20	(1.1)	1.58	(0.040)	0.12	(0.007)	8	(0.5)	1.69	(0.114)	0.60	(0.026)	35	(2.7)	1.56	(0.036)
2 and over...	3575	19	(1.1)	1.53	(0.037)	0.11	(0.006)	7	(0.4)	1.65	(0.099)	0.57	(0.023)	35	(2.3)	1.50	(0.032)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1.50	(0.025)	0.05	(0.008)	3	(0.5)	1.39	(0.064)	0.46	(0.027)	33	(2.2)	1.51	(0.027)
20 and over...	4798	21	(0.9)	1.94	(0.043)	0.16	(0.009)	8	(0.5)	2.03	(0.117)	0.75	(0.026)	37	(1.7)	1.92	(0.035)
2 and over...	6563	19	(0.9)	1.84	(0.035)	0.13	(0.008)	7	(0.4)	1.94	(0.102)	0.71	(0.023)	36	(1.5)	1.81	(0.028)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

F o l a t e (D F E)																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	343	(18.5)	10*	(4.0)	3*	(1.2)	--	--	--	--	--	--	353	(19.7)
6 - 11.....	301	10	(1.8)	418	(14.1)	12	(2.8)	3*	(0.7)	--	--	--	--	--	--	421	(15.2)
12 - 19.....	366	8	(1.6)	528	(26.1)	12	(3.3)	2*	(0.6)	--	--	--	--	--	--	537	(28.8)
20 - 39.....	482	24	(2.9)	521	(27.1)	44	(9.0)	8	(1.8)	488	(44.5)	179	(24.9)	37	(7.5)	531	(30.9)
40 - 59.....	576	20	(2.4)	505	(13.0)	45	(7.2)	9	(1.5)	515	(38.7)	224	(25.0)	44	(3.9)	502	(16.6)
60 and over.....	1057	20	(1.5)	447	(8.7)	33	(3.6)	7	(0.8)	427	(11.5)	171	(8.9)	40	(2.3)	452	(11.8)
2 - 19.....	873	9	(1.5)	454	(13.2)	12	(2.4)	3	(0.5)	372	(23.5)	125	(12.5)	34	(2.9)	462	(14.3)
20 and over...	2115	22	(1.3)	494	(10.9)	41	(4.7)	8	(1.0)	480	(27.2)	192	(13.3)	40	(4.3)	497	(9.8)
2 and over...	2988	19	(1.1)	484	(9.9)	34	(3.7)	7	(0.8)	467	(23.7)	183	(12.4)	39	(4.0)	488	(9.5)
Females:																	
2 - 5.....	192	13	(2.1)	335	(14.5)	9	(1.5)	3*	(0.5)	--	--	--	--	--	--	344	(16.3)
6 - 11.....	308	13	(3.2)	404	(16.5)	21*	(6.6)	5	(1.5)	--	--	--	--	--	--	394	(15.1)
12 - 19.....	392	13	(1.9)	371	(17.0)	17	(3.7)	5	(1.0)	393	(22.6)	131	(15.5)	33	(3.4)	368	(19.2)
20 - 39.....	632	22	(2.2)	417	(27.6)	34	(4.1)	8	(1.3)	373	(20.1)	156	(11.8)	42	(2.5)	429	(34.1)
40 - 59.....	755	19	(2.0)	377	(13.7)	25	(3.2)	7	(0.8)	402	(18.6)	134	(10.1)	33	(2.4)	372	(14.3)
60 and over.....	1296	20	(1.3)	354	(5.9)	28	(2.2)	8	(0.6)	352	(11.9)	143	(10.2)	41	(2.4)	355	(7.2)
2 - 19.....	892	13	(1.7)	375	(10.3)	17	(2.3)	4	(0.6)	396	(15.1)	129	(9.8)	32	(1.9)	372	(11.3)
20 and over...	2683	20	(1.1)	383	(11.5)	29	(1.6)	8	(0.5)	375	(10.0)	145	(5.8)	39	(1.4)	385	(13.2)
2 and over...	3575	19	(1.1)	382	(10.7)	26	(1.4)	7	(0.4)	379	(9.7)	142	(4.8)	38	(1.2)	382	(12.2)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	415	(10.0)	14	(2.1)	3	(0.5)	385	(12.9)	127	(8.3)	33	(1.7)	419	(10.8)
20 and over...	4798	21	(0.9)	437	(10.1)	35	(2.5)	8	(0.6)	428	(14.9)	168	(5.9)	39	(2.1)	439	(9.8)
2 and over...	6563	19	(0.9)	432	(9.2)	30	(2.2)	7	(0.5)	422	(12.9)	163	(5.2)	39	(1.8)	434	(9.2)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C h o l i n e																	
————— <i>All Individuals</i> ² ————— ——— <i>Full Service Restaurant Consumers</i> ³ ——— <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	233	(12.6)	10*	(5.0)	4*	(2.1)	--	--	--	--	--	--	241	(13.9)
6 - 11.....	301	10	(1.8)	248	(7.8)	9	(2.8)	4*	(1.1)	--	--	--	--	--	--	250	(8.7)
12 - 19.....	366	8	(1.6)	316	(13.2)	9	(2.5)	3*	(0.8)	--	--	--	--	--	--	319	(13.6)
20 - 39.....	482	24	(2.9)	382	(19.6)	40	(6.8)	10	(1.8)	390	(29.6)	164	(17.4)	42	(6.2)	379	(21.1)
40 - 59.....	576	20	(2.4)	392	(8.6)	45	(8.5)	12	(2.0)	440	(13.2)	224	(18.0)	51	(3.6)	380	(8.6)
60 and over.....	1057	20	(1.5)	374	(7.9)	35	(4.8)	9	(1.1)	405	(15.5)	179	(12.8)	44	(3.0)	367	(8.0)
2 - 19.....	873	9	(1.5)	277	(6.9)	9	(2.5)	3	(0.9)	239	(16.4)	100	(17.7)	42	(5.3)	281	(8.2)
20 and over...	2115	22	(1.3)	383	(6.6)	40	(4.4)	11	(1.2)	410	(12.7)	187	(13.1)	46	(4.2)	376	(7.7)
2 and over...	2988	19	(1.1)	357	(5.9)	33	(3.7)	9	(1.1)	389	(10.1)	176	(12.0)	45	(3.9)	350	(6.7)
Females:																	
2 - 5.....	192	13	(2.1)	221	(14.3)	9*	(2.9)	4*	(1.3)	--	--	--	--	--	--	226	(16.2)
6 - 11.....	308	13	(3.2)	243	(7.4)	11	(3.2)	5	(1.3)	--	--	--	--	--	--	242	(8.7)
12 - 19.....	392	13	(1.9)	223	(11.0)	13	(2.2)	6	(0.9)	299	(17.5)	98	(11.8)	33	(3.2)	212	(10.7)
20 - 39.....	632	22	(2.2)	290	(7.4)	28	(3.8)	10	(1.3)	306	(13.3)	129	(12.3)	42	(3.5)	286	(9.9)
40 - 59.....	755	19	(2.0)	280	(6.6)	20	(2.7)	7	(1.0)	287	(10.9)	108	(8.5)	38	(3.0)	278	(8.5)
60 and over.....	1296	20	(1.3)	277	(6.4)	26	(2.5)	9	(0.9)	293	(9.7)	131	(9.7)	45	(3.0)	273	(8.0)
2 - 19.....	892	13	(1.7)	229	(5.9)	12	(1.7)	5	(0.7)	260	(11.7)	89	(6.6)	34	(2.2)	225	(6.0)
20 and over...	2683	20	(1.1)	282	(3.9)	25	(1.5)	9	(0.5)	296	(6.7)	123	(7.4)	42	(2.2)	279	(5.2)
2 and over...	3575	19	(1.1)	271	(3.6)	22	(1.4)	8	(0.5)	290	(5.8)	118	(6.3)	41	(2.0)	266	(4.4)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	254	(4.5)	10	(1.8)	4	(0.7)	251	(11.7)	94	(10.5)	37	(3.1)	254	(5.5)
20 and over...	4798	21	(0.9)	331	(4.4)	32	(2.3)	10	(0.7)	353	(8.2)	155	(6.9)	44	(2.4)	325	(5.0)
2 and over...	6563	19	(0.9)	313	(3.8)	27	(2.2)	9	(0.6)	339	(7.2)	147	(6.6)	43	(2.3)	307	(4.2)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n B 1 2																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	3.18	(0.160)	0.06*	(0.021)	2*	(0.7)	--	--	--	--	--	--	3.37	(0.150)
6 - 11.....	301	10	(1.8)	3.53	(0.157)	0.10	(0.025)	3*	(0.7)	--	--	--	--	--	--	3.62	(0.154)
12 - 19.....	366	8	(1.6)	4.64	(0.137)	0.12*	(0.035)	3*	(0.8)	--	--	--	--	--	--	4.71	(0.161)
20 - 39.....	482	24	(2.9)	5.77	(0.498)	0.76*	(0.236)	13	(3.3)	5.97	(1.036)	3.10	(0.818)	52	(5.5)	5.71	(0.413)
40 - 59.....	576	20	(2.4)	5.55	(0.315)	0.44	(0.075)	8	(1.3)	5.47	(0.390)	2.16	(0.208)	40	(3.7)	5.57	(0.345)
60 and over.....	1057	20	(1.5)	4.49	(0.139)	0.33	(0.052)	7	(1.0)	4.54	(0.281)	1.71	(0.202)	38	(3.7)	4.48	(0.155)
2 - 19.....	873	9	(1.5)	3.97	(0.090)	0.10	(0.023)	3	(0.6)	2.90	(0.276)	1.06	(0.175)	37	(4.6)	4.08	(0.108)
20 and over...	2115	22	(1.3)	5.32	(0.188)	0.52	(0.081)	10	(1.3)	5.42	(0.422)	2.43	(0.332)	45	(3.2)	5.29	(0.158)
2 and over...	2988	19	(1.1)	4.99	(0.147)	0.42	(0.065)	8	(1.1)	5.11	(0.405)	2.26	(0.305)	44	(3.0)	4.96	(0.120)
Females:																	
2 - 5.....	192	13	(2.1)	3.29	(0.316)	0.07*	(0.022)	2*	(0.7)	--	--	--	--	--	--	3.44	(0.354)
6 - 11.....	308	13	(3.2)	3.24	(0.135)	0.16*	(0.070)	5*	(2.1)	--	--	--	--	--	--	3.25	(0.138)
12 - 19.....	392	13	(1.9)	3.09	(0.193)	0.18	(0.036)	6	(1.2)	3.60	(0.280)	1.37	(0.165)	38	(4.8)	3.01	(0.202)
20 - 39.....	632	22	(2.2)	3.79	(0.112)	0.33	(0.042)	9	(1.0)	4.30	(0.279)	1.52	(0.210)	35	(4.2)	3.65	(0.132)
40 - 59.....	755	19	(2.0)	3.39	(0.167)	0.24	(0.034)	7	(1.1)	3.29	(0.293)	1.31	(0.191)	40	(3.8)	3.42	(0.203)
60 and over.....	1296	20	(1.3)	3.63	(0.437)	0.28	(0.038)	8	(1.4)	3.31	(0.282)	1.43	(0.154)	43	(3.3)	3.71	(0.548)
2 - 19.....	892	13	(1.7)	3.18	(0.113)	0.15	(0.032)	5	(1.0)	3.20	(0.155)	1.17	(0.132)	37	(3.8)	3.17	(0.121)
20 and over...	2683	20	(1.1)	3.61	(0.179)	0.29	(0.019)	8	(0.4)	3.67	(0.150)	1.43	(0.113)	39	(2.2)	3.59	(0.213)
2 and over...	3575	19	(1.1)	3.51	(0.140)	0.26	(0.021)	7	(0.5)	3.60	(0.119)	1.39	(0.106)	39	(2.1)	3.49	(0.163)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	3.59	(0.068)	0.13	(0.021)	3	(0.6)	3.07	(0.176)	1.12	(0.104)	37	(2.7)	3.65	(0.075)
20 and over...	4798	21	(0.9)	4.44	(0.128)	0.40	(0.040)	9	(0.8)	4.55	(0.235)	1.93	(0.180)	42	(2.0)	4.41	(0.135)
2 and over...	6563	19	(0.9)	4.24	(0.106)	0.34	(0.034)	8	(0.7)	4.34	(0.223)	1.82	(0.164)	42	(1.9)	4.22	(0.108)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n C																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	101.3	(8.84)	0.8*	(0.41)	1*	(0.4)	--	--	--	--	--	--	103.9	(9.60)
6 - 11.....	301	10	(1.8)	90.9	(6.06)	1.5	(0.39)	2*	(0.5)	--	--	--	--	--	--	91.5	(6.54)
12 - 19.....	366	8	(1.6)	79.9	(6.94)	0.9	(0.28)	1*	(0.4)	--	--	--	--	--	--	82.1	(7.27)
20 - 39.....	482	24	(2.9)	71.5	(5.08)	5.6	(1.11)	8	(1.3)	84.7	(9.46)	22.8	(3.12)	27	(2.9)	67.3	(4.73)
40 - 59.....	576	20	(2.4)	79.1	(3.69)	5.7	(1.08)	7	(1.4)	77.9	(11.51)	28.1	(5.22)	36	(4.9)	79.4	(5.60)
60 and over.....	1057	20	(1.5)	87.0	(2.91)	3.4	(0.42)	4	(0.5)	65.7	(2.84)	17.3	(1.58)	26	(2.7)	92.1	(3.70)
2 - 19.....	873	9	(1.5)	87.9	(3.40)	1.1	(0.24)	1*	(0.3)	72.7	(7.25)	11.5	(1.42)	16*	(2.0)	89.5	(3.32)
20 and over...	2115	22	(1.3)	78.7	(2.33)	5.0	(0.51)	6	(0.6)	77.4	(6.14)	23.0	(2.24)	30	(2.1)	79.0	(2.79)
2 and over...	2988	19	(1.1)	80.9	(2.17)	4.0	(0.40)	5	(0.5)	76.8	(5.58)	21.6	(1.97)	28	(1.9)	81.9	(2.28)
Females:																	
2 - 5.....	192	13	(2.1)	90.4	(5.81)	1.5*	(0.73)	2*	(0.8)	--	--	--	--	--	--	86.8	(7.10)
6 - 11.....	308	13	(3.2)	86.8	(5.69)	3.4*	(1.52)	4*	(1.6)	--	--	--	--	--	--	82.6	(4.44)
12 - 19.....	392	13	(1.9)	65.4	(4.57)	2.0	(0.57)	3*	(0.8)	67.5	(9.51)	15.5	(2.99)	23*	(4.3)	65.1	(4.91)
20 - 39.....	632	22	(2.2)	79.0	(6.74)	5.7	(1.09)	7	(1.5)	74.1	(7.19)	26.1	(4.03)	35	(5.0)	80.3	(7.66)
40 - 59.....	755	19	(2.0)	73.0	(2.89)	3.6	(0.65)	5	(0.9)	81.1	(6.46)	19.1	(2.70)	24	(4.3)	71.1	(3.31)
60 and over.....	1296	20	(1.3)	75.5	(3.18)	3.7	(0.45)	5	(0.5)	60.3	(6.08)	18.9	(1.78)	31	(2.4)	79.2	(3.49)
2 - 19.....	892	13	(1.7)	77.4	(3.10)	2.4	(0.58)	3	(0.7)	92.5	(10.47)	18.2	(3.06)	20	(2.8)	75.1	(2.71)
20 and over...	2683	20	(1.1)	75.9	(2.80)	4.4	(0.35)	6	(0.5)	71.8	(2.86)	21.6	(1.61)	30	(1.9)	76.9	(3.10)
2 and over...	3575	19	(1.1)	76.2	(2.38)	3.9	(0.31)	5	(0.4)	75.1	(2.69)	21.1	(1.37)	28	(1.8)	76.4	(2.68)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	82.8	(2.64)	1.7	(0.33)	2	(0.4)	83.9	(5.83)	15.3	(1.90)	18	(1.7)	82.7	(2.70)
20 and over...	4798	21	(0.9)	77.2	(2.17)	4.6	(0.36)	6	(0.5)	74.6	(4.08)	22.3	(1.63)	30	(1.5)	77.9	(2.35)
2 and over...	6563	19	(0.9)	78.5	(1.99)	4.0	(0.32)	5	(0.4)	75.9	(3.33)	21.4	(1.46)	28	(1.3)	79.1	(2.06)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n D																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	5.4	(0.29)	0.1*	(0.05)	2*	(0.8)	--	--	--	--	--	--	5.7	(0.26)
6 - 11.....	301	10	(1.8)	5.2	(0.24)	0.1*	(0.05)	2*	(1.0)	--	--	--	--	--	--	5.3	(0.24)
12 - 19.....	366	8	(1.6)	5.7	(0.22)	#		1*	(0.3)	--	--	--	--	--	--	5.9	(0.23)
20 - 39.....	482	24	(2.9)	5.0	(0.43)	0.4*	(0.12)	7	(2.1)	4.3	(0.62)	1.5*	(0.51)	35	(8.6)	5.2	(0.50)
40 - 59.....	576	20	(2.4)	5.0	(0.24)	0.4	(0.08)	7	(1.4)	5.1	(0.58)	1.9	(0.30)	36	(5.1)	5.0	(0.25)
60 and over.....	1057	20	(1.5)	5.4	(0.27)	0.4	(0.10)	7	(1.7)	5.3	(0.59)	1.9	(0.43)	35	(5.9)	5.5	(0.29)
2 - 19.....	873	9	(1.5)	5.4	(0.13)	0.1*	(0.03)	1*	(0.5)	3.3	(0.43)	0.8*	(0.26)	25	(5.6)	5.7	(0.15)
20 and over...	2115	22	(1.3)	5.1	(0.20)	0.4	(0.07)	7	(1.2)	4.8	(0.40)	1.7	(0.31)	35	(4.6)	5.2	(0.19)
2 and over...	2988	19	(1.1)	5.2	(0.16)	0.3	(0.05)	6	(0.9)	4.6	(0.34)	1.6	(0.26)	34	(4.0)	5.3	(0.16)
Females:																	
2 - 5.....	192	13	(2.1)	5.0	(0.20)	0.1*	(0.04)	2*	(0.8)	--	--	--	--	--	--	5.2	(0.21)
6 - 11.....	308	13	(3.2)	4.6	(0.25)	0.1*	(0.08)	3*	(1.7)	--	--	--	--	--	--	4.6	(0.32)
12 - 19.....	392	13	(1.9)	3.3	(0.18)	0.1	(0.02)	3*	(0.6)	3.7	(0.46)	0.8	(0.13)	22*	(3.4)	3.2	(0.18)
20 - 39.....	632	22	(2.2)	3.9	(0.22)	0.4	(0.09)	9	(2.0)	4.2	(0.69)	1.6*	(0.53)	39	(9.1)	3.8	(0.17)
40 - 59.....	755	19	(2.0)	4.0	(0.24)	0.3	(0.09)	8	(2.1)	3.6	(0.46)	1.6	(0.49)	45	(8.2)	4.0	(0.25)
60 and over.....	1296	20	(1.3)	4.1	(0.17)	0.3	(0.04)	6	(1.0)	3.6	(0.26)	1.3	(0.18)	36	(4.1)	4.2	(0.19)
2 - 19.....	892	13	(1.7)	4.0	(0.15)	0.1	(0.03)	3	(0.7)	3.9	(0.37)	0.9	(0.14)	22	(4.2)	4.1	(0.18)
20 and over...	2683	20	(1.1)	4.0	(0.13)	0.3	(0.04)	8	(1.0)	3.9	(0.26)	1.5	(0.27)	40	(5.5)	4.0	(0.13)
2 and over...	3575	19	(1.1)	4.0	(0.11)	0.3	(0.04)	7	(0.8)	3.9	(0.20)	1.4	(0.23)	37	(5.0)	4.0	(0.11)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	4.8	(0.12)	0.1	(0.01)	2	(0.3)	3.7	(0.30)	0.9	(0.10)	23	(2.5)	4.9	(0.13)
20 and over...	4798	21	(0.9)	4.5	(0.14)	0.3	(0.04)	7	(0.8)	4.4	(0.21)	1.6	(0.19)	37	(3.5)	4.6	(0.14)
2 and over...	6563	19	(0.9)	4.6	(0.11)	0.3	(0.03)	6	(0.6)	4.3	(0.16)	1.5	(0.16)	36	(3.1)	4.7	(0.12)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n E (a l p h a t o c o p h e r o l)																	
————— <i>All Individuals</i> ² ————— ——— <i>Full Service Restaurant Consumers</i> ³ ——— <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	7.0	(0.42)	0.3	(0.08)	4*	(1.3)	--	--	--	--	--	--	7.3	(0.49)
6 - 11.....	301	10	(1.8)	7.8	(0.25)	0.3	(0.07)	4*	(0.9)	--	--	--	--	--	--	7.9	(0.26)
12 - 19.....	366	8	(1.6)	9.3	(0.41)	0.3	(0.07)	3*	(0.8)	--	--	--	--	--	--	9.2	(0.42)
20 - 39.....	482	24	(2.9)	10.4	(0.49)	1.0	(0.17)	10	(1.5)	10.8	(1.31)	4.1	(0.38)	38	(6.2)	10.3	(0.46)
40 - 59.....	576	20	(2.4)	10.5	(0.20)	1.0	(0.18)	10	(1.7)	12.8	(0.98)	5.0	(0.40)	39	(4.3)	9.9	(0.27)
60 and over.....	1057	20	(1.5)	10.1	(0.34)	0.9	(0.10)	9	(1.0)	10.7	(0.47)	4.7	(0.35)	44	(2.6)	9.9	(0.40)
2 - 19.....	873	9	(1.5)	8.3	(0.26)	0.3	(0.06)	3	(0.7)	7.7	(0.42)	3.0	(0.28)	38	(3.9)	8.4	(0.25)
20 and over...	2115	22	(1.3)	10.3	(0.24)	1.0	(0.09)	9	(0.9)	11.4	(0.66)	4.5	(0.24)	40	(3.8)	10.0	(0.25)
2 and over...	2988	19	(1.1)	9.8	(0.21)	0.8	(0.08)	8	(0.8)	10.9	(0.56)	4.3	(0.21)	40	(3.5)	9.6	(0.22)
Females:																	
2 - 5.....	192	13	(2.1)	6.5	(0.47)	0.2	(0.05)	3*	(0.7)	--	--	--	--	--	--	6.6	(0.52)
6 - 11.....	308	13	(3.2)	7.8	(0.45)	0.4	(0.13)	6	(1.5)	--	--	--	--	--	--	7.4	(0.27)
12 - 19.....	392	13	(1.9)	7.5	(0.28)	0.4	(0.09)	5	(1.1)	8.4	(0.48)	3.2	(0.38)	38	(4.1)	7.4	(0.29)
20 - 39.....	632	22	(2.2)	9.2	(0.63)	0.8	(0.08)	8	(1.2)	8.7	(0.40)	3.5	(0.20)	40	(2.2)	9.4	(0.75)
40 - 59.....	755	19	(2.0)	8.9	(0.40)	0.6	(0.10)	7	(0.9)	10.7	(1.02)	3.5	(0.37)	33	(1.9)	8.5	(0.36)
60 and over.....	1296	20	(1.3)	8.2	(0.17)	0.7	(0.05)	9	(0.6)	8.5	(0.21)	3.6	(0.24)	43	(2.6)	8.1	(0.20)
2 - 19.....	892	13	(1.7)	7.4	(0.25)	0.4	(0.06)	5	(0.7)	8.5	(0.69)	3.0	(0.27)	35	(4.5)	7.2	(0.23)
20 and over...	2683	20	(1.1)	8.8	(0.28)	0.7	(0.04)	8	(0.5)	9.2	(0.39)	3.5	(0.15)	38	(1.3)	8.7	(0.30)
2 and over...	3575	19	(1.1)	8.5	(0.25)	0.6	(0.04)	8	(0.5)	9.1	(0.42)	3.4	(0.12)	38	(1.5)	8.3	(0.25)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	7.9	(0.17)	0.3	(0.05)	4	(0.6)	8.2	(0.42)	3.0	(0.22)	37	(3.7)	7.8	(0.15)
20 and over...	4798	21	(0.9)	9.5	(0.24)	0.8	(0.06)	9	(0.6)	10.3	(0.46)	4.0	(0.13)	39	(1.9)	9.3	(0.21)
2 and over...	6563	19	(0.9)	9.1	(0.20)	0.7	(0.05)	8	(0.5)	10.0	(0.42)	3.9	(0.11)	39	(1.7)	9.0	(0.18)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

V i t a m i n K																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	55.1	(4.14)	2.2	(0.44)	4*	(0.9)	--	--	--	--	--	--	57.2	(4.45)
6 - 11.....	301	10	(1.8)	63.9	(3.37)	2.5*	(0.85)	4*	(1.4)	--	--	--	--	--	--	63.4	(3.50)
12 - 19.....	366	8	(1.6)	85.2	(5.05)	3.5	(1.02)	4	(1.2)	--	--	--	--	--	--	84.3	(4.89)
20 - 39.....	482	24	(2.9)	110.0	(6.28)	18.6	(4.09)	17	(3.1)	135.6	(12.33)	76.5	(9.78)	56	(4.6)	101.8	(6.57)
40 - 59.....	576	20	(2.4)	134.2	(7.49)	13.3	(2.55)	10	(2.3)	175.4	(39.21)	65.5	(11.26)	37	(11.1)	123.8	(8.30)
60 and over.....	1057	20	(1.5)	124.8	(7.19)	11.2	(1.59)	9	(1.2)	126.1	(11.09)	57.5	(6.71)	46	(4.6)	124.4	(7.20)
2 - 19.....	873	9	(1.5)	72.0	(3.19)	2.9	(0.66)	4	(0.9)	71.7	(7.42)	31.0	(3.66)	43	(5.3)	72.0	(3.09)
20 and over...	2115	22	(1.3)	122.6	(4.75)	14.6	(1.17)	12	(1.0)	145.8	(14.71)	67.9	(4.56)	47	(4.9)	116.3	(4.98)
2 and over...	2988	19	(1.1)	110.3	(3.70)	11.8	(0.85)	11	(0.8)	136.6	(13.12)	63.3	(3.96)	46	(4.7)	104.3	(3.79)
Females:																	
2 - 5.....	192	13	(2.1)	55.8	(4.32)	2.6	(0.79)	5*	(1.4)	--	--	--	--	--	--	56.9	(4.70)
6 - 11.....	308	13	(3.2)	76.2	(5.29)	6.1*	(1.90)	8	(2.4)	--	--	--	--	--	--	72.7	(5.98)
12 - 19.....	392	13	(1.9)	78.4	(6.69)	5.1	(1.32)	6	(1.6)	93.0	(23.52)	39.1	(8.26)	42	(6.1)	76.2	(7.14)
20 - 39.....	632	22	(2.2)	131.0	(17.57)	11.2	(1.07)	9	(1.4)	116.8	(13.85)	51.1	(3.98)	44	(5.5)	135.0	(22.33)
40 - 59.....	755	19	(2.0)	109.2	(6.05)	9.6	(1.31)	9	(1.2)	136.4	(13.01)	51.4	(4.53)	38	(4.8)	103.0	(5.65)
60 and over.....	1296	20	(1.3)	117.8	(5.91)	12.2	(1.07)	10	(0.9)	110.7	(6.79)	61.6	(3.60)	56	(2.6)	119.5	(6.79)
2 - 19.....	892	13	(1.7)	73.3	(4.29)	4.9	(0.81)	7	(1.0)	86.5	(10.56)	38.0	(4.29)	44	(4.7)	71.3	(4.67)
20 and over...	2683	20	(1.1)	119.5	(6.82)	11.0	(0.63)	9	(0.8)	120.8	(6.04)	54.6	(2.56)	45	(2.5)	119.2	(8.51)
2 and over...	3575	19	(1.1)	109.3	(5.57)	9.6	(0.57)	9	(0.8)	115.5	(4.36)	52.0	(2.14)	45	(2.1)	107.8	(6.72)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	72.6	(2.60)	3.9	(0.68)	5	(0.9)	80.0	(7.27)	35.0	(3.03)	44	(4.3)	71.7	(2.73)
20 and over...	4798	21	(0.9)	121.0	(5.36)	12.7	(0.67)	11	(0.7)	133.4	(8.26)	61.2	(2.91)	46	(2.1)	117.8	(5.40)
2 and over...	6563	19	(0.9)	109.8	(4.23)	10.7	(0.56)	10	(0.6)	125.9	(6.97)	57.6	(2.33)	46	(2.0)	106.1	(4.11)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C a l c i u m																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	855	(33.5)	11 *	(3.5)	1 *	(0.4)	--	--	--	--	--	--	901	(33.6)
6 - 11.....	301	10	(1.8)	938	(30.3)	24	(5.8)	3 *	(0.7)	--	--	--	--	--	--	950	(32.3)
12 - 19.....	366	8	(1.6)	1129	(39.4)	19	(5.1)	2 *	(0.5)	--	--	--	--	--	--	1137	(38.4)
20 - 39.....	482	24	(2.9)	1027	(23.1)	61	(11.1)	6	(1.1)	895	(45.3)	250	(26.3)	28	(3.8)	1070	(30.8)
40 - 59.....	576	20	(2.4)	991	(27.3)	64	(12.2)	6	(1.2)	972	(54.9)	314	(37.7)	32	(3.4)	996	(33.5)
60 and over.....	1057	20	(1.5)	937	(24.9)	43	(4.7)	5	(0.5)	818	(34.9)	219	(10.4)	27	(1.7)	967	(32.2)
2 - 19.....	873	9	(1.5)	1010	(24.5)	19	(3.4)	2	(0.3)	828	(56.8)	200	(15.2)	24	(2.5)	1029	(24.6)
20 and over...	2115	22	(1.3)	988	(16.4)	56	(5.8)	6	(0.6)	899	(29.6)	262	(16.7)	29	(2.3)	1013	(18.0)
2 and over...	2988	19	(1.1)	994	(12.0)	47	(4.5)	5	(0.5)	890	(23.2)	254	(14.5)	29	(1.9)	1017	(14.8)
Females:																	
2 - 5.....	192	13	(2.1)	864	(36.4)	18	(3.5)	2 *	(0.4)	--	--	--	--	--	--	887	(43.1)
6 - 11.....	308	13	(3.2)	906	(32.0)	35 *	(12.2)	4 *	(1.4)	--	--	--	--	--	--	914	(38.6)
12 - 19.....	392	13	(1.9)	751	(22.5)	28	(5.2)	4	(0.7)	834	(58.8)	214	(21.8)	26	(2.2)	739	(22.8)
20 - 39.....	632	22	(2.2)	826	(30.2)	45	(5.4)	5	(0.7)	817	(40.2)	206	(14.7)	25	(2.0)	828	(29.1)
40 - 59.....	755	19	(2.0)	802	(18.6)	37	(4.6)	5	(0.6)	759	(30.3)	200	(15.0)	26	(1.9)	811	(19.5)
60 and over.....	1296	20	(1.3)	779	(14.2)	39	(3.5)	5	(0.5)	706	(29.8)	198	(13.8)	28	(1.9)	797	(15.9)
2 - 19.....	892	13	(1.7)	824	(15.5)	28	(5.3)	3	(0.7)	815	(49.8)	217	(25.1)	27	(2.0)	826	(18.6)
20 and over...	2683	20	(1.1)	803	(15.5)	41	(2.4)	5	(0.3)	764	(23.2)	201	(7.7)	26	(1.1)	812	(15.2)
2 and over...	3575	19	(1.1)	807	(12.1)	38	(2.7)	5	(0.3)	772	(20.9)	204	(7.9)	26	(0.9)	815	(11.8)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	920	(17.5)	23	(3.6)	3	(0.4)	821	(39.1)	210	(17.7)	26	(1.5)	932	(19.9)
20 and over...	4798	21	(0.9)	893	(12.6)	48	(3.2)	5	(0.4)	832	(19.9)	232	(9.2)	28	(1.3)	909	(12.9)
2 and over...	6563	19	(0.9)	899	(9.5)	42	(2.9)	5	(0.3)	830	(16.9)	229	(8.6)	28	(1.2)	915	(10.5)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

P h o s p h o r u s																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1064	(48.6)	27	(6.0)	3*	(0.6)	--	--	--	--	--	--	1107	(52.1)
6 - 11.....	301	10	(1.8)	1200	(25.8)	37	(8.5)	3*	(0.7)	--	--	--	--	--	--	1213	(26.6)
12 - 19.....	366	8	(1.6)	1488	(40.2)	41	(11.1)	3*	(0.7)	--	--	--	--	--	--	1492	(42.5)
20 - 39.....	482	24	(2.9)	1513	(44.6)	147	(25.3)	10	(1.6)	1492	(78.5)	603	(58.4)	40	(4.9)	1520	(47.0)
40 - 59.....	576	20	(2.4)	1517	(23.3)	139	(23.1)	9	(1.5)	1557	(61.0)	688	(47.4)	44	(3.0)	1507	(28.7)
60 and over.....	1057	20	(1.5)	1397	(33.8)	105	(13.0)	8	(0.8)	1359	(40.8)	540	(36.4)	40	(2.3)	1406	(38.4)
2 - 19.....	873	9	(1.5)	1306	(30.1)	37	(7.3)	3	(0.6)	1128	(39.4)	389	(28.6)	35	(2.9)	1324	(32.2)
20 and over...	2115	22	(1.3)	1480	(18.9)	132	(12.4)	9	(0.9)	1477	(42.7)	614	(29.4)	42	(2.9)	1481	(17.6)
2 and over...	2988	19	(1.1)	1437	(15.9)	109	(10.1)	8	(0.7)	1434	(37.1)	586	(26.1)	41	(2.6)	1438	(16.6)
Females:																	
2 - 5.....	192	13	(2.1)	1023	(32.1)	31	(7.1)	3*	(0.7)	--	--	--	--	--	--	1050	(34.8)
6 - 11.....	308	13	(3.2)	1150	(37.0)	55	(14.6)	5	(1.3)	--	--	--	--	--	--	1150	(41.2)
12 - 19.....	392	13	(1.9)	1008	(31.1)	54	(8.7)	5	(0.8)	1159	(52.0)	415	(27.0)	36	(2.1)	985	(31.5)
20 - 39.....	632	22	(2.2)	1159	(36.5)	97	(10.3)	8	(1.0)	1172	(40.7)	446	(24.1)	38	(1.7)	1156	(39.8)
40 - 59.....	755	19	(2.0)	1121	(32.9)	71	(7.9)	6	(0.7)	1126	(29.0)	381	(21.3)	34	(1.8)	1120	(39.5)
60 and over.....	1296	20	(1.3)	1070	(17.4)	81	(5.2)	8	(0.5)	1049	(27.1)	411	(20.2)	39	(2.0)	1075	(21.4)
2 - 19.....	892	13	(1.7)	1058	(15.7)	50	(6.6)	5	(0.6)	1094	(36.1)	382	(20.0)	35	(1.2)	1052	(18.9)
20 and over...	2683	20	(1.1)	1118	(20.4)	83	(4.2)	7	(0.4)	1119	(16.2)	415	(13.4)	37	(1.2)	1117	(23.1)
2 and over...	3575	19	(1.1)	1104	(16.9)	76	(4.2)	7	(0.4)	1115	(16.4)	409	(11.7)	37	(1.1)	1102	(18.9)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	1186	(18.5)	43	(5.9)	4	(0.5)	1109	(27.9)	385	(19.3)	35	(1.4)	1195	(21.9)
20 and over...	4798	21	(0.9)	1293	(16.1)	107	(6.6)	8	(0.5)	1298	(26.6)	514	(15.6)	40	(1.5)	1292	(15.9)
2 and over...	6563	19	(0.9)	1268	(13.3)	92	(6.0)	7	(0.5)	1272	(24.1)	496	(14.1)	39	(1.3)	1267	(13.8)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

M a g n e s i u m																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	215	(10.7)	4	(0.9)	2*	(0.5)	--	--	--	--	--	--	224	(12.0)
6 - 11.....	301	10	(1.8)	232	(5.8)	6	(1.3)	2*	(0.6)	--	--	--	--	--	--	234	(6.0)
12 - 19.....	366	8	(1.6)	295	(6.8)	7	(1.9)	2*	(0.6)	--	--	--	--	--	--	297	(7.5)
20 - 39.....	482	24	(2.9)	330	(12.5)	26	(4.3)	8	(1.2)	346	(25.3)	105	(9.1)	30	(3.3)	326	(12.5)
40 - 59.....	576	20	(2.4)	338	(6.6)	25	(4.0)	7	(1.2)	367	(18.3)	122	(8.0)	33	(3.1)	331	(8.9)
60 and over.....	1057	20	(1.5)	319	(7.1)	20	(2.2)	6	(0.6)	303	(7.0)	102	(6.7)	34	(1.8)	324	(8.7)
2 - 19.....	873	9	(1.5)	258	(5.3)	6	(1.1)	2	(0.5)	220	(10.7)	63	(4.9)	29	(2.6)	262	(5.3)
20 and over...	2115	22	(1.3)	330	(6.1)	24	(2.0)	7	(0.6)	341	(13.2)	110	(5.0)	32	(2.1)	327	(5.9)
2 and over...	2988	19	(1.1)	312	(5.3)	19	(1.6)	6	(0.5)	326	(11.5)	104	(4.2)	32	(1.9)	309	(5.2)
Females:																	
2 - 5.....	192	13	(2.1)	197	(6.8)	5	(1.0)	2*	(0.5)	--	--	--	--	--	--	202	(7.0)
6 - 11.....	308	13	(3.2)	230	(7.3)	10*	(2.9)	4*	(1.2)	--	--	--	--	--	--	230	(7.0)
12 - 19.....	392	13	(1.9)	218	(6.3)	9	(1.4)	4	(0.6)	241	(13.5)	67	(4.9)	28	(2.1)	214	(7.0)
20 - 39.....	632	22	(2.2)	273	(15.6)	20	(2.5)	7	(1.1)	271	(9.5)	91	(5.0)	33	(1.7)	273	(18.6)
40 - 59.....	755	19	(2.0)	266	(8.2)	13	(1.7)	5	(0.6)	275	(14.7)	72	(4.8)	26	(2.0)	264	(8.3)
60 and over.....	1296	20	(1.3)	252	(3.2)	15	(1.1)	6	(0.4)	238	(7.0)	76	(4.0)	32	(1.8)	255	(3.8)
2 - 19.....	892	13	(1.7)	218	(3.2)	8	(1.2)	4	(0.6)	222	(8.3)	63	(3.7)	28	(1.3)	217	(3.7)
20 and over...	2683	20	(1.1)	264	(6.7)	16	(1.1)	6	(0.5)	262	(6.2)	80	(2.9)	31	(1.1)	264	(7.3)
2 and over...	3575	19	(1.1)	254	(5.6)	14	(1.0)	6	(0.4)	256	(5.6)	78	(2.3)	30	(0.9)	253	(6.0)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	238	(3.4)	7	(1.0)	3	(0.4)	221	(7.7)	63	(3.0)	29	(1.1)	241	(3.7)
20 and over...	4798	21	(0.9)	296	(5.7)	20	(1.2)	7	(0.4)	302	(8.8)	95	(2.6)	31	(1.1)	294	(5.4)
2 and over...	6563	19	(0.9)	282	(4.7)	17	(1.1)	6	(0.4)	290	(7.5)	90	(2.2)	31	(1.0)	281	(4.5)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

I r o n																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	9.8	(0.37)	0.2	(0.06)	2*	(0.7)	--	--	--	--	--	--	10.1	(0.41)
6 - 11.....	301	10	(1.8)	12.3	(0.49)	0.3	(0.07)	2*	(0.6)	--	--	--	--	--	--	12.5	(0.50)
12 - 19.....	366	8	(1.6)	14.9	(0.54)	0.3	(0.09)	2*	(0.6)	--	--	--	--	--	--	15.0	(0.64)
20 - 39.....	482	24	(2.9)	14.4	(0.47)	1.3	(0.25)	9	(1.7)	13.7	(0.84)	5.2	(0.65)	38	(6.4)	14.6	(0.58)
40 - 59.....	576	20	(2.4)	14.4	(0.24)	1.2	(0.20)	8	(1.4)	14.5	(0.70)	6.0	(0.44)	41	(2.6)	14.4	(0.39)
60 and over.....	1057	20	(1.5)	14.4	(0.30)	0.9	(0.11)	7	(0.8)	13.6	(0.43)	4.8	(0.28)	35	(2.4)	14.5	(0.37)
2 - 19.....	873	9	(1.5)	13.0	(0.35)	0.3	(0.06)	2	(0.5)	10.6	(0.78)	3.2	(0.27)	30	(2.6)	13.2	(0.39)
20 and over...	2115	22	(1.3)	14.4	(0.18)	1.2	(0.12)	8	(0.9)	13.9	(0.41)	5.4	(0.33)	39	(3.1)	14.5	(0.20)
2 and over...	2988	19	(1.1)	14.0	(0.16)	0.9	(0.10)	7	(0.7)	13.5	(0.33)	5.1	(0.30)	38	(2.9)	14.2	(0.20)
Females:																	
2 - 5.....	192	13	(2.1)	9.6	(0.35)	0.3	(0.04)	3*	(0.5)	--	--	--	--	--	--	9.7	(0.38)
6 - 11.....	308	13	(3.2)	11.3	(0.31)	0.5	(0.14)	4*	(1.2)	--	--	--	--	--	--	11.2	(0.37)
12 - 19.....	392	13	(1.9)	11.0	(0.46)	0.5	(0.09)	4	(0.9)	11.5	(0.64)	3.7	(0.31)	32	(2.8)	11.0	(0.53)
20 - 39.....	632	22	(2.2)	11.3	(0.52)	0.9	(0.12)	8	(1.3)	10.6	(0.42)	4.2	(0.25)	40	(2.3)	11.6	(0.65)
40 - 59.....	755	19	(2.0)	11.1	(0.45)	0.6	(0.07)	6	(0.6)	11.3	(0.48)	3.3	(0.21)	29	(1.7)	11.1	(0.48)
60 and over.....	1296	20	(1.3)	10.6	(0.14)	0.8	(0.06)	7	(0.5)	10.4	(0.30)	3.8	(0.21)	36	(1.9)	10.7	(0.15)
2 - 19.....	892	13	(1.7)	10.8	(0.24)	0.4	(0.06)	4	(0.6)	11.1	(0.55)	3.3	(0.24)	30	(1.8)	10.8	(0.29)
20 and over...	2683	20	(1.1)	11.0	(0.26)	0.8	(0.04)	7	(0.4)	10.8	(0.24)	3.8	(0.12)	35	(1.2)	11.1	(0.30)
2 and over...	3575	19	(1.1)	11.0	(0.22)	0.7	(0.04)	6	(0.4)	10.8	(0.23)	3.7	(0.10)	35	(1.1)	11.0	(0.26)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	11.9	(0.20)	0.4	(0.06)	3	(0.5)	10.9	(0.45)	3.3	(0.22)	30	(1.7)	12.1	(0.22)
20 and over...	4798	21	(0.9)	12.7	(0.19)	1.0	(0.07)	8	(0.5)	12.4	(0.21)	4.6	(0.17)	37	(1.7)	12.7	(0.21)
2 and over...	6563	19	(0.9)	12.5	(0.16)	0.8	(0.06)	7	(0.5)	12.1	(0.15)	4.4	(0.15)	36	(1.5)	12.6	(0.19)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

Z i n c																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	7.1	(0.32)	0.2	(0.05)	3*	(0.8)	--	--	--	--	--	--	7.4	(0.34)
6 - 11.....	301	10	(1.8)	8.4	(0.31)	0.2	(0.06)	3*	(0.7)	--	--	--	--	--	--	8.5	(0.30)
12 - 19.....	366	8	(1.6)	11.0	(0.33)	0.3	(0.09)	3*	(0.8)	--	--	--	--	--	--	11.1	(0.37)
20 - 39.....	482	24	(2.9)	11.7	(0.42)	1.4	(0.27)	12	(2.1)	11.9	(0.85)	5.5	(0.73)	47	(5.5)	11.6	(0.39)
40 - 59.....	576	20	(2.4)	12.0	(0.25)	1.2	(0.21)	10	(1.7)	12.7	(0.61)	6.1	(0.49)	48	(4.0)	11.8	(0.33)
60 and over.....	1057	20	(1.5)	10.8	(0.25)	0.9	(0.13)	8	(1.1)	10.5	(0.41)	4.4	(0.43)	42	(3.1)	10.8	(0.25)
2 - 19.....	873	9	(1.5)	9.3	(0.22)	0.3	(0.06)	3	(0.6)	7.8	(0.49)	2.9	(0.30)	38	(2.9)	9.5	(0.23)
20 and over...	2115	22	(1.3)	11.5	(0.15)	1.2	(0.13)	10	(1.1)	11.8	(0.42)	5.4	(0.38)	46	(3.3)	11.4	(0.15)
2 and over...	2988	19	(1.1)	11.0	(0.12)	0.9	(0.10)	9	(0.9)	11.3	(0.35)	5.1	(0.34)	45	(3.0)	10.9	(0.13)
Females:																	
2 - 5.....	192	13	(2.1)	6.3	(0.20)	0.2	(0.05)	3*	(0.8)	--	--	--	--	--	--	6.4	(0.21)
6 - 11.....	308	13	(3.2)	7.7	(0.25)	0.4	(0.09)	5	(1.2)	--	--	--	--	--	--	7.8	(0.26)
12 - 19.....	392	13	(1.9)	7.3	(0.31)	0.5	(0.11)	7	(1.4)	9.3	(0.62)	3.9	(0.46)	42	(3.5)	7.0	(0.32)
20 - 39.....	632	22	(2.2)	8.9	(0.27)	0.8	(0.14)	9	(1.6)	9.0	(0.43)	3.9	(0.44)	43	(3.6)	8.8	(0.34)
40 - 59.....	755	19	(2.0)	8.4	(0.28)	0.5	(0.08)	6	(0.9)	8.4	(0.27)	2.8	(0.28)	34	(3.0)	8.4	(0.33)
60 and over.....	1296	20	(1.3)	7.9	(0.15)	0.6	(0.04)	8	(0.6)	7.7	(0.18)	3.1	(0.17)	40	(2.2)	8.0	(0.18)
2 - 19.....	892	13	(1.7)	7.2	(0.19)	0.4	(0.07)	6	(0.9)	7.8	(0.31)	3.1	(0.28)	40	(2.3)	7.2	(0.21)
20 and over...	2683	20	(1.1)	8.4	(0.16)	0.7	(0.05)	8	(0.5)	8.4	(0.15)	3.3	(0.17)	39	(1.9)	8.4	(0.19)
2 and over...	3575	19	(1.1)	8.1	(0.15)	0.6	(0.05)	7	(0.6)	8.3	(0.15)	3.3	(0.17)	39	(1.8)	8.1	(0.17)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	8.3	(0.14)	0.3	(0.05)	4	(0.6)	7.8	(0.32)	3.0	(0.24)	39	(2.0)	8.4	(0.15)
20 and over...	4798	21	(0.9)	9.9	(0.12)	0.9	(0.07)	9	(0.7)	10.1	(0.23)	4.4	(0.21)	43	(1.8)	9.9	(0.13)
2 and over...	6563	19	(0.9)	9.5	(0.10)	0.8	(0.06)	8	(0.6)	9.8	(0.20)	4.2	(0.19)	43	(1.7)	9.5	(0.11)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C o p p e r																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	0.8	(0.03)	#		2*	(0.6)	--		--				0.8	(0.04)
6 - 11.....	301	10	(1.8)	0.9	(0.03)	#		3*	(0.5)	--		--				0.9	(0.03)
12 - 19.....	366	8	(1.6)	1.1	(0.03)	#		2*	(0.6)	--		--				1.1	(0.04)
20 - 39.....	482	24	(2.9)	1.3	(0.06)	0.1	(0.02)	8	(1.2)	1.3	(0.13)	0.4	(0.04)	33	(3.8)	1.3	(0.06)
40 - 59.....	576	20	(2.4)	1.3	(0.03)	0.1	(0.02)	8	(1.3)	1.4	(0.07)	0.5	(0.04)	36	(2.7)	1.3	(0.05)
60 and over.....	1057	20	(1.5)	1.2	(0.04)	0.1	(0.01)	7	(0.8)	1.2	(0.05)	0.4	(0.04)	36	(2.3)	1.3	(0.04)
2 - 19.....	873	9	(1.5)	1.0	(0.02)	#		2	(0.5)	0.9	(0.06)	0.2	(0.02)	28	(3.0)	1.0	(0.02)
20 and over...	2115	22	(1.3)	1.3	(0.03)	0.1	(0.01)	8	(0.7)	1.3	(0.07)	0.5	(0.02)	35	(2.3)	1.3	(0.03)
2 and over...	2988	19	(1.1)	1.2	(0.03)	0.1	(0.01)	7	(0.6)	1.3	(0.06)	0.4	(0.02)	34	(2.1)	1.2	(0.02)
Females:																	
2 - 5.....	192	13	(2.1)	0.7	(0.03)	#		2*	(0.5)	--		--				0.7	(0.03)
6 - 11.....	308	13	(3.2)	0.9	(0.05)	#		4*	(1.1)	--		--				0.9	(0.03)
12 - 19.....	392	13	(1.9)	0.9	(0.04)	#		5	(1.3)	1.0	(0.10)	0.3	(0.09)	34	(6.2)	0.9	(0.03)
20 - 39.....	632	22	(2.2)	1.1	(0.06)	0.1	(0.01)	7	(1.1)	1.1	(0.05)	0.4	(0.02)	34	(2.3)	1.1	(0.07)
40 - 59.....	755	19	(2.0)	1.1	(0.03)	0.1	(0.02)	7	(1.8)	1.2	(0.10)	0.4	(0.09)	32	(6.1)	1.0	(0.04)
60 and over.....	1296	20	(1.3)	1.1	(0.07)	0.1	(#)	6	(0.6)	0.9	(0.04)	0.3	(0.02)	32	(2.5)	1.1	(0.09)
2 - 19.....	892	13	(1.7)	0.9	(0.02)	#		4	(0.7)	0.9	(0.05)	0.3	(0.04)	30	(4.2)	0.8	(0.02)
20 and over...	2683	20	(1.1)	1.1	(0.04)	0.1	(0.01)	7	(0.8)	1.1	(0.04)	0.3	(0.03)	32	(2.4)	1.1	(0.04)
2 and over...	3575	19	(1.1)	1.0	(0.03)	0.1	(0.01)	6	(0.6)	1.1	(0.04)	0.3	(0.03)	32	(2.3)	1.0	(0.03)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	0.9	(0.02)	#		3	(0.4)	0.9	(0.05)	0.3	(0.02)	29	(2.2)	0.9	(0.02)
20 and over...	4798	21	(0.9)	1.2	(0.03)	0.1	(0.01)	7	(0.6)	1.2	(0.05)	0.4	(0.02)	34	(1.7)	1.2	(0.03)
2 and over...	6563	19	(0.9)	1.1	(0.03)	0.1	(0.01)	6	(0.5)	1.2	(0.04)	0.4	(0.02)	33	(1.6)	1.1	(0.03)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

S e l e n i u m																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)	µg	(SE)	%	(SE)	µg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	73.4	(3.23)	3.5*	(1.14)	5*	(1.6)	--	--	--	--	--	--	75.2	(3.62)
6 - 11.....	301	10	(1.8)	91.2	(1.67)	3.5	(0.86)	4*	(0.9)	--	--	--	--	--	--	91.5	(1.82)
12 - 19.....	366	8	(1.6)	115.9	(4.05)	3.8	(0.89)	3*	(0.8)	--	--	--	--	--	--	116.4	(4.46)
20 - 39.....	482	24	(2.9)	132.5	(5.86)	15.6	(2.96)	12	(2.1)	132.5	(7.40)	64.3	(7.69)	49	(5.6)	132.5	(6.58)
40 - 59.....	576	20	(2.4)	130.5	(2.97)	13.4	(2.19)	10	(1.7)	129.9	(4.36)	65.8	(4.17)	51	(3.2)	130.6	(3.55)
60 and over.....	1057	20	(1.5)	115.1	(2.36)	10.1	(1.32)	9	(1.1)	114.9	(3.98)	51.9	(4.01)	45	(2.9)	115.1	(2.79)
2 - 19.....	873	9	(1.5)	99.0	(2.30)	3.6	(0.74)	4	(0.7)	88.7	(4.32)	38.7	(3.11)	44	(2.8)	100.0	(2.64)
20 and over...	2115	22	(1.3)	126.6	(2.02)	13.2	(1.38)	10	(1.1)	126.9	(3.59)	61.5	(3.59)	48	(3.3)	126.6	(2.07)
2 and over...	2988	19	(1.1)	119.9	(1.70)	10.9	(1.16)	9	(0.9)	122.2	(3.15)	58.6	(3.42)	48	(3.0)	119.4	(1.73)
Females:																	
2 - 5.....	192	13	(2.1)	68.4	(3.71)	2.8	(0.58)	4*	(0.9)	--	--	--	--	--	--	69.3	(3.93)
6 - 11.....	308	13	(3.2)	84.7	(2.13)	5.4	(1.49)	6	(1.7)	--	--	--	--	--	--	83.6	(1.87)
12 - 19.....	392	13	(1.9)	83.3	(3.37)	5.1	(1.02)	6	(1.1)	97.6	(7.08)	39.5	(5.50)	40	(3.6)	81.2	(3.28)
20 - 39.....	632	22	(2.2)	99.6	(3.70)	10.3	(1.23)	10	(1.4)	99.6	(3.83)	47.0	(3.62)	47	(2.7)	99.5	(4.59)
40 - 59.....	755	19	(2.0)	93.2	(2.55)	7.8	(1.12)	8	(1.2)	98.0	(4.81)	41.8	(4.09)	43	(2.7)	92.2	(3.29)
60 and over.....	1296	20	(1.3)	85.8	(1.57)	8.1	(0.63)	9	(0.7)	93.7	(7.80)	41.0	(2.39)	44	(2.6)	83.8	(2.06)
2 - 19.....	892	13	(1.7)	80.9	(2.04)	4.7	(0.66)	6	(0.7)	88.9	(4.30)	36.5	(3.06)	41	(2.2)	79.7	(1.91)
20 and over...	2683	20	(1.1)	93.0	(1.50)	8.8	(0.46)	9	(0.5)	97.2	(2.82)	43.5	(1.55)	45	(1.4)	91.9	(1.75)
2 and over...	3575	19	(1.1)	90.3	(1.24)	7.9	(0.42)	9	(0.5)	95.9	(2.36)	42.4	(1.40)	44	(1.2)	89.0	(1.43)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	90.2	(1.67)	4.2	(0.60)	5	(0.6)	88.8	(3.94)	37.5	(2.50)	42	(1.5)	90.4	(1.83)
20 and over...	4798	21	(0.9)	109.3	(1.59)	10.9	(0.73)	10	(0.7)	112.1	(2.90)	52.5	(1.87)	47	(2.0)	108.6	(1.56)
2 and over...	6563	19	(0.9)	104.9	(1.32)	9.4	(0.68)	9	(0.6)	108.9	(2.54)	50.4	(1.86)	46	(1.8)	103.9	(1.31)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

P o t a s s i u m																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	1969	(90.4)	42	(7.9)	2*	(0.4)	--	--	--	--	--	--	2044	(99.0)
6 - 11.....	301	10	(1.8)	2018	(46.8)	55	(13.7)	3*	(0.7)	--	--	--	--	--	--	2029	(49.6)
12 - 19.....	366	8	(1.6)	2460	(45.8)	69	(18.8)	3*	(0.8)	--	--	--	--	--	--	2478	(48.4)
20 - 39.....	482	24	(2.9)	2624	(112.5)	261	(42.3)	10	(1.5)	2767	(205.8)	1073	(79.1)	39	(3.6)	2578	(108.3)
40 - 59.....	576	20	(2.4)	2868	(63.4)	256	(39.7)	9	(1.4)	3076	(101.4)	1263	(68.7)	41	(2.5)	2815	(84.1)
60 and over.....	1057	20	(1.5)	2831	(50.7)	206	(26.8)	7	(0.9)	2737	(83.7)	1054	(82.3)	39	(2.2)	2853	(64.8)
2 - 19.....	873	9	(1.5)	2213	(37.9)	59	(11.5)	3	(0.5)	1914	(65.3)	623	(49.6)	33	(2.5)	2244	(39.8)
20 and over...	2115	22	(1.3)	2768	(45.5)	243	(19.4)	9	(0.7)	2858	(100.1)	1129	(39.1)	39	(2.0)	2744	(48.9)
2 and over...	2988	19	(1.1)	2633	(39.4)	198	(15.8)	8	(0.6)	2741	(86.5)	1066	(35.4)	39	(1.8)	2608	(44.2)
Females:																	
2 - 5.....	192	13	(2.1)	1820	(56.0)	50	(12.2)	3*	(0.7)	--	--	--	--	--	--	1875	(58.6)
6 - 11.....	308	13	(3.2)	2034	(82.3)	91*	(28.7)	4*	(1.3)	--	--	--	--	--	--	2026	(78.7)
12 - 19.....	392	13	(1.9)	1841	(82.3)	87	(16.1)	5	(0.8)	2069	(120.9)	670	(57.0)	32	(2.6)	1807	(91.9)
20 - 39.....	632	22	(2.2)	2215	(85.7)	188	(22.8)	8	(1.1)	2229	(75.9)	861	(56.9)	39	(2.4)	2211	(104.6)
40 - 59.....	755	19	(2.0)	2197	(61.4)	139	(19.0)	6	(0.8)	2298	(90.8)	743	(57.3)	32	(2.2)	2174	(70.0)
60 and over.....	1296	20	(1.3)	2201	(33.2)	152	(8.8)	7	(0.4)	2092	(44.2)	769	(41.0)	37	(2.1)	2228	(40.8)
2 - 19.....	892	13	(1.7)	1901	(48.7)	81	(12.4)	4	(0.6)	1955	(83.7)	623	(33.6)	32	(1.5)	1893	(55.4)
20 and over...	2683	20	(1.1)	2205	(42.5)	160	(9.7)	7	(0.4)	2206	(43.0)	795	(30.0)	36	(1.3)	2204	(48.5)
2 and over...	3575	19	(1.1)	2137	(41.0)	143	(9.1)	7	(0.4)	2167	(35.0)	769	(25.3)	35	(1.1)	2130	(46.8)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	2062	(29.0)	69	(9.7)	3	(0.5)	1937	(50.7)	623	(27.6)	32	(1.1)	2077	(34.5)
20 and over...	4798	21	(0.9)	2478	(38.6)	200	(11.7)	8	(0.5)	2533	(62.2)	963	(26.1)	38	(1.0)	2463	(38.7)
2 and over...	6563	19	(0.9)	2381	(34.4)	170	(10.7)	7	(0.4)	2450	(52.3)	915	(24.5)	37	(0.9)	2365	(35.7)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

S o d i u m																	
————— <i>All Individuals</i> ² ————— ——— <i>Full Service Restaurant Consumers</i> ³ ——— <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	2308	(133.2)	90	(22.2)	4*	(0.9)	--	--	--	--	--	--	2351	(151.6)
6 - 11.....	301	10	(1.8)	2762	(48.4)	100	(24.3)	4*	(0.9)	--	--	--	--	--	--	2760	(51.8)
12 - 19.....	366	8	(1.6)	3513	(133.3)	149	(39.1)	4	(1.1)	--	--	--	--	--	--	3485	(129.4)
20 - 39.....	482	24	(2.9)	3892	(117.7)	484	(81.9)	12	(1.9)	4229	(288.3)	1990	(159.7)	47	(4.3)	3784	(99.6)
40 - 59.....	576	20	(2.4)	3833	(52.1)	433	(76.0)	11	(2.0)	4204	(140.2)	2137	(178.2)	51	(3.2)	3739	(69.2)
60 and over.....	1057	20	(1.5)	3319	(62.4)	324	(38.6)	10	(1.0)	3508	(84.3)	1661	(111.2)	47	(2.9)	3274	(68.2)
2 - 19.....	873	9	(1.5)	3016	(89.7)	121	(25.8)	4	(0.8)	2969	(131.1)	1280	(113.4)	43	(2.7)	3021	(92.9)
20 and over...	2115	22	(1.3)	3703	(47.4)	419	(39.3)	11	(1.1)	4028	(148.1)	1949	(82.3)	48	(2.4)	3613	(41.3)
2 and over...	2988	19	(1.1)	3535	(39.6)	346	(31.6)	10	(0.9)	3897	(125.7)	1866	(71.0)	48	(2.2)	3453	(42.2)
Females:																	
2 - 5.....	192	13	(2.1)	2115	(85.0)	91	(18.2)	4*	(0.8)	--	--	--	--	--	--	2145	(93.2)
6 - 11.....	308	13	(3.2)	2653	(86.8)	167	(41.2)	6	(1.5)	--	--	--	--	--	--	2609	(76.7)
12 - 19.....	392	13	(1.9)	2649	(99.5)	181	(33.9)	7	(1.1)	3153	(172.4)	1397	(141.1)	44	(3.0)	2574	(91.5)
20 - 39.....	632	22	(2.2)	3013	(76.4)	339	(39.1)	11	(1.4)	3192	(167.7)	1552	(97.4)	49	(2.3)	2963	(105.5)
40 - 59.....	755	19	(2.0)	2729	(83.8)	229	(30.2)	8	(1.0)	2833	(141.9)	1223	(87.8)	43	(2.5)	2705	(85.5)
60 and over.....	1296	20	(1.3)	2491	(40.1)	261	(18.5)	10	(0.7)	2651	(88.8)	1320	(90.8)	50	(2.2)	2452	(46.0)
2 - 19.....	892	13	(1.7)	2547	(62.4)	159	(21.1)	6	(0.8)	2845	(74.9)	1221	(79.4)	43	(2.2)	2502	(62.4)
20 and over...	2683	20	(1.1)	2750	(42.3)	277	(14.4)	10	(0.5)	2909	(69.6)	1377	(40.0)	47	(1.7)	2710	(48.1)
2 and over...	3575	19	(1.1)	2705	(37.1)	251	(14.6)	9	(0.5)	2899	(61.8)	1353	(34.9)	47	(1.5)	2660	(40.9)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	2789	(61.5)	139	(21.6)	5	(0.7)	2899	(77.3)	1247	(80.2)	43	(2.1)	2775	(62.8)
20 and over...	4798	21	(0.9)	3212	(38.3)	346	(21.0)	11	(0.6)	3470	(80.3)	1664	(42.9)	48	(1.0)	3144	(35.8)
2 and over...	6563	19	(0.9)	3113	(32.1)	298	(19.3)	10	(0.6)	3390	(71.0)	1605	(36.6)	47	(1.0)	3050	(30.7)

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 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

C a f f e i n e																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)	mg	(SE)	%	(SE)	mg	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	5.2	(1.33)	0.1*	(0.05)	2*	(1.0)	--	--	--	--	--	--	5.7	(1.56)
6 - 11.....	301	10	(1.8)	11.2	(1.73)	0.2*	(0.10)	2*	(0.9)	--	--	--	--	--	--	11.1	(1.81)
12 - 19.....	366	8	(1.6)	28.8	(4.11)	0.5*	(0.26)	2*	(0.8)	--	--	--	--	--	--	28.3	(4.10)
20 - 39.....	482	24	(2.9)	132.9	(9.81)	2.6*	(0.91)	2*	(0.8)	162.7	(21.23)	10.9*	(3.33)	7*	(2.5)	123.3	(8.12)
40 - 59.....	576	20	(2.4)	197.3	(13.63)	8.1*	(3.71)	4*	(1.9)	191.0	(18.81)	39.7*	(17.61)	21*	(7.9)	198.9	(17.58)
60 and over.....	1057	20	(1.5)	179.1	(8.85)	13.3*	(7.09)	7*	(3.8)	203.5	(30.08)	68.1*	(34.68)	33*	(12.8)	173.2	(9.39)
2 - 19.....	873	9	(1.5)	18.1	(2.39)	0.3*	(0.13)	2*	(0.7)	17.8	(4.46)	3.5*	(1.09)	--	--	18.2	(2.38)
20 and over...	2115	22	(1.3)	168.5	(7.00)	7.6	(1.02)	5	(0.7)	182.7	(9.23)	35.5	(5.12)	19	(2.8)	164.6	(8.09)
2 and over...	2988	19	(1.1)	131.8	(5.62)	5.9	(0.78)	4	(0.6)	162.3	(7.68)	31.5	(4.66)	19	(2.7)	124.8	(6.15)
Females:																	
2 - 5.....	192	13	(2.1)	4.9	(0.87)	#	#	#	#	--	--	--	--	--	--	5.2	(1.01)
6 - 11.....	308	13	(3.2)	12.7	(1.94)	0.4*	(0.18)	3*	(1.5)	--	--	--	--	--	--	11.8	(2.24)
12 - 19.....	392	13	(1.9)	32.7	(3.59)	1.8*	(0.63)	5*	(1.6)	51.2	(8.89)	13.8*	(4.55)	--	--	29.9	(3.78)
20 - 39.....	632	22	(2.2)	102.7	(8.10)	2.7*	(1.03)	3*	(0.9)	114.1	(10.04)	12.5*	(4.07)	11*	(3.1)	99.5	(8.18)
40 - 59.....	755	19	(2.0)	148.4	(7.99)	5.9	(1.72)	4*	(1.2)	157.4	(9.99)	31.5	(8.06)	20	(5.5)	146.3	(9.42)
60 and over.....	1296	20	(1.3)	141.5	(5.25)	4.8	(0.71)	3	(0.5)	159.1	(12.44)	24.4	(3.89)	15	(2.3)	137.2	(4.97)
2 - 19.....	892	13	(1.7)	20.7	(1.98)	1.0*	(0.31)	5	(1.2)	30.9	(5.01)	7.5	(2.23)	24	(5.5)	19.1	(2.12)
20 and over...	2683	20	(1.1)	130.4	(4.73)	4.5	(0.71)	3	(0.5)	141.8	(5.94)	22.1	(2.95)	16	(1.9)	127.5	(5.28)
2 and over...	3575	19	(1.1)	106.0	(4.23)	3.7	(0.55)	3	(0.5)	124.5	(5.57)	19.9	(2.52)	16	(1.9)	101.8	(4.54)
Males and Females:																	
2 - 19.....	1765	11	(1.4)	19.4	(1.93)	0.6*	(0.20)	3	(0.8)	25.2	(3.79)	5.7	(1.52)	23	(4.6)	18.6	(1.88)
20 and over...	4798	21	(0.9)	148.9	(4.28)	6.0	(0.71)	4	(0.5)	162.3	(5.52)	28.8	(3.20)	18	(1.8)	145.3	(4.59)
2 and over...	6563	19	(0.9)	118.7	(3.89)	4.8	(0.55)	4	(0.5)	143.1	(5.03)	25.6	(2.82)	18	(1.8)	113.1	(4.03)

Table 45. Full Service Restaurants: Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from Full Service Restaurants ¹, by Gender and Age, in the United States, August 2021-August 2023 (continued)

A l c o h o l																	
————— <i>All Individuals</i> ² ————— — <i>Full Service Restaurant Consumers</i> ³ — <i>Non-consumers</i> ⁴																	
Gender and age (years)	Sample Size	Percent Reporting ⁵		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake		Intake from Full Service Restaurants		Percentages from ⁶ Full Service Restaurants		Total Intake	
		%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)	g	(SE)	%	(SE)	g	(SE)
Males:																	
2 - 5.....	206	13	(2.8)	--		--		--		--		--		--		--	
6 - 11.....	301	10	(1.8)	--		--		--		--		--		--		--	
12 - 19.....	366	8	(1.6)	--		--		--		--		--		--		--	
20 - 39.....	482	24	(2.9)	11.7	(1.37)	2.7	(0.78)	23	(6.6)	21.6	(3.58)	10.9	(2.78)	51	(8.7)	8.5	(1.48)
40 - 59.....	576	20	(2.4)	13.1	(1.50)	2.6	(0.74)	20	(4.6)	19.4	(4.00)	12.7	(3.29)	--		11.5	(1.36)
60 and over.....	1057	20	(1.5)	10.3	(0.91)	1.2	(0.22)	12	(1.8)	12.8	(2.03)	6.2	(1.16)	49	(6.7)	9.6	(0.94)
2 - 19.....	873	9	(1.5)	--		--		--		--		--		--		--	
20 and over...	2115	22	(1.3)	11.8	(0.57)	2.2	(0.35)	19	(2.9)	18.5	(1.66)	10.2	(1.40)	55	(4.6)	9.9	(0.67)
2 and over...	2988	19	(1.1)	--		--		--		--		--		--		--	
Females:																	
2 - 5.....	192	13	(2.1)	--		--		--		--		--		--		--	
6 - 11.....	308	13	(3.2)	--		--		--		--		--		--		--	
12 - 19.....	392	13	(1.9)	--		--		--		--		--		--		--	
20 - 39.....	632	22	(2.2)	4.7	(0.83)	1.3*	(0.45)	27	(8.0)	11.4	(2.45)	5.8*	(1.81)	--		2.8	(0.56)
40 - 59.....	755	19	(2.0)	4.2	(0.61)	0.5*	(0.14)	11*	(3.4)	4.6	(1.11)	2.5	(0.67)	--		4.1	(0.70)
60 and over.....	1296	20	(1.3)	5.2	(0.47)	0.8	(0.10)	15	(1.6)	9.7	(1.03)	3.8	(0.47)	40	(4.4)	4.1	(0.43)
2 - 19.....	892	13	(1.7)	--		--		--		--		--		--		--	
20 and over...	2683	20	(1.1)	4.7	(0.33)	0.8	(0.14)	18	(3.0)	8.7	(0.86)	4.2	(0.62)	48	(6.6)	3.7	(0.32)
2 and over...	3575	19	(1.1)	--		--		--		--		--		--		--	
Males and Females:																	
2 - 19.....	1765	11	(1.4)	--		--		--		--		--		--		--	
20 and over...	4798	21	(0.9)	8.1	(0.32)	1.5	(0.19)	18	(2.0)	13.7	(1.05)	7.2	(0.83)	53	(3.8)	6.7	(0.28)
2 and over...	6563	19	(0.9)	--		--		--		--		--		--		--	

Symbol Legend

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

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting: An estimated percentage between 25 and 75 percent 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. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.66.

Nutrient ratios expressed as percentages: An estimated ratio between 25 and 75 percent is flagged when based on a sample size n^* of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect and n^* is the number of individuals in the sample reporting non-zero intake of the respective nutrient from any source. An estimated ratio less than or equal to 25 percent or greater than or equal to 75 percent, is flagged when the smaller of n^*p and $n^*(1-p)$ is less than 8 times the VIF, where p is the percentage expressed as a fraction. Additionally, an estimated ratio is flagged when either the relative standard error or $p/(1-p)$ times the relative standard error is greater than 30 percent.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 50 for VIF = 1.66.

Footnotes

- ¹ Respondents were asked the source of each food and beverage - where it was obtained. **Full Service Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", or "Restaurant no additional information".
- ² **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from Full Service Restaurants.
- ³ **Full Service Restaurant Consumers** include individuals who reported at least one food or beverage item from Full Service Restaurants.
- ⁴ **Non-consumers** include individuals who did not report any food or beverage item from Full Service Restaurants.
- ⁵ The weighted percentage of respondents in the gender/age group who reported at least one food/beverage item from Full Service Restaurants.
- ⁶ Percentages are estimated as a ratio of total nutrient intake from Full Service Restaurants to total daily nutrient intake from all sources.

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.

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