

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023

| <b>F o o d e n e r g y</b>  |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | kcal         | (SE)   | kcal                        | (SE)   | %   | (SE)  | kcal         | (SE)    | kcal                        | (SE)   | %   | (SE)  | kcal         | (SE)    |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1567         | (58.2) | 179                         | (25.1) | 11  | (1.6) | 1618         | (82.6)  | 492                         | (51.9) | 30  | (2.3) | 1538         | (83.9)  |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1894         | (44.4) | 261                         | (36.6) | 14  | (1.9) | 2000         | (46.7)  | 666                         | (37.8) | 33  | (1.8) | 1826         | (54.9)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 2297         | (61.2) | 472                         | (48.0) | 21  | (2.0) | 2381         | (102.5) | 1121                        | (79.7) | 47  | (3.4) | 2236         | (103.8) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 2362         | (59.1) | 682                         | (43.4) | 29  | (1.7) | 2507         | (80.7)  | 1163                        | (56.3) | 46  | (1.9) | 2156         | (79.2)  |
| 40 - 59.....  | 576         | 51                             | (2.1) | 2434         | (35.7) | 598                         | (36.4) | 25  | (1.5) | 2623         | (58.0)  | 1170                        | (50.9) | 45  | (1.7) | 2238         | (54.3)  |
| 60 and over.....  | 1057        | 42                             | (1.5) | 2169         | (46.3) | 370                         | (25.2) | 17  | (1.0) | 2237         | (60.6)  | 871                         | (37.9) | 39  | (1.0) | 2119         | (50.7)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 2013         | (42.2) | 342                         | (28.6) | 17  | (1.3) | 2114         | (62.9)  | 855                         | (39.2) | 40  | (1.7) | 1947         | (52.5)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 2330         | (25.9) | 561                         | (20.7) | 24  | (0.9) | 2480         | (43.5)  | 1094                        | (31.8) | 44  | (1.1) | 2171         | (41.6)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 2252         | (19.6) | 507                         | (16.0) | 23  | (0.7) | 2406         | (29.6)  | 1046                        | (24.3) | 43  | (0.9) | 2107         | (37.4)  |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1495         | (47.5) | 184                         | (23.8) | 12  | (1.7) | 1512         | (77.6)  | 456                         | (38.9) | 30  | (3.1) | 1484         | (40.7)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1861         | (57.3) | 314                         | (37.0) | 17  | (1.8) | 1997         | (98.5)  | 732                         | (45.8) | 37  | (2.3) | 1759         | (45.2)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1731         | (45.9) | 421                         | (45.8) | 24  | (2.4) | 1926         | (52.8)  | 859                         | (78.4) | 45  | (3.3) | 1542         | (59.3)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1846         | (43.8) | 475                         | (33.7) | 26  | (2.1) | 1871         | (53.0)  | 880                         | (37.6) | 47  | (1.9) | 1816         | (94.6)  |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1765         | (48.6) | 348                         | (26.0) | 20  | (1.4) | 1882         | (71.5)  | 729                         | (35.6) | 39  | (1.9) | 1658         | (39.0)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1665         | (20.1) | 276                         | (15.9) | 17  | (0.8) | 1754         | (24.2)  | 674                         | (26.5) | 38  | (1.4) | 1604         | (24.4)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1728         | (26.7) | 340                         | (32.6) | 20  | (1.7) | 1877         | (47.5)  | 749                         | (50.3) | 40  | (2.0) | 1605         | (25.6)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 1760         | (25.1) | 368                         | (17.9) | 21  | (0.9) | 1842         | (38.0)  | 773                         | (22.2) | 42  | (1.1) | 1686         | (28.2)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 1753         | (20.4) | 362                         | (17.9) | 21  | (0.9) | 1850         | (33.5)  | 768                         | (23.2) | 42  | (1.0) | 1667         | (24.4)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1875         | (26.2) | 341                         | (23.7) | 18  | (1.1) | 1992         | (43.4)  | 801                         | (31.3) | 40  | (1.2) | 1789         | (29.6)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 2036         | (20.7) | 462                         | (15.7) | 23  | (0.8) | 2163         | (28.4)  | 934                         | (21.8) | 43  | (0.9) | 1912         | (26.3)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 1999         | (16.1) | 433                         | (14.5) | 22  | (0.7) | 2128         | (22.6)  | 907                         | (17.1) | 43  | (0.8) | 1881         | (21.2)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>P r o t e i n</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 54.7         | (2.70) | 5.9                         | (1.02) | 11  | (2.0) | 51.1         | (3.23) | 16.3                        | (2.15) | 32  | (3.5) | 56.7         | (3.57) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 63.2         | (1.31) | 9.6                         | (1.34) | 15  | (2.1) | 64.5         | (1.63) | 24.5                        | (1.64) | 38  | (2.7) | 62.3         | (1.82) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 83.8         | (2.58) | 18.8                        | (2.25) | 22  | (2.6) | 86.6         | (4.56) | 44.7                        | (3.90) | 52  | (4.4) | 81.7         | (3.57) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 91.8         | (2.96) | 27.6                        | (1.97) | 30  | (1.9) | 97.8         | (4.02) | 47.1                        | (3.10) | 48  | (2.6) | 83.3         | (3.74) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 93.2         | (1.60) | 24.3                        | (1.26) | 26  | (1.3) | 97.0         | (2.17) | 47.6                        | (1.99) | 49  | (1.9) | 89.3         | (2.37) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 81.7         | (1.69) | 14.8                        | (1.11) | 18  | (1.1) | 81.1         | (2.53) | 34.8                        | (1.81) | 43  | (1.3) | 82.1         | (1.46) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 71.0         | (1.61) | 13.1                        | (1.34) | 18  | (1.8) | 72.8         | (2.56) | 32.8                        | (2.06) | 45  | (2.5) | 69.8         | (2.09) |
| 20 and over...  | 2115        | 51                             | (1.6) | 89.3         | (1.25) | 22.7                        | (0.87) | 25  | (1.0) | 93.4         | (2.01) | 44.3                        | (1.50) | 47  | (1.3) | 84.9         | (1.65) |
| 2 and over...   | 2988        | 49                             | (1.4) | 84.8         | (0.97) | 20.4                        | (0.67) | 24  | (0.8) | 89.3         | (1.53) | 42.0                        | (1.19) | 47  | (1.1) | 80.6         | (1.51) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 50.3         | (1.79) | 6.6                         | (0.84) | 13  | (1.8) | 48.3         | (3.23) | 16.3                        | (1.52) | 34  | (3.7) | 51.6         | (1.88) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 60.1         | (1.79) | 10.0                        | (1.12) | 17  | (1.7) | 60.9         | (2.80) | 23.3                        | (1.49) | 38  | (2.2) | 59.5         | (1.69) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 57.5         | (2.11) | 15.0                        | (1.97) | 26  | (3.0) | 62.6         | (3.08) | 30.5                        | (3.55) | 49  | (3.9) | 52.6         | (2.89) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 69.7         | (1.95) | 18.3                        | (1.44) | 26  | (2.1) | 68.5         | (2.14) | 34.0                        | (1.90) | 50  | (2.0) | 71.0         | (2.99) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 66.3         | (1.97) | 13.9                        | (1.06) | 21  | (1.6) | 67.8         | (2.40) | 29.0                        | (1.61) | 43  | (2.6) | 64.9         | (2.25) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 60.6         | (0.95) | 10.7                        | (0.58) | 18  | (0.9) | 62.1         | (1.29) | 26.1                        | (1.04) | 42  | (1.4) | 59.6         | (1.16) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 57.0         | (1.16) | 11.7                        | (1.29) | 21  | (2.0) | 59.6         | (2.15) | 25.8                        | (2.23) | 43  | (2.5) | 54.8         | (1.49) |
| 20 and over...  | 2683        | 48                             | (1.4) | 65.6         | (1.05) | 14.4                        | (0.70) | 22  | (1.0) | 66.5         | (1.18) | 30.2                        | (1.02) | 45  | (1.5) | 64.8         | (1.26) |
| 2 and over...   | 3575        | 47                             | (1.2) | 63.7         | (0.94) | 13.8                        | (0.70) | 22  | (1.0) | 65.0         | (1.16) | 29.2                        | (1.06) | 45  | (1.4) | 62.5         | (1.08) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 64.2         | (1.08) | 12.4                        | (1.05) | 19  | (1.5) | 66.0         | (1.82) | 29.2                        | (1.61) | 44  | (1.8) | 62.9         | (1.26) |
| 20 and over...  | 4798        | 49                             | (1.2) | 77.1         | (0.90) | 18.4                        | (0.62) | 24  | (0.8) | 80.0         | (1.15) | 37.3                        | (1.03) | 47  | (1.2) | 74.2         | (0.98) |
| 2 and over...   | 6563        | 48                             | (1.1) | 74.1         | (0.73) | 17.0                        | (0.56) | 23  | (0.7) | 77.1         | (0.91) | 35.6                        | (0.80) | 46  | (1.0) | 71.3         | (0.84) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C a r b o h y d r a t e</b>  |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)  | %   | (SE)  | g            | (SE)   | g                           | (SE)  | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 204          | (8.3)  | 20                          | (2.4) | 10  | (1.2) | 212          | (10.6) | 56                          | (4.6) | 26  | (2.0) | 199          | (11.2) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 248          | (6.6)  | 30                          | (4.0) | 12  | (1.6) | 253          | (8.0)  | 75                          | (3.3) | 30  | (1.1) | 244          | (8.7)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 282          | (8.3)  | 51                          | (5.0) | 18  | (1.6) | 287          | (14.9) | 121                         | (8.1) | 42  | (3.1) | 278          | (13.9) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 259          | (6.1)  | 67                          | (3.2) | 26  | (1.3) | 269          | (8.0)  | 115                         | (3.2) | 43  | (1.3) | 245          | (9.4)  |
| 40 - 59.....  | 576         | 51                             | (2.1) | 273          | (4.6)  | 59                          | (4.1) | 22  | (1.5) | 292          | (6.2)  | 116                         | (6.3) | 40  | (1.8) | 253          | (7.9)  |
| 60 and over.....  | 1057        | 42                             | (1.5) | 238          | (4.5)  | 36                          | (2.4) | 15  | (0.9) | 244          | (6.3)  | 84                          | (3.6) | 35  | (1.1) | 233          | (5.9)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 255          | (5.2)  | 38                          | (3.0) | 15  | (1.1) | 262          | (9.0)  | 94                          | (3.8) | 36  | (1.5) | 250          | (6.7)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 257          | (3.1)  | 55                          | (2.2) | 21  | (0.9) | 271          | (4.6)  | 108                         | (3.4) | 40  | (0.9) | 243          | (5.1)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 257          | (2.3)  | 51                          | (1.8) | 20  | (0.7) | 269          | (3.3)  | 105                         | (2.7) | 39  | (0.9) | 245          | (4.0)  |
| <b>Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 195          | (6.7)  | 20                          | (2.7) | 10  | (1.5) | 198          | (8.9)  | 49                          | (4.7) | 25  | (2.7) | 193          | (7.2)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 243          | (10.0) | 37                          | (4.8) | 15  | (1.7) | 266          | (17.7) | 86                          | (7.0) | 32  | (2.7) | 225          | (7.5)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 216          | (6.7)  | 47                          | (4.7) | 22  | (2.3) | 236          | (6.8)  | 96                          | (8.0) | 40  | (3.4) | 196          | (7.9)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 211          | (6.3)  | 50                          | (3.4) | 24  | (2.1) | 211          | (6.3)  | 92                          | (3.9) | 44  | (1.6) | 212          | (14.7) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 203          | (6.4)  | 36                          | (2.8) | 18  | (1.2) | 215          | (10.5) | 75                          | (4.2) | 35  | (2.0) | 191          | (4.7)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 189          | (2.7)  | 27                          | (1.8) | 14  | (0.8) | 192          | (2.6)  | 66                          | (2.8) | 34  | (1.4) | 187          | (3.4)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 221          | (4.5)  | 38                          | (3.7) | 17  | (1.6) | 239          | (7.0)  | 84                          | (5.7) | 35  | (2.1) | 206          | (4.2)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 201          | (3.3)  | 38                          | (2.0) | 19  | (0.9) | 207          | (5.5)  | 79                          | (2.4) | 38  | (0.9) | 196          | (4.5)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 206          | (2.9)  | 38                          | (2.0) | 18  | (0.9) | 214          | (4.4)  | 80                          | (2.5) | 38  | (1.0) | 198          | (4.1)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 238          | (3.5)  | 38                          | (2.4) | 16  | (0.9) | 250          | (5.9)  | 89                          | (3.2) | 36  | (1.2) | 229          | (4.3)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 228          | (2.7)  | 46                          | (1.7) | 20  | (0.7) | 239          | (3.5)  | 94                          | (2.2) | 39  | (0.7) | 218          | (3.8)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 231          | (2.2)  | 44                          | (1.6) | 19  | (0.7) | 241          | (2.9)  | 93                          | (1.8) | 38  | (0.7) | 221          | (3.1)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>T o t a l   s u g a r s</b>  |             |                                |       |              |       |                             |       |   |       |              |        |                             |       |   |       |              |       |
|---|-------------|--------------------------------|-------|--------------|-------|-----------------------------|-------|---|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|-------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |       |                             |       |   |       |              |        |                             |       |   |       |              |       |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |       | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |       |
|   |             | %                              | (SE)  | g            | (SE)  | g                           | (SE)  | %   | (SE)  | g            | (SE)   | g                           | (SE)  | %   | (SE)  | g            | (SE)  |
| <b>Males:</b>   |             |                                |       |              |       |                             |       |   |       |              |        |                             |       |   |       |              |       |
| 2 - 5.....  | 206         | 36                             | (3.9) | 94           | (5.1) | 8                           | (1.4) | 8   | (1.4) | 101          | (9.0)  | 21                          | (4.2) | 21  | (3.5) | 90           | (5.0) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 111          | (5.5) | 11                          | (2.1) | 10  | (1.7) | 113          | (7.3)  | 27                          | (2.9) | 24  | (1.7) | 109          | (6.2) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 120          | (4.0) | 20                          | (2.0) | 16  | (1.6) | 125          | (7.5)  | 47                          | (4.0) | 37  | (3.5) | 116          | (7.9) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 100          | (3.0) | 23                          | (1.9) | 23  | (2.0) | 104          | (4.7)  | 38                          | (2.6) | 37  | (1.9) | 93           | (5.3) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 119          | (3.7) | 20                          | (2.5) | 16  | (2.0) | 128          | (4.5)  | 38                          | (4.3) | 30  | (3.0) | 110          | (4.8) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 102          | (2.8) | 11                          | (1.1) | 11  | (1.0) | 102          | (4.5)  | 26                          | (2.0) | 26  | (1.6) | 102          | (3.0) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 112          | (2.8) | 14                          | (1.2) | 13  | (0.9) | 117          | (5.0)  | 36                          | (1.5) | 30  | (1.6) | 108          | (4.0) |
| 20 and over...  | 2115        | 51                             | (1.6) | 107          | (1.6) | 18                          | (1.0) | 17  | (1.1) | 112          | (2.2)  | 35                          | (1.6) | 32  | (1.3) | 102          | (2.7) |
| 2 and over...   | 2988        | 49                             | (1.4) | 108          | (1.4) | 17                          | (0.9) | 16  | (0.9) | 113          | (2.2)  | 35                          | (1.4) | 31  | (1.2) | 104          | (1.9) |
| <b>Females:</b>   |             |                                |       |              |       |                             |       |   |       |              |        |                             |       |   |       |              |       |
| 2 - 5.....  | 192         | 40                             | (4.5) | 88           | (3.2) | 6                           | (1.0) | 6*  | (1.1) | 86           | (3.1)  | 14                          | (1.6) | 16*   | (1.8) | 90           | (4.5) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 109          | (6.1) | 14                          | (2.2) | 12  | (1.9) | 121          | (13.2) | 32                          | (4.1) | 26  | (3.4) | 100          | (4.3) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 92           | (3.6) | 17                          | (2.7) | 19  | (2.9) | 98           | (3.7)  | 35                          | (4.6) | 36  | (4.7) | 87           | (4.9) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 86           | (2.1) | 18                          | (2.0) | 21  | (2.2) | 89           | (4.2)  | 33                          | (3.0) | 37  | (2.3) | 82           | (3.2) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 88           | (3.7) | 11                          | (1.2) | 13  | (1.4) | 94           | (6.6)  | 23                          | (2.3) | 25  | (2.7) | 83           | (2.5) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 84           | (1.9) | 9                           | (0.8) | 10  | (0.8) | 82           | (2.2)  | 21                          | (1.5) | 26  | (1.7) | 85           | (2.3) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 97           | (2.5) | 14                          | (1.8) | 14  | (1.8) | 103          | (4.1)  | 30                          | (3.2) | 30  | (2.7) | 92           | (2.8) |
| 20 and over...  | 2683        | 48                             | (1.4) | 86           | (2.0) | 13                          | (1.0) | 15  | (0.9) | 89           | (3.6)  | 27                          | (1.6) | 30  | (1.2) | 84           | (1.5) |
| 2 and over...   | 3575        | 47                             | (1.2) | 88           | (1.5) | 13                          | (1.0) | 15  | (1.0) | 92           | (2.9)  | 27                          | (1.7) | 30  | (1.4) | 86           | (1.2) |
| <b>Males and Females:</b>   |             |                                |       |              |       |                             |       |   |       |              |        |                             |       |   |       |              |       |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 105          | (1.6) | 14                          | (1.0) | 13  | (0.8) | 110          | (2.9)  | 33                          | (1.6) | 30  | (1.5) | 101          | (2.9) |
| 20 and over...  | 4798        | 49                             | (1.2) | 96           | (1.3) | 15                          | (0.8) | 16  | (0.8) | 100          | (2.0)  | 31                          | (1.2) | 31  | (1.0) | 92           | (1.5) |
| 2 and over...   | 6563        | 48                             | (1.1) | 98           | (1.0) | 15                          | (0.8) | 15  | (0.8) | 102          | (1.7)  | 31                          | (1.2) | 31  | (1.1) | 94           | (1.2) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>D i e t a r y   f i b e r</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 13.1         | (0.94) | 1.1                         | (0.16) | 8   | (1.5) | 11.9         | (0.49) | 2.9                         | (0.27) | 24  | (2.3) | 13.8         | (1.39) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 14.4         | (0.55) | 1.5                         | (0.21) | 11  | (1.6) | 14.0         | (0.77) | 3.9                         | (0.35) | 28  | (1.9) | 14.6         | (0.69) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 17.1         | (0.47) | 2.7                         | (0.30) | 16  | (1.8) | 15.7         | (0.74) | 6.5                         | (0.52) | 41  | (3.2) | 18.1         | (0.86) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 17.7         | (1.02) | 4.0                         | (0.27) | 23  | (1.1) | 17.4         | (1.47) | 6.9                         | (0.43) | 40  | (2.2) | 18.1         | (1.19) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 17.4         | (0.53) | 3.7                         | (0.24) | 21  | (1.4) | 17.5         | (0.46) | 7.3                         | (0.37) | 42  | (2.2) | 17.3         | (0.94) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 17.9         | (0.43) | 2.3                         | (0.18) | 13  | (1.0) | 16.9         | (0.51) | 5.5                         | (0.34) | 32  | (1.6) | 18.7         | (0.62) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 15.4         | (0.42) | 2.0                         | (0.19) | 13  | (1.3) | 14.4         | (0.53) | 5.0                         | (0.30) | 35  | (1.9) | 16.0         | (0.55) |
| 20 and over...  | 2115        | 51                             | (1.6) | 17.7         | (0.50) | 3.4                         | (0.12) | 19  | (0.8) | 17.3         | (0.68) | 6.7                         | (0.25) | 39  | (1.5) | 18.0         | (0.62) |
| 2 and over...   | 2988        | 49                             | (1.4) | 17.1         | (0.42) | 3.1                         | (0.10) | 18  | (0.7) | 16.7         | (0.55) | 6.3                         | (0.20) | 38  | (1.2) | 17.5         | (0.52) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 12.4         | (0.48) | 1.3                         | (0.21) | 11  | (1.8) | 11.6         | (0.81) | 3.3                         | (0.36) | 29  | (3.5) | 13.0         | (0.65) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 15.1         | (0.75) | 1.9                         | (0.24) | 13  | (1.4) | 14.7         | (0.87) | 4.4                         | (0.37) | 30  | (2.6) | 15.4         | (0.96) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 13.6         | (0.67) | 2.7                         | (0.17) | 20  | (1.6) | 14.7         | (0.81) | 5.5                         | (0.25) | 38  | (2.4) | 12.5         | (0.72) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 15.7         | (1.25) | 3.2                         | (0.19) | 20  | (2.3) | 13.7         | (0.62) | 5.9                         | (0.23) | 43  | (1.7) | 18.0         | (2.26) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 15.1         | (0.63) | 2.3                         | (0.20) | 15  | (1.1) | 15.1         | (0.92) | 4.8                         | (0.28) | 32  | (2.0) | 15.0         | (0.59) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 14.3         | (0.26) | 1.9                         | (0.13) | 13  | (0.8) | 13.6         | (0.28) | 4.5                         | (0.18) | 33  | (1.4) | 14.7         | (0.31) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 13.8         | (0.45) | 2.2                         | (0.15) | 16  | (1.1) | 14.1         | (0.49) | 4.8                         | (0.21) | 34  | (1.6) | 13.6         | (0.54) |
| 20 and over...  | 2683        | 48                             | (1.4) | 15.0         | (0.57) | 2.5                         | (0.14) | 16  | (1.1) | 14.1         | (0.52) | 5.2                         | (0.16) | 37  | (1.3) | 15.8         | (0.77) |
| 2 and over...   | 3575        | 47                             | (1.2) | 14.8         | (0.53) | 2.4                         | (0.11) | 16  | (0.9) | 14.1         | (0.47) | 5.1                         | (0.12) | 36  | (1.1) | 15.3         | (0.67) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 14.6         | (0.39) | 2.1                         | (0.12) | 14  | (0.8) | 14.3         | (0.43) | 4.9                         | (0.16) | 34  | (1.0) | 14.9         | (0.48) |
| 20 and over...  | 4798        | 49                             | (1.2) | 16.3         | (0.51) | 2.9                         | (0.11) | 18  | (0.7) | 15.7         | (0.53) | 5.9                         | (0.16) | 38  | (1.2) | 16.8         | (0.57) |
| 2 and over...   | 6563        | 48                             | (1.1) | 15.9         | (0.45) | 2.7                         | (0.10) | 17  | (0.7) | 15.4         | (0.47) | 5.7                         | (0.13) | 37  | (1.0) | 16.3         | (0.50) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>T o t a l f a t</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 60.5         | (2.43) | 8.3                         | (1.49) | 14  | (2.4) | 64.0         | (4.09) | 22.9                        | (3.52) | 36  | (3.7) | 58.5         | (3.61) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 73.6         | (2.23) | 11.7                        | (1.79) | 16  | (2.3) | 82.6         | (2.28) | 29.9                        | (2.37) | 36  | (3.0) | 67.8         | (2.40) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 93.5         | (2.28) | 21.5                        | (2.21) | 23  | (2.2) | 99.8         | (3.86) | 51.0                        | (3.87) | 51  | (3.4) | 88.9         | (4.17) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 98.8         | (3.20) | 31.3                        | (2.45) | 32  | (2.2) | 105.5        | (4.32) | 53.4                        | (3.49) | 51  | (2.7) | 89.2         | (4.76) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 99.4         | (2.12) | 27.3                        | (1.54) | 27  | (1.6) | 108.7        | (2.99) | 53.4                        | (2.22) | 49  | (1.8) | 89.8         | (3.18) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 93.3         | (2.79) | 17.6                        | (1.37) | 19  | (1.1) | 97.5         | (3.30) | 41.4                        | (2.24) | 42  | (1.2) | 90.3         | (3.08) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 80.1         | (1.88) | 15.5                        | (1.27) | 19  | (1.4) | 87.5         | (2.27) | 38.9                        | (1.88) | 44  | (2.0) | 75.2         | (2.38) |
| 20 and over...  | 2115        | 51                             | (1.6) | 97.4         | (1.37) | 25.9                        | (0.95) | 27  | (1.1) | 104.6        | (1.97) | 50.4                        | (1.49) | 48  | (1.3) | 89.8         | (2.44) |
| 2 and over...   | 2988        | 49                             | (1.4) | 93.2         | (1.07) | 23.3                        | (0.73) | 25  | (0.8) | 101.2        | (1.35) | 48.1                        | (1.12) | 48  | (1.0) | 85.6         | (2.08) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 58.2         | (2.47) | 8.8                         | (1.18) | 15  | (1.9) | 59.6         | (4.14) | 21.6                        | (1.96) | 36  | (3.8) | 57.3         | (2.32) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 73.5         | (2.45) | 14.3                        | (1.63) | 19  | (2.0) | 78.1         | (3.99) | 33.3                        | (1.76) | 43  | (2.6) | 70.0         | (1.80) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 71.1         | (2.87) | 19.5                        | (2.39) | 27  | (2.7) | 81.2         | (4.40) | 39.8                        | (4.20) | 49  | (3.6) | 61.5         | (2.69) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 77.9         | (1.83) | 21.6                        | (1.64) | 28  | (2.1) | 79.9         | (2.71) | 40.1                        | (2.05) | 50  | (2.4) | 75.6         | (2.97) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 75.1         | (1.95) | 16.1                        | (1.27) | 21  | (1.6) | 82.1         | (2.76) | 33.8                        | (1.75) | 41  | (2.2) | 68.7         | (2.19) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 71.6         | (0.98) | 13.3                        | (0.81) | 19  | (1.0) | 78.0         | (1.67) | 32.6                        | (1.47) | 42  | (1.5) | 67.2         | (1.20) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 69.4         | (1.58) | 15.7                        | (1.57) | 23  | (1.9) | 76.5         | (2.70) | 34.6                        | (2.47) | 45  | (2.1) | 63.5         | (1.38) |
| 20 and over...  | 2683        | 48                             | (1.4) | 75.0         | (1.10) | 17.1                        | (0.83) | 23  | (0.9) | 80.1         | (1.62) | 35.9                        | (1.16) | 45  | (1.3) | 70.3         | (0.93) |
| 2 and over...   | 3575        | 47                             | (1.2) | 73.7         | (0.90) | 16.8                        | (0.83) | 23  | (0.9) | 79.3         | (1.54) | 35.6                        | (1.16) | 45  | (1.2) | 68.7         | (0.85) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 74.9         | (1.40) | 15.6                        | (1.17) | 21  | (1.3) | 81.8         | (1.92) | 36.7                        | (1.60) | 45  | (1.4) | 69.8         | (1.47) |
| 20 and over...  | 4798        | 49                             | (1.2) | 85.8         | (0.95) | 21.4                        | (0.72) | 25  | (0.9) | 92.4         | (1.33) | 43.2                        | (1.11) | 47  | (1.2) | 79.4         | (1.25) |
| 2 and over...   | 6563        | 48                             | (1.1) | 83.3         | (0.75) | 20.0                        | (0.67) | 24  | (0.8) | 90.2         | (1.01) | 41.9                        | (0.88) | 46  | (0.9) | 76.9         | (1.03) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>S a t u r a t e d   f a t</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 20.1         | (0.83) | 2.8                         | (0.52) | 14  | (2.4) | 21.1         | (1.29) | 7.6                         | (1.21) | 36  | (4.4) | 19.5         | (1.29) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 25.1         | (1.00) | 4.0                         | (0.59) | 16  | (2.1) | 29.2         | (1.31) | 10.2                        | (0.68) | 35  | (2.8) | 22.5         | (0.90) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 31.9         | (0.79) | 6.9                         | (0.70) | 22  | (2.3) | 32.5         | (1.28) | 16.5                        | (1.20) | 51  | (3.3) | 31.4         | (1.67) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 32.0         | (1.23) | 9.8                         | (0.77) | 30  | (2.3) | 33.5         | (1.80) | 16.6                        | (1.22) | 50  | (2.9) | 29.9         | (1.93) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 31.8         | (0.83) | 8.6                         | (0.54) | 27  | (1.7) | 35.0         | (1.07) | 16.9                        | (0.79) | 48  | (2.1) | 28.5         | (1.32) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 29.6         | (0.91) | 5.4                         | (0.39) | 18  | (1.0) | 30.5         | (1.05) | 12.8                        | (0.60) | 42  | (1.2) | 28.8         | (1.11) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 27.2         | (0.65) | 5.1                         | (0.41) | 19  | (1.3) | 29.3         | (0.73) | 12.8                        | (0.59) | 44  | (2.0) | 25.8         | (0.95) |
| 20 and over...  | 2115        | 51                             | (1.6) | 31.2         | (0.58) | 8.1                         | (0.32) | 26  | (1.2) | 33.3         | (0.86) | 15.8                        | (0.58) | 47  | (1.3) | 29.1         | (0.91) |
| 2 and over...   | 2988        | 49                             | (1.4) | 30.2         | (0.40) | 7.4                         | (0.24) | 24  | (0.9) | 32.5         | (0.63) | 15.2                        | (0.44) | 47  | (1.1) | 28.1         | (0.69) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 20.0         | (0.82) | 2.7                         | (0.33) | 13  | (1.7) | 19.9         | (1.44) | 6.6                         | (0.62) | 33  | (3.4) | 20.1         | (1.00) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 25.5         | (0.82) | 4.7                         | (0.56) | 18  | (2.2) | 25.8         | (1.30) | 10.9                        | (0.77) | 42  | (3.4) | 25.2         | (0.91) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 24.0         | (0.97) | 6.2                         | (0.78) | 26  | (2.8) | 26.8         | (1.57) | 12.6                        | (1.35) | 47  | (3.7) | 21.2         | (1.26) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 24.6         | (0.67) | 6.6                         | (0.54) | 27  | (2.1) | 25.1         | (0.96) | 12.3                        | (0.71) | 49  | (2.6) | 24.1         | (0.98) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 24.6         | (0.74) | 5.2                         | (0.44) | 21  | (1.9) | 26.1         | (0.90) | 10.9                        | (0.62) | 42  | (2.5) | 23.1         | (0.90) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 23.3         | (0.49) | 4.1                         | (0.26) | 18  | (0.9) | 25.5         | (0.65) | 10.0                        | (0.51) | 39  | (1.5) | 21.7         | (0.54) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 23.7         | (0.50) | 5.0                         | (0.53) | 21  | (2.0) | 25.3         | (0.97) | 11.0                        | (0.84) | 43  | (2.3) | 22.4         | (0.68) |
| 20 and over...  | 2683        | 48                             | (1.4) | 24.2         | (0.46) | 5.3                         | (0.30) | 22  | (1.1) | 25.6         | (0.64) | 11.2                        | (0.44) | 44  | (1.5) | 22.9         | (0.44) |
| 2 and over...   | 3575        | 47                             | (1.2) | 24.1         | (0.34) | 5.3                         | (0.28) | 22  | (1.0) | 25.5         | (0.55) | 11.2                        | (0.41) | 44  | (1.3) | 22.8         | (0.40) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 25.5         | (0.46) | 5.0                         | (0.38) | 20  | (1.3) | 27.2         | (0.66) | 11.9                        | (0.55) | 44  | (1.5) | 24.2         | (0.64) |
| 20 and over...  | 4798        | 49                             | (1.2) | 27.6         | (0.42) | 6.7                         | (0.24) | 24  | (0.9) | 29.4         | (0.54) | 13.5                        | (0.38) | 46  | (1.2) | 25.8         | (0.57) |
| 2 and over...   | 6563        | 48                             | (1.1) | 27.1         | (0.29) | 6.3                         | (0.21) | 23  | (0.8) | 29.0         | (0.39) | 13.2                        | (0.29) | 45  | (0.9) | 25.4         | (0.42) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>M o n o u n s a t u r a t e d   f a t</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 20.0         | (0.94) | 2.7                         | (0.50) | 14  | (2.5) | 21.3         | (1.29) | 7.5                         | (1.16) | 35  | (3.7) | 19.2         | (1.35) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 23.8         | (0.81) | 3.9                         | (0.61) | 16  | (2.3) | 26.7         | (0.86) | 9.8                         | (0.86) | 37  | (3.0) | 21.9         | (0.98) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 30.9         | (0.76) | 7.0                         | (0.74) | 23  | (2.2) | 33.3         | (1.58) | 16.7                        | (1.45) | 50  | (3.8) | 29.2         | (1.47) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 33.2         | (1.27) | 10.5                        | (0.84) | 32  | (2.3) | 35.3         | (1.74) | 17.9                        | (1.23) | 51  | (2.8) | 30.2         | (1.81) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 34.1         | (0.76) | 9.2                         | (0.54) | 27  | (1.6) | 36.8         | (1.03) | 18.1                        | (0.76) | 49  | (2.0) | 31.4         | (1.01) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 32.5         | (1.06) | 6.0                         | (0.50) | 18  | (1.1) | 33.8         | (1.27) | 14.0                        | (0.88) | 41  | (1.4) | 31.6         | (1.26) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 26.3         | (0.61) | 5.1                         | (0.42) | 19  | (1.5) | 28.9         | (0.74) | 12.8                        | (0.64) | 44  | (2.1) | 24.6         | (0.86) |
| 20 and over...  | 2115        | 51                             | (1.6) | 33.3         | (0.53) | 8.7                         | (0.35) | 26  | (1.1) | 35.4         | (0.78) | 17.0                        | (0.57) | 48  | (1.5) | 31.1         | (0.87) |
| 2 and over...   | 2988        | 49                             | (1.4) | 31.6         | (0.41) | 7.8                         | (0.28) | 25  | (0.9) | 34.1         | (0.58) | 16.2                        | (0.46) | 47  | (1.2) | 29.2         | (0.77) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 18.9         | (0.88) | 2.9                         | (0.40) | 15  | (2.0) | 19.3         | (1.25) | 7.2                         | (0.63) | 37  | (3.9) | 18.7         | (1.03) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 23.3         | (0.80) | 4.6                         | (0.50) | 20  | (1.9) | 25.2         | (1.16) | 10.6                        | (0.56) | 42  | (2.5) | 21.9         | (0.65) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 22.8         | (0.95) | 6.3                         | (0.78) | 28  | (2.7) | 26.1         | (1.28) | 12.9                        | (1.39) | 50  | (3.6) | 19.6         | (0.90) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 26.0         | (0.62) | 7.2                         | (0.58) | 28  | (2.4) | 26.5         | (0.91) | 13.3                        | (0.79) | 50  | (2.8) | 25.5         | (1.08) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 25.2         | (0.69) | 5.3                         | (0.43) | 21  | (1.5) | 28.0         | (1.07) | 11.1                        | (0.60) | 40  | (2.0) | 22.7         | (0.70) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 24.1         | (0.28) | 4.5                         | (0.26) | 19  | (1.1) | 26.0         | (0.51) | 11.0                        | (0.52) | 42  | (1.6) | 22.8         | (0.34) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 22.2         | (0.56) | 5.1                         | (0.51) | 23  | (1.9) | 24.6         | (0.79) | 11.2                        | (0.82) | 45  | (2.2) | 20.2         | (0.51) |
| 20 and over...  | 2683        | 48                             | (1.4) | 25.1         | (0.33) | 5.7                         | (0.27) | 23  | (0.9) | 26.9         | (0.54) | 11.9                        | (0.40) | 44  | (1.4) | 23.5         | (0.27) |
| 2 and over...   | 3575        | 47                             | (1.2) | 24.5         | (0.30) | 5.5                         | (0.28) | 23  | (1.0) | 26.4         | (0.51) | 11.8                        | (0.41) | 45  | (1.3) | 22.8         | (0.27) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 24.3         | (0.48) | 5.1                         | (0.37) | 21  | (1.3) | 26.7         | (0.57) | 12.0                        | (0.50) | 45  | (1.5) | 22.6         | (0.57) |
| 20 and over...  | 4798        | 49                             | (1.2) | 29.1         | (0.32) | 7.2                         | (0.25) | 25  | (0.9) | 31.2         | (0.49) | 14.5                        | (0.40) | 46  | (1.3) | 27.1         | (0.38) |
| 2 and over...   | 6563        | 48                             | (1.1) | 28.0         | (0.26) | 6.7                         | (0.24) | 24  | (0.8) | 30.3         | (0.38) | 14.0                        | (0.33) | 46  | (1.1) | 25.9         | (0.35) |

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](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>P o l y u n s a t u r a t e d   f a t</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 13.7         | (0.85) | 2.1                         | (0.46) | 15  | (3.2) | 15.1         | (1.54) | 5.6                         | (1.20) | 37  | (4.6) | 12.9         | (1.10) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 16.7         | (0.60) | 2.7                         | (0.46) | 16  | (2.8) | 18.1         | (1.14) | 7.0                         | (0.79) | 39  | (3.7) | 15.8         | (0.73) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 20.6         | (0.76) | 5.4                         | (0.61) | 26  | (2.6) | 23.7         | (1.12) | 12.8                        | (1.07) | 54  | (3.7) | 18.3         | (0.95) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 22.7         | (0.76) | 7.9                         | (0.76) | 35  | (2.5) | 25.3         | (0.78) | 13.4                        | (1.02) | 53  | (3.0) | 19.1         | (1.12) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 22.5         | (0.57) | 6.6                         | (0.43) | 29  | (1.8) | 25.0         | (1.17) | 12.8                        | (0.72) | 51  | (1.9) | 19.9         | (0.79) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 21.3         | (0.73) | 4.5                         | (0.40) | 21  | (1.4) | 23.0         | (0.97) | 10.5                        | (0.70) | 46  | (1.3) | 20.1         | (0.68) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 17.9         | (0.59) | 3.8                         | (0.34) | 21  | (1.7) | 20.3         | (0.82) | 9.6                         | (0.59) | 47  | (2.2) | 16.3         | (0.59) |
| 20 and over...  | 2115        | 51                             | (1.6) | 22.2         | (0.32) | 6.4                         | (0.28) | 29  | (1.2) | 24.7         | (0.45) | 12.5                        | (0.41) | 51  | (1.5) | 19.7         | (0.59) |
| 2 and over...   | 2988        | 49                             | (1.4) | 21.2         | (0.34) | 5.8                         | (0.21) | 27  | (0.9) | 23.8         | (0.36) | 11.9                        | (0.31) | 50  | (1.2) | 18.7         | (0.53) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 12.8         | (0.71) | 2.3                         | (0.35) | 18  | (2.6) | 13.8         | (1.06) | 5.7                         | (0.61) | 42  | (4.6) | 12.2         | (0.60) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 16.7         | (0.91) | 3.7                         | (0.52) | 22  | (2.4) | 19.1         | (1.39) | 8.7                         | (0.75) | 46  | (2.7) | 14.9         | (0.59) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 16.9         | (0.95) | 5.2                         | (0.68) | 31  | (2.9) | 20.0         | (1.53) | 10.5                        | (1.25) | 53  | (3.6) | 14.0         | (0.69) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 18.8         | (0.50) | 5.6                         | (0.41) | 30  | (2.1) | 19.8         | (0.74) | 10.4                        | (0.54) | 53  | (2.4) | 17.5         | (0.68) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 17.2         | (0.53) | 4.0                         | (0.31) | 23  | (1.5) | 19.4         | (0.79) | 8.3                         | (0.44) | 43  | (2.3) | 15.2         | (0.68) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 16.6         | (0.26) | 3.4                         | (0.25) | 21  | (1.4) | 18.3         | (0.59) | 8.4                         | (0.46) | 46  | (1.7) | 15.4         | (0.37) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 16.0         | (0.61) | 4.1                         | (0.43) | 26  | (1.8) | 18.6         | (0.94) | 9.1                         | (0.73) | 49  | (1.9) | 13.9         | (0.41) |
| 20 and over...  | 2683        | 48                             | (1.4) | 17.5         | (0.30) | 4.4                         | (0.20) | 25  | (0.9) | 19.2         | (0.43) | 9.2                         | (0.27) | 48  | (1.3) | 16.0         | (0.25) |
| 2 and over...   | 3575        | 47                             | (1.2) | 17.2         | (0.29) | 4.3                         | (0.21) | 25  | (0.9) | 19.1         | (0.42) | 9.1                         | (0.27) | 48  | (1.1) | 15.5         | (0.22) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 17.0         | (0.47) | 4.0                         | (0.32) | 23  | (1.5) | 19.4         | (0.66) | 9.4                         | (0.48) | 48  | (1.6) | 15.2         | (0.39) |
| 20 and over...  | 4798        | 49                             | (1.2) | 19.8         | (0.21) | 5.4                         | (0.18) | 27  | (0.9) | 22.0         | (0.32) | 10.8                        | (0.29) | 49  | (1.2) | 17.7         | (0.28) |
| 2 and over...   | 6563        | 48                             | (1.1) | 19.2         | (0.23) | 5.0                         | (0.17) | 26  | (0.8) | 21.4         | (0.30) | 10.5                        | (0.24) | 49  | (1.0) | 17.1         | (0.28) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C h o l e s t e r o l</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 210          | (16.9) | 26*                         | (9.5)  | 12*   | (4.2) | 221          | (29.9) | 71*                         | (24.9) | 32  | (8.4) | 203          | (23.9) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 229          | (13.2) | 36                          | (6.8)  | 16  | (2.6) | 247          | (16.2) | 91                          | (11.1) | 37  | (3.6) | 217          | (18.9) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 305          | (17.9) | 65                          | (9.5)  | 21  | (2.6) | 300          | (22.0) | 154                         | (18.7) | 51  | (5.8) | 309          | (24.0) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 378          | (26.4) | 104                         | (6.9)  | 28  | (2.8) | 387          | (26.7) | 177                         | (11.5) | 46  | (3.7) | 364          | (44.1) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 371          | (10.6) | 99                          | (6.1)  | 27  | (1.3) | 384          | (14.7) | 194                         | (9.5)  | 51  | (2.2) | 358          | (14.6) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 351          | (11.5) | 70                          | (7.1)  | 20  | (1.5) | 364          | (14.3) | 164                         | (12.5) | 45  | (2.6) | 342          | (14.1) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 260          | (9.4)  | 47                          | (5.5)  | 18  | (1.9) | 268          | (13.7) | 118                         | (10.1) | 44  | (3.2) | 255          | (14.0) |
| 20 and over...  | 2115        | 51                             | (1.6) | 368          | (9.3)  | 92                          | (4.4)  | 25  | (1.5) | 380          | (9.8)  | 180                         | (5.9)  | 47  | (2.2) | 354          | (16.0) |
| 2 and over...   | 2988        | 49                             | (1.4) | 341          | (7.3)  | 81                          | (3.8)  | 24  | (1.2) | 358          | (7.7)  | 167                         | (5.2)  | 47  | (1.7) | 326          | (13.4) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 199          | (17.5) | 23                          | (4.1)  | 12  | (2.3) | 178          | (28.2) | 57                          | (8.8)  | 32  | (3.6) | 213          | (29.1) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 227          | (7.6)  | 34                          | (4.7)  | 15  | (2.3) | 215          | (13.1) | 78                          | (8.2)  | 36  | (3.4) | 236          | (11.8) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 219          | (16.5) | 54                          | (11.6) | 25  | (4.2) | 251          | (26.2) | 109                         | (21.5) | 44  | (5.5) | 188          | (13.1) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 287          | (9.6)  | 72                          | (7.5)  | 25  | (2.4) | 294          | (12.0) | 134                         | (11.8) | 45  | (3.6) | 280          | (12.5) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 278          | (10.6) | 57                          | (7.1)  | 21  | (2.5) | 287          | (19.2) | 120                         | (13.5) | 42  | (4.6) | 269          | (7.6)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 264          | (7.4)  | 50                          | (2.8)  | 19  | (0.8) | 276          | (10.5) | 123                         | (6.2)  | 45  | (1.6) | 256          | (11.6) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 218          | (8.0)  | 41                          | (6.8)  | 19  | (2.8) | 227          | (17.0) | 91                          | (12.9) | 40  | (3.7) | 210          | (9.1)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 277          | (5.5)  | 60                          | (3.5)  | 22  | (1.1) | 287          | (7.9)  | 126                         | (6.9)  | 44  | (2.3) | 268          | (6.3)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 264          | (4.9)  | 56                          | (3.6)  | 21  | (1.2) | 274          | (7.8)  | 119                         | (6.7)  | 43  | (2.2) | 254          | (5.0)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 240          | (6.3)  | 44                          | (4.9)  | 18  | (1.9) | 247          | (9.5)  | 104                         | (8.6)  | 42  | (2.7) | 234          | (8.0)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 321          | (5.9)  | 76                          | (3.2)  | 24  | (1.1) | 334          | (5.4)  | 153                         | (5.4)  | 46  | (2.0) | 308          | (8.1)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 302          | (4.7)  | 68                          | (3.1)  | 23  | (1.0) | 316          | (4.3)  | 143                         | (5.0)  | 45  | (1.7) | 289          | (6.9)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n A ( R A E )</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 440          | (25.3) | 37                          | (10.9) | 8*  | (2.6) | 373          | (30.1) | 101                         | (27.4) | 27  | (6.2) | 478          | (41.8)  |
| 6 - 11.....   | 301         | 39                             | (4.3) | 516          | (28.7) | 48                          | (8.7)  | 9   | (1.9) | 469          | (32.7) | 123                         | (11.4) | 26  | (2.2) | 546          | (35.2)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 582          | (25.4) | 91                          | (9.7)  | 16  | (1.8) | 566          | (40.6) | 217                         | (17.5) | 38  | (3.9) | 593          | (32.8)  |
| 20 - 39.....  | 482         | 59                             | (2.9) | 577          | (36.3) | 129                         | (16.3) | 22  | (2.0) | 567          | (55.3) | 219                         | (27.6) | 39  | (3.2) | 590          | (33.8)  |
| 40 - 59.....  | 576         | 51                             | (2.1) | 620          | (23.9) | 122                         | (8.6)  | 20  | (1.2) | 609          | (31.3) | 239                         | (15.4) | 39  | (2.6) | 632          | (35.1)  |
| 60 and over.....  | 1057        | 42                             | (1.5) | 654          | (15.4) | 80                          | (6.0)  | 12  | (1.0) | 583          | (26.3) | 188                         | (10.9) | 32  | (1.8) | 706          | (28.7)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 531          | (16.1) | 66                          | (5.8)  | 12  | (1.2) | 498          | (25.0) | 165                         | (10.5) | 33  | (2.4) | 552          | (22.3)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 614          | (16.6) | 112                         | (6.2)  | 18  | (0.9) | 585          | (29.6) | 218                         | (11.5) | 37  | (1.4) | 645          | (20.8)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 594          | (11.7) | 101                         | (4.7)  | 17  | (0.7) | 568          | (23.5) | 207                         | (9.5)  | 37  | (1.1) | 618          | (17.8)  |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 518          | (73.4) | 34                          | (4.8)  | 6*  | (1.3) | 425          | (60.8) | 83                          | (9.1)  | 20  | (2.0) | 581          | (117.0) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 484          | (19.7) | 59                          | (12.2) | 12  | (2.3) | 472          | (37.6) | 138                         | (24.6) | 29  | (4.4) | 492          | (15.3)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 430          | (16.1) | 75                          | (11.8) | 18  | (2.5) | 417          | (15.5) | 153                         | (19.1) | 37  | (4.1) | 443          | (28.5)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 544          | (33.4) | 112                         | (9.8)  | 21  | (2.3) | 508          | (28.4) | 207                         | (14.2) | 41  | (3.5) | 585          | (49.8)  |
| 40 - 59.....  | 755         | 48                             | (2.1) | 544          | (23.0) | 87                          | (7.9)  | 16  | (1.5) | 512          | (20.6) | 183                         | (13.0) | 36  | (2.6) | 573          | (28.2)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 602          | (44.8) | 70                          | (3.8)  | 12  | (0.9) | 524          | (19.7) | 171                         | (6.3)  | 33  | (1.0) | 656          | (70.4)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 465          | (15.9) | 62                          | (8.8)  | 13  | (1.9) | 436          | (19.9) | 137                         | (15.6) | 31  | (2.9) | 489          | (23.4)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 563          | (22.5) | 90                          | (5.0)  | 16  | (1.1) | 514          | (16.4) | 189                         | (7.9)  | 37  | (1.9) | 607          | (32.4)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 541          | (18.5) | 84                          | (4.1)  | 15  | (0.9) | 497          | (15.0) | 178                         | (6.4)  | 36  | (1.6) | 580          | (25.9)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 499          | (13.4) | 64                          | (5.8)  | 13  | (1.2) | 466          | (17.7) | 150                         | (9.7)  | 32  | (1.8) | 523          | (17.3)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 588          | (17.0) | 101                         | (3.5)  | 17  | (0.7) | 550          | (18.1) | 204                         | (6.7)  | 37  | (1.3) | 625          | (22.7)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 567          | (13.6) | 92                          | (2.4)  | 16  | (0.5) | 532          | (15.8) | 193                         | (4.7)  | 36  | (1.0) | 599          | (17.5)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>B e t a c a r o t e n e</b>  |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |        |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|-----------------------------|---------|---|--------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |        |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |        | Total Intake |         |
|   |             | %                              | (SE)  | µg           | (SE)    | µg                          | (SE)    | %   | (SE)  | µg           | (SE)    | µg                          | (SE)    | %   | (SE)   | µg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |        |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1105         | (200.0) | 51*                         | (17.1)  | 5*  | (1.6) | 669          | (102.2) | 139*                        | (45.2)  | 21  | (6.0)  | 1355         | (283.4) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1372         | (282.0) | 67                          | (12.4)  | 5*  | (1.5) | 819          | (135.0) | 172                         | (26.9)  | 21  | (4.1)  | 1727         | (392.2) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1591         | (217.8) | 198                         | (51.1)  | 12*   | (3.9) | 1463         | (348.6) | 471                         | (125.8) | 32*   | (11.0) | 1683         | (285.7) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 1812         | (208.6) | 469                         | (138.7) | 26  | (5.8) | 1642         | (300.4) | 800                         | (233.9) | 49  | (7.2)  | 2053         | (270.0) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 2304         | (196.1) | 419                         | (78.2)  | 18  | (3.5) | 2133         | (203.4) | 821                         | (161.7) | 38  | (7.3)  | 2483         | (328.9) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 2666         | (171.7) | 297                         | (43.4)  | 11  | (1.6) | 2053         | (229.4) | 699                         | (103.6) | 34  | (4.2)  | 3118         | (253.1) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1418         | (148.7) | 125                         | (23.4)  | 9   | (1.9) | 1106         | (190.3) | 312                         | (59.9)  | 28  | (6.4)  | 1626         | (209.1) |
| 20 and over...  | 2115        | 51                             | (1.6) | 2232         | (131.3) | 401                         | (46.8)  | 18  | (1.8) | 1910         | (186.9) | 782                         | (91.8)  | 41  | (2.5)  | 2573         | (202.4) |
| 2 and over...   | 2988        | 49                             | (1.4) | 2034         | (94.3)  | 334                         | (32.6)  | 16  | (1.4) | 1748         | (154.0) | 688                         | (71.6)  | 39  | (2.4)  | 2303         | (149.5) |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |        |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1150         | (204.2) | 39                          | (6.9)   | 3*  | (0.9) | 824          | (179.1) | 96                          | (17.9)  | 12*   | (3.2)  | 1371         | (293.2) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1279         | (164.4) | 158*                        | (50.6)  | 12  | (2.9) | 1329         | (290.2) | 369*                        | (112.1) | 28  | (5.7)  | 1242         | (147.5) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1451         | (171.9) | 207                         | (37.4)  | 14  | (2.6) | 1343         | (161.4) | 422                         | (67.2)  | 31  | (5.8)  | 1555         | (235.5) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 2255         | (224.2) | 416                         | (46.5)  | 18  | (2.3) | 1869         | (154.8) | 772                         | (80.0)  | 41  | (3.8)  | 2707         | (341.2) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 2273         | (191.1) | 352                         | (40.8)  | 15  | (1.9) | 2025         | (165.0) | 737                         | (74.8)  | 36  | (3.6)  | 2500         | (248.6) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 2364         | (132.9) | 306                         | (27.8)  | 13  | (1.1) | 2038         | (154.2) | 749                         | (60.3)  | 37  | (3.5)  | 2589         | (179.3) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1335         | (111.0) | 158                         | (26.5)  | 12  | (1.7) | 1249         | (130.0) | 349                         | (52.4)  | 28  | (4.3)  | 1407         | (117.6) |
| 20 and over...  | 2683        | 48                             | (1.4) | 2296         | (114.0) | 359                         | (20.9)  | 16  | (1.1) | 1968         | (123.3) | 754                         | (33.7)  | 38  | (2.5)  | 2596         | (136.5) |
| 2 and over...   | 3575        | 47                             | (1.2) | 2083         | (110.8) | 315                         | (17.0)  | 15  | (0.9) | 1814         | (117.9) | 668                         | (29.8)  | 37  | (2.1)  | 2323         | (126.3) |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |        |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1378         | (101.7) | 141                         | (18.9)  | 10  | (1.6) | 1179         | (130.9) | 331                         | (40.4)  | 28  | (4.1)  | 1525         | (112.8) |
| 20 and over...  | 4798        | 49                             | (1.2) | 2265         | (109.1) | 380                         | (23.7)  | 17  | (1.0) | 1938         | (120.5) | 768                         | (50.8)  | 40  | (2.1)  | 2585         | (134.2) |
| 2 and over...   | 6563        | 48                             | (1.1) | 2059         | (93.3)  | 324                         | (15.9)  | 16  | (0.7) | 1781         | (114.1) | 678                         | (38.1)  | 38  | (1.9)  | 2313         | (105.7) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>L y c o p e n e</b>  |             |                                |       |              |         |                             |         |   |       |              |          |                             |         |   |        |              |          |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|----------|-----------------------------|---------|---|--------|--------------|----------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |          |                             |         |   |        |              |          |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |          | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |        | Total Intake |          |
|   |             | %                              | (SE)  | µg           | (SE)    | µg                          | (SE)    | %   | (SE)  | µg           | (SE)     | µg                          | (SE)    | %   | (SE)   | µg           | (SE)     |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |          |                             |         |   |        |              |          |
| 2 - 5.....  | 206         | 36                             | (3.9) | 3943         | (629.8) | 468*                        | (149.7) | 12*   | (5.1) | 3817         | (557.3)  | 1284                        | (363.9) | 34  | (6.4)  | 4015         | (1169.7) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 3865         | (367.3) | 720                         | (131.4) | 19  | (3.6) | 3590         | (421.0)  | 1839                        | (272.8) | 51  | (6.9)  | 4041         | (518.2)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 5434         | (372.2) | 864                         | (133.4) | 16  | (2.8) | 4747         | (625.0)  | 2054                        | (320.9) | 43  | (7.1)  | 5934         | (672.6)  |
| 20 - 39.....  | 482         | 59                             | (2.9) | 5039         | (410.5) | 1363                        | (137.3) | 27  | (2.7) | 4907         | (643.9)  | 2323                        | (278.3) | 47  | (4.0)  | 5227         | (757.6)  |
| 40 - 59.....  | 576         | 51                             | (2.1) | 5396         | (602.9) | 1388                        | (182.4) | 26  | (3.7) | 5105         | (545.0)  | 2718                        | (323.5) | 53  | (5.0)  | 5699         | (1042.0) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 4466         | (319.4) | 895                         | (109.4) | 20  | (2.6) | 4417         | (360.5)  | 2108                        | (240.3) | 48  | (3.6)  | 4502         | (402.7)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 4610         | (282.3) | 734                         | (65.2)  | 16  | (1.8) | 4199         | (392.5)  | 1839                        | (171.3) | 44  | (3.9)  | 4883         | (498.6)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 4991         | (269.1) | 1233                        | (118.6) | 25  | (2.1) | 4854         | (419.7)  | 2404                        | (236.5) | 50  | (2.8)  | 5136         | (350.9)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 4898         | (232.5) | 1111                        | (82.0)  | 23  | (1.8) | 4723         | (308.0)  | 2291                        | (175.9) | 49  | (2.8)  | 5064         | (311.0)  |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |          |                             |         |   |        |              |          |
| 2 - 5.....  | 192         | 40                             | (4.5) | 3458         | (742.8) | 556                         | (98.4)  | 16  | (4.1) | 4203†        | (667.1)  | 1374                        | (200.2) | 33*   | (13.6) | 2951         | (534.4)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 4115         | (529.4) | 660                         | (176.0) | 16  | (3.0) | 4361         | (974.5)  | 1538                        | (371.8) | 35  | (3.3)  | 3930         | (443.5)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 4410         | (813.5) | 1340*                       | (428.0) | 30  | (7.6) | 5879         | (1097.1) | 2731                        | (798.0) | 46  | (7.5)  | 2995*        | (945.3)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 4435         | (367.3) | 989                         | (119.3) | 22  | (2.9) | 4060         | (376.3)  | 1835                        | (190.7) | 45  | (4.6)  | 4874         | (781.7)  |
| 40 - 59.....  | 755         | 48                             | (2.1) | 3529         | (201.6) | 844                         | (127.3) | 24  | (3.3) | 3533         | (269.2)  | 1766                        | (230.5) | 50  | (5.2)  | 3525         | (370.1)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 3497         | (274.9) | 602                         | (61.5)  | 17  | (2.4) | 3696         | (308.2)  | 1472                        | (131.3) | 40  | (4.5)  | 3360         | (332.5)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 4127         | (409.5) | 962                         | (205.1) | 23  | (3.5) | 5113         | (844.2)  | 2122                        | (416.6) | 42  | (3.6)  | 3310         | (337.9)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 3831         | (201.7) | 815                         | (66.3)  | 21  | (1.7) | 3784         | (188.1)  | 1711                        | (126.4) | 45  | (2.7)  | 3874         | (354.6)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 3897         | (196.1) | 848                         | (61.4)  | 22  | (1.4) | 4068         | (235.7)  | 1799                        | (109.7) | 44  | (1.9)  | 3745         | (280.5)  |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |          |                             |         |   |        |              |          |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 4376         | (287.5) | 845                         | (115.6) | 19  | (2.1) | 4671         | (571.9)  | 1985                        | (254.1) | 43  | (2.8)  | 4158         | (356.2)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 4393         | (165.6) | 1018                        | (75.3)  | 23  | (1.6) | 4323         | (240.6)  | 2060                        | (144.1) | 48  | (1.9)  | 4463         | (259.7)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 4389         | (152.8) | 978                         | (55.7)  | 22  | (1.3) | 4395         | (218.9)  | 2044                        | (109.7) | 47  | (1.8)  | 4385         | (210.8)  |

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](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>T h i a m i n</b>  |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1.19         | (0.045) | 0.11                        | (0.020) | 10  | (1.7) | 1.12         | (0.059) | 0.31                        | (0.031) | 28  | (2.2) | 1.23         | (0.064) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1.45         | (0.051) | 0.19                        | (0.027) | 13  | (1.9) | 1.43         | (0.083) | 0.49                        | (0.041) | 35  | (2.1) | 1.47         | (0.071) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1.79         | (0.089) | 0.33                        | (0.039) | 18  | (1.8) | 1.71         | (0.108) | 0.77                        | (0.063) | 45  | (3.1) | 1.85         | (0.124) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 1.72         | (0.082) | 0.46                        | (0.033) | 27  | (1.5) | 1.75         | (0.105) | 0.79                        | (0.056) | 45  | (2.2) | 1.67         | (0.099) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 1.72         | (0.043) | 0.43                        | (0.030) | 25  | (1.6) | 1.78         | (0.063) | 0.83                        | (0.047) | 47  | (1.9) | 1.66         | (0.055) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 1.58         | (0.026) | 0.26                        | (0.014) | 17  | (0.9) | 1.58         | (0.025) | 0.62                        | (0.021) | 39  | (1.3) | 1.58         | (0.042) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1.55         | (0.050) | 0.24                        | (0.023) | 15  | (1.3) | 1.51         | (0.064) | 0.60                        | (0.035) | 40  | (1.9) | 1.58         | (0.073) |
| 20 and over...  | 2115        | 51                             | (1.6) | 1.68         | (0.036) | 0.39                        | (0.018) | 23  | (1.0) | 1.72         | (0.055) | 0.76                        | (0.034) | 44  | (1.1) | 1.64         | (0.040) |
| 2 and over...   | 2988        | 49                             | (1.4) | 1.65         | (0.035) | 0.35                        | (0.013) | 21  | (0.7) | 1.68         | (0.041) | 0.73                        | (0.026) | 43  | (1.0) | 1.62         | (0.043) |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1.17         | (0.050) | 0.13                        | (0.018) | 11  | (1.7) | 1.16         | (0.071) | 0.32                        | (0.034) | 27  | (3.2) | 1.17         | (0.053) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1.31         | (0.036) | 0.21                        | (0.032) | 16  | (2.1) | 1.37         | (0.075) | 0.49                        | (0.055) | 36  | (2.6) | 1.26         | (0.033) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1.22         | (0.046) | 0.26                        | (0.026) | 22  | (2.1) | 1.29         | (0.065) | 0.54                        | (0.047) | 42  | (3.3) | 1.16         | (0.047) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1.37         | (0.068) | 0.35                        | (0.027) | 25  | (2.7) | 1.31         | (0.035) | 0.64                        | (0.035) | 49  | (2.1) | 1.44         | (0.142) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1.27         | (0.042) | 0.26                        | (0.023) | 21  | (1.6) | 1.34         | (0.053) | 0.55                        | (0.038) | 41  | (2.6) | 1.20         | (0.040) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1.19         | (0.015) | 0.19                        | (0.011) | 16  | (0.9) | 1.20         | (0.018) | 0.46                        | (0.017) | 38  | (1.4) | 1.19         | (0.021) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1.24         | (0.027) | 0.22                        | (0.021) | 18  | (1.5) | 1.29         | (0.051) | 0.49                        | (0.038) | 38  | (2.1) | 1.20         | (0.024) |
| 20 and over...  | 2683        | 48                             | (1.4) | 1.28         | (0.026) | 0.27                        | (0.014) | 21  | (1.2) | 1.29         | (0.024) | 0.56                        | (0.020) | 43  | (1.5) | 1.27         | (0.042) |
| 2 and over...   | 3575        | 47                             | (1.2) | 1.27         | (0.024) | 0.26                        | (0.014) | 20  | (1.1) | 1.29         | (0.024) | 0.54                        | (0.020) | 42  | (1.4) | 1.25         | (0.034) |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1.40         | (0.030) | 0.23                        | (0.016) | 16  | (1.2) | 1.40         | (0.042) | 0.54                        | (0.025) | 39  | (1.2) | 1.41         | (0.044) |
| 20 and over...  | 4798        | 49                             | (1.2) | 1.47         | (0.027) | 0.33                        | (0.011) | 22  | (0.8) | 1.50         | (0.026) | 0.66                        | (0.017) | 44  | (0.9) | 1.44         | (0.035) |
| 2 and over...   | 6563        | 48                             | (1.1) | 1.46         | (0.025) | 0.30                        | (0.009) | 21  | (0.7) | 1.48         | (0.022) | 0.64                        | (0.011) | 43  | (0.8) | 1.43         | (0.034) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>R i b o f l a v i n</b>  |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1.45         | (0.055) | 0.14                        | (0.034) | 10  | (2.4) | 1.39         | (0.101) | 0.39                        | (0.085) | 28  | (5.3) | 1.48         | (0.071) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1.68         | (0.043) | 0.20                        | (0.036) | 12  | (2.3) | 1.62         | (0.086) | 0.51                        | (0.054) | 31  | (2.5) | 1.72         | (0.071) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 2.01         | (0.090) | 0.37                        | (0.047) | 18  | (2.0) | 1.95         | (0.150) | 0.88                        | (0.091) | 45  | (3.4) | 2.06         | (0.145) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 2.27         | (0.072) | 0.52                        | (0.033) | 23  | (1.6) | 2.26         | (0.063) | 0.88                        | (0.050) | 39  | (2.2) | 2.27         | (0.133) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 2.34         | (0.061) | 0.46                        | (0.032) | 19  | (1.3) | 2.43         | (0.095) | 0.89                        | (0.038) | 37  | (1.8) | 2.25         | (0.068) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 2.06         | (0.047) | 0.30                        | (0.029) | 15  | (1.3) | 2.03         | (0.060) | 0.71                        | (0.053) | 35  | (2.4) | 2.08         | (0.056) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1.79         | (0.053) | 0.27                        | (0.025) | 15  | (1.2) | 1.74         | (0.084) | 0.67                        | (0.045) | 38  | (2.0) | 1.82         | (0.082) |
| 20 and over...  | 2115        | 51                             | (1.6) | 2.23         | (0.037) | 0.43                        | (0.019) | 19  | (0.9) | 2.26         | (0.052) | 0.84                        | (0.026) | 37  | (1.5) | 2.20         | (0.044) |
| 2 and over...   | 2988        | 49                             | (1.4) | 2.12         | (0.032) | 0.39                        | (0.015) | 18  | (0.8) | 2.16         | (0.043) | 0.81                        | (0.022) | 37  | (1.2) | 2.09         | (0.051) |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1.42         | (0.049) | 0.13                        | (0.018) | 9   | (1.3) | 1.34         | (0.100) | 0.32                        | (0.025) | 24  | (1.8) | 1.47         | (0.052) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1.55         | (0.036) | 0.22                        | (0.027) | 14  | (1.7) | 1.55         | (0.060) | 0.51                        | (0.044) | 33  | (2.7) | 1.56         | (0.043) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1.40         | (0.056) | 0.30                        | (0.035) | 21  | (2.2) | 1.52         | (0.083) | 0.60                        | (0.057) | 40  | (3.2) | 1.28         | (0.074) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1.64         | (0.064) | 0.37                        | (0.035) | 23  | (2.3) | 1.62         | (0.069) | 0.69                        | (0.044) | 42  | (2.3) | 1.67         | (0.087) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1.65         | (0.054) | 0.29                        | (0.023) | 17  | (1.4) | 1.71         | (0.069) | 0.60                        | (0.039) | 35  | (2.3) | 1.59         | (0.048) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1.61         | (0.034) | 0.23                        | (0.015) | 14  | (0.9) | 1.64         | (0.026) | 0.57                        | (0.020) | 35  | (1.3) | 1.59         | (0.051) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1.45         | (0.029) | 0.24                        | (0.024) | 16  | (1.5) | 1.50         | (0.059) | 0.53                        | (0.037) | 35  | (1.9) | 1.42         | (0.032) |
| 20 and over...  | 2683        | 48                             | (1.4) | 1.63         | (0.038) | 0.30                        | (0.020) | 18  | (1.1) | 1.65         | (0.044) | 0.62                        | (0.030) | 38  | (1.6) | 1.61         | (0.037) |
| 2 and over...   | 3575        | 47                             | (1.2) | 1.59         | (0.031) | 0.28                        | (0.018) | 18  | (1.0) | 1.62         | (0.038) | 0.60                        | (0.026) | 37  | (1.4) | 1.57         | (0.030) |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1.62         | (0.029) | 0.25                        | (0.018) | 16  | (1.0) | 1.61         | (0.036) | 0.59                        | (0.024) | 37  | (1.1) | 1.63         | (0.047) |
| 20 and over...  | 4798        | 49                             | (1.2) | 1.92         | (0.034) | 0.36                        | (0.016) | 19  | (0.8) | 1.96         | (0.042) | 0.73                        | (0.022) | 37  | (1.3) | 1.89         | (0.034) |
| 2 and over...   | 6563        | 48                             | (1.1) | 1.85         | (0.030) | 0.34                        | (0.014) | 18  | (0.7) | 1.89         | (0.035) | 0.71                        | (0.018) | 37  | (1.0) | 1.82         | (0.034) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>N i a c i n</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 15.1         | (0.59) | 1.7                         | (0.29) | 12  | (2.0) | 14.1         | (0.99) | 4.8                         | (0.59) | 34  | (2.6) | 15.6         | (0.91) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 18.9         | (0.61) | 2.9                         | (0.39) | 15  | (2.2) | 18.8         | (0.98) | 7.4                         | (0.62) | 39  | (2.4) | 18.9         | (0.81) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 25.0         | (1.01) | 5.8                         | (0.70) | 23  | (2.3) | 26.8         | (1.63) | 13.8                        | (1.21) | 51  | (4.2) | 23.7         | (1.23) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 31.3         | (1.66) | 8.5                         | (0.59) | 27  | (1.4) | 33.1         | (1.73) | 14.5                        | (0.88) | 44  | (1.6) | 28.7         | (2.16) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 30.6         | (0.73) | 7.3                         | (0.39) | 24  | (1.3) | 32.1         | (1.11) | 14.2                        | (0.57) | 44  | (2.2) | 29.0         | (0.93) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 24.2         | (0.58) | 4.3                         | (0.31) | 18  | (1.0) | 24.3         | (0.72) | 10.1                        | (0.53) | 41  | (1.2) | 24.1         | (0.60) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 20.9         | (0.65) | 4.0                         | (0.43) | 19  | (1.7) | 21.8         | (1.02) | 10.0                        | (0.69) | 46  | (2.6) | 20.3         | (0.69) |
| 20 and over...  | 2115        | 51                             | (1.6) | 28.9         | (0.54) | 6.8                         | (0.25) | 24  | (0.9) | 30.6         | (0.67) | 13.3                        | (0.42) | 43  | (1.3) | 27.2         | (0.60) |
| 2 and over...   | 2988        | 49                             | (1.4) | 27.0         | (0.39) | 6.1                         | (0.20) | 23  | (0.8) | 28.8         | (0.52) | 12.6                        | (0.35) | 44  | (1.3) | 25.2         | (0.53) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 14.1         | (0.52) | 2.1                         | (0.30) | 15  | (2.2) | 14.2         | (0.66) | 5.1                         | (0.58) | 36  | (3.6) | 14.1         | (0.63) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 16.8         | (0.54) | 3.2                         | (0.35) | 19  | (1.7) | 17.9         | (0.99) | 7.4                         | (0.43) | 41  | (1.7) | 16.0         | (0.37) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 18.6         | (0.75) | 4.7                         | (0.68) | 26  | (3.3) | 21.0         | (1.14) | 9.7                         | (1.27) | 46  | (4.8) | 16.2         | (1.01) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 21.9         | (0.77) | 5.9                         | (0.47) | 27  | (2.2) | 22.1         | (0.89) | 10.9                        | (0.68) | 50  | (2.1) | 21.7         | (1.12) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 19.4         | (0.60) | 4.2                         | (0.33) | 22  | (1.7) | 20.3         | (0.81) | 8.9                         | (0.50) | 44  | (2.9) | 18.6         | (0.67) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 17.5         | (0.25) | 3.1                         | (0.17) | 18  | (0.9) | 18.1         | (0.42) | 7.5                         | (0.39) | 41  | (1.6) | 17.1         | (0.38) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 17.1         | (0.41) | 3.7                         | (0.43) | 22  | (2.2) | 18.9         | (0.69) | 8.2                         | (0.76) | 43  | (3.1) | 15.7         | (0.43) |
| 20 and over...  | 2683        | 48                             | (1.4) | 19.7         | (0.36) | 4.4                         | (0.22) | 23  | (1.1) | 20.4         | (0.42) | 9.3                         | (0.34) | 46  | (1.5) | 19.0         | (0.42) |
| 2 and over...   | 3575        | 47                             | (1.2) | 19.1         | (0.32) | 4.3                         | (0.24) | 22  | (1.1) | 20.1         | (0.42) | 9.1                         | (0.38) | 45  | (1.6) | 18.2         | (0.31) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 19.1         | (0.32) | 3.9                         | (0.33) | 20  | (1.6) | 20.3         | (0.51) | 9.1                         | (0.52) | 45  | (2.0) | 18.2         | (0.36) |
| 20 and over...  | 4798        | 49                             | (1.2) | 24.2         | (0.34) | 5.6                         | (0.20) | 23  | (0.8) | 25.5         | (0.44) | 11.3                        | (0.32) | 44  | (1.0) | 22.8         | (0.43) |
| 2 and over...   | 6563        | 48                             | (1.1) | 23.0         | (0.27) | 5.2                         | (0.18) | 23  | (0.8) | 24.4         | (0.34) | 10.9                        | (0.27) | 44  | (1.0) | 21.6         | (0.35) |



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n B 6</b>  |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1.29         | (0.046) | 0.11                        | (0.017) | 8   | (1.4) | 1.15         | (0.081) | 0.29                        | (0.044) | 25  | (3.1) | 1.37         | (0.063) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1.47         | (0.061) | 0.16                        | (0.022) | 11  | (1.6) | 1.35         | (0.086) | 0.41                        | (0.038) | 30  | (1.9) | 1.54         | (0.081) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1.91         | (0.075) | 0.35                        | (0.046) | 18  | (2.1) | 1.98         | (0.145) | 0.84                        | (0.084) | 43  | (4.4) | 1.87         | (0.117) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 2.58         | (0.202) | 0.55                        | (0.042) | 21  | (1.6) | 2.70         | (0.216) | 0.94                        | (0.059) | 35  | (2.5) | 2.42         | (0.230) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 2.35         | (0.093) | 0.45                        | (0.019) | 19  | (1.2) | 2.36         | (0.137) | 0.87                        | (0.036) | 37  | (2.6) | 2.34         | (0.116) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 1.97         | (0.051) | 0.29                        | (0.025) | 15  | (1.1) | 1.86         | (0.059) | 0.68                        | (0.041) | 37  | (1.7) | 2.05         | (0.054) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1.64         | (0.050) | 0.24                        | (0.027) | 15  | (1.4) | 1.62         | (0.085) | 0.60                        | (0.045) | 37  | (2.6) | 1.65         | (0.066) |
| 20 and over...  | 2115        | 51                             | (1.6) | 2.32         | (0.072) | 0.44                        | (0.016) | 19  | (0.9) | 2.38         | (0.104) | 0.86                        | (0.026) | 36  | (1.8) | 2.26         | (0.066) |
| 2 and over...   | 2988        | 49                             | (1.4) | 2.15         | (0.056) | 0.39                        | (0.014) | 18  | (0.8) | 2.23         | (0.083) | 0.80                        | (0.023) | 36  | (1.7) | 2.09         | (0.061) |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1.20         | (0.042) | 0.14                        | (0.021) | 11  | (1.9) | 1.15         | (0.062) | 0.34                        | (0.036) | 29  | (3.7) | 1.23         | (0.049) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1.33         | (0.059) | 0.18                        | (0.018) | 13  | (1.1) | 1.34         | (0.102) | 0.41                        | (0.030) | 31  | (2.5) | 1.32         | (0.043) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1.42         | (0.083) | 0.30                        | (0.042) | 21  | (2.7) | 1.60         | (0.129) | 0.61                        | (0.076) | 38  | (4.1) | 1.25         | (0.090) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1.83         | (0.101) | 0.40                        | (0.042) | 22  | (2.5) | 1.76         | (0.137) | 0.74                        | (0.065) | 42  | (3.2) | 1.91         | (0.132) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1.52         | (0.054) | 0.27                        | (0.024) | 18  | (1.6) | 1.50         | (0.084) | 0.56                        | (0.037) | 37  | (3.1) | 1.54         | (0.048) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1.39         | (0.021) | 0.21                        | (0.011) | 15  | (0.8) | 1.35         | (0.031) | 0.50                        | (0.024) | 37  | (1.4) | 1.42         | (0.036) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1.35         | (0.047) | 0.23                        | (0.025) | 17  | (1.8) | 1.44         | (0.071) | 0.50                        | (0.042) | 35  | (2.8) | 1.27         | (0.050) |
| 20 and over...  | 2683        | 48                             | (1.4) | 1.58         | (0.040) | 0.29                        | (0.017) | 19  | (1.1) | 1.56         | (0.059) | 0.61                        | (0.024) | 40  | (1.8) | 1.61         | (0.046) |
| 2 and over...   | 3575        | 47                             | (1.2) | 1.53         | (0.037) | 0.28                        | (0.016) | 18  | (1.1) | 1.53         | (0.053) | 0.59                        | (0.024) | 39  | (1.7) | 1.53         | (0.034) |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1.50         | (0.025) | 0.23                        | (0.020) | 16  | (1.3) | 1.53         | (0.038) | 0.55                        | (0.031) | 36  | (2.0) | 1.48         | (0.038) |
| 20 and over...  | 4798        | 49                             | (1.2) | 1.94         | (0.043) | 0.36                        | (0.013) | 19  | (0.8) | 1.97         | (0.066) | 0.74                        | (0.020) | 37  | (1.3) | 1.91         | (0.042) |
| 2 and over...   | 6563        | 48                             | (1.1) | 1.84         | (0.035) | 0.33                        | (0.013) | 18  | (0.7) | 1.88         | (0.052) | 0.70                        | (0.018) | 37  | (1.2) | 1.80         | (0.037) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>F o l a t e ( D F E )</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 343          | (18.5) | 32                          | (6.1)  | 9   | (1.9) | 322          | (19.8) | 87                          | (11.2) | 27  | (2.8) | 355          | (27.4) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 418          | (14.1) | 53                          | (7.0)  | 13  | (1.7) | 409          | (25.2) | 135                         | (11.7) | 33  | (2.4) | 423          | (13.6) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 528          | (26.1) | 87                          | (10.1) | 16  | (1.8) | 480          | (34.8) | 206                         | (16.7) | 43  | (3.1) | 563          | (41.5) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 521          | (27.1) | 134                         | (8.7)  | 26  | (1.7) | 532          | (35.1) | 229                         | (14.8) | 43  | (2.9) | 505          | (31.9) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 505          | (13.0) | 123                         | (8.6)  | 24  | (1.6) | 526          | (18.3) | 242                         | (14.2) | 46  | (2.0) | 482          | (23.0) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 447          | (8.7)  | 74                          | (4.1)  | 17  | (0.9) | 444          | (9.0)  | 174                         | (6.8)  | 39  | (1.4) | 449          | (15.1) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 454          | (13.2) | 64                          | (5.6)  | 14  | (1.2) | 427          | (20.0) | 161                         | (8.9)  | 38  | (1.7) | 471          | (18.7) |
| 20 and over...  | 2115        | 51                             | (1.6) | 494          | (10.9) | 113                         | (5.5)  | 23  | (1.0) | 509          | (18.4) | 220                         | (9.5)  | 43  | (1.4) | 478          | (13.9) |
| 2 and over...   | 2988        | 49                             | (1.4) | 484          | (9.9)  | 101                         | (3.8)  | 21  | (0.7) | 492          | (14.4) | 208                         | (7.0)  | 42  | (1.1) | 476          | (14.0) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 335          | (14.5) | 33                          | (4.7)  | 10  | (1.6) | 337          | (24.0) | 83                          | (10.0) | 25  | (3.1) | 334          | (14.5) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 404          | (16.5) | 61                          | (10.4) | 15  | (2.3) | 425          | (22.4) | 142                         | (18.0) | 33  | (3.1) | 388          | (20.3) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 371          | (17.0) | 77                          | (6.3)  | 21  | (1.9) | 401          | (23.2) | 157                         | (12.1) | 39  | (3.3) | 341          | (13.7) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 417          | (27.6) | 96                          | (6.8)  | 23  | (2.6) | 392          | (17.3) | 179                         | (8.6)  | 46  | (1.9) | 447          | (54.4) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 377          | (13.7) | 76                          | (6.8)  | 20  | (1.6) | 391          | (16.5) | 159                         | (11.6) | 41  | (2.5) | 364          | (14.4) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 354          | (5.9)  | 55                          | (2.7)  | 16  | (0.8) | 358          | (7.0)  | 134                         | (4.7)  | 38  | (1.4) | 351          | (7.4)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 375          | (10.3) | 63                          | (5.3)  | 17  | (1.4) | 398          | (15.1) | 140                         | (9.7)  | 35  | (2.2) | 356          | (10.0) |
| 20 and over...  | 2683        | 48                             | (1.4) | 383          | (11.5) | 76                          | (3.8)  | 20  | (1.2) | 382          | (10.1) | 160                         | (4.7)  | 42  | (1.3) | 385          | (16.9) |
| 2 and over...   | 3575        | 47                             | (1.2) | 382          | (10.7) | 73                          | (3.6)  | 19  | (1.1) | 385          | (8.9)  | 156                         | (4.7)  | 40  | (1.3) | 378          | (14.7) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 415          | (10.0) | 64                          | (4.2)  | 15  | (1.0) | 412          | (14.4) | 150                         | (7.0)  | 36  | (1.3) | 418          | (13.0) |
| 20 and over...  | 4798        | 49                             | (1.2) | 437          | (10.1) | 94                          | (3.3)  | 22  | (0.8) | 446          | (11.2) | 190                         | (4.9)  | 43  | (1.1) | 428          | (12.1) |
| 2 and over...   | 6563        | 48                             | (1.1) | 432          | (9.2)  | 87                          | (2.7)  | 20  | (0.7) | 439          | (9.7)  | 182                         | (3.5)  | 41  | (0.9) | 425          | (11.3) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C h o l i n e</b>  |             |                                |       |              |        |                             |       |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |       |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)  | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 233          | (12.6) | 24                          | (6.8) | 10  | (2.8) | 228          | (21.1) | 65                          | (17.7) | 28  | (6.2) | 237          | (17.1) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 248          | (7.8)  | 33                          | (5.4) | 13  | (2.1) | 248          | (9.0)  | 83                          | (7.7)  | 34  | (2.9) | 248          | (11.3) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 316          | (13.2) | 63                          | (8.4) | 20  | (2.3) | 314          | (19.8) | 150                         | (16.0) | 48  | (4.6) | 318          | (18.4) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 382          | (19.6) | 102                         | (7.3) | 27  | (2.3) | 394          | (19.7) | 174                         | (10.4) | 44  | (2.9) | 364          | (34.1) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 392          | (8.6)  | 93                          | (5.4) | 24  | (1.1) | 399          | (11.7) | 183                         | (8.7)  | 46  | (1.9) | 384          | (10.8) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 374          | (7.9)  | 66                          | (5.7) | 18  | (1.3) | 380          | (11.2) | 156                         | (9.3)  | 41  | (1.6) | 370          | (7.4)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 277          | (6.9)  | 45                          | (4.8) | 16  | (1.6) | 276          | (10.5) | 113                         | (8.1)  | 41  | (2.7) | 277          | (9.7)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 383          | (6.6)  | 89                          | (4.3) | 23  | (1.2) | 393          | (8.2)  | 173                         | (6.2)  | 44  | (1.9) | 373          | (11.4) |
| 2 and over...   | 2988        | 49                             | (1.4) | 357          | (5.9)  | 78                          | (3.6) | 22  | (1.0) | 369          | (6.2)  | 161                         | (5.0)  | 43  | (1.4) | 346          | (10.8) |
| <b>Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 221          | (14.3) | 25                          | (4.0) | 11  | (2.0) | 201          | (22.3) | 61                          | (6.2)  | 30  | (3.0) | 234          | (22.9) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 243          | (7.4)  | 33                          | (3.9) | 14  | (1.6) | 237          | (13.4) | 77                          | (6.0)  | 33  | (2.2) | 248          | (8.4)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 223          | (11.0) | 53                          | (8.8) | 24  | (3.4) | 245          | (17.4) | 108                         | (15.9) | 44  | (4.0) | 202          | (12.6) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 290          | (7.4)  | 71                          | (6.1) | 25  | (2.0) | 291          | (9.0)  | 133                         | (8.5)  | 46  | (2.5) | 290          | (10.5) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 280          | (6.6)  | 54                          | (5.3) | 19  | (1.8) | 286          | (10.9) | 112                         | (9.6)  | 39  | (3.4) | 274          | (7.6)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 277          | (6.4)  | 47                          | (2.2) | 17  | (0.7) | 279          | (7.0)  | 116                         | (3.5)  | 41  | (1.1) | 275          | (9.7)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 229          | (5.9)  | 41                          | (5.4) | 18  | (2.2) | 235          | (12.2) | 90                          | (9.7)  | 39  | (2.6) | 225          | (8.6)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 282          | (3.9)  | 58                          | (3.0) | 20  | (1.0) | 286          | (4.7)  | 121                         | (4.9)  | 42  | (1.7) | 279          | (5.7)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 271          | (3.6)  | 54                          | (3.0) | 20  | (1.0) | 275          | (4.9)  | 115                         | (5.0)  | 42  | (1.6) | 267          | (4.8)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 254          | (4.5)  | 43                          | (4.1) | 17  | (1.5) | 255          | (7.9)  | 101                         | (6.5)  | 40  | (2.0) | 253          | (5.9)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 331          | (4.4)  | 73                          | (3.1) | 22  | (1.0) | 340          | (4.7)  | 147                         | (5.1)  | 43  | (1.6) | 323          | (5.9)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 313          | (3.8)  | 66                          | (2.9) | 21  | (0.9) | 322          | (3.8)  | 138                         | (4.5)  | 43  | (1.4) | 305          | (5.5)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n B 1 2</b>  |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | µg           | (SE)    | µg                          | (SE)    | %   | (SE)  | µg           | (SE)    | µg                          | (SE)    | %   | (SE)  | µg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 3.18         | (0.160) | 0.24                        | (0.056) | 8   | (1.6) | 2.64         | (0.281) | 0.67                        | (0.138) | 25  | (4.9) | 3.48         | (0.165) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 3.53         | (0.157) | 0.40                        | (0.060) | 11  | (1.6) | 3.51         | (0.200) | 1.03                        | (0.083) | 29  | (1.8) | 3.54         | (0.158) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 4.64         | (0.137) | 0.79                        | (0.084) | 17  | (1.8) | 4.56         | (0.346) | 1.87                        | (0.155) | 41  | (4.5) | 4.70         | (0.274) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 5.77         | (0.498) | 1.57                        | (0.216) | 27  | (2.3) | 6.06         | (0.538) | 2.68                        | (0.339) | 44  | (2.9) | 5.36         | (0.575) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 5.55         | (0.315) | 1.09                        | (0.071) | 20  | (1.7) | 5.42         | (0.314) | 2.14                        | (0.133) | 39  | (3.3) | 5.69         | (0.505) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 4.49         | (0.139) | 0.71                        | (0.063) | 16  | (1.2) | 4.39         | (0.202) | 1.66                        | (0.120) | 38  | (2.4) | 4.57         | (0.152) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 3.97         | (0.090) | 0.55                        | (0.051) | 14  | (1.2) | 3.86         | (0.186) | 1.37                        | (0.077) | 36  | (2.7) | 4.05         | (0.150) |
| 20 and over...  | 2115        | 51                             | (1.6) | 5.32         | (0.188) | 1.15                        | (0.071) | 22  | (1.1) | 5.43         | (0.253) | 2.25                        | (0.136) | 41  | (1.6) | 5.20         | (0.192) |
| 2 and over...   | 2988        | 49                             | (1.4) | 4.99         | (0.147) | 1.01                        | (0.055) | 20  | (0.9) | 5.12         | (0.196) | 2.07                        | (0.108) | 40  | (1.5) | 4.87         | (0.150) |
| <b>Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 3.29         | (0.316) | 0.29                        | (0.043) | 9   | (1.7) | 2.81         | (0.205) | 0.71                        | (0.073) | 25  | (2.1) | 3.62         | (0.533) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 3.24         | (0.135) | 0.41                        | (0.083) | 13  | (2.4) | 3.12         | (0.226) | 0.96                        | (0.156) | 31  | (4.5) | 3.33         | (0.138) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 3.09         | (0.193) | 0.74                        | (0.149) | 24  | (4.1) | 3.38         | (0.341) | 1.50                        | (0.281) | 44  | (5.0) | 2.81         | (0.260) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 3.79         | (0.112) | 0.98                        | (0.120) | 26  | (2.8) | 4.01         | (0.219) | 1.81                        | (0.210) | 45  | (4.2) | 3.54         | (0.155) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 3.39         | (0.167) | 0.63                        | (0.054) | 19  | (1.8) | 3.18         | (0.124) | 1.32                        | (0.108) | 42  | (3.1) | 3.59         | (0.260) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 3.63         | (0.437) | 0.53                        | (0.043) | 15  | (2.1) | 3.27         | (0.118) | 1.31                        | (0.075) | 40  | (1.2) | 3.89         | (0.738) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 3.18         | (0.113) | 0.54                        | (0.092) | 17  | (2.8) | 3.20         | (0.198) | 1.20                        | (0.173) | 37  | (3.6) | 3.16         | (0.203) |
| 20 and over...  | 2683        | 48                             | (1.4) | 3.61         | (0.179) | 0.72                        | (0.047) | 20  | (1.2) | 3.53         | (0.102) | 1.51                        | (0.092) | 43  | (2.3) | 3.69         | (0.300) |
| 2 and over...   | 3575        | 47                             | (1.2) | 3.51         | (0.140) | 0.68                        | (0.047) | 19  | (1.1) | 3.46         | (0.092) | 1.44                        | (0.086) | 42  | (2.0) | 3.56         | (0.223) |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |         |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 3.59         | (0.068) | 0.55                        | (0.057) | 15  | (1.5) | 3.52         | (0.138) | 1.28                        | (0.098) | 36  | (2.1) | 3.64         | (0.119) |
| 20 and over...  | 4798        | 49                             | (1.2) | 4.44         | (0.128) | 0.93                        | (0.048) | 21  | (1.0) | 4.49         | (0.149) | 1.88                        | (0.099) | 42  | (1.3) | 4.39         | (0.174) |
| 2 and over...   | 6563        | 48                             | (1.1) | 4.24         | (0.106) | 0.84                        | (0.042) | 20  | (0.8) | 4.29         | (0.118) | 1.76                        | (0.081) | 41  | (1.1) | 4.20         | (0.143) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n C</b>  |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 101.3        | (8.84) | 3.2*                        | (1.04) | 3*  | (1.0) | 95.5         | (11.71) | 8.9                         | (2.64) | 9*  | (2.5) | 104.6        | (9.37)  |
| 6 - 11.....   | 301         | 39                             | (4.3) | 90.9         | (6.06) | 5.7                         | (1.51) | 6*  | (1.9) | 81.0         | (8.95)  | 14.6                        | (3.42) | 18  | (4.5) | 97.3         | (9.03)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 79.9         | (6.94) | 7.7                         | (1.51) | 10  | (2.2) | 74.1         | (7.41)  | 18.3                        | (3.38) | 25  | (4.2) | 84.1         | (10.05) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 71.5         | (5.08) | 13.0                        | (1.59) | 18  | (2.1) | 74.1         | (7.89)  | 22.1                        | (2.66) | 30  | (3.3) | 67.8         | (4.72)  |
| 40 - 59.....  | 576         | 51                             | (2.1) | 79.1         | (3.69) | 11.4                        | (1.20) | 14  | (1.5) | 76.2         | (6.47)  | 22.3                        | (2.38) | 29  | (3.4) | 82.2         | (5.23)  |
| 60 and over.....  | 1057        | 42                             | (1.5) | 87.0         | (2.91) | 6.7                         | (0.70) | 8   | (0.9) | 70.8         | (3.76)  | 15.7                        | (1.28) | 22  | (2.3) | 98.9         | (4.29)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 87.9         | (3.40) | 6.1                         | (0.85) | 7   | (1.1) | 80.4         | (4.26)  | 15.3                        | (1.98) | 19  | (2.1) | 93.0         | (5.50)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 78.7         | (2.33) | 10.6                        | (0.82) | 13  | (1.0) | 74.0         | (3.41)  | 20.6                        | (1.50) | 28  | (1.5) | 83.6         | (3.26)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 80.9         | (2.17) | 9.5                         | (0.67) | 12  | (0.9) | 75.3         | (2.85)  | 19.5                        | (1.28) | 26  | (1.4) | 86.3         | (2.76)  |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 90.4         | (5.81) | 4.0                         | (1.17) | 4*  | (1.2) | 88.7         | (16.73) | 9.8                         | (2.79) | 11*   | (3.0) | 91.6         | (8.07)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 86.8         | (5.69) | 5.1*                        | (1.57) | 6   | (1.6) | 91.8         | (9.07)  | 11.8                        | (3.37) | 13  | (2.7) | 83.1         | (5.61)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 65.4         | (4.57) | 8.2                         | (1.84) | 13  | (2.4) | 58.7         | (6.28)  | 16.7                        | (3.35) | 28  | (4.0) | 71.9         | (5.09)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 79.0         | (6.74) | 12.2                        | (1.23) | 15  | (1.5) | 70.5         | (4.52)  | 22.7                        | (2.53) | 32  | (2.8) | 88.8         | (10.10) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 73.0         | (2.89) | 7.7                         | (0.61) | 11  | (1.0) | 69.5         | (3.89)  | 16.1                        | (1.29) | 23  | (2.3) | 76.2         | (4.47)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 75.5         | (3.18) | 6.0                         | (0.62) | 8   | (0.7) | 62.9         | (3.62)  | 14.6                        | (1.62) | 23  | (2.0) | 84.2         | (3.57)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 77.4         | (3.10) | 6.3                         | (1.13) | 8   | (1.2) | 74.2         | (4.29)  | 14.0                        | (2.10) | 19  | (2.3) | 79.9         | (3.20)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 75.9         | (2.80) | 8.7                         | (0.42) | 11  | (0.6) | 68.1         | (2.53)  | 18.3                        | (0.86) | 27  | (1.3) | 83.0         | (3.59)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 76.2         | (2.38) | 8.2                         | (0.39) | 11  | (0.5) | 69.4         | (2.30)  | 17.3                        | (0.66) | 25  | (0.9) | 82.3         | (3.08)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 82.8         | (2.64) | 6.2                         | (0.46) | 8   | (0.6) | 77.2         | (2.80)  | 14.6                        | (0.97) | 19  | (1.3) | 87.0         | (4.04)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 77.2         | (2.17) | 9.6                         | (0.53) | 12  | (0.7) | 71.0         | (2.43)  | 19.4                        | (1.00) | 27  | (1.2) | 83.2         | (2.67)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 78.5         | (1.99) | 8.8                         | (0.44) | 11  | (0.6) | 72.3         | (1.98)  | 18.4                        | (0.83) | 25  | (1.0) | 84.2         | (2.42)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n D</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 5.4          | (0.29) | 0.2*                        | (0.08) | 4*  | (1.4) | 4.4          | (0.54) | 0.6*                        | (0.22) | 13*   | (4.9) | 5.9          | (0.31) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 5.2          | (0.24) | 0.3                         | (0.07) | 6   | (1.3) | 4.4          | (0.38) | 0.8                         | (0.14) | 17  | (2.6) | 5.6          | (0.21) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 5.7          | (0.22) | 0.5                         | (0.07) | 9   | (1.2) | 4.6          | (0.48) | 1.2                         | (0.14) | 25  | (3.5) | 6.5          | (0.49) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 5.0          | (0.43) | 0.8                         | (0.13) | 17  | (2.2) | 4.6          | (0.41) | 1.4                         | (0.22) | 31  | (3.4) | 5.5          | (0.66) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 5.0          | (0.24) | 0.8                         | (0.08) | 15  | (1.4) | 4.7          | (0.48) | 1.5                         | (0.18) | 32  | (3.6) | 5.4          | (0.36) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 5.4          | (0.27) | 0.7                         | (0.12) | 13  | (2.0) | 5.1          | (0.37) | 1.6                         | (0.25) | 32  | (3.6) | 5.7          | (0.31) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 5.4          | (0.13) | 0.4                         | (0.05) | 7   | (0.8) | 4.5          | (0.29) | 0.9                         | (0.09) | 20  | (1.9) | 6.1          | (0.24) |
| 20 and over...  | 2115        | 51                             | (1.6) | 5.1          | (0.20) | 0.8                         | (0.08) | 15  | (1.3) | 4.8          | (0.29) | 1.5                         | (0.14) | 32  | (2.4) | 5.5          | (0.23) |
| 2 and over...   | 2988        | 49                             | (1.4) | 5.2          | (0.16) | 0.7                         | (0.07) | 13  | (1.1) | 4.7          | (0.22) | 1.4                         | (0.11) | 30  | (1.9) | 5.7          | (0.19) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 5.0          | (0.20) | 0.3*                        | (0.09) | 5*  | (1.7) | 4.5          | (0.39) | 0.6                         | (0.18) | 14*   | (3.4) | 5.4          | (0.29) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 4.6          | (0.25) | 0.3                         | (0.08) | 6   | (1.7) | 4.0          | (0.40) | 0.7                         | (0.17) | 16  | (4.2) | 5.0          | (0.28) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 3.3          | (0.18) | 0.4                         | (0.11) | 13  | (3.3) | 2.9          | (0.30) | 0.9                         | (0.20) | 31  | (5.0) | 3.6          | (0.37) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 3.9          | (0.22) | 0.8                         | (0.10) | 21  | (2.2) | 3.8          | (0.31) | 1.5                         | (0.20) | 39  | (4.9) | 3.9          | (0.27) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 4.0          | (0.24) | 0.6                         | (0.10) | 15  | (2.5) | 3.8          | (0.21) | 1.2                         | (0.21) | 33  | (5.0) | 4.1          | (0.33) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 4.1          | (0.17) | 0.4                         | (0.04) | 11  | (1.0) | 3.8          | (0.18) | 1.1                         | (0.08) | 28  | (2.1) | 4.3          | (0.20) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 4.0          | (0.15) | 0.4                         | (0.07) | 9   | (1.8) | 3.5          | (0.25) | 0.8                         | (0.14) | 22  | (3.0) | 4.5          | (0.24) |
| 20 and over...  | 2683        | 48                             | (1.4) | 4.0          | (0.13) | 0.6                         | (0.04) | 16  | (0.9) | 3.8          | (0.15) | 1.3                         | (0.09) | 34  | (2.4) | 4.1          | (0.13) |
| 2 and over...   | 3575        | 47                             | (1.2) | 4.0          | (0.11) | 0.6                         | (0.04) | 14  | (0.8) | 3.8          | (0.12) | 1.2                         | (0.08) | 32  | (1.8) | 4.2          | (0.11) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 4.8          | (0.12) | 0.4                         | (0.04) | 8   | (0.9) | 4.0          | (0.22) | 0.8                         | (0.08) | 21  | (1.6) | 5.3          | (0.22) |
| 20 and over...  | 4798        | 49                             | (1.2) | 4.5          | (0.14) | 0.7                         | (0.05) | 15  | (0.9) | 4.3          | (0.18) | 1.4                         | (0.09) | 33  | (1.8) | 4.8          | (0.14) |
| 2 and over...   | 6563        | 48                             | (1.1) | 4.6          | (0.11) | 0.6                         | (0.04) | 13  | (0.7) | 4.2          | (0.14) | 1.3                         | (0.07) | 30  | (1.3) | 4.9          | (0.13) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n E ( a l p h a t o c o p h e r o l )</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 7.0          | (0.42) | 0.8                         | (0.16) | 11  | (2.6) | 6.4          | (0.40) | 2.1                         | (0.39) | 32  | (4.9) | 7.4          | (0.60) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 7.8          | (0.25) | 1.0                         | (0.17) | 13  | (2.4) | 8.1          | (0.42) | 2.6                         | (0.30) | 33  | (2.9) | 7.6          | (0.41) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 9.3          | (0.41) | 1.7                         | (0.20) | 18  | (1.8) | 9.4          | (0.49) | 4.0                         | (0.37) | 43  | (3.2) | 9.1          | (0.51) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 10.4         | (0.49) | 2.7                         | (0.23) | 26  | (2.0) | 10.7         | (0.68) | 4.6                         | (0.32) | 43  | (2.9) | 9.9          | (0.47) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 10.5         | (0.20) | 2.3                         | (0.15) | 22  | (1.5) | 10.9         | (0.39) | 4.6                         | (0.28) | 42  | (2.6) | 10.1         | (0.49) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 10.1         | (0.34) | 1.7                         | (0.14) | 17  | (1.3) | 10.5         | (0.45) | 3.9                         | (0.26) | 38  | (1.6) | 9.8          | (0.44) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 8.3          | (0.26) | 1.3                         | (0.12) | 15  | (1.5) | 8.4          | (0.28) | 3.2                         | (0.19) | 38  | (2.1) | 8.3          | (0.32) |
| 20 and over...  | 2115        | 51                             | (1.6) | 10.3         | (0.24) | 2.3                         | (0.10) | 22  | (1.0) | 10.7         | (0.32) | 4.4                         | (0.15) | 41  | (1.7) | 9.9          | (0.30) |
| 2 and over...   | 2988        | 49                             | (1.4) | 9.8          | (0.21) | 2.0                         | (0.08) | 21  | (0.8) | 10.3         | (0.25) | 4.2                         | (0.12) | 41  | (1.4) | 9.4          | (0.26) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 6.5          | (0.47) | 0.7                         | (0.10) | 11  | (1.5) | 6.3          | (0.50) | 1.8                         | (0.14) | 28  | (2.6) | 6.7          | (0.69) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 7.8          | (0.45) | 1.2                         | (0.16) | 16  | (1.8) | 8.6          | (0.77) | 2.9                         | (0.24) | 33  | (3.7) | 7.2          | (0.24) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 7.5          | (0.28) | 1.8                         | (0.24) | 24  | (3.0) | 8.4          | (0.30) | 3.7                         | (0.44) | 44  | (4.1) | 6.6          | (0.40) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 9.2          | (0.63) | 2.1                         | (0.14) | 22  | (2.3) | 8.7          | (0.43) | 3.8                         | (0.16) | 44  | (2.2) | 9.8          | (1.01) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 8.9          | (0.40) | 1.6                         | (0.16) | 18  | (1.5) | 9.8          | (0.53) | 3.3                         | (0.25) | 34  | (2.1) | 8.1          | (0.36) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 8.2          | (0.17) | 1.2                         | (0.08) | 15  | (1.0) | 8.3          | (0.15) | 3.0                         | (0.13) | 36  | (1.5) | 8.1          | (0.21) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 7.4          | (0.25) | 1.4                         | (0.14) | 19  | (1.7) | 8.1          | (0.30) | 3.1                         | (0.23) | 38  | (2.4) | 6.8          | (0.26) |
| 20 and over...  | 2683        | 48                             | (1.4) | 8.8          | (0.28) | 1.6                         | (0.08) | 19  | (1.0) | 9.0          | (0.31) | 3.4                         | (0.10) | 38  | (1.2) | 8.6          | (0.34) |
| 2 and over...   | 3575        | 47                             | (1.2) | 8.5          | (0.25) | 1.6                         | (0.08) | 19  | (1.0) | 8.8          | (0.29) | 3.4                         | (0.09) | 38  | (1.2) | 8.2          | (0.29) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 7.9          | (0.17) | 1.3                         | (0.10) | 17  | (1.3) | 8.2          | (0.20) | 3.1                         | (0.16) | 38  | (1.9) | 7.6          | (0.21) |
| 20 and over...  | 4798        | 49                             | (1.2) | 9.5          | (0.24) | 1.9                         | (0.07) | 20  | (0.8) | 9.9          | (0.28) | 3.9                         | (0.10) | 40  | (1.2) | 9.2          | (0.27) |
| 2 and over...   | 6563        | 48                             | (1.1) | 9.1          | (0.20) | 1.8                         | (0.07) | 20  | (0.8) | 9.5          | (0.24) | 3.8                         | (0.09) | 40  | (1.1) | 8.8          | (0.22) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>V i t a m i n K</b>  |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | µg           | (SE)    | µg                          | (SE)   | %   | (SE)  | µg           | (SE)    | µg                          | (SE)   | %   | (SE)  | µg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 55.1         | (4.14)  | 6.7                         | (1.72) | 12  | (3.2) | 55.2         | (5.52)  | 18.4                        | (4.85) | 33  | (7.7) | 55.1         | (4.86)  |
| 6 - 11.....   | 301         | 39                             | (4.3) | 63.9         | (3.37)  | 8.4                         | (1.36) | 13  | (2.5) | 60.4         | (4.58)  | 21.5                        | (2.56) | 36  | (3.4) | 66.2         | (4.47)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 85.2         | (5.05)  | 19.4                        | (2.39) | 23  | (3.1) | 86.5         | (5.40)  | 46.2                        | (4.80) | 53  | (4.6) | 84.3         | (6.32)  |
| 20 - 39.....  | 482         | 59                             | (2.9) | 110.0        | (6.28)  | 35.3                        | (4.05) | 32  | (2.9) | 117.4        | (9.10)  | 60.2                        | (6.16) | 51  | (4.0) | 99.6         | (11.43) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 134.2        | (7.49)  | 28.9                        | (2.81) | 22  | (2.8) | 142.2        | (12.27) | 56.7                        | (6.03) | 40  | (5.7) | 126.0        | (12.91) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 124.8        | (7.19)  | 21.9                        | (2.71) | 18  | (1.8) | 117.2        | (11.61) | 51.5                        | (5.66) | 44  | (2.8) | 130.3        | (6.54)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 72.0         | (3.19)  | 13.2                        | (1.32) | 18  | (2.1) | 72.2         | (3.23)  | 33.0                        | (2.75) | 46  | (3.5) | 71.9         | (3.84)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 122.6        | (4.75)  | 29.2                        | (1.00) | 24  | (1.2) | 125.8        | (6.95)  | 56.9                        | (1.92) | 45  | (2.6) | 119.4        | (7.75)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 110.3        | (3.70)  | 25.3                        | (0.78) | 23  | (1.0) | 115.0        | (5.39)  | 52.1                        | (1.58) | 45  | (2.2) | 105.8        | (5.88)  |
| <b>Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 55.8         | (4.32)  | 7.1                         | (1.35) | 13  | (2.7) | 45.9         | (3.03)  | 17.6                        | (2.19) | 38  | (4.0) | 62.6         | (6.52)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 76.2         | (5.29)  | 12.8                        | (2.18) | 17  | (2.6) | 77.9         | (9.93)  | 29.9                        | (3.57) | 38  | (5.0) | 74.9         | (5.13)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 78.4         | (6.69)  | 18.5                        | (2.28) | 24  | (2.3) | 78.4         | (6.88)  | 37.7                        | (4.41) | 48  | (3.8) | 78.4         | (10.30) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 131.0        | (17.57) | 27.3                        | (2.23) | 21  | (3.0) | 107.1        | (7.07)  | 50.6                        | (3.78) | 47  | (3.0) | 158.9        | (32.17) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 109.2        | (6.05)  | 20.0                        | (1.44) | 18  | (1.6) | 120.3        | (9.16)  | 41.8                        | (2.40) | 35  | (3.4) | 99.1         | (4.97)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 117.8        | (5.91)  | 19.4                        | (1.45) | 17  | (1.3) | 106.2        | (6.02)  | 47.5                        | (3.23) | 45  | (2.7) | 125.7        | (8.74)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 73.3         | (4.29)  | 14.4                        | (1.55) | 20  | (1.6) | 72.6         | (5.31)  | 31.8                        | (2.82) | 44  | (2.7) | 73.8         | (5.58)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 119.5        | (6.82)  | 22.3                        | (0.93) | 19  | (1.3) | 111.2        | (4.15)  | 46.8                        | (1.33) | 42  | (1.7) | 127.1        | (11.54) |
| 2 and over...   | 3575        | 47                             | (1.2) | 109.3        | (5.57)  | 20.6                        | (0.85) | 19  | (1.3) | 103.0        | (3.76)  | 43.6                        | (1.09) | 42  | (1.6) | 114.9        | (9.21)  |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 72.6         | (2.60)  | 13.8                        | (1.18) | 19  | (1.6) | 72.4         | (3.24)  | 32.4                        | (2.10) | 45  | (2.4) | 72.8         | (3.40)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 121.0        | (5.36)  | 25.6                        | (0.69) | 21  | (1.0) | 118.5        | (4.34)  | 51.9                        | (1.29) | 44  | (1.5) | 123.5        | (7.23)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 109.8        | (4.23)  | 22.9                        | (0.63) | 21  | (0.9) | 109.0        | (3.54)  | 47.8                        | (0.99) | 44  | (1.4) | 110.5        | (5.41)  |



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C a l c i u m</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 855          | (33.5) | 60                          | (13.0) | 7   | (1.5) | 774          | (73.2) | 165                         | (29.7) | 21  | (3.4) | 902          | (35.0) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 938          | (30.3) | 107                         | (15.6) | 11  | (1.7) | 945          | (42.3) | 274                         | (16.4) | 29  | (1.5) | 934          | (43.4) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1129         | (39.4) | 190                         | (21.4) | 17  | (1.8) | 1094         | (69.0) | 453                         | (35.8) | 41  | (2.6) | 1155         | (57.1) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 1027         | (23.1) | 223                         | (13.9) | 22  | (1.2) | 1037         | (46.6) | 380                         | (24.5) | 37  | (2.0) | 1014         | (44.7) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 991          | (27.3) | 204                         | (16.6) | 21  | (1.5) | 1037         | (38.1) | 399                         | (27.2) | 38  | (2.3) | 943          | (46.4) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 937          | (24.9) | 121                         | (8.8)  | 13  | (0.9) | 905          | (32.6) | 285                         | (14.3) | 31  | (1.9) | 961          | (34.3) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1010         | (24.5) | 136                         | (11.6) | 13  | (1.1) | 985          | (37.5) | 341                         | (19.1) | 35  | (1.5) | 1026         | (35.1) |
| 20 and over...  | 2115        | 51                             | (1.6) | 988          | (16.4) | 186                         | (9.0)  | 19  | (0.9) | 1005         | (27.1) | 363                         | (16.2) | 36  | (1.2) | 971          | (23.4) |
| 2 and over...   | 2988        | 49                             | (1.4) | 994          | (12.0) | 174                         | (6.4)  | 18  | (0.6) | 1001         | (18.9) | 358                         | (12.1) | 36  | (1.0) | 987          | (19.5) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 864          | (36.4) | 72                          | (10.0) | 8   | (1.1) | 817          | (49.3) | 178                         | (14.1) | 22  | (1.7) | 895          | (50.0) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 906          | (32.0) | 102                         | (16.4) | 11  | (1.8) | 863          | (45.6) | 239                         | (28.5) | 28  | (3.5) | 938          | (34.8) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 751          | (22.5) | 148                         | (20.5) | 20  | (2.6) | 765          | (38.5) | 302                         | (33.7) | 39  | (3.1) | 738          | (40.6) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 826          | (30.2) | 178                         | (14.8) | 22  | (1.9) | 820          | (37.8) | 330                         | (19.8) | 40  | (2.5) | 832          | (37.7) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 802          | (18.6) | 135                         | (12.2) | 17  | (1.5) | 799          | (29.7) | 282                         | (19.3) | 35  | (2.1) | 804          | (17.1) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 779          | (14.2) | 94                          | (6.7)  | 12  | (0.7) | 773          | (17.2) | 231                         | (12.3) | 30  | (1.4) | 783          | (19.6) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 824          | (15.5) | 118                         | (14.8) | 14  | (1.7) | 805          | (25.9) | 261                         | (25.9) | 32  | (2.4) | 841          | (24.1) |
| 20 and over...  | 2683        | 48                             | (1.4) | 803          | (15.5) | 137                         | (9.3)  | 17  | (1.0) | 800          | (23.7) | 287                         | (14.5) | 36  | (1.6) | 805          | (12.5) |
| 2 and over...   | 3575        | 47                             | (1.2) | 807          | (12.1) | 132                         | (8.1)  | 16  | (0.9) | 801          | (19.5) | 281                         | (12.0) | 35  | (1.2) | 813          | (8.9)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 920          | (17.5) | 127                         | (10.3) | 14  | (1.0) | 892          | (25.2) | 299                         | (17.0) | 34  | (1.3) | 941          | (26.8) |
| 20 and over...  | 4798        | 49                             | (1.2) | 893          | (12.6) | 161                         | (6.2)  | 18  | (0.6) | 903          | (20.1) | 325                         | (9.6)  | 36  | (0.9) | 882          | (13.2) |
| 2 and over...   | 6563        | 48                             | (1.1) | 899          | (9.5)  | 153                         | (4.6)  | 17  | (0.5) | 901          | (15.2) | 320                         | (5.4)  | 35  | (0.5) | 897          | (10.4) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>P h o s p h o r u s</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1064         | (48.6) | 104                         | (17.8) | 10  | (1.7) | 1004         | (73.4) | 285                         | (38.8) | 28  | (3.3) | 1099         | (63.1) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 1200         | (25.8) | 163                         | (23.2) | 14  | (2.0) | 1216         | (28.2) | 417                         | (26.3) | 34  | (2.2) | 1190         | (35.1) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1488         | (40.2) | 300                         | (32.4) | 20  | (2.1) | 1495         | (81.7) | 713                         | (54.5) | 48  | (3.6) | 1483         | (67.6) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 1513         | (44.6) | 414                         | (27.9) | 27  | (1.6) | 1568         | (63.4) | 705                         | (41.5) | 45  | (2.3) | 1434         | (58.7) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 1517         | (23.3) | 366                         | (19.4) | 24  | (1.3) | 1575         | (32.0) | 716                         | (31.9) | 45  | (1.8) | 1456         | (41.3) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 1397         | (33.8) | 234                         | (17.5) | 17  | (1.0) | 1388         | (41.1) | 550                         | (28.5) | 40  | (1.3) | 1404         | (35.7) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1306         | (30.1) | 214                         | (19.6) | 16  | (1.4) | 1312         | (52.0) | 536                         | (29.7) | 41  | (1.9) | 1301         | (40.7) |
| 20 and over...  | 2115        | 51                             | (1.6) | 1480         | (18.9) | 344                         | (12.9) | 23  | (0.9) | 1526         | (31.8) | 671                         | (20.9) | 44  | (1.1) | 1431         | (26.9) |
| 2 and over...   | 2988        | 49                             | (1.4) | 1437         | (15.9) | 312                         | (9.3)  | 22  | (0.7) | 1483         | (23.7) | 644                         | (15.8) | 43  | (0.9) | 1394         | (27.4) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1023         | (32.1) | 120                         | (14.3) | 12  | (1.5) | 989          | (61.9) | 296                         | (20.3) | 30  | (2.4) | 1045         | (33.0) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 1150         | (37.0) | 172                         | (18.9) | 15  | (1.6) | 1149         | (46.3) | 402                         | (25.5) | 35  | (2.5) | 1150         | (46.3) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1008         | (31.1) | 252                         | (32.7) | 25  | (2.9) | 1092         | (46.0) | 514                         | (55.1) | 47  | (3.5) | 927          | (43.8) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1159         | (36.5) | 296                         | (22.5) | 25  | (2.2) | 1157         | (40.0) | 548                         | (25.5) | 47  | (2.0) | 1162         | (58.5) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1121         | (32.9) | 220                         | (17.5) | 20  | (1.5) | 1159         | (38.9) | 461                         | (27.1) | 40  | (2.3) | 1087         | (33.8) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1070         | (17.4) | 169                         | (9.2)  | 16  | (0.8) | 1090         | (13.7) | 413                         | (13.7) | 38  | (1.3) | 1056         | (22.9) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1058         | (15.7) | 200                         | (21.1) | 19  | (1.9) | 1092         | (32.4) | 441                         | (33.9) | 40  | (2.2) | 1029         | (24.8) |
| 20 and over...  | 2683        | 48                             | (1.4) | 1118         | (20.4) | 229                         | (13.0) | 21  | (1.1) | 1139         | (25.1) | 481                         | (17.2) | 42  | (1.5) | 1098         | (21.3) |
| 2 and over...   | 3575        | 47                             | (1.2) | 1104         | (16.9) | 223                         | (12.0) | 20  | (1.0) | 1129         | (22.2) | 473                         | (16.3) | 42  | (1.3) | 1082         | (18.6) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 1186         | (18.5) | 207                         | (15.6) | 17  | (1.2) | 1198         | (32.1) | 487                         | (22.0) | 41  | (1.3) | 1176         | (25.0) |
| 20 and over...  | 4798        | 49                             | (1.2) | 1293         | (16.1) | 285                         | (10.0) | 22  | (0.8) | 1334         | (20.8) | 577                         | (14.3) | 43  | (1.0) | 1254         | (17.7) |
| 2 and over...   | 6563        | 48                             | (1.1) | 1268         | (13.3) | 267                         | (8.4)  | 21  | (0.6) | 1306         | (16.5) | 558                         | (10.2) | 43  | (0.8) | 1234         | (15.9) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>M a g n e s i u m</b>  |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|--------|-----------------------------|-------|---|-------|--------------|--------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |       | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)  | %   | (SE)  | mg           | (SE)   | mg                          | (SE)  | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 215          | (10.7) | 16                          | (2.4) | 7   | (1.3) | 197          | (8.5)  | 43                          | (5.2) | 22  | (2.7) | 226          | (15.3) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 232          | (5.8)  | 23                          | (3.2) | 10  | (1.5) | 227          | (9.1)  | 60                          | (4.0) | 26  | (1.5) | 236          | (7.0)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 295          | (6.8)  | 45                          | (4.9) | 15  | (1.6) | 282          | (14.5) | 108                         | (8.8) | 38  | (3.0) | 304          | (13.3) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 330          | (12.5) | 69                          | (4.6) | 21  | (1.1) | 337          | (16.8) | 118                         | (6.3) | 35  | (1.4) | 321          | (17.1) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 338          | (6.6)  | 61                          | (3.6) | 18  | (1.2) | 335          | (6.6)  | 119                         | (5.5) | 36  | (1.9) | 341          | (13.8) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 319          | (7.1)  | 40                          | (2.7) | 12  | (0.8) | 309          | (7.6)  | 94                          | (4.0) | 30  | (0.9) | 327          | (9.4)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 258          | (5.3)  | 32                          | (3.0) | 12  | (1.1) | 248          | (9.1)  | 80                          | (4.5) | 32  | (1.7) | 264          | (7.3)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 330          | (6.1)  | 58                          | (2.1) | 18  | (0.7) | 330          | (7.9)  | 113                         | (3.2) | 34  | (0.9) | 330          | (8.8)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 312          | (5.3)  | 51                          | (1.6) | 16  | (0.5) | 313          | (6.4)  | 106                         | (2.6) | 34  | (0.8) | 311          | (7.5)  |
| <b>Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 197          | (6.8)  | 18                          | (2.4) | 9   | (1.2) | 184          | (11.5) | 46                          | (3.6) | 25  | (2.2) | 206          | (4.8)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 230          | (7.3)  | 28                          | (3.6) | 12  | (1.5) | 225          | (10.8) | 66                          | (5.3) | 29  | (2.7) | 235          | (7.9)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 218          | (6.3)  | 42                          | (4.4) | 19  | (2.0) | 225          | (7.3)  | 86                          | (6.6) | 38  | (2.4) | 210          | (9.8)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 273          | (15.6) | 54                          | (3.8) | 20  | (2.0) | 251          | (8.9)  | 100                         | (4.6) | 40  | (1.9) | 298          | (27.1) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 266          | (8.2)  | 39                          | (3.1) | 15  | (1.1) | 271          | (10.5) | 81                          | (4.4) | 30  | (1.8) | 261          | (7.8)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 252          | (3.2)  | 30                          | (1.8) | 12  | (0.7) | 244          | (3.7)  | 73                          | (2.1) | 30  | (1.0) | 257          | (4.6)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 218          | (3.2)  | 33                          | (3.2) | 15  | (1.4) | 218          | (6.0)  | 73                          | (4.7) | 33  | (1.7) | 218          | (4.6)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 264          | (6.7)  | 41                          | (2.2) | 16  | (0.9) | 256          | (5.9)  | 86                          | (2.8) | 34  | (1.2) | 271          | (9.0)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 254          | (5.6)  | 39                          | (1.9) | 16  | (0.8) | 248          | (5.2)  | 83                          | (2.3) | 34  | (1.0) | 259          | (7.4)  |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |       |   |       |              |        |                             |       |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 238          | (3.4)  | 32                          | (2.2) | 14  | (0.9) | 233          | (5.6)  | 76                          | (2.9) | 33  | (1.0) | 243          | (5.0)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 296          | (5.7)  | 49                          | (1.7) | 17  | (0.6) | 293          | (6.1)  | 100                         | (2.2) | 34  | (0.8) | 299          | (6.6)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 282          | (4.7)  | 45                          | (1.4) | 16  | (0.5) | 280          | (5.1)  | 95                          | (1.7) | 34  | (0.7) | 284          | (5.4)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>I r o n</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 9.8          | (0.37) | 0.9                         | (0.14) | 9   | (1.5) | 9.0          | (0.50) | 2.4                         | (0.25) | 27  | (2.3) | 10.2         | (0.57) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 12.3         | (0.49) | 1.4                         | (0.18) | 11  | (1.5) | 12.1         | (0.74) | 3.4                         | (0.24) | 29  | (1.5) | 12.5         | (0.56) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 14.9         | (0.54) | 2.4                         | (0.27) | 16  | (1.7) | 14.5         | (1.02) | 5.7                         | (0.43) | 40  | (3.5) | 15.1         | (0.90) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 14.4         | (0.47) | 3.8                         | (0.25) | 26  | (1.7) | 14.5         | (0.73) | 6.4                         | (0.40) | 44  | (2.8) | 14.2         | (0.91) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 14.4         | (0.24) | 3.4                         | (0.21) | 23  | (1.5) | 14.6         | (0.35) | 6.6                         | (0.34) | 45  | (2.0) | 14.2         | (0.56) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 14.4         | (0.30) | 2.1                         | (0.12) | 14  | (0.8) | 14.1         | (0.38) | 4.9                         | (0.18) | 35  | (1.5) | 14.5         | (0.44) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 13.0         | (0.35) | 1.7                         | (0.15) | 13  | (1.1) | 12.7         | (0.58) | 4.4                         | (0.22) | 35  | (1.9) | 13.2         | (0.46) |
| 20 and over...  | 2115        | 51                             | (1.6) | 14.4         | (0.18) | 3.1                         | (0.12) | 22  | (0.9) | 14.4         | (0.31) | 6.1                         | (0.23) | 42  | (1.3) | 14.3         | (0.38) |
| 2 and over...   | 2988        | 49                             | (1.4) | 14.0         | (0.16) | 2.8                         | (0.09) | 20  | (0.7) | 14.1         | (0.22) | 5.8                         | (0.17) | 41  | (1.2) | 14.0         | (0.35) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 9.6          | (0.35) | 1.0                         | (0.13) | 10  | (1.3) | 9.6          | (0.48) | 2.4                         | (0.22) | 25  | (2.1) | 9.6          | (0.38) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 11.3         | (0.31) | 1.6                         | (0.23) | 14  | (1.8) | 11.0         | (0.42) | 3.7                         | (0.36) | 34  | (2.4) | 11.5         | (0.46) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 11.0         | (0.46) | 2.2                         | (0.21) | 20  | (2.0) | 11.6         | (0.59) | 4.4                         | (0.36) | 38  | (2.9) | 10.5         | (0.50) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 11.3         | (0.52) | 2.6                         | (0.19) | 23  | (2.4) | 10.9         | (0.40) | 4.7                         | (0.23) | 44  | (1.8) | 11.9         | (1.07) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 11.1         | (0.45) | 2.0                         | (0.15) | 18  | (1.2) | 11.3         | (0.46) | 4.2                         | (0.25) | 37  | (2.1) | 10.9         | (0.53) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 10.6         | (0.14) | 1.5                         | (0.09) | 14  | (0.8) | 10.6         | (0.19) | 3.7                         | (0.12) | 35  | (1.2) | 10.6         | (0.19) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 10.8         | (0.24) | 1.7                         | (0.16) | 16  | (1.4) | 11.1         | (0.35) | 3.9                         | (0.28) | 35  | (1.9) | 10.6         | (0.27) |
| 20 and over...  | 2683        | 48                             | (1.4) | 11.0         | (0.26) | 2.0                         | (0.11) | 18  | (1.0) | 10.9         | (0.26) | 4.3                         | (0.14) | 39  | (1.2) | 11.1         | (0.35) |
| 2 and over...   | 3575        | 47                             | (1.2) | 11.0         | (0.22) | 2.0                         | (0.11) | 18  | (1.0) | 11.0         | (0.21) | 4.2                         | (0.15) | 38  | (1.2) | 11.0         | (0.30) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 11.9         | (0.20) | 1.7                         | (0.12) | 15  | (0.9) | 11.8         | (0.36) | 4.1                         | (0.18) | 35  | (1.2) | 12.0         | (0.28) |
| 20 and over...  | 4798        | 49                             | (1.2) | 12.7         | (0.19) | 2.6                         | (0.09) | 20  | (0.7) | 12.7         | (0.21) | 5.2                         | (0.14) | 41  | (1.0) | 12.6         | (0.27) |
| 2 and over...   | 6563        | 48                             | (1.1) | 12.5         | (0.16) | 2.4                         | (0.08) | 19  | (0.7) | 12.5         | (0.17) | 5.0                         | (0.10) | 40  | (0.9) | 12.5         | (0.24) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>Z i n c</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 7.1          | (0.32) | 0.7                         | (0.12) | 10  | (1.7) | 6.4          | (0.36) | 1.9                         | (0.26) | 29  | (3.7) | 7.4          | (0.41) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 8.4          | (0.31) | 1.0                         | (0.15) | 13  | (1.7) | 8.5          | (0.41) | 2.7                         | (0.18) | 32  | (1.9) | 8.3          | (0.34) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 11.0         | (0.33) | 2.1                         | (0.26) | 19  | (2.3) | 11.2         | (0.73) | 5.1                         | (0.46) | 46  | (4.2) | 10.9         | (0.53) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 11.7         | (0.42) | 3.5                         | (0.29) | 30  | (2.0) | 12.3         | (0.72) | 5.9                         | (0.46) | 48  | (2.5) | 10.7         | (0.43) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 12.0         | (0.25) | 3.0                         | (0.20) | 25  | (1.6) | 12.2         | (0.29) | 5.9                         | (0.36) | 48  | (2.5) | 11.7         | (0.41) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 10.8         | (0.25) | 1.8                         | (0.16) | 17  | (1.2) | 10.6         | (0.35) | 4.2                         | (0.28) | 40  | (1.8) | 10.9         | (0.24) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 9.3          | (0.22) | 1.5                         | (0.15) | 16  | (1.5) | 9.4          | (0.35) | 3.7                         | (0.22) | 39  | (2.3) | 9.3          | (0.30) |
| 20 and over...  | 2115        | 51                             | (1.6) | 11.5         | (0.15) | 2.8                         | (0.13) | 24  | (1.1) | 11.9         | (0.31) | 5.5                         | (0.25) | 46  | (1.4) | 11.1         | (0.23) |
| 2 and over...   | 2988        | 49                             | (1.4) | 11.0         | (0.12) | 2.5                         | (0.10) | 23  | (0.9) | 11.4         | (0.23) | 5.1                         | (0.20) | 45  | (1.2) | 10.6         | (0.21) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 6.3          | (0.20) | 0.7                         | (0.10) | 12  | (1.5) | 5.7          | (0.34) | 1.8                         | (0.17) | 32  | (3.2) | 6.6          | (0.21) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 7.7          | (0.25) | 1.1                         | (0.13) | 14  | (1.7) | 7.2          | (0.35) | 2.6                         | (0.21) | 35  | (2.9) | 8.0          | (0.28) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 7.3          | (0.31) | 1.8                         | (0.22) | 25  | (2.6) | 7.9          | (0.41) | 3.7                         | (0.39) | 47  | (3.5) | 6.8          | (0.41) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 8.9          | (0.27) | 2.2                         | (0.21) | 25  | (2.5) | 8.5          | (0.31) | 4.1                         | (0.30) | 48  | (2.6) | 9.3          | (0.50) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 8.4          | (0.28) | 1.6                         | (0.14) | 19  | (1.6) | 8.5          | (0.30) | 3.3                         | (0.21) | 39  | (2.6) | 8.3          | (0.30) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 7.9          | (0.15) | 1.3                         | (0.08) | 16  | (1.0) | 7.9          | (0.21) | 3.1                         | (0.15) | 39  | (1.5) | 7.9          | (0.18) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 7.2          | (0.19) | 1.4                         | (0.15) | 19  | (1.9) | 7.3          | (0.28) | 3.0                         | (0.26) | 41  | (2.4) | 7.2          | (0.25) |
| 20 and over...  | 2683        | 48                             | (1.4) | 8.4          | (0.16) | 1.7                         | (0.11) | 20  | (1.1) | 8.3          | (0.19) | 3.6                         | (0.16) | 43  | (1.5) | 8.5          | (0.21) |
| 2 and over...   | 3575        | 47                             | (1.2) | 8.1          | (0.15) | 1.6                         | (0.10) | 20  | (1.0) | 8.1          | (0.17) | 3.5                         | (0.15) | 42  | (1.4) | 8.2          | (0.20) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 8.3          | (0.14) | 1.4                         | (0.12) | 17  | (1.3) | 8.3          | (0.26) | 3.4                         | (0.19) | 40  | (1.7) | 8.3          | (0.17) |
| 20 and over...  | 4798        | 49                             | (1.2) | 9.9          | (0.12) | 2.2                         | (0.09) | 23  | (0.8) | 10.1         | (0.18) | 4.5                         | (0.15) | 45  | (1.2) | 9.7          | (0.12) |
| 2 and over...   | 6563        | 48                             | (1.1) | 9.5          | (0.10) | 2.1                         | (0.08) | 22  | (0.7) | 9.7          | (0.14) | 4.3                         | (0.12) | 44  | (1.0) | 9.3          | (0.10) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C o p p e r</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   | mg                          | (SE)   | %   | (SE)  | mg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 0.8          | (0.03) | 0.1                         | (0.01) | 8   | (1.6) | 0.7          | (0.03) | 0.2                         | (0.03) | 24  | (2.9) | 0.8          | (0.05) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 0.9          | (0.03) | 0.1                         | (0.01) | 10  | (1.4) | 0.9          | (0.03) | 0.2                         | (0.01) | 27  | (1.7) | 0.9          | (0.03) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 1.1          | (0.03) | 0.2                         | (0.02) | 15  | (1.5) | 1.1          | (0.07) | 0.4                         | (0.03) | 36  | (2.5) | 1.2          | (0.07) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 1.3          | (0.06) | 0.3                         | (0.02) | 21  | (1.1) | 1.3          | (0.08) | 0.5                         | (0.03) | 35  | (1.8) | 1.3          | (0.07) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 1.3          | (0.03) | 0.2                         | (0.01) | 18  | (1.3) | 1.3          | (0.03) | 0.5                         | (0.02) | 36  | (1.7) | 1.3          | (0.06) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 1.2          | (0.04) | 0.2                         | (0.01) | 12  | (0.8) | 1.2          | (0.04) | 0.4                         | (0.02) | 30  | (1.2) | 1.3          | (0.04) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 1.0          | (0.02) | 0.1                         | (0.01) | 12  | (1.0) | 1.0          | (0.04) | 0.3                         | (0.02) | 31  | (1.4) | 1.0          | (0.03) |
| 20 and over...  | 2115        | 51                             | (1.6) | 1.3          | (0.03) | 0.2                         | (0.01) | 17  | (0.7) | 1.3          | (0.04) | 0.4                         | (0.01) | 34  | (1.0) | 1.3          | (0.04) |
| 2 and over...   | 2988        | 49                             | (1.4) | 1.2          | (0.03) | 0.2                         | (0.01) | 16  | (0.6) | 1.2          | (0.03) | 0.4                         | (0.01) | 34  | (0.9) | 1.2          | (0.03) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 0.7          | (0.03) | 0.1                         | (0.01) | 9   | (1.2) | 0.7          | (0.04) | 0.2                         | (0.02) | 24  | (2.9) | 0.8          | (0.03) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 0.9          | (0.05) | 0.1                         | (0.01) | 12  | (1.4) | 0.9          | (0.07) | 0.2                         | (0.02) | 28  | (2.5) | 0.9          | (0.04) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 0.9          | (0.04) | 0.2                         | (0.02) | 19  | (2.1) | 0.9          | (0.05) | 0.3                         | (0.03) | 38  | (2.9) | 0.9          | (0.05) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 1.1          | (0.06) | 0.2                         | (0.02) | 19  | (2.1) | 1.0          | (0.04) | 0.4                         | (0.02) | 38  | (2.3) | 1.2          | (0.10) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 1.1          | (0.03) | 0.2                         | (0.02) | 15  | (2.0) | 1.1          | (0.04) | 0.3                         | (0.04) | 30  | (3.3) | 1.0          | (0.04) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 1.1          | (0.07) | 0.1                         | (0.01) | 11  | (1.0) | 1.0          | (0.02) | 0.3                         | (0.01) | 29  | (1.5) | 1.1          | (0.13) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 0.9          | (0.02) | 0.1                         | (0.01) | 15  | (1.3) | 0.9          | (0.03) | 0.3                         | (0.02) | 33  | (2.0) | 0.8          | (0.02) |
| 20 and over...  | 2683        | 48                             | (1.4) | 1.1          | (0.04) | 0.2                         | (0.01) | 15  | (1.2) | 1.0          | (0.02) | 0.3                         | (0.02) | 33  | (1.9) | 1.1          | (0.06) |
| 2 and over...   | 3575        | 47                             | (1.2) | 1.0          | (0.03) | 0.2                         | (0.01) | 15  | (1.0) | 1.0          | (0.02) | 0.3                         | (0.01) | 33  | (1.6) | 1.0          | (0.05) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 0.9          | (0.02) | 0.1                         | (0.01) | 14  | (0.7) | 0.9          | (0.03) | 0.3                         | (0.01) | 32  | (0.9) | 0.9          | (0.02) |
| 20 and over...  | 4798        | 49                             | (1.2) | 1.2          | (0.03) | 0.2                         | (0.01) | 16  | (0.8) | 1.2          | (0.03) | 0.4                         | (0.01) | 34  | (1.1) | 1.2          | (0.04) |
| 2 and over...   | 6563        | 48                             | (1.1) | 1.1          | (0.03) | 0.2                         | (0.01) | 16  | (0.6) | 1.1          | (0.03) | 0.4                         | (0.01) | 33  | (1.0) | 1.1          | (0.03) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>S e l e n i u m</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   | µg                          | (SE)   | %   | (SE)  | µg           | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | 73.4         | (3.23) | 9.0                         | (1.85) | 12  | (2.5) | 70.4         | (3.98) | 24.6                        | (3.92) | 35  | (4.3) | 75.1         | (4.74) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 91.2         | (1.67) | 14.1                        | (2.00) | 15  | (2.2) | 93.2         | (3.76) | 36.0                        | (2.48) | 39  | (2.8) | 89.9         | (2.85) |
| 12 - 19.....  | 366         | 42                             | (2.8) | 115.9        | (4.05) | 25.7                        | (3.09) | 22  | (2.4) | 116.8        | (6.51) | 61.2                        | (5.22) | 52  | (4.1) | 115.3        | (4.63) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 132.5        | (5.86) | 39.5                        | (3.02) | 30  | (1.9) | 138.4        | (7.23) | 67.3                        | (4.88) | 49  | (2.7) | 124.0        | (8.03) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 130.5        | (2.97) | 34.7                        | (1.85) | 27  | (1.5) | 134.4        | (2.52) | 67.9                        | (2.69) | 51  | (1.9) | 126.4        | (4.60) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 115.1        | (2.36) | 21.5                        | (1.58) | 19  | (1.2) | 116.0        | (2.76) | 50.8                        | (2.43) | 44  | (1.2) | 114.4        | (2.98) |
| 2 - 19.....   | 873         | 40                             | (2.5) | 99.0         | (2.30) | 18.4                        | (1.87) | 19  | (1.7) | 100.4        | (3.44) | 46.2                        | (2.65) | 46  | (2.3) | 98.0         | (2.46) |
| 20 and over...  | 2115        | 51                             | (1.6) | 126.6        | (2.02) | 32.5                        | (1.33) | 26  | (1.1) | 131.6        | (2.97) | 63.4                        | (2.20) | 48  | (1.3) | 121.5        | (3.12) |
| 2 and over...   | 2988        | 49                             | (1.4) | 119.9        | (1.70) | 29.1                        | (1.07) | 24  | (0.9) | 125.3        | (2.34) | 60.0                        | (1.78) | 48  | (1.1) | 114.8        | (2.59) |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | 68.4         | (3.71) | 9.0                         | (1.14) | 13  | (1.9) | 66.6         | (6.16) | 22.2                        | (2.06) | 33  | (4.2) | 69.6         | (3.99) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 84.7         | (2.13) | 14.7                        | (2.12) | 17  | (2.2) | 86.5         | (5.26) | 34.4                        | (3.33) | 40  | (2.4) | 83.4         | (1.85) |
| 12 - 19.....  | 392         | 49                             | (2.0) | 83.3         | (3.37) | 21.2                        | (2.58) | 25  | (2.8) | 90.0         | (4.74) | 43.1                        | (4.84) | 48  | (4.0) | 76.8         | (4.69) |
| 20 - 39.....  | 632         | 54                             | (2.5) | 99.6         | (3.70) | 27.2                        | (2.23) | 27  | (2.6) | 97.2         | (2.87) | 50.5                        | (3.00) | 52  | (2.4) | 102.3        | (7.49) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 93.2         | (2.55) | 20.5                        | (1.97) | 22  | (2.0) | 98.3         | (3.35) | 43.0                        | (3.21) | 44  | (3.2) | 88.6         | (2.89) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 85.8         | (1.57) | 15.6                        | (0.71) | 18  | (0.9) | 90.1         | (3.55) | 38.2                        | (1.15) | 42  | (2.2) | 82.8         | (2.35) |
| 2 - 19.....   | 892         | 45                             | (1.9) | 80.9         | (2.04) | 16.7                        | (1.87) | 21  | (2.0) | 84.9         | (3.74) | 36.8                        | (3.34) | 43  | (2.6) | 77.6         | (1.94) |
| 20 and over...  | 2683        | 48                             | (1.4) | 93.0         | (1.50) | 21.2                        | (1.04) | 23  | (1.2) | 95.6         | (1.69) | 44.6                        | (1.49) | 47  | (1.7) | 90.7         | (2.04) |
| 2 and over...   | 3575        | 47                             | (1.2) | 90.3         | (1.24) | 20.2                        | (1.02) | 22  | (1.1) | 93.3         | (1.36) | 42.9                        | (1.54) | 46  | (1.7) | 87.7         | (1.75) |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 90.2         | (1.67) | 17.6                        | (1.49) | 19  | (1.5) | 92.4         | (2.88) | 41.3                        | (2.32) | 45  | (1.8) | 88.6         | (1.62) |
| 20 and over...  | 4798        | 49                             | (1.2) | 109.3        | (1.59) | 26.7                        | (0.89) | 24  | (0.9) | 113.7        | (2.00) | 54.1                        | (1.44) | 48  | (1.2) | 105.0        | (2.00) |
| 2 and over...   | 6563        | 48                             | (1.1) | 104.9        | (1.32) | 24.6                        | (0.82) | 23  | (0.8) | 109.3        | (1.50) | 51.4                        | (1.15) | 47  | (1.0) | 100.8        | (1.60) |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>P o t a s s i u m</b>  |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 1969         | (90.4)  | 159                         | (26.7) | 8   | (1.4) | 1866         | (124.1) | 437                         | (65.4) | 23  | (2.9) | 2028         | (111.9) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 2018         | (46.8)  | 239                         | (35.6) | 12  | (1.8) | 1965         | (77.3)  | 611                         | (56.3) | 31  | (2.2) | 2052         | (51.9)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 2460         | (45.8)  | 470                         | (51.0) | 19  | (2.0) | 2493         | (123.2) | 1118                        | (92.6) | 45  | (3.6) | 2436         | (100.0) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 2624         | (112.5) | 695                         | (46.3) | 26  | (1.4) | 2750         | (157.4) | 1184                        | (63.0) | 43  | (1.5) | 2445         | (130.7) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 2868         | (63.4)  | 614                         | (29.4) | 21  | (1.2) | 2939         | (63.3)  | 1202                        | (43.9) | 41  | (1.8) | 2794         | (118.2) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 2831         | (50.7)  | 419                         | (32.8) | 15  | (1.0) | 2754         | (79.1)  | 987                         | (53.0) | 36  | (1.3) | 2887         | (49.1)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 2213         | (37.9)  | 330                         | (30.5) | 15  | (1.3) | 2205         | (77.9)  | 826                         | (49.9) | 37  | (2.0) | 2219         | (55.3)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 2768         | (45.5)  | 586                         | (20.9) | 21  | (0.8) | 2815         | (60.9)  | 1142                        | (29.8) | 41  | (0.9) | 2719         | (66.0)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 2633         | (39.4)  | 523                         | (16.8) | 20  | (0.6) | 2692         | (47.3)  | 1078                        | (25.1) | 40  | (0.7) | 2577         | (55.7)  |
| <b>Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 1820         | (56.0)  | 201                         | (29.3) | 11  | (1.6) | 1738         | (92.1)  | 497                         | (42.6) | 29  | (2.7) | 1875         | (63.6)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 2034         | (82.3)  | 267                         | (31.7) | 13  | (1.5) | 2054         | (123.7) | 622                         | (47.8) | 30  | (2.6) | 2019         | (86.0)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 1841         | (82.3)  | 423                         | (51.9) | 23  | (2.7) | 1980         | (118.3) | 862                         | (85.6) | 44  | (3.5) | 1707         | (83.8)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 2215         | (85.7)  | 513                         | (36.3) | 23  | (2.1) | 2100         | (58.6)  | 952                         | (44.5) | 45  | (1.9) | 2348         | (156.4) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 2197         | (61.4)  | 385                         | (31.6) | 18  | (1.3) | 2212         | (77.6)  | 805                         | (46.8) | 36  | (2.2) | 2184         | (68.6)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 2201         | (33.2)  | 306                         | (16.2) | 14  | (0.7) | 2154         | (31.9)  | 748                         | (25.5) | 35  | (1.4) | 2233         | (52.0)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 1901         | (48.7)  | 328                         | (34.1) | 17  | (1.7) | 1961         | (76.5)  | 724                         | (52.5) | 37  | (2.3) | 1850         | (57.8)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 2205         | (42.5)  | 403                         | (19.3) | 18  | (0.9) | 2152         | (38.6)  | 847                         | (22.7) | 39  | (1.1) | 2252         | (61.9)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 2137         | (41.0)  | 387                         | (18.4) | 18  | (0.9) | 2111         | (36.6)  | 820                         | (22.5) | 39  | (1.0) | 2160         | (56.1)  |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |        |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 2062         | (29.0)  | 329                         | (23.6) | 16  | (1.1) | 2079         | (45.6)  | 773                         | (31.4) | 37  | (1.3) | 2049         | (45.2)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 2478         | (38.6)  | 492                         | (17.1) | 20  | (0.7) | 2486         | (41.0)  | 995                         | (21.8) | 40  | (0.9) | 2470         | (48.6)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 2381         | (34.4)  | 454                         | (15.3) | 19  | (0.6) | 2401         | (33.3)  | 949                         | (17.5) | 40  | (0.8) | 2362         | (43.6)  |



**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>S o d i u m</b>  |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| ————— <i>All Individuals</i> <sup>2</sup> —————      ————— <i>All Restaurant Consumers</i> <sup>3</sup> ————— <i>Non-consumers</i> <sup>4</sup> |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| Gender and age<br>(years)   | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 2308         | (133.2) | 285                         | (53.7) | 12  | (2.3) | 2334         | (142.5) | 781                         | (109.5) | 33  | (3.2) | 2293         | (203.3) |
| 6 - 11.....   | 301         | 39                             | (4.3) | 2762         | (48.4)  | 452                         | (62.8) | 16  | (2.2) | 2939         | (98.8)  | 1154                        | (85.4)  | 39  | (2.6) | 2647         | (76.1)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 3513         | (133.3) | 826                         | (93.0) | 24  | (2.3) | 3743         | (190.9) | 1963                        | (146.8) | 52  | (3.9) | 3346         | (153.0) |
| 20 - 39.....  | 482         | 59                             | (2.9) | 3892         | (117.7) | 1241                        | (88.7) | 32  | (1.8) | 4157         | (165.7) | 2114                        | (131.8) | 51  | (2.3) | 3516         | (110.0) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 3833         | (52.1)  | 1090                        | (68.1) | 28  | (1.6) | 4146         | (75.2)  | 2134                        | (100.6) | 51  | (2.0) | 3506         | (96.7)  |
| 60 and over.....  | 1057        | 42                             | (1.5) | 3319         | (62.4)  | 698                         | (48.7) | 21  | (1.2) | 3463         | (75.1)  | 1644                        | (74.3)  | 47  | (1.5) | 3214         | (73.5)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 3016         | (89.7)  | 591                         | (56.4) | 20  | (1.6) | 3217         | (113.3) | 1479                        | (82.5)  | 46  | (2.0) | 2882         | (98.4)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 3703         | (47.4)  | 1029                        | (42.8) | 28  | (1.0) | 3984         | (76.4)  | 2006                        | (64.0)  | 50  | (1.1) | 3407         | (57.0)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 3535         | (39.6)  | 922                         | (33.7) | 26  | (0.8) | 3829         | (59.3)  | 1900                        | (49.4)  | 50  | (0.9) | 3258         | (58.4)  |
| <b>Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 2115         | (85.0)  | 307                         | (39.3) | 15  | (1.9) | 2131         | (107.4) | 758                         | (63.5)  | 36  | (3.5) | 2105         | (106.2) |
| 6 - 11.....   | 308         | 43                             | (3.1) | 2653         | (86.8)  | 502                         | (60.2) | 19  | (2.0) | 2844         | (138.6) | 1172                        | (77.4)  | 41  | (2.2) | 2510         | (81.8)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 2649         | (99.5)  | 734                         | (80.8) | 28  | (2.4) | 2970         | (142.0) | 1496                        | (146.4) | 50  | (3.0) | 2339         | (86.2)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 3013         | (76.4)  | 870                         | (72.4) | 29  | (2.4) | 3093         | (110.8) | 1614                        | (96.8)  | 52  | (2.4) | 2919         | (161.2) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 2729         | (83.8)  | 636                         | (52.9) | 23  | (1.6) | 2883         | (109.2) | 1331                        | (80.8)  | 46  | (2.5) | 2589         | (84.4)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 2491         | (40.1)  | 505                         | (25.8) | 20  | (0.9) | 2662         | (67.7)  | 1236                        | (55.8)  | 46  | (1.5) | 2373         | (42.7)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 2547         | (62.4)  | 574                         | (56.6) | 23  | (1.8) | 2785         | (96.2)  | 1267                        | (93.2)  | 45  | (2.0) | 2349         | (52.4)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 2750         | (42.3)  | 674                         | (32.7) | 25  | (1.1) | 2903         | (64.8)  | 1415                        | (47.2)  | 49  | (1.4) | 2610         | (57.4)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 2705         | (37.1)  | 652                         | (33.4) | 24  | (1.1) | 2878         | (61.0)  | 1383                        | (50.2)  | 48  | (1.3) | 2550         | (46.6)  |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 2789         | (61.5)  | 583                         | (45.7) | 21  | (1.4) | 2994         | (85.5)  | 1369                        | (66.5)  | 46  | (1.4) | 2637         | (57.4)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 3212         | (38.3)  | 846                         | (29.4) | 26  | (0.8) | 3447         | (44.7)  | 1712                        | (42.0)  | 50  | (1.0) | 2982         | (42.6)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 3113         | (32.1)  | 785                         | (27.6) | 25  | (0.7) | 3353         | (41.6)  | 1641                        | (35.9)  | 49  | (0.9) | 2893         | (32.8)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>C a f f e i n e</b>  |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
|---|-------------|--------------------------------|-------|--------------|---------|-----------------------------|--------|---|-------|--------------|---------|-----------------------------|---------|---|-------|--------------|---------|
| —————All Individuals <sup>2</sup> —————      —————All Restaurant Consumers <sup>3</sup> —————      Non-consumers <sup>4</sup> |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |         | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         | Intake from All Restaurants |         | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |         |
|   |             | %                              | (SE)  | mg           | (SE)    | mg                          | (SE)   | %   | (SE)  | mg           | (SE)    | mg                          | (SE)    | %   | (SE)  | mg           | (SE)    |
| <b>Males:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 206         | 36                             | (3.9) | 5.2          | (1.33)  | 0.7*                        | (0.25) | 14*   | (5.4) | 6.7*         | (2.68)  | 2.0*                        | (0.67)  | --  |       | 4.4          | (0.89)  |
| 6 - 11.....   | 301         | 39                             | (4.3) | 11.2         | (1.73)  | 1.1*                        | (0.44) | 10*   | (3.4) | 11.5         | (1.90)  | 2.8*                        | (0.96)  | 25*   | (8.0) | 11.1         | (2.15)  |
| 12 - 19.....  | 366         | 42                             | (2.8) | 28.8         | (4.11)  | 7.8                         | (1.89) | 27  | (5.1) | 36.9         | (6.24)  | 18.5                        | (4.37)  | 50  | (7.2) | 22.9         | (3.93)  |
| 20 - 39.....  | 482         | 59                             | (2.9) | 132.9        | (9.81)  | 23.8                        | (3.47) | 18  | (2.6) | 132.9        | (12.94) | 40.5                        | (5.67)  | 30  | (4.6) | 132.9        | (10.41) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 197.3        | (13.63) | 27.7                        | (4.45) | 14  | (2.3) | 217.0        | (16.73) | 54.3                        | (7.67)  | 25  | (3.4) | 176.7        | (16.13) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 179.1        | (8.85)  | 25.5                        | (7.28) | 14  | (3.8) | 184.4        | (14.53) | 60.1                        | (16.51) | 33  | (7.1) | 175.1        | (8.93)  |
| 2 - 19.....   | 873         | 40                             | (2.5) | 18.1         | (2.39)  | 4.1                         | (0.88) | 23  | (3.7) | 23.0         | (3.30)  | 10.3                        | (2.10)  | 45  | (5.7) | 14.9         | (2.21)  |
| 20 and over...  | 2115        | 51                             | (1.6) | 168.5        | (7.00)  | 25.6                        | (2.56) | 15  | (1.5) | 174.1        | (7.45)  | 50.0                        | (4.41)  | 29  | (2.5) | 162.7        | (8.06)  |
| 2 and over...   | 2988        | 49                             | (1.4) | 131.8        | (5.62)  | 20.4                        | (1.83) | 15  | (1.4) | 143.7        | (5.92)  | 42.0                        | (3.54)  | 29  | (2.4) | 120.6        | (6.34)  |
| <b>Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 5.....  | 192         | 40                             | (4.5) | 4.9          | (0.87)  | 0.3*                        | (0.18) | 7*  | (3.7) | 5.8*         | (2.24)  | 0.9*                        | (0.43)  | --  |       | 4.2          | (0.76)  |
| 6 - 11.....   | 308         | 43                             | (3.1) | 12.7         | (1.94)  | 3.0                         | (0.66) | 24  | (6.5) | 13.3         | (1.61)  | 7.0                         | (1.63)  | 53  | (8.6) | 12.3         | (3.35)  |
| 12 - 19.....  | 392         | 49                             | (2.0) | 32.7         | (3.59)  | 10.5                        | (2.56) | 32  | (6.4) | 47.3         | (6.12)  | 21.5                        | (5.12)  | 45  | (7.1) | 18.6         | (2.83)  |
| 20 - 39.....  | 632         | 54                             | (2.5) | 102.7        | (8.10)  | 24.1                        | (3.91) | 23  | (2.6) | 117.0        | (9.81)  | 44.8                        | (6.31)  | 38  | (3.9) | 86.0         | (7.30)  |
| 40 - 59.....  | 755         | 48                             | (2.1) | 148.4        | (7.99)  | 19.4                        | (3.10) | 13  | (2.1) | 166.2        | (11.85) | 40.5                        | (6.02)  | 24  | (3.3) | 132.1        | (7.95)  |
| 60 and over.....  | 1296        | 41                             | (2.1) | 141.5        | (5.25)  | 17.4                        | (2.33) | 12  | (1.6) | 158.5        | (6.75)  | 42.5                        | (4.67)  | 27  | (2.8) | 129.8        | (6.89)  |
| 2 - 19.....   | 892         | 45                             | (1.9) | 20.7         | (1.98)  | 6.1                         | (1.37) | 29  | (5.8) | 29.5         | (3.35)  | 13.4                        | (2.76)  | 45  | (6.3) | 13.4         | (2.04)  |
| 20 and over...  | 2683        | 48                             | (1.4) | 130.4        | (4.73)  | 20.4                        | (2.11) | 16  | (1.4) | 144.9        | (5.23)  | 42.7                        | (3.92)  | 29  | (2.5) | 117.2        | (5.14)  |
| 2 and over...   | 3575        | 47                             | (1.2) | 106.0        | (4.23)  | 17.2                        | (1.84) | 16  | (1.5) | 120.2        | (5.10)  | 36.4                        | (3.48)  | 30  | (2.5) | 93.4         | (4.18)  |
| <b>Males and Females:</b>   |             |                                |       |              |         |                             |        |   |       |              |         |                             |         |   |       |              |         |
| 2 - 19.....   | 1765        | 43                             | (1.8) | 19.4         | (1.93)  | 5.1                         | (0.80) | 26  | (3.2) | 26.4         | (2.71)  | 11.9                        | (1.65)  | 45  | (3.8) | 14.2         | (1.65)  |
| 20 and over...  | 4798        | 49                             | (1.2) | 148.9        | (4.28)  | 22.9                        | (1.86) | 15  | (1.3) | 159.6        | (4.29)  | 46.4                        | (3.20)  | 29  | (2.1) | 138.4        | (5.44)  |
| 2 and over...   | 6563        | 48                             | (1.1) | 118.7        | (3.89)  | 18.8                        | (1.45) | 16  | (1.3) | 131.9        | (3.88)  | 39.2                        | (2.65)  | 30  | (2.1) | 106.6        | (4.73)  |

**Table 53. All Restaurants:** Percent Reporting, Mean Amounts, and Percent of Selected Nutrients from Foods Obtained from All Restaurants <sup>1</sup>, by Gender and Age, in the United States, August 2021-August 2023 (continued)

| <b>A l c o h o l</b>  |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
|---|-------------|--------------------------------|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|-----------------------------|--------|---|-------|--------------|--------|
| -----All Individuals <sup>2</sup> -----      -----All Restaurant Consumers <sup>3</sup> -----      Non-consumers <sup>4</sup> |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| Gender and age (years)  | Sample Size | Percent Reporting <sup>5</sup> |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        | Intake from All Restaurants |        | Percentages from <sup>6</sup> All Restaurants |       | Total Intake |        |
|   |             | %                              | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   | g                           | (SE)   | %   | (SE)  | g            | (SE)   |
| <b>Males:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 206         | 36                             | (3.9) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 6 - 11.....   | 301         | 39                             | (4.3) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 12 - 19.....  | 366         | 42                             | (2.8) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 20 - 39.....  | 482         | 59                             | (2.9) | 11.7         | (1.37) | 3.0                         | (0.81) | 25  | (6.9) | 14.5         | (1.55) | 5.1                         | (1.31) | 35  | (8.4) | 7.8          | (2.32) |
| 40 - 59.....  | 576         | 51                             | (2.1) | 13.1         | (1.50) | 2.8                         | (0.75) | 21  | (4.7) | 15.1         | (2.33) | 5.5                         | (1.36) | 36  | (7.4) | 11.0         | (1.64) |
| 60 and over.....  | 1057        | 42                             | (1.5) | 10.3         | (0.91) | 1.4                         | (0.22) | 14  | (1.6) | 11.0         | (1.48) | 3.3                         | (0.54) | 30  | (3.9) | 9.7          | (1.08) |
| 2 - 19.....   | 873         | 40                             | (2.5) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 20 and over...  | 2115        | 51                             | (1.6) | 11.8         | (0.57) | 2.4                         | (0.34) | 21  | (2.8) | 13.8         | (0.97) | 4.8                         | (0.63) | 34  | (4.4) | 9.6          | (0.95) |
| 2 and over...   | 2988        | 49                             | (1.4) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| <b>Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 5.....  | 192         | 40                             | (4.5) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 6 - 11.....   | 308         | 43                             | (3.1) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 12 - 19.....  | 392         | 49                             | (2.0) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 20 - 39.....  | 632         | 54                             | (2.5) | 4.7          | (0.83) | 1.3*                        | (0.44) | 27  | (8.0) | 6.5          | (1.20) | 2.4*                        | (0.78) | 37  | (9.5) | 2.6          | (0.60) |
| 40 - 59.....  | 755         | 48                             | (2.1) | 4.2          | (0.61) | 0.6                         | (0.17) | 15  | (3.8) | 4.1          | (0.78) | 1.3                         | (0.34) | 32  | (7.7) | 4.3          | (0.90) |
| 60 and over.....  | 1296        | 41                             | (2.1) | 5.2          | (0.47) | 1.0                         | (0.12) | 18  | (1.9) | 6.9          | (0.76) | 2.3                         | (0.35) | 34  | (4.0) | 4.0          | (0.43) |
| 2 - 19.....   | 892         | 45                             | (1.9) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 20 and over...  | 2683        | 48                             | (1.4) | 4.7          | (0.33) | 1.0                         | (0.15) | 20  | (3.1) | 5.8          | (0.52) | 2.0                         | (0.28) | 35  | (5.1) | 3.7          | (0.37) |
| 2 and over...   | 3575        | 47                             | (1.2) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| <b>Males and Females:</b>   |             |                                |       |              |        |                             |        |   |       |              |        |                             |        |   |       |              |        |
| 2 - 19.....   | 1765        | 43                             | (1.8) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |
| 20 and over...  | 4798        | 49                             | (1.2) | 8.1          | (0.32) | 1.7                         | (0.18) | 21  | (1.9) | 9.8          | (0.70) | 3.4                         | (0.34) | 34  | (2.8) | 6.4          | (0.49) |
| 2 and over...   | 6563        | 48                             | (1.1) | --           |        | --                          |        | --  |       | --           |        | --                          |        | --  |       | --           |        |

### 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

- <sup>1</sup> Respondents were asked the source of each food and beverage - where it was obtained. **All Restaurants** include source coded as: "Restaurant with waiter/waitress", "Bar/tavern/lounge", "Restaurant no additional information", "Cafeteria NOT in a K-12 school", "Restaurant fast food/pizza", "Sport, recreation, or entertainment facility", or "Street vendor, vending truck".
- <sup>2</sup> **All Individuals** include both individuals who reported and individuals who did not report at least one food/beverage item from All Restaurants.
- <sup>3</sup> **All Restaurant Consumers** include individuals who reported at least one food or beverage item from All Restaurants.
- <sup>4</sup> **Non-consumers** include individuals who did not report any food or beverage item from All Restaurants.
- <sup>5</sup> The weighted percentage of respondents in the income/age group who reported at least one food/beverage item from All Restaurants.
- <sup>6</sup> Percentages are estimated as a ratio of total nutrient intake from All 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](http://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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